

Chicago Ridge Park District



SPRING
2024

BOARD OF COMMISSIONERS

Rob Pratl

Mary Crout

Dave Conrad

Jamie Albon

Bob Meyer

Commissioners

THE CHICAGO RIDGE PARK DISTRICT BOARD OF COMMISSIONERS

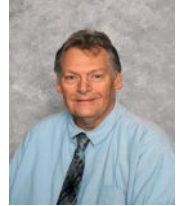
The Park Board is composed of five non-paid individuals, selected by you, to serve elected terms. The board is primarily a policy-making body that reflects the needs and interests of all taxpayers. The Board of Commissioners meets on the second and fourth Wednesday of each month at 7:00pm at the *Freedom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

Rob Pratl



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
Stay connected with text messages!	 Pickleball #PICKLEBALL	 Lily Pad #LILYPAD

HOW DO I REGISTER?

- Begin by going to our website: 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

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 Ave

FRONTIER FIELDHOUSE

9807 S. Sayre Avenue

LILY PAD SPLASH PAD

6246 W. Birmingham Ave



Spring Events



ST. PATRICK'S DAY COIN HUNT AND MORE

Saturday March 9

10:00am

FREE EVENT

Freedom Park

HELP! Our leprechaun lost his treasure and you can find it! Gold coins and special coins are scattered throughout the park and we need help finding them. While supplies last, children will be given a mini bucket to collect gold coins, special coins can be redeemed for prizes. Make sure to pick up your craft to keep the luck going. This is a rain/shine event so please dress for the weather. In the event of EXTREME weather, the event will be moved to the Freedom Activity Center.



EGG-A-PALOOZA

Saturday March 23

10:00am-12:00pm

FREE EVENT

Frontier Fieldhouse

Egg-a-palooza is back with more fun! Doors open at 10:00am and the Easter Bunny has left eggs for all! Visit with the Easter Bunny, find some eggs, get your face painted, and more. Bags will be provided for eggs, no outside bags or baskets will be allowed for collecting eggs.



SOLARBRATION KITE FLY DAY

Saturday April 20

10:00am-2:00pm

FREE EVENT

Freedom Park

The experts from Chicago Kite will be wowing visitors with kite flying skills and demonstrations! Come and watch the kites soar over Chicago Ridge. Bring your own kite and fly it high over the Village. Make sure to also stop by the tents and see what solar power is about. Don't miss this colorful and sunny event! See you there!

Youth Classes

DR. SEUSS'S BIRTHDAY PARTY

Monday March 4

3:30pm-4:30pm

Ages: 3-8 years

\$8 Resident \$12 Nonresident

Freedom Activity Center



Dr. Seuss's stories are still favorites generation after generation, and what could be better than a birthday party? Celebrate Dr. Seuss with a craft (choose either The Lorax or the Cat in the Hat), games, and a birthday treat.

MUST REGISTER BY FEBRUARY 29

DINO HOUR

Friday March 15

6:00pm-7:00pm

Ages: 3-10 years

\$8 Resident \$12 Nonresident

Freedom Activity Center



Do you love dinosaurs? Dinosaur games, activities, and a craft are in store for a giant good time! Dig for a mini dinosaur you get to keep, see if you can fit into a life-size footprint, and create dinosaur art projects!

MUST REGISTER BY MARCH 11

THINK SPRING ART & CRAFT

Thursday March 21

10:00am-11:00am

Ages: 3-5 years

\$8 Resident \$12 Nonresident

Freedom Activity Center



Spring is here so let's create a unique art piece just in time for the season. Different painting techniques will be used to create a spring garden scene complete with watercolor butterfly string-pull art.

MUST REGISTER BY MARCH 17

FOR THE BIRDS

Tuesday April 9

3:30pm-4:30pm

Ages: 5-10 years

\$8 Resident \$12 Nonresident

Freedom Activity Center



We're looking for some bird and nature lovers! This program is one for the birds. Participants will create a homemade bird feeder. Birds will love the finished project as well as some special recipe fruit kabobs designed for birds.

