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# Welcome

#### **Hours of Operation**

#### **Community Center**

1619 Wesley Avenue Berwyn, IL 60402 (708) 749-4900 www.nbpd4fun.org

\*Hours are Subject to change Monday-Friday 9:00 am - 3:00 pm

Saturday Closed

**Sunday Closed** 

# **Board** of Commissioners



Jim Kearns Jr.
Vice President



Mark Sladek Treasurer



Jeanmarie Hajer-O'Connor Commissioner



John Kearns Commissioner



Joseph C. Vallez **Executive Director** 

#### How do we register for programs?

To register for a program, please call the Community Center at (708)749-4900. Registration is open Monday-Friday 9:00 am-3:00 pm.

#### What type of Payment is accepted?

At this time we are only accepting payments over the phone by credit card.

#### Have

# Cfuestions

about programs in this brochure?

Are face masks required to enter or participate in Park District programs or facilities?

Yes, face masks are required at all times while entering or participating in any Park District program or facility.

#### How do I pick up my To Go Kits?

We have scheduled pickups for these classes for Fridays between 3:00-4:00 pm. Our staff will provide you with more details upon registration.

#### What do I do once I arrive for a program?

We ask that you arrive at program time. The staff will be waiting for you at the entrance to welcome you, please be prepared to show ID and please remember face masks are required. (Please take note only those participating in a class will be allowed in the facilities) If you are participating in a fitness or dance class please bring your own water bottle, towel or mat. Class sizes are limited in order to follow CDC and IDPH guidelines on social distancing. If you are feeling sick please stay home and contact healthcare provider.

#### North Berwyn Park District

# Best of Berwyn

Junior Citizen Recognition Program



#### 2020 Candidates

Julia Abrego, Leslie Antunez, Zoey Alvarez, Gianna Bonano, Ava Bucur, Arcelia Cruz, Matthew Erlec, Alexandria Evans, Violetta Fajardo, Joshua Galvan, Nayeli Gutierrez, Amanda Hoelbl, Erika Hurt, Alexandra Jimenez, Jehu Lagunas, Jizelle Lopez, James Martines, Isaac Martinez, Diana Mendoza, Maya Miller, Marcelo Oliveros, Evalise Papish,

Zenaida Patino, Esai Perez, Jazilie Perez, Salvador Rivera, Jorge Rocha, Jillian Rowell, Valerie Saldana, Phoenix Yoder (not listed as pictured)

SOMEDAY, THEY WILL

Joan

but first, they will practice within these city walls!





Keep your little Scientists busy with **NBPD's Science Kits To Go!**Each kit will have everything you need \*( *milk & 2 pieces of tape not included*) to create all these fun experiments in the comfort of your own Science Lab at home.

- Exploding Lemon Volcanoes,
- Chicken Sounds from a cup
- Incredible Hoop Glider
- Build a Fizz Inflater
- Lava Lamp
- Magic Milk
- Oobleck

Please call (708)749-4900, Monday-Friday 9:00 am-3:00 pm to place your order & pay by phone.

To abide by CDC safety guidelines, we've arranged a no contact pick up for Fridays from 3:00-4:00 pm.

## Special Interest



#### Fun Fridays 4 weeks

Let's have a socially distant social hour! The kids have been cooped up long enough, so we have created a safe and fun environment for them to get out of the house and away from those screens! Friday Funday's will consist of a variety of engaging activities including: arts and crafts, trivia time, and a rotation of fun games.

**Instructor:** Elizabeth Real

**Ages:** 7-13 yrs. **Day:** Fridays **Dates:** 8/7-8/28 **Time:** 5:00-6:00 pm **R/NR Fee:** \$20/\$25

Location: Outside at Pyrce Park/Community Center

Register By: 1 week in advance of attendance

Min 5/Max 10 Code: 183000A



#### Poms 4 weeks

This energetic class consists of fun warm-ups, stretch and strength exercises. You'll also be taught beginner poms dance techniques.

