



Alsip Park District

**REGISTRATION DATES:
RESIDENT AUGUST 26
NON-RESIDENT SEPTEMBER 3**

FALL 2024

What's Happening

AT THE ALSIP PARK DISTRICT...



We are excited to welcome Jennifer Torres to the Alsip Park District as our Superintendent of Recreation. Jennifer Torres joined the Alsip Park District team in May 2024. She has managed events and programs at libraries, municipalities, community centers, and park districts for over 15 years. Jennifer has a Bachelor of Arts Degree from Saint Xavier University, and she earned her Master of Public Administration (MPA) degree from Governor's State University. She is committed to the continual growth and development of the Alsip Park District staff and community development. We wish Jennifer the best in her tenure with the Alsip Park District!



Congratulations to our Parks Department Team as they worked hard this past Spring and obtained their Pesticide Operator and Applicators Licenses for the Alsip Park District. This important training allows us to safely and effectively treat our park and facility grounds to keep them in the best shape possible. We are extremely proud of our team! Keep up the great work!



The Alsip Park District has received a \$583,000.00 Open Space Land Acquisition and Development (OSLAD) Grant for the redevelopment of Freedom Park. Freedom Park is currently a trailhead to the Cal-Sag Trail. This grant project will continue to allow access to the Cal-Sag Trail as a trailhead while also expanding the amenities at this park site. Additions will include a new playground, pickleball courts, a nine-hole disc golf course, a dog park and a mountain bike track. We are working on design development as we kick off this project. Stay tuned for additional updates.



From staff parties to Holiday Soirees, The BACKNINE at Fountain Hills Golf Club is a great place to host your next event. The BACKNINE is a full-service restaurant, bar, and banquet facility. We can customize any menu and provide the service to best meet the needs of your event. We look forward to serving you.

THE ALSIP PARK DISTRICT IS A PROUD MEMBER OF SWSRA!

SWSRA provides year-round quality therapeutic recreation programs and services for individuals with intellectual and/or physical disabilities or special needs. SWSRA programs are designed to increase independence and enhance the quality of life for each individual.

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.



PICTURED LEFT TO RIGHT, JERRI-LYNN KLEINA, JOE SCHMITT, KATHLEEN PERRETTA, JACKIE BECKER AND JAIRO GUTIERREZ

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

MEET OUR STAFF

JEANNETTE HUBER, CPRP	DIRECTOR OF PARKS & RECREATION
SUE BRUESCH	BUSINESS MANAGER
JENNIFER TORRES	SUPERINTENDENT OF RECREATION
CHRIS GRUBB	SUPERINTENDENT OF PARKS
MIKE DECHENE	PARK FOREMAN
MAX JONES	PARK LABORER
MATTHEW RADZ	PARK LABORER
MICHAEL RADZ	PARK LABORER
ALEX JARMILLO	PARK LABORER
RICHARD GOTTARDO	FOUNTAIN HILLS GOLF CLUB MANAGER
DANIELLE PESO COMPANIO	FOOD & BEVERAGE MANAGER
LESLIE GUERRERA, A.C.E., CPO	AQUATIC / FITNESS MANAGER
DENISE MERLO, CPP	RECREATION SUPERVISOR
DONNA SMITH	OFFICE MANAGER/BUSINESS CLERK
ERICA JAGUST	OFFICE STAFF
JACKIE NELSON	OFFICE STAFF

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GYMNASIUM OPEN GYM HOURS

(EFFECTIVE MONDAY SEPT. 3, 2024)

MONDAY	9:00 AM-6:00 PM
TUESDAY	9:00 AM-9:00 PM
WEDNESDAY	9:00 AM-9:00 PM
THURSDAY	9:00 AM-9:00 PM
FRIDAY	9:00 AM-9:00 PM
SATURDAY	9:00 AM-6:00 PM
SUNDAY	9:00 AM-5:00 PM

REGISTRATION OFFICE HOURS

(EFFECTIVE MONDAY SEPT. 3, 2024)

MONDAY	8:30 AM-8:00 PM
TUESDAY-FRIDAY	8:30 AM-5:30 PM
SATURDAY	9:00 AM-12:00 PM
SUNDAY	CLOSED



APOLLO RECREATION CENTER CLOSED HOLIDAY HOURS

HOLIDAY

LABOR DAY	
THANKSGIVING	
DAY AFTER THANKSGIVING	
CHRISTMAS EVE	
CHRISTMAS DAY	

WOMENS CC

CLOSED
CLOSED
8:00AM-2:00PM
8:00AM-2:00PM
CLOSED

FITNESS CENTER

CLOSED
CLOSED
6:00AM-8:00PM
6:00AM-3:00PM
CLOSED

GYMNASIUM

CLOSED
CLOSED
9:00AM-8:00PM
9:00AM-3:00PM
CLOSE

MAIN OFFICE

CLOSED
CLOSED
8:30AM-5:30PM
9:00AM-12:00PM
CLOSED

CO-ED & WOMEN'S FITNESS CENTERS

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, nu-steps, and 2 recumbent 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. 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.

MEMBERSHIP TYPE	FEES
INDIVIDUAL YEARLY	R\$179 NR\$229
DAILY	R\$10 NR\$15
INDIVIDUAL MONTHLY	R\$20 NR\$30
SENIOR MONTHLY	R\$15 NR\$25
SENIOR YEARLY	R\$89 NR\$129
CORPORATE YEARLY	R\$179 PER EMPLOYEE



PUNCH CARD (5 TIME USE)

Not ready to commit? Purchase a fitness 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 center.* R\$25/NR\$35

WOMEN'S CIRCUIT CENTER

The Women's Circuit Center is equipped with women friendly Body Master/Cybex Strength equipment, Life Fitness treadmills, Ellipticals and a Tetric & Schwinn bicycle. There are a total of 12 strength stations that alternate between 5 cardio machines. 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.



Fee: \$10.00 per month

FITNESS CENTER FALL HOURS

(EFFECTIVE SEPTEMBER 3, 2024)

Monday-Friday
6:00 am-9:00 pm
Saturday
8:00 am-6:00 pm
Sunday
8:00 am-5:00 pm

WOMEN'S CIRCUIT FALL HOURS

(EFFECTIVE SEPTEMBER 3, 2024)

Monday-Friday
8:00 am-2:00 pm
Saturday
8:00 am-12:00 pm
Sunday
8:00 am-12:00 pm

CO-ED CIRCUIT FALL HOURS

(EFFECTIVE SEPTEMBER 3, 2024)

Monday-Friday
2:00 pm-9:00 pm
Saturday
12:00 pm-6:00 pm
Sunday
12:00 pm-5:00 pm

Senior Fitness

Join us for dynamic movements, resistance training, chair exercises, improving gait patterns and fall prevention. Perform fun exercises from standing and seated positions using resistance bands, dumbbells and other training tools to improve your ability to move with purpose and react quickly. This class emphasizes full body strength, posture re-alignment and pain reduction. Come join us!

Activity: 166505-A
Instructor: Dawna Latka
Location: Heritage II Clubhouse
Age: 55+
Day: Tuesday
Dates: Sept.10-Nov. 26
Time: 11:00 am-12:00pm
Fee: R\$55/NR\$65
Min/Max: 7/15

Jammin' Zumba

Come and try this exercise in disguise class. We take the "work" out of workout, by mixing low intensity to high intensity moves for an interval style, calorie burning fitness party. Zumba has easy to follow moves with awesome Latin rhythm that boosts energy, cardio enhancement, and body toning and sculpting. This class is for everybody and every body. Let's get together and sweat it on. Ditch the workout and join the Zumba party! No dance experience is needed or required. Note: No class on Thursday, October 31 or November 28th.

Activity: 166428
Instructor: George Montejano/Lupe Aguado
Location: Dance Room
Time: 6:30-7:30 pm
Age: Teen-Adult
Fee: R\$56/NR\$66
Min/Max: 8/18
Session Day Dates
A MO September 9-November 25
B TH September 5-December 5

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: ARC/Aerobic Room
Day: Tuesday
Dates: Sept. 10-Nov. 19
Time: 9:00-10:00 am
Age: Teen-Adult
Fee: R\$60/NR\$70
Min/Max: 6/10

Abs, Arms & Buns

Fall into fitness now to beat those dreaded holiday pounds! This class combines interval training using resistance bands, dumbbells and your body weight to increase strength, and get you toned.

Activity: 166512-A
Instructor: Raven Witchard
Location: Aerobic Room 1
Day: Tuesday
Dates: Sept. 3-November 19
Time: 6:30-7:15 pm
Age: 16-Adult
Fee: R\$48/NR\$58
Min/Max: 6/12

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.

Activity: 166404-A
Instructor: Steve Steib
Location: ARC/Aerobic Room
Day: Monday
Dates: Sept. 9-Nov.25
Time: 6:00-7:00 pm
Age: 55 +
Fee: R\$48/NR\$58
Min/Max: 6/15



Private Reiki Sessions

This is a hands-on healing energy movement session. If you feel stuck or have unanswered questions or need to move forward... This is the session for you. This class will be a private Session with you and the instructor, Denise. Note: Your money will not be refunded if you cancel with less than 24 hours' notice of your appointment. *Note: In-person registration only.*

Activity: 166533-A
Instructor: Denise Cholewa
Location: Aerobic Room
Day/Date: Appointment will be scheduled by instructor
Time: 30-60-minute appointments
Age: 18-Adult
Fee: \$30-30 minutes
\$60-60 minutes

Full Body Hit-Circuit Class (New)

Join our personal trainer Nick Miroballi for a great hit-circuit class that will kickstart your metabolism. You will increase your strength, endurance, flexibility and cardiovascular fitness so come and join us for workouts that will never be boring, take half the time and change your body for lasting results.

Activity: 166506-A
Instructor: Nick Miroballi
Location: Fitness/ WCC Centers
Day: Tuesday
Dates: Sept. 10 - Oct. 29
Time: 6-7pm
Age: 16-Adult
Fee: R\$40/NR\$50
Min/Max: 6/10

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. Space is limited due to children's swim lessons in sections of the hotel pool during this scheduled class time. Please enter through the main entrance of the hotel.

