

teen services ages 11–19

FRIDAY NIGHT LIGHTS (Ages 13–19)

There's nothing like hanging out on a Friday night with some friends. We'll be doing activities throughout the city. Join us for all events, or join us for one. Either way, you'll have a fun-filled night with other teens. **Drop-off (at 6:00 pm) and pick-up (at 9:30 pm) will be at the Linda K White Center in Aldeen Park.** Transportation will be provided to our destination and back. **[BC]**

Linda K White Center in Aldeen Park 623 N Alpine Rd, Rockford

MALL MADNESS

It's Friday night, what better than to hit the mall! We'll grab dinner in the Food Court, and then explore the corridors of CherryVale. Be sure to bring money for dinner and shopping (\$10.00 is recommended for dinner). **[BC]**

Resident\$18.00/session
Non-resident\$24.00/session

FRIDAY ID # 806206-01
Jan 8 | 6:00–9:30 pm

ICEHOGS GAME

The Rockford IceHogs will "high-stick it" to the San Antonio Rampage as they put another "W" on their record. Be sure to dress for the cool atmosphere of the rink, and bring money for those tasty stadium treats (\$10.00–\$15.00 is recommended). Please note this excursion does end late. **[BC]**

Resident\$18.00/session
Non-resident\$24.00/session

FRIDAY ID # 806206-02
Feb 19 | 6:00–10:30 pm

WII LOVE TO COOK

We like to cook, we love to eat... and Wii love to play! We'll make a nice 'n' easy dinner for ourselves, then play baseball, bowl, and rock out with Guitar Hero—all indoors! **[BC]**

Resident\$15.00/session
Non-resident\$22.00/session

FRIDAY ID # 806206-03
March 19 | 6:00–9:30 pm

PIZZA AND THE PENGUIN

Last year's trip to Crazy Penguin was a hit, and this year, dinner will come first! We'll order in some pizza, chat over our pie, and then head to the Penguin for all our favorite video games! **[BC]**

Resident\$18.00/session
Non-resident\$24.00/session

FRIDAY ID # 806206-04
April 16 | 6:00–9:30 pm

DINNER AND A MOVIE






Before heading in for the latest flick, we'll stop at Steak 'n' Shake for a quick bite. Over dinner, we'll talk about our favorite movies and why we like them. Remember to bring money for dinner (\$10.00–\$15.00 is recommended). **[BC]**

Resident\$18.00/session
Non-resident\$24.00/session

FRIDAY ID # 806206-05
May 21 | 6:00–9:30 pm

KEY TO SYMBOLS

Watch for these symbols throughout the guide.

-  Participants are asked to bring items
-  New program offering
-  Please bring spending money
-  Bus transportation service available/offered
-  Bus transportation service NOT available/offered

SNOWSHOEING - TEEN

(Ages 13–18)

Do you enjoy the snow? If so, join us out in the winter wonderland to learn the basic skills needed to snowshoe! This is a great way to get out of the house and exercise while viewing the wonders of winter. After we are done, we will warm up with hot chocolate (provided). **[LW]**

Resident\$12.00
Non-resident\$15.50

Linda K White Center at Aldeen Park
623 N Alpine Rd, Rockford

SESSION 1 ID # 806204-51
Jan 9 | Saturday, 10:00 am–12:00 pm

SESSION 2 ID # 806204-52
Feb 6 | Saturday, 1:00–3:00 pm

SPORTS GALORE - TEEN (Ages 13–19)

Join us Saturday mornings to burn off your energy! We will offer recreational sport skill development with a variety of different sports and games. A typical morning will consist of warm-up activities, stretching, the fundamental skills needed to play different sports such as kicking, throwing, catching, etc., and of course playing games! We will also focus on learning the skills to help us work together as a team, and the importance of good sportsmanship. **[LW]**

