



The Community House

The Counseling Center

We know it's easy to feel stuck or overwhelmed, but whatever you're going through, you don't need to do it alone. Our therapists at The Counseling Center are committed to helping you and your child by providing support and strategies to tackle whatever struggles you may be facing.

Willowbrook Youth Development Initiative

Our Willowbrook Youth Development Initiative ignites the potential in young people living in an under resourced and unincorporated area of Willowbrook through our after school care, a summer learning program, counseling services, and a variety of other programs in recreation, the arts, and athletics.

Youth Programming

We have plenty of programs for kids: sports camps and leagues, day camps, afterschool programming, theatrical opportunities, and more!

Ly Hotchkin Art Program

Experience the joy of discovery and creation that comes through all expressions of art. We offer opportunities for all ages!

Theater

Stage Door, our resident theater company, provides a theatrical outlet for children of all ages through stunning performances. They also offer theater classes throughout LyArts Program.

Adult Programming

Our Active Adults, program offers a variety of card groups, exercise classes and interest groups, in addition to our day trips and special in-house events. Come by yourself or bring a friend!

Facility Rental

With rooms that can seat from 10 to 300 people, a convenient and easily accessible location with plenty of off-street parking, and an atmosphere that can suit either a casual or formal event, The Community House is the perfect venue for your next event.

Volunteering

Volunteer opportunities are available for students, professionals, retirees, stay-at-home parents and families. We offer something for everyone!

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PARENT ADVISORY MEETING

Community RevueBack Cover

The Community House invites you to take part in our Parent Advisory Meetings. One of the goals of these meetings is to provide the community the opportunity to discuss with The Community House, ideas and feedback on current and future programs. Meetings will focus on programming and give The Community House leadership the chance to gather some feedback on our programs.

Wednesdays, 6:30-7:30pm
• Dec. 6 | March 6 | June 5



THE COMMUNITY HOUSE

415 W. 8th Street, Hinsdale, IL, 60521 | 630-323-7500

FRONT DESK HOURS

Monday-Thursday	8:00am-8:00pm
Friday	8:00am-6:00pm
Please call for weekend hours	•

WALKING TRACK

Monday-Friday	8:00am-8:00pm
Saturday & Sunday	8:00am-6:00pm
Hours are subject to change.	

Fee:.....\$3 | Keyholder Fee:.....Free

OPEN GYM

HOURS: Visit www.thecommunityhouse.org Fee:.....\$3 | **Keyholder Fee:.....Free**

BUILDING IS CLOSED ON...

December 24 & 25 (Christmas Eve & Day) | **January 1** (New Years Day) **May 27** (Memorial Day)

OUR HOUSE, YOUR HOUSE, THE COMMUNITY HOUSE

When you're ready, We'll be here.

Based in Hinsdale and serving the surrounding suburbs, The Community House is a non-profit organization, that is not supported by tax dollars, that offers both community recreation and quality social services to people of all ages and walks of life. We make a difference in the lives of thousands of families and individuals by providing local opportunities for athletics, arts and culture, counseling, education services, volunteer opportunities, and community connections.

Stop by our house or visit our website to find what inspires you to play, engage, learn, explore, create and connect.







Dan JanowickExecutive Director
630-323-7500 x. 222
www.thecommunityhouse.org

From the desk of

The Executive Director

As our time and attention turn to the holiday season and the end of the year, many take time to give back and show appreciation to the people and organizations that make a difference in their lives. As you take stock of the past year, I hope you fondly recall the time you spent with your family and your neighbors at The Community House. It may have been in our building for Fortnightly Dance, or it might have been in the park playing flag football or in your own school for the after-school program, but no matter where it was, you represent our mission in action. Our goal of providing

opportunities and access to programs and services that help people live remarkable lives and build connected and healthy communities is vital because of you! In 2023, we served more people in our programs than we ever have before and because we do not receive tax dollars, we can only do it because of your participation and your donations. For families living in the under-resourced and unincorporated area of Willowbrook, our after-school care, summer camps, and access to sports, arts, and recreation unlock the fantastic potential of kids and families; your donations support programs that just might be the spark to launch their bright futures. In our Counseling Center, your donations allow licensed therapists to provide high-quality care on a slide to young people and their families going through tough times.

Because of you, we are making a massive difference to families and helping them enjoy healthier lives. We appreciate your support!



If you have not had the chance to give this year, you can help us reach our annual fund goal by scanning the donate QR code at right or texting C2C to 72572. Every dollar counts, and your generosity will make a real impact. Thank you!







YOUR TRUSTED
COMMUNITY NON-PROFIT
SINCE 1941

Staff Directory

Questions? Contact us today!

415 W. Eighth Street, Hinsdale, IL 60521 | www.thecommunityhouse.org | Staff Phone: 630-323-7500

	ext		ext
Dan Janowick, <i>Executive Director</i> djanowick@thecommunityhouse.org	222	Cara Romanini, Advancement Services Managercromanini@thecommunityhouse.org	250
Administrative Staff	076	Volunteer	2.47
Jim Fetty, Accounting Department jfetty@thecommunityhouse.org	236	Kelci Bednar, <i>Program Director</i> kbednar@thecommunityhouse.org	247
Judy Tittelbach, <i>Business Manager</i> jtittelbach@thecommunityhouse.org	241	Counseling Center Confidential Client Intake	239
Sue Wojnowski, Office Manager swojnowski@thecommunityhouse.org		Shabana Sheikh, Director of Social Impactssheikh@thecommunityhouse.org	
Recreation Programming	O	Nicole Sinzinkayo, LSW, Staff Therapistnsinzinkayo@thecommunityhouse.org	233
Kelci Bednar, <i>Program Director</i> kbednar@thecommunityhouse.org	247	Shannon Haut, LCSW, Staff Therapistshaut@thecommunityhouse.org	228
Joey Quarino, Recreation Supervisor jquarino@thecommunityhouse.org	 237	Alisa Messana, Clinical Supervisoramessana@thecommunityhouse.org	232
Karen Kaspar, <i>Recreation Supervisor</i> kkaspar@thecommunityhouse.org	248	Emma Schaul, LPC, Staff Therapist eschaul@thecommunityhouse.org	230
Molly Towns, <i>Recreation & Marketing Coordinator</i> mtowns@thecommunityhouse.org	235	Tiera Williams, LSW, Staff Therapisttwilliams@thecommunityhouse.org	255
Jillian Spizzirri, Facility & Adult Recreation Supervisor jspizzirri@thecommunityhouse.org	253	Willowbrook Initiative Allison Rodgers, Community Outreach Superviso arodgers@thecommunityhouse.org	r 231
Arts Programming Jimmy McDermott, <i>Director, LyArts Program</i> jmcdermott@thecommunityhouse.org	240	Facility Staff Robert Dorneker, Facility Manager	226
Advancement		rdorneker@thecommunityhouse.org	226
Alana Wett, <i>Director of Philanthropy</i> awett@thecommunityhouse.org	227	Jillian Spizzirri, Facility & Adult Recreation Superviso jspizzirri@thecommunityhouse.org	o r 253
Maggie Weiterman-Skinner, <i>Marketing Manager</i> mweiterman-skinner@thecommunityhouse.org	224		

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Your Trusted Community Non-profit since 1941











Our House is your House for your Special Events, Meetings, and Gatherings!

We provide a variety of rooms that accommodate up to 400 people, personalized service and exceptional pricing, and amenities such as free parking, free WIFI, and a centralized location.

Visit www.thecommunityhouse.org to learn more or contact Jillian Spizzirri at 630-323-7500 ext. 253



The Community House | 415 W. Eighth Street, Hinsdale | 630-323-7500 | thecommunityhouse.org



Before the Bell Locations:

- The Lane School
- Walker School
- Prospect School
- The Community House
 - Elm School
 - Madison School
 - Oak School

After the Bell Locations:

- The Lane School
- Walker School
- Prospect School
- Elm School
- Oak School
- The Community House
 - Madison School

Activities Include:

Gym Time Enrichment Activities Homework Assistance Organized Games Outdoor Play Snack Time

The Community House | 415 W. Eighth Street, Hinsdale

Contact:

Karen Kaspar, *Recreation Supervisor* kkaspar@thecommunityhouse.org

or call 630-323-7500 Ext. 248

Cost:

Before

<u>Daily Rate:</u>......\$17 KH fee/\$27 Fee <u>Sibling Rate:</u>....\$15 KH fee/\$25 Fee

After

<u>Daily Rate:</u>.........\$25 KH fee/\$35 Fee <u>Sibling Rate:</u>....\$23 KH fee/\$33 Fee



630-323-7500 | thecommunityhouse.org







K.E.A.P. is an extension of the District 181 Half Day Kindergarten Program that will be held daily (M-F) throughout the school year at The Community House.

K.E.A.P. will offer before and after school enrichment that will compliment D181's curriculum.

Visit our website for the K.E.A.P. Daily Schedule

The Community House | 415 W. Eighth Street, Hinsdale

Contact:

Karen Kaspar, Recreation Supervisor kkaspar@thecommunityhouse.org or call 630-323-7500 Ext. 248

Cost:

<u>Daily:</u>...... \$35 KH/\$45 <u>Weekly:</u>...... \$150 KH/\$200

Structured Activities Include:

S.T.E.M. Activities Arts and Crafts Physical Education Outdoor Time



630-323-7500 | thecommunityhouse.org

Saturday, March 23

Breakfast with The Easter Bunny!

9:00-10:15am • The Community House

Bring your egg basket and a big smile for The Community House's Breakfast with The Easter Bunny!

Before the egg hunt begins, be one of the lucky few to hop into The Community House for a delicious breakfast and one-on-one time with the Bunny! Everyone in attendance will be given the chance to beat the crowds for a special picture with the Bunny! After breakfast bring your basket and hop over to Robbins Park to hunt for eggs.

Fee: \$37 • Keyholder Fee: \$27 • Children under 1 year eat FREE with a paying adult
Code: ENR-YTH-1002-1



10:00am-12:00pm . Robbins Park east of The Community House

3 years old and under: 10:00am • 4-6 years old: 10:10am • 6-7 years old: 10:20AM 8-9 years old: 10:30am • 10+ years old: 10:40am

Bring your baskets and hop on over to Robbins Park to hunt for eggs and visit with the Easter Bunny!

This FREE event is coordinated with the Village of Hinsdale Parks and Recreation. Event will be held rain or shine! Registration is not required.







The Willowbrook Youth Development Initiative provides after-school care recreation and summer learning services to youth and their families in the dynamic and diverse Willowbrook Corner community.

All services aim to help youth and their families feel empowered and supported in order to achieve academic success, including:

- Child Care Services
- Counseling
- Mentoring
- Arts & Crafts
- Financial Literacy

Contact:

For information on our program or if you are interested in volunteering, contact Allison Rodgers, Community Outreach Supervisor at arodgers@thecommunityhouse.org or call 630-323-7500, ext. 231.

Locations:

- Anne M. Jeans Elementary School 16W631 91st Street, Willowbrook
- Burr Ridge Middle School 15 W. 451 91st Street, Burr Ridge



630-323-7500 | thecommunityhouse.org

Willowbrook Corner is supported by:

Alfred Bersted Foundation





The Community House | 415 W. Eighth Street, Hinsdale















Pick and choose from over 12 themed birthday parties! Our parties include an hour and half of teacher-led activities and goodie bag items! We'll also supply tablecloths and cupcakes too! (per request and additional charge.)

Code:.....ENR-YTH-1022-68

Keyholder Fee*:......\$25 per child attending the birthday party

Party Themes:-

Harry Potter - Create potions and make a wand

Superheros - It's a bird, it's a plane! Make your own cape and find your own super power

Slime - It's time to get messy! We'll make at least three slimes to take home **Messy Chemistry** -

We'll explore principles of chemistry while having messy fun! Make exploding potions, slime and more

Princess - Make lace crowns and cotton candy slime! This is for the girly girls!

Spa - Make lotions, lip gloss and bubble bath

Baking - We'll bake some treats, eat them or take them home!

Bugs and Butterfiles -

We'll do several crafts, make a bug collector jar and take home live bugs

Fairytale - Three Little Pigs, Jack and the Beanstalk and Fairy dust bottles are activities we might explore **Lego** - Monsters, a lego spoon race and lego car races are some of the activities

Spy - Fingerprint science, a secret message decoder and more

Star Wars - Erupting death stars, marshmallow shooters and a pool noodle light saber

Magic - Let us entertain and captivate your children in a unique blend of comedy and magic! The birthday boy/girl gets to participate throughout the show and will be suspended in midair, a perfect photo opportunity! All parties include a magic workshop where participants learn six magic tricks to keep and take home!

Add our
Pizza package,
and we will provide
two extra large cheese
pizzas, lemonade, water,
plates, cups and napkins
for \$50.

Parties can be customized to fit your needs and your child's interests - just ask!



Art Party

Ages: 5 years old and up

Instructor Gabrielle Tufano leads a 90 minute art project for up to 15 kids customized to your party. All in our art studio on Saturday afternoons contingent on availability of space. Room available for two hours (plus setup and breakdown time). Must have at least two weeks notice to reserve.

Code:.....AP-YTH-1028-68

Keyholder Fee*:.....\$300

Parties are two hours long; 1.5 hour session plus 30 minutes for food, cake and presents. Please schedule your party at least four weeks in advance. Dates and times based on availability. Call 630-323-7500, ext 248, for more information and availability. Parties cancelled seven days or less prior to scheduled date of the party are nonrefundable.

*Non-Keyholders add \$40 to final price. =













Music Together

Ages: 0-6 years old with parent/caregiver

Each week, babies, toddlers, preschoolers, and the grownups who love them gather for 45 minutes of fun-filled family music time with Tiny Toes Music. Your teacher will lead you and the other families in music activities ranging from lullabies to full-on jam sessions (with child-friendly instruments, of course). In Music Together's mixed-age classes, everyone participates at their own levels: babies vocalize, listen, and observe; toddlers play and experiment; and preschoolers build confidence as they emerge as classroom leaders. You'll take home the award-winning music used in class, along with an illustrated songbook and other resources. You'll be supporting your child's music-learning and overall development all week long as you discover new ways to play with music together. It's so much fun, you won't realize how much learning is taking place! Infant siblings under 9 months attend for free and any caregiver (parent, nanny, or grandparent) can participate in this family music experience. For more information, visit www.TinyToesMusic.com.

Code	Day	Date	Time	Code	Day	Date	Time
AP-PRE-1003-1	Tu	1/23-3/12	9:00-9:45 AM	AP-PRE-1003-10	Tu	4/2-5/21	11:00-11:45 AM
AP-PRE-1003-2	Tu	1/23-3/12	10:00-10:45 AM	AP-PRE-1003-11	Tu	4/2-5/21	1:00-1:45 PM
AP-PRE-1003-3	Tu	1/23-3/12	11:00-11:45 AM	AP-PRE-1003-12	W	4/3-5/22	9:30-10:15 AM
AP-PRE-1003-4	Tu	1/23-3/12	1:00-1:45 PM	AP-PRE-1003-13	W	4/3-5/22	10:30-11:15 AM
AP-PRE-1003-5	F	1/26-3/15	9:00-9:45 AM	AP-PRE-1003-14	W	4/3-5/22	11:30-12:15 PM
AP-PRE-1003-6	F	1/26-3/15	10:00-10:45 AM	AP-PRE-1003-15	W	4/3-5/22	1:00-1:45 PM
AP-PRE-1003-7	F	1/26-3/15	11:00-11:45 AM	AP-PRE-1003-16	F	4/5-5/24	9:00-9:45 AM
AP-PRE-1003-8	Tu	4/2-5/21	9:00-9:45 AM	AP-PRE-1003-17	F	4/5-5/24	10:00-10:45 AM
AP-PRE-1003-9	Tu	4/2-5/21	10:00-10:45 AM	AP-PRE-1003-18	F	4/5-5/24	11:00-11:45 AM

Location: The Community House Instructor: Tiny Toes Music

Fee:.....\$263 Keyholder Fee:.....\$228

Find your inner creativity!





LYARTS | PRESCHOOL



Handprints: Messy Mixed Media

Ages: 3-5 years old

Calling all junior artists! Come dressed for a mess and explore art-making in this messy class. Children will have fun creating their very own art projects. Drop-off optional, parents and caregivers welcome. Children must be toilet independent or use pull ups. Students are suggested to bring old, oversized shirts to wear as smocks.

Code	Day	Date	Time
AP-PRE-1004-1	F	1/5-2/9	11:30 AM-12:15 PM
AP-PRE-1004-2	F	1/5-2/9	1:00-1:45 PM
AP-PRE-1004-3	F	2/16-3/22	11:30 AM-12:15 PM
AP-PRE-1004-4	F	2/16-3/22	1:00-1:45 PM
AP-PRE-1004-5	F	4/12-5/17	11:30 AM-12:15 PM
AP-PRE-1004-6	F	4/12-5/17	1:00-1:45 PM
Location:	The Co	ommunity Ho	ouse
Instructor:	Molly H	Haworth	
Face	#10F		

Fee:\$125 Keyholder Fee:.....\$110

West Suburban Ballet

Toddler & Me

Ages: 1½-2 years old

A movement-based class that develops strength, coordination, and spatial awareness with a focus on familial bonding.

Code	Day	Date	Time
AP-PRE-1006-3	Μ	2/5-3/18	3:15-4:00 PM
AP-PRE-1006-4	Μ	4/1-5/13	3:15-4:00 PM
Location:	The Co	ommunity H	ouse
Fee:	\$210		

Keyholder Fee:.....\$175

Creative Movement

Ages: 3-5 years old

A fun-filled class exploring the basics of dance with an emphasis on the development of key motor skills and listening skills.

Code	Day	Date	Time	
AP-PRE-1006-1	Tu	2/6-3/19	3:15-4:00 PM	
AP-PRE-1006-2	Tu	4/2-5/14	3:15-4:00 PM	
Location: The Community House				

Fee:.....\$210 Kevholder Fee:.....\$175

Ballet Technique

Ages: 5-10 years old

LEVEL 1: A comprehensive foundational ballet program that includes ballet 2 times per week and Strength & Stretch once a week. LEVEL 2: Students build on the fundamental concepts of ballet training with focus on ballet vocabulary, studio etiquette, alignment, and musicality. Level II includes ballet 2 times per week and Strength & Stretch once a week. An optional 3rd day per week is available for dancers who wish to participate in West Suburban Ballet Conservatory's The Nutcracker.