MUST REGISTER BY APRIL 5

SPORTS BONANZA

Thursday April 18

4:00pm-5:30pm

Ages: 4-8 years

\$12 Resident \$15 Nonresident

Freedom Activity Center



Younger sports fans will enjoy this fast-paced class. Athletes will "compete" in fun games based around everyday sports as well as play fun games. Planned sports include soccer, basketball, Frisbee, mini golf, and more.

MUST REGISTER BY APRIL 14

MOTHER'S DAY PUZZLE CRAFT

Wednesday May 1

3:30pm-4:30pm

Ages: 3-10 years

\$8 Resident \$12 Nonresident

Freedom Activity Center



Moms love gifts from the heart and this program won't disappoint! Using painted puzzle pieces, participants will turn the pieces into a beautiful piece for mom. Puzzle pieces have been painted in a rainbow of colors with project ideas laid out!

MUST REGISTER BY APRIL 28

Youth Classes



COMIC BOOK ART WORKSHOP

Saturday April 27

11:00am-12:00pm

Ages 6-13 years

\$25 Residents \$30 Nonresidents

Freedom Activity Center

At the Do Art Productions Workshop, we will explore the different languages of comics, from the eyes, to body posture, to the actual language within speech bubbles. This workshop is interactive, and very creative.

REGISTER BY APRIL 23



NATIONAL TWO DIFFERENT COLORED SHOES DAY!

Friday May 3

9:00am-4:00pm

FREE EVENT

Freedom Activity Center

Stop by the Freedom Activity Center to show off those 2 different shoes. Let our staff snap a photo of those cool mismatched shoes to add to our website, stay for a craft, free popcorn, and a spin on the prize wheel.

SPRING BREAK SUPER WEEK

Monday-Thursday March 25-28 Ages: 5-12 years

1:00pm-3:00pm

\$55 Residents \$65 Nonresidents

Frontier Fieldhouse

Ages 6-13

Spring Break is here, and now what? Join us each afternoon for all kinds of fun. All week we will enjoy games, crafts, cooking, giant kickball, basketball, scooters, making screaming balloons, making slime, and more! Each child will receive a draw string bag to bring home all of the fun! Please wear gym shoes and bring water.

REGISTER BY MARCH 21



ROCKING GOOD TIME!

Saturday May 4

10:00am-11:00am

Ages 3-8 years

\$8 Residents \$12 Nonresidents

Freedom Activity Center

Climb our indoor rock wall, race around the obstacle course on scooters, and enjoy mini games in this action-packed 90 minutes. Giant Connect 4, Jenga, and other games will be waiting for you!

MUST REGISTER BY APRIL 30

SUMMER SNACKS COOKING CLASS

Thursday May 9

3:30pm-4:30pm

Ages 6-10 years

\$8 Resident \$12 Nonresident

Freedom Activity Center

Summer is right around the corner and we have cool treats covered. Learn how to make summer snacks, treats, and drinks. This program offers demonstrations and hands-on cooking.

MUST REGISTER BY MAY 5

Family Programs



FAMILY CRAFT NIGHT & COOKIE BAR

Friday March 1

6:30pm-8:00pm

Family of 4: \$25 Resident \$35 Nonresident

Additional person: \$8 Resident \$12 Nonresident

Ages: 2+ (children must attend with adult)

Freedom Activity Center

This family event has something for the crafters in the house! Stop by the cookie bar to make your epic cookie dessert. Once your sweet tooth has been satisfied, be sure to check out the different stations! Projects include painting kindness stones, creating a mini shadow box, print making, and squeegee painting. All materials are provided, please dress for a mess.

MUST REGISTER BY FEBRUARY 27

FAMILY PICKLEBALL NIGHT

Friday April 12

6:00pm-8:00pm

Family of 4: \$30 Resident \$45 Nonresident

Additional person: \$8 Resident \$12 Nonresident

Ages: 5+ (child must attend with adult)

Frontier Fieldhouse



Bring the entire family out to try pickleball, try skills games, and meet new players. Light refreshments will be served. This is not an instructional program. Players will play independently and enjoy challenges and games.

MUST REGISTER BY APRIL 8

NATIONAL MINI GOLF DAY

Saturday May 11

12:00pm-6:00pm

\$8 Adults, \$6 Child (12 and younger)

Ball Fore

It's National Mini Golf Day and Ball Fore is ready! Fun games at holes, music, and chances to win prizes are in store for our guests today. Celebrate the start of summer and have serious fun! Kick summer off right on National Mini Golf Day!

