

ALSIP

PARK DISTRICT

www.alsipparks.org

708-389-1003

FALL 2018

Registration Dates:
Residents: August 20
Nonresidents: August 27

SWSRA
South West Special Recreation Association

Providing recreation services for individuals
with special needs in YOUR community!
Visit us at www.swsra.com or call
(708) 389-9423 for more information.
12521 S. Kostner Ave. Alsip, IL 60803

What's Happening at the Alsip Park District



Congratulations to Laurie Nissen and Brian McLaughlin on their retirement from the Alsip Park District. Laurie retired as our Recreation Supervisor on June 1 after 21 years of service. Brian retired as our Public Information Manager on June 30 after 36 years of service. Thank you for your dedicated service to the Alsip Park District.



We would like to extend a warm welcome to Jessica Tompkins! Jessie joins our team as a Recreation Supervisor. She is a graduate of Ashford University where she received her Bachelor of Arts in Sports and Recreational Management. She also has a Masters of Management Degree from Robert Morris University. Jessie is coming to us from the Salt Creek Park District as their Recreation Supervisor. Jessie is a dedicated professional and will be responsible for our preschool, day camp, before and after school and youth programming. We are excited to have Jessie join our team! We look forward to her tenure at the Alsip Park District.



We would like to extend a **Congratulations to Jim Durnell on his promotion to Full Time Parks Laborer** as well as **Erica Jagust and Jackie Nelson on their promotion to Full Time Office Staff** for the Alsip Park District. Way to go Jim, Erica and Jackie, we look forward to your tenure at the Alsip Park District.

A HUGE THANK YOU to the Alsip Police, Fire, Public Works, Building and Water Departments as well as School District 126, St. Terrence Church and the Oak Lawn Park District for their support of the Alsip Park District's annual Fun Fest event. We also want to thank the many volunteers that came out to help as well as the Alsip CERT (Community Emergency Response Team) who assisted for the day. We appreciate your assistance to help make this event great for our community.



We are pleased to report that **Apollo Park has re-opened this summer.** We want to thank the community for all the input in designing this park and for the support and construction. There is still brick to add near our Kindness Rock Garden. We are still in the process of adding an opportunity to customize a flagpole. Orders are due by September 5 and forms can be found on our webpage at www.alsiparks.org. We also want to invite you to visit at Apollo Park. Take a rock when you need one, share one with a friend or add one to help our garden grow. We hope you will enjoy this entire park site for years to come.



We are pleased to announce that additional park sites have been temporarily designated as Dog Friendly Areas. In addition to the Prairie Ballfield/Walking Path area; **Commissioners Park and Sears Park have been temporarily designated as Dog Friendly Areas per Ordinance 08-3.** Dogs are allowed in these areas so long as continuously restrained by a leash not exceeding six (6) feet in length. Pet Waste Stations have been installed so please be responsible and pick up after your pet. We will be evaluating these areas to determine whether or not to designate as a permanent dog friendly location.

REMEMBER TO "DISCOVER SOMETHING NEW" AT THE ALSIP PARK DISTRICT

Welcome to the Alsip Park District



Apollo Recreation Center
 12521 S. Kostner
 Alsip, Illinois 60803
 Tel. 708-389-1003
 Fax 708-389-1529
 Web Address:
www.alsiparks.org

Registration Office Hours

Monday8:30 am-8:30 pm
 Tuesday-Friday ..8:30 am-5:30 pm
 Saturday9:00 am-1:00 pm
 Sunday.....Closed

Fall Registration Dates

Resident BeginsAugust 20
 Nonresident BeginsAugust 27
 Programs Begin.....September 10
 Unless otherwise stated, the
Registration Deadline is one
 week before the start of each
 session.

Alsip Park District Mission Statement

The Mission of the Alsip Park District is to enrich life through quality leisure services at a variety of parks and facilities, while offering programs in the areas of education, social involvement and recreation in a clean, safe environment for individuals of all ages.



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The Apollo Recreation Center Holiday hours are listed below:

Holiday/Date	Women's CC	Fitness Ctr	Gymnasium	Main Office
Labor Day, September 3	Closed	Closed	Closed	Closed
Thanksgiving Day, Nov. 22	Closed	Closed	Closed	Closed
Day After Thanksgiving, Nov. 23	8am-2pm	6am-8pm	9am-8pm	8:30am-5:30 pm
Christmas Eve, Dec. 24	8am-3pm	6am-3pm	9am-3pm	8:30am-1:00 pm
Christmas Day, Dec. 25	Closed	Closed	Closed	Closed

Gymnasium Fall Hours of Operation (Effective September 4, 2018)

Day	Activity	Hours
Monday	Open Gym.....	9:00am-5:30 pm
Tuesday	Open Gym.....	9:00am-10:00 pm
Wednesday	Open Gym.....	9:00am-10:00 pm
Thursday	Open Gym.....	9:00 am-5:30 pm
Friday	Open Gym.....	9:00 am-9:00 pm
Saturday	Open Gym.....	9:00 am-6:00 pm
Sunday.....	Open Gym.....	9:00 am-5:00 pm



The registration deadline is one week prior to the start of each class unless otherwise noted.



All Hallow's Eve Carnival

Dress in your spookiest Halloween costume and join us for our annual Halloween parade. The parade is scheduled to begin at 9:30 am with winners being announced after the parade. The gymnasium will open with lots of games and prizes to win. We will also have inflatable for children to play on and chance to guess the weight of a huge pumpkin and number of candies in a jar. The pre-registration fee is \$5.00 or \$7.00 at the door.

Saturday, October 27
Apollo Recreation Center
12521 S. Kostner Avenue
(708) 389-1003

Costume Contest: 9:30-10:00 am
Carnival: 10:00 am-Noon
All under 18 must be
accompanied by an Adult



TRICK OR TRUNK



Participants under the age of 18 must be accompanied by an adult. For additional information, contact our Main Office at 708-389-1003.

SATURDAY, OCTOBER 27
APOLLO PARK PARKING LOT
11:00 AM - 1:00 PM

 DRESS IN YOUR FAVORITE COSTUME

 TRICK OR TREATERS ARE FREE

 BRING NON-PERISHABLE FOODS FOR HAUNTS AGAINST HUNGER



12601 S. Kedzie Avenue · Alsip, Illinois 60803

Fountain Hills Golf Club is owned and operated by the Alsip Park District. Our beautiful nine hole facility has been acclaimed as one of the finest facilities in the Chicagoland area. Designed by noted architect Bob Lohmann, Fountain Hills possesses the following outstanding features:

- Nine (9) hole, par 36 layout, covering 66 beautiful wooded acres.
- Bentgrass tees and greens.
- Two (2) practice area with putting green and chipping green.
- Thirty (30) stations lighted driving range with bunked target greens, synthetic and grass tees.
- Three (3) lakes and numerous sand traps.
- Full service clubhouse.
- Four (4) tee yardages: Junior-2,025; Red/Green-2,667; White-3,061; Blue-3,233.

2018 Fall Hours of Operation

Monday, Oct. 1 thru Friday, Nov. 30, 2018

Clubhouse	7:00 am-8:00 pm
Driving Range.....	7:00 am-DUSK
Restaurant	9:00 am-8:00 pm
Lounge	9:00 am-8:00 pm

2018-2019 Winter Hours of Operation

Saturday, Dec. 1 thru Thursday, Feb. 28, 2019

Clubhouse	9:00 am-5:00 pm
Driving Range	Open (weather permitting)
Restaurant	11:00 am-7:00 pm
Lounge	11:00 am-7:00 pm

(Note: September and October times are subject to change due to inclement weather and Daylight Savings time)

Rain Check Policy

Rain checks will be issued for a prorated dollar amount for golf and gas cart (if applicable) based upon holes paid vs. holes completed. A rain check must be completely used in a single visit. Rainchecks will not be issued for the following:

- Due to darkness on a twilight round of golf
- The golfer does not have time to continue
- If the golfer leaves the premises

Golf Lesson

For further information regarding our private lessons or group clinics, please visit our website at www.alsiparks.org or contact the Fountain Hills Golf Club at (708) 388-4653. We are proud to partner with The First Tee of Greater Chicago.



2018 Golf Leagues

Outside Groups (weekdays)	\$13.00
Motor Carts:	\$9.00

Note: Fees are a per person rate.

Dress Code

All persons using the Fountain Hills facilities are required to wear proper attire at all times. **NOT PERMITTED:** “tank tops, spaghetti strap shirts, sleeveless shirts (men or boys) and cut-off shorts”. No metal spikes allowed on the course or in the clubhouse. Soft spikes only please!

2018 Fall Rates

(Effective Monday, October 1 thru Friday, November 30, 2018). Reservations can be made up to 6 days in advance.

	Weekday	Weekend/Holiday
	(Includes Monday-Friday)	

Regular (after 7:30 am)	R\$12/NR\$15	R\$14/NR\$17
Senior	R\$9/NR\$12	R\$11/NR\$14
Mid-Day (after 12:00 pm)	R\$9/NR\$12	R\$11/NR\$14
Senior	R\$7/NR\$10	R\$9/NR\$12
Replay	R\$7/NR\$7	R\$9/NR\$9
Junior	R\$7/NR\$7	R\$9/NR\$9
Twilight (after 4:00 pm)	R\$7/NR\$7	R\$9/NR\$9

Note: Twilight Golf Fee is for 9 Holes Only

Rental Golf Carts & Push Carts

Nine Hole (per person)	\$9.00
Single Rider	\$12.00
Replay (per person).....	\$6.00
Push Carts	\$3.00

Range Balls

Warm-Up (20 balls)	\$3.00
Small (35 balls).....	\$5.00
Medium (70 balls).....	\$8.00
Large (100 balls)	\$11.00

Special Fees

Monday Golf Specials (9 holes with cart)....	\$15.00
(April-October-excluding holidays or with any other offers or discounts)	
Early Bird Special.....	Walking \$8Riding \$13
(Before 7:30 am-Monday-Friday, excluding holidays-April-October)	



The registration deadline is one week prior to the start of each class unless otherwise noted.



We are constantly adding and updating our schedule of events. Keep up to date with our website and Facebook page. To request event and banquet info or make reservations, please contact us at 708.388.4653 x403.

Schedule of Events

Live Entertainment

"No Cover Charge"

6:30 - 9:30pm

Friday, Aug. 10th	Generations
Friday, Sept. 14th	Dupage
Friday, Oct. 12th	The Neverly Brothers

Comedy Night

Wednesday, November 21st

8:00pm - 9:30pm

Call Club for more information

Golf Events

2 Person Medley

Saturday, August 18th

9:00am - Shotgun Start

Crosstown Challenge

(Sox Fans vs. Cub Fans Event)

Saturday, September 22nd

3:00pm Shotgun Start

Chili Open

Saturday, October 20th

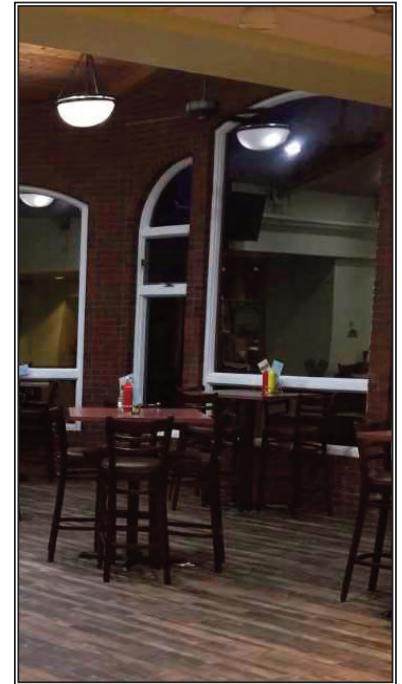
10:00am Shotgun Start



For additional information, contact the Fountain Hills Golf Club at (708) 388-4653 or visit our website at www.alsipparcs.org



THE BACKNINE is a full service restaurant and bar at the Fountain Hills Golf Club. This area has recently been renovated and is open year round for breakfast, lunch and dinner. Check our website for specials and hours. This facility also boasts a beautiful banquet room for private events. We are now accepting reservations for events till the end of 2018.



The Co-Ed Fitness Center is equipped with Cybex/Bodymaster strength equipment, Apex five station cable crossover strength equipment, free weights, smith machine, x-trainers, treadmills, stair climbers, recumbent and upright bicycles! We know we have the equipment you need for the perfect workout. All fitness members are required to participate in a fitness orientation. Orientations are done on an appointment basis after a facility pass is purchased and proper attire must be worn. You must be 16 years of age to enter the Fitness Center. Thirteen year olds can join the Fitness Center, but they must be supervised by another member 18 years or older. For your convenience, the Fitness Center is staffed during all hours of operation. **Note:** All upgrades from a 3 month membership to a yearly **MUST** be done within two weeks of expiration.



Member Appreciation Days

The Alsip Park District would like to thank all of our Fitness Center & Women’s Circuit Center members by having a “Member Appreciation Day” Please mark your calendars for the following dates and come join us for some cool give a-ways. This event will be located by the Fitness Center and the Women’s Circuit Center. This is just a little way to say Thank-You for keeping us company on the days you visit.

2018 Member Appreciation Dates:

- Friday, October 26
- Wednesday, December, 12

Special for month of September

Buy one annual Fitness Center membership and receive the second membership for half off. Includes Seniors.

Fitness Center Fall Hours Of Operation
(Effective September 4, 2018)

Day	Hours
Mon.-Thurs.	6:00 am-10:00 pm
Friday	6:00 am-9:00 pm
Saturday	8:00 am-6:00 pm
Sunday	8:00 am-5:00 pm

Co-Ed Circuit Center Fall Hours Of Operation
(Effective September 4, 2018)

Day	Hours
Mon.-Thurs. ..	2:00 pm-10:00 pm
Friday	2:00 pm-9:00 pm
Saturday	12:00-5:00 pm
Sunday.....	12:00-6:00 pm

Membership Type	Individual (16 & up)	Additional Family Member	Full-Time Student (18-22) with proof of 12 credit hours	Teen (13-15) with current member 18 years or older with ID	Senior (55 & up)	Senior Add-on (55 & up)	Corporate (Alsip Business Only up to 30 people)
Annual	R\$175 NR\$219	R\$150 NR\$188	R\$150 NR\$188	R\$150 NR\$188	R\$90 NR\$113	R\$90 NR\$113	R\$190 per person
Daily	R\$8 NR\$12	R\$8 NR\$12	R\$8 NR\$12	R\$8 NR\$12	R\$8 NR\$12	R\$8 NR\$12	N/A
Monthly	R\$25 NR\$35	R\$25 NR\$35	R\$25 NR\$35	R\$25 NR\$35	R\$20 NR\$30	R\$20 NR\$30	N/A
3 Month	R\$73 NR\$92	R\$69 NR\$87	R\$69 NR\$87	R\$69 NR\$87	R\$57 NR\$67	R\$57 NR\$67	N/A
Upgrade to an annual with a 3 month purchase	R\$112 NR\$140	R\$93 NR\$117	R\$93 NR\$117	R\$93 NR\$117	R\$46 NR\$58	R\$46 NR\$58	N/A

The registration deadline is one week prior to the start of each class unless otherwise noted.



Punch Card (Five Time Use)

Not Ready to Commit, purchase a Fitness/Women's Circuit Center punch card. Each card provides five visits from the date of purchase. Punch card is valid for one year from date of purchase.

Note: Upon purchase you must schedule an orientation in Fitness/Women's Circuit Center.

Fee:R\$25/NR\$35



women's fitness

**Circuit Center
Women Only
Fall Hours of Operation**
(Effective September 4, 2018)

Day	Hours
Mon.-Fri.....	8:00 am-2:00 pm
Saturday	8:00-12:00 pm
Sunday	8:00-12:00 pm
Fee:	\$10 per month



Member Appreciation Days

The Alsip Park district would like to thank all of our Fitness/Women Circuit Center members by having a "Member Appreciation Day" Please mark your calendars for the following dates and come join us for some cool give a-ways. This event will be located by the Fitness Center and the Women's Circuit Center. This is just a little way to say Thank-You for keeping us company on the days you visit.

2018 Member Appreciation Dates:

- Friday, October 26
- Wednesday, December,12

Ingall's Hospital Free Blood Pressure Screening

Free Blood Pressure Screening will be offered by Ingalls Health Care System from 8:00-10:00 am. All screening will be held at the Apollo Recreation Center on the following dates:

- Wednesday September 19
- Wednesday November 21

For additional information, please contact our Main Office at 708-389-1003.



