

**SUMMER
2026**

LAN-OAK

PARK

DISTRICT

**SUMMER
DAY CAMP
ENROLLING NOW!**



THE FAVORITES

Floor & Water Fitness, Gymnastics, Karate, Cheer, Garden Plots, Park Shelter Rentals, DAYONE Basketball Camp, Swim Lessons, Foreign Languages

**FALL PRESCHOOL
SAVE YOUR SPOT
NOW!**



NEW FOR YOU

- ✓ Argentine Tango
- ✓ Cat & Dog First Aid
- ✓ Art Workshops
- ✓ Preschool Passport Camp
- ✓ Stage Stars Camp

**3 ON 3 BASKETBALL
AT COURTSIDE**

**JULY 6-MONTH
BOGO FITNESS
MEMBERSHIP
SPECIAL**

708-474-8552

WWW.LANOAKPARKDISTRICT.ORG

4

Ways to Register!!

SEND YOUR REGISTRATION IN EARLY!

Registrations will be held until designated registration dates. Registration forms are found in this brochure. Remember - Sign the waiver on the back of the form.

MAIL-IN

Check or credit card. Checks must be made payable to Lan-Oak Park District. Sign the waiver



on the back of the registration form.

Mail to: Lan-Oak Park District, 2550 178th Street, Lansing, Illinois 60438



FAX

Please fax to: 708-418-0942

IN PERSON

Visit 2550 178th Street, Lansing, Illinois, to register.



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 & 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)

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

www.lanoakparkdistrict.org

We hope you enjoy our summer 2026 recreation programs and services.

A delivery service is contracted to deliver this program brochure to every Lansing residence. If you do not receive your brochure call 708-474-8552 to request one.

Residents may register for summer programs starting May 1.

Non-residents may register starting May 8.

But no need to wait!

Visit the Eisenhower Center or visit our website to register for a summer program. We'll hang on to your registration and process it for you on the dates listed above.

Fall Playskool enrollment is ongoing year-round.

See you soon in your summer program!



Follow us on Facebook and Instagram



Visit our website to register for your favorite programs and receive program updates



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

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

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

BUY AN INDIVIDUAL 6-MONTH FITNESS MEMBERSHIP, ADD ANOTHER PERSON FREE NO INITIATION FEE - ONLY IN JULY 2026 SO HURRY!!

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

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

**Village of Lansing
 Mayor Brian Hardy**

Need an ad for your business? Join our Corporate Sponsorship Program 708-474-8552

Over 50 Years of Excellence

Calumet City Plumbing
EST. 1967

| Contact Us
708-868-0074

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.

18 Parks
So much
to do!



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

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.lan-oakparkdistrict.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 – GYMRAx WEIGHT ROOMS
- ✓ FLOOR AND WATER FITNESS CLASSES
- ✓ TANNING PATIO
- ✓ STAFF PERSONAL TRAINERS
- ✓ FREE COFFEE & TEA
- ✓ LOCKER RENTALS

**CYBEX
SCI-FIT
PRECOR
LIFE FITNESS**



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



MEMBER CONVENIENCES

CENTER HOURS

Monday-Friday

5:30am - 9:00pm

Saturday & Sunday
(June thru August)

7:00am - 2:00pm

Saturday & Sunday
(September thru May)

7:00am - 4:00pm



Vending Machines...

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

FREE COFFEE...

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

Locker Rentals...

Members wishing to maintain a permanent locker at the center may do so at the front desk. Lockers require a \$36.00 per year fee.

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.

Forget Something?...

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

Open House...Friends are a priority at Eisenhower Fitness Center! Members may bring a friend to the center on June 17 and August 19. The friend will enjoy using the center for free. If the friend signs up for membership, the initiation fee will be waived and the current member will receive a free month added to their current membership!

THE FIGURES

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

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

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

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

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

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

YOU NEED TO KNOW...

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

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

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



One Pass™



Renew Active
by UnitedHealthcare



FITNESS ENHANCEMENTS

Certified Personal Trainers (#199005)

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

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

Cost for personal training packages:

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

Body Fat Analysis

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

01 - Member fee \$20.00

02 - Non-member fee \$25.00

Fitness Evaluation (#199004)

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

01 - Member fee \$25.00

02 - Non-member fee \$30.00



Fitness Assessment (#199001)

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

01 - Member fee \$33.00

02 - Non-Member fee \$38.00

Equipment Orientation

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

01 - New members FREE

02 - Current members \$10.00

Group Fitness Classes

NEW! Strength Lab

Designed for adults with an athletic background, this class brings back the training styles you know and love. We will focus on total-body strength, power, agility, and conditioning using functional movements, bodyweight exercises, and light cardio intervals.

Whether you're a former high school, college, or recreational athlete, we will emphasize proper techniques and scalable goals to meet you where you're at now. Train smart, feel strong, and get back in the game. Classes will be held outdoors at Lan-Oak Park be sure to bring water with you. Age 18 & Up

Program: 229024 Min/Max: 6/15
Fee: \$44.00(R), \$48.00(NR)
Registration Deadline: June 8

Section#: 01 June 15-July 27
Time: 5:15-6:00pm Day: Monday
*No class July 6

Butts & Guts

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

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

Section#: 01 June 2-July 7
Section#: 02 July 21-August 25
Time: 7:00-7:45pm Day: Tuesday

Spin & Fit

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

Program#: 231002 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 1-July 6
Section#: 02 July 20-August 24
Time: 6:45- 7:30pm Day: Monday

[Water Fitness Page 14](#)
[Adult Swim Lessons Page 15](#)
[Discounted Senior Fitness Page 12](#)



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, loose clothing.

Program#: 271031 Min/Max: 6/15
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 1-July 6
Section #: 02 July 20-August 24
Time: 5:30- 6:20pm Day: Monday

Mat Pilates

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

Program#: 232230 Min/Max: 6/15
Fee: \$44.00(R), \$49.00(NR)
Registration Deadline: One week before the start of each session
15% discount for Fitness Center pass holders

Section#: 01 June 2-July 7
Section#: 02 July 21-August 25
Time: 6:00-6:45pm Day: Tuesday

Cardio & Strength Training

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

Program#: 239014 Min/Max: 6/15
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 2-July 7
Section#: 02 July 21-August 25
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#: 271001 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 June 1-July 8
Section#: 02 July 20-August 26
Time: 10:00-10:50am Day: Monday & Wednesday

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#: 229602 Min/Max: 6/15 Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 18-July 23
Section#: 02 August 6-September 10
Time: 6:00-7:00pm Day: Thursday

New Programs for Adults
Private Argentine Tango Page 34
Silver Stitches (quilting) Page 36
Art Workshops Page 35

Group Fitness Classes

Tai Chi

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



Program#: 287210 Min/Max: 6/15 Fee: \$38.00(R), \$43.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center pass holders

Section#: 01 June 1-July 6
Section#: 02 July 20-August 24
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#: 239007 Min/Max: 6/15
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 18-July 23
Section#: 02 August 6-September 10
Time: 4:30-5:30pm Day: Thursday

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

Chair Fitness

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

Program#: 298115 Min/Max: 4/15
Fee: \$5.00(R), \$10.00(NR)
Registration Deadline: One week before the start of each section

Chair Dancing

Section#:01 June 2-July 7

Chair Yoga

Section #:02 July 21-August 25

Time: 9:00-9:45 am

Day: Tuesday

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.



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

Wall Pilates

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

Program#: 232260 Min/Max: 6/10
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: One week before the start of each section.

Section#: 01 June 2-July 7
Section#: 02 July 21-August 25
Time: 10:00-10:45am Day: Tuesday

Senior Health and Fitness

SilverSneakers® Classic and Renew Active



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

Sneakers ball are offered for resistance. A chair is used for seated and/or standing support. Ages 50 & Up SilverSneakers and Renewed Active participants – registration is required due to room restrictions.

Program#: 239008 Min/Max: 6/20
Fee: \$40.00(R), \$45.00(NR) Silver Sneakers/Renewed Active members are FREE.
Registration Deadline: One week before the start of each section

Section#: 01 June 8-July 13
Section#: 02 July 20-August 31
Time: 4:00-5:00pm Day: Monday
Section#: 03 June 3-July 8
Section#: 04 July 22- August 26
Time: 8:30-9:30am Day: Wednesday
Section#: 05 June 4-July 9
Section#:06 July 23-August 27
Time: 10:00-11:00am Day: Thursday

Stronger Seniors

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

Program#: 239023 Min/Max: 4/10
Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 5-July 10
Section#: 02 July 24-August 28
Time: 10:00-10:50am Day: Friday

Check out our senior programming,
trips, and bingo! Page 36-37
Don't Miss Special Events
Page 39-41

NEW! Bear Strong

Get ready to stomp, hop, crawl, and roar! In this high-energy class little movers will explore the jungle, farm, and safari while building coordination, balance, and listening skills. Each week we'll use our imagination to be different animals from leaping like frogs to waddling like penguins. Incorporated through obstacle courses and games, little movers are sure to have a beary good time. Age 3-5

Program: 239111 Min/Max: 6/8
Fee: \$26.00(R), \$31.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 June 8-July 20
Time: 3:15-3:45pm Day: Monday
*No class July 6
Section#:02 July 27-August 31
Time: 3:15-3:45pm Day: Monday

NEW! Junior Warriors

Junior Warriors is a high-energy obstacle and agility program designed to build speed, strength, and coordination in a fun, supportive setting. Each week, participants tackle exciting obstacle courses, relays, and team challenges that boost confidence and athletic skills. Great for active kids who love to move and compete! Age 6-8

Program: 272011 Min/Max: 6/8
Fee: \$30.00(R), \$35.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 June 10-July 15
Time: 3:15-4:00pm Day: Wednesday
Section#:02 July 22-August 26
Time: 3:15-4:00pm Day: Wednesday



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#: 272015 Min/Max: 6/25
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 6-July 18*
Section#: 02 August 1-September 5
Time: 9:00-9:45am Day: Saturday
* No Class July 4

For
ages
9
months
to
17
years

Stay
fit!!