Activity: 166524-A
Instructor: Anne Kalch
Location: Doubletree/Hilton Hotel Pool
5000 W. 127th St. Alsip
Day: Tuesday
Dates: September 3-November 19
Time: 10:15-11:00 am
Age: Adult-Senior
Fee: R\$48/NR\$58
Min/Max: 10/12

Strength & Stretch

This class will focus on strengthening and stretching the muscles of the body to complement 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: 166518-A
Instructor: Anne Kalch
Location: Aerobic Room I
Day: Tuesday
Time: 8:15-9:00 am
Age: Adult
Fee: R\$30/NR\$40
Min/Max: 6/15
Session Dates
A September 3-October 8
B October 22-November 26

Kickboxing/Self-Defense Class (New)

Get a great work out and have fun while learning a valuable skill set. A class focusing on kickboxing for self-defense and the basics of jiu-jitsu. Burn calories while learning to protect yourself. Wear something comfortable to work out in. Boxing gloves recommended, but not a requirement.

Activity: 166538
Instructor: Nick Waldrom
Location: Aerobic Room II
Age: 16-Adult
Fee: R\$80/NR\$90
Min/Max: 5/20
Session Day Dates Time
A TU September 3-October 22 7:00-7:45 pm
B SA September 7-October 26 12:00 -12:45 pm

Personal Training

The trainer will contact you to set up a meeting and program to fit your needs. You may choose one session or up to any number of sessions with trainer. Training will take place at the Apollo Recreation Center (ARC) Fitness Center, once you have signed up as a member of the Fitness Center or Women's Circuit Center. Please bring your receipt to your first training session. Training sessions are non-transferable. All training sessions must be used within one year of purchase date or you will be charged for remaining sessions.

Trainer: Nicholas Miroballi
(ASFA Certified)
Location: ARC/Fitness Center
Day/Dates: Schedule by
appointment
Age: 16-Adult

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 ext. 315.

Sessions	Fee
1	\$35
5	\$160
10	\$300

Yoga with a Chair

Yoga on the chairs using a specific "Yoga Chair" to deepen your awareness in all aspects of asana. You may be thinking you're in for an easy time, you will discover that the "Chair" can be quite a demanding teacher. You must be able to get up and down from the floor.

Activity: 166546-A
Instructor: Denise Cholewa
Location: Aerobic Room
Day: Sunday
Date: September 15-October 13
Time: 11:00am-12:00 pm
Age: 18-Adult
Fee: \$ 75
Min/Max: 4/15

Hatha Yoga 55+

Each class is a unique sequenced class developed to guide students through a systematic progression. This class can be practiced in all stages of life. In this Hatha class we will focus on correct alignment. 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 will be introduced to the rope wall. The rope wall will help decrease tension in the spine. Come ready to sweat and prepare to leave empowered and feeling strong. All levels of experience are welcome.

Activity: 166536
Instructor: Denise Cholewa
Location: Aerobic Room
Day: Tuesday
Time: 11:30-12:30 pm
Age: 18-Adult
Fee: \$64/monthly
\$20 per class
Min/Max: 4/10
Session Date
A September 3-September 24
B October 1-October 22
C November 5-November 26
D December 3-December 17



Cardio Drumming

Cardio drumming takes simple movement-drumming and turns it into a full-body workout that will leave you smiling, sweating and feeling great. Drumming burns calories, builds muscle and gets your heart pumping. It can lower your blood pressure and improves cognitive brain development. All fitness levels welcome, modifications will be provided. *There will be no class on November 28th or November 30th.*

Activity: 166509
Instructor: Beatice Orendorff
Location: Aerobic Room
Age: 16-Adult
Fee: R\$45/NR\$55
Min/Max: 5/20

Session	Day	Dates	Time
A	TH	Sept 12-Dec 5	6:00-6:45 pm
B	SA	Sept 14-Dec 7	11:15 am-12:00 pm



PRESCHOOL REGISTRATION

A CREATIVE LEARNING PROGRAM FOR CHILDREN AGES 3 & 4 SCHOOL YEAR 2024-2025

The Alsip Park District Preschool Program offers a diverse range of developmentally suitable activities. These include, but are not limited to, engaging creative art experiences, rhythmic singing activities, captivating stories, interactive role-playing and body movement exercises, open-ended free play, opportunities for emerging writing and reading skills, as well as activities that foster everyday math and science discovery.

- A copy of the birth certificate is **REQUIRED**.
- Age requirements must be met by September 1, 2024
- Children must be completely toilet trained.
- Enrollment fee* (same amount as monthly fee) due at registration then 8 additional payments (September 1st through April 1st)
- A \$100 administrative fee will be charged for all refunds before August 9, 2024.
- Refunds after August 9, 2024 through the start of preschool will be charged the full enrollment fee.

Please note policy for credit cards that are denied when installment payment is posted; You will be notified that 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 late fee is made. A second time your credit card is denied will result with an additional \$20 fee, a third time will result in an additional \$40 fee, and if the payment is not made within 1 week of the originally scheduled payment date your child will be dis-enrolled from the Preschool Program. *Enrollment Fee is not refundable after August 9, 2024.

3-Year-Old Preschool Information

ACTIVITY #	DAY	DATE	TIME	AGE	MONTHLY FEE
180103-B	M-W-F	SEPT. 4- MAY 9	8:45-11:45AM	3	R\$180/NR\$205
180104-B	T-TH	SEPT. 3- MAY 8	8:45-11:45AM	3	R\$118/NR\$141

4-Year-Old Pre-K Information

ACTIVITY #	DAY	DATE	TIME	AGE	MONTHLY FEE
180102-B	M-F	SEPT. 3- MAY 9	9:00-12:00PM	4	R\$303/NR\$337

FULL YEAR TUITION DISCOUNT AVAILABLE!

3-Year-Old Preschool Curriculum

Tu/Th Class
8:45-11:45 am

- First name recognition & tracing (sentence case)
- Recognizing & tracing alphabet in upper & lower case
- Rote counting to 30
- Recognizing & tracing numbers 1 to 10
- Speaking Numbers 1 to 10 in Spanish
- Monthly Themes
- Recognition of basic colors and shapes
- A strong emphasis on social skills, creative expression, dramatic play and fine motor skill development
- Daily: weather, calendar, story time, classroom sing-a-longs

M/W/F Class
8:45-11:45 am

- First name recognition & tracing (sentence case)
- Recognizing & tracing alphabet in upper & lower case
- Rote counting to 30
- Recognizing & tracing numbers 1 to 10
- Speaking Numbers 1 to 10 in Spanish
- Recognition of basic colors and shapes
- A strong emphasis on social skills, creative expression, dramatic play and fine motor skill development
- Daily: weather, calendar, story time, classroom sing-a-longs
- 1 extracurricular activity per week
- Monthly Theme
- Extra day of concept reinforcements
- 2 extracurricular activities per week
- End of the Year Book with a collection of your child's work throughout the year.

Extracurricular Activities

- Arts/Painting/Crafts
- Music/Singing/Dancing
- Outdoor Time
- Physical Education



4-Year-Old Pre-K Curriculum

M-F Class
9:00 am - 12:00 pm

- First and last name recognition/writing (Sentence Case)
- Recognizing and writing alphabet in upper & lower case
- Rote counting to 100
- Use comparative words- big/small, tall/short, etc...
- Recognizing words and writing numbers 1 to 20
- Basic colors and shapes along with word recognition
- Rhyming, opposites, location, distance, and patterns
- A strong emphasis on social skills & creative expression
- Daily: Weather, Calendar, Story Time
- Weekly Themes
- Spanish- verbal recognition of numbers 1- 20 & colors
- Science & Social Studies Curriculum
- 2 extracurricular activities per week

Extracurricular Activities

- Arts/Drawing/Painting/Crafts
- Music/Singing/Dancing
- Outdoor Time
- Physical Education
- Cultural Arts

frogstreet
Curriculum

SCHOOL YEAR 2024-2025

BEFORE SCHOOL

TIME: 6:45AM - SCHOOL START
COST: \$12/DAY

AFTER SCHOOL

TIME: SCHOOL END- 6:00 PM
COST: \$20/DAY

EARLY DISMISSAL DAY

TIME: SCHOOL END- 6:00 PM
COST: \$30/DAY

ACTIVITY BUS

The activity bus is an additional fee for transportation to/from school outside of normal bus route for school activities.

COST: \$5/DAY



energizing today's youth through health, nutrition & fitness

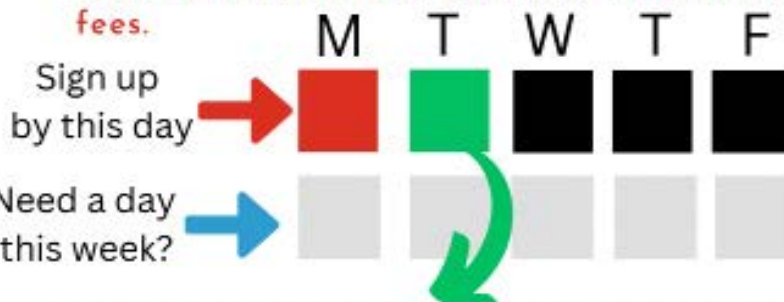
BEFORE & AFTER SCHOOL PROGRAM

Registration open for Grades K-6.

The Alsip Park District Power Play! Before & After School Program offers recreation activities, homework assistance, arts & crafts and much more! Our program is offered to those children in District 125 & 126 schools. Our staff looks forward to helping your child create new friendships, build self-esteem, get plenty of physical fitness and most important, have FUN!

Registration Information

- In person registration is required at the Apollo Recreation Center.
- **Registration deadline is due the Monday prior to the following weeks program to avoid late fees.**



- **A \$15 late fee will be added if you register on Tuesday.** No registrations will be added after Tuesday at 5:00PM for the following week.

CONTACT INFO:

JENNIFER TORRES
708.389.1003
JTORRES@ALSIPPARKS.ORG

To learn more, visit us at www.alsipparks.org

IVY HUE DANCE COMPANY



This comprehensive dance program offers instruction in Ballet, Tap, Jazz and Hip-Hop, for ages 4 to 12. The program runs a total of 33 weeks and ends with a celebrated dance recital showcasing the students' talents!

