

# ALSIP

## PARK DISTRICT

[www.alsipparks.org](http://www.alsipparks.org)

708-389-1003

# SUMMER 2017

Registration Dates:  
Residents: May 22  
Nonresidents: May 29

**SWSRA**  
South West Special Recreation Association

Providing recreation services for individuals  
with special needs in YOUR community!

Visit us at [www.swsra.com](http://www.swsra.com) or call  
(708) 389-9423 for more information.  
12521 S. Kostner Ave. Alsip, IL 60803



# What's Happening at the Alsip Park District

You may have noticed some new smiling faces at the Alsip Park District and we would like to take this opportunity to officially introduce them:



**Donna Smith** was promoted to Office Manager at the Apollo Recreation Center. With over 13 years of employment in various positions at the Alsip Park District, her dedication to customer service will be an asset to the community.

**Danielle Companio** has joined us at the Fountain Hills Golf Club as the Food and Beverage Manager. Danielle is a BASSET (Beverage Alcohol Sellers and Servers Education and Training) Instructor and has most recently worked for Creative Hospitality Associates, a consulting firm for food and beverage operators.



**Monika Jones** has been hired as our Human Resource Coordinator/Accounts Payable Assistant. She joins us as a recent graduate with a Master's Degree in Business Management with a concentration in Human Resources.

Join us for some Family Fun this summer with Concerts on the Green at the Fountain Hills Golf Club. The Driving Range will close early on these nights so you can sit back and relax and enjoy live band entertainment. This is a great outing for the entire family. Please bring your own chairs or blankets as there is limited seating on the patio but plenty of room on our Driving Range. The BACKNINE will be open for purchases of food and beverages. All ages are welcome to these family friendly events so mark your calendars for these fun Friday nights this summer from 6:30-9:30 pm.

Friday, June 9  
Friday, July 14  
Friday, August 11  
Friday, September 8

Lead Foot  
Generations Band  
Dixie Crush  
Juke Shakers



The Alsip Park District was awarded a grant from ExoFit and have purchased Outdoor Fitness Equipment. These new pieces of equipment will replace older ones at Sears Park, 123rd and Trumbull and we are also adding new fitness stations at Commissioners Park, 12600 Kedzie. We hope you will utilize this equipment during your visits to these parks.

We continue with planning of the Cal-Sag Trail with an updated construction start date of Spring 2018. The eastern segment of the Cal-Sag Trail for the Alsip Park District will pick up at Freedom Park, 131st and Cicero and continue east along the canal, under the tollway as it makes its path back towards 129th street towards Pulaski. We are working on an updated alignment for the Cal-Sag Trail to be constructed on the west side of Pulaski and continue south to 131st Street. The 131st Street segment between Pulaski and Kedzie will be constructed on a different timeline as we coordinate efforts with the Village of Alsip and Cook County for road improvements along 131st Street.



We are proud to announce that the Carson and Barnes Circus is coming to Alsip this summer. Mark your calendars for Monday, June 5 and Tuesday, June 6. Show times will be 4:30 pm and 7:00 pm. See page 65 for more details.

The Alsip Park District is a proud member of South West Special Recreation Association (SWSRA). SWSRA's main offices are located in the Apollo Recreation Center.

REMEMBER TO "DISCOVER SOMETHING NEW" AT THE ALSIP PARK DISTRICT

# Welcome to the Alsip Park District



## Apollo Recreation Center

12521 S. Kostner  
Alsip, Illinois 60803  
Tel. 708-389-1003  
Fax 708-389-1529  
Web Address:  
www.alsipparks.org

## Registration Office Hours

Monday..... 8:30 am-8:30 pm  
Tuesday-Friday.. 8:30 am-5:30 pm  
Saturday..... 9:00 am-1:00 pm  
Sunday..... Closed

## Summer Registration Dates

Resident Begins..... May 22  
Non-Resident Begins.... May 29  
Programs Begin..... June 12  
Unless otherwise stated, the  
**Registration Deadline** is one  
week before the start of each  
session.

## The Apollo Recreation Center Holiday hours are listed below:

Holiday/Date	Women's CC	Fitness Ctr	Gymnasium	Main Office
FunFest, June 17	8 am-11 am	8 am-1 pm	9 am-1 pm	9 am-1 pm
Independence Day, July 4	Closed	Closed	Closed	Closed
Labor Day, September 4	Closed	Closed	Closed	Closed

## Gymnasium Summer Hours of Operation

(Effective June 5, 2017)

Day	Activity	Hours
Monday.....	Open Gym.....	9:00 am-9:00 pm
Tuesday.....	Open Gym.....	9:00 am-9:00 pm
Wednesday.....	Open Gym.....	9:00 am-9:00 pm
Thursday.....	Open Gym.....	9:00 am-9:00 pm
Friday.....	Open Gym.....	9:00 am-9:00 pm
Saturday.....	Open Gym.....	9:00 am-4:00 pm
Sunday.....	Open Gym.....	9:00 am-1:00 pm



The registration deadline is one week prior to the start of each class unless otherwise noted.

## Program Locations

Apollo Recreation Center (ARC).....	12521 S. Kostner Avenue
Sprayfari Aquatic Park.....	11930 S. Kostner Avenue
Doubletree/Hilton Hotel.....	5000 W. 127th Street
Co-Rec Fitness Center.....	12521 S. Kostner Avenue
Fountain Hills Golf Club.....	12601 S. Kedzie Avenue
Hazelgreen Elementary School.....	11751 Lawler Avenue
Heritage II Clubhouse.....	3715 W. 123rd Street
Lane Elementary School.....	4600 W. 123rd Street
Prairie Junior High School.....	11910 S. Kostner Avenue
Stony Creek Elementary School.....	11700 Kolin Avenue
Women's Circuit Center.....	12521 S. Kostner Avenue

## Alsip Park District Mission Statement

The Mission of the Alsip Park District is to enrich life through quality leisure services at a variety of parks and facilities, while offering programs in the areas of education, social involvement and recreation in a clean, safe environment for individuals of all ages.



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June 23  
(Austin View Park)



July 21  
(Apollo Park)



August 25  
(Sears Park)

Movies begin  
at DUSK



Don't forget  
to bring your  
lawn chairs  
and blankets



Under 18  
must be  
accompanied  
by an adult.



## Movies in the Park

What better way to enjoy a summer evening  
than to spread out a blanket and enjoy an  
outdoor movie. Bring the whole family.  
Watch FREE movies on a giant inflatable screen.

For additional information,  
call (708) 389-1003 or visit  
[www.alsipparks.org](http://www.alsipparks.org)





# FOUNTAIN HILLS GOLF CLUB

## Concerts on the Green

Featuring  
**Live**

*Classic Rock, 60' & 70's,  
Country & More!*

CONCERTS WILL BE HELD ON FRIDAY  
EVENINGS FROM 6:30-9:30 PM.

DATES	BAND
JUNE 9	LEAD FOOT
JULY 14	GENERATIONS BAND
AUGUST 11	DIXIE CRUSH
SEPTEMBER 8	JUKE SHAKERS

IN CASE OF INCLEMENT WEATHER, THE BAND  
WILL RELOCATE INSIDE THE  
CLUBHOUSE. FOR ADDITIONAL INFORMATION,  
CALL (708) 389-1003 OR VISIT OUR  
WEBSITE AT [WWW.ALSIPPARKS.ORG](http://WWW.ALSIPPARKS.ORG)







Take a Journey Back In Time



# Medieval Times®

## DINNER & TOURNAMENT

Join us on Friday, August 11, as we travel to Medieval Times for a four course meal, including beverage and a 2 hour medieval jousting tournament. We will depart from the Apollo Recreation Center at 6:00 pm and return at 11:00 pm. The registration fee is \$72 for residents and \$92 for nonresidents. The fee includes, transportation, 4 course meal, beverage and a two hour show.

For additional information, call (708) 389-1003 or visit [www.alsiparks.org](http://www.alsiparks.org)





JOIN US FOR A  
**PICNIC**  
IN THE PARK!

Wednesday, July 26  
6:00-8:00 pm  
Apollo Park  
12521 S. Kostner Ave.  
All  
Free

For additional information, contact our Main  
Office at (708) 389-1003 or visit our website  
at [www.alsipparks.org](http://www.alsipparks.org)



# 12601 S. Kedzie Avenue · Alsip, Illinois 60803

## 708-388-GOLF (4653)

Fountain Hills Golf Club is owned and operated by the Alsip Park District. Our beautiful nine hole facility has been acclaimed as one of the finest facilities in the Chicagoland area. Designed by noted architect Bob Lohmann, Fountain Hills possesses the following outstanding features:

- Nine (9) hole, par 36 layout, covering 66 beautiful wooded acres.
- Bentgrass tees and greens.
- Two (2) practice area with putting green and chipping green.
- Thirty (30) stations lighted driving range with bunked target greens, synthetic and grass tees.
- Three (3) lakes and numerous sand traps.
- Full service clubhouse.
- Four (4) tee yardages: Junior-2,025; Red-2,667; White-3,061; Blue-3,233.

### 2017 Summer Hours of Operation

#### Monday, May 1 thru Monday, Sept. 4, 2017

Clubhouse..... 6:00 am-10:00 pm  
Driving Range..... 6:00 am-10:00 pm  
Restaurant..... 7:00 am-9:00 pm  
Lounge..... 7:00 am-10:00 pm

(Note: September and October times are subject to change due to inclement weather and Daylight Savings time)

### 2017 Fall Hours of Operation

#### Tuesday, Sept. 5 thru Tuesday, Oct. 31, 2017

Clubhouse..... 7:00 am-6:00 pm  
Driving Range..... 7:00 am-DUSK  
Restaurant..... 8:00 am-9:00 pm  
Lounge..... 8:00 am-10:00 pm

### Rain Check Policy

Rain checks will be issued for a prorated dollar amount for golf and gas cart (if applicable) based upon holes paid vs. holes completed. A rain check must be completely used in a single visit. Rainchecks will not be issued for the following:

- Due to darkness on a twilight round of golf
- The golfer does not have time to continue
- If the golfer leaves the premises

### Golf Lesson

For further information regarding our private lessons or group clinics, please visit our website at [www.fountainhillsgc.com](http://www.fountainhillsgc.com) or contact the Fountain Hills Golf Club at (708) 388-4653.

### 2017 Golf Leagues

Outside Groups (weekdays)..... \$13.00

### Dress Code

All persons using the Fountain Hills facilities are required to wear proper attire at all times. **NOT PERMITTED:** "tank tops, spaghetti strap shirts, sleeveless shirts (men or boys) and cut-off shorts". No metal spikes allowed on the course or in the clubhouse. Soft spikes only please!

### 2017 Summer Rates

(Effective Monday, May 1 thru Monday, September 4, 2017). Reservations can be made up to 6 days in advance.

#### Weekday Weekend/Holiday

(Includes Monday-Friday)

Regular (after 7:30 am)	R\$14/NR\$17	R\$16/NR\$19
Senior	R\$11/NR\$14	R\$13/NR\$16
Mid-Day (after 12:00 pm)	R\$11/NR\$14	R\$13/NR\$16
Senior	R\$9/NR\$12	R\$11/NR\$14
Replay	R\$9/NR\$9	R\$11/NR\$11
Junior	R\$9/NR\$9	R\$11/NR\$11
Twilight (after 5:00 pm)	R\$9/NR\$9	R\$11/NR\$11

### Rental Golf Carts & Push Carts

Nine Hole (per person).....	\$8.00
Single Rider.....	\$10.00
Replay (per person).....	\$5.00
Push Carts.....	\$2.00

### Range Balls

Warm-Up (20 balls).....	\$3.00
Small (35 balls).....	\$5.00
Medium (70 balls).....	\$8.00
Large (100 balls).....	\$10.00

### Special Fees

Monday Golf Specials (9 holes with cart).... \$15.00

(April-October-excluding holidays or with any other offers or discounts)

Early Bird Special..... Walking \$8..... Riding \$13

(Before 7:30 am-Monday-Friday, excluding holidays-April-October)



The registration deadline is one week prior to the start of each class unless otherwise noted.





The **THE BACKNINE** is a full service restaurant and bar at the Fountain Hills Golf Club. This area has recently been renovated and is open daily. Check our website for specials and hours. This facility also boasts a beautiful banquet room for private events.



The registration deadline is one week prior to the start of each class unless otherwise noted.



The Co-Ed Fitness Center is equipped with Cybex/Bodmaster strength equipment, Apex five station cable crossover strength equipment, free weights, smith machine, x-trainers, treadmills, stair climbers, recumbent and upright bicycles! We know we have the equipment you need for the perfect workout. All fitness members are required to participate in a fitness orientation. Orientations are done on an appointment basis after a facility pass is purchased and proper attire must be worn. You must be 16 years of age to enter the Fitness Center. Thirteen year olds can join the Fitness Center, but they must be supervised by another member 18 years or older. For your convenience, the Fitness Center is staffed during all hours of operation. **Note:** All upgrades from a 3 month membership to a yearly **MUST** be done within two weeks of expiration.



## Member Appreciation Days

The Alsip Park District would like to thank all of our Fitness Center & Women's Circuit Center members by having a "Member Appreciation Day" Please mark your calendars for the following dates and come join us for some cool give a-ways. This event will be located by the Fitness Center and the Women's Circuit Center. This is just a little way to say Thank-You for keeping us company on the days you visit.

### 2017 Member Appreciation Dates:

- Monday, July 3
- Tuesday, September 26
- Monday, December, 18

Punch Card Purchase a Co-Ed Fitness/Women's Circuit Center punch card and receive 5 visits to our Co-Ed Fitness/Women's Circuit Center. This card is good for one year from the date of purchase. **Note:** Upon purchase you must schedule an orientation in our Co-Ed Fitness or Women's Circuit Center.

**Fee:**..... R\$25/NR\$35

## Fitness Center Summer Hours Of Operation

(Effective June 5, 2017)

Day	Hours
Mon.-Thurs.....	6:00 am-9:00 pm
Friday.....	6:00 am-9:00 pm
Saturday.....	8:00 am-4:00 pm
Sunday.....	8:00 am-1:00 pm

## Co-Ed Circuit Center Summer Hours Of Operation

(Effective June 5, 2017)

Day	Hours
Mon.-Thurs.....	2:00 pm-9:00 pm
Friday.....	2:00 pm-9:00 pm
Saturday.....	11:00 am-4:00 pm
Sunday.....	8:00 am-1:00 pm

Membership Type	Individual (16 & up)	Additional Family Member	Full-Time Student (18-22) with proof of 12 credit hours	Teen (13-15) with current member 18 years or older with ID	Senior (55 & up)	Senior Add-on (55 & up)	Corporate (Alsip Business Only up to 30 people)
Annual	R\$175 NR\$219	R\$150 NR\$188	R\$150 NR\$188	R\$150 NR\$188	R\$90 NR\$113	R\$90 NR\$113	R\$190 per person
Daily	R\$8 NR\$12	R\$8 NR\$12	R\$8 NR\$12	R\$8 NR\$12	R\$8 NR\$12	R\$8 NR\$12	N/A
Monthly	R\$25 NR\$35	R\$25 NR\$35	R\$25 NR\$35	R\$25 NR\$35	R\$20 NR\$30	R\$20 NR\$30	N/A
3 Month	R\$73 NR\$92	R\$69 NR\$87	R\$69 NR\$87	R\$69 NR\$87	R\$57 NR\$67	R\$57 NR\$67	N/A
Upgrade to an annual with a 3 month purchase	R\$112 NR\$140	R\$93 NR\$117	R\$93 NR\$117	R\$93 NR\$117	R\$46 NR\$58	R\$46 NR\$58	N/A





### Punch Card (Five Time Use)

Not Ready to Commit, purchase a Fitness/Women's Circuit Center punch card. Each card provides five visits from the date of purchase. Punch card is valid for one year from date of purchase.

**Note:** Upon purchase you must schedule an orientation in Fitness/Women's Circuit Center. Fee:..... R\$25/NR\$35



# women's fitness

## Circuit Center

## Women Only

### Summer Hours of Operation

(Effective June 5, 2017)

Day	Hours
Mon.-Fri.....	8:00 am-2:00 pm
Saturday.....	8:00-11:00 am
Sunday.....	Closed
Fee:.....	\$10 per month



### Member Appreciation Days

The Alsip Park district would like to thank all of our Fitness/Women Circuit Center members by having a "Member Appreciation Day" Please mark your calendars for the following dates and come join us for some cool give a-ways. This event will be located by the Fitness Center and the Women's Circuit Center. This is just a little way to say Thank-You for keeping us company on the days you visit.

#### 2017 Member Appreciation Dates:

- Monday, July 3
- Tuesday, September 26
- Monday, December, 18



### Ingall's Hospital Free Blood Pressure Screening

Free Blood Pressure Screening will be offered by Ingalls Health Care System from 8:00-10:00 am. All screening will be held at the Apollo Recreation Center on the following dates:

- Wednesday July 19
- Wednesday September 20
- Wednesday November 15

For additional information, please contact our Main Office at 708-389-1003.

Our **Women's Circuit Center** is equipped with women friendly Body Master Strength equipment, Life Fitness treadmills, Ellipticals, Tetric & Schwinn bicycles, Stairmasters and Graviton. There are a total of 19 stations that alternate between strength and cardio. A mandatory orientation is required and must be done by appointment only. You must come dressed in workout attire for your orientation. Don't forget to bring a towel. This is a great way to get in shape or stay in shape. We know you're going to enjoy it.

The registration deadline is one week prior to the start of each class unless otherwise noted.



## Free Walking Club

Why not enjoy a nice morning walk this summer with our walking club. When you join the walking club you will get a punch card that we will keep on file for you for the summer session. Every time you walk with our club members, you will receive a punch in your card. The more days you walk the walk with our club the more your chance of winning a free month membership in our co-ed fitness center or the women's circuit center. This great prize will be presented at the end of the summer session to the walker with the most punches on their card. We will meet every Tuesday and Thursday in the front atrium of Apollo Recreation Center, weather permitting. **Note:** There will be no walk on Tuesday, July 4.

Activity: 466406

Instructor: Staff

Location: Lobby/Walking Path

Age: All

Fee: Free

Session	Day	Date	Time
A	TU	June 13-September 5	9:00-10:00 am
B	TH	June 15- September 7	8:00-9:00 am

## Personal Training

The trainer will contact you to set up a meeting time and program to fit your needs. You may choose one session or up to any number of sessions with our trainer. Please choose the trainer and program that best suits your needs. Training will take place at the Apollo Recreation Center (ARC) Fitness Center or the Women's Circuit Center, once you have signed up as a member. Please bring your receipt to your first training session. Training sessions are non-transferable. **Note:** Your money will not be refunded if you cancel with less than 24 hours notice of your appointment. A message may be left after hours by calling 389-1003 ext. 318 or 315.

Trainer: Christine Kerr, A.C.E. Certified

Location: Fitness Center, Women's Circuit Center

Day/Dates: Will be suited to your individual schedule by appointment

Age: 16-Adult

Fee: 1 session \$35

2 session \$55

5 sessions \$125

10 sessions \$220

## Aerobic Multi-Class Discount

Participants who register for two or more aerobic classes will receive a \$2 per fitness class discount. To be eligible for this discount, you must register for multiple classes at the same time. Please be sure to subtract \$2 discount from each of the classes you register for. If you have any questions regarding this discount, please feel free to contact us at the main office (708) 389-1003.



## Alsip Running Club

New to running, experienced running, looking to get back to running? We need you! The new Alsip Running Club meets at the Apollo Recreation Center and runs on paths and neighborhoods throughout Alsip. This group is open to runners of all abilities and will feature structured running programs designed to help runners achieve their fitness goals. Please call for further details. **Note:** There will be no run on Tuesday, July 4.

Activity: 465540-A

Instructor: Frank Monreal

Location: Apollo Pavilion

Age: All

Fee: FREE

Session	Day	Time
A	TU, TH	7:00 pm
B	SA	7:00 am

## Fitness Crazy Card

Not sure what class best suits you? Try five of our fitness classes to see which one is right for you. A card holder may attend any of our aerobic classes while discovering how enjoyable getting fit really is! The instructor will validate your card. This is great if you have a changing schedule.

This card is nontransferable.

Activity: 466504

Location: Aerobic Room

Days: Monday-Saturday

Card expires 9/9/17

Time: Varies

Age: Teen-Adult

Fee: R\$20/NR\$25



## Moments in Motion

Gentle movements with breathing, hand and finger co-ordination techniques which will help to promote your circulation. You will get plenty of helpful tips regarding nutrition and hygiene. Individual concerns and handicaps taken into consideration. Chairs and mats provided just bring a towel.

Activity: 466408  
 Instructor: Peggy Ford  
 Location: Dance Room  
 Time: 12:30-1:30 pm  
 Day: Thursday  
 Age: Mature Adult  
 Fee: \$45  
 Min/Max: 4/10

### Session Dates

A June 22-July 27  
 B August 3-September 7

## Piyo-Fusion

This class is a combination of Pilates and Yoga. In this class you will sculpt your abdominal muscles while strengthening your back muscles with Pilate moves that also tone legs and glutes. We will also incorporate Yoga poses that will increase flexibility, improve posture and tone your upper body by using your own body weight. This class unites body and mind and creates a more streamlined shape.

Activity: 466547-A  
 Instructor: Rhonda Allan  
 Location: Aerobic Room  
 Day: Thursday  
 Date: June 15-August 31  
 Time: 6:30-7:15 pm  
 Age: Teen-Adult  
 Fee: R\$48/NR\$58  
 Min/Max: 7/15  
 Registration Deadline: June 9

## Strong and Fit

In this class while sitting or standing with the assistance of a chair, our instructor will lead you through strength and flexibility exercises. These movements can decrease joint pain and improve overall health and well-being. Studies show it's never too late to start reaping the benefits of an exercise program. You do not have to be a Heritage resident to participate in this class. Come join us!

Activity: 466505-A  
 Instructor: Chris Kerr  
 Location: Heritage II Clubhouse, 3715 W. 123rd Place  
 Day: Thursday  
 Date: June 15-September 7  
 Time: 10:30-11:30 am  
 Age: 55+  
 Fee: R\$52/NR\$62  
 Min/Max: 8/20  
 Registration Deadline: June 9



**get fit ...  
feel great!  
be well**

We provide our participants with a fast, convenient and affordable workout alternative to a oversized, overpriced and overcrowded fitness center.