Kids Fitness Classes

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: 271002 Min/Max: 6/15
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: July 15

Section#:01 July 22-August 26
Time: 4:15-5:00pm Day: Wednesday

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 the little ones will love. Age 9-36 months

Program: 200183 Min/Max: 6/9
Fee: \$30.00(R), 35.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 June 11-July 16
Time: 10:15-10:45am Day: Thursday
Section#:02 July 30-September 3
Time: 11:45am-12:15pm Day: Thursday

Did you know? Eisenhower Fitness allows fitness members to add a child to their fitness membership. Children age 10 to 17 may use the fitness center when accompanied by their parent. Make it a family workout!

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#: 229023 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section
Section#: 01 Date: June 6-July 18*
Section#: 02 Date: August 1-September 5
Time: 8:00-8:45am Day: Saturday * No July 4th Class



Aqua Zumba® & Aqua Body Sculpting

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

Program#: 232240 Min/Max: 6/15
Fee: \$43.00(R), \$48.00(NR)
Registration Deadline: One week before the start of each section

Section#: 01 June 1-July 6
Section#: 02 July 20-August 24
Time: 7:00-8:00pm Day: Monday
Section#: 03 June 3-July 8
Section#: 04 July 22-August 26
Time: 6:30-7:30pm Day: Wednesday

Water Aerobics

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

Program#: 265140 Min/Max: 6/15
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: One week before the start of each section
15% discount for Fitness Center pass holders

Section#: 01 June 1-July 6
Section#: 02 July 20-August 24
Time: 8:30-9:20am Day: Monday
Section#: 03 June 3-July 8
Section#: 04 July 22-August 26
Time: 9:00-9:50am Day: Wednesday

Learn to Swim



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

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



Swim Lessons – Youth

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

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#: 272035 Min/Max: 6/6 Fee: \$62.00(R), \$67.00(NR)

Registration Deadline: One week before the start of each section

Section#:Date:	Age:	Time:	Day:
01 June 16-August 4	Level 1	4:00-4:45pm	Tuesday
02 June 16-August 4	Level 1	4:45-5:30pm	Tuesday
03 June 16-August 4	Level 2	5:30-6:15pm	Tuesday
04 June 17-August 5	Level 3	4:00-4:45pm	Wednesday
05 June 17-August 5	Level 4	4:45-5:30pm	Wednesday

Program#: 272036 Min/Max: 6/10

Fee: \$62.00(R), \$67.00(NR)

Registration Deadline: June 11

Section#: 01 June 17-August 5

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

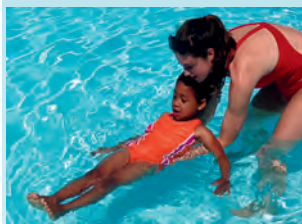
Parent and Child Aquatics

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



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 age 4 & 5.



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

Registration Deadline: June 11

Section#:Date:	Age:	Time:	Day:
01 June 18-August 6	Level 1	4:00-4:30pm	Thursday
02 June 18-August 6	Level 2	4:30-5:00pm	Thursday
03 June 18-August 6	Level 3	5:00-5:30pm	Thursday

Program#: 221085 Min/Max: 6/10

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

Registration Deadline: June 11

Section#: 01 June 18-August 6 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

Learn

NEW! Tiny Creators

In this class we invite toddlers to explore, make, and play. Each week we will introduce a new theme, such as colors, nature, building and more. Come join us as we learn something new!
Age 24-36 months

Program: 200110 Min/Max: 6/8
Fee: \$52.00(R), \$57.00(NR)
Registration Deadline: June 3

Section#:01 June 10-July 15
Time: 11:00-12:00pm Day: Wednesday

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#: 200114 Min/Max: 6/8
Fee: \$54.00(R), \$59.00(NR)
Registration Deadline: June 2

Section#:01 June 9-July 14
Time: 10:00-11:00am Day: Tuesday

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. Kids will take home one book to add to their home library. Age 24 -36 months.

Program: 200006 Min/Max: 6/8
Fee: \$33.00(R), \$38.00(NR)
Registration Deadline: June 8

Section#:01 June 15-July 27*
Time: 10:00-10:45am Day: Monday

*No class July 6

Fun with Friends

Party Animals

Everyone loves parties! Join friends as we celebrate 4th of July. Kids will enjoy cupcakes, stories, music, art, games, and more related to the holiday. Take home your party hat. Age 24-36 months

Program#: 200112 Min/Max: 6/8
Fee: \$15.00(R), \$20.00(NR)
Registration Deadline: June 18

Section#:01 4th of July June 25

Tiny Tots

Parent/
child
fun for
age
12
months
to 36
months

Music & Dance

I've Got Rhythm

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

Program: 200150 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: July 3

Section#:01 July 10-August 14
Time: 3:00-3:45pm Day: Friday

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#: 227103 Section#:01
June 23-July 28 Time: 5:15-6:00pm Day: Tuesday

Lil Dribblers Basketball Program#: 227105 Section#:01
June 11-July 16 Time: 3:15-4:00pm Day: Thursday

Adult-Tot Baseball Program#: 227104 Section#:01
June 12-July 24* Time: 10:00-11:00am Day: Friday
*No class July 3

Parent-Tot Tumble

In this Parent-Tot tumble class we will give your child the opportunity to improve gross motor skills, balance and walk on a balance beam, swing on the bars and have a great time with other children. Join us in this fun and exciting class. Parent participation is required. Age 12-36 months.

Program: 210001 Min/Max: 5/7
Fee: \$41.00(R), \$46.00(NR)
Registration Deadline: June 5

Section#:01 June 12-July 24*
Time: 5:15-6:00pm Day: Friday *No class July 3

**So Much More! Parent Child Aquatics Page 15
Baby and Me Yoga Page 13**

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

PARK Playhouse

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



**MONDAYS
9AM-10AM**

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

JOIN THE FUN!

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

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

Join the fun in Playskool!!

Hurry! School starts September 8!



A community of friends, fun, and learning.



Playskool has two outdoor play areas and an indoor gymnasium for some sports fun.

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), \$250.00(NR)

Choose 5-day Monday thru Friday

9:00am-3:00pm 5-day, all day, classes

Monthly \$480.00(R), \$500.00(NR)

Playskool meets Monday thru Friday from 9am to 3pm. Morning class runs 9am to 11:30am, Afternoon class runs 12:30pm to 3pm.

All day students must bring a lunch.

Children attending Playskool five full days per week will enjoy extra learning - Spanish, art, music athletics, baking, and more.

Playskool will offer after care until 5pm if four or more students enroll for the extended time.

Call Lan-Oak Park District, 708-474-8552, with questions or to schedule a tour. See you soon!

Playskool is perfect for budget conscious families.

HURRY! It's time to enroll in Playskool!!

**Budget
Friendly!**
**9am to 3pm,
Monday thru
Friday,
Just \$480
per month**



**ALL DAY AND
HALF DAY
PROGRAMS
AVAILABLE**

**CALL 708-
474-8552**

Qualified teachers and well stocked classrooms offer students:

- Language Arts: The Alphabet, Phonetic Sounds, Word Families, Sight Words, Early Reading, Rhyming, Opposites, Positional Words
- Math Concepts: Numbers 1-20, Graphing, Early Addition & Subtraction, Fractions, Fourteen Geometric Shapes, Measurement, Patterns
- Geography: Continents, Oceans, Land Forms & Map Reading
- Time Concepts: Seasons, Calendar, Days of the Week, Months of the Year
- Color Recognition: Nine Colors, Primary Colors, Secondary Colors, Color Blending, Color Sorting
- Theme Units: Human Body, Dinosaurs, Space, Insects, Under the Sea, Transportation, Occupations, Homes & Houses, Cultures Around the World, and More!
- SO MUCH FUN WITH NEW FRIENDS

**The
perfect
school start
for your
child
age
3-5
years**

All School Supplies and Healthy Snacks are Provided

Create

NEW! Princess Art Party

Step into a magical kingdom of creativity! Young princesses will create princess-inspired art projects using paint, glitter, and colorful materials. Each will design their own royal masterpieces while enjoying music, creativity, and a little bit of sparkle. Join us for a morning full of all things princess! Age 4-8

Program: 210064 Min/Max: 6/10
Fee: \$26.00(R), \$31.00(NR)
Registration Deadline: June 6

Section#:01 June 13 10:00am-12:00pm Saturday

NEW! Family Paint & Sip

Spend a creative morning together at Family Paint & Sip! Participants will follow step-by-step instructions to paint their own masterpiece while enjoying kid-friendly drinks in a fun, relaxed setting. Come ready to paint, sip, and have fun as a family. Age 3-6

Program: 210075 Min/Max: 2/6
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: June 13

Section#:01 June 20 10:00am-1:00pm Saturday

Read

Bookworms

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. Kids will take home a book to keep in their home library. Age 3-5.