Level 1 & 2: 5-6 years old				
Code	Day	Date	Time	
AP-YTH-1041-1	M/Tu	2/5-3/18	4:15-5:15 PM	
		2/6-3/19	4:15-5:45 PM	
AP-YTH-1041-3	M/Tu	4/1-5/13	4:15-5:15 PM	
		4/2-5/14	4·15-5·45 PM	

Level 2: 7 years old and up				
Code	Day	Date	Time	
AP-YTH-1041-2	M/Tu	2/5-3/18	4:15-5:15 PM	
		2/6-3/19	4:15-5:45 PM	
AP-YTH-1041-3	M/Tu	4/1-5/13	4:15-5:15 PM	
		4/2-5/14	4:15-5:45 PM	

Location: The Community House

Fee:.....\$400 Keyholder Fee:.....\$350



LYARTS | PRESCHOOL/YOUTH

Dynamic Perception Dance

Dance With Me

Ages: 1½-3 years old

Dance With Me is a fun and energetic introduction into the world of dance. Students will dance and play their way through a high energy and fun class. Students will learn basic dance fundamentals along with gross motor skills, independent learning, and classroom etiquette. Parents/ Guardians are welcome to join their students in this class. Dress Code: Easy to move in comfortable clothing and indoor shoes

Code	Day	Date	Time
AP-PRE-1011-1	F	2/2-3/22	1:00-1:30 PM
AP-PRE-1011-2	F	4/5-5/24	1:00-1:30 PM

Location:.....The Community House

Fee:.....\$120 Keyholder Fee:.....\$100

Toddler Time

Ages: 1½-3 years old

Toddler Time is an excellent introduction for little ones who want to explore dance. Students will independently dance and play their way through a high-energy and fun class. Students will learn basic dance fundamentals along with gross motor skills, independent learning, and class-room etiquette. <u>Dress Code:</u> Pink leotard, Pink tights and Pink ballet shoes. Hair should be pulled back away and secured away from the face

Code	Day	Date	Time
AP-PRE-1011-7	F	2/2-3/22	2:30-3:00 PM
AP-PRE-1011-8			2:30-3:00 PM
Location:	The Co	ommunity Ho	ouse
Fee:	\$120		
Keyholder Fee:	\$100		

Hippity Hop

Ages: 3-6 years old

Hip Hop class utilizes upbeat music from various genres in addition to the latest Hip Hop hits. The resulting outcome is an energetic class that not only teaches you Hip Hop movements and technique, but also instills rhythm and precision in your muscle memory. All dancers from any level are welcome. Dress Code: Easy to move in comfortable athletic wear with indoor tennis shoes.

Code	Day	Date	Time
AP-PRE-1011-3	F	2/2-3/22	1:30-2:00 PM
AP-PRE-1011-4	F	4/5-5/24	1:30-2:00 PM
Location:	The Co	mmunity Ho	ouse
Fee:	\$120		
Keyholder Fee:	\$100		

Tumble Tots

Ages: 3-6 years old

Acro/Tumbling class will focus on fundamental acrobatic & tumbling technique as taught by the Acrobatic Arts curriculum. Our teachers are Acrobatic Arts certified. Dress_Code: Girls—Pink Leotard, Pink convertible tights, bare feet. Hair should be pulled back and secured away from the face. Boys—White fitted T-shirt and black shorts.

Code	Day	Date	Time
AP-PRE-1011-9	F	2/2-3/22	2:00-2:30 PM
AP-PRE-1011-10	F	4/5-5/24	2:00-2:30 PM
Location:	.The Co	mmunity Ho	use
Fee:	.\$120		
Keyholder Fee:	.\$100		

Tiny Tap

Ages: 3-6 years old

Tap is one of the oldest dance forms in this country. Students are taught rhythm, timing, and leg/foot coordination done to various types of music. We teach all types of tap from traditional tap to funky Rhythm tap. Tiny Tap is specifically created for our littlest dancers!

Code	Day	Date	Time
AP-PRE-1011-5	F	2/2-3/22	3:00-3:30 PM
AP-PRE-1011-6	F	4/5-5/24	3:00-3:30 PM
Location:	.The Co	mmunity Ho	use
Fee:	.\$120		
Keyholder Fee:	.\$100		

Hip Hop I

Ages: 6-9 years old

Hip Hop class utilizes upbeat music from various genres in addition to the latest Hip Hop hits. The resulting outcome is an energetic class that not only teaches you Hip Hop movements and technique but



also instills rhythm and precision in your muscle memory. All dancers from any level are welcome.

Code	Day	Date	Time
AP-YTH-1008-1	F	2/2-3/22	3:00-3:30 PM
AP-YTH-1008-1	F	4/5-5/24	3:00-3:30 PM
Location:	The Co	mmunity Ho	use
Fee:	\$175		
Keyholder Fee:	\$150		







Broadway Kids: Rock Stars!

Ages: 3-7½ years old

This rockin' class will have your child acting, singing and dancing to hits of the 70's, 80's, 90's and Today! Each week the theme of your child's class revolves around a different Rock 'n' Roll Band or performer including improvisation, acting games, singing, and dance moves directly related to the hit songs from that band. There will also be an exploration of musical skills like rhythm, dynamics and more! Throughout the class everyone will become a Rock Star as the class becomes a band of their own as they work together on a couple performance songs for an end of the class performance! This is a great class for those too young to start vocal lessons or those who want to try a new twist on our hit Broadway Kids class!

Code	Day	Date	Time
AP-YTH-1022-1	Μ	2/19-5/13*	3:30-4:30 PM
Location:	.The Co	mmunity Ho	use
Fee:	.\$325		
Keyholder Fee:	.\$355		
*No class 3/25			

Comedy Improv

Ages: 7-14 years old

This fun interactive improv class introduces the student to the basics of acting as taught at some of the best programs like Second City and iO Chicago. Students are taught to express their emotions and to communicate by using their bodies, gestures and facial expressions. Through games and improv scenes the students will gain confidence and skills to create characters and situations of all shapes and sizes. This class can be taken over and over because improv is different every time and is a great starter before more advanced acting classes!

Code	Day	Date	Time
AP-YTH-1011-1	Th	2/15-3/21	5:00-6:00 PM
AP-YTH-1011-2	Th	4/4-5/9	5:00-6:00 PM
Location:	The Co	mmunity Ho	ouse
_			

Fee:.....\$190 Keyholder Fee:......\$230

Voice Lessons

Ages: 8-18 years old

Now offering private voice lessons! There are so many benefits to private lessons, which include but definitely aren't limited to: one-on-one focused attention, gaining confidence and self-esteem in your talent, providing 70.60 minutes of focused as



providing 30-60 minutes of focused and disciplined behavior, advanced music skills...and much, much more! Discover your potential through one-on-one lessons with our expert instructors. Full sessions are 13 weeks with several payment options available. Please contact LyArts Director Jimmy McDermott via email at jmcdermott@thecommunityhouse.org to inquire about instructor availability, registration and scheduling.



Brushwork Painting/Drawing

Ages: 5-11 years old

This class offers students a variety of drawing, painting and printmaking materials to study line, shape, and composition. Students will work independently and in groups to explore and develop their unique artistic expression. The class will culminate with an art show organized and hung by the students. Supplies included. Students are suggested to bring old, oversized shirts to wear as smocks.

Code	Day	Date	Time
AP-YTH-1020-1	Sa	1/6-2/10	10:00-11:30 AM
AP-YTH-1020-2	Sa	2/17-3/23	10:00 -11:30 AM
AP-YTH-1020-3	Sa	4/6-5/11	10:00-11:30 AM
Location:	The Co	mmunity Ho	use
Instructor:	Gabriel	le Tufano & I	_yArts Staff
Fee:	\$180		

Fee:.....\$180 Keyholder Fee:.....\$160

Snack & Crafts

Ages: 5 years old and up

Come to the Art Studio for some lunchtime fun. Have a snack and make cool stuff. We provide the nibbles and supplies. You just bring your imagination. Register for individual

Make a whole morning of it!

Please visit our website for a package deal on both **Brushwork** and **Snacks & Crafts**.

days as well. Please see our website for more information.

Code	Day	Date	Time
AP-YTH-1057-1	Sa	1/6-2/10	11:30 AM-1:00 PM
AP-YTH-1057-2	Sa	2/17-3/23	11:30 AM-1:00 PM
AP-YTH-1057-3	Sa	4/6-5/11	11:30 AM-1:00 PM
Location:	.The Co	mmunity Ho	ouse
Fee:	\$100		
Keyholder Fee:	\$90		



2-D Studio: Painting/Drawing

Dav

Ages: 9-15 years old

Code

Spark your imagination. Develop your artistic vision. Learn to utilize the fundamentals of drawing and painting elements, principles, techniques in producing art. Parents or family members may be asked to participate in one painting experience. Take the course a second session for further exploration and creativity. For students at any level of experience or curiosity. Some supplies provided. Additional individual supply list provided by instructor. Students are suggested to bring old, oversized shirts to wear as smocks.

Date

Time

	3		
AP-YTH-1014-1	Μ	1/15-2/5	4:30-6:00 PM
Location:	The Co	mmunity Ho	ouse
Instructor:	Pam K	alafut	
Fee:	\$105		
Keyholder Fee:	\$90		
	_	B •	T :
Code		Date	
Code AP-YTH-1014-2			
	М	2/12-3/18	4:30-6:00 PM
AP-YTH-1014-2	M M	2/12-3/18 4/8-5/13	4:30-6:00 PM 4:30-6:00 PM
AP-YTH-1014-2 AP-YTH-1014-3	M M The Co	2/12-3/18 4/8-5/13 ommunity Ho	4:30-6:00 PM 4:30-6:00 PM
AP-YTH-1014-2 AP-YTH-1014-3 Location:	M M The Co Pam K	2/12-3/18 4/8-5/13 ommunity Ho	4:30-6:00 PM 4:30-6:00 PM

Artist's Portfolio

Ages: 14 years old and Up

This class is for passionate artists seeking some direction, as well as those looking to meet more artists in the community. Perfect for both students in the process of applying to art school and venerable artists alike. We will be meeting monthly to discuss your current portfolio in its entirety and offer guidance to those interested in building one. Artists may also bring in recently completed or works-in-progress for critique from the instructor and peer artists. Please bring in the physical artwork if possible or laptops/tablets for viewing. Showing work on cellphone screen is not recommended for purpose of this class.

Code	Day	Date	Time
AP-ADT-1027-2	Su	2/11	4:30-6:30 PM
AP-ADT-1027-3	Su	3/10	4:30-6:30 PM
AP-ADT-1027-4	Su	4/14	4:30-6:30 PM
AP-ADT-1027-5	Su	5/12	4:30-6:30 PM
Location:	.The Co	mmunity Ho	ouse
Instructor:	. Gabrie	lle Tufano	
Fee:	.\$25		
Keyholder Fee:	.\$20		

SAVE ON ALL 4 MEETINGS

Code:	AP-ADT-1027-1
Fee:	\$90
Keyholder Fee:	\$70

Procreate 101-Digital Drawing

Ages: 9-15 years old

A beginner's guide to digital illustration using Procreate. Students must have their own device to bring to class with necessary app and/or software loaded.

Code	Day	Date	Time
AP-YTH-1082-1	Th	2/1-2/15	6:30-8:00 PM
AP-YTH-1082-2	Th	4/4-4/18	6:30-8:00 PM
Location:	.The Co	mmunity Ho	use
Fee:	.\$80		
Keyholder Fee:	.\$65		

RPG Club

Ages: 9 years old and up

Role Playing Games (RPGs) encourage teamwork, exercise imagination, and help make new friends for life. Have

you watched Stranger Things and wondered what D&D (Dungeons & Dragons) was all about? Challenge yourself and fight your own "Demogorgon" here! We'll supply you with your very own polyhedral dice. CRE-ATE. DRAW and BUILD your own characters. WRITE your own stories and backgrounds then ACT out your character by dressing up (if your heart desires) and FIGHT the BBEG (Big Bad Evil Guv) at the conclusion of a quest. [Mature 10 and up encouraged; teenagers welcome!]

Code	Day	Date	Time
AP-YTH-1007-1	W	1/31-3/20	6:30-8:30 PM
AP-YTH-1007-2	W	4/3-5/22	6:30-8:30 PM
Location:	.The Co	ommunity Ho	ouse
Fee:	.\$230		

Keyholder Fee:.....\$198



This program is partially funded by a grant from the Illinois Arts Council Agency.









PRESCHOOL

Ages Newborn-6 years



Mommy + Me Tea Party

Ages: 3-6 with parent/caregiver

Our "Mommy and Me Tea Party" is a delightful and interactive 45-minute activity designed for preschool-aged children (ages 3-6) and their favorite adults to share a memorable and enchanting tea party experience. This class encourages bonding, creativity, and imaginative play in a warm and welcoming environment. Children must be accompanied by an adult.

Code	Day	Date	Time
ENR-PRE-1024-3	\vee	5/8	1:00-1:45 PM
Location:	The Co	ommunity	/ House

Fee:\$62 Keyholder Fee:\$54

St. Paddy's Shenanigans & Storytime

Ages: 3-6 with parent/caregiver

Join us in celebration of St. Patrick's Day! This 45-minute activity is designed to captivate your little one's imagination while fostering their early learning and social development. We provide a craft, snacks, and storytime for your kiddos! Children must be accompanied by an adult.

Code	Day	Date	Time
ENR-PRE-1024-4	W	3/13	1:00-1:45 PM
Location:	The Co	mmunity	/ House
Fee:	\$62		
Keyholder Fee:	\$54		

PRESCHOOL ENRICHMENT

Spanish Class

Ages: 3-6 years old

Hola Amigos! Your child will find themselves immersed in Spanish, learning the language the way true native do. We will sing songs, have stories, movement, movies, art, music, and so much more but all immersed in Spanish! Small interpersonal groups, and native speaking teachers will help guide you and/or your child towards Spanish mastery as efficiently as possible. Siblings discount: 10% discount for each additional sibling after the first child enrolls. Can be done online or in person at The Community House.

Code	Day	Date	Time
ENR-PRE-1019-1	Th	1/18-4/25	4:00-5:30 PM
Location:	The Co	mmunity Ho	use
Instructor:	Alma A	scencio and	Alejandra Osor
Fee:	\$655		
Keyholder Fee:	\$569		





Stranger Danger

Keyholder Fee:.....\$12

Ages: 4-9 years old with parent/caregiver

The focus of this program is to teach children about the potential dangers of strangers through the explanation of numerous safety tips by Hinsdale Police Officers. Children must be accompanied by an adult.

Code	Day	Date	Time
ENR-PRE-1004-1	Th	3/14	4:00-4:45 PM
Location:	Kather	ine Legg	e Memorial (KLM)
	5901 S	outh Cou	ınty Line Road, Hinsdale
Fee:	\$25		



Little Medics - Little Veterinary School (Dog)

Ages: 4-6 years old

After "adopting" their very own plush puppy, students will role-play the key responsibilities of a veterinarian, including how to properly perform a nose-to-tail exam. These future veterinarians will learn how to sew stitches, remove ticks, make healthy treats, and vaccinate their dog.

Code	Day	Date	Time
ENR-PRE-1037-1	W	1/31-2/28	4:30-5:30 PM
Location:	The Co	ommunity Ho	ouse
Fee:	\$220		
Kevholder Fee:	\$195		

Little Medics - Little Doctor School

Ages: 4-6 years old

Our youngest future doctors will use a real stethoscope and other medical instruments, learn how muscles and nerves work together, cast a broken bone, and how to properly scrub their hands before surgery.

Code	Day	Date	Time
ENR-PRE-1037-2	\bigvee	3/6-4/17	4:30-5:30 PM
Location:	The Co	ommunity H	ouse
Fee:	\$220		
Keyholder Fee:	\$195		



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Adult & Tot Gymnastics

Ages: 2-3 years old with parent/caregiver Join a fun, nurturing environment, while exposing your child to a safe and challenging gymnastics experience. Gymnastics equipment in this class is downsized

to benefit this age group. Parents assist with activities in a safe and caring environment. Please bring a labeled water bottle.

Code	Day	Date	Time
ATL-PRE-1012-4	Sa	1/13-2/17	11:15-11:45 AM
ATL-PRE-1012-5	Sa	2/24-4/6*	11:15-11:45 AM
Location:	The Co	ommunity Ho	ouse
Instructor:	Sports	Kids	
Fee:	\$59		
Keyholder Fee:	\$51		
*No class 3/30			

Adult & Tot Soccer

Ages: 2-3 years old with parent/caregiver

Parents or any significant adult will enjoy time with their toddlers learning the skills, moves and joy of playing America's most popular youth sport! This class is the perfect introduction to soccer for children. Emphasis will be on the basic skills of soccer such as dribbling, passing, and shooting, all in

Time

a fun and relaxed environment. Age appropriate drills, games, and equipment will be used to help tots learn these skills as well as

develop motor skills, coordination, balance, listening and social skills. Adults will enjoy playing alongside and assisting their youngsters as they get their first taste of soccer fun! Please bring a labeled face covering and water bottle.

Date

	_ ~,	_ ~~~	
ATL-PRE-1004-11	W	1/10-2/14	5:15-5:45 PM
ATL-PRE-1004-12	W	2/21-4/3*	5:15-5:45 PM
Location:	The Co	ommunity Ho	ouse
Instructor:	Sports	Kids	
Fee:	\$59		
Keyholder Fee:	\$51		
*No class 3/27			
140 01033 3/27			
Code	Day	Date	Time
Code	М	4/15-5/20	
Code ATL-PRE-1004-14	M Robbir	4/15-5/20 ns Park	
Code ATL-PRE-1004-14 Location:	M Robbir Sports	4/15-5/20 ns Park	
Code ATL-PRE-1004-14 Location:	M Robbir Sports \$90	4/15-5/20 ns Park	

Day

Adult & Tot Sports Stop

Code

Ages: 2-3 years old with parent/caregiver

Dav

Parents are an integral part of helping their tots experience basic sports movement and motor skills. Motor skill activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. Parent or caregiver participation is required. Please bring a labeled water bottle.

Date

Time

ATL-PRE-1007-10	Sa	1/13-2/17	9:45-10:30 AM
ATL-PRE-1007-11	Sa	2/24-4/6*	9:45-10:30 AM
Location:	The Co	ommunity Ho	ouse
Instructor:	Sports	Kids	
Fee:	\$90		
Keyholder Fee:	\$77		
*No class 3/30			
the state of the s			
Code	Day	Date	Time
Code ATL-PRE-1007-12	-		
	Th	4/18-5/23	
ATL-PRE-1007-12	Th Robbir	4/18-5/23 ns Park	
ATL-PRE-1007-12 Location:	Th Robbir Sports	4/18-5/23 ns Park	



Adult & Tot T-ball

Ages: 2-3 years old with parent/caregiver

Parents can enjoy America's favorite pastime with their child. Young children will develop motor skills while having fun throwing, catching, batting and base running like the big kids. Parents and their little athletes will enjoy making new friends and working together to learn the basics of gameplay in this exciting class! Parent or caregiver participation is required. Please bring a labeled water bottle and mitt.

