

LAN-OAK PARK DISTRICT

Fall 2023

KARATE
FITNESS
GYMNASTICS
BASKETBALL
HOLIDAY FUN
SWIM LESSONS
ART/MUSIC
ATHLETICS

NEW!! AMERICAN
SIGN LANGUAGE
& ENGLISH AS
A SECOND
LANGUAGE



Playskool
2023-2024

4

Ways to Register!!

REGISTRATION WILL BEGIN UPON RECEIPT OF YOUR BROCHURE.

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

MAIL-IN

Payments may be made by check or credit card.

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

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



FAX

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

Please fax to: 708-418-0942



IN PERSON

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



SO EASY!! ONLINE REGISTRATION



www.lanoakparkdistrict.org

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

You will receive a confirmation of registration by mail.

Sorry, no telephone registrations.

The Lan-Oak Park District accepts American Express, Visa & MasterCard. Please review our Transfer/Refund Policy on page 48 or 50 prior to registering.



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)

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!

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

PROGRAM REGISTRATION PROCESSING BEGINS

August 7 – Residents

August 14 – Non Residents

Playskool registration
is ongoing year-round.

DON'T MISS THIS SEASON...

Playskool 2023-2024 starts on
September 5

Ages 12-36 months will love
Parent-Tot Tumble

Start your child's Spanish
instruction early in
Little Amigos ages 3-5

Introduce a love of music in
Playing Recorder for 6-12's and
Private Piano for 5 & Up

Ages 9-12 can learn a new hobby in
Checkmate and Woodcarving

Check out Modern Cartooning -
ANIME Edition for Teens

NEW! English As A
Second Language
American Sign Language

The very popular Aqua Kick & Burn
returns and NEW! Salsation is here!

So much fun - so much to learn!

GET WITH THE PROGRAM

Find Your Fun

Registration Info	Page 2
Destination Parks	Pages 4-5
Eisenhower Fitness Center	Pages 6-9
Floor Fitness Classes	Pages 10-12
Water Fitness Classes	Pages 13
Swim Lessons	Pages 14
Tiny Tot Classes	Pages 15-16
Early Childhood Classes	Pages 17-19
Playskool	Pages 20-21
Youth Basketball	Pages 22-23
Gymnastics	Page 24
Karate	Page 25
Explore Art	Page 26
Youth Classes	Page 27-29
Piano Lessons	Page 29
Teen Programs	Page 30
Foreign Languages	Page 31



Register today!! Registration deadlines allow the park district to order supplies and schedule instructors. Program status is determined after the registration deadline - too few participants may result in a class being cancelled. Register early - make sure your program goes!!

Open Gym	Page 32
American Sign Language & English As A Second Language	Page 33
Adult Programs	Page 33-34
Senior Programs	Page 35
Halloween Events	Page 36
Flashlight Story Walk	Page 37
Special Events	Page 38
Corporate Sponsorship	Page 39
Paws 'n Play Dog Park	Page 40
Bike Share	Page 41
Room Rentals	Page 42
Park Rentals	Page 43
Important Info	Pages 44-46
Registration Forms	Pages 47-50
Park Directory	Page 51

Questions? 708-474-8552

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

Destination Parks

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

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



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



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

ENJOY THE DEDICATED
TOT LOT FOR KIDS
UNDER 5!



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



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



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



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



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



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



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



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



Visit Lan-Oak Park to enjoy three new sand volleyball courts! Benches, lights, a beautiful park setting, and a bunch of fun await a group of friends looking for some friendly competition under the sun.



JOIN EISENHOWER FITNESS



OUR SERVICES

- ✓ 25-YARD INDOOR LAP POOL
- ✓ SAUNA
- ✓ WHIRLPOOL
- ✓ CARDIO EQUIPMENT
- ✓ AUDIOFETCH
- ✓ SELECTORIZED/CIRCUIT EQUIPMENT
- ✓ CYBEX – HAMMER STRENGTH – GYMRAx WEIGHT ROOMS
- ✓ FLOOR AND WATER FITNESS CLASSES
- ✓ TANNING PATIO
- ✓ STAFF PERSONAL TRAINERS
- ✓ FREE COFFEE & TEA
- ✓ LOCKER RENTALS

**CYBEX
SCI-FIT
PRECOR
LIFE FITNESS**



WE WELCOME RENEW ACTIVE, ONE PASS, PRIME AND SILVER SNEAKERS



MEMBER CONVENIENCES

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.

Get with the program...

Fitness members receive a 15% discount on a variety of designated fitness classes.

Page 10-13

Vending Machines...

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

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.

Have a Little Fun...

Enjoy some friendly competition in the fitness lobby with an air hockey table and a foosball table.



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.

Open House...Friends are a priority at Eisenhower Fitness Center!

Members may bring a friend to the center on October 26 and December 7.

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!

THE FIGURES

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

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

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

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

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 - 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.

YOU NEED TO KNOW...

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 each year 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.



One Pass™





FITNESS ENHANCEMENTS

Certified Personal Trainers (#199005)

Trainers will design a workout just 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

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

Cost for personal training packages:

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

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. By appointment.

01 - Member fee \$20.00

02 - Non-member fee \$25.00

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



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

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

Fitness Classes

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#: 371032 Min/Max: 6/15
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: One week before the start of each session
 15% discount for Fitness Center pass holders

Section#: 01
 Date: October 10- November 14
 Section#: 02
 Date: November 28-January 2
 Time: 6:00-6:45pm
 Day: Tuesday

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#: 332255
 Min/Max: 6/15
 Fee: \$43.00(R), \$48.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01
 Date: October 6- November 10
 Section#: 02
 Date: December 1-January 5
 Time: 6:00-7:00pm
 Day: Friday

So Much More...

Adult Ballet, Jazz, & Tap Page 34
 Foreign Languages Page 31
 Piano Lessons Page 29
 Adult Swim Classes Page 14
 Water Fitness Classes Page 13
 Special Events Pages 36-38
 NUEVAS CLASES DE FITNESS
 EN ESPANOL Page 11
 Questions? 708-474-8552

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#: 329022 Min/Max: 6/15
 Fee: \$42.00(R), \$47.00(NR)
 Registration Deadline:
 One week before the start of each section

Section#: 01 Date: September 9- October 14
 Section#: 02 Date: October 28- December 2
 Time: 9:00-9:45am Day: Saturday
 Section#: 03 Date: September 19- October 24
 Section#: 04 Date: November 7- December 12
 Time: 8:00-8:45am Day: Tuesday



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#: 371002 Min/Max: 6/15
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 Date: October 6- November 10
 Section#: 02 Date: December 1-January 5
 Time: 4:30-5:15pm 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#: 332017 Min/Max: 6/15
 Fee: \$40.00(R), \$40.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01
 Date: September 12- October 17
 Section#: 02
 Date: October 31- December 5
 Time: 7:00-7:45pm
 Day: Tuesday



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#: 331002 Min/Max: 6/15
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: October 5
 Section#: 01 Date: October 5- November 9
 Section#: 02 Date: November 30-January 4
 Day: Thursday

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 tamborileo en un entrenamiento efectivo para todo el cuerpo. Edad: 14 años en adelante

Programa#: 371002 Min./Máx.: 6/15
 Precio: \$45.00 (R), \$ 50.00 (NR)
 Fecha límite: Una semana antes del inicio de cada sección

Sección #: 03
 Fecha: 12 de octubre- 16 de noviembre
 Sección #: 04
 Fecha: 30 de noviembre- 4 enero
 Hora: 5:00-5:45pm Día: Jueves

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#: 331002
 Mín./Máx.: 6/15
 Precio: \$40.00 (R), \$45.00 (NR)
 Fecha límite: Una semana antes del inicio de cada sección

Sección #: 03
 Fecha: 26 de septiembre-31 de octubre
 Sección #: 04
 Fecha: 14 de noviembre-19 de diciembre
 Hora: 5:00-5:45pm
 Día: Martes

Fitness Classes

Step Aerobics

How about some retro fitness!

Due to its versatile nature, Step Aerobics is enjoying a comeback. Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. It also burns calories, making it an ideal way to maintain your target body weight.

For some participants, aerobics can boost mood and energy levels. Age 18 & Up

Program#: 332285 Min/Max: 6/15
 Fee: \$45.00(R), \$50.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01
 Date: September 6-October 11
 Section#: 02
 Date: October 25-November 29
 Section#: 03
 Date: December 13-January 17
 Time: 5:30-6:30pm
 Day: Wednesday

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#: 387210 Min/Max: 6/15
 Fee: \$38.00(R), \$43.00(NR)
 Registration Deadline: One week before the start of each section
 15% discount for Fitness Center pass holders

Section#: 01
 Date: September 25- October 30
 Section#: 02
 Date: November 13- December 18
 Time: 8:30-9:30am
 Day: Monday



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#: 339014 Min/Max: 6/15
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01
 Date: October 3- November 7
 Section#: 02
 Date: November 21- December 26
 Time: 10:00-11:00am
 Day: Tuesday

NEW!! SALSATION

Ready to move and be moved? SALSATION® puts special emphasis on musicality, lyrical expression and functional training, all with a sprinkling of Meraki - a Greek word meaning that special touch of passion you put into something when you really love to do it. You'll love this combination of an electric mix of rhythms, cultures, dances, and fitness protocols.

