

# **SpringSummer** 2019 Program Guide



# lookingforward!



Member Registration March 18th • Non-Member Registration March 25th Register at mycommunityhouse.org





Our new program guide marks a new beginning for our beloved Community House. This 108-year-old institution is more than just a building; it is about the people inside. It is about our community.

We are launching a new branding/logo and website for the House! We are reaching back into our history and heritage as we push forward with new energy honoring our tradition of bringing people in our community together. We want all of you to see and feel our vibrancy and boldness in everything we do. From the over 285 new programs we have added in the past 18 months, to our events, our performances, our new gardens, our wonderful tenants to our new state of the art fitness equipment and our ESL classes.

The Community House is the place to come together, for all of us—to learn, play, create, develop and meet neighbors—developing friends. I have met many families who have been coming to the Community House for multiple generations, who still are friends with people they have met here, making memories! It is a place of gathering for all ages-from a 6-month-old child to a wise grandparent.

#### I hope the Community House feels like home to you—it should—it is your house!

We have made many structural improvements in this beautiful house: new roof, replaced broken sidewalks, re-purposed rooms, new Garden, lobby charging stations and added new landscaping for all of you to enjoy! While the look of the Community House evolves, our mission and values remain the same.

We could not do these things without you. We exist for you. We thrive on the energy of you being a guest in this Community House. If you have not been here in a while, please come in for a visit and explore all we offer to the community, join us....

The Community House is an independent, thriving, robust nonprofit. The Community House will be here for a long time.

One of the most exciting parts of my job is hearing the many voices and laughter of guests all around this 103,000 square foot facility. I am honored to be the caretaker of this house. We can not do it without YOU coming to our house. Thank you for Joining Us!

#### THANK YOU THANK YOU THANK YOU

**Bob** Thomas

President &CEO

# lookingforward!

Building a lasting and meaningful experience through generations

**Our Roots:** Our brand has a deeply rooted connection to the community and we are forever evolving to the ever-changing world around us. To generations of North Shore residents, the Community House has been a welcoming place offering social, cultural, educational, and recreational opportunities to those of all ages. We are unique because we offer an education and development center, exhibition and meeting center, a fitness and sport center, a community playhouse, and a historic garden venue all in one location.

**Our Journey:** The first step in the journey to re-energize our brand began with listening to the needs of the residents and business owners within Winnetka and the surrounding area. This process helped us better understand what the Community House means to you, your family, and the community. It also allowed us to rethink both our brand identity and our offerings.

**Our Goal:** Establish the Community House as the place of engagement by enriching people of all ages through the spirit of community. We must align and focus our brand and messaging on the human need for togetherness, belonging, and community.

Our Mark: This is expressed perfectly in our new word mark, which boldly emphasizes what the Community House is all about: **unity**. The words "community" and "house" are magnetically drawn together and unified with the word **"unity."** This creates a unique, ownable and meaningful word mark.

**Our Icon:** Above this word mark, and dotting the "i" in unity, is a classic contemporary icon of our distinctive and 100-year-old architectural roof line. This recognizable icon symbolizes the Community House as the center of the community and shows that everything we offer is under one roof.

**Our Voice**: Our exciting new brand voice and vibrant color palette extends throughout all our communications. This bright and bold color palette and typographic treatment communicates the key areas of our brand offerings and helps our members, tenants and visitors navigate our program guide, website, and marketing materials, as well as the physical building. You will see this represented throughout this newly designed program guide and communication signage throughout our building.



**Our Future:** We are very excited about our future and all that we have accomplished to build this essential and historic brand within this beautiful North Shore community. We are delighted to share our brand's mission: to be a place of engagement, welcoming to all, built on the spirit of community, togetherness, and belonging.

# join**us!**

#### We are looking forward to seeing you!

Below are graphic renderings of planned brand communication improvements to our theater and common areas.







#### CONTACT US

Main Office (847) 446-0537

#### FRONT DESK HOURS

Monday-Saturday 8:30 AM–7:00 PM Sunday 9:00 AM–5:00 PM

#### **CONNECT WITH US**



Photography by: Lorraine Ryan & Catherine Heath

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#### REGISTRATION

Member Registration - March 18, 2019 Non-Member Registration - March 25, 2019

#### **MISSION STATEMENT**

The mission of Winnetka Community House is to enrich the lives of North Shore residents, their families and friends by providing diverse educational, cultural, social and recreational opportunities for people of all ages. This 501(C) (3) nonprofit organization is funded through our programs and the generosity of our donors.

# ACCESSIBILITY FOR PERSONS WITH DISABILITIES

For persons with disabilities, Winnetka Community House is accessible from the northeast at the canopied entrance off the Pine Street parking lot or through the south entrances.

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# Board of Governors, 2018-2019

#### **OFFICERS**

Murray Ancell – Chair Amy Brock – Vice Chair Betsy Landes – Secretary Mark Wetzel – Treasurer

#### MEMBERS

Raheela Anwar Elaine Bovaird Susan Cellmer Paula Danoff Libby Elliott Leslie Farmer Alexandrea Gjertsen Duncan Healy Karen Hunt Tom Maentz Ann Smith Tom Smith Bob Stracks Carla Vorhees Karen Vorwald Connie Yonan

# **Your Community House Staff**

Bob Thomas, President and CEO Kate Brower, Manager of Finance Mike Buscher, Director of Operations Patrice Eason, Office Manager Debra Puce', Director of Advancement Nancy Forster, Advancement Associate Lisa Jarvis, Fitness Manager Mike Landers, Maintenance Manager Patti Ruiz, Program Manager Brian Schiller, Marketing Manager Mark Schusteff, Facility Manager Jeff Wahl, Program Manager Kelsey Wright, Administrative Manager



# THE WOMAN'S BOARD OF WINNETKA

The Woman's Board was formed in 1976 by an enterprising group of women to support the entity they considered vital to the unique quality of their community. Their children had spent Saturday afternoons playing ball in the gym of the Community House, watched movies in Matz Hall on Friday evenings and congregated during after-school hours at the bowling alley. Bridge groups, armchair travel lectures and theatre offerings all found a home through the years at the Gothic-style building located at Pine Street and Lincoln in Winnetka. Over the years, the landscape of the Community House has changed, but the fundraising efforts of the Woman's Board has always stayed constant. Today, eighty-five percent of the funds raised by the Woman's Board go directly to the operating budget of the Community House, with the remainder earmarked for special projects and needs. These funds, along with generous and ongoing support from local businesses and residents, have helped to grow and sustain the Community House one of the only institutions of its kind in the United States. Our members are a multi-generational group of women, working together to support and promote the Community House. We work in a team environment with many opportunities for individual contributions. Members of the Woman's Board are unofficial "ambassadors" for Winnetka Community House. Members are encouraged to attend and participate in events sponsored by the Woman's Board, such as the Antiques + Modernism Winnetka Preview Party and other member social events, and to volunteer when possible as additional "woman power" is needed.



#### WOMAN'S BOARD MEMBERS

Kate Ancell Lara Beanblossom Sarah Boulos Anne Brown Amy Capocchi Annie Challenger Christina Cripe Michelle Cullen Julia DeNapoli Ceylon Eatherton Katie Flanigan Kim Frezados Laura Glick Gina Gooden Elyse Hahner Kim Half Cristina Hazday Melece Hernandez Pauline Ignas Turner Seanra Kalil Kathryn Kish Kate Kligora Jennifer Lasser Perla Long Tara Maher Anne Malone Jennifer Martay Tracey McDowell Brenda Miller Cindy Monnig Jennifer Morse Susan Nelson Roni Moore Neumann Kim Ronan Nidhi Singh Katie Smith Julie Stracks Elizabeth Stucker Amy Swartchild Tria Thomas Mary Tilson Karen Vorwald Shayne Welch Patty Kelly Wilson Stephanie Wilson









Music

Private Music Lessons

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#### **Education & Enrichment**

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Fantasy Dance

Adult Dance Class

Ballet

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# **Calendar of Events**

| Music Studio Grand Opening        | March 16th          |
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| Member Registration               | March 18th          |
| Non-Member Registration           | March 25th          |
| Lecture: State of the Great Lakes | April 11th          |
| Family Sing along                 | April 20th          |
| CTW Presents : The Wizard of Oz   | April 25-April 28th |
| Community House Bike Sale         | April 27th          |
| Community House Garage Sale       | April 27th          |
| Community House Dance Recital     | May 19th            |
| Community House Comedy Show       | v May 25th          |
| JG's Reptile Road Show            | June 5th            |
| Winnetka Music Festival           | June 21-June 22nd   |

comm**unity**house

music



Saturday March 16th 10:00AM - 12:00PM Sing-A-Long 10AM

Join us as we celebrate the opening of our new music studio with a FREE Sing-A-Long where you are welcome to join the fun through song and dance or playing your favorite instrument!



Member registration opens March 18, 2019 and will be processed on a first come, first served basis. All non-members will be able to register March 25, 2019.

Registration received through the mail, or in person will be processed by 5 pm the next business day. The best way to ensure that your registration is processed immediately is by using our on-line registration at mycommunityhouse.org or call 847-446-0537

#### HOW TO REGISTER

To register for a membership simply list all eligible members on the registration form. Then check the box and add the membership fee in with your registration.

# Register for programs on-line at mycommunityhouse.org or on the enclosed registration form.

Please print clearly. Read and fill out form completely. By listing your email address, you agree to receive email communications from your Community House Winnetka. If you do not wish to receive these emails, you are welcome to unsubscribe. Sign the registration form. Unsigned forms will not be processed and will be returned to you. This will delay processing your registration.

#### **CREDIT CARDS**

You may use your credit card for all programs which appear with a class number or for a Fitness Center membership. Fitness Center memberships are obtained at the Fitness Center only. Be sure to fill out the credit card information completely and sign the form. We do not take telephone registration.

#### **CANCELLATION OF CLASSES**

Prior to any class, registration is reviewed to determine if the enrollment is sufficient to hold the class. Register early! Do not wait until the day of the first class to register. You may find the class has been canceled due to low enrollment.

#### **PRORATED POLICY**

Classes may be prorated if you would like to enroll in a class after it has started, provided the instructor has space and allows for late registration. The supervisor must approve the prorated amount.

#### **REFUND POLICY**

Full refunds will be issued for courses that are canceled by the Community House due to insufficient registration. A refund, less a 10% service charge (not to exceed \$25), may be granted if the refund request is received five full working days prior to the start of the program. No refunds will be allowed after this time unless a medical condition develops and a written explanation from a physician on his/her letterhead is presented. Due to advanced reservation requirements, no refunds for trips, outings or special events will be given.

#### **EMERGENCY CLOSINGS**

The Community House intends to keep its facilities and programs operating whenever possible. There are times, however, when weather, road conditions or facility malfunctions dictate that programs and/or services must be canceled or temporarily postponed or entire facilities closed. In order to provide employees and patrons with a safe and secure environment in which to work and play, the Community House reserves the right to close a particular facility or cancel a program when deemed necessary.

#### INCLEMENT WEATHER POLICY

If school District 36 cancels classes for the entire day, all of the Community House children's programs (including Free-To-Be-Kids childcare) starting before noon will be canceled. Decisions on all adult programs and children's programs starting after noon will be made on a case-by-case basis. Please check mycommunityhouse.org for complete details on class cancellations.

#### **RELIGIOUS HOLIDAYS**

Winnetka Community House makes every effort to avoid scheduling programs or events on religious holidays. Anyone affected will be offered the option of attending a session of the same program on a different date as a make-up, or receiving a prorated refund of the series fee for the date missed. The Community House is not responsible for the supervision of children on site prior to or remaining on site after the established program times.

The Community House is handicapped accessible. If you or any member of your family has special needs, please see our President and CEO.

The Community House receives no tax dollars. We are supported by our programs, fundraising events, our annual campaign, and donations.

The Community House assumes no responsibility and carries no accident or medical insurance for injuries or accidents at programs or activities on Community House property. It is advisable to review your own personal health insurance plan to be certain that you and your family have proper and sufficient insurance coverage.

#### SCHOLARSHIP INFORMATION

The Community House has established a scholarship fund for any resident who would like to take part in a Winnetka Community House activity, but is unable to render full payment. Persons interested may submit their need in writing to the attention of the Director of Operations for confidential review. If further information is desired, please call our main office. Donations to this scholarship fund are gratefully accepted.



#### **GENERAL INFORMATION**



# Become a communityhouse Member!

#### YOUR MEMBERSHIP SUPPORTS OUR "HOUSE"!

When you become a Community House member, you are investing in the sustainability of an organization that enriches the lives of the entire North Shore Community by providing diverse educational, cultural, social, and recreational opportunities for people of all ages!

As a member, you'll quickly see why this unique 501 (C) (3) non-profit organization has succeeded with ZERO tax support while creating an environment where relationships are formed and memories are made.

#### Membership Registration form can be found on page 49.

#### **MEMBERSHIP BENEFITS INCLUDE:**

The Community House is your home for family activities, events, and entertainment. The more you and your family engages with the Community House, the more you save!

- Early registration for Programs Registration begins one week early for Household members.
- Discounts on programs.
- Receive email newsletters on featured programs and events.
- FREE open gym to all Community House household members.
- All members of your household are eligible for these benefits. (Please include all members of your household when registering)
- Household memberships are 100% tax deductible.







# **Birthday Parties**

Party packages include 90 minutes of party time which includes 45 minutes of entertainment or instruction and party room setup (tables and chairs) and cleanup.

Call 847-881-9370 to book. Due to the increased popularity of this program, we strongly suggest that parties be booked at least three weeks in advance! Cancellation within five days of party will result in forfeiture of fee.

#### **ANIMALS**

Thrill your party guests with animals such as a siberian chipmunk, snake, chinchilla, gecko, hedgehog and more. Children learn about each animal in this informative and fun hands-on party. Age: 5+

Fee: \$300 for 20 guests / each additional child: \$5

#### **ANIMAL BALLOON PARTY**

Balloon animals are a huge hit at birthday parties! Now your party can have balloon animals including dogs, butterflies, swords, giraffes and more being made non-stop for 45 minutes by the Magic Team of Gary Kantor. The kids will do more than just play with the balloons; they'll also get to decorate their animals with stickers and markers. At the end of the party all the kids will get to take home their very own collection of assorted balloon animals. Ace: 3+

Fee: \$300 for 20 guests / each additional child: \$5

#### BASKETBALL

hoops4Health will have their highly trained staff set up fun basketball games such as a 3-point contest, dribbling contest, hot shot, and a full court game. Contest winners will receive various prizes! Age: 4+

Fee: \$300 for 20 guests / each additional child: \$5

#### **CERAMICS**

Create your own personalized treasure (mug, bowl, plate, jewelry box, etc). Design, decorate, and paint with creativity! Instructors will assist in assembly and demonstrate decorating techniques. These handmade treasures will be fired, glazed and ready to be picked up 7–10 days after the party. Age: 4+

Fee: \$300 for 12 guests / each additional child: \$5

#### **CLOWNS**

Our experienced performers attract and hold a child's attention. Parties can include balloon animals, games, kooky magic, and interactive dance.

Age: 3+ Fee: \$300 for 20 guests / each additional child: \$5

#### **HIP HOP DANCE**

This party celebrates another birthday with the energy of hip-hop inspired dance. Everyone will be ready to burn up the dance floor while playing dance games and performing a special choreographed dance for the birthday child. Age: 7–13

Fee: \$300 for 15 guests / each additional child: \$5

#### **IMAGINATION PRINCESS**

Expect ribbon dancing, interactive story time, sing along, princess training, themed games and more during this fantastical journey. Themes: snow sisters, beauty princess, arabian princess, spanish princess, Cinderella, island princess, mermaid princess, fairy princess. Age: 3+

Fee: \$300 for 20 guests / each additional child: \$5



#### **MAD SCIENCE**

A variety of experiments will be displayed. All activities are thoroughly safe and clean. Age: 4–5 Fee: \$320 for up to 12 guests, \$345 for 13 to 20 guests. Age: 6 and older Fee: \$320 for up to 12 guests. \$345 for 13 to 20 guests, \$370 for 21 to 30 guests

#### MAGIC

Abracadabra! Children enjoy an amazing display of magical tricks at this exciting party. Our professional magicians gear their magic to children of all ages. Age: 4+

Fee: \$300 for 20 guests / each additional child: \$5

#### **MAGIC AND MUSIC**

This show is a very interactive blend magic with music, games and contests. A child-friendly magical performance including many opportunities for the children to help with the tricks. After the magic show our performer will lead guests in games, age appropriate music, television trivia and many fun dances. Age: 5–12

#### Fee: \$300 for 20 guests / each additional child: \$5

#### **MARTIAL ARTS**

Children will receive a group martial arts lesson and learn how to break their own board! As a special treat, the kids will be sure to enjoy a short demonstration by the instructor. This party is a high energy outlet for active kids, all done in a fun and safe environment. Age: 4+

Fee: \$300 for 20 guests / each additional child: \$5

#### PAMPER ME SPA RETREAT

Come join glitzy girls as they pamper your guests. Each guest will receive a mini manicure and pedicure including the polish of their choice. Then, design a beaded bracelet/anklet to show off your beautiful nails. Age: 6-12

Fee: \$300 for up to 10 guests, \$360 for 11 to 15 guests, \$420 for 16 to 20 guests

#### ROCK DIVA GLAM JAM

Come join glitzy girls for a glamorous dance party. Each child will receive a rock diva or dude makeover; which includes up-dos, braids, make-up and sparkles. Then, dance to your favorites like limbo and freeze dance. Age: 6-12

#### Fee: \$300 for up to 10 guests, \$360 for 11 to 15 guests, \$420 for 16 to 20 guests

#### **STARWALK**

Jump for joy! The starwalk is a 20' x 20' air-inflated balloon bounce. Experience the fun of a carnival at your party complete with scooters, balls and hula-hoops. No instructor or entertainer is provided. Age: 3+

#### Fee: \$300 for 20 guests / each additional child: \$5

#### **SPORTS**

If your child loves sports, this is the party for him or her! A trained instructor will lead the children in sporting activities such as basketball, dodge ball, floor hockey and more. Children are sure to work up an appetite for that birthday cake! Age: 4+

Fee: \$300 for 20 guests (more than 20 children requires a second instructor which will incur additional costs)

#### WACKY RELAYS AND OTHER GOOFY GAMES

What do you get when you cross the olympic games with scooters, hula-hoops, balloons, and more? You get wacky relays! Outrageous fun all! Warning: not everyone can handle this much fun! Age: 5+

#### Fee: \$300 for 20 guests / each additional child: \$5





# communityhouse<sup>w</sup>

# events

#### Community House Bike Sale Saturday, April 27

203

Whether you want to buy, sell or have your bike appraised to sell, you will get your chance at our annual bike sale. Sellers: A Wilmette Bicycle Shop representative will be available beginning at 8:30AM. To evaluate the condition of your bicycles and suggest repairs. A 25% service charge, based on sale price, will be donated to the Community House. The Bike Sale will be held rain or shine on the Community House Front Lawn.