**Choose the Alsip Park District Fitness Centers for a better experience, better results.**

- \* State-of-the-art equipment.
- \* Safe secure environment.
- \* Cardio and strength-training equipment available.
- \* Member Appreciation Days.



For additional information, contact our Main Office at (708) 389-1003 or visit our website at [www.alsiparks.org](http://www.alsiparks.org)

## 20/20/20

Come spend an hour at the park and get all your fitness goals wrapped up in one class. You will do 20 minutes of cardio to burn fat, 20 minutes of weight training to tone and firm those muscles followed by the final 20 minutes of Yoga/Pilates to increase your flexibility and core strength. What more could you accomplish in one hour of your day? **Note:** There will be no class on Tuesday, July 4.

Activity: 466508-A  
 Instructor: Anne Kalch  
 Location: Aerobic Room  
 Day/Date: Tuesday  
 Dates: June 13-Sept. 5  
 Time: 9:50-10:45 am  
 Age: Teen-Adult  
 Fee: R\$48/NR\$58  
 Min/Max: 7/20  
 Registration Deadline: June 9

The registration deadline is one week prior to the start of each class unless otherwise noted.



## Aqua Aerobics at Sprayfari Aquatic Park

Work your body in this 45 minute aqua aerobic class. Add resistance to your workout while the water reduces joint stress and strain on the muscles. This class is offered during swim lessons; there also may be other swimmers in the pool. Aquatic Park is a heated facility. **Note:** If class is canceled due to weather, make up will be at end of the session.

Activity: 466524  
Instructor: Chris Kerr  
Location: Sprayfari Aquatic Park  
11930 S. Kostner  
Age: 16-Adult  
Fee: R\$40/NR\$50  
Min/Max: 10/25

Session	Day	Dates	Time
A	MO	June 12-August 14	10:15-11:00 am
B	WE	June 14-August 16	10:15-11:00 am
C	WE	June 14-August 16	5:00- 5:45 pm
D	FR	June 16-August 18	10:15-11:00 am

## Aqua Aerobics at Heritage II

Water Aerobics is a great way to increase your range of motion without causing any stress to your body. Men and women, regardless of your swimming ability or age, will be able to follow the daily routines. Changing facilities are available at Heritage II club house facility. You do not have to be a resident of Heritage to participate in this class. Aqua shoes are required for the class.

Activity: 466527-A  
Instructor: Christine Kerr  
Location: Heritage II Pool  
(3715 W. 123rd Place)  
Day: Friday  
Dates: June 16-August 18  
Time: 11:30-12:15 pm  
Age: Adult  
Fee: R\$40/NR\$50  
Min/Max: 10/15  
Registration Deadline: June 9



## Zumba

Try this HOT Latin dance class that's taking the world by storm. You'll enjoy Latin rhythms with easy to follow moves to create a new way to make fitness an absolute blast! This class will feature interval training sessions where fast and slow rhythm's are combined to tone and sculpt your body while burning fat. Come and join the party! **Note:** There will be no class on Tuesday, July 4.

Activity: 466427-A  
Instructor: Rhonda Allan  
Location: Dance Room  
Day: Tuesday  
Date: June 13-September 5  
Time: 6:40-7:30 pm  
Age: Teen-Adult  
Fee: R\$48/NR\$58  
Min/Max: 7/20  
Registration Deadline: June 9

## Deep Water Aqua Aerobics at Sprayfari Aquatic Park

In this non-impact deep water class you will spend 45 minutes improving muscular endurance and strength, along with cardiovascular fitness. It's a water based workout sure to increase your calorie expenditure, burning up to 480 calories. This class is offered in the deep end of the pool so you are require to bring your own aqua jogger floatation belt and towel.

Activity: 466525-A  
Instructor: Chris Kerr  
Location: Sprayfari Aquatic Park  
11930 S. Kostner  
Day: Monday  
Dates: June 12-August 14  
Time: 5:00-5:45 pm  
Age: Adult  
Fee: R\$40/NR\$50  
Min/Max: 10/25  
Registration Deadline: June 9

## Sleek & Slender

This class combines 30 minutes of strength training to increase your metabolism to help your body build muscle along with 30 minutes of flexibility to lengthen your muscles to increase your range of motion for a strong sculpted body.

Activity: 466536-A  
Instructor: Anne Kalch  
Location: Aerobic Room  
Day: Wednesday  
Dates: June 14-August 30  
Time: 10:15-11:15 am  
Age: 14-Adult  
Fee: R\$48/NR\$58  
Min/Max: 7/15  
Registration Deadline: June 9







### Drop & Get Fit

Child care is available for fitness center and aerobic class participants. Puzzles, games and materials for arts and crafts will be available for your child. Infant toys will also be on hand, or you might want to bring their own favorite toy. Parents must remain on the premises. Staff will not assist with any bathroom procedures. If child wears diapers; parents will be interrupted during their class for change. **Note:** Parents must reserve a spot for their child 24 hours in advance by calling 708-389-1003.

Activity: 433501

Age: Crawling-10 years

Days: Monday-Friday

Fee: \$3.00 per hour  
\$2.00 additional hour  
\$2.00 additional child

Min/Max: 1/6

Session	Time	Location
A	9:00-11:00 am	Gymnastics Room
B	5:00-8:00 pm	Preschool Room III

### Line Dancing

Come join in for some fun, good music, exercise and a good time. No previous lessons are required. Steve is our experienced line dance instructor and will help you learn all the necessary steps to each dance that he teaches. Some dances will be easy and others will be challenging. There will be a wide array of music to dance to. No special attire or a partner is necessary to be part of this class.

Activity: 466404-A

Instructor: Steve Steib

Location: Dance Room

Day: Thursday

Date: June 15-August 31

Time: 10:30-11:30 am

Age: Teen-Adult

Fee: \$48

Min/Max: 7/20

Registration Deadline: June 9

### Rhythm Pilates

A method of body conditioning exercises incorporating Pilate rings that will increase you're stretching and strength. The postures improve flexibility and coordination while the controlled breathing unifies the mind, body and spirit. In addition Pilates flattens abdominals, tightens buttocks and arms and thins the thighs. This is the secret of the "Sleek Hollywood Stars."

Activity: 466784

Instructor: Carol Kaye

Location: Aerobic Room

Age: Teen-Adult

Fee: R\$48/NR\$58

Min/Max: 8/20

Session	Day	Dates	Time
A	MO	June 12-August 28	6:00-7:00 pm
B	WE	June 14-August 30	6:00-7:00 pm
C	SA	June 17-September 2	8:45-9:45 am

### Fitness Boot Camp

Are you bored in the gym and looking for a new way to develop a habit of exercise? This could finally be the class to get you headed in the right direction. Boot Camp training combines interval training and many other exercises using weights and/or body weight to lose body fat, increase cardiovascular efficiency, increase strength, and help you get in a routine of regular exercise. This class is designed to push people a little bit further than they normally push themselves in the gym alone. If your up to a challenge; come and give it your all, were ready are you?

Activity: 466499

Instructor: Rhonda Allan

Location: Aerobic Room

Age: Teen-Adult

Fee: R\$43/NR\$63

Min/Max: 7/15

Session	Day	Dates	Time
A	TH	June 15-August 31	5:30-6:30 pm
B	SA	June 17- September 2	10:00-11:00 am



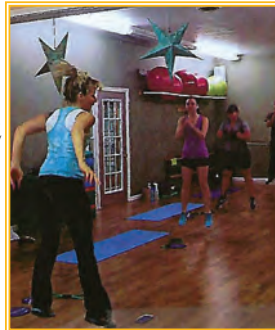
The registration deadline is one week prior to the start of each class unless otherwise noted.

## Tabata

Tabata is a high-intensity workout protocol that has fitness and weight-loss benefits. It is also a very short workout. Is it like Cross-fit? Is it like circuit training? It is a bit of both. Tabata training is attractive because it saves a lot of time for people. It offers the maximum benefit with the least amount of time used to get those results. You will increase your strength, endurance, flexibility and cardiovascular fitness so come join us for workouts that are never boring, take half the time and change your body for lasting results.

**Note:** There will be no class on Tuesday, July 4.

Activity: 466511-A  
 Instructor: Mary Casey  
 Location: Aerobic Room  
 Day/Dates: Saturday, June 17-September 2  
 Time: 7:00-7:45 am  
 Age: 14-Adult  
 Fee: R\$48/NR\$58  
 Min/Max: 7/15  
 Registration Deadline: June 14



## Strength & Stretch with Chris

This class will focus on strengthening and stretching the muscles of the body to compliment the activities of daily living. Some of the specific benefits will be core and joint muscle strength and improved posture, balance, range of motion and decrease in back pain. **Note:** There will be no class on Tuesday, July 4

Activity: 466512  
 Instructor: Chris Kerr  
 Location: Dance Room  
 Day: Tuesday  
 Time: 10:15-11:00 am  
 Age: Teen-Adult  
 Fee: R\$30/NR\$40  
 Min/Max: 6/15  
**Session Dates**  
 A June 13-July 25  
 B August 1-Sept. 5



**SATURDAY MORNINGS, JUNE 17 - SEPTEMBER 2  
 7:00 - 7:45 AM**

# TABATA

DURING THIS HIGH INTENSITY WORKOUT YOU WILL RAISE YOUR METABOLISM AND HEART RATE UP IN NO TIME. YOUR METABOLISM WILL STAY AT A HIGH NOT ONLY DURING THE WORKOUT, BUT AFTER THE WORKOUT AS WELL. THIS MEANS YOUR BODY WILL BE BURNING FAT EVEN WHEN YOUR BODY IS IN A RESTING STATE. SO COME JOIN US FOR THE WORKOUTS THAT ARE NEVER BORING, TAKE HALF THE TIME AND CHANGE YOUR BODY FOR LASTING RESULTS.

FOR ADDITIONAL INFORMATION CONTACT OUR MAIN OFFICE AT  
 (708) 389-1003 OR VISIT OUR WEBSITE AT [WWW.ALSIPPARKS.ORG](http://WWW.ALSIPPARKS.ORG).





## SPRAYFARI AQUATIC PARK Stay Cool... at the Pool!

**708-396-1133**

### Aquatic Park Features

- Heated Z-Shaped Pool
- 6-25 Meter Lanes
- 40' x 40' Diving Well
- 1 Meter Diving Well
- Deck Slide
- Drop Slide
- 40' x 40' Shallow Area
- 32' x 32' Wading Pool with Raindrop Fountain
- Concession Area
- 7000 Square feet of Water Surface
- Suntan Hill
- Picnic Area
- Shaded Gazebos
- Playground

### Aquatic Park Membership

#### Privileges

- First choice of dates for **Pool Rentals**
- Morning Adult Swim
- First choice of dates for **Birthday Parties**
- **Discounted** swim lessons
- Alsip Park District "FunFest"-Saturday, June 17
- American Red Cross Swim Lessons-begin Saturday, June 3.

**So much to do, so little time**

**"Sprayfari" Aquatic Park**  
**2017 Swim Season-Hours of Operation**  
 Saturday, May 27 through Monday, September 4  
 Opening Day: Saturday May 27  
 Sunday, May 28, & Monday May 29  
 Open Swim: 12:00-8:00 pm

### Pool Hours

#### May 30 - June 2 (School Hours)

Tuesday-Friday..... 4:00-7:00 pm

#### June 3-June 4

Saturday-Sunday..... 12:00-8:00 pm

#### June 5-August 13

Morning Adult Swim (Monday-Friday)..... 7:30-9:00 am

Open Swim..... 12:00-5:00 pm

Open Swim..... 6:00-8:00 pm

Open Swim (Saturday-Sunday)..... 12:00-8:00 pm

**Note:** The Pool will be open on July 4..... 12:00-5:00 pm

#### August 14-August 25 (School Hours)

Open Swim (Monday-Friday)..... 4:00-7:00 pm

Open Swim (Saturday-Sunday)..... 12:00-8:00 pm

#### August 28-September 1

POOL CLOSED..... POOL CLOSED..... POOL CLOSED

#### September 2, 3 and 4

Open Swim..... 12:00-5:00 pm

### Pre and Post Splash Pad Hours

#### May 13-May 26

Monday-Friday..... 4:00-6:00 pm

Saturday-Sunday..... 12:00-3:00 pm

#### May 27-May 29

Saturday, Sunday & Monday..... 12:00-8:00 pm

#### May 30-June 2 (School Hours)

Tuesday-Friday..... 4:00-7:00 pm

#### June 3-June 4

Saturday-Sunday..... 12:00-8:00 pm

#### June 5-August 13

Morning Adult Swim (Monday-Friday)..... 7:30-9:00 am

Open Swim..... 12:00-5:00 pm

Open Swim..... 6:00-8:00 pm

Open Swim (Saturday-Sunday)..... 12:00-8:00 pm

**Note:** The Splash Pad will be open on July 4..... 12:00-5:00 pm

#### August 14-August 25 (School Hours)

Monday-Friday..... 4:00-7:00 pm

#### August 26 and August 27

Saturday-Sunday..... 12:00-8:00 pm

#### August 28-September 1

Monday-Friday..... 4:00-6:00 pm

#### September 2, 3 and 4

Open Swim (Saturday, Sunday & Monday)..... 12:00-5:00 pm

#### September 5-September 17

Monday-Friday..... 4:00-6:00 pm

Saturday-Sunday..... 12:00-3:00 pm

The registration deadline is one week prior to the start of each class unless otherwise noted.

During the 2017 swim season, it will be mandatory for all patrons utilizing the Sprayfari Aquatic Park on a daily fee basis to prove they are an Alsip resident with a Drivers License/State I.D. or a report card with an address on it. All children coming into the pool without a parent will be required to prove residency with a report card with an Alsip address on it. **Any child under the age of 12 must be accompanied by an individual over the age of 16. Everyone entering the facility must pay an admission fee. There will be NO EXCEPTIONS!**

## Resident Membership Fees

### April 29-September 2

Family of 2-3 (NEW).....	\$155
Family of 4 or less.....	\$204
Additional Children.....	\$40
Additional Caretaker.....	\$55
Single Youth (ages 2-17).....	\$94
Single Adult (ages 18-54).....	\$100
Senior Citizens (55+).....	\$69

*Children under 2 accompanied by adult member Free!*

Family memberships include 2 adults and up to 2 children. Family members must be designated at the time of registration. Family memberships can include a Grandparent and/or babysitter as the adult in the family pass package. **Note:** Resident pool passes are currently being sold. You must purchase a pool pass to qualify for the member swim lesson fees.

## Non-Resident Membership Fees

A limited number of non-resident family and individual passes will be sold on a first-come, first-served basis. Family memberships can include a Grandparent and/or babysitter as the adult in the family pass package. Registration for non-resident pool passes begins Monday, May 1 at 9:00 am at the Apollo Recreation Center, 12521 South Kostner, Alsip.

### May 30

Family of 4 or less.....	\$230
Additional Children.....	\$50
Additional Caretaker.....	\$65
Single Youth (ages 2-17).....	\$114
Single Adult (ages 18-54).....	\$120
Senior Citizens (55+).....	\$90

## Daily Pool Fees

### Resident NonResident

(Includes Splash Pad)

<b>Youth/Adult</b> (ages 2-54)	\$7	\$12
<b>Senior</b> (ages 55+)	\$4	\$8
<b>Evening Swim</b> (6:00-8:00 pm)	\$4	\$6
<b>AM Lap Swim</b>	\$3	\$4

## Splash Pad Fees

### Daily

### Resident NonResident

(When Pool Is Closed)

<b>August 28-September 1</b> (Individual/Adult 2+)	\$3	\$5
<b>September 5-17</b> (Individual/Adult 2+)	\$3	\$5

## Splash Pad

The Alsip Aquatic Park's Safari themed splash pad opened in July 2014. The splash pad covers 2,145 square feet of wet play area. This area has many different types of water features including dumping coconuts, a barrel and swaying palm trees along with bubbling geysers and 3 character water cannons and much more. In addition, new shade structures have been added through out the facility and additional lounge chairs have also been added. Extended hours will be available during the month of May and September (weather permitting) for a daily admission fee to the splash pad area. We have also added two new slides on deck, zero depth entry into the existing wading pool and ADA compliant steps to enter the large swimming pool. You can also relax and enjoy some great food in the spacious concession area on our new picnic tables. What a great place to stay cool this summer with the family.





## General Membership Information

1. All season pass registrations will take place at Apollo Recreation Center during regular office hours. Proof of residency will be required! Adults 18 years of age and older will need a minimum of 2 pieces of identification (1 must be a picture I.D. with an Alsip address and the other must be a current utility bill). **Note:** This includes people renewing membership as well.
2. All season pass members must have a photo I.D. card made at the Apollo Recreation Center.
3. Bring your **2016 pool pass** or **activity card** when registering.
4. Family memberships are based on 4 people. Family memberships can include a Grandparent and/or babysitter as the adult in the family pass package.
5. A family membership will be sold to two adults and any children living in the same household under the age of 22 that are full-time students. Only immediate family members are allowed to be included in the family membership. The student will be required to show a current school I.D.
6. Any adult 18 or older who is not a student living in the household with mother and/or father will need to purchase their own pool membership.
7. It is **MANDATORY** for all children that are not potty-trained to wear Little Swimmers and Rubber Pants. You may purchase these items at the front desk of the pool. If your child is found without these on in the pool, you will be asked either to purchase one from the front desk or to leave the Sprayfari Aquatic Park.
8. **Any child under the age of 12 must be accompanied by an individual over the age of 16. NO EXCEPTIONS!**
9. **Everyone entering the facility must pay an admission fee. NO EXCEPTIONS!**

## Pool Rentals

Pool rentals are available from 8:15-10:15 pm and on Saturday's 10:00 am-12:00 pm on a first-come, first-served basis, with pool members receiving priority on date choice. To hold your reservation, payment must be made **IN FULL** at the time of the reservation, and a \$100 refundable cash deposit must be left with your registration form. This will ensure that there is no damage to the property and that there are fewer than 100 people entering the pool. If you wish to bring more than 100 people, there will be a charge of \$50 per 100 extra participants. If your party goes over the 100 person mark, \$50 will automatically be deducted from your \$100 cash deposit. Anyone entering the Sprayfari Aquatic Park facility will be counted as 1 participant, swimmer or non-swimmer. Registration will only be taken at the Apollo Recreation Center during regular office hours. Rentals are available Monday thru Sunday evenings from May 30 to August 13. No week days after these posted dates only Friday, Saturday and Sundays are available after these dates. **ALL** night rental participants must arrive between 8:00-8:15 pm to get instructions and rules and **ALL** morning rentals must arrive between 9:45-10:00 am to get instructions and rules. Member registration for pool rentals will be accepted beginning Saturday, April 1. Non-member registration will be accepted beginning Monday, May 1. No DJ's or Live Bands allowed at the pool rentals.

Activity:	317801-A
Fee:	\$250 Member
	\$285 Resident/Non-member
	\$320 Non-resident/Non-member
	\$30.00 Wading Pool
	\$30.00 Drop Slide
<b>Session</b>	<b>Time</b>
A	10:00 am-12:00 pm
	<b>(Saturday's ONLY)</b>
B	8:15-10:15 pm

## Birthday Parties

The Alsip Park District invites you to celebrate your birthday with us. Fill out a Birthday Party Request Form at the Apollo Recreation Center when you register and we will be happy to try to accommodate your party. Please make reservations early. Birthday party reservations will be accepted on Saturday, April 1, for members and Monday, May 1 for non-members. Your party will include 1 hour of exclusive water and playtime for the birthday party guest only, after that hour the pool will open to the public and that will be when we serve the birthday party children their lunch and cake or cupcakes. You have a choice of a hotdog or pizza package, which includes either a hot dog, chips and a fountain drink or a pie slice of cheese pizza and a fountain drink per child and a birthday cake or cupcakes. Every child attending the party is allowed one adult chaperone to stay during party time.

Activity:	317802
Day/Time:	Friday 5:00-7:00 pm
	Sunday 11:00 am-1:00 pm
Minimum fee	R\$180/NR\$210 for 15 children
	\$10.00 each additional child (Maximum: 25)
Additional fee:	R\$20/NR\$30 Wading Pool
	R\$20/NR\$30 Drop Slide

The registration deadline is one week prior to the start of each class unless otherwise noted.

## Splash Pad Birthday Party Package

Come celebrate your child's birthday at the Sprayfari Splash Pad. Our party package includes 1 hour of splash pad time followed by an hour to enjoy lunch and your choice of cake or cupcakes for each child. Lunch choices include a hotdog chips and fountain drink, or a slice of pizza and fountain drink. Every child attending party is allowed one adult chaperone to stay for the party.

Activity: 317823-A  
 Day: Wednesday  
 Time: 10:00 am-12:00 pm  
 Fee: R\$10/NR\$12 per child  
 Additional Fee: \$30.00 Wading Pool  
 Min/Max: 10/25 children

## Preschool Aquatics

The primary objective of Preschool Aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children 4 to 5 years of age. All preschool swim lessons are 2 weeks (8 classes) long and are taught according to American Red Cross guidelines. In the event that a class does not fill, participants will be accommodated to a level which best fits their needs. Participants in the swim lessons may be moved to a higher or lower class level to best fit their needs at an instructor's recommendation. This program will teach the most elementary aquatics skills-entry and exit, submerging, floating and swimming on front and back **Note:** There will be one water safety class held inside of the Aquatic Park facility, if there is poor weather on the day of your scheduled class. If there is a second day of poor weather on your schedule class day that class will be made up on Fridays.

