



Kids On Their Own

The Police Department is sponsoring a program to help you determine whether your children are ready to be on their own for a few hours. Some of the issues to be discussed with the parents will be determining the right age to be alone, police concerns, how the kids can check-in with the parents, and routines kids need to start forming. Presentations will be made by a Palatine police officer. For information, contact the Palatine Police Department, Crime Prevention Officer at 847-359-9061.

Age: 9 years & over (with parent)
Instructor: Palatine Police Department
Location: Community Center, Room 1F & 1G
Min/Max: 16/34

Date: May 11
REGISTER NOW! NOT PART OF THE LOTTERY.

Prog #	Day	Time	Fee
6351-1	Tue	7:00-8:30 pm	\$5 per family

Date:	Day	Time	Fee
August 19	Thur	7:00-8:30 pm	\$5 per family

Please list all participants on the registration form.

FREE TRAINING

Be Safe! Be Prepared!

Do you know how to turn off your utilities? How to check for shock? How to put out a small fire? The Palatine Emergency Management Agency wants its citizens to be prepared for any emergency including tornadoes, toxic spills, flu pandemics, etc. Enroll in our 20 hours of **FREE** instruction in disaster preparedness, terrorism, light search and rescue, psychology, fire safety, disaster medical operations, and organization of Emergency Management volunteer teams. This hands-on course will conclude with a mock disaster drill at the final class. Classes are held on a regular basis in the Emergency Operations Center, Village Hall, 200 E. Wood Street, Palatine from 6:30-9:30 pm except for Fire which is held at Palatine Fire Department Station 84, 22 W. Illinois Avenue, Palatine. Space is limited, so contact us today. Call 847-359-9056, email tsmith@palatine.il.us or visit www.palatine-ema.org.

May Class Dates

Monday, May 10	Preparedness
Wednesday, May 12	Organization
Thursday, May 13	Search & Rescue
Monday, May 17	Meds I
Tuesday, May 18	Meds II
Wednesday, May 19	Fire
Monday, May 24	Psychology/Terror
Tuesday, May 25	Review/Exercise
Wednesday, June 2	Orientation

July Class Dates

Friday, July 16	Preparedness/Psychology (class meets 6:00-10:00 pm)
Saturday, July 17*	Organization/Fire/Meds I/Terror
Sunday, July 18*	Search & Rescue/Meds II/Review/Exercise
Monday, July 26	Orientaton (7:00-8:00 pm)

*Class meets 8:00 am-4:00 pm

"Street Smarts" - How To Avoid Being A Victim

This is a nationally recognized crime avoidance program that offers important and practical information to help you and your family identify and practice strategies for protecting yourself against crime. The video portion of the program uses two techniques to examine common tactics used by criminals: descriptive narrative of Chicago detective J.J. Bittenbinder and dramatic stories told by the victims of crimes. The instructor will further explore the options and guide the participants through role playing exercises to help develop the self protection skills and strategies.

Min/Max: 6/40

Date: June 16
Location: Community Center, Room 2A

Ages: First Adult or 5-13 years without registered adult

Prog #	Day	Time	Fee
4570-2	Wed	6:15-8:15 pm	\$17 R/\$26 NR

Ages: Additional Adults
 14-18 years
 5-13 years with registered adult

Day	Time	Fee
Wed	6:15-8:15 pm	\$7 R/\$11 NR

Date: June 19
Location: Community Center, Room 2A

Ages: First Adult or 5-13 years without registered adult

Prog #	Day	Time	Fee
4571-2	Sat	9:00-11:00 am	\$17 R/\$26 NR

Ages: Additional Adults
 14-18 years
 5-13 years with registered adult

Day	Time	Fee
Sat	9:00-11:00 am	\$7 R/\$11 NR

How To Escape An Attack

Learn the following in this practical and informative class on how to escape an attack:

1. Phases of attack from the attacker's perspective.
2. Phases of attack from the victim's perspective.
3. Methods to stop an attack in any phase.
4. Techniques to influence your attacker to quit.
5. When physical defensive methods don't work.
6. Non-aggressive physical escape techniques to control an attacker.

*"Street Smarts" companion course will enhance the material taught in this course.

Age: 6 years & over
Instructor: Mike Strysik
Location: Community Center, Room 2A
Min/Max: 6/40

Date: June 17

Prog #	Day	Time	Fee
4572-2	Thur	6:30-8:15 pm	\$9 R/\$14 NR

Date: June 19

Prog #	Day	Time	Fee
4573-2	Sat	11:15 am-1:00 pm	\$9 R/\$14 NR

Study Skills - How to Prepare & Study for Tests

This class is designed to teach your child how to prepare ahead of time for tests and learn how to study. A certified teacher/reading specialist will show your child how to schedule, take notes, use chapters, worksheets, notes for study preparation, and learn test taking strategies. Your child will have the opportunity to be a better test taker.

