

LAN-OAK PARK DISTRICT

Winter/Spring 2026

JANUARY BUY ONE GET
ONE FREE FITNESS
MEMBERSHIP
SPECIAL

DADDY DAUGHTER
DATE NIGHT
MOTHER SON
FUN NIGHT



EASTER EGG HUNT

NEW!! ART
CLASSES AGE 5 & UP

SWIM LESSONS,
VOLLEYBALL,
FLAG FOOTBALL,
SOCCER

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 52 or 54 prior to registering.



EISENHOWER CENTER

Where it all happens!!

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

Where: 2550 178th Street, Lansing

Call: 708-474-8552

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

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

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

www.lanoakparkdistrict.org

Follow us on Facebook!!

Board Meeting

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

PROGRAM REGISTRATION PROCESSING BEGINS

December 5 – Residents

December 12 – Non Residents

Playskool registration is ongoing year-round.

DON'T MISS THIS SEASON...

Art with Siembra

The park district is proud to welcome our new art teacher, Siembra Trujillo! Siembra is excited to share her unique creativity with fellow art-lovers. No experience necessary - learn to express yourself through beautiful art!

Age 5-12
Rock, Paper, Scissors...Glue!

Age 13-17
Creative Collage
Fabric Painting and Drawing

Age 18 & Up
Decoupage Vases
Landscape Painting



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.

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EISENHOWER FITNESS CENTER

BEST DEAL IN THE AREA!

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

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



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

**Village of Lansing
Mayor Brian Hardy**

Over 50 Years of Excellence



| Contact Us

708-868-0074

CALUMET CITY PLUMBING
EST. 1967

The Great Outdoors PARKS

Lan-Oak Park District is proud to offer the community more than 150 acres of park land for outdoor recreation, fresh air, and fun. Turn to page 55 for park addresses - enjoy a journey to see all that Lansing parks have to offer.

Fun Activities:

- ✓ Tennis and Pickleball
- ✓ Softball and Sand Volleyball
- ✓ Smart Playground & Bocce
- ✓ Horseshoes & Bags
- ✓ Skate Park & BMX Pump Track
- ✓ Winter Sledding
- ✓ Fishing & Bocce
- ✓ All Inclusive Playground
- ✓ Dog Park & Basketball
- ✓ Walking Paths
- ✓ 3-Mile Bike Path
- ✓ Storywalk & Outdoor Music
- ✓ Nature Center
- ✓ Community Gardens
- ✓ 16 Playgrounds
- ✓ 8 Picnic Shelters

18 Parks
So much
to do!



Questions?
708-474
8552



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.



JOIN EISENHOWER FITNESS



OUR SERVICES

- ✓ 25-YARD INDOOR LAP POOL
- ✓ SAUNA
- ✓ WHIRLPOOL
- ✓ CARDIO EQUIPMENT
- ✓ AUDIOFETCH
- ✓ SELECTORIZED/CIRCUIT EQUIPMENT
- ✓ CYBEX – HAMMER STRENGTH – GYMRAK 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



FREE COFFEE...

Relax in the fitness lobby every visit with free coffee, decaf coffee, or hot tea

Vending Machines...

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

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

Equipment Orientation...

Get started on the right foot. All new members receive a FREE 30-minute equipment orientation with a personal trainer to assure your fitness experience is safe and effective.

Have a Little Fun...

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

Locker Rentals...

Members wishing to maintain a permanent locker at the center may do so at the front desk. Lockers require a

Forget Something?...

Purchase bath towels, Eisenhower sport towels and water bottles, batteries, and padlocks at the front desk.

Open House...

Friends are a priority at Eisenhower Fitness Center! Members may bring a friend to the center on February 26 and April 23. 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

NEW!! Xtreme Hip Hop Step Aerobics

Xtreme Hip Hop is a low intensity-high intensity progressive step aerobics class. This Class is fit for people of all ages from Youth to Silver Sneakers edition. In a class you can burn 450+ calories all while building muscle (lower body focus). Step aerobics also helps with balance and coordination. During some progressive classes light hand held weights can be incorporated and or ankle and wrists weights to enhance resistance training. Age 18 & Up

Program#: 129602 Min/Max: 6/15
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 January 22-February 26
Section#: 02 March 12-April 16
Section#: 03 April 30-June 4
Time: 6:30-7:30pm Day: Thursday

Aqua Fitness Classes Page 14

Swim Lessons Page 15

Discounted Senior Fitness Page 12

Kids Fitness Page 13

Cardio & Strength Training

Are you ready to improve your health with cardiovascular and strength training exercise? We will show you the way to develop strength while also improving balance and mobility.

We'll begin with an easy warm-up followed by the cardio portion containing heart-healthy moves, next we'll enjoy strength training with routines using small hand weights and a chair that will help you stay strong and balanced, and end with relaxing stretch that sends you on your way to a healthy day. Ages 18 & Up

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

Section#: 01 January 6-February 10
Section#: 02 February 24-March 31
Section#: 03 April 14-May 19
Time: 10:00-11:00am Day: Tuesday

Senior Fitness Plus

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

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

Section#: 01 January 5-February 11
Section#: 02 February 23-April 1
Section#: 03 April 13-May 20
Time: 10:00-10:50am
Day: Monday & Wednesday



Hatha Yoga

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

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

Section#: 01 January 5-February 9 Section #: 02 February 23-March 30
Section #: 03 April 13-May 18 Time: 5:30- 6:20pm Day: Monday

Spin & Fit

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

Program#: 131002 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

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

Tai Chi

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



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

Section#: 01 January 5-February 9
Section#: 02 February 23-March 30
Section#: 03 April 13-May 18
Time: 8:30-9:30am Day: Monday

Step & Tone Step & Tone classes offer a full-body aerobic workout utilizing weights that improves cardiovascular health, strengthens and tones muscles in the legs, glutes, and core, and enhances coordination, balance, and overall functional fitness.
Age 18 & Up

Program#: 139009 Min/Max: 6/15 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 January 22-February 26 Section#: 02 March 12-April 16
Section#: 03 April 30-June 4 Time: 4:30-5:30pm Day: Thursday

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

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

Section#: 01 January 6-February 10 Section#: 02 February 24-March 31
Section#: 03 April 14-May 19 Time: 7:00-7:45pm 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#: 198116 Min/Max: 6/12 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center pass holders

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

Fitness Classes

Mat Pilates

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

Age 13 & Up

Program#: 132230 Min/Max: 6/15
Fee: \$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 January 6-February 10
Section#: 02 February 24-March 31
Section#: 03 April 14-May 19
Time: 6:00-6:45pm Day: Tuesday

Looking for SilverSneakers?



Turn the page and check out the information for getting a free fitness membership!

Copper Mugger's Club

Community Service Since 1968



We have 40 dedicated members who sponsor fund raising activities throughout Lansing for the help and betterment of the community and its citizens.

No service task is too hard when applied to serving Lansing. Our only reward is "A Smiling Face".

P.O. Box 182
Lansing, IL 60438

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

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.

Chair Fitness

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



Program#: 198115 Min/Max: 4/15 Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: One week before the start of each section

Chair Yoga Section#: 01 January 6-February 10
Chair Dancing Section #:02 April 14-May 19
Time: 9:00-9:45 am Day: Tuesday

Stronger Seniors

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



Program#: 139023 Min/Max: 4/15 Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 January 9-February 13
Section#: 02 February 27-April 3
Section#: 03 April 17-May 22
Time: 10:00-10:50am Day: Friday

Senior Health and Fitness

Wall Pilates

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



Program#: 132260 Min/Max: 6/10
Fee: \$10.00(R), \$15.00
Registration Deadline: One week before the start of each section

Section#: 01 January 6-February 10
Section#: 02 February 24-March 31
Time: 10:00-10:45am
Day: Tuesday

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

Section#: 01 January 5-February 9 Section#:02 February 23-March 30
Section#: 03 April 13-May 18 Time: 4:00-5:00pm Day: Monday

Section#: 04 January 7-February 11 Section#:05 February 25-April 1
Section#: 06 April 15-May 20 Time: 8:30-9:30am Day: Wednesday

Section#: 07 January 8-February 12 Section#: 08 February 26-April 2
Section#: 09 April 16-May 21 Time: 10:00-11:00am Day: Thursday

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! Questions? 708-474-8552 Register for fitness programs online. www.lanookparkdistrict.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#: 110186 Min/Max: 6/25
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 10-February 14
Section#:02 February 28-April 4
Section#:03 April 18-May 23
Time: 9:00-9:45am Day: Saturday

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. Ages 3-5

Program: 110087
Min/Max: 6/8
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section

Section#:01
January 15-February 19
Section#:02
April 16-May 21
Time: 10:45-11:30am
Day: Thursday



Baby and Me Yoga

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

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

Section#:01
January 15-February 19
Section#:02
April 16-May 21
Time: 10:00-10:30am
Day: Thursday

For
ages
9
months
to
17
years

Stay
fit!!

Kids Fitness



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: 171002 Min/Max: 6/15
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 12-February 16
Time: 4:30-5:15pm
Day: Monday
Section#:02 March 16-April 20
Time: 4:30-5:15pm
Day: Monday

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! Ages 6-8

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

Section#:01 January 7-February 11
Time: 4:00-4:45pm
Day: Wednesday
Section#:02 March 4-April 8
Time: 4:00-4:45pm
Day: Wednesday

So much fun and learning...

