



Park District
of Forest Park
Stay Close, Go Far

Mar. & Apr.
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 Teams.

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
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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

Flashlight Egg Hunt

Friday, March 22

Begins at 6:30pm

Ages 9-14

Veteran's Field (Soccer Field)

\$10 per person

Bring your flashlights & baskets and get ready for an egg-citing late night hunt! Eggs filled with special treats and prizes will be hidden around the soccer field. If you can find the golden egg, you'll get a special prize!

<https://bit.ly/FlashlightHunt2024>



Egg Hunt

Saturday, March 23

Begins promptly at 10:00am

Front Lawn & Soccer Field

Free, no registration required!

Hunt for candy, meet the Bunny, and much more! Hop on by for our annual egg hunt, we'll have five separate hunts for toddlers through 4th graders. All hunts begin at 10am and finish pretty quickly so we recommend arriving a bit before 10!

<https://bit.ly/PDoFPEggHunt24>



FAMILY TRIVIA NIGHT DISNEY EDITION



Friday, April 5 · 6:30-8:30pm · 2nd Floor Admin. Building
\$7/individual or \$25/family or group of 4

Youth Programming

KIDS COOKING WITH RYAN & ANDRE

Al Pastor Tacos - March 13

Picture this: tender slices of marinated pork, kissed by flames on a rotating spit, blending with the sweet essence of caramelized pineapple. That's the magic of Al Pastor Tacos! Crafted with tradition, and seasoned with spice, each bite is a journey to the heart of Mexico's vibrant culinary scene. Get ready to taste the fiesta with Ryan and Andre.



Ramen - April 17

Step into the world of Ramen, where every slurp is a symphony of flavor! Each bowl is a masterpiece waiting to be devoured. Top it all off with crunchy veggies and that perfectly soft-boiled egg—every bite is a culinary adventure! Come join Ryan and Andre as we try some chopsticks and take our taste buds on a trip out east to enjoy this flavorful dish.



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 Fun Pizza & Movie Nights

Mar. 8 - Spiderman:

Across the Spider-Verse

April 26 - Captain Underpants:

The First Epic Movie

6:15-8:00pm

Building 4

\$13/person

Whether your kids are looking for a hang out, or 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>



Youth Programming

Hip Hop

Tuesdays

Mar. 5 - Apr. 30

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>

Beginner Tumbling

Wednesdays

Mar. 13 - May 1

4:00-4:45pm

Ages 3-6

R:\$45/NR:\$55

Instructor: Ms. Maddie

Roos Multipurpose Room

In this class, we will learn the basics of dance, techniques, flexibility, across-the-floor exercises, tumbling, and dancing to fun music. Please wear comfortable clothing and dance/gym shoes!

<https://bit.ly/Dance2024>

Pre-Ballet

Saturdays

Mar. 16 - Apr. 27

10:00-10:45am

Ages 4-6

R:\$40/NR:\$50

Instructor: Ms. Maddie

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 Dance & Tumbling

Mondays

Mar. 11 - Apr. 29

10:30-11:00am

Ages 2-4

R:\$30/NR:\$35, \$5 Drop-in

Instructor: Ms. Maddie

Roos Multipurpose Room

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

<https://bit.ly/TinyTots2024>



Beginning Dance & Cheer

Saturdays

Mar. 16 - Apr. 27

10:50-11:35am

Ages 5-9

R:\$40/NR:\$50

Instructor: Ms. Maddie

Roos Multipurpose Room

Learn motion basics, how to jump, tumbling basics, and introduce stunting and cheerleading techniques from the ground up! No experience is necessary to enjoy this introductory class!

<https://bit.ly/Dance2024>

SPRING BREAK CAMP

Let us take care of the fun during Spring Break with Spring Break Camp at the PDoFP! For ages K-6. Learn more at

<https://bit.ly/SpringBrkCamp2024>

SUMMER CAMPS

Summer Camp registration begins for Residents March 5 at 9:00am and for Non-Residents March 19 at 9:00am. *No registrations will be taken before these dates!*

For more: <https://bit.ly/DayCamp2024>

Sports & Fitness

Tennis

Saturdays

Mar. 16 - Apr. 27

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

Ages 9-11: 10:00-11:00am

Ages 12-13: 11:00am-noon

Instructor: Coach Bernard

\$60 per person

Roos Recreation Center Gym

Work up your tennis skills through various drills and games in this fun class!

<https://bit.ly/YouthTennis2024>



Multi Sport Class

Thursdays

Mar. 7 - Apr. 25

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 Basketball, Soccer, Football, Kickball, Floor Hockey, Wiffle Ball, Capture the Flag, & Dodgeball!

<https://bit.ly/SportsWinter24>

Pilates

Mondays & Wednesdays

Feb. 26 - May 22

5:30-6:30pm

Ages 16+

R:\$150/NR:\$160

Instructor: Laura Dolly

3rd Floor Admin. Building

This popular class helps you shape up, slim down, and feel great with a mind-body approach that meshes deep breathing with core conditioning for a fantastic total body experience!

