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Subject: November E-News

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Warrenville Park District E-News

November 2012

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Dear Kama,



It's November already!

Time to get involved in all that's going on this next month at Warrenville Park District! These are just some of the highlights (some are coming up in late October):

*** Fall Family Fun Fest: food, live entertainment, games, crafts, family activities; 6-8 p.m. Oct. 26

*** "Trick or Treat" Canine Halloween Bash: costumes (humans & dogs), prizes, games; 2-3 p.m. Oct. 28

*** Friday Night (& now Saturday!) Futbol: indoor soccer for grades 3-5 (10-11:30 a.m. Saturdays), grades 6-8 (6-7:30 p.m. Fridays), and grades 9-11 (7:45-9:15 p.m. Fridays) Nov. 2-March 29; this program is FREE, but you need to register

*** Bingo Bop (ages 50+): play Bingo to dance tunes from the 40s, 50s, 60s, and 70s with prizes that are mementos from the past; 2-4 p.m. Nov. 4

*** And don't forget our upcoming holiday events in December: Breakfast with Santa Dec. 1. Holly Days Dec. 7, Polar Express Train Dec. 9, Parent/Child Candy Cottages Dec. 10, Mother-Daughter Holiday Tea Dec. 15, and Where are the Candy Canes Dec. 21.

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.

Fall Family Fun Fest

6:00-8:30p
Friday, Oct. 26



Bring the whole family to Fall Family Fun Fest in the Recreation Center!

The festivities begin with a costume parade for kids around the fitness track (and yes, there will be prizes!).

After the parade join us for food and live entertainment, inflatables, games, crafts, a cake walk, and other fun family activities.

Sponsored in part by the City of Warrenville



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Daily picture
Big Picture . Local Focus

Bingo Bop! (Ages 50+)

2:00-4:00 p.m. Nov. 4

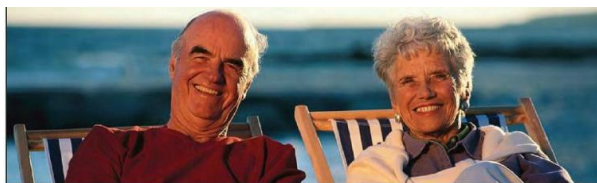


Not just another Bingo game! We're capturing the mood and music of the 40s, 50s, 60s, and 70s.

To win, you fill out a D A N C E card (a Bingo card in disguise!).

Prizes are mementos from the past; all winners are entered into a drawing for a Grand Prize memento.

\$5; additional cards are \$1 each or 6 for \$5.



The Savvy Senior Health & Happiness

"Trick or Treats" a Canine Halloween Bash

Bring the whole family and join us for prizes and games with your costumed pooch. You can dress up, too.



2:00-3:00 p.m.
Sunday, Oct. 28 in the
Warrenville Community Building gym.

Register online at our [Web site](#) or call
630.393.7279.

Kids' Camps: Turkey & Kris Kringle (Ages 3-13)

Turkey Camp



Enjoy Thanksgiving break by going on field trips, playing active gym games, creating crafts, and having time to socialize. Campers travel each day; trips include bowling, a movie, and indoor amusement adventures.

Nov. 19, 20 and 21; sign up for one, two, or three days
\$35 resident;
\$40 non-resident



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



Kris Kringle Camp

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; A\$194 non-resident
Daily fee: \$35 resident; \$40 non-resident

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

Fair

9:00 a.m. - 1:00 p.m. Saturday, Nov. 3

This FREE event for seniors, caregivers and their family members is held at the Recreation Center.

Join us for:

- FREE admission
- FREE food & coffee samples
- FREE drawings and giveaways
- FREE blood pressure checks
- Health & wellness information
- 50+ product and service exhibitors
- A day of fun & socializing

Hope you can join us!

Happy Feet Running Club Run a 5K!

Have you always wanted to become a runner, but don't know how to start? Are you afraid you are too old? Too out of shape?



If you've always wanted to break into running, we now have an 8-week program just for you!

The Warrenville Park District's Happy Feet Running club is a gradual yet challenging program that includes running/walking intervals, which will help you with the ultimate goal of running a 5K race.

Running is wonderful exercise: it lowers your blood pressure, relieves stress, and tone and shapes your body. You can burn up to 700 calories an hour when you run.

Happy Feet Running club will meet from 5:45-6:30 Monday mornings Nov. 12-Dec. 17. Come out and join us, and then run your first 5K!

New Flex Pass Session Begins Nov. 12 Flex Pass Allows You to Take ANY Group Exercise Class for One Low Fee

When you purchase a Flex Pass from the Warrenville Park District, you are entitled to take any available group exercise class whenever you'd like. So, for one fee, you can take as many group



Indoor Youth Soccer Grades K-6

Come join our recreational pick-up soccer league for fun and fast-paced action. Each week teams are organized and player positions are rotated for maximum fun and fairness.



