

EARLY BIRD RUNNING PROGRAM

(6th grade+)

This is an organized training program involving running or walking for people of all ages who want to improve cardiovascular fitness. Past summers have had up to 100 participants, ages 10 through 75 years. The program emphasizes endurance, proper running form, and stretching techniques. One day each week focuses on track — utilizing Palatine High School facilities. Groups are formed based on experience and ability. Instruction and training is directed by Palatine High School cross country coaches and other professionals.

Instructor: Chris Quick & Joe Parks

Location: Palatine HS Track **Min/Max:** 12/100

Prog #	Day	Date	Time	R/NR
303530-01	M-F	6/15-7/24*	6:30-7:30am	\$45/\$57

*No class 7/3

ROAD WARRIORS

(5th grade+)

This program emphasizes endurance and strength training by using the latest techniques in running and core body strength training. The beginning “fitness” runner as well as the experienced “racer” will be able to benefit from this program. The training gains made through road runs, track runs, running technique drills, and various strength exercises will benefit all runners.

Location: Fremd HS Track **Min/Max:** 15/75

Prog #	Day	Date	Time	R/NR
303620-01	M-Th	6/15-7/21*	7:30-9:00am	\$45/\$57

*No class 6/29, 7/2



PALATINE RUNNING CLUB

(4th–12th grade)

Have fun while learning the fundamentals and training methods for distance running and sprinting. Participants will run each day and learn about hydration, nutrition, running etiquette, injury prevention, and other running topics. Wear running shoes and bring a water bottle. All skill levels welcome and no experience necessary. Parents are welcome to run or walk during sessions.

Location: Hamilton Park (Tuesday/Thursday)
Ost Field (Friday) **Min/Max:** 15/75

Prog #	Day	Date	Time	R/NR
303600-01	Tu/Th/F	6/16-7/24*	9:00-10:00am	\$44/\$55

*No class 7/3

GRADE SCHOOL TRACK

(2nd–6th grade)

This program offers track training for beginners. Form, coordination, and technique are taught with drills and games designed to encourage enjoyment of the sport. All participants will receive free entry into the Track and Field Night on Wednesday, July 15.

Instructor: John Nalley & Palatine Coaches

Location: Palatine HS Track **Min/Max:** 15/130

Prog #	Day	Date	Time	R/NR
304230-01	M/W	6/15-7/8	6:00-7:00pm	\$40/\$50

JUNIOR HIGH/HIGH SCHOOL TRACK

(Jr. High–High School)

This program offers track training in coordination, strength, and technique in all field events, hurdles, and sprint training. All participants will receive free entry into the Track and Field Night on Wednesday, July 15.

Instructor: John Nalley & Palatine Coaches

Location: Palatine HS Track **Min/Max:** 15/130

Prog #	Day	Date	Time	R/NR
304350-01	M/W	6/15-7/8	6:00-8:00pm	\$50/\$63

Palatine Track & Field Night

Wednesday, July 15
Palatine High School Track

TIME

5:15-6:00pm	Registration and Warm-up Time
6:00-8:00pm	Field Events and Track Events

Registration taken day of event ONLY at the Palatine High School Track.

FEE

\$3 • 7 years & over (allows participation in 3 events)
\$1 • 6 years & under (allows participation in the 50 meter dash) FREE for anyone registered for any of the Track and Field Camps

DIVISIONS

Boys and Girls
6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, 19-29, 30-39, 40-49, 50-59, 60 & over

EVENTS

Field - Long Jump, Triple Jump, High Jump, Shot Put, Discus

Track - 50, 100, 400, 800, 1600, 100/110 Hurdles, 400 Relay

Registration Information

If a new household was not created for spring, a household will need to be created for the processing of summer registration.

See page 6 for details!

HOW TO REGISTER

- Use the registration form provided in this catalog (page 100), pick one up at Community Center, Birchwood Recreation Center, Falcon Park Recreation Center, or download a form from our website at www.palatineparks.org.
- List the program number in the "PROGRAM #" box.
- Write the name of the program, the participant's full name, birthdate, gender, and fee. A participant must be age appropriate when the class starts. Write in the fee(s) you are paying. Please include appropriate signatures and emergency information. Incomplete forms will be returned, which will delay the processing of your registration.
- If you are using a credit card, please include all necessary information, including number, card holder name, signature, and expiration date. Forms cannot be processed with incomplete information.
- As soon as your registration has been processed, your check will be deposited, or your credit card will be charged. You will be notified by email of confirmation or placement on a wait list. Please verify this information. If you do not receive confirmation two weeks prior to the starting date of the class, please call 847-991-0333.
- Each household must use their own registration form.
- Placement with a friend or relative cannot be guaranteed.

