



**Get Your Dog Park
Membership**

*Adult Karate –
Make it a
Couples Night*

Winter/Spring 2025

NEW! Flag Football

**Get with the
program and join
the fun for all ages**

LAN-OAK PARK DISTRICT



*Don't Miss –
January Buy One
Get One Free
Fitness Special*

NEW! Ceramics



**Daddy Daughter Dance
Easter Egg Hunt
Mother Son Night
Grandparent/Grandchild
Bingo Bash**

www.lanoakparkdistrict.org

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 50 or 52 prior to registering.



Where: 2550 178th Street, Lansing

Call: 708-474-8552

Hours: 5:30am-9:00pm (Monday thru Friday)

7:00am-2:00pm (Weekends June thru August)

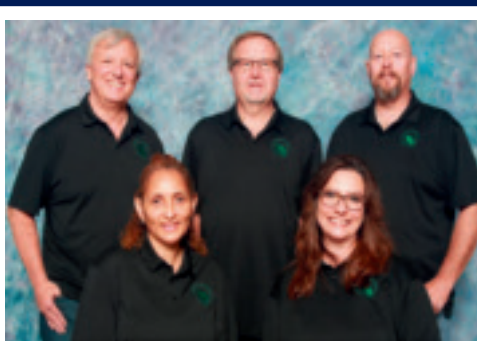
7:00am-4:00pm (Weekends September thru May)

EISENHOWER CENTER

Where it all happens!!

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

www.lanoakparkdistrict.org
Follow us on Facebook!!



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



The Lan-Oak Park District serves Lansing as an independent

taxing body created for the purpose of fulfilling the open space, park, and recreation needs of the community. The park district was formed by a majority vote of Lansing residents in 1949 and is separate from the village government. The Village of Lansing is governed by a different board and mayor and has no authority over the park district. Questions or comments about the park district should be submitted through the website communication feature on the park district website at www.lanoakparkdistrict.org or by calling the park district Eisenhower Community Center at 708-474-8552.

PROGRAM REGISTRATION PROCESSING BEGINS

December 5 – Residents

December 12 – Non Residents

Playskool registration is ongoing year-round.

DON'T MISS THIS SEASON...

EISENHOWER FITNESS CENTER

BEST DEAL IN THE AREA!

JANUARY BUY ONE GET ONE FREE MEMBERSHIP SPECIAL

OUR SERVICES

- GARAGE GYMNASIUM
- INDOOR LAP POOL
- SALINA WHEELPOOL
- WEDNESDAY SWIMMING
- PERSONAL TRAINING
- STEAM ROOMS
- TRAINING RATIO

GET BACK TO FITNESS

The Month Starting 708-474-8552

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

THIS SPECIAL OFFERED TO NEW MEMBERS ONLY!
LIMITED TO ONE PER PERSON
CANCELS ALL PREVIOUS OFFERS



GET WITH THE PROGRAM
www.lanoakparkdistrict.org

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JOIN THE FUN!!





**ANNOUNCING
A NEW
PARTNERSHIP!**

Lan-Oak Park District is proud to join the special recreation services team of Sertoma Star Recreation Services.*** Sertoma Star serves the communities of Calumet City, Dolton, South Holland, Riverdale, Broadview, and Maywood and will provide Lansing residents recreational programs at a reasonable fee, closer to home, and in the Lansing community at the Lan-Oak Park District Eisenhower Center.

Patrons may pick up a print copy of the SRSSS program brochure at Lan-Oak Park District, Eisenhower Center, 2550 178th Street, Lansing, Illinois.

Questions?
Contact Sertoma Star at
708-801-9966


***Lan-Oak Park District is no longer a member agency of South Suburban Special Recreation Association (SSSRA)

www.sertomastarrecreation services.com

Now Open for Registration!

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

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



**Continuing to
"Park-ner" for a
greater community.**

**Village of Lansing
Trustee Brian Hardy**

**Village of Lansing
Trustee Maureen Grady Perovich**

Over 50 Years of Excellence



CALUMET CITY PLUMBING

EST. 1967

Contact Us
708-868-0074

PARK ADVENTURES

18 PARKS – SO MUCH FUN – SO MUCH TO DO

Lansing parks offer a wide variety of interests. Get outside, enjoy your favorite activity, or try something new. Refer to the park directory on page 55 for park locations and amenities.

16 PLAYGROUNDS
8 PICNIC SHELTERS

- ♦ PICKLEBALL
- ♦ SOFTBALL
- ♦ TENNIS
- ♦ BOCCE
- ♦ FISHING
- ♦ HORSESHOES & BAGS
- ♦ SAND VOLLEYBALL
- ♦ BASKETBALL
- ♦ WINTER SLEDDING
- ♦ MAKE SOME MUSIC
- ♦ STORYWALK
- ♦ SMART PLAYGROUND
- ♦ 3 MILE BIKEPATH
- ♦ WALKING PATHS
- ♦ SKATE PARK
- ♦ BMX PUMP TRACK
- ♦ DOG PARK
- ♦ ALL INCLUSIVE PLAYGROUND

MORE INFO:

708-474-8552

WWW.LANOAKPARKDISTRICT.ORG



PARK Playhouse

Children under 3 years will love a weekly visit to our indoor PARK Playhouse. Moms will love meeting and visiting with other moms. PARK Playhouse is a beautifully outfitted room jam packed with fun toys, tunnels, slides, and activities for kids, where moms will enjoy playing with their child away from home, sipping free coffee, and making new friends.



**MONDAYS
9AM-10AM**

**\$2 PER VISIT -
PUNCH CARDS
AVAILABLE**

JOIN THE FUN!

**THIS IS A DROP-IN PROGRAM.
NO PRE-REGISTRATION REQUIRED.
Children must be under 3 years old.
5 parent/tot couples maximum, please**

LAN-OAK PARK DISTRICT 2550 178TH STREET LANSING, ILLINOIS 708-474-8552



JOIN EISENHOWER FITNESS



OUR SERVICES

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

**CYBEX
SCI-FIT
PRECOR
LIFE FITNESS**



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



MEMBER CONVENIENCES

CENTER HOURS

Monday-Friday

5:30am - 9:00pm

Saturday & Sunday
(June thru August)

7:00am - 2:00pm

Saturday & Sunday
(September thru May)

7:00am - 4:00pm

Equipment Orientation...

Get started on the right foot.

All new members receive a FREE 30-minute equipment orientation with a personal trainer to make sure your fitness experience is safe and effective.

**Get with
the program...** Fitness members receive a 15% discount on a variety of designated fitness classes.

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 February 14 and April 24. The friend will enjoy using the center for free. If the friend signs up for membership, the initiation fee will be waived and the current member will receive a free month added to their current membership!

THE FIGURES

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

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

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

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

FIT-PACKS - a great short term option that provides an opportunity to visit the fitness center ten times for one low price. \$80.00(R) \$85.00(NR) No refunds or returns on fit-packs.

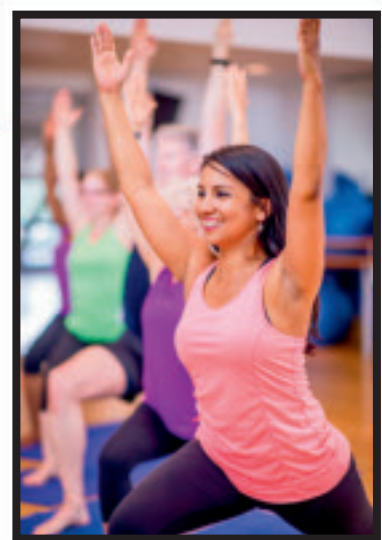
VISIT US DAILY - Gym Only \$7.00(R) \$12.00(NR) Fitness Center Only \$12.00(R) \$20.00(NR)
Gym & Fitness Center \$17.00(R) \$29.00(NR) The gym is open when not being used for a program or rental. Call first to ask about gym availability. No refunds for walk in fees.

YOU NEED TO KNOW...

Periodic membership specials may not be combined with any other discount, promotion or open house benefit. Every new membership requires a \$25.00 non-refundable initiation fee charged for every person listed on the membership. An initiation fee is charged for add-ons to a current membership.

All fees/rates are subject to change without notice. No member initiated changes allowed after 30 days. Child is defined as a person under 18 years old. College memberships require full-time student status, with proof of status. For senior twosome membership, only one person must be 62 years or older. For a resident twosome, only one person must be a Lansing resident. New members must provide proof of membership category chosen: Residents must provide proof of residency, students must provide a current school ID or schedule of classes. The January fitness membership special is only valid in the month of January. The July fitness membership special is only valid in the month of July. Both specials only apply to membership categories already offering a twosome option. Child add-ons must be 10-17 years old. Children 10-13 must be accompanied by a parent at all times. Children 14-17 may visit the center alone. 10-11 year olds must complete Fitness College before being allowed access to the fitness center. Fitness Memberships allow 100% refund within 3 days, 50% within 30 days, no refunds after 30 days. Fitness members must follow center rules and regulations. The failure to do so may result in membership suspension or termination without refund. **Summer Memberships are 3-months, include no equipment orientation, no initiation fee, and are sold each year from May 1 to June 15 ONLY.

The basketball gym is NOT a benefit of a fitness membership, but is free to fitness members when not in use.



One Pass™





FITNESS ENHANCEMENTS

Certified Personal Trainers (#199005)

Trainers will design a workout just for you. Whether your goals are to lose weight, increase muscular size, strength, injury prevention or the desire to have a weekly commitment, we can help with your success. A comprehensive fitness assessment is included in the 4 and 10 session packages. Sessions are 50 minutes in length and are scheduled **by appointment only**. All fees must be paid in full before first session. Packages are available for those 18 years and older. *Twosome is two persons sharing the package and receiving 20% off the regular price

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

Cost for personal training packages:

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

Body Fat Analysis

(#199003) This is the rapid and easy way to learn proportion of body fat to lean body tissue. Body composition gives a good idea of what your percentage is and what it should be. Each 30-minute appointment is private and includes height, weight, body fat measurement, and a short consultation. By appointment.

01 - Member fee \$20.00

02 - Non-member fee \$25.00

Fitness Evaluation (#199004)

consists of resting heart rate, blood pressure, height, weight, body measurements and body fat analysis. An exercise program will be prescribed based on your needs and goals. By appointment only.

01 - Member fee \$25.00

02 - Non-member fee \$30.00



Fitness Assessment (#199001)

consists of height, weight, heart rate, blood pressure, body measurements, body fat analysis consisting of 3 sites, a 3-minute step test for cardiovascular fitness, low back and hamstring flexibility test, abdominal crunch test, upper body strength test & lower body strength test. By appointment only.

01 - Member fee \$33.00

02 - Non-Member fee \$38.00

Equipment Orientation

(#199002) A certified personal trainer is available by appointment to provide a 30-minute group orientation to the fitness center equipment. This orientation is provided privately for new members.

01 - New members FREE

02 - Current members \$10.00

Fitness Classes

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#: 132285 Min/Max: 6/15
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 January 8-February 12
Section#: 02 February 26-April 2
Section#: 03 April 16-May 21
Time: 5:30-6:30pm Day: Wednesday

Spin & Fit

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

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

Section#: 01 January 9-February 13
Section #: 02 February 27-April 3
Section #: 03 April 17-May 22
Day: Thursday Time: 6:00- 6:45pm

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

Section#: 01 January 7- February 11
Section#: 02 February 25- April 1
Section#: 03 April 15- May 20
Time: 7:00-7:45pm 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#: 132230 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each session
15% discount for Fitness Center pass holders

Section#: 01 January 7- February 11 Section#: 02 February 25- April 1
Section #: 03 April 15- May 20 Time: 6:00-6:45pm Day: Tuesday

Hatha Yoga

Unlike other more dynamic types of yoga, hatha yoga is practiced at a slow, calm, pace. This makes it a great option for beginners. It takes you through a series of poses. These poses combine stretching, strength and relaxation with breathing techniques. Ages 16 & Up Class requirements: Yoga mat, bath towel, small blanket and loose clothing.



