

RIVERSIDE PARKS AND RECREATION

ADULT PROGRAMS

Yoga (Burst: Thursday and Saturday Option)

Thursdays

This class integrates posture, breathing exercises, relaxation and meditation to harmonize you on every level – Body, Mind, and Spirit

Who: Adults

When: Thursdays, 7:10 – 8:10pm

Session 1: January 10 - February 28

Session 2: March 14 – May 9 (No class 3/28)

When: Saturdays, 9:00 – 10:00am

Session 1: January 12 – March 2

Session 2: March 16 – May 11 (No class 3/30)

Fee: \$69/\$74 NON-RES

Abdominal Assault

Target those abdominal muscles in this 30-min class that will work your abs, back, and legs.

Who: Adults

When: Mondays, 5:00 – 5:30

Session 1: February 11 - April 8 (No 3/25)

Session 2: April 22 – July 8 (No 5/27, 6/3, 6/10, 7/1)

Fee: \$38/\$43 NON-RES

Cardio Kickboxing

Get a total body workout with kickboxing techniques while focusing on endurance, strengthening and toning.

Who: Adults

When: Mondays, 5:35-6:35

Session 1: February 11 - April 8 (No 3/25)

Session 2: April 22 – June 17 (No 5/27, 6/3, 6/10, 7/1)

Fee: \$58/\$63 NON-RES

Step Class

Step Aerobics, More than a workout. Live your life and lift your spirits with this step class from beginners to advanced. Step will definitely get your heart rate going.

Who: Adults

When: Thursdays, 5:20 - 6:00 pm

Session 1: February 14 – April 11 (No 3/28)

Session 2: April 25 – June 20 (No 5/30, 6/6, 6/13, 7/4)

Fee: \$45/\$50 NON-RES

Weight Training

Tone up or bulk up your muscles all while burn body fat, improve bone density, and help boost your metabolism with this weight training class.

Who: Adults

When: Thursdays, 6:05- 6:35pm

Session 1: February 14 – April 11 (No 3/28)

Session 2: April 25 – June 20 (No 5/30, 6/6, 6/13, 7/4)

Fee: \$38/\$43 NON-RES

Brains & Balance Past 60TM

This 6 week conditioning program designed to minimize joint stress while improving strength, balance and flexibility.

Who: Active Adults, 60+

When: Wednesdays, 11:00- 12:00 pm

Session 1: January 16 – February 20

Session 2: March 6 – April 10

Session 3: April 24 – May 29

Fee: \$35

Adult Night: BYOB Canvas Painting

Paint, sip, and mingle. Come join us to mix up your own work of art! We'll supply the canvas, the paint and the brushes, and our energetic teacher will guide you step-by-step in creating your own masterpiece to take home at the end of the night. All you need to bring is your friends or come alone and make new ones. Snacks are provided. Bring your own beverage and get your creative juices flowing.

Who: Ages 21+

When: Friday, April 12 7:00 - 9:00 pm

Fee: \$35/\$40 NON-RES



Co-Ed Volleyball League

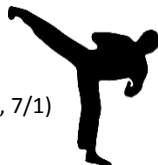
If you like to play volleyball and are interested in fun and exercise, sign up as a team for our Recreation league. *Team rosters must be filled out completely and turned in at the Captains Meeting. Please email msiska@riverside.il.us for a blank copy if needed

Who: Men/Women 18 years +

When: Wednesdays, February 13 – May 15

Fee: \$400 resident team, (75% residency)

\$450 non-resident team, (less than 75% residency)



Tae Kwon Do

Tae Kwon Do is a Korean Martial Art and one of the oldest forms of unarmed combat but also meditative in nature. We explore the mind/body experience in a fun and informative format while getting a full body work-out.