R=Resident Fee; NR=Non-Resident Fee

BROCHURE CHANGES/ERRORS DISCLAIMER

Occasionally, there may be an error that appears in print or online regarding days, times, fees, or other information. When such errors occur, Palatine Park District will do everything possible to correct the situation promptly. Thank you for your patience and understanding when these situations arise.

FIVE WAYS TO REGISTER!

Make check payable to Palatine Park District or provide credit card information (Visa/MasterCard/Discover). Full payment must be enclosed with registration. Do not send cash through the mail.



- **Online:** www.palatineparks.org (Online registration for residents begins at 8:30am on May 4.)



- **Walk-In:** Processed in real-time at Community Center, 250 E Wood St, Birchwood, 435 W Illinois Ave, or Falcon Park, 2195 N Hicks Rd. A receipt will be printed at the time of registration.



- **Drop-Off:** Place registration forms and payment in an envelope and drop off at Community Center, 250 E Wood St, Birchwood, 435 W Illinois Ave, or Falcon Park, 2195 N Hicks Rd. Drop-boxes in the parking lots are accessible 24 hours at all locations.



- **Mail:** Mail registration forms and payment to Palatine Park District, Registration, 250 E Wood St, Palatine, IL 60067.



- **Fax:** Fax registration forms with complete credit card information to 847-202-7317.

NO REGISTRATION TAKEN BY PHONE.

SPECIAL REGISTRATIONS

Special registration forms and separate payment are needed for Affiliate Sports, C.A.R.E., Preschool, Swim Team, Feet Fest 3K Run/Walk, Disc Golf Tournament, and the Dog Park.

SPECIAL NEEDS

Palatine Park District does not discriminate against eligible residents for participation on the basis of a disabling condition. Residents with special needs should notify our staff when registering so that smooth inclusion may occur. In addition to the programs listed in our catalog, our district also provides specialized services for people with disabilities through NWSRA (see page 10 for more information). Those who are hearing impaired can call Illinois Relay Services at 1-800-526-0857 for assistance in filling out registration forms.

Note: When registering, the parent of the individual should note on the registration form if an NWSRA aide is needed in order for the individual to successfully enjoy the program.

Registration Information

REGISTRATION DATES

Registration begins Monday, May 4 at 8:30am online at www.palatineparks.org and at the Community Center, Birchwood, and Falcon Park.

Registration for Non-residents begins on Tuesday, May 26 at 8:30am for walk-in and online registration.

Walk-in registrants receive a receipt immediately. Online registrants must print a confirmation at the time of registration.

Class Full: In the event that the class is full you will be placed on a wait list.

Wait List: If you are placed on a wait list for a class, and an opening becomes available, you will be contacted by the registration department. If you wish to be transferred to an alternate class or receive a refund, please fill out the appropriate form and drop it off at Community Center, Birchwood, or Falcon Park.

CANCELLATION POLICY

If a program does not reach its minimum seven days prior to the starting date of class, it may be canceled. Participants will be called and have an option of transferring to another class or receiving a refund.

WAIVER REQUIRED

Patrons WILL NOT be able to participate in classes or programs if the waiver is not signed. For insurance purposes, Park District programs and activities require a signed waiver. Please sign the waiver area on the registration form.



**SAVE TIME
REGISTER ONLINE!**

www.palatineparks.org

FALL REGISTRATION

The 2015 Fall Catalog will be available online for viewing Wednesday, July 29 and in resident mailboxes beginning Friday, July 31. Fall resident registration will begin Monday, August 3 at 8:30am.

REFUND POLICY

A full refund, minus a \$5 service charge, will be processed for refund requests received 10 days prior to the start of the program. Refund requests received less than 10 days prior to the start of a program and prior to the 3rd class session will be granted a 50% refund minus a \$5 service charge. Program supplies and other nonrefundable materials will be deducted from the refund total. Refunds are not given for special events unless the event is canceled by the Palatine Park District. Refunds for trips will not be given unless the Park District cancels the trip or the Park District can fill the spot with a patron from the trip's wait list. Refund payment will be made by check for payments made by cash or check within 14-21 business days of refund request. Payment by credit card will be applied back to the original card. Special refund policies apply to several different programs. If there is a variation of this policy it will be noted next to the program information. Refunds of less than \$5 will not be processed.

IN ORDER TO PROCESS A REFUND

- A refund request form must be completed. Forms can be picked up at the Community Center, Birchwood Recreation Center, and Falcon Park Recreation Center, or can be downloaded from our website at www.palatineparks.org. Telephone requests are not accepted.
- A certificate by a physician is required for medical exceptions. Your refund will be pro-rated from the time your request is received. Please advise the office promptly. Medical refunds must be submitted before the class has ended.
- Refunds for wait lists will be processed two weeks after the program begins. If you wish to receive your refund sooner, a refund request form must be completed. Your name will remain on the wait list if you so specify.
- Refunds requested for anything paid by VISA, MasterCard, or Discover will be processed directly through your credit card account.
- For refunds on Affiliate programs see pages 95 through 97.
- NO NET REFUNDS UNDER \$5 WILL BE ISSUED.
- NO REFUNDS ARE GIVEN FOR PPD MEMBERSHIPS.

