

LAN-OAK PARK DISTRICT

Autumn 2022



Fitness classes, athletics, art, photography, martial arts, gymnastics, swim lessons, foreign languages, music, special events, holiday fun, and more.

HALLOWEEN EVENTS

FALL PRESCHOOL

FALL BASKETBALL

www.lanoakparkdistrict.org

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Ways to Register!!

REGISTRATION WILL BEGIN UPON RECEIPT OF YOUR BROCHURE.

Registrations will be held until designated registration dates. Registration forms are found in this brochure. For all forms of registration, fill out the registration form in the back of the brochure completely in order to be processed. Sign the waiver on the back of the form.

MAIL-IN

Payments may be made by check or credit card.

Checks must be made payable to Lan-Oak Park District. If paying by credit card, provide all credit card payment information.

Mail to: Lan-Oak Park District, 2550 178th Street, Lansing, Illinois 60438



FAX

Faxed registrations must be paid by credit card. Provide complete credit card payment information.

Please fax to: 708-418-0942

IN PERSON

Bring proper payment and your registration form to 2550 178th Street, Lansing, Illinois.



SO EASY!! ONLINE REGISTRATION

www.lanoakparkdistrict.org

Browse through our program brochure, pick your programs, click on the icon that says "Sign Me Up!" follow the prompts, be sure to agree to the waivers, provide credit card payment information, and hit SEND.

You will receive a confirmation of registration by mail.

Sorry, no telephone registrations.

The Lan-Oak Park District accepts American Express, Visa & MasterCard. Please review our Transfer/Refund Policy on page 46 prior to registering.

REGISTRATION PROCESSING BEGINS

August 5, 2022 – Residents August 12, 2022 – Non Residents
Playskool registration is ongoing year-round.



EISENHOWER CENTER

Where it all happens!!

This community center offers Lansing a full service fitness center, a two-court gymnasium, an educational preschool, a gymnastics gym, an indoor pool, and a wide variety of recreation and fitness programs every season, every year. Come join the fun, learning, and fitness

Where: 2550 178th Street, Lansing

Call: 708-474-8552

Hours: 5:30am-9:00pm (Monday thru Friday)

7:00am-2:00pm (Weekends June thru August)

7:00am-4:00pm (Weekends September thru May)

www.lanoakparkdistrict.org
Follow us on Facebook!!



The Park Board

is composed of five non-paid individuals selected by voters to serve elected terms: John Kelly, Bob Tropp, Chris Gales, Lolly Lewis, Gina Aguilar. The Board is primarily a policy-making body that reflects the needs and interests of all taxpayers. Your personal participation is an integral part of their decision-making process.

The Board meets the third Monday of each

month at the Eisenhower Center, 2550 178th Street, Lansing, at 7:00pm.



The Lan-Oak Park District serves Lansing as an independent taxing body created for the purpose of fulfilling the open space, park, and recreation needs of the community. The park district was formed by a majority vote of Lansing residents in 1949 and is separate from the village government. The Village of

Lansing is governed by a different board and mayor and has no authority over the park district. Questions or comments about the park district should be submitted through the website communication feature on the park district website at www.lanoakparkdistrict.org



Eisenhower Fitness Center provides everything you need right in your community.

The well equipped full service fitness center, 25-yard indoor lap pool, sauna, whirlpool, locker rooms, and coffee center, and game area are perfect for shedding weight gain,

staying fit, and staying healthy. Add a couple of our fitness floor and water classes and you'll be ready to GET BACK TO FITNESS THIS FALL!!

See page 6-13 to learn all about Eisenhower Fitness Center

**Fitness membership and fitness class gift certificates are perfect for gift giving

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Don't Miss This Season... Playskool starts in September!!

Martial Arts Gymnastics Photography Halloween Events Foreign Languages
 DAYONE Basketball League is back!! **GET WITH THE PROGRAM!!**

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CALUMET CITY PLUMBING
EST. 1967

Lan-Oak Park District invites you to visit and enjoy...

Destination Parks

The Lan-Oak Park District owns and maintains nineteen parks in the Lansing community offering residents many options for recreating outdoors. Smaller parks nestled in neighborhoods are sure to offer playgrounds, a little open space, and perhaps another common play or athletic amenity. Some larger parks, however, offer something special - an amenity not found in any other Lansing park. These parks are your community destination for some very specific fun!

ALL KIDS! Lansing's first all inclusive playground! All kids just want to play, so let's make it as fun as possible for all kids. Visit Lions Park at Lions Stadium.



Van Laten Park offers a fun reading and fitness opportunity with StoryWalk and a reading-themed whimsical playground.



Lan-Oak Park offers our biggest, our tallest, our most exciting playground as well as a dedicated horseshoes and concrete bags opportunity!

ENJOY THE DEDICATED
TOT LOT FOR KIDS
UNDER 5!



Grab your smart phone for our interactive playground at Oakley Park - download BIBA free at Google Play or the App store. and enjoy some technology fun.

The park district offers a bikepath/walking path, Pennsy Greenway, winding through Lansing starting north at the Calumet City line and extending all the way to the Indiana state line. Our bikepath is part of the 475-mile Grand Illinois Trail. Go for a peaceful walk through the trees or go for a ride!



Grab your best friend for a visit to Paws 'n Play dog park at Bock Park. Plenty of space to run, play, and make some new canine friends.



If bocce is your game, Potts Park is the destination for two new bocce courts.



Copper Mudder's Park is the destination for Pickleball. Pickleball combines tennis, badminton, and ping pong into an exhilarating paddleball sport. Try Pickleball.



Two recreational opportunities can be found at Erfert Park - fishing in the Erfert pond and winter sledding down the Erfert sled hill.



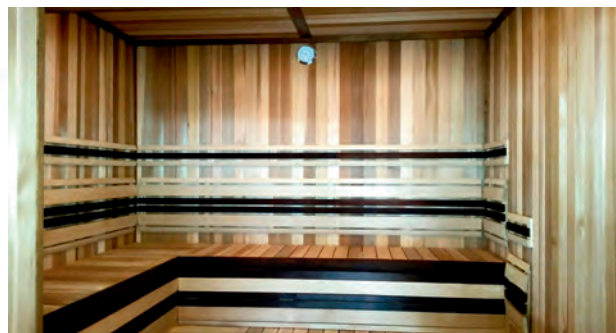
Two new tennis courts can be found at Rotary Park. Grab your racquet and some friends. Game, set, match!



Winterhoff Park includes some giant, outdoor musical instruments - enjoy Symphony.

Rotary Park, Erfert Park, Van Laten Park, Lan-Oak Park, and Bock Park provide park shelters with picnic tables - the perfect location for your next family special event. Call 708-474-8552 to inquire about a park shelter reservation. Refer to the park directory in this program guide to find all Lansing parks. Lan-Oak Park District provides free check out of equipment for tennis, pickleball, bocce, bags and horseshoes. Bring an ID and visit the Eisenhower Center to check out equipment or reserve a park shelter.

Everything you need right in your community!



Our friendly, helpful staff welcomes you each time you visit & all new members receive a free equipment orientation with a personal trainer.



The center boasts a 25-yard lap pool maintained at a refreshing 84 degrees, as well as a cozy outdoor tanning patio, sauna, steam rooms and a sparkling whirlpool.



Eisenhower Fitness offers members a complete, full-service fitness experience. The center houses a comprehensive inventory of selectorized/circuit machines, and cardiovascular equipment - from Cybex, Precor, Life Fitness, Sci-Fit, Concept 2, and two spacious free weight rooms boasting Cybex, Hammer Strength and a Gym Rax. Try your skill at the Marpo Kinetics rope trainer!



One Pass™

Renew Active
by UnitedHealthcare

Life Fitness

PRECOR

SCIFIT

HAMMER
STRENGTH

CYBEX

audiofetch

HEALTHWAYS
Silver Sneakers®
FITNESS

CENTER HOURS

Monday-Friday
5:30am - 9:00pm
Saturday & Sunday
(June thru August)
7:00am - 2:00pm
Saturday & Sunday
(September thru May)
7:00am - 4:00pm

Equipment Orientation...

Get started on the right foot.

All new members receive a FREE 30-minute equipment orientation with a personal trainer to make sure your fitness experience is safe and effective.

Locker Rentals...

Members wishing to maintain a permanent locker at the center may do so at the front desk. Lockers require a \$36.00 per year fee.

FREE COFFEE...

Relax in the fitness lobby every visit with free coffee, decaf coffee, or hot tea



Forget Something?...

Purchase bath towels, Eisenhower sport towels and water bottles, batteries, and padlocks at the front desk.

Vending Machines...

Water, Powerade and energy drinks are available for purchase in the fitness lobby.

Get with the program...

Fitness members receive a 15% discount on a variety of fitness classes. Page 10-13

www.lanoakparkdistrict.org
Questions? 708-474-8552



Member Conveniences



Open House... Friends are a priority at Eisenhower Fitness Center! Members may bring a friend to the center on September 14 and November 16. The friend will enjoy using the center for free. If the friend signs up for membership, the initiation fee will be waived and the current member will receive a free month added to their current membership!

EISENHOWER FITNESS CENTER

JANUARY BUY ONE GET ONE FREE MEMBERSHIP SPECIAL



**GET BACK
TO FITNESS**

For more details:
708-474-8552



LAN-OAK PARK
DISTRICT
2550 178TH STREET
LANSING, IL 60438

OUR SERVICES

- * CARDIO
- * CIRCUIT TRAINING
- * INDOOR LAP POOL
- * SAUNA - WHIRLPOOL
- * WEIGHT ROOMS
- * PERSONAL TRAINING
- * STEAM ROOMS
- * TANNING PATIO

**BEST
DEAL IN
THE AREA!**

The Figures...

Annual Fitness Membership Rates (save \$\$ by paying in one payment)

	Individual	Twosome	Senior	Senior 2	Child Add	HS	College
Annual Lansing Resident	\$343.00	\$450.00	\$232.00	\$300.00	\$81.00	\$208.00	\$208.00
Annual Non-Resident	\$408.00	\$515.00	\$297.00	\$365.00	\$89.00	\$273.00	\$273.00
6 Month Lansing Resident	\$243.00	\$343.00	\$167.00	\$232.00	\$60.00	\$139.00	\$139.00
6 Month Non-Resident	\$307.00	\$408.00	\$232.00	\$297.00	\$70.00	\$203.00	\$203.00
Summer Membership	\$114.00					\$ 80.00	\$ 80.00**
Summer Non-Resident	\$149.00					\$114.00	\$114.00**

Monthly Fitness Membership Rates (requires a signed 6-month or annual contract)

	Individual	Twosome	Senior	Senior 2	Child Add	HS	College
Annual Lansing Resident	\$31.20	\$40.85	\$21.18	\$27.31	\$7.55	\$19.01	\$19.01
Annual Non-Resident	\$37.06	\$46.72	\$27.04	\$33.18	\$8.27	\$24.88	\$24.88
6 Month Lansing Resident	\$42.53	\$59.93	\$29.30	\$40.61	\$10.68	\$24.43	\$24.88
6 Month Non-Resident	\$53.67	\$71.24	\$40.61	\$51.93	\$12.42	\$35.57	\$35.57

Periodic membership specials may not be combined with any other discount, promotion or open house benefit. Every new membership requires a \$25.00 non-refundable initiation fee charged for every person listed on the membership. An initiation fee is charged for add-ons to a current membership. All fees/rates are subject to change without notice. No member initiated changes allowed after 30 days. Child is defined as a person under 18 years old. College memberships require full-time student status, with proof of status. For senior twosome membership, only one person must be 62 years or older. For a resident twosome, only one person must be a Lansing resident. New members must provide proof of membership category chosen: Residents must provide proof of residency, students must provide a current school ID or schedule of classes. The January fitness membership special is only valid in the month of January. The July fitness membership special is only valid in the month of July. Both specials only apply to membership categories already offering a twosome option. Child add-ons must be 10-17 years old. Children 10-13 must be accompanied by a parent at all times. Children 14-17 may visit the center alone. 10-11 year olds must complete Fitness College before being allowed access to the fitness center. Fitness Memberships allow 100% refund within 3 days, 50% within 30 days, no refunds after 30 days. Fitness members must follow center rules and regulations. The failure to do so may result in membership suspension or termination without refund.



**Summer Memberships are 3-months, include no equipment orientation, no initiation fee, and are sold from May 1 to June 15 ONLY.

The basketball gym is NOT a benefit of a fitness membership, but is free to fitness members when not in use.



Eisenhower Fitness is proud to be a Silver Sneakers & Prime agency. Silver Sneakers & Prime provide a free fitness membership to persons having specific medical insurance. To see if your insurance is eligible, visit tivityhealth.com



Eisenhower Fitness is proud to be a Renew Active & One Pass agency. RenewActive & OnePass provide a free fitness membership to persons with specific United Healthcare insurance. Contact your insurance provider to determine your eligibility.

One Pass™

FIT-PACKS - a great short term option that provides an opportunity to visit the fitness center ten times for one low price.
\$80.00(R) \$85.00(NR)
No refunds or returns on fit-packs.

VISIT US DAILY (must be paid at our reception desk)

Gym Only	\$ 7.00(R) \$12.00(NR)
Fitness Center Only	\$12.00(R) \$20.00(NR)
Gym & Fitness Center	\$17.00(R) \$29.00(NR)

The gym is open when not being used for a program or rental. Call first to ask about gym availability. No refunds for walk in fees.

PERSONAL TRAINING

Cost for personal training packages:

01 - Single session/member	\$44.00
02 - Section 01 Twosome*	\$70.00
03 - Single session/non-member	\$49.00
04 - Section 03 Twosome*	\$78.00
05 - 4 session pack/member	\$160.00
06 - Section 05 Twosome*	\$256.00
07 - 4 session pack/non-member	\$180.00
08 - Section 07 Twosome*	\$288.00
09 - 10 session pack/member	\$360.00
10 - Section 09 Twosome*	\$576.00
11 - 10 session pack/non-member	\$410.00
12 - Section 11 Twosome*	\$656.00

Certified Personal Trainers

(#199005) Trainers will design a workout especially for you. Whether your goals are to lose weight, increase muscular size, strength, injury prevention or the desire to have a weekly commitment, we can help with your success. A comprehensive fitness assessment is included in the 4 and 10 session packages. Sessions are 50 minutes in length and are scheduled by appointment only. All fees

must be paid in full before first session. Packages are available for those 18 years and older. *Twosome is two persons sharing the package and receiving 20% off the regular price. All are by appointment only.

Non-Members must pay the daily walk-in fee to enter the fitness center.

GETFIT



Body Fat Analysis

(#199003) This is the rapid and easy way to learn proportion of body fat to lean body tissue. Body composition gives a good idea of what your percentage is and what it should be. Each 30-minute appointment is private and includes height, weight, body fat measurement, and a short consultation.

- 01 - Member fee \$20.00
- 02 - Non-member fee \$25.00

Fitness Enhancements

Questions? 708-474-8552

www.lanoakparkdistrict.org

Fitness Assessment (#199001)

consists of height, weight, heart rate, blood pressure, body measurements, body fat analysis consisting of 3 sites, a 3-minute step test for cardiovascular fitness, low back and hamstring flexibility test, abdominal crunch test, upper body strength test & lower body strength test. By appointment only.

- 01 - Member fee \$33.00
- 02 - Non-Member fee \$38.00

Fitness Evaluation (#199004)

consists of resting heart rate, blood pressure, height, weight, body measurements and body fat analysis.

An exercise program will be prescribed based on your needs and goals. By appointment only.

- 01 - Member fee \$25.00
- 02 - Non-member fee \$30.00

Equipment Orientation (#199002)

A certified personal trainer is available by appointment to provide a 30-minute group orientation to the fitness center equipment. This orientation is provided privately for new members.

- 01 - New members FREE
- 02 - Current members \$10.00

EISENHOWER FITNESS CENTER

JANUARY BUY ONE GET ONE FREE MEMBERSHIP SPECIAL



GET BACK TO FITNESS

For more details:
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- * STEAM ROOMS
- * TANNING PATIO

BEST DEAL IN THE AREA!

