Resident registration begins March 9, 2016 at 8:30am

Lake Forest

PARKS AND RECREATION

Like us on Facebook

SUMMER & CAMP 2016

Summer & Camp 2016
What inspires you to play?

The unique Kumon Method can give your child an academic advantage.

Schedule a Parent Orientation Today!

Kumon Math & Reading Center of LAKE BLUFF
123 North Waukegan Road, Lake Bluff, IL 60044
847-615-2889 • kumon.com/lake-bluff-il

WE MAKE YOUR SMART KID EVEN SMARTER
Experience Summer 2016

CREATE LIFE EXPERIENCES, EVERYDAY!

Forest Park Beach
Summer Camps
Movie at the Beach
Junior Olympic Sailing Regatta
Fourth of July Festival & Fireworks
New playground at West Park
WDC Animals in the Park
Lake Forest Day 5k Fun Run
Concerts in the Square

GENERAL
Birthday Parties 31
Calendar of Events 2
Code of Conduct 56
Community Events 18-23
Donations 56
Open Gym & Game Area 57
Employment Opportunities 57
Facilities Map 55
Financial Assistance 56
Gift Certificates 56
Parks & Recreation Staff 3
Photo Policy 56
Policy on Gifts / Gratuities 56
Program Index 59
Refund Policy 56
Room Rentals 56
Ways to Register 57

REGISTRATION
Registration Information 57
General Registration Form 56

FITNESS /WELLNESS
Information 4-9
Personal Training 6
Punch Pass Classes 8-9
Registration Classes 8
AOA Series 7

PROGRAMS
Athletics 42-45
Baseball 45
Community Events 18-23
Court Sports/Tennis 38-41
Creative Arts/Stirling Hall 27-29
Dance 33-37
Early Childhood Enrichment 25
Golf 16-17
Gymnastics 30
Kinderhaven Preschool Academy 24-25
Martial Arts 46-47
Sailing 10-15
Swim Club 48
Wildlife Discovery Center 49-53
Workshops 26

PARKS/GOLF COURSE
Golf Course Information 16-17
Park Amenities & Map 55
Parks Information 54

WELCOME
www.LFrec.com 3
Table of Contents

House League Baseball Early Bird Deadline ........................................... by March 14, 2016
Resident Camp and Summer Registration ................................................. March 9, 2016
Non-Resident Camp and Summer Registration ......................................... March 16, 2016
Reptile Rampage (pg. 18) ........................................................................ March 6, 2016
Easter Eggstravaganza (pg. 18) ................................................................. March 19, 2016
Easter Bunny Baskets (pg. 18) ................................................................. March 23, 2016
Smelt-O-Rama (pg. 19) ........................................................................... April 23, 2016
LFDA Preschool Recital (pg. 19) ............................................................... April 24, 2016
LFDA Recital (pg. 19) ............................................................................... May 13-15, 2016
Friends of Lake Forest Fred Jackson Golf Classic (pg. 20) ......................... June 3, 2016
Concerts in the Square (pg. 21) ................................................................. June 16, 2016
Friends of Lake Forest Festival and Fireworks (pg. 22) ............................. July 4, 2016
Tackle Football Early Bird Deadline (pg. 45) ........................................... by July 1, 2016
Movie at the Beach (pg. 15) ...................................................................... July 30, 2016
Lake Forest Day 5K Fun Run (pg. 23) ...................................................... August 3, 2016
Family Fun Camp-Out (pg. 19) ............................................................... September 24-25, 2016

Building Hours

SUMMER (MAY 1 - SEPT. 30)
Sundays CLOSED
Mon – Thu 8:30 AM - 9:30 PM
Friday 8:30 AM - 5:00 PM
Saturday 8:00 AM - 5:00 PM

Building CLOSED

March 27, 2016  Easter
May 30, 2016  Memorial Day
July 4, 2016  Independence Day
August 3, 2016  Lake Forest Day
September 5, 2016  Labor Day
November 24, 2016  Thanksgiving
December 25, 2016  Christmas
January 1, 2017  New Years Day

Administrative Office
400 Hastings Road
Lake Forest, Illinois, 60045
847-234-6700
FAX: 847-615-4251

Information Hotline
847-234-6702

Park And Recreation Board

Charles Kohlmeyer  Chairperson
Paul “Skoo” Walker
Scott Herman
Shannon Maguire
Sondra Douglass
Steve Reimer

Colton England, Student Member

Board Meetings

All meetings are held on the third Tuesday of the month at 6:30 p.m.
The public is welcome to attend. *Occasionally meetings have to be rescheduled, visit www.cityoflakeforest.com for current dates and locations.
SUMMER & CAMP BROCHURE is available online under Parks and Recreation at CityofLakeForest.com

SUMMER & CAMP REGISTRATION
Resident registration starts March 9, 8:30 am
Non-Resident registration starts March 16, 8:30 am
Registration is accepted during all building hours.

Staff & Contact
Each program or service offered by the Parks & Recreation Department is supervised by a full time staff member. These staff are listed with this brochure’s program information as the “CONTACT.”

Phil Alderks
Cemetery Sexton
615-4341; alderksp@cityoflakeforest.com

Anthony Anaszewicz
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Jason Busdeker
Facility Manager
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Rob Carmichael
WDC Manager
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Morgan Collins
Sailing Supervisor
615-4592; collinsm@cityoflakeforest.com

Jason Busdeker
Facility Manager
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Rob Carmichael
WDC Manager
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Morgan Collins
Sailing Supervisor
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Valerie Gonzalez
Dance Supervisor
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Teri Laurila
Office Manager
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Joe Mobile
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Chuck Myers
Superintendent Parks & Forestry
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Rich Paulsen
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Ken Pierini
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Penny Robbins
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Dhani Spann
Administrative Assistant
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Sally Swarthout
Director of Parks and Recreation
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Rick Wairath, PGA
Deerpath Golf Course, General Manager
810-3864; wairathr@cityoflakeforest.com

Corey Wierema
City Forester
810-3564; wieremac@cityoflakeforest.com

Like us on Facebook
What inspires you to play?

FACILITIES AND AMENITIES

>> 4,500 sq. ft. state-of-the-art facility
>> Active Older Adult Fitness Series
>> Group Exercise: TRX, Yoga, Strength; 35+ classes
>> 3 Conversion Courts for Racquetball/Squash
>> Safe and friendly child care available in the Kids Kottage
>> Private locker rooms with towel service
>> Complete line of Free Weights, selectorized machines, dumbbells and functional training machines from Precor & Life Fitness

NEW MEMBER ENROLLMENT FEE $50 INCLUDES:

> New Member Orientation
> Special Introductory Rates on Personal Training:
> $109 Personal Training Package
> Two Free Guest Passes

CONVENIENT LOCATION • BEST VALUE IN TOWN • FLEXIBLE MEMBERSHIP OPTIONS AVAILABLE

MEMBERSHIP FEES • EFFECTIVE MAY 1, 2016 THROUGH APRIL 30, 2017

<table>
<thead>
<tr>
<th>Annual Payment</th>
<th>Individual</th>
<th>Student</th>
<th>Couple</th>
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ANNUAL AND MONTHLY MEMBERSHIP OPTIONS AVAILABLE

For more information, contact the Fitness Center at 847.810.3932 or visit cityoflakeforest.com
(Select Parks & Recreation, scroll down to Fitness Center, select Membership)
FITNESS MEMBERSHIP GENERAL INFORMATION

Individual: Minimum age must be 14 years. A birth certificate is required for all 14 - 15 year olds to register.

Student: Any individual within the age range of 14 - 23 years of age.

Couple: Defined as two married adults or one adult and one youth (age 12 - 23) residing in the same household.

Family: Defined as adult(s) and unmarried children (ages 12 - 23) residing with guardian(s). Young adults (24 and older), other relatives and / or individuals living in the same household are NOT included in the family membership.

Senior: Adults who are 65 years and older.

Matinee: Save by working out during non-peak hours. Monday - Friday 11 am-3 pm

Resident / Non Resident Fees:
- A resident is anyone who resides within the corporate limits of the City of Lake Forest.
- Members 12-13 years old are required to be directly supervised by their own parent or guardian in the Fitness Center at all times.

RESIDENT/NON-RESIDENT FEES
A resident is anyone who resides within the corporate city limits of The City of Lake Forest. A 20% increase in fees is charged to non-residents.

WAIVER FORM: All users of the Lake Forest Fitness Center must read and sign a waiver form before participating in any activity.

DAILY PASS
If you would like to try out our facility, purchase our daily pass.
Please keep in mind:
1. Anyone ages 14-17 must have a waiver signed by a parent or guardian.
2. All 14 & 15 year olds must furnish a birth certificate or passport.
3. You must complete a registration form each time you use the facility on a daily pass.
4. You must furnish photo identification with each use. (If you want to secure resident rates, then please be able to produce resident ID.)

DAILY PASS FEE
- Resident Individual (14-64Y) : $12
- Resident Individual Senior (65Y+) : $9
- Non-Resident Individual: $15
- Non-Resident Senior: $10

FREE GUEST DAYS
1st Friday of each month. Free guest days are open to both residents and non-residents. All guests must be at least 14 years old with proof of age. Guest must check in at the Fitness Center desk and sign the Waiver of Liability prior to entering the Fitness Center. Any guest between 14 & 17 years old must have waiver signed by parent or legal guardian. Limit 1 FREE guest per member.

FITNESS CENTER CHILD CARE
Child care for children 4 months through 7 years is available on a limited basis to those who are participating in Fitness Center activities. Reservations are required and can be made one day in advance or the same day until 8:30am. To make a reservation call 847-810-3932. Our child care providers have over 25 years combined experience.

CHILD CARE HOURS
Monday – Friday 8:00am – 12:30 pm
Note: Parents are asked not to bring children when sick.

PRICES
- Fitness Center Member: $4.00/hr. per child
- Non-Member: $6.00/hr. per child

- Please call Fitness Center regarding rates for multiple children.
- A cancellation fee of $10 may be applied for no shows or cancellations less than 2 hours before your reservation time.

Membership Hold
- Available for annual memberships only
- Minimum hold allowed is three (3) months and maximum of six (6) months
- $30 fee per membership will be assessed.
- Membership hold due to medical reasons will not be assessed a fee but documentation from a medical professional is required to process the hold.

Effective January 1, 2016 Lake Bluff Residents will be eligible to receive resident rates for all recreation programs, daily fees and memberships. Program Areas included are Fitness Center, Wildlife Discovery Center, Stirling Hall Arts Center, Kinderhaven Preschool Academy, Lake Forest Dance Academy, Lake Forest Sailing and Deerpath Golf Course. Forest Park Beach operations and fees are not included in this agreement.

SUMMER 3-MONTH MEMBERSHIP SPECIAL
If you’re looking to stay fit through the summer, the Fitness Center offers a 3-month Summer Pass.

>> No Enrollment Fee
>> Great for students
>> You have access to the Member’s Locker Room
>> Expires 3 months from the purchase date
>> Fee: Individual Resident $96
   Individual Non-resident $117
>> Available for purchase from May 1 - Aug 1, 2016

Meet Our New Fitness Center Managers!

Chris Pommer
FITNESS MANAGER
PommerC@cityoflakeforest.com

Jim Thiel
FITNESS MANAGER
ThielJ@cityoflakeforest.com
PERSONAL TRAINING

YOU COMMIT TO TRAINING • WE SUPPLY YOU THE TOOLS • YOU ACHIEVE YOUR GOALS

WHY A PERSONAL TRAINER?

• Accountability
• Achieve your goals faster
• Motivation
• Learn new exercises and workouts
• Learn proper form and technique

The Lake Forest Fitness Center provides a professional, knowledgeable and friendly staff to assist you with your fitness needs.

The Floor Supervisors oversee the Fitness Center. If you have any questions or need some assistance regarding any piece of equipment, the Floor Supervisors are here to help. They will be wearing **blue**.

If you are interested in using a Personal Trainer, feel free to pick up some information at the Front Desk, call the Front Desk at 847-810-3932, or you may speak directly with one of the trainers. They will be wearing **red**.

You may also contact Jason Busdeker, Fitness Center Manager at 847-810-3934.

The Personal Trainer will combine their knowledge and experience to create an individualized workout that will be safe, effective and challenging.

Trainings must be PURCHASED AND PAID IN FULL PRIOR TO TRAINING SESSION. A 24 hour notice of cancellation is required, or you will be billed for the time. All Personal Training packages expire 1 year from the purchase date.

PERSONAL TRAINING PACKAGES • May 1, 2016 – April 30, 2017

<table>
<thead>
<tr>
<th></th>
<th>Fitness Center Member</th>
<th>Resident Non-members</th>
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<td>12 Hour</td>
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BUDDY TRAINING

If you need the extra support and fun of working out with a buddy but still want the benefits of our personal training program then Buddy training is the program for you! Just like our 1:1 Personal Training packages, each session will focus on improving strength, core stability, and cardio conditioning. Competition between partners can provide better fitness results along with accountability and social support. Check at the Fitness Center for a list of the costs.

For more information:
Jason Busdeker, Facility Manager, 847-810-3934
AOA FITNESS SERIES
Class Programs | Active Older Adults (AOA)

Below are a series of active older adult fitness programming designed for seniors, these specialty classes enable older participants to stay physically active or in some cases, overcome their fear of exercise and begin to be physically active.

CHAIR YOGA: MONDAYS, 9:45-10:30A
Chair yoga adapts yoga poses while seated in a chair for optimum support for gentle forward and backward bends as side extensions. Ideal for those not wanting to stand for long periods of time, get up and down from the floor, or have an injury. Class focuses on using the breath to heal; experience peace through lengthening and support your body in a nurturing environment.

Equipment: chairs, yoga props

Code  Date  Fees
30770104-01  Jun 6-Jul 25  MBR:$69  R:$75  NR:$87

AOA FITNESS: FRIDAYS, 10:30-11:15A
Participants work at their own pace and ability executing both seated and standing exercises. Total body cardio and strength conditioning, flexibility, and balance work are done seated in a chair, standing behind a chair, and with some free standing easy-to-follow low impact movements. Equipment: chairs, resist-a-bands, Pilates balls, sliding discs

Code  Date  Fees
30770106-01  Jun 10-Jul 29  MBR:$69  R:$86  NR:$99

AOA RECESS: TUESDAYS, 9:15-10:00A
Obstacle courses, games, and other activities are used to improve functional strength, balance, reflexes, eye-hand coordination, and visual/auditory memory. Class environment is fun, un intimidating, and encourages participants to work together as they challenge themselves mentally and physically. Equipment: chairs, cones, rings, Pilates balls, memory board

Code  Dates  Fees
30770107-01  Jun 7-Jul 26  MBR:$69  R:$86  NR:$99

ZUMBA GOLD: WEDNESDAYS, 10:30-11:15A
Easy to follow dance moves set to Latin-inspired music make it easy to tone the body and have a blast! Class is specifically designed for the senior “dancer” ensuring everyone feels successful and happy! Equipment: None

Code  Dates  Fees
30770109-01  Jun 8-Jul 27  MBR:$69  R:$86  NR:$99

PILATES FOR BUFF BONES®: THURSDAYS, 10:45-11:30A
Designed for those who either have osteoporosis or are at risk. Class uses bone-strengthening techniques while emphasizing alignment and balance. Exercises target the butt, hips, arms and back while safely giving the entire body a terrific workout. Participants must be able to lower themselves to the floor and sit on a mat. Equipment: Mats

Code  Dates  Fees
30770105-01  Jun 9-Jul 28  MBR:$69  R:$86  NR:$99

TAI CHI: FRIDAYS, 10:45-11:30A
An ancient Chinese discipline, Tai Chi is a meditative exercise characterized by methodically slow, circular and stretching movements and positions of bodily balance. Benefits for the elderly are numerous because of the emphasis on balance and muscle control which is lost in old age. Tai Chi practice increases flexibility, core strength and leaves participants relaxed and with an overall sense of well-being. Equipment: None

Code  Dates  Fees
30770108-01  Jun 10-Jul 29  MBR:$69  R:$86  NR:$99
**GROUP EXERCISE: PUNCH PASS CLASSES**

**FITNESS/AEROBIC CLASSES**
Participants can now purchase the convenient annual All Access Pass or an individual drop-in pass for all non-registration classes. All passes must be purchased prior to the beginning of class at the Fitness Desk.

**All Access Pass**
- >> Unlimited Punch Pass classes for an entire year.
- >> No need to worry about purchasing several punch cards during the year.
- >> If you take an average of 3 classes each week you could be paying only $2.02 per class.

<table>
<thead>
<tr>
<th></th>
<th>Fitness Center Members</th>
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<td>24 Punch Pass</td>
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**Punch Pass Expiration**
- 1 Punch: Date of purchase.
- 12 Punch: 1 year after date of purchase.
- 24 Punch: 1 year after date of purchase.

**CLASS SCHEDULE:**
-Summer Session: June 6 - August 6, 2016

**How to get your Punch Pass?**
12 class & 24 class punch cards available!
- Purchase a Punch Pass at the fitness desk
- Check in at the Fitness Desk and you will receive a color coded class pass
- You present the class pass to the instructor at the beginning of the class

**How to find the schedule?**
Visit www.cityoflakeforest.com under Parks and Recreation > Select Fitness Center.
You can also pick up a current print-out of the class schedule at the Fitness Center front desk.

**Drop-In**
The daily punch pass may be used toward any class including classes which require registration provided the class has not reached its maximum enrollment.

**REGISTRATION CLASS**

**Boxing (Youth)**
(10-14Y)
Boxing workouts will get your blood pumping and your body ready to fight for your fitness. Put on your boxing gloves and prepare to strike the heavy bag. You will be taught proper boxing techniques including the jab, cross, and hook. Follow your trainer through 1 to 3 minute fitness rounds designed to provide overall total body strength and endurance challenges including abdominal, core and strength training.

<table>
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**CARDIO/STRENGTH CLASSES**

**BARBELL POWER STRENGTH**
Blast your upper and lower body with this high-rep weight training workout using an adjustable barbell, weight plates, and body weight. Functional training exercises including squats, lunges, curls and presses AND motivating music will push you to increase both your muscular endurance and strength.

**BARRRE**
Class fuses the principles of ballet, Pilates, yoga and strength conditioning to quickly firm and elongate participants’ musculature. Class includes standing work at the barre as well as non-weight bearing exercises designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body.

**BARRE HOP**
Designed by dancer and Zumba trainer, Debbie Wood, this is a more musical approach to barre with fun, uncomplicated intense moves to tone and lengthen your whole body. Like Barre, exercises are inspired from Ballet, Barre, and Pilates. Achieve a dancer’s body – no dance experience required!

**BOOTY BARRE**
Like Barre, this class fuses techniques from dance, Pilates, and yoga that define and chisel the whole body. This is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. Focus is on proper biomechanics for a safe and well-structured class that can be modified for any fitness level.

**BOOT CAMP ON THE BEACH**
This is not a traditional aerobic class! Each person works to his or her own level. No grapevines, turns or dancing. Instead get ready for speed bursts, plyometrics, intervals and power drills. Please bring a towel, water bottle and sweat-proof sunscreen!

**BOXING**
Put on your boxing gloves and prepare to strike the heavy bag. Learn proper boxing techniques including the jab, cross, and hook. Follow your trainer through 1 to 3 minute fitness rounds designed to provide overall total body strength and endurance challenges including abdominal, core and strength training.
CARDIO CUT
A split format offering both cardiovascular conditioning followed by strength training. Comprehensive and efficient, this format originates from two basic conditioning techniques: muscle-memory work (a proven technique for successful aerobic movement) and repeated strength sets (the accepted standard in weight training).

CARDIO KICKBOX
Mix up your routine with this high-intensity full body workout. Burn calories while learning non-contact boxing and karate moves, as well as athletic drills.

CIRCUIT BURN
Melt away calories and fat while increasing lean muscle with this high intensity circuit training class. The class focuses on circuit style weight training with short bursts of cardio.

HIIT
Experience a total body, interval-based class timed for maximal results! Class is organized into 45 second “work” segments (cardio bursts or challenging weight work) followed by 15-second “recovery” segments. HIIT is a guaranteed calorie burner, and will improve your cardio endurance and muscular strength. Modifications for all fitness levels are provided.

JUST DANCE!
When in doubt, JUST DANCE! This cardio class combines the best top-40 music with easy to follow choreographed dance moves. You’ll feel like its Friday night as you dance like no one is watching. No dance experience required!

PILOXING
A non-stop cardio fusion of standing Pilates, boxing and dance that guarantees to increase cardiovascular endurance, muscle tone and definition.

RIP THE TREAD!
Reduce fat, increase lean muscle and improve stamina! This is a treadmill workout, featuring 3 rounds of 15-minute intervals combining cardio, strength and resistance training. Progressive and challenging. Rip the Tread is the perfect workout for all fitness levels.

SALSAROBICS®
This high energy aerobic class provides a fun and challenging workout while moving to Latin, Caribbean, and African rhythms. Muscular conditioning, flexibility, postural alignment and endurance are all addressed in this fat burning class. Each participant is challenged at their own level. The class offers options of intensity and impact for participants to choose from.

STRENGTH & CARDIO INTERVALS
Looking for the perfect combination of heart pumping cardio and intense strength training? This class is it!! Each week both the format and the equipment used will change to make for increased calorie burn and a total body workout.

