

TABLE OF CONTENTS/GENERAL INFO

Special Events.....	2-3
Early Childhood Education.....	4
Pre-School Enrichment.....	5
Basketball.....	6
Sports.....	7-9
Art.....	9
Art/ Dance.....	10
Dance.....	11
Dance/ Yoga/ Gymnastics.....	12
Gymnastics.....	13-14
Kindermusik.....	14-15
Personal Enrichment.....	16
Antioch Senior Center.....	17
Antioch Organizations.....	18
Recreation Survey.....	19
Registration Form.....	20

Village Hall: 847 Main Street Antioch, IL 60002 Phone: 847-395-1000
Parks and Rec.: 806 Holbek Drive Antioch, IL 60002 Phone: 847-395-2160
Senior Center: 817 Holbek Drive Antioch, IL 60002 Phone: 847*395-0139
Police Dept.: 433 Main Street Antioch, IL 60002 Phone: 847-395-8585
Antioch Public Library: 757 N. Main Street Antioch, IL 60002 Phone: 847-395-0874
Fire Dept.: 835 Holbek Drive Antioch, IL 60002 Phone: 847-395-5511
Rescue Squad: 825 Holbek Drive Antioch, IL 60002 Phone: 847-395-0143
Scout House: 770 Cunningham Antioch, IL 60002 Phone: 847-395-2191
Chamber of Commerce: 882 Main Street Antioch, IL 60002 Phone: 847-395-2233

SNOW POLICY: If District 34 cancels classes, Park Department programs may also be canceled. You will be notified as early as possible of cancellations. After hours, check the Village website for information.

INSURANCE: The Antioch Parks and Recreation Department is not responsible for medical, hospital or accident claims by any individual or group participating in a park program.

DROP BOX: For your convenience there is a Drop (Mail) Box located to the right of the front outside door at our Parks Department. You may place your registration information in the drop box. It will then be processed the next day, you will receive a confirmation through the mail. Or we will notify you by phone if the class you signed up for is full or has been cancelled.

ARE YOU RESIDENT OR NON-RESIDENT? Throughout this booklet, you will see two levels of fees. They are as follows: Antioch Residents/Non-Residents. Proof of residency may be required for registration in Parks Department programs. Any person unsure of their status with regards to residency may check with the Parks Office. For clarification, an "Antioch Resident" is defined as a person living within the borders of the Village of Antioch or Township and must have a 60002 zip code. A non-resident will be anyone who does not have a 60002 zip code. A Village Resident will have a 3 - 4 digit address while Township Residents will have a 5 digit address. The Village of Antioch reserves the right to hold priority registration dates for Village residents and/or Antioch residents.

REFUND POLICY: NO REFUNDS WILL BE GRANTED unless a program is canceled or changed by the Parks & Recreation Department. People who are unsure about signing up for a class may contact the Parks & Recreation Director and arrange a time to view a class before registering for the class the next session if possible. This action in no way guarantees a space to said person, and MUST be arranged with the Director. In special circumstances, a credit may be offered.

HOW TO REGISTER FOR A PROGRAM: Registering for a program requires payment in full for the class and a completed registration form and signed waiver. Registration forms are required for each program you wish to enter. You may register for a program at the Parks Office, 806 Holbek Drive. Registration for all programs will be closed when a class becomes full or one week before the program begins. **All checks should be made payable to The Village of Antioch.** All registration is taken on a first come first serve basis. For specific programs the Parks Department may hold a special registration date for Village residents and/or Antioch Township residents before opening registration to non-residents. You will be notified if for any reason the program is changed or canceled in any way. Late registration, for classes already in progress, will be accepted if openings exist **with no reduction in fees.** Programs with insufficient enrollment may be canceled, so register early!

ON-LINE REGISTRATION: ** Use your email address as your ID and the password is Antioch** Our online registration website is: <http://www.maxsolutionsonline.com/antioch/>. To login you must enter the user name and password you were provided. From the main screen click on 'activities' and search your activity type and center. Choose the class you wish to participate in and at the bottom click on register. Under 'Registrant Information', select the family member you are enrolling for that specific class. You will then click on 'add to cart', followed by 'check out'. Enter the payment information, once completed your receipt will be emailed to you and the Antioch Parks & Recreation office will be notified.

SPECIAL EVENTS

Annual Christmas Parade

Welcome Santa and the Christmas Season to town at the old-fashioned Holiday Parade on Friday, November 26th at 6:30pm. The Parade is sponsored by the Village of Antioch Parks & Recreation Department. It will run down Main Street from Lake Street to Orchard Avenue, and will conclude with the official lighting of the Antioch Family Christmas Tree outside the Village Hall. Homemade cookies, hot chocolate and old-fashioned caroling will take place at Village Hall during the Tree Lighting Ceremony. Santa will make a special appearance and will then be available for visiting immediately after the Tree Lighting Ceremony at his castle on Toft Street. If you are interested in an entry in the parade, please call the Parks Office at 847-395-2160.



Letters to Santa

Santa also has a mail box right here in Antioch! He loves to receive letters from all the wonderful children of the Antioch Community. Make sure to include your return address so Santa can send his reply. You can simply drop your letter in the mailbox which is located right outside his Enchanted Castle or you can send your letter to the following address:



**Santa's Enchanted Castle
c/o Antioch Parks Dept.
806 Holbek Dr.
Antioch, IL 60002**

Antioch Family Christmas Tree

Following the Holiday Parade, we will be lighting the Antioch Family Christmas Tree. You can share in this special event by making an ornament to hang on the tree. Your ornament should be weatherproof and should have your family's name on it. Also be sure that you include some type of doorhanger on it so that the ornament will stay on the tree all season. Ornaments can be dropped off at the Parks Department or Village Hall up until November 24th. Please call 847-395-2160 if you have any questions.



Santa's Enchanted Castle



We have had confirmation from the North Pole that Santa will once again visit Antioch for the annual Holiday Parade on November 26th at 6:30pm. From there, he will open his Enchanted Castle immediately following the Parade and Tree Lighting Ceremony. Santa's Enchanted Castle will be located on Toft Street. Santa will hear wishes from November 26th through December 23rd. His hours will be from 5:30-8:00pm on weekdays and from 1:00-4:00pm on weekends. Questions regarding Santa's Enchanted Castle, or to find out how you can help Santa, please call the Antioch Chamber of Commerce & Industry at 847-395-2233.

Antioch's Christmas Walk

Spend a delightful day on Saturday, December 4th, enjoying the holiday ambiance of Antioch as you browse among Antioch's Business Community. You'll enjoy a full day of holiday ambiance with caroling, horse drawn carriage rides, children's activities, shopping incentives and the opportunity to win valuable prizes. For additional information, contact the Antioch Chamber at 847-395-2233.



Horse Drawn Carriage Rides



Your family and friends will enjoy Antioch's Horse Drawn Carriage Rides from 1-4pm on Saturday afternoons through the Holiday. Carriage rides begin on Saturday, November 27th and run each Saturday through December 18th. Carriage rides are free for you and your family if you show \$25 or more of sales receipts from an Antioch Business dated within one week. The Carriage is located near Santa's Enchanted Castle on Toft Street. For more information, please contact the Antioch Chamber at 847-395-2233.

SPECIAL EVENTS

Family Kite Flying Day

Family Kite Flying Day will be on Saturday October 2, 2010 at Tim Osmond Sports Complex. Starting at 11 a.m. to 5 p.m. families can come down and watch some of the enormous kites being flown and/or fly their own. Kites are available for sale during the event and staff from Chicago Kite will be there to answer any questions you may have. This is an all ages event and is free to the public to attend.

Fall Fest

On October 9, 2010 we will have the Annual Fall Fest at the William E. Brook Entertainment Center (The Bandshell). The Fall Fest will start at 12 noon with many of our kid's activities beginning. This year again we will feature our kids coloring contest, haystack hunt, Moonwalk and the Mini games.

Our registration events begin approx. around 1:30 p.m. with the finals of the Antioch Adventure Race (Northbridge Church). Following the Adventure Race we will have the annual running of the Wieners (Dachshund races). This event will feature 3 divisions all decided by weights. This year we will actually be running heats for our larger division. Once the Wiener Races have completed we will then begin our Pumpkin Roll.

The pumpkin roll features people taking their turn rolling their pumpkins down the sledding hill. The person whose pumpkin rolls the furthest from the bottom of the hill will win the cash prize. Upon the completion of the pumpkin roll we have Beer Stein and Beer Barrel races.

We will have a DJ playing music from 12 – 4 p.m. at which time we will start our bands.

Beverages and food will be available all day! Events that are registration required can be day of registration on a first come first serve basis. You can not pre-register for the pumpkin roll!

