



Lan-Oak Park District

Winter/Spring 2023



Daddy Daughter Date Night NEW! Cake Decorating
Swim/Gymnastics/Karate/Athletics Spring Break Camps

**Don't Miss!! January Buy One Get One
FREE Fitness Membership Special**

4

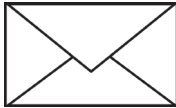
Ways to Register!!

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 48 or 50 prior to registering.

REGISTRATION PROCESSING BEGINS
December 7 – Residents December 14 – 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, 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 read to GET BACK TO FITNESS THIS SEASON!

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

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

Find Your Fun

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Don't Miss This Season!! Daddy Daughter Date Night, Easter Egg Hunt, New Fitness Classes, NEW Cake Decorating, Playskool Second Semester, and our very popular January BUY ONE GET ONE FREE Fitness Membership Special

Arbor Care
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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 Mugger'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.



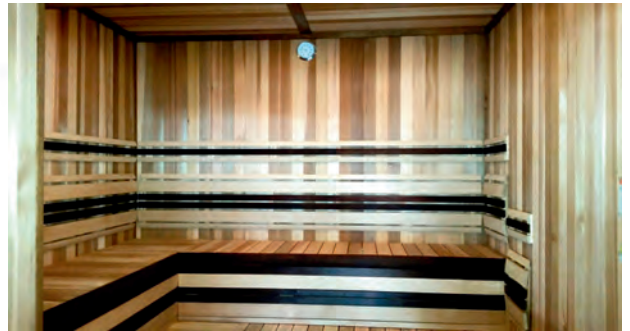
Two new tennis courts can be found at Rotary Park. Grab your racquet and some friends. Game, set, match!



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, soda 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 designated
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 March 7 and May 11.

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.



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

OUR SERVICES

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- * WEIGHT ROOMS
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- * STEAM ROOMS
- * TANNING PATIO

GET BACK TO FITNESS

For more details: **708-474-8552**

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

BEST DEAL IN THE AREA!

Fitness Classes

BUTTS & GUTS

A focused workout targeting the lower body, designed to sculpt and firm your core, butt and thighs. This series will include, but is not limited to: squat & lunge variations, fitness balls, resistance bands, and plenty of mat-work (planks, bridges, crunches). ALL FITNESS LEVELS WELCOME - you'll be working at your own pace to achieve YOUR personal best. Please bring a water bottle, a towel, wear comfy workout clothes - we're gonna get sweaty! Ages 18 & Up

Program#: 132017 Min/Max: 6/15
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 January 3-February 7
 Section#: 02 February 21-March 28
 Section#: 03 April 11-May 16
 Time: 7:00-7:45pm Day: Tuesday



Are you ready to improve your health with cardio-

vascular and strength training exercise? We will show you the way to 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, and end with relaxing stretch that sends you on your way to a healthy day. Ages 62 & Up

Program#: 139014 Min/Max: 6/15
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 January 31-March 7
 Section#: 02 March 21-April 25
 Section#: 03 May 9-June 13
 Time: 10:00-11:00am
 Day: Tuesday



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 following the seated and standing poses in this enjoyable class without getting down on the floor. Age 13 & Up

Program#: 171032 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 January 31-March 7
 Section#: 02 March 21-April 25
 Section#: 03 May 9-June 13
 Time: 6:00-6:45pm Day: Tuesday



Eisenhower Fitness is proud to welcome Andrea Martin.

Andrea is a certified personal trainer and is certified in Cycling (Spin) classes, certified to teach the internationally known POUND program, and is a certified running coach. Enroll in one of Andrea's classes for something new and challenging.



NEW! Ready To Run

Whether you are a weekend runner, run for health, competition, or both, this program will help you achieve your goals. We'll learn the most effective stretching routines, strength workouts, technique drills, base building, fitness, and training for short-distance events. Ages 14 & Up

Program#: 132255
 Min/Max: 6/15
 Fee: \$43.00(R), \$48.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01
 Date: February 3-March 10
 Section#: 02
 Date: March 24-April 28
 Section#: 03
 Date: May 12-June 16
 Time: 6:00-7:00pm
 Day: Friday

Spin & Fit

Spinning provides an effective workout building endurance and stamina along with burning calories. This combination class will consist of 30 minutes of cycling, strengthening and stretching. Spin & Fit is great for all fitness levels. Ages 13 & Up

Program#: 131002 Min/Max: 6/15
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: One week before the start of each section

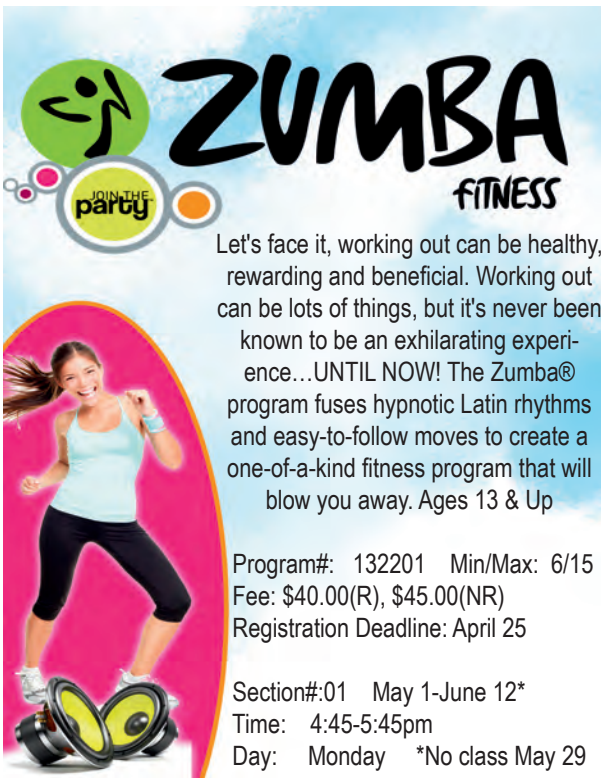
Section#: 01
 Date: February 2-March 9
 Section#: 02
 Date: March 23-April 27
 Section#: 03
 Date: May 11-June 15
 Time: 6:00-6:45pm
 Day: Thursday



Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums! Instead of listening to music, you become the music in this workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective workout. Age 14 & Up

Program: 171002 Min/Max: 6/12
 Fee: \$45.00(R), \$50.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 January 20-February 17
 Section#:02 March 3-March 31
 Section#:03 April 14-May 12
 Time: 5:00-5:45pm
 Day: Friday



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#: 132201 Min/Max: 6/15
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: April 25

Section#:01 May 1-June 12*
Time: 4:45-5:45pm
Day: Monday *No class May 29

Questions?
708-474-8552

Fitness Classes



Senior Fitness Plus

Senior Fitness Plus takes your workout to the next level. The class will challenge you with exercises that will improve your strength, flexibility, endurance, balance and posture. Any fitness level can participate in this class. 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#: 171001 Min/Max: 6/20 Fee: \$70.00(R), \$75.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center pass holders

Section#: 01 January 30-March 8 Time: 10:00-10:50am
Section#: 02 March 22-April 26 Day: Monday & Wednesday
Section#: 03 May 8-June 19** ** No class on May 29



Tai Chi

Tai Chi, a modified Sun-Style supported by the Arthritis Foundation, provides stress reduction, balance and agility in a noncompetitive, self-paced system of gentle physical exercise and stretching through a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing. Anyone, regardless of age or physical ability, can practice Tai Chi. No special clothing or equipment required. Ages 16 & Up

Program#: 187210 Min/Max: 6/15 Fee: \$38.00(R), \$43.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center pass holders

Section#:01 January 2-February 6 Time: 8:30-9:30am
Section#:02 February 20-March 27 Day: Monday
Section#:03 April 10-May 15



SilverSneakers® Classic

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 SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. Ages 50 & Up SilverSneakers and Renewed Active participants – registration is required due to room restrictions.

Program#: 139008 Min/Max: 6/20
Fee: \$40.00(R), \$45.00(NR) Silver Sneakers/Renewed Active members are FREE.
Registration Deadline: One week before the start of each section

Section#:01 January 30-March 6
Section#:02 March 20-April 24
Section#:03 May 8-June 19* Time: 6:00-7:00pm Day: Monday
* No class on May 29th.

Section#:04 January 4-February 8
Section#:05 February 22-March 29
Section#:06 April 12-May 17 Time: 8:30-9:30am Day: Wednesday

Section#:07 January 5-February 9
Section#:08 February 23-March 30
Section#:09 April 13-May 18 Time: 10:00-11:00am Day: Thursday



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! We'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: 131000 Min/Max: 10/15 Fee: \$65.00(R), \$70.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 12-February 16 Time: 7:15-8:15pm
Section#:02 March 2-April 6 Day: Thursday
Section#:03 April 20-May 25



YOGA CLASSES

Restorative Yoga

As the name suggests, this style of yoga “re-stores” 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#: 171035 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 January 4-February 8
 Section#: 02 February 22-March 29
 Section#: 03 April 12-May 17
 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#: 171031 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 January 4-February 8
 Section#: 02 February 22-March 29
 Section#: 03 April 12-May 17
 Time: 5:00-6:15pm Day: Wednesday

Senior Spin

Spinning provides an effective workout building endurance and stamina along with burning calories. Spinning offers varied routines and music to create an energized atmosphere. Instructors will guide participants through workout phases. Participants control the level of resistance on their bike during the class so constant adjustments during class are expected. Spin Fusion is great for all fitness levels. Ages 62 & Up

Program#: 131105 Min/Max: 6/8 Fee: \$10.00(R), \$15.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 February 3-March 10 Section#:02 March 24-April 28
 Section#: 03 May 12-June 16 Time: 9:00-9:30am Day: Friday

Senior Beats!