Our **Women's Circuit Center** is equipped with women friendly Body Master Strength equipment, Life Fitness treadmills, Ellipticals, Tetric & Schwinn bicycles, Stairmasters and Graviton. There are a total of 19 stations that alternate between strength and cardio. A mandatory orientation is required and must be done by appointment only. You must come dressed in workout attire for your orientation. Don't forget to bring a towel. This is a great way to get in shape or stay in shape. We know you're going to enjoy it.



Alsip Running Club

New to running, experienced running, looking to get back to running? We need you! The new Alsip Running Club meets at the Apollo Recreation Center and runs on paths and neighborhoods throughout Alsip. This group is open to runners of all abilities and will feature structured running programs designed to help runners achieve their fitness goals. Please call for further details.

Activity: 165540
 Instructor: Frank Monreal
 Location: Apollo Pavilion
 Age: All
 Fee: FREE

Session	Day	Time
A	TU, TH	7:00 pm
B	SA	7:00 am

Fitness Crazy Card

Not sure what class best suits you? Try five of our fitness classes to see which one is right for you. A card holder may attend any of our aerobic classes while discovering how enjoyable getting fit really is! The instructor will validate your card. This is great if you have a changing schedule. This card is not valid for Rope Wall Yoga. This card is non-transferable.

Activity: 166504-A
 Location: Aerobic Room
 Days/Dates: Monday-Saturday
 Card expires 12/8/18
 Time: Varies
 Age: Teen-Adult
 Fee: R\$25/NR\$35

Free Walking Club

Why not enjoy a nice morning walk this summer with our walking club. When you join the walking club you will get a punch card that we will keep on file for you for the summer session. Every time you walk with our club members, you will receive a punch in your card. The more days you walk the walk with our club the more your chance of winning a free month membership in our co-ed fitness center or the women's circuit center. This great prize will be presented at the end of the fall session to the walker with the most punches on their card. We will meet every Tuesday in the front atrium of Apollo Recreation Center, weather permitting.

Activity: 166406-A
 Instructor: Staff
 Location: Lobby/Walking Path
 Age: All
 Fee: Free

Session	Day	Date	Time
A	TU	September 11-November 6	9:00-10:00 am

Personal Training

The trainer will contact you to set up a meeting time and program to fit your needs. You may choose one session or up to any number of sessions with our trainer. Training will take place at the Apollo Recreation Center (ARC) Fitness Center or the Women's Circuit Center, once you have signed up as a member. Please bring your receipt to your first training session. Training sessions are non-transferable. Note: Your money will not be refunded if you cancel with less than 24 hours notice of your appointment. A message may be left after hours by calling 389-1003 ext. 318 or 315.

Activity: 166521-A
 Trainer: Christine Kerr, A.C.E. Certified
 Location: Fitness Center, Women's Circuit Center
 Day/Dates: Will be suited to your individual schedule by appointment
 Age: 16-Adult
 Fee: 1 session \$30.00
 2 sessions \$55.00
 5 sessions \$130.00

Aerobic Multi-Class Discount

Participants who register for two or more aerobic classes will receive a \$2 per fitness class discount. To be eligible for this discount, you must register for multiple classes at the same time. Please be sure to subtract \$2 discount from each of the classes you register for. If you have any questions regarding this discount, please feel free to contact us at the main office (708) 389-1003

Strong and Fit

In this class while sitting or standing with the assistance of a chair, our instructor will lead you through strength and flexibility exercises. These movements can decrease joint pain and improve overall health and well-being. Studies show it's never too late to start reaping the benefits of an exercise program. You do not have to be a Heritage resident to participate in this class. Come join us! **Note:** There will be no class on Thursday, November 22.

Activity: 166505-A
 Instructor: Chris Kerr
 Location: Heritage II Clubhouse,
 3715 W. 123rd Place
 Day: Thursday
 Date: Sept. 13-Dec. 6
 Time: 10:30-11:30 am
 Age: 55+
 Fee: R\$40/NR\$50
 Min/Max: 8/20
 Registration Deadline: September 7



Pre-School Yoga

These classes help teach self-regulation while building confidence and experiencing the wonderful world of yoga. Classes are adventure and story based, and include a whole lot of fun. We focus on learning poses, controlling the breath and mind, and finding a place of calm within, all while allowing the children to have freedom to experience yoga in their own special way. **Note:** There will be no class on Thursday, November 22 and Friday, November 23

Activity: 166518
 Instructor: Beth Robinson
 Location: Aerobic Room
 Age: Pre-School Children
 Time: 11:30 am-12:30 pm
 Fee: R\$30/NR\$40 (per session)
 Min/Max: 5/10

Session	Day	Date
A	TH	September 13-October 18
B	FR	September 14-October 19
C	TH	October 25-December 6
D	FR	October 26-December 7



Moments in Motion

Gentle movements with breathing, hand and finger co-ordination techniques which will help to promote your circulation. You will get plenty of helpful tips regarding nutrition and hygiene. Individual concerns and handicaps taken into consideration. Chairs and mats provided just bring a towel. **Note:** There will be no class on Thursday, November 22nd .

Activity: 166408
 Instructor: Peggy Ford
 Location: Dance Room
 Time: 12:30-1:30 pm
 Day: Thursday
 Age: Mature Adult
 Fee: \$45
 Min/Max: 4/20

Session	Dates
A	September 13-October 18
B	October 25-December 6

Piyo-Fusion

This class is a combination of Pilates and Yoga. In this class you will sculpt your abdominal muscles while strengthening your back muscles with Pilate moves that also tone legs and glutes. We will also incorporate Yoga poses that will increase flexibility, improve posture and tone your upper body by using your own body weight. This class unites body and mind and creates a more streamlined shape. **Note:** There is no class on Thursday, November 22.

Activity: 166547-A
 Instructor: Rhonda Allen
 Location: Dance Room
 Day: Thursday
 Date: Sept. 13-Dec. 6
 Time: 6:30-7:15 pm
 Age: Teen-Adult
 Fee: R\$48/NR\$58
 Min/Max: 7/15
 Registration Deadline: Sept. 10

Cardio Kickboxing

This high energy cardiovascular class utilizes varying intensity to accommodate all fitness levels. You'll begin with a warm-up that includes instruction on proper form (punches, strikes and kicks) that will be used in the class. The work phase of class increases in movement and intensity while maintaining good form and core strength. The class ends with a cool down and stretching. Expect a physical workout. This program is not recommended for individuals with lower back or knee injuries.

Activity: 166523-A
 Instructor: Rhonda Allan
 Location: Dance Room
 Day: Tuesday
 Dates: Sept. 11-Dec. 4
 Time: 7:35-8:35 pm
 Age: Teen-Adult
 Fee: R\$43/NR\$53
 Min/Max: 7/18
 Registration: September 10

Zumba

Try this HOT Latin dance class that's taking the world by storm. You'll enjoy Latin rhythms with easy to follow moves to create a new way to make fitness an absolute blast! This class will feature interval training sessions where fast and slow rhythm's are combined to tone and sculpt your body while burning fat. Come and join the party!

Activity: 166427-A
 Instructor: Rhonda Allan
 Location: Dance Room
 Day: Tuesday
 Date: Sept. 11-Dec. 4
 Time: 6:40-7:30 pm
 Age: Teen-Adult
 Fee: R\$50/\$NR\$60
 Min/Max: 7/20
 Registration Deadline: Sept. 7

Aqua Aerobics

Water Aerobics is a total body workout that helps to increase your range of motion and muscle tone without causing any stress to your body. Limited changing facilities are available, so please come ready to go. Bring a towel and we also recommend aqua shoes for the class. Please enter through door 4, which is on northeast side of the parking lot. **Note:** There will be no classes on Wednesday, November 21.

Activity: 166524
 Instructor: Chris Kerr
 Location: Doubletree/Hilton Hotel Pool
 5000 W. 127th St. Alsip
 Age: Adult-Senior
 Fee: R\$48/NR\$58
 Min/Max: 10/15

Session	Day	Dates	Time
A	MO	September 10-November 26	11:30 am-12:15 pm
B	WE	September 12-December 5	11:30 am-12:15 pm
C	WE	September 12-December 5	6:00-6:45 pm

Deep Water Aqua Aerobics

In this class you will spend 45 minutes using the natural resistance of water to improve muscle tone, cardiovascular fitness and flexibility. Twenty minutes of deep water aerobics is equivalent to two hours of walking on land, burning up to 480 calories. You must be an experienced swimmer and you are required to bring your own towel, aqua jogger floatation belt and we also recommend aqua shoes. This class is offered in the deep end of the pool.

Activity: 166525-A
 Instructor: Chris Kerr
 Location: Doubletree/Hilton Hotel Pool
 5000 W. 127th Street
 Day: Monday, September 10-November 26
 Time: 6:00-6:45 pm
 Age: Adult
 Fee: R\$48/NR\$58
 Min/Max: 10/15
 Registration Deadline: September 7

Hatha Yoga

This is an all levels class done in the Hatha style of yoga. Class includes breathing techniques, strengthening, stretching and relaxation. Modifications will be given for all levels. Please bring a towel or blanket, a water bottle, and any props that you might use in class. **Note:** There will be no class on Friday, November 23

Activity: 166546
 Instructor: Beth Robinson
 Location: Aerobic Room
 Age: Teen-Adult
 Time: 10:00-11:00 am
 Fee: R\$30/NR\$40
 Day: Friday
 Min/Max: 5/10
Session Dates
 A September 14-October 19
 B October 26-December 7



The registration deadline is one week prior to the start of each class unless otherwise noted.

Rhythm Pilates

This class will use a method of body conditioning exercises incorporating stretching and strengthening. The postures improve flexibility and coordination while the controlled breathing unifies the mind, body and spirit. In addition, Pilates flattens abdominals, tightens buttocks and arms and thins the thighs. This is the secret of the “Sleek Hollywood Stars.” **Note:** There will be no classes on Wednesday, November 21 and Saturday, December 1.

Activity: 166784
 Instructor: Carol Kaye
 Location: Aerobics Room
 Age: Teen-Adult
 Fee: R\$48/NR\$58
 Min/Max: 8/15

Session	Day	Dates	Time
A	MO	September 10-November 26	6:00-7:00 pm
B	WE	September 12-December 5	6:00-7:00 pm
C	SA	September 15-December 8	8:45-9:45am

Beginner Rope Wall Yoga

Try this Iyengar class that focuses on correct alignment through ROPES! Practicing yoga on a rope wall can guide you to length, strength, ease, softness and steadiness like nothing else. You will be able to activate muscle groups in a new way, appreciating the subtle nuances that you may not have noticed in the past. Students who use the rope wall frequently report decreased tension in their spines. Come ready to sweat and prepared to leave empowered and feeling strong. **Note: There will be no class on November 22.**

Activity: 133536
 Instructor: Denise Cholewa
 Location: Aerobic Room
 Day: Thursday
 Time: 6:45-7:30 pm
 Age: 18- Adult
 Fee: R\$50/\$NR\$60
 Min/Max: 8/10

Session	Dates
A	September 13-October 18
B	October 25-December 6

Tabata/BodyShred

This class will vary from week to week between Tabata and Bodyshred. Tabata is a high-intensity workout protocol that has fitness and weight-loss benefits. It is also a very short workout. Is it like Cross-fit? Is it like circuit? It is a bit of both! Tabata training is attractive because it saves a lot of time for people. It offers the maximum benefit with the least amount of time used to get those results. BodyShred is high-intensity endurance-based 30 minute workout. You will be doing 3 minutes of strength, 2 minutes of cardio and 1 minute of abs. You will increase your strength, endurance, flexibility and cardiovascular fitness. So come join us for workouts that are never boring, take half the time and change your body for lasting results.

Note: There will be no class on Friday, November 23.

Activity: 166511-A
 Instructor: Mary Casey
 Location: Aerobic Room
 Day: Friday
 Dates: September 14-December 7
 Time: 5:30-6:30 pm
 Age: 14-Adult
 Fee: R\$48/\$NR\$58
 Min/Max: 7/15

Drop & Get Fit

Child care is available for fitness center and aerobic class participants. Puzzles, games and materials for arts and crafts will be available for your child. Infant toys will also be on hand, or you might want to bring their own favorite toy. Parents must remain on the premises. Staff will not assist with any bathroom procedures. If child wears diapers; parents will be interrupted during their class for change. **Note:** Parents must reserve a spot for their child 24 hours in advance by calling 708-389-1003.

Activity: 133501
 Age: Crawling-10 years
 Days: Monday-Friday
 Fee: \$3.00 per hour
 \$2.00 additional hour
 \$2.00 additional child

Min/Max: 1/6

Session	Time	Location
A	9:00-11:00 am	Gymnastics Room
B	5:00-8:00 pm	Preschool Room III



The registration deadline is one week prior to the start of each class unless otherwise noted.

Strength & Stretch with Chris

This class will focus on strengthening and stretching the muscles of the body to compliment the activities of daily living. Some of the specific benefits will be core and joint muscle strength and improved posture, balance, range of motion and decrease in back pain.

Activity: 166512-A
 Instructor: Chris Kerr
 Location: Dance Room
 Day: Tuesday
 Dates: Sept. 11-Dec. 4
 Time: 10:15-11:00 am
 Age: Teen-Adult
 Fee: R\$50/NR\$60
 Min/Max: 6/15
 Registration Deadline: Sept. 4

20/20/20

Come spend an hour at the park and get all your fitness goals wrapped up in one class. You will do 20 minutes of cardio to burn fat, 20 minutes of weight training to tone and firm those muscles followed by the final 20 minutes of Yoga/Pilates to increase your flexibility and core strength. What more could you accomplish in one hour of your day?

Activity: 166508-A
 Instructor: Anne Kalch
 Location: Aerobic Room
 Day: Tuesday
 Dates: Sept. 11-Dec 4
 Time: 9:50-10:45 am
 Age: Teen-Adult
 Fee: R\$48/NR\$58
 Min/Max: 7/20
 Registration Deadline: Sept. 11

Fitness Boot Camp

Are you bored in the gym and looking for a new way to develop a habit of exercise? This could finally be the class to get you headed in the right direction. Boot Camp training combines interval training and many other exercises using weights and/or body weight to lose body fat, increase cardiovascular efficiency, increase strength, and help you get in a routine of regular exercise. This class is designed to push people a little bit further than they normally push themselves in the gym alone. If you're up to a challenge; come and give it your all, were ready for you. **Note:** There will be no class on Thursday, November 22 or Saturday, December 1.

Activity: 166499
 Instructor: Rhonda Allen
 Location: Aerobic Room
 Age: Teen-Adult
 Fee: R\$43/NR\$53
 Min/Max: 7/15

Session	Day	Dates	Time
A	TH	September 13-December 6	5:30-6:30 pm
B	SA	September 15-December 8	10:00-11:00 am

Line Dancing

Come join in for some fun, good music, exercise and a good time. No previous lessons are required. Steve is an experienced line dance instructor and will help you learn all the necessary steps to each dance that he teaches. Some dances will be easy and others challenging. There will be a wide array of music to dance to. No special attire or a partner is necessary to be part of this class.

Note: There will be no class on Thursday, November 22.

Activity: 166404
 Instructor: Steve Steib
 Location: Dance Room
 Age: Adult
 Fee: \$50.00
 Min/Max: 8/20

Session	Day	Dates	Time
A	MO	September 10-November 26	6:30-7:30 pm
B	TH	September 13-December 6	10:30-11:30 am

Drop & Get Fit

Child care is available for fitness center and aerobic class participants. Puzzles, games and materials for arts and crafts will be available for your child. Infant toys will also be on hand, or you might want to bring their own favorite toy. Parents must remain on the premises. Staff will not assist with any bathroom procedures. If child wears diapers; parents will be interrupted during their class for change. **Note:** Parents must reserve a spot for their child 24 hours in advance by calling 708-389-1003.

Activity: 133501
 Age: Crawling-10 years
 Days: Monday-Friday
 Fee: \$3.00 per hour
 \$2.00 additional hour/\$2.00 additional child
 Min/Max: 1/6

Session	Times Available	Location
A	9:00-11:00 am	Multipurpose Room II
B	5:00-8:00 pm	Preschool Room III



The registration deadline is one week prior to the start of each class unless otherwise noted.

