



INSIDE THE PARKS

A Batavia Park District
School Newsletter

October

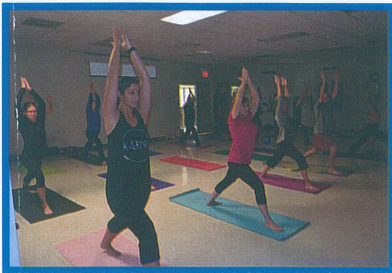
Beginning Yoga **Ages 14+**

Beginning yoga will help you improve flexibility, strength and endurance. Learn relaxation and breathing techniques to pave the way for a healthier you. Wear comfortable clothes to class. Please bring a towel and yoga mat.

Class Will Not Meet On: 11/23/2016

Location: ESCC Shannon Hall
at 14 N. VanBuren St.

Instructor: Kathy Freedlund
CODE DAYS DATES TIME RES BNR NR
443106-1A W 10/26-12/14 6:00-6:45P \$52 \$59 \$65



Morning Yoga **Ages 14+**

Start the day in a positive way! This Hatha/Vini Yoga based class will help you achieve greater flexibility, strength and breathing. Learn to relax and increase your daily energy levels. Instructor will modify for all fitness levels. Please bring a towel and yoga mat.

Location: CC Bart Room
at 327 W. Wilson St.

Instructor: Kathy Freedlund
CODE DAYS DATES TIME RES BNR NR
443107-1A Tu 10/25-12/13 10:00-10:55A \$59 \$67 \$75

Butts & Gutts **Ages 16+**

Engage those troublesome areas in this targeted resistance training class for the core and glute areas. Various equipment along with different workout plans will help strengthen the abdominal, obliques, hip flexors, lower back, glutes, quads and hamstrings, which will in turn help with posture, balance and endurance. Firm that body!

Location: CC Gym 1W
at 327 W. Wilson Street

Instructor: Jen Connon
CODE DAYS DATES TIME RES BNR NR
443125-1A Tu 10/25-12/13 12:15-1:00P \$42 \$48 \$53

Tabata **Ages 16+**

Get the most of your workouts in a short amount of time! This class combines cardio exercises done in 20 second rounds with resistance exercises to work and shape the body! High intensity interval training (HIIT) alternates short, very high intensity intervals with slower intervals to recover. Join the Kettle Bell class first and get a great workout!

Class Will Not Meet On: 11/23/2016

Location: CC Gym 1W
at 327 W. Wilson Street

Instructor: Tin Lafser
CODE DAYS DATES TIME RES BNR NR
443129-1A W 10/26-12/14 12:05-12:35P \$42 \$48 \$53

Pilates Express **Ages 14+**

Join us for this new twist on traditional Pilates. This class is specially designed to work the whole body effectively and efficiently, plus it coordinates with great music!

Location: ESCC Shannon Hall
at 14 N. VanBuren Street

Instructor: Jen Connon
CODE DAYS DATES TIME RES BNR NR
443114-2A Tu 10/25-12/13 5:00-5:30A \$57 \$65 \$73

Halloween Potions, Elixirs & Other Magical Mixtures!

Ages 6 - 11

In this fun, interactive class, you as a student of wizardry and witchery, will learn about basic principles of chemistry as you follow ancient recipes and use various magical ingredients to create your own potions, elixirs and other mixtures. You will start with simple ones first then move on to more advanced concoctions as you progress in knowledge. At the end of the class, you will receive a certificate of Advanced Potion Making!

Location: Sunset Comm Center
at 710 Western Ave.

Instructor: Cool Science
CODE DAYS DATES TIME RES BNR NR
420106-1A Tu 10/18 6:00-8:00P \$31 \$36 \$40

Halloween Goopy Concoctions!

Ages 3 - 5

Learn about the fascinating and sometimes messy world of chemistry as you learn about the different states of matter (solids, liquids, gases, and plasma) and create goopy concoctions like slime and ice cream. Science is so fun!



Location: Sunset Comm Center
at 710 Western Ave.

Instructor: Cool Science
CODE DAYS DATES TIME RES BNR NR
410101-01 Tu 10/18 4:00-5:30P \$23 \$26 \$30

Chocolate Apples on a Stick



Ingredients

- 1 cup large semi-sweet chocolate chips
- 1 tbsp. coconut oil
- 2 large apples
- Caramel sauce, for drizzling
- Melted white chocolate, for drizzling
- crushed oreos
- crushed pretzels
- rainbow sprinkles
- M&Ms

Directions

1. Set up a double boiler: Bring a saucepan of water to a simmer. Set a glass bowl over the saucepan (the bottom of the bowl should not touch the water), then add chocolate chips to bowl. Stir until melted, then stir in coconut oil.
2. Place apples upright on a cutting board and cut into 1/2" to 3/4" slices. Using a paring knife, make a small cut onto the bottom of the apple slice. Insert popsicle stick.
3. Line a large baking sheet with wax paper and grease with cooking spray.
4. Dip apple slices into melted chocolate and place on the baking sheet. Refrigerate until chocolate sets, 5 to 10 minutes.