Using rhythm as the source of inspiration to discover a new group fitness experience Senior Beats combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.

Senior Beats is a program that fosters a healthy balance physically, mentally, emotionally and socially! Join a class and experience how it provides an element of fun and creative expression

Program#: 198116 Min/Max: 6/10 Fee: \$10.00(R), \$15.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 February 3-March 10 Section#: 02 March 24-April 28
 Section#: 03 May 12-June 16 Time: 9:45-10:30am Day: Friday

EISENHOWER FITNESS CENTER



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OUR SERVICES

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- * 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!

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#: 139006 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 January 7-February 11
Section#:02 February 25-April 1 Time : 8:00-8:45am
Section#:03 April 15-May 20 Day: Saturday

Section#:04 January 30-March 6
Section#:05 March 20-April 24 Time: 9:00-9:45am
Section#:06 May 8-June 19* Day: Monday

* No class on May 29

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#: 132240 Min/Max: 6/15 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 May 1-June 12* Time: 7:00-8:00pm Day: Monday * No class May 29
Section#:02 May 3-June 7 Time 6:30-7:30pm Day: Wednesday

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 cardio respiratory, 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#: 165140 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 January 30-March 6 Time: 8:00-8:50am
Section#: 02 March 20-April 24 Day: Monday
Section#: 03 May 8-June 19* * No class on May 29

Section#: 04 February 1-March 8
Section#: 05 March 22-April 26 Time: 9:00-9:50am
Section#: 06 May 10-June 14 Day: Wednesday





American Red Cross

Swim Lessons

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#: 172035 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	January 17-March 7	Level 1	4:00-4:45pm	Tuesday
02	January 17-March 7	Level 1	4:45-5:30pm	Tuesday
03	January 17-March 7	Level 2	5:30-6:15pm	Tuesday
04	January 18-March 8	Level 3	4:00-4:45pm	Wednesday
05	January 18-March 8	Level 4	4:45-5:30pm	Wednesday
06	March 28-May 16	Level 1	4:00-4:45pm	Tuesday
07	March 28-May 16	Level 1	4:45-5:30pm	Tuesday
08	March 28-May 16	Level 2	5:30-6:15pm	Tuesday
09	March 29-May 17	Level 3	4:00-4:45pm	Wednesday
10	March 29-May 17	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#: 121085 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	January 19-March 9	Level 1&2	5:30-6:00pm	Thursday
02	March 30-May 18	Level 1&2	5:30-6:00pm	Thursday

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 Pre school 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#: 172034 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	January 19-March 9	Level 1	4:00-4:30pm	Thursday
02	January 19-March 9	Level 2	4:30-5:00pm	Thursday
03	January 19-March 9	Level 3	5:00-5:30pm	Thursday
04	March 30-May 18	Level 1	4:00-4:30pm	Thursday
05	March 30-May 18	Level 2	4:30-5:00pm	Thursday
06	March 30-May 18	Level 3	5:00-5:30pm	Thursday

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#: 172036 Min/Max: 6/10

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

Registration Deadline: One week before the start of each section

Section#:01	Date:	January 18-March 8
Section#:02	Date:	March 29-May 17
Time:	5:30-6:15pm	Day: Wednesday

Class Requirement...

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

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

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

NEW!! First Art

It's never too early to get your hands messy with art. Enjoy being able to create art with your child for the first time. Each week we will make something different from making our own playdough, chalk drawings, and of course fingerpainting. Come join us for a messy time. Age 24-36 months

Program: 100118
Min/Max: 6/8
Fee: \$47.00(R), \$52.00(NR)
Registration Deadline: February 28

Section#:01
Date: March 7-April 4
Time: 10:00-11:00am
Day: Tuesday

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: 100150 Min/Max: 6/8 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Age: 12-24 months Date: February 15-March 22
Time: 10:15-11:00am Day: Wednesday
Section#:02 Age: 24-36 months Date: April 14-May 19
Time: 3:15-4:00pm Day: Friday

Pee Wee Playgroup

Moms 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. Age 6-24 months.

Program: 100125 Min/Max: 6/8 Fee:\$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Date: January 9-February 6
Time: 10:00-11:00am Day: Monday
Section#:02 Date: April 13-May 11
Time: 10:30-11:30am Day: Thursday

Shake, Rattle, and Roll!

It's never too early to love music. Each week we will learn new rhythms, play instruments, and sing for some very fun active learning.

Program: 100110 Min/Max: 6/8 Fee: \$28.00(R), \$33.00(NR) Registration Deadline: One week before the start of each section.

Section#:01 Age: 6-24 months Date: January 11-February 8 Time: 10:00-11:00am Day: Wednesday
Section#:02 Age: 24-36 months Date: March 9-April 6 Time: 10:30-11:30am Day: Thursday

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 monkey, a baby llama, and more. Age 12-24 months.

Program: 100119
Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01
Date: January 13-February 10
Time: 9:00-9:45am
Day: Friday
Section#:02
Date: April 4-May 2
Time: 3:30-4:15pm
Day: Tuesday

Tiny Tot Programs

are for children age 6 months to 36 months.
Tiny Tot programs are parent-child opportunities.



indicates a Family Favorite!!

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! Age: 24-36 months

Program: 100135 Min/Max: 6/8 Fee:\$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Date: January 12-February 16
Time: 9:30-10:30am Day: Thursday
Section#:02 Date: April 3-May 8
Time: 3:00-4:00pm Day: Monday



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 age-appropriate, and the program schedule will replicate that of a shortened preschool classroom.

Age 24-36 months

Program: 100131 Min/Max: 6/8 Fee:\$60.00(R), \$65.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Date: January 10-February 28
Time: 10:00-11:00am Day: Tuesday
Section#:02 Date: March 15-May 3
Time: 1:30-2:30pm Day: Wednesday

Tiny Tot Programs

are for children age 6 months to 36 months.
Tiny Tot programs are parent-child opportunities.



indicates a Family Favorite!!



Tot's Open Gym

Come and play with us in this tot's open gym. Get little ones 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: 100186 Min/Max: 5/9

Fee: \$33.00(R), \$38.00(NR)

Registration Deadline: One week before the start of the section

Section#:01 Date: January 23-February 20

Section#:02 Date: April 17-May 15

Time: 12:30-1:15pm Day: Monday

NEW!! Adult & Tot Sports N' Stories

Adults will assist youngsters in learning processes as children enjoy a mind-awakening story and play a body-challenging sport: t-ball, floor hockey, soccer, basketball and more. Children enhance listening skills, the ability to follow directions and overall physical development. Age 2-4

Program: 122005 Min/Max: 3/5 Fee: \$30.00(R), \$35.00(NR)

Registration Deadline: February 15

Section#:01 Date: February 22-March 22

Time: 12:30-1:15pm Day: Wednesday

Adult-Tot Yoga

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

Fee: \$33.00(R), \$38.00(NR) Min/Max: 6/9

Registration Deadline: One week before the start of each section

Baby & Me Yoga Program: 100183 Age 9 months-24 months

Section#:01 Date: January 23-February 20 Time: 10:30-11:15am

Section#:02 Date: April 17-May 15 Day: Monday

Tot & Me Yoga Program: 100185 Age: 24-36 months

Section#:01 Date: January 23-February 20 Time: 11:30am-12:15pm

Section#:02 Date: April 17-May 15 Day: Monday

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, please. Age 24-36 months

Program: 100170 Min/Max: 6/8 Fee: \$43.00(R), \$48.00(NR) Registration Deadline: March 22

Section#:01 Date: March 29-April 26

Time: 11:00am-Noon Day: Wednesday



Adult -Tot Superstars

Young children develop motor skills while having fun learning early athletics. Parents and tots work together in these classes, learning the basics of the designated sport. A variety of activities will be played for each sport. Parent participation is required.

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

SOCCER --- BASKETBALL --- BASEBALL

Registration Deadline: One week before the start of each section

Adult-Tot Soccer

Program: 127103 Age: 2-4

Min/Max: 3/5

Dribbling, passing, shooting, and kicking will all be emphasized.

Section#:01 Date: January 23-February 20

Time: 4:00-4:45pm

Day: Monday

Section#:02 Date: April 14-May 12

Time: 4:00-4:45pm

Day: Friday

Lil Dribblers Basketball

Program: 127105

Age: 3, only.

Min/Max: 5/10

Participants will be introduced to balance, equipment, hand-eye coordination, and following directions.

