# LAN-OAK PARK DISTRICT SUMMER FUN



2023

KARATE
GYMNASTICS
SUMMER FITNESS
PIANO LESSONS
MOVIES IN THE PARK
GARDEN PLOTS
JULY 3 FIREWORKS
AND MORE!

JULY
BUY ONE
GET ONE FREE
FITNESS
MEMBERSHIP
SPECIAL

NUEVAS CLASES DE FITNESS EN ESPANOL KIDS SUMMER CAMPS





# 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 50 or 52 prior to registering.

# REGISTRATION PROCESSING BEGINS May 1 – Residents May 8 – 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, Jim Shaffer, Lolly Lewis, and 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, fitness floor and water classes, coffee center, and game area are perfect for

shedding weight gain, staying fit, and staying healthy. See page 6-13 to learn all about Eisenhower Fitness Center

Take advantage of our

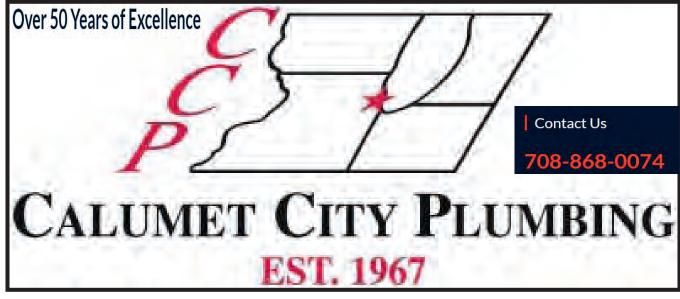
JULY BUY ONE GET ONE FREE 6-MONTH FITNESS MEMBERSHIP SPECIAL!

#### **Find Your Fun**

02	Registration Info	26	<b>Gymnastics Classes</b>	39	Corporate Sponsorship
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06-09	Eisenhower Fitness Center	31	Karate	41	<b>Community Garage Sale</b>
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Don't Miss This Season!! Check out our wide variety of summer camps for kids, New Aqua Kick & Burn Class, Teen & Adult Archery, RESERVE YOUR SPOT IN FALL PLAYSKOOL and save with the July BUY ONE GET ONE FREE 6-Month Fitness Membership Special





#### 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.

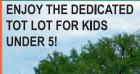
Visit Lions Park at Lions Stadium.

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



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.

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





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!





### Everything you need right in your community!

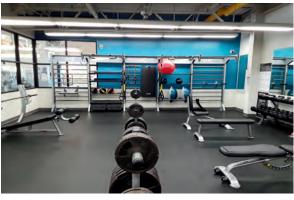
# Eisenhower **Fitness**



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.



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



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

















#### **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 July 12 and September 8. 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!



### **Get Back to Fitness**

FULL SERVICE FITNESS - HAMMERSMITH, CYBEX. LIFE FITNESS, SCI-FIT. PRECOR. CONCEPT 2

TWO WEIGHT ROOMS WITH GYMRAX

25-YARD INDOOR POOL

WHIRLPOOL, SAUNA, STEAM ROOMS, TANNING PATIO FLOOR AND WATER FITNESS CLASSES

BUY AN INDIVIDUAL 6-MONTH FITNESS MEMBERSHIP, ADD ANOTHER PERSON FREE NO INITIATION FEE - ONLY IN JULY 2023 SO HURRY!!

#### EISENHOWER FITNESS CENTER

2550 178TH STREET, LANSING, ILLINOIS

708-474-8552

## The Figures...

Annual Fitness	Membe	rship	Rates (	save \$\$ b	y paying i	n one pay	rment)
1	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**
I Monthly Fitness	Memb	ership	Rates	(requires a	signed 6-mo	onth or annu	ual contract)
I	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. Renew Active & One Pass 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.



#### Cost for personal training packages:

Cost for personal training packag	co.
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 – Section11 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 finess 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



## **Get Back to Fitness**

FULL SERVICE FITNESS - HAMMERSMITH, CYBEX, LIFE FITNESS. SCI-FIT, PRECOR, CONCEPT 2 TWO WEIGHT ROOMS WITH GYMRAX 25-YARD INDOOR POOL WHIRLPOOL, SAUNA, STEAM ROOMS, TANNING PATIO FLOOR AND WATER FITNESS CLASSES

**BUY AN INDIVIDUAL 6-MONTH FITNESS** MEMBERSHIP, ADD ANOTHER PERSON FREE NO INITIATION FEE - ONLY IN JULY 2023 SO **HURRY!!** 

#### EISENHOWER FITNESS CENTER

2550 178TH STREET, LANSING, ILLINOIS 708-474-8552

#### **Fitness Classes**

#### 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#: 231002 Min/Max: 6/15 Fee: \$40.00(R), \$45.00(NR) Registration Deadline: One week before the start of each section

Section#: 01 June 29 – August 3 Section#: 02 August 17 – September 21 Time: 6:00-6:45pm Day: Thursday



#### **POUND**

Channel your inner performer & rock your body with this modern-day fusion of movement and music. POUND™ is a 45-minute full-body cardio and conditioning class that gives you the permission to rock! Using Ripstix – weighted drumsticks engineered for exercise – POUND™ transforms drumming into an effective full-body workout. Ages 14 & Up

Program#: 271002 Min/Max: 6/15 Fee: \$45.00(R), \$50.00(NR) Registration Deadline: One week before the start of each section

Section#: 01 June 30 – August 4
Section#: 02 August 18 – September 22
Time: 5:00–5:45pm Day: Friday

#### Nuevas Clases De Fitness En Espanol

#### Spin y Fit

Spinning proporciona un entrenamiento efectivo que aumenta la resistencia y quema calorías. Esta clase combinada consiste de 30 minutos de ciclismo, fortalecimiento, y estiramiento. Spin y Fit es ideal para todos los niveles de condición física. Edad: 13 años en adelante

Programa#: 231002 Mín./Máx.: 6/15
Precio: \$40.00 (R), \$45.00 (NR)
Fecha límite: Una semana antes del inicio de cada sección

Sección #: 03 13 de junio – 25 de julio\* Sección #: 04 8 de agosto – 12 de septiembre Hora: 5:00-5:45 p.m. Día: Martes \* No hay clase el 4 de julio.

#### POUND

Deja tu artista interior salir y mueva tu cuerpo con esta fusión moderna de movimiento y música. ¡POUND™ es una clase de acondicionamiento y cardio de cuerpo completo de 45 minutos que te da permiso para rockear! Con Ripstix, baquetas con peso diseñadas para el ejercicio, POUND™ transforma el tamborileando en un entrenamiento efectivo para todo el cuerpo.

Edad:14 años en adelante

Programa#: 271002 Mín./Máx.: 6/15
Precio: \$45.00 (R), \$50.00 (NR)
Fecha límite: Una semana antes del inicio de cada sección

Sección #: 03 15 de junio - 20 de julio\* Sección #: 04 3 de agosto - 7 de septiembre Hora: 5:00-5:45 p.m. Día: Jueves

# Get Fit & Have Fun in Adult Line Dancing Page 34

#### 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#: 232255 Min/Max: 6/15
Fee: \$43.00(R), \$48.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 30 – August 4 Section#: 02 August 18 – September 22 Time: 6:00–7:00pm Day: Friday

#### **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, and wear comfy workout clothes - we're gonna get sweaty! Ages 18 & Up

Program#: 232017 Min/Max: 6/15
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 May 30 – July 11\*
Section#: 02 July 25 – August 29
Time: 7:00-7:45pm Day: Tuesday

\* No class on July 4

#### **Cardio & Strength Training**

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 18 & Up

Program#: 239014 Min/Max: 6/15
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 27 – August 8\*
Section#: 02 August 22 – September 26
Time: 10:00-11:00am Day: Tuesday
\* No class on July 4

So Much More...
Foreign Language Classes Page 22
Community Garden Plots Page 39
Piano Lessons Page 24
Community Garage Sale Page 41
July 3rd Fireworks Page 40
Adult Swim Classes Page 14
Water Fitness Classes Page 13

Questions? 708-474-8552

#### NEW! Stretch & Balance

Stretching is important at every age. A daily stretch can help improve balance and coordination, therefore, decreasing the risk of muscle strain and injury. Balance training involves doing exercises that strengthen the muscles that help keep you upright, including your legs and core. These kinds of exercises can improve stability and help prevent falls. Ages 18 & Up

Program#: 229022 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR) Registration Deadline: One week before the start of each section

Section#: 01 June 3 – July 8 July 22 – August 26 Section#: 02 9:00-9:45am Day: Saturday Time:

Section#: 03 June 6 - July 18\* Section#: 04 August 1 - September 5 Time: 8:00-8:45am 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 as you follow the seated and standing poses in this enjoyable class without having to get down on the floor. Age 13 & Up

Program#: 271032 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR) Registration Deadline: One week before the start of each session 15% discount for Fitness Center pass holders

Section#: 01 June 27 - August 8\* Section#: 02 August 22 - September 26

Time: 6:00-6:45pm

Day: Tuesday \* No class on July 4

#### Tai Chi

Tai Chi, a modified Sun-Style supported by the Arthritis Foundation, provides stress reduction, balance and agility for all. Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. This class teaches 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#: 287210 Min/Max: 6/15 \$38.00(R), \$43.00(NR) Fee:

Registration Deadline: One week before the start of

each section

15% discount for Fitness Center pass holders

Section#: 01 June 5 – July 17\* Section#: 02 July 31 - September 11\*\* Time: 8:30-9:30am Day: Monday

\* No class on July 3 \*\* No class on September 4

#### **Fitness Classes**



#### **Z**umba®

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-ofa-kind fitness program that will blow you away. Ages 13 & Up

Min/Max: 6/15 Program#: 232201 Fee: \$43.00(R), \$48.00(NR) Registration Deadline: One week before the start of each section

Section#: 01 June 26 - August 7\* Section#: 02 August 21 - October 2\*\*

4:45-5:45pm Time: Day: Monday \* No class on July 3

\*\* No class on September 4

#### **Restorative Yoga**

As the name suggests, this style of yoga "restores" the body to its parasympathetic nervous system function, which, in turn, helps the body rest, heal, and restore balance. By allowing time for longer asanas (postures

or poses) and deeper breathing, restorative yoga helps elicit the relaxation response. Ages 18 & Up Class requirements: Yoga mat, bath towel, small blanket and loose clothing.