Bicycle drop-off (sellers): 8:30 – 9:30 AM Bike Sale (buyers): 9:30–10:30 AM



Our **Kids Garage Sale** is the chance for your 7-12 year old child to sell outgrown clothes and toys for fun and profit. The event is open to the public for shopping and fun. One adult must be in attendance at each table. Saturday, April 27th 9:30AM - 11:30AM Ages 7-12 Activity: 13761 (Registration must be received by April 26) Member: \$35 Non-Member: \$39

LE ROAD SHOW

JG's Reptile Show brings you an exciting, educational, interactive, and hands on experience with reptiles found all over the world. The reptile show will have you at the edge of your seat from start to finish, maybe even falling out of your seat with laughter at times.

#### Wednesday, June 5 10AM Advance tickets \$7 / At the door \$10

Parents and Caregivers are complimentary but must accompany child/children.

# events & camps





#### SPRING FLING

Come and enjoy a day celebrating spring with Ms. Mary & Ms Elyse. Children will be doing spring art & cooking projects and learning all about spring. Children must be toilet trained to participate in this class.

Instructor: Mary Fisher & Elyse Ferdinand Ades: 3-5

| Activity |      | Day | Time         | M/NM      |
|----------|------|-----|--------------|-----------|
| 13751    | 3/27 | W   | 9:00-11:30AM | \$59/\$69 |

#### PARENT AND CHILD DATE WITH A UNICORN NEW!

Do you and your daughters love UNICORNS? Our staff will give a mini make-over with a unicorn headband, hair sparkle and nail polish application. Each couple will decorate a wooden photo frame with a wooden unicorn shape and unicorn embellishments and jewels. Each couple will design a beautiful beaded bracelet adorned with a unicorn charm. A date sure to be full of fantasy and fun!

Instructor: Glitzy Girlz Ages: 3-9

1375

| Ages. 0 0 |      |     |             |           |  |
|-----------|------|-----|-------------|-----------|--|
| Activity# | Date | Day | Time        | M/NM      |  |
| 13631     | 4/12 | F   | 6:00-7:15PM | \$59/\$69 |  |

#### **MOTHER/DAUGHTER TEA**

Come and celebrate the joy of being a mother/daughter. What fun it would be to drink herbal teas from pretty china teacups, as well as eating hand made delicacies and sweet treats from Britain and South Africa. Of course there will be fancy hats, fascinators, and feather boas in which to don ourselves, so please come dressed in your prettiest party dress. Through games and activities we will learn a little history about tea and fashion, as well as the etiquette in drinking tea as we share good table manners. Fee is per person. Instructor: Etiquette With Confidence

Ages: 3 and up Activ

| /ity# | Date | Day | Time        | M/NM      |
|-------|------|-----|-------------|-----------|
| 60    | 4/20 | Sa  | 3:00-4:00PM | \$30/\$39 |



#### **GLITZY GIRLZ MOTHER/DAUGHTER BESTIES BLING BOUTIQUE**

Come join Glitzy Girlz for a night with your first little besties, your daughters! Our class will be all about bling and beads. Each couple will design a beaded ensemble of two crystals bracelets with a great selection of colorful beads and a charm dangle to accent the pieces. They will also decorate a trinket box to store the new treasures complete with personalization, paints and embellishments. A special night together remembered in BLING!

Instructor: Glitzy Girlz Ages: 4-11 Activity# Date Day Time M/NM 13632 5/3F 6:00-7:15PM \$59/\$69

#### TIME FOR ART...YOU AND GREAT ARTIST

Join us as we learn about some of the famous artists and their special techniques and masterpieces. Let's get our hands messy and learn how seeing things in new ways can enhance our life.

Instructor: Extraordinary Kids Ages: 4-6 Ac

13

|      | Date    | Day | Time         | M/NM        |
|------|---------|-----|--------------|-------------|
| 8837 | 6/3-6/7 | M-F | 9:15-11:15AM | \$155/\$185 |

#### CAMP AMIGOS SPANISH CAMP

Everyday will be a special day at Camp Amigos. We will laugh, play, create, sing, paint, cook and discover great wonders all while learning Spanish! Camp Amigos uses a highly controlled vocabulary introduced in conjunction with fun theme days. All instructors are experienced in early childhood and at least one instructor is a native speaker.

Instructor: Amigos Programs

| Ages: 3- | 5       |     |              |             |
|----------|---------|-----|--------------|-------------|
| Activity | # Date  | Day | Time         | M/NM        |
| 13804    | 6/3-6/7 | M-F | 9:30-11:30AM | \$185/\$231 |
| 13805    | 8/5-8/9 | M-F | 9:30-11:30AM | \$185/\$231 |



COMMUNITY HOUSE 620 LINCOLN AVE



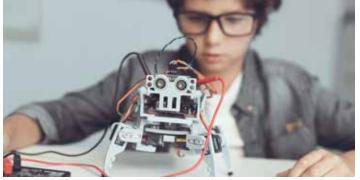
#### ROBOTICS WITH LEGO WEDO

& CODING/SCRATCH CAMP NEW!

TWO great programs in one! Your child's imagination will soar when they meet Milo, the rover, and discover simple machines, engineering and programming. Will they win the firetruck race or build the strongest crane? Students will be challenged and have fun when they are encouraged to experiment and create while using the MIT designed, LEGO WeDo 2.0 system. In this coding adventure, aspiring coders create fun, animated stories and games while learning essential programming concepts using scratch, a drag-and-drop platform **developed by MIT**. They will use sprites and code blocks to design and animate all the while learning the foundation of computational thinking, an essential skill in today's tech-driven world - Enhanced by bright visuals and engaging design.

Instructor: Techstars Computer Explorers

| Ages: 9-12 |         |     |                |             |
|------------|---------|-----|----------------|-------------|
| Activity#  | Date    | Day | Time           | M/NM        |
| 13839      | 8/5-8/9 | M-F | 9:00AM-12:00PM | \$365/\$435 |



#### ULTIMATE MINECRAFT CAMP NEW!

TWO Great Programs in One! The next level of our Minecraft program is here! Are you tired of having to mine the boring stuff? Did you know you can create and program Minecraft ROBOTS to do your mining for you? Learn how to code using the Minecraft ComputerCraft Mod and put those robots to work. Working with a partner you will start out programming with a graphical interface and then evolve to text-based coding as you learn to program with Lua. Soon you will be able to focus on mining what YOU want! Note: Prior experience with Minecraft is required.

Explore the world of mods! Minecraft, one of the most popular video games in history, offers an amazing world of endless possibilities. Let your imagination transform your Minecraft experience into a unique world YOU create! This class is for Intermediate and Advanced students with basic Minecraft knowledge. Working in pairs, students will discover how to expand their worlds' abilities using popular game-enhancing mods. Instructor: Techstars Computer Explores

| Ages. 5 12 |         |     |             |             |
|------------|---------|-----|-------------|-------------|
| Activity#  | Date    | Day | Time        | M/NM        |
| 13840      | 8/5-8/9 | M-F | 1:00-4:00PM | \$365/\$435 |

# JR. CLAYMATION PRODUCTION ACADEMY WITH TOY STORY CAMP NEW!

**Create your own movie!** Have you ever wanted to make your own movie like Pirates - Band of Misfits or Wallace & Gromit? Then join this exciting camp to create, build, film and edit your own Claymation animated movie! Working in teams, students will storyboard the idea, then design, create and animate their own favorite TOY STORY Characters out of clay and bring them to life using digital cameras and animation software & techniques. Direct and produce your own box office smash. You'll be famous when you take home your movie to show your friends and family! Instructor: Techstars Computer Explorers

Ages: 6-8

Agon: 0.12

| Activity# | Date      | Day | Time           | M/NM        |
|-----------|-----------|-----|----------------|-------------|
| 13841     | 8/12-8/16 | M-F | 9:00AM-12:00PM | \$365/\$435 |

#### **ULTIMATE GAME MAKING CAMP NEW!**

TWO Great Programs in One! Students will have a ton of FUN using their creativity and strategy to develop a multi-level computer game with Sploder! They will work in pairs to create games like a Retro Arcade, Platformer, Physics Puzzle and 3D Space Adventure! Roblox is one of the fastest-growing game creation platforms on the planet, with more than 60 million players per month and top developers making over \$1 million a year. In this course, you'll use Roblox's built-in editor to create 3D worlds and then use Lua to code game mechanics. Publish, share, and play games with friends on any platform from console to mobile.

Instructor: Techstars Computer Explorers

Ages: 9-12

| Ages. 5-12 |           |     |             |             |  |
|------------|-----------|-----|-------------|-------------|--|
| Activity#  | Date      | Day | Time        | M/NM        |  |
| 13842      | 8/12-8/16 | M-F | 1:00-4:00PM | \$365/\$435 |  |







#### **TINY BITS**

Moms and tots come play and learn as we see how much fun it is to be a toddler! We will have lots of exploring time plus an art project, a story and snack to end a day of fun. An adult must accompany each child. No siblings are allowed. Please bring a sipple cup for your child. Instructor: Mary Fisher & Elyse Ferdinand

Ages: 12 to 23 Months

| 7.900.12 |             |     |               |             |
|----------|-------------|-----|---------------|-------------|
| Activity | # Date      | Day | Time          | M/NM        |
| 13744    | 4/3-5/29    | W   | 9:15-10:00AM  | \$229/\$269 |
| 13745    | 4/3-5/29    | W   | 10:15-11:00AM | \$229/\$269 |
| 13746    | 4/4-5/30    | Th  | 9:15-10:00AM  | \$229/\$269 |
| 13886    | 6/12-7/24   | W   | 9:15-10:00AM  | \$189/\$219 |
| No Class | s: 5/8, 5/9 |     |               |             |

#### LITTLE BITS

Does your two- or three-year-old enjoy a variety of activities? Join in free play, circle time, art, songs and simple child-centered projects. There will be interaction with other children and time for lots of individual attention, encouraging children to develop such social skills as sharing, caring and cooperation. Unfortunately, staff will not change diapers. Children must be 2 years of age by June 10, 2019 This is a drop off class. Instructor: Mary Fisher & Elyse Ferdinand Anes: 2-3

| - AYES. 2-C | )         |     |              |             |
|-------------|-----------|-----|--------------|-------------|
| Activity#   | Date      | Day | Time         | M/NM        |
| 13885       | 6/10-7/22 | М   | 9:30-11:00AM | \$205/\$225 |

#### **ABC'S & 123'S**

Each class is centered on a different number and letter which are reinforced through various puppets, songs, games and stories. Children must be 3 years of age by June 14, 2019 Instructor: Mary Fisher & Elyse Ferdinand

Ages: 3-4

| Activity# |           | Day | Time         | M/NM        |
|-----------|-----------|-----|--------------|-------------|
| 13887     | 6/14-7/26 | F   | 9:30-11:00AM | \$205/\$225 |

#### LUNCH ADVENTURES

Come over and have lunch and fun and make new friends! Come and take a different journey each week. Let's be a pirate and look for treasures one week and the next week become a chef and bake cookies. New adventures await you. We will learn through various art media, simple cooking projects, stories and more. Please bring a peanut-free lunch with a drink to class. Please notify us ahead of time if your child needs to be picked up from Winnetka Community Nursery School.

Instructor: Mary Fisher and Elyse Ferdinand Anes: 4-6

| Ages. 4-0    |           |     |                  |             |
|--------------|-----------|-----|------------------|-------------|
| Activity#    | Date      | Day | Time             | M/NM        |
| 13749        | 4/5-5/31  | F   | 11:15 AM-1:00 PM | \$238/\$329 |
| No Class: 4/ | /19, 5/10 |     |                  |             |





#### **OUTDOOR ADVENTURES MINI CAMP**

Outdoor Adventures is an innovative program for families who want to teach their children about the world through exploration of their natural surroundings. We believe children learn best through hands-on experiences which build self-esteem and encourage a love of nature. Activities will include short stimulating hikes in a variety of outdoor settings, music, art projects and games. Please bring a peanut free snack and bottled water with a backpack.

Instructor: Pam Katz

| Ages: 4-6 |         |      |                |             |
|-----------|---------|------|----------------|-------------|
| Activity# | Date    | Day  | Time           | M/NM        |
| 13039     | 6/3-6/6 | M-Th | 9:30AM-12:00PM | \$165/\$189 |

#### **OUTDOOR ADVENTURES**

Outdoor Adventures is an innovative program for families who want to teach their children about the world through exploration of their natural surroundings. We believe children learn best through hands-on experiences which build self-esteem and encourage a love of nature. In this class activities will include short stimulating hikes in a variety of outdoor settings, music, art projects and games. Please bring a peanut free snack and drink to class.

Instructor: Pam Katz

| Ages: 6-8    |          |     |             |             |
|--------------|----------|-----|-------------|-------------|
| Activity#    | Date     | Day | Time        | M/NM        |
| 13759        | 4/3-5/29 | W   | 3:30-5:00PM | \$229/\$269 |
| No class: 5/ | /8       |     |             |             |



#### **NOGGIN BUILDERS: SPLAT NEW!**

You and your team will design your own catapult to launch things across the room. Can you protect your egg from a giant fall? Plus, make your very own slime to take home. This workshop is sure to be smashing! Full and half day class available

| Instructor: Noggin Builders |                     | : K-5                                      |  |
|-----------------------------|---------------------|--|--|
| Date                        | Day                 | Time                                       | M/NM   |
| 3/26                        | Tu                  | 9:00AM-12:00PM                             | \$99/\$129   |
| 3/26                        | Tu                  | 9:00AM-4:00PM                              | \$149/\$169  |
|                             | <b>Date</b><br>3/26 | Date         Day           3/26         Tu | Date         Day         Time           3/26         Tu         9:00AM-12:00PM |

#### **NOGGIN BUILDERS: LEGO ADVENTURE NEW!**

Build problem solving skills using LEGO bricks. Create a marblemaze, explore symmetry, race magnet powered cars and let your imagination soar as you design new worlds using LEGO bricks. Full and half day class available

| Instructor: Noggin Builders |      | Grades: | K-5            |             |
|-----------------------------|------|---------|----------------|-------------|
| Activity#                   | Date | Day     | Time           | M/NM        |
| 13686                       | 3/27 | W       | 9:00AM-12:00PM | \$99/\$129  |
| 13687                       | 3/27 | W       | 9:00AM-4:00PM  | \$149/\$169 |

#### NOGGIN BUILDERS: GROSS CHEMISTRY NEW!

Get your hands dirty with this workshop that will feature things sticky, messy, and disgusting. From gooey experiments to the world of germs, get ready to be grossed out! Full day and half day class available.

| Instructor: Noggin Builders |                     | K-5  |  |
|-----------------------------|---------------------|--|--|
| Date                        | Day                 | Time                                       | M/NM   |
| 3/28                        | Th                  | 9:00AM-12:00PM                             | \$99/\$129   |
| 3/28                        | Th                  | 9:00AM-4:00PM                              | \$149/\$169  |
|                             | <b>Date</b><br>3/28 | Date         Day           3/28         Th | Date         Day         Time           3/28         Th         9:00AM-12:00PM |

#### **NOGGIN BUILDERS EARLY STEM EXPLORERS NEW!**

Make slime, investigate animal habitats, discover outer space, or experiment with surface tension. In this early introduction to STEM, your child will build creative problem solving skills through fun, hands-on activities like science, crafts, and games specifically designed for young learners. Instructors: Noggin Builders

| Ages: 3-5   |          |     |             |             |
|-------------|----------|-----|-------------|-------------|
| Activity#   | Date     | Day | Time        | M/NM        |
| 13675       | 4/2-5/28 | Tu  | 1:30-3:00PM | \$279/\$329 |
| No Class 5/ | 7        |     |             |             |

#### **NOGGIN BUILDERS STEM EXPLORERS NEW!**

Investigate electricity, build your own vehicle, experiment with chemical reactions, create an earthquake or explore outer space. These are just some of the challenges we will dig into in STEM Explorers. Explore handson, real-world projects in STEM while stretching your creative problem solving with fun activities.

Instructors: Noggin Builders

| Grades: Kind<br><b>Activity#</b><br>13677 | dergarten - 1st<br><b>Date</b><br>4/2-5/28 | <b>Day</b><br>Tu | <b>Time</b><br>4:00-5:30PM | <b>M/NM</b><br>\$279/\$329 |
|---|--|------------------|----------------------------|----------------------------|
| Grades: 2-3<br><b>Activity#</b><br>13760  | <b>Date</b><br>4/1-6/3                     | <b>Day</b><br>M  | <b>Time</b><br>4:00-5:30PM | <b>M/NM</b><br>\$279/\$329 |



Children, Parents, Family & Friends! SING to the Music...LISTEN to the Serenades...DANCE to the Rhythms & SHARE in the Music! Please join us for a live music 'Sing-A-Long' with Teacher Dan! Recognizable children's tunes & popular songs will be sung...Finderplays, bodywork and movement games will be played...and a variety of instruments will serenade all guests!!!



#### **UNDER THE MICROSCOPE NEW!**

Guess what we discover under the microscope? Together we will explore a whole new world of learning and excitement. Using a child-friendly digital microscope, students will explore the concepts of magnification, science, nature study and; digital editing. Instructor: Tech Star Computer Explores

Ages: 3-5

| Ages: 3-5 |           |     |                 |           |
|-----------|-----------|-----|-----------------|-----------|
| Activity# | Date      | Day | Time            | M/NM      |
| 13627     | 4/12-5/24 | F   | 11:15AM-12:00PM | 169/\$199 |



#### MINECRAFT CLUB NETWORK ADVENTURE

TechStars grants you access to a PROPRIETARY Minecraft world you can't get on your own! Learn fundamentals of computer networking through this unique Minecraft experience that also allows you and your friends to work in multi-player mode as you mine, craft and build together to survive. Working with a partner, use your skills to explore all the secrets the world has to offer, including a mysterious castle filled with challenges. No matter whether you are new to Minecraft or already love the program, this program is for YOU. Instructor: Tech Star Computer Explorers

Instructor: Tech Star Computer Explorer

| Ag03. 0 0   |          |     |             |             |
|-------------|----------|-----|-------------|-------------|
| Activity#   | Date     | Day | Time        | M/NM        |
| 13625       | 4/8-5/20 | M   | 5:30-6:30PM | \$169/\$199 |
| No Class 5/ | 6        |     |             |             |

#### **GAME DESIGN WITH ROBLOX**

Roblox is one of the fastest-growing game creation platforms on the planet, with more than 60 million players per month and top developers making over \$1 million a year. In this course, you'll use Roblox's built-in editor to create 3D worlds and then use Lua to code game mechanics. Publish, share, and play games with friends on any platform from console to mobile.