**Note:** There will be no classes on Tuesday, July 4.

Location: Sprayfari Aquatic Park  
 Age: 4-5 years old  
 Fee: \$49 Member/Session  
 \$58 R, Non-Member/Session  
 \$68 NR, Non-Member/Session

Min/Max: 3/5

Session	Day	Dates
I	M, TU, W, TH	June 12-June 22
II	M, TU, W, FR	June 26-July 7
III	M, TU, W, TH	July 10-July 20
IV	M, TU, W, TH	July 24-August 3

Time	Session I	Session II	Session III	Session IV
10:30-11:00 am	317850-A	317850-D	317850-G	317850-J
11:10-11:40 am	317850-B	317850-E	317850-H	317850-K
5:15-5:45 pm	317850-C	317850-F	317850-I	317850-L



## Conduct Policy

**Behavior:** Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to help make Alsip Park District programs safe and enjoyable for all participants. The Park District reserves the right to develop additional rules for particular programs and athletic leagues as deemed necessary by staff and the Park Board of Commissioners.

## Participants shall:

- Show respect to all participants and staff.
- Refrain from using foul language.
- Refrain from causing bodily harm to other participants and staff.
- Refrain from damaging equipment, supplies and facilities.

**Discipline:** The Alsip Park District reserves the right to dismiss a participant for an infraction of the code of conduct. Each situation will be evaluated on its own merit.





## Guard Start

If you're between 11 and 14 years old and have always wanted to be a lifeguard, now is the time to take the first step. Get a jump start on securing a future job as a lifeguard by completing the Red Cross Junior Lifeguarding Tomorrow program! Learn what it takes to be a great lifeguard. The experience you gain through this Junior Life Guard class will help you get ready to take Lifeguard Training. **Note:** There will be no classes on Tuesday, July 4.

### Prerequisites

- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- Tread water for 1 minute using arms and legs.
- Submerge and swim a distance of 10 feet underwater.

Activity: 317815  
 Location: Sprayfari Aquatic Park  
 Age: 11-14  
 Time: 11:10-11:40 am  
 Fee: \$50 Member Session  
 \$58 R, Non-Member/Session  
 \$68 NR, Non-Member Session  
 Min/Max: 6/8

Session	Day	Dates
A (Week 1)	MO, WE, TH, FR	July 3, 5, 6 & 7
B (Week 2)	MO, TU, WE, TH	July 10, 11, 12, & 13

## Diving Lessons

Have you ever wanted to learn how to dive? Well here is your chance! All diving lessons are taught according to American Red Cross guidelines. You must be able to swim in deep water and swim from the diving board to ladder to enroll in this class. Classes will include an introduction to diving, including techniques, positions, and dives as well as safety portion.

Activity: 317814  
 Location: Sprayfari Aquatic Park  
 Ages: 5 and up  
 Time: 11:10-11:40 am  
 Fees: \$50 Member/Session  
 \$58 R, Non-Member/Session  
 \$68 NR, Non-Member/Session

Min/Max:	6/8	
<b>Session</b>	<b>Day</b>	<b>Dates</b>
A	M, TU, W, TH	June 19- June 29



## Private Swim Lessons

Private swim lessons allow the participant the opportunity to work with the swim instructor on a one-on-one basis. These lessons are ideal for children, adults, or someone with a fear of the water. All sessions are ½ hour and are taught according to American Red Cross guidelines and allow participants to move at their own pace. You have 24 hours to cancel or you will be charged for your lesson. **Note:** If swim lessons are not completed by Saturday, August 12, 2017, your remaining swim lessons will be forfeited. **No refunds.**

Activity: 317813  
 Location: Sprayfari Aquatic Park  
 Age: 3 years and up  
 Time: The Instructor will contact you to set up your session times during the following time slots. Lessons cannot be conducted during regular pool hours.  
 Day/Times: Monday-Friday 8:00 am-10:30 am or 5:15-5:45 pm  
 Saturday 8:30-10:00 am  
 Sunday 8:30-11:00 am

Fee:	3 sessions	5 sessions	7 sessions	10 sessions
	\$34 Member	\$57 Member	\$72 Member	\$93 Member
	\$39 R, Non-Member	\$62 R, Non-Member	\$77 R, Non-Member	\$98 R, Non-Member
	\$49 NR, Non-Member	\$72 NR, Non-Member	\$87 NR, Non-Member	\$108 NR, Non-Member

The registration deadline is one week prior to the start of each class unless otherwise noted.

## Youth Swim Lessons

All group swim lessons are 2 weeks (8 classes) long and are taught according to American Red Cross guidelines. In the event that a class does not fill, participants will be accommodated to a level which best fits their needs. Participants in the Swim Lessons may be moved to a higher or lower class level to best fit their needs at an instructor's recommendation. **Note:** There will be one water safety class held inside of the Sprayfari Aquatic Park facility if there is poor weather on the day of your scheduled class. If there is a second day of poor weather on your scheduled class day, that class will be made-up on Friday.

**Note:** There will be no classes on Tuesday, July 4.

Location: Sprayfari Aquatic Park

Age: 6 years and up

Fee: \$49 Member/Session

\$58 R, Non-Member/Session

\$68 NR, Non-Member/Session

Min/Max: 3/5

Session	Day	Dates
I	M, TU, W, TH	June 12-June 22
II	M, TU, W, TH	June 26-July 7
III	M, TU, W, TH	July 10-July 20
IV	M, TU, W, TH	July 24-August 3



### Level 1-Introduction to Water Skills

**Note:** This program offers basic personal water safety information and skills to help participants feel comfortable in the water and to enjoy the water safely.

Time	Session I	Session II	Session III	Session IV
10:30-11:00 am	317825-A	317825-C	317825-E	317825-G
11:10-11:40 am	317825-B	317825-D	317825-F	317825-H

### Level 2-Fundamental Aquatic Skills

**Note:** This program will expand on the fundamental aquatic locomotion and safety skills. Participants will learn to float without support.

Time	Session I	Session II	Session III	Session IV
10:30-11:00 am	317826-A	317826-C	317826-E	317826-G
11:10-11:40 am	317826-B	317826-D	317826-F	317826-H

### Level 3-Stroke Development

**Note:** This program will teach participants breaststroke, front crawl, elementary backstroke, and rotary breathing.

Time	Session I	Session II	Session III	Session IV
10:30-11:00 am	317827-A	317827-C	317827-E	317827-G
11:10-11:40 am	317827-B	317827-D	317827-F	317827-H

### Level 4-Stroke Improvement

**Note:** This program is develop participants' confidence in the strokes learned thus far and to increase their endurance and introduction of butterfly.

Time	Session I	Session II	Session III	Session IV
10:30-11:00 am	317828-A	317828-C	317828-E	317828-G
11:10-11:40 am	317828-B	317828-D	317828-F	317828-H

### Level 5-Stroke Refinement

**Note:** This program will continue with refinement of strokes previously learned, plus introduce flip turns.

Time	Session I	Session II	Session III	Session IV
10:30-11:00 am	317829-A	317829-C	317829-E	317829-G
11:10-11:40 am	317829-B	317829-D	317829-F	317829-H



## Parent & Tot Swim Lessons

Parents introduce your child to the water and help him/her develop a positive relationship at an early age. With the aid of games and toys, your infant/tot will develop a comfort level in and around the water as well as a readiness for learning to swim. Skills introduced include blowing bubbles, kicking, and jumping in. The adult does not need to know how to swim. **Note:** There will be one water safety class held inside of the Sprayfari Aquatic Park facility if there is poor weather on the day of your scheduled class. If there is a second day of poor weather on your scheduled class day, that class will be made-up on Friday.

**Note:** There will be no classes on Tuesday, July 4.

Location: Sprayfari Aquatic Park  
 Age: 9 months-3 years with parent  
 Fee: \$49 Member couple/Session  
 \$58 R, Non-Member couple/Session  
 \$68 NR, Non-Member couple/Session

Min/Max: 8/10

Session	Day	Dates
I	M, TU, W, TH	June 12-June 22
II	M, TU, W, TH	June 26-July 7
III	M, TU, W, TH	July 10-July 20
IV	M, TU, W, TH	July 24-August 3

Time	Session I	Session II	Session III	Session IV
10:30-11:00 am	317810-A	317810-B	317810-C	317810-D



**Note:** Please remember that people learn at their own pace. Mastering swimming skills takes time, practice, and patience. It is not unusual for students to repeat a level several times in order to master the skills required for a completion certification and advancement to the next level.

## Saturday Morning Parent & Tot Swim Lessons

Parents introduce your child to the water and help him/her develop a positive relationship at an early age. With the aid of games and toys, your infant/tot will develop a positive comfort level in and around water as well as a readiness for learning to swim. Skills introduced include blowing bubbles, kicking and jumping in. The adult does not need to know how to swim. **Note:** Make-ups will be held on Saturdays at the end of the session.

Activity: 317811-A  
 Location: Sprayfari Aquatic Park  
 Day/Dates: Saturday, June 3-July 15  
 Time: 9:15-9:45 am  
 Age: 9 months-3 years with parent  
 Fee: \$45 Member Couple  
 \$52 R, Non-Member Couple  
 \$62 NR, Non-Member Couple  
 Min/Max: 8/20

## Saturday Morning Swim Lessons

Saturday morning swim lessons follow the American Red Cross guidelines and are 30 minutes. These lessons are ideal for those individuals with a busy weekly schedule, as well as children, adults and someone with a fear of water. **Note:** There will be one water safety class held inside of the Aquatic Park facility, if there is poor weather on the day of your scheduled class. If there is a second day of poor weather on your scheduled class day, that class will be made-up on by adding on an additional Saturday. **Note:** Instructors may vary week to week.

Activity: 317847  
 Location: Sprayfari Aquatic Park  
 Day/Date: Saturday, June 3-July 8  
 Age: 4-5 Preschool Aquatics  
 6 years and up Levels 1-4  
 Fee: \$45 Member/Session  
 \$52 R, Non-Member/Session  
 \$62 NR, Non-Member/Session

Min/Max: 6/8

Session I	Time	Level
317847-A	9:15-9:45 am	1-Intro. to Water Skills
317847-B	9:15-9:45 am	2-Fundamental Aquatic Skills
317847-C	9:15-9:45 am	Preschool Aquatics
317847-D	9:15-9:45 am	Preschool Aquatics
317847-E	9:15-9:45 am	3-Stroke Development
317847-F	9:15-9:45 am	4-Stroke Improvement
317847-G	9:15-9:45 am	5-Stroke Refinement

The registration deadline is one week prior to the start of each class unless otherwise noted.

## Evening Swim Lessons

All group swim lessons are taught according to American Red Cross Guidelines. In the event that a class does not fill, participants will be accommodated to a level which best fits their needs. Participants in the Swim Lessons may be moved to a higher or lower class level to best fit their needs at an instructor's recommendation. **Note:** There will be one water safety class held inside of the Sprayfari Aquatic Park facility if there is poor weather on the day of your scheduled class. If there is a second day of poor weather on your scheduled class day, that class will be made-up on Fridays. **Note:** There will be no classes on Tuesday, July 4.

Location: Sprayfari Aquatic Park  
Age: 6 years and up Level 1-4  
Fee: \$49 Member/Session  
\$58 R, Non-Member/Session  
\$68 NR, Non-Member/Session

Min/Max: 6/8

Session	Day	Dates
I	M, TU, W, TH	June 12-June 22
II	M, TU, W, TH	June 26-July 7
III	M, TU, W, TH	July 10-July 20
IV	M, TU, W, TH	July 24-August 3

## Level 1-Introduction to Water Skills

**Note:** This program offers basic personal water safety information and skills to help participants feel comfortable in the water and to enjoy the water safely.

**Time**      **Session I**   **Session II**   **Session III**   **Session IV**  
5:15-5:45 pm 317832-A 317832-B 317832-C 317832-D

## Level 2-Fundamental Aquatic Skills

**Note:** This program will expand on the fundamental aquatic locomotion and safety skills. Participants will learn to float without support.

**Time**      **Session I**   **Session II**   **Session III**   **Session IV**  
5:15-5:45 pm 317832-E 317832-F 317832-G 317832-H

## Level 3-Stroke Development

**Note:** This program will teach participants survival float, front crawl, elementary backstroke, and dolphin and scissors kick for treading.

**Time**      **Session I**   **Session II**   **Session III**   **Session IV**  
5:15-5:45 pm 317832-I 317832-J 317832-K 317832-L

## Level 4-Stroke Improvement

**Note:** This program is develop participants' confidence in the strokes learned thus far and to increase their endurance for greater distances.

**Time**      **Session I**   **Session II**   **Session III**   **Session IV**  
5:15-5:45 pm 317832-M 317832-N 317832-O 317832-P

## Special Events

### Raft and Float Night

Every Friday night you can enjoy the evening floating in the pool on a raft or some noodles. You must pay the evening admission fee to enter the pool if you're not a member. No boats allowed. Noodles will be sold for \$1.00 each at the front desk on Friday nights.

Activity: 417844-A  
Day: Friday's  
Dates: June 2-August 25  
Time: 6-8pm  
Ages: All  
Fee: R\$4/NR\$6  
Min/Max: 12/525

### Bingo Bonanza Sunday's

Every Sunday we will have a Bingo game to play while you're enjoying the sun at the pool. Every hour, from 1:00-7:00 pm we will play a game of Bingo. Come and have some good old fashioned fun with your family at the pool and try to win a yummy treat from our concession stand.

### Cardboard Boat Race

Get busy planning, building and decorating a boat that looks like something you could imagine seeing on a safari adventure. Please no paint allowed. All boats and oars need to be made out of cardboard and duct tape **ONLY**. Your boat should have the capacity to hold 1-2 people that are strong swimmers or participants will have to wear a coast guard approved life jacket that you are responsible to provide. Your boat will be launched and you will be required to paddle across the pool to the winning side.

**Note:** Please pre-register at the Apollo Recreation Center before July 13, 2017.

Activity: 417851-A  
Location: Sprayfari Aquatic Park  
Day/Date: Friday, July 14  
Ages: All  
Time: 5:00-6:00 pm  
Boater check-in 4:30 pm  
Fee: \$5.00 per boat  
Min/Max: 6/15



# SPRAYFARI WEEK AT THE AQUATIC PARK JULY 10-16



**July 10** Grab your hat, sun block and binoculars and get ready for a fun filled safari hunt. We will have a hunt from 12:30-1:30 pm and 6:30-7:30 pm. Your tour guide will be give you a list of items to hunt for throughout the Sprayfari Aquatic Park and whoever finds the most items on that list first in that hour will win a ticket for a pretzel and small fountain drink from our concession stand and a special prize.

**July 11** Christmas in July!

**July 12** At two random adult swims, we will have a Big Splash contest in the deep end of the pool with participants jumping off the low dive to get the prize for the biggest splash and in the grassy area behind pool we will have a ball/squirt/score contest for another opportunity to win more prizes.

**July 13** Join us for our Jungle Obstacle Course. We will set-up a team oriented competition for whomever has the energy and feels like having some fun in the sun competing against others.

**July 14** Come and roar for the boat that can paddle the fastest across the pool for our annual Sprayfari cardboard boat race. You can make your boat a wild animal you might see on a safari or just decorate it with a theme of your own liking. Your family will have plenty of fun at this great event. The Sprayfari cardboard boat race will be held from 5:00-6:00 pm. When the pool opens at 6:00 pm for the evening shift, we will be open an additional hour with a DJ and dance party.

**July 15** This is the day to show off your artistic talents. We will have a coloring contest for all ages.

**July 16** Every hour from 1:00-7:00 pm we will play a game of Bingo. Come and have some good old fashion fun with your family at the pool.



The registration deadline is one week prior to the start of each class unless otherwise noted.

Program & Activity #	Location	Instructor	Day	Dates	Time	Age	Fee	Min/Max
Pick & Play Tuesday 438107-A	Preschool Room III	Laura Braden	TU	July 11-August 1	10:30-11:15 am	15 months-2 years with adult	R\$15 NR\$30	6/8 Couples
Create with Grandma & Grandpa 438111-A	Preschool Room III	Laura Braden	TU	July 11-August 1	11:30 am-12:30 pm	2-3 with an adult	R\$16 NR\$32	6/8 Couples
Time for You & Me To Socialize 438108-A	Preschool Room III	Laura Braden	TU	July 11-August 1	2:00-2:45 pm	2-3 with an adult	R\$15 NR\$30	6/8 Couples
Sports Time Thursdays 438109-B	Gymnastics Room	Laura Braden	TH	June 29-July 20	10:30-11:30 am	2-3 with an adult	R\$16 NR\$32	6/8 Couples
Time for You & Me To Socialize 438108-B	Preschool Room III	Laura Braden	TH	June 29-July 20	12:00-12:45 pm	2-3 with an adult	R\$15 NR\$30	6/8 Couples
Pick & Play Thursday 438107-C	Gymnastics Room	Laura Braden	TH	June 29-July 20	1:00-2:00 pm	15 months-2 years with adult	R\$16 NR\$32	6/8 Couples
Create with Grandma & Grandpa 438111-B	Preschool Room III	Laura Braden	TU	August 8-August 29	10:30-11:15 am	2-3 with an adult	R\$15 NR\$30	6/8 Couples
Sports Time Tuesdays 438109-A	Gymnastics Room	Laura Braden	TU	August 8-August 29	11:30 am-12:30 pm	2-3 with an adult	R\$16 NR\$32	6/8 Couples
Pick & Play Tuesday 438107-B	Gymnastics Room	Laura Braden	TU	August 8-August 29	2:00-2:45 pm	15 months-2 years with adult	R\$15 NR\$30	6/8 Couples
Create with Grandma & Grandpa 438111-C	Preschool Room III	Laura Braden	TH	July 27-August 17	10:30-11:30 am	2-3 with an adult	R\$16 NR\$32	6/8 Couples
Pick & Play Thursday 438107-D	Gymnastics Room	Laura Braden	TH	July 27-August 17	12:00-12:45 pm	15 months-2 years with adult	R\$15 NR\$30	6/8 Couples
Sports Time Thursday 438109-C	Gymnastics Room	Laura Braden	TH	July 27-August 17	1:00-2:00 pm	2-3 with an adult	R\$16 NR\$32	6/8 Couples



## Age Limits and Why

In order to provide your child with the best possible recreational experience, all of our programs are designed according to specific age groups. Our instructors are sensitive to the needs of the individual age levels. **Children must be the age listed in the brochure for each program by June 1st.** Birth certificates may be requested to verify age.

## We Love Parents But...

Please do not remain in the classroom after you have dropped your child off. This is in the best interest of your child, interruptions tend to affect participant's attention span and inhibit the establishment of peer relationships. Instructors are available before and after class if you wish to speak with them. Thank You for your cooperation.

## Special Accommodations

Please let the instructor know if your child has any allergies or medical needs in the beginning of class. As we often include different working materials and snacks in our classes. Thank you!



## Create with Grandma & Grandpa

Grandparents love spending time with their grandkids and grandkids love time with Grandma and Grandpa. Each class will be different, with one week having a themed project and other classes will have various materials available for participants to create their masterpiece. The fee includes two grandparents and up to two grandchildren. Additional children are \$5.00 each.

## Pick & Play Tuesday, Pick & Play Thursday

This class is designed for individual play or making a new friend to play with. Games, books, puzzles, arts & crafts materials and music will make this a special play time activity.

## Time for You and Me To Socialize

Take time to spend with your child and talk to other parents. Toys, books, puzzles, etc. will be available.

## Sports Time

Each week will feature a different sport to play as a team, individually or with Mom or Dad.

## "HAPPY BIRTHDAY TO THE USA"

As "The 4th of July" is the birthday of our country, we should have a birthday-right? For this party, we will make decorations, hats, noise makers and have a parade. Then, we will play games and have a special treat! If your child is not potty-trained, you will need to provide a contact person that can come within 15 minutes as staff cannot change diapers or clothes.

Activity: 438393-A

Location: Preschool Room III

Instructor: Laura Braden

Day: Tuesday

Dates: June 27

Time: 10:30-12:00 pm

Age: 2 ½-4

Fee: R\$12NR\$25

Min/Max: 6/15



The registration deadline is one week prior to the start of each class unless otherwise noted.

## SCHOOL STARTERS 2017/2018

If your child misses the September 1st cut-off date required for enrolling in the Three Year Old Preschool Programs, or he or she is not potty trained, "School Starters" is for you! The "School Starter" classes contain developmentally appropriate cognitive, social and physical activities to prepare children for Preschool. The classes will be offered twice a week, September through April. Being potty trained is not required, but you must be available to come if your child has an accident. The staff will not change diapers, pull-ups or clothes.

The curriculum for "School Starters" will have activities that are hands on to develop fine motor and large motor skills, songs and finger plays to enhance language and speech, stories to practice those listening skills, arts and crafts for the imagination, and gym time. Accomplishing these skills will give your child more confidence, which means less frustration when starting Preschool, and having your child saying, "School is fun!"

Activity: 338191  
 Location: Multipurpose Room I  
 Instructor: Staff  
 Time: 9:15-10:45 am  
 Age: 2 ½ by September 1, 2017  
 Fee: R\$275/NR\$375/Session  
 Min/Max: 6/8

Session	Day's	Dates
A	MO/WE	September 11-December 6
B	MO/WE	January 17-April 25
C	TU/TH	September 12-December 7
D	TU/TH	January 16-April 26



## School Starter's Open House

Parents, who have enrolled their child/children in School Starter's, are encouraged to attend the Open House.

Important information, the Parent Handbook, any questions you may have, and the opportunity for you and your child to see the room and meet the staff is available at this time.

Location: Multipurpose Room I  
 Day: Tuesday  
 Date: September 5  
 Time: 6:30 pm



## Preschool Open House Information

Parents, who have enrolled their child/children in Preschool, are encouraged to attend the Open House. There will be two open houses, one for parents only, and one for parents and preschooler only. Important information and the Preschool Handbook will be given at the parent's only open house. This open house will begin at 7:00 pm and the teachers will answer any questions after the presentation. The open house for parents and preschooler is informal and offered to help make the child more comfortable about coming to school. You may come anytime between 6:30-7:30 p.m. If you cannot attend the parent's only open house, please contact Laurie Nissen, at 708-389-1003 ext. 329 to arrange a meeting time.