Program#: 271035 Min/Max: 6/15 \$55.00(R), \$60.00(NR) Fee: Registration Deadline: One week before the start of each section

Section#: 01 May 31 - July 5 Section#: 02 July 19 - August 23

6:15-7:15pm Time: Day: Wednesday



#### **Yoga for Stress**

Do you need to reduce stress - or let go of tension in your mind and body? We'll teach 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#: 271031 Min/Max: 6/15 \$55.00(R), \$60.00(NR) Fee: Registration Deadline: One week before the start of each section

Section#: 01 May 31 – July 5 July 19 - August 23 Section#: 02

Time: 5:00-6:15pm Day: Wednesday



SCI-FIT, PRECOR, CONCEPT 2 TWO WEIGHT ROOMS WITH GYMRAX 25-YARD INDOOR POOL

WHIRLPOOL, SAUNA, STEAM ROOMS, TANNING PATIO FLOOR AND WATER FITNESS CLASSES

BUY AN INDIVIDUAL 6-MONTH FITNESS MEMBERSHIP, ADD ANOTHER PERSON FREE NO INITIATION FEE - ONLY IN JULY 2023 SO **HURRY!!** 

EISENHOWER FITNESS CENTER

2550 178TH STREET, LANSING, ILLINOIS



# SilverSneakers® Classic and Renew Active

FITNESS 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#: 239008 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#: 03 May 31 – July 5 Section#:04 July 19 – August 23

Time: 8:30-9:30am Day: Wednesday

Section#: 05 June 1 – July 6 Section#: 06 July 20 – August 24

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

Section#: 01 July 10 – August 14 Time: 6:00-7:00pm Day: Monday

#### **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#: 298116 Min/Max: 6/10

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

Registration Deadline: One week before the start of each section

Section#: 01

Date:

June 30 – August 4 Section#: 02

Date:

August 18 – September 22 Time: 9:45-10:30am

Day: Friday



Turn to page 37 for more discounted senior programming opportunities - crafts, trips, and more!

Make it easy - Register online www.lanoakparkdistrict.org

# Senior Health And Fitness It's Never Too Late To Feel Great.

#### **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 participant 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#: 271001 Min/Max: 6/20 Fee: \$73.00(R), \$78.00(NR) Registration Deadline: July 3

15% discount for Fitness Center pass holders

Section#: 01

Date: July 10 – August 16
Time: 10:00-10:50am

Day: Monday & Wednesday

\* No class on September 4th

Questions? 708-474-8552



#### 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#: 231105 Min/Max: 6/8 Fee: \$10.00(R), \$15.00(NR) Registration Deadline: One week before the start of each section

Section#: 01 Date: June 30 – August 4 Section#: 02 Date: August 18 – September 22

Time: 9:00-9:30am Day: Friday

Don't miss... July 3 Fireworks Page 40
Community Garage Sale Page 41
Movies in the Park Page 42
Reserve a Community Garden Plot Page 39
Learn something new...
Private Piano Lessons Page 24

# Water Fitness

#### **NEW!!** Agua Kick & Burn

Aqua kickboxing doesn't have to mean standing in one place and throwing repetitive jabs and stationary kicks. Class will include some combinations to move you through the water and burn more calories. Front, side, back, diagonal and even in a circle. It's time to take kickboxing out of the box and into the entire pool! Class Requirements:

Aqua Shoes (not Aqua Socks) Ages 18 & Up

Program#: 229023 Min/Max: 6/12 Fee: \$42.00(R), \$47.00(NR) Registration Deadline: One week before the start of each section

Section#:01 Date: June 3 – July 8 Section#:02 Date: July 22 – August 26

Time: 8:00-8:45am Day: Saturday

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#: 239006 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR)Registration Deadline: One week before the start of each section15% discount for Fitness Center pass holders

Section#: 01 Date: July 10 – August 14 Time: 9:00-9:45am Day: Monday

#### Agua Zumba® & Agua 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#: 232240 Min/Max: 6/18
Fee: \$43.00(R), \$48.00(NR)
Registration Deadline:
One week before the start of each section

Section#:01 Date: June 26 – August 7\*
Section#:02 Date: August 21 – October 2\*\*
 Time: 7:00-8:00pm Day: Monday
\* No class July 3 \*\* No class September 4th
 Section#:03 Date: June 21 – July 26
Section#: 04 Date: August 9 – September 13
 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#: 265140 Min/Max: 6/15
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section 15% discount for Fitness Center pass holders

Section#: 01 July 10 – August 14
Time: 8:00-8:50am Day: Monday

\* No class on September 4th.
Section#: 03 June 28 – August 2
Time: 9:00-9:50am Day: Wednesday
Section#: 04 August 16 – September 20
Time: 9:00-9:50am Day: Wednesday



#### 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#: 272035 Min/Max: 6/6 Fee: \$62.00(R), \$67.00(NR)

Registration Deadline: June 6

Section	#: Date:	Age:	Time:	Day:
01	June 13 – August 8*	Level 1	4:00-4:45pm	Tuesday
02	June 13 – August 8*	Level 1	4:45-5:30pm	Tuesday
03	June 13 – August 8*	Level 2	5:30-6:15pm	Tuesday
04	June 14 – August 2	Level 3	4:00-4:45pm	Wednesday
05	June 14 – August 2	Level 4	4:45-5:30pm	Wednesday
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<sup>\*</sup> No class on July 4th.

#### Swim Lessons – Preschool

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

Program#: 272034 Min/Max: 6/6

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

Registration Deadline: June 7

Section#:	: Date:	Age:	Time:	Day:
01	June 15 – August 3	Level 1	4:00-4:30pm	Thursday
02	June 15 – August 3	Level 2	4:30-5:00pm	Thursday
03	June 15 – August 3	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#: 272036 Min/Max: 6/10 \$62.00(R), \$67.00(NR) Fee: Registration Deadline: June 6

Section#: 01 Date: June 14 – August 2 Time: 5:30-6:15pm Day: 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#: 221085 Min/Max: 6/10 Fee: \$42.00(R), \$47.00(NR) Registration Deadline: June 8

Section#:01

Date: June 15 - August 3

Level: Level 1 & 2

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

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! Parent-Tot Tumble

In this new Parent-Tot tumble class we will give your child the opportunity to improve gross motor skills, balance and walk on a balance beam, swing on the bars and have a great

time with other children. Join us in this new and exciting class. Parent participation is required. Age 12-36 months.

Program: 210001 Min/Max: 5/7 Fee: \$51.00(R), \$56.00(NR)

Registration Deadline: July 7

Section#:01 July 14-August 11 Time: 10:00-10:45am Day: Friday

#### 2 & 3 School for Me

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

Age 24-36 months.

Program: 200131 Min/Max: 6/8 Fee: \$60.00(R), \$65.00(NR) Registration Deadline: June 12

Section#:01

Date: June 19-August 14 Time: 10:00-11:00am

Day: Monday \*\*No Class July 3\*\*

#### Adult & Tot Sports N' Stories

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

Program: 210002 Min/Max: 3/5

Fee: \$30.00(R), \$35.00(NR) Registration Deadline: June 1

Section#:01

Date: June 8-July 6 Time: 1:00-1:45pm Day: Thursday



# Tiny Tot Programs are for children age 6 months to 36 months.

are for children age 6 months to 36 months.

Tiny Tot programs are parent-child opportunities.



indicates a Family Favorite!!

#### **Baby Book Club**

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

Program: 200119 Min/Max: 6/8 Fee: \$45.00(R), \$50.00(NR) Registration Deadline: One week before the start of each section.

Section#:01 Date: June 12-July 17

Time: 9:00-9:45am Day: Monday \*\*No class July 3\*\*

Section#:02 Date: July 26-August 23 Time: 2:00-2:45pm Day: Wednesday

#### **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: 200135 Min/Max: 6/8 Fee: \$45.00(R), \$50.00(NR)

Registration Deadline: June 2

Section#:01 Date: June 9-July 14 Time: 9:30-10:30am Day: Friday

#### **Adult-Tot Superstars**

Is your child a little sportster? Parents and children will work together to strengthen gross motor skills, eye-hand, coordination, and eye-foot coordination, learn simple rules, and have lots of fun learning popular sports.

Min/Max: 4/6 Fee: \$30.00(R), \$35.00(NR)

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

Adult-Tot Soccer - We'll work on dribbling, passing, shooting, and

kicking. Age 2-4

Program: 227103 Section#:01 Date: June 13-July 18
Time: 4:00-4:45pm Day: Tuesday \*\*No class July 4\*\*

Lil Dribblers Basketball - Participants will be introduced to balance, equipment, hand-eye coordination, and following

directions. 3-year-olds only.

Program: 227105 Section#:01 Date: June 16-July 14

Time: 2:00-2:45pm Day: Friday

Adult-Tot Baseball - Kids will love fielding, base running and hitting

off a tee. Age 2-4

Program: 227104 Section#:01 Date: July 12-August 9

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

Questions? 708-474-8552

Make it easy! Register online www.lanoakparkdistrict.org

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



indicates a Family Favorite!!

#### 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: 200150 Min/Max: 6/8 Fee: \$45.00(R), \$50.00(NR)

Registration Deadline: One week before the start of

each section.

Section#:01 12-24 months

Date: June 7-July 12 Time: 10:15-11:00am

Day: Wednesday

Section#:01 24-36 months

Date: June 22-July 27 Time: 2:00-2:45pm

Day: Thursday



#### 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: 200185 Min/Max: 5/9 Fee: \$33.00(R), \$38.00(NR)

Registration Deadline: One week before the start of

the session.

Section#:01 Date: June 12-July 10 Time: 2:00-2:45pm Day: Monday Date: July 20-August 17 Section#:02

Time: 10:00-10:45am Day: Thursday

#### Shake, Rattle, and Roll!

Babies love music. Each week we will learn new rhythms, play instruments, sing and play musical songs for some fun, active learning. Age 6-36 months.

Program: 200110 Min/Max: 6/8 Fee: \$28.00(R), \$33.00(NR) Registration Deadline: One week before the start of each section.

