

# Chicago Ridge Park District



Fall & Winter  
2024

## BOARD OF COMMISSIONERS

Rob Pratl

Mary Crout

Dave Conrad

Jamie Albon

Bob Meyer

# Commissioners

## THE CHICAGO RIDGE PARK DISTRICT BOARD OF COMMISSIONERS

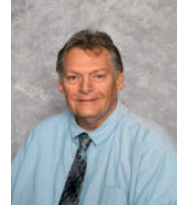
The Park Board is composed of five non-paid individuals, selected by you, to serve elected terms. The board is primarily a policy-making body that reflects the needs and interests of all taxpayers. The Board of Commissioners meets on the second and fourth Wednesday of each month at 7:00pm at the Freedom Activity Center, 6252 W. Birmingham. The public is welcome to attend.

### Rob Pratt



Rob is the President of the Board of Commissioners and is currently serving his sixth elected term. During this time Rob has overseen the renovation of every playground in town along with the construction of Ball Fore Miniature Golf and Batting Cages and the Lily Pad Splash Pad. While improving and adding to our residents' recreational needs, Rob has been able to help maintain an A+ rating from Standard and Poor's. This reflects a positive performance of very strong cash reserves and credit characteristics. Moving forward, Rob has been instrumental in the District's push to go solar. Lily Pad was the final solar project at this time, making it our fourth building, along with Frontier, Freedom, and Ball Fore to have a solar grid. These projects have been done at no cost to the District, saving taxpayer dollars while helping the environment and reducing our carbon footprint. Some other things to look for in the near future will be the continued installation of cameras at some of our playgrounds. These cameras will not only help protect our playgrounds but also our patrons. Rob is married to Kathy and they have three sons. Rob is a member of the Village Planning and Zoning Board. Rob is a member in good standing of the IBEW Local 134.

### Dave Conrad



Dave and his wife, Judy, have been life-long residents of Chicago Ridge. Dave is on his fourth term and is the chairman of maintenance. Dave holds a degree in criminal law and business. He feels the parks help keep the community together. Good parks are a must and Chicago Ridge has some of the best around.

### Jamie Albon



Jamie and her husband, Rich, have lived in Chicago Ridge for over twenty years. Their four children have enjoyed the many facets of what the Chicago Ridge Park District has offered throughout the years, from the classes to the playgrounds to the walking paths. Their fun-filled days in the parks positively impacted them as they continue to grow into adults. Jamie has a Master's degree in Education and another in reading. She has taught in a local school district for twenty-one years. Jamie is a former school board member who believes the needs of children come first. She feels parks provide an atmosphere for children and families to play and grow together. The parks are the center for learning, teamwork, developing an imagination, and an overall love for the outdoors.

### Mary Crout



Mary is Vice President of the Board of Commissioners and is serving her fifth elected term. Mary holds a Bachelor's degree in Recreation Administration from the University of St. Francis and a Master's degree in Public Administration from Governor's State University. Mary recently retired from the Oak Lawn Park District after a career that spanned 22 years in a variety of positions, most recently Safety Coordinator and Aquatic Supervisor. She is active in Illinois Association of Park Districts, serving on the Distinguished Agency Accreditation Review Committee. Mary and her family have lived in Chicago Ridge for 34 years. Mary is committed to maintaining the quality of the parks and facilities for all of the current and future residents of Chicago Ridge.

### Bob Meyer



Bob is a longtime resident of Chicago Ridge. He grew up enjoying the Chicago Ridge Park District fields, camps, and outdoor activities within the community. He has a Bachelor of Science Degree in Construction Technology from Purdue University, and his many years of experience building athletic and recreation facilities throughout the Chicagoland area is an asset for our Park District. Bob feels the purpose of the Park District is to enrich our community with exceptional recreation, parks, and facilities that inspire memorable experiences, and he is proud to be a part of that experience as a Park District Board Commissioner. He is married to Cindy and they have a daughter Heidi.

## Our Mission

It shall be the policy of the Chicago Ridge Park District to establish, expand, and improve park and leisure time opportunities, maintain park properties and facilities in a safe and attractive manner, and strive to obtain available land for future generations.



# YOU CAN NOW TEXT US!

Stay informed about programs, facilities, and more! Ask a question, get specific information all via texts. Simply text **708-634-5007** to get information. If you want us to text you when new things are coming, choose the categories you want information on and opt in. There are 2 ways to opt in. Choose the categories, hover your phone's camera over the QR code and follow prompts, OR text FOLLOW#(insert category name) to **708-634-5007**.

	Youth Classes #CLASSES		Fitness Classes #FITNESSCLASSES		Senior Activities #SENIORS
	Events #EVENTS		Fitness Center #FITNESSCENTER		Ball Fore #BALLFORE
WE LOOK FORWARD TO CONNECTING WITH YOU ABOUT UPCOMING PROGRAMS!			Pickleball #PICKLEBALL		Lily Pad #LILYPAD

## HOW DO I REGISTER?

- Begin by going to our website: [www.chicagoridgeparks.com](http://www.chicagoridgeparks.com)
- Find the program you want to sign up for and click on it.
- You will see a button that says "REGISTER NOW", click on it.
- If paying ONLINE, fill out the required information and submit. You will receive a confirmation email with program information.
- If paying in person, click the mail in

## PHOTO POLICY

The Chicago Ridge Park District frequently takes photos of program participants. These photos are used in both park district publicity and photo albums on our website and social media platforms. If you do not want your photograph taken please notify staff. Parents/Guardians must notify staff if they do not want photographs taken of their children.

## **SPECIAL RECREATION**

What is Special Recreation? Special Recreation provides year-round recreation programs for individuals of all ages with special needs. The Special Recreation Program of Oak Lawn is proud to offer a variety of programs. Through a cooperative agreement, residents of Chicago Ridge may participate in our Special Recreation programs at Oak Lawn resident rates. For more information, call 708-857-2420.