Instructor: Tech Star Computer Explorers Ages: 9-12

| Activity# | Date      | Day | Time        | M/NM        |
|-----------|-----------|-----|-------------|-------------|
| 13626     | 4/12-5/24 | F   | 5:30-6:30PM | \$299/\$349 |



#### FLORAL DESIGN 101 - ADULT PROGRAM

Floral Design 101 will give you all the basics of floral design including design rules and flower care, as well as the confidence to discover your own floral design style. Each session will focus on one of the

fundamental elements of floral design, as well as provide time for the students to learn about and work, hands on, with different types of flowers including garden varieties, bulbs, and exotics. Learn to design with flowers and you will learn a skill you shall treasure for years to come! Class costs cover all materials and flowers used in each session. Students will go home with a special creation of their own each session. Instructor: Allison Cassato

Instructor: F

| Ages: 18+ |          |     |                 |             |
|-----------|----------|-----|-----------------|-------------|
| Activity# | Date     | Day | Time            | M/NM        |
| 13783     | 4/9-5/14 | Tu  | 1:00-2:15PM     | \$246/\$308 |
| 13871     | 6/19-7/3 | W   | 10:30AM-12:00PM | \$125/\$155 |





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Win

#### June 21st & June 22nd Festival Headquarters at your Community House.

- Music, food, and fun for everyone!
- Family Stage with activities for kids of all ages Saturday morning at the Village Green.
- BMO-Harris Stage, VIP Lounge, and festival headquarters at the Community House.

More festival information www.winnetkamusicfestival.com

events

NEW THIS YEAR! Childcare, provided by Hot Shots Sports, available throughout the Winnetka Music Festival! See page 34 & 35 for more details

A VALSLIST EVENT

WINNETKA MUSIC FESTIVAL



commu

# dog obedience

#### ANYTHING IS PAWZIBLE -

#### PUPPY PAWZIBILITIES

This is the most critical time during the life of your dog! Puppy classes provide education on leadership, manners, early socialization, housebreaking and can help stop unwanted behaviors such as nipping, chewing, jumping, and barking. Your puppies will learn all beginning obedience commands including; sit, down, come, wait, drop, settle, and loose leash walking. We even have a session on beginning agility and confidence building! Classes are kept small to reduce distractions and increase individual attention! This class is for puppies nine weeks to five months at the start of class and must have at least one round of vaccinations. Children eight and older are welcome to attend with an adult.

| Instructor: Anything is PAWZible |           |     | Ages: 14+   |             |
|----------------------------------|-----------|-----|-------------|-------------|
| Activity#                        | Date      | Day | Time        | M/NM        |
| 13834                            | 5/13-6/24 | Μ   | 6:00-7:00PM | \$169/\$199 |
| 13836                            | 7/8-8/12  | Μ   | 6:00-7:00PM | \$169/\$199 |
| No Class: 5                      | 5/27      |     |             |             |

#### ANYTHING IS PAWZIBLE-BASIC PAWZIBILITIES

Basic dog obedience is designed to teach essential commands that every dog should know and is designed for dogs with little to no formal training experience. This program will cover: verbal and/or hand signals applied to positive training techniques, manners and general applications for the day-to-day life with your dog. Classes are kept small to reduce distractions and increase lots of individual attention! This class is recommended for dogs five months and older and not recommended for reactive or fearful dogs.

| Instructor: Anything is PAWZible |          |     | Ages: 14+ |             |
|----------------------------------|----------|-----|-----------|-------------|
| Activity#                        | Date     | Day | Time      | M/NM        |
| 13833                            | 7/8-8/12 | М   | 7:15-8/15 | \$169/\$199 |

#### ANYTHING IS PAWZIBLE -

#### **BASIC PLUS PAWZIBILITIES NEW**

Basic Plus is a new class that is designed for dogs/puppies that have had formal puppy training and are ready to build on those skills without all the introduction of previous foundational skills learned in puppy class. This class takes you to the next level of training and introduces new skills for puppy graduates. Classes are kept small (7 dogs maximum) to reduce distractions and increase lots of individual attention!

 Instructor: Anything is PAWZible
 Ages: 14+

 Activity #
 Date
 Day
 Time
 M/NM

 13835
 5/13-6/24
 M
 7:15-8:15PM
 \$169/\$199

 No Class 5/27
 V
 V
 V
 \$169/\$199



#### **BIG SKY DOG TRAINING-PUPPY CLASS**

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This class is designed as a Puppy Head Start Program. Your puppy will learn focus and attention, sit, down, wait and stay, walking on a loose leash, walking through a door correctly and recall (come) to name a few. Each of the six week lessons will also focus on your concerns, like housebreaking, chewing and barking. This class will teach you the reasoning behind a puppy's thought process as well as the prevention of and response to unwanted behaviors. Other essential puppy information will be provided such as dog food, grooming and health issues. The class will teach you the best ways to train your puppy while still living your life. Beginning the socialization process during puppy hood ensures that your puppy will more likely grow to be a well adjusted and highly adaptable to other dogs, people and situations. Dogs must be 14 weeks and older. Bring soft treats, soft treats, a leash and clean-up bags. No retractable/ expandable leashes, no sandals without a back strap. All recommended training methods will use positive reinforcement techniques. Dog Training hand signals, voice command and a marker word will be used throughout the class along with the five basic rewards; touch, voice, loose leash, play, and treats.

| play, and re  | , accor       |     |               |             |
|---------------|---------------|-----|---------------|-------------|
| Instructor: N | Iontana Hayes |     | Ages: 14+     |             |
| Activity#     | Date          | Day | Time          | M/NM        |
| 13467         | 4/10-5/22     | W   | 10:30-11:30AM | \$169/\$199 |
| 13468         | 5/29-7/3      | W   | 9:30-10:30AM  | \$169/\$199 |
| 13818         | 7/10-8/14     | W   | 9:30-10:30AM  | \$169/\$199 |

#### **BIG SKY DOG TRAINING-INTERMEDIATE**

Your pup has learned the basic skills. It's time to up the ante! This class is geared toward strengthening the basic level obedience commands your dog has already learned. We will work on having greater control of commands at farther distances, with more distractions and for increased time. In addition, we will begin to work on off-leash heeling exercises. Those interested in obtaining their dog's **CGC Certification** will be able to test at the end of the class. Come join the fun! Bring soft treats, a leash, and clean-up bags. No retractable or expandable leashes, no sandals without a back strap..

| Instructor: Montana Hayes     |           |     | Ages: 14+     |             |  |
|-------------------------------|-----------|-----|---------------|-------------|--|
| Activity#                     | Date      | Day | Time          | M/NM        |  |
| 13472                         | 4/11-6/6  | Th  | 10:30-11:30AM | \$169/\$199 |  |
| 13817                         | 6/13-7/25 | Th  | 10:30-11:30AM | \$169/\$199 |  |
| 13820                         | 8/1-9/5   | Th  | 10:30-11:30AM | \$169/\$199 |  |
| No Class: 4/18, 5/2, 5/9, 7/4 |           |     |               |             |  |

#### **BIG SKY DOG TRAINING-ADULT CLASS**

This class is designed to review commands and increases the difficulty of exercises (commands) by extending the time and distance for each command. At each lesson you will be able to focus on your concerns, like housebreaking, chewing and barking to name a few. People interested in obtaining their dog's CGC Certification will be able to test at the end of the class. Dogs must be 6 months and older. Bring soft treats, a leash, and clean-up bags. No retractable/expandable leashes, no sandals without a back strap.

| with loat a be | ion on ap.    |     |                 |             |  |
|----------------|---------------|-----|-----------------|-------------|--|
| Instructor: N  | Iontana Hayes |     | Ages: 14+       |             |  |
| Activity#      | Date          | Day | Time            | M/NM        |  |
| 13470          | 4/10-5/22     | W   | 11:45AM-12:45PM | \$169/\$199 |  |
| 13471          | 5/29-7/3      | W   | 10:45AM-11:45   | \$169/\$199 |  |
| 13819          | 7/10-8/14     | W   | 10:45-11:45AM   | \$169/\$199 |  |
| No Class: 5/8  |               |     |                 |             |  |





#### **CREATIVE PAWS-PUPPY CLASS**

Puppy Class provides a positive environment for socialization of puppies to people as well as to each other. Early socialization (before the puppy is 18 weeks old) has been shown to greatly reduce the incidence of both human-directed aggression and dog-dog aggression, as well as anxiety and fear based behavior problems. Additional topics covered are house training, mouthing, barking, and preventing behavior problems. Obedience behaviors of sit, coming when called and walking on a leash will be introduced. This class is appropriate for puppies ages 2-4 months old. All dogs must have at least second rounds of vaccines at the start of the session, please do not bring him/her to class. Humans may attend prior to administration of the 2nd round of vaccinations. Children training dogs must be at least 12 years old. No retractable leashes allowed. Please bring food to be used as training rewards to each class.

rewards to each class.

| Instructor: A | Ashlee Trotter | Ages: 1 | 14+         |             |  |  |
|---------------|----------------|---------|-------------|-------------|--|--|
| Activity#     | Date           | Day     | Time        | M/NM        |  |  |
| 13503         | 4/9-5/21       | Tu      | 6:00-6:50PM | \$169/\$199 |  |  |
| 13504         | 5/28-7/2       | Tu      | 7:00-7:50PM | \$169/\$199 |  |  |
| 13807         | 7/23-8/27      | Tu      | 6:00-6:50PM | \$169/\$199 |  |  |
| No Class: 5/7 |                |         |             |             |  |  |

#### **CREATIVE PAWS-DOG OBEDIENCE 101**

Obedience 101 teaches the basics of obedience: sit, down, stand, Recall (coming when called), stay, and heel, everything your companion dog needs to know! Both verbal commands and hand signals will be used. Dogs of any age may take this class. Positive reinforcement techniques will be used, so please bring food rewards or a small toy with you to class. Children training dogs must be at least 12 years old. No retractable leashes allowed. Please bring food to be used as training rewards to each class.

Instructor: Ashlee Trotter Ages: 14+ Activity# Date Day Time M/NM 7:00-7:50PM 13500 4/9-5/21 Tu \$169/\$199 13501 5/28-7/2 6:00-6:50PM \$169/\$199 Tu 7/23-8/27 7:00-7:50PM 13809 Tu \$169/\$199 No Class: 5/7

#### **CREATIVE PAWS-DOG OBEDIENCE 102**

Obedience 102 is focused on honing the skills of Obedience 101. Additional levels of difficulty and distractions will be added. Dogs of any age may enroll provided they have a basic knowledge of basic obedience commands: sit, down, recall (coming when called), stay, and heel. Children training dogs must be at least 12 years old. No retractable leashes allowed. Please bring food to be used as training rewards to each class.

 Instructor: Ashlee Trotter
 Ages: 14+

 Activity#
 Date
 Day
 Time
 M/NM

 13505
 5/28-7/2
 Tu
 8:00-8:50PM
 \$169/\$199

#### **CREATIVE PAWS-DOG OBEDIENCE RALLY**

Rally is a fun spin on traditional obedience for both the dog and the handler. Rally is a sport in which ALL dogs are encouraged to participate. Dogs must have strong heeling skills to take this course. Obedience skills of sit, down, stand, stay, heeling, and coming when called will be worked on in the context of an obstacle course of obedience exercises. Children training dogs must be at least 12 years old. No retractable leashes allowed. Please bring food to be used as training rewards to each class.

| Instructor: A | Ashlee I rotter | Ages 14+ |             |             |
|---------------|-----------------|----------|-------------|-------------|
| Activity#     | Date            | Day      | Time        | M/NM        |
| 13806         | 7/23-8/27       | Tu       | 8:00-8:50PM | \$169/\$199 |



#### CREATIVE PAWS-DOG OBEDIENCE CANINE GOOD CITIZEN

**CGC - Canine Good Citizen Prep** Class & Test The Canine Good Citizen title is offered by the AKC, and can be attained by any dog regardless of breed or mix. The test is on the last night of class. All items must be passed to earn the title. The test items are:

- 1. Accepting a friendly stranger.
- 2. Sitting politely for petting.

3. Appearance and grooming (A friendly stranger examines the ears, front feet and run a brush down the dog's back).

- 4. Walking on a loose lead.
- 5. Walking through a crowd.
- 6. Sit and down on command and staying in place.
- 7. Coming when called.

8. Reaction to another dog walking politely with another handler and dog team, exchanging pleasantries and shaking hands with the handler while the dogs ignore each other.

9. Reaction to distraction including both a noise and a movement based distraction.

10. Supervised separation.(Children training dogs must be at least 12 years old.) No retractable leashes allowed. Please bring food to be used as training rewards to each class.

| Instructor: Ashlee Trotter |          | Ages: 1 | 4+          |             |  |  |
|----------------------------|----------|---------|-------------|-------------|--|--|
| Activity#                  | Date     | Day     | Time        | M/NM        |  |  |
| 13498                      | 4/9-5/21 | Tu      | 8:00-8:50PM | \$169/\$199 |  |  |
| No Class: 5/7              |          |         |             |             |  |  |





#### **FANTASY DANCE**

Imagination, movement, dance and enchanting costumes combine to enhance your child's creativity and coordination. Classes incorporate basic ballet, French terminology, creative movement and motor skill development. Parent Observation Day will take place on the last day of the session for the last 15 minutes of class.

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| SPRING    |       |                 |          |     |               |             |          |
|-----------|-------|-----------------|----------|-----|---------------|-------------|----------|
| Activity# | Ages  | Instructor      | Date     | Day | Time          | M/NM        | No Class |
| 13702     | 2.5-4 | Gwendolyn Britt | 4/1-5/20 | Μ   | 1:00-1:45PM   | \$199/\$229 | 5/6      |
| 13703     | 3-5   | Gwendolyn Britt | 4/1-5/20 | Μ   | 1:45-2:30PM   | \$199/\$229 | 5/6      |
| 13704     | 2.5-4 | Gwendolyn Britt | 4/2-5/25 | Tu  | 1:00-1:45PM   | \$229/\$269 | 5/7      |
| 13705     | 3.5-5 | Gwendolyn Britt | 4/2-5/28 | Tu  | 1:45-2:30PM   | \$229/\$269 | 5/7      |
| 13706     | 2.5-4 | Gwendolyn Britt | 4/3-5/29 | W   | 9:30-10:15AM  | \$229/\$269 | 5/8      |
| 13707     | 3.5-4 | Gwendolyn Britt | 4/3-5/29 | W   | 10:15-11:00AM | \$229/\$269 | 5/8      |
| 13708     | 2.5-4 | Gwendolyn Britt | 4/4-5/30 | Th  | 9:00-9:45AM   | \$229/\$269 | 5/9      |
| 13709     | 3-5   | Gwendolyn Britt | 4/4-5/30 | Th  | 9:45-10:30AM  | \$229/\$269 | 5/9      |
| 13712     | 2-4   | Gwendolyn Britt | 4/5-5/31 | F   | 1:00-1:45PM   | \$229/\$269 | 4/19     |
| 13713     | 3-5   | Gwendolyn Britt | 4/5-5/31 | F   | 1:45-2:30PM   | \$229/\$269 | 4/19     |
| SUMMER    |       |                 |          |     |               |             |          |

6/10-7/22 M

6/10-7/22 M

#### 

| 13843 | 2.5-4 | Gwendolyn Britt |
|-------|-------|-----------------|
| 13844 | 3.5-5 | Gwendolyn Britt |

#### SPRING DANCE RECITAL

(Tickets are needed for the main recital)

#### **SATURDAY, MAY 18**

Main Recital Rehearsal 3:00-5:30PM SUNDAY, MAY 19 Main Recital 3:30PM

(All classes except Fantasy Dance)

# camps

#### FANTASY DANCE CAMP



\$189/\$229

\$189/\$229

N/A

N/A

9:30-10:15AM

10:15-11:00AM

This very popular camp incorporates imagination, movement, pantomime, music, dance and enchanting costumes to make for a wonderful summer experience. Each week we will explore a new theme, learn basic ballet, improve motor skills, complete an arts & crafts project and enjoy a yummy snack. Please have your child toilet trained as the instructor will not change diapers. This camp meets one day a week for two hours. You may sign up for as many days as you wish. Please bring a small snack to class, we will provide water during snack time.

22

Instructor: Gwendolyn Britt

| Ag | es | : | 3 | -6 |
|----|----|---|---|----|
| -  |    |   | - |    |

dance

| Activity      | Date      | Day | Time         | M/NM        |  |  |
|---------------|-----------|-----|--------------|-------------|--|--|
| 13845         | 6/10-7/22 | Μ   | 2:00-4:00PM  | \$249/\$299 |  |  |
| 13848         | 6/11-7/23 | Tu  | 9:30-11:30AM | \$249/\$299 |  |  |
| 13849         | 6/12-7/24 | W   | 1:00-3:00PM  | \$249/\$299 |  |  |
| 13853         | 6/13-7/25 | Th  | 9:30-11:30AM | \$249/\$299 |  |  |
| No Class: 7/4 |           |     |              |             |  |  |



#### BALLET

| Activity | # Class          | Age   | Instructor      | Date      | Day | Time        | M/NM        | No Class |
|----------|------------------|-------|-----------------|-----------|-----|-------------|-------------|----------|
| 13846    | Tiny Tot Ballet  | 4-7   | Gwendolyn Britt | 6/10-7/22 | М   | 4:00-5:00PM | \$185/\$215 | N/A      |
| 13872    | Pre Ballet       | 6-10  | Marc Nevins     | 6/13-7/25 | Th  | 4:00-5:00PM | \$168/\$202 | 7/4      |
| 13850    | Ballet 1&2       | 6-10  | Gwendolyn Britt | 6/11-7/23 | W   | 3:30-4:30PM | \$168/\$202 | N/A      |
| 13870    | Ballet 1&2       | 6-10  | Marc Nevins     | 6/12-7/24 | Tu  | 4:00-5:00PM | \$185/\$215 | N/A      |
| 13851    | Ballet 3&4       | 8-14  | Gwendolyn Britt | 6/12-7/24 | W   | 4:30-5:30PM | \$168/\$202 | N/A      |
| 13847    | Pre-Point Ballet | 10-18 | Gwendolyn Britt | 6/10-7/22 | М   | 5:00-6:00PM | \$185/\$215 | N/A      |
| 13852    | Teen Ballet      | 11-18 | Gwendoyn Britt  | 6/12-7/24 | W   | 5:30-6:30PM | \$168/\$202 | N/A      |



# adult dance classes

| Activity | # Class                 | Ages | Instructor  | Date      | Day | Time          | M/NM        | No Class |
|----------|-------------------------|------|-------------|-----------|-----|---------------|-------------|----------|
| 13736    | Adult Continuing Ballet | 18+  | Marc Nevins | 4/4-5/30  | Th  | 1:00-2:15PM   | \$229/\$269 | 5/9      |
| 13728    | Adult Ballet            | 18+  | Marc Nevins | 4/5-5/31  | F   | 1:00-2:15PM   | \$229/\$269 | 4/19     |
| 13874    | Ballet Exercise         | 18+  | Marc Nevins | 6/11-7/23 | Tu  | 11:00-12:00PM | \$185/\$215 | N/A      |
| 13875    | Adult Ballet            | 18+  | Marc Nevins | 6/13-7/25 | Th  | 1:00-2:15PM   | \$185/\$215 | N/A      |
| 13876    | Adult Ballet            | 18+  | Marc Nevins | 6/14-7/26 | F   | 1:00-2:15PM   | \$185/\$215 | N/A      |
| 13772    | Adult Dance Exercise    | 18+  | Marc Nevins | 4/2-5/28  | Tu  | 9:30-10:30AM  | \$199/\$245 | N/A      |

#### **REQUIRED DANCE ATTIRE**

Fantasy Dance, Tiny Tot Ballet, Pre Ballet: Light Pink leotard, tights, ballet slippers.

