

Veterans Park District

Programs & Happenings

Early Childhood

Pee Wee Playtime • Ages Up to 5 Drop-in with Adult

This is a great opportunity for parents and tots to socialize. The room is set up with tables, fun toys, games, mats, big wheels and even a ball pit! You and your child can play, interact, make a craft, enjoy music and movement, and have lots of fun!

- Thursdays, Now-March 26, 9:30-11:30 a.m.; Bulger Park Community Center, 1601 Hirsch St., Melrose Park; Fee – Single visit \$5 per child/\$3 per sibling or purchase a punch pass \$20 for six visits (savings of \$10!), supervising adult is free; Plan to enjoy the free coffee bar; No registration needed; drop in anytime.

Start with Art – Think Spring Ages 2-5 (2s and 3s with Adult)

Explore the topics and areas of interest in this engaging art program. Participants become familiar with arts and crafts materials by engaging in interactive activities. Each week has a themed sensory station that relates to our weekly art projects. We cannot wait to see your child's creativity at work.

- Tuesdays, April 14-May 26 (no class on April 21), 10-11 a.m.; Grant Park Recreation Center, 44 W. Golfview Dr., Northlake; Fee – R\$60/NR\$70.

Mini Scientist – Signs of Spring Ages 2-5 (2s and 3s with Adult)

Participants explore the sights, sounds and changes of spring through hands-on science activities. From blooming flowers to busy bugs, each session invites playful discovery with the experiments, sensory fun and take-home activity to continue the learning.

- Thursdays, April 16-May 7, 4:45-5:30 p.m.; Grant Park Recreation Center, 44 W. Golfview Dr., Northlake; Fee – R\$40/NR\$50.

Youth Athletics

Soccer • Ages 8-12

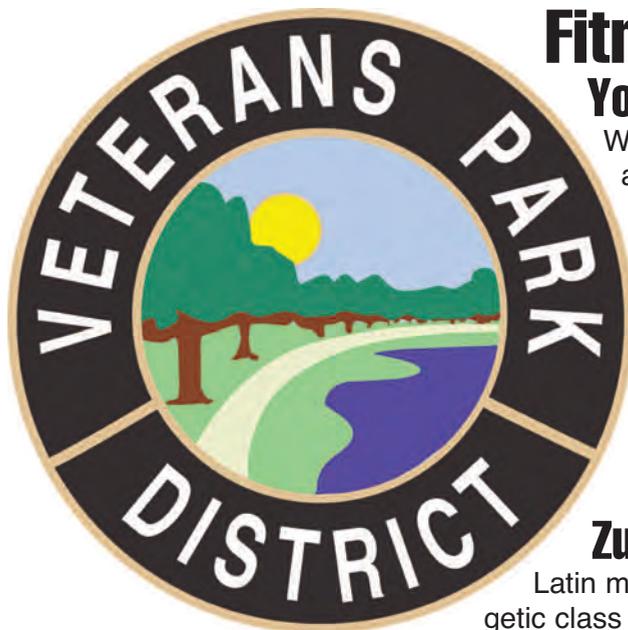
VPD staff will lead players in specific drills while they improve their overall understanding of the game, while having a blast! Each class lasts for one hour and players will rotate through different stations and drills.

- Thursdays, March 19-April 9, 5-6 p.m.; George Leoni Complex, 800 N. 17th Ave., Melrose Park; Fee – R\$55/NR \$70.

Volleyball • Ages 10-15

This fun and instructional program prepares players to succeed in volleyball. Players will improve their serving, bumping, setting and spiking skills. Games are played throughout the program. Teamwork and good sportsmanship are stressed.

- Wednesdays, March 18-April 8, 4-5 p.m.; Grant Park Recreation Center, 44 W. Golfview Dr., Northlake; Fee – R55/NR70.



Fitness

Yoga • Ages 16 and Up

Whether you're new to yoga or returning to your mat after time away, this series will help you develop confidence, body awareness and inner calm. Each week builds upon the last with simple movement, breathwork and mindfulness. You'll learn foundational poses, breathing techniques and relaxation practices to support strength, balance and flexibility.

- Saturdays, April 4-May 2, 10 a.m.; Cimbalo Fitness Center 1203 N. 24th Ave., Melrose Park; Fee – R\$40/NR\$55. Please call (708) 343-5151 for more information.

Zumba® • Ages 16 and Up

Latin music and easy to follow moves provide a fun, energetic class that will make you forget you're even exercising.

- Mondays, April 6-May 4, 6:30 p.m.; Cimbalo Fitness Center, 1203 N. 24th Ave., Melrose Park; Fee – R\$40/NR\$55. Call (708) 343-5151 to register or visit vdpark.org to register online.

Youth Boxing • Ages 12-18

Learn the basics of boxing. Participants will practice how to throw a variety of punches, footwork and timing, as well as the strategy involved with the sport of boxing.

- Tuesdays, April 7-May 5, 6 p.m.; Cimbalo Fitness Center, 1203 N. 24th Ave., Melrose Park; Fee – R\$40/NR\$55. Call (708) 343-5151 to register or visit vdpark.org to register online.

