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.
Special Events

Tropical Ball Family Dance
Friday
February 23
6:30-8:30pm
R:$25/NR:$30
per person
Admin. Building
7501 Harrison St.

Bring those classic summer vibes to a late February party as we put on our best summer gear for the Tropical Ball Family Dance! Enjoy a delicious dinner, snacks, a DJ, photo op, and more. Get your best beach buddy, don't forget the beach attire & gear, and get ready for a magical evening at PDoFP beach!

Register today at https://bit.ly/TropicalBall24
All participants must be accompanied by an adult and each person must register.

Adult Programming

Wine Tasting
Best of Costco $25 and under
Thursday, February 1
7:00-8:30pm
Ages 21+
R:$40/NR:$45
Instructor: Jane Norrington from See Jane Drink Wine
3rd Floor Admin. Building

Our fan-favorite wine tasting classes with See Jane Drink Wine are back with a tasting of the five best wines you can find at Costco for $25 and under. We'll mix it up with sparkling, white, and red in a fun and educational session learning how to identify quality and style of wines.


Trivia Night
All-subject trivia
Friday, February 9
7:00-8:30pm
Ages 21+
$10 per person
Hosted by Chicago Trivia Guys
2nd Floor Admin. Building

Show off your trivia skills and join our friends from Chicago Trivia Guys for an exciting event! Teams can have up to six players, but each person must register individually. Prizes will be awarded to the top two teams.

This event is BYOB. Register today at https://bit.ly/TriviaNightFeb24
Youth Programming

KIDS COOKING WITH RYAN & ANDRE

*Mexican Chicken & Rice*
January 17
It's a fiesta of flavor in Building 4. Come help Ryan & Andre while we make Mexican Chicken & Rice that's jam-packed with flavor and cooked with finesse!

*Loaded Potato Soup*
January 24
Ryan & Andre are back at it in the kitchen with a cozy classic. Stay warm this winter and load up on flavor and fun as we whip up some Loaded Potato Soup.

*Butter Chicken*
February 7
Take your taste buds on a trip around the world as Ryan and Andre cook this traditional Indian dish. Hurry and try this curry because this chicken is kickin'!

*Pesto & Cheese Ravioli*
February 28
Roll in the dough, literally, as Ryan and Andre teach you how to make pasta from scratch before making these pillowy, delicious stuffed ravioli!

All Kids Cooking Classes are on Wednesday evenings from 6:15-8:15pm in Building 4. The cost per person is $12. Learn more at https://bit.ly/KidsCooking24

**Friday Pizza & Movie Nights**
January 19 - Leo
February 16 - Gnomeo & Juliet
6:15-8:00pm
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 Pizza & Movie Nights!

**Theatre & Performance**
Tuesdays, Jan. 9 - Feb. 20
6:15-7:45pm
Ages 8-13
Instructor: Andre Steward
3rd Floor Admin. Building
R:$40/NR:$45
Time to take the stage! Join us on a new adventure where you’ll be introduced to acting, character development, and movement. Showcase your skills at the end of the session!
Youth Programming

**Hip Hop**
Tuesdays
Jan 16 - Feb. 27
5:15-6:00pm
Ages 5-12
R:$40/NR:$50 for session
or $8 Drop-in fee per class
Instructor: Mr. Sidney Roos Recreation Center
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!

**Beginning Jazz**
Saturdays
Jan. 13 - Feb. 24
9:50-10:35am
Ages 5-9
R:$40/NR:$50
Instructor: Mrs. Michelle Roos Multipurpose Room
This class introduces Jazz technique, focusing on basic positions, turns, jumps, and leaps. Students will also learn different progressions and stretching techniques to enhance their strength and flexibility.

**Pre-Ballet**
Saturdays
Jan. 13 - Feb. 24
9:00-9:45am
Ages 4-6
R:$40/NR:$50
Instructor: Mrs. Michelle Roos Multipurpose Room
Intro to ballet concepts with emphasis on large motor movements. Learn different stretches and ballet positions through a variety of fun and interactive exercises and games.

**Tiny Tots**
Mondays
Jan. 8 - Feb. 26
10:30-11:00am
Ages 2-4
R:$25/NR:$30, $8 Drop-in
Instructor: Maddie S.
Roos Multipurpose Room
Join us for a fun introduction to dance and movement! Tots will learn different stretches, tumbling, and dance positions as well as several dances to different music.

**Baby Yoga**
Thursdays, Jan. 11 - Feb. 15
9:30-10:30am
Ages 2 mos. -24 mos.
$45 for session or $8 Drop-in fee per class
Roos Multipurpose Room

**Toddler Yoga**
Fridays, Jan. 12 - Feb. 16
10:30-11:30am
Ages 2-4
$50 for session or $10 Drop-in fee per class
Roos Multipurpose Room

**DAY CAMPS**
Learn more about After School Fun Camp and Winter Break Camp at https://bit.ly/AfterSchoolCamp24 and sign your child up for structured fun at the park after school, or to kick those winter blues over winter break!
**Sports & Fitness**

**Jiu Jitsu**
Tuesdays  
Jan. 15 - Feb. 26  
5:00-5:45pm  
Ages 7-13  
$65 per person  
Roos Multipurpose Room  
Develop a strong sense of self-confidence, discipline, and a healthy respect for others in this martial arts class that focuses on leverage and body positions to utilize regardless of their size or strength.  