Parent/Child & Early Child Hood Programs

Program & Activity #	Location	Instructor	Day	Dates	Time	Age	Fee	Min/Max
Counting Together with Mother Goose 138169-A	Multipurpose Room II	Laura Braden	TU	Sept. 11- Nov. 13	10:30- 11:30 am	15 months with adult	R\$34 NR\$44 per couple	6/8 Couples
Dibbles-n-Dabbles with Me 138145-A	Multipurpose Room II	Laura Braden	TU	Sept. 11- Nov. 13	11:45 am- 12:45 pm	15 months with adult	R\$34 NR\$44 per couple	6/8 Couples
Little Chefs 138105-A	Kitchen	Laura Braden	TU	Sept. 11- Nov. 13	5:30- 6:15 pm	3-6 years	R\$34 NR\$44	6/8
Little Einstein's 138136-A	Multipurpose Room II	Laura Braden	TU	Sept. 11- Nov. 13	6:30- 7:30 pm	3-6 years	R\$34 NR\$44	6/8
Golden Book Wednesday with You 138126-A	Multipurpose Room II	Laura Braden	WE	Sept. 12- Nov. 14	10:45- 11:45 am	15 months-with adult	R\$34 NR\$44 per Couple	6/8 Couples
Let's Learn Simple Signing Together 138195-A	Multipurpose Room I	Laura Braden	WE	Sept. 12- Nov. 14	12:00- 1:00 pm	15 months-with adult	R\$34 NR\$44	6/8
Let's Play Together 138163-A	Multipurpose Room I	Laura Braden	TH	Sept. 13- Nov. 15	10:30- 11:30 am	15 months-with adult	R\$34 NR\$44 per Couple	6/8 Couples
Movin' & Groovin' Together 138199-A	Multipurpose Room I	Laura Braden	TH	Sept. 13- Nov. 15	11:45 am- 12:45 pm	15 months-with adult	R\$34 NR\$44 per Couple	6/8 Couples
"Wanna Blast Off" 138152-A	Multipurpose Room I	Laura Braden	TH	Sept. 13- Nov. 15	1:00- 2:00 pm	15 months-with adult	R\$34 NR\$44 per Couple	6/8 Couples



Counting Together with Mother Goose

Double the fun and double the learning in this ten week class where your child will be reciting Mother Goose Nursery Rhymes such as “One, Two Buckle My Shoe”, “Rub-A-Dub-Dub Three Men in a Tub” (see the counting part?) Each counting rhyme will be sent home with your child for you to have to say again and again together.

Dibbles-n-Dabbles with Me

Your little one will get a splash out of our Dibbles-n-Dabbles class. Sponge painting, object painting, and many other unique forms of painting will be done in this colorful ten week class. Make sure you bring an old shirt to class to act as a paint smock.

Little Chef’s

Stir, bake, taste, YUM!!! This 10 week class is perfect for all those kids who love to cook! We will make delicious creations and learn about kitchen safety all while having a blast! Recipe books will be sent home the last week of class. Make sure you wear an apron or bring a towel to class!

Little Einstein’s

Intriguing, simple hands on science experiments will be performed each class. Your child will bring home a booklet listing all the experiments that were introduced in this ten week class.



“Golden Book” Wednesday With You!

This class will bring back the classic “Golden Book” series that is timeless. The easy to understand and relate to stories in these books will hold the interest of your child and peak their interest to hear more. Activities for you and your little one, related to the story, will follow.

Let’s Learn Simple Signing Together

It has been shown that the younger a child starts a language the quicker and easier they learn, and it is never too late for adults. Let your child’s love of learning, and something new for you to learn, begin in this fun and interesting ten week class. You and your child will learn to sign the alphabet, numbers and simple greetings. This is a great class for inquisitive minds and meeting other parents.

Let’s Play Together

You and your Child will have fun playing with streamers, hoops, balloons, bubbles, parachutes, etc., and moving to the music. This class is an energetic and imaginative way to promote cooperation, team work, self confidence and lots of giggles.

Movin’ & Groovin’ Together

Your child will be movin’ and groovin’ in this high energy class developing their large motor skills through music, games and exercises. Comfortable shoes and clothing are required.

“Wanna Blast Off?”

Explore the stars, sun, moon and planets as we journey into outer space for ten weeks in our pretend rocket ships. Your little astronaut will see pictures, hear stories and make their own miniature shapely rocket ship.

Age Limits and Why

In order to provide your child with the best possible recreational experience, all of our programs are designed according to specific age groups. Our instructors are sensitive to the needs of the individual age levels.

Children must be the age listed in the brochure for each program by September 1. Birth certificates may be requested to verify age.

We Love Parents But...

Please do not remain in the classroom after you have dropped your child off. This is in the best interest of your child. Interruptions tend to affect participant’s attention span and inhibit the establishment of peer relationships. Instructors are available before and after class if you wish to speak with them. Thank You for your cooperation.

Special Accommodations

Please let the instructor know if your child has any allergies or medical needs in the beginning of class. As we often include different working materials and snacks in our classes. Thank you!



School Starter's Open House

Parents who have enrolled their child/children in School Starter's, are encouraged to attend the Open House. Important information, the Parent Handbook, any questions you may have, and the opportunity for you and your child to see the room and meet the staff is available at this time.

Location: Multi-Purpose Room I
 Day/Date: Wednesday, September 5
 Time: 6:30 pm

SCHOOL STARTERS 2018/2019

If your child misses the September 1 cut-off date required for enrolling in the Three Year Old Preschool Programs or he or she is not potty trained, "School Starters" is for you! The "School Starter" classes contain developmentally appropriate cognitive, social and physical activities to prepare children for Preschool. The classes will be offered twice a week, September through April. Being potty trained is not required, but you must be available to come if your child has an accident. The staff will not change diapers, pull-ups or clothes.

The curriculum for "School Starters" will have activities that are hands on to develop fine motor and large motor skills, songs and finger plays to enhance language and speech, stories to practice those listening skills, arts and crafts for the imagination, and gym time. Accomplishing these skills will give your child more confidence, which means less frustration when starting Preschool, and having your child saying, "School is fun!"

Activity: 138191-A
 Instructor: APD Staff
 Location: Multipurpose Room I
 Days: Monday & Wednesday
 Dates: September 10-December 12
 Time: 9:15-10:45 am
 Age: 2 ½ by September 1, 2018
 Fee: R\$275/NR\$375/session
 Min/Max: 6/8



Preschool Open House Information

Parents, who have enrolled their child/children in Preschool, are encouraged to attend the Open House. There will be two open houses, **one for parents only**, and one for **parents and preschooler only**. Important information and the Preschool Handbook will be given at the parent's only open house. This open house will begin at 7:00 pm and the teachers will answer any questions after the presentation. The open house for parents and preschooler is informal and offered to help make the child more comfortable about coming to school. You may come anytime between 6:30-7:30 p.m. If you cannot attend the parent's only open house, please contact Jessica Tompkins, at 708-389-1003 ext. 329 to arrange a meeting time.

Parents Only Open House

4 yr. old Pre-K Classes:	Monday	August 20	7:00 pm
3 yr. old Preschool Classes:	Tuesday	August 21	7:00 pm

Parent & Preschooler Open House

4 yr. Pre-K M-W-F Class:	Monday	August 27	6:30-7:30 pm
4 yr. Pre-K M-F Class:	Tuesday	August 28	6:30-7:30 pm
3 yr. M-W-F Class:	Wednesday	August 29	6:30-7:30 pm
3 yr. T/TH Class:	Thursday	August 30	6:30-7:30 pm

2018-2019 Preschool Program

The Alsip Park District Preschool is designed for children 3 and 4 years of age. **Children must be completely toilet trained.** Our program will introduce your 3 and 4 year old to beginning math, science, and music, art, and language arts concepts. Your child will also experience field trips and holiday programs. A graduation ceremony will be held in May. All age requirements must be met by September 1, 2018

Registration Information

Note: A copy of a birth certificate is required.

4 Year Old Pre-K Program

Staff: Jessica Thompson
 Location: Preschool Rooms I and II
 Dates: September 5-May 17
 Age: 4 by Sept. 1, 2018
 Min/Max: 25/30



Session	Days	Time	Fee
138101-A	MO-WE-FR	9:00 am-12:00 pm	Full Year R\$786/NR\$952
138101-C	MO-WE-FR	12:30-3:30 pm	Installment payment (Due at Registration) R\$103/NR\$119 Monthly payment (September 1-May 1) R\$88/NR\$104

Session	Days	Time	Fee
138101-B	MO-WE-FR	9:00 am-12:00 pm	Full Year R\$786/NR\$952
138101-D	MO-WE-FR	12:30-3:30 pm	Installment payment (Due at Registration) R\$103/NR\$119 Monthly payment (September 1-May 1) R\$88/NR\$104

4 Year Old Pre-K Program

Staff: Jessica Thompson
 Location: Preschool Rooms I and II
 Dates: September 4-May 17
 Age: 4 by Sept. 1, 2018
 Min/Max: 15/20



Session	Days	Time	Fee
138102-A	MO-FR	9:00 am-12:00 pm	Full Year R\$1,316/NR\$1,588
138102-C	MO-FR	12:30-3:30 pm	Installment payment (Due at Registration) R\$155/NR\$185 Monthly payment (September 1-May 1) R\$140/NR\$168

Session	Days	Time	Fee
138102-B	MO-FR	9:00 am-12:00 pm	Full Year R\$1,316/NR\$1,588
138102-D	MO-FR	12:30-3:30 pm	Installment payment (Due at Registration) R\$155/NR\$185 Monthly payment (September 1-May 1) R\$140/NR\$168



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Pre-School Credit Card Policy
Note policy for credit cards that are denied when installment payment is posted; You will be notified that the credit card on file was denied which will require you to bring payment to the Main Office before your child's next scheduled class. If payment is not made by this time, a \$25.00 late fee will be assessed and your child may not attend class until payment and the late fee is made. A second time a credit card is denied will result with the full remaining balance to be paid prior to child attending class.

The registration deadline is one week prior to the start of each class unless otherwise noted.

2018-2019 Preschool Program - 3 Year Old Pre-K Program

Staff: Sheri Chase
 Location: Preschool Rooms III
 Dates: September 5-May 17
 Age: 3 by Sept. 1, 2018
 Min/Max 10/15



	Days	Time	Fee
138103-A	MO-WE-FR	9:00 am-11:30 am	Full Year R\$712/NR\$863
138103-C	MO-WE-FR	12:30-3:00 pm	Instalment payment (Due at Registration) R\$103/NR\$119 Monthly payment (September 1-May 1) R\$79/NR\$92

Session	Days	Time	Fee
138103-B	MO-WE-FR	9:00 am-11:30 pm	Full Year R\$712/NR\$863
138103-D	MO-WE-FR	12:30-3:00 pm	Instalment payment (Due at Registration) R\$103/NR\$119 Monthly payment (September 1-May 1) R\$79/NR\$92

3 Year Old Pre-K Program

Staff: Sheri Chase
 Location: Preschool Rooms III
 Dates: September 4-May 17
 Age: 3 by Sept. 1, 2018
 Min/Max 10/15



Session	Days	Time	Fee
138104-A	TU/TH	9:00 am-11:30 pm	Full Year R\$568/NR\$726
138104-C	TU/TH	12:30-3:00 pm	Instalment payment (Due at Registration) R\$77/NR\$107 Monthly payment (September 1-May 1) R\$66/NR\$80

Session	Days	Time	Fee
138104-B	TU/TH	9:00 am-11:30 pm	Full Year R\$568/NR\$726
138104-D	TU/TH	12:30-3:00 pm	Instalment payment (Due at Registration) R\$77/NR\$107 Monthly payment (September 1-May 1) R\$66/NR\$80

PRE-K AFTERNOON ENRICHMENT PROGRAM

For children enrolled in the Monday, Wednesday, Friday am or the Monday-Friday am 4 year old Preschool Program, we are now offering an afternoon "Enrichment Class." This class will be held in the Multipurpose Room I, and will be taught by Mrs. Sue. Students enrolled will need to bring a lunch. When the morning class ends at 12:00 pm, they will be escorted into Multipurpose Room I for class. The curriculum for this program will include music, art, physical activity, science, social studies and reinforcement of concepts covered in the morning class.

Activity: 138190
 Instructor: Mrs. Sue
 Location: Multipurpose Room I
 Day's: Monday, Wednesday, Friday
 Time: 12:00-2:30 pm
 Age: Enrolled in Pre-K Program
 Fee: \$325 per session/\$610 year (\$40.00 savings)
 Min/Max 8/10
Session Dates
 A September 10-December 7
 B January 14-April 19

Pre-School Yoga

These classes help teach self-regulation while building confidence and experiencing the wonderful world of yoga. Classes are adventure and story based, and include a whole lot of fun. We focus on learning poses, controlling the breath and mind, and finding a place of calm within, all while allowing the children to have freedom to experience yoga in their own special way. **Note:** There will be no class on Friday, November 23



Activity: 166147
 Instructor: Beth Robinson
 Location: Aerobic Room
 Age: Pre-School Children
 Time: 11:30 am-12:30 pm
 Fee: R\$30/NR\$40 (Per Session)
 Min/Max: 5/10

Session	Day	Date
A	TH	September 13-October 18
B	FR	September 14-October 19
C	TH	October 25-December 6
D	FR	October 26-December 7

The registration deadline is one week prior to the start of each class unless otherwise noted.

Before & After School Program

2018 - 2019



The Alsip Park District's Before and After School Program is designed for children entering Kindergarten through Sixth grade at School Districts 125 & 126. Our program offers a structured nurturing environment filled with indoor and outdoor activities, large and small scale games, homework assistance, arts and crafts, light breakfast, lunch, snacks and much more. Our staff looks forward to helping your child create new friendships, build self-esteem, get plenty of physical fitness and most important, have fun!

Location: Apollo Recreation Center
 Age: Kindergarten-6th grade
 Min/Max: 1/24

Early Dismissal Days:
 \$20 per day til 6:15 pm
 Lunch & Snacks
 Included

Before School:
 6:45 am-School Starts

Session	Day(s)	Fee
501	1	\$14
502	2	\$23
503	3-4	\$39
505	5	\$43

Light Breakfast Included

After School:
 2:45-6:15 pm

Session	Day(s)	Fee
601	1	\$25
602	2	\$45
603	3-4	\$71
605	5	\$76
606	After School Activity	\$2
607	Late Fee	\$10

Snack Included

School Holidays, Spring & Winter Breaks
 \$35 per day
 6:45 am-6:15 pm
 Light Breakfast, Lunch & Snacks Included

Gymnastics Programs

Program & Activity Number:	Ages:	Day:	Time:	Dates	Fee:	Min/Max	No Class
Parent Tot Gymnastics 174167-A	Walking- 2 yr olds	TU	5:50-6:35 pm	Sept. 11- Nov. 13	Resident: \$48 Nonresident: \$68	6/12 Couples	
Preschool Gymnastics 174177-A	3-4 year olds	TU	5:00-5:45 pm	Sept. 11- Nov. 13	Resident: \$58 Nonresident: \$78	5/8	
Preschool Gymnastics 174177-B	3-4 year olds	TH	5:15-6:00 pm	Sept. 13- Nov. 15	Resident: \$58 Nonresident: \$78	5/8	
Kinder Gymnastics 174168-A	5-6 year olds	TH	6:05-6:50 pm	Sept. 13- Nov. 15	Resident: \$58 Nonresident: \$78	5/8	
Girls Gymnastics Level 1(Beginner) 174186-A	7-12 year olds	MO	5:00-6:00 pm	Sept. 10- Nov. 20	Resident: \$74 Nonresident: \$94	6/10	
Girls Gymnastics Level 2 by placement only (Beginner) 174185-A	7-12 year olds	WE	5:00-6:00 pm	Sept. 12- Nov. 14 (9 weeks)	Resident: \$74 Nonresident: \$94	6/10	Oct. 31
Girls & Boys Tumbling 174246-A	7-12 year olds	TU	6:40-7:25 pm	Sept. 11- Nov. 13	Resident: \$58 Nonresident: \$78	5/8	
Shooting Stars by placement only 174228-A	6-12 year olds	FR	5:15-6:00 pm	Oct. 5- Nov. 16 (7 weeks)	Resident: \$41 Nonresident: \$61	4/8	
Team-1 day by placement only (with coach approval) 174216-A	6 & up	Select Day MO-WE-FR	6:00-8:00 pm	Sept. 5- Nov. 19	\$9.00 Per Practice		Oct. 31
Team-2 days by placement only 174216-B	6 & up	Pick 2 days of MO-WE-FR	6:00-8:00 pm	Sept. 5- Nov. 19	\$198.00* 22 Practices	4/12	Oct. 31
Team-3 days by placement only 174216-C	6 & up	MO-WE-FR	6:00-8:00 pm	Sept. 5- Nov. 19	\$288.00* 32 Practices	4/12	Oct. 31
Team-Pick & Play by placement only 174216-D	6 & up	Select Your Days	6:00-8:00 pm	Nov. 26, 28, & 30. Dec. 3, 5, 10, 12, 14, 17, & 19.	\$288.00* 32 Practices	4/12	Oct. 31

* Team Fees are payable in 2 installments.

