

LAN-OAK PARK DISTRICT

FALL 2025

DAYONE BASKETBALL LEAGUE

NEW! CHEER

GYMNASTICS AGE 3-13

INDOOR SWIM LESSONS

KARATE AGE 3 TO ADULT

FALL BOOK CLUBS

ATHLETICS AGE 2 & UP

JANUARY BUY ONE GET ONE

FITNESS MEMBERSHIP SPECIAL



FALL
PLAYSKOOL IS
ENROLLING!



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 prior to registering.



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!

Where: 2550 178th Street, Lansing

www.lanoakparkdistrict.org

Follow us on Facebook and Instagram



The Park Board is composed of five non-paid individuals selected by voters to serve elected terms: John Kelly, Bob Tropp, Benji Lindsay, 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.

Questions? 708-474-8552



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

August 4 – Residents

August 9 – Non Residents



Playskool enrollment is year round. Playskool Fall 2025 is enrolling NOW!



Lan-Oak Park District is proud to welcome Skyhawk Sports offering athletic programs for ages 4-5, 6-8 and 9-12.



Join TF South Head Cheer Coach Shannon Aurenz and Coach Sue Sinda for our new cheer and tumble only classes.

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

EISENHOWER FITNESS CENTER

JANUARY BUY ONE GET ONE 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

BEST DEAL IN THE AREA!

WHY ARE PROGRAMS CANCELLED?
 Each program has a registration deadline that allows 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.
 Enrolling late may cause your favorite program to be cancelled.

Register early to make sure your program goes!!

Over 50 Years of Excellence

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| 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 51 for park locations and amenities.

- ✦ 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
- ✦ DOG PARK
- ✦ BOCK PARK BASKETBALL

**16 PLAYGROUNDS
8 PICNIC SHELTERS**



MORE INFO:

708-474-8552

WWW.LANOAKPARKDISTRICT.ORG



SRS is organized to provide year-round, community-based leisure education and recreational services for children and adults with disabilities.



To learn about how to get involved in Special Olympics, Day Camps, Swim Lessons, Bowling League, Friday Night Socials and many year-round special events, contact us at:

SRS South Campus Office:

Lan-Oak Park District
2550 178th Street, Lansing, IL 60438

SRS North Campus Office:

Beverly Center
3065 S. 25th Avenue, Broadview, IL 60155

Shevon Reed

sreed@sertomastar.org

Tania Meza-Sanchez

tmeza-sanchez@sertomastar.org

www.sertomastar.org/specialrecreation

Special Recreation Services (SRS) of Sertoma Star Services is a special recreation cooperative of Broadview, Calumet Memorial, Dolton, Lan-Oak, Riverdale Park Districts, the Village of South Holland Recreational Services Department, and Sertoma Star Services.



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 September 24 and November 19. 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 Resident	\$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™



Renew Active
by UnitedHealthcare



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

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

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



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

Butts & Guts

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

Program#: 332017 Min/Max: 6/15
Fee: \$40.00(R), \$40.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 September 30-November 4
Section#: 02 November 18-December 23
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#: 332230 Min/Max: 6/15
Fee: \$44.00(R), \$49.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center pass holders

Section#: 01 September 30-November 4
Section#: 02 November 18-December 23
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#: 371031 Min/Max: 6/15 Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 September 29-November 3
Section #:02 November 17-December 22
Time: 5:30- 6:20pm Day: Monday

Cardio & Strength Training

Are you ready to improve your health with cardiovascular and strength training exercise? We will show you the way to develop strength while also improving balance and mobility. We'll begin with an easy warm-up followed by the cardio portion containing heart-healthy moves, next we'll enjoy strength training with routines using small hand weights and a chair that will help you stay strong and balanced, and end with relaxing stretch that sends you on your way to a healthy day. Ages 18 & Up

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

Section#: 01 September 30-November 4
Section#: 02 November 18-December 23
Time: 10:00-11:00am Day: Tuesday

Spin & Fit

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

Program#: 331002 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01
Date: October 2-November 6
Time: 6:15- 7:00pm
Day: Thursday





SilverSneakers® Classic and Renew Active

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are

offered for resistance. A chair is used for seated and/or standing support. Ages 50 & Up

SilverSneakers and Renewed Active participants – registration is required due to room restrictions.

Program#: 339008 Min/Max: 6/20

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

Registration Deadline: One week before the start of each section

Section#: 01 September 29-November 3

Section#: 02 November 17-December 22

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

Section#: 03 October 1-November 5

Section#: 04 November 12-December 17

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

Section#: 05 October 2-November 6

Section#: 06 November 13-December 18 Time: 10:00-11:00am Day: Thursday



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#: 371001 Min/Max: 6/20 Fee: \$70.00(R), \$75.00(NR)

Registration Deadline: One week before the start of each section

15% discount for Fitness Center pass holders

Section#: 01 September 29-November 5

Section#: 02 November 10-December 17

Time: 10:00-10:50am Day: Monday & Wednesday



Fitness Classes

Tai Chi

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

Program#: 387210 Min/Max: 6/15

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

Registration Deadline: One week before the start of each section

15% discount for Fitness Center pass holders

Section#: 01 September 29-November 3

Section#: 02 November 17-December 22

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

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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#: 398115
Min/Max: 4/15
Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: One week before the start of each section

Chair Yoga

Section#: 01
Date: September 16-October 21

Chair Dancing

Section #: 02
Date: November 4-December 9
Time: 9:00-9:45am
Day: Tuesday

Senior Beats!

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

Program#: 398116
Min/Max: 6/12
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: September 26

Section#: 01
Date: October 3-November 14*
Time: 9:00-9:45am
Day: Friday
* No class on October 17

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.

Looking for more? We've got it! Check out the Adult section and Senior sections of this brochure for more fun!

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#: 332260 Min/Max: 6/10
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: One week before the start of each section.

Section#: 01 September 16-October 21
Section#: 02 November 4-December 9
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#: 339023
Min/Max: 4/10
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: September 26

Section#: 01
October 3-November 14*
Time: 10:00-10:50am
Day: Friday
*No class on October 17



Eisenhower Fitness offers discounted fitness memberships for all senior and free memberships for Silver Sneakers and Renew Active - check your insurance to see if you qualify! Need help? Ask at the front desk. Make it easy! Register for fitness programs online. www.lanoakparkdistrict.org

Water Fitness

Aqua Kick and Burn

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

Program#: 329023 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 27-November 1 Time: 8:00-8:45am Day:Saturday



Aqua Zumba® & Aqua Body Sculpting

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

Program#: 332240 Min/Max: 6/15
Fee: \$43.00(R), \$48.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 August 25-October 6*
Section#:02 October 20-November 24
Time 7:00-8:00pm Day: Monday
No class September 1st
Section#:03 September 3-October 8
Section#:04 October 22-November 26
Time: 6:30-7:30pm Day: Wednesday

Water Aerobics

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

Program#: 365140 Min/Max: 6/15
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center pass holders

Section#:01 September 8-October 13
Section#:02 October 20-November 24
Time: 8:30-9:20am Day: Monday
Section#:03 September 10-October 15
Section#:04 October 22-November 26
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#: 372035 Min/Max: 6/6 Fee: \$62.00(R), \$67.00(NR)
Registration Deadline: September 2

Section#:	Date:	Age:	Time:	Day:
01	September 9-October 28	Level 1	4:00-4:45pm	Tuesday
02	September 9-October 28	Level 1	4:45-5:30pm	Tuesday
03	September 9-October 28	Level 2	5:30-6:15pm	Tuesday
04	September 10-October 29	Level 3	4:00-4:45pm	Wednesday
05	September 10-October 29	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 age 4-5.

Program#: 372034 Min/Max: 6/6 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: September 4

Section#:	Date:	Age:	Time:	Day:
01	September 11-October 30	Level 1	4:00-4:30pm	Thursday
02	September 11-October 30	Level 2	4:30-5:00pm	Thursday
03	September 11-October 30	Level 3	5:00-5:30pm	Thursday

Swim Lessons – Teen & Adult

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

Ages 15 & Up

Program#: 372036 Min/Max: 6/10
Fee: \$62.00(R), \$67.00(NR)
Registration Deadline: September 3

Section#: 01 September 10-October 29
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#: 321085 Min/Max: 6/10
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: September 8

Section#: 01 September 11-October 30
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

Create

My First Art Class

Get the refrigerator ready to display your toddlers first amazing art. In this class kids will try out crayons, markers, paint, watercolors, stickers, dot painting, collages, and more all while getting messy, having fun, and feeling pride for their creation.

Each child will receive an art apron to use and take home after the last class. Age 24-36 months.

Program: 300118 Min/Max: 6/8
Fee: \$43.00(R), \$48.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 8-October 13
Section#:02 October 20-November 24
Time: 4:30-5:30pm Day: Monday



Celebrate

Party Animals

Everyone loves parties! It's the holiday season so let's join friends to celebrate Halloween, Thanksgiving, and Christmas. Kids will enjoy cupcakes, stories, music, art, games, and more related to each holiday. Take home your party hat!

