

"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: September 13

Location: Community Center, Room 2B

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

Prog #	Day	Time	Fee
4570-3	Tue	6:15-8:15 pm	\$17 R/\$26 NR

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

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

Date: September 17

Location: Community Center, Room 2B

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

Prog #	Day	Time	Fee
4571-3	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 Stryzik

Location: Community Center, Room 2B

Min/Max: 6/40

Date: September 15

Prog #	Day	Time	Fee
4572-3	Thur	6:30-8:15 pm	\$9 R/\$14 NR

Date: September 17

Prog #	Day	Time	Fee
4573-3	Sat	11:15 am-1:00 pm	\$9 R/\$14 NR

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)

Date: September 6

Instructor: Palatine Police Department

Location: Community Center, Room 1F & 1G

Min/Max: 16/34

Prog #	Day	Time	Fee
6351-3	Tue	7:00-8:30 pm	\$5 per family

Please list all participants on the registration form.

Keeping Kids Safe - Abduction Awareness

The Palatine Police Department will be conducting this program, which will provide a comprehensive look at keeping your child safe in the community. A hands-on approach to identifying strange behavior and how to report suspicious incidents will be discussed. To receive the most from this program, parental attendance is required.

Age: 9 years & over (with parent)

Date: September 13

Instructor: Palatine Police Department

Location: Community Center, Room 1F

Min/Max: 16/34

Prog #	Day	Time	Fee
6350-3	Tue	7:00-8:30 pm	\$5 per family

Please list all participants on the registration form.



OnLine Registration is not available for this program.

FREE TRAINING Be Safe! Be Prepared!

The Palatine Emergency Management Agency wants its citizens to be prepared for any emergency including tornadoes, toxic spills, flu pandemics, etc. Enroll in our FREE instruction in disaster preparedness, terrorism, light search and rescue, fire safety, disaster medical operations, and organization of Emergency Management volunteer teams. Classes are held on a regular basis in the Emergency Operations Center, Village Hall, 200 E. Wood Street, Palatine, except for Fire, which is held at Palatine Fire Department Station 84 at 22 W. Illinois Avenue. Please visit www.palatine-ema.org for class dates. Call 847-359-9056 or email tsmith@palatine.il.us with questions.

REGISTER NOW! NOT PART OF THE LOTTERY.

Pee Wee Cheerleading

This program's focus is on learning the basic skills needed for sideline cheering and halftime routines for the Pee Wee Flag Football League. Girls will learn a variety of skills and techniques while building self-esteem and teamwork. The program and practices will be once a week beginning the end of August. Games will be played on Saturdays beginning September 10.

Program fee includes uniforms, use of poms, an award for each girl, and a party at the end of the season.

Age: Kindergarten - 2nd grade (5 - 7 years)
Dates: Week of August 29 - October 22
Instructor: TBD
Location: Falcon Park Recreation Center
Min/Max: 8/64
Fee: \$150 R/\$225 NR
Prog #: 6404-1

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.

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

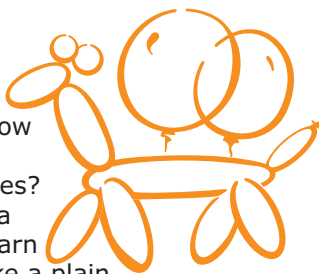
Date: September 26
Location: Community Center, Room 1G
Prog # **Day** **Time** **Fee**
 6403-3 Mon 7:00-7:55 pm \$20 R/\$30 NR

Date: November 16
Location: Community Center, Room 1F
Prog # **Day** **Time** **Fee**
 6405-3 Wed 6:30-7:25 pm \$20 R/\$30 NR

How to Make Balloon Animals & More! **NEW!**

Did you ever want to learn how to make those cool balloon animals that you see at parties? Well now you can. With just a little practice, children will learn the techniques needed to take a plain balloon and transform it into a fascinating balloon animal creation (like dogs, butterflies, swords, etc.). And at the end of the class children will get to take home all of the things they made. And this class isn't just for the kids. Parents are more than welcome to join their children in the class (no extra charge).

Age: 6 - 13 years
Date: October 26
Instructor: Gary Kanter
Location: Community Center, Room 1F
Min/Max: 5/15
Prog # **Day** **Time** **Fee**
 6406-3 Wed 6:00-7:30 pm \$25 R/\$38 NR



Babysitting Skills

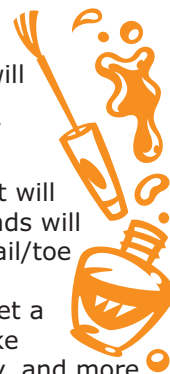
This class includes everything you need to know to be a competent babysitter. Topics include babysitter etiquette and priorities, age appropriate and dangerous toys, activity ideas, infant care, and how to handle special problems. Representatives from the Palatine Police and Fire Departments will also discuss safety and emergency procedures. Bring a highlighter and pen to class. Each participant will receive a drawstring bag for all of their babysitting needs.