Daddy Daughter Date Night Page 40 Mother Son Fun Night Page 41 Gymnastics Page 30
Karate Page 32 Swim Classes Page 15 Private Piano Lessons Page 23

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#: 129023 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section

Section#:01	January 10-February 14	Time: 8:00-8:45am
Section#:02	February 28-April 4	Day: Saturday
Section#:03	April 18-May 23	



Water Aerobics

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

Program#: 165140 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center pass holders

Section#:01	January 5-February 9	Time: 8:30-9:20am
Section#:02	February 23-March 30	Day: Monday
Section#:03	April 13-May 18	

Section#:04	January 7-February 11	Time: 9:00-9:50am
Section#:05	February 25-April 1	Day: Wednesday
Section#:06	April 15-May 20	

Aqua Zumba® & Aqua Body Sculpting

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

Program#: 132240 Min/Max: 6/15
Fee: \$43.00(R), \$48.00(NR)
Registration Deadline: One week before the start of each section

Section#:01	January 5-February 9
Section#:02	February 23-March 30
Section#:03	April 13-May 18
Time 7:00-8:00pm	Day: Monday

Section#:04	January 7-February 11
Section#:05	February 25-April 1
Section#:06	April 15-May 20
Time: 6:30-7:30pm	Day: Wednesday

Learn to Swim

Participants who are inexperienced swimmers or have not already passed an American Red Cross swim level must enroll in Level 1. A participant's progress to the next level of swim is determined by the instructor. Questions? 708-474-8552

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



Swim Lessons – Youth

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

Program#: 172035 Min/Max: 6/6 Fee: \$62.00(R), \$67.00(NR)
Registration Deadline: January 13

Section#:	Date:	Age:	Time:	Day:
01	January 20-March 10	Level 1	4:00-4:45pm	Tuesday
02	January 20-March 10	Level 1	4:45-5:30pm	Tuesday
03	January 20-March 10	Level 2	5:30-6:15pm	Tuesday
04	January 21-March 11	Level 3	4:00-4:45pm	Wednesday
05	January 21-March 11	Level 4	4:45-5:30pm	Wednesday

Swim Lessons – Preschool

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



Program#: 172034 Min/Max: 6/6 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: January 15

Section#:	Date:	Age:	Time:	Day:
01	January 22-March 12	Level 1	4:00-4:30pm	Thursday
02	January 22-March 12	Level 2	4:30-5:00pm	Thursday
03	January 22-March 12	Level 3	5:00-5:30pm	Thursday

Swim Lessons – Teen & Adult

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

Program#: 172036 Min/Max: 6/10
Fee: \$62.00(R), \$67.00(NR)
Registration Deadline: January 14

Section#: 01 January 21-March 11
Time: 5:30-6:15pm Day: Wednesday

Parent and Child Aquatics

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



Program#: 121085 Min/Max: 6/10
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: January 15

Section#: 01 January 22-March 12 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

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#: 127103
Section#:01 January 7-February 11
Section#:02 February 25-April 1
Time: 4:15-5:00pm Day: Wednesday

Lil Dribblers Basketball

Program#: 127105
Section#:01 February 6-March 20*
Section#:02 April 3-May 8
Time: 3:30-4:15pm Day: Friday.
*No class February 13

Adult-Tot Baseball

Program#: 127104
Section#:01 April 6-May 11
Time: 4:00-4:45pm Day: Monday

Read



My Little Book Club

Parents start reading to their baby 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: 100006 Min/Max: 6/8
Fee: \$33.00(R), \$38.00(NR)
Registration Deadline: One week before the start of the section

Section#:01 January 14-February 18
Section#:02 March 4-April 8
Time: 10:00-10:45am Day: Wednesday

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

Section#:01 January 16-February 27*
Section#:02 March 13-April 17
Time: 4:15-5:00pm Day: Friday
*No class February 13

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

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#: 100118 Min/Max: 6/8
 Fee: \$43.00(R), \$48.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 January 8-February 12
 Section#:02 March 5-April 9
 Time: 11:00-Noon Day: Thursday

NEW! Baby Bluey

Get ready to enjoy a class around your child's favorite character Bluey! In this class we will play different Bluey games as well as an art project. We will also dance to music inspired by the show. Age 24-36 months.

Program#: 100113 Min/Max: 6/8
 Fee: \$55.00(R), \$60.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 January 26-March 2
 Section#:02 March 16-April 20
 Time: 4:00-5:00pm Day: Monday

Celebrate

Party Animals

Everyone loves parties! Join friends as we celebrate Valentine's Day, St. Patrick's Day, and Mother's Day. Kids will enjoy cupcakes, stories, music, art, games, and more related to each holiday. Take home your party hat. Age 24-36 months.

Program#: 100112 Min/Max: 6/8
 Fee: \$15.00(R), \$20.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 Valentine's Day February 10
 Section#:02 St. Patrick's Day March 3
 Section#:03 Mother's Day May 5
 Day: Tuesday Time: 4:00-5:00pm

Tiny Tots

Parent/
child
fun for
age 24
months
to 36
months

NEW!

Little Farmers

In this class we will introduce your child to the basics of farming through books, fun art projects, singing and hands-on activities. We will also learn about different animals that you might find on a farm and how farmers care for them. Age 24-36 months.

Program#: 100114
 Min/Max: 6/8
 Fee: \$54.00(R), \$59.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01
 January 13-February 17
 Section#:02
 March 3-April 7
 Time: 10:00-11:00am
 Day: Tuesday

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!
 Age 24-36 months.

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

Section#:01
 January 7-February 25
 Section#:02
 March 11-April 29
 Time: 11:00-12:00pm
 Day: Wednesday

Music & Dance

Baby Ballerinas

In this class with your mom or dad, we will learn the basic movement of ballet. We will combine music, movement and imagination to this fun class with your parent. This is a great way to bond with your baby and make memories together. Age 24-36 months.

Program: 100140
 Min/Max: 6/8
 Fee: \$45.00(R), \$50.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01
 January 13-February 17
 Section#:02
 March 3-April 7
 Time: 3:15-4:00pm
 Day: Tuesday

I've Got Rhythm

As soon as babies can grasp, they love to shake, rattle, and bang. This class will introduce music doing all of 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.
 Age 24-36 months.

Program: 100150
 Min/Max: 6/8
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01
 January 8-February 12
 Section#:02
 February 26-April 2
 Time: 4:00-4:45pm
 Day: Thursday

Questions? 708-474-8552
lanoakparkdistrict.org

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: 9/8/2026-6/4/2027

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 310009-01

3-day Mon/Wed/Fri Afternoons 310009-02

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

2-day Tues/Thurs Mornings 310009-03

2-day Tues/Thurs Afternoons 310009-04

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 \$240.00(R), \$245.00(NR)

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

5-day, all day, classes Monthly \$480.00(R), \$485.00(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



NEW!

Pop-In Art

In this mess-free class we will have different colorful fabrics to poke into our poke in board. This class will boost creativity, color-matching skills. Join us for this fun class. Age 3-5.

Program: 110060
Min/Max: 6/8
Fee: \$53.00(R), \$58.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 January 13-February 17

Section#:02 March 3-April 7

Time: 2:15-3:00pm Day: Tuesday

NEW! Draw With Me - 1 2 3

Check out this fun and creative way to teach numbers! We will learn about numbers 0-20, from drawing a cow to drawing a hedgehog, creating beautiful art while learning. Age 3-5.

Program: 110055 Min/Max: 6/8

Fee: \$37.00(R), \$42.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 January 16-February 27*

Section#:02 March 13-April 17

Time: 3:15-4:00pm Day: Friday

*No class February 13

Read

My First Book Club



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 individualism and inclusivity. Kids will take home a book for their home library. Age 3-5.

Program: 110040 Min/Max: 6/8

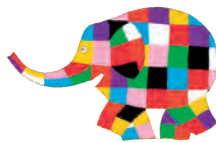
Fee: \$40.00(R), \$45.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 January 19-February 23

Section#:02 March 9-April 13

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!

Join us as we celebrate Valentine's Day, St. Patrick's Day and Mother's Day. We will have snacks, make a craft, and play games all related to each holiday. Join us for this fun-filled time. Age 3-5.

Program: 110114 Min/Max: 6/8

Fee: \$15.00(R), \$20.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 Valentine's Day

February 5

Section#:02 St. Patrick's Day

March 12

Section#:03 Mother's Day

May 7

Time: 5:00-6:00pm

Day: Thursday

Music & Dance

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: 110006 Min/Max: 6/8

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

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

Section#:01 February 19-March 26

Section#:02 April 9-May 14

Time: 3:15-4:00pm

Day: Thursday

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 blocks and more. Age 3-5.

Program: 110057 Min/Max: 6/8

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

Registration Deadline: One week before the start of each section

Section#:01 January 13-February 17

Section#:02 March 3-April 7

Time: 1:00-2:00pm

Day: Tuesday

We have more for age 3-5! Preschool Swim Lessons Page 15 Preschool Gymnastics Page 30

Kicking Tots Karate Page 32 Foreign Languages Page 46-47 Playskool - the perfect preschool Page 18-19

Learn

Almost Ready to Read

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

Program: 110048 Min/Max: 6/8
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: March 17

Section#:01 March 24-April 28
 Time: 5:00-6:00pm Day: Tuesday

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?

