

FALL CLASSES STARTING SEPTEMBER 11

Register by September 7 at noon!

Session 1: September 11 - October 28

Session 2: October 30 - December 15



LET'S PLAY! MUSIC CLASS

BY NORTH SHORE MUSIC INSTITUTE

Ages 4 - 6, Monday 2:00 - 2:55PM

1st - 3rd Grade, Monday 3:15 - 4:15PM

Min/Max: 5/12 | \$120

Music is fun and it feeds your soul! If you start early it will be part of you forever. 1st - 3rd graders will learn and experience the basics of music from the talented instructors at North Shore Music Institute. Voice, percussion instruments, and ukulele are excellent vehicles to get kids inspired to create and express themselves. Sign your child up now to pick up a skill they can pass on to their children!

COOKING CLASSES

BY STICKY FINGERS COOKING

Ages 4 - 6, Wednesday 2:00 - 2:55PM

1st - 3rd Grade, Wednesday 3:15 - 4:15PM

Min/Max: 8/12 | \$155

Let your child release their inner chef! Students will prepare and eat healthy, globally-inspired recipes all while learning to cook in a fun, engaging and real-world way. Our chefs will reinforce kitchen skills associated with our weekly recipes and emphasize each area of cooking - terminology, ingredients and fun nutrition facts. We will practice measurements, use a wide array of cooking utensils all while preparing the freshest ingredients. Full recipes will be created.

HIGH TOUCH HIGH TECH

SCIENCE MADE FUN STEM WORKSHOPS

Ages 4 - 6, Tuesday 2:00 - 2:55PM

Min/Max: 8/14 | \$120 (Session 1) | \$105 (Session 2)

At each week includes hands-on science workshops and take-home experiments/activities. New themes include Kitchen Chemistry, STEM challenges, Microscopes, Bridge Building, Chain Reactions, Mystery Solving CSI, and more.

GROSSOLOGY - ALL ABOUT THE HUMAN BODY

1st - 3rd Grade, Tuesday 3:15 - 4:15PM

Min/Max: 8/14 | \$120 (Session 1) | \$105 (Session 2)

This hands-on science adventure cuts deep into the exploration of the human body. Each week covers a brand new topic with hands on experiments dealing with all the Gross and Interesting Systems our bodies contain. At the end of each class your children will receive a take home item, and will be one step closer to understanding the sciences of how our bodies work.

MARTIAL ARTS BY CONNELLY'S ACADEMY

Ages 4 - 6, Thursday 2:00 - 2:55PM

1st - 3rd Grade, Thursday 3:15 - 4:15PM

Min/Max: 6/20 | \$85 (Session 1) | \$120 (Session 2)

Connelly's Academy provides the families in our communities with a unique developmental vehicle. We teach Martial Art values (Courtesy, Integrity, Perseverance, Self-control and Indomitable Spirit) and physical skills using a non-competitive, challenge-education and game-based learning approach. This teaching approach makes classes fun, safe and rewarding experiences for students of all ages, levels of maturity, and physical ability. The kids enjoy themselves while growing physically, cognitively, socially and emotionally. Parents tell us that their children have gained confidence, focus, impulse control and the "grit" to accomplish goals in other areas of their lives.

AMAZING ART WITH SUNSHINE ARTS & CRAFTS

Kindergarten- 3rd Grade, Friday 3:25 - 4:15PM

Min/Max 6/15 | \$105

Join Sunshine Arts and Crafts Studios in the popular Amazing Art class combines all your favorite art projects and mixed media in this unique class. Kids will make Tie Dye Shirts (art smocks for the session), experience pottery painting, create fired ceramic arts, paint a canvas acrylic painting, do recycled art projects and more. Lessons will include concepts and techniques kids can use for a life time and the experience of creating awesome projects will result in great self-esteem and a sense of accomplishment. Finished work will be taken home immediately.

PLAY BALL!

SPORTS CLASS FOR KINDERGARTENERS - 3RD GRADERS

Jr. Bears Flag Football

Monday 3:15-4:15PM

Min/Max: 8/16 | \$120

This class is designed to teach the basics of football in a fun and non-contact environment. The first few classes consist of drills and skill development, followed by several weeks of game play. This class is a great way to get your child involved in football in a safe and exciting environment.

Ultimate Dodgeball

Monday 3:15-4:15PM

Min/Max: 8/16 | \$120

Every day is dodgeball day in this class! Children will learn several different variations of the classic game of dodgeball and will be shown the importance of sportsmanship and teamwork.

Golf!

Tuesday 3:15-4:15PM

Min/Max: 6/8 | \$120

This class encourages kids to have fun while learning the game of golf. Basic skills such as driving, chipping, and putting will be covered.

