



Park District of Forest Park

Recreation & Activity Guide | Winter/Spring 2015



Registration Begins on December 8th!
www.pdofp.org

January 5th through January 9th will be...

Free Fitness Demo Days

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 all! If you enjoy the class and you wish to continue, sign up for the remainder of the session.

CLASSES INCLUDE:

Zumbini™ (M), Youth Yoga (T), Just for Kicks I (T/TH), Yoga for Tweens (W), Rhythm in Motion II (T/TH), Dance Fit (M), Pilates (M/W), Kick Boxing (M/W), Yoga (T), AND Triple Blast (TH).

DEMO DAY SPECIAL

Register for adult/active adult Fitness Class before January 9TH and receive a FREE gift!



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 22.



Park District of Forest Park

Take Time for Fun!

Table of Contents

2	WSSRA Information
3	Letter to Residents
4-7	Special Events
8-10	Early Childhood & Youth
11-15	Youth Sports & Fitness
16-18	Adult & Active Adult Fitness
19	Adult Enrichment
20-21	Camps
22	Rental Information
23	Registration Information
24	Registration Form

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 acknowledges the cooperative efforts shown by the Village of Forest Park, the Forest Park Public Library, School District 91, and the Forest Park Community Education Council in contributing to recreation programs. Without their cooperation, we would not be able to offer the programs that we do!

PHOTOGRAPH POLICY Photographs are occasionally taken during Park District 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 low enrollment. Please sign up at your earliest convenience! For more information on our cancellation policy, please see the registration information on page 23.

CO-OP PROGRAMS In an effort to reduce program cancellations, we have embarked upon a cooperative program 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



Eric Entler
President
eentler@pdofp.org



Cathleen McDermott
Vice President
cmcdermott@pdofp.org



John L. Doss
Commissioner
jdoss@pdofp.org



Roy J. Sansone
Commissioner
rsansone@pdofp.org



Matt Walsh
Commissioner
mwalsh@pdofp.org

Joe Murray
Treasurer

Chris Richards
Secretary

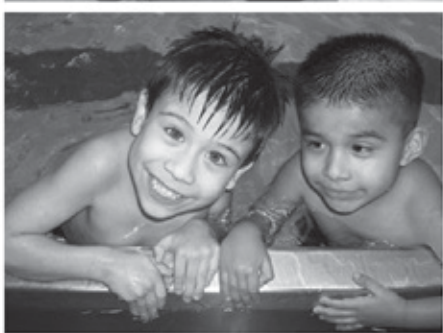
Park District Staff

Larry Piekarz	Executive Director	lpiekarz@pdofp.org
Steve Thomas	Assistant Director	stthomas@pdofp.org
Larry Buckley	Superintendent of Parks	lbuckley@pdofp.org
Chris Richards	Administrative Manager	crichards@pdofp.org
Rachell Entler	Recreation Supervisor	rentler@pdofp.org
Vicki Stisevic	Facility Coordinator	vstisevic@pdofp.org
Bernadette Murphy	Registrar	
Andrea Balsavich	Registrar	
Brenda Ali	Registrar	
Dennis Crotty	Building Custodian	
Ryan Russ	Foreman	

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 a.m. – 8:00 p.m.

**Hours are subject to change pending class schedules*



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.

WSSRA offers a variety of seasonal recreational programs for people with disabilities of all ages. Programs include:

- *Yoga*
- *Bowling*
- *Overnight Camping Trips*
- *Swimming Lessons*
- *Zumba*
- *Movie Nights*
- *Special Olympics*
- *Day Camp*
- *...and much more*

FLAP JACK BUNNY HOP

Bring your family this spring for a tasty pancake breakfast, children's activity stations, a hunt for treats, and photos with the Bunny!

Ascension Lutheran Church Pine Room
601 Van Buren, Oak Park
March 2015



**west
suburban
special
recreation
association**

2915 maple street
franklin park, il 60131
P 847.455.2100
F 847.455.2157
wssra.net

For more information about joining a WSSRA program,
call 847.455.2100 or visit wssra.net

Para mas informacion, por favor llame a Noelia a 847.455.2100



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

Dear Residents:

The year 2014 was a special one here at the Park District of Forest Park. While celebrating our 80th anniversary, we were fortunate in receiving several grants throughout the year. The Park District has been awarded a \$2.5 million PARC grant, a \$1 million DECO grant, and a \$160,000 Brownsfield grant. These funds will be used for clean-up and construction of the Park Development Project at the site formerly known as the Roos Property. We also received a \$1,500 IAPD Power Play grant to be used for after school programming. We would like to express our thanks to our legislators Senator Kimberly Lightford, Representative Chris Welch and Representative LaShawn Ford as well as the Council of the Village of Forest Park for their help in securing these grants and for their continued support of the Park Development Project.

The coming year 2015 will bring new and exciting things to the Park District and the residents of Forest Park! We are kicking off the year with a new wellness campaign called **Fit in '15!** Be sure to check out our Winter-Spring Brochure for information on free exercise classes in January, free cardio room access, new fitness classes for the whole family and tips on how to keep you and your family healthy and fit. Our ever-popular **Daddy-Daughter Dance** takes place on **February 6**. Be sure to register soon as this event will sell-out. **The Park District Foundation will be hosting a Heart of Gold Pancake Breakfast on February 14th.** Proceeds from this event will enable the Foundation to support Park programs for kids throughout the summer. Spring officially arrives in March bringing with it the **Annual Egg Hunt on March 28th.** April showers bring May flowers but here in Forest Park it means **pool passes go on sale! Early bird pricing runs April 1st through May 8th** so be sure to stop by the Park or mail in your pool pass registration forms in order to take advantage of the discount.

Spring also means we will be looking forward to the official groundbreaking of the Park Development Project. Clean-up of the property has already begun and the Board of Park Commissioners and staff are anxiously awaiting the warmer weather so we can begin construction work. Updates, as well as project plans, will be made available to the public at **www.parkdevelopmentatpdofp.org**. We appreciate your patience over the past several years as we have worked to acquire the property and look forward to the day when we are celebrating the grand opening of this great addition to the Park District with you, the residents of Forest Park.

The Board of Park Commissioners and staff are committed to enhancing the community by providing programs, special events and facilities that enrich the lives of all the people in our community. We look forward to kicking off the New Year with new and exciting programs and hope you will join us in making 2015 a year to remember!

