

PD FP

Park District of Forest Park

2023 May Leaflet



General Information

Park Board Meetings

The Park District of Forest Park Board of Commissioners meets the 3rd Thursday of each month. The meetings are held at 6:00pm in the Admin. Building. Meetings are broadcast via Zoom.

Photograph Policy

Photographs are occasionally taken during Park District of Forest Park classes, events, and leagues. 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 us at hr@pdofp.org!

Special Thanks

The Park District of Forest Park acknowledges the cooperative efforts shown by the Village of Forest Park, the Forest Park Public Library, and Forest Park School District 91, in contributing to recreation efforts. Your cooperation is greatly appreciated!

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Contact Us:

Admin. Building

708-366-7500

Roos Rec Center

708-866-7667

Aquatic Center

708-366-7500x130

Building 4

708-771-7381

Email:

hr@pdofp.org

Facebook:

@PDoFP

@RoosRecCenter

@FPAquaticCenter

Twitter/Instagram

@PDForestPark

About Us

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 agency and supporter of the West Suburban Special Recreation Association.

History

The Park District of Forest Park was established on November 14, 1934. The park district campus provides a variety of activities for all ages and houses unique indoor and outdoor facilities including the Roos Rec Center, Mohr Skate Park, 3 softball fields, 6 tennis courts, inline skating rink, bocce ball courts, a sand volleyball pit, 2 playgrounds, the Forest Park Aquatic Center, outdoor fitness court and more!

Park District Youth License Plates

Park districts in Illinois have been providing vital youth programs for many years. Park and recreation agencies step in to fill the gap for children and working parents during beyond school hours. The sale and subsequent renewal of each plate generates \$25 specifically for the PowerPlay! Beyond School Grant Program. These funds help youth programs in park and recreation agencies throughout Illinois.

The Park District of Forest Park is a proud recipient of the PowerPlay! Grant



Board of Commissioners

John Doss - President

Kristen Lyons - Vice President

Cathleen McDermott - Commissioner

Timothy Gillian - Commissioner

Roy Sansone - Commissioner

Park District Staff

Jackie Iovinelli - Executive Director

Andrew Doss - Supt. of Buildings & Parks

Danette Krajewski - Supt. of Recreation

Jeff Murphy - Supt. of Business

Adam Cumbee - Comm. & Marketing Mgr.

Karrie Schlichting - Facilities Coordinator

Ryan Vilanova - Recreation Supervisor

Dominique Mazzulla - Recreation Supervisor

Special Events

WEDNESDAY NIGHT

FREE SUMMER CONCERT SERIES!

2023 LIVE MUSIC LINEUP

June 22

Mr. Myers



July 13

The Flat Cats



August 10

HiFi Superstar



Mr. Myers
Caribbean Rock



The Flat Cats
Big Band/Swing



HiFi Superstar
Pop/Rock

ALL CONCERTS
6:30-8:00PM
AT THE ROOS PAVILION

Movies in the Park

Movies start at dusk on the front lawn



Friday, June 9



Friday, July 21



Friday, August 18



Camps

A friendly reminder to all of those registered, our first session of Summer Camp begins June 12!



There are still a few spots available in our Summer Camp Swim Lessons, so if you'd like to help your camper have some fun in the sun while learning some important water skills, head over to bit.ly/SwimLessons2023 under CAMP ONLY and register today!



Youth Programming

Hip Hop with Mr. Sidney

Tuesdays, May 2-June 27

5:15-6:00pm

R:\$60/NR:\$65

3rd Floor Admin. Bldg.

Come see why Mr. Sidney's class is the place to be on Tuesday nights!

See your child's dance repertoire grow and their confidence soar in this FUNtastic dance class!

Learn more at

<https://bit.ly/HipHopSpring2023>

Tumbling & Beginning Cheer

Thursdays through May 25

R:\$45/NR:\$55

Roos Rec Center Gym

Instructors: Alanna & Sidney

Tumbling (Ages 4-6)

4:00-4:45pm

This class introduces students to basic tumbling and movement concepts.

Beginning Cheer (Ages 6-9)

4:45-5:30pm

Learn the cheerleading basic

No experience necessary!

Learn more at

<https://bit.ly/YouthMovementSpring2023>

Zumbini with Sarah

Wednesdays, May 3-June 7

10:00-10:45am, 3rd Floor Admin. Bldg.

R:\$35/NR:\$40 or \$8 drop-in fee/class

Early childhood program focusing on movement and music! For ages 0-4.

