



Alsip

Park District

WINTER 2019

REGISTRATION DATES

RESIDENT Nov. 19

NON-RESIDENT Nov. 26

www.alsipparks.org

708-389-1003



SWSRA

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

Visit us at www.swsra.com or call 708.359.9423
for more information. 12521 S. Hostler Avenue

what's happening

at the Alsip Park District...

The Alsip Park District has submitted a grant for the redevelopment of Laramie Park. If we are successful with the grant, improvements would contain recreation opportunities for all ages including a handicap accessible playground, a splash pad, a fitness area, a picnic shelter, a free play court, a baseball field, a soccer station, a walk/bike path and a 15 space off street parking lot. Landscape improvements will include a rain garden with interpretive signage, as well as native trees, shrubs and perennials. We will keep you updated on the status of this grant application.



Winter may be upon us but the dog days of summer are already on our mind. Don't miss out on your opportunity to purchase an early bird pool pass for the 2019 Aquatic Season! You can

purchase your pool pass for the 2019 season beginning December 3, 2018. We have extended the deadline on early bird passes this coming season and will now end February 15, 2019.

Family of Four or more	\$95
Additional child	\$16.50
Single Adult	\$58
Senior	\$51
Family of 2-3	\$71
Single Youth	\$58
Caretaker	\$32

We are pleased to introduce the Healthy Minds Healthy Bodies Program at the Alsip Park District. This is a partnership program that we are offering together with South West Special Recreation Association (SWSRA). If you are a disabled Veteran or know a disabled Veteran please contact Greg Hooper, Superintendent of Recreation at 708-389-1003 x306 or ghooper@alsiparks.org for more information.



Coming soon! We are working on final placement of each disc golf station to be placed on the north path and near the ballfields. This is the first unveil of our logo for this new amenity. Thank you to all those who submitted names. Stay tuned.



Remember to "Discover Something New" at the Alsip Park District

Welcome to the Alsip Park District

Program Locations



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

Monday8:30 am-8:30 pm
Tuesday-Friday8:30 am-5:30 pm
Saturday9:00 am-1:00 pm
Sunday.....Closed

Winter Registration Dates

Resident Begins.....Nov. 19
Non-Resident BeginsNov. 26
Programs BeginDec. 10

**Unless otherwise stated the
Registration Deadline is one week
before the start of each session.**

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
Hazeltree 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 &
facilities, while offering programs in the
areas of education, social involvement &
recreation in a clean, safe environment
for individuals of all ages.

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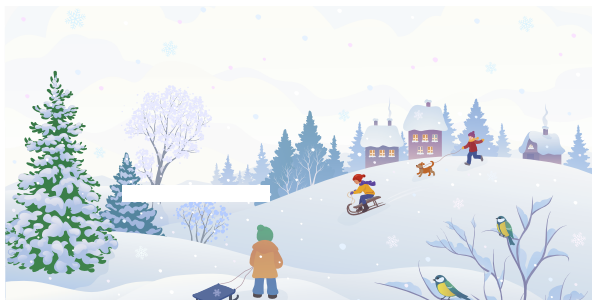
The Apollo Recreation Center Holiday Hours

Holiday/Date	Women's CC	Fitness Ctr	Gymnasium	Main Office
Christmas Eve, Dec. 24	8am-2pm	8am-3pm	6am-3pm	8:30am - 1pm
Christmas Day, Dec. 25	Closed	Closed	Closed	Closed
New Year's Eve	8am-2pm	6am-6pm	9am-6pm	8:30am-6pm
New Year's Day	Closed	Closed	Closed	Closed
Good Friday Apr. 19	8am-2pm	6am-3pm	9am-3pm	8:30am - 3pm
Easter, Apr. 21	Closed	Closed	Closed	Closed

Gymnasium Winter Hours of Operation

(Effective December 10, 2018)

Day	Activity	Hours
Monday.....	Open Gym	9:00 am-5:30 pm
Tuesday	Open Gym	9:00 am-10:00 pm
Wednesday	Open Gym	9:00 am-10:00 pm
Thursday.....	Open Gym	9:00 am-5:30 pm
Friday	Open Gym	9:00 am-9:00 pm
Saturday	Open Gym	9:00 am-6:00 pm
Sunday	Open Gym	9:00 am-5:00 pm




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



Early Bird **SPECIAL**

Early Bird Special (Residents Only)
Sprayfari Aquatic Park Pool Pass Special
December 3, 2018 - February 15, 2019