STRICTLY STRENGTH
(formerly “Streamline Fitness”, “Strength & Conditioning”) Build muscular strength and endurance using a variety of equipment including free-weights, resist a balls, and tubing to give you a more defined look. Regular strength training helps build bone mass and increase calorie expenditure.

TOTAL BODY CONDITIONING
(formerly “WOW!”)
This class integrates segments of aerobic conditioning, strength training and core development using a variety of equipment: dumb-bells, body bars, tubing, and bar bells. Action packed, easy to follow and guaranteed to challenge every fitness level!

TRX
Using the TRX is a powerful way to increase total body strength. This class focuses on multi-planar strength building for your entire body. Sets, reps and recovery are used to ensure that each participant is working at their maximum efforts.

TRX ON THE BEACH
Using the TRX is a powerful way to increase total body strength. This class focuses on multi-planar strength building for your entire body. Set reps and recovery are used to ensure that each participant is working at their maximum effort. Please call the fitness center 24 hour in advance of class run date to secure your spot. Sessions are great fun, in a fantastic outdoor location!

ZUMBA
Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. These easy to follow dance steps and body sculpting exercises have the whole country dancing!

YOGA CLASSES

BEACH YOGA
Experience the joy of practicing yoga outside at the Lake Forest Beach! Your senses will be delighted as you awaken the body and mind, breathing in the fresh air and stretching your limbs. Class meets at the adult beach, and instructor provides yoga mats for all participants, and parking permits for non-Lake Forest residents. In case of inclimate weather, please call the fitness center at 847.810.3932 to confirm whether class is running.

CANDCELIGHT YOGA
Melt away your daily stress in a room filled with candlelight and soft music. This yoga class focuses on poses that promote relaxation and rejuvenation. Unwind as you move mindfully through gentle flowing poses, designed to move the spine in all directions, and release tension with longer seated and restorative poses. Rejuvenate your body and mind. This class is beneficial to all levels.

GENTLE YOGA
This practice is an easy, slow and steady approach to yoga. Class incorporates yoga props to support the body, elongate the spine, open the hips, and customize the poses to suit each person’s individual needs. Class is ideal for those who are new to yoga, students who have physical limitations or are recovering from injury, or prefer a less rigorous and more relaxing practice.

HATHA YOGA
Traditional yoga is for all levels from beginner to advanced. A meditative practice connecting mind, body and spirit through centering, asana (postures), pranayama (breathing) and savasana (relaxation). Benefits of regular yoga practice include stress reduction, flexibility, and overall improvement in your physical, emotional, and spiritual well-being.

VINYASA YOGA
Class is a more energetic yoga practice that connects breath (pranayama) to movement of the body. This practice allows you to refine postures (asanas), build stamina as you focus and stretch beyond the limitations of your body and mind. Practice can be modified for beginners, and all levels are welcome!

YOGA FOR EVERYONE!

CANDLELIGHT YOGA
Melt away your daily stress in a room filled with candlelight and soft music. This yoga class focuses on poses that promote relaxation and rejuvenation. Unwind as you move mindfully through gentle flowing poses, designed to move the spine in all directions, and release tension with longer seated and restorative poses. Rejuvenate your body and mind. This class is beneficial to all levels.

GENTLE YOGA
This practice is an easy, slow and steady approach to yoga. Class incorporates yoga props to support the body, elongate the spine, open the hips, and customize the poses to suit each person’s individual needs. Class is ideal for those who are new to yoga, students who have physical limitations or are recovering from injury, or prefer a less rigorous and more relaxing practice.

HATHA YOGA
Traditional yoga is for all levels from beginner to advanced. A meditative practice connecting mind, body and spirit through centering, asana (postures), pranayama (breathing) and savasana (relaxation). Benefits of regular yoga practice include stress reduction, flexibility, and overall improvement in your physical, emotional, and spiritual well-being.

VINYASA YOGA
Class is a more energetic yoga practice that connects breath (pranayama) to movement of the body. This practice allows you to refine postures (asanas), build stamina as you focus and stretch beyond the limitations of your body and mind. Practice can be modified for beginners, and all levels are welcome!

YOGA FOR EVERYONE!

YOGA FOR EVERYONE!

HATHA YOGA
Traditional yoga is for all levels from beginner to advanced. A meditative practice connecting mind, body and spirit through centering, asana (postures), pranayama (breathing) and savasana (relaxation). Benefits of regular yoga practice include stress reduction, flexibility, and overall improvement in your physical, emotional, and spiritual well-being.

VINYASA YOGA
Class is a more energetic yoga practice that connects breath (pranayama) to movement of the body. This practice allows you to refine postures (asanas), build stamina as you focus and stretch beyond the limitations of your body and mind. Practice can be modified for beginners, and all levels are welcome!
Lake Forest Sailing is one of the best sailing programs in the country and a phenomenal city resource. We were awarded the Best Community Sailing Program of the Year from U.S. Sailing and the Best Recreation Program of the Year from the Illinois Parks and Recreation Association. Come join us for another year of fun and learning on the water & land!

**Little Luffers**  
(6-8Y)  
The goal of this course is to give kids a sense of confidence on the boat and a love for sailing and the water. There are usually two sailors in each pram, giving them a chance to meet new friends and share the fun! Sailors in this program focus on how much fun sailing can be, and will develop a good base for Pram 1  
**Location:** South Pavilion  
**Instructor:** Lake Forest Sailing Staff

<table>
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<tr>
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**Pram 1 Full Day**  
(8-14Y)  
This is for all of our beginners out there. Using our great fleet of Vanguard Prams (the training version of the International Optimist Dinghy) your young sailor will learn the basics of sailing (points of sail, nomenclature, departure/docking) all while gaining confidence in the boat. This class is small to maximize the amount of time the instructor can spend with the students. Expect to take this class at least twice before moving on to Pram 2  
**Location:** Boat Pavilion  
**Instructor:** Lake Forest Sailing Staff

For more information:  
Morgan Collins, Program Supervisor,  
847-810-3664
Pram 2 Full Day
(8-14Y)
This full day program really puts the sport at your fingertips! This course will have you tacking and gybing better than ever! The first two weeks are focused on continued learning of points of sail, nomenclature, rigging and de-rigging as well as rules of the road. The second two weeks will focus on boat handling, long distance sailing and competitive sailing. We will be using our fleet of Vanguard Prams, the perfect boat for young sailors.

Location: South Pavilion
Instructor: Lake Forest Sailing Staff
Note: No class: 07/04

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Pram 2 Half Day
(8-14Y)
If you are looking for a program that really puts the sport at your fingertips... look no further! This course will have you tacking and gybing better than ever! The first two weeks are focused on basic learning to sail, nomenclature, rigging and de-rigging as well as rules of the road. The second two weeks will focus on boat handling, long distance sailing and competitive sailing. We will be using our fleet of Vanguard Prams, the perfect boat for young sailors.

Location: South Pavilion
Instructor: Lake Forest Sailing Staff
Note: No class: 07/04

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Pram Adventures
(8-14Y)
Pram Adventures is all about getting on the water and having fun. We will mix sailing and paddling opportunities using keelboats, dinghys, kayaks and SUPs. Every day will be a different experience based on wind and water conditions. In the end, our goal is to have as much fun as we can, and get the kids ready and excited to learn more.

Location: South Pavilion
Instructor: Lake Forest Sailing Staff

Note: No class: 07/04

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JUDD GOLDMAN ADAPTIVE SAILING
Lake Forest offers instruction to sailors with physical disabilities. 15 hours of instruction (six 2 1/2 hour lessons) are available for $100. Lessons are scheduled by appointment by calling the sailing office.

SUNSET CRUISES
Sit back and relax as you cruise along the beautiful Lake Forest shoreline watching the sunset. Pack a basket of your favorite hors d’oeuvres and wine to enjoy as you sail.

Location: Forest Park Beach
Fee: $200 (2-4 Adults)

PRIVATE/GROUP/CORPORATE LESSONS
Do you want to learn how to sail but can’t commit to such a full course load because of your busy schedule? Will you have friends or relatives in town and would like to take a lesson or two with them? This is the class for you. Simply give us a call and pick the date. This class can be anything that you want it to be. Brush up on what you already know, start on the basics, learn advanced sail trim, work on your spinnaker trimming. Anything goes!

Lessons available by appointment, call sailing office to schedule.

Note: Minimum time 2hrs

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Opti Race Team
(8-15Y)
Only one word can describe this class...FUN! Sailors are encouraged to own their own International Optimist Dinghies. Lake Forest Sailing does have a limited amount of boats available to charter while enrolled in the class. Team members can expect to work very hard and will learn more than they have before. Sailors will learn to have crisp roll tacks and gybes, great starts, strong knowledge of the rules and understanding of racing tactics. The team will have several travel opportunities to regional regattas to put their skills in to practice. Please do not sign up unless you can commit to a vast majority of the summer. Daily attendance is very important as sailors will quickly be left behind if they miss practice.
Location: Boat Pavilion
Time: 9:00 am-4:00 pm
Instructor: Lake Forest Sailing Staff
Note: No class: 07/04

Code Days Dates Fees
30240117-01 M-F Jun 6-Aug 19 R: $2518 NR: $3022 D: $300

Weekly Opti Race Team
Location: Boat Pavilion
Time: 9:00 am-4:00 pm
Instructor: Lake Forest Sailing Staff
Note: No class: 07/04

Code Days Dates Fees
30240116-01 M-F Jun 6-Jun 10 R: $365 NR: $437 D: $150
30240116-03 M-F Jun 20-Jun 24 R: $365 NR: $437 D: $150
30240116-04 M-F Jun 27-Jul 1 R: $365 NR: $437 D: $150
30240116-05 Tu-F Jul 5-Jul 8 R: $290 NR: $395 D: $150
30240116-06 M-F Jul 11-Jul 15 R: $365 NR: $437 D: $150
30240116-07 M-F Jul 18-Jul 22 R: $365 NR: $437 D: $150
30240116-09 M-F Aug 1-Aug 5 R: $365 NR: $437 D: $150
30240116-10 M-F Aug 8-Aug 12 R: $365 NR: $437 D: $150

Opti Green Race Fleet
(8-15Y)
Green Fleet is for sailors looking to learn how to race while continuing to build on their boat handling and general sailing ability, or for racers who cannot commit to a summer long program. Sailors will learn how to navigate a racecourse and begin learning the racing rules of sailing. There will be several Green Fleet regattas this summer at Lake Forest and other local venues. Sailors will use Vanguard Prams as well as a limited amount of International Optimist Dinghies. If your sailor wants to get competitive on the water this is the class for them!
Location: Boat Pavilion
Time: 9:00 am-4:00 pm
Instructor: Lake Forest Sailing Staff
Note: No class: 07/04

Code Days Dates Fees
30240120-01 M-F Jun 20-Aug 19 R: $1030 NR: $1236 D: $250

Weekly Opti Green Race Fleet
Location: Boat Pavilion
Time: 1:00-4:00 pm
Fees: R: $175 NR: $225
Instructor: Lake Forest Sailing Staff

Code Days Dates Fees
30240121-01 M-F Jun 20-Jun 24 R: $175 NR: $225
30240121-02 M-F Jun 27-Jul 1 R: $175 NR: $225
30240121-03 Tu-F Jul 5-Jul 8 R: $140 NR: $168
30240121-04 M-F Jul 11-Jul 15 R: $175 NR: $225
30240121-05 M-F Jul 18-Jul 22 R: $175 NR: $225
30240121-06 M-F Jul 25-Jul 29 R: $175 NR: $225
30240121-07 M-F Aug 1-Aug 5 R: $175 NR: $225
30240121-08 M-F Aug 8-Aug 12 R: $175 NR: $225
30240121-09 M-F Aug 15-Aug 19 R: $175 NR: $225

420 Full Day
(12-18Y)
Sailors will learn the basics of sailing (points of sail, nomenclature, departure/ docking) all while gaining confidence in the boat. Sailors should plan on taking this course at least once or twice before advancing to 420 2. This course is perfect for those sailors who want to experience the thrill of sailing in a welcoming environment.
We will be using our fleet of 420’s, a double handed boat that is designed for people over 5’4” and 120lbs. This boat is used by High Schools and Colleges around the country for both recreational sailing and racing.
Location: South Pavilion
Time: 9:30 am-3:30 pm
Instructor: Lake Forest Sailing Staff

Note: No class: 07/04

Code Days Dates Fees
30240111-01 M-F Jun 12-Jul 30 R: $1250 NR: $1502 D: $200
30240111-02 M-F Jul 25-Aug 5 R: $1250 NR: $1502 D: $200

420 Half Day
(12-18Y)
This 4 week, full day camp is the best course to learn the sport. The first two weeks we spend learning the basics to sail, nomenclature, rigging and de-rigging and rules of the road. The second two weeks will focus on having fun with those skills, boat handling, long distance sailing and competitive sailing. We will be using our fleet of 420’s, the perfect boat for older sailors.
Location: South Pavilion
Time: 9:00 am-12:00 pm
Instructor: Lake Forest Sailing Staff

Note: No class: 07/04

Code Days Dates Fees
30240112-01 M-Th Jun 6-Jun 10 R: $735 NR: $881 D: $150
30240112-02 M-Th Jul 11-Jul 15 R: $735 NR: $881 D: $150
30240112-03 M-Th Jul 18-Jul 22 R: $735 NR: $881 D: $150
30240112-04 M-Th Jul 25-Aug 8 R: $735 NR: $881 D: $150
30240112-05 M-Th Aug 12-Aug 16 R: $735 NR: $881 D: $150
30240112-06 M-Th Aug 19-Aug 23 R: $735 NR: $881 D: $150
30240112-07 M-Th Aug 26-Aug 30 R: $735 NR: $881 D: $150
30240112-08 M-Th Sep 2-Sep 6 R: $735 NR: $881 D: $150
30240112-09 M-Th Sep 9-Sep 13 R: $735 NR: $881 D: $150
30240112-10 M-Th Sep 16-Sep 20 R: $735 NR: $881 D: $150
30240112-11 M-Th Sep 23-Sep 27 R: $735 NR: $881 D: $150
30240112-12 M-Th Sep 30-Oct 4 R: $735 NR: $881 D: $150
30240112-13 M-Th Oct 7-Oct 11 R: $735 NR: $881 D: $150
30240112-14 M-Th Oct 14-Oct 18 R: $735 NR: $881 D: $150
30240112-16 M-Th Oct 28-Nov 1 R: $735 NR: $881 D: $150
30240112-17 M-Th Nov 4-Nov 8 R: $735 NR: $881 D: $150
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30240112-24 M-Th Dec 23-Dec 27 R: $735 NR: $881 D: $150
30240112-25 M-Th Dec 30-Jan 3 R: $735 NR: $881 D: $150
30240112-26 M-Th Jan 6-Jan 10 R: $735 NR: $881 D: $150
30240112-27 M-Th Jan 13-Jan 17 R: $735 NR: $881 D: $150
### 420 2 Full Day (12-18Y)
This program puts you in the position to do all the sailing you want! This 4 week, full day camp is the best course to learn the sport. The first two weeks we spend learning the basics to sail, nomenclature, rigging and de-rigging and rules of the road. The second two weeks will focus on having fun with those skills, boat handling, long distance sailing and competitive sailing. We will be using our fleet of 420’s, the perfect boat for older sailors.

**Location:** Boat Pavilion  
**Time:** 9:00 am-4:00 pm  
**Instructor:** Lake Forest Sailing Staff

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### Lake Michigan Adventure (12-18Y)
Lake Michigan Adventures is all about getting on the water and having fun. We will mix sailing and paddling opportunities using Keelboats, Dinghy’s, Kayaks and Stand Up Paddleboards. Every day will be a different experience based on wind and water conditions, whether we try paddle boarding or sail to the exotic beaches of Waukegan we want to leave your sailor wanting to learn more and do more on Lake Michigan.

**Location:** South Pavilion  
**Time:** 9:30 am-3:30 pm  
**Instructor:** Lake Forest Sailing Staff

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<td>Aug 8-Aug 12</td>
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### 420/Laser Race Team Pipeline (13-18Y)
This Program is a pipeline for sailors who want to be on the racing travel team one day. The Learn to Race class will build on fundamentals sailors have learned in the past and introduce trapezing (hanging off the side of the boat with the support of a wire and harness) and sailing with a spinnaker. Sailors will learn how sailboat racing works and get experience sailing in local regattas. A fun and exciting environment to learn the next step of sailing!

**Location:** Boat Pavilion  
**Time:** 9:00 am-4:00 pm  
**Instructor:** Lake Forest Sailing Staff  
**Note:** No class: 07/04

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### Weekly 420/Laser Race Team Pipeline (13-18Y)
You can be sure of two things for this summer: we will be training hard and having a ton of fun! Participants are required to commit to the regatta and practice schedule in order to participate. Daily attendance will be very important as sailors will be left behind very quickly if they miss practice. Our focus will be on all aspects of small boat racing and training for top-level junior events. Not only on the water techniques, but also boat maintenance, rules, and tactics. The Race Team will have an encouraged travel component to regional and national top-level junior events.

**Location:** Boat Pavilion  
**Time:** 9:00 am-4:00 pm  
**Instructor:** Lake Forest Sailing Staff

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### Weekly 420/Laser Race Team Pipeline
**Location:** Boat Pavilion  
**Time:** 9:00 am-4:00 pm  
**Instructor:** Lake Forest Sailing Staff

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Meet Our New Lakefront & Sailing Staff!

Aaron Dalzot  
LAKEFRONT MANAGER  
Dalzota@cityoflakeforest.com

Will Howard  
HEAD RACE COACH  
Howardw@cityoflakeforest.com

For more information: Morgan Collins, Program Supervisor, 847-810-3664
Sailing Assistant
(14-18Y)
This course is for students who hope to be sailing instructors or assistants at Lake Forest Sailing or anywhere else. The course uses US Sailing curriculum and focuses on the important elements of teaching and safe instruction on and off the water. Mornings are usually spent working on classroom skills and learning safety issues. In the afternoons, the class heads out on the water to practice their sailing and teaching. Requirements: Prior experience in the sail training environment, comfortable sailing in 10+ knots of wind, an Illinois State Boater’s License, and a letter of recommendation from a teacher, community leader, or your sailing instructor. Completion of this course is not required to work at Lake Forest Sailing, nor is it guarantee of a job.

Location: South Pavilion
Time: 9:00 am-4:00 pm
Instructor: Lake Forest Sailing Staff

Keelboat Sailing
(18Y+)
Learning to sail a keelboat can be a great way to “get your feet wet” or to learn new skills if you already have a solid base for sailing. We believe in teaching you to sail by going sail, so you will get lots of tiller time! With our small classes we can give a lot of direct attention regardless of your skill level. New sailors will learn how to rig, tack, gybe, and dock the boats. If you’ve been sailing for a while, here’s a good chance to learn spinmakers, sail shape, and basic cruising skills. This class is open to everyone over 18 and a lot of fun!

Location: South Pavilion
Time: 5:30-8:30 pm
Instructor: Lake Forest Sailing Staff

Adult Sailing
(18Y+)
This is where you should start if you want to really learn sailing... small boats. Yep, they are going to be wet, but hey! It’s August! Learning to sail our small, quick, collegiate style dinghies is a lot of fun, and we are sure you’re going to enjoy yourself. Two people to a boat means that you’ll be busy and you will learn a whole lot in a short time. A class for those who want to have a great time, challenge themselves physically, and come out with a solid sailing base! You’re going to love it.

Location: South Pavilion
Time: 5:30-8:30 pm
Instructor: Lake Forest Sailing Staff

Women’s Sailing
(18Y+)
This program is a lot like Adult Sailing, but we are setting aside Tuesdays and Thursdays in August just for women! This is where you should start if you want to really learn sailing... small boats. Yep, they are going to be wet, but hey! It’s August! Learning to sail our small, quick, collegiate style dinghies is a lot of fun, and we are sure you’re going to enjoy yourself. Two people to a boat means that you’ll be busy and you will learn a whole lot in a short time. A class for those who want to have a great time, challenge themselves physically, and come out with a solid sailing base! You’re going to love it.

Location: South Pavilion
Time: 5:30-8:30 pm
Instructor: Lake Forest Sailing Staff

Camp Awesome
(9-12Y)
Camp Awesome is our new program dedicated to teaching children who have high functioning Autism or Asperger’s Syndrome. Camp Awesome can also cater to youth with high functioning special needs. Campers ages 9-12 will be working with U.S Sailing trained instructors who are trained to work with special needs sailors.

For more information:
Morgan Collins, Program Supervisor, 847-810-3664
Forest Park Beach will be open for Memorial Day Weekend, Saturday, May 28 - Monday, May 30, 2016.

**Full Season Hours:**
The life guard season will begin on Saturday, June 4 and will continue until Sunday, August 21, 2016.

**End of Summer Weekend Hours:**
Forest Park Beach and lifeguard hours will continue on the following weekend days, August 27th, August 28th, September 3rd thru September 5th.

For information regarding boat launch and storage please contact Will Howard, at 847-810-3664. For general beach information, please contact Aaron Dalzot, Lake Front Manager at 847-810-3930.