**Ballet 1/2**: Lavender leotard, pink tights and ballet slippers

**Ballet 2:** Lavender leotard, pink tights and ballet slippers

Ballet 3/4: Light blue leotard, pink tights and ballet slippers

**Ballet 5:** Black leotard, pink tights and ballet slippers

Teen Ballet: Black leotard, nude tights, mid length skirt and ballet slippers

**Musical Theatre Dance:** Girls black leotard, nude tights, mid length skirt, jazz shoes or ballet slippers. Boys, black or white t-shirt and black athletic pants with jazz shoes.

Jazz: Leotard and jazz shoes

Tap: Comfortable clothing and tap shoes

**Hip Hop:** Comfortable clothing

Please be advised that proper attire is required for all classes. Cost of the attire is not included in tuition.

Any child arriving to class later than 10 minutes will not be admitted. This is due to the safety of the child's body. In order to prepare their body for the class, the child must participate in the warm-up held at the beginning of the class. If the child misses the warm-up, the possibility of injury is very high.

Please note: You may only attend the day/time you are registered for. Makeup classes are not allowed.



# Music

#### PRIVATE MUSIC LESSONS

Choose one instrument or many! Learn how to SING and/or PLAY piano, violin, drums, ukulele, bass guitar, banjo, mandolin and percussion, all in a fun and creative way! Our unique approach is structured entirely around the student's needs. Regardless of age or skill level, we educate our students with a strong musical foundation, learning the theory as well as the fundamentals of music! Ages 3 years to adult are welcome! Our philosophy has always been to teach music to children and adults on a multi instrumental level, allowing our students to thrive musically on various instruments while building their confidence. Our talented, college-graduate teachers creatively inspire all students to choose the instrument(s) they would really like to learn. Lessons are 30 minutes long once a week and must be paid in 48 hours in advance of your first lesson. Students will be contacted by the instructor to arrange a day and time.

Ages: 3yrs and up Monday-Sunday

| Activity# | Month  | M/NM        |
|-----------|--------|-------------|
| 13981     | April  | \$175/\$199 |
| 13892     | May    | \$175/\$199 |
| 13893     | June   | \$175/\$199 |
| 13894     | July   | \$175/\$199 |
| 13895     | August | \$175/\$199 |
|           |        |             |

#### ABOUT TOP NOTE MUSIC

Our philosophy has always been to teach music to children on a multi-instrumental level, allowing our students to thrive musically on various instruments while building their confidence. Our talented, college-educated teachers creatively inspire all students to choose the instrument(s) they would really like to learn. Our goal is to educate our community of children and adults with the gift of music.

#### **RECORDING STUDIO NEW**

The Community House now has a professional Recording Studio. You can book a recording session with Top Note Music Academy, record one song and have it professionally recorded and mastered and turned into an mp3 with our state-of-the-artequipment! Register today and within 48 hours. Top Note Music Academy will contact you and set up a day and time for your recording. *Each session is 60 minutes* 

#### STUDIO OPENS JUNE 1ST

June 1-August 31

#### Activity #13898

Members: \$100 per song Non-Members \$125 per song Additional charges will be assessed if recordings go over 60 minutes

#### ROCKSTAR

Let your child become a Rock Star! Each week, your child will learn about different rock/pop instruments such as guitar (acoustic & electric bass, keyboards, violin, drums and percussion, as well as voice (using a microphone). Our fun "hands-on" approach will give your child a strong musical foundation, learning the theory behind music as well as the fundamentals. Our philosophy is to teach music on a multi-instrumental level, allowing our students to thrive musically on various instruments while building their confidence. Our talented college graduate teachers creatively inspire all students to choose the instruments they would really like to learn. Instructor: Top Note Music Academy

Ages: 4-7

Activity# Date 13670 3/19-6/4 13671 3/20-6/5 DayTimeTu4:00-4:45PMW4:00-4:45PM

**M/NM** \$279/\$329 \$279/\$329



#### **GUITAR LESSONS**

This class is for beginner to advanced guitarists of all ages. Students of this course will learn: lead guitar, rhythm guitar, singing while playing, songwriting, improvising, how to figure out songs by ear, and much more! Students of this course have learned styles ranging from Pop, to Rock, Blues, Folk, Classical, Bossa Nova, Flamenco, and beyond. Trial lessons can be arranged upon request. Contact us today! Please bring your own guitar. All ages are welcome. Lessons are 30 minutes long. Students will be contacted by the instructor to arrange a lesson time.

Instructor: Brandon Seyferth

| Ages: 4 - Adults |           |     |             |             |  |  |  |
|------------------|-----------|-----|-------------|-------------|--|--|--|
| Activity#        | Date      | Day | Time        | M/NM        |  |  |  |
| 13621            | 3/20-6/5  | W   | 3:00-9:00PM | \$399/\$449 |  |  |  |
| 13884            | 6/12-8/14 | W   | 3-00-9:00PM | \$399/\$449 |  |  |  |

#### **GUITAR INTENSIVE LESSONS**

Go from zero to sixty with your playing in one week. One hour a day, five days. Practice and learn with an instructor who has over a decade of experience teaching guitar. Options available for all skill levels. Just speak to the instructor for advice about how this program can work for you or your child. Get playing fast. Reserve today. Instructor will contact you after you register to schedule your days and times. Students must provide own guitar.

Instructor: Brandon Seyferth

| Ages: 4 - 17 |           |     |             |             |
|--------------|-----------|-----|-------------|-------------|
| Activity#    | Date      | Day | Time        | M/NM        |
| 13883        | 6/10-8/16 | M-F | 3:30-9:00PM | \$399/\$449 |

#### **ADULT GUITAR LESSONS**

Gain or hone a skill this summer with feedback that you can't get on-line. An instructor who has been teaching guitar for more than a decade will guide you, in a 30-minute lesson each week. Flexible options are available to fit your schedule, speak to the instructor for advice. All skill levels welcome. Begin today. Students will be contacted by the instructor to arrange a lesson time. Students must provide their own guitar. Instructor: Brandon Seyferth

| Ages to+  |           |     |             |             |
|-----------|-----------|-----|-------------|-------------|
| Activity# | Date      | Day | Time        | M/NM        |
| 13882     | 6/12-8/14 | W   | 2:00-4:30PM | \$399/\$449 |

# Check out the open house of our new music**studio**! See page 7 for more details!

# music



presents THE ZARD



**Communityhouse**<sup>winnetka</sup>

# April 25th - 28th, 2019

Thursday 4/25/19 7:00 pm Friday 4/26/19 7:30 pm Saturday 4/27/19 12:30 & 4:00 pm Sunday 4/28/19 1:00 & 4:00 pm

For tickets and information, visit: Childrens Theatre Winnetka.com



# adult theatre

#### **IMPROV FOR ADULTS NEW!**

Be yourself, be in the moment, just...be. It takes work to break down the barriers we adults learn to build around ourselves and simply connect with another person but who says that hard work can't be fun? Improv - even for non-performers-is a proven way to learn to trust your instincts, commit fully to a moment, and celebrate mistakes. Improvisation can reduce anxiety, build confidence, and generate out-of-the-box thinking. No wonder doctors, lawyers, and businessmen frequent improv classes - the benefits are endless. We're not worried here about "being the funniest guy in the room" - honesty & connection is at the heart of all great improv and ATC is dedicated to providing a safe space for all students to work and play in - no matter your experience level. Great for beginners & connoisseurs alike, IMPROV FOR ADULTS, is a great place to step out of your comfort zone and into a new you. For more information, call the Actors Training Center (847) 251-8710. No Refunds after the first class.

Time

6:30-8:30PM

Instructor: Actors Training Center Ages: 18+

 Activity#
 Date
 Day

 13856
 4/4-4/25
 Th

**M/NM** \$180/\$180

# HOW TO BREAK INTO THE FILM, TV & THEATRE INDUSTRY NEW!

Carole Dibo has launched a few careers (can you say, Rachel Brosnahan, The Marvelous Mrs. Maisel?) and started a nationally renowned acting school that has launched more than a few successful careers. A role will give you the skinny on who's who, how to get an agent, what casting directors look for and how actors that "made it." Learn everything from how to write a resume to where an actor falls on the "Industry Food Chain." Bridge the gap from where you are to where you can be! Perfect for the novice or seasoned actor looking to brush up on current industry expectations. Recommended for actors & parents alike.

Instructor: Actors Training Center

| Ages: 18+      |     |             |             |
|----------------|-----|-------------|-------------|
| Activity# Date | Day | Time        | M/NM        |
| 13854 4/7      | Su  | 1:00-5:00PM | \$150/\$150 |

ACTORS TRAINING CENTER



#### PIVEN THEATRE IMPROVISATION AND SCENE STUDY NEW

Discover why the Chicago Tribune calls Piven Theatre Workshop "one of this area's most distinguished actor training centers!" In this fun-filled scene study class, middle school students work with their ensemble to create lively characters and realistic relationships on stage. Students apply improvisation techniques to scenes from contemporary plays under the expert direction of a Piven teaching artist. Open to experienced and beginning students, and perfect for those who wish to use Piven's training to heighten their performances in school, community, and professional plays.

Instructor: Piven Theatre Workshop

| / gco. 11 | 1-+      |     |             |  |
|-----------|----------|-----|-------------|--|
| Activity# | Date     | Day | Time        |  |
| 13838     | 4/3-5/29 | W   | 4:00-5:30PM |  |



**M/NM** \$295/\$369



#### **STAR POWER 101 NEW!**

Star Power 101 is a specialized class that functions as both a group voice and movement class with the goal of cultivating showmanship as an art form. While Show Choir focuses on ensemble and performances, Star Power 101 will focus on the individualized skills of each performer. Each student will be assigned a song and will learn a multitude of tools and tricks to engage their audiences, tell the story within a music selection, and entertain! More advanced students will be assigned additional songs, props, and multiple "scene partners" to push their abilities and challenge their improvisational skills. The songs will range from Broadway to pop, to rock and roll, even rap, depending on the student's interests and strengths. This class will end with a "recital style" performance featuring our soloists and ensembles.

M/NM

Instructor: Top Note Performing Arts Academy Grades: 4-8

| Activity# | Date      | Day | Time        | M/NM        |
|-----------|-----------|-----|-------------|-------------|
| 13879     | 6/12-8/14 | W   | 2:00-4:30PM | \$399/\$499 |





#### About Skyline Studios

Jacqui Siegel, drama teacher, and Erica Zuhr, elementary school teacher, are the co-owners of Skyline Studios, Inc. Mrs. Siegel and Mrs. Zuhr have performed in and directed numerous plays throughout the Chicagoland area. Mrs. Siegel has worked with world-renowned casting directors in Los Angeles, New York, and Chicago. Together they bring their talents to Skyline Studios, excited to share their passion for the performing arts with the community!

#### SUMMER JUNIORS-SEUSSICAL

Our actors and actresses will explore the singing and dancing adventures of this classic story! All actors involved in this program will rehearse daily to learn songs, scenes, and dances from Seussical. Each cast member will receive a script for practice at home. Get ready for a fabulous show. Broadway, here we come! The ensemble will present their show on Friday, July 26th at 4:30. Instructor: Skyline Studios

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|----|-----|----|---|---|--|
| -  |     |    |   | _ |  |

| Activity# | Date      | Day | Time        | M/NM        |
|-----------|-----------|-----|-------------|-------------|
| 13829     | 7/15-7/26 | M-F | 4:00-5:00PM | \$245/\$305 |

#### SUMMER ON BROADWAY STARS: SEUSSICAL

Take your theatre experience to the next level! Join Skyline Studios and let your creativity take flight in Seussical! Jump into the magical world of musical theatre by exploring acting, singing and choreography in preparation for the big show! By the end of class, you'll be ready to take center stage and shine as one of the stars in Seussical! Each cast member will receive a script for practice at home. This three week summer program includes preparing a spectacular show for family and friends. Highlights of the summer program include: audition technique, stage vs. film auditioning, prop and costume design, vocal technique, improvisation, discovering choreography, set and lighting design, directing and much, much more Instructor: Skyline Studios

| ges: 7-12 |  |   |
|-----------|--|---|
|           |  | _ |

| Activity# | Date      | Day | Time        | M/NM        |
|-----------|-----------|-----|-------------|-------------|
| 13828     | 6/10-6/28 | M-F | 1:00-3:00PM | \$405/\$505 |
| 13832     | 7/15-7/26 | M-F | 5:00-7:00PM | \$315/\$395 |



Ac



# Support the communityhouse.

We serve the community with innovative programs and events that help you and your family connect, learn, and grow. Please consider offering your support with a gift to our Annual Fund. Visit **mycommunityhouse.org** to donate online, or learn about ways to give.

THANK YOU! We could not do this work without you!

# The comm**unity**house of Winnetka thanks

The original outplacement company



Morgan Stanley

CATERED by DESIGN.

BRINGING YOUR EVENTS TO DA















# Carol and Jim Hanson

Proud sponsors of the comm**unity**house of Winnetka programs & events.

communityhouse<sup>w</sup>

### communityhouse Spring Dance Recital!



Saturday, May 18, 2019 Tiny Tot Ballet & Pre Ballet Main Recital Rehearsal 3:00-5:30PM (All classes except Fantasy Dance and Tiny Tap)

Tickets are needed for the Main Recital

Sunday, May 19, 2019 Main Recital 3:30PM (all classes except Fantasy Dance, Tiny Tap)

# events

#### STATE OF THE GREAT LAKES LECTURE

Come listen to Jon Shabica who is a lifelong resident of the Northshore and runs Shabica & Associates which specializes in water management, including Lake Michigan shore protection.

He will discuss the state of the great lakes and give a historical look at Lake Michigan and how erosion, fluctuating lake levels, varying shore protection structures, and climate change has impacted the shoreline. Thursday, April 11, 7PM \$5 per person



# ceramics studio

#### **KIDS CLAYTIME**

From a lump of clay to a finished vessel, all the steps of centering, shaping, trimming, decorating and glazing are covered during the semester. Beginners concentrate on making, decorating and glazing basic forms, both functional or non-functional. Students with previous experience may advance at their own pace, learning more complex forms and glazing techniques.

Instructor: Jill Hurwitz Ages: 7-10

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|---------------|--------------|--------|-------------|-------------|
| Activity#     | Date         | Day    | Time        | M/NM        |
| 13615         | 4/3-6/5      | W      | 4:00-5:30PM | \$279/\$329 |
| 13616         | 4/4-6/6      | Th     | 4:00-5:30PM | \$259/\$299 |
| 13793         | 6/19-8/7     | W      | 4:00-5:30PM | \$259/\$299 |
| 13794         | 6/20-8/8     | Th     | 4:00-5:30PM | \$229/\$265 |
| No Class:     | 5/2, 5/8, 5/ | 9, 7/4 |             |             |

#### **CERAMIC WORKSHOP: BOWL ME OVER!**

Let's make your favorite bowl! You can eat out of it, wash it in the dishwasher, microwave food in it, or serve your quests from it! We will make your ceramic bowl, add some color, and two weeks later you can take it home. Dress for mess; see how much fun it is to play in the mud! Children under 7 must be accompanied by a parent/caregiver.

Instructor: Jill Hurwitz Anes: 11

| Activity# | Date | Day | Time        | M/NM      |
|-----------|------|-----|-------------|-----------|
| 13613     | 5/18 | Sa  | 1:00-3:00PM | \$35/\$39 |

#### **CERAMIC WORKSHOP: BOWL-BLAST!**

Let's make your favorite bowl! You can eat out of it, wash it in the dishwasher, microwave food in it, or serve your guests from it! We will make your ceramic bowl, add some color, and two weeks later you can take it home. Dress for mess; see how much fun it is to play in the mud! Children under 7 must be accompanied by a parent/care-giver.

Instructor: Jill Hurwitz Ages: 4+ Activ

| Activity# | Date | Day | Time         | M/NM      |
|-----------|------|-----|--------------|-----------|
| 13803     | 6/29 | Sa  | 12:00-2:00PM | \$35/\$39 |

#### **EXPLORING CERAMIC TECHNIQUES NEW**

Explore and learn the fundamentals of hand building, wheel throwing, and the combination of both techniques. Both beginners and experienced skill levels are welcome. Beginning wheel skills such as centering, cylinders and shaping will be practiced. Experienced students will learn fun new techniques while advancing their skills. Materials are included for children's classes. Instructor: Janet Trierweiler

Ages: 8-12

|           | -         |     |               |
|-----------|-----------|-----|---------------|
| Activity# | Date      | Day | Time          |
| 13798     | 4/2-6/4   | Tu  | 4:00-5:00PM   |
| 13799     | 6/11-7/9  | Tu  | 10:00-12:00PM |
| 13801     | 6/12-7/10 | W   | 1:00-3:00PM   |
| 13800     | 7/16-8/20 | Tu  | 10:00-12:00PM |
| 13802     | 7/17-8/21 | W   | 1:00-3:00PM   |
| No Class: | 5/7       |     |               |
|           |           |     |               |

|   | M/NM        |
|---|-------------|
|   | \$279/\$329 |
| 1 | \$215/\$245 |
|   | \$215/\$245 |
| 1 | \$259/\$295 |
|   | \$259/\$295 |





# adult ceramics

#### **CERAMICS - ALL LEVELS**

From a lump of clay to finished vessel, all the steps of centering, shaping, trimming, decorating and glazing are covered during the semester. All adults are welcome, from complete novice through more experienced. Beginners concentrate on making, decorating and glazing basic forms both functional or non-functional. Students with previous experience may advance at their own pace, learning more complex forms and glazing techniques. Ages: 18+

#### Instructor: Jill Hurwitz

| 1130000   | . On FIGURATIC |     |                |             |
|-----------|----------------|-----|----------------|-------------|
| Activity# | Date           | Day | Time           | M/NM        |
| 13614     | 4/1-6/3        | М   | 9:30AM-12:00PM | \$299/\$329 |
| 13792     | 6/17-8/5       | М   | 9:30AM-12:00PM | \$299/\$329 |
| No Class: | : 5/6, 5/27    |     |                |             |

#### **EXPLORING CERAMIC TECHNIQUES NEW**

Whether you're a beginner or experienced ceramicist, you will enjoy this creative exploration, practicing hand-building, throwing, and the combination of both techniques. The instructor will guide you through a variety of methods to build, decorate, and glaze your ceramic projects. Designed for all skill levels, this class is an excellent introduction to both functional and non-functional ceramic fundamentals. More experienced students will learn creative new techniques while advancing their skills.