Sincerely,

The Board of Park Commissioners

Eric Entler, President
Cathleen McDermott, Vice-President
John Doss
Roy Sansone
Matt Walsh



Fit in '15

As we start the New Year, be on the lookout for tips and ideas on how to be healthy and fit in 2015. Throughout the year, the Park District will be offering several new, fun and exciting programs to get you and your family moving around. We will also be offering tips on how to incorporate exercise into your everyday lives. Be sure to "like" our Facebook page "Fit in '15" to stay up to date on the fun activities and information you can use to bring healthy, happy families to Forest Park.



Friday Fun Night: Take Me to the Movies!

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 pre-register at 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
- DAY:** **FRIDAY**
- INSTRUCTOR:** PARK DISTRICT STAFF
- FEES:** R: \$5/NR: \$7

CODE	DATES	TIME
2005-3-1-0	Jan. 9 - Turbo	6:15 pm - 8:15 pm
2005-3-2-0	Feb. 13 - Alice in Wonderland	6:15 pm - 8:15 pm
2005-3-3-0	Mar. 13 - Despicable Me	6:15 pm - 8:15 pm
2005-3-4-0	Apr. 17 - Rise of the Guardians	6:15 pm - 8:15 pm



Somewhere Over the Rainbow Daddy/Daughter Dance

FRIDAY, FEBRUARY 6

Dads grab that special lady and get ready to follow the yellow brick road! 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 maybe as Dorothy, Glinda the Good Witch or even Oz himself! 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: \$35 PER COUPLE/NR: \$45 PER COUPLE (EXTRA CHILD \$7)

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

Give from the Heart Blood Drive

co-sponsored by Adventist Health

SATURDAY, FEBRUARY 14
9AM-12PM

Each year, hospitals and blood banks look to donors to help increase the amount of blood available to those in need. Once again, the Park District of Forest Park is partnering up with Adventist Health to help with blood donations this winter. All blood types welcome. Drop in or call for an appointment. You may also sign up at www.signupgenius.com. For more information, please call 708-366-7500.

Heart of Gold Pancake Breakfast

sponsored by the Park District
of Forest Park Foundation

SATURDAY, FEBRUARY 14

8 AM - 12 PM

Join the Park's Foundation for a little love and pancakes this Valentine's Day! Proceeds from this event will enable the Foundation to support Park programs for kids throughout the summer.

AGES: ALL
LOCATION: ADMINISTRATIVE BUILDING, 3RD FLOOR
DAY: **SATURDAY**
FEES: R: \$5 PER PERSON. CHILDREN UNDER 3 ARE FREE.



St. Patrick's Day Dance Party

Celebrate St. Patty's Day by joining friends for a night of fun and music! Everyone dressed in green will receive a door prize. First 50 participants to enter receive a ticket to win a raffle prize. A signed permission slip with a parent/guardian signature is required. Forms can be picked up at the Administrative Building.

MIN/MAX: 20/100
AGES: GRADES 3-5 ONLY
LOCATION: ADMINISTRATIVE BUILDING, 3RD FLOOR
DAY: **FRIDAY**
INSTRUCTOR: PARK DISTRICT STAFF
FEES: \$5.00

CODE	DATES	TIME
2806-3-0-0	March 6	7:00 pm - 9:00 pm



Eggstravaganza!

Come hop around with us for an egg-cellent time! We will decorate eggs, make a craft, enjoy a spring treat and play games. Fee includes refreshments, treats, decorating supplies and lots of fun!

MIN/MAX: 6/40
AGES: 5-10
LOCATION: BUILDING 4
DAY: **WEDNESDAY**
INSTRUCTOR: PARK DISTRICT STAFF
FEES: R: \$10/NR: \$15

CODE	DATES	TIME
3811-3-0-0	March 25	6:15 pm – 7:45 pm

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 St.

Registration for all classes
begins Monday

December 8th

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 eggs 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	DATES	TIME
3812-3-0-0	March 27	8:00 pm Sharp



Easter Egg Hunt

SATURDAY, MARCH 28

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 4th graders. All hunts will begin at 10:00 AM SHARP! After the hunt, line up to meet the Easter Bunny himself! Please bring a camera. DON'T BE LATE!!!!

SAVE THE DATE!

Pitch, Hit & Run

Saturday, May 2, 2015



“Flying 4 KIDS” Kite Fly

SUNDAY, MAY 3RD
10 AM – 12 PM

Keep your eyes to the skies on Sunday, May 3rd. 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 a kite making station, Kite Kontests and much more! Participants are encouraged to bring their own kites for this fun, leisurely kite fly.



Rock Painting

MONDAY, APRIL 20

Join us for a night of creativity and fun as we turn that plain, old rock into a work of art! Let your imagination run wild while painting rocks into ladybugs, minions and much, much more!

MIN/MAX: 5/15
AGES: 6-10 YEARS OLD
LOCATION: PARK DISTRICT OF FOREST PARK
DAY: **SATURDAY**
INSTRUCTOR: SANDY BYRNES
FEES: R: \$10/NR: \$12

CODE	DATES	TIME
2125-3-1-0	April 20	3:45 pm - 4:45 pm

Family Garage Sale & Flea Market

SATURDAY, APRIL 25

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 not 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 26th. Please note the new time.

MIN/MAX: 10/25
AGES: ALL
LOCATION: PARK DISTRICT OF FOREST PARK
DAY: **SATURDAY**
INSTRUCTOR: PARK DISTRICT STAFF
FEES: R: \$30/NR: \$40 (\$10 DEPOSIT WILL BE RETURNED DAY OF EVENT)

CODE	DATES	TIME
5903-3-0-0	April 25	8:00 am - 1:00 pm



Zumba® Parties!

Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Our Zumba® parties will get you moving in a fun-filled, high-energy dance party that will have you coming back for more!

MIN/MAX: 3/25
AGES: SEE DESCRIPTIONS BELOW
LOCATION: ADMINISTRATIVE BUILDING, 3RD FLOOR
DAY: **FRIDAY**
INSTRUCTOR: RENE MARAGH
FEES: R:\$10/NR: \$12

CODE	DATES	TIME
2626-3-5-1	February 20 Zumbini™ PJ Party (ages 0-3 with caregiver)	5:30 pm - 6:15 pm
2626-3-5-2	February 20 Zumba® Kids Jr. PJ Party (ages 4-6)	6:30 pm - 7:45 pm
2626-3-5-3	March 20 Zumba® Fitness Hip Hop Party (ages 11-14)	6:45 pm - 8:00 pm
2626-3-5-4	April 17 Zumba® Kids Glow Party (ages 6-10 years old)	6:45 pm - 8:00 pm

visit **www.pdofp.org** today.