Program: 210040 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: June 8

Section#:01 June 15-July 27*
Time: 12:15-1:15pm Day: Monday *No class July 6

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: 210033 Min/Max: 6/8 Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: June 2

Section#:01 June 9-July 14
Time: 11:15-12:15pm Day: Tuesday

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 4th of July. We will have snacks, make a craft, and play games all related to the holiday. Join us for this fun-filled time. Age 3-5.

Program: 210114 Min/Max: 6/8
Fee: \$15.00(R), \$20.00(NR)
Registration Deadline: June 25

Section#:01 July 2 Time: 5:15-6:15pm 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: 210053 Min/Max: 6/8
Fee: \$55.00(R), \$60.00(NR)
Registration Deadline: July 1

Section#:01 July 8-August 12
Time: 12:15-1:15pm Day: Wednesday

We have more for age 3-5! [Preschool Swim Lessons Page 15](#)
[Preschool Gymnastics Page 30](#) [Kicking Tots Karate Page 31](#)
[Preschool Summer Camps Page 22](#) [Kids Fitness Page 13](#)
[Playskool - the perfect preschool Page 18-19](#)

FAMILY
MOVIE NIGHTS
AT THE PARK

Free to Attend
Snacks for Purchase

Showing:
July 3



Valiant

Showing:
August 7



Disney HIGH SCHOOL MUSICAL

Playground Fun!
Bounce House!

Movies will begin at dusk. Be sure to bring chairs and blankets. No alcohol is permitted in the park.

Lan-Oak Park 178th & Arcadia
Lansing, IL Questions? 708-474-8552

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: 210048 Min/Max: 6/8
 Fee: \$40.00(R), \$45.00(NR)
 Registration Deadline: June 5

Section#:01 June 12-July 24*
 Time: 11:15-12:15pm Day: Friday *No class July 3

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: 210006 Min/Max: 6/8
 Fee: \$41.00(R), \$46.00(NR)
 Registration Deadline: June 25

Section#:01 July 2-August 6
 Time: 12:00-12:45pm Day: Thursday

Jr. Nature Explorers

Calling all young nature lovers! Bring that curiosity out as you discover and learn about the elements of our natural world: the sky, the earth, water, plants, and animals. Each week kids will enjoy some fun facts followed by an exciting activity. Age 3-5.

Program: 210095 Min/Max: 6/8
 Fee: \$45.00(R), \$50.00(NR)
 Registration Deadline: June 16

Section#:01 June 23-July 28
 Time: 2:45-3:30pm Day: Tuesday

NEW! Let's Get Puzzled

Each week we will learn about and complete different puzzles. Learning how to do puzzles can enhance children's cognitive abilities, fine motor skills, and hand-eye coordination. Join us for this puzzling class. We will also have some snacks to enjoy. And design a puzzle to take home. Age 3-5.

Program#: 210036 Min/Max: 6/8
 Fee: \$49.00(R), \$54.00(NR)
 Registration Deadline: June 11

Section#: 01 June 18-July 23
 Time: 9:15-10:00am Day: Thursday

Make it easy! Register online at lanoakparkdistrict.org

Tykes

Programs for children 3 to 5 years

On our own having fun and meeting new friends.

So much summer fun!

Make new friends, play in the sunshine!

Preschool Summer Camps Page 22

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: 210031 Min/Max: 6/8
 Fee: \$30.00(R), \$35.00(NR)
 Registration Deadline: June 19

Section#:01 June 26-July 31
 Time: 4:15-5:15pm Day: Friday

NEW! Bitty Basketball 2

Take your basketball skills to the next level! Players who have completed Bitty Basketball 1 will build on their skills through fun drills, teamwork, and game play. Players will continue to build on fundamentals while learning beginner team concepts, defense, and game play. Fun skill-based drills and mini scrimmages help players gain confidence, coordination, and a love for the game! Bitty Basketball 1 must be completed first. Age 4-6

Program: 210031 Min/Max: 6/10
 Fee: \$36.00(R), \$41.00(NR)
 Registration Deadline: June 19

Section#:02 June 26-July 31
 Time: 5:15-6:00pm Day: Friday

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: 287025 Min/Max: 6/8
 Fee: \$35.00(R), \$40.00(NR)
 Registration Deadline: June 1

Section#:01 June 8-July 20*
 Time: 11:00-12:00pm Day: Monday *No class July 6

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#: 287005 Min/Max: 6/8
 Fee: \$35.00(R), \$40.00(NR)
 Registration Deadline: June 1

Section#:01 June 8-July 20*
 Time: 4:15-5:00pm Day: Monday *No class July 6

SO MUCH FUN! CHOOSE YOUR FAVORITE

SUMMER PRESCHOOL CAMPS



Camp Loads-of-Fun

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

Program: 276100 Min/Max: 8/15
Fee: \$120.00(R), \$125.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 June 8-July 3
Section#:02 July 6-July 31
Time: 9:00am-Noon
Day: Monday/Wednesday/Friday

My ABC Camp Check out this camp that celebrates the alphabet in fun and unique ways! We'll focus on letter recognition, letter writing, phonetic sounds, and we'll add a bit of fun with a lphabet puppets, alphabet-themed games, alphabet songs, and even some ABC yoga.

Age 3-5

Program: 276999 Min/Max: 8/15
Fee: \$120.00(R), \$125.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 June 8-July 3
Section#:02 July 6-July 31
Time: Noon-3:00pm
Day:Monday/Wednesday/Friday

NEW! Preschool Passport Travel the world each week with our friend Carmen San Diego. Learn about different countries & cultures each day, do an exciting craft that ties to that culture. When we're done, you'll have a passport filled with stamps and a preschooler excited for their next adventure. Age 3-5

Program: 276250 Min/Max: 8/15
Fee: \$83.00(R), \$88.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 June 9-July 2
Section#:02 July 7-July 31
Time: 9:00am-Noon
Day: Tuesday/Thursday

NEW! Ms. Frizzle's Explorers Camp Each day, we'll experience a new adventure on the Magic School Bus- traveling to the rain forest, kicking up a storm through thunderstorms and tornadoes. We'll learn what it's like to be part of Ms. Frizzle's classroom. Campers will come home with a different adventure and a craft to show where they went that day. Age 3-5

Program: 282001 Min/Max: 8/15
Fee: \$83.00(R), \$88.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 June 9-July 2
Section#:02 July 7-July 31
Time: Noon-3:00pm Day: Tuesday/Thursday

FUN & CREATIVE INDOOR/OUTDOOR ACTIVITIES



**CAMP
STARTS
JUNE 8**

SUMMER FOR KIDS DAY CAMP

Check out more summer fun in the youth section of this brochure. Page 25-28 Choose a Special Interest Camp for more fun.

Camp Wewannago

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



**Pool
fun
every
week!**

Emergency Form and Permission Slip

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

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

Section#:01 June 8-July 3 Section#:02 July 6-July 31
Time: 9:00am-3:00pm Day: Monday-Friday



SO MUCH MORE FUN! CHOOSE YOUR FAVORITE

INTEREST CAMPS

Crafty Creations Camp

This is a perfect camp for crafty kids! Campers will create a new unique art project every day to take home. Over the week campers will participate in crafts such as jewelry making, water-color and much more. Age 7-12.

Program#: 276150 Min/Max: 6/10
Fee: \$56.00(R), \$61.00(NR)
Registration Deadline: June 1

Section#:01 June 8-June 12
Time: 3:30-4:30pm
Day: Monday-Friday

NEW! Nature Adventure Camp

Nature Adventure Camp is a fun and active outdoor camp. Campers discover the wonders of nature through hands-on activities, creative play, and outdoor adventure. Age 6-8

Program#: 273030 Min/Max: 6/8
Fee: \$47.00(R), \$52.00(NR)
Registration Deadline: June 8

Section#:01 June 15-June 19
Time: 3:30-4:30pm
Day: Monday-Friday

Kenny Barnes

D-A-Y-O-N-E Basketball Camp

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

Program#: 276200 Min/Max: 10/20
Fee: \$75.00(R), \$80.00(NR)
Registration Deadline: June 8

June 15-June 19 Monday - Friday
Section#:01 Age 8-12 Time: 4:00pm-6:00pm
Section#:02 Age 13-17 Time: 6:00pm-8:00pm

NEW! Skyhawks Sand Volleyball Camp

Spike your way to success with Skyhawks Volleyball Camp! 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! This class will be held at the sand volleyball courts at Lan-Oak Park at 180th & Arcadia St.

Program#: 276990 Min/Max: 8/24 Fee: \$169.00(R), \$174.00(NR) Registration Deadline: June 22
Section#:01 Age 6-8 June 29-July 2 Day: Monday-Thursday Time: 9:00-Noon
Section#:02 Age 9-12 June 29-July 2 Day: Monday-Thursday Time: 1:00-4:00pm

-----Offered by the professionals at Chess Scholars-----

New! Stage Stars Camp

"All the world's a stage"-
Shakespeare.

