

FALL 2023

PARK NOTES

LAN-OAK PARK DISTRICT

Erfert Park in fall

SKATE PARK COMING SOON!!

The Lan-Oak Park District has been busy this spring and summer with construction of a new skate park and BMX pump track at the Park Plaza property downtown on Ridge Road.



The project started in April and was scheduled as a 6-month project. The approximately 6700 square foot facility will offer a concrete skate park with basins, impressive obstacle ground features, and will be well-suited for beginner to experienced skaters. Connected to the skate park is an asphalt BMX pump track - a small circuit consisting of rollers, banked turns, and berms.



A park shelter resembling a train depot was added to the project to reflect the history of the Park Plaza property.

For this project, the park district partnered with Hitchcock Design Group from Naperville for the total project design, Innovation Landscaping Inc. from Plainfield as the general contractor, and American Ramp Company from Joplin, Missouri for design and construction of the skate park.

The skate park portion of the project was substantially finished in September. The pump track is scheduled for completion sometime in October with final grading and final touches to follow.

Watch for opening day coming soon!!

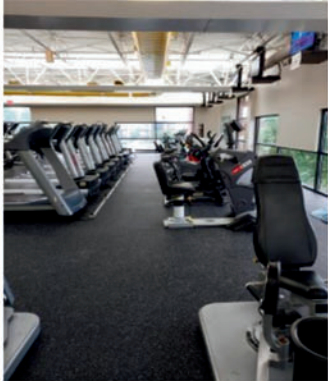




Eisenhower Fitness

LAN-OAK PARK DISTRICT

A SUMMER FACELIFT FOR EISENHOWER FITNESS

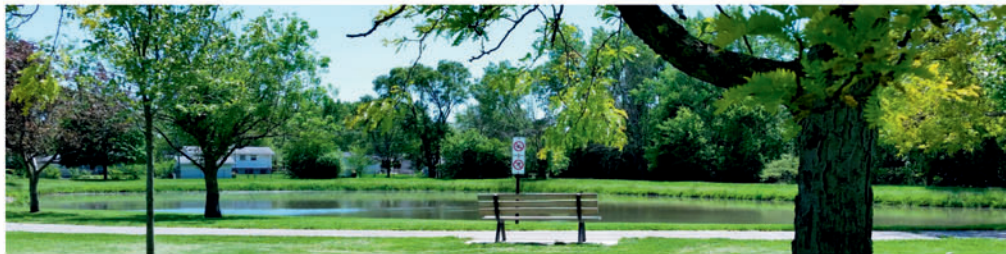
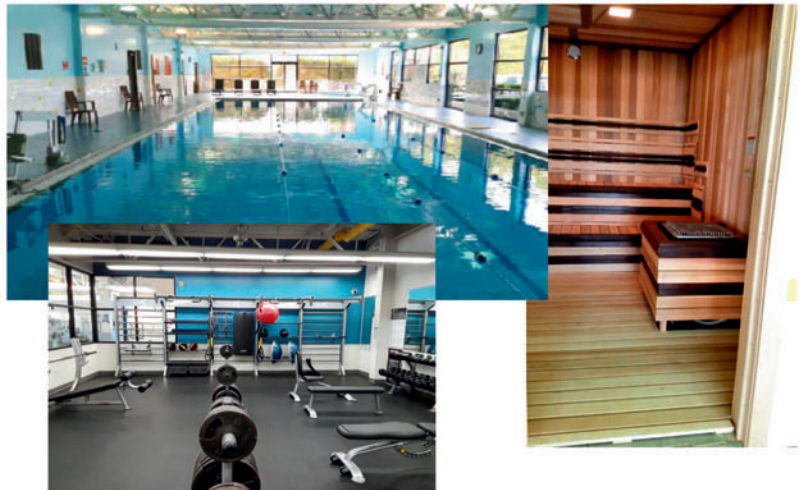


Summer is a slower time for the Eisenhower Fitness Center, so what better time for a facelift. This summer the center received a new coat of paint, new wall hangings, a new air hockey table joining the existing foosball table, a new 65" lobby television, new stairway flooring, and, on the second floor of the center, a new ECOR rubber roll flooring - an impact-absorbing material that is durable, hard-wearing, and non-slip.