Age 24-36 months

Program: 300112 Min/Max: 6/8
Fee: \$15.00(R), \$20.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 Halloween October 17
Time: 10:30-11:30am Day: Friday
Section#:02 Thanksgiving November 19
Time: 1:15-2:15pm Day: Wednesday
Section#:03 Christmas December 12
Time: 10:30-11:30am Day: Friday

Tiny Tots

Parent/
child
fun for
age 24
months
to 36
months

Read

My Little Book Club - Fall

Parents start reading to their babies as early as 6 months. Reading is important. Join this book club to cultivate a love of reading and stretch each story into related activities that make reading fun. We'll welcome a lovable pig named Peppa in the first section and a classic Little Critter that kids can relate to in the second section. Kids will take home one book from each section to add to their home library. Age 24-36 months

Program: 300006 Min/Max: 6/8
Fee: \$33.00(R), \$38.00(NR)
Registration Deadline: One week before the start of the section

Section#:01 September 10-October 15
Section#:02 November 5-December 10
Time: 10:00-10:45am Day: Wednesday

Learn

Preschool Prep

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

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

Section#:01 September 9-November 4
Time: 11:00am-Noon Day: Tuesday
Section#:02 September 9-November 4
Time: 5:00-6:00pm Day: Tuesday

Music & Dance

I've Got Rhythm

As soon as babies can grasp, they love to shake, rattle, and bang. This class will introduce music doing all those things! Kids will experience using rhythm sticks, triangles, drums, jingle bells, sand blocks, and egg shakers. We'll sing, dance, and make a bunch of music together with new friends. Age 24-36 months.

Program: 300150 Min/Max: 6/8 *No class November 27
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 11-October 16
Section#:02 October 30-December 11*
Time: 2:00-3:00pm Day: Thursday
*No class November 27

Athletics

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. Age 2-3

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

Adult-Tot Soccer

Program#: 327103
 Section#:01 September 3-October 8
 Section#:02 October 22-November 26
 Time: 4:15-5:00pm
 Day: Wednesday

Lil Dribblers Basketball

Program#: 327105
 Section#:01 September 5-October 10
 Section#:02 October 31-December 12*
 Time: 3:30-4:15pm
 Day: Friday.
 *No class November 28

Adult-Tot Tee Ball

Program#: 327104
 Section#:01 September 8-October 13
 Section#:02 October 27-December 1
 Time: 3:15-4:00pm
 Day: Monday



Parent and Child Aquatics

Parents and children learn together to increase a child's comfort level in the water and build a foundations of basic

skills, such as arm and leg movements and breath control. These classes are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy. Ages 6 months-3 years

Program#: 321085 Min/Max: 6/10
 Fee: \$42.00(R), \$47.00(NR)
 Registration Deadline: September 8

Section#: 01 September 11-October 30 Level 1&2
 Time: 5:30-6:00pm Day: Thursday

Tiny Tots

Parent/child fun for age 24 months to 36 months

Athletics

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: 310001
 Min/Max: 5/7
 Fee: \$41.00(R), \$46.00(NR)
 Registration Deadline: August 29

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

Fun with Friends

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

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

AquaBlast

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#: 310186 Min/Max: 6/25
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: September 20

Section#: 01 September 27-November 1
 Time: 9:00-9:45am Day: Saturday

For
ages
9
months
to
17
years

Stay
fit!!



Hop and Scoot!

Kids love the bounciful bliss of hoppity balls and scooters! 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#: 310235 Min/Max: 6/8
 Fee: \$25.00(R), \$30.00(NR)
 Registration Deadline: September 10

Section#: 01 September 17-October 22
 Section#: 02 November 5-December 10
 Time: 4:00-4:45pm
 Day: Wednesday

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: 300183 Min/Max: 6/9 Fee: \$30.00(R), \$35.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 September 18-October 23 Section#: 02 November 6-December 18
 Time: 10:00-10:30am Day: Thursday No class November 27

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

Section#: 01 September 18-October 23 Section#: 02 November 6-December 18
 Time: 10:45-11:30pm Day: Thursday No class November 27

POUND for Teens

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

Ages 12-17

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

Section#: 01 September 8-October 13
 Section#: 02 October 27-December 1
 Time: 4:30-5:15pm Day: Monday



Discover the Astonishing Benefits of Exercise for Kids!

Improved Physical Health 01

Enhanced Mental Well-being 02

Boosted Cognitive Function 03

Confidence Building 04

Improved Emotional Well-being 05

make childhood, playfull

Learn & Play at LAN-OAK PARK DISTRICT

PLAYSKOOL

A creative learning program for children ages 3-5



- ✓ Full Day & Half Day Programs
- ✓ Snacks & School Supplies Provided
- ✓ Clean, Well-Stocked Classrooms
- ✓ Perfect for Budget-Conscious Families



ENROLL TODAY!

Lan-Oak Park District
2550 178th Street Lansing, IL 60438

708-474-8552 www.lanoakparkdistrict.org

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

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



Secure, private outdoor playground & patio



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

Create

Nature Kids - Art

Right outside there are so many supplies available for creating beautiful art. There are exciting opportunities in leaves, twigs, stones, and more. Join us as we gain respect for the abundant nature around us. Age 3-5.

Program: 310058 Min/Max: 6/8
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 8- October 13
Time: 11:45-12:30pm Day: Monday
Section#:02 October 30-December 11
Time: 3:15-4:00pm Day: Thursday*
*No class November 27



Read

My First Book Club - Fall

Encourage your child to love reading in this book club that will take on a story featuring a popular character and stretching the story with related crafts, activities, and a little bit of drama. Splat the Cat lets kids experience various adventures and challenges that teach important life lessons. Elmer celebrates his uniqueness while teaching about individualism and inclusivity. Each section kids will take home a book to keep in their home library..

Program: 310040
Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 8-October 13
Section#:02 November 3-December 8
Time: 3:15-4:15pm Day: Monday

Tykes

Programs
for
children
3 to 5
years.

On our
own
having
fun
and
meeting
new
friends.

Celebrate

Partygoers – Let's Celebrate!

It's holiday season with three major holidays in just three months. Join with friends and celebrate with holiday related snacks, movies, crafts, stories, music, and games. It's never too early to be a partygoer! Take home your fancy party hat

Program: 310005 Min/Max: 6/8
Fee: \$15.00(R), \$20.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 Halloween October 10
Section#:02 Thanksgiving November 14
Section#:03 Christmas December 5
Time: 5:15-6:30pm Day: Friday

Music & Dance

I've Got Rhythm

Young children are attracted to music and making music! This program will be a fun introduction to making music by playing instruments. We'll sing, dance, shake, rattle, and bang while playing drums, rhythm sticks, triangles, sand blocks, jingle bells and more. Age 3-5.

Program: 310057 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: August 26

Section#:01 September 2-October 7
Time: 1:00-2:00pm Day: Tuesday

Dance It Out

Introduce your child to dance in this whimsical class that allows children to stretch, balance, foster self-expression, and imagine all while learning basic dance moves. We'll introduce a story, discuss the story, and express the characters through basic dance moves – so fun! Age 3-5.

Program: 310006 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 11-October 16
Section#:02 October 30-December 11*
Time: 3:15-4:00pm Day: Thursday
*No class November 27

We have more for age 3-5! [Preschool Swim Lessons Page 14](#) [Preschool Gymnastics Page 30](#)
[Kicking Tots Karate Page 32](#) [Foreign Languages Page 39](#) [Playskool - the perfect preschool Page 18-19](#)

Learn

Almost Ready to Write

The early childhood classroom is all about preparing students to read and write. In this class children will learn to make straight, diagonal, and curved shaped lines, line combinations, and letters of the alphabet. Before you know it, your child will have the skills they need to write! Age 3-5.

Program: 310131 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: October 9

Section#:01 October 16-November 20
Time: 5:00-6:00pm Day: Thursday

Mathlete

Let's take math to a new level! If your child already understands numbers and is ready to move on to simple addition, subtraction, fractions, and math concepts this class will bring all that and more with stories, worksheets and athletics. If we jump three times and subtract one jump, then how many times do we jump? Age 3-5.

Program: 310044 Min/Max: 6/8
Fee: \$41.00(R), \$46.00(NR)
Registration Deadline: One week before the start of each section

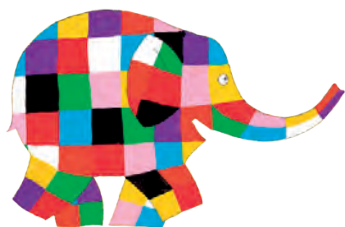
Section#:01 September 8-October 13
Section#:02 October 27-December 1
Time: 4:30-5:15pm Day: Monday

Almost Ready to Read

Literacy starts early! In this class children will cover rhymes, sounds, 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: 310048 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 5-October 10
Section#:02 October 24-December 5*
Time: 5:00-6:00pm Day: Friday
*No class November 28



Tykes

Programs
for
children
3 to 5
years

On our
own
having
fun
and
meeting
new
friends

In the Kitchen

Eatable Alphabet

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 A is for avocado to Z is for zucchini. Get ready for sticky fingers and yummy smudgies! Age 3-5.

