

LAN-OAK PARK DISTRICT

COME
AND JOIN
THE FUN!

RESERVE
YOUR GARDEN
PLOT NOW!!

MOVIES
IN THE PARK
JULY 3RD
FIREWORKS!

SUMMER CAMPS - AGE 3 & UP



SUMMER 2024

GYMNASTICS KARATE
DANCE SPORTS
SWIM LESSONS
FITNESS CLASSES



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.



EISENHOWER CENTER

Where it all happens!!

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

Where: 2550 178th Street, Lansing
Call: 708-474-8552
Hours: 5:30am-9:00pm (Monday thru Friday)
7:00am-2:00pm (Weekends June thru August)
7:00am-4:00pm (Weekends September thru May)

www.lanoakparkdistrict.org
Follow us on Facebook!!



The Park Board is composed of five non-paid individuals selected by voters to serve elected terms: John Kelly, Bob Tropp, Jim Shaffer, Lolly Lewis, and Gina Aguilar. The Board is primarily a policy-making body that reflects the needs and interests of all taxpayers. Your personal participation is an integral part of their decision-making process. The Board meets the third Monday of each month at the Eisenhower Center, 2550 178th Street, Lansing, at 7:00pm.

PROGRAM REGISTRATION
PROCESSING BEGINS
May 1, 2024– Residents
May 8, 2024 – Non Residents
Summer Camp Registration
starts on April 1, 2024



SAVE YOUR SPOT FOR FALL
2024 - Playskool registration
is ongoing year-round.

Attention Adults! Get in on the deal!
July 6-Month Buy One Get One Free
Fitness Membership Special

July 3rd Fireworks

Movies in the Park
See Jaws on the Big Screen!

Summer Camps for Age 3-12
Choose Day Camps or
Special Interest Camps



NEW! FITNESS FOR KIDS
PAGE 17

Thanks 2023-2024
Corporate
Sponsors

Diamond Sponsor Republic Bank

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

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

Bronze Sponsor Speer Financial

- 02 ABOUT US - REGISTRATION INFO
- 04 FUN IN THE PARKS
- 06 THE FITNESS CENTER & FITNESS CLASSES
- 14 SWIM LESSONS
- 15 FUN FOR KIDS UNDER 3
- 17 FITNESS FOR KIDS
- 18 PLAYSKOOL - THE PERFECT SCHOOL START FOR YOUR CHILD
- 20 FUN FOR KIDS AGE 3-5
- 22 SUMMER CAMPS AGE 3-17
- 24 KARATE & GYMNASTICS
- 25 FUN FOR KIDS AGE 6-12
- 28 OPEN GYM
- 29 JUST FOR TEENS
- 30 FUN FOR ADULTS
- 33 FUN FOR SENIORS



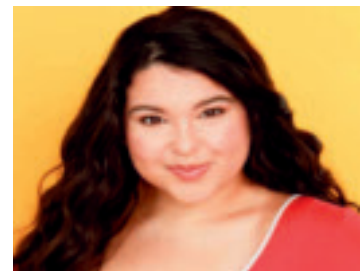
- 35 LANGUAGES & RED CROSS CLASSES
- 36 SPECIAL EVENTS
- 38 JULY 3 FIREWORKS
- 39 SSSRA
- 40 GARDEN PLOTS & BIKE SHARE
- 41 PARK & ROOM RENTALS
- 43 PAWS N PLAY DOG PARK
- 44 IMPORTANT INFO
- 47 REGISTRATION FORMS
- 51 PARK DIRECTORY

Find your fun and make it easy! Enroll online at www.lanoakparkdistrict.org Questions? 708-474-8552

Welcome our new dance teacher!

Cat Novella brings basic instruction, as well as some fun, to her classes. Little Dancers (3-5) will learn ballet and jazz, kids (6-12) will love hip hop and jazz, teens will master salsa and hip hop, and adults will enjoy something a bit different and fun with bachata and heels.

Look for Cat's classes in the age sections of this brochure.
ATTENTION KIDS - Join Cat for Cheer Camp and Dance Camp this summer!



Over 50 Years of Excellence

Contact Us
708-868-0074

CALUMET CITY PLUMBING
EST. 1967



Visit and enjoy...

DESTINATION PARKS

The Lan-Oak Park District owns and maintains 19 parks in the Lansing community offering residents many options for outdoor recreation. Smaller parks nestled in neighborhoods are sure to offer playgrounds, a little open space, and perhaps another common play amenity. Some larger parks, however, offer something special not found in any other Lansing park. These parks are your community destination for some very specific fun!



Lions Park is home to the first all-inclusive Lansing playground. All kids want to play.



Grab your smart phone for our interactive playground at Oakley Park - download BIBA free and enjoy some technology fun.



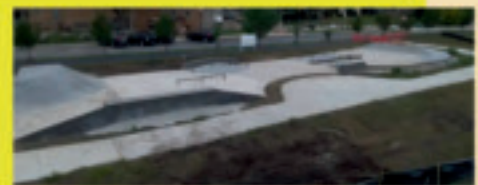
With it's whimsical playground and storybook walking path feature, Van Laten Park is a big favorite for kids and parents alike.



Lan-Oak Park offers our tallest, our biggest, our most exciting playground with the separate dedicated and fenced Just My Size Play Lot for ages 2-5. A fenced area for horseshoes and bags completes the fun.



The Penny Greenway, a walking/biking path constructed and maintained by the park district, winds through Lansing starting north at the Calumet City line and extending to the Indiana state line. Three miles of peaceful path awaits your next outing.



NEW!! Park Plaza is the place for a 6700 square foot molded concrete skatepark including ramps, basins impressive obstacles, park shelter, BMX pump track, and so much challenging fun! Come downtown for this exciting park and enjoy the local businesses near by.

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 bocce courts. Check out bocce equipment at the park district.



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



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



Two 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.



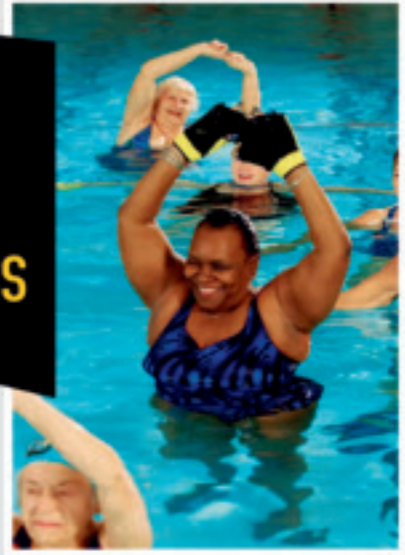
Visit Lan-Dak Park to enjoy three new sand volleyball courts! Benches, lights, a beautiful park setting, and a bunch of fun await a group of friends looking for some friendly competition under the sun.



JOIN EISENHOWER FITNESS



**CYBEX
SCI-FIT
PRECOR
LIFE 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

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.

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 June 19 and August 21. 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.

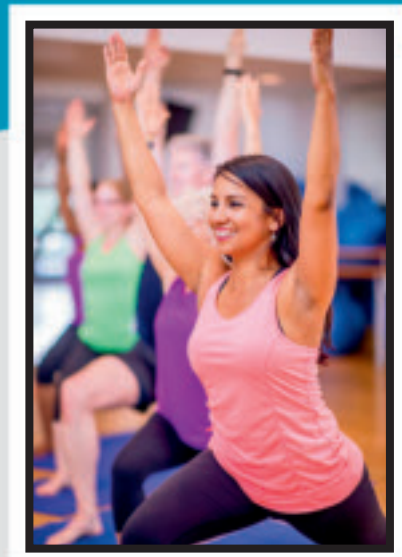
VISIT US DAILY - Gym Only \$7.00(R) \$12.00(NR) Fitness Center Only \$12.00(R) \$20.00(NR) Gym & Fitness Center \$17.00(R) \$29.00(NR) The gym is open when not being used for a program or rental. Call first to ask about gym availability. No refunds for walk in fees.

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



Butts & Guts

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

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

Section#:01 May 28-July 2 Section#:02 July 16-August 20
 Time: 7:00-7:45pm Day: Tuesday

3,2, Run!

Join us in this non-intimidating environment for running, socializing and meeting new people. We will begin with a few warm-up techniques, run different routes together, and cool down with stretches. Mileage options will differ depending on the day from 1.5 miles up to 5 miles. Watch your endurance and times improve, while meeting and socializing with new people in this running club. You will run with good company. All paces are welcome. Run for your life! Age 18 & Up

Program#: 229021 Min/Max: 3/10
 Fee: \$15.00(R), \$20.00(NR)
 Registration Deadline: July 15

Section#: 01 July 22- August 26
 Time: 1:00-2:00pm 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#: 239014 Min/Max: 6/15 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 June 4-July 9 Section#:02 July 23- August 27
 Time: 10:00-11:00am Day: Tuesday

Mat Pilates

While Pilates is high-intensity, Mat Pilates is great for beginners. It's low-impact, while building strength, improving posture, and supporting a mind-body connection. As one of the oldest and most proven methods, Mat Pilates will stretch and strengthen, especially your core which increases stamina and power. Bring a water bottle and wear flexible clothing. Age 13 & Up

Program#: 232230 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 June 11- July 16
 Section#: 02 July 30- September 3
 Time: 6:00-6:45pm Day: Tuesday

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#: 232200 Min/Max: 6/15
 Fee: \$45.00(R), \$50.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 June 20- August 1*
 Section#: 02 August 15- September 19
 Time: 7:00-8:00pm Day: Thursday
 *No class July 4



Step Aerobics

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#: 232285 Min/Max: 6/15
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 26-August 7*
Section#: 02 August 21-September 25
Time: 5:30-6:30pm Day: Wednesday
*No class July 3

Tai Chi

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

Program#: 287210 Min/Max: 6/15
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 June 3-July 8
Section#: 02 July 22-August 26
Time: 8:30-9:30am Day: Monday

Stretch & Balance

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

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

Section#:01 May 28-July 2
Section#:02 July 16-August 20
Time: 8:00-8:45am 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#: 231002 Min/Max: 6/15
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 13-July 25*
Section#: 02 August 8-September 12
Time: 6:00-6:45pm Day: Thursday
*No class July 4

Spin y Fit

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

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

Sección#:03 4 de junio-9 de julio
Sección#:04 23 de julio-27 de agosto
Hora: 5:00-5:45pm Día: Martes

BEST DEAL IN THE AREA!! **JULY**
BUY ONE GET ONE FREE

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

BUY AN INDIVIDUAL 6-MONTH FITNESS MEMBERSHIP, ADD ANOTHER PERSON FREE NO INITIATION FEE - ONLY IN JULY 2024 SO HURRY!!