New this year we will be adding all ages Bingo at the Senior Center starting late morning. We are also welcoming the Antioch Public Library who will be adding a book sale, blood drive and wine tasting. If you have any other questions please contact the special event department at 847-838-4032.

Treat the Streets

On October 23rd the Village of Antioch along with many businesses, are going to be holding a Trick or Treat in Downtown Antioch from 12 noon to 5 p.m. This event will feature many games and other activities spread throughout the downtown area. Kids are encouraged to dress in their costumes while participating.

Mother/Son Date Night

This year's Mother & Son Date Night scheduled for Saturday, September 25th from 4:00 p.m. to 6:00 p.m. at the Antioch Bowling Lanes has been postponed. Due to the extreme weather in June the bowling alley will be under construction during the original date. We will be re-scheduling this event as construction timelines become more certain. The ticket will include Cosmic Bowling, hot dog, chips, pop and a memorable photo will be included along with the bowling and shoe rental. Bumper bowling will be available for younger children. Antioch Residents: \$20.00 per couple and Non-Residents: \$30.00 per couple (\$10.00 for each additional son). Call the Parks & Recreation Office at 395-2160 for more information. TICKETS WILL NOT BE SOLD AT THE DOOR!

Winter Wine Walk

Saturday, January 22, 2011 from 1 p.m. to 4:30 p.m. in the Downtown area. This is a wine tasting event in which participants will travel to various locations around the downtown area to taste wines. The cost of this event will be \$30.00 per person and everyone must be 21 or older with valid identification to participate. With your participation fee you will get wine glass and a bottle of wine. Registration has begun at the Parks and Recreation Building (806 Holbek Dr) or you can register online by visiting www.antioch.il.gov. There is a limited amount of tickets and tickets go on sale 12/13/10. For more information please contact the Antioch Parks and Recreation office at 847-395-2160.

Daddy Daughter Date Night

Dad, its time once again to spend a special night with "Daddy's Little Girl(s)." This evening of dancing is for fathers and daughters of all ages. (Substitute daddies are always welcome!) This year's event will take place at Antioch Upper Grade School on Saturday, February 5, 2011 from 7:00 - 9:00 p.m. Because of the popularity of this event, we will only sell tickets to Antioch residents (60002 zip code). Cost is \$25.00 per couple and \$10.00 for each additional daughter. Ticket price includes dancing, ice cream sundaes, beverages, a memorable photo, and a gift for the girls. Tickets will go on sale for Antioch residents beginning December 14th and tickets will be sold through Friday, February 4th or until they are sold out. Our limit is 700 participants and tickets go fast so get your tickets early!

THERE WILL BE NO TICKETS AVAILABLE AT THE DOOR!

EARLY CHILDHOOD EDUCATION

CAMP CRAYON 2011-12

Camp Crayon is a social pre-school program for 3 - 5 year olds (child must be of age and toilet trained by September 1st to participate in the program.) Classes will begin the week of September 12th and run through mid May. The 3 year old classes are held at the Scout House (770 Cunningham Dr.) The 4 year old classes are held at the Parks Building (806 Holbek Dr.). Classes and fees are listed below. There are 20 children per class with 4 instructors for the 3 year old classes and 20 children per class with 3 instructors for the 4 year old classes. *Payment sessions are every 6 weeks. Call the Parks Office for a detailed brochure and class availability at 847-395-2160. Registration begins on Saturday, March 12, 2011 and there are limited spaces available. Please bring proof of residency, your child's birth certificate and at \$50 non-refundable registration fee.

Class	Days	Time	Fee	Location
3 yr old	Mon & Wed	9:00-11:00a	TBD	Scout House
3 yr old	Tues & Thurs	9:00-11:00a	TBD	Scout House
4 yr old	Tues & Thurs	9:00-11:30a	TBD	Parks Bldg.
BK Camper	M/W/F	9:00-11:30a	TBD	Parks Bldg.
BK Camper	M/W/F	12:30-3:00P	TBD	Parks Bldg.



TIME FOR ME "TWO"

Time For Me "Two" Parent/Tot Program is for 2 and 3 year olds. Child must be 2 by September 1st 2010. This class is a unique experience between a parent/guardian and child. Classes are an hour and a half, on Fridays. In class your child will learn to play with children their own age while experiencing a semi-structured class schedule which will prepare them for future pre-school classes. Children will experience many age appropriate activities in social playtime, music, art projects, show and tell and story time. Classes are filled on a first come first serve basis. Parents will sign up for snack day in class. Class will begin on Friday, September 17th and run through the beginning of May 2011. You will be informed of the start of each new session and payment is due in full the FIRST Day or sooner. Your child is automatically enrolled into the next session, unless you inform us otherwise. If you fail to make payment on or before the first day of each new session, your child's slot in the program may be given to someone on our waiting list. First payment is due at time of registration. Payment Sessions are every 7 weeks. Classes are held at the Scout House at 770 Cunningham Dr.

Ages: 2 yrs Fee: \$65/75			
Location	Time	Day	Min/Max
Scout House	9:00-10:30a	Friday's	8/15

PRE-SCHOOL ENRICHMENT CLASSES

NEW! LUNCH & LEARN ARTISTS

This program coordinates with the Parks and Recreation's Camp Crayon Program but is open to all children. Children are required to bring their own sack lunch. During these sessions they will create a unique work of art using a variety of art media.

Ages: 3 yrs
 4 Week Fee: \$50/55
 3 Week Fee: \$38/43
 Day: Tuesday

Session	Time	Date	Week	Min/Max
Session I	11:00-12:15p	10/5-10/26	4 weeks	8/12
Session II	11:00-12:15p	11/2-11/16	3 weeks	8/12
Session III	11:00-12:15p	11/30-12/14	3 weeks	8/12

Ages: 3 yrs
 4 Week Fee: \$50/55
 3 Week Fee: \$38/43
 Day: Wednesday

Session	Time	Date	Week	Min/Max
Session I	11:00-12:15p	10/6-10/27	4 weeks	8/12
Session II	11:00-12:15p	11/3-11/17	3 weeks	8/12
Session III	11:00-12:15p	12/1-12/15	3 weeks	8/12

NEW! LUNCH & LEARN CHEFS

This program coordinates with the Parks and Recreation's Camp Crayon Program but is open to all children. Children are required to bring their own sack lunch. During these sessions they will prepare and enjoy delicious recipes based on popular children's books.

Ages: 3 yrs
 4 Week Fee: \$50/55
 3 Week Fee: \$38/43
 Day: Tuesday

Session	Time	Date	Week	Min/Max
Session I	11:00-12:15p	1/11-1/25	3 weeks	8/12
Session II	11:00-12:15p	2/1-2/22	4 weeks	8/12
Session III	11:00-12:15p	3/1-3/22	4 weeks	8/12

Ages: 3 yrs
 4 Week Fee: \$50/55
 Day: Wednesday

Session	Time	Date	Week	Min/Max
Session I	11:00-12:15p	1/5-1/26	4 weeks	8/12
Session II	11:00-12:15p	2/2-2/23	4 weeks	8/12
Session III	11:00-12:15p	3/2-3/23	4 weeks	8/12

NEW! LUNCH & LEARN SCIENTIST

This program coordinates with the Parks and Recreation's Camp Crayon Program but is open to all children. Children are required to bring their own sack lunch. During these sessions they will explore and learn through simple science experiments.

Ages: 3 yrs
 3 Week Fee: \$38/43
 Day: Tuesday

Session	Time	Date	Week	Min/Max
Session I	11:00-12:15p	4/5-4/19	3 weeks	8/12
Session II	11:00-12:15p	4/26-5/10	3 weeks	8/12

Ages: 3 yrs
 3 Week Fee: \$38/43
 Day: Wednesday

Session	Time	Date	Week	Min/Max
Session I	11:00-12:15p	4/6-4/20	3 weeks	8/12
Session II	11:00-12:15p	4/27-5/11	3 weeks	8/12



NEW! 4 YEAR OLD EXTENDED STAY

Children bring a sack lunch and stay for class from 11:30am- 1:00pm. We will continue our day with monthly theme related activities such as recipes, gross motor skills in the gym, Math games and Language Arts. This class is open only to 4 yr old Camp Crayon students.

Ages: 4 yrs
 7 Week Fee: \$70/75
 6 Week Fee: \$60/65
 Day: Tuesday

Session	Time	Date	Week	No Class	Min/Max
Session I	11:30-1:00p	10/5-11/16	7 weeks		10/15
Session II	11:30-1:00p	11/30-1/25	6 weeks	12/21	10/15
Session III	11:30-1:00p	2/1-3/15	7 weeks		10/15
Session IV	11:30-1:00p	3/22-5/10	7 weeks		10/15

BASKETBALL

NEW! INSTRUCTIONAL BASKETBALL

This is an opportunity for all players age 3rd grade through eighth to play instructional basketball in a learning environment. The program is designed and supervised by ACHS varsity coaches Michael Skinner (Boys) and Tim Borries (Girls).