One Day Parking Permits for the Lower North Parking Lot can be purchased by City of Lake Forest residents for their guests for a fee of $10 per permit. They can be purchased at the Lake Forest Recreation Center, 400 Hastings Rd. during summer business hours only.

Mon-Thu, 8:30am-8:30pm,
Fri 8:30am-6:00pm
Sat 9:00am-5:00pm

Residents are limited to 10 passes per season per resident household.

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**FOREST PARK BEACH PVAVILION RESERVATION PERMITS**
The Forest Park Beach pavilions are available to Lake Forest residents, not-for-profit community organizations and schools located within the City boundaries. Permits are available when not in conflict with public activities or holidays. Individuals can reserve the Boat Pavilion or the South Pavilion as well as the Fire Circle, at a charge to hold various events. The North Pavilion is first come, first serve and cannot be reserved. All permitted events need to be approved by the Recreation Department staff and are limited to 4 hours per permit. Commercial profit-generating events are not allowed. The permitting season this year runs from February 1 to October 31. Permitting a pavilion does not allow for private use of the beach since the beach is intended for enjoyment of the residents, however it permits for the set up of parties and other events. Alcohol is not allowed at Forest Park Beach at anytime. For further information, reservation regulations or to obtain a reservation form please call our office at (847) 234-6700 or visit our website at www.cityoflakeforest.com.

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**Be part of the Lake Forest Boating Center:**
- Paddle boats, Kayaks and Sailboats will be available for use.
- Season, family passes and punch cards on sale starting March 9th.
- Paddle group events will take place twice a month.
- Contact Morgan Collins at (847) 810-3664 for more information.

**Sign up today and have fun in the sun!**

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**Movie at The Beach!**

**July 30, 2016**

What could be more enjoyable than a day at the beach? How about a night under the stars watching a family friendly movie? Join the Parks and Recreation Department for a night of entertainment at Forest Park Beach. Come out early and enjoy the wonderful selection of food and drink from the concession stand. Movie begins at approximately 8:45pm.
What inspires you to play?

DEERPATH GOLF COURSE

Rick Walrath, General Manager:
Rick Walrath is a Class A Member of The PGA of America and has achieved Certified Professional status in Instruction and Retail Operations. Rick earned a B.A. degree in political science from Western Illinois University and an A.A.B. Degree in Golf Complex Operations and Management from the Golf Academy of America. Rick continues to lead the Deerpath team and looks forward to serving the Members of Deerpath and the residents of Lake Forest.

Richard Franklin, Director of Instruction:
Richard Franklin is the founder of the Richard Franklin Golf Academy and is the Director of Instruction at Deerpath Golf Course. Richard has created and implemented over 25 unique junior golf programs during his tenure at Deerpath Golf Course and is the Head Golf Coach for the Lake Forest Country Day School and St. Mary’s as well as the instruction consultant to Lake Forest College Mens/ Womens Golf Teams. Richard was nominated for the Golf Digest’s 2014 Best Young Instructors List as well as being featured in Golf Magazine’s November 2014 issue. He is a TPI Junior 3, Mechanics 3, Power 2, AMM Advanced Biomechanics, KVEST 2, SAM 2, Flat Stick Putting, Flightscope Certified Instructor.

Driving Range
The Deerpath Golf Course driving range features a beautifully kept grass tee hitting area with target greens to simulate on-course shot making. The driving range is open every day from dawn to dusk with the exception of Wednesday evening, when it closes early for maintenance. All weather mats are used when unfavorable conditions would otherwise close the range. Deerpath Golf Course also features a chipping green area with bunker for those wanting to improve their short game. Deerpath Golf Course is one of the few public courses that offer a complete facility where golfers can work on their entire golf game.

- Small Bucket (Approx. 30 balls) $4
- Medium Bucket (Approx. 50 balls) $6
- Large Bucket (Approx. 110 balls) $15
- Purchase a range pass and receive 2 buckets free
- Punch Card
  12 Large Buckets for $150 ($30 savings)
  12 Medium Buckets for $80 ($12 savings)

Daily Fees
Deerpath’s daily rates can fluctuate depending on the day of the week, time of day, weather, and other market conditions. This enables our customers to receive the best possible price. Saving can be in excess of 40% of our rack rate. Book your tee time up to 14 days in advance at www.deerpathgolfcourse.com and select Online Tee Times.

Lockers
Why haul your bag and other equipment around when the clubhouse offers lockers for on-site storage? Lockers are perfect for the junior player who rides their bike to the course or an adult who uses their car’s trunk. Contact the Golf Shop for price and availability at 847-810-3888.

Golf Shop
Managed by Rick Walrath, PGA professional certified in Retail Management, Deerpath’s golf shop offers a full line of the “latest” and “must have” products from top brands in the industry. Stop by and see what’s on sale!

Outings & Special Events
Deerpath offers small to intermediate size outings for any family, group or organization variety of special events through the year. From demo days to tee events to family fun days, visit www.deerpathgolfcourse.com or sign up for weekly email announcement for special events and discounts. Contact Rick Walrath at 847-810-3889 for details.

Memberships
If you are looking for a course you can call your own, membership at Deerpath Golf Course is for you. Membership at Deerpath provides both residents and non-residents the opportunity to book advanced tee times, participate in golf course sponsored events and tournaments and receive other “members-only” activities throughout the year. But the best part about a membership is the “private club treatment” you get from the staff. If you take advantage of your membership at Deerpath, you will begin to recognize the country club feel of the place and you’ll know that you’re part of a special club with a truly professional staff. Join today and say “My Club is Deerpath” at www.deerpathgolfcourse.com and select Membership.

Private Instructions
For summer 2016, Director of Instruction Richard Franklin is unveiling the P.A.R plan. This Plan, Act, and Review process will seek to amalgamate the most effective parts of your current swing mechanics with customized upgrades in all areas of the game. Private lessons with one of industry’s true experts promises to provide a coaching solution for both short and long term improvement.

Deerpath Golf Course ClubHouse
Provided by Director of Instruction, Richard Franklin

Adult | 1 hour - $130
Performance Package | 5 hours - $600
Junior
Academy Students | 1 hour - $100
Performance Package | 5 hours - $450
“Mini Groups” (3 juniors per session) @ $40 per junior/hour
NON-ACADEMY Students | 1 hour - $130
JUNIOR GOLF STARTS APRIL 19TH!

FIND THE PERFECT PROGRAM FOR YOUR JUNIOR GOLFER

Golf FUNdamentals
*Ages 5-7*
Providing a great first experience in golf!

After School Golf
*Ages 8-13*
Where “talent” is born

Academy Program/Competitive Travelling Team
*Ages 10-14*
Bridging skill development to on-course mastery

TEAM 180-Performance Program
*Ages 13-18*
Next Generation of Elite Golf Performance

Our newest program, Golf FUNdamentals is designed to develop the passion, movement skills, and knowledge of the game needed to become a great golfer. These classes also teach parents the fundamentals of how to properly work with juniors for maximum skill development and a love for the game.

Achieving golfing greatness is a complex mixture of connection and engagement to the sport through games and competition, deliberate practice, non-deliberate play, an improving sense of self-efficacy, and skill building. A.S.G. is designed to set the all-important foundation that must be present for more complex skill development in the future.

The Academy Program is an advanced track for those looking for part of Deerpark GC’s competitive travelling team. Participants in this program will compete against local prep schools at some of the best courses in the area.

Members of TEAM 180 will have every aspect of their games measured, analyzed, and improved upon through a rigorous and systematic blueprint. Players can expect a complete inspection of equipment, skill set benchmarking, playing aptitude, physical fitness and nutrition, mental game strategies, and most importantly competitive play performance.

May 14 - June 4
Saturdays 10am to 11am

April 25 - June 6
Monday & Tuesday
4pm to 6pm

For Registration Visit
www.deerparkgolf.com

For Questions Contact
Richard Franklin @ (520) 248-8760
COMUNITY EVENTS

**EASTER EGGSTRAVAGANZA**

(1m-9Y)
Saturday, March 19, 2016 | 9:30-11:30 am

Enjoy a wonderful opportunity for family fun and entertainment at our annual Easter Eggstravaganza. Children will enjoy crafts, games, pictures with the Easter Bunny, and of course the exciting Egg Hunt. A special children’s performance will proceed the hunt. Please remember to bring your baskets! Thank you to our Sponsor, Forest Orthodontics and Pediatric Dentistry!

**Location:** DPM School Yard  
**Entertainment:** 9:30-10:15 am  
**Activities:** 10:15-11:00 am  
**Egg Hunt:** 11:10-11:30 am

**Fees:** FREE  
**Note:** Lake Forest Residents Only

**Easter Bunny Baskets**

(1m-9Y)
Wednesday, March 23, 2016 | 3-6 pm

Imagine the delight your child will express at seeing the Easter Bunny hop up to your front door with an Easter Basket made special for him or her. The Recreation Department will help the Easter Bunny make up and deliver each colorful basket to the lucky recipient. Registration is limited and is for Lake Forest residents only. Baskets will be delivered between the advertised times.

**Location:** Lake Forest Household  
**Fees:** R: $23  
**Note:** Lake Forest Residents Only

**Easter DANCE COMPANY BENEFIT PERFORMANCE "Passion to Dance"**

Saturday, March 12, 2016

Reception - 6 pm  
Show - 7 pm

Passion to Dance features the Performance Companies of Lake Forest Dance Academy. This premier dance performance and fundraising event will begin at 6pm with a lobby reception and a 7pm show time on Saturday, March 12, 2016 at Lake Forest Academy, Cressey Center for the Arts. The benefit concert will include the Performance Companies of LFDA with choreography by LFDA staff and notable guest choreographers. Dance styles will include, tap, hip hop, jazz and contemporary group and solo works. A portion of the Passion to Dance proceeds will be donated to Bernie’s Book Bank.

**Location:** Lake Forest Academy, Cressey Center for the Arts

**Reptile Rampage**

Sunday, March 6, 2016 | 10-4 pm

One of Chicagoland’s largest education-only reptile shows!  
Proceeds benefit the WDC & Conservation!

Join us for this family-friendly hands-on reptile expo. Meet over 150 animals including “Bubba” the giant American Alligator, huge pythons and anacondas, venomous reptiles, lizards, snakes, turtles and tortoises of all shapes and sizes. Talk with reptile enthusiasts from zoos, universities, museums, nature centers, and private collections. Featured exhibitors will include Jim Nesci from Cold Blooded Creatures, the Chicago Herpetological Society, the St. Louis Herpetological Society, Chicago’s Field Museum of Natural History, the Madison Herpetological Society, the Peggy Notebaert Nature Museum, and the Grove Nature Center. There will also be kids’ activities, face painting, a Scout Patch challenge and a fabulous auction to benefit the animals of the Wildlife Discovery Center. Please note: Due to space limitations in the exhibit hall, strollers will not be allowed. A parking area for strollers will be provided.

**Location:** Lake Forest Recreation Center  
**Fee:**  
Adult R: $10  NR: $12  
Children R: $6  NR: $10  
We accept Cash, Check, or Credit!

**Hosted by:** Wildlife Discovery Center  
**Sponsor:** BTG International Inc.

For more information, visit: www.wildlifediscoverycenter.org
SMELT O RAMA
Saturday, April 23, 2016 | Sundown to 10 pm
Join the Lake Forest Recreation Department as we rediscover a Lake Michigan tradition. Osmerus mordax, otherwise known as smelt, return to our shores each spring to spawn in the warm water near piers and beaches. The Boating Pavilion at Forest Park Beach will serve as “smelt central” on Saturday, April 23rd from sundown to 10:00 p.m. Seasoned anglers will be on hand to demonstrate the dip netting method. You will learn how to catch, clean and cook these tasty little critters! A limited number of nets will be provided by the Recreation Department so that everyone will have a chance to get into the action. Participants are encouraged to wear warm clothes and bring any smelting equipment on hand. Parents must supervise their children at this event. Don’t miss out on this free family event! Call Joe Mobile at 847-810-3941 for more information.
Location: Lake Forest Park Beach, Boating Pavilion
Fee: Free

LAKE FOREST DANCE ACADEMY RECITALS
Preschool Recital: Sunday, April 24, 2016
“Fairytales & Friends”
Join us for the Spring Preschool Dance Recital, on stage at the John & Nancy Hughes Theater at the Gorton Community Center. Dancers will share fairytales with friends and family in this early childhood production.
Location: The John & Nancy Hughes Theater at the Gorton Community Center
Annual Spring Recital: Friday, May 13 – Sunday, May 15, 2016
“I’ll Tell You a Story”
Our Full Year Program classes present their annual recital performances during an exciting weekend of dance. Join us for a journey through books, watch our dancers become storytellers sharing stories of mystery, thrill, emotion and adventure. Donations of gently used children’s books will be accepted for Bernie’s Book Bank.
Location: Lake Forest High School

KINDERSHOP
Saturday, May 21, 2016 | 9 am - 3 pm
Lake Forest Recreation Center Gym | 400 Hastings Road, Lake Forest
Got Kids’ Stuff? Want it gone? We can help! Kindershop is always collecting gently used baby and children’s items. Donations can be dropped off at Kinderhaven Preschool Academy during school hours. We are also happy to pick up your donations!
Please contact one the following people with any questions or to arrange pick up:
Kindershop will resell collected items at our event on May 21st, with all proceeds benefiting Lake Forest Preschool Academy. Unsold items will be donated to charitable organizations.

FAMILY FUN BEACH CAMP OUT
Saturday, Sep 24-Sep 25, 2016 | 5 pm - 8 am
Bring the family down to Forest Park Beach for a night of camping. Pitch your tent and get ready for an evening of family fun! The Wildlife Discovery Staff will entertain you with a reptile show, while local astronomers will teach participants how to use (provided) telescopes to observe the heavens. Try your hand at metal detecting, watch a movie in the pavilion or just enjoy the campfire. Meals Saturday night and Sunday morning will be catered by the popular Chef Steve Chiappetti from Purely Simple Kitchen. Everyone raved about his dinner and breakfast last year! This is the only night of the year that camping is allowed on the Lake Forest beach so, don’t miss out on this unique family bonding experience! The FEE covers 5 participants; additional participants may be added to a group for an additional $35 each.
Location: Forest Park Beach | North Pavilion
Day: Sa, Su
Dates: Sep 24-Sep 25
Time: 5:00 pm-8:00 am
Fees: R: $315 NR: $378
Instructor: Instructed by Wildlife Discovery Center Staff

Please contact Rob Carmichael at carmichr@cityoflakeforest.com for more information.
FRED JACKSON GOLF CLASSIC
SUPPORT THE FRIENDS OF LAKE FOREST PARKS & RECREATION FOUNDATION

June 3
Deerpath Golf Course

EVENT FEATURES:
- 18 Holes
- Plus Cart / Lunch / Beverages
- Awards / Mayor’s Cup
- Player Gifts / Silent Auction

The Annual Golf Classic is one of the major fundraisers for the Friends of Lake Forest Parks & Recreation. Proceeds will be placed directly toward the enhancement of Lake Forest Parks and Recreation Department’s programs, services, facilities and planning for the enrichment of families in our community. Through memberships, tax-deductible donations, the Golf Classic and other events, the Friends have provided substantial funding dedicated to beautify parks, make structural improvements and expand recreational programming.

Please join us for a fun filled day!

SIGN UP NOW! Anyone Can Play!
Support Lake Forest Parks & Recreation by playing, sponsoring or donating to our Annual Golf Classic.
CONCERTS in the SQUARE 2016

June 16 - July 28
6:30-8:30PM
(THURSDAY EVENINGS)

MUSIC, FOOD AND FUN FOR THE WHOLE FAMILY!

FEATURING THE BEST MUSICAL TALENT FROM THE CHICAGOLAND AREA.

BRING A LAWN CHAIR OR SPREAD A BLANKET AND ENJOY A FREE EVENING OF ENTERTAINMENT!

VISIT OUR WEBSITE FOR THE SCHEDULE AND BANDS! WWW.CITYOFLAKEFOREST.COM

Major Sponsors | Lake Forest Bank & Trust | Market Square

Hosted By | Lake Forest Parks & Recreation Department
LAKE FOREST PARKS AND RECREATION

FRIENDS OF LAKE FOREST PARKS & RECREATION FOUNDATION

July 4

Lake Forest Festival & Fireworks

SPONSORED BY LAKE FOREST BANK AND TRUST
TIME: 6-10 PM - GATES OPEN AT 5 PM
PLACE: DEERPATH COMMUNITY PARK
FOOD: AVAILABLE FOR PURCHASE OR YOU MAY BRING YOUR OWN

TICKETS: $15 Lake Forest / Lake Bluff Residents
$20 Non Resident
Kids 5 & Under Free • Cash Only at the Gate

PARKING: Regular Parking Pass: $25 day of event
only as space is available (cash only)
Premier Parking Pass: $50 is only available until July 1st or until sold out

VIP PASSES: $75 ADULT
$25 CHILD -12 yrs & under. Must be accompanied by adult VIP (Includes admission, food and beverages catered by Michael’s and early setup at 3:00 pm)

VIP FAMILY: $250 (Includes 2 Adult VIP passes, 4 Child VIP passes, Premier parking – a $300 value. Limited amount and only available in advance)

Rocking bands take our soundstage at 6 pm, activities happen all through the evening and the greatest fireworks display on the North Shore begins filling our skies around 9:45 p.m. Gates will open for those who only want to watch the fireworks just prior to fireworks display.

music • kid’s attractions • food & beverages

All proceeds, after festival expenses, are used to support the great year-round programs of your Lake Forest Parks and Recreation Department.

For tickets and more information visit www.FriendsLFPR.org

What inspires you to play?
LAKE FOREST PARKS AND RECREATION

LAKE FOREST DAY 5K FUN RUN

This event will consist of a 5K Run/Walk and a Kids Klub, featuring supervision and Kids Events. All participants will receive a souvenir T-shirt on race day. Awards will be presented to the top male and female athlete finishers in each age division. Runners are strongly encouraged to pre-register at the Recreation Center to help race coordinators prepare and plan for the run.

August 3, 2016

Deerpath Community Park
7 am - Run Start Time
R: $24   NR: $29  (By Aug 2, 2016)
R: $29   NR: $40  (Race Day)

Note: Participants that register by Noon on August 1 may pick up their race day packets at the Recreation Center after 4:00pm on Aug 2.

Kids Klub Fun Run

Lake Forest Day Kids Klub features supervision while parents or older siblings run. Kids Klub participants have their own events and activities. All participants will receive a souvenir T-shirt on race day.

August 3, 2016

Deerpath Community Park
7 am - 9:30am
R: $7   NR: $8  (By Aug 2, 2016)
R: $11  NR: $13  (Race Day)
A Reggio-Inspired Preschool where children learn creativity, individuality, independence, community service, interactions and exploration. Parents love low student to teacher ratio, classes for 2 1/2 yrs old to 5 1/2 yrs old, vacations same as Lake Forest School District 67, licensed by the state of Illinois, educating children with compassion and respect plus a peanut free facility.

2016-2017 REGISTRATION

Kinderhaven Purple Class
(32-45m)
The Purple class supports the child’s early learning experience away from his or her primary caregiver through exploration of art materials, development of verbal and interactive skills, and creating projects that promote his or her interest. The Purple class is designed for children 2 1/2 years of age by 9/1/16.

Location: Kinderhaven
Date: Sep 6-May 18
Fees: R: $2510 NR: $3012
Instructor: Penny Robbins
Note: Kinderhaven follows the District 67 calendar for days off and holidays.

Kinderhaven Blue Class
(45-60m)
Intellectual development, curiosity, social skill development and school related skill development are the primary focus of the Blue Class. Developing a love of learning will make going to Kindergarten a joy! The Blue Class is designed for children 3 1/2 years of age by 9/1/16.

Location: Kinderhaven
Date: Sep 7-May 18
Fees: R: $3612 NR: $4335
Instructor: Penny Robbins
Note: Kinderhaven follows the District 67 calendar for days off and holidays.

Kinderhaven Red Class
(54-66m)
A continuation of intellectual development, curiosity and social skill development and school related skill development occurs in the Red Class. Developing a love of learning will make going to Kindergarten a joy! The Red Class is designed for children 4 1/2 - 5 1/2 of age by 9/1/16.

Location: Kinderhaven
Date: Sep 6-May 17
Fees: R: $5301 NR: $6361
Instructor: Penny Robbins
Note: Kinderhaven follows the District 67 calendar for days off and holidays.

For more information or to schedule a tour, please contact Dr. Penny Robbins, Kinderhaven Director at 847-810-3947 or by email robbinsp@cityoflakeforest.com

Opportunities for all children to develop concepts and skills that will lead to a successful school experience and desire to learn!
Parade of Parks
(5m-4Y)
Here’s a chance for you and your child to get to know and enjoy the parks of Lake Forest. Each week we will meet at a different park playground to utilize and explore its equipment. Circle time with songs and finger plays and a simple art project will end each class. A list of the rotating parks will be sent to you before the first class. Families register as a unit therefore this class is ideal for siblings. Please register each child attending but only pay for the first child. For more information contact Program Coordinator, Christine Faudel, at 847-810-3660.

