

Health &
Fitness

Fitness Center

Gymnastics

Jump Rope

Helping
Hands

Archery



Fall Programs 2014

www.chparkdistrict.net

Check Out
Chicago Heights
Library News Letter
on pg 28-33



CHICAGO HEIGHTS
PARK DISTRICT



Pictured from left:

President:
Belinda Mosby,
Commissioner Ward 1;

Ricardo Leon, Jr.
Commissioner Ward 2;

Jimmy Burnett,
Commissioner Ward 3;

Christopher Baikauskas
Commissioner Ward 4;

Jessica Garner,
Commissioner Ward 5;

Curtis Straczek
Commissioner Ward 6;

Kenneth Ochoa,
Commissioner Ward 7;



FREE WIFI now available at the Chicago Heights Park District Rec Center

Telephone Directory

(708) 755-1351

COMMISSIONERS

COMMISSIONERS	WARD	EXTENSION
Belinda Mosby	1	31
Ricardo Leon, Jr.	2	32
Jimmy Burnett	3	33
Christopher Baikauskas	4	30
Jessica Garner	5	35
Curtis Straczek	6	36
Kenneth Ochoa	7	37

STAFF

Wanda Rodgers	Program Director	12
Corina Lopez	Office Manager	13
Susana Perez	Spanish Operator	10
Frank Perez	Superintendent	20

Mike DeButch	Assistant/Superintendent/ Athletic Director	11
Alberto Castillo	Police Department	17
Valerie Kuster	Senior Director	38
General Information		0
Belinda Mosby	President	30

IMPORTANT PARK DISTRICT NUMBERS

Recreation Center	755.1351
Golf Course Maintenance	754.3681
Golf Course East	754.3673
Golf Course West	754.1400
Maintenance Garage	754.1014
Park District Hotline	756.PARK

Welcome

A Word from the Superintendent

Welcome to the Chicago Heights Park District. Come and take part in a variety of programs we offer to Chicago Heights and surrounding communities. Along with our gym and fitness classes, we offer Swim classes for children and adults. We offer different types of Martial Arts instruction and Boxing classes. Parents, you're looking to keep your children active this Winter, then how about basketball for boys and girls? Seniors, come join fellow seniors for good conversation, games and much more. Here at the Park District, we offer something for every age group! We schedule casino trips and attend many plays throughout the year. Come by to sign up for our programs and see how much more we have to offer. Prices are reasonable for residents and non-residents alike. Our programs, trips and classes are open to everyone!!

Es Español

Bienvenidos al Distrito de Parques de Chicago Heights. Vengan y tomen parte en la variedad de programas y actividades que ofrecemos para la comunidad de Chicago Heights y comunidades de los alrededores. Junto con nuestras clases de Ejercicio, ofrecemos clases de natación para niños y adultos. Tenemos clases de Artes Marciales y Boxeo. Padres si están buscando mantener activos a sus hijos durante la temporada de otoño e invierno, tenemos el programa de baloncesto para niños y niñas. Señores de la tercera edad, vengan y disfruten de buena compañía, juegos y muchas cosas más. Aquí en el Distrito de Parques ofrecemos algo para todas las edades! Vamos de paseo a diferentes Casinos y a varias Obras de Teatro durante todo el año. Venga y suscríbase en alguno de nuestros programas. Nuestros precios son muy razonables tanto para residentes y no residentes de Chicago Heights. ¡Nuestro programas, paseos y clases estan disponibles para todos! Para mas informacion en Español, marque al 708-755-1351 ext. 10 y comuníquese con Susana Perez.

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Registration Information

Registration Procedures

Persons wishing to register for classes offered at the Chicago Heights Park District may do so as follows:

- Fill out registration form.
- Submit full payment for programs upon registration.
- Telephone registrations will be accepted during business hours.
- Registration forms are available at the recreation center and online.
- Office hours are 9 a.m. to 7 p.m. Monday through Friday. NO CASH will be accepted after office hours.
- Payments accepted: cash, money orders or credit cards. All payments can be made at our office. Membership payments only can be done online or in the office. Fitness online payments are only for membership.

"PAY PAL FEES WILL APPLY"



Responsibilities

The Chicago Heights Park District assumes no responsibility for injuries or loss of personal property while attending a Park District-sponsored activity or facility. We ask that all participants in Chicago Heights Park District programs carry their own medical insurance. Though we make every effort to minimize situations that could lead to injuries, accidents can happen. Group coverage through the Park District is not available because the high costs of medical insurance

prohibit us from offering quality programs at their current low rates.

Refunds & Cancellations

Our refund policy is as follows:

- If we cancel a program, you will receive a full refund.
- You will receive a program credit if you cancel a program prior to the start of the program, less \$5 administrative fee.
- Trips cancellations 48 hours prior to trip will receive credit less \$5 admin fee towards next trip. Not to exceed trips in current book.
- We reserve the right to cancel any program due to low enrollment.
- Please allow 2 to 4 weeks for refund checks to be mailed to your home.

Non-Resident Rates

Participants in Chicago Heights Park District programs who reside outside the Chicago Heights and city limits are required to pay \$25 non-resident fee per person per program.

Waivers of Liability

To participate in any Chicago Heights Park District program, you must sign a waiver releasing the Park District of any liability.

In Case of Inclement Weather

Participants will NOT be notified by the Park District if a program is cancelled due to inclement weather. If you feel that the weather is questionable, please call 756-PARK to find out if a program will be cancelled.

Try Before You Buy!



CHICAGO HEIGHTS
PARK DISTRICT



Thinking about joining? Come in and acquaint yourself with the Chicago Heights Park District workout room first by enjoying a complimentary workout*. This offer is open to all Chicago Heights Park District residents 18 years of age and over. Residents must present a current utility bill or valid driver's license for proof of residency AND must complete a guest waiver.

Stop by the Chicago Heights Park District Recreation Center Service Desk in order to take advantage of this offer.

*This offer cannot be combined with any other promotions or coupons and can only be utilized one (1) time per 12 month period.

FREE COMPLIMENTARY WORKOUT!

Registration Form

In-person registration will take place at the Chicago Heights Park District, 1400 Chicago Road, Chicago Heights, Illinois.

Program fees are due and payable at time of registration. Payment options include: Visa, Mastercard, and Discover, debit, money order or cash.

Family/Guardian's Name _____ Today's Date _____

Address _____ Home Phone _____

Town/Zip _____ Work Phone _____ Cell _____

Receipt # _____ Staff Initials _____ Book Recorded _____ Email: _____

Cash or Credit Card \$ _____

American Disabilities Act (ADA) Compliance Statement - In compliance with the American Disabilities Act, the Chicago Heights Park District will make all reasonable efforts to accommodate persons with disabilities. Please indicate on this form any special needs: _____

Participant's First & Last Name	Program Name	Birthdate	Fee

Waiver release of all claims and hold harmless agreement for Chicago Heights Park District - Read Carefully:

Please read this form carefully and be aware that in signing up and participating in Chicago Heights Park District programs you will be waiving and releasing all claims for injuries arising out of these programs that you or the other named participants might sustain. The terms "I", "Me" and "My" also refer to parents or guardians as well as participants in the programs. In registering for these programs you are agreeing as follows:

As a participant in these programs I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss of which I may sustain as a result of participating in any manner in any and all activities connected or associated with such programs. I further recognize and acknowledge that all athletics involving strenuous exertion or potential contact are hazardous recreational activities and involve substantial risks of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the Chicago Heights Park District and all other participating or cooperating governmental units, and any independent contractors, officers, agents, servants and employees of the governmental bodies and independent contractors and any and all other persons and entities of whatever nature that might be directly or indirectly liable for any injuries that I might sustain while participating in these programs. (The parties described in the preceding sentence are referred to as the released parties in the remainder of the agreement.)

I do hereby fully release and discharge the Chicago Heights Park District and the other related parties from any and all claims for injuries, damage or loss which I may have or which may occur to me on account of my participation in these programs.

Further agree to indemnify, hold harmless, and defend the Chicago Heights Park District and any and all other released parties from any and all claims resulting from injuries, damages, and losses sustained by anyone and arising out of, connected with or any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participation", "programs" and "activities" referred to in the agreement include all exercises and physical movements of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions or supervision, the use of adjustment of any and all machinery, equipment, apparatus and anything related to my use of the services, facilities, or premises in these programs and transportation to and from any events.

I understand the nature of these programs for which I am registering and have read and fully understand the Waiver Release and Hold Harmless Agreement. I further understand that any advertisements or warning of particular risks of these programs that I subsequently receive will be incorporated by reference into and become part of this agreement.

All photographs, video recordings, audio recordings, or other visual/audio representations (collectively referred to herein as "photos") taken or made during Chicago Heights Park District programs are the property of the Chicago Heights Park District and may be used in any manner by the Park District. I/We jointly and severally, for ourselves and for our heirs and legal representatives, so hereby agree to hold Chicago Heights Park District harmless and to indemnify the Park District from all claims, costs and expenses, including attorneys fees, arising out of, connected with, or in any way associated with the photos identified in this paragraph.

Parent/Guardian MUST SIGN if participant under age 18

Date Participant MUST SIGN if 18 years or older

Date

Parent/Guardian Name (PLEASE PRINT)

Participant Uniform Size

Park Policies

Smoking

Smoking and the use of tobacco products is prohibited on all park property, at all park facilities, and at all park district events by any person, patron, visitor or employee, regardless of age.

Our Apologies

We apologize for any errors and/or misprints that may occur within this brochure and will attempt to advise you of any changes as quickly as possible. Thank you for your patience and understanding.

Code of Conduct

No eligible participant shall be limited in the exercise of any right, privilege, advantage or opportunity on the basis of race, sex, creed, national origin, activities, service or benefits.

Behavior

Participants are expected to exhibit positive behavior at all times. The following guidelines have been developed to help make Park District programs safe and enjoyable for all participants. Additional rules may be developed for particular programs and athletic leagues as deemed necessary by staff. Participants shall:

- Show respect to all participants and staff.
- Take directions from staff.
- Refrain from using abusive or foul language.
- Refrain from causing bodily harm to self, other participants or staff.
- Show respect to equipment, supplies and facilities.

Firearms

All participants on park district properties and parking areas are prohibited from possessing a firearm Effective January 1, 2014 pursuant to 430 ILCS 66/65.

Discipline

A positive approach will be used regarding discipline. Staff will periodically review rules with participants during program session. If inappropriate behavior occurs, a prompt resolution will be sought specific to each situation. The Park District reserves the right to dismiss a participant whose behavior endangers the safety of himself/herself or others.

Photo and Video Policy

Our Park District staff periodically take pictures and/or video of participants in our classes, during special events, and in the parks. These are used in a variety of marketing materials.

Vandalism and Safety Hotline

Residents can report vandalism and park maintenance concerns by calling Park District Maintenance Department at 708-754-1014 or our administrative offices at 708-755-1351.

The Memorial Bench Program

We are proud to announce that the Chicago Heights Park District Memorial Bench Program has started. This is our way of providing warm and inviting parks while offering our residents a great way to honor someone special in their life. You may request a specific park for your memorial bench. The exact location, however, will be determined in conjunction with Park District staff. For more information on purchasing a memorial bench, please call 708-755-1351.



We're Going Green! Help us Recycle!



Rental Facilities



Looking for a location for your next gathering?

Perfect for Showers, Weddings, Birthdays, Anniversaries, Holiday Parties, Company Picnics, Reunions or any occasion.*

*NOTE: Rental for residents only!

MAKE YOUR RESERVATIONS NOW!

Chicago Heights Park District has facilities to meet your every need.

FOR MORE INFORMATION:

Park Rentals call
(708) 755-1351

Banquet Rentals call
(708) 754-1400



Social Room



Chicago Heights Country Club



East Golf Course

NEW

Dial-A-Ride

The Chicago Heights Park District and the Pace Bus transit service has collaborated to offer transportation service to our residents. Now you can sign up for classes, trips, events and more at the Chicago Heights Park District with no worries of transportation.

Details:

- Type of Service provided: "Dial-A-Ride" and scheduled transport service.
- Service Area: Chicago Heights and 10 mile radius outside city limit.
- Service Days/Hours: Monday through Friday 8 am to 5:45 pm
- Reservation Method: Call in 24 hours in advance to reserve as well as periodically scheduled events to surrounding communities.
- Fare: \$1 one-way fee
- Rider Eligibility: Public, seniors and youth (older than 8 years old) accompanied by adult. Service to and from work is not applicable.

For more information,
call (708) 755-1351 ext.18.