To view the online brochure, visit [www.olparks.com](http://www.olparks.com)

## **MILITARY REGISTRATION (U.S. ARMED FORCES)**

In support of the troops, the Chicago Ridge Park District Board of Commissioners is offering an active duty and veterans military discount to residents of Chicago Ridge.

This will allow any resident that is an active duty military person or a veteran complete fee waiver of all Chicago Ridge Park District facilities, classes, and special events (excluding contracted classes/events).

For details contact the Frontier Fieldhouse at 708-423-3959.

# Program Locations

The Chicago Ridge Park District offers programming at multiple park district facilities. Please find the addresses below.

You can visit the Frontier Fieldhouse to register, fill out a permit, or to get more information.

You can also call 708-423-3959.

**BALL FORE MINIATURE GOLF & BATTING CAGES**

6701 W. 107th Street

**FREEDOM ACTIVITY CENTER**

6252 W. Birmingham Avenue

**FRONTIER FIELDHOUSE**

9807 S. Sayre Avenue

**LILY PAD SPLASH PAD**

6246 W. Birmingham Avenue



# Family Events

**FALL PAINT NIGHT**  
**Friday September 20**  
**6:30pm-8:30pm**  
**Freedom Activity Center**  
**\$35 R / \$40 NR**  
**Ages: 12 and up**



Join Instructor Candace for a fun family paint night. Candace guides artists step-by-step to create a beautiful canvas. This month Halloween is on our minds as we create the image shown! Bring the entire family for even more fun. Light refreshments will be served.

**REGISTER BY SEPTEMBER 16**



**MINIONS & MUNCHIES**  
**Saturday September 28**  
**11:00am-12:30pm**  
**Freedom Activity Center**  
**Family of 4: \$32 R / \$45 NR, Additional Person \$6 R / \$8 NR**  
**Family Event**

The Minions are loveable characters and one will be in Chicago Ridge to have a silly lunch. Join us for a light lunch, photo opportunities, dessert, and a meet and greet with a Minion. Children 12 and under will receive a souvenir to commemorate the event. Those 2 and under are free, but must register. No tickets will be sold at the door.

**REGISTER BY SEPTEMBER 24**

**FAMILY BINGO NIGHT**  
**Friday October 4**  
**7:00pm-8:30pm**  
**Freedom Activity Center**  
**Family of 4: \$20 R / \$28 NR, Additional Person \$6 R / \$8 NR**  
**Ages 3 and up**

In this fun version of bingo, pictures of familiar things are on the cards instead of numbers. Line up 5 in a row for a bingo! This is a great family event for those with younger children who aren't sure of their numbers yet. Mark the cat, the blue crayon, the balloon and maybe SpongeBob. A fabulous sundae bar opens our evening. What toppings will YOU add?

**MUST REGISTER BY SEPTEMBER 30**

# Family Events



## DAY OF THE DEAD DINNER AND CRAFT

Saturday October 12

5:00pm-7:00pm

Freedom Activity Center

Family of 4: \$20 R / \$28 NR, Additional Person \$6 R / \$8 NR

Ages 3 and up

The Day of the Dead is a tradition that celebrates family with colorful sugar skulls. Families will enjoy a festive taco dinner followed by dessert. After dinner we will create painted skulls to take home. No two will be the same! What will you create? Please dress for a mess!

**MUST REGISTER BY OCTOBER 8**



## HALLOWEEN FAMILY CRAFT NIGHT

Friday October 18

6:00pm-7:30pm

Freedom Activity Center

Family of 4: \$20 R / \$28 NR, Additional Person \$6 R / \$8 NR

Ages 5 and up

The winds are howling, the moon is full, and Halloween is in the air. This craft night is sure to summon our inner ghoul. Try out different crafts with a Halloween theme. All materials and instruction are included. Can you build a "FRANKEN-CUPCAKE"? It's a craft and dessert all rolled into one! Don't miss this event!

**MUST REGISTER BY OCTOBER 14**

## HALLOWEEN IN THE RIDGE

Saturday October 26 and Sunday October 27

Freedom Activity Center

**This event is still being developed, please check back soon for more details.**

This Halloween we will be transforming the Freedom Activity Center into the Halloween Hangout of the village. Inflatables, lights, and hauntingly good music are in store for your family this Spooky Halloween Season!

# Holiday Events

## PIZZA WITH THE GRINCH

Friday December 6

6:00pm-7:30pm

Freedom Activity Center

\$10 R / \$15 NR



Our favorite holiday guest from Mt. Crumpit is returning for another year. The Grinch will be heading to Chicago Ridge to bring some Grinchy Christmas Cheer! His heart may be two sizes too small, but he loves to celebrate the season with pizza, dessert, memories, and lots of smiles. This is a family event and children must be accompanied by an adult. Those 2 years and younger are free to attend, but must register. No tickets will be sold at the door. **REGISTER BY DECEMBER 2**

## CHRISTMAS AT BALL FORE

Saturdays December 14 and December 21

4:00pm-8:00pm

Ball Fore Miniature Golf Course

FREE EVENT



It's back for another season! Ball fore will be transformed into a beautiful and magical winter wonderland. With more than 25,000 lights, more than 20 inflatables, Santa and Mrs. Claus, live reindeer, and music, this is one event you won't want to miss. During this event we will be collecting pantry and personal items for the St. Vincent DePaul Food Pantry.

## ST. VINCENT DE PAUL FOOD DRIVE

December 2 through December 21

Frontier Fieldhouse

Bring canned and boxed food along with personal care items to the Frontier Fieldhouse to help those in need. Pantry items may also be brought to Ball Fore during our Christmas at Ball Fore events on December 14 and December 21. Thank you in advance for helping to make a difference.