Section#:01 6-24 months

Date: June 16-July 14 Time:11:00am-12:00pm Day: Friday

Section#:02 24-36 months

July 26-August 23 Time:10:00-11:00am Date: Day: Wednesday

Questions? 708-474-8552

Looking for the perfect preschool? Look at Playskool for ages 3-5 Page 20-21

#### 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: 200170 Min/Max: 6/8 \$43.00(R), \$48.00(NR) Fee: Registration Deadline: June 6

Section#:01

June 13-July 18 Date: Time: 11:00-12:00pm Day: Tuesday

\*\*No Class July 4\*\*

#### 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: 200118 Min/Max: 6/8 Fee: \$47.00(R), \$52.00(NR) Registration Deadline: June 7

Section#:01

Date: June 14-July 12

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

#### 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.

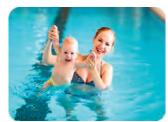
Program: 200125 Min/Max: 6/8 Fee: \$40.00(R), \$45.00(NR) Registration Deadline: One week before the start of each section.

Section#:01 Date: June 15-July 13 Time: 10:00-11:00am Day: Thursday Section#:02 Date: July 21-August 18 Time: 3:00-4:00pm Day: Friday

#### **Parent and Child Aquatics**

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

Program#: 121085 Min/Max: 6/10 Fee: \$40.00(R), \$45.00(NR) Registration Deadline: June 7 Section#:01 Date: June 15-August 3 Level 1&2 Time: 5:30-6:00pm Day: Thursday





#### Bitty Basketball

It's time for your little hoopster to start learning how to play basketball! This instructional class will teach tykes the rules and the skills of basketball. Basic skills, such as dribbling, passing, and shooting, will be practiced in every session. And basic rules are emphasized through fun games played during class time. Ages 4-6.

Program: 210031 Min/Max: 4/8 Fee: \$30.00(R), \$35.00(NR) Registration Deadline: One week before the start of each section.

Section#:01 Date: June 9-July 7 Time: 3:00-3:45pm Day: Friday Section#:02 Date: July 19-August 16

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

#### 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: 210032 Min/Max: 6/8 Fee: \$46.00(R), \$51.00(NR) Registration Deadline: One week before the start of each section.

Section#:01 Date: June 7-July 5

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

Section#:02 Date: July 13-August 10

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

#### **Jr Explorers**

Calling all young nature lovers! Bring that curiosity out as you discover and learn about the elements of our natural world: the sky, the earth, water, plants, and animals. Each week kids will enjoy some fun facts followed by an exciting activity. Ages 3-5.

Program: 210030 Min/Max: 6/9 Fee: \$30.00(R), \$35.00(NR)

Registration Deadline: June 5

Section#:01 Date: June 12-July 10 Time: 2:30-3:30pm Day: Monday



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. Ages 3-5.

Program: 210052 Min/Max: 6/8 Fee: \$32.00(R), \$37.00(NR)

Registration Deadline: June 6

Section#:01 Date: June 13-July 25

Time: 10:00-11:00am Day: Tuesday \*\*No class July 4\*\*

# Early Childhood Programs are for children age 3 to 5 years

indicates a Family Favorite!!



#### **Fun and Games**

Children will have a lot of fun participating in this energetic program playing recreational games with scarves, balls, a parachute, and more. Weather permitting, we will step out to the preschool patio to play in the sun. Ages 3-5.

Program: 210058 Min/Max: 6/10

\$41.00(R),\$46.00(NR) Fee: Registration Deadline: June 5

Section#:01

Date: June 12-June 30 11:00-12:00pm Time:

Monday/Wednesday/Friday Day:

#### PRESCHOOL SUMMER CAMPS **PAGES 27-30**

**Preschool Gymnastics Page 26 Kicking Tots Karate Page 31 Preschool Swim Lessons Page 14** The perfect preschool for your child...

Playskool Page 20-21

#### **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. Our little doctors will take home their lab coat at the end of the class.

Min/Max: 6/8 Program: 210028 Fee: \$50.00(R), \$55.00(NR)

Registration Deadline: June 1

Section#:01 Date: June 8-July 13 Time: 1:00-2:00pm Day: Thursday

# Early Childhood Programs are for children age 3 to 5 years



indicates a Family Favorite!!

#### **Bookworms**



While still babies, kids respond to hearing a story. So, let's extend that love of reading and get together for a summer book club. Join us

each week as we stretch a story by reading a new book. doing a craft, and enjoying fun story compatible activities. Kids will keep their book each week to build their library at home. Ages 3-5.

Program: 210040 Min/Max: 5/8 Fee: \$28.00(R), \$33.00(NR) Registration Deadline: June 28

Section#:01 Date: July 5-August 2

11:00-12:00pm Day: Wednesday Time:



#### **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. Ages 3-5.

Program: 210043 Min/Max: 6/8 \$56.00(R), \$61.00(NR) Fee: Registration Deadline: July 5

Section#:01 Date: July 12-August 16 Time: 2:00-3:00pm Day: Wednesday

#### **NEW!** Little Amigos

Little scholars will start on the path to being bilingual by learning simple concepts and everyday topics in both English and Spanish to enhance their language skills and build a robust vocabulary. We'll use stories and fun games to learn the English alphabet, Spanish alphabet, numbers, farm animals and pets, colors, wild animals, shapes, birds, fruits, and vegetables. This is a 10-week class.

Program: 210041 Min/Max: 4/8 Fee: \$60.00(R), 65.00(NR)

Registration Deadline: June 1

Section#:01 Date: June 8-August 10 Time: 9:00-9:45am Day: Thursday



#### 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. Ages 3-5.

Program: 210006 Min/Max: 6/8 Fee: \$42.00(R), \$47.00(NR) Registration Deadline:June 5

Section#:01

June 12-July 17 Date: Time: 4:00-5:00pm Monday Day:

#### **Healthy Kids**

Being active. Eating right. Making healthy choices. These are all of 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 nut products. Combine this class with Go Yoga to teach your child about a healthy lifestyle.

Program: 210071 Min/Max: 6/8 \$44.00(R), \$49.00(NR) Fee: Registration Deadline: June 1

Section#:01

Date: June 6-July 11 10:00-11:00am Time: Day: Tuesday

#### **NEW!** Dance It Out 2!

This class is for a young prince or princess who has already taken Dance it Out. This program will have new stories, music and props. By using costumes, lively music, and reading, stories become real, and each character comes to life. Dancers will learn more advanced ballet movements and vocabulary in an imaginative and creative atmosphere. Ages 3-5.

Program: 210006 Min/Max: 6/8 Fee: \$42.00(R), \$47.00(NR) Registration Deadline: June 8

Section#:02

Date: June 15-July 20 4:30-5:30pm Time: Day: Thursday

#### Go Yoga

Start your morning in this class teaching yoga to young children to increase their mindfulness and self-confidence, assist with stress management, foster selfcontrol, increase flexibility and balance, improve concentration and focus, and offer 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 3-5

Combine this class with Healthy Kids to teach your child about a healthy lifestyle.

210090 Min/Max: 6/8 Program: \$30.00(R), \$35.00(NR) Fee: Registration Deadline: June 1

Section#:01

Date: June 6-July 11 9:00-9:45am Time: Day: Tuesday

Sports and More

Play Ball! Children are introduced to the fundamentals of the most popular sports. See where your child's interest lies as we develop motor skill, practice eye/hand and eye/foot coordination, and nurture growth socially and emotionally through teamwork and good sportsmanship. Ages 4-6.

Fee for each section: \$35.00(R),\$40.00(NR) Min/Max: 6/8

Program#: 287005 Tee Ball Basics \*No class July 4 Section#:01 Date: June 6-July 11 Time: 3:00-4:00pm

Day: Tuesday

Section#:02 Date: July 21-August 18 Time: 4:00-5:00pm

Day: Friday

Program#: 287025 Micro Soccer

Section#:01 Date: July 18-August 15 Time: 11:30am-12:30pm

Day: Tuesday

#### **NEW!** Painting on the Patio

We'll pour some paint and use a variety of everyday items to paint and create outside on the patio. We'll experiment with painting rocks, sidewalk chalk paint and more. Dress for a mess. Art aprons will be provided. Ages 3-5.

Program: 210003 Min/Max: 6/8 Fee: \$44.00(R), \$49.00(NR)

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

Section#:01 Date: June 8-July 6

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

Section#:02 Date: July 17-August 14

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

**Don't Miss Preschool Summer Camps!** Camp Loads-of-Fun **ABC Camp Learning Express Camp** all for ages 3-5 Page 27-30

#### **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. Ages 3-5.

Program: 210186 Min/Max: 4/8 Fee: \$35.00(R), \$40.00(NR)

Registration Deadline: One week before the start of each sec-

tion.

Section#:01 Date: June 7-July 5 Time: 4:00-5:00pm

Day: Wednesday

Section#:02 Date: July 18-August 15 Time: 3:00-4:00pm

Day: Tuesday

# Early Childhood Programs are for children age 3 to 5 years

indicates a Family Favorite!!

#### **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. Ages 3-5. This class has two sections in order to cover the entire alphabet.

Program: 210056 Min/Max: 6/8 Fee: \$44.00(R), \$49.00(NR)

Registration Deadline: June 2

Section#:01 Date: June 9-July 14 Time: 10:00-10:45am Day: Friday

Section#:02 Date: July 24-August 9 Time: 10:00-10:45am

Day: Monday & Wednesday



#### **NEW! Summer Days**

Let's beat the heat and come inside for some arts and crafts and yummy apple juice. Enjoy making a new and unique summer-themed craft each week to bring home to your family. Age 3-5

Program: 210036 Min/Max: 6/8 Fee: \$48.00(R), \$53.00(NR)

Registration Deadline: June 15

Section#:01 Date: June 22-July 20 Time: 2:30-3:30pm Day: Thursday



#### 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.

210046 Program: Min/Max: 6/12 parent/child couples Registration Deadline: July 5 Fee: \$26.00(R), \$30.00(NR)

Friday July 14, 2023 5:00-6:00pm

#### 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

Choose morning classes -

3-day Mon/Wed/Fri AM 310013-01 or

2-day Tues/Thurs AM 310013-03 or

5-day Mon thru Fri AM

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

Choose afternoon classes -

3-day Mon/Wed/Fri PM 310013-02 or

2-day Tues/Thurs PM 310013-04 or

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 or sdesjardins@lanoakparkdistrict.org















# 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 and play together in well-stocked, fun, and joyful classrooms. Qualified, experienced teachers will nurture and encourage your child. Enroll in half-day or all-day school, attend two, three, or five days per week. Join the fun!