Volunteer parent coaches will provide instruction and sportsmanship training on the court. Each session will include instructional drills and game play. All ability levels are encouraged to join. Your skills will improve. All players receive a reversible jersey. Players should wear shorts or sweat pants and clean gym shoes.

NEW! BASKETBALL LEAGUE 3-5 GRADE

3rd, 4th and 5th grade Co-Ed Basic skills will be taught including defense, dribbling, passing, shooting basic rules and team play. Games will be played beginning of the second meeting. If there is sufficient number of players, boys and girls will play separate games.

Ages: 3rd-5th graders Fee: \$50 Day: Sunday (6wks)				
Location	Time	Dates	No Class	Min/Max
ACHS Practice Gym	4:45-6:00p	9/26-11/7	10/31	12/30

NEW! BASKETBALL LEAGUE 6-8 GRADE

6th 7th and 8th grade. Separate program for boys & girls. Instructional drills will include dribbling, passing, shooting, defense, footwork and team play. Additional emphases will be placed on team offense and defense. Rules will be taught throughout the game. Players will be placed on teams and games will include knowledge of the "Rules of Basketball".

Ages: 6th-8th graders Fee: \$50 Day: Sunday (6wks)				
Location	Time	Dates	No Class	Min/Max
ACHS Main Gym	4:45-6:00p	9/26-11/7	10/31	12/30



NEW! YOUTH BASKETBALL COACHES CLINIC

Led by ACHS Coaches Michael Skinner & Tim Borries

Parent coaches are being recruited to provide coaching and leadership for the new instructional league. This clinic is highly recommended for all coaching candidates. If you wish to learn and teach the game of basketball to young players, and if you possess the right temperament and leadership skills to work with young players, we will help you get ready to work with the youth basketball program.

The clinic will include instruction for teaching players technique in all physical aspects of the game. Drills and practice session will be demonstrated by varsity players.

Interested parents must be able to commit to the dates of the program as listed above..Contact Michael Kudla, Director of Parks and Recreation at 847-395-2160

Ages: Adults who want to coach Fee: No Fee Day: Sunday				
Location	Time	Dates	No Class	Min/Max
ACHS Main Gym	6:00-7:30p	9/19		

SPORTS

5-STAR SPORTS

T-Ball

In our T-Ball class, we introduce your children to America's past time in a fun and creative way. While all the basic skills such as fielding, catching, and batting will be covered, your children will never be bored, as we make sure all kids stay moving and involved. Balls and bats are provided so just bring your glove and let's play ball! Children must wear clean gym shoes due to our indoor mats and gym floors.

Ages: 3-4 yrs Fee: \$46/51					
Location	Time	Day	Session	No Class	Min/Max
Hillcrest	6:00-6:45p	Thur(6wks)	9/23-10/28		6/20
Hillcrest	6:00-6:45p	Thur(6wks)	11/4-12/16	11/25	6/20
Hillcrest	6:00-6:45p	Tues(6wks)	1/11-2/15		6/20
Hillcrest	6:00-6:45p	Tues (6wks)	3/1-4/12	3/29	6/20

Ages: 4-6 yrs Fee: \$52/57					
Location	Time	Day	Session	No Class	Min/Max
Hillcrest	6:45-7:45p	Thur(6wks)	9/23-10/28		6/20
Hillcrest	6:45-7:45p	Thur(6wks)	11/4-12/16	11/25	6/20
Hillcrest	6:45-7:45p	Tues(6wks)	1/11-2/15		6/20
Hillcrest	6:45-7:45p	Tues(6wks)	3/1-4/12	3/29	6/20

ADVANCED T-BALL

This class is designed for children who have played two or more previous sessions with us. Basic skills will be taught at every class. However, advanced skills like running through first base, turning double plays and more will be taught. A game will be played at the end of every class. Please bring a glove and water bottle.

Ages: 5-7 yrs Fee: \$52/57					
Location	Time	Day	Session	No Class	Min/Max
TBA	1:00-2:00p	Sat(6wks)	11/6-12/18	11/20	6/20
AES 817 Main	1:00-2:00p	Sat(6wks)	1/15-2/19		6/20

SOCCER

Every child should experience the world's most popular game in a way that will put the "fun" in fundamental. All the necessary skills will be covered that will enhance their confidence and prepare them for league play. Dribbling, passing, shooting and teamwork will be priorities during every class. We guarantee your child will impress you with their skill and knowledge level after they take our class. Every child should bring a soccer ball, clean gym shoes. Shin guards are optional.

Ages: 3-4 yrs Fee: \$46/51					
Location	Time	Day	Session	No Class	Min/Max
Hillcrest	6:00-6:45p	Tues(6wks)	9/21-10/26		6/20
Parks Bldg	5:00-5:45p	Mon(6wks)	11/1-12/13	11/22	6/20
AES 817 Main	11:15-12:00p	Sat(6wks)	1/8-2/12		6/20
AES 817 Main	10:00-10:45a	Sat(6wks)	3/5-4/16	4/2	6/20

Ages: 4-6 yrs Fee: \$52/57					
Location	Time	Day	Session	No Class	Min/Max
Hillcrest	6:45-7:45p	Tues(6wks)	9/21-10/26		6/20
Parks Bldg	5:45-6:45p	Mon(6wks)	11/1-12/13	11/22	6/20
AES,817 Main	12:00-1:00p	Sat(6wks)	1/8-2/12		6/20
AES,817 Main	10:45-11:45a	Sat(6wks)	3/5-4/16	4/2	6/20



SPORTS

ADVANCED SOCCER CLASS

This class is designed for children who have played two or more previous sessions with us. This class will enhance the knowledge and skills of your child so that they are ready for league play. Basics will be covered along with the advanced skills. A game will be played at the end of every class. Please bring a soccer ball and water bottle. Shin guards are optional.

Ages: 5-7 yrs

Location	Time	Day	Session	No Class	Min/Max
AES,817 Main	1:00-2:00P	Sat(6wks)	9/18-10/23		6/20
AES,817 Main	1:00-2:00P	Sat(6wks)	11/6-12/18	11/27	6/20

Ages: 7-9 yrs
Fee: \$52/57

Location	Time	Day	Session	No Class	Min/Max
AES,817 Main	2:00-3:00p	Sat(6wks)	9/18-10/23		6/20
AES,817 Main	2:00-3:00p	Sat(6wks)	11/6-12/18	11/27	6/20

ICELESS HOCKEY

We at 5 Star Sports believe hockey is too great of a game to only be played by great skaters. We bring all the speed and skill of the game minus the skates. Each week numerous games will be played that will help improve your child's skill and knowledge level. At the younger level, passing, shooting and stick handling will be the main focus. As the kids grow so does the knowledge. Positions, penalties, and even some hockey plays will all be covered with the older players. The only equipment needed is a helmet and goggles. Gloves, kneepads, elbow pads and sticks are all optional.

Ages: 4-6 yrs
Fee: \$52/57

Location	Time	Day	Session	No Class	Min/Max
Hillcrest	6:00-7:00p	Thur(6wks)	1/13-2/17		8/16
Hillcrest	6:00-7:00p	Thur(6wks)	3/3-4/14	3/31	8/16

Ages: 6-8 yrs
Fee: \$52/57

Location	Time	Day	Session	No Class	Min/Max
Hillcrest	7:00-8:00p	Thur(6wks)	1/13-2/17		8/16
Hillcrest	7:00-8:00p	Thur(6wks)	3/3-4/14	3/31	8/16



BASKETBALL

5 Star Sports loves and plays all sports, but to us nothing can compare to basketball. Our passion for the sport shines through during every class. The youngsters will be taught the basics such as dribbling, passing and shooting. Every child will enjoy the fun and creative way the game is presented. So for the basketball die hard to the kid who just needs an outlet for all that extra energy, this is the class for you.