Veterans Day Job Fair

All residents of Chicago Heights are invited to take part of the 2nd Veterans Day Job Fair hosted by the Illinois Department of Employment Security, Mayor David Gonzalez and the City of Chicago Heights and the Chicago Heights Park District. Please bring your resume and dress for success! There will be federal, state, and employment opportunities available to everyone who attends.

For more information, please call (708) 755-1351 ext. 10.

Day:	Thursday
Date:	October 30, 2014
Time:	10 am – 2 pm
Location:	Chicago Heights Rec Center, 1400 Chicago Road, Chicago Heights, IL. 60411

After School Program

Every child needs a safe environment after school. The Chicago Heights Park District offers this safe environment with wonderful staff with quality activities, for the students at Serena Hills School. Let us care for your child in a structured, recreational environment and offer you peace of mind while you work. For more information on registration, please call (708) 755-1351.



Helping Hands

Community Food Give-Away



During this time of recession, it is a great need for assistance in all areas for the residents of our city. Now there is help for our community through a monthly food give-away sponsored by the Greater Chicago Food Depository Fresh Produce mobile and the Chicago Miracle Temple Church. This event is hosted once a month by the Chicago Heights Park District. Please make sure you bring something to carry your food in. All residents of Chicago Heights are welcome to come. Please be advised that this

event is based on first come, first served. Therefore, it is not guaranteed that everyone will receive food items offered.

Day: Fourth Friday of every month
Time: 9 am
Location: Chicago Heights Recreation Center
Fee: Free



**CHICAGO HEIGHTS
PARK DISTRICT**



ADVERTISE
your business with us.

For more information,
contact Wanda Rodgers
at 755-1351 ext. 12

LOCAL FOOD PANTRY

RESPOND NOW

1439 Emerald Avenue
Chicago Heights, IL - 60411
708.755.HELP

Cook County - South Suburbs

Seed of Faith Ministries

3520 W 137th St
Robbins IL 60472
(708) 389-3004
Contact: Clifford Nolan
Hours: Sa 10:00 pm -12:00 pm

Chicago Miracle Temple Pantry

34 E 16th St
Chicago Heights IL 60411
(708) 754-9505
Contact: Minnie Sorrell
Hours: F 2:00 pm - 4:00 pm, 3rd Su: 3:00-5:00 pm (Emergency Hours)

Emmanuel Church

22515 Torrence Ave
Sauk Village IL 60411
(708) 758-3343
Contact: Ted Young
Hours: Every 2nd W 4:00 pm - 6:00 pm

Grace Church Food Pantry

13957 S Marquette Ave
Burnham IL 60633
(708) 891-4800
Contact: Cindy Singleton
Hours: M 4:30 pm - 6:30 pm

TSA: Chicago Heights

425 S Halsted St
Chicago Heights IL 60411
(708) 754-3062
Contact: Jennifer Slatkay
Hours: Every 3rd W 3:30 pm - 6:30 pm

New Zion/Booc Joseph Store HS

14200 Chicago Rd
Dolton IL 60419
(708) 849-6904
Contact: Mary Wood
Hours: M 11:00 am - 1:00pm and Sa 10:00am - 1:00 pm



The Chicago Heights Park District would like
To THANK all of our Partners, Donors and
Volunteers for this past year !



BLOOM TOWNSHIP HIGH SCHOOL
CHICAGO HEIGHTS SCHOOL DISTRICT 170
PRAIRIE STATE COLLEGE
BLOOM TOWNSHIP
MAYOR DAVID GONZALEZ AND THE CITY OF
CHICAGO HEIGHTS COUNCIL
BEAUTIFICATION COMMITTEE
HISTORIC PRESERVATION COMMITTEE
STATE REPRESENTATIVE ANTHONY DELUCA
STATE SENATOR TOI HUTCHINSON
COOK COUNTY COMMISSIONER DEBORAH SIMS
COOK COUNTY S.W.A.P.
KABOOM
DR. PEPPER SNAPPLE

CORNER STONE CHRISTIAN CENTER
UNION STREET GALLERY
ST.JAMES HOSPITAL
HOUSE OF HEALING & RESTORATION
CATHOLIC CHARITIES
DAVE HUERTA & CALUMET REGION REALTY
LAND O FROST
ULTRA FOODS
COUNTRY SQUIRE
SKYLINE DISPOSAL
LIONS CLUB
ATTORNEY'S STORINO, RAMELLO & DURKIN
MARTELLO CONSTRUCTION
GW & ASSOCIATES P.C.
BLUE CROSS BLUESHIELD OF ILLINOIS



Aquatics Program

Chicago Heights Park District Open Swim Member's Schedule

Days:	Sunday	1 - 4pm
	Monday	10 - 11am / 8 - 9pm
	Tuesday	9 - 10am / 7 - 9pm
	Wednesday	6 - 8am / 7 - 9pm
	Thursday	9 - 10am / 7 - 9pm
	Friday	6 - 8am / 7 - 9pm
	Saturday	9 - 10am / 5 - 7pm

\$60 per year per individual
\$25 additional family member 18 and over
\$85 non-resident per year

New Wave Strength Swim Class

This is a wonderful way to work out in the water with sprint bells, noodles and resistance tubing with a burst of cardio and power moves. Get a new you with a new wave in your aquatic workout. **Instructor:** Mike

Day: Wednesdays
Dates: October 8 - November 5
November 12 - December 10
January 7 - February 4
February 11 - March 11
Time: 9:30 - 10:30am
Fee: \$45 / \$50 NR

Private Swim Lessons

Do you feel that you or your child needs more individualized attention than available in group swim lessons? We'll help is here! Half-hour lessons are available at the St. James Wellness our trained staff.

Days: Mondays & Wednesdays
Time: 8:00 - 8:30 pm
Days: Monday
Time: 10:00 - 10:30am / 10:30 - 11:00am

Days: Fridays
Time: As arranged
Fee: \$30 per lesson
SPECIAL SAVING PACKAGE - \$160 (6 LESSONS)

NEW



Swim Instructors - Employment Opportunities

The Chicago Heights Park District is seeking qualified swim instructors. All applicants must be 18 and over with life guard and CPR certification. Please submit your resume along with certification to the Chicago Heights Rec Center, 1400 Chicago Road, Chicago Heights, IL. Attention Wanda Rodgers, Program Director. For more information please call (708) 755-1351 ext. 12.

Adult & Youth Swim Lessons

Adults learn the basic steps to meet aquatic needs. Develop security in the water while learning the basic skills. Skills will include the breast stroke, back stroke and other techniques. Class is held at the St. James Health & Wellness Center.

Children can develop basic water skills to meet developmental needs. They will learn basic swim strokes and develop security in water. All ability levels welcome. Registration taken at the Chicago Heights Recreation Center.

Day: Monday (min: 7)
Time: 7 - 8 pm
Dates: September 8 - October 6
October 20 - November 17
November 24 - December 22
January 5 - February 2
February 9 - March 9

Day: Wednesday (min: 7)
Time: 7 - 8 pm (Youth)
8:15 - 9 pm (Adult)
Dates: September 10 - October 1
October 8 - November 5
November 12 - December 17
January 7 - February 4
February 11 - March 11

Day: Thursdays (min: 7)
Dates: September 4 - October 2
October 9 - November 6
November 13 - December 18

Fee: \$50 / \$55 NR Youth
\$55 / \$60 NR Adult

Holiday no swim: Columbus Day, Oct 13
Thanksgiving, Nov 27
Christmas Break Dec 22- Jan 2
MLK Day, January 19
President's Day, Feb 16

Level I: Beginners

If you have never learned to swim, this level is for you.

Level II Mid-Starters

If you can swim at least 1 feet without assistance, this is for you.

Level III: Advance

If you can swim at least 10 feet without assistance, this is for you.

Note: Children participating in the swim class must be three years old and potty trained.

Fitness Center

MEMBERSHIP FEES:

Type	RESIDENT	N.R.
Individual (1 year) - Over 18	\$170	\$245
Individual (6 months) - Over 18	\$125	\$190
Husband and Wife (1 year)	\$195	\$290
Husband and Wife (6 months)	\$135	\$225
Parent and Child (1 year)(13-17 yrs)	\$195	\$290
Parent and Child (6 months)(13-17 yrs)	\$135	\$225
Family* (1 year)	\$230	\$345
Family* (6 months)	\$145	\$245
Full Time College* (1 year)	\$60	N/A
(*transcripts, college and Chicago Heights ID required)		
Senior (1 year)	\$50	\$125
Senior (6 months)	\$30	\$75
Senior Husband and Wife (1 year)	\$70	\$135
Senior Husband and Wife (6 months)	\$40	\$85
Senior age is 63 and over		
Swim Member	\$60	\$110
Additional swim member over 18	\$25	\$50
Veterans	\$50	N/A
3 month Summer Pass (students only*)	\$30	N/A
(*School ID required)		

FAMILY: Mother, Father and children ages 13-17 years old.

PARENTS: All children within the family membership must be accompanied by parent at all times. Try our "Try it Before You Buy it!" 1 time guest pass (see page 4 for details).

CORPORATE MEMBERSHIP: To find out more, contact Wanda Rodgers at 708-755-1351 Ext. 12.

Membership Includes:

- Workout Room
- Sauna
- Shower
- Basketball Courts
- Free Weight Room

Fitness Club Hours

Monday - Friday: 6am - 9pm

Saturday: 7am - 3pm

Sunday: 8am - 1pm

Childcare Center



The Chicago Heights Rec Center will now offer child care for our members while working out!

Fee: \$3.00/Hr Per Child - 2 hours max

Terms & Conditions:

- Ages for children 18 mos. to 12 yrs old
- Childcare availability on a first come, first served basis. Call for reservations.
- You must sign in your child at the front reception desk and then proceed to childcare room.
- Members must pre-pay at the front reception desk and submit receipt to the childcare attendant. Members will sign their child in at the Childcare Center. If a member uses more service time than what was originally purchased, they will be asked to return to the front reception desk and pay the extra time.
- Only parents, grandparents or legal guardians are allowed to bring children into the Childcare Center.

No one is allowed to leave the building when their child is in the Chicago Heights Rec Center Childcare Center. No exceptions!

MEMBERSHIP SPECIAL \$125
DEC 1st - 31st

Note:

This special is only for the month of December

CPR Classes

This course includes adult, child and infant CPR. Approximate length is 3 hours. This is a 2-year certification offered by the American Heart Association. Relative profession are teachers, day care, churches, park districts, health clubs, factories, etc. Call for registration.

Employment Opportunities

The Chicago Heights Park District is seeking qualified program instructors for the following positions: Swim, Dance (all types), Aerobics, Pilates and Yoga, and coaches. All applicants must be 18 and over and submit a resume along with proper updated certification. Please submit your resume along with certification to the Chicago Heights Park District, 1400 Chicago Road, Chicago Heights, IL. Attention Wanda Rodgers, Program Director. For more information, please call (708) 755-1351.



LAW OFFICE

CIFELLI, SCREMENTI
& DORE, LTD

423 Ashland Avenue
Chicago Heights, IL 60411

Office (708) 754-6200
Toll Free (866) 403-9599
Fax (708) 754-6077

E-mail: cifellilawfirm@msn.com

ΨΦΒ

Chicago Heights Park District Competitive Step Program

It is with great excitement that we introduce the Chicago Heights Park District will begin a Competitive Step Team, under the leadership of Coach Victor Hicks, this year for students in grades 3-12, Psi Phi Beta (ΨΦΒ) !! Stepping is a percussion art that takes elements of dance, drama, singing and chanting and combines them into exciting performances. African American fraternities and sororities made the art form popular. Step was featured in the film "Stomp the Yard" and "Drumline" and there are step team programs offered at many schools nationwide.

Our purpose in bringing step is tri-fold:

- **Leadership:** To develop key leadership skills in our students including responsibility, focus, hard-work, dedication and best performance of duty. In addition to introducing students to stepping, there will be a strong focus on mentorship as well.
- **Healthy Lifestyles:** According to studies, children in elementary and high schools across the country are experiencing obesity at higher rates than ever. We will use stepping as a means to introduce healthy activity to students and encourage healthy lifestyles in our team members.

- **College Readiness:** Stepping is an activity made popular by African-American and Latino Fraternities and Sororities. These organizations are housed on college campuses. Where we believe that it is never too early to start considering college; students will be introduced to this facet collegiate life to increase their interest in attending a four-year college or university.

**The competitive season has 5- 6 week sessions.
each session.**

Sessions October - February

Fee: \$40.00 \$45 NR

Additional Costs for the Competitive Program

*These costs may be offset by parent fundraising efforts.