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









#### Zoom Spanish Classes for High School Students

This class is a great

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

#### High School Spanish (9th through 12th grade)

Section#:25 Wednesday 7:15-8:15pm June 14-July 5 Section#:26 Wednesday 7:15-8:15pm July 12-August 2 Section#:27 Wednesday 7:15-8:15pm August 9-August 30



# 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. \*\*No Class July 4

Section#:01		
Tuesday	10:00-11:00am	June 13-July 11
Section#:02		
Tuesday	10:00-11:00am	July 18-August 8
Section#:03		
Tuesday	10:00-11:00am	August 15-September 5
Section#:04		
Wednesday	6:00 <b>-</b> 7:00pm	June 14-July 5
Section#:05		
Wednesday	6:00 <b>-</b> 7:00pm	July 12-August 2
Section#:06		
Wednesday	6:00 <b>-</b> 7:00pm	August 9-August 30

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

All Programs#: 210190 Fee: \$55.00(R), \$60.00(NR)
All classes are 4 weeks. Online class Zoom login information will be emailed to participants before the first class. Registration Deadline: One week before the start of each section All classes will be taught by a Language in Action, Inc. instructor. Questions? 708-474-8552

#### **Zoom Spanish Classes for Kids**

Learn the Spanish language via Zoom! Younger children will learn conversational Spanish through fun, interactive activities and music while older children will learn Spanish phonetics to begin reading and writing in Spanish. Each session covers new material. \*\*No Class July 4

#### I Speak Spanish (ages 3-6)

Section#:07	Thursday	9:30-10:15am	June 15-July 6			
Section#:08	Thursday	9:30-10:15am	July 13-August 3			
Section#:09	Thursday	9:30-10:15am	August 10-August 31			
Section#:10	Thursday	5:00 <b>-</b> 5:45pm	June 15-July 6			
Section#:11	Thursday	5:00 <b>-</b> 5:45pm	July 13-August 3			
Section#:12	Thursday	5:00 <b>-</b> 5:45pm	August 10-August 31			
Youth Spani	sh (ages 7-	11)				
Section#:13	Thursday	10:30-11:15am	June 15-July 6			
Section#:14	Thursday	10:30-11:15am	July 13-August 3			
Section#:15	Thursday	10:30-11:15am	August 10-August 31			
Section#:16	Thursday	6:15-7:00pm	June 15-July 6			
Section#:17	Thursday	6:15-7:00pm	July 13-August 3			
Section#:18	Thursday	6:15-7:00pm	August 10-August 31			
Middle Scho	Middle School and Jr. High Spanish (6th through 8th grade)					
Section#:19	Tuesday	11:15am-Noon	June 13–July 11			
Section#:20	Tuesday	11:15am-Noon	July 18-August 8			
Section#:21	Tuesday	11:15am-Noon	August 15-September 5			
Section#:22	Tuesday	7:15 <b>-</b> 8:00pm	June 13-July 11			
Section#:23	Tuesday	7:15 <b>-</b> 8:00pm	July 18-August 8			
Section#:24	Tuesday	7:15 <b>-</b> 8:00pm	August 15-September 5			

#### Parlez-vous français? Lei parla italiano? French & Italian

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

#### I Speak French (ages 3-6)

Monday	5:00-5:45pm	June 12-July 3				
Monday	5:00-5:45pm	July 10-July 31				
Monday	5:00-5:45pm	August 7-August 28				
ges 7-11)						
Monday	6:00 <b>-</b> 6:45pm	June 12-July 3				
Monday	6:00 <b>-</b> 6:45pm	July 10-July 31				
Monday	6:00 <b>-</b> 6:45pm	August 7-August 28				
dults 18+)						
Monday	7:00 <b>-</b> 8:00pm	June 12-July 3				
Monday	7:00 <b>-</b> 8:00pm	July 10-July 31				
Monday	7:00 <b>-</b> 8:00pm	August 7-August 28				
I Speak Italian (ages 7-11)						
Wednesday	6:00-6:45pm	June 14-July 5				
Wednesday	6:00-6:45pm	July 12-August 2				
Wednesday	6:00 <b>-</b> 6:45pm	August 9-August 30				
I Speak Italian (adults 18+)						
Wednesday	7:00 <b>-</b> 8:00pm	June 14-July 5				
Wednesday	7:00-8:00pm	July 12-August 2				
Wednesday	7:00 <b>-</b> 8:00pm	August 9-August 30				
	Monday Monday ges 7-11) Monday Monday Monday dults 18+) Monday Monday Monday Monday Wednesday	Monday 5:00-5:45pm Monday 5:00-5:45pm ges 7-11)  Monday 6:00-6:45pm Monday 6:00-6:45pm Monday 6:00-6:45pm Monday 7:00-8:00pm Monday 7:00-8:00pm Monday 7:00-8:00pm Wodnesday 6:00-6:45pm Wednesday 6:00-6:45pm Wednesday 6:00-6:45pm Wednesday 6:00-6:45pm Wednesday 7:00-8:00pm Jults 18+) Wednesday 7:00-8:00pm Wednesday 7:00-8:00pm				

#### Outdoor 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 outside. Ages 9-12.

Program: 210175 Min/Max: 6/8 Fee: \$35.00(R), \$40.00(NR) Registration Deadline: July 3

Section#:01

Date: July 11-August 15 4:15-5:00pm Time: Day: Tuesday

#### **Bring Your Racquet** This class introduces children

to the early fundamentals of tennis. We'll learn basic strokes, grip and early tennis skills. All activities develop gross motor skills, coordination, judgment and proper mechanics. Tennis rackets will be provided or bring your own. Age 8-12

Program#: 287006 Min/Max: 6/9 Fee: \$35.00(R), \$40.00(NR) Registration Deadline: One week before the start of each section.

Section#:01 June 14- July12 Time: 12:30-1:30pm Wednesday Day:

Section#:02 July 20-August 17 11:00-12:00pm Time: Day: Thursday

#### 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. Age 6-10

Program: 213135 Min/Max: 6/10 \$30.00(R), \$35.00(NR) Fee: Registration Deadline: One week before the

start of each section.

Section#:01 June 12-July 10 10:00-11:00am Time: Day: Monday

Section#:02 August 2-August 30 Time: 4:00-4:45pm

Day: Wednesday

#### Youth Programs

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



indicates a Family Favorite!!

#### **NEW!** Lights, Camera, Action!

This new acting class will help build literacy and vocabulary, boost your confidence, use your imagination, and teach the art of acting. Taught by a professional acting instructor, we will learn how to act out different skits and put on a performance for parents at the end of the program. Ages 8-13.

Program#: 210153 Min/Max: 10/15 Fee: \$138.00(R), \$143.00(NR)

Registration Deadline: May 30

Section#: 01 June 6-July 18 Time: 4:00-5:30pm

\*\*No class July 4\*\* Day: Tuesday



Gymnastics Page 26 Karate Page 30 Spanish Classes Page 31 **Swim Lessons Page 14 SUMMER CAMPS PAGES 27-30** Make it easy! Register online www.lanoakparkdistrict.org



#### Earn your Brownie **Painting Badge**

Are you a Brownie in Girl Scouts and want to learn and better educate vourself 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) Ages 7-9.

#### **NEW!** Earn Your Archery **Badge**

Are you a Cadette in Girl Scouts and want to learn Archery? In this one-time class we will get to know the archery equipment, learn about archery safety, practice shooting at a target, and create a fun and unique challenge. So come join us for an evening of fun! (Will receive badge at the end of class) Ages

11-14. Grades 6-8.



210132 Min/Max: 6/8 Program: Fee: \$27.00(R), \$32.00(NR) Registration Deadline: July 5

Section#:01 July 26 3:15-4:45pm Wednesday



Program: 210132 Min/Max: 6/10 \$17.00(R), \$22.00(NR) Registration Deadline: July 25

Section#:02 August 7 5:00-6:30pm Monday

#### **Youth Programs**

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



indicates a Family Favorite!!



#### **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: 210183 Min/Max: 6/9 Fee: \$45.00(R), \$50.00(NR)

Registration Deadline: One week before the start of

each section.

Section#:01 Age 6-8 Date: July 6-August 3 Time: 4:30-5:30pm Day: Thursday Section#:03 Age 9-12 Date: July 21-August 18

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

#### **Summer Book Club**

Does your child love a good book? Let's extend that love of reading and get together for a summer book club. Join us each week as we stretch a story by reading a new book, doing a craft, and enjoying fun story compatible activities. Kids will keep their book each week to build their library at home. Ages 6-9.

Program: 221011 Min/Max: 5/8 Fee: \$28.00(R), \$33.00(NR) Registration Deadline: One week before the start of each section.

Section#:01 Date: June 9-July 7 Time: 10:00-11:00am Day: Friday Section#:02 Date: July 18-August 15 Time: 1:00-2:00pm Day: Tuesday

#### 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 5 v 5 format for maximum player participation. T-shirts are provided. Ages 7-9.

Program: 287020 Min/Max: 10/20 Fee: \$50.00(R), \$55.00(NR)

Registration Deadline: July 12

Section#:01 Date: July 19-August 16 Time: 1:00-2:00pm 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, finder positions, the proper way to blow into the instrument, and basic music reading.

Each child will take home their own recorder.

Age 6-12.