Program#: 171031 Min/Max: 6/15 Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 January 9-February 13 Section #: 02 February 27-April 3
Section #: 03 April 17-May 22 Time: 5:00- 5:50pm Day: Thursday

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#: 129022 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 January 7-February 11 Section#: 02 February 25-April 1
Section#: 03 April 15-May 20 Time: 8:00-8:45am Day: Tuesday

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

Section#: 01 January 7- February 11
Section#: 02 February 25- April 1
Section #: 03 April 15- May 20
Time: 10:00-11:00am Day: Tuesday



Zumba®

Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience...UN-

TIL NOW! The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Make it a fun family affair - Ages 13 & Up

Program#: 132201 Min/Max: 6/15 Fee: \$44.00(R), \$49.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 January 8-February 12 Time: 7:00-8:00pm
Section#: 02 February 26-April 2 Day: Wednesday
Section#: 03 April 16-May 21

Senior Fitness Plus

Senior Fitness Plus takes your workout to the next level.

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

Program#: 171001 Min/Max: 6/20
Fee: \$70.00(R), \$75.00(NR)
Registration Deadline: One week before the start of each section 15% discount for Fitness Center pass holders

Section#: 01 January 27-March 5
Section#: 02 March 17- April 23
Section#: 03 May 5- June 16*
Time: 10:00-10:50am
Day: Monday & Wednesday
* No class on May 26

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

Section#: 01 February 2-March 10 Time: 8:30-9:30am
Section#: 02 March 24-April 28 Day: Monday
Section #: 03 May 1-June 23*

Fitness Classes

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 – **pre-registration is required**

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

Section#: 01	February 3- March 10	Time: 6:00-7:00pm
Section #:02	March 24- April 28	Day: Monday
Section#: 03	May 12- June 23*	* No class on May 26
Section#: 04	January 8- February 12	Time: 8:30-9:30am
Section#: 05	February 26-April 2	Day: Wednesday
Section#: 06	April 16- May 21	
Section#: 07	January 23- February 27	Time: 10:00-11:00am
Section#: 08	March 13- April 17	Day: Thursday
Section#: 09	May 1- June 5	



Call for a
FREE Quote
on your next
Window or
Door Project!

(708) 895-3667
www.prewd.com

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#: 198115
Min/Max: 4/8
Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: One week before the start of each section

Chair Yoga

Section#: 01 January 7- February 11
Section#: 02 April 15-May 19

Chair Dancing

Section #: 03 February 25-April 1
Time: 9:00-9:45 am
Day: Thursday



Eisenhower Fitness Center is proud to offer discounted senior fitness opportunities to keep our seniors active and healthy. Register early as discounted classes fill fast.

Senior Spin

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

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

Section#: 01 January 10- February 14
Section#: 02 February 28- April 4
Section#: 03 April 18- May 23
Time: 9:00-9:30am Day: Friday

Senior Health and Fitness

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#: 132260
Min/Max: 6/10
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: One week before the first day of the section.

Section#: 01 January 7-February 11
Section#: 02 February 25-April 1
Section#: 03 April 15-May 20
Time: 10:00-10:45am Day: Tuesday



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#: 139023
Min/Max: 3/10
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: One week before the first day of the section.
Section#: 01 January 10-February 14
Section#: 02 February 28-April 4
Section#: 03 April 18-May 23
Time: 10:00-10:50am Day: Friday

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

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#: 129023 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR)

Registration Deadline: One week before the start of each section

Section#:01	January 11-February 15	Section#:02	March 1-April 5	Section#: 03	April 26-May 31
	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#: 139006

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	February 3- March 10	Section#:02	March 24- April 28	Section#:03	May 12- June 23
	Time: 9:00-9:45am	Day:	Monday		* No class on May 26th

Aqua Zumba® & Aqua Body Sculpting

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

Program#: 132240

Min/Max: 6/15

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

Registration Deadline: One week before the start of each section

Section#:01 January 8- February 12

Section#:02 February 26- April 2

Section#:03 April 16- May 21

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

Section#:04 February 3- March 10

Section#:05 March 24- April 28

Section#: 06 May 12- June 23*

Time: 7:00-8:00pm Day: Monday * No class on May 26th

Water Aerobics

A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. This is a full body workout, a combination of cardio-respiratory, muscle conditioning, and interval training. This class is for all ages and all abilities. Class Requirements: Aqua Shoes (not Aqua Socks)Ages 18 & Up

Program#: 165140

Min/Max: 6/15

Fee: \$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 February 3- March 10

Section#: 02 March 24- April 28

Section #: 03 May 12- June 23*

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

Section#:04 January 8- February 12

Section#:05 February 26- April 2

Section #:06 April 16- May 21

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

Learn to Swim



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

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

Swim Lessons – Youth

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

Program#: 172035 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	January 14-March 4	Level 1	4:00-4:45pm	Tuesday
02	January 14-March 4	Level 1	4:45-5:30pm	Tuesday
03	January 14-March 4	Level 2	5:30-6:15pm	Tuesday
04	January 15-March 5	Level 3	4:00-4:45pm	Wednesday
05	January 15-March 5	Level 4	4:45-5:30pm	Wednesday
06	March 25-May 13	Level 1	4:00-4:45pm	Tuesday
07	March 25-May 13	Level 1	4:45-5:30pm	Tuesday
08	March 25-May 13	Level 2	5:30-6:15pm	Tuesday
09	March 26-May 14	Level 3	4:00-4:45pm	Wednesday
10	March 26-May 14	Level 4	4:45-5:30pm	Wednesday

Swim Lessons – Preschool

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

Program#: 172034 Min/Max: 6/6 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section

Section#:	Date:	Age:	Time:	Day:
01	January 16-March 6	Level 1	4:00-4:30pm	Thursday
02	January 16-March 6	Level 2	4:30-5:00pm	Thursday
03	January 16-March 6	Level 3	5:00-5:30pm	Thursday
04	March 27-May 15	Level 1	4:00-4:30pm	Thursday
05	March 27-May 15	Level 2	4:30-5:00pm	Thursday
06	March 27-May 15	Level 3	5:00-5:30pm	Thursday

Swim Lessons – Teen & Adult

The Learning-to-Swim program offers six comprehensive levels that teach you, your child or other family members how to swim skillfully and safely.

The prerequisite for each level is the successful demonstration of the skills from the preceding level, as determined by the instructor. Students must demonstrate the required skills for passing each level and are not guaranteed to pass the level.

Ages 15 & Up

Program#: 172036 Min/Max: 6/10
Fee: \$62.00(R), \$67.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 January 15-March 5
Section#: 02 March 26-May 14
Time: 5:30-6:15pm Day: Wednesday

Parent and Child Aquatics

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

Program#: 121085 Min/Max: 6/10
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 16-March 6 Level 1 & 2
Section#:02 March 27-May 15 Level 1 & 2
Time: 5:30-6:00pm Day: Thursday

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

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

Section#:01 January 8-February 12
Section#:02 March 5-April 9
Time: 5:00-5:45pm Day: Wednesday



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: 110001 Min/Max: 5/7 Fee: \$41.00(R), \$46.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 24-February 28
Section#:02 March 21-April 25
Time: 4:15-5:00pm Day: Friday

Tiny Tot Programs

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

Preschool Prep

It's almost time for school. 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, discover numbers, shapes, and letters, and more! All activities will be simplified in order to be age-appropriate. Age 24-36 months.

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

Section#:01 January 14-March 4
Section#:02 March 18-May 6
Time: 11:00-12:00pm Day: Tuesday

Once Upon A Time

Fairy tales draw children in, transport them to another place, and make them feel something — fear, happiness, worry, or excitement to name a few. Join us while we read a fairytale each week, create a related art project and sing songs. The moral to the story - so much fun! Age 18 months-36 months.

Program#: 100160 Min/Max: 6/8
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section.

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

NEW! Joining Giraffe!

Join giraffe as we enjoy a giraffe story, a giraffe craft, giraffe games, and sing and dance to Animal Antics! All the fun stretching from a story will help toddlers develop a love of reading. All little giraffes will take home a giraffe story to add to their home library. Age 12-24 months.

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

Section#:01 January 24-February 28
Section#:02 March 21-April 25
Time: 10:00-10:45am
Day: Friday



Looking for the perfect preschool? Schedule a tour in Playskool - we're sure you'll be pleased. Questions? 708-474-8552
Make it easy! Register online www.lanookparkdistrict.org Don't miss our Annual Easter Egg Hunt Page 38

Tiny Tot Programs

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

Adult-Tot Superstars

Young children develop motor skills while having fun learning each sport. Parents and tots work together in this class, learning the basics of each sport. Teamwork and parent/child interaction will be emphasized alongside basic motor functions and skills. Parent participation is required.

Min/Max: 5/7 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section.

Adult-Tot Soccer Age 2-3 Program#: 127103
Section#:01 February 5-March 12
Section#:02 April 2-May 7
Time: 4:15-5:00pm Day: Wednesday

Lil Dribblers Basketball Age 3 Program#: 127105
Section#:01 January 27-March 3
Section#:02 March 24-April 28
Time: 4:15-5:00pm Day: Monday

Adult-Tot Baseball Age 2-3 Program#: 127104
Section#:01 April 7-May 12
Time: 3:15-4:00pm Day: Monday



Sticky Fingers Join us as we make lots of different sticky creations! Kids will have so much fun exercising their fine motor skills while leaving the mess behind. Dress for a mess, please. Age 24-36 months

Program: 100170 Min/Max: 6/8 Fee: \$43.00(R), \$48.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 23-February 27
Section#:02 March 20-April 24
Time: 11:00-12:00pm 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: 100186 Min/Max: 6/8 Fee: \$25.00(R), \$30.00(NR)
Registration Deadline: One week before the start of the section.

Section#:01 February 7-March 14 Section#:02 April 4-May 9
Time: 11:00-12:00pm Day: Friday

Check out Parent/Child Aquatics for some water fun!
Children age 6 months to 3 years. Page 14

Tiny Engineers

Playing with blocks can help children learn to come up with and try new ideas, such as building a bridge or tower. We'll get out all kinds of blocks to see what works and what doesn't work.
Let's build!
Age 24-36 months

Program: 100124
Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01
January 23-February 27
Section#:02
March 13-April 17
Time: 2:00-3:00pm
Day: Thursday

Movin' and Groovin

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

Program: 100150 Min/Max: 6/8
Fee: \$43.00(R), \$48.00(NR)
Registration Deadline: One week before the start of each section.

Age: 12-24 months
Section#:01 January 15-February 19
Section#:02 March 12-April 16
Time: 11:15-12:00pm Day: Wednesday

Age: 24-36 months
Section#:03 January 15-February 19
Section#:04 March 12-April 16
Time: 1:15-2:00pm Day: Wednesday

NEW! And We All Fall Down! (Mini Fun)

First time trying a class with your toddler?
No problem -sample some fun in this mini fun class that is just three weeks.
Teach your toddler all the old time favorites - Ring Around the Rosie, London Bridges, If You're Happy & You Know It, just to name a few.
Discover new songs, games, & make memories with stories and games, playing with musical instruments, singing and dancing. Dress loose & wear socks! Age 12-24 months

Program#: 100129 Min/Max: 6/8
Fee: \$15.00(R), \$20.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 February 3-February 17
Section#:02 April 7-April 21
Time: 4:00-4:45 pm Day: Monday

Baby and Me Yoga Have fun with yoga creating a special experience on bond with you and your little one. This class will focus on introductory poses, breathing techniques, and playful poses. Age 9 months-36 months.

Program#: 100183 Min/Max: 6/9 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 February 6-March 13 Section#:02 April 3-May 8
Time: 10:00-10:45am Day: Thursday

ABC Yoga Airplane, butterfly, cat – all yoga poses fun for children. ABC Yoga focuses on teaching children various yoga poses affiliated with things they know while also helping them to stretch and relax. Yoga is great for 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. Each week we will read a story that teaches the children basic yoga moves and end with a short yoga set. Age 3-5.

Program#: 110090 Min/Max: 6/8 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section.

Section#: 01 January 14- February 18 Section#: 02 March 4-April 8
Time: 3:00-3:45pm Day: Tuesday

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#: 110042 Min/Max: 6/8 Fee: \$25.00(R), \$30.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 March 19-April 23 Time: 11:45-12:30pm Day: Wednesday

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#: 110235 Min/Max: 6/8 Fee: \$25.00(R), \$30.00(NR)
Registration Deadline: One week before the start of each section.