EISENHOWER FITNESS CENTER
2550 178TH STREET, LANSING, ILLINOIS 708-474-8552

Chair Fitness

This program is instructed by an attendant. Chair Dancing 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. Ages 62 & Up

Program#: 298115 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 June 5-July 10 Time: 9:00-9:45am

Section#: 02 July 24-August 28 Day: Wednesday

Chair Yoga

Section#: 03 June 5-July 10 Time: 10:00-10:45am

Section#: 04 July 24-August 28 Day: Wednesday

Senior Spin

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

Program#: 231105 Min/Max: 6/8

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

Registration Deadline: One week before the start of each section

Section#: 01 June 14-July 19

Section#: 02 August 2-September 6

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

Stronger Seniors

Are you having some difficulty moving around as you age? As we age our joints become less flexible making it difficult to complete certain everyday tasks. This program will help seniors stretch to improve their flexibility and range of motion. We'll add some strength work to improve your ability to be stable and balanced, to stay mobile, to go up and down stairs, to squat and pick something up, and to play with your grandchildren! Ages 62 & Up

Program#: 239023 Min/Max: 3/10

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

Registration Deadline: One week before the first day of the section.

Section#: 01 June 7- July 12

Section#: 02 July 26- August 30

Time: 10:00-10:50am Day: Friday

Senior Fitness

Never Too Late To Feel Great.

Senior Fitness Plus

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

Program#: 271001 Min/Max: 6/20 Fee: \$73.00(R), \$78.00(NR)

Registration Deadline: One week before the start of each section

15% discount for Fitness Center pass holders

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

*No class on May 27

Wall Pilates

Have you been feeling achy and low energy as you get older? Try this program offering low-impact and gentle exercises tailored explicitly for seniors like you. We'll enjoy a wide range of exercises and routines to prevent boredom and maintain motivation. This is a beginner-friendly exercise class targeting the upper body, core, and lower body to improve your balance, mobility, strengthen your body, release pain, relax your muscles and improve your posture. Age 62 & Up

Program#: 232260 Min/Max: 3/10

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

Registration Deadline: One week before the first day of the section.

Section#: 01 June 4-July 9

Section#: 02 July 23- August 27

Time: 10:30-11:15am

Day: Tuesday



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#: 239008 Min/Max: 6/20

Fee: \$40.00(R), \$45.00(NR) Silver Sneakers/Renewed Active members are FREE

Registration Deadline: One week before the start of each section

Section#: 01 July 15- August 19

Section#: 03 June 26- July 31

Section#: 05 July 11- August 15

Section#: 02 September 2- October 7

Section#: 04 August 14-September 18

Section#: 06 August 29- October 3

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

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

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

Water Fitness

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#: 229023 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 June 29- August 3 Section#:02 August 17- September 21 Time: 8:00-8:45am Day: Saturday

Aqua Arthritis

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

Program#: 239006 Min/Max:6/15 Fee: \$42.00(R), \$47.00(NR)

Registration Deadline: One week before the start of each section 15% discount for Fitness Center pass holders

Section#:01 July 15- August 19 Section#: 02 September 2-October 7 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#: 232240 Min/Max: 6/15

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

Registration Deadline: One week before the start of each section

Section#:01 June 5-July 17*

Section#:02 July 31-September 4

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

*No class July 3

Section#:03 July 15-August 19

Section#: 04 September 2-October 7

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#: 265140 Min/Max: 6/15

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

Registration Deadline: One week before the start of each section
15% discount for Fitness Center pass holders

Section#:01 July 15- August 19

Section#:02 September 2- October 7

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

Section#:03 June 5- July 10

Section#:04 July 24- August 28

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 – Preschool

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

Program#: 272034 Min/Max: 6/6 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: June 13

Section#:	Date:	Age:	Time:	Day:
01	June 20-August 15	Level 1	4:00-4:30pm	Thursday
02	June 20-August 15	Level 2	4:30-5:00pm	Thursday
03	June 20-August 15	Level 3	5:00-5:30pm	Thursday

* No class on July 4th.

Swim Lessons – Youth

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

Program#: 272035 Min/Max: 6/6 Fee: \$62.00(R), \$67.00(NR)
Registration Deadline: One week before the start of each section

Section#:	Date:	Age:	Time:	Day:
01	June 18-August 6	Level 1	4:00-4:45pm	Tuesday
02	June 18-August 6	Level 1	4:45-5:30pm	Tuesday
03	June 18-August 6	Level 2	5:30-6:15pm	Tuesday
04	June 19-August 14*	Level 3	4:00-4:45pm	Wednesday
05	June 19-August 14*	Level 4	4:45-5:30pm	Wednesday

* No class on July 3th.

Swim Lessons – Teen & Adult

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

Program#: 272036 Min/Max: 6/10
Fee: \$62.00(R), \$67.00(NR)
Registration Deadline: June 12

Section#:01 June 19-August 14* Time:5:30-6:15pm
Day: Wednesday * No class on July 3rd.

www.lanookparkdistrict.org

Parent and Child Aquatics

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

Program#: 221085 Min/Max: 6/10
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: June 13

Section#:01 June 20-August 15* Level 1 & 2
Time: 5:30-6:00pm Day: Thursday

* No class on July 4th.

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

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 fun and exciting class. Parent participation is required. Age 12-36 months.

Program: 210001 Min/Max: 5/7 Fee: \$51.00(R), \$56.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 11-July 9 Time: 10:00-10:45am Day: Tuesday
Section#:02 July 19-August 16 Time: 4:00-4:45pm Day: Friday

NEW! Dance It Out with Mom!

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 will be able to dance with their mom. Age 2-3.

Program: 200115 Min/Max: 6/8 Fee: \$39.00(R), \$44.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 4-July 2 Time: 10:15-11:00am Day: Tuesday
Section#:02 July 18-August 15 Time: 5:15-6:00pm Day: Thursday

Tot's Open Gym

Come and play with us in this tot's open gym. Get little ones to experience the joy of having fun in a new environment with familiar toys, playing games, and socializing with other participants. Age 12 months-36 months.



Program: 200185 Min/Max: 5/9 Fee: \$33.00(R), \$38.00(NR)
Registration Deadline: One week before the start of the section.

Section#:01 June 13-July 18*
Time: 9:00-9:45am Day: Thursday *No class July 4

ALL PARENT-TOT CLASSES REQUIRE PARENT PARTICIPATION WITH THEIR CHILD

Colors and Shapes It's never too early to start learning educational concepts. We'll teach colors and shapes with fingerplays, songs, art, games, and center exploration. So much fun - so much to learn! Age 24-36 months.

Program: 200135 Min/Max: 6/8 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 3-July 1 Time: 10:00-11:00am Day: Monday
Section#:02 July 11-August 8 Time: 4:30-5:30pm Day: Thursday



Bean Bag Boogie Little ones love to play with bean bags! Kids will enjoy music, games, counting, and healthy movement all while having a boogie great time! Come join the fun! Age 2-3.

Program: 200111 Min/Max: 6/8 Fee: \$37.00(R), \$42.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 4-July 2 Time: 11:15-12:00pm Day: Tuesday
Section#:02 July 12-August 9 Time: 4:15-5:00pm Day: Friday

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

Program#: 221085 Min/Max: 6/10
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: June 13

Section#:01 June 20-August 15* Level 1 & 2
Time: 5:30-6:00pm Day: Thursday
* No class on July 4th.

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Shake, Rattle, and Roll!

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

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

Section#:	01	June 7-July 5	Age:	6-18 months
Time:		1:30-2:30pm	Day:	Friday
Section#:	02	June 10-July 8	Age:	18-36 months
Time:		9:00-10:00am	Day:	Monday
Section#:	03	July 17-August 14	Age:	18-36 months
Time:		5:00-6:00pm	Day:	Wednesday

2 & 3 School for Me

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

Program: 200131
 Min/Max: 6/8
 Fee: \$60.00(R), \$65.00(NR)
 Registration Deadline: June 10

Section#:
 01 | June 17-August 5 | Time: | 11:00-12:00pm | Day: | Monday |

Busy Bees

Bring your busy bee for lots of seasonal fun! Through ideas, song, rhymes, movement, and art activities. Busy Bees will encourage kids to discover the seasons with their senses! Discover just how sensational seasons can be through the eyes of your child. Age 2-3.

Program: 200113
 Min/Max: 6/8
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: June 4

Section#:
 01 | June 12-July 10 | Time: | 10:00-10:45am | Day: | Wednesday |

QUESTIONS?
708-474-8552

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.

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

Adult-Tot Soccer

Section#:
 01 | Program: | 227103 | Date: | June 6-July 11* | Time: | 3:00-3:45pm | Day: | Thursday |

*No class July 4

Lil Dribblers Basketball

Section#:
 01 | Program: | 227105 | Date: | June 5-July 3 | Time: | 10:15-11:00am | Day: | Wednesday | Age: | 3 years old only |

Adult-Tot Baseball

Section#:
 01 | Program: | 227104 | Date: | June 3-July 1 | Time: | 2:00-2:45pm | Day: | Monday | Location: | Lan-Oak Fields || Section#: | 02 | Date: | July 11-August 8 | Time: | 5:00-5:45pm | Day: | Thursday | Location: | Lan-Oak Fields |

Section#:
 02 | Program: | 227103 | Date: | July 15-August 12 | Time: | 3:00-3:45pm | Day: | Thursday |

Section#:
 02 | Program: | 227105 | Date: | July 16-August 13 | Time: | 4:15-5:00pm | Day: | Thursday | Age: | 3 years old only |



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 18-36 months.

Program: 200007
 Min/Max: 6/10
 Fee: \$47.00(R), \$52.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:
 01 | June 5-July 3 | Time: | 1:00-1:45pm | Day: | Wednesday || Section#: | 02 | July 18-August 15 | Time: | 5:15-6:00pm | Day: | Thursday |

Five Little Monkeys

Young children love to hear silly songs and rhymes with joyful parents encouraging them. Enjoy this favorite with your child as they combine fun with memorization, rhyming, and the motor activities that accompany this classic childhood favorite. Each week will have those pesky monkeys in a different misadventure while parents and tots enjoy simple monkey related art. Age 18-24 months.