Age 16 & Up

Program#: 332200 Min/Max: 6/15
 Fee: \$45.00(R), \$50.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01
 Date: September 7-October 12
 Section#: 02
 Date: October 26-December 7
 Section#: 03
 Date: December 21-January 13
 Time: 7:00-8:00pm
 Day: Thursday



Make it easy! Register online www.lanoakparkdistrict.org

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#: 398116
Min/Max: 6/10
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: One week before the start of each section

Section#:01
Date: October 6- November 10
Section#:02
Date: December 1-January 5
Time: 9:45-10:30am
Day: Friday

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. Senior Spin is great for all fitness levels. Ages 62 & Up

Program#: 331105
Min/Max: 6/8
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01
Date: October 6- November 10
Section#: 02
Date: December 1-January 5
Time: 9:00-9:30am
Day: Friday

Chair Fitness

This program is instructed by an attendant. Chair Dancing®'s Around the World program is a fun way to get aerobic exercise, tone muscles, improve flexibility and burn calories. Chair Yoga Vitality is a program design for those interested in gently and safely strengthening their body to prevent injury, improve functional fitness, move through day-to-day tasks with more comfort and ease, and get rid of aches and pains. Age 62 & Up

Program: 398115 Min/Max: 4/8
Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: One week before the start of each section.

Chair Dancing

Section#:01 September 6-October 11
Section#:02 October 25-November 29
Time: 9:00-9:45am Day: Wednesday

Chair Yoga

Section#:03 September 6-October 11
Section#:04 October 25-November 29
Time: 10:00-10:45am Day: Wednesday

Senior Health And Fitness

It's Never Too Late To Feel Great.

SilverSneakers® Classic and Renew Active

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a 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#: 339008 Min/Max: 6/20
Fee: \$40.00(R), \$45.00(NR) Silver Sneakers/Renewed Active members are FREE.
Registration Deadline: One week before the start of each section

Section#: 01	Date: August 28-October 2	Time: 6:00-7:00pm
Section#:02	Date: October 23-November 27	Day: Monday
Section#:03	Date: December 11-January 29	
Section#:04	Date: September 6-October 11	Time: 8:30-9:30am
Section#:05	Date: October 25- November 29	Day: Wednesday
Section#:06	Date: December 13-January 17	
Section#: 07	Date: September 7- October 12	Time: 10:00-11:00am
Section#:08	Date: October 26-December 7	Day: Thursday
Section#:09	Date: December 21-January 25	

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#: 371001 Min/Max: 6/20
Fee: \$70.00(R), \$75.00(NR)
Registration Deadline: One week before the start of each section 15% discount for Fitness Center pass holders

Section#: 01	Date: August 28- October 9
Section#: 02	Date: October 23- November 29
Section#:03	Date: December 11-January 22
Time:	10:00-10:50am
Day:	Monday & Wednesday

Water Fitness

NEW!! Aqua 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#: 329023 Min/Max: 6/12 Fee: \$42.00(R), \$47.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 September 9- October 14 Section#:02 October 28- December 2

Section#:03 December 16-January 20

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#: 339006 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 August 28-October 9 *No Class September 4 Section#:02 Date: October 23-November 27

Section#:03 December 11-January 29

Time: 9:00-9:45am Day: Monday

Aqua Zumba® & Aqua Body Sculpting

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

Program#: 332240 Min/Max: 6/18

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

Registration Deadline: One week before the start of each section

Section#:01 September 27-November 1

Section#:02 November 15-December 20

Time 6:30-7:30pm Day: Wednesday

Section#:03 August 28-October 9

Section#:04 October 23-November 27

Section#:05 December 11-January 29

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

Water Aerobics

A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. This is a full body workout, a combination of 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#: 365140 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 August 28-October 9

Section#: 02 October 23- November 27

Section#:03 December 11-January 29

Time: 8:00-8:50am Day: Monday

Section#: 04 October 4- November 8

Section#: 05 November 22- December 27

Time: 9:00-9:50am Day: Wednesday

Learn to Swim



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

Swim Lessons – Youth

American Red Cross Learn-to-Swim teaches aquatic and personal water safety skills in a logical progression. It consists of six levels. Participants in Level 1 are oriented to the aquatic environment and gain some basic skills in each category. Throughout the levels, participants build on their basic skills to learn various propulsive movements on the front, back and side. As the levels increase, participants learn to refine the different strokes and build endurance. Age 6-14

Program#: 372035 Min/Max: 6/6 Fee: \$62.00(R), \$67.00(NR)
Registration Deadline: September 12

Section#: Date:	Age:	Time:	Day:
01 September 19-November 7	Level 1	4:00-4:45pm	Tuesday
02 September 19-November 7	Level 1	4:45-5:30pm	Tuesday
03 September 19-November 7	Level 2	5:30-6:15pm	Tuesday
04 September 20-November 8	Level 3	4:00-4:45pm	Wednesday
05 September 20-November 8	Level 4	4:45-5:30pm	Wednesday

Swim Lessons – Preschool

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

Program#: 372034
Min/Max: 6/6
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: September 12

Section#: Date:	Age:	Time:	Day:
01 September 21-November 9	Level 1	4:00-4:30pm	Thursday
02 September 21-November 9	Level 2	4:30-5:00pm	Thursday
03 September 21-November 9	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#: 372036 Min/Max: 6/10
Fee: \$62.00(R), \$67.00(NR)
Registration Deadline: September 12

Section#: 01 Date: September 20-November 8
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#: 321085 Min/Max: 6/10
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: September 12

Section#: 01
Date: September 21-November 9
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! My First Number Book Your child will love learning their numbers and colors in this fun and interactive class! We will use paints, crayons, markers, stickers, and more to create the pages of our very own number book that will be assembled during the final class. Age: 18-36months

Program#: 300007 Min/Max: 6/10 Fee: \$47.00(R), \$52.00(NR)
Registration Deadline: September 5

Section#:01 Date: September 12-October 10
Time: 11:00-11:45am Day: Tuesday

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#: 300131 Min/Max: 6/8 Fee:\$60.00(R), \$65.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 Date: September 7-October 26
Time: 10:00-11:00am Day: Thursday
Section#:02 Date: October 31-December 19
Time: 1:00-2:00pm Day: Tuesday

Tiny Tot Programs

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



Parent-Tot Tumble

In this 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#: 300110 Min/Max: 5/7 Fee: \$51.00(R), \$56.00(NR) Registration Deadline: One week before the start of each section
Section#:01 Date: September 11-October 9 Time: 11:00-11:45am Day: Monday
Section#:02 Date: October 26-November 30 Time: 4:00-4:45pm Day: Thursday **No class November 23

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#: 300170 Min/Max: 6/8 Fee:\$43.00(R), \$48.00(NR)
Registration Deadline: October 11

Section#:01 Date: October 18-November 15
Time: 11:00-12:00pm Day: Wednesday



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#: 300118 Min/Max: 6/8 Fee: \$47.00(R), \$52.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 15-October 13
Time: 3:15-4:15pm Day: Friday
Section#:02 Date: November 8-December 6
Time: 2:00-3:00pm Day: Wednesday



Adult-Tot Superstars

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

Each Section Min/Max: 4/6 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each session

Adult-Tot Soccer

Section#:01 Date: September 14-October 12
Time: 4:00-4:45pm Day: Thursday
Section#:02 Date: November 6-December 4
Time: 3:15-4:00pm Day: Monday

Lil Dribblers Basketball

Section#:01 Date: September 11-October 9
Time: 5:00-5:45pm Day: Monday
Section#:02 Date: October 24-November 21
Time: 4:00-4:45pm Day: Tuesday

Adult-Tot Baseball

Section#:01 Date: September 19-October 17
Time: 4:15-5:00pm Day: Tuesday

Program#: 327103

September 14-October 12
Day: Thursday
November 6-December 4
Day: Monday

Program#: 327105

September 11-October 9
Day: Monday Age: 3 only
October 24-November 21
Day: Tuesday Age: 3 only

Program#: 327104

September 19-October 17
Day: Tuesday

Tiny Tot Programs

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

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#: 300135 Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 8-October 13
Time: 2:00-3:00pm Day: Friday
Section#:02 Date: October 25-November 29
Time: 9:00-10:00am Day: Wednesday



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

Program#: 300119 Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 20-October 18
Time: 9:00-9:45am Day: Wednesday
Section#:02 Date: October 31-November 28
Time: 10:15-11:00am Day: Tuesday

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

Program#: 300150 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: September 13-October 18
Time: 10:00-10:45am Day: Wednesday
Section#:01 24-36 months Date: October 23-November 27
Time: 11:00-11:45am Day: Monday

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#: 300186 Min/Max: 5/9
Fee: \$33.00(R), \$38.00(NR)
Registration Deadline: October 13

Section#:01
Date: October 20-November 17
Time: 10:00-10:45am
Day: Friday

Pee Wee Playgroup

Moms will enjoy this opportunity to sip some coffee or tea, socialize with other moms, and join their toddler in fun activities during this good old-fashioned playgroup. We'll read stories, play with the best toys, make crafts, sing songs, relax and have fun. Age 6-24 months.

Program#: 300125 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: October 19

Section#:01
Date: October 26-November 30
Time: 11:15-12:15pm Day: Thursday
**No class November 23

Shake, Rattle, and Roll!