Code	Day	Date	Time
ATL-PRE-1001-4	Sa	4/13-5/18	9:00-9:45 AM
Location:	Robbin	s Park	
Instructor:	Sportsl	Kids	
Fee:	\$90		
Keyholder Fee:	\$77		
Code	Day	Date	Time
Code ATL-PRE-1001-5			
	Tu	4/16-5/21	
ATL-PRE-1001-5	Tu KLM Pá	4/16-5/21 ark	
ATL-PRE-1001-5 Location:	Tu KLM Pa Sportsk	4/16-5/21 ark	

Code

PRESCHOOL ATHLETICS

Dad & Me Fun with Football

Ages: 3-5 years old with parent/caregiver

Enjoy Nerf® football with your son or daughter. You, along with our accomplished coaches, will help the little athlete learn the proper form and technique of catching, throwing, center skills, hand-offs, kick-offs and more in our fun and friendly setting. Parent/guardian participation required. Please bring a labeled water bottle

Code	Day	Date	Time
ATL-PRE-1014-1	Μ	4/15-5/20	5:45-6:30 PM
Location:	Robbir	ns Park	
Instructor:	Sports	Kids	
Fee:	\$90		
Keyholder Fee:	\$77		

Fit n' Fun for Kids

Ages: 4-6 years old

Kids will have a blast as they run, jump, hop, skip, stretch and play to gain strength, flexibility and cardio awareness as well as improve motor development, spatial awareness, cognitive ability, and socialization skills. We'll do all sorts of activities including cardio exercises, bean bag games, relay races, animal movements, stretching techniques, circle games, obstacle courses, tagging games, catching balls, parachute play, and other fitness and sports games. Make sure to wear comfortable clothes and gym shoes for this action packed class in which children will develop a positive association with fitness. Please bring a labeled water bottle.

Code	Day	Date	Time
ATL-PRE-1007-7	Sa	1/13-2/17	9:00-9:45 AM
ATL-PRE-1007-8	Sa	2/24-4/6*	9:00-9:45 AM
Location:	.The Co	mmunity Ho	use
Instructor:	.Sports	Kids	
Fee:	.\$90		
*No class 3/30	.\$77		

Code	Day	Date	Time
ATL-PRE-1007-9	Th	4/18-5/23	4:00-4:45 PM
Location:	.Robbin	is Park	
Instructor:	.Sportsl	Kids	
Fee:	.\$90		
Keyholder Fee:	.\$77		





Instructional T-ball League

Ages: 4-6 years old

Come join the SportsKids staff for this instructional but fun t-ball league! The focus of the league will be on helping your child to enhance batting, throwing, catching and base running skills. The first four weeks will be training sessions and the last four will be dedicated to games. Coaches will emphasize teamwork and sportsmanship. Our fun approach is a great way to expose 4-6 year old boys and girls to America's favorite pastime. Please bring a labeled water bottle, mitt, and hat,

Code	Day	Date	Time
ATL-PRE-1001-6	Sa	4/13-5/18	9:45-10:45 AM
Location:	Robbins	s Park	
Instructor:	Sportsk	(ids	
Fee:	\$118		
Keyholder Fee:	\$103		

Mini Movers

Ages: 2-3 years old with parent/caregiver

We assist parents in guiding their children through exploratory movement, large motor play, and interactive activities. Through obstacle courses, balloons and paddles, ball skills, parachute time, creative exercises, free time play, and sports games, children develop body awareness, build social skills, and expand their imaginations. This vivacious age deserves a vivacious and fun class that will set the stage for an active, healthy lifestyle. Adult participation is required. Please bring a labeled water bottle.

Code	Day	Date	Time
ATL-PRE-1007-1	Tu	1/9-2/13	10:30-11:15 AM
ATL-PRE-1007-2	Tu	2/20-4/2*	10:30-11:15 AM
ATL-PRE-1007-3	Tu	4/16-5/21	10:30-11:15 AM
Location:	The Co	ommunity Ho	ouse
Instructor:	Sports	Kids	
Fee:	\$90		
Keyholder Fee:	\$77		
*No class 3/26			







Mini Soccer

Ages: 3-5 years old

This class is a great introduction to the sport of soccer. Basic soccer skills such as running, kicking, passing, and game play will be covered. Games are used to incorporate the skills taught during class in a fun and safe environment.

Code	Day	Date	Time
ATL-PRE-1004-10	Th	4/18-5/23	5:30-6:15 PM
Location:	.Robbir	ns Park	
Instructor:	.Sports	Kids	
Fee:	.\$90		
Keyholder Fee:	\$77		
Code	Dav	Date	Time

Code	Day	Date	Time
ATL-PRE-1004-7	Tu	1/9-2/13	11:15 AM-12:00 PM
ATL-PRE-1004-8	Tu	2/20-4/2*	11:15 AM-12:00 PM
ATL-PRE-1004-9	Tu	4/16-5/21	12:30-1:15 PM
ATL-PRE-1004-13	F	4/19-5/24	11:15 AM-12:00 PM
Location:	The Co	ommunity Ho	ouse
Instructor:	Sports	Kids	

Fee:.....\$90

Keyholder Fee:.....\$77

*No class 3/26

Multi-Sport Mania

Ages: 3-5 years old

Let's play! Your child explores the wide world of sports as they participate in a different sport each week, such as t-ball, track & field, golf, lacrosse and soccer. Children get a lot of practice with skills through creative and fun drills and games. Don't miss out on the fun! Please bring a labeled water bottle and face covering. Please bring a labeled water bottle.

Code	Day	Date	Time		
ATL-PRE-1007-4	W	1/10-2/14	4:30-5:15 PM		
ATL-PRE-1007-5	F	1/12-2/16	1:15-2:00 PM		
ATL-PRE-1007-13	\bigvee	2/21-4/3*	4:30-5:15 PM		
ATL-PRE-1007-14	F	2/23-4/5*	1:15-2:00 PM		
ATL-PRE-1007-6	F	4/19-5/24	1:15-2:00 PM		
Location:	.The Co	mmunity Ho	use		
Instructor:	.Sports	Kids			
Fee:	.\$90				
Keyholder Fee:\$77					
*No class 3/27, 3/29	9				

Parent & Me Pitch/Putt Golf

Ages: 3-4 years old with parent/caregiver

We work with you and your child to help him or her learn the basics of golf using colorful equipment. Putting, chipping and tee work are mixed with easy instruction for proper form. Equipment will be provided. Parent/guardian participation required. Each child should bring a water bottle

Code	Day	Date	Time
ATL-PRE-1008-1	Sa	4/13-5/18	1:00-1:45 PM
Location:	Robbir	ns Park	
Instructor:	Sports	Kids	
Fee:	\$90		
Keyholder Fee:	\$77		



Junior Pitch & Putt Golf

Ages: 5-7 years old

This class is a fun way for children to learn the lifelong game of golf. Boys and girls will receive golf swing instruction for all aspects of the game including full swing, pitching, chipping and putting. Creative games played in a

non-competitive and safe environment make this a superfun class for young golfers. Equipment will be provided. Each child should bring a water bottle

Code	Day	Date	Time
ATL-PRE-1008-2	Sa	4/13-5/18	1:45-2:30 PM
Location:	Robbins	s Park	
Instructor:	Sportsk	Kids	
Fee:	.\$90		
Keyholder Fee:	.\$77		

Pee Wee Floor Hockey

Ages: 4-6 years old

Does your child love the Blackhawks? This class will help your child learn the game of hockey before the skates go on. Drills for stick handling, passing, shooting, and goalie skills as well as team drills will be demonstrated in this class. Your child will enjoy learning the fundamentals and mechanics of this fast-paced and super-fun game.

Code	Day	Date	Time
ATL-PRE-1009-1	Tu	1/9-2/13	1:15-2:00 PM
Location:	The Co	mmunity Ho	use
Instructor:	Sportsk	Kids	
Fee:	\$90		
Keyholder Fee:	\$77		

Pee Wee Football

Ages: 4-6 years old

Nothing says fun like a good old game of football! This program will keep your child energized and physically active. Children will learn skills including throwing, hiking, offense/defense and flag pulling. We will play a variety of fun games to introduce kids to the sport of football. Nerf® footballs will be used. Equipment will be provided. Please bring a labeled water bottle.

Code	Day	Date	Time
ATL-PRE-1014-2	W	1/10-2/14	3:45-4:30 PM
ATL-PRE-1014-3	W	2/21-4/3*	3:45-4:30 PM
Location:	.The Co	mmunity Ho	ouse
Instructor:	.Sports	Kids	
Fee:	.\$90		
*No class 3/27	.\$77		
140 Class 3/2/			

PRESCHOOL ATHLETICS



Ages: 4-6 years old

Play lacrosse like the big kids. This recreational class for girls and boys will cover various lacrosse techniques, including cradling, scooping, passing, catching, shooting,

and goalie skills. Drills and games will be used to teach these fundamentals. Age appropriate sized sticks and softer balls will be used for safety. Please bring a water bottle.

Code	Day	Date	Time
ATL-PRE-1010-1	Sa	4/13-5/18	11:00-11:45 AM
Location:	.Robbin	s Park	
Instructor:	.Sportsk	Kids	
Fee:	.\$90		
Keyholder Fee:	.\$77		

Parent & Me Tennis Lessons

Ages: 3 years old with parent/caregiver

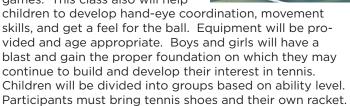
You and your youngster can experience the sport of a lifetime together. We will teach you how to interact with your child on the court and how to keep things fun while your child learns the basics of tennis. Equipment will be provided and age appropriate. Participants must bring a water bottle

Water Sottie				
Code	Day	Date	Time	
ATL-PRE-1005-1	Sa	4/13-5/18	9:00-9:30	MA C
Location:	Robbir	ns Park Tenn	is Courts	
Instructor:	Sports	Kids	The state of the s	**
Fee:	\$62	AND	100 May 2017	
Keyholder Fee:	\$54	4.7		

Pee Wee Tennis Lessons

Ages: 4-5 years old

Your child will learn proper grip, basic strokes, and other beginning tennis fundamentals through lots of fun drills and tennis-like games. This class also will help



•	_		
Code	Day	Date	Time
ATL-PRE-1005-3	Sa	4/13-5/18	9:30 AM-10:15 AM
ATL-PRE-1005-4	W	4/17-5/22	4:15 PM-5:00 PM
Location:	Robbir	ns Park Tenni	s Courts
Instructor:	Sports	Kids	
Fee:	\$93		
Keyholder Fee:	\$81		





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T-Ball Skills & Games

Ages: 4-6 years old

Boys and girls can come enjoy America's favorite pastime in this class. Participants will learn the basic fundamentals used in baseball such as running the bases, throwing. catching and fielding as well as the skills to hit the ball off a tee and maybe live pitching. Exciting drills and games will help children learn about teamwork and good sportsmanship in an atmosphere where participation and fun are top priority. Please bring a labeled water bottle and mitt.

Code	Day	Date	Time
ATL-PRE-1001-1	F	1/12-2/16	12:30-1:15 PM
ATL-PRE-1001-2	F	2/23-4/5*	12:30 1:15 PM
ATL-PRE-1001-7	F	4/19-5/24	12:30-1:15 PM
Location:	The Co	mmunity Ho	use Gym
Instructor:	.Sportsk	Kids	
Fee:	.\$90		
Keyholder Fee:	.\$77		
*No class 3/29			

Code	Day	Date	Time
ATL-PRE-1001-3	Tu	4/16-5/21	4:00-4:45 PM
Location:	KLM P	ark	
Instructor:	.Sports	Kids	
Fee:	.\$90		
Keyholder Fee:	\$77		

Tiny Tots Olympics

Ages: 2-3 years old with parent/caregiver

Get in on the Olympic spirit with your child as you join us for this fun class! Boys and girls, with the help of their parents, jump, run, throw and develop a variety of other skills as they participate in soccer, basketball, baseball (t-ball), track and field, and other Olympic sports. Children and parents participate in a pint-size Olympic games during the last class. Events made just for the smallest athletes include an obstacle course, pool noodle javelin throw, long jump, soccer ball kick, and relay races. Please bring a labeled water bottle. Please bring a labeled water bottle.

Code	Day	Date	Time
ATL-PRE-1007-15	F	1/12-2/16	10:30 AM-11:15 AM
ATL-PRE-1007-16	F	2/23-4/5*	10:30 AM-11:15 AM
ATL-PRE-1007-17	F	4/19-5/24	10:30 AM-11:15 AM
Location:	.The Co	mmunity Ho	use
Instructor:	.Sports	Kids	
Fee:	.\$90		
Keyholder Fee:	.\$77		
*No class 3/29			







Tot Gymnastics

Ages: 4-6 years old

Boys and girls will learn the basics of gymnastics in a safe and well-equipped environment. Age-appropriate maneuvers for bar, floor, low balance beam, and vault will be introduced. Children can improve coordination and help develop self-confidence, strength, flexibility and balance.

Code	Day	Date	Time
ATL-PRE-1012-1	Sa	1/13-2/17	12:30-1:15 PM
ATL-PRE-1012-2	Sa	2/24-4/6*	12:30-1:15 PM
ATL-PRE-1012-3	Tu	4/16-5/21	1:15 -2:00 PM
Location:	The Co	mmunity Ho	use
Instructor:	Sportsk	Kids	
Fee:	\$90		

Keyholder Fee:......\$77 *No class 3/30

Tot Hoopsters

Ages: 3-5 years old

In this class, young hoopsters learn the fundamentals of bouncing, catching and shooting. This class is designed to introduce the sport of basketball and develop motor skills and hand-eye coordination through fun skills and games. Equipment is tailor made to ensure success. Please bring a labeled water bottle.

Code	Day	Date	Time
ATL-PRE-1002-1	Tu	1/9-2/13	12:30 1:15 PM
ATL-PRE-1002-2	F	1/12-2/16	11:15 AM-12:00 PM
ATL-PRE-1002-3	Sa	1/13-2/17	10:30-11:15 AM
ATL-PRE-1002-4	Tu	2/20-4/2*	12:30-1:15 PM
ATL-PRE-1002-5	F	2/23-4/5*	11:15 AM-12:00 PM
ATL-PRE-1002-8	Sa	2/24-4/6*	10:30-11:15 AM
ATL-PRE-1002-9	Tu	4/16-5/21	11:15 AM-12:00 PM
Location:	The Co	mmunity Ho	use

Instructor: SportsKids

Fee:.....\$90 Keyholder Fee:.....\$77 *No class 3/26, 3/29, 3/30

Tot Track & Field

Ages: 3-6 years old

This unique class will combine stretching, movement, and other fitness concepts with running, jumping, throwing and other skills used in track and field. Children will work on body coordination, agility, balance, and self-confidence. The session will conclude with a fun-filled track and field meet on the last day of the class. Please bring a labeled water bottle.

Code	Day	Date	Time
ATL-PRE-1013-2	Tu	2/20-4/2*	1:15 -2:00 PM
ATL-PRE-1013-1	Μ	4/15-5/20	4:15-5:00 PM
Location:	The Co	mmunity Ho	use
Instructor:	Sportsk	Kids	
Fee:	.\$90		
Keyholder Fee:	.\$77		
*No class 3/26			

Tur Ages Sta for This

Tumbling for Beginners

Ages: 7-10 years old

Start out learning the proper way to perform rolls, handstands, and cartwheels.
This class is a great way to have an introduction to tumbling and to open the door to gymnastics possibilities. Please bring a

labeled water bottle.

Code	Day	Date	Time
ATL-PRE-1012-8	Sa	1/13-2/17	1:15-2:00 PM
ATL-PRE-1012-7	Sa	2/24-4/6*	1:15-2:00 PM
Location:	.The Co	mmunity Ho	use
Instructor:	.Sports	Kids	
Fee:	.\$90		
*No class 3/30	.\$77		





Spring Break Pee Wee Soccer & T-Ball Camp

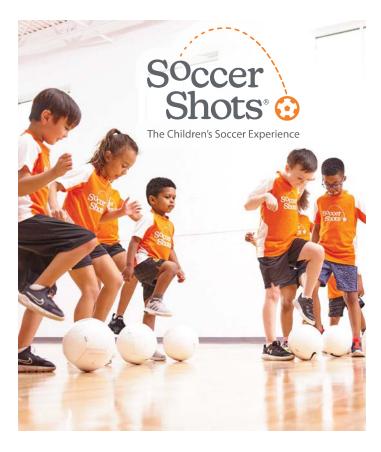
Ages: 3-6 years old

Have your child learn the world's most popular sport and America's favorite past-time all in one camp! We will concentrate on the t-ball basics of catching, hitting, running the bases, and throw-ter fundamentals of dribbling, passing, goalie work, defense and particular transfer of the transfer of the

ing and soccer fundamentals of dribbling, passing, goalie work, defense and shooting. Socialization, teamwork, following directions, key motor skills and having fun will be emphasized through drills and games in a non-competitive environment. Please bring a labeled mitt and water bottle.

Code	Day	Date	Tillie
ATL-PRE-1001-8	M-Th	3/25-3/28	9:30-10:30 AM
Location:	The Co	mmunity Ho	use
Instructor:	.Sportsl	Kids	
Fee:	.\$67		
Keyholder Fee:	.\$58		

PRESCHOOL ATHLETICS



Soccer Shots Mini

Ages: 2-3 years old

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

and being active.			
Code ATL-PRE-1004-17 Location: Instructor: Fee: Keyholder Fee:	Su .Robbin .Soccer \$145	ıs Park	
Code ATL-PRE-1004-2 ATL-PRE-1004-25 Location: Instructor: Fee: Keyholder Fee:	W Th .Robbin .Soccer	4/4-5/23 is Park	9:45-10:15 AM
Code ATL-PRE-1004-1 ATL-PRE-1004-19 ATL-PRE-1004-22 Location: Instructor: Fee: Keyholder Fee:	W Su Th .The Co .Soccer	1/21-3/10 1/18-3/7 mmunity Ho	10:45-11:15 AM 4:45-5:15 PM 4:30-5:00 PM

Soccer Shots Classic

Ages: 3-5 years old

Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, communication and curriculum. Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation.

each session such a	3 respec	i, tealliwork	and appreciation.
Code ATL-PRE-1004-16 Location: Instructor: Fee: Keyholder Fee:	Su .Robbin .Soccer .\$145	s Park	
Code ATL-PRE-1004-18 ATL-PRE-1004-23 ATL-PRE-1004-4 ATL-PRE-1004-5 Location: Instructor: Fee: Keyholder Fee:	Su Th W Th Robbin Soccer	1/18-3/7 4/3-5/22 4/4-5/23 s Park	5:25-6:00 PM 10:25-11:00 AM
Code ATL-PRE-1004-3 Location: Instructor: Fee: Keyholder Fee:	W The Co Soccer	mmunity Ho	11:25 AM-12:00 PM

Soccer Shots Premier

Ages: 5-8 years old

Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in- class coaching, communication and curriculum. Soccer Shots Premier focuses on individual skill, fitness and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner.

