



in this issue

- ::
- :: Kris Kringle Camp
- :: Friday Night Futbol
- :: Youth Basketball Leagues
 - :: Martial Arts
- :: Men's Basketball League
 - :: Adult Athletics
 - :: Open Gyms
- :: Tuesday Lunch Bunch
- :: Dog Training

Dear Patron,



Happy Holidays from the Warrenville Park District!

We have a great lineup of fun, festive events scheduled: Breakfast with Santa Dec. 1, Holly Days Dec. 7, Parent/Child Candy Cottages Dec. 10, Mother-Daughter Holiday Tea Dec. 15, and Where are the Candy Canes Dec. 21 (see info below).

To help you manage your fitness and your stress level during the holiday season, we now offer the following NEW programs:

McHale, who can help you so you can reach your goals (see



Lifestyle Weight Management: a personal coach, Amanda Kunze-determine the best combination of healthful eating and exercise article below).



Chair Massage: a rejuvenating 15-minute chair massage from a licensed massage therapist, Theu Price.



Our FitnessNOW promotion: a free 5-week spin session or a FitnessNOW membership for a month when you refer a friend for a FitnessNOW membership.

For more information on any of the programs listed in this month's E-News, visit our [Web site](#) where you can register online -- just click on the photo of the program guide. Or, or call us at 630.393.7279.

FREE Admission

Holly Days

Friday, December 7, 2012 6-8 PM

*Corner of Warren & Tracy Place
in Warrenville*

- * Santa's Arrival Parade
- * Mayor Lights City Holiday Tree
- * Holiday Music & Performing Arts
- * Free Horse-Drawn Carriage Rides
- * Food

*Sponsored by the Warrenville Park District, City of Warrenville,
and Western DuPage Chamber of Commerce*

Where are the Candy Canes

- Look for candy canes throughout the Rec Center
- Visit with Santa
- Create a seasonal craft
- Enjoy hot chocolate and treats



Dec. 21; register by Dec. 14

Space is limited!

NEW Event!

Mother-Daughter Holiday Tea



(Ages 3 - 12)

Mothers and daughters share the morning creating a festive holiday craft. Light refreshments are served. Please list food allergies at time of registration. RB

Registration deadline is Dec. 10.

Location: Wareville Tavern

Instructor: Ruth Brackmann

Mother/1 Daughter Fee				
217140-1A	Sa	12/15	10:00A-11:30A	\$20 \$25
Additional Per Guest Fee				
217140-1A	Sa	12/15	10:00A-11:30A	\$10 \$15

New Programs! Lifestyle Weight Management & Chair Massage

Sign up Now!

If you need help getting to and/or maintaining a healthy weight, talk to our new Lifestyle Weight Management Coach Amanda Kunze-McHale.

Amanda is an ACE (American Council on Exercise) certified personal trainer with additional certification in nutrition, behavioral psychology, and lifestyle change strategies and can help you:

- figure out the best combination of exercise and healthy eating habits to produce long-term results
- overcome obstacles that get in the way of being a healthy weight and living a healthful lifestyle
- by motivating you as you strive for your goals



In addition, we now offer a rejuvenating 15-minute chair massage by licensed massage therapist Theu Price. Perfect for relieving the stress of the holidays!

For more information about either of these new programs, or to schedule an appointment, please contact the FitnessNOW Center at 630.393.7279.

Kris Kringle Camp (Ages 3-13)

Holiday campers enjoy games, crafts, and surprise activities. Day trips are included each day to age-appropriate venues.



Wednesdays, Thursdays, and Fridays
Dec. 26-Jan. 4
All 6 days: \$189 resident; \$194 non-resident

Daily fee: \$35 resident; \$40 non-resident

Before and after care also available. Hurry -- space is limited! Click [here](#) to register.

Youth Athletics

Archery (ages 8+)
Saturdays Jan. 5-Jan. 26 10:30-11:30a

Learn the basics using a recurve style bow.