Family of 4	\$95.00
Family of 2-3	\$71.00
Additional child	\$16.50
Caretaker	\$32.00
Single Youth (ages 2-17)	\$58.00
Single Adult (ages 18-54)	\$58.00
Senior (ages 55+)	\$51.00

Join Us for
**Breakfast with
Santa**



Sat. Dec. 15th

9:30am - Noon

Apollo Recreation Center

12521 S. Kostner Ave.

2 & under free/R\$8/NR\$10

**Breakfast
Buffet**

**Photos
with
Santa**

Craft

Raffles



Friday, December 21

**Apollo Playground
12521 S. Kostner Ave.**

6pm-7pm

R\$3/NR\$5

***Prizes*Hot Cocoa*Cookies**

www.alsipparks.org



BREAKFAST WITH THE EASTER BUNNY



& GLOW
IN THE DARK
EASTER EGG HUNT!

Breakfast Buffet * Games * Glow Hunt * Craft

Bring your camera for a photo with the Bunny!

Saturday, April 13

9:30 - 11:30am

Apollo Recreation Center

R\$8/NR\$10

12521 S. Kostner Avenue

2 yrs. & under Free



JANUARY SPECIAL

ALL MONTH LONG!

**BUY ONE ANNUAL CO-ED FITNESS CENTER
MEMBERSHIP AND RECEIVE THE SECOND
MEMBERSHIP FOR HALF OFF!**

**INCLUDES
SENIORS!**

**DON'T FORGET
TO PROVE RESIDENCY.**

**SEE PAGE 12 FOR PRICING
WWW.ALSIPPARKS.ORG**



ALSIP

PARK • DISTRICT

SENIOR CLUB



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

Meetings are held on the second and fourth Mondays of the month from Noon - 3:00pm

All meetings are held at the Apollo Recreation Center located at 12521 South Kostner Avenue, Alsip.

Newcomers are always welcome!

\$5.00 annual membership

\$2.00 at the door for coffee & roll.

\$.50 per bingo card. No limit.

The group sponsors a variety of socials and events.



BINGO
Coffee 

**Prizes donated by the Alsip Park District,
will be awarded once per month.**

For more information contact the Apollo Recreation Center Main Office at 708.389.1003

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 club house. Soft spikes only please!

2018 Winter Rates

(Effective Saturday, December 1, 2018 thru Thursday, February 28, 2019)

	Weekday (Includes Monday-Friday)	Weekend/Holiday
Regular (after 7:30 am)	R\$9	R\$11
Senior	R\$7	R\$9
Replay	R\$5	R\$7
Junior	R\$7	R\$9

2019 Spring Rates

(Effective Friday, March 1, 2019 thru Tuesday, April 30, 2019)

	Weekday (Includes Monday-Friday)	Weekend/Holiday
Regular (after 7:30 am)	R\$12/NR\$15	R\$14/NR\$17
Senior	R\$9/NR\$12	R\$11/NR\$14
Mid-Day (after 12:00 pm)	R\$9/NR\$12	R\$11/NR\$14
Senior	R\$7/NR\$10	R\$9/NR\$12
Replay	R\$7/NR\$7	R\$9/NR\$9
Junior	R\$7/NR\$7	R\$9/NR\$9
Twilight (after 4:00 pm)	R\$7/NR\$7	R\$9/NR\$9

Rental Golf Carts & Push Carts

Nine Hole (per person)	\$9.00
Single Rider	\$12.00
Replay (per person)	\$6.00
Push Carts	\$2.50

Range Balls

Warm-Up (20 balls)	\$3.00
Small (35 balls)	\$5.00
Medium (70 balls)	\$8.00
Large (100 balls)	\$11.00

Special Fees

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



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/Green-2,667; White-3,061; Blue-3,233.

2018-2019 Winter Hours of Operation

Saturday, Dec. 1, thru Thursday, Feb. 28, 2019

Clubhouse	9:00 am-7:00 pm
Driving Range	Open "Weather Permitting"
Restaurant	11:00am-7:00 pm
Lounge	11:00 am-7:00 pm

2019 Spring Hours of Operation

Friday, March 1 thru Tuesday, April 30, 2019

Clubhouse	7:00 am-8:00 pm
Driving Range	7:00 am-DUSK
Restaurant	9:00 am-8:00 pm
Lounge	9:00 am-8:00 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.alsipparks.org or contact the Fountain Hills Golf Club at (708) 388-4653.

2019 Golf Leagues

Outside Groups (weekdays)	\$13.00
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The registration deadline is one week prior to the start of each class unless otherwise noted.