Age: 10 - 14 years
Dates: September 12 - October 24 (7 weeks)
Instructor: Jeanine Loizzi
Location: Community Center, Room 1F
Min/Max: 8/15
Prog # **Day** **Time** **Fee**
 6400-3 Mon 5:50-6:50 pm \$60 R/\$90 NR
 6401-3 Mon 7:00-8:00 pm \$60 R/\$90 NR

Girls Night Out Pajama Spa Night

Come hang with Glitzy Girlz and have a night of pampering and fun! Come to class dressed in your favorite P.J's. We will be soaking up relaxation with facials, pedicures, and manicures. Our avocado/banana masks will moisturize while we design a crystal charm bracelet. Our feet will tingle with our pedicure process and hands will look freshly manicured. Our awesome nail/toe polish application is complete with nail designs and rhinestones. Each girl will get a take home spa bag filled with goodies like scented lotion, foot/nail brushes, jewelry, and more.

Age: 6 - 11 years **Min/Max:** 1/7
Date: October 7
Instructor: Glitzy Girls Staff
Location: Community Center, Room 1F
Prog # **Day** **Time** **Fee**
 6407-3 Fri 6:30-8:00 pm \$40 R/\$60 NR



Daddy/Daughter Holiday Jewelry Boutique **NEW!**

Moms - take advantage of this special class that is a sure hit every year. Sign up your daddy/daughter pairings to make you gifts this season and share a special night together. This meaningful holiday jewelry class is designed for them to make gifts together to surprise family members. Glitzy Girls will provide glass faceted crystals, clay beads, custom designer beads, silver accent beads, and holiday/love related charms and dangles. Each couple will make a necklace, bracelet, zipper dangle, and key chain ring. Enough for gift-giving and the designer to wear. Each couple completes the surprise with packaging for no peeking. We provide stamps, ribbon, and wrapping supplies. Music and festive mood provided. A surprise snack is provided for the sweet tooth.

Age: 3 - 11 years
Date: December 14
Instructor: Glitzy Girls Staff
Location: Community Center, Room 1F
Min: 7 couples
Prog # **Day** **Time** **Fee***
 6409-3 Wed 6:30-7:45 pm \$42 R/\$63 NR



*Extra child fee is \$23

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 better comprehension, study preparation, and learn test taking strategies. Your child will have the opportunity to be a better test taker.

Age: 11 - 18 years
Dates: September 15 - October 20 (6 weeks)
Instructor: Ann Sandler
Location: Community Center, Room 1F
Min/Max: 3/10
Prog # **Day** **Time** **Fee**
 6402-3 Thur 4:00-5:00 pm \$60 R/\$90 NR

Gingerbread House Workshop **NEW!**

For many, gingerbread houses epitomize family togetherness during the holidays. Continue the tradition with your loved ones at our how-to workshop. We'll provide the frosted gingerbread house and candy, you bring the creativity! All ages are welcome. Includes frosted gingerbread house, decorations, and piping bag of royal icing. Register early - limited spots available.



Age: All Ages Welcome
Date: December 3
Instructor: Whole Foods Market Staff
Location: Whole Foods Market Palatine
 1331 N. Rand Road, Palatine
Min/Max: 6/10
Prog # **Day** **Time** **Fee**
 2102-3 Sat 11:00 am-12:00 pm \$34 per person
 2103-3 Sat 1:00-2:00 pm \$34 per person

One child per house. Parents are encouraged to assist young children.

Looking Your Best!

Participants will discover the hidden meaning behind color psychology that helps one look good, feel good, and smile their loveliest. The "power of color" also helps with communication and personality characteristics. Each participant will be color analyzed, receive personal suggestion color palette, swatch booklet of information, and wardrobe suggestions.

Age: HS/Adult
Date: September 19
Instructor: Gloria Currins
Location: Community Center, Room 1G
Min/Max: 3/8
Prog # **Day** **Time** **Fee**
 6408-3 Mon 7:00-9:00 pm \$40 R/\$60 NR

Teen Vegetarian Gourmet **NEW!**

Get your grains and greens on at this teen geared vegetarian cooking class. We'll prepare recipes from appetizer through dessert at each class that are packed with flavor, nutrient dense, and focus on unprocessed whole foods.

Age: 13 - 17 years
Instructor: Ann Kagan
Location: Whole Foods Market Palatine
 1331 N. Rand Road, Palatine
Min/Max: 1/5



Date: October 3
Prog # **Day** **Time** **Fee***
 2400-3 Mon 4:30-6:30 pm \$27 per child

Date: November 7
Prog # **Day** **Time** **Fee***
 2401-3 Mon 4:30-6:30 pm \$27 per child

Date: December 5
Prog # **Day** **Time** **Fee***
 2402-3 Mon 4:30-6:30 pm \$27 per child

*All three series \$60 per child.

Prog #: 2411-3

Algonquin Longhouse Inc. NFP Parent/Child Program Indian Guides & Indian Princesses

We invite you to strengthen your one-on-one relationships with your children through the magic and discovery of Native American heritage and culture. Monthly meetings and special events including campouts and museum overnights run through the school year and focus on activities designed to bring parents and children together in fun and enriching ways.