Ages: Preschool

Location	Time	Day	Session	No Class	Min/Max
AES 817 Main	10:00-10:45a	Sat(6wks)	9/18-10/23		6/16
Hillcrest	5:00-5:45p	Tue(6wks)	11/2-12/14	11/23	6/16
AES 817 Main	5:00-5:45p	Wed(6wks)	1/12-2/16		6/16

Ages: Kindergarten
Fee: \$52/57

Location	Time	Day	Session	No Class	Min/Max
AES 817 Main	10:45-11:45a	Sat(6wks)	9/18-10/23		6/16
Hillcrest	5:45-6:45p	Tue(6wks)	11/2-12/14	11/23	6/16
AES 817 Main	6:00-7:00p	Wed(6wks)	1/12-2/16		6/16

Ages: 1st -2nd grade
Fee: \$52/57

Location	Time	Day	Session	No Class	Min/Max
AES 817 Main	11:45-12:45	Sat(6wks)	9/18-10/23		6/16
Hillcrest	6:45-7:45p	Tue(6wks)	11/2-12/14	11/23	6/16
AES 817 Main	7:00-8:00p	Wed(6wks)	1/12-2/16		6/16

SPORTS/ ART

FLAG FOOTBALL

Football season has arrived! Sign up now for this fun and exciting class. Skill and fun games will be taught at every class. Your child will learn how to catch, throw, tackle (pull flags) run wide receiver routes and more. No equipment necessary except for a water bottle. Just be ready to have fun.

Ages: 5-7 yrs
Fee: \$52/57

Location	Time	Day	Session	No Class	Min/Max
AUGS	12:00-1:00p	Sat(6wks)	11/6-12/18	11/27	6/20
TBA	12:00-1:00p	Sat(6wks)	1/15-2/19		6/20

Ages: 8-10 yrs
Fee: \$52/57

Location	Time	Day	Session	No Class	Min/Max
AUGS	1:00-2:00p	Sat(6wks)	11/6-12/18	11/27	6/20
TBA	1:00-2:00p	Sat(6wks)	1/15-2/19		6/20

HORSE RIDING LESSONS

We offer 2 styles of riding, at Windance Acres, English or Western, (you must specify). Classes start at the beginner level. Each child may advance to his/her own level. Proper attire is a MUST! Long pants, shoes/boots with a heel and a riding helmet are required. (Riding helmets will be supplied if you do not own one.) Don't worry about the weather; there is an indoor and outdoor arena. If you have any questions about lessons please call 847-265-2329.

Ages: 6 yrs and up
Fee: \$143/153
Day: Wednesday (4wks)

Class	Time	Session	Min/Max
Fall I	4:00-5:00p	9/22-10-13	1/3
Fall II	4:00-5:00p	10/20-11/10	1/3
Fall III	4:00-5:00p	11/17-12/08	1/3
Winter I	4:00-5:00p	12/15-1/05	1/3
Winter II	4:00-5:00p	1/12-2/2	1/3
Winter III	4:00-5:00p	2/09-3/02	1/3
Winter IV	4:00-5:00p	3/09-3/30	1/3
Spring I	4:00-5:00p	4/06-4/27	1/3
Spring II	4:00-5:00p	5/04-5/25	1/3
Spring III	4:00-5:00p	6/01-6/22	1/3
Summer I	4:00-5:00p	6/29-7/20	1/3

INK SPOT JOURNEYS & PICASSOS

Ink Spot Journeys Picassos Pals is an art program for children. Instructor and owner, Sal Martini-Hayes is an abstract watercolorist and works with many different mediums such as abstract paintings, paper mache, mosaics, candy sculptures, painting teapots, creating 3-D trees to create scenes and much more. Classes will be different each week with many out-of-the-box ideas. Sal teaches children that in the world of abstract art, there is no such thing as a mistake and to believe in themselves and their imagination. Each child is given the gift of imagination and no two are the same so come to class and CREATE, CREATE, CREATE! All classes are held at Ink Spot Art Studio at 945 Main St. (inside Flo's Family Hair Care).



Ages: 3-14 yrs
Fee: \$58/63
Day: Tuesday

Session	Time I	Time II	Dates	Min/Max
Session 1	4:00-5:00p	5:30-6:30p	8/31-9/21	2/5
Session 2	4:00-5:00p	5:30-6:30p	9/28-10/19	2/5
Session 3	4:00-5:00p	5:30-6:30p	10/26-11/16	2/5
Session 4	4:00-5:00p	5:30-6:30p	1/4-1/25	2/5
Session 5	4:00-5:00p	5:30-6:30p	2/15-3/8	2/5
Session 6	4:00-5:00p	5:30-6:30p	3/15-4/5	2/5

Ages: 3-14 yrs
Fee: \$58/63
Day: Wednesday

Session	Time I	Time II	Dates	Min/Max
Session 1	4:00-5:00p	5:30-6:30p	9/1-9/22	2/5
Session 2	4:00-5:00p	5:30-6:30p	9/29-10/20	2/5
Session 3	4:00-5:00p	5:30-6:30p	10/27-11/17	2/5
Session 4	4:00-5:00p	5:30-6:30p	1/5-1/26	2/5
Session 5	4:00-5:00p	5:30-6:30p	2/16-3/9	2/5
Session 6	4:00-5:00p	5:30-6:30p	3/16-4/6	2/5

ART/ DANCE

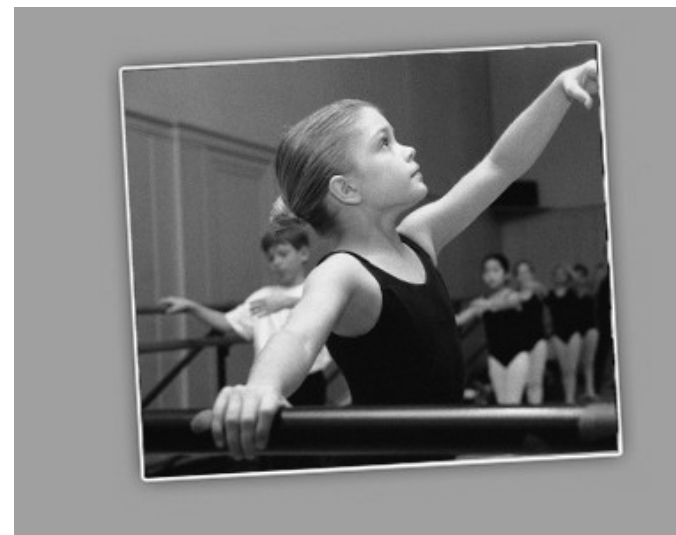
INK SPOT JOURNEYS & PICASSOS Cont.

Ages: 3-14 yrs
Fee: \$58/63
Day: Thursday

Session	Time I	Time II	Dates	Min/Max
Session 1	4:00-5:00p	5:30-6:30p	9/2-9/23	2/5
Session 2	4:00-5:00p	5:30-6:30p	9/30-10/21	2/5
Session 3	4:00-5:00p	5:30-6:30p	10/28-11/18	2/5
Session 4	4:00-5:00p	5:30-6:30p	1/06-1/27	2/5
Session 5	4:00-5:00p	5:30-6:30p	2/17-3/10	2/5
Session 6	4:00-5:00p	5:30-6:30p	3/17-4/7	2/5

Ages: 3-14 yrs
Fee: \$58/63
Day: Friday

Session	Time I	Time II	Dates	Min/Max
Session 1	4:00-5:00p	5:30-6:30p	9/3-9/24	2/5
Session 2	4:00-5:00p	5:30-6:30p	10/01-10/22	2/5
Session 3	4:00-5:00p	5:30-6:30p	10/29-11/19	2/5
Session 4	4:00-5:00p	5:30-6:30p	1/07-1/28	2/5
Session 5	4:00-5:00p	5:30-6:30p	2/18-3/11	2/5
Session 6	4:00-5:00p	5:30-6:30p	3/18-4/08	2/5



TRIPLE THREAT DANCE STUDIO

The Triple Threat Dance Studio is offering dance classes for all ages through Antioch Parks & Recreation this fall and winter. Our instructors teach the technical aspects of dance while having fun. The dancers will develop their skills and increase their self-esteem. **The following classes are held at The Triple Threat Dance Studio, which is located at 77 McMillan Rd (next to Nice Ice).** If these classes do not fit your schedule, please call the Dance Studio at 847-395-0022 for more information.

MOM & TOT CLASS

Mom & Tot Class is a ½ hour class, which is designed to get even the youngest of dancers having fun and learning to follow music. This class is for those dancers that need mom in the room to help, as well as those that are ready to stay and participate without a parent. The goal in this class is to have fun, learn to listen and follow direction, follow along with music and get ready for the next level. Comfortable clothes and tennis shoes are all that is needed.

Ages: 16 months– 3 yrs
Fee: \$47/52
Day: Wednesday

Session	Time	Date	No Class	Min/Max
Session I	9:30-10:00a	9/8-10/13		5/10
Session II	9:30-10:00a	10/20-11/24		5/10
Session III	9:30-10:00a	1/5-2/9		5/10

PRESCHOOL TAP & BALLET

A fun class for girls and boys!! This is a beginning level class that is designed to develop appropriate skills for the particular age group. Children will learn technique in Ballet and Tap. Classes will consist of a warm-up, progressions across the floor, and fun and exciting routines. Tap and Ballet shoes are recommended for this class, but not mandatory. You may find shoes; (black taps, pink ballets) at Payless, Wal-mart or order at the studio.