Code	Day	Date	Time
ATL-PRE-1004-20	Su	1/21-3/10	5:25-6:10 PM
ATL-PRE-1004-21	Th	1/18-3/7	5:55-6:40 PM
ATL-PRE-1004-24	Su	4/7-5/26	5:25-6:10 PM
ATL-PRE-1004-6	Th	4/4-5/23	6:10-6:55 PM
Location:	Robbir	ns Park	
Instructor:	Soccei	r Shots	
Fee:	\$185		
Keyholder Fee:	\$160		
_			













Ages 5-16 years



Chess Forward - Competitive Chess

Ages: 8-15 years old

Each class will consist of a high-quality chess lecture followed by supervised time to play classmates! For

intermediate or advanced chess players. Lecture is geared towards players with a rating between 500-1500.



Students should already know basic strategy, and either have an official rating or desire to play competitive chess.

Code	Day	Date	Time
ENR-YTH-1017-1	Tu	1/103/20*	4:40-6:00 PM
Location:	The Co	mmunity Ho	use
Fee:	\$322		
Keyholder Fee:	\$280		
*No class 1/24			

Let's Code It: Digital Design

Ages: 7-14 years old

Your child will have a blast designing video games and animations in this exciting STEM program. Our innovative approach to coding is sure to spark your child's interest in computer science, using a kid-friendly, intuitive, block-based programming system called Scratch, developed by the MIT Media Lab. The fun-filled curriculum hones important skills related to problem solving, attention to detail, creativity, storytelling and critical thinking. Class topics include conditional statements, cloning, variables, loops, control structure, object-oriented design concepts and data structures. **Students must come with their own tablet/laptop device.**

Code	Day	Date	Time		
ENR-YTH-1021-1	Μ	4/1-5/20	4:30-5:30 PM		
Location: The Community House					
Fee:	\$198				
Keyholder Fee:\$172					

Instruction by American **Red Cross**

Classes are at The Community House

Kids Safe at Home

Ages: 5-10 years old

This class is for the child who stays by himself/herself occasionally, cares for younger siblings for a short period of times or is just ready to accept the responsibility. This course teaches children the importance of behaving responsibly and how to handle themselves when confronted with a challenge, such as answering the telephone or the door when parents are away. Topics covered include: safety in the home, proper use of keys, what to do in case of an emergency, how to respond to strangers and general house rules. Fee includes workbook. Disclaimer: This course does NOT endorse children being home alone; that responsibility lies with the parents. This course simply prepares children to be safe and careful when parents are not immediately available.

Code	Day	Date	Time
ENR-YTH-1024-4	Sa	2/17	10:00-11:30 AM
Fee:	\$50		
Keyholder Fee	\$30		

\$5 OFF for attending **BOTH** Kids Safe at Home & First Aid for Kids. Be sure to pack a lunch!

First Aid for Kids

Ages: 5-10 years old

This American Red Cross course teaches children introductory first aid skills focusing on recognizing an emergency, calling 911, dealing with cuts, burns, broken bones, poisoning, choking and exploring contents of a first aid kit. Hands-on activities provided for additional reinforcement. Fee includes workbook.

Code	Day	Date	Time
ENR-YTH-1024-3	Sa	2/17	12:00-1:30 PM
Fee:	\$50		
Keyholder Fee:	\$30		

Babysitters Certification

Ages: 11-15 years old

Get the knowledge, skill and confidence you need to care for infants and school-age children. This training will help participants develop skills in leadership and professionalism; safety and safe play; and first aid. The course will combine video, activities, hands-on skills training and discussion for a complete learning experience. Please bring a sack lunch. To receive certification, participants must be present for the entirety of the class.

Code	Day	Date	Time
ENR-YTH-1024-1	Sa	1/27	9:00 AM-4:00 PM
ENR-YTH-1024-2	Sa	3/23	9:00 AM-4:00 PM
Fee:	\$105		
Keyholder Fee:	\$90		

Teen Self Defense Workshop

Ages: 10 years old and up

Middle school and high school students will participate in a series of discussions and be introduced to basic physi-

cal self-defense skills and techniques. Training will focus on three key areas: Mindset. Skill Set and Planning. Specific topics may include Situational Awareness, Bystander Intervention, Consent, Healthy Relationships, Simple Effective Strikes. How to Escape Common



Grabs, and much more.

All topics will be presented at an age-appropriate level for the children in attendance. The purpose of the training is to empower the attendees by providing them with life skills, which will allow them to confidently transition into new situations, such as starting a job, driving, and going off to college. We realize that teens are busy and hope that this will be a good outlet for them to burn some energy, release stress and learn a life skill, in a fun environment

Code	Day	Date	Time
ENR-YTH-1042-1	Su	3/17	1:00-3:00 PM
Fee:	\$41		
Keyholder Fee:	\$35		

Teen Self Defense for Mental Health

Ages: 11-17 years old

This workshop will explore how our brain controls our response during a self defense situation, how we recover from a traumatic experience, and why others play a critical role in the recovery process. We will also look at the benefits of preventative self defense training; having the knowledge in advance of an unexpected/undesirable experience, as well as the benefits of responsive self defense training; for those that have been through a traumatic experience. Regardless of timing, education is powerful and can benefit everyone. Attendees will practice basic striking on soft targets to feel the benefits of stress release and trauma release, which often occur during self defense training. Attendees will learn escapes from common grabs.

Code	Day	Date	Time
ENR-YTH-1042-2	Th	5/2	4:00-6:00 PM
Fee:	\$41		
Keyholder Fee:	\$35		





Mother + Daughter Self Defense Workshop

Ages: 10 years old and up with parent/caregiver

May is a great time for Mothers and daughters to learn something new, together! Moms, bring your daughters out to empower them with the life skill of self defense. Daughters, bring your mom out to show her how much you love her. This workshop is an opportunity for mothers and daughters to learn together and connect through the learning experience. Training will include age-appropriate discussions, activities and self defense skills. Attendees will leave with the opportunity to further discuss the topics covered in the workshop as they apply to their unique situations. (Adult mother/daughter pairs are also welcome to attend. Those who may not have a mother or daughter to attend with them can certainly bring a friend instead.)

Code	Day	Date	Time
ENR-YTH-1042-3	Sa	5/4	11:00 AM-1:00 PM
Fee:	\$41		
Kevholder Fee:	\$35		

Healthy Habits Club: Grades K-8

Ages: 7-14 years old

The Healthy Habits Club from Afterschool Enrichment Solutions provides a fun, action-packed and positive environment to promote physical, mental and emotional health! Students will explore themes of communication, compassion for self and others, active listening, conflict resolution, gentle exercise, nutrition, mindfulness, and respect. A qualified instructor will guide the participants in hands-on learning through games, movement, creative writing, problem-solving exercises and journaling.

Code	Day	Date	Time
ENR-YTH-1021-69	Tu	4/2-5/21	4:30-5:30 PM
Fee:	\$198		
Keyholder Fee:	\$172		A STATE OF THE STA

Spanish Class

Ages: 6-12 years old

Hola Amigos! Your child will find themselves immersed in Spanish learning the language the way true native do. We will sing songs, have stories, movement, movies, art, music, and so much more but all immersed in Spanish!

movies, art, music, and so much more but all immersed in Spanish!

Small interpersonal groups, and native speaking teachers will help guide you and/or your child towards Spanish mastery as efficiently as possible.

Siblings discount: 10% discount for each additional sibling after the first child enrolls. Can be done online or in person at The Community House.

Code	Day	Date	Time
ENR-PRE-1019-2	Th	1/18-4/25	4:00-5:30 PM
Location:	The Co	ommunity Ho	ouse
Instructor:	Alma /	Ascencio and	d Alejandra Osor
Fee:	\$655		
Keyholder Fee:	\$569		

Baking - Whole Child Learning

Ages: 5-12 years old

Learn the basics of baking as you measure, mix and knead your way to tasty treats! We'll be making breads, pies, cookies and more! Sample your fresh baked creations and take them home to family too!

Please contact mtowns@thecommintyhouse.org no later than one week prior to the start of class if you have any dietary restrictions or allergies!

Code	Day	Date	Time		
ENR-YTH-1020-3	Tu	4/9-5/21	4:00-5:15 PM		
Location: The Community House					
Fee:	\$270				
Keyholder Fee:	.\$235				

Culinary Creations- Whole Child Learning

Ages: 5-13 years old

Measure, mix, knead and bake some delicious meals and treats! Taste your creations and take them home to share with family and friends! We'll make appetizers and desserts for entertaining as well!

Code	Day	Date	Time		
ENR-YTH-1020-1	Tu	1/23-3/12	4:00-5:15 PM		
Location:The Community House					
Fee:	.\$270				
Keyholder Fee:	.\$235				

Lego Engineering - Whole Child Learning

Ages: 5-12 years old

Do you love playing with Legos? Design and build castles, monsters, bridges, volcanoes and more! We'll have so much fun building projects that actually move, and we'll test them to see how they work! This class capture's kid's imaginations with engaging, hands-on, building projects!

Code	Day	Date	Time
ENR-YTH-1020-4	Th	4/11-5/23	4:00-5:00 PM
Location:	The Co	mmunity Ho	use
Fee:	\$218		
Keyholder Fee:	\$190		

Super Slime & Gooey Chemistry- Whole Child Learning

Ages: 5-12 years old

Become a mad scientist as you brew up some crazy concoctions! Have a blast with "kitchen safe chemistry" and explore science in a fun, creative way! Each week we'll be performing experiments, making explosions and creating slime too!

Code	Day	Date	Time
ENR-YTH-1020-2	Th	1/25-3/21*	4:00-5:00 PM
Location:	.The Co	mmunity Ho	use
Fee:	.\$218		
Keyholder Fee:	.\$190		
*No class 2/1			

YOUTH ENRICHMENT



EV Sewing & Fashion Design (Winter/Spring Collection)

Ages: 6-12 years old

Come learn how to design and sew your very own clothing using a sewing machine. Use a sewing machine to create your very own PJ pants, cozy sweaters, and more! All experience levels are welcome.

Code	Day	Date	Time		
ENR-YTH-1032-1	Μ	2/19-5/13	4:00-6:00 PM		
Location:The Community House					
Fee:	\$575				

Keyholder Fee:.....\$580

EV Fine Arts: Valentines Day Workshop

Ages: 6-13 years old

Come join us for a fun, Valentine's Day workshop! Sew your very own valentine's day ou4it. This class is 3 hours in duration and students will get a sweet treat to celebrate this fun holiday. No experience necessary to participate.

Code	Day	Date	Time
ENR-YTH-1032-3	Su	2/11	1:00-4:00 PM
Location:	The Co	ommunity	House
Fee:	\$115		
Kevholder Fee:	\$95		

EV Fine Arts: Spring Break Workshop

Ages: 6-13 years old

Let's get ready for spring! Come sew your very own swim cover-up or t-shirt to wear on spring or summer break. This class is 3 hours in duration and students will be served a pizza lunch. No experience necessary to participate.

Code	Day	Date	Time
ENR-YTH-1032-2	Su	3/3	10:00 AM-1:00 PM
Location:	The Co	ommunity	/ House
Fee:	\$115		
Keyholder Fee:	\$95		

Little Medics - Little Doctor School

Ages: 6-10 years old

Students will role play the key responsibilities of a doctor and explore the human optical system and different parts of the ear. These future doctors will learn about life-saving skills, emergency preparedness, nutrition, using splints/ casts, and how to read X-rays.

Code	Day	Date	Time	
ENR-YTH-1037-1	W	1/24-2/28	5:45-6:45 PM	
Location: The Community House				
Fee:	\$209			
Keyholder Fee:	\$182			

Little Medics - Little Veterinary School (Cat)

Ages: 6-10 years old

Students will role-play the key responsibilities of a veterinarian and perform a whiskers-to-tail exam on their newly "adopted" plush cat. These future veterinarians will learn about animal body language, maintaining a healthy environment such as proper litterbox placement, create a cat toy, and design a vet clinic.

Code	Day	Date	Time	
ENR-YTH-1037-3	W	4/24-5/29	4:30-5:30 PM	
Location:The Community House				
Fee:	.\$209			
Keyholder Fee:	.\$182			

Little Medics - Little Veterinary School (Dog II)

Ages: 6-10 years old

Students will role-play the key staff functions performed at a veterinary office and how to keep their "adopted" plush puppy healthy. These future veterinarians will explore digestion, the different parts of the canine eye, animal body language and how X-rays are used to diagnose and treat common illnesses.

Code	Day	Date	Time	
ENR-YTH-1037-2	W	3/6-4/17	5:45-6:45 PM	
Location: The Community House				
Fee:	.\$209			
Keyholder Fee:	.\$182			

Little Medics - Wilderness Med

Ages: 6-10 years old

Students will explore some of the dangers in the wild such as bug bites, snake bites, and poisonous plants. These future emergency medics will learn how to splint a broken leg, tie a tourniquet, filter dirty water, the effects of hypothermia and 20 ways to use a bandana in emergencies.

Code	Day	Date	Time	
ENR-YTH-1037-4	W	4/24-5/29	5:45-6:45 PM	
Location: The Community House				
Fee:	\$209			
Keyholder Fee:	\$182			







School's Out Days & Camps



Spring Break Camp

Ages: 5-14 years old Looking for somewhere fun and entertaining to send your child for this Spring Break? At The Community House we have got you covered with fun games, crafts, and so much more! Each day there will be different activities including art, science, and STEM! Your child will need a sack lunch daily. Customize your Spring Break Camp and sign up for just one day or the entire week for a discounted rate. Field Trip is Wed. March 27. Extended hours are available from 3:30-6:00pm for an additional fee.

School's Out Days

Ages: 5-14 years old

No school? No problem! If your child needs full day care on the days they are off school, drop them off at The Community House! We have a day packed with fun activities for your child. Make sure to provide your child with a sack lunch for that day. This trip is intended for Kindergarten - 8th grade. Extended hours are also available for an additional fee. See below.

Code	Day	Date	Time
ENR-YTH-1005-1	Μ	1/15	7:30 AM-3:30 PM
ENR-YTH-1005-2	Μ	2/19	7:30 AM-3:30 PM
ENR-YTH-1005-3	F	3/1	7:30 AM-3:30 PM
Location:	The Co	mmunity Ho	use
Fee:	\$85		
Keyholder Fee:	\$70		

Extended Hours			
Code	Day	Date	Time
ENR-YTH-1005-1E	Μ	1/15	3:30-6:00 PM
ENR-YTH-1005-2E	Μ	2/19	3:30-6:00 PM
ENR-YTH-1005-3E	F	3/1	3:30-6:00 AM
Fee:	.\$35		
Keyholder Fee:	.\$25		

Five-Day Fee			
Code	Day	Date	Time
ENR-YTH-1008-6	M-F	3/25-3/29	7:30 AM-3:30 PM
Location:	.The Co	mmunity Ho	use
Fee:	.\$400		
Keyholder Fee:	.\$325		

Day	Date	Time
Μ	3/25	7:30 AM-3:30 PM
Τ	3/26	7:30 AM-3:30 PM
W	3/27	7:30 AM-3:30 PM
Th	3/28	7:30 AM-3:30 PM
F	3/29	7:30 AM-3:30 PM
.The C	ommunity	House
.\$85		
	M T W Th F	M 3/25 T 3/26 W 3/27 Th 3/28 F 3/29 .The Community

Keyholder Fee:......\$70
*FIELD TRIP (TBD)

Extended Hours			
Code	Day	Date	Time
ENR-YTH-1008-1E	Μ	3/25	3:30-6:00 PM
ENR-YTH-1008-2E	Tu	3/26	3:30-6:00 PM
ENR-YTH-1008-3E	\vee	3/27	3:30-6:00 PM
ENR-YTH-1008-4E	Th	3/28	3:30-6:00 PM
ENR-YTH-1008-5E	F	3/29	3:30-6:00 PM
Fee:	.\$35		
Keyholder Fee:	.\$25		

YOUTH ATHLETICS

Jodie Harrison Post Season Clinic (not league)

Wednesday & Thursday, April 9-May 10

Want to get ready for Jodie Harrison Basketball? With the help of Breakaway Basketball, we are offering a 6 week basketball training clinic! Learning fundamentals, fun drills, and the rules of the game our preseason clinic is a great way to prepare for the upcoming season! All players need to bring their own basketball.

Code	Grade	Time
ATL-YTH-1003-1	2nd-3rd grade	5:00-6:00 PM
ATL-YTH-1003-2	4th-6th grade	6:00-7:00 PM
Location:	.The Community	House
Instructor:	.Breakaway Bask	etball

Fee:.....\$172 Keyholder Fee:.....\$150





Taekwon-Do

*No class 2/22, 5/2, 6/4, 6/11

Ages: 6 years old and up (including teens and adults)

Imagine what an advantage you will have now, and in the future, by learning martial arts today. Do you like to stretch, kick, punch, relieve stress, and feel good? The benefits of Taekwon-Do include character building, flexibility, and selfdefense. Imagine that "attitude is everything" and you will never give up in any aspect of your life. This is Taekwon-Do!

Uniforms & headbands can be purchased on the first day.

New students are asked to arrive at 5:30pm on the first day to learn about the program and purchase the uniform.

Code	Day	Date	Time
ATL-YTH-1030-1	Th	1/4-2/22*	6:00-7:00 PM
ATL-YTH-1030-2	Th	3/7-4/25*	6:00-7:00 PM
ATL-YTH-1030-3	Th	5/9-6/27*	6:00-7:00 PM
Location:	. Westn	nont Park Dis	trict,
	75 E. F	Richmond St.	(Dance Room)
Instructor:	.Barry	Weisberg	
Fee:	.\$85		
Kevholder Fee:	.\$65		

Beginner Fencing

Ages: 7 years old and up

Want to wield a foil? Fencing class teaches students the basics of attack and defense as well as strategies that create the foundation for their fencing game. Fencing is statistically a safe and low injury sport as dictated by the Olympic Committee, so come as a family and have a surprisingly fun and memorable time. Classes are taught by Fencing Sports Club. Equipment needs to be arranged at usage cost ranging from \$35 to \$42. Simply call Fencing Sports Club to arrange equipment at 630-678-0035.

Code	Day	Date	Time
ATL-YTH-1011-1	F	1/12-2/16	5:00-5:45 PM
ATL-YTH-1011-2	F	2/23-4/5*	5:00-5:45 PM
Location:	.The Co	mmunity Ho	ouse
Instructor:	.Fencin	g Sports Clu	b
Fee:	.\$70		
Keyholder Fee:	.\$60		
*No class 3/29			

Code	Day	Date	Time
ATL-YTH-1011-3	F	4/12-5/24	5:00-5:45 PM
Location:	The Co	mmunity Ho	use
Instructor:	Fencin	g Sports Clu	b
Fee:	\$81		
Keyholder Fee:	\$70		









YOUTH ATHLETICS



Chicago Elite Youth Academy Volleyball

Ages: 6-14 years old (1st-8th grade)

Chicago Elite Youth Academy is a child development program created to both introduce children to the game of volleyball, as well as continue to improve their individual skill development in the sport. Chicago Elite classes develop important volleyball skills such as passing, setting, attacking, blocking, serving, defense and movement. Players will be divided according to both skill level and age and challenged accordingly.