Learn more at bit.ly/ZumbiniSpring2023

Beginning Jazz Dance

Saturdays through May 20

R:\$50/NR:\$55

Roos Rec Center Gym

Instructor: Mrs. Michelle

Ages 5-9, 9:50-10:35am

Intro to a variety of jazz techniques and positions.

Learn more at

<https://bit.ly/YouthMovementSpring2023>

Magic with Gary Kantor

Wednesday, May 17, \$22/person

6:45-7:40pm

This class is a co-op with Oak Park!

Register at bit.ly/MagicSpring2023

Friday Pizza & Movie Night

Friday, May 12 & May 26

6:15-8:15pm

\$13 per person

Building 4

Enjoy a Friday night out while we enjoy some delicious pizza and a

movie with friends! Learn more at

<https://bit.ly/MovieNightSpring2023>



Aquatics

Opening Day Luau

Join us Saturday,
May 27 at the
Park District of
Forest Park
Aquatic Center
from noon-3:00pm
and kick off pool
season with a
Luau Pool Party
featuring a live DJ,
games, raffles, &
prizes!



**Quacky
Wednesdays
NEW THIS YEAR!**

Every Wednesday
we will be
hiding a few
numbered
mini-ducks
around the pool
that, when found,
can be redeemed
for a prize!



Park District of Forest Park Aquatic Center 2023 Pool Pass Rates

| Season Pass | RESIDENT | NON-RES |
|----------------------|----------|-----------|
| Individual Ages 3-59 | \$ 65.00 | \$ 130.00 |
| Senior Ages 60+ | \$ 60.00 | \$ 95.00 |

All persons entering the pool in 2023 will need:

1. An active Amilia account.
2. Verified address on file.
3. Photo of each person entering the pool.



Swim lesson registration is open!

We've got lessons for all ages and skill levels! Classes begin the week of June 12, so head over to <https://bit.ly/SwimLessons2023> for more info!

New in 2023: Aqua Zumba!

NEW

Mix Zumba with aquatic fitness in the coolest pool party around Fridays from 10:30-11:30am! Full session and Drop-In options available! Learn more at

<https://bit.ly/AquaZumba2023>

Park District of Forest Park Aquatic Center Hours

| Mon-Weds-Fri | Tues-Thurs | Sat-Sun |
|--|---|---|
| 8:45-11:15am - Swim Lessons | 6:30-8:30am: Lap Swim (18+) | 8:45-11:30am - Lessons, Programming, Staff In-Service |
| Noon-5:30pm - Open Swim | 8:45-11:15am: Swim Lessons | 10:00-11:30am - Splash Pad |
| 5:45 -7:00pm - Adult Swim: Residents & Passholders Only | Noon-5:30pm - Open Swim | Open: Passholders Only |
| 7:00-9:00 - Evening Open Swim: Residents & Passholders Only | 5:45-7:00pm - Adult Swim | Noon-5:30pm - Open Swim |
| | 7:00-9:00pm - Evening Open Swim: Residents & Passholders Only | 5:45-7:00pm - Adult Swim |
| | | 7:00-9:00pm - Evening Open Swim: Residents & Passholders Only |

**\$15 Daily Admission Fee
for non-passholders**

Adults & Seniors

Adult Hip Hop w/ Mr. Sidney

Tuesdays

May 2-June 27

6:15-7:00pm

R:\$55/NR:\$65

Ages 15+

3rd Floor Admin. Bldg.

Hey adults,
here's your
chance to see

what all the hype
is about and enjoy one of
our most popular classes
with Mr. Sidney. Learn

more at [https://bit.ly/
AdultHipHopMayJune](https://bit.ly/AdultHipHopMayJune)



Senior Yoga w/ Diana Coates

In-Person Mat Yoga

Tuesdays

through May 30

10:00-11:00am

\$50 per person

3rd Floor Admin. Bldg.

Gentle Hatha Yoga
focuses on flexibility,
body awareness, and
breathing techniques,
while working at a level
that works for you!



Learn more, or register at

<https://bit.ly/SpringSrYoga2023>

Virtual Chair Yoga

Thursdays

through May 25

10:00-11:00am

\$42 per person

Anywhere you'd like!

Perform Gentle Hatha
Yoga poses while seated
in a chair. Some
chair-assisted standing
poses are included in the
class. Class is completely
adaptable to your ability.