Section#: 01 January 9- February 13 Section#: 02 February 27-March 3
Time: 3:45-4:30pm Day: Thursday

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

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

Section#: 01 January 14-February 18 Section#: 02 March 4-April 8
Time: 4:00-4:45pm Day: Tuesday

Kids Fitness



For ages 9 months to 12 years - Stay fit!!

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#: 139011 Min/Max: 6/25
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 January 11-February 15
Section#: 02 March 1-April 5
Section#: 03 April 26-May 31
Time: 9:00-9:45am Day: Saturday

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#: 110180 Min/Max: 6/8
Fee: \$25.00(R), \$30.00(NR)
Registration Deadline: One week before the start of each section.

Section#: 01 January 8- February 12
Section#: 02 February 26- April 2
Time: 3:45-4:30pm Day: Wednesday

Early Childhood Programs

are for children age 3 to 5 years

NEW! Eatable Alphabet

Our preschool cooks will decorate an apron and measure, mash, and stir making simple recipes that enhance their learning of the alphabet. We'll add alphabet activities to the fun while we learn, taste, and cook the ABCs with real foods from Avocado to Zucchini. Get ready for sticky fingers and yummy smudgies! Age 3-5.

Program: 110053 Min/Max: 6/8
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: March 7

Section#:01 March 12-April 16
Time: 10:00-11:00am Day: Wednesday

Almost Ready to Read

The early childhood classroom is all about teaching literacy! In this class children will cover rhymes, sounds, syllables, letter recognition, letter identification, letter formation, and more! These activities will help the students understand how a book works. Before you know it, students will have the skills they need to be almost ready to read. Age 3-5.

Program: 110048 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 31-March 7
Section#:02 March 28-May 2
Time: 1:00-2:00pm Day: Friday

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: 110094 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 February 6-March 13
Section#:02 April 3-May 8
Time: 4:30-5:30pm Day: Thursday

Make it for Mom Is your child looking for the perfect gift for mom for Mother's Day? This one-time class is perfect for them! Each student will create a special, handmade gift and card to surprise their mom with just in time for Mother's Day! Age 3-5.

Program: 112005 Min/Max: 4/8 Fee: \$12.00(R), \$17.00(NR) Registration Deadline: May 2
Section#:01 Date: May 9 Time: 5:00-5:45pm Day: Friday

NEW! Pom Pom Art This simple art activity offers a bevy of benefits for young children. Develop eye-hand coordination, strengthen fine motor skills, and promote creative thinking through fun animal-themed pom pictures. By selecting different colored pom poms, children can promote color recognition, logical thinking, and concentration. While satisfying their curiosity, child-created art encourages children to unleash their imagination, build confidence in their own ability, and feel proud of their work! Age 3-5.

Program: 110035 Min/Max 6/8 Fee \$38.00(R), \$43.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 22-February 26 Section#:02 March 12-April 16
Time: 9:00-10:00am Day: Wednesday

NEW! Jr. Paleontologist Calling all dinosaur lovers! In this class we will learn about how dinosaurs lived on Earth, how big they really were, what they ate, and what may have happened to them. So let's dig dinosaurs! Age 3-5.

Program: 110186 Min/Max: 6/8 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 17-February 21 Section#:02 March 14-April 18
Time: 1:00-2:00pm Day: Friday



NEW! ABC Black History and Me

P is for Power, S is for Science and Soul. Young children will be fascinated and inspired by great black Americans – their work, their success, and their indelible mark on our country. We'll learn about and appreciate the diverse history and culture of African Americans from black inventors to black politicians to black athletes. Add a dance party, a movie, great stories, yummy snacks, and crafts to have so much fun! Age 4-5.

Program#: 110060 Min/Max: 4/6 Fee: \$25.00(R), \$30.00(NR)
Registration Deadline: January 27

Date: February 3-February 24 Day: Monday
Section#01: Time 2:00-3:00pm Section#:02 Time 4:00-5:00pm



NEW! Run, Jump and Ride Gross motor skill development involves large muscles in the arms, legs and torso. Gross motor activities are important to everyday physical activity and developing gross motor skills help children to build strength and confidence in their bodies. So let's get moving and let's make it fun with running, jumping, climbing, crawling, kicking, pedaling, and throwing with super exciting and challenging obstacle courses! Ready, set, go!

Program#: 110049 Min/Max: 6/8 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 27-March 3 Section#:02 April 14-May 19
Time: 9:00-10:00am Day: Monday

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

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

Tee Ball Basics Program#: 187060 Section#:01
Date: April 14-May 19 Time: 4:00-5:00pm Day: Monday

Micro Soccer Program#: 187025 Section#:01
Date: February 21-March 28 Time: 3:15-4:15pm Day: Friday

More Fun... **Gymnastics Page 24** **Karate Page 25**
Piano Lessons Page 26 **Swim Lessons Page 14**
Kids Fitness Page 17 **Foreign Languages Page 31**
The perfect preschool - Playskool Pages 20-21

NEW! FLAG FOOTBALL Age 4-6 Turn to page 27

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

Junior Nature Explorers Let's get outside and explore in our new Mildred Burt Nature Center boasting an outdoor classroom. We'll learn about pollinator gardens, swift towers, barn owls, play in a mud kitchen, and more. Age 3-5.

Program: 110030 Min/Max: 6/8 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: April 23

Section#:01 May 1-May 29
Time: 1:00-2:00pm Day: Wednesday

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

Program: 110033 Min/Max: 6/8 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: January 15

Section#:01 January 22-February 26
Time: 3:15-4:15pm Day: Wednesday



Early Childhood Programs

are for children age 3 to 5 years

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: 110030 Min/Max: 6/8
Fee: \$37.00(R), \$42.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 14-February 18
Section#:02 March 11-April 15
Time: 11:45-12:30pm Day: Tuesday

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

Program: 110031 Min/Max: 6/8
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 29-March 5
Section#:02 March 26-April 30
Time: 4:00-4:45pm Day: Wednesday

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#: 110113 Min/Max: 4/10 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 January 18-February 22 Time: 5:00-6:00pm
Section#: 02 March 8-April 12 Day: Monday

Rainy Days There is not much to do when it is raining...UNTIL now! Come join us for some arts and crafts while we sip on some Apple Juice. Enjoy making a new and unique craft each week to bring home to your family. Come join us for some fun and some apple juice! Age 3-5.

Program: 110071 Min/Max: 6/8 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: March 28

Section#:01 April 2-May 7
Time: 3:15-4:15pm Day: Wednesday



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Playskool offers half day and all day programs.
Daily class hours: 9:00am-3:00pm

Perfect for budget conscious families

Program dates: 9/2/2025-6/5/2026

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

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

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

3-day Mon/Wed/Fri Mornings 311019-01

3-day Mon/Wed/Fri Afternoons 311019-02

3-day Mornings or Afternoons Monthly \$128.00(R), \$133.00(NR)

2-day Tues/Thurs Mornings 311019-03

2-day Tues/Thurs Afternoons 311019-04

2-day Mornings or Afternoons Monthly \$112.00(R), \$117.00(NR)

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

5-day Mornings or Afternoons Monthly \$239.00(R), \$244.00(NR)

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

5-day, all day, classes Monthly \$479.00(R), \$484.00(NR)

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




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Welcome SRSSSS!



Special Recreation Services of Sertoma Star Services (SRSSSS) is a Special Recreation cooperative of local park districts, and Sertoma Star Services. Sertoma Star Services is a 501 (c) 3, not-for-profit organization dedicated to challenging the limits, and changing the lives of people with intellectual and developmental disabilities. SRSSSS is organized to provide year-round, community-based leisure education and recreational services, for persons with disabilities.

SRSSSS is pleased to welcome the Village of Lansing as the newest member of our cooperative! We invite all Lansing residents interested in year-round special recreation services to register for our weekly, and monthly programs, as well as a host of special events. Our Winter 2025 program season is starting soon, so check out the program offerings happening right here at Lan-Oak Park District! We are looking forward to a great year of inclusive, recreational fun with you!

For more information
and program registration
please contact us at

708.207.9141
708.955.8517



Winter 2025 SRSSSS Programs

23
JAN

LET'S DANCE!

From African dance, to Country Line, to Salsa dancing, we have all of the dance moves covered!

Dates: Thursdays, January 23- March 13

Time: 7:15- 8pm

Ages: Teens and Adults

Fee: \$50

25
JAN

CRAZY KID FUN!

Each week we will learn different ways to have fun! From games, to dancing & DIY crafts. Join us for fun-filled explorations!

Dates: Saturdays, January 25- March 15

Time: 12:15- 1pm

Ages: 3- 6 years old

Fee: \$35

25
JAN

CREATIVE CORNER

Here's your chance to let your creativity flag fly! Each week we will dive into the world of crafting and discover different mediums of art expression.

Date: Saturdays, January 25- March 15

Time: 1:30-2:30pm

Ages: 7- 12 years old

Fee: \$35

30
JAN

MASTER CHEFS

Get ready to create unforgettable dishes and bond like never before while we break bread together!

Dates: Thursdays, January 30, February 20, March 13

Time: 5:15- 6:45pm

Ages: 18 and over

Fee: \$65

REGISTER
BY JAN. 3



Girls Gymnastics

Our classes include instruction in tumbling, balance beam, uneven bars, vaulting, and rope climbing. Girls develop poise and self-confidence while having a great time! **Advanced Gymnastics (Boys & Girls) must have instructor approval to enroll in this class.

Program#: 121720
Min/Max: 5/20
Fee: \$63.00(R), \$68(NR)
Registration Deadline: One week before the start of each section.

Date/Day
Tuesday January 21-February 25
Section#:01 4:30-5:30pm Age 6-8
Section#:02 6:30-7:30pm Age 9-13
Section#:03 7:30-8:30pm Age 7-13
(Boys & Girls Advanced)

Date/Day
Wednesday January 22-February 26
Section#:04 5:30-6:30pm Age 6-8
Section#:05 6:30-7:30pm Age 8-13

Date/Day
Tuesday March 4-April 8
Section#:06 4:30-5:30pm Age 6-8
Section#:07 6:30-7:30pm Age 9-13
Section#:08 7:30-8:30pm Age 7-13
(Boys & Girls Advanced)

Date/Day
Wednesday March 5-April 9
Section#:09 5:30-6:30pm Age 6-8
Section#:10 6:30-7:30pm Age 8-13

Date/Day
Tuesday April 15-May 20
Section#:11 4:30-5:30pm Age 6-8
Section#:12 6:30-7:30pm Age 9-13
Section#:13 7:30-8:30pm Age 7-13
(Boys & Girls Advanced)

Date/Day
Wednesday April 16-May 21
Section#:14 5:30-6:30pm Age 6-8
Section#:15 6:30-7:30pm Age 8-13

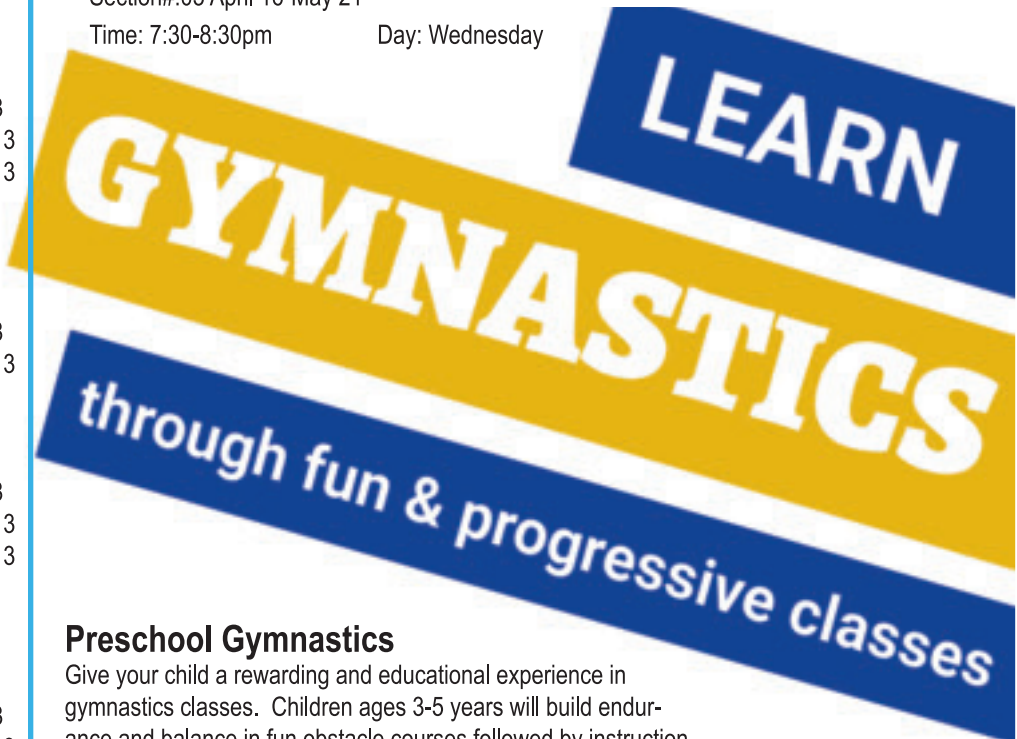
Boys Gymnastics

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. Age 6-10.