### PARENTS ONLY OPEN HOUSE

4 yr. old Pre-K Classes:	Monday	August 21	7:00 pm
3 yr. old Preschool Classes:	Tuesday	August 22	7:00 pm

### PARENT & PRESCHOOLER OPEN HOUSE

4 yr. Pre-K M-W-F Class:	Monday	August 28	6:30-7:30 pm
4 yr. Pre-K M-F Class:	Tuesday	August 29	6:30-7:30 pm
3 yr. M-W-F Class:	Wednesday	August 30	6:30-7:30 pm
3 yr. T/TH Class:	Thursday	August 31	6:30-7:30 pm



**2017-2018 Preschool Program**

The Alsip Park District Preschool is designed for children 3 and 4 years of age. **Children must be completely toilet trained.** Our program will introduce your 3 and 4 year olds to beginning math, science, and music, art, and language arts concepts. Your child will also experience field trips and holiday programs. A graduation ceremony will be held in May. All age requirements must be met by September 1, 2017.

**Registration Information**

**Note:** A copy of a birth certificate is required.

**4 Year Old Pre-K Program**

Staff: Donna Walker & Michelle Steinert

Location: Preschool Rooms I and II

Age: 4 by September 1, 2017

Session	Days	Dates	Time	Fee
338101-A	MO-WE-FR	September 6-May 11	9:00 am-12:00 pm	Full Year R\$786/NR\$952
338101-C	MO-WE-FR	September 6-May 11	12:30-3:30 pm	Installment Payment: (Due at Registration) R\$103/NR\$119
338101-B	MO-WE-FR	September 6-May 11	9:00 am-12:00 pm	Monthly Payment:(September 1-May 1)
338101-D	MO-WE-FR	September 6-May 11	12:30-3:30 pm	R\$88/NR\$104

Min/Max: 25/30

Session	Days	Dates	Time	Fee
338102-A	MO-FR	September 5-May 11	9:00 am-12:00 am	Full Year R\$1,316/NR\$1,588
338102-C	MO-FR	September 5-May 11	12:30-3:30 pm	Installment Payment: (Due at Registration) R\$155/NR\$185
338102-B	MO-FR	September 5-May 11	9:00 am-12:00 pm	Monthly Payment:(September 1-May 1)
338102-D	MO-FR	September 5-May 11	12:30-3:30 pm	R\$140/NR\$168

Min/Max: 15/20

**2017-2018 Preschool Program****3 Year Old Program**

Staff: Sheri Chase

Location: Preschool Room III

Age: 3 by September 1, 2017

Min/Max: 10/15

Session	Days	Dates	Time	Fee
338103-A	MO-WE-FR	September 6-May 11	9:00-11:30 am	Full Year R\$712/NR\$863
338103-C	MO-WE-FR	September 6-May 11	12:30-3:00 pm	Installment Payment: (Due at Registration) R\$103/NR\$119
338103-B	MO-WE-FR	September 6-May 11	9:00-11:30 am	Monthly Payment:(September 1-May 1)
338103-D	MO-WE-FR	September 6-May 11	12:30-3:00 pm	R\$79/NR\$92

Session	Days	Dates	Time	Fee
338104-A	TU/TH	September 5-May 10	9:00-11:30 am	Full Year R\$568/NR\$726
338104-C	TU/TH	September 5-May 10	12:30-3:00 pm	Installment Payment: (Due at Registration) R\$77/NR\$107
338104-B	TU/TH	September 5-May 10	9:00-11:30 am	Monthly Payment:(September 1-May 1)
338104-D	TU/TH	September 5-May 10	12:30-3:00 pm	R\$66/NR\$80

**Pre-School Credit Card Policy**

**Note policy for credit cards that are denied when installment payment is posted;** You will be notified that the credit card on file was denied which will require you to bring payment to the Main Office before your child's next scheduled class. If payment is not made by this time, a \$25.00 late fee will be assessed and your child may not attend class until payment and the late fee is made. A second time a credit card is denied will result with the full remaining balance to be paid prior to child attending class.



The registration deadline is one week prior to the start of each class unless otherwise noted.

# Before & After School Program

## 2017 - 2018



The Alsip Park District's Before and After School Program is designed for children entering Kindergarten through Sixth grade at School District's #125 & #126. Our program offers a structured nurturing environment filled with indoor and outdoor activities, large and small scale games, homework assistance, arts and crafts, light breakfast, lunch, snacks and much more. Our staff looks forward to helping your child create new friendships, build self-esteem, get plenty of physical fitness and most important, have fun!

Location: Apollo Recreation Center  
Age: Kindergarten-6th grade  
Min/Max: 1/24



**Early Dismissal Days:**  
\$20 per day til 6:15 pm  
Lunch & Snacks Included

### Before School:

6:45 am-School Starts

Session	Day(s)	Fee
0501	1	\$13
0502	2	\$22
0503	3-4	\$38
0505	5	\$42

Light Breakfast Included

### After School:

2:45-6:15 pm

Session	Day(s)	Fee
601	1	\$24
602	2	\$44
603	3-4	\$70
605	5	\$75
606	After School Activity	\$2
607	Late Fee	\$10
	Snack Included	



### School Holidays, Spring & Winter Breaks

\$35 per day

6:45 am-6:15 pm

Light Breakfast, Lunch & Snacks Included



**The Alsip Park District is proud to announce that we are accredited with the American Camping Association!** What does this mean to our campers, their parents, and our dedicated staff? ACA accredited camps provide:

- Healthy, developmentally-appropriate activities and learning experiences
- Discovery through experiential education
- Caring, competent role models
- Service to the community and the environment
- Opportunities for leadership and personal growth

ACA standards (more than 300 of them!) are recognized by courts of law and government regulators as the standards of the camp community. These standards exceed state licensing requirements and go beyond basic requirements for health, cleanliness, and food service. Specific areas of examination include programming, camp staff training, emergency plans, health care, and management.



## Summer Camp 2017

Enroll your kids for another summer of safe and exciting fun meeting new friends and participating in new activities. Our goal is to provide campers with the opportunity to try new games and crafts while utilizing their creativity and developing their problem solving skills. We encourage participants to gain new knowledge through various field trips and Camp Visitors that campers enjoy throughout the summer months. Campers' days, at the Apollo Recreation Center and Apollo Park, will be busy with sport activities, arts n' crafts, and preparing for the "Talent Show" that is always a hit ending camp on a high note! Campers will also enjoy the Sprayfari Aquatic Park twice every week.

Groups are determined by age and staffed according to ratios as set by ACA standards. Staff members will supervise and interact with their group daily. All camp counselors undergo a drug and background check and are required to be CPR/AED, First Aide certified and attend a three day training session. Counselors are directly involved with week-to-week lesson planning, will lead activities and interact with their group. Your child's counselor will be available daily at regular drop-off and pick-up times to communicate with parents who may have questions or concerns. Though our summer staff members are well prepared with the skills necessary to facilitate a successful camp, we ask that parents communicate with their children the same behavioral expectations as if they were in school. The Alsip Park District would like to provide a great experience for everyone involved which is only possible with cooperation and communication!

## Summer Camp Registration

All Summer Camp registration will take place **in-person only** at the Apollo Recreation Center. Please bring the necessary information to complete a camper emergency form, medical release form, and permission form. **Your child will not be registered if you are missing required information** such as doctor's name and phone number, emergency contact information, and updated medical information. Please plan on 15 minutes to complete the necessary paperwork. **Upon registration completion and payment, you will receive one t-shirt for each four week session your child is enrolled in which is required to be worn on field trip days. If your child does not have their shirt on a field trip day, you will be required to purchase a shirt for a fee of \$10.00 or your child will not be permitted to attend the field trip. No exceptions will be made. Note: That if your child requires a shirt in a size other than what has been ordered for their group, a fee will be charged.**

A 50% deposit is due at the time of registration. If your family utilizes DHS child care services, a letter of approval must be presented to the main office two weeks prior to the start of camp in order for your child to be eligible for camp. Payment plans may be made with the main office at the time of registration. Households with balances due from previous camp registrations must be paid in full before a new camp registration can be made. All payments made after May 29 for the camp programs must be paid in cash or credit card. **The balance must be paid in full by Friday, June 2.**

The registration deadline is one week prior to the start of each class unless otherwise noted.



## Registration Information:

1. Choose the activity number according to the grade your child will enter in Fall 2017.
2. Choose the dates, which are indicated by Session A, B, or C.
3. Camp will be located at the Apollo Recreation Center.
4. The Camp day will begin at 9:00 am and end at 3:00 pm Monday through Friday.



## Summer Camp Orientation

It is highly recommended that **all** parents attend camp orientation to meet the camp staff, have your questions answered, and receive a camp calendar. We will review important camp policies and procedures to eliminate confusion throughout the summer. Please bring any questions you may have at this time. We will also discuss drop-off, pick-up, pool days, and field trip days. Please read your Parent Summer Camp Manual prior to attending the orientation.

Day/Date: Wednesday, June 7

Location: Main Gymnasium

Time: 7:00 pm



## A few quick notes:

1. **Summer Camp is held mainly outdoors.** If it starts to rain, or the heat index reaches 93 degrees, camp will be moved inside the Apollo Recreation Center. Campers are brought inside on a regular basis to refill water bottles and use the washroom. Campers are also in shade areas during the day.
2. Field trips are included in the registration fee. If you choose not to send your child on a field trip, there will be no regular camp. **You will be charged \$10 for a t-shirt if your child does not have one on the day of a field trip.** Field trip transportation can be via school bus or recreational van.
3. Campers must be picked up promptly after camp or a late fee will be charged. Please see Parent Handbook for details. Any camper not picked up after 30 minutes will be brought to the Alsip Police Department. Campers should be dropped off no earlier than five minutes before camp begins.
4. Campers will swim twice each week. Each camper will be swim tested by the lifeguards the first pool day to determine the depth in which they may swim. **This is for the safety of your child and the decision by the lifeguard is final.** The Summer Day Camp staff cannot change this decision. If you feel your child's swim ability has changed you may request a re-test when campers enrolled in the second four weeks of camp are tested. **This is the only time a camper will be re-tested.**
5. There will be no camp held on Tuesday, July 4 due to the holiday. There will be no post camp on Friday, August 4 due to the end of camp.
6. A \$50 administrative fee will be charged for camp refunds. **Refunds are only available one week prior to the start of a camp session.**



## Tweety Birds

**“Tweety Birds”** are our first time Summer Day Camp friends. This group is for children who will be entering Kindergarten in the Fall of 2017. They will have a wonderful time learning new age-appropriate games and crafts throughout the summer. **“Tweety Birds”** will attend field trips with the **“Blue Jays”** group. New games, activities, and field trips are selected to aid in the intellectual and physical development of these campers. On swim days, counselors will supervise this group in the tot pool and splash pad.

**Note:** There will be no camp Tuesday, July 4.

Activity:	338122	Days:	Monday-Friday
Min/Max:	12/24	Time:	9:00 am-3:00 pm
<b>Session</b>	<b>Dates</b>	<b>Fees</b>	
A	June 12-August 4	R\$432/NR\$525	
B	June 12-July 7	R\$306/NR\$366	
C	July 10-August 4	R\$306/NR\$366	



## Blue Jays

**“Blue Jays”** are our campers entering First or Second grade in Fall 2017. **“Blue Jays”** will engage in games that will build team playing skills and help develop gross motor skills. Creative arts n’ craft projects will spark their imagination. Staff will provide fresh and exciting games each day. **“Blue Jays”** and **“Tweety Birds”** will attend Field trips geared towards these age groups. On swim days, counselors will supervise this group in the tot pool, splash pad or shallow end of the pool. **Note:** There will be no camp on Tuesday, July 4.

Activity:	338123	Days:	Monday-Friday
Min/Max:	16/48	Time:	9:00 am-3:00 pm
<b>Session</b>	<b>Dates</b>	<b>Fees</b>	
A	June 12-August 4	R\$432/NR\$525	
B	June 12-July 7	R\$306/NR\$366	
C	July 10-August 4	R\$306/NR\$366	



## Cardinals

**“Cardinals”** are our campers entering 3rd and 4th Grade in Fall 2017. **“Cardinals”** will participate in a variety of activities that will focus on competitive games focusing on good sportsmanship as well as strategy and problem solving activities. Staff will plan arts and craft projects based on suggestions from their campers. **“Cardinals”** and **“Hawks”** will attend field trips geared towards these age groups. **Note:** There will be no camp on Tuesday, July 4.

Activity:	343201	Days:	Monday-Friday
Min/Max:	16/48	Time:	9:00 am-3:00 pm
<b>Session</b>	<b>Dates</b>	<b>Fees</b>	
A	June 12-August 4	R\$432/NR\$525	
B	June 12-July 7	R\$306/NR\$366	
C	July 10-August 4	R\$306/NR\$366	



## Hawks

**“Hawks”** are our campers entering 5th and 6th Grade in Fall 2017. Along with the **“Cardinals”**, the **“Hawks”** will attend field trips geared towards these age groups. Staff will plan and participate in activities that will keep the campers motivated and engaged throughout the camp weeks. **Note:** There will be no camp on Tuesday, July 4.

Activity:	343202	Days:	Monday-Friday
Min/Max:	16/48	Time:	9:00 am-3:00 pm
<b>Session</b>	<b>Dates</b>	<b>Fees</b>	
A	June 12-August 4	R\$432/NR\$525	
B	June 12-July 7	R\$306/NR\$366	
C	July 10-August 4	R\$306/NR\$366	



The registration deadline is one week prior to the start of each class unless otherwise noted.

## Eagles

“Eagles” are campers entering 7th, 8th and 9th Grade in Fall 2017. Have fun this summer participating in advanced games, activities, and crafts! A variety of special field trips and cooking days are planned especially for this group of older campers. Some field trips and activities may be planned with other local teen camps throughout the summer. This Summer Camp group has the opportunity to provide their input on weekly plans and participate in activities different from the other groups. **Note:** There will be no camp Tuesday, July 4.

Activity:	343283		
Location:	ARC		
Day:	Monday-Friday		
Time:	9:00 am-3:00 pm		
Age:	Campers entering 7th, 8th, & 9th grade in the Fall 2017		
Min/Max:	20/48		
<b>Session</b>	<b>Dates</b>	<b>Fees</b>	
A	June 12-August 4	R\$526/NR\$615	
B	June 12-July 7	R\$372/NR\$432	
C	July 10-August 4	R\$372/NR\$432	

## Pre & Post Camp

We are offering extended camp again help those parents with busy schedules! Campers should bring a snack in addition to their lunch and water bottle every day. The fun will continue with games, activities, free-time, and crafts before and after regular camp hours. Campers are expected to be dropped off no earlier than 7:00 am and picked up no later than 6:00 pm. An Early/Late fee will be charged for all campers not picked up on time. **Note:** There is no camp on Tuesday, July 4. Due to the end of camp, there will be no post camp on August 4.

Activity:	343203		
Location:	ARC		
Day:	Monday-Friday		
Age:	Campers entering Kindergarten through 9th grade		
Min/Max:	48/60		
<b>Session</b>	<b>Date</b>	<b>Time</b>	<b>Fee</b>
A	June 12-August 4	7:00-9:00 am	R\$178/NR\$248
B	June 12-July 7	7:00-9:00 am	R\$140/NR\$210
C	July 10- August 4	7:00-9:00 am	R\$140/NR\$210
D	June 12-August 4	3:00-6:00 pm	R\$198/NR\$270
E	June 12-July 7	3:00-6:00 pm	R\$155/NR\$225
F	July 10- August 4	3:00-6:00 pm	R\$155/NR\$225



## Kiddie Kamp All New for 2017

Specifically designed for 3 & 4 year olds, our Kiddie Kamp offers a Summer Day Camp experience on a smaller scale. Monday through Thursday, 9:00 to 1:00 pm, Kiddie Kampers will have fun participating in games, arts’n craft projects, spending time outdoors with sidewalk chalk, bubbles, playground time and making new friends. New this year, we have added an hour and your child will bring a lunch, just like the big kids. Also, new for 2017 we will have a special field trip and fun “Camp Visitors.” On Friday, from 10:30 to 12:00 pm, we enjoy time in the Kiddie Pool and Splash pad, all to themselves before the pool opens up to the public. For children attending Preschool this fall, Kiddie Kamp is a great introduction, as it is held in the Preschool room and the Kiddie Kamp staff are the Preschool Teachers! All campers must be of age by June 1, 2017, and completely toilet trained. Please dress your child appropriately for the weather, as many activities will take place outdoors. Each child will receive two t-shirts.

**Note:** There will be no camp on Tuesday, July 4. **Note:** There will be no pre or post camp available for this group.

Activity:	338119-A
Location:	Preschool Room I
Day:	Monday-Friday
Dates:	June 12-August 4
Times:	Monday-Thursday 9:00 am-1:00 pm Friday 10:30 am-12:00 pm Drop-Off at the Aquatic Park
Age:	3 & 4
Fee:	R\$350/NR\$450
Min/Max:	18/25



## Counselor in Training

This program is designed to provide high school students, entering 10th and 11th grade, an opportunity to gain work experience for their resume when applying for employment in future years and the opportunity to enjoy Summer activities, swimming and trips. If you are considering applying for a Counselors' position, when you are eligible, having this experience listed on your application will put you one step closer to being called for an interview. **The Counselor in Training Program will consist of a maximum of six staff. Please note the criteria listed!**

### Criteria:

- Applications will be available at the Apollo Recreation Center **beginning April 24.**
- Applications **will not be accepted after May 19.**
- Counselors in Training will assist the counselors with errands, arts n' crafts, and group games.
- Applicants must be willing to take initiative with leading their group
- Applicants will interact with campers, display appropriate and mature behavior.
- Applicants must be a positive role model.
- Once accepted, Counselors in Training must attend training dates.
- Counselors In Training will receive camp shirts which are to be worn daily.
- **A fee of \$100.00 will be charged to cover the cost of field trips**
- Counselors in Training will be held accountable for fulfillment of their required duties.
- Failure to fulfill the required duties will result in dismissal and the fee will not be refunded.
- The Alsip Park District is looking for mature, responsible, well-mannered, and dedicated teens to fill this position and assist in providing a successful summer camp program.

Location: ARC

Age: Entering 10th & 11th Grade in Fall 2017

Day/Dates: Monday through Friday, June 12-August 4

Times: Required: 9:00 am-3:00 pm

Optional: 7:00 am-9:00 am

Optional: 3:00 pm-6:00 pm

Fee: \$100.00

Max: 6



## Looking for a great summer job?

The Alsip Park District is hiring summer camp counselors for the 2017 summer season! This seasonal position includes supervising campers, leading arts n' crafts and group games, communicating with parents, supervisors, and other park district staff, providing a safe play environment for campers, and having fun in a professional manner. Counselors are required to be on time to camp everyday, swim and supervise on pool days, and attend all field trips.

Applicants must be 18 or older and display experience, responsibility, leadership, creativity, and good communicative skills. Each staff person is called upon to act as a parent, educator, and friend in order to help campers learn teamwork, cooperation, respect, and how to make new friends from a variety of cultural and ethnic backgrounds. Applications must be completed and returned to the Apollo Recreation Center by April 18. Applicants will be notified and interviewed following application completion. For more information please contact the main office at (708) 389-1003. Mandatory Training will be on June 5, 6, 7 from 9:00 am-3:00 pm. CPR/AED and First Aid training is also Mandatory. Camp is held Monday through Friday, June 12-August 4. **Note:** There will be no camp on Tuesday, July 4. See Summer Camp descriptions for additional information. We look forward to working with you!

The registration deadline is one week prior to the start of each class unless otherwise noted.

Program & Activity Number:	Ages:	Day:	Time:	Dates	Fee:	Min/Max	No Class
Parent Tot Gymnastics 474167-A	Walking- 2 yr olds	TU	4:45-5:30 pm	June 20- August 1	Resident: \$27 Nonresident: \$47	6/12 Couples	July 4
Preschool Gymnastics 474177-A	3-4 years old	TU	5:40-6:25 pm	June 20- August 1	Resident: \$34 Nonresident: \$55	5/8	July 4
Kinder Gymnastics 474168-A	5-6 years old	TU	6:35-7:20 pm	June 20- August 1	Resident: \$34 Nonresident: \$54	5/8	July 4
Girls Gymnastics Level 1(Beginner) 474186-A	7-12 years old	MO	5:00-6:00 pm	June 19- July 31	Resident: \$44 Nonresident: \$64	3/5	July 3
Girls Gymnastics Level 2 by placement only (Beginner) 474185-A	7-12 years old	MO	5:00-6:00 pm	June 19- July 31	Resident: \$44 Nonresident: \$64	3/5	July 3
Girls & Boys Tumbling 474246-A	7-12 years old	TH	4:45-5:30 pm	June 22- August 3	Resident: \$34 Nonresident: \$55	5/8	
Team-1 day by placement only 474216-A	6 & up	Pick 1 day of MO,WE TH	6:00-8:00 pm (MO & WE) 5:30-7:30 pm (TH)	June 19- July 31	\$54.00 6 Practices	4/16	July 3
Team-2 days by placement only 474216-B	6 & up	Pick 2 days of MO,WE TH	6:00-8:00 pm (MO & WE) 5:30-7:30 pm (TH)	June 19- July 31	\$108.00 12 Practices	4/16	July 3
Team-3 days by placement only 474216-C	6 & up	MO,WE TH	6:00-8:00 pm (MO & WE) 5:30-7:30 pm (TH)	June 19- July 31	\$161.00 18 Practices	4/16	July 3

## All Gymnastics Programming is held in the Gymnastics Room at the Apollo Recreation Center.

Tot Class participants should wear comfortable clothing, socks or bare feet. No jeans. Participants in Gymnastics or Tumbling Classes should wear comfortable clothing, leotards (no skirts), bare feet. Hair must be pulled back. Jewelry is not permitted! No jeans or clothing with buckles.

### Gymnastics Team Car Wash

Please support our gymnastics team and have your vehicle washed at our fundraiser car wash. All money earned will go directly to the team to offset the cost of competition fees, leotards and warm-ups. In the event of rain, please plan to join us on the rain out day.

Location: Apollo Recreation Center-Maintenance Garage

Day/Date: Saturday, July 15

Rain Out Day: Saturday, July 22

Time: 10:00 am-1:00 pm

Fee: Minimum donation of \$5 car/ \$7 SUV or Van



The registration deadline is one week prior to the start of each class unless otherwise noted.