**Instructor:** Giselle

**Ages:** 6-10 yrs. **Days:** Fridays **Dates:** 8/7-8/28 **Time:** 6:30-7:15 pm **R/NR Fee:** \$15/\$20

**Location:** Community Center/ Carroll Room **Register By:** 1 week in advance of attendance

Min 4/Max 8 Code: 193117A



#### Spanish for Kids 4 weeks

This class will expose children to the Spanish language and culture while encouraging them to actively use what they have learned through the use of music, games, and stories. Students acquire new vocabulary through fun activities, popular children's songs and games from Spanish-speaking countries. Designed for Beginning students, or students who've had some previous study or exposure to Spanish, this class aims to stimulate in children a love of learning language and confidence to use their skills.

**Instructor:** Elizabeth Real

**Ages:** 7-14 yrs.

**Days:** Mondays & Wednesdays

**Dates:** 8/3-8/26 **Time:** 5:30-6:30 pm **R/NR Fee:** \$20/\$25

Location: Outside at Pyrce Park/Community Center

**Register By:** 1 week in advance of attendance

Min 5/Max 10 Code: 183100A

# Art To Go

#### Art Kits To Go

Bring your creativity to life with our Art Kits! These kits have everything you need to start painting at home. 2 pre-printed 9x12 canvases, paint & painting guide. These are the perfect projects to do alone or with your family. These kits must be pre-ordered prior to pickup.

**Ages:** All

**Days:** Pick up on Fridays **Time:** 3:00-4:00 pm **R/NR Fee:** \$10

Location: Pick up at Community Center

# Superhero Kit Please indicate which 2 canvases you would like to purchase.

#### Pokemon & Dessert Kit

Please indicate which Kit you would like to purchase.



#### Star Wars & Frozen Kit

Please indicate which Kit you would like to purchase.



# Art Class





# Landscape ART Classes to go

Ages: All

**Days:** Pick up on Fridays **Time:** 3:00-4:00 pm **R/NR Fee:** see below

**Location:** Pick up at Community Center

These are pre-recorded virtual classes: a link will be emailed to you, upon registration.

## \$25 per class

Your kit includes – Canvas, paint & 4 instructional videos

\$5

Brush set (optional but recommended)

Please call (708)749-4900, Monday-Friday 9:00 am-3:00 pm to place your order & pay by phone. (Please provide an active e-mail address)

# Ceramics To Go

#### Ceramics To Go

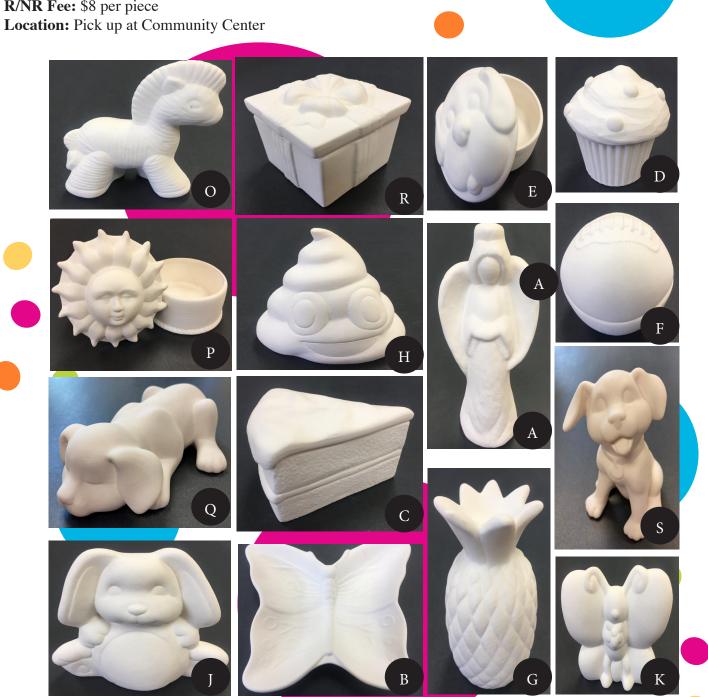
Bring your creativity to life with our Art Kits! These kits have everything you need to start painting at home. 1 Ceramic piece, paint, mod podge sealant & brush. These are the perfect projects to do alone or with your family. These kits must be pre-ordered prior to pickup.

