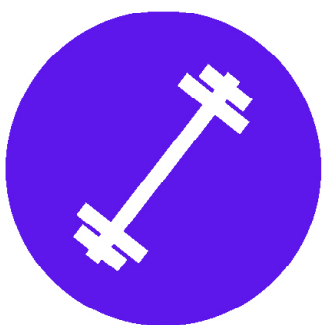




VIRTUAL RECREATION

WOOD DALE PARK DISTRICT



Virtual Magic Class

5 – 12 yrs

Professional Magician Gary Kantor now teaches his popular magic class ONLINE! This 45-minute virtual class teaches children how to perform a number of mind-boggling tricks using every day household items. Gary will start by explaining the secrets to the tricks, and then both Gary and the children will practice everything in great detail. The children will have a blast as they learn exactly what to say and do when performing in front of an audience. Since this class is online, it can be taken whenever it is convenient for your schedule and the videos can be watched again and again. Your entire family can even take this class together! Additionally, be sure to sign up for this class again since new tricks are taught each session. After you register, you will be emailed information on how to access the private class video and a list of a few household items that are needed for the class.

Session A: Fri, May 1 – May 30

***After you register, the class video will be available for you to view at any time during the month of May**

Location: Virtual

Instructor, Gary Kantor

\$13

22204AAV

Rock 'n' Kids at Home Virtual Classes

5 – 12 yrs

Rock 'n' Kids is rockin' at home with a unique opportunity available to you! Enroll in a virtual class session to sing, dance, play and learn! Rock 'n' Kids provides the Tot Rock and Kid Rock music and creative movement programs for children ages 1-5. Registered participants will receive an email with that week's private 30-minute virtual class, allowing families to participate on their own time. The session's musical activities will be based on the theme of "A Spring Day!" Each class will explore an aspect of spring through music and movement, and will include opening songs, weekly theme introduction, DIY instrument and prop ideas, 4-6 additional music activities, and closing songs. A welcome video and corresponding coloring pages will be provided as well. If you are familiar with the program, your child may see his/her favorite teacher leading class at home! Rock 'n' Kids has been enjoying children's wiggles and giggles for 25 years! You won't want to miss this chance for safe, musical fun and learning with your child.

Mon, May 4 – May 25

Video links will be emailed from Rock'n'Kids at 8:00am and allow you to participate on your own time.

Location: Virtual

Instructor, Rock 'n' Kids

\$32

Tot Rock (1 year olds with parent participation) 22015AAV

Kid Rock (2+ years, with or without parent participation)

22019AAV



Balloon Animal Making Workshop

7+ yrs

Professional balloon artist Gary Kantor introduces a 45 minute online class that teaches children the techniques needed to take plain balloons and transform them into incredible balloon animals (like dogs, butterflies, fish, etc.). By watching these online videos, children will create their own balloon animals, with Gary walking them through each step in the process. And this class isn't just for the kids; parents will have a blast if they join the experience. Additionally, you can sign up again since each session makes different animals. You will need your own balloons and balloon pump, which cost about \$13. After you register, you will be given information on where to purchase these.

Session A: Fri, May 1 – May 30

*After you register, the class video will be available for you to view at any time during the month of May

Location: Virtual

Instructor, Gary Kantor

\$13

22019ABV

iCook - Live Online Cooking Classes

5 – 10 yrs

iCook is a really fun, hands-on cooking program for children. The iCook mission is to help teach children to love everything about food - cooking, eating delicious and healthful dishes, learning about different cultures and stories behind the food. Explore the various kinds of ethnic cuisines from around the world each week of class! After registering, students will be provided with a list of supplies/ingredients which will be kept simple. 2 recipes will be covered in the hour-long class.

(This is a nut-free program)

Registration Deadline: Wednesday, April 22

Thu April 23 – May 14

33598AAV

3:00 – 4:00 pm

Format: Live Zoom Meeting

Instructor, iCook

\$60 R/NR

Teen/Tween Yoga Workshop

10 – 18 yrs

This unique workshop is designed to provide teens with tools to de-stress, increase focus, and promote positive self-esteem. Teen/Tween Yoga will include creative movements through physical postures linked to the breath. Experience self-exploration while building strength and flexibility. The class is suitable for practitioners of all levels.