Ages: 3-5 yrs
Fee: \$52/57
Day: Monday (6wks)

Session	Time	Dates	Min/Max
Session 1	10:00-10:45a	9/13-10/18	5/10
Session 2	10:00-10:45a	10/25-11/29	5/10
Session 3	10:00-10:45a	1/13-2/14	5/10

DANCE

TRIPLE THREAT- PRESCHOOL
TAP & BALLET CONT.

Ages: 3-5 yrs
Fee: \$52/57
Day: Wednesday

Session	Time	Weeks	Dates	Min/Max
Session 1	10:00-10:45a	6 Weeks	9/8-10/13	5/10
Session 2	10:00-10:45a	6 Weeks	10/20-11/24	5/10
Session 3	10:00-10:45a	6 Weeks	1/05-2/09	5/10

Ages: 3-5 yrs
Fee: \$52/57
Day: Saturday

Session	Time	Weeks	Dates	Min/Max
Session 1	9:00-9:45a	6 Weeks	9/11-10/16	5/10
Session 2	9:00-9:45a	6 Weeks	10/23-12/4	5/10
Session 3	9:00-9:45a	6 Weeks	1/08-2/12	5/10

TEEN HIP HOP

A fun class for teen girls & boys who would like to learn some high energy, appropriate "MTV Style" dance done to pop & hip hop music! Wear clean gym shoes and be prepared to sweat!

Ages: 12+ yrs
Fee: \$57/62
Day: Tuesday

Session	Time	Weeks	Dates	Min/Max
Session 1	7:30-8:30p	6 Weeks	9/07-10/12	5/15
Session 2	7:30-8:30p	6 Weeks	10/19-11/23	5/15
Session 3	7:30-8:30p	6 Weeks	1/04-2/08	5/15

Teen Jazz

A fun class that will work on stretching, technique, turns and leaps. This is a perfect class for those hoping to make a high school dance team! Jazz or ballet shoes required.

Ages: 12+ yrs
Fee: \$57/62
Day: Tuesday

Session	Time	Weeks	Dates	Min/Max
Session 1	8:30-9:30p	6 Weeks	9/07-10/12	5/15
Session 2	8:30-9:30p	6 Weeks	10/19-11/23	5/15
Session 3	8:30-9:30p	6 Weeks	1/04-2/08	5/15

AMERICAN STARS OF DANCE

American Stars of Dance is offering dance and creative movement classes through Antioch Parks & Recreation. Each student in our program learns to dance, develop positive self-esteem and has fun as well. If these classes do not fit your schedule, or if there is a class you are looking for and do not see it listed, please call our studio office at (847) 838-1234. **All classes are held at our Lake Villa studio, located at 133 Cedar Avenue, near the train depot.**

PARENT & TOT

Parent & Tot is a 45 minute class that includes play acting with props, parachute games, obstacle courses, creative movement, stretching, some tumbling and basic dance steps. This class offers your child a structured play experience away from home with other children of the same age. Parents should plan to participate with their child.

Ages: 18 months—3 yrs
Fee: \$60/65
Day: Thursday (6wks)

Session	Time	Dates	No Class	Min/Max
Session 1	5:30-6:15p	9/16-10/21		4/8
Session 2	5:30-6:15p	10/28-12/9	11/25	4/8
Session 3	5:30-6:15p	1/13-2/17		4/8
Session 4	5:30-6:15p	3/3-4/14	3/31	4/8

BOOGIE BABIES

The next step up from Parent & Tot, this 45 minute class will introduce your toddler to an independent dance class as parents watch. Basic dance steps and coordination are some of the skills that will be introduced. Ballet shoes are needed for this class. Parents may need to participate with their child.

Ages: 2-3yrs
Fee: \$60/65
Day: Thursday (6wks)

Session	Time	Dates	No Class	Min/Max
Session 1	6:15-7:00p	9/16-10/21		4/8
Session 2	6:15-7:00p	10/28-12/9	11/25	4/8
Session 3	6:15-7:00p	1/13-2/17		4/8
Session 4	6:15-7:00p	3/3-4/14	3/31	4/8

DANCE/ YOGA/ GYMNASTICS

TAP, BALLET, TUMBLING



Warm-ups and instructional steps are combined with children's songs and props to help provide fundamental skills. Children are introduced to basic tap ballet technique. This is a structured dance experience to establish or continue a "solid" base of dance knowledge. A leotard, tap shoes, and ballet shoes are required.

Ages: 4-7 yrs
Fee: \$60/65
Day: Thursday (6wks)

Session	Time	Dates	No Class	Min/Max
Session 1	7:00-7:45p	9/16-10/21		4/8
Session 2	7:00-7:45p	10/28-12/9	11/25	4/8
Session 3	7:00-7:45p	1/13-2/17		4/8
Session 4	7:00-7:45p	3/3-4/14	3/31	4/8

BALLROOM DANCING

We can help you and your partner look good at any event! Come join us in learning the basics in Ballroom. Salsa, Latin and Swing dancing. To register for Beginner II, two sessions of Beginner I need to be attended. Comfortable clothing and leather-soled shoes are recommended. Couples only-no singles.

Ages: Adult / Young Adult
Fee: \$95/100
Day: Tuesday
Beginner I: 7:00-8:00p
Beginner II: 8:00-9:00p

Session	Weeks	Dates	No Class	Min/Max
Session 1	6 Weeks	9/14-10/19		4/8
Session 2	6 Weeks	10/26-12/7	11/23	4/8
Session 3	6 Weeks	1/11-2/8		4/8
Session 4	6 Weeks	3/1-4/12	3/29	4/8

YOGA- BASIC

For students new to yoga or looking for a gentle class to reduce tension. This class promotes balance, flexibility, and stress reduction.

Ages: Adult / Young Adult
Fee: \$66/71
Day: Monday (6wks)

Session	Times	Dates	No Class	Min/Max
Session 1	6:30-7:30p	9/13-10/18		4/12
Session 2	6:30-7:30p	10/25-12/6	11/22	4/12
Session 3	6:30-7:30p	1/10-2/14		4/12
Session 4	6:30-7:30p	2/28-4/11	3/28	4/12

YOGA- MULTI LEVEL

For students with some yoga experience or an ongoing exercise practice. Options will be offered to experience yoga at your own level.

Ages: Adult / Young Adult
Fee: \$66/71
Day: Monday (6wks)

Session	Times	Dates	No Class	Min/Max
Session 1	7:45-8:45p	9/13-10/18		4/12
Session 2	7:45-8:45p	10/25-12/6	11/22	4/12
Session 3	7:45-8:45p	1/10-2/14		4/12
Session 4	7:45-8:45p	2/28-4/11	3/28	4/12

GYMNASTICS ZONE

Antioch Parks & Recreation is offering gymnastics through the Gymnastics Zone located at 820 Anita St. in Antioch. Girls should wear leotard with hair tied back. Boys should wear shorts with elastic waistband and t-shirt.

PLAY & LEARN PARENT & TOT CLASS

This class is designed for children 18 months to 3 years old. mom or dad participates with child; helping them to explore the gym environment and discover what their body can do.

Ages: 18 months—3 yr
Fee: \$58/63
Day: Wednesday (4wks)

Session	Time	Dates	No Class	Min/Max
Session 1	1:15-2:00p	9/8-9/29		3/10
Session 2	1:15-2:00p	10/6-10/27		3/10
Session 3	1:15-2:00p	11/3-12/1	11/24	3/10
Session 4	1:15-2:00p	1/5-1/26		3/10
Session 5	1:15-2:00p	2/2-2/23		3/10
Session 6	1:15-2:00p	3/2-3/23		3/10

Ages: 18 months—3 yr
Fee: \$58/63
Day: Thursday (4wks)

Session	Time	Dates	No Class	Min/Max
Session 1	6:15-7:00p	9/9-9/30		3/10
Session 2	6:15-7:00p	10/7-10/28		3/10
Session 3	6:15-7:00p	11/4-12/2	11/25	3/10
Session 4	6:15-7:00p	1/6-1/27		3/10
Session 5	6:15-7:00p	2/3-2/24		3/10
Session 6	6:15-7:00p	3/3-3/24		3/10

GYMNASTICS



PRESCHOOL GYMNASTICS TEDDY BEAR 3

This is a 45 minute class for children ready to explore the gym on their own. Children will continue to work on their large and small motor skills through obstacle courses, music and cooperative games.