Program: 110041 Min/Max: 6/8
 Fee: \$41.00(R), \$46.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 February 12-March 19
 Section#:02 April 2-May 7
 Time: 11:30-12:15pm
 Day: Thursday

In the Kitchen



Little Chefs

Our preschool cooks will decorate an apron and measure, mash, and stir making simple recipes. We'll add activities to the

fun while we learn, taste, and cook with real foods from Avocado to Zucchini. Get ready for sticky fingers and yummy smudgies! Age 3-5.

Program: 110053 Min/Max: 6/8
 Fee: \$55.00(R), \$60.00(NR)
 Registration Deadline: March 30

Section#:01 April 6-May 11
 Time: 5:15-6:15pm Day: Monday

Tykes

Programs
for
children
3 to 5
years

On our
own
having
fun
and
meeting
new
friends.

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. Basic rules are emphasized through fun games played during class time. Age 4-6.



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

Section#:01 January 16-February 27*
 Section#:02 March 13-April 17
 Time: 4:15-5:00pm Day: Friday
 *No class February 13

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 4-6.

Program: 187025 Min/Max: 6/8
 Fee: \$35.00(R), \$40.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 January 7-February 11
 Section#:02 February 25-April 1
 Time: 3:15-4:15pm
 Day: Wednesday

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 4-6.

Program#: 187005
 Min/Max: 6/8
 Fee: \$35.00(R), \$40.00(NR)
 Registration Deadline: April 1

Section#:01 April 8-May 13
 Time: 4:30-5:30pm
 Day: Wednesday

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: 187220 Min/Max: 8/24 Fee: \$89.00(R), \$94.00(NR)
 Registration Deadline: April 5

Section#:01 April 15-May 6 Time: 4:00-4:50pm Day: Wednesday
 In inclement weather this program will be held indoors at the
 Eisenhower Community & Fitness Center

Make it easy! Register online at lanoakparkdistrict.org

Create

NEW! Aqua Art

In this class we will mix together water and art. Each week we will color our project, add water to it and watch it grow right in front of our eyes. Age 6-8.

Program: 110151 Min/Max: 6/8

Fee: \$48.00(R), \$53.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 January 12-February 16

Section#:02 March 2-April 6

Time: 5:15-6:00pm Day: Monday

NEW! Make Your Own Terrarium

Each section we will make a new mini-Terrarium, from dinosaurs to axolotls. We will put together a terrarium with sand and decorations. We will also use chia seeds to bring our terrarium to life. Age 6-8.

Program: 110180 Min/Max: 6/8

Fee: \$23.00(R), \$28.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 Axolotls February 12

Section#:02 Dinosaur March 19

Section#:03 Unicorn April 30

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

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 to take home. Age 6-8.

Program: 110250 Min/Max: 6/8

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

Registration Deadline: March 3

Section#:01 March 10-April 14

Time: 4:15-5:15pm Day: Tuesday

We have more! Swim Lessons Page 15

Gymnastics Page 30 DAYONE Basketball Classes Page 31

Karate Page 32 Foreign Languages Page 46-47

Make it easy! Register online lanoakparkdistrict.org

Kiddos

Programs
for
children
6 to 8
years

So
much
fun!!

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 dePaola 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 to add to their library.

Age 6-8.

Program: 110197

Min/Max: 6/8

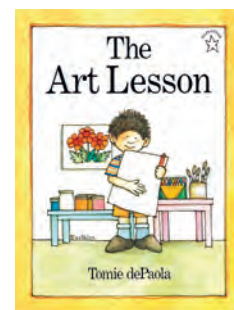
Fee: \$28.00(R), \$33.00(NR)

Registration Deadline: January 6

Section#:01

Date: January 13-February 17

Time: 4:15-5:15pm Day: Tuesday



Learn

Minecraft Learning

Get ready to grab a pencil and learn with the 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: 110205 Min/Max: 6/8

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

Registration Deadline: One week before the start of each section

Section#:01 January 5-February 9

Section#:02 February 23-March 30

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

Checkmate Jr.

This class will teach beginners what they 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: 121054 Min/Max: 6/8

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

Registration Deadline: One week before the start of each section

Section#:01 January 16-February 27*

Section#:02 March 13-April 17

Time: 5:15-6:15pm Day: Friday

*No class February 13



Art with Siembra

New! Rock, Paper, Scissors.....Glue!

Shapes and kid friendly images building collage art from paper for one-of-a-kind pieces. We will have fun experimenting with kid safe materials including scissors, adhesives and stickers.
Age 5-12

Welcome our new art teacher, Siembra Trujillo! Siembra is excited to share her unique creativity with fellow art-lovers. No experience necessary - learn to express yourself through beautiful art!

Program: 110555 Fee: \$70.00(R), \$75.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 21-February 25
Section#:02 March 11-April 22 *No Class April 8
Time: 4:30-5:30pm Day: Wednesday

Celebrate

Flashlight Egg Scramble

Egg hunts are not just for little kids - especially this one!! During nighttime event we will start with an egg hunt in the dark followed by pizza and games. Bring a flashlight and a basket to carry home all your loot for the night! Age 6-12.

Program: 111203 Min/Max: 6/20 Fee: \$26.00(R), \$31.00(NR)
Registration Deadline: March 27

Section#:01 **Friday, April 3 6:00-8:00pm**

The ABC's of Black History

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

Program: 111205 Min/Max: 4/6 Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: January 29

Section#:01 February 5-February 26
Time: 4:00-5:00pm Day: Thursday

Make it for Mom

Each student will create a special, handmade gift and card to surprise their mom with just in time for Mother's Day! Age 6-8.

Program: 112005 Min/Max: 4/8 Fee: \$12.00(R), \$17.00(NR)
Registration Deadline: May 1

Section#:01 **Friday, May 8 5:00-5:45pm**

Kiddos

Programs
for
children
6 to 8
years

So
much
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: 114107 Fee: \$78.00(R), \$83.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 5-January 26 **Monday**
Section#:02 February 9-March 2
Section#:03 March 16-April 6
Section#:04 April 20-May 11

Section#:06 January 7-January 28 **Wednesday**
Section#:07 February 11-March 4
Section#:08 March 18-April 8
Section#:09 April 22-May 13

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 6-8.

Program: 110133
Min/Max: 6/8
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: January 2

Section#:01 (Age 6-8)
Date: January 9-February 20*
Time: 5:15-6:00pm
Day: Friday
*No class February 13



Recorder 2

Building on notes learned in Playing Recorder 1 kids will stretch their skills further. We'll learn more about reading music and maybe play a simple tune or two. Class Requirement: New recorders will not be provided. Please bring your recorder from Playing Recorder 1. Instructor approval is required to progress to Recorder 2. Age 6-12.

Program: 110133 Min/Max: 6/8
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: February 28

Section#:02 March 6-April 10
Time: 5:15-6:00pm Day: Friday

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 7-9

Program: 187220 Min/Max: 6/12
Fee: \$80.00(R), \$85.00(NR)
Registration Deadline: April 5

Section#:02 April 15-May 6
Time: 5:00-5:50pm Day: Wednesday

In inclement weather, 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 6-12

Program: 187520 Min/Max: 8/24
Fee: \$89.00(R), \$94.00(NR)
Registration Deadline: January 10

Section#:01 January 13-February 5
Time: 4:00-4:50pm Day: Tuesday & Thursday

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

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

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

Program: 163040 Min/Max: 12/40
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 March 4-April 8 Section#:02 April 22-May 27
Time: 5:00-6:00pm Day: Wednesday

Kiddos

Programs
for
children
6-8
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: 181004 Min/Max: 6/12
Fee: \$89.00(R), \$94.00(NR)
Registration Deadline: February 24

Section#:01 March 6-April 24
Time: 4:00-4:50pm Day: Friday

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

NEW! SkyHawks Multi-Sport Spring Break Camp

This program is perfect for kids who want to try different sports or kids that love all sports. We'll teach essential rules and skills across different sports - all while getting some exercise and having some fun. This camp will meet all five days of the week. Age 6-9

Program: 110556 Min/Max: 8/24
Fee: \$159.00(R), \$164.00(NR)
Registration Deadline: March 26

Section#:01 April 6-April 10
Time: 9:00am-Noon Day: Monday thru Friday

In inclement weather, this program will be held indoors at the Eisenhower Community & Fitness Center

Dance

Dance It Out

We'll put a new twist on a dance class. This Dance It Out Creative Movement Series offers an interesting story that will spark imagination and foster self-expression while dancers 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: 111000 Min/Max: 6/8 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 7-February 11
Section#:02 February 25-April 1
Time: 5:15-6:15pm Day: Wednesday

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Athletics

Bring Your Racquet

This class introduces children to the early fundamentals of tennis. Using age-appropriate drills and games; participants learn basic strokes, grip and early tennis skills. All activities develop gross motor skills, coordination, judgment and proper mechanics. Tennis rackets will be provided. Ages 9-12.

Program#: 187006 Min/Max: 6/8

Fee: \$35.00(R), \$40.00(NR)

Registration Deadline: April 8

Section#: 01 April 15-May 20

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



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 11-14

Program: 187520 Min/Max: 6/12

Fee: \$89.00(R), \$94.00(NR)

Registration Deadline: January 10

Section#: 02 February 10-March 5

Time: 4:00-4:50pm Day: Tuesday & Thursday



NEW! SkyHawks Multi-Sport Spring Break Camp

This program is perfect for kids who want to try different sports or kids that love all sports. We'll teach essential rules and skills across different sports - all while getting some exercise and having some fun. This camp will meet all five days of the week. Age 9-12

Program: 110556 Min/Max: 8/24

Fee: \$159.00(R), \$164.00(NR)

Registration Deadline: March 26

Section#: 02 April 6-April 10

Time: 1:00-3:00pm

Day: Monday thru Friday

In inclement weather, this program will be held indoors at the Eisenhower Community & Fitness Center

Tweens

Fun for the big kids age 9-12

Get with the program!

