



KIDS ONLY



Park District
of Forest Park
Stay Close, Go Far

Sept. & Oct.
2023 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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Park District of Forest Park
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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!

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

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



FALL FEST



AT THE PARK DISTRICT OF FOREST PARK

Saturday, September 9 • 2:00-6:00pm

Park District Front Lawn • 7501 Harrison Street

Live Entertainment

2:00-3:30pm - *The Hat Guys*

3:30-4:00pm - *Hip Hop w/ Mr. Sidney*

4:00-5:30pm - *Serendipity*

Bingo w/ The Eagles Club

Magic Man Dave

Bounce House, Gaga Pit,

Splash Pad (*weather permitting*)

and much, much more!

Family Campout

Sat. Sept. 16 - Sun. Sept. 17

5:00pm-10:30am

R:\$50/NR:\$60*

*up to 6 participants per registration.

Additional spots can be purchased.

You don't have to go far to camp out! Join us at Camp PDoFP, conveniently located at the softball fields! Families are invited for a fun overnighter at the park that includes a chuck wagon dinner with grilled hot dogs and beans, hip hop with Mr. Sidney, story time with the library, a late night movie, and a campfire for s'mores! Learn more or register your family for this popular event at <https://bit.ly/FamCampout2023>



Come visit all of our vendors!



Pizzeria & Bakery

GOLDEN STEER

CANDYCOPIA
A WORLD OF SWEET DISCOVERIES

FiORE



STEAKHOUSE

Cactus Grill, McGaffers, Shanahan's, Craftiejo Creations, Kiwanis, Model Esteem and more!

Coed Halloween

Softball Tournament

Saturday, October 14

\$250 per team

<https://bit.ly/HalloweenSoftball2023>



Trunk or Treat

Saturday, October 28

11:00am-1:00pm

FREE

One of our most popular events is back! Transform your car into a Halloween candy paradise and help pass out treats at this fun, controlled trick or treating event. There is no cost to attend or participate, but if you'd like to enter your car and help pass out treats, registration is required.

<https://bit.ly/TrunkOrTreat2023>

Youth Programming

KIDS COOKING WITH RYAN & ANDRE

Smash Burgers

September 6

Welcome back to Cooking with Ryan and Andre! We're starting off with a fan-favorite: Smash Burgers! Come join us while we whip up a classic.



Donuts

September 20

You're gonna go nuts when you try these donuts! Come help Ryan and Andre while we make some sweet treats that'll give Dunkin' a run for their money.



Fettuccine Alfredo

October 4

Mama Mia! Ryan and Andre are making the greatest fettuccine alfredo in the world and need your help. By the end, you'll truly be a boss when it comes to the sauce.

Pumpkin Pie

October 18

It's pumpkin season! While some are going to be Jack-O'-Lanterns, Ryan and Andre are baking some amazing pumpkin pies. Come and help us before it gets too spooky in the kitchen.

All Kids Cooking Classes are on Wednesday evenings from 6:15-8:00pm in Building 4.

The cost per person is \$12. Learn more at <https://bit.ly/CookingFall2023>

Friday Fun Movie Nights

September 15 - Big Hero 6

October 13 - Hocus Pocus

6:15-8:15pm

Building 4

\$13/person

Whether your kids are looking for a hang out, or you parents are looking for a night out, we've got you covered! Enjoy a movie, pizza, and a Friday night among friends at Friday Fun Movie Nights!

<https://bit.ly/MovieFall2023>



Magic w/ Gary Kantor

Wednesday, September 27

5:00-5:55pm

Monday, October 23

6:45-7:40pm

Ages 5-12

\$22 for class+take-home kit
Amaze friends and family as you learn a wide variety of tricks from a real pro!

Co-op program at the
Park District of Oak Park

<https://bit.ly/MagicCoOp2023>

Youth Programming

Hip Hop

Tuesdays

September 5 - October 31

5:15-6:00pm

Ages 5-12

R:\$55/NR:\$60 for session
or \$6 Drop in fee per class

Instructor: Mr. Sidney

3rd Floor Admin. Building

Mr. Sidney's high-energy class fuses the latest sounds in music with movements influenced by today's hottest choreographers.

Dance outside of the box in this popular class!

<https://bit.ly/HipHopFall2023>

Tiny Tots

Thursdays

September 14 - November 2

10:00-10:45am

Ages 2-4

R:\$50/NR:\$55

Instructor: Maddie S.

Roos Multipurpose Room

Join us for a fun intro to dance and movement. Tots will learn different stretches, tumbling, and dance positions, as well as several dances to different music.

<https://bit.ly/TinyTotsFall2023>

Intro to Dance

Tuesdays,

September 12 - October 31

4:30-5:15pm

Ages 6-9

R:\$55/NR:\$60

Instructors: Alanna,

Sydney, & Maddie

Roos Multipurpose Room

Learn techniques, turns, jumps, and leaps from all different of styles of dance! Each week we will focus on a new style of dance and learn a combo from that style.