Program: 200117 Min/Max: 6/8
 Fee: \$44.00(R), \$49.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:
 01 | June 7-July 12 | Time: | 4:00-4:45pm | Day: | Friday |

Fitness in a Flash

Little superheroes will love this superhero themed fitness program. Girls and boys will love choosing a superman flash exercise, practicing the superhero exercise, and playing fun games just right for superhero training. All participants will receive a superhero mask to wear while getting superhero fit! Age: 3-5

Program#: 210033 Min/Max: 4/6
 Fee: \$20.00(R), \$25.00(NR)
 Registration Deadline: July 3

Section#:01 July 11-August 8
 Time: 3:15-4:00pm
 Day: Thursday

Fit Kids

The Center for Disease Control recommends that children ages 3 to 5 years be active throughout the day for growth and development. We'll make fitness fun with lively music, tools like scarves, bean bags, and a parachute, and games that your kid will love! Ensure that your child grows up healthy and strong. Age 3-5.

Program#: 210042 Min/Max: 3/8
 Fee: \$25.00(R), \$30.00(NR)
 Registration Deadline: June 27

Section#:01 July 3-July 31
 Time: 11:45-12:30pm
 Day: Wednesday

Go Yoga (Little Yogis)

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

Program#: 210090 Min/Max: 6/8
 Fee: \$30.00(R), \$35.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 June 18-July 23
 Section#: 02 August 6- September 10
 Time: 9:00-9:45am Day: Tuesday

QUESTIONS?
708-474-8552

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SUMMER CAMPS FOR KIDS
PAGES 22-23



Aqua Blast Come join the fun at the indoor pool for our kids water aerobics class. This exhilarating aqua workout uses fun and athletic moves in shallow water for kids. This is a fun way to get into shape. This class focuses on a beginner's aqua program designed for kids. Class Requirements: Aqua Shoes (not Aqua Socks) Ages 8-12

Program#: 210200 Min/Max: 6/25
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 June 29- August 3 Time: 9:00-9:45am
 Section#: 02 August 17- September 21 Day: Saturday

Hop and Scoot! A unique, fun fitness experience Kids love the bounciful bliss of Hoppity balls and scooters are fun and energetic! We'll combine them for this joyful fitness program. Bust out your gym shoes as we scoot and hop into fun games & activities focusing on strength, balance, cooperation, and fitness development! Age 6-8

Program#: 210235 Min/Max: 3/8 Fee: \$25.00(R), \$30.00(NR)
 Registration Deadline: One week before the first day of the section.

Section#: 01 June 6-July 18* Section#: 02 August 1- September 5
 Time: 3:45-4:30pm Day: Thursday *No class July 4

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

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

Section#: 01 June 5-July 10 Section#: 02 July 24-August 28
 Time: 4:00-4:45pm Day: Wednesday

Kids on the Ball Fitness balls are big, colorful, and inviting for kids making them perfect for fitness that is fun. We'll get out the balls and enjoy activities promoting balance, coordination, rhythm and dance, flexibility, muscular strength and cardiorespiratory fitness, manipulative skills, and even games. Age 8-12

Program#: 210180 Min/Max: 3/8 Fee: \$25.00(R), \$30.00(NR)
 Registration Deadline: One week before the first day of the section.

Section#: 01 June 5-July 10 Section#: 02 July 24-August 28
 Time: 3:45- 4:30 pm Day: Wednesday

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

3-day Mon/Wed/Fri Mornings 311018-01

3-day Mon/Wed/Fri Afternoons 311018-02

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

2-day Tues/Thurs Mornings 311018-03

2-day Tues/Thurs Afternoons 311018-04

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



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Little Dancers

Start your little dancer with the basics. This class will teach the fundamentals of ballet & jazz. New ballerinas will shine in this welcoming and fun environment. Age 4-6.



Program: 210113 Fee: \$65.00(R), \$70.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 4-July 16* *No class July 9
Section#:02 July 23-August 27
Time: 12:30-1:30pm Day: Tuesday

Strictly Self Defense: Preschool Self Defense

We are excited to team up with Lindsey of Strictly Self Defense. In this class the child must attend with a parent. In addition to learning simple self-defense techniques, the self-defense training will include discussion of self-defense related topics that encourage attendees to make good decisions, to speak up when something does not seem right and to use physical techniques only if there is a real threat. All attendees must sign the electronic waiver in order to participate. Attendees under the age of 18 must have a parent or guardian complete the waiver. Please complete the electronic waiver in advance of the event. Age 3-6.

Program: 210072 Min/Max: 6/10 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 14 Time: 3:30-4:30pm Day: Friday
Section#:02 July 18 Time: 4:30-5:30pm Day: Thursday

DON'T MISS: PRESCHOOL FITNESS FUN PAGE 17
PRESCHOOL GYMNASICS & KARATE PAGE 24
PRESCHOOL SWIM LESSONS PAGE 14
SUMMER CAMPS FOR AGES 3-5 PAGE 23
LOOKING FOR A PRESCHOOL?
PLAYSKOOL IS THE PERFECT SCHOOL
START FOR YOUR CHILD PAGE 18-19

NEW! Space Explorers

In this class we will explore the depths of space. We will learn about stars, meteors, planets, constellations and galaxies in a fun and interactive way. We will do a craft, worksheet and sing songs about space. Join us as we blast off into space! Age 3-5.

Program: 210052 Min/Max: 6/8 Fee: \$48.00(R), \$53.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 7-July 5 Time:10:00-11:00am Day: Friday
Section#:02 July 18-August 15 Time:5:00-6:00pm Day: Thursday

Kids First Steps Balloon Ball

Catch on! Balloon Ball is played like soccer with kids being allowed to pick up the ball and run with it, throw it, or kick it into one of the two goals. The action is faster, with fewer rules than soccer. Kids will be taught coordination, balance and the importance of exercise. Kids will love this game created by Kids First. Age 3-5.

Program: 210030
Min/Max: 6/8
Fee: \$37.00(R), \$42.00(NR)
Registration Deadline: June 25

Section#:01 July 2-August 6
Time: 11:45-12:30pm
Day: Tuesday

Bitty Basketball

This instructional class will teach tykes the rules and 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: 210031
Min/Max: 4/8
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 11-July 9
Time: 3:00-3:45pm
Day: Tuesday
Section#:02 July 22-August 19
Time: 4:15-5:00pm
Day: Monday

Bookworms

While still babies, kids respond to hearing a story. So, let's extend that love of reading and get together for a summer book club. Join us each week as we stretch a story by reading a new book, doing a craft, and enjoying fun story compatible activities. Kids will keep their book each week to build their library at home. Ages 3-5.

Program: 210040
Min/Max: 5/8
Fee: \$28.00(R), \$33.00(NR)
Registration Deadline: June 7

Section#:01 June 14-July 12
Time: 10:00-11:00am
Day: Friday

Almost Ready to Read

The early childhood classroom is all about teaching literacy! We'll cover rhymes, sounds, syllables, letter recognition, letter identification, letter formation, and more! We'll help the students understand how a book works. Before you know it, students will be almost ready to read. Age 3-5.

Program: 210048
Min/Max: 6/8
Fee: \$43.00(R), \$48.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 11-July 9
Time: 11:00am-Noon
Day: Tuesday
Section#:02 July 18-August 15
Time: 4:30-5:30pm
Day: Thursday

QUESTIONS? 708-474-8552

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. Age 3-5

Program#: 210041 Min/Max: 4/8 Fee: \$60.00(R), \$65.00(NR)
Registration Deadline: May 30

Section#: 01 June 6- August 15* Time: 11:45-12:30pm
Day: Thursday *No class July 4

Painting on the Patio

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

Program: 210130
Min/Max: 6/8
Fee: \$44.00(R), \$49.00(NR)

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

Section#:01 June 25-July 23
Time: 3:15-4:15pm
Day: Tuesday
Section#:02 July 19-August 16
Time: 5:00-6:00pm
Day: Friday

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: 210056 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: June 3-July 8
Time: 12:00-1:00pm
Day: Monday
Section#:02 Letters N thru Z
Date: July 16-August 20
Time: 3:30-4:30pm
Day: Tuesday

NEW! STEM Science

Solutions We'll get excited about STEM through classic nursery rhymes. Children will explore different ways to keep Humpty Dumpty from breaking after a fall, design a system for Jack and Jill to bring their water down the hill, and more. Let's spark a love for science in little learners. Age 3-5.

Program: 210094
Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 5-July 3
Time: 9:00-10:00am
Day: Wednesday
Section#:02 July 15-August 12
Time: 5:00-6:00pm
Day: Monday



Micro Soccer U6 This class is for children interested in learning the exciting sport of soccer. We'll cover some basic soccer skills such as shooting, dribbling, and foot-eye coordination, but the focus will be teaching players how to play an organized game, using a 3 v 3 format. T-shirts are provided. Age 4-5.

Program: 287025 Min/Max: 6/12 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: June 17

Section#:01 June 24-July 22 Time: 11:00am-Noon Day: Monday




The Basics

Become a big slugger! The basics will teach the fundamental of baseball and softball! Kids will play with softcore baseballs practicing batting, throwing, catching, and running the bases! Baseball gloves are required! Ages 3-6.

Program: 287005 Min/Max: 4/7 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section.
Location: Lan-Oak Park

Section#:01 June 4-July 2 Time: 3:30-4:30pm Day: Tuesday
Section#:02 July 11-August 8 Time: 10:00-11:00am Day: Thursday



NEW!
Checkmate Jr.

This class will teach preschoolers the game of chess through stories. Each week, we will learn about a new chess piece through a fun, adventurous story and end by practicing movement and strategic play. Age 4-6.

Program: 210130
Min/Max: 6/8
Fee: \$48.00(R), \$53.00(NR)
Registration Deadline: May 30

Section#:01 June 6-July 11*
Time: 4:30-5:30pm
Day: Thursday
*No class July 4



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 own 8" teddy bears to take home.