6-11 years old (1st-5th grade)

Code	Day	Date	Time
ATL-YTH-1004-1	Tu	4/9-4/30	5:00-6:00 PM
ATL-YTH-1004-5	Tu	5/7-5/28	5:00-6:00 PM

11-14 years old (6th-8th grade)

	3		
Code	Day	Date	Time
ATL-YTH-1004-2	Tu	4/9-4/30	6:00-7:00 PM
ATL-YTH-1004-6	Tu	5/7-5/28	6:00-7:00 PM
Location:	The Co	ommunity Ho	ouse
Instructor:	Chicag	o Elite Youtl	n Volleyball
	Acade	my	

Fee:\$115 Keyholder Fee:\$100

Spring Break Camp

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Code	Day	Date	Time
ATL-YTH-1004-7	Tu-Th	3/26-3/28	3:30-5:00 PM
Location:	.The Co	mmunity Ho	use
Instructor:	. Chicag	o Elite Youth	n Volleyball
	Acader	ny	
Fee:	.\$105		
Keyholder Fee:	.\$90		

Chicago Elite Volleyball Development Club

Ages: 8-13 years old

Are you looking for a great way to introduce your daughter or son to volleyball in a low cost/training based program run by trained volleyball coaches? Chicago Elite has the perfect program for you. Please join us in the Chicago Elite Developmental League. In this league, your son or daughter will have the opportunity to learn the fundamentals and rules of volleyball. Chicago Elite Volleyball Club will provide the staff and coaches for this league, so your child will receive excellent training from skilled volleyball coaches. Lastly, your child will have the opportunity to play in games against other teams within the league to raise their competition level!

<u>TEAM SELECTION:</u> Chicago Elite will select all teams. Teams may be co-ed. Placement requests will not be taken. Every effort will be made to place individuals from the same school on a team together.

PRACTICES: All practices will be at TPS Sports on Mondays 4:30-6:00pm in Willow Springs & Thursdays 5:00-6:30pm at Connect44 in Lombard. During these practices, your child will be broken up into teams and will receive scrimmage play/game play instructions.

Code	Day	Date	Time
ATL-YTH-1004-8	M/Th	3/18-5/13	4:30-6:00 PM
Location:	All prac	tices will be	played at TPS
	Sports	on Mondays	4:30-6pm in Wil-
	low Spr	ings & Thurs	days 5-6:30pm at
	Connec	t44 in Lomb	ard
Instructor:	Chicago	o Elite Youth	Volleyball
	Acader	ny	
Fee:	.\$288		
Keyholder Fee:	\$250		

Hinsdale Central Gymnastics

Hinsdale Central Gymnastics - Little Tots (Co-ed)

Ages: 3-6 years old

Direct and indirect movement exploration in the gymnastics setting with small and large equipment. This class is for 3 to 6-year-old children able to work independently.

Code	Day	Date	Time
ATL-PRE-1012-30	Su	1/7-2/11	12:45-1:30 PM
Location:	Hinsda	ale Central H	ligh School
	Gymna	astics Room	1
Instructor:	Hinsda	ale Central G	Symnastics
Fee:	\$117		
Keyholder Fee:	\$110		

Hinsdale Central Gymnastics I & II (Co-ed)

Ages: 6-12 years old

This program offers the child the opportunity to experience a wide range of gross motor activities while being introduced to the sport of gymnastics. There are a variety of age groups to address the various physical, experience, and maturation levels of the student. Children are amazing and diverse in their abilities and attentiveness. Also, each child presents with different intensities and desires. The 5 to 7-year-old girls and boys at the beginner level will experience entry level skills on the apparatus; floor exercise or tumbling, vault, bar(s), and the use of both girls and boy's gymnastics equipment. Students should be motivated and willing to try new movement experiences and methods.

Code	Day	Date	Time
ATL-PRE-1012-28	Su	1/7-2/11	11:30 AM-12:25 PM
ATL-PRE-1012-6	Μ	1/8-2/12	6:00-6:55 PM
ATL-PRE-1012-20	Th	1/11-2/15	6:00-6:55 PM
Location:	. Hinsda	ale Central H	igh School
	Gymna	astics Room	
Instructor:	Hinsda	ale Central G	iymnastics
Fee:	\$138		
Keyholder Fee:	\$120		

Hinsdale Central Gymnastics II & III (Co-ed)

Ages: 6-14 years old

Girls and boys at the basic skill abilities on the apparatus; floor exercise or tumbling, vault, bar(s), and the use of both girls and boys' gymnastics equipment. Students should be motivated and willing to do all familiar movement experiences and methods.

Code	Day	Date	Time
ATL-PRE-1012-9	Μ	1/8-2/12	7:00-8:15 PM
ATL-PRE-1012-17	W	1/10-2/14	7:00-8:15 PM
ATL-PRE-1012-22	Th	1/11-2/15	7:00-8:15 PM
Location:	. Hinsda	le Central Hi	gh School
	Gymna	astics Room	
Instructor:	. Hinsda	le Central Gy	/mnastics
Fee:	.\$207		
Keyholder Fee:	\$180		

Hinsdale Central Gymnastics - Explorers (Co-ed)

Ages: 6-10 years old

Movement exploration designed for 6 to 9-year-olds featuring gymnastics skills, physical abilities, drills, and obstacle courses.

Code	Day	Date	Time
ATL-YTH-1025-29	Su	1/7-2/11	12:45-1:30 PM
Location:	Hinsda	ale Central H	High School
	Gymna	astics Room	٦
Instructor:	Hinsda	ale Central (Gymnastics
Fee:	\$117		
Keyholder Fee:	\$110		

Hinsdale Central Gymnastics - Competition Training (Co-ed)

Ages: 7-17 years old

This is designed for the competitive gymnast looking for additional time on specific skill(s), routine composition, technique and personal detail work. Training sessions are for the USA Gymnast—optional, compulsory, Xcel, as well as high school girls and boys competitors.

Code	Day	Date	Time
ATL-YTH-1025-25	Su	1/7-2/11	11:00 AM-1:00 PM
ATL-YTH-1025-31	Μ	1/8-2/12	7:00-9:00 PM
ATL-YTH-1025-16	W	1/10-2/14	7:00-9:00 PM
Location:	Hinsdal	le Central Hig	gh School
	Gymna	stics Room	
Instructor:	Hinsdal	le Central Gy	mnastics
Fee:	.\$375		
Keyholder Fee:	\$325		

Hinsdale Central Gymnastics - Developmental Training Team

Ages: 7-14 years old

Gymnasts will build on lessons from Gymnastics I & II or previous experience. Students must be instructor approved/recommended. The training team will not compete in the 2023-2024 season.

Code	Day	Date	Time
ATL-YTH-1025-26	Su	1/7-2/11	11:00 AM-1:00 PM
ATL-YTH-1025-1	Μ	1/8-2/12	5:30-7:30 PM
ATL-YTH-1025-10	W	1/10-2/14	5:00-7:00 PM
Location:	Hinsda	le Central Hig	gh School
	Gymna	stics Room	
Instructor:	Hinsda	le Central Gy	mnastics
Fee:	.\$288		
Keyholder Fee:	.\$250		

"CJ" Johnson, Jeanne Johnson, and Paul Kahovec bring a novel approach to Gymnastics! Individually, each has over 50 years of coaching, judging and national level competitive experience. They are paired with younger, highly motivated, and well-trained coaches to bring excellent basics and accelerated training techniques to your child. There is a range of classes to develop our beginning students and to compliment those athletes in other programs desiring extra training time.







Hinsdale Central Gymnastics - Tumbling

Ages: 7-14 years old

This girls and boys this class will move ahead in a progressive manner building on lessons from Gymnastics I or previous experience. Students must be approved/recommended. Students will work on walkovers, round offs, flip flops and handsprings on the floor. Further skill development will be taught on the 4 girls events and the 6 boys gymnastics events.

Code	Day	Date	Time
ATL-YTH-1025-19	W	1/10-2/14	8:00-8:55 PM
ATL-YTH-1025-24	S	1/7-2/11	10:30-11:30 AM
ATL-YTH-1025-9	Μ	1/8-2/12	7:30-8:25 PM
ATL-YTH-1025-23	Th	1/11-2/15	8:00-9:00 PM
Location:	. Hinsda	le Central Hi	gh School
	Gymna	stics Room	
Instructor:	. Hinsda	le Central Gy	ymnastics
Fee:	.\$166		
Keyholder Fee:	.\$144		

Hinsdale Central Gymnastics - Xcel Team (Co-ed)

Ages: 7-14 years old

This competitive Xcel team will develop advanced optional gymnasts. The goal is progressive training to promote advancement in USA Gymnastics and high school competitors.

1			
Code	Day	Date	Time
ATL-YTH-1025-27	S	1/7-2/11	11:00 AM-1:00 PM
ATL-YTH-1025-8	Μ	1/8-2/12	7:00-9:00 PM
ATL-YTH-1025-13	W	1/10-2/14	7:00-9:00 PM
Location:	Hinsda	ale Central H	igh School
	Gymna	astics Room	
Instructor:	Hinsda	ale Central G	ymnastics
Fee:	\$288		
Keyholder Fee:	\$250		





Youth Track, Field & Fitness

Ages: 7-12 years old This class will get kids excited about exercise and teach them about track and field, one of the oldest sports that continues to grow and is highlighted by the Olympics every 4 years. Participants will learn the fundamentals involved with improving flexibility, proper stretching, body positioning, developing



core-strength, improving balance,

cool-down techniques and other fitness concepts as they relate to exercising and the jumping, running and throwing skills involved in the sport of track and field. Boys and girls will participate in Sharks and Minnows. Capture the Cones, and other fitness games as well as sprints, relays, long-distance walking, running hurdles, long jump, discus throw and other track and field events. Youngsters will participate in a fun-filled track and field meet on the last day of class. Please bring a labeled water bottle.

Code	Day	Date	Time
ATL-YTH-1022-1	Μ	4/15-5/20	6:30-7:30 PM
Location:	Robbins	sPark	
Instructor:	Sportsk	Kids	
Fee:	\$118		
Keyholder Fee:	\$103		

Soccer Skills and Games

Ages: 6-10 years old

Dazzle with your footwork! Kids will sharpen their skills through drills, while building teamwork and confidence and learning soccer tactics such as dribbling techniques, attack and defense moves, stealing the ball from opposing teams, passing the ball, shooting strategies and ball control. Games are played in a respectful, positive and safe environment with an emphasis on equal participation. Please bring a labeled water bottle.

Code	Day	Date	Time
ATL-YTH-1015-15	Th	4/18-5/23	6:15-7:15 PM
Location:	Robbir	ns Park	
Instructor:	Sports	Kids	
Fee:	\$118		
Keyholder Fee:	\$103		

Spring Outdoor Recreational Basketball

Ages: 7-12 years old

Players of all skill levels are encouraged to participate in this high-energy recreational program for budding hoops players. Boys and girls will develop their dribbling, shooting, passing, rebounding and defensive skills through short skills sessions each Wednesday. The remaining time each Wednesday will involve gameplay that enables them to apply these skills. Youngsters will be assigned to different teams each week, and SportsKids Inc. coaches will referee games in a teaching style. Games will be played in a respectful, positive and safe environment with an emphasis on equal participation, teamwork and sportsmanship. Whether your child is new to the game or looking to improve basketball skills, this program is the perfect way to have FUN playing hoops! Please bring a labeled water bottle.

Code	Day	Date	Time
ATL-YTH-1003-3	Sa	4/13-5/18	2:30-3:30 PM
Location:	.Robbin	s Park Baske	etball Court
Instructor:	.Sportsl	Kids	
Fee:	.\$118		
Keyholder Fee:	.\$103		

Youth Archery

Ages: 7-12 years old

Archery participants will learn the parts of an arrow and recurve bow, the basics of using a recurve bow, and fundamental shooting skills in an extremely safe environment. They also will learn an excellent, nationally recognized beginner's 9-step to the 10 ring progression which was created by the Coaches Development Committee of the National Archery Association. Both technique and games will be a part of this class. Blunt-tipped arrows, bows, and targets are provided. Please bring a labeled water bottle.

Code	Day	Date	Time	
ATL-YTH-1019-1	Tu	4/16-5/21	5:45-6:30 PM	
Location:	.KLM Pa	ark		
Instructor:	.Sportsl	Kids		
Fee:\$90				
Keyholder Fee:	.\$77			

Family Archery

Ages: 6-13 years old with parent/caregiver

You and your family will meet new friends while learning the parts of an arrow and recurve bow, the basics of using a recurve bow, a nationally recognized beginner's 9-step to the 10 ring progression method, and fundamental shooting skills from an experienced instructor. Bows, arrows, and targets are furnished. Please bring a labeled water bottle. One adult per registered child

Code	Day	Date	Time
ATL-YTH-1019-2	Tu	4/16-5/21	6:30-7:15 PM
Location:	KLM P	ark	
Instructor:	Sports	Kids	
Fee:	\$90		
Keyholder Fee:	\$77		

Tiny Tots Tennis Lessons

Ages: 6-7 years old

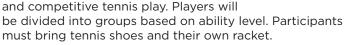
Youngsters enrolled in this class will learn the basic strokes, serve, volleys, and rules of the game. Racket face control, ball bounce judgment, receiving skills, space management, rallying skills, and court movement will be emphasized. Girls and boys will develop the agility and coordination needed for effective tennis play. Situational drills and games will help them to establish a solid foundation for future development in the sport and build a lifelong love of tennis. Players will be divided into groups based on ability level. Participants must bring tennis shoes and their own racket.

Code	Day	Date	Time
ATL-YTH-1001-1	Sa	4/13-5/18	10:15-11:00 AM
ATL-YTH-1001-2	W	4/17-5/22	5:00-5:45 PM
Location:	Robbir	ns Park Tenni	is Courts
Instructor:	Sports	Kids	
Fee:	\$93		
Keyholder Fee:	\$81		

Beginner/Advanced Beginner

Tennis Lessons

Ages: 8-12 years old Young players concentrate on stroke development, rallying skills, and learning to play matches at a faster pace. Ball receiving and placement, court movement, and overall tennis strategy will be emphasized. Players will focus on their power and accuracy to improve their performance. Through challenging and exciting drills and matches, youngsters will develop the racket skills, coordination, agility, and stamina needed for recreational



Code	Day	Date	Time
ATL-YTH-1001-3	Sa	4/13-5/18	11:00 AM-12:00 PM
ATL-YTH-1001-4	W	4/17-5/22	5:45-6:45 PM
Location:	Robbin	ıs Park Tenni	s Courts
Instructor:	Sportsl	Kids	
Fee:	\$124		
Keyholder Fee:	\$108		











Spring Break Pitcher, Catcher & Infielder Skills Camp

Ages: 7-12 years old

Prepare for the upcoming baseball and softball seasons. Infield and outfield positioning, footwork and double plays will be taught. Pitchers work on the form needed to increase the speed of the fastball and protect their throwing arm. Boys learn the rocker step for pitching as well as various age-appropriate grips. Girls learn the windmill form of pitching and different grips. Catchers are taught how to help get strike calls for their team. Different techniques to throw out base runners are also included. Fielding popups, balls in the dirt and bunts with the proper form can catch any coach's attention. Please bring a labeled mitt and water bottle.

Code	Day	Date	Time	
ATL-YTH-1031-1	M-Th	3/25-3/28	10:30 AM-12:00 PM	
Location: The Community House				
Instructor:	.Sportsl	Kids		
Fee:	.\$100			

Spring Break Soccer Camp

Ages: 6-10 years old

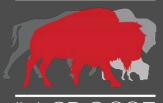
Kids will sharpen their skills and knowledge of soccer fundamentals such as passing, dribbling, shooting, ball control, stealing the ball from opposing teams and defense in this exciting soccer camp. We emphasize teamwork and sportsmanship through fun games, competitions and challenging skill-building activities that will captivate and enlighten young players and prepare them for the upcoming soccer season. Please bring a labeled water bottle.

Code	Day	Date	Time	
ATL-YTH-1015-26	M-Th	3/25-3/28	1:00-3:00 PM	
Location:The Community House				
Instructor:SportsKids				
Fee:	.\$133			
Keyholder Fee:	.\$116			



Keyholder Fee:.....\$87

Foin the Hinsdale Herd!



East Ave Lacrosse is a community club lacrosse program dedicated to growing the game in Illinois. East Ave is run by dozens of the best high school and college coaches in the state, and is focused on training the next generation of Red Devils, Hornets, Friars, Blazers, and many more through camps, clinics, in-school gym class takeovers, house leagues, and elite travel teams.

Questions about the Hinsdale Herd program should be directed to League Director, Dan Applebaum at Dan@eastavelacrosse.com. For more info about East Ave Lacrosse visit www.eastavelacrosse.com.

Practices are located at Veeck Park, 701 E. Chicago Ave

Instruction by East Ave Lacrosse

Herd Lacrosse (Co-ed)

Ages: 4-6 years old (U6, Pre K-K)

Have fun, make friends, and learn the basics of the "fastest game on two feet" at our U6 beginners clinic. Our experienced staff of boys varsity coaches and players will share their love of the game with your child in a safe and positive environment. No experience necessary! The Pre-K and Kindergarten group will meet one time per week. East Ave will provide all lacrosse equipment and a free jersey for first-time players. Participants must provide their own mouth guards and athletic footwear.

Code	Day	Date	Time
ATL-YTH-1014-14	Tu	4/2-5/28	5:15-6:00 PM
Location:	Veeck	Park, 701 E.	Chicago Ave
Instructor:	East A	ve Lacrosse	
Face	#100		

Fee:.....\$190 Keyholder Fee:.....\$165



Herd Spring Lacrosse

The Village of Hinsdale and The Community House are excited to offer Hinsdale a boys' and girls' lacrosse league in 2024, organized and run by East Ave Lacrosse. Our fun and fastpaced 1st-8th grade Herd Lacrosse programs are open to players of all skill-levels, and will meet three times a week, twice for skill sessions and once for league scrimmages.

LEAGUE GAMES: Held on Sundays (register for the type of league participation that works for your player (practices only or practice w/games). Game schedules/locations shared once practices begin.

PRACTICES: Practices will be held on Thursdays for all girl's lacrosse groups.