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

Program#: 300116 Min/Max: 6/8 Fee: \$28.00(R), \$33.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 6-October 4 Age 6-24 months
Time: 11:00-12:00pm Day: Wednesday
Section#:02 Date: October 23-November 20 Age 24-36 months
Time: 12:00-1:00pm Day: Monday

Check out
Parent/Child
Aquatics on
Page 14. Fun in
the water for
ages 6 months
to 3 years

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

Program#: 300112 Min/Max: 6/10 Fee: \$26.00(R), \$31.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 **Halloween** (Ages 12-24 months) Time: 3:00-4:00pm
Section#:04 **Halloween** (Ages 24-36 months) Time: 4:00-5:00pm
Date: October 16 Day: Monday

Section#:02 **Thanksgiving** (Ages 12-24 months) Time: 3:00-4:00pm
Section#:05 **Thanksgiving** (Ages 24-36 months) Time: 4:00-5:00pm
Date: November 17 Day: Friday

Section#:03 **Christmas** (Ages 12-24 months) Time: 3:00-4:00pm
Section#:06 **Christmas** (ages 24-36 months) Time: 4:00-5:00pm
Date: December 15 Day: Friday



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.
 **Thursday AM Playskool students enrolled in this class will be escorted to class.

Program#: 310041 Min/Max: 4/8 Fee: \$60.00(R), \$65.00(NR)
 Registration Deadline: August 31

Section#: 01 Date: September 7- November 9
 Time: 11:45-12:30am 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.
 Age 3-5

Program#: 310006 Min/Max: 6/8
 Fee: \$42.00(R), \$47.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01
 Date: September 14-October 19
 Time: 4:00-5:00pm Day: Thursday
 Section#:02
 Date: October 30-December 4
 Time: 4:30-5:30pm Day: Monday

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#: 310071 Min/Max: 6/8
 Fee: \$44.00(R), \$49.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 Date: September 5- October 10
 Section#: 02 Date: October 24- November 28
 Time: 10:00-11:00am Day: Tuesday

Dance It Out 2!

Attention Dance It Out alumni! This class is for a young prince or princess who have already taken Dance it Out. This program will have new stories, music and props. Age 3-5

Program#: 310006 Min/Max: 6/8
 Fee: \$42.00(R), \$47.00(NR)
 Registration Deadline: October 18

Section#:03
 Date: October 25-November 22
 Time: 4:30-5:30pm Day: Wednesday

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. This class will be using common food allergens such as dairy products, nuts, and wheat. Age 3-5.

Program#: 310043 Min/Max: 6/8 Fee: \$56.00(R), \$61.00(NR) Registration Deadline: September 5
 Section#:01 Date: September 12-October 17 Time: 10:00-11:00am Day: Tuesday

Early Childhood Programs

are for children age 3 to 5 years



Doctor School

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

Program#: 310062 Min/Max: 6/8
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: September 11

Section#:01 Date: September 18-October 23
 Time: 11:45-12:45pm Day: Monday

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 self-control, increase flexibility and balance, improve concentration and focus, and offer breathing exercises that allow a child to calm and relax. We'll combine a 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.**

Program#: 310090 Min/Max: 6/8
 Fee: \$30.00(R), \$35.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 Date: September 5- October 10
 Section#: 02 Date: October 24- November 28
 Time: 9:00-9:45am Day: Tuesday

More Fun...
Gymnastics
 Page 24
Karate Page 25
Piano Lessons
 Page 29
Swim Lessons
 Page 14
The perfect preschool - Playskool
 Pages 20-21

Don't miss...
Halloween & Christmas Events!!

Early Childhood Programs

are for children age 3 to 5 years

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#: 310040 Min/Max: 5/8
 Fee: \$28.00(R), \$33.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 Date: September 20-October 18
 Time: 3:15-4:15pm Day: Wednesday
 Section#:02 Date: October 31-November 28
 Time: 11:45-12:45pm Day: Tuesday

Bitty Basketball

It's never too early to start learning how to play basketball! This instructional class will teach tykes the rules and the skills of basketball. Basic skills, such as dribbling, passing, and shooting, will be practiced in every session. And basic rules are emphasized through fun games played during class time. Age 4-6

Program#: 310031 Min/Max: 4/8
 Fee: \$30.00(R), \$35.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 Date: September 11-October 9
 Time: 4:00-4:45pm Day: Monday
 Section#:02 Date: November 1-November 29
 Time: 11:45-12:30pm Day: Wednesday

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

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

Section#:01 Date: September 6-October 4
 Time: 11:45-12:30pm Day: Wednesday
 Section#:02 Date: November 1-November 29
 Time: 3:15-4:15pm Day: Wednesday

Girls Rock! History is full of amazing women that have changed our world in a variety of ways. In this class we will learn about recent women achieving and making a difference – Misty Copeland, Kamala Harris, Ruth Bader Ginsburg, Queen Elizabeth, and more. Each great woman will be introduced with a Little Golden Book – perfect for preschoolers. Age 3-5.

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

Section#:01 Date: September 15-October 20
 Time: 11:45-12:45pm Day: Friday
 Section#:02 Date: November 7-December 12
 Time: 3:30-4:30pm Day: Tuesday



How to Catch...A Party!

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



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

Halloween

Section#:01 Date: October 26 Time 3:15-4:15pm Day: Thursday

Thanksgiving

Section#:02 Date: November 9 Time: 4:30-5:30pm Day: Thursday

Christmas

Section#:03 Date: December 15 Time: 4:00-5:00pm Day: Friday

Jr Explorers

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

Program#: 310030 Min/Max: 6/9 Fee: \$30.00(R), \$35.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 Date: September 14-October 12
 Time: 11:45-12:45pm Day: Thursday

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



A Mother/Daughter Event
For every bear that ever there was,
will gather there for certain, because
today's the day the teddy bears have their
picnic. Join us as we have picnic snacks,
 read the famous Teddy Bear Picnic story,
 play games, and stuff our
 own 8" teddy bears to take home.

Program#: 310046 Min/Max: 6/12 parent/child couples
 Fee: \$26.00(R), \$30.00(NR) Registration Deadline: July 5

Friday, September 15 5:30-6:30pm

Little Ninjas

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

Program#: 310186 Min/Max: 4/8
 Fee: \$35.00(R), \$40.00(NR)
 Registration Deadline: October 10

Section#:01

Date: October 17-November 14

Time: 2:00-3:00pm

Day: Tuesday

Paint Lab

We'll pour some paint and use a variety of everyday items to paint and create.

We'll experiment with marshmallows, cookie cutters, gadgets, flour and salt, and more to make masterpieces ready to display at home. Dress for a mess. Art aprons will be provided. Age 3-5

Program#: 310034 Min/Max: 6/8
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: October 23

Section#:01

Date: October 30-November 27

Time: 11:45-12:45pm

Day: Monday

More Fun...Gymnastics Page 24

Karate Page 25

Piano Lessons Page 29

Swim Lessons Page 14

The perfect preschool -

Playskool Pages 20-21

Don't miss...

Halloween & Christmas Events!!

Learning Letters

Games, songs, phonetics, and fun will teach your child to recognize letters and their sounds. We'll cover two letters each week and create letter booklets to take home. Age 3-5.

Program#: 310056

Min/Max: 6/8

Fee: \$44.00(R), \$49.00(NR)

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

Section#:01 **Letters A thru M**

Date: September 12-October 17

Time: 11:45-12:30pm

Day: Tuesday

Section#:02 **Letters N thru Z**

Date: October 30-December 4

Time: 3:15-4:00pm

Day: Monday

NEW! Fall Days

Let's come inside for some arts and crafts and Apple Juice. Enjoy making a new and unique craft each week to bring home to your family. Come join us for some fun and some Apple Juice! Age 3-5

Program#: 310042

Min/Max: 5/7

Fee: \$54.00(R), \$59.00(NR)

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

Section#:01

Date: September 7-October 5

Time: 10:00-11:00am

Day: Thursday

Early Childhood Programs

are for children age 3 to 5 years

Little Sluggers and Kickers In this class, we will combine the games of baseball and kickball for fun and excitement. Boys and girls learn the fundamentals used in kickball and baseball: running the bases, throwing, catching, and fielding, and skills unique to each sport: hitting off the tee and kicking the ball. Age 3-5 **No class November 23

Program#: 310036 Min/Max: 4/9

Fee: \$39.00(R), \$44.00(NR)

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

Section#:01 Date: September 12-October 10

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

Section#:02 Date: November 2-December 7

Time: 11:45-12:20pm Day: Thursday



Sports and More Play Ball! Children are introduced to the fundamentals of some of the most popular sports. See where your child's interest lies as we develop motor skills, practice eye/hand and eye/foot coordination, and nurture growth socially and emotionally through teamwork and good sportsmanship. Ages 4-6. ** No class November 24