CLASS GROUPINGS ARE BY AGE, AND MUST BE MET BY OCTOBER 1ST. NO CLASS NOV. 26, DEC 24, 31 & SPRING BREAK WEEK.

REGISTER BY SEPTEMBER 4TH

ACTIVITY: 143223
INSTRUCTOR: IVY HUE DANCE COMPANY INSTRUCTORS
LOCATION: APOLLO REC CENTER DANCE ROOM
MIN/MAX: 5/12



SECTION	CLASS	TIME	DAY	DATES	AGE	FEES
A	BALLET	5:00-5:40PM	TU	9/10-5/23	4-6	R\$200/NR\$210
B	TAP	5:45-6:15PM	TU	9/10-5/23	4-6	R\$200/NR\$210
C	HIP HOP	5:30-6:00PM	WED	9/11-5/23	5-7	R\$220/NR\$230
D	HIP HOP	6:10-6:45PM	WED	9/11-5/23	8 & UP	R\$200/NR\$210

Uniform Requirements

All students need to come to class in the proper dance uniform. There will be information on uniform purchasing the first week of class. You may order through the instructor or purchase items on your own.

Girls: Wear a plain, black leotard made of lycra, cotton or nylon. No velvet material, no skirts or unitards allowed. Flesh toned or pink tights and tan or pink full sole ballet shoes.

Boys: should wear a white t-shirt with shorts, loose dance pants or joggers.

Tap Shoes: 4-6yr Black patent leather velcro strap 7-12 velcro strap or laces

Hip Hop: Black leotard with biker shorts or leggings may be worn; clean sneakers or dance sneakers.

Recital

The Alsip Park District holds an annual dance recital in May. A costume will need to be purchased some time before December 15, 2024. Costume fees are \$70. Participants may have to purchase more than one costume depending on how many classes he or she is registered in. More information on the dance recital, costumes, and picture day will be included in the monthly newsletter.





Rock N' Kids

This interactive class has everyone on their feet! We all learn together while engaging in active, creative, music-based activities, while using rhythm instruments and movement props. All class procedures are designed to keep staff and students safe. Activities are age appropriate by class and include songs and rhymes, rhythm and coordination, fine and gross motor, imagination and sensory, listening, and following directions skills. Sing, dance, play, learn, and imagine with us! www.rockitkids.com

Tot Rock

Activity: 100143
 Instructor: Rock N' Kids
 Location: Oak View Center
 4625 W. 110th Street
 Oak Lawn, IL 60453
 Day: Thursday
 Time: 5:30-6:10 pm
 Age: 1 yr. w/adult
 Fee: R\$70/NR\$80
 Min./Max.: 4/12

Session	Dates
A	September 12 -October 17
B	October 24 - December 12

Kid Rock

Activity: 100144
 Instructor: Rock N' Kids
 Location: Oak View Center
 4625 W. 110th Street
 Oak Lawn, IL 60453
 Day: Thursday
 Time: 5:30-6:10 pm
 Age: 2-3 yrs. w/adult
 Fee: R\$70/NR\$80
 Min./Max.: 4/12

Session	Dates
A	September 12 -October 17
B	October 24 - December 12

I Speak Spanish!

Did you know that young children learn language naturally and much more easily than older children and adults? Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music. New material is covered in each session! Taught by Language in Action, Inc. instructor. *Note: No class on October 14 or November 25.*

Activity: 100205-A
 Instructor: Language in Action
 Location: Oak View Center
 4625 W. 110th Street
 Oak Lawn, IL
 Age: 3-6 years old
 Day: Mondays
 Time: 5:00 - 5:45pm
 Fee: \$120/\$130
 Min./Max.: 6/12

Session	Dates
A	September 9 - October 21
B	October 28 - December 16

Vámonos Youth Spanish

Learning a second language can open a world of possibilities for your child. In this class students will learn Spanish conversation and some Spanish grammar, reading, and writing skills through interactive and engaging activities. New and exciting material each session! Taught by Language in Action, Inc. instructor. *Note: No class on October 14 or November 25.*

Activity: 100206-A
 Instructor: Language in Action
 Location: Oak View Center
 4625 W. 110th Street
 Oak Lawn, IL
 Day: Mondays
 Time: 6:00-6:45 pm
 Age: 7-11 years old
 Fee: \$120/\$130
 Min./Max.: 6/12

Session	Dates
A	September 9 - October 21
B	October 28 - December 16

Parent & Tot Playnastics (Unstructured)

This program is a supervised and unstructured opportunity where your child can be active and socialize with others. The gym provides various mats for climbing, balance beams, balls, and tunnels for your child to be active. Every class will begin with group stretching and conclude with relaxation exercises. Participants must have a parent or guardian present.

Parent & Tot Gymnastics (Structured)

This structured class will provide group activities as well as independent playtime for you and your child to socialize. Children will have the opportunity to utilize gymnastics equipment to jump, climb, crawl and swing in a safe environment. Class goals include listening skills, fundamental movement, coordination, fine and gross motor skill development, and body awareness. Participants must have a parent or guardian present.

Pre-School Gymnastics

Our pre-school gymnastics class is designed for children ages 3 to 4. 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 springboard, 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 springboard, low and medium balance beams, pre-school 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.

NEW Gymnastics – Shooting Stars (PRE-TEAM)

The Shooting Stars program trains 2 days a week and is for those girls who have the ability to train specifically FOR the Alsip Stars (gymnastics competitive team). This class is designed for gymnasts to work on skills that are required to be on the competitive team. This will allow for gymnasts to make an easy transition from gymnastics class to competitive gymnastics. This class is also for gymnasts who want to excel in gymnastics without competing.

*Please note that gymnasts who are interested in joining the Alsip Stars Gymnastics Team must participate (or have participated) in the Shooting Stars program (consecutively) until their skill level has reached competitive status. Once your gymnast is ready to join the Alsip Stars Gymnastics Team, she will be notified by a coach. ALSIP STARS GYMNASTIC TEAM IS BY PLACEMENT ONLY.

NEW Gymnastics – Alsip Stars (TEAM)

The Alsip Stars Gymnastics Team trains 2 or 3 days a week, year round. The Alsip Stars Team is designed only for gymnasts who will be competing on our competitive team. Our Gymnastics Teams compete in the Illinois Park District Gymnastic Conference from January to May. Any fees related to competition (leotards, warmups, meet fees etc.) are in addition to the Alsip Park District registration fee. For more information, please contact the gymnastics staff. ALSIP STARS GYMNASTIC TEAM IS BY PLACEMENT ONLY."



*Please note that gymnasts that are interested in pursuing Team are encouraged to participate in the Shooting Stars program until their skill level has reached Team status (Reminder: ALL TEAMS ARE BY PLACEMENT ONLY). If the Alsip Gymnastics Team program doesn't meet **minimum participants, this time will be made available to Shooting Stars/additional supervised practice.**



Girls Gymnastics Level 1

Our one hour gymnastics class is for girls 7 to 12 years of age with little to no gymnastics experience. Each one hour class will focus on skill for vault, bars, beam, and floor. Girls must wear a leotard or shorts and a fitted 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 gymnasts experience may request a skill evaluation to determine if this class is appropriate for their ability level. Girls must wear a leotard or shorts and a t-shirt.

Boys/Girls Tumbling

This 45 minute class is for boys and girls ages 7 to 12 who would like to learn to tumble. Participants will learn a progression of rolls, cartwheels, handstands, round offs, limber skills, walkovers, and handsprings. 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 fitted t-shirt.

We also offer private tumbling classes for Cheer Teams or groups: please contact gymnastics staff for more information

Gymnastics Program Schedule Fall 2024: part 1
Monday, September 9 through Friday, October 18
All Recreational Classes are 6 weeks in length, unless noted

Program & Activity Number	Ages	Day	Time	Start/End	Fee	Min/Max	No Class
Parent & Tot Playnastics Unstructured #174171-A	Crawl - 2 years	Thurs	9:30 - 10:00am	Sept 12 - Oct 17	R\$25 NR\$45	6 cpl/ 12 cpl	
Parent & Tot Gymnastics Structured #174167-A	2 & 3 years	Tues	4:30 - 5:00pm	Sept 10 - Oct 15	R\$25 NR\$45	6 cpl/ 12 cpl	
Pre-School Gymnastics #174177-A	3 & 4 years	Tues	5:05 - 5:50pm	Sept 10 - Oct 15	R\$36 NR\$56	3/6	
Pre-School Gymnastics #174177-B	3 & 4 years	Thurs	10:15 - 11:00am	Sept 12 - Oct 17	R\$36 NR\$56	3/6	
Kinder Gymnastics #174168-A	5 & 6 years	Tues	5:30 - 6:15pm	Sept 10 - Oct 15	R\$36 NR\$56	4/8	
Kinder Gymnastics #174168-B	5 & 6 years	Thurs	4:30 - 5:15pm	Sept 12 - Oct 17	R\$36 NR\$56	4/8	
Girls Gymnastics Level 1 (Beginner) #174185-A	7 - 12 years	Thurs	6:10 - 7:10pm	Sept 12 - Oct 17	R\$48 NR\$68	6/10	
Girls Gymnastics Level 2 (Advanced) #174186-A	7 - 12 years	Fri	4:30 - 5:30pm	Sept 13 - Oct 18	R\$48 NR\$68	6/10	
Boys/Girls Tumbling #174246-A	7 - 12 years	Thurs	5:20 - 6:05pm	Sept 12 - Oct 17	R\$36 NR\$56	4/8	

Shooting Stars & Alsip Stars Fall 2024

Monday, September 9 through Friday, December 13

Fall 2024 Season of Shooting Stars & Alsip Stars will be 13 weeks in length, unless noted

Program & Activity Number	Ages	Days	Fee	Min/Max
*Shooting Stars (PRE-TEAM) 2 DAYS/WEEK #174228-A	6 & Up	2 days	\$186	3/12