NEW! Intro to Rugby Skills (grades 4-12)
Mondays Jan. 7-Feb. 25 6:00-7:30p

Learn ball handling and game strategy.

DuPage Wrestling Club (grades 6-8)
Mondays, Tuesdays, Thursdays Jan. 7-March 7 6:00-8:00p

All beginner, novice, and advanced wrestlers welcome.

**Hoopologist
Basketball Skills and
Gameplay (grades 3-8)**
Tuesdays Jan. 8-Feb. 5 6:15-7:15p

Sharpen your skills with an expert teacher.

Zumbatomic (ages 4-12)
Wednesdays Jan. 9-Feb. 6 5:00-5:45p

Zumba moves plus a high-octane workout.



Men's Basketball League (ages 18+)

This league features a 5-game regular season plus a post-season single-elimination tournament.

Referees and scorekeepers are provided.

Thursdays Jan. 17-
Feb. 21 7:15-10:15p
Register by Jan. 10



Adult Athletics

Belly Dancing for Fitness (ages 16+)
Fridays Jan. 4-Feb. 8 6:30-7:30p

Learn to isolate, tone, and improve flexibility of various body parts while having fun dancing! No prior dance training is necessary.



Archery (ages 8+)
Saturdays Jan. 5-Jan. 26 10:30-11:30a

Learn the basics using a recurve style bow.

Adult Basketball Skills (ages 18+)
Tuesdays Jan. 8-Feb. 5 8:15-9:15p

Coach Ed Farley makes sure you get a good workout while learning or improving your basketball skills.

SwimAmerica Swim Lessons (ages 18+)
Sundays Jan. 13-March 3 2:45-3:30p

Get quality instruction from qualified, experienced instructors.

**Tai Chi for Health
Tang Soo Do Karate
Kid's Tang Soo Do**

(see below in Martial Arts section)

Join Us for Open Gyms
Pay at the Door -- No Registration Needed

NEW! Pickleball Open Gym
(ages 50+)
Mondays noon-1:00P

Friday Night (and Saturday Morning!) Futbol Grades 3-11

FREE! Are you ready for some Futbol? Join your friends for indoor soccer games, healthy snacks, and special guest speakers through March 29.



Grades 3-5:
10-11:30 a.m. Saturdays

Grades 6-8: 6-7:30 p.m. Fridays

Grades 9-11: 7:45-9:15 p.m. Fridays

Adult volunteers are needed; please contact Tom Rowe at 630.393.7279 or Cesar Navarro at 630.550.2782 for more information.

Co-sponsored by the Warrenville Park District, Warrenville Kiwanis Club, and Illinois Association of Park Districts Power Play Grant.



Youth Basketball Leagues

Bitty Basketball League (grades 1-2)

Jan. 19-March 9
Sign up by Jan. 5

Co-Ed Youth Basketball League (grades 3-4)

Jan. 5-March 9
Sign up by Dec. 8

Hot Shots Boys Basketball League (grades 7-8)

Jan. 26-March 17
Sign up by Jan. 10

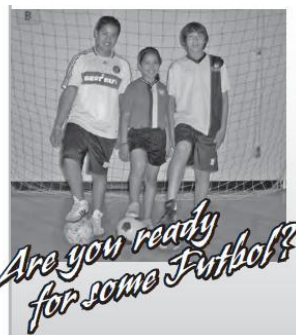
Visit our [Web site](#) or call 630.393.7279 to register.

Martial Arts

Adult Kickboxing (ages 19+)

Mondays Jan. 7-Feb. 18 8:15-9:15

Learn the four basic skills: punch, kick, knee, and elbow.