Payment #1 of 50% is due upon registration (2 days \$99/3 days \$149)

Payment #2 of balance is due October 2 (2 day \$99/3 days \$149)

If you have a balance, your child will not be able to register or participate/compete until paid in full

All Gymnastics Programming is held in the Gymnastics Room at the Apollo Recreation Center.

Tot Class participants should wear comfortable clothing, socks or bare feet. No jeans. Participants in Gymnastics or Tumbling Classes should wear comfortable clothing, leotards (no skirts), bare feet. Shooting Stars participants MUST be in a leotard. Hair must be pulled back. Jewelry is not permitted! No jeans or clothing with buckles.

Parent-Tot Gymnastics

This class is for tots walking through 2 years of age and a parent. This 45 minute class will incorporate fun music, gross motor activities, social activities, as well as free time by using our many tunnels, cubes, balls, parachute and more. Additionally, parents and tots will work gymnastics skills on vault, bars, beam and floor. This semi-structured class requires each tot to have a parent present for the class. Parents will work one on one with their child for part of the class. Free play will take place during class time as well. Participants should wear comfortable clothing. Please make arrangements for siblings, as only those enrolled may attend the class.

Pre-School Gymnastics

Our pre-school gymnastics class is designed for children ages 3 to 4 years old. Each 45 minute class will focus on beginner skills for vault, bars, beam and floor. Gymnasts will also develop body and spatial awareness, as well as confidence while using the spring board, pre-school and low bar, low and medium balance beam, floor and various skill shapes. Participants must wear a leotard or shorts and a t-shirt.

Kinder Gymnastics

This 45 minute class is designed for boys and girls ages 5 and 6. Participants will gain experience on the spring board, low and medium balance beams, preschool and low bar, as well as the floor. Gymnasts will also develop body and spatial awareness along with confidence using our many skill shapes and trainers. Participants must wear a leotard or shorts and a t-shirt.



Girls Gymnastics Level 1

Our one hour gymnastics class is for girls 7 to 12 years of age with little or no gymnastics experience. Each one hour class will focus on skills for vault, bars, beam and floor. Girls should wear a leotard or shorts and a t-shirt.

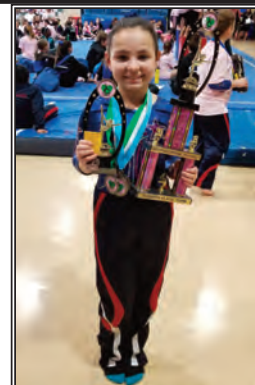
Girls Gymnastics Level 2

Once your daughter has successfully completed Gymnastics Level 1 and has a coach's endorsement, she will be ready for this class. Level 2 is a one hour class designed for 7 to 12 year olds and will provide gymnasts a continuation of skill progression. Gymnasts will continue with all equipment used in the Level 1 Class. Girls who have gymnastics experience may request a skill evaluation to determine if this class is appropriate for their ability level. Girls should wear leotards.



Our program is designed to provide children with proper and safe gymnastics skill training according to the USA Gymnastics guidelines. Gymnasts who show continued progress and interest may be eligible to join our Alsip Stars Optional Team with the endorsement of a Team Coach. Team Members practice 4-6 hours weekly, year round. Competition runs from October through May.

We hope to see your child in the Stars Gymnastics Program grow and advance through our many developmental and competitive levels. If you are unsure about which class to register your child for, please leave a message for Michelle Rudman at 708-389-1003 to arrange for a skill evaluation





Cooperation

The Alsip Park District wishes to acknowledge the Doubletree/Hilton Hotel, Alsip, Hazelgreen and Oak Lawn School District #126 and Cook County School District #130 for enabling the park district to provide numerous year-round recreational activities. The park district is permitted to use school facilities when not being used by the schools. For this reason there may be occasional changes in the schedule.

Nothing ruins a good program quicker...

than waiting until the last minute to register for it. There is a point where if the minimum number of participants is not met to hold the program, it will be cancelled. Registering on the day of or the day before the program will not save it. Please register five business days before the program/event to avoid disappointment. Classes may be combined and times modified to facilitate better programs. Receipts are mailed to those enrolled.

Boys/Girls Tumbling

This 45 minute class is for boys and girls ages 7-12 who would like to learn to tumble. Participants will learn a progression of rolls, cartwheels, handstands, round offs, limber skills, walkovers and flip flops. Using a variety of practice drills, tumblers will begin with the basics and individually progress through more advanced skills. Participants must wear a leotard or shorts and a t-shirt. We also offer private tumbling classes for Cheer Teams or groups, please contact Michelle Rudman for more information. **Note:** Gymnastics apparatus will not be used-this is only tumbling.

We Love Our Parents But.....

Parents are encouraged to attend their child's first day of class. Please do not remain in the gym after you have dropped your child off. This is in the best interest of your child. Interruptions tend to affect the participant's attention span and inhibit the establishment of peer relationships. It's also important to arrive on time so participants can participate in a proper warm up and stretching. Please do not use class time to speak you're your child's instructor. Instructors are available before and after class if you wish to speak with them. Thank you for your cooperation.



Alsip Stars Gymnastics Teams

All teams are by placement only.

Our Optional Team competes in the Illinois Park District Gymnastic Conference. Any fees related to competition (leotards, warm-ups, meet fees, etc) are in addition to the Alsip Park District registration fees. For additional information, please contact Michelle Rudman at (708) 389-1003.

Gymnastics Birthday Parties

Have a tumbling good time with a gymnastics themed party. We'll customize your special day to meet your needs. Call (708) 389-1003 for additional information.



Illinois Shotokan Karate-Pre-Karate

Illinois Shotokan Karate Club is Chicagoland’s premier karate school taught under the instruction of John DiPasquale, a four-time National Champion, US National Coach and President of the US National Karate Federation. In our Pre- Karate Safety classes, young children develop flexibility, strength, and coordination in fun, yet disciplined activities. This program is specifically designed for growing minds and bodies to enhance memory and agility. Watch your child’s confidence blossom and their skills improve.

- Uniforms and Belt-Testing are options available through the ISKC instructor.
- Please note that the Youth, Parent/Child and Adult classes may train together.
- Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required. **Note:** There will be no class held November 21
- Please visit WWW.ISKC.COM for more information or call us at 847-359-0666.

Activity: 138257
 Instructor: Illinois Shotokan Karate Club Staff
 Location: Gymnasium II
 Day/Dates: Wednesday, September 5-December 19
 Fee: R\$150/NR\$160 per person
 Min/Max: 4/12
 Registration Deadline: One week before start of session

Session	Time	Age	Level
A	4:30-5:15 pm	4-7	Beginner
B	5:20-6:05 pm	4-7	Continuer



Illinois Shotokan Karate-Youth

Illinois Shotokan Karate Club is Chicagoland’s premier karate school taught under the instruction of John DiPasquale, a four time National Champion, US National Coach and President of the US National Karate Federation. ISKC’s Youth karate classes will put children in touch with their bodies and offers a good mix of strength training, with cardiovascular and flexibility exercises. Children increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules.

- Uniforms and Belt-Testing are options available through the ISKC instructor.
- Please note that the Youth, Parent/Child and Adult classes may train together.
- Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required. **Note:** There will be no class held on November 21
- Please visit WWW.ISKC.COM for more information or call us at 847-359-0666.

Activity: 138257
 Instructor: Illinois Shotokan Karate Club Staff
 Location: ARC/Gymnasium II
 Day/Dates: Wednesday, September 5-December 19
 Fee: R\$150/NR\$160 per person
 Min/Max: 4/15
 Registration Deadline: One week before start of session

Session	Time	Age	Level
C	6:15-7:10 pm	8-14	Beginner
D	7:15-8:10 pm	8-14	Continuer (Red Belts & up)



The registration deadline is one week prior to the start of each class unless otherwise noted.

Age Limits and Why

In order to provide your child with the best possible recreational experience, all of our programs are designed according to specific age groups. Our instructors are sensitive to the needs of the individual age levels. **Children must be the age listed in the brochure for each program by September 1.** Birth certificates may be requested to verify age.

Piano Lessons

Mozart, Bach and Beethoven move over!! Have you ever wanted to learn piano in a fun and relaxing way? Then come on over! You will learn the basics of note reading and musical theory. Musical pieces will progress with the student’s abilities. All first time students must purchase the Alfred’s Basic Piano Library Book Level 1A before coming to class. Your time and day of the lesson will be arranged after you register, you choose the most convenient time! **Lessons are private and ½ hour in length for twelve weeks.** Piano is a great hobby that lasts a lifetime. Not sure if piano is right for you? Register for a six week mini session and give it a try! **Note:** Due to our Santa’s Landing event, there will be no class on Saturday, December 1, 2018.

Activity: 143305
 Instructor: Staff
 Location: Multipurpose Room I
 Day: Instructor arranged
 Time: 30 minute sessions
 Age: 7-Adult
 Min/Max: 2/10



Session	Dates	Fee
A	September 10-December 8	R\$190/NR\$230
B	September 10-October 20	R\$ 95/NR\$115
C	October 22-December 8	R\$ 95/NR\$115

Magic Madness

Kids you are guaranteed to have a fantastic time in this hands-on magic workshop! You will learn a collection of awesome and amazing tricks you can perform at home; all supplies needed to repeat the tricks will be handed out in class. You really will go home with a bag of tricks! Children are grouped by age and are taught age-appropriate tricks they can master. Sign up again and again, new tricks are taught each session!

Activity: 143421
 Location: Oakview Center, 4625 W. 110th St., Oak Lawn
 Instructor: Gary Kantor
 Age: 5-12
 Fee: R\$20/NR\$30
 Min/Max: 5/35

Session	Day	Dates	Time
A	MO	September 17	5:00-5:55 pm
B	TU	November 27	6:45-7:40 pm



Drama Club

This exciting and creative class is perfect for those budding stage stars! The cast will work on creating and presenting a play for family and friends on the last day of class. Participants will create the costumes, props and scenery as they work each week on the final productions. This is an eight week class with the performance the last week. Registered participants must be able to read.

Activity: 143256-A
 Instructor: Laura Braden
 Location: Preschool Room II
 Day: Wednesday
 Dates: Sept. 12-Nov.14
 Time: 7:00-8:00 pm
 Age: 6-11
 Fee: R\$34/NR\$44
 Min/Max: 6/8

Slime & Grime

Get your hands dirty and have fun in this ten week class without making a mess at home. We will make a variety of ooey and gooey fun. Everything from homemade slime and paints to silly putty. Roll up your sleeves and dress to get messy!

Activity: 143252-A
 Instructor: Laura Braden
 Location: Multipurpose Room II
 Day: Wednesday
 Dates: Sept. 12-Nov. 14
 Time: 6:00-7:00 pm
 Age: 6-9
 Fee: R\$34/NR\$44
 Min/Max: 6/8

Uniform Requirements are:

All students need to come to class in the proper dance uniform. Girls should wear a plain, black leotard made of lycra, cotton or nylon. No velvet material, skirt or pants on the leotard. White tights and white ballet slippers and black tap or jazz shoes should be worn. Boys should wear a black t shirt and shorts. There will be information on uniform purchasing the first week of class. You may order through the instructor or purchase items on your own.

Ms. Priscilla's Dance Program for 2018-2019

This comprehensive dance program offers instruction in Ballet, Tap, Jazz and Hip-Hop, for ages 3 to 12. The program runs a total of 31 weeks and ends with a celebrated dance recital showcasing the students' talents! Class groupings are by age, and must be met by September 1, 2018, no exceptions! **Boys Hip Hop** is a new class designed for boys who want to learn the latest dance moves. **Note:** There will be no classes held on December 25, 2018, January 1, 2019 and April 2, 2019

Recital

The Alsip Park District holds an annual dance recital in May. A costume will need to be purchased some time before Christmas. The average cost of the costume is \$45.00. Participants may have to purchase more than one costume depending on how many classes he or she is registered in. As we approach May, more information on the dance recital and picture information, will be handed out in class!

Activity: 143223
 Instructor: Ms. Priscilla
 Location: Dance Room
 Day/Dates: Tuesday, September 11-May 14
 Min/Max 5/18

Session	Class	Time	Age	Fee
A	Ballet	3:00-3:30	3-4	R\$160/NR\$185
B	Tap	3:30-4:00	3-4	R\$160/NR\$185
C	Ballet	4:00-4:30	5-6	R\$160/NR\$185
D	Tap	4:30-5:00	5-6	R\$160/NR\$185
E	Boys Hip Hop	5:00-5:45	7-10	RS180/NR\$205
Note:	No Girls allowed! This class is designed for boys only! You will learn to dance and move like today's hottest stars learning the latest dance moves in a fun and exciting environment.			
F	Ballet	5:45-6:30	7-10	R\$180/NR\$205
G	Tap	6:30-7:15	7-10	R\$180/NR\$205
H	Jazz & Hip-Hop	7:15-8:00	7-10	R\$180/NR\$205



4th 5th 6th Grade Teen Lock-In

Here is a Friday night for you and your friends to spend at the Apollo Recreation Center. The evening will begin with pizza. Activities to choose from will include a Wii competition, volleyball, basketball, board games, and a scavenger hunt. Wind down and enjoy a movie with popcorn. Two supervised rooms will be available if you want to just chill, so bring a sleeping bag.

Activity: 148479-A
 Location: ARC
 Instructor: APD Staff
 Day: Friday
 Dates: Nov. 16-Nov. 17
 Time: 7:00 pm-7:00 am
 Fee: R\$35/NR\$45
 Min./Max: 20/40



The registration deadline is one week prior to the start of each class unless otherwise noted.

Youth Basketball League 1st-6th Grade

Time again for winter basketball! Join us for this fun, exciting league where sportsmanship, fair play, and teamwork are encouraged. Participants will learn the fundamentals of the game such as shooting, dribbling, passing, and defense. All while developing team and individual skills. Players will play in grade appropriate divisions. Each team will have one weekly practice, times and location to be determined by the volunteer coach. All games will be played on Saturdays. All players will receive a uniform shirt, end of season award, and a complimentary \$10 picture package with an option to purchase team/individual photos. All games will be officiated by a licensed I.H.S.A. Official or an Alsip Park District Employee.

Note: Each team will play an 8 game schedule. No games Dec. 1st

Fee: R\$75/NR\$95
 Registration Deadline: Saturday, October 13
 Practices begin: Week of October 22
 Games begin: Saturday, November 3-December 29

Game Details

1st & 2nd Grade Division:

Activity: 174003-A
 Game Day: Saturday
 Game Location: Small Gym
 Game Time: 12:00-1:00 pm



3rd & 4th Grade Division:

Activity: 174003-B
 Game Day: Saturday
 Game Location: Large Gym
 Game Time: 12:00-1:00 pm



5th & 6th Grade Division:

Activity: 174003-C
 Game Day: Saturday
 Game Location: Large Gym
 Game Time: 10:00-11:00 am

7th & 8th Grade Division:

Activity: 174003-D
 Game Day: Saturday
 Game Location: Large Gym
 Game Time: 2:00-3:00 pm



We're sorry but in order to preserve the sanctity of the blind draft system when developing teams we will be unable to honor specific requests for children to play with certain participants or coaches. This action can only be honored for immediate siblings (no cousins) or for those coaching their son or daughter. Also, specific requests for group coaching must be made aware to the park district and will be honored only on a case by case basis.

Coaching Details

Volunteer coaches are needed. If you would like to be a team coach or team parent contact Amanda at (708) 389-1003. All team coaches are required to participate and attend coaches meetings as well as actively assist on draft day. Every coach will complete a State of Illinois Criminal Background Check. All coaches meetings will be at the Apollo Recreation Center, 12521 S. Kostner, Alsip IL.

Fall Free Kids Fishing Derby

Relax with your friends and family! Have a blast and fish! This yearly event is rewarding for all and free. Prizes will be given out the day of the event for the first fish caught, the largest fish, the smallest fish, and for catching the most fish...See You There!

Activity: 174080-A
 Location: Commissioners Park Pond
 Day/Date: Saturday, September 8
 Time: 8:30-10:30am
 Fee: Free
 Age: All
 Min/Max: 5/50
 Registration Deadline: Day of the Event



Turkey Shoot

Think you are a good free throw shooter? Then you may be able win a Thanksgiving Turkey at our Annual Turkey Shoot! The following combined child/parent age categories will be used; 30 and under, 31-39, 40-49, 50-59, 60 and over. Practice time is available before you take part in the fun...Start practicing and we will to see you there!