Location: Lake Forest Parks
Instructor: Christine Faudel
Note: No class: 07/04

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<tr>
<td>30630104-01</td>
<td>M</td>
<td>9:30-10:30 am</td>
<td>Jun 20-Aug 1</td>
<td>R: $105 NR: $126</td>
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Fun at the Beach
(5M-4Y)
Come to the beach for some fun in the sun with your little ones. After some open play time on the beach, each week we will enjoy a new theme expressed through circle, parachute and craft time. Families register as a unit, therefore this class is ideal for siblings. Please register each child attending the class but only pay for the first child. For more information contact Christine Faudel, Program Coordinator, at 847-810-3660.

Location: North Pavilion
Instructor: Christine Faudel
Code Days Time Dates Fees
30630105-01 W 9:30-10:30 am Jun 22-Jul 27 R: $105 NR: $126

Hurray For Spring
(3-6Y)
Is your child ready to spring into action in a camp style setting? Join us for cooking, crafts, games, music and stories. Each day, Miss Chris and her assistants will instruct participants in fun filled activities to welcome spring. Please send a peanut free sack lunch and drink each day.

Location: Everett Park, Recreation Annex
Time: 9-1 pm
Fee: R: $55 NR: $66 per day
Instructor: Christine Faudel

21040210-01 M Mar 21
21040210-02 Tu Mar 22
21040210-03 W Mar 23

For more information:
Christine Faudel, Program Coordinator, 847-810-3660

PRESCHOOL PROGRAM NOTES
The Recreation Department provides a well-rounded class experience for each child. We do our best to meet the individual needs of each child in a relaxed environment. Our classes promote socialization, physical and mental growth, and can help ease the transition to preschool.

Children must be the correct age by the first day of class. Staff will not change diapers. If your child is in a drop-off class, you will need to be available if a diaper needs to be changed. An adult must accompany each child enrolled in a parent/child program.
**Magic Class**  
*(5-12Y)*  
Is magic in your heart? Has your child always wondered about the mystery of the magician? This class will help your little wizard learn a few tricks of the trade. Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading and more. While the tricks may appear difficult, you’ll discover that they are quick to learn and easy to perform. All materials are provided and each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are age-appropriate. Additionally, you can sign up for this class again and again since brand new tricks are always taught each session!  

**Location:** Kinderhaven  
**Instructor:** Instructed by Magic Team of Gary Kantor  

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>31040104-01</td>
<td>Tu</td>
<td>5:00-5:55 pm</td>
<td>Jul 19</td>
<td>R: $20 NR: $24</td>
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**Safe Sitter**  
*(11-13Y)*  
The Safe Sitter program is a medically accurate childcare curriculum designed to prepare 11-13 year old children to be safe and nurturing babysitters. Our instructors will teach important life skills—business, medical, and safe habits—in this high quality course. Lake Forest Parks and Recreation sponsors this competency based, highly structured interactive program. Students learn about a wide variety of topics through discussion, practice and role-play. Please bring a peanut free lunch and drink to the full day session, and a peanut free snack and drink to the half day session.  

**Location:** Classroom 1  
**Instructor:** Christine Faudel  

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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<tr>
<td>31040105-01</td>
<td>F</td>
<td>2:00-5:00 pm</td>
<td>Jun 24-Jun 25</td>
<td>R: $92 NR: $110</td>
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<tr>
<td></td>
<td>Sa</td>
<td>8:30-3:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31040105-02</td>
<td>F</td>
<td>2:00-5:00 pm</td>
<td>Aug 19-Aug 20</td>
<td>R: $92 NR: $110</td>
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<tr>
<td></td>
<td>Sa</td>
<td>8:30-3:00 pm</td>
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</tr>
</tbody>
</table>

For more information:  
Christine Faudel, Program Coordinator, 847-810-3660
Creative Arts
at Stirling Hall
Constructed in 1929 and designed by the renowned North Shore architect Edwin H. Clark, Stirling Hall is Lake Forest’s best kept secret. Stirling Hall houses a fully-equipped, professionally staffed art center with emphasis on ceramics. Classes for children and adults, ages 3 and up, are offered four times a year. Adult and children’s workshops are also offered throughout the year, as well as the ever-popular Twigs Summer Camp. The Art Center has seven spacious, natural light studios, sixteen pottery wheels, three computerized electric kilns, a 57-cubic-foot gas kiln, a clam shell raku kiln, an outdoor raku and pit fire area, a ventilated, professional-grade spray booth as well as our newest addition, an outdoor soda kiln.

**Directions from Rt. 41** — go west on Old Elm Rd. to Ridge Rd., south on Ridge Rd. to Old Mill Rd., east on Old Mill Rd. east to Grove Cultural Center (60 E. Old Mill Road). Follow the road back to the Stirling Hall Arts & Activities Center.

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**ADULT CREATIVE ARTS**

**Introduction to Wheel Throwing** *(18Y+)*

Do you like to get your hands dirty now and then? Come join us for a weekly session of creativity and exploration as we learn to create basic pottery shapes such as the bowl, cup and vase using both the pottery wheel and handbuilding techniques. Experiment with color and texture using glazes, slips, stains and more. Create at your own pace, regardless of skill level or experience. Students choose to have their artwork fired in our high-fire gas kiln, our Soda kiln or various low-fire methods including Raku and pit-fire (weather and student interest permitting). Included in the class fee are 50 lbs. of clay, firings, high-fire glazes and ample open studio time. Students need to supply their own personal hand tools available for purchase at Stirling.

**Location:** Stirling Hall - Studio 3  
**Instructor:** Karen Avery

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>30460101-01</td>
<td>Th</td>
<td>1:00-3:00 pm</td>
<td>Jun 15-Aug 17</td>
<td>R: $292 NR: $350</td>
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<tr>
<td>30460101-02</td>
<td>W</td>
<td>6:30-8:30 pm</td>
<td>Jun 15-Aug 17</td>
<td>R: $292 NR: $350</td>
</tr>
</tbody>
</table>

**Intermediate Wheel Throwing** *(18Y+)*

You have skills! Refine, expand and personalize the basic skills you have learned so far. Intermediate through advanced forming and decorating techniques will be demonstrated in this class. Group and individualized instruction will help guide you as you progress at your own pace. Students choose to have their artwork fired in our high-fire gas kiln, our Soda kiln or various low-fire methods including Raku and pit-fire (weather and student interest permitting). Included in the class fee are 50 lbs. of clay, firings, high-fire glazes & ample open studio time. Students need to supply their own personal hand tools & brushes.

**Location:** Stirling Hall - Studio 3  
**Instructor:** Karen Avery  
**Note:** No class: 07/04

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
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<th>Fees</th>
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<tr>
<td>30460102-01</td>
<td>M</td>
<td>6:30-8:30 pm</td>
<td>Jun 13-Aug 22</td>
<td>R: $292 NR: $350</td>
</tr>
</tbody>
</table>

**Handbuilding for Adults** *(18Y+)*

This introduction to ceramics class offers everything you need to know about handbuilding. Students will learn the basic approaches of clay by creating projects based on coil, slab and drape methods. Low fire and high fire glazes will both be used in this program. Come explore your creative side and make new friends. This class is great for all ability levels. Included in the class fee are 50 lbs. of clay, firings, high-fire glazes & ample open studio time. Students need to supply their own personal hand tools & brushes.

**Location:** Stirling Hall - Studio 4  
**Instructor:** Debra Lerman

<table>
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<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>30460103-01</td>
<td>Tu</td>
<td>12:30-2:30 pm</td>
<td>Jun 14-Aug 16</td>
<td>R: $281 NR: $337</td>
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For more information:  
Karen Avery, Stirling Hall Director, 847-810-4688
CALLING ALL SCOUTS! LEARN IT, EARN IT!

Stirling Hall Art Center has exciting Scout Merit Badge programs!
Gain skills and understanding from each program. Create ceramic pieces while earning badges and have fun drawing and painting to meet the requirements for other merit badges including:

- Brownie Potter Badge
- Brownie Painting Badge
- Cub Scout Pottery Badge
- Cub Scout Art Badge

LET'S PLAY, CLAY & CELEBRATE

For more information on our fun and creative 90 minutes birthday parties, please contact Debra Lerman at 847-810-4688

Mold Making & Casting

(18Y+)

In this course we will explore the fascinating world of object design and porcelain casting. Students will learn how to design and create their own unique objects, make various types of molds and cast their objects using specially formulated, liquid porcelain. Demonstrations will also include alterations to cast forms and exciting decorative techniques unique to the process. Included in the class fee are 25 lbs. of plaster, 2 gallons of porcelain slip, firings, high-fire glazes and ample studio time. Students need to supply their own personal hand tools & brushes.

Location: Stirling Hall - Studio 3
Instructor: Stirling Hall Staff

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<tr>
<td>30460104-01</td>
<td>W</td>
<td>1:00-3:00 pm</td>
<td>Jun 15-Aug 17</td>
<td>R: $281 NR: $337</td>
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</tbody>
</table>

Mosaics

(18Y+)

Fulfill your mosaic dreams and create great pieces of art for your home and garden. All the basic techniques are covered: choosing correct substrates, tile design layout, cutting, adhesion and grouting. At Stirling Hall you have access to a full ceramic facility so you will learn to make low relief ceramic tiles to customize your work. Use of tools included in the price. Beginner and experienced mosaic artists are welcome.

Location: Stirling Hall - Studio 6
Instructor: Stirling Hall Staff

<table>
<thead>
<tr>
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</tr>
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<tbody>
<tr>
<td>30460105-01</td>
<td>F</td>
<td>12:30-2:30 pm</td>
<td>Jun 17-Aug 19</td>
<td>R: $281 NR: $337</td>
</tr>
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Family Ceramics

(18Y+)

Learn the basics of sculpting with clay through this fun, artistic experience for the whole family. Work as a group on exciting projects that are sure to engage students of all ages. This convenient, 5-week course makes it easy to fit any schedule while the rotating curriculum will ensure a new experience every time! A single registration covers 3 participants, larger groups are encouraged to call Stirling Hall, 847-810-4688, to ensure accommodations. Please register each family member separately as fee adjustments will be done at checkout.

Location: Stirling Hall - Studio 4
Instructor: Stirling Hall Staff

<table>
<thead>
<tr>
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<th>Days</th>
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<th>Dates</th>
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<td>30490101-01</td>
<td>Sa</td>
<td>10:00 am-12:00 pm</td>
<td>Jun 18-Jul 16</td>
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<td>30490101-02</td>
<td>Sa</td>
<td>10:00 am-12:00 pm</td>
<td>Jul 23-Aug 20</td>
<td>R: $345 NR: $414</td>
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</table>

YOUTH CREATIVE ARTS

Teen Art Club

(13-17Y)

This multimedia art program is sure to be a hit with your teen. Students will learn techniques in a variety of materials including painting, drawing and sculpture while working with their peers in a friendly, collaborative environment. Open to all skill levels.

Location: Stirling Hall - Studio 2
Instructor: Stirling Hall Staff

<table>
<thead>
<tr>
<th>Code</th>
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<td>30450301-01</td>
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<td>1:00-3:00 pm</td>
<td>Jun 18-Aug 20</td>
<td>R: $205 NR: $246</td>
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</tbody>
</table>
What inspires you to play?

As a courtesy, classes missed due to weather cancellations will be allowed a makeup in the same or equivalent class.

For more information: Anthony Anaszewicz,
Program Manager | 847-810-3945

Flips Gymnastics North Shore, 27825 Irma Lee Circle, Lake Forest, is a fully equipped gymnastics facility offering quality instruction for boys and girls (ages 6 months to 17 years). We have two inground trampolines, an inground tumble trak, three loose foam pits, separate bar gym, and a large viewing room. It is our goal to encourage each child to learn at their own individual pace and have a blast while doing so!
Celebrate You!

BIRTHDAY PARTY PACKAGES AT LAKE FOREST RECREATION CENTER

We have party packages available for children between the ages of 3 and 12 years of age on either Saturday or Sunday. We can accommodate up to 30 children depending on the theme chosen and facility available. The party fee includes facility rental, appropriate leaders, set-up and clean up. Parents must provide their own cake, candles, paper products, utensils and party favors. Parties are limited by the availability of the facility and staff. To check if your intended date is open and for fee information, call the contact person listed under each party theme.

CLAY CREATIONS

Play with Clay! Prior to the party, the birthday child selects from a variety of easy to assemble projects, such as treasure boxes, self portraits or adorable animals. The first half of the party is spent in the hand-building room where the guests make the chosen project out of clay and paint it with our colorful glazes. The second half of the party is spent in our beautiful gallery room eating cake, ice cream and opening gifts. Artwork made at the CLAY CREATIONS party will be ready to pick up in two weeks. Projects need to be fired in the kiln once, clear glazed and fired again. These parties are celebrated at Stirling Hall Art Center, 60 East Old Mill Road. For availability and fees, please contact Debra Lerman at 847-810-4688

ARTY PARTY

Let’s Paint! The birthday child picks from a variety of ceramic pieces, such as dog or cat banks, star boxes or adorable sock monkeys. The first part of the party takes place in Studio 4, painting with colorful acrylic paints, allowing party guests to create their own masterpiece. The second half of the party is spent celebrating in our beautiful gallery room enjoying cake, ice cream and opening gifts. Our staff will seal each project while the birthday group is celebrating in the gallery room. All projects will be ready to go home that day. These parties are held at Stirling Hall Art Center, 60 East Old Mill Road. For availability and fees, please contact Debra Lerman at 847-810-4688

DANCE PARTIES

Let your birthday child and friends experience the magic of dance! The party will be filled with music, theater, dance, movement games and stories all pertaining to the theme of your choice. Traditional ballets, Disney themes and musicals or the simple favorite Dancing Fun and Games is always a hit. We also have a Hip Hop Happening party! Your ideas are always welcome. You invite the guests and we will provide the fun! For more information, contact Valerie Gonzalez at 847-810-3948.

WILDLIFE PARTIES

We can provide an entertaining, interactive and educational experience at the WDC for a birthday — or other — celebration! This 90-minute party includes a 30-45 minutes wildlife program (featuring live animals), 30 minutes of socializing, and, time permitting, a visit to the wildlife exhibits. The fee includes the room for the program, tables and chairs. Refreshments and decorations are the responsibility of the host. For more information, contact Rob Carmichael at carmichr@cityoflakeforest.com.

EVERETT PARK PARTY THEMES

Lake Forest Recreation will take care of your child’s special day in some very special ways! Simply Choose a theme below, or suggest one of your own and let us take care of the rest! For more information about the above parties held at Everett Park Classroom, please contact Christine Faudel at 847-810-3660 or faudelc@cityoflakeforest.com | Ages 3-10Y

- I AM 3
  Enjoy games, crafts and a whole lot of fun designed with a 3 year old in mind!
- PRINCESS PARTY
  Calling all Princes and Princesses to join us for a Royal Birthday Celebration!
- SUNDAE SURPRISE
  Scoop up some fun and enjoy a delicious sundae after you have decorated a t-shirt or hat!
- BIRD HOUSE
  Create a fantastic home for your fine-feathered friends!
- ALL SORTS OF SPORTS
  What could be more fun than a day of your favorite games? Lots of energy required!
- GAMES GALORE
  What could be more fun than a day of your favorite games? Lots of energy required!
- MAGIC SHOW WITH GARY KANTOR
  You will see vanishing acts, card tricks, mind-reading, and much more! All shows are interactive - your child will come up on stage and become a Junior Magician right before your eyes.

Cost of parties varies depending upon number of guests and theme chosen.
SUMMER CAMPS PHOTOS 2015
As a member of the National Dance Education Organization, Lake Forest Dance Academy embraces the Professional Teaching Standards of Dance in the Arts including the mastery of dance content, skills and knowledge in relationship to education and community and the implementation of reflective practice. Our curriculum is based on a creative, conceptual approach which develops the joy and passion of dancing as it connects linguistic, kinesthetic and spatial concepts in the teaching and learning of technical skills and choreography.

www.LakeForestDance.com

Preschool Recital
“Fairytales & Friends”
April 24, 2016

Annual Spring Recital
“I’ll Tell You a Story”
May 13 – 15, 2016
The Lake Forest Dance Academy is proud to celebrate our 40th year of providing quality dance programs for all ages!
We offer a variety of classes including Dance Play, Creative Dance, Ballet, Modern, Jazz, Hip Hop, Tap and Pom. We offer challenging programs designed for the serious dance student. We also provide classes for children, teens and adults who simply love to dance or just want to experience the rewards of this artistic discipline.

Academy Dates to Remember:

Company Benefit
Saturday, March 12, 2016

Spring Break: NO CLASSES
Saturday, March 19 - Monday, March 28, 2016

Photo Day:
Sunday, April 10, 2016

PreSchool Dress Rehearsal & Photo Day:
Saturday, April 23, 2016

PreSchool Recital:
Sunday, April 24, 2016

Last Day of Regular Classes:
Saturday, May 7, 2016

Mandatory Recital Rehearsals:
May 7-13, 2016

Spring Recital Weekend:
May 13-15, 2016

Performance Company Auditions
May 20-21, 2016

Special Events:

Company Benefit “Passion to Dance” Performance:
Saturday, March 12, 2016
Reception | 6pm
Show | 7pm

Passion to Dance features the Performance Companies of Lake Forest Dance Academy. This premier dance performance and fundraising event will begin at 6pm with a lobby reception and a 7pm show time on Saturday, March 12, 2016 at Lake Forest Academy, Cressey Center for the Arts. The benefit concert will include the Performance Companies of LFDA with choreography by LFDA staff and notable guest choreographers. Dance styles will include, tap, hip hop, jazz and contemporary group and solo works. A portion of the Passion to Dance proceeds will be donated to Bernie’s Book Bank.
Ballet

Beginning Ballet
Beginning Ballet covers the basic fundamentals of classical ballet and is a good beginning level for the 6 year old and up. Balanced exercises at the barre and center are introduced to gain strength, good posture, placement and discipline. Introduction to French terminology (ballet steps and their meanings), correct body alignment and proper technique are emphasized as well as introduction to turns (spotting exercises) and free movements (leaps, skips and jumps across the floor). Recommended for LFDA students previously enrolled in Ballet Standards through Ballet 1.

Intermediate Ballet
Intermediate Ballet will include variations and work suitable for all intermediate ballet students. This is a pre-pointe, beginning pointe class. Recommended for LFDA students previously enrolled in Ballet 2-3.

Advanced Ballet
Advanced Ballet will include Variations and work appropriate for the advanced ballet dancer. Pointe work will be included. Recommended for LFDA students previously enrolled in Ballet 4-5.

Cecchetti Technique
Our Cecchetti Ballet classes give dancers a firm foundation in the classical ballet technique founded by Enrico Cecchetti including essential ballet terminology and theory. Cecchetti ballet training is for dancers who have completed Ballet II or higher and for serious students, can include the opportunity for examination and certification by the Cecchetti Council of America. Enrollment is open to all dancers at their appropriate level of study whether or not they wish to pursue certification.

Teen/Adult Ballet
Ballet is a ballet class infused with greater ranges of movement borrowed from modern, lyrical and jazz. Emphasis is still on technique, alignment and coordination, but diverse rhythms and music is used along with contemporary classical compositions. Our Teen Adult class is a great way to get your ballet with lots of fun!

<table>
<thead>
<tr>
<th>Class</th>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Studio</th>
<th>Instr</th>
<th>Fees</th>
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<tbody>
<tr>
<td>Beginning Ballet</td>
<td>30540101-01</td>
<td>W</td>
<td>4:00-5:00 pm</td>
<td>Jun 15-Jul 27</td>
<td>Studio 4</td>
<td>Lizzie Davis</td>
<td>R: $100 NR: $120</td>
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<td>Intermediate Ballet</td>
<td>30540102-01</td>
<td>Tu</td>
<td>4:00-5:30 pm</td>
<td>Jun 14-Jul 26</td>
<td>Studio 4</td>
<td>Lizzie Davis, Mary Tarpley</td>
<td>R: $132 NR: $159</td>
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<td>Advanced Ballet</td>
<td>30540103-01</td>
<td>Tu</td>
<td>5:30-7:00 pm</td>
<td>Jun 14-Jul 26</td>
<td>Studio 4</td>
<td>Lizzie Davis, Mary Tarpley</td>
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<tr>
<td>Cecchetti 1/2</td>
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<td>W</td>
<td>5:00-6:00 pm</td>
<td>Jun 15-Jul 27</td>
<td>Studio 4</td>
<td>Lizzie Davis</td>
<td>R: $100 NR: $120</td>
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<tr>
<td>Cecchetti 3</td>
<td>30540133-01</td>
<td>W</td>
<td>6:00-7:00 pm</td>
<td>Jun 15-Jul 27</td>
<td>Studio 4</td>
<td>Lizzie Davis</td>
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<td>Cecchetti 4/5</td>
<td>30540134-01</td>
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<td>7:00-8:15 pm</td>
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<td>Studio 4</td>
<td>Lizzie Davis</td>
<td>R: $116 NR: $127</td>
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<td>Teen/Adult Ballet</td>
<td>30550101-01</td>
<td>Tu</td>
<td>7:00-8:00 pm</td>
<td>Jun 14-Jul 26</td>
<td>Studio 4</td>
<td>Lizzie Davis, Mary Tarpley</td>
<td>R: $100 NR: $120</td>
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</table>

Hip Hop

Hip-Hop class teaches such movement styles as popping, locking, breakdancing, freestyle and other dance forms associated with the popular music and performance artists of today. Class will consist of a warm-up, technical exercises to increase strength and isolation, and choreographed combinations to improve style and performance quality. Intertwined into each class is the study of hip-hop history, musicality, and the family values of what is the true hip-hop culture. Skills and combinations will be taught to the appropriate levels.