THERE WILL BE NO RAIN DATE IF THE FACILITY IS CLOSED DUE TO WEATHER



Yoga Programs

Register online at:

www.chicagoridgeparks.com

GENTLE YOGA

Wednesdays

6:00pm-7:00pm

Ages: 18+

\$60 Resident \$70 Nonresident Per Session

Freedom Activity Center

Sessions:

Session 1: March 6– April 10

Session 2: April 17– May 22

Session 3: May 29-July 3

FREE DEMO CLASS: February 28

Join us for Gentle Yoga!

Gentle Yoga with Qigong Mindful Movement is sure to heal both mind and body.

Join instructor Gail Morales as she uses yoga, breathing techniques, and more to help you become the best version of you!

MUST REGISTER 4 DAYS PRIOR TO SESSION START DATE



CHAIR YOGA

Thursdays

10:00am-11:00am

Ages: 18+

\$60 Resident \$70 Nonresident Per Session

Freedom Activity Center

Sessions:

Session 1: March 14-April 18

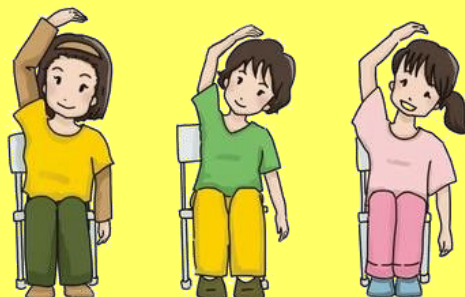
Session 2: April 25-May 30

Session 3: June 6-July 18 (NO class July 4)

FREE DEMO CLASS: March 7

This class is designed for new exercisers, older adults, or individuals with movement challenges. The format may be suitable for both standing and seated activity. This safe and slower-moving class is designed to increase range of motion, build core strength, develop better balance and focus on breath awareness. This class also includes wonderful elements of relaxation and renewal. Class can be performed using a yoga mat and chair.

MUST REGISTER 4 DAYS PRIOR TO SESSION START DATE



Actively Aging

ACTIVELY AGING BINGO

Ages: 55+

Join us at the Frontier Fieldhouse for lunch and 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 REGISTER IN ADVANCE FOR THIS EVENT!**

Time: 11:30am-1:30pm

Fee: **FREE** for Chicago Ridge Residents

\$5 Nonresidents

Location: Frontier Fieldhouse

Dates and Lunch Menu:

March 5th: Beef Sandwiches & Dessert

March 19th: Chicken Fried Rice & Dessert

April 2nd: Chili, cornbread & Dessert

April 16th: Chicken Strips, Cole Slaw & Dessert

May 7th: Taco Bar & Dessert

May 21st: Pizza & Dessert

June 4th: Chicken Caesar Salad & Dessert

June 18th: Hotdog Bar & Dessert

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, 60s, and 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 REGISTER IN ADVANCE FOR THIS PROGRAM BY CALLING 708-423-3959.**

Time: 10:30am-12:00pm



March 27th

April 24th

May 22nd

June 26th



SENIOR SPRING FLING

Thursday May 16th

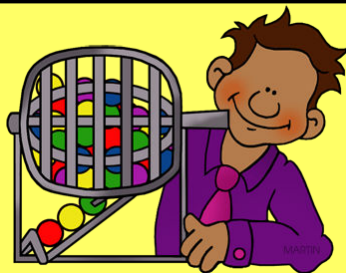
11:30am-1:30pm

Ages: 55+

\$8 Resident \$12 Nonresident

Frontier Fieldhouse

The weather is nice, spring is here! Come for a fun morning of music and dancing. Music from the 50s, 60s, and 70s will have us singing along all morning. Come and enjoy a craft, a card game, or maybe just come to visit with friends! Lunch will be served along with a sundae bar. Sign up now!



Ball Fore!