Soccer!

Tuesday 3:15-4:15PM

Min/Max: 8/12 | \$105

This active class introduces children to the fundamentals of sports such as soccer, t-ball, basketball, and more.

Kindergarten Sports Mania

Wednesday 2:00-2:55PM

Min/Max: 6/15 | \$120

Can't decide what sport to try? Well, then this is the class for you! It features a variety of sports and active games. Sports and games covered will be basketball, floor hockey, soccer, relays, tag games and more.

1st-3rd Grade Ultimate Fall Sports

Wednesday 3:15-4:15PM

Min/Max: 6/15 | \$120

This active class introduces children to the fundamentals of sports such as soccer, t-ball, basketball, and more.

Glitzy Girlz Think "PINK"

Wear pink and celebrate fun for a good cause! Glitzy Girlz will make a donation to the Breast Cancer Foundation at the end of October. Our Glitzy team will be doing hair, make-up and nails all in PINK. Each girl will decorate a craft in pink shades and design a pink crystal bracelet with charm. Our staff will lead some fun dancing and a cute fashion show. Sign up with friends!

Come in your favorite PJs for an old-fashioned activity and spa-based "slumber party"! Our staff will teach a how to do your own manicures/pedicures with a nail/toe application of great colors. Take home a foot brush and cuticle stick. Our activity will keep us busy making an "overnight" bag and a beaded dangle piece. Music and small talk all night. A 'lil piece of pampering will go home with you.

Ages: 4 - 10

Activity #	Date	Day	Time	Fee
1314-1	10/6/17	Friday	6:30-8:00PM	\$30

Glitzy Girlz Slumber Spa Night

Come in your favorite PJs for an old-fashioned activity and spa-based "slumber party"! Our staff will teach a how to do your own manicures/pedicures with a nail/toe application of great colors. Take home a foot brush and cuticle stick. Our activity will keep us busy making an "overnight" bag and a beaded dangle piece. Music and small talk all night. A 'lil piece of pampering will go home with you.

Ages: 5 - 10

Activity #	Date	Day	Time	Fee
1314-2	12/1/17	Friday	6:30-8:00PM	\$30

LEARN TO DO NEEDLEPOINT!

ENROLL WITH YOUR FRIEND!

In two afternoons you will learn basic easy-to-do stitches that are used to make beautiful belts, bracelets, pillows, ornaments and framed pieces.

In this course you will make a unique bracelet (or book mark) and start a larger piece that can be framed or made into a pillow. The fee includes: two needlepoint canvases, yarn (fiber), scissors, needles, threader and frame.

Ages: 8-12

Activity # 1398-1 | \$90

Sunday, October 15 & 29, 2017

1:00 - 3:30PM

Instructor: Eilene Isaacs & staff from The Canvasback, Northfield

Location: Community Center
Min/Max: 4/10

ABRACADABRA - IT'S MAGIC!

Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided, and each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are age appropriate.

Ages: 5 - 12

Activity # 1315-1 | \$25

Friday, November 10, 2017

5:00-5:55PM

Instructor: Magic of Gary Kantor

Location: Community Center
Min/Max: 5/30

PLAY BALL!

IBA MINI MAJORS FALL T-BALL

Illinois Baseball Academy young players gain confidence, improve coordination, and appreciate the joys of teamwork & sportsmanship during weekly games with age appropriate practices. Participants can sign up individually, as part of a small group or as a complete 10-member team. Please contact IBA at trey@illinoisbaseballacademy.com with questions and requests. Players will participate in weekly coach-pitch games while also improving their skills through various drills and activities. Players will learn positions, play with outs and experience baseball at a more challenging level. Coaching is by staff members of the Illinois Baseball Academy who run practices and games. Parent volunteers will be given the opportunity to assist after attending a brief pre-season clinic held by the Illinois Baseball Academy. If you are interested in volunteering, please indicate so on the registration form. The commitment is minimal and the reward is great!

Ages 4 - 6 years old
Sunday, 12:00 - 1:00PM
9/10 - 10/1, 4 weeks
1504-1 | \$100

Location: Little Duke Field,
450 Hibbard Road, Winnetka
Min/Max: 10/50

HOT SHOT SPORTS

Striker Tots Soccer

Ages 3 - 5, Monday 4:15-5:00PM
Min/Max: 5/12 | \$120

Sweepers is the next step in the development for your young soccer player. The focus of the Sweepers class is FUNdamentals that are crucial for every budding soccer player. Players focus on foot placement while shooting, following through on their shot, manipulating the ball in creative ways, defensive stance, and much more, all while participating in our fun games and adventure-themed activities.