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

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

Tee Ball Basics Program#: 387060

Section#:01 Date: September 15-October 13

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

Section#:02 Date: November 2-December 7

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

No class November 23

Micro Soccer Program#: 387025

Section#:01 Date: September 13-October 11

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

Section#:02 Date: October 27-December 1

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

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

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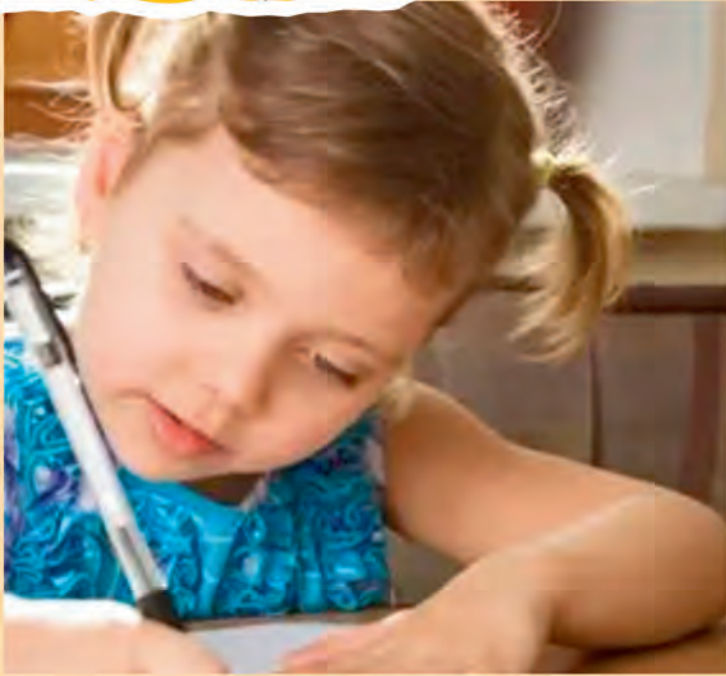
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Days of the Week/Months of the Year
Nine Colors & Color Blending
Fourteen Geometric Shapes
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Perfect for budget conscious families

Program dates: 9/05/2023-6/7/2024

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

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

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

3-day Mon/Wed/Fri Mornings 310013-01

3-day Mon/Wed/Fri Afternoons 310013-02

3-day Mornings or Afternoons Monthly \$116.00(R), \$121.00(NR)

2-day Tues/Thurs Mornings 310013-03

2-day Tues/Thurs Afternoons 310013-04

2-day Mornings or Afternoons Monthly \$102.00(R), \$107.00(NR)

5-day Mon thru Fri Mornings or 5-day Mon thru Fri Afternoons

5-day Mornings or Afternoons Monthly \$218.00(R), \$228.00(NR)

Choose 5-day Monday thru Friday 9:00am-3:00pm

5-day, all day, classes Monthly \$436.00(R), \$456.00(NR)

Questions? 708-474-8552 or sdesjardins@lanoakparkdistrict.org



Secure, private outdoor playground & patio



Call for a tour - we're sure you'll love Playskool!

DAYONE YOUTH BASKETBALL LEAGUE

3rd-5th
GRADE
6th-8th
GRADE

Learn skills, develop teamwork, practice hard, and enjoy the competition in this league that starts with a player draft and concludes with a March Madness tournament. Volunteer coaches evaluate skills, draft a team, contact parents, determine two practice times each week, teach, encourage, and lead Sunday games. Participants will receive a league jersey and participation medal. Practices will be scheduled twice each week. Volunteer Coaches needed!

If you wish to coach, please indicate so at the time of registration.

Practices start in December and last until late March. Games begin January 7, 2024

No refunds after December 14 Program: 363045

Fee: \$115.00(R), \$120.00(NR)

Section#:01 3rd-5th Grade Section#:02 4th-6th Grade

Registration Deadline: December 3

Skills Evaluation/Draft is MANDATORY! – Sunday, December 10
Team requests will not be granted. Teams are determined by draft only. Sunday games are one hour in length and are scheduled between 11:00am-3:00pm.

LAN-OAK PARK DISTRICT

2550 178TH STREET, LANSING, IL

Info: 708-474-8552 or www.lanoakparkdistrict.org



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

**Private training is also
available. Inquire at the front
desk.**

Questions? 708-474-8552

D.A.Y.O.N.E. 1st and 2nd Grade Basketball

Learn the proper fundamentals of basketball. Children will receive instruction on proper techniques for dribbling, passing, shooting, and defense. Structured scrimmages are offered for a game experience. Each participant will receive a t-shirt and participation medal.

Program: 363040 Min/Max: 12/40 Fee: \$43.00(R), 48.00(NR) Registration Deadline: October 19
Section#:01 October 25- November 29 5:00-6:00pm Wednesday

D.A.Y.O.N.E. Skills Training

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

Program#: 363020 Min/Max: 6/10 Fee: \$110.00(R), \$115.00(NR) Registration Deadline: September 8
September 13-October 18 Wednesday
Section#:01 Age 8-10 5:00-6:00pm Section#:02 Age 11-13 6:00-7:00pm
Section#:03 Age 14-17 7:00-8:00pm

D.A.Y.O.N.E. Skills & Drills

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

Program#: 381006 Min/Max: 4/12 Fee: \$55.00(R), \$60.00(NR) Registration Deadline: October 19
Section#:01 October 25-November 29 6:00pm-7:00pm Wednesday

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

Center Court is specially designed for girls to learn the proper fundamentals and advanced training in all aspects of the game of basketball. Participants will learn to sharpen their skills such as shooting, passing, dribbling, defense, and conditioning.

Program#: 322005 Min/Max: 6/12 Fee: \$55.00(R), \$60.00(NR) Registration Deadline: October 19
October 25-November 29 Wednesday
Section#:01 Age 9-12 7:00-8:00pm
Section#:02 Age 13-17 8:00-9:00pm

DAYONE

BASKETBALL

Check out our
very popular
**DAYONE Basketball
League.** Join the
competition this
season.
**2022 League
Champions**

Team White



Team Willis





Preschool Gymnastics

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

Program#: 321700

Min/Max: 5/15

Fee: \$63.00(R), \$68.00(NR)

Registration Deadline: One week before the start of each section



Section#:01 September 27-November 1

Section#:03 November 8-December 13

Section#:05 December 20-January 24

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

Section#:02 September 26-October 31

Section#:04 November 7-December 12

Section#:06 December 19-January 23

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

Girls

Gymnastics

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

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

Program#: 321720 Min/Max: 5/20 Fee: \$63.00(R), \$68.00(NR)

Registration Deadline: One week before the start of each section

Date/Day:	Tuesday	September 26-October 31
Section#:01	4:30-5:30pm	Age 5-7
Section#:02	6:30-7:30pm	Age 7-10
Section#:03	7:30-8:30pm	Age 7-12 (Boys & Girls Advanced)
Date/Day:	Wednesday	September 27-November 1
Section#:04	5:30-6:30pm	Age 6-8
Section#:05	6:30-7:30pm	Age 8-13

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

Date/Day:	Tuesday	December 19-January 23
Section#:11	4:30-5:30pm	Age 5-7
Section#:12	6:30-7:30pm	Age 7-10
Section#:13	7:30-8:30pm	Age 7-12 (Boys & Girls Advanced)
Date/Day:	Wednesday	December 20-January 24
Section#:14	5:30-6:30pm	Age 6-8
Section#:15	6:30-7:30pm	Age 8-13



LEARN
GYMNASTICS
through fun & progressive classes

Boys

Gymnastics

Boys 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#: 321760 Min/Max: 5/20

Fee: \$63.00(R), 68.00(NR)

Registration Deadline:

One week before the start of each section

Section#:01 September 27-November 1

Section#:02 November 8-December 13

Section#:03 December 20-January 24

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



KARATE CLASSES

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

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
Sections#: 01 & 04**



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

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

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



Program#: 332001

10-week sections

Sections#: 01, 02, 03

September 25-November 27

Sections#: 04, 05, 06

December 4-February 19

***No Class December 25 & January 1**

Fee: \$170.00(R), \$175.00(NR)

Explore Art

All Explore Art Programs

Program#: 327006

Min/Max: 4/8

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

Registration Deadline:

Ten days before the
start of each section

Lan-Oak Park
District is proud to
welcome art teacher,
Dora Jablonski.
Dora has experience
professionally teaching
art to a variety of ages.
Release your creative
side and explore
something new.
Check out her
interesting and
fun art offerings
this season.

Modern Cartooning - ANIME Edition

Are you a beginner artist
interested in cartooning?

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

Welcome to the world of
cartooning. Age 13-17

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



Section#:03 September 13-October 11

Time: 6:30-7:30pm

Section#:04 November 1-December 6

Day: Wednesday

Section#:05

November 1-December 6

Time: 2:00-3:00pm

Day: Wednesday

*No Class November 22

Questions? 708-474-8552

Discovering Great Artists

Each week our junior artists will discover the greats through amazingly fun and unique activities. Kids will experience the styles and

techniques of the great masters and discuss a brief biography of each artist before creating their own masterpiece reminiscent of the artist. Get ready for O'Keefe, Rembrandt, Monet, Degas, Picasso and more. Age 10-12

Section#:06 September 13-October 11

Section#:07 November 1-December 6 *No class November 22

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

Action Art

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



Section#:01 September 13-October 11

Section#:02 November 1-December 6

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

NEW! Checkmate!

This class will teach beginners what they would need to know about the rules, techniques, and skills to play chess. Join us in this class to learn how to play chess. Age 9-12

Program#: 321054
Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: November 14

Section#:01
Date: November 21-December 19
Time: 6:00-7:00pm Day: Tuesday

NEW! Wood Carving

Have you ever wanted to try wood carving? Well now you can! In this beginner level class, we will create something fun and useful out wood. This class will help improve concentration, and creativity. Come join us for this fun class! Age 9-12

Program#: 321056
Min/Max: 5/7
Fee: \$56.00(R), \$61.00(NR)
Registration Deadline: October 31

Section#:01
Date: November 6-December 4
Time: 5:15-6:00pm
Day: Monday



Chalk the Walk

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

Program#: 310154
Min/Max: 10/15
Fee: \$13.00(R), \$18.00(NR)
Registration Deadline: September 15

Section#:01 Date: September 22
Time: 5:00-6:00pm
Day: Friday

NEW! Learn to Sew

There are so many great things that you can sew with just a needle and thread. In this class we will learn how to thread a needle, different types of stitching, and even a needle house. So come join us to learn how to sew. Age 8-12

Program#: 321055
Min/Max: 6/8
Fee: \$47.00(R), \$52.00(NR)
Registration Deadline: September 1

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

Bring Your Racquet

This class introduces children to the early fundamentals of tennis. Using age-appropriate drills and games; participants learn basic strokes, grip and early tennis skills. All activities develop gross motor skills, coordination, judgment and proper mechanics. Tennis rackets will be provided. Age 6-10

Program#: 387006 Min/Max: 6/9
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: September 4

Section#:01
Date: September 11-October 9
Time: 4:15-5:15pm
Day: Monday

Canine Cuisine

Your best friend will love your culinary creations made with love! Healthy, natural food you prepared yourself will guarantee your pet is getting all natural, healthy treats and food. Each week we will highlight at least one pet recipe, take home recipe cards, as well as some helpful care tips for you and your dog. The last week we'll artistic talent as we design puppy bandanas.