Section#:01 Date: March 13-April 10

Time: 5:00-5:45pm

Day: Monday

Section#:02 Date: April 26-May 24

Time: 11:30-12:15pm

Day: Wednesday

Adult-Tot Baseball

Program: 127104

Age: 2-4

Min/Max: 3/5

Kids will love fielding, base running and hitting off a tee.

Section#:01 Date: January 23-February 20

Time: 5:00-5:45pm

Day: Monday

Section#:02 Date: April 14-May 12

Time: 5:00-5:45pm

Day: Friday



NEW!!

This class is where the science of child development meets the magic of Zumba®! The program takes little ones on their first steps toward an active, musical life.

Together, adults and their young children wiggle, sing, and learn, for the ultimate bonding experience! Ages: 4 months-36 months

Program: 100112 Min/Max: 4/10 Fee: \$45.00(R), \$50.00(NR)

Registration Deadline: January 3

Section#:01

Date: January 10-February 7

Time: 11:00-11:45am

Day: Tuesday

Check out Strollercize - fitness fun with baby! Page 35
Parent/Child Aquatics - splash, laugh, learn! Page 14

Questions? 708-474-8552



Early Childhood Programs

are for children age 3 to 5 years

 indicates a Family Favorite!!



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. Age 3-5

Program: 110006 Min/Max: 6/8
 Fee: \$42.00(R), \$47.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 January 10- February 14
 Time: 4:30-5:30pm Day: Tuesday
 Section#:02 March 1-April 5
 Time: 5:00-6:00pm Day: Wednesday



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: 110062 Min/Max: 6/8
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: February 6

Section#:01 February 13-March 20
 Time: 9:30-10:30am
 Day: Monday

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. Age 3-5

Program: 110034 Min/Max: 6/8
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 February 10-March 10
 Time: 10:00-11:00am
 Day: Friday

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: 110052 Min/Max: 6/8
 Fee: \$32.00(R), \$37.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 January 10-February 14
 Time: 1:30-2:30pm Day: Tuesday
 Section#:02 April 20-May 25
 Time: 9:00-10:00am Day: Thursday

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. Age 3-5.

Program: 110043 Min/Max: 6/8 Fee: \$56.00(R), \$61.00(NR) Registration Deadline: March 13

Section#:01 March 20-April 24 Time: 11:00-Noon Day: Monday

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. Age 3-5.



Program: 110032 Min/Max: 6/8 Fee: \$46.00(R), \$51.00(NR) Registration Deadline: January 10

Section#:01 January 16-February 13 Time: 2:00-3:00pm Day: Monday

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

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. Age 3-5.

Program: 110056 Min/Max: 6/8 Fee: \$44.00(R), \$49.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 February 16-March 23 Time: 4:00-4:45pm Day: Thursday
 Section#:02 April 11-May 16 Time: 10:00-10:45am Day: Tuesday

Preschool Gymnastics Page 27
Kicking Tots Karate Page 28
Preschool Swim Lessons Page 14
Spanish for Preschoolers Page 30
**The perfect preschool for your child...
 Playskool Page 20-21**

Early Childhood Programs

are for children age 3 to 5 years



indicates a Family Favorite!!



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: 110046 Min/Max: 6/12 parent/child couples
Fee: \$26.00(R), \$30.00(NR) Registration Deadline: March 12

Friday March 24, 2022 5:00-6:00pm

Tomie dePaola Book Club

Tomie dePaola devoted his life to writing and illustrating more than 250 children's books. 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.

"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#: 110040 Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: March 29
Section#:01
Date: April 5-May 10
Time: 9:00-10:00am
Day: Wednesday

NEW! Go Yoga

Teaching yoga to young children increases their mindfulness and self-confidence, assists with stress management, fosters self-control, increases flexibility and balance, improves concentration and focus, and offers breathing exercises that allow a child to calm and relax. We'll combine basic yoga with fun and creative yoga games, activities, and challenges.

Program: 110090 Min/Max: 6/10
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 13-February 10
Section#:02 February 24-March 24
Section#:03 April 7-May 5
Time: 11:30am-12:15pm
Day: Friday

Little Ninjas



Leap, hop, skip, run your way through obstacles, and put your Ninja skills to the test. This fun movement-based class will challenge your ninja to maneuver over and under objects. Age 3-5

Program: 110186 Min/Max: 4/8 Fee:\$35.00(R), \$40.00(NR)
Registration Deadline: February 24

Section#:01 March 3-March 31 Time: 4:00-5:00pm Day: Friday

NEW! Snow Days



As snow flurries and swirls, come and join us for some snowy day crafts. Each week we will have hot chocolate and enjoy a unique craft that you will be able to bring home. Come and join us for fun, friends, and some warm hot chocolate! Age 3-5

Program: 110033 Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: January 5
Section#:01

Date: January 12-February 9
Time: 1:00-2:00pm Day: Thursday

NEW! Healthy Kids

Being active. Eating right. Making healthy choices. These are all key importance in our lives. Teaching good habits to our children at a very early age will help them grow into healthy and happy adults. Healthy kids will offer fun, active fitness movement, will let kids prepare and taste healthful recipes, show creativity with fun, health-related art projects, and giggle at quirky stories all while teaching kids about a healthy lifestyle. Allergy Alert: This class will serve and/or handle common food allergens.

Program: 110041 Min/Max: 6/8
Fee: \$44.00(R), \$49.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 16-February 13
Section#:02 March 6-April 3
Section#:03 April 17-May 15
Time: 11:30am-12:15pm Day: Monday

NEW! Rainy Days

There is not much to do when it is raining...UNTIL now! Come join us for some arts and crafts while we sip on some Apple Juice. Enjoy making a new and unique craft each week to bring home to your family.

Come join us for some fun and apple juice! Age 3-5.



Program: 110071 Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: April 7

Section#:01 April 14-May 12
Time: 10:30-11:30am Day: Friday

Bitty Basketball It's never too early! We'll teach tykes the rules and the basic skills of basketball such as dribbling, passing, and shooting. Basic rules are emphasized through fun games played during class time. Age 4-6

Program: 110031 Min/Max: 4/8 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section.



Section#:01 January 18-February 15 Time: 11:45-12:30pm Day: Wednesday
Section#:02 April 24-May 22 Time: 5:00-5:45pm Day: Monday

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 are required! Age 3-6



Program: 187060 Min/Max: 4/7 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: April 7

Section#:01 April 14-May 12 Time: 6:00-7:00pm Day: Friday

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

Program: 110058 Min/Max: 6/10 Fee: \$41.00(R), \$46.00(NR)
Registration Deadline: March 6

Section#:01 March 13-March 31 Time: 11:30-12:30pm
Day: Monday, Wednesday and Fridays

Sports and 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: 110027 Min/Max: 4/9 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: January 6

Section#:01 January 13-February 10 Time: 4:00-5:00pm Day: Friday



Micro Soccer U6

This class is for children interested in learning the exciting sport of soccer. We'll 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. T-shirts are provided. Age 4-5

Program#: 187025 Min/Max: 6/12 Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: April 8

Section #: 01 April 22-May 20 Time: 9:00am-10:00am Day: Saturday

Early Childhood Programs

are for children age 3 to 5 years



indicates a Family Favorite!!

Jr Explorers

Calling 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 offer fun facts followed by an exciting activity. Age 3-5

Program: 110030 Min/Max: 6/9 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: February 21

Section#:01 February 28-March 28
Time: 4:00-5:00pm Day: Tuesday

Little Sluggers and Kickers In this class, we will combine the games of baseball and kickball for fun and excitement. Boys and girls learn the fundamentals used in kickball and baseball: running the bases, throwing, catching, and fielding, and skills unique to each sport: hitting off the tee and kicking the ball. Age 3-5

Program: 110036 Min/Max: 4/9
Fee: \$39.00(R), \$44.00(NR)
Registration Deadline: January 12

Section#:01 January 19-February 16
Time: 1:00-1:45pm Day: Thursday

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: 127105 Min/Max: 5/10
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 March 13-April 10
Time: 5:00-5:45pm Day: Monday

Section#:02 April 26-May 24
Time: 11:30-12:15pm Day: Wednesday

NEW! Easter Yoga Let's have fun with our workout as we learn easy yoga poses and move along with the Easter Bunny. Time will be allowed towards the end to take pictures. Age 4-6

Program: 110042 Section#:01 Min/Max: 4/8 Fee: \$10.00(R), \$15.00(NR) Registration Deadline: March 31

Friday, April 7 9:30-10:45am



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: 9/05/2023-6/7/2024
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 310013-01 or	3-day Mon/Wed/Fri PM 310013-02 or
2-day Tues/Thurs AM 310013-03 or	2-day Tues/Thurs PM 310013-04 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



Making friends, learning so much, becoming independent.
 Playskool has been serving families and students for more than 21 years. Playskool students become part of a school community - learning respect, showing consideration for others, cooperatively working together, and becoming friends. We learn together and play together in well-stocked, fun and joyful classrooms. Qualified, experienced teachers will nurture and encourage your child.
 Call for a tour and



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

Youth Programs

Get out, get moving, learn, have fun
with friends! Ages 6-12



indicates a Family Favorite!!