Hip Hop for Boys - This class is designed for boys only. It will emphasize athleticism, rhythm, body awareness, and fun! Some basic break dancing moves will also be incorporated. Learn the newest moves from Mr. Rich!

Teen Adult Hip Hop - This class is designed for older students and adults who have little or no previous experience and wish to study hip-hop dance at a comfortably challenging pace.

<table>
<thead>
<tr>
<th>Class</th>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Studio</th>
<th>Instr</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning Hip Hop</td>
<td>30540401-01</td>
<td>M</td>
<td>6:30-7:30 pm</td>
<td>Jun 13-Jul 25</td>
<td>Studio 2</td>
<td>Richard Ashworth</td>
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<td>Int/Adv Hip Hop</td>
<td>30540403-01</td>
<td>M</td>
<td>8:30-9:30 pm</td>
<td>Jun 13-Jul 25</td>
<td>Studio 2</td>
<td>Richard Ashworth</td>
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<td>Hip Hop for Boys</td>
<td>30540406-01</td>
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<td>Richard Ashworth</td>
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<td>Teen/Adult Hip Hop</td>
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<td>7:00-8:00 pm</td>
<td>Jun 15-Jul 27</td>
<td>Studio 2</td>
<td>Ashley Coussens</td>
<td>R: $100 NR: $120</td>
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</table>
**Irish Dance**

Intro to Irish Dance is offered to preschool students who are taking Irish dance for the first time! Dancers will learn basic skills and beginner dances such as the traditional Irish Jig. (Dancers are not required to purchase shoes or socks yet).

Irish Step Dance Advanced Beginner – This class is offered to students ages 7 and up. New dancers will begin with the basics. Dancers who have been dancing for at least 1 year will learn more difficult dances and can begin competing in competitions! (Dancers are required to have Irish dance soft shoes and socks)

Irish Step Dance Novice – Irish Step Dance Novice is offered to students who have been dancing for at least 3 years. Dancers will learn both soft and hard shoe dances and compete in competitions. (Dancers are required to have soft AND hard shoes)

Irish Step Dance Open/PC/Champ - This class is offered to the most advanced dancers who have been dancing for 5+ years. Dancers compete at higher levels and wear solo dresses.

<table>
<thead>
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<th>Class</th>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Studio</th>
<th>Instr</th>
<th>Fees</th>
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<tbody>
<tr>
<td>Intro to Irish</td>
<td>30540701-01</td>
<td>W</td>
<td>3:15-3:45 pm</td>
<td>Jun 15-Jul 27</td>
<td>Studio 3</td>
<td>Veronica Lilja</td>
<td>R: $60 NR: $72</td>
</tr>
<tr>
<td>Irish Step Dance Novice</td>
<td>30540703-01</td>
<td>W</td>
<td>4:30-5:30 pm</td>
<td>Jun 15-Jul 27</td>
<td>Studio 3</td>
<td>Veronica Lilja</td>
<td>R: $103 NR: $124</td>
</tr>
<tr>
<td>Irish Step Dance Open PC/Champ</td>
<td>30540704-01</td>
<td>W</td>
<td>5:30-7:00 pm</td>
<td>Jun 15-Jul 27</td>
<td>Studio 3</td>
<td>Veronica Lilja</td>
<td>R: $129 NR: $155</td>
</tr>
</tbody>
</table>

**Jazz**

Jazz / Lyrical Classes will encompass different styles of jazz dance; classic, contemporary and lyrical. Class will include a warm-up, stretching, technique exercises and center work using combinations of both a rhythmic and percussive nature along with smooth and fluid movements. Skills and combinations will be taught to the appropriate levels.

Teen/Adult Jazz/Lyrical - Summer is the perfect time to try something new or get back to a favorite dance technique! The Teen/Adult class is designed for the beginning (or rusty) dancer who is looking for a FUN and yet challenging class!

Jazz Jumps & Turns – Beginner/Intermediate is an extension of our Jazz 2 & 3 and Pom 3 syllabi and is available to students with Dance Office recommendation. We will continue to work on flexibility, strength and tricks.

Jazz Jumps & Turns – Advanced is an extension of our level 4/5 Jazz syllabus. Dancers will continue to grow with rapid moving combinations filled with direction changes, level changes, multiple turns and leaps. This is an advanced skills class.

<table>
<thead>
<tr>
<th>Class</th>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Studio</th>
<th>Instr</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning Jazz/Lyrical</td>
<td>30540201-01</td>
<td>Tu</td>
<td>4:30-5:30 pm</td>
<td>Jun 14-Jul 26</td>
<td>Studio 3</td>
<td>Lindsay Hough</td>
<td>R: $100 NR: $120</td>
</tr>
<tr>
<td>Intermediate Jazz/Lyrical</td>
<td>30540202-01</td>
<td>Tu</td>
<td>5:30-7:00 pm</td>
<td>Jun 14-Jul 26</td>
<td>Studio 3</td>
<td>Lindsay Hough</td>
<td>R: $132 NR: $159</td>
</tr>
<tr>
<td>Advanced Jazz/Lyrical</td>
<td>30540203-01</td>
<td>Tu</td>
<td>7:00-8:30 pm</td>
<td>Jun 14-Jul 26</td>
<td>Studio 3</td>
<td>Lindsay Hough</td>
<td>R: $132 NR: $159</td>
</tr>
<tr>
<td>Teen/Adult Jazz/Lyrical</td>
<td>30550201-01</td>
<td>Tu</td>
<td>8:30-9:30 pm</td>
<td>Jun 14-Jul 26</td>
<td>Studio 3</td>
<td>Lindsay Hough</td>
<td>R: $100 NR: $120</td>
</tr>
<tr>
<td>Beg/Int Jazz Jumps and Turns</td>
<td>30540221-01</td>
<td>Th</td>
<td>6:45-7:45 pm</td>
<td>Jun 16-Jul 28</td>
<td>Studio 3</td>
<td>Kristy White</td>
<td>R: $100 NR: $120</td>
</tr>
<tr>
<td>Advanced Jazz Jumps and Turns</td>
<td>30540222-01</td>
<td>Th</td>
<td>4:45-5:45 pm</td>
<td>Jun 16-Jul 28</td>
<td>Studio 3</td>
<td>Kristy White</td>
<td>R: $100 NR: $120</td>
</tr>
</tbody>
</table>

**Tap**

Tap dance involves manipulation of the feet to create sounds and spell out rhythms. Our classes progress from basic technique and traditional forms to more complex polyrhythmic movement and choreography. Emphasis is placed on musicality and precision of sound. Improvisational skills and Tap history are incorporated into our syllabus as well. Skills and combinations will be taught to the appropriate levels.

Teen Adult Tap - Our Teen Adult Tap class is designed for older students with little or no dance background who would like to begin the study of Tap.

<table>
<thead>
<tr>
<th>Class</th>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Studio</th>
<th>Instr</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning Tap</td>
<td>30540301-01</td>
<td>W</td>
<td>5:15-6:00 pm</td>
<td>Jun 15-Jul 27</td>
<td>Studio 2</td>
<td>Ashley Coussens</td>
<td>R: $73 NR: $89</td>
</tr>
<tr>
<td>Intermediate Tap</td>
<td>30540302-01</td>
<td>Th</td>
<td>4:00-4:45 pm</td>
<td>Jun 16-Jul 28</td>
<td>Studio 4</td>
<td>Jenna Jozefowski</td>
<td>R: $73 NR: $89</td>
</tr>
<tr>
<td>Teen/Adult Tap</td>
<td>30550301-01</td>
<td>Th</td>
<td>5:45-6:30 pm</td>
<td>Jun 16-Jul 28</td>
<td>Studio 4</td>
<td>Jenna Jozefowski</td>
<td>R: $73 NR: $89</td>
</tr>
</tbody>
</table>
Intermediate Pom

Intermediate Pom classes are designed to introduce and hone the exciting dance skills found in Pom Pom team routines. Our classes are based on sound, safe, jazz technique and core training with a focus on jumps, leaps, turns, flexibility and LOTS OF FUN! Perform in the Lake Bluff 4th of July Parade and the Lake Forest Day Parade!

<table>
<thead>
<tr>
<th>Class</th>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Studio</th>
<th>Instr</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intermediate Pom</td>
<td>30540603-01</td>
<td>Th</td>
<td>7:45-8:45 pm</td>
<td>Jun 16-Jul 28</td>
<td>Studio 3</td>
<td>Kristy White</td>
<td>R: $100 NR: $120</td>
</tr>
</tbody>
</table>

Adult Classes (6 weeks)

Adult Ballet

Stretch, condition and tone with ballet. Coordinating body, mind, and spirit, ballet engages the core and helps you expand your own physical horizons. Try something new or brush up on your skills. Learn basic body positions and terminology to classical music, as well as contemporary. Come stretch yourself today in Ballet!

Adult Tap - Get your feet tappin’ to the beat. We’ll learn basic steps and as advanced beginners, double it up. ‘Shuffle off to Buffalo’, Irish step and Broadway Babies all come together with the music of favorite musicals, and music genres.

<table>
<thead>
<tr>
<th>Class</th>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Studio</th>
<th>Instr</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Ballet</td>
<td>30560101-01</td>
<td>M</td>
<td>10:15-11:00 am</td>
<td>Jun 13-Jul 25</td>
<td>Studio 5</td>
<td>Lisa Jacobs</td>
<td>R: $63 NR: $76</td>
</tr>
<tr>
<td>Adult Ballet</td>
<td>30560101-02</td>
<td>Th</td>
<td>10:15-11:00 am</td>
<td>Jun 16 - Jul 28</td>
<td>Studio 5</td>
<td>Lisa Jacobs</td>
<td>R: $63 NR: $76</td>
</tr>
<tr>
<td>Adult Tap</td>
<td>30560301-01</td>
<td>M</td>
<td>9:30-10:15 am</td>
<td>Jun 13-Jul 25</td>
<td>Studio 5</td>
<td>Lisa Jacobs</td>
<td>R: $63 NR: $76</td>
</tr>
<tr>
<td>Adult Tap</td>
<td>30560301-02</td>
<td>Th</td>
<td>9:30-10:15 am</td>
<td>Jun 16- Jul 28</td>
<td>Studio 5</td>
<td>Lisa Jacobs</td>
<td>R: $63 NR: $76</td>
</tr>
</tbody>
</table>

Performance Groups:

The award winning dancers of LFDA’s Performance Companies have been locally and nationally recognized for their dedication and passion to the art of dance. The companies are designed to give dancers an opportunity to take their training to the next level, gain performance experience, and share their talent with their community. Members perform choreography from highly accredited directors and guest artists while gaining invaluable friendships and self-esteem. Auditions for these groups are held annually in May and are open to all students wanting to share their love of dance.

Summer session is open to 2016-2017 members only!

<table>
<thead>
<tr>
<th>Company</th>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Studio</th>
<th>Instr</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Euphony Tap Ensemble Sr.</td>
<td>30540802-01</td>
<td>Th</td>
<td>7:30-8:30 pm</td>
<td>Jun 16-Jul 28</td>
<td>Studio 4</td>
<td>Jenna Jozefowski</td>
<td>R/NR: $119</td>
</tr>
<tr>
<td>Euphony Tap Ensemble Int.</td>
<td>30540802-02</td>
<td>Th</td>
<td>6:30-7:30 pm</td>
<td>Jun 16-Jul 28</td>
<td>Studio 4</td>
<td>Jenna Jozefowski</td>
<td>R/NR: $119</td>
</tr>
<tr>
<td>Euphony Tap Ensemble Jr.</td>
<td>30540803-03</td>
<td>Th</td>
<td>4:45-5:45 pm</td>
<td>Jun 16-Jul 28</td>
<td>Studio 4</td>
<td>Jenna Jozefowski</td>
<td>R/NR: $119</td>
</tr>
<tr>
<td>Hip Hop Evolution Int.</td>
<td>30540803-02</td>
<td>M</td>
<td>7:30-8:30 pm</td>
<td>Jun 13-Jul 25</td>
<td>Studio 2</td>
<td>Richard Ashworth</td>
<td>R/NR: $119</td>
</tr>
<tr>
<td>Hip Hop Evolution Jr.</td>
<td>30540803-03</td>
<td>M</td>
<td>4:30-5:30 pm</td>
<td>Jun 13-Jul 25</td>
<td>Studio 2</td>
<td>Richard Ashworth</td>
<td>R/NR: $119</td>
</tr>
<tr>
<td>Prelude Dance Theatre Sr.</td>
<td>30540801-01</td>
<td>M</td>
<td>7:00-8:30 pm</td>
<td>Jun 13-Jul 25</td>
<td>Studio 3</td>
<td>Valerie Gonzalez</td>
<td>R/NR: $127</td>
</tr>
<tr>
<td>Prelude Dance Theatre Int.</td>
<td>30540801-02</td>
<td>M</td>
<td>5:30-7:00 pm</td>
<td>Jun 13-Jul 25</td>
<td>Studio 3</td>
<td>Valerie Gonzalez</td>
<td>R/NR: $127</td>
</tr>
<tr>
<td>Prelude Dance Theatre Jr.</td>
<td>30540801-03</td>
<td>M</td>
<td>4:00-5:30 pm</td>
<td>Jun 13-Jul 25</td>
<td>Studio 3</td>
<td>Valerie Gonzalez</td>
<td>R/NR: $127</td>
</tr>
<tr>
<td>Prelude Dance Theatre Trainee</td>
<td>30540801-04</td>
<td>Th</td>
<td>5:45-6:45 pm</td>
<td>Jun 13-Jul 25</td>
<td>Studio 3</td>
<td>Kristy White</td>
<td>R/NR: $119</td>
</tr>
</tbody>
</table>
Facilities & General Information

3 Multi-Use Squash-Racquetball Courts

Court Usage
- All players MUST reserve a court by calling (847)810-3932.
- All players MUST check-in and pay at the Fitness Desk before playing.
- Players are required to wear non-marking shoes.
- Protective eyewear is required.
- Please pick up used towels and trash when finished playing.

Payment and Reservations
- Prior to play, all players MUST reserve a court by calling (847)810-3932.
  Please provide your full name, phone number and Membership type.
- No one may book more than one court per hour.

Membership Options and Fees

FITNESS CENTER MEMBER
- Court rental fees apply and MUST be paid prior to court usage.

RACQUET MEMBER
- $82 annually for Lake Forest Residents.
- $99 annually for Non-residents.
- Court rental fees apply and MUST be paid prior to court usage.

UNLIMITED COURT TIME OPTIONS
- Available for Fitness and Racquet Members.
- FEES - $260 annually.
- Court reservations always required.

REGISTRATION
- Please register, in person, at the Recreation Center.

Membership Benefits

CHALLENGE COURT
- Members may play for free.
- Guest fees ($10) apply.

SQUASH
- Saturdays 7:00 AM - 11:00 AM
- Reduced program and private lesson fees.
- PHOTO ID card issued which allows for use of Fitness Center Locker Rooms and towel service.
- Any youth under 18 and living in household are included in Membership.

Court Registrations
- Please register 48 hours in advance of course start date to avoid class cancellation.

Notification
- Program fees are listed on-line and in the published Recreation Center brochures.
- Participants MUST register for programs before the first day of class.

Payment and Reservations
- Prior to play, all players MUST reserve a court by calling (847)810-3932.
- Please provide your full name, phone number and Membership type.
- No one may book more than one court per hour.

Court Cancellations
- Please call and cancel your court time, preferably, 2 hours before reserved time.

Leagues
- Open to the public (residents and non-residents).
- Once league has started, there are no refunds or credits.
- A minimum of 8 players MUST be registered for league (s) to take place.
- League (s) will run on an 6 week basis.

Non-Prime Time Hours
- Monday-Friday 6:00am-4:00pm

Prime Time Hours
- Monday-Thursday 4:00pm-9:00pm
- Friday 4:00pm-8:00pm
- Saturday 6:00am-5:00pm
- Sunday 7:00am-5:00pm

Non-Prime Time Fees
- $6 Fitness Center Member
- $10 Racquet Club Member
- $13 Resident
- $15 Non Resident

Prime Time Fees
- $11 Fitness Center Member
- $13 Racquet Club Member
- $18 Resident
- $21 Non Resident

Unlimited Court Usage
- $260

Unlimited court membership gives players the ability to pay once annually and play for an unlimited amount of time once the court is booked through the fitness center desk. Must be a racquet or fitness member. Please check in at the fitness center desk before playing.

Non Member/Non-Resident Usage

Non-Members and Non-Residents may play Squash & Racquetball, with certain restrictions.
- 1-Day Advance Reservations
- Extra Fees for Non-Member and Non-Resident are Required

Player Gear
- Players MUST wear non-marking shoes on the floor.
- Protective eyewear is required for all players and required for all junior players registered in a program.

For more information:
Anthony Anaszewicz,
Program Manager, 847-810-3945
What is Squash? Rated the #1 healthiest sport in the world by Forbes Magazine! Squash is the perfect recreational activity for all ages and is an awesome stress reliever, especially for those of us who need a break or two. Playing squash not only keeps one fit, it also increases muscular strength and endurance while getting the heart pumping. This fast growing sport offers the best work-out for any athlete and is a great social past-time. Squash is played by two players (or four players for doubles) in a four-walled court with a small, hollow rubber ball. By participating in a rally, the objective is for each player to try to dominate the “T” - the intersection of the red line near the center of the court. Dominating the “T” gives each player the opportunity to better retrieve the returned balls and control the game. Hand-eye coordination is a key component in this mentally and physically challenging sport.

Why not give it a go?

For questions on Squash program, please contact Anthony Anaszewicz, Program Manager, at 847-810-3945

The Lake Bluff Paddle Club offers programs, lessons, leagues and events for players of all ages and skill levels. Rentals available for special events.

Group and Private Lessons • Teams and Team Drills
Paddle for Beginners • Social Events • Clinics and Camps
Both competitive and social players can find a place in our club to play!

Lake Bluff PADDLE

Lake Forest residents receive Lake Bluff rates for paddle • Phone 847-234-4150 for information

www.LFrec.com
Lake Forest Court Sports offers certified racquet stringing and re-gripping with next day service. Cost varies based on stringing and grip types.

For more information, contact John Eldridge at 847-810-3940 or email eldridgj@cityoflakeforest.com.

College Park Athletic Club (CPAC) is one of the premier indoor tennis facilities in the country, servicing over 1,500 junior and adult tennis players with a staff of over 30 tennis professionals. CPAC is a state of the art 9 court indoor facility, with recently installed DecoTurf court surface, Sports Interior lighting system, and air conditioned courts. CPAC also offers a completely renovated locker room, café and lobby. In addition, CPAC just completed a “New” State of the art Quick Start Facility.

As many of you know CPAC has been servicing the Lake Forest community for over 30 years, developing high level programs for players of all abilities and ages. This will be their fifth year as the service provider for Lake Forest Parks and Recreation Department (LFPRD), and they are excited to deepen their relationship with Lake Forest residents by bringing a tremendous amount of experience and enthusiasm to the LFPRD tennis program.

If you would like to receive more information about CPAC, their experience or philosophy please feel free to contact Brian Wu directly at BrianW@cpacweb.com or (847)948-5330.

LOCATION:
Our address is 2223 Half Day Rd., Deerfield, IL 60015. Located on Lake Side Drive just south and east of the Half Day Rd exit on Hwy 94.

Quick Start
(4-9y)
Quickstart is an exciting program designed to promote fun and success for young players by utilizing lower bounce compression balls, smaller rackets and shorter courts. Emphasis is placed on hand-eye coordination, motor skill development, proper stroke technique, tennis footwork patterns and fitness as well as teamwork, sportsmanship and court etiquette. All enrollment is subject to space availability and based upon Director’s approval. In some cases, an evaluation may be necessary for intermediate and advanced classes. Age and Skill set are both considered for class/program placement. One make up allowed per session. Existing students will receive priority for the same class in upcoming sessions and your registration will not guarantee your place in a class. You will be contacted if your class time and/o date needs to be adjusted.

Location: West Park
Instructor: Chris Nowak
Note: No class: 07/04

Junior Development Program
(9-12y)
The Junior Development Program is designed for the beginner to intermediate player, with emphasis on stroke development and introduction to point play. Players will be grouped according to skill level. One make up allowed per session.

Location: West Park
Instructor: Chris Nowak
Note: No class: 07/04
Mens Tennis Drills

Our adult tennis drills and point play are geared for everyone from novice to experienced player. It is our desire to provide a fun, relaxed and comfortable atmosphere that is both challenging and educational for players of all levels. One makeup allowed per session.