The Algonquin Longhouse Inc. NFP is a non-profit organization comprised of more than 2,000 parents and children from the northwest suburbs. There are programs to fit all ages:

3 to 5 years Preschool Program \$30/family*
 5 to 11 years Guides and Princess Program \$70/family*
 11 to 18 years Trails Program (Monthly events, pay per event)

*Annual membership fee.

Those families participating in more than one program only pay the main program fee.

Share memories that will last two lifetimes!

To enroll today or to get more information call 847-660-1230, fax 847-660-1231, or visit the Algonquin Longhouse website at www.algonquinlonghouse.org. Interested parents and children will be matched with tribes from their school area.



An Apple A Day **NEW!**

Gala, Honeycrisp, and Pink Lady are just a few of the many varieties of apples. Students will pick and prepare recipes using this bountiful fruit of the fall season. Recipes include, Apple Salad, Baked Apples A la Mode, and Apple Strudel.

Age: 8 - 12 years **Min/Max:** 1/5

Date: September 14

Instructor: Ann Kagan

Location: Whole Foods Market Palatine
1331 N. Rand Road, Palatine

Prog #	Day	Time	Fee
2403-3	Wed	4:30-6:30 pm	\$27 per child

Pirate Cooking Class **NEW!**

Don't walk the plank because you missed this class! We'll sail the high seas for a bounty of edible sail boats, fruit swords, and Pirate's Booty Sail Mix.

Age: 6 - 9 years **Min/Max:** 1/5

Date: September 19

Instructor: Ann Kagan

Location: Whole Foods Market Palatine
1331 N. Rand Road, Palatine

Prog #	Day	Time	Fee
2404-3	Mon	4:30-6:30 pm	\$27 per child

Stadium Foods **NEW!**

Stand up and cheer as we make foods perfect for tailgate season. We'll put the gourmet twist on corn dogs, pretzels, slushes, and more. Recipes and culinary tips provided.

Age: 9 - 13 years **Min/Max:** 1/5

Date: September 27

Instructor: Ann Kagan

Location: Whole Foods Market Palatine
1331 N. Rand Road, Palatine

Prog #	Day	Time	Fee
2405-3	Tue	4:30-6:30 pm	\$27 per child

Canning For Kids **NEW!**

Combine a little bit of history and cooking and you've got a fun and informative class. Learn about how food was preserved the old fashion way and how easy you can do this at home.

Age: 8 - 12 years **Min/Max:** 1/6

Date: October 10

Instructor: Ann Kagan

Location: Whole Foods Market Palatine
1331 N. Rand Road, Palatine

Prog #	Day	Time	Fee
2406-3	Mon	1:30-3:15 pm	\$26 per child

Look-What's-Cookin'!

[Adult Cooking Classes \(click here\)](#)

Behind the Rind: Explorations in cheese and pairings

Not Just Another Fish Story: Seafood

Health Starts Here:
Vegetarian Eating & Healthy Living

Sushi 101

Sushi 101 **NEW!**

Sushi, the original Japanese fast food, is not just found at your local sushi bar, or *sushi-ya*. Become your own *itamae*, or sushi master, in this fun hands-on class. You will learn about the history of sushi, go over sushi jargon and etiquette, and how to select your ingredients. Chef Ann will show you how to make *maki*, or rolls, and *nigiri*, little ovals of rice with fish or vegetables on top and then you'll jump in and make your own with a selection of fresh cooked seafood, vegetables, and even fruit.

Age: 9 - 13 years **Min/Max:** 1/5

Date: October 17

Instructor: Ann Kagan

Location: Whole Foods Market Palatine
1331 N. Rand Road, Palatine

Prog #	Day	Time	Fee
2407-3	Mon	4:30-6:30 pm	\$27 per child

Scream For Halloween **NEW!**

There's nothing scary about our food. Students will prepare delicious fall treats including candied popcorn, taffy apples, and homemade candy.

Age: 7 - 10 years **Min/Max:** 6/10

Date: October 25

Instructor: Ann Kagan

Location: Whole Foods Market Palatine
1331 N. Rand Road, Palatine

Prog #	Day	Time	Fee
2408-3	Tue	4:30-6:30 pm	\$27 per child

Tubers, Taters, & Spuds **NEW!**

Mash them, boil them, stick them in a stew. Potatoes are America's preferred root vegetable. We will be whipping up sweet potato pie, classic French fries with dips, and Potatoes Au Gratin.

Age: 8 - 12 years **Min/Max:** 1/5

Date: November 8

Instructor: Ann Kagan

Location: Whole Foods Market Palatine
1331 N. Rand Road, Palatine

Prog #	Day	Time	Fee
2409-3	Tue	4:30-6:30 pm	\$27 per child

Crazy For Cupcakes **NEW!**

If you love cupcakes, this class is for you. You will learn the cupcake basics including batter preparation, decadent frosting, and of course fabulous toppings. Recipes and cooking tips provided.

Age: 8 - 13 years **Min/Max:** 1/5

Date: December 13

Instructor: Ann Kagan

Location: Whole Foods Market Palatine
1331 N. Rand Road, Palatine

Prog #	Day	Time	Fee
2410-3	Tue	4:30-6:30 pm	\$27 per child



Having trouble registering online?
Call 847-496-6223.