Program: 310055 Min/Max: 6/8
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: October 8

Section#:01 October 15-November 19
Time: 5:00-6:00pm Day: Wednesday

Fun with Friends

GLAM NIGHT

Glams unite for this very special party where we will pamper ourselves with ritzy face gems, lovely nail polish, glitter hair extensions, yummy tea and cake, a super fun dance party, and a special loot bag for home. Age 3-5 Program#: 310063

Friday, November 7, 2025
5:30-7:30pm

Fee: \$15.00(R), \$20.00(NR)
Registration Deadline:
October 27

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

Athletics

Bitty Basketball

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

Program: 310031 Min/Max: 6/8
 Fee: \$30.00(R), \$35.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 September 5-October 10
 Section#:02 November 7-December 18*
 Time: 4:15-5:00pm Day: Friday
 *No class November 28

Tee Ball Basics

Play Ball! Children are introduced to the fundamentals of one of the most popular sports. See where your child's interest lies as we develop motor skills, practice eye/hand, and nurture growth socially and emotionally through teamwork and good sportsmanship. Age 4-5

Program#: 387011 Min/Max: 6/8
 Fee: \$35.00(R), \$40.00(NR)
 Registration Deadline: September 1

Section#:01 September 8-October 13
 Time: 4:00-5:00pm Day: Monday

Micro Soccer U6

Children are introduced to the fundamentals of soccer. We will develop motor skills, practice eye/foot coordination, and nurture growth socially and emotionally through teamwork and good sportsmanship. Age 4-5



Program: 387025
 Min/Max: 6/8
 Fee: \$35.00(R), \$40.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 September 3-October 8 (outdoors)
 Section#:02 October 22-November 26 (indoors)
 Time: 3:15-4:15pm
 Day: Wednesday

Tykes

Programs for children 3 to 5 years

On our own, having fun, and meeting friends

Athletics

Skyhawks Flag Football

Dive into the excitement with Skyhawks Flag Football!

This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and join us for a game where everyone wins! Age 4-6

Program: 387220 Min/Max: 8/24
 Fee: \$89.00(R), \$94.00(NR)
 Registration Deadline: September 3

Section#:01 September 13-October 25
 Time: 9:00-9:45am Day: Saturday

This program will be held indoors at the Eisenhower Community & Fitness Center



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: 310030 Min/Max: 6/8
 Fee: \$37.00(R), \$42.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 September 9-October 14
 Section#:02 October 28-December 2
 Time: 11:30-12:30pm Day: Tuesday

Don't Miss Something Wicked Page 40

Music & Dance

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: 314107 Fee: \$78.00(R), \$83.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 8-September 29
Section#:02 October 13-November 3
Section#:03 November 17-December 8
Day: Monday
Section#:04 September 10-October 1
Section#:05 October 15-November 5
Section#:06 November 19-December 10
Day: Wednesday

Recorder 2 Please bring your recorder from Playing Recorder 1. Instructor approval is required to progress to Recorder 2. Age 6-12.

Program: 310133 Min/Max: 6/8
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: October 15

Section#:03 October 22-November 26
Time: 4:15-5:00pm Day: Wednesday

Create

Nature Crafts

The outdoors offers exciting possibilities with dry vines, bark from a tree, a pinecone, and shells on a beach. We'll bring nature inside to create beautiful nature crafts like a twig frame, writing with dried leaves, and soil clay pots, all while learning to respect and protect our world's gifts. Age 6-8

Program: 310187 Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 18-October 23
Section#:02 November 6-December 18*
Time: 5:30-6:30pm Day: Thursday
*No class November 27

Kiddos

Programs
for
children
6 to 8
years

So
much
fun!!

Music & Dance

Dance it Out

We'll put a new twist on a dance class. The Dance It Out Creative Movement Series offers an interesting story that will spark imagination and foster self-expression. Our dancers will represent characters from the story through basic dance moves. What a great way to learn the fun and beauty of dance!

Age 6-8

Program: 311000 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 9-October 21*
Section#:02 November 4-December 9
Time: 5:30-6:30pm Day: Tuesday
No class October 14

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

Program: 310133 Min/Max: 6/8
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: August 27

Section#:01 (Age 6-9) September 3-October 8
Time: 4:15-5:00pm Day: Wednesday

Read

Kiddos Book Club

Reading widens our world and it's never too soon to join a book club. The stories of award winning children's author Tomie dePaolola will delight the kiddos. This book club will serve young, early readers with simple, but fun stories, discussions with peers, and story related activities. Kids will take home one book for their home library. Age 6-8

Program: 310197 Min/Max: 5/8
Fee: \$28.00(R), \$33.00(NR)
Registration Deadline: October 16

Section#:01 October 23-December 4*
Time: 4:15-5:15pm Day: Thursday
*No class November 27

We have more! Swim Lessons Page 14 Gymnastics Page 30
Karate Page 32 Foreign Languages Page 39 Cheer & Tumble Only Page 25

Learn

Minecraft Learning

Get ready to grab a pencil and learn with creepers, farmers, Endermen, and more. We'll learn school concepts while taking a journey through the Minecraft world - phonics and vowels, addition and subtraction, spelling and vocabulary, and grammar. We'll reward ourselves by decorating a Minecraft vinyl to take home. Learning becomes more fun if it feels like a game!

Age 6-8

Program: 312005 Min/Max: 6/8
Fee: \$46.00(R), \$51.00(NR)
Registration Deadline: September 2

Section#:01 September 9-October 14
Section#:02 November 4-December 9
Time: 4:15-5:15pm Day: Tuesday

Checkmate, Jr!

This class will teach beginners what they would need to know about the rules, techniques, and skills to play chess. School elements can be assisted as chess is a great way to teach children patterns, planning, critical thinking, abstract concepts, and patience while having some competitive fun. Age 6-8.

Program#: 321054 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: August 29

Section#:01 September 5-October 10
Time: 5:15-6:15pm Day: Friday

In the Kitchen

Kid Chefs

Kids love to cook. In our kitchen kids will learn about kitchen safety, measurement, food groups, and following a recipe. We'll make some simple recipes for breakfast, lunch, dinner, and dessert... and we will enjoy eating our creations. Kid chefs will design their own chef hat and apron for home. Age 6-8

Program#: 310250 Min/Max: 6/12
Fee: \$55.00(R), \$60.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 September 11-October 16
Section#:02 October 30-December 11*
Time: 4:00-5:00pm Day: Thursday
*No class November 27

Kiddos

Programs
for
children
6-8
years

So
much
fun!!

Celebrate

Pumpkins & Pizza

Let's have some fall fun in this event that includes pumpkins, paint, stencils, cookies, and juice. Kids will receive a pumpkin to paint with multiple colors and types of paints and take home for the holiday. Will your pumpkin be happy or scary? Age 6-8

Program: 310151 Min/Max: 6/8
Fee: \$15.00(R), \$20.00(NR)
Registration Deadline: October 3

Section#:01 October 10 Time: 5:15-6:45pm Day: Friday

Run, Run, Rudolph

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

Program#: 350120 Min/Max: 6/8
Fee: \$15.00(R), \$20.00(NR)
Registration Deadline: December 13

Date: December 19 Time: 5:00-6:30pm Day: Friday



STAR WARS

In a galaxy far, far away...we're having A PARTY

Kids will love this themed party that offers a training academy obstacle course, the Don't Wake Jabba game, delicious Wookie cookies and Yoda soda, the Stormtrooper Ballon Pop, and more. Everyone takes home an inflatable light saber sword. Age 6-8.

Friday | September 19 | 5:30-7:30 pm

Program#: 312016 Fee: \$15.00(R), \$20.00(NR)
Please Register by September 9

MAY THE FORCE BE WITH YOU!

**We have more! Swim Lessons Page 14 Gymnastics Page 30 Sports for 10-12 Page 25
Karate Page 32 Foreign Languages Page 39 Cheer & Tumble Page 25**

Athletics

Skyhawks Flag Football

Dive into the excitement with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and join us for a game where everyone wins! Age 6-8

Program: 387220 Min/Max: 8/24
Fee: \$89.00(R), \$94.00(NR)
Registration Deadline: September 3

Section#: 02 September 13-October 25
Time: 10:00-10:50am Day: Saturday

This program will be held indoors at the
Eisenhower Community & Fitness Center

Skyhawks Volleyball

Spike your way to success with Skyhawks Volleyball! Designed for beginners to intermediates, this program combines the thrill of volleyball with fun, focused training in passing, setting, spiking, hitting, and serving. Beyond skills, it emphasizes leadership and teamwork, fostering growth as players and team members. Join us for volleyball fun and mastery! Age 6-8

Program: 387520 Min/Max: 8/24
Fee: \$85.00(R), \$90.00(NR)
Registration Deadline: October 10

Section#: 01 October 20-November 17
Time: 5:00-5:50pm Day: Monday

This program will be held indoors at the
Eisenhower Community & Fitness Center

Kiddos

Programs
for
children
6 to 8
years

So
much
fun!!