Location: College Park Athletic Club East

Fees: R: $154 NR: $185
Instructor: Jill Bachochin
Note: No class: 07/04

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>30162301-01</td>
<td>M</td>
<td>6:00-7:30 pm</td>
<td>Jun 13-Jul 11</td>
<td>R: $154 NR: $185</td>
</tr>
<tr>
<td>30162301-02</td>
<td>Th</td>
<td>7:00-8:30 pm</td>
<td>Jun 16-Jul 7</td>
<td>R: $154 NR: $185</td>
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<tr>
<td>30162301-03</td>
<td>M</td>
<td>6:00-7:30 pm</td>
<td>Jul 18-Aug 8</td>
<td>R: $154 NR: $185</td>
</tr>
<tr>
<td>30162301-04</td>
<td>Th</td>
<td>7:00-8:30 pm</td>
<td>Jul 14-Aug 4</td>
<td>R: $154 NR: $185</td>
</tr>
</tbody>
</table>

Womens Tennis Drills

Our adult tennis drills and point play are geared for everyone from novice to experienced player. It is our desire to provide a fun, relaxed and comfortable atmosphere that is both challenging and educational for players of all levels.

Location: Waveland Park

Fees: R: $154 NR: $185
Instructor: Jill Bachochin

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>30162302-01</td>
<td>Th</td>
<td>6:30-8:00 pm</td>
<td>Jun 16-Jul 7</td>
<td>Women’s Tennis Drills Beginner, Level 1.0-2.4</td>
</tr>
<tr>
<td>30162302-02</td>
<td>Tu</td>
<td>6:30-8:00 pm</td>
<td>Jun 14-Jul 5</td>
<td>Women’s Tennis Drills Intermediate, Level 1.0-2.4</td>
</tr>
<tr>
<td>30162302-03</td>
<td>Tu</td>
<td>11:00-12:30 pm</td>
<td>Jun 14-Jul 5</td>
<td>Women’s Tennis Drills Intermediate, Level 3.0</td>
</tr>
<tr>
<td>30162302-05</td>
<td>Th</td>
<td>11:00-12:30 pm</td>
<td>Jun 16-Jul 7</td>
<td>Women’s Tennis Drills Doubles Play, Level 3.0</td>
</tr>
<tr>
<td>30162302-06</td>
<td>Th</td>
<td>6:30-8:00 pm</td>
<td>Jul 14-Aug 4</td>
<td>Women’s Tennis Drills Beginner, Level 1.0-2.4</td>
</tr>
<tr>
<td>30162302-07</td>
<td>Tu</td>
<td>6:30-8:00 pm</td>
<td>Jul 12-Aug 2</td>
<td>Women’s Tennis Drills Intermediate, Level 1.0-2.4</td>
</tr>
<tr>
<td>30162302-08</td>
<td>Tu</td>
<td>11:00-12:30 pm</td>
<td>Jul 12-Aug 2</td>
<td>Women’s Tennis Drills Intermediate, Level 3.0</td>
</tr>
<tr>
<td>30162302-10</td>
<td>Th</td>
<td>11:00-12:30 pm</td>
<td>Jul 14-Aug 4</td>
<td>Women’s Tennis Drills Doubles Play, Level 3.0</td>
</tr>
</tbody>
</table>

Early Bird Drill

This lesson is an intense, fast-paced adult drill designed to start your day off right. Also level 3.0-4.0. 1 Make up per session. Contact Jill Bachochin for extra makeup if missing class due to Spring Break.

Location: Waveland Park

Fees: R: $136 NR: $163
Instructor: CPAC Staff
Note: Saturday classes are held at CPAC West-Marriott
10 Marriott Drive, Lincolnshire, IL | 847.276.2400

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Date</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>30162303-01</td>
<td>Sa</td>
<td>6:30-8:00 am</td>
<td>Jun 18-Jul 9</td>
<td>R: $136 NR: $163</td>
</tr>
<tr>
<td>30162303-02</td>
<td>Sa</td>
<td>6:30-8:00 am</td>
<td>Jul 16-Aug 6</td>
<td>R: $136 NR: $163</td>
</tr>
</tbody>
</table>

For more information:
Jill Bachochin at College Park Athletic Club
(847-948-5330 x3227 or Jillb@cpacweb.com).

Please contact Jill Bachochin @ College Park Athletic Club (847-948-5330 x3227 or Jillb@cpacweb.com) to make up a class during spring break or for more information.
PHILOSOPHY OF YOUTH PROGRAMS

The purpose of the Lake Forest Recreation Department’s Youth Athletic Programs is to provide young people with a safe and enjoyable athletic experience with the emphasis on sportsmanship and fair play. All participants will be instructed in the fundamental skill of the sport including positioning, rules and basic strategy. Every player is given an equal opportunity to participate in games and practices as well as the chance to play various positions. No participant shall, based on race, sex, national origin, or disability, be denied equal access to programs, services or activities. All players will be assured of playing at least 50% of each game with regular practice attendance (except tackle football). Practice = Play

Participants and spectators are expected to always exhibit appropriate behavior. Guidelines have been established to ensure safe and enjoyable programs. Additional rules may be developed for particular programs as deemed necessary by staff. “We honor the game here”

Code of Conduct Guidelines

For Program Participants, Spectators and Employees

The goal of the Lake Forest Parks & Recreation Department is to provide positive experiences in which all individuals are welcome and treated with respect, sensitivity and fairness. The Lake Forest Parks & Recreation Department offers its programs and services to all individuals on an equal basis regardless of age, race, religion, sex, creed, sexual orientation, national origin or disability.

The Lake Forest Parks & Recreation Department reserves the right to restrict, suspend, expel or deny participation in any program or service to any person whose behavior materially interferes with or disrupts the quality or the enjoyment of other participants, or the ability of staff to conduct or manage the activity or facility.

Spectators

Spectators play an important role in youth programs. Children learn best by example. Good sportsmanship and support by the spectators are expected. Spectators must follow the same Code of Behavior guidelines as participants. Failure to follow these guidelines will result in possible expulsion from the program area.

Unacceptable Behaviors include but are not limited to:

- Use of abusive language or language that is demeaning to others
- Use of physical force against participants or employees
- Disrespect towards other participants or employees
- Damage to or inappropriate use of property, equipment or facility
- Behavior that is disruptive or against the law
- Any other behavior that the Recreation Staff feels is inappropriate or dangerous

Consequences:

1. First Incident: Verbal warning given

2. Second Incident: Written warning; if a minor, then parent or guardian is contacted and must sign written warning. Participant must sit out of the activity for a day.

3. Third Incident: Participant is suspended or expelled from the program or facility. If a minor, parent will be required to sign suspension notice. If an employee, Personnel Guidelines will be enforced.

The severity of the incident or incidents, will dictate the severity of the consequences and the Lake Forest Parks & Recreation Department reserves the right to determine the amount of refund, if any.

Northern Suburban Special Recreation Association (NSSRA)

is here to serve you whether you use NSSRA programs or not. NSSRA is a cooperative of the Lake Forest Recreation Department, ten area park districts and the Village of Riverwoods. NSSRA provides programs, services and equal access to fun for more than 1,000 individuals with disabilities each year. If you are unsure about your child’s ability to participate in any program, please call us and let us explain the Integration Services to you at 847-234-6700.

Let’s all try to keep the Recreation Department a safe environment for everyone!
VOLUNTEER

Coaches and Program Assistants are ALWAYS needed for every league/program and we have two ways for you to get involved:

COACHES - If lack of experience is preventing you from getting involved, we can help. Prior to any league season, our Professional Staff will coordinate a coaches training session for all coaches, returning and new alike. Our staff will develop packets for each coach, including league rules, mock practice plans and any other pertinent information to that specific league/program. Once the coach’s training session is completed, all coaches will qualify for our Coaches Reward Program. We feel like all of our coaches deserve a little more in return for their time and efforts than just a hand shake and thank you. Please contact your Program Supervisor for more information.

PROGRAM ASSISTANTS – Are you looking for leadership opportunities, a way to increase your volunteer hours for school, or build your resume? Becoming a Volunteer Program Assistant could be just for you! Potential Volunteer Program Assistants who sign up will be trained in leadership, customer service, and program and event management by our Professional Staff at The Lake Forest Recreation Department. After 2 classroom training sessions, you will be able to jump on the field and/or court to work with our staff to help manage programs. Participants will be contacted after signing up with classroom dates/times and the program curriculum. There is no cost associated with this program and this is a great way for you to get your foot in the door! Please contact Anthony Anaszewicz, Athletics Program Manager at (847) 810-3945 for more details.

NOTE: All staff related disciplinary policies, rules and regulations apply to any volunteer coaches and/or assistants during the time of the program/league they are involved in.

Volunteer Form

PLEASE CHECK THE POSITION DESIRED AND THEN FILL OUT THE APPROPRIATE SECTION BELOW.

PLEASE SUBMIT TO JOHN ELD RIDGE, ATHLETICS PROGRAM SUPERVISOR; ELD RIDG@CITYOFLAKEFOREST.COM.

| VOLUNTEER ATHLETICS COACH: | VOLUNTEER PROGRAM ASSISTANT: |

**Volunteer Coach Contact Information**

- Name: ____________________________________________
- Phone # (Cell): ___________________________ E-mail: ___________________________
- Address: ____________________________________________
- Driver’s License #: ___________________________ OR SSN: ___________________________

Which Programs do you wish to volunteer in?

Have you volunteered in any City of Lake Forest Program areas before? If so, please list.

If not, please list/describe previous volunteer experience pertinent to your intentions above.

**Volunteer Program Assistant Contact Information**

- Name: ____________________________________________
- Phone # (Cell): ___________________________ E-mail: ___________________________
- Address: ____________________________________________
- Driver’s License #: ___________________________ OR SSN: ___________________________

Which Programs do you wish to volunteer in?

Have you volunteered in any City of Lake Forest Program areas before? If so, please list.

If not, please list/describe previous volunteer experience pertinent to your intentions above.

School you attend: ____________________________ Grade: ____________

Are you 15 year of age or older?  __ yes  __ no
**SPONSORSHIPS**

Opportunities exist within the Youth Athletics Programs to be a team sponsor. You can sponsor your child’s team, and your designated sponsorship name will be placed on the back of your team shirts. Sponsorship in grades 8th or lower for most programs, your business will receive a team plaque. All funds received help offset the cost of program clothing and equipment. Fill out the sponsorship form below or online at CityOfLakeForest.com under Parks and Recreation. Programs, Athletics. Forms are also available at the Recreation Center, 400 Hastings Rd. and can be faxed to 847-615-4251. If you are interested in sponsoring a team(s), or if you would like to learn more about sponsorships, please phone Anthony Anaszewicz, Program Manager, at 847-810-3945. Thanks for your support!

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**Sponsorship Form**

### PARTICIPANT INFORMATION

<table>
<thead>
<tr>
<th>Your Name</th>
<th>Phone</th>
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<th>Email Address</th>
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<table>
<thead>
<tr>
<th>Business Name (to be put on back of shirts)</th>
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<table>
<thead>
<tr>
<th>Name of son or daughter (if applicable)</th>
<th>Grade</th>
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<table>
<thead>
<tr>
<th>Sport (circle which programs you wish to sponsor)</th>
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<tbody>
<tr>
<td>Flag Football ($150)</td>
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<tr>
<td>Baseball ($175)</td>
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</tbody>
</table>

| Number of teams: _______ x $150 per team = _______ Grade: 1 2 3 4 5 6 7 8 |
|------------------------|---------------------------|
|                        |                           |

| Number of teams: _______ x $175 per team = _______ Grade: 1 2 3 4 5 6 7 8 |
|------------------------|---------------------------|
|                        |                           |

| Number of teams: _______ x $500 per team = _______ Grade: 5 6 7 8 |
|------------------------|---------------------------|
|                        |                           |

<table>
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<tr>
<th>Total Due = _______</th>
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<tr>
<th>Additional Comments:</th>
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### PAYMENT INFORMATION

<table>
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<tr>
<th>Method of Payment (check one):</th>
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<tr>
<td>Check ( )</td>
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<tr>
<th>Credit Card #</th>
<th>Expiration Date</th>
<th>CSV</th>
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</table>
Tackle Football-Junior Scouts
(Grade 5-8)
The Lake Forest Junior Scouts Tackle Football program is a competitive program for 5th-8th graders during the 2016-2017 school year. The teams compete in the Central Suburban Youth Football League. The mission of the program is to provide the opportunity for the participants to learn the fundamentals of the game and participate in an organized, competitive program with participants of similar age and sizes. All players will play on teams based on grade and then weight classes. These weight classes are enforced by the CSYFL. Playing time will be based on attendance, attitude and skill level, especially with the younger age groups. We cannot guarantee playing time. All players are supplied a helmet, shoulder pads and game jersey. Players/families are required to purchase any remaining equipment. A parent manual, describing more details, will be made available by July. For more information, please contact Ken Pierini, Program Supervisor at (847) 810-3945.

Location:  Football Field - Tackle
Fees:  Early Bird | R: $528 NR: $634
       Regular | R: $660 NR: $792
Instructor:  Ken Pierini
Note:  Early Bird deadline is July 1st, 2016.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tackle Football-Junior Scouts 5-6 Grade</td>
<td>M-F,Su</td>
<td>5:30-7:30 pm</td>
<td>Aug 8-Oct 30</td>
</tr>
<tr>
<td>Tackle Football-Junior Scouts 7-8 Grade</td>
<td>M-F,Su</td>
<td>5:30-7:30 pm</td>
<td>Aug 8-Oct 30</td>
</tr>
</tbody>
</table>

Adult Slow Pitch Softball League
(18Y+)
Game times will vary each night based on the number of teams signed up. Games will not start earlier than 6:00pm, nightly. All leagues are double header leagues and teams are guaranteed 10 regular season games. All teams will qualify for the end of the season double elimination tournament as well. If there are an odd number of teams, there may be a ‘play-in’ game between bottom seeds which will give one team ONLY one playoff game. Cash prizes will be awarded for league champions and trophies awarded for tournament champions. Team registration deadline is Monday, August 17th.

Location:  Deerpath Park Ball Diamonds
Fees:  R: $715 NR: $858

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<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>Adult Slow Pitch Softball League-Men’s 12”</td>
<td>Tu</td>
<td>6:30-10:30 pm</td>
<td>Jun 7-Aug 9</td>
</tr>
<tr>
<td>Adult Slow Pitch Softball League-Coed 12”</td>
<td>W</td>
<td>6:30-10:30 pm</td>
<td>Jun 1-Aug 3</td>
</tr>
<tr>
<td>Adult Slow Pitch Softball League-Men’s 12”</td>
<td>Th</td>
<td>6:30-10:30 pm</td>
<td>Jun 2-Aug 4</td>
</tr>
<tr>
<td>Adult Slow Pitch Softball League-Coed 14”</td>
<td>F</td>
<td>6:30-10:30 pm</td>
<td>Jun 3-Aug 5</td>
</tr>
</tbody>
</table>

Adult Slow Pitch Softball Tournament-Men’s 12”
(18Y+)
Tournament will guarantee 3 games in a Round Robin format. NSA approved bats allowed, game play is governed by ASA rules, with the exception of the Lake Forest Recreation Department’s ‘local rules’. Cash prizes will be given to 1st and 2nd place finishers (3rd place if there are enough teams registered). A minimum of 4 teams is needed for each tournament to be held. The mandatory manager’s meeting will be held at the Recreation Center on the morning of the Tournament where we will discuss rules and regulations and pick seeds for the tournament. The registration deadline is May 20th.

Location:  Deerpath Park Ball Diamonds
Fees:  R: $200 NR: $200

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>Adult Slow Pitch Softball Tournament-Men’s 12”</td>
<td>Sa</td>
<td>9:00 am-4:00 pm</td>
<td>May 28</td>
</tr>
<tr>
<td>Adult Slow Pitch Softball Tournament-Coed 12”</td>
<td>Su</td>
<td>9:00 am-4:00 pm</td>
<td>May 29</td>
</tr>
</tbody>
</table>

For Adult Softball information: John Eldridge, Program Supervisor, 847-810-3940
Participants are carefully initiated into a martial art, which focuses on alertness of mind, self-control and mental strategies to meet life’s challenges. Traditional Karate is a martial art which emphasizes the principles and applications of a weaponless self-defense through the use of total body dynamics and mental discipline. Students will constantly strive for technical excellence and the enhancement of one’s character. Students seek the human body’s most complete mental and physical development through self-defense techniques. An extraordinary fluidity of perception and Karate skills can be achieved. The following items are optional and will incur additional costs: uniforms, belt tests and tournaments.

**OUR INSTRUCTORS**

**Frank Chrzanowski**, Chief Instructor, has developed the Traditional Karate Program for the Lake Forest Recreation Department since 1983. He has trained in Karate since 1975 and has attained the rank of fourth degree black belt in the Japan Karate Association. He has been featured in articles in the Chicago Tribune, Chicago Sun Times, and Pioneer Press. He has also appeared on local and national television programs.

**Ron Stein** has trained in Karate since 1981. Mr. Stein also lived in Japan for four years, training under many instructors and studying various martial arts. His Karate teaching experience includes the University of Chicago, The University of Illinois at Urbana, and the U.S. Marine Corps. He has been with the Lake Forest Karate Program since 1994.

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**Karate**

**Location:** Lake Forest Recreation Center, Gymnasium

**Instructor:** F. Chrzanowski, R. Stein

### Intro to Karate **NEW**

**(7-12Y)**

This class will introduce students with little or no Karate experience to the traditional Japanese martial art of Karate.

**Code**  
20141601-06

**Days**  
W

**Time**  
5:15-6:05 pm

**Dates**  
Apr 6-June 15

**Fees**  
R: $220 NR: $264

### Pee Wee Karate

**(4-6Y)**

Students learn how to control their energy levels and concentration through the study of fundamental Karate principles. Participants will learn how to follow instructions and exercise self-control in a fun and exciting environment. Karate students are encouraged to train year round.

**Code**  
20141601-06

**Days**  
M, W

**Time**  
3:40-4:10 pm

**Dates**  
Apr 6-June 15

**Fees**  
R: $294 NR: $353

### Karate I

**(5-9Y)**

This class is for the beginner student through Orange Belt.

**Code**  
20141601-02

**Days**  
W, M, Sa

**Time**  
4:15-5:00 pm

**Dates**  
Jan 13-June 25

**Fees**  
R: $828 NR: $984

### Karate II

**(5-9Y)**

Students must have the belt rank of Yellow belt through Green belt to participate in this class.

**Code**  
20141601-03

**Days**  
W, M, Sa

**Time**  
5:15-6:05 pm

**Dates**  
Jan 13-June 25

**Fees**  
R: $828 NR: $984

### Karate III

**(9-13Y)**

Class curriculum enables the beginner student through advance to develop an effective form of self-defense. This class will allow one to acquire the self-control and physical readiness to meet many of life’s challenges. This class is for beginners through the Brown belt rank.

**Code**  
20141601-04

**Days**  
W, M, Sa

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

**Dates**  
Jan 13-June 25

**Fees**  
R: $828 NR: $984

### Karate IV

**(14Y+)**

This class is for the beginner student through the Black belt rank.

**Code**  
20141601-05

**Days**  
W, M, Sa

**Time**  
7:30-8:50 pm

**Dates**  
Jan 13-June 25

**Fees**  
R: $828 NR: $984

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**For more information:**

**Anthony Anaszewicz**, Program Manager, 847-810-3945

**Note:** For most classes the following items are optional and will incur additional costs: uniforms, belt tests and tournaments.

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**Karate 1 through 4 can be joined during mid session.**

**NO CLASSES SPRING BREAK**

March 19, 21, 23, 26, 28, 30

April 2, 4
Taekwondo, one of the newest Olympic sports and 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. Classes are taught under the direction of Grand Master Ki Hong Kim (8th Dan World Tae Kwon Do Federation.) A $45.00 uniform fee is required at the first class. All colored belt students are required to have complete sparring gear.

For more information contact KH Kim’s Taekwondo at 847-480-9224.

Location: Lake Forest Recreation Center, Studio 2
Instructor: K H Kim’s Taekwondo (OATC) Staff

Little Dragons
(4-5Y)
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.

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<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fees</th>
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<tbody>
<tr>
<td>30141602-01</td>
<td>Su</td>
<td>12:00-12:40 pm</td>
<td>Jun 12-Aug 28</td>
<td>R: $156 NR: $187</td>
</tr>
</tbody>
</table>

Early Taekwondo
(6-7Y)
Designed especially for the younger children of 6-7 years, this program helps kids develop conditioning, coordination, listening skill, and self-confidence through creative activities.

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<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fees</th>
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<tbody>
<tr>
<td>30141602-02</td>
<td>Su</td>
<td>12:45-1:30 pm</td>
<td>Jun 12-Aug 28</td>
<td>R: $156 NR: $187</td>
</tr>
</tbody>
</table>

Youth Taekwondo
(8-13Y)
This program includes a balanced cardiovascular workout, including punching, kicking, and blocking skills, using the Taekwondo tradition, and self control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline.

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<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fees</th>
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</table>

Parent/Child Taekwondo
(7Y+)
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. Both participants must register for this class.

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<th>Code</th>
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<th>Time</th>
<th>Dates</th>
<th>Fees</th>
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Adult Taekwondo
(14Y+)
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.