Activity: 174647-A
 Location: ARC Small Gym
 Day/Date: Wednesday, November 7
 Time: 5:00-8:00 pm
 Age: Parent/Child Teams
 Fee: R Free/NR \$2
 Min/Max: 1/99
 Registration Deadline: Day of Event

Hot Shot Sports

Hot Shots Sports aims to develop young athletes who will grow emotionally, physically, and intellectually in our sports programs. By redirecting the focus away from wins and losses and toward personal growth, we create an environment where winning is the byproduct of and not the means to success. This approach creates critical thinkers who understand the importance of giving their best in practice, games, and other life endeavors. Our Coaches take pride in fostering that drive, and motivating your child to find the champion inside of themselves.

Adult-Tot Sports

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Motor skill activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. Parents or caregiver participation is required.

Activity: 174290
 Instructor: Hot Shot Sports Instructor
 Location: Gymnasium II
 Age: 2-4 years old (Adult participation is required)
 Min/Max: 4/15

Session	Day	Date	Time	Fee
A	MO	September 10-October 15	5:15-6:00 pm	R\$54/NR\$64
B	SA	September 8-October 20	9:00-9:45 am	R\$63/NR\$73

The registration deadline is one week prior to the start of each class unless otherwise noted.

Lunch and Play

Children are introduced to a variety of sports including basketball, floor hockey, football, kickball, soccer, t-ball and other sports and group games. The goal is to provide the opportunity for each child to develop motor skills and nurture his/her growth socially through teamwork and good sportsmanship. Children eat lunch with the coaches, then play sports in the gym.

Activity: 174289
 Instructor: Hot Shot Sports Instructor
 Location: Gymnasium II
 Age: 3-5 years old
 Min/Max: 4/15

Session	Day	Date	Time	Fee
A	WE	Sept 5-Oct 17	12:00-1:15pm	R\$70/NR\$80
B	TH	Sept 6-Oct 18	12:00-1:15pm	R\$70/NR\$80

Total Sports

This class features a new sport each week. Some of the sports taught and played include basketball, floor hockey, football, kickball, soccer, and baseball. In addition, participants play many popular running and group games. Children have the opportunity to acquire new skills and develop confidence in games they have played in previous classes. **Note:** There will be no class held on September 1st and 3rd.

Activity: 174296
 Instructor: Hot Shot Sports Instructor
 Location: Gymnasium II
 Age: 5-7 years old
 Min/Max: 4/15

Session	Day	Date	Time	Fee
A	MO	Sept 10-Oct 15	6:00-6:45 pm	R\$54/NR\$64
B	SA	Sept 8-Oct 20	10:30-11:15 am	R\$63/NR\$73

Basketball Clinic 101

Develop early basketball skills such as shooting, dribbling and passing, along with the basic rules of the game. All instruction is game/drill oriented with mini games and scrimmages played every week. This class is for the basketball beginner looking to understand the game, learn new skills, and have fun!

Activity: 174286-A
 Instructor: Hot Shot Sports Instructor
 Location: Gymnasium II
 Day/Dates: Wednesday, September 5-October 17
 Time: 6:00-6:45 pm
 Fee: R\$70/NR\$80
 Age: 6-8 years old
 Min/Max: 4/15

Yoga



This innovative program combines yoga and movement to create an environment of imagination and creativity in a nurturing and friendly setting. Using yoga style games and activities, participants build strength, confidence, increase self-esteem and body awareness. This class provides a fun filled way for your child to be introduced to Yoga.

Activity: 174288-A
 Instructor: Hot Shot Sports Instructor
 Location: Gymnasium II
 Day: Saturday
 Dates: Sept. 8-Oct. 20
 Time: 9:45-10:30 am
 Age: 3-6 years old
 Fee: R\$63/NR\$73
 Min/Max: 4/15

Pee Wee Soccer



Let your child's early soccer experience be a great one. The younger player develops their soccer skills and also gains confidence, coordination, motor skills and communication. The program uses age appropriate drills and exercises to teach players kicking, ball control, dribbling, shooting and more.

Activity: 174292-A
 Instructor: Hot Shot Sports Instructor
 Location: Gymnasium II
 Day: Tuesday
 Dates: Sept. 4-Oct. 16
 Time: 5:15-6:00 pm
 Fee: R\$63/NR\$73
 Age: 3-5 years old
 Min/Max: 4/15



Basketball Clinic 102

The next step in basketball instruction, this class will build upon the fundamentals taught in the Basketball 101 class. A slightly faster paced environment will be geared around competitive play, encouraging tactics such as attacking the basket and aggressive defense. Players should have basic knowledge of the rules and be able to dribble comfortably in order to succeed in the class. Note There will be no class on October 31 and November 21.

Activity: 174287-A
 Instructor: Hot Shot Sports Instructor
 Location: Gymnasium II
 Day/Dates: Wednesday, October 24-November 28
 Time: 6:45-7:45 pm
 Age: 9-12 years old
 Fee: R\$70/NR\$80
 Min/Max: 4/15

Illinois Shotokan Karate-Youth

Illinois Shotokan Karate Club is Chicagoland’s premier karate school taught under the instruction of John DiPasquale, a four time National Champion, US National Coach and President of the US National Karate Federation. ISKC’s Youth karate classes will put children in touch with their bodies and offers a good mix of strength training, with cardiovascular and flexibility exercises. Children increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules.

- Uniforms and Belt-Testing are options available through the ISKC instructor.
- Please note that the Youth, Parent/Child and Adult classes may train together.
- Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required.
Note: There will be no class held on Wednesday November 21
- Please visit WWW.ISKC.COM for more information or call us at 847-359-0666.

Activity: 138257
 Instructor: Illinois Shotokan Karate Club Staff
 Location: ARC/Gymnasium II
 Day/Dates: Wednesday, September 5-December 19
 Fee: R\$150/NR\$160 per person
 Min/Max: 4/15
 Registration Deadline: One week before start of session

Session	Time	Age	Level
C	6:15-7:10 pm	8-14	Beginner
D	7:15-8:10 pm	8-14	Continuer (Red Belts & up)



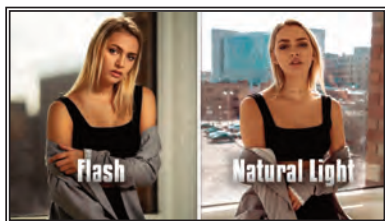
Lil’ Dribblers

The Lil’ Dribblers Basketball program introduces children to the game of basketball in a safe, fun and exciting environment. Our curriculum uses age appropriate activities and games specifically designed to increase balance, body awareness, motor skills, hand eye coordination, listening skills and the ability to follow directions.

Activity: 174291-A
 Instructor: Hot Shot Sports Instructor
 Location: Gymnasium II
 Day: Wednesday
 Dates: Sept. 5-Oct. 17
 Time: 5:15-6:00 pm
 Age: 3-5
 Fee: R\$70/NR\$80
 Min/Max: 4/15



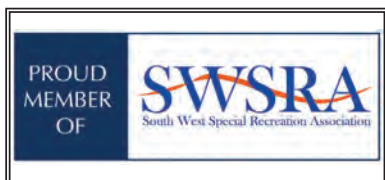
The registration deadline is one week prior to the start of each class unless otherwise noted.



Flash and Natural Light

In this illuminating new class we will learn how to work with ambient natural light as well as the proper use of an external flash to provide light sources for our photography. Learn about differentiating between manual and automatic modes when using the flash, setting the proper flash output and blending the flash with sunlight to eliminate shadows. Please bring an internal or external flash and camera to class.

Activity: 153419-A
 Instructor: Laura Piton
 Location: Dance Room
 Day: Mondays
 Dates: Sept. 17-Oct. 8
 Time: 7:00-8:30 pm
 Age: 16-Adult
 Fee: R\$65/NR\$75
 Min/Max: 10/20
 Registration Deadline: Sept. 4



Crochet & Coffee Club

Have you always wanted to learn how to crochet? If the answer is yes...you have come to the right place. In this eight week program you will learn all the basics and some secret tricks to create your own masterpiece! Please bring G and H Hooks with you to class and 4 ounces or 4 ply yarn in the color of your choice.

Activity: 153567-A
 Instructor: Sandra Smith
 Location: Board Room
 Day/Date: Fridays
 Dates: Sept. 14-Oct. 26
 Time: 10:00 am-12:00 pm
 Age: Adult / Mature Adult
 Fee: R\$35/NR\$45
 Min/Max: 10/30

Black & White & the Digital Camera

This course introduces the art of black and white digital photography. Topics include emphasizing the use and exposure in black and white, improving composition skills and seeing the world in greyscale, use of textures, and lighting. **Note:** Participants must bring a digital camera. Class offered for 4 weeks, 1.5 hours per week.

Activity: 153415-A
 Instructor: Laura Piton
 Location: Dance Room
 Day: Mondays
 Dates: Nov. 12-Dec. 3
 Time: 7:00-8:30 pm
 Age: 16-Adult
 Fee: R\$65/NR\$75
 Min/Max: 10/20
 Registration Deadline: Oct. 29



Learn To Fix Your Digital Pictures (Digital Photography II- Exploring Digital Photography With The Computer)

Digital Photography II is the extension of Digital Photography I. You will explore in depth photo editing techniques discussed Digital I. The following topics will be covered: color correction, brightness and contrast, replacing one part of the image with another, blurring an area of the photo which is in focus already, correcting for improper white balance, sharpening a blurred photo, creating a card in word using a photo. Participants need to bring a laptop computer to class. Class offered for 4 weeks, 1.5 hours per week.

Activity: 153414-A
 Instructor: Laura Piton
 Location: Dance Room
 Day: Mondays
 Dates: Oct. 15-Nov. 5
 Time: 7:00-8:30 pm
 Age: 16-Adult
 Fee: R\$65/NR\$75
 Min/Max: 10/20
 Registration Deadline: Oct. 1





Fortune Telling & Palm Reading

Get all your questions answered and learn some techniques on how to reach your inner fortune teller. We will also learn how to read palms and get origins and interesting facts on other forms of fortune telling media like the Chinese fortune telling fish, Crystal ball, Ouija board and the magic 8 ball. Join us for this very fun and interesting class that is sure to blow your mind!

Activity: 153416-A
 Instructor: Bob Trzeciak
 Location: Board Room
 Day: Wednesday
 Date: October 10
 Time: 6:30-8:30 pm
 Age: 16 years-Adult
 Fee: R\$19/NR\$28
 Min/Max: 20/75
 Registration Deadline: Sept. 15



The registration deadline is one week prior to the start of each class unless otherwise noted.

Black Dog K9 Training

Black Dog K9 is dedicated to keep all dogs in loving homes through education and training of both dogs and their owners. . Black Dog believes that as people we have an obligation to our animals and that we should preserve and nourish the human/animal bond. This class teaches the basic behaviors dogs need to know to live with us such as Watch, Sitting on command, Lie down, Respond to their name, Settle down, Stay, Come when called, Walk nicely on leash, Leave it and take it, the three D's distance, duration, and distraction and how they affect training. **Note:** Registration and payment will be taken on the first night of the class but in order to reserve your space please call Black Dog Canine at 708.305.1322.

Activity: 143312
 Instructor: Black Dog Staff
 Location: Dance Room
 Day: Wednesdays
 Fee: \$125.00
 Time: 5:30-6:30, 6:45-7:45 or 8:00-9:00 pm
 Min/Max: 5/8
 Registration Deadline: One week before session

Session	Dates
A	September 12-October 10
B	October 24-November 28

Senior Seminar Surviving the Holidays

Join us for an informative safety seminar presented by the Alsip Police Department just in time for the holidays. We will discuss safe shopping, identity theft, financial scams, burglary awareness, internet issues and personal safety in general. Pizza, pop & coffee will be served!

Activity: 153395-A
 Instructor: Officer Rocco Merlo of the Alsip Police Department
 Location: Board Room
 Day: Thursday, November 15
 Time: 10:00-11:00 am
 Fee: Free

Fearless Public Speaking

In this four week workshop participants will meet for an hour and a half each week learning how public speaking can be used to enhance employment and build confidence. You will learn how to address a variety of crowds and how to communicate effectively.

Activity: 153581
 Instructor: Letitia Leonard
 Location: Board Room
 Age: 16 Adult
 Fee: R\$65/NR\$75
 Min/Max: 8/14

Session	Day	Dates	Time
A	TU	Sept. 11-Oct. 2	6:30-8:00 pm
B	SA	Sept. 8-Sept. 29	10:30 am-12:00 pm

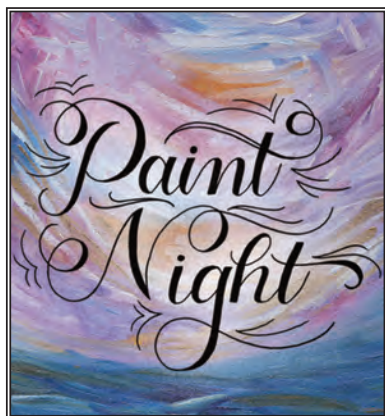
Illinois Shotokan Karate Adult and Parent/Child

Illinois Shotokan Karate Club is Chicagoland’s premier karate school taught under the instruction of John DiPasquale, a four-time National Champion, US National Coach and President of the US National Karate Federation. Our **Adult classes** release tension, develop total body fitness and build stamina and overall productivity! In addition to self-defense skills, karate increases flexibility, cardiovascular endurance, and muscle tone, while improving core strength. **Parent/Child classes** are a great way to spend quality time with your child, while conditioning muscles, developing coordination and improving cardiovascular fitness.

- Uniforms and Belt-Testing are options available through the ISKC instructor.
- Please note that the Youth, Parent/Child and Adult classes may train together.
- Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required. **Note:** there will be no class held on Wednesday, November 21
- Please visit WWW.ISKC.COM for more information or call us at 847-359-0666.

Activity: 138257
 Instructor: Illinois Shotokan Karate Club Staff
 Location: Gymnasium II
 Day/Dates: Wednesday, September 5-December 19
 Fee: R\$150/NR\$160 per person
 Min/Max: 4/15
 Registration Deadline: One week before start of session

Session	Time	Age	Category	Level
E	6:15-7:10 pm	7&Up	Parent/Child	Beginner
F	7:15-8:10 pm	7&Up	Parent/Child	Continuer (Red Belt and up)
G	6:15-7:10 pm	15&Up	Adult	Beginner
H	7:15-8:10 pm	15&Up	Adult	Continuer (Red Belt and up)



Paint Nights

Join the Alsip Park District for one or all of these paint nights with local artist Denise Rhone! These pieces will be used as our painting inspiration for each class. The goal for each participant painter is to paint a piece that represents each painter’s personality, color and individual style. Each night will be a different project. You can get a copy of projects at the main office. Price includes instruction and supplies.

Activity: 153570
 Instructor: Denise Rhone
 Day: Saturdays
 Time: 10:00 am-12:00 pm
 Age: Teen/Adult
 Fee: R\$48/NR\$58
 Min/Max: 10/20



Session	Dates	Work
A	October 6	Beautiful Moon
B	October 20	Desert Scene
C	November 3	Lake and Sand
D	November 17	Colorful Sunset
E	December 15	Sunflowers in a Vase

Alsip Senior Bingo Club

There are so many benefits to joining the Alsip Park District's Senior Bingo Club!

Join the Alsip Park District's Senior Club and keep active!

Meetings are held on the second and fourth Monday's of each month.

All meetings are held from Noon-3:00 pm at the Apollo Recreation Center, located at 12521 S. Kostner Avenue, Alsip.

The Group sponsors a variety of trips, socials and events. Newcomers are always welcome to attend!

For additional information, contact the Alsip Park District at 708-389-1003.



\$5 Annual Membership

\$2 at the door for coffee & roll

\$0.50 per card for Bingo
No limit on cards

Prizes donated by the Alsip Park District, will be awarded one time per month.



The registration deadline is one week prior to the start of each class unless otherwise noted.

Women's and Co-Rec "Winter" Volleyball League Registration Dates

Registration for returning teams will begin on Monday, October 15. New resident Mail-In/Drop-off registration will begin on Monday, October 22. New nonresident Mail-In/Drop-off registration will begin on Monday, October 29.

Women's "Winter" Volleyball

Bump, set, and spike your way to fun! Participate in our Women's "Winter" Volleyball League. The league is available for Women 18 and older to participate. The league consists of two divisions. Each division requires a minimum of four and a maximum of ten teams. All competition is played on Monday evenings at the Apollo Recreation Center, where each team will play 2 matches consisting of 4 total games! Team rosters are limited to 12 players.