NEW! Snow Days

As the snow flurries start come and join us for some snow day crafts. Each week we will have hot chocolate and enjoy a unique craft that you will be able to bring home. Create, have fun, and enjoy some yummy hot chocolate!

Program: 110170 Min/Max: 6/8

Fee: \$45.00(R), \$50.00(NR)

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

Section#:01 Age 6-9 January 9-February 6

Time: 5:15-6:15pm Day: Monday

Section#:01 Age 9-12 February 1-March 1

Time: 5:15-6:15pm Day: Wednesday

NEW! Rainy Days

There is not much to do when it is raining... UNTIL now! Come join us for some arts and crafts while we sip on some apple juice. Enjoy making a new and unique craft each week to bring home to your family. Come join us for some fun and some apple juice!

Program: 110171 Min/Max: 6/8

Fee: \$45.00(R), \$50.00(NR)

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

Section#:01 April 10-May 8 Age 6-8

Time: 5:00-6:00pm Day: Monday

Section#:01 April 28-May 26 Age 9-12

Time: 5:00-6:00pm Day: Friday

Youth 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. Age 9-12

Program: 154102 Min/Max: 6/8

Fee: \$20.00(R), \$25.00(NR)

Registration Deadline: January 11

Section#:01 January 18-February 15

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

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. Age 6-9

Program: 110133 Min/Max: 5/7 Fee: \$56.00(R), \$61.00(NR)

Registration Deadline: February 14

Section#:01 February 21-March 28 Time: 5:00-5:45pm Day: Tuesday

Section#:02 February 21-March 28 Time: 6:00-6:45pm Day: Tuesday

Recorder 2

Building on notes learned in Playing Recorder 1 kids will stretch their skills further. We'll learn more about reading music and maybe play a simple tune or two.

Class Requirement: New recorders will not be provided. Please bring your recorder from Playing Recorder 1. Instructor approval is required to progress to Recorder 2.

Program: 110133 Min/Max: 5/7 Fee: \$52.00(R), \$57.00(NR)

Registration Deadline: March 30

Section#:03 April 6-May 11 Time: 5:00-5:45pm Day: Thursday



Total Sports

This class features a new sport each week. Some sports taught and played include basketball, soccer, badminton, kickball and pickleball. 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

Tinikling

One of the most popular folk dances in the Philippines is the Tinikling. The traditional dance, which usually involves a pair of two bamboo poles, 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, and sliding bamboo poles on the ground and 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: 110187 Min/Max: 8/12

Fee: \$40.00(R), \$55.00(NR)

Registration Deadline: April 5

Section#:01 April 12-May 17 Age: 6-8

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

Section#:01 April 12-May 17 Age 9-12

Time: 6:00-6:45pm Day: Wednesday

Program: 129000 Min/Max: 6/8

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

Registration Deadline: January 6

Section#:01 January 13-February 17

** No Class February 10

Time: 5:00-6:00pm Day: Friday

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: 114000 Min/Max: 5/8

Fee: \$58.00(R), \$63.00(NR)

Registration Deadline: February 9

Section#:01 February 16-March 23

Time: 5:15-6:15pm Day: Thursday

Don't Miss!! Daddy Daughter Date Night & Mother Son Superhero Night
Page 37 Questions? 708-474-8552


NEW! Earn Your Brownie Painting Badge

Are you a Brownie in Girl Scouts and want to learn and better educate yourself on painting? Well then this is the program for you. In this one-time class we will get inspired, paint the real world, paint without brushes and more. When you earn this badge, you will have new ideas on what to paint- and how to paint it. So come join us for an evening of fun. (Will receive badge at the end of class)
Age 7-9

Program: 110132 Min/Max: 6/8
Fee: \$27.00(R), \$32.00(NR)
Registration Deadline: February 17

Section#:01 February 24
Time: 5:00-6:30pm Day: Friday

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, judgement and proper mechanics. Tennis rackets will be provided. Age 8-12

Program: 187006 Min/Max: 6/9
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: April 11

Section#:01 April 18-May 16
Time: 4:00-5:00pm Day: Tuesday

Flashlight Egg Scramble

Egg hunts are not just for little kids! All ages enjoy plastic eggs filled with candy and prizes. This nighttime event will be held in the big gym. We will start with an egg hunt in the dark, followed by pizza and games. Bring a flashlight and a basket to carry home your loot. Age 6-12

Program#: 111203 Section#:01
Min/Max: 6/20
Fee: \$26.00(R), \$31.00(NR)
Registration Deadline: March 31

Friday, April 7 6:00-8:00pm



NEW! Easter Egg Decorating

Come join us for an egg-citing time decorating Easter eggs. We will decorate eggs to bring home to your family. Come join us for this fun time.

Program: 110182 Min/Max: 6/8
Fee: \$24.00(R), \$29.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 April 3 Age: 6-9
Time: 5:00-6:00pm Day: Monday
Section#:02 April 4 Age: 10-12
Time: 5:00-6:00pm Day: Tuesday

**Gymnastics Page 27 Karate Page 28
Spanish Classes Page 30
Swim Lessons Page 14**



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#: 121082 Min/Max: 6/20
Fee: \$15.00(R), \$20.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Volleyball January 27 Time: 6:30-8:30pm
Section#:02 Basketball February 24 Day: Friday
Section#:03 Capture the Flag March 24
Section#:04 Dodgeball May 26

self-confidence, assists with stress management, fosters self-control, increases flexibility and balance, improves concentration and focus, and offers breathing exercises that allow a child to calm and relax. We'll combine basic yoga with fun and creative yoga games, activities, and challenges. Age 6-10

Program: 113135 Min/Max: 6/10 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 11-February 8 Section#:02 February 22-March 22
Section#:03 April 5-May 3 Time: 4:00-4:45pm Day: Wednesday

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


Youth Programs

Get out, get moving, learn, have fun
with friends! Ages 6-12



indicates a Family Favorite!!

Ask an Astronomer-Virtual Field Trip

 Join us in this virtual field trip; to meet the Cernan Earth and 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 to ask them questions about our space. Register one week prior and have a valid email address on file. You must be able to connect to Zoom on the internet (must have an audio connection with a microphone.) Ages 6-14

Program: 110134 Min/Max: 6/15 Fee: Free
Registration Deadline: February 27

Section#:01 March 6
Time: 11:00am-Noon
Day: Monday

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 children improve balance and agility and is just plain fun. This program will offer beginner pickleball offered indoors. Age 9-12.

Program: 110175 Min/Max: 6/8
Fee: \$48.00(R), \$53.00(NR)
Registration Deadline: January 30

Section#:01 February 6-March 13
Time: 4:00-4:45pm
Day: Monday

NEW! Go Yoga

Teaching yoga to young children increases their mindfulness and



Youth Programs

Get out, get moving, learn, have fun with friends! Ages 6-12



indicates a Family Favorite!!



NEW! Volleyball Skills Fundamentals

This class caters towards introducing the sport of volleyball to athletes in an organized, but fun environment. Perfect introduction to the sport and preparation for school team try-outs. Learn bumping, setting, serving, and more. Age 7-12

Program: 122004
Min/Max: 6/12 Fee:\$35.00(R), \$40.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 19-February 16
Section#:02 April 20-May 18
Time: 3:45-4:30pm Day: Thursday

**Turn the page for our spring break
Volleyball Skills Camp**

Micro Soccer U10

Children interested in learning the exciting sport of soccer will learn basic 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#: 187020 Min/Max: 10/20
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: April 8



Section #: 01 April 22-May 20
Time: 10:00am-11:00am Day: Saturday

Nerf Wars



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 will be required to wear eyewear to participate.

Program: 110183 Min/Max: 6/9
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: February 23

Section#:01 Age 6-8 March 2-March 30
Time: 4:00-5:00pm Day: Thursday
Section#:02 Age 9-12 March 2-March 30
Time: 5:00-6:00pm Day: Thursday

Nature Fun

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.

Program: 121083 Min/Max: 6/9 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: February 21

Section#:01 Age 6-9 February 28-March 28 Time: 5:15-6:15pm Day: Tuesday
Section#:02 Age 10-12 February 28-March 28 Time: 6:30-7:30pm Day: Tuesday



Softball Skills & Drills

Let's learn the basics through skills, drills, and fun. We'll cover hitting, catching, fielding, batting, and the rules of softball. Age 8-10

Program: 127008 Min/Max: 4/15 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: April 13

Section#:01 April 20-May 18 Time: 4:15-5:15pm Day: Thursday

Star Wars Cooking

Why bake a plain old cookie when you can bake a super-Chewie Wookiee Cookie? The Force is with you in the kitchen as we learn safety tips for cooking on Earth as well as in most space stations, follow recipes no Rebel can resist, and then enjoy fine culinary experiences. Allergy Alert: We will handle/eat common food allergens. Age 8-12

Program: 110201 Min/Max: 5/8
Fee: \$58.00(R), \$63.00(NR)
Registration Deadline: January 27

Section#:01 February 3-March 3
Time: 5:30-6:30pm 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#: 114107 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 January 16-February 6	Day: Monday	Section#02 January 18-February 8	Day: Wednesday
Section#03 February 20-March 13	Day: Monday	Section#04 February 22-March 15	Day: Wednesday
Section#05 March 27-April 17	Day: Monday	Section#06 March 29-April 19	Day: Wednesday
Section#07 May 1-May 22	Day: Monday	Section#08 May 3-May 24	Day: Wednesday

SPRING CAMPS BREAK

Babysitter's Training Camp

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. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. The recommended age for this course is 11-15 years old.