Miniature Golf Course

And Batting Cages

6701 W. 107th Street

(708) 671-1397

OPENING MEMORIAL DAY WEEKEND*

***Check our website for Holiday Hours**

SUMMER HOURS

OPEN SEVEN DAYS A WEEK

11:00AM-8:00PM

WEATHER PERMITTING

Miniature Golf

Adult	\$8
Child(12 & younger)	\$6
Senior (55 & Over)	\$4
Golf Re-plays	\$3

Batting Cage Rental

Residents	\$20/30 minutes
	\$35/60 minutes

Nonresidents	\$25/30 minutes
	\$40/60 minutes

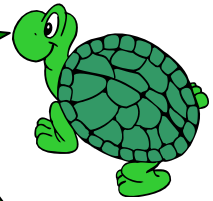
Batting cages require you to bring your OWN helmet and bat.

Each cage is rented in 30-minute time slots.



Splash Pad Concession Stand

Lily Pad



6246 W. Birmingham Avenue

708-636-6749

OPENING MEMORIAL DAY WEEKEND*

SUMMER HOURS

OPEN SEVEN DAYS A WEEK

11:00AM-8:00PM

WEATHER PERMITTING



RESIDENTS

\$3

NON-RESIDENTS

\$6

To obtain Park ID, visit

FRONTIER PARK FIELDHOUSE

9807 S. Sayre Avenue, Chicago Ridge—708-423-3959

RULES

PROPER SWIMWEAR REQUIRED * NON-POTTY TRAINED CHILDREN MUST WEAR SWIM DIAPERS * NO OUTSIDE FOOD OR BEVERAGES ALLOWED * NO GLASS, TOYS OR PETS ON PREMISES * NO SMOKING ON PAD OR WITHIN 15 FEET OF ENTRY GATE * NO ALCOHOLIC BEVERAGES ALLOWED ON ANY PARK DISTRICT PREMISES * ALL OTHER PARK DISTRICT RULES APPLY



Ivy League Kids

Summer Camp

Fun in the Sun!

JUNE - AUGUST 2024



REGISTER TODAY!

ENDLESS
SUMMER
ADVENTURES

CHICAGO RIDGE

Freedom Activity Center
6252 Birmingham St.
Chicago Ridge, IL 60415
6:30am-6:00pm

815-464-1265
ivyleaguekids.org

K-8TH



ALL DAY CAMP!



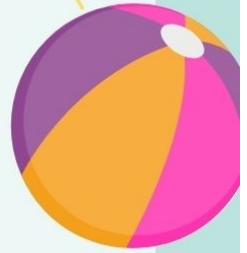
Summer Camp

DATES & THEMES

Week 2	6/7	Fun in the Sun
Week 3	6/10 - 6/14	Zoo Friends
Week 4	6/17 - 6/21	Disney Adventure
Week 5	6/24 - 6/28	Wacky Week
Week 6	7/1 - 7/5	All-American
Week 7	7/8 - 7/12	Magic Mayhem
Week 8	7/15 - 7/19	Once Upon a Summer
Week 9	7/22 - 7/26	Christmas in July
Week 10	7/29 - 8/2	Friendship Week
Week 11	8/5 - 8/9	Summer Olympics
Week 12	8/12 - 8/16	Clownin' Around

FIELD TRIPS & THEMED WEEKS

Our summer camp has theme-based weeks and field trips that have been carefully planned and thought out by our team of program directors. Each week has a fun theme and we will wrap up the week with a dress up competition on Fridays. Each camper can participate by dressing up in a way that matches the theme. Field trips are on Tuesdays and Thursdays and scheduled at the time of registration. Field trips are optional.



ADVENTURERS 1ST-5TH

Turn your child's ordinary summer into a summer of **exciting exploration!** Ivy League's summer camp is filled with indoor and outdoor activities, plus opportunities for fun and friendships. Our program groups campers by grade and encourages their growing ability to make choices, work with others, and assume responsibilities. Enjoy weekly field trips, swimming, team building activities, enrichment clubs and so much more. We have a ton of fun in store for you that will give you an unforgettable summer!



SWIMMING

Monday and Wednesday are optional pool days so don't forget your **swimsuit**, **towel** and **sunscreen!** We sunscreen campers every hour when outdoors.