Program: 210133 Min/Max: 5/7 Fee: \$56.00(R), \$61.00(NR) Registration Deadline: June 4

Date: June12-July 17 Day: Monday

Section#:01 Age: 6-9 Time: 3:15-4:00pm Section#:02 Age: 10-12 Time: 4:00-4:45pm

#### 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: 210133 Min/Max: 5/7 Fee: \$52.00(R), \$57.00(NR) Registration Deadline: July 13

Section#:03

Date: July 20-August 24 Time: 3:15-4:00pm Day: Thursday

Gymnastics Page 26 Karate Page 31 Spanish Classes Page 22 Swim Lessons Page 14 SUMMER CAMPS PAGES 27-30 Make it easy! Register online www.lanoakparkdistrict.org

#### **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#: 214107 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 June 5-June 26 Day: Monday Section#:02 June 7-June 28 Day: Wednesday Wednesday Section#:03 July 10-July 31 Day: Monday Section#:04 July 12-August 2 Day: Section#:05 August 14-September 11 Day: Monday Section#:06 August 16-September 6 Day: Wednesday

#### Youth Explore Archery

Explore Archery is a versatile archery education program that is fun, rewarding, progressive and —most important —safe. It is designed for all ages and abilities. Explore Archery can be used from start to finish to teach and strengthen basic archery skills. Ages 9-12

Program#: 272005 Min/Max: 6/20 Fee: \$40.00(R), \$45.00(NR) Registration Deadline: One week before the start of each section

Section#: 01 Date: June 6-June 15

Time: 4:30-5:30pm

Day: Tuesday and Thursday Section#: 02 Date: July 24-August 14

Time: 3:00-4:00pm Day: Monday

#### **Youth Bowling**

Want some time to focus on bowling with limited distractions? Lan-Oak Lanes is offering a youth only bowling time so you can focus on your skills! Take advantage of the time and sign up for this program. Shoe rental and lanes are included in final price.

Ages 8-12

Program: 232007 Min/Max: 10/20 Fee: \$45.00(R), \$50.00(NR) Registration Deadline: One week before the start of each section.

Section#:01 Date: June 9-July 7

Time: 3:00-4:00pm Day: Friday

Section#:02 Date: July 21-August 18

Time: 3:00-4:00pm 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: 254102 Min/Max: 6/8 Fee: \$20.00(R), \$25.00(NR) Registration Deadline: May 30

Section#:01 Date: June 6-July 11

Time: 3:15-4:00pm
Day: Tuesday

\*\*No class July 4\*\*

#### ... Total Sports

This class features a new sport each week. Some sports that will be taught and played include basketball, soccer, badminton, kickball and pickleball. In addition, participants will play many popular running and group games. Children have the opportunity to acquire new skills and develop confidence in new games or games they have played in previous classes. Age 6-9

Program: 232128 Min/Max: 6/8 Fee: \$35.00(R), \$40.00(NR) Registration Deadline: June 1

Section#:01 Date: June 8-July 6 Time: 3:00-4:00pm

Day: Thursday



# Youth Programs Get out, get moving, learn, have fun

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



indicates a Family Favorite!!

#### **Star Wars Cooking**

Why bake a plain old cookie when you can bake a super-Chewie Wookie 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. Ages 8-12.

Program: 210201 Min/Max: 5/8 Fee: \$58.00(R), \$63.00(NR) Registration Deadline: June 22

Section#:01 Date: June 29-July 27 Time: 11:00am-12:00pm

Day: Thursday

#### **Volleyball Skills Fundamentals**

Play under the sun as we meet at the new sand volleyball courts! This class caters to those wanting an introduction to the sport of volleyball in a fun environment. This is a perfect preparation for school team try-outs. Learn bumping, setting, serving, and more. Age 8-11

Program: 222004 Min/Max: 6/12 Fee: \$35.00(R), \$40.00(NR) Registration Deadline: July 26

Section#:01 Date: August 1-August 17

Time: 3:15-4:15pm
Day: Tuesday & Thursday

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

#### **NEW! CSI For Kids**

Have you ever wanted to learn how to solve a crime? In this program you will learn to fingerprint, assess a crime scene, cast a footprint, learn about different types of crime, and work with other kids to solve a crime. Grades 6-8

Program#: 276180 Min/ Max: 6/10 Fee: \$63.00(R), \$68.00(NR) Registration Deadline: July 11

Section#: 01 Date: July 18-August 8 Time: 3:30-5:00pm Day: Tuesday



#### **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#: 221700 Min/Max: 5/15 Fee: \$63.00(R), \$68.00(NR) Registration Deadline: One week before the start of each section

Section#:01 June 28-August 9\* Section#:03 August 16-September 20 \*No Class July 5

Time: 4:30-5:30pm Day: Wednesday

Section#:02 June 27-August 8\* Section#:04 August 15-September 19

\* No Class July 4

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: 221720 Min/Max: 5/20 Fee: \$63.00(R), \$68.00(NR) Registration Deadline: One week before the start of each section

YMMASTICS through fun & progressive classes

Tuesday Date/Day: June 27-August 8\*

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)

\*No Class July 4

Date/Day: Wednesday June 28-August 9\*

Section#:04 5:30-6:30pm Age 6-8 Section#:05 6:30-7:30pm Age 8-13

\*No Class July 5

Date/Day: Tuesday August 15-September 19

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/Dav: Wednesday August 16-September 20

Section#:09 5:30-6:30pm Age 6-8 6:30-7:30pm Section#:10 Age 8-13



#### **Cheer Camp**

Join United Gymnastics Academy in a summer cheer camp. Participants can look forward to learning cheers, basic stunts, related games, and completing cheer related crafts. Each participant will receive poms to take home. Age 6-12

Program#: 287222 Min/ Max: 6/8 Fee: \$64.00(R), \$69.00(NR) Registration Deadline: One week before the start of each section.

Section#: 01 Date: June 19 - June 23 Time: 3:30-5:00pm Day: Monday-Friday Section#: 02 Date: July 24 - July 28 Time: 3:30-5:00pm Day: Monday-Friday



LEARN

#### **Boys Gymnastics**

Bovs 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 part of a total educational experience and gymnastics is the most complete workout to ready your child for all sports. Ages 6-10

Program#: 221760 Min/Max: 5/20 Fee: \$63.00(R), 68.00(NR)

Registration Deadline:

One week before the start of each section

Section#:01 June 28-August 9\* Section#:02 August 16-September 20

\*No Class July 5

Time: 7:30-8:30pm Day: Wednesday



# DAY CAMPS

Summer camps fill quickly - register early! Make it easy and register online www.lanoakparkdistrict.org

Arts & Crafts
Group
Games
Swimming
Athletics
Trips
Movies
So Much

Fun!!

#### **Camp Wewannago**



Camp Wewannago welcomes kids ages 6-11. Children will have a ton of fun during this energy-filled summer camp. Activities include crafts, games, sports, swimming, theme days, walking trips, "in-house" field trips, and one bus field trip per session (contingent upon bus availability). Each child is asked to bring a lunch, snack, and reusable water bottle with their name on it every day of camp. All campers will receive a t-shirt. Parents receive a camp parent

handbook at the time of registration. Campers will meet outdoors three days each week,

weather permitting, in Lan-Oak Park under the Arcadia shelter. Camp will meet in the Eisenhower Center two days per week. Swimming at the Eisenhower Center is offered once per week and is optional. Registration will be available online or in-person at Lan-Oak Park District.

Please note: Registration is on a first-come, first-serve basis.

Emergency Form and Permission Slip: Camp Emergency Forms and Swimming/Field Trip Permission Form must be completed and turned in at least one week before the camper starts their session. Forms are available online at www.lanoakparkdistrict.org or at the Lan-Oak Park District. \*\*No camp July 4\*\*

Program: 276000 Min/Max: 16/48 Fee: \$415.00(R), \$420.00(NR) Registration Deadline: Section#:01 May 26 Section#:02 June 23

Section#:01 Date: June 5 - June 30 Time: 9:00am-3:00pm Day: Monday-Friday Section#:02 Date: July 3 - July 28 Time: 9:00am-3:00pm Day: Monday-Friday



Camp Loads-of-Fun With art, crafts, games, water days, music, science, and a preschool room jammed with the best toys, this camp is, most definitely, loads of fun! We will meet three mornings per week and enjoy both indoor and outdoor activities on the patio and private playground. Laugh, play, meet new friends - give your preschooler a summer to remember. Age 3-5

Program#: 276100 Min/ Max: 8/15 Fee: \$180.00(R), \$185.00(NR) Registration Deadline: One week before the start of each section.

Section#: 01 Date: June 12 – July 7 Time: 9:00am-Noon Day: Monday/Wednesday/Friday Section#: 02 Date: July 10 - August 4 Time: 9:00am-Noon Day: Monday/Wednesday/Friday

My ABC Camp Check out this camp that celebrates the alphabet in fun and unique ways! We'll focus on letter recognition, letter writing, phonetic sounds, and we'll add a bit of fun with alphabet puppets, alphabet themed games, alphabet songs, and even some ABC yoga. Sign up for this class and Camp Loads-of-Fun for an all-day experience. Age 3-5

Program#: 276999 Min/ Max: 8/15 Fee: \$180.00(R), \$185.00(NR) Registration Deadline: One week before the start of each section.

Section#: 01 Date: June 12 - July 7 Time: Noon-3:00pm Day: Monday/Wednesday/Friday Section#: 02 Date: July 10 - August 4 Time: Noon-3:00pm Day: Monday/Wednesday/Friday



# **INTEREST CAMPS**

Focus Your Fun with Something You Love or Something New!

Crafty Creations Camp This is a prefect camp for crafty kids! Campers will create a new unique art project every day to take home. Over the week campers will participate in crafts such as jewelry making, watercolor and much more. Age 7-12

Program#: 276150 Min/ Max: 6/10 Fee: \$66.00(R), \$71.00(NR) Registration Deadline: May 26

Section#: 01 Date: June 5 - June 9 Time: 3:30-5:00pm Day: Monday-Friday



Cheer Camp Join United Gymnastics Academy in a summer cheer camp. Participants can look forward to learning cheers, basic stunts, related games, and

completing cheer related crafts. Each participant will receive poms to take home. Age 6-12



Section#: 01 Date: June 19 - June 23
Time: 3:30-5:00pm Day: Monday-Friday
Section#: 02 Date: July 24 - July 28
Time: 3:30-5:00pm Day: Monday-Friday



#### Kenny Barnes D-A-Y-O-N-E Basketball Camp

This 5-day camp will provide you with the fundamental and advanced training in all aspects of the game of basketball. Participants will learn to enhance skills such as shooting, passing, dribbling and conditioning. All camp participants receive a drawstring bag.