Program#: 210046 Min/Max: 6/12 parent/child couples
Fee: \$26.00(R), \$30.00(NR) Registration Deadline: June 13

Friday, June 21 5:30-6:30pm

**SUMMER
INTEREST
CAMPS**
Join the Fun!

Cheer Camp

Join us in summer cheer camp. Participants will learn cheers, basic stunts, related games, and cheer related crafts. All will receive poms to take home. Age 6-12.

Program#: 287222 Min/ Max: 6/8
Fee: \$71.00(R), \$76.00(NR)
Registration Deadline: One week before the start of each section.

Section#: 01 June 17-June 21
Section#: 02 July 22-July 26
Time: 3:30-5:00pm
Day: Monday-Friday

Total Sports Camp

Learn the basics of baseball/softball, volleyball, soccer, floor hockey, and basketball! We'll learn the rules of each sport, practice drills, and possibly a game or two! All gear provided. Age 6-10

Program#: 276201
Min/ Max: 10/20
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: July 15

Section#: 01 July 22- July 26
Time: 3:30-5:00pm
Day: Monday-Friday

CSI Camp

You're on the case! We'll engage kids in authentic science learning while exploring the fascinating world of forensic science - examining clues, analyzing evidence, interpreting data to identify the prime suspect in crimes such as forgery, deception, vandalism, theft, and petty larceny through hands-on experiences of fingerprinting, handwriting analysis, reading body language, chromatography, and shoe print analysis. For Grades 6-8

Program#: 276180 Min/ Max: 6/10 Fee: \$63.00(R), \$68.00(NR)
Registration Deadline: June 18
Section#: 01 June 25-July 16 Time: 4:00-5:30pm Day: Tuesday

Crafty Creations Camp

This is a camp for crafty kids! We'll create a new unique art project every day to take home including jewelry making, watercolor and more. Age 7-12.

Program#: 276150 Min/ Max: 6/10
Fee: \$66.00(R), \$71.00(NR)
Registration Deadline: One week before the start of each section.

Section#: 01 June 17-June 21
Section#: 02 July 15-July 19
Time: 3:30-5:00pm Day: Monday-Friday

Explore Archery Camp

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

Program: 276010 Min/Max: 6/20
Fee: \$55.00(R), \$60.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 24-June 28
Section#:02 July 15-July 19
Time: 10:00-11:30am
Day: Monday/Wednesday/Friday

Summer Training Camp

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

Program#: 276300 Min/ Max: 6/10
Fee: \$46.00(R), \$51.00(NR)
Registration Deadline: June 10

Section#: 01 June 17- June 21
Time: 3:30-5:00pm Day: Monday-Friday

NEW! Dance Camp

Each day we will learn about jazz, ballet, hip hop and more and enjoy a dance related craft. Join us for this new summer dance camp! Age 6-12.

Program#: 287001 Min/ Max: 6/8
Fee: \$71.00(R), \$76.00 (NR)
Registration Deadline: One week before the start of each section.

Section#: 01 June 24-June 28
Section#: 02 July 29-August 2
Time: 3:30-5:00pm Day: Monday-Friday

Kenny Barnes DAYONE Basketball Camp

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

Program#: 276200 Min/ Max: 10/20
Fee: \$72.00(R), \$77.00(NR)
Registration Deadline: June 17

June 24-June 28 Day: Monday-Friday
Section#:01 Time: 4:00-6:00pm Ages 6-10
Section#:02 Time: 6:00-8:00pm Ages 11-17

Golden Girls of History Camp

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

Program#: 276110 Min/ Max: 6/8
Fee: \$32.00(R), \$37.00(NR)
Registration Deadline: June 17
Section#: 01 June 24-June 28
Time: 3:30-5:00pm Day: Monday-Friday

Babysitter's Training Camp

Babysitters Training provides youth the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid.
Ages 11-15.

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

Section#:01 June 17-June 21
Time: 8:45-11:45am
Day: Monday-Thursday

Camp Wewannago - our very popular summer day camp!

Camp Wewannago welcomes kids entering grades 1st through 5th in the fall. Children will have a ton of fun during this energy fill summer camp. We have a variety of activities planned for each themed week of camp. Some of the activities include crafts, games, sports, swimming, special activities, walking and "in-house" field trips! Each child is asked to bring a lunch, snack, and reusable water bottle with their name on it every day of camp. All campers will receive a t-shirt. You will receive a camp parent handbook at the time of registration. Campers will meet outdoors 3 days each week, weather permitting, in Lan-Oak Park under the Arcadia Shelter. Two days a week, the camp will meet in the Eisenhower Center. Registration will be available online or by dropping off a registration form at Lan-Oak Park District. Please note: Registration is on a first-come, first-serve basis. Camp registration opens on April 1, 2024.

Emergency Form and Permission Slip

Camp Emergency Forms and Swimming/Field Trip Permission Form must be completed and turned in one week before the camper starts their session. The forms are available online at www.lanoakparkdistrict.org or the Lan-Oak Park District.

Scheduled Trips/In-House Activities: June 19: In house water day
 June 26: Thunderbolts Splash Day July 3: Beggars Pizza Day – Make a pizza
 July 17: Lincoln Park Zoo July 24: Reptile Show July 31: In house water day

Program: 276000 Min/Max: 16/48 Fee: \$415.00(R), \$420.00(NR)
 Registration Deadline: One week before the start of each section.

Camp Wewannago meets Monday through Friday, 9:00am-3:00pm
 *No camp July 4
 Section#:01 Date: June 10-July 5* Section#:02 Date: July 8-August 2



JOIN THE FUN!



SWIM EVERY WEEK!

LOTS OF FUN FOR LITTLE CAMPERS AGE 3-5
ENROLL IN ALL FOUR CAMPS
FOR AN ALL DAY OPTION



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

Camp Loads-of-Fun

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

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

Section#: 01 June 10-July 5
 Section#: 02 July 8-August 2
 Time: 9:00am-Noon
 Day: Monday/Wednesday/
 Friday

My ABC Camp

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

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

Section#: 01 June 10-July 5
 Section#: 02 July 8-August 2
 Time: Noon-3:00pm
 Day: Monday/Wednesday/
 Friday

Learning Express

In this camp for preschoolers, we will learn about shapes, numbers and basic math concepts. This camp will teach your preschooler how to add numbers together. We will also do new and exciting art projects and crafts that will help your preschooler learn and have fun at the same time.

Program#: 276160
 Fee: Sec#:01 \$73(R), \$78(NR)
 Fee: Sec#:02 \$83(R), \$88(NR)
 Registration Deadline: One week before the start of each section.

Section#: 01 June 11-July 2*
 *No class July 4
 Section#: 02 July 9-August 1
 Time: 9:00am-Noon
 Day: Tuesday/Thursday

NEW! Under

Construction Camp

Don your hard hat and enjoy hands-on experiences that emulate construction! From floor tile to insulation, little builders will have a blast not only building, but learning about, reading about and singing about construction. join us in this new and exciting camp!

Program: 279001
 Fee: Sec#:01 \$73(R), \$78(NR)
 Fee: Sec#:02 \$83(R), \$88(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 June 11-July 2*
 *No class July 4
 Section#:02 July 9-August 1
 Time: 12:00-3:00pm
 Day: Tuesday/Thursday

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

*No class July 2 *No class July 3

Program#: 221720 Min/Max: 5/20 Fee: \$63.00(R), \$68(NR)
Registration Deadline: One week before the start of each section.

Date/Day	Tuesday	June 4-July 16*
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	June 5-July 17*
Section#:04	5:30-6:30pm	Age 6-8
Section#:05	6:30-7:30pm	Age 8-13
Date/Day	Tuesday	July 23-August 27
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	July 24-August 28
Section#:09	5:30-6:30pm	Age 6-8
Section#:10	6:30-7:30pm	Age 8-13



Preschool Gymnastics

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

Program#: 221700 Min/Max: 5/15 Fee: \$63.00(R), \$68(NR)

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

Section#:01	June 5-July 17	Day: Wednesday	Time: 4:30-5:30pm*
Section#:02	June 4-July 16	Day: Tuesday	Time: 5:30-6:30pm*
*No class July 2 & 3			
Section#:03	July 24-August 28	Day: Wednesday	Time: 4:30-5:30pm
Section#:04	July 23-August 27	Day: Tuesday	Time: 5:30-6:30pm



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#: 221760 Min/Max: 5/20 Fee: \$63.00(R), \$68(NR)

Registration Deadline: One week before the start of each section

Section#:01 June 5-July 17 Section#:02 July 24-August 28 Time: 7:30-8:30pm Day: Wednesday



KARATE CLASSES

Program#: 232001 10-week sessions

Section#: 01, 02, 03

July 22-September 30*

*No class September 2

Fee:\$170.00(R),

\$175.00(NR)



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. The Martial Arts For Life program also addresses improving student reading, math and science skills through martial arts activities & training. We'll introduce several new activities to help students prepare for living healthy lifestyles.



Younger children 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'.

Pre-Teen and Teens will have a program designed to provide 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** Section#: 02

Monday 4:30-5:30pm
Kicking Tots Ages 4-6
Section#: 01

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



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 registration fee. Lessons will be on the half hour and there will be a sign in appointment sheet at the desk when registering. Student chooses their time slot from 4:30pm-7:00pm. Each session is 4 weeks. This program is for all ages. Age 5 & Up.

Program: 214107 Fee: \$78.00(R), \$83.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 17-July 8 Section#:02 July 22-August 12
Section#:03 August 26-September 23* Day: Monday
*No class September 2
Section#:04 June 19-July 17* Section#:05 July 24-August 14
Section#:06 August 28-September 18 Day: Wednesday
*No class July 3

NEW! Reading Music Learning how to read music will help your comprehension, communication, build coordination and your confidence, and make it easier to learn how to play an instrument. Let's learn how to read music. Age 8-12.

Program: 210202 Min/Max: 5/7 Fee:\$47.00(R), \$52.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 11-July 9 Time: 3:15-4:00pm Day: Tuesday
Section#:02 July 16-August 13 Time: 4:15-5:00pm Day: Tuesday

Playing Recorder 1 Recorders are a perfect first musical instrument to learn music. We'll learn the parts of the recorder, finger positions, the proper way to blow into the instrument, and basic music reading. Each child will take home their own recorder. Age 6-9 and 10-12.

