PROGRAM GUIDE TERFIELD KDISTRICT ACTIVE ADULT

ACTIVE ADULT

2023-2024

BUTTERFIELD PARK DISTRICT BUTTERFIELDPD.COM 650-858-2229

Join us for a holiday season kick off tree decorating contest!!

Join the Butterfield Park District as we kick off the Holiday Season at "The Glen. To participate in this event, you will purchase and decorate one of the fourteen trees lining the park. Please bring your own decorations; please use LED outdoor lights for your tree. Be as creative as you'd like when decorating your tree! To participate you will need to register before Monday November 27th. You can start decorating your tree on Monday December 4th and must be complete by Thursday December 14th. Three winners will be picked on December 15th. The winners will win a Splash Party for the Summer of 2024!. The trees will stay decorated until Monday January 8th. We also ask that you bring a non-perishable item for our Winter Food Drive. All food collected will be distributed to a local food pantry just in time for the Holiday Season. *The Butterfield Park District is not responsible for any lost/stolen decorative items. *Online registration cannot be discounted or cancelled.



Dec 15 F 5:00 - 8:00pm \$20 Code # 11743

Ages: 2+

ACTIVE ADULT | Winter

Breakfast with the Bunny Egg-Scramble 11823

Grab your Easter basket and hop out to Butterfield Park District at The Glen for your chance to collect eggs that the BPD bunny has left behind. The bunny will be on-site for photo opportunities. Don't forget to check your eggs before you leave because you may have found the "golden egg". This event will take place outside (please dress accordingly). Pre-Registration is required. Breakfast will be served from 9:00am-11:00am. The egg-scramble will follow at 11:15am sharp! All children must be accompanied by a paying adult. Adults and children must register for this event. Any updates or changes will be posted on Facebook and emailed out to registered participants. Egg-Scramble Start Times: Ages 1-3 11:15am sharp Ages 4 -5 11:30am sharp Ages 6-7 11:45am sharp Ages 8-10 12:00pm sharp. Online registration cannot be discounted or cancelled.

Ages: 1+

Mar 23 Sa 9:00am - 12:00pm \$10

NEW! Teen Safari Land Night

Does your teen like bowling, arcade games, and pizza? Then join us as we go to Safari Land for a teen night! Drop off will be 5:00pm at The Butterfield Park District. The group will go to Safari Land in Villa Park and stay until 7:30pm. During your teen's time at Safari Land, they will enjoy a game of bowling, pizza and a fountain drink, as well as s \$10 Arcade card. (You may send your child with extra money to play more games). Pickup will be back at The Butterfield Park District at 8:00pm! A minimum of 15 participants is required, so get your friends and come have a blast!

Ages: 11-15

<u>11999</u> Jan 26 F 5:00 – 8:00pm \$30

12000 Apr 26 F 5:00 - 8:00pm \$30

NEW! Family Bowling Day 12001

Tired of the same old routine? Looking for a fun adventure for the family? <u>Come join us at Fox Bowl located at 1101</u> <u>Butterfield Road in Wheaton.</u> Come see who can have the most gutter balls, strikes, and maybe even a "Turkey!" The fee includes 2 hours of bowling, shoe rental, and a bowling ball. *Pre-registration is required. Ages: 5+

Jan 28 S 2:00 - 4:00pm \$20 per person

CPR and AED Training 11663

This course includes training in CPR and using automated external defibrillator (AED). This course will cover breathing, cardiac emergencies for adults, children, and infants, as well as first aid topics. Certifications are good for two years.

Ages: 18+

Nov 13 M 5:15 - 6:45pm \$45

Adult Vinyasa Yoga PM 11637

Vinyasa Flow- A yoga practice that centers on linking breath to movement. The instructor strives to create presence in the body and mind while consciously moving the body. Build strength, flexibility, and alignment in a gentle flow class suitable for all yoga levels. Please bring a mat and water. *No class 11/23 Ages: 18+

Nov 2 - Nov 30 Th 7:00 - 8:00pm \$40

Adult Vinyasa Yoga AM 11634

Vinyasa Flow- A yoga practice that centers on linking breath to movement. The instructor strives to create presence in the body and mind while consciously moving the body. Build strength, flexibility, and alignment in a gentle flow class suitable for all yoga levels. Please bring a mat and water.