Program#: 121760 Min/Max: 5/20
Fee: \$63.00(R), \$68(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 22-February 26
Section#:02 March 5-April 9
Section#:03 April 16-May 21

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



Preschool Gymnastics

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

Program#: 121700 Min/Max: 5/15
Fee: \$63.00(R), \$68(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 22-February 26
Day: Wednesday Time: 4:30-5:30pm
Section#:02 January 21-February 25
Day: Tuesday Time: 5:30-6:30pm

Section#:03 March 5-April 9
Day: Wednesday Time: 4:30-5:30pm
Section#:04 March 4-April 8
Day: Tuesday Time: 5:30-6:30pm

Section#:05 April 16-May 21
Day: Wednesday Time: 4:30-5:30pm
Section#:06 April 15-May 20
Day: Tuesday Time: 5:30-6:30pm





KARATE CLASSES

JUST FOR KICKS -

THE MARTIAL ARTS UNIVERSITY

Younger children, ages 4-6, will receive training that will teach basic karate drills that foster the development of sensory motor skills, build esteem levels, and make their bodies stronger. This is also a great class to teach the youth to work with others and 'learn to achieve'.

Monday 4:30-5:30pm
Ages 4-6 years

Kicking Tots
Sections#: 01 & 04



Taught by Staff Instructors of Just For Kicks — The Martial Arts University, who's Senior Instructor is also one of the Senior Coaches for The USA Martial Arts Team. Class activities will address and improve students' levels of self confidence, self discipline, and self esteem. The program will also address personal safety and the students' abilities to work and organize with others. These physical and social skills are necessary for the development of future 21st Century leaders. The Martial Arts For Life program also addresses improving student reading, math and science skills through martial arts activities & training. We will also introduce several new activities to help students prepare for living healthy lifestyles.

Program#: 132001 10-week session
Section#: 01 & 02 & 03 February 24-April 28
Section#: 04 & 05 & 06 May 5-July 14*
*No class May 26 Fee: \$170.00(R), \$175.00(NR)

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

Mondays
5:30-6:30pm
Youth Martial Arts
Ages 7-16 years
Sections#: 02 & 05



Adult Karate

Gain strength, learn to defend yourself, and build confidence while also improving your health and fitness without going to the gym. Register alone or as a couple. Karate is an innovative way for couples to connect, communicate, grow together and share a hobby.



Mondays 6:30-7:30pm Adult Martial Arts
Ages 17 years & up Sections#: 03 & 06

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

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

Program: 163040 Min/Max: 12/40 Fee: \$45.00(R), \$50.00(NR)

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

Section#:01 March 5-April 9 Section#:02 April 23-May 28 Time: 5:00-6:00pm Day: Wednesday

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

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

Program: 181006 Min/Max: 4/12 Fee: \$55.00(R), \$60.00(NR)

Registration Deadline: February 27

Section#:01 March 5-April 9 Time: 6:00-7:00pm Day: Wednesday

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

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

Program: 163020 Min/Max: 6/10 Fee: \$110.00(R), \$115.00(NR)

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

Section#: 01, 02, 03 January 15-February 19 Day: Wednesday

Section#:01 (Age 8-10) 5:00-6:00pm Section#:02 (Age 11-13) 6:00-7:00pm

Section#:03 (Age 14-17) 7:00-8:00pm

Section#: 04, 05, 06 April 23-May 28 Day: Wednesday

Section#:04 (Age 8-10) 5:00-6:00pm Section#:05 (Age 11-13) 6:00-7:00pm

Section#:06 (Age 14-17) 7:00-8:00pm



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: 114107

Fee: \$78.00(R), \$83.00(NR)

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

Section#:01 January 6-January 27
Section#:02 February 3-February 24
Section#:03 March 3-March 24
Section#:04 March 31-April 21
Section#:05 April 28-May 19
Day: Monday

Section#:06 January 8-January 29
Section#:07 February 5-February 26
Section#:08 March 5-March 26
Section#:09 April 2-April 23
Section#:10 April 30-May 21
Day: Wednesday

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. Ages 6-12.

Program#: 187006 Min/Max: 6/8
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: March 26

Section#: 01 April 1-May 6
Time: 5:00-6:00pm Day: Tuesday

Micro Soccer U10 Children interested in learning the exciting sport of soccer will learn basic skills such as shooting, dribbling, and foot-eye coordination, but the focus will be learning to play an organized game, using 5 v 5 format for maximum player participation. T-shirts are provided. Ages 6-9

Program: 187020 Min/Max: 6/12
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 15-February 19
Section#:02 March 5-April 9
Time: 5:00-6:00pm Day: Wednesday

NEW! i9 FLAG FOOTBALL

Our youth flag football program for kids is perfect for families who want their young athletes to learn to play one of America's favorite sports. With an inviting atmosphere, a learning and development focus, and a promise that every child plays every game, i9 Sports is the perfect place for kids to learn and play flag football. Each class will offer training and game play. Kids will receive a participation medal. Jerseys and all equipment provided.

Program#: 187220 Min/Max: 10/60
Fee: \$169.00(R), \$174.00(NR)
Registration Deadline: April 15

Section#: 01 Saturdays, April 26-June 7
Time: 9:00am-1:30pm
Exact time depends upon number enrolled. Families will be notified of their group time.
Age: 4-6 yrs. 60 minutes
Age: 7-9 yrs. 90 minutes
Age: 10-14 yrs 90 minutes

NEW! Let's Go Fishing! Join us at Erfert Park to learn how to fish. We will learn the basics of baiting a line, which bait to use, how to attach a bobber and much more. Age 9-12.

Program: 110207 Min/Max: 6/8
Fee: \$49.00(R), \$54.00(NR)
Registration Deadline: April 10

Section#:01 April 18-May 23
Time: 5:30-6:30pm Day: Friday

Pickleball for Kids Pickleball is a hybrid game combining tennis, ping pong, and badminton that is taking the world by storm. Learning pickleball helps children improve balance and agility and is just plain fun. This program will offer beginner pickleball. Age 9-12.

Program#: 110175 Min/Max: 6/8
Fee: \$38.00(R), \$42.00(NR)
Registration Deadline: One week before the start of each section.

Section#: 01 January 22-February 26
Section#: 02 March 19-April 23
Time: 4:00-5:00pm Day: Wednesday



Youth Sports

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

Program#: 132128 Min/Max: 6/8
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 January 13- February 17
Section#: 02 March 3-April 7
Time: 4:30-5:30pm Day: Monday

Tee Ball Basics Let's learn the basics through skills, drills, and fun. We'll cover hitting, catching, fielding, and the rules of tee ball. Age 6-8.

Program: 127008 Min/Max: 6/12 Fee: \$46.00(R), \$51.00(NR)
Registration Deadline: April 8

Section#:01 April 15-May 20 Time: 5:30-6:30pm Day: Tuesday

Youth Programs

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

Looking for more?
Gymnastics Page 24
Karate Page 25
Swim Lessons Page 14
Kids Fitness Page 17

Pee Wee Floor Hockey Skills & Drills

Hockey on your mind? Either start a new or continue your love for hockey. Enhance your skills through various drills while having fun playing games and competing with fellow players. Age 6-9.

Program: 187100 Min/Max: 6/8
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: March 14

Section#:01 March 21-April 25
Time: 4:30-5:30pm Day: Friday

Volleyball Skills Fundamentals

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

Program#: 122004 Min/Max: 6/12
Fee: \$37.00(R), \$42.00(NR)
Registration Deadline: One week before the start of each section.

Section#: 01 February 6-March 13
Section#: 02 April 3-May 8
Time: 4:00-5:00pm Day: Thursday

Youth Programs

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

The ABC's of Black History

A Celebration of Black History! Kids will love this program that discusses the greatness of black ancestors and the contributions they have made to our country. We'll celebrate with historical facts, art, fun projects, dancing, singing, learning about black Americans. Each participant will receive a black history coloring book for further celebration at home. Age 6-8

Program#: 111205 Min/Max: 4/6
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: January 27

Section#:01 February 3-February 24
Time: 5:15-6:15pm Day: Monday



"What Was?" Black History

Black history will likely be discussed in schools with the history of great African American leaders. This program will extend that learning to black history not discussed as much as we study important occurrences in black history.

Through the New York Times Best Selling "What Was?" Series we will learn about the Tuskegee Airmen, Reconstruction, the Civil Rights Movement, and the Negro Leagues. Each participant will take home one "What Was?" book for their home library. Age 8-10

Program#: 111205 Min/Max: 4/8
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: January 27

Section#:02 February 3-February 24
Time: 6:30-7:30pm Day: Monday

Crochet and Cookie

Join us in this class to learn how to crochet. We will learn about different yarn and crochet hooks while we also learn the basic crochet stitches like single crochet, half-double crochet and double crochet while we enjoy some cookies. Age 8-12.

Program: 111000 Min/Max: 6/8 Fee: \$51.00(R), \$57.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 February 21-March 28 Section#:02 April 11-May 16
Time: 5:30-6:30pm Day: Friday

NEW! Ceramics

Join us for this ceramics class. Choose from a variety of molds to create your very own ceramic, cook it, shape it, and paint it. This class will also teach the basic ceramics techniques, mold-making, and much more. Age 6-12.

Program#: 114105 Min/Max: 6/10
Fee: \$100.00(R), \$105.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 15-February 19
Section#:02 March 5-April 9
Time: 5:00-6:00pm Day: Wednesday

Learn Cursive Writing

Research suggests that printing letters in cursive activates different parts of the brain. Learning cursive is good for children's fine motor skills, and writing in cursive allows kids to sign their name. Join us for this beginner class in cursive writing that will delight kids as they write inspirational quotes, and even write a few jokes and riddles. Age 8-12

Program#: 110191 Min/Max: 6/8
Fee: \$41.00(R), \$46.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 16-February 20
Section#:02 March 13-April 17
Time: 4:30-5:30pm Day: Thursday

Checkmate!

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

Program#: 121054 Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 21-February 25
Section#:02 March 11-April 15
Time: 4:00-5:00pm Day: Tuesday



NEW! Milk Bar Cooking

Christina Tosi is the two-time James Beard Award-winning chef and owner of Milk Bar who has documented her most inspiring recipes for future cooks and bakers. We'll don our kitchen aprons to make some of Christina's most popular recipes like Apple Pie Waffles to PB&J Cereal Treats to Strawberries and Cream Cupcakes, while also learning the how-to's and compiling our own cookbooks to take home. Age 6-9.

Program: 110203 Min/Max: 6/8
Fee: \$61.00(R), \$66.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 14-February 18
Section#:02 March 4-April 8
Time: 5:30-7:00pm Day: Tuesday

NEW! Page Turners

Children participating in book clubs not only improve their reading ability, but they also learn new vocabulary, connect with peers, exchange different ideas and perspectives, and have fun being immersed in a good mystery. While the weather keeps you inside, join our book club featuring three very popular book series. Books are provided and may be taken home after the club to add to your child's home library. Age 8-12.

