

# RECREATION

& Activity Guide  Winter/Spring 2018

Registration begins on December 18th

[www.pdofp.org](http://www.pdofp.org)



Park District of  
**Forest Park**

*Take time for fun!*

# Free Fitness Demo Days!

January 8th through January 12th

Come in to any of our scheduled fitness classes and try them out for free with no obligation to sign up! Try one or try them all! If you enjoy the class you wish to continue, sign up for the remainder of the session.

Classes Include: Pilates (M/W), Yoga (Tues), Tai Chi Qigong (Tues)



The Park District of Forest Park invites you to...

***Discover our beautiful facilities,  
rentals available by reservation.***



Consider using the recently renovated facilities for an upcoming event.  
The banquet space accommodates up to 100 with parking available on Park District grounds.

Call the office for further information.

**708.366.7500**

For information on rates and rental categories, see page 26.



# Park District of Forest Park

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## General Information

**PARK BOARD MEETINGS:** The Park District of Forest Park Board of Commissioners meets the third Thursday of each month. The meetings are held at 6:00 pm in the Administrative Building and are open to the public. If you wish to attend and require a special accommodation, please call the Park District at 708-366-7500.

**SPECIAL THANKS:** The Park District of Forest Park acknowledges the cooperative efforts shown by the Village of Forest Park, the Forest Public Library, School District, and the Forest Park Community Education Council in contributing to recreations. Without their cooperation, we would not be able to offer the programs that we do!

**PHOTOGRAPH POLICY:** Photographs are occasionally taken during Park District of Forest Park classes, events, and league participation. Please be aware that these photos are for Park District use only and may be used for promotional purposes. If your picture has been taken and you wish that it not be used, please contact the Park District Main Office.

**CANCELLATION POLICY:** Classes will not run without the minimum number of participants advertised. We try to give advance notice of cancellations, so if you wait until the last minute to sign up, the class may already have been cancelled due to the low enrollment. Please sign up at your earliest convenience! For more information on our cancellation policy, please see the registration information on page 27.

**CO-OP PROGRAMS:** In an effort to reduce program cancellations, we have embarked upon a cooperative programs with two neighboring park districts. River Forest (RF) and Oak Park (OP). This allows each community to participate in a number of the others' programs at resident rates. You can register for any of these programs at the Administrative Building. Look for the 'co-op' next to the class name to signify a joint program.

**WE'RE NOT PERFECT:** The Park District of Forest Park reserves the right to change or alter information printed in this publication, such as policies, fees, times or locations. We try to give as much notice as possible for these changes and apologize for any inconvenience.

## Board of Commissioners



**John L. Doss**  
President  
jdoss@pdofp.org



**Eric Entler**  
Vice President  
entler@pdofp.org



**Cathleen McDermott**  
Commissioner  
cmcdermott@pdofp.org



**Roy J. Sansone**  
Commissioner  
rsansone@pdofp.org



**Matt Walsh**  
Commissioner  
mw Walsh@pdofp.org

**Joe Murray**  
Treasurer

**Chris Richards**  
Secretary

## Park District Staff

<b>Larry Piekarz</b>	Executive Director	lpiekarz@pdofp.org
<b>Larry Buckley</b>	Superintendent of Parks	lbuckley@pdofp.org
<b>Chris Richards</b>	Administrative Manager	crichards@pdofp.org
<b>Rachell Entler</b>	Recreation and Marketing Supervisor	rentler@pdofp.org
<b>Andrew Doss</b>	Athletic Supervisor	adoss@pdofp.org
<b>Vicki Stisevic</b>	Facility Coordinator	vstisevic@pdofp.org
<b>Ryan Russ</b>	Foreman	rruss@pdofp.org

7501 Harrison Street • Forest Park, Illinois 60130  
Telephone: 708-366-7500 • Fax: 708-366-1142  
TDD: 847-455-2100 • www.pdofp.org

Administrative Office Hours  
Monday-Friday: 8:00 am - 8:00 pm  
Saturday: 9:00 am - 1:00 pm

\*Hours are subject to change pending class schedules

# WSSRA

enriching lives through recreation

As an extension of the PARK DISTRICT OF FOREST PARK, WSSRA offers our residents therapeutic recreation programs. Persons with disabilities, of all ages and ability levels are served by WSSRA.



WSSRA programs are designed and supervised by Recreation Specialists who have educational backgrounds in working with persons with disabilities. Activities are adapted to allow all participants to be successful.



## West Suburban Special Recreation Association

Programs include fitness, art, Special Olympics, social, camp, swim and excursion programs. Participants gain skills, make friends, increase self confidence, visit new places and have fun in WSSRA programs!

A LEKOTEK family based toy lending/play program is also available.

Registration for WSSRA Day Camp and Winter/Spring programs starts mid December go to [wssra.net](http://wssra.net) for more info!



west  
suburban  
special  
recreation  
association

2915 maple street  
franklin park, il 60131  
P 847.455.2100  
F 847.455.2157  
[wssra.net](http://wssra.net)



@w.s.s.r.a

FIND US ONLINE FOR MORE INFO



# Letter to Residents 3



Take Time for Fun!

7501 Harrison Street Forest Park, IL 60130 (708) 366-7500 Fax (708) 366-1142  
www.pdofp.org

## Dear Residents,

Winter is now here and the Park District of Forest Park hopes that you will find something in this recreation and activity guide to warm you up during these cold months. January brings us **Free Fitness Demo Days (January 8th-January 12th)**, our ever-popular **Daddy-Daughter Dance scheduled for Friday, February 2nd** and Spring officially arrives with our **Annual Easter Egg Hunt** to be held on **Saturday, March 24th**.

Other special events and programs that will be held in Winter/Spring include **Friday Fun Nights, Family Garage Sale and Flea Market, Girls Basketball League, After School Fitness Programs, Spring Break Camp at the Park, Celebrating Seniors Week Luncheon, and Adult Fitness Classes**.

Traditionally, April showers bring May flowers, however, at the Park District of Forest Park it means that **pool passes go on sale! Early bird pricing runs April 2nd-May 12th** so be sure to stop by the Administrative Office or mail in your pool pass registration forms in order to take advantage of the discount. Summer seems far away; however, **Summer Day Camp resident registration begins on March 5, 2018**.

You can now register for most of our classes and programs online at **www.pdofp.org**. As a reminder, in order to get the resident rate, you must first show proof of residency by providing three forms of identification to staff in the Administrative Office. Avoid the cold weather and sign up from the comfort of your own home!

Finally, we hope that you are excited as we are as we watch the new **Roos Recreation Center** become a reality. As we all might remember, this journey started in 2010 with the idea of saving the old Roos Building and making a park. As you can see, plans have changed. Through your support and State Grants from the Illinois Department of Natural Resources and the Department of Commerce and Economic Opportunity, the Park District will have a new Recreation Center in May, 2018. The Recreation Center will house a full-size gym, a multi-purpose classroom, and a boutique fitness room for all residents to enjoy. Please visit the Park District website at [pdofp.org](http://pdofp.org), or stop by the Park for more information.



Sincerely,

**The Board of Park Commissioners,**  
**John Doss**, President  
**Eric Entler**, Vice President  
**Cathleen McDermott**  
**Roy J. Sansone**  
**Matt Walsh**



# 4 On-Line Registration



## Online Registration

Online registration is now available for many of our Park District programs and events. When you visit [www.pdofp.org](http://www.pdofp.org), click on the button that says **"Online Registration"**.

If you are already have an account, use the email address and password you used when you created your account to login.

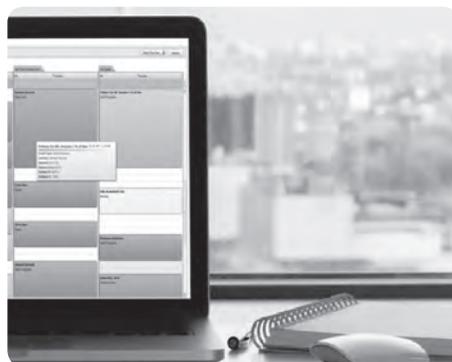
If you are new to the system, you will need to create an account (even if you have registered with the Park District in the past). Click on the button **"Create An Account"** and enter in your information. If you are a resident and wish to receive resident rates, you will need

to provide three forms of identification to staff in the Administrative Office before we can change your account to reflect residency.

You will be asked to submit your driver's license or state identification or other photo ID that identifies you along with two other current documents that show your Forest Park address (three if your photo ID does not show a Forest Park address). Examples include: a **voter card, auto registration,**

**and/or recently dated utility bill, cell phone bill and credit card statement.** Parents may also be asked to provide proof of residency and/or family relationship for children. Once residency has been established and family information has been entered into the new software, you will be eligible to register and maintain family account information online.

We hope this transition allows more flexibility and a more convenient experience during registration for our community. Please be patient with us as we are still learning how to use the new system.



# Roos Recreation Center

OPENING SUMMER 2018

## Roos Recreational Center

*Featuring:*

***Fitness room with cardio and strength equipment***

***Full-size gymnasium***

***Walking Track***

***Locker rooms with showers***

***Multi-purpose classroom***

Be on the lookout for a special Roos Recreation Center Activity Guide coming out in Spring 2018!

### MEMBERSHIP INFORMATION

Join the Roos Recreation Center Fitness Room today!  
Memberships starting as low as \$0.27/day!

Memberships purchased January through April will be entered into a drawing each month to win a \$50 Forest Park Chamber Gift Certificate! The earlier you buy, the more chances you get!