Instructor: Janet Trierweiler

| Ages: 18  | +         |     |              |             |
|-----------|-----------|-----|--------------|-------------|
| Activity# | Date      | Day | Time         | M/NM        |
| 13795     | 4/3-6/5   | W   | 9:30-12:00PM | \$335/\$379 |
| 13796     | 6/12-7/10 | W   | 9:30-12:00PM | \$185/\$209 |
| 13797     | 7/17-8/21 | W   | 9:30-12:00PM | \$225/\$249 |





#### **AMAZING ART**

Amazing Art combines all your favorite art projects and mixed media in one unique class. Kids will make tie dye shirts (to be used as art smocks for the session), experience pottery painting, create fired ceramic arts, paint a canvas acrylic painting, experience recycled arts projects and more. Lessons will include concepts and techniques kids can use for a lifetime and the experience of creating awesome projects will result in great self esteem and a sense of accomplishment. Finished work will be taken home immediately. This is a drop off program. All new lessons are offered each session.

Instructor: Sunshine Arts And Crafts

| Grades: K | Kindergarter | 1–5th |             |             |
|-----------|--------------|-------|-------------|-------------|
| Activity# | Date         | Day   | Time        | M/NM        |
| 13619     | 4/5-6/7      | F     | 4:00-4:50PM | \$279/\$329 |
| No Class: | 4/19         |       |             |             |

#### **FASHION SEWING TECHNIQUES 1**

Combine the basic techniques of hand sewing and machine sewing in this eight-week course. You'll learn basic stitch techniques by hand and you'll learn how to use the sewing machine. If you are a beginner or experienced sewer, this class is for you! By the end of the class, you will have completed at least two different projects, one sewing project by hand and one on the machine. Sewing supplies, including fabric, thread, needles, and pins, will be provided. Students may choose to purchase additional specialty items on their own. \*NEW projects each session. Ages: 8-13

| Instructor | : Ciao Bella S | Sewing |             |             |
|------------|----------------|--------|-------------|-------------|
| Activity#  | Date           | Day    | Time        | M/NM        |
| 13774      | 4/2-6/4        | Tu     | 4:15-5:15PM | \$259/\$319 |
| No class:  | 5/7            |        |             |             |

#### **FASHION SEWING TECHNIQUES 2**

This class is a continuation of Fashion Sewing Techniques. Students will continue to learn about the sewing machine and they will learn about pattern production. By the end of this course students will have completed at least one apparel project on the sewing machine, such as a shirt, pants, vest, etc. This class is perfect for students looking to advance their sewing skills. Sewing supplies, including fabric, thread, needles and pins will be provided. Students may choose to purchase additional specialty items on their own. \*NEW projects each session. Ages: 9-13

| Instructor: Ciao Bella Sewing |         |     |             |             |  |
|-------------------------------|---------|-----|-------------|-------------|--|
| Activity#                     | Date    | Day | Time        | M/NM        |  |
| 13776                         | 4/2-6/4 | Tu  | 5:30-6:30PM | \$259/\$319 |  |

#### **BEACH COLLECTION SEWING CAMP NEW**

Join Ciao Bella Sewing for a week of sewing fun! During the week, students will learn how to sew on the sewing machine and students will also learn hand sewing techniques. Students will complete at least three summer fun sewing projects, such as beach bags, beach towels, picnic pillows, shorts and more! New and returning students are welcome to join the fun. This one-week long camp will be the perfect experience for your budding fashionista and sewer! Great for boys & girls. No prior experience need-ed. All supplies included. Students are welcome to bring their own sewing machine or use one provided. \*Students should bring a nut-free snack. Instructor: Ciao Bella Sewing Acres: 9-13

| / igeo. 0 1 | 10       |     |             |             |
|-------------|----------|-----|-------------|-------------|
| Activity#   | Date     | Day | Time        | M/NM        |
| 13878       | 6/4-6/28 | M-F | 1:30-3:30PM | \$325/\$395 |









#### ABOUT HOOPS4HEALTH

Founded in 2010, Hoops4Health's aim is to better the lives of our students. Our goal is to make a positive impact on youth by providing them top notch training in the sport of basketball as well as teaching them how to live a healthy lifestyle off the court. We cater to kids of all ages and skill levels. Our four keys are mind, body, nutrition, and discipline.

## camps

#### HOOPS4HEALTH SPRING BREAK CAMP

In this camp, we will work on all the fundamental basketball skills necessary to becoming an all-around solid player. Campers will be developing proper training and fundamental habits while learning drills that can be used at home. Skills we will be teaching include defense, dribbling, rebounding, shooting, screening, and more. There will be fun and challenging drills, games, and contests. Each session will focus on a different skill and will finish with applying these skills in 5-on-5 games which will be played at the end of every camp day. Fundamentals covered include Triple Threat Stance, proper shooting form, moving/cutting without the ball, defense, passing, rebounding, and dribbling. Each session ends with scrimmage games which include game situation drills, mental aspects of the Game, sportsmanship, positive attitude, off court maintenance, and healthy lifestyle habits.

| Ages: JK - TSL OF 2ND - T2IN |           |     |             |             |  |  |
|------------------------------|-----------|-----|-------------|-------------|--|--|
| Activity#                    | Date      | Day | Time        | M/NM        |  |  |
| 13524                        | 3/25-3/29 | M-F | 1:00-2:00P  | \$155/\$179 |  |  |
| 13525                        | 3/25-3/29 | M-F | 2:00-3:30PM | \$155/\$179 |  |  |







#### **HOOPS4HEALTH LITTLE BALLERS**

Get ready for this exciting opportunity to get your kids feet wet and help develop their love of the game of basketball from an early age. Learn the fundamentals of the sport through dribbling and ball handling helping develop basic motor skills and hand-eye coordination. Nurture your child's love of basketball, fitness and play with this exciting program!

| Activity#   | Date    | Day | Time        | M/NM        |
|-------------|---------|-----|-------------|-------------|
| 13528       | 4/5-6/7 | F   | 1:00-1:45PM | \$229/\$269 |
| No Class: 5 | /3      |     |             |             |

#### **HOOPS4HEALTH LITTLE BALLER CLINIC**

Our basketball clinic will help the beginner and advanced basketball player. Each week we will cater to different fundamental basketball skills, including shooting, dribbling, passing, rebounding, and defense. We will focus on the importance of ball movement and sportsmanship. Our professional staff has worked with kids of all ages and skill levels. There will be games and prizes throughout the clinic. We will also develop how to play in 5-on-5 games while using proper spacing and teamwork. Our goal is that each player comes out with a better understanding of how to play the game and develop the fundamental basketball skills necessary to excel at basketball. Register two or more children, from the same family, and receive 10% off (not available on-line, must register in person at WCH front desk). Daily Rate: \$30 (not available on-line, must register in person at WCH front desk - receipt must be shown to instructor prior to class) Grades: JK-1st

| 010003.01   | . 131         |     |             |             |
|-------------|---------------|-----|-------------|-------------|
| Activity#   | Date          | Day | Time        | M/NM        |
| 13526       | 4/2-6/4       | Tu  | 4:00-5:00PM | \$229/\$269 |
| 13527       | 4/4-6/6       | Th  | 4:00-5:00PM | \$199/\$229 |
| No Class: 5 | 5/2, 5/7, 5/9 |     |             |             |

#### **HOOPS4HEALTH TOT BALLERS**

Our basketball clinic will help build fundamentals for any toddler looking to makes a splash into basketball. Through our clinic, players will learn the basics in areas such as shooting, dribbling, passing, rebounding, and defense. The focus will also be on motor skills, footwork, rules, and understanding the spots on the floor. Our professional staff has worked with kids of all ages and skill levels. Fundamentals covered include the Triple Threat Stance, proper shooting form, footwork, defense, passing, rebounding, and dribbling.- There will be a variety of competitions, contests, and prizes.

| Ages: 3-5   | Date         | Day | Time        | M/NM        |
|-------------|--------------|-----|-------------|-------------|
| 13815       | 4/2-6/4      | Tu  | 1:45-2:30PM | \$229/\$269 |
| 13816       | 4/4-6/6      | Th  | 1:45-2:30PM | \$205/\$239 |
| No Class: 5 | /2, 5/7, 5/9 |     |             |             |













#### **ABOUT HOT SHOTS SPORTS**

Hot Shots Sports was founded in 1994 by Steve Duman and has been bringing its message of positive, growth-focused coaching to the Midwest and beyond ever since. Our goal from the beginning has been to provide a place for passionate people to have careers coaching kids, and to help kids develop their passion for sports. We dedicate our lives to providing the absolute best instruction possible to you and your family. We pride ourselves at being the most professional organization both on and off the court. Coaching is a way of life for us, something that does not turn off when we leave the gym.

# camps

#### HOT SHOTS SPRING BREAK SPORTS CAMP

Join us for our annual Spring Break Camp where kids participate in a stimulating and competitive environment. Focus will be on helping the kids with teamwork and fundamentals while playing a variety of sports throughout the week. Prizes and awards will be given out daily, and participants will be rewarded for effort and sportsmanship. Campers are encouraged to bring a snack and water bottle. Camp Highlights:-6:1 camper to counselor ratio-camp t-shirt-team gameplay, and competition daily prizes and awards

| Ages. + 0 |           |     |                |             |  |  |
|-----------|-----------|-----|----------------|-------------|--|--|
| Activity# | Date      | Day | Time           | M/NM        |  |  |
| 13536     | 3/25-3/29 | M-F | 9:00AM-12:00PM | \$299/\$349 |  |  |

#### HOT SHOTS SPORTS "NO SCHOOL DAY" CAMPS

Campers are introduced to the fundamentals of sports, as this program provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship. Prizes and awards will be given out, and participants will be rewarded for effort and sportsmanship. Campers are encouraged to bring a snack and water bottle. 6: 1 camper to counselor ratio.

| Ages: 4-6 |      |     |                |           |
|-----------|------|-----|----------------|-----------|
| Activity# | Date | Day | Time           | M/NM      |
| 13864* 4  | 4/18 | Th  | 9:00AM-12:00PM | \$59/\$69 |
| 13607* 4  | 4/19 | F   | 9:00AM-12:00PM | \$59/\$69 |
| 13865 \$  | 5/16 | Th  | 9:00AM-12:00PM | \$59/\$69 |
| 13866 \$  | 5/17 | F   | 9:00AM-12:00PM | \$59/\$69 |
| *NEW      |      |     |                |           |

#### HOT SHOTS SPORTS SUMMER CAMP

Campers are introduced to the fundamentals of sports, as this program provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship. Prizes and awards will be given out, and participants will be rewarded for effort and sportsmanship. Campers are encouraged to bring a snack and a water bottle.

| Ages: 3-6 | Ages: 3-6 |     |                |             |  |  |
|-----------|-----------|-----|----------------|-------------|--|--|
| Activity# | # Date    | Day | Time           | M/NM        |  |  |
| 13867     | 6/3-6/7   | M-F | 9:00AM-12:00PM | \$299/\$349 |  |  |
| 13868     | 6/3-6/7   | M-F | 12:00-3:00PM   | \$299/\$349 |  |  |
| 13821     | 6/10-6/14 | M-F | 9:00AM-12:00PM | \$299/\$349 |  |  |
| 13825     | 6/10-6/14 | M-F | 12:00-3:00PM   | \$299/\$349 |  |  |
| 13826     | 8/19-8/23 | M-F | 9:00AM-12:00PM | \$299/\$349 |  |  |
| 13827     | 8/19-8/23 | M-F | 12:00-3:00PM   | \$299/\$349 |  |  |

#### HOT SHOTS SPORTS NO SCHOOL DAY CAMPS

Campers are introduced to the fundamentals of sports, as this program is an opportunity for each child to develop motor skills and nurture their growth socially and emotionally through teamwork & good sportsmanship. Participants will be rewarded for effort and sportsmanship. Campers are encouraged to bring a snack and water bottle. Camp highlights include a 6 to 1 camper to counselor ratio, camp t-shirt, team gameplay and prizes and awards. Ages: 4-6 Instructor:

| 7.9001 1 0 1110 |      |     |                |           |
|-----------------|------|-----|----------------|-----------|
| Activity#       | Date | Day | Time           | M/NM      |
| 13607           | 4/19 | F   | 9:00AM-12:00PM | \$59/\$69 |

#### HOT SHOTS SPORTS SPRING BREAK CAMP

Join us for our annual Spring Break Camp where kids participate in a fun and competitive environment. We will focus on helping the kids with teamwork and fundamentals while playing a variety of sports throughout the week. Prizes and awards will be given out daily, and participants will be rewarded for effort and sportsmanship. Campers are encouraged to bring a snack and water bottle. Camp highlights include a 6 to 1 camper to counselor ratio, camp t-shirt, team gameplay and prizes and Awards.

| Ages. 4-0 |           |       |                |             |
|-----------|-----------|-------|----------------|-------------|
| Activity# | Date      | Day   | Time           | M/NM        |
| 13536     | 3/25-3/29 | M - F | 9:00AM-12:00PM | \$299/\$349 |

#### HOT SHOTS SPORTS MEMORIAL DAY CAMP

Join us for our annual Memorial Day Week Camp where kids participate in a fun and competitive environment. We will focus on helping the kids with teamwork and fundamentals while playing a variety of sports. Prizes and awards will be given out daily, and participants will be rewarded for effort and sportsmanship. Campers are encouraged to bring a snack and water bottle. Camp highlights include a 6 to 1 Camper to Counselor Ratio, Camp T-Shirt, Team Gameplay and Prizes and Awards Ages: 4-6

| Activity# | Date      | Day  | Time           | M/NM        |
|-----------|-----------|------|----------------|-------------|
| 13603     | 5/28-5/31 | Tu-F | 9:00AM-12:00PM | \$229/\$269 |

#### WINNETKA MUSIC FESTIVAL-CHILDREN'S PLAY WITH HOT SHOTS SPORTS **NEW**

Join us for a fun and interactive experience where children can play a wide range of games, such as Ball Tag, Builders and Breakers, Mr. Fox, Sharks and Minnows, Freeze Tag and many more! In addition, participants are exposed to fun and interactive games that utilize a variety of equipment such as balls, hula-hoops, jump ropes, scooters, beanbags and more. This program follows our "Games and More" class curriculum, so sign up today and join in on the fun! Send your child with a snack and water bottle. Drop-off/Pick-up your child/children using the Pine Street Entrance. Early registration is highly recommended as this program will sell out.

| Ages: 4-7 |      |     |             |           |  |  |
|-----------|------|-----|-------------|-----------|--|--|
| Activity  | Date | Day | Time        | M/NM      |  |  |
| 13869     | 6/21 | F   | 6:00-9:00PM | \$39/\$39 |  |  |
| 13877     | 6/22 | Sa  | 6:00-9:00PM | \$39/\$39 |  |  |

## WINNETKA MUSIC FESTIVAL-ACTIVE PLAY WITH HOT SHOTS SPORTS **NEW**

Join us in the Gymnasium for a night of sporting activities, where children will have the opportunity to play many different sports in a competitive, stimulating, and socially engaging environment. In addition, participants will partake in many popular running games and group challenges. This program will follow our typical "Total Sports" class curriculum, so sign up today and join in on the fun! Send your child with a snack and water bot-tle. Drop-off/Pick-up your child/children using the Pine Street Entrance. Early registration is highly recommended as this program will sell out. Ages: 8-11

| Agcs. 0  |                          |     |   |  |
|----------|--------------------------|-----|---|--|
| Activity | # Date                   | Day | Time  | M/NM   |
| 13880    | 6/21                     | F   | 6:00-9:00PM   | \$39/\$39  |
| 13881    | 6/22                     | Sa  | 6:00-9:00PM   | \$39/\$39  |
|          | <b>Activity</b><br>13880 |     | Activity# Date         Day           13880         6/21         F | Activity# Date         Day         Time           13880         6/21         F         6:00-9:00PM |



#### WINNETKA MUSIC FESTIVAL-EXTENDED STAY NEW

Stay and see the headlining band at the Winnetka Music Festival while your child/children wind down and enjoy a movie or other low key activities. Drop-off/Pick-up your child/children using the Pines Street Entrance. Early registration is highly recommended as this program will sell out Acade 8, 11

| Activity |      | Day | Time         | M/NM      |
|----------|------|-----|--------------|-----------|
| 13889    | 6/22 | Sa  | 9:00-11:00PM | \$25/\$25 |



#### HOT SHOTS SPORTS PRE-K TOTAL SPORTS ENRICHMENT

In this program, kids will participate in multiple sports while getting the opportunity to acclimate to full-day kindergarten. Players will develop skills and fundamentals while experiencing game play in an instructional and exciting setting. Enrichment can also serve as an extension to the Hot Shots Sports Lunch and Play classes! Pick up from the neighboring Nursery school is available for those participating in Nursery School Enrichment programs as well. Not part of a school program? No problem! The Enrichment program follows our innovative and fun Total Sports lesson plans so feel free to sign up and get ready to play!

| Ages. 0 0                          |        |     |             |             |  |
|------------------------------------|--------|-----|-------------|-------------|--|
| Activity# D                        | ate    | Day | Time        | M/NM        |  |
| 13574 4/                           | /2-6/4 | Tu  | 1:30-2:30PM | \$349/\$399 |  |
| 13575 4/                           | /4-6/6 | Th  | 1:30-2:30PM | \$299/\$349 |  |
| 13855 4/                           | /1-6/3 | Μ   | 1:30-2:30PM | \$299/\$349 |  |
| 13857 4/                           | /3-6/5 | W   | 1:30-2:30PM | \$349/\$399 |  |
| No Class: 5/2, 5/6, 5/7, 5/8, 5/27 |        |     |             |             |  |