Program#: 187221 Min/Max: 6/10
Fee: \$100.00(R), \$105.00(NR)
Registration Deadline: March 27

Section#:01 April 3-April 6 Time: 8:45-11:45am
Day: Monday-Thursday

Mini Sports Camp

We'll teach the basics of some of the core sports- baseball/softball, volleyball, soccer, floor hockey, and finish off with a pool day on Friday.
Age 7 & Up

Program: 187223 Min/Max: 6/12
Fee: \$41.00(R), \$46.00(NR)
Registration Deadline: March 27

Section#:01 April 3-April 7 Time: 1:30-2:30pm
Day: Monday-Friday

NEW! Girls Play Strong Camp

This camp is for GIRLS ONLY! Girls will be able to show themselves in everything they can do. We'll teach the basics of some of the core sports- baseball/softball, volleyball, soccer, tennis, and finish off with a pool day on Friday. Age 7-12

Program: 187230 Min/Max: 6/12
Fee: \$41.00(R), \$46.00(NR)
Registration Deadline: March 27

Section#:01 April 3-April 7 Time: 11:00-12:00pm
Day: Monday-Friday

NEW! Volleyball Skills Camp

This camp caters towards introducing the sport of volleyball in an organized, but fun environment. We'll learn bumping, setting, serving, and more. Age 7 & Up

Program: 187231 Min/Max: 6/12
Fee: \$41.00(R), \$46.00(NR)
Registration Deadline: March 27

Section#:01 April 3-April 7 Time: 12:15-1:15pm
Day: Monday-Friday

NEW! Spring Training Camp

Spend your spring break in this camp all about getting fit and staying healthy. We'll start each day with stretching exercises and 20 minutes of yoga. We'll break for daily workshops about eating healthy and we'll make and enjoy a healthy snack. We'll end each day releasing our inner rockstar with POUND! – a workout infused with music and cardio fitness through drumming! Age 6-10

Program#: 187222 Min/Max: 6/10
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: March 27

Section#:01 April 3-April 7 Time: 9:00-11:00am
Day: Monday-Friday

Explore Art Camp - Discovering Great Artists

Each day 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 9-12

Program#: 187232 Min/Max: 4/8 Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: March 24

Section#:01 April 3-April 7 Time: 1:00-3:00pm
Day: Monday-Friday

READY, SET...
SPRING BREAK!

NEW! Theater Camp

Lights, camera, play! Budding thespians will have fun under the footlights as we play theater games that spark creativity, boost confidence, and encourage collaboration. We'll learn all about how to make a stage performance great, we'll make puppets, discover makeup secrets, design and build a set, read a short script, rehearse, and perform. Age 6-12

Program: 187233 Min/Max: 6/12
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: March 27

Section#:01 April 3-April 6 Time: 1:00-2:30pm
Day: Monday-Thursday

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



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. Each participant will receive a t-shirt and participation medal.

Program: 163040 Min/Max: 12/40 Fee: \$43.00(R), 48.00(NR) Registration Deadline: February 22
Section#:01 March 1-April 5 5:00-6:00pm Wednesday
Section#:02 April 19-May 24 5:00-6:00pm Wednesday

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. Participants will learn to sharpen their skills such as shooting, passing, dribbling, defense, and conditioning. Age 9-12

Program#: 122005 Min/Max: 6/12 Fee: \$55.00(R), \$60.00(NR) Registration Deadline: February 22
March 1-April 5 Wednesday
Section#:01 Age 9-12 7:00-8:00pm Section#:02 Age 13-17 8:00-9:00pm

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#: 163020 Min/Max: 6/10 Fee: \$110.00(R), \$115.00(NR)
Registration Deadline: One week before the start of each section
January 11-February 15 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
April 19-May 24 Wednesday Section#:04 Age 8-10 6:00-7:00pm
Section#:05 Age 11-13 7:00-8:00pm Section#:06 Age 14-17 8:00-9:00pm

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#: 181006 Min/Max: 4/12 Fee: \$55.00(R), \$60.00(NR)
Registration Deadline: February 22

Section#:01 March 1-April 5 6:00pm-7:00pm Wednesday





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#: 121700 Min/Max: 5/15 Fee: \$63.00(R), \$68.00(NR)
 Registration Deadline: One week before the start of each section



Section#:01 January 11-February 15
 Section#:03 February 22-March 29
 Section#:05 April 5-May 10
 Section#:07 May 17-June 21
 Time: 4:30-5:30pm Day: Wednesday

Section#:02 January 10-February 14
 Section#:04 February 21-March 28
 Section#:06 April 4-May 9
 Section#:08 May 16-June 20
 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: 121720 Min/Max: 5/20
 Fee: \$63.00(R), \$68.00(NR)
 Registration Deadline: One week before the start of each section

Date/Day: Tuesday	January 10-February 14
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	January 11-February 15
Section#:04 5:30-6:30pm	Age 6-8
Section#:05 6:30-7:30pm	Age 8-13
Date/Day: Tuesday	February 21-March 28
Section#:06 4:30-5:30pm	Age 5-7
Section#:07 6:30-7:30pm	Age 7-10
Section#:08 7:30-8:30pm	Age 7-12 (Boys & Girls Advanced)
Date/Day: Wednesday	February 22-March 29
Section#:09 5:30-6:30pm	Age 6-8
Section#:10 6:30-7:30pm	Age 8-13
Date/Day: Tuesday	April 4-May 9
Section#:11 4:30-5:30pm	Age 5-7
Section#:12 6:30-7:30pm	Age 7-10
Section#:13 7:30-8:30pm	Age 7-12 (Boys & Girls Advanced)
Date/Day: Wednesday	April 5-May 10
Section#:14 5:30-6:30pm	Age 6-8
Section#:15 6:30-7:30pm	Age 8-13
Date/Day: Tuesday	May 16-June 20
Section#:11 4:30-5:30pm	Age 5-7
Section#:12 6:30-7:30pm	Age 7-10
Section#:13 7:30-8:30pm	Age 7-12 (Boys & Girls Advanced)
Date/Day: Wednesday	May 17-June 21
Section#:14 5:30-6:30pm	Age 6-8
Section#:15 6:30-7:30pm	Age 8-13

LEARN
GYMNASTICS
 through fun & progressive classes

STUDENTS MUST HAVE INSTRUCTOR APPROVAL TO ENROLL IN BOYS & GIRLS ADVANCED 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#: 121760 Min/Max: 5/20
 Fee: \$63.00(R), 68.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 January 11-February 15
 Section#:02 February 22-March 29
 Section#:03 April 5-May 10
 Section#:04: May 17-June 21
 Time: 7:30-8:30m Day: Wednesday

**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#: 132001
10-week sections
Section#: 01, 02, 03
February 13-April 17
Section#: 04, 05, 06
April 24-June 26
Fee: \$170.00(R), \$175.00(NR)

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





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.



All Programs#: 110190 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 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. The class will be tailored to the needs of the students enrolled.

Section#:01	Tuesdays, 10:00-11:00am	February 28-April 4	Section#:02	Tuesdays, 10:00-11:00am	April 11-May 16
Section#:03	Wednesdays, 6:00-7:00pm	January 18-February 22	Section#:04	Wednesdays, 6:00-7:00pm	March 1-April 5
Section#:05	Wednesdays, 6:00-7:00pm	April 12-May 17			

Zoom Spanish 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#:06	Thursdays, 5:00-5:45pm	January 19-February 23	Section#:07	Thursdays, 5:00-5:45pm	March 2-April 6
Section#:08	Thursdays, 5:00-5:45pm	April 13-May 18			

Youth Spanish (ages 7-11)

Section#:09	Thursdays, 6:15-7:00pm	January 19-February 23	Section#:10	Thursdays, 6:15-7:00pm	March 2-April 6
Section#:11	Thursdays, 6:15-7:00pm	April 13-May 18			

Zoom Spanish for Middle School and Jr. High School 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 highschool Spanish. **(6th through 8th grade)**

Section#:12	Tuesdays, 5:30-6:15pm	January 17-February 21	Section#:13	Tuesdays, 5:30-6:15pm	February 28-April 4
Section#:14	Tuesdays, 5:30-6:15pm	April 11-May 16			

Zoom Spanish 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.