#### MONTHLY DUES

TYPE	RESIDENT	NON-RESIDENT
Individual	\$18	\$27
Couple*	\$30	\$45
Student (12-17)	\$15	\$25
Senior (60+)	\$10	\$15

#### ANNUAL DUES

TYPE	RESIDENT	NON-RESIDENT
Individual	\$144	\$216
Couple	*\$264	\$396
Student (12-17)	\$125	\$188
Senior (60+)	\$100	\$125

#### DAILY FITNESS ROOM FEE

RESIDENT	NON-RESIDENT
\$5.00	\$8.00

#### WALKING TRACK ONLY

RESIDENT	NON-RESIDENT
FREE	\$2.00

**Monthly dues must be renewed the 1st of each month.**

**Annual dues must be paid in full at time of purchase.**

**Couple memberships are limited to 2 individual adults living at the same address.**

**Proof of address may be requested. Senior memberships may require proof of age.**

**To receive the resident rate, 3 pieces of identification/address may be required.**

# Special Events

## Boots and Bling Daddy Daughter Dance

Friday, February 2, 2018

Dads, grab your little sweetheart and get ready for a night full of country western fun! If you are between the ages of 4 and 12 ask your father, grandfather, or uncle to accompany you. You'll enjoy a delicious dinner, games and dancing to your favorite musical tunes! Make sure to dress for the occasion in your favorite cowboy and cowgirl outfits! Each child will receive a special gift and all the adult/child couples will receive a photo to remember this special occasion.



**MIN/MAX:** 20/90  
**AGES:** 4-12  
**LOCATION:** Administrative Building, 2ND & 3RD FLOOR  
**DAY:** **FRIDAY**  
**INSTRUCTOR:** Park District Staff  
**FEES:** R: \$36 per couple/NR: \$46 per couple (Extra child \$9)

CODE	DATES	TIME
2901-3-0-0	February 2	6:30 pm - 9:30 pm



## Friday Movie Night

Kids, bring your friends and hang out with us! It's Friday night and we will be serving either a hot dog or pizza dinner, popcorn and a movie! You can register online, in the office or sign up at the door. All movies shown will be G or PG.

**MIN/MAX:** 5/40  
**AGES:** Grades K-5  
**LOCATION:** Building 4  
**INSTRUCTOR:** Park District Staff  
**FEES:** R: \$5/NR: \$7

CODE	DATES	TIME
2005-3-1-1	January 5	6:15 pm - 8:15 pm
2005-3-2-1	February 9	6:15 pm - 8:15 pm
2005-3-3-1	March 2	6:15 pm - 8:15 pm
2005-3-4-1	April 6	6:15 pm - 8:15 pm

# Park District of Forest Park JOB FAIR

**SATURDAY, FEBRUARY 10, 2018 - 10 AM - 1 PM**

Visit our job fair to learn more about the many seasonal and part-time positions we will be hiring for in 2018! Positions include: front desk staff, concession supervisors and workers, day camp counselors, maintenance, park rangers, program leaders, gym supervisors, fitness instructors, lifeguards, locker room attendants, and birthday party hosts. Park District Staff will be on hand to answer questions and accept applications. All applicants must be over the age of 16 years of age. Please bring reference names and phone numbers to be included with the application.

For more information, please call 708-366-7500.

## Tween/Teen Movie Night

Join us for these special movie nights just for tweens and teens! PG and PG-13 movies will be shown. Come hang out with your friends as you chill and catch a movie. A hotdog or pizza dinner will be provided. Popcorn and a beverage will also be served. Candy will be available for purchase. You can register online, in the office or sign up at the door. All movies shown will be G or PG/PG-13.

**MIN/MAX:** 5/50  
**AGES:** 5th-8th grade  
**LOCATION:** Building 4  
**DAY:** **FRIDAY**  
**INSTRUCTOR:** Park District of Forest Park Staff  
**FEES:** R: \$7/ NR: \$10

CODE	DATE	TIME
2005-3-1-2	January 19	6:15 pm - 8:15 pm
2005-3-2-2	February 16	6:15 pm - 8:15 pm
2005-3-3-2	March 23	6:15 pm - 8:15 pm
2005-3-4-2	April 20	6:15 pm - 8:15 pm



## The Pillowcase Project (2th - 6th Grade)

To create a generation of children who understand the science of hazards, kids are empowered to take action by practicing how to prepare for emergencies, and understand that by sharing what they have learned with family and friends, they can help create a prepared community.

**MIN/MAX:** 5/20  
**GRADES:** 2nd-6th  
**LOCATION:** Building 4  
**DAY:** **WEDNESDAY**  
**INSTRUCTOR:** Justin Larson  
**FEE:** Free; pre-registration is required

CODE	DATES	TIME
5601-3-0-0	April 25	6:30 pm - 7:30 pm



## Do You Want to Build a Snowman?

**Saturday, January 27**  
**weather (snow) permitting - 11:00 am**

The Park District of Forest Park will be hosting a Snowman Building Contest! Gather up your family and friends and build the best snowman in town! Warm up with hot cocoa sponsored by the Park District of Forest Park Foundation. This event is **FREE** but we request pre-registration either online or in the office.

**Registration for  
all classes begins  
Monday,  
December 18th  
REGISTER EARLY!**

**Most classes require pre-registration.  
Classes that do not meet minimum  
enrollment requirements prior to the first  
day of class will be cancelled. Please don't  
delay and sign up today! All program  
registration can be completed at the  
Administrative Office located at 7501  
Harrison Street or online at [www.pdofp.org](http://www.pdofp.org).**

# 8 Special Events

## PARK DISTRICT YOUTH LICENSE PLATES

Get Licensed to Support Illinois Youth! The sale and subsequent renewals of each plate generate \$25 for the PowerPlay! Beyond School Grant Program, which funds youth programs in park and recreation throughout Illinois. The goal of the PowerPlay! Program is to increase the number of opportunities to show youth the lifelong benefits of fitness, health and nutrition. The Park District of Forest Park is a recipient of the PowerPlay! Beyond School Grant Program. As part of this program, individuals registered in our Afterschool Day Camp, Kid Fit conducts an after school fitness activity:

DATE	TIME	GRADE
Tuesday, January 16, 2018	4:00 pm - 5:00 pm	K-2nd Grades
Tuesday, February 20, 2018	4:00 pm - 5:00 pm	3rd-6th Grades

### Illinois License Plate

Support parks and recreation by requesting the Park District vanity plate!

For more information, please contact the Illinois Association of Park Districts (IAPD) at 217-523-4554 or [www.ilparks.org](http://www.ilparks.org)



## Flashlight Egg Hunt

Bring your flashlights and baskets and get ready for an “egg-citing” late night egg hunt. Eggs filled with special treats and prizes will be hidden throughout the Park District. Find the golden egg and receive an extra cool prize.

**MIN/MAX:** 15/30  
**AGES:** 9-14  
**LOCATION:** Park District of Forest Park  
**DAY:** FRIDAY  
**INSTRUCTOR:** Park District Staff  
**FEES:** R: \$5/NR: \$10

CODE	DATE	TIME
2812-3-0-0	March 23	8:00 Sharp



# Come out and play rugby!

## Join the Jr. Friars Youth Rugby team

- No experience necessary – everyone plays!!
- Boys and girls – regardless of school affiliation
- U12 (grades 5&6) and U14 (grades 7&8)
- Indoor practice begins in late January
- Games are on Sundays April through early June



Sponsored by Fenwick High School



Member of Illinois Rugby and USA Rugby

More information at [www.jrfriarsrugby.com](http://www.jrfriarsrugby.com) or call 312-296-1760



## Easter Egg Hunt

**Saturday, March 24, 2018**

Hunt for candy...meet the Easter Bunny...and much, much more! It's that time of year once again when the Easter Bunny will make its annual visit to the Park District of Forest Park. There will be five separate hunts for toddlers through 4 graders. All hunts will begin at 10:00 am SHARP! After the hunt, line up to meet the Easter Bunny! Please bring a camera. **DON'T BE LATE!**

## Be Red Cross Ready

**(All Ages)**

It's important to prepare for possible disasters and other emergencies. Preparedness Education activities usually take the form of icebreakers, small-group exercise, large group exercises or lectures. These activities have been designed to focus on a specific facet of emergency preparedness such as building a disaster kit or developing a plan.



**MIN/MAX:** 5/20  
**AGES:** All Ages  
**LOCATION:** Building 4  
**DAY:** **WEDNESDAY**  
**INSTRUCTOR:** Justin Larson  
**FEE:** Free; pre-registration is required

CODE	DATES	TIME
5601-3-1-0	February 28	6:30 pm - 7:30 pm

## Fire Prevention Workshops

**(All Ages)**

This workshop include hands-on fire prevention activities to reduce hazards in the home, identify fire safety equipment, learn emergency recognition steps and plans for the possibility of a fire.

**MIN/MAX:** 5/20  
**AGES:** All Ages  
**LOCATION:** Building 4  
**DAY:** **WEDNESDAY**  
**INSTRUCTOR:** Justin Larson  
**FEE:** Free; pre-registration is required

CODE	DATES	TIME
5601-3-2-0	March 28	6:30 pm - 7:30 pm



## Teen Trip!

**Chicago Wolves vs. Milwaukee Admirals**  
**Tuesday, April 3, 2018**

Calling all teens! Spring break is the perfect time to catch a Wolves hockey game? See the fast-paced action of Chicago Wolves hockey as they skate against the Milwaukee Admirals at the Allstate Arena in Rosemont. Fee includes ticket to the game and transportation.

**MAX:** 13  
**AGES:** 10 - 17  
**LOCATION:** Leaving from the Park District Administrative Building at 5:15 pm  
 Game Time: 7:00 pm  
 Returning to Park District at approximately 10:00 pm  
**DAY:** **TUESDAY**  
**INSTRUCTOR:** Park District Staff  
**FEE:** R: \$25/NR: \$30

CODE	DATE	TIME
5108-3-0-0	April 3	5:30 pm - 10:00 pm

# Family Garage Sale And Flea Market

**Saturday, April 28**

We will be turning the Park District parking lot into Forest Park's very own community-wide garage sale and flea market. Clean out your attic, cellar, or garage for items to sell. What you think is junk may be another person's treasure. Here's your chance to unload baby clothes, toys, games, collectibles, or anything else you may have. If you are interested in selling anything, come out and shop all the treasures of Forest Park. Tables are available on a first come, first served basis. Registration is required in order to reserve your space. Tables are limited so please register early! The rain date for this event is Sunday, April 29th.