X-TEAM 6TH-8TH

The most important role that the X-Team members play is being a positive role model for the other campers. This year, our counselors will be choosing campers to interview and be Jr. Counselors where you will help the younger campers in arts & crafts, lunch, clean up and more. You will also gain volunteer and community service experience. Don't worry, you will be rewarded for all your hard work! Our Jr. Counselors will be going on dedicated field trips!



SPORTS & TEAM BUILDING

We incorporate sports games and team-building activities to nurture a non-competitive environment that focuses on individual skill and personal achievement. Campers will take part in sports such as soccer, basketball, baseball and more.

For pricing and registration, visit
ivyleaguekids.org

Accepts Illinois Action
for Children

815-464-1265

Pickleball

OPEN PICKLEBALL MORNINGS

Frontier Fieldhouse
Mondays, Thursdays, and Fridays
9:00am-1:00pm
\$3 Residents \$6 Nonresidents
\$2 Fitness Members
Free for Silver Sneakers Members
(with enrollment)
Six (6) indoor courts available!
Paddles available for use with ID

OPEN PICKLEBALL EVENING

Frontier Fieldhouse
Wednesdays
4:30pm-8:00pm
\$3 Residents \$6 Nonresidents
\$2 Fitness Members
Free for Silver Sneakers Members
(with enrollment)
Six (6) indoor courts available!
Paddles available for use with ID

**NO OPEN PICKLEBALL THE 3RD WEDNESDAY
OF EACH MONTH!
INSTEAD, JOIN OUR TOURNAMENT!**

SHAMROCK TOURNAMENT

Frontier Fieldhouse
Wednesday March 20
6:00pm
\$30 per team
Doors open at 5pm for practice
Compete in a double elimination
tournament! Top 2 teams awarded prizes.
MUST REGISTER BY MARCH 16

SPRING PICKLEBALL TOURNAMENT

Frontier Fieldhouse
Wednesday April 17
6:00pm
\$30 per team
Doors open at 5pm for practice
Compete in a double elimination
tournament! Top 2 teams awarded prizes.
MUST REGISTER BY APRIL 13



Pickleball

DINKS & DONUTS

Frontier Fieldhouse

Friday March 15

9:00am-1:00pm

\$1 Residents \$4 Nonresidents

\$1 Fitness Members

Open pickleball with a twist! Join us between the hours of 9:00am-11:00am for skills competitions, games, and coffee and donuts.

Win passes for open pickleball, meet new players, and enjoy the company of pickleball friends and family.

PIZZA & PICKLEBALL

Frontier Fieldhouse

Saturday April 5

6:00pm-9:00pm

\$10 per person

Adults 18+

It's back again for another night! Pizza and pickleball go together like dinks and volleys! Each person will receive one slice of pizza and a 22 ounce soda. Additional pizza, pop, and snacks will be available for purchase. Compete in challenges and win prizes!

MUST REGISTER BY APRIL 1

PICKLEBALL BEGINNER CLASS

Frontier Fieldhouse

Wednesday April 3

6:00pm-6:45pm

\$10 Residents \$15 Nonresidents

Learn the basics of how to play pickleball. Instructor Kay will guide you through the rules of play, how to serve and score, and general skills. Players will be given a paddle to use during class. Open pickleball fee is included in fee, so stay and use what you learned!

MUST REGISTER BY MARCH 31

FAMILY PICKLEBALL TIME

Frontier Fieldhouse

Friday April 12

6:00pm-8:00pm

Ages 5-99+

**Family of 4: \$30 Resident \$45 Nonresident
Additional \$8 Resident \$12 Nonresident**

Bring the entire family out to try pickleball, try skills games, and meet new players. Light refreshments will be served.

MUST REGISTER BY APRIL 8



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

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.

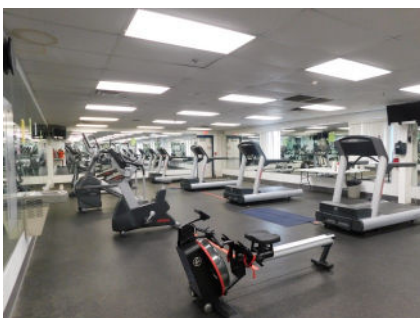
The fitness center equipment by LifeFitness includes:

- 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**



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

6-Month Membership	Resident (Discounted Rate)	Non-Resident
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