## HOLLY JOLLY TROLLEY

Saturdays December 14 and December 21

Choose a time to ride: 5pm, 6pm, 7pm

Ball Fore Miniature Golf Course

Family of 4: \$30 R / \$45 NR, Additional Person \$8 R / \$12 NR



Climb aboard as the trolley takes riders all over Chicago Ridge to look at the holiday lights! Board the trolley from Ball Fore and enjoy the lights from inside a warm trolley. This event sells out quickly, so get your tickets now. Trolleys cannot accommodate strollers or wheelchairs. You must register for a specific date and time. Tickets are non-refundable. Tickets are only valid for the trolley time purchased and may not be exchanged for another date and/or time.



# Holiday Events

## LETTERS TO SANTA

**December 2 through December 16**  
**Frontier Fieldhouse**

**FREE**

Chicago Ridge residents are invited to bring a letter in to Frontier Fieldhouse to send to Santa. Santa will answer your letter and send it in the mail. Please make sure to include a return address! Letters must be sent to a Chicago Ridge address.

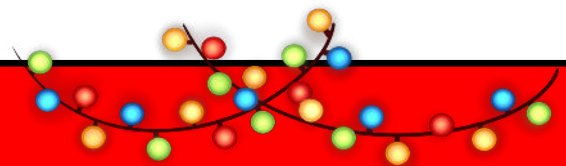


## HOLIDAY LIGHT GIVEAWAY

**Begins December 2**  
**Frontier Fieldhouse**

**FREE**

Residents can sign up beginning December 2, and receive one set of lights (while supplies last). Once you have your lights, simply decorate the outside of your home and be included in our BRIGHT LIGHTS TO SEE page on our website. Call 708-423-3959 for more information. ONE set of lights PER HOUSEHOLD.



## HOLIDAY HOUSE DECORATING CONTEST

Show your holiday spirit this season by turning your house into a "Winter Wonderland". To register your home, call the Chicago Ridge Park District at 708-423-3959 between December 2 and December 13. Voting will take place December 16-December 19 on our website, [www.chicagoridgeparks.com](http://www.chicagoridgeparks.com).

The winner will be announced on Friday, December 20.

# Family Events

**PUMPKIN SMASH**  
**Saturday November 2**  
**11:00am-1:00pm**  
**Freedom Activity Center**  
**FREE EVENT**

Bring your carved and painted pumpkins out for our 3rd Annual Pumpkin Smash! What is more fun than taking a bat and hitting a jack-o-lantern? The best part is that all pumpkins make their way to a composting site instead of heading to a landfill. Intact, uncarved pumpkins are NOT allowed for safety reasons. Pumpkins MUST be hollow and free from decorations other than paint.

**FAMILY PAINTING & PAJAMA PARTY**

**Saturday November 9**  
**9:00am-11:30am**

**Freedom Activity Center**

**Family of 4: \$40 R / \$50 NR    Family of 3: \$30 R / \$36 NR    Family of 2: \$20 R / \$25 NR**  
**Additional Person \$12 R / \$15 NR**

**Ages 3 and up**

Calling ALL family members for this fun event! What a fun morning for moms, dads, grandparents, aunts, uncles and kids alike! This multi-generational program is brand new and so much fun! Come dressed in your pj's and get ready for a fun and relaxing morning. After breakfast consisting of muffins, donuts, fruit and more, Instructor Candace will teach us how to paint a picture. Each person will create their own 8 "x 10" canvas artwork.

**MUST REGISTER BY NOVEMBER 5**

# Youth Events



## MARIO KART NIGHT

Friday September 6

6:00pm-7:30pm

Frontier Fieldhouse

\$8 R / \$12 NR

Ages: 5-12 years

Who doesn't wish they could participate in the game Mario Kart? This fun experience has a mini Mario Kart race track with cool scooters, crafts, other Mario-themed games, and light refreshments. Don't miss this one-of-a-kind event! There is a strict limit of 30 people for this event.

**MUST REGISTER BY SEPTMEBER 2**

## NERF WARS

Monday October 14

1:00pm-3:00pm

Frontier Fieldhouse

\$5 R / \$10 NR

Ages 5-12 years



Do you have what it takes to blast your way around our giant gym? Can you take out your opponents? Does your team have what it takes to destroy the targets before the others? Grab a friend for even more fun. Bring your dart style blaster, empty of course, and leave the rest to us. We provide darts and safety glasses. Only dart style blasters allowed, no ball type. Eye protection **MUST** be worn during all live play.

**MUST REGISTER BY OCTOBER 10. NO REGISTRATION TAKEN AT THE DOOR!**

## TEEN T-SHIRT PAINT NIGHT

Monday November 4

6:00pm-7:30pm

Freedom Activity Center

\$8 R / \$12 NR

Ages: 12-16 years

Learn how to paint a t-shirt. Using both fabric paints and markers design a fun shirt you can wear over and over again. All materials and patterns will be provided. Please include t-shirt size when registering. Please dress for a mess. Refreshments will be provided as part of this adventure. Bring a friend and make matching shirts!.

**MUST REGISTER BY OCTOBER 31**

# Youth Programs

## PIRATE HOUR

Wednesday September 4

4:00pm-5:00pm

Freedom Activity Center

\$8 R / \$12 NR

Ages: 3-6 years

Arg Mateys! Calling all future pirates to this action-packed 60 minutes. Can you walk the plank and dodge cannon balls? Can you locate the buried treasure? All future pirates will be given a cool pirate name for the class as we tackle these challenges and create a pirate-themed craft.

**MUST REGISTER BY AUGUST 31**



## NATIONAL CHOCOLATE SHAKE DAY

CRAFT AND TREAT

Thursday September 12

4:00pm-5:00pm

Freedom Activity Center

\$8 R / \$12 NR

Ages: 8-12 years

It's National Chocolate Shake Day today and we have it covered, literally, in chocolate! We will create a fun piece of art and make our own super chocolatey shakes complete with add-ins for an extra yummy shake. Grab a friend and make it twice as nice!