Program#: 276200 Min/ Max: 10/20 Instructor: Kenny Barnes Fee: \$72.00(R), \$77.00(NR) Registration Deadline: June 12

Section#: 01 Age 6-10 Date: June 19 - June 23 Time: 4:00-6:00pm Day: Monday-Friday Section#: 02 Age 11-17 Date: June 19 - June 23 Time: 6:00-8:00pm Day: Monday-Friday





Babysitter Training Camp Babysitter 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, 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#: 232106 Min/Max: 6/10
Fee: \$100.00(R), \$105.00(NR) Registration Deadline: June 12

Section#: 01 Date: June 19 - June 22 Time: 8:45-11:45am Day: Monday-Thursday

# **INTEREST CAMPS**

Summer camps fill quickly register early! Make it easy and register online www.lanoakparkdistrict.org

#### **NEW! CSI Camp**

Have you ever wanted to learn how to solve a crime? In this camp you will learn to fingerprint, assess a crime scene, mold a footprint, and learn about different types of crime. Grades 6-9

Program#: 276180 Min/ Max: 6/10 Fee: \$63.00(R), \$68.00(NR)

Registration Deadline: July 11

Section#: 01 Date: July 18 - August 8 Time: 3:30-5:00pm Day: Tuesday



# **NEW! Learning Express Camp**



In this camp for preschoolers, we will learn about shapes, numbers and basic math concepts. This camp will teach your preschooler how to identify numbers, graph numbers, count, and add numbers together. We'll shape up as we learn about shapes, walk the shapes, and create some fun using shapes. We will enjoy new and exciting art projects and crafts that will help your preschooler learn and have fun at the same time. Age 3-5

Program#: 276160 Min/ Max: 8/15

Fee: \$96.00(R), \$101.00(NR) Registration Deadline: One week before the start of each section.

Section#: 01

Date: June 13 - June 29
Time: 9:00am-Noon
Day: Tuesday & Thursday

Section#: 02

Date: July 11 – July 27 Time: 9:00am-Noon

Day: Tuesday & Thursday

#### **Explore Archery Camp**

Explore Archery Camp is a versatile archery education program that is fun, rewarding, and safe. Explore Archery can be used from start to finish to teach and strengthen basic archery skills. Age 13-17

Program: 276010 Min/Max: 6/20 Fee: \$55.00(R), \$60.00(NR) Registration Deadline: July 10

Section#:01 Date: July 17 - July 21 Time: 10:00-11:30am

Day: Monday/Wednesday /Friday

#### **Total Sports Camp**

We'll teach the basics of some of the core sports- baseball/softball, volleyball, soccer, floor hockey, and basketball! Each day will be dedicated to learning the rules of each sport, practice drills, and possibly a game or two! The park district will supply gear for each sport. Age 6-10

Program#: 276201 Min/ Max: 10/20 Fee: \$30.00(R), \$35.00(NR) Registration Deadline: July 3

Section#: 01 Date: July 10 - July 14 Time: 3:30-5:00pm Day: Monday-Friday

#### **Golden Girls of History Camp**

The world is filled with great women doing inspirational things and it's time we celebrate them - Kamala Harris, Ruth Bader Ginsburg, Dolly Parton, Frida Kahlo, Misty Copeland, and Queen Elizabeth. Age 6-10

Program#: 276110 Min/ Max: 6/8 Fee: \$32.00(R), \$37.00(NR) Registration Deadline: June 19

Section#: 01 Date: June 26 - June 30 Time: 3:30-5:00pm Day: Monday-Friday

#### **NEW!** Summer Training Camp

This camp is about getting fit and staying healthy. We'll start each day with stretching exercises and yoga, break for fun workshops about eating healthy, make and enjoy a healthy snack, end by releasing our inner rockstar with POUND! – a workout infused with music and cardio fitness through drumming! Age 6-10

Program#: 276300 Min/Max: 6/10 Fee: \$55.00(R), \$60.00(NR)

Registration Deadline: June 5

Section#:01 June 12 - June 18 Time: 1:00-3:00pm Day: Monday-Friday

# 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



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.

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



Program#: 232001 10-week sections Section#: 01, 02, 03 July 10-September 18

\*No Class July 3 & September 4 Fee: \$170.00(R), \$175.00(NR)

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





# 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.

# The Grilled Cheese Murder Teen Edition

# A unique book club & cooking opportunity

Let's put a yummy twist on a traditional book club. The Grilled Cheese Murder by Patti Benning will be the star of this weekly gathering with a low-impact amount of reading each week and a lively discussion of the assigned reading. The second half of each class will introduce a new grilled cheese recipe. We'll cook together and then sit down to enjoy a great sandwich and great company!

Books and all cooking needs are provided. Age 13-17

Program#: 221000 Min/ Max: 6/10 Fee: \$77.00(R), \$82.00(NR) Registration Deadline: June 20

Section#: 01 Date: June 29-July 27

Time: 1:00pm-2:00pm Day: Thursday

# Teen/Adult Explore Archery

Explore Archery is a versatile archery education program that is fun, rewarding, progressive and —most important — safe. Explore Archery can be used from start to finish to teach and strengthen basic archery skills. Ages 14 & Up

Program#: 272005 Min/Max: 6/20

Fee: \$40.00(R), \$45.00(NR) Registration Deadline: July 17

Section#:03

Date: July 24-August 14 Time: 4:00-5:00pm

Day: Monday

#### Life Skills for Teenage Girls

Getting through life as a teenage girl is no small feat! And it seems like college is right around the corner and there are so many things to learn before you're on your own. In this class we'll talk about a variety of topics from finances, hygiene, physical health, and even learn about skills such as sewing, cooking, and unclogging drains. Age 13-17

Program#: 221200 Min/ Max: 6/10 Fee: \$45.00(R), \$50.00(NR) Registration Deadline: June 30

Section#: 02 Date: July 6-July 27

Time: 1:00pm-2:00pm Day: Thursday



# Teen Programs for ages 13-17

**Modern Cartooning** Are you a beginner artist interested in cartooning? Not only are cartoons a form of entertainmet. Learn basic shapes, progress to facial features, discuss universal body shapes, and create their own hilarious characters. Welcome to cartooning, Age 13-17

Program#: 210193 Min/Max: 4/8 Fee: \$60.00(R),\$65.00(NR) Registration Deadline: July 10

Section#:01 Date: July 18-July 27

Time: 9:00-10:00am Day: Tuesday & Thursday

#### Swim Lessons - Teen & Adult

The Learning-to-Swim program offers six comprehensive levels that teach you 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 are not guaranteed to pass the level. Ages 15 & Up

Program#: 272036 Min/Max: 6/10 Fee: \$62.00(R), \$67.00(NR) Registration Deadline: June 7

Section#: 01 Date: June 14-August 2 Time: 5:30-6:15pm Day: Wednesday

**Teen Zoom Spanish Classes** 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. Classes taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class. This is a four-week class. Grades 9-12.

All Programs#: 210190 Fee: \$55.00(R), \$60.00(NR)

Section#:01 June 14-July 5 Section#:02 July 12-August 2 Section#:03 August 9-August 30

Time: 7:15-8:15pm Day: Wednesday

**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 effective stretching routines, strength workouts, technique drills, base building, fitness, and training for short-distance events. Ages 14 & Up

Program#: 232255 Min/Max: 6/15 Fee: \$43.00(R), \$48.00(NR)

Registration Deadline: One week before the start of each section

Section#: 01 Date: June 30-August 4 Time: 6:00-7:00pm

Section#: 02 Date: August 18-September 22 Day: Friday

Teen Karate Page 31 Private Piano Lessons Page 24
Questions? 708-474-8552 Make it easy! Register online at
www.lanoakparkdistrict.org

**POUND** Channel your inner performer & rock your body with this modern-day fusion of movement and music. POUND™ is a 45-minute full-body cardio and conditioning class that gives you the permission to rock! Using Ripstix – weighted drumsticks engineered for exercise – POUND™ transforms drumming into an effective full-body workout. Ages 14 & Up

Program#: 271002 Min/Max: 6/15 Fee: \$45.00(R), \$50.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 Date: June 30-August 4 Time: 5:00–5:45pm Section#:02 Date: August 18-September 22 Day: Friday

#### **Adults Programs**

get out, meet new friends, have fun!



indicates a Family Favorite!!

#### **NEW!** Basket Weaving

Come join is 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. Grab a friend, enjoy some coffee, and make a basket to take home.

Age 21 & Up

Program: 228002 Min/Max: 4/8

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

Registration Deadline:

Section#:01 June 21 Time: 6:30-8:00pm Day: Wednesday



# Dawn Dancin' Deeva

#### **Adult Line Dancing**

Line Dancing is unique in that you don't need a partner, you exercise your brain by learning and remembering a sequence of steps, you get fit, meet new people, and have fun! 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!

Program: 231000 Min/Max: 10/15 Fee: \$65.00(R), \$70.00(NR)

Registration Deadline: One week before the

start of each section

Section#:01 June 1-July 6 Section#:02 July 13-August 17 Section#:03 August 24-September 28 Time: 6:30-7:30 Day: Thursday

So Much More...
Foreign Language Classes Page 22
Community Garden Plots Page 39
Piano Lessons Page 24
Community Garage Sale Page 41
July 3rd Fireworks Page 40
Looking for fitness classes, floor
and water? Page 10-13
Clases De Fitness En Espanol Page 10



#### Swim Lessons Teen & Adult

The Learning-to-Swim program offers six comprehensive levels that teach you 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 are not guaranteed to pass the level.

Ages 15 & Up

Program#: 272036 Min/Max: 6/10

Fee: \$62.00(R),\$67.00(NR) Registration Deadline: June 7

Section#: 01

Date: June 14-August 2

Time: 5:30-6:15pm Day: Wednesday



#### Teen/Adult Explore Archery

Explore Archery is a versatile archery education program that is fun, rewarding, progressive and — most important —safe. Explore Archery can be used from start to finish to teach and strengthen basic archery skills. Ages 14 & Up

Program#: 272005 Min/Max: 6/20

Fee: \$40.00(R), \$45.00(NR) Registration Deadline: July 17

Section#:03

Date: July 24-August 14
Time: 4:00-5:00pm
Day: Monday



#### 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.

Program#: 231002 Min/Max: 6/15 Fee: \$40.00(R), \$45.00(NR)

Registration Deadline: One week before the start of each section

Section#: 01

Date: June 29 -August 3

Section#: 02

Date: August 17-September 21

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

Questions? 708-474-8552

#### **NEW!** The Grilled Cheese

# Murder A unique book club & cooking opportunity

Let's put a yummy twist on a traditional book club. The Grilled Cheese Murder by Patti Benning will be the star of this weekly gathering with a low-impact amount of reading each week and a lively discussion of the assigned reading. The second half of each class will introduce a new grilled cheese recipe. We'll cook together and then sit down to enjoy a great sandwich and great company! Books and all cooking needs are provided. Age 18 & Up.