Want to stay up-to-date on Park District events and get reminders about programs throughout the year? Sign up for our e-newsletter to receive information about classes, programs and events. Visit our website at **www.pdofp.org** and enter your email address in the top right hand corner where it says **"Join our mailing list."** You can also find us on Facebook by searching **"Park District of Forest Park"** and on Twitter at **pdforestpark**.



Keyboarding and Koding 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, functionality and coding to be ready to embrace their upcoming academic adventures. The expert staff of 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. All programs are downloaded, so the students will not be online during class. Weekly progress reports sent home with the students. You do not want to miss this valuable new offering to our programs!



Discovery Kids Computer Classes

Calling all Puterbug Detectives! We need your help solving Discovery Kids Computer missions. As the technology revolution continues to unfold and the new wave of digital learning is swiftly becoming a reality, technology education is an important component of core curriculum. This program for early learners develops skills in keyboarding, creative problem solving, school readiness, Common Core Curriculum, STEM initiatives and Internet safety - while having loads of fun! New software every week, with access to online supplemental material for home use. Each child has their own computer to use during class. Don't miss out on this valuable jump start for your child!

MIN/MAX: 3/20
AGES: 3-5
LOCATION: ADMINISTRATIVE BUILDING
DAY: **MONDAY**
INSTRUCTOR: SMARTSTARTERS STAFF
FEES: R: \$70/NR: \$80

MIN/MAX: 3/20
AGES: 1ST-3RD GRADE
LOCATION: ADMINISTRATIVE BUILDING
DAY: **MONDAY**
INSTRUCTOR: SMARTSTARTERS STAFF
FEES: R: \$70/NR: \$80

CODE	DATES	TIME
2705-3-1-0	January 5 - February 23 (no class Jan. 19 or Feb. 16)	3:15 pm - 4:15 pm
2705-3-2-0	March 9 - April 20 (no class April 6)	3:15 pm-4:15 pm

CODE	DATES	TIME
2716-3-1-0	January 5 - February 23 (no class Jan. 19 or Feb. 16)	11:00 am - 12:00 pm
2716-3-2-0	March 9 - April 20 (no class April 6)	11:00 am - 12:00 pm

WANTED INSTRUCTORS!

Interested in teaching a class at the Park District of Forest Park?

We are currently looking for enthusiastic and energetic individuals with creative class ideas who would like to offer their talents to the residents of Forest Park.

Qualified individuals interested in teaching should contact Rachell Entler at rentler@pdofp.org or at 708-366-7500 x 17.

Art 101 – After School Art Club

A Guided Study in Creativity

In Art club, students are encouraged to express themselves freely through their medium of choice. There will be a plethora of art supplies on hand from drawing media to painting media, stencils, texture plates, and clay. This art class provides freedom of choice for the students' size and subject that they want to work with. The instructor, Mr. K, Dan Kwarczynski, is well-versed in almost all forms of fine-artistry and will provide ample examples and instruction throughout the course.

MIN/MAX: 2/20
AGES: 7 - 14
LOCATION: ADMINISTRATIVE BUILDING, 2ND FLR
DAY: **FRIDAY**
INSTRUCTOR: DAN KWARCHINSKI
FEES: R: \$80/NR: \$90

CODE	DATES	TIME
2204-3-1-1	January 9 - January 30th	3:30 pm - 5:00 pm
2204-3-2-1	February 13 - March 6	3:30 pm - 5:00 pm
2204-3-3-1	March 13 - April 10 (no class April 3)	3:30 pm - 5:00 pm



Art 200

Advanced Painting

The goal of this class is to experiment and master a variety of medium including: chalk pastels, acrylic paint, and watercolor paint. In this course we will be concentrating on developing technique. We will experiment with different ways to use these mediums and research techniques used by the great masters of the arts. Supplies are included.

MIN/MAX: 2/20
AGES: 10+
LOCATION: ADMINISTRATIVE BUILDING,
2ND FLR
DAY: **FRIDAY**
INSTRUCTOR: DAN KWARCHINSKI
FEES: R: \$80/NR: \$90

CODE	DATES	TIME
2204-3-1-2	January 9 - January 30th	5:15 pm - 7:00 pm





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 these hands-on, fun-filled classes. Participants should bring a container to carry food home.

- MIN/MAX:** 4/8
- AGES:** 6-12
- LOCATION:** ADMINISTRATIVE BUILDING, 2ND FLR
- DAY:** **THURSDAY**
- INSTRUCTOR:** SANDY BYRNES
- FEES:** R: \$45/NR: \$55

CODE	DATES	TIME
2107-3-1-0	February 19 - March 5	3:45 pm - 5:00 pm

Is there a class

you would like to take but do not see it in the brochure? We are always looking for class and program suggestions so please let us know if there is an activity you would like to see offered at the Park District. Contact the Park District at **708-366-7500** or email rentler@pdofp.org with your suggestions.

Magic Class! **Co-op with Oak Park Park District**

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks from the "Magic Team of Gary Kantor"! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. All materials are provided, and each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are age-appropriate. Additionally, you can sign up for this class again and again since brand new tricks are always taught each time.

- MIN/MAX:** 1/20
- AGES:** 5-12
- LOCATION:** PARK DISTRICT OF OAK PARK- FIELD CENTER, 935 WOODBINE AVE
- DAY:** SEE BELOW
- INSTRUCTOR:** THE MAGIC TEAM OF GARY KANTOR
- FEES:** \$20

CODE	DATES	TIME
2202-3-1-0	(Tuesday) January 13	6:30 pm - 7:25 pm
2202-3-2-0	(Monday) March 2	5:00 pm - 5:55 pm
2202-3-3-0	(Wednesday) May 27	6:30 pm - 7:25 pm



Tae Kwon Do

White Wolf Academy of Martial Arts teaches Tae Kwon Do with influences from other arts to strengthen the Body, Mind, and Spirit. Tae Kwon Do is great for increasing focus and discipline and lowering stress at school or work to leave you stronger, more coordinated and flexible for a healthier lifestyle. Tae Kwon Do will increase your self-confidence and self-esteem making you more confident and successful. Self Defense is an important aspect of Tae Kwon Do. You will be taught to increase your awareness and gain the ability to confront any situation with exceptionally calm and clear strength and fortitude.