Fitness Classes



a towel, and wear comfy workout clothes – we're gonna get sweaty! Age 18 & Up

Program#: 332017 Min/Max: 6/15 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 13-October 18
Section#:02 November 1-December 6
Time: 7:00-7:45pm Day: Tuesday



Develop strength while also improving balance and mobility. We'll begin with an easy warm-up followed by the cardio portion containing heart-healthy moves. Next, we'll enjoy strength training with routines using small hand weights and a chair that will help you stay strong and balanced. Then end with a relaxing stretch that sends you on your way to a healthy day. Ages 18 & Up

Program#: 339014 Min/Max: 6/15
Fee: \$45.00 (R), \$50.00 (NR)
Registration Deadline: One week before the start of each section

Section#:01 September 6-October 11
Section#:02 October 25-November 29
Section#:03 December 13-January 17
Time: 10:00-11:00am
Day: Tuesday



that's both fun and challenging. PILOXING blends the power, speed, and agility of boxing with the beautiful sculpting and flexibility of Pilates. Using Pilates and boxing movements, the exercise incorporates the use of weighted gloves which add to the workout by toning the arms and maximizing cardiovascular health. Age 13 & Up

Program#: 332295 Min/Max: 6/15
Fee: \$55.00(R), \$60.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 8-October 13
Section#:02 October 27-December 8
No class November 24
Time: 6:00-7:00pm Day: Thursday



to improve strength, posture, and balance in this unique and effective workout. This class targets all of the muscles of the core: abdominals, back, hips, and glutes.
Ages 18 & Up

Program#: 329023 Min/Max: 6/15
Fee: \$55.00 (R), \$60.00 (NR)
Registration Deadline: One week before the start of each section

Section#:01: September 8 -October 13
Section#:02 October 27-December 8
Time: 5:00-5:45pm
Day: Thursday

Are you looking to add a little more to your workout? Check out Core & More

Lose the Mat Yoga

Improved posture, increased flexibility and strength training along with balance and stability, are just some of the benefits of Lose the Mat Yoga. Decrease tension and improve your mood as you follow the seated and standing poses in this enjoyable class without getting down on the floor. Age 13 & Up



Program#: 371032 Min/Max: 6/15
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center passholders

Section#:01 September 6-October 11
Section#:02 October 25-November 29
Section#:03 December 13-January 17
Time: 6:00-6:45pm Day: Tuesday

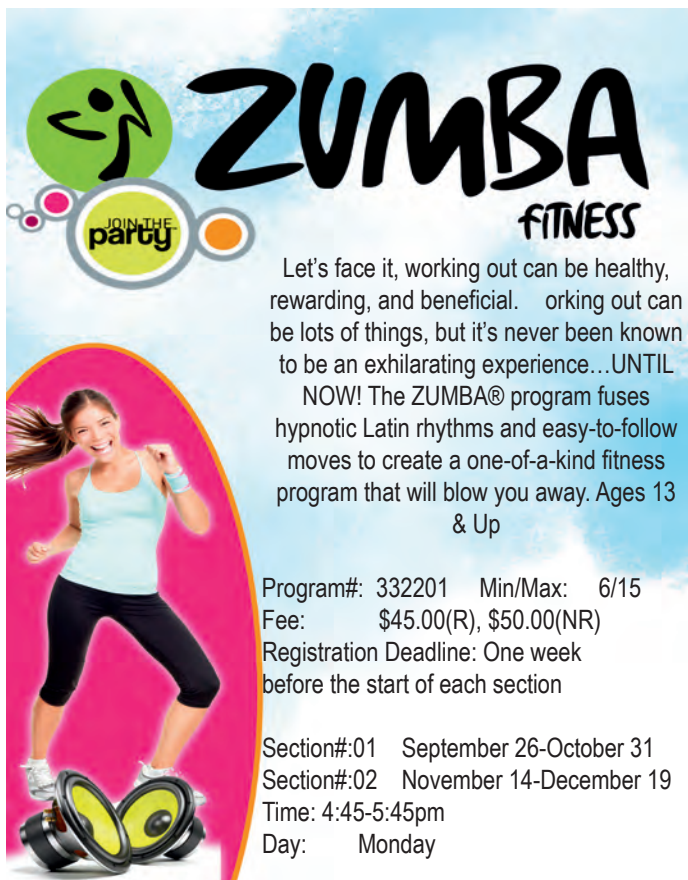


This class will challenge you with exercises that improve your strength, flexibility, endurance, balance, and posture. Any fitness level welcome. This class will help decrease pain caused by arthritis, inactivity, or recent surgeries. The exercises will be offered with or without the assistance of the chair, and when you're ready, work your way to the floor mat segment of the class. Ages 55 & Up

Program#: 371001 Min/Max: 6/15
Fee: \$75.00 (R), \$80.00 (NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center pass holders

Section#:01 August 22-October 3
No Class September 5
Section#:02 October 17-November 28
Section#:03 December 12-January 18
Time: 10:00-10:50am
Day: Monday & Wednesday





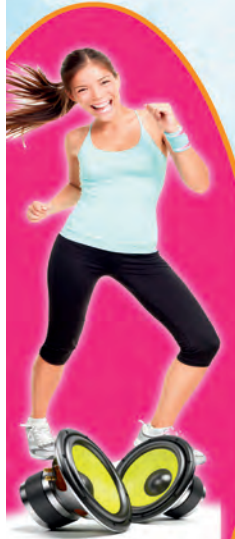
ZUMBA

FITNESS

Let's face it, working out can be healthy, rewarding, and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience...UNTIL NOW! The ZUMBA® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ages 13 & Up

Program#: 332201 Min/Max: 6/15
 Fee: \$45.00(R), \$50.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 September 26-October 31
 Section#:02 November 14-December 19
 Time: 4:45-5:45pm
 Day: Monday

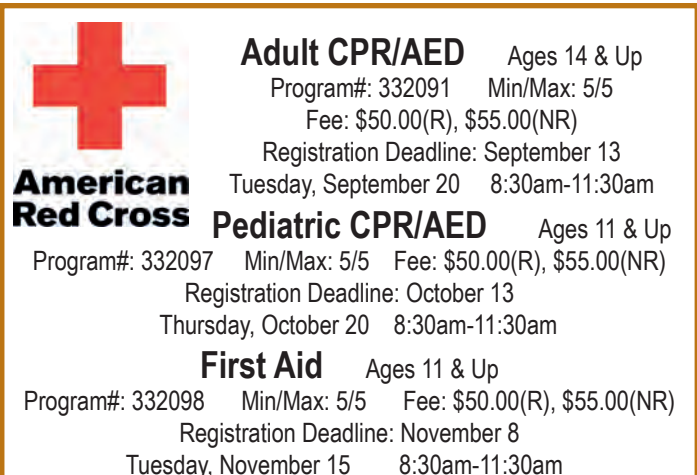



Dawn the Dancin' DeeV'a

Adult Line Dancing Line Dancing is unique in that you don't need a partner, you exercise your brain by learning and remembering a sequence of steps, you get fit, meet new people, and have fun! In this class you'll learn some traditional and some new steps. Dawn Avery's joyous love of dance has propelled her into teaching line dancing at multiple locations in the South Suburbs. If you're going to exercise, make it something you will enjoy! Age 18 & Up

Program: 331000 Min/Max: 10/15 Fee: \$65.00(R), \$70.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 September 8-October 13 Time: 7:15-8:15pm
 Section#:02 October 27-December 1 Day: Thursday



Adult CPR/AED Ages 14 & Up
 Program#: 332091 Min/Max: 5/5
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: September 13
 Tuesday, September 20 8:30am-11:30am

Pediatric CPR/AED Ages 11 & Up
 Program#: 332097 Min/Max: 5/5 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: October 13
 Thursday, October 20 8:30am-11:30am

First Aid Ages 11 & Up
 Program#: 332098 Min/Max: 5/5 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: November 8
 Tuesday, November 15 8:30am-11:30am



Fitness Classes

SilverSneakers® & Renew Active

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a fitness ball are offered for resistance. A chair is used for seated and/or standing support. Ages 50 & Up

Program#: 339008 Min/Max: 6/15

Fee: \$40.00(R), \$45.00(NR)

Silver Sneakers and Renew Active members are free, but MUST pre-register for this program.

Registration Deadline: One week before the start of each section

Section#:01 August 29-October 10

No class September 5

Section#:02 October 24-November 18

Section#:03 December 12-January 16

Time: 6:00-7:00pm Day: Monday

Section#:04 September 8-October 13

Section#:05 October 27-December 8

No class November 24

Time: 10:00-11:00am Day: Thursday

Tai Chi 1 Tai Chi 1, a modified Sun-Style provides stress reduction, balance, and agility. Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching, that teaches a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing. No special clothing or equipment required. Ages 16 & Up

Program#: 387210 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR)

15% discount for Fitness Center pass holders

Registration Deadline: One week before the start of each section

Section#:01 September 26-October 31

Section#:02 November 14-December 19

Time: 2:00-3:00pm

Day: Monday

Tai Chi 2 Class requirements: Participants must have successfully completed Tai Chi 1 prior to enrolling in this class.

Program#: 387211 Min/Max: 6/15

Fee: \$42.00(R), \$47.00(NR)

15% discount for Fitness Center pass holders

Registration Deadline:

One week before the start of each section

Section#:01 September 14-October 19

Section#:02 November 2-December 7

Time: 2:00-3:00pm Day: Wednesday



YOGA CLASSES

Annie Rodriguez is a hatha yoga instructor, who began her journey as threatening car accident. Early on she realized that yoga offers much in life, by integrating self-awareness through meditation, physical and spirit. The healing she experienced inspired a deeper degree in psychology from Indiana University. The growth of Annie enrolled in teacher training at the Temple of Kriya Yoga. She focuses her teachings on skeletal alignment, integrating the use of crystals and their healing building and maintaining a practice of their own.

a yogi with the hope of strengthening her body after a life more than just physical strength. It creates a unique balance postures, and breathing practices that connect the mind, body, exploration of the emotional body, which led to a bachelor's her personal practice motivated her to give back to others. in Chicago, receiving a 200-RYT certification in 2011. protecting the spine, and breath control, while properties. Overall, her goal is to nurture students in



Welcome Annie Rodriguez



ENJOY AN EMPOWERING YOGA CLASS



NEW!! Restorative Yoga

As the name suggests, this style of yoga "restores" the body to its parasympathetic nervous system function, which, in turn, helps the body rest, heal, and restore balance. By allowing time for longer asanas (postures or poses) and deeper breathing, restorative yoga helps elicit the relaxation response. Ages 18 & Up

Class requirements: Yoga mat, bath towel, small blanket and loose clothing.

Program#: 371035 **Min/Max:** 6/15
Instructor: Annie Rodriguez **Fee:** \$55.00(R), \$60.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 **September 14-October 19**
Section#:02 **November 2-December 7**
Time: 6:15-7:15pm **Day:** Wednesday

Yoga for Stress

Do you need to reduce stress – or let go of tension in your mind and body? This class will teach you stress management techniques to reduce muscle tension, focus and relax the mind, lower blood pressure and heart rate, and reduce risk of heart disease. Includes breathing techniques, poses, deep relaxation, guided visualization, and more. Standing, seated, and floor poses. Ages 16 & Up

Class requirements: Yoga mat, bath towel, small blanket and loose clothing.

Program#: 371031 **Min/Max:** 6/15
Instructor: Annie Rodriguez **Fee:** \$55.00(R), \$60.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 **September 14-October 19**
Section#:02 **November 2-December 7**
Time: 5:00-6:00pm **Day:** Wednesday

Water Fitness

**Register early.
Class space is
limited.**

The indoor pool is kept at a refreshing 84 degrees, perfect for a water workout!



Aqua Arthritis

This class is a warm-water exercise program especially designed for those with arthritis and related conditions. Range-of-motion, strengthening and some aerobic exercise will be offered. This type of exercise can decrease pain and stiffness, while providing an enjoyable and safe workout. Class Requirements: Aqua Shoes (not Aqua Socks) Ages 18 & Up

Program#: 339006 Min/Max: 6/15
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center Members

Section#:01	September 10-October 15
Section#:02	October 29-December 3
Time: 8:00-8:45am	Day: Saturday
Section#:03	August 29-October 10 No class Sept 5
Section#:04	October 24-November 28
Section#:05	December 12-January 16
Time: 9:00-9:45am	Day: Monday

Water Aerobics

A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. This is a full body workout, a combination of cardiorespiratory, muscle conditioning, and interval training. This class is for all ages and all abilities. Class Requirements: Aqua Shoes (not Aqua Socks) Ages 18 & Up

Program#: 365140 Min/Max: 6/15
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center pass holders

Section#:01	October 17-November 21
Section#:02	December 5-January 9
Time: 8:00-8:50am	Day: Monday
Section#:03	October 26-November 30
Section#:04	December 14-January 18
Time: 9:00-9:50am	Day: Wednesday



Aqua Zumba® & Aqua Body Sculpting

Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. This class now adds total body sculpting using foam dumbbells, noodles, bands and more. With the same great class of splashing, stretching, twisting, even shouting, laughing, hooting, and hollering are often heard during an Aqua Zumba class. The class will consist of 40 minutes of Aqua Zumba and 20 minutes of Aqua Body Sculpting. Ages 18 & Up

Program#: 332240 Min/Max: 6/15 Fee: \$40.00(R), \$45.00(NR) Registration Deadline: One week before the start of the section

Section#:01	September 12-October 17	Section#:02	October 31-December 5
Time: 7:00-8:00pm	Day: Monday		
Section#:03	September 14-October 19	Section#:04	November 2-December 7
Time: 6:30-7:30pm	Day: Wednesday		



Swim lessons fill very fast.
Register early!!

Swim Lessons - Youth

American Red Cross Learn-to-Swim teaches aquatic and personal water safety skills in a logical progression. It consists of six levels.

Participants in Level 1 are oriented to the aquatic environment and gain some basic skills in each category. Throughout the levels, participants build on their basic skills to learn various propulsive movements on the front, back and side. As the levels increase, participants learn to refine the different strokes and build endurance. Age 6-14

Program#: 372035 Min/Max: 6/6 Fee: \$60.00(R), \$65.00(NR) Registration Deadline: One week before the start of each section

Section#:	Date:	Level:	Time:	Day:
01	September 6-October 25	Level 1	4:00-4:45pm	Tuesday
02	September 6-October 25	Level 1	4:45-5:30pm	Tuesday
03	September 6-October 25	Level 2	5:30-6:15pm	Tuesday
04	September 7-October 26	Level 3	4:00-4:45pm	Wednesday
05	September 7-October 26	Level 4	4:45-5:30pm	Wednesday
06	November 8-December 27	Level 1	4:00-4:45pm	Tuesday
07	November 8-December 27	Level 1	4:45-5:30pm	Tuesday
08	November 8-December 27	Level 2	5:30-6:15pm	Tuesday
09	November 9-December 28	Level 3	4:00-4:45pm	Wednesday
10	November 9-December 28	Level 4	4:45-5:30pm	Wednesday

Parent and Child Aquatics

Parents and children learn together to increase a child's comfort level in the water and build a foundations of basic skills, such as arm and leg movements and breath control. These classes are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy. Ages 6 months – 3 years

Program#: 321085 Min/Max: 6/10 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:	Date:	Level:	Time:	Day:
01	September 8-October 27	Level 1&2	5:30-6:00pm	Thursday
02	November 10-January 5	Level 1&2	5:30-6:00pm	Thursday

No class November 24

Participants who are inexperienced swimmers or have not already passed an American Red Cross swim level must enroll in Level 1.
A participant's progress to the next level of swim is determined by the instructor. Questions? 708-474-8552

Swim Lessons - Preschool

American Red Cross Preschool Aquatics, consisting of three levels, is an integral part of the overall Red Cross instructional aquatic and water safety program. The primary objective of Preschool Aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children about 4 and 5 years of age. Age 4-5



Program#: 372034 Min/Max: 6/6 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:	Date:	Level:	Time:	Day:
01	September 8-October 27	Level 1	4:00-4:30pm	Thursday
02	September 8-October 27	Level 2	4:30-5:00pm	Thursday
03	September 8-October 27	Level 3	5:00-5:30pm	Thursday
04	November 10-January 5	Level 1	4:00-4:30pm	Thursday
05	November 10-January 5	Level 2	4:30-5:00pm	Thursday
06	November 10-January 5	Level 3	5:00-5:30pm	Thursday

No Class November 24

Swim Lessons - Teen & Adult



The Learning-to-Swim program offers six comprehensive levels that teach you, your child or other family

members how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level, as determined by the instructor. Students must demonstrate the required skills for passing each level and are not guaranteed to pass the level. Ages 15 & Up

Program#: 372036 Min/Max: 6/10
Fee: \$60.00(R), \$65.00(NR)
Registration Deadline: One week before the start of each section

Section#:	01	September 7-October 26
Section#:	02	November 9-December 28
Time:	5:30-6:15pm	Day: Wednesday

Class Requirement...

**All swim students must have swim goggles.
Remember your goggles every week!**

FAMILY SWIM Family Swim takes place at the Eisenhower Center indoor pool. Parents must accompany their children in the pool during Family Swim. Lifeguards will not be present. Please bring your own towel and lock. Street clothes and shoes are not allowed in the pool, sauna, or whirlpool. Food and drinks are not allowed in the pool area, only water. Facility pool rules are posted and must be followed. The Lan-Oak Park District reserves the right to limit the number of participants attending Family Swim hourly based on the pool capacity.

Saturday & Sunday: Noon-2:00pm Fitness Members-Free Lansing Residents - \$5.00 Non-Residents - \$10.00 3 Years & Under-Free

Baby and Me Yoga

Have fun with yoga creating a special experience to bond with you and your little one. This class will focus on introductory poses, breathing techniques, and playful poses.

Age 9 months-24 months

Program: 300183 Min/Max: 6/9
Fee: \$33.00(R), \$38.00(NR)
Registration Deadline: October 31

Section#:01

Date: November 7-December 5

Time: 10:30-11:15am

Day: Monday



Tot's Open Gym

Come play with us in this tot's open gym. Little ones get to experience the joy of having fun in a new environment with familiar toys, playing games, and socializing with other participants.

Age 12 months-36 months

Program: 300186
Min/Max: 5/9
Fee: \$33.00(R), \$38.00(NR)
Registration Deadline: October 31

Section#:01

Date: November 7-December 5

Time: 12:30-1:15pm

Day: Monday



Tot and Me Yoga

Have fun with yoga creating a special experience to bond with you and your little one. This

class will focus on introductory poses, breathing techniques, and playful poses. Age 24 months-36 months

Program: 300185 Min/Max: 6/9
Fee: \$33.00(R), \$38.00(NR)
Registration Deadline: October 31

Section#:01

Date: November 7-December 5

Time: 11:30-12:15pm

Day: Monday

Adult-Tot Soccer

Young children develop motor skills while having fun running and kicking. Parents and tots work together in this class, learning the basics of soccer. Dribbling, passing, shooting, and kicking will all be emphasized. A variety of activities will be played each week. Parent participation is required. Age 2-4

Program: 327103
Min/Max: 3/5
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: September 6

Section#:01

Date: September 12-October 17*

Time: 4:00-4:45pm

Day: Monday

No Class October 10

Parent and Child Aquatics

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. These classes are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy. Ages 6 months-3 years

Program#: 321085 Min/Max: 6/10
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:	Date:	Level:	Time:	Day:
01	September 8-October 27	Level 1&2	5:30-6:00pm	Thursday
02	November 10-January 5	Level 1&2	5:30-6:00pm	Thursday
No class November 24				

Tiny Tot Programs

are for children age 6 months to 36 months. Tiny Tot programs are parent-child opportunities giving young children comfort & security in their first recreation programs away from home

Adult-Tot Baseball

Young children develop motor skills while having fun learning fielding, base running and hitting off a tee. Parents and tots work together in this class, learning the basics of baseball. Teamwork and parent/ child interaction will be emphasized alongside basic motor functions and skills. A variety of activities will be played each week. Parent participation is required. Age 2-4

Program: 327104 Min/Max: 3/5
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: September 6

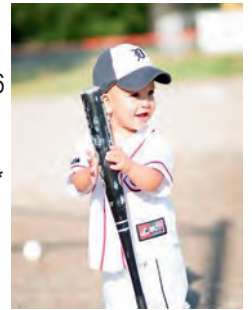
Section#:01

Date: September 12-October 17*

Time: 5:00-5:45pm

Day: Monday

No Class October 10



Lil' Dribblers

Lil' Dribblers will give each child an opportunity to begin their basketball playing experience in a fun and supportive environment with their parents. During the class, participants will be introduced to balance, equipment, hand-eye coordination, and following directions. Parent participation is required! Age: 3, only.