Holiday Break Open Gym (grades 3-12)
Monday, Tuesday, Wednesday, Thursday, Friday
Dec. 26-Jan. 4 (except Dec. 31)

Family Open Gym (ages 12+)
Sundays 10:00A-12:00P

Adult Volleyball Open Gym (ages 18+)
Mondays 7:15-9:15P

Lunch Time Open Gym (ages 18+)
Wednesdays 11:30a-1:30p



Adult Basketball Open Gym (ages 18+)
Wednesdays 7:15-9:15P
Sundays 8:00-10:00A

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

No School Open Gym (grades 3-12)
Jan. 18 & Jan. 21 12:00-1:00p

Tuesday Lunch Bunch & Trip (ages 55+)

Dec. 4: Grilled Panini
Dec. 11: Ruth's surprise
Dec. 18: Holiday Party
Jan. 8: Fried chicken



Please register 7 days in advance

My One & Only (ages 16+)

Show date: Jan. 2
Times: 9:30 a.m.-5:30 p.m.
Location: Marriott Theatre, Lincolnshire IL; leave from Recreation Center

Please call for ticket availability.

Kid's Tang Soo Do (ages 5-7)

Wednesdays Jan. 9-Feb. 6 6:00-7:00p

This class focuses on the basics: kicking, punching, blocking and stances.



Tang Soo Do Karate (ages 8+)

Wednesdays (6:00-7:00p)
and Saturdays (7:30-8:30a)
Jan. 9-Feb. 9

Improve your concentration, focus, and self esteem by studying this martial art.



Tai Chi for Health (ages 12+)

Saturdays Jan. 12-Feb. 9 10:00-11:00a

Tai Chi helps develop internal strength and can improve health.

Dog Training

Puppy Star (owners ages 16+; puppies ages 0-1)

This class features the American Kennel Club Puppy S.T.A.R. (Socialization, Training, Activity, Responsible owner) Program.



Get your puppy off on the right paw through basic training and practical skills.

Sundays Jan. 13-Feb. 24 3:00-4:00p

Canine Good Citizens (owners ages 16+; dogs ages 1+)



Designed to recognize dogs that have good manner, this program provides dogs the opportunity to pass the 10-step Canine Good Citizens test.

Sundays Jan. 13-Feb. 24 4:15-

5:15p

FREE > 5-week spin session or
> FitnessNOW membership for one month!

FitnessNOW

OFFERS:

- Brand New Cybex® Treadmills & Arc Trainers
- Personal Entertainment Monitors
- Basketball Courts
- 3 Lane Indoor Track
- Personal Training
- Free Weight Area
- Convenient Monthly Payments
- Discount Group Exercise Fees
- Lockers & Showers
- Free Towel Service
- XM® Satellite Radio
- Cable TV



35260 Warren Avenue
Warrenville, IL 60555

Hours: Mon-Fri 5:30am-9:30pm
Sat 7:00am-7:00pm
Sun 8:00am-6:00pm
WarrenvilleParks.org

FitnessNOW

Get a **FREE 5-Week Spin Session**
or a **FREE FitnessNOW**
Membership for a Month

when you refer a friend

Friend signs up for FitnessNOW membership
for a year (EFT)

Limit 1 referral per person

Free month takes effect after referral has been an EFT Fit
member for 12 months (no 12th month in friend)
Offer valid to the first 50 referrals on 1/31/13

Call Today! 630.393.7279



FitnessNOW Open House

Saturday, January 5th, 2013 10:00am to Noon



"I enjoy helping others succeed in reaching their goals."

- Tom Lafer

Meet the friendly staff and tour the FitnessNOW Center



Speak with a Personal Trainer

"I love education and fitness, so together let's discover how fun exercising can be!"

- Alison Zeller



Enjoy Music, Healthy Food & Beverages

"Let's find one thing about exercise that you like and make that the reason you do it every day!"

- Karen Raspin

Drawing for fabulous prizes: 3-month FitnessNOW membership, Flex Pass, 1/2 hour Personal Training session, and 1/2 hour Lifestyle Weight Management session.

Thank you to our Sponsors



Natural Health for life!



Thanks for reading! Be sure to like "[The Warrenville Park District](#)" (please don't forget the word "the!") on Facebook for special offers and news.

Sincerely,

Warrenville Park District Staff