Age: 11 - 18 years
Dates: July 15 - August 19 (6 weeks)
Instructor: Ann Sandler
Location: Community Center, Room 1F
Min/Max: 3/10
Prog # **Day** **Time** **Fee**
 6405-2 Thur 11:00 am-12:00 pm \$60 R/\$90 NR

Magic Tricks

MAGIC CLASS! Children are guaranteed to have a great time as they learn fascinating tricks from a professional magician! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials will be provided. New tricks will be taught at each class.

Age: 5 - 12 years
Instructor: Magician, Gary Kantor
Min/Max: 8/40



Date: July 16
Location: Community Center, Room 1F
Prog # **Day** **Time** **Fee**
 6404-2 Fri 6:45-7:40 pm \$20 R/\$30 NR

Date: August 5
Location: Community Center, Room 1F
Prog # **Day** **Time** **Fee**
 6403-2 Thur 4:00-4:55 pm \$20 R/\$30 NR

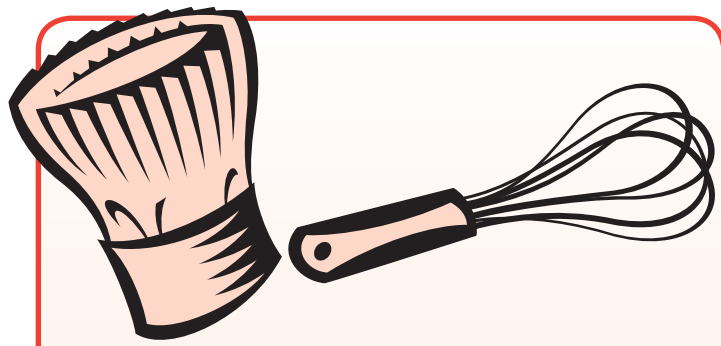
Masala and More

Masala and More, as the name suggests, is a fun and exciting spicy treat for all foodies, especially those who love Indian food, and are vegetarians. I think party hosts (especially moms like me) are getting tired of the same old snack-in-a-box, chips-and-dip routine, and Indian cuisine has so much to offer that could perk up a picnic.

Age: Adult
Dates: June 16 - July 14 (5 weeks)
Instructor: Ranjini Rao
Location: Community Center, Room 1G
Min/Max: 8/12
Prog # **Day** **Time** **Fee**
 2400-2 Wed 6:00-6:45 pm \$51 R/\$77 NR

NEW PROGRAM IDEA?

Do you have a new program idea or would you like to teach a new class? Email us at ppd@palatineparks.org.



Kids Culinary Academy Summer Camp

Join Whole Foods Market Palatine for fun summer cooking recipes for picnics and campouts. We will utilize traditional ingredients as well as explore some new flavors in these hands-on cooking classes. Junior chefs will learn about natural and organic foods, food safety, nutrition, and cooking basics. All new recipes! Fee includes recipe book and apron.

Age: 9 - 13 years
Dates: June 28 - July 2 (1 week)
Instructor: Ann Kagan
Location: Whole Foods Market Palatine
 1331 N. Rand Road, Palatine
Min/Max: 6/10
Fee: \$134 per child
Prog # **Day** **Time**
 2401-2 M-F 10:30 am-12:30 pm

Junior Kids Culinary Academy - Summer Snacks

Join Whole Foods Market Palatine for summer snacking favorites for a younger version of our popular Culinary Academy. Junior chefs will create their recipes alongside Chef Ann in this hands-on cooking class. Foods will be packaged to take home or parents can utilize our café for a lunch date with their junior chef after class.

Age: 5 - 8 years
Date: July 30
Instructor: Ann Kagan
Location: Whole Foods Market Palatine
 1331 N. Rand Road, Palatine
Min/Max: 6/10
Fee: \$24 per child
Prog # **Day** **Time**
 2402-2 Fri 10:30 am-12:00 pm

Hot Summer Cool Treats

Join Whole Foods Market Palatine for a really "cool" cooking class. Junior chefs will create cold summer treats alongside Chef Ann. Foods will be packaged to take home and a Whole Foods Market insulated cooler is included.