Program: 327105
Min/Max: 5/10
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01

Date: September 15-October 13

Time: 4:00-4:45pm

Day: Thursday

Section#:02

Date: October 26-November 23

Time: 11:30-12:15pm

Day: Wednesday



Questions?

708-474-8552

Register early - Tiny Tot
classes fill quick!

Make it easy - Register for your favorite programs online! www.lanoakparkdistrict.org

NEW!! Baby Book Club

Research suggests that the sooner you start reading to your baby, the more positive an impact it will have as baby grows. We'll choose books featuring delightful characters and stretch each story with related activities to show that reading is fun. Plan on meeting five little monkeys, a baby llama, and more. Age 12-24 months

Program: 300119 Min/Max: 5/7 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 Date: September 14- October 12
Time: 9:00-9:45am Day: Wednesday



2 & 3 School for Me



This 8-week program is the perfect way to start preparing young children for preschool. With the comfort of mom or dad in the room, children will interact with others, sing songs, read stories, create art projects, learn in circle time, and more! All activities will be simplified in order to be age-appropriate, and the program schedule will replicate that of a shortened preschool. Age 24-36 months

Program: 300131 Min/Max: 6/8 Fee: \$60.00(R), \$65.00(NR)
Registration Deadline: One week before the start of each section
Section#:01 Date: September 19-November 7
Time: 10:00-11:00am Day: Monday



Pee Wee Playgroup

Parents will enjoy this opportunity to sip some coffee or tea, socialize with

other moms, and join their toddler in fun activities during this good old-fashioned playgroup. We'll read stories, play with the best toys, make crafts, sing songs, relax and have fun in a free play atmosphere. Age: 6 month-24 months

Program: 300125 Min/Max: 5/7
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 September 16- October 21
Time: 10:30-11:30am Day: Friday
**No class October 14

Section#:02 November 8- December 6
Time: 2:00-3:00pm Day: Tuesday

Check out Strollercize -
fitness fun with baby! Page 3

Sticky Fingers

Join us as we make lots of different sticky creations! Kids will have so much fun exercising their fine motor skills while leaving the mess behind. Dress for a mess. Age 24-36 months

Program: 300170
Min/Max: 6/8
Fee: \$43.00(R), \$48.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 15-October 13
Time: 9:00-10:00am
Day: Thursday
Section#:02 October 25- November 22
Time: 10:30am-11:30am
Day: Tuesday

NEW!! Movin' to Music



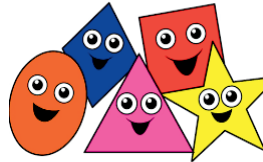
Turn up the tunes and let's get moving in this class that offers exercise set to music and adding fun elements such as bean bags, scarves, a parachute and more. Dress loose and wear socks.

Program: 300150 Min/Max: 5/7
Fee: \$45.00(R), \$50.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 (12-24 months) Date: September 13-October 18
Time: 10:15-11:00am Day: Tuesday
Section#:01 (24-36 months) Date: November 3-December 15
Time: 11:15-12pm Day: Thursday

NEW!! Colors and Shapes



It's never too early to start learning educational concepts. We'll teach eight colors and four shapes with fingerplays, songs, art, games, center exploration, and rhymes. So much to learn – so much fun!

Program: 300135 Min/Max: 5/7 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 Date: September 13-October 18
Time: 11:30-12:30pm Day: Tuesday
Section #:02 Date: November 2-December 7
Time: 1:00-2:00pm Day: Wednesday

NEW!! Tiny Celebrations Calling all party babies!
Let's get together to celebrate Halloween, Thanksgiving, and Christmas in a most playful and festive way.

Program: 300112 Min/Max: 6/10
Fee: \$20.00(R), \$25.00(NR)
Registration Deadline: One week before the start of each section



Section#:01 Halloween (12-24 months)
Date: October 10 Time: 3:00-4:00pm
Day: Monday
Section#:02 Thanksgiving (12-24 months)
Date: November 17 Time: 4:00-5:00pm
Day: Thursday
Section#:03 Christmas (12-24 months)
Date: December 15 Time: 3:00-4:00pm
Day: Thursday
Section#:04 Halloween (24-36 months)
Date: October 7 Time: 4:00-5:00pm
Day: Friday
Section#:05 Thanksgiving (24-36 months)
Date: November 10 Time: 4:00-5:00pm
Day: Thursday
Section#:06 Christmas (24-36 months)
Date: December 8 Time: 4:00-5:00pm
Day: Thursday

NEW!! Little Sluggers and Kickers

In this class we will combine the games of baseball and kickball for a fun and exciting. Boys and girls learn the basic fundamentals used in both kickball and baseball such as running the bases, throwing, catching and fielding as well as the skills which are unique to each sport like hitting o f the tee and kicking the ball. Age 3-5

Program: 310036 Min/Max: 4/9 Fee: \$39.00(R), \$44.00(NR)

Registration Deadline: September 30

Section#:01 October 6-November 3

Pee Wee Floor Hockey Skills & Drills



Make your child's first hockey experience a good one. To ensure a safe environment, pee wee players will use pillow polo sticks. Participants will learn the basics of the game and test their skills with some fun drills on their way to being first-rate hockey players. Age 4-5

Program: 327107 Min/Max: 4/10

Fee: \$35.00(R), \$40.00(NR)

Registration Deadline: October 28

Section#:01 November 4-December 4

Time: 4:00-4:45pm Day: Friday

*no class November 25



Little Ninjas

Leap, hop, skip, run your way through obstacles and put you Ninja

skills to the test. This fun movement-based class

will challenge your ninja to maneuver over and under objects. Age 3-5

Program: 310186 Min/Max: 4/8

Fee: \$35.00(R), \$40.00(NR)

Registration Deadline: September 2

Section#:01 September 9-October 14

Time: 4:00-5:00pm

Day: Friday

No Class October 7

1:00-1:45pm

Thursday



Sports & More

Play Ball! Children are introduced to the fundamentals of some of the most popular sports and group games. The program provides an opportunity for each child to develop motor skills while nurturing his/her growth socially and emotionally through teamwork and good sportsmanship. Age 4-6

Program: 310027 Min/Max: 4/9

Fee: \$30.00(R), \$35.00(NR)

Registration Deadline: September 6

Section#:01 September 13-October 11

Time: 4:00-5:00pm Day: Tuesday



Bitty Basketball

It's never too early to start learning how to play basketball! This instructional class will teach tykes the rules and the skills of basketball.

Basic skills, such as dribbling, passing, and shooting, will be practiced in every session. And basic rules are emphasized through fun games played during class time. Age 4-6

Program: 310031 Min/Max: 4/8

Fee: \$30.00(R), \$35.00(NR)

Registration Deadline: One week before the start of each section.

Section#:01 September 21-October 19

Time: 11:45-12:30pm Day: Wednesday

Section#:02 November 7-December 5

Time: 5:00-5:45pm Day: Monday

Early Childhood Programs perfect for ages 3-5



Tee Ball Basics

Become a big slugger! The basics will teach

the fundamental of baseball and softball! Kids will play with softcore baseballs practicing batting, throwing, catching, and running the bases!

Baseball gloves required! Age 3-6

Program: 387060 Min/Max: 4/7

Fee: \$40.00(R), \$45.00(NR)

Registration Deadline: September 6

Section#:01 September 12-October 17*

Time: 6:00-7:00pm Day: Monday

No Class October 10

NEW!!

Micro Soccer U6 - Indoor

This class is designed for children interested in



learning the exciting sport of soccer. Instruction will cover some basic soccer skills such as shooting, dribbling, and foot-eye coordination, but the focus will be teaching players how to play an organized game, using a 3 v 3 format for maximum player participation. T-shirts are provided. Age 4-5

Program#: 381005

Location: Main Gym

Min/Max: 6/12

Fee: \$50.00(R), \$55.00(NR)

Registration Deadline: September 26

Section #: 01

Date: October 8 -November 26

Time: 9:00am-10:00am

Day: Saturday

So much more...

Preschool Gymnastics Page 26 Kicking Tots Karate Page 27

Art Classes Page 28 Preschool Swim Lessons Page 14

Spanish for Preschoolers Page 31 Ghostly Games Page 38

The perfect preschool for your child...Playskool Page 20-21

Early Childhood Programs perfect for ages 3-5

NEW!! Tomie dePaola Book Club

Tomie dePaola devoted his life to writing and illustrating more than 250 children's books, all marvelous and heartwarming stories. Each week we will start by reading a Tomie dePaola book, discuss the book, identify our favorite part of the story, and complete art derived from the story. Each participant will receive a book to keep. *"It's a dream of mine that one of my books, any book, any picture, will touch the heart of some individual child and change that child's life for the better."* --Tomie DePaola

Program#: 310042 Min/Max: 6/8
Fee: \$53.00(R), \$58.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 Date: October 5-November 4
Time: 4:30-5:30pm Day: Wednesday



NEW!! Doctor School

This program will bring medicine, science, and health

to children in a fun and entertaining way. Little doctors will don their white coats and learn about the systems of the body, the five senses, and good nutrition.

Program: 310062 Min/Max: 6/8
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: One week before the start of each section

Section#:01
Date: September 13-October 18
Time: 1:00-2:00pm
Day: Tuesday
Section#:02
Date: November 1-December 6
Time: 12:30-1:30pm
Day: Tuesday

**Don't Miss Ghostly
Games - a Halloween
tradition for kids 3-8
See page 38**

NEW!! Learning Letters

Games, songs, phonetics, and fun will teach your child to recognize letters and their sounds. We'll cover two letters each week and create letter booklets to take home.

Program: 310056
Min/Max: 6/8
Fee: \$44.00(R), \$49.00(NR)
Registration Deadline: One week before the start of each section

Section#:01
Date: September 14-October 19
Time: 10:15-11:00am
Day: Wednesday
Section#:02
Date: November 7-December 12
Time: 3:30-4:30pm
Day: Monday

Program: 310058 Min/Max: 6/10 Fee: \$41.00(R), \$46.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 September 12-September 30 Section#:02 October 30-November-23
Time: 11:30-12:30pm Day: Monday/Wednesday/Friday



A Mother/Daughter Event
For every bear that ever there was, will gather there for certain, because today's the day the teddy bears have their picnic. Join us as we have picnic

snacks, read the famous Teddy Bear Picnic story, play games, and stuff our own 8" teddy bears to take home.

Program: 310046 Min/Max: 6/12 parent/child couples
Fee: \$26.00(R), \$30.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 16 5:00-6:00pm Friday

NEW!! Girls Rock!

History is full of amazing women that have changed our world in a variety of ways. In this class we will learn about recent women achieving and making a difference – Misty Copeland, Kamala Harris, Ruth Bader Ginsburg, Queen Elizabeth, and more. Each great woman will be introduced with a Little Golden Book – perfect for preschoolers.



Program: 310052 Min/Max: 6/8 Fee: \$32.00(R), \$37.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 15-October 20 10:30-11:30am Thursday
Section#:02 October 31—December 5 11:30-12:30pm Monday

Dance It Out!

Perfect for your young prince or princess who loves to dance and act, this program opens the imagination of new dancers with stories, music and props. By using costumes, lively music, and reading, stories become real, and each character comes to life. Dancers will learn ballet movements and vocabulary in an imaginative and creative atmosphere.

Program: 310006
Min/Max: 6/8
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: September 14

Section#:01
Date: September 21- October 26
Time: 2:00-3:00pm
Day: Wednesday



Fun and Games

Children will have a lot of fun participating in recreational games and other basic activities in this energetic activity. Age 3-5

**Perfect for Playskool
afterschool fun!!**

NEW!! How to Catch...A Party!

Join us as we celebrate Halloween, Thanksgiving, and Christmas with the very popular How to Catch book series. We'll read How To Catch A Witch, How To Catch A Turkey, and How To Catch A Gingerbread Man to kick off our holiday parties and then enjoy lots of fun activities related to the holiday and to our holiday book.



Program: 310092 Min/Max: 6/8
 Fee: \$19.00(R), \$24.00(NR)
 Registration Deadline: One week before the start of each section

Section#01 Halloween	Date:	October 13
Time: 3:00-4:00pm	Day:	Thursday
Section#02 Thanksgiving	Date:	November 16
Time: 3:00-4:00pm	Day:	Wednesday
Section#03 Christmas	Date:	December 9
Time: 3:00-4:00pm	Day:	Friday



NEW!! Boys' Night Out

A Father/Son Event

Hang out and have fun in this program designed just for the guys. We'll play games, enjoy athletics, have a snack, and paint our own wooden race cars to take home.

Program: 310071 Min/Max: 6/16 parent/child couples
 Fee: \$20.00(R), \$25.00(NR)
 Registration Deadline: September 23

Section#01 September 30 5:30-7:00pm Friday



NEW!! Paint Lab

We'll pour some paint and use a variety of everyday items to paint and create. We'll experiment with marshmallows, cookie cutters, gadgets, flour and salt, and more to make masterpieces ready to display at home. Dress for a mess. Art aprons will be provided.

Program: 310034 Min/Max: 4/8
 Fee: \$50.00(R), \$55.00(NR) Registration Deadline: August 1

Section#01 Date: September 8-October 6 Time: 4:00-5:00pm Day: Thursday



Jr. Explorers

Calling all young nature lovers! Bring that curiosity out as you discover and learn about the elements of our natural world: the sky, the earth, water, plants, and animals. Each week kids will enjoy some fun facts followed by an exciting activity.

Program: 310030 Min/Max: 6/9
 Fee: \$35.00(R), \$40.00(NR)
 Registration Deadline: September 7

Section#01 Date: September 14-October 12
 Time: 4:00-5:00pm Day: Wednesday



Come and Clay!

Kids will love mixing a different type of clay each week and then molding their own shapes. Molding clay is a great activity for strengthening fine motor skills, so come and clay with wood dough, color clay, bread and glue dough, and more. Art aprons will be provided.

Program: 310032 Min/Max: 6/8
 Fee: \$46.00(R), \$51.00(NR)
 Registration Deadline: One week before the start of each section

Section#01 Date: September 19-October 17
 Time: 11:30-12:30pm Day: Monday
 Section#02 Date: October 6-November 23
 Time: 10:30-11:30am Day: Wednesday

NEW!! Spidey Fun

Spiderman will save the day each week with a heroic adventure. Kids will love superhero training activities, crafts, and adventure stories all featuring Spiderman himself. We'll even help Spiderman save the day by finding hidden clues in busy scenes. Kids will take home a spiderman prize each week.

Program: 310057 Min/Max: 5/10
 Fee: \$39.00(R), \$44.00(NR)
 Registration Deadline: September 16

Section#01 Date: September 23-October 21 Time: 3:00-4:00pm Day: Friday



Baking Buddies

Enroll with a friend to team up with your baking buddy. Learning baking basics, mixing up some batter, and enjoying what we bake will make this class just plain yummy! We'll decorate our own chef aprons and have fun with extra activities while our creations bake. Class notes: Please wear long hair back. Warning! This class will be using common food allergens such as dairy products, nuts, and wheat.

Program: 310043 Min/Max: 6/8 Fee: \$56.00(R), \$61.00(NR)
 Registration Deadline: One week before the start of each section

Section#01 Date: September 22-October 27
 Time: 1:30-2:30pm Day: Thursday
 Section#02 Date: November 10-December 22
 Time: 1:00-2:00pm Day: Thursday
 **No class November 24



Questions? 708-474-8552
 Make it easy! Register online
www.lanoakparkdistrict.org

The power of play is the foundation of preschool learning in...

Playskool

Lan-Oak Park District is proud to offer a high quality, developmentally appropriate preschool program for children three to five years old. Play is the foundation in this remarkable program that grows each year with more and more happy families and preschoolers. Come for a visit, we're sure you'll be pleased with Playskool.



Dive into water & sand - play & pretend!

Play centers in the Playskool classroom include the sand & water table, the science table, the block corner, the library, as well as dramatic play areas like the kitchen, office, baby room, dress-up, and market all well equipped for learning.



Show your skill and creativity with art and writing fun!

Playskool follows a theme curriculum that includes an art project each day, as well as a worksheet paper in order to practice important pre-kindergarten skills.



Playskool enrolls new students throughout the school year if space exists. If you are interested in enrolling please call 708-474-8552 for information or to schedule a tour.

Educational elements are addressed daily in circle time. Students experience daily review of colors, shapes, calendar, seasons, weather, the continents and map reading. One letter of the alphabet is added weekly to this review which always includes the letter's phonetic sound for pre-reading practice. Numbers, rhyming, and opposites join the fun, too. Everyone gets comfy for two stories each day, and all enjoy a monthly science day, gym day, story stretcher unit, and educational movie day. We'll enjoy outside play, weather permitting.