**MIN/MAX:** 15/30  
**AGES:** All  
**LOCATION:** Park District of Forest Park  
**DAY:** **SATURDAY**  
**INSTRUCTOR:** Park District of Forest Park  
**FEES:** R: \$30/NR: \$40 (\$10 deposit will be returned day of event)

ODE	DATE	TIME
5903-3-0-0	April 28	8:00 am - 1:00 pm



## "Flying 4 Kids" Kite Fly

**Sunday, May 6, 2018 (10 am - 12 pm)**

Keep your eyes to the skies on Sunday, May 6th. The Park District of Forest Park is hosting a fun, family-oriented kite fly as part of the Illinois Association of Park District's (IAPD) statewide "Flying 4 Kids". The event will feature Kite Contests and much more! Participants are encouraged to bring their own kites for this fun, leisurely kite fly.

## Save The Date! Celebrating Seniors Luncheon

**Wednesday, May 2, 2018  
11:30 am - 1:30 pm**

Shake off the winter blahs and join us for an afternoon of good friends, great food and outstanding entertainment. Join us during Celebrating Seniors Week for this exciting event brought to you by the Park District of Forest Park.

## It's that time of the year again!

Pool passes for the 2018 Aquatic Center season will go on sale April 2nd.

### Pool Opens May 26th, 2018

**Early bird registration is April 2nd - May 12th.**

Taking advantage of this will save you \$10 on your family passes and \$5 off on individual passes!

FAMILY PASSES		INDIVIDUAL PASSES	
Resident	Non-Resident	Resident	Non-Resident
2 - \$125	2 - \$220	\$70 3-17 years	\$120 3-17 years
3 - \$140	3 - \$230	\$80 18-59 years	\$135 18-60 years
4 - \$150	4 - \$240	\$50 60+ years	\$65 61+ years
5 - \$160	5 - \$250	Add \$10 per person for additional family members	



### Important Pool Information

Family applications are restricted to members of the **IMMEDIATE FAMILY** residing at the same address. A family pass consists of a minimum of 1 and a maximum of 2 adults, plus children 17 and under. Adults age 18-22 may be included as part of a family pass **ONLY** if they are full-time students (proof required). **POOL PASSES ARE NON-TRANSFERABLE AND NON-REFUNDABLE.** All family members must be registered for the pass at the same time; we cannot add-on to a family pass. All participants, including children, must be able to prove residency to receive resident

rates with regard to passes and daily admission. Additional rules and regulations apply. For more information, please call 708-366-7500.

**Beginning in 2018, we will no longer be offering private pool parties to public.** The pool will remain open Monday through Friday until 9 pm with the exception of special events. Please look for these special events in our Summer 2018 Brochure.

## Park District of Forest Park Foundation, NFP



THE PARK DISTRICT OF  
FOREST PARK FOUNDATION

**T**he Park District of Forest Park Foundation (PDOFPF) was formed in 2013. A 501(c) 3 not for profit organization, PDOFPF solicits support for the Park District of Forest Park through volunteerism, gifts and grants, memberships, and planned giving opportunities. A Board of Directors consisting of local community members acts to improve the quality of life for people utilizing the Park District of Forest Park facilities and amenities throughout the Park.

### MISSION

We promote the opportunity for the preservation of open space and encourage the development and expansion of recreational opportunities and park amenities for all residents of Forest Park.

### VISION

To provide an opportunity for individuals, businesses, and organizations to partner with the Park District of Forest Park through donations, fundraising, sponsorships, grants, planned giving, and community outreach.

### Interested in Volunteering on a Foundation Committee?

In addition to the Board of Directors, PDOFPF has the following standing committees:

- Fundraising/Grants Committee
- Marketing/Publicity Committee
- Events Committee
- Finance Committee
- Planned Giving Committee

If you have an interest in advancing the Foundation's mission and goals, we would appreciate the opportunity to meet with you and discuss your interests and how you can help us.

Please contact Steven Thomas at 708-366-7500 x 20 for more information.

### BOARD OF DIRECTORS

**Kevin Bartlett**, PRESIDENT

**Shannon Wood**, SECRETARY

**Ted Rozmus**, TREASURER

LIASION TO THE BOARD OF COMMISSIONERS

**Cathleen McDermott**

For more information on the  
Park District or Park Foundation or to donate, go to:

[www.pdofp.org](http://www.pdofp.org)

and access the "Community Support" link.

**PayPal**



## Magic Classes of Gary Kantor

### Co-Op with the Oak Park Park District

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 easy to learn and perform. All materials are provided, and each child will receive a magic kit to take home. Children are grouped together by age and always learn tricks that are age-appropriate. Brand new tricks are taught each session!

**MIN/MAX:** 1/12  
**AGES:** 5-12  
**LOCATION:** The Park District of Oak Park  
**DAY:** **TUESDAY** or **FRIDAY**  
**INSTRUCTOR:** Gary Kantor  
**FEES:** R: \$20/NR: \$25

CODE	DATE	TIME
2202-3-1-0	February 2 (Friday)	6:45 pm -7:40 pm
2202-3-2-0	March 20 (Tuesday)	5:00 pm -5:55 pm



Calling all Puterbugs Detectives! We need your help in solving Discovery Kids Puterbug missions. The technology continues to unfold and the wave of digital learning is a reality. Knowing how to use computers as tools (not just toys) is a key component of core curriculum. This program teaches young children how to apply today's technology along with developing skills in keyboarding, creative problem solving, school readiness, common core curriculum, STEM initiatives and Internet Safety. "Missions" do not repeat-new software lesson from Discovery every week, all year. With enrollment, families receive free access to online supplementary materials. Each child will have a computer to use-no sharing. Returning students will continue progression in the curriculum.

**MIN/MAX:** 3/20  
**AGES:** 3-5  
**LOCATION:** Administrative Building  
**DAY:** **MONDAY**  
**INSTRUCTOR:** Puterbugs Staff  
**FEES:** R:\$70/NR: \$80

CODE	DATES	TIME
2716-3-1-0	Jan. 8 - Feb. 26 (no class Jan. 15 or Feb. 19)	11:00 am - 12:00 pm
2716-3-2-0	Mar. 12 - Apr. 23 (no class Apr. 2)	11:00 am - 12:00 pm

## Participant Behavior Code of Conduct

The Park District of Forest Park expects participants to exhibit appropriate behavior at all times. Guidelines have been developed to help make our programs safe and enjoyable for all participants. Participants shall:

1. Show respect for all other participants, staff and volunteers.
2. Follow direction from staff and volunteers.
3. Refrain from using inappropriate, abusive or foul language.
4. Refrain from causing disruptive behavior.
5. Refrain from displaying any aggressive behavior (hitting, punching, kicking, slapping, etc.) whether the behavior is initiated or in retaliation.
6. Show respect for equipment, supplies, and facilities.

**Failure to follow these rules may result in dismissal from the program.**

### OBSERVERS

Observers of programs are also expected to behave appropriately. Parents, friends and any other observers are held to the same standards of behavior as participants. If inappropriate behavior of a program observer is reported or observed by a staff person, the observer will be asked to leave by staff or police if necessary.

### ANIMALS AND PETS

No person shall bring any animal or pet onto or permit any animal to remain on any portion of the Park District Property where the presence of animal is prohibited, except (i) in conjunction with an activity or event conducted or sponsored by the Park District and (ii) dogs or domesticated animals specially trained to assist the visually impaired or other Persons with disabilities, when they are accompanying the Persons with disabilities for purposes of providing such assistance.

## Kids Cooking Class

Have your kids whip up their own after school goodies! This class will teach new chefs how to make everything from French Toast to their own personal pizzas. All food and supplies are included in this hands-on, fun-filled class. Participants should bring a container to carry food home.

**MIN/MAX:** 4/7  
**AGES:** 5-8  
**LOCATION:** Administrative Building, 2nd Floor Kitchen  
**DAY:** **THURSDAY**  
**INSTRUCTOR:** Sandy Byrnes  
**FEES:** R: \$15/NR: \$20

CODE	DATE	TIME
2107-3-1-0	March 1	3:30 pm - 5:00 pm
2107-3-3-0	April 19	3:30 pm - 5:00 pm



## Keyboarding and Coding Kids

The technology revolution continues to unfold and the wave of digital learning is a reality. Knowing how to use computers as tools (not just toys) is a key component of core curriculum. Young learners need to know keyboarding, functionally and coding to be ready to embrace their upcoming academic adventures. The expert staff from Smart Starters, Inc. delivers instruction on the tools students need in a dynamic, fun, and challenging environment-including knowledge of true keyboarding/function keys, safe Internet habits. Document building, and coding. Students are 1:1 on the provided netbook computers. Weekly progress reports sent home with the students. You do not want to miss this valuable program!

**MIN/MAX:** 3/20  
**AGES:** 1st-5th Grade  
**LOCATION:** Administrative Building  
**DAY:** **MONDAY**  
**INSTRUCTOR:** Smart Starters, Inc.  
**FEES:** R: \$70/NR: \$80

CODE	DATES	TIME
2705-3-1-0	Jan. 8 - Feb. 26 (no class Jan. 15 or Feb. 19)	3:00 pm - 4:00 pm
2705-3-2-0	Mar. 12 - Apr. 23 (no class Apr. 2)	3:00 pm - 4:00 pm

## Fleece Blanket

Join Sandy Byrnes as she takes you step-by-step through the design process of making your very own fleece blanket. Participants need 1 yard each of TWO different pieces of fleece to bring to class.