Bring out your dramatic side with Stage Stars! Boost your confidence and overcome stage fright in a relaxed, fun environment while learning theatrical skills, improv basics and playing interactive drama games. This is an opportunity for students to have fun, express themselves, interact with others within the context of theatre arts. Age 5-12

Program: 276020 Min/Max: 8/16
Fee: \$160.00(R), \$165.00(NR)
Registration Deadline: July 6

Section#:01 July 13-July 17
Time: 4:30-6:00pm
Day: Monday-Friday

New! Amigos Camp

Learning Spanish is as easy as uno, dos, tres! Current research has found a positive link between learning a second language and cognitive and academic ability. In addition to developing a lifelong skill to communicate with people from other countries and backgrounds, other benefits include improved overall school performance and higher problem-solving skills. We will learn numbers, colors, shapes, greeting, days of the week and more. No previous knowledge of Spanish is necessary. Age 5-10

Program: 277001 Min/Max: 8/16
Fee: \$160.00(R), \$165.00(NR)
Registration Deadline: July 20

Section#:01 July 27-July 31
Time: 4:30-6:00pm
Day: Monday-Friday

NEW! Chess Scholars Camp

Develop your child's intellect through the royal game of chess! This camp is perfect for beginners as well as experienced players. Each day of camp will consist of a fun interactive teaching period, followed by guided practice time, allowing the students to play against one another while being coached by an experienced instructor. The camp session will conclude with a non-elimination tournament.
Age 5-13

Program: 276130 Min/Max: 8/16
Fee: \$160.00(R), \$165.00(NR)
Registration Deadline: June 15

Section#:01 June 22-June 26
Time: 4:30-6:00pm
Day: Monday-Friday

In the Kitchen

Kid Chefs

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

Program: 214106 Min/Max: 6/8
Fee: \$55.00(R), \$60.00(NR)
Registration Deadline: June 5

Section#:01 June 12-July 24*
Time: 12:30-1:30pm Day: Friday *No class July 3

Create

NEW! Princess Art Party

Step into a magical kingdom of creativity! Young princesses will create princess-inspired art projects using paint, glitter, and colorful materials. Each will design their own royal masterpieces while enjoying music, creativity, and a little bit of sparkle. Join us for a morning full of all thing's princess! Age 4-8

Program: 210064 Min/Max: 6/10
Fee: \$26.00(R), \$31.00(NR)
Registration Deadline: June 6

Section#:01 June 13 10:00am-12:00pm Day: Saturday

NEW! Kiddos Paint & Sip

Paint your way into a new piece perfect for display. Using guided canvases children will be take step by step to create their own masterpiece. All while enjoying tasty summer refreshments. At the end of our party everyone gets to take home their piece and the desire to create more! Age 6-8

Program: 221000 Min/Max: 6/10
Fee: \$26.00(R), \$31.00(NR)
Registration Deadline: June 20

Section#:01 June 27 10:00am-12:00pm Day: Saturday

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: 210180 Min/Max: 6/8
Fee: \$23.00(R), \$28.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 Pony June 11 Section#:02 Dinosaur July 16
Section#:03 Mermaid August 13
Time: 5:15-6:15pm Day: Thursday

Kiddos

Programs
for
children
6 to 8
years

So
much
fun!!

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: 210205 Min/Max: 6/8
Fee: \$46.00(R), \$51.00(NR)
Registration Deadline: June 17

Section#:01 June 24-July 29
Time: 2:30-3:30pm Day: Wednesday

NEW! Chess Scholars

Develop your child's intellect through the royal game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Chess has been proven to enhance children's motivation concentration, focus social skills, and creativity. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will learn under the guidance of an experienced Chess Scholars coach. Age 6-13

Program: 210151 Min/Max: 8/16
Fee: \$127.00(R), \$132.00(NR)
Registration Deadline: June 30

Section#:01 July 7-August 11
Time: 4:30-5:30pm Day: Tuesday

NEW! Jr. Birdwatchers

In this class we will learn about different types of birds. We will learn the names, colors and the songs that they sing. We will practice being quiet, gentle and kind to birds while having fun in nature! Age 6-8.

Program: 210710 Min/Max: 6/8
Fee: \$46.00(R), \$51.00(NR)
Registration Deadline: June 4

Section#:01 June 11-July 16
Time: 11:00-11:45am Day: Thursday

So Much More!
Gymnastics Page 30
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Athletics

Skyhawks Flag Football

Dive into the excitement of Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants will gain confidence and learn life lessons like teamwork and leadership in a fun and supportive environment. Suit up and join us for a game where everyone wins. Practice will be at VanLaten Park 183rd and Holland Drive. Age 6-8

Program#: 287220 Min/Max: 8/24
Fee: \$95.00(R), \$100.00(NR)
Registration Deadline: June 13

Section#:01 June 20-August 1*
Time: 9:00-9:45am Day: Saturday *No class July 4

Kiddos

Programs
for
children
6-8
years

So
much
fun!!

Athletics

Micro Soccer U10

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

Program: 287020 Min/Max: 6/12
Fee: \$50.00(R), \$55.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 July 2-August 6
Time: 5:30-6:30pm Day: Thursday

Tee Ball Basics

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

Program: 287005 Min/Max: 6/8 Fee: \$46.00(R), \$51.00(NR) Registration Deadline: June 25

Section#:01 July 2-August 6 Time: 4:15-5:15pm Day: Thursday

Check out Skyhawks
Sand Volleyball Camp
Page 24

Cheer

Join TF South Head Cheer Coach Shannon and Coach Sue to learn the technique of cheer, work in some jumps, motions, stunts, and tumbling. Participants will receive plenty of individual attention with TWO cheer coaches every class. Whether you want to cheer for fitness, fun, or to prepare for cheer tryouts at your school, this is the class for you. On the last day of our cheerleaders will put on a parent performance to show off what they've learned. Age 6-8



Program: 232120 Min/Max: 8/12 Fee: \$86.00(R), \$91.00(NR)
Registration Deadline: June 25

Section#:01 July 2-August 6
Time: 4:30-5:30pm Day: Thursday

already have. Tumbling is an important aspect for cheer too! Join us for the fun, fitness, and flips. Age 8-13

Program: 221071 Min/Max: 8/12 Fee: \$86.00(R), \$91.00(NR)
Registration Deadline: June 25

Section#:01 July 2-August 6
Time: 5:30-6:30pm Day: Thursday

Tumble Only

In this class we will remove the beam and the bars and learn just tumbling skills. Each participant will be assessed for skill and grouped as follows. Beginner: Forward rolls, handstands, cartwheels, round offs Intermediate: Back-walk over, front walk overs, back handsprings Advance: Tuck, layouts, fulls Start as a beginner and work your way to advanced or enhance skills you

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: 211000 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR) Registration Deadline: June 1

Section#:01 June 8-July 20*
Day: Monday Time: 9:00-10:00am
*No class July 6

Read

Kiddos Book Club - Summer

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: 210197 Min/Max: 6/8
Fee: \$28.00(R), \$33.00(NR) Registration Deadline: June 8

Section#:01 June 15-July 27 Time: 4:45-5:45pm
Day: Monday *No class July 6

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#: 287006 Min/Max: 6/8
Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: June 3

Section#: 01 June 10-July 15
Time: 9:30-10:30am Day: Wednesday

**Check out the
Skyhawks Volleyball Camp Page 24**

Cheer

Join TF South Head Cheer Coach Shannon and Coach Sue to learn the technique of cheer, work in some jumps, motions, stunts, and tumbling. Participants will receive plenty of individual attention with TWO cheer coaches every class. Whether you want to cheer for fitness, fun, or to prepare for cheer tryouts at your school, this is the class for you. On the last day of class our cheerleaders will put on a parent performance to show off what they've learned.



Program: 232120 Min/Max: 8/12
Fee: \$86.00(R), \$91.00(NR)
Registration Deadline: June 25

Section#:02 Age 9-14 July 2-August 6
Time: 6:30-7:30pm Day: Thursday

**Check out Kenny Barnes
DAYONE Basketball Camp Page 24**

Read

Page Turners - Summer

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: 210204 Min/Max: 6/8
Fee: \$45.00(R), \$50.00(NR)
Registration Deadline: August 10

Section#:01 August 17-August 21
Time: 4:30-5:30pm
Day: Monday-Friday

Tweens

Fun for
the big
kids
age 9-12

Get
with
the
program!

Athletics

Skyhawks Flag Football

Dive into the excitement of Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants will gain confidence and learn life lessons like teamwork and leadership in a fun and supportive environment. Suit up and join us for a game where everyone wins. Practice will be at VanLaten Park 183rd and Holland Drive.

Program#: 287220 Min/Max: 8/24
Fee: \$95.00(R), \$100.00(NR)
Registration Deadline: June 13

Section#:02 Age: 9-12 June 20-August 1*
Time: 10:00-10:50am Day: Saturday

*No class July 4

Tumble Only

In this class we will remove the beam and the bars and learn just tumbling skills. Each participant will be assessed for skill and grouped as follows. Beginner: Forward rolls, handstands, cartwheels, round offs
Intermediate: Back-walk over, front walk overs, back handsprings
Advance: Tuck, layouts, fulls Start as a beginner and work your way to advanced or enhance skills you already have. Tumbling is an important aspect for cheer too! Join us for the fun, fitness, and flips. Age 8-13

Program: 221071 Min/Max: 8/12
Fee: \$86.00(R), \$91.00(NR)
Registration Deadline: June 25

Section#:01 July 2-August 6 Time: 5:30-6:30pm Day: Thursday

In the Kitchen

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: 213010 Min/Max: 6/8
Fee: \$56.00(R), \$61.00(NR)
Registration Deadline: June 1

Section#:01 June 8-July 20*
Time: 1:30-2:30pm
Day: Monday *No class July 6

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

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Learn

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, and even a few jokes and riddles. Age 9-12.