Saturdays Nov. 10-Dec. 15
Grades K & 1: 9:30-10:30a
Grades 2 & 3: 10:40-11:40a
Grades 4-6: 11:50a-12:50p

Click [here](#) to register.

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 Nov. 2-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.



fitness classes as you want within the 5-week Flex Pass session.

Flex Passes are \$37 for FitnessNOW members, \$48 for Warrenville Park District residents, and \$53 for non-residents. Senior discounts and daily rates also are available.

Adult Athletics

Pickleball (ages 50+) Thursdays Nov. 1-Dec. 13 12:00-1:00p

This fun and engaging racquet sport is played on a badminton court with a lower net. Paddles and ball provided.

Adult Basketball Skills (ages 18+) Thursdays Nov. 1-Dec. 13 7:45-8:45p

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

Fencing (ages 8-65)

Saturdays Nov. 3-Dec. 15
Beginner: 12:45-1:45p
Advanced: 11:45-12:45p



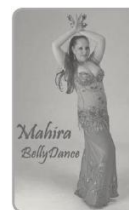
This class offers basic understanding of attack and defense in fencing. All equipment is provided. Held at Batavia Park District.

Men's Basketball League (ages 18+) Thursdays Nov. 8-Dec. 20 7:15-10:15p

This league features a 5-game regular season plus a post season single-elimination tournament. Register by Nov. 1.

Belly Dancing for Fitness (ages 16+) Fridays Nov. 9-Dec. 14 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.



Tai Chi for Health Tang Soo Do Karate (see below in Martial Arts section)

Classes for Your Mind, Body & Spirit

Mindful Stress Reduction (ages 18+) Friday, Nov. 2 6:00-8:00p

Bring greater calmness and well being to your life.

Youth Basketball Leagues

*Early-bird discounts available:
Save \$10*

Bitty Basketball League (grades 1-2)

Jan. 19-March 9
Sign up by Dec. 8 for
discount



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

Jan. 5-March 9
Sign up by Nov.
10 for discount



Hot Shots Basketball (grades 5-6)

Dec. 1-Feb. 16

Hot Shots Basketball (grades 7-8)

Jan. 26-March 27
Sign up by Dec. 13 to receive discount

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

Preschool & Youth Athletics

Preschool

Just for Kicks Soccer (ages 3-4, 4-6)

Ages 3-4
Thursdays Nov. 1-
Dec. 13 9:30-
10:15a



Ages 4-6
Tuesdays Oct. 30-Dec. 11 10:45-11:30a

Parent & Tot Creative Movements (ages 1-3)

Thursdays Nov. 1-Dec. 13 10:45-11:30a

Basketball Basics (ages 3-4, 4-6)

Ages 3-4
Thursdays Nov. 1-Dec. 13 2:00-2:45p

Ages 4-6

Fridays Nov. 2-Dec. 14
9:45-10:30a



Baseball Blast/Kickball (ages 4-6)

Thursdays Nov. 1-Dec. 13
1:15-2:00p

Reiki (ages 13+)

Sunday, Nov. 11 9:00a-5:00p

Re-establish balance and harmony on the physical, emotional, and spiritual planes so the natural function of your body is restored and your body's natural ability to heal itself is activated.



Exercise for Mental Muscle (ages 18+)

Tuesday, Dec. 18 6:00-8:00p

Stimulate whole-brain learning using physical exercises based on the principles of Tai Chi, Reflexology, and traditional Oriental medicine.

Join Us for Open Gyms

Pay at the Door -- No Registration Needed

NEW! Pickleball Open Gym

(ages 50+)
Tuesdays Oct. 30-Dec. 18 noon-1:00P

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

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



Adult Volleyball Open Gym (ages
18+)
Mondays 7:00-9:00P

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



No School Open Gym (grades 3-
12)
September 28 & October 8
12:00-1:30p

Martial Arts

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

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

Tuesdays Nov. 13-Dec. 11 6:00-7:00p



Tang Soo Do Karate (ages 8+)

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

Recess Time Sports (ages 3-6)

Fridays Nov. 2-Dec. 14
1:00-1:45p

Kickball (ages 3-6)

Fridays Nov. 2-Dec. 14 10:45-11:30a

Baseball Blast (ages 3-4)

Fridays Nov. 2-Dec. 14 12:00-12:45p

PeeWee Soccer/T-Ball Combo (ages 3-4)

Saturdays Nov. 3-Dec. 15 9:00-9:50a

Super Shooters (ages 4-6)

Saturdays Nov. 3-Dec. 15 10:00-10:50a

Preschool Gymnastics (ages 3-5)