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<th>Time</th>
<th>Dates</th>
<th>Fees</th>
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Self Defense Training for Teens and Adults
(8Y+)
Originally certified by the State of Illinois to teach police officers, we will teach you one of the easiest to learn and most effective self-defense classes that you can take. Our techniques don’t require constant practice or years of training to master, and work regardless of your age, size, strength, speed, skill or physical ability. You will work with a partner to learn defenses against armed and unarmed attackers; single/multiple attackers; standing, sitting, ground techniques and rape defense/prevention. You will learn to anticipate and avoid potentially dangerous situations and how to defend yourself from attacks from a much bigger and stronger attacker. Participants will also be given a take home Personal Safety Guide. The class is targeted at teens and adults, but 8-11 year olds can also sign up and take the class with an adult. This course is ideal for women nearing dating age.

Location: Studio 4
Instructor: Instructed by Brave Way LLC

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<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fees</th>
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</thead>
<tbody>
<tr>
<td>30151603-01</td>
<td>Sa</td>
<td>3:00-5:00 pm</td>
<td>Jun 11</td>
<td>R: $34 NR: $42</td>
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<tr>
<td>30151603-02</td>
<td>Sa</td>
<td>3:00-5:00 pm</td>
<td>Jul 16</td>
<td>R: $34 NR: $42</td>
</tr>
<tr>
<td>30151603-03</td>
<td>Sa</td>
<td>3:00-5:00 pm</td>
<td>Aug 13</td>
<td>R: $34 NR: $42</td>
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</tbody>
</table>
Lake Forest Parks and Recreation Department has partnered with The Lake Forest Swim Club to offer two great programs for youth 5 years old and up. Sign up now and start your child on the path to a lifetime of skills whether used for learning to swim or for competition.

For more information, contact LFSC Coach Laurel Liberty at (847) 735-5372.

LAKE FOREST SWIM CLUB
NEW SWIMMER GROUP PLACEMENTS
Placements are for swimmers ages 5-10 who are interested in competitive lessons or team participation. Placements can be scheduled by contacting Coach Laurel Liberty at coachlaurel@sbcglobal.net or 847-735-5372.

YOUTH THROUGH YOUNG ADULT COMPETITIVE SWIMMING
The Lake Forest Swim Club also offers a complete competitive swimming program for swimmers of all ability levels. Lake Forest Swim Club is the only program in Illinois that is led by two American Swim Coaches Association Level 5 Master Certified Coaches. For more information visit the website at www.swimlfsc.org.

NOTE: Once you have registered for a class, please visit WWW.SWIMLFSC.ORG and add your email address under MAILING LISTS in order to receive updated course information and cancellation notifications.

LAKE FOREST SWIM CLUB MINI-DUCKS (5-9Y)
Mini-Ducks provides advanced swim instruction designed to help young swimmers acquire the swimming skills needed for water safety and lifetime fitness. Instruction focuses on the foundational skills needed to make the transition from swim lessons to a swim team. All swimmers must be able to independently use the restrooms and locker rooms. Final placements are done on the first day of class by LFSC coaches. All club communication regarding emergency class changes will be done through email and phone. Please make sure LFSC has your contact information after registration. Equipment needed: youth competitive swim goggles.

Location: Lake Forest College Pool
Fees: R: $130 NR: $156
Instructor: Instructed by Lake Forest Swim Club

30140201-01 Tu, Th 5:30-6:10 pm Apr 5-Apr 28
30140201-02 Tu, Th 5:30-6:10 pm May 3-May 26
30140201-03 Tu, Th 5:30-6:10 pm May 31-Jun 23
30140201-04 Tu, Th 5:30-6:10 pm Jun 28-Jul 21

LAKE FOREST SWIM CLUB MIGHTY DUCKS (5-10Y)
Program provides advanced instruction for competitive strokes, starts, and turns. It also introduces children to swimming as a lifelong fitness activity. Swimmers participate in Age Group Challenge Mini-Meets focused on reinforcement of practice skills as well as teaching them how swim meets work. Mighty Ducks swimmers must be able to swim 25 meters non-stop of freestyle and backstroke, follow group instruction, and independently use the restrooms and locker rooms. All club communication regarding emergency class changes will be done through email and phone. Please make sure LFSC has your contact information. Equipment needed: competitive swim fins and goggles.

Location: Lake Forest College Pool
Fees: R: $340 NR: $408
Instructor: Instructed by Lake Forest Swim Club
Note: No class: 05/30

30140202-01 M, W, F 5:30-6:15 pm Apr 4-May 27
30140202-02 M, W, F 5:30-6:15 pm Jun 1-Jul 23
Wildlife Discovery Center

See our Camp Guide for more information on Summer camps.
The Wildlife Discovery Center is a living museum and biological station at historic Elawa Farm in Lake Forest, located alongside the 670-acre Middlefork Savanna wildlife habitat.

**EXHIBIT HOURS**
**INDOORS**
Tuesday, Friday, Saturday & Sunday:
10:00 a. m. - 4:00 p. m.
Closed to the general public on major holidays, and during organized tours. For updated information, call (847) 810.3663 or the Info Line at (847) 234-6702

**OUTDOOR EXHIBITS**
9:00 a. m. - 4:00 p. m.

**Admission**
While there is no charge for individuals or groups of eight or fewer, donations are very much appreciated. We rely on the help of our visitors and supporters to maintain the high quality care we provide for our animals.

We welcome groups of more than eight but request prior arrangements be made with the curator. Please contact Rob Carmichael for scheduling and fee information.

All proceeds help provide for the care and feeding of our special animals.

**Volunteers**
The WDC depends upon the generosity of volunteers and interns. If you are interested in joining our team, please contact Rob Carmichael.

**WE ARE...**
...inspiring a new generation of guardians and defenders of our challenged and endangered ecosystems.

**BE CAPTIVATED...**
...as you experience a close-up encounter with our crocodilians and other reptiles. Visit our raptors in their outdoor enclosures—or in a flight session.
Come watch our bobcat, Boris, while he explores his new eco-habitat.

**SPONSOR AN ANIMAL!**
Please consider an annual gift to help us care for our animals. For a minimum contribution of $75, your name will be added to our donor/adopter poster at the WDC. More substantial contributions will be recognized alongside the adopted animal’s exhibit. For more information please contact Rob Carmichael, Curator, at carmichr@cityoflakeforest.com or (847) 810-3663.

**WE’VE GOT SOMETHING FOR EVERYONE**
Our exhibits and programs provide experiences and opportunities that will kindle a lifetime bond with nature:
- Indoor and outdoor exhibits with an outdoor interpretive trail
- Opportunities for supervised interaction with select animals
- Adult programs
- College student internships
- Graduate-level research opportunities
- Classes for preschoolers
- After-school programs and tours for organized groups
- School field trips
- Summer camp sessions
- Caretaker talks and feeding demonstrations
- Off-site talks and exhibits
- Nature-themed birthday parties

www.WildlifeDiscoveryCenter.org
One of the most feared (and misunderstood) snakes in North America, the western diamondback rattlesnake is often vilified in old Westerns. Tens of thousands have been slaughtered in “rattlesnake roundups” (legal hunts) since the 1940s. Many other animals (desert tortoises among them) become collateral victims of the various attacks on this poor creature. Although these killing sprees generate income for the local communities, they come at a huge cost to the environment: the eradication of one of the most important predators imperative to a healthy ecosystem. While rodent populations escalate as the result of a diminished predator population, the many dangerous diseases they can host (such as hantavirus) often flourish.

The WDC has teamed up with other rattlesnake conservationists, focusing on public education and fundraising for programs created to help end the decimation of these important members of the ecosystem. This partnership has created the "Lone Star Rattlesnake Days" event, an annual "no-kill" event promoting an entirely different view of these animals. Inaugurated last year, this event drew thousands of interested people from far and wide. Educational displays, including many with rattlesnakes in natural settings, attracted many visitors. Live venom extraction demonstrations and various talks were among the presentations given by Jim Harrison (Kentucky Reptile Zoo) and Doug Hotle (former curator of the BioPark Zoo of Albuquerque). This event proved successful at promoting public awareness as well as raising funds to help support research and habitat protection for the western diamondback and other species of rattlesnakes. More information is available at lonestar rattlesnakedays.org.

Our own resident western diamondback rattlesnake arrived at the center severely malnourished, dehydrated, suffering from a respiratory ailment, and infested with parasites. The funding we receive from our many donors provided the means to rehabilitate him to the exceptional, robust specimen he is today. With his new, calm demeanor, he seems curious and interested in those who visit.

The WDC houses an impressive collection of native North American venomous reptiles, including rattlesnakes and other pit vipers, Gila monsters, beaded lizards, and a coral snake. Our staff would love to share their knowledge about these amazing creatures with you when you come visit!
Saturday Zookeeper
(10-14 Y)
Since 1997, this program has been very popular among children with dreams of a career in biology, or just a great affinity for nature. Your aspiring young scientist will begin to learn the complexities of caring for animals in captivity, and have opportunities to put those new skills to use. Proper handling techniques, diet planning and feeding methods, exhibit design and other important elements of captive animal management and biology will be covered. Each session will include a field trip to an off-site location for additional learning opportunities. Older students will develop leadership skills as they mentor younger participants. Space is limited to allow for maximum interaction with the participants.

Location: WDC Class Southeast
Time: 9:00 - 10:30 a.m.
Instructor: Instructed by Wildlife Discovery Center Staff
Note: No class: 07/02

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>30940101-01</td>
<td>Sa</td>
<td>Jun 18-Jul 23</td>
<td>R: $259 NR: $306</td>
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</tbody>
</table>

Family Fun Beach Campout
(All ages)
Bring the family down to Forest Park Beach for a night of camping. Pitch your tent and get ready for an evening of family fun! The Wildlife Discovery Center will entertain you with a reptile show, while local astronomers will teach participants how to use (provided) telescopes to observe the heavens. Try your hand at metal detecting, watch a movie in the pavilion, or just enjoy the campfire. A catered dinner on Saturday night and breakfast Sunday morning will be provided. This is the ONLY night of the year camping is allowed on LF beach, so don’t miss out on this unique family bonding experience! For more information, contact Rob Carmichael, Program Manager, at carmichr@cityoflakeforest.com.

The fee covers 5 participants; additional participants may be added to a group for an additional $35 each.

Location: Forest Park Beach - North Pavilion
Time: 5:00 p.m. - 8:00 a.m.
Instructor: Wildlife Discovery Center Staff

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<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>30390101-01</td>
<td>Sa,Su</td>
<td>Sep 24-Sep 25</td>
<td>R: $315 NR: $378</td>
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</tbody>
</table>

For more information, contact Rob Carmichael, Curator at 847-810-3663 or carmichr@cityoflakeforest.com.
AdulT ViP BeHind-THe-sCenes ExpErIENCE

Looking for something unique to do with your friends? The Wildlife Discovery Center can provide a VIP tour of the facility, taking you and your friends beyond the public aspect and behind the scenes to interact with some of our most interesting animals. Experience a feeding demonstration in our venomous exhibit. Interact with a variety of animals … birds of prey, reptiles, amphibians and more. Whether you wish to make arrangements for an intimate group, a large group, or incorporate the experience into part of a celebration or special event, we can work with you to make it happen. Enhance your reception or cocktail hour with interactive tours of the animals on exhibit with our trained staff! Pricing is based on the number of staff members needed to provide support for a 90-minute experience.

Please contact Rob Carmichael, Curator at carmichr@cityoflakeforest.com to customize your ideal VIP BEHIND-THE-SCENES EXPERIENCE!

EARN SCOUT BADGES

The Wildlife Discovery Center is qualified to help Boy Scouts meet the requirements for the Reptile and Amphibian Study badge. We can also help Boy and Girl Scouts meet some of the requirements for other merit badges, including:

- Bird Study
- Nature
- Pets
- Mammal Study
- Fish and Wildlife Management
- Tracking

Minimum group size: 5
Fee per person: R: $25  NR: $30

ADULT VIP BEHIND-THE-SCENES EXPERIENCE

HELPING INJURED OR ORPHANED WILDLIFE

If you have found a seemingly orphaned or injured animal that is not in imminent danger, before taking any action, contact The Illinois Department of Natural Resources Northeastern Office at (847) 608-3100. Many young animals might seem orphaned when the parent is merely nearby but out of sight. If it is necessary to rescue an injured animal, do not attempt to give it food or water without first obtaining guidance from the Illinois Department of Natural Resources or another qualified expert.

WE WISH TO THANK SOME OF OUR MANY GREAT FRIENDS AND PARTNERS:

- Ashland Foundation
- BTG International, Ltd.
- Chicago Wilderness
- Elawa Farm Community of Partners
- Illinois Department of Natural Resources
- Kinnucan Tree Care Experts & Landscaping, Inc.
- Knauz Motors
- Lake County Forest Preserve District
- Lake Forest Open Lands Association
- Max Harry Schewitz Foundation
- The Negaunee Foundation
- Pasquesi Home and Gardens
- Project Passenger Pigeon
- U.S. Department of Fish and Wildlife
- Zion Solutions
Your Parks

Lake Forest boasts some of the most beautiful parks in the county. There are 9 parks in the City of Lake Forest. Have you visited them all? Take an afternoon or evening and walk or bike to a nearby park. Neighborhood parks offer refuge from the daily grind as well as a chance to meet and play with neighbors. Bring the kids to the neighborhood ball field to play a game of baseball or catch. First-class recreation and cultural facilities present diverse opportunities for personal growth, performance and pleasure.

Whichever activity you choose, just get out and get active!

Park Reservation Permits

The park pavilions and playing fields of Lake Forest are available to Lake Forest residents, not-for-profit community organizations and schools located within the City boundaries for permit when not in conflict with public activities. All permitted events need to be approved by the Recreation staff. Larger permitted events may need to apply for a special use permit through City Hall. Commercial profit-generating events are not allowed. The permitting season runs from February 1 to October 31. A permit does not allow for private use of the entire park since the parks are intended for the enjoyment of all residents, however it does reserve a pavilion or playing field for private use. For further information on reserving a pavilion or playing field please call the Rec Center at 847-234-6700 or visit our website at www.cityoflakeforest.com.

Help Us Maintain Your Parks

Although crews inspect park sites on a regular basis, litter or vandalism may occur, or additional maintenance may be necessary between visits. The next time you visit one of the parks and notice anything that needs attention, please report to the Parks & Forestry section at 847-810-3567.

The Park and Forestry Section is committed to offering the best maintained parks and urban forest in the area. We consider it a privilege to serve this community and will strive to make your parks the best they can be. If you have any questions or suggestions, please contact Chuck Myers, Superintendent of Parks and Forestry at 847-810-3565.

Did You Know . . .

The Parks & Forestry section of the Parks & Recreation department works closely with community organizations and various City departments on park and tree-related issues. Some of the activities and responsibilities include:

- Planting and maintaining trees in parks and public areas
- Dredging the boat basin at Forest Park Beach
- Maintaining athletic fields in the parks
- Maintaining & beautifying the community by caring for landscaping throughout the city
- Mowing cul-de-sacs
- Tree preservation on ravines & bluffs
- Monitoring of insects & disease on private & public property
- Controlled burns on public property for habitat restoration & invasive species control
- Maintenance of city bike paths
- Installation and maintenance of playgrounds
- Holiday lights throughout the business district
- Maintaining Tree City USA certification
- Removal and mitigation of dead or hazardous trees
- Maintenance of all City parks

Enjoy Your City Parks!
FACILITY ADDRESSES

1. Deerpath Golf Course
   500 W. Deerpath Rd.
2. Deerpath Park
   400 Hastings Rd.
3. Dickinson Hall
   100 E. Old Mill Rd.
4. Elawa Farm - Wildlife Discovery Center
   1401 Middlefork Dr.
5. Everett Classroom
   1111 Everett School Rd.
6. Forest Park Beach
   801 N. Lake Rd.
7. Lake Forest College Ice Arena
   555 N. Sheridan Rd.
8. McCormick Nature Preserve
   Sheridan Rd. at north Boundary of Ft. Sheridan
9. Flips Gymnastics North Shore
   27825 Ima Lee Circle
10. Northcroft Park
    1365 S. Ridge Rd.
11. College Park Athletic Club
    2223 Half Day Rd.
    Deerfield, IL 60015
12. South Park
    150 S. Maywood Rd.
13. Stirling Hall
    60 E. Old Mill Rd.
14. Townline Community Park
    1555 W. Kennedy Rd.
15. Waveland Park
    600 S. Waveland Rd.
16. West Park
    850 N. Summit Ave.

PARK PERMITS MAY BE OBTAINED AT THE RECREATION DEPARTMENT,
400 HASTINGS RD (847-234-6700), OR ONLINE
AT CityofLakeForest.com

PARK SITE AMENITIES

<table>
<thead>
<tr>
<th>Parks</th>
<th>Location</th>
<th>Acre</th>
<th>Pavilions</th>
<th>Parking Spaces</th>
<th>Play Equipment</th>
<th>Tables</th>
<th>Real Rooms</th>
<th>Pool</th>
<th>Ball Fields</th>
<th>Basketball Standards</th>
<th>Soccer Fields</th>
<th>Tennis Courts</th>
<th>Beach Sets</th>
<th>Ice Skating</th>
<th>Golf Driving Range</th>
<th>Walk &amp; Trails</th>
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<tr>
<td>Buena Park</td>
<td>Old Elm at Buena</td>
<td>8.20</td>
<td>*</td>
<td>138</td>
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<tr>
<td>Deerpath Community</td>
<td>400 Hastings Rd.</td>
<td>25.60</td>
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<tr>
<td>Deerpath Park Golf</td>
<td>500 West Deerpath</td>
<td>145.00</td>
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<tr>
<td>Elawa Park</td>
<td>Middlefork at Jensen</td>
<td>16.01</td>
<td>*</td>
<td>38</td>
<td>1</td>
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<td>Everett Park</td>
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<td>118</td>
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<tr>
<td>Forest Park Beach</td>
<td>801 N. Lake Road</td>
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<tr>
<td>Meadowood Park</td>
<td>Lexington Dr. &amp; Concord Dr.</td>
<td>7.74</td>
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<tr>
<td>Nature Preserve</td>
<td>Sheridan Rd. North of Army Base</td>
<td>61.61</td>
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<td>Northcroft Park</td>
<td>1365 South Ridge Rd.</td>
<td>30.11</td>
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<td>58</td>
<td>1</td>
<td>10</td>
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<tr>
<td>South Park</td>
<td>150 South Maywood Rd.</td>
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<td>1</td>
<td>10</td>
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<td>Townline Community</td>
<td>1555 W Kennedy Road</td>
<td>35.00</td>
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<td>200</td>
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<td>Triangle Park</td>
<td>Corners of Walnut, Washington &amp; Deerpath</td>
<td>4.07</td>
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<tr>
<td>Waveland Park</td>
<td>600 South Waveland Rd.</td>
<td>23.40</td>
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<td>70</td>
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<tr>
<td>West Park</td>
<td>850 Summit Ave.</td>
<td>8.24</td>
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<td>46</td>
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*Amenity Included*
NEW TO THE AREA?
All residents of the City of Lake Forest are important to us! If you are new to the area, the Lake Forest Parks & Recreation Department invites you to come in and find out what we have going on for you and other members of your family. Throughout the year, we provide a large variety of educational, social, recreational and sports activities for all ages and abilities. We also have many parks, trails, and facilities for you and your family to enjoy. To learn more about what we have to offer, give us a call at 847-234-6700. We’ll be happy to show you around the Recreation Center and explain any program or service that is of interest to you. As a potential program participant, we would like to meet with you and your family!

CODE OF CONDUCT
The goal of Lake Forest Parks and Recreation Department is to provide positive experiences for everyone in our programs. Please see the guidelines in the Athletics section of this brochure or on our website www.cityoflakeforest.com.

PEANUT POLICY
We are requesting your cooperation in partnering with us to ensure a safe environment for children with nut allergies. Lake Forest Parks & Recreation Department has identified operational practices for everyone to follow to ensure the safety of the children. See the complete policy on our website at www.cityoflakeforest.com for all the details.

PHOTO POLICY
Photos are periodically taken of participants in our programs. Please be advised that these photos are for the Parks & Recreation Department’s use only and may be used in future brochures, flyers or public relations. If you do not want your photo publicized, please contact the Parks & Recreation Department at (847)234-6700.

GIFTS AND GRATUITIES
Employees are not allowed to accept gifts and gratuities. To help clarify our position for both staff and the public, a policy has been established. Please see our website, www.cityoflakeforest.com for all the details.

GIFT CERTIFICATES
Gift certificates are available for the special person on your gift list! Certificates may be purchased in any dollar amount to be used for any program, service or court time. This is a great idea for birthdays, anniversaries or graduations!

ROOM RENTALS
Rooms are available on a rental basis to Lake Forest residents and local not-for-profit organizations. Room rentals are arranged at times when no Parks & Recreation Department programs are in session. For rental rates and schedule of availability, please call Teri Laurila, at 847-810-3913.

FINANCIAL ASSISTANCE
The Friends of Lake Forest Parks & Recreation Foundation recognizes that there are community residents who may suffer from economic setbacks that might preclude their participation in Recreation programs. The Friends Foundation has graciously set up an annual fund to help those in need. If such a need exists, please contact Superintendent of Recreation, Joe Mobile, at 847-810-3941 or pick up a scholarship application from the front office. A request for a scholarship must be made prior to the registration deadline.