<https://bit.ly/ITDFall2023>

Pre-Ballet

Saturdays

September 9 - October 28

9:00-9:45am

Ages 4-6

R:\$55/NR:\$60

Instructor: Mrs. Michelle

Roos Multipurpose Room

Intro to ballet concepts with emphasis on large motor movements. Learn different stretches and ballet positions through exercises and games.

<https://bit.ly/PreBalletFall2023>

Baton Twirling

Saturdays,

September 16 - October 21

1:00-1:45pm

Ages 5-13

R:\$50/NR:\$60

Instructor: Carol Lites

Roos Rec Center Gym

Combine dance, agility, coordination, and flexibility while manipulating a single or multiple batons!

Our instructor has 40+ years of twirling instruction experience!

<https://bit.ly/BatonFall2023>

Beginning Jazz

Saturdays

September 9 - October 28

9:50-10:35am

Ages 5-9

R:\$55/NR:\$60

Instructor: Mrs. Michelle

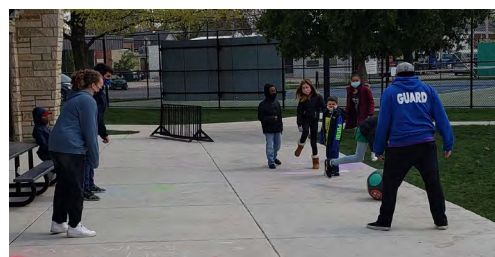
Roos Multipurpose Room

This class will introduce jazz technique, focusing on basic positions, turns, jumps, and leaps. Learn motions, stretches, techniques & more!

<https://bit.ly/BegJazz2023>

AFTER SCHOOL FUN CAMP

After School Fun Camp is in full swing so head on over to <https://bit.ly/AfterSchoolCamps2023> for more info or to register! We'll provide a ride from school and provide homework time as well as snack time and free play!



Sports & Fitness

Youth Tennis

Saturdays,
September 9 - 30
\$90 per person
Ages 7-9: 9:00-10:00am
Ages 10-12: 10:00-11:00am
Ages 13+: 11:00am-noon
Instructor: Coach Bernard



<https://bit.ly/TennisSept2023>

Youth Dodgeball

Fridays
September 15 - October 20
R:\$50/NR:\$60 or \$12 drop-in fee per class
Ages 6-8: 5:15-6:00pm
Ages 9-13: 6:15-7:00pm
Instructors: Ryan & Dominique
Roos Recreation Center Gym

<https://bit.ly/DodgeballFall2023>

Youth Street Hockey

Tuesdays & Thursdays
September 9 - October 26
6:30-8:30pm, Ages 10-15
R:\$100/NR:\$110
Instructors: Jacob Garza & Andre S.
Inline Skate Rink

<https://bit.ly/StreetHockeyFall2023>

Ultimate Ninja Class

Wednesdays, Sept. 13 - Oct. 18
5:30-6:20pm, 6:30-7:20pm
Ages 5-8, 9-13
R:\$150/NR:\$160

Instructors: Ultimate Ninjas Elmhurst
Class held off site. Learn more at

<https://bit.ly/UltNinjaFall2023>

Drop-In Volleyball

Tuesdays
7:00-9:00pm
R:\$6/NR:\$9 drop-in fee
Roos Recreation Center Gym
All skill levels welcomed for this open
gym style play at the Roos!



Lock in your spot on Amilia today!

<https://bit.ly/VolleyballSpring2023>

Coed Volleyball League

Thursdays, 7:00-9:00pm
\$500 team fee
\$450 early bird rate through Sept. 14
10 games guaranteed + playoffs
Cash payout to league winners
Minimum of 2 female players on the court
Don't have a team? Let us know!

<https://bit.ly/CoEdFallVball2023>

Ultimate Frisbee

Sundays,
September 3 - November 5
7:15-9:00pm, Ages 14+
Veterans Field (PDoFP Soccer Field)
\$30/session or \$3 drop-in fee
Join us Sunday nights at the soccer field
for the ultimate fun with ultimate frisbee!



Learn more or register at

<https://bit.ly/FallUltimate2023>



Sports & Fitness

Senior Yoga

Mat Yoga
Thursdays, Sept. 7 - Oct. 5
10:00-11:00am
\$35/person

Instructor: Diana Coates
Third Floor Admin. Building
Virtual Chair Yoga

Tuesdays, Sept. 12 - Oct. 10
10:00-11:00am,
\$35/person

Class held via Zoom

<https://bit.ly/SrYogaSept2023>

Zumba

Sundays through December 31

10:15-11:00am, Ages 15+

\$10 drop-in Fee per class

Instructor: Kenya Madison-Gabler

Roos Multipurpose Room

This Sunday morning dance party is for everybody and every body! Take the work out of working out.