**MUST REGISTER BY SEPTEMBER 5**



## SLIMY GOOD FUN

4 Weeks

Fridays September 13– October 4

5:00pm-6:00pm

Freedom Activity Center

\$25 R / \$30 NR

Ages: 8-12 years

Get ready to be slimed! Each week we will create a new kind of slime and have time to enjoy it. We will create glow in the dark slime and fluffy slime, just to mention a couple. Recipes and all materials are provided. Once class is complete, all participants will receive a certificate of completion letting the world know you are a SLIME MASTER!

**MUST REGISTER BY SEPTEMBER 9**



## 3D PUMPKIN CRAFT

Thursday October 10

6:00pm-7:00pm

Freedom Activity Center

\$8 R / \$12 NR

Ages: 12-17 years

Learn how to turn a foam pumpkin into a 3D piece of art just in time for Halloween! Transform a pumpkin into a cool art piece you can hang up year after year.

**MUST REGISTER BY OCTOBER 6**

## VolleyKidz USA Classes & Leagues

PRIMARY AIM: To teach volleyball to youth and adults using the EVP Volleyball Pros lesson plan while enhancing student's skills, which make the game enjoyable, and challenges them to experience the next level of volleyball. All resulting in students saying "I love volleyball and I want to learn more".

### VolleyKidz USA (7-10yrs)

Volleykidz is an introductory class for children 7yrs to 10yrs. The lesson plan introduces the pass, set and spike using a very light volleyball. Volleykidz will improve each child's hand/eye coordination and left/right coordination through the use of fun drills and games. Lesson plan also incorporates short educational drills including spelling, math & science.

LOCATION:	Frontier Fieldhouse	MIN/MAX:	8/24 PER CLASS	WEEKS:	4
SEPTEMBER	Mondays	9/9-9/30	4-515p	7-10yrs	\$84R/\$94NR
OCTOBER	Mondays	10/7-10/28	4-515p	7-10yrs	\$84R/\$94NR
NOVEMBER	Mondays	11/4-11/25	4-515p	7-10yrs	\$84R/\$94NR
DECEMBER	Mondays	12/2-12/23	4-515p	7-10yrs	\$84R/\$94NR

### Jr. VolleyKidz USA (11-14yrs)

Improve your volleyball skills with 75 minutes of drills in setting, passing, overhand serving and spiking. The lesson plan directs the use of individual training, pairing drills and game situation development that help each student reach a new level. Instructors organize short games at the end of each class. The lesson plan incorporates leadership and educational components.

LOCATION:	Frontier Fieldhouse	MIN/MAX:	8/24 PER CLASS	WEEKS:	4
SEPTEMBER	Mondays	9/9-9/30	515-645p	11-14yrs	\$84R/\$94NR
OCTOBER	Mondays	10/7-10/28	515-645p	11-14yrs	\$84R/\$94NR
NOVEMBER	Mondays	11/4-11/25	515-645p	11-14yrs	\$84R/\$94NR
DECEMBER	Mondays	12/2-12/23	515-645p	11-14yrs	\$84R/\$94NR

### Jr. VOLLEY SERIES MATCH PLAY (11-14yrs)

Interested in playing volleyball with other volleyball athletes with skills to compete against other park teams? Then our Volleyball Pro will develop a team and bring game-situation lesson plan to the weekly classes to prepare for match-PLAY. The coaches' lesson plan will guide the team in weekly training for 75 minutes. At weekly practice the teams will learn team defense and offense positions while they improve on their fundamentals of passing, setting, spiking, and overhand serving. This is a 4-week program that meets once per week for 90 minutes. Each athlete receives EVP Volley Series t-shirt.

LOCATION:	Frontier Fieldhouse	MIN/MAX:	8/24 PER CLASS	WEEKS:	4
SEPTEMBER	Mondays	9/9-9/30	645-8p	11-14yrs	\$84R/\$94NR
OCTOBER	Mondays	10/7-10/28	645-8p	11-14yrs	\$84R/\$94NR
NOVEMBER	Mondays	11/4-11/25	645-8p	11-14yrs	\$84R/\$94NR
DECEMBER	Mondays	12/2-12/23	645-8p	11-14yrs	\$84R/\$94NR

Register online at: [www.chicagoridgeparks.com](http://www.chicagoridgeparks.com)

# Youth Programs

## CLAY WITH ME

2 Weeks

**Mondays September 16-September 23**

**4:00pm-5:00pm**

**Freedom Activity Center**

**\$12 R / \$15 NR**

**Ages: 6-10 years**

Do you love to create your own art pieces? Artists in this class will spend week 1 learning how to mold and form air dry clay into beautiful pieces. We will use fun techniques and adornments to add that wow factor to the pieces. In week 2 we will put the final touches on including paint and other fun additions. Please dress for a mess.

**MUST REGISTER BY SEPTEMBER 12**

## RICE KRISPY TREAT DAY

**Wednesday September 18**

**4:00pm-5:00pm**

**Freedom Activity Center**

**\$8 R / \$12 NR**

**Ages: 5-9 years**



Did someone say Rice Krispy Treats? It's National Rice Krispy Treat Day and let's make some fun. In this hands-on cooking class we will be creating a few different kinds of treats to try. Recipes are included in this class so that you can make your own magic at home. Please alert us to any food allergies upon registration. Please dress for a mess.

