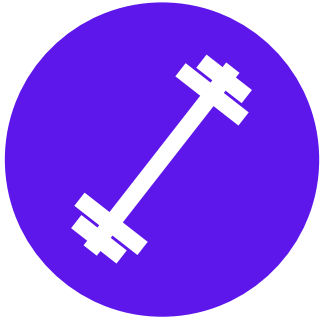




VIRTUAL RECREATION

WOOD DALE PARK DISTRICT



Rock 'n' Kids at Home Virtual Classes

1-6 yrs

Enroll in this 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 1-6. Registered participants will receive an email from Rock 'n' Kids with that week's pre-recorded, 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 "My Box of Crayons!" Each class will explore a different color 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. Class activities will involve rhythm, fine and gross motor, imaginative play, sensory integration and listening skills. 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, June 15 – August 3 (8 weeks)

Pre-recorded video links will be emailed at 8:00am from Rock 'n' Kids; participation is at the family's convenience. The links will expire one week after the last class is distributed.

Location: Virtual
Instructor, Rock 'n' Kids
\$62

Tot Rock (1-2 years with parent participation)
33015AAV

Kid Rock (2-6 years, with or without parent participation)
33019AAV



Young Rembrandts Online Drawing Classes

Young Rembrandts is excited to offer exclusive online courses to keep kids busy and learning all about ART while they draw at home! After you register, a link to the online courses will be sent directly to your registered email address. Keep drawing this Summer, at home! Class is done at your convenience. Items needed: a piece of paper, a pencil, a sharpie, and colored markers/crayons.

Funtastic Dogs	Tues, June 16	33264ADV
Hawaiian Animals:	Tues, June 30	33264ACV

Location: Virtual
Instructor, Young Rembrandts
\$8 R
*Fee is per class

Muddy Buddies

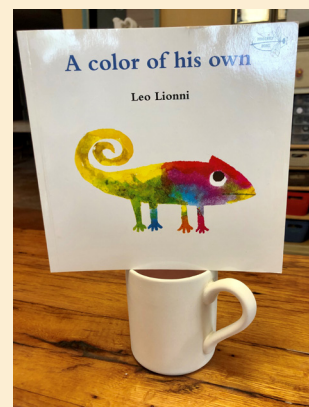
3 – 5 yrs

Join us for our first virtual MUDDY BUDDIES CLASS!!! We will be reading "A color of his own" By Leo Lionni then create a colorful mug! Muddy Buddies is a parent/child storytime and painting project. During class we will talk about what we saw in the book and how shape, color and lines were important, and how we can use those ideas to create "a color of our own" on our very own mugs! This class is designed for pre-school and up. Please purchase one kit per child.

*Materials and supplies (Mug, Paint, Brush) will be delivered to participants prior to the day of the workshop.

Registration Deadline: Monday, June 8

Thu June 11 10:00 – 10:45 am
Format: Live Zoom Meeting
Instructor, Thrown Elements Pottery
\$28



The Science of Carnival Games, Fun House Mirrors, and the Concession Stand

5-13 yrs (Younger children may need parent assistance)

STEP RIGHT UP.... WIN A "BIG PRIZE", a carnival's famous words! Carnival games have a rich history and are played not only at traveling carnivals, but also charity fundraisers, amusement arcades, and state fairs. Is there a science to winning these games OR is it all luck? Which games should we play for the best chance at winning? We will turn into investigators and build confidence as we pull back the curtain on the amusement industry. Popular games explored: Balloon Darts, Ring a Bottle, Duck Pond, and Fool the Guesser. Next, we will learn why we look so wacky in Fun House mirrors and the science behind Pop Rocks, Root Beer, Popcorn, and getting rid of a brain freeze. If you have M&M's candy, get them ready....we will do the coolest experiment! This is fun for the whole family to enjoy together. Set up some of the lab experiences with the supplies below or just watch to learn for your next trip to the carnival.

Materials Recommended, but not a deal breaker to enjoy the video: small thin latex balloons secured on something like a bulletin board, pointy dart. Small bag of M&M's, cereal bowl, room temperature water, Pop Rocks, kitchen spoon.

Registration is available Mon, June 8 – June 29 **33204ADV**

After registration, you will receive an email with a link to a private, pre-recorded class video for 28:31.

Location: Virtual

Instructor, Lisa Lombardi Coaching Inc.

\$15

All-Access Enrichment Pass – INCLUDES FIVE SUBJECT AREAS!