Athletics

Skyhawks Soccer

Kick start your child's soccer journey with Skyhawks Soccer! This program boosts young athletes by teaching key skills like dribbling, passing, shooting, and ball control. Each session focuses on enhancing abilities while instilling teamwork and sportsmanship. Your child will improve their soccer skills and embrace the game's spirit. Join us to grow and score! Age 6-8

Program: 381004 Min/Max: 8/24
Fee: \$85.00(R), \$90.00(NR)
Registration Deadline: September 5

Section#: 01 September 15-October 13
Time: 5:00-5:50pm Day: Monday

This program will be held indoors at the
Eisenhower Community & Fitness Center

Skyhawks Baseball

"Step up to the plate with Skyhawks Baseball! This program teaches young sluggers essential skills like fielding, catching, and hitting, all while fostering teamwork and responsibility. Each fun-packed session aims to develop not just athletic prowess, but emphasize leadership and teamwork, fostering growth as players and team members. Age 6-8

Program: 387560 Min/Max: 8/24
Fee: \$80.00(R), \$85.00(NR)
Registration Deadline: November 14

Section#: 01 November 24-December 15
Time: 5:00-5:50pm Day: Monday

This program will be held indoors at the
Eisenhower Community & Fitness Center

NEW! Cheer

The park district is proud to welcome Shannon Aurenz, Head Cheer Coach at TF South High School and Coach Sue Siede offering this new class that will teach the technique of cheer, work in some jumps, motions, stunts, and tumbling. Participants will receive plenty of individual attention with TWO cheer

coaches every class. Whether you want to cheer for fitness, for fun, or to prepare for cheer tryouts at your school, this is the class for you. Ages 6-8

Program#: 332120 Min/Max: 8/12
Fee: \$86.00(R), \$91.00(NR) Registration Deadline: One week before the start of each section

Section#: 01 October 30-December 11 Time: 5:00-6:00pm Day: Thursday *No class November 27



Kenny Barnes
DAYONE
Basketball
Programs
and League
Page 31

Music

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 9-12.



Tweens

Fun for
the big
kids a
ge 9-12

Get
with
the
program!

Program: 310133 Min/Max: 6/8
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: August 25

Section#:02 September 3-October 8
Time: 5:00-5:45pm Day: Wednesday

Recorder 2 Building on notes learned in Playing Recorder 1. 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 9-12.

Program: 310133 Min/Max: 6/8
Fee: \$39.00(R), \$44.00(NR)
Registration Deadline: October 15

Section#:04 October 22-November 26
Time: 4:15-5:00pm Day: Thursday

Create

Mandala Art

Mandalas are beautiful. For many, mandalas brighten their space and lift their spirit. Learn how to create mandala geometric designs on wood, stones, and with sand. We'll use paint and pens to dot our designs. Age 9-12.

Program#: 314105 Min/Max: 6/10
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 8-October 13
Section#:02 October 27-December 1
Time: 5:00-6:00pm Day: Wednesday

Gymnastics Page 30 Karate Page 32
Athletics Page 28 Foreign Languages Page 39
DAYONE Basketball Programs & League Page 31

Music

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: 314107 Fee: \$78.00(R), \$83.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 8-September 29
Section#:02 October 13-November 3
Section#:03 November 17-December 8
Day: Monday
Section#:04 September 10-October 1
Section#:05 October 15-November 5
Section#:06 November 19-December 10
Day: Wednesday

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 9-12.

Program: 310202 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: October 20

Section#:01 October 27-December 1
Time: 5:30-6:30pm Day: Monday

Read

Page Turners – Fall

If you like to read, grab some friends for this book club that celebrates a story while enjoying popcorn and soda. We'll be reading from the Clubhouse Series. Books will be provided and are yours to keep. The Clubhouse Series is nine fun adventure detective stories. Think like a detective, use your logic and solve the mystery. Age 9-12

Program: 321000 Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 10- October 22
Section#:02 November 5-December 10
Time: 6:00-7:00pm Day: Wednesday

In the Kitchen

Hocus Pocus Cooking

What better way to celebrate Halloween than by celebrating the witchy Sanderson Sisters from Hocus Pocus?! Just think about the delicious Burning Rain of Death Punch, William's Wormy Grave Tombstone Cake, Dead Man's Toes Sausage Appetizers. We'll learn the recipe, gather our supplies, cook, and taste our yummy creations. Chefs will take home a Hocus Pocus wooden cooking utensil on the last day. Age 9-12

Program: 311998 Min/Max: 6/8
Fee: \$55.00(R), \$60.00(NR)
Registration Deadline: September 1

Section#:01 September 8-October 20
Time: 5:00-6:00pm Day: Monday

Celebrate

Party, Party

It's the holiday season so let's party! Each party will offer karaoke, snacks, games, crafts, a loot bag, and fun. For the Halloween party, wear a costume. For the Christmas party don a truly ugly sweater.

Program: 310136 Min/Max: 6/8 Fee \$20.00(R), \$25.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 Halloween October 28 Time: 4:15-5:45pm
Section#:02 Christmas December 16 Day: Tuesday

Tweens

Fun for
the big
kids
age 9-12

Get
with
the
program!

Learn

Checkmate!

Learn the rules, learn the board, learn the pieces and then we'll take off to game play, strategy, patterns, and tactics. Chess is a fascinating and challenging game. It involves no hidden elements and no element of chance. Chess will teach children critical thinking, patience, focus, and memory. Age 9-12

Program#: 321054 Min/Max: 6/10
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: November 5

Section#:02 November 12-December 17
Time: 5:30-6:30pm Day: Wednesday

Greek Mythology

Greek mythology for kids introduces kids to gods, goddesses, heroes, and monsters from ancient Greece. Essentially the superheroes from thousands of years ago. Gods and goddesses have unique powers, monsters add excitement and danger, and mortals like Hercules are central to stories – and it's fun. Kids will receive a Greek God pin to wear proudly. Age 9-12.

Program: 310135 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: September 4

Section#:01 September 11-October 16
Time: 4:45-5:45pm Day: Thursday



YOU ARE INVITED TO A PARTY!

PROGRAM#: 312020 (01)

FRIDAY SEPTEMBER 12 6PM TO 8PM FEE \$15.00(R) \$20.00(NR)

SUPER MARIO TURNS 40

We'll celebrate with a Mario Cake & Ice Cream, an Ultimate Super Mario Trivia Game, and then we will PLAY to crown the Super Mario Birthday Champion!!

Super Mario was first released on September 13, 1985 - 40 years ago! So let's celebrate!!

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. Kids will write inspirational quotes and even write a few jokes and riddles. Age 9-12



Program: 310191 Min/Max: 6/12
Fee: \$41.00(R), \$46.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 September 3-October 8
Section#:02 October 22-November 26
Time: 5:00-6:00pm Day: Wednesday

Athletics

Skyhawks Flag Football

Dive into the excitement with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and join us for a game where everyone wins! Age 10-14

Program: 387220 Min/Max: 8/24
 Fee: \$89.00(R), \$94.00(NR)
 Registration Deadline: September 3

Section#: 03 September 13-October 25
 Time: 11:00am-Noon Day: Saturday

This program will be held indoors at the Eisenhower Community & Fitness Center

Skyhawks Volleyball

Spike your way to success with Skyhawks Volleyball! Designed for beginners to intermediates, this program combines the thrill of volleyball with fun, focused training in passing, setting, spiking, hitting, and serving. Beyond skills, it emphasizes leadership and teamwork, fostering growth as players and team members. Join us for volleyball fun and mastery! Age 9-12

Program: 387520 Min/Max: 8/24
 Fee: \$85.00(R), \$90.00(NR)
 Registration Deadline: October 10

Section#: 02 October 20-November 17
 Time: 6:00-6:50pm Day: Monday

This program will be held indoors at the Eisenhower Community & Fitness Center

Tweens

Fun for
 the big
 kids a
 ge 9-12

Get
 with
 the
 program!

Athletics

Skyhawks Soccer

Kick start your child's soccer journey with Skyhawks Soccer! This program boosts young athletes by teaching key skills like dribbling, passing, shooting, and ball control. Each session focuses on enhancing abilities while instilling teamwork and sportsmanship. Your child will improve their soccer skills and embrace the game's spirit. Join us to grow and score! Age 9-12

Program: 381004 Min/Max: 8/24
 Fee: \$85.00(R), \$90.00(NR)
 Registration Deadline: September 5

Section#: 02 September 15-October 13
 Time: 6:00-6:50pm Day: Monday

This program will be held indoors at the Eisenhower Community & Fitness Center

Skyhawks Baseball

"Step up to the plate with Skyhawks Baseball! This program teaches young sluggers essential skills like fielding, catching, and hitting, all while fostering teamwork and responsibility. Each fun-packed session aims to develop not just athletic prowess, but emphasize leadership and teamwork, fostering growth as players and team members. Age 9-12

Program: 387560 Min/Max: 8/24
 Fee: \$80.00(R), \$85.00(NR)
 Registration Deadline: November 14

Section#: 02 November 24-December 15
 Time: 6:00-6:50pm Day: Monday

This program will be held indoors at the Eisenhower Community & Fitness Center

Kenny Barnes DAYONE Basketball Programs and League Page 31



NEW! Cheer

The park district is proud to welcome Shannon Aurenz, Head Cheer Coach at TF South High School and Coach Sue Sindle offering this new class that will teach the technique of cheer, work in some jumps, motions, stunts, and tumbling. Participants will receive plenty of individual attention with TWO cheer coaches every class. Whether you want to cheer for fitness, for fun, or to prepare for cheer tryouts at your school, this is the class for you. Ages 10-14 *No class November 27

Program#: 332120 Min/Max: 8/12
 Fee: \$86.00(R), \$91.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 02 October 30-December 11 Time: 7:00-8:00pm
 Day: Thursday *No class November 27

Tumble Only

In this class we will remove the beam and the bars and learn just tumbling skills. Each participant will be assessed for skill and grouped as follows.