**MIN/MAX:** 3/6  
**AGES:** 10 and up  
**LOCATION:** Administrative Building  
**DAY:** **THURSDAY**  
**INSTRUCTOR:** Sandy Byrnes  
**FEES:** R: \$10/NR: \$15

CODE	DATE	TIME
2104-3-2-0	February 15	3:30 pm - 5:00 pm

# Volunteers

**A big THANK YOU to the volunteers who help all of our special events run smoothly. If you are interested in helping us at one of our special events, please contact: Rachell Entler, Recreation and Marketing Supervisor at 708-355-7500 x17 or email me at rentler@pdofp.org**



## Kids Pastry Class

In this pastry class, students will learn to bake and decorate cupcakes. All food and supplies are included in this hands-on, fun-filled class. Participants should bring a container to carry food home.

**MIN/MAX:** 3/5  
**AGES:** 7-10  
**LOCATION:** Administrative Building, 2nd Floor Kitchen  
**DAY:** **THURSDAY**  
**INSTRUCTOR:** Sandy Byrnes  
**FEES:** R: \$15/NR: \$20

CODE	DATE	TIME
2107-3-2-0	March 15	3:30 pm - 5:00 pm



## Kids Craft Class

It's a day off from school! Join Ms. Sandy in this hands-on craft class where she uses basic skills to create works of art! Participants will be provided with all supplies and will go home with a new craft to serve as a gift or keep for yourself!

**MIN/MAX:** 4/7  
**AGES:** 8-12  
**LOCATION:** Administrative Building, 2nd Floor  
**DAY:** **MONDAY**  
**INSTRUCTOR:** Sandy Byrnes  
**FEES:** R: \$10/NR: \$12

CODE	DATE	TIME
2104-3-1-0	February 19	10:00 am - 11:30 am

## Make Your Own Crafts Spring Break Camp

Looking for something to do over Spring Break? Join Ms. Sandy in this hands-on craft class where she uses basic skills to create works of art! Participants will be provided with all supplies and will go home with a new craft to serve as a gift or keep for yourself!



**MIN/MAX:** 4/7  
**AGES:** 8-12  
**LOCATION:** Administrative Building, 2nd Floor  
**DAY:** **TUESDAY** and **WEDNESDAY**  
**INSTRUCTOR:** Sandy Byrnes  
**FEES:** R: \$10/NR: \$12 each day  
 R: \$18/NR: \$22 for both days

CODE	DATE	TIME
2104-3-2-1	April 3 (one day)	10:00 am - 11:30 am
2104-3-2-2	April 4 (one day)	10:00 am - 11:30 am
2104-3-2-3	April 3 and 4 (two days)	10:00 am - 11:30 am

## PAUL HRUBY ICE ARENA

RIDGELAND COMMON RECREATION COMPLEX

## YEAR-ROUND ICE ARENA



**PUBLIC SKATE**  
**HOCKEY**  
**ICE SKATING**  
**LEAGUES**  
**PARTIES**  
**SPECIAL EVENTS**



**PARK DISTRICT**  
of OAK PARK

415 Lake Street  
Oak Park, IL  
(708) 725-2000  
[www.pdop.org](http://www.pdop.org)

## Girls' Basketball League

If you are a girl in grades 1 through 5 and are interested in basketball, come out and join the Park District of Forest Park Girls Basketball League. Intramural teams will be formed. Practices and games will be scheduled after registration is complete and will be held between 5:15 pm - 7:15 pm. Fee includes T-shirt. There will be no practice or games on days that school is not in session. (No class on April 4, 13, 18, or 20) **PLEASE REGISTER EARLY!**



**MIN/MAX:** 10/30  
**AGES:** Grades 1-5  
**LOCATION:** Field Stevenson School Gymnasium  
**DAYS:** **TUESDAY** and **THURSDAY**  
**INSTRUCTOR:** Park District Staff  
**FEES:** R: \$55/NR: \$70

CODE	DATES	TIME
2312-3-1-0	February 6 - April 26	5:15 pm - 7:15 pm

## Sportsters Camp

This camp introduces soccer, football, golf, t-ball and more. Our goal is for each participant to develop both fine and large motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship. The bottom line should be physical activity and fun.



**MIN/MAX:** 6/12  
**AGES:** 5-8 years old  
**LOCATION:** Admin Bldg  
**DAYS:** **MONDAY-THURSDAY**  
**INSTRUCTOR:** SportsKids, Inc.  
**FEES:** R: \$50/NR: \$60

CODE	DATE	TIME
2309-3-0-0	April 2 - April 5	9:30 am - 11:00 am



## Introduction to Archery

Learn the basics of using a recurve bow in a safe environment. Targets and blunt-tipped arrows will be used. A nationally recognized nine-step progression is taught. Fun games will also accompany learning. Bows, arrows, and targets are all provided for the class.

**MIN/MAX:** 6/12  
**AGES:** 8-14 years old  
**DAY:** **MONDAY**  
**LOCATION:** Admin Bldg  
**INSTRUCTOR:** SportsKids, Inc.  
**FEES:** R: \$25/NR: \$35

CODE	DATE	TIME
2410-2-1-0	April 16 - May 7	5:00 pm - 5:45 pm

## T-Ball



Learn the basics of batting, base running, catching and throwing. We will concentrate on the fundamentals of game play while having a good time too! Remember to bring a glove to each class.

**MIN/MAX:** 6/12  
**AGES:** 4-6 years old  
**DAY:** **MONDAY**  
**LOCATION:** Softball Field #3  
**INSTRUCTOR:** SportsKids, Inc.  
**FEES:** R: \$25/NR: \$35

CODE	DATE	TIME
2327-3-0-1	April 16-May 7	3:15 pm - 4:00 pm

## Hitting and Pitcher/Catcher Techniques Clinic



Prepare for the upcoming baseball and softball seasons. Swing analysis, live pitching and other techniques are a part of this program. The advanced, intermediate and beginner hitters can all benefit from this step-by-step approach to learning. Pitchers work on form needed to increase the speed of the fastball and protect their throwing arm. Boys learn the rocker step for pitching as well as various age appropriate grip. Girls learn the windmill form of pitching and different grips. Catchers are taught how to help get strike calls for their team. Different techniques to throw out base runners are also included. Fielding pop-ups, balls in the dirt and bunts with proper form can catch any coach's attention. Bring a mitt, bat and labeled water bottle.



**MIN/MAX:** 6/12  
**AGES:** 7-10 years old  
**DAY:** **MONDAY**  
**LOCATION:** Softball Field #3  
**INSTRUCTOR:** SportsKids, Inc.  
**FEE:** R: \$25/NR: \$35

CODE	DATE	TIME
2327-3-0-2	April 16-May 7	4:00 pm - 4:45 pm

## Youth Tennis Lessons

Learn the fundamentals of tennis in a fun group setting! Younger groups will focus on proper grip and basic strokes, while older groups will focus on racket face control, ball judgment, serving, receiving and rallying skills. Through challenging and exciting drills and matches, players will develop racket skills, coordination, agility and stamina. Tennis rackets are provided for 3-5 years old; players ages 6-8 must bring their own rackets (tennis balls will be provided for all ages).



**MIN/MAX:** 6/12  
**LOCATION:** Tennis Courts  
**DAY:** **SATURDAY**  
**DATES:** April 21-May 19  
**INSTRUCTOR:** Skyline Athletes Staff.  
**FEE:** R: \$50/NR: \$60

CODE	AGES	TIME
2401-3-1-0	3-5 years old	8:00 am - 8:45am
2401-3-0-3	6-8 years old	9:00 am - 9:45am



## About The Park District of Forest Park

The Park District of Forest Park is a separate municipal government agency established for the purpose of providing parks, facilities and recreation programs for the residents of Forest Park.

### OUR MISSION

The mission of the Park District of Forest Park is to provide excellence in recreational opportunities through the park, facilities and programs that will enhance the quality of life for its residents and guests.

### WSSRA

The Park District of Forest Park is proud to be a partner and supporter of the **West Suburban Special Recreation Association.**

### HISTORY

The Park District of Forest Park was established by referendum and was entered into the records officially on **November 14, 1934.** The Park District provides a variety of leisure activities for people of all ages throughout the year. Park District facilities include an Administrative Building, Baseball/Softball Fields (3), Batting Cages (2), Bocce Ball Courts (2), Cardio Room, Day Camp Building, In-Line Skating Rink (Outdoor), Maintenance Garage, Outdoor Aquatic Center, Outdoor Sand Volleyball Courts (2), Playground, Soccer Field (Outdoor), Skate Park and Tennis Courts (6).

The Park District of Forest Park has cooperative agreements with local School District 91 for joint use of facilities and is a member of the West Suburban Special Recreation Association (WSSRA), an organization that provides year round programming and services for our residents with special needs.

**In 2014, the Park District of Forest Park celebrated 80 years of service to the residents of Forest Park.** For more information about the Park District of Forest Park, please call us at 708-366-7500 or visit us at [www.pdfop.org](http://www.pdfop.org).

# Girls Spring 2018 Lacrosse League

(2nd - 8th Grade)

Be part of a youth lacrosse league exclusively for girls. The emphasis of this program is to develop the girl with the sport of lacrosse. The goals of the program are to understand the rules of lacrosse, active teamwork, sportsmanship, and foster personal development in a respectful environment led by positive coaching. IGLA has adopted the US Lacrosse **"PLAYERS FIRST" ATHLETE DEVELOPMENT MODEL** WHICH MEANS SMALLER FIELDS AND A SMALLER NUMBER OF PLAYERS. Kids are more engaged, get more touches on the ball, and further develop their skills.