**Dodgeball**
Fridays  
Jan. 12 - Feb. 16  
6:15-7:00pm  
Ages 7-13  
$60 for session or $12 Drop-in fee per class  
Roos Recreation Center Gym  
Dodge, duck, dip, dive...and dodge! Join us every Friday as we split up into different teams and play some dodgeball with friends! We’ll be teaching different ways to play the game, and don't worry, no wrenches will be involved!  

**Drop-In Volleyball**
Tuesdays  
Jan. 9 - Dec. 17  
7:00-9:00pm  
Ages 14+  
$9 drop-in fee  
Roos Recreation Center Gym  
All skill levels welcomed for this 2-hour open gym style play at the Roos! Spots are limited, make sure to set yours today so you don’t get bumped!  

**Multi Sport Class**
Thursdays  
Jan. 11 - Feb. 29  
6:00-8:00pm  
Ages 7-13  
$5 Drop-in fee per class  
Roos Recreation Center Gym  
Join us at the Roos as we enjoy a variety of sports including Soccer, Ultimate, Basketball, Spikeball, Flag Football, Kickball, Handball, and Volleyball!  

**Zumba**
Sundays  
Jan. 7 - Dec. 24  
10:15-11:00am, Ages 15+  
$5 drop-in Fee per class  
Instructor: Kenya Madison-Gabler  
Roos Multipurpose Room  
This Sunday morning dance party is for everybody and every body! It's also FREE for Roos members.  

**Zumba Gold**
Wednesdays  
Jan. 3 - Dec. 18  
10:30-11:30am, Ages 18+  
FREE in partnership with Rush Oak Park Hospital.  
Roos Recreation Center Gym  
Join us for a dance-based fitness class with chair-based moves as well as some moving and grooving standing up.  
Teen Programming

After Hours at the Roos
Friday, January 19
7:00-9:00pm
Ages 13-17
FREE
Roos Recreation Center
After Hours is back! We're teaming up with the Forest Park Public Library to provide a fun space for your teen to create their own Friday fun with friends as we enjoy a parent-free evening filled with pizza, volleyball, kickball, dodgeball, games, crafts, and a whole lot more!
There is no cost to attend, but pre-registration is required.
After Hours is limited to 50 participants so make sure to register today at https://bit.ly/AfterHoursJan24

Build Your Own Pizza
Wednesday, January 10
6:15-8:15pm
Ages 13-18
FREE
2nd Floor Admin. Building
Not to be cheesy, but it's time to get lost in the sauce with Ryan and Andre and we need your help! Join us and make the party staple and fan favorite that everyone knows and loves.
A huge thank you to our friends at the Forest Park Public Library for teaming up with us and sponsoring this event so it can be enjoyed for free!
Spots are limited and pre-registration is required, Register today at https://bit.ly/TeenCookingJan24

Senior Programming

In-Person Mat Yoga
Tuesdays
Jan. 9 - Feb. 27
10:00-11:00am
Ages 18+
$50 for session
Instructor: Diana Coates
3rd Floor Admin. Building
Focus on flexibility, body awareness, and breathing techniques at your own level through gentle Hatha Yoga exercises. Help develop stability and balance and finish off each class with a 10-minute relaxation.

Virtual Chair Yoga
Thursdays
Jan. 11 - Feb. 29
10:00-11:00am
Ages 18+
$50 for session
Instructor: Diana Coates
Class taken Online via Zoom
Perform Hatha Yoga poses while seated in this adaptable online class that promotes stability and balance through a variety of seated and chair-assisted poses. A link will be sent out before class begins.
Roos Recreation Center

For an up-to-date facility schedule, as well as membership information, scan the QR code and visit our website!

Roos Recreation Center
Membership Rates for 2024

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<th>Membership Type</th>
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Roos Daily Hours
Monday-Friday
5:00am-8:00pm
Saturday
6:00am-6:00pm
Sunday
7:00am-5:00pm
Manga Drawing Basics: January 9 @ 4 PM
Learn the foundations of drawing to breathe life into your manga dreams.

Bullet Journaling Basics: January 15 @ 4 PM
Start the new year off on the right foot! Bullet journaling is a creative way to organize your thoughts, schedule and anything else you want to keep track of.

Teen Service Club: February 7 @ 4 PM
Plan programs, complete projects, and talk about how you can make Forest Park Public Library your own. Every club meeting counts as a service hour.

Fandom Love Day: February 14 @ 4 PM
Celebrate the things you love! Have a cupcake while making a Taylor Swift friendship bracelet, designing a pronoun button, watching some anime, and more.

College is Possible: February 15 @ 7 PM
It is never too early to start planning for college. This presentation outlines the college and financial aid processes in general terms, lays the groundwork for what to expect with the college-going process, and provides tips and tools students and parents can use to learn more about planning, applying, and paying for a postsecondary education.

From Mind to Marker: Turn Your Oddball Thoughts into Compelling Characters: February 24 @ 1 PM
Dive into a world where art meets absurdity! Drawing from a unique and bold graphic style, you'll be guided by Chicago-based artist and illustrator Jeremiah Shalo to sketch and use paint markers to draw characters that leave an impression. Embrace randomness, unleash your intuition, and walk away with your masterpiece.

Stamp Carving: February 27 @ 4 PM
Learn about the art of stamping and create custom rubber stamps from basic school erasers.

More information and links to register for these awesome programs can be found at https://fppl.evanced.info/signup/Calendar
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](https://bit.ly/PDoFPRentals)
Questions? Give us a call at 708-366-7500 or e-mail kschlichting@pdofpstaff.org

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](https://bit.ly/AmiliaPDoFP)
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!

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@PDForestPark
@RoosRecCenter
@FPAquaticCenter

www.PDoFP.org
Roos Rec Center: 708-866-7667