Get up, get busy with gross motor activities!! Two outdoor spaces & indoor gym



Definitive studies show that preschoolers develop at widely different levels. All Playskool classes are mixed age so that every child derives comfort from finding a friend right at their learning level. **Join us for all the fun!**

Playskool is a 9-month school year program. Program dates: 9/06/2022-6/02/2023

A \$25 non-refundable deposit for each time slot holds your spot & is applied to your tuition

Morning classes run 9:00am-11:30am

Afternoon classes run 12:30pm-3:00pm

Choose morning classes -

Choose afternoon classes -

3-day Mon/Wed/Fri AM 3100018-01 or

3-day Mon/Wed/Fri PM 310008-02 or

2-day Tues/Thurs AM 310008-03 or

2-day Tues/Thurs PM 310008-04 or

5-day Mon thru Fri AM

5-day Mon thru Fri PM

Full week classes run Monday thru Friday 9:00am-3:00pm

3-day mornings or afternoons \$1045.00(R), \$1090.00(NR) or monthly \$116.00(R), \$121.00(NR)

2-day mornings or afternoons \$919.00(R), \$964.00(NR) or monthly \$102.00(R), \$107.00(NR)

5-day mornings or afternoons \$1964.00(R), \$2054.00(NR) or monthly \$218.00(R), \$228.00(NR)

Full week, all day classes \$3928.00(R), \$4108.00(NR) or monthly \$436.00(R), \$456.00(NR)

Questions? 708-474-8552



In this new COVID19 world, will my preschooler be safe at school?

While nothing will keep your child 100% safe, we have a plan that may make school possible for your child. The benefits of in-person school are immense – consider Playskool as your child's perfect school start. Playskool will carefully follow the guidelines issued by the IDPH and the executive orders issued by the State of Illinois. In the case that IDPH or state orders change or are lifted, Playskool will adjust to current mandate. Hand sanitizer and air purifiers will remain in the classrooms



Questions? 708-474-8552 Playskool fills quickly, so register early to reserve your spot. Call to schedule a private tour.

Youth Programs perfect for ages 6-12

**Wrap up your summer with some
outdoor creative fun!**

#LANSINGROCKS

Join us for our first annual Lansing rocks event. We'll meet under the Arcadia shelter in Lan Oak Park for rock painting, music, and an ice cream social. Age 6-12



Program: 310134 Min/Max: 8/12
Fee: \$16.00(R), \$21.00(NR)
Registration Deadline: One week before the start of each section

Section#01 September 15 5:00-6:00pm Thursday



Chalk the Walk

Let's brighten up the park and create an open-air art museum! We'll supply the chalk and the walk as you design an inspiring work of art. Then we'll take a walk to see each other's work and enjoy some lemonade and popcorn. Age 6-9 and 10-12

Program: 310154 Min/Max: 10/15
Fee: \$13.00(R), \$18.00(NR)
Registration Deadline: One week before the start of each session

Section#01 September 22 5:00-6:00pm Thursday

On Stage

Lights, camera, action! Budding thespians will love this program that introduces the basic elements of drama. We'll make puppets characters, play improv games, discover make up secrets, and build a simple set. Age 7-12

Program: 314000 Min/Max: 4/8 Fee: \$58.00(R), \$63.00(NR)
Registration Deadline: One week before the start of each section

Section#01 Date: November 15- December 20
Time: 5:00-6:00pm Day: Tuesday

NEW!! Tinikling

One of the most popular folk dances in the Philippines is Tinikling which is thought to be the oldest in the country and its appeal has spread across the globe—particularly to the United States. Tinikling involves two people beating, tapping, sliding bamboo poles on the ground, against each other in coordination with one or more dancers who step over and in between the poles. You exercise your body and your brain while having so much fun!

Program: 310187 Min/Max: 8/12 Fee: \$49.00(R), \$54.00(NR)
Registration Deadline: One week before the start of each section

Section#01 (Ages 6-8) Date: November 16-December 21 Time: 5:00-5:45pm Day: Wednesday
Section#02 (Ages 9-12) Date: November 16-December 21 Time: 6:00-6:45pm Day: Wednesday



NEW!!

Playing Recorder 1

Recorders are a perfect first musical instrument to learn music and decide if music is an interest. We'll learn the parts of the recorder, finger positions, the proper way to blow into the instrument, and basic music reading. Each child will take home their own recorder.

Program: 310133 Min/Max: 4/6
Fee: \$65.00(R), \$70.00(NR)
Registration Deadline: One week before the start of each section

Section#01 Ages 7-9 Date: September 27-November 1
Time: 5:00-5:45pm Day: Tuesday
Section#01 Ages 10-12 Date: September 27-November 1
Time: 6:00-6:45pm Day: Tuesday

Indoor Pickleball for Kids

Pickleball is a hybrid game combining tennis, ping pong, and badminton that is taking the world by storm. Learning pickleball helps improve balance and agility and is just plain fun. Age 9-12



Program: 310175 Min/Max: 6/8
Fee: \$48.00(R), \$53.00(NR)
Registration Deadline: One week before the start of each section

Section#01 Date: October 24-November 28
Time: 5:00-6:00pm Day: Monday

NEW!! Devilishly Delicious

Calling all witches and warlocks! We'll convene in the kitchen to boil, boil, toil and conjure up some Halloween fare – bewitching brews, spooky treats, and other Halloween classics. Age 6-10
Class notes: Please wear long hair back. Warning! This class will be using common food allergens such as dairy products, nuts, and wheat.

Program#: 310170 Min/Max: 6/8
Fee: \$51.00(R), \$56.00 (NR)
Registration Deadline: One week before the start of each section

Section#01 Date: September 12-October 10
Time: 5:00-6:00pm Day: Monday



NEW!! Don't Miss Parties!

Grab your friends and get together for these super fun parties. Each party is limited to **ages 10-12** and offers a fun activity and yummy food favorites.

Program: 310063 Min/Max: 10/14 Fee: \$15.00(R), \$20.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 **Tacos & Tie Dye** – we'll make our own tacos and experiment with tie dying two different items.

September 14 3:30-4:30pm Wednesday

Section#:02 **Dodgeball & Pizza** – we'll review the rules and form teams as we enjoy our pizza. Then it's game on!

October 17 5:00-6:00pm Monday

Section#:03 **Bonfire & Bag** – we'll enjoy a fall evening outside, play bags and horseshoes, and make s'more in front of the fire

October 20 5:30-6:30pm Thursday

Video Game Heroes



It's all about

video games in this program that will start class reading about one of your favorite games. followed by fun activities related to Sonic the Hedgehog, Super Mario, Teenage Mutant Turtles, Pokemon, and Donkey Kong. Age 6-9

Program: 310183 Min/Max: 4/8
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: September 11

Section#:01

Date: September 18-October 10

Time: 4:00-5:00 Day: Monday



NEW!! Scooter Hockey

Get rolling and compete in this class that combines gym scooters and hockey.

Work out your leg and arm muscles, get an aerobic workout, and compete against friends in this fast moving and fun sport. We'll work on skills, drills, and then play indoor scrimmage games. Age 9-12

Program: 310188 Min/Max: 6/12
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline:

Section#:01

Date: September 30-October 28

Time: 4:45-5:45pm Day: Friday

So much more...

Swim Lessons Page 14

Gymnastics Page 26

Basketball Page 25

Languages Page 31

Piano Page 24

Halloween Costume Party

Page 38

Questions? 708-474-8552

Register online!

www.lanoakparkdistrict.org

NEW!! Micro Soccer U10 - Indoor

Children interested in learning the exciting sport of soccer will learn basic soccer skills such as shooting, dribbling, and foot-eye coordination, but the focus will be learning to play an organized game, using a 5 v 5 format for maximum player participation. T-shirts are provided. Age 7-9

Program#: 363010

Min/Max: 10/20

Fee: \$50.00(R), \$55.00(NR)

Registration Deadline:

October 1

Section #:01

Date: October 8-November 26

Time: 10:00-11:00am

Day: Saturday

Softball Basics Let's learn the basics through skills, drills, and fun. We'll cover hitting, catching, fielding, batting, and the rules of softball. Ages 8 to 12

Program: 327008 Min/Max: 4/15 Fee: \$45.00(R), \$50.00(NR)

Registration Deadline: One week before the start of each section.

Section#:01 Date: September 7- October 5 Time: 4:15-5:15pm Day: Wednesday

Youth Programs perfect for ages 6-12



O' Christmas Tree

Tis the season to make your Christmas tree sparkle! This class will make a different type of Christmas ornament each week – clear ball ornaments, wood ornaments, and bead ornaments. Hot chocolate will complete the fun.

Program#: 310081 Min/Max: 6/10 Fee: \$46.00(R), \$51.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 (Ages 6-9)

Date: November 4-December 16

Time: 5:00-5:45pm

Day: Friday **No class November 25

Section#:01 (Ages 10-12)

Date: November 4-December 16

Time: 6:00-6:45pm

Day: Friday **No class November 25

Ask an Astronomer Virtual Field Trip

Meet the Cernan Earth & Space Center Team at Triton College. Get a chance to learn and travel across the Universe as well as live video chat with REAL Astronomers. You must have an email address on file, be able to connect to Zoom on the internet and have an audio connection with a microphone. Ages 6-14

Program: 321083 Min/Max: 6/15 Fee: Free
Registration Deadline: November 14

Section#:01 November 21 Time: 11:00am- Noon Day: Monday

NEW!! Investigating Science

Learn about the world around you in this class that uses practical and fun activities – experiments, demonstrations, games, and art to interest students in lots of timely topics. Each age group will study three topics, each topic for two weeks.



Program: 310202 Min/Max: 5/15 Fee: \$70.00(R), \$75.00(NR)
Registration Deadline: September 1

For Grades 1-3

Section#:01 Plants, Mammals, Rocks & Minerals

Date: September 8-October 6 Time: 4:00-5:00pm Day: Thursday

For Grades 4-6

Section#:02 Weather/Climate, Space, Energy Magnetism & Machines

Day: September 8-October 6 Time: 5:15-6:15pm Day: Thursday





Private Piano Lessons

In this beginner's piano class participants will learn basic and foundational piano skills that can benefit toward further studies. Piano book is included in the registration fee. Lessons will be on the half hour and there will be a sign in appointment sheet at the desk when registering. Each session is 4 weeks. This program is for children, teens, and adults. **Age 5 & Up**

Program#: 314107 Fee:\$78.00(R), \$83.00(NR) Registration Deadline: One week before the start of each section. All classes are by appointment between 4:30pm and 7:00pm. Choose your time slot at the time of registration. **Instructor: Eugene Vinyard**

Section#:01	Date: September 12-October 3	Day: Monday
Section#:02	Date: September 7-September 28	Day: Wednesday
Section#:03	Date: October 10-November 7	Day: Monday
Section#:04	Date: October 5-October 26	Day: Wednesday
Section#:05	Date: November 14-December 5	Day: Monday
Section#:06	Date: November 2-November 30	Day: Wednesday
Section#:07	Date: December 12-January 2	Day: Monday
Section#:08	Date: December 7-December 28	Day: Wednesday
No Class Monday, October 31		No Class Wednesday, November 23



We'll be separated into teams and battle it out with Nerf guns! A course will be created in the gym using inflatables and other safe materials. Participants required to wear eyewear to participate.

Program: 310221 Min/Max: 6/9 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: November 3 *No Class November 24

Section#:01 Age 6-8 November 10-December 15 4:00-5:00pm Thursday
Section#:02 Age 9-12 November 10-December 15 5:00-6:00pm Thursday



Nature Explorers

Calling all nature lovers! Act like an explorer and think like a scientist as we observe, ask, imagine, test, and reflect on elements of our natural world around us. Each week kids will enjoy some fun facts followed by an exciting activity. **Age 6-9 & 10-12**

Program: 310192 Min/Max: 6/9 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: September 7

Section#:01 Age 6-9 September 14-October 12 5:15-6:15pm Wednesday
Section#:02 Age 10-12 September 14-October 12 6:30-7:30pm Wednesday

Bring Your Racquet

This class introduces children to the early fundamentals of tennis. Using age appropriate drills and games; participants learn basic strokes, grip and early tennis skills. All activities develop gross motor skills, coordination, judgment and proper mechanics. Tennis rackets will be provided. Location: Rotary Park Age 8-12

Program#: 387006 Min/Max: 4/8 Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 6- October 4 Time: 3:30-4:30pm Day: Tuesday



It's Game On! Compete with siblings, friends, and others for a night of "glow in the dark" games. Games will be held in the gym using glow-in-the-dark sports equipment. **Age 10-14**

Program#: 321082 Min/Max: 6/20
Fee: \$15.00(R), \$20.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Volleyball	Date: September 16
Section#:02 Basketball	Date: October 14
Section#:03 Capture the Flag	Date: November 18
Section#:04 Dodgeball	Date: December 16
Time: 6:30-8:30pm	Day: Friday

Tournament HQ

Teens, come hang out at Tournament Headquarters. Our Eisenhower All-Star Staff organizes a different tournament on select Fridays. Will it be foosball, air hockey, ping pong, or wii games? Stop by with friends and join the fun! **Age 10-14**

Program: 317002 Min/Max: 6/20
Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01	Date: September 9
Section#:02	Date: October 7
Section#:03	Date: November 4
Time:6:00-8:00pm	Day: Friday



Don't Miss the Fun!! Page 38
Ghostly Games for Ages 3-8
Halloween Costume Party for Ages 9-12

NEW!!

Total Sports

This class features a new sport each week. Some 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. **Age 6-9**

Program: 332128 Min/Max: 6/9
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: September 6

Section#:01 Date:September 13-October 11
Time: 5:00-6:00pm Day: Tuesday



DAYONE

**DAYONE
BASKETBALL**
programs are
offered by Coach Kenny Barnes.

**Private training is also
available.**

Questions? 708-474-8552

BASKETBALL

D.A.Y.O.N.E. 1st and 2nd Grade Basketball Learn the proper fundamentals of basketball. Children will receive instruction on proper techniques for dribbling, passing, shooting, and defense. Structured scrimmages are offered for a game experience. Participants receive a t-shirt and medal.

Program: 363040 Min/Max: 12/40 Fee: \$43.00(R), 48.00(NR) Registration Deadline: November 2
Section#:01 November 9-December 14 5:00-6:00pm Wednesday

D.A.Y.O.N.E. Skills Training This program offers intense training for the serious basketball player that wants to improve on the fundamentals of basketball. In addition to group skills exercises, Coach Kenny Barnes will evaluate each players' basketball skills and then provide a segment of private training for each player each week to improve their skill level.

Program#: 363020 Min/Max: 6/10 Fee: \$110.00(R), \$115.00(NR) Registration Deadline: September 7
September 14-October 19 Wednesday
Section#:01 Age 8-10 5:00-6:00pm
Section#:02 Age 11-13 6:00-7:00pm Section#:03 Age 14-17 7:00-8:00pm

D.A.Y.O.N.E. Skills & Drills This program is for players looking to develop the basic skill level of basketball training. Skill sessions are designed to enhance a beginner level through detailed and efficient skills & drills. Age 9-12

Program#: 381006 Min/Max: 4/12 Fee: \$55.00(R), \$60.00(NR) Registration Deadline: November 2
Section#:01 November 9-December 14 6:00pm-7:00pm Wednesday

D.A.Y.O.N.E. Youth Basketball League Learn skills, develop teamwork, practice hard, and enjoy the competition in this league that starts with a player draft and concludes with a March Madness tournament. Volunteer coaches evaluate skills, draft a team, contact parents, determine two practice times each week, teach, encourage, and lead Sunday games. Participants will receive a league jersey and participation medal. Practices will be scheduled twice each week. **Volunteer Coaches needed!! If you wish to coach, please indicate so at the time of registration. No refunds after December 13**

Program: 363045 Min/Max: 40/80 Fee: \$115.00(R), \$120.00(NR) Registration Deadline: December 2
Skills Evaluation/Draft is MANDATORY! – Sunday, December 9

Practices start in December end late March. Games begin January 8, 2023.
Section#:01 3rd-5th Grade Section#:02 6th-8th Grade

Teams determined by draft only - team requests will not be granted. Sunday games are one hour in length and are scheduled between 11:00am-3:00pm



D.A.Y.O.N.E. Center Court

Center Court is specially designed for girls to learn the proper fundamentals and advanced training in all aspects of the game of basketball. Sharpen your skills - shooting, passing, dribbling, defense, and conditioning.

Program#: 322005
Min/Max: 6/12
Fee: \$55.00(R), \$60.00(NR)
Registration Deadline:
November 2

November 9-December 14
Wednesday
Section#:01 Age 9-12
7:00-8:00pm
Section#:02 Age 13-17
8:00-9:00pm



Preschool Gymnastics

Give your child a rewarding and educational experience in gymnastics classes. Children ages 3-5 years will build endurance and balance in fun obstacle courses followed by instruction in vaulting, tumbling, uneven bars, balance beam, rings, and rope climbing. *participants must be fully potty-trained

Program#: 321700 Min/Max: 5/15 Fee: \$63.00(R), \$68.00(NR)
Registration Deadline: One week before the start of each section



Section#:01 August 31-October 5
Section#:03 October 12-November 16
Section#:05 November 30-January 4
Time: 4:30-5:30pm
Day: Wednesday

Section#:02: August 30-October 4
Section#:04: October 11-November 15
Section#:06 November 29-January 3
Time: 5:30-6:30pm
Day: Tuesday

Girls Gymnastics

Our classes include instruction in tumbling, balance beam, uneven bars, vaulting, and rope climbing. Girls develop poise and self-confidence while having a great time!