Age 10 & Up

Program#: 310160
Min/Max: 6/8
Fee: \$48.00(R), \$53.00(NR)
Registration Deadline: October 10

Section#:01
Date: October 17-November 14
Time: 6:00-7:00pm
Day: Tuesday

**Questions? 708-474-8552 Enroll
online www.lanookparkdistrict.org**

Youth Programs

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



Devilishly Delicious...

conjure up your own spooky treats and bewitching drinks to celebrate Halloween.

Calling all witches and warlocks! We'll convene in the kitchen to boil, boil, toil and conjure up some Halloween fare – bewitching brews, spooky treats, and other Halloween classics. Age 6-10

Class notes: Please wear long hair back.

Warning! This class will be using common food allergens such as dairy products, nuts, and wheat.

Program#: 310170 Min/Max: 6/8
Fee: \$51.00(R), \$56.00 (NR)
Registration Deadline: September 30

Section#:01 Date: October 2-October 30
Time: 5:30-6:30pm Day: Monday

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. Age 6-9

Program#: 363010 Min/Max: 10/20
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: October 10

Section#:01 Date: October 17-November 14
Time: 4:00-5:00pm Day: Tuesday

Youth Programs

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

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#: 310221 Min/Max: 6/9

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

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

Date: October 27-December 1

Day: Friday

Section#:01 Age 6-8 Time: 4:00-5:00pm

Section#:02 Age 9-12 Time: 5:00-6:00pm

**No class November 24

Star Wars Cooking

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

Program#: 310201 Min/Max: 5/8

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

Registration Deadline: September 7

Section#:01

Date: September 14-October 12

Time: 6:00-7:00pm

Day: Thursday

Scout Archery

Are you a Scout and want to learn Archery? Well then this is the program for you. 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! Grade 6-8.

Program#: 310132 Min/Max: 8/12

Fee: Group of 8 scouts \$120.00 each

Additional scouts - \$10.00 each

Registration Deadline: September 8

Section#:01 Date: September 15

Time: 4:30-6:00pm Day: Friday

Questions? 708-474-8552

Enroll online www.lanoakparkdistrict.org

O' Christmas Tree

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

Program#: 310081 Min/Max: 6/10

Fee: \$46.00(R), \$51.00(NR)

Registration Deadline: November 8

Date: November 15-December 20

Day: Wednesday

Section#:01 Ages 6-9 Time: 5:00-5:45pm

Section#:02 Ages 10-12 Time: 5:45-6:30pm



Total Sports

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

Program#: 332128 Min/Max: 6/8 Fee: \$35.00(R), \$40.00(NR)

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

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

Section#:02 Date: October 23-November 20 Time: 4:00-5:00pm Day: Monday

Playing Recorder 1

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

Program#: 310133

Min/Max: 5/7

Fee: \$56.00(R), \$61.00(NR)

Registration Deadline: August 31

Date: September 6-October 11

Day: Wednesday

Section#:01 Age 6-9

Time: 4:30-5:15pm

Section#:02 Age 10-12

Time: 5:15-6:00pm

**Want to continue with
your recorder? See below**



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#: 310133 Min/Max: 5/7 Fee: \$52.00(R), \$57.00(NR)

Registration Deadline: October 18

Section#:03 Date: October 25-November 29 Time: 4:30-5:15pm Day: Wednesday

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 sport. Classes will be held at the Eisenhower Center. Age 9-12

Program#: 354102 Min/Max: 6/8 Fee: \$20.00(R), \$25.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 12-October 10
Time: 4:00-4:45pm Day: Tuesday
Section#:02 Date: October 19-November 16
Time: 4:00-4:45pm Day: Thursday

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 have fun. This program will offer beginner pickleball. Ages 9-12.

Program#: 310175 Min/Max: 6/8
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 Date: September 5- October 10
Time: 4:15-5:00pm Day: Tuesday

Sand 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#: 322004 Min/Max: 6/12
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: August 29

Section#: 01 Date: September 5- September 21
Time: 4:00-5:00pm
Day: Tuesday & Thursday

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

Age 5 & Up

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



Section#:01	September 25-October 16	Day: Monday
Section#:03	October 30-November 20	Day: Monday
Section#:05	December 4-January 8	Day: Monday
Section#:02	September 20-October 11	Day: Wednesday
Section#:04	October 25-November 15	Day: Wednesday
Section#:06	November 29-December 20	Day: Wednesday

Youth Programs

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

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#: 313135 Min/Max: 6/10 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 Date: September 6- October 11
Section#: 02 Date: October 25- November 29
Time: 4:00-4:45pm Day: Wednesday

Looking for more? [Gymnastics Page 24](#) [Karate Page 25](#)
[Basketball Programs Page 22-23](#) [Explore Art Classes Page 26](#)
[Halloween & Christmas Events Page 36-38](#)
[Swim Lessons Page 14](#) [Questions? 708-474-8552](#)
Make it easy - enroll online www.lanoakparkdistrict.org

Softball Basics

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

Program: 327008 Min/Max: 4/15
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: September 1

Section#:01 Date: September 8- October 6
Time: 4:15-5:15pm Day: Thursday

Don't Miss the Happy Halloween Costume Party!! Page 36



THE GRILLED CHEESE MURDER

A unique book club and cooking opportunity



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 enjoy a great sandwich and great company! Books and all cooking needs are provided.

Program#: 321000 Min/ Max: 6/10
Fee: \$77.00(R), \$82.00(NR)
Registration Deadline: September 7

Section#: 01 September 14-October 12
Time: 5:30-6:30pm
Day: Thursday

NEW!! Horror

A Halloween Masterpiece

We'll celebrate the season of horror by diamond painting creative illustrations of horror movie celebrities – Myers, Jason, Joker, Freddy, It, and Pumpkin-head. Popcorn and soda complete the fun.

Program#: 327560 Min/Max: 4/6
Fee: \$55.00(R), \$60.00(NR)
Registration Deadline: September 7

Section#:01
Date: September 14-October 12
Time: 4:00-5:30pm
Day: Thursday

Teen/Adult Archery

Explore Archery is a versatile archery education program that is fun, rewarding, progressive and, most importantly, safe. Explore Archery can be used from start to finish to teach and strengthen basic archery skills. Ages 13 & Up

Program#: 372005 Min/Max: 6/20
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: September 13

Section#:01
Date: September 20-October 18
Time: 2:00-3:00pm
Day: Wednesday

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#: 321200
Min/Max: 6/10
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 Date: December 7- December 28
Time: 1:00-2:00pm Day: Thursday

Teen Programs for ages 13-17

Modern Cartooning - ANIME Edition

Are you a beginner artist interested in cartooning? Not only are cartoons a form of entertainment, but they're an incredibly popular style of drawing! Kids will start with basic shapes, progress to facial features, discuss universal body shapes, and create their own characters. Welcome to the world of cartooning. Age 13-17

Program#: 327006 Fee: \$60.00(R), \$65.00(NR)
Registration Deadline: Ten days before the start of each section
Section#:05 November 1-December 6
Time: 2:00-3:00pm Day: Wednesday

Swim Lessons - Teen & Adult

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

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

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

D.A.Y.O.N.E. Skills Training

This program offers intense training for the serious basketball player that wants to improve on the fundamentals of basketball. In addition to group skills exercises, Coach Kenny Barnes will evaluate each players' basketball skills and then provide a segment of private training for each player each week to improve their skill level. Age 14-17

Program#: 363020 Fee: \$110.00(R), \$115.00(NR)
Registration Deadline: September 7

Section#:03
Date: September 14-October 19
Time: 7:00-8:00pm
Dy: Wednesday

Teen Karate Page 25 Foreign Languages Page 31
Private Piano Lessons Page 29

Check out our discounted fitness memberships for students Page 8 Questions? 708-474-8552
Make it easy! Enroll online www.lanookparkdistrict.org



Zoom Spanish Classes for Kids

Join us right from your living room as we explore new cultures and learn the Spanish language via the interactive Zoom platform! Younger children will learn conversational Spanish through fun and interactive activities and music while older

children will also learn some Spanish phonetics to begin reading and writing in Spanish. No class on October 9, November 20, November 23.

Each session covers new material.