MIN/MAX: 5/20
AGES: 5-12
LOCATION: ADMINISTRATIVE BUILDING
DAY: **TUESDAY AND THURSDAY**
INSTRUCTOR: CHAD KOCH
FEES: R:\$80/NR:\$90

CODE	DATES	TIME
2403-3-1-0	January 15 - February 10	6:00 pm - 7:00 pm
2403-3-2-0	February 12 - March 3	6:00 pm - 7:00 pm
2403-3-3-0	March 12 - April 7	6:00 pm - 7:00 pm
2403-3-4-0	April 9 - May 5	6:00 pm - 7:00 pm

PAUL HRUBY ICE ARENA

RIDGELAND COMMON RECREATION COMPLEX



**HOCKEY & ICE SKATING LESSONS
 LEAGUES • PUBLIC SKATE • EVENTS**
Uncommon Fun for Everyone!

www.pdop.org/uncommonfun

415 Lake Street, Oak Park, IL
 (708) 725-2000



Future Pros

Spring Break Soccer Camp

Get ready for spring soccer with Future Pros! Join the professional coaching staff at Veterans Stadium for a week full of fun and instruction. All players are divided into groups by age and adjusted by ability level. All participants will receive a t-shirt and soccer ball.

MIN/MAX: 10/20
AGES: 5-14
LOCATION: VETERAN'S STADIUM, 7501 W. HARRISON ST.
 (WEATHER PERMITTING)
DAY: **MONDAY - FRIDAY**
INSTRUCTOR: FUTURE PROS
FEES: R: \$62/NR: \$72

CODE	DATES	TIME
2306-3-3-0	April 6 - April 10	10:00 am - 12:00 pm



Free Fitness Demo Days

January 5th – January 9th

Come in to any of our scheduled youth 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: **Zumbini™** (Monday), **Youth Yoga** (Tuesday), **Just for Kicks I** (Tuesday/Thursday), **Yoga for Tweens** (Wednesday) and **Rhythm in Motion II** (Tuesday/Thursday).



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 after registration. 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. PLEASE REGISTER EARLY!

- MIN/MAX:** 10/30
- AGES:** GRADES 1-5
- LOCATION:** FIELD STEVENSON GYM
- DAY:** **TUESDAY AND THURSDAY**
- INSTRUCTOR:** PARK DISTRICT STAFF
- FEES:** R: \$55/NR: \$70

CODE	DATES	TIME
2312-3-1-0	February 10 - April 23 (no class Feb. 24, Apr. 2 - Apr. 9)	5:15 pm - 7:15 pm

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 St.

Registration for all classes
begins Monday

December 8th

POWER PLAY! Beyond School Grant Program

The Power Play! Beyond School Grant is a program of the Illinois Association of Park Districts (IAPD). Funding and materials for this program are provided through the sale and subsequent renewals of the Park District Youth License Plate Program and through Friends of the Parks. The Park District of Forest Park is a recipient of the Power Play! Beyond School Grant program which involves implementing a model program that focuses on health, nutrition and fitness for children, ages 5-13. For more information on the Youth License Plate Program, please call our office at 708-366-7500 or feel free to stop by our Administrative Office to pick up an informational packet. Check out our fun programs below:



Afterschool Sports & Nutrition Fun with Football

Join the Park District and SportsKids, Inc. for a chance to make new friends and learn to be healthier! Are you ready for some football? This class will cover passing, catching and other football fundamentals. This program also incorporates health, nutrition and fitness into a program that is fun for all.

- MIN/MAX:** 6/12
- AGES:** 5-8 YEARS OLD
- DAY:** **MONDAY**
- LOCATION:** VETERAN'S STADIUM
- INSTRUCTOR:** SPORTSKIDS, INC.
- FEE:** R: \$25/NR: \$35

CODE	DATE	TIME
2305-3-0-0	April 13 - May 4	3:15 pm - 4:00 pm



Beginning Youth Smart Golf

Come attempt different swings and putting techniques while using colorful golf equipment. Age appropriate instruction will be used to help understand positions. Challenging drills will add to this fun and instructional class.

MIN/MAX: 6/12
AGES: 5-8 YEARS OLD
DAY: **MONDAY**
LOCATION: VETERAN'S STADIUM
INSTRUCTOR: SPORTSKIDS, INC.
FEE: R: \$25/NR: \$35

CODE	DATE	TIME
2414-3-1-0	April 13 - May 4	4:00 pm - 4:45 pm



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: VETERAN'S STADIUM
INSTRUCTOR: SPORTSKIDS, INC.
FEE: R: \$25/NR: \$35

CODE	DATE	TIME
2410-3-1-0	April 13 - May 4	5:00 pm - 5:45 pm

IGLA FALL 2014

Lacrosse Fundamentals Clinic

Is your daughter interested in learning a new sport? Lacrosse is the fastest growing sport on two feet! Let the Illinois Girls Lacrosse Association help your daughter find her passion - every girl who plays is HOOKED! Join the IGLA this spring for a weekly one-hour clinic for girls in Kindergarten, 1st and 2nd grade who want to learn the FUNdamentals of the game. The goal of the program is to introduce and develop basic skills using fun games and coaching techniques. IGLA uses soft balls so a stick is the only equipment required to play! A parent meeting will be held after the first clinic to answer all your questions. Clinic is one hour each week and includes a t-shirt. Sign up for this 6 week program at your local Park District and then fill out the fundamentals clinic form on the IGLA website- www.igla.org

MAX: 10
GRADE: KINDERGARTEN, 1ST AND 2ND GRADERS
LOCATION: RIVER FOREST (PARK SITE TBD)
DAY: **TUESDAY**
INSTRUCTOR: ILLINOIS GIRLS LACROSSE ASSOCIATION
FEE: R: \$130/NR: \$150

CODE	DATE	TIME
2326-3-2-0	April 21 - May 26	6:00 pm - 7:00 pm



Forest Park Youth Soccer Association Registration Information

The Forest Park Youth Soccer Association (FPYSA) runs the youth soccer program in Forest Park. There is a Fall and Spring season. More information regarding the soccer program can be found at www.fpyasa.org.



SPRING 2015 Girls Lacrosse League (PINK LEVEL)

Be part of a community-based lacrosse league just for girls! The goal of the IGLA is to teach the rules of lacrosse within an active teamwork setting, encourage sportsmanship, and foster personal development in a respectful environment. The IGLA follows all Positive Coaching Alliance guidelines. Every girl plays! Each player must have their own stick, goggles and a mouth guard for all practices and games.