Leagues-IGLA offers two levels of league play: Pink and Purple. Both are recreational, community lacrosse. Pink teams practice once a week. Purple teams practice twice a week and may travel

more for games. If considering Purple, players must first attend an assessment (visit [iglax.org](http://iglax.org) for dates and locations) where participants are assessed on stick skills and game play. Current purple players do not need to attend an assessment and can register directly for the league.

Registration for all programs is a two-step process: Register and pay at the Park District of Forest Park AND register at [www.iglax.org](http://www.iglax.org)/ "Sign Up or Sponsor" (Spring 2018 Pink League or 6U FUNdamentals Clinic; Purple players will register and pay the league fee at the Park District of Forest Park, but will receive their IGLA registration link directly through IGLA.) All registration at [www.iglax.org](http://www.iglax.org) are due by 3/30/18; a late fee will be assessed on any registrations received at [www.iglax.org](http://www.iglax.org) after 3/30/18.

## PINK LEVELS

**8U PROGRAM (recommended for all 2nd and 3rd graders)** - 2 days per week for 8 weeks, one Thursday night 60 minute practice from 6:00 pm - 7:00 pm and one Sunday practice and game (30 minute practice and 30 minute game). Sunday practices and games start between 12 pm and 2 pm. A stick, hard ball, goggles and mouth guard are required.

**MAX:** 10  
**GRADES:** 2nd & 3rd Graders  
**LOCATION:** TBA  
**DAY:** THURSDAY and SUNDAY  
**INSTRUCTOR:** Illinois Girls Lacrosse Association  
**FEE:** R: \$200/NR: \$225

CODE	DATES	TIME
2326-3-1-1	April 8 - June 3 (Thursday & Sunday)	See Above

**10U PROGRAM (recommended for all 4th - 5th graders)** - 2 days per week for 8 weeks, one Thursday night 60 minute practice from 6:00 pm - 7:00 pm and one Sunday practice and game (30 minute practice and 45 minute game). Sunday practices and games start between 12 pm - 3 pm. A stick, hard ball, goggles and mouth guard are required to participate.

**MAX:** 10  
**GRADES:** 4th & 5th Graders  
**LOCATION:**  
**DAY:** THURSDAY and SUNDAY  
**INSTRUCTOR:** Illinois Girls Lacrosse Association  
**FEE:** R: \$200/NR: \$225

CODE	DATES	TIME
2326-3-2-1	April 8-June 3 (Thursday & Sunday)	See Above

**12U PROGRAM (recommended for all 6th graders and some 7th graders)** - 2 days per week for 8 weeks, one Thursday night 75 minute practice from 6:00 pm - 7:15 pm and one Sunday practice and game (30 minute practice and 45 minute game). Sunday practices and games start between 1 pm - 4 pm. A stick, hard ball, goggles and mouth guard are required to participate.

**MAX:** 10  
**GRADES:** 6th-7th Graders  
**LOCATION:**  
**DAY:** THURSDAY and SUNDAY  
**INSTRUCTOR:** Illinois Girls Lacrosse Association  
**FEE:** R: \$200/NR: \$225

CODE	DATES	TIME
2326-3-3-1	April 8 - June 3 (Thursday & Sunday)	See Above

**14U PROGRAM (recommended for some 7th graders and all 8th graders)** - 2 days per week for 8 weeks, one Thursday night 75 minute practice from 6:00 pm - 7:15 pm and one Sunday practice and game (30 minute practice and 45 minute game). Sunday practices and games start between 2 pm - 5 pm. A stick, hard ball, goggles and mouth guard are required to participate.

**MAX:** 10  
**GRADES:** 7th and 8th Graders  
**LOCATION:**  
**DAY:** THURSDAY and SUNDAYs  
**INSTRUCTOR:** Illinois Girls Lacrosse Association  
**FEE:** R: \$200/NR: \$225

CODE	DATES	TIME
2326-3-4-1	April 8 - June 3 (Thursday & Sunday)	See Above

# Youth Sports & Fitness 19

## PURPLE LEVELS

**10U PROGRAM (recommended for all 4th - 5th graders)** - 3 days per week for 8 weeks, Tuesday and Thursday night 60 minute practice from 6:00 pm - 7:00 pm and one Sunday practice and game (30 minute practice and 45 minute game). Sunday practices and games start between 12 pm - 3 pm. A stick, hard ball, goggles and mouth guard are required to participate.

**MAX:** 10  
**GRADES:** 4th & 5th Graders  
**LOCATION:** TBA  
**DAY:** TUESDAY, THURSDAY and SUNDAY  
**INSTRUCTOR:** Illinois Girls Lacrosse Association  
**FEE:** R: \$300/NR: \$325

CODE	DATES	TIME
2326-3-2-0	April 8 - June 3 (Tuesday, Thursday & Sunday)	See Above

**12U PROGRAM (recommended for all 6th graders and some 7th graders)** - 3 days per week for 8 weeks, Tuesday and Thursday night 75 minute practice from 6:00 pm - 7:15 pm and one Sunday practice and game (30 minute practice and 45 minute game). Sunday practices and games start between 1 pm - 4 pm. A stick, hard ball, goggles and mouth guard are required to participate.

**MAX:** 10  
**GRADES:** 6th-7th Graders  
**LOCATION:**  
**DAY:** TUESDAY, THURSDAY and SUNDAY  
**INSTRUCTOR:** Illinois Girls Lacrosse Association  
**FEE:** R: \$300/NR: \$325

CODE	DATES	TIME
2326-3-3-2	April 8-June 3 (Tuesday, Thursday & Sunday)	See Above

**14U PROGRAM (recommended for some 7th graders and all 8th graders)** - 3 days per week for 8 weeks, Tuesday and Thursday night 75 minute practice from 5:30 pm - 6:45 pm and one Sunday practice and game (30 minute practice and 45 minute game). Sunday practices and games start between 2 pm - 5 pm. A stick, hard ball, goggles and mouth guard are required to participate.

**MAX:** 10  
**GRADES:** 7th and 8th Graders  
**LOCATION:**  
**DAY:** TUESDAY, THURSDAY and SUNDAY  
**INSTRUCTOR:** Illinois Girls Lacrosse Association  
**FEE:** R: \$300/NR: \$325

CODE	DATES	TIME
2326-3-4-2	April 8-June 3 (Tuesday, Thursday & Sunday)	See Above



## 6U FUNDAMENTALS CLINIC (K-1ST GRADE)

Ready to start lacrosse? Join IGLA this SPRING for a weekly one hour clinic for the younger lacrosse player. These clinics are exclusively for girls in Kindergarten through 1st grade that want to learn the FUNamentals of lacrosse. The goals of this program are to introduce and develop basic skills for our youngest players using fun game and coaching techniques.

**6U CLINIC (recommended for all K-1st graders)** - 1 day per week for 6 weeks, 6:00 pm - 7:00 pm class which includes a 30 minute practice and a 30 minute scrimmage game. Sticks available and soft balls provided. No goggles or mouth required; however, recommended.

**MAX:** 10  
**GRADES:** K-1st grade  
**LOCATION:**  
**DAY:** THURSDAY  
**INSTRUCTOR:** Illinois Girls Lacrosse Association  
**FEE:** R: \$130/NR: \$150

CODE	DATES	TIME
2326-3-1-0	April 19-May 24	6:00 pm - 7:00 pm

## Forest Park Youth Soccer Association

**2018 Spring Season • April 2nd-June 9th.**  
**League 2018 Spring Season games start week of April 5th**  
 (first game will be Thursday or Friday).

**League 2018 Spring Season games end June 2nd.**

**League 2018 Spring Season Playoff games start week of June 4th and ends June 19th. If we have no weather issues.**

**FP\_Little Kickers 2018 Spring Season sessions start April 14th thru May 19th.**

**Picture Day May 5th.**

No games Memorial Day weekend.

- **Ages:** Little Kickers must be 3 years old by 9/1/17, Div. 1 Division 1 (to start) - 5 years old by August 31, 2017

### Registration Fee:

- **Early Bird Registration - League Play** - Online \$50 (until 01/07/17) (Online only)
- **Early Bird Registration - FP Little Kickers** - Online \$35 (until 01/07/17) (Online only)
- **Regular Registration - League Play** - Online \$70 (01/08/18 - 3/5/18) (Via Website <http://sports.bluesombrero.com/Default.aspx?tabid=710520>)
- **Regular Registration - FP Little Kickers** - Online \$50 (01/08/18 - 3/19/18) (Via Website <http://sports.bluesombrero.com/Default.aspx?tabid=710520>)
- **Regular Registration - League Play** - PO Box \$70 (01/08/18 - 3/5/18) (Via mail/PO Box: FPYSA, PO Box #261, Forest Park, IL 60130)
- **Regular Registration - FP Little Kickers** - PO Box \$50 (01/08/18 - 3/19/18) (Via mail/PO Box: FPYSA, PO Box #261, Forest Park, IL 60130)
- **Late Registration - League Play** - Online \$90 (3/6/18 - 3/20/18) (Only Via Website <http://sports.bluesombrero.com/Default.aspx?tabid=710520>)
- **Late Registration - FP Little Kickers** - Online \$70 (3/20/18 - 4/2/18) (Only Via Website <http://sports.bluesombrero.com/Default.aspx?tabid=710520>)
- Registration closed after 3/20/18 for League play
- Registration closed after 4/2/18 for FP Little Kickers (player registrations received or after close date will be placed on wait list)
- \$5 off each additional child
- \$10 additional fee for non-resident

**Note: Information also available on website: [www.FPYSA.ORG](http://www.FPYSA.ORG)  
 Please like us on Facebook @ F.P.Y.S.A. FOREST PARK SOCCER**



## Heart Burlap

Join Sandy Byrnes as she takes you step-by-step through the design process of making your very own burlap Valentine's Day decoration. All materials will be provided.