Program: 210133 Min/Max: 5/7
Fee: \$56.00(R), \$61.00(NR)
Registration Deadline: One week before the start of each section. *No class July 4

Section#:01 (Age 6-9) June 13-July 18*
Time: 5:15-6:00pm Day: Thursday
Section#:02 (Age 10-12) June 13-July 18*
Time: 6:00-6:45pm Day: Thursday



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. Age 6-12.

Program: 210133 Min/Max: 5/7 Fee: \$52.00(R), \$57.00(NR)
Registration Deadline: July 16

Section#:03 July 23-August 20 Time: 5:00-5:45pm Day: Tuesday



Micro Soccer U10

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

Program: 287020 Min/Max: 10/20
Fee: \$50.00(R), \$55.00(NR) Registration Deadline: July 3

Section#:01 July 10-August 7 Time:3:00-4:00pm Day:Wednesday

Lego Mania

Does your child like to play with Legos? Then this is the class for you! Come out to Lego Mania and complete to be weekly winner and cumulative winner of your weekly building activities! Prizes will be awarded! Popcorn and juice will be served weekly! Come and have a Lego-tastic time with us!

Program#: 232118 Min/Max: 6/8 Fee: \$44.00(R), \$49.00(NR)
Registration Deadline:
One week before the start of each section.

Section#:01 (Age 6-7) June 5-July 10*
Time: 2:00-3:00pm Day: Wednesday
*No class July 3
Section#:02 (Age 6-7) June 18-July 16
Time: 5:30-6:30pm Day: Tuesday
Section#:03 (Age 8-9) July 8-August 5
Time: 1:00-2:00pm Day: Monday
Section#:04 (Age 8-9) July 24-August 21
Time: 6:00-7:00pm Day: Wednesday



A Night at the Movies

Grab your friends for a fun movie night! Each time there will be a different movie shown for an evening of fun and entertainment! Kids will enjoy the movie, snacks, games, and more! Come have a fun movie night with us! Age 8-12.

Program#: 210134 Min/Max: 6/8 Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 11-July 9 Time: 5:00-7:30pm Day:Tuesday
Section#:02 July 19-August 16 Time: 4:00-6:30pm Day: Friday



Checkmate!

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

Program#: 221054 Min/Max: 6/8
 Fee: \$45.00(R), \$50.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 June 10-July 8
 Time: 3:15-4:15pm
 Day: Monday
 Section#:02 July 17-August 14
 Time: 5:00-6:00pm
 Day: Wednesday

Bracelets, Barrettes, and Books!

Design your own jewelry. Freshen up with a hair barrette. Remember the good old days by scrap booking. Join us for a two-hour creative party just for girls. Kids will receive a blank memory book, scrapbooking supplies, bracelet kit, and barrette kit. Bring some photos to include in your book. We'll enjoy popcorn and juice. Age 6-10.

Program: 221002 Min/Max: 6/8
 Fee: \$26.00(R), \$31.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 June 13
 Time: 5:00-7:00pm Day: Thursday
 Section#:02 July 10
 Time: 3:00-5:00pm Day: Wednesday
 Section#:03 August 5
 Time: 4:00-6:00pm Day: Monday

Strictly Self Defense: Youth We are excited to team up with Lindsey of Strictly Self Defense. Kids will learn simple self-defense techniques, self-defense training will include discussion of self-defense related topics that encourage attendees to make good decisions, to speak up when something does not seem right and to use physical techniques only if there is a real threat. All attendees must sign the electronic waiver in advance in order to participate. Attendees under the age of 18 must have a parent or guardian complete the waiver. Age 7-12

Program: 210192 Min/Max:6/10 Fee:\$48.00(R), \$53.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 July 18 Time: 6:00-7:30pm Day: Thursday
 Section#:02 August 14 Time: 4:30-6:00pm Day: Wednesday



Learn Cursive Writing

Learning cursive is good for children's fine motor skills, and writing in longhand generally helps students retain more information and generate more ideas- not to mention allowing kids to sign

their name. Join us for this beginner class in cursive writing that will delight kids as they practice cursive writing, write inspirational quotes, and even learn a few jokes and riddles (in cursive writing, of course). Grades 2-3. *No class July 4

Program#: 210191 Min/Max: 6/8 Fee: \$43.00(R), \$48.00(NR)
 Registration Deadline: One week before the start of each section.

Section#: 01 June 13-July 18* Time :4:30-5:30pm Day: Thursday

Outdoor Pickleball for Kids Pickleball is a hybrid game combining tennis, ping pong, and badminton that is taking the world by storm. Pickleball helps children improve balance and agility and is just plain fun. This is an outside beginner course. Ages 9-12.

Program: 210175 Min/Max: 6/8 Fee: \$48.00(R), \$53.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 June 3- July 8 Section#:02 July 22- August 26
 Time: 4:00-4:45pm Day: Monday

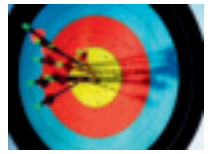
Bring Your Racquet

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 8-12.

Program#: 287006
 Min/Max: 6/9
 Fee: \$35.00(R), \$40.00(NR)
 Registration Deadline: One week before program starts

Section#:01 June 12-July 10
 Time: 11:00-12:00pm
 Day: Wednesday
 Section#:02 July 19-August 16
 Time: 3:00-4:00pm
 Day: Friday

Youth Explore Archery



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

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

Section#: 01 July 10-August 7
 Time: 3:00-4:00pm
 Day: Wednesday

**DON'T MISS: FITNESS FOR KIDS PAGE 17
 GYMNASTICS & KARATE PAGE 24
 GIVE YOUR CHILD A FUN & MEMORABLE SUMMER IN
 SUMMER DAY CAMPS AND SPECIAL INTEREST
 CAMPS PAGES 22-23 SWIM LESSONS PAGE 14
 QUESTIONS? 708-474-8552
 MAKE IT EASY! REGISTER ONLINE
www.lanoakparkdistrict.org**

Youth Badminton

We will go over bad minton rules, work on mechanics, and play this exciting sport. Age 9-12.

Program: 254102
Min/Max: 6/8
Fee: \$20.00(R), \$25.00(NR)
Registration Deadline: July 3

Section#:01 July 11-August 8
Time: 4:00-5:00pm
Day: Thursday

Volleyball Skills Fundamentals

We'll learn volleyball in an organized, but fun environment. Get ready for school team try-outs or just have fun learn bumping, setting, serving, and more. Age 8-11

Program: 222004
Min/Max: 6/12
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 6-July 18*
Section#:02 August 1-September 5
Time: 3:30-4:30pm Day:Thursday
*No class July 4



Wood Carving

Wood carving is back as a popular hobby. We'll create something fun and useful out of wood, improve our concentration, and creativity. Join the fun! Age 9-12

Program#: 221026 Min/Max: 5/7
Fee: \$56.00(R), \$61.00(NR)
Registration Deadline: July 3

Section#:01 July 11-August 8
Time: 4:15-5:00pm Day: Thursday

Total Sports

Enjoy a new sport each week - basketball, soccer, badminton, kickball, pickleball, popular running and group games. We'll acquire new skills and develop confidence. Age 6-9

Program#: 232128
Min/Max: 6/8
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 6-July 18*
Section#: 02 August 1- September 5
Time: 4:00-5:00pm
Day:Thursday
*No class July 4

**SUMMER DAY CAMPS
SUMMER SPECIAL
INTEREST CAMPS
PAGES 22-23**

Summer Book Club

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, enjoying a craft, and fun story compatible activities. Kids will keep their book each week to build their library at home. Age 6-9.

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

Section#:01 June 10-July 8
Time: 3:15-4:15pm
Day: Monday
Section#:02 July 18-August 15
Time: 5:00-6:00pm
Day: Thursday

STEM Science Solutions

Fairy tales are great for allowing children to explore different ways to help the Gingerbread Man cross the river, design sturdy homes for the three pigs, build a wolf-proof fence for Little Red Riding Hood's Grandma's and more. Age 6-8.

Program: 210094 Min/Max: 6/8 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section.

Section#:03 June 7-July 5 Time: 4:00-5:00pm Day: Friday
Section#:04 July 17-August 14 Time: 5:00-6:00pm Day: Wednesday



**FOR AGES
6-12**

So Much Jazz!

Jazz is a fun & expressive form of dance. With upbeat music we will introduce jazz techniques to your future stage star.

Program: 211000 Fee: \$65.00(R), \$70.00(NR)
Registration Deadline:
One week before the start of each section.

Age 7-9

Section#:01 June 5-July 17* *No class July 10
Section#:02 July 24-August 28
Time: 1:30-2:30pm Day: Wednesday

Age 10-12

Section#:03 June 5-July 17* *No class July 10
Section#:04 July 24-August 28
Time: 2:30-3:30pm Day: Wednesday

Hip Hop

Kids will love this cool, age-appropriate class learning basic moves for hip hop while grooving to popular music.

Program: 210220 Fee: \$65.00(R), \$70.00(NR)
Registration Deadline:
One week before the start of each section.

Age 7-9

Section#:01 June 4-July 16* *No class July 9
Section#:02 July 23-August 27
Time: 1:30-2:30pm Day: Tuesday

Age 10-12

Section#:03 June 4-July 16* *No class July 9
Section#:04 July 23-August 27
Time: 2:30-3:30pm Day: Tuesday

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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.**

Salsa The word Salsa means spicy! Salsa originated in Cuba & mixes various Cuban dances with American swing & tap. Age 13-17

Program: 231120 Min/Max: 6/8
Fee Section#:01 and Section#:03: \$55.00(R), \$60.00(NR)
Fee Section#:02 and Section#:04: \$65.00(R), \$70.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 5-July 17* *No class July 3 or July 10
Section#:02 July 24-August 28 Time:5:30-6:30pm Day:Wednesday

Hip Hop Teens will love this cool, age-appropriate class learning basic moves for hip hop while grooving to popular music. Age 13-17.

Program: 210220 Min/Max: 6/8 Fee: \$65.00(R)\$70.00(NR)
Registration Deadline: One week before the start of each section.

Section#:05 June 5-July 17* *No class July 3
Section#:06 July 24-August 28
Time: 12:30-1:30pm Day: Wednesday

NEW! Learn to Use Your Singer Sewing Machine

In this class we will practice threading the machine, controlling the foot pedal for consistent sewing, loading a bobbin, practice in class how to run the machine, practice on scrap fabric, then make a project of some kind. A list of needed sewing supplies will be provided upon registration. Please bring your own sewing machine. Age 16 & Up.