Pink Level practices will be held on Thursdays from 6:00 pm - 7:30 pm and games will be played on Sundays between Noon - 5:00 pm.

- MAX:** 15
- LOCATION:** RIVER FOREST (PARK LOCATION TBA)
- DATES:** **THURSDAY PRACTICE:** APRIL 16TH - JUNE 4TH FROM 6:00PM-7:30PM
SUNDAY GAMES: APRIL 19TH - JUNE 7TH BETWEEN NOON-5:00PM (NO GAMES ON MAY 24TH)
- INSTRUCTOR:** ILLINOIS GIRLS LACROSSE ASSOCIATION
- FEES:** R: \$175/NR: \$210 (INCLUDES REVERSIBLE PINNY)

CODE	DIVISION	GRADE
2326-3-1-1	Level 1	2nd, 3rd & 4th
2326-3-1-2	Level 2	5th & 6th
2326-3-1-3	Level 3	7th & 8th

REGISTRATION IS A TWO-STEP PROCESS:

1. Register and pay at your local participating Park District.
2. Fill out the Player Information Form on iglax.org (under the "Registration" tab).

For more information, please go to the IGLA website – iglax.org-info@iglax.org

Zumbini™ Demo

Babies and toddlers love to move and play, and our Zumbini™ demo classes are a great way to learn about Zumba's® Zumbini™ program and nurture your child's natural curiosity and interests. Zumbini™ demo classes offer you and your child a chance to bond, play together, enjoy music and dance in a safe and fun, social setting. Explore the magic of movement and music with your child in a fun, welcoming and energizing environment!"



- MIN/MAX:** 4/20
- AGES:** 6 MONTHS -4 YEARS OLD WITH ADULT
- LOCATION:** ADMINISTRATIVE BUILDING, 2ND FLOOR
- DAY:** **MONDAY**
- INSTRUCTOR:** RENE MARAGH
- FEES:** R:\$23/NR:\$28 (\$4 EACH ADDITIONAL CHILD UP TO 2 PER ADULT)

CODE	DATES	TIME
2626-3-1-0	January 12 - January 26	11:00 am - 11:45 am
2626-3-2-0	February 2 - February 23 (no class February 16)	11:00 am - 11:45 am
2626-3-3-0	March 9 - March 23	11:00 am - 11:45 am
2626-3-4-0	April 13 - April 27	11:00 am - 11:45 am

Youth Yoga

This young yogi class will be developed around interactive games (think loud animal noises and "warrior freeze dance"!), theme activities, storytelling and music. As a class, we will use yoga to engage the natural excitement of 5-8 year olds. Classes will explore basic yoga poses, light exercises, visual imagery and even relaxation techniques. Classes will help facilitate positive social skills, body awareness and creativity.

- MIN/MAX:** 5/20
- AGES:** 5-8
- LOCATION:** ADMINISTRATIVE BUILDING, 2ND FLOOR
- DAY:** **TUESDAY**
- INSTRUCTOR:** MARISSA GROTT
- FEES:** R:\$32/NR:\$42

CODE	DATES	TIME
2613-3-1-1	January 13 - February 3	4:30 pm - 5:30 pm
2613-3-2-1	February 10 - March 3	4:30 pm - 5:30 pm
2613-3-3-1	March 10 - March 31	4:30 pm - 5:30 pm
2613-3-4-1	April 7 - April 28	4:30 pm - 5:30 pm

Yoga for Tweens

This yogi “tween” class will come alive by introducing flowing sequences, balancing poses (even upside down ones!) and breathing exercises. As a class we will explore calming relaxation techniques and deepen body awareness. We will also practice cooperative and partner yoga to encourage respect for self and others. We will use yoga, music and even occasionally crafts to create a safe place for 9-11 year olds to come and feel at home in their own bodies.

MIN/MAX: 5/20
AGES: 9-11
LOCATION: ADMINISTRATIVE BUILDING, 2ND FLOOR
DAY: **WEDNESDAY**
INSTRUCTOR: MARISSA GROTT
FEES: R:\$32/NR:\$42

CODE	DATES	TIME
2613-3-1-2	January 14 - February 4	4:30 pm - 5:30 pm
2613-3-2-2	February 11 - March 4	4:30 pm - 5:30 pm
2613-3-3-2	March 11 - April 1	4:30 pm - 5:30 pm
2613-3-4-2	April 8 - April 29	4:30 pm - 5:30 pm



Just for Kicks I

This class is for the smallest dancer and includes rhymes, warm-up and dance games. Children learn a range of motion, directional movement and timing.

MIN/MAX: 5/20
AGES: WALKING TO 5 YEARS OLD
LOCATION: ADMINISTRATIVE BUILDING, 3RD FLOOR
DAY: **TUESDAY AND THURSDAY**
INSTRUCTOR: IYIOLA ADEBAJO
FEES: R:\$43/NR:\$53

CODE	DATES	TIME
2502-3-1-1	January 13 - February 5	10:00 am - 10:30 am
2502-3-2-1	January 13 - February 35	11:00 am - 11:30 am
2502-3-3-1	February 10 - March 5	10:00 am - 10:30 am
2502-3-4-1	February 10 - March 5	11:00 am - 11:30 am
2502-3-5-1	March 10 - April 1	10:00 am - 10:30 am
2502-3-6-1	March 10 - April 1	11:00 am - 11:30 am
2502-3-7-1	April 7 - April 30	10:00 am - 10:30 am
2502-3-8-1	April 7 - April 30	11:00 am - 11:30 am



Rhythm in Motion II

In this class, Middle School students learn choreography and full length dances. Dancers are encouraged to not only have fun, but understand the focus and growth that occur through the responsibilities, deportment and discipline of dance.

MIN/MAX: 5/20
AGES: 6TH- 8TH GRADE
LOCATION: ADMINISTRATIVE BUILDING, 3RD FLOOR
DAY: **TUESDAY AND THURSDAY**
INSTRUCTOR: IYIOLA ADEBAJO
FEES: R:\$48/NR:\$58

CODE	DATES	TIME
2502-3-1-2	January 13 - February 5	3:15 pm - 3:45 pm
2502-3-2-2	February 10 - March 5	3:15 pm - 3:45 pm
2502-3-3-2	March 10 - April 2	3:15 pm - 3:45 pm
2502-3-4-2	April 7 - April 30	3:15 pm - 3:45 pm

Forest Park Little League Registration Information

The youth baseball program in Forest Park is run the Forest Park Little League (FPLL).

Information can be found at

www.forestparklittleleague.com.

