

Veterans Park District

Programs & Happenings

After School Programs at George A. Leoni Complex – 800 N. 17th Ave., Melrose Park

Sports & Fitness – Grades K-8

After the school bell rings children can participate in a variety of structured and unstructured activities featuring fun recreational activities, such as group exercise, group games and sporting activities. Children can burn off their classroom energy on our soccer turf or walking track. We offer a place where children can have fun and feel safe after school. – Monday-Friday, 3-4:30 p.m./90 minutes (2:30 p.m. on early dismissal days); \$ 3 per day.

Time to Chill/Homework Hangout – Grades K-8

Our VPD staff will help students with their homework assignments. After homework is completed VPD chill time will provide students with fun activities, such as cooking, Lego building and holiday specific crafts. We have created a place where children can have fun and feel safe after school. A snack will be provided each day. – Monday-Friday, 4:30-6 p.m./90 minutes; \$3 per day.

Youth Sports

Tot Swim – Ages 3-5

Have fun while learning to kick, float, bob and glide in the water. This is a great way for your child to learn to be safe and comfortable in the water. – Tuesday and Thursday, 6:30-7:10 p.m.; Dates: Session 5 – Jan. 9-Feb. 1/Session 6 – Feb. 6-March 1/Session 7 – March 6-March 22/Session 8 – April 3-April 26.

Tumbling @ Cimbalò Fitness Center

Beginner Tumbling – Ages 18 months-35 months

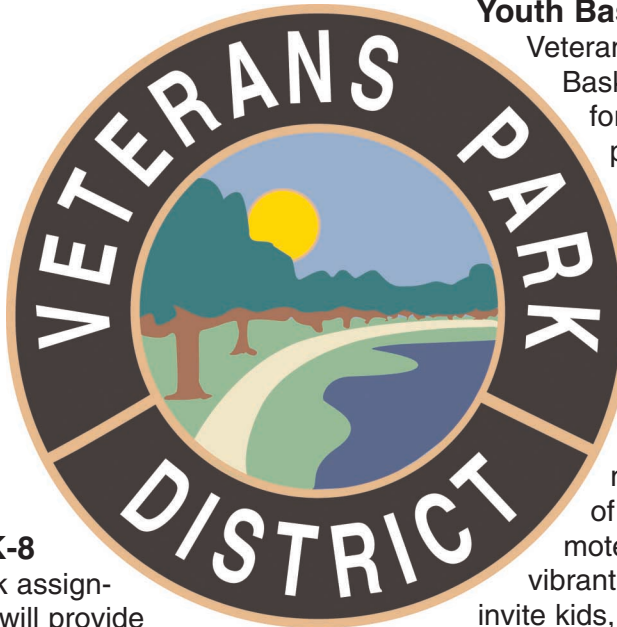
Beginner tumblers will learn forward rolls, cartwheels, bridges and jumps. Strength and flexibility are also needed to progress into the higher level classes. Children will be evaluated at the end of each session and advised when to move to the next level. – Saturdays; Fee: \$45 Residents/\$60 Non-Residents.

Intermediate Tumbling – Ages 4-8

This class is designed to perfect your child's beginner skills and add new skills. Skills to be taught are: backbends, handstands, forward rolls and round-offs. Children will be evaluated at the end of each session and advised when to move to the next level. – Saturdays; Fee: \$45 Residents/\$60 Non-Residents.

Advanced Tumbling – Ages 8-12

This class is designed to take your child's skills to the next level and learn new skills. Children must be able to safely execute the following skills before attending this class: backbends, handstand forward rolls and round-offs. Children will be evaluated at the end of each session. – Sundays; Fee: \$45 Residents/\$60 Non-Residents.



Youth Basketball League

Veterans Park District is proud to present its annual Youth Basketball League. The basketball league will be available for grades first through eighth. All children will receive participation trophies along with team shirts. Season starts Jan. 20 and goes to March 17.