Resident\$12.00/session
Non-resident\$17.00/session

Linda K White Center in Aldeen Park
623 N Alpine Rd, Rockford

SESSION 1 ID # 806204-G5
Jan 16 | Saturday, 9:00–11:00 am

SESSION 2 ID # 806204-G6
Feb 20 | Saturday, 9:00–11:00 am

Rolling Green Elementary School
3615 West Gate Pkwy, Rockford

SESSION 3 ID # 806204-G7
March 20 | Saturday, 9:00–11:00 am

SESSION 4 ID # 806204-G8
April 17 | Saturday, 9:00–11:00 am

10 ROCKFORD PARK DISTRICT

EXPAND

This after school program is designed to provide exposure to and practice of lifelong leisure skill development. Activities may include individual and group sport skill development, exploration of leisure activities in our community, building friendships, nature/outdoor exploration, fitness, and health. An appropriate start date must be discussed prior to registration. Participants are to use Septran to get to the site (*drop-off 3:30 pm*), and parents/guardians should pick up at the site (*pick-up 5:30–6:00 pm*). Program follows the Rockford District 205 schedule — program does not meet when school is not in session. **[JM]**

💰 SAVE! Save when you register for both the Expand and Express programs!
Residents \$125.00 / Non-residents \$180.00

Resident\$80.00/session Non-resident..... \$118.00/session

Linda K White Center in Aldeen Park 623 N Alpine Rd, Rockford

MIDDLE SCHOOL (Ages 11–14)

SESSION 1 ID # 806201-M5

Jan 4–29 | M/W/F, 3:30–5:30 pm

No program on Jan 15 or 18

SESSION 2 ID # 806201-M6

Feb 1–26 | M/W/F, 3:30–5:30 pm

No program on Feb 15

SESSION 3 ID # 806201-M7

March 1–26 | M/W/F, 3:30–5:30 pm

No program on March 1

SESSION 4 ID # 806201-M8

March 29–April 30 | M/W/F, 3:30–5:30 pm

No program on April 2, 5, 7, 9 or 30

SESSION 5 ID # 806201-M9

May 3–June 4 | M/W/F, 3:30–5:30 pm

No program on May 31 or June 3

HIGH SCHOOL (Ages 15–19)

SESSION 1 ID # 806201-H5

Jan 4–29 | M/W/F, 3:30–5:30 pm

No program on Jan 15 or 18

SESSION 2 ID # 806201-H6

Feb 1–26 | M/W/F, 3:30–5:30 pm

No program on Feb 15

SESSION 3 ID # 806201-H7

March 1–26 | M/W/F, 3:30–5:30 pm

No program on March 1

SESSION 4 ID # 806201-H8

March 29–April 30 | M/W/F, 3:30–5:30 pm

No program on April 2, 5, 7, 9 or 30

SESSION 5 ID # 806201-H9

May 3–June 4 | M/W/F, 3:30–5:30 pm

No program on May 31 or June 3

Teen water works (Ages 13–17)

Sharpen your swim skills to really show off your talent. We will get into small groups to teach the skills to move from a pool fish to a swimming shark. Depending on your current skill level, some skills may include treading water, retrieving objects from the bottom of the pool, stroke development, and water safety.

[LW]

NOTE: If a swimmer is not completely toilet trained, swim diapers are required. Paper diapers of any type are not allowed in the pool. Swim pants or swim diapers must be reusable (*not disposable*) rubber or plastic pants that fit tightly around the waist and legs of the participant. These are similar to plastic pants that fit over cloth diapers.

Resident\$78.00/session

Non-resident\$110.00/session

Rolling Green Elementary School 3615 West Gate Pkwy, Rockford

SESSION 1 ID# 106207-01 Jan 19–March 9 | Tuesdays, 6:00–6:45 pm

SESSION 2 ID# 206207-03 March 16–May 11 | Tuesdays, 6:00–6:45 pm

No program on April 6

EXPRESS

Each session will be designed to provide exposure to and practice of lifelong leisure skill development. Activities may include music in the park, expressive play, arts and crafts, edible art, movie reviews, dance, photography, and nature creations. An appropriate start date must be discussed prior to registration. Participants are to use Septran to get to the site (*drop-off 3:30 pm*), and parents/guardians should pick up at the site (*pick-up 5:30–6:00 pm*). Program follows the Rockford District 205 schedule – program does not meet when school is not in session. **[JM]**

💰 SAVE! Save when you register for both the Expand and Express programs!
Residents \$125.00 / Non-residents \$180.00