BEGINNER & TECHNIQUE CLASS

Beginner – *White Belt Only* & Technique Class – *Blue Belt Level & Up*

Who: Children & Adults, Ages 6+

When: Mondays

Beginner: 7:00 - 8:00pm

Technique: 8:15 - 9:15pm

Session 1: February 18 - April 15 (No 3/25)

Session 2: April 29- June 24 (No 5/27)

Fee: \$53/\$58 NON-RES

INTERMEDIATE & ADVANCED

Who: Children & Adults, Ages 6+

When: Wednesdays (8 weeks)

Intermediate: 6:45 to 7:45pm

Advanced: 8:00 to 9:00pm

Session 1: February 20 - April 17 (No 3/27)

Session 2: May 1 - June 19 (No class 5/29)

Fee: \$53/\$58 NON-RES



Beginning Fencing – Olympic Sport of Swordplay

Are you interested in learning how to wield a sword? Students will be taught techniques and strategies that create the foundation for their fencing game. Each class will have instruction and bouts (actual fencing). All equipment will be provided.

Who: Individuals (8 and over), Family

When: Tuesdays, 6:30 – 7:30pm

Session 1: March 5 – April 23 (No 3/26)

Fee: \$63/\$83 NON-RES

Session 2: April 30 – June 4

Fee \$55/\$60 NON-RES

Continued Fencing – Olympic Sport of Swordplay

Fencers who wish to study and grow their fencing game will attend continued fencing class. Advanced techniques and fencing strategies will be taught. Enrollment into this class is via instructor invitation only.

Who: Individuals (8 and over), Family

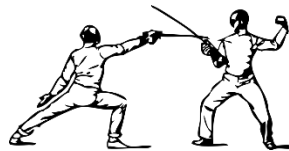
When: Tuesdays, 7:30 – 8:30pm

Session 1: March 5 – April 23 (No 3/26)

Fee: \$63/\$83 NON-RES

Session 2: April 30 – June 4

Fee \$55/\$60 NON-RES



Volunteer Opportunities

We are always looking for volunteers, certified instructors and qualified coaches. If you are interested in working with the Riverside Parks & Recreation Department, please contact us at (708) 442-7025.

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RIVERSIDE PARKS AND RECREATION

TOT CLASSES 18 MONTHS TO 5 YEARS

Finger Painting Frenzy – Parent/Tot Class

Entertain your toddler's growing brain with this creative activity. Each week will present a new sensory experience full of bubble wrap, zip lock bags, and homemade finger paints.

Each child should dress for messy play.

Who: 18 months to 4 years

When: Tuesdays, January 29-February 19 10:00 - 10:30 am

Fee: \$20/\$25 NON-RES



Messy Mondays – Participant Only

Experiment and experience!! This hands-on, playful environment of discovery will stimulate all senses. What a way to learn by doing! Sensory learning is a vital part of growth. Each class will introduce new sights, smells and feelings. We will discuss how various products react with each other and truly get the wheels turning! Please dress your child from head-to-toe in clothes for messy exploration.

Who: Ages 3 to 4 years

When: Mondays, February 25 - March 18 9:50 – 10:30am

Fee: \$35/\$40 NON-RES

Pee Wee Power! – Participant Only

It's time to get moving! This physical class will teach kids the importance of exercise while improving their physical strength, muscle control, fine and gross motor skill development, coordination, balance and more! We will use color, number and letter challenges/patterns to exercise their brains, too. Please dress in layers as we may head outdoors. Gym shoes and comfortable clothes are required.

Who: Ages 4 to 6 years

When: Mondays, April 1 - April 22 3:30 – 4:15pm

Fee: \$30/\$35 NON-RES



Early Explorers – Participant Only

Calling all outdoor nature explorers!! Let's explore our natural environment in historic Riverside. In this class, we will have a great time completing nature-based experimental projects while learning and creating art activities. We will use our nature paths along the Des Plaines River to investigate and navigate our natural world as well as create a new adventure each week. This is NEW, FUN opportunity for your little one to "DIG" into his or her outdoor surroundings. Let us help open your child's eyes to the wonders nature has to offer. Please bring clothes and shoes that you don't mind getting a little messy!