It's also FREE for Roos members.

Learn more at

<https://bit.ly/ZumbaSummer2023>



Men's Fall Basketball

September 25 - December 11

Games Mondays 6:30-9:30pm

\$700 per team

10 games gtd. + playoffs

Roos Rec Center Gym



<https://bit.ly/MensFallBball2023>

Adult Yoga

6:15-7:00pm

Ages 16+

\$13 drop-in Fee per class

Instructor: Deja Porter

Roos Multipurpose Room

Restorative Yoga Tuesdays

September 5 - December 26

Get into relaxing poses designed to help open the body and quiet the mind.

Focus on flexibility, body awareness, and breathing techniques.

Vinyasa Yoga Thursdays

September 7 - December 28

Flow your movements together with fluidity to create a full body workout that gets you moving in all directions.

For more info, or to register visit

<https://bit.ly/AdultYoga2023>

If you have a Roos membership, these classes are free!

Pilates

September 11 - November 15

Mondays & Wednesdays

5:30-6:30pm

R:\$150/NR:\$160

Instructor: Laura Dolly

Third Floor Admin. Building

Shape up, slim down, feel great!

This mind & body approach combines deep breathing techniques with core conditioning exercises.

<https://bit.ly/PilatesFall2023>

Roos Recreation Center

The Roos Recreation Center requires a Roos Membership to use the facility. Roos programming will not be affected by this change.

Roos Daily Hours

Monday-Friday

5:00am-8:00pm

Saturday

6:00am-6:00pm

Sunday

7:00am-5:00pm

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

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



Roos Recreation Center Open Gym Schedule

The Roos Recreation Center requires a membership to use the facility. Roos programming is not affected by this change.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00AM		Open	Open	Open	Open	Open	
6:00AM		Gym	Gym	Gym	Gym	Gym	Roos Programming
7:00AM	Open	Members	Members	Members	Members	Members	Roos Programming
8:00AM	Gym	Only	Only	Only	Only	Only	Roos Programming
9:00AM	Members	Open	Open	Open	Open	Open	Roos Programming
10:00AM	Only	Gym	Gym	Gym	Gym	Gym	Roos Programming
11:00AM	Open	Members	Members	Members	Members	Members	Roos Programming
NOON	Gym	Only	Only	Only	Only	Only	Open
1:00PM	Members	Open	Open	Open	Open	Open	Gym
2:00PM	Only	Gym	Gym	Gym	Gym	Gym	Members
3:00PM	Open	Members	BB/Members	Members	Members	Members	Only
4:00PM	Gym	Only	BB/Only	Only	Roos Programming	Only	Open
5:00PM		Open	BB/Open	Open	Roos Programming	Open	Gym
6:00PM		Gym	Volleyball (6:30pm)	Gym	Roos Programming	Gym	
7:00PM		Members	Drop-In Volleyball	Members	League Volleyball	Members	
8:00PM			Drop-In Volleyball	Only	League Volleyball		



- Roos Programming



- 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>

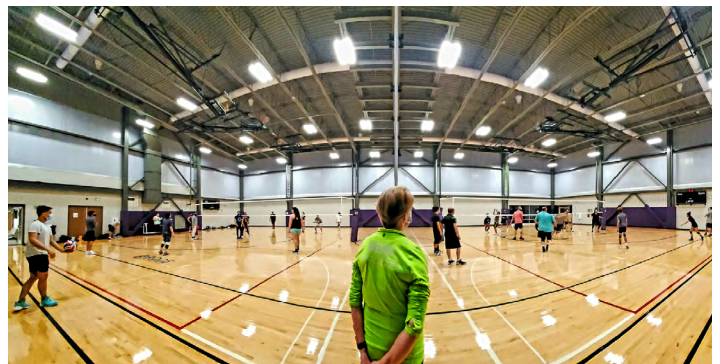
Questions? Give us a call at 708-366-7500 or e-mail kschlichting@pdofpstaff.org



After School Fun Camp, page 3



Hip Hop w/ Mr. Sidney, page 3



Tues. Drop-In & Thurs League Vball, page 4



Youth Street Hockey, page 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>





Spread the fun

enriching lives through recreation

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

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

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

Register for WSSRA's seasonal programs and special events at WSSRA.NET



Upcoming WSSRA Special Events

- Bocce Tournament - 9/9**
- Color Run - 9/16**
- OK Classic Softball Game - 9/23**
- Fallin' For Our Stars - 11/10**
- Parent Date Night - 11/10**
- Boo Bash! - 10/22**
- Turkey Bingo - 11/17**
- Polar Express - 12/9**
- Cookies with Santa - 12/13**

FIND US ONLINE FOR MORE INFO
 |  | 
[@w.s.s.r.a](https://www.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