Program#: 241005 Min/Max: 2/12 Fee:\$89.00(R),\$94.00(NR)
Registration Deadline: June 1

Section#:01 June 8 Time: 9:00am-1:00pm Day: Saturday

Teen/Adult Explore Archery Explore Archery is a versatile archery education program that is fun, rewarding, progressive and most important safe. It is designed for all ages and abilities. Explore Archery can be used from start to finish to teach and strengthen basic archery skills. Ages 14 & Up.

Program#: 272005 Min/Max: 6/20 Fee:\$40.00(R), \$45.00(NR)
Registration Deadline: July 3

Section#:01 July 10-August 7 Time: 4:30-5:30pm Day: Wednesday

Strictly Self Defense: Teen/Adult We'll learn simple self-defense techniques, the self-defense training will include discussion of self-defense related topics that encourage attendees to make good decisions, to speak up when something does not seem right and to use physical techniques only if there is a real threat. All attendees must sign the electronic waiver in order to participate. Attendees under the age of 18 must have a parent or guardian complete the waiver. Age 13 & Up

Program: 210192 Min/Max: 6/10 Fee: \$48.00(R),\$53.00(NR)
Registration Deadline: One week before the start of each section.

Section#:03 June 27 Time: 6:00-8:00pm Day: Thursday
Section#:04 August 14 Time: 6:30-8:30pm Day: Wednesday



Teen Pickleball League Pickleball is a fun new sport that is part tennis, part ping pong and part badminton and fun to play! The first week everyone will meet to review the rules of the game and then each week you will be paired up for a fun competition league. You will need to bring your own racquet. Ages 13-17

Program#: 287551
Min/Max: 6/20 Fee: \$38.00(R), \$42.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 June 10-July 15 Time: 5:00pm-6:00pm
Section#: 02 July 22-August 26 Day: Monday



TEEN/ADULT SWIM LESSONS PAGE 14
QUESTIONS? 708-474-8552 MAKE IT EASY! ENROLL ONLINE

Teen Sand Volleyball League Grab your friends, create a fun team name, and sign up for a fun sand volleyball league at Lan-Oak Park. Each week you will play 2 matches (3 sets each). The last week will be a playoff game with each team playing 2 matches until a champion is named. Each person will need to complete a registration form and have a signed waiver prior to playing. Each team must consist of 6 athletes to register. Ages 13-17

Program#: 231110 Min/Max: 3 teams/6 teams
Fee: \$42.00(R), \$47.00(NR) per team
Registration Deadline: One week before the start of each section

Section#:01 June 10-July 15 Section#: 02 July 22-August 26
Time: 6:30pm-7:30pm Day: Monday



ADULT PROGRAMS

NEW! Photo 1 Digital SLR Photography Beginner ANY CAMERA MODEL

You'll start with the basics to give you a good foundation. You'll learn about your camera modes, learn your aperture, shutter speed, depth of field, close-up flower photo, methods of focus and ISO then taking pictures in Manual Mode. At the end of this class, you will have an understanding of your camera and gear so you can use them to their fullest potential. Note: Participants must bring film and 35mm camera that will work in manual mode or digital SLR (removable lens). Age 18 & Up.

Program#: 232015 Min/Max: 2/12
Fee: \$110.00(R), \$115.00(NR)
Registration Deadline: May 26

Section#:02 June 3-June 17
Time: 6:00-8:00pm Day: Monday

NEW! Learn Adobe Photoshop Elements for Beginners

Do you want to learn how to improve your images once you download to the computer? Do you need help starting the downloading first? You will learn the different edit modes to make editing faster and simpler. But what if you want to dive into editing your photos even more? For example, making the photo part black and white? Or blurring a background of the photo that just did not blur that much? This is the class for you! Come join this class to learn all the different ways to edit your photos and improve them or get really creative with the photo! You will learn to practice hands on with your photos. Get answers on the spot while editing your photos. Below is a partial list of what we cover in class. (To name a few). Learn the toolbar, editing RAW photos, blurring backgrounds, making all types of black and white photos - that started color, correct too dark or too bright photos, color correct if photo is too yellow, learn layers, selecting parts of the photo to make changes. Ages 18 & Up. Class will be held via Zoom.

Program#: 232015 Min/Max: 2/12
Fee: \$98.00(R), \$103.00(NR) Registration Deadline: July 22

Section#:03 July 29-August 12 Time: 6:00-8:00pm Day: Monday

NEW! Learn to Use Your Singer Sewing Machine

In this class we will practice threading the machine, controlling the foot pedal for consistent sewing, loading a bobbin, practice in class how to run the machine, practice on scrap fabric, then make a project of some kind. A list of needed sewing supplies will be provided upon registration. Please bring your own sewing machine. Age 16 & Up.

Program#: 241005 Min/Max: 2/12
Fee: \$89.00(R), \$94.00(NR)
Registration Deadline: June 1

Section#:02 June 8
Time: 9:00-1:00pm Day: Saturday



Easy Bake

Join us in this fun class where you will learn about several easy dessert recipes as well as decorating techniques. A fun class where you get to eat your different creations like cookies and cake pops!
Age 18 & Up

Program#: 232013 Min/Max: 3/10
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: One week before the first day of the section.

Section#: 01 June 11-July 16
Section#: 02 July 30-September 3
Time: 1:00-2:00pm Day: Tuesday

Morning Cafe

Join us for a nice, laid-back morning where we will sip on a yummy cup of coffee, chat about current events, and play a card game. Meet new people, invite your friends and give your morning a great start by engaging in good conversation with good people.
Age 18 & Up

Program#: 232121
Min/Max: 3/10
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: May 30

Section#: 01 June 5- July 10
Time: 8:00-8:45am
Day: Wednesday

**CHECK OUT OUR WIDE VARIETY OF FLOOR AND WATER
FITNESS CLASSES ON PAGES 10-13**

Clay It

Let's make beautiful copycat pottery using air dry clay, clay texture paste, or paper clay. These crafts will look like ceramic at a glance and are easy to handle. Try something new where you will be able to use your creativity and imagination to make something extraordinary.
Age 18 & Up

Program#: 232022 Min/Max: 3/10 Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: One week before the first day of the section.

Section#: 01 July 8- August 12
Section#: 02 August 26- September 30* *No class September 2
Time: 4:00-5:00pm Day: Monday

**QUESTIONS? 708-474-8552 ADULT SWIM LESSONS PAGE 14
GET YOUR GARDEN PLOT PAGE 40**



Summer Book Club

A Book and A Cook

Let's put a yummy twist on a traditional book club. Each section we will read a book from author Patti Benning from The Darling Deli series and then have a lively discussion of the assigned reading. The second half of each class will

introduce a new recipe focused on using the star food from the book. See the sections below for the book title. Books and all cooking needs are provided.

Age 18 & Up.

Program#: 232010 Min/Max: 6/10 Fee: \$20.00(R), \$25.00(NR)

Registration Deadline: One week before the start of each section

Section#: 01	Book: Pastrami Murder	June 13-20
Section#: 02	Book: Corned Beef Murder	June 27-July 11*
*No Class July 4		
Section#: 03	Book: Cold Cut Murder	July 18-25
Section#: 04	Book: Grilled Cheese Murder	August 1-8
Section#: 05	Book: Chicken Pesto Murder	August 15-22
Section#: 06	Book: Thai Coconut Murder	August 29-September 5
Time:	Noon- 2:00pm	Day: Thursday

Nutrition Workshop

Learn about different food groups and the importance of good nutrition. We will talk about the roles of different vitamins and minerals and what they do for our body.

We will also learn about light and healthy recipes. Take another step in bettering yourself by engaging yourself in the activities offered in this workshop. We will talk about various ways to nurture the mind, body and spirit through healthy eating and lifestyle choices. Age 18 & Up

Program#: 232018 Min/Max: 3/10 Fee: \$20.00(R), \$25.00(NR)

Registration Deadline: One week before the first day of the section.

Section#: 01	June 5-July 10	Time: 12:00-12:50pm
Section#: 02	July 24- August 28	Day: Wednesday



Strictly Self Defense: Teen/Adult

We are excited to team up with Lindsey of Strictly Self Defense. In addition to learning simple self-defense techniques, the self-defense training will include discussion of self-defense related topics that encourage attendees to make good

decisions, to speak up when something does not seem right and to use physical techniques only if there is a real threat. All attendees must sign the electronic waiver in order to participate. Attendees under the age of 18 must have a parent or guardian complete the waiver. Age 13 & Up.

Program: 210192 Min/Max: 6/10 Fee: \$48.00(R), \$53.00(NR)

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

Section#:03	June 14	Time: 5:00-7:00pm	Day: Friday
Section#:04	August 14	Time: 6:30-8:30pm	Day: Wednesday



ADULT PROGRAMS

Teen/Adult Explore Archery

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

Program#: 272005 Min/Max: 6/20

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

Registration Deadline: July 2

Section#:01	July 10-August 7
Time:	4:30-5:30pm Day: Wednesday

BEST DEAL IN THE AREA!!

JULY

BUY ONE GET ONE FREE

Get Back to Fitness

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

BUY AN INDIVIDUAL 6-MONTH FITNESS MEMBERSHIP, ADD ANOTHER PERSON FREE NO INITIATION FEE - ONLY IN JULY 2024 SO HURRY!!

EISENHOWER FITNESS CENTER
2550 178TH STREET, LANSING, ILLINOIS 708-474-8552



ADULT PROGRAMS

Parent and Child Aquatics

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

Program#: 221085 Min/Max: 6/10
 Fee: \$42.00(R), \$47.00(NR)
 Registration Deadline: June 13

Section#:01 June 20-August 15*
 Level 1 & 2 Time: 5:30-6:00pm
 Day: Thursday
 * No class on July 4

Bachata originated in the Dominican Republic and is growing in popularity. It's fun, rhythmic, expressive, and sensual. Age 18 & Up.



Program: 232501
 Fee: \$65.00(R), \$70.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 June 4-July 16*
 Time: 5:30-6:30pm Day: Tuesday
 *No class July 9

Section#:02 July 23-August 27 Time: 5:30-6:30pm Day: Tuesday



Women have danced in heels for decades. Heels has steadily grown in popularity worldwide as a highly technical, passionate dance.
Age 18 & Up.

