



Veteran Park District News, Events and Information for the Fall Season

VPD Hitting Class

Calling all baseball and softball players! Individual players can sign up for this program and show us their stuff in this instructor lead, batting instruction based class. We will have our batting cages set up and tees lined up for you. All we ask is you come with your bat and a lot of energy. We will run you through rapid rotations in the cage and drills outside of it all with the aim of improving your skills.

– Wednesdays, Sept. 3-Oct. 1, 5-6 p.m., \$25R/\$35NR,
Leoni Complex

VPD Soccer Advanced Drills and Skills

Looking to take your soccer training to the next level? Our very own VPD athletic staff will assist you by running you through specific skills and drills which are designed to give you that extra edge. During the one-hour session you will rotate through stations and play small-sided games to enhance your abilities all while having a great time.

– Mondays, Sept. 22-Oct. 27, 5-6 p.m., \$40R/\$50NR,
Leoni Complex

VPD Soccer Beginner Drills and Skills

Looking to learn the basics of soccer in a fun and friendly environment? Our very own VPD athletic staff will assist you by running you through specific skills and drills which are designed to help you learn the game of soccer. During the one-hour session you will rotate through stations and play small-sided games to enhance your abilities all while having a great time.

– Fridays, Sept. 26-Nov. 7 (no class Oct. 31), 4-5 p.m., 5-6 p.m., 6-7 p.m.,
Leoni Complex

Kids Crossfit

Veterans Park District is excited to announce a brand new and exciting class we are holding in partnership with O'Hare Crossfit. Crossfit is sweeping the nation and our instructors have found a way to tailor it perfectly to children interested in improving their athleticism and overall fitness. Come and join many others who are looking to have fun while working out and preparing themselves for a new sports season.

– Wednesdays and Saturdays, Sept. 17-Oct. 18, Wed. 5-6 p.m. and Sat 9-10 a.m., \$60

Pee Wee Basketball (Ages 4-6)

This eight-week program will teach your child the basic skills of basketball while having tons of fun! Your child will learn the basics of dribbling, passing, shooting and defending. This is a non-competitive class that puts all of its emphasis on fun, learning and teamwork. Age appropriate hoops will be provided. Please wear gym shoes.

– Tuesdays, Sept 16-Nov 4, 5-6 p.m., Grant Park

Pee Wee T-Ball (Ages 4-6)

This eight-week program will teach your child the basic skills of baseball while having tons of fun! Your child will learn the basics of throwing, catching, hitting, fielding and running the bases. This is a non-competitive class that puts all of its emphasis on fun, learning and teamwork.

You must provide your own glove.

Wednesdays, Oct. 1-Nov. 19, 5-6 p.m.,
\$40R/\$50NR, Grant Park

Bump, Set, Spike It! (Ages 6-14)

Fun and instructional program prepares players to succeed in volleyball. Excellent coaches plan strategic, fun preparation drills and games that will increase skills and safety through fundamentals. Kids Love It! program offers: Volleyball skills challenge contest and championship volleyball game. Plus competitive drills for skills training, serving, bumping, setting, spiking, techniques on speed and quickness, body balance, first step directional movements, volleyball safety awareness and sportsmanship.

– Tuesdays, Oct. 1-Oct. 29, 4:45-5:45 p.m. or 5:45-6:45 p.m.,
\$56.50R/\$58.50NR

FUNDamentals Camp (Ages 5-14)

The Chicago Bulls are coming to Veterans Park District. The Bulls/Sox Academy will be hosting a Chicago Bulls FUNDamentals camp at the Grant Park Recreation Center for boys and girls ages 5-14. This camp will teach the latest techniques in ball handling, passing, shooting and rebounding while also teaching children how to be student athletes and great teammates. Every participant will receive top flight instruction from our professional Bulls/Sox Academy coaches who have learned from the Chicago Bulls coaching staff. We provide a fun and safe environment for children to learn the game, as well as teach life lessons such as discipline, respect, sportsmanship and peer pressure.

– Tuesdays, Sept. 16-Oct. 7, 6-7 p.m. (ages 5-8), 7-8:30 p.m. (ages 9-14), Grant Park Recreation Center, \$82 (ages 5-8), \$118 (ages 9-14)

Family/Individual Archery Camp (Ages 7-Adult)

The whole family can join now in this fun-filled archery program. If you want to have fun learning a new sport or simply want to improve your hand-eye coordination, this eight-week camp is guaranteed to be fun and challenging. Watch your accuracy improve every week! Archery supplies will be provided for everyone.