Athletics

Let's Go Fishing!

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

Program: 110207 Min/Max: 6/8

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

Registration Deadline: April 2

Section#: 01 April 9-May 14

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



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: 187220 Min/Max: 6/12

Fee: \$80.00(R), \$85.00(NR)

Registration Deadline: April 5

Section#: 03 April 15-May 6

Time: 6:00-6:50pm Day: Wednesday



Kenny Barnes DAYONE Basketball Programs and League Page 31



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: 181004 Min/Max: 6/12

Fee: \$89.00(R), \$94.00(NR)

Registration Deadline: February 24

Section#: 01 March 6-April 24

Time: 5:00-5:50pm Day: Friday

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: 114107 Fee: \$78.00(R), \$83.00(NR)
Registration Deadline: One week before the start of each section

Section#:01	January 5-January 26	Monday
Section#:02	February 9-March 2	
Section#:03	March 16-April 6	
Section#:04	April 20-May 11	
Section#:06	January 7-January 28	Wednesday
Section#:07	February 11-March 4	
Section#:08	March 18-April 8	
Section#:09	April 22-May 13	

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

Program: 110133 Min/Max: 6/8 Fee:\$50.00(R), \$55.00(NR)
Registration Deadline: One week before the start of each section

Section#:03 (Age 9-12) January 9-February 20*
Time: 6:00-6:45pm Day: Friday *No class February 13

Recorder 2 Class Requirement: New recorders will not be provided. Please bring your recorder from Playing Recorder 1. Instructor approval is required to progress to Recorder 2. Age 6-12.

Program: 110133 Min/Max: 6/8 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: February 27
Section#:04 March 6-April 10 Time: 5:15-6:00pm Day: Friday

Read

Page Turners - Spring

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 Amelia Bedelia series. Books will be provided and are yours to keep. Amelia Bedelia has many different adventures, so join us for this fun book club. Age 9-12.

Program: 110204 Min/Max: 6/8 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: March 12

Section#:01 March 19-April 23 Time: 4:00-5:00pm Day: Thursday

Tweens

Fun for
the big
kids
age 9-12

Get
with
the
program!

Create

Friendship Bracelets

In this class we will teach you different ways to make a friendship bracelets including braided loops, spiral staircase, diagonal stripe and much more. New bracelets each week.
Age 8-12.

Program: 114106 Min/Max: 6/8 Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 February 2-March 9 Time: 5:30-6:15pm
Section#:02 March 23-April 27 Day: Monday

STEM Engineers

Let's learn hands-on with four STEM projects that teach how motors work and the principles of solar energy. We'll make and take home a solar powered car, a wind powered vehicle, an electric fan, and a solar plane with 3-D wood puzzles. This class is a great way to help children learn and encourage them to build real projects when they grow up. Age 9-12

Program: 113005 Min/Max: 6/8 Fee:\$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 February 4-March 11 Time: 5:15-6:15pm
Section#:02 March 25-April 29 Day: Wednesday

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Art with Siembra

New! Rock, Paper, Scissors.....Glue!

Shapes and kid friendly images building collage art from paper for one-of-a-kind pieces. We will have fun experimenting with kid safe materials including scissors, adhesives and stickers.
Age 5-12

Welcome our new art teacher, Siembra Trujillo! Siembra is excited to share her unique creativity with fellow art-lovers.
No experience necessary - learn to express yourself through beautiful art!

Program: 110555 Fee: \$70.00(R), \$75.00(NR)
Registration Deadline: One week before the start of each section

Section#:03 January 21-February 25
Section#:04 March 11-April 22 *No Class April 8
Time: 4:30-5:30pm Day: Wednesday

In the Kitchen

NEW! Meals In 30 Minutes

In this class we will teach kids how to make a meal in 30 minutes or less. From salads to cheese fries, we will test our culinary skills in the kitchen while also learning about measurement and kitchen safety. Join us for this fun class as we will be able to enjoy our creations. Age 9-12.

Program: 110160 Min/Max: 6/8
Fee: \$56.00(R), \$61.00(NR)
Registration Deadline: April 2

Section#:01 April 9-May 14
Time: 5:30-6:30pm Day: Thursday

Celebrate

"What Was?" Black History

Black history will likely be discussed in schools with the history of great African American leaders. This program will extend that learning through the New York Times Best Selling "What Was?" Series. We will learn about the Tuskegee Airmen, Reconstruction, the Civil Rights Movement, and the Negro Leagues. Each participant will take home one "What Was?" book for their home library. Ages 9-12.

Program: 111205 Min/Max: 4/8
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: January 29

Section#:02 February 5-February 26
Time: 5:15-6:15pm Day: Thursday

Easter Craft Party

Get ready for Easter at this party that offers two different crafts, yummy snacks, and egg-citing games all in one night! Put on the provided bunny ears, weave a colorful raffia Easter basket, paint Easter eggs for our basket, and have a great time! Age 9-12.

Program: 110206 Min/Max: 6/20 Fee:\$29.00(R), \$34.00(NR)
Registration Deadline: March 19
Section#:01 Thursday, March 26 5:00-7:00pm

Flashlight Egg Scramble

Egg hunts are not just for little kids! This nighttime event will start with an egg hunt in the dark followed by pizza and games. Bring a flashlight and a basket to carry home all your loot! Ages 6-12.

Program: 111203 Min/Max: 6/20
Fee: \$26.00(R), \$31.00(NR)
Registration Deadline: March 27
Section#:01 Friday, April 3 6:00-8:00pm

Tweens

Fun for
the big
kids
age 9-12

Get
with
the
program!

Learn

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

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

Section#:03 January 16-February 27*
Section#:04 March 13-April 17
Time: 6:15-7:15pm Day: Friday *No class February 13

Learn Cursive Writing Research suggests that printing letters in cursive activate different parts of the brain. Learning cursive is good for children's fine motor skills, and writing in cursive allow kids to sign their name. Kids will write inspirational quotes, a few jokes and riddles. Age 9-12.

Program#: 110191 Min/Max: 6/8 Fee: \$41.00(R), \$46.00(NR)
Registration Deadline: January 29

Section#:01 February 5-March 12
Time: 5:15-6:15pm Day: Thursday

Greek Mythology Greek mythology will essentially introduce 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#: 110135 Min/Max: 6/8 Fee:\$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 February 3-March 10
Section#:02 March 24-April 28
Time: 5:00-6:00pm Day: Tuesday

Dance

New! Dance Mat Fun

Get ready to move and groove! Using an interactive dance mat, kids will follow the beat, learn cool moves, and stay active through this pumped up class filled with their favorite songs. Using the perfect mix of music, movement, and fun it's an exciting way to stay active and enhance rhythm. No dance experience required! Age 9-12

Program#: 110220 Min/Max: 4/6 Fee:\$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 March 2-April 6 Section#:02 April 13-May 18
Time: 3:30-4:15pm Day: Monday

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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: 114107 Fee: \$78.00(R), \$83.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 5-January 26 **Monday**
Section#:02 February 9-March 2
Section#:03 March 16-April 6
Section#:04 April 20-May 11

Section#:06 January 7-January 28 **Wednesday**
Section#:07 February 11-March 4
Section#:08 March 18-April 8
Section#:09 April 22-May 13

Celebrate

New! Swifties Unite

Love is in the air, Swiftie-style! Celebrate Valentine's Day with Taylor's greatest love songs, themed snacks, and bracelet-making inspired by the Eras Tour. Bring your friends, make new ones, and enjoy a night full of music, creativity, and fun vibes.
Age 13-17

Program: 121080 Min/Max: 6/10 Fee:\$19.00(R), \$24.00(NR)
Registration Deadline: January 30

Section#:01 Friday, February 6 5:00-6:00pm

Mind & Body

Mindful Meditation

Take a break from the busyness of life and join us for a breather. This class emphasizes helping to reduce anxiety and stress through calm yoga, serving as a way to work on your breathing and getting in tune with your body. We will also go over different calming activities proven to reduce an individual's stress. Age 13-17

Program: 121052 Min/Max: 6/9 Fee:\$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 6-January 27
Time: 3:30-4:15pm Day: Tuesday
Section#:02 May 13-June 3
Time: 3:30-4:15pm Day: Wednesday

Teens

Programs
for
13 to 17
years

So much
fun!

Create

New! Paracord Pros

Paracord has been all the rage this year, so let's make our own variations. In this class you will be able to make at least two pieces, options ranging from key chains, lanyards, and bracelets the possibilities are endless. Age 13-17

Program: 121081 Min/Max: 4/8 Fee: \$18.00(R), \$23.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 22 Time: 4:00-5:00pm Day: Thursday
Section#:02 April 15 Time: 4:00-5:00pm Day: Wednesday
Section#:03 May 6 Time: 4:00-5:00pm Day: Wednesday

Art with Siembra

Welcome our new art teacher, Siembra Trujillo! Siembra is excited to share her unique creativity with fellow art-lovers. No experience necessary - learn to express your yourself through beautiful art!