Beginner: Forward rolls, Handstands, cartwheels, round offs

**Intermediate: Back-Walk Over, Front Walk Overs,
 Back Handsprings**

Advance: Tuck, Layouts, Fulls

Start as a beginner and work your way to advanced or enhance skills you already have. Tumbling is important for both Cheer so join Coach Shannon Aurenz and Coach Sue Sindle for the fun, fitness, and flips. Age 8-13 *No class November 27

Program#: 321071 Min/Max: 8/12 Fee: \$86.00(R), \$91.00(NR)
 Registration Deadline: One week before the start of each section

Section#: 01 October 30-December 11 Time: 6:00-7:00pm
 Day: Thursday *No class November 27

Create

NEW! Macrame

Create a stringed masterpiece We will learn the art of macrame and how each knot provides different results in style. Each week we will learn different techniques and at the end you will have an end result to take home. This will make a beautiful artistic display for your room or a perfect gift to a friend.

All supplies will be provided.

Program: 321057 Min/Max: 4/8

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

Registration Deadline: October 28

Section#:01 November 4-December 9

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

Read

NEW! Darling Deli Book Club

Cooking and reading go hand in hand. It is even better when you have a friend involved. Each week we will meet to discuss our reading and the last week we will cook the delicious deli sandwich mentioned in our stories. Get ready to enjoy a good read and a tasty bite to eat. Books and cooking supplies are provided.

Program: 321014 Min/Max: 4/8

Fee: \$50.00(R), \$55.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 Cold Cut Murder September 4-September 25

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

Section#:02 Pastrami Murder October 1-October 29

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

*No class on October 15

Section#:03 Grilled Cheese Murder November 6-December 4

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

*No class on November 27

Athletics

Teen Sand Volleyball League

Grab your friends, create a fun team name, and sign up for bragging rights with our fun sand volleyball league. Each week you will play 2 matches (3 sets each). The last week will be a layoff game with each team playing 2 matches until a champion is named. Each person will need to complete a registration form and have a signed waiver prior to playing. Each team must consist of 6 athletes to register.

Program: 332886 Min/Max: 3 Teams/6 Teams

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

Registration Deadline: August 27

Section#:01 September 3-October 8

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

Teens

Programs
for
13 to 17
years.

So much
fun!



Looking for
more?

Private
Piano
Lessons
Page 26

Fitness
Classes
Page 10-11

Cheer
Page 28

Foreign
Languages
Page 39

Karate
Page 33

DAYONE
Basketball
Page 31

Learn

NEW! Junior Szn

Junior year is one of the most important times of your high school years. From SAT testing to figuring out your future we want to help take one thing off your plate. This class will walk you through some of the most important pieces of your future, deciding whether or not college is right for you. We will go over scholarship applications, how to find the best school for you, and how to apply for college including your admission essay.

Age 13-17

Program: 321052 Min/Max: 6/10

Fee: \$31.00(R), \$36.00(NR)

Registration Deadline: August 29

Section#:01 September 5-September 26

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

NEW! What is Tarot?

Are you interested in the history behind tarot and its cultural ties? Join us and uncover the story behind tarot reading. We will go over the culture and history behind tarot. Learning the meaning of the practice and how it started. This popular fortune telling has many stories to discover. Age 13-17

Program: 321005 Min/Max: 6/8

Fee: \$26.00(R), \$31.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 October 6

Time: 4:00-5:30pm Day: Monday

Section#:02 October 15

Time: 4:00-5:30pm Day: Wednesday

Section#:03 October 30

Time: 4:00-5:30pm Day: Thursday

In the Kitchen

TikTok Cooking

TikTok boasts more than one billion users and one of the most viewed types of content is recipes and how to cook them. Put on your apron, join friends, and learn to cook some of the recipes offered from the most popular TikTok foodies - recipes that are unique, delicious, and easy.

Program: 310137 Min/Max: 6/8

Fee: \$61.00(R), \$66.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 September 8-September 29

Time: 4:00-5:30pm Day: Monday

Section#:02 November 19-December 10

Time: 4:00-5:30pm 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#: 321700 Min/Max: 5/15 Fee: \$63.00(R), \$68(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 3-October 8

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

Section#:02 September 2-October 7

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

Section#:03 October 15-November 19

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

Section#:04 October 14-November 18

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

Section#:05 November 26-January 14*

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

Section#:06 November 25-December 30

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

*No class December 24 & 31

Boys Gymnastics

Boys receive instruction on strength training, conditioning skills, floor exercises, types of tumbling jumps, front hand-springs, back flips, rings and rope climbing, bars and vaulting. Sports part of a total educational experience and gymnastics is the most complete workout to ready your child for all sports.

Ages 6-10

Program#: 321760 Min/Max: 5/20

Fee: \$63.00(R), \$68(NR)

Registration Deadline: One week before the start of each section

Section#:01 September 3-October 8

Section#:02 October 15-November 19

Section#:03 November 26-January 14*

*No class December 24 or 31

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



GYMNASTICS

Girls Gymnastics

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

Program#: 321720 Min/Max: 5/20 Fee: \$63.00(R), \$68(NR) Registration Deadline: One week before the start of each section

Date/Day	Tuesday	September 2-October 7
Section#:01	4:30-5:30pm	Age 5-7
Section#:02	6:30-7:30pm	Age 7-10
Section#:03	7:30-8:30pm	Age 7-12 (Boys & Girls Advanced)

Date/Day	Tuesday	October 14-November 18
Section#:06	4:30-5:30pm	Age 5-7
Section#:07	6:30-7:30pm	Age 7-10
Section#:08	7:30-8:30pm	Age 7-12 (Boys & Girls Advanced)

Date/Day	Tuesday	November 25-December 30
Section#:11	4:30-5:30pm	Age 5-7
Section#:12	6:30-7:30pm	Age 7-10
Section#:13	7:30-8:30pm	Age 7-12 (Boys & Girls Advanced)

Date/Day	Wednesday	September 3-October 8
Section#:04	5:30-6:30pm	Age 6-8
Section#:05	6:30-7:30pm	Age 8-13

Date/Day	Wednesday	October 15-November 19
Section#:09	5:30-6:30pm	Age 6-8
Section#:10	6:30-7:30pm	Age 8-13

Date/Day	Wednesday	November 26-January 14*
Section#:14	5:30-6:30pm	Age 6-8
Section#:15	6:30-7:30pm	Age 8-13

*No class December 24 or 31

DAYONE YOUTH BASKETBALL LEAGUE

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

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

Practices start in December and last until late March. Games begin January 11 2026

No refunds after December 12 Program: 363045
Fee: \$120.00(R), \$125.00(NR)

Section#:01 3rd-5th Grade Section#:02 6th-8th Grade
Registration Deadline: December 2

Skills Evaluation/Draft is MANDATORY! – Sunday, December 7
Team requests will not be granted. Teams are determined by draft only. SUNDAY IS GAME DAY - games are one hour in length and are scheduled between 11:00am-3:00pm.

LAN-OAK PARK DISTRICT

2550 178TH STREET, LANSING, IL

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

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

**Questions?
708-474-8552**

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

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

Program: 363040

Min/Max: 12/40

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

Registration Deadline: October 25

Section#:01

November 1-December 13*

Time: 11:00am-Noon

Day: Saturday

*No Class November 29

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

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

Age 9-12

Program#: 381006

Min/Max: 4/12

Fee: \$55.00(R), \$60.00(NR)

Registration Deadline: October 25

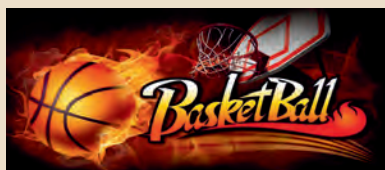
Section#:01

November 1-December 13*

10:00-11:00am

Day: Saturday

*No Class November 29



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

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

Program#: 363020 Min/Max: 6/10 Fee: \$110.00(R), \$115.00(NR)

Registration Deadline: September 6

Date: September 13-October 18 Day: Saturday

Section#:01 (Age 8-10) 10:00-11:00am

Section#:02 (Age 11-13) 11:00-Noon

Section#:03 (Age 14-17) Noon-1:00pm



KARATE CLASSES

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

Kicking Tots

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

Section#: 01 & 04
Time: 4:30-5:30pm
Day: Monday



Program#: 332001 10-week Sessions

Section#: 01 & 02 & 03

September 29-December 1

Section#: 04 & 05 & 06

December 8-February 9

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

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. Class is taught by Just For Kicks – The Martial Arts University staff instructors whose Senior Instructor is also one of the Senior Coaches for The USA Martial Arts Team. Age 18 & Up

Section#: 03 & 06 Time: 6:30-7:30pm Day: Mondays



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.

Age 7-16

Section#: 02 & 05
Time: 5:30-6:30pm
Day: Monday



Please register one week before each section.

Questions? 708-474-8552 Make it easy!