Please indicate by letter your ceramic figure of choice when ordering.

**Ages:** All

Days: Pick up on Fridays **Time:** 3:00-4:00 pm R/NR Fee: \$8 per piece

\*Ceramic painting is for decorative use only, items are not food/water safe



# Art KIDS





**Ages:** 7-16 yrs.

Days: See class descriptions
Dates: See class descriptions
Time: 5:00-6:00 pm
R/NR Fee: \$20/\$25

**Location:** Outside at Pyrce Park/Community Center **Register By:** 1 week in advance of attendance

Min 4/Max 7

#### Mixed Media Masterpieces 4 weeks

In the art world there are no limits, so why limit yourself to one medium? In this class, students will have the opportunity to sculpt, collage, paint, draw, and more! Weekly lessons will be presented at class time, giving participants the opportunity to explore the wide world of mixed media art, where the only limitation is your imagination.

**Instructor:** Tara Tischer

**Days:** Mondays **Dates:** 8/3-8/24 **Code:** 153104A

#### The Art of Watercolor 4 weeks

Join us each week as we learn the basics of watercolor painting. We will experiment with different types of watercolor paints, and learn a variety of techniques to show you how relaxing and captivating this medium can be.

**Instructor:** Tara Tischer

**Days:** Tuesdays **Dates:** 8/4-8/25 **Code:** 153105A

#### Sculptural Techniques 4 weeks

Students will be exposed to a wide variety of professional art materials in this unique and engaging sculpture class. Participants will draw inspiration from weekly lessons presented at class time, while being encouraged to express their unique artistic vision in a fully supportive and fun environment.

**Instructor:** Tara Tischer

Days: Wednesdays Dates: 8/5-8/26 Code: 153106A

#### Kids on Canvas 4weeks

In this introductory painting class, students will learn about a variety of artists and art genres while experimenting with multiple painting techniques and mediums. Participants will be encouraged to express their unique artistic vision while drawing inspiration from their weekly lesson.

**Instructor:** Elizabeth Real

Days: Thursdays Dates: 8/6-8/27 Code: 153107A

#### Teen Art Lab 4 weeks

The youth of our nation have so many important things to say, that's why we created our new Teen Art Lab. Teen Art Lab is designed to be a student driven class where teens will be able to freely express themselves in a completely supportive and encouraging environment. Students will be allowed to develop and refine their current skill set, while being given the freedom to work on individual projects, or collaborative group projects with their peers.

**Instructor:** Tara Tischer

**Days:** Fridays **Dates:** 8/7-8/28 **Code:** 153103A

## Dance

#### Ballet 4 weeks

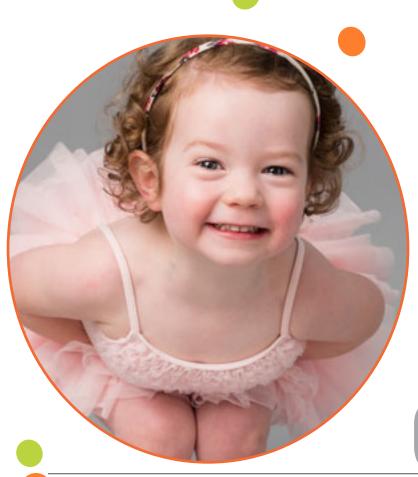
Stimulate your child's creativity and energy through ballet! In this class, your little one will be taught through exercise, movements, mime, arm carriage and free expression. Stretching and beginning ballet steps will be learned. Remember parents, dance promotes discipline, coordination, memory, stamina, and many other positive characteristics which can be very beneficial to your child's future.

**Instructor:** Ms. Marilyn

**Ages:** 5-7 yrs. **Day:** Tuesdays **Dates:** 8/4-8/25 **Time:** 4:30-5:00 pm **R/NR Fee:** \$25/\$30

**Location:** Community Center/ MP 1&2 **Register By:** 1 week in advance of attendance

Min 4/Max 8 Code: 193101A



#### Ballet/Tap 4 weeks

How much fun it is to dance! In this combination class, your child will begin to learn the art of ballet along with the musical steps of tap. Learning new ways of expressing themselves in an artistic, physical way will make their experience fun and exciting.