Early Childhood

Family Story Time Yoga @ Leoni Complex

Let's go on an adventure! This class embraces the physical movement, exercises, songs and yoga poses based on stories that make up Storytime Yoga. Storytime Yoga encourages engaging young minds with the magic of yoga through recounting some of the world's most fascinating stories in a way that promotes the foundation of yoga philosophy, literacy and vibrant physical health. Through this interactive class we invite kids, parents, grandparents, aunts, and uncles to share in the joy of yoga. Each class will teach the family playful poses that can be done together or alone, along with gentle breathing exercises and relaxation techniques. When you register, please let us know the ages and names of your children. – 2+ (one adult included per each child) \$34 Resident/\$42 Non-Resident; Session 1: Mondays, Jan. 8-March 12, 11 a.m.-noon/Wednesdays, Jan. 10-Feb. 28, 11 a.m.-noon; Session 2: Mondays, March 19-May 7, 11 a.m.-noon/Wednesdays, March 7-April 25, 11 a.m.-noon.

Creative Arts

Tap Dance – Ages 6-9

This class is designed to help students develop rhythm and sound. Tap dancing exercises will help to build flexibility in the knees and ankles, improve coordination and self-confidence. As students progress through class levels, the curriculum becomes more complex. – Mondays, Jan. 22-May 7 (no class Feb. 19), 6:15-7 p.m.; George A. Leoni Complex; \$120 In District/\$125 Out of District

Teen Ink – Ages 13-19

Explore traditional and innovative approaches to drawing with ink. Students will experiment with a variety of mark-making and shading techniques, focusing on the art subject of their choice. The course will also offer a variety of approaches and techniques to creating an ink drawing. – Thursdays, Jan. 18-March 8, 4:30-5:25 p.m.; Grant Park; \$60 Residents/\$75 Non-Residents.

Active Adults

New York City & The Statue of Liberty, Thursday-Tuesday (June 14-19)

Fee: \$654 – Double Occupancy (\$75 deposit will hold your spot. Balance due by April 2, 2018); \$874 – Single Occupancy. This trip includes: Transportation on a top-quality motor coach with at least 54 seats that has a restroom and video equipped; five nights lodging including three consecutive nights in the New York City area; eight meals including five breakfasts and three dinners; great experiences and beautiful sights!; two guided tours of New York City; see Central Park, Rockefeller

Center, Times Square, Wall Street, The 911 Memorial and much more!; visit Ellis Island and Liberty Island – home of the Statue of Liberty! Travel protection insurance is available. If you would like more information please call (708) 343-5270. We can send you a color flyer and itinerary.

Happy Hearts Valentine’s Day Party

Celebrate the spirit of Valentine’s Day with a fabulous Honey Baked Ham lunch. A special Valentine’s dessert to follow lunch! The Chicago Retro Quartet is a premiere cappella quartet that will perform songs from the 40s, 50s and 60s in the Doo Wop Style, as the audience you will be clapping and singing along. Their performances are a cappella in four-part harmony! After their performance there will be centerpiece giveaways and raffle prizes themed for this holiday! – Friday, Feb. 9, noon-2 p.m.; Bulger Park; Fee: \$17.

Facility Rentals

Book your special event at one of the many Veterans Park District halls. Birthdays, christenings, weddings. You name it, we’ve got you covered.

Exercise Track @ George A. Leoni Complex

Come enjoy our temperature controlled indoor exercise track. Get your recommended daily exercise completed rain or shine, freezing weather or scorching heat. Nine laps around the track equals one mile. – Rates: Residents \$5 per year/R, 55+ \$1 per year/Non-Residents \$50 per year,



For more information on VPD programs, call (708) 343-5270 or visit veteransparkdistrict.org.

2018 NEW YEAR NEW YOU
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JANUARY 2018 AT CIMBLAO
Complimentary Fitness Evaluations
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Free Equipment Demonstrations
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Cimbalo Fitness Center
1203 N. 24th Ave, Melrose Park
708-343-5151
cimbalo@veteransparkdistrict.org
Monday – Friday 6AM-9PM
Saturday – Sunday 7AM-4PM
Individual, Family and Senior & Corporate rates.

CURRENTLY OFFERED CLASSES

- BOOT CAMP
- MUSCLE STRENGTH
- CARDIO SCULPT
- PERSONAL TRAINING
- BELLY DANCE
- GUIDED MEDITATION
- YOGA
- FAMILY STORY TIME YOGA
- YOGA FOR THE ACTIVELY AGING

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