NEW



Zumba Fitness

Zumba is taking the nation by storm. Zumba program is a Latin and international dance-fitness program. It is known as ZUMBA FITNESS PARTY! Zumba contains fast and slow rhythms that tone and sculpt the body using an aerobic fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. The cardio-based dance movements are easy-to-follow steps that include body sculpture, which targets areas such as the gluteus, legs, arms core, abdominals and the heard. The primary elements that make Zumba so unique and

successful are: It's a Blast! Doesn't feel like exercise, it's different! It's easy! Sign up now for a NEW YOU!

Day:	Wednesday
Time:	9:30 am - 10:30 am
Session I:	Sept 10 - Nov 19
Session II:	Jan 14 - May 20 no class April 8, 2015
Fee:	\$2.50/\$3.50 NR per class
Instructor:	Lisa McNeil
Registration:	Phone now available. Please call (708) 755-1351.

Zumba Party

"PARTY THE STRESS AWAY"

Hey! Do you need time out from busy schedule? Zumba is a great way to reduce stress. This is a great time to get co-workers, friends and family members to have fun. This is a great atmosphere to RELAX and just have fun. Party leader, Zumba Instructor, Lisa McNeil.

Day:	Fridays
Date:	Sep 19, 2014; Oct 17, 2014; Nov 21, 2014; Jan 16, 2015; Feb 20, 2015; March 20, 2015; April 17, 2015; May 15, 2015
Time:	6:30 pm - 8:30 pm
Fee:	\$3 per person



Check Out

all of our new classes and programs

- Jump Rope
- Archery Class
- Chicago Heights Library
- Sock Hop
- New Art Classes
- Howl-O-Ween POOCH PARADE
- Zumba Calss En Espanol
- Friday Night Karaoke Party

Fitness Membership

Special

Join the Chicago Heights Park District Recreation & Fitness Center. A Family Membership only \$199/year! Singles \$130/year! Come visit us at 1400 Chicago Road or call (708) 755-1351.

Offer expires April 30, 2015

New Zumba Class Clases En Espanol

Sesion de Verano 2014

Chicago Heights Park District,

1400 Chicago Road

Costa: Residentes \$2.50 | No-residentes \$3 par ses-
sion

Edades 13 en adelante

NEW



Dia:	Lunes, Viernes 9:30-10:30am
	Mon, Fri 9:30-10:30am
	Martes, Miércoles, Jueves 6:30 pm - 7:30 pm
	Mon, Wed, Thur 6:30-7:30
	Sabado 9:00 am - 10:00 am
	Sat 9:00 am - 10:00 am
Instruc- tor:	Esmeralda Maciel



October is Breast Cancer Awareness Month.

Frequently Asked Questions:

Can I mail in my donation?

Yes, we gratefully accept donations via regular mail. Please mail your donation to:

Susan G. Komen for the Cure
5005 LBJ. Freeway, Ste. 250
Dallas, TX 75244

If I make a donation, how will my money be used?

84cents of every dollar spent by Susan G. Komen for the Cure supports mission programs and services.

Is my contribution deductible?

Yes. All contributions to Susan G. Komen for the Cure where no goods or services were received are tax deductible to the fullest extent of the law.

What do donors receive for their gifts?

In addition to knowing that you have joined in the fight to eradicate breast cancer as a life-threatening disease by advancing research, education, screening and treatment, you will receive our national newsletter, which includes updates about the latest research on breast cancer prevention and treatment; periodic mailings about breast health and breast cancer; and access to our National Toll-Free Breast Care Helpline for your questions about breast health and breast cancer, including certified mammography facilities in your community.

Personal Training

**Sign up today to get your Personal
Training sessions by one of OUR
certified trainers:**

Welisa Whitelaw
Mario Koonce



Nutrition and Personal Training

Personal training opportunities for all fitness levels and interests. In addition, the trainer will help you understand how fitness, proper nutrition with expert guidance can help you reach your goals.

Fee: \$100 for 4 hours of instruction



6 FLAGS GREAT AMERICA "FRIGHT NIGHT" Presented by SNICKERS®

Get ready to have some great scary fun at an affordable price with great flexibility. You and your group, family or friends can save up to 55% from the main gate price through the Chicago Heights Park District. Enjoy the best in haunted houses, spooky rides, shows, and scare zones at our biggest Fright Fest ever! You can purchase your tickets here and pick out your dates. This is a great deal for everyone!

Day:	Saturday - Sunday
Date:	September 27th-28th or October 10-13
Fee:	\$35 per person (Only at the Chicago Heights Rec Center) * Children two (2) and under admitted FREE do not require a ticket. All prices subject to change without notice per Six Flags Great America.
Note:	Tickets can be purchased at the Chicago Heights Rec Center, 1400 Chicago Road, Chicago Heights, IL. 60411. Transportation is not included.



MEDIEVAL TIMES

Surrender to an age of bravery and honor and witness epic battles of steel and steed at the Medieval Times Chicago Castle. As you thrill to a rousing live jousting tournament, marvel at awe-inspiring horsemanship and falconry, Medieval Times serves a four-course meal fit for royalty. His Majesty's Royal Feast includes: Oven Roasted Chicken, Garlic Bread, Tomato Bisque Soup, Herb-Roasted Potato, Spare Rib. .

Day:	Saturday
Date:	September 27, 2014
Time:	DEPARTURE 3pm
Fee:	\$40.00 per person / children under 12 years \$35 (Includes transportation & admission)
Max:	15



Annie

The world's best loved musical returns in time honored form. Directed by original lyricist and director Martin Charmin, this production of ANNIE will be a brand new incarnation of the iconic original. Featuring book and score by Tony Award winners Thomas Meehan, Charles Strouse and Martin Charnin, Annie includes such unforgettable songs as "It's the Hard Knock Life", "Easy Street", "I Don't Need Anything But You," plus the eternal anthem of optimism, "Tomorrow." Remember the sun will always come out tomorrow and you're never fully dressed without a smile! Sign up today!

Day:	Friday
Date:	November 21st
Time:	5:30 pm Departure 7:00 pm show Cadillac Palace, Chicago, IL.
Fee:	\$45.00 (includes coach transportation & admission)



"Why I Sing the Blues"

Check out one of the southland's best kept secrets, the SPAA Theater down town Park Forest, IL. The SPAA Theater proudly presents a musical tribute to the greatest singers of our time: Etta James, Bobby Womack, Bobby Blue Bland, Minnie Ripperton, B.B. King, Betty Wright, and Billie Holiday & Muddy Waters.

Day:	Friday, Saturday, Sunday
Date:	October 10th, October 11th, & October 12th
	7:00 PM October 10th & 11th 6:00 PM October 12th
Fee:	\$22.00 in advance / \$25 at the door
Note:	Tickets can be purchased at the Chicago Heights Rec Center during business hours.

East Peoria Par-A-Dice Casino and Festival of Lights



It's the season to have FUN and FESTIVITIES. We will start our day at the Par-A-Dice Casino for gaming and a wonderful meal. We will conclude our Peoria Trip with a guided coach bus tour of a winter wonderland of floats and Christmas splendor of more than 2 million lights illuminating the famous Festival of Lights. We had a great time last year. Sign up today, don't miss out on this treat! Coach transportation is included.

Day:	Friday
Date:	December 5, 2014
Time:	9 am Departure
Fee:	\$30 (admission, tour and coach transportation)
Max:	45



Union Street Gallery

(708) 754-2601

www.unionstreetgallery.org

Material Matters | National Juried Fibers Exhibit

The Union Street Gallery is one of the best kept secrets of our town. Come join us in this wonderful exhibit.

Day:	Friday
Date:	September 26th (Opening Reception) September 24 – October 25
Time:	6:00 PM – 9:00 PM
Location:	1527 Otto Blvd, Chicago Heights, IL.

59th ANNUAL PARK FOREST ART FAIR

The Park Forest Art Fair is the second oldest juried fair in the Chicagoland area. Artists come from all over the United States to participate. Visitors come from all over the Chicago land area to enjoy the fair.

The participating artists work in a variety of media from painting, printmaking and photography to jewelry, wood, metal and fiber arts.

There are many activities for children including the traditional art contest, tie dying, face painting and story times and art projects hosted by the Park Forest Library.

The Village will host a music fest all day Saturday. The musical groups include Neal Alger playing Brazilian music, Lexus BMI playing R & B, Soul and Pop, TL Williams with Jazz, Funk and Soul and, back by popular demand, Blue Willie T and Da Midnight Lovers, playing Jazz. On Sunday, fest favorite, Patchouli, will play folk music.

The Tall Grass Gallery will be open all day. The exhibit, in the gallery, "Explosive Impressions", presents the works of approximately 60 juried, Tall Grass Artists. The Gallery is open to the public, free of charge. So, come to the fair. Enjoy the wonderful art. Shop. See old friends. Enjoy yourself.

Day:	Saturday & Sunday
Date:	September 20th & September 21st
Time:	10:00 a.m. - 5:00 p.m.
Location:	Down Town Park Forest on Main Street between Western Avenue & Orchard Dr.

"A Christmas Memory" A New Musical Adaptation

This new musical is set in a small Southern town in the 1930's. A CHRISTMAS MEMORY chronicles a young boy's friendship with his eccentric relatives, including his cousin and best friend, Sook. The misfits are inseparable as they launch kites, hunt speakeasies and mail fruitcakes to everyone from Jean Harlow to President Roosevelt. It's a festive tale whose songs celebrate the pleasures of country life, friendship and the joy of giving.

Day:	Thursday
Date:	December 11th
Time:	1:00 PM Departure 2:00 PM Show Time
Fee:	\$35.00 (includes transportation & admission)
Max:	15

County Line Orchard

Kickoff the Fall season with the Chicago Heights Park District at the Country Line Orchard. The 2014 apple crop looks fantastic! Come out and pick from our 40 acres of U-Pick apples. With over 35 varieties there is always a fresh picked apple to suit any taste. Pumpkins are available too!

Day:	Monday
Date:	September 29th
Time:	9 A.M. Departure – Return 4 p.m.
Fee:	<p>\$5/ \$7 NR (transportation only)</p> <p>All Access Pass: \$10</p> <p>Unlimited Access to:</p> <p>Kid's Farm, Maze, Moo – Choo Train</p> <p>Tractor Rides, Picnic Area M, U-Pick</p> <p>Free U-Pick Bags</p> <p>(you must pay for what you pick)</p> <p>Explorer Pass: \$7</p> <p>Access to:</p> <p>Maze, Tractor Rides, Picnic Area</p> <p>U-Pick, Free U-Pick Bags</p> <p>(you must pay for what you pick)</p> <p>Lil' Farmer Pass: \$5</p> <p>Unlimited Access to:</p> <p>Kid's Farm, Tractor Rides, Picnic Area</p> <p>U-Pick, Free U-Pick Bags</p> <p>(you must pay for what you pick)</p> <p>General Admission: \$1</p> <p>Admission to:</p> <p>U-Pick, Tractor Rides, Picnic Area</p> <p>Free U-Pick Bags</p> <p>(you must pay for what you pick)</p> <p>*Children 2 & Under are Free</p>
Max:	15



The Field Museum of Natural History

Join the Chicago Heights Park District on a day of great fun at one of the largest natural history museums in the world right in the heart of Chicago. The diverse, high quality permanent exhibitions is something great to see for all ages which attract up to 2 million visitors annually, range from the earliest fossils to past and current cultures. Space is limited! Sign up today!

Day:	Thursday
Date:	October 30th, 2014
Time:	9:00 AM departure
Fee:	\$10 (includes admission and transportation)



Themed Parties

Are you looking for a fun, unique and affordable party experience? Celebrate your next birthday party with the Chicago Heights Park District and leave the planning to us! Each 2-hour party package is affordable priced at \$150 and includes a party coordinator, cake, ice cream, beverages and party decorations. The following times and days will be available for your party:

Saturdays & Sundays: 11:00 am - 1:00 pm or 1:30 pm - 3:30 pm

Hip Hop Party on Saturdays: 12:30 pm - 2:30 pm only

Indoor Pool Party on Sundays: 1:00 pm - 4:00 pm only

To schedule your party, please fill out an application at the Chicago Heights Rec Center. All reservations and payments must be made in full at least three (3) weeks in advance. Most party packages are \$150 for up to 10 children. There is a \$15 additional fee per child with a maximum of 20 children. Dance Parties and Swim Parties are \$180 for a 2-hour party. Please call 708-755-1351 to book your child's best-ever party experience today!



Sports Party

Your child can choose 2 of the following sports for their theme: basketball or baseball. Call early to reserve gym time (space is limited). Ages 5 and up.



Princess Party

It's every girl's dream to be a princess! The birthday girl and her guests can have a themed Princess Party to make their dreams come true.