Program#: 210191 Min/Max: 6/8
Fee: \$41.00(R), \$46.00(NR)
Registration Deadline: June 12

Section#:01 June 19-July 31*
Time: 4:00-5:00pm Day: Friday *No class July 3

NEW! Chess Scholars

Develop your child's intellect through the royal game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Chess has been proven to enhance children's motivation concentration, focus social skills, and creativity. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will learn under the guidance of an experienced Chess Scholars coach. Age 5-13

Program: 210151 Min/Max: 8/16
Fee: \$127.00(R), \$132.00(NR)
Registration Deadline: June 30

Section#:01 July 7-August 11
Time: 4:30-5:30pm Day: Tuesday

NEW! No-Sew Pillows & Plushies

In this one-day workshop you'll learn how to create the fluffiest mini pillows and plushies without having to learn how to sew. So, let's get to stuffing a create the cutest addition to your room. Age 9-12

Program: 210193 Min/Max: 6/10
Fee: \$26.00(R), \$31.00(NR)
Registration Deadline: July 8

Section#:01 July 15 Time: 3:15-5:15pm Day: Wednesday

Celebrate

NEW! Let's Celebrate the 4th of July

At this party we will learn why we celebrate the 4th of July. We will read a short story, make a fun craft, games and have snacks. Come join us for this celebration of America. Age 9-12.

Program: 210186 Min/Max: 6/8
Fee: \$19.00(R), \$24.00(NR)
Registration Deadline: June 19

Section#:01 June 26 Time: 3:00-4:00pm Day: Friday

Tweens

Fun for
the big
kids
age 9-12

Get
with
the
program!

Create

NEW! Origami Adventure

In this class kids will learn how to turn a simple square piece of paper into creative shapes like animals, birds and flowers – without using scissors or glue. By the end of the session kids will understand how something simple like paper can become a beautiful piece of art. Age 9-12.

Program: 221057 Min/Max: 6/8
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: June 25

Section#:01 June 16-July 21
Time: 9:00-10:00am Day: Tuesday

NEW! Design Your Own Tote

Paint, design, and decorate your own tote bag. Using fabric paint, bag charms, and personal style you'll create your own tote bag that expresses your individuality. Age 9-12

Program: 221080 Min/Max: 6/10
Fee: \$26.00(R), \$31.00(NR)
Registration Deadline: July 1

Section#:01 July 8 Time: 3:15-5:15pm Day: Wednesday

FAMILY
MOVIE NIGHTS
AT THE PARK

Free to Attend
Snacks for Purchase

Showing:
July 3

Showing:
August 7




Valiant

Playground Fun!
Bounce House!

Lan-Oak Park 178th & Arcadia
Lansing, IL Questions? 708-474-8552

Movies will begin at dusk. Be sure to bring chairs and blankets. No alcohol is permitted in the park.

Book Club – The Counselors

Summer can't get here soon enough for Goldie and her two best friends. This is the year they finally get to be counselors at camp. Join us in reading a twisty mystery about three best friends, one elite summer camp, and the dark secrets that lead to a body in the lake. Age 13-17

Program: 221050 Min/Max: 4/6 Fee: \$57.00(R), \$62.00(NR)
Registration Deadline: June 17

Section#:01 June 24-July 15
Time: 11:45am-12:30pm Day: Wednesday

Teen Dodgeball

Bring your friends and get in the game with all the energy you've got. Two teams split differently each week for some friendly competition in a fun and supervised setting. Perfect for staying active, building teamwork, and having a blast this summer. Age 13-17

Program: 227007 Min/Max: 10/20 Fee: \$20.00(R), \$25.00(NR)
Registration Deadline: July 3

Section#:01 July 10-July 31
Time: 11:30am-12:30pm Day: Friday

New! 3v3 Courts

Our 3v3 gym time is the perfect way to hit the courts 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: 227111 Min/Max: 9/18 Fee: \$10.00(R), \$15.00(NR)
Registration Deadline: July 15

Section#:01 July 22-August 26
Time: 2:00-4:00pm Day: Wednesday

Sweet Treat

Bake the taste of summer! From tarts, to muffins, and delicious lemon loafs. Each week we will be focused on a new recipe to add to our cookbooks. Learning all of the baking basics to take home and recreate for family and friends. This program will leave you as the designated dessert connoisseur. Age 13-17

Program: 223001 Min/Max: 6/8
Fee: \$61.00(R), \$68.00(NR)
Registration Deadline: June 15

Section#:01 June 22-July 20
Time: 11:45am-12:45pm Day: Monday

*No class July 6

Teens

Programs
for
13 to 17
years

Hang
out with
friends.

Learn,
read, play,
create.

So much
fun!

In the Act Practice your act and 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: 223002 Min/Max: 4/8 Fee: \$21.00(R), \$26.00(NR)
Registration Deadline: June 25

Section#:01 July 2-July 23
Time: 1:00-2:00pm Day: Thursday

NEW! Junk Journal & Chill Let us introduce the fun of junk journaling. Deming how to use photos, found items, stamps, or paper to fill up your journal. This chill workshop is all about getting into the vibe of junk journaling and diving into your creative side. No expectations just creation and a want to do.

Program: 223003 Min/Max: 6/10 Fee: \$26.00(R), \$31.00(NR)
Registration Deadline: June 4

Section#:01 June 11 Time: 4:00-6:00pm Day: Thursday

NEW! Sew-Ciety

Build your sewing skills from the ground up! In this beginner sewing class we will learn basic machine skills while creating fun projects like coasters, a key fob or lanyard, and a custom pillowcase. Perfect for building confidence and creativity. Age 13-17

Program: 223004 Min/Max: 6/8 Fee: \$48.00(R), \$53.00(NR)
Registration Deadline: June 10

Section#:01 June 17-July 8 Time: 11:00am-12:30pm Day: Wednesday

New! Junior Season

Junior year is the time to start planning what's next. In this interactive workshop, teens will explore their passions, strengths, and values using the concept of Ikigai to help uncover possible career paths and college majors. Participants will also learn the basics of college applications, scholarship searches, essay tips, and important timelines- leaving with clarity, confidence, and a plan for senior year. Age 13-17

Program: 223005 Min/Max: 6/10 Fee: \$20.00(R), \$25.00(NR)
Registration Deadline: July 31

Section#:01 August 7 Time: 1:00-3:00 Day: Friday

NEW! Teens in the Park

Offering a safe, supervised space for teens to hang out, stay active, and connect with friends. We'll enjoy a mix of games, sports, challenges, and recreational activities chosen to encourage team work, confidence, and fun. This program gives teens a place to gather and relax, be social, and enjoy the outdoors. Age 13-17

Program: 221802 Min/Max: 6/15 Fee: \$20.00(R), \$25.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 June 19 Time: 1:00-3:00pm Day: Friday
Section#:02 July 10 Time: 1:00-3:00pm Day: Friday

Looking for more?

Teen Fitness Page 13 Karate Page 31

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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.

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

Program#: 121720

Tuesday May 26-June 30

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)

Program#: 221720

Tuesday July 7-August 11

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)

Tuesday August 18-September 22

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)

Wednesday May 27-July 1

Section#:19 5:30-6:30pm Age 6-8

Section#:20 6:30-7:30pm Age 9-13

Wednesday July 8-August 12

Section#:04 5:30-6:30pm Age 6-8

Section#:05 6:30-7:30pm Age 9-13

Wednesday August 19-September 23

Section#:09 5:30-6:30pm Age 6-8

Section#:10 6:30-7:30pm Age 9-13



GYMNASTICS

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.

Min/Max: 5/15 Fee: \$63.00(R), \$68.00(NR)

Registration Deadline: One week before the start of each section

Program#: 121700

Section#:07 May 27-July 1

Section#:08 May 26-June 30

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

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

Program#: 221700

Section#:01 July 8-August 12

Section#:02 July 7-August 11

Section#:03 August 19-September 23

Section#:04 August 18-September 22

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

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

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

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 are part of a total educational experience and gymnastics is the most complete workout to ready your child for all sports. Age 6-10.

Min/Max: 5/20 Fee: \$63.00(R), \$68.00(NR)

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

Program#: 121760

Section#:04 May 27-July 1

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

Program#: 221760

Section#:01 July 8-August 12

Section#:02 August 19-September 23

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



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

Program#: 232001 10-week Sessions

Section#: 01 & 02 & 03

July 13-September 21*

No Class September 7

Fee: \$170.00(R),

\$175.00(NR)

Monday

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 youth to work with others and 'learn to achieve'. Ages 4-6.

Section#: 01

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 7-17

Section#: 02

Time: 5:30-6:30pm

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



Please register one week before each section.

Questions? 708-474-8552 Make it easy!

Register online www.lanoakparkdistrict.org



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**

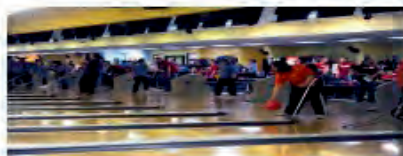
****Children 11 and under must be accompanied by an adult, parent or legal guardian** ****Open gym patrons must exit the gym upon request by the staff –**

failure to do so will result in gym suspension

****No gym attendants are provided - play at your own risk.**



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



Learn about how to get involved in Special Olympics, Day Camps, Swim Lessons, Bowling league, Friday Night Socials and many year round special events as well as ideas you may have for leisure and recreation activities.