The Park District of Forest Park is a proud supporter of Forest Park Little League.

Be sure to check out our
Special Events pages for
information on all new
Zumba® Parties!

Calling all Active Adults!

Active adults (61+ 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! We are also featuring a new **Decorative Painting** class on Friday afternoons. If you have any questions, or program ideas we would also love to hear from you. Please contact us at **708-366-7500**.



Kick Boxing

Work to achieve the top-notch physical conditioning of a kick boxer without the fear of injury. This kick boxing class combines the basics of punching, kicking and boxing-movements into challenging aerobic routines for a complete muscular and cardiovascular workout.

MIN/MAX: 10/25
AGES: 15 & UP
LOCATION: ADMINISTRATIVE BUILDING
DAY: **MONDAY AND WEDNESDAY**
INSTRUCTOR: DEB CORBEIL
FEES: SESSION 1: R: \$40/NR: \$50 (10 CLASSES)
 SESSION 2: R: \$40/NR: \$50 (10 CLASSES)
 SESSION 3: R: \$32/NR: \$40 (8 CLASSES)

CODE	DATES	TIME
3612-3-1-0	Session 1: Jan. 12 - Feb. 11	6:45 pm - 7:45 pm
3612-3-2-0	Session 2: Feb. 23 - Mar. 25	6:45 pm - 7:45 pm
3612-3-3-0	Session 3: Apr. 6 - Apr. 29	6:45 pm - 7:45 pm



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
DAY: **TUESDAY**
INSTRUCTOR: BEATRICE DE FRANCO
FEES: SESSION 1: R: \$38/NR: \$50 (5 CLASSES)
 SESSION 2: R: \$38/NR: \$50 (5 CLASSES)
 SESSION 3: R: \$30/NR: \$40 (4 CLASSES)

CODE	DATES	TIME
3613-3-1-0	Session 1: Jan. 13 - Feb. 10	6:30 pm - 7:45 pm
3613-3-2-0	Session 2: Feb. 24 - Mar. 24	6:30 pm - 7:45 pm
3613-3-3-0	Session 3: Apr. 7 - Apr. 28	6:30 pm - 7:45 pm

Triple Blast

SAME NAME – NEW CLASS FORMAT!

Get your heart pounding while having a blast! This fun class will utilize the muscle-sculpting and core strengthening benefits of Pilates with the flexibility and strength building of yoga at a faster speed to deliver a low-impact, fat-burning workout.

MIN/MAX: 6/25
AGES: 15 & UP
LOCATION: ADMINISTRATIVE BUILDING, 3RD FLR
DAY: **THURSDAY**
INSTRUCTOR: MANDY ROSS
FEES: SESSION 1: R: \$25/NR: \$35 (5 CLASSES)
 SESSION 2: R: \$25/NR: \$35 (5 CLASSES)
 SESSION 3: R: \$20/NR: \$28 (4 CLASSES)

CODE	DATES	TIME
3627-3-1-0	Session 1: Jan. 15 - Feb. 12	6:15 pm - 7:15 pm
3627-3-2-0	Session 2: Feb. 26 - Mar. 26	6:15 pm - 7:15 pm
3627-3-3-0	Session 3: Apr. 9 - Apr. 30	6:15 pm - 7:15 pm

The Cardio Room at the Park District of Forest Park

Residents of Forest Park can take advantage of the Park's Cardio Room. Treadmills, recumbent bikes, a spin bike and an elliptical machine are available for walking, running and riding. The room is also equipped with an exercise ball, resistance bands, and a big screen TV. Residents of Forest Park ages 18 and older can access the room **FREE OF CHARGE** by obtaining a Cardio Room pass at the Main Office.
(proof of residency is required)



As part of our **Fit in '15**

campaign, the Park District of Forest Park will be offering **FREE** Cardio Room passes to all residents 18 and up. Stop in the Park District office today to get started on the road to a healthier you! **Must show proof of residency to obtain cardio pass. Open to Forest Park residents only.**



Free Fitness Demo Days

January 5th – January 9th

Come in to any of our scheduled youth 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: **Dance Fit** (Monday), **Pilates** (Monday/Wednesday), **Kick Boxing** (Monday/Wednesday), **Yoga** (Tuesday), AND **Triple Blast** (Thursday).

Demo Days Special!
Register for adult/active adult Fitness Class before January 9th and receive a FREE gift!



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 & WEDNESDAY**
- INSTRUCTOR:** LAURA DOLLY
- FEES:** SESSION 1: R: \$40/NR: \$50 (10 CLASSES)
SESSION 2: R: \$40/NR: \$50 (10 CLASSES)
SESSION 3: R: \$32/NR: \$40 (8 CLASSES)

CODE	DATES	TIME
3611-3-1-0	Session 1: Jan. 12 - Feb. 11	5:30 pm - 6:30 pm
3611-3-2-0	Session 2: Feb. 23 - Mar. 25	5:30 pm - 6:30 pm
3611-3-3-0	Session 3: Apr. 6- Apr. 29	5:30 pm - 6:30 pm

Dance Fit

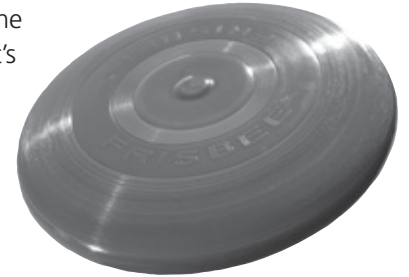
A great class for those who like to dance and love a great workout. Students learn warm-ups, stretches, and strengthening exercises through different styles and forms of dance. Then, each class moves into choreography to culminate in a full dance by end of the session.

- MIN/MAX:** 6/25
- AGES:** 15 & UP
- LOCATION:** ADMINISTRATIVE BUILDING, 2ND FLOOR
- DAY:** **MONDAY**
- INSTRUCTOR:** IYIOLA ADEBAJO
- FEES:** R:\$52/ NR: \$62

CODE	DATES	TIME
3627-3-1-0	January 12 - February 23 (no class February 16)	TBD
3627-3-2-0	March 2- April 6	TBD

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.



