



**Fitness for a  
GREAT Price!**

3909 S. Prairie Ave, Brookfield ♦ (708) 485-9663 ♦ [www.sokolspirit.org](http://www.sokolspirit.org)



## **2019-2020 Class Schedule**



Tots (Preschool & Kindergarten) - **Monday** 5:30-6:30 p.m.

Girls (Grades 1-6) - **Monday** - 6:30-8 p.m.

Boys (Grades 1-6) - **Tuesday** 6-7:30 p.m.

Girls GIJO Gymnastics Class (Grades 1-12) - **Thursday** - 6:30-8 p.m.

Junior Girls (Grades 7-12) - **Monday & Thursday** 8-9 p.m.

Junior Boys (Grades 7-12) - **Tuesday** 7:30-8:30 p.m. & **Thursday** 8-9 p.m.

Women (Ages 18+) - **Monday & Thursday** 9-10 p.m.

Men (Ages 18+) - **Tuesday & Friday** 8:30-9:30 p.m.

Senior Co-Ed (Ages 55+) - **Tuesday** 9:30 - 11:15 a.m.

Spin Class (Ages 16+) - **Monday** 7-8 p.m. OR **Saturday** 8-9 a.m.

**Register NOW at [www.sokolspirit.org](http://www.sokolspirit.org)**

For more information & building availability; call 708-485-9663 or email [programs@sokolspirit.org](mailto:programs@sokolspirit.org).

**Visit our website to learn more about our new Ballet class!**

Gymnastics, Wheel, Spin, Dance and Fitness classes offered as well; ages 3 - Adult

**Stop by and check out the best deal in town!**

**What is Sokol Spirit?** We are a non-profit organization that has been involved in the community since 1929! Sokol has been a guiding force in the promotion of physical fitness for many years. Throughout the years our programs have evolved to include a wide array of activities that are fun for kids of all ages (3 to 90+). Through fun after-school classes and programs we promote physical and skill development, teamwork, leadership and positive self-image. Our goal is to give kids a well-rounded experience that helps build social skills as well as learn what their talents are.

Follow us on  



**League of Women Voters® of the La Grange Area to cosponsor the event: IL FIREARMS RESTRAINING ORDER; MAKING OUR COMMUNITIES SAFER**

**Public program presented by the League of Women Voters® of the La Grange Area in partnership with the La Grange Area Moms Demand Action, Indivisible Brookfield, Indivisible Western Springs and the St. Francis Xavier Peace and Justice Committee**

The League of Women Voters® of the La Grange Area, the La Grange Area Moms Demand Action, Indivisible Brookfield, Indivisible Western Springs and the St. Francis Xavier Peace and Justice Committee are cosponsoring a free, public program: IL FIREARMS RESTRAINING ORDER; MAKING OUR COMMUNITIES SAFER, on Wednesday, September 18<sup>th</sup>, 7:00-8:30 P.M. [Doors open at 6:30 P.M.] at Lyons Township High School, South Campus Performing Arts Center, 4900 Willow Springs Road, Western Springs. A Question/Answer session will follow the presentations.

Presenters will be from Speak for Safety IL: Mark Jones, retired ATF agent and Community Outreach Coordinator for Law Enforcement Training and Peter Contos, Community Outreach Coordinator for local communities.

This event is free of charge and open to the public. For more information, email us at [league@lagrangearealwv.org](mailto:league@lagrangearealwv.org). Visit our website at [www.lagrangearealwv.org](http://www.lagrangearealwv.org).

# LGAL

LA GRANGE ART LEAGUE | GALLERY | STUDIO

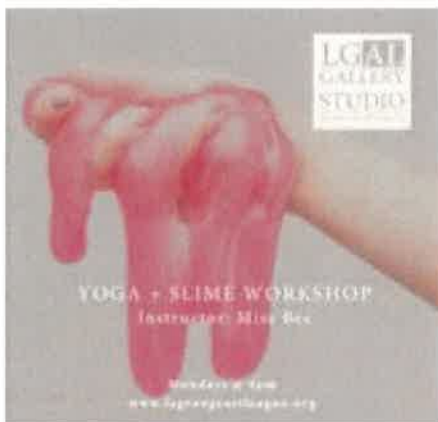
Youth After School Art Classes & Workshops

Starting the week of September 9th!

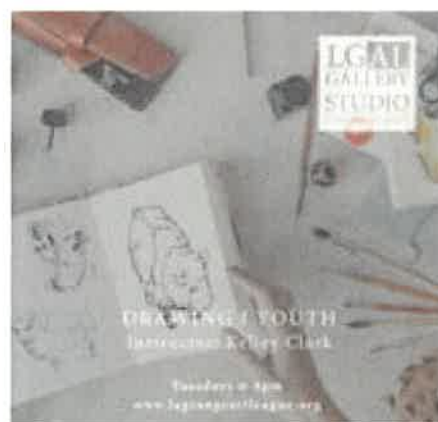
[www.lagrangeartleague.org/youth-classes](http://www.lagrangeartleague.org/youth-classes)



