

From: The Warrenville Park District <karenr@warrenvilleparks.org>

Subject: October E-News

Reply: karenr@warrenvilleparks.org



Warrenville Park District E-News

October 2012

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Dear Kama,




Happy fall!

Grab a cup of coffee (or another favorite beverage) and take a look at all we've got going on this next month at Warrenville Park District! These are just some of the highlights:





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

 Day Off School Trip: Under the Big Top (St. Charles, Ill.); 9 a.m. - 3 p.m. Oct. 8

 Self Defense for Women: learn the four levels of self defense and learn and practice techniques to defend yourself; 6-8 p.m. Fridays Oct. 5-Oct. 26

 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

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

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 Market
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"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.

Bingo Bop! (Ages 50+)

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

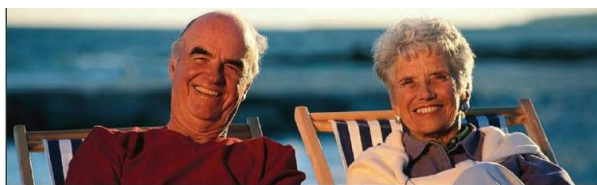


Not just another Bingo game! We're capturing the mood and music of the 40s, 50s, 60s, and 70s.

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 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

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

Day Off School Trip: Columbus Day

Oct. 8

Kids! How about a trip to Under the Big Top in St. Charles for your day off on Columbus Day?



You'll get to go in the 3-story Ball Blaster Arena and have your choice of playing Laser Tag or going Go-Karting as well.

\$35 resident; \$40 non-resident

Before and after care also available. Hurry - space is limited!



And don't forget: Turkey Camp (Nov. 19, Nov. 20, and Nov. 21) and Kris Kringle Camp (Wednesdays,

Thursdays, and Fridays Dec. 26-Jan. 4) are enrolling now.



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

- 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 Oct. 8

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 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.

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

**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

Quad City Girls Basketball League (grades 5-8)

Nov. 10-Jan. 6

Hot Shots Basketball (grades 5-6)

Dec. 1-Feb. 16
Sign up by Oct. 18 for discount



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

Preschool Gymnastics (ages 3-5)

Wednesdays Oct. 17-Nov. 21 1:00-1:35p

Recess Time Sports (ages 3-6)

Tuesdays Oct. 30-Dec. 11
9:45-10:30a
Fridays Nov. 2-Dec. 14
1:00-1:45p

Adult Athletics

Archery (ages 8+)

**Oct. 6-Oct. 27
10:30-11:30A**

Learn the basics of archery. Students use a recurve bow, basic finger tab, arm guard, and safety glasses.



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+)

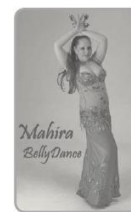
Thursdays Nov. 8-Dec. 20 7:15-10:15p

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.



Art Enrichment & Classes for Your Mind, Body & Spirit

Drawing Techniques (ages 15+)

**Thursdays Oct. 11-
Nov. 8 6:30-8:30p**



Learn how to draw what you see with pencils.

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

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 & Youth

Zumbatomic (ages 4-7)

Wednesdays
Oct. 10-Nov. 7 4:15-5:00p

(ages 8-12)

Wednesdays
Oct. 10-Nov. 7 5:00-5:45p



(ages 4-12)

Saturdays Oct. 13-Nov. 10 9:00-9:55a

SwimAmerica Swim Lessons (ages 4-18)

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

Chicago Art Institute Program (ages 21+)
Oct. 12 10:00-11:30a FREE (but registration required)

Explore the genre of still life, including a subcategory called trompe l'oeil (trick of the eye). Works by Chardin, Vander Spelt, Manet, Cezanne, Matisse, Picasso, and Harnett highlight the program.

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

Bring greater calmness and well being to your life.

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.