## Girls Gymnastics Level 1

Our one hour gymnastics class is for girls 7 to 12 years of age with little or no gymnastics experience. Each one hour class will focus on skills for vault, bars, beam and floor. Girls should wear a leotard or shorts and a t-shirt.

## Girls Gymnastics Level 2

Once your daughter has successfully completed Gymnastics Level 1 and has a coach's endorsement, she will be ready for this class. Level 2 is a one hour class designed for 7 to 12 year olds and will provide gymnasts a continuation of skill progression. Gymnasts will continue with all equipment used in the Level 1 Class. Girls who have gymnastics experience may request a skill evaluation to determine if this class is appropriate for their ability level. Girls should wear leotards.



## Parent-Tot Gymnastics

This class is for tots walking through 2 years of age and a parent. This 45 minute class will incorporate fun music, gross motor activities, social activities, as well as free time by using our many tunnels, cubes, balls, parachute and more. Additionally, parents and tots will work gymnastics skills on vault, bars, beam and floor. This semi-structured class requires each tot to have a parent present for the class. Participants should wear comfortable clothing. Please make arrangements for siblings, as only those enrolled may attend the class.

## Pre-School Gymnastics

Our pre-school gymnastics class is designed for children ages 3 to 4 years old. Each 45 minute class will focus on beginner skills for vault, bars, beam and floor. Gymnasts will also develop body and spatial awareness, as well as confidence while using the spring board, pre-school and low bar, low and medium balance beam, floor and various skill shapes. Participants must wear a leotard or shorts and a t-shirt.

## Kinder Gymnastics

This 45 minute class is designed for boys and girls ages 5 and 6. Participants will gain experience on the spring board, low and medium balance beams, preschool and low bar, as well as the floor. Gymnasts will also develop body and spatial awareness along with confidence using our many skill shapes and trainers. Participants must wear a leotard or shorts and a t-shirt.



Our program is designed to provide children with proper and safe gymnastics skill training according to the USA Gymnastics guidelines. Gymnasts who show continued progress and interest may be eligible to join our Alsip Stars Optional Team with the endorsement of a Team Coach. Team Members practice 4-6 hours weekly, year round. Competition runs from October through May.

We hope to see your child in the Stars Gymnastics Program grow and advance through our many developmental and competitive levels. If you are unsure about which class to register your child for, please leave a message for Michelle Rudman at 708-389-1003 to arrange for a skill evaluation.



The registration deadline is one week prior to the start of each class unless otherwise noted.



**2017 FunFest**  
**119th Place and Kostner, Alsip**  
**Sprayfari Aquatic Park/Prairie Junior High School**  
**June 17**



**11 am-1 pm Touch a Truck**

Come out with the family and explore big trucks inside and out. Climb in and out of a Alsip Fire Department fire truck. Take a ride in the Alsip Police Department's trackless train. Jump in a Public Work's truck. You'll be able to Touch the trucks and cars that make your life safe and convenient!!!

**11 am-2 pm Alsip All-Stars (Obstacle Course Challenge)**

Ages 3-16 will participate in a Sports themed obstacle course in the grass area located inside the Sprayfari Aquatic Park. Participants will work their way through standard obstacles, such as Hurdles, cones, balance beam, tires and others. Throughout the course there will be several stops where participants will do their best to complete the sports challenge. These challenges will include; a slip-n-slide, 3 hoops at 3 different lengths, shooting a basketball (little hoops), and shooting a soccer ball at 3 different targets.

**12-5 pm Open Swim**

Enjoy an afternoon of free swimming. There will be a DJ spinning tunes, while we offer Largest Splash competitions during safety breaks. Water themed games and activities will also be offered in the grassy portion of the Aquatic Park. Children must be supervised. Entry will be cut off when capacity of the facility is met.

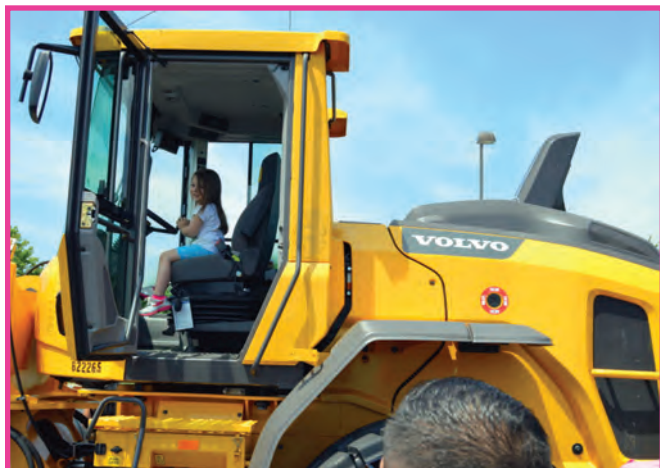
**12:00 pm Skateboard Competition**

Grab your "board" and join the party at the Alsip Park District Skate Boarding Competition The Competition will be held at the Alsip Skate Park located at 119th & Kostner Ave. beginning at Noon. Participants will be judged on overall performance and "Best Trick" in the following divisions; 13 & under, 14 -17 and 18 & up. Win prizes from well known companies in the skate boarding industry! Register at the Alsip Park District located at 12521 S. Kostner Ave. A parent signed waiver is required at time of registration. Personal protective equipment is highly recommended. Free T-shirt to first 50 registered.

**2-4:30 pm Alsip's Got Talent (Adult, Teen & Youth Divisions)**

The Alsip version of "America's Got Talent" can find you performing in front of your friends that never knew you had talent. **Two categories are offered: Adult Division 16 & up, and Youth Division: 15 & under.** The overall winners of each division will take home a cash prize of \$300. Get past our judges to the final round and go home with the cash. **All performers must fill out a form at the Apollo Recreation Center by the deadline of Friday, June 9. Note:** To avoid any technical difficulties, please make sure your CD works on a CD player.





## 4-5pm Pie Eating Competition

It's back, the Alsip Pie Eating Competition. Sign up for the event will occur the day of the event. Eight years old and up will be able to compete. The task is to eat a portion of a pie the fastest. There will be a maximum number of competitors in each age division so sign up when you get to the FunFest grounds.

## 4-8 pm

### Carnival Rides

Kids to adults can enjoy these FREE carnival rides. We will have a Fire Truck Moon Jump, the Berry Go Round, an 80' long Fun Slide, the Windjammer Swings, 24' tall Climbing Wall and a Kiddie Ferris Wheel. In addition, we will also have the Alsip Park District bounce house and sports inflatable.

## 5:30-9:30 pm Live Entertainment

We will have two live bands performing, the first band will perform from 5:30-7:00 pm and the second will perform from 7:30-9:30 pm. Arrive early to enjoy an evening of live entertainment and reserve a spot for our Fireworks show.

## 9:30 pm

### Fireworks

Bring your blanket, chair and join us for our annual Fireworks show. We try to top ourselves each year and we hope you can be a part of the Alsip Show!!! Sparks will fly at dusk following the band.



The registration deadline is one week prior to the start of each class unless otherwise noted.



## Cooperation

The Alsip Park District wishes to acknowledge the Doubletree/Hilton Hotel, Alsip, Hazelgreen and Oak Lawn School District #126 and Cook County School District #130 for enabling the park district to provide numerous year-round recreational activities. The park district is permitted to use school facilities when not being used by the schools. For this reason there may be occasional changes in the schedule.

## Nothing ruins a good program quicker...

than waiting until the last minute to register for it. There is a point where if the minimum number of participants is not met to hold the program, it will be cancelled. Registering on the day of or the day before the program will not save it. Please register five business days before the program/event to avoid disappointment. Classes may be combined and times modified to facilitate better programs. Receipts are mailed to those enrolled.

## Boys/Girls Tumbling

This 45 minute class is for boys and girls ages 7-12 who would like to learn to tumble. Participants will learn a progression of rolls, cartwheels, handstands, round offs, limber skills, walkovers and flip flops. Using a variety of practice drills, tumblers will begin with the basics and individually progress through more advanced skills. Participants must wear a leotard or shorts and a t-shirt. We also offer private tumbling classes for Cheer Teams or groups, please contact Michelle Rudman for more information. **Note:** Gymnastics apparatus will not be used-this is only tumbling.



## Alsip Stars Gymnastics Teams

### All teams are by placement only.

Our Optional Team competes in the Illinois Park District Gymnastic Conference. Any fees related to competition (leotards, warm-ups, meet fees, etc) are in addition to the Alsip Park District registration fees. For additional information, please contact Michelle Rudman at (708) 389-1003.

## Gymnastics Birthday Parties

Have a tumbling good time with a gymnastics themed party. We'll customize your special day to meet your needs. Call (708) 389-1003 for additional information.



## We Love Our Parents But....

Parents are encouraged to attend their child's first day of class. Please do not remain in the gym after you have dropped your child off. This is in the best interest of your child. Interruptions tend to affect the participant's attention span and inhibit the establishment of peer relationships. It's also important to arrive on time so participants can participate in a proper warm up and stretching. Please do not use class time to speak you're your child's instructor. Instructors are available before and after class if you wish to speak with them. Thank you for your cooperation.





### Illinois Shotokan Karate-Pre-Karate

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four-time National Champion, US National Coach and President of the US National Karate Federation. In our Pre- Karate Safety classes, young children develop flexibility, strength, and coordination in fun, yet disciplined activities. This program is specifically designed for growing minds and bodies to enhance memory and agility. Watch your child's confidence blossom and their skills improve.

- Uniforms and Belt-Testing are options available through the ISKC instructor.  
**Note:** The Youth, Parent/Child and Adult classes may train together.
- Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required. **Note:** Continuer Students must be White Belt, with stripe and up.
- Please visit [WWW.ISKC.COM](http://WWW.ISKC.COM) for more information or call us at 847-359-0666.

Activity:	438257	
Instructor:	Illinois Shotokan Karate Club Staff	
Location:	Gymnasium II	
Day/Dates:	Wednesday, June 14-August 23	
Age:	4-7	
Fee:	R\$107/NR\$117 per person	
Min/Max:	4/12	
<b>Session</b>	<b>Time</b>	<b>Level</b>
A	4:30-5:15 pm	Beginner
B	5:20-6:05 pm	Continuer



### Illinois Shotokan Karate-Youth

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four time National Champion, US National Coach and President of the US National Karate Federation. ISKC's Youth karate classes will put children in touch with their bodies and offers a good mix of strength training, with cardiovascular and flexibility exercises. Children increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules.

- Uniforms and Belt-Testing are options available through the ISKC instructor.
- Please note that the Youth, Parent/Child and Adult classes may train together.
- Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required. **Note:** Continuer Students must be Red Belt and up.
- Please visit [WWW.ISKC.COM](http://WWW.ISKC.COM) for more information or call us at 847-359-0666.

Activity:	438257	
Instructor:	Illinois Shotokan Karate Club Staff	
Location:	Gymnasium II	
Day/Dates:	Wednesday, June 14-August 23	
Age:	8-14	
Fee:	R\$107/NR\$117 per person	
Min/Max:	4/15	
<b>Session</b>	<b>Time</b>	<b>Level</b>
C	6:15-7:10 pm	Beginner
D	7:15-8:10 pm	Continuer



The registration deadline is one week prior to the start of each class unless otherwise noted.

## Piano Lessons

Mozart, Bach and Beethoven move over!! Have you ever wanted to learn piano in a fun and relaxing way? Then come on over! You will learn the basics of note reading and musical theory. Musical pieces will progress with the student's abilities. All first time students must purchase the Alfred's Basic Piano Library Book Level 1A before coming to class. Your time and day of the lesson will be arranged after you register, you choose the most convenient time! **Lessons are private and ½ hour in length for twelve weeks.** Piano is a great hobby that lasts a lifetime. Not sure if piano is right for you? Register for a six week mini session and give it a try!

Activity:	443305	
Instructor:	Erica Jagust	
Location:	Apollo Recreation Center	
Day:	Instructor arranged	
Time:	30 minute sessions	
Age:	7-Adult	
Min./Max:	2/10	
<b>Session</b>	<b>Dates</b>	<b>Fee</b>
A	June 12-September 9	R\$190/NR\$230
B	June 12-July 22	R\$ 95/NR\$115
C	July 24-September 9	R\$ 95/NR\$115

## Magic Madness

Kids you are guaranteed to have a fantastic time in this hands-on magic workshop! You will learn a collection of awesome and amazing tricks you can perform at home; all supplies needed to repeat the tricks will be handed out in class. You really will go home with a bag of tricks! Children are grouped by age and are taught age-appropriate tricks they can master. Sign up again and again, new tricks are taught each session!

Activity:	443421-A
Instructor:	Gary Kantor
Location:	Oakview Center, 4625 W. 110th St. Oak Lawn
Day:	Wednesday, July 12
Time:	5:00-5:55 pm
Age:	5-12
Fee:	R\$22/NR\$32
Min./Max.:	5/35



## Age Limits and Why

In order to provide your child with the best possible recreational experience, all of our programs are designed according to specific age groups. Our instructors are sensitive to the needs of the individual age levels. **Children must be the age listed in the brochure for each program by June 1st.** Birth certificates may be requested to verify age.



## Book Club Tuesdays

Do you enjoy reading a good book? Do you enjoy sharing your thoughts and interruptions with others about the book? Yes? Then come on and join **Book Club Tuesday's**. At the first class several books will be available to look at. A vote will be taken to choose one, then each week we will meet to discuss and share.

Refreshments will be on hand. **Note:** There will be no class on Tuesday, July 4.

Activity:	438256-A
Instructor:	Laura Braden
Location:	Multipurpose Room II
Day:	Tuesday
Dates:	June 27-August 22
Time:	6:00-7:00 pm
Age:	6-9
Fee:	R\$28/NR\$38
Min/Max:	6/8







We're sorry but in order to preserve the sanctity of the blind draft system when developing teams we will be unable to honor specific requests for children to play with certain participants or coaches. This action can only be honored for immediate siblings (no cousins) or for those coaching their son or daughter. Also, specific requests for group coaching must be made aware to the park district and will be honored only on a case by case basis.

### Interested in coaching?

We are always looking for qualified individuals who are interested in coaching our leagues. All coaches are required to submit and successfully pass a State of Illinois Criminal Background Check. Any interested coach should contact the Alsip Park District at (708) 389-1003. For your convenience, an informational session on coaching for this league will be held prior to the season. Coaches who attend the meeting, or have coached this league in the past, will be given preference.



## South Suburban Soccer Association

The Alsip Park District is proud to be a part of the South Suburban Soccer Association. All teams will travel to Bridgeview, Burbank, Hickory Hills, Oak Lawn, Blue Island, and Worth to play their games. All participants will still play an 8 game schedule beginning in September, with weekly practices depending on each coach's individual schedule. This league will stress fun, sportsmanship, fair play, and teamwork. Teams will be selected on a random basis by an Alsip Park District employee. Each participant will receive an end of the season award, a team uniform package that includes shorts, shirt, socks and a complimentary picture package. **Home games will still be played at Commissioner's Park.** Register today! Game times are dependant on the location and will be at 11:00 am, 12:30 pm, 2:00 pm or 3:30 pm.

Location: Home Games at Commissioners Park

Game Day: Saturday

Dates: September 9-November 4

Time: 11:00 am-3:30 pm

Fee: R\$80/NR\$90

Min/Max: 14/80 per division

Registration Deadline: August 19

Activity	Division	Ages
174067-A	Pee Wee	6-7
174067-B	Midget	8-9
174067-C	Junior	10-11
174067-D	Senior	12-13



## Teen 3 on 3 Basketball

Our New Teen 3 on 3 Basketball league is designed for boys and girls ages 14-18 years old. All competition is played on Sundays Apollo Recreation Center located at 12521 S. Kostner Ave. Alsip. League play shall consist of 8 game season. A minimum of four teams, with a maximum of 8 teams is required for each league. Rosters are limited to 12 players.

Activity: 174091-A

Location: Gymnasium I

Days/Dates: Friday

Date: Sept. 8-Oct. 27

Time: 6:00-8:00 pm

Age: 14-18

Fee: R\$100/NR\$125

Min/Max: 4/8 teams

Registration Deadline: Sept. 1



The registration deadline is one week prior to the start of each class unless otherwise noted.

## Chicago Fire Soccer Camps

Kick off your summer by signing up for a Chicago Fire Soccer Summer Camp! Play, learn and train with our passionate, highly qualified Chicago Fire coaches who will help your child develop soccer skills in a week of soccer-filled fun. Programs are suitable for all ages and ability levels. Spaces are limited!

**Little Sparks:** Introduce your child to learn the fundamentals of soccer with mom and dad.

**Community:** Build on your child's key soccer skills through activities and themed practices.

**Competitive:** Develop your child's performance through tailored game-related activities for a competitive edge.

All players registered will receive an SITC Dri-Fit jersey, ball, individual player evaluation and a ticket to a Chicago Fire game at Toyota Park! Interested in the Chicago Fire's **FREE** scholarship program? Host a coach for the week of camp and get in camp for FREE! Please ask for further information and details.

Activity: 374061

Location: Sears Park  
123rd & Trumbull

Dates: July 17-July 21

Min/Max: 6/48 per Session

Session	Level	Age	Time	Fee
A	Little Sparks	2-5	4:00-5:00 pm	\$75
B	Community	6-10	5:00-8:00 pm	\$125
C	Competitive	11-16	5:00-8:00 pm	\$125



## Chicago Bulls Summer Camps

The Chicago Bulls are coming to your neighborhood! No one can teach basketball better than the Chicago Bulls! This summer, learn from the best and let the Chicago Bulls teach you how to play like a Champion! Since 1999, the Chicago Bulls have brought quality basketball camps to boys and girls throughout Chicagoland. More than 45,000 youth basketball players have developed essential basketball fundamentals including: ball handling, passing, shooting, rebounding, individual moves, footwork, and team concepts. High school and college courts across the country are home to graduates of a Chicago Bulls Basketball Summer Camp. We work on every part of your child's game. On the final day all participants will receive an evaluation form and graduation certificate. Student to instructor ratio will be 10:1 or less. Every Chicago Bulls summer camp participant receives an **Exclusive United Center Experience!!** Each camp participant, along with one guest, will be invited to the United Center, home of the Chicago Bulls, for a Q&A session with a Bulls personality and a current and or former Bulls player! During the camp each player will compete in the Bulls Skills Competition. At the end of the summer, the top three contestants will compete in the finals on the floor of the United Center (**date TBD**). Each camper will receive a Chicago Bulls duffel bag, Bulls indoor/outdoor basketball, t-shirt, evaluation report and graduation certificate. The Chicago Bulls Summer Camp is offered to two age groups. The rookie camp for children ages 6-8 is a beginner camp focused on building fundamentals and fun drills to get the kids to understand the game and improve their play. For the older kids, ages 9-12, coaches work on the "team" concept and refining and advancing the skills for the serious or soon-to-be serious player. You are sure to improve your ball handling, passing, shooting, rebounding, and footwork!

Activity: 474071-A

Location: Gymnasium II

Dates: July 17-July 21

Time: 9:00 am-12:00 pm

Age: 6-12

Fee: R\$215/NR\$225

Min/Max: 10/20





## Youth Tennis

Why not let Chuck Townsend teach you how to play the great game of tennis. This class will provide fun and positive reinforcement and cover all areas of the game. Hand-eye coordination drills and fun games are stressed in a relaxed atmosphere. You will need to bring a tennis racquet to every class. Balls will be supplied and included in registration fee. Gym shoes are required. If weather is poor, lessons will be cancelled and made-up at the end of the session.

Activity: 474231

Instructor: Chuck Townsend, Tennis Staff

Location: ARC/Tennis Courts

Fee: R\$26/NR\$36

Min/Max: 5/8

Session	Day	Dates	Time	Age
A	WE	June 14-July 19	9:00-10:00 am	7-9
B	WE	June 14-July 19	6:00-7:00 pm	13-17
C	TH	June 15-July 20	9:00-10:00 am	10-12



## Summer Free Kids Fishing Derby

Relax with your friends and family! Have a blast and fish! This yearly event is rewarding for all and free. Prizes will be given out the day of the event for the first fish caught, the largest fish, the smallest fish, and for catching the most fish...See You There!

Activity: 474080-A

Location: Commissioners Park Pond

Day/Date: Saturday, June 3

Time: 8:30-10:30 am

Fee: Free

Age: 14 & under

Min/Max: 5/50

Registration Deadline: Day of the Event



The registration deadline is one week prior to the start of each class unless otherwise noted.



## Beginning Crochet

Have you always wanted to learn how to crochet? If the answer is yes...you have come to the right place. In this eight week program you will learn all the basics and some secret tricks to create your own masterpiece! Please bring G and H Hooks with you to class and 4 ounces or 4 ply yarn in the color of your choice.

Activity: 453567-A  
Instructor: Sandra Smith  
Location: Board Room  
Day: Friday  
Dates: June 16-August 4  
Time: 10:00 am-12:00 pm  
Age: Adult/Mature Adult  
Fee: R\$30/NR\$40  
Min/Max: 10/30

## Essential Oil 101

Have you heard the buzz on essential oils? These extraordinary drops support a balanced life of health and wellness and will be on display for you to experience.

Learn more about what essential oils are, how to safely use them for therapeutic benefits and see examples of the most popular oils in action.

Activity: 453444-A  
Instructor: Maureen Monahan  
Location: Dance Room  
Day/Date: Tuesday, July 18  
Time: 7:00-8:30 pm  
Age: Adult  
Fee: Free  
Min/Max: 10/25  
Registration Deadline: July 11



## Essential Oils Make & Take

Life can be very busy and stressful. Luckily we can teach you how to distress with the therapeutic benefits of essential oils. We will discuss how oils can be used to support our emotional well-being as well as our physical well-being through topical applications of the proper essential oils. Participants will make three oil rollers to take home and “up their mental game” in such ways including your focus, confidence, happiness, energy level and relaxation taught by professionals of this art form.