BOYS TEAM

Mon./Thu., April 1-May 30

8-10 years	old (U8,	1st-2ndh grad	e)
Code		Time	
ATL-YTH-10)14-5	6:00-7:00 PN	1

8-10 years old (U	iv, sra-4tn grade
Code	Time
ATL-YTH-1014-7	6:00-7:00 PM
Fee:	\$472
Keyholder Fee	\$410

9-12 years old (U12	, 5th-6th grade
Code	Time
ATL-YTH-1014-9	7:00-8:30 PM
11-14 years old (U14	, 7th-8th grade

II IT Julia ola (Ol	7, / til Otli glade
Code	Time
ATL-YTH-1014-11	7:00-8:30 PM
Fee:	\$535

Keyholder Fee:.....\$465

e)

GIRLS TEAM

Tue./Thu., April 2-May 30

8-10 years old (U8	, 1st-2ndh grade)
Code	Time
ATI -YTH-1010-4	6:00-7:00 PM

8-10 years old (U10, 3rd-4th grade) Code Time ATL-YTH-1010-6 6:00-7:00 PM

Fee:.....\$403 Keyholder Fee:.....\$350

9-12 years old (U12, 5th-6th grade) Time Code

7:00-8:30 PM ATL-YTH-1010-8 11-14 years old (U14, 7th-8th grade)

Code Time ATL-YTH-1010-10 7:00-8:30 PM Fee:.....\$445

Keyholder Fee:.....\$395





The Counseling Center at The Community House



Counseling

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Evidence-based counseling, wellness and support services on a sliding scale for children, young adults and families.

Call Now

Confidential Intake Line: 630.323.7500 EXT. 239

Learn more:



The Counseling Center is supported by:











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VOLUNTEER OPPORTUNITIES EXIST WITHIN THE COMMUNITY HOUSE.

There are many opportunities to lend a hand, develop new skills and give back to your community today! We will match you with the opportunity that fits your interests and availability. Everyone is welcome to volunteer, including groups and individuals, professionals, retirees, stay-at-home parents, and families.

Students can become members of our Junior **Board by contacting Alana Wett, Advancement** Director at 630-323-7500 ext. 227.

SIGN-UP TODAY

Contact Kelci Bednar, **Program Director**

630-323-7500, EXT. 247.













Introduction to Drawing

Ages: 13 years old and up

This class will provide opportunities for artistic growth in drawing and sketching techniques. Beginning students will focus on fundamental concepts such as measurement and proportion, shading and value. Students with previous experience will sharpen their observational skills and experiment with advanced materials and techniques to help develop your own unique style. Various subject matter will be explored including still life, portrait and figure drawing, and landscape.

Code	Day	Date	Time
AP-ADT-1013-1	Su	2/11-3/17	1:00-2:30 PM
AP-ADT-1013-2	Su	4/7-5/12	1:00-2:30 PM
Location:	.The Co	ommunity H	ouse
Instructor:	Gabrie	lle Tufano	
Fee:	\$175		
Keyholder Fee:	\$165		

Watercolor Painting

Ages: 16 years & up

Explore the exciting media of transparent watercolor. Learn basic techniques and apply them to a variety of subject matter. Students will provide their own materials. A list will be available the first day of class. PLEASE NOTE: Level 1 and Level 2 classes run concurrently between 10:00-11:30am.

Level 1

Code AP-ADT-1001-1 AP-ADT-1001-3	Day ₩ ₩	Date 1/31-3/20 4/3-5/22	Time 9:30-11:30 AM 9:30-11:30 AM
Level 2	_		
Code	Day	Date	Time
AP-ADT-1001-2	W	1/31-3/20	10:00 AM-12:00 PM

10:00 AM-12:00 PM AP-ADT-1001-4 W 4/3-5/22 **Location:**.....The Community House

Fee:.....\$230 Keyholder Fee:.....\$198

Studio Vino: Wine and Paint

Ages: 21 years old and up

Gather your friends for a wine and paint party steps from home. We'll supply the studio, canvas, paints, brushes and stemware. Even if you've never painted before, this is the perfect, relaxed atmosphere to try your hand. No pressure. All fun. Each evening will have uniquely themed project. The instructor will guide you through the materials and techniques. By the end of the night, you'll have a masterpiece to take home.

Code	Day	Date	Time
AP-ADT-1007-1	Th	1/11	7:00-9:00 PM
AP-ADT-1007-68	Th	3/7	7:00-9:00 PM
AP-ADT-1007-69	Th	5/9	7:00-9:00 PM
Location:	The Co	mmunity Ho	ouse
Instructor:	Gabrie	lle Tufano	
Fee:	.\$45		
Keyholder Fee:	.\$40		

Acrylic Painting

Ages: 16 years old and up

An introduction to the technical and expressive possibilities of working with Acrylic paints. The course will build a foundation in color mixing and the application of a variety of techniques applied to a variety of subject matter. Instructor will provide a list of materials.

Code	Day	Date	Time
AP-ADT-1013-3	Su	2/11-3/17	3:00-4:30 PM
AP-ADT-1013-4	Su	4/7-5/12	3:00-4:30 PM
Location:	.The Co	mmunity Ho	use
Instructor:			
Fee:	.\$175		
Keyholder Fee:	.\$180		

Figure Drawing with Live Model

Ages: 16 years old and up

Join us once a month for figure drawing with a live, draped model. Learn proportion, shading and how to capture movement in a subject. Supplies included. All skill levels welcome.

Code	Day	Date	Time
AP-ADT-1018-1	Th	1/25	6:30-9:00 PM
AP-ADT-1018-2	Th	2/22	6:30-9:00 PM
AP-ADT-1018-3	Th	3/21	6:30-9:00 PM
AP-ADT-1018-4	Th	4/25	6:30-9:00 PM
AP-ADT-1018-5	Th	5/23	6:30-8:30 PM
Location:	The Co	mmunity Ho	ouse
Instructor:	Gabrie	lle Tufano	
Fee:	.\$40		
Keyholder Fee:	.\$30		

Artist's Portfolio

Ages: 14 years old and up

This class is for passionate artists seeking some direction, as well as those looking to meet more artists in the community. Perfect for both students in the process of applying to art school and venerable artists alike. We will be meeting monthly to discuss your current portfolio in its entirety and offer guidance to those interested in building one. Artists may also bring in recently completed or works-in-progress for critique from the instructor and peer artists. Please bring in the physical artwork if possible or laptops/tablets for viewing. Showing work on cellphone screen is not recommended for nurnose of this class

screen is not recommended for purpose of this class.				
Code	Day	Date	Time	
AP-ADT-1027-2	Su	2/11	4:30-6:30 PM	
AP-ADT-1027-3	Su	3/10	4:30-6:30 PM	
AP-ADT-1027-4	Su	4/14	4:30-6:30 PM	
AP-ADT-1027-5	Su	5/12	4:30-6:30 PM	
Location: The Community House				
Instructor:	Gabrie	lle Tufano		
Fee:	\$25			
Keyholder Fee:\$20				
SAVE ON ALL 4 MEETINGS				

Code:	AP-ADT-1027-1
Fee:	\$90
Keyholder Fee:	
, , , , , , , , , , , , , , , , , , , ,	

ACTIVE ADULTS



Golden Brunch Club

Join us at our Monthly Golden Brunch Club! Each meeting's objective will be to provide helpful monthly workshops & seminars for seniors, those who are "senior adjacent", supporting, assisting or looking out for the seniors in their lives! Light refreshments, coffee, and tea will be provided.

These events are FREE; however, you MUST register to attend. Register online or at the front desk by the Friday afternoon before the event to attend.

Location: The Community House

Please call or check online for additional information regarding the January 8 event.

Cybersecurity Basics

Are you unsure of how to secure your technology? Do you not know how to identify online threats? Come learn about cybersecurity basics from a US Air Force Association certified Tech Caregiver! In this presentation, learn about how to safely navigate the internet, using your mobile device.



Learn how to identify, prevent, and combat the most common internet threats such as identity theft, scams, and viruses. Bring your own device or come listen!

Code	Day	Date	Time
ENR-SNR-1004-3	Μ	2/12	10:00-11:00 AM

Senior Eating for Health and Vitality

This an introductory nutritional workshop led by Cathy McMahon. Cathy has studied health, fitness and nutrition for over 35 years and was a private health coach for 10 years. In this workshop you will explore the healthy eating options that can get you feeling your best in your senior years. Tips on food, exercise and self-care will be provided. This will be 45 minutes of fun and knowledge that can keep your senior years fun and exciting. Cathy will also be able to help with any related questions afterwards.

Code	Day	Date	Time
ENR-SNR-1004-1	Μ	3/11	10:00-11:00 AM

Understanding the Stages of Alzheimer's

Without question every person's Alzheimer's progression is unique. This program provides a useful frame of reference for what is typically seen. Knowing what to expect can help caregivers know what to anticipate, allow time to plan accordingly, and help reduce the stress of the unknown. This workshop is led by The Birches Assisted Living.

Code	Day	Date	Time
ENR-SNR-1004-2	М	4/8	10:00-11:00 AM

ADULT ENRICHMENT



New to open play games, have questions or would like to join a club meeting? Contact your individual group leader to ensure class is on and you are prepared! Class fees will be paid to group leader. Please do not arrive earlier than 15 minutes before your open play slot. Cost is \$2 per person for groups and clubs.

Open play games and clubs are located at The Community House

We are looking for casual group leaders to run a canasta group or a backgammon group. If interested, contact Jillian Spizzirri at jspizzirri@thecommunityhouse.org.

Men's Bridge

Please come and join us for this men's only gathering. You don't need a partner and this is a fun group! We are always looking for new players and this group meets weekly on Tuesdays. Contact group leader **Bill Baxter** at 630-247-0503 or email Baxbilster@comcast.net for more information.

Code	Day	Date	Time
ENR-SNR-1002-1	Tu	1/2-4/30*	12:00-3:00 PM
*No class 1/23, 4/16			

Relaxed Bridge

Please come and join us at the ongoing group. You don't need a partner and this is a fun group! We are always looking for new players! This group meets every Friday. Soliciting Advice is permitted. Contact **Susan Prichodko** at sprichod@aol.com or **Tony Kuzmmski** at ajkuzmin@gmail.com for more information.

Code	Day	Date	Time
ENR-SNR-1002-2	F	1/5-4/26	11:00 AM-2:00 PM

Competitive Mah Jongg

Enjoy American Mah Jongg with friends! This open group is for players who know the game. Walk-ins are welcome! Contact **Cheryl Wrzesinski** at 630-399-1524 or email sharedmemories@aol.com or **Gloria Javor** at 630-765-1735 or email gloriajavor@comcast.net for more information.

Code	Day	Date	Time
ENR-SNR-1001-2	Th	1/4-4/25	1:00-3:30 PM

Relaxed Mah Jongg

This Mah Jongg group is for players who want to play in a helpful and relaxed environment. Walk-ins are welcome! Contact **Pam Baldwin** at 331-280-1318 or email kbaldwin39@hotmail.com for more information.

Code	Day	Date	Time
ENR-SNR-1001-1	W	1/3-4/24	10:00 AM-12:00 PM

Indian Prairie Computer Club

This group offers periodic presentations by guest speakers, club members as well as general question and answer sessions. Meetings are the 2nd Wednesday of each month. Contact group leader, **Ron Scharping** at ipcc.ron@gmail.com for information. Please go to ipcc.eboard.com for the up to date schedule.

Code	Day	Date	Time
ENR-SNR-1003-1	\bigvee	1/10-4/10	9:00-11:00 AM

Investment & Finance Club

Join us for this engaging monthly group!! Meetings are the first Wednesday of every month! An informal group of men and women with an interest in investing meet for a discussion on a wide variety of financial topics sometimes including outside speakers. Bring your questions and recommendations for our annual best stock of the year contest! Contact group leader, **Dave Meagher** at 847-858-1799 or email dmeaghe@gmail.com for more information.

Code	Day	Date	Time
ENR-SNR-1004-10	\bigvee	1/3-4/3	9:30-11:00 AM



Book clubs on next page.

More Clubs...

It's a Beautiful Book Club

Join us for our monthly book club led by retired teacher Margaret Gross. The book club meets Monthly the 2nd Thursday of each month. Walk-ins are welcome even if you have not read the book. Cost: \$2.00 per person cash payable to group leader the day of. Once registered please look into renting the upcoming books to read for each month. Contact group leader, Margaret Gross at grossmarg84@gmail.com for more information.

Code	Day	Dates	Time
ENR-SNR-1004-11	Th	1/11-4/11	10:00-11:00 AM
Location:	The (Community House	

*No Book Club meeting in December



Claymoor Book Club

The Claymoor Book Club is a group of women who come together at The Community House to hear various guest presenters performing in character from books, history or the entertainment field. No book reading or preparation needed; just come for a delightful bit of entertainment, fun and learning. Meeting dates this season are Monday, April 8 and Monday May 13 at 9:30 am. Come a little early for light refreshments. For more information, call Dorothy Lux at 708-712-2893.

Code	Day	Dates	Time
ENR-SNR-1004-6	Μ	4/8 & 5/13	9:30 AM
Location:	.The C	Community House	

Bridge Lessons for Beginners

Ages: 18 years old and up

Never played bridge, but interested in learning? This class is for beginners only! Join Ann McDermott as she will teach you the basics! Learn to play Bridge in a relaxed environment with friends! This game can prepare you to join our Relaxed Bridge games of Friday or to get you started playing personally with friends. Cards will be provided. Contact Group Leader Ann McDermott at ann.mcdermott14@gmail.com with any guestions.

Code	Day	Date	Time
ENR-SNR-1008-7	Tu	4/9-5/14	3:30-5:30 PM
Location:	The Co	mmunity Ho	use
Fee:	\$28		
Keyholder Fee:	\$25		

Mah Jonga Lessons

Ages: 18 years old and up

Learn to play American Mah Jongg with friends! Mah Jongg is a game that has been sweeping the country. It is a stimulating game of both skill and luck. The American version of the game was brought from China in the 1920s and uses tiles much like other games use cards. The goal of the game is to match your tiles with one of many combinations of tiles listed on a card. This 4-week class is for the beginner or even someone who needs a refresher. Class is taught by two retired high school educators who have taught this remarkable game for more than 10 years. No supplies are needed.

Code	Day	Date	Time
ENR-SNR-1008-3	W	1/17-2/7	10:00 AM-12:00 PM
ENR-SNR-1008-4	W	3/6-3/27	10:00 AM-12:00 PM
ENR-SNR-1008-5	W	4/17-5/8	10:00 AM-12:00 PM
Location:	The Co	mmunity Ho	ouse
Fee:	.\$28		
Keyholder Fee:	.\$25		

AARP Driver Safety Course

Ages: 50 years old and up

These classes are offered at The Community House for drivers who are over the age of 50 and wish to update their driving skills. It is a classroom-only session. Many insurance companies offer a discount to drivers who have taken this program. You must attend both days of the session to receive your certificate. Plan to arrive 10 minutes early on the first day to sign-in with the instructor and pay for the course. Coffee is provided and you may also bring a beverage or snack, if desired. No fee is needed to register. Payment is due to AARP presenter on the DAY OF class. Fee: \$20 for AARP members and \$25 for Nonmembers payable to instructor day of class. Call or visit the front desk to register. You must register to attend. Provide your name, phone number and email.

Code	Day	Date	ııme		
ENR-SNR-1004-5	Tu/W	5/14-5/15	9:00 AM-1:00 PM		
Location:	Com	munity Hou	se		
AARP Member Fee: \$20					
Non-member Fee: \$25					

ADULT ENRICHMENT

Bingo & Treats



Cozy up at The Community House and have a little fun in the dreary winter weather with some BINGO time! Bring your friends & play together. Each week we will enjoy coffee, tea, and a treat of the month! Guests are welcome to bring additional treats to share if they would like! Prizes will be awarded & treats

served. Bingo is led by Alison of Clemens Enterprises. You must register by the Friday before to attend. Register online or in-person at the front desk. Must have 5 or more registered.

Bingo Celebration Themes:

January: Strawberry Ice Cream Day; **February:** Chocolate Mint Day; **March:** Is the Month of the Irish - What's your favorite Irish treat?; **April:** Spring is in the air and it's time for a light & fruity treat!

Code	Day	Date	Time
ENR-SNR-1011-2	Μ	1/15	1:00-2:30 PM
ENR-SNR-1011-3	Μ	2/19	1:00-2:30 PM
ENR-SNR-1011-4	Μ	3/18	1:00-2:30 PM
ENR-SNR-1011-5	Μ	4/15	1:00-2:30 PM
Location:	The Co	ommunity	y House
_			

Fee:\$6 Keyholder Fee:\$5

Creative Writing with Author Felicity Nicole

Ages: 55 years old and up

If you have ever wanted to add creative writing to your skill set and create your very own short story, but have no idea where to begin, this class is for you. Best-selling international author Felicity Nicole will walk you through the fundamentals of creating a fiction or non-fiction story in a fun, easy, and intuitive way. Each class will focus on one new skill to help you build your own fifteen-page story, to be shared with the class at the conclusion of the workshop. Felicity has a vibrant, fun personality and is creative herself, so expect to have a good time with this class! This workshop will not only teach you the basic tenets of creative writing, but will help you connect with yourself in an entirely new way, all while notching something off your bucket list! We can't wait to see you there!

Code	Day	Date	Time
ENR-SNR-1008-14	Tu	3/12-4/16	11:30 AM-12:30 PM
Location:	The Co	mmunity Ho	ouse
Fee:	.\$35		
Keyholder Fee:	.\$25		

Senior Service Day

Senior Resource Fair

Join us for an open house Senior Focused Resource Fair with a Breakfast Bar and refreshments. Walk-ins are welcome for the Resource Fair! Several local resources of all kinds will be available for information or assistance to seniors and those helping seniors! Information, such as home care, retirement, banking, health & fitness, as well as leaders in enrichment, social activities, and clubs seniors can attend. **No registration required.**

Code	Day	Date	Time		
ENR-SNR-1011-6	Tu	4/16	9:00 AM-12:00 PM		
Location:The Community House					
Fee:	Free				

Lunch & Learn Panel

This Lunch & Learn event includes a Panel of experts who will empower you to make educated decisions for yourself or when assisting loved ones. This is an interactive discussion. Educating yourself about various topics will help you make decisions that can lead to a more positive retirement planning or future care needs. This event is open to Seniors and those helping them plan for future care!

Attendees MUST Register to attend this event. Register online or in person at the front desk!

Code	Day	Date	Time		
ENR-SNR-1011-7	Tu	4/16	12:00-2:00 PM		
Location: The Community House					
Fee:Free					

Coffee Cake & Conversation

This panel of experts will empower you to make educated decisions when assisting loved ones. This is an interactive discussion. Educating yourself about various topics will help you make decisions that can lead to more positive planning for future needs. This



event is open to Seniors and those helping their ones the care for! Attendees MUST Register to attend this event. Register online or in person at the front desk!