**Instructor:** Ms. Marilyn

**Ages:** 5-9 yrs. **Day:** Tuesdays **Dates:** 8/4-8/25 **Time:** 6:00-7:00 pm **R/NR Fee:** \$30/\$35

**Location:** Community Center/ MP 1&2 **Register By:** 1 week in advance of attendance

**Min** 4/**Max** 8 **Code:** 193103A



#### Tiny Tappers 4 weeks

TAP,TAP! Boys and girls will love the excitement of TAPPING! The art of tap dance is energetic, fun and a great way to develop rhythm and coordination as well as basic motor skills. Best of all, your child will begin to build up a positive self esteem at a very early age.

**Instructor:** Ms. Marilyn

**Ages:** 5-7 yrs. **Day:** Tuesdays **Dates:** 8/4-8/25 **Time:** 5:15-5:45 pm **R/NR Fee:** \$25/\$30

Location: Community Center/ MP 1&2

**Register By:** 1 week in advance of attendance

**Min** 4/**Max** 8 **Code:** 193102A



For Ballet or Tap Shoes Contact Ms. Marilyn at (708)788-9772

# Fitness

#### Zumba 4 weeks

Routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat.

**Instructor:** Jazmine/JazzyGirlFitness

Ages: 16+ yrs. R/NR Fee: \$20/\$25 Location: the Studio

**Register By:** 1 week in advance of attendance

Min 6/Max 12

**Days:** Wednesdays **Dates:** 8/5-8/26 **Time:** 7:00-8:00 pm **Code:** 173113A

**Days:** Thursdays **Dates:** 8/6-8/27

**Time:** 9:30-10:30 am

**Code:** 173113B



#### Yoga 4 weeks

Develop strength, stamina, flexibility and balance control. You will also be introduced to basic postures and stretches. Please bring your own yoga mat.

**Instructor:** Carol Olsen

**Ages:** 18+ yrs.

**Time:** 7:15-8:15 pm **R/NR Fee:** \$23/\$28

**Location:** Community Center/ Carroll Room **Register By:** 1 week in advance of attendance

Min 4/Max 8

Days: Tuesdays Dates: 8/4-8/25 Code: 173115A

**Days:** Thursdays **Dates:** 8/6-8/27 **Code:** 173115B



# Cardio and Strength for Adults 4 weeks

This class will provide participants with a combination of cardiovascular and strength training segments to elevate your heart rate and boost fat burning potential. Cardio drills contain minimal choreography.

**Instructor:** Luis Alvarez

**Ages:** 16+ yrs. **Days:** Fridays **Dates:** 8/5-8/26 **Time:** 7:45-8:30 pm **R/NR Fee:** \$20/\$25

Location: Former VFW Hall

Register By: 1 week in advance of attendance

Min 10/Max 15 Code: 173116A



Please
make sure to
bring a yoga mat
and your water
bottle!

## Fitness

#### Youth Fitness 4 weeks

This class will be an electrifying 45 minute workout focusing on simple and repetitious movements that promote muscle strength and flexibility while improving stamina.

**Instructor:** Amaya

**Ages:** 7-12 yrs. **Time:** 4:00-4:45 pm **R/NR Fee:** \$15/\$20

**Location:** Community Center/ Carroll Room **Register By:** 1 week in advance of attendance

Min 6/Max 10

Days: Mondays Dates: 8/3-8/24 Code: 173117A

Days: Wednesdays Dates: 8/5-8/26 Code: 173117B

#### Kids Yoga 4 weeks

Namaste! Learn yoga fundamentals and practice basic poses in a fun and empowering atmosphere

**Instructor:** Amaya

**Ages:** 6-10 yrs. **Days:** Tuesdays **Dates:** 8/4-8/25 **Time:** 4:00-4:45 pm **R/NR Fee:** \$15/\$20

**Location:** Community Center/Carroll Room **Register By:** 1 week in advance of attendance

Min 4/Max 8 Code: 173118A

Please
make sure to
bring a yoga mat
and your water
bottle!