I Speak Spanish (ages 3-6)

Section#:	01	Monday	5:00-5:45pm	September 11-October 23
Section#:	02	Monday	5:00-5:45pm	October 30-December 1
Section#:	03	Thursday	5:00-5:45pm	September 7-October 12
Section#:	04	Thursday	5:00-5:45pm	October 19-November 30
Section#:	05	Thursday	5:00-5:45pm	December 7-January 11

Youth Spanish (ages 7-11)

Section#:	06	Monday	5:30-6:15pm	September 11-October 23
Section#:	07	Monday	5:30-6:15pm	October 30-December 11
Section#:	08	Thursday	6:15-7:00pm	September 7-October 12
Section#:	09	Thursday	6:15-7:00pm	October 19-November 30
Section#:	10	Thursday	6:15-7:00pm	December 7-January 11

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

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

skills that will give them a strong foundation for high school Spanish.

Section#:	11	Tuesday	5:30-6:15pm	September 12-October 17
Section#:	12	Tuesday	5:30-6:15pm	October 24-November 28
Section#:	13	Tuesday	5:30-6:15pm	December 5-January 9

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.

Section#:	14	Tuesday	6:30-7:15pm	September 12-October 17
Section#:	15	Tuesday	6:30-7:15pm	October 24-November 28
Section#:	16	Tuesday	6:30-7:15pm	December 5-January 9

Zoom Spanish Classes 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 on October 9, November 20, November 23.

Section#:	17	Tuesday	10:00-11:00am	September 12-October 17
Section#:	18	Tuesday	10:00-11:00am	October 24-November 28
Section#:	19	Tuesday	10:00-11:00am	December 5-January 9
Section#:	20	Wednesday	6:00-7:00pm	September 13-October 18
Section#:	21	Wednesday	6:00-7:00pm	October 25-November 29

Foreign Languages for all ages

All Programs#: 310190 Fee: \$80.00(R), \$85.00(NR)

All classes are 6 weeks. Zoom login information will be emailed to participants before the first class. Registration

Deadline: One week before the start of each section

All classes will be taught by a Language in Action, Inc. instructor.

Questions? 708-474-8552



Parlez-vous français? Lei parla italiano?

Zoom French and Italian Classes for Kids and Adults

Join us right from your living room as we explore new cultures and learn the French and Italian languages via the interactive Zoom platform! Each session covers new material. No class on October 9, November 20, November 23.

I Speak French (ages 7-11)

Section#:	22	Monday	5:00-5:45pm	September 11-October 23
Section#:	23	Monday	5:00-5:45pm	October 30-December 11

I Speak French (adults 18+)

Section#:	24	Monday	6:00-7:00pm	September 11-October 23
Section#:	25	Monday	6:00-7:00pm	October 30-December 11

I Speak Italian Jr. (ages 3-6)

Section#:	26	Wednesday	5:00-5:45pm	September 13-October 18
Section#:	27	Wednesday	5:00-5:45pm	October 25-November 29
Section#:	28	Wednesday	5:00-5:45pm	December 6-January 10

I Speak Italian (ages 7-11)

Section#:	29	Wednesday	6:00-6:45pm	September 13-October 18
Section#:	30	Wednesday	6:00-6:45pm	October 25-November 29
Section#:	31	Wednesday	6:00-6:45pm	December 6-January 10

I Speak Italian (adults 18+)

Section#:	31	Wednesday	7:00-8:00pm	September 13-October 18
Section#:	32	Wednesday	7:00-8:00pm	October 25-November 29
Section#:	33	Wednesday	7:00-8:00pm	December 6-January 10

Make it easy!

Enroll online www.lanoakparkdistrict.org



BASKETBALL

OPEN GYM

Open Gym is offered for age 12 & up whenever the gym is unoccupied by park district programs or private rentals.

Vending machines are available. Use our basketballs or bring your own. **Bring a padlock to secure your belongings.** Open 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.

Open Gym fees:

\$7.00(R), \$12.00(NR)

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 proof of Lansing residency are required to pay the non-resident fee. Spectators must pay to enter the gym and **REQUIRE AN ID.**

NO REFUNDS for Open Gym.

Eisenhower Center

*2550 178th Street, Lansing, IL
708-474-8552*

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.**

****Shirts are required at all times**

****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**

****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 11 and under 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.**



NEW!! ASL (American Sign Language) classes for all ages

Interested in learning the basics of American Sign Language or communicating with your young child through signing? Join us from the comfort and convenience of your living room as you learn to sign in a fun, interactive and lively environment. Each session covers new material. Taught live on the Zoom platform by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class. All classes are 6 weeks.

Program#: 321110 Fee: \$80.00(R), \$85.00(NR)

Registration Deadline: One week before the start of each section

Mom/Dad and me! (ages 9 months-3 years with adult)

Section#:01	Tuesdays, 5:00-5:30pm	September 12-October 17
Section#:02	Tuesdays, 5:00-5:30pm	October 24-November 28
Section#:03	Tuesdays, 5:00-5:30pm	December 5-January 9

Mom/Dad and me! (ages 3-6 years with adult)

Section#:04	Tuesdays, 5:45-6:25pm	September 12-October 17
Section#:05	Tuesdays, 5:45-6:25pm	October 24-November 28
Section#:06	Tuesdays, 5:45-6:25pm	December 5-January 9

Learn to Sign - Kids (ages 7-11)

Section#:07	Wednesdays, 5:00-5:45pm	September 13-October 18
Section#:08	Wednesdays, 5:00-5:45pm	October 25-November 29
Section#:09	Wednesdays, 5:00-5:45pm	December 6-January 10

Learn to Sign - Kids (ages 12-18)

Section#:10	Wednesdays, 6:00-6:45pm	September 13-October 18
Section#:11	Wednesdays, 6:00-6:45pm	October 25-November 29
Section#:12	Wednesdays, 6:00-6:45pm	December 6-January 10

Learn to Sign - Adults (ages 18 & Up)

Section#:13	Wednesdays, 7:00-8:00pm	September 13-October 18
Section#:14	Wednesdays, 7:00-8:00pm	October 25-November 29
Section#:15	Wednesdays, 7:00-8:00pm	December 6-January 10



NEW! ESL (English as a Second Language)

Improve your English skills without leaving your home via the interactive Zoom platform!

In this class you will learn conversational English, as well as some reading and writing skills that you can immediately begin using. The class will be tailored as much as

possible to the needs of the students enrolled. Taught live by a Language in Action, Inc. instructor. Age 18 & Up

Program#: 327580 Fee: \$80.00(R), \$85.00(NR)

Registration Deadline: One week before the start of each section

Section#:01	Tuesdays, 7:15-8:15pm	September 12-October 17
Section#:02	Tuesdays, 7:15-8:15pm	October 24-November 28
Section#:03	Tuesdays, 7:15-8:15pm	December 5-January 9

Adults Programs

get out, meet new friends, have fun!

Basket Weaving

Come join us 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#: 328002

Min/Max: 4/8

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

Registration Deadline: December 6

Section#: 01

Date: December 13

Time: 6:30-8:00pm

Day: Wednesday



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!

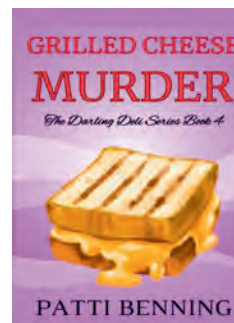
Age 18 & Up

Program#: 331003 Min/Max: 6/8

Fee: \$30.00(R), \$35.00(NR) Registration Deadline: August 31

Section#: 01 Date: September 6- October 4

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



The Grilled Cheese Murder

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#: 321000

Min/Max: 6/10

Fee: \$77.00(R), \$82.00(NR)

Registration Deadline: August 24

Section#: 02

Date: September 1- September 29

Time: 5:00-6:00pm

Day: Friday

Adults Programs

get out, meet new friends, have fun!

Bid Whist (Whisper Game)

Be whisked away to a time of luxurious private clubs inhabited by 19th-century intellectuals. Popular in Britain, people around the globe enjoy this famous game. This class will teach you how to deal, different mechanics and techniques, scoring and more. Learn different variations of games like Bid, Solo, German, and Israeli Whist – and even Hearts! You'll find out how to work with your partner and use low cards to flush out your opponents' high cards. Snacks will be provided. Age 21 & Up

Program#: 332099
Min/Max: 6/12
Fee: \$25.00(R), \$30.00(NR)
Registration Deadline: September 15

Section#:01
Date: September 22-October 13
Section#:02
Date: October 27-November 17
Time: 5:00-6:00pm
Day: Friday

Merriest Christmas

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

Program#: 332005 Section#:01
Min/Max: 5/10
Fee: \$24.00(R), \$29.00(NR)
Registration Deadline: December 6

Wednesday December 13
6:30-8:00pm

So Much More...

Foreign Language Classes Page 31
Piano Lessons Page 29
Looking for fitness classes, floor
and water? Page 10-13
Clases De Fitness En Espanol Page 10

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#: 332091 Min/Max: 5/5
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: July 25

Section#: 01 Date: September 16
Section#:02 Date: November 11
Time: 9:00-11:30am
Day: Saturday

First Aid

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

Program #: 332098 Min/Max: 5/5
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: June 13

Section#: 01 Date: September 16
Section#:02 Date: November 11
Time: 12:30-2:30pm
Day: Saturday

LAN-OAK PARK DISTRICT



ADULT & SENIOR DANCE CLASSES

Dance helps participants gain strength, flexibility, and balance and is a sure-fire way to increase stamina and build aerobic capacity, while enjoying the music, having fun, and meeting new friends.

ADULTS AGE 21 AND UP

The park district is proud to welcome Ms. Natalie J Kolosci. Natalie has danced with the Bolshoi Ballet from Moscow and the Kirov Ballet from Leningrad, traveled the world as a dancer and instructor, and owned her own dance studio for 20 years. She's looking forward to teaching our new adult and senior dance classes.