Ages: 18+

Nov 7 - Nov 28 Tu 5:15 - 6:00am \$35

Adult Vinyasa Yoga

Vinyasa Flow- A yoga practice that centers on linking breath to movement. The instructor strives to create presence in the body and mind while consciously moving the body. Build strength, flexibility, and alignment in a gentle flow class suitable for all yoga levels. Please bring a mat and water.

Ages: 18+

<u>11940</u> Jan 4 - Jan 25 Th 7:00 - 8:00pm \$40
<u>11941</u> Feb 1 - Feb 22 Th 7:00 - 8:00pm \$40
<u>11942</u> Feb 29 - Mar 21 Th 7:00 - 8:00pm \$40
<u>11943</u> Apr 4 - Apr 25 Th 7:00 - 8:00pm \$40
<u>11944</u> May 2 - May 23 Th 7:00 - 8:00pm \$40

ACTIVE ADULT | Winter

Beginner Ballroom Dance

Learn how to ballroom dance. This is your opportunity to "Dance Like the Stars!" If you ever thought that learning how the professionals move would be fun, this is definitely the class for you. By Dance Instructor, Jeanette Ibarra. *No class 4/1

Ages: 18+

<u>11934</u> Jan 8 - Feb 12 M 7:00 - 8:00pm \$50/55

11935 Feb 26 - Apr 8 M 7:00 - 8:00pm \$50/55

11936 Apr 15 - May 20 M 7:00 - 8:00pm \$50/55

Intermediate Ballroom Dance

Learn how to ballroom dance. This is your opportunity to "Dance Like the Stars!" If you ever thought that learning how the professionals move would be fun this is definitely the class for you. By Dance Instructor, Jeanette Ibarra. Must have instructor approval before registration. *No Class 4/1

Ages: 18+

11937 Jan 8 - Feb 12 M 8:00 - 9:00pm \$50/55

11938 Feb 26 - Apr 8 M 8:00 - 9:00pm \$50/55

11939 Apr 15 - May 20 M 8:00 - 9:00pm \$50/55

Zumba Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party! Zumba Fitness utilizes the principles of fitness interval training to maximize caloric output, fat burning and total body toning. Add some red-hot international music and contagious steps such as salsa, merengue, cumbia, hip hop and a few others - and you've got yourself a "fitness-party"! Who knew exercise could be so much FUN! Ages 13 and up. *Dates are subject to change. *No Class March 26.

Ages: 13+

<u>11960</u> Jan 9 - Feb 13 Tu 6:30 - 7:30pm \$42

11962 Feb 20 - Apr 2 Tu 6:30 - 7:30pm \$42

11963 Apr 9 - May 21 Tu 6:30 - 7:30pm \$49

Zumba Toning

Zumba Toning Ditch the workout and join the original dance-fitness party! With Zumba Toning, you can just lose yourself in the music and find yourself in shape. Zumba dance workout classes feature exotic rhythms and highenergy Latin international beats. This specialty class will also include Zumba Toning body sculpting routines. Learn how to use lightweight weights or maraca-like Toning Sticks to enhance rhythm and tone all your target zones, including arms, abs and thighs. Before you know it, you'll be getting fit and your energy levels will be soaring! *Optional: Bring a pair of lightweights 1-3lbs *Dates are subject to change. *No Class March 30. Ages: 13+

11961 Jan 13 - Feb 17 Sa 9:30 - 10:30am \$42

11964 Feb 24 - Apr 6 Sa 9:30 - 10:30am \$42

11965 Apr 13 - May 4 Sa 9:30 - 10:30am \$28

Private Pickleball Court Rental

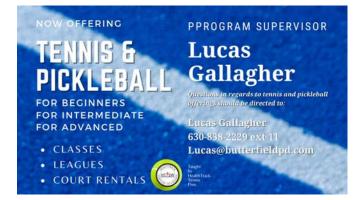
Come and play one of the fastest growing sports in the US. Pickleball combines elements of tennis and badminton. This open game play is in our gym with one court available. Bring your group of 4 to play for one hour of non-stop playtime. This is your private court time! Ages: 16+

Sunday's 9am-12pm

January-March

Contact Lucas Gallagher for information about the

Tennis and Pickleball programs being offered beginning in April.