****Advanced Gymnastics (Boys & Girls)** must have instructor approval to enroll in this class

Program: 321720 Min/Max: 5/20
Fee: \$63.00(R), \$68.00(NR)
Registration Deadline: One week before the start of each section

Date/Day: Tuesday August 30-October 4
Section#:01 4:30-5:30pm Age 5-7
Section#:02 6:30-7:30pm Age 7-10
Section#:03 7:30-8:30pm Age 7-12 (Boys & Girls Advanced)
Date/Day: Wednesday August 31-October 5
Section#:04 5:30-6:30pm Age 6-8
Section#:05 6:30-7:30pm Age 8-13

Date/Day: Tuesday October 11-November 15
Section#:06 4:30-5:30pm Age 5-7
Section#:07 5:30-6:30pm Age 7-10
Section#:08 6:30-7:30pm Age 7-12 (Boys & Girls Advanced)
Date/Day: Wednesday October 12-November 16
Section#:09 5:30-6:30pm Age 6-8
Section#:10 6:30-7:30pm Age 8-13

Date/Day: Tuesday November 29-January 3
Section#:11 4:30-5:30pm Age 5-7
Section#:12 5:30-6:30pm Age 7-10
Section#:13 6:30-7:30pm Age 7-12 (Boys & Girls Advanced)
Date/Day: Wednesday November 30-January 4
Section#:14 5:30-6:30pm Age 6-8
Section#:15 6:30-7:30pm Age 8-13

**STUDENTS
MUST HAVE
INSTRUCTOR
APPROVAL TO
ENROLL IN
BOYS & GIRLS
ADVANCED
CLASSES**



LEARN

GYMNASTICS

through fun & progressive classes

Boys Gymnastics



Boys will receive instruction on strength training, conditioning skills, floor exercises,

types of tumbling jumps, front hand-springs, back flips, rings and rope climbing, bars and vaulting. Sports are a part of a total educational experience and gymnastics is the most complete workout to ready your child for all sports. Ages 6-10

Program#: 321760 Min/Max: 5/20
Fee: \$63.00(R), 68.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 August 31-October 5
Section#:02 October 12-November 16
Section#:03 November 30-January 4
Time: 7:30-8:30pm Day: Wednesday

Questions? 708-474-8552

Make it easy! Register online www.lanookparkdistrict.org

**JUST FOR KICKS -
THE MARTIAL ARTS UNIVERSITY**

KARATE CLASSES

Taught by Staff Instructors of Just For Kicks — The Martial Arts University, who's Senior Instructor is also one of the Senior Coaches for The USA Martial Arts Team. Class activities will address and improve students' levels of self confidence, self discipline, and self esteem. The program will also address personal safety and the students' abilities to work and organize with others. These physical and social skills are necessary for the development of future 21st Century leaders. The Martial Arts For Life program also addresses improving student reading, math and science skills through martial arts activities & training. We will also introduce several new activities to help students prepare for living healthy lifestyles.



Younger children, ages 4-6, will receive training that will teach basic karate drills that foster the development of sensory motor skills, build esteem levels, and make their bodies stronger. This is also a great class to teach the youth to work with others and 'learn to achieve'.

Monday 4:30-5:30pm
"Kicking Tots"
Ages 4-6 years
Section#: 01 &
Section#: 04



Pre-Teen and Teens will have a program designed to provide these age groups with a proper introduction to championship level karate techniques while providing self confidence, self discipline, and 'bully insurance' self defense. Techniques and theories will be taught that will also enhance 'life skills' for our future leaders.

WHAT WE OFFER

Mondays 5:30-6:30pm
Pre-Teen Martial Arts"
Ages 7-11 years
Section#: 02 &
Section#: 05



Program#: 332001
10-week sections
Section#: 01, 02, 03
September 26-November 28
Section#: 04, 05, 06
December 5-February 6
Fee: \$170.00(R), \$175.00(NR)

Mondays 6:30-7:30pm
Teen Martial Arts
Ages 12-16 years
Section#: 03 &
Section#: 06



Explore Art

Action Art

Children prefer to be active, so this class will use small motor skills, large motor skills, noisy time, quiet time, and movement from head to toe to bring out each child's creativity. Dress for a mess as we throw painted cotton balls, dance on painted bubble wrap, snap painted rubber bands, pop painted balloons and more. Children will learn through the process of creating their very own, unique artwork. Age 4-6

Section#:01

September 13-October 11

Section#:02

November 1-November 29

Time: 5:30-6:30pm

Day: Tuesday

All Explore Art Programs

Program#: 327006

Min/Max: 4/8

Fee: \$60.00(R), \$65.00(NR)

Registration Deadline:

Ten days before the
start of each section

Learning Art

This class is designed to increase a child's awareness of different kinds of art and offer a wide range of activities to experience it. We'll start with the seven basic elements of art: line, shape, color, value, texture, form, and space and will progress to simple step-by-step projects that will help children apply techniques in their own art projects. Start your child's art education in this fun class. Age 6-9

Section#:03 September 13-October 11

Time: 6:45-7:45pm

Section#:04 November 1-November 29

Day: Tuesday

Lan-Oak Park

District is proud to
welcome art teacher,
Dora Jablonski.

Dora has experience
professionally teaching
art to a variety of ages.
Release your creative
side and explore
something new.

Check out her
interesting and
fun art offerings this
season.

Modern Cartooning

Are you a beginner artist
interested in cartooning?

Not only are cartoons a
form of entertainment, but
they're an incredibly popular
style of drawing! Kids will
start with basic shapes, progress to facial features, discuss
universal body shapes, and
create their own hilarious
characters. Welcome to the
world of cartooning.

Age 13-17

Section#:05

September 13-October 11

Section#:06

November 1-November 29

Time: 7:45-8:45pm

Day: Tuesday

Discovering Great Artists

Each week our junior artists will discover the greats through amazingly fun and unique activities. Kids will experience the styles and techniques of the great masters and discuss a brief biography of each artist before creating their own masterpiece reminiscent of the artist. Get ready for O'Keefe, Rembrandt, Monet, Degas, Picasso and more. Age 10-12

Section#:07 September 14-October 12

Section#:08 November 2-November 30

Time: 5:30-6:30pm Day: Wednesday

Beginner Watercolors

This class is for adults who appreciate the beauty of watercolor painting. This class is for beginners – we'll discuss basic materials and tools, techniques, and color mixing before working toward simple sketching and simple watercolor creations of food, flowers, and animals. All supplies are provided. Age 18 & Up.

Section#:09 September 14-October 12

Section#:10 November 2-November 30

Time: 7:00-8:00pm Day: Wednesday

with Laurie Piton of Creative Imagery, Inc.

**Learning Your Compact Digital
Camera (Point & Shoot) and Camera Phone
Photography**

Are you still wondering about all the features of your newly purchased digital camera or iPhone? This class will teach you digital camera basics, including pictures as pixels, memory, resolution, choosing your digital camera and exposure control. Soon you will be taking photos digitally and emailing them to friends and family as well as creating beautiful memories to come. Participants must bring a digital camera with media card or camera phone.

Program#: 332015 (01) Min/Max: 2/12

Fee: \$75.00(R), \$80.00(NR)

Fridays, October 14-November 11 10:00-11:00am

Registration Deadline: October 7

**Photo 1 Digital SLR AND MIRRORLESS
Photography -
Beginner ANY CAMERA MODEL**

You'll start with the basics to give you a good foundation. You'll learn about your camera modes, learn your aperture, shutter speed, depth of field, close-up flower photo, methods of focus and ISO then taking pictures in Manual Mode. At the end of this class you will have an understanding of your camera and gear so you can use them to their fullest potential. No specific camera customization, please look for Canon Nikon Sony specific classes to learn how to customize your camera in addition to specific controls and functions.

Program#: 332015 (02) Min/Max: 2/12

Fee: \$75.00(R), \$80.00(NR)

Saturdays, November 19-December 17 10:00-11:00am

Registration Deadline: November 11

How to Take Indoor Pictures

Do you rely exclusively on your flash? Do you have an external flash and not know how to use it? Is your internal flash washing out your pictures? Do you get dark pictures when trying to photograph family events? Are your pictures a little "blurry"? This class teaches you how to take pictures indoors without your flash whether you are at a recital or a museum. We discuss when a flash is necessary. Learn to control your camera's flash, add light when needed without making your subject too bright or too dark. Different camera settings will be learned as well as different indoor lighting situations.

Program#: 332015 (03) Min/Max: 2/12 Fee: \$75.00(R), \$80.00(NR)

Fridays, September 9-October 7 10:00-11:00am

Registration Deadline: September 2

PHOTOGRAPHY CLASSES



OPEN GYM

Open Gym is offered at the Eisenhower Center for junior high and high school students, as well as adults, whenever the gym is unoccupied by park district programs or private rentals.

The Eisenhower Center gym boasts two full courts with a retractable divider curtain. Aluminum bleachers and an adjoining snack room offering vending machines, a water fountain, tables and chairs make our gym a convenient and fun place for gathering with pals and neighbors for some friendly basketball competition.

Use our basketballs or bring your own. **Bring a padlock to secure your belongings.**

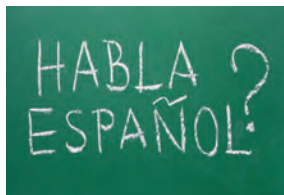
Using the gym is easy and economical! Call the Eisenhower Center at 708-474-8552 to see if the gym is open. Bring the REQUIRED ID and bring the required open gym fee. Have fun!!

Open Gym fees: \$7.00(resident), \$12.00(non-resident)

Resident fees apply to Lansing residents, junior high students of school districts 158 & 171, and high school students of school district 215. Patrons unable to provide a **current** school ID (or Gym Jocks membership) or proof of Lansing residency are required to pay the non-resident fee. Everyone, including spectators, must pay to enter the gym and **ALL REQUIRE AN ID.** *Daily visit fees are non-refundable.*

THE RULES & REGS

- **All participants are required to present appropriate identification to be admitted to open gym**
- **Anyone presenting false identification will be suspended from open gym admission
- **ALL open gym participants must check-in at the desk with ID and pay fees before entering the gym.
- **Open Gym has a capacity of 30 participants at any time.
- **Wristbands (provided by the park district) are required to be worn at all times while using Open Gym
- **Park district programs and private rentals receive priority use of the gym
- **Open gym schedule subject to change at any time without notice - **CALL FIRST to see if gym is open**
- **Clean athletic shoes are required in the gym – no street shoes or shoes that leave black marks
- **Shirts are required at all times
- **No food is allowed in the gym (except bottled water)
- **No dunking or hanging on the rims or nets
- **No fighting, gambling, foul or obscene language or gestures, spitting or graffiti
- **Participants are required to comply with all posted or stated rules of the facility
- **Unacceptable behavior will result in expulsion and/or suspension from the facility and open gym
- **Sharing courts and goals is required – no private games are allowed
- **The park district is not responsible for lost or stolen articles – play at your own risk!**
- **Bring a padlock for use of free lockers
- **ALL persons entering the gym must pay the admission fee including spectators**
- **Children under 11 must be accompanied by an adult, parent or legal guardian
- **Open gym patrons must exit the gym upon request by the staff – failure to do so will result in gym suspension
- *No gym attendants are provided - play at your own risk.



Zoom Spanish Classes for High School Students

This class is a great supplement to high school Spanish classes or may also be taken by students not enrolled in a high school Spanish class. High school students will cover basic grammar points and vocabulary and practice conversational skills.

High School Spanish (9th through 12th grade)

Section#:05	Tuesday 6:30-7:15pm September 13-October 18
Section#:06	Tuesday 6:30-7:15pm October 25-December 6 (no class November 22)

Parlez-vous français? Lei parla italiano?

Zoom French and Italian Classes for Kids and Adults Join us right from your living room as we explore new cultures and learn the French and Italian languages via the interactive Zoom platform! Each session covers new material.

I Speak French (ages 7-11)

Section#:17	Monday 5:00-5:45pm September 12-October 24 (no class October 10)
Section#:18	Monday 5:00-5:45pm November 7-December 12

I Speak French (adults 18+)

Section#:19	Monday 6:00-7:00pm September 12-October 24 (no class October 10)
Section#:20	Monday 6:00-7:00pm November 7-December 12

I Speak Italian (ages 7-11)

Section#:21	Wednesday 5:00-5:45pm September 14-October 19
Section#:22	Wednesday 5:00-5:45pm October 26-December 7 (no class November 23)

I Speak Italian (adults 18+)

Section#:23	Wednesday 6:00-7:00pm September 14-October 19
Section#:24	Wednesday 6:00-7:00pm October 26-December 7 (no class November 23)

All Programs#: 310190 Fee: \$80.00(R), \$85.00(NR)
All classes are 6 weeks. Zoom login information will be emailed to participants before the first class
Registration Deadline: One week before the start of each section
All classes will be taught by a Language in Action, Inc. instructor.
Questions? 708-474-8552

Zoom Spanish Classes for Kids

Join us right from your living room as we explore new cultures and learn the Spanish language via the interactive Zoom platform! Younger children will learn conversational Spanish through fun and interactive activities and music while older children will also learn some Spanish phonetics to begin reading and writing in Spanish. Each session covers new material.

I Speak Spanish (ages 3-6)

Section#:07	Thursday 9:30-10:15am September 15-October 20
Section#:08	Thursday 9:30-10:15am October 27-December 8 (no class November 24)

Section#:09	Thursday 5:00-5:45pm September 15-October 20
Section#:10	Thursday 5:00-5:45pm October 27-December 8 (no class November 24)

Youth Spanish (ages 7-11)

Section#:11	Thursday 10:30-11:15am September 15-October 20
Section#:12	Thursday 10:30-11:15am October 27-December 8 (no class November 24)

Section#:13	Thursday 6:15-7:00pm September 15-October 20
Section#:14	Thursday 6:15-7:00pm October 27-December 8 (no class November 24)

Middle School and Jr. High Spanish (6th through 8th grade)

This class is a great supplement to middle school or junior high Spanish classes or may also be taken by students not currently enrolled in a school Spanish class. Students will learn Spanish grammar and communication skills that will give them a strong foundation for high school Spanish.

Section#:15	Tuesday 5:30-6:15pm September 13-October 18
Section#:16	Tuesday 5:30-6:15pm October 25-December 6 (no class November 22)

Zoom Spanish for Adults

Have you ever wanted to learn a foreign language, but never had the opportunity? Now is the time! Stay connected and learn Spanish from the safety and comfort of your own home via the interactive Zoom platform! In this class you will learn conversational Spanish that you can immediately begin

using. Class will be tailored to the needs of the students enrolled.

Section#:01	Tuesday 10:00-11:00am September 13-October 18
Section#:02	Tuesday 10:00-11:00am October 25-December 6 (no class November 22)
Section#:03	Wednesday 6:00-7:00pm September 14-October 19
Section#:04	Wednesday 6:00-7:00pm October 26-December 7 (no class November 23)

Teen Programs perfect for ages 13-17



NEW!!

Selfie Safar

Grab your phone and your friends and come out for an evening of fun. You and your friends will venture out into Lansing

to solve clues and take selfies as required. After you finish your hunt, we will have a slide show of all the selfies while enjoying an ice cream sundae bar. Age 14-17

Program: 321702 Min/Max: 6/20
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: September 17

Section#:01 September 23 5:00-6:30pm Friday

So much more! Discounted fitness memberships for students Page 8 Teen Karate Page 27 Foreign Languages Page 31 Piano Lessons Page 24 Zombie Walk & Party Page 38

NEW!! Help Wanted

Are you planning to look for that part-time job? Come and join us for some snacks and learn how to gain the edge needed to rise above the competition. Topics include applications, appearance, interview techniques and how to keep the job once you get it! Age 15-17

Program: 328004 Min/Max: 5/10
Fee: \$33.00(R), \$38.00(NR)
Registration Deadline: September 6

Section#:01 Date: September 13-October 11
Time: 5:00-5:45pm Day: Tuesday



NEW!! Horror A Halloween Masterpiece

We'll celebrate the season of horror by diamond painting

creative illustrations of horror movie celebrities – Myers, Jason, Joker, Freddy, It, and Pumpkin-head.

Popcorn and soda complete the fun.

Program: 327560 Min/Max: 4/6
Fee: \$55.00(R), \$60.00(NR)
Registration Deadline: September 20

Section#:01 Date: September 27-October 25
Time: 6:00-7:00pm Day: Tuesday



NEW!! Balance Board & Glide for Teens

Fun and fitness combine in this class that requires teens to use a slide board to tone the upper and lower body and use a balance board while also steering a marble through a maze. This fitness offering has the benefit of improving balance, training the core, training glutes and abs, and enhancing coordination. Age 13-17

Program: 329602 Min/Max: 3/5 Fee: \$54.00(R), \$59.00(NR)
Registration Deadline: September 5

Section#:01 Date: September 12-October 3 Time: 5:15-6:00pm Day: Monday

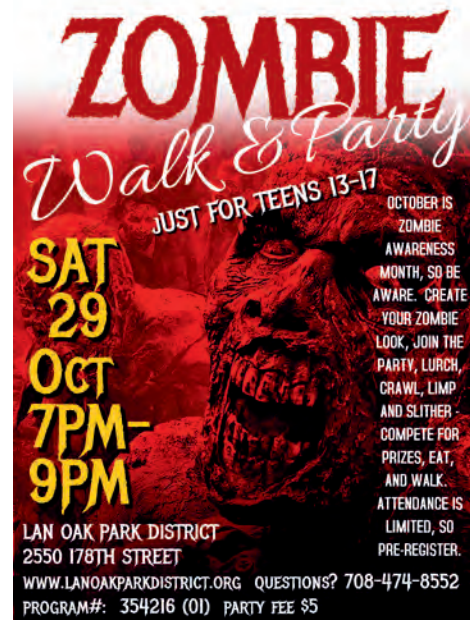
NEW!!

Cookies & Canvas - Christmas

What a great way to celebrate the season! Gather with friends, bake some Christmas cookies, mix up some hot cider, and create a masterpiece painting to take home. Age 13-17

Program: 339017 Min/Max: 5/8
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: October 25

Section#:01
Date: November 1-November 29
Time: 5:00-6:00pm
Day: Tuesday



Vegetarian Cooking

Whatever your reason for exploring vegetarian cooking—your love of animals, reducing your carbon footprint, or the variety of health benefits—meatless cooking goes way beyond a life of sprouts and salads. In fact, vegetarian cooking can be fun, easy, flavorful, and lead to a lifetime of wellness. Age 13-17 Class notes: Please wear long hair back. Warning! This class will be using common food allergens such as dairy products, nuts, and wheat.