Eisenhower Fitness Center offers a complete, full-service fitness experience. The center houses a comprehensive inventory of selectorized/circuit machines, and cardiovascular equipment - from Cybex, Precor, Life Fitness, Sci-Fit, to Concept 2, as well as two spacious free weight rooms boasting Cybex, Hammer Strength, Marpo Kinetic rope trainers, and a Gym Rax. The center also boasts a 25-yard lap pool, an outdoor tanning patio, sauna, steam rooms and a whirlpool.

Eisenhower Center is proud to welcome so many new members, former members of the Esporta fitness center that closed in July. Thanks for joining!

FITNESS PROGRAMMING WELCOMES NEW PROGRAMS - This fall fitness enthusiasts will enjoy some new programming opportunities. April Dixon brings **SALSATION** - the new generation of latin based dance workouts offering addictive music and based in functional training. Those looking for some retro fitness will love the return of **Step Aerobics** and Spanish-speaking participants have an option of **Spin or POUND**, both offered in Spanish.



Summer may be over, but park improvements continue for Lan-Oak Park District.

The park district intends to continue with park improvements as long as the weather allows, so look for these projects planned for fall. **Rotary Park** - The Rotary Park playground will receive the addition of swings.

Oakwood Park - The playground in Oakwood Park, long requiring updating, will be removed, The new swings will remain. **Erfert Park** - A new parking lot and entry way is scheduled for October this year, weather-permitting.

The north bikepath from 178th to the Calumet City line will be improved.

The Paws 'n Play dog park will enjoy some new amenities for our canine friends. The south side patio at the Eisenhower Center will boast colorful, child-size benches and picnic tables. The park district maintenance garage will complete it's exterior painting and install a new sign. A new security light is coming to the Lons Park playground.

And the Lan-Oak Park ballfields will boast brand new bleachers. Whew!

DID YOU KNOW? THE LAN-OAK PARK DISTRICT IS AN INDEPENDENT LOCAL GOVERNMENT SERVING THE PARK AND RECREATION NEEDS OF THE LANSING COMMUNITY.

Halloween events are very popular at the park district and so much fun!
Don't miss these events for ages 3-8 and ages 9-12



AGES 3-8
\$7 PER CHILD, NO
CHARGE FOR PARENTS
708-474-8552

GHOSTLY GAMES

FRIDAY, OCTOBER 20 6:30-8:30PM

**NEW!
MINI
CORN
MAZE**

Don't miss this Lansing tradition! Kids will love wearing their costumes, seeing friends, playing carnival games, jumping in the bounce house, making a craft, and running through a corn maze. Play games as much as you want - win a prize or candy every time you play! Loot bags are provided.

Lan-Oak Park District 2550 178th Street Lansing

Just For Ages 9-13

HAPPY HALLOWEEN

Costume Party

FRIDAY OCTOBER 27
6:30-8:30pm

Attendance is limited so reserve your spot!!
\$7 Party Fee Program#: 354068 Section#: 01

FOOD, DJ, BEST COSTUMES WIN PRIZES!

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



RECREATION UPDATE

CHECK OUT THESE PROGRAM OPPORTUNITIES

LAN-OAK PARK DISTRICT 2550 178TH STREET LANSING

QUESTIONS?
708-474-8552

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!

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

CHRISTMAS FLASHLIGHT STORY WALK

LAN-OAK PARK DISTRICT
Van Laften Park
183rd & Holland Drive
Questions? 708-474-8552

A FREE EVENT FOR THE ENTIRE FAMILY

DECEMBER 15 5-7 PM

Featuring the book: *Everyone Wants a Bite of the Doughnut: A Christmas Story*

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!

The park district offers hundreds of program opportunities each year catering to every age and a variety of interests. Look for programs in cooking, athletics, fitness, gymnastics, karate, science, art, crafts, book clubs, American Red Cross classes, swim lessons, music, summer camp, interest camps, foreign languages, an educational preschool for ages 3-5, and more.

Watch for our seasonal program guides - winter/spring, summer, and fall - delivered to every Lansing home three times each year. Each season brings something new, so make sure to take a few minutes to browse through our guide each season.

All park district programs are held conveniently in Lansing at our community center, Eisenhower Center, or in one of our 18 parks. For more information about the park district and to check out our current program guide, Fall 2023, visit our website at www.lanoakparkdistrict.org