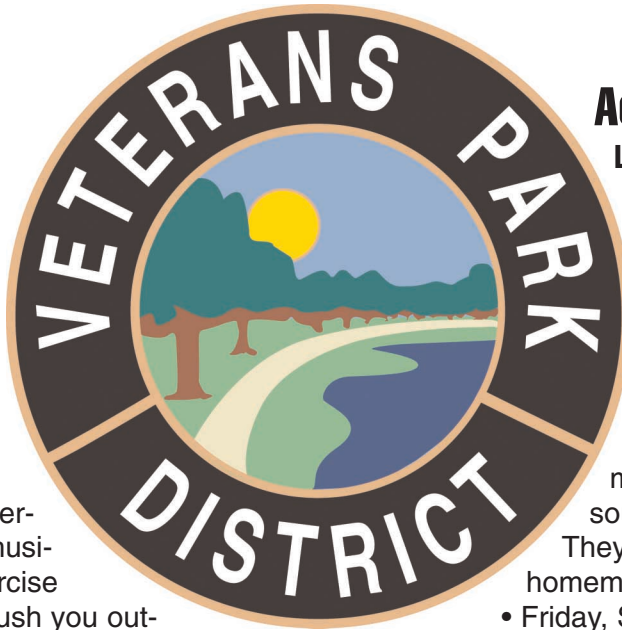


# Veterans Park District

## Programs & Happenings



### Cimbalo Fitness Center

#### Youth Fit

Start them on a healthy path as early as possible! Kids can have fun and get some energy out while learning basic exercise techniques. Obstacle courses and other activities will create a healthy, competitive atmosphere to keep them engaged.

- Ages 6-12; Thursdays, Sept. 14-Oct. 26; 5:15-6:15 p.m.; Resident \$49/Nonresident \$64; Cimbalo Fitness Center, 1203 N. 24th Ave., Melrose Park.

#### H.I.I.T. – High Intensity Interval Training

This intense cardiovascular workout is taught by a certified personal trainer and perfect for the fitness enthusiast! Includes short periods of intense anaerobic exercise with less intense recovery periods. Guaranteed to push you outside of your comfort zone.

- Age 16+; Saturdays, Sept. 14-Oct. 26; 7:30-8:30 p.m.; Resident \$49/Nonresident \$64; Cimbalo Fitness Center, 1203 N. 24th Ave., Melrose Park.

#### Piloxing Knock-Out

Combination of pilates, boxing and plyo workout. Incorporates short interval bursts, working on stamina, strength-building and flexibility.

- Age 16+; Saturdays, Sept. 14-Oct. 26; 9:30-10:15 a.m.; Resident \$49/Nonresident \$64; Cimbalo Fitness Center, 1203 N. 24th Ave., Melrose Park.

Advanced registration required, call (708) 343-5151 or visit [www.veteransparkdistrict.org](http://www.veteransparkdistrict.org). We recommend you pre-register for fitness classes to guarantee your spot and get the best value. We also offer drop-in option if space is still available. (All drop-in guests must be accompanied by a member.) Fitness Class Drop-in Rates: Members \$9/Guest \$10.

### Dance

#### Hip Hop Dance

Hip-hop is a very energetic form of dancing. It is unique in that it allows its dancers to perform with freedom of movement, adding in their own personalities. Boys and girls will enjoy this rapid moving class. Register now for fun and great exercise.

- Ages 7-9; Thursdays, Aug. 22-Oct. 10; 5-5:45 p.m.; Resident \$95/\$110 Nonresident (per session).
- Ages 10-12; Thursdays, Aug. 22-Oct. 10; 6-6:45 p.m.; Resident \$95/Nonresident \$110 (per session).

All sessions are held at Grant Park, 44 W. Golfview Dr., Northlake.

#### Jazz/Tap/Modern Dance

This class is designed to help students develop rhythm and sound in multiple forms of dance. As dancers progress through class levels, the curriculum becomes more complex.

- Ages 7-10; Mondays, Aug. 19-Dec. 9 (No class Sept. 2, Oct. 14 and Nov. 11); 5-5:45 p.m.; Resident \$95/Nonresident \$110 (per session); Leoni Complex, 800 N. 17th Ave., Melrose Park.

### Active Adults

#### Life's a Picnic Active Adult Bingo

Come out and enjoy lunch and bingo games with your friends at an indoor picnic event. Hope to see you there!

- Wednesday, Aug. 28; Noon-2 p.m.; \$10 per person; Bulger Park, 1601 Hirsch St., Melrose Park.