Register online www.lanoakparkdistrict.org

Create

Ceramics

Get creative! Choose from a variety of molds and create your own masterpiece. In this class we will go through the steps of shaping, cooking, and painting your design onto your very own ceramic. You will learn some of the basic techniques including mold-making and so much more. Age 18 & Up

Program: 332006 Min/Max: 10/15
 Fee: \$100.00(R), \$105.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 September 10-October 15
 Section#:02 October 29-December 3
 Time: 2:00-3:00pm Day: Wednesday

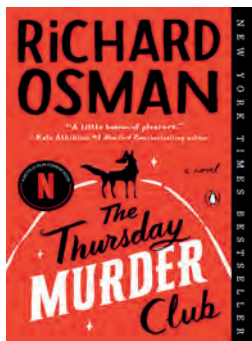
NEW! Macrame

Create a stringed masterpiece We will learn the art of macrame and how each knot provides different results in style. Each week we will learn different techniques and at the end you will have an end result to take home. This will make a beautiful artistic display for your home or a perfect gift to a friend. All supplies will be provided. Age 18 & Up

Program: 332020 Min/Max: 4/8
 Fee: \$45.00(R), \$50.00(NR)
 Registration Deadline: September 9

Section#:01 September 16-October 21
 Time: 5:00-6:00pm Day: Tuesday

Read



NEW! Thursday Murder Book Club

Dive into the world of Richard Osman with us. Four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes; together they call themselves the Thursday Murder Club. Once some mysterious clues begin popping up the club is thrown into their first live case. Books are provided. Age 18 & Up

Program: 332008 Min/Max: 4/6
 Fee: \$48.00(R), \$53.00(NR)
 Registration Deadline: September 25

Section#:01 October 2-October 30
 Time: 5:00-6:00pm Day: Thursday

Questions? 708-474-8552

Adults

Age 18 & Up

get out,
 meet new
 friends,
 have fun!

Music

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: 314107 Fee: \$78.00(R), \$83.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 September 8-September 29
 Section#:02 October 13-November 3
 Section#:03 November 17-December 8
 Day: Monday
 Section#:04 September 10-October 1
 Section#:05 October 15-November 5
 Section#:06 November 19-December 10
 Day: Wednesday

EISENHOWER FITNESS CENTER

BEST DEAL IN THE AREA!

JANUARY
 BUY ONE GET ONE
 FREE MEMBERSHIP
 SPECIAL



GET BACK
 TO FITNESS

For more details:
 708-474-8552



OUR SERVICES

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

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

THIS SPECIAL APPLIES TO ANY MEMBERSHIP CATEGORY THAT ALREADY OFFERS A TWOSOME OPTION.

Learn

ASL (American Sign Language) classes for all ages

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

Program#: 321110 Fee: \$88.00(R), \$93.00(NR)
Registration Deadline: One week before each section

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

Section#: 01 September 24-October 29
Section#: 02 November 5-December 17*
Time: 5:00-5:45pm Day: Wednesday
*No class November 26

Learn to Sign-Kids (ages 7-12)

Section#: 03 September 24-October 29
Section#: 04 November 5-December 17*
Time: 6:00-6:45 pm Day: Wednesday
*No class November 26

Ages 13 & Up

Section#: 05 September 24-October 29
Section#: 06 November 5-December 17*
Time: 7:00-8:00 pm Day: Wednesday
*No class November 26

NEW! 2026 Vision Board

Each year should be designed with intention for you to hit your goals and imagine your dreams. Create your ideal 2026 on paper with us. We will create vision boards with images that capture what you desire. You can bring any extra photos and images you want to see if your idea of a successful 2026.

Age 18 & Up

Program: 332003 Min/Max: 6/10
Fee: \$31.00(R), \$36.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 December 2
Time: 5:00-6:00pm Day: Tuesday
Section#:02 December 9
Time: 5:00-6:00pm Day: Tuesday

Archery This 3-week program will provide you with all the basics of archery. Teaching you proper holds and stances and corrections for the fundamentals. Archery can assist in improving upper body strength and hand eye coordination. Age 18 & Up

Program: 331801 Min/Max: 6/8 Fee: \$55.00(R), \$60.00(NR) Registration Deadline: October 29
Section#:01 November 5-November 19 Time: 9:30-11:00am Day: Wednesday

Adults

Age 18 & Up

get out,
meet new
friends,
have fun!

Fitness
Classes
Page 10-11

Water
Fitness
Page 13

Adult Swim
Lessons
Page 14

Adult
Karate
Page 32

Special
Events
Page 40-41

Foreign
Languages
Page 39

In the Kitchen

NEW! Busy People Cooking

At times it can feel like it takes hours to get a decent meal cooked. We are always running around and rushing to get things done in the limited amount of time we have. In this class we will teach you some quick and easy recipes in the span of an hour. Showing you just how easy it can truly be. All materials will be provided. Age 18 & Up

Program: 332010 Min/Max: 4/8
Fee: \$55.00(R), \$60.00(NR)
Registration Deadline: October 6

Section#:01 October 13-November 10
Time: 5:15-6:15pm Day: Monday

Celebrate

Santa's Workshop

'Tis the season to celebrate. Tag along on this Christmas adventure and create and punch needle ornament. Paired up with some candy cane tea and a classic Christmas movie. At the end you'll be able to take home your new addition to your yearly decorations.

All materials provided. Age 18 & Up



Program: 332000 Min/Max: 4/8 Fee: \$19.00(R), \$24.00(NR)
Registration Deadline: December 4

Section#:01 December 11
Time: 5:00-6:30pm Day: Thursday

Athletics

Friday Drop In Fun!

Adults are welcome to drop in to the Eisenhower Center gym with friends to play basketball or volleyball. Basketball will be offered on one court, volleyball will be set-up on the other court. On two Friday nights, drop in, pay the walk-in fee, and have fun!

Age 21 & Up

Friday, September 26 6:00-8:30pm Walk In Fee: \$7.00(R)
Friday, November 14 6:00-8:30pm \$12.00(NR)



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

Create

Seniors

Age 62 & Up



Moss Art

Moss is the foundation for a thriving ecosystem. We'll enjoy this class that creates a latch hook moss table pad. Use it for a beautiful vase, a candle, or a glass. Mother Nature is calling and she wants you to join her!

Program: 387571 Min/Max: 6/8
 Fee: \$10.00(R), \$15.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 September 26 Section#:02 October 24
 Section#:03 November 21
 Time: 11:00am-Noon Day: Friday

Celebrate

Pot Luck Parties Get together with us for the holidays. To celebrate each holiday, we will be hosting a pot luck for you to bring a dish of your choice. Join us for an enjoyable celebration and participate in a few games as well.

Program: 332016 Min/Max: 6/10
 Fee: \$5.00(R), 10.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 Halloween October 2
 Time: 2:00-3:30pm Day: Thursday
 Section#:02 Thanksgiving November 25
 Time: 2:00-3:30pm Day: Tuesday
 Section#:03 Christmas December 18
 Time: 12:00-1:30pm Day: Thursday

In the Kitchen

NEW! Speedy Senior Recipes

Join us on our kitchen adventure. Each week we will learn a new recipe that will be quick and simple. Bring your kitchen knowledge and a hungry belly, and let's get cooking!

Program: 387575 Min/Max: 4/6
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: October 23

Section#:01 October 30-November 20
 Time: 1:00-2:00pm Day: Thursday

Read

Senior Book Club Come along with us as we read through The Little Old Lady series. Each session we will start a new book from the series and discuss with friends with friends. Enjoy some coffee and an engaging discussion with fellow readers. Books are provided! Age 62 & Up

Program: 387580 Min/Max: 4/6
 Fee: \$15.00(R), \$20.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 Little Old Lady Who Broke All the Rules
 Date: September 5- September 26
 Time: 1:00-2:00pm Day: Friday

Section#:02 Little Old Lady Who Struck Lucky Again
 Date: October 3- October 24
 Time: 10:00-11:00am Day: Thursday

Section#:03 Little Old Lady Behaving Badly
 Date: November 7- November 28
 Time: 1:00-2:00pm Day: Friday



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.

Eisenhower Center Room 105

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



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.

Renew Active
 by UnitedHealthcare

Learn

NEW! Senior Safety

Join a local police officer in a class teaching you to stay safe. In this class we will learn about different precautions you can take to ensure you are protected in the environment around us. Learn how to protect yourself and be confident in doing so. Age 62 & Up

Program: 321201 Min/Max: 5/8
Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: September 29

Section#:01 October 6 Time: Noon Day: Monday

Looking for more to learn?