Program: 232265 Fee: \$65.00(R), \$70.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 June 4-July 16* Time:6:30-7:30pm Day: Tuesday
 *No class July 9

Section#:02 July 23-August 27 Time:6:30-7:30pm Day: Tuesday

Many studies have proved that taking dance classes can lower stress and anxiety levels, improve your mood and fight depression... and it's fun!

Adult Pickleball Pickleball is an accessible sport meant for all ages and groups! Pickleball offers rugged competition for adults, and is a particular favorite among seniors. Come learn the sport in three easy lessons and get familiar with the Pickleball courts! Age 18 & Up

Program#: 224000 Min/Max: 4/16 Fee:\$20.00(R),\$25.00(NR) Registration Deadline: One week before the start of each section
 Section#: 01 July 1- August 5 Section#: 02 August 19- September 30* *No class September 2 Time: 4:00-5:00 pm Day: Monday

Arbor Care
PIEKARSKI & SONS
 TREE SERVICE
708-895-8891
www.PiekarskiTree.com

*Tree Removal • Tree Trimming
 Stump Grinding • Lot Clearing
 Emergency Treework*

Licensed, Bonded, Insured

Mulch Masters
 708-889-9600
 Colored • Premium Hardwood • Playground
 Mulches and More
www.MulchMasters.com

BINGO



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. No pre-registration is required.

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



Ping Pong & Popcorn

The origins of ping pong can be traced back to the late 1800s in England, where it was first played as a leisure activity for the upper classes - and it is still popular today. It's even an Olympic sport!

Join us to visit with friends, enjoy an afternoon snack, and compete!

Program#: 254251
 Min/Max: 2/8
 Fee: \$5.00(R), \$10.00(NR)
 Registration Deadline:

Section#:01 June 5-June 26
 Section#:02 August 7-August 28
 Time: 1:00-2:00pm
 Day: Wednesday

Seniors will enjoy these fun and interesting opportunities to get together, visit, and compete, without challenging their budget. Come out for the fun!

Discounted Senior Fitness Classes - Page 12
Senior Spin, Chair Fitness, Wall Pilates, and Stronger Seniors



Seniors on the Go!

Senior Day Trips

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 van with two staff members. Age 62 & up



Program#: 232009 Min/Max: 4/10
 Fee: \$10.00(R), \$15.00(NR)
 Registration Deadline: One week before the start of each section.
 No refunds on the day of the trip.

Section#:01 **Swap-O-Rama**
 Date: June 22*
 Time: Arrive at 9:00am and leave at 9:30am
 Day: Saturday
 *Bring your own lunch or buy one there.
 Section#:02 **Chicago Premium Outlet Mall**
 Date: July 12*
 Time: Arrive at 9:00am and leave at 9:30am
 Day: Friday
 *Bring your own lunch or buy one there.
 Section#:03 **Billy Boy's Blueberry Barn**
 Date: August 2*
 Time: Arrive at 9:00am and leave at 9:30am
 Day: Friday

Senior Trips are popular and fill quickly so register early! Questions? 708-474-8552

Swim Lessons – Teen & Adult

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

Program#: 272036 Min/Max: 6/10 Fee: \$62.00(R), \$67.00(NR) * No class on July 3
 Registration Deadline: June 12

Section#:01 June 19-August 14* Time:5:30-6:15pm Day: Wednesday



Art and Music

Tap into your inner artist while we listen to different playlists. We will focus on a different art theme each week and learn more about different artists. Create cool projects together while vibing to different genres of music. Age 62 & Up



Program#: 232014 Min/Max: 3/10
 Fee: \$5.00(R), \$10.00(NR)
 Registration Deadline: One week before the first day of the section.

Section#: 01 June 28-August 2 Time: 1:00-2:00pm
 Section#: 02 August 16- September 20 Day: Friday

Senior Scavengers Each week, there will be a different theme set and we will give you a list of fun things to find. Winner gets a prize! Are you ready for a fun-filled adventure? Age 62 & Up

Program#: 232080 Min/Max: 3/10 Fee: \$5.00(R), \$10.00(NR)
 Registration Deadline: May 30

Section#: 01 June 5-July 10 Time: 2:45- 3:30pm Day: Wednesday

Senior Beats!

Using rhythm as the source of inspiration to discover a new group fitness experience Senior Beats combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Senior Beats is a program that fosters a healthy balance physically, mentally, emotionally and socially! Join a class and experience how it provides an element of fun and creative expression



Program#: 298116 Min/Max: 6/10 Fee: \$10.00(R), \$15.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 June 6-July 18* Section#: 02 August 1-September 5
 Time: 8:15-9:00am Day: Thursday *No class July 4

Jewelry Making

Have fun making necklaces and bracelets! While this provides an outlet for creativity, it can also help you improve fine motor skills while having fun and spending time with others. Wear, gift, or sell the beautiful jewelry you will be able to make in this class! Age 62 & Up

Program#: 233035 Min/Max: 3/10 Fee: \$10.00(R), \$15.00(NR)
 Registration Deadline: May 27

Section#: 01 June 3- August 8 Time: 1:00-2:00pm Day: Monday



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

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

I Speak Spanish (ages 3-6) *No class July 4

Monday 5:00-5:45pm

Section#: 01 June 17-July 22 Section#: 02 August 5- September 9

Thursday 5:00-5:45pm

Section#: 03 June 6-July 18* Section#: 04 July 25-August 29

Youth Spanish (ages 7-11) *No class July 4

Monday 5:30-6:15pm

Section#: 05 June 17-July 22 Section#: 06 August 5- September 9

Thursday 6:15-7:00pm

Section#: 07 June 6-July 18* Section#: 08 July 25-August 29

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.

Tuesday 5:30-6:15pm

Section#: 09 June 4-July 9 Section#: 10 July 23-August 27

Zoom Spanish Classes for High School Students

High school students will cover basic grammar points and vocabulary and practice conversational skills.

Tuesday 6:30-7:15pm

Section#: 11 June 4-July 9 Section#: 12 July 23-August 27

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.

Tuesday 10:00-11:00am

Section#:13 June 4-July 9 Section#:14 July 23-August 27

Wednesday 6:00-7:00pm

Section#: 15 June 5-July 10 Section#: 16 July 24-August 28

Zoom French and Italian Classes for Kids and Adults - Parlez-vous français? Lei parla italiano?

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

I Speak French (ages 7-11)

Monday 5:00-5:45pm

Section#: 17 June 17- July 22 Section#: 18 August 5-September 9

I speak French (adults 18+)

Monday 6:00-7:00 pm

Section#: 19 June 17- July 22 Section#: 20 August 5-September 9

I Speak Italian Jr. (ages 3-6)

Wednesday 5:00-5:45pm

Section#: 21 June 5-July 10 Section#: 22 July 24- August 28

I Speak Italian (ages 7-11)

Wednesday 6:00-6:45pm

Section#: 23 June 5-July 10 Section#: 24 July 24- August 28

I Speak Italian (adults 18+)

Wednesday 7:00-8:00pm

Section#: 25 June 5-July 10 Section#: 26 July 24- August 28



Adult CPR/AED

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

Program#: 232091 Min/Max: 5/5
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: June 10

Section#:01 June 20 Time: 8:30-11:30am Day:Thursday

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.

Age 11 & Up.

Program#: 232098 Min/Max: 5/5
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: July 3
 Section#:01 July 17
 Time: 8:30-11:30am
 Day: Wednesday

Pediatric CPR/AED

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

Program#: 232097 Min/Max: 5/5
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: July 28

Section#:01 August 6
 Time: 8:30-11:45am
 Day: Tuesday

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

OH SNAP!

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

COMMUNITY GARAGE SALE

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

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

***SNACKS
FOR SALE***

SATURDAY

JUNE 8, 2024 9AM-2PM

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

***MUSIC
BOUNCE HOUSE***

LAN-OAK PARK DISTRICT PRESENTS

MOVIES *IN THE PARK*

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

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




VAN LATEN PARK
183rd & Holland Drive
June 14, 2024
Movie starts at dusk
**Movie rated PG



BOCK PARK
175th & Chicago
July 19, 2024
Movie starts at dusk
**Movie rated PG



LAN OAK PARK
180th & Arcadia
August 9, 2024
Movie starts at dusk
**Movie rated PG



LAN-OAK
PARK DISTRICT

FIRE WORKS

WEDNESDAY JULY 3 2024

LAN OAK PARK, LANSING

GATES OPEN 7:30PM FIREWORKS START 9:30PM

THE PARK WILL BE FENCED WITH THREE ENTRY
POINTS - OAKLEY AVE, ARCADIA AVENUE,
AND 180TH STREET

**FOR SAFETY, METAL DETECTORS AND
BAG SEARCHES WILL BE USED.**

ARRIVE EARLY! GATES WILL CLOSE AT 9:30PM

NEW THIS YEAR!! THIS IS A FAMILY EVENT. LANSING
POLICE DEPARTMENT HAS REQUESTED THAT NO ONE
UNDER 18 BE ADMITTED WITHOUT A PARENT OR
GUARDIAN. BRING AN ID SHOWING YOUR AGE.

ALLOWED: CLEAR BAGS, COLLAPSIBLE CHAIRS, BLANKETS, FOOD, SMALL
SOFT-SIDED COOLERS, BINOCULARS, STROLLERS, RAIN JACKETS/PONCHOS,
SERVICE ANIMALS

NOT ALLOWED: SMOKING, FIREWORKS, ALCOHOL, UNCLEAR BAGS, BACKPACKS,
AEROSOL SPRAY, GLASS OR METAL CONTAINERS, WEAPONS, SELFIE-STICKS, LASER
POINTERS, POINTED-END UMBRELLAS, PETS, TENTS, GRILLS, OPEN FLAME,
INFLATABLES (LARGER THAN A BASKETBALL), MARIJUANA



SSSRA
South Suburban Special
Recreation Association

South Suburban Special Recreation Association (SSSRA) provides recreation opportunities for individuals with special needs or disabilities. SSSRA is an extension of the Lan-Oak Park District.

INCLUSION SERVICES

Individuals who have special needs are welcome to participate alongside their peers in any programs offered by our member park districts and recreation departments. SSSRA staff are available to help choose appropriate programs, conduct staff trainings, or supply adaptive equipment.

Please call 815.806.0384 or email info@sssra.org for additional information.