Hip Hop Party

Enjoy an hour of dancing in our dance room led by our dance instructor who will teach your guests the latest moves. The final hour is reserved for cake and ice cream. Ages 5 and up.



Special Events

Haunted Trails

Get Spooked at the Chicago Heights Park District this Halloween. It just wouldn't be Halloween without a good scare! Join us on the 13th annual "Haunted Halloween Trails" at the Chicago Heights Park District East Golf Course. Don't worry about being heard when you scream... there's no one there to hear you!

Day:	Friday & Saturday
Time:	7pm-9:30pm
Dates:	October 17th & 18th
Fee:	\$6.00 (includes admission & candy)
Where:	Chicago Heights Park District East Golf Course



Spooktacular Halloween Costume Contest

Something new for all of our participants of Haunted Trails. This year we want to see what costume you will be wearing to our Annual Haunted Trails. A prize will be given to the winner after our Haunted Trails winner has been chosen.



Would you like to volunteer for Haunted Trails?

VOLUNTEER FORM: _____

Name _____

Resident of _____

Day can volunteer: October 17 or October 18 or BOTH

Contact info: phone# (____) email _____

address _____

Deadline to sign up is Monday, October 13th 2014.
For more information, you can contact our office at (708) 755-1351 ext. 18 or just fill out this form and submit to our front office.

We look forward to hearing from you. Thank you!



Special Events

NEW

Howl-O-Ween POOCH PARADE

The Chicago Heights Park District calls on your canine companions to the first Chicago Heights Pooch Parade ever! Dress your furry feline friend in a creative costume and join us for a fun Saturday morning. Registration is \$5 per entry and includes a souvenir T-shirt. Judges for parade would be

Parade registration starts at 9am at Meidell Park. One winner per category. Categories: Commissioners Choice Awards/ Best Senior | Best Puppy | Best Dog / Owner Lookalike

Please contact the Chicago Heights Rec Center for more details
Registration includes a souvenir T-Shirt

Date:	Saturday, October 18th
Time:	9:00 AM Registration/Check In 10 AM Start
Fee:	Pre- Registration \$5.00 @ Chicago Heights Rec Center Registration \$7.00 @ Meidell Park 10/18/14
Location:	West Glengate down from Ashland to Meidell Park
Note:	Each pet must be leashed, crated, or suitably restrained and have current shots/vaccinations.

NEW

Ron Baker Jr. Presents "Music & Masquerade"

R&B
(Live Band/Old School & New)

Chicago Heights Country Club
1112 Cott Avenue A
Chicago Heights, IL 60411

Friday, October 31st (Halloween)

9:00 PM – 12 midnight

Cash Bar & Menu

Must be 21 & older

\$15 in advance / \$20 at the door

Tickets can be purchased at the Chicago Heights Park District,
1400 Chicago Road, Chicago Heights, IL 60411 Monday-Friday, 9:00 AM to 7PM.

For more information call (708) 755-1351.



Halloween Party

Bring your little ones out for a safe night of fun with candy, popcorn, games and a great movie. Prizes will be given out to the best dressed! Please register now for this evening of fun! Note: All children must be accompanied by a Parent/Guardian.

Day:	Friday
Time:	4:00 – 6:00 p.m.
Dates:	October 31, 2014
Fee:	\$2.00 per person/ \$3.00 at the door
Ages:	5-10 years old



NEW

Special Events



NEW

GC29 "THE MOVEMENT"

Back by popular demand! Stop by for a night of great fun with DJ, King Dave in a night of music, dance battle with great Hip Hop Artist. This event is hosted by the Chicago Heights Park District and presented by GC29.

Day:	Saturday
Dates:	September 13th, 2014
Time:	7:30 PM (doors open) 8:00 pm
Fee:	FREE
Ages:	13 to 21 years old

NEW

SOCK HOP

Dance with the Chicago Heights Park District with great dance music from the 50's & 60's! Including Rock-n-Roll, Motown, Soul, R&B, and Doo Wop. Great fun, fellowship and refreshments. Live DJ!!! It's time to shine in your Poodle Skirt and Leather Jacket. Prize will be given to the best dressed. Get your tickets today!

Day:	Friday
Dates:	October 3rd, 2014
Time:	5:00 PM to 8:00 PM
Fee:	\$5.00 in advance/\$8 at the door (portions of proceeds will go towards Susan G. Komen for the Cure)
Location:	Chicago Heights Rec Center

COMMUNITY FLEA MARKET

You asked for it, so we are doing it again! All residents of Chicago Heights are welcome to participate in our Community Fall Flea Market. Merchants can set up tables packed with antiques and collectibles, books, new and vintage clothing, crafts, art, jewelry, furniture, new and used merchandise, toys, fresh produce and more! Get some great deals and stock up for the holidays. Space is limited! Register for your space today! FIRST COME! FIRST SERVED!

Date:	Saturday, September 27, 2014
Time:	9:00 am – 1 pm
Fee:	Residents: \$15 (space) / \$20 (space) NR Vendors: \$25 (space) / \$30 (space) NR
Location:	Chicago Heights Rec Center, 1400 Chicago Road, Chicago Heights, IL 60411
In case of rain all vendors will be in doors.	

2014 Fall Special Events Calendar

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JANUARY

- **Sep 13** GC29 "THE MOVEMENT"
- **Sep 27** Community Flea Market
- **Oct 3** SOCK HOP
- **Oct 17, 18** Haunted Trails
- **Oct 18** Howl-O-Ween POOCH PARADE
- **Oct 31** Halloween Party
- **Dec 6** "Music & Masquerade" R&B
Breakfast with Santa

Upcoming Holiday Hours:

■	Veterans Day	Nov 11	6 am – 6 pm
■	Thanksgiving	Nov 27	closed
■	Thanksgiving	Nov 28	6 am – 6 pm
■	Christmas Eve	Dec 24	6 am – 1 pm
■	Christmas Day	Dec 25	closed
■	New Year's Eve	Dec 31	6 am – 1 pm
■	New Year's Day	Jan 1	closed
■	Martin Luther King	Jan 19	6 am – 6 pm



CHICAGO HEIGHTS PARK DISTRICT

PSI PHI BETA

STEP TEAM
SO YOU WANT TO BE A CHAMPION??

For questions or to inquire about joining..

Please contact Coach Hicks

(312)532-2944

psiphibetastepteam@gmail.com

or visit our website

www.psiphibetastepteam.com



CHICAGO HEIGHTS
PARK DISTRICT

FOCUS ON PHYSICAL
FITNESS!

BE A PART OF A WINNING
TEAM!

JOIN ILLINOIS' STATE
STEP TEAM CHAMPIONS!!

COLLEGE TOURS AND
COMMUNITY SERVICE!!

Contact us for
more
information!

COACH VICTOR
HICKS

psiphibetastepteam@gmail.com

psiphibetastepteam.com

312-532-2944

Follow us on Twitter
[@techniqustep](https://twitter.com/techniqustep)



Hours Of Operation:
Friday (Carnival Only) **5-10pm**

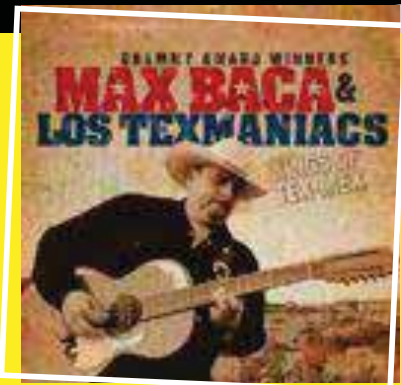


Saturday, Sept 6th: 12pm - 11pm

Kampfire Kowboys performing some
great country music, starting at **4pm**



BBI performing the best R&B and Top 40
sounds, starting at **7pm**



Sunday, Sept 7th 12pm - 7pm

Los Texmaniacs performing the best Tex-Mex with a
special guest appearance by **Max Baca**

Live Entertainment both days, BINGO, Sister Cities Arts &
Crafts free for children, Food vendors

Ashland Dental Center



As a new patient to our practice, we want you to know that you can expect the best in oral care. Our goal is to determine the dental treatment you need and want, help you explore financial options, and provide your dental care in an efficient and courteous manner.

You can expect to receive the best dental care we can provide. Dental technology has made remarkable strides. You may not be aware of some of the advances in diagnosis and treatment and how they can benefit you. If you have not been to a dentist recently, you will notice a difference the moment you enter our office.

We would like to introduce Dr. Michael B. Fagan & Dr. Carl J. Pignotti to our practice. They have been practicing as general dentists in the area for many years. Here at Ashland Dental pride ourselves on our skill at enhancing the beauty of your smile, and are committed to providing comfortable and caring treatment.

Ashland Dental Center
500 Ashland Avenue, Chicago Heights IL 60411
(708) 755 – 1333
www.smilesbynoetzel.com



CHICAGO HEIGHTS PARK DISTRICT



SIGN UP TODAY FOR OUR MONTHLY
NEWS LETTER

VISIT OUR NEW WEBSITE
www.chparkdistrict.net



CHICAGO HEIGHTS PARK DISTRICT



ADVERTI\$E
your business
with us.

For more information,
contact Wanda Rodgers at 755-1351 ext. 12



FALL / WINTER 2014-15 (September -March)

“The Place to Be, Where Everything is Free”

www.chicagoheightslibrary.org

25 W. 15th Street, Chicago Heights, IL 60411 708.754.0323

CHICAGO HEIGHTS PUBLIC LIBRARY

SUCCESSFUL SUMMER READING CLUB 2014!

More than **800** Children, Teens, and Adults participated in the “Paws to Read” Summer Reading Club, where they attended awesome programs and won great prizes!



The SRP Kick-Off Parade!

White Sox Mascot *Southpaw*!

SMA Taekwondo!



DJ Academy! Party in the Park Back 2 School Festival!



CupCake Face-Painting! Cold-Blooded Creatures Party!



CHICAGO HEIGHTS PUBLIC LIBRARY

ADULT PROGRAMS

FREE COMPUTER CLASSES! TWICE A DAY! EVERY WEEKDAY!



DIGITAL DIVIDE GRANT OPEN HOUSE

Monday, August 18th, 6pm
Congratulations to the Chicago

Heights Library for being awarded the **\$52,000** computer grant! Join us for refreshments and information about FREE computer training, new computers & new technology equipment!

FREE COMPUTER CLASSES

Mon thru Fri
11am AND 4pm

(Classes start August 19th)
Contact Ms. Shenetta to register for FREE computer classes at 708-754-0323 or email vanpelts@chicagoheightslibrary.org.



INTRODUCING NEW ADULT PROGRAMS

MAGNIFICANT MONDAYS

FINANCIAL WORKSHOPS

4th Mon, 5-6pm

Learn the principles of how to survive in a new economy.
Hosted by Michael D. Scott of D&P Insurance Agency,

American Association of Government and Private Employees.



TERRIFIC TUESDAYS



MOVIE NIGHT
Every Tues
5-7pm

Enjoy popcorn and a great movie.

ADULT BOOK CLUB

4th Tues

6-7pm

Join Ms. Jenny for a thoughtful discussion and a fun gathering.



WONDERFUL WEDNESDAYS

AFRICAN- AMERICAN BOOK CLUB

3rd Wed, 6-7:30pm

Join Ms. Gwen for fun and insightful discussion on books by or about African Americans.



IDES VETERAN'S HIRING EVENT

Thursday, October 30th, 10am-2pm @ the Park District

We support our veterans by providing better opportunities.





CHICAGO HEIGHTS PUBLIC LIBRARY

TEEN ZONE

TERRIFIC TUESDAYS



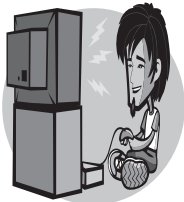
MOVIE NIGHT

Every Tues, 5-7pm
Enjoy popcorn and a great movie with friends.

THRILLING THURSDAYS

TEEN GAMING

Every Thurs, 4-5pm
Bring a friend and your favorite video consult for fun and games.



One Book / One Community

~What is **EVERYONE** reading?~

"American Born Chinese"

by Gene Luen Yang

Tues, Oct 28th, 6-7pm

Join the collaborative effort of the South Suburbs as we discuss this award-winning graphic novel about racial struggles, stereotypes, transformation and identity.
onebookcrossroads.com



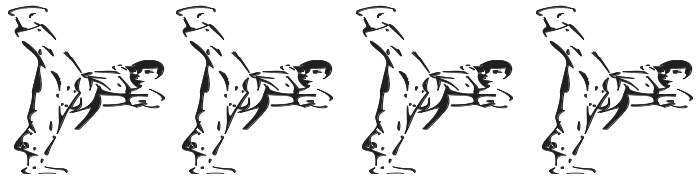
SUPER SATURDAYS

TAEKWONDO BASICS

Every Sat

12-1pm

Join us @ the library for **FREE TAEKWONDO CLASSES** with **Supreme Martial Arts Academy!** Learn basic kicks, strikes, blocks and more!