Registration Deadline: Monday, April 27

Tue April 28 – May 12

22991ABV

5:00 – 6:00 pm

Format: Live Zoom Meeting

Instructor, Erin Dunne

\$30 R/NR

Breakaway Basketball Zoom Get Better Class (Virtual)

Boys and Girls 1st – 8th grades

The focus will be on building confidence and dribbling the basketball, as well as incorporating some at home conditioning. Basketball is no fun if you struggle to dribble and, the goal is to make sure all players are having fun. Fun starts happening when you work on the right skills the right way. When you GET BETTER, the game becomes a lot of fun.

The skills taught in this virtual class will be great but the interaction of SIX Breakaway coaches in every class will be just as important. These classes will be 30 minutes in length. We want to be able to teach, inspire, motivate, and most importantly, connect with your children during these different times. All players will need a basketball and their own space.

Breakaway Basketball is the largest skill development program in Illinois training over eight thousand players a year and partnering with over 300 feeder/travel teams to provide in-season and off-season skill development and coaches training.

Sat, Apr 25 – May 16 (4 classes)

1st – 3rd Grade Boys/Girls 1:00pm **33312AAV**

4th – 8th Grade Boys/Girls 2:00pm **33312ABV**

Location: Zoom

Instructor, Breakaway Basketball www.breakawaybasketball.com

Soccer Tots at Home

3 – 6 yrs

SoccerTots programs develop motor skills and self-confidence in a fun, engaging format. Skyhawks is excited to bring our best instructors together with our most popular games, to offer a unique at-home class that promotes the early development of soccer skills and a love for an active lifestyle. This fast-paced program will keep your child engaged with imaginative warm-ups and exciting activities that disguise learning and focus on fun! Classes will be held through a live Zoom format. After you register, you will be emailed the Zoom link before class.

Registration deadline: May 12

Thurs, May 14 – June 11 10:00 – 10:35am

Location: Virtual

Instructor, Skyhawks Sports Academy

\$39

SSA119345

Virtual Taekwon-Do

6 yrs+ (Including teenagers & adults)

Join us for virtual Taekwon-Do! Taekwon-Do is a form of martial arts. The benefits of Taekwon-Do include character building, confidence, self-esteem, discipline, focus, strength, flexibility, and more. Imagine what an advantage you will have now, and in the future, by learning Taekwon-Do today! The instructor for this program is Barry Weisberg, who has over 30 years of experience in Taekwon-Do. Classes will be held through a live Zoom format. Links for each class will be sent to registered participants via email.

Mon/Wed, May 11 – June 1 (No class May 25) 4:00 – 5:00pm

Location: Virtual

Instructor, Barry Weisberg

\$18

2560AAV



STEM & Play Multi-Sport

8 – 12 yrs

Skyhawks is excited to offer a module-based, virtual class that explores the Science, Technology, Engineering, and Math behind the sports of Soccer and Basketball. Our expert instructors will tie each module back into the sport to instill curiosity and a passion for learning in each child.

Subjects vary by sport, but include ball design, calculating distances and angles, velocity, acceleration, and more!

Skyhawks puts the Sports in STEM! Classes will be held through a live Zoom format. After you register, you will be emailed the Zoom link before class.

Registration deadline: May 13

Fri, May 15 – June 12 10:00 – 10:45am

Location: Virtual

Instructor, Skyhawks Sports Academy

\$45

SSA119346

Mindful Slime Lab

4 – 13 yrs

Have the slime of your life creating Mindful Slime with Coach Lisa Lombardi! We will please our senses and stay in the present. Any worries will be put aside as we have a blast creating STRETCHY SLIME, GOOEY OOBLECK, and CLOUD DOUGH! Our slime creations will pop like fireworks, smell like summer and be colored to remind kids of the beach.

This online experience will be a “one and done” encounter with a duration of about 30 minutes. Better yet, you get to choose the day and time! Once you register, you will receive a YouTube private link to access the class anytime. Families have the option to email Coach Lisa with any questions! This class is taught by Lisa Lombardi Coaching Inc., www.lisalombardi.com.

Materials needed:

Elmer's Glue (clear preferred. 5oz individual or a jug to measure out ½ cup)

contact lens solution, baking soda, cornstarch, two large bowls, one smaller bowl, spatula, baggie, measuring spoons and cups

OPTIONAL materials to take it up a notch:

Pop rocks, Sand, Beads, Gems, Food Coloring, Scents

*This class will be open for registration between May 8 – May 31.

After you register, you will receive access to three private videos for the class that can be watched on your own time.