Program: 327570 Min/Max: 4/8 Fee: \$65.00(R), \$70.00(NR)
Registration Deadline: October 12

Section#:01 Date: October 19-November 16 Time: 5:00-6:00pm Day: Wednesday



Dodgeball & Pizza

Did you know that dodgeball originated in Africa where it was played with rocks to develop the strength and endurance of warriors? We'll gather, enjoy our pizza, review the rules, and then it's game on! Age 13-17

Program: 328003 Min/Max: 10/20 Fee: \$14.00(R), \$19.00(NR)
Registration Deadline: October 3

Section#:01 Date: October 10 Time: Noon-1:15pm Day: Monday

Teen Pickleball

Pickleball is an accessible sport meant for all ages and groups! Pickleball is taught in schools, offers rugged competition for adults, and is a particular favorite among seniors. Come learn the sport in three easy lessons and get familiar with the Pickleball courts! Age 13-17

Program#: 331003 Min/Max: 4/8
 Fee: \$20.00(R), 25.00(NR)
 Location: Copper Muggers Park
 Registration Deadline: September 1

Section#01 Date: September 7- October 5
 Time: 2:30-3:30pm Day: Wednesday



Teen Badminton

Come join the Lan-Oak Park District in our main gym to learn about and play badminton! We will go over the rules of the game, work on mechanics, and play this exciting sport. Classes will be held at the Eisenhower Center. Ages 13-17

Program: 386055 Min/Max: 4/8
 Fee: \$20.00(R), \$25.00(NR)
 Registration Deadline: September 21

Section#01 Date: October 12-November 9
 Time: 2:15-3:15pm Day: Wednesday

Glow Sports

It's Game On! Compete with siblings, friends, and others for a night of "glow in the dark" games. Games will be held in the gym using glow-in-the-dark sports equipment. Age 10-14

Program#: 321082 Min/Max: 6/20 Fee: \$15.00(R), \$20.00(NR)
 Registration Deadline: One week before the start of each section.

Section#01 Volleyball	Date: September 16
Section#02 Basketball	Date: October 14
Section#03 Capture the Flag	Date: November 18
Section#04 Dodgeball	Date: December 16
Time: 6:30-8:30pm	Day: Friday

Questions? 708-474-8552 Make it easy!
 Register online www.lanoakparkdistrict.org



Kickball Klassic

One of the classic recess games is getting its time to shine! We will play one game of 6 innings or up to an hour, whichever comes first. Come enjoy a fall afternoon outdoors before the frigid weather comes in. Teams will be decided randomly. If you have requests for a teammate, please designate that upon registration, we will try to accommodate requests. Ages 13-17

Program: 331110 Min/Max: 18/36 Fee: \$10.00(R), \$15.00(NR)
 Registration Deadline: One week before the start of each section.

Section#01 October 7 10:30am-2:30pm Friday

Tournament HQ

Teens, come hang out at Tournament Headquarters. Our Eisenhower All-Star Staff organizes a different tournament on select Fridays. Will it be foosball, air hockey, ping pong, or Wii games? Stop by and join the fun! Age 13-14

Program: 317002 Min/Max: 6/20 Fee: \$5.00(R), \$10.00(NR)
 Registration Deadline: One week before the start of each section.

Section#04 Date: September 9 Section#05 Date: October 7
 Section#06 Date: November 4 Time: 6:00-8:00pm Day: Friday

Swim Lessons - Teen & Adult

This program offers six comprehensive levels that teach you how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level, as determined by the instructor. Students must demonstrate the required skills for passing each level and are not guaranteed to pass the level. Ages 15 & Up

Program#: 372036 Min/Max: 6/10
 Fee: \$60.00(R), \$65.00(NR)
 Registration Deadline:
 One week before the start of each section

Section#01 September 7-October 26
 Section#02 November 9-December 28
 Time: 5:30-6:15pm Day: Wednesday



Babysitter's Training Babysitters Training provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. We'll help participants develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe, help children behave; learn about basic child care and basic first aid. Please bring a lunch each day. Age 11-15.

Program#: 332106 Min/Max: 4/10 Fee: \$90.00(R), \$95.00(NR)
 Registration Deadline: November 14

Section#01 Date: November 21 & November 22
 Time: 9:00-3:00pm Day: Monday & Tuesday

Adult Programs Ages 18 & Up

NEW!! 5D Diamond Painting

Diamond Painting is a combination of cross-stitch and paint by number that has taken the crafting world by storm! We'll take diamond painting to a new level with 5D sparkling creations – a beautiful diamond painted journal and a diamond painted keychain. 5D designs will challenge you to make amazing gifts for yourself or others.

Program: 313126 Min/Max: 3/9
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: October 25

Section#:01 Date: November 4-December 5
Time: 4:30-5:30pm Day: Friday

Fueling with Protein

Are your snacks fueling you or fooling you? We can all use some better snacking habits to energize our day. In this class, you'll learn about a few tasty, healthy, high-energy snacks that are easy to make.

Program: 327580 Min/Max: 6/9
Fee: \$36.00(R), \$41.00(NR)
Registration Deadline: December 7

Section#:01 December 14 6:00-7:30pm Wednesday



"Time 'Well' Spent" Lecture Series

Tina McNulty, Clinical Exercise Physiologist, Registered Nurse, CEP - ACSM, DHS Candidate, will address key topics to help you address your questions and concerns about overall lifestyle changes and challenges..

Program#: 332017 Min/Max: 5/25
Fee: \$15.00(R), \$20.00(NR)
Registration Deadline:
One week before the start of each section

Section#::01 October 5 – Know Your Numbers Time: 6:00-7:00pm
Section#:02 November 9 – Made To Move Day: Wednesday
Section#:03 December 7 – Be Well, Live Well



NEW!! Since its release in 1995 Catan has developed into a classic- popular worldwide. Adventurous settlers seek to tame the remote but rich isle of Catan. Start by revealing Catan's many harbors and regions and use your skills of clever trading, strategy, tactical skill, and luck.

Program: 328005 Min/Max: 4/8 Fee: \$25.00(R), \$30.00(NR)
Registration Deadline: October 31

Section#:01 November 7-December 5 Time: 5:15-6:15pm Day: Monday

HOLIDAY FUN

All Hallow's Eve Party We'll make dragon's blood punch, bake some pumpkin muffins, enjoy our culinary creations, and play Betrayal at House on the Hill, currently the #1 adult game according to gamesradar.com and it is perfect for Halloween.



Betrayal at House on the Hill - The creak of footsteps on the stairs, the smell of something foul and dead, the feel of something crawling down your back – this and more is found in this game of strategy and horror.

Program: 329601 Min/Max: 3/12 Fee:\$24.00(R), \$29.00(NR)
Registration Deadline: October 18

Section#:01 October 28 6:00-8:00pm Friday

Merriest Christmas

Let's enjoy a traditional Christmas event. We'll make hot apple cider, bake eggnog cupcakes, make wood slice ornaments with stencils, and listen to Christmas carols.



Program: 332005 Min/Max: 10/25 Fee: \$24.00(R), \$29.00(NR)
Registration Deadline: December 12

Section#:01 December 19 5:00-6:30pm Monday

EISENHOWER FITNESS CENTER

**JANUARY
BUY ONE GET ONE
FREE MEMBERSHIP
SPECIAL**



**GET BACK
TO FITNESS**

For more details:
708-474-8552

OUR SERVICES

- * CARDIO
- * CIRCUIT TRAINING
- * INDOOR LAP POOL
- * SAUNA - WHIRLPOOL
- * WEIGHT ROOMS
- * PERSONAL TRAINING
- * STEAM ROOMS
- * TANNING PATIO



LAN-OAK PARK
DISTRICT
2550 178TH STREET
LANSING, IL 60438

**BEST
DEAL IN
THE AREA!**

NEW!! Bid Whist (Whisper Game)

Be whisked away to a time of luxurious private clubs inhabited by 19th-century intellectuals. Popular in Britain, people around the globe enjoy this famous game. This class will teach you how to deal, different mechanics and techniques, scoring and more. Learn different variations of games like Bid, Solo, German, and Israeli Whist – and even Hearts! You'll find out how to work with your partner and use low cards to flush out your opponents' high cards.

Program: 332099
Min/Max: 6/12
Fee: \$34.00(R), \$39.00(NR)
Registration Deadline: November 2

Section#:01
Date: November 9-December 7
Time: 6:00-7:00pm
Day: Wednesday



Stroller-cise

Baby stopping you for your workouts? BRING THEM ALONG! We will bring proven techniques, stroller exercises, and workouts to moms with a total fitness program for pre-and postnatal fitness. This is a great bonding time with the baby.

Program: 339003 Min/Max: 6/15
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: September 27

Section#:01 October 4-November 1
Time: 11:30-12:30pm Day: Tuesday



NEW!! Sand Volleyball Under the Lights

Summer's not over yet! Get your feet in the sand for a little friendly competition. Register alone, with a couple friends, or as a team of 6. All participants will receive a medal celebrating our first fall sand volleyball on the new courts

Program: 332886
Min/Max: 12/36
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: September 4

Section#:01
Date: September 12-October 10
Time: 7:00-8:00pm
Day: Monday



Dawn **Dancin' Deeva**

Adult Line Dancing

Line Dancing is unique in that you don't need a partner, you exercise your brain by learning and remembering a sequence of steps, you get fit, meet new people, and have fun! In this class you'll learn some traditional and some new steps. Dawn Avery's joyous love of dance has propelled her into teaching line dancing at multiple locations in the South Suburbs. If you're going to exercise, make it something you will enjoy! Age 18 & Up

Program: 331000 Min/Max: 10/15
Fee: \$65.00(R), \$70.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 8-October 13
Section#:02 October 27-December 1
Time: 7:15-8:15pm Day: Thursday

Adult Programs Ages 18 & Up

Tuesday Pass

Meet new people by joining us for the following activities! Bunco Days get a chance to win gift cards. Age 50 & Up

Program: 321201 Min/Max: 4/12
Fee: \$2.00(R/NR)
Bunco Days \$5.00 (R/NR)

Registration Deadline: One week before the start of each section.

Section#:01 Dominoes	Date: September 13
Section#:02 Table Tennis	Date: September 20
Section#:03 Bunco	Date: September 27
Section#:04 Spades	Date: October 4
Section#:05 Bridge	Date: October 11
Section#:06 Dominoes	Date: October 18
Section#:07 Table Tennis	Date: October 25
Section#:08 Bunco	Date: November 1
Section#:09 Spades	Date: November 8
Section#:10 Bridge	Date: November 15
Section#:11 Dominoes	Date: November 22
Section#:12 Table Tennis	Date: November 29
Section#:13 Bunco	Date: December 6
Section#:14 Spades	Date: December 13
Section#:15 Bridge	Date: December 20
Section#:16 Dominoes	Date: December 27
Section#:17 Table Tennis	Date: January 3
Time: 10:00-11:00am	Day: Tuesday



Adult Pickleball

Pickleball is an accessible sport meant for all ages and groups! Pickleball is taught in schools, offers rugged competition for adults, and is a particular favorite among seniors. Come learn the sport in three easy lessons and get familiar with the Pickleball courts!

Program#: 327030 Min/Max: 4/16
Fee: \$20.00(R), 25.00(NR)
Location: Copper Muggers Park
Registration Deadline: September 24

Section#:03 Date: October 1-October 15
Time: 4:00-5:00pm Day: Tuesday

So much more... Art Classes Page 28
Photography Classes Page 29 Fitness Classes Page 10-12
Aqua Fitness Page 13 Adult Swim Classes Page 14
Foreign Languages Page 31 Private Piano Page 24

Questions? 708-474-8552
Make it easy! Register online www.lanookparkdistrict.org

Eisenhower Fitness Center Offers Free Fitness Memberships With Four Membership Programs



Since 2014 Eisenhower Fitness Center has participated in the Silver Sneakers Fitness Program. SilverSneakers is a health and fitness program designed for adults 65 and up that's included with many Medicare plans, but there's no age requirement. If you have a Medicare plan, you may be eligible for a free fitness membership. You'll get a basic membership at Eisenhower Fitness Center and that means you can use: cardio equipment, such as treadmills and ellipticals, strength equipment, such as weights and strength machines, and amenities like the indoor pool, sauna, whirlpool, and steam room. In addition, twice each week Silver Sneakers members may participate in a fitness class free of charge. Not long after initiating Silver Sneakers, Eisenhower added Prime fitness memberships. PRIME is a no-cost membership for participants ages 18-65 where membership costs are covered by insurance providers such as United Healthcare and many others. Effective January 15, 2022 Eisenhower Fitness added the Renew Active and OnePass programs to its memberships. Both are offered by United Healthcare and provide free fitness memberships to United Healthcare members. **Enjoy a free or discounted membership at a fitness center in your community next to neighbors and friends. Eisenhower Fitness has everything you need right in Lansing!**

Perfect Programs for Seniors

NEW!! Art and Wellness

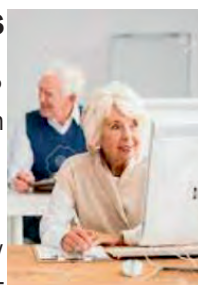
This class explores the relationship between creative arts and wellness in both body and mind utilizing a variety of art forms (creative writing poetry, movement, handicrafts).

Program: 328760 Min/Max: 6/9
Fee: \$39.00(R), \$44.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 September 15-October 13
Section#:02 December 1-December 29
Time: 10:00-11:00am Day: Thursday

Computer Basics

Have a computer but don't know how to use it? Computer technology can be tricky and is changing how we interact, work, play, and deal with our daily lives. We'll talk about how to safely do business online, make on-line purchases, do personal banking, use social media to keep up with loved ones and protect your data. Age 62 & Up



Program: 333023 Min/Max: 6/9
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: November 29

Section#:01
Date: December 6 & December 8
Time: 10:00-11:00am
Day: Tuesday & Thursday

Cooking For Seniors

Are your snacks fueling you or fooling you? We can all use some better snacking habits to energize our day. In this class, you'll learn about a few tasty, healthy, high-energy snacks that are easy to make. Age 62 & Up



Program: 332267 Min/Max: 6/9
Fee: \$60.00(R), \$65.00(NR)
Registration Deadline: October 10

Section#:01
Date: November 7-December 5
Time: 6:30-7:30pm Day: Monday

Questions? 708-474-8552

SilverSneakers® & Renew Active

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a fitness ball are offered for resistance. A chair is used for seated and/or standing support. Ages 50 & Up

Program#: 339008 Min/Max: 6/15 Fee: \$40.00(R), \$45.00(NR)
Silver Sneakers and Renew Active members are free, but MUST pre-register for this program.
Registration Deadline: One week before the start of each section

Section#:01 August 29-October 10
No class September 5
Section#:02 October 24-November 18
Section#:03 December 12-January 16
Time: 6:00-7:00pm Day: Monday

Section#:04 September 8-October 13
Section#:05 October 27-December 8
No class November 24
Time: 10:00-11:00am Day: Thursday



Aqua Arthritis

This class is a warm-water exercise program especially designed for those with arthritis and related conditions. Range-of-motion, strengthening and some aerobic exercise will be offered. This type of exercise can decrease pain and stiffness, while providing an enjoyable and safe workout. Class Requirements: Aqua Shoes (not Aqua Socks) Ages 18 & Up



Program#: 339006 Min/Max: 6/15 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center Members

Section#:01 September 10-October 15 Time: 8:00-8:45am
Section#:02 October 29-December 3 Day: Saturday

Section#:03 August 29-October 10 No class Sept 5
Section#:04 October 24-November 28 Time: 9:00-9:45am
Section#:05 December 12-January 16 Day: Monday

Seniors will enjoy these fun and interesting opportunities to get together, visit, and compete, without challenging their budget!!

Perfect Programs for Seniors



Card Sharks

Strategic card games exercise memory and concentration, which help prevent cognitive decline in seniors - and they are very fun! This is a **FREE** drop in program with no attendant. Free

coffee and tea will be served. A different card game every week - Kings In The Corner, Left Right Center, and Uno, to name a few.

Age 62 & Up



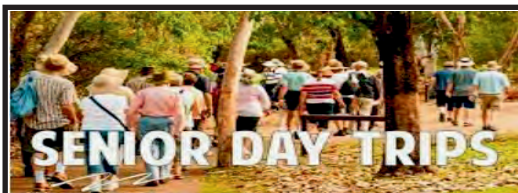
Senior Bingo

Join the Eisenhower Seniors as they gather for bingo every Monday & Friday. This is a drop-in program that will fit in perfectly with your schedule. Various types of bingo will be played. Grab those lucky bingo cards!

Eisenhower Center Room 105

Every Monday and Friday Noon to 4:00pm Bingo calling starts at 12:15pm

Wednesday 10am-Noon Room 105



Get out and about! Once per month seniors will gather and travel to fun local destinations. Leave the driving and parking to us! Each trip will require a fee of \$10 to cover gas purchase and any admission fee. Seniors will travel in the park district van with two staff members. A schedule of dates and trip destinations will be available at the Eisenhower Center and on our website on August 1, 2022. Age 62 & Up
www.lanoakparkdistrict.org

Program#: 332070 Min/Max: 4/10

Section#:01 September Trip
Section#:02 October Trip
Section#:03 November Trip
Section#:04 December Trip

Fee: \$10.00(R), \$15.00(NR) per trip

Registration Deadline: One week before the date of trip. No refunds on the day of the trip.



Get up, get moving, and enjoy some friendly competition in these more active program opportunities. All games will take place in the Eisenhower Center gym or gym snack room and pre-registration is required. An attendant is provided. No refunds on the day of the program. Age 62 & Up

Program#: 398117

Min/Max: 2/4

Fee: \$5.00(R), \$10.00(NR)

Section#01: Ping Pong
Section#02: Badminton
Section#03: Indoor Pickleball
Section#04: Indoor Bocce

Thursday, September 8 11:00am
Thursday, October 13 11:00am
Thursday, November 10 11:00am
Thursday, December 8 11:00am

Holiday Diamond Painting

Diamond Painting is a new craft hobby that's a mix between Paint By Numbers and Cross Stitch. With Diamond Painting, you apply thousands of tiny resin "diamonds" to a coded adhesive canvas to create shimmering Diamond Art. Diamond Painting was introduced to North America and Europe in 2017. Since then, millions of crafters around the world have discovered the joy and stress-relieving benefits of Diamond Painting. Let's get together and make a beautiful diamond painting for the holidays this year! No attendant will be present but will check in. All supplies provided. No refunds on the day of the program. Age 62 & Up

Program#: 399000 Min/Max: 2/6 Fee: \$10.00(R), \$15.00(NR)

Section#:01 Halloween September 21-October 19 1:00-2:30pm Wednesday
Section#:02 Christmas November 16-December 14 1:00-2:30pm Wednesday

Chair Fitness

This program is instructed by an attendant.