DJ ACADEMY SKILLZ

Every Sat

1-2pm

After Taekwondo, stay for **FREE DJ CLASSES** with the skillful **DJ Dave!** Learn the fundamentals of mixing, scratching, music selection and more!



LET'S DANCE!

Every Sat

2-3pm

After DJ Academy, stay for **FREE DANCE CLASSES** with dance professional **Ty Tucker.** Learn the dance basics ranging from Ballet to Jazz and much more!





CHICAGO HEIGHTS PUBLIC LIBRARY

CHILDREN'S PROGRAMS

Family Story Hour

Tuesdays, 5:30pm

Sept 23 Oct 7, 21
Nov 4, 18 Dec 2, 16



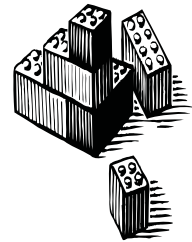
Families are invited to come read a book, sing songs & make a craft. *Open to all families. Adults must accompany children.*

LEGO CLUB

Wednesdays, 5:30pm

Sept 24 Oct 8, 22
Nov 5, 19 Dec 3, 17

Come build and create with us and your favorite blocks. Open to children of all ages. *Limited to the first 25 children who attend.*



ART CLUB

Saturdays, 2pm

Sept 13, 27 Oct 11, 25
Nov 8, 22 Dec 6

**REPEATS*

Tuesdays, 5:30pm

Sept 16, 30 Oct. 14, 28
Nov 25 Dec. 9



**New class on Saturday & repeats on Tuesday*

Children in preschool through fifth grade can come learn about all kinds of art and create their own art. Parents are required to stay and participate with children in kindergarten and younger. *Limited to the first 20 children who attend.*

Pequeños Lectores "Little Readers"

Saturdays, 10:30am

Sept 13 Oct 11
Nov 8 Dec 13

The **SPEED** Family Enrichment Program is partnering with the library to invite families with babies, toddlers and pre-schoolers to its lap sit Spanish and English story hour. Parents and children will engage in stories, finger plays, songs and fun.

For more information about the SPEED Family Enrichment Program for children birth through age 3, please call SPEED (708) 481-6101, ext. 4215 or email fep@speed802.org.



CHICAGO HEIGHTS PUBLIC LIBRARY CHILDREN'S SPECIAL PROGRAMS

Star Wars Reads Day III

Saturday, Oct. 11th,
10:30am-3pm

Spend the day with us as we celebrate Star Wars Day! Enjoy a bilingual story hour, Star Wars movie, Star Wars bingo and crafts. Open to all families. (Bingo limited to the first 25 participants).



Halloween Fun

Saturday, Oct. 25th,
10:30am-3pm



Celebrate fall fun with our Halloween-themed day. Children are invited to wear their costumes to the library and enjoy a family story hour and craft, Halloween-themed games and photo booth fun! Open to all families.

Santa's Workshop

Saturday, Dec. 13th, 1-3pm



Join us for an afternoon of holiday fun! There will be music, crafts, and cookie decorating. Stay for a visit from Santa Claus. Open to all families.

Do You Want to Build a Snowman?

Friday, Jan. 2nd, 11am-2pm

Let's build a snowman with items other than snow. We'll create snow people and enjoy hot cocoa with marshmallows and a fun winter movie. Open to all ages.



New Year's Eve-Eve Party

Tuesday, Dec. 30th, 11am-2pm

Let's bring in the new year — a day early! Enjoy a story, craft Party and a New Year's Eve movie!



Holiday Fun 2015

Saturdays, 2pm
Feb 14th & Mar 14th



Valentine's Day and St. Patrick's Day crafts and fun.



Limited to the first 25 children who attend.



CHICAGO HEIGHTS PUBLIC LIBRARY

LIBRARY IMPROVEMENTS



DAYS CLOSED

Sept 1: Labor Day
Oct 13: Columbus Day
Nov 11: Veteran's Day
Nov 27-28: Thanksgiving
Dec 24-25: Christmas
Dec 31: New Years Eve
Jan 1: New Years Day
Jan 19: Martin Luther King
Feb 16: Presidents' Day

LIBRARY HOURS

Monday - Thursday
10am to 8pm

Friday
10am to 5pm

Saturday
10am to 4pm

Sunday
1pm to 5pm
(September—May)

LIBRARY BOARD OF DIRECTORS

Lori Wilcox, President
Vicki High, Vice President
Mary Beth Cifelli, Secretary
Tiffany Bennett
Nora Martinez
Ald. Sonia Perez
Nicole Sanders
John Stanfa

Board meetings are held in the library at 6:30pm on the 2nd Thursday of each month, unless otherwise specified.

OVER \$100,000 IN GRANT AWARDS!

\$50K NEW ADA RAMP & AUTOMATIC DOORS

Please take advantage of the new **ADA push buttons** located at the library doors for a smoother entrance and exit. The **new ramp** on the north side parking lot is almost complete!



\$52K NEW TECHNOLOGY EQUIPMENT

Watch for new equipment for public use!

- New Computers
- Color Copiers
- Scanners
- FAX 24
- USB Sales



OUTREACH & COLLABORATION



The library has collaborated with other service entities & organizations in an effort to reach our common goal of meeting the needs of our community.

- Aunt Martha's Pediatric Clinic
- Bloom School District 206
- Bloom Township
- Chicago Heights City Hall
- Chicago Heights Park District
- Children's Reading Foundation of Greater Chicago
- Corner Market
- Dept of Commerce & Economic Opportunity (DCEO Grants)
- Free Food Program (*Fed 400+ kids!*)
- House of Hope & Restoration
- Illinois Dept of Employment Security
- Illinois Dept of Veterans Affairs
- Jones Community Center
- Little Free Libraries (*small book stations located throughout the city*)
- Long Range Planning Committee
- Rotary Club of Chicago Heights
- SPEED Family Enrichment Program
- UCAN Summer Workers
- Union Street Art Gallery

RENOVATIONS COMING SOON!

- Adult Training Lab!
- Teen Room / Sound Studio!
- Library Redesign & Layout!
- Improved Infrastructure!



FEATURING "LITTLE FREE LIBRARIES"!



Library Board President Lori Wilcox initiated and coordinated the Little Free Libraries Outreach Literacy Campaign by placing small book stations throughout 15 local Chicago Heights

Parks and the Aunt Martha's Pediatric Clinic. This library project is designed to promote literacy in the parks and garner a community outreach effort surrounded around families reading together. The Chicago Heights Park District & the Rotary Club of Chicago Heights has partnered with the Library and the Little Free Libraries are being hand painted, designed and autographed by the local professional artists of the Union Street Art Gallery. A gift for all!





CHICAGO HEIGHTS PARK DISTRICT

Employment Opportunities

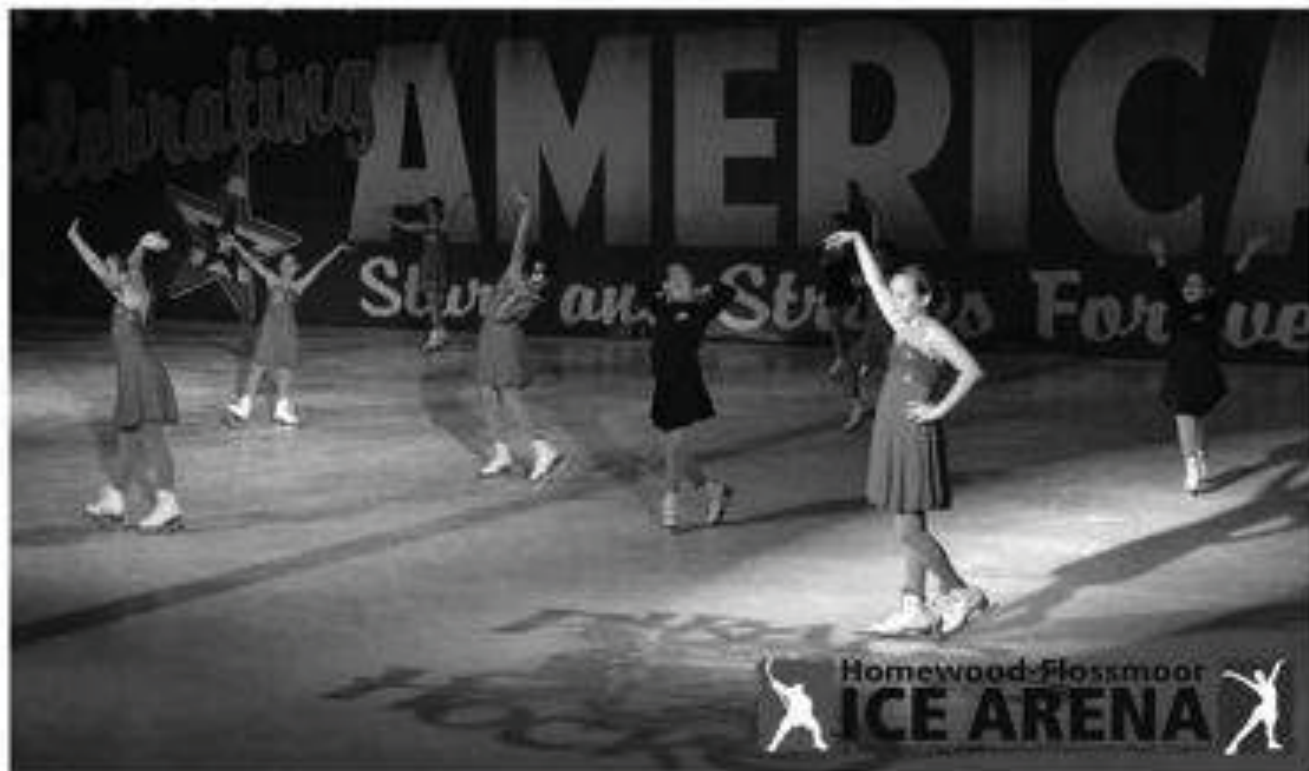
The Chicago Heights Park District is seeking qualified program instructors for the following positions: Swim, Dance (all types), Aerobics, Pilates and Yoga, and coaches. All applicants must be 18 and over and submit a resume along with proper updated certification. Please submit your resume along with certification to the Chicago Heights Park District, 1400 Chicago Road, Chicago Heights, IL. Attention Wanda Rodgers, Program Director. For more information, please call (708) 755-1351.

Ice Skating

The Chicago Heights Park District has teamed up with the Homewood-Flossmoor Park District Ice Arena to offer some new and exciting classes. Chicago Heights Park District participants will pay the residential fee for these classes. So take advantage today! For more information check out [www. HFParks.com](http://www.HFParks.com) or call (708) 957-0100



Sports & Activities



OFFICE HOURS

Mondays - Fridays / 9 am - 5 pm

MAIN ARENA

- Ice surface measures 200 ft. long by 85 ft. wide
- A viewing area that comfortably seats 1,200

This area hosts many of our lessons, synchronized skating teams, skating competitions, hockey leagues and practices, public skating sessions and special events throughout the year.

STUDIO ARENA

- Ice surface measures 90 ft. long by 40 ft. wide
- Available for private rentals

This surface hosts many of our hockey and figure skating group and private lessons. H-F Ice Arena birthday parties are also held in the Studio Arena.

PRO SHOP

- SKATES SHARPENED ON-SITE: Tu 4 - 7 pm
- Professional skate fitting by appointment only.

The H-F Ice Arena Pro Shop offers a large selection of both figure and hockey skating apparel. It also features many of the top manufacturers of hockey equipment and an expanded line of figure skating apparel and accessories.

PUBLIC SKATE HOURS

Call the Ice Arena for dates and times.



HOMewood-FLOSSMOOR
ice arena

777 KEDZIE AVENUE, FLOSSMOOR, IL 60422

708.957.0100

HFPARKS.COM / FACILITIES / ICE-ARENA

708.957.0300 | HFPARKS.COM | 39

skating

SKATING FOR BEGINNERS

Want to learn how to skate? Skating for beginners is designed for those who want to learn the fundamentals of skating. Basic skills include forward marching, gliding and the proper way to fall and get up. Toys are used to encourage those who appear apprehensive.