New! Creative Collage

In this class we will create effective designs using cut paper and found items to create 2D artworks. This class will focus on cutting techniques, materials, adhesives and matting finished work. This class will dive deep into collage as an emerging sustainable media and challenge your ideas about composition and creativity. Age 14-17

Program: 121090 Min/Max: 4/8
Fee: \$70.00(R), \$75.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 21-February 25
Section#:02 March 11-April 22 *No Class April
Time: 6:00-7:00pm Day: Wednesday

New! Fabric Painting and Drawing

Create your very own textile masterpieces, we will use cotton clothes, dyes and fabric safe paints and markers to explore this material. Great for people who want to make their own fabrics for crafts, quilting or making clothes. Age 14-17

Program: 121200 Min/Max: 4/8
Fee: \$70.00(R), 75.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 21-February 25
Section#:02 March 11-April 22 *No Class April 8
Time: 2:00-3:00pm Day: Wednesday

Athletics

New! Winter Olympics

Bring the excitement of the Winter Games indoors with our Mario & Sonic at the Olympic Winter Games competition played on the Wii. Participants will compete in Olympic-inspired events like- skiing, snowboarding, speed skating, and more using their favorite Mario and Sonic characters. Players will face off in friendly rounds, cheer on their friends, and aim for gold. Medals will be awarded to our top three competitors. Age 13-17

Program: 121710 Min/Max: 6/8 Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: March 30

Section#:01 April 6-April 9
Time: 3:00-4:00pm Day: Monday-Thursday

New! 3v3 Courts

Our 3v3 gym time is the perfect way to hit the court with friends. Games are played at half court allowing 4 teams to play at once.

Whether you have a team or plan to join one everyone is welcome. Let's have fun and participate in some friendly competition.
Age 13-17

Program: 121761 Min/Max: 9/18 Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: February 11

Section#:01 February 18-March 25
Time: 2:00-4:00pm Day: Wednesday

Fitness



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 13-17

Program: 171002 Min/Max: 6/15 Fee:\$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 12-February 16
Time: 4:30-5:15pm Day: Monday
Section#:02 March 16-April 20
Time: 4:30-5:15pm Day: Monday

Make it easy - Register online at lanoakparkdistrict.org

Teens

Programs
for
13 to 17
years

So much
fun!



Looking for
more?

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Learn

In the Act

Unleash your creativity and quick thinking with this fun and engaging improv class! Through games, scene work, and group activities participants will learn the fundamentals of improvisation. Bring your sense of humor and jump right in with us. Age 13-17

Program: 121701 Min/Max: 4/8 Fee:\$21.00(R), \$26.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 February 3-February 24
Section#:02 May 5-May 26
Time: 3:30-4:30pm Day: Tuesday

In the Kitchen



New! Sweet Treat

Warm up this winter with our hands-on baking class for teens. Whether you're a total beginner or already love to bake, this cozy winter program will teach you essential baking skills while exploring delicious seasonal treats. Each week, we'll dive into winter-inspired recipes—from gooey cinnamon rolls and rich hot cocoa cupcakes to snowy sugar cookies and homemade bread. Age 13-17

Program: 121702 Min/Max: 6/8 Fee: \$61.00(R), \$66.00(NR)
Registration Deadline: February 26

Section#:01 March 5-March 26
Time: 4:00-5:00pm Day: Thursday

Read

Book Club – Children of Blood & Bone

Celebrate Black History Month by joining our teen book club featuring Children of Blood and Bone by Tomi Adeyemi. This fantasy story will blend magic, courage, and identity drawn from West African history. Explore the resilience of our main character Zelle and watch her story unfold. Books provided.
Age 13-17

Program: 121050 Min/Max: 4/8 Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: January 26

Section#:01 February 2-February 23
Time: 3:45-4:45pm Day: Monday

Preschool Gymnastics

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

Program#: 121700 Min/Max: 5/15 Fee: \$63.00(R), \$68(NR)

Registration Deadline: One week before the start of each section

Section#:01 January 7 -February 11 Day: Wednesday Time: 4:30-5:30pm
Section#:02 January 6-February 10 Day: Tuesday Time: 5:30-6:30pm

Section#:03 February 18-March 25 Day: Wednesday Time: 4:30-5:30pm
Section#:04 February 17-March 24 Day: Tuesday Time: 5:30-6:30pm

Section#:05 April 1-May 6 Day: Wednesday Time: 4:30-5:30pm
Section#:06 March 31-May 5 Day: Tuesday Time: 5:30-6:30pm

Section#:07 May 13-June 17 Day: Wednesday Time: 4:30-5:30pm
Section#:08 May 12-June 16 Day: Tuesday Time: 5:30-6:30pm

Boys Gymnastics

Boys receive instruction on strength training, conditioning skills, floor exercises, types of tumbling jumps, front hand-springs, back flips, rings and rope climbing, bars and vaulting. Sports part of a total educational experience and gymnastics is the most complete workout to ready your child for all sports. Age 6-10.

Program#: 121760 Min/Max: 5/20

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

Registration Deadline: One week before the start of each section

Section#:01 January 7 -February 11

Section#:02 February 18-March 25

Section#:03 April 1-May 6

Section#:04 May 13-June 17

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#: 121720 Min/Max: 5/20 Fee: \$63.00(R), \$68.00(NR) Registration Deadline: One week before the start of each section

Date/Day	Tuesday	January 6-February 10
Section#:01	4:30-5:30pm	Age 6-8
Section#:02	6:30-7:30pm	Age 9-13
Section#:03	7:30-8:30pm	Age 7-13 (Boys & Girls Advanced)
Date/Day	Tuesday	February 17-March 24
Section#:06	4:30-5:30pm	Age 6-8
Section#:07	6:30-7:30pm	Age 9-13
Section#:08	7:30-8:30pm	Age 7-13 (Boys & Girls Advanced)
Date/Day	Tuesday	March 31-May 5
Section#:11	4:30-5:30pm	Age 6-8
Section#:12	6:30-7:30pm	Age 9-13
Section#:13	7:30-8:30pm	Age 7-13 (Boys & Girls Advanced)
Date/Day	Tuesday	May 12-June 16
Section#:16	4:30-5:30pm	Age 6-8
Section#:17	6:30-7:30pm	Age 9-13
Section#:18	7:30-8:30pm	Age 7-13 (Boys & Girls Advanced)

Date/Day	Wednesday	January 7 -February 11
Section#:04	5:30-6:30pm	Age 6-8
Section#:05	6:30-7:30pm	Age 8-13
Date/Day	Wednesday	February 18-March 25
Section#:09	5:30-6:30pm	Age 6-8
Section#:10	6:30-7:30pm	Age 8-13
Date/Day	Wednesday	April 1-May 6
Section#:14	5:30-6:30pm	Age 6-8
Section#:15	6:30-7:30pm	Age 8-13
Date/Day	Wednesday	May 13-June 17
Section#:19	5:30-6:30pm	Age 6-8
Section#:20	6:30-7:30pm	Age 8-13

Questions? 708-474-8552

lanoakparkdistrict.org

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

D.A.Y.O.N.E.

1st and 2nd Grade Basketball

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

Program: 163040

Min/Max: 12/40

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

Registration Deadline: One week before the start of each section

Section#:01 March 4-April 8

Section#:02 April 22-May 27

Time: 5:00-6:00pm

Day: Wednesday

**All DAYONE classes
are taught by Coach
Kenny Barnes.**

D.A.Y.O.N.E.

Skills and Drills

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

Age 9-12.

Program: 181006

Min/Max: 4/12

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

Registration Deadline:

February 25

Section#:01

Date: March 4-April 8

Time: 6:00-7:00pm

Day: Wednesday

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

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

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

Registration Deadline: April 15

Date: April 22-May 27 Day: Wednesday

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

Section#:03 (Age 14-17) 8:00-9:00pm



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



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

Program#: 332001 10-week Sessions
Section#: 01 & 02 & 03
February 16-April 20
Section#: 04 & 05 & 06
April 27-July 6
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



Laugh
Learn

Move
Play

Pure
Fun

SPRING BREAK CAMPS

ALL CAMPS RUN
APRIL 6-APRIL 10

Chess Camp

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

Program: 187213 Min/Max: 6/8
Fee: \$46.00(R), \$51.00(NR)
Registration Deadline: March 30

Section#:01 April 6-10
Time: 12:15-1:15pm
Day: Monday-Friday

Theater Camp

Lights, camera, play! Budding thespians will have fun under the footlights as we play theater games that spark creativity, boost confidence, and encourage collaboration. We'll learn all about how to make a stage performance great, we'll make puppets, discover makeup secrets, design and build a set, read a short script, rehearse, and perform. Age 9-12

Program: 187233 Min/Max: 6/12
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: March 30

Section#:01 April 6-10
Time: 12:15-1:15pm
Day: Monday-Friday

NEW! STEM Science Camp

Fairy Tales are a perfect way to introduce young children to STEM. Children will explore different ways to help the Gingerbread Man cross the river, design sturdy homes for the three pigs, build a wolf-proof fence for Little Red Riding Hood's Grandmother and many more. This is a great way to spark a love for science in little learners. Age 6-8.