Activity: 453445-A  
Instructor: Maureen Monahan  
Location: Dance Room  
Day/Date: Tuesday, August 22  
Time: 7:00-8:30 pm  
Age: Teen/Adult  
Fee: R\$25/NR\$35  
Min/Max: 10/25  
Registration Deadline: August 15

## Illinois Shotokan Karate-Adult/Parent/Child

Illinois Shotokan Karate Club is Chicagoland’s premier karate school taught under the instruction of John DiPasquale, a four-time National Champion, US National Coach and President of the US National Karate Federation. Our Adult classes release tension, develop total body fitness and build stamina and overall productivity! In addition to self-defense skills, karate increases flexibility, cardiovascular endurance, and muscle tone, while improving core strength. Parent/Child classes are a great way to spend quality time with your child, while conditioning muscles, developing coordination and improving cardiovascular fitness.

**Note:** Fees are per person

- Uniforms and Belt-Testing are options available through the ISKC instructor.
- Please note that the Youth, Parent/Child and Adult classes may train together.
- Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required. **Note:** Continuer Students must be Red Belt and up.
- Please visit [WWW.ISKC.COM](http://WWW.ISKC.COM) for more information or call us at 847-359-0666.

Activity: 438257  
Instructor: Illinois Shotokan Karate Club Staff  
Location: Gymnasium II  
Day/Dates: Wednesday, June 14-August 23  
Fee: R\$107/NR\$117 per person  
Min/Max: 4/15

Session	Category	Age	Time	Level
E	Parent/Child	7&Up	6:15-7:10 pm	Beginner
F	Parent/Child	7&Up	7:15-8:10 pm	Continuer
G	Adult	15&Up	6:15-7:10 pm	Beginner
H	Adult	15&Up	7:15-8:10 pm	Continuer





## Father's Day Gift Workshop

In this parent & child Father's Day Gift Workshop, Glitter Your Pallet will show you how fun and therapeutic painting as we make a wonderful gift for dad! We allow your creative quotes to be revealed on vintage, whitewashed, natural and colored pallet boards. In three hours, you can paint a custom decor board for your dad, home, cottage, front porch, office, classroom-any room. No art experience required! We pride ourselves on offering step-by-step guidance. **The reward:** You bring home your one of kind board art the same day. It's truly a great experience. Some examples of themes are mancave, sports, motorcycles and fishing. Other themes available. Price includes all supplies needed to make a 24 x 14 wood board sign.

Activity: 453440-A  
 Instructor: Glitter Your Pallet Staff  
 Location: Dance Room  
 Day/Date: Monday, June 12  
 Time: 6:00-9:00 pm  
 Age: 3years-Adult  
 Fee: R\$50/NR\$60  
 Min/Max: 10/25  
 Registration Deadline: June 7



## Organic Gardening Club

Garden the organic and environmentally safe way. This class teaches you how to grow fresh, healthy fruits and vegetables for you and your family. You will learn how to make and maintain a compost pile, offers new ways to fertilize using organic matter, how to start plants from seeds, and keep weeds and bugs out using chemical-free methods. Different methods of gardening such as square-foot, companion, intensive and container will also be discussed. This is a four part series.

Activity: 443441-A  
 Location: Board Room  
 Instructor: Karen Stasky  
 Day/Date: Thursday, June 7  
 Time: 7:00-8:00 pm  
 Age: Adult  
 Fee: R\$15/NR\$20  
 Min/Max: 10/50  
 Registration Deadline: June 8



## Wine Glass Painting

Come join us as we get creative and paint fun themed wine glasses to enjoy all summer long. Learn all kinds of techniques to use in your creations or come up with your own. There are so many possibilities! All are welcome to bring their own ideas to class if you're feeling adventurous. Price includes 4 wine glasses, professional instruction and all paints and supplies needed to create totally fun and super dazzling pieces.

Activity: 443442-A  
 Location: Dance Room  
 Day: Thursday  
 Date: June 22  
 Time: 6:00-9:00 pm  
 Age: Adult  
 Fee: R\$30/NR\$40  
 Min/Max: 10/40  
 Registration Deadline: June 15

The registration deadline is one week prior to the start of each class unless otherwise noted.

## Freezer Meals with Lauren & Tastefully Simple

The Alsip Park District is hosting a series of Freezer Meal Workshops using the wonderful products of Tastefully Simple! In each workshop we will create three meals to take home, freeze and enjoy when ready. Price includes everything needed except your meat choices. You will need to bring these to the session you register for. These workshops will show you how easy it can be to make great meals for your family quickly for tonight's dinner or freeze them for future dinners when you need one fast! Sign up for one or all of these new and exciting food workshops! Please bring your meat choices to class. All other supplies will be included! Bring meat in a cooler for your safety. You will make 3 meals to take home and freeze until ready to use! All leftover spices and supplies are yours to take home as well!

Activity: 443446  
 Instructor: Lauren Schmitt, Tastefully Simple Consultant  
 Day: Tuesday  
 Time: 6:00-9:00 pm  
 Age: Adult  
 Fee: R\$45/NR\$55  
 Min/Max: 6/20  
 Registration Deadline: One Week before start of program



Session	Date	Menu
A	June 13	Slow Cook Italian Chicken Mama Mia Slow Cooker Beef Marinara Meatballs
B	July 11	Spinach & Herb Meatballs Impressive Pork Creamy Salsa Chicken
C	August 15	Creamy Onion Chicken Bacon Ranch Slow Cooker Chicken Slow Cooker Beef Fajitas

### Meat

6 boneless skinless chicken breast  
 3-4 lbs beef chuck roast  
 1 package of frozen meatballs  
 32 oz bag frozen meatballs  
 2 lbs boneless pork roast  
 2 lbs chicken breast  
 2 pounds chicken breast  
 4 boneless skinless chicken breast  
 2.5-3 lbs beef roast



### Paranormal Lecture : Haunted Amusement Parks

Do you like spooky stories and roller coasters? If so come join us for a Paranormal Lecture on Haunted Amusement parks. We will cover everything from Riverview to Great America and all the frightening facts in between! You won't be disappointed!

Activity: 443447-A  
 Instructor: Bob Trzeciak  
 Location: Dance Room  
 Day: Wednesday  
 Date: June 14  
 Time: 6:30-8:00 pm  
 Age: Adult  
 Fee: R\$5/NR\$7  
 Min/Max: 20/75  
 Registration Deadline: June 7

### Adult Game Show Night

Re-live and participate in some of television's classic game shows such as You Bet Your Life, Let's Make a Deal, and Beat the Clock. Win prizes as you say the "secret word" or get "Zonked" on Let's Make a Deal. Enjoy pizza and pop to keep your energy up to win tons of gift cards for local businesses, restaurants, entertainment facilities and more!

Activity: 443443-A  
 Instructor: Bob Trzeciak  
 Location: Dance Room  
 Day/Date: Friday, September 8  
 Time: 5:30-8:30 pm  
 Age: Adult/Mature Adult  
 Fee: R\$5/NR\$9  
 Min/Max: 20/75  
 Registration Deadline: Sept. 1



## *Alsip Senior Bingo Club*

*There are so many  
benefits to joining  
the Alsip Park  
District's Senior  
Bingo Club!*



\$5 Annual Membership

\$2 at the door for coffee & roll

\$0.50 per card for Bingo  
No limit on cards

Prizes donated by the Alsip  
Park District, will be awarded  
one time per month.

Join the Alsip Park District's  
Senior Club and keep active!

Meetings are held on the second  
and fourth Monday's of each  
month.

All meetings are held from  
Noon-3:00 pm at the Apollo  
Recreation Center, located at  
12521 S. Kostner Avenue, Alsip.

The Group sponsors a variety of  
trips, socials and events.  
Newcomers are always welcome  
to attend!

For additional information, contact  
the Alsip Park District at  
708-389-1003.



The registration deadline is one week prior to  
the start of each class unless otherwise noted.

## Women's and Co-Rec "Fall" Volleyball League Registration Dates

Registration for returning teams will begin on Monday, July 10. Registration for new resident teams will begin on Monday, July 17. Registration for new non-resident teams will begin on Monday, July 24. The deadline for registration is Saturday September 2.

### Women's "Fall" Volleyball

Spike your way to fun by participating in our Women's "Fall" Volleyball League. The league is available for Women 18 and older to participate. The league consists of two divisions. Each division requires a minimum of four with a maximum of ten teams. All competition is played on Monday evenings at the Apollo Recreation Center, located at 12521 S. Kostner, Alsip. Team rosters are limited to 12 players.

Activity: 174009  
 Days/Dates: Monday, September 11-November 27  
 Time: 6:30-10:30 pm  
 Age: Adult  
 Fee: R\$325/NR\$390  
 Min/Max: 4 teams/10 teams per division  
 Registration deadline: September 2

Session	Location
A	Gymnasium I & II
B	Gymnasium I & II



### Co-Rec "Fall" Volleyball

Adults 18 and older are eligible to participate in our Co-Rec "Fall" Volleyball Leagues. Each league consists of a minimum of four and a maximum of eight teams. All competition is held on Thursday evenings at the following locations; Apollo Recreation Center (A and B Divisions), Hazelgreen School (C division), and Lane School (D division). Team rosters are limited to 12 players.

Activity: 174008  
 Days/Dates: Thursdays, September 14-November 30  
 Time: 6:30-10:30 pm  
 Age: Adult  
 Min/Max.: 4/10 teams per division  
 Registration deadline: September 2

Session	Location	Registration Fee
A	Gymnasium I	R\$325/NR\$390
B	Gymnasium II	R\$300/NR\$360
C	Hazelgreen School	R\$300/NR\$360
D	Lane School	R\$300/NR\$360



### Adult Basketball

Our Adult Basketball league is designed for Men 18 years and older. All competition is played at Sundays Apollo Recreation Center located at 12521 S. Kostner Ave. Alsip. League play shall consist of 7 game season, plus playoffs. A minimum of four teams, with a maximum of 8 teams is required for each league. Rosters are limited to 12 players.

Activity: 174001-A  
 Location: Gymnasium I  
 Days/Dates: Sunday September 10-October 29  
 Time: 10:00 am-2:00 pm  
 Age: Adult  
 Fee: R\$500/NR\$550  
 Min/Max: 4/8 teams





## Fall Softball Registration Information

Priority Registration: Resident teams begin registration Monday, May 22. A resident team is defined as a team made up of 50% Alsip Park District residents on the roster. Teams claiming residency will need to provide proof for all players. Non-resident team registration begins on Monday, May 29.

Please be ready at the time of registration, to supply the Park District with the captain's and co-captain's names, addresses, home and work phone and email address. You may pay by Cash, Check, or Credit Card. Checks are to be made payable to the Alsip Park District.

## Banned Bat Information

**12" Non Approved ASA Bat List:** Alsip Park District Men's 12" and Co-Rec leagues will be required to follow the ASA Non Approved Bat List. All bats must bear either the ASA approved 2000 certification mark, the ASA 2004 certification mark or the new certification mark for 2013 and beyond and must not be listed on an ASA non approved list and must be included on a list of approved bat models published by the ASA National Office. The official ASA Approved and Non Approved Bat List can be found on the ASA softball website at [www.asasoftball.com](http://www.asasoftball.com). If the bat you are using pre dates 2000 or does not have an ASA mark and you need it approved by the Alsip Park District.



The registration deadline is one week prior to the start of each class unless otherwise noted.

## Adult Kickball League

Our Adult Kickball league is designed for Adults 18 years and older. All competition is played at Saturdays at Commissioners Park and or Sears Park. League play shall consist of 7 game season. A minimum of four teams, with a maximum of 8 teams is required for each league. Rosters are limited to 18 players.

Activity: 474012-A  
Location: Commissioners & Sears Parks  
Days: Saturday  
Dates: August 5-Sept. 30  
Time: 4:00-8:00 pm  
Age: Adult  
Fee: R\$400/NR\$450  
Min/Max: 4/8 teams

## Bags Tournament

Want to play some bags? Come play in our adult bags tournament and find out what you've got. Teams of two will square off in a double elimination tournament at the Fountain Hills Golf Course. Registration includes entry fee and complementary drink ticket. Awards will be given to the 1st and 2nd place teams.

Activity: 474010  
Location: Fountain Hills Golf Course  
Day: Friday  
Time: 7:00-9:00 pm  
Age: Adult  
Fee: R\$80/NR\$90  
Min/Max: 4/8 teams  
**Session Dates**  
A June 23  
B August 4

## Men's 12" Softball

Twelve-inch Slow-pitch softball is being offered to men 18 years and older. The league shall consist of a 14 game season, with double headers being played each weekend. The top four teams will advanced to the playoffs. All competition will be played at Commissioners Park, located at 126th and Kedzie, Alsip. All leagues consist of a minimum of four with a maximum of eight teams. Any league that does not reach the minimum of four teams will be canceled. Rosters are limited to 18 players. **Note:** There will be no games played on Labor Day weekend.

Activity: 474029-A  
Location: Commissioners Park  
Days/Dates: Sunday, August 20-October 15  
Time: 4:00-6:30 pm  
Age: 18-Adult  
Fee: R\$625/NR\$650



## Co-Rec 12" Softball

This league is being offered to adults 18 years and older. All competition will be played on Sunday evenings at Commissioner's Park, located at 126th and Kedzie, Alsip. League play shall consist of a 7 game schedule, with the top four teams advancing to the playoffs. The league shall consist of a minimum of four teams with a maximum of eight. Rosters are limited to 20 players. **Note:** There will be no games played on Labor Day weekend.

Activity	Day	Date	Time	Fee
474040-A	SU	Aug. 20-Oct. 15	7:00-8:15 pm	R\$450/NR\$475

## Deposit Guidelines

Teams may pay \$100 deposit to hold spot in league, but must also leave valid credit card number. If full payment is not received by the start of the league, your card will be charged the balance of the remaining league fee. Teams whose credit card is declined will be dropped from the league.



## Men's 16" Softball

Our 16" leagues are designed for Men 18 years and older. All competition is played at Commissioner's Park, located at 126th and Kedzie, Alsip. League play shall consist of a 14 or 7 game season, depending on the league you register for. A minimum of four teams, with a maximum of 8 teams is required for each league. Rosters are limited to 18 players. **Note:** There will be no games played on Labor Day weekend.

Activity	Day	Dates	Time	Fee	Games
474021-A	SU	August 20-October 15	10:00 am-12:30 pm	R\$625/NR\$650	14
474024-A	TU	August 22-October 10	6:45-8:00 pm	R\$450/NR\$475	7
474024-B	TU	August 22-October 10	8:00-9:15 pm	R\$450/NR\$475	7
474023-A	WE	August 23-October 11	8:15-9:30 pm	R\$450/NR\$475	7
474044-A	FR	August 25-October 20	6:45-8:00 pm	R\$450/NR\$475	7

## Co-Rec 16" Softball

League play shall consist of a 7 game schedule, with the top four teams advancing to the playoffs. Participants must be 18 years and older. All competition will be played on Friday evenings at Commissioners Park, located at 126th and Kedzie, Alsip. The league shall consist of a minimum of four teams with a maximum of eight. Rosters are limited to 20 players. **Note:** There will be no games played on Labor Day weekend.

Activity	Day	Date	Time	Fee	Games
474041-A	FR	August 25-October 20	8:00-9:15 pm	R\$450/NR\$475	7



## Adult Tennis

Why not let Chuck Townsend teach you how to play the great game of tennis. This class will provide fun and positive reinforcement and cover all areas of the game. Hand-eye coordination drills and fun games are stressed in a relaxed atmosphere. You will need to bring a tennis racquet to every class. Balls will be supplied and included in registration fee. Gym shoes are required. If the weather is poor, lessons will be cancelled and made-up at the end of the session.

Activity: 476231-D  
 Instructor: Chuck Townsend, Tennis Staff  
 Location: ARC/Tennis Courts  
 Day/Date: Thursday, June 15-July 20  
 Time: 6:00-7:00 pm  
 Age: Adult  
 Fee: R\$26/R\$36  
 Min/Max: 5/8  
 Registration Deadline: June 9





## Movies in the Park

Grab the kids and some snacks and join the Alsip Park District for three outdoor movies. What better way to enjoy a summer evening than to spread out a blanket and see an outdoor movie. Bring a snack to share and be prepared to laugh like a kid again as we enjoy these new favorites! Don't forget to bring your blanket or lawn chair

Day:	Fridays	
Time:	Movies begin at <b>DUSK</b>	
Age:	All, Under 18 must be accompanied by an adult	
Fee:	Free	
Rated:	PG	
<b>Date</b>	<b>Location</b>	<b>Movie</b>
June 23	Austin View Park	Sing
July 21	Apollo Park	Jumanji
August 25	Sears Park	The Secret Life of Pets



## Village Wide Scavenger Hunt

Hurry to the Apollo Recreation Center pavilion to receive your checklist for a fun morning of hunting for each item on your list! Bring the family or put together a team of up to six people and drive around town checking item after item off your list. You will be expected to collect items, take pictures of items and also take photos of your team doing different activities and hilarious stuff. The top three teams that return to the Apollo Recreation Center Pavilion with the most items on the list in the least amount of time will win the prizes. Some of the prizes include gift certificates for the Alsip Park District and local businesses in town, gift cards to do something fun and other very cool prizes. So join us! For added fun, dress up in costumes, uniforms or just plain crazy, super silly stuff!

Activity: 493660-A  
 Location: ARC/Pavillion  
 Day: Saturday  
 Date: July 15  
 Check-In: 10:00 am  
 Deadline: 1:00 pm  
 Age: All, under 18 must be accompanied by an adult  
 Fee: FREE  
 Min/Max: 25/150

## Summer Free Kids Fishing Derby

Relax with your friends and family! Have a blast and fish! This yearly event is rewarding for all and free. Prizes will be given out the day of the event for the first fish caught, the largest fish, the smallest fish, and for catching the most fish...See You There!

Activity: 474080-A  
 Location: Commissioners Park Pond  
 Day/Date: Saturday, June 3  
 Time: 8:30-10:30 am  
 Fee: Free  
 Age: 14 & under  
 Min/Max: 5/50  
 Registration Deadline: Day of the Event



## Ice Cream Social

Free Ice Cream Socials are back by popular demand! Join the Alsip Park District for two good old fashioned ice cream social sponsored by Alsip Dunkin Donuts on Cicero. Get out of the house and come and enjoy a frozen treat with us. Ice cream and all those wonderful toppings will be available to make your own ice cream masterpiece!

Day: Wednesday  
 Time: 6:00-8:00 pm  
 Age: All  
 Fee: Free  
**Dates Location**  
 June 28 Apollo Recreation Center Playground  
 August 16 Commissioners Park

## FREE Picnic in the Park

Join the Alsip Park District as we enjoy an evening outside with neighbors and friends. Pack a picnic basket and have dinner with us! Picnic games will be provided to help us remember that the best things in life are free. Some games include Egg Toss, Potato Sack Races, Bean Bags, wiffle ball. and more! Inflatables will also be on hand for the kids to enjoy. So come out and play! No registration required.

Day: Wednesday, July 26  
 Time: 6:00-8:00 pm  
 Location: Apollo Park  
 Age: All  
 Fee: Free



The registration deadline is one week prior to the start of each class unless otherwise noted.



## Worldwide Day of Play

Enjoy a FREE fun filled day with your family! Meet us at Apollo Park at 10:00 am to receive your information packet and course map. The object is to finish each activity station along the walking path while traveling back to the Apollo. You may race to the finish of keep a steady pace. Take this fall day to enjoy the outdoors away from TV and video games! Stretch your legs and have fun with your family and friends. Refreshments, healthy snacks, prizes and crafts will be provided after completion of the challenge!

Activity: 493601-A  
 Location: ARC  
 Day: Saturday  
 Date: September 23  
 Time: 10:00 am  
 Age: All, under 18 must be accompanied by an adult  
 Fee: FREE  
 Min/Max: 25/150



## Free Concerts on the Green

Join us as we welcome our outdoor concert series back to the very elegant Fountain Hills Golf Club. This year we will again enjoy a variety of live music with a perfect view from the driving range green. There is nothing like it!

Day: Fridays  
 Time: 6:30-9:30 pm  
 Location: Fountain Hills Golf Club

12601 South Kedzie Avenue  
 Age: All  
 Fee: FREE  
**Dates**  
 June 9 Lead Foot  
 July 14 Generations Band  
 August 11 Dixie Crush  
 September 8 Juke Shakers



## Paws in the Park Vendor Fair

Throw a leash on your canine companion and stretch your legs while mingling with local pet orientated vendors. You never know what you will find at our Paws in the Park Vendor Expo. This is a great opportunity for local dog owners to visit with each other and the organizations in our community. Your dog must be on a leash and pet clean-up is required. No registration needed.

Location: Prairie Jr. High Ballfields, 119th & Kostner Avenue  
 Day/Date: Saturday, August 12  
 Time: 10:00 am-1:00 pm  
 Age: All, under 18 must be accompanied by an adult  
 Fee: FREE

## Vendor Information

If you are interested in reserving a table at Paws in the Park on Saturday, August 12 from 10:00 am-1:00 pm please call the main office at (708)389-1003. Any pet organization or affiliate is invited to join us and bring promotional items to hand out at their station through-out the event. Vendors must pre-register and pay \$20.00 per table by July 28.



## Adult Game Show Night

Re-live and participate in some of television's classic game shows such as You Bet Your Life, Let's Make a Deal, and Beat the Clock. Win prizes as you say the "secret word" or get "Zonked" on Let's Make a Deal. Enjoy pizza and pop to keep your energy up to win prizes!!

Activity: 493443-A  
 Instructor: Bob Trzeciak  
 Location: Dance Room  
 Date: Friday  
 Date: September 8  
 Time: 5:30-8:30pm  
 Age: Adult/Mature Adult  
 Fee: R\$5/NR\$7  
 Min/Max: 20/75  
 Registration Deadline: Sept. 1



# 5th annual **CLASSiC** Car Show For A Cure



to benefit

## ST. JUDE CHILDREN'S RESEARCH HOSPITAL

Craft &  
Vendor Fair &  
Part Swap



## SATURDAY, SEPT. 9TH

sears park 123rd & Trumbull

LIVE MUSIC, FOOD, RAFFLE, 11AM -

VENDORS & KID'S ACTIVITIES 3:30PM

DASH PLAQUES & GOODIE BAGS FOR 100 CARS

TROPHIES IN ALL CATEGORIES

**\$10 Car/\$20 Vendor & Parts Swapper**

register at the Apollo Recreation Center 12521 S. Kostner Ave.  
CALL 708.389.1003 EXT. 327 OR EMAIL [DENISE@ALSIPPARKS.ORG](mailto:DENISE@ALSIPPARKS.ORG) FOR MORE INFO  
OR TO SPONSOR, DONATE OR VOLUNTEER!