Section#:15	Tuesdays, 6:30-7:15pm	January 17-February 21	Section#:16	Tuesdays, 6:30-7:15pm	February 28-April 4
Section#:17	Tuesdays, 6:30-7:15pm	April 11-May 16			

Parlez-vous français? Lei parla italiano? Zoom French and Italian 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)	(no class Feb. 20)	(no class May 29)			
Section#:18	Mondays, 5:00-5:45pm	January 23-March 6	Section#:19	Mondays, 5:00-5:45pm	March 13-April 17
Section#:20	Mondays, 5:00-5:45pm	April 24-June 5			

I Speak French (adults 18+)

Section#:21	Mondays, 6:00-7:00pm	January 23-March 6	Section#:22	Mondays, 6:00-7:00pm	March 13-April 17
Section#:23	Mondays, 6:00-7:00pm	April 24-June 5			

I Speak Italian (ages 7-11)

Section#:24	Wednesdays, 5:00-5:45pm	January 18-February 22	Section#:25	Wednesdays, 5:00-5:45pm	March 1-April 5
Section#:26	Wednesdays, 5:00-5:45pm	April 12-May 17			

I Speak Italian (adults 18+)

Section#:27	Wednesdays, 6:00-7:00pm	January 18-February 22	Section#:28	Wednesdays, 6:00-7:00pm	March 1-April 5
Section#:29	Wednesdays, 6:00-7:00pm	April 12-May 17			



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. All players receive a participation medal. Come enjoy a spring afternoon outdoors with friends. Teams will be decided randomly. If you have requests for a teammate, please designate that upon registration, we will try to accommodate requests.

Program: 131110 Min/Max: 18/36 Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: April 5

Section#:01 Age 13-17 Wednesday, April 19 2:00-3:30pm

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: 128004 Min/Max: 5/10 Fee: \$33.00(R), \$38.00(NR)
Registration Deadline: January 4

Section#:01 January 11-February 1 Time: 2:30-3:30pm 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: 128003 Min/Max: 10/20
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: March 8

Section#:01 March 15
Time: 2:00-3:30pm Day: Wednesday

Balance Board & Glide

Fun and fitness combine in this class requiring 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. We'll improve balance, train the core, train glutes and abs, and enhance coordination. Age 13-17

Program: 129602 Min/Max: 3/5
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: February 1

Section#:01 Date: February 8-March 8
Time: 2:00-2:45pm Day: Wednesday



Ask an Astronomer

Virtual Field Trip

Join us on this virtual field trip; to meet the Cernan Earth and Space Center Team at Triton College. Get a chance to learn and travel across the Universe and live video chat with REAL Astronomers to ask them questions about our space. Register one week prior and have a valid email address on file. You must be able to connect to Zoom on the internet (must have audio connection with a microphone.) Ages 6-14

Program: 110134 Min/Max: 6/15
Fee: Free
Registration Deadline: February 27

Section#:01 March 6 11:00am-Noon Monday

Teen Programs

for ages 13-17

Babysitter's Training Camp

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. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. The recommended age for this course is 13-15 years old.

Program#: 187221 Min/Max: 6/10
Fee: \$100.00(R), \$105.00(NR)
Registration Deadline: March 27
Section#:01 April 3-April 6
Time: 8:45-11:45am
Day: Monday-Thursday

NEW! Ready To Run

Whether you are a weekend runner, run for health, competition, or both, this program will help you achieve your goals. We'll learn the most effective stretching routines, strength workouts, and technique drills for runners as well as covering base building, fitness, and training for short-distance events and half marathons. Ages 14 & Up

Program#: 132255
Min/Max: 6/15
Fee: \$43.00(R), \$48.00(NR)
Registration Deadline: One week before the start of each section

Section#:01
February 3-March 10
Section#:02
March 24-April 28

Section#:03 May 12-June 16
Time: 6:00-7:00pm Day: Friday

Also for teens...

Basketball Programs Page 26
Karate Page 28

Spanish Classes Page 30
Swim Lessons Page 14
Open Gym Page 29

Several fitness programs allow ages 13 & Up - check it out on Pages 10-13

Questions? 708-474-8552

Teen Programs for ages 13-17

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

Program#: 110193 Min/Max: 4/10 Fee: \$40.00(R), \$45.00(NR) Registration Deadline: March 15
Section#:01 March 22-April 12 Time: 2:00-3:00pm Day: Wednesday

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#: 172036 Min/Max: 6/10
Fee: \$60.00(R), \$65.00(NR)
Registration Deadline: One week before the start of each section

Section#:0 January 18-March 8
Section#:02 March 29-May 17
Time: 5:30-6:15pm
Day: Wednesday

Did you know? Eisenhower Fitness Center offers discounted fitness memberships for students. Fitness memberships provides a free 30-minute equipment orientation with a personal trainer and includes use of the basketball gym when the gym is open. Questions? 708-474-8552

High School & College

Annual Lansing Resident \$208.00 Annual Non-Resident \$273.00
6 Month Lansing Resident \$139.00 6 Month Non-Resident \$203.00

EISENHOWER FITNESS CENTER

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**GET BACK
TO FITNESS**

For more details:
708-474-8552

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

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DEAL IN
THE AREA!**

POUND®

ROCKOUT. WORKOUT.

Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums! Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.
Age 14 & Up

Program: 171002 Min/Max: 6/12
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01
Date: January 20-February 17
Section#:02
Date: March 3-March 31
Section#:03
Date: April 14-May 12
Time: 5:00-5:45pm
Day: Friday

Art and Wellness

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

Age 50 & Up

Program: 128760 Min/Max: 6/9
 Fee: \$39.00(R), \$44.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 January 26-February 23
 Section#:02 April 20-May 18
 Time: 10:00-11:00am
 Day: Thursday

Paint Night

Join us in the step-by-step tutorial paint night as we create a masterpiece even you can't believe you created. No experience is required!

Age 18 & Up

Program: 131120 Min/Max: 6/10
 Fee: \$41.00(R), \$46.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 A Walk in the Rain
 Date: April 13
 Time: 6:30-8:45pm Day: Thursday
 Section#:02 Balloons and Tulips Sunset
 Date: May 25
 Time: 6:30-8:45pm Day: Thursday

Adults Programs

get out, meet new friends, have fun!

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.

Age 18 & Up

Program: 131003 Min/Max:6/9
 Fee: \$36.00(R), \$41.00(NR)
 Registration Deadline: April 12

Section#:01 April 19 Time: 6:00-7:30pm
 Day: Wednesday



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! We'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: 121084 Min/Max: 10/15 Fee: \$65.00(R), \$70.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 January 12-February 16 Time: 7:15-8:15pm
 Section#:02 March 2-April 6 Day: Thursday
 Section#:03 April 20-May 25

Questions? 708-474-8552



Adult Spanish, French, and Italian Classes Page 30
Reserve a Community Garden Plot Page 39
Piano Lessons Page 24
Adult Swim Lessons Page 14
Daddy Daughter Date Night & Mother Son Superhero Night Page 37
Looking for fitness classes, floor and water? Page 10-13

Pediatric CPR/AED

Designed for childcare providers, teachers, parents and others who care for children, this course teaches participants how to recognize and care for breathing and cardiac emergencies in children up to 8 years of age. Participants will learn how to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Ages 11 & Up

Program#: 132097 Min/Max: 5/5
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: March 9

Section#: 01 Date: March 16
 Time: 8:30-11:45am Day: Thursday

Adult CPR/AED

This American Red Cross course will teach you adult lifesaving techniques. Skills include performing rescue breathing, clearing an obstructed airway, CPR and AED on a victim of sudden cardiac arrest. Participants will also learn how to use an AED. Ages 14 & Up

Program#: 132091 Min/Max: 5/5
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: February 8

Section#: 01 Date: February 15
 Time: 8:30-11:00am
 Day: Wednesday

First Aid

Learn first aid skills, such as determining unconsciousness, treating cuts, scrapes, and burns, controlling bleeding, treating injuries to bones, muscles, and joints, and preventing and caring for sudden illness, including heat and cold emergencies. Ages 11 & Up

Program#: 132098 Min/Max: 5/6
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: April 12

Section#: 01 Date: April 19
 Time: 8:30-11:30am
 Day: Wednesday

Adults Programs

get out, meet new friends, have fun!



indicates a Family Favorite!!

NEW! Cake Decorating

Impress your family and friends by bringing a beautifully-designed cake to your next gathering. Learn some techniques that will elevate your next dessert. This class will provide all supplies so that you can release your creativity on a yummy treat! Allergy Alert: This class may handle or eat common food allergens,

Program: 132265

Min/Max: 4/8

Fee: \$65.00(R), \$70.00(NR)

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

Section#:01 January 17-February 7

Section#:02 May 2-May 23

Time: 6:00-7:00pm

Day: Tuesday

NEW! Ready To Run

Whether you are a weekend runner, run for health, competition, or both, this program will help you achieve your goals. We'll learn the most effective stretching routines, strength workouts, technique drills, base building, fitness, and training for short-distance events.