Program: 110094 Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: March 30

Section#:01 April 6-10
Time: 2:30-3:30pm
Day: Monday-Friday

NEW! SkyHawks Multi-Sport Spring Break Camp

This program is perfect for kids who want to try different sports or kids that love all sports. We'll teach essential rules and skills across different sports - all while getting some exercise and having some fun. This camp will meet all five days of the week. Age 6-9

Program: 110556 Min/Max: 8/24
Fee: \$159.00(R), \$164.00(NR)
Registration Deadline: March 26

Section#:01 April 6-April 10
Time: 9:00am-Noon Day: Monday-Friday

In inclement weather, this program will be held indoors at the Eisenhower

Music Camp

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

Program: 154200 Min/Max: 6/8 Fee: \$43.00(R), \$48.00(NR)
Registration Deadline: March 30

Section#:01 April 6-10 Time: 9:00-10:00am Day: Monday-Friday

★ Questions? 708-474-8552

★ MAKE IT EASY! REGISTER ONLINE AT
WWW.LANOAKPARKDISTRICT.ORG

Learn

Candle Making Workshop

Spruce up your home this year with a fragrance fit for you! In this program, we will provide you with everything you will need to make your very own scented candle. Grab your friends and register now to bring your dream scent to life!

Program: 132018 Min/Max: 6/10 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 8 Section#:02 February 19
Section#:03 May 14
Time: 5:30-7:30pm Day: Thursday

Athletics



Co-ed Volleyball

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. One Friday every month, drop in, pay the walk-in fee, and have fun! Age 21 & Up

Walk-In Fee (per visit): \$7.00(R), \$12.00(NR)
Time: 6:00-8:30pm Day: Friday

Date: January 30 Date: February 27
Date: March 27 Date: April 24
Date: May 22

Adults

Age 18 & Up

get out,
meet new
friends,
have fun!

**Fitness
Classes
Page 10-12**

**Water
Fitness
Page 14**

**Adult Swim
Lessons
Page 15**

**Adult
Karate
Page 32**

**Special
Events
Page 40-41**

**Foreign
Languages
Page 46-47**

In the Kitchen

New! Better Than Takeout

Skip the delivery and learn how to make your favorite Chinese takeout dishes right at home! In this hands-on class, participants will practice simple techniques to recreate popular favorites like stir-fries, dumplings, and fried rice. Making them at home guaranteeing a flavorful meal but much healthier meal too. All supplies included.

Program: 131003 Min/Max: 4/6 Fee: \$61.00(R), \$66.00(NR)
Registration Deadline: March 3

Section#:01 March 10-March 31
Time: 5:00-6:00pm Day: Tuesday

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.

Program: 114107 Fee: \$78.00(R), \$83.00(NR)
Registration Deadline: One week before the start of each section

Section#:01	January 5-January 26	Monday
Section#:02	February 9-March 2	
Section#:03	March 16-April 6	
Section#:04	April 20-May 11	
Section#:06	January 7-January 28	Wednesday
Section#:07	February 11-March 4	
Section#:08	March 18-April 8	
Section#:09	April 22-May 13	

Swim Lessons – Teen & Adult

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

Program#: 172036 Min/Max: 6/10 Fee: \$62.00(R), \$67.00(NR) Registration Deadline: January 14
Section#: 01 January 21-March 11 Time: 5:30-6:15pm Day: Wednesday



Create

New! Blankets & Brew

Participants will learn the art of hand knitting a cozy blanket while sipping on their favorite hot beverages, like coffee or tea. Whether you're new to knitting or an experienced crafter, this relaxing program combines the therapeutic process of knitting with the comfort of a warm drink in hand. It's the perfect way to unwind, get creative, and craft a beautiful, functional piece for your home. All supplies provided.

Program: 132035 Min/Max: 4/8 Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 February 20 Time: 5:00-7:00pm
Section#:02 March 20 Day: Friday
Section#:03 April 3



Macrame

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 a room or a perfect gift to a friend. All supplies will be provided. Age 18 & Up

Program: 132085 Min/Max: 4/8 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: April 2

Section#:01 April 9-April 30
Time: 4:00-5:00pm Day: Thursday

Don't miss January Buy One Get One Free Fitness Membership Special. Questions? 708-474-8552

Art with Siembra



New! Decoupage Vases

Decoupage your very own case, jar, or household item. Learn the technique to create lasting pieces and refresh your home décor with something handmade. Age 18 & Up

Program: 132020 Min/Max: 4/8
Fee: \$70.00(R), \$75.00(NR)
Registration Deadline:
One week before the start of each section

Section#:01 January 21-February 25
Section#:02 March 11-April 22 *No Class April 8
Time: 10:00am-11:00am Day: Wednesday

Questions? 708-474-8552

Make it easy - register for your favorite programs online. lanoakparkdistrict.org

Adults

**Age 18
& Up**

**get out,
meet new
friends,
have fun!**

Fun with Friends

New! Board Game Pros

Join us for an evening of strategy, laughter, and friendly competition. Participants will engage in a variety of board games designed to ensure a good time. Bring your friends or meet new ones as we roll the dice, draw the cards, and see who comes out on top. Coffee and tea will be provided.

Program: 132014 Min/Max: 4/8 Fee:\$10.00(R), \$15.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 February 12 Time: 4:00-6:00pm
Section#:02 May 28 Day: Thursday

Read



Book Club – Dead of Winter

Bury into our winter read; Dead of Winter by Darcy Coates. This fast-paced thriller is for those who enjoy the hunt! Dedicated to Christa paired along with eight strangers, and one killer. Their tour guide was murdered in the middle of the night, one of the strangers is killing them off for sport. Grab your blanket and tuck yourself in for this suspenseful thriller and discuss weekly with friends.

Program: 132008 Min/Max: 4/6 Fee:\$48.00(R), \$53.00(NR)
Registration Deadline: January 2

Section#:01 January 9-February 6
Time: 5:15-6:00pm Day:Friday

Welcome our new art teacher, Siembra Trujillo! Siembra is excited to share her unique creativity with fellow art-lovers. No experience necessary - learn to express yourself through beautiful art!

Landscape Painting

This process based class will examine the beauty of natural landscapes and invite you to explore painting in a group setting as we create from photo references.

Program: 1132021 Min/Max: 4/8
Fee: \$80.00(R), \$85.00(NR)
Registration Deadline:
One week before the start of each section

Section 01 - January 21-February 25
Section 02 - March 11-April 22 *No Class April 8
Time: 11:30-12:30pm Day: Wednesday



Learn

New! Beginner Bridge

Grab a friend and learn to bridge! Played in partners this trickster's game is exciting and competitive. We will learn the basics and rules of this fun game and compete against each other weekly in the world of contracts and bids. Will you be the highest bidder? Age 62 & Up

Program: 132144 Min/Max: 6/8
Fee: \$36.00(R), \$41.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 February 4-February 25
Time: 11:00am-12:00pm Day: Wednesday
Section#:02 April 27-May 18
Time: 11:00am-12:00pm Day: Monday

Fun with Friends

Wednesday Watch Party

Get through the weekday hump this winter with some fun! Seniors can enjoy watching an interesting new documentary with friends every Wednesday. Snacks and refreshments will be served. Age 62 & Up

Program: 199000 Min/Max: 6/9
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 January 7-28
Time: 1:00-2:30pm Day: Wednesday
Section#:02 April 22-May 27
Time: 1:00-2:30pm Day: Wednesday

Art with Siembra



New! Decoupage Vases

Decoupage your very own case, jar, or household item. Learn the technique to create lasting pieces and refresh your home décor with something handmade. Age 18 & Up

Program: 132020 Min/Max: 4/8
Fee: \$70.00(R), \$75.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 January 21-February 25
Section#:02 March 11-April 22 *No Class April 8
Time: 10:00am-11:00am Day: Wednesday

Seniors

Age 62 & Up

DISCOUNTED SENIOR FITNESS PROGRAMS

Chair Fitness,
Wall Pilates,
Stronger
Seniors
Stay active -
Stay fit!
Page 12

Adult Swim
Lessons
Page 15

Foreign
Languages
Page 46-47

Private Piano
Lessons
Page 34

Water Fitness
Classes
Page 14

Out & About

Senior Trips Get out and about! We've planned a couple of fun trips that we know you will enjoy, leave the driving and parking to us. 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: 132070 Min/Max: 6/10
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 – **Sagawau Learning Center**
Time: Arrive 8:30am, van leaves at 9:00am
Date: April 17 Day: Friday
Section#:02: - **Underground Railroad Tour**
Time: Arrive at 9:30am, van leaves at 9:45am
Date: May 15 Day: Friday

Athletics

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! Age 62 & Up

Program: 132114 Min/Max: 6/8
Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: One week before the start of each section

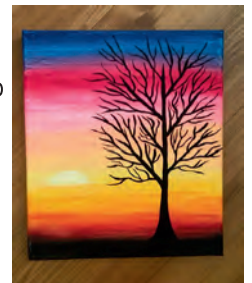
Section#:01 January 5-February 2
Section#:02 February 9-March 9
Section#:03 March 16-April 13 Time: 9:00-10:00am
Section#:04 April 20-May 18 Day: Monday

Welcome our new art teacher, Siembra Trujillo! Siembra is excited to share her unique creativity with fellow art-lovers. No experience necessary - learn to express yourself through beautiful art!

Landscape Painting

This process based class will examine the beauty of natural landscapes and invite you to explore painting in a group setting as we create from photo references.