Location: H-F Ice Arena

Fee: \$90 R / \$100 NR

LEARN TO SKATE

Age	Dates	Day / Time	Code
3-5	Aug 25 - Oct 6	M 5:10 - 5:55 pm	376201-01
3-5	Aug 26 - Oct 7	Tu 5 - 5:45 pm	376201-02
3-5	Aug 30 - Oct 11	Sa 11:45 - 12:30 pm	376201-03
3-5	Aug 30 - Oct 11	Sa 12:30 - 1:15 pm	376201-04
3-5	Oct 13 - Nov 24	M 5:10 - 5:55 pm	376201-51
3-5	Oct 14 - Nov 25	Tu 5 - 5:45 pm	376201-52
3-5	Oct 18 - Nov 29	Sa 11:45 am - 12:30 pm	376201-53
3-5	Oct 18 - Nov 29	Sa 12:30 - 1:15 pm	376201-54

PRE-ALPHA

Age	Dates	Day / Time	Code
6-12	Aug 25 - Oct 6	M 5:40 - 6:25 pm	376301-05
6-12	Aug 25 - Oct 6	M 6:25 - 7:20 pm	376301-06
6-12	Aug 26 - Oct 7	Tu 5:45 - 6:30 pm	376301-07
6-12	Aug 30 - Oct 11	Sa 11:45 am - 12:30 pm	376301-08
6-12	Aug 30 - Oct 11	Sa 12:30 - 1:15 pm	376301-09
6-12	Oct 13 - Nov 24	M 5:40 - 6:25 pm	376301-55
6-12	Oct 13 - Nov 24	M 6:25 - 7:20 pm	376301-56
6-12	Oct 14 - Nov 25	Tu 5:45 - 6:30 pm	376301-57
6-12	Oct 18 - Nov 29	Sa 11:45 am - 12:30 pm	376301-58
6-12	Oct 18 - Nov 29	Sa 12:30 - 1:15 pm	376301-59



INTERMEDIATE SKATING

The classes listed below are for those who wish to enhance their abilities to advanced one-foot gliding in both forward and backward directions as well as one footed turns from forward to backwards. Some skaters may repeat levels for maximum success.

Location: H-F Ice Arena

Fee: \$90 R / \$100 NR

ALPHA 1

Age	Dates	Day / Time	Code
6-12	Aug 25 - Oct 6	M 5:40 - 6:25 pm	376301-01
6-12	Aug 30 - Oct 11	Sa 11:45 am - 12:30 pm	376301-02
6-12	Oct 13 - Nov 24	M 5:40 - 6:25 pm	376301-51
6-12	Oct 18 - Nov 29	Sa 11:45 am - 12:30 pm	376301-52

ALPHA 2

Age	Dates	Day / Time	Code
6-12	Aug 25 - Oct 6	M 5:40 - 6:25 pm	376301-03
6-12	Aug 30 - Oct 11	Sa 11:45 am - 12:30 pm	376301-04
6-12	Oct 13 - Nov 24	M 5:40 - 6:25 pm	376301-53
6-12	Oct 18 - Nov 29	Sa 11:45 am - 12:30 pm	376301-54

BETA 1

Age	Dates	Day / Time	Code
6-12	Aug 25 - Oct 6	M 5:40 - 6:25 pm	376301-05
6-12	Aug 30 - Oct 11	Sa 11:45 am - 12:30 pm	376301-06
6-12	Oct 13 - Nov 24	M 5:40 - 6:25 pm	376301-55
6-12	Oct 18 - Nov 29	Sa 11:45 am - 12:30 pm	376301-56

BETA 2

Age	Dates	Day / Time	Code
6-12	Aug 25 - Oct 6	M 5:40 - 6:25 pm	376301-07
6-12	Aug 30 - Oct 11	Sa 11:45 am - 12:30 pm	376301-08
6-12	Oct 13 - Nov 24	M 5:40 - 6:25 pm	376301-57
6-12	Oct 18 - Nov 29	Sa 11:45 am - 12:30 pm	376301-58

GAMMA

Age	Dates	Day / Time	Code
6-12	Aug 25 - Oct 6	M 5:40 - 6:25 pm	376301-09
6-12	Aug 30 - Oct 11	Sa 11:45 am - 12:30 pm	376301-10
6-12	Oct 13 - Nov 24	M 5:40 - 6:25 pm	376301-59
6-12	Oct 18 - Nov 29	Sa 11:45 am - 12:30 pm	376301-60

DELTA

Age	Dates	Day / Time	Code
6-12	Aug 25 - Oct 6	M 5:40 - 6:25 pm	376301-11
6-12	Aug 30 - Oct 11	Sa 11:45 am - 12:30 pm	376301-12
6-12	Oct 13 - Nov 24	M 5:40 - 6:25 pm	376301-61
6-12	Oct 18 - Nov 29	Sa 11:45 am - 12:30 pm	376301-62

ADVANCED SKATING

Advance level skaters learn to use their intermediate skills as connecting steps and proper set-up for half to multiple rotation jumps and spins. Skaters are encouraged to wear proper skating attire and practice at least one additional day per week. Skaters may repeat levels several times.

Location: H-F Ice Arena

Fee: \$90 R / \$100 NR

FREESTYLE 1

Age	Dates	Day / Time	Code
6+	Aug 25 - Oct 6	M 6:35 - 7:20 pm	376401-01
6+	Oct 13 - Nov 24	M 6:35 - 7:20 pm	376401-51

FREESTYLE 2

Age	Dates	Day / Time	Code
6+	Aug 25 - Oct 6	M 6:35 - 7:20 pm	376401-03
6+	Oct 13 - Nov 24	M 6:35 - 7:20 pm	376401-53

FREESTYLE 3

Age	Dates	Day / Time	Code
6+	Aug 25 - Oct 6	M 6:35 - 7:20 pm	376401-05
6+	Oct 13 - Nov 24	M 6:35 - 7:20 pm	376401-55

FREESTYLE 4 AND UP

Age	Dates	Day / Time	Code
6+	Aug 25 - Oct 6	M 6:35 - 7:20 pm	376401-07
6+	Oct 13 - Nov 24	M 6:35 - 7:20 pm	376401-57

ADULT SKATING

Adult classes are available for those who are 13 and older and wish to learn basic skating through more advanced skills.

Location: H-F Ice Arena

Fee: \$90 R / \$100 NR

BEGINNER

Age	Dates	Day / Time	Code
13+	Aug 26 - Oct 7	M 6:30 - 7:15 pm	376701-01
13+	Oct 14 - Nov 25	M 6:30 - 7:15 pm	376701-51

INTERMEDIATE

Age	Dates	Day / Time	Code
13+	Aug 26 - Oct 7	M 7:25 - 8:05 pm	376701-02
13+	Oct 14 - Nov 25	M 7:25 - 8:05 pm	376701-52

ADVANCED

Age	Dates	Day / Time	Code
13+	Aug 26 - Oct 7	M 8:05 - 8:50 pm	376701-03
13+	Oct 14 - Nov 25	M 8:05 - 8:50 pm	376701-53

THE FREESTYLE FORMULA

Most of us have heard the saying "Practice make perfect," but there is so much more. To be successful in freestyle, you must be aware of all the ingredients that make up a freestyle skater. It's not just about the jumps and spins; it's also about strength and power, muscle memory, edges and posture, creativity and musical interpretation. This class is open to all Freestyle levels. The skating school staff will focus on something new each week. Skaters will be divided into groups based on their ability/skills. It is also recommended and strongly encouraged that skaters also participate in their allotted freestyle class/freestyle session in addition to this class. Skaters are asked to dress in skating attire (leggings, skirt/dress, long hair pulled up/back) and be ready for a work out!

Age	Dates	Day / Time	Code
6+	Aug 30 - Oct 11	Sa 11 - 11:45 am	376401-09
6+	Oct 18 - Nov 29	Sa 11 - 11:45 am	376401-59

specialty skating classes

HIGH POWER

Our very popular High Power class is strongly recommended for all advanced Freestyle skaters who are ISI Freestyle 4 or equivalent. Skaters will have an intense, thirty minute on-ice workout choreographed to current music that incorporates basic to advanced skating skills and drills. Skaters must be in proper skating attire and ready for a workout.

Location: H-F Ice Arena

Fee: \$90 R / \$100 NR

Age	Dates	Day / Time	Code
6+	Aug 25 - Oct 6	M 5:10 - 5:40 pm	376501-01
6+	Oct 13 - Nov 24	M 5:10 - 5:40 pm	376501-51

CREATIVITY

Our Creativity Class will bring out the best in all our skaters. This class is designed for skaters to improve their musical interpretation and overall presentation. Skaters will be introduced to a variety of music and given suggestions as to how to be expressive and theatrical. If your skaters love to be the center of attention, this is the class for them!

Location: H-F Ice Arena

Fee: \$90 R / \$100 NR

Age	Dates	Day / Time	Code
6+	Aug 25 - Oct 6	M 5:50 - 6:25 pm	376501-02
6+	Oct 13 - Nov 24	M 5:55 - 6:25 pm	376501-52

hockey

HOCKEY DEVELOPMENT

Prepare your skater for house league hockey! Boys and girls interested in starting house league in the Fall must pass Silver Hockey skills to play at the Mite level and Gold Hockey skills to play at the Squirt, Peewee, Bantam and Girls levels. Contact the Ice Arena if you are unsure as to which level to register your child. All classes require full hockey equipment. Rental equipment is available on a first come, first serve basis for \$25/session.

Pre-requisite: Skater must have passed a Learn to Skate class and must be able to skate unassisted. Registration does not begin until completion of the current session.

Location: H-F Ice Arena

Fee: \$90 R / \$100 NR

PRE-HOCKEY

Age	Dates	Day / Time	Code
4-6	Aug 30 - Oct 11	Sa 11:30 am - 12:15 pm	376315-01
4-6	Oct 18 - Nov 29	Sa 11:30 am - 12:15 pm	376315-51

BRONZE HOCKEY

Age	Dates	Day / Time	Code
6-13	Aug 30 - Oct 11	Sa 10:45 - 11:30 am	376315-02
6-13	Oct 18 - Nov 29	Sa 10:45 - 11:30 am	376315-52

SILVER HOCKEY

Age	Dates	Day / Time	Code
6-13	Aug 30 - Oct 11	Sa 10 - 10:45 am	376315-03
6-13	Oct 18 - Nov 29	Sa 10 - 10:45 am	376315-53

GOLD HOCKEY

Age	Dates	Day / Time	Code
6-13	Aug 30 - Oct 11	Sa 9:15 - 10 am	376315-04
6-13	Oct 18 - Nov 29	Sa 9:15 - 10 am	376315-54

ADULT HOCKEY

Geared to any adult skater with a desire to work on their hockey related skating skills, get some exercise, or simply learn more about the game of hockey. Classes are taught in a relaxed group setting. Participants should have the ability to skate unassisted, no previous hockey experience is required. Both men and women are welcome!

Location: H-F Ice Arena

Fee: \$90 R / \$100 NR

Age	Dates	Day / Time	Code
18+	Aug 27 - Oct 8	W 8:30 - 9:15 pm	376319-01
18+	Oct 15 - Nov 26	W 8:30 - 9:15 pm	376319-51

HOCKEY IS FOR EVERYONE PROGRAM

The (HFE) hockey clinic for boys and girls between the ages of 4-14. No pre-requisite required. This program is meant for new skaters or those with little experience. Participants CANNOT be currently enrolled in a youth hockey league.

"This program no longer takes place in the fall or winter months. HFE will now run in the spring and summer. Please look for more information in the Winter Booklet and online at www.hfyouthhockey.com"

DYNO-MITE HOUSE HOCKEY LEAGUE

The Dyno-Mite hockey program follows USA Hockey's American Development Model (ADM). This program is meant to be a stepping stone towards the youth league program for our younger skaters. Dyno-mites is an in-house hockey program where teams only practice and play at H-F. Please visit www.hfyouthhockey.com for practice days and times and to download the Dyno-Mite brochure.

Age: boys and girls born 2006-2009

Pre-requisite: Must be able to skate unassisted, no hockey experience required.

Fee: \$400 / Session

Session 1 Dates: Sept 14 - Dec 14

Registration / Parent Meeting:

Monday, Sep 8, 7pm, H-F Ice Arena



***Each skater must be registered with USA Hockey prior to Dyno-Mites registration. Visit www.usahockey.com to register with USA Hockey.

YOUTH HOCKEY LEAGUE

The H-F Vikings and H-F Pirates (Girls) are two of the premier youth hockey house league programs in the South Suburbs. To be eligible for either team, skaters must have completed skills from Development classes (Bronze, Silver, Gold) taught by our talented staff of hockey instructors led by Hockey Director Britt Volini. To learn more, call us at 708-957-0100



Sports & Activities

Classes Forming Now!!!

Come in and check out our 28,000 square foot facility and our 1,000 square foot foam pit!!! Specializing in Artistic Gymnastics, Trampoline & Tumbling and All Star Cheer!!!