**MIN/MAX:** 5/15  
**AGES:** 16 years and up  
**LOCATION:** Building 4  
**DAY:** **THURSDAY**  
**INSTRUCTOR:** Sandy Byrnes  
**FEES:** R: \$20/NR: \$25

CODE	DATE	TIME
3104-3-0-0	February 1	6:00 pm - 7:30 pm



## Adult Learn to Sew

Learn the basics of using a sewing machine with Sandy Byrnes. She will guide you through the how to pick out thread and material and will go through the basic features of your machine. You will complete a simple sewing project using the sewing machine. Please bring your own sewing machine to class. Don't have sewing machine? The Park District has three machines available on a first come-first served basis.

**MIN/MAX:** 5/15  
**AGES:** 16+ years old  
**LOCATION:** Administrative Building, 2nd Floor  
**DAY:** **THURSDAY**  
**INSTRUCTOR:** Sandy Byrnes  
**FEES:** R: \$20/NR: \$25

CODE	DATES	TIME
3114-3-0-0	January 18	6:00 pm - 8:00 pm

## Scene Writing Workshop for Fiction Writers

Working on a novel or short story? Or do you just enjoy writing for pleasure? Do you need to jump start a stalled writing project? Join us for this fun and interactive scene writing workshop, taught by Columbia College Chicago Fiction instructor, Chris DeGuire. We will cover the basics of scene structure, get some writing done, and get supportive feedback. New and experienced writers welcome!

**MIN/MAX:** 3/20  
**AGES:** 18+  
**LOCATION:** Admin Bldg  
**DAY:** FRIDAY  
**INSTRUCTOR:** Chris DeGuire  
**FEES:** R \$45/NR\$55 per session

CODE	DATES	TIME
????-?-?-?	Jan. 19, Feb. 16, Mar. 16, and Apr. 20	6 pm - 8 pm

## Paint and Pour!

Looking for a fun night out with your friends? We have the night out for you! Join us for an inspirational night of painting your very own wine glasses or door decors. We will provide the supplies for your masterpiece as you are guided step by step to create beautiful works of art.

**MIN/MAX:** 6/25  
**AGES:** 15 & Up  
**LOCATION:** Administrative Building, 3rd Floor  
**DAY:** **FRIDAY**  
**INSTRUCTOR:** Marilyn Anderson  
**FEE:** R: \$30/NR: \$35

CODE	DATE	TIME
3203-3-2-0	March 16	6:00 pm - 8:00 pm



## Paint with Wood!

This seasonal themed paint night is sure to be a fun filled event with friends! Join us for an inspirational night painting your very own wood home decoration. All supplies will be provided for your masterpiece as you are guided step by step to create a beautiful new piece for your home or as a gift!

**MIN/MAX:** 6/25  
**AGES:** 15 & Up  
**LOCATION:** Administrative Building, 3rd Floor  
**DAY:** **SATURDAY OR SUNDAY**  
**INSTRUCTOR:** Marilyn Anderson  
**FEE:** R: \$30/NR: \$35

CODE	DATE	TIME
3103-3-1-0	February 3 (Valentine's Door Décor)	6:00-8:00 pm
3103-3-3-0	May 6 (Patriotic Door Décor)	6:00-8:00 pm



## Piloxing

PILOXING uniquely blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a combination of standing Pilates, boxing and dance and is done either in bare feet or gym shoes and using hand weights (gloves, no free weights). It's a great core and cardio workout! Glove hand weights can be ordered from the instructor.

**MIN/MAX:** 5/30  
**AGES:** 16+  
**LOCATION:** Administrative Building, 2nd Floor  
**DAY:** **WEDNESDAY**  
**INSTRUCTOR:** Christine Nazario  
**FEE:** \$40 R/\$43 NR

CODE	DATE	TIME
3619-2-2-0	Jan. 10 - Mar. 7 (No class Jan. 31 and Feb. 14)	5:30 pm - 6:30 pm

## Calling All Active Adults!

**Active adults (60+ years old) are an important part of our community. The Park District strives to provide activities that engage our older adults. All of our adult programming is open to our active adults. Our Fitness Room features work out equipment that is gentle on the body's joints and has adjustable resistance features. Staff is always willing to show anyone how to use the work out equipment, so please do not hesitate to ask! If you have any questions, or program ideas we would also love to hear from you. Please contact us at 708-366-7500.**

## Ultimate Frisbee

Ultimate Frisbee is a high-paced competitive sport that combines soccer and football with two goals on both sides of the field. The two teams that are on the field are trying to advance the Frisbee across the opponent's goal line. Teams will learn the proper way to throw a Frisbee and play recreational games against their peers. You may drop-in each week for this program. **PLEASE REGISTER EARLY!**

**MIN/MAX:** 14/28  
**AGES:** 15 & Up  
**LOCATION:** Veteran's Stadium  
 7501 Harrison Street  
 Forest Park, IL 60130  
**DAY:** **SUNDAY**  
**INSTRUCTOR:** Park District Staff  
**FEES:** Preregister: \$15  
 Daily: \$3 per person

CODE	DATES	TIME
3308-3-1-0	April 7 - May 26	8:00 pm - 10:00 pm



## Pilates

This exercise class concentrates on body conditioning. The Pilates method of body conditioning is a unique system of stretching and strengthening exercises. This method strengthens and tones muscles, improves posture, provides flexibility and balance and unites body and mind while creating a more streamlined shape.

**MIN/MAX:** 6/25  
**AGES:** 15 & Up  
**LOCATION:** Administrative Building, 3rd Floor  
**DAY:** **MONDAY** and **WEDNESDAY**  
**INSTRUCTOR:** Laura Dolly  
**FEE:** Session 1: R: \$40/NR: \$50 (11 classes)  
 Session 2 and 3: R: \$48/NR: \$58 (12 classes)

CODE	DATE	TIME
3611-3-1-0	January 8 - February 14 (No class Jan. 15)	5:30 pm - 6:30 pm
3611-3-2-0	February 26 - April 4	5:30 pm - 6:30 pm
3611-3-3-0	April 16 - May 23	5:30 pm - 6:30 pm



## Tai Chi Qigong

Enjoy a gentle, beautiful and flowing Tai Chi Qigong exercise routine that is both a joy to do and deeply relaxing. Designed to strengthen the back and improve the general health and well-being of the practitioner.

This ancient form of Chinese exercise is a gentle method of simple exercises that is easy to learn. It consists of a sequence of 18 simple movements performed with several repeats in a fluid, continuous way, combined with good posture and deep abdominal breathing. Better health, fitness peace of mind and so much more, as your mind and bodywork in harmony for superb results.

**MIN/MAX:** 5/15  
**AGES:** 15 & Up  
**LOCATION:** Administrative Building, 2nd Floor  
**DAY:** **TUESDAY**  
**INSTRUCTOR:** Mari Morales  
**FEES:** R: \$35/NR: \$45

CODE	DATE	TIME
3633-3-1-0	Jan. 3 - May 8	10:00 am - 11:00 am

*Opening May 2018*

## Roos Recreational Center

*Featuring:*

**Fitness room with cardio and strength equipment**

**Full-size gymnasium**

**Walking Track**

**Locker rooms with showers**

**Multi-purpose classroom**

**Be on the lookout for a special Roos Recreation Center Activity Guide coming out in Spring 2018!**

## Yoga For Everybody

This class is designed to introduce (or welcome back) people to yoga and all the benefits gained from breathing, stretching and connecting with deep inner strength. Please bring a yoga mat and towel to each class

**MIN/MAX:** 5/15  
**AGES:** 15 & Up  
**LOCATION:** Administrative Building, 3rd Floor  
**DAY:** **TUESDAY**  
**INSTRUCTOR:** Beatrice DeFranco  
**FEES:** R: \$46/NR: \$50

CODE	DATE	TIME
3613-3-1-0	January 16 - February 20	6:30 pm - 7:45 pm
3613-3-2-0	March 6 - April 10	6:30 pm - 7:45 pm
3613-3-3-0	April 24 - May 29	6:30 pm - 7:45 pm



## Zumba Gold

**Sponsored By Rush Oak Park Hospital**  
**First and third Wednesdays of the month, 10 to 11 a.m.**

Join Rush Oak Park Hospital and the Park District of Forest Park for this free, dance-based fitness class. For the first half, we do chair-based moves; for the second, feel free to move and groove standing. Find a pace that's right for you!

**MIN/MAX:** 5/40  
**AGES:** Seniors  
**LOCATION:** Park District of Forest Park,  
 7501 W. Harrison St., Forest Park.  
 Administrative Building, 2nd Floor  
**DAY:** **WEDNESDAY**  
**INSTRUCTOR:** RoseMary Spirizzi, LCSW  
**FEES:** Free, pre-registration is required by calling 708-660-4636

To register for Zumba Gold call **(708) 660-INFO (4636)** or visit **[www.roph.org/calendar](http://www.roph.org/calendar)** for more classes and events sponsored by Healthy Motivations, Rush Oak Park Hospital's community wellness program.

## Gong Sound Bath Meditation

A gong sound bath is a meditative relaxation experience for any overworked, stressed out mom or dad where a gong is played and vibrations “wash” over the participants inducing deep relaxation. During a gong sound bath, participants lay down on yoga mats, relax, close their eyes and listen to vibrational sounds of the gong. No meditation or yoga experience required or necessary. Some benefits include, deep relaxation, diminished anxiety and insomnia, combats physical pain, low energy, depression and headaches, and increase self-awareness.

