

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: October 12
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.

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: September 16
Prog # **Day** **Time** **Fee**
 4570-3 Thur 6:30-8:15 pm \$9 R/\$14 NR

Date: September 18
Prog # **Day** **Time** **Fee**
 4571-3 Sat 11:15 am-1:00 pm \$9 R/\$14 NR

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.

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: December 7
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.

"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 15
Location: Community Center, Room 1F

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

Prog # **Day** **Time** **Fee**
 4572-3 Wed 6:00-8:00 pm \$17 R/\$26 NR

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

Prog # **Day** **Time** **Fee**
 4573-2 Wed 6:00-8:00 pm \$7 R/\$11 NR

Date: September 18
Location: Community Center, Room 2A

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

Prog # **Day** **Time** **Fee**
 4574-3 Sat 9:00-11:00 am \$17 R/\$26 NR

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

Prog # **Day** **Time** **Fee**
 4575-3 Sat 9:00-11:00 am \$7 R/\$11 NR

 **OnLine Registration is not available for this program.**

Pom Skills Class

Learn the latest in dance steps, kicks and pom skills, and group movement. This class is designed to help learn techniques that are needed on a competitive pom team.

Age: 11 - 13 years
Dates: September 15 - October 27 (7 weeks)
Instructor: TBD
Location: Birchwood Exercise Room
Min/Max: 8/15
Fee: \$40 R/\$60 NR
Prog # **Day** **Time**
 6400-3 Wed 4:00-5:00 pm



DON'T WAIT to register!

If a program does not reach its minimum 7 days prior to the starting date of class, it may be cancelled.

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 13 - October 25 (7 weeks)
Instructor: Jeanine Loizzi
Location: Community Center, Room 2A
Min/Max: 8/15
Prog # **Day** **Time** **Fee**
 6401-3 Mon 5:50-6:50 pm \$55 R/\$83 NR
 6402-3 Mon 7:00-8:00 pm \$55 R/\$83 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: September 15
Location: Community Center, Room 1G
Prog # **Day** **Time** **Fee**
 6404-3 Wed 6:45-7:40 pm \$20 R/\$30 NR

Date: November 1
Location: Community Center, Room 2C
Prog # **Day** **Time** **Fee**
 6405-3 Mon 6:45-7:40 pm \$20 R/\$30 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.



Columbus Day Cooking Class



Need something to do on this day off of school? Come cook with us in the Whole Foods Market kitchen. In honor of Columbus Day, we will cook Italian style. We will whip up an Italian meal to make an Italian grandma proud. Mangia Bene!

Age: 8 - 12 years
Date: October 11
Instructor: Ann Kagan
Location: Whole Foods Market Palatine
 1331 N. Rand Road, Palatine
Min/Max: 1/5
Prog # **Day** **Time** **Fee**
 2400-3 Mon 2:00-3:30 pm \$24 per child

Ghoulishly Good Time Cooking Class



This fall, come to the Whole Foods Market Palatine culinary center as we'll be making some delicious Halloween treats perfect for the season. The spook-tacular menu includes mummy dogs, deviled eyeballs, worm desserts, and more.

Age: 7 - 10 years
Date: October 20
Instructor: Ann Kagan
Location: Whole Foods Market Palatine
 1331 N. Rand Road, Palatine
Min/Max: 1/5
Prog # **Day** **Time** **Fee**
 2401-3 Wed 4:30-6:00 pm \$24 per child

Teen Culinary Throwdown With Whole Foods Market



If you're a fan of food television then come and experience cooking for real with our Whole Foods Market chefs. In this series of interactive classes, you'll learn cooking techniques while preparing three recipes from scratch each day. We may throw in a secret ingredient that you've never used. Sign up today so you can take home some good eats!

Age: 13 - 17 years
Dates: October 25 - November 8 (3 weeks)
Instructor: Ann Kagan
Location: Whole Foods Market Palatine
 1331 N. Rand Road, Palatine
Min/Max: 1/5
Prog # **Day** **Time** **Fee**
 2402-3 Mon 4:30-6:30 pm \$72 per child

Mothers/Daughters, Sister/Sister, Friend/Friend - Looking Your Best!

Share the color enthusiasm with someone special at the Looking Your Best pair experience. 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 22		
Instructor:	Gloria Currins		
Location:	Community Center, Room 1G		
Min/Max:	3/8		
Prog #	Day	Time	Fee*
6408-3	Wed	7:00-9:00 pm	\$45 R/\$68 NR

*Fee is per person

Holiday Makeup Lesson

Just in time for the holiday parties! Add sparkle to your holiday glam look. Please bring the makeup and brushes you are currently using to class. Nancy will also bring her makeup brushes and a few handouts for you to keep.

Age:	HS/Adult		
Date:	November 30		
Instructor:	Nancy Logue		
Location:	Community Center, Room 1F		
Min:	1		
Prog #	Day	Time	Fee
2404-3	Tue	5:00-6:00 pm	\$45 R/\$68 NR
2405-3	Tue	6:00-7:00 pm	\$45 R/\$68 NR
2406-3	Tue	7:00-8:00 pm	\$45 R/\$68 NR

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:	October 7, 14, 21, 28		
Instructor:	Team Wellness		
Location:	Community Center, Room 2A		
Min/Max:	8/20		
Prog #	Day	Time	Fee
6406-3	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:	October 2		
Instructor:	Team Wellness		
Location:	Community Center, Room 1F		
Min/Max:	8/20		
Prog #	Day	Time	Fee
6407-3	Sat	9:00 am-1:00 pm	\$25 R/\$38 NR

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.