Code	Day	Date	Time		
ENR-SNR-1011-8	Tu	4/16	4:00-5:15 PM		
Location:The Community House					
Fee:	Free				

Powerless to Empowered: Trauma Informed Self Defense

Ages: 13 years old and up

Did you know April was Sexual Assault Awareness Month? It's the perfect time to learn how to protect yourself! Join us in this workshop which provides a safe environment for survivors of trauma to express and process difficult emotions that are experienced during their recovery. Attendees can listen to discussion topics that explore how our brain controls our response during an undesirable or unexpected situation, how we recover from a traumatic experience, and why others play a critical role in the recovery process. We will also look at the benefits of responsive self-defense training; for those who have been through a traumatic experience prior to training. Attendees will practice basic striking on soft targets to feel the benefits of stress release and trauma release, which often occur during responsive self-defense training. Attendees will be able to present "what if" scenarios that concern them and learn options for defending against or escaping from the scenario. The purpose of the workshop is to rebuild self-esteem and boost confidence, by empowering attendees with the life skill of self-defense. Presented by Lindsey of Strictly Self Defense

13 years old and up

Code	Dav	Date	Time
ENR-SNR-1008-15	Su	4/14	11:00 AM-1:00 PM
ENR-SNR-1008-16	М	4/15	7:00-9:00 PM
Location:	The Co	, ommunity	y House
Fee:	\$58	-	
Keyholder Fee:	\$50		

Self Defense for Mental Health

Ages: 18 years old and up

Did you know May is Mental Health Awareness Month? Join us and learn how our brain controls our responses during a self-defense situation, how we recover from a traumatic experience, and why others play a critical role in the recovery process. We will also look at the benefits of preventative self-defense training; having the knowledge in advance of an unexpected/undesirable experience, as well as the benefits of responsive self-defense training; for those who have been through a traumatic experience. Regardless of timing, education is powerful and can benefit everyone. Attendees will practice basic striking on soft targets to feel the benefits of stress release and trauma release, which often occur during self-defense training. Attendees will learn escapes from common grabs. Presented by Lindsey of Strictly Self Defense

Code	Day	Date	Time
ENR-SNR-1008-17	Su	5/12	11:00 AM-1:00 PM
ENR-SNR-1008-18	Μ	5/13	7:00 PM-9:00 PM
Location:	The Co	mmunity Ho	use

Fee:.....\$58 Keyholder Fee:.....\$50

Self Defense for Dog Lovers

Ages: 18 years old and up

Dogs have natural/instinctual behaviors that seem normal for an animal but can be used by people too. Join Lindsey of Strictly Self Defense to learn how you can keep yourself safe when walking your dog and how to learn from your dog's behaviors. In this 2 hour session we will look at both the desirable behaviors that our dogs have, as well as some behaviors that we try to train out of our dogs. In addition to discussion, attendees will learn simple effective strikes and escapes. Please leave your dog at home; this class is for humans only. You do not have to be a dog owner to participate in this class.

Code	Day	Date	Time
ENR-SNR-1008-12	Th	3/21	4:00-6:00 PM
ENR-SNR-1008-13	Th	4/11	4:00-6:00 PM
Location:	The C	Community	House
Fee:	\$58		
Keyholder Fee:	\$50		

Self Defense for Seniors

Ages: 55 years old and up

Has your age or physical ability changed your thoughts about being able to confidently defend yourself? In this 2 hour training you will learn; you don't have to be strong or fast to be effective. Join Lindsey of Strictly Self Defense to rebuild your self-confidence by learning prevention strategies, along with simple, effective strikes and escapes. Those who are differently abled and use walking aids are welcome to attend. All techniques can be modified to be used effectively by each attendee.

Code	Day	Date	Time
ENR-SNR-1008-10	W	3/27	1:00-3:00 PM
ENR-SNR-1008-11	F	4/19	9:00-11:00 AM
ENR-SNR-1008-8	Th	1/25	1:00-3:00 PM
ENR-SNR-1008-9	Μ	2/19	9:00-11:00 AM
Location:	The Co	mmunity Ho	use
Fee:	\$58		
Keyholder Fee:	\$50		

Mindfulness Meditation Workshop

Ages: 18 years old and up

Kevholder Fee:.....\$85

Train your mind the way you train your body for the perfect antidote to daily stress in this one of a kind 50 minute Workshop! Chopra Center certified meditation instructor Stephanie Frantz will teach you centuries-old meditation and breathing techniques to relieve stress and increase your overall sense of well-being. Register today—limited spots available!

Code	Day	Date	Time
ENR-SNR-1008-1	W	1/17	1:00-1:50 PM
ENR-SNR-1008-2	W	3/6	1:00-1:50 PM
Location:	.The Co	ommunity H	ouse
Fee:	.\$54		
Keyholder Fee:	.\$44		
4-Week Workshop			
Code	Day	Date	Time
ENR-SNR-1008-20	Th	5/2-5/23	1:00-1:50 PM
Fee:	.\$97		

ADULT EVENTS & TRIPS



International Museum **FEB.** of Surgical Science **Guided Tour and**

Catered Lunch

The International Museum of Surgical Science was original-

ly conceived as the ICS Hall of Fame, and as a repository for its growing collection of historically significant surgical instrumentation, artworks and manuscripts. Journey through time as we explore the development of anesthesia, germ theory, and anatomical knowledge. Experience a



demonstration showing the process of a leg amputation from the mid-1800s, with no anesthesia and no sterilization. Upon returning at noon, a catered lunch will be served in reserved dining room at The Community House.

TRIP & TRAVEL DETAILS: Trip fee includes Coach bus transportation to and from The Community house. Entry, Tour and Catered Lunch at The Community House.

Departure Time: 9:00 AM Approx. Return Time: 1:00 PM

Code	Day	Date	Time	
ENR-SNR-1009-3	Th	2/8	9:00 AM-1:00 PM	
Location: Departs and returns to				
	The Co	ommunity	y House	
Fee:	\$59			
Koybolder Feet	¢E2			

Sweet Tasting & Tea with Lilett Candies & Ice Cream Shop



Life is sweet so why not enjoy it!? Karen Gula From Candies & Ice Cream Shop will lead us in a through a brief History of chocolate and The Lilett Shop. You will enjoy various flavors of chocolate, and additional tastings to educate your pallet! Compare and contrast with other

flavors like toffee & pecan clusters to understand how & why they complement each other. You'll have your own tasting notes and a special treat to take home. At The Lilett Shop you can enjoy Ice Cream and a variety of chocolates, however English Toffee has always been the heart of their candy making and that tradition is carried on at their retail location in La Grange.

TICKET INCLUDES: Guided and informative tastings of chocolates and other sweets, take home treats and tasting notes. A variety of teas, coffee, cozy conversation and a little sugar jolt to liven your late afternoon!

Departure Time: 2:00 PM Approx. Return Time: 3:30 PM

Code	Day	Date	Time
ENR-SNR-1011-13	\bigvee	2/28	2:00-3:30 PM
Location:	Depar	ts and retu	irns to
	The Co	ommunity	House
Fee:	\$17.50		
Keyholder Fee:	\$15		



Aida (Verdi) at Lyric **Opera House**

See Opera at its grandest! While

Aida delights audiences with its visual splendor, it also captivates them with a score ranging from exquisitely intimate arias to deeply dramatic duets and trios, and the most thrilling choruses Verdi ever composed. Aida presents a riveting love triangle, which unfolds in an alluring Egyptian setting. At Lyric Opera of Chicago, each of the five principal artists boasts not only a sumptuously beautiful voice, but also the charismatic presence to bring these characters vividly to life. Conducting Franc-

esca Zambello's striking production will be Music Director Enrique Mazzola, acknowledged internationally as an exceptionally authoritative Verdian. Language. Sung in Italian with projected English titles. Running Time: 3 hours, including 1 intermission.

Departure Time: 11:30 AM Approx. Return Time: 4:30 PM



FEE INCLUDES: Round trip motor coach transportation to and from The Community House. Light snacks on bus.

Main Floor 1/2			
Code	Day	Date	Time
ENR-SNR-1009-1	W	3/13	11:30 AM-4:30 PM
Location:	Depar	ts and ret	urns to
	The Co	mmunity	House
Fee:	\$210		
Keyholder Fee:	\$190		

Main Floor 3			
Code	Day	Date	Time
ENR-SNR-1009-2	W	3/13	11:30 AM-4:30 PM
Location:	Depar	ts and ret	curns to
	The Co	ommunity	/ House
Fee:	\$160		
Kevholder Fee:	\$140		







Spring Sip & Sing Celebrating Poetry & Jazz

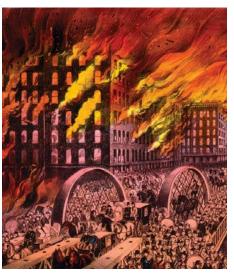
Ages: 21 years old and up

Spring is one of the most amazing seasons! We feel a sort of rebirth to the freedoms of what can be a sometimes long, cold & grim winter! As April is National Jazz and

Poetry month we plan to celebrate all of it in style! Enjoy a special living history presentation of Emily Dickenson portrayed by Paddy Lynn over Lunch. Discover what life was like for Emily growing up in Amherst, MA, and what inspired her to write her insightful poetry. Meet the important people in her life, and learn of the events that led to her desire to



become a recluse. Paddy Lynn has worked with a professional theater company as a writer, director, and actor in over 100 productions. Emily Dickenson is followed by an equally sensational presentation as Amy Lowe gives a mu-



sical narrative of the Great Chicago Fire of 1871. Our curated program is full of songs and tales from the award-winning. engaging fastpaced, fact-based musical, "Fire in Boomtown." Enjoy poignant eyewitness narrative and vivid songs as Amy brings to life the before and after of a city that grew too fast with dangerously

little planning that led to the devastating Great Chicago Fire of 1871. Amy Lowe has a wonderful way of telling a story with music that reaches people of all ages. She is a talented musician with a powerful yet sweet voice that can sing a song or tell a story with passion, poignancy, and feeling." - Marshall Trimble - Arizona State Historian - Award-winning Author and Storyteller.

<u>FEE INCLUDES:</u> Performance, Catered Lunch, Coffee, Assorted Teas and other refreshments.

Code	Day	Date	Time
ENR-SNR-1011-10	F	4/5	11:30 AM-1:45 PM
Location:	.The Co	mmunity Ho	ouse
Fee:	.\$43		
Keyholder Fee:	.\$38		



Sounds Good! Choir Spring Concert

The Sounds Good! Choir is the area's largest choral-music organization for

older adults 55 years old and better! The Choir practices weekly at The Community House. The Hinsdale Sounds Good Choir presents a heartfelt program called *Feels Like Home*, featuring hits made popular by iconic artists such as Nat "King" Cole and Crosby, Stills and Nash; classical favorites by Aaron Copland and Antonin Dvorak; and new songs by Kyle Pederson and PinkZebra, among others! Led by professional conductors Daniel Segner and Jonathan Miller and accompanied by Richard Sladek, this free concert lasts an hour. The whole family is welcome. Sounds Good Choir is the Chicago area's largest choral-music organization for older adults age 55 "and better." A guaranteed good time! If you would like to register for your spot go to www. soundsgoodchoir.org or call 630-395-9542.

Code	Day	Date	Time		
ENR-SNR-1011-1	Tu	5/7	7:00-8:00 PM		
Location: The Community House					
Fee:Free					

Guys & Dolls at Drury Lane Theatre

Ages: 40 years old and up

Step into the dazzling lights of 1950s New York City with Guys and Dolls. This enduring tale of romance, risk, and unforgettable rhythm, follows the improbable love story of high-rolling gambler Sky Masterson and mission doll Sarah Brown, along with the comedic relationship of the ever-patient Miss Adelaide and craps game organizer Nathan Detroit. Guys and





Dolls takes you into the golden age of Broadway with wit, charm, and plenty of heart with vibrant characters and unforgettable songs like "Luck Be a Lady" and "Sit Down, You're Rockin' the Boat.". **Must have 15 or more registered for outing to take place.**

TRIP & TRAVEL DETAILS: This trip is a meet-up trip so plan to reserve your spot with a friend so you can drive together! Attendees will meet your group lead in the theatre lobby at 1:00pm. The show starts at 1:30pm. Theatre currently offers concessions before the show and during intermission. Free covered parking is available or Complimentary Valet parking at the theatre both are easily visible as you arrive. If you would like to attend, but need transportation please email jspizzirri@thecommunityhouse.org.

Code	Day	Date	Time
ENR-SNR-1009-40	W	5/8	1:00-4:00 PM
Location:	.Drury	Lane The	atre
	100 Dr	ury Lane	, Oakbrook Terrace
Fee:	.\$58		
Keyholder Fee:	.\$51		

ADULT EVENTS & TRIPS





Travel by Taste! Flavor Tasting Flight by Candycopia

Ages: 21 years old and up

May is Asian Pacific American Heritage Month! Enjoy an evening of sampling curated candies and chocolates with origins in the Far East, Southeast Asia, or the Indian Subcontinent, Native Hawaii and more. Sit back and relax while Candycopia takes you on a guided tour through some of their most loved

candies! They will share their stories and discuss how each will pair with wines to taste.



Light appetizers/ snacks will be served to go along with vour tastings!

TICKET INCLUDES: Guided & informative tastings of chocolate and wine, appetizers/snacks, beer, wine, and good vibes!

Code	Day	Date	Time
ENR-SNR-1011-11	F	5/17	6:00-7:30 PM
Location:	.The Co	ommunity	House
Fee:	\$32		
Keyholder Fee:	\$28		

Murder On The Orient at Theatre of Western **Springs**

Join us at The Theatre of Western Springs as we see Agatha Christie's greatest detective's most thrilling case! A tycoon is murdered on the world's most luxurious train. Isolated with a killer in their midst, the passengers rely on Hercule Poirot to find the murderer before they strike again! If you are a local of the area who has not seen a show at TWS now is your chance to catch a show at this gem of a theatre that has run continuously for over 90 years!!! Founded in 1929 by Western Springs resident Mary Cattell. The Little Theatre of Western Springs created an immediate reputation for quality theatre in suburban Chicago. Must have 6 or more registered for outing to take place.

TRIP & TRAVEL DETAILS: This trip is a meet-up trip so plan to reserve your spot with a friend so you can drive together! Attendees will meet your

Group Lead in the theatre lobby at 1:45pm. The show starts at 2:30pm and runs approx. 2.5 hours with a 15-minute intermission. Theatre has a concession area selling snacks, water. soda. beer and wine! They even have a special split the pot raffle you are welcome to ioin! Free Lot park-



ing is available at the theatre directly out front of main doors. If you would like to attend, but need transportation please email jspizzirri@thecommunityhouse.org.

Code	Day	Date	Time
ENR-SNR-1009-41	Su	6/2	1:45-4:50 PM
Location:	. Theatr	e of Wes	stern Springs
	4384 I	Hampton	Ave., Western Springs
Fee:	.\$28		
Kevholder Fee:	.\$25		



SIGN UP SOON!

Don't miss out on these fun & exciting events!

Don't wait until the last minute to register for a program or class. Some classes are cancelled because people wait until the day a program starts to sign-up. Some programs require "In Person" registration.







ADULT ATHLETICS & FITNESS

Pickleball Open Play

Ages: 16 years old and up

Come play pickleball, the fastest growing sport in America and see what the fun is all about! Open to all genders and skill levels. Players will play games and rotate throughout the session. Open play is limited to a max of 12 players at a time. Please stop and sign in/pay at the front desk when you arrive. See monthly schedule online or at front desk for additional open play hours to be posted as available.

Mondays & Wednesdays meet weekly

M 12:30-2:30 PM | W 1:00-3:00 PM

Sundays meet 1/7, 1/14, 3/24, 4/7, 4/14, 4/21 Only

Su 8:30-10:30 AM

Code:	. AF-SNR-10	002-1	
Location:	.The Comr	nunity House	
10 PUNCH CARD FI	EES:	WALK-IN FEES:	
Fee:	.\$60	Fee:	\$8
Kevholder Fee:	.\$50	Kevholder Fee:	\$7

Pickleball Workshop

Ages: 16 years old and up

Learn or Improve your Pickleball Game! In two 90-minute lessons we will review basic rules, strokes, scoring and strategy in a friendly small group setting. This workshop will teach you the basics of Pickleball, help you brush up on the fundamentals or just prepare you for playing with others during Open Play! Join us and become a part of the fastest growing sport in America! Class is Limited to 8 players. Two 90 minute classes per session.

Guidelines for players: Please wear shoes appropriate for court play. Safety glasses recommended. Paddles are not required but you can bring your own paddle if you like. All other pickleball equipment is provided.

Customers are responsible to attend the workshops they register for. Lessons are non-refundable. If the instructor agrees to re-schedule you in case of an emergency, or add you in to another workshop you may do so at your own liability. If a reschedule date can not be met, refunds will not be allowed but account credit will be considered.

Code	Day	Date	Time	
AF-SNR-1001-1	M,Th	1/8-1/11	10:45 AM-12:15 PM	
AF-SNR-1001-2	M,Th	1/15-1/18	10:45 AM-12:15 PM	
AF-SNR-1001-3	M,Th	1/22-1/25	10:45 AM-12:15 PM	
AF-SNR-1001-4	M,Th	1/29-2/1	10:45 AM-12:15 PM	
AF-SNR-1001-5	M,Th	2/5-2/8	10:45 AM-12:15 PM	
AF-SNR-1001-6	M,Th	2/12-2/15	10:45 AM-12:15 PM	
AF-SNR-1001-7	M,Th	2/19-2/22	10:45 AM-12:15 PM	
AF-SNR-1001-8	M,Th	2/26-2/29	10:45 AM-12:15 PM	
AF-SNR-1001-9	M,Th	3/4-3/7	10:45 AM-12:15 PM	
AF-SNR-1001-10	M,Th	3/11-3/14	10:45 AM-12:15 PM	
AF-SNR-1001-11	M,Th	3/18-3/21	10:45 AM-12:15 PM	
AF-SNR-1001-12	M,Th	3/25-3/28	10:45 AM-12:15 PM	
AF-SNR-1001-13	M,Th	4/1-4/4	10:45 AM-12:15 PM	
AF-SNR-1001-14	M,Th	4/8-4/11	10:45 AM-12:15 PM	
AF-SNR-1001-15	M,Th	4/15-4/18	10:45 AM-12:15 PM	
AF-SNR-1001-16	M,Th	4/22-4/25	10:45 AM-12:15 PM	
AF-SNR-1001-17	M,Th	4/29-5/2	10:45 AM-12:15 PM	
Location: The Community House				

Fee:.....\$92 Keyholder Fee:.....\$80

Gentle Yoga

Ages: 18 years old and up

Join the wonderful Rebecca Lorkiewicz and take a slower paced class, ideal for all ages, beginners, and those recovering from illness or injury. Poses will focus on flexibility and strength and can be modified to make class suitable for everybody. Breathwork and poses will help increase relaxation and overall well-being. A chair will be used during class to allow for more support during balance postures and modification options. Please bring a mat and a towel.