Location: Virtual

Instructor, Lisa Lombardi

\$15

22204ADV

Youth Yoga

5 – 10 yrs

Join us for a virtual 30-minute yoga class with Kids HeArt Yoga! Each class incorporates playful yoga, drama games, and mindful activities to add movement and well-being to your child's day. This class will be held through a Zoom link. Once registered, the link will be emailed to your two hours in advance of your class time. Connect with us in a whole new way!

Friday, May 15 – May 22 3:00 – 3:30pm

Location: Virtual

Instructor, Kids HeArt Yoga

\$26

22031BBBV

Madden 2020 E-Sports Tournament

14 yrs +

Join us for our first E-Sports Tournament! Players will have the opportunity to engage in friendly competition at home as they play one of the most popular video games, Madden NFL 2020. Tournament format will be determined by the amount of registrations received. Games will be played on Saturdays, starting May 30. The winner of the tournament will receive a cash prize. It's time to show your skills!

Registration deadline: May 25

To participate in this tournament, participants are required to have the following:

- Xbox Live connection
- Madden 2020 game

Sat May 30 – June 13

6:30 - 7:30pm

Location: Virtual

\$15

33599AAV

Lunch-time Core Strength Yoga

18+ yrs

Needing a burst of energy to get you through the rest of the day? This class will do just that! Ignite your core with yoga postures (asanas) designed to bring vitality to the spine. The practice will include sun salutations to link breath with movement. Suitable for practitioners with some yoga experience, modifications will be offered.

Thurs May 14 - 28 11:00 am – 11:30 am **22993AAV**
Registration Deadline: Wednesday, May 13
Thurs June 4 – 18 11:00 am – 11:30 am **33993AAV**
Registration Deadline: Wednesday, June 3
Format: Live Zoom Meeting
Instructor, Erin Dunne
\$30

Mindfulness Meditation Workshops

16+ yrs

Busy? Stressful? Worrysome? With the current situation we find ourselves in, these feelings can be common but they don't need to permeate our state of mind! Join us online to learn the basics of meditation and to counteract these emotions within. This workshop will focus on the whys, the what's, and the how-tos of meditation, in a basic, easy-to-digest form. Learn to relax, make peace with your thoughts, and restart your day with us in the comfort of your own home. Registration Deadlines are on the Saturday before each workshop.

Sun May 17 12:35 – 1:05 pm **33992AAV**
Sun May 24 12:35 – 1:05 pm **33992ABV**
Sun May 31 12:35 – 1:05 pm **33992ACV**
Sun June 7 12:35 – 1:05 pm **33992ADV**
Format: Live Zoom Meeting
Instructor, Erin Dunne
\$10 per Workshop

Chair Yoga

18+ yrs

Improve your strength, flexibility, and range of motion with a yoga practice for all ages. Class is designed to provide support and accessibility through the use of the chair. It's perfect for older adults who are looking for a modified yoga class or simply a class that stretches out the whole body without needing to get on the floor. No yoga mat needed!

Tues May 12 – May 26 10:00 – 11:00 am **22993ABV**
Registration Deadline: Monday, May 11
Tues June 2 – June 16 10:00 – 11:00 am **33991AAV**
Registration Deadline: Monday, June 1
Format: Live Zoom Meeting
Instructor, Erin Dunne
\$30

Personal Training

18+ yrs

Get up and get moving with a one-on-one training session with a fitness trainer. Continue your fitness regimen or develop a plan to start a new one. Please email info@wdparks.org to set up time and payment.