CLASS INFORMATION

ADULT & SENIOR DANCE PROGRAM#: 332220

Senior Tap Monday 9:00-10:00am
Section#:01 September 25-October 30 Section#:02 November 13-December 18
Senior Ballet & Jazz Monday 10:00-11:00am
Section#:03 September 25-October 30 Section#:04 November 13-December 18

Adult Ballet Wednesday 9:15-10:15am
Section#:05 September 27-November 1 Section#:06 November 15-December 20
Adult Tap & Jazz Wednesday 10:15-11:15am
Section#:07 September 27-November 1 Section#:08 November 15-December 20

6-WEEK SESSIONS
\$60(R) \$65(NR)

ATTENTION MOMS:
Childcare will be provided
during these classes!



Get out and about! Once per month seniors will gather and travel to fun local destinations. Leave the driving and parking to us! Each trip will require a fee of \$10 to cover gas purchase and any admission fee. Seniors will travel in the park district van with two staff members. A schedule of dates and trip destinations will be available at the Eisenhower Center and on our website on August 1, 2023. www.lanoakparkdistrict.org

Program#: 332070 Min/Max: 4/10

Section#:01 September Trip
 Section#:02 October Trip
 Section#:03 November Trip
 Section#:04 December Trip
 Fee: \$10.00(R), \$15.00(NR) per trip

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

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

Basket Weaving

Learn something new and join us in this enjoyable rural craft class as we learn how to create baskets. Take home your beautiful basket after class.

Program#: 328002 Min/Max: 4/8
 Fee: \$5.00(R), \$10.00(NR)
 Registration Deadline: December 8

Section#: 02 Date: December 15
 Time: 10:30am- Noon Day: Friday

Turn to Page 12 for three discounted
SENIOR FITNESS PROGRAMS
 Senior Beats!, Chair Fitness, and
 Senior Spin are offered for six
 weeks each for a program fee of
 \$10.00(R), \$15.00(NR) Stay fit!!

Senior Programs

for ages 62 & Up
 Questions? 708-474-8552



Senior Bingo

Join the Eisenhower Seniors as they gather for bingo

every Monday & Friday. This is a drop-in program that will fit in perfectly with your schedule. Various types of bingo will be played. Grab those lucky bingo cards! Eisenhower Center Room 105

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

Christmas Scrabble

Join friends as we create and craft personalized Christmas ornaments. We'll use beautifully festive ribbons, bows, and Christmas accessories to make 5" tall ornaments. Add a loved one's name with hot glue and scrabble tiles! Each participant will be able to make multiple ornaments as we sip some hot chocolate and listen to Christmas music.



Program#: 398118 Min/Max: 3/8
 Fee: \$5.00(R), \$10.00(NR)
 Registration Deadline: December 7

Wednesday, December 13 10:00-Noon



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

Program#: 398117 Min/Max: 2/4 Fee: \$5.00(R), \$10.00(NR)

Section#01: Ping Pong	Thursday, September 14	11:00am
Section#02: Badminton	Thursday, October 12	11:00am
Section#03: Pickleball	Thursday, November 9	11:00am
Section#04: Indoor Bocce	Thursday, December 14	11:00am

Halloween with Hitchcock

Celebrate Halloween this year with the Master of Suspense himself! Join us for an Alfred Hitchcock film festival sure to keep you on the edge of your seat. Popcorn and soda will complete our theatrical fun.



Program#: 398113 Min/Max: 3/10
 Fee: \$5.00(R), \$10.00(NR)
 Registration Deadline: October 2

Section#:01 Date: October 9-October 30
 Time: 1:00pm Day: Monday

FREE Healthcare-Sponsored Fitness Memberships Silver Sneakers Fitness Program - SilverSneakers is a health and fitness program designed for adults 65 and up that's included with many Medicare plans, but there is no age requirement. If you have a Medicare plan, you may be eligible for a free fitness membership. You'll get a basic membership at Eisenhower Fitness Center and that means you can use: cardio equipment, such as treadmills and ellipticals, strength equipment, such as weights and strength machines, and amenities like the indoor pool, sauna, whirlpool, and steam room. In addition, twice each week Silver Sneakers members may participate in a fitness class free of charge. Renew Active - Renew Active® is a fitness program designed for both, with the goal of helping Medicare members reach fitness goals and stimulate their brains. The program is available with select UnitedHealthcare Medicare Advantage plans. **Enjoy a free membership at a fitness center right in your community.**



HALLOWEEN 2023

GHOSTLY GAMES

Don't miss this Lansing tradition for kids age 3-8 years. Kids will love wearing their costume, seeing friends, playing carnival games, jumping in a bounce house, making a simple craft, and running through a corn maze (new this year!) Receive candy or a prize every time you play a game. Play as much as you want - and take home your loot! Loot bags provided.

Friday, October 20, 2023 6:30-8:30pm Fee for kids, only \$7.00



HAPPY HALLOWEEN COSTUME PARTY

Grab your friends and come out for some Halloween fun! Wear your costume, enjoy pizza and pop, dance to a professional DJ, play games, and take home a special gift.

Prizes for best costumes. Park district staff will supervise this event.

Program#: 354068 Section(01)

Friday, October 27, 2023 6:30-8:30pm Fee: \$7.00

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



CHRISTMAS FLASHLIGHT STORY WALK

Lan-Oak Park District
Van Laten Park
183rd &
Holland Drive
Questions?
708-474-8552

A FREE
EVENT
FOR THE
ENTIRE
FAMILY

DECEMBER
15
5-7 PM

Featuring
the book:



Stroll down the story walk lane decorated with giant Christmas inflatables, enjoy our featured story, make a craft, and sip some yummy hot chocolate. Don't forget your flashlight!





Merry CHRISTMAS



Deck the House Contest

Let's get the adults involved in some friendly holiday competition! Grab your best decorations and light up the shutters in the spirit of the holiday season! Pre-registration is required. Your decorations must be illuminated during the entire judging period. First, second, and third place prizes will be awarded. This contest is for Lansing residents only. Winners will be announced December 21. This event is FREE!!

Program#: 350115 (01) Registration Deadline: December 15

Judging period: **Wednesday, December 20 5:00-7:00pm.**

Make sure your decorations are on!!



Santa's Mail Box

Due to the large volume of Christmas mail last year, we need to help with mail delivery to the North Pole!! Write to Santa and receive a personal letter from him in return. Kids should drop off their letters at "Santa's Mailbox" located in the front lobby at the Eisenhower Center, 2550 178th Street, Lansing. Drop off letters during business hours from: **November 21-December 12.**

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

This is a free program and no registration is required.



Run, Run Rudolph!

Enjoy holiday cheer in the most festive, active way. Dress loose and wear sneakers. Each child will receive a light-up Rudolph nose, their own antlers, the lights will be dimmed, and we will dash just like Rudolph does every Christmas! After we dash, we'll enjoy a snack, a fun reindeer craft, and all reindeers will join in some reindeer games. **Ages 6-8**

Friday, December 22 5:00pm-6:30pm

Program#: 350120 Min/Max: 6/9 Fee: 15.00(R), \$20.00(NR) Registration Deadline: December 15

Corporate Sponsors

Each season Lan-Oak Park District offers family special events at no charge to the Lansing community. Free events are made possible by the generous donations of our Corporate Sponsors. Please join us in thanking our sponsors.

Thank you

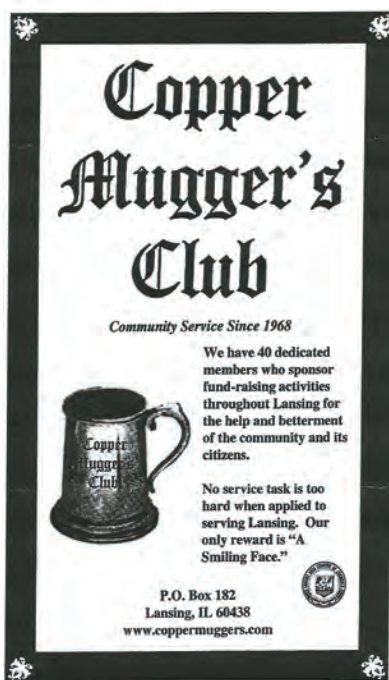
2023 Corporate Sponsors

Diamond Sponsor Republic Bank

Platinum Sponsors Calumet City Plumbing
Piekarski's Arbor Care/Mulch Masters
Preferred Window & Door

Gold Sponsors Ted's Pet & Feed
Copper Mugger's Club

Bronze Sponsor Speer Financial



Lan-Oak Park District Corporate Sponsorship Program

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 11,700 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: \$750 7" x 3" ad space in all brochures for one year & Name recognition in all brochures for one year

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

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

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

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



Thank you for Voting Ted's
#1 Pet Shop & #1 Pet Groomer

2 LOCATIONS TO SERVE YOU BETTER
17950 Burnham Ave. • Lansing, IL • 708-474-3000
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QUALITY PET FOOD & SUPPLIES • WILD BIRD SEED & FEEDERS
GROOMING SALON & SELF PET WASH



PAWS 'N PLAY

DOG PARK

WHO WANTS TO PLAY?!