**MAX:** 4/16  
**AGES:** 18 & up  
**LOCATION:** Admin Bldg, 3rd Flr  
**DAY:** **FRIDAY**  
**INSTRUCTOR:** Sonya Andonov  
**FEE:** R: \$25/NR: \$30

CODE	DATE	TIME
3708-1-1-0	January 26	6:00 pm - 7:30 pm
3708-1-2-0	February 9	6:00 pm - 7:30 pm
3708-1-3-0	March 23	6:00 pm - 7:30 pm
3708-1-4-0	April 13	6:00 pm - 7:30 pm



## Self Defense Strength Workshop

The techniques and strategies taught will bolster in mind and body giving you confidence. Techniques will be taught, practiced and discussed in a variety of situations from beginner to intermediate. Lessons and techniques are presented in a way that any physical skill level will benefit from the experience. We will discuss and practice the secret to Self Defense that starts before any physical defense is required. Wear comfortable clothes that allow a wide range of movement.

**MIN/MAX:** 5/20  
**AGES:** 16+  
**LOCATION:** Administrative Building, 2nd Floor  
**DAY:** **MONDAY**  
**INSTRUCTOR:** Chad Koch  
**FEE:** R: \$30/NR: \$35

CODE	DATE	TIME
3404-3-0-0	February 5	6:30 pm - 9:00 pm
3404-3-7-0	March 12	6:30 pm - 9:00 pm



## Adult Tennis Lessons (AGES 14 & UP)

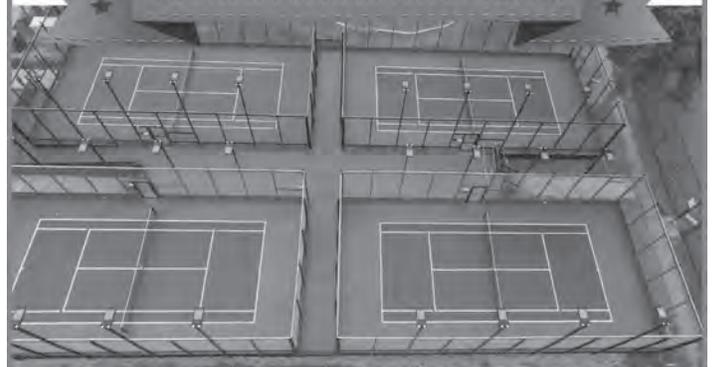
This class is for the player who is just starting to play tennis. The player will learn the following fundamentals of tennis; how to hold/grip the racquet, footwork, forehand/backhand strokes, proper stance, service motion/toss, hand eye coordination and volley/net play. Instructor will incorporate fun and stimulating tennis games and activities throughout the lesson.

**MIN/MAX:** 6/12  
**LOCATION:** Tennis Courts  
**DATES:** April 21-May 19  
**INSTRUCTOR:** Skyline Athletes Staff.  
**FEE:** R: \$50/NR: \$60

CODE	AGES	TIME
3401-3-0-1	14 & up	10:00 am - 10:45 am

**FOREST PARK RESIDENTS RECEIVE \$25 OFF  
THE NON-RESIDENT MEMBERSHIP RATE!**

**Two New Platform Tennis Courts**



**Platform Tennis**

**Memberships • League Play**

*Group and private lessons available!*



**River Forest Park District**

401 Thatcher Avenue • River Forest, IL 60305 • 708-366-6660 • rfparks.com

# Camp Information



## BEFORE AND AFTER SCHOOL

# Day Camp

Kindergarten through 6th Grade

**Before and After School Day Camp** provides a safe environment for your child before and after school for District 91 students. We provide transportation to and from school, as well as homework time, free play and snack time.

Daily 6:30 am - 6:00 pm

Before school only	\$45/week
After school only	\$60/week
Both before and after school	\$90/week

Fall Registration is currently being taken at the Administrative Building.

Transportation provided to Forest Park District 91 schools only.

**Registration for  
all classes begins  
Monday,  
December 18th  
REGISTER EARLY!**

Most classes require pre-registration. Classes that do not meet minimum enrollment requirements prior to the first day of class will be cancelled. Please don't delay and sign up today! All program registration can be completed at the Administrative Office located at 7501 Harrison Street or at [www.pdfp.org](http://www.pdfp.org)

# School Holiday Camp Special

The Park District of Forest Park will now offer Before and After School Day Camp on designated school holidays for Forest Park students not enrolled in the School Year Before and After School Day Camp program. Half days will include pick up from District 91 schools only. Fee includes an afternoon snack. All participants must bring a lunch. Camp time on full days off from school is 6:30 am - 6:00 pm. Half days off runs from dismissal and pick up time until 6:00 pm.

**Individual Full Day: R:\$25**

**Individual Half Day: R: \$15**

CODE	DATE
January 15	Full Day
February 16	Half Day
February 19	Full Day
March 5	Full Day
March 30	Full Day
May 25	Full Day

**Registration is taken in the Administrative Building.  
Transportation provided to Forest Park District 91 Schools only.**

# Spring Break Camp at the Park

Stumped on how to satisfy your child's curiosity and energy during spring break from school? Join us for Spring Break Day Camp. We'll have sports, crafts, and much more. Children must bring a bagged lunch and snack with their name on it each day. **MUST BE REGISTERED** by 8:00 pm on Thursday, March 29th to avoid a late registration fee.

**MIN/MAX:** 10/50  
**AGES:** Grades K-6  
**LOCATION:** Building 4  
**DAYS:** **MONDAY-FRIDAY**  
**INSTRUCTOR:** Park District Staff  
**FEES:** Weekly Fee: R: \$135/NR: \$160  
 Daily Fee: R: \$35/NR: \$45

CODE	DATES	TIME
1003-3-0-0	April 2 - April 5	6:30 am - 6:00 pm
1003-3-1-0	April 2 only	6:30 am - 6:30 pm
1003-3-2-0	April 3 only	6:30 am - 6:30 pm
1003-3-3-0	April 4 only	6:30 am - 6:00 pm
1003-3-4-0	April 5 only	6:30 am - 6:00 pm
1003-3-5-0	April 6 only	6:30 am - 6:00 pm

## FOREST PARK

# Residents Only Registration

## KAMP KIDDIE AND SUMMER DAY CAMP

Accepting resident registration beginning  
Monday, March 5, 2018

You must provide 3 forms of proof of residency.

Non-resident registration (participants from last year) will open  
up on Monday, March 12, 2018.

Non-resident registration will open up on  
Monday, March 19, 2018.

Only 100 spots are available for **Kamp Kiddie** and **Summer Day Camp** (weeks 1-9) and 50 spots are available for weeks 10 & 11. Campers must be registered for each week they wish to participate in order to be guaranteed a spot. A wait-list will begin after all spots are filled. Wait-list participant will be contacted if a spots opens up. A \$25 cancellation/change fee will be charged for participants who register for a session and then cancel or change their registration.

## WEEKLY RATES

FOR KAMP KIDDIE AND SUMMER DAY CAMP 2017

**ALL DAY CAMP (6:30 am - 6:00 pm) \*\***

Sessions 1 - 11

R: \$125/NR: \$190 (per session)

**\*\* Camp will be open to all who register from 6:30 am - 6:00 pm.**

Campers must be registered by 8:00 pm the Thursday prior to week of attendance in order to avoid a late registration fee. Campers must be registered for each week needed to be guaranteed a spot. Spots fill up quickly so be sure to register for all the weeks you need your child in camp. We offer an auto-pay option for those wishing to have fees automatically charged to a debit or credit card.

## SUMMER CAMP NEWS

**Kamp Kiddie-Let's All Play Along!** Is designed to cater to our youngest campers (current Pre-K through 1st grades) with activities and trips planned with their interests in mind. **Summer Day Camp-Unplugged** will focus on activities and trips geared toward current 2nd-5th graders. Camp sessions are one week each. Pick the weeks you want to attend camp all summer long. All campers will have the availability to come to camp anytime between 6:30 am and 6:00 pm.



## KAMP KIDDIE

# Let's All Play Along!

This summer camp is for our littlest campers (current Pre-K through 1st grade). Campers will enjoy weekly field trips, arts and crafts, sports, games, child centered play, and swimming time all geared towards this younger age group. Each week, camper activities will focus on gross and fine motor skills, creativity, physical and social development. Campers must be 4 years old as of September 1, 2017. Campers must be potty trained. Camper/Counselor ratio is 5:1. Proof of age is required upon registration.

## SUMMER DAY CAMP

# Unplugged!

Head out to the Park District of Forest Park for a fun-filled summer! At Summer Day Camp-Unplugged!, children will experience arts and crafts, sports, structured games, free play, swimming time, and weekly field trips. This camp is for boys and girls currently in grades 2-5.

Kamp Kiddie and Summer Day camp-Unplugged include lunch on all non-field trip days, daily entrance to the pool, a camp bag and summer full of fun!

