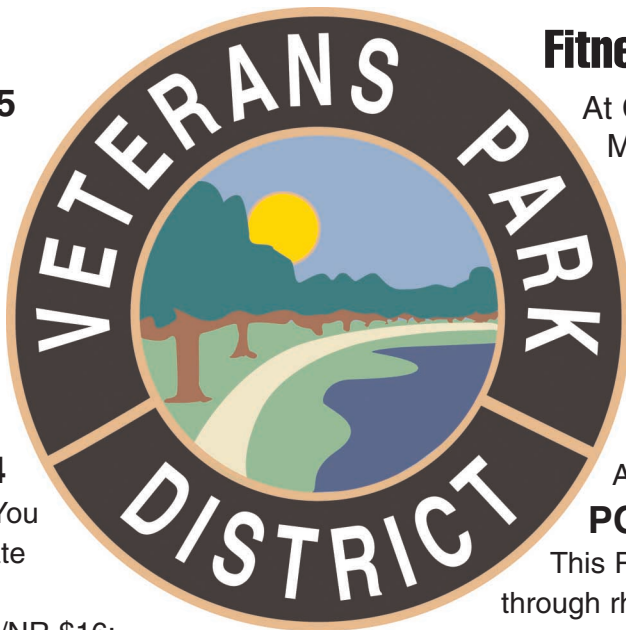


Veterans Park District

Programs & Happenings



Early Childhood

Music Maker (Drop off Class), Ages 3-5

Enjoy your child's abilities through fun music and movement activity. These classes encourage self-expression and a growing attention span. Music activities include singing, musical games, creative movement and rhythm instruments.

• 4:30-5:15 p.m., Mondays, Nov. 1-15; Fee – R \$30/NR \$45; Bulger Hall, 1601 Hirsch St., Melrose Park.

Little Elf's Workshop (with parent) Ages 2-4

Enjoy time with your little one while being creative. You and your child will create a holiday project to decorate your home for the season.

• 10-10:45 a.m., Wednesday, Dec. 8; Fee – R \$11/NR \$16; Bulger Hall, 1601 Hirsch St., Melrose Park.

Youth Athletics

Basketball 101, Ages 5-7

Dribbling, passing, shooting and teamwork will be taught in this instructional basketball program. All skills will be taught in a fun and easy-to-learn environment. Non-competitive games will be played during each class, allowing all participants to get involved. Smaller basketballs and age-appropriate hoops will be used to help skill development.

• Wednesdays, Nov. 3-Dec. 1, 6-7 p.m.; R \$55/N \$70; Grant Park Recreation Center, 44 W. Golfview Dr., Northlake.

Basketball Clinic, Ages 8-14

This four-week, co-ed clinic, led VPD staff, will focus on developing ball handling, offensive/defensive skills, passing, shooting and positioning. All players, from beginner to experienced, will improve their skills in this class.

• Wednesdays, Nov. 3-Dec 1, 7:15-8:15 p.m.; R \$55/N \$70; Grant Park Recreation Center, 44 W. Golfview Dr., Northlake.

Fitness Classes

At Cimbalo Fitness Center 1203 N. 24th Ave., Melrose Park; (708) 343-5151.

Zumba

A dance inspired, total body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. Latin music provides a fun, energetic class.

• Choose from Monday or Thursday nights; R \$35/N \$50; Cimbalo Fitness Center, 1203 N. 24th Ave., Melrose Park. Call (708) 343-5151 to register.

POUND, Ages 15+

This Pilates-based workout combines cardio and strength through rhythmic movements. Pound refers to the drum-technique, using lightweight drumsticks for continual movement – truly a cardio jam session!

• Tuesdays; R \$35/N \$50; Cimbalo Fitness Center, 1203 N. 24th Ave., Melrose Park. Call (708) 343-5151 to register.

Our ability to run these programs may depend upon local, state and federal guidelines regarding group activities.

We will continue to share information on our programs and events as it becomes available.

Call us at (708) 343-5270, or check our website at www.vpdpark.org or our Facebook page for updates.

For more information on Veterans Park District events and activities, call us at (708) 343-5270, visit our website at www.vpdpark.org or check out our Facebook Page.

Pardon Our Dust!

BATAAN PARK is Getting a Refresh ... Construction is Underway!

(Located at Ninth Avenue and Sherman.)

Renovations Include ... New ADA Wheelchair Accessible Playground • New Outdoor Exercise Equipment

- Walking Track • Outdoor Pickleball Courts • Outdoor Batting Cage • Parking Lot Entrance to Park
- Sitting Area with Shade Canopy • New Outdoor Washroom Facility • Decorative Security Lights
- Poured-in-Place Rubber Playground Surfacing

Watch for more information as it becomes available.

Veterans Park District



**Veterans
Park
District**

*Programs
&
Happenings*

INDOOR GOLF SIMULATOR



**RESERVE A TEE TIME
CALL CIMBALO FITNESS CENTER at 708-343-5151**

Only \$ 40 per 1 hour rental.

Rentals are based per the hour. It might take one golfer at least one hour per 18-hole game.

We highly suggest booking at least 1 hour per player to allow time for practice swings and choosing a course.

Golfers, bring your own clubs, but please do NOT wear golf shoes. VPD will provide the golf balls. Clubs are re-quired to be clean.

Cimbalo Fitness Center

**1203 N. 24th Ave., Melrose Park
(708) 343-5151**



COMING SOON: Golf Lessons, Leagues and Tournaments!
CALL (708) 343-5151 TO BE PLACED ON THE INTEREST LIST.



(708) 343-5270 | VDPARK.ORG | FOLLOW US ON

