

PARK RIDGE PARK DISTRICT
COMMUNITY
 CENTER

Volume 2, Issue 1 October 2009

1515 West Touhy Avenue 847-692-5129 www.prparks.org

Jo Herzog Memorial Thanksgiving Family Exercise Class

Hours of Operation:

Monday through Friday:
 5:30am to 10:30pm
 Saturday: 6:45am to 8:00pm
 Sunday: 7:45am to 8:00pm

Holiday & Special Hours:

Dec. 24 - 7:45am-5:00pm
 Dec. 25 - Closed
 Dec. 31- 5:30am - 3:00pm
 Jan. 1- Closed

**Community Center
 Contacts**

J.T. Malak, Community Center Coordinator **692-5149**
 Teresa Palaggi, Member Services Manager **692-5136**
 Desiree van Thorre, Aquatics Supervisor **692-8599**
 Diane Murphy, Fitness Program Manager **692-5139**
 Roberta Smaha, Fitness Center Manager **825-0953**
 Front Desk **692-5129**
 Maine Park Office **692-5127**



Join Us!
November 26, 2009
8 am to 9 am
Fun Family
Exercise Event

Following a Park Ridge tradition that is almost as old as the Community Center itself, we'll host this motivating and inspirational family fitness experience Thanksgiving morning.

This event is dedicated to the memory of Jo Herzog, Park Ridge Park District's fitness and program manager who established the tradition of a Thanksgiving Day

Message from Community Center Advisory Council Chairperson: Mary Wynn Ryan

The holiday over-indulging season is fast approaching, and the Community Center is ready to help you hold the line while having fun. In addition to helping you keep your weight under control over the holiday party season, regular exercise – even just a half-hour a few times a

Family exercise class, and passed away in 2007.

Please take time out of your Thanksgiving day to exercise before feasting. Not only is this exercise class beneficial to your health, it's beneficial to your community too! Admission for the event is any non-perishable food item. We'll donate items to the Maine Township Food Pantry, which works to provide 150 boxes of food to feed over 300 individuals each month. You can help feed others in need while taking care of your fitness needs at the Community Center.

For more information contact the front desk at: 847-692-5129.



Best wishes for a happy, healthy holiday season; starting now.

Mary Wynn Ryan,
 Chairperson
 Community
 Center
 Advisory
 Council





Park District Announces New Executive Director: Ray Ochromowicz

The Park District Board of Commissioners selected Ray Ochromowicz as the new Executive Director, replacing retiring Executive Director, Jim Lange—Jim officially retires in early November.

Mr. Ochromowicz brings thirty-two years of experience as a leader in the profession of Parks and Recreation and is looking forward to working with the board, staff and the residents who are an integral part of the success of the Park District. “We need to be connected to the

community and our profession in order to succeed and serve our patrons,” says the new Executive Director, “Our residents are the reason we exist. The Park District’s focus will be to meet the needs of our customers with the highest quality programs and services.”

Mr. Ochromowicz looks forward to bringing a fresh approach to the Park District as he begins his tenure November 10. Ray was the Executive Director at the Bolingbrook Park District before coming on board and served in a leadership capacity with the National Parks and Recreation Association Congress Program Committee, Park District Risk Management

Agency Board of Directors, and Illinois Park and Recreation Association Board of Directors.

Illinois Association of Park Districts’ President, Ted Flickinger is excited for the many opportunities under the new leadership of Ray Ochromowicz, “Congratulations to the Park Ridge Park District on the selection of Ray Ochromowicz. Ray is one of the top professionals in the United States. I believe he will be a valuable asset to the Park Ridge Park District community.”

Please Shower Before Swimming

Advances in the industry of pool chemicals and automated chemical feeders have made it easier to keep public pools cleaner, but that’s not an excuse not to shower before swimming. Though it’s not required to shower before swimming, it is courteous to fellow swimmers, and it does eliminate oils and contaminants from getting into the water.

Few people realize that body moisturizers, scented soaps, and

even hair spray leave a residue in the pools. Pool chemicals and filters must then work to eliminate the contaminants from the water to keep it clean for other swimmers. Though it poses few if any health concerns, cleaning the residue of personal hygiene products from the water can add to the costs of operating a pool, and beyond that, it’s just nicer to eliminate those oils from the pool before ever getting in.

As a courtesy to fellow swimmers, shower before swimming!



Exercise for Your Brain Word Search

- Basketball
- Cardiovascular
- Community Center
- Exercise
- Halloween
- Jogging
- Racquetball
- Rower
- Sports
- Stepper
- Swimming
- Thanksgiving
- Treadmill
- Walking



B G M R J Z E F C T V N C M P
 R A C Q U E T B A L L U O B D
 A S T E P P E R R J F S M T F
 S F K A W E Q U D Q T G M R W
 J O T H O X Q V I R N B U E A
 S X B L P E J J O I H X N A L
 W K A S N R U P V G A D I D K
 I H S C S C S I A X L T T M I
 M I K A F I G J S J L Y Y I N
 M S E W E S E O C F O A C L G
 I C T I K E R G U J W X E L D
 N H B N P M O G L P E R N M V
 G K A I H Z W I A L E J T X T
 X H L N N I E N R V N A E N K
 T U L Q A S R G C U Z K R T P