#### HOT SHOTS KINDERGARTEN TOTAL SPORTS ENRICHMENT

A step up from our Pre-K Enrichment program, kids will participate in multiple sports while getting the opportunity to receive the after school sports experience. Players will develop skills and fundamentals while experiencing game play in an instructional and exciting setting, while improving upon existing skills and fundamentals. Not part of the full day kindergarten school program? No problem! The Enrichment program follows our innovative and fun Total Sports lesson plans so feel free to sign up and get ready to play! Ages: 4-6

| Activity#                     | Date    | Day | Time        | M/NM        |
|-------------------------------|---------|-----|-------------|-------------|
| 13576                         | 4/1-6/3 | Μ   | 2:30-3:30PM | \$299/\$349 |
| 13577                         | 4/2-6/4 | Tu  | 4:00-5:00PM | \$349/\$399 |
| 13578                         | 4/3-6/5 | W   | 2:30-3:30PM | \$349/\$399 |
| No Class: 5/6, 5/7, 5/8, 5/27 |         |     |             |             |

#### **TOTAL SPORTS**

This class features a new sport each week. Some of the sports taught and played include basketball, floor hockey, football, kickball, soccer, and baseball. In addition, participants play many popular running and group games. Children will acquire new skills and develop confidence in games they have played in previous classes.

| Ayes. 5-7   |                |      |                 |             |
|-------------|----------------|------|-----------------|-------------|
| Activity#   | Date           | Day  | Time            | M/NM        |
| 13598       | 4/5-6/7        | F    | 4:45-5:30PM     | \$229/\$269 |
| 13599       | 4/6-6/8        | Sa   | 11:30AM-12:30PM | \$259/\$299 |
| No Class: 4 | /20, 5/3, 5/4, | 5/25 |                 |             |

#### SPEED AND AGILITY CLINIC

Compare athletes of today to those 20 years ago and you'll notice not only are today's athletes bigger and stronger, but they are also faster and quicker. In this clinic, athletes from any sport will acquire a quicker step and more agile feet. Clinics will begin with dynamic stretching which increases mobility, balance and flexibility. Then, athletes will go through a variety of drills and challenges to enhance their conditioning, footwork, flexibility,

coordination and agility.

| Grades: 3-5 | 5              |     |              |             |
|-------------|----------------|-----|--------------|-------------|
| Activity#   | Date           | Day | Time         | M/NM        |
| 13593       | 4/6-6/8        | Sa  | 12:30-1:30PM | \$259/\$299 |
| 13897       | 4/6-6/8        | Sa  | 1:30-2:30PM  | \$259/\$299 |
| No Class: 4 | /20. 5/4. 5/25 |     |              |             |

# HOT SHOTS SPORTS: STRIKER TOT SOCCER-SWEEPERS & TRAPPERS

Striker Tots Soccer is for young players who are looking for the perfect early soccer experience. Our specially designed curriculum uses age appropriate activities and games specifically designed to increase balance, body awareness, motor skills, and make soccer fun. Trappers introduces the fun and excitement of soccer. This class uses age appropriate games and drills to promote motor skills and familiarity with a soccer ball. Through our fun games and adventure themed activities, players develop skills such as balance, shooting, close ball control, and trapping. The Trappers experience is one that not only instills a love for the game of soccer, but also shows the importance of sports activity to promote a full and healthy life. The focus of the Sweepers classes is

FUNdamentals that are crucial for every budding soccer player. Players focus on foot placement while shooting, following through on their shot, manipulating the ball in creative ways, defensive stance, and much more; all while participating in our fun games and adventure themed activities.

#### Ages: 2-5

| SWEEPERS  |                    |     |                 |             |  |  |
|-----------|--------------------|-----|-----------------|-------------|--|--|
| Activity# | Date               | Day | Time            | M/NM        |  |  |
| 13601     | 4/5-6/7            | F   | 4:00-4:45PM     | \$229/\$269 |  |  |
| 13861     | 4/2-6/4            | Tu  | 2:30-3:15PM     | \$229/\$269 |  |  |
| TRAPPE    | RS                 |     |                 |             |  |  |
| Activity# | Date               | Day | Time            | M/NM        |  |  |
| 13600     | 4/3-6/5            | W   | 9:45-10:30AM    | \$229/\$269 |  |  |
| 13860     | 4/4-6/6            | Th  | 11:15AM-12:00PM | \$205/\$239 |  |  |
| No Class: | 5/2, 5/3, 5/8, 5/9 |     |                 |             |  |  |





#### HOT SHOTS SPORTS - ADULT-TOT MOVEMENT & TUMBLING

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Motor skills activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. (Adult participation required.)

| Ayes. 1.3-0                               | )       |     |               |             |  |  |
|---|---------|-----|---------------|-------------|--|--|
| Activity #                                | Date    | Day | Time          | M/NM        |  |  |
| 13584                                     | 4/1-6/3 | Μ   | 9:45-10:30AM  | \$219/\$249 |  |  |
| 13585                                     | 4/4-6/6 | Th  | 10:30-11:15AM | \$219/\$249 |  |  |
| 13586                                     | 4/6-6/8 | Sa  | 9:00-9:45AM   | \$169/\$199 |  |  |
| No Class: 4/20, 5/2, 5/4, 5/6, 5/25, 5/27 |         |     |               |             |  |  |

#### **HOT SHOTS SPORTS - ADULT-TOT SPORTS**

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Motor skills activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. (Adult participations suggested.)

| Ages: 2-4                                     |         |     |               |             |  |  |
|---|---------|-----|---------------|-------------|--|--|
| Activity#                                     | Date    | Day | Time          | M/NM        |  |  |
| 13587   | 4/1-6/3 | Μ   | 10:30-11:15AM | \$219/\$249 |  |  |
| 13588   | 4/4-6/6 | Th  | 9:45-10:30AM  | \$219/\$249 |  |  |
| 13589   | 4/6-6/8 | Sa  | 9:45-10:30AM  | \$169/\$199 |  |  |
| No Class: 4/20, 5/2, 5/4 5/6, 5/9, 5/25, 5/27 |         |     |               |             |  |  |

#### **HOT SHOTS SPORTS LUNCH & PLAY**

Children are introduced to a variety of sports including soccer, t-ball, basketball, football, kickball and other sports and group games. The goal is to provide the opportunity for each child to develop motor skills and nurture his or her growth socially through teamwork and good sportsmanship. Kids should bring a lunch and come and play. Winnetka Community Nursery School pick-up available at 11:15am! Ages: 3-5

| Activity# | Date    | Day | Time           | M/NM        |
|-----------|---------|-----|----------------|-------------|
| 13562     | 4/1-6/3 | Μ   | 11:30AM-1:00PM | \$369/\$429 |
| 13569     | 4/3-6/5 | W   | 11:30AM-1:00PM | \$399/\$469 |
| 13571     | 4/5-6/7 | F   | 11:30AM-1:00PM | \$399/\$469 |



#### **FENCING**

The Olympic sport of fencing demands a blend of tactical and strategic thought and a physical execution of those decisions. This has led many to describe the sport as "physical chess." Fencing also teaches balance and discipline and even more than this, it's fun! This class is for those new to fencing or those who would like to work on the basic skills. This class will cover basic rules, etiquette, basic footwork, attacks and defenses. Classes will consist of warm up time, footwork time, group lesson and bouting. All equipment is provided.

| 7 900. 7 1 |           |     |             |             |  |
|------------|-----------|-----|-------------|-------------|--|
| Activity#  | Date      | Day | Time        | M/NM        |  |
| 13475      | 4/3-5/1   | W   | 5:00-6:00PM | \$229/\$269 |  |
| 13476      | 5/15-6/5  | W   | 5:00-6:00PM | \$199/\$229 |  |
| 13812      | 6/12-7/17 | W   | 5:00-6:00PM | \$279/\$329 |  |
|            |           |     |             |             |  |



#### **HOT SHOTS SPORTS - YOUTH PICKLEBALL**

This class is designed to teach players the fundamentals of pickleball. Players learn the rules, parts of the court, grips, strokes and strategy. Each class is designed to promote good sportsmanship and teamwork. Parents are encouraged to join in on the fun and play alongside their little ones!

| Ages: 3-5   |         |     |                 |             |
|-------------|---------|-----|-----------------|-------------|
| Activity#   | Date    | Day | Time            | M/NM        |
| 13590       | 4/4-6/6 | Th  | 11:15AM-12:00PM | \$219/\$249 |
| No Class: 5 | /2.5/9  |     |                 |             |

#### **HOT SHOTS SPORTS - INTRO TO GYMNASTICS**

This introductory course will expose participants to the basics of gymnastics, working on balance and how to control their core and form. Participants will learn how to correctly invert themselves and do so in a safe a controlled manner, while also working on basic technique. There will be no specific focus on any one aspect of gymnastics, but a broad study of what it takes to be a gymnast. Join Today!

| Ages. 4-0 |         |     |             |             |  |  |
|-----------|---------|-----|-------------|-------------|--|--|
| Activity  | # Date  | Day | Time        | M/NM        |  |  |
| 13858     | 4/1-6/3 | M   | 4:15-5:00PM | \$205/\$239 |  |  |
| 13594     | 4/3-6/5 | W   | 4:15-5:00PM | \$229/\$269 |  |  |
| No Class  | s: 5/8  |     |             |             |  |  |

#### **HOT SHOTS SPORTS - GYMNASTICS 101**

This intermediate class will work great for both beginners and those with a solid foundation of gymnastics form and technique. Participants will focus on developing control and balance while learning more advanced concepts on how to control the body during handstands, handsprings, and cartwheels. Kids will be exposed to a general knowledge of all the different events involved in gymnastics, and how each event requires a different skill set.

| Ages: /- | 9       |     |             |             |
|----------|---------|-----|-------------|-------------|
| Activity | # Date  | Day | Time        | M/NM        |
| 13859    | 4/1-6/3 | Μ   | 5:00-6:00PM | \$309/\$355 |
| 13595    | 4/3-6/5 | W   | 5:00-6:00PM | \$349/\$399 |
| No Class | s: 5/8  |     |             |             |

#### **GO FOR IT! GIRLS MULTI SPORT CLINIC**

This multi-sport program allows participants to try new skills and achieve goals in an environment tailored for girls. Participants are taught fundamentals as well as basic skill development in a variety of sports. Games encourage team play and interaction in a safe and active setting encouraging physical fitness and teamwork. Sports featured: basketball, softball, volleyball and soccer.

| Ages: 4-9   |         |     |             |             |
|-------------|---------|-----|-------------|-------------|
| Activity#   | Date    | Day | Time        | M/NM        |
| 13591       | 4/1-6/3 | Μ   | 4:00-5:00PM | \$299/\$349 |
| 13592       | 4/1-6/3 | Μ   | 5:00-6:00PM | \$299/\$349 |
| No Class:5/ | 6. 5/27 |     |             |             |



### HOT SHOTS SPORTS PRE-K EXTENDED PLAY

In this program, kids will participate in multiple sports while getting the opportunity to acclimate to full day kindergarten. Players will develop skills and fundamentals while experiencing game play in an instructional and exciting setting. Enrichment can also serve as an extension to the Hot Shots Sports Lunch and Play Classes! Pick up from the neighboring nursery school is available for those participating in Nursery School Enrichment programs as well. Not part of a school program? No problem! The enrichment program follows our innovative and fun Total Sports lesson plans so feel free to sign up and get ready to play! 1-2 ·2004

| Ages. 0  | -           |     |             |             |
|----------|-------------|-----|-------------|-------------|
| Activity | # Date      | Day | Time        | M/NM        |
| 13572    | 4/1-6/3     | М   | 1:30-3:30PM | \$399/\$449 |
| 13573    | 4/3-6/5     | W   | 1:30-3:30PM | \$429/\$499 |
| No Class | s: 5/6, 5/8 |     |             |             |

### HOT SHOTS SPORTS AND MORE

Learn the basic skills of America's most popular sports: football, soccer, basketball, baseball, hockey and more. Players will learn how to work together and be good teammates, as well as learn discipline and build self-esteem. A a a a a a a

| Ages. 3-5           |                |               |             |
|---------------------|----------------|---------------|-------------|
| Activity# Date      | Day            | Time          | M/NM        |
| 13581 4/3-6/5       | W              | 3:30-4:15PM   | \$229/\$269 |
| 13582 4/5-6/7       | F              | 1:45-2:30PM   | \$229/\$269 |
| 13583 4/6-6/8       | Sa             | 10:30-11:30AM | \$259/\$299 |
| No Class 4/20, 5/3, | 5/4, 5/8, 5/25 |               |             |

## HOT SHOTS SPORTS - SPORTS AND MORE **EXTENDED PLAY**

Learn the basic skills of America's most popular sports: football, soccer, basketball, baseball, hockey and more. Players will learn how to work together and be good teammates, as well as learn discipline and build self-esteem. Ages: 3-5

| , igoo. o o        |     |               |             |
|--------------------|-----|---------------|-------------|
| Activity# Date     | Day | Time          | M/NM        |
| 13579 4/2-6/4      | Tu  | 10:00-11:30AM | \$399/\$469 |
| 13580 4/5-6/7      | F   | 9:45-11:15AM  | \$399/\$469 |
| No Class: 5/3, 5/7 |     |               |             |

### HOT SHOTS SPORTS - GAMES AND MORE NEW

Children are introduced to a wide range of games during this class. Running games include Ball Tag, Builders and Wreckers, Mr. Fox, Musical Cones, Octopus, Poison Ivy, Sharks and Minnows, Wax Museum and many more! In addition, participants are exposed to fun and interactive games that utilize a variety of equipment such as balls, hula-hoops, jump ropes, scooters, beanbags and more.

| Ages: 3-  | 5       |     |             |             |
|-----------|---------|-----|-------------|-------------|
| Activity# | # Date  | Day | Time        | M/NM        |
| 13862     | 4/4-6/6 | Th  | 1:30-2:30PM | \$299/\$349 |
| 13863     | 4/4-6/6 | Th  | 2:30-3:30PM | \$299/\$349 |

No Class 5/2, 5/9

### **HOT SHOTS SPORTS - MINI NINJA WARRIORS**

Leap, hop, skip, run your way through obstacles and put your ninja skills to the test. This fun movement-based class uses age-appropriate activities and equipment to enhance the child's physical, mental, emotional and social development. In addition, participants acquire listening skills and have a fun introduction to following directions. Agoc: 4 6

| Ages: 4-6         |     |             |             |
|-------------------|-----|-------------|-------------|
| Activity# Date    | Day | Time        | M/NM        |
| 13596 4/4-6/6     | Th  | 4:00-5:00PM | \$299/\$349 |
| No Class 5/2, 5/9 |     |             |             |

### HOT SHOTS SPORTS JR MINI NINJA WARRIORS

Take everything you learned from Mini Ninja Warriors and test your skills with even more difficult obstacles and exercises specifically designed for balance and coordination, as well as physical and emotional development. Put your ninja skills to the test in this fun movement-based class. Ages 7-0

| Ages. 1 5        |       |             |             |
|------------------|-------|-------------|-------------|
| Activity# Date   | Day   | Time        | M/NM        |
| 13597 4/4-6/     | /6 Th | 5:00-6:00PM | \$299/\$349 |
| No Class 5/2, 5/ | 9     |             |             |

### HOT SHOTS SPORTS ATHLETIC EXPLOSION: BOOTCAMP

This Hot Shots Sports "Bootcamp" provides students with the skills, knowledge and confidence to lead physically active lives. All activities are designed to improve motor skills, muscular strength and endurance, flexibility, body composition and cardiovascular endurance. The curriculum consists of a variety of sports, movement, balance and strength-building activities. These activities are all designed to promote maximum participation from the students, regardless of skill level or prior sport experience. Anes: 7-9

| Activity# Date | Day | Time        | M/NM        |
|----------------|-----|-------------|-------------|
| 13602 4/2-6/4  | Tu  | 5:00-6:00PM | \$349/\$399 |
| No Class : 5/7 |     |             |             |







## martial arts

Participants are carefully initiated into this class which focuses on alertness of mind, self-control and mental strategies to meet life challenges. Traditional Karate is a martial art which emphasizes the principles and applications of weaponless self-defense through the use of total body dynamics and mental discipline. Students will constantly strive for technical excellence and enhancement of one's character. Uniforms, belt tests and tournaments are optional and available at additional costs.

## **INTRODUCTION TO KARATE**

These classes will introduce students with little or no Karate experience to the traditional Japanese martial art of Karate. Instructor: Frank Chrzanowski and Ron Stein

## PEE WEE KARATE

| Ages: 4–5<br><b>Activity#</b><br>13493                    | <b>Date</b><br>4/11-5/30 | <b>Day</b><br>Th | <b>Time</b><br>3:40-4:10PM | <b>M/NM</b><br>\$219/\$249 |
|---|--------------------------|------------------|----------------------------|----------------------------|
| <b>KARATE I</b><br>Ages: 6–7<br><b>Activity#</b><br>13486 | <b>Date</b><br>4/11-6/13 | <b>Day</b><br>Th | <b>Time</b><br>4:15-5:00PM | <b>M/NM</b><br>\$169/\$199 |
| KARATE II<br>Ages: 8–9<br>Activity#<br>13487              | <b>Date</b><br>4/11-6/13 | <b>Day</b><br>Th | <b>Time</b><br>5:15-6:05PM | <b>M/NM</b><br>\$169/\$199 |
| KARATE II<br>Ages: 10–12<br>Activity#<br>13488            | -                        | <b>Day</b><br>Th | <b>Time</b><br>6:15-7:15PM | <b>M/NM</b><br>\$169/\$199 |

Belt ranking system: There are 11 belt levels (kyu) before first-degree black belt (shodan). A new student is assigned the white belt rank (eleventh kyu). Students must fulfill certain requirements under normal practice conditions and in a test environment to secure progressive promotions up to and including the black belt (dan) levels. When a student has acquired a strong foundation in the fundamentals of Karate, he or she can be promoted to the rank of first-degree black belt.

## Celebrating 29 years at the Community House!



## PEE WEE KARATE

Students learn how to control their energy levels and concentration through study of fundamental Karate principles. Participants will learn how to follow instructions and exercise self control in a fun and exciting environment. Instructor: Frank Chrzanowski and Ron Stein

| Ages: 4–6 |           |        |             |             |
|-----------|-----------|--------|-------------|-------------|
| Activity# | Date      | Day    | Time        | M/NM        |
| 13492     | 4/11-5/30 | Tu, Th | 3:40-4:10PM | \$399/\$449 |

Students may enroll in the second half of the current Winter/Spring 2019 **Karate 1-4** Session (April 11-June 15). Please contact Jeff Wahl, Program Manager for details and pricing.

> jeffw@mywch.org 847-881-9305



## **Gym Drop-In Tot Time**

Are you looking for a place to meet new friends and have your toddler exercise and run-off their energy? Tot Time is the place to do it. We have a bouncy house, hoops, balls, scooters and much more for your child to use. Participants must wear gym shoes. No food allowed. Parents or caregivers must remain with children.