Wednesdays Nov. 28-Jan. 9 1:00-1:35p

Preschool & Youth

Zumbatomic (ages 4-7)

Wednesdays
Nov. 14-Dec. 12
4:15-5:00p



(ages 8-12)

Wednesdays
Nov. 14-Dec. 12
5:00-5:45p

(ages 4-12)

Saturdays Nov. 17-Dec. 12 9:00-9:55a

SwimAmerica Swim Lessons (ages 4-18)

Saturdays Nov. 3-Dec. 15 or
Sundays Nov. 4-Dec. 16

SwimAmerica Diving Lessons (ages 4-10)

Saturdays Nov. 3-Dec. 15 or
Sundays Nov. 4-Dec. 16

Youth

Hoopologist Basketball Skills and Gameplay (grades 3-8)

Tuesdays Oct. 30-Dec. 11 6:15-7:15p



Basketball Basics (ages 5-8)

Thursdays
Nov. 1-Dec. 13
5:30-6:30p

Fencing (ages 8-65)

Saturdays
Nov. 3-Dec. 15

Wednesdays (6:00-7:00p) and
Saturdays (7:30-8:30a) Nov. 14-Dec.
15

Tai Chi for Health (ages 12+)

Tai Chi helps develop internal strength
and can improve health.

Saturdays Nov. 17-Dec. 15 10:00-
11:00a



Tuesday Lunch Bunch (ages 55+)

Oct. 30: Lasagna
Nov. 6: Stuffed pork chop
Nov. 13: Thanksgiving Feast
(The fee for this is \$10)
Nov. 20: Pizza & salad
Nov. 27: Chinese buffet
Dec. 4: Grilled Panini
Dec. 11: Ruth's surprise



\$8; please register 7 days in advance

Calling Adults of All Ages! Trips & Dance

Trips

Forever Plaid (ages 16+)

\$66
Dec. 6; register by Nov. 1



Singin in the Rain (ages 21+)

\$62
Dec. 13; register by Nov. 19

My One & Only (16+)

\$70
Jan. 2; register by Dec. 2

Adult Dance

East Coast Swing (ages 15+)

Tuesdays Nov. 6-Dec. 4 7:15-8:30p

Belly Dancing for Fitness (ages 16+)

Fridays Nov. 9-Dec. 14 6:30-7:30p



Open Line Dance (all ages)

Saturdays Nov. 3, Nov. 17,
Dec. 1, and Dec. 15.
6:30-10:00p
Warrenville Community
Building
\$5 pay at the door



Beginner: 12:45-1:45p
Advanced: 11:45a-12:45p

Touch Football Fanatics (ages 9-12)
Sundays Nov. 4-Dec. 16 2:30-3:30p

Floor Hockey Frenzy (ages 5-8)
Sundays Nov. 4-Dec. 16 1:00-2:00p

After School Youth Basketball (grades 3-8)
Wednesdays Nov. 7-Dec. 19 4:15-5:15p

Indoor Youth Soccer (grades K-6)
Saturdays Nov. 10-Dec. 15

Grades K-1: 9:30-10:30a
Grades 2-3: 10:40-11:40a
Grades 4-6:
11:50a-12:50p

**Tumblebear
Gymnastics
(ages 6-12)**

Wednesdays
Nov. 28-Jan. 9 4:30-5:15p



Preschool & Youth Classes



Movin & Singing (ages 0-6)
NEW! Join the class any time during the session

Toddlers and their parent/caregiver walk, run, wiggle, spin, and shake. Wednesdays from 9:30-10:30a

Toddler Explorers (ages 1-3)

Toddlers explore gross motor activities, free play with station toys, manipulatives, and a craft area. Mondays Oct. 29-Dec. 10 9:30-10:30a



Kids' Morning Out (ages 3-5)

Kids create with paint and glue, read stories, enjoy walks outside, and play on the playground. Thursdays Nov. 1-Dec. 13 9:30-10:45a

NEW! Line Dance (ages 21+)

Thursdays Nov. 8-Dec. 20 9:00-10:15a

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. Saturdays Nov. 3-Dec. 22 noon-1:00p



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. Saturdays Nov. 3-Dec. 22 1:15-2:15p

Get Ready for Warrenville Park District Holiday Events!



Mark your calendar now so you won't miss any of the holiday happenings coming up. Most of these events have limited availability, so sign up soon so you won't be disappointed!



Breakfast with Santa, Dec. 1; purchase tickets by Nov. 30



Holly Days, Dec. 7



Polar Express Train, Dec. 9; register by Dec. 1



Parent/Child Candy Cottages, Dec.

Mother-Daughter Holiday Tea, Dec.



10; register by Dec. 3

15; register by Dec. 10



Where are the Candy Canes? Dec. 21; register by Dec. 14

Thank you to our Sponsors



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