- MIN/MAX:** 14/28
- AGES:** 15 & UP
- LOCATION:** VETERAN'S STADIUM
- DAY:** **SUNDAY**
- INSTRUCTOR:** PARK DISTRICT STAFF
- FEES:** PREREGISTER: \$15, DAILY \$3 PER PERSON

CODE	DATES	TIME
3308-3-1-0	April 12 - May 26	8:00 pm -10:00 pm



**RIVER FOREST
PLATFORM TENNIS**

Memberships • League Play • Instruction



**JOIN THE SPORT THAT EVERYONE IN
THE WESTERN SUBURBS IS TALKING ABOUT!**

For information
visit www.rfparks.com or call 708-366-6660

Decorative Painting 400 Easy-to-make Art for Your Home

This class is a step-by-step painting lesson for adults. The class will focus on the art of Rosemaling, which is Norwegian for “decorative painting.” In this class you will learn how to create beautiful floral paintings and other decorative accent pieces with simple, easy-to-follow brush strokes. Our instructor has spent years mastering these Rosemaling painting techniques and is excellent at demonstrating and conveying the technique. He guarantees that you will be able to follow along and create beautifully crafted art no matter what your skill level. When you grasp these simple techniques you can use them to spruce up tables, plates, cabinetry with perfectly painted accents. Beginner to Advanced. All necessary supplies are provided: Brushes, paints, palettes, and aprons, and canvases. You get to keep all of your finished canvas artwork.



MIN/MAX: 1/12
AGES: AGE: 18+
LOCATION: BUILDING 4
DAY: **FRIDAY**
INSTRUCTOR: DAN KWARCINSKI
FEE: R: \$40/NR: \$55 (PER CLASS, INCLUDES CANVAS AND ALL SUPPLIES)

CODE	DATE	TIME
3201-3-1-0	January 9	1:00 pm - 3:00 pm
3201-3-2-0	January 16	1:00 pm - 3:00 pm
3201-3-3-0	January 23	1:00 pm - 3:00 pm
3201-3-4-0	January 30	1:00 pm - 3:00 pm
3201-3-5-0	February 13	1:00 pm - 3:00 pm
3201-3-6-0	February 20	1:00 pm - 3:00 pm
3201-3-7-0	February 27	1:00 pm - 3:00 pm
3201-3-8-0	March 6	1:00 pm - 3:00 pm
3201-3-9-0	March 13	1:00 pm - 3:00 pm
3201-3-1-1	March 20	1:00 pm - 3:00 pm
3201-3-1-2	March 27	1:00 pm - 3:00 pm
3201-3-1-3	April 10	1:00 pm - 3:00 pm
3201-3-1-4	April 17	1:00 pm - 3:00 pm
3201-3-1-5	April 30	1:00 pm - 3:00 pm

Basic Photography for DSLR Cameras

Co Op with River Forest Park District

Learn what all those wheels and buttons do. What is ISO and Noise? What are fast lenses? What is Depth of Field? What is selective focus? How do I stop Fast Action? When should I use a tripod? After this class, you will no longer fear taking your camera out of Automatic!

This class is for people new to photography. This class is not for people with Point and Shoot Cameras.

MIN/MAX: 5-12
AGES: AGE: 16+
LOCATION: THE DEPOT- RIVER FOREST PARK DISTRICT
DAY: **FRIDAY**
INSTRUCTOR: MIKE SMITH, PHOTOGRAPHIC SERVICES INTERNATIONAL
FEE: R: \$40/NR: \$48

CODE	DATE	TIME
3707-3-1-1	January 30	6:30 pm - 9:30 pm
3707-3-2-1	March 27	6:30 pm - 9:30 pm



Intermediate Photography for DSLR Cameras

Co Op with River Forest Park District

Do you know your camera's buttons, wheels, and settings, but still aren't getting the pictures you want? This class will teach you how to get better exposures under different lighting conditions. Pre-requisite is completion of Basic Photography Class.

MIN/MAX: 5-12
AGES: AGE: 16+
LOCATION: THE DEPOT- RIVER FOREST PARK DISTRICT
DAY: **FRIDAY**
INSTRUCTOR: MIKE SMITH, PHOTOGRAPHIC SERVICES INTERNATIONAL
FEE: R: \$27/NR: \$32

CODE	DATE	TIME
3707-3-1-2	February 27	7:00 pm - 9:00 pm
3707-3-2-2	April 24	7:00 pm - 9:00 pm

Spring Break Camp

AT THE PARK

Stumped on how to satisfy your child's curiosity and energy while school is out for the week? Join us for Spring Break Day Camp. We'll have sports, crafts, and much more. Children must bring a bagged lunch and snack each day. **MUST BE REGISTERED** by 8 pm on Thursday, April 2 to avoid a late registration fee.

- MIN/MAX:** 10/50
- AGES:** GRADES K-6
- LOCATION:** BUILDING 4
- DAY:** **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 6 - April 10	6:30 am - 6:00 pm
1003-3-1-0	April 6 only	6:30 am - 6:00 pm
1003-3-2-0	April 7 only	6:30 am - 6:00 pm
1003-3-3-0	April 8 only	6:30 am - 6:00 pm
1003-3-4-0	April 9 only	6:30 am - 6:00 pm
1003-3-5-0	April 10 only	6:30 am - 6:00 pm



BEFORE & AFTER SCHOOL

Day Camp

KINDERGARTEN THROUGH 6TH GRADE

Daily 6:30 am – 8:00 am & 2:45 pm – 6:00 pm
Children must attend a Forest Park School

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

Camp will also be open extended hours on half days and days off school for an additional fee.

Registration is taken in the Administrative Building.

Transportation provided to Forest Park District 91 Schools only.

Summer Camp News

Kamp Kiddie Let's All Play Along!

Is designed to cater to our youngest campers, 4 - 6 years old (current PreK - 1st grade) with activities and trips planned with their interests in mind.

Summer Day Camp Unplugged!

will focus on activities and trips geared toward 7 - 10 (current 2nd - 5th grade) year olds. Camp sessions this year will be offered as weekly sessions. Pick the weeks you want to attend camp all summer long.

Extended care is included in the price for each week. All campers will have the availability to come to camp anytime between 6:30 am and 6:00 pm. We hope these changes make it more convenient for participants to attend our camps this summer.

Kamp Kiddie

LET'S ALL PLAY ALONG!

This summer camp is for our littlest campers ages 4-6 (current Pre-K - 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, 2014. Campers must be potty trained.** Camper/Counselor ratio for this camp is 5:1. Proof of age is required upon registration.

Registration for all classes
begins Monday

December 8th

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 ages 7-10 (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 a summer full of fun!