**MUST REGISTER BY SEPTEMBER 14**

## IMPROV CLASS

**Saturday November 2**

**\$20 R / \$25 NR**

**Terrace Center, 11500 Beloit, WORTH IL**

**Ages and Times: 8-12 years old—10:00am-11:00am**

**13-18 years old—11:00am-12:00pm**

Are you ready to laugh?! Most comedians you know and love have taken improv classes, and now it is YOUR chance! Come play games that work on teamwork, confidence, public speaking, and creative thinking! No experience necessary. The instructor, Kate Wiersema, is a performer with over 13 years of experience. She is currently playing with teams in and around the Chicago area. Kate is also the Artistic Director of *South of Chi Productions*, a comedy collective based in Homewood. Kate has studied at Second City and ComedySportz Chicago. She is also a local special education teacher.

**MUST REGISTER BY OCTOBER 29**

**THIS PROGRAM IS IN COOPERATION WITH THE WORTH PARK DISTRICT.**

# Youth Programs

## **SUPER SOCCER FANS**

**Tuesday September 24**

**4:00pm-5:00pm**

**Freedom Activity Center**

**\$8 R / \$12 NR**

**Ages: 3-7 years**

Calling all soccer fanatics! Do you have a little one who is obsessed with soccer? In this class we will make a paper soccer jersey you can decorate. We will create a paper m<sup>â</sup>ch<sup>e</sup> soccer ball you can fill at home. Compete in soccer themed skill games, win prizes and earn a medal! Can you kick the ball through the tunnel?

**MUST REGISTER BY SEPTEMBER 20**

## **COMIC BOOK WORKSHOP**

**3 Weeks**

**Tuesdays October 1– October 15**

**5:00pm-6:00pm**

**Administration Building**

**\$65 R / \$70 NR**

**Ages: 6-13 years**

At the Do Right Art Productions Comic Book Workshop, we will be diving into the exciting world of comics and creativity! In an interactive and high energy class, we will cover the topics of eyes, of stories, as well as drawing endlessly including on a giant white board. There will be music. There will be juggling, and plenty of other magic surprises to make an engaging and entertaining experience. Everyone will go home with stickers, bookmarks, and their own little comic to create at home and further their pursuits.

**MUST REGISTER BY SEPTEMBER 28**

## **ACTING WORKSHOP**

**Tuesdays October 1– October 15**

**6:15pm-7:15pm**

**Administration Building**

**\$65 R / \$70 NR**

**Ages: 6-13 years**

At the Do Right Art Acting Workshop, we will learn about the different visual languages we use with our face, emotions, and body posture. From these, we will try different improv scenarios at random, and see how easy it is to “get into character” and tap into our creative expression through different visual cues. We will then write our own part to act out.

**MUST REGISTER BY SEPTEMBER 28**

# Youth Programs

## **COOL CHARACTERS**

**4 Weeks**

**Tuesdays October 22– November 12**

**4:00pm-5:00pm**

**Freedom Activity Center**

**\$25 R / \$35 NR**

**Ages: 4-10 years**

Who doesn't love those fun-loving characters from the movies, TV shows and games? In this class, we will focus on one famous character, such as Mickey and Minnie, the Minions, The emotions from Inside Out and more. Each week will include games, a snack, and a craft based on that week's character.

**MUST REGISTER BY OCTOBER 18**

## **THANKSGIVING CENTERPIECE**

**Wednesday November 6**

**6:00pm-7:00pm**

**Freedom Activity Center**

**\$8 R / \$12 NR**

**Ages: 6-12 years**

Thanksgiving is almost here, so let's make a beautiful centerpiece for home! A simple wooden box will be transformed into a unique piece that is special to your family. Foliage, paint, decorations, and more will be provided. Just bring a smile and a friend!

**MUST REGISTER BY NOVEMBER 2**

## **NO SCHOOL-THANKSGIVING BREAK**

**Monday and Tuesday November 25 and November 26**

**9:30am-12:30pm**

**Frontier Fieldhouse**

**\$50 R / \$55 NR**

**Ages: 5-12 years**

In this 2-day program we will spend the morning playing games like giant kickball, Craters and Volcanoes, and more. We will make our own pizzas for lunch. We will create things like "Screaming Balloons", secret codes, slime, and other fun things. We will create our own desserts as well. This program has limited space, so please register early. This program must have a minimum of 8 to run.

**MUST REGISTER BY NOVEMBER 20**



# Youth Programs

## DINO HOUR

2 Weeks

Thursdays November 7-November 14

4:00pm-5:00pm

Freedom Activity Center

\$15 R / \$22 NR

Ages: 3-8 years

In this 2-week program, dinosaurs are the star! Each week we will learn a few cool facts about dinosaurs, play some dino-themed games and really get into the sport of it with some loud dinosaur roars and T-Rex Hands. If you have a little one who just loves dinosaurs, this class is a must!

**MUST REGISTER BY NOVEMBER 3**

## REINDEER MAGIC

Thursday December 4

4:00pm-5:00pm

Freedom Activity Center

\$8 R / \$12 NR

Ages: 3-6 years

Santa is getting his sleigh ready for the big trip! His reindeer will need to have their magic ready to be able to fly, and we are going to help! In this class we will create magic reindeer flying mix to help keep the reindeer in the air, and create some for ourselves too! We will also create a unique reindeer art piece.

**MUST REGISTER BY NOVEMBER 30**



## IT'S "SNOW" BEAUTIFUL

3 Weeks

Mondays December 9-December 23

4:00pm-5:00pm

Freedom Activity Center

\$20 R / \$25 NR

Ages: 3-6 years

Each week in this fun program participants will focus on snow and its beauty. We will explore the arctic and the animals located there, build a snow globe, create edible snowmen, create snow candy, and so much more.

**MUST REGISTER BY DECEMBER 5**

## SPLENDID SNOW GLOBES

Wednesday December 11

5:00pm-6:00pm

Freedom Activity Center

\$8 R / \$12 NR

Ages: 6-12 years

Snow Globes are relaxing and beautiful to watch. In this program, we will make our own snow globes using a variety of materials such as miniature items and trees, glitter, and much, much more. All materials are provided. This is one project that is sure to become a treasured holiday item.