#### Harvest Moon Active Adult Luncheon

Celebrate the beginning of beautiful autumn, also one of the most delicious times of year filled with so many comfort foods everyone loves. Listen to the soft sounds of Roxanne Anzalone and enjoy Rose's catering. They will serve pork tenderloin and one of her fabulous homemade desserts.

- Friday, Sept. 20; Noon-2 p.m.; \$17 per person; Grant Park, 44 W. Golfview Dr., Northlake.

#### White Sox Senior Game Day Active Adults Day Trip

Chicago White Sox Game Bingo Buffet – Come join us for a White Sox game! There is a buffet that consists of Cajun chicken, fried chicken, hot dogs, BBQ ribs, hamburgers, salads, unlimited beer, wine and soft drinks an hour and a half prior to the game. A former Chicago White Sox player calls Bingo numbers starting at noon and lasting an hour. Bingo will be during and after lunch, and Bingo winners receive White Sox giveaway items. The seats are boxed on the lower level, so there will not be a lot of walking.

- Thursday, Sept. 12; \$75 per person.

#### Chicago Architectural Boat Tour Active Adults Day Trip

Cruise along the Chicago River on a 75-minute tour and discover hidden architectural gems among the city's renowned landmarks. A knowledgeable guide will provide a live narration, as the tour passes more than 40 structures and sails below historic bridges. Afterwards, guests will enjoy lunch at Italian Village in their main floor restaurant.

- Tuesday, Sept. 24; \$90 per person. Advanced registration required, call (708) 343-5270/(708) 716-4822 or visit [www.veteransparkdistrict.org](http://www.veteransparkdistrict.org).

### VPD's Special Events

#### How to Train Your Dragon – Free Movie in the Park

Bring your lawn chairs or blankets and sit under the stars to enjoy movie night. No registration is necessary, open to residents of Veterans Park District and non-residents. Concessions are available to purchase. You are welcome to bring your own snacks to any of the movies. Please remember alcohol and dogs are not allowed on park properties.

- Thursday, Aug. 22; Show starts at dusk!; Bulger Park, 1601 Hirsch St., Melrose Park. This is a free family event, call (708) 343-5270/(708) 716-4822 or visit [www.veteransparkdistrict.org](http://www.veteransparkdistrict.org) for more information.

**For more information on VPD programs, call (708) 343-5270 or visit [www.veteransparkdistrict.org](http://www.veteransparkdistrict.org).**



# Veterans Park District

## Programs & Happenings

Veterans Park District

### Preschool 2019-2020

**ENROLL TODAY, SPACES STILL AVAILABLE!**

- Full and Half day options available
- Excellent curriculum that engages children in learning
- Parent teacher conferences and assessments twice a year
  - Knowledgeable, caring & dedicated teachers
  - Fun family events and field trips

Veterans Park Preschool  
Northlake

For more information  
Call 708-731-5290

Bulger Park Preschool  
Melrose Park

Email at [tmoskal@veteransparkdistrict.org](mailto:tmoskal@veteransparkdistrict.org)



Veterans Park District

### After School Program 2019-2020

**Registration is Open!**

Grades: K- 5  
Time: After school - 6PM  
Fees: Payments Due Monthly  
2 Days: \$72 per month    3 Days: \$109 per month  
4 Days: \$145 per month    5 Days: \$181 per month

Facility: Grant Park (Northlake)  
School Transportation Available For:  
District 89: Jane Addams, Melrose Park  
District 83: Roy, Scott, Westdale  
District 87: Whittier, Riley  
(minimum of 4 children required at each school)

**Please call 708-731-5290 for more information**

(708) 343-5270 | [VETERANSPARKDISTRICT.ORG](http://VETERANSPARKDISTRICT.ORG) | FOLLOW US ON







# Veterans Park District

## Programs & Happenings



**CIMBALO FITNESS CENTER**

# **OPEN HOUSE**

*Saturday, September 28*

*7am - 2pm*

Here's your opportunity to try out our newly renovated fitness center.

- **Free Health Screenings**
  - **Free Fitness Classes**
  - **Healthy Snacks**
  - **Free Equipment Orientation**
  - **Raffles**
- and much more!**



Call for more information (708) 343-5151

1203 N. 24th Ave., Melrose Park

[www.vdpark.org](http://www.vdpark.org)

[cimbalo@vdpark.org](mailto:cimbalo@vdpark.org)