Who: Age 3 to 5

When: Tuesdays, April 30 - May 21 9:50-10:30am

Fee: \$30/\$35 NON-RES



Art in Action – Participant – Only

Life is messy. Let your little Picassos explore their creative side while singing songs and reading stories. We will hunt for themes, interpretations, settings, characters and their own emotions, and so much more. Your child will develop cognitive and social skills that are necessary for the primary school years, from spying in a book!

Who: Ages 3 to 5 years

When: Thursday, January 31 - February 21 4:00-4:45pm

Fee: \$29/\$34 NON-RES



Bumbling Tumblers – Explore with Friends – Parent/Tot

Join us for open play, exploration and socialization. In this class, your little participants will sing songs with accompanying movements they are sure to love. Afterwards, they will be able to openly explore obstacles, stations and more. This playtime enhances social growth and development as well as personal time for the parent and little one. Equipment, entertainment, guidance and music will be provided. *No non-registered siblings allowed.*

Who: Ages 1.5 -3 years (Adult/Child)

When: Fridays, April 26 – May 17 9:15 – 9:40am

Fee: \$30/\$35 NON-RES

(Tot Sports)

SMART START Baseball – Parent/Tot

In SMART START Baseball, children and their parents get ready for organized baseball or tee ball. During the program, parents work together with their child in a supportive environment to learn all of the basic motor skills necessary to prepare their child for tee ball or baseball. SMART START is a developmental youth sport program from the National Alliance for Youth Sports Association. *No non-registered siblings allowed.*

Who: Ages 3 to 5 years (Adult/Child)

When: Wednesdays, April 3 – April 24 5:00 - 5:45pm

Fee: \$55/\$60 NON-RES



Lil' Striker Soccer – Parent/Tot

Children and their parents can learn the basics that will prepare them for organized soccer. This program allows parents to interact with their children in a safe and productive environment while developing fundamental soccer skills. ****NO accompanying siblings permitted in class.**

Who: 3-4 year olds

When: Wednesdays, May 15 – June 5
10:20 – 11:00 AM

Fee: \$28/\$33 NON-RES



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RIVERSIDE PARKS AND RECREATION

YOUTH SPORTS PROGRAMS



Chicago Bulls FUNDamentals Camp

The Bulls/Sox Academy will be hosting a Chicago Bulls FUNDamentals camp for boys and girls ages 5-14. This camp will teach the latest techniques in ball handling, passing, shooting, and rebounding while also teaching children how to be student-athletes and great teammates. Each participant will receive a Point 3 Bulls Jersey and personal scouting report.

Who: Ages 5 to 14 years

When: Mondays, February 25 – March 18

5 – 8 year olds 5:30 - 6:30 pm

9 – 14 year olds 6:30 – 7:30 pm

Fee: \$100/\$105 NON-RES



Chicago Bulls Ball Handling Camp

The Bulls/Sox Academy will be hosting a Chicago Bulls FUNDamentals camp for boys and girls ages 5-14. This camp will teach the latest techniques in ball handling, passing, shooting, and rebounding while also teaching children how to be student-athletes and great teammates. Each participant will receive a Point 3 Bulls Jersey and personal scouting report.

Who: Ages 5 to 14 years

When: Mondays, April 8 – April 29

5 – 8 year olds 5:30 - 6:30 pm

9 – 14 year olds 6:30 – 7:30 pm

Fee: \$100/\$105 NON-RES



Volleyball Skillz

Improve your bump, set, and spike in this 2 hour camp. 2 hours of fitness and practice is sure to leave you with a learned skill set that will help you improve your game.

Who: Ages 7 - 12

When: Monday, March 25 12:00 – 2:00pm

Fee: \$20/\$25 NON-RES

Basketball Skillz

This camp is designed specifically for athletes looking to improve their basketball game. We will work on the fundamentals of basketball including but not limiting to dribbling, shooting, and defense.

Who: Ages 7 to 10

When: Tuesday, March 26 12:30-1:30pm

Pillow Hockey

Non-stop action and an overflow of fun every Wednesday at Pillow Hockey! This popular class will introduce the basic skills of hockey using padded sticks and a foam ball. The first part of the class will be instructional as the participants will develop their skills. Join in on the new favorite game!