Check out page 38 for

NEW! Cat & Dog First Aid

NEW!! Until Help Arrives

American Red Cross Programs:

Adult CPR/AED

Pediatric CPR/AED

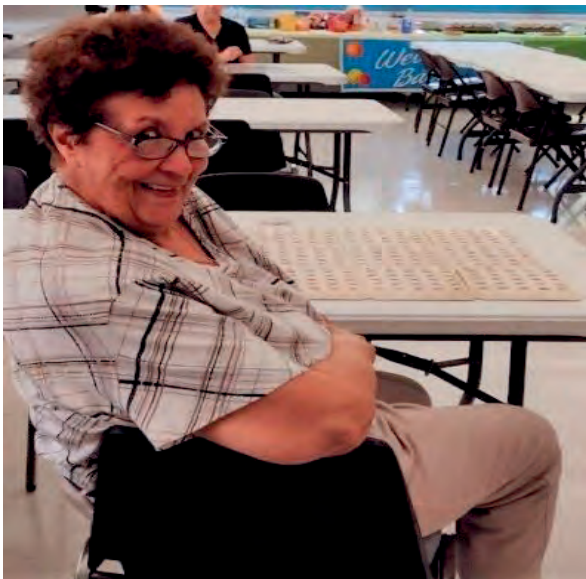
First Aid

NEW! Internet Safety for Seniors

You didn't grow up with the internet and there is so much to risk. This class will help you be aware of online threats, learn ways to protect your personal information and finances, protect your passwords, and determining what is safe or unsafe to click on and open. Age 62 & Up

Program: 329600 Min/Max: 5/8
Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: November 24

Section#:01 December 1 Time: Noon Day: Monday



Seniors

Age 62 & Up

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

Adult Swim
Lessons
Page 14

Foreign
Languages
Page 39

Private Piano
Lessons
Page 26

Water Fitness
Classes
Page 13



Out & About

Senior Day Trips

Get out and about, meet new friends on our senior trips. Each trip will require a fee of \$10-15 to cover gas purchase and any admission fee. Seniors will travel in the park van with two staff members. Age 62 & Up

Program: 332070 Min/Max: 6/10

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

Registration Deadline: One week before the start of each section

Section#:01 **County Line Orchard** Friday, September 19

Time: Arrive at 10:00am, van leaves at 10:30am

Section#:02 **Frankforter Oktoberfest** Friday, October 10

Time: Arrive at 10:00am, van leaves at 10:30am

Section#:03 **Aurora Outlet Mall** Friday, November 14

Time: Arrive at 8:45am, van leaves at 9:15am

Section#:04: **Frankfort Christkindl Market**

Dates have not yet been released. Date and time for our trip to be announced on our website

Athletics

Badminton

Did you know badminton can improve your balance and coordination? Join us and learn the basics of the game and rally between friends. This program will provide a light workout without getting too intense. All materials will be provided.

Program: 386056 Min/Max: 6/8

Fee: \$5.00(R), \$10.00(NR)

Registration Deadline: September 4

Section#:01 September 11-October 9

Time: 11:00am-Noon Day: Thursday

NEW! Walking Club

Get your walk on with friends. Join us as we track our pace and mark miles inside. Pedometers will be provided so you can track your weekly progress. We'll chat and sip coffee. Music will be played to keep everyone in an upbeat mood!

Program: 398112 Min/Max: 6/8

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

Registration Deadline: One week before the start of each section

Section 01: September 8-September 29

Section 02: October 6-October 27

Section 03: November 3-November 24

Section 04: December 1-December 22

Time: 9:00-10:00am Day: Monday



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.**

Until Help Arrives

Life-threatening emergencies happen every day in our community. Until Help Arrives will educate and empower you to take action and provide lifesaving care when you are first on the scene during an emergency. Learn critical key actions that can be taken during an emergency until EMS arrives.

Program#: 332099 Min/Max: 5/12
Fee: \$20.00(R), \$25.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 September 24
Time: 9:30-11:00am Day: Wednesday
Section#: 02 November 11
Time: 9:30-11:00am Day: Tuesday

Adult CPR/AED

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

Program#: 332091 Min/Max: 5/12 Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: November 27

Section#:01 December 4 Time: 8:30-11:30am Day: Thursday



First Aid

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

Program#: 332098 Min/Max: 5/12 Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: September 11

Section#: 01 September 18 Time: 8:30-11:30am Day: Wednesday

Learn
Some-
thing
New!

Cat & Dog First Aid



Your pet's life depends on what you do in an emergency. Be prepared with knowing how to deal with choking, poisoning, injuries and sudden illnesses. We will discuss having an emergency action plan for your pet, CPR techniques for dogs and cats, poison and injury management, monitor your pet's vital signs and what to have in your pet emergency kit.

Program#: 332080 Min/Max: 5/15
Fee: \$20.00(R), \$25.00(NR)
Registration Deadline: One week before the start of each section.

Section#: 01 October 22
Time: 9:00-10:30am Day: Wednesday
Section#: 02 December 9
Time: 9:00-10:30am Day: Tuesday

Pediatric CPR/AED

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

Program#: 332097 Min/Max: 5/12
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: October 27

Section#:01 November 3
Time: 8:30-11:45am Day: Monday

Arbor Care
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Mulch Masters
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Colored * Premium Hardwood * Playground
Mulches and More
www.MulchMasters.com

Foreign Languages

for all ages

Zoom Spanish for Kids - Live

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 materials.

Taught live by a Language in Action, Inc. instructor.

Zoom login information will be emailed to participants before the first class. All classes:

Program#: 310190 Fee: \$88.00(R), \$93.00(NR)

Registration Deadline: One week before the start of each section All classes are 6 weeks.

I Speak Spanish (ages 3-6)

Section#:01 September 15-October 20
 Section#:02 October 27-December 1
 Section#:03 December 8-January 12
 Time: 5:00-5:45pm Day: Monday
 Section#:04 September 25-October 30
 Section#:05 November 6-December 18*
 Time: 5:15-6:00pm Day: Thursday
 *No class November 27

Section#:06 September 13-October 18
 Section#:07 October 25-December 6*
 Section#:08 December 13-January 17
 Time: 8:30-9:15am Day: Saturday
 *No class November 29

Youth Spanish (ages 7-11)*No class November 29

Section#:09 September 15-October 20
 Section#:10 October 27-December 1
 Section#:11 December 8-January 12
 Time: 5:50-6:35pm Day: Monday
 Section#:12 September 25-October 30
 Section#:13 November 6-December 18*
 Time: 6:15-7:00pm Day: Thursday
 *No class November 27

Section#:14 September 13-October 18
 Section#:15 October 25-December 6*
 Section#:16 December 13-January 17
 Time: 9:30-10:15am Day: Saturday

Middle School/Jr. High Spanish (6th-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 for a strong foundation for high school Spanish.

Section#:17 September 15-October 20
 Section#:18 October 27-December 1
 Section#:19 December 8-January 12
 Time: 6:45-7:30pm Day: Monday

Zoom Spanish for Adults

Have you ever wanted to learn a foreign language, but never had the opportunity? Now is the time! In this class you will learn conversational Spanish that you can immediately be using. The class is tailored to the needs of the students. *No class November 29

Section#:25 September 23-October 28
 Section#:26 November 4-December 9
 Section#:27 December 16-January 21 Time: 10:00-11:00am Day: Tuesday
 Section#:28 September 24-October 29
 Section#:29 November 5-December 17* Time: 6:00-7:00pm Day: Wednesday
 *No class November 26
 Section#:30 December 22-January 26 Time: 6:00-7:00pm Day: Monday
 Section#:31 September 13-October 18
 Section#:32 October 25-December 6*
 Section#:33 December 13-January 17 Time: 10:30-11:30am Day: Saturday

Zoom Boot Camp Spanish for Adults

Ready for an intensive Spanish experience? Join us for a six-hour two-week course as we go over the fundamentals of the Spanish language. Great for those who would like to brush up on their Spanish or for anyone looking to learn the fundamentals of Spanish quickly! Homework will be assigned each week. Age 13 & Up

Section#:20 September 14 & September 21 Section#:21 September 28 & October 5
 Section#:22 October 12 & October 19 Section#:23 October 26 & November 2
 Section#:24 November 9 & November 16 Time: 9:00am-12:00pm Day: Sunday

Japanese for Kids and Adults Zoom

Each session covers new and exciting material!

I speak Japanese (Ages 3-6)

Section#:49 September 23-October 28 Section#:50 November 4-December 9
 Section#:51 December 16-January 20 Time: 4:00-4:45pm Day: Tuesday

I speak Japanese (Ages 7-12)

Section#:52 September 23-October 28 Section#:53 November 4-December 9
 Section#:54 December 16-January 20 Time: 5:00-5:45pm Day: Tuesday

Japanese for Adults (ages 13+)

Section#:55 September 23-October 28 Section#:56 November 4-December 9
 Section#:57 December 16-January 20 Time: 6:00-7:00pm Day: Tuesday

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 Jr. (ages 3-6)

Section#:34 September 8-October 13 Section#:35 October 20-November 24
 Section#:36 December 1-January 5 Time: 4:00-4:45pm Day: Monday

I speak French (ages 7-12)

Section#:37 September 8-October 13 Section#:38 October 20-November 24
 Section#:39 December 1-January 5 Time: 5:00-5:45pm Day: Monday

I speak French (adults 13+)

Section#:40 September 8-October 13 Section#:41 October 20-November 24
 Section#:42 December 1-January 5 Time: 6:00-7:00 pm Day: Monday

I speak Italian Jr. (ages 3-6)

Section#:43 September 24-October 29 Section#:44 November 5-December 17*
 Time: 5:00-5:45pm Day: Wednesday *No class November 26

I speak Italian (ages 7-12)

Section#:45 September 24-October 29 Section#:46 November 5-December 17*
 Time: 6:00-6:45pm Day: Wednesday *No class November 26

I speak Italian (adults 13+)

Section#:47 September 24-October 29 Section#:48 November 5-December 17*
 Time: 7:00-8:00pm Day: Wednesday *No class November 26



Halloween
Bounce
Houses

Can you
beat the
BLACKOUT
Maze?