Resident\$58.00/session

Non-resident\$86.00/session

Linda K White Center in Aldeen Park

623 N Alpine Rd, Rockford

MIDDLE SCHOOL (Ages 11–14)

SESSION 1 ID # 806203-M5

Jan 5–28 | Tu/Th, 3:30–5:30 pm

SESSION 2 ID # 806203-M6

Feb 2–25 | Tu/Th, 3:30–5:30 pm

SESSION 3 ID # 806203-M7

March 2–25 | Tu/Th, 3:30–5:30 pm

SESSION 4 ID # 806203-M8

March 30–April 29 | Tu/Th, 3:30–5:30 pm

No program on April 1, 6, or 8

SESSION 5 ID # 806203-M9

May 4–June 3 | Tu/Th, 3:30–5:30 pm

HIGH SCHOOL (Ages 15–19)

SESSION 1 ID # 806203-H5

Jan 5–28 | Tu/Th, 3:30–5:30 pm

SESSION 2 ID # 806203-H6

Feb 2–25 | Tu/Th, 3:30–5:30 pm

SESSION 3 ID # 806203-H7

March 2–25 | Tu/Th, 3:30–5:30 pm

SESSION 4 ID # 806203-H8

March 30–April 29 | Tu/Th, 3:30–5:30 pm

No program on April 1, 6, or 8

SESSION 5 ID # 806203-H9

May 4–June 3 | Tu/Th, 3:30–5:30 pm



**FUN AND
ENJOYMENT
FOR EVERYONE!**

See p 24
for details.

SPORT SHORTS (Ages 13–19)

Sport Shorts is designed to introduce the skills needed to play a variety of sports. We will start with stretching as a group, then break into smaller groups to work on basic skill drills. Our time will end with playing a fun game. Please wear appropriate workout attire and bring a bottle of water. **[LW]**

Resident \$24.00/session
Non-resident \$34.00/session

SOCCER

Rolling Green Elementary School
3615 West Gate Pkwy, Rockford

THURSDAYS ID# 206115-01
March 4–25 | 5:30–6:15 pm

ROCK CLIMBING

YMCA 200 Y Blvd, Rockford

THURSDAYS ID# 206115-02
April 1–29 | 5:30–6:15 pm
No program on April 8

BASEBALL

Dahlquist Park, diamond #21
3251 Oak Grove Ave, Rockford

THURSDAYS ID# 206115-03
May 6–27 | 5:30–6:15 pm

STRIKES ~~AND~~ SPARES BOWLING (Ages 13–17)

Join us Thursday nights for some bowling fun with friends! We will bowl two games so you can practice your skills and learn some new ones. **[LW]**

Resident \$38.00
Non-resident \$48.00

Park Lanes 5318 N 2nd St, Loves Park

THURSDAYS ID # 806208-06
Feb 4–Feb 25 | 5:00–6:00 pm

SUNSHINE THROUGH GOLF (Ages 13–17)

Sunshine Through Golf will get you movin' and swingin'! You will have the opportunity to spend time on the driving range, as well as on the 4-hole Learning Links Golf Course. A Rockford Park District golf instructor will help you develop or improve your golf skills. You do not need to bring your own clubs, however, walking shoes are recommended. Transportation not provided. **[LW]**

Resident/Non-resident. **FREE!**

Ingersoll Learning Links
101 Daisyfield Rd, Rockford

TUESDAYS ID # 206303-TG
April 20–May 18 | 6:15–7:00 pm

Not sure what the symbols mean?

Check the key to symbols, found throughout this guide

new! FISHING extravaganza - Teen

(Ages 13–17)