Who: Ages 5 to 8 years

When: Wednesday, March 13 – April 10 (No 3/27)

5 – 6 year olds 4:15 - 5:00 pm

7 -8 year olds 5:05 – 5:50 pm

Fee: \$45/\$50 NON-RES



Soccer Skills Class

Do you love playing soccer and want to work on your skills? This class will reinforce your basic skills and help you to improve them just in time to play in our soccer league. Each week will focus on a different aspect of the game, passing, shooting, etc. Participants need to wear shin guards and gym shoes or soccer cleats.

Who: Ages 5 to 10

When: Tuesdays, April 16 – May 7

5-7 year olds 3:45- 4:30pm

8-10 year olds 4:30- 5:15pm

Fee: \$48/\$53 NON-RES



CO-ED Classic Spring Soccer

Players will learn the values of sportsmanship and teamwork while making new friends and having fun. Each Sunday will consist of one full size game. The participant must wear appropriate footwear and shin guards. Volunteer coaches are always needed; please contact Megan Siska at (708) 442-7025, if interested.

Registration Deadline is Thursday, March 14th.

Group: Pre-K/K Fee: \$60/\$70 Group: 1st/2nd Fee: \$62/\$72

Group: 3rd/4th Fee: \$64/\$74

When: Sundays, April 7 – May 26

RIVERSIDE PARKS AND RECREATION

YOUTH PROGRAMS

Let's Build It

Let's Build It – Exciting Electronics!, is an exhilarating, cutting-edge area of engineering. Students will design, build, and test various circuits and electronic projects. Instructors will guide students through core concepts of electrical engineering, introducing them to circuits and electrical components. No previous experience is necessary, just a desire to learn and build.

Who: Ages 7 to 12 years

When: Tuesdays, February 12- March 19 5:00 – 6:00pm

Fee \$90/\$95 NON-RES

Learn Magic with the Team of Gary Kantor



Children are guaranteed to have a great time as they learn fascinating tricks from the Magic Team of Gary Kantor!

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. You can sign up for this class again and again since brand new tricks are taught at each session!

When: Session 1: Thursday, February 21 5:00 – 5:55pm

Session 2: Wednesday, May 1 5:00 – 5:55pm

Fee: \$20/\$25 NON-RES, includes magic kit

Quidditch Class

Hop aboard your brooms and join us in the craze sweeping the nation. Learn how to play like Gryffindor and get acquainted with the rules of quidditch.

Who: Ages 7-10

When: Wednesdays, May 1 – May 22 4:45-5:30

Fee: \$30/\$35



Chess Scholars Program

No previous knowledge of chess is necessary: players of all levels are welcome. Each class will consist of a fun interactive teaching period and guided practice time. Chess is the martial art of the mind. Both new and returning participants will advance to the next level under the guidance of an experienced Chess Scholars Coach.

Who: Ages 5 to 12 years

When: Wednesdays, February 13- March 20 6:00 - 7:00 pm

Fee: \$85/\$90 NON-RES

Annual Late Spring Riverside Chess Scholars Tournament

If your child knows the rules of chess, he or she is ready to participate in this tournament! Chess sets will be provided. Every child will play all 5 games. Top ten scorers in each section will get trophies or medals.

Who: Grades K- 8th

When: Saturday, May 11 9:30AM – 2:30PM (approx.)

Deadline: May 4, strictly enforced

Fee: \$40, includes lunch



(PARENT DATE NIGHT)

Accessorize

Get crafty with beads, bands and more on this accessory night! Kids that participate will come home donning stylish accessories. This class will teach your child a skill that they continue to practice even after the class is over. Fun and creativity guaranteed.

Who: Ages 6 to 11

When: Thursday, February 14 6:15 – 7:15 pm

Fee: \$12/\$17 NON-RES

Movie Night & Pizza

Dress the kids in warm clothes and don't forget the pillow. We'll put on in a family favorite movie and serve pizza for a nice treat! Singing along is definitely perfect chance for parents to go on a dinner date while we entertain the kids. Kids can feel free to wear their pajamas!