**MUST REGISTER BY DECEMBER 7**

# Go with Me Programs

## GRANDPARENT & ME LUNCH

Tuesday September 10

11:00am-12:30pm

Freedom Activity Center

Family of 4: \$20 R / \$28 NR

Additional Person: \$6 R / \$8 NR

**Ages: 2-6 years with Grandparent**

Grandparents are you looking for something fun to do with your grandkids? Join us for an amazing morning filled with laughter and smiles! Create a craft, enjoy a slice of cheese pizza, make a sundae, play games and don't miss out on the Grandparent Fashion Show!

**MUST REGISTER BY SEPTEMBER 6**

## FUN DAYS AND PLAY DAYS

3 Weeks

Fridays September 13-September 27

9:30am-10:30am

Freedom Activity Center

\$20 R / \$25 NR

**(Fee includes both child and adult)**

**Ages: 2-6 years with adult**

Parents and young ones are invited to this 60-minute class for laughs, smiles, games, music, meeting other families, and more! This program features both group activities as well as those you can enjoy on your own. We will have a different theme each week with our activities based on the theme. Grandparents and other care professionals are also welcome to bring little ones. Only those children enrolled may attend. Parents/Guardians must remain with their children at all times.

**MUST REGISTER BY SEPTEMBER 9**

## MIGHTY MUSIC MAKERS

Session 1:

Tuesdays September 17-October 22

Session 2:

Tuesdays November 5-December 17 (no class 11/26)

5:00pm-5:45pm

Outside Terrace Center/Terrace Center

\$75 R / \$80 NR

**Ages: 1-5 years with a parent**

Participate with your child in singing, chanting, moving, dancing, listening and playing simple percussion instruments. Activities will bridge the natural connection between music and movement, improve listening abilities, and increase exposure and appreciation to different types of music. Class is 45 minutes and is designed for child and adult to participate in together. Enjoy 1 or both 6-week sessions.

**MUST REGISTER 7 DAYS PRIOR TO FIRST CLASS**

**THIS PROGRAM IS IN COOPERATION WITH WORTH PARK DISTRICT.**

# Go with Me Programs

## **MOM & ME FUN DAYS**

**Thursdays October 3-October 31**

**10:30am-11:30am**

**Freedom Activity Center**

**\$35 R / \$40 NR**

**Ages: 2-4 with a Parent**

Join us each Thursday in October for a morning of singing, laughing, dancing, and more. This class is intended for child and parent to attend together. We will try new art projects, sing some silly songs, and play game together like fishing for dinosaurs. Only those children enrolled may attend. Parents/Guardians must remain with their children at all times.

**MUST REGISTER BY SEPTEMBER 30**

## **GRANDPARENT & ME BREAKFAST**

**Friday October 11**

**9:30am-11:00am**

**Freedom Activity Center**

**Family of 4: \$20 R / \$28 NR**

**Additional Person: \$6 R / \$8 NR**

**Ages: 2-6 years with Grandparent**

Are you planning your next morning with your grandchildren? Check out this breakfast! Everyone will receive a light breakfast complete with donut holes, muffins, juice and coffee, and more. After breakfast we will complete a fun fall project, play some games, and smile the morning away.

**MUST REGISTER BY OCTOBER 7**

## **GRANDPARENT & ME ART EXPERIENCE**

**Monday November 18**

**10:00am-11:30am**

**Freedom Activity Center**

**Family of 4: \$20 R / \$28 NR**

**Additional Person: \$6 R / \$8 NR**

**Ages: 2-6 years with Grandparent**

In this art program families will explore and try different art processes and projects.

Fingerpainting, using paint stamps, coloring, cutting, gluing, and simple projects are all out for your little ones to try along with you.

Samples of art will be on display for inspiration. All instructions will be provided.

Please dress for a mess.

**MUST REGISTER BY NOVEMBER 14**

## **GRANDPARENT & ME CHRISTMAS PARTY**

**Tuesday December 10**

**11:00am-12:30pm**

**Freedom Activity Center**

**Ages: 2-6 years with Grandparent**

**Family of 4: \$20 R / \$28 NR**

**Additional Person: \$6 R / \$8 NR**

'Tis the season and we have the fun covered! Join us for Christmas-themed games and crafts as well as a pizza lunch and dessert. We'll play Pass the Present, Christmas relays, and make edible snowmen. This event will include our Signature Fashion Show that allows kids to dress their grandparents up and let them walk down the "runway". Don't miss this fun morning!

**MUST REGISTER BY DECEMBER 6**

## ACTIVELY AGING BINGO

**Ages: 55 and over**

Join us at the Frontier Fieldhouse for bingo every 1st and 3rd Tuesday! There will be 10 games, plus a cover-all! Call Frontier Fieldhouse to reserve your spot! There will be NO transportation for these events.

**YOU MUST CALL TO REGISTER FOR THIS EVENT BY CALLING 708-423-3959.**

**No registration taken at the door.**

**Time: 11:30am-1:30pm**

**Fee: FREE for Chicago Ridge Residents**

**\$5 NR**

**Location: Frontier Fieldhouse**

### Dates and Menu:

August 6: Snacks

October 15: Mac & Cheese

August 20: Taco Salad

November 5: Snacks

September 3: **NO BINGO**

November 19: Pizza

September 17: Chicken Tortilla Soup

December 3: Snacks

October 1: Snacks

December 17: Beef Stew

## ACTIVELY AGING MUSIC BINGO

Join us at the Frontier Fieldhouse on the 4th Wednesday of each month for this popular bingo event. Songs from the 50s-70s are played as you mark your card. Get a bingo and win a candy bar or other small prize. Light refreshments will be served.

