

Veterans Park District

Programs & Happenings

Early Childhood Programs

Toddler Turf Time

Ages 2-5 (2s and 3s with Adult)

Join us for a morning filled with fun, fitness and sports challenges! Each day will include play-based themed stations, interactive circle time with music and movement. Please bring your child in comfortable clothing that is easy to move around in (no dresses or skirts) and a water bottle with their name on it.

- Mondays, Now-Dec. 2, 10-11a.m.; Class is held at George A. Leoni Complex, 800 N. 17th Ave., Melrose Park; Fee – R\$65/NR\$75.

Alphabet Adventures

Every week children are introduced to different groups of letters in the alphabet, their sounds and shapes. They will learn through flashcards, hands-on activities and crafts. By the end of the program, your child will have created their own book of ABCs.

- Tuesdays, Nov. 5-Dec 10; Class held at Grant Park Recreation Center, 44 W. Golfview Dr., Northlake; Fee – R\$60/NR\$70.

Youth Sports

Volleyball, Ages 8-12

This fun and instructional program prepares players to succeed in volleyball. Players will improve their serving, bumping, setting and spiking skills. Games will be played throughout the program. Teamwork and good sportsmanship are stressed.

- Mondays, Oct. 14-Nov. 4, 4-5 p.m.; Classes are held at Grant Park, 44 W. Golfview Dr., Northlake; Fee – R\$55/NR\$70.

Fall Basketball Clinic, Ages 8-14

Get your child ready for the 2025 basketball league. These clinics will run through warmups and go right into scrimmage games.

- Fridays Oct. 18-Nov. 8, 5-6 p.m.; Classes are held at Grant Park, 44 W. Golfview Dr., Northlake; Fee – R\$55/NR\$70.

Baseball, Ages 8-12

This slow-paced class covers the basic skills/drills of baseball, including throwing, catching, fielding and hitting. Please bring a baseball bat and glove.

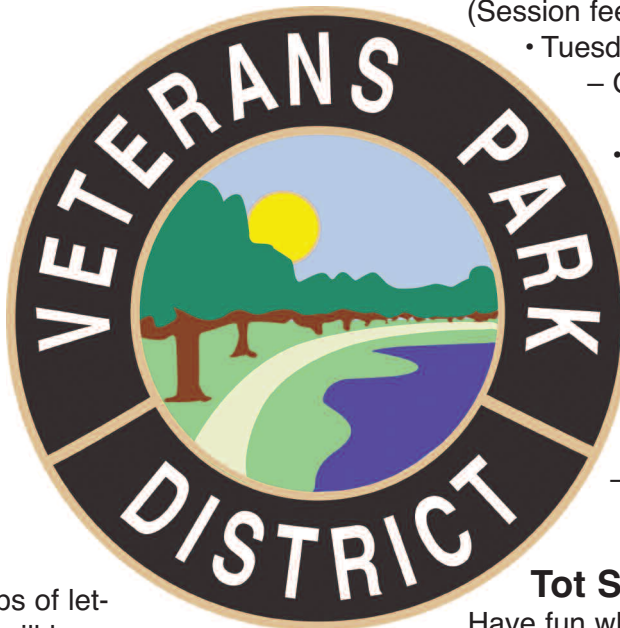
- Wednesdays, Oct. 16-Nov. 6, 5-6 p.m.; Classes are held at George Leoni Complex, 800 N. 17th Ave., Melrose Park; Fee – R\$55/NR\$70.

VPD Swim Lessons, Ages 6 and Older

West Leyden High School, 1000 Wolf Rd., Northlake.

Level 1: Basic Water Skills – floating, gliding, kicking.
 Level 2: Advanced Water Skills – streamline kicking on front and back.
 Level 3: Introduction to Strokes – side stroke, elementary backstroke and front crawl.

Fee per session: \$85 in district/\$100 out of district.



(Session fee will be adjusted according to holiday closures.)

- Tuesday and Thursday, 6:50-7:30 p.m., Levels 1-3.
 - October/November Session: Oct. 29-Nov. 26.
 - December Session: Dec. 3-19.
- Tuesday and Thursday, 7:40-8:20 p.m., Levels 1-3.
 - October/November Session: Oct. 29-Nov. 26.
 - December Session: Dec. 3-19.
- Monday and Wednesday, 6:50-7:30 p.m., Levels 1-3.
 - October/November Session: Oct. 28-Nov. 20.
 - December Session: Dec. 2-18.
- Monday and Wednesday, 7:40-8:20 p.m., Levels 1-3.
 - October/November: Oct. 28-Nov. 20.
 - December Session: Dec. 2-18.

