

Veterans Park District

Programs & Happenings

Swim Lessons

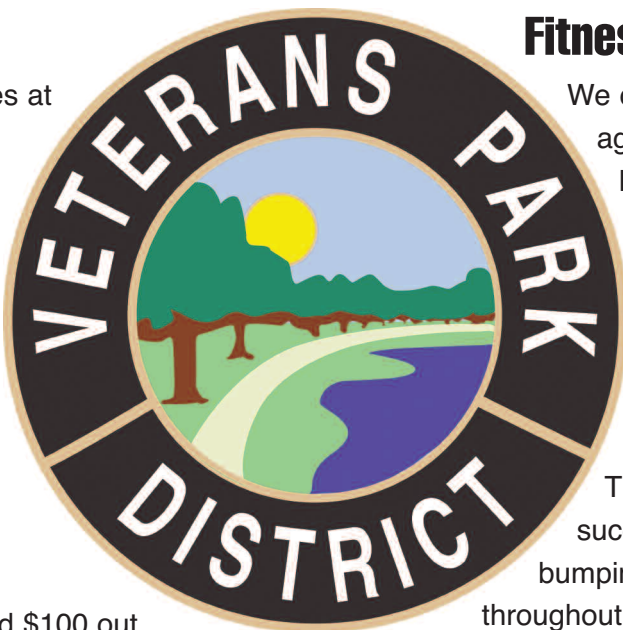
Veterans Park District offers swim lessons for all ages at the West Leyden High School indoor pool.

Whether you're just starting out or looking to improve your technique, our classes provide quality instruction in a supportive environment.

Classes are offered Monday-Thursday, fees are \$85 in district and \$100 out of district (session fee will be adjusted according to holiday closures).

For more details or to register, please contact us at (708) 343-5270 or visit vdpark.org.

Get ready to make a splash and build your swimming skills with us!



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, Youth Boxing and Youth Speed & Agility.

Call Cimbalo Fitness Center at (708) 343-5151 for more information.

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, Jan. 6-Feb. 3, 4-5 p.m.
Fee is R\$55/NR\$70.

Classes are held at Grant Park, 44 W Golfview Dr., Northlake.

Flag Football • Ages 8-12

In this noncompetitive, slow-paced class. Players will learn sound fundamental offensive and defensive football skills like passing, catching, defensive positioning and football formations.

- Thursdays, Jan.9-30, 5-6 p.m. Fee is R\$55/NR\$70. Classes are held at George Leoni Complex, 800 N. 17th Ave., Melrose Park.



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 and 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., Melrose Park.

Call (708) 343-5151 to reserve a time.



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, Jan. 8-29, 5-6 p.m.
Fee is R\$55/NR\$70. Classes are held at George Leoni Complex, 800 N. 17th Ave., Melrose Park.



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



**Veterans
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*Programs
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Swim Lessons

at West Leyden High School

taught by VPD Staff

Learn to Swim

Level 1: Basic Water Skills

Level 2: Advanced Water Skills

Level 3: Introduction to Strokes

6:50-7:30 p.m. or

7:40-8:20 p.m.

Mondays & Wednesdays

Jan. 6-29

Feb. 3-26

March 3-26

March 31-April 23

or

Tuesdays & Thursdays

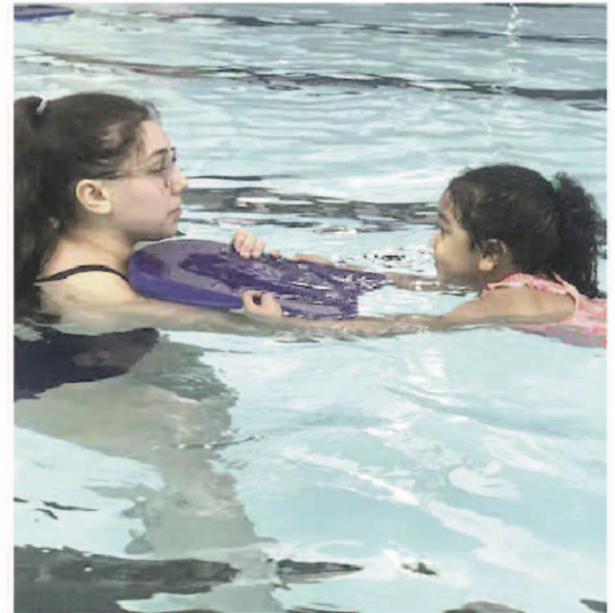
Jan. 7-30

Feb. 4-27

March 4-27

April 1-24

\$85/\$100 Per Session



Tot Swim

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.

6-6:40 p.m.