### SESSION DATES

Session 1:	June 4 - June 8
Session 2:	June 11 - June 15
Session 3:	June 18 - June 22
Session 4:	June 25 - June 29
Session 5:	July 2 - July 6 (no camp on July 4)
Session 6:	July 9 - July 13
Session 7:	July 16 - July 20
Session 8:	July 23 - July 27
Session 9:	July 30 - August 3
Session 10:	August 6 - August 10
Session 11:	August 13 - August 17

## TEEN

# Summer Adventure Club

Be on the lookout in our Summer Recreation and Activity Guide for information about the Park's Teen Summer Adventure Club. Current 6th-8th graders will have the opportunity to discover fun new activities and take part in exciting field trips. Field trips will include (dates to be determined):

**Indiana Dunes  
Navy Pier/Seadog  
Raging Waves**

**Great America  
Rinkside  
Schaumburg Boomers**

## Park District of Forest Park Facility Rental Policy and Regulations

### Rental Regulations

1. Users are bound by terms of rental agreement as well as regulations and ordinances pertaining to the use of Park District of Forest Park property.
2. A security deposit is required at time of application. Security deposit funds are meant to cover any damages or excess cleaning and do not count toward rental fee.
3. Adequate adult supervision, as determined by Park District staff, must be provided at all times.
4. Rentals will be available until 10 pm on weekdays and 11 pm on weekends, no exceptions.
5. **NO ALCOHOLIC BEVERAGES ALLOWED** unless additional insurance has been purchased. Please see office staff for more information.
6. In accordance with federal and state statutes, all Park District of Forest Park facilities are designated as smoke free environments (including outdoor terrace).
7. Proof of liability insurance may be required from groups or organizations using the facilities. Family and private groups are exempt.
8. If requesting use of a kitchen, be aware that cooking is not permitted; only warming of food is allowed. Renter will have access to refrigerator, stove and microwave. Kitchen facilities must be cleaned after use. Cleaning supplies will be provided.
9. Groups will be responsible for preventing damage to Park District Property, cleaning (sweeping/wiping down tables) rented area and placing garbage in receptacles.
10. Groups must at all times be in compliance with facility capacities.
11. The Park District of Forest Park is not responsible for lost or stolen property.
12. Rental time reflect use of the room. No additional set up or take down time will be allowed. Failure to comply will result in charges for additional rental time taken out of the security deposit.
13. **FAILURE TO COMPLY WITH ANY OF THESE REGULATIONS WILL RESULT IN PARTIAL OR FULL FORFEITURE OF SECURITY DEPOSIT.**



### Rental Rates per hour (minimum 4 hour rental)

ROOM/FACILITY	MAXIMUM CAPACITY*	CATEGORY 1	CATEGORY 2	CATEGORY 3
<b>2nd Floor Grand Room</b>	<b>120 (72)</b>	<b>\$65</b>	<b>\$80</b>	<b>\$110</b>
<b>3rd Floor Grand Room</b>	<b>150 (96)</b>	<b>\$75</b>	<b>\$90</b>	<b>\$125</b>

\*Capacity is based on chairs only. The capacity in the parentheses is based on chairs and tables.

### Rental Categories

**Category 1** - Youth serving groups, civic or charitable groups serving/residing within The Park District boundaries.

**Category 2** - Residents (individuals, groups or businesses) within The Park District Boundaries.

**Category 3** - Nonresident individuals, groups, organizations or businesses.

A security deposit fee of \$200 will be required at the time of application. This will be returned to you within 4 weeks of the conclusion of your party.

This security deposit can be paid by cash, credit card or personal check. Shall the personal check be returned for insufficient funds or the credit card be denied, the rental will be voided.

# Registration Information 27

Registration for all classes begins

**Monday, December 18th**

Walk in... fax in... mail in... Proof of residency is required

All registration forms are taken in the Administrative Building's Main Office or Online at [www.pdofp.org](http://www.pdofp.org)

## Administrative Office

### Hours

Monday – Friday: 8:00 a.m. – 8:00 p.m.

Saturday: 9:00 a.m. – 1:00 p.m.

### Location

7501 Harrison Street, Forest Park, IL 60130

### Telephone Number

708-366-7500

### Fax Number

708-366-1142

## Registration Procedures

1. Complete the registration form in this brochure and mail it, fax it, or walk it in with proper payment. You may also register online by following the steps found on page 4.
2. Waivers are required for all programs. Participation WILL NOT be allowed without a signed waiver.
3. Instructors cannot accept registration.
4. Persons will not be considered registered in any program unless full payment is received in the Administrative Office.
5. Three forms of identification will be required at the time of registration for proof of residency. Driver's license/state I.D. will be accepted. Utility bills, voter cards, etc. will be accepted with a valid photo I.D. Parents may be asked to provide proof of residency and/or family relation for any child wishing to register for a program.
6. All registration is first-come, first-serve. No space will be held without payment.
7. Non-residents will be charged 50% more than the listed resident fee, unless otherwise noted.
8. Listed dates, days, times, and fees are subject to change.

## Satisfaction Guarantee

1. A full refund will be given when the Park District of Forest Park cancels a trip or program.
2. Refunds for programs will be given when:
  - A. A refund request form is completed and submitted to the Administrative Office.
  - B. A full refund will be given upon request to any participant not satisfied with a program before the end of the first class date. Refunds will be prorated on a per-class charge after the first class has been held. When 50% of the program dates have passed, no refunds will be issued.
3. Refunds for trips will only be given if the trip is cancelled by the Park District OR if a replacement is found to take the trip.
4. Deposits for certain programs and trips are identified as non-refundable.

The image shows a screenshot of the Park District of Forest Park website. At the top, there is a logo for the Park District of Forest Park with the slogan "take time for fun!". Navigation links include Home, About Us, and Employment. Below the navigation is a menu with categories: CLASSES AND PROGRAMS, SPECIAL EVENTS, FACILITIES & PARKS, AQUATIC CENTER, LEAGUES, REGISTRATION, and COMMUNITY SUPPORT & FOUNDATION. A section titled "IMPORTANT NEWS" features a photo of two children and a text snippet: "Our Candy Cone Lane Craft Fair is coming up on November 18th! Register online to be a vendor at this holiday event!". To the right of the news is a "I WANT TO:" section with radio button options: "Find a Class or Program", "Register", "Get Involved", and "Field & Facility Conditions". Below this is a search bar labeled "Search this site".

For more information, visit our website @ [www.pdofp.org](http://www.pdofp.org)

# Registration

Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Family's Last Name: \_\_\_\_\_ Head of Household: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Emergency/Cell: ( \_\_\_\_\_ ) \_\_\_\_\_

Participant's Name	Last Name (if different)	Male/ Female	Birth Date	Age	Program Code	Program	Fee

\_\_\_\_\_ **Check here for individual with special needs.** **TOTAL** \$ \_\_\_\_\_

The Park District of Forest Park does its best to accommodate those individuals with special needs. If you need any special assistance, please inform us at least two weeks prior to the program.

**IMPORTANT INFORMATION** The Park District of Forest Park is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Park District of Forest Park continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and guardians of minors registering for the listed programs/activities must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

**WARNING OF RISK** Recreational programs/activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational program/activity. Understandably, not all hazards are dangers, and injuries due to inclement weather, slipping, falling, poor skills or level of conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational programs/activities exist. In this regard, it must be recognized that it is impossible for the Park District of Forest Park to guarantee absolute safety.

**WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK** Please read this form carefully and be aware that in registering yourself or your minor child/ward for participation in the above identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected and associated with said programs/activities (including transportation services, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that I or my minor child/ward may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or occur to me or my child/ward) as a result of participating in these programs/activities against the Park District of Forest Park, including its official, agents, volunteers and employees (hereafter collectively referred to as 'Park District of Forest Park').

I do hereby fully release and forever discharge the Park District of Forest Park from any and all claims for injuries, damages or loss that I or my minor child/ward may have or which may occur to my minor child/ward or me and arising out of, connected with or in any way associated with these programs/activities.

I have read and fully understand the above important information, warning of risk, assumption of risk, waiver and release of all claims, and refund policy acknowledgement. If registering online or facsimile, signature shall substitute for and have the same legal effect as an original signature.

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Receipt # \_\_\_\_\_ Cash/Check/Credit Card \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Received by \_\_\_\_\_

Visa/MasterCard # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Name \_\_\_\_\_ VCode \_\_\_\_\_

**Participation will be denied if the signature of adult participant/guardian and date are not on this waiver.**

## JANUARY

sun	mon	tues	wed	thurs	fri	sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 5** Friday Movie Night
- 8-12** Fitness Demo Days
- 18** Learn to Sew
- 19** Tween/Teen Movie Night
- 26** Gong Sound Bath Meditation
- 27** Do you want to build a Snowman?

## FEBRUARY

sun	mon	tues	wed	thurs	fri	sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

- 1** Heart Burlap
- 2** Daddy-Daughter Dance
- 3** Paint with Wood
- 5** Self Defense Strength Workshop
- 6** Girls Basketball League begins
- 9** Friday Movie Night
- 9** Gong Sound Bath Meditation
- 10** Job Fair
- 15** Fleece Blanket Class
- 16** Tween/Teen Movie Night
- 19** Kids Craft Class



April 3 - Teen Trip - Wolves vs. Admirals

## MARCH

sun	mon	tues	wed	thurs	fri	sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 1** Kids Cooking Class
- 2** Friday Movie Night
- 5** Summer Day Camp Registration begins for Residents
- 12** Self Defense Strength Workshop
- 15** Kids Pastry Class
- 16** Paint and Pour
- 23** Tween/Teen Movie Night
- 23** Flashlight Egg Hunt
- 23** Gong Sound Bath Meditation
- 24** Easter Egg Hunt

## APRIL

sun	mon	tues	wed	thurs	fri	sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

- 2** Pool Passes go on sale
- 3-4** Spring Break Crafts Camp
- 3** Teen Trip to the Wolves Game
- 6** Friday Movie Night
- 13** Gong Sound Bath Meditation
- 19** Kids Cooking Class
- 20** Tween/Teen Movie Night
- 28** Family Garage Sale and Flea Market

**Park District of Forest Park**

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Forest Park, IL 60130

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*Park District of Forest Park*  
**Aquatic Center**

**Pool Pass Rates for 2018 are listed below:**

*Pool passes for the 2018 Aquatic Center season will go on sale  
on Monday, April 2, 2018.*

**Pool Opens May 26, 2018**

SEASON PASS	RESIDENT	NON-RESIDENT
Family (2)	\$125	\$220
Family (3)	\$140	\$230
Family (4)	\$150	\$240
Family (5)	\$160	\$250
Individual Child (3-17)	\$70	\$120
Individual Adult (18-60)	\$80	\$135
Individual Senior (61+)	\$50	\$75

**\*Add \$10 per person for additional family members.**