Please contact us at:

SRS South Campus Office:
Lan-Oak Park District
2550 178th Street, Lansing, IL 60438

SRS North Campus Office:
Beverly Center
3065 S. 25th Ave, Broadview, IL 60155

Shevon Reed
sreed@sertomastar.org
708-955-8517 c

Jenny Eng
jeng@sertomastar.org
708-466-5821 c

www.sertomastar.org/specialrecreation

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

Special Recreation Opportunities

So much fun for all.

Lan-Oak Park District is proud to be a community member of a special recreation association to provide safe, competent, and fulfilling recreation opportunities for our participants with special needs. SRS provides a seasonal line up of program offerings. Visit their website to browse their program brochure. Questions? Email or call Shevon Reed.

To supplement programs offered by SRS, the programs below are offered by Lan-Oak Park District right at home in Lansing at our Eisenhower Community and Fitness Center.

Please refer to our special recreation participation guidelines on page 49 prior to registering. Have fun!

NEW! Together We Create

Get involved in this nurturing and inclusive arts & crafts camp designed for children with diverse learning needs. This class will provide structured support while encouraging creativity, self-expression, and skill development. Age 7-12.

Program#: 221201 Min/ Max: 4/6
Fee: \$74.00(R), \$79.00(NR)
Registration Deadline: One week before the start of each section.

Section#:01 June 15-June 19
Section#:02 July 20-July 24
Section#:03 August 17-August 21
Time: 1:30-2:30pm
Day: Monday-Friday

NEW! Chair Dancing

Get moving, grooving, and smiling with chair dancing. Perfect for all ability levels, this class lets participants enjoy upbeat music while using easy-to-follow dance moves from their seat. We'll improve coordination, flexibility, and mood all while having fun. No dance experience needed-just bring your energy and get ready to have a great time! Age 10-15

Program: 221200 Min/Max: 6/8
Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: June 17

Section#:01
Date: June 24-July 15
Time: 1:00-2:00pm
Day: Wednesday

NEW! Sensation Stations

Get involved as we celebrate every learner's unique ability. This program is designed for children with diverse learning needs. Through sensory-based learning and individualized support, we empower children to build confidence, independence, and joy in learning. Age 6-8.

Program#: 221120 Min/ Max: 4/6
Fee: \$74.00(R), \$79.00(NR)
Registration Deadline: July 20

Section#:01
Date: July 27-July 31
Time: 1:30-2:30pm
Day: Monday-Friday

Adult Sand Volleyball League

Grab your friends, create a fun team name, and sign up for a fun sand volleyball league at Lan-Oak Park. Each week you will play 2 matches (3 sets each). The last week will be a playoff game with each team playing 2 matches until a champion is named. Each person will need to complete a registration form and have a signed waiver prior to playing. Each team must consist of 6 athletes to register. Age 18 & Up

Program: 286010 Min/Max: 3 teams/6 teams
 Fee: \$42.00(R), \$47.00(NR) per team
 Registration Deadline: June 17

Section#:01 June 24-July 29
 Time: 5:30-6:30pm Day: Wednesday

Book Club – First Lie Wins

Dive into this twisty psychological thrill about secrets, shifting identities, and dangerous lies. As one woman's carefully crafted life begins to unravel, every choice could be her last. Join us for a suspense-filled discussion you won't see coming. Age 18 & Up

Program: 232011 Min/Max: 4/6
 Fee: \$41.00 (R), \$46.00 (NR)
 Registration Deadline: August 3

Section#:01 August 10-August 31
 Time: 4:45-5:45pm Day: Monday

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. Age 18 & Up

Program: 232007 Min/Max: 4/6
 Fee: \$61.00(R), \$66.00(NR)
 Registration Deadline: August 3

Section#:01 August 10-August 31
 Time: 6:00-7:00pm Day: Monday

Adults

Age 18 & Up

get out,
 meet new
 friends,
 have fun!

Fitness
 Classes
 Page 10-11

Water
 Fitness
 Page 14

Adult Swim
 Lessons
 Page 15

Special
 Events
 Page 39-41

Foreign
 Languages
 Page 46-47

July BOGO
 6-Month
 Fitness
 Membership
 Special
 Page 3



Argentine Tango Private Lessons

Argentine Tango is a passionate partner dance that fuses European, African, and Native Argentine elements.

We'll reach back to Buenos Aires to enjoy this dance style involving intimate embrace, musicality, and intricate footwork. Student chooses their time slot from 6:00-8:00pm or 11:00am-1:00pm. Age 18 & Up

Section#:01 Single session/Single person \$50.00
 Section#:02 Single session/Couple \$65.00
 Section#:03 4 session/Single person \$200.00

Friday Night Drop-In

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

Gym Walk-in Fee Per Person \$7.00(R), \$12.00(NR)

Section#:01 June 19
 Section#:02 July 24
 Section#:03 August 21
 Time: 6:00-8:30pm Day: Friday

Learn to Play Pickleball

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

Program: 224000 Min/Max: 6/10
 Fee: \$20.00(R), \$25.00(NR)
 Registration Deadline: One week before the start of each section

Section#:01 July 9-July 23
 Time: 2:15-3:15pm Day: Thursday
 Section#:01 August 5-August 19
 Time: 12:00-1:00pm Day: Wednesday

LANSING OLD TIMERS YOUTH SPORTS

- LANSING GIRLS SOFTBALL
www.facebook.com/lansinggirlsoftball
- LANSING LITTLE LEAGUE
www.facebook.com/lansinglittleleague
- LANSING VOLLEYBALL
www.facebook.com/lansingvolleyball

QR code for registration

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Art Workshops

NEW! Juneteenth Paint & Pour

Celebrate Juneteenth with an evening of creativity, culture, and connection. This guided paint event invites adults to reflect with others on canvas while creating a meaningful piece of art.

Participants will follow a step-by-step painting experience designed for all skill levels while enjoying culturally inspired sips in a relaxing environment. Age 21 & Up

Program: 232020 Min/Max: 6/15 Fee: \$40.00(R), \$45.00(NR)
Registration Deadline: June 12

Section#:01 June 19 5:00-7:00pm Day: Friday

NEW! Family Paint & Sip Spend a creative morning together at Family Paint & Sip! Participants will follow step-by-step instructions to paint their own masterpiece while enjoying kid-friendly drinks in a fun, relaxed setting. Come ready to paint, sip, and have fun as a family. Age 2-6

Program: 210075 Min/Max: 6/10 Fee: \$35.00(R), \$40.00(NR)
Registration Deadline: June 13

Section#:01 June 20 10:00am-1:00pm Day: Saturday



JOIN THE FUN! Hurry! Reserve your spot NOW!

Bring your own chair, table, and/or tent. In inclement weather the event will move indoors.

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

P

Park & Sell

Take summer selling to a funner place - the parking lot! Gather your merchandise, pile it in your car, park in your reserved parking spot, and SELL! We'll have music, food for sale, and a bounce house for the kids. Sellers must register and may buy up to two parking spaces. Parking spots are just \$5.00 each. Bring friends and make it a profitable party day!

Program#254070
Section 01
One spot \$5.00
Section 02
Second spot \$5.00
Register by June 14

Seller set up - 7:30am
Open to shoppers 9:00am - 2:00pm
Seller clean up until 3pm

Sellers may not sell food, drinks, or pets.

Saturday June 20, 2026
2550 178th Street, Lansing

Adults

Age 18 & Up

get out, meet new friends, have fun!

Learn

NEW! Plant Glow-Up:

Indoor Care & Propagation

Take your plants to the next level by learning how to care and propagate indoor plants in this hands-on class designed for beginners. Discover simple tips for watering, light, and plant health while gaining confidence to grow and maintain happy house plants at home. Age 18 & Up

Program: 232126 Min/Max: 6/15
Fee: \$25.00(R), \$30.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 June 12
Time: 5:00-7:00pm Day: Friday

Section#:02 August 18
Time: 3:00-5:00pm Day: Tuesday

NEW! Sheriff's Series

Join us for a special series of events led by our County Sheriff's in partnership with the Park District! Each session provides a different learning experience ranging from self-defense to internet safety.

Program: 232115 Min/Max: 6/25
Fee: FREE!!

Registration Deadline: One week before the start of each section

Section#:01 **–Stop the Bleed** June 11
Time: 12:00pm Day: Thursday

Section#:02 **– Senior Scams 62 & Up** July 23
Time: 11:15am-1:15pm Day: Thursday

Section#:03 **– Self Defense 18 & Up** August 20
Time: 1:00-2:30pm Day: Thursday

Questions? 708-474-8552 Make it easy - register for your favorite programs online. www.lanoakparkdistrict.org

Parent and Child Aquatics

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

Ages 6 months – 3 years



Program#: 221085 Min/Max: 6/10
Fee: \$42.00(R), \$47.00(NR)
Registration Deadline: June 11

Section#: 01 June 18-August 6 Level 1&2
Time: 5:30-6:00pm Day: Thursday

Just For Kicks – 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.

Program#: 232001 10-week session *No class September 7
Fee: \$170.00(R), \$175.00(NR)

Section#:03 July 13-September 21* 6:30-7:30pm Day: Monday

Badminton

Did you know badminton can improve your balance and coordination? Put your gym shoes on and meet us at Rotary Park to learn the basics of the game and rally between friends.

This program will provide a light workout without getting too intense, and is a great addition to your daily routine.