**YOU MUST CALL TO REGISTER FOR THIS PROGRAM BY CALLING 708-423-3959.**

**No registration taken at the door.**

**Time: 10:30am-12:00pm**

**Fee: FREE for Chicago Ridge Residents**

**\$5 NR**

**Location: Frontier Fieldhouse**

August 28

September 25

October 23

November 27

**NO MUSIC BINGO IN DECEMBER**

# Pickleball

## OPEN PICKLEBALL

**Mondays, Thursdays, and Fridays 9:00am-1:00pm**

**Wednesdays 4:00pm-8:00pm**

**Frontier Fieldhouse**

**NO OPEN PICKLEBALL THE 3RD WEDNESDAY OF THE MONTH DUE TO TOURNAMENTS**

**\$3 R / \$6 NR Free for Fitness Members**

**6 indoor courts available !**

**Paddles available for use with ID**



## RECREATIONAL CO-ED PICKLEBALL FALL LEAGUE

**Mondays September 9-October 28**

**Times: 6:00pm-8:00pm**

**Frontier Fieldhouse**

**Ages: 30 and over**

**\$120 PER TEAM**

This co-ed recreational league is for those interested in having fun and competing against peers in a relaxed social setting. Those in this league should know the rules and fundamentals of the game including volleys and serves landing in-play a minimum of 80% of the time. The season will have 7 weeks of competition followed by 1 night of playoffs. Teams will play 2 matches per evening. Players will register as a team of up to 4 people. Trophies will be awarded to the top 2 teams at the conclusion of the playoffs. Matches must be played by female/female or female/male combination. No male/male team will be allowed. Please call for more information and complete rules.

**MUST REGISTER BY SEPTEMBER 5**

## RECREATIONAL CO-ED PICKLEBALL HOLIDAY LEAGUE

**Mondays November 4-December 16**

**Times: 6:00pm-8:00pm**

**Frontier Fieldhouse**

**Ages: 30 and over**

**\$100 PER TEAM**

This co-ed recreational league is for those interested in having fun and competing against peers in a relaxed social setting. Those in this league should know the rules and fundamentals of the game including volleys and serves landing in-play a minimum of 80% of the time. The season will have 6 weeks of competition followed by 1 night of playoffs. Teams will play 2 matches per evening. Players will register as a team of up to 4 people. Trophies will be awarded to the top 2 teams at the conclusion of the playoffs. Matches must be played by female/female or female/male combination. No male/male team will be allowed. Please call for more information and complete rules.

**MUST REGISTER BY SEPTEMBER 5**



## TOURNAMENTS

Each month join us for a recreational tournament. Tournaments are held each month on the 3rd Wednesday of the month. This double-elimination style tournament provides players with a minimum of 2 matches. Prizes awarded to the top 2 teams. **Teams must be either female/female or female/male. No male/male teams will be allowed.**

### FRONTIER FIELDHOUSE

**\$30 PER TEAM**

**Doors open at 5:00pm for practice.**

**Tournaments begin at 6:00pm.**

### TOURNAMENT DATES:

**FALL TOURNAMENT- SEPTEMBER 18**

**HALLOWEEN TOURNAMENT-OCTOBER 16**

**THANKSGIVING TOURNAMENT-NOVEMBER 20**

**HOLIDAY TOURNAMENT-DECEMBER 18**

## WINTER BREAK FAMILY PICKLEBALL

### Frontier Fieldhouse

**December 23-January 3 (Closed: December 25 and January 1)**

**\$3 R / \$6 NR**

**9:00am-11:30am**

**Ages: 5 and up**

Does your entire family enjoy a game of pickleball? School is out and kids love pickleball as much as adults. Bring the family out for a fun morning or two or three and enjoy this fun game! Paddles are available with an ID.

# Pickleball

## PIZZA & PICKLEBALL

Friday September 13

6:00pm-9:00pm

Frontier Fieldhouse

\$10 Per Person

**Ages: Adults Only**

Fall is in the air, pickleball is moving inside, and the pizza is hot! Join us for fun skill games that earn prizes while you enjoy fun music and the company of fellow players. Each person will receive a large slice of either sausage, veggie, or cheese pizza along with a soda. **This program is not included as part of fitness memberships.**

**MUST REGISTER BY SEPTEMBER 9.**

## DINKS & DONUTS

Thursday October 17

9:30am-11:00am

Frontier Fieldhouse

\$5 Per Person

**Ages: Adults Only**

Meet up with other pickleball players, enjoy donuts and coffee, and compete in a friendly challenge or two. **This program is not included as a part of fitness memberships.**

**MUST REGISTER BY OCTOBER 13.**

## PICKLEBALL HALLOWEEN SOCIAL

Friday October 25

6:00pm-9:00pm

Frontier Fieldhouse

\$15 Per Person

Join us for our first ever Pickleball Halloween Social! This action packed evening will be the talk of the community. Costume Contests, Fun Pickleball Variation Games, Pizza and Pop, and all the fun you could ask for awaits you! **This program is not included as a part of fitness memberships.**

**MUST REGISTER BY OCTOBER 21**

## THANKSGIVING FRIENDSGIVING

Monday November 11

9:30am-11:00am

Frontier Fieldhouse

\$5 Per Person

Thanksgiving is a time for celebrating family and friends, and what a better way than with a pickleball game or two? This fun morning will offer some fun variations of pickleball that will allow you to mix it up and play with new friends. Coffee and light snacks will also be available. **This program is not included as a part of fitness memberships.**

**MUST REGISTER BY OCTOBER 21**



## PICKLEBALL CHRISTMAS PARTY

**Friday December 13**

**6:00pm-9:00pm**

**Frontier Fieldhouse**

**\$10 Per Person**

**Ages: Adults Only**

Celebrate the holidays with your pickleball family during this fun evening! We'll have pizza, dessert, and lots of pickleball. There will be an optional gift exchange as well. Simply bring a wrapped pickleball-themed gift between \$5-\$10 to exchange. You must bring a gift to receive a gift. **This program is not included as a part of fitness memberships.**