> January 9 - June 5 Closed March 26, 27, May 7, 8 Tuesday 11:45AM - 1:15PM Wednesday 10:45AM - 12:15PM Ages: Infant - 5 \$5 per child





Taekwondo is a 2000 year old martial art offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self esteem, achieve lifelong physical fitness and learn self-defense skills. A \$45 uniform fee is required at the first class. Belt testing is offered through KH Kim Taekwondo at an additional fee and is held Tackwoudo twice a year. All colored belt students are required to have complete sparring gear.

## LITTLE DRAGONS

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination and respect for the discipline of martial arts training. Beginner-Yellow Belt

| Instructor: C | Ages: 4–5 |     |             |             |
|---------------|-----------|-----|-------------|-------------|
| Activity#     | Date      | Day | Time        | M/NM        |
| 13453         | 4/3-6/5   | W   | 4:00-4:40PM | \$149/\$169 |
| 13786         | 6/12-8/21 | W   | 4:00-4:40PM | \$169/\$199 |
| No Class: 5/  | 8         |     |             |             |



#### **PARENT/CHILD TAEKWONDO**

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics and traditional Taekwondo techniques including punching, kicking and blocking. Fee includes instruction for one parent and one child. All Belts

| 7 III DOILO   |                 |           |             |             |  |
|---------------|-----------------|-----------|-------------|-------------|--|
| Instructor: O | riental Arts Tr | aining Ce | nter Staff  | Ages: 7+    |  |
| Activity#     | Date            | Day       | Time        | M/NM        |  |
| 13465         | 4/3-6/5         | W         | 6:05-6:50PM | \$149/\$169 |  |
| 13790         | 6/12-8/21       | W         | 6:05-6:50PM | \$169/\$199 |  |
| No Class: 5/8 | 3               |           |             |             |  |



#### **EARLY TAEKWONDO**

Designed especially for younger children, this program helps kids develop conditioning, coordination, listening skills and self-confidence through creative activities. All Rolto

| Instructor: Oriental Arts Training Center Staff |                        |                              |   |  |
|---|------------------------|------------------------------|---|--|
| Date  | Day                    | Time                         | M/NM  |  |
| 4/3-6/5   | W                      | 4:40-5:20PM                  | \$149/\$169   |  |
| 6/12-8/21                                       | W                      | 4:40-5:20PM                  | \$169/\$199   |  |
|   | <b>Date</b><br>4/3-6/5 | <b>Date Day</b><br>4/3-6/5 W | Date         Day         Time           4/3-6/5         W         4:40-5:20PM |  |

### **YOUTH TAEKWONDO**

This program includes a balanced cardiovascular workout including punching, kicking and blocking skills. Participants will improve coordination, power of concentration, balance and both physical and mental discipline.

| All Belts |
|-----------|
|-----------|

| Instructor: Or | Ages: 8–13 |     |             |             |
|----------------|------------|-----|-------------|-------------|
| Activity#      | Date       | Day | Time        | M/NM        |
| 13464          | 4/3-6/5    | Th  | 5:20-6:05PM | \$149/\$169 |
| 13788          | 6/12-8/21  | W   | 5:20-6:05PM | \$169/\$199 |
| No Class: 5/8  |            |     |             |             |

#### **ADULT TAEKWONDO**

Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms, stances and the skills of punching, kicking and blocking. All Rolts

| All Dolt3      |           |     |             |             |
|----------------|-----------|-----|-------------|-------------|
| Instructor: Or | Ages: 14+ |     |             |             |
| Activity#      | Date      | Day | Time        | M/NM        |
| 13466          | 4/3-6/5   | W   | 6:05-6:50PM | \$149/\$169 |
| 13789          | 6/12-8/21 | W   | 6:05-6:50PM | \$169/\$199 |
| No Class: 5/8  |           |     |             |             |





| fitness | center  | mem | bers | hip | fees |
|---------|---------|-----|------|-----|------|
| 1111000 | UCITICI | mem |      |     | 1000 |

| annual memberships -      | short term n | nembershi |       |
|---------------------------|--------------|-----------|-------|
| adult                     | \$695        | 6-month   | \$395 |
| additional family member  | \$595        | 1-month   | \$80  |
| senior (ages 65 and over) | \$595        | daily fee | \$15  |
| youth (ages 14-17)        | \$595        |           |       |

## COMING SOON TO YOUR COMMUNITY HOUSE FITNESS CENTER!

DS

TRX Suspension Training 40 Yard Field Turf for Performance Training Heavy Bag for Boxing Training

The Community House Fitness Center offers the highest quality of fitness programs on the North Shore. Our facility features exercise equipment to meet all of your fitness needs. Adjacent to the gymnasium, this air-conditioned facility is complete with lockers, shower and steam rooms for men and women. Our professional staff, in conjunction with our full-service facility, will help you achieve your optimal level of fitness.

### **AMENITIES**

- » Concept II Rowing Machines
- » Cybex Arc Trainers
- » Free Weight Equipment
- » Gymnasium
- » Helix Lateral Trainers
- » LifeCycles
- » LifeFitness Cross-Trainers
- » LifeFitness Strength Training Equipment
- » Locker Rooms with Steam Rooms
- » Precor EFX Elliptical Trainers/AMTs
- » Spinning Bikes
- » StairMasters/StepMills
- » Treadmills

## **PERSONAL TRAINING**

The people who benefit most from personal training are ordinary men and women seeking to be stronger and function more effectively in their everyday lives. Working with a trainer, anyone can achieve their fitness goals. Goals as modest as touching your toes again or as ambitious as preparing to run a marathon. Whether you want to lose weight, regain flexibility, develop speed or simply feel good again, personal training is an activity that you will continue to reap benefits for years to come.

PREFOR

Our personal trainers' main objectives are to assist, guide and educate those who wish to experience a greater ease and physical ability in their lives.

Registration is by appointment only.

- » \$70/hour for Fitness Center members
- > \$85/hour for non-members

## JR. FITNESS TRAINING CLASS

Those ages 12-13 may become Community House Fitness Center members by completing a personalized training program with a personal trainer. The training program is a one hour session that will cover all aspects of membership including gym etiquette, proper warm up, strength training, cardiovascular conditioning, flexibility and cool down. Once registered, you will be contacted by a Community House personal trainer to schedule your session.

- » Ages: 12-13
- » \$70 (Register in the Fitness Center)

### **YOUTH MEMBERSHIP**

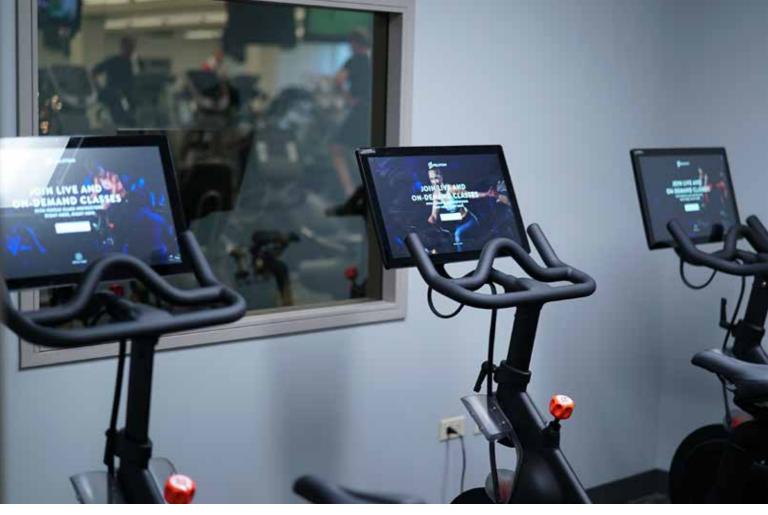
Prerequisite: Completion of the Jr. Fitness Training Class. Upon successful completion of the Jr. Fitness Training Class, those ages 12-13 will be permitted to purchase a membership (youth rates apply).

#### **FITNESS CENTER HOURS**

Monday - Friday 5:00AM - 9:00PM Saturday - Sunday 7:00AM - 6:00PM



fitness







## TAKE A RIDE IN THE PELOTON EXPERIENCE ROOM

The Peloton Experience at the Community House Fitness Center is your very own private cycling studio. The bike offers the perfect blend of fitness and technology, allowing you to take live and on-demand studio cycling classes from anywhere. Join over 7,000 available on-demand classes and live studio cycling classes led by elite NYC instructors wherever you are. Equipped with an immersive 22" HD touchscreen, the bike lets you feel the rush of the cycling studio on your schedule. Track your progress with detailed performance metrics and stay motivated as you climb the live leaderboard.

The Peloton Experience room is equipped with three bikes that you can schedule to use in 1-hour periods up to one week in advance by phone or in person. All rides are \$12 or \$99 per month for unlimited rides. Payment must be received upon scheduling. Refunds will not be available after scheduling. However, you may reschedule outside 24 hours of your ride. Headphones are required during your ride (available for purchase at the Fitness Center).



REGISTER ONLINE AT MYCOMMUNITYHOUSE.ORG

## Gym Drop-In Tot Time

Are you looking for a place to meet new friends and have your toddler exercise and run-off their energy? Tot Time is the place to do it. We have a bouncy house, hoops, balls, scooters and much more for your child to use. Participants must wear gym shoes. No food allowed. Parents or caregivers must remain with children.

> April 3 - June 5 Closed May 7, 8 Tuesday 11:45AM - 1:15PM Wednesday 11:15AM - 12:45PM Ages: Infant-5 \$5 per child



## adult classes

## **COMMUNITY HOUSE GROUP X**

Don't make exercise a chore. Spice it up! Group Fitness offers a variety of formats to keep you motivated and feeling healthy! Our Group Fitness programs offer a wide variety of structured fitness activities to meet your personal goals. Our instructors are prepared to inspire and motivate you to change and/or continue healthy fitness-related behaviors. Class descriptions listed may be offered at different times throughout the year. Class times differ throughout the year. Check the group fitness schedule for availability, changes, current sessions, and fees at mycommunityhouse.org/groupx

## **GROUP X CLASS DESCRIPTION**

- Cardio / Intervals-Combination of strength and cardio exercises.
- Pilates-Core and stability training with enhanced breathing techniques.
- Pilates Stretch-Half pilates core class, half ballet barre stretching.
- Pilates Core Plus-Core and stability training with enhanced breathing techniques including circuit training.
- Arms/Shoulder Express-Fast paced 30 minute class using mat and ball work.
- · Strength-Exercises using weights, tubing, fitness balls and floor work.
- WERQ-Dance fitness set to R&B and Hip Hop music.
- Cardio & Strength-Focus is on strengthening the entire body through core exercises.
- Vinyasa Yoga-Flow through yoga poses, all skill levels welcome.
- Total Body Conditioning-Muscular strength and endurance exercises that increase muscular endurance.
- Cardio Pump-45 minutes of cardio, 20 minutes of strength, 10 minutes of stretching.





## FOCUS ON STABILITY: BALANCE TRAINING

More than one-third of adults aged 65 and older injure themselves by falling each year. Those who fall once are two to three times more likely to fall again. But balance is a learned skill, and falls can be actively prevented. In this course you will be introduced to tools and techniques that not only improve your balance but your functional strength, posture, and mobility as well.

Day

Μ

Instructor: Chris Treiber

| Agcs. 141 |          |
|-----------|----------|
| Activity# | Date     |
| 13873     | 6/3-6/24 |

| Time          |     |
|---------------|-----|
| 11:30AM-12:18 | 5PM |

## Community House Open Gym

Enjoy a pick-up game of basketball with your friends, meet new people and have fun. Our backboards and rims are adjustable from eight to ten feet, so all ages and skill levels are welcome. Locker rooms and showers are available. Times are subject to change. Check the posted schedule or call for times and directions.

Daily Fee: \$5 (Free with Fitness Centre membership or Household Membership)

April 7- September 1 Sunday 10:30AM-1:00PM Closed May 5

# gym rentals!

Ever wish you could use a gymnasium to participate in basketball with all your own friends? Well this is possible at your Community House! Our gymnasium is available for rental on a weekly or one-time basis. Call 847-881-9305 for rates and times.

#### **IMPROVE YOUR POSTURE**

This interactive workshop will keep you engaged and active, focusing on improving your posture and health. Some of the many benefits of having correct posture are less pain from tension headaches, better sleep, increased mobility, and better breathing. You will learn why proper posture is essential for your health. Finally, you will also get an individualized digital posture analysis with before and after results to gauge your improvements. Instructor: Ricard Boerjesson Aces: 18 +

| Activity#     | Date     | Day | Time        | M/NM        |
|---------------|----------|-----|-------------|-------------|
| 13507         | 4/1-5/13 | Μ   | 1:00-1:45PM | \$149/\$169 |
| No Class: 5/6 |          |     |             |             |

M/NM

\$65/\$79



## **PILATES: BEGINNER**

The Pilates Method is a classic method of physical and mental conditioning created over 80 years ago by legendary physical trainer Joseph Pilates. Through exercises that focus on the application of six principles: control, centering, concentration, precision, breath and flow, we teach you about the mechanics of movement, allowing you to develop and maintain a healthy and graceful body.

Instructor: Nicole Betts

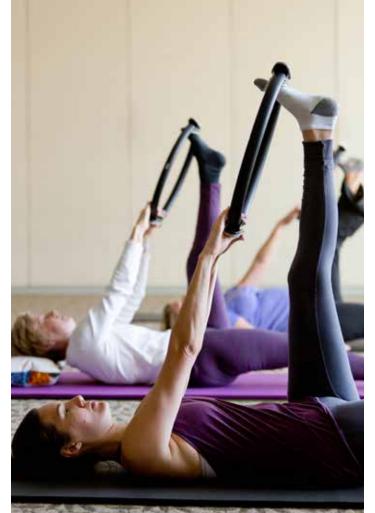
| Ages. 14+                          | Date              | Dav         | Time            | M/NM           |  |  |
|------------------------------------|-------------------|-------------|-----------------|----------------|--|--|
| Aourity#                           | Bute              | Duy         | THILE           |                |  |  |
| 13511                              | 4/1-6/5           | M.W         | 9:45-10:30AM    | \$369/\$429    |  |  |
| 10011                              | 11 1 07 0         | ,           | 0110 10.00/ 101 |                |  |  |
| 13814                              | 6/10-8/21         | M.W         | 9:45-10:30AM    | \$459/\$519    |  |  |
|                                    | 0, 10 0, 21       | ,           | 0110 10100/ 411 | \$ 100, \$0 10 |  |  |
| No Class: 5/6, 5/8, 5/27, 7/1, 7/3 |                   |             |                 |                |  |  |
| 1.0 0,000.0/                       | 0, 0, 0, 0, 21, 1 | , , , , , 0 |                 |                |  |  |

## **PILATES: CONTINUING**

The Pilates Method is a classic method of physical and mental conditioning created over 80 years ago by legendary physical trainer Joseph Pilates. Through exercises that focus on the application of six principles: control, centering, concentration, precision, breath and flow, we teach you about the mechanics of movement, allowing you to develop and maintain a healthy and graceful body.

Instructor: Nicole Betts

| Ages: 14 +                       |           |     |             |             |  |
|----------------------------------|-----------|-----|-------------|-------------|--|
| Activity#                        | Date      | Day | Time        | M/NM        |  |
| 13513                            | 4/1-6/5   | M,Ŵ | 9:00-9:45AM | \$369/\$429 |  |
| 13813                            | 6/10-8/21 | M,W | 9:00-9:45AM | \$459/\$519 |  |
| No Class: 5/6, 5/8, 5/27,7/1,7/3 |           |     |             |             |  |



## TAI CHI FOR PARKINSON'S AND BALANCE DISORDERS

Cheryl Kotsias has been involved in physical fitness since the 1970's. She has studied the art at several schools in the Chicago-land area including the Chinese Cultural Center in Evanston. Cheryl is a Certified Level II Tai instructor, certified by the American Tai Chi and QiGong Association. She also brings with her the teachings of several masters of Tai Chi and looks forward to helping you achieve better health through Tai Chi. Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai Chi helps reduce stress and anxiety as well as increasing flexibility and balance. Through Cheryl's unique holistic teachings of many different styles including QiGong & Yang, you will learn this noncompetitive exercises postures.

Instructor: Cheryl Kotsais

| Ages: 18 | +           |     |             |             |
|----------|-------------|-----|-------------|-------------|
| Activity | Date        | Day | Time        | M/NM        |
| 13871    | 6/13-8/22   | Th  | 5:00-6:00PM | \$129/\$149 |
| 13509    | 4/4-6/6     | Th  | 5:00-6:00PM | \$129/\$149 |
| No Class | : 3/28, 5/9 |     |             |             |



## **ADULT PICKLEBALL**

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. Pickleball was invented in the mid-1960s as a children's backyard pastime but has become popular among adults as well.

## Daily Fee: \$5 per person

April 3-June 5 Wednesday 8:30-10:30AM Closed May 8

June 12-August 28 Wednesday 5:00-7:00PM

## **SURVIVE STRONG**

**Designed for individuals diagnosed with any stage of cancer** who are experiencing fatigue or weakness, or are unsure how to initiate exercise. It is for anyone currently undergoing chemotherapy or radiation therapy, or who has completed cancer treatment within the past year.

Through multiple research studies, evidence shows that low to moderate exercise in oncology patients can reduce and even prevent cancer-related fatigue, reduce side effects of chemotherapy and radiation, improve quality of life and possibly even improve survival rates. Initial evaluation with an oncology/lymphedema physical therapist to assess your past and current medical history and make specific, individualized recommendations to you for exercise is required.

Sessions will include cardio, strength, and flexibility exercises. This program is led by personal trainer Chris Treiber, ACE certified Cancer Exercise Specialist. To participate or for more information, please contact Chris at 847-207-8027.

REGISTER ONLINE AT MYCOMMUNITYHOUSE.ORG



## Child Care - Free To Be Kids

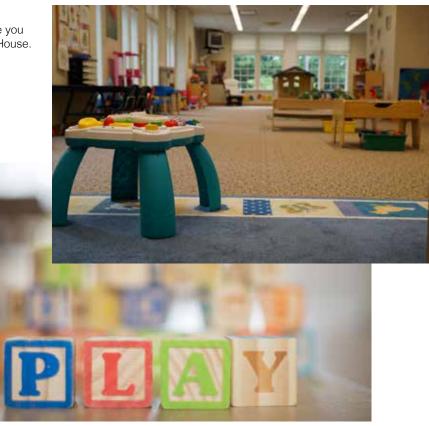
A safe and comfortable environment for children while you attend the facility or classes at Winnetka Community House. Must be a Fitness Center member to utilize childcare.

| Ages       |  |  | .8 weeks and older     |
|------------|--|--|------------------------|
| Time Limit |  |  | 90 minutes per visit   |
| Fee        |  |  | . \$10/child per visit |

Punch cards available: \$120/20 visits.