Chair Dancing®'s Around the World program is a fun way to get aerobic exercise, tone muscles, improve flexibility and burn calories. You'll do a country western dance, a Brazilian samba, a polka, an Argentinean Tango, a Viennese Waltz, a Caribbean calypso, all while comfortably seated on a chair. When Chair Dancing®, you'll enjoy aerobic fitness like never before! **Chair Yoga Vitality** is a program designed for those who are interested in gently and safely strengthening their body in order to prevent injury, improve functional fitness, move through day to day tasks with more comfort and ease, and to get rid of the aches and pains. Get ready to tighten that core, move gracefully and without pain, boost your energy, improve your balance and posture, and start living healthier! No refunds on the day of the program. Age 62 & Up



Program#: 398115 Min/Max: 4/8 Fee: \$5.00(R), \$10.00(NR)

Section#:01 Chair Dancing September 9-October 7 10:30-11:30am Friday
Section#:02 Chair Yoga November 11-December 16 10:30-11:30am Friday No Class November 25

So much more...

Photography Classes Page 29
Adult Swim Lessons Page 14
Floor Fitness Classes Page 10-12
Water Fitness Classes Page 13
Discounted Senior Fitness Memberships Page 8
Foreign Languages Page 31
Piano Lessons Page 24

Questions?
708-474-8552

Just For Ages 9-12

HAPPY HALLOWEEN!

Costume Party

FRIDAY OCTOBER 28
6:30-8:30pm

Attendance is limited so reserve your spot!!
\$5 Party Fee Program#: 354068 Section#: 01

FOOD, DJ, BEST COSTUMES WIN PRIZES!

LAN OAK PARK DISTRICT 2550 178th Street
Register at: www.lanoakparkdistrict.org 708 474 8552

HALLOWEEN FUN

GHOSTLY GAMES



Don't miss this Lansing tradition! Kids will love seeing friends, playing games, and bringing home their loot. Candy or a prize every time you play a game! Parents - prepare for a super fun night.

Friday
21
OCTOBER
6:30-8:30 pm

COSTUMED CHARACTERS, CARNIVAL GAMES, BOUNCE HOUSE, ART STATION - FOR AGES 3-8 YEARS

Questions? 708-474-8552 Fee: \$7 (kids only)

ZOMBIE

Walk & Party

JUST FOR TEENS 13-17

SAT 29 OCT 7PM-9PM

LAN OAK PARK DISTRICT
2550 178TH STREET
WWW.LANOAKPARKDISTRICT.ORG QUESTIONS? 708-474-8552
PROGRAM#: 354216 (01) PARTY FEE \$5

OCTOBER IS ZOMBIE AWARENESS MONTH, SO BE AWARE. CREATE YOUR ZOMBIE LOOK, JOIN THE PARTY, LURCH, CRAWL, LIMP AND SLITHER - COMPETE FOR PRIZES, EAT, AND WALK. ATTENDANCE IS LIMITED, SO PRE-REGISTER.

TURN THE PAGE FOR MORE HOLIDAY FUN...

Happy Holidays!

FESTIVE FUN!



Run, Run Rudolph!

Enjoy holiday cheer in the most festive, active way. Dress loose and wear sneakers. Each child will receive a light-up Rudolph nose, their own antlers, the lights will be dimmed, and we

will dash just like Rudolph does every Christmas! After we dash, we'll enjoy a snack, a fun reindeer craft, and all reindeers will join in some reindeer games. **Ages 6-8**

Saturday, December 17 1:00pm-2:30pm

Program#: 350120 Min/Max: 6/9

Fee: 15.00(R), \$20.00(NR)

Registration Deadline: December 1

Deck the House

Let's get the adults involved in some friendly holiday competition!

Grab your best decorations and light up the shutters in the spirit of the holiday season!

Pre-registration is required. Your decorations

must be illuminated during the entire judging period. First, second, and third place prizes will be awarded. This contest is for Lansing residents only. Winners will be announced December 19.

This event is FREE!!

Program#: 350115 (01) Registration Deadline: December 13

Judging period: Friday, December 16 6:00-7:15pm.

Make sure your decorations are on!!



Deck the House

HOLIDAY LIGHTS CONTEST

Santa's Mail Box

Due to the large volume of Christmas mail last year, we need to help with mail delivery to the North Pole!!

Write to Santa and receive a personal letter from him

in return. Kids should drop off their letters at "Santa's Mailbox" located in the front lobby at the Eisenhower Center, 2550 178th Street, Lansing.

Drop off letters during business hours from

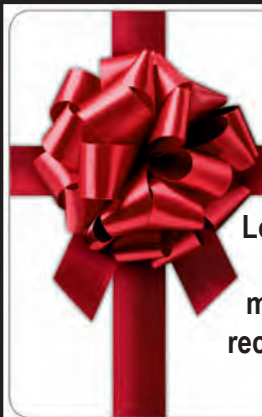
November 29-December 13.

Children 12 and under only, please. Include your address so that your child may receive a letter in return. Santa will be busy packing his sleigh for Christmas, so only letters received on or before December 13 will be accepted.

This is a free program and no registration is required.



Gift Card



Looking for a unique gift? Try a gift card for a fitness membership, a fitness class, or recreation programs. Give the gift of fun and fitness this year

Thanks

The Lan-Oak Park District sincerely thanks it's special event financial sponsors.

Diamond Sponsor Republic Bank

Platinum Sponsors

Piekarski's Arbor Care/Mulch Masters

Preferred Window & Door

Calumet City Plumbing

Gold Sponsor Ted's Pet & Feed

Bronze Sponsor Speer Financial



**TED'S FEED
STORE**
17950
Burnham Ave.
Lansing, IL
60438
708-474-3000



Paws 'n Play

at Bock Park

Who wants
to play?!



The Lan-Oak Park District is proud to offer a very special park just for you and your best friend. Paws 'n Play provides ample grassy space for running and playing - space that is fence-enclosed in an attractive and interesting curved design. The dog park spans about one acre, has separate areas for large and small dogs, grassy berms, a shade shelter, a two-level water fountain, and park benches. For your dog's safety, entry is restricted through a computerized gate to only allow those animals that are registered and have provided proof of current vaccinations to the park district. Paws 'n Play memberships are available for purchase at the Lan-Oak Park District Eisenhower Center. The membership requirements, listing of required immunizations, rules and regulations, and full packet are available on the park district website at www.lanoakparkdistrict.org. Memberships are for one year from the date of purchase. Resident fee for one dog is \$50 with a second dog fee of \$30. Paws 'n Play is open year-round.



Residents are welcome to join in the fun and sponsor the dog park on behalf of their best friend...

**I HELPED, TOO!
Sponsorship**

In order to celebrate the best friends that enjoy the park, residents may receive a sign, mounted at the dog park, displaying their dog's name. This is a one-time, \$100 donation. Residents may volunteer their time to help maintain the dog park by calling 708-474-8552.

Paws 'n Play at Bock Park is located at 17551 Chicago Avenue, near the corner of Chicago Avenue and 175th Street. Drive by, check it out!



Pup-kin Fest

This event offers some fall-tastic fun at the dog park. Dogs and their parent should don costumes for a Halloween costume parade, we'll enjoy treats, and paint pumpkins! Pre-registration is required and all are welcome!

Program#: 328006 (01) Fee: \$18.00
October 27 5:00pm-6:00pm Thursday
Registration Deadline: October 14

Candy Cane Canines

'Tis the season to celebrate the pups that bring us joy year-round. We'll make bandanas, enjoy a Christmas photo booth, play games, and enjoy festive cookies! Pre-registration is required and all are welcome!

Program#: 332080 (01) Fee: \$21.00
December 12 5:30pm-6:30pm Friday
Registration Deadline: December 5



About the Paws 'n Play Design...Dogs, when given the chance, will walk in curves as a calming signal. It's what they do when they meet off-leash and are free to do things their own way. This understanding led to the curved design of the park, rather than the rectangular shape most common in dog parks. Dogs always seem to run the perimeter of an enclosed space. Why? Dogs are very territorial and they are making sure that everything is okay on their turf. To avoid the certain wear and tear around the perimeter of the park, limestone (a substance safe for dog paws) was poured along the outside fence line. Just like humans, dogs receive a stronger workout when moving uphill and downhill. Doing so strengthens their cardiovascular health - thus the addition of berms at the park.

LOPD BIKE

SHARE

7-SPEED BIKES

www.lanoakparkdistrict.org

LOPD Bike Share promotes transportation, local economy, environment, health & wellness, and recreation. Watch for the white and green bikes, rent a bike, cruise through Lansing, and see everything our village has to offer. Visit our website for details about LOPD Bike Share and locations.

CHECK OUT THE DETAILS ON OUR WEBSITE FOR LOPD BIKE SHARE
www.lanoakparkdistrict.org



The versatile 7-speed bikes offer the perfect balance of comfort and performance. The Cross 7 features a unisex step-over frame design and features puncture-resistant tires, full coverage fenders, comfort seat, a bell, and front basket with built-in cup holder.

LAN-DAK PARK DISTRICT

Download the Movatix App to get started.

Check Out

1. Use the App to locate the bike station.
2. Press "Select a Bike".
3. Enter the bike number and press "Rent Bike".
4. Bike will electronically unlock from the rack.
5. Inspect bike prior to ride. Report any issues in App.

Returns

1. Dock the bike to the pin on the rack.
2. Ensure bike is securely locked to rack.
3. In the App, press Active Rentals.
4. Press End Rental.

Download on the App Store

GET IT ON Google play

LAN-DAK PARK DISTRICT SINCE 1949



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Ask about our financing options!

Servicing the Chicagoland area for over 25 years!

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RESERVE A ROOM



BASIC ROOMS

Accommodating 50 people each
Large windows, fresh paint, tile
floors, air conditioning,
tables & chairs provided



BASIC ROOM WITH KITCHEN

Accommodating 40 people
Large windows, fresh paint, tile floors,
air conditioning, sink, microwave, stove,
refrigerator, tables & chairs provided



THE GYM

Available for basketball parties, leagues, or casual games, the gym comes with bleachers and a small attached room for food and beverages. No food is allowed in the gym. The gym is only available for sports events. No tables or chairs are allowed in the gym. The gym offers two courts with a divider curtain. The gym is not air conditioned.

ROOM/GYM RESERVATIONS

Room reservations must be made at least 14 days prior to event date.

Rooms \$55.00 per hour - residents

\$80.00 per hour - non residents

Gym \$80.00 per hour/per court - residents

\$105.00 per hour/per court - non residents

Full payment is required at the time of reservation.

No checks are accepted.

All room reservations require a damage/rule deposit in addition to the per hour fee.

Rooms deposit \$75.00

Gym deposit \$75.00 per court

Damage or violation of center rules will forfeit deposit.

Deposits are refunded 2-3 weeks following the reservation in the form of a check.

INCLUDED

- Rooms are a great option for parties, showers, business meetings, bible studies and more.
- Tables & chairs are set up by center staff.
- A room attendant is available for assistance.

2023 Season

Lansing resident park reservations begin on January 5, 2023

Non-resident reservations begin on March 1, 2023

**RESERVE
EARLY!**

PARTY IN THE PARK

Pick the perfect park for your family event...



Bock Park...Our largest shelter accommodating parties up to 150 people, plentiful parking, playground
175th & Chicago Ave.

Erfert Park...Three shelter choices, pond, fishing, pedestrian bridge & path, playground, indoor restrooms
188th & Burnham

Schultz Park...Large picnic area (no shelter), ball diamond, playground, quaint & cozy
Schultz Drive & Ada St.

VanLaten Park...
7.5 acres nestled in a quiet neighborhood, shelter & playground, walking path, indoor restrooms
183rd & Holland Drive

Lan-Oak Park...Two shelter options, our largest playground, softball diamonds, horseshoes/bags, indoor restrooms- a ton of fun!
180th & Oakley

Rotary Park...Two shelter options, playground, tennis courts, indoor restrooms, a lovely space
193rd & Sherman St.

Park reservations must be made at least 14 days prior to rental date.

Reserving a park provides park shelter, a park bathroom key and picnic tables placed under the shelter.

Reservation of a shelter does not reserve any other area of the park. Rentals run from 11:00am to 8:00pm. Electricity is available under shelters starting at 11:00am.

The resident fee to rent a park shelter is \$75.00 plus a refundable \$150.00 deposit. Violation of stated rules & regulations will forfeit deposit. Deposit refund checks require 2-3 weeks. Park restrooms provide soap and toilet paper. Bring your own paper towels.
CALL 708-474-8552 TO CHECK PARK & DATE AVAILABILITY

Picnic Party Packs!

Everything you need for a perfect event!

All Sport Pack (\$25) - Softball, bat & bases, volleyball set, football, flying disc

Fun & Games Pack (\$25)

Giant Wooden Lawn Dice, Kam Jam, Potato Sacks

Party Pack use requires a picnic reservation. Packs must be returned within 48 hours of picnic date. Deposit forfeited for failure to return or for missing equipment. \$25 deposit required in addition to use fee.

Codes of Conduct - Youth Scholarship Fund



In order to ensure that all participants in Lan-Oak Park District athletic programs enjoy recreational sports in a safe and comfortable manner free of conflict, all athletic participants and, in the case of minors, all parents of participants must agree to the following codes of conduct. By submitting a registration for an athletic program the participant, their family, and their spectators are agreeing to these codes. Please read the codes of conduct carefully before signing up for an athletic program.

Participants

As a participant in a Lan-Oak Park District sports program, I agree to:

1. Remember that I participate in sports to have fun.
2. Keep my emotions under control.
3. Respect my coach, co-participants, and/or any employee or volunteer of the Lan-Oak Park District at all times while participating in the program.
4. Support equal playing time for all participants.
5. Respect the officials and accept their decisions as final.
6. Follow the direction of my coach, teacher, captain, officials, and/or any Lan-Oak Park District employee.
7. Never threaten, verbally abuse, bully, or physically confront any person associated with the program at any time during my participation.

I understand that if I act outside of the rules stated in the Codes of Conduct, I risk the following:

1. Suspension from the league/program without refund.
2. Ejection from the league/program without refund.

Parents

As the parent of a participant in a Lan-Oak Park District sports program, I agree to:

1. Remember that my child participates in sports to have fun.
2. Keep my emotions under control.
3. Respect my coach, officials, program participants, and/or any employee or volunteer of the Lan-Oak Park District at all times while my child participates in the program.
4. Support equal playing time for all participants.
5. Respect the officials and accept their decisions as final.
6. Follow the direction of my child's coach, teacher, captain, officials, and/or any Lan-Oak Park District employee.
7. Never threaten, verbally abuse, bully, or physically confront any person associated with the program at any time during my child's participation.

I understand that if I act outside of the rules stated in the Codes of Conduct, I risk the following:

1. Suspension from my child's league/program without refund.
2. Ejection from my child's league/program without refund.

Please remember that by submitting a registration for an athletic program offered by the Lan-Oak Park District you have agreed to the codes of conduct stated above.

AMERICANS WITH DISABILITIES ACT

THE AMERICANS WITH DISABILITIES ACT OF 1991 (PUBLIC LAW 101-336) WAS ADOPTED BY CONGRESS FOR THE PURPOSE OF ELIMINATING DISCRIMINATION AGAINST INDIVIDUALS WITH DISABILITIES. THE ACT DIRECTED THE DEPARTMENT OF JUSTICE TO PREPARE AND PUBLISH RULES OF IMPLEMENTATION. THE FINAL RULE WAS PUBLISHED ON JULY 26, 1991 (28 C.F.R. PART 45) WHICH SET THE STANDARDS FOR IMPLEMENTING THE ACT. THE ACT PROHIBITS EXCLUSION OF ANY QUALIFIED INDIVIDUALS WITH A DISABILITY FROM SERVICES, PROGRAMS, OR ACTIVITIES OF ANY STATE OR LOCAL GOVERNMENT, WHICH INCLUDES PARK DISTRICTS AS OF JANUARY 26, 1992. INDIVIDUALS WITH CONCERNS OR QUESTIONS SHOULD CONTACT THE PARK DISTRICT AT 708-474-8552.



The Lan-Oak Park District is dedicated to the goal of providing healthful, stimulating, enjoyable, recreational programs to patrons of all ages

and all income levels. The district understands that not all families are able to afford the program fee associated with many recreational programs. The youth scholarship fund is designed to financially assist families of the Lan-Oak Park District in providing children the opportunity to participate in high quality recreational programs that they may not be able to afford without assistance. To inquire about applying to the youth scholarship fund, please visit the Eisenhower Center or call 708-474-8552.

Important information



Park Watch...We need your help in keeping the parks clean, safe, and free of vandalism. If you find any broken equipment, or have any other safety concerns about the facilities, please contact the park district at 708-474-8552. If you see vandalism occurring in the parks, please contact the police department by calling 911. The park district is committed to providing a safe place for recreational activities and would prefer to enhance the quality of the parks rather than replace vandalized equipment. Thank you for supporting our efforts to provide the residents of the park district with quality park sites and facilities.

Information About Insurance...Lan-Oak Park District is committed to conducting its recreation programs and activities in the safest manner possible. Participants and parents or guardians registering their children in recreation programs must recognize that there is an inherent risk of injury when choosing to participate in recreational activities. The park district continually strives to reduce such risks and insists that all participants follow safety rules and instructions which have been designed to protect their safety. Please recognize that the park district does not carry medical accident insurance for injuries sustained in its programs. The cost of this insurance would make program fees prohibitive.



Age Appropriateness...Recreation programs are designed for specific age groups as listed in the program description. Please be respectful of the specified age. Birth certificates may be requested.

Behavior Policy...The Lan-Oak Park District has a behavior management policy relative to inappropriate behavior. Inappropriate behavior is defined as that which disrupts a recreation program or general recreation and requires a supervisor to call for a stop of the behavior due to its effect on other participants or the supervisor's ability to conduct a program. Such behavior may call for immediate and/or permanent dismissal of the participant. Facility rules and usage guidelines also apply.