#### Cardio and Agility for Kids 4 weeks

If your young one has some energy to burn, then our cardio and agility class is perfect for them! Not only will we have fun, but we will help participants improve their overall strength, stamina, and general fitness level.

**Instructor:** Luis Alvarez

**Ages:** 7-13 yrs. **Days:** Wednesdays **Dates:** 8/5-8/26 **Time:** 3:30-4:30 pm **R/NR Fee:** \$20/\$25

Location: Former VFW Hall

Register By: 1 week in advance of attendance



# Martial Arts

#### Tae Kwon Do Beginners 4 weeks

Learn the basic fundamentals of the Korean art of self-defense, including kicks, blocks and punches! No previous martial arts experience needed.

**Instructor:** Randall Dittman

**Ages:** 6-12 yrs. **Time:** 5:45-6:45 pm **R/NR Fee:** \$20/\$25

Location: Former VFW Hall

Register By: 1 week in advance of attendance

Min 6/Max 12

**Days:** Tuesdays **Dates:** 8/4-8/25 **Code:** 173302A

Days: Thursdays Dates: 8/6-8/27 Code: 173302B

# Tae Kwon Do 4 weeks Intermediate/Advanced

Advanced form practice will be emphasized. Students holding a rank of Green Belt or higher will receive advanced instruction.

**Instructor:** Randall Dittman

Ages: 6-15 yrs. Days: Mondays Dates: 8/3-8/24

**Time:** 5:45-6:45 pm **R/NR Fee:** \$20/\$25

Location: Former VFW Hall

**Register By:** 1 week in advance of attendance

Min 6/Max 12 Code: 173301A





Beginning students will learn the fundamentals of the Korean art of self-defense. Returning students will receive advanced instruction. This class also serves as a great workout!

**Instructor:** Randall Dittman

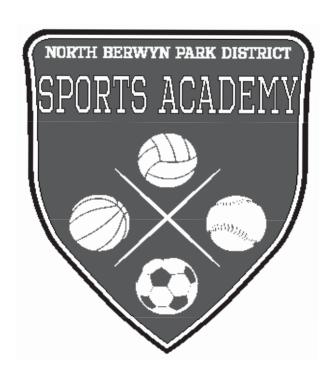
**Ages:** 13+ yrs. **Days:** Mondays **Dates:** 8/3-8/24 **Time:** 7:15-8:15 pm **R/NR Fee:** \$20/\$25

Location: Former VFW Hall

**Register By:** 1 week in advance of attendance

Min 6/Max 12 Code: 173303A

### Sports



#### Soccer Drills and Skills 4 weeks

Get the kids off the couch and back into shape with our soccer drills and skills class! Participants will focus on physical conditioning and agility drills while maintaining a safe distance from other players. Each participant will begin each class with their own sanitized ball that they will use only for themselves for the duration of the class. Players must wear a mask when entering and exiting the facility and may only remove their mask when they have been assigned to their designated area for class. Parents must wait for their children outside of the premises during class time. Participants will not be allowed into the class early and are not allowed to stay late afterwards. Participants must bring their own water from home.

**Ages:** 6-14 yrs.

Days: Tuesdays & Thursdays

**Dates:** 8/4-8/27

**Time: 6-9 yrs.:** K-2nd: 5:00-6:00 pm

**10-14 yrs.:** 3-5th: 6:30-7:30 pm

R/NR Fee: \$25/\$30 Location: Jefferson Field

Register By: 1 week in advance of attendance

Min 6/Max 10 Code: 203000A, B

# Basketball Drills and Skills 4 weeks

Our basketball drills and skills class is the perfect way for your basketball superstar to stave off the quarantine blues while in a safe and socially distant environment. Participants will focus on physical conditioning and agility drills while maintaining a safe distance from other players. Each participant will begin each class with their own sanitized ball that they will use only for themselves for the duration of the class. Players must wear a mask when entering and exiting the facility and may only remove their mask when they have been assigned to their designated area for class. Parents must wait for their children outside of the premises during class time. Participants will not be allowed into the class early and are not allowed to stay late afterwards. Participants must bring their own water from home.