Call or Stop by Today.

ONE WORLD GYMNASTICS

1300 Hilltop Ave.

Behind Ultra Foods

Chicago Heights IL

708-503-4422

oneworldgymnastics.com

PRICING:

Kinder Class ages 3-6 T&T

- 45 minutes per week \$59 credit/\$56 cash a month

Kinder Class ages 3-6 Gymnastics

- 55 minutes per week \$61 credit/\$58 cash a month

Beginner Class ages 6 and up

- 1 hour per week \$63 credit/\$60 cash a month

Intermediate Class ages 6 and 10

- 1.5 hour per week \$95 credit/\$90 cash a month

Intermediate Class ages 10 and up

- 1.5 hours per week \$95 credit/\$90 cash a month

- 2 hours per week \$115 credit/\$110 cash a month

Advanced ages 10 and up

- 2 hours per week \$115 credit/\$110 cash a month

Tumbling for Cheerleaders

- 1 hour per week \$58 credit/\$55 cash a month
- 1.5 hours per week \$79 credit/\$75 cash a month
- 2 hours per week \$100 credit/\$95 cash a month
- 20% discount for 2nd class per student
- 10% discount for 151 class for 2nd and 3rd student in the same family

Trampoline & Tumbling Team

- Level 1-3 3 hours per week
- \$136 credit/\$130 cash a month
- Level 4-5 6 hours per week
- \$177 credit/\$170 cash a month
- Level 6-7 9 hours per week
- \$208 credit/\$200 cash a month
- Level 8-10 12 hours per week
- \$240 credit/\$230 cash a month

Cheerleading

Cheer Training

- 1.5 hour per week \$95 credit/\$90 cash

Cheer Team

- to be determined

Trampoline and Tumbling

Girls and Boys

Preschool ages: 3-5 45 min	Monday: 11am, 4pm Wednesday: 3:30pm Thursday: 10am, 11am, 5pm Friday: 3:45pm
Beginner ages: 6+ 1 hour	Monday: 5pm Tuesday: 4pm Wednesday: 4:30pm, 5:30pm Thursday: 4pm Friday: 4:30pm Saturday: 9am
Intermediate 1.5 hours	Wednesday: 7:30pm Friday: 5:30pm

Tumbling only

Girls and Boys

Tumbling only 2 hours	Monday: 7pm Saturday: 10am
Tumbling only 1.5 hours	Wednesday: 7:30pm
Tumbling only 1 hour	Wednesday: 6:30pm Thursday: 4:30pm

Cheerleading

Cheerleading 1.5 hours	Wednesday: 6pm, 7:30pm
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*Classes may be added or moved based on enrollment needs

PRESCHOOL OPEN GYM

Day and Time	Tuesday 5pm - 6:30pm
Location:	One World Gymnastics 1300 Hilltop Behind Ultra Foods Chicago Heights, IL 708-503-4422
Age:	3 - 6 years old
Fee:	\$6 Members, \$8 Non-Members

*All Participants Must Have a Parent/Guardian Signed Waiver. Waivers are available online at oneworldgymnastics.com

Sports & Activities

Youth Basketball Fundamentals Division

Fundamentals consists of Saturday clinics which will emphasize the fundamentals of the game of basketball. Children will be instructed on the proper shooting technique, dribbling, passing, and other aspects of the game. Parent participation is key a key element to the fundamental program. Shirt, pictures and trophy included.

Day: Saturday
Date: Practice starts Nov 22
Place: Recreation Center
Time: 9:30 - 10:45 am
Age: 4 - Kindergarten
Max: 100 participants
Fee: Special offer \$20 for the 1st 50 participants

Pee Wee Division

Practices will be held on Monday and Wednesday from 5-6 pm. Games will be played on the same days. Standings will not be kept and coaches will be responsible for scheduling practices.

Day: Mondays and Wednesdays
Date: Practice starts Nov 12
Place: Recreation Center
Time: 5 - 6 pm
Age: 1st and 2nd grade
Max: 100 participants
Fee: \$70/\$75 NR

Rookies and Majors & Teeners League

Teams will compete in the South Suburban Youth Basketball League. Additional information on day, date and time will be distributed after the league meetings. A copy of birth certificated may be required for participants.

Rookies Division

Day: Tuesdays and Thursdays
Date: Practice starts Nov 13
Place: Recreation Center
Time: 5 - 6:30 pm
Age: 3rd and 4th grade
Max: 80 participants
Fee: \$70/\$75 NR

Majors Division

Day: Fridays and Saturdays
Date: Practice starts Nov 14
Place: Recreation Center
Time: Friday: 5-6:30 pm; Saturday 11 am -12:30 pm
Age: 5th and 6th grade
Max: 80 participants
Fee: \$70/\$75 NR

NOTE: Participants in PeeWee, Rookies and Majors will receive shirt, shorts, picture package and trophy.

Any questions can be directed to Chicago Heights Athletic Director, Mike Debutch at 755-1351 ext. 17.

The Chicago Heights Park District will hold tryouts for weekend competitive travel Basketball teams. Information will be distributed for dates and times.

Co-Rec Volleyball

Come out for a night of fun and exercise and sign your team up for Co-Rec Volleyball. Teams consist of spouses, friends, relatives, co-workers or any group. The game consists of six players, with at least half of them women. This is a recreational league and there is NO spiking. 8 teams maximum.

Winter Session

Day: Fridays

Date: October 10

Fee: \$175/team

Location: Chicago Heights Park District Gym

Age: Adult (over 21)



NEW! The Chicago Heights Park District will be offering WINTER BASEBALL WORKOUT so if your child loves the game or is trying to become more fundamentally sound, this is he program for you!

Call (708) 755-1351

Sports & Activities

NEW

Archery class

Join the Chicago Heights Park District in our new Archery class. This class will teach the youth the art, practice and skill of propelling arrows with the use of a bow in a safe and responsible manner. Instructor Albert Slavik

Day and Time	Saturday 10:00am to 11:30am
Location:	Swanson Park
Session I:	September 27 - November 1
Age:	9 years and older
Fee:	\$45/\$50 NR

NEW

Jump Rope Class

Do something fun while losing weight in our new beginners Jump Rope Aerobic class. This class will tone you and strengthen you at the same time. Sign up today! Instructor: Mr. Dirk Carter

Day and Time	Tuesday 7:30 - 8:30 pm
Session I:	September 30th – October 28th
Session II:	November 4th _ December 2nd
Fee:	\$35/\$40 NR



Friday Night Karaoke Party

September 26, 2014

Come out and enjoy your Friday night with family & friends at the Chicago Heights Country Club located at 1112 Scott Ave. Chicago Heights, IL. 60411. Cash grand prize provided by Broker, Dave Huerta of Calumet Region Realty. This event will be hosted by the lovely Mrs. Serena Wiley and your favorite disc jockey DJ X-Stacey will be controlling the mic (and turn tables) from 7pm-11pm. So get ready to get your karaoke, slide, and two-step on this Friday night because its going down!. And remember... The more you drink the better you sound!!!

Calling all singers to sign up from 8pm – 10 pm for future grand prize of 3rd Place \$150, 2nd \$250 and Grand Prize \$500. Hosted by Dave Huerta.

CASH BAR & FOOD MENU AVAILABLE BY EXCLUSIVELY FOR YOU!

21 & OVER POLICE SECURITY

For more information, please call (708) 755-1351.

Jujitsu

This class is taught in the classical Japanese and Okinawa traditions and etiquette. Students learn about pressure points, throws and wrist locks to develop self-defense and self-confidence. There is a physical conditioning in the program along with techniques learned to defend themselves while earning promotional rank in the martial arts. The students will also learn, practice and earn ranking in Aiki-Ki (mind and body coordination) and Combat-Ki (combat breathing).

Day:	Monday, Wednesday
Date:	Session I: Sep 15 - Oct 22 Session II: Oct 27 - Dec 5
Location	Wacker Park 11th Street & Lowe
Age:	14 years and up
Fee:	\$30 / \$35 NR

Instructors: Shihan Brian C. Smith, 8th degree black belt Goshin-Jutsu, 3rd degree black belt Haddo Ryu Jujitsu, 2nd degree black belt in Judo. Smith has also earned 8 instructor certifications in police defense tactics, he was inducted into Illinois Martial Arts Hall of Fame 2007 and appointed Professor of Bujutsu 2008.

Sensei Mark Hale, 4th degree black belt Goshin-Jutsu, 1st degree black belt Okinawa "Toide" Combat Art, green belt in Judo. He is also a recognized fighter in the Mixed Martial Arts.



BRIAN SMITH

Instructor

NEW

New Art Classes Are Now Being Offered At The Tall Grass Arts Association.

TALL GRASS ART ASSOCIATION
ART SCHOOL

70 Lester Rd. Downtown Park Forest

Phone: 708-748-3377 | Email: tallgrassartschool@gmail.com

Located around the corner from Gallery

Art Classes for the Whole Family!!!

For registration you can visit www.tallgrassarts.org



NEW! Cross Town Crusher Little Kids Wrestling Club

You are taking the entrance exam for Bloom Township High School District 206. We would like to introduce you to the winningest athletic program in the history of Bloom Township Athletics — wrestling. We would like you to consider getting involved with our feeder program where you will be taught the basics of wrestling and become prepared to be a wrestler in high school.

We work with young athletes in grades K through 8th. We have been very successful and have a strong reputation as an IKWF Wrestling Club.

The Cross Town Crushers are the official feeder team to Bloom Township High School.

Wrestling is a sport where we condition not only the body but also the mind. Many consider wrestling to be a metaphor for life, because it teaches self-reliance, goal setting, and mental toughness. Football and wrestling go hand-in-hand. Wrestling teaches many of the skills that a great football player must have.

For more information, Contact:

Tom Tong, Coach (708) 758-7000 ext. 3124

Brian Fuqua, Coach (708) 297-5000

Bloom Trail H.S. Wrestling Room

\$95 includes IKWF Card and T-shirt

Additional children \$85 includes IKWF Card and T-shirt

Make checks payable to Cross Town Crushers Wrestling Program Include a "copy" of your birth certificate.



Spartan Elite Wrestling Club 2014-2015

Registration: Sept 7th, 14th, 19th, 21st; 5:30-7pm at Marian Catholic HS, 700 South Ashland Ave, Chicago Heights, IL

(1st year wrestlers need a copy of their birth certificate at registration)

Practices will start in October (or after football is over) and go thru March.

Your \$80 also covers Freestyle and Greco (March thru May)

Practice days will be:

6 (start at 4) and under: Mondays 5:30-6:30

8 and under: Tuesday, Thursday and Friday 6-7:30

14 and under-all intermediates (9 and 10 years old) 14 and under on Tuesday, Thursday and Friday 6-7:30

Varsity-ALL WRESTLERS 3rd year or more on Monday, Tuesday, Thursday, Saturday 6:30-8pm

Any questions or call Coach Thorne @ 708-833-0705



Social Center

Adults 50 and better (F.A.B.) are invited to join one of three separate groups that belong to one organization. We have Tuesday, Wednesday and Thursday groups that meet every week, starting at 12 pm in the Social Room. Following card play, a meeting is held with refreshments and bingo. Membership is \$45 for the year. Becoming a member allows you many benefits and discounts. Please contact Director Valerie Kuster to register or for more information.

- Our bowling league bowls on Fridays at 1 pm. We have 12 four-member teams in an un-sanctioned league.
- Luncheons and parties are planned for every month.
- A banquet is held every year.
- Summer picnic.
- Floor exercise is held every Monday, Wednesday and Friday mornings at 8 am in the gym.
- Tuesday - Pinochle 9:30 am - 12 pm
- Wednesday - "Help your Neighbor"
- Thursday - Poker 10 am - 12 pm



Day Trips

The Park District offers many day trips each year. Almost every month we offer an escorted trip. While these trips are open to all, they are planned with the interested of our Seniors in mind. Day trips are listed in this booklet and in the monthly Social Club Newsletter.

Let's Do Lunch

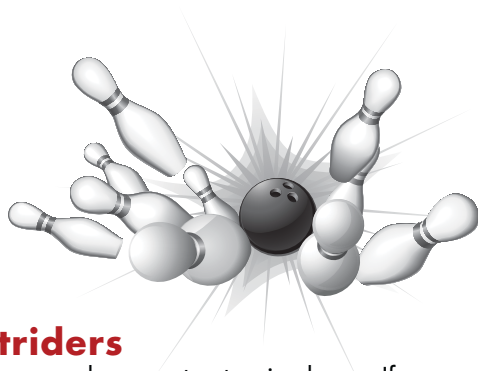
As a Social Club Member, you are invited to a catered lunch each month in the Social Center. Arrive by 11:30 am to socialize, lunch is served at noon.