Program Cancellation...Registration deadlines allow the park district time for ordering supplies and scheduling instructors. Lan-Oak Park District reserves the right to cancel or postpone programs due to insufficient enrollment. Please register by the deadline dates listed.



Sled Hills...The park district has one designated sled hill located at Erfert Park. No other hills are maintained for sledding. Sledding is allowed only during daylight hours from dawn until dusk. The hill is not supervised and the user is responsible for determining if the conditions are appropriate for sledding. Participants must follow posted rules and regulations.

Severe Weather Cancellations...

Lan-Oak Park District programs and special events may be canceled due to severe weather. If severe weather is apparent, please call the park district office at 708-474-8552 one hour before the start of the program or between 4:00 and 4:30pm for evening programs for cancellations.



Conditions Resulting in Pool Closure

1. There is a threat of severe weather, lightning is sighted, or thunder is heard
2. There is a mechanical breakdown at the pool.
3. Pool water temperature tests below 76 degrees or above 92 degrees.
4. The chemistry of the water is not acceptable according to health department standards.
5. Emergencies.
6. Required Maintenance



A Reminder to Pet Owners...

When visiting parks with your pet, please remember that park district & city ordinances require dogs be leashed at all times. Dogs are never allowed on athletic fields or playground areas. The person in control of the pet is responsible for cleaning up the pet waste.



The Lan-Oak Park District welcomes participation in all programs and activities by individuals with disabilities and special needs. The park district is committed to inclusion and providing public recreation services in the most integrated setting in which interaction between people with and without disabilities is provided to the maximum extent feasible. Lan-Oak Park District works cooperatively with the South Suburban Special Recreation Association (SSSRA) to facilitate successful participation for participants who register for inclusive programming. If you have a special need or request for reasonable accommodation in accordance with the Americans With Disabilities Act, and to assist park district staff in addressing such need or request, we strongly urge you to contact the park district in advance and in a timely manner, or indicate what these needs are on the application forms in this brochure. Please understand that failure to provide timely and appropriate notice of a special need and/or request for reasonable accommodation may result in a delay in assessment. When feasible and appropriate, the park district asks that requests for reasonable accommodation be made at least two weeks in advance of any activity or program.



The Lan-Oak Park District and the Village of Lansing are two separate entities. Your tax bills list the park district and the village separately and separate taxes are allocated to each. Independent park districts are created through a vote of the people in order to assure that open space, parks, and recreation remain a high priority in their community. Illinois has more independent park districts than any other state.

FACILITY INFORMATION:

ADMINISTRATION OFFICE EISENHOWER CENTER

Recreation & Fitness Center
2550 178th Street
Lansing, Illinois 60438 708-474-8552

Hours of Operation:

Monday - Friday: 5:30am-9:00pm

Saturday/Sunday: 7:00am-4:00pm
(September-May)

Saturday/Sunday: 7:00am-2:00pm
(June-August)

(Hours may be affected by state executive order)

MAINTENANCE GARAGE

17551 Chicago Avenue
Lansing, Illinois 60438 708-474-8552

Administration

Sharon Desjardins,
Senior Superintendent of
Strategy & Operations
Michelle Havran,
Superintendent of
Parks & Maintenance

Recreation/Fitness Department

Jessica Hernandez
Recreation Supervisor
Nicole Byrd
Recreation Supervisor
Colleen Lentz
Recreation Supervisor
Pam Samuels, Receptionist
Lynette Davenport, Receptionist
Cordell Edwards, Building Maintenance

Part-Time Staff

Robin Powell, Receptionist
Melissa Metzger, Receptionist
George Cardenas, Maintenance
Jerry Zawacki, Maintenance

Buildings/Grounds Department

Tim O'Connell, Park Foreman
Collin Dougherty, Park Maintenance
Jose Patino, Park Maintenance

The Lan-Oak Park District will be closed
on the following holidays...

Labor Day - September 5

Thanksgiving Day - November 24

Christmas Day - December 25

New Years Day - January 1

Important information

The Smoke-free Illinois Act...Park District property is smoke-free.

The Smoke-Free Illinois Act (Public Act 95-0017) protects the public from the harmful effects of exposure to tobacco smoke by prohibiting smoking in public places and places of employment and within 15 feet of any entrance, exit, windows that open, or ventilation intake of a public place or place of employment.

Transfer/ Refund Policy...The park district acknowledges that not all recreational programs are compatible with all park district patrons. On occasion it may become necessary for a patron to cancel their participation in a registered program, trip or special event. The park district hopes that every patron may still enjoy the benefit of park district participation by transferring his or her registration to another, more convenient or more satisfying program, trip or special event. The following represents the criteria for obtaining a program, trip or special event transfer or refund. Prior to the first day of a program, 100% of the fee may be transferred to another program not already started, or may be refunded in the form of a check. A transfer will become effective immediately, while a refund check will require 2-4 weeks to process. On the first day of a program, but prior to the class time 100% of the fee paid may be transferred to another program or, if desired, 75% of the fee paid will be refunded. After a program starts, but prior to the day of the second class, 100% of the fee paid may be transferred to another program. If a refund is desired, a refund of 50% will be given. On or after the second day of a program, no transfer or refund will be provided. A processing fee of \$2.00 is deducted from all program refunds requested by the patron. A 100% refund or transfer will be provided for any program, trip or special event cancelled by the park district, with no deduction for a processing fee. All refund checks must be picked up at the Eisenhower Center when ready. Checks will not be automatically mailed. Checks left at the Eisenhower Center for more than 30 days will be mailed. The park district is not liable for checks lost in the mail or not cashed by their expiration date. Patron will pay any cost to reproduce or replace a check.

Park Permits...Park permits may be obtained beginning **Thursday, January 5, 2023** at 8:00am. Proof of Lansing residency is required at the time of application. No park rental will begin prior to 11:00am on the rental date. There will be a \$75.00 fee for Lansing residents, \$150 fee for non-residents, and a \$150 deposit (for both residents and non-resident) for each rental space. Full payment is due at the time of application - cash and credit cards only. The \$150.00 deposit will be returned to the applicant if the park is left clean and in good repair, if no rules were violated, and restroom key is returned. All deposit refunds will be available for pick-up at the Eisenhower Center, 2550 178th Street, Lansing, three to four weeks after the rental date. Checks will no longer be automatically mailed. Checks left at the Eisenhower Center for more than 30 days will be mailed. The park district is not liable for checks lost in the mail or not cashed by their expiration date. Patron will pay any cost to re-produce or replace a check. **Non-resident park permits may be obtained starting on March 1, 2023.**

Lan-Oak Park District Mission Statement...The Lan-Oak Park District will strive to enhance the quality of life for all Lansing residents by providing clean, safe parks, well-developed recreational facilities and a wide range of recreational programs and activities for all ages.

Photographs...The Lan-Oak Park District may videotape or take photographs of people enjoying programs, special events, parks & facilities. These photographs & videos are for publications, brochures or cable programs. They are the sole property of the Park District & are used at its discretion. Park district participants, & those attending with them, may not photograph park district programs if those photographs include park district staff or other program participants.

Everyone is Welcome...The Lan-Oak Park District is an Equal Opportunity Agency and does not discriminate on the basis of race, color, national origin, sex, disability or age in the course of offering and administering any of its recreation programs, services, park areas, and facilities.

www.lanoakparkdistrict.org

Registration Form

Family Name _____ Address _____

City _____ State _____ Zip _____ Main Phone() _____

Second Phone() _____ E-Mail _____

Emergency Contact _____ Phone() _____

Relationship to Family _____

Do you have any special needs or require any accommodation? _____

First Name <small>(include last name if different)</small>	Gender	Date of Birth	Grade	Program #/Section #	Program Title	Day/Time	Fee

*Checks returned to the park district will be charged a \$30.00 service fee.

YOUTH SCHOLARSHIP DONATION

\$1.00

TOTAL PAID

FAX TO: 708-418-0942

MAIL TO: LAN-OAK PARK DISTRICT

2550 178th Street Lansing, IL 60438

REGISTER ONLINE: www.lanoakparkdistrict.org

Shirt Size _____

Visa _____ Mastercard _____ American Express _____

Cardholder# _____

Cardholder Name _____

Expiration Date _____

Amount of Charge _____

Authorized Signature _____

PHOTO RELEASE AND WAIVER: My signature below authorizes the Lan-Oak Park District to use any and all photographs, audio, and/or video that contain my (or that of the participant, if signed by a parent or guardian) voice, image, likeness and/ or image for promotional and/ or publicity purposes. I hereby waive any right to inspect or approve the finished photograph, audio, video, advertising copy, or printed matter that may be used in conjunction therewith or the eventual use to which it may be applied. The Lan-Oak Park District will only use the aforementioned photograph, audio, and/or video, for promotional and/or publicity purposes (i.e., brochures, flyers, website design, cable television program, pamphlets and/ or any other form of media presentations used by the Lan-Oak Park District to promote and/or publicize its recreational programs and event offerings).

For Office Use Only

Cash _____ Check _____ Charge _____

Date Received _____ Check # _____

Name _____

Date _____

Please remember to sign the waiver on the reverse side of this form.
Questions? 708-474-8552 www.lanoakparkdistrict.org

WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT FOR LAN-OAK PARK DISTRICT - READ CAREFULLY



Please read this form carefully and be aware that, in signing up and participating in Lan-Oak Park District programs, you will be waiving and releasing all claims for injuries, arising out of these programs, that you or the other named participants might sustain. The terms "I", "me", and "my" also refer to parents or guardians as well as participants in the program. In registering for these programs, you are agreeing as follows: As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating, in any manner, in any and all activities with or associated with such programs. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks or injury. I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the Lan-Oak Park District, any and all other participating or cooperating governmental units, any and all independent contractors, officers,

agents, servants and employees of the governmental bodies and independent contractors, and any and all other persons and entities, of whatever nature, that might be directly or indirectly liable for any injuries that I might sustain while participating in these programs. (The parties described in the preceding sentence are referred to as "released parties" in the remainder of this Agreement.) I do hereby fully release and discharge the Lan-Oak Park District and other released parties from any and all claims for injuries, damage or loss which I may have or which may accrue to me on account of my participation in these programs. I further agree to indemnify, hold harmless and defend the Lan-Oak Park District and all other released parties, from any and all claims resulting from injuries, damages and losses sustained by anyone, and arising out of, connected with, or in any way associated with my conduct and the activities of these programs. I further understand and agree that the terms such as "participation", "programs", and "activities", referred to in this Agreement, include all exercises and physical movements of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved in these programs, and transportation to and from any events. I understand the nature of these programs for which I am registering, and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of this Agreement.

Signature of Participant(s) _____

Date _____

All participants must sign if over 18

Parent or guardian must sign if participant(s) are under 18 _____

Parent/Guardian Signature

TRANSFER/REFUND POLICY

The park district acknowledges that not all recreational programs are compatible with all park district patrons. On occasion it may become necessary for a patron to cancel their participation in a registered program, trip or special event. The park district hopes that every patron may still enjoy the benefit of park district participation by transferring his or her registration to another, more convenient or more satisfying program, trip or special event. The following represents the criteria for obtaining a program, trip or special event transfer or refund. Prior to the first day of a program, 100% of the fee may be transferred to another program not already started, or may be refunded in the form of a check. A transfer will become effective immediately, while a refund check will require 2-4 weeks to process. On the first day of a program, but prior to the class time 100% of the fee paid may be transferred to another program or, if desired, 75% of the fee paid will be refunded. After a program starts, but prior to the day of the second class, 100% of the fee paid may be transferred to another program. If a refund is desired, a refund of 50% will be given. On or after the second day of a program, no transfer or refund will be provided. A processing fee of \$2.00 is deducted from all program refunds requested by the patron. A 100% refund or transfer will be provided for any program, trip or special event cancelled by the park district, with no deduction for a processing fee. All refund checks must be picked up at the Eisenhower Center when ready. Checks will not be automatically mailed. Checks left at the Eisenhower Center for more than 30 days will be mailed. The park district is not liable for checks lost in the mail or not cashed by their expiration date. Patron will pay any cost to reproduce or replace a check.

Registration Form

Family Name _____ Address _____

City _____ State _____ Zip _____ Main Phone() _____

Second Phone() _____ E-Mail _____

Emergency Contact _____ Phone() _____

Relationship to Family _____

Do you have any special needs or require any accommodation? _____

First Name <small>(include last name if different)</small>	Gender	Date of Birth	Grade	Program #/Section #	Program Title	Day/Time	Fee

*Checks returned to the park district will be charged a \$30.00 service fee.

YOUTH SCHOLARSHIP DONATION

\$1.00

TOTAL PAID

FAX TO: 708-418-0942

MAIL TO: LAN-OAK PARK DISTRICT

2550 178th Street Lansing, IL 60438

REGISTER ONLINE: www.lanoakparkdistrict.org

Shirt Size _____

Visa _____ Mastercard _____ American Express _____

Cardholder# _____

Cardholder Name _____

Expiration Date _____

Amount of Charge _____

Authorized Signature _____

PHOTO RELEASE AND WAIVER: My signature below authorizes the Lan-Oak Park District to use any and all photographs, audio, and/or video that contain my (or that of the participant, if signed by a parent or guardian) voice, image, likeness and/ or image for promotional and/ or publicity purposes. I hereby waive any right to inspect or approve the finished photograph, audio, video, advertising copy, or printed matter that may be used in conjunction therewith or the eventual use to which it may be applied. The Lan-Oak Park District will only use the aforementioned photograph, audio, and/or video, for promotional and/or publicity purposes (i.e., brochures, flyers, website design, cable television program, pamphlets and/ or any other form of media presentations used by the Lan-Oak Park District to promote and/or publicize its recreational programs and event offerings).

For Office Use Only

Cash _____ Check _____ Charge _____

Date Received _____ Check # _____

Name _____

Date _____

Please remember to sign the waiver on the reverse side of this form.
Questions? 708-474-8552 www.lanoakparkdistrict.org

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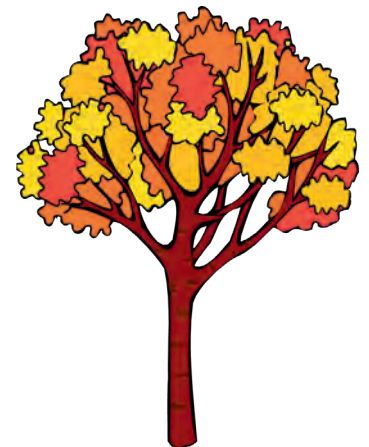
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Enjoy Lan-Oak Park District Parks!

Park Name	Playground	Softball	Picnic Shelter	Picnic Area	Restroom	Tennis	Volleyball	Basketball	Fishing	Sledding	Skate Park	Pickleball	Walking Path	Dog Park
Bock Park														
Lan-Oak Park														
Potts Park														
Copper Mugger's Park														
Schultz Park														
Winterhoff Park														
Oakwood Park														
Oakley Park														
Flanagin Park														
Erfert Park														
Lions Stadium														
Lions Park														
Rotary Park														
Van Laten Park														
Whitman Park														
Heritage Park														
Volunteers Park														
Stony Ridge Park														
Park Plaza														
Pennsy Greenway														
Mildred Burt Nature Ctr														

Bock Park	175th & Chicago Ave.	8.2 acres
Lan-Oak Park	180th & Arcadia	20
Potts Park	172nd West of Oakwood Ave.	5
Copper Mugger's Park	177th & Bernadine Street	4.5
Schultz Park	Schultz Drive & Ada Street	5
Winterhoff Park	Roy Street & 180th Street	4.5
Oakwood Park	191st & Oakwood Ave.	1.5
Oakley Park	184th & Oakley Ave.	1.5
Flanagin Park	188th & Sherman Street	.20
Erfert Park	188th & Burnham Ave.	17.4
Lions Stadium	183rd & Oakley Ave.	5
Lions Park	183rd & Oakley Ave.	2
Rotary Park	193rd & Sherman Street	10.1
Whitman Park	18159 Jason Lane	.20
VanLaten Park	183rd & Holland Drive	7.5
Heritage Park	193rd & Burnham Ave.	13
Stony Ridge Park	Donatus Dr. & 181st Street	.20
Volunteers Park	176th Street & Locust Street	2.25
Park Plaza/Pennsy Greenway	Ridge Rd. & Grant St.	43
Mildred Burt Nature Center	2550 178th Street	.5

Visit the Mildred Burt Nature Center to enjoy our Pollinator Gardens & Chimney Swift Tower



*And for
inside fun,
please
visit...*



Eisenhower Fitness & Community Center
2550 178th Street, Lansing, Illinois
Indoor Pool, Fitness Center, Preschool, Gymnasium,
Gymnastics Gym, Program Rooms, Playground -
So Much Fun!!

Thank you to our special event Diamond Sponsor...



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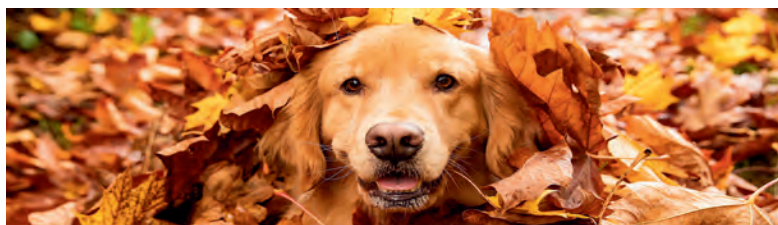
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#405488

Playskool

2022-2023

**Are you ready for
preschool?**

**Ages 3 to 5 love Playskool!
Playskool has everything you
need for the best school start.
For details, see page 20-21,
and register early.
Playskool fills fast!
Join 21 years of happy
families and students.**



**Don't miss some fall & holiday
fun with our canine friends!**

**Dogs will love two very special
holiday events just for them!**

Pup-Kin Fest will celebrate Halloween fun - get your costume ready and enjoy a costume parade.

Candy Cane Canines will have puppy parents tie-dying beautiful red & white Christmas bandanas. Both events will offer fun, games, and a yummy snack. See page 40 for details.

Join the fun at Paws 'n Play. Do you have a dog park membership? Get one now! See page 40 for details