BUTTERFIELD PARK DISTRICT

MARTIAL ARTS

~TRAINING PROVIDED BY MASTER ESPIRITU~ ~9TH DEGREE BLACK BELT~ ~THREE TIME ALL-PHILIPPINES NATIONAL CHAMPION~ ~ILLINOIS FORMS CHAMPION~



SHOTOKAN KARATE

Shotokan Karate is a traditional Japanese Martial Art founded by Master Gichin Funakoshi. Shotokan Karate remains firmly rooted in a strong martial arts tradition, emphasizing lifetime training for a healthy mind and body, rather than strictly as a sport. Shotokan Karate is a way for an individual to realize greater potential and expand the limits of that individual's physical and mental capabilities.

Through this class participants will learn the art of self-defense through drills involving kicking, punching and blocking. This course will help develop flexibility, self-discipline, stamina, concentration, courage, and respect. Shotokan Karate focuses on three main criteria. These include the basic techniques, forms or patterns of moves, and sparring.

ARNIS STICK FIGHTING

If you are looking for a challenge or a new form of martial arts look no further as the Butterfield Park District also offers Arnis Stick Fighting. This form of martial arts originated in the Philippines and involves training with one or two Kali sticks. Practice close, mid, and long-range combat techniques, as well as proper foot work and body motion. We will begin by practicing the basic steps, and gradually move to one on one combat.

Please direct program questions to: Lucas Gallagher lucas@butterfieldpd.com 630-858-229 x11



ATHLETICS, LEAGUES & TENNIS | Winter

Su 10:00 - 11:00am \$25

Su 9:00 - 10:00am \$25

Su 11:00 12:00pm \$25

NOW OFFERINC

TENNIS B PICKLEBALL FOR BEGINNERS

FOR BEGINNERS FOR INTERMEDIATE FOR ADVANCED

- CLASSES
- LEAGUES
- COURT RENTALS

PPROGRAM SUPERVISOR

Lucas Gallagher

Questions in regards to tennis and pickleball offerings should be directed to:

Lucas Gallagher 630-858-2229 ext 11 Lucas@butterfieldpd.com



WE ARE HIRING!

Join Our Team

Butterfield

POSITION AVAILABLE:

- Parks and Facilities
- Preschool Assistant
- Rec Kids Counselors
- Athletics Instructors
- Fitness Instructors

APPLY

NOW!

- Youth Program Instructors
- WE OFFER:
- Excellent starting wage, up to \$15 per hour
- Flexbile hours for those 16 years of age and older
- Resume-building opportunities for those going into education or recreation

Send Your Resume To:

For More Information:

anne@butterfieldpd.con

www.butterfieldpd.coi

Butterfield

BUTTERFIELD PARK DISTICT 21w730 BUTTERFIELD ROAD, LOMBARD, IL 630-858-2229 WWW.BUTTERFIELDPD.COM



BREAKFAST WITH THE BUNNY AND EASTER EGG HUNT

Grab your Easter basket and hop out to Butterfield Park District at The Glen for your chance to collect eggs that the BPD bunny has left behind. The bunny will be on-site for photo opportunities. Don't forget to check your eggs before you leave because you may have found the "golden egg". This event will take place outside (please dress accordingly). Pre-Registration is required.

A delicious breakfast will be served from 9:00am-11:00am.

The egg-scramble will follow at 11:15am sharp! All children must be accompanied by a paying adult. Adults and children must register for this event. Any updates or changes will be posted on Facebook and emailed out to registered participants. Egg-Scramble Start Times: Ages 1-3 11:15am sharp Ages 4-5 11:30am sharp Ages 6-7 11:45am sharp Ages 8-10 12:00pm sharp. Online registration cannot be discounted or cancelled.

Ages: 1+

Mar 23 Sa 9:00am - 12:00pm\$10

WINTER 2023 SPRING 2024 ACTIVITY GUIDE BUTTERFIELD PARK DISTRICT 630-858-2229 BUTTERFIELDPD.COM

Butterfield Park District 21W730 Butterfield Road Lombard, IL 60148

630-858-2229 www.butterfieldpd.com Register For Your Online Account NOW

ELECTRONIC DELIVERY ONLY

FACILITIES AND PARKS

Proudly Serving the Following Community Neighborhoods:

Beacon Hill Retirement Community Brentwood Butterfield East Butterfield West Canterbury (2 streets) Clover Creek Apartments Dorchester Foxworth Glen Crest Green Briar Glen Hillcrest Lexington Retirement Community Orchard

PARK DISTRICT BOUNDARIES

Nothing west of Route 53 except Canterbury, Milinar and Pinegrove Courts. Nothing east of Finely Road and all areas north of Butterfield to 16th street. If you are still not sure if you are a park district resident, please check your tax bill.