Who: Ages 4 to 11 years old

When: Tuesday, March 26 5:00 - 7:00 pm

Fee: \$10/\$15 NON-RES

Kids Canvas Painting

Embrace your inner Van Gogh and put on your art smock! It is time to create beauty on a canvas. We will use this opportunity to understand color and design. Children will have the opportunity to create a spring themed portrait and learn a thing or two about art.

Who: Ages 6 to 11

When: Saturday, April 6 10:30- 11:45am

Fee: \$15/\$20 NON-RES



Famous Takes Film Making

Budding filmmakers and movie buffs alike will love this hands-on introduction to the world of cinema. This course blends the art of filmmaking with the joy of movie watching. Students will learn from the pros as they break down classic movies and then craft their own spin on famous scenes. *All equipment included

Who: Adults

When: Tuesdays, 4:00 – 6:00

Session 1: January 29 – March 19 (No 3/25)

Session 2: April 2 – May 21 (No 5/27)

Fee: \$180/\$190 NON-RES

Beginning Fencing – Olympic Sport of Swordplay

Are you interested in learning how to wield a sword? Students will be taught techniques and strategies that create the foundation for their fencing game. Each class will have instruction and bouting (actual fencing). All equipment will be provided.

Who: Individuals (8 and over), Family

When: Tuesdays, 6:30 – 7:30pm

Session 1: March 5 – April 23 (No 3/26)

Fee: \$63/\$83 NON-RES

Session 2: April 30 – June 4

Fee \$55/\$60 NON-RES

Continued Fencing – Olympic Sport of Swordplay

Fencers who wish to study and grow their fencing game will attend continued fencing class. Advanced techniques and fencing strategies will be taught. Enrollment into this class is via instructor invitation only.

Who: Individuals (8 and over), Family

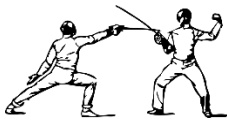
When: Tuesdays, 7:30 – 8:30pm

Session 1: March 5 – April 23 (No 3/26)

Fee: \$63/\$83 NON-RES

Session 2: April 30 – June 4

Fee \$55/\$60 NON-RES



Tae Kwon Do

Tae Kwon Do is a Korean Martial Art and one of the oldest forms of unarmed combat but also meditative in nature. We explore the mind/body experience in a fun and informative format while getting a full body work-out.

BEGINNER & TECHNIQUE CLASS

Beginner – *White Belt Only* & Technique Class – *Blue Belt Level & Up*

Who: Children & Adults, Ages 6+

When: Mondays

Beginner: 7:00 - 8:00pm

Technique: 8:15 - 9:15pm

Session 1: February 18 - April 15 (No 3/25)

Session 2: April 29- June 24 (No 5/27))

Fee: \$53/\$58 NON-RES

INTERMEDIATE & ADVANCED

Who: Children & Adults, Ages 6 +

When: Wednesdays (8 weeks)

Intermediate: 6:45 to 7:45pm

Advanced: 8:00 to 9:00pm

Session 1: February 20 - April 17 (No 3/27)

Session 2: May 1 - June 19 (No class 5/29)

Fee: \$53/\$58 NON-RES



Volunteer Opportunities

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RIVERSIDE PARKS AND RECREATION

SPRING MINI-CAMPS

Chess Camp



Chess Scholars Camp (age 5-12). This camp is designed for both beginners and experienced young players. All participants will learn cool new strategies at the appropriate level from a renowned Chess Scholars coach. Each class will consist of a fun interactive teaching period and guided practice time. There will also be a chess competition with prizes! Each camper will take home a chess set and an award. Please bring your own snacks.

Who: Grades K- 6TH

When: Monday through Thursday, March 25 to March 28

9:00am – 12:00pm

Fee: \$130/\$140 NON-RES

Pillow Hockey Camp!