Location: Virtual

Instructor, Kristina Sromek

\$20 for 30 minutes

Please email Kristina if you are interested at

Ksromek@wdparks.org

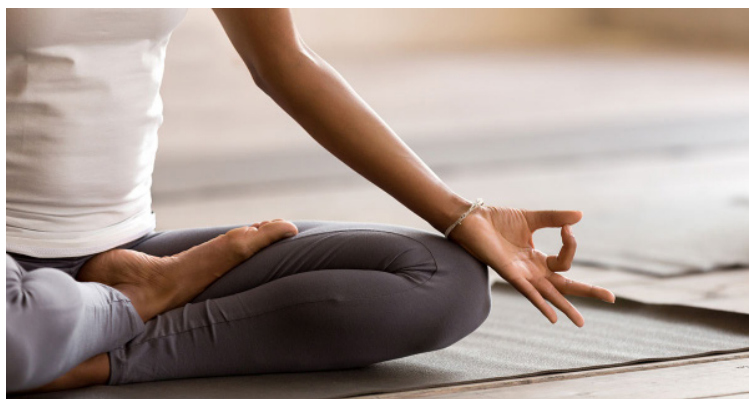
Slow Flow Yoga

16+ yrs

Aimed at relaxing, rejuvenating, and getting you through the rest of the work week, this class is perfect for someone looking to get into or get back to fitness. This class has been designed as a gentler flow for those with limited mobility or prior injury, but will benefit all fitness levels. Slow Flow is perfect for those looking for a low-impact fitness class, or anyone that enjoys a chance to relax at the end of the day. Be sure to follow up the practice with meditation in our Mindfulness Meditation Workshops.

Registration Deadlines are on the Saturday before each workshop.

Sun May 17 12:00 – 12:30 pm **33994AAV**
Sun May 24 12:00 – 12:30 pm **33994ABV**
Sun May 31 12:00 – 12:30 pm **33994ACV**
Sun June 7 12:00 – 12:30 pm **33994ADV**
Format: Live Zoom Meeting
Instructor, Erin Dunne
\$10 per workshop



Adult Happy Hour Succulent Jar Workshop

18 yrs+

Join us for a virtual happy hour while we learn how to layer glazes to make your succulent jar spring to life! Grab your favorite beverage and your kit and meet us virtually for a great class. Can't make it? No worries! We will record the live video so that you can complete this awesome project on your own time! (Must be 21+ to consume alcohol)

*All materials and supplies (Succulent Jar, Brush, Glazes) will be delivered to participants prior to the day of the workshop

Registration Deadline: Tuesday, May 26

Sat May 30 5:00 – 6:00pm

Format: Live Zoom Meeting

Instructor, Thrown Elements Pottery

\$35



Happy Hour Clay Workshop

18 yrs+

Join us, Thrown Elements Pottery, for a fun handcrafted Happy Hour (BYOB)! During our evening we will make one-of-a-kind ceramic plates with a doily. This one time class gives aspiring potters a chance to play with clay without the commitment of ongoing classes. Roll-up your sleeves and dress for a little mess as you are guided through the creation of a clay plate and application of a paper doily while finishing off your unique design with colorful glazes. By the end of the class, each person will have produced and decorated a plate, which will then be glazed and fired in a kiln by staff, and will be returned to the Park District for pick up. (Must be 21+ to consume alcohol)

*All materials and supplies (Clay, Glazes, Doily) will be delivered to participants prior to the day of the workshop.

Registration Deadline: Monday, June 1

Fri June 5 5:00 – 7:00pm

Format: Live Zoom Meeting

Instructor, Thrown Elements Pottery

\$35

Star Plaque Painting Night (BYOB!)

18 yrs+

In this workshop, we will be learning both a masking and antiquing painting/glazing techniques to paint a Star Plaque to celebrate our country's birthday! While we will be teaching these specific techniques, other color pallets can be provided should you want to go rogue and make it uniquely yours. Can't make it? No worries! We will record the live video so that you can complete this awesome project on your own time. (Must be 21+ to consume alcohol)

*All materials and supplies (Star Plaque, Brush, Glazes) will be delivered to participants prior to the day of the workshop

Registration Deadline: Tuesday, June 16

Sat June 20

5:00 – 7:00pm

Format: Live Zoom Meeting

Instructor, Thrown Elements Pottery

\$40

GOLF PROGRAMMING

Virtual Beginner Golf Programs

Our golf programs are conducted by PGA Professional and Salt Creek Golf Club's Head Golf Professional Rob Michalak. Rob uses proven techniques and drills, which are both fun and effective. Rob will also discuss ways you can practice all aspects of your game at home! Golf clubs will be provided for class if you do not have any.

Virtual Beginner Golf Class for Kids

Ages 7-12

This class is geared towards beginners who have never picked up a club, or those who would like to fine tune or review golf's basic necessary skills. We will work on golf's basic fundamentals-- grip, setup, stance and the basic motor skills needed to produce a good golf swing. This class will focus on the basics of putting, chipping, pitching, and the full swing. We will also discuss ways you can practice all aspects of your game at home! Golf clubs will be provided for class if you do not have any.