Register Early!

Classes may be canceled seven days before the class start date if minimums are not met.

PALATINE PARK DISTRICT REGISTRATION FORM

www.palatineparks.org • 847-991-0333 • Fax: 847-202-7317

PLEASE PRINT

Head of Household Last Name: _____ First: _____
 Address: _____ Apt #: _____
 City/State/Zip: _____
 Primary Phone: _____ Cell Phone: _____ Work Phone: _____
 Email: _____ Yes, add me to the PPD notifications list.

FOR OFFICE USE ONLY	
CA CK CG	SCH EMP
Proof of Residency R NR HS Code _____	
Checked by _____	Processed by _____
Batch # _____	

Americans With Disabilities Act Need Accommodations
 NWSRA needed for (name of participant requiring special accommodations) _____

Prog #	Program Name	Participant's Full Name	Current Grade	Birthdate	Gender	Fee
					<input type="checkbox"/> M <input type="checkbox"/> F	
					<input type="checkbox"/> M <input type="checkbox"/> F	
					<input type="checkbox"/> M <input type="checkbox"/> F	
					<input type="checkbox"/> M <input type="checkbox"/> F	

4095 – I would like to make a donation to the Palatine Park Foundation Scholarship Fund 501(c)(3) \$1 \$3 \$ _____

REFUND POLICY: All REFUNDS will be charged a \$5 processing fee. Our refund policy is 100% up to 10 days before class starts and 50% up to 24 hours after 2nd class. Some classes are non-refundable. Medical refunds are subject to review. Please refer to the catalog for more information. **NO NET REFUNDS UNDER \$5 WILL BE ISSUED.** Refunds are not given if there is a change of instructor, for one day programs, special events, or classes which are contracted or require ticket purchases. Refunds for anything paid by VISA, MASTERCARD, or DISCOVER will be processed directly through your charge account.

TOTAL \$	
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To view the Palatine Park District Privacy Policy visit www.palatineparks.org/registration.html.

Please fill out if applicable:

Shirt Size: Youth: S M L
 Adult: S M L XL
 School Attending: _____

Release and Hold Harmless Waiver

By their very nature, many Park District programs involve body contact, substantial physical exertion, emotional stress, and/or use of equipment which represents a certain risk. It is recommended that you check with your physician prior to participating in Palatine Park District activities. Palatine Park District does not provide insurance protection for participants in Park District activities. Please read the following information carefully and be aware that in registering yourself or your minor child/ward for participation in the above program(s), you will be waiving and releasing all claims for injuries you or your child/ward might sustain arising out of the above program(s). I give my child permission to participate in this program, trip, or activity and hereby waive, release and forever discharge any and all claims against the Palatine Park District or its commissioners, employees, or volunteers for damages and/or injuries to the registrant, which may arise from participation in Palatine Park District programs. **EMERGENCY TREATMENT:** A minor may not be treated, even in an emergency, except when, in the opinion of the attending physician, a life is in the balance. Written consent is required for all treatment given in any hospital emergency room/center. Consent of a parent or legal guardian is necessary for unmarried minors, under 18, except in cases of extreme emergencies. **TO WHOM IT MAY CONCERN:** As a parent and/or legal guardian, I do herewith authorize the treatment by a qualified and licensed medical doctor of the above minor in the event of a medical emergency which, in the opinion of the attending physician may endanger his/her life, cause disfigurement, physical impairment or undue discomfort if delayed. This authority is granted only after a reasonable effort has been made to reach me. The release form is completed and signed of my own free will with the purpose of authorizing medical treatment under emergency circumstances in my absence. Please list specific medical allergies, medicines, or other conditions on a separate piece of paper to be attached to this form.

Release and Hold Harmless Statement on registration form must be signed. PARTICIPATION WILL BE DENIED if the signature of adult participant or parent/guardian and date are not on this waiver.

My signature, or my guardian's signature if I'm under 18, indicates that I HAVE READ AND FULLY UNDERSTAND THE REFUND POLICY AND WAIVER and understand it is required to take part in Park District programs.

Signature: _____ Date: _____

Emergency Name: _____ Emergency Phone: _____

Please indicate any medical information (asthma, diabetes, etc.) or food allergies that staff should be aware of.

Payment Information	
Cardholder Name: _____	<input type="checkbox"/> Check (Payable to Palatine Park District) <input type="checkbox"/> Cash \$ _____ <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover
Card Expiration Date: _____ Card Amount: _____	
Cardholder Signature: _____	

 Credit Card Number Security Code Exp. Date