**Ages:** 6-14 yrs.

Days: Wednesdays & Fridays

**Dates:** 8/5-8/28

**Time: 6-9 yrs.:** K-2nd: 5:00-6:00 pm

**10-14 yrs.:** 3-5th: 6:30-7:30 pm

**R/NR Fee:** \$25/\$30

**Location:** Former VFW Hall

Register By: 1 week in advance of attendance

Min 5/Max 10 Code: 203001A, B





Come hang out with us.....

As a Club 55 member, you will have exclusive advantages to all great club benefits including: Private invitations to Trips and Events, Special Mailer, Priority registration for a number of activities, Receive a discount on Trips (rules apply), And most importantly, membership will earn you a circle of lasting friendships with residents in your community!

#### Silver Studio 4 weeks

This class is sure to get you excited about experimenting with a variety of painting mediums, including watercolors, chalk and oil pastels, and acrylic paints. We have created a space where all students can inspire one another and discover the artist within. All materials and instruction will be provided, but participants are welcome to bring materials from home if desired.

**Instructor:** Tara Tischer

**Ages:** 55+ yrs.

**Days:** Tuesdays & Thursdays

**Dates:** 8/4-8/27

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

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

**Location:** Community Center/ Art Room

Max 7

Code: 163106A

#### FREE Movies in the Afternoon

Join us for **Free** Movie **Fridays** movies begin at **1:30 pm**! Pre-registration is required, limited seating. Call 708-749-4900 ext. 14 to register. \*No refreshments will be served, mask/face covering must be worn at all times.

August 7: The Art of Racing in the Rain, 2019, Drama/Comedy, PG, 109 min.

September 4: The Good Liar, 2019 Drama/Thriller, R, 110 min.

October 2: A Beautiful Day in the Neighborhood, 2019, Drama, PG, 109 min.

Ages: 55+ yrs.

Days: Fridays

Dates: see above

Time: 1:30 pm

R/NR Fee: Free

Location: the Studio

Min 6/Max 12

Code: 163100A, B, C.

#### **Bingo**

Pre-registration required, sorry no walk-ins. Call 708-749-4900 ext. 14 to register. \*No refreshments will be served or allowed, no more than 3-4 players per table, 1 bingo card per person, mask/face covering must be worn at all times.

**Ages:** 55+

Days: Mondays

**Dates:** 8/3, 8/10, 8/17, 8/24

**Time:** 1:30-2:30 pm **R/NR Fee:** FREE

**Location:** Community Center

Carroll Room

Code: 163000A, B, C, D

Min 8/Max 16



# IMPORTANT Information

# You snooze, you lose... Don't wait to the last minute to register for your favorite

Don't wait to the last minute to register for your favorite classes and programs! If the class/program is not at its minimum by the "Register by" date, the class/program runs the risk of being canceled.

#### Refunds & Credits

The North Berwyn Park District will grant refunds/credits for classes/programs as follows:

Prior to the first scheduled meeting......Total fee Before the second scheduled meeting.....5% of fee Before the third scheduled meeting......50% of fee After the third scheduled meeting......No refunds/credits

For TRIPS, refunds/credits will not be given after the "Register by" date or unless a replacement can be found.

#### **Equal Access**

No participant shall, on the basis of race, sex, creed, national origin or disability, be denied equal access to programs, activities, services or benefits, or be limited in the exercise of any right, privilege, advantage or opportunity. For special accommodations on a trip, please inform NBPD before the trip's registration deadline.

#### **Waiting List**

We encourage you to get on the waiting list for a program or trip with no more open spaces because we will always try our very best to accommodate a larger group if possible. Payment will not be taken to register on to the waiting list.

#### **Bad Weather?**

Programs may be canceled due to severe or prohibitive weather. If a program is canceled, all participants will be notified and a maximum of one session per program will be rescheduled if possible. Note that for special events a rain date may or may not be scheduled. If you have any questions please contact us at (708) 749-4900.

#### Class Age Range

Classes are designed to meet the needs of specific age ranges and developmental abilities. Participants must be the proper age before the first day of the class(es) they are to attend.