Sports & Fitness

Ultimate Frisbee

Sundays through

August 27

7:15-9:00pm

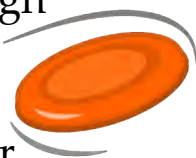
\$60/session or

\$3 Drop-In Fee

Ages 14+

Join us Sunday nights at
the soccer field for the
ultimate fun with
ultimate frisbee!

Learn more or register
at [https://bit.ly/PDoFPUl-
timate2023](https://bit.ly/PDoFPUltimate2023)



Pilates

Mondays &

Wednesdays

through May 24

5:30-6:30pm

R:\$105/NR:\$115

Instructor: Laura Dolly

3rd Floor Admin. Bldg.

Shape up, slim down, and
feel great by combining
deep breathing techniques
with core conditioning
exercises. Learn more at
[https://bit.ly/PilatesS-
pring2023](https://bit.ly/PilatesSpring2023)

Drop-In Volleyball

Tuesdays & Thursdays

7:00-9:00pm

R:\$6/NR:\$9 drop-in fee

All skill levels welcomed!

Lock in your spot on
Amilia today!

[https://bit.ly/Volleyball-
Spring2023](https://bit.ly/Volleyball-Spring2023)



Drop-In Pickleball

Wednesdays

7:00-9:00pm

R:\$6/NR:\$9 drop-in fee

Reserve your spot in the
Amilia store under

"Fitness & Sports" today!

NEW! Check-In Procedure at Roos Recreation Center!

The Roos welcomes many visitors every day. In an effort to help direct and connect with our visitors, all Roos visitors are required to check in *with an Amilia account* at the front desk upon entering the facility.



Scan QR code to create
Amilia account!
Download Amilia App
for access to digital
membership cards!



Download the Amilia App in the Google Play or Apple App stores for digital access to your Roos Recreation Center membership cards for quick check-in!

Roos Recreation Center Membership Rates



| Membership | Resident | Non-Resident |
|-------------------|----------|--------------|
| Veteran Annual | \$0 | N/A |
| Adult Annual | \$181 | \$264 |
| Adult Monthly | \$24 | \$33 |
| Student Annual | \$160 | \$219 |
| Student Monthly | \$20 | \$31 |
| Senior Annual | \$110 | \$160 |
| Senior Monthly | \$11 | \$20 |
| Corporate Annual | \$220 | N/A |
| Corporate Monthly | \$29 | N/A |
| Daily Open Play | \$7 | \$10 |

Visit the Roos website at <https://bit.ly/RoosRecreationCenter>

Roos Daily Hours

Monday-Friday

5:00am-8:00pm

Saturday

6:00am-6:00pm

Sunday

7:00am-5:00pm

TOT PLAYTIME at The Roos!

Get your
wiggles out
with Tot
Playtime at



The Roos! Tot Playtime runs Tuesdays from 9:00am-noon. Enjoy a bounce house, arts & crafts, toys, & more!

R:\$2/NR:\$3 <https://bit.ly/TotPlaytime2023>



CoEd Basketball League

Friday Night Games at
6:30pm, 7:30pm, 8:30pm
\$700 per team

Registration open through
May 23. Learn more or register your team at <https://bit.ly/PDoFPBballLeagues2023>

Roos Recreation Center Open Gym Schedule

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|------------|------------|--------------------|--------------------|-------------|---------|------------------|
| 5:00AM | | MEMBERS | OPEN | OPEN | OPEN | MEMBERS | |
| 6:00AM | | ONLY | OPEN | OPEN | OPEN | ONLY | PROGRAMMING |
| 7:00AM | OPEN | MEMBERS | OPEN | OPEN | OPEN | MEMBERS | PROGRAMMING |
| 8:00AM | OPEN | ONLY | OPEN | OPEN | OPEN | ONLY | PROGRAMMING |
| 9:00AM | OPEN | MEMBERS | TOT/OPEN | OPEN | OPEN | MEMBERS | PROGRAMMING |
| 10:00AM | ZUMBA/OPEN | ONLY | TOT/OPEN | OPEN | OPEN | ONLY | PROGRAMMING |
| 11:00AM | OPEN | MEMBERS | TOT/OPEN | OPEN | OPEN | MEMBERS | PROGRAMMING |
| NOON | OPEN | ONLY | OPEN | OPEN | OPEN | ONLY | Open (12-15 YRS) |
| 1:00PM | OPEN | MEMBERS | OPEN | OPEN | OPEN | MEMBERS | Open (12-15 YRS) |
| 2:00PM | OPEN | ONLY | OPEN | OPEN | OPEN | ONLY | Open (12-15 YRS) |
| 3:00PM | OPEN | MEMBERS | BB/OPEN | OPEN | OPEN | MEMBERS | OPEN |
| 4:00PM | OPEN | ONLY | BB/OPEN | OPEN | PROGRAMMING | ONLY | OPEN |
| 5:00PM | | VOLLEY/MEM | BB/OPEN | OPEN | PROGRAMMING | MEMBERS | OPEN |
| 6:00PM | | ONLY | OPEN TIL 6:30pm | OPEN TIL 6:30pm | PROGRAMMING | ONLY | |
| 7:00PM | | MEMBERS | VOLLEYBALL | PICKLEBALL | VOLLEYBALL | MEMBERS | |
| 8:00PM | | | VOLLEYBALL | PICKLEBALL | VOLLEYBALL | | |