Code	Day	Date	Time
AF-SNR-1006-1	W	1/10	10:30-11:30 AM
AF-SNR-1006-2	Th	1/11	10:30-11:30 AM
AF-SNR-1006-3	W	2/28	10:30-11:30 AM
AF-SNR-1006-4	Th	2/29	10:30-11:30 AM
AF-SNR-1006-5	W	4/24	10:30-11:30 AM
AF-SNR-1006-6	Th	4/25	10:30-11:30 AM
Location:	KLM L	odge - 2nd flo	oor,

County Line Rd, Hinsdale

Fee:.....\$90 Keyholder Fee:.....\$76

Ageless Yoga zoom

Ages: 18 years old and up

This is a virtual Zoom class with Rebecca Lorkiewicz. This class is designed primarily for those with limited mobility. By modifying classic yoga exercises to easy standing poses and low-impact work in a chair, students will have the chance to improve strength and flexibility in a way that is approachable and fun! No materials or prior experience required. Please register online or at The Community House. GUIDELINES: Once you are registered for a class session a link will be emailed to you no later than 3 days before class starts. Be sure to have your current email information listed to participate! GET AHEAD AND REGIS-

TER FOR ALL WINTER SESSIONS TODAY!

Code	Day	Date	Time
AF-SNR-1005-1	F	2/16	10:30-11:30 AM
AF-SNR-1005-2	F	4/12	10:30-11:30 AM
AF-SNR-1005-3	F	5/31	10:30-11:30 AM
Location:	Your H	louse!	
Fee:	\$48		
Keyholder Fee:	\$38		

SAFE (Supported Ageless Fitness Exercise)

Ages: 18 years old and up

Join us for a S.A.F.E. class, formally Sit & Get Fit. Staying mentally, socially, and physically active is the key to maintaining quality of life! This is a seat-based class that doesn't lack intensity or fun. S.A.F.E. is for participants of every ability. We stay active & mobile but remain gentle on the body! Work on increasing range of motion, circulation, flexibility, balance, and strength with easy-to-follow moves. We sometimes use light weights or toning bands! Class is Ongoing. 10-class punch card is required for this program.

Code	Day	Date	Time
AF-SNR-1004-1	M,W	1/3-4/29	11:30 AM-12:30 PM
Location:	The Co	mmunity Ho	use
Fee:	\$92		
Keyholder Fee:	\$80		





Prime Time A+

Ages: 50 years old and up

This is an easy to follow on-going class that welcomes new members. Enjoy a low-impact workout designed to improve your cardiovascular fitness, strength, balance and flexibility. We are dedicated to enhancing your fitness by promoting health and well-being through exercise. Class is Ongoing. 10-class punch card is required for this program.

Code	Day	Date	Time
AF-SNR-1008-1	Tu,Th	1/2-4/30	8:45-9:45 AM
Location:	The Co	mmunity Ho	use
Fee:	.\$85		
Keyholder Fee:	.\$75		

Pilates & Barre Mash up

Ages: 18 years old and up

Toning, flexibility, better posture, increased core strength and the body/mind connection are achieved through our Mat Mash-Up work. A variety of equipment adds interest and "mashes-up" the workout so class is always different. Our classes blend the best of ballet, strength, yoga and Pilates, providing an exciting and effective class for all fitness levels. Hit the barre and see results! Please bring a mat to each class. Class is Ongoing. 15-class punch card is required for this program.

Code	Day	Date	Time
AF-SNR-1003-1	M/W	1/2-4/30	10:00-11:00 AM
	Tu		7:00-8:00 PM
Location:	.The Co	mmunity Ho	use
Fee:	.\$160		
Keyholder Fee:	.\$140		





Your trusted community non-profit since 1941.

Yoga for Strength & Stability

Ages: 18 years old and up

Y4SS is now running as a reoccurring 6-week class! Join us as Certified Yoga Instructor Lisa Nicholas levels up

the Yoga for you! This class is designed to mindfully build strength, flexibility, and balance to restore healthy movement patterns in the body. Balancing longer held yoga poses to build muscular endurance with an increased number of reps to build strength, this



your ability to participate more

fully in your daily life. Props will be used to support and deepen your practice. Open to all levels. Modifications will be provided, and focus placed on advancing slowly and safely to support each individual's abilities. Please bring a yoga mat to each class. Classes will NOT be prorated or refunded.

Not ready to commit to a 6-week session? Try the single class as a walk-in for \$15. "WALK-INS" please call ahead to confirm class is being held. You must check in at the front desk before class.

Code	Day	Date	Time
AF-SNR-1007-3	Tu	1/30-3/5	8:30-9:30 AM
AF-SNR-1007-4	Tu	3/12-4/23*	8:30-9:30 AM
AF-SNR-1007-5	Tu	4/30-6/4	8:30-9:30 AM
Location:	The Co	ommunity Ho	use
Fee:	\$80		

Keyholder Fee:.....\$70 Walk-In Fee:\$15

*No class 3/26







Tai Chi

Ages: 18 years old and up

Per Harvard Medical School, Tai Chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice has value in treating or preventing many health problems. Tai Chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. It's a low-impact, slow-motion exercise, that doesn't put any

pressure on the joints. It's also slowly becoming therapeutic exercise for many chronic health conditions. Join Zuzana from Hummingbird Qigong in this beginners 6 weeks Tai Chi program to



improve your balance, coordination, and overall health. Classes will not be pro-rated and are non-refundable unless canceled by The Community House.

Session 1: 2/16, 2/23, 3/1, 3/15, 3/22, 4/5

 Code
 Day
 Date
 Time

 AF-SNR-1007-1
 F
 2/16-4/5*
 10:45-11:30 AM

Session 2: 4/12, 4/26, 5/3, 5/10, 5/17, 5/24

Code Day Date TimeAF-SNR-1007-2 F 4/12-5/24** 10:45-11:30 AM

Location: The Community House

Fee:.....\$115

Keyholder Fee:.....\$100

*No class 3/8, 3/29

**No class 4/19

Burning Beats! Dance Fitness

Join us for Burning Beats with Dominique, a high-energy workout that's equal parts fun and fitness! With a mix of upbeat music, contagious energy, and simple dance moves, you'll be dancing your way to fitness in no time. You'll experience the thrill of dancing to the beat of the latest and greatest music. From pop anthems to Latin grooves, you'll be moving to a soundtrack that will keep you motivated and inspired. Whether you're a seasoned dancer or a complete beginner, our experienced instructor will guide you through each step and make sure you're getting the most out of your workout. So forget about the gym, put on your dancing shoes, and get ready to party! With every move you make, you'll be toning your body and burning calories, all while having a blast. Come join the fun and get ready to dance your way to fitness! This class is guaranteed to be the highlight of your week. Please stop at the front desk to sign in, purchase a punch card or pay the walk-in fee! Discounted rates listed below for a 10 class punch card, or you can try the single class as a walk-in for \$15.

CLASS TIMES: 1/9-4/30*

Day	Time	Day	Time
Su	9:30-10:30 AM	W	6:30-7:30 PM
Tu	10:00-11:00 AM	F	9:00-10:00 AM

Code:.....AF-SNR-1013-1 (Adult)

AF-SNR-1013-3 (Students)

Location:.....The Community House

ADULT RATE: STUDENT/WALK-IN RATE: Fee:\$109 Fee:\$5

Keyholder Fee:......\$95 Walk-In Fee:.....\$15

UNLIMITED SESSION: January-April

You're only paying \$5 per class when you buy the unlimited session.

Code:.....AF-SNR-1013-2

Fee:.....\$299 Keyholder Fee:.....\$259

*No class 1/2-1/7, 1/23, 3/6, 3/24-3/31

FITNESS SCHEDULE AT-A-GLANCE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Burning Beats 9:30-10:30 AM	Pilates 10:00-11:00 AM	Yoga 4 Strength 8:30-9:30 AM	Stroller Strides 8:00-9:00 AM	Prime Time 8:45-9:45 AM	Burning Beats 9:00-10:00 AM	Body Boost 7:30-8:30 AM
	SAFE 11:30 AM-12:30 PM	Prime Time 8:45-9:45 AM	Pilates 10:00-11:00 AM	Gentle Yoga 10:30-11:30 AM @KLM Lodge	Stroller Strides 9:30-10:30 AM	Stroller Barre 8:45-9:45 AM
		Burning Beats 10:00-11:00 AM	Gentle Yoga 10:30-11:30 AM @KLM Lodge		Ageless Yoga 10:30-11:30 AM zoom	
			SAFE 11:30 AM-12:30 PM		Tai Chi 10:45-11:30 AM	
		Pilates 7:00-8:00 PM	Burning Beats 6:30-7:30 PM			



Ages: 18 years old and up

Stroller Barre® is a 60-minute cardio and strength interval class designed to improve posture, stability, and mobility. The workout combines moves inspired by barre, ballet, Pilates and yoga to help you regain your posture and alignment and strengthen your body from the inside out! Stroller Barre will help you reconnect with your body, increase flexibility, and develop the core strength needed for motherhood.

Code	Day	Date	Time			
AF-SNR-1009-2	Sa	1/6-4/27	8:45-9:45 AM			
Location: The Community House						
Fee:	\$150 f	or 10 punch	card			

Stroller Strides® by F4M

Ages: 18 years old and up

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout consists of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful, and energized! No more mama guilt! This class is all about self-care in a supportive and encouraging environment.

Code	Day	Date	Time
AF-SNR-1009-3	F	1/5-4/26	9:30-10:30 AM
Location:	The Co	ommunity H	ouse
Fee:	\$150 f	or 10 punch	card

*No class 11/24

(HIIT) F4M

Ages: 18 years old and up **Experience High-Intensity** Interval Training (HIIT) totalbody workouts that challenge even the elite athlete. Our safe

and effective workouts address the body of the postnatal woman, whether she had her baby six months ago or 20 years ago. Combining cardio, strength, core, and meditation, Body Boost® is the perfect workout for mom's mental and physical health. Body Boost® is a Experience High-Intensity Interval Training (HIIT) totalbody workouts that challenge even the elite athlete. Body Boost is the perfect workout for mom's mental and physical health. Body Boost is a 60-minute resultsbased, high-intensity interval training (HIIT) class designed to challenge, empower, and energize. Class is Ongoing.

Code	Day	Date	Time		
AF-SNR-1009-1	Sa	1/6-4/27	7:30-8:30 AM		
Location: The Community House					
Fee:	\$150 fo	r 10 punch o	ard		

Register online:

downersgrove.fit4mom.com

See Fit4Mom website for the most up-to-date class times!









Hinsdale Community Preschool, Inc. A Parent CO-OP School Since 1942 415 W. Eighth Street, Hinsdale, IL 60521 630-325-7484 www.hinsdalecommunitypreschool.org



Hinsdale Community Preschool

Celebrating 81 years of Cooperative Learning!

Register Today for the 2023-2024 school year!

Join the HCP community and enrich your child's education with outstanding programs for Preschoolers AND Kindergartners!

Preschool Classes	Monday	Tuesday	Wednesday	Thursday	Friday
Just For Me Two (2 year olds)	9:00-11:00am				9:00-11:00am
Juniors (3 year olds)		8:45-11:10am	8:45-11:10am	8:45-11:10am	
Seniors (4 year olds)	8:45-11:15am	8:45-11:15am	8:45-11:15am	8:45-11:15am	\ \
Preschool Enrichment Classes					
La Petite Masters Art – 4 by Feb. 1 st Lunch Included		11:15am- 1:40p			
BookWorms Preschool 4 by Feb. 1st Lunch Included	11:15am- 1:40pm		11:15am-1:40pm		<
STEAM Preschool 4 by Feb 1st Lunch Included	S			11:15am -1:40pm	\$
Discovery Kids American Explorers					8:45-11:15am
Kindergarten Enrichment Classes					
BookWorms Literacy Enrichment		12:30-2:45pm			
Discovery STEAM Kindergarten (Science, Technology, Engineering, Arts, and Math)			12:30-2:45pm		
Discovery Kids World Explorers				12:30-2:45pm	

Kindergarten Enrichment Programs

Complement your child's Kindergarten year curriculum with one or more of the following classes:

BookWorms: Our most popular program! This class complements District 181 Literacy Programs by fostering an appreciation for literacy, rhyming, and word families through popular authors and illustrators, meeting the <u>Kindergarten Common Core Standards</u>. It also helps children develop techniques for problem solving, conflict resolution and handling emotions.

<u>Discovery Kids World Explorers</u>: A study of the countries around the world! Geography, science, literacy, music, drama and art—with the study of countries across the globe—this is Discovery Kids World Explorers! Each month

students will visit a different country and learn about its geography, science, engineering, technology, art and culture, meeting the Kindergarten <u>Common Core Standards for Social Studies.</u>

<u>Discovery S.T.E.A.M.</u>: This curriculum integrates science, technology, engineering, art, and math through hands-on activities in a student-centered format. Students will discover, observe and investigate during class. They will share data and explore technologies and engineering methods each week.

For more information and class descriptions visit us at <u>HinsdaleCommunityPreschool.com</u> or call 630-325-7484.

#village tutors

PROVIDING EVIDENCE-BASED ACADEMIC SUPPORT SINCE 2004



"At The Village Tutors. one on one work with our students can create confidence and a willingness to succeed."

Jill Suter tutor

The Village Tutors have been successfully supporting students locally, nationally, and globally for years. We work both in person and online—and we are prepared to help your student, too.

www.thevillagetutors.org

CONNECT WITH US







Located on the second floor of The Community House with additional locations in Westmont.

Motivated by their own children's struggles, The Village Tutors was formed in 2004 to provide support for gradeschool students who struggled in reading. Today, they provide full academic support for students, both online and in-person, from pre-school to college and beyond. With their help, your family can navigate the best possible educational path for your traditional or non-traditional learner.

SERVICES

- Reading Challenges + Dyslexia
- Learning Differences + Alternatives
- Executive Function Skills Building
- Math + Science + Social Science + English
- Foreign Languages
- Analytical Reading + Writing
- Homework Help
- Test Prep (ACT, SAT, HSPT)
- College + Essay/Consulting + Support
- In-Person + Remote Support

READY TO CHAT? (708) 688-9646

suzanne.petree@thevillagetutors.org









Registration Form

Register Today!



Today's Date:				-	HOUSE	
Family Last Name:	Parent Name:					
Address:	Ci	ity:	Zi	p:		
Home Phone:	Cell	Phone:		School	Grade	
Email Address:			·			
		Phone:		T-Shirt	Height	
				Travel Exp.	Yrs. Exp.	
Does the participant have any allergies, medical conditions, medications or any other medical issue staff should be aware of? O Yes O No (if yes, please explain:						
ONLINE REGISTRATIO	N! Join our online club a	and register anytime! www.the	communit	yhouse.org		
Login:		Security Question:				
Password:		Security Answer:				
		il address is required for online re				
Program Information	on - Visit our website to joi	n our membership program and re	eceive 15%	off programs	and events.	
Code	Class Name	Participant Name	DOB	Gend	er Fee	
O I would like to make an	Annual Fund donation to s	support The Community House: I				
Method of Payment (plea	se check one)	TOTAL P	'AYMENT: S			
○ Cash ○ Credit Card ○	Check #: O	Other: Staff Initials	:	_		
This section must be com	npleted if you are using a c	redit card for payment: CVV/CV	C:			
					ie)	
Participant/Parent Signa	iture:					

The above agrees to indemnify and hold harmless The Community House, its directors, officers, board of trustees, employees and agents from any and all claims for injury from any cause whatsoever arising out of or in any way connected with the above programs. I give permission for The Community House to use photographs or videos of those involved in the above programs for promotional materials. I have read and understand the specific refund policy for the above.

Registration Information

Most programs offer online registration at www.thecommunityhouse.org, click the "REGISTER" button on the top right. Registration can also be accepted at the registration desk (see page 3 for location and hours).

Refund Policy

Refunds must be requested more than 3 business days prior to the activity start date. We are unable to offer refunds for classes within 3 days of the start or for classes that have already started. All refunds will be charged a \$10 processing fee per activity. Customers may have their refund processed as an in-house credit and use the credit for any program offered by The Community House. In house credits are charged a \$5 processing fee, are non-refundable and are available for use for up to one year after issue date. If The Community House cancels an individual class during a session, a make-up class will be scheduled. We are unable to offer refunds for Memberships purchased. Once approved, refunds are processed in the format of the original payment within 21 days. Events or programs that require a ticket purchase are not eligible for refunds. Summer Day Camp and Kiddie Camp participants must request a refund 48 business hours in advance of the start of the program taking place. These programs will not offer refunds for days that have already occurred. Transfers will not be granted for these programs but customers may request an in-house credit for use for the program of their choice. It may take up to 3 business days from the request for in-house credit for the credit to be available for use.

Transfer Policy

Participants in some classes may request to transfer from one class to another. Not all classes allow transfers. A \$5 transfer fee must be paid before the transfer is processed.

Photo/Video Policy

The Community House staff regularly photographs or videotapes participants in programs and at events. These photos are the property of The Community House and may be used in publications, brochures, flyers, website, video productions or other marketing outlets. The Community House will protect the identity of those used in our promotional materials.

Jordan Crist Scholarship Fund

The Community House strives to make all programs available to all people. Through the generous donations and efforts of family and friends, the Jordan Crist Scholarship Fund was created to provide assistance to those in need. Please stop by the front desk for a scholarship application. To make a donation to the J.C.S.F. call The Community House, 630-323-7500 ext. 247.

Programming

The Community House provides a wide variety of programming for a wide variety of ages. We welcome your input on our current programs and invite you to share your ideas for future programming. Emal or call Kelci at kbednar@thecommunityhouse.org or 630-323-7500 ext. 247.



Keys to The House provides key holders with 365 days of exclusive benefits and VIP access to every door at The Community House.

BENEFITS

- Early access to registration
- Discount on facility rentals
- 15% off program registration
- Exclusive programs for key holders

EVEN MORE BENEFITS!...

- Unlimited use of the walking track and open gym
 Spare keys guest passes for the track and gym
- Unlimited use of the walking track and open gym Waived registration fees for Before/After the Bell families
 - Exclusive savings at area businesses

PACKAGES

Family*	\$180
Individual/Child	\$100
Active Adult Couple	
Active Adult Individual	\$45

*With a contribution of \$1,000 or more to The Community House, you receive a complimentary set of keys for the whole family.



thecommunityhouse.org



630-323-7500



415 West Eighth Street - Hinsdale

Keyholder status must be valid on the **start date** of the program to receive program benefits.











GENEROUSLY SPONSORED BY:



















Thank you.



The mission of The Community House is generously supported by individuals, corporations and foundations. Their belief in our mission is critical to all those we serve. The following are owed our abiding gratitude for their financial partnership.











































Tarpey, Jones & Schroeder, LLC













































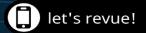




ARTIFICIAL · HINSTELLIGENCE COMMUNITY REVUE '24

Community Revue is back and funnier than ever! Get ready to laugh out loud as we lampoon, mock, and call-out all of the artificial intelligence in Hinsdale. Don't miss the chance to see this hilarious show - it's one you won't soon forget!







OPENING MARCH 2024 THE COMMUNITY HOUSE DICK JOHNSON MEMORIAL STAGE



The Community House