Tuesdays & Thursdays

Jan. 7-30

Feb. 4-27

March 4-27

April 1-24

\$85/\$100 Per Session



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CIMBALO FITNESS CENTER



***NEW YEAR'S RESOLUTION
SAVING SPECIAL !***



***JANUARY
6-10***

- Week long trail to explore our work out facility and group fitness classes.
- No Joining fees !
- Sign up during this week and receive 10% off membership.

www.vpdpark.org 1203 N. 24th, Melrose Park 708-343-5151



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Veterans Park District Programs & Happenings

CIMBALO FITNESS CENTER

**FEE: R \$40/NR \$55
*PER SESSION***

Adult Fitness Classes 16+

ZUMBA®

This dance-inspired total body workout combines all elements of fitness: cardio, muscle conditioning, balance, and flexibility. Latin music and easy to follow moves provide a fun, energetic class that will make you forget you're even exercising

Mondays 6:30PM

Session 1: Jan 6–Feb 10*(No class Jan 20)
Session 2: Feb 24–Mar 24
Session 3: Apr 7–May 5

STRONG Nation™

This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

Saturdays 9:30AM

Session 1: Jan 11–Feb 8
Session 2: Feb 22–Mar 22
Session 3: Apr 5–May 10 (No class 4/19)

PUMP and SCULPT

Offering the challenge of adding resistance by using light weights, this class helps you focus on specific muscle groups so you can stay engaged and firm up.

Wednesdays 6:30PM

Session 1: Jan 15–Feb 12
Session 2: Feb 26–Mar 26
Session 3: Apr 9–May 7

Middle Eastern Belly Dancing

This dance form has been used for centuries for exercise, fun, and fitness. This class will strengthen your inner core muscles and improve flexibility. Please bring a hip scarf if you have one

Tuesdays 6:45PM

Session 1: Feb 4–Mar 11
Session 2: Mar 25–Apr 29

FEE: R \$45/NR \$60

CIRCL Mobility™

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises to help you move better, longer. Set to a soundtrack of healing tones+ sound frequencies to help your mind focus and release stress.

Thursdays 6:30PM

Session 1: Jan 16–Feb 13
Session 2: Feb 27–Mar 27
Session 3: Apr 10–May 8



Youth Fitness Classes 8-15

YOUTH BOXING(12-18)

Learn the basics of boxing. Participants will learn how to throw a variety of punches, footwork, timing, and the strategy involved with the sport of boxing.

Tuesdays 6:00PM

Session 1: Jan 14 – Feb 11
Session 2: Feb 25 – Mar 25
Session 3: Apr 8 – May 6

YOUTH FITNESS(8-15)

Start them on a healthy path as early as possible! Basic exercise techniques will be taught, and obstacle courses and other activities will create a healthy, competitive atmosphere.

Wednesdays 6:00PM

Session 1: Jan 15 – Feb 12
Session 2: Feb 26 – Mar 26
Session 3: Apr 9 – May 7

YOUTH SPEED TRAINING(8-15)

This new and exciting class is taught by a Certified Strength and Conditioning Coach and is designed for youth athletes wishing to prepare for their upcoming athletic season. This class, which will focus on speed, agility, coordination, and conditioning, will help build a strong foundation for future success.

Wednesdays 5:00PM

Session 1: Jan 15 – Feb 7
Session 2: Feb 26 – Mar 26
Session 3: Apr 9 – May 7

NEW YEAR'S SPECIAL

January 6th-10th

Our Fitness Center is excited to offer a New Year Special for new members! Come try out our workout facilities and group fitness classes. Sign up during this week and receive 10% off your membership.

PLEASE REGISTER IN ADVANCE!

Call 708-343-5151 or visit vdpd.org to register online

Follow us at:
f @vpdfitness

ig @vdpdpark



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VETERANS PARK DISTRICT

GOLF SIMULATOR TOURNAMENT



January 27-February 22

CALL FOR MORE INFORMATION REGARDING;
TOURNAMENT RULES, TIME SLOTS INFO AND
HOW TO REGISTER.
PRIZES FOR 1ST & 2ND PLACE.

REGISTER NOW!

\$100.00 / Person

708-343-5151

Cimbalo Fitness Center
1220 N. 24th, Melrose Park

www.vpdpark.org



ABOUT OUR SIMULATOR:

FULL SWING Sport Series Widescreen Simulator • Official Simulator Partner of the PGA Tour and Golf Channel. • The only camera-based simulator to feature dual-tracking technology, taking overhead measurement of your club at impact, and measuring your ball in-flight. • Creates images and video to analyze after each swing next to your club and ball data.



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