Program: 110204 Min/Max: 6/8
Fee: \$51.00(R), \$56.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Jigsaw Jones
Date: January 13-February 17
Section#:02 Magic Treehouse
Date: February 24-March 31
Section#:03 Goosebumps
Date: April 7-May 12
Time: 5:00-6:00pm Day: Monday

UNLEASH YOUR CREATIVITY

Air Dry Mosaic Art Humans had been making gadgets out of clay for quite a long time such as pots, plates, bowls, sculptures, and so on. Each week kids will make a different type of clay creation complete with stones. Age 8-12.

Program: 110064 Min/Max: 6/8
 Fee: \$45.00(R), \$50.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 January 8-February 12
 Section#:02 March 5-April 9
 Time: 6:00-6:45pm Day: Wednesday

Make it for Mom Is your child looking for the perfect gift for mom for Mother's Day? Each student will create a special, handmade gift and card to surprise just in time for Mother's Day! Age 6-9.

Program: 112005 Min/Max: 4/8
 Fee: \$12.00(R), \$17.00(NR)
 Registration Deadline: May 2

Section#:02 May 9 5:45-6:30pm Friday

NEW! Minecraft Mania! It's here! This super fun program will combine Minecraft building, Minecraft crafts, Minecraft coloring, and Minecraft games to make for a bunch of Minecraft fun for Minecraft kids! Parents will love the Minecraft worksheets that inject some learning into all the fun. Age 6-8

Program#: 110205 Min/Max: 6/8
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 January 15-February 19
 Section#:02 March 12-April 16
 Time: 5:00-6:00pm Day: Wednesday

NEW! Easter Craft Party! Get ready for Easter at this party that offers two different crafts, yummy snacks, and egg-citing games all in one night! Put on the provided bunny ears, weave a colorful raffia Easter basket, paint Easter eggs for our basket, and have a great time! Age 8-12.

Program: 110206 Min/Max: 6/8
 Fee: \$29.00(R), \$34.00(NR)
 Registration Deadline: April 4

Section#:01 April 11 5:00-7:00pm Friday

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

STEM Science Solutions Fairy Tales are a perfect way to introduce young children to STEM. Children will 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 Grandmother and many more. This is a great way to spark a love for science in little learners. Age 6-8.

Program: 110094 Min/Max: 6/8
 Fee: \$45.00(R), \$50.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 January 14-February 18
 Section#:02 March 11-April 15
 Time: 5:00-6:00pm Day: Tuesday

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

Program: 110133 Min/Max: 5/7
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: January 20

Date: January 27-March 3
 Day: Monday
 Section#:01 (6-9) Time: 5:15-6:00pm
 Section#:02 (10-12) Time: 6:00-6:45pm

Reading Music

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

Program: 110202 Min/Max: 6/8
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 January 9-February 13
 Section#:02 March 6-April 10
 Time: 5:00-6:00pm
 Day: Thursday

Youth Programs

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



Egg hunts are not just for little kids! This nighttime fun event will be held in the big gym where we will start with an egg hunt in the dark followed by pizza and games. Bring your own flashlight and a basket or bag to carry home your loot! Ages 6-12.

Program: 111203 Min/Max: 6/20
 Fee: \$26.00(R), \$31.00(NR)
 Registration Deadline: April 11

Section#:01 April 18
 Time: 6:00-8:00pm Day: Friday

NEW! Majorettes

Learn fun Hip Hop and Majorette moves. Dancers will enjoy learning basic and upbeat Hip Hop dance moves. We'll add the energy of the high-step Majorette marching style to make this a new unique program emphasizing fun and confidence-building. No prior dance experience required. Age 7-12

Program: 110208 Min/Max: 6/8
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 January 9-February 13
 Section#:02 February 27-April 3
 Section#:03 April 17-May 22
 Time: 4:00-5:00pm Day: Thursday

Recorder 2 Building on notes learned in Playing Recorder 1 kids will learn more about reading music and may 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: 110133 Min/Max: 6/8
 Fee: \$39.00(R), \$44.00(NR)
 Registration Deadline: March 10

Section#:03 March 17-April 21
 Time: 5:15-6:00pm Day: Monday

SPRING BREAK CAMPS

Plan ahead!
The registration
deadline for
all camps is one
week before the
start of the camp.

New! Superhero Training Camp Join us for superhero training camp. Kids will practice their superhero moves through exercise and fun games. All participants will receive a superhero mask to wear while getting superhero fit! Age 3-5

Program#: 154300 Min/Max: 6/8 Fee: \$46.00(R), \$51.00(NR)

Section#: 01 April 21-25 10:00-11:00am Monday-Friday

Music Camp It's never too early to learn about music. In this fun and interactive class each day we will learn about a new instrument each day. We will sing songs and go over the best ways to play each instrument. Join us for some musical fun! Age 3-5.

Program: 154200 Min/Max: 6/8 Fee: \$43.00(R), \$48.00(NR)

Section#: 01 April 21-25 9:00-10:00am Monday-Friday

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

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

Section#: 01 April 21-25 12:15-1:15pm Monday-Friday

Mini Sports Camp We'll teach the basics of some of the core sports- baseball/softball, volleyball, soccer, floor hockey, and finish off with a pool day on Friday. Age 6 & Up Program#: 187223 Min/Max: 6/12
Fee: \$41.00(R), \$46.00(NR)

Section#: 01 April 21-April 25 1:30-2:30pm Monday- Friday

NEW! Chess Camp In this camp we will teach rules, techniques, and skills to play chess. By the end of the camp, you will be able to play chess with your friends. Age 9-12.

Program: 187213 Min/Max: 6/8 Fee: \$46.00(R), \$51.00(NR)

Section#: 01 April 21-April 25 11:00-12:00pm Monday-Friday

Explore Archery

Explore Archery is a versatile archery education program that is fun, rewarding, progressive and —most important —safe. Explore Archery can be used from start to finish to teach and strengthen basic archery skills. Ages 9-17

Program#: 172005 Min/Max: 6/20

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

Section#: 01

April 22-April 24

9:30am-11:00am

Tuesday/Wednesday/Thursday

Volleyball Skills Camp

This camp caters towards introducing the sport of volleyball in an organized, but fun environment. We'll learn bumping, setting, serving, and more. Age 7-12.

Program#: 187231 Min/Max: 6/12

Fee: \$41.00(R), \$46.00(NR)

Section#: 01

April 21-April 25

1:15-2:15pm

Monday- Friday



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)

Section#: 01 January 27-March 10*

*No class February 17

Section#: 02 March 17-April 21

Section#: 03 April 28-June 9*

*No class May 26

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

Section#: 04 January 16-February 20

Section#: 05 February 27-April 3

Section#: 06 April 10-May 15

Section#: 07 May 22-June 26

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

Section#: 08 January 18-February 22

Section#: 09 March 1-April 5

Section#: 10 April 12-May 17

Section#: 11 May 24-June 28

Time: 8:30-9:15 am Day: Saturday

Youth Spanish (ages 7-11)

Section#: 12 January 27-March 10*

*No class February 17

Section#: 13 March 17-April 21

Section#: 14 April 28-June 9*

*No class May 26

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

Section#: 15 January 16-February 20

Section#: 16 February 27-April 3

Section#: 17 April 10-May 15

Section#: 18 May 22-June 26

Time: 6:15-7:00 pm Day: Thursday

Section#: 19 January 18-February 22

Section#: 20 March 1-April 5

Section#: 21 April 12-May 17

Section#: 22 May 24-June 28

Time: 9:30-10:15 am Day: Saturday

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

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

Section#: 23 January 14-February 18

Section#: 24 February 25-April 1 Time: 5:30-6:15 pm

Section#: 25 April 8-May 13 Day: Tuesday

Section#: 26 May 20-June 24

**All Language
Program#:
110190**

**Fee: \$88.00(R),
\$93.00(NR)**

**All classes are
6 weeks.**

**Zoom login
information
will be emailed
to participants
before the first
class.**

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

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

Zoom Spanish Classes for Adults

Stay connected and learn Spanish from the comfort of your own home via the interactive Zoom platform!

In this class you will learn conversational Spanish that you can immediately begin using. The class will be tailored to the needs of the students enrolled.

Section#: 27 January 14-February 18 Section#: 28 February 25-April 1

Section#: 29 April 8-May 13

Section#: 30 May 20-June 24 Time: 10:00-11:00 am Day: Tuesday

Section#: 31 January 15-February 19 Section#: 32 February 26-April 2

Section#: 33 April 9-May 14

Section#: 34 May 21-June 25 Time: 6:00-7:00pm Day: Wednesday

Section#: 35 January 18-February 22 Section#: 36 March 1-April 5

Section#: 37 April 12-May 17

Section#: 38 May 24-June 28 Time: 10:30-11:30am Day: Saturday

Parlez-vous français? Lei parla italiano?

Zoom French and Italian Classes for Kids and Adults

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



I Speak French (ages 3-6)

Section#: 39 January 13-March 3*

*No class January 20 & February 17

Section#: 40 March 10-April 14

Section#: 41 April 21-June 2*

*No class May 26 Time: 4:00-4:45pm Day: Monday

I Speak French (ages 7-11)

Section#: 42 January 13-March 3*

*No class January 20 & February 17

Section#: 43 March 10-April 14

Section#: 44 April 21-June 2*

*No class May 26 Time: 5:00-5:45 pm Day: Monday

I Speak French (adults 18+)

Section#: 45 January 13-March 3*

*No class January 20 & February 17

Section#: 46 March 10-April 14

Section#: 47 April 21-June 2 Time: 6:00-7:00 pm Day: Monday

I Speak Italian Jr. (ages 3-6)

Section#: 48 January 15-February 19

Section#: 49 February 26-April 2

Section#: 50 April 9-May 14

Section#: 51 May 21-June 25

Time: 5:00-5:45 p.m. Day: Wednesday

I Speak Italian (ages 7-11)

Section#: 52 January 15-February 19

Section#: 53 February 26-April 2

Section#: 54 April 9-May 14

Section#: 55 May 21-June 25 Time: 6:00-6:45 p.m. Day: Wednesday

I Speak Italian (adults 18+)

Section#: 56 January 15-February 19

Section#: 57 February 26-April 2

Section#: 58 April 9-May 14

Section#: 59 May 21-June 25 Time: 7:00-8:00 p.m. Day: Wednesday



Teen Programs for ages 13-17

Paint & Sip A Black History Celebration



Grab your friends and enjoy this Paint & Sip party celebrating Black History Month. Each partygoer will receive an 8 X 10 stretched canvas, acrylic paints, and the opportunity to release some creativity in designing a painting to take home. We'll add snacks and sparkling sodas for sipping. Age 13-17

Program#: 111205 Min/Max: 4/8
Fee: \$25.00(R), \$30.00(NR)
Registration Deadline: February 10

Section#:03 February 18
Time: 6:00-8:00pm Day: Friday

NEW! D & D Night Gather together to take part in an imaginary adventure that involves exploring a castle or dungeon, defeating monsters and discovering treasure. That's right, it's Dungeons and Dragon nights for teens! This program will offer three weekly meetings with participants painting a different dragon each night. We'll adventure through the Forgotten Realms with the Monopoly Dungeons and Dragons: Honor Among Thieves game. Snacks provided. Age 13-17.

Program 128006 Min/Max: 6/8
Fee: \$69.00(R), \$74.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 January 9-February 13
Section#:02 March 27-May 1
Time: 5:30-7:00pm Day: Thursday

NEW! Tik Tok Cooking

Tik Tok boasts more than one billion users and one of the more popular aspects viewed is recipes and cooking. Put on your apron, join friends, and learn to cook some of the recipes offered from the most popular Tik Tok food creators. Food creators offer recipes that are unique, delicious, and easy. Come out, cook, and enjoy with friends. Age 13-17.

Program: 128007 Min/Max: 6/8
Fee: \$61.00(R), \$66.00(NR)
Registration Deadline: March 6

Section#:01 March 13-April 17
Time: 5:30-7:00pm Day: Thursday

Kentucky Derby Party

The Kentucky Derby is considered the most exciting two minutes in sports. The derby has been a must-see event for 150 years and that sounds like a good reason for a party! To kick off Kentucky Derby weekend party guests will enjoy derby drinks and snacks, will make their own fascinator hat, and watch a movie about one of the greatest derby winners of all time, Secretariat.