**MUST REGISTER BY DECEMBER 9.**

## BEGINNING PICKLEBALL CLASSES

**Frontier Fieldhouse**

**\$10 R / \$15 NR**

**Ages: Adults Only**

Does pickleball sound fun, but you're unsure of how to play? Instructor Kay will be on hand to teach you the basics and provide practice to get you playing pickleball like a champ! Class also provides entrance to open pickleball for the day of your class so you can practice what you learned. Paddles available with a current ID. **This program is not included as a part of fitness memberships.**

### MORNING DAYS AND TIMES:

**Thursdays 10:00am-10:45am**

**September 12, October 10, November 14, or December 12**

### EVENING DAYS AND TIMES:

**Wednesdays 6:00pm-6:45pm**

**September 4, October 2, November 6, or December 4**

**MUST REGISTER 4 DAYS PRIOR TO CLASS DATE.**



**Register online at:**

**[www.chicagoridgeparks.com](http://www.chicagoridgeparks.com)**



# Cardio Drumming Class!



Day: Wednesdays

Time: 9:30am-10:15am

Place: Frontier Fieldhouse

Fee: See below

Cardio drumming is a fun new way to exercise! It's drumming on a stability ball to fun music, with dance moves thrown in! And it has so many healthful benefits! The best thing is you don't have to be a skilled drummer to have a blast in this class! If you love moving to good music, come join us!



**Purchase a punch pass and attend on your schedule!**

	5 CLASSES	10 CLASSES	1 CLASS
RESIDENT	\$25.00	\$50.00	\$5.00
NON-RESIDENT	\$35.00	\$70.00	\$7.00

***Passes are good for one year. Passes are non-refundable and non-transferable.***

Please call ahead to check availability and to reserve your spot.

708-423-3959

Instructor: Gayle Dunterman

# Zumba Class



## PUNCH PASSES!

Not sure what days you can get in your Zumba dance workout? No problem!

With the Zumba Punch Pass, you pay for a set number of days (5 or 10),  
and come when you can! Passes must be purchased

1. On our website (ready for pick up at your first class) or
2. At the Frontier Fieldhouse 9807 S. Sayre Avenue (made while you wait).

*(Passes cannot be purchased at the door).*

	5 CLASSES	10 CLASSES	1 CLASS
RESIDENT	\$35.00	\$70.00	\$10.00 (must bring exact cash)
NON-RESIDENT	\$45.00	\$90.00	\$10.00 (must bring exact cash)

***Passes are good for one year. Passes are non-refundable and non-transferable.***

**Classes are held Tuesdays and Thursdays 6:00pm-7:00pm**

**at FREEDOM ACTIVITY CENTER**

**Instructors: Gayle Dunterman & Trecia Flowers**

# Frontier Park Fieldhouse

9807 S. Sayre Avenue / (708) 423-3959

## FRONTIER FIELDHOUSE HOURS

**Monday through Thursday 9:00am-8:00pm**

**Friday 9:00am-5:00pm**

**Saturday and Sunday 8:00am-12:00pm**

Frontier Park Fieldhouse offers a variety of amenities geared toward every aspect of physical fitness with something to offer everyone.

The fitness center equipment by LifeFitness includes:

- Twenty (20) cardio machines including: cross trainers, treadmills and stair steppers
- Two (2) rowing machines
- Upper and lower body strength training equipment
- Two (2) separate rooms to utilize
- Four-lane walking track



**\*\*Proud participant of  
Silver Sneaker Fitness  
Program**

Please call  
(708) 423-3959  
for details\*\*



<b>Annual Membership</b>	<b>Resident (Discounted Rate)</b>	<b>Non-Resident</b>
Individual (16 & Over)	\$140	\$275
Additional Adult	\$115	\$210
Senior (55 & Over)	\$85	\$145
Additional Senior	\$55	\$115

<b>6-Month Membership</b>	<b>Resident (Discounted Rate)</b>	<b>Non-Resident</b>
Individual (16 & Over)	\$100	\$210
Additional Adult	\$85	\$175
Senior (55 & Over)	\$55	\$120
Additional Senior	\$35	\$85
Daily (18 & Over)	\$5	\$10
10-Vist Punch Pass (18 & Over)	\$40	\$80

# BEFORE & AFTER SCHOOL

Chicago Ridge School District 127.5  
 Ridge Central School • Ridge Lawn School •  
 Finley Junior High



## Available Half Days

We are open for half days and no school days!



## Fun with Friends

A rewarding program that balances each child's physical, intellectual, and social needs.



## Flexible Scheduling

Pick & choose your schedule that works for YOU!

## ACTIVITIES

- Sports & Recreation
- Arts & Crafts
- STEM Education
- Snack
- Homework

**REGISTRATION FEE IS \$50 • Convenient & Affordable!**

Fee Schedule	AM Only	PM Only	AM & PM
Attend 5 DAYS	\$90.00	\$106.00	\$162.00
Attend 4 DAYS	\$76.00	\$93.00	\$127.00
Attend 3 DAYS	\$59.00	\$74.00	\$106.00
Attend 2 DAYS	\$42.00	\$52.00	\$70.00
Attend 1 DAY	\$24.00	\$29.00	\$42.00
Drop Off	\$29.00	\$34.00	\$46.00
Half Day Up-charge	\$10.00	<i>Child must bring a sack lunch.</i>	

## K-8TH

Transportation to and from school provided by District 127.5.

Accepts Illinois Action for Children Child Care Assistance Program

**REGISTER NOW**  
 at [ivyleaguekids.org](http://ivyleaguekids.org)

**Freedom Activity Center**  
 6252 Birmingham St.  
 Chicago Ridge, IL 60415

**815-464-1265**