 - Open Gym
 - Closed



708-866-7667





Have any fun programming ideas you think we should look into? Would you like to teach a class that we don't currently offer? We want to hear from YOU! If you have any fun ideas you'd like to pass along, feel free to send us an e-mail at hr@pdofp.org!

Facility Rentals

We've got some great indoor and outdoor rental space available for your fun or party needs! Banquet rooms, tennis courts, fields and more! See pricing and facility information at

<https://bit.ly/PDoFPRentals>

Questions? Give us a call at 708-366-7500 or e-mail kschlichting@pdofpstaff.org

Tennis w/ Coach Bernard

Youth Tennis

Saturdays through May 27

R:\$110/NR:\$120

Ages 7-8: 9:00-10:00am

Ages 11-13: 10:00-11:00am

Ages 9-12: 11:00am-noon

Adult Tennis (Drills & Play)

Tuesdays & Thursdays, May 2-28

7:30-9:30pm

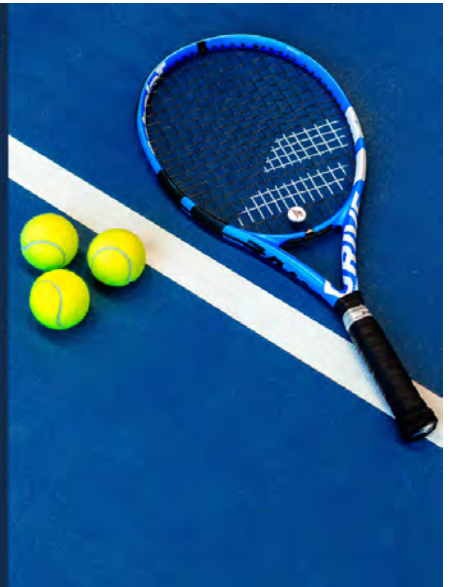
R:\$170/NR:\$180, Ages 18+

<https://bit.ly/TennisSummer2023>



Free Tennis Clinic Saturday, May 6

Celebrate National Tennis Month with Coach Bernard at the PDoFP Tennis Courts from 10:00am-noon!



Hip Hop w/ Mr. Sidney, pages 2 & 4

Find more information on all current and upcoming Park District of Forest Park programs & events and create your account(s) at

<https://bit.ly/AmiliaPDoFP>



WSSRA



enriching lives through recreation

As an extension of the **PARK DISTRICT OF FOREST**, WSSRA offers our residents recreation programs for persons with disabilities, of all ages and ability levels.

View WSSRA's Seasonal Program Guide & Summer Day Camp information at WSSRA.NET

WSSRA's **IMAGINARIUM SENSORY ROOM** provides a

multi-sensory experience in a calm and relaxing environment. Schedule your private family play session at WSSRA.NET.



Join the WSSRA Team!

Hiring starting at age 15!

Spread the fun
WORK. PLAY. ENRICH. REPEAT.

VISIT WSSRA.NET TO APPLY!



FIND US ONLINE FOR MORE INFO



@w.s.s.r.a

West Suburban Special Recreation Association
2915 Maple Street Franklin Park, IL 60131
(847) 455-2100 • wssra.net



Take Time for Fun at the Park District of Forest Park!

Stay up-to-date on all PDoFP programs, events, and news
by following us on Social Media or visiting our website!



@PDoFP



@PDForestPark



@PDForestPark



@RoosRecCenter



@FPAquaticCenter

www.PDoFP.org

Admin. Building: 708-366-7500

Roos Rec Center: 708-866-7667