*with instructor approval

Shooting Stars (Pre-Team) Meets 2 Days A Week:

Mondays at 4:30 - 6:00 PM (9/9 - 12/9) - NO CLASS 11/25

Wednesdays at 4:30 - 6:00 PM (9/11 - 12/11) - NO CLASS 11/27

Program & Activity Number	Ages	Days	Fee	Min/Max
*Alsip Stars (TEAM) 2 DAYS/WEEK #174216-A	6 & Up	2 days	\$234	3/12
*Alsip Stars (TEAM) 3 DAYS/WEEK #174228-B	6 & Up	3 days	\$351	3/12

*with instructor approval

Alsip Stars Meets 2 Days OR 3 Days A Week:

Mondays at 5:30 - 7:30 PM (9/9 - 12/9) - NO CLASS 11/25

Wednesdays at 5:30 - 7:30 PM (9/11 - 12/11) - NO CLASS 11/27

Fridays at 5:30 - 7:30 PM (9/13 - 12/13) - NO CLASS 11/29

Gymnastics Program Schedule Fall 2024: part 2
Tuesday, October 29 through Friday, December 13
All Recreational Classes are 6 weeks in length, unless noted

Program & Activity Number	Ages	Day	Time	Start/End	Fee	Min/Max	No Class
Parent & Tot Playnastics Unstructured #174171-B	Crawl - 2 years	Thurs	9:30 - 10:00am	Nov 7 - Dec 19	R\$25 NR\$45	6 cpl/ 12 cpl	November 28
Parent & Tot Gymnastics Structured #174167-B	2 & 3 years	Tues	4:30 - 5:00pm	Oct 29 - Dec 10	R\$25 NR\$45	6 cpl/ 12 cpl	November 26
Pre-School Gymnastics #174177-C	3 & 4 years	Tues	5:05 - 5:50pm	Oct 29 - Dec 10	R\$36 NR\$56	3/6	November 26
Pre-School Gymnastics #174177-D	3 & 4 years	Thurs	10:15 - 11:00am	Nov 7 - Dec 19	R\$36 NR\$56	3/6	November 28
Kinder Gymnastics #174168-C	5 & 6 years	Tues	5:30 - 6:15pm	Oct 29 - Dec 10	R\$36 NR\$56	4/8	November 26
Kinder Gymnastics #474168-D	5 & 6 years	Thurs	4:30 - 5:15pm	Nov 7 - Dec 19	R\$36 NR\$56	4/8	November 28
Girls Gymnastics Level 1 (Beginner) #174185-B	7 - 12 years	Thurs	6:10 - 7:10pm	Nov 7 - Dec 19	R\$48 NR\$68	6/10	November 28
Girls Gymnastics Level 2 (Advanced) #174186-B	7 - 12 years	Fri	4:30 - 5:30pm	Nov 1 - Dec 13	R\$48 NR\$68	6/10	November 29
Boys/Girls Tumbling #174246-B	7 - 12 years	Thurs	5:20 - 6:05pm	Nov 7 - Dec 19	R\$36 NR\$56	4/8	November 28

PRIVATE LESSONS ARE NOW AVAILABLE FOR \$40 PER HOUR. PLEASE CONTACT THE MAIN OFFICE FOR MORE DETAILS AT 708-389-1003

PLEASE NOTE: Classes may be combined due to low enrollment and/or instructor availability

IF INTERESTED IN JOINING ALSIP PARK DISTRICT GYMNASTICS TEAM PLEASE INQUIRE WITH A COACH

IF YOU HAVE A BALANCE, YOU CHILD WILL NOT BE ABLE TO REGISTER OR PARTICIPATE/COMPETE UNTIL PAID IN FULL

Youth Travel Basketball League

2025 Season

1st – 8th Grade

The Alsip Park District is teaming up with neighborhood towns to offer Youth Basketball. This exciting league will encourage sportsmanship, fair play, and teamwork. Participants will learn the fundamentals of the game such as shooting, dribbling, passing, and defense while developing team and individual skills. Teams from Alsip will play home games at the Apollo Recreation Center and away games at surrounding towns. Players will play in grade appropriate divisions and divisions may be combined due to low enrollment. Team practice locations and times will be determined by the volunteer Head Coach. All players will receive a jersey, end of the season award, and a complementary picture package. All games are to be officiated by a licensed official or a park district employee. Schedules will be determined by the league administration and based on gym availability. Practices will begin late-2024 and Games will begin early-2025. Games may be held on Saturdays and/or Sundays: between 9:00 AM and 2:00 PM. Regular Season will have an 8-game schedule with 3rd grade divisions and above having a playoff season (1st & 2nd grade division will only have a regular season). Volunteer Coaches NEEDED!!!

Fee: Resident - \$90/Non-Resident - \$110
Fee after 11/25/2024: Resident - \$110/Non-Resident - \$130
Location: Home Games at Apollo Recreation Center; Away Games will vary
Game Days: Saturdays and/or Sundays
Game Times: Between 9:00 AM – 2:00 PM
Min: One team per division (min: 7 players per team/max: 12 players per team)

Activity	Division Age/Grade
174003-A	1st & 2nd Grade Division Boys & Girls
174003-B	3rd & 4th Grade Division Boys*
174003-C	3rd & 4th Grade Division Girls*
174003-D	5th & 6th Grade Division Boys*
174003-E	5th & 6th Grade Division Girls*
174003-F	7th & 8th Grade Division Boys*
174003-G	7th & 8th Grade Division Girls*

PLEASE NOTE: Girls/Boys teams WILL combine if enrollment is low

VOLUNTEERS NEEDED

Volunteers are essential to our programs, without them we have no program. We need volunteers specifically Coaches and Team Managers. If you would like to be a team coach or team manager contact the Athletic Supervisor at (708) 389-1003. All team coaches are required to participate and attend any applicable coaches' meetings as well as actively assist on draft day (if applicable). Every head coach will complete a State of Illinois Criminal Background Check. Any league specific meetings will be at the Apollo Recreation Center, 12521 S. Kostner, Alsip, IL.

A Note Regarding Special Requests:

Teams will be selected, for the most part, on a random basis or blind draft. Special requests can only be approved by the Athletic Supervisor. Although special requests will be considered, there are no guarantees that a child will be placed on a specific team or with a specific coach. All requests will be taken on a case by case basis and specific considerations will be given to family members (e.g., coaches children & siblings ETC).

Youth Travel Indoor Soccer League

2024 Season

4 years old – 13 years old

Midlothian Park District invites Alsip to play in the Youth Travel Indoor Soccer League!!! This recreational program is offered to youth ages 4 through 13 years old (players must be division age by January 1st, 2024). Children will learn the importance of sportsmanship and teamwork while developing fundamental skills such as ball control, dribbling skills, passing, shooting and spatial awareness. Games will be played at the Midlothian Athletic and Recreation Center: Indoor Turf Field. Games days may vary and include weekdays as well as weekends. Due to limited space, all practices will be scheduled around game days at the Apollo Recreation Center. Team formation and practice(s) will begin in November: Games will begin in December. Registration fee will include end of the season award and complementary picture package. Registration fee DOES NOT INCLUDE UNIFORMS: players are encouraged to use their Alsip reversible soccer jerseys from previous seasons. Reversible Soccer Jerseys are available for additional fee (\$20.00). Volunteer Coaches NEEDED!!!

Fee: Resident - \$90/Non-Resident - \$110
Fee after 11/4/2024: Resident - \$110/Non-Resident - \$130
Location: All games at Midlothian Athletic & Recreation Center: Indoor Turf Field
(14500 S. Kostner Ave, Midlothian)
Game Days: Varies
Game Times: 5:30 PM – 8:30 PM on Weekdays and/or 9:00 AM – 12:00 PM on Weekends
Min: One team per division (min: 8 players per team/max: 20 players per team:
depending on division)

Activity	Divisions	Division Age
174066-A	Super Pee Wee	4 & 5 year old
174066-B	Pee Wee	6 & 7 year old
174066-C	Junior	8 – 10 year old
174066-D	Senior	1 – 13 year old

PLEASE NOTE: Teams may combine if enrollment is low

VOLUNTEERS NEEDED

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A Note Regarding Special Requests:

Teams will be selected, for the most part, on a random basis or blind draft. Special requests can only be approved by the Athletic Supervisor. Although special requests will be considered, there are no guarantees that a child will be placed on a specific team or with a specific coach. All requests will be taken on a case by case basis and specific considerations will be given to family members (e.g., coaches children & siblings ETC).



Fall Kids Fishing Derby

Did you know: more than 44 million Americans enjoy fishing every year? Studies show that fishing helps lower levels of cortisol, the hormone that causes stress. Come join us for a relaxing morning of fishing with your friends and family! This yearly event is rewarding for all and it is FREE. Prizes will be awarded for the event's milestones such as first fish, largest fish, smallest fish, and most fish. Pre-Registration is STRONGLY recommended for this Alsip Resident Event. Don't forget your fishing gear.

Activity: 174080-A
 Location: Commissioners Park Pond
 Age: ALL
 Date: Saturday, September 14
 Time: 8:30 – 10:30 AM
 Fee: FREE
 Min/Max: 5/50

Junior All Sports

Join us for a class like no other. This class is focused on trying new things: each week we will play a different sport. We will focus on warming up, specific skills, cool down and breathing activities to center ourselves as well as much more. Special attention is paid to taking turns, sharing, presentation skills, sportsmanship, picking yourself up and other foundations that all sports are built on. This class does not take itself too seriously. Parents don't forget your gym shoes as you will be called upon to join in the fun. Some of the many sports may include basketball, pillow polo, pickleball, kickball, and soccer. In addition, participants play many popular running and group games. Players acquire new skills and develop confidence in games they have played in previous years. Classes may be separated due to larger class size (6:05 – 7:05 PM). This season, as weather permits, we may have class outside. Don't forget your water bottle.