Ages: 3 yrs
Fee: \$58/63
Day: Monday (4wks)

Session	Time	Dates	No Class	Min/Max
Session 1	9:15-10:00a	8/30-9/27	9/6	3/10
Session 2	9:15-10:00a	10/4-10/25		3/10
Session 3	9:15-10:00a	11/1-11/22		3/10
Session 4	9:15-10:00a	1/3-1/24		3/10
Session 5	9:15-10:00a	1/31-2/21		3/10
Session 6	9:15-10:00a	2/28-3/21		3/10

KINDER BEAR 5 YR

This class is a 1 hour class that begins to get the children use to using the various gymnastics equipment to encourage positive self esteem.

Ages: 5 yrs
Fee: \$58/63
Day: Tuesday (4wks)

Session	Time	Dates	No Class	Min/Max
Session 1	2:00-3:00p	9/7-9/28		3/10
Session 2	2:00-3:00p	10/5-10/26		3/10
Session 3	2:00-3:00p	11/2-11/23		3/10
Session 4	2:00-3:00p	1/4-1/25		3/10
Session 5	2:00-3:00p	2/1-2/22		3/10
Session 6	2:00-3:00p	3/1-3/22		3/10

Ages: 5 yrs
Fee: \$58/63
Day: Thursday (4wks)

Session	Time	Dates	No Class	Min/Max
Session 1	6:00-7:00p	9/9-9/30		3/10
Session 2	6:00-7:00p	10/7-10/28		3/10
Session 3	6:00-7:00p	11/4-12/2	11/25	3/10
Session 4	6:00-7:00p	1/6-1/27		3/10
Session 5	6:00-7:00p	2/3-2/24		3/10
Session 6	6:00-7:00p	3/3-3/24		3/10

TEDDY BEAR 4- GYMNASTICS

This is a 1 hour class that will continue to encourage children's listening skills and positive peer relationships. Children will begin to work on basic tumbling skills and do activities on the gymnastic equipment.

Ages: 4 yrs
Fee: \$58/63
Day: Monday (4wks)

Session	Time	Dates	No Class	Min/Max
Session 1	10:00-11:00a	8/30-9/27	9/6	3/10
Session 2	10:00-11:00a	10/4-10/25		3/10
Session 3	10:00-11:00a	11/1-11/22		3/10
Session 4	10:00-11:00a	1/3-1/24		3/10
Session 5	10:00-11:00a	1/31-2/21		3/10
Session 6	10:00-11:00a	2/28-3/21		3/10



LEVEL-1 GIRLS GYMNASTICS

This is a beginning gymnastics class that will focus on learning skills on the vault, bars, beam, and floor. The girls will also begin to work on strength, flexibility, and body control through positive encouragement.

Ages: 6+ yrs
Fee: \$68/73
Day: Monday (4wks)

Session	Time	Dates	No Class	Min/Max
Session 1	4:00-5:00p	8/30-9/27	9/6	3/10
Session 2	4:00-5:00p	10/4-10/25		3/10
Session 3	4:00-5:00p	11/1-11/22		3/10
Session 4	4:00-5:00p	1/3-1/24		3/10
Session 5	4:00-5:00p	1/31-2/21		3/10
Session 6	4:00-5:00p	2/28-3/21		3/10

GYMNASTICS/ KINDERMUSIK

LEVEL-1 BOYS GYMNASTICS

This class is just for the boys. This is a beginning gymnastics class that will focus on tumbling, bars, and vault skills. They will also begin to work on strength, flexibility, and coordination through the use of cooperative games and fun stations.

Ages: 6+ yrs Fee: \$68/73 Day: Tuesday (4wks)				
Session	Time	Dates	No Class	Min/Max
Session 1	5:30-6:30p	9/7-9/28		3/10
Session 2	5:30-6:30p	10/5-10/26		3/10
Session 3	5:30-6:30p	11/2-11/23		3/10
Session 4	5:30-6:30p	1/4-1/25		3/10
Session 5	5:30-6:30p	2/1-2/22		3/10
Session 6	5:30-6:30p	3/1-3/22		3/10



BEGINNING TUMBLING

Emphasis is on physical fitness through gymnastic activities. As the child progresses in level 1 they advance to harder levels and the skills become more difficult.

Ages: 6+ yrs Fee: \$68/73 Day: Saturday (4wks)				
Session	Time	Dates	No Class	Min/Max
Session 1	12:00-1:00p	9/11-10/2		3/10
Session 2	12:00-1:00p	10/9-10/30		3/10
Session 3	12:00-1:00p	11/6-12/4	11/27	3/10
Session 4	12:00-1:00p	1/8-1/29		3/10
Session 5	12:00-1:00p	2/5-2/26		3/10
Session 6	12:00-1:00p	3/5-3/26		3/10

JR. HIGH GYMNASTICS

This class is designed specifically with middle school age beginners in mind. The class is for girls looking to try the sport of gymnastics or to continue to improve current skills while working with peers their own age.

Ages: 11+ yrs Fee: \$88/93 Day: Tuesday (4wks)				
Session	Time	Dates	No Class	Min/Max
Session 1	6:15-7:45p	9/7-9/28		3/10
Session 2	6:15-7:45p	10/5-10/26		3/10
Session 3	6:15-7:45p	11/2-11/23		3/10
Session 4	6:15-7:45p	1/4-1/25		3/10
Session 5	6:15-7:45p	2/1-2/22		3/10
Session 6	6:15-7:45p	3/1-3/22		3/10

KINDERMUSIK BY LISA

Kindermusik is not only a fun way to bond with your child, but it also enhances your child's emotional, cognitive, language, and physical development. Money spent in Kindermusik classes goes a long way in enhancing your child's development!! Kindermusik was the only childhood program that was proven to increase a child's creativity and intelligence in studies at the University of Houston. These results were published in the prestigious Journal of Developmental Psychology and also can be viewed on www.kindermusikbylisa.com for her efforts to reach many families with her caring and creative teaching, placing her in the top 5% of all programs worldwide out of 5000+ educators

At Home Materials, which reinforce learning at home, are an essential part of the class. Materials must be paid for on the first day of class. They include CDs, Instrument, Award Winning Books, Activity Journal, and Carrying Case (Signing class includes DVD and sign flashcards). Second siblings in the same class may (but not needed) purchase a partial kit at a great discount. (Sign/Sing does not need a sibling kit). You will further your child's development by using the materials with your family at home. Questions? Please call Lisa at 847-421-1481 www.kindermusikbylisa.com or email lisarichbrandon@sbcglobal.net. NOTE: Extra siblings allowed in class if they pay. Exceptions made for small infants (under 6 months) that are kept in carrier for the entire class while parent and older child are participating in toddler classes. ALL CLASSES HELD AT: Lake Villa Township building on Fairfield and Grand Ave. Room B

KINDERMUSIK

OUR TIME!

Kindermusik Our Time introduces your child to a musical world filled with singing, rhyming, listening activities, instrument play, interactive story times, and creative movement dances. With his/her caregiver, all this interaction will further expand your child's literacy skills, listening skills, fine/gross motor skills, self-confidence and communication skills. This class is a perfect stepping stone to the formal school experience, as many similar skills are developed to prepare your child for preschool. Fall semester we'll be doing "MILK and COOKIES" songs, dances, stories and activities related to things we do during the day around the house (baking cookies, washing clothes, planting a garden, building a house, playing, etc). Winter Semester, we'll be having fun singing and dancing with animals with "FIDDLE DEE DEE". Give your child the very best start in life: Enroll today.



Siblings enrolled in same class buy a sibling kit at 25% off. Tuition Sibling discount is 15%. 10 week tuition option \$110 Tuition Sibling Discount for 15 week class: 25% discount. No sibling discount for 10 week class. * With parent/caregiver only attending. Classes held at Lake Villa Caboose Park.

Ages: 18 months– 3 1/2 yrs Fee: \$166/171 + \$60 for materials Day: Wednesday					
Session	Time	Weeks	Dates	No Class	Min/Max
Session 1	10:15-11:00a	15 weeks	9/15-1/13	11/24,12/22,12/29	3/12
10 Wk Option	10:15-11:00a	10 weeks	9/15-11/17		3/12
Session 2	10:15-11:00a	15 Weeks	1/26-5/11	3/23	3/12
10 wk Option	10:15-11:00a	10 weeks	1/26-4/6	3/23	3/12

VILLAGE MUSIC & SIGNING

This award-winning class will provide babies with the very best start in life. The class concentrates on total child development-emotional, language, social, physical, creative and musical-through fun, educator-approved activities such as instrument play, reading, baby dances, and visual and auditory activities. We use instruments, puppets, bubbles, books, scarves, parachute and educational toys to make this both fun and educational. Also during the class, we will also provide you the tools to learn more than 50 ASL signs modified for use with babies. Through songs, dances and play, you and your child will learn basic signs to carry you through the routines of your day: eating signs, play signs, people signs, emotion signs, safety signs, bath time signs, and sleep time signs. This research proven program speeds language development in hearing children eases frustration and enhances early communication skills and long-term learning abilities. Both the first and second part of this class provides you with at home materials (cost above) that let you reinforce and continue the development and bonding at home with your child. This Kindermusik experience is the most educational, fun and cost effective Kindermusik experience for babies. Fall Theme is Zoom Buggy/Dream Pillow. Winter Theme is Hickory Dickory Tickle and Bounce/Rhythm of My Day

Add \$68 for materials (Signing kit can be waived and discounted by \$28) Siblings do not have to buy a kit. Sibling may buy extra instrument only at \$12. 8 week option: \$100 tuition, \$40 materials fee for music and movement kit only. Tuition sibling discount for 15 week class: 25% (includes sibling enrolled on different classes!!) No sibling discount for 8 week class. Classes held at Lake Villa Caboose Park.