\*\*Want to work off that sandwich, sign up for Spin & Fit offered from 6:00-6:45pm.

Program#: 232010 Min/ Max: 6/10

Fee: \$77.00(R), \$82.00(NR) Registration Deadline: June 20

Section#: 02

Date: June 29-July 27 Time: 5:00-6:00pm Day: Thursday

#### Photo 1 **Digital SLR Photography ANY CAMERA**

You'll start with the basics to give you a good foundation. You'll learn about

your camera modes, learn your aperture, shutter speed, depth of field, close-up flower photo, methods of focus and ISO then taking pictures in Manual Mode. At the end of this class you will have an understanding of your camera and gear so you can use them to their fullest potential. No specific camera customization, please look for Canon Nikon

Sony specific classes to learn how to customize your camera in addition to specific controls and functions. Note: Participants must bring film and 35mm camera that will work in manual mode or digital SLR (removable lens) AND MIRRORLESS. Age 16 & Up.

Program#: 232015 Section#:01 Min/Max: 2/12 Fee: \$75.00(R),\$80.00(NR) Registration Deadline: May 30 Date: June 6-June 20 Time: 6:00-8:00pm Day: Tuesday



#### **MACRO CLOSEUP PHOTOS**

Have you always wanted to get more detail in your flower or close- up pictures but struggle trying to

accomplish it? Join our class to discuss and practice how to accomplish sharply focused flowers, bugs and other small objects. After learning focusing techniques, we discuss how to control the lighting and exposure to really make you images pop. Explore new techniques to see the small world you will be taking photos of. Learn about different lenses and filters to help you accomplish your small world photography. We are going to have a lot of fun experimenting with your new talents. Participants must bring a DSLR or mirrorless camera to class including lenses. The use of a tripod is highly recommended for this class and encouraged. Age 16 & Up.

Program#: 232015 Section#:02 Min/Max: 2/12 Fee:\$75.00(R),\$80.00(NR) Registration Deadline: July 25 Date: August 1- August 15 Time: 6:00-8:00pm Day: Tuesday

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#: 232091 Min/Max: 5/5 Fee: \$50.00(R), \$55.00(NR) Registration Deadline: July 25

Section#: 01 Date: August 1 Time: 8:30-11:00am Day: Tuesday

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

\$50.00(R), \$55.00(NR) Program #: 232098 Min/Max: 5/6 Fee: Registration Deadline: June 13

Section#: 01 Date: June 20 Time: 8:30–11:30am Dav: Tuesdav

**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#: 232097 Min/Max: 5/5 Fee: \$50.00(R), \$55.00(NR)

Registration Deadline: July 20

Section#: 01 Date: July 27 Time: 8:30-11:45am Day: Thursday

#### **Adults Programs**

get out, meet new friends, have fun!

#### **NEW!** Agua Kick & Burn

Agua kickboxing doesn't have to mean standing in one place and throwing repetitive jabs and stationary kicks. Class will include some combinations to move you through the water and burn more calories. Front, side, back, diagonal and even in a circle. It's time to take kickboxing out of the box and into the entire pool! Class Requirements: Agua Shoes (not Agua Socks) Ages 18 & Up

Program#: 229023 Min/Max: \$42.00(R), \$47.00(NR)

Registration Deadline: One week before the start of

each section

Section#: 01 Date: June 3-July 8 July 22-August 26 Section#: 02 Date: Time: 8:00-8:45am Day: Saturday

#### 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#: 221085 Min/Max: 6/10 Fee: \$42.00(R), \$47.00(NR) Registration Deadline: June 7

Section#:01 Date: June 15-August 3 Time: 5:30-6:00pm Day: Thursday

#### Beginner Pickleball

Pickle-ball® combines tennis, badminton and table tennis and offers rugged competition for adults. Courts are in Copper Muggers Park so learn to play and find a new hobby to keep you active! Age 18 & Up

Program#: 231003 Min/Max: 6/8 Fee: \$30.00(R), 35.00(NR) Registration Deadline: June 7

Section#:01 June 14-July 12

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



# **Get Back to Fitness**

FULL SERVICE FITNESS - HAMMERSMITH, CYBEX. LIFE FITNESS, SCI-FIT, PRECOR, CONCEPT 2
TWO WEIGHT ROOMS WITH GYMRAX
25-YARD INDOOR POOL
WHIRLPOOL, SAUNA, STEAM ROOMS, TANNING PATIO
FLOOR AND WATER FITNESS CLASSES

BUY AN INDIVIDUAL 6-MONTH FITNESS MEMBERSHIP, ADD ANOTHER PERSON FREE NO INITIATION FEE - ONLY IN JULY 2023 SO HURRY!!

#### **EISENHOWER FITNESS CENTER**

2550 178TH STREET, LANSING, ILLINOIS 708-474-8552

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

#### **Senior Bingo**

Join the Eisenhower Seniors as they gather for bingo every Monday & Friday. This is a dropin 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

#### **Diamond Painting**

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

All supplies provided. No refunds on the day of the program. Age 62 & Up

Program#: 298115 Min/Max: 2/6 Fee: \$10.00(R),\$15.00(NR) Registration Deadline: June 7 Section#:01 June 14-July 12 1:00-2:30pm Wednesday

#### **Basket Weaving**

Come join is 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: 228002 Min/Max: 4/8

Fee: \$5.00(R), \$10.00(NR) Registration Deadline: August 4

Section#:02 August 11 Time: 10:30am-Noon Day: Friday

#### So much more...

Photography Classes Pg 35
Adult Swim Lessons Pg 14
Floor Fitness Classes Pg 10-12
Water Fitness Classes Pg 13
Foreign Languages Pg 22
Piano Lessons Pg 24
Discounted Senior Fitness
Memberships Page 8

Don't Miss... July 3rd Fireworks Pg 40 Community Garage Sale Pg 41 Movies in the Park Pg 42

Questions? 708-474-8552

#### **Movie & Munchies**

Get through the weekday hump with some fun! Seniors will enjoy watching a popular movie with friends. Snacks will be provided. Age 62 & Up

Program#: 299000 Min/Max: 4/10 Fee: \$5.00(R), \$10.00(NR)

Registration Deadline:

Section#:01 Casablanca & Cookies - June 19
Section#:02 The Blind Side & Popcorn - July 17
Section#:03 Selma & Sweet Potato Chips - August 21

Time: 1:00-3:00pm Day: Monday



#### Senior Programs for ages 62 & Up

Questions? 708-474-8552



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

on May 1, 2023 Age 62 & Up www.lanoakparkdistrict.org

Program#: 232009 Min/Max: 4/10

Section#:01 June Trip Section#:02 July Trip Section#:03 August Trip

Fee: \$10.00(R),\$15.00(NR) per trip
Registration Deadline: One week before the date
of trip. No refunds on the day of the trip.

#### **Computer Basics**

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

Program: 233023 Min/Max: 6/9 Fee: \$5.00(R), \$10.00(NR) Registration Deadline: July 11

Section#:01 Date: July 18 & 20

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

Looking for discounted senior fitness classes?

Turn to page 12 for fitness classes just for seniors, lasting 6 weeks, and boasting a great price!

Senior Beats \$10.00(R),\$15.00(NR)

Senior Spin \$10.00(R),\$15.00(NR)

Ask about a free fitness membership! Some medical insurance and Medicare allows seniors to register for a free fitness membership. Turn to page 8 for information or ask at the Eisenhower Center front desk.



# Who wants to play?!

# Paws 'n Play at Bock Park

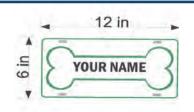




The Lan-Oak Park District is proud to offer a very special park just for you and your best friend.

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, lisiting of required immunizations, rules and regulations, and full packet are available on the park district website at www.lanoakparkdistrict.org. Memberships are for one year from the date of purchase. Resident fee for one dog is \$50 with a second dog fee of \$30. Paws 'n Play is open year-round.



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

#### I HELPED, TOO! Sponsorship

In order to celebrate the best friends that enjoy the park, residents may receive a sign, mounted at the dog park, displaying their dog's name. This is a one-time, \$100 donation.

Residents may volunteer

their time to help maintain the dog park by calling 708-474-8552.



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





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 then 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 2023

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.

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.





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

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

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



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** 



OH SNAP!

PROGRAM#: 254216 SECTION#:01 www.lanoakparkdistrict.org

# COMMUNITY GARAGE SALE

TO JOIN THE FUN IN THE PARK AS A SELLER PRE-REGISTER FOR YOUR BOOTH SELLERS \$10 (20'X20' SPACE) REGISTER WITH LAN-OAK PARK DISTRICT SELLER SET-UP 7-9AM CLEANUP 2-3PM

> WANT TO SHOP? SHOPPING OPENS AT 9AM **QUESTIONS? 708-474-8552**

SNACKS FOR SALE

SATURDAY

JUNE 10, 2023 9AM-2PM

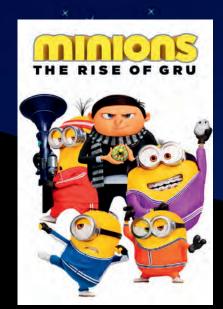
**LAN-OAK PARK** 178TH & ARCADIA

MUSIC BOUNCE HOUSE



Grab the family, bring a blanket or chairs, and enjoy a movie in the park. All movies start at dusk. Movie admission is free, A small concession stand will be available with snacks for sale. Park playgrounds and a bounce house for kids will offer some pre-movie fun.