SUPER SOCCER STARS

12 - 24 Months

Saturday 9:00-9:45AM, \$120

Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers between 12 and 24 months. Our experienced instructors along with our puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play, all while having a blast!

2 - 3 Years Old

Saturday 9:45-10:25AM, \$120

The focal point at this age group is to improve your child's natural development through our fun, physical learning experience. Every 2-3 year old Super Soccer Stars class includes an introduction to physical activities, rich language exposure, and movements such as running, hopping, jumping and changing directions.

3 - 5 Years Old

Wednesday 4:15-5:00PM, \$120

Saturday 10:30-11:15AM, \$120

The focus of this class is for your child to become comfortable with the ball by developing soccer skills such as dribbling, shooting and the introduction of passing. Every class includes dynamic activities which involve dribbling technique and moves to promote confidence with the ball. The primary focus for this age group is body movement with the ball and your child will be introduced to juggling and other skill building activities. The concepts of teammates and teamwork are also introduced.

4 - 6 Years Old

Monday 4:15-5:00PM, \$120

In each class, we aim to improve your child's elementary capacity through fun games, technical skill development and group activities like small sided games to goals. Every week we emphasize spatial awareness and teammates, encouraging team work. Repetitious ball skill activities are used to promote muscle memory and build confidence.

Registration for Super Soccer Stars should be done through them on their website:
supersoccerstars.com/northfieldparks

REGISTRATION WILL NOT BE TAKEN AT THE PARK DISTRICT FOR THIS PROGRAM.

For questions about the program, please contact Super Soccer Stars at 312.477.5877 or chicago@supersoccerstars.com.

Lil' Dribblers

Ages 4 - 6, Wednesday 4:15-5:00PM
Min/Max: 5/12 | \$120

The Pro Dribblers program includes exclusively designed equipment tailored to enhance the basketball experience for each participant. The program challenges children to develop new cognitive, physical and social wskills. In addition, each child will experience social interaction with children and adults in a fun environment.



NEW! CHICAGO LOVES DANCE



GYMNASTICS, DANCE & YOGA

Our new partnership with Chicago Loves Dance brings you gymnastics, dance and yoga classes. Chicago Loves Dance prides itself on teaching the self-esteem and socialization needed in everyday life through the activity of dance. Open your child's creative abilities and have fun.

Gymnastics

1st-5th Grade, Monday 5:00-6:00PM

Min/Max: 5/10 | \$120

Introduce your child to tumbling and gymnastics! Kids move, stretch, jump and tumble! Watch your active youngster progress from somersault to cartwheel in this fun class.

Parent/Child Yoga

1st-6th Grade, Monday 6:00-7:00PM

Min/Max: 3/9 | \$175/couple | \$56/addtl child

This class is geared towards the comfort level of both children and adults. Learn poses, movements, stretch and, most importantly, spend time together in this fun and interactive fitness class. Yoga mats are supplied.

Children's Hip-Hop

1st-5th Grade, Tuesday 6:15-7:15PM

Min/Max: 5/15 | \$120 (Session 1) | \$105 (Session 2)

Under the creative direction of skilled Chicago Loves Dance instructors, students will learn choreography to the newest pop/dance songs, show off their creativity in free-style choreography sessions and more. The last day of class will be a parent watch day for a short performance to show off their new talents!

Adult Yoga

Take Adult Yoga while your kids are in Hip-Hop

Ages 18+, Tuesday 6:15-7:15PM

Min/Max: 5/10 | \$120 (Session 1) | \$105 (Session 2)

Designed for parents to take yoga while your child is in hip-hop. Integrate the physical benefits of yoga with breath work and meditation. Students are guided through a mindful sequence of poses infused with conscious breathing techniques. No previous experience necessary.

Children's After School Hip-Hop

Ages 4 - 6, Thursday 2:00-2:55PM

1st-3rd Grade, Thursday 3:15-4:15PM

Min/Max: 8/16 | \$85 (Session 1) | \$120 (Session 2)

This class is designed to teach the basics of football in a fun and non-contact environment. The first few classes consist of drills and skill development, followed by several weeks of game play. This class is a great way to get your child involved in football in a safe and exciting environment.



Youth Yoga

1st -5th Grade, Thursday 4:15-5:15PM

Min/Max: 5/10 | \$85 (Session 1) | \$120 (Session 2)

We supply the mats; all you need to do is come ready for some yoga and stretch! Learn beginning yoga movements, terms and yoga-based games to make learning fun. Yoga in early childhood is wonderful for improving listening skills, building self-esteem and supporting social and emotional learning.