DONATIONS
Many of the improvements to the Parks & Recreation Department have been made possible through donations. Some organizations and individual residents have chosen to donate to the operating fund of the Parks & Recreation Department. These contributions lessen the tax burden of all residents. For more information on the opportunity to contribute to our community, call Superintendent of Recreation, Joe Mobile, at 847-810-3941.

REFUND POLICY
All requests for withdrawals must be received in writing at the Recreation Center. The amount credited will depend on when the written request is received. Dance, Sailing, Fitness Center, Kinderhaven Preschool Center, and Camps have specific policies. Programs run by outside contractors may have additional refund policies which would be noted in the program description.

For withdrawal requests received in writing no later than 7 days prior to the beginning of the class, a credit equal to 90% of the total fee for the class will be refunded.

From 6 days prior to the start of class until before the 3rd meeting of the class, a credit equal to 80% of the class fee will be refunded. No refunds will be given after the 3rd meeting except in the case of documented medical reasons or moving out of the local area.

KINDERHAVEN POLICY
Kinderhaven Preschool Academy
The Kinderhaven registration fee is non-refundable. The first tuition payment (representing 10% of the total tuition) is due in May and is non-refundable. Please contact the Kinderhaven Director with any questions.

DANCE REFUND POLICY
See our website at www.cityoflakeforest.com.

FITNESS CENTER MEMBERSHIPS
Memberships are non-refundable and non-transferable.

We are happy to announce that wireless internet is available in the Recreation Center. Just connect to the wireless network LFGuest. No network key or password is necessary, check the front office for details.
RESIDENT REGISTRATION

TUESDAY, MARCH 9, 2016

Resident registration will be the first registration processed. Registration is done by first come first serve basis. You can register on-line at LFRec.com or bring, fax or send in your registration form to us.

NON-RESIDENT REGISTRATION

TUESDAY, MARCH 16, 2016

Non-residents may register in person OR On-line at LFRec.com for any programs not already filled. Non-resident fees include a 20% increase over the resident rate.

5 WAYS TO REGISTER

1. Log in to LFRec.com and register from the comfort of your home or anywhere you can access a computer. A user ID and PIN number are needed. Please call the main office at (847) 234-6700 PRIOR to the first day of registration to receive yours.

2. Walk in the Recreation Center office.

3. Fax your completed registration form to 847-615-4251.

4. Mail your completed registration form to: Lake Forest Parks & Recreation 400 Hastings Road Lake Forest, IL 60045

5. Drop your completed registration form into one of the City’s white mail boxes.

WHAT HAPPENS AFTER I REGISTER?

If programs chosen have openings, your registration will be processed and a confirmation receipt will be sent to you. If you register online you will receive the confirmation right away.

If programs chosen have already reached maximum enrollment, your name will be placed on a wait list and you will be contacted as soon as a spot becomes available.

TELEPHONE REGISTRATIONS ARE NOT ACCEPTED.

OPEN GYM & GAME AREA

Open Gym Rules & Regulations

- Open Gym is for Lake Forest & Lake Bluff Residents ONLY
- Professional Personal Training is strictly prohibited
- Usage of equipment other than basketballs is not permitted unless authorized by City Staff
- Caregivers MUST be present during Pre-School Open Gym times with kids
- Full Court games are NOT permitted

NOTE: Please call the Rec Center to confirm open gym times as open gym times may change due to the needs of Lake Forest Recreational Programming.

PROOF OF RESIDENCY WILL BE REQUIRED:

Driver’s License, Voter Registration Card or High School I.D.

The game area is open during regular hours. Stop in for a game of Ping Pong, to play a video game or tackle homework between activities.

If you have any questions or concerns regarding the use of the Recreation Center, please contact Facility Manager, Jason Busdeker, at 847-810-3934.

WHO IS A RESIDENT?

Our new residency policy goes into effect for programs beginning January 1: Children and adults MUST LIVE within the corporate limits of the City of Lake Forest to be considered a RESIDENT of Lake Forest. Lake Bluff residents will be eligible to receive resident rates for all programs, fees and memberships in the following areas: Athletics, Fitness Center, Wildlife Discovery Center, Stirling Hall Arts Center, Kinderhaven Preschool Academy, Lake Forest Dance Academy, Lake Forest Sailing and Deerpath Golf Course. Forest Park Beach operations and fees are not included in this agreement.

REGISTRATION INFORMATION

Program fees must be included with registration form. Checks are payable to LAKE FOREST PARKS & RECREATION DEPARTMENT. Fees may also be charged to your DISCOVER, VISA or MASTERCARD account by providing information listed on the registration form.

BROCHURE ACCURACY

Every effort has been made to ensure the accuracy of information contained within this brochure. However, errors can occur and circumstances may require adjustments to fees, schedules, locations, or other information. Lake Forest Parks and Recreation Department reserves the right to make such adjustments and apologizes for any inconvenience these errors or adjustments may cause.

Brochure is published three times a year by the City of Lake Forest.
What inspires you to play?
<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Co-ed Kindergym</td>
<td>54 M - 6 yrs</td>
<td>30</td>
</tr>
<tr>
<td>Easter Bunny Baskets</td>
<td>1 M - 10 yrs</td>
<td>18</td>
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<tr>
<td>Easter Eggstravaganza</td>
<td>Up to 9 yrs</td>
<td>18</td>
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<tr>
<td>Fun at the Beach</td>
<td>5 M - 4 yrs</td>
<td>25</td>
</tr>
<tr>
<td>Hurry for Spring</td>
<td>3 - 6 yrs</td>
<td>25</td>
</tr>
<tr>
<td>Parade of Parks</td>
<td>5 M - 4 yrs</td>
<td>25</td>
</tr>
<tr>
<td>Parent/Tot Gymnastics</td>
<td>18 M - 3 yrs</td>
<td>30</td>
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<tr>
<td>Preschool Gymnastics</td>
<td>3 - 4 yrs</td>
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</tbody>
</table>

**Program Index for the Lake Forest Parks & Recreation Department (Program Listing by Age)**

### Infant/Toddler (Up to Age 3)

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
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<tbody>
<tr>
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<tr>
<td>Preschool Gymnastics</td>
<td>3 - 4 yrs</td>
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</tr>
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</table>

### Elementary / Middle School (Grades 1-8)

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Page</th>
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<tbody>
<tr>
<td>420/Laser Racing Team</td>
<td>13 - 18 yrs</td>
<td>13</td>
</tr>
<tr>
<td>Baseball</td>
<td>9 - 14 yrs</td>
<td>45</td>
</tr>
<tr>
<td>Beginner 420 2 Weeks</td>
<td>13 - 18 yrs</td>
<td>13</td>
</tr>
<tr>
<td>Beginner 2 Weeks</td>
<td>8 - 12 yrs</td>
<td>10</td>
</tr>
<tr>
<td>Boys' Beginner Gymnastics</td>
<td>5 yrs +</td>
<td>30</td>
</tr>
<tr>
<td>Dance</td>
<td>7 yrs +</td>
<td>35</td>
</tr>
<tr>
<td>Euphony Tap Ensemble</td>
<td>8 yrs +</td>
<td>37</td>
</tr>
<tr>
<td>Easter Bunny Baskets</td>
<td>1 M - 10 yrs</td>
<td>18</td>
</tr>
<tr>
<td>Easter Eggstravaganza</td>
<td>Up to 9 yrs</td>
<td>18</td>
</tr>
<tr>
<td>Gary Kantor’s Magic Class</td>
<td>5 - 12 yrs</td>
<td>26</td>
</tr>
<tr>
<td>Girls’ Beginner Gymnastics</td>
<td>5 yrs +</td>
<td>30</td>
</tr>
<tr>
<td>Golf Fundamentals</td>
<td>5 - 8 yrs</td>
<td>17</td>
</tr>
<tr>
<td>Hatha Yoga</td>
<td>14 yrs +</td>
<td>9</td>
</tr>
<tr>
<td>Hip Hop Evolution</td>
<td>8 yrs +</td>
<td>37</td>
</tr>
<tr>
<td>Intermediate/Advanced 420</td>
<td>13 - 18 yrs</td>
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</tr>
<tr>
<td>Intermediate/Advanced Pram</td>
<td>8 - 12 yrs</td>
<td>11</td>
</tr>
<tr>
<td>Junior Development Program Tennis</td>
<td>9 - 13 yrs</td>
<td>40</td>
</tr>
<tr>
<td>Karate</td>
<td>4 yrs +</td>
<td>46</td>
</tr>
<tr>
<td>Lake Forest Swim Club Mighty Ducks</td>
<td>5 - 10 yrs</td>
<td>48</td>
</tr>
<tr>
<td>Lake Forest Swim Club Mini-Ducks</td>
<td>5 - 9 yrs</td>
<td>48</td>
</tr>
<tr>
<td>Optimist Race Team</td>
<td>8 - 15 yrs</td>
<td>14</td>
</tr>
<tr>
<td>Quick Start Tennis</td>
<td>4 - 8 yrs</td>
<td>40</td>
</tr>
<tr>
<td>Safe Sitter Workshop</td>
<td>11 - 13 yrs</td>
<td>26</td>
</tr>
<tr>
<td>Sailing</td>
<td>8 - 18 yrs</td>
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<tr>
<td>Saturday Zookeeper</td>
<td>10 - 14 yrs</td>
<td>52</td>
</tr>
<tr>
<td>Self Defense Training for Teens and Adults</td>
<td>8 yrs +</td>
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</tr>
<tr>
<td>Tackle Football</td>
<td>Gr 5 - 8</td>
<td>45</td>
</tr>
<tr>
<td>Teen Art Club</td>
<td>4 +</td>
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</tr>
<tr>
<td>Family Ceramics</td>
<td>5 yrs +</td>
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</table>

### High School (Grades 9-12) / Adult

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
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</thead>
<tbody>
<tr>
<td>420/Laser Racing Team</td>
<td>13 - 18 yrs</td>
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<tr>
<td>Adult Group Golf Lessons</td>
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<td>Adult Sloch Softball Leagues</td>
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<tr>
<td>Baseball</td>
<td>9 - 14 yrs</td>
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<tr>
<td>Beginner 420 2 Weeks</td>
<td>13 - 18 yrs</td>
<td>12</td>
</tr>
<tr>
<td>Dance</td>
<td>7 yrs +</td>
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</tr>
<tr>
<td>Euphony Tap Ensemble</td>
<td>8 yrs +</td>
<td>36</td>
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<tr>
<td>Easter Bunny Baskets</td>
<td>1 M - 10 yrs</td>
<td>18</td>
</tr>
<tr>
<td>Easter Eggstravaganza</td>
<td>Up to 9 yrs</td>
<td>18</td>
</tr>
<tr>
<td>Gary Kantor’s Magic Class</td>
<td>5 - 12 yrs</td>
<td>26</td>
</tr>
<tr>
<td>Girls’ Beginner Gymnastics</td>
<td>5 yrs +</td>
<td>30</td>
</tr>
<tr>
<td>Golf Fundamentals</td>
<td>5 - 8 yrs</td>
<td>17</td>
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<tr>
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<td>14 yrs +</td>
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</tr>
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<td>Intermediate/Advanced 420</td>
<td>13 - 18 yrs</td>
<td>12</td>
</tr>
<tr>
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<td>8 - 12 yrs</td>
<td>11</td>
</tr>
<tr>
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<td>9 - 13 yrs</td>
<td>40</td>
</tr>
<tr>
<td>Karate</td>
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<td>46</td>
</tr>
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<td>5 - 10 yrs</td>
<td>48</td>
</tr>
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<td>5 - 9 yrs</td>
<td>48</td>
</tr>
<tr>
<td>Optimist Race Team</td>
<td>8 - 15 yrs</td>
<td>14</td>
</tr>
<tr>
<td>Quick Start Tennis</td>
<td>4 - 8 yrs</td>
<td>40</td>
</tr>
<tr>
<td>Safe Sitter Workshop</td>
<td>11 - 13 yrs</td>
<td>26</td>
</tr>
<tr>
<td>Sailing</td>
<td>8 - 18 yrs</td>
<td>10</td>
</tr>
<tr>
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<td>10 - 14 yrs</td>
<td>52</td>
</tr>
<tr>
<td>Self Defense Training for Teens and Adults</td>
<td>8 yrs +</td>
<td>47</td>
</tr>
<tr>
<td>Tackle Football</td>
<td>Gr 5 - 8</td>
<td>45</td>
</tr>
<tr>
<td>Teen Art Club</td>
<td>4 +</td>
<td>47</td>
</tr>
<tr>
<td>Family Ceramics</td>
<td>5 yrs +</td>
<td>29</td>
</tr>
</tbody>
</table>

**Program Index**

<table>
<thead>
<tr>
<th>All Ages</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Fun Camp-Out</td>
<td></td>
<td>19</td>
</tr>
<tr>
<td>Lake Forest Day Fun Run</td>
<td></td>
<td>23</td>
</tr>
<tr>
<td>Reptile Rampage</td>
<td></td>
<td>18</td>
</tr>
<tr>
<td>SMELT O-RAMA</td>
<td></td>
<td>19</td>
</tr>
<tr>
<td>Sailing</td>
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<td>10</td>
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</tbody>
</table>

**Preschool/Kindergarten (Ages 3 - 6 Years)**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys’ Beginner Gymnastics</td>
<td>5 yrs +</td>
<td>30</td>
</tr>
<tr>
<td>Boys’ Tumble/Trampoline</td>
<td>6 yrs +</td>
<td>30</td>
</tr>
<tr>
<td>Co-ed Kinder Gym</td>
<td>54 M - 6 yrs</td>
<td>30</td>
</tr>
<tr>
<td>Easter Bunny Baskets</td>
<td>1 M - 10 yrs</td>
<td>18</td>
</tr>
<tr>
<td>Easter Eggstravaganza</td>
<td>Up to 9 yrs</td>
<td>18</td>
</tr>
<tr>
<td>Fun at the Beach</td>
<td>5 M - 4 yrs</td>
<td>25</td>
</tr>
<tr>
<td>Gary Kantor’s Magic Class</td>
<td>5 - 12 yrs</td>
<td>26</td>
</tr>
<tr>
<td>Girls’ Beginner Gymnastics</td>
<td>5 yrs +</td>
<td>30</td>
</tr>
<tr>
<td>Hurry for Spring</td>
<td>3 - 6 yrs</td>
<td>25</td>
</tr>
<tr>
<td>Karate</td>
<td>4 yrs +</td>
<td>46</td>
</tr>
<tr>
<td>LF Swim Club Mighty Ducks</td>
<td>5 - 10 yrs</td>
<td>48</td>
</tr>
<tr>
<td>LF Swim Club Mini-Ducks</td>
<td>5 - 9 yrs</td>
<td>48</td>
</tr>
<tr>
<td>Parade of Parks</td>
<td>5 M - 4 yrs</td>
<td>25</td>
</tr>
<tr>
<td>Preschool Gymnastics</td>
<td>3 - 4 yrs</td>
<td>30</td>
</tr>
<tr>
<td>Quick Start Tennis</td>
<td>4 - 9 yrs</td>
<td>40</td>
</tr>
<tr>
<td>Taekwondo</td>
<td>4 yrs +</td>
<td>47</td>
</tr>
<tr>
<td>Family Ceramics</td>
<td>5 yrs +</td>
<td>29</td>
</tr>
</tbody>
</table>

**Punch Pass Classes:**

- Barbell Power Strength
- Barre
- Barre Hop
- Booty Barre
- Boot Camp on the Beach
- Boxing
- Cardio Cut
- Circuit Burn
- Cardio Kickbox
- Hiit
- Just Dance
- Piloxing
- Rip the Tread
- Salsaobatics
- Strength & Conditioning
- Strength & Cardio Intervals
- Strictly Strenght
- Total Body Conditioning
- TRX
- TRX on the Beach
- Beach Yoga
- Candleight Yoga
- Gentle Yoga
- Vinyasa Yoga
- Hatha Yoga
- Yoga for Everyone
- Zumba
- Saturday Zookeeper
- Self Defense Training for Teens and Adults
- Slow Pitch Softball Tournament
- Tennis Men’s and Women’s Drills

**LFRREC.COM | Register On-Line Anytime...Anywhere!**

www.LFrec.com 61
WHAT IS CROYA?
CROYA (Committee Representing Our Young Adults) is a safe, fun, and supportive youth organization open to all 7th—12th graders in Lake Forest, Lake Bluff & Knollwood. CROYA offers more than 300 youth programs and meetings to 2,000-plus teens annually. CROYA is unique in that it is run by young adults, for young adults, with trusted staff always present.

WHAT ARE CROYA’S PROGRAMS?
Weekly youth meetings for Middle School students (Tuesdays) and High School students (Wednesdays); leadership programs; community service projects, retreats, work trips, social programs, and support services.

DO YOUTH HAVE TO JOIN OR PAY DUES TO BE A PART OF CROYA?
No. All 7th – 12th graders living in Lake Forest, Lake Bluff, and Knollwood can attend CROYA meetings and programs for free. There are additional fees for special programs and field trips.

WHAT IS THE STUDENT UNION?
The CROYA Student Union hosts after school drop in hours (Monday – Friday, 3:30 – 5:30pm), special youth events on weekend evenings, music lessons, a recording studio, a dance/wellness studio, party rentals and much more. For more info visit www.croya.com or call 847-810-3980.

HOW DO I KEEP UP-TO-DATE ON THE CROYA PROGRAMS?
Visit our web site at www.croya.com for updated calendar information and to sign up for our monthly E-Newsletter. Or check us out on Facebook!

WHAT IS ACTIVATOR MUSIC ACADEMY?
ACTIVATOR MUSIC ACADEMY is located in the lower level of the CROYA Student Union and offers a variety of music programs for youth of all ages. Private and Group classes are available for many instruments including drums, bass, guitar, voice and piano. Students have the opportunity to collaborate on live performances, recording studio projects and open mic jams on the Student Union stage. Side Door Studios, located on the lower level of the CROYA Student Union, offers singing, recording, and fun birthday parties. Contact Nick Cvijovic, Program Director, Audio services & recording studio Manager activatoracademy@gmail.com 847-810-3988(office), 847-322-8374(cell)

WHAT IS CROYA PROGRAMS AND EVENTS?
Please visit www.croya.com for up to date information

JUNE - AUGUST

June
- Summer Jam - June 3
- Student Union Hours - June 6, Monday - Friday from 10-3pm
- High School Work Trip - June 6 - June 11
- Summer Meetings - June 15, 29 | Grades 7-12 from 3-4pm
- Float Building - June 20
- Middle School Work Stay - June 23 - 24

July
- Kiwanis Breakfast Set up - July 3
- Lake Bluff July 4th parade - Come March in the Parade
- Field Trip TBD - July 12
- Summer Meeting - July 13, 27 | Grades 7-12 from 3-4pm
- Cubs Game - July 19
- High School Work Stay - July 21-22
- Float Building - July 18

August
- Lake Forest Day - August 3 – Come March in the Parade
- Last Day of Student Union Summer Hours - Friday, August 12

WHAT IS THE STUDENT UNION?
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Northern Suburban Special Recreation Association (NSSRA) provides and facilitates year-round recreation programs and services for children, teens and adults with disabilities who live in 13 northern suburban communities including Lake Forest.

NSSRA has over 800 recreation, sport, cultural, social, and leisure offerings available throughout the year, creating new experiences, opportunities for skill development, leisure time, and perhaps most importantly, friendship.

Our Inclusion Services allow people with disabilities to participate in programs with people without disabilities and include many of the programs offered in this brochure.

Through its programs and services, NSSRA removes the barriers that might prevent an individual with disabilities from full participation in the fun and richness of experience that life has to offer.

Please contact us with questions or for more information about the programs and services we provide.
Northern Suburban Special Recreation Association
3105 MacArthur Blvd. • Northbrook, IL 60062 • (847) 509-9400 • www.nssra.org
American Youth Soccer Organization
AYSO Region 163 includes the communities of Lake Forest, Lake Bluff, Great Lakes, Fort Sheridan, and Knollwood. Our mission is to develop and deliver quality youth soccer programs which promote a fun, family environment. In AYSO, everyone plays!

We offer open registration, positive coaching, and stress good sportsmanship. All teams are balanced by age and skill. Playing divisions are open to children from 4 to 18 years old. A fall/spring season runs sixteen weeks.

Visit www.ayso163.org for registration info

AYSO 163 EXTRA™ Play Program (EXP) is a highly competitive play travel program, with professional training and reasonable price. U10/U12 and U14 boys and girls teams.

AYSO is a not for profit organization. The program depends entirely on parent volunteers for its administration and operations. Inquire about volunteering.
There’s really no telling where your money goes when you bank with a big bank from out of town. How about when you choose Lake Forest Bank & Trust? That we can tell you. Your money goes back into the things that matter most to you: the local economy, local organizations and charities, and the strengthening of our local community. We care about these things too because, for us, this is more than just where we work. This is home.

WE'RE PROUD TO BE LAKE FOREST’S COMMUNITY BANK.

WE'RE PROUD TO BRING IT HOME. As a company made in this area, for this area, Wintrust and its family of true community banks is dedicated to the unique neighborhoods each serves. For 25 years, we’ve been banks that invest in, give back to, and get to really know our communities and the people living in them. When you bank with a Wintrust Community Bank, you can be confident your money is going back into the things that matter most to you.