Activity: 174296
 Ages: 4 -7 years old
 Location: ARC/Small Gym
 Day: Tuesdays
 Time: 5:00 – 6:00 PM
 Min/Max: 4/15

Session	Dates	Fee	Weeks
A	Sept 17 – Nov 19	R\$100/NR\$110	10
B	Sept 17 – Oct 15	R\$55/NR\$65	5
C	Oct 22 – Nov 19	R\$55/NR\$65	5

Fall Sports Social

In celebration of the Fall Season, the Alsip Park District presents Fall Sports Social. Join us for an evening of fun with sports and games. Come dressed to play in comfortable clothes and gym shoes. Sports may include Volleyball, Pickleball, Pillow Polo, and Bean Bags just to name a few. Fee includes both Parent & Child teams and contains commemorative Polaroid Photo Booth, pizza dinner, game prizes, and a special door prize.

Activity: 174055-A
 Location: ARC/Small Gym & Multi-Purpose Gymnasium
 Age: ALL
 Date: Friday, October 18
 Time: 6:30 – 9:00 PM
 Fee: R\$35/NR\$40
 Min/Max: 20/50

New Traditions Riding Academy Program

There are endless benefits associated with horseback riding. The Alsip Park District works with New Traditions Riding Academy to provide Horseback Riding Lessons. New Traditions staff will teach riders to ride for pleasure or to show competitively. Riders must wear long pants, heels no higher than 1-1/2 inch, and wear ASTM/SEI Certified Riding Helmet. Helmets will be available for rent or purchase for an additional fee. Participants will choose Five 1-hour lessons. * Note: Lessons are on a floating schedule/subject to change: visit www.ntridingacademy.com for season schedule. *



Instructor/Location: New Traditions Riding Academy
10100 S. Kean Ave., Palos Hills, IL 60465
(708) 598-7718

Activity: 174313-A
Location: New Traditions Riding Academy
Fee: \$265: Five 1-hour lessons
Age: 7 & Up

Lesson Floating Schedule

Class	Day	Time
Beginner Basics	Mondays	4:30pm
Beginner Basics	Wednesdays	4:30pm
Beginner Basics	Saturdays	2:30pm
Beginner Basics	Sundays	12:00pm
Adult Beginners	Sundays	12:00pm



Open Pickleball

Alsip Park District open gym times are now available at the Apollo Recreation Center for Pickleball. Pickleball combines tennis, badminton, and ping pong for a fun game. The game is played on a badminton court with the net lowered at the center and played with a wiffle ball and composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Our two Pickleball courts are on a first-come first-serve basis. Pickleball Open Play is dependent upon availability AND

reservations must be made (give us time to set up the court(s)). Members can come and play for free; Non-Member fees (both resident and nonresident) are below and must be arranged with Registration Office (see Registration Office hours).

PICKLEBALL OPEN GYM TIMES (keep an eye on our Facebook for updates)

Days: Mondays - Fridays
Age: 8 and Up
Time: Varies (call to inquire)
Fee: FREE WITH MEMBERSHIP
Non-Member Fee: R\$5/NR\$10
Location: ARC/ New Gymnasium
Contact: (708) 389-1003

Illinois Shotokan – Pre-Karate Youth, & Adult

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquaale, a four-time National Champion and President of the American Shotokan karate Association. 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. ISKC's Youth & Adult Karate classes offer a good mix of strength training, with cardiovascular and flexibility exercises. Students increase their coordination, agility, and balance, as well as learn about personal safety. They will work on their concentration skills and respect for themselves and others. If you are looking for an activity to do as a family, these classes are the perfect fit! Learn Karate alongside your child and spend quality time together.

* Uniforms and Belt-Testing are options available through the ISKC instructor.

* Please note that the Youth, Parent/Child, and Adult classes WILL train together.

* Beginner students will not be permitted to register into the 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.

* Please visit WWW.ISKC.COM for more information or call us at (847) 359-0666.

Activity: 138257

Instructor: Illinois Shotokan Karate Club Staff

Location: Apollo Recreation Center: NEW Multi-Purpose Gymnasium

Day/Dates: Fridays: September 13 – December 20 (NO CLASS 11/29)

Fee: R\$200/NR\$213

Min/Max: 4/15

Registration Deadline: Before the second class

Session	Time	Age	Level	Min/Max
A	4:30 - 5:15pm	4-6	Beginner (No prior experience)	4/12
B	4:20 – 6:05pm	4-6	Continuer (White w/stripes & up)	4/12
C	6:15 – 7:10pm	7 & Up	Beginner/Continuer (White-Red Belts)	4/20
D	7:15 – 8:10pm	7 & Up	Inter/Advanced (Orange Belts & Up)	4/20

Try Karate Mini Class (FREE)

Have you been wondering what a karate class is like? Here's your chance to find out! Join Illinois Shotokan Karate for a FREE Mini Try Karate class. Learn some karate techniques and have some fun! REGISTRATION IS REQUIRED: SPOTS ARE LIMITED.

***Note: This is not a drop off event. Parents are required to stay during the mini class.*

Activity: 138282

Instructor: Illinois Shotokan Karate Club

Location: ARC/Multi-Purpose Gymnasium

Fee: FREE

Min/Max: 2/15

Session	Date	Time	Age
A	Friday, Aug 23	4:00 – 4:30pm	4 - 8
B	Friday, Sept 6	4:00 – 4:30pm	4 - 6
C	Friday, Sept 6	4:30 – 5:00pm	7 - 10



Youth & Teen Volleyball Club

Join us for some volleyball fun this Fall. This coed program is not an instructional class but designed for the volleyball lovers. Each week will be what the players make it. Whether you want to play with your friends or meet new players this is for you. Players will meet every week and be placed into different teams to play volleyball games. Similar to more organized pick-up games, all players need to do each week is to come ready to play. Don't forget your kneepads and your water bottle.

NO CLASS ON HALLOWEEN (10/31)

Activity: 174017-A
Day: Thursday
Date: Sept.12 -Nov. 7
Age: 8 – 17 years old
Time: 6:30 – 8:30 PM
Fee: R\$25/NR\$30
Min/Max: 4/30
Location: ARC/ Main Gym

Youth & Teen Co-Rec Fall Volleyball League

Calling all youth Volleyball players: let's Bump, Set, & Spike our way through Autumn. This volleyball league is designed to provide a positive environment for youth and teen athletes to compete, have fun, enhance their volleyball skills, and learn the concept of being a team player. Fun for both boys & girls ages 8 through 17. Teams will be made up of 6-7 players and will be selected on a random basis by the Alsip Park District staff. Teams will play an 8-game season and a post season tournament. Games will be on Sundays and will include practice time followed by game-time. Additional practice time can be found in Youth & Teen Volleyball Club. All other league details will be determined based on the players registered. Participants will receive a reversible game jersey, a complementary picture package, and an end of the season award.

Activity: 174018-A
Ages: 8 - 17 years old
Day: Sunday
Sept. 22-Nov. 4
Game Times: 9:00am – 2:00pm
Location: ARC/Small Gym
Fee: R\$90/NR\$110
Min/Max: 20/72

Women's Fall Volleyball League

Spike your way to fun by participating in our Women's Fall Volleyball League. The league is available for Women 18 and older to participate. The league requires a minimum of four and a maximum of twelve teams. All competition is played on Monday evenings at the Apollo Recreation Center, located at 12521 S. Kostner Ave., Alsip. Team rosters are limited to 12 players. Ask us about team referral incentives.

Activity: 174009-A
Days/Dates: Mondays beginning September 16 (through 11/18)
Times: 6:30 PM (warm up/practice), 7:00 PM (game)
Age: Adult
Fee: R\$375/NR\$400
Min/Max: 4 teams/12 teams per division
Location: ARC/Main Gym



Turkey Shoot

Are you a good free throw shooter? Try your hand at winning a Thanksgiving Turkey at our Parent & Child Annual Turkey Shoot. Divisions will consist of combined family ages: Under 30, 31-39, 40-49, 50-59, & 60 and Up. Practice time will be available upon request. This year we have opened the competition to multiple days: 11/19, 11/20, & 11/21. Register for your day/time slot.

Activity: 174647
Location: ARC/Small Gym
Age: Parent & Child Team
Fee: R FREE/NR \$2
Day: Vary
Time: 5:00 – 8:00 PM
Min/Max: 1/99

Session	Day/Date
A	Tuesday, November 19
B	Wednesday, November 20
C	Thursday, November 21



12601 S. Kedzie Ave.
 Alsip, IL. 60803
 (708) 388 - 4653



2024 Fall / Winter

Hours of Operation

October 1st thru October 31st

Clubhouse 7:00 am - 7:00 pm
 Driving Range 7:00 am - Dusk
 Restaurant 11:00 am - 6:00 pm
 Lounge 10:00 am - 7:00 pm

November 1st thru November 30th

Clubhouse 8:00 am - 6:00 pm
 Driving Range 8:00 am - Dusk
 Restaurant 11:00 am - 5:00 pm
 Lounge 10:00 am - 6:00 pm

December 1st thru February 29th

Clubhouse 9:00 am - 4:00 pm
 Driving Range Open (weather permitting)

Restaurant & Lounge 11:00 am - 3:00 pm



2024 Golf Lessons

Private Lessons: Please visit our website at www.alsiparks.org or contact us at 708.388.4653 X401



Interested?