NEW! Advanced class is for participants who have taken our Archery class two times or more!

– Fridays, Sept. 5-Oct. 24, 5-6:30 p.m. (Beginners), 6:30-7:30 p.m. (Advanced), Grant Park Recreation Center Gym, \$40 In District, \$45 Out of District (\$10 off the third family member to sign up!)

Tennis Camp (Ages 7-14)

In this eight-week class we will learn the skills and knowledge of tennis. Learn how to properly serve, lob, slam and spike. This class is perfect for first-timers or for children that have been in our previous tennis classes. We will provide balls and racquets.

– Mondays (No class on Oct. 13), Sept. 22-Nov. 17, 5-6 p.m. (ages 7-10), 6-7 p.m. (ages 11-14), Grant Park Recreation Center Gym, \$40 In District, \$45 Out of District

White Sox FUNDamentals Club

This four-week FUNDamentals Club led by White Sox Academy instructors allows players to learn essential individual baseball skills. Fundamentals covered will include throwing, hitting and fielding. These skills will be reinforced by using fun skill games. (Club is open to both boys and girls)

– Thursdays, Oct. 2-23, 6-7:15 p.m., Leoni Complex, ages 6-8, \$106

White Sox Advanced FUNdamentals Club

The White Sox Advanced Skills Club for ages 9-11 builds upon the basics and is just the ticket to advance your game to the next level. Depending on the skill level of the players, this club will cover advanced hitting, throwing and fielding techniques.

– Thursdays, Oct. 2-23, 7:15-8 p.m., Leoni Complex, ages 9-11, \$106

Kids First Bigger STEPS Programs (Track & Field) (Ages 4-6)

Bigger STEPS program helps first time runners and throwers improve their basic skills, while taking their next step up in the development of basic track and field. Fun and interesting challenges await your child at the Bigger STEPS track and field class. No experience necessary.

– Thursdays, Sept. 18-Oct. 23, 5-6 p.m., Leoni Complex, \$56.50 In District, \$58.50 Out of District, Instructor: Kids First Sports Safety, Inc.

Kids First Higher Standards Programs

(Track & Field) (Ages 7-12)

Higher Standards track and field will teach individual and team concepts of the very basic events. A focus on fitness gets kids working together jogging, running and throwing in a fun environment. Speed and quickness will be taught in a way that can be used with other sports. No experience necessary.

– Thursdays, Sept. 18-Oct. 23, 6-7 p.m., Leoni Complex, \$56.50 In District, \$58.50 Out of District, Instructor: Kids First Sports Safety, Inc.

Especially for Seniors

Trips

Les Miserables (Adult/Senior Ages 21-99)

Fireside Theater presents an experience with an intimate theatre in the round with a live professional show, gourmet lunch and shops.

– Thursday, Sept. 11, leaving from Cimbalo, Melrose Park. The fee is \$85.

Schnitzel Plaz

Schnitzel Plaz is an authentic classic Bavarian German restaurant with wonderful Oktoberfest live entertainment. This very cute traditional German atmosphere will start off with homemade potato pancakes. Your choice of two mouth-watering German entrees will include soup or German vegetable plated

– Thursday, Oct. 2, Departing from Cimbalo, Melrose Park at 3:30 p.m.
The fee is \$48.

Starved Rock Lodge: A Tribute to Neil Diamond

(Adult/Senior Ages 21-99)

Denny Diamond & Family Jewels are known for their fun family, musical tribute to the music of Neil Diamond.

– Monday, Oct. 20, Departing from Cimbalò, Melrose Park The fee is \$59.
For more information please call (708) 343-5270.

Bingo

Chili & Hot Potato Bingo

It's Hot Potato Day and we're adding chili to this old favorite. Just think of a jumbo baked potato and now add all the trimmings to make it just the way you like it. Top this chili baked potato lunch with a fabulous bakery fresh dessert. Yum! Following lunch we will play Bingo for prizes. Hot coffee, tea or soft drinks are included. Thursday, Nov. 6 at noon at Bulger Park. Please register soon for this Bingo to secure your spot. The fee is \$8.

**For more information on
Veterans Park District
events and activities,
call (708) 343-5270 or visit
www.veteransparkdistrict.org.**