6 – 13 yrs

We are excited to announce that Chess Scholars/After School Enrichment Solutions is now offering an All Access Enrichment Pass - a comprehensive suite of live enrichment classes and supplemental resources online! These fun and engaging courses provide a wonderful mix of digital workbooks and live instruction via video calls with education professionals (conveniently scheduled at a variety of times throughout the day, every day, so that families can choose the time that works best for them). **Children will have access to Chess, Smart Start Art, Stage Stars, Amigos Spanish, and STEM.** There will be new content available every week; once enrolled, every Friday families will receive an email with all the details for the following week (Zoom links, videos, etc.). Children can jump into all five subjects areas, or start with just one or two and add courses as they go

June 29 - August 15 (complete at your convenience) **33204ABV**

Location: Virtual

Instructor, Chess Scholars/After School Enrichment Solutions

\$109

Stay at Gnome" Family Pottery Night

All ages

Thrown Elements pottery is offering a special Stay at Gnome Project. Make your own Garden Gnome to look over you and your Family this summer! We will make our gnomes out of clay and paint them too!

Project: You may make One Gnome with the materials provided. Additional small creations will not be accepted. Each person wishing to make a gnome needs to purchase a kit. We are providing a special palette of 8 colors and will be guiding you through this fun and creative class via zoom. Can't make it to class, no worries it will be recorded for you to view later! This special Project great for all ages and abilities.

*Materials and supplies (One ball of clay, one plastic bag, printed identification label, zip tie, wooden skewer) will be delivered to participants prior to the day of the workshop.

Registration Deadline: Tuesday, June 23

Sun June 28 5:00 – 6:30 pm **33003AAV**

Format: Live Zoom Meeting

Instructor, Thrown Elements Pottery

\$32

Multi-SportTots at Home

3-6 yrs

Introduce your little superstar to sports with this virtual, multi-sport introduction to basketball and soccer! With age-appropriate games and activities modified for playing in the home, children explore balance, hand/eye coordination, fitness, and early sports skill development. This fast-paced program will keep your child engaged with imaginative warm-ups and exciting activities that disguise learning and focus on fun! A class Zoom link will be emailed prior to the start date.

Session 1:	Sat	Jun 13 – Jul 18 (No class July 4)	11:00 – 11:45am	33322AAV
Session 2:	Sat	Jul 25 – Aug 22	11:00 – 11:45am	33310AEV

Location: Virtual
Instructor, Skyhawks Sports Academy
\$45

HoopsterTots at Home

3-6 yrs

Learning basketball has never been more fun! This virtual HoopsterTots class brings our best games and lessons into your living room or driveway, ensuring an enriching and active experience for your child. Featuring our best instructors, kids will have a blast and parents will come away with some great new activities to play with the family. Expect a dynamic warm-up, stretching best practices, fun games and some life skills along the way. A class Zoom link will be emailed prior to the start date.

Session 1:	Tue	Jun 16 – Jul 14	2:30 – 3:15pm	33324ABV
Session 2:	Tue	Jul 21 – Aug 18	2:30 – 3:15pm	33334ABV

Location: Virtual
Instructor, Skyhawks Sports Academy
\$45

Esports & Play Virtual Camp

7-12 yrs

It's game time! This unique camp combines a high energy, game-based physical education program with a brand new, one-of-a-kind gaming experience. With our passionate instructors at the core, this program will engage your child in fun activities that develop the fundamental movement skills needed to play a wide variety of sports. As a free add-on, partners at Nimbus Esports Academy will challenge your child's mind with a skill-based Rocket League program. Participants will work through customized drills, play in teams and compete in friendly competition. This exciting, new program promotes sportsmanship and teamwork in an immersive digital environment, while providing a positive outlet through physical activity. No game purchase necessary. A class Zoom link will be emailed prior to the start date.

Mon - Thu	Jun 29 – Jul 2	11:00 – 1:30pm	33310ADV
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Location: Virtual
Instructor, Skyhawks Sports Academy
\$95

YOUTH ATHLETICS

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 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? Worrisome? 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 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 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 June 7 12:00 – 12:30 pm **33994ADV**
Format: Live Zoom Meeting
Instructor, Erin Dunne



Virtual T'ai Chi for Health

Ages: 50 yrs +

The Park District will now be offering a virtual T'ai Chi class from the comfort of your own home. T'ai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do and deeply relaxing; it brings health and vitality to all who practice it. The movements are all done naturally and gently. The gentle rocking motions and stretching movements improve circulation and digestion; and reduce physical tension. The controlled breathing reduces stress and anxiety, helping calm the mind. It helps regulate heart rate and blood pressure, boosting energy. The exercises are very effective and easy to learn. Students may choose to sit or stand as needed; making this class suitable for all ages and abilities.

Once you have registered for the class through the Wood Dale Park District website, you will receive an email two days before the class starts with instructions on how to access the virtual T'ai Chi class online via Zoom.

Wed June 10 – July 1 11:00 am – 12:00 pm **33571AA**

Recreation Complex
John Robertson, Instructor
Four Classes for \$39



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

33002ACV

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

33002ABV

Format: Live Zoom Meeting
Instructor, Thrown Elements Pottery
\$40

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