Activity: 274009
 Days/Dates: Mondays, December 10-February 25
 Time: 6:30-10:30 pm
 Age: Adult
 Fee: R\$325/NR\$390
 Min/Max: 4/8 teams per division
Session Location
 A ARC/Gymnasium I
 B ARC/Gymnasium I



Co-Rec "Winter" Volleyball

Adults 18 and older are eligible to participate in our Co-Rec "Winter" Volleyball Leagues. Each league consists of a minimum of four and a maximum of eight teams. All competition is held on Thursday evenings at the following locations; Apollo Recreation Center (A and B Divisions), Hazelgreen School (C division), and Lane School (D division). Team rosters are limited to 12 players.

Activity: 274008
 Days/Dates: Thursdays, December 13-February 21
 Time: 6:30-10:30 pm
 Age: Adult
 Fee: R\$325/390 (A Division)
 R\$300/\$360 (B-D Division)
 Min/Max.: 4/8 teams per division
Session Location
 A ARC/Gymnasium I
 B ARC/Gymnasium II
 C Hazelgreen School
 D Lane School



All Hallow's Eve Carnival

Show off your Halloween costumes at the costume parade at 9:30 am at this event and arrive early to enter the costume contest. After the parade the winners will be announced and the gym will be open with games and inflatables to play on. There will be lots of prizes and a chance to guess the weight of a huge pumpkin and number of candies in a jar. Alsip don't miss the pumpkin decorating. Join us for popcorn and beverages before leaving as well. Each child will receive a bag for prizes upon entering the carnival. Pre-register to guarantee admission and don't forget to wear a costume! Check out our Trick or Trunk event after the carnival too!

Activity: 193601-A
 Location: Gymnasium
 Day/Date: Saturday, Oct. 27
 Costume Contest: 9:30-10:00 am
 Carnival: 10:00 am-Noon
 Age: All, under 18
 must be accompanied by an adult
 Fee: \$5.00 pre-registered
 \$7.00 at the door

Breakfast with Santa

Register for this holly jolly fun for the whole family event! We will enjoy a buffet breakfast with the big man himself: Santa Claus! In addition to a wonderful array of breakfast foods, juices, coffee and bakery, we will have a Christmas craft, entertainment and inflatable for the kiddies! Santa will stick around for anyone interested in having a photo taken with him so bring your camera. Each child will receive a gift!

Activity: 183644-A
 Location: Big Gym
 Day/Date: Saturday, Dec. 15
 Time: 9:30 am-12:00 pm
 Fee: R\$8/NR\$10
 Age: All, 2 & under free
 Min/Max: 60/150
 Registration Deadline: Dec. 8



Haunts Against Hunger Trick or Trunk & Food Drive

Don't take candy from strangers! Join us after the All Hallow's Eve Carnival for trick or treating around the Apollo Parking Lot! Local families and businesses are invited to reserve a parking space in which they may pull in a vehicle, decorate with Halloween décor, and give out candy to the trick or treaters as they stop by. This is a safe alternative to trick or treating around your neighborhood. This event will be supervised by park district staff and parents are welcome to travel from trunk to trunk with their children. Don't forget to dress up in your favorite costume and bring some non-perishable foods for our Haunts Against Hunger Food Drive! All food collected will be distributed to local food pantries just in time for the cooler months and holiday season. If the weather turns spooky, this event will not take place as scheduled. If you are interested in hosting a station during Trick or Trunk, please register at the main office.

Note: No registration is necessary for trick or treaters!

Activity: 193648-A
 Location: Apollo Parking Lot
 Day/Date: Saturday, Oct. 27
 Time: 11:00 am-1:00 pm
 Age: All, under 18 must be accompanied by an adult
 Fee: FREE (Please bring non-perishable Foods for Food Drive)
 Registration Deadline: Oct. 19

Worldwide Day of Play & Health Expo

Enjoy a FREE fun filled day with your family! Meet us at Apollo Park at 10:00am to receive your information packet and course map. The object is to finish each activity station along the walking path while traveling back to the Apollo. You may race to the finish of keep a steady pace. Take this fall day to enjoy the outdoors away from TV and video games! Stretch your legs and have fun with your family and friends. Refreshments, healthy snacks, prizes and crafts will be provided after completion of the challenge!

Activity: 493601-A
 Location: ARC/Pavilion
 Day: Saturday
 Date: September 22
 Time: 10:00am-1:00pm
 Age: All, under 18 must be accompanied by an adult
 Fee: FREE
 Min/Max: 25/150

Popcorn Balls & Candied Apples



Join the Alsip Park District for a fun afternoon of Autumn treats. We will make caramel apples and popcorn balls and walk down the buffet of different treats to make them unique and our very own. Each child registered will take home two apples and two popcorn balls home to enjoy!

Activity: 183640-A
 Location: Dance Room
 Day/Date: Friday, Oct. 12
 Time: 5:30-7:30 pm
 Fee: R\$3/NR\$5
 Age: 5-12 years
 Min/Max: 15/40
 Registration Deadline: Oct. 5



The registration deadline is one week prior to the start of each class unless otherwise noted.

Christmas House Decorating Contest!

Are you all about exterior illumination? Let your inner Clark W. Griswald shine through this holiday season! Beat your neighbors and win prizes that will make your holidays even merrier!

Besides your prize, you will also receive a lawn award announcing your triumph and recognition in the Alsip Park District 2017 Spring brochure

Activity: 183599-A
 Day: Monday
 Date: December 17
 Time: 7:00-9:00 pm
 Fee: \$5.00 Alsip Residents Only
 Min/Max: 10/50
 Registration Deadline: Dec. 10

Light Up The Park

Get in the holiday spirit as we “Light Up The Park” at our annual tree lighting ceremony. Join Mrs. Claus, Prairie Jr. High Band and Choir and our preschool class as we celebrate the upcoming holiday season. Families are encouraged to take part in Family Ornament Night on November 12 since those ornaments are used to decorate the huge evergreen tree out front. After the outdoor oooh-ing and ahhh-ing at the lit tree, we will head into the warm gymnasium for carols, cookies, and cocoa. No registration needed for this event. Be on time to experience the magic of Lighting up the Park at the Alsip Park District!

Location: ARC
 Day: Tuesday
 Date: November 20
 Time: 6:30 pm
 Age: All, under 18 must be accompanied by an adult
 Fee: FREE

Halloween House Decorating Contest

Is your house haunted? Register for this contest and compete against your neighbors to win a fabulous prize basket full of goodies, recognition in our upcoming 2013 winter brochure and a lawn sign announcing that you are a contest winner! Prizes will be awarded for first, second and third place. The Alsip Park staff judging panel will drive to your house between the hours of 7:00 -9:00 pm depending on the amount of registrants.

Note: You must pre-register at the Apollo Recreation Center.

Activity: 183598-A
 Day: Monday
 Date: October 22
 Time: 7:00-9:00 pm
 Fee: \$5.00 Alsip Residents Only
 Min/Max: 10/50
 Registration Deadline: Oct. 15

Family Pumpkin Carving Competition!

Bring your little ghouls to this pumpkin-provided Halloween event. Get ready to transform your typical pumpkin into an artistic masterpiece and go home with a fantastic prize! We’ll supply the pumpkin & fun stuff like feathers, pipe cleaners and paint while you supply the creativity. Awards will be given for top three best pumpkins in the following categories: Best Over All, Scariest and Most Creative. Refreshments and spooky Halloween music will also be enjoyed! Wear a costume too.

Activity: 193645-A
 Location: Dance Room
 Day: Tuesday
 Date: October 30
 Time: 5:00-7:00 pm
 Age: All with adult
 Fee: R\$5/NR\$9 each family entering contest.
 Min/Max: 10/50
 Registration Deadline: Oct. 23

Turkey Bowl-ing

Don’t be a turkey! Win one! Join the Alsip Park District for this new and exciting family Thanksgiving event. Family members will each get chances to slide frozen turkeys down the lane and knock down the most bowling pins in different age divisions to win a turkey, grocery gift card and other fun stuff just in time for your Thanksgiving feast!

Activity: 183613-A
 Day/Date: Friday, Nov. 16
 Location: Small Gym
 Time: 5:00-8:00 pm
 Fee: R\$3/NR\$5 per adult/child team
 Min/Max: 10/50
 Registration Deadline: Nov. 9

Family Ornament Night

The Alsip Park District needs help from our local families to make ornaments for our huge evergreen tree out front! Stop by and create beautiful ornaments for all of Alsip to see. All supplies are included to make a variety of ornaments.

Ornaments made will be hung on our tree in time for our “Light Up The Park” event. Please stop by anytime during the evening to create an ornament or two!

Activity: 183635-A
 Location: Small Gym
 Day: Monday
 Date: November 12
 Time: 5:30-8:30 pm
 Fee: FREE
 Age: All



The registration deadline is one week prior to the start of each class unless otherwise noted.

Flashlight Candy Cane Hunt

Hundreds of candy canes will be hidden, just waiting for 2 to 10 year-olds to find them, at this new Flashlight Candy Cane Hunt event. If weather permits, the hunt will be outdoors on the playground at the Apollo Recreation Center. In case of inclement weather, the hunt will be inside, throughout the recreation center. In addition to the regular candy canes, there will be three special candy canes that will lead to an extra special treat. After the hunt we will have hot chocolate and cookies inside! The hunt will begin right at 6:00 pm sharp! Pre-registration is required.

Activity: 183627-A
 Location: Apollo Playground /Big Gym
 Day/Date: Friday, December 21
 Time: 6:00-7:00 pm
 Fee: R\$3/NR\$5
 Age: All, 2 & under free
 Min/Max: 30/150
 Registration Deadline: December 14



Save the Date!

Santa's Landing 2018

is Sat. Dec. 1st this year!



The registration deadline is one week prior to the start of each class unless otherwise noted.



Season of all things- Ghostly-Paranormal Tour

This trip will explore the sites of famously spooky, haunted and down-right ghostly. (literally) On this guided paranormal tour we may actually see ghosts. Join us as we visit the epically haunted Woodlawn Cemetery, the haunted shopping mall, Resurrection Mary's grave, Bachelor's Grove and meet the ghost of Frank Nitti who was one of Al Capone's henchmen whose unsettled soul still walks the earth in despair.

Activity: 185798-A
 Depart: ARC/10:00 am
 Return: ARC/3:00 pm
 Day: Saturday
 Date: September 29
 Age: All
 Fee: R\$50/NR\$60
 Min/Max: 8/15
 Registration Deadline: Sept. 22

Did you know?

The Alsip Park District is a separate municipal governing agency established for the purpose of providing parks, facilities and recreational programs for the community. If you have any questions regarding any of our programs, parks or facilities, please feel free to contact our Main Office at 708-389-1003.

Thornton Quarry Tour

We are in for a really unique treat! This exciting trip includes a guided, narrative tour of the Thornton area including ties to Capone, the Native tribes and early settlers in the area and the location of a WWII POW camp. At the Quarry we will have a rare opportunity to head to the floor of the Quarry to see the operations and dig for fossils from a 400 million year old coral reef. Other trip details include a local History museum, lunch at Glenwood-Oaks and a guided tour of Southside neighborhood history tours with additional locations off the bus in those areas. Itinerary and lunch menu will be given at registration. Price includes, transportation, multiple guided tours, fossil digging and unforgettable memories.

Activity: 185679-A
 Day/Date: Saturday, Oct. 6
 Depart: ARC/8:30 am
 Return: ARC/4:45 pm
 Age: Adult
 Fee: \$107
 Min/Max: 10/14
 Registration Deadline: Sept. 21



Fall Fest in Amish Country

Join the Alsip Park District for a wonderful fall day in the beautiful Amish country of Elkhart & Middlebury, Indiana. The day will begin with a three hour guided brown bag tour where you will make multiple stops and fill your bags with goodies and fall treats along the way. After your tour and shopping you will enjoy a home cooked buffet dinner and drink at Das Dutchman Essenhouse. Join us for this all inclusive fall extravaganza! Price includes, transportation, tour, brown bag tour with items, buffet dinner, gratuity and chaperone.

Activity: 185687-A
 Depart: ARC/ 10:00 am
 Return: ARC/ 8:00 pm
 Day: Saturday
 Date: October 13
 Age: Adult
 Fee: R\$85/NR\$95
 Min/Max: 15/25
 Registration Deadline: Oct. 1



Spooky Stuff, Midnight Terror Haunted House & Lunch

Join local paranormal expert, Bob Trzeciak for guided tour through some of the most haunted locations in our area that you don't even know about and some you do. We will start off at the Bachelor's Grove Museum in Tinley Park, then a guided tour through Bachelors Grove Cemetery and other haunted and spooky sights. We will then have lunch and head to Midnight Terror Haunted House.

Activity: 183677-A
 Depart: ARC/1:00 pm
 Return: ARC/8:00 pm
 Day: Saturday
 Date: October 20
 Age: Teen/Adult
 Fee: R\$55/NR\$65
 Min/Max: 8/14



Chicago Holiday Lights Trolley Tour

Kick off the holiday season with an entertaining two hour narrated tour aboard a decorated Trolley that will pick us up at the Apollo Recreation Center. You'll travel among the festive lights and enchanting sights of Downtown Chicago including the Magnificent Mile, State Street Windows, Chicago's Christmas Tree, Buckingham Fountain, and Navy Pier. Plus we'll make a one hour stop at the Christkindlmarket-a traditional German American holiday market with distinctive crafts, artistic glass creations, delicious sweets, holiday food and drinks. While on the tour we will enjoy live entertainment to dazzles us with holiday cheer via Christmas carols! We will enjoy a mini bundt from Nothing Bundt Cakes, hot chocolate, travel mug and entertainment!

Four Winds Casino

You feeling lucky? Leave the driving to us and concentrate on winning some cash! Four Winds is one of the most popular casinos around with new games and huge jackpots! Let's enjoy a buffet lunch to keep up our energy to gamble and have some fun! Price includes transportation and buffet only.

Activity: 153709-A
 Day: Thursday
 Date: November 8
 Depart; ARC/9:00am
 Return ARC/4:00pm
 Age: 21+
 Fee: R\$40/NR\$50
 Min/Max: 8/14



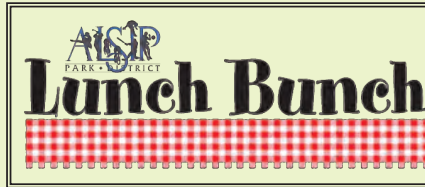
Activity: 143637-A
 Depart: ARC/4:00 pm
 Return: ARC/8:00 pm
 Day: Sunday
 Date: December 16
 Age: All
 Fee: R\$49/NR\$59
 Min/Max: 23/36
 Registration Deadline: Dec. 4

The registration deadline is one week prior to the start of each class unless otherwise noted.

Lunch Bunch-Try New Places!

The Alsip Park District offers transportation to a different restaurant monthly and the opportunity to mingle with local residents and enjoy an afternoon of fine dining! Sign up with a friend or meet new people. Leave the driving to us and come hungry. Price includes transportation and escort only. Bring money for lunch.

Depart: ARC/11:00 am
 Return: ARC/3:00 pm
 Age: All
 Fee: R\$10/NR\$12
 Min/Max: 8/13



Girl in the Park-Orland Park

Girl in the Park is truly a unique American Bar & Grill with a menu specializing in locally-sourced ingredients, handcrafted infused cocktails, and a STRONG bourbon game. Our partnership with local farmers, grocers, and brew houses ensures that we will deliver a fresh product that sets us apart.

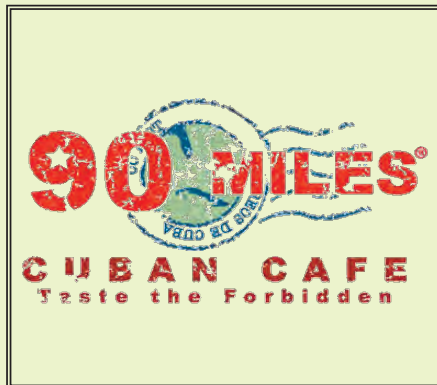
Activity: 183765-A
 Day: Friday
 Date: October 12



Turquoise-Chicago

Turquoise Restaurant was established in 2002 in Roscoe Village. They became known for their wide selection of Turkish-inspired Mediterranean dishes and drinks. Nestled in the middle of Roscoe Village, Turquoise Restaurant takes pride in being a part of such a culturally diverse neighborhood.

Activity: 183765-B
 Day: Friday
 Date: November 9



The 90 Miles Cuban Café-Lincolnwood

The Gonzalez family came from Cuba on June 13, 1980 on a shrimp boat from the Mariel Harbor Cuba. After 15 hours in a stormy black sea they finally reached Key West, only 90 Miles from their beloved Cuba. They immediately started working towards their American dream. Their dedication has given them the opportunity to be able to share their essence of Cuban culture and authentic Cuban cuisine right from their kitchen table to you.