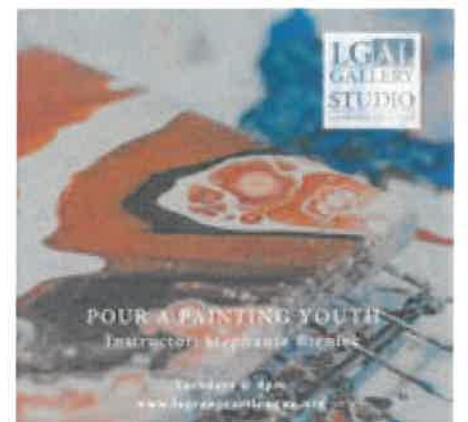
Acrylic Painting  
Mondays @ 5pm



Yoga + Slime Workshop  
Mondays @ 4pm



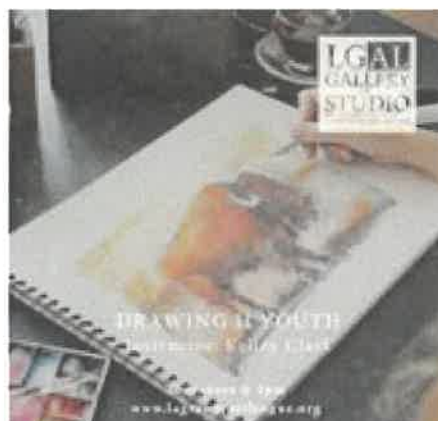
Drawing I  
Tuesdays @ 4pm



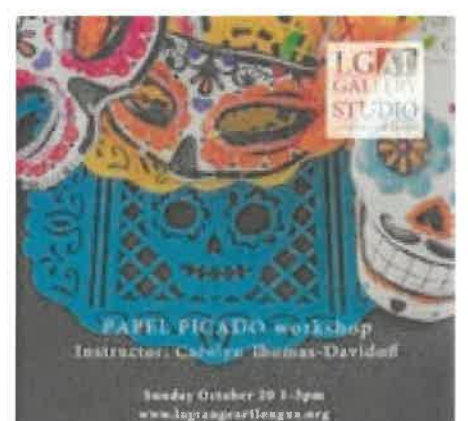
Pour a Painting  
Tuesdays @ 4pm



FUNDamentals of Acrylics  
Wednesdays @ 4pm



Drawing II  
Thursdays @ 4pm



Papel Picado Workshop  
Sunday October 20th  
1-3pm

[www.lagrangeartleague.org/youth-classes](http://www.lagrangeartleague.org/youth-classes)

**2019  
D105  
DASH**

**PRESENTED BY**



**@properties**

**Lindsey Pann Paulus**  
REAL ESTATE AGENT  
**708-926-5034**

**5K & Family Fun Run  
SUNDAY**

**9.15.19**

**5K - 9:00 am start**

**Family Fun Run - 9:30 am start**

FOR MORE INFORMATION PLEASE VISIT:  
[facebook.com/d105dash](https://facebook.com/d105dash)

**TO REGISTER GO TO:  
[www.tinyurl.com/dash105](http://www.tinyurl.com/dash105)**

**SPRING AVE IDEAL HODGKINS SEVENTH AVE GURRIE**

# RUN KELLI

SUNDAY, October 6th, 2019

The "Run For Kelli" is an event, where participants of all Ages can get involved. The mission of the Kelli Joy O'Laughlin Memorial Foundation:

**"Giving opportunities to young adults to reach their potential".**

**----College Scholarships--** since inception (2012) presented over **1/2 Million Dollars** (\$537K) in College Scholarships to **75** Recipients.

**----Camp Tecumseh, Brookston Indiana--** Work with 5th District Court House and local schools to send children to camp for a week to build their confidence after going thru a difficult situation. Camp can change a child's life and the KJO Foundation thought it was important to have a cabin built for children to have opportunities to en"JOY camp just like Kelli.

Below is the construction of the cabin as of June 18th. Dedication will take place fall 2019.



## WHAT YOU CAN DO

This is the eighth (8) year of the "RUN FOR KELLI" and as one of KJO Memorial Foundation's valued partners, we invite you to join us as a sponsor again this year. We realize you have a choice where you contribute charity dollars, and would be honored to have you partner with us for the "Run For Kelli"!

The Kelli Joy O'Laughlin Memorial Foundation supports young people throughout the surrounding communities and the "Run For Kelli" is a great way to help lend your support. Your support is greatly appreciated.

# RUN FOR KELLI

SUNDAY, October 6th, 2019

Park at- Lyons Township High School South Campus

Check in -- Field House

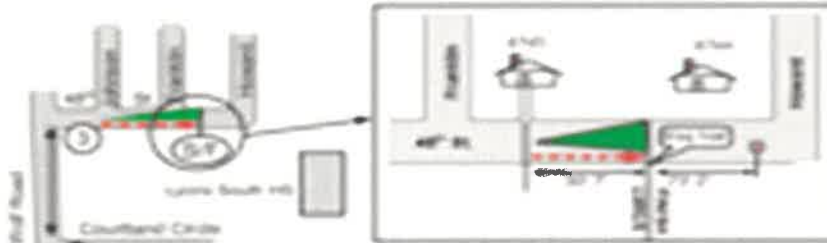
Sign up at [runforkelli.com](http://runforkelli.com)

Early sign up discount ends August 31st.



Run for Kelli 5K  
5 km  
Western Springs, IL  
USATF Certificate # IL19021WR  
Effective August 12, 2019 - Dec 31, 2019

Start: Map next to curb of 48th St., 30' E of center of roadway to 4740 address & 17' 2" W of No-Parking sign  
1 Mile: East curb of Caroline, 67' E of center of driveway at 3405 address  
2 Mile: West curb of Harvey Ave., 28' E of center of storm drain on SW corner of Ernie & Harvey  
3 Mile: South curb of 48th St., near center of E driveway to 705 address, 2" W of street light E of driveway  
Finish: Same as start (see detail)



**RUN FOR KELLI**  
Benefiting the Kelli Jay O'Leary Memorial Foundation

NOTE: This course starts and ends at the same point east of Lyons South HS. It loops counter clockwise through a residential neighborhood, and was measured along the shortest possible route, with no restrictions.

Measured by Winston Reuschert (w.reuschert@lyons.k12.il.us) on August 9, 2019