



Park District
of Forest Park
Stay Close, Go Far

Jan. & Feb.
2024 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!

Table of Contents

Pg. 1: Special Events, Adult Programming
Pg. 2: Youth Programming
Pg. 3: Youth Programming
Pg. 4: Sports & Fitness
Pg. 5: Teen Prog., Senior Programming
Pg. 6: Roos Recreation Center (Hours, Memberships)
Pg. 7: FPPL Teen Programming
Pg. 8: Rentals, Requests



Park District
of Forest Park
Stay Close, Go Far

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

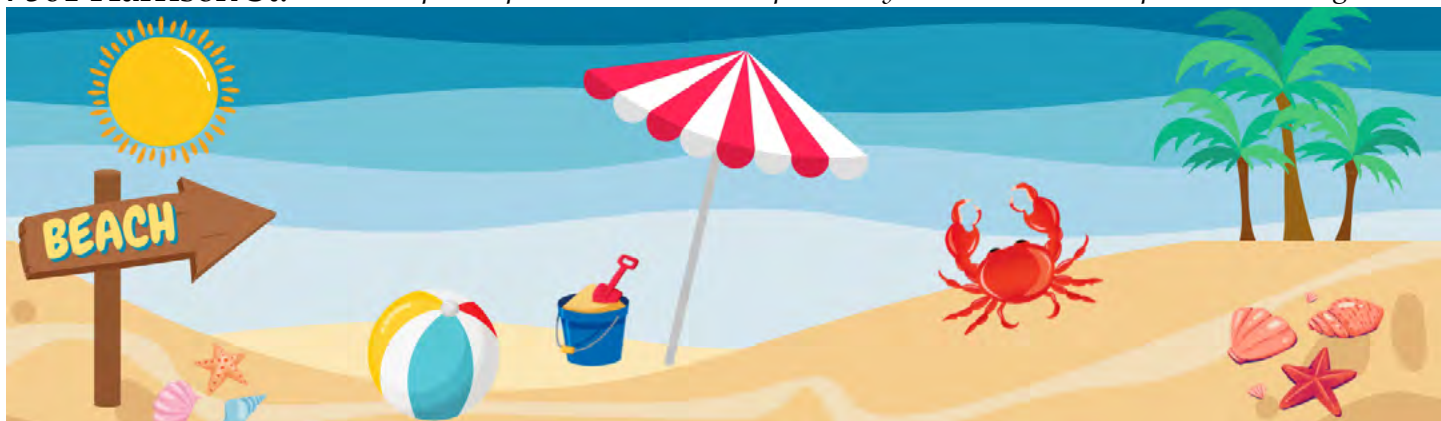
Jackie Iovinelli - Executive Director
Andrew Doss - Supt. of Buildings & Parks
Danette Krajewski - Supt. of Recreation
Jeff Murphy - Supt. of Business
Adam Cumbee - Comm. & Marketing Mgr.
Karrie Schlichting - Facilities Coordinator
Ryan Vilanova - Recreation Supervisor
Dominique Mazzulla - Recreation Supervisor

Special Events

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.

<https://bit.ly/WineTastingFeb24>



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!



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'!

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>

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.



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!

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!

<https://bit.ly/FriMovies24>



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!

<https://bit.ly/TheatreWinter24>



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!

<https://bit.ly/HipHop2024>

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.

<https://bit.ly/Dance2024>

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.

<https://bit.ly/Dance2024>

Tiny Tots *Two sessions!*

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.

<https://bit.ly/TinyTots2024>

Wednesdays

Jan. 10 - Feb. 28

10:30-11:00am

Ages 2-4



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

<https://bit.ly/ParentTot24>



Toddler Yoga

Fridays, Jan. 12 - Feb. 16

10:30-11:30am

Ages 2-4

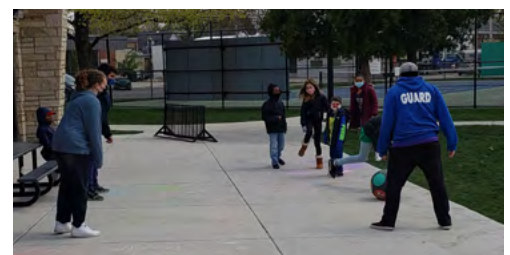
\$50 for session or \$10 Drop-in fee per class

Roos Multipurpose Room

<https://bit.ly/ParentTot24>

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.

<https://bit.ly/JiuJitsuWinter24>

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!

<https://bit.ly/DropInVball24>



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.

<https://bit.ly/Zumba2024>



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!

<https://bit.ly/DodgeballWinter24>



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!

<https://bit.ly/SportsWinter24>

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.

<https://bit.ly/Zumba2024>



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

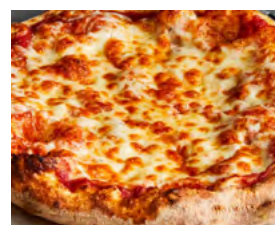
2nd Floor Admin. Building

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.

<https://bit.ly/SrYoga2024>



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.

<https://bit.ly/SrYoga2024>

Roos Recreation Center

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



Roos Daily Hours

Monday-Friday

5:00am-8:00pm

Saturday

6:00am-6:00pm

Sunday

7:00am-5:00pm

Roos Recreation Center Membership Rates for 2024

Resident Veteran	\$ 0
Resident Annual	\$ 199.00
Non-Resident Annual	\$ 290.00
Adult Resident Monthly	\$ 26.00
Adult Non-Res Monthly	\$ 36.00
Student Resident Annual	\$ 176.00
Student Non- Res Annual	\$ 241.00
Student Resident Monthly	\$ 22.00
Senior Resident Annual	\$ 121.00
Senior Non-Res Annual	\$ 176.00
Senior Resident Monthly	\$ 12.00
Senior Non-Res Annual	\$ 22.00
Corporate Annual	\$ 242.00
Corporate Monthly	\$ 32.00



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

The logo features a stylized sunburst or fan shape composed of several triangular segments in various colors: orange, yellow, green, blue, and purple. The text "Forest Park Public Library" is written in a large, white, outlined serif font across the top, and "Teen Programming" is written in a similar font across the bottom, both centered over the colorful background.

Forest Park Public Library Teen Programming

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>

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



Zumba Gold, page 4



Dodgeball, 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>



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



**Park District
of Forest Park**
Stay Close, Go Far