Activity: 183765-C
 Day: Friday
 Date: December 7



Main Office
 12521 S. Kostner Ave. • Alsip, IL 60803
 Tel. 708-389-9423 • Fax 708-389-6458
Office Hours: Monday-Friday 9:00 am-5:00 pm
 www.swsra.com

BOARD OF DIRECTORS

Jeannette Huber	Alsip Park District
Tom Wogan	Blue Island Park District
Brenda Dziallo	Village of Merrionette Park
Dominic Egizio	Midlothian Park District
Mike Leonard	Palos Heights Recreation Department
TJ Whitcomb	Posen Park District
Bob O'Shaughnessy	Worth Park District

SWSRA ADMINISTRATIVE STAFF

Lori Chesna, CPRP	Executive Director
Dawn Kehoe	Business Manager
Susan Vinyard, CTRS	Superintendent of Recreation
Brittany Izzo	Recreation Specialist
Paula Marr	Volunteer/PR Coordinator
Audrey Dambek	Office Clerk
John Bedore	Vehicle & Facilities Coordinator

Alsip Park District has a cooperative agreement with South West Special Recreation Association (SWSRA) to provide recreation choices for people with disabilities. The Alsip Park District is a proud member of South West Special Recreation Association. SWSRA's main office is located in the Apollo Recreation Center.

WE ARE SPECIAL....

SWSRA is a special recreation cooperative comprised of the following communities: Alsip, Blue Island, Merrionette Park, Midlothian, Palos Heights, Posen, and Worth. SWSRA was formed in 1981 to provide year-round quality recreation programs and services for individuals with disabilities or special needs. SWSRA programs are designed to increase independence and enhance the quality of life for each individual.



The registration deadline is one week prior to the start of each class unless otherwise noted.



SWSRA provides a wide variety of programs available for individuals from early childhood through adulthood. The programs are designed to meet the individual recreation needs of any person who is in special education classes, participates in a sheltered workshop, is referred to SWSRA from a local hospital or rehabilitation center, or who's special needs restrict or prohibit their participation in traditional park district setting. This would include individuals who have varying degrees of physical or mental disabilities, learning disabilities, behavior disorders, attention deficit disorders, hearing or visual impairments.

WE OFFER...

SWSRA offers a wide variety of programs, sports (including participation in Special Olympics Illinois), special events, trips and summer camps. Participants of SWSRA not only have fun, but also make friends, increase physical activity, enjoy new experiences and refine their social and life skills.

INCLUSION...

Some people with disabilities prefer to have recreation opportunities in traditional recreation programs with people who do not have disabilities. To meet this need, SWSRA provides training, support staff and assistance to partner park districts and local recreation departments so inclusive recreation can be enjoyed by all! For more information, please contact SWSRA at (708) 389-9423 or visit us on the web at www.swsra.com.

SWSRA's Sensory Depot

SWSRA opened a Sensory Room in January 2017 that provides children and adults with disabilities we serve with a multi-sensory environment that promotes neurological activity and encourages relaxation, allowing participants to experience their senses and soothe themselves. Multi-sensory environments promote development, learning, and communication and lead to improved quality of life. Time spent in a multi-sensory environment has been shown to increase concentration; to focus attention; to improve alertness, mobility, creativity, social relations, communications, and general awareness of the surrounding world; and to encourage learning, motor development, cognitive development, language, and social interaction skills. Our Sensory Room will be available to individuals of all ages and all abilities.

However, the Sensory Room will be particularly beneficial for individuals with autism spectrum disorders, sensory processing disorders, ADHD, and dementia.

SWSRA's Sensory Room will consist of equipment that provides sensory stimulation opportunities. The following sensory stimulation elements are examples that will be part of our Sensory Room:

- **Bubble Tube:** Bubble tubes allow clients to seek visual stimulation with the coloring changing light and the calming effect of the bubbled water.
- **Side Sparkle Kit:** 78" length tendrils allow participants to play in a safe way with light and explore tactile stimulation with the tendrils in a ground stimulation activity. This item is especially ideal for clients who utilize wheelchairs as the "mat relaxation time" allows muscles to be stretched as stimulus to other body parts are provided by the tendrils and rotating color lights.
- **Activity Play Panel Center:** Panels feature a variety of fine motor options for clients. The Activity Play Panel Center includes velcro, see-thru mesh, transparent vinyl, and art display panels.



- **POD Pillows:** Allows relaxation of the body in a comfortable pillow-seat that has a higher elevation of support for clients with less muscle control.
- **Octagon Rest Zone:** Series of interconnected mats that provide rim support for clients to allow group social relaxation time or support for individuals with limited muscle tone.

Parents, guardians, and staff are welcome to stay in the program room while the participant uses the sensory room supervised by SWSRA staff.

Sessions are 30 minutes each and you may drop in at any time during the allotted reservation time, however the last session must arrive 30 minutes prior to the end time. SWSRA staff close the room at each designated end time without exceptions.

Registration is required through the SWSRA office located at 12521 S. Kostner Ave., Alsip IL.

Payments will not be accepted at the Sensory Depot. The Sensory Depot is located at 10707 S. Oak Park Ave., Worth IL. The doors will remain locked to the building until 5 minutes prior to the session beginning.

Help SWSRA buy new sensory items for the Sensory Depot by visiting and sharing the following link: <https://www.gofundme.com/2c5wm44>



The registration deadline is one week prior to the start of each class unless otherwise noted.



Pirate Party or Pink Pirate Party:

RS\$220/NRS\$240

We will enjoy cake and ice cream as we search for gold on a treasure hunt, X marks the spot! All the kids will receive a treasure chest filled with gifts worthy of a captain. Games such as pirate patch and walk the plank will be played.

Gymnastics Party:

RS\$220/NRS\$240

Have fun in the Gymnastics room. You can choose an Open Gym where one of our Gymnastics instructors will supervise your party guests, or an instructional party where the instructor will demonstrate and lead the party child and guests on the equipment. After the party guests are finished in the Gymnastics room, they will be led to a decorated room to enjoy cake and ice cream and receive a treat bag.

Sports Galore (Favorite Sport _____):

RS\$220/NRS\$240

The party favors and decorations will go with the Party goers favorite sport, so be sure to jot it down on the form. The birthday person and his/her guests will compete in skills competitions; have relay races and other sports themed games for prizes. Some activities may be held outdoors or in our gymnasiums, space permitting.

Dress-Up Birthday Party:

RS\$220/NRS\$240

Dress-Up Theme is: _____

Police Officer, Princess, Ballerina, Baseball Player? Let us and your guests know, so they can come in costume. All decorations, party favors and activities will coordinate with the dress-up theme.

Rock Star Party:

RS\$220/NRS\$240

Musical themed decorations and party favors will the set the stage for this party. Guests will play games such as musical chairs, freeze dance and how about some karaoke?

Minimum/Maximum
When you see the words “Min/Max” under a program it refers to the minimum number of participants needed for the program to run and the maximum number of participants that the program can accommodate.



Check out Our NEW Birthday Parties for children ages 3-10!

We have revamped and expanded our birthday parties to include even more excitement and fun! Stop by the Apollo Recreation Center for the all the details! Here is a quick highlight of each party. All parties are 2 hours in length and include cupcakes and ice cream, party favors and prizes for games for **12 children**.

Additional children are charged a fee of \$15.00 each **a maximum of 15 children**

are allowed at the party. No additional food may be brought into the party and we require at least a 2 week notice for parties. You can add on the fun with crafts and balloon centerpieces.

We can create a party to fit any theme and we will create a custom package just for you! Stop by the Main Office and complete a Birthday Party request form to begin the process! For additional information, contact Jessica Tompkins at (708) 389-1003.



Did you know?

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Dance Room Capacity: 60 people

ARC-Dance Room

The Alsip Park District offers a party room for rent in the Apollo Recreation Center. The Dance Room is ideal for a party or family function. This rental includes set-up and take down of tables and chairs, full use of the kitchen (additional deposit of \$50). This room is used for all of our special events and has a comfortable feel for your next birthday party, baby or bridal shower or family get together. You will not be disappointed. All rentals must be completed including clean up with their rental by 8:00 pm. Renters must include set up and take down time in the time on the contract. No alcoholic beverages or D.J.s allowed and renter is responsible for all guests, liabilities and damages.

Note: For cancellations the Alsip Park District must be notified two weeks prior to the rental or a forfeit of the renter's deposit will occur. Rental on Saturday and Sunday Only

- 60 person capacity
- Dimensions 35 x 40 feet
- \$20 for Coffee Service
- \$50 Cash Deposit Required
- Fee (minimum of 3 hours)
- Resident-\$25 per hour
- Non-Resident-\$50 per hour

ARC-Gymnasium Rental

The small gymnasium, located in the Apollo Recreation Center is for rent on Saturday and Sunday. This gymnasium can be used to play volleyball or basketball; no spectators allowed. A minimum two-hour rental required for gymnasium. All rentals must be completed including clean up with their rental by 8:00 pm. Renters must include set up and take down time in the time on the contract. No alcoholic beverages or D.J.s allowed and renter is responsible for all guests, liabilities and damages. **Note:** For cancellations the Alsip Park District must be notified two weeks prior to the rental or a forfeit of the renter's deposit will occur. Rental on Saturday and Sunday Only

- 25 person capacity
- \$50 Cash Deposit Required
- Fee (minimum of 2 hours)
- Residents-\$50 an hour
- Non-Residents-\$75 an hour



Small Gymnasium



Sears Park Picnic Shelter

Picnic/Shelter Rental

The Alsip Park District is eager to inform you that several of our shelters in our parks throughout the community are for rent. Each shelter may only be rented once a weekend, either Saturday or Sunday. No alcoholic beverages, animals, open fires (except in permanent park district grills), DJ's or glass containers are allowed and renter is responsible for all guests, liabilities and damages. Renter and guest must clean and vacate the premise by dusk, failure to do so will result in forfeit of their deposit. Renters must include set up and take down time in the time on the contract. **Note:** For cancellations the Alsip Park District must be notified two weeks prior to the rental or a forfeit of the renter's deposit will occur. Rental on Saturday and Sunday Only.

- Apollo Park (50 person capacity)
- Barnes Park (25 person capacity)
- Laramie Park (25 person capacity)
- Sears Park (60 person capacity)*
- \$100 Cash Deposit Required
- Fee
- Residents-\$100 per 5 hour rental
- Non-Residents-\$150 per 5 hour rental
- * \$25 Cash Fee for Bathrooms

Register Now

1. Online Registration

Visit www.alsiparks.org, select registration, select online registration. For first time users of the system, you will have to set-up an account. This can be done by selecting the “Create Account Tab”. Setting up a new account will only take a few minutes and is only required for the first time you use the system. The online registration system provides many handy features that are designed to make registration easier.



2. Mail-In

Complete the registration form in the brochure. The form must be filled out completely in order to be processed. Payments may be made by check or credit card. Checks should be made payable to the Alsip Park District. If paying by credit card, include your complete credit card number, card holder name, expiration date and signature. **Note:** Make sure you sign the waiver on the registration form.



Mail to: Alsip Park District
12521 South Kostner
Alsip, Illinois 60803
Attn: Registration

3. Fax

Complete the registration form in the brochure. The form must be filled out completely in order to be processed. All faxed registrations must be paid with a credit card. Be sure to include your complete credit card number, card holder name, expiration date and signature. **Note:** Make sure you sign the waiver on the registration form.



Fax to: 708-389-1529

4. Drop-Off

Complete the registration form in the brochure and/or complete a registration form at the Apollo Recreation Center. The form must be filled out completely in order to be processed. Place the completed registration form inside the mailbox located outside the front entrance of the Apollo Recreation Center or drop it off at the Registration Desk during regular business hours. **Note:** Make sure you sign the waiver on the registration form.



Drop-off at: Alsip Park District
12521 South Kostner
Alsip, Illinois 60803
Attn: Registration

REGISTRATION PROCESSING BEGINS
RESIDENTS: August 20, 2018
NON-RESIDENTS: August 27, 2018

REGISTRATION PROCESS:

- **REGISTRATION WILL BEGIN UPON RECEIPT OF YOUR BROCHURE.** You simply complete a registration form and return it to the Alsip Park District Registration Department and we will mail you a confirmation receipt once your registration has been processed. Program registrations will begin to be processed for residents on August 20 and for non residents on August 27.
- Walk-In registration may be taken after the initial lottery registration period.
- All program registration is done on a lottery basis.

The registration deadline is one week prior to the start of each class unless otherwise noted.

Alsip Park District

Family Name _____ Address _____
 City _____ State _____ Zip _____
 Phone (____) _____ Work Phone(____) _____ Emergency Phone(____) _____
 Emergency Contact _____ Relationship to Family _____
 Do you have any special needs or require any accommodations? _____

First Name	Gender	Date of Birth	Grade	Activity #	Session #	Program Title	Day/Time	Location	Fee
Total Paid									\$

FAX TO: 708-389-1529
 MAIL TO: Alsip Park District
 12521 S. Kostner
 Alsip, Illinois 60803

Visa _____ Mastercard _____ Discover _____ Cardholder # _____ Cardholder Name _____ Exp. Date _____ Amount Charged _____ Authorized Signature _____

Are you interested in being a volunteer coach for one of our Youth Sport Programs? Yes No

For Office Use Only
Cash _____ Check _____ Charge _____ Date Rec'd _____ Check # _____

E-Mail Address _____ Participant Shirt Size _____

IMPORTANT INFORMATION

The Alsip Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of the participants in high regard. The Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for any program or activity must recognize that there is an inherent risk of injury when choosing to participate in any recreational activity.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. Always advisable, especially if the participant is pregnant, disabled in any way or has suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Recreational activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or other officiating, and other risks inherent to the particular activity. In this regard, it is impossible for the Park District to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND PHOTO/VIDEO AUTHORIZATION

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all claims for injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my minor child/ward) as a result of participating in this program/activity against the Alsip Park District, including its officials, agents, volunteers and employees.

I further authorize and give my consent to the Alsip Park District to photograph/video my child (or me), and without limitation, to use such photographs/videos in connection with promoting the services, programs, and facilities of the Alsip Park District, without consideration of any kind.

I have read and fully understand the above important information, warning of risk, waiver and release of all claims, and photo/video authorization. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.



PLEASE PRINT

Participant's Name _____



Participant's Signature _____

Date _____

(18 years or older or Parent/Guardian)

PARTICIPATION WILL BE DENIED
 If the signature of adult or/parent/guardian and date are not on this waiver.

The Alsip Park District accepts Visa, Mastercard American Express and Discover for credit card payments. Sorry, no telephone registrations.

A \$25.00 fee is charged on all NSF checks. All future registrations must be paid by cash, certified check or money order. Payment is due at the time of registration, unless otherwise noted.

PROGRAM CONFIRMATION

A confirmation/receipt will be sent to you in the mail once your registration has been processed. If it states “ENROLLED” you are enrolled in the program. If it states “W-List”, you are on the waiting list for the program. You will be notified of waiting lists status changes. We encourage you to place your name on a waiting list. If the program you desire is full, additional sessions will be opened, if possible.

MINIMUM/MAXIMUM

When you see the words “Min./Max.” under a program it refers to the minimum number of participants needed for the program to run and the maximum number of participants that the program can accommodate.

REGISTRATION DEADLINE

Our programs need to meet the minimum number of enrollments by the registration deadline in order for the program to become active. It is important that you register by the registration deadline that is listed with each program to ensure that you are enrolled in the program, (if space is still available). After the registration deadline, registration may not be able to be taken. If we do not meet the minimum number of participants the program may be cancelled.



REFUND POLICY

Individuals submitting a request for a refund for a program will be eligible to receive a refund provided the request meets one of the criteria below:

- Individual must complete a refund application at the Apollo Recreation Center prior to two classes of the program session.
- No other refunds will be given after two classes of the program session have expired.

For various one day seminars, trips or special events a refund will be given if the following criterion occurs:

- Individual must complete a refund application at the Apollo Recreation Center one week prior to the seminar, trip or special event.
- There is a \$50 non-refundable processing fee for Day Camp and Teen Camp.

A processing fee of \$3.00 is deducted from all refunds with the exception of programs cancelled by the Alsip Park District.

Individuals enrolled in programs, special events or trips that are cancelled by the Alsip Park District will be given a 100% refund and a processing fee will not be assessed.



Main Office Registration Desk

The registration deadline is one week prior to the start of each class unless otherwise noted.