The Lan-Oak Park District is proud to offer a very special park just for you and your best friend. Paws 'n Play provides ample grassy space for running and playing - space that is fence-enclosed in an attractive and interesting curved design. The dog park spans about one acre, has separate areas for large and small dogs, grassy berms, a shade shelter, a two-level water fountain, play structures, and park benches. For your dog's safety, entry is restricted through a computerized gate to only allow those animals that are registered and have provided proof of current vaccinations to the park district. Paws 'n Play memberships are available for purchase at the Lan-Oak Park District Eisenhower Center. The membership requirements, listing of required immunizations, rules and regulations, and full packet are available on the park district website at www.lanoakparkdistrict.org. Memberships are for one year from the date of purchase. Resident fee for one dog is \$50, second dog fee of \$30. Paws 'n Play is open year-round. Questions? 708-474-8552.

Check it out! Paws 'n Play Dog Park is located at 17551 Chicago Avenue, Lansing.



LOPD BIKE

SHARE

7-SPEED BIKES

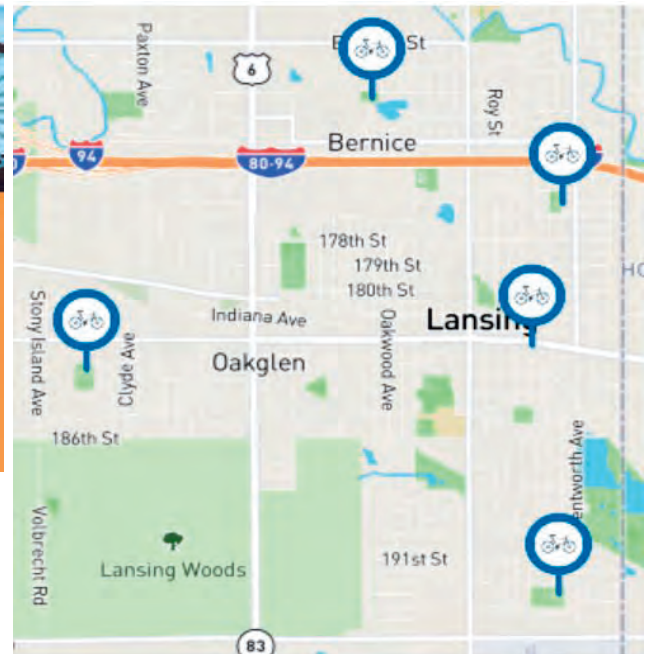
www.lanoakparkdistrict.org

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

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



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



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

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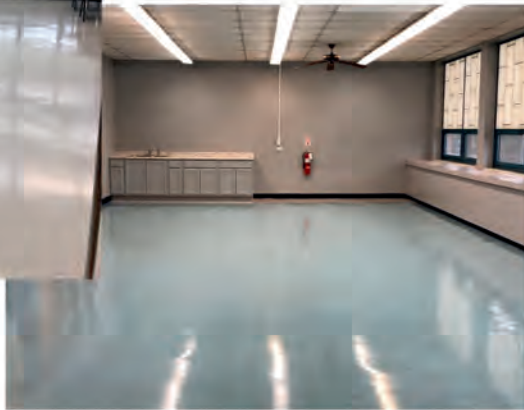
www.prewd.com

RESERVE A ROOM



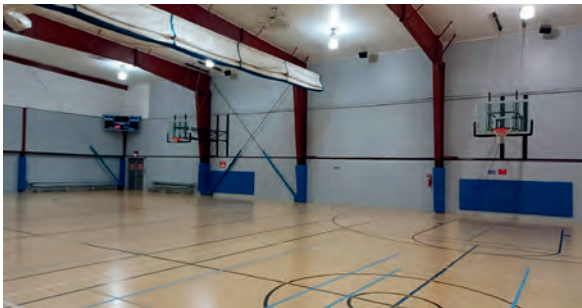
BASIC ROOMS

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



BASIC ROOM WITH KITCHEN

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



THE GYM

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

ROOM/GYM RESERVATIONS

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

Rooms \$55.00 per hour - residents

\$80.00 per hour - non residents

Gym \$80.00 per hour/per court - residents

\$105.00 per hour/per court - non residents

Full payment is required at the time of reservation.

No checks are accepted.

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

Rooms deposit \$75.00

Gym deposit \$75.00 per court

Damage or violation of center rules will forfeit deposit.

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

INCLUDED

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

2023 Season

Lansing resident park reservations begin on January 5, 2023

Non-resident reservations begin on March 1, 2023

**RESERVE
EARLY!**

PARTY IN THE PARK

Pick the perfect park for your family event...



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

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

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 PROHIBITS EXCLUSION OF ANY QUALIFIED INDIVIDUALS WITH A DISABILITY FROM SERVICES, PROGRAMS, OR ACTIVITIES OF ANY STATE OR LOCAL GOVERNMENT, WHICH INCLUDES PARK DISTRICTS AS OF JANUARY 26, 1992. INDIVIDUALS WITH CONCERNS OR QUESTIONS SHOULD CONTACT THE PARK DISTRICT AT 708-474-8552.



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

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

Important information



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

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



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

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

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



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

Severe Weather Cancellations...

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



Conditions Resulting in Pool Closure

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



A Reminder to Pet Owners...

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



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



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

FACILITY INFORMATION:

ADMINISTRATION OFFICE EISENHOWER CENTER

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

Hours of Operation:

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

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

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

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

Cordell Edwards, Building Maintenance

Colleen Lentz, Recreation Supervisor

Andrea Martin, Recreation Supervisor

Angela Jackson, Receptionist

Melissa Metzger, Receptionist

Part-Time Staff

Lawryauna Gardner, Recreation

Robin Powell, Receptionist

Cat Jackson, Receptionist

Henrietta Nutall, Receptionist

Darnell Smith, Custodian

Jerry Zawacki, Custodian

Jared Medina, Custodian

Buildings/Grounds Department

Tim O'Connell, Park Foreman

James Luck, Park Maintenance

Important information

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

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

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

Park Permits...Park permits may be obtained beginning **Thursday, January 4, 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, 2024.

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

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

Labor Day - September 4

Thanksgiving - November 23

Christmas Day - December 25

New Years Day - January 1

SHORTENED HOURS -

November 24, December 24, December 31

Registration Form

Family Name _____ Address _____
 City _____ State _____ Zip _____ Main Phone() _____
 Second Phone() _____ E-Mail _____
 Emergency Contact _____ Phone() _____
 Relationship to Family _____
 Do you have any special needs or require any accommodation? _____

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

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

YOUTH SCHOLARSHIP DONATION

\$1.00

FAX TO: 708-418-0942

TOTAL PAID

MAIL TO: LAN-OAK PARK DISTRICT

2550 178th Street Lansing, IL 60438

REGISTER ONLINE: www.lanoakparkdistrict.org

Shirt Size _____

Visa _____ Mastercard _____ American Express _____

Cardholder# _____

Cardholder Name _____

Expiration Date _____

Amount of Charge _____

Authorized Signature _____

PHOTO RELEASE AND WAIVER: My signature below authorizes the Lan-Oak Park District to use any and all photographs, audio, and/or video that contain my (or that of the participant, if signed by a parent or guardian) voice, image, likeness and/ or image for promotional and/or publicity purposes. I hereby waive any right to inspect or approve the finished photograph, audio, video, advertising copy, or printed matter that may be used in conjunction therewith or the eventual use to which it may be applied. The Lan-Oak Park District will only use the aforementioned photograph, audio, and/or video, for promotional and/or publicity purposes (i.e., brochures, flyers, website design, cable television program, pamphlets and/ or any other form of media presentations used by the Lan-Oak Park District to promote and/or publicize its recreational programs and event offerings). I acknowledge that public photography is not permitted in any park district program.

For Office Use Only

Cash _____ Check _____ Charge _____

Date Received _____ Check # _____

Name _____

Date _____

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

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



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

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

Signature of Participant(s) _____

Date _____

All participants must sign if over 18

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

Parent/Guardian Signature

TRANSFER/REFUND POLICY

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

Registration Form

Family Name _____ Address _____

City _____ State _____ Zip _____ Main Phone() _____

Second Phone() _____ E-Mail _____

Emergency Contact _____ Phone() _____

Relationship to Family _____

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

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

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YOUTH SCHOLARSHIP DONATION

\$1.00

FAX TO: 708-418-0942

TOTAL PAID

MAIL TO: LAN-OAK PARK DISTRICT

2550 178th Street Lansing, IL 60438

REGISTER ONLINE: www.lanoakparkdistrict.org

Shirt Size _____

Visa _____ Mastercard _____ American Express _____

Cardholder# _____

Cardholder Name _____

Expiration Date _____

Amount of Charge _____

Authorized Signature _____

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Name _____

Date _____

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Enjoy Lan-Oak Park District Parks!

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

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

Visit Erfert Park for some peaceful fall fishing and some exciting sledding if the snow comes early!



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



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

Fall
Playskool is
enrolling.
Don't miss out
on the perfect
school start for your
preschool child.
Reserve your
spot now!



**DON'T MISS
HALLOWEEN FUN!
GHOSTLY GAMES** for
AGES 3-8 Bring the family
for carnival games, a bounce
house, a mini corn maze, and a
bag of loot to take home!
**HAPPY HALLOWEEN
COSTUME PARTY** for

AGES 9-12 Grab your friends, don your best
costume, eat, dance, play, compete, and leave
with a special gift!

Thank you to our special event Diamond Sponsor...



Republic Bank

Bankers who are invested in you.
That's business banking done right.
Right now.

That's Republic Bank of Chicago.

rbankchicago.com/rightnow