Program: 132021 Min/Max: 4/8
Fee: \$80.00(R), \$85.00(NR)
Registration Deadline: One week before the start of each section



Section 01 - January 21-February 25
Section 02 - March 11-April 22 *No Class April 8
Time: 11:30-12:30pm Day: Wednesday

Create

New! Blankets & Brew

In this class meet-up, participants will learn the art of hand knitting a cozy blanket while sipping on their favorite hot beverages, like coffee or tea. Whether you're new to knitting or an experienced crafter, this relaxing program combines the therapeutic process of knitting with the comfort of a warm drink in hand. It's the perfect way to unwind, get creative, and craft a beautiful, functional piece for your home.

Age 62 & Up

Program: 132035 Min/Max: 6/8

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

Registration Deadline: January 29

Section#:04 February 5-February 26

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

Candle Making Workshop

Spruce up your home this year with a fragrance fit for you! In this program, we will provide you with everything you will need to make your very own scented candle. Grab your friends and register now to bring your dream scent to life!

Age 62 & Up

Program: 132018 Min/Max: 6/10

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

Registration Deadline: One week before the start of each section

Section#:04 January 15

Section#:05 March 19 Time: 11:00am-1:00pm

Section#:06 May 28 Day: Thursday

Seniors

Age 62 & Up

In the Kitchen

Dog Treat Baking

Dogs are an important part of the family, so treat your furry friends this season! Participants will have the opportunity to create and design delicious dog treats for your pups to enjoy.

Get baking with us and your friends! Age 62 & Up

Program: 132107 Min/Max: 6/10

Fee: \$48.00(R), \$53.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 January 29

Section#:02 March 12 Time: 10:00am-Noon

Section#:03 May 21 Day: Thursday

Read

Book Club –

Vera Wong's Unsolicited Advice

Dive into the story of Vera Wong and her group of friends.

Join fellow readers in a lively discussion of Vera Wong's Unsolicited Advice for Murderers by Jesse Sutanto. This heartwarming and witty mystery follows Vera, a lonely tea shop owner who stumbles upon a dead body leading to her being unexpectedly in the middle of a murder investigation.

Books are provided! Age 62 & Up

Program: 132008 Min/Max: 4/6 Fee: \$15.00(R), \$20.00(NR)

Registration Deadline: April 1

Section#:02 April 8-April 29

Time: 11:00am-Noon Day: Wednesday



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



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. Age 18 & Up

Program#: 132080 Min/Max: 5/15
 Fee: \$20.00(R), \$25.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 January 21
 Time: 9:00-10:30am Day: Wednesday
 Section#:02 February 10
 Time: 9:00-10:30am Day: Tuesday

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. You will learn critical key actions that can be taken during an emergency until EMS arrives. Ages 18 & Up

Program#: 132099 Min/Max: 5/12
 Fee: \$20.00(R), \$25.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 February 25
 Time: 9:30-11:00am Day: Wednesday
 Section#:02 March 24
 Time: 9:30-11:00am Day: Tuesday

American Red Cross Classes

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#: 132097 Min/Max: 5/12
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: April 20

Section#:01 April 27
 Time: 8:30-11:45am Day: Monday

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#: 132098 Min/Max: 5/12
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: March 4

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

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#: 132091 Min/Max: 5/12 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: February 12

Section#:01 February 19 Time: 8:30-11:30am Day: Thursday



Get Your Free, No-Obligation Quote Today!
 Call us at (708) 251-8773

HVAC Masters Commercial and Industrial HVAC Company Serving Chicagoland and Northwest Indiana

HVAC Masters has been in business serving the greater Chicagoland area and northwest Indiana since 2017. We are customer-driven to ensure a long-lasting relationship where our clients are satisfied without breaking their budget. Our estimates and proposals come with no hidden fees, so you know exactly what the scope of work is and the cost. We offer 24/7 emergency service to ensure, no matter the time of day or night, your systems will remain operational. We are big enough to get any job done but still small enough to care about our clients' individual needs.



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.**

Program: 154001 Sec#:01
Fee: \$49.00(R), \$54.00(NR) (price per couple)
\$8 fee each additional daughter
Registration Deadline: February 3

Daddy Daughter Date Night

Dads and daughters will love this wonderful opportunity to have fun together with other dads and daughters. Each girl will receive a party favor, enjoy a yummy dinner, and then dance the night away with a professional DJ. Professional photos will be available for purchase. Age 3-12

Friday, February 13 ,2025 6:00pm-8:30pm

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

Easter Egg Hunt

10AM April 4

Lan Oak Park 178th & Arcadia

**Ages
2-11**

**Meet the
Bunny!!**

**Bring a
Basket or
Bag!**

No registration is required. Come to the park early - the hunt starts promptly at 10AM.

GRANDPARENT/GRANDCHILD

BINGO BASH

Friday, April 10
5:30-7:30pm

AGES 3 & UP

Program: 154080 Section#:01

Registration Deadline: April 1

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

(price per couple)

\$8.00 fee each
additional person

PIZZA! PRIZES!
FUN FOR ALL!

Program#:

154005

Section#: 01

\$45.00(R),

\$50.00(NR)

(price per couple)

\$8.00 fee each

additional son

Registration

Deadline: May 1

CALLING ALL SUPERHEROES

MOTHER-SON SUPER HERO NIGHT

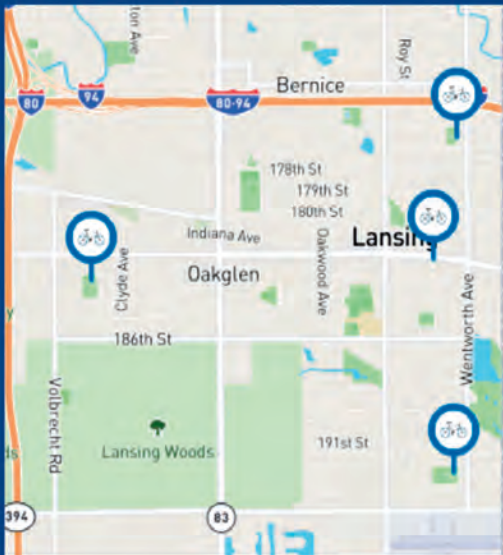
DINNER, GAMES,
SUPERHERO
TRAINING! Wear
your superhero
uniform. AGES
3-12

Friday, May 8

6:30-8:30 PM



LOPD BIKE SHARE



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

These versatile seven-speed bikes offer the perfect balance of comfort and performance. The Cross 7 features a unisex step-over frame design and features puncture-resistant tires, full coverage fenders, comfort seat, a bell, and front basket with built-in cup holder. Bikes are delivered to the parks on May 1, each year.



LAN-OAK PARK DISTRICT
SINCE 1949

**DOWNLOAD THE APP
TO GET STARTED**



ON BIKE SHARE

Check Out

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

BIKES MUST BE RETURNED TO THE BIKE STATION

Return

1. Dock the bike to the pin on the rack. Confirm bike is docked.
2. You **MUST** press the **"END RIDE"** button while still at the rack or you will continue to be charged for your rental.

HOW TO JOIN THE SYSTEM

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

Need Help? Press the help button "H" in the App

1. Bikes not showing in the App?

1. Keep on Wi-Fi - use Cellular
2. Be sure Bluetooth is turned on

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



LOPD GARDENS



Pre-registration is required.

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



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

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

Program#: 132112 (01)

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

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



RESERVE A ROOM



BASIC ROOMS

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



BASIC ROOM WITH KITCHEN

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



THE GYM

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

ROOM/GYM RESERVATIONS

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

Rooms \$55.00 per hour - residents

\$80.00 per hour - non residents

Gym \$80.00 per hour/per court - residents

\$105.00 per hour/per court - non residents

Full payment is required at the time of reservation.

No checks are accepted.

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

Rooms deposit \$75.00

Gym deposit \$75.00 per court

Damage or violation of center rules will forfeit deposit.

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

INCLUDED

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

PICNIC IN THE PARK

2026 Season

Lansing resident park reservations begin on January 5, 2026

Non-resident reservations begin on March 1, 2026

**Pick the perfect park
for your family event...**

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

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

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

Rotary Park...
Two shelter options (one without electric), playground, tennis courts, indoor restrooms, a lovely space
193rd & Sherman St.



Picnic Party Packs!

Everything you need for a perfect event!

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

Fun & Games Pack (\$25) Giant Wooden Lawn Dice, Kam Jam, Potato Sacks

Party Pack use requires a picnic reservation. Packs must be returned within 48 hours of picnic date. Deposit forfeited for failure to return or for missing equipment. \$25 deposit required in addition to use fee.

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

Bock Park... Picnic shelter, dog park, basketball facility, playground.
Chicago Ave. & 175th



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

****Reserving a park provides park shelter, a park bathroom key or porta-potty 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 (unless otherwise noted) 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.**

****Porta-Potties provide just toilet paper.**

****Bring your own paper towels.**

CALL 708-474-8552 TO CHECK PARK & DATE AVAILABILITY



ZOOM Foreign Language Classes for the Whole Family

All Language Programs#: 110190 Fee: \$88.00(R), \$93.00(NR)

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

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

All classes are taught live by a Language in Action, Inc. instructor.

Spanish - 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.