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

SwimAmerica Diving Lessons (ages 4-10)

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

Youth

Archery (ages 8+)

Saturdays
Oct. 6-Oct. 27 10:30-11:30a

Tumblebear Gymnastics (ages 6-12)

Wednesdays
Oct. 17-Nov. 21
4:30-5:15p



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

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



Tang Soo Do Karate (ages 8+)

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

Wednesdays (6:00-7:00p) and
Saturdays (7:30-8:30a) Oct. 10-Nov. 10

Tai Chi for Health (ages 12+)

Tai Chi helps develop internal strength and can improve health.

Saturdays Oct. 13-Nov. 10 10:00-11:00a



Adult Kickboxing (ages 19+)



Learn to use four basic skills: punch, kick, knee, and elbow for practical self-defense.

Mondays Oct. 29-Dec. 10 8:15-9:15p

Tuesday Lunch Bunch (ages 55+)

Oct. 2: Italian beef
Oct. 9: Beef Stroganoff
Oct. 16: Chinese buffet
Oct. 23 Grilled panini
Oct. 30: Lasagna
Nov. 6: Stuffed pork chop



\$8; please register 7 days in advance

Calling Adults of All Ages! Trips & Dance

Trips

Dueling Pianos (ages 21+)

\$50
Nov. 11; register by Oct. 8

Forever Plaid (ages 16+)

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



Singin' in the Rain (ages 21+)

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



The Rockettes (ages 21+)

\$69
Dec. 19; register by Oct. 15



Preschool & Youth Classes

Festive Pumpkins (ages 3-5)

Create pumpkins to decorate your home for Halloween. Thursday, Oct. 4 4:30-5:30p



It's a BOO! (ages 4-6)

Create seasonal Halloween crafts. Thursday, Oct. 18 4:30-5:30p



Parent/Child Fall Craft (ages 3-5)

Create a Thanksgiving decoration and enjoy a snack. Thursday, Nov. 1 4:30-5:30p

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

Movin and Singing (ages 3-6)

We'll walk, run, wiggle, spin, and shake; parents/caregivers are an essential part of this class. Wednesdays Oct. 24-Dec. 5 9:30-10:15a



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

Little Chefs (ages 2-4)

This hands-on class introduces your little chef to easy recipes, simple measurements, and kitchen safety. Saturdays Oct. 20-Nov. 10 9:45-10:30a



Le' Fun Cookery (ages 6-10)

Young chefs learn to follow simple recipes,

Adult Dance

Cha Cha (ages 15+)

Tuesdays Oct. 9-Oct. 30 7:15-8:30p

Line Dance (ages 21+)

Tuesdays Oct. 23-Dec. 4 8:45-10:00a

Adult Dance (adults)

Wednesdays Oct. 24-Nov. 28
7:30-8:15p



Adult Tappercize (50+)

Thursdays Oct. 25-Nov. 29 10:00-10:45a

East Coast Swing (ages 15+)

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

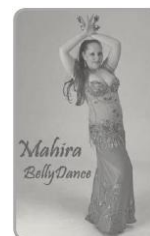
Belly Dancing for Fitness (ages 16+)

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



Open Line Dance (all ages)

Saturdays Oct. 20, Nov. 3, and Nov. 17.
6:30-10:00p
Warrenville Community Building
\$5 pay at the door



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

measure ingredients, and learn kitchen safety. Saturdays Oct. 20-Nov. 10 11:00a-noon

Check out our Blogs!



Did you know two of our staff members write helpful blogs about once a week?

Kama Nevious, FitnessNOW supervisor, writes "FitnessNOW for Dummies," a blog about how to get and stay fit. Her latest post is "[Top 10 Reasons to Take a Group Exercise Class.](#)"

Tom Rowe, superintendent of recreation, pens "All in the Family," which gives tips and ideas for having fun with your family while getting exercise. Tom wrote "[Take a Walk on the Wild Side: 20 Family Hiking Ideas to Try.](#)"

The links to the blogs are at the bottom of our home page on our [Web site](#) in the middle, for future reference.

Check them out and let us know what you think!

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



[Forward email](#)