Age 62 & Up

Program: 286056 Min/Max: 6/8

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

Registration Deadline: June 4

Section#:01 June 11-July 9

Time: 10:30-11:30am Day: Wednesday

Learn to Play Pickleball

Pickleball is an accessible sport meant for all ages and groups! Pickleball is taught in schools, offers rugged competition for adults, and is a particular favorite among adults. Come learn the sport in three easy lessons and get familiar with the

Pickleball courts! Location: Schultz Park Age 18 & Up

Program: 224000 Min/Max: 6/10

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

Registration Deadline: One week before the start of each section

Section#:01 July 9-July 23

Time: 2:15-3:15pm Day: Thursday

Section#:02 August 5-August 19

Time: 12:00-1:00pm Day: Wednesday



NEW! Senior Summer Olympics

Go for gold at our Summer Olympics! Enjoy an afternoon of friendly competition featuring fun, modified events like badminton, walking relays, and bean bag toss. Designed for all ability levels, this spirited event focuses on movement, laughter, and community. Medals awarded and refreshments will be provided too. Join us for a day of summer fun. Age 62 & Up

Program: 232016 Min/Max: 6/15

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

Registration Deadline: August 19

Section#:01 August 26 10:00am-1:00pm Wednesday

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

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**

**Water
Fitness
Classes
Page 14**

Walking Club

Get your step on with our weekly walking club. Set the pace alongside friends and ensure you're meeting the daily recommended goals. Each week we will track our pace and steps learning the positive impact walking can have on us. Grab a friend and tackle your goals together. Coffee will be provided! Age 62 & Up

Program: 232114 Min/Max: 6/8

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

Registration Deadline: One week before the start of each section

Section#:01 June 8-July 20 9:00-10:00am Monday

*No class July 6

Section#:02 July 27-August 31 9:00-10:00am Monday

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: 232009 Min/Max: 6/10

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

Registration Deadline: One week before the start of each section

Section#:01 **Navy Pier** Friday, June 19

Time: Arrive at 8:30am and leave at 9:00am

Section#:02 **Lincoln Park Zoo** Friday, July 24

Time: Arrive at 9:00am and leave at 9:30am

Section#:03 **Lincoln Park Conservatory**

Friday, August 21 Arrive at 9:00am and leave at 9:30am

NEW! Silver Stitchers

Design and sew your own quilted tote bag in this fun, hands-on class! Learn basic sewing and quilting techniques like cutting, piecing, and stitching while creating a one-of-a-kind bag to take home. Perfect for beginners and creative makers alike. Age 62 & Up

Program: 232145 Min/Max: 6/8 Fee: \$48.00(R), \$53.00(NR)

Registration Deadline: June 8

Section#:01 June 15-July 6 Time: 11:00am-12:30pm Day: Monday

Beginners 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: 232225 Min/Max: 6/8

Fee: \$36.00(R), \$41.00(NR) Registration Deadline: June 11

Section#:01 June 18-July 9 Time: 11:00am-12:00pm Day: Thursday



Blankets & Brew

Learn the art of how to hand knit! Each week we will meet to learn the process and knit a cozy chenille blanket. We'll also enjoy a different type of tea every week as our crafting brew. Whether you're new to knitting or experienced crafter, this relaxing program is the perfect way to unwind, get creative, and craft a beautiful piece for your home. Age 62 & Up

Program: 232035 Min/Max: 6/8
Fee: \$61.00(R), \$66.00(NR)
Registration Deadline: July 30

Section#:01 August 6-August 27
Time: 11:15am-12:30pm Day: Thursday

NEW! Build-A-Bouquet

Wrap your way into a bouquet! In this hands-on workshop, we will mix and match colorful stems, learning simple wrapping techniques, and style a bouquet that fits your home. From pastels to bold statement blooms, participants will leave with a custom creation perfect for gifting, as decoration or showing off to friends. Age 62 & Up

Program: 232036 Min/Max: 6/10
Fee: \$32.00(R), \$37.00(NR)
Registration Deadline: One week before the start of each section

Section#:01 June 15 Time: 11:00am-1:00pm
Section#:02 July 27 Day: Monday
Section#:03 August 10

Seniors

Age 62 & Up

NEW! Summer Delights Baking

Enjoy the sweet flavors of the season and bake up some summer memories! Utilizing fresh seasonal fruits such as berries, peaches and apples while learning simple techniques and sharing kitchen tips. Each class focuses on an easy, approachable recipe designed for all experience levels.
Age 62 & Up

Program: 232116 Min/Max: 4/6 Fee: \$61.00(R), \$66.00(NR)
Registration Deadline: June 15

Section#:01 June 22-July 20
Time: 10:15-11:30am Day: Monday *No class July 6

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 Suttanto. 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: 287580 Min/Max: 4/6 Fee: \$15.00(R), \$20.00(NR)
Registration Deadline: July 31

Section#:01 August 7-August 28 Time: 11:30am-12:30pm Day: Friday

NEW! Sheriff’s Series

Join us for a special series of events led by our County Sheriff’s in partnership with the Park District! Each session provides a different learning experience ranging from self-defense to internet safety.

Program: 232115 Min/Max: 6/25 Fee: **FREE!!**
Registration Deadline: One week before the start of each section

Section#:01 – Stop the Bleed June 11 12:00pm Thursday
Section#:02 – Senior Scams 62 & Up July 23 11:15am-1:15pm Thursday
Section#:03 – Self Defense 18 & Up August 20 1:00-2:30pm Thursday



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.



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#: 232099 Min/Max: 5/12
 Fee: \$20.00(R), \$25.00(NR)
 Registration Deadline: One week before the start of each section.

Section#:01 July 29 9:30-11:00am Wednesday
 Section#:02 August 11 9:30-11:00am Tuesday



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#: 232088 Min/Max: 5/15
 Fee: \$20.00(R), \$25.00(NR)
 Registration Deadline: One week before the start of each section.

Section#: 01 June 9 9:00-10:30am Tuesday
 Section#: 02 August 5 9:00-10:30am Wednesday

American Red Cross Classes

First Aid

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

Program#: 232098 Min/Max: 5/12
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: July 8

Section#: 01 July 15
 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#: 232091 Min/Max: 5/12
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: June 10

Section#:01 June 17 Time: 8:30-11:30am Day: Wednesday

Pediatric CPR/AED

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

Program#: 232097 Min/Max: 5/12
 Fee: \$50.00(R), \$55.00(NR)
 Registration Deadline: July 7

Section#:01 July 14 8:30-11:45am Tuesday



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FAMILY

MOVIE NIGHTS

AT THE PARK

Free to Attend

Snacks for Purchase

Showing:

July 3

Showing:

August 7



Valiant



**Playground Fun!
Bounce House!**

**Lan-Oak Park 178th & Arcadia
Lansing, IL Questions? 708-474-8552**

*Movies will begin at dusk.
Be sure to bring chairs and blankets. No alcohol is permitted in the park.*

JOIN THE FUN!

Bring your own chair, table, and/or tent. In inclement weather the event will move indoors.

Hurry! Reserve your spot NOW!

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



Park & Sell

Take summer selling to a funner place - the parking lot! Gather your merchandise, pile it in your car, park in your reserved parking spot, and SELL! We'll have music, food for sale, and a bounce house for the kids. Sellers must register and may buy up to two parking spaces. Parking spots are just \$5.00 each. Bring friends and make it a profitable party day!

Program#254070

Section 01

One spot \$5.00

Section 02

Second spot \$5.00

Register by

June 14

Seller set up - 7:30am

Open to shoppers

9:00am - 2:00pm

Seller clean up until 3pm

Sellers may not sell food, drinks or pets.



Saturday June 20, 2026

2550 178th Street, Lansing



**FRIDAY
AUGUST 14
5:00-
7:00PM**

**COURT
SIDE**
SHOOTING COMPETITION

Step up and shoot your shot at Courtside! Players will compete in a fast-paced, timed shooting challenge with multiple hot spots around the court. Accuracy and strategy will determine the winners in each age division.

Medals will be awarded to the top three finishers. Must register in order to participate in the competition.

Concessions will be available during the event.

Program#: 227501

Sec#01: Age 9-11

Sec#02: Age 12-14

Sec#03: Age 15-17

This event is free.

Please Register by August 7



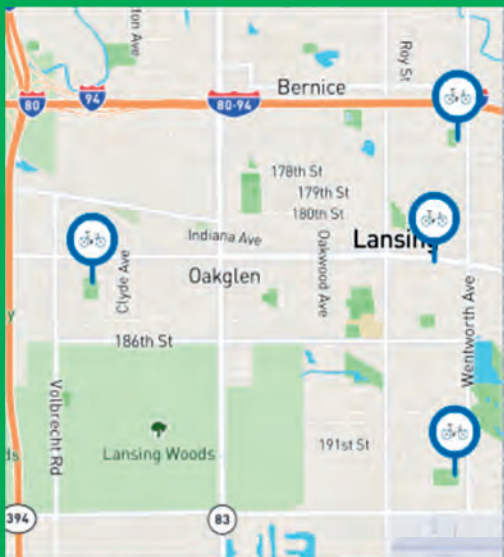
**COURTSIDE
AT BOCK
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LANSING, IL**

WWW.LANOAKPARKDISTRICT.ORG

QUESTIONS? 708-474-8552



LOPD BIKE SHARE



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

4 BIKE LOCATIONS

PARK PLAZA, VAN LATEN PARK,
COPPER MUGGERS PARK,
ROTARY PARK



HOW TO JOIN THE SYSTEM

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

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.