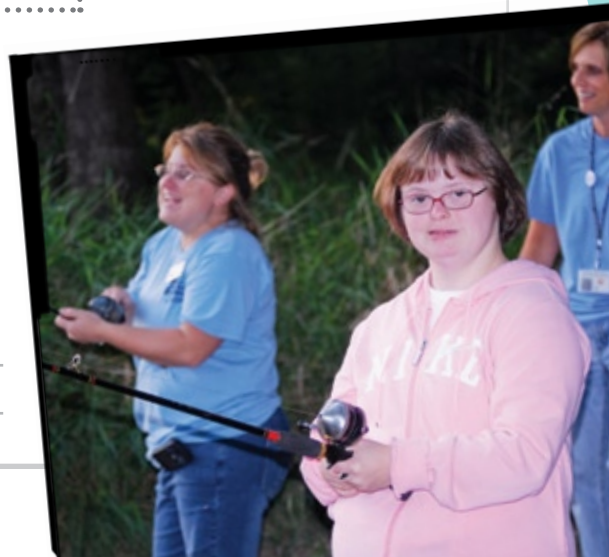
Join us for a day full of fishing and fun! We will be heading to Rock Cut State Park to spend the afternoon, and see who can catch the biggest fish. Fishing poles will be provided, but participants can bring their own if they wish. Lunch, along with transportation to our destination and back, will be provided. Pick-up and drop-off will be at the Linda K White Center in Aldeen Park. **[LW]**

Resident \$12.00
Non-resident \$15.50

Rock Cut State Park 7318 Harlem Rd, Loves Park

SATURDAY ID # 806204-FE April 24 | 12:00–3:00 pm

fax 815-987-8877



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teen services

continued



SPECIAL EVENTS (Ages 13–18)

GAMEWORKS ARCADE TRIP

Join us for a fun-filled day at the arcade! We will spend the morning playing board games here, then load up the bus and head to Schaumburg for an afternoon of pizza and video games. Lunch, preloaded game cards, and transportation from the Linda K White Center to GameWorks in Schaumburg will be provided. Remember to bring some extra cash for video games in case your game card runs out early. Please drop off participants at 9:00 am and pick up at 4:30 pm at the Linda K White Center in Aldeen park. **[JM]**

Resident \$34.00
 Non-resident \$48.00

Linda K White Center in Aldeen Park 623 N Alpine Rd, Rockford

MONDAY ID # 806202-01 Jan 18 | 9:00 am–4:30 pm

CHILLOX

Join us for a *Teen Day Lock-in* at the Linda K White Center. We will be playing games, watching movies, and making lunch and dessert. Come ready to spend a relaxing day with your friends. If weather permits, we will also head outside sledding to enjoy the winter weather. Don't miss this opportunity on your day off! **[LW]**

Resident \$34.00
 Non-resident \$48.00

Linda K White Center in Aldeen Park 623 N Alpine Rd, Rockford

MONDAY ID # 806202-02 Feb 15 | 9:00 am–4:30 pm

young adult club

ages 17–25

DAIRY QUEEN AND CRAZY PENGUIN ARCADE

Calling all gamers, beginners and seasoned! We'll head to Dairy Queen for a quick dinner before heading to Crazy Penguin Arcade, the perfect place to find the game of your dreams. Choose from Xbox, PS3, the Wii, PC games, and more! They also have pool tables and vintage video games, if you're in the nostalgic mood. Don't forget to bring money for dinner (\$10.00 recommended). **[BC]**

Resident \$15.00
 Non-resident \$22.00
 Door-to-door transportation add \$3.00

Linda K White Center in Aldeen Park 623 N Alpine Rd, Rockford

FRIDAY ID # 106521-DQ Feb 26 | 6:00–900 pm

GET COOKIN'

Spaghetti and meatballs is on the menu—and we're going to make it from scratch! Once we've made our delicious creation, we'll enjoy it with our close friends. After clean-up, we will decide what we do from there. Games? A movie? The choice is yours! **[BC]**

Resident \$15.00
 Non-resident \$22.00
 Door-to-door transportation add \$3.00

Linda K White Center in Aldeen Park 623 N Alpine Rd, Rockford

FRIDAY ID # 206521-GC March 26 | 6:00–900 pm

NATURE NIGHT

Spring is in the air! Join us in welcoming the warm weather with a *Nature Night* at Atwood Environmental Center. We'll enjoy the longer spring days with relaxing hikes, team building games, and other outdoor activities. **[BC]**

Resident \$15.00
 Non-resident \$22.00
 Door-to-door transportation add \$3.00

Atwood Environmental Center
 2685 New Milford School Rd, Rockford

FRIDAY ID # 206251-NN
 April 30 | 6:00–900 pm

PROGRAM REGISTRATION OPENS JAN 4

Registration ends 8 days before the start of the program/event