Age 14 & Up



Program#: 132255 Min/Max: 6/15

Fee: \$43.00(R), \$48.00(NR)

Registration Deadline: One week before the start of each section

Section#: 01 February 3-March 10

Section#: 02 March 24-April 28

Time: 6:00-7:00pm

Section#: 03 May 12-June 16

Day: Friday

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#: 121085 Min/Max: 6/10

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

Registration Deadline: One week before the start of each section

Section#:01 January 19-March 9 Level 1&2

Section#:02 March 30-May 18 Level 1&2

Time: 5:30-6:00pm Day: Thursday

NEW! In the Kitchen - Easter

Easter is traditionally a time for families to gather to celebrate their religion and the arrival of spring. Those gatherings often include a delicious Easter feast. Join us as we introduce, make, and taste some new recipes aimed at making your Easter holiday simply delicious! Age 18 & Up

Program#: 132266 Min/Max: 4/6

Fee: \$65.00(R), 70.00(NR)

Registration Deadline: February 23

Section#:01 March 2-March 30

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



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#: 127030 Min/Max: 4/16

Fee: \$20.00(R), 25.00(NR)

Location: Copper Muggers Park

Registration Deadline:

Section#:03 Date: May 1-May 15

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

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708-474-8552

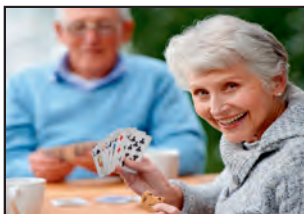
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OUR SERVICES

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- * STEAM ROOMS
- * TANNING PATIO

**BEST
DEAL IN
THE AREA!**

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



Card Sharks

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

will be served. Play different card games every week.
Age 62 & Up **Wednesdays 10am-Noon Room 105**

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

* There is a small fee for bingo cards that covers the cost of program supplies

Senior Game Day

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

Basket Weaving

Come join in this enjoyable rural craft class as we learn how to create baskets. Basket weaving is the process of weaving or sewing pliable materials into three-dimensional artifacts, such as baskets, mats, mesh bags or even furniture. Age 62 & Up

Program: 132007 Min/Max: 4/8
Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: March 3

Section#:01 March 10
Time: 10:30am-Noon
Day: Friday

Brain Games

Let's work out our minds as we come together to play fun brain teasers. Games and puzzles like crosswords, Remember When, word searches and sudoku help keep our minds sharp as we pay attention to detail and test our knowledge.
Age 62 & Up

Program: 132016 Min/Max: 4/8
Fee: Free
Registration Deadline: January 17

Section#:01 January 24-February 14
Time: 11:00am-12:30pm
Day: Tuesday

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 Samba, a Polka, a Tango, and more while comfortably seated on a chair. Chair Yoga Vitality is a program design for those interested in gently and safely strengthening their body to prevent injury, improve functional fitness, move through day-to-day tasks with more comfort and ease, and get rid of 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! Age 62 & Up

Program: 198115 Min/Max: 4/8 Fee: \$5.00(R), \$10.00(NR) Registration Deadline: One week before the start of each section.
Section#:01 **Chair Dancing** January 20-February 17 Section#:02 **Chair Yoga** April 14-May 12 Time: 10:30-11:30am Day: Friday

Program: 198117 Min/Max: 2/4 Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01: Ping Pong	January 12	Section#:02: Badminton	February 9
Section#:03: Indoor Pickleball	March 9	Section#:04: Indoor Bocce	April 13
Section#:05: Ping Pong	May 11	Time: 11:00am	Day: Thursday

NEW! Paint Palettes

Let's get our paint on as we render colors and learn different techniques each to boost our painting skills to create miraculous works of art in this step-by-step class. No experience is required. Age 62 & Up

Program: 132014 Min/Max: 4/8
Fee: \$10.00(R), \$15.00(NR) Registration Deadline: March 2

Section#:01 March 9-March 30
Time: 11:00am-Noon Day: Thursdays



Senior Beats!

Using rhythm as the source of inspiration to discover a new group fitness experience Senior Beats combines traditional physical fitness program with the benefits of music and rhythm. We'll foster a healthy balance physically, mentally, emotionally and socially!

Program#: 198116 Min/Max: 6/10
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 February 3-March 10 Time: 9:45-10:30am
Section#: 02 March 24-April 28 Day: Friday
Section#: 03 May 12-June 16

Senior Programs

for ages 62 & Up

Questions? 708-474-8552

Senior Spin

Spin provides an effective workout building endurance and stamina along with burning calories. Spin offers routines and music to create an energized atmosphere. Instructors will guide participants who will control the level of resistance on their bike during the class so constant adjustments during class are expected. Spin is great for all fitness levels. Ages 62 & Up

Program#: 131105 Min/Max: 6/8
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 February 3-March 10
Section#:02 March 24-April 28
Section#: 03 May 12-June 16
Time: 9:00-9:30am
Day: Friday

Eisenhower Fitness Center Offers Free Fitness Memberships



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. 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.

One Pass™

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!

Senior Programs for ages 62 & Up



Are you ready to improve your health with cardiovascular and strength training exercise? We will show you the way to 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, and end with relaxing stretch that sends you on your way to a healthy day. Ages 62 & Up

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#: 139014 Min/Max: 6/15 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 January 31-March 7 Time: 10:00-11:00am
Section#: 02 March 21-April 25 Day: Tuesday
Section#: 03 May 8-June 13

Program#: 139006 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 January 7-February 11 Time : 8:00-8:45am
Section#:02 February 25-April 1 Day: Saturday
Section#:03 April 15-May 20

Section#:04 January 30-March 6 Time: 9:00-9:45am
Section#:05 March 20-April 24 Day: Monday
Section#:06 May 8-June 19* * No class on May 29

Cooking is Fun



Cooking For Seniors

Tired of cooking the same meals every week? This program provides you with fun recipes to help switch it up. Sweet Potato Corncakes, Crunchy Chicken, and Stuffed Avocados are just a few delicious recipes to look forward to. Recipes may include common food allergies such as nuts, dairy, and wheat. Age 62 & Up

Program: 133035 Min/Max: 6/9 Fee: \$60.00(R), \$65.00(NR)
Registration Deadline: March 6

Section#:01 March 13-April 10 Time: 6:30-7:30pm Day: Monday

SilverSneakers® Classic



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 SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. Ages 50 & Up SilverSneakers and Renewed Active participants – registration is required due to room restrictions.

Program#: 139008 Min/Max: 6/20 Fee: \$40.00(R), \$45.00(NR)
Silver Sneakers/Renewed Active members are FREE.

Registration Deadline: One week before the start of each section

Section#: 01 January 30-March 6 Time: 6:00-7:00pm
Section#:02 March 20-April 24 Day: Monday
Section#:03 May 8-June 19* * No class on May 29

Section#: 04 January 4-February 8 Time: 8:30-9:30am
Section#: 05 February 22-March 29 Day: Wednesday
Section#:06 April 12-May 17

Section#: 07 January 5-February 9 Time: 10:00-11:00am
Section#: 08 February 23-March 30 Day: Thursday
Section#:09 April 13-May 18

Special Events - make some family memories

Once Upon a Time

Daddy Daughter Dance

Friday, February 10 6:30pm til 9:00pm

Truly a gala to remember as dads and daughters enjoy a feast, dance the night away with a DJ, visit with other daddies and daughters and commemorate the evening with a photo taken at the dance. Each girl will receive a party favor. Age 3-12

Program: 154001 Section#:01
Fee: \$45.00(R), \$50.00(NR) (price per couple)
\$8 fee each additional daughter
Registration Deadline: February 1



CALLING ALL SUPERHERO MOMS AND SONS

**MOTHER/SON
SUPERHERO NIGHT**

**FRIDAY
MAY 5TH
6:30-9:00PM**

Super Yummy
Dinner
Super Fun Games
Superhero Training
Superhero
Keepsake
and a Special
Superhero Guest

Program#: 154005 Section#:01
Registration Deadline: April 29
Fee: \$45.00(R), 50.00(NR) (price per couple)
\$8.00 fee each additional son



Special Events - make some family memories



Easter Egg Hunt
April 8th
10AM
Lan Oak Park 178th & Arcadia

Meet the Bunny!!
Ages 2-11
Bring a Basket or Bag!

The poster features a blue background with a white silhouette of a child running with a basket. Below the child are four large, colorful Easter eggs (green, purple, orange, and blue) with a white bunny peeking out from behind the green one. The text is in various fonts and colors, including yellow and white.



Special events fill quickly - register early!!
Questions? 708-474-8552

Make it easy. Register online at
www.lanoakparkdistrict.org



GRANDPARENT/GRANDCHILD
BINGO BASH
FRIDAY
APRIL 7, 2023
5:30-7:30PM

AGES 3 & UP
Program: 154080 Section#:01
Registration Deadline: April 1
Fee: \$30.00(R), \$35.00(NR)
(price per couple)
\$8.00 fee each additional person

**PIZZA! PRIZES!
FUN FOR ALL!**

The poster features large, colorful bingo balls with the letters B, I, N, G, O on them. The background is white with colorful splatters. The text is in various colors and fonts, including red, blue, and black.



LOPD GARDENS 2023

Gardening can be very therapeutic and this is an excellent opportunity to get outside and enjoy the fresh air.

Van Laten Park will offer 15' X 15' garden plots, a water source, and a shelter for resting. You must register for a garden plot.

Rules, regulations and gardening guide will be provided on our website and upon registration.

Program#: 132112 (01)
 Fee: \$20 per plot plus \$20 deposit refunded at season end if rules are followed, plot is properly cleared & key is returned.
 Residents only, please.