Youth Speed & Agility • Ages 8-15

This new and exciting class is taught by a certified strength and conditioning coach and is designed for youth athletes wishing to prepare for their upcoming athletic season. This class, which will focus on speed, agility, coordination and conditioning, will help build a strong foundation for future success.

- Wednesdays, April 8-May 6, 5 p.m.; George A. Leoni Complex, 800 N. 17th Ave., Melrose Park; Fee – \$40R/\$55NR. Call (708) 343-5151 to register or visit vdpark.org to register online.

Golf Simulator

Come experience Cimbalo Fitness Center's Golf Suite! Featuring a state-of-the-art Full Swing® golf simulator, our golf suite allows you to have a fun, realistic golf experience year-round. Our golf simulator offers something for everyone of all ages and experience levels, from the super competitive golfer to the super casual. With over 85 courses, multiple skill challenge courses, a driving range and a variety of challenge games/modes of play, we can provide users with a great experience customized to their goals, whether that be improving their golf game or just having fun. Pricing is \$40 for one hour and \$20 for a half-hour rental. Please call ahead to reserve a time slot. Cimbalo Fitness Center is located at 1203 N. 24th Ave., Melrose Park. Call (708) 343-5151 to reserve a time.

**Call us for more information on our upcoming programs,
(708) 343-5270, or check our website at www.vdpark.org
or our Facebook Page for updates.**



**Veterans
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TODDLER TURF TIME



AT LEONI COMPLEX

AGES 2-5 | MAR 2 -APR 6 | MONDAYS | 10-11AM | \$65R/\$75NR

Get ready for a fun-filled fitness adventure designed just for toddlers!

Each Session includes:
Play-based activity stations
Interactive circle time with music & movement
Mini sport & fitness challenges

Perfect for little ones to build coordination, confidence, and social skills all while having a blast!



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FAMILY INDOOR GARAGE SALE & FLEA MARKET

SATURDAY, APRIL 25
9 AM-2:30 PM
GRANT PARK GYMNASIUM
44 W. GOLFVIEW DR.
NORTHLAKE



Come out and shop at the VPD Community Garage Sale. Time to clean out your attic, closets, or garage for items to sell. Upsell your baby clothes, toys, games, tools, books, or anything else you may have. Concessions will be open for snacks.

Registration is required to reserve your space. Tables are available on a first come, first serve basis. Set up time is 7-9 AM. You get two 8x3 1/2 feet tables and two chairs. Must register for a space and fill out an application.

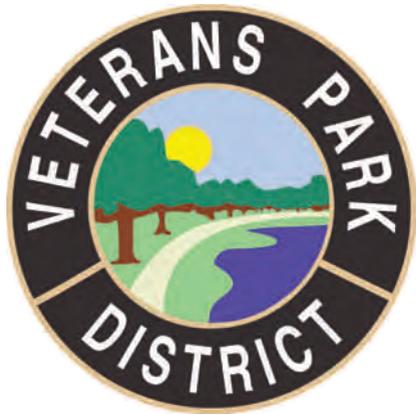
Registration deadline is April 20.

Fee: R \$25 / N \$35



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FLASHLIGHT EGG & CANDY HUNT

AGES 6-10 FREE FAMILY EVENT!

Thursday, March 26 • 8 PM

Gouin Park Playground, Franklin Park

We will scatter the park with eggs and candy. THIS HUNT TAKES PLACE AT NIGHT, SO REMEMBER TO BRING YOUR FLASHLIGHT and a basket to collect your eggs and candy.

The hunt starts EXACTLY at 8 PM, rain or shine.

FLASHLIGHT GLOW EGG SCRAMBLER

AGES 2-10 FREE FAMILY EVENT!

Friday, March 27 • 8 PM

Bulger Park Playground, Melrose Park

Veterans Park District and the Melrose Park Youth Commission are proudly sponsoring an Egg and Candy Hunt at Bulger Park playground in Melrose Park. Eggs and candy will be hidden high and low for children to find. Remember to bring your basket to collect your goodies.

THIS HUNT TAKES PLACE AT NIGHT, SO REMEMBER TO BRING YOUR FLASHLIGHT. Parents may help two- and three-year-old children. Four- to ten-year-old children hunt on their own.

This Event starts EXACTLY at 8 PM, rain or shine.

TRUMBULL PARK EGG & CANDY HUNT

AGES 2-10 FREE FAMILY EVENT!

Saturday, March 28 • 9:30 AM

Trumbull Park Playground, River Grove

Hey, kids! The Easter Bunny will be hiding eggs and candy at Trumbull Park. This event is sponsored by Veterans Park District and the City of River Grove. Bring your baskets to collect your goodies.

Each hunt will be divided into age groups and will start at EXACTLY 9:30 AM, rain or shine.

GRANT PARK "EGG" STRAVAGANZA

FREE ALL AGE FAMILY EVENT

Saturday, March 28 • 11 AM

Grant Park Playground, Northlake

Veterans Park District and the City of Northlake are proudly sponsoring an Egg and Candy Hunt at Grant Park playground in Northlake. Eggs and candy will be hidden high and low for children to find. Remember to bring your basket to collect your goodies.

This Event starts EXACTLY at 11 AM, rain or shine.



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