Tot Swim, Ages 3-5 Years Old

Have fun while learning to kick, float, bob and glide in the water.

This is a great way for your child to learn to be safe and comfortable in the water.

Fee per session: \$65 in district/\$80 out of district. (Session fee will be adjusted according to holiday closures.)

- Tuesday and Thursday, 6:30-7:10 p.m.
 - October/November Session: Oct. 29-Nov. 26.
 - December Session: Dec. 3-19.

Cimbalo Fitness Center

Fitness Classes

We offer a variety of fun, exciting fitness classes for all ages and fitness levels. Our classes include Zumba, Pump & Sculpt, Strong Nation, Middle Eastern Belly Dancing, Chair Yoga, CIRCL Mobility, Youth Fitness and Youth Boxing. Call Cimbalo Fitness Center at (708) 343-5151 for more information

Golf Simulator

Come experience Cimbalo Fitness Center's Golf Suite! Featuring a state-of-the-art Full Swing® golf simulator. Our golf suite allows you to have a fun, realistic golf experience year-round. Our golf simulator offers something for everyone of all ages and experience levels, from the super competitive golfer to the super casual. With over 85 courses, multiple skill challenge courses, a driving range and a variety of challenge games/modes of play, we can provide users with a great experience customized to their goals, whether that be improving their golf game or just having fun. Pricing is \$40 for one hour and \$20 for a half-hour rental. Please call ahead to reserve a time slot. Cimbalo Fitness Center is located at 1203 N. 24 Ave., in Melrose Park. Call (708) 343-5151 to reserve a time.

Call us for more information on our upcoming programs, (708) 343-5270, or visit our website at www.vpdpark.org or our Facebook Page for updates.

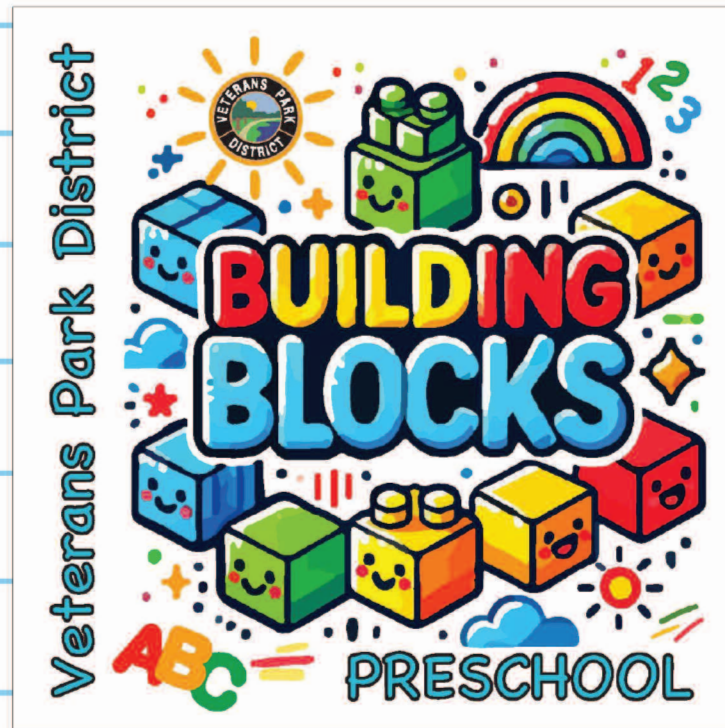


**Veterans
Park
District**

*Programs
&
Happenings*

New Preschool Program at Veterans Park District

Ages 3-5



Located at

**Bulger Park Community Center Classrooms
1601 Hirsch Street, Melrose Park**

Veterans Park District Building Blocks
Preschool is a Recreation Program designed
to meet the physical, social, intellectual, and
creative needs of children ages 3 to 5.

for more information or to register call...

**708-343-5270
www.vpdpark.org**



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**Veterans
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**only
\$40** per hour

Veterans Park District **Golf Suite**

featuring a widescreen
Full Swing Sport Series Golf Simulator

located inside the
Cimbalo Fitness Center
1203 N. 24th Ave, Melrose Park

Call 708.343.5151 to reserve your tee time

vdpark.org / cimbalo@vdpark.org



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