**[WWW.ALSIPPARKS.ORG](http://WWW.ALSIPPARKS.ORG)**



### Adler After Dark

Adler After Dark is an extraordinary opportunity to see Adler Planetarium at night. This 21+ evening offers full access and admission to museum exhibits and galleries, unlimited sky shows in their 3 state-of-the-art theaters, special guests and lectures, stellar hands-on educational programs, access to the Doane Observatory (weather permitting), live entertainment, and the best view of the skyline from anywhere in Chicago! With themes that change every month, Adler After Dark is never the same event twice. You will be informed of the theme of this event when announced. Price includes, ticket, exhibits, galleries and special lectures, transportation, parking and chaperone.

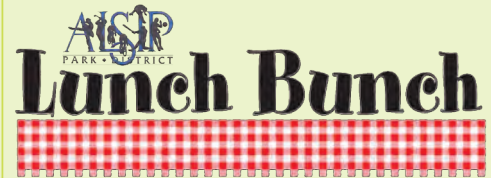
Activity: 483707-A  
 Depart: ARC/5:00 pm  
 Return: ARC/10:45 pm  
 Day: Thursday  
 Date: July 20  
 Age: Adult  
 Fee: R\$45/NR\$55  
 Min/Max: 8/14  
 Registration Deadline: July 13



### Lunch Bunch Goes Old School

Looking for an afternoon filled with new restaurants, food and friends? Then join our lunch bunch, get out of the house and leave the driving to us! Fee includes transportation and parking. Food and drinks are on your own. Try something new today! This seasons theme is iconic restaurants of Illinois. All three choices have been in business for 100+ years and still going strong. Years from now you'll say you were there!

Depart: ARC/11:00 am  
 Return: ARC/3:00 pm  
 Age: Adult  
 Fee: R\$10/NR\$12  
 Min/Max: 8/14



### The Pump Room

The Pump Room restaurant offers reasonably priced, delicious favorites in a relaxed, comfortable, and exciting environment. The new food concept was created by world-renowned chef and 2011 James Beard award winner Jean-Georges Vongerichten. Original Pump Room menu classics were reinvented and recreated by Jean-Georges providing his special touch and amazing style. He will support local purveyors, regional flavors and offer a "farm to table" experience. At night, the restaurant's bar transforms into a supper club recapturing the glamour of the 30's and 40's with a modern twist. Offerings include late night tapas style small plates as well as local, domestic and international draught and bottled beer; exotic, specialty cocktails by our own mixologist.

Activity: 483765-A  
 Day/Date: Friday, June 16  
 Registration Deadline: June 9

### Der Rathskeller

Covering four generations of continuous service, Der Rathskeller represents two families who have been providing good German food and drink to residents and visitors of Rockford alike since 1931. Delicious sandwiches for lunch and traditional family style German specialties for dinner. Their Biergarten offers an outdoor bar and dining experience perfect for Summer.

Activity: 483765-B  
 Day/Date: Friday, July 7  
 Registration Deadline: June 30

### The Village Tavern

The warm and friendly "pub" atmosphere of this classic restaurant attracts locals and tourists alike. Come see for yourself!

Activity: 483765-C  
 Depart: ARC/11:00 am  
 Return: ARC/3:00 pm  
 Day/Dates: Friday, August 18  
 Age: Adult  
 Fee: R\$10/NR\$12  
 Min/Max: 8/14  
 Registration Deadline: August 11

### 2017 Summer Brochure Cooperation

The Alsip Park District wishes to acknowledge the Doubletree/Hilton Hotel, Alsip, Hazelgreen and Oak Lawn School District #126 and Cook County School District #130 for enabling the park district to provide numerous year-round recreational activities. The park district is permitted to use school facilities when not being used by the schools. For this reason there may be occasional changes in the schedule.



**Real Housewives of Indiana****Amish Country Tour**

Forget reality TV and meet the Real Housewives of Amish Country. Get a first-hand look at a day in the life of Amish women. Learn how these women do household chores without electrical appliances and run their businesses without modern technology. Enjoy a cinnamon roll demo with Elaine. Visit Carolyn's home for a haystack lunch and a peanut butter crumb pie lesson. Chat with a basket weaver about her thriving business. Meet an Amish school teacher and find out how she manages her class in a one-room school. Everyone gets an after school treat too-a whoopee pie to take home. At the end of the day groups go home with a renewed respect for these women who live a simple life, yet they're anything but simple. Price includes transportation, tours, lunch, goodies throughout the day and some to take home!

Activity: 483685-A  
 Depart: ARC/7:30 am  
 Return: ARC/8:00 pm  
 Day: Wednesday  
 Date: August 9  
 Age: Adult  
 Fee: R\$95/NR\$115  
 Min/Max: 10/23  
 Registration Deadline: August 1

**Windy City Wine Festival**

Come and sample from more than 345 varieties of wine while you enjoy entertainment at Buckingham Fountain in downtown Chicago. Price includes souvenir wine glass, 12 wine tastings, one pint of beer at the festival, transportation, parking, admission, food and wine seminars and entertainment. You will also be able to purchase wine at a discount.

Activity: 483696-A  
 Depart: ARC/1:30 pm  
 Return: ARC/8:30 pm  
 Day/Date: Saturday, September 9  
 Age: Adult  
 Fee: R\$55/NR\$65  
 Min/Max: 8/14  
 Registration Deadline: Sept. 1

**Medieval Times & Tournament**

Enjoy a four course meal and beverage as we experience a 2 hour medieval jousting tournament complete with six competing Knights, real weapons, beautiful horses and live flight of the royal falcon. This is sure to be a "Knight" you will never forget! Price includes transportation, four course meal, beverage and two hour show.

Activity: 485700-A  
 Depart: ARC/6:00 pm  
 Return: ARC/11:00 pm  
 Day: Friday  
 Date: August 11  
 Age: Adult  
 Fee: R\$72/NR\$92  
 Min/Max: 8/23  
 Registration Deadline: August 4

**Four Winds Casino & Lunch**

Take a trip and try your luck as the Alsip Park District ventures to the Four Winds Casino in New Buffalo, MI. Let's spend the day in gambling ecstasy and when we get hungry stop at the buffet to recharge! Price includes transportation and buffet.

Activity: 483709-A  
 Depart: ARC/10:00 am  
 Return: ARC/4:00 pm  
 Day: Wednesday  
 Date: September 6  
 Age: Adult  
 Fee: R\$29/NR\$45  
 Min/Max: 10/23

**Did you know?**

The Alsip Park District is a separate municipal governing agency established for the purpose of providing parks, facilities and recreational programs for the community. If you have any questions regarding any of our programs, parks or facilities, please feel free to contact our Main Office at 708-389-1003.

**Shakespeare in the Park-****A Midsummer Night's Dream**

What better way to celebrate ISF's 40th season than with a magical, musical, and imaginative interpretation of this Shakespeare favorite. Our family friendly production of this universal comedy follows four young lovers into an enchanted forest for an unforgettable journey of trickery, laughter, and love. Featured in this production is a musical Puck, whose original score is sure to cast a spell on you! Join the Alsip Park District for a lovely evening of Shakespeare at the Ewing Cultural Center's outdoor theater in Normal, IL. Price includes transportation, parking and theater seat. Food, snacks and drinks available for purchase.

Activity: 483686-A  
 Depart: ARC/5:30 pm  
 Return: ARC/12:30 am  
 Day: Saturday  
 Date: July 22  
 Age: Adult  
 Fee: R\$75/NR\$85  
 Min/Max: 10/23  
 Registration Deadline: July 14

The registration deadline is one week prior to the start of each class unless otherwise noted.



#### BOARD OF DIRECTORS

Jeannette Huber	Alsip Park District
Tom Wogan	Blue Island Park District
Brenda Dziallo	Village of Merrionette Park
Dominic Egizio	Midlothian Park District
Mike Leonard	Palos Heights Recreation Department
TJ Whitcomb	Posen Park District
Bob O'Shaughnessy	Worth Park District

#### SWSRA ADMINISTRATIVE STAFF

Lori Chesna, CPRP	Executive Director
Dawn Kehoe	Business Manager
Susan Vinyard, CTRS	Superintendent of Recreation
Jessica McNeilly	Recreation Specialist
Paula Marr	Volunteer/PR Coordinator
Rae Woodard	Office Clerk
John Bedore	Vehicle & Facilities Coordinator

Alsip Park District has a cooperative agreement with South West Special Recreation Association (SWSRA) to provide recreation choices for people with disabilities.

#### WE ARE SPECIAL....

SWSRA is a special recreation cooperative comprised of the following communities: Alsip, Blue Island, Merrionette Park, Midlothian, Palos Heights, Posen, and Worth. SWSRA was formed in 1981 to provide year-round quality recreation programs and services for individuals with disabilities or special needs. SWSRA programs are designed to increase independence and enhance the quality of life for each individual.



#### Main Office

12521 S. Kostner Ave. • Alsip, IL 60803

Tel. 708-389-9423 • Fax 708-389-6458

Office Hours: Monday-Friday 9:00 am-5:00 pm

[www.swsra.com](http://www.swsra.com)



**SWSRA** provides a wide variety of programs available for individuals from early childhood through adulthood. The programs are designed to meet the individual recreation needs of any person who is in special education classes, participates in a sheltered workshop, is referred to SWSRA from a local hospital or rehabilitation center, or who's special needs restrict or prohibit their participation in traditional park district setting. This would include individuals who have varying degrees of physical or mental disabilities, learning disabilities, behavior disorders, attention deficit disorders, hearing or visual impairments.

#### WE OFFER...

SWSRA offers a wide variety of programs, sports (including participation in Special Olympics Illinois), special events, trips and summer camps. Participants of SWSRA not only have fun, but also make friends, increase physical activity, enjoy new experiences and refine their social and life skills.

#### INCLUSION...

Some people with disabilities prefer to have recreation opportunities in traditional recreation programs with people who do not have disabilities. To meet this need, SWSRA provides training, support staff and assistance to partner park districts and local recreation departments so inclusive recreation can be enjoyed by all! For more information, please contact SWSRA at (708) 389-9423 or visit us on the web at [www.swsra.com](http://www.swsra.com).

The registration deadline is one week prior to the start of each class unless otherwise noted.



## SWSRA's Sensory Depot

SWSRA opened a Sensory Room in January 2017 that provides children and adults with disabilities we serve with a multi-sensory environment that promotes neurological activity and encourages relaxation, allowing participants to experience their senses and soothe themselves. Multi-sensory environments promote development, learning, and communication and lead to improved quality of life. Time spent in a multi-sensory environment has been shown to increase concentration; to focus attention; to improve alertness, mobility, creativity, social relations, communications, and general awareness of the surrounding world; and to encourage learning, motor development, cognitive development, language, and social interaction skills. Our Sensory Room will be available to individuals of all ages and all abilities.

However, the Sensory Room will be particularly beneficial for individuals with autism spectrum disorders, sensory processing disorders, ADHD, and dementia.

**SWSRA's Sensory Room** will consist of equipment that provides sensory stimulation opportunities. The following sensory stimulation elements are examples that will be part of our Sensory Room:

- **Bubble Tube:** Bubble tubes allow clients to seek visual stimulation with the coloring changing light and the calming effect of the bubbled water.
- **Side Sparkle Kit:** 78" length tendrils allow participants to play in a safe way with light and explore tactile stimulation with the tendrils in a ground stimulation activity. This item is especially ideal for clients who utilize wheelchairs as the "mat relaxation time" allows muscles to be stretched as stimulus to other body parts are provided by the tendrils and rotating color lights.
- **Activity PlayPanel Center:** Panels feature a variety of fine motor options for clients. The Activity PlayPanel Center includes velcro, see-thru mesh, transparent vinyl, and art display panels.



- **POD Pillows:** Allows relaxation of the body in a comfortable pillow-seat that has a higher elevation of support for clients with less muscle control.
- **Octagon Rest Zone:** Series of interconnected mats that provide rim support for clients to allow group social relaxation time or support for individuals with limited muscle tone.

Parents, guardians, and staff are welcome to stay in the program room while the participant uses the sensory room supervised by SWSRA staff.

Sessions are 30 minutes each and you may drop in at any time during the allotted reservation time, however the last session must arrive 30 minutes prior to the end time. SWSRA staff close the room at each designated end time without exceptions.

Registration is required through the SWSRA office located at 12521 S. Kostner Ave., Alsip IL.

Payments will not be accepted at the Sensory Depot. The Sensory Depot is located at 10707 S. Oak Park Ave., Worth IL. The doors will remain locked to the building until 5 minutes prior to the session beginning.

Help SWSRA buy new sensory items for the Sensory Depot by visiting and sharing the following link: <https://www.gofundme.com/2c5wm44>



The registration deadline is one week prior to the start of each class unless otherwise noted.

## Check out Our NEW Birthday Parties for children ages 3-10!

We have revamped and expanded our birthday parties to include even more excitement and fun! Stop by the Apollo Recreation Center for the all the details! Here is a quick highlight of each party. All parties are 2 hours in length and include cupcakes and ice cream, party favors and prizes for games for **12 children**. Additional children are charged **a fee of \$15.00 each a maximum of 15 children are allowed at the party** and final counts are due 1 week before the date of the party, **No additional food may be brought into the party** and we require at least a 2 week notice for parties. You can add on the fun with crafts and balloon centerpieces. We can create a party to fit any theme and we will create a custom package just for you! Stop by the Main Office and complete a Birthday Party request form to begin the process! For additional information, Call Laurie at 708-389-1003 ext. 329.



### Bouncy Jumpy Party:

**RS\$250/NR\$280**

We are so excited to offer this option in our Birthday Party packages! You can choose between the “Bouncy House” and the “Sports Theme Jumpy.” Party guests will spend a supervised hour bouncing and jumping, then go to the party room for refreshments, games and present opening.

### Pirate Party or Pink Pirate Party:

**RS\$220/NR\$240**

We will enjoy cake and ice cream as we search for gold on a treasure hunt, X marks the spot! All the kids will receive a treasure chest filled with gifts worthy of a captain. Games such as pirate patch and walk the plank will be played.

### Gymnastics Party:

**RS\$220/NR\$240**

Have fun in the Gymnastics room. You can choose an Open Gym where one of our Gymnastics instructors will supervise your party guests, or an instructional party where the instructor will demonstrate and lead the party child and guests on the equipment. After the party guests are finished in the Gymnastics room, they will be led to a decorated room to enjoy cake and ice cream and receive a treat bag.

### Sports Galore (Favorite Sport \_\_\_\_\_):

**RS\$220/NR\$240**

The party favors and decorations will go with the Party goers favorite sport, so be sure to jot it down on the form. The birthday person and his/her guests will compete in skills competitions; have relay races and other sports themed games for prizes. Some activities may be held outdoors or in our gymnasiums, space permitting.

### Dress-Up Birthday Party:

**RS\$220/NR\$240**

Dress-Up Theme is: \_\_\_\_\_

Police Officer, Princess, Ballerina, Baseball Player? Let us and your guests know, so they can come in costume. All decorations, party favors and activities will coordinate with the dress-up theme.

### Rock Star Party:

**RS\$220/NR\$240**

Musical themed decorations and party favors will the set the stage for this party. Guests will play games such as musical chairs, freeze dance and how about some karaoke?

**Note:** You may add the “Bounce House” or “Sports Theme” Jumpy and an extra 30 minutes, to any package for an additional \$50.00 fee.

### Minimum/Maximum

When you see the words “Min/Max” under a program it refers to the minimum number of participants needed for the program to run and the maximum number of participants that the program can accommodate.



## Did you know?

The Alsip Park District is a separate municipal governing agency established for the purpose of providing parks, facilities and recreational programs for the community. If you have any questions regarding any of our programs, parks or facilities, please feel free to contact our Main Office at 708-389-1003.



Sears Park Picnic Shelter

### Picnic/Shelter Rental

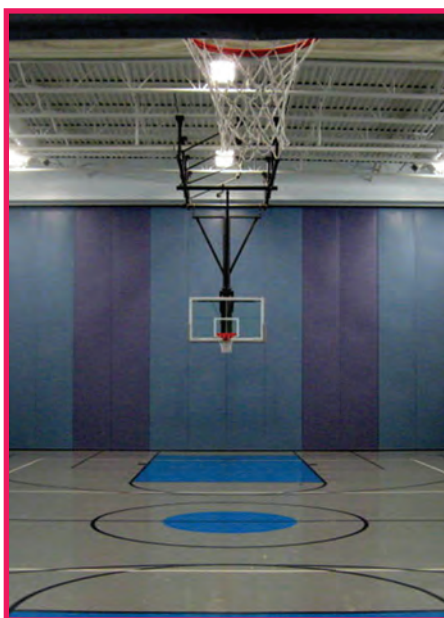
The Alsip Park District is eager to inform you that several of our shelters in our parks throughout the community are for rent. Each shelter may only be rented once a weekend, either Saturday or Sunday. No alcoholic beverages, animals, open fires (except in permanent park district grills), DJ's or glass containers are allowed and renter is responsible for all guests, liabilities and damages. Renter and guest must clean and vacate the premise by dusk, failure to do so will result in forfeit of their deposit. Renters must include set up and take down time in the time on the contract. Note: For cancellations the Alsip Park District must be notified two weeks prior to the rental or a forfeit of the renter's deposit will occur. Rental on Saturday and Sunday Only.

- Apollo Park (50 person capacity)
- Barnes Park (25 person capacity)
- Laramie Park (25 person capacity)
- Sears Park (60 person capacity)\*
- \$50 Cash Deposit Required
- Fee
- Residents-\$100 per 5 hour rental
- Non-Residents-\$150 per 5 hour rental
- \* \$25 Cash Fee for Bathrooms

### ARC-Gymnasium Rental

The small gymnasium, located in the Apollo Recreation Center is for rent on Saturday and Sunday. This gymnasium can be used to play volleyball or basketball; no spectators allowed. A minimum two-hour rental required for gymnasium. All rentals must be completed including clean up with their rental by 8:00 pm. Renters must include set up and take down time in the time on the contract. No alcoholic beverages or D.J.s allowed and renter is responsible for all guests, liabilities and damages. **Note:** For cancellations the Alsip Park District must be notified two weeks prior to the rental or a forfeit of the renter's deposit will occur. Rental on Saturday and Sunday Only

- 25 person capacity
- \$50 Cash Deposit Required
- Fee (minimum of 2 hours)
- Residents-\$50 an hour
- Non-Residents-\$75 an hour



Small Gymnasium



Dance Room Capacity: 60 people

### ARC-Dance Room

The Alsip Park District offers a party room for rent in the Apollo Recreation Center. The Dance Room is ideal for a party or family function. This rental includes set-up and take down of tables and chairs, full use of the kitchen (additional deposit of \$50). This room is used for all of our special events and has a comfortable feel for your next birthday party, baby or bridal shower or family get together. You will not be disappointed. All rentals must be completed including clean up with their rental by 8:00 pm. Renters must include set up and take down time in the time on the contract. No alcoholic beverages or D.J.s allowed and renter is responsible for all guests, liabilities and damages.

**Note:** For cancellations the Alsip Park District must be notified two weeks prior to the rental or a forfeit of the renter's deposit will occur. Rental on Saturday and Sunday Only

- 60 person capacity
- Dimensions 35 x 40 feet
- \$20 for Coffee Service
- \$50 Cash Deposit Required
- Fee (minimum of 3 hours)
- Resident-\$25 per hour
- Non-Resident-\$50 per hour

The registration deadline is one week prior to the start of each class unless otherwise noted.

## Register Now

### 1. Online Registration

Visit [www.alsiparks.org](http://www.alsiparks.org), select registration, select online registration. For first time users of the system, you will have to set-up an account. This can be done by selecting the "Create Account Tab". Setting up a new account will only take a few minutes and is only required for the first time you use the system. The online registration system provides many handy features that are designed to make registration easier.



### 2. Mail-In

Complete the registration form in the brochure. The form must be filled out completely in order to be processed. Payments may be made by check or credit card. Checks should be made payable to the Alsip Park District. If paying by credit card, include your complete credit card number, card holder name, expiration date and signature. **Note:** Make sure you sign the waiver on the registration form.



Mail to: Alsip Park District  
12521 South Kostner  
Alsip, Illinois 60803  
Attn: Registration

### 3. Fax

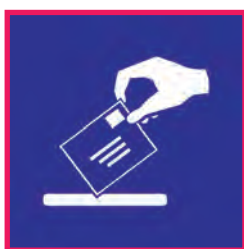
Complete the registration form in the brochure. The form must be filled out completely in order to be processed. All faxed registrations must be paid with a credit card. Be sure to include our complete credit card number, card holder name, expiration date and signature. **Note:** Make sure you sign the waiver on the registration form.



Fax to: 708-389-1529

### 4. Drop-Off

Complete the registration form in the brochure and/or complete a registration form at the Apollo Recreation Center. The form must be filled out completely in order to be processed. Place the completed registration form inside the mailbox located outside the front entrance of the Apollo Recreation Center or drop it off at the Registration Desk during regular business hours. **Note:** Make sure you sign the waiver on the registration form.



Drop-off at: Alsip Park District  
12521 South Kostner  
Alsip, Illinois 60803  
Attn: Registration

## REGISTRATION PROCESSING BEGINS

RESIDENTS: May 22, 2017

NON-RESIDENTS: May 29, 2017

## REGISTRATION PROCESS:

- **REGISTRATION WILL BEGIN UPON RECEIPT OF YOUR BROCHURE.** You simply complete a registration form and return it to the Alsip Park District Registration Department and we will mail you a confirmation receipt once your registration has been processed. Program registrations will begin to be processed for residents on May 22 and for non residents on May 29.
- Walk-In registration may be taken after the initial lottery registration period.
- All program registration is done on a lottery basis.