Park Watch

We need your help in keeping our parks safe, clean and FREE of vandalism. If you find broken equipment or have any other safety concerns about our park sites or facilities, please contact our Main Office at 708-389-1003. If you see vandalism occurring in the parks, please contact the Alsip Police Department by calling 708-385-6902. The park district is committed to providing a safe place for recreational activities and prefer to enhance the quality of our parks rather than replace vandalized equipment. Thank You for your support in our efforts to provide the residents of the Alsip Park District with quality park sites and facilities.

The Apollo Recreation Center Gymnasium is available for “open gym”.

The facility is open for your use at periodic times during the week when park district activities are not in session. Children under the age of 8 must be accompanied by a valid, card carrying member 16 years and older who must provide supervision for the youth(s) inside the gymnasium.



Basketballs are available for use with a valid facility pass. **Gym shoes must be worn at all times.**

Gymnasium

Located inside the Apollo Recreation Center is a gymnasium that is left open for you to use for “open gym”. This facility is open for your use at periodic times during the week when park district activities are not in session. Children under the age of 8 must be accompanied by a valid, card carrying member 16 years and older who must provide supervision for the youth(s) inside the gymnasium. Basketballs are available for use with a valid facility pass. Gym shoes must be worn at all times. No dark sole running/jogging shoes allowed! No food or drinks allowed in the gymnasium. Hours are subject to change during days of special events or circumstances.

General Membership Information

1. All Facility Pass registrations take place at the Apollo Recreation Center during regular office hours. Proof of residency is required. One must be a picture I.D. and one current Alsip utility bill. Children should have a school I.D. and must be accompanied by a parent or legal guardian, who must show proper identification.
2. All facility pass members must have a photo I.D., taken at the Apollo Recreation Center.
3. Bring your Facility Pass when registering! Your pass will then be re-validated for the 2018 season.
4. Daily Passes may be purchased with a valid ID for a cost of \$5 per visit for residents and \$10 per visit for non-residents.
5. The fee to replace a Facility Pass is \$20 for adults 18 & over, and \$10 for ages 8-17.
6. You must present a valid Facility Pass or Daily Pass before entering the Gymnasium/Fitness Center/Women’s Circuit Center. No exceptions will be made!!!
7. There are no refunds on memberships.

Americans with Disabilities Act (ADA)

The Americans with Disabilities Act of 1991 (Public Law 101-306) was adopted by congress for the purpose of eliminating discrimination against individuals with disabilities. The Alsip Park District makes every effort necessary to comply with the Americans with Disabilities Act (ADA). We will not discriminate against qualified individuals with a disability for participation in services, programs and services. The Alsip Park District invites any individual with special needs to notify our staff upon registration so that we may better serve you. Additional programs for people with disabilities are offered through the Southwest Special Recreation Association (SWSRA). For additional information, please contact SWSRA at 708-389-9423.

Gymnasium Facility Pass Fees

Youth (8 years to 17 years)	RS\$30/NR\$60
Adult (18 years and older)	R\$75/NR\$150
Corporate Rates	R\$95 per employee
<small>(Individuals not to exceed 30 employees per corporation)</small>	
Daily Fee:	\$5/NR\$10



Nothing ruins a good program quicker...

than waiting until the last minute to register for it. There is a point where if the minimum number of participants is not met to hold the program, it will be cancelled. Registering on the day of or the day before the program will not save it. Please register five business days before the program/event to avoid disappointment. Classes may be combined and times modified to facilitate better programs. Receipts are mailed to those enrolled.

Waiting Lists

Since all our programs have registration limits we cannot guarantee your choice of enrollment in them. The Alsip Park District maintains waiting lists for programs that have reached their maximum registration. Placement on a waiting list is encouraged. Individuals placed on a waiting list will be contacted if any additional program space becomes available.

Oops! - Brochure Typos/Errors

Though we try our best, due to the large amount of information available in the Alsip Park District Program Guide, errors after publication may occur. We apologize for any inconvenience this may cause, and when errors do occur, our staff will advise you of the changes as quickly as possible. We will also attempt to keep information on our website, www.alsipparks.org as current as possible. Thank you for your patience and understanding.

Special Accommodations

Special Accommodation Services are provided through the inclusion services of the South West Special Recreation Association (SWSRA). Requests for this service should be made a minimum of 2 weeks before the start date of any program during the registration process.

Say Cheese

Our Park District photographers periodically take pictures and/or videos of participants in our classes, during special events and out at our facilities and parks. Please be aware that these photos are for Park District use and may be used in the District's marketing materials. You must give us written permission if you or your family members do not want to be photographed or published.

The registration deadline is one week prior to the start of each class unless otherwise noted.

Residency

Residency of the Alsip Park District is defined by financial contributions through property taxes for the operation of the park district. Boundaries of the Alsip Park District and the Village of Alsip are not exactly the same. If you are uncertain whether you qualify as an Alsip Park District resident, please check your current property tax bill. Proof of residency in the form of a picture I.D. and current tax bill or utility bill may be required during program registration. Alsip Park District residents are given first priority for program registration.

Program Limitations

Each program at the Alsip Park District has an established minimum and maximum number of possible registrants. These numbers are set to guarantee the highest quality program we can offer. The facility, student/teacher ratio and the nature of the program considered when setting program registration minimums and maximums. Programs that do not meet the minimum number of registrants may be cancelled. Please refer to the "*Program Cancellation*" section for additional information. Program instructors are not allowed to accept any registrant beyond the established maximum without authorization by their immediate athletic or recreation supervisor.

Important Class Cancellation Information

Program supervisors begin reviewing class enrollment and canceling classes that do not meet minimum enrollment approximately **ONE WEEK (five business days)**, prior to the start date. It is extremely important that you try to register for class choices no later than one week before they begin. All participants registered in cancelled programs will be notified by the Alsip Park District staff and will receive a full refund.

Payment/Pro-rating

Participants will not be registered for programs without payment. Program fees will not be pro-rated for late enrollment.



Sponsor Partnership Program

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Joe Schmitt & Family

Dave & Kathy Perretta Mary Poremba

Wild Goose Chase

2018 Fall Brochure Cooperation

The Alsip Park District wishes to acknowledge the Doubletree/Hilton Hotel, Alsip, Hazelgreen and Oak Lawn School District #126 and Cook County School District #130 for enabling the park district to provide numerous year-round recreational activities. The park district is permitted to use school facilities when not being used by the schools. For this reason there may be occasional changes in the schedule.

General Information

Alsip Park District Board of Commissioners

The Park Board is composed of five non-paid individuals selected by you to serve elected terms. The Board is primarily a policy-making body that reflects the needs and interest of all taxpayers. The Board of Commissioners meets on the fourth Monday of each month at the Apollo Recreation Center, 12521 South Kostner at 6:30 pm. The public is welcome to attend.



Board of Commissioners
Pictured left to right, Joe Schmitt, Robert Schneider, Jackie Becker, Jerri-Lynn Kleina, and Kathleen Perretta

Apollo Recreation Center
12521 S. Kostner Avenue
Alsip, Illinois 60803
Tel. 708-389-1003 Fax 708-389-1529
Web Address: www.alsipparcs.org



Meet the Staff

Jeannette Huber, CPRP	Director of Parks & Recreation
Greg Hooper, CPRP	Superintendent of Recreation
Cathy Krydinski	Business Manager
Daren McLaughlin	Superintendent of Parks
Dale Durnin	Park Foreman
James Parrott	Park Laborer
Mike DeChene, CPSI	Park Laborer
Rick Radz	Park Laborer
Jim Durnell	Park Laborer
Richard Gottardo	Fountain Hills Golf Club Manager
Danielle Peso Companio	Food & Beverage Manager
Leslie Guerrero, A.C.E., CPO	Aquatic/& Fitness Manager
Amanda Messmer	Athletic Supervisor
Denise Michalski, CPP	Recreation Supervisor
Jessica Tompkins	Recreation Supervisor
Donna Smith	Office Manager
Erica Jagust	Office Staff
Jackie Nelson	Office Staff

Registration Office Hours

Monday.....8:30 am-8:30 pm
Tuesday-Friday8:30 am-5:30 pm
Saturday9:00 am-1:00 pm
Sunday.....Closed

Plant a Living Tree Memorial

The Alsip Park District is proud to offer this program that will allow Alsip Residents the opportunity to honor and/or memorialize relatives and/or friends with the planting of a tree in one of the Alsip Park District Parks.

To become involved in this tree program, you will make a contribution to cover the cost of purchasing a tree that you choose from a list of authorized trees that the park district has approved. The minimum size of trees shall be two inches in caliper. For purchasing a tree, a donor will have the opportunity to assist the park district in selecting the site where the tree will be planted and you will receive a letter acknowledging the donation.


For more information on our "Plant a Living Tree Memorial" program, please contact our Main Office at 708-389-1003 or e-mail us at mainoffice@alsipparcs.org



The registration deadline is one week prior to the start of each class unless otherwise noted.

Parks and Facilities

	VOLLEYBALL COURT	PICNIC AREA	FITNESS CENTER	PLAYGROUNDS	TOT LOT	BALL DIAMONDS	BASKETBALL COURT	FOOTBALL FIELD	TENNIS COURTS	GOLF COURSE DRIVING RANGE	BANQUET FACILITY	RESTAURANT	WALKING/BIKE PATH	SOCCER	CONCESSION STAND	INFINITY WEB	SKATE PARK	
1	Apollo Recreation Center 12521 South Kostner	3*	+	+	+			2*		2					+			
2	Sprayfari Aquatic Park & Pool 11930 South Kostner		+			+										+		
3	Austin View Park Route 83 & Austin Ave.				+	+				2L					+			
4	Barnes Park 117th & Kolin Ave.		+		+	+	+											
5	Bicycle/Walking Path 116th Street-127th Street														+			
6	Creekside Park 113th & Lamont Avenue				+													
7	Commissioners Park 12600 Kedzie Avenue	2L	+		+	+	4L							+	+	+		
8	Fountain Hills Golf Club 12601 Kedzie Avenue									30L	+							
9	Freedom Park 131st & Cicero		+		+	+												
10	Ketelaar Tot Lot 124th & Walter Lane					+												
11	Kiwanis Park 122nd & Laramie													+				
12	LaCrosse Tot Lot Engle Rd. & LaCrosse Ave.					+		1										
13	Laramie Park 120th & Laramie Avenue		+		+	+	1	1										
14	Mary J. Lynch Skate Park 119th Pl. & Kostner Ave.		+														+	+
15	Pokey Oaks 123rd & Lavergne Ave.					+												
16	Prairie Ball Diamonds 11910 S. Kostner Avenue						4											
17	Prairie View Park Termunde Dr. & Tripp Ave.				+													
18	Progress Park 122nd & Springfield				+													
19	Ronnetree Park 127th Pl. & Kenneth Ave.				+													
20	Sears Park 123rd & Trumbull Ave.		+		+	+	1		1L					1L	+F			
21	Wilkins Park Blossom Drive				+	+		1										

*= indoor L = lighted += equipment located at park site F = Outdoor Fitness Stations located at park site  = 9 holes

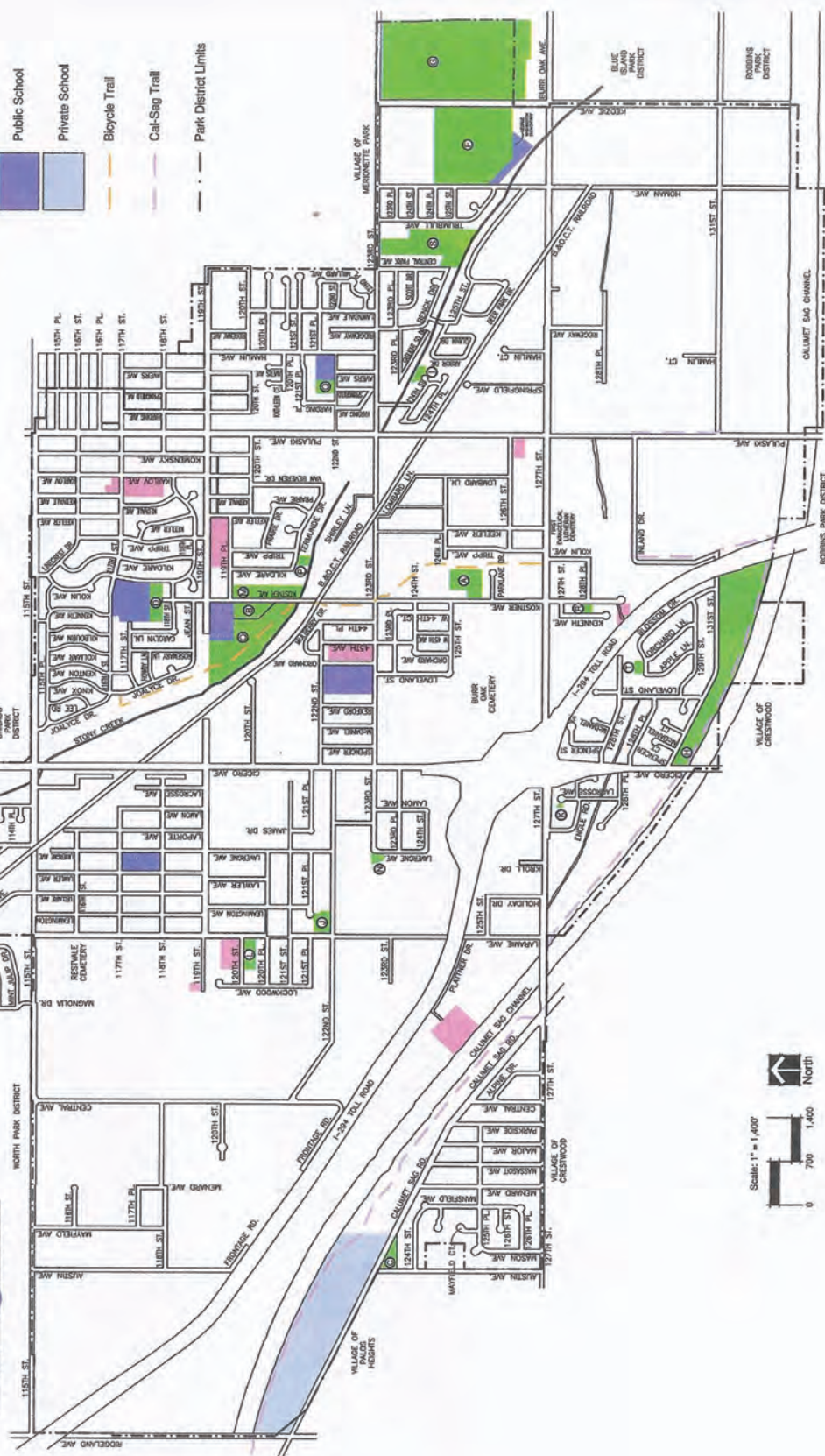
Note: Parks with lighted fields and/or courts close at 11:00 pm. All other parks close at dusk. All parks open at dawn. No alcohol or open fires allowed on park district property.



- Park Locations**
- A - Apollo Recreation Center
 - B - Aquatic Park & Pool
 - C - Austin View Park
 - D - Barnes Park
 - E - Calumet Park
 - F - Comstock Park
 - G - Fountain Hills Golf Club
 - H - Freedom Park
 - I - Koelliker Tot Lot
 - J - Kowalski Park
 - K - LeCrosse Tot Lot
 - L - Lincoln Park
 - M - Marquette Park
 - N - Pokony Oaks
 - O - Prairie Ball Diamonds
 - P - Prairie View Park
 - Q - Progress Park
 - R - Romanee Park
 - S - Shepard Park
 - T - Veterans Park

Key

- Aleip Park District
- Village Property
- Public School
- Private School
- Bicycle Trail
- Cat-Sag Trail
- Park District Limits



The registration deadline is one week prior to the start of each class unless otherwise noted.

Parks & Facilities



Apollo Recreation Center



Aquatic Park



Austin View Park



Barnes Park



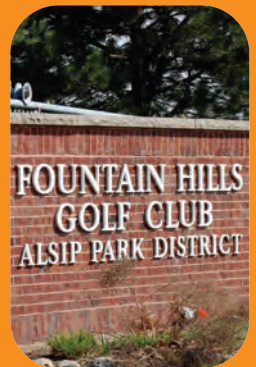
Bicycle/Walking Path



Creekside Park



Commissioners Park



Fountain Hills Golf Club



Freedom Park



Ketelaar Park Tot Lot



Kiwanis Park



Lacrosse Tot Lot



Laramie Park



Mary J. Lynch Skate Park



Pokey Oaks



Prairie View Park



Progress Park



Ronnetree Park



Sears Park



Wilkens Park