Need Help? Press the help button  **in the App**

DOWNLOAD THE APP TO GET STARTED 



ON BIKE SHARE

 Bikes not showing in the App?
 1. Turn off Wi-Fi - see Callout
 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



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

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.

- **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#: 210190 Fee: \$91.00(R), \$96.00(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 June 15-July 20
 Section#: 02 July 27-August 31
 Time: 5:00-5:45pm
 Day: Monday

I Speak Spanish (ages 3-6)

Section#: 03 July 2-August 6
 Section#: 04 August 13-September 17
 Time: 5:15-6:00pm
 Day: Thursday



Youth Spanish (ages 7-11)

Section#:05 June 15-July 20
 Section#:06 July 27-August 31
 Time: 5:50-6:35pm
 Day: Monday

Youth Spanish (ages 7-11)

Section#:07 July 2-August 6
 Section#:08 August 13-September 17
 Time: 6:15-7:00pm
 Day: Thursday



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#:09 June 15-July 20 Section#: 10 July 27-August 31 Time: 6:45-7:30pm Day: Monday
 Section#:11 June 18-July 23 Section#:12 July 30-September 3 Time: 9:45-10:30am Day: Thursday

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#:13 June 2-July 7	Section#:16 July 1-August 5	Section#:18 June 6-July 18*
Section#:14 July 14-August 18	Section#:17 August 12-September 16	Section#:19 July 25-August 29
Section#:15 August 25-September 29	Time: 6:00-7:00pm	Time: 9:00-10:00am
Time: 10:00-11:00am	Day: Wednesday	Day: Saturday
Day: Tuesday		*No class July 4

Let's Get Creative! Creative Writing for Kids on Zoom!

Let the creative juices flow! In this fun and interactive class, kids will use their own natural talent of creativity and imagination to learn how to effectively develop and write their own stories. Each session covers different activities and topics. Taught by Language in Action, Inc. instructor live on Zoom. Zoom login information will be emailed to participants before each session. Age 7-11. Program#: 221012 Fee: \$68.00(R), \$73.00(NR)

Section#:01 June 17-July 8
 Section#:02 July 15-August 5
 Time: 10:00-11:00am
 Day: Wednesday





ZOOM Foreign Language Classes for the Whole Family



All Language Programs#: 210190 Fee: \$91.00(R), \$96.00(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 (ages 7-12)

Section#: 20 June 8-July 13
 Section#: 21 July 20-August 24
 Section#: 22 August 31-October 12*
 Time: 5:00-5:45pm
 Day: Monday
 *No class September 7

I Speak French (adults 13+)

Section#:23 June 8-July 13
 Section#:24 July 20-August 24
 Section#:25 August 31-October 12*
 Time: 6:00-7:00pm
 Day: Monday
 *No class September 7



I Speak Italian Jr. (ages 3-6)

Section#:26 July 1-August 5
 Section#:27 August 12-September 16
 Time: 5:00-5:45pm
 Day: Wednesday

I Speak Italian (ages 7-12)

Section#:28 July 1-August 5
 Section#:29 August 12-September 16
 Time: 6:00-6:45pm
 Day: Wednesday

I Speak Italian (adults 13+)

Section#:30 July 1-August 5
 Section#:31 August 12-September 16
 Time: 7:00-8:00pm
 Day: Wednesday

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



I Speak Japanese (Ages 7-12)

Section#: 32 June 2-July 7
 Section#: 33 July 14-August 18
 Section#:34 August 25-September 29
 Time: 5:00-5:45pm

Japanese for Adults (ages 13+)

Section#: 35 June 2-July 7
 Section#: 36 July 14-August 18
 Section#:37 August 25-September 29
 Time: 6:00-7:00pm

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: \$83.00(R), \$88.00(NR) Registration Deadline: One week before the start of each section

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

Section#: 01 July 1-August 5
 Section#: 02 August 12-September 16
 Time: 5:00-5:45pm
 Day: Wednesday

Learn to Sign-Kids (ages 7-12)

Section#: 03 July 1-August 5
 Section#: 04 August 12-September 16
 Time: 6:00-6:45pm
 Day: Wednesday

Learn to Sign- (ages 13 and up)

Section#: 05 July 1-August 5
 Section#: 06 August 12-September 16
 Time: 7:00-8:00pm
 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 PROHIBITES EXCLUSION OF ANY QUALIFIED INDIVIDUALS WITH A DISABILITY FROM SERVICES, PROGRAMS, OR ACTIVITIES OF ANY STATE OR LOCAL GOVERNMENT, WHICH INCLUDES PARK DISTRICTS AS OF JANUARY 26, 1992. INDIVIDUALS WITH CONCERNS OR QUESTIONS SHOULD CONTACT THE PARK DISTRICT AT 708-474-8552.



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

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

Important information

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

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.

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

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.

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.

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.

Questions? 708-474-8552

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 a special recreation association 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.

Lan-Oak Park District Special Recreation Program Participation Guidelines

Program Policies

1. Lan-Oak Park District reserves the right to determine participant appropriateness for programs and special events based on the nature of the program, participant needs, and the ability to provide reasonable accommodation while maintaining participant safety.
2. When arriving at or departing from a program, parents/guardians or group home staff are required to notify the Recreation Supervisor.
3. When participants of varying ages and ability levels are enrolled in the same program, staff will group participants in a manner that supports inclusion, safety, and meaningful participation.
4. Programs are generally staffed at an approximate 1:4 staff-to-participant ratio.
5. While staff will assist participants with managing personal belongings during programs, Lan-Oak Park District cannot be responsible for lost or stolen items. Participants are encouraged to leave valuables at home.
6. Field Trips: Participants must demonstrate independent self-help skills appropriate to the program setting, be able to participate successfully within a 1:4 staff-to-participant ratio and be fully toilet trained.

Participant Expectations

1. Participants must be fully toilet trained and able to independently manage personal toileting needs. Program staff cannot provide toileting, diapering, or personal hygiene assistance. This requirement is based on program structure, staffing levels, and participant dignity and safety.
2. Participants should wear clean, dry clothing appropriate for the duration of the program.
3. Participants should wear comfortable clothing easily manageable for the participant and appropriate for the duration of the program.

Behavior Guidelines

Lan-Oak Park District promotes the concept of "equal fun for everyone." Participants are expected to engage in behavior that supports a safe, respectful, and enjoyable environment for all.

1. Participants are expected to treat peers, staff, and volunteers with respect.
2. Participants must refrain from behaviors that may cause physical harm to themselves or others.
3. Participants are expected to use appropriate language and refrain from discussing topics that are not suitable for a group recreation setting.
4. Participants are expected to respect program equipment, supplies, and facilities.
5. Additional guidelines may be established for specific programs or activities to ensure safety and positive participation.
6. If behavior concerns arise, staff will address them promptly using strategies appropriate to the individual's needs. Lan-Oak Park District reserves the right to remove a participant from a program if their behavior presents a safety concern to themselves or others.

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

Michelle Havran,
Senior Superintendent of
Strategy & Operations
John Hillegass
Superintendent of

Parks & Maintenance
Amanda Blatt

Superintendent of Recreation

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

Cheryl Brown, Custodian

Buildings/Grounds Department

Tim O'Connell



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

Memorial Day May 25, 2026

Independence Day July 4, 2026

Labor Day September 7, 2026

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

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

YOUTH SCHOLARSHIP DONATION

\$1.00

TOTAL PAID

FAX TO: 708-418-0942

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

REGISTER ONLINE: www.lanoakparkdistrict.org

Shirt Size _____

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

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

For Office Use Only

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

Name **Date**

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

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



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

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

Signature of Participant(s) _____

Date _____

All participants must sign if over 18

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

Parent/Guardian Signature

TRANSFER/REFUND POLICY

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

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

YOUTH SCHOLARSHIP DONATION

\$1.00

TOTAL PAID

FAX TO: 708-418-0942

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

REGISTER ONLINE: www.lanoakparkdistrict.org

Shirt Size _____

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

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

For Office Use Only

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

Name **Date**

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

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



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

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

Signature of Participant(s) _____

Date _____

All participants must sign if over 18

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

Parent/Guardian Signature

TRANSFER/REFUND POLICY

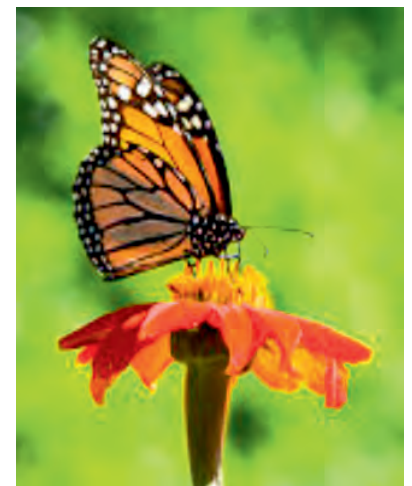
The park district acknowledges that not all recreational programs are compatible with all park district patrons. On occasion it may become necessary for a patron to cancel their participation in a registered program, trip or special event. The park district hopes that every patron may still enjoy the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

Enjoy Lan-Oak Park District Parks!

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

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

**Questions?
708-474-8552**



*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!!**



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FLOOR AND WATER FITNESS CLASSES

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EISENHOWER FITNESS CENTER

2550 178TH STREET, LANSING, ILLINOIS 708-474-8552

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

708-474-8552