Program#: 110250 Min/Max: 5/12
Fee: \$25.00(R), \$30.00(NR)
Registration Deadline: April 24

Section#: 01 May 2
Time: 5:30-9:00pm Day: Friday

Teen Karate Page 25
Foreign Languages Page 31
Private Piano Lessons Page 26
Check out our discounted fitness memberships for students Page 8
Floor & Water Fitness Classes Page 10-12
DAYONE Basketball Skills Training for Teens Page 26
Questions? 708-474-8552
Make it easy! Enroll online
www.lanoakparkdistrict.org

Peeps

As Easter nears we're welcome a very popular Easter candy – Peeps. Love them or hate them, Peeps are very versatile and can be used to make some fun and delicious Easter desserts. We'll make yummy Peeps chick houses, Peeps brownies, and Peeps Rice Krispie treats. Age 13-17

Program#: 121200 Min/Max: 4/8 Fee: \$30.00(R), \$35.00(NR) Registration Deadline: April 10
Section#: 01 April 17 Time: 6:00-8:00pm Day: Thursday

Cozy Stitches - Holiday Edition

Unlock the joy of knitting a wreath or a pillow in our comprehensive workshop. This class will teach how to finger knit using just yarn and your fingers. Yarn is included in the course fee so loosen up your fingers and learn how to knit a beautiful gift. Age 13-17

Program: 128009 Min/Max: 6/10
Fee: \$25.00(R), \$30.00(NR)
Registration Deadline: One week before the start of each section.

Section#: 01 Valentine Wreath January 31
Section#: 02 Easter Egg Pillows April 4
Time: 5:30-6:30pm Day: Friday

NEW! I'm A Swiftie!

Taylor Swift is an icon with billions of fans worldwide. If you're a Taylor fan, you'll love getting together with other fans to make a Taylor Swift craft. Each week, Swifties will create Taylor-inspired diamond art coasters while listening to Taylor's music and enjoying popcorn and pop. By the end of the class everyone will take home an eight-piece Taylor Swift coaster set with holder. Age 13-17.

Program: 128008 Min/Max: 6/8
Fee: \$62.00(R), \$67.00(NR)
Registration Deadline: February 14

Section#:01 February 21-March 28
Time: 6:00-7:30pm Day: Friday

NEW! Scrapbooking

Gather all your photos and join us as we make a memory book. This class will bring out your creativity. Make new friends while enjoying snacks and juice. All you need to bring is your pictures and we will supply the rest.

Program#: 128010 Min/Max: 8/12
Fee: \$44.00(R), \$49.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 February 14-March 21
Section#:02 April 11-May 16
Time: 6:30-7:30pm Day: Friday





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

Interested in learning the

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

Program#: 121110 Fee: \$80.00(R), \$85.00(NR)

Registration Deadline: One week before the start of each section

Mom/Dad and Me! (Ages 3-7 with adult)

Section#: 01 January 15-February 19

Section#: 02 February 26-April 2

Section#: 03 April 9-May 14

Section#: 04 May 21-June 25 Time: 5:00-5:45 pm Day: Wednesday

Learn to Sign-Kids (ages 7-12)

Section#: 05 January 15-February 19

Section#: 06 February 26-April 2

Section#: 07 April 9-May 14

Section#: 08 May 21-June 25 Time: 6:00-6:45 pm Day: Wednesday

Ages 13 and Up

Section#: 09 January 15-February 19

Section#: 10 February 26-April 2

Section#: 11 April 9-May 14

Section#: 12 May 21-June 25 Time: 7:00-8:00 pm Day: Wednesday



NEW!

Just For Kicks - Adult Karate

GAIN STRENGTH, LEARN
TO DEFEND
YOURSELF, AND
BUILD CONFIDENCE

while also improving your health and fitness without going to a gym.
Register alone or as a couple.

Karate is an innovative way for couples to connect, communicate, grow together and share a hobby. Class is taught by Just For Kicks - The Martial Arts University staff instructors who's Senior Instructor is also one of the Senior Coaches for The USA Martial Arts Team.

Age 18 & Up

Program#: 132001 10-week session

Section#: 01 & 02 & 03 February 24-April 28

Section#: 04 & 05 & 06 May 5-July 14*

*No class May 26 Fee: \$170.00(R), \$175.00(NR)

Adults Programs

get out, meet new friends, have fun!

New! Japanese for Kids and Adults Zoom

Join us right from your living room as we explore new cultures and learn the Japanese language via the interactive Zoom platform! Each session covers new and exciting material! Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

I speak Japanese (Ages 7-11)

Section#:60 January 14-February 18

Section#:61 February 25-April 1

Section#:62 April 8-May 13

Section#:63 May 20-June 24

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

Japanese for Adults

Section#:64 January 14-February 18

Section#:65 February 25-April 1

Section#:66 April 8-May 13

Section#:67 May 20-June 24

Time: 6:00-7:00 pm Day: Tuesday

Looking for more? Turn to page 31 for
classes in Spanish, French and Italian!

All Language
Program#: 110190
Fee: \$88.00(R),
\$93.00(NR)
All classes are
6 weeks.
Zoom login
information will
be emailed to
participants before
the first class.
Registration
Deadline:
One week before
the start of each
section
All classes will be
taught live by a
Language in Action,
Inc. instructor.

Questions?
708-474-8552

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2550 178TH STREET
LANSING, IL 60438

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ANY MEMBERSHIP
CATEGORY THAT ALREADY
OFFERS A TWO-ONE
OPTION.

Adults Programs

get out, meet new friends, have fun!

NEW! Ceramics

Join us for this ceramics class. Choose from a variety of molds to create your very own ceramic. We will then cook it, shape it, and paint it. This class will also teach the basic ceramics techniques, mold-making, and much more. Age 18 & Up

Program#: 114105 Min/Max: 10/15

Fee: \$100.00(R), \$105.00(NR)

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

Section#:03 January 15-February 19

Section#:04 March 5-April 9

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

NEW! Morning Strides

It's time to get up and get moving! Join us for a walk around the gym. You can set the pace, walk with friends, or get your steps in all in the comfort of the gym. Walking is a great way to get exercise while also catching up with friends or making new ones. Did you know - Lansing residents may drop in to walk free of charge - 13 times around the gym is a mile!

Age 21 & Up

2550 178th Street, Lansing

Cooking for One or Two

It is hard to find recipes that serve less than six and to reducing those recipes practically require a math degree! Worry no more! This class will introduce recipes specially created for one or two. We'll cook together, feast together, and meet new friends. All supplies are included and everyone will receive recipes to take home. Age 21 & Up

Program#: 133025 Min/Max: 4/6

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

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

Section#: 01 January 14-February 18

Section#: 02 March 4-April 8

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

Swim Lessons – Teen & Adult

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

Program#: 172036 Min/Max: 6/10 Fee: \$62.00(R), \$67.00(NR)

Registration Deadline: One week before the start of each section

NEW! Moss Art

Moss is the foundation for a beautiful, ecofriendly piece of art completed by you. Using a wood frame, glue, preserved flowers and elements from nature, participants will create a unique and enchanting 8" X 8" natural garden to display or give as a thoughtful gift. When Mother Nature hands you fun...create beauty! Age 18 & Up

Program: 132005 Min/Max: 6/8

Fee: \$38.00(R), \$43.00(NR)

Registration Deadline: April 18 Section#:01 April 25 5:30-7:00pm Friday



Learn to Play Pickleball

Pickleball is an accessible sport meant for all ages and groups! Pickleball is taught in schools, offers rugged competition for adults, and is a particular favorite among seniors. Come learn the sport in three easy lessons and get familiar with the Pickleball courts! Winter lessons will start indoors and then move outdoors for spring. Age 18 & Up

Program: 127030 Min/Max: 6/8

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

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

Section#: 01 February 3-February 17

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

Location: Eisenhower Center

Section#: 02 May 5-May 19

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

Location: Schultz Park



Bocce Ball

Bocce is a fun, active game that doesn't require a lot of movement! Players try to strategically toss a ball towards a target ball. The closest ball to the target wins the point. Come out to Potts Park which has two permanent bocce courts and learn to play this fun game! Age 18 & Up

Program: 131115 Min/Max: 4/8

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

Registration Deadline: April 8

Section#: 01 April 15-May 20

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

Badminton Come join the us in the main gym to learn about and play badminton! We will go over the rules of the game, work on mechanics, and play this exciting sport. Classes will be held at the Eisenhower Center. Age 18 & Up

Program: 154102 Min/Max: 6/8

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

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

Section#:01 February 14-March 21

Section#:02 April 4-May 9

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

Questions? 708-474-8552

Make it easy! Register online
www.lanoakparkdistrict.org

Fitness Classes Page 10-13

Program#: 172036 Min/Max: 6/10 Fee: \$62.00(R), \$67.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 January 15-March 5

Section#:02 March 26-May 14

Time: 5:30-6:15pm

Day: Wednesday



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. No refunds on the day of the trip. All trips depart from and return to the Eisenhower Center.

Program: 132009 Min/Max: 6/10
 Fee: \$10.00(R), \$15.00(NR)
 Registration Deadline: One week before the start of each section.

****Trips will be scheduled on Fridays during the day. Watch for details on our website www.lanoakparkdistrict.org**

**Section#:01 April 2025 Trip
 Marcus Cinema Movie
 Country Club Hills, Illinois**

**Section#:02 May 2025 Trip
 Old Joliet Prison
 Joliet, Illinois**

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

Classic Games

Classic games like Rack-O and Scrabble are back! Come to the Eisenhower Center and play a favorite game. We will have various card games like Uno or Rummy, dice games like Bunco or Left-Right-Center, or board games like Scrabble or Parcheesi. Whether it was a favorite game as a child or one that you want to learn, come out and have fun!
 Ages 62 & Up

Program: 198117
 Min/Max: 5/10
 Fee: \$5.00(R), \$10.00(NR)
 Registration Deadline: One week before the start of each section.

Section#: 01 January 9-February 13
 Section#: 02 February 27-April 3
 Section#: 03 April 17-May 22
 Time: 11:00-12:00pm Day: Thursday

**Turn to Page 12 for four greatly discounted SENIOR FITNESS PROGRAMS
 Senior Spin, Chair Fitness, Wall Pilates,
 Stronger Seniors Stay active - Stay fit!**

Senior Programs

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

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 make. Age 62 & up.

Program#: 121080 Min/Max: 3/10
 Fee: \$10.00(R), \$15.00(NR)
 Registration Deadline: January 7

Section#: 01 January 14-February 18
 Time: 11:00-12:00pm Day: Tuesday



**It's never too late!
 Adult Swim Lessons Page 14**



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**

Senior Crafty Creation Easter Edition

Get ready for Easter with fun crafts, yummy snacks, and new friends! Seniors will weave their own colorful Raffia basket, make an Easter egg windchime, and use their creativity to complete a beautiful Easter diamond paint picture.

Age 62 & Up

Program: 121081 Min/Max: 6/8
 Fee: \$5.00(R), \$10.00(NR)
 Registration Deadline: March 24

Section#:01 April 2-April 16
 Time: 10:00-11:00am Day: Wednesday



Fitness Program - SilverSneakers is a health and fitness program designed for adults 65 and up that's included with many Medicare plans, but there is no age requirement. If you have a Medicare plan, you may be eligible for a free fitness

membership. You'll get a basic membership at Eisenhower Fitness Center and that means you can use: cardio equipment, such as treadmills and ellipticals, strength equipment, such as weights and strength machines, and amenities like the indoor pool, sauna, whirlpool, and steam room. In addition, twice each week Silver Sneakers members may participate in a fitness class free of charge. Renew Active - Renew Active® is a fitness program designed for both, with the goal of helping Medicare members reach fitness goals and stimulate their brains.

The program is available with select UnitedHealthcare Medicare Advantage plans.

Enjoy a free membership at a fitness center right in your community.



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



New! Valentine's Day Luncheon

February is a month to celebrate love and friendships! Wear red, bring your favorite dish to pass and join friends for a Valentine's Day luncheon. Encourage a friend to register or come to meet new people. Age 62 & Up

Program#: 133021 Min/Max: 4/10
Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: February 6

Section#: 01 February 13
Time: 12:00-2:00pm Day: Thursday

New! Cozy Stitches

Unlock the joy of knitting in this comprehensive workshop. This class will teach how to finger knit using just yarn and your fingers. Yarn is included in the course fee so loosen up your fingers and learn how to knit a beautiful gift.