Ages: 0-2 yrs (with parent) Fee: \$166/171 + \$68 for materials Day: Tuesday					
Session	Time	Weeks	Dates	No Class	Min/Max
Session 1	9:15-10:00a	15 weeks	9/15-1/13	11/27,12/25,1/1	4/12
8 Wk Option	9:15-10:00a	8 weeks	9/15-11/3		4/12
Session 2	9:15-10:00a	15 Weeks	1/26-5/11	3/23	4/12
8 wk Option	9:15-10:00a	8 weeks	1/26-4/6	3/23	4/12

PERSONAL ENRICHMENT

BEST DEFENSE SAFETY SKILLS & SELF-DEFENSE FOR KIDS

What Every Child Should Know! Is your child ready to handle scary situations with confidence? Recognizing, avoiding and escaping from dangerous people and situations, with 25+ discussion topics and 25 simple, practical, self-defense maneuvers taught in a fun, non-threatening way by a certified instructor. Illustrated Home Learning Guide, certificate and wallet sized Safety Card included. Parents welcome to observe free. Wear casual clothing and clean, tied gym shoes. All materials included.

www.BestDefenseIllinois.com

Ages: 6 and up Fee: \$53/58 Day: Tuesday (3wks)				
Session	Time	Dates	Location	Min/Max
Session 1	5:30-6:45p	2/15-3/1	Pars Bldg Gym	6 Min

BABYSITTING

A Collaborative venture between the Antioch Parks & Recreation Dept., Antioch Fire Dept., Antioch Rescue Squad, and the Antioch Police Dept. This is a 4 week class with 2 sessions offered. Instruction on safety and emergency situations will be given by experts from the Antioch Fire Dept., Police Dept., and Rescue Squad. The final class will have hands on instruction and activities with real babies. Children must attend all 4 classes to receive a certificate at the end of the session.

- 1ST Class – Police Department
 - 2nd Class – Rescue Squad (runs till 9 p.m.)
 - 3rd Class – Fire Department
 - 4th Class – Hands on diapering & feeding. Written test.
- All Classes are held at the Parks Building Classroom (806 Holbek Dr.)

Ages: 12-15 yrs Fee: \$10/15				
Session	Time	Day	Date	Min/Max
Session I	7:00-8:30p	Thursday	10/7-10/28	10/15
Session II	7:00-8:30p	Thursday	1/6-1/27	10/15



FINANCIAL WORKSHOP

It's your chance to get easy-to-follow information on how to make the most of your money. Whether you're a seasoned investor or just starting out, you will walk away from this event better informed about important money matters. Remember, you don't have to be a financial expert to make sense of investing. You just need good information and time -proven strategies. That's exactly what you will get at our Financial Workshop for Beginners. Class will be taught by Gary Torrey of Edward Jones Investing.

Ages: Adults Fee: \$15 Day: Thursday				
Location	Time	Date	No Class	Min/Max
Senior Center	6:00-9:00p	9/23		



PILATES

A series of mind-body exercises evolving from the principles of Joseph Pilates. Class strengthens the core, increases flexibility and agility. Dress comfortably and bring a mat/towel. The class is taught by certified Pilates instructor, Janice Fenske.

Ages: Adult 16 and up Fee: \$58/68 Walk in fee: \$14 Day: Wednesday (4wks)				
Location	Time	Session	No Class	Min/Max
Parks Bldg Gym	6:00-7:00p	9/8-9/29		5/15
Parks Bldg Gym	6:00-7:00p	10/6-10/27		5/15
Parks Bldg Gym	6:00-7:00p	11/3-12/1	11/24	5/15
Parks Bldg Gym	6:00-7:00p	12/8-12/29		5/15
Parks Bldg Gym	6:00-7:00p	1/05-1/26		5/15
Parks Bldg Gym	6:00-7:00p	2/02-2/23		5/15
Parks Bldg Gym	6:00-7:00p	3/02-3/23		5/15

ANTIOCH SENIOR CENTER

Senior Center

Paul Howard – 847-395-0139: The Antioch Senior Center is a multi-purpose drop in center open Monday through Friday from 8:30 a.m. to 4:00 p.m. It is located at 817 Holbek Drive, behind the Fire and Rescue Squad Building on Orchard Street. Anyone age 60 and over is welcome to attend. The center is administered by the Village of Antioch. A 13 member Senior Advisory Council, which reflects the views of the entire membership, assists the Director in the management and decision making functions of the Center. Membership dues are \$5.00 a year.

Nutrition Services: A nutritious balanced hot lunch is served at the center Monday AND Wednesday at 11:45 a.m. On Wednesday and Friday a light lunch of soup and/or sandwich is served. The nutrition program is run by senior volunteers who work in the kitchen, serve meals, help with registration and clean-up. The menu is posted at the center. A home-delivered Meals on Wheels program for eligible seniors also operates in Antioch. For more information, call Catholic Charities at 847-546-5733.

Community support: Donations & scholarships are made to worthy and needy Antioch community groups and individuals through the Dolly Spiering Memorial Fund. Every evening the Senior Center is being used by nonprofit Antioch community groups/organizations for their weekly meetings.

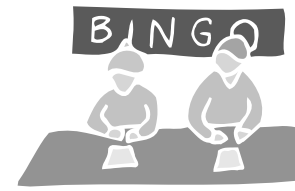
Transportation: Both PACE Bus and Antioch Cab provide door to door service. Cost of the bus is \$1.80 round trip within Township boundaries. Cost of the cab is half the fare. You may obtain a PACE ID card or Cab cards at the Village Hall or Township office. You must call 24 hours in advance for the PACE bus at 1-800-244-7223. You may reach Antioch Cab at 847-395-0481. Antioch Township provides transportation on Tuesdays & Thursdays to local grocery stores & department stores, to register call 847-395-7433.

Other Services and Amenities: Senior Social Services, Information and Referral, Lending of Medical Equipment, E-mail & Internet access, Lending Library, Big Screen TV with DVD, Bumper Pool, Treadmills, Shuffleboard, Chess Club, Organ & Piano, Tax Assistance, Volunteer opportunities, Circuit breaker assistance, Birthday Celebrations, Pot Luck Holidays, stationary bike and a Senior Center Website.



Senior Center Activities

- Daily Luncheon** Monday-Friday at 11:45 a.m.
- Bridge Lessons** By Appointment
- Bingo** Monday at 12:30 p.m.
- AARP** Every Second and Fourth Tuesday
- 4-Handed Pinochle** Friday at 12:30 p.m.
- Ceramic Painting** By Appointment
- Theme Parties** Eight Times per Year
- Sing-A-Long** Wednesday at 10:30 a.m.
- Cribbage** Wednesday at 12:30 p.m.
- T.O.P.S.** Wednesday at 6:00 p.m.
- Dances** First and Third Friday at 7:00 p.m.
- Trivia Contests** The Third Wednesday at 12:30 p.m.
- Duplicate Bridge** Thursday 12:30 p.m. & Friday 9:00 a.m.
- 3-Handed Pinochle** Thursday 12:30 p.m.
- Pinochle Lessons** By Appointment
- Social Service Info** By Appointment
- Toenail Clinic** The Second Friday of each Month
- Rules of the Road** Four times per Year by Appt.
- Computer Availability** Any Time
- Line Dancing (Beg. & Int.)** Tuesday at 9:30 a.m.
- Trips** Posted at the Center
- Flu Shots** November
- Preventive Health Screenings** The Third Monday of each Month
- Sunday Bear Games** On Big Screen TV
- Movies on Big Screen** Once a month
- Writers Club** 4th Wednesday at 1:00 p.m.
- Nurse for Blood Pressure**
- Consultation** 4th Wednesday at 12:15 p.m.
- Senior Council Meeting** 1st Monday at 10 a.m.
- Sr. Center Rummage Sale** 2nd Friday in November
- Thanksgiving Dinner** The Saturday before Thanksgiving



GENERAL INFORMATION

ANTIOCH ORGANIZATIONS

ANTIOCH VIKING FOOTBALL

Antioch Viking Football provides flag and tackle football to youth of the community in both spring and fall.

