



Warrenville Park District E-News

April 2013

In This Issue

Mother-Daughter Spring Tea
Preschool & Youth Athletics
Martial Arts Classes
Open Gyms
Adult Golf & Dance

March 2013 Calendar



For a look at classes starting and events occurring this month, [click here](#) for the WPD April 2013 Calendar.

Quick Links

Share a Special Morning with Your Daughter or Granddaughter

Mother-Daughter Spring Tea

Saturday, April 13

10:00-11:30 a.m.



Register by
April 6



Enjoy a spring morning creating a special craft and having tea. Register by April 6 [online](#) or call 630.393.7279.

Register Now

More About Us

Preschool & Youth Athletics Enrolling Now

A wide variety of athletic programs are starting soon at Warrenville Park District for kids of all ages.

For example, toddlers and preschoolers can participate in Recess Time Sports, just for Kicks Soccer, Baseball Blast, and Basketball Basics, just to name a few.



And kids in grades K-8 have lots of choices, too, such as Indoor Youth Soccer, Basketball 1,000 Shot Club, Baseball 1,000 Hit Club, Floor Hockey Frenzy, and (new!) Pickleball.

Take a look at our [calendar](#) or visit our [Web site](#) to view all of the choices and sign up soon -- many programs have registration ending this week.

Martial Arts Classes Provide Exercise, Overall Body Conditioning, and Confidence

Adult Kickboxing (ages 19+): Learn to use for basic skills (punch, kick, knee, and elbow) for practical self-defense. Mondays 8:15-9:15 p.m. April 15-June 3



24-May 22

Tang Soo Do Karate (ages 8+): Concentration, focus, and self esteem are all elements that can be achieved and improved upon through the study of this martial art. Wednesdays 6:00-7:00 p.m. and Saturdays 7:30-8:30 a.m. April 24-May 22

Kid's Tang Soo Do (ages 5-7): This class focuses on teaching the basics of kicking, punching, blocking, and stances. Wednesdays 6:00-7:00 p.m. April



Tai Chi for Health (ages 12+): Tai Chi helps develop the practitioner's internal strength as an effective martial skill and, equally important, can improve one's health (circulation, balance, flexibility, and coordination).

Check our [Web site](#) for details about all of our Martial Arts programs.

Open Gyms Offer Fun & Exercise

Drop in for an Open Gym session in the Rec Center gym. You don't need to register in advance. Open Gyms are free for FitnessNOW members and inexpensive if you're not.

Family Open Gym (ages 12+)
Sundays 10:00 a.m. - noon

Youth & Teen Open Gym (grades 3-12)
Thursdays 5:30-7:00 p.m.



Adult Volleyball Open Gym (ages 18+)
Mondays 7:15-9:15 p.m.



Lunch Time Open Gym (ages 18+)
Wednesdays 11:15 a.m. - 1:15 p.m.

Adult Basketball Open Gym (ages 18+)
Tuesdays 7:15-9:15 p.m.
Wednesdays 7:15-9:15 p.m.
Sundays 8:00-10:00 a.m.

NEW! Adult Soccer Open Gym (ages 18+)
Sundays 4:00-6:00 p.m.

Pickleball Open Gym (ages 50+)
Tuesdays noon - 1:00 p.m.

For more information, please visit our [Web site](#) or call 630.393.7279.

Adult Activities: Golf & Dance

Adult Golf Lessons

This class is for the relative newcomer to golf. PGA Head Golf Pro Dave Erickson directs you in putting, chipping, the golf swing, and course rules and etiquette.

Fridays 6:30-7:30 p.m. May 3-May 24; register by April 26.



Adult Dance Lessons: Line Dance & Country Couples Dance



Two-Step: Tuesdays 7:15-8:30 April 9-April 30

Line Dance: Wednesdays 3:00-4:15 p.m. April 10-May 15

Cha Cha: Thursdays 7:30-8:45 p.m. April 11-May 4

Beginner Line Dance: Saturdays 3:30-4:45 p.m. April 20-June 8

Intermediate Line Dance: Saturdays 5:00-6:15 p.m. April 20-June 8

Double Two: Tuesdays 7:15-8:30 p.m. May 7-May 28

Romantic Nightclub: Thursdays 7:30-8:45 p.m. May 9-May 30

Register one week in advance.; check our [Web site](#) for more information or call us at 630.393.7279.

Let us hear from you!

Thank you for taking the time to read this issue of E-News. We hope to see you at the Warrenville Park District soon, and please let us know if you have any suggestions, comments, complaints, or compliments!

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