To find out more please call

708.388.4653



Like us on
facebook

2024 Rates

**FOUNTAIN
HILLS**



GOLF CLUB

2024 Fall Rates

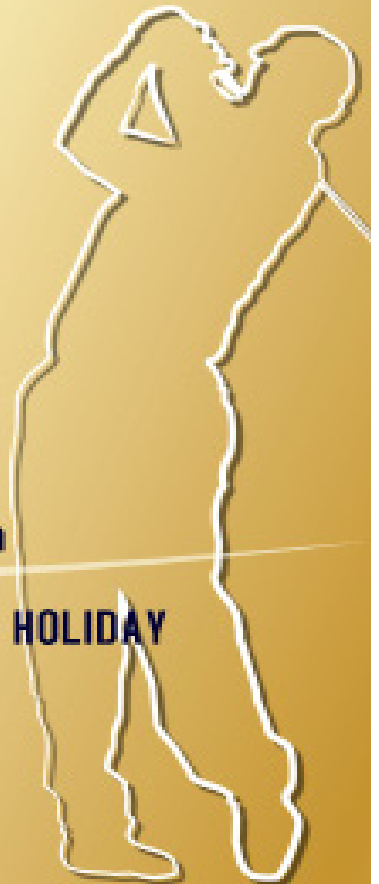
October 1st thru November 30th

	WEEKDAY	WEEKEND / HOLIDAY
Regular (after 7:30 am)	\$ 17	\$ 19
Senior	\$ 14	\$ 16
Mid-Day (after 12:00 pm)	\$ 14	\$ 16
Senior	\$ 12	\$ 14
Replay	\$ 7	\$ 9
Junior	\$ 8	\$ 10
Twilight	\$ 8	\$ 10

2024 Winter Rates

December 1st thru February 28th

	WEEKDAY	WEEKEND / HOLIDAY
Regular	\$ 10	\$ 12
Senior	\$ 8	\$ 10
Junior	\$ 8	\$ 10
Replay	\$ 6	\$ 8



POLICIES & PROCEDURES

Cancellations:

A reservation may be cancelled prior to 24 hours in advance of the tee time with no charge either by contacting the golf shop or through the website. Any cancellations made less than 24 hours prior to the tee time will be charged the Sr. Resident Rate, unless in the event of a course closure due to severe weather.

No Show Policy:

A no-show policy will apply to all tee time reservations. The individual making the reservation, whether it is for 1, 2, 3, 4 or more players will be responsible for the entire group's no-show fees, or any portion of the fees if players are missing from the group. No-shows will be charged the Sr. Resident Rate

Pace of Play:

It should be a goal of all players to complete their round in 2:15. The Club's course advisors will work with all guests to ensure that an acceptable pace of play is maintained to maximize everyone's enjoyment of their round. It is the responsibility of each group to keep pace with the group ahead. If a group falls out of position and is in danger of not completing their round within the allocated time of 2:15, then our course advisor will assist them in getting back into position, which may require them to skip a shot or hole to do so.

Outside Food & Beverage:

Guests are not allowed to bring in any outside food or beverages on property for consumption. Only food and beverage purchased from The Club may be taken onto the course. Due to the State of Illinois liquor laws, all distribution of alcohol must be controlled by The Club.

NO PERSONAL COOLERS ARE ALLOWED

POLICIES & PROCEDURES

Dress Code:

All persons using the Fountain Hills Facilities are required to wear proper attire at all times. NOT PERMITTED: Swim suits, cut off shorts or cut off sleeveless shirts. Clothing must be worn at all times. No one is allowed to go topless.

Reservation Policy:

Reservations can be made up to 7 days in advance. All reservations are guaranteed. Either by 1) online prepayment or 2) guaranteeing with a credit card over the phone through the club.

All golfers are expected to arrive at the golf course at least 10 minutes before their scheduled tee time. Reserved reservation will be given away to walk-in groups 5 minutes prior to a tee time if the reserved group has not checked in and paid for all golfers.

One important thing to remember, tee time is when you are expected to be hitting your ball down the fairway from the first tee, not when you enter the parking lot with your vehicle or are walking in to the pro shop to pay your green fee.

Fountain Hills Golf Club reserves the right to pair players together. Groups of less than four (4) players run the risk of being paired with other pre-paid or walk-in player(s).

Cart Use Policy:

Single Rider Cart Usage: To help offset the additional cost incurred from the increased usage of carts, the wear and tear on those carts because of the additional usage, the additional labor required for cart cleaning and sanitation, not to mention the distress of turf conditions due to the extra cart usage, our facility can no longer maintain the "one cart, one golfer" policy without charging a nominal Convenience Fee. The convenience fee will be \$5 per person per 9 holes. This will be in addition to the regular cart fee rate. All cart usage is based on availability and we are unable to guarantee single rider carts. We will do our best to accommodate the special request for single rider golf cart use, however we cannot guarantee that a cart will be available.

New

Booking

2024 / 2025

Banquets



**From staff parties to Holiday Soirees
Fountain Hills Golf Club and Banquets would
like to serve you, your families, friends and
colleagues this year!!!**

**Fountain Hills Golf Club
12601 S Kedzie Ave
Alsip, IL 60803
708.388.4653 x403**

THE BACKNINE

at Fountain Hills



Open year round, The BackNine is a newly renovated full service restaurant, bar and banquet facility located at Fountain Hills Golf Club. We pride ourselves on supporting our surrounding communities by offering many locally brewed and distilled beers and spirits.

Our banquet facility has multiple options to choose from for your special events...

- Full service catering for events hosted at our facility
- Banquet room rental while using an outside licensed and insured caterer
- Bar area rental *Seasonal Availability
- Meeting / Workshop events

The BackNine offers multiple optional amenities for every event and will customize any menu. We strive to ensure your event reflects your own taste and personal touches.

*More information / schedule a viewing:
Contact our Food & Beverage Department
708.388.4653 x403*

Upcoming Events



facebook.com/FountainHillsGolfClub.com

Banquet Catering Menu





THE
BACKNINE
at Fountain Hills



DAILY SPECIALS

Monday

\$5 Flavored House Martinis / BOGO 1/2 Off Flatbreads

Tuesday

\$7 Premium Margaritas / \$3 Tacos

Wednesday

\$1 Off Craft Drafts
\$14 Small Bucket of Balls & Rice Bowl Combo

Thursday

\$1 Off U-Call-It Liquor
1/2 Price appetizer w/ Beer Flight Purchase

Friday

\$5 Beer Flights / Manager Special

Saturday

\$5 Mimosas / BOGO 1/2 Off Burgers

Sunday

\$5 Bloody Mary's

FOUNTAIN HILLS GOLF CLUB
12601 S KEDZIE AVE ALSIP, IL. 60803
708.388.4653

**Dine-In Only*



New Slots @

Fountain Hills Golf Club

12601 S Kedzie Ave

Alsip, IL 60803

708.388.4653

Classic Tastes of Christmas

Dessert Charcuterie

Variety Of Holiday Cookies & Snacks Served On A Holiday Tray

\$60



Individual Treat Bags

Individually Wrapped, Fun, Holiday Cookies & Treats. Perfect For The Kids!!

\$6



Variety Cookies

1 LB Of Nostalgic Homemade Cookies From The 50s, 60s & 70s. Packaged In A Holiday Gift Box

\$25



Homemade Eggnog

32 Oz Homemade Traditional Non-Alcoholic Eggnog Served In A Decorative Reusable Bottle

\$25



Orders Taken Until
December 17th

The BackNine
@
Fountain Hills Golf Club
12601 S Kedzie Ave
Alsip, IL 60803
708.388.4653 X403
fbmanager@alsiparks.org

Pick Up Thursday
December 23rd

Pumpkin Streusel Bread

Homemade Holiday Bread, Packaged In Decorative Container

\$20



**Coding Workshop
Learning to Code Websites**

Have you ever thought you wanted a career in technology? Learn the basics on how to code HTML, CSS and JavaScript. Learning to code websites is a great career. This workshop will give you the basics of how to use these languages to build websites. Please bring your laptops. If you do not have a laptop available, this workshop will still be beneficial. There will be an opportunity to get a discount on further workshops once you complete this course. This workshop will empower you for the tech industry! (For the 55 and older workshops, we spend time on the basics of computers if that is needed.)

Activity: 153595-A
Ages: 18-55
Location: ARC/Green Room
Day: Wednesday
Date: September 5
Time: 5:30 - 7:30 pm
Fee: R\$60/NR\$75
Min/Max: 3/12

Activity: 153595-B
Ages: 55 and older
Location: ARC/Green
Day: Wednesday
Date: November 13
Time: 5:30 - 7:30 p.m.
Min/Max: 3/5

CPR, AED, and First Aid for Children, Infants, and Adults

September is National Preparedness Month and the first step to being prepared is knowing that disasters and emergencies could happen at all times. Having knowledge of First Aid, CPR, and AED saves lives! This certification class will cover guidelines for CPR, AED, and First Aid for Children, Infants, and Adults. Celebrate preparedness by gaining new lifesaving skills. These skills are perfect for everyone from teachers and staff members to babysitters and family members (just to name a few). Following completion of the class requirements, participants will receive CPR, AED, and First Aid Certification from the Health & Safety Institute. All participants should bring a lunch and a snack.

Activity: 153435-A
Location: ARC/Red Room
Day: Sunday
Date: September 29
Time: 10:00am – 4:00pm
Ages: 16 and Up
Fee: R\$70/NR\$80
Min/Max: 5/12
Registration Deadline: One week before class

Holiday Art Project Series

Join the Alsip Park District for a variety of art projects to decorate your home or give away as gifts. Price includes all supplies needed for each project. Sign up for one or all three.

Location: ARC/Green Room
Day: Saturday
Time: 10:00am – 2:00pm
Ages: 16 and Up
Fee: R\$70/NR\$80 each
Min/Max: 8/20
Registration Deadline: One week before class

Day of the Dead Decor

Activity: 153568-A
Date: September 29

Halloween Porch Sign

Activity: 153568-B
Date: October 12

Light Up Wine Bottles

Activity: 153568-C
Date: November 16



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 students' abilities. All first-time students must purchase the John W. Schaum book Making Music Method-Middle -C Approach: Primer Level Early Elementary Level 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 30 minutes in length for a four-week session. Piano is a great hobby that last a lifetime. One make-up session is a allowed per session. Registration Deadline for Session A is Sept. 2 and for Session B is Oct. 7.

Activity:	100305	Age:	7-Adult	
Location:	Red Room	Session	Dates	Fee
Instructor:	Marjorie Kuiper	A	Sept 2-Sept 23	R\$105/NR\$115
Day:	Instructor arranged	B	Oct 7-Oct 28	R\$105/NR\$115
Time:	30-minute sessions			

Lunch Bunch

Join our lunch bunch for a gathering each month to meet and dine with new people. Leave the driving to us and enjoy yourself. Register for one or all three. Sign up yourself or with a friend. Price includes transportation and parking when applicable. Please bring money for lunch, spirits and tip.