Contact Number: 847-604-4070

Mailing address : P.O. Box 977, Antioch, IL 60002

Website <http://vikingyouthfootball.org/>

ANTIOCH VIKING CHEERLEADING

Antioch Viking Cheerleading provides youth girls a place to learn to cheerlead during the fall and winter months

Contact Number: 847-604-4070

Mailing address : P.O. Box 977, Antioch, IL 60002

Website <http://vikingyouthfootball.org/>

ANTIOCH YOUTH LOCAL LEAGUE

Antioch Youth Local League (AYLL) provides both baseball and softball in the spring, summer and fall to the youth of the Antioch Community.

Contact Number: 847-838-5657

Mailing address : P.O. Box 430, Antioch, IL 60002

Website <http://www.eteamz.com/ayll/>

YOUTH ICELESS HOCKEY

Youth Iceless Hockey provided indoor hockey to youth during the winter month in the Antioch area.

Contact Number Boys: 847-395-9287

Contact Number Girls: 847-356-1232

AMERICAN YOUTH SOCCER ORGANIZATION

American Youth Soccer Organization (AYSO) provides soccer to the youth of the community during spring and fall.

Contact Number: 847-337-7615

Email: AntiochAYSO@aol.com

LAKELAND PREDATORS WRESTLING CLUB

Lakeland Predators Wrestling provides competitive youth wrestling during the winter months.

Contact Number: 847-274-2100

ANTIOCH JR. SEQUOITS BASKETBALL

Antioch Jr. Sequoits provides competitive travel basketball for boys and girls grades 5-8th.

Email: smelton2146@aol.com

LAKES AREA COMMUNITY BAND

The Lakes Area Community Band is a volunteer concert band with the goal of providing fun and educational music making opportunities for people of all ages and musical abilities. Membership is open to adults or high school students. Junior high students actively taking private music instruction are also welcome to participate. No audition required. The band prepares around six seasonal concerts per year including: Mother's Day Concert at ACHS, Concert Series Opening Night and the very popular 4th of July concert at Williams Park. Rehearsals are held every Monday from 7:00 - 9:00 p.m. at the ACHS band room. The band is under the direction of Steve Porch. Come join the fun!

Contact: Bill McGee at 847-838-4387

ANTIOCH COMMUNITY CHORUS

The Antioch Community Chorus is a volunteer concert chorus with the goal of providing musical opportunities for people of all ages with singing abilities. Membership is open to adults or high school students. The chorus prepares approximately four concerts per year including: Handel's Messiah at Christmas time, Stainer's Crucifixion during Easter time, 4th of July concert at Williams Park and Antioch's It's Thursday Concert Series Opening Night. Rehearsals take place prior to above concerts at the Methodist Church. The Chorus is under the direction of Kris Bolin. Anyone interested in joining the chorus, please call Becky at the above number or Ken Smouse at 847-395-1333.

**Contact: Becky Reckamp at 847-356-3548
or Ken Smouse at 847-395-1333**

**SPECIAL RECREATION SERVICES OF
NORTHERN LAKE COUNTY (SRSNLC)**

SRSNLC provides recreational programs and services for individuals with special needs for the residents of Lake County in cooperation with Lindenhurst, Round Lake, Waukegan and Zion Park Districts. They are committed to meeting individual leisure needs. For more information, call the Lindenhurst Park District at (847) 356-6011.



RECREATION SURVEY

The Village of Antioch's Parks and Recreation Department would like you to take a couple minutes and fill out this recreation survey. This survey will help us to better serve you in the future and give us feedback on current parks, programs, and events.

1. How would you rate the Village of Antioch's communication efforts about parks, programs and services to you and others in your household?

- Excellent Good Fair Poor Don't Know

2. Please list the park you visit the most often _____

3. Are you satisfied with the current facility, hours of operation, and programs offered at the Senior Center?

- Satisfied Not Satisfied Do Not Use Not aware of Senior Center

We would like input from your children as you complete the questions about children/young adult programs.

4. Has your child/children participated in a Village sponsored recreation program or sporting event in the past 24 months?

- Yes No

5. If Yes in Q4– What sport, class or event did your children participate in?

List programs: _____

6. How would you rate the experience your child has in the sport, class or event?

- Excellent Good Fair Poor Don't Know

7. What type of recreational program, class, or event would your children be most interested in participating in within the next 12 months in the Village of Antioch?

Please list programs of interest. If they are not interested in participating in any programs, please tell us why?

8. Based on your knowledge and opinion, does the Village of Antioch do an excellent, good, fair or poor job of offering recreational programs that met the needs of citizens of all age groups?

- Excellent Good Fair Poor Don't Know

9. If fair or poor in Q8– What programs do you feel need to be offered and to what age groups?

10. How many events did you attend in 2010? _____ (please check all that apply)

- | | | |
|---|---|--|
| <input type="checkbox"/> Family Kite Flying | <input type="checkbox"/> It's Thursday Concert Series | <input type="checkbox"/> Rock Rumble |
| <input type="checkbox"/> 4th of July | <input type="checkbox"/> Wine Walks | <input type="checkbox"/> Spring Cleaning Event |
| <input type="checkbox"/> Miss Antioch Pageant | <input type="checkbox"/> Christmas Parade / Tree Lighting | <input type="checkbox"/> Easter Adventure |
| <input type="checkbox"/> Arbor Day | <input type="checkbox"/> Art Crawl | <input type="checkbox"/> Family Boat Regatta |
| <input type="checkbox"/> Movie in the Park | <input type="checkbox"/> Fall Fest | <input type="checkbox"/> Treat the Street |

11. What event did you enjoy the most? _____

12. Do you find the variety of events offered by the Village of Antioch Parks and Recreation appropriate?

- Yes No If, No please explain: _____

Thank you for your time. Please mail or drop this survey to: **Parks and Recreation Department –Survey
806 Holbek Dr.
Antioch, IL 60002**

Parent/Guardian Name _____

Address _____ City _____ Zip _____

Home Phone _____ Cell Phone _____ Work Phone _____

Resident _____ Non-Resident _____ E-Mail _____

Health Notes _____

**Participant's Name(s)	Birth Date & Age	Gender	Program Name & Title	Date/Session	Cost of Program
Please duplicate this form for additional registrations				Total Due:	
Mail or register in person at: Parks & Recreation Department 806 Holbek Drive Antioch, IL 60002				NO REFUNDS	Cash/Check#
				Make Checks Payable to: Village of Antioch	

****Please fill out a separate form for each family**

PLEASE READ AND SIGN THE WAIVER BELOW

As used in this Agreement, the terms "I", "me," and "my" refer to parents, guardians and minor participants in the programs, and each and all of their successors, heirs, executors, trustees and assigns. The terms "you" or "your" refer to the Village, any and all other participating or cooperating governmental units, and their respective officers, agents, employees, volunteers and independent contractors. The terms "participation," "programs" and "activities," mean and include all exercise and physical movement of any nature during the course of the organized activity for which I have registered, and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved on these programs, and transportation to and from any events.

In consideration for the Village permitting me to register and/or participate in any programs or activities organized, sponsored, operated or supervised by the Village of Antioch, and as a condition of such registration and participation, I agree that I:

- Recognize that my participation in any programs and activities, especially those which require strenuous exertion, carry the potential for bodily contact or may be characterized as "hazardous recreational activities", carries with it certain inherent risks of injury, death and damage to real or personal property;
- Knowingly and voluntarily assume the risk of participating in any and all activities connected with and associated with this program/activity;
- Knowingly and voluntarily waive, release and discharge the Village, any and all other participating or cooperating governmental units, and their respective officers, agents, employees, volunteers and independent contractors (collectively, the "Released Parties") from any and all claims for injuries, damages or loss, of any kind or severity whatsoever, which I might sustain as a result of participating in any and all activities connected with and associated with this program/activity; and
- Shall indemnify, defend and hold harmless the Released Parties from any and all claims for injuries, damages or loss, of any kind or severity whatsoever, which might be sustained as a result of my participation in any and all activities connected with and associated with this program/activity.

In the event of accident, injury, or sudden illness, I authorize needed medical treatment by a physician and/or hospital.

I have read and fully understand the above important information, warning of risk, assumption of risk, waiver and release of all claims and indemnification. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of this agreement.

If registering on-line or via fax, your on-line or fax signature shall substitute for and have the same legal effect as an original form signature.

I understand that the participant's photograph may be taken during Park Department activities and I give my permission to the Village of Antioch's Department of Parks & Recreation to use such photographs in program advertisements.

Signature (Signee must be at least 18 years old) _____