NEW!
Creepy
Clown
House

Something Wicked

**NEW! Park
Cemetery**

NEW!
Visit the
Fun
House

Witchy
Story
Forest

Halloween Family Fun - No
Admission Fee

17th October 6-8pm

**Lan-Oak Park
180th & Arcadia**

Ghostly
Games -
bring a bag
for candy &
prizes

Live
Reptile
Booth

In inclement weather, this event
will move indoors - 2550 178th
Street

Creepy
Cafe
Snacks
For
Sale

Walk
Through
Cornstalk
Alley

Questions?
708-474-8552

CHRISTMAS FLASHLIGHT STORY WALK

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

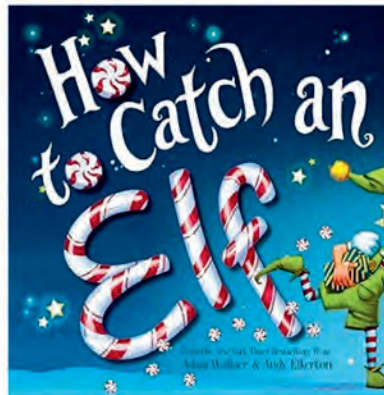
A FREE
EVENT
FOR THE
ENTIRE
FAMILY

Meet
Santa &
Mrs.
Claus!



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

Featuring
the book:



DECEMBER
12
5-7 PM



Santa's Mail Box

Due to the large volume of Christmas mail last year, we need to help with mail delivery to the North Pole!!

Write to Santa and receive a personal letter from him in return. Kids should drop off their letters at "Santa's Mailbox" located in the front lobby at the

Eisenhower Center
2550 178th Street
Lansing.

Drop off letters during business hours from:

**November 17-
December 16**

Children 12 and under only, please. Include your address so that your child may receive a letter in return. Santa will be busy packing his sleigh for Christmas, so only letters received on or before December 16 will be accepted.

This is a free program and no registration is required.



Deck the House Contest

Let's get the adults involved in some friendly holiday competition!

Grab your best decorations and light up the shutters in the spirit of the holiday season! Pre-registration is required. Your decorations must be illuminated during the entire judging period. First, second, and third place prizes will be awarded. This contest is for Lansing residents only. Winners will be announced December 22. This event is FREE!!

Program#: 350115 (01) Registration Deadline: December 16

Judging period: Thursday, December 18 5:00-7:00pm



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.

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

2024-2025 Corporate Sponsors

Platinum Sponsors Calumet City Plumbing

Piekarski's Arbor Care/Mulch Masters

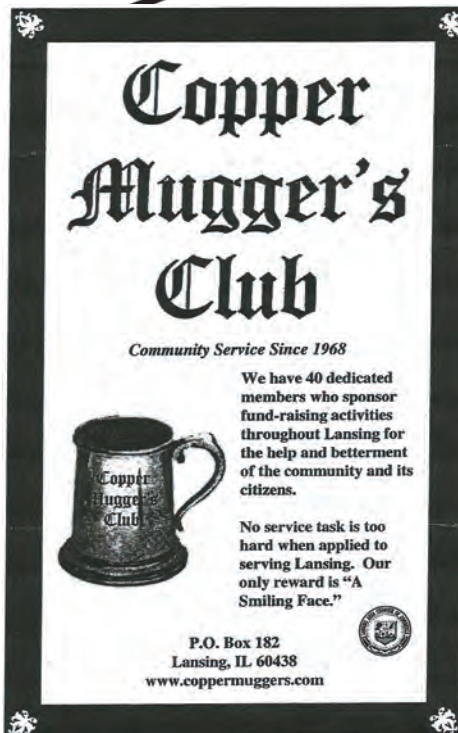
Preferred Window & Door

Hard Rock Casino

Gold Sponsors

Copper Mugger's Club

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

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.

2026 Season

Lansing resident park reservations begin on January 5, 2026

Non-resident reservations begin on March 1, 2026

**RESERVE
EARLY!**

PARTY IN THE PARK

Pick the perfect park for your family event...



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

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

VanLaten Park...

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

183rd & Holland Drive

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

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

Park reservations must be made at least 14 days prior

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

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

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

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

Check Park & Date Availability

Picnic Party Packs!

Everything you need for a perfect event!

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

Fun & Games Pack (\$25)

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

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
Brianna Robinson, Recreation Supervisor
Janette Castellon, Receptionist
Melissa Metzger, Receptionist

Part-Time Staff

Robin Powell, Receptionist
Cat Jackson, Recreation Assistant
Tiffany Jones, Receptionist
Pam Samuels, Receptionist
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
or close early on the following holidays...

Closed - September 1 Labor Day
Closed - November 27 Thanksgiving Day
Closed - December 25 Christmas Day
Early closure on November 28
Early closure December 24

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 5, 2026** 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, 2026.

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.**

FAX TO: 708-418-0942

MAIL TO: LAN-OAK PARK DISTRICT

2550 178th Street Lansing, IL 60438

REGISTER ONLINE: www.lanoakparkdistrict.org

YOUTH SCHOLARSHIP DONATION

\$1.00

TOTAL PAID

Shirt Size _____

Visa _____ Mastercard _____ American Express _____

Cardholder# _____

Cardholder Name _____

Expiration Date _____

Amount of Charge _____

Authorized Signature _____

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

For Office Use Only

Cash _____ Check _____ Charge _____

Date Received _____ Check # _____

Name _____

Date _____

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

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



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

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

Signature of Participant(s) _____

Date _____

All participants must sign if over 18

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

Parent/Guardian Signature

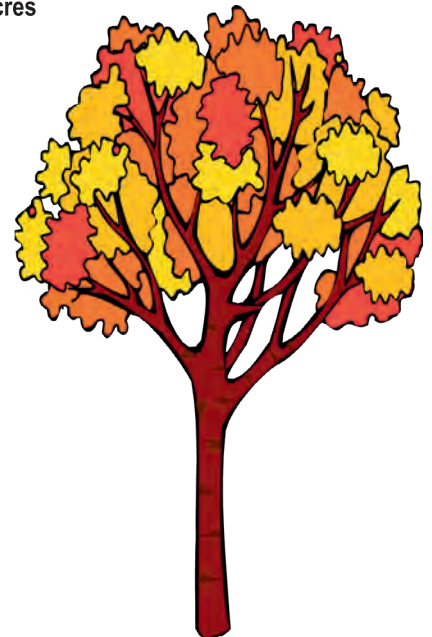
TRANSFER/REFUND POLICY

The park district acknowledges that not all recreational programs are compatible with all park district patrons. On occasion it may become necessary for a patron to cancel their participation in a registered program, trip or special event. The park district hopes that every patron may still enjoy the benefit of park district participation by transferring his or her registration to another, more convenient or more satisfying program, trip or special event. The following represents the criteria for obtaining a program, trip or special event transfer or refund. Prior to the first day of a program, 100% of the fee may be transferred to another program not already started, or may be refunded in the form of a check. A transfer will become effective immediately, while a refund check will require 2-4 weeks to process. On the first day of a program, but prior to the class time 100% of the fee paid may be transferred to another program or, if desired, 75% of the fee paid will be refunded. After a program starts, but prior to the day of the second class, 100% of the fee paid may be transferred to another program. If a refund is desired, a refund of 50% will be given. On or after the second day of a program, no transfer or refund will be provided. A processing fee of \$2.00 is deducted from all program refunds requested by the patron. A 100% refund or transfer will be provided for any program, trip or special event cancelled by the park district, with no deduction for a processing fee. All refund checks must be picked up at the Eisenhower Center when ready. Checks will not be automatically mailed. Checks left at the Eisenhower Center for more than 30 days will be mailed. The park district is not liable for checks lost in the mail or not cashed by their expiration date. Patron will pay a service charge of \$30.00 to reproduce or replace a check.

Enjoy Lan-Oak Park District Parks!

Park Name	Playground	Softball	Picnic Shelter	Picnic Area	Restroom	Tennis	Volleyball	Basketball	Fishing	Sledding	Skate Park	Pickleball	Walking Path	Dog Park
Bock Park														
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														
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
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



**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!!

**CONTINENTS, OCEANS,
LAND FORMS, MAPS**

**ALPHABET, PHONICS,
PRE-READING**

**NUMBERS, ADDITION,
SUBTRACTION, FRACTIONS**

**HALF DAY & FULL DAY
PROGRAMS AVAILABLE**

**PERFECT FOR BUDGET
CONSCIOUS FAMILIES**

TWO OUTDOOR PLAY AREAS

**BRIGHT, WELL EQUIPPED
CLASSROOMS**

**EXPERIENCED, QUALIFIED
TEACHERS**

**ENHANCEMENT CLASSES FOR
ALL-DAY FULL-DAY STUDENTS:
SPANISH, ART, SCIENCE,
COOKING, MUSIC AND MORE!**



SO MUCH FUN

**FALL
PLAYSKOOL IS
ENROLLING NOW!**

**THE PERFECT SCHOOL
START FOR YOUR
CHILD**

WWW.LANOAKPARKDISTRICT.ORG

QUESTIONS? 708-474-8552