I Speak Spanish (ages 3-6)

Section#:01 January 26-March 9*	Section#: 04 January 15-February 19	Section#:08 January 24-February 28
Section#:02 March 16-April 20	Section#: 05 February 26-April 2	Section#:09 March 7-April 11
Section#:03 April 27-June 8*	Section#:06 April 9-May 14	Section#:10 April 18-May 30*
Time: 5:00-5:45 pm	Section#:07 May 21-June 25	Time: 8:30-9:15am
Day: Monday	Time: 5:15-6:00 pm	Day: Saturday
*No class February 16 & May 25	Day: Thursday	*No class May 23

Youth Spanish (ages 7-11)

Section#:11 January 26-March 9*	Section#:14 January 15-February 19	Section#:18 January 24-February 28
Section#:12 March 16-April 20	Section#:15 February 26-April 2	Section#:19 March 7-April 11
Section#:13 April 27-June 8*	Section#:16 April 9-May 14	Section#:20 April 18-May 30
Time: 5:50-6:35pm	Section#:17 May 21-June 25	Time: 9:30-10:15am
Day: Monday	Time: 6:15-7:00pm	Day: Saturday
*No class February 16 & May 25	Day: Thursday	*No class May 23

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

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

Section#: 21 January 26-March 9*	Section#: 22 March 16-April 20	Section#:23 April 27-June 8*
Time: 6:45-7:30pm	Day: Monday	*No class February 16 & May 25

Zoom Spanish for Adults

Have you ever wanted to learn a foreign language, but never had the opportunity? Now is the time! Learn Spanish from the comfort and convenience of your own home via the interactive Zoom platform! In this class you will learn conversational Spanish that you can immediately begin using. The class will be tailored to the needs of the students enrolled.

Section#:34 January 27-March 3	Section#:37 January 14-February 18	Section#:41 January 24-February 28
Section#:35 March 10-April 14	Section#:38 February 25-April 1	Section#:42 March 7-April 11
Section#:36 April 21-May 26	Section#:39 April 8-May 13	Section#:43 April 18-May 30*
Time: 10:00-11:00am	Section#:40 May 20-June 24	Time: 10:30-11:30am
Day: Tuesday	Time: 6:00-7:00pm	Day: Saturday
	Day: Wednesday	*No class May 23

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#:24 January 11 & January 18	Section#:28 March 8 & March 15	Section#:32 May 3 & May 10
Section#:25 January 25 & February 1	Section#:29 March 22 & March 29	Section#:33 May 17 & May 31
Section#:26 February 8 & February 15	Section#:30 April 5 & April 12	Time: 9:00am-12:00pm
Section#:27 February 22 & March 1	Section#:31 April 19 & April 26	Day: Sunday



ZOOM Foreign Language Classes for the Whole Family

All Language Programs#: 110190 Fee: \$88.00(R), \$93.00(NR)

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

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

All classes are taught live by a Language in Action, Inc. instructor.

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#:44 January 12-March 2*

Section#:45 March 9-April 13

Section#:46 April 20-June 1*

Time: 4:00-4:45pm

Day: Monday

*No class January 19 & February 16

*No class May 25

I Speak French (ages 7-12)

Section#:47 January 12-March 2*

Section#:48 March 9-April 13

Section#:49 April 20-June 1*

Time: 5:00-5:45pm

Day: Monday

*No class January 19 & February 16

*No class May 25

I Speak French (adults 13+)

Section#:50 January 12-March 2*

Section#:51 March 9-April 13

Section#:52 April 20-June 1*

Time: 6:00-7:00pm

Day: Monday

*No class January 19 & February 16

*No class May 25

I Speak Italian Jr. (ages 3-6)

Section#:53 January 14-February 18

Section#:54 February 25-April 1

Section#:55 April 8-May 13

Section#:56 May 20-June 24

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

Day: Wednesday

*No class November 26

I Speak Italian (ages 7-12)

Section#:57 January 14-February 18

Section#:58 February 25-April 1

Section#:59 April 8-May 13

Section#:60 May 20-June 24

Time: 6:00-6:45 p.m.

Day: Wednesday

I Speak Italian (adults 13+)

Section#:61 January 14-February 18

Section#:62 February 25-April 1

Section#:63 April 8-May 13

Section#:64 May 20-June 24

Time: 7:00-8:00 p.m.

Day: Wednesday

Japanese Classes for Kids and Adults - Each session covers new and exciting material!

I Speak Japanese (Ages 3-6)

Section#:65 January 27-March 3

Section#:66 March 10-April 14

Section#:67 April 21-May 26

Time: 4:00-4:45 pm

Day: Tuesday

I Speak Japanese (Ages 7-12)

Section#:68 January 27-March 3

Section#:69 March 10-April 14

Section#:70 April 21-May 26

Time: 5:00-5:45 pm

Day: Tuesday

Japanese for Adults (ages 13+)

Section#:71 January 27-March 3

Section#:72 March 10-April 14

Section#:73 April 21-May 26

Time: 6:00-7:00 p.m.

Day: Tuesday

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.

Program#: 221110 Fee: \$80.00(R), \$85.00(NR) Registration Deadline: One week before the start of each section

Mom/Dad and me!

(Ages 3-7 with adult)

Section#:01 January 14-February 18

Section#:02 February 25-April 1

Section#:03 April 8-May 13

Section#:04 May 20-June 24

Time: 5:00-5:45pm

Day: Wednesday

Learn to Sign-Kids (ages 7-12)

Section#:05 January 14-February 18

Section#:06 February 25-April 1

Section#:07 April 8-May 13

Section#:08 May 20-June 24

Time: 6:00-6:45 pm

Day: Wednesday

Learn to Sign-Ages 13 and up

Section#:09 January 14-February 18

Section#:10 February 25-April 1

Section#:11 April 8-May 13

Section#:12 May 20-June 24

Time: 7:00-8:00 pm

Day: Wednesday

Questions? 708-474-8552

Make it easy! Register online at www.lanoakparkdistrict.org

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
Robin Powell, Receptionist
Cat Jackson, Recreation Assistant
Tiffany Jones, Receptionist
Angelica Oviedo, Receptionist
Jerry Zawacki, Custodian
Jaymes Young, Custodian
Cristina Barbosa, Custodian

Buildings/Grounds Department

Tim O'Connell
William Brennen

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



Christmas
December 25, 2025
New Year's Day
January 1, 2026
Easter - April 5, 2026
Memorial Day - May 25, 2026

Important information

The Smoke-free Illinois Act...

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

Transfer/ Refund Policy...

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

Park Permits...

Park permits may be obtained beginning **Monday, January 6, 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 (include last name if different)	Gender	Date of Birth	Grade	Program #/Section #	Program Title	Day/Time	Fee

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

YOUTH SCHOLARSHIP DONATION

\$1.00

FAX TO: 708-418-0942

TOTAL PAID

MAIL TO: LAN-OAK PARK DISTRICT

2550 178th Street Lansing, IL 60438

REGISTER ONLINE: www.lanoakparkdistrict.org

Shirt Size _____

Visa _____ Mastercard _____ American Express _____

Cardholder# _____

Cardholder Name _____

Expiration Date _____

Amount of Charge _____

Authorized Signature _____

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

For Office Use Only

Cash _____ Check _____ Charge _____

Date Received _____ Check # _____

Name _____

Date _____

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

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



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

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

Signature of Participant(s) _____

Date _____

All participants must sign if over 18

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

Parent/Guardian Signature

TRANSFER/REFUND POLICY

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

Registration Form

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

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

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

YOUTH SCHOLARSHIP DONATION

\$1.00

FAX TO: 708-418-0942

TOTAL PAID

MAIL TO: LAN-OAK PARK DISTRICT

2550 178th Street Lansing, IL 60438

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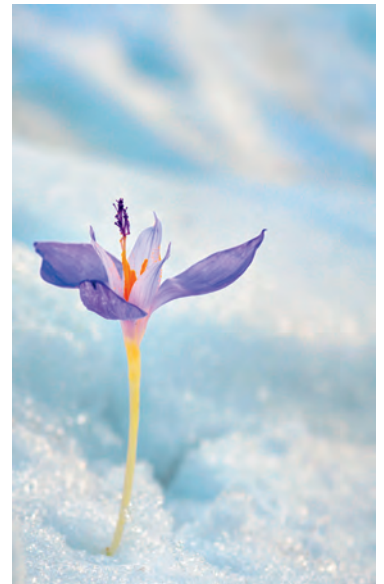
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Enjoy Lan-Oak Park District Parks!

Park Name	Playground	Softball	Picnic Shelter	Picnic Area	Restroom	Tennis	Volleyball	Basketball	Fishing	Sledding	Skate Park	Pickleball	Walking Path	Dog Park
Bock Park														
Lan-Oak Park														
Potts Park														
Copper Mugger's Park														
Schultz Park														
Winterhoff Park														
Oakwood Park														
Oakley Park														
Flanagin Park														
Erfert Park														
Lions Stadium														
Lions Park														
Rotary Park														
Van Laten Park														
Whitman Park														
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!!

LAN-OAK PARK DISTRICT

**COURTSIDE AT
BOCK PARK
IS NOW
OPEN - ENJOY!**



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.**

**DON'T MISS THE
JANUARY BUY ONE
GET ONE FREE
FITNESS
MEMBERSHIP
SPECIAL.
BUY THE SPECIAL
BY JANUARY 15
AND RECEIVE A
FREE DOG PARK
MEMBERSHIP
OR A FREE FAMILY
SWIM 5 VISIT
PUNCH CARD!**

2550 178TH STREET, LANSING, IL 60438

708-474-8552

LANOAKPARKDISTRICT.ORG