Program#: 132225 Min/Max: 3/10
Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: April 2

Section#: 01 April 9
Time: 11:00-1:00pm Day: Wednesday



Private Eyes

Seniors that love a good mystery will enjoy the immersive Hunt A Killer board game series. We'll join friends to use evidence and clues to help crack an unsolved murder mystery and catch the killer. This season offers Murder at the Motel, R.I.P. Rodeo, Death at the Dive Bar, and Body on the Boardwalk. A light lunch is included.



Program#: 132070 Min/Max: 3/10
Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: March 23

Section#: 01 April 2-April 16
Time: 11:00-1:00pm Day: Wednesday

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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.



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.**



Lan-Oak Park District

Daddy Daughter DANCE

**February
7**

6:30-9:00 PM

Dads and daughters will love this wonderful opportunity to have fun together with other dads and daughters. Each girl will receive a party favor, enjoy a yummy dinner, and then dance the night away with a professional DJ. Commemorate the evening with a professional photo taken at the dance. Age 3-12.

Program#: 154001 Section#: 01
 Fee: \$49.00(R), \$54.00(NR) (price per couple)
 \$8 fee each additional daughter
 Registration Deadline: January 30

QUESTIONS? CONTACT US AT CALL 708-474-8552.



Easter

Egg Hunt

April 19


10AM

Lan Oak Park 178th & Arcadia

Meet the Bunny!!

Ages 2-11

Bring a Basket or Bag!



BANG!

CALLING ALL SUPERHEROES

Program#: 154005
 Section#: 01
 \$45.00(R), \$50.00(NR)
 (price per couple)
 \$8.00 fee each additional son
 Registration
 Deadline: April 20

MOTHER-SON SUPER HERO NIGHT

DINNER, GAMES,
 SUPERHERO
 TRAINING! Wear
 your superhero
 uniform. AGES
 3-12

POW!

FRIDAY MAY 2

6:30-8:30 PM



GRANDPARENT/GRANDCHILD

BINGO BASH

FRIDAY April 11, 2025
 5:30-7:30PM

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

PIZZA! PRIZES!
 FUN FOR ALL!

Corporate Sponsors

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

Thank you

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Preferred Window & Door

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Gold Sponsors

Copper Mugger's Club

Village Trustees Hardy & Grady-Perovich

Bronze Sponsor Ridge Animal Clinic



Lan-Oak Park District Corporate Sponsorship Program

Lan-Oak Park District is committed to offering its patrons healthy, fun, high quality recreational opportunities. Each year the park district offers family special events free of charge to the community. Your sponsorship will assist in funding these memorable programs and events while, at the same time, benefiting your business. The park district program brochure is mailed directly to 11,700 homes three times each year. Sponsor businesses will receive either name recognition or an ad prominently displayed in our program brochure(s). Please call the park district at 708-474-8552 to inquire about our Corporate Sponsorship program. The benefits of sponsorship...

Diamond Sponsor: \$3000 & Over (limit 2 sponsors)

7" x 3" Full color ad space on outside back cover of all of our brochures for one year

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

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

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

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

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



PAWS 'N PLAY

DOG PARK

WHO WANTS TO PLAY?!

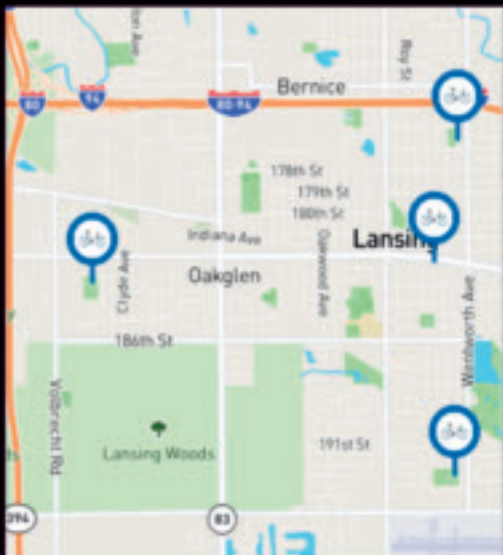


The Lan-Oak Park District is proud to offer a very special park just for you and your best friend. Paws 'n Play provides ample grassy space for running and playing - space that is fence-enclosed in an attractive and interesting curved design. The dog park spans about one acre, has separate areas for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

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



LOPD BIKE SHARE



These versatile seven-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.

4 BIKE LOCATIONS
PARK PLAZA, VAN LATEN PARK,
COPPER MUGGERS PARK



HOW TO JOIN THE SYSTEM

- Install the On Bike Share App
- When prompted, click Join a System
- System Name: **Lansing Park District**
- Read and accept the rules
- Credit card info required for all rentals

Need Help? Press the help button in the App

Check Out

1. Open the On Bike Share App.
2. Press **Available Bikes** and wait for bikes to load.
3. Press **Bike** for the bike you want to use.
4. Bike will electronically unlock from the rack.

BIKES MUST BE RETURNED TO THE BIKE STATION

Return

1. Check the bike for damage on the rack. Confirm bike is locked.
2. You **MUST** press the **"BIKE HOME"** button while still at the rack or you will continue to be charged for your rental.

DOWNLOAD THE APP TO GET STARTED



ON BIKE SHARE

1. Bikes not showing in the App?
2. Scan QR code on bike
3. See user manual in app

**YOU MUST BE 18 AND OVER TO
RENT A BIKE SHARE BIKE**

LOPD GARDENS



Pre-registration is required.

Lan-Oak Park District will till the garden plots prior to plot assignment. Gardeners will be notified by email when the plots are ready and assigned. Gardeners may only use the plot assigned to them. Garden plots will be identified with numbers in the northeast corner. Plots will be staked at the earliest possible date with consideration to weather and soil condition. The growing season will be May through October. A water source is available at the garden site. Hoses and automated sprinklers are NOT allowed. You must transport your water from the water source using other means. A key to the water source will be assigned to each gardener. All plots must be planted by June 15. Garden coordinators may reassign unplanted plots, without refund, after June 15. Gardeners should maintain each plot to its boundaries. Parking is available at the park. Gardeners may not drive on or park on the grass. Gardeners may bring grass clippings from home to use on their individual plot. Gardeners must bring their own gardening tools. Storage is not provided on site. Gardeners are expected to maintain the aisles surrounding their plots so that gardeners can easily traverse the garden and access the water source. Gardeners are expected to weed their garden regularly and keep it neat. Neglected gardens may be removed without refund. Plastic bags, rocks, string, wooden stakes, or other materials must not be left in the garden aisles. Lan-Oak Park District is not responsible for theft or damage to personal property or the garden plot. It is the gardener's responsibility to remove all plants, weeds and items from their plot at the end of the season. Gardeners must take their garden down to ground level and return the key by October 31.



Gardening can be very therapeutic and this is an excellent opportunity to get outside and enjoy the fresh air. Van Laten Park will offer 15' X 15' garden plots, a water source, and a shelter for resting. You must register for a garden plot.

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

Program#: 132112 (01)

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

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

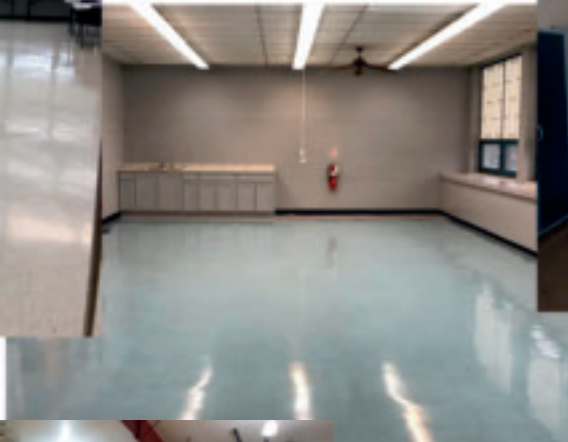


RESERVE A ROOM



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.

2025 Season

Lansing resident park reservations begin on January 6, 2025

Non-resident reservations begin on March 1, 2025

**RESERVE
EARLY!**

PARTY IN THE PARK

Pick the perfect park for your family event...



Bock Park...Our largest shelter accommodating parties up to 50 people, plentiful parking, playground
175th & Chicago Ave.

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

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

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

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

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

Picnic Party Packs!

Everything you need for a perfect event!

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

Giant Wooden Lawn Dice, Kam Jam, Potato Sacks
Party Pack use requires a picnic reservation. Packs must be returned within 48 hours of picnic date. Deposit forfeited for failure to return or for missing equipment. \$25 deposit required in addition to use fee.

Park reservations must be made at least 14 days prior to rental date. Reserving a park provides park shelter, a park bathroom key and picnic tables placed under the shelter. Reservation of a shelter does not reserve any other area of the park. Rentals run from 11:00am to 8:00pm. Electricity is available under shelters starting at 11:00am. The resident fee to rent a park shelter is \$75.00 plus a refundable \$150.00 deposit. Violation of stated rules & regulations will forfeit deposit. Deposit refund checks require 2-3 weeks. Park restrooms provide soap and toilet paper. Bring your own paper towels. CALL 708-474-8552 TO CHECK PARK & DATE AVAILABILITY

Codes of Conduct - Youth Scholarship Fund



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

Participants

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

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

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

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

Parents

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

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

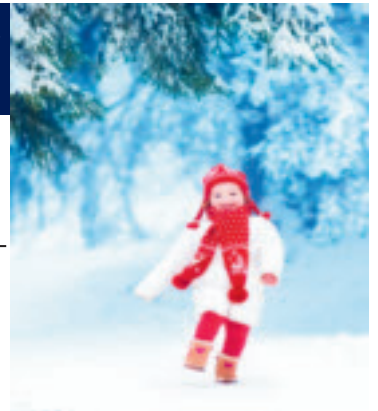
I understand that if I act outside of the rules stated in the Codes of Conduct, I risk the following:

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

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

AMERICANS WITH DISABILITIES ACT

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



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

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

Important information



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

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



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

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

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



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

Severe Weather Cancellations...

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



Conditions Resulting in Pool Closure

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



A Reminder to Pet Owners...

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



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



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

FACILITY INFORMATION:

ADMINISTRATION OFFICE EISENHOWER CENTER Recreation & Fitness Center

2550 178th Street
Lansing, Illinois 60438 708-474-8552

Hours of Operation:

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

Saturday/Sunday: 7:00am-4:00pm

(September-May)

Saturday/Sunday: 7:00am-2:00pm

(June-August)

MAINTENANCE GARAGE

17551 Chicago Avenue
Lansing, Illinois 60438 708-474-8552

Administration

Sharon Desjardins,
Senior Superintendent of
Strategy & Operations
Michelle Havran,
Superintendent of
Parks & Maintenance

Recreation/Fitness Department

Cordell Edwards, Building Maintenance
Colleen Lentz, Recreation Supervisor
Arianne Robinson, Recreation Coordinator
Janette Castellon, Receptionist
Melissa Metzger, Receptionist

Part-Time Staff

Robin Powell, Receptionist
Cat Jackson, Recreation Assistant
Tiffany Jones, Receptionist
Taylor McClain, Receptionist
Terrell Burrows, Custodian
Jerry Zawacki, Custodian
Brenda Bridgeforth, Custodian

Buildings/Grounds Department

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

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

Christmas Day - December 25, 2024

New Years Day - January 1, 2025

Easter - April 20, 2025

Memorial Day - May 26, 2025

SHORTENED HOURS -

December 24/December 31, 2024

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 a service charge of \$30.00 to reproduce or replace a check.

Park Permits...Park permits may be obtained beginning **Monday, January 6, 2025** 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 a service charge of \$30.00 to reproduce/replace a check.

Non-resident park permits may be obtained starting on March 1, 2025.

Lan-Oak Park District Mission Statement...The Lan-Oak Park District will strive to enhance the quality of life for all Lansing residents by providing clean, safe parks, well-developed recreational facilities and a wide range of recreational programs and activities for all ages.