# Alsip Park District

Family Name \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_ Work Phone(\_\_\_\_) \_\_\_\_\_ Emergency Phone(\_\_\_\_) \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Relationship to Family \_\_\_\_\_  
 Do you have any special needs or require any accommodations? \_\_\_\_\_

First Name	Gender	Date of Birth	Grade	Activity #	Session #	Program Title	Day/Time	Location	Fee
								Total Paid	\$

FAX TO: 708-389-1529  
 MAIL TO: Alsip Park District  
 12521 S. Kostner  
 Alsip, Illinois 60803

Visa \_\_\_\_\_ Mastercard \_\_\_\_\_ Discover \_\_\_\_\_  
 Cardholder # \_\_\_\_\_  
 Cardholder Name \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Amount Charged \_\_\_\_\_  
 Authorized Signature \_\_\_\_\_

Are you interested in being a volunteer coach for one of our Youth Sport Programs? Yes ☐ No ☐

For Office Use Only  
 \_\_\_\_\_ Cash \_\_\_\_\_ Check \_\_\_\_\_ Charge \_\_\_\_\_  
 Date Rec'd \_\_\_\_\_ Check # \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Participant Shirt Size \_\_\_\_\_

## IMPORTANT INFORMATION

The Alsip Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of the participants in high regard. The Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for any program or activity must recognize that there is an inherent risk of injury when choosing to participate in any recreational activity.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. Always advisable, especially if the participant is pregnant, disabled in any way or has suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

## WARNING OF RISK

Recreational activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or other officiating, and other risks inherent to the particular activity. In this regard, it is impossible for the Park District to guarantee absolute safety.

## WAIVER AND RELEASE OF ALL CLAIMS AND PHOTO/VIDEO AUTHORIZATION

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all claims for injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my minor child/ward) as a result of participating in this program/activity against the Alsip Park District, including its officials, agents, volunteers and employees.

I further authorize and give my consent to the Alsip Park District to photograph/video my child (or me), and without limitation, to use such photographs/videos in connection with promoting the services, programs, and facilities of the Alsip Park District, without consideration of any kind.

**I have read and fully understand the above important information, warning of risk, waiver and release of all claims, and photo/video authorization. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.**



PLEASE PRINT

Participant's Name \_\_\_\_\_



Participant's Signature \_\_\_\_\_

Date \_\_\_\_\_

(18 years or older or Parent/Guardian)

## PARTICIPATION WILL BE DENIED

If the signature of adult or parent/guardian and date are not on this waiver.

The registration deadline is one week prior to the start of each class unless otherwise noted.



## REFUND POLICY

Individuals submitting a request for a refund for a program will be eligible to receive a refund provided the request meets one of the criteria below:

- Individual must complete a refund application at the Apollo Recreation Center prior to two classes of the program session.
- No other refunds will be given after two classes of the program session have expired.

For various one day seminars, trips or special events a refund will be given if the following criterion occurs:

- Individual must complete a refund application at the Apollo Recreation Center one week prior to the seminar, trip or special event.
- There is a \$50 non-refundable processing fee for Day Camp and Teen Camp.

A processing fee of \$3.00 is deducted from all refunds with the exception of programs cancelled by the Alsip Park District.

Individuals enrolled in programs, special events or trips that are cancelled by the Alsip Park District will be given a 100% refund and a processing fee will not be assessed.

The Alsip Park District accepts Visa, Mastercard American Express and Discover for credit card payments. Sorry, no telephone registrations.

A \$25.00 fee is charged on all NSF checks. All future registrations must be paid by cash, certified check or money order. Payment is due at the time of registration, unless otherwise noted.

## PROGRAM CONFIRMATION

A confirmation/receipt will be sent to you in the mail once your registration has been processed. If it states “ENROLLED” you are enrolled in the program. If it states “W-List”, you are on the waiting list for the program. You will be notified of waiting lists status changes. We encourage you to place your name on a waiting list. If the program you desire is full, additional sessions will be opened if possible.

## MINIMUM/MAXIMUM

When you see the words “Min./Max.” under a program it refers to the minimum number of participants needed for the program to run and the maximum number of participants that the program can accommodate.

## REGISTRATION DEADLINE

Our programs need to meet the minimum number of enrollments by the registration deadline in order for the program to become active. It is important that you register by the registration deadline that is listed with each program to ensure that you are enrolled in the program, (if space is still available). After the registration deadline, registration may not be able to be taken. If we do not meet the minimum number of participants the program may be cancelled.



Main Office Registration Desk

The registration deadline is one week prior to the start of each class unless otherwise noted.



## Gymnasium

Located inside the Apollo Recreation Center is a gymnasium that is left open for you to use for "open gym". This facility is open for your use at periodic times during the week when park district activities are not in session. Children under the age of 8 must be accompanied by a valid, card carrying member 16 years and older who must provide supervision for the youth(s) inside the gymnasium. Basketballs are available for use with a valid facility pass. Gym shoes must be worn at all times. No dark sole running/jogging shoes allowed! No food or drinks allowed in the gymnasium. Hours are subject to change during days of special events or circumstances.

## Americans with Disabilities Act (ADA)

The Americans with Disabilities Act of 1991 (Public Law 101-306) was adopted by congress for the purpose of eliminating discrimination against individuals with disabilities. The Alsip Park District makes every effort necessary to comply with the Americans with Disabilities Act (ADA). We will not discriminate against qualified individuals with a disability for participation in services, programs and services. The Alsip Park District invites any individual with special needs to notify our staff upon registration so that we may better serve you. Additional programs for people with disabilities are offered through the Southwest Special Recreation Association (SWSRA). For additional information, please contact SWSRA at 708-389-9423.



## Park Watch

We need your help in keeping our parks safe, clean and FREE of vandalism. If you find broken equipment or have any other safety concerns about our park sites or facilities, please contact our Main Office at 708-389-1003. If you see vandalism occurring in the parks, please contact the Alsip Police Department by calling 708-385-6902. The park district is committed to providing a safe place for recreational activities and prefer to enhance the quality of our parks rather than replace vandalized equipment. Thank You for your support in our efforts to provide the residents of the Alsip Park District with quality park sites and facilities.

The Apollo Recreation Center Gymnasium is available for "open gym". The facility is open for your use at periodic times during the week when park district activities are not in session. Children under the age of 8 must be accompanied by a valid, card carrying member 16 years and older who must provide supervision for the youth(s) inside the gymnasium. Basketballs are available for use with a valid facility pass. **Gym shoes must be worn at all times.**



## General Membership Information

1. All Facility Pass registrations take place at the Apollo Recreation Center during regular office hours. Proof of residency is required. One must be a picture I.D. and one current Alsip utility bill. Children should have a school I.D. and must be accompanied by a parent or legal guardian, who must show proper identification.
2. All facility pass members must have a photo I.D., taken at the Apollo Recreation Center.
3. Bring your Facility Pass when registering! Your pass will then be re-validated for the 2017 season.
4. Daily Passes may be purchased with a valid ID for a cost of \$5 per visit for residents and \$10 per visit for non-residents.
5. The fee to replace a Facility Pass is \$20 for adults 18 & over, and \$10 for ages 8-17.
6. You must present a valid Facility Pass or Daily Pass before entering the Gymnasium/Fitness Center/Women's Circuit Center. No exceptions will be made!!!
7. There are no refunds on memberships.

## Gymnasium Facility Pass Fees

Youth (8 years to 17 years).....	R\$30/NR\$60
Adult (18 years and older).....	R\$75/NR\$150
Corporate Rates .....	R\$95 per employee
(Individuals not to exceed 30 employees per corporation)	
Daily Fee:.....	\$5/NR\$10

The registration deadline is one week prior to the start of each class unless otherwise noted.

## Nothing ruins a good program quicker...

than waiting until the last minute to register for it. There is a point where if the minimum number of participants is not met to hold the program, it will be cancelled. Registering on the day of or the day before the program will not save it. Please register five business days before the program/event to avoid disappointment. Classes may be combined and times modified to facilitate better programs. Receipts are mailed to those enrolled.

## Waiting Lists

Since all our programs have registration limits we cannot guarantee your choice of enrollment in them. The Alsip Park District maintains waiting lists for programs that have reached their maximum registration. Placement on a waiting list is encouraged. Individuals placed on a waiting list will be contacted if any additional program space becomes available.

## Oops! - Brochure Typos/Errors

Though we try our best, due to the large amount of information available in the Alsip Park District Program Guide, errors after publication may occur. We apologize for any inconvenience this may cause, and when errors do occur, our staff will advise you of the changes as quickly as possible. We will also attempt to keep information on our website, [www.alsipparks.org](http://www.alsipparks.org) as current as possible. Thank you for your patience and understanding.

## Special Accommodations

Special Accommodation Services are provided through the inclusion services of the South West Special Recreation Association (SWSRA). Requests for this service should be made a minimum of 2 weeks before the start date of any program during the registration process.

## Say Cheese

Our Park District photographers periodically take pictures and/or videos of participants in our classes, during special events and out at our facilities and parks. Please be aware that these photos are for Park District use and may be used in the District's marketing materials. You must give us written permission if you or your family members do not want to be photographed or published.

## Residency

Residency of the Alsip Park District is defined by financial contributions through property taxes for the operation of the park district. Boundaries of the Alsip Park District and the Village of Alsip are not exactly the same. If you are uncertain whether you qualify as an Alsip Park District resident, please check your current property tax bill. Proof of residency in the form of a picture I.D. and current tax bill or utility bill may be required during program registration. Alsip Park District residents are given first priority for program registration.

## Program Limitations

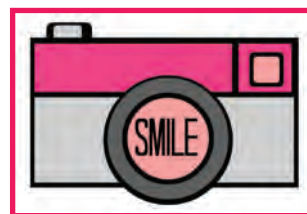
Each program at the Alsip Park District has an established minimum and maximum number of possible registrants. These numbers are set to guarantee the highest quality program we can offer. The facility, student/teacher ratio and the nature of the program considered when setting program registration minimums and maximums. Programs that do not meet the minimum number of registrants may be cancelled. Please refer to the "*Program Cancellation*" section for additional information. Program instructors are not allowed to accept any registrant beyond the established maximum without authorization by their immediate athletic or recreation supervisor.

## Important Class Cancellation Information

Program supervisors begin reviewing class enrollment and canceling classes that do not meet minimum enrollment approximately **ONE WEEK (five business days)**, prior to the start date. It is extremely important that you try to register for class choices no later than one week before they begin. All participants registered in cancelled programs will be notified by the Alsip Park District staff and will receive a full refund.

## Payment/Pro-rating

Participants will not be registered for programs without payment. Program fees will not be pro-rated for late enrollment.



The registration deadline is one week prior to the start of each class unless otherwise noted.



**ALSIP**  
**MON & TUES • JUNE 5 & 6**  
**4:30 & 7:30PM EACH DAY**  
**Swap-O-Rama • 4350 W. 129<sup>th</sup> St.**  
**Sponsored by: Alsip Park District**



**CARSON & BARNES**  
**CIRCUS SAURUS**

**2017  
WORLD  
DEBUT**

**DISCOUNTED TICKETS  
AVAILABLE ONLINE NOW!**

**580-743-7292**  
**www.bigtopshow.com**

SPOTLIGHT GRAPHICS - SARASOTA, FL

The registration deadline is one week prior to the start of each class unless otherwise noted.

www.alsipparks.org • 708-389-1003 65



# Sponsor Partnership Program

## Become a Partner in Providing Recreational Activities and Creating Lasting Memories

The Alsip Park District has established several partnerships with a variety of organizations and businesses in and outside our community. These partnerships have helped to provide additional financial, in-kind or volunteer resources allowing us to continue to meet the needs of the community. The Alsip Park District prides itself in providing recreation and leisure services for families, adults, youth and senior populations of Alsip and the surrounding communities.

Your company or organization can make a meaningful and lasting impact on the quality of life in the community by partnering with the Alsip Park District as we market our programs and services to the community.

### Two Ways to Advertise Your Business:

#### 1. Seasonal Brochure Business Index

The Seasonal Brochure Business Index is a special advertising section for businesses to advertise in the Alsip Park District's Seasonal Brochure. The Alsip Park District quarterly program guide is hand delivered to 7,500 homes in Alsip, with an additional 500 copies available for pick-up throughout park district facilities and the community. It is a great and cost effective way to stretch your advertising and sponsor dollars and get your name out to the residents of Alsip and surrounding communities. These program guides are used as a household reference guide with a shelf-life of up to three months. Take advantage of the opportunity for your company's message to be included in a publication that reaches all Alsip residents four times per year.

#### 2. Special Event/Program Partnership

Each year we look for partnerships through monetary, in-kind and voluntary resources to help support our Special Events and Programs. These partnerships make it possible for the Alsip Park District to provide top-quality special events and family activities. Some of our major Special Events include Fun Fest, All Hallow's Eve Carnival, Trick or Trunk, Santa's Landing, Annual Easter Egg Hunt, Breakfast with the Easter Bunny and many more. Sponsors are named in all promotional and marketing materials surrounding each event/program, including signs, fliers and announcements at the event.



2016 Fun Fest



2016 Fun Fest

The Alsip Park District reserves the right to refuse ads based on appropriateness and competition with our programs. The Alsip Park District has a variety of opportunities available throughout the year.



# General Information

## Alsip Park District Board of Commissioners

The Park Board is composed of five non-paid individuals selected by you to serve elected terms. The Board is primarily a policy-making body that reflects the needs and interest of all taxpayers. The Board of Commissioners meets on the fourth Monday of each month at the Apollo Recreation Center, 12521 South Kostner at 6:30 pm. The public is welcome to attend.



### Board of Commissioners

Pictured left to right, Kathleen Perretta, Jerri-Lynn Kleina, Jackie Becker, Joseph Schmitt, and Robert Schneider

### Apollo Recreation Center

**12521 S. Kostner Avenue**

**Alsip, Illinois 60803**

**Tel. 708-389-1003 Fax 708-389-1529**

**Web Address: [www.alsipparks.org](http://www.alsipparks.org)**

### Registration Office Hours

Monday.....8:30 am-8:30 pm  
Tuesday-Friday..... 8:30 am-5:30 pm  
Saturday..... 9:00 am-1:00 pm  
Sunday.....Closed



### Meet the Staff

Jeannette Huber, CPRP	Director of Parks & Recreation
Greg Hooper, CPRP	Superintendent of Recreation
Cathy Krydynski	Business Manager
Daren McLaughlin	Superintendent of Parks
Dale Durnin	Park Foreman
James Parrott	Park Laborer
Mike DeChene, CPSI	Park Laborer
Richard Gottardo	Fountain Hills Golf Club Manager
Danielle Peso Companio	Food & Beverage Manager
Leslie Guerrero, A.C.E., CPO	Aquatic/& Fitness Manager
Will Misiewicz	Athletic Supervisor
Denise Michalski, CPP	Recreation Supervisor
Laurie Nissen	Recreation Supervisor
Donna Smith	Office Manager
Brian McLaughlin, CPRP, CPP	Public Information and Safety Manager



## Plant a Living Tree Memorial

The Alsip Park District is proud to offer this program that will allow Alsip Residents the opportunity to honor and/or memorialize relatives and/or friends with the planting of a tree in one of the Alsip Park District Parks.

To become involved in this tree program, you will make a contribution to cover the cost of purchasing a tree that you choose from a list of authorized trees that the park district has approved. The minimum size of trees shall be two inches in caliper. For purchasing a tree, a donor will have the opportunity to assist the park district in selecting the site where the tree will be planted and you will receive a letter acknowledging the donation.

For more information on our "Plant a Living Tree Memorial" program, please contact our Main Office at 708-389-1003 or e-mail us at [mainoffice@alsipparks.org](mailto:mainoffice@alsipparks.org)

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


# Parks and Facilities

	VOLLEYBALL COURT	PICNIC AREA	FITNESS CENTER	PLAYGROUNDS	TOT LOT	BALL DIAMONDS	BASKETBALL COURT	FOOTBALL FIELD	TENNIS COURTS	GOLF COURSE	BANQUET FACILITY	RESTAURANT	WALKING/BIKE PATH	CONCESSION STAND	INFINITY WEB	SKATE PARK
1	Apollo Recreation Center 12521 South Kostner	3 *	+	+	+			2 *		2				+		
2	Sprayfari Aquatic Park & Pool 11930 South Kostner		+			+									+	
3	Austin View Park Route 83 & Austin Ave.				+	+				2 L				+		
4	Barnes Park 117th & Kolin Ave.		+		+	+	+									
5	Bicycle/Walking Path 116th Street-127th Street													+		
6	Creeside Park 113th & Lamon Avenue				+											
7	Commissioners Park 12600 Kedzie Avenue	2 L	+		+	+	4 L						+	+	+	
8	Fountain Hills Golf Club 12601 Kedzie Avenue										30 L	+				
9	Freedom Park 131st & Cicero		+		+	+										
10	Ketelaar Tot Lot 124th & Walter Lane					+										
11	Kiwanis Park 122nd & Laramie												+			
12	LaCrosse Tot Lot Engle Rd. & LaCrosse Ave.					+		1								
13	Laramie Park 120th & Laramie Avenue		+		+	+	1	1								
14	Mary J. Lynch Skate Park 119th Pl. & Kostner Ave.		+												+	+
15	Pokey Oaks 123rd & Laverne Ave.					+										
16	Prairie Ball Diamonds 11910 S. Kostner Avenue						4									
17	Prairie View Park Termunde Dr. & Tripp Ave.				+											
18	Progress Park 122nd & Springfield				+											
19	Ronnetree Park 127th Pl. & Kenneth Ave.				+											
20	Sears Park 123rd & Trumbull Ave.		+		+	+	1		1L				1L	+F		
21	Wilkins Park Blossom Drive				+	+		1								

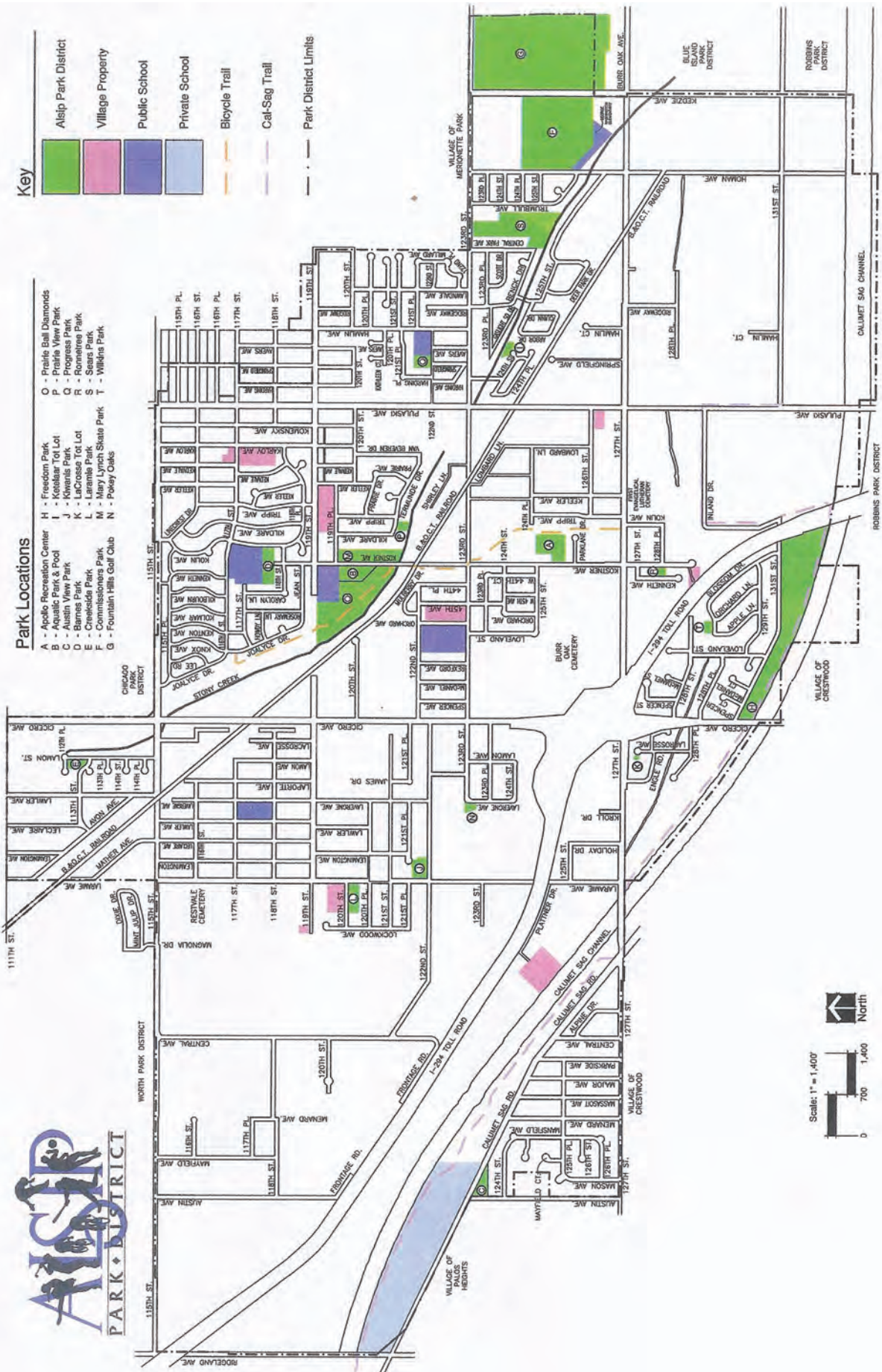
\* = indoor      L = lighted      + = equipment located at park site

F = Outdoor Fitness Stations located at park site

 = 9 holes

Note: Parks with lighted fields and/or courts close at 11:00 pm. All other parks close at dusk.  
All parks open at dawn. No alcohol or open fires allowed on park district property.





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# Parks & Facilities



Apollo Recreation Center



Aquatic Park



Austin View Park



Barnes Park



Bicycle/Walking Path



Creekside Park



Commissioners Park



Fountain Hills Golf Club



Freedom Park



Ketelaar Park Tot Lot



Kiwanis Park



Lacrosse Tot Lot



Laramie Park



Mary J. Lynch Skate Park



Pokey Oaks



Prairie View Park



Progress Park



Ronnetree Park



Sears Park



Wilkens Park