Activity: 183765
Day: Thursday
Time: 11:00am-2:00pm
Age: Adult
Fee: R\$12/NR\$15
Min/Max: 7/14

Session	Date	Restaurant
A	October 17	Harvest Room
B	November 14	Barrel & Vine
C	December 19	Ottimo

Scarecrow Fest-St. Charles

110+ handmade scarecrows will be showcased around town for visitors to view and vote on their favorites. There will be a live entertainment and fun as well as an Activity Zone with festive photo ops, Scarecrow-to-Go and activities. While visiting, make sure to treat yourself to many sales, specials, and events throughout town including the Autumn on the Fox Craft Show in Pottawatomie Park. Price includes transportation and admission. Bring money for lunch and purchases.

Activity: 183698-A
Location: St. Charles, Illinois
Day: Saturday
Date: October 12
Time: 9:00am-4:00pm
Ages: Adult
Fee: R\$65/NR\$85
Min/Max: 8/14
Registration Deadline: October 5

The Four C Notes Holiday Special At The Mansion

Ring in the holidays with The Four C Notes and their rockin' holiday show! The Hits of Frankie Valli and The Four Seasons PLUS Rock and Roll Holiday Classics! This show features the biggest hits from those iconic "boys from Jersey", PLUS, your favorite holiday chart toppers by artists such as Dion and the Belmonts, The Drifters, The Beach Boys, and many more!

Activity: 183680-A
Location: Jacob Henry Mansion
Day: Wednesday
Date: December 11
Time: 8:00am-6:00pm
Ages: Adult
Fee: R\$80/NR\$100
Min/Max: 10/14
Registration Deadline: December 1

Ghost Investigation and History Tour of Ashmore Estates

The Coles County Poor Farm. A home for the homeless. The end of the line for those considered the dregs of society. Men, women and children with special needs; those suffering alcoholism, mental illness, or substance abuse; or simply incapable of supporting themselves. All of them called this rural Illinois facility home.

Stories swirl around Ashmore Estates...stories of ghosts...of demons...of dark entities who attack the unwary. Does the laughter of a little girl who burned to death still echo through the empty rooms? Can the spirit of a man believed to have been killed by a speeding train still stalk the hallways and grounds? Register today to find out. Price includes, tour, transportation, chaperone, light breakfast and boxed lunch along the way.

Activity: 183681-A
Location: Ashmore, Illinois
Day: Saturday
Date: October 30
Time: 8:00am-6:00pm
Ages: Adult
Fee: R\$110/NR\$130
Min/Max: 12/14
Registration Deadline: October 9



SilverSneakers

SilverSneakers® is a benefit for seniors that comes **FREE** with qualifying Medicare health plans, giving members unlimited access to fitness locations across the country. From weights and machines to group classes led by instructors trained in senior fitness, we have something for everyone at all levels of ability.



You're invited to our **SENIOR CLUB!**

Our Senior Club meets the second and fourth Monday of each month

Meet new people and have some fun!

Call 708-389-1009
for more information



12TH ANNUAL ALSIP PARK DISTRICT

CLASSIC CAR SHOW

**SATURDAY, SEPTEMBER 7TH
11:30AM-3:00PM**

SEARS PARK | 123RD & TRUMBULL



**FOOD TRUCKS | LIVE MUSIC BY PAULIE & THE SHAKERS
RAFFLES | PRIZES | VENDOR EXPO & MORE**

**FIRST 50 CARS REGISTERED
RECEIVE A GOODIE BAG
& DASH PLAQUE**

**TROPHIES IN ALL CLASSES
FROM ANTIQUE TO 2000S
SPECIALTY AWARDS & BEST OF SHOW**

**CONTACT DENISE MERLO AT DENISE@ALSIPPARKS.ORG
OR 708.389.1003 EXT. 329 WITH QUESTIONS, TO
VOLUNTEER OR TO DONATE.**

WWW.ALSIPPARKS.ORG

\$20

**PER CAR
FREE TO SPECTATORS**

**SCAN
FOR
REG**



Flannel
Fall
Festival

21 SEPTEMBER 2024

12-5PM

**SPRAYFARI AQUATIC PARK
11930 SOUTH KOSTNER**

CRAFT FAIR

**FAMILY FUN
BINGO & BEER**

MUSIC-FOOD-FUN

**WATCH FOR
UPDATES!**



ALSIP PARK DISTRICT'S

HALLOWEEN

Carnival

OCT. 26



SEARS PARK
123RD & TRUMBULL AVE.

COSTUME CONTEST- 9:30AM
CARNIVAL -10AM-1PM

COSTUME CONTEST
INFLATABLES & FUN

PLEASE DONATE TO
OUR HAUNTS AGAINST
HUNGER FOOD DRIVE

REPTILE SHOW
GAMES & PRIZES

PUMKIN PATCH &
DECORATING
TRICK OR TREATING

HAYRIDE
MUSIC & DANCE PARTY
PETTING ZOO & MORE



PRE-REG BY: 3PM FRIDAY, OCT. 25TH RES\$10/NR\$15
\$20 AT THE DOOR 2YRS. & UNDER FREE

WWW.ALSIPPARKS.ORG

Turkey Bingo

Hosting Thanksgiving this year? Let us help with your dinner expenses by registering for our Turkey Bingo! Prizes will range from a variety of grocery store, bakery and specialty stores as well as decor and more. Random turkey cards will be raffled off throughout the day as well, We have a lot for you to be thankful for! Let's Go!!!!

Activity: 143607-A
Location: ARC Community Room
Day: Saturday
Date: November 9
Time: 10am-12pm
Fee: R\$17/NR\$25



Christmas Gift Card Bingo

Register for this event and get some Christmas shopping done while having fun with us! Each game will be played for a variety of gift cards to keep or wrap up and give them away to your friends or loved ones. These gift cards will also make great stocking stuffers!

Activity: 143607-B
Location: ARC/Community Room
Day: Thursday
Date: December 21
Time: 6:30-9:30pm
Fee: R\$17/NR\$25

Halloween House Decorating Contest

Do you think you have the spookiest house on the block? Does your display have what it takes to bring home the First place prize in our Alsip Community Halloween House Decorating Contest? If the answer is yes, it is time to register for our event. Our panel of judges and community onlookers will travel from home to haunted home looking for the top three. Winners will receive prizes and signage at the end of the contest on Monday, October 28th and be announced via Facebook on Tuesday, October 29th for all to see.

Activity: 183598-A
Location: Alsip, USA
Day: Monday
Date: October 28
Time: 6:30-9:30pm
Ages: All
Fee: Alsip Residents \$10
Min/Max: 8/20
Registration Deadline: One week before class

Halloween House Decorating Judging Sign-Up

Activity: 183598-B
Location: Alsip, USA
Day: Monday
Date: October 28
Time: 6:30-9:30pm

Family Ornament Night

Get in to the Christmas spirit with our first of many holiday events. At Family ornament Night we will be making tons of handmade ornaments while having fun with family and friends to decorate our huge evergreen tree in time for our Light Up the Park event on Tuesday, November 19th at 6:30pm. Hot chocolate and cookies will be enjoyed while we create our beautiful ornaments and decorations.

Activity: 183635-A
Location: ARC/Community Room
Day: Tuesday
Date: November 12
Time: 5:30-7:30pm
Ages: All are welcome
Fee: R\$70/NR\$80
Min/Max: 8/20
Registration Deadline: One week

Light Up the Park

Join the Alsip Park District as we officially kick off the Christmas season with our annual tree lighting ceremony! Help Mrs. Claus countdown as we Light up the park! Christmas carols, hot cocoa and cookies will be enjoyed.

Location: ARC/Front Yard
Day: Tuesday
Date: November 19
Time: 6:30pm

EVENT & PARTY RENTALS

ROOM

- ✓ Resident Hour: \$50/hour
- ✓ Non-Resident Hour: \$75/hour
- ✓ Security Deposit Resident: \$200 flat

Coffee Service:
\$25 flat

Bag of Ice 7lbs:
\$5 each

MINI GYM

- ✓ Resident Hour: \$100/hour
- ✓ Non-Resident Hour: \$150/hour
- ✓ Security Deposit Resident: \$200 flat

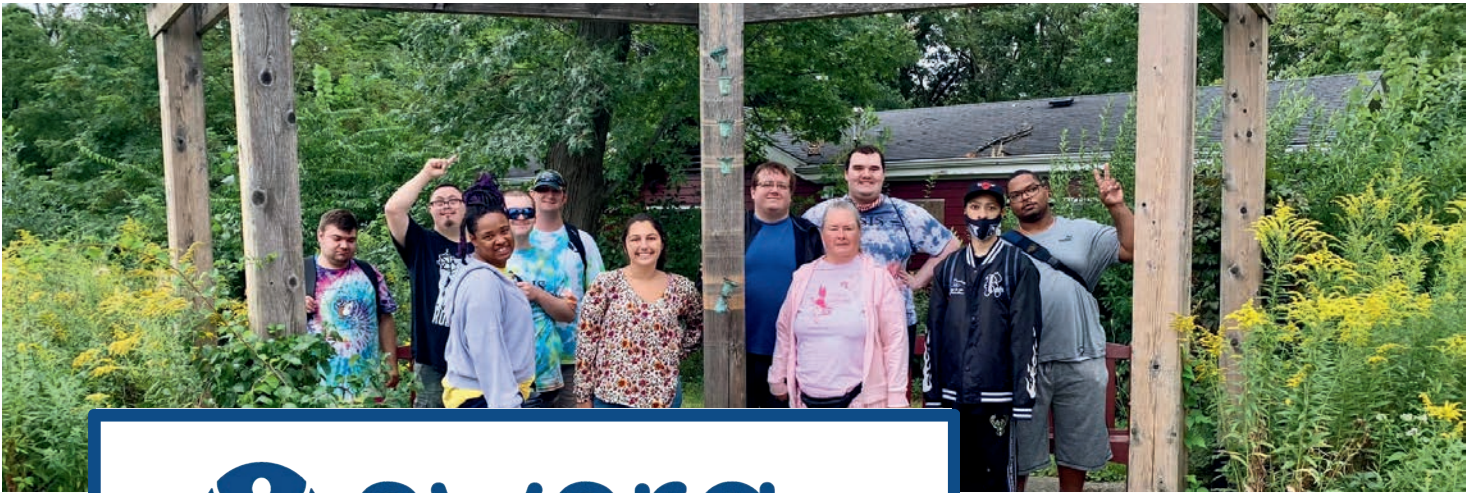
SMALL GYM

- ✓ Resident Hour: \$100/hour
- ✓ Non-Resident Hour: \$150/hour
- ✓ Security Deposit Resident: \$200 flat

Marquee Message:
\$20 for 1 day

MAIN GYM

- ✓ Resident Hour: \$150/hour
- ✓ Non-Resident Hour: \$200/hour
- ✓ Security Deposit Resident: \$200 flat



WHO WE ARE:

South West Special Recreation Association (SWSRA) was formed in 1981 to provide year-round quality therapeutic recreation programs and services for individuals with intellectual and/or physical disabilities or special needs. SWSRA programs are designed to increase independence and enhance the quality of life for each individual. SWSRA offers a variety of programming for ages youth to adult.