Photographs...The Lan-Oak Park District may videotape or take photographs of people enjoying programs, special events, parks & facilities. These photographs & videos are for publications, brochures or cable programs. They are the sole property of the Park District & are used at its discretion. Park district participants, & those attending with them, may not photograph park district programs if those photographs include park district staff or other program participants. **Photography & videotaping is not allowed in the fitness center or in park district programs.**

Everyone is Welcome...The Lan-Oak Park District is an Equal Opportunity Agency and does not discriminate on the basis of race, color, national origin, sex, disability or age in the course of offering and administering any of its recreation programs, services, park areas, and facilities.

www.lanoakparkdistrict.org

Registration Form

Family Name _____ Address _____

City _____ State _____ Zip _____ Main Phone() _____

Second Phone() _____ E-Mail _____

Emergency Contact _____ Phone() _____

Relationship to Family _____

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

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

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

YOUTH SCHOLARSHIP DONATION

\$1.00

FAX TO: 708-418-0942

TOTAL PAID

MAIL TO: LAN-OAK PARK DISTRICT

2550 178th Street Lansing, IL 60438

REGISTER ONLINE: www.lanoakparkdistrict.org

Shirt Size _____

Visa _____ Mastercard _____ American Express _____

Cardholder# _____

Cardholder Name _____

Expiration Date _____

Amount of Charge _____

Authorized Signature _____

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

For Office Use Only

Cash _____ Check _____ Charge _____

Date Received _____ Check # _____

Name _____

Date _____

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

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



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

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

Signature of Participant(s) _____

Date _____

All participants must sign if over 18

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

Parent/Guardian Signature

TRANSFER/REFUND POLICY

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Registration Form

Family Name _____ Address _____

City _____ State _____ Zip _____ Main Phone() _____

Second Phone() _____ E-Mail _____

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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 _____

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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

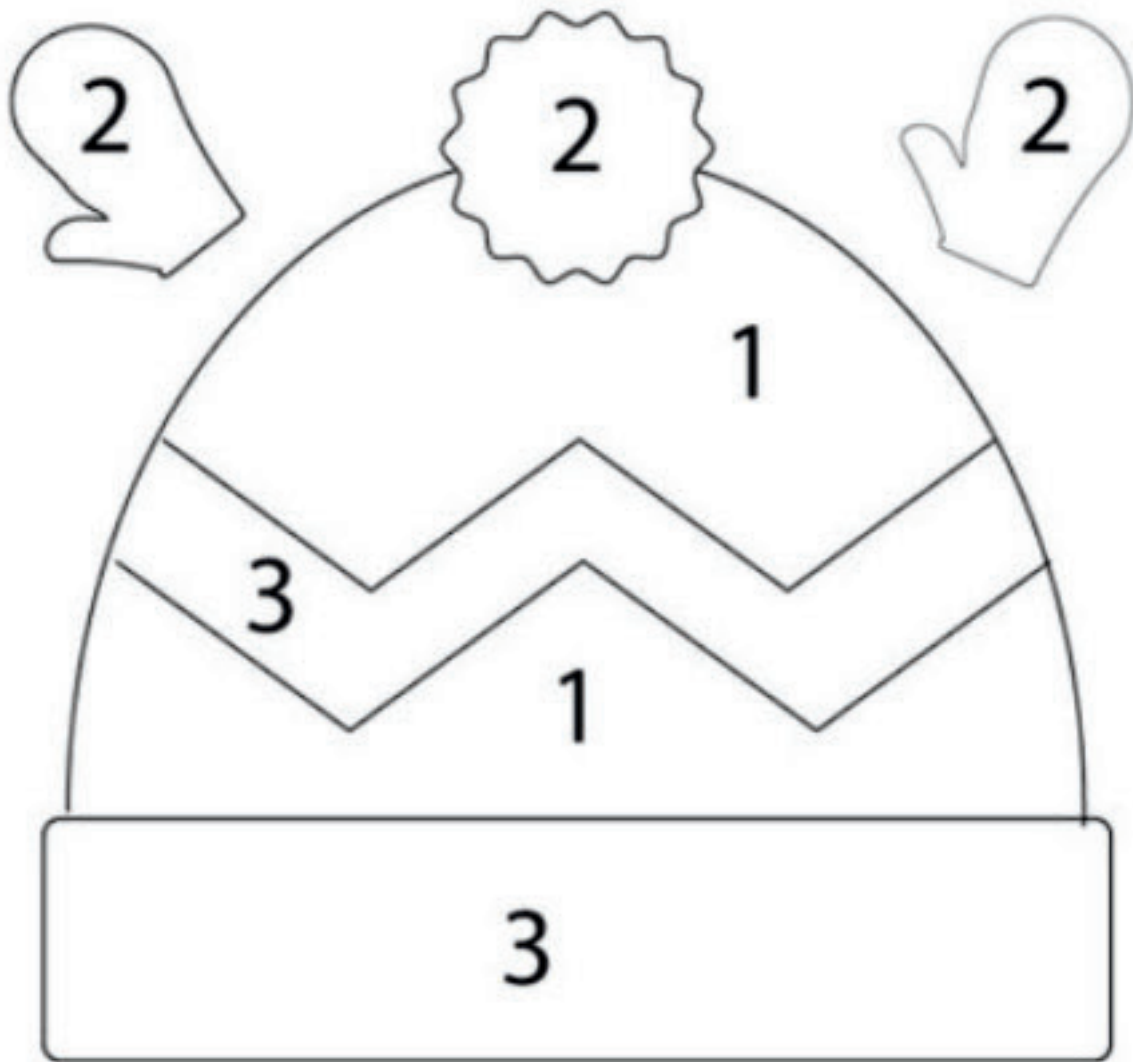
Parent or guardian must sign if participant(s) are under 18 _____

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 a service fee of \$30.00 to reproduce or replace a check.

Winter Hat Color by Number



1- blue

2- red

3- yellow

blue

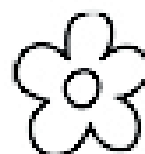
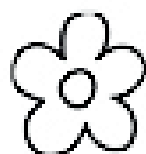
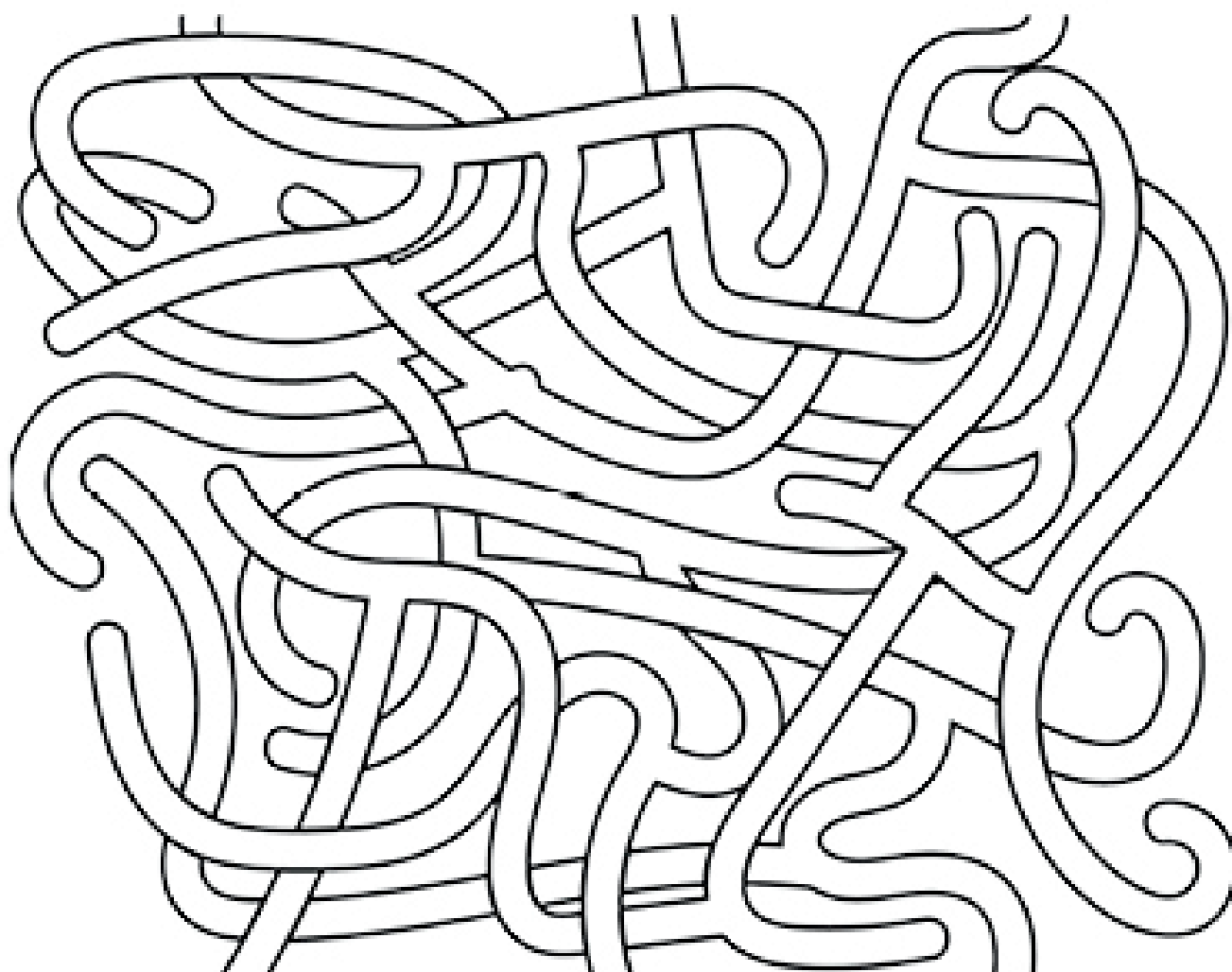
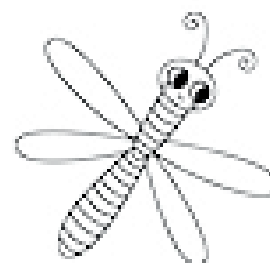
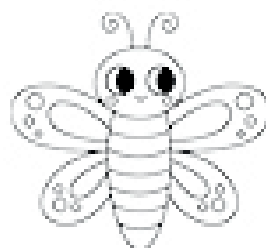
red

yellow

Name: _____ Date: _____

Spring is in the Air

DIRECTIONS: Trace the path each insect took to get to a flower.



Enjoy Lan-Oak Park District Parks!

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

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

Visit Erfert Park for some exciting sledding if the snow comes early!



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



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

LAN-OAK PARK DISTRICT

PLAYSKOOL

So Much to Learn, So Much Fun



Qualified teachers offer students:
The Alphabet, Phonetic Sounds, Word Families, Early Reading, Numbers 1-20, Graphing, Early Addition & Subtraction, Geography, Continents, Oceans, Land Forms & Map Reading, Weather, Seasons, Calendar, Days of the Week, Months of the Year, Nine Colors & Color Blending, Fourteen Geometric Shapes Rhyming, Opposites, Positional Words, Human Body, Dinosaurs, Space, Monthly Science Day, Gym Day, Story Stretcher Unit, Movie Day & more!
5-Day, All Day Students also enjoy Spanish Classes, Art Classes & Music

Playskool offers half day and all day programs.
Daily class hours: 9:00am-3:00pm

EISENHOWER FITNESS CENTER

BEST DEAL IN THE AREA!

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FREE MEMBERSHIP
SPECIAL**

OUR SERVICES

- CARDIO
- CIRCUIT TRAINING
- INDOOR LAP POOL
- SAUNA - WHIRLPOOL
- WEIGHT ROOMS
- PERSONAL TRAINING
- STEAM ROOMS
- TANNING PATIO

**GET BACK
TO FITNESS**

For more details:
708-474-8552

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

THIS SPECIAL APPLIES TO ANY MEMBERSHIP CATEGORY THAT ALREADY OFFERS A TWO-DAY OPTION.

**WE ARE
HIRING
NOW!**



**OPEN
POSITIONS**

**APPLY
NOW!**

Summer Camp Counselors
Summer Park Maintenance

download an application at
www.lanoakparkdistrict.org
or pickup an application at the
address provided

Lan-Oak Park District
2550 178th Street
Lansing, IL 60438
708-474-8552
mhawran@lanoakparkdistrict.org