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



LAN OAK PARK
178th & Arcadia Avenue
June 16, 2023
Movie starts at dusk
\*\*Movie rated PG



SCHULTZ PARK
Schultz Drive & Ada Street
July 14, 2023
Movie starts at dusk
\*\*Movie rated PG-13



VAN LATEN PARK 183rd & Holland Drive August 11, 2023 Movie starts at dusk \*\*Movie rated PG



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



# RESERVE A ROOM



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



#### 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.

#### 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.

#### **INCLUDED**

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

#### 2023 Season

Lansing resident park reservations begin on January 5, 2023
Non-resident reservations begin on March 1, 2023

# RESERVE EARLY!

# PARTY IN THE PARK

Pick the perfect park for your family event...



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

Erfert Park...Three shelter choices, pond, fishing, pedestrian bridge & path, playground, indoor restrooms 188th & Burnham Schultz Park...Large picnic area (no shelter), ball diamond, playground, quaint & cozy
Schultz Drive &
Ada St.

#### VanLaten Park...

7.5 acres nestled in a quiet neighborhood, shelter & playground, walking path, indoor restrooms

183rd & Holland Drive

#### Lan-Oak Park...Two

shelter options, our largest playground, softball diamonds, horseshoes/bags, indoor restrooms- a ton of fun! 180th & Oakley Rotary Park...Two shelter options, playground, tennis courts, indoor restrooms, a lovely space 193rd & Sherman St.

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.
- 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 ark district staff in addressing such need or request, we strongly urge you to contact the ark 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)

#### 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
Colleen Lentz, Recreation Supervisor
Andrea Martin, Recreation Supervisor
Lynette Davenport, Receptionist
Melissa Metzger, Receptionist
Cordell Edwards, Building Maintenance
Quentin Sims, Building Maintenance

#### Part-Time Staff Robin Powell, Receptionist Cat Jackson, Receptionist Darnell Smith, Custodian Jerry Zawacki, Custodian

Buildings/Grounds Department Tim O'Connell, Park Foreman James Luck, Park Maintenance Radonja Novovic, Park Maintenance

Aja Grant, Recreation

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

Memorial Day - May 29
Independence Day - July 4
Labor Day - September 4
SHORTENED HOURS - JULY 3

#### 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. Photography & videotaping 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

## Registration Form

Family Name			Addr	ess			
City		Stat	e	Zip Mai	n Phone( )_		
Second Phone( )			_ E-Mail				
Emergency Contact			Pho	ne( )			
Relationship to Family							
Do you have any special	needs or r	equire any acc	commod	ation?			
First Name ( include last )	Gender	Date of Birth	Grade	Program #/Section #	Program Title	Day/Time	Fee
	-						
*Checks returned to the park district will be charged a		YOUTH SC	YOUTH SCHOLARSHIP DONATION \$				
\$30.00 service fee.				то	TAL PAID		
MAIL TO: LAI	): 708-41 N-OAK PA						
2550 178th Street Lansing, IL 60438				((c))			
REGISTER ONLINE: www.lanoakparkdistrict.org			Shirt Size				
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Visa Mastercard	Ameri	ican Express		PHOTO RELEAS authorizes the Lan-O			
VisaMastercardAmerican Express  Cardholder#  Cardholder Name  Expiration Date  Amount of Charge  Authorized Signature			The state of the s	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 parents.			
			and/or publicity purpos				
			applied. The Lan-Oak				
			brochures, flyers, web				
				or any other form of motor pub			
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CashCheck	-						
Date ReceivedCheck #			Name		Date	7	

# 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 Harm- less 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 nto 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			Addr	ess			
City		Stat	e	Zip Mai	n Phone( )_		
Second Phone( )			_ E-Mail				
Emergency Contact			Pho	ne( )			
Relationship to Family							
Do you have any special	needs or r	equire any acc	commod	ation?			
	T	T				T 1	
First Name ( include last )	Gender	Date of Birth	Grade	Program #/Section #	Program Title	Day/Time	Fee
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*Checks returned to the park district will be charged a		YOUTH SC	YOUTH SCHOLARSHIP DONATION				
\$30.00 service fee.  FAX TO: 708-418-0942				то	TAL PAID		
MAIL TO: LAI							
2550 178th Street Lansing, IL 60438				Object Oi			
REGISTER ONLIN	E: www.l	anoakparkdist	rict.org		Snirt Siz	ze	
				PHOTO RELEAS	E AND WAIVE	R: My signatu	ıre helow
VisaMastercard	Ameri	ican Express		authorizes the Lan-C	ak Park District t	o use any and	l all photographs
Cardholder# Cardholder Name Expiration Date Amount of Charge			The state of the s	<ul> <li>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</li> </ul>			
			applied. The Lan-Oak Park District will only use the aforementioned photograph, audio, and/or video, for promotional and/or publicity purposes (i.e.,				
Authorized Signature				brochures, flyers, web	site design, cable te	elevision progra	m, pamphlets and
				or any other form of me to promote and/or pub			
				I acknowledge that pu program.		. •	• ,
	Office Use	-		program.			
CashCheck	-						
Date Received	C	heck #		Name		Date	<del></del>

# 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,

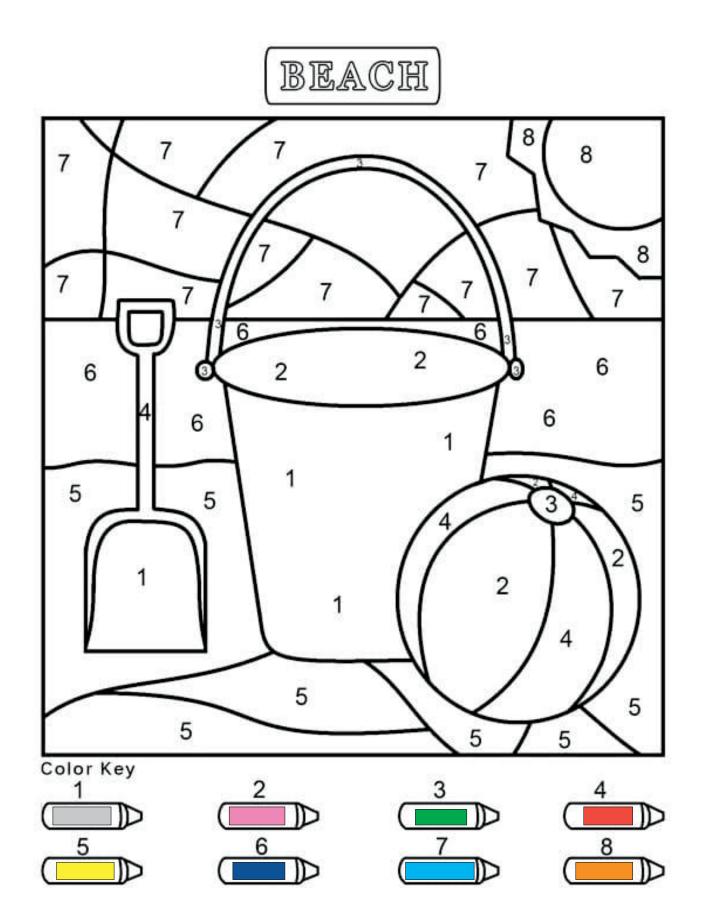
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Signature of Participant(s)		
	Date	
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Parent or guardian must sign if participant(s) are under 18		
	Parent/Guardian Signature	

#### TRANSFER/REFUND POLICY

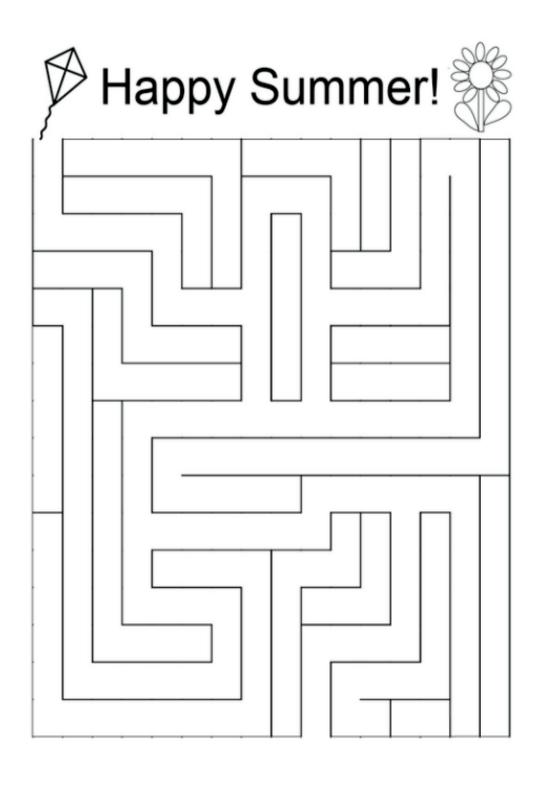
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## **SUMMER COLOR-BY-NUMBER FUN**



#### **SUMMER MAZE & COLOR FUN**

# Summer Maze



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

Bock Park	17
Lan-Oak Park	18
Potts Park	17
Copper Mugger's Park	17
Schultz Park	S
Winterhoff Park	R
Oakwood Park	19
Oakley Park	18
Flanagin Park	18
Erfert Park	18
Lions Stadium	18
Lions Park	18
Rotary Park	19
Whitman Park	18
VanLaten Park	18
Heritage Park	19
Stony Ridge Park	D
Volunteers Park	17
Park Plaza/Pennsy Greenway	R
Mildred Burt Nature Center	25

175th & Chicago Ave.	8.2 acres
180th & Arcadia	20
172nd West of Oakwood Ave.	5
177th & Bernadine Street	4.5
Schultz Drive & Ada Street	5
Roy Street & 180th Street	4.5
191st & Oakwood Ave.	1.5
184th & Oakley Ave.	1.5
188th & Sherman Street	.20
188th & Burnham Ave.	17.4
183rd & Oakley Ave.	5
183rd & Oakley Ave.	2
193rd & Sherman Street	10.1
18159 Jason Lane	.20
183rd & Holland Drive	7.5
193rd & Burnham Ave.	13
Donatus Dr. & 181st Street	.20
176th Street &Locust Street	2.25
Ridge Rd. & Grant St.	43
2550 178th Street	.5

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



And for inside fun, please visit...

Mildred Burt Nature Ctr



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Rhyming, Opposites, Positional Words

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So Much

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