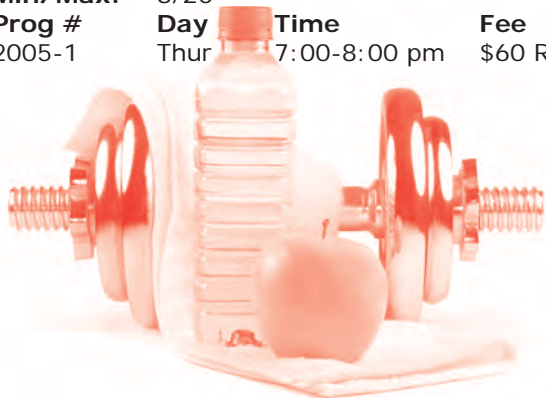
Age: 9 - 13 years
Date: July 26
Instructor: Ann Kagan
Location: Whole Foods Market Palatine
 1331 N. Rand Road, Palatine
Min/Max: 6/10
Prog # **Day** **Time** **Fee**
 2403-2 Mon 1:00-2:45 pm \$34 per child

REGISTER NOW! NOT PART OF THE LOTTERY.

Creating Your Wellness Success Story

Wellness revolves around six foundation principals — thoughts, hydration, breathing, nutrition, movement, and recovery. Living your life with optimal vitality and purpose is key to ensure success with health and wellness. Learn how to properly progress through stages of change and life stressors to successfully create your personal wellness success story.

Age:	HS/Adult		
Dates:	May 6, 13, 20, 27		
Instructor:	Team Wellness		
Location:	Community Center, Room 1F		
Min/Max:	8/20		
Prog #	Day	Time	Fee
2005-1	Thur	7:00-8:00 pm	\$60 R/\$90 NR



Achieving Your Goals

Do you have goals that you want to achieve in life? Do you know what you should be doing, but have a hard time doing it? Whether your goal is to lose weight, reduce stress, increase energy, or to simply find balance in your life, how do you make sure that your goals turn into a successful result? This workshop will help you align not only your mind, but body and spirit for optimal success.

Age:	HS/Adult		
Date:	June 26		
Instructor:	Team Wellness		
Location:	Community Center, Room 1F		
Min/Max:	8/20		
Prog #	Day	Time	Fee
2006-2	Sat	9:00 am-1:00 pm	\$38 R/\$57 NR

Makeup Tips for Mature Women

Our instructor will show you how to prepare your face for makeup and how to enhance and correct problems that occur with older women, such as shadows, dryness, lines, etc. She will bravely show you how she looks first thing in the morning (EEEE) and then demonstrate how she makes her transformation using very inexpensive cosmetics and different strategies for bringing light to the face.

Age:	Adult		
Instructor:	Sara Stephens		
Location:	Community Center, Room 2B		
Min/Max:	6/10		
Date:	June 21		
Prog #	Day	Time	Fee
2404-2	Mon	10:00 am-12:00 pm	\$10 R/\$15 NR
Date:	July 19		
Prog #	Day	Time	Fee
2405-2	Mon	10:00 am-12:00 pm	\$10 R/\$15 NR



TRIPS

The bus will depart from the Community Center for all trips. Please arrive a few minutes before the trips starting time.

Chicago Cubs vs Oakland

Join us for a great opportunity to see your favorite baseball team in action this summer. The bus will depart at 10:30 am and immediately after the game or earlier in the event of bad weather. Seats are located in the Terrace Reserved outfield section.

Age:	All Ages (17 & under must be accompanied by an adult)		
Date:	June 17		
Location:	Wrigley Field		
Min/Max:	24/48		
Prog #	Day	Game Time	Fee*
6700-2	Thur	1:20 pm	\$58 R/\$87 NR

*Fee includes transportation and game ticket.

Shrek The Musical

Join us as we take a trip to see the hit Broadway show — Shrek The Musical. The bus will depart from the Community Center at 10:30 am and arrive downtown with plenty of time for lunch on your own before the performance begins at 2:00 pm. Seats are located in the middle balcony.

Age:	All Ages (17 & under must be accompanied by an adult)		
Date:	July 21		
Location:	Cadillac Palace Theatre		
Min/Max:	20/38		
Prog #	Day	Time	Fee*
6702-2	Wed	10:30 am-6:30 pm	\$65 R/\$98 NR

*Fee includes transportation and ticket.

The Lion King

Don't miss all the magic of Broadway's Tony Award winning musical The Lion King! The bus will depart from the Community Center at 10:30 am and arrive downtown with plenty of time for lunch on your own before the performance begins at 2:00 pm. Seats are located in the balcony section.

Age:	All Ages (17 & under must be accompanied by an adult)		
Date:	October 23		
Location:	Cadillac Palace Theatre		
Min/Max:	20/30		
Prog #	Day	Time	Fee*
6703-2	Sat	10:30 am-6:30 pm	\$75 R/\$113 NR

*Fee includes transportation and ticket.