SESSION DATES	
Session 1:	June 8 - June 12
Session 2:	June 15 - June 19
Session 3:	June 22 - June 26
Session 4:	June 29 - July 3
Session 5:	July 6 - July 10
Session 6:	July 13 - July 17
Session 7:	July 20 - July 24
Session 8:	July 27 - July 31
Session 9:	August 3 - August 7 (no field trip or lunch)
Session 10:	August 10 - August 14 (no field trip or lunch)

**Accepting registration beginning
March 2, 2015**

WEEKLY RATES FOR KAMP KIDDIE AND SUMMER DAY CAMP 2015	
All day camp (6:30 AM – 6:00 PM)**	
Session 1 - 9	R: \$115/NR: \$155 (per session)
Session 10 & 11	R: \$105/NR: \$135 (per session)


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

Campers must be registered by the 8 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.

**Teen Summer
Adventure Club**

Be on the lookout in our Summer brochure for information about the Park's new Teen Summer Adventure Club. Current 6th- 8th graders will have the opportunity to discover fun new activities and take part in exciting field trips.

**PDOFP
Junior Counselor
Volunteer Program**



This summer, the Park District of Forest Park will be offering a Junior Volunteer Program for boys and girls ages 15 and up. Volunteer duties could include helping out at day camp, the pool, or other areas around the park district. A limited number of junior volunteers will be accepted. Applications will be available beginning April 1st. For more information, please contact Rachell Entler at rentler@pdofp.org or 708-366-7500 x 17.

Visit
www.pdofp.org

Want to stay up-to-date on Park District events and get reminders about programs throughout the year? Sign up for our e-newsletter to receive information about classes, programs and events. Visit our website at **www.pdofp.org** and enter your email address in the top right hand corner where it says "Join our mailing list." You can also find us on Facebook by searching "Park District of Forest Park" and on Twitter at [pdforestpark](https://twitter.com/pdforestpark).

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 10pm on weekdays and 11pm 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
2nd Floor Grand Room	120 (72)	\$65	\$80	\$110
3rd Floor Grand Room	150 (96)	\$75	\$90	\$125

*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 for all classes begins

MONDAY, DECEMBER 8TH

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

All registration forms are taken in the Administrative Building's Main Office

Administrative Office

Hours

Monday – Friday: 8:00 a.m. – 8:00 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.
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.



Park District of Forest Park

take time for fun!



Join our mailing list:

7501 Harrison Street
Forest Park, IL 60130
708-366-7500

Classes & Programs
Special Events & Trips
Facilities & Parks
Aquatic Center

Employment
About Us
Registration
Community Support

For more information, visit our website @

www.pdofp.org

FALL Brochure!
Copies of the Fall Brochure are available for pick up at the Park District office. You may also pick up a brochure at Village Hall, the Library and the Community Center. Download the new guide to read about and register for all the latest class and event offerings. Registration is now open. Click here to download the PDF >

Park District wins the Forest Park Chamber of Commerce Casket Races!
The Park District of Forest Park won first place in the Chamber of Commerce's first Casket Races, held on October 27, 2012. The Park District's maintenance crew modeled the casket to resemble a John Deere truck, similar to the ones used by the Park. The race team consisted of Superintendent of Recreation Stacy Lorfurue, Maintenance Foreman Ryan Russ, Camp Counselor

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.

Winter/Spring 2015 Pull-Out Calendar of Events

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

6-9 Fitness Demo Days

9 Friday Fun Night
Turbo

16 Family Zumba Party

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

6 Somewhere Over the Rainbow
Daddy/Daughter Dance

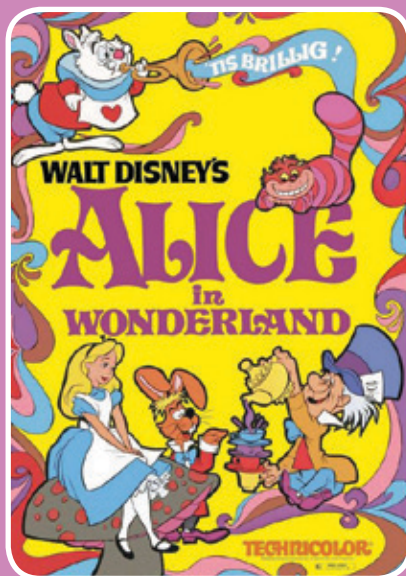
10 Girls Basketball begins

13 Friday Fun Night
Alice in Wonderland

14 Heart of Gold Pancake Breakfast

14 Give from the Heart Blood Drive

20 PJ Zumba Party



February 13 - Friday Fun night:
Alice in Wonderland

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				

2 Summer Camp registration begins

6 St. Patrick's Day Dance

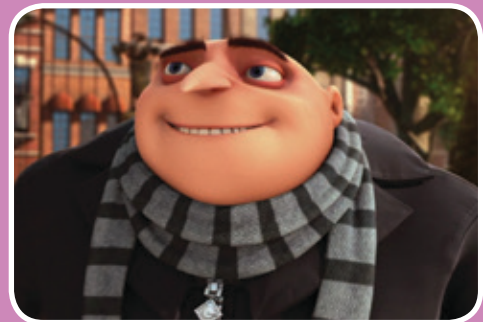
13 Friday Fun night
Despicable Me

20 Hip Hop Zumba Party

25 Eggstravaganza

27 Flashlight Egg hunt

28 Annual Easter Egg Hunt



March 13 - Friday Fun night:
Despicable Me

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		

17 Friday Fun Night
Rise of the Guardians

17 Friday Night Glow Zumba Party

20 Rock Painting

25 Family Garage Sale and Flea Market

POOL PASSES

It's that time of the year again!

Pool passes for the 2015 Aquatic Center season will go on sale April 1st.

Pool Opens May 23, 2015

Early bird registration is April 1st - May 8th.

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

Private Pool Party prices

Resident: \$200/hr, Nonresident: \$260/hr

Birthday Party prices

Resident: \$170, Nonresident: \$220



FAMILY PASSES		INDIVIDUAL PASSES			
Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident
2 - \$105	2 - \$200	\$60	3-17 years	\$110	3-17 years
3 - \$120	3 - \$210	\$70	18-60 years	\$125	18-60 years
4 - \$130	4 - \$220	\$40	61+ years	\$65	61+ years
5 - \$140	5 - \$230				

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-TRANSFERRABLE 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, call 708.366.7500.

Pool Rental

We are accepting rental applications for after-hours parties starting March 2. The fee for pool rental includes lifeguard staff, use of the pool, waterslides, sand-play lot, and sprayground.

Payment must be made in full to reserve a date. Rentals must be booked at least one week in advance, and book early — don't hesitate!

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