WHO WE SERVE

- Alsip Park District
- Blue Island Park District
- Hickory Hills Park District
- Village of Merrionette Park
- Midlothian Park District
- Palos Heights Parks & Recreation Department
- Posen Park District
- Worth Park District

AREAS OF SERVICE:

- Weekly Programs (in-person & virtual)
- Special Events
- Adult Day Program
- Special Olympics
- Cooperative Programs
- Inclusion Services
- Sensory Depot

Follow us on...



12521 S. Kostner Ave.

Alsip, IL 60803

708-389-9423

visit us at www.swsra.org

"Building Community through Recreation"

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 season.
4. The fee to replace a Facility Pass is \$20 for adults 18 & over, and \$10 for ages 8-17.
5. 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!!!
6. There are no refunds on memberships.

GYMNASIUM MEMBERSHIP INFORMATION

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.

GYMNASIUM FACILITY PASS FEES

Youth Pass (8 years to 17 years)	R\$30/NR\$60
Adult Pass (18 years and older)	R\$75/NR\$150
Corporate	R\$95 per employee

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, dropoff box inside located by the main office or drop it off at the Registration Desk during regular business hours. Note: Make sure you sign the waiver on the back of the registration form. Drop-off at: Alsip Park District 12521 South Kostner Alsip, Illinois 60803 Attn: Registration

Registration Process:

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.

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 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.

Alsip Park District

Family Name _____ Address _____
 City _____ State _____ Zip _____
 Home 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.

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 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.alsiparks.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

PAYMENT/PRO-RATING

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

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 Summer Camp and Preschool. 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.

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.

CLASS CANCELLATION INFORMATION

Program supervisors begin reviewing class enrollment and cancelling 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.

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.

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.

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. Thank You for your support in our efforts to provide the residents of the Alsip Park District with quality park sites and facilities.

Parks and Facilities

	Ball Diamonds	Basketball Courts	Concession Stand	Disc Golf	Fishing Pond	Football Field	Golf Course/ Driving Range	Indoor Fitness	Indoor Tot Play Area	Infinity Web	Pickleball	Picnic Area	Playgrounds	Restaurant/Banquet Facility	Skate Park	Soccer Fields	Splash Pad	Tennis Courts	Walking/Bike Path	Outdoor	Volleyball Courts	Indoor Track
APOLLO RECREATION CENTER- 12521 S. KOSTNER AVENUE		●						●	●		●	●	●					●	●	●	●	●
AUSTIN VIEW PARK - RT. 83 & AUSTIN AVENUE												●	●					●	●	●		
BARNES PARK - 117TH & KOLIN AVENUE	●											●	●						●	●		
BICYCLE/WALKING PATH- 116th - 127th STREET												●	●							●		
COMMISSIONERS PARK - 12600 S. KEDZIE AVENUE	L4	●	●		●							●	●			●			●	●	●	
CREEKSIDE PARK-113TH & LAMAN AVENUE												●	●									
FOUNTAIN HILLS GOLF CLUB-12601 S. KEDZIE AVENUE							L309H							●								
FREEDOM PARK- 131ST & CICERO AVENUE											●	●	●						●	●		
KETELAAR TOT LOT - 124TH & WALTER LANE												●	●						●	●		
KIWANIS PARK - 122ND - LARAMIE AVENUE															●							
LACROSSE TOT LOT - ENGLE ROAD & LACROSSE		●											●						●	●		
LARAMIE PARK - 120TH & LARAMIE	●											●	●				●		●	●		
MARY J. LYNCH SKATE PARK - 119TH PLACE & KOSTNER										●		●			●							
POKEY OAKS - 123RD & LAVERGNE AVENUE													●									
PRAIRIE BALL DIAMONDS - 11910 S. KOSTNER AVENUE	●			6H									●									
PRAIRIE VIEW PARK - TERMUNDE DRIVE & TRIPP AVENUE													●						●			
PROGRESS PARK - 122ND AND SPRINGFIELD AVENUE												●	●									
RONNETREE PARK - 127TH PLACE & KENNETH AVENUE												●	●									
SEARS PARK - 123RD & TRUMBULL AVENUE	●		●		●	L						●	●			L			●			
SPRAYFARI AQUATIC PARK 11930 S. KOSTNER AVE.			●									●	●									
WILKINS PARK - BLOSSOM DRIVE		●											●									

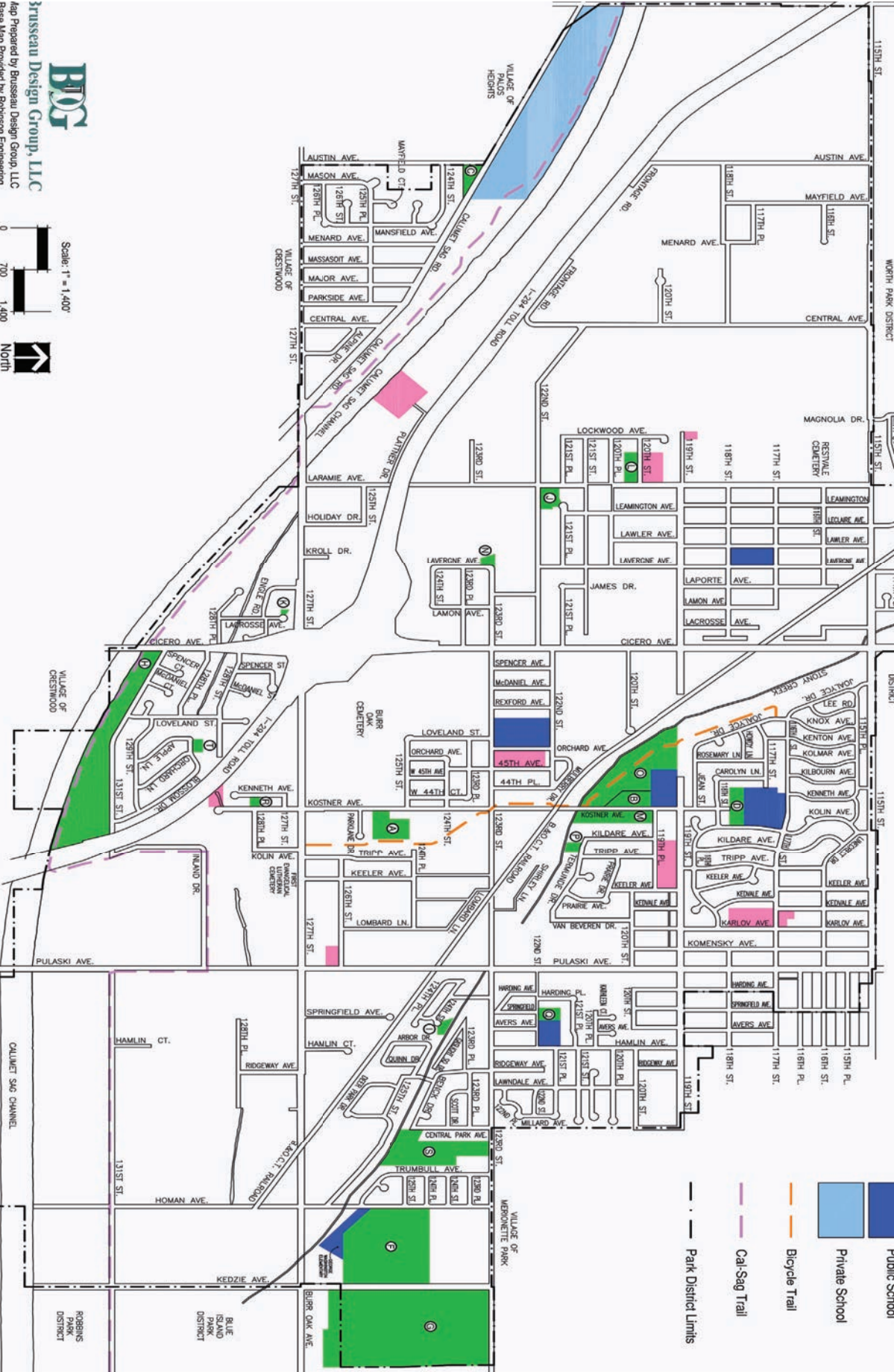
KEY ● = EQUIPMENT LOCATED AT PARK SITE L = LIGHTED F = OUTDOOR FITNESS STATIONS H = HOLES T = CAL SAG TRAIL



PARK DISTRICT

Park Locations

A - Apollo Recreation Center	H - Freedom Park	O - Prairie Ball Diamonds
R - Aquatic Park & Pool	I - Keeler Tot Lot	P - Prairie View Park
C - Austin View Park	J - Kwanza Park	Q - Progress Park
D - Barnes Park	K - LaCrosse Tot Lot	R - Romeiree Park
E - Conestoga Park	L - Laramie Park	S - Sears Park
F - Commissioners Park	M - Mary Lynch State Park	T - Wilkins Park
G - Fountain Hills Golf Club	N - Peary Oaks	



Key

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



Bussseau Design Group, LLC
Map Prepared by Bussseau Design Group, LLC
Base Map Provided by Robinson Engineering