<https://bit.ly/PilatesSpring24>

Zumba

Sundays

through 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>



Zumba Gold

Wednesdays

through 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, April 26
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/RoosAfterHours2024>

Cooking: Smashburgers

Wednesday, March 27
6:15-8:15pm
Ages 13-18
FREE

2nd Floor Admin. Building

Get ready for the smash burger experience – where sizzling beef meets a hot grill and a swift smash turns it into a crispy delight. With melty cheese, crisp veggies, and a pillowy bun, it's not just a meal; it's a taste adventure!

A huge thank you to 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/TeenCooking2024>



Senior Programming

Hybrid Mat Yoga

Tuesdays
Mar. 5 - Apr. 30
10:00-11:00am
Ages 18+

\$50 for session or \$8 Drop-In Fee

Instructor: Diana Coates

3rd Floor Admin. Building & Online

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
Mar. 7 - Apr. 25
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 Recreation Center Membership Rates for 2024

Membership Type	Price
Resident Veteran	\$0.00
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
Student Non-Res Monthly	\$ 34.00
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

Roos Daily Hours

Monday-Friday

5:00am-8:00pm

Saturday

6:00am-6:00pm

Sunday

7:00am-5:00pm



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

Aquatic Center

Swim Lesson

Registration Begins April 3

Lessons begin June 17 and include Mommy, Daddy & Me, Guppy (Tot Swim), and then five different skill levels ranging from Jellyfish to Sharks, Betta Fish (Private Lessons), and the always exciting Diving Dolphins!



Aqua Zumba is back!

We're adding an extra day to this popular class!

Fridays, June 21 - August 9

10:30-11:30am

Sundays, June 23 - August 11

5:00-6:00pm

R:\$60/NR:\$70 or \$12 Drop-in fee per class

Instructor: Nakisha Skinner

Aquatic Center Pool

Combining the Zumba philosophy with vigorous aqua exercises, this is one pool party you don't want to miss! The water's resistance cushions your feet, knees, and back as you dance the class away! Classes are held in shallow water (chest deep) for a great challenging, low-impact workout! *Registration begins April 3.*



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Pool Passes On Sale April 1

2024 Pool Pass 3-59 Years

Resident: \$75

Non-Resident: \$150

2024 Senior Pool Pass 60+

Resident: \$70

Non-Resident: \$105

Can be purchased in-person or online



Forest Park Public Library

Teen Programming

March 4, 6:30PM: Updates to the College Planning Process

2024 introduces some of the most significant changes to college planning in decades. Heidi King from College Inside Track joins us to learn about how these changes may impact your family and new strategies you should consider to give your student the best opportunity to be admitted and maximize scholarships and financial aid.

March 19, 7:00PM: Financial Aid Completion Workshop

During this workshop hosted by the Illinois Student Assistance Commission, students will be able to get questions answered to complete either the Free Application for Federal Student Aid or the Alternative Application for Illinois Financial Aid for qualifying undocumented.

March 23, 11:00AM: Rising Voices Readaloud

Our Rising Voices Ambassadors are eighth grade volunteers sharing stories with our community! Join us for a read-aloud and guided literacy activity.

April 6, 2:00PM: Pop-Up Prom Shop (at Maywood Public Library)

Find the perfect prom dress for FREE! Shop our Prom Pop-Up at the Maywood Public Library and complete your look with styling tips and tricks.

April 17, 7:00PM: FAFSA Follow-Up

Many students and their families have additional questions after completing the FAFSA. This presentation addresses what happens after a FAFSA is completed, including the SAR (Student Aid Report), completing the verification process, reviewing financial aid offers from colleges using ISAC's interactive tool, how financial aid is disbursed, and addressing extenuating circumstances.

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

Lathrop Lot Parking

Did you know we offer Day & Night Permit Parking in our Lathrop Parking Lot? (pictured below)

There are two types of stickers and three options: Daytime (\$90), Nighttime (\$90), and both (\$135).

Parking passes are sold quarterly, and the next quarter runs April-June.

Passes must be purchased in-person at the Admin. Building. (7501 Harrison St.)



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.

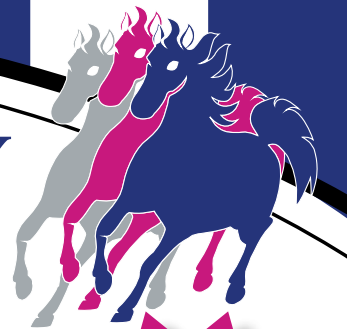
View WSSRA's Seasonal Program Guide & Summer Day Camp information at WSSRA.NET

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



WSSRA'S DERBY Gala 2024



Visit WSSRA.NET for more information

SATURDAY | MAY 4 | 4:00 - 7:00PM

D'Agostino's Pizza & Pub - River Grove
3131 Thatcher Ave, River Grove, IL 60171

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



FIND US ONLINE FOR MORE INFO



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



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