Monday - Saturday. 8:00AM - 12:00PM





# StretchXperience we move you New Location!

## Our new state of the art, fully-equipped flexibility clinic is now open!

Conveniently located inside the Winnetka Community House

## 620 Lincoln Ave

Start improving your flexibility today! Book an appointment at: www.stretchxperience.com





**Move Better** 

## Feel Better

**Perform Better** 



# **Come Play at our House!**



The **Free To Be Kids** play area is available for rent and comes fully equipped with toys, games, books and more!

## "The perfect location for play dates!"

Moms and Dads will also enjoy the spacious, bright, and comfortable atmosphere where relationships are formed, and memories are made.

Room available for rent 7 days/week from 1:00-8:00PM **"We provide the space, you provide the supervision."** Please call (847) 881-9319 The Community House

The Community House 620 Lincoln Ave, Winnetka mycommunityhouse.org

rentals



## Tenants

## Junior League of Evanston-North Shore

(847) 441-0995 www.jle-ns.org

jle-ns@sbcglobal.net

The Junior League of Evanston-North Shore, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. Each year, League members commit thousands of volunteer hours to improving our community. In particular, the focus of our organization is on Advancing Employment and Supporting Families for those in need across Chicago's North Suburbs. Founded in 1924 as the Junior League of Evanston, JLE-NS now has approximately 350 Active and Sustaining members. We reach out to all women regardless of age, race, religion, ethnic or national origin who demonstrate an interest in and commitment to voluntarism. The many important community projects that we support are made possible through fundraising events like our Designer Kitchens of the North Shore Kitchen Tour and Trivia Night, and our award-winning cookbook "It's A Shore Thing". In addition, for the past 75 years we have operated our Thrift House, a resale shop located at 920 Chicago Avenue in Evanston.

## KidBuilt

(847)-691-6059 www.Kidbuilt.org (*Coming Soon*) info@kidbuilt.org



KidBuilt is a hands-on woodworking enrichment program, that teaches tool safety and gives children the opportunity to choose, construct and build creative wood projects using simple tools, such as hammers, saws, nails, clamps, tape measures, and sandpaper. Each workshop offered will provide guidance and support, as children choose such projects as a toolbox, rope ladder, doll crib, catapult, and many more. There will be open class times, allowing children to work alongside other peers, as well as individual sign-up times, allowing for one-on-one instruction. We will also be offering a dad and daughter/son class and a mom and tot class.

## North Shore Art League

(847) 446-2870

www.northshoreartleague.org

info@northshoreartleague.org Founded in 1924, the North Shore Art League is a non-profit arts organization offering art classes for adults and children. As the only art center located in Winnetka, the NSAL not only offers art education, but also lectures, workshops, field trips, gallery shows and special art events to the entire North Shore community. A summer juried art fair, Art in the Village, takes place in Hubbard Woods Park - right in the middle of the Hubbard Woods Design District and along bustling Green Bay Road in June. Located for over 90 years on the second floor of the Community House, classes are held in an historic, professional art studio featuring skylights and a large stone fireplace as well as a well-equipped print room facility. Classes in drawing, painting (oil, acrylic, and watercolor), pastels, etching, printmaking, figure study, encaustic and more are taught by a distinguished faculty-offering a unique, creative experience. League members may exhibit at the annual Members' Show and throughout the year in NSAL gallery space within the Community House. Membership benefits also include generous discounts at various art supply stores in the area and an eblast/brochure subscription.





## The Winnetka Club

www.thewinnetkaclub.com (847) 446-1830

Since our early beginnings in 1908. The Winnetka Club has been an integral part of the civic and philanthropic life of the North Shore Community. The services and support provided by the Club have changed with the demands of the times, and we continue our tradition of "giving back" as we celebrate our 110th anniversary in 2018. During World War I, service projects in support of civilian efforts were the focus. During the years of World War II and beyond, members have been instrumental in ensuring home delivery of mail and providing other needed services - as well as organizing the PTA and League of Women Voters in Winnetka. Each May, we host our annual Housewalk, featuring amazing homes around the NorthShore; proceeds from the Housewalk support our annual scholarships to graduating seniors who live in New Trier Township. The Club also supports many other philanthropic endeavors throughout the North Shore and Chicago community. We welcome new members as we look to grow and expand our reach. We host a monthly Book Club and offer many other social and cultural events for our membership, including monthly Friendraiser dinners in local restaurants, engaging lectures and activities, and other membership events to enrich and empower.

## Winnetka Community Nursery School

(847) 446-4432

www.winnetkacommunitynurseryschool.org.

A nationally accredited preschool for children ages 2-4, offering indoor and outdoor activities in a stimulating environment in which physical, social, intellectual and emotional growth is encouraged. Learning materials encourage creativity, promote cognitive growth and develop manipulative skills. WCNS also offers enrichment opportunities during the school year for children ages 3 and 4 and summer camp for children ages 2 (must turn 2 by March 1 of the current year) to 5 years old. For more information about WCNS, please visit our web site.

## Winnetka Youth Organization (WYO)

(847)446-0443

### info@winnetkayo.orgwinnetkayo.org

The Winnetka Youth Organization, commonly known as "the YO", is a nonprofit teen drop-in center located in the basement of the Winnetka Community House. We have been around since 1969, and serve as the only youth organization of its kind in Winnetka. Each year, the YO provides services to upwards of 1000 teens from this community. This includes recreational activities, music events, social service, diversity and education projects, and participation on the Youth Leadership Board. The mission of the Winnetka Youth Organization is to foster individual development in junior high and high school youth in the North Shore by providing adult-to-youth mentoring, prevention services, and opportunities for leadership, citizenship, and, education within a safe, informal environment. Check out our website for more information or follow us on social media to stay informed on upcoming programs.







COMMUNITY HOUSE 620 LINCOLN AVE



## **Associate Organizations**

### Backgammon

Contact: Bill Chibnik, (847) 291-6768 chibnikw@aol.com Wednesdays, 7-10:30PM Backgammon enthusiasts are invited to compete in weekly tournaments. Prizes are awarded to the winners. Cost: \$10.

## **Christie's Integrative Fitness Classes**

(847) 441-5484

www.christiesfitness.webs.com

Touted by Harper's Bazaar as "One of the most, if not the most comprehensive workouts in the city," Christie's classes integrate a variety of disciplines woven into one class! Low impact cardio(to warm-up) followed by weights, resistance bands, Pilates, functional training and yoga all provide tip to toe deep muscle sculpting, ending in quiet relaxation. "Christie is certified by The American Council of Sports Medicine.Classes meet every Monday and Wednesday at 8:30AM for an 8 week session. Questions? Call Christie directly at: (847) 441-5484

## Falun Gong/Quigong Body Mind Exercises

Contact: Warren Tai (312) 607-1688 www.FalunChicago.org www.Falundafa.org Sundays, 8-10AM

Falun Gong, also called Falun Dafa, is a powerful body and mind exercise system. It contains five sets of exercises that work on the energy circulation of the body. The movements are smooth and graciously flowing, and can be learned easily by any age group. The mind exercise is applying Zhen (truthfulness), Shan (compassion) and Ren (Forbearance) into daily life. This releases the stress and tension of physical and mental energy fields, making people more healthy and peaceful. Every Sunday; no charge for participation.

### Friends of Bill W.

AA support group. Saturdays, 5-6:15PM • Sundays, 10-11:30AM

### **Nurturing Wisdom**

Nurturing Wisdom offers regular practice tests for the ACT, SAT, ISEE, SSAT, HSPT and other exams. This is a great opportunity for students to practice in a real testing environment and gain valuable feedback before test day. Afterward, we'll send you a detailed score analysis of your child's strengths and areas for improvement, and a recommended tutoring plan to help your child maximize their score. Our in-home, one-on-one test prep tutoring has helped thousands of students increase their scores and get into their top-choice schools:

- Our ACT students improve by an average of 5 points
- Our SAT students improve by an average of 300 points
- 98% of the students we prepared for the HSPT last year were accepted into their top-choice high schools

Call us today at 312-260-7945 Ext. 128 (Jenna Brightwell) so we can put together a customized plan for your child!

## **Off Campus Writers' Workshop**

ocww.info@gmail.com Yearly Membership - \$30 Weekly Session Fee: Members - \$10 Guests/Non-Members - \$15

### Scottish Country Dancing

Beginners are welcome. Winnetka Community House , 620 Lincoln Ave. For any questions contact Frances Gillan at 947-471-7294.

### Sullivan School of Irish Dance

(773) 952-4007 info@sullivanirishdancers.com www.sullivanirishdancers.com

The Sullivan School of Irish Dance offers lessons for all ages, beginners through championship. Irish dance combines movements similar to both ballet and tap dancing and stresses grace, rhythm and self-discipline. Students learn both individual and group dancing with an emphasis on self-confidence, teamwork and fun. Classes available Wednesday's, please call or email for more information.

### Winnetka-Northfield Rotary Club

(847) 446-0537

www.rotary6440.org/clubs/winnetka

One of 31,000 clubs around the world, with 1.2 million members. Rotary meets every Thursday, 12:15-1:30 p.m. for lunch and a program. Membership is composed of Winnetka and Northfield based business and professional leaders. Provides local and international service projects.

## **Religious Organizations**

## **Congregation Hakafa**

(847) 242-0687

#### www.Hakafa.org CongHakafa@hakafa.org

Congregation Hakafa is a dynamic Reform congregation on Chicago's North Shore. Hakafa is a circle of caring people, families and friends who wish to worship, study, and to help one another and the world in which we live. Services held Fridays, year-round; visitors welcome. Religious School and Hebrew School classes are held at the Glencoe Park District's Takiff Center and High Holidays Services are held at the Winnetka Congregational Church.

### Lake Shore Unitarian Society

(847) 807-5787

www.LakeShoreUnitarian.org

For over 50 years, we have brought people of diverse beliefs together in a community of shared values. Our weekly services are not led by clergy. Instead, we invite highly regarded speakers to present on a wide range of topics that provide inspiration and deeper appreciation for the world in which we live. We focus on values and wisdom drawn from many sources, not dogma. As a Unitarian Universalist congregation, we affirm and promote UU's seven Principles, such as "we accept one another and encourage each individual's spiritual growth". Music is another source of spiritual inspiration in our weekly services. And our Religious Explorations program provides children and teens spiritual and cultural literacy. Sunday service and Religious Explorations class at 10:30 a.m., September through May. Visitors are always welcome.

## Dreaming of a garden wedding?



garden









The Community House has been playing host to some of the most beautiful events on the North Shore for more than a century. Our newly renovated Historic Gardens will provide a timeless setting for a romantic wedding or a special celebration. From the bright blooms of spring to the deep colors of autumn, the Historic Gardens at the Community House will be the perfect spot for your special day!



mycommunityhouse.org/weddings (847) 965-4094 620 Lincoln Ave, Winnetka IL.



## **REGISTRATION FORM**

Phone: 847-446-0537

Mail or drop-off with payment to: Winnetka Community House, 620 Lincoln Ave., Winnetka, IL 60093

Or register on-line at mycommunityhouse.org

## CONTACT INFORMATION

| PARENT/GUARDIAN'S FIRST NAME: | PARENT/GUARDIAN'S LAST NAME: |  |  |
|-------------------------------|------------------------------|--|--|
| ADDRESS:                      | CITY: STATE: ZIP CODE:       |  |  |
| PRIMARY PHONE:                | ALTERNATE PHONE:             |  |  |
| EMAIL:                        |                              |  |  |
| EMERGENCY CONTACT NAME        | EMERGENCY CONTACT PHONE:     |  |  |

## PARTICIPANT INFO

|          |  |            |       | τοται                 |       |
|----------|--|------------|-------|-----------------------|-------|
| 00       | I would like to register for a Community House Membershi<br>I would like to make an annual fund donation to supp |            | House |                       | \$250 |
|          |  |            |       |                       |       |
|          |  |            |       |                       |       |
|          |  |            |       |                       |       |
|          |  |            |       |                       |       |
| FIRST NA | ME LAST NAME   | BIRTH DATE | M/F   | CLASS CODE CLASS NAME | FEE   |

Community House of Winnetka is committed to conducting its recreation programs and activities in the safest manner possible, and holds the safety of the participants in the highest possible regard. Participants and parents registering their child recreation programs must recognize, however that there is an inherent risk of injury when choosing to participate in recreation activities. Community House Winnetka continually strives to reduce such risks, and insists that all participants follow safety rules and instructions which have been design to protect the participants safety. Please recognize that the Community House of Winnetka does not carry medical accident insurance for injuries sustained in its programs. The cost of such would make program fees prohibitive. Therefore, each person registering himself/herself or a family member for a recreation program/activity should review his/her own health insurance policy for coverage. It must be noted that the absence of health insurance coverage does not make the Community House of Winnetka automatically responsible for payment of medical expenses. Due to the difficulty and high cost of obtaining liability insurance, the agency providing liability coverage for the Community House of Winnetka requires the execution of the following Waiver and Release. Your cooperation is greatly appreciated. Please read this form carefully, and be aware in participating in the program(s) listed on this page, you will be waiving and releasing all claims for injuries you might sustain arising out of the activities of this program.

#### WAIVER AND RELEASE OF ALL CLAIMS

As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, including death, damages or loss, regardless of severity, which I may sustain as a result of participating in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I may have as a result of participating in the program against the Community House of Winnetka and its officers, agents, servants and employees. I do hereby fully release and discharge the Community House of Winnetka and its officers, agents, servants and employees in any and all claims from injuries, including death, damages or loss which I may have or which may accrue to me on account of my participation. I further agree to indemnify by me or arising out of, connected with, or in any way associated with the activities of the program. In the event of emergency, I authorize the Community House of Winnetka officials to secure from any licensed hospital, physical , and/or medical personal any treatment deemed necessary for immediate care, and agree that I will be responsible for payment of any and all medical services required. All participants agree that any photography taken while participating in a class, special event or use of the facility may be used for promotional purposes of the Community House of Winnetka. Participants agree to receive promotional and informational emails from the Community House of Winnetka.

#### REFUND AND PRORATE INFORMATION

Full refunds will be issued for courses that are canceled by the Community House of Winnetka due to insufficient registration. A refund, less a 10% service charge (not to exceed \$25), may be granted if the refund request is received five full working days prior to the start of the program. No refunds will be allowed after this time unless a medical condition develops and a written explanation from a physician on his/her letterhead is presented. Due to advanced reservation requirements, no refunds for tipos, outings, or special events will be given. Classes may be prorated if you would like to enroll in a class after it has started, provided the instructor has space, and allows for late registration. The supervisor must approve and prorated amount.

Please list any specific medical allergies, medications, chronic illness or other conditions which staff should be aware:

O The Community House of Winnetka operates in compliance with the Americans with Disabilities Act. If you believe you or child needs accommodation to facilitate participation in the Community House of Winnetka programs(s) for which you are registering, please check box.

I have read and fully understand the aforementioned program details, waiver and release of all claims and permission to secure treatment.

| Signature:    |                               |               | Date:   |           |           |
|---------------|-------------------------------|---------------|---|-----------|-----------|
| <b>O</b> CASH | O VISA                        | O MASTER CARD | Registration form will not be prod<br>CARD NUMBER | 0         | EXP. DATE |
|               | O DISCOVER O AMERICAN EXPRESS |               | CVC   | SIGNATURE |           |



## HOUSEHOLD REGISTRATION PROFILE

| PRIMARY GUARDIAN              |                                    |        |          |  |
|-------------------------------|------------------------------------|--------|----------|--|
| FIRST NAME:                   | LAST NAME:                         |        |          |  |
| DATE OF BIRTH:                | M/F                                |        |          |  |
| ADDRESS:                      | CITY:                              | STATE: | ZIP CODE |  |
| PRIMARY PHONE:                | ALTERNATIVE PHONE                  | :      |          |  |
| CELL PHONE:                   | PROVIDER (TO RECEIVE TEXT UPDATES) |        |          |  |
| SECONDARY GUARDIAN            |                                    |        |          |  |
| FIRST NAME:                   | LAST NAME:                         |        |          |  |
| DATE OF BIRTH:                | M/F                                |        |          |  |
| ADDRESS:                      | CITY:                              | STATE: | ZIP CODE |  |
| PRIMARY PHONE:                | ALTERNATIVE PHONE                  | :      |          |  |
| CELL PHONE:                   | PROVIDER (TO RECEIVE TEXT UPDATES) |        |          |  |
| ADDITIONAL FAMILY MEMBERS     |                                    |        |          |  |
| FIRST NAME:                   | LAST NAME:                         |        |          |  |
| DATE OF BIRTH:                | M/F                                |        |          |  |
|                               | LAST NAM                           | 45.    |          |  |
| FIRST NAME:<br>DATE OF BIRTH: | M/F                                | VIE:   |          |  |
|                               |                                    |        |          |  |
| FIRST NAME:                   | LAST NAM                           | ИE:    |          |  |
| DATE OF BIRTH:                | M/F                                |        |          |  |
|                               |                                    |        |          |  |
| FIRST NAME:                   | LAST NAME:                         |        |          |  |
| DATE OF BIRTH:                | M/F                                |        |          |  |
| FIRST NAME:                   | LAST NAME:                         |        |          |  |
| DATE OF BIRTH:                | M/F                                |        |          |  |
| FIRST NAME:                   | LAST NAM                           | ME:    |          |  |
| DATE OF BIRTH:                | M/F                                |        |          |  |
| FIRST NAME:                   | LAST NAM                           | ME:    |          |  |
| DATE OF BIRTH:                | M/F                                |        |          |  |



## When your house is full, come to ours!

Explore some of our great meeting/rental spaces and see what makes the Community House a unique setting for your next rental. Located on the North Shore, the Community House, built in 1911, is a not-for-profit, non-tax-based facility. Our facility serves as an inspirational site, historical yet modern. It will meet your needs for a productive, professional event or meeting. A full inventory of A/V equipment is available to complement your presentation.



# The Community House is **the Perfect Site for**:

All Rooms are Air Conditioned

- Baby/Wedding
   Showers
- Business Meetings
- Class Reunions
- Fundraisers
- Lectures
- Memorial Services
- Office Spaces
- Parties
- Political Events
  - Weddings

## 847-881-9370 marks@mywch.org



For Rental and Event Information, Contact Mark Schusteff

We are proud to partner with Catered by Design to provide catering. We offer multiple options for food & drinks, ranging from breakfast to dinner, and can meet your needs no matter how many guests are attending your event.

## Thank you for your loyalty to our Community House

rentals

620 Lincoln Ave., Winnetka, IL 60093 mycommunityhouse.org 847-446-0537

Residential Customer