#### Gifts Certificates Available!

Give the gift of FUN! Gift certificates are available for all occasions, year-round, for any amount! Gift certificates may be used for any program or trip.

#### **Photo Disclaimer**

NBPD may take photos and/or video coverage of its programs, special events and their participants. If you do not wish for your photograph and/or video to be used in our website, brochures, flyers or any other publication, please submit your request in writing.

#### Residency

Please note that, persons residing outside of the North Berwyn Park District have different registration dates. North Berwyn boundaries are: north of Cermak between Harlem and Lombard. You are an in-district resident of the Park District if you live in Berwyn. Everyone is welcome to participate in our programs, although sometimes higher fees may apply to people living outside of Berwyn.

#### **Parking**

Park District participants must utilize the south end of the Sokol Tabor parking lot. The lot is located directly behind (east) of the Community Center. Please note that Wesley Ave is reserved for resident parking only. NBPD has 15 minute parking as well as handicap parking directly in front of the building on Wesley Ave, however, cars parked on Wesley Ave for more than 15 minutes will be ticketed.

#### **Board Meetings**

We value your opinions and suggestions. Berwyn residents are invited to attend board meetings held every second Thursday of the month at the Community Center @ 5:30 pm.

#### Pets

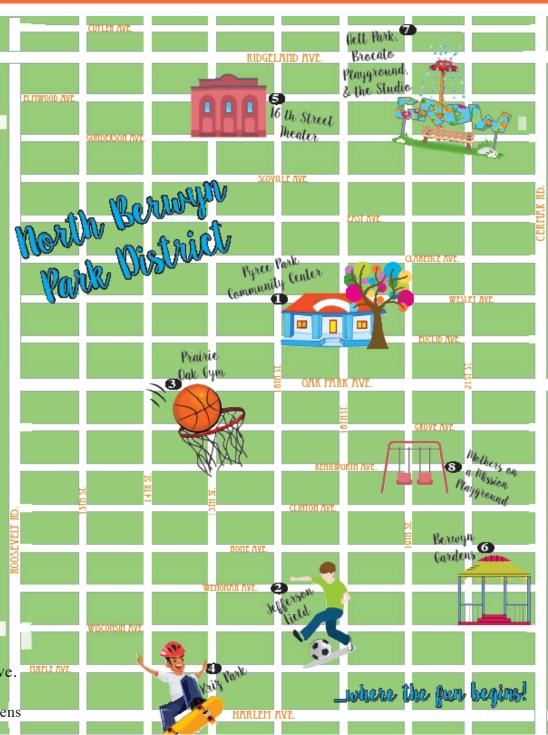
Take your dog for a walk through the dog-friendly, Berwyn Gardens. Don't forget to keep him/her on a leash. No pets allowed at all other North Berwyn Park District parks.

#### **Lost & Found**

The North Berwyn Park District is not responsible for any lost or stolen items. Lost and found items are kept for a limited time only. If you have lost something, please contact the front desk immediately.

#### **LOCATIONS**

- PYRCE PARK
  COMMUNITY CENTER
  1619 Wesley Ave.
  Special Events, Preschool
  Classes, Spray Pool,
  Playground, Rentals
- JEFFERSON FIELD
  16th & Wenonah Ave.
  Soccer
- PRAIRIE OAK GYM 15th & Oak Park Ave. Sports
- 4 Kriz Park 15th & Maple Ave. Playground, Skate Park
- 5 16TH STREET THEATER 6420 West 16th St. Classes, Year-round equity Theater
- 6 BERWYN GARDENS
  Grove Ave. Wenonah Ave.
  north of Cermak
  Gazebo, Playground, Gardens
- HEIT PARK, BROCATO PLAYGROUND, & THE STUDIO 19th St. & Cuyler Ave.
  Playground, Garden, Spray Pool, Dance Studio, Rental
- MOTHERS ON A MISSION PLAYGROUND Kenilworth Ave. north of Cermak Handicap Accessible Playground



#### Quote of the Season:

"Life isn't about finding yourself, it's about creating yourself."

# **BE SAFE INSIDE & OUT!**

IF YOU'RE SICK PLEASE STAY HOME



# COVER FACE

Logether we will get through this!