Drizzle with caramel sauce and melted white chocolate and top as desired. Return to refrigerator until the white chocolate and caramel set, about 5 minutes. Serve immediately or store in refrigerator.

Please remember to register early! Class status is determined one week before class starts.



INSIDE THE PARKS



Your fun is our business

Swim Labs

Parent & Tot Indoor Swim Ages 4 months - 3 years

These lessons are run in a 90 degree river pool at Marmion Academy. This is a great class environment for both the child and the parent to swim! This 30 minute class is designed to teach parents the necessary skills to safely interact and teach their children at the pool in a fun and productive way. All children must wear a swim diaper. **Class Will Not Meet On: 10/09/2016**

Location: Marmion Pool at Marmion Academy

Instructor: Staff

CODE	DAY	DATES	TIME	FEE
418000-1A	W	9/07-11/16	9:00-9:30A	\$183

Beginner Indoor Swim Ages 3 - 8

This is a 30 minute class designed for beginner swimmers and those on the verge of becoming independent.

Class Will Not Meet On: 10/08/2016

Location: Marmion Pool at Marmion Academy

Instructor: Staff

CODE	DAY	DATES	TIME	FEE
418001-1A	M	9/12-11/21	10:45-11:15A	\$183
418001-1B	M	9/12-11/21	12:30-1:00P	\$183
418001-1C	Tu	9/06-11/15	9:00-9:30A	\$183

Adult Swim Lessons Ages 18+

We customize our Adult Learn to Swim programs for each swimmer. Whether you are excited about learning the basics or are overcoming a fear of the water, our expert adult instructors will design a program that helps you reach your goals.

Class Will Not Meet On: 10/9/2016

Location: Marmion Pool at Marmion Academy

Instructor: Staff

CODE	DAY	DATES	TIME	FEE
418003-1A	Su	9/11-11/20	3:30-4:15P	\$143

Girls 3rd & 4th Grade Basketball

This is a developmental league with the focus being on skills building. All girls play at least half of each game. Players of all skill levels will benefit. Games may be played in Geneva, St. Charles, Winfield, Warrenville, Kaneland, and Sugar Grove. There will be a mandatory player evaluation on Sunday, December 6 at the Batavia High School Gym, for coaches to select teams, and a short mandatory parents meeting the same day. Teams will practice one time a week in the evenings at a local Batavia grade school.

Registration deadline: October 20.

Instructor: John Tilton

CODE	DAYS	DATES	TIME	RES	BNR	NR
422007-1A	Sa,Su	10/22-3/11	Varies	\$110	\$125	\$140



Girls 5th & 6th Grade Basketball

This is a developmental league with the focus being on skills building. All girls play at least half of each game. Players of all skill levels will benefit. This is a great opportunity to prepare for middle school basketball tryouts. There will be a mandatory player evaluation day, Sunday, December 4 at the Batavia School Gym, for coaches to select teams, and a short mandatory parents meeting the same day. Teams will practice one to two times a week in the evenings at a local Batavia grade school with games held on Saturdays and Sunday afternoons. Games may be played in Geneva, Winfield, Warrenville, Kaneland, and Sugar Grove. **Practices could start on Monday, December 5 depending on your team. The season will end with a one day tournament. Deadline December 2.**

Instructor: Ryan McCalley

CODE	DAYS	DATES	TIME	RES	BNR	NR
422006-1A	Sa,Su	1/07-3/11	Varies	\$110	\$125	\$140

Boys 3rd & 4th Grade Basketball

Games will be on Saturdays at Batavia School locations, with 1 practice on Wednesdays during the week, held at a Batavia elementary school. After 5 weeks of fundamental practice, teams will be divided equally and games will start. Teams will play 10 games and T-shirts will be provided. *Volunteer coaches may contact Ryan McCalley, at 630-406-5282 extt. 2065.* The focus will be on learning, developing and improving skills, rather than won/loss record.

Registration deadline: October 20.

Instructor: John Tilton

CODE	DAYS	DATES	TIME	RES	BNR	NR
422010-1A	Sa	10/22-3/11	Varies	\$110	\$125	\$140

Halloween Cooking

Ages 4+

Spooky snacks such as witches hat cookies, batty cupcakes and cockroach clusters will be created during this hands on cooking workshop. Parents, please join your goblins during the last 15 minutes for sampling.



Location: SPRC at 3507 Kaneville Rd. Geneva

Instructor: Linda Jones

CODE	DAYS	DATES	TIME	RES	BNR	NR
420122-1A	Tu	10/25	4:00-5:30P	\$19	\$22	\$25

Registration/Contact Information

Phone: (630) 879-5235

Fax: (630) 879-9537

Website: www.bataviaparks.org

Locations:

- Civic Center: 327 W. Wilson St.
- Eastside Community Center:
- 14 N. Van Buren St.

We invite anyone with a special need to contact our staff upon registration so that a smooth inclusion may occur.