This popular camp will introduce the basic skills of hockey using padded sticks and a foam ball. Athletes will also be introduced to pillow hockey sticks. The first part of the camp will be instructional as the participants develop their skills. The children will put their skills to practice during scrimmage at the end of each class. Join in on the fun with Riverside Parks and Recreation most popular class.

Who: Ages 6 to 8 years

When: Monday, March 25 & Tuesday, March 26

11:00 – 12:00pm

Fee: \$35/ \$40 NON-RES



Jedi in Training

The Darkside is calling, which side will you choose? Grab a brown robe and get ready to pledge the Jedi Oath under a Jedi Master. Children will create their own Jedi character, while developing their balance and coordination through fun Jedi training games. Those who successfully complete the training are proclaimed to be Padawans, and will receive a certificate the last day of training.

Who: Ages 4 to 9 years old

When: Thursday, March 28

Training 1: Ages 4 to 6 years old 11:00-12:00PM

Training 2: Ages 7 to 9 years old 12:00 – 1:00PM

Fee: \$15/\$20 NON-RES



Spring Fling Tea Party

Grab your dolls and doll up for this fun ladies only tea extravaganza! We will play games, discuss current events and party! Get classy for a day of refinement and learn about proper etiquette before the holiday.

Who: Ages 5 to 9 years

When: Friday, March 29

1:20 – 2:20pm

Fee: \$15/\$20 NON-RES



Visual Storytelling

Aspiring filmmakers begin their journey to the silver screen by learning the craft of cinematic storytelling in this engaging, hands-on introductory course. Using friendly technology, campers will work in teams to write, storyboard, scout for locations, cast actors & actresses, produce, direct, shoot, and edit their short 3-minute movie for a live screening with family & friends at the end of the session. Everyone has a story to tell, what will yours be?

*All equipment included

Who: Ages 10 to 18 years

When: Monday - Friday, March 25 – March 29

1:00 – 4:00pm

Fee: \$215/\$225 NON-RES

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RIVERSIDE PARKS AND RECREATION

SPECIAL EVENTS

Villa Olivia Ski Trip

Are you up to challenging Shaun White's skills? You have the fun and we will take care of the planning, transportation and prep. Grab your friends and join us as we hit the slopes of Villa Olivia in Bartlett, Illinois. Ski and snowboard activities include 7 runs, quad chair lift and 6 rope tows.

Who: Ages 11 to 19 years

When: Friday, February 1 5:30-10:30pm

Deadline to Register: Thursday, January 17, Strictly Enforced

Where: Busses depart/arrive from Riverside Township, 27 Riverside Road

Fee: (A) Lift Ticket/No Rental: \$59

(B) Lift Ticket/Ski Rental: \$85

(C) Lift Ticket/Snowboard Rental: \$98



The Riverside Giving Tree

Throughout the Month of March, Riverside Parks and Recreation will have a pop top drop located at the Historic Water Tower. All pop tops will be donated to the Ronald McDonald House Charities. RMHC® -CNI collects pop tabs because they are clean, compact, and easy and have the highest-grade aluminum in the entire can. So, the pop tab has the highest recycling value! Let's do what we can to support children with healing and coping. #Keepingfamiliesclose

When: March 1 to March 31

9am-6pm Monday-Friday

Easter Egg Hunt

The Easter Bunny will join the children as they hunt for the hidden eggs, with a prize in every one of them. Children should bring their own bags or baskets for the plastic eggs.

Who: Boys and Girls 10 & under

When: Saturday, April 13 10:00am -12:00pm

Location: Big Ball Park, at the corner of Longcommon Road & Delaplaine Road



Riverside Independence Day 5K Run – July 4th

Join us for our 40th Annual Independence Day 5K Run! 5K Runners will enjoy running the tree-lined and winding roads of Historic Riverside. After your run, stay and enjoy our patriotic parade and Independence Day Festival in Guthrie Park. Goodie bags and DRI-BALANCE SHIRT to registered runners!

Reg. Fee: \$30 on or before June 14

\$35 June 15 and on race day

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