Pre-registration is required. Lan-Oak Park District will till the garden plots prior to plot assignment. Gardeners will be notified by email when the plots are ready and assigned. Gardeners may only use the plot assigned to them. Garden plots will be identified with numbers in the northeast corner. Plots will be staked at the earliest possible date with consideration to weather and soil condition. The growing season will be May through October. A water source is available at the garden site. Hoses and automated sprinklers are NOT allowed. You must transport your water from the water source using other means. A key to the water source will be assigned to each gardener. All plots must be planted by June 15. Garden coordinators may reassign unplanted plots, without refund, after June 15. Gardeners should maintain each plot to its boundaries.

Parking is available at the park. Gardeners may not drive on or park on the grass.

Gardeners may bring grass clippings from home to use on their individual plot. Gardeners must bring their own gardening tools. Storage is not provided on site. Gardeners are expected to maintain the aisles surrounding their plots so that gardeners can easily traverse the garden and access the water source. Gardeners are expected to weed their garden regularly and keep it neat. Neglected gardens may be removed without refund. Plastic bags, rocks, string, wooden stakes, or other materials must not be left in the garden aisles. Lan-Oak Park District is not responsible for theft or damage to personal property or the garden plot. It is the gardener's responsibility to remove all plants, weeds and items from their plot at the end of the season. Gardeners must take their garden down to ground level and return the key by October 31.



2022 Garden Photo Contest Winner

Lan-Oak Park District Corporate Sponsorship Program

Lan-Oak Park District is proud to offer your business a unique and effective advertising opportunity - Advertise your business, support local recreation opportunities, promote healthy lifestyles. Lan-Oak Park District is committed to offering its patrons healthy, fun, high quality recreational opportunities. Each year the park district offers family special events free of charge to the community. Your sponsorship will assist in funding these memorable programs and events while, at the same time, benefiting your business. The park district program brochure is mailed directly to 11,500 homes three times each year. Sponsor businesses will receive either name recognition or an ad prominently displayed in our program brochure(s). Please call the park district at 708-474-8552 to inquire about our Corporate Sponsorship program. The benefits of sponsorship....

Diamond Sponsor: \$3000 & Over (limit 2 sponsors) 7" x 3" Full color ad space on outside back cover of all of our brochures for one year

Platinum Sponsor: Over \$750 7" x 3" ad space in all brochures for one year
 Name recognition in all brochures for one year

Gold Sponsor: \$501 - \$749 3.5" x 2" ad space in all brochures for one year
 Name recognition in all of our brochures for one year

Silver Sponsor: \$251 - \$500 Name recognition in all of our brochures for one year

Bronze Sponsor: \$101-250 Name recognition in two brochures during the year

Friend of the Park District: Up to \$100 Name recognition in one brochure during the year

Thank you

Lan-Oak Park District 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



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.



Doggie Easter Egg Hunt

This event offers an egg-citing time. Dogs will get the chance to take pictures and meet the Easter Bunny. We will have a treat easter egg hunt for our furry friends. Pre-registration is required and all are welcome!

Program: 154050 Section#:01
Fee: \$23.00
Registration Deadline: March 24

Friday, March 31

6:00pm (Egg hunt starts at 6:30pm sharp)



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!

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

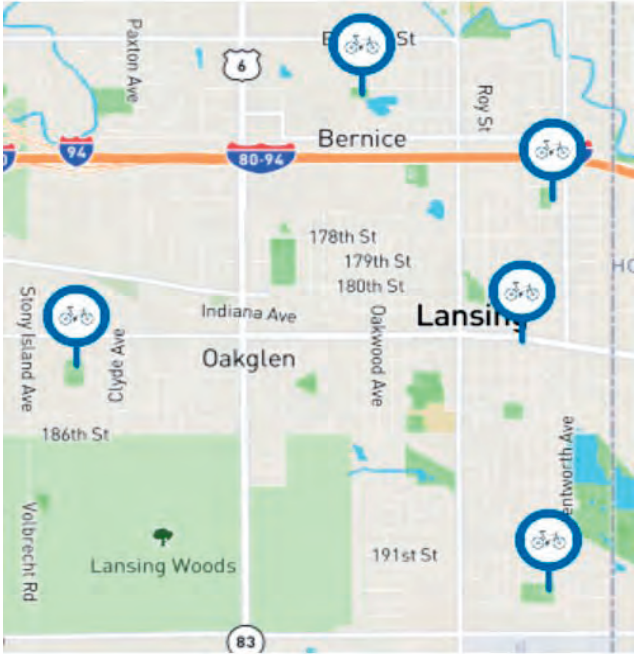
www.lanoakparkdistrict.org

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.

Bike Share Locations
 Potts Park, Rotary Park, Copper Muggers Park, VanLaten Park, and the Park Plaza
 Bike will be available starting May 1 each year
 You must be 18 years or older to rent Bike Share bikes



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.



Questions? 708-474-8552 www.lanoakparkdistrict.org Follow us on Facebook

PREFERRED WINDOW and DOOR

- Call for a Free Quote!
- Commercial and Residential Service!
- Ask about our financing options!
- Windows, Doors, Garage Doors!
- Servicing the Chicagoland area for over 25 years!
- Automatic, Revolving, Rolling Steel Doors!

Visit our showroom!
 3280 E. Lincoln Highway, Lynwood, IL 60411

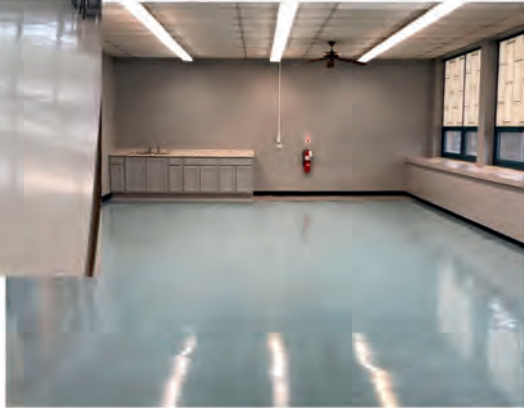
(708) 895-3667
www.prewd.com

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

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.

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

Picnic Party Packs!

Everything you need for a perfect event!

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

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.

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

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 PROHIBITES 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
Colleen Lentz, Recreation Supervisor
Andrea Martin, Recreation Supervisor
Lynette Davenport, Receptionist
Melissa Metzger, Receptionist
Cordell Edwards, Building Maintenance
Jeff Watson, Building Maintenance

Part-Time Staff

Robin Powell, Receptionist
Jada Simmons, Receptionist
Zandra Neely, Teacher/Receptionist
Grady Williams, Maintenance
Jerry Zawacki, Maintenance

Buildings/Grounds Department

Tim O'Connell, Park Foreman
James Luck, Park Maintenance
David Crowley, Park Maintenance

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 reproduce 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.

Public photography is not allowed in the fitness center or in park district programs.

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

The Lan-Oak Park District will be closed on the following holidays...
Christmas Day - December 25
New Years Day - January 1
Easter Sunday - April 9
Memorial Day - May 29

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

FAX TO: 708-418-0942

TOTAL PAID

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). I acknowledge that public photography is not permitted in any park district program.

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

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.

FAX TO: 708-418-0942

MAIL TO: LAN-OAK PARK DISTRICT
 2550 178th Street Lansing, IL 60438

REGISTER ONLINE: www.lanoakparkdistrict.org

YOUTH SCHOLARSHIP DONATION

\$1.00

TOTAL PAID



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). I acknowledge that public photography is not permitted in any park district program.

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

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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	Yellow		Green		Purple			Pink			Black			Grey
Lan-Oak Park	Yellow	Orange	Green	Blue	Purple	Olive	Dark Blue							
Potts Park	Yellow			Blue				Pink						
Copper Mugger's Park	Yellow	Orange		Blue	Purple		Dark Blue					Pink		
Schultz Park	Yellow	Orange		Blue	Purple	Olive		Pink						
Winterhoff Park	Yellow			Blue	Purple									
Oakwood Park	Yellow													
Oakley Park	Yellow													
Flanagin Park	Yellow													
Erfert Park	Yellow		Green		Purple				Red	Red			Pink	
Lions Stadium		Orange			Purple									
Lions Park	Yellow				Purple									
Rotary Park	Yellow	Orange	Green		Purple	Olive		Pink					Pink	
Van Laten Park	Yellow	Orange	Green		Purple								Pink	
Whitman Park	Yellow													
Heritage Park					Purple									
Volunteers Park	Yellow													
Stony Ridge Park	Yellow													
Park Plaza				Blue	Purple									
Pennsy Greenway													Pink	
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!!

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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!**

Lan-Oak Park District

*Everything you need in
your own community...*

Art Science

Dance Gymnastics

Educational Preschool

Karate

Family Special Events

Foreign Languages

Full Service Fitness Center

Swim Lessons

Indoor Pool

Fitness Classes

Athletics Music Lessons

Community Gardens

Bike Share

Park Rentals

Room Rentals

Dog Park

*Parks, playgrounds,
outdoor athletics, park
shelters and more.*

*Parks and recreation
for all ages!!*