Registration Deadline: Sunday, April 26

Monday, April 27 - May 18 3:30-4:15 **33562AAV**
Format: Live Zoom Meeting
Prerequisite: None Minimum: 2 Maximum: 8
Instructor: Rob Michalak
\$50 R/NR

Virtual Beginner Golf Class for Teens

Ages 13-18

This class is geared towards beginners who have never picked up a club, or those who would like to fine tune or review golf's basic necessary skills. We will work on golf's basic fundamentals-- grip, setup, stance and the basic motor skills needed to produce a good golf swing. This class will focus on the basics of putting, chipping, pitching, and the full swing. We will also discuss ways you can practice all aspects of your game at home! Golf clubs will be provided for class if you do not have any.

Registration Deadline: Sunday, April 26

Monday, April 27 - May 18 4:30 - 5:15 **335562ABV**
Format: Live Zoom Meeting
Prerequisite: None Minimum: 2 Maximum: 8
Instructor: Rob Michalak
\$50 R/NR

Virtual "Spring Training" Adult Golf Classes

Ages 19+

After a long winter season, get back into the swing of things with this refresher Golf Instruction Class! This class is for beginner golfers who have little to no experience, those trying to improve their swing, or for those who just need a refresher for the upcoming season. This class will focus on the basics of putting, chipping, pitching, and the full swing. We will also discuss ways you can practice all aspects of your game at home! Clubs will be provided for class if you do not have any.

Registration Deadline: Sunday, April 26

Mondays April 27- May 18 5:30 - 6:15 pm **33562ACV**
Format: Live Zoom Meeting
Prerequisite: None Minimum: 2 Maximum: 8
\$50 R/NR

30-Minute Virtual Adult Golf Clinics

Ages 19+

Tune your game up or learn some new techniques! These clinics are for beginner golfers who have little to no experience, those trying to improve their swing, or for those who just need a refresher. If you need to fine tune your skills in a particular area, or don't have time to commit to a 4-week class, this is a great alternative! These 30 min clinics will help you sharpen your skills in all areas of your game. Tell your friends and learn the game together! Choose as many clinics as you would like! Golf clubs will be provided for class if you do not have any. We will also discuss ways you can practice all aspects of your game at home! This is the perfect time to work on your game, this way you are ready to go once the season resumes!

Wed, April 29 - Chipping/Pitching 5:30 pm **33562ADV**
Wed, May 6 - Putting 5:30 pm **33562ADV**
Wed, May 13 - Full Swing Basics 5:30 pm **33562ADV**

Format: Live Zoom Meeting
Prerequisite: None Minimum: 2 Maximum: 8
Instructor: Rob Michalak
\$10 R/NR per clinic

Virtual Private Golf Lessons

Each lesson will be interactive and is catered to the individual needs of the student. Instruction will include discussion of the critical factors of grip, setup, stance, posture and alignment, along with the full swing, chipping, pitching and putting. Private Lessons are conducted by PGA Professional and Salt Creek Golf Club's Head Golf Professional Rob Michalak. Rob uses proven techniques and drills which are both fun and effective to use. We will also discuss ways you can practice all aspects of your game at home! Clubs will be provided for lessons if you do not have any. This is the perfect time to work on your game, this way you are ready to go once the season resumes!

Format: Facetime or Live Zoom Meeting

Rates

Adult Private Lesson Rates (16 +):

Adult Private Lesson Rate \$60 per ½ hr

Adult Private Lesson Pckg. \$300 for five- ½ hr.

Junior Private Lesson Rates (15 & under):

Junior Private Lesson Rate \$50 per ½ hr.

Junior Private Lesson Pckg. \$250 for five- ½ hr.

To register contact Rob Michalak at (630) 361-0237 rmichalak@saltcreekgolfclub.com

Format: Video Recording/Email/Phone

\$20 per lesson

Video Golf Analysis

All Ages

Film yourself swinging a club and send it in to our PGA Pro Rob Michalak! Rob will analyze your swing and provide instruction catered to your specific golf swing. You will be given a few key swing factors to work on, and a drill or two to help you improve! We will also discuss ways you can practice all aspects of your game at home! Video instructions will be provided upon registration. Once your swing video is sent in, Rob will follow up with you for a brief phone call within 1-2 business days! Golf clubs will be provided if you do not have any. This is the perfect time to work on your game, this way you are ready to go once the season resumes!

Format: Facetime, Live Zoom Meeting, or Phone

To register contact Rob Michalak at (630) 361-0237 or rmichalak@saltcreekgolfclub.com

\$20 per lesson