SUMMER 2024

SSSRA is offering a variety of weekly programs and special events this summer! In-person and virtual options are available.

Please visit our website or see our brochure for complete details. **All individuals must be registered to attend programs and special events.**

SUMMER
2024

SUMMER DAY CAMP

Ages 2-22

Monday, June 24-Aug 2, **No Camp July 4, July 5**

Eisenhower Center, Lansing

SSSRA, Tinley Park

Tony Bettenhausen Recreation Center, Tinley Park

Visit our website for complete details.

SAND VOLLEYBALL

Ages 13 & Older

Tues, June 11-July 30

Lan-Oak Park, Lansing

CULTURAL CUISINE

COOKING CLUB

Ages 13 & Older

Tues, June 11-July 30

Eisenhower Center, Lansing

TEEN SOCIAL CLUB

Ages 13-20

Fri, June 14-Aug 2, **No Program July 5**

Various Locations

19910 80th Avenue
Tinley Park, IL 60487

www.sssra.org
info@sssra.org

815.806.0384
815.806.0390 • Fax
711 • Illinois Relay System

LOPD GARDENS 2024

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



Van Laten Park will offer 15' X 15' garden plots, a water source, parking, and a shelter for resting. Pre-registration is required. The growing season will be May through October. All plots must be planted by June 15. Gardeners must take their garden down to ground level by October 31. Rules, regulations and gardening guide will be provided on our website www.lanoakparkdistrict.org and upon registration.

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

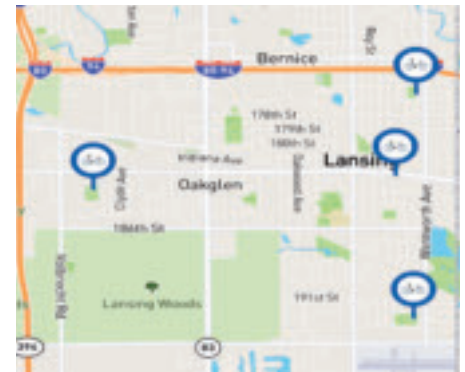


LOPD Bike Share promotes transportation, local economy, environment, health & wellness, and recreation. Watch for the white and green bikes, rent a bike, cruise through Lansing, see everything our village has to offer. Visit our website for details about LOPD Bike Share and locations.

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.



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



Questions? 708-474-8552 www.lanoakparkdistrict.org Get with the program!!

Casino Entertainment Dining Bars & Lounges



Don't miss out on the best gaming in Chicagoland; with over 1,700 slots and 80 table games, we are sure to have the gaming action you crave.

Indulge in the finest dining at our award-winning Council Oak Steaks & Seafood. Keep it casual at our world-renowned Hard Rock Cafe, or choose from a vast variety at Fresh Harvest Buffet. Feeling spicy? Youyu Noodle Bar kicks up the heat with Asian-inspired street food that will keep you coming back for more.

With three stages for live music, we set the bar for entertainment. Our state-of-the-art Hard Rock Live venue seats 2,700 and hosts performances from the biggest names in the industry. Catch free live performances at Hard Rock Cafe & Council Oak Bar stages every Friday & Saturday night.

Where else can you get all of this in one place?
Skip the city trip and see what all the buzz is about.

2024 Season

Lansing resident park reservations begin on January 5, 2024

Non-resident reservations begin on March 1, 2024

**RESERVE
EARLY!**

PARTY IN THE PARK

Pick the perfect park for your family event...



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

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

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

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

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

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

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

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

Reservation of a shelter does not reserve any other area of the park.

Rentals run from 11:00am to 8:00pm.

Electricity is available under shelters starting at 11:00am. The resident fee to rent a park shelter is \$75.00 plus a refundable \$150.00 deposit. Violation of stated rules & regulations will forfeit deposit. Deposit refund checks require 2-3 weeks. Park restrooms provide soap and toilet paper. Bring your own paper towels. CALL 708-474-8552 TO CHECK PARK & DATE AVAILABILITY

Picnic Party Packs!

Everything you need for a perfect event!

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

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.



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.



Codes of Conduct - Youth Scholarship Fund



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

Participants

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

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

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

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

Parents

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

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

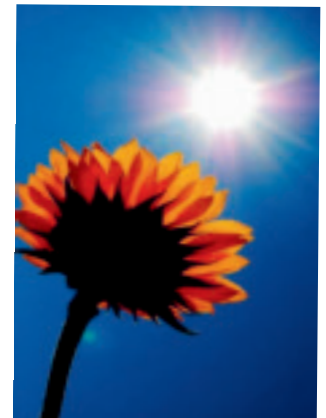
I understand that if I act outside of the rules stated in the Codes of Conduct, I risk the following:

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

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

AMERICANS WITH DISABILITIES ACT

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



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

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

Important information



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

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



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

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

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



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

Severe Weather Cancellations...

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



Conditions Resulting in Pool Closure

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



A Reminder to Pet Owners...

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



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

of a special need and/or request for reasonable accommodation may result in a delay in assessment. When feasible and appropriate, the park district asks that requests for reasonable accommodation be made at least two weeks in advance of any activity or program.



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

FACILITY INFORMATION:

ADMINISTRATION OFFICE EISENHOWER CENTER

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

Hours of Operation:

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

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

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

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
Tammy McMahon, Superintendent of
Recreation

Recreation/Fitness Department

Cordell Edwards, Building Maintenance
Colleen Lentz, Recreation Supervisor
Andrea Martin, Recreation Supervisor
Melissa Metzger, Receptionist
Janette Castellon, Receptionist

Part-Time Staff

Robin Powell, Receptionist
Cat Jackson, Receptionist
Cat Novella, Recreation Assistant
Darnell Smith, Custodian
Jerry Zawacki, Custodian
Brenda Bridgeforth, Custodian

Buildings/Grounds Department

Tim O'Connell, Park Foreman
James Luck, Park Maintenance
Alejandro Manrique, 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 **January 5, 2024**

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...

Memorial Day - May 27

Independence Day - July 4

Labor Day - September 2

SHORTENED HOURS -

July 3 - Join us in Lan-Oak Park for fireworks!

Registration Form

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

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

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

FAX TO: 708-418-0942

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

REGISTER ONLINE: www.lanoakparkdistrict.org

YOUTH SCHOLARSHIP DONATION

\$1.00

TOTAL PAID

Shirt Size _____

Visa _____ Mastercard _____ American Express _____
 Cardholder# _____
 Cardholder Name _____
 Expiration Date _____
 Amount of Charge _____
 Authorized Signature _____

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

For Office Use Only

Cash _____ Check _____ Charge _____
 Date Received _____ Check # _____

Name **Date**

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

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



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

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

Signature of Participant(s) _____

Date _____

All participants must sign if over 18

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

Parent/Guardian Signature

TRANSFER/REFUND POLICY

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

Registration Form

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

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

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

YOUTH SCHOLARSHIP DONATION

\$1.00

TOTAL PAID

FAX TO: 708-418-0942

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

REGISTER ONLINE: www.lanoakparkdistrict.org

Shirt Size _____

Visa _____ Mastercard _____ American Express _____
 Cardholder# _____
 Cardholder Name _____
 Expiration Date _____
 Amount of Charge _____
 Authorized Signature _____

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

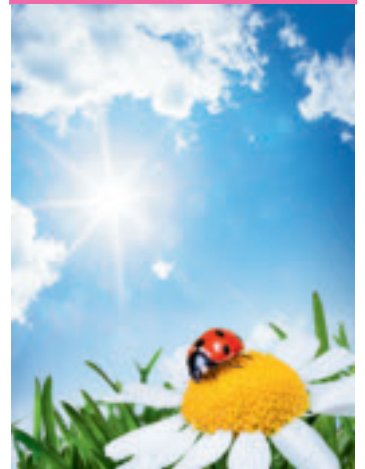
The park district acknowledges that not all recreational programs are compatible with all park district patrons. On occasion it may become necessary for a patron to cancel their participation in a registered program, trip or special event. The park district hopes that every patron may still enjoy the 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.

Enjoy Lan-Oak Park District Parks!

Park Name	Playground	Softball	Picnic Shelter	Picnic Area	Restroom	Tennis	Volleyball	Basketball	Fishing	Sledding	Skate Park	Pickleball	Walking Path	Dog Park
Bock Park	Yellow		Green		Purple			Pink			Black			Grey
Lan-Oak Park	Yellow	Orange	Green	Blue	Purple		Dark Blue							
Potts Park	Yellow			Blue				Pink						
Copper Muggers Park	Yellow	Orange		Blue	Purple							Purple		
Schultz Park	Yellow	Orange		Blue	Purple	Olive		Pink						
Winterhoff Park	Yellow			Blue	Purple									
Oakwood Park	Yellow													
Oakley Park	Yellow													
Flanagin Park	Yellow													
Erfert Park	Yellow		Green		Purple				Red	Red			Pink	
Lions Stadium		Orange			Purple									
Lions Park	Yellow				Purple									
Rotary Park	Yellow	Orange	Green		Purple	Olive		Pink					Pink	
Van Laten Park	Yellow	Orange	Green		Purple								Pink	
Whitman Park	Yellow													
Heritage Park					Purple									
Volunteers Park	Yellow													
Stony Ridge Park	Yellow													
Park Plaza				Blue	Purple									
Penny Greenway													Pink	
Mildred Burt Nature Ctr														

Bock Park	175th & Chicago Ave.	8.2 acres
Lan-Oak Park	180th & Arcadia	20
Potts Park	172nd West of Oakwood Ave.	5
Copper Muggers 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/Penny Greenway	Ridge Rd. & Grant St.	43
Mildred Burt Nature Center	2550 178th Street	.5

Watch for the renovation of Mildred Burt Nature Center this summer!



And for inside fun, please visit...



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- Alphabet with Phonetic Sounds
- Numbers 1-20 Fractions
- Fourteen Geometric Shapes
- Ten Colors Color Blending
- Geography-Continents-Map Reading
- Famous People Life in Other Countries
- The Calendar, Weather, & Seasons
- Rhyming, Opposites, Positional Words
- Monthly Science Day, Story Stretcher, Gym Day, and Movie Day
- Human Body, Dinosaurs, Space
- Small & Gross Motor Activities
- Spanish, Music, Dance



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AND HALF
DAY
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