Bowling League

Our bowling league for adults 50 and better bowls at 1 pm on Fridays. We have 12 4-person teams in an un-sanctioned co-ed league.

Days:	Friday
Time:	1 pm
Fee:	\$5.75/week for 3 games (members) \$15 for registration (non-members)



Easy Striders

Walking is a popular way to stay in shape. If you want a low impact exercise to help you stay fit, this is the program you've been looking for! Walk at your own pace and distance. Come alone or join with a friend!

Day:	Monday, Wednesday, Friday
Date:	Session I: Oct 30 - April 30
Time:	10:30 am - noon Participants must walk during this time frame
Location:	Recreation Center Gym
Age:	Adult
Fee:	\$10 / \$15 NR

SOCK HOP

Dance with the Chicago Heights Park District with great dance music from the 50's & 60's! Including Rock-n-Roll, Motown, Soul, R&B, and Doo Wop. Great fun, fellowship and refreshments. Live DJ!!! It's time to shine in your Poodle Skirt and Leather Jacket. Prize will be given to the best dressed. Get your tickets today!

NEW

Day:	Friday
Dates:	October 3rd, 2014
Time:	5:00 PM to 8:00 PM
Fee:	\$5.00 in advance/\$8 at the door (portions of proceeds will go towards Susan G. Komen for the Cure)
Location:	Chicago Heights Rec Center

Exercise Class

This easygoing workout is geared for adults 50 and better. It will help alleviate arthritis and keep your joints flexible. Call Director Eric Hartmann to register

Days:	Monday, Wednesday and Friday
Time:	8 am
Location:	Gym
Fee:	\$30 Social Club Non-Members FREE for Social Club Members & includes a fitness club T-shirt



We are excited to announce that the Chicago Heights Rec Center will accommodate our members and non-members with great healthy concessions area. Whether you are working out or just need something healthy for lunch or dinner, come check out our new Healthy Living Nutrition Center!

Hours of operation:

Monday, Friday: 7am - 1pm,
Monday, Friday: 5pm - 8pm,
Saturday: 7am - 1pm,
Sunday: 8am - 12pm

DON'T FORGET

DAYLIGHT SAVINGS TIME ENDS ON NOVEMBER 2nd, 2014! FALL BACK!



COME AND ENJOY VIDEO GAMING AT BOTH OF OUR CHICAGO HEIGHTS GOLF COUSE'S:

- CHICAGO HEIGHTS COUNTRY CLUB, 1112 SCOTT AVENUE, CHICAGO HEIGHTS, IL
- EAST GOLF COURSE, 315 GLENWOOD -CHICAGO HEIGHTS ROAD, IL.

FOR MORE INFORMATION, PLEASE CALL 754-1400.



NEW!!!

Chicago Heights Park District

4th Annual Turkey Shoot

GOLF OUTING

11.02.14 Alt 11.03.14



At Chicago Heights Country Club * Call 1-708-754-1400

Golf Courses

**CHICAGO HEIGHTS COUNTRY CLUB
WEST COURSE - 1112 SCOTT AVENUE
(708) 754-1400**

**EAST COURSE - 315 GLENWOOD-CHICAGO HEIGHTS
ROAD
(708) 754-3673**

**Country Club Golf at Park District
Prices!**

Chicago Heights Country Club

West Course

This 9-hole course, founded in the 1890's, beautifully manicured with large surging greens surrounded by wooded fairways is the place for you and your friends on weekends and summer afternoons to get away and have fun! A real gem and a great value! This spacious facility is available for banquets, parties and other special events. Make your reservations now! Video gaming is now available.

East Course

Built in 1991, this 9-hole course has grown into a mature, well-manicured course with undulating greens and wide-open fairways. As you hit over water on our par 3 island-greened 8th hole that is surrounded by sand, you will understand why it is one of the most demanding holes in Chicagoland golf. This stunning facility is a great place to host showers, birthday, anniversary or holiday parties. Video gaming is now available.

It is our goal to give our customers a fantastic golf experience at each of our courses.

Both facilities have full service bars offering snacks to enjoy before or after your round.

General Information

Mission Statement

To provide quality recreation programs, facilities and parks that meet the leisure needs and improve the quality of life for Chicago Heights residents.

To promote and maintain community partnerships, intergovernmental and corporate relationships while providing quality employment opportunities at the Chicago Heights Park District.

Board Meetings

The Chicago Heights Park District Board of Commissioners meeting is held the second Monday of each month at 7 pm at the Recreation Center, 1400 Chicago Road. Meetings are open to the public, if you are interested, please feel free to attend.

Parents

You are an important part of your child's learning process and we encourage you to become as involved as possible. However, our instructors have found that the quality of instruction is affected by parent and/or sibling distractions. You are always welcome to discuss your child's progress with his/her instructor. We hope that your child will attend class independently. With your child's best interest in mind, you are invited to attend the last class of the session. Thank you for your cooperation.

Park Permits

All parks are open to everyone's use during regular park hours of dawn to dusk. The Park District will be issuing permits to resident groups of Chicago Heights who wish to reserve parkland areas. Requests for 2013 park rentals are now being accepted.

We don't want you to miss a thing!
Please register one week before activities and events begin.

Join our Mailing list!

Would you like to receive flyers, updates on programs and special events via email? Join our mailing list by filling out your email address or visiting our website at www.chparkdistrict.net

Email Address - Please Print

Your email is only for the use of the
Chicago Heights Park District



Park Watch

Seemore, The Eagle Eye Park Watch mascot is counting on residents to use their "eagle eyes" to spot and report crimes, damage or suspicious activities occurring in their parks. Call the Park Watch hotline at 756-PARK.

Do It Today - Don't Delay

If you wait until the last minute to register, the program or class you want to attend may not be available. At some point, we have to determine if enrollment is sufficient to hold the class and may have to be cancelled due to low enrollment. Call the Chicago Heights Recreation Center to register today! (708) 755-1351.

Would you like to teach a class?

We are always searching for "something new" to offer our residents. Maybe you have a new and fun or creative idea for a program you would like to share. You might have special talent that you can share. If this offer applies to you, please call our Program Director, Wanda Rodgers at (708) 755-1351 ext. 12.

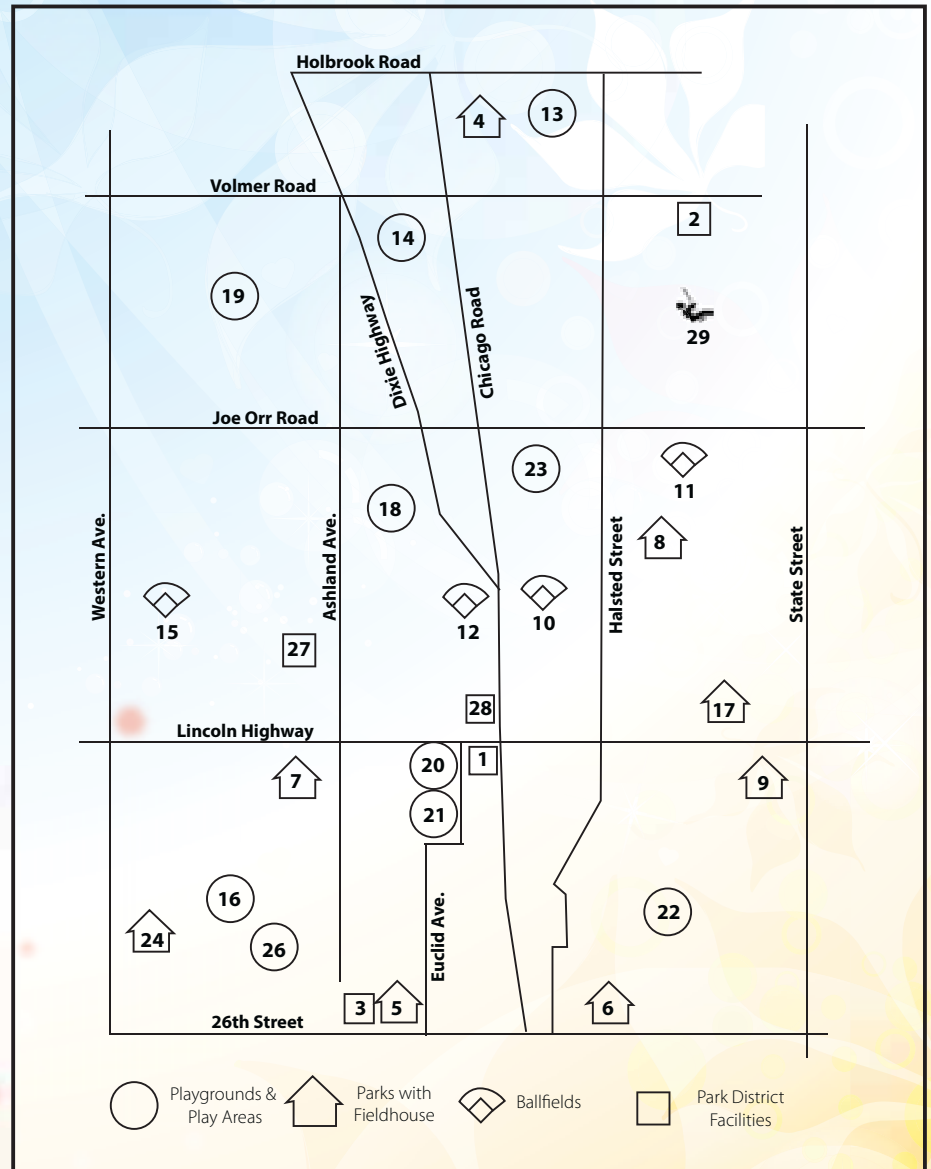
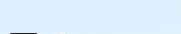
Employment Opportunities

We are hiring! The Chicago Heights Recreation Center is looking for certified instructors for the following positions: Swim, Dance (all types), Aerobics, Pilates and Yoga. Please submit a resume along with a copy of your certification to the Chicago Heights Recreation Center, 1400 Chicago Road to the attention of Wanda Rodgers, Program Director.

**Chicago Heights
Park District
Gift Certificates
are available.
For more information,
call (708) 755-1351.**

Parks & Facilities

1. **Recreation Center**
1400 Chicago Road
2. **Golf Course - East**
315 Chicago Heights/Glenwood Road
3. **Maintenance Garage**
150 North Main
4. **Commissioners Park**
311 North Chicago Road
5. **Euclid Park**
Euclid Avenue & Main Street
6. **Jirtle Park**
25th & Union
7. **Smith Park**
Ashland Avenue at 14th Place
8. **Wacker Park**
1025 Lowe Avenue
9. **Hodges Park**
352 East 16th Street
10. **Hap Bruno Baseball Park**
11th & Chicago Road
11. **Hillcrest Field**
Hillcrest & Union Avenue
12. **Bob Lueder Ball Field**
12th & Chicago Road
13. **Fireman's Park**
197th Street
14. **Greenbriar Play Area**
Chicago Road & Greenbriar
15. **Swanson Park**
207th & Travers
16. **Cornet Park**
17th & Division Streets
17. **King Park**
13th Street & Center Avenue
18. **Landeen Park**
10th Street & Schilling
19. **Meidell Park**
4th Street West of Ashland
20. & 21. **McEldowney Parks**
15th & 16th & Euclid Avenue
22. **Petraca Park**
22nd & Wallace
23. **Sangamon Play Area**
650 Sangamon
24. **Sesto Park**
Western Avenue at Beacon Blvd.
25. **Serena Hills Play Area**
255 Pleasant Drive
26. **Beacon Hills Play Area**
401 Concord Drive
27. **Golf Course - West**
11th & Scott Avenue
28. **Alex Lopez Park**
1400 Chicago Road
29. **CH Lions Club Park**
Collegepoint & Eastgate



Playgrounds & Play Areas

Parks with Fieldhouse

Ballfields

Park District Facilities

Ball Field

Baseball Field

Basketball

Bathroom

Fieldhouse

Handicap Playground

Horse Shoe Pits

Ice Rink

Picnic Area

Playground

Shelter

Sitting Park

Soccer Field

Spray Pool

Tennis Court

Water Fountain



**Join the Chicago Heights Park District
for less than \$1 per day!**



Membership Includes:

**For more information
on membership,
please see page 12**



**CHICAGO HEIGHTS
PARK DISTRICT**

SAVE THE DATE!

**Breakfast with Santa:
December 6th 10am-12pm**

Standard Rate U.S. Postage PAID Permit No. 669 Chicago Heights, IL 60411 CAR-RT-SORT

Local Postal Customer
Chicago Heights, IL 60411