We are constantly adding and updating our schedule of events. Keep up to date with our website & Facebook page.

To request event and banquet info or make reservations, please contact us at 708.388.4653 x403.



Schedule of Events

Comedy Night

Wednesday, November 21st
8:00 pm – 9:30 pm
\$ 15.00 – Presale Tickets
Call Club For More Information

Superbowl Party

Sunday, February 3rd
5:30 pm – 9:30 pm
Call Club For More Information

New! This Year!

Friday Night Fish Frys

Friday, March 8th
Friday, April 19th
5:00 pm – 9:00 pm
Call Club For More Information

For additional information, contact the
Fountain Hills Golf Club
at (708)388-4653 or visit our
website at www.alsipparks.org.



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.

www.alsipparks.org · 708-389-1003

Sprayfari Aquatic Park

2019 Swim Season-Hours of Operation

Saturday, May 25 through Monday, September 2
 Opening Day: Saturday May 25
 Sunday, May 26, & Monday May 27
 Open Swim: 12:00-8:00 pm

Pool Hours

May 28 - May 31 (School Hours)

Tuesday-Friday 4:00-7:00 pm

June 1-June 2

Saturday-Sunday 12:00-8:00 pm

June 3-August 11

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 12-August 25 (School Hours)

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

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

August 26-August 30

POOL CLOSED POOL CLOSED POOL CLOSED

August 31 - September 2

Open Swim 12:00-5:00 pm

Pre and Post Splash Pad Hours

May 18-May 24

Monday-Friday 4:00-6:00 pm

Saturday-Sunday 12:00-3:00 pm

August 26-August 30 (School Hours)

Monday-Friday 4:00-6:00 pm

September 3-September 8

Monday-Friday 4:00-6:00 pm

Saturday-Sunday 12:00-3:00 pm

During the 2019 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 11 and under 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!



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 - Sat. June 15, 2019.

Punch Card (Five Time Use): Not Ready to Commit, purchase a fitness 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 center
 Fee: R\$25/NR\$35

Fitness Center Winter Hours Of Operation

(Effective December 10, 2018)

Day	Hours
Mon.-Thurs.	6:00 am-10:00 pm
Friday	6:00 am-9:00 pm
Saturday	8:00 am-6:00 pm
Sunday	8:00 am-5:00 pm

Co-Ed Circuit Center Fall Hours Of Operation

(Effective December 10, 2018)

Day	Hours
Mon.-Thurs.	2:00 pm-10:00 pm
Friday	2:00 pm-9:00 pm
Saturday	12:00pm-6:00 pm
Sunday	12:00pm-5:00 pm

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.

JANUARY SPECIAL

Buy one annual Co-Ed Fitness Center membership and receive the second membership for half off. Includes seniors.

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

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

women's fitness



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 giveaways. 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.

2019 Member Appreciation Dates:

Spring, Friday, March 29
 Summer, Wednesday, June 26
 Fall, Monday, September 30
 Winter, Tuesday, December 10

Circuit Center

Women Only

Winter Hours of Operation & Fees

(Effective December 10, 2018)

Day	Hours
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Mon.-Fri.....	8:00am-2:00 pm
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Saturday.....	8:00am-12:00pm
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Sunday.....	8:00am-12:00pm
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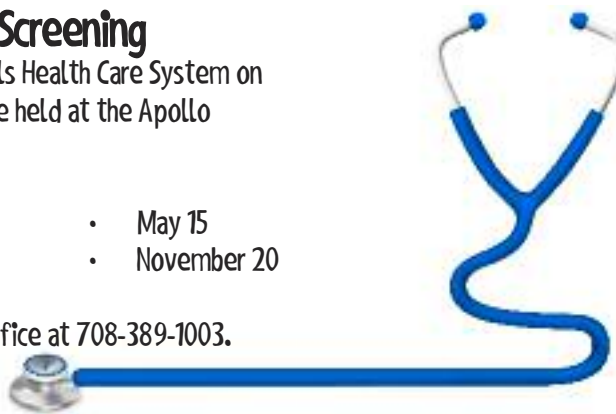
Fee:\$10 per month

Ingalls Hospital Free Blood Pressure Screening

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

- | | | |
|--------------|----------------|---------------|
| • January 16 | • March 20 | • May 15 |
| • July 17 | • September 18 | • November 20 |

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.

Suspended Strength Aqua Aerobics (New)

Come try this new invigorating total body water workout class. You will improve your core strength while treading on pool noodles and strengthen your upper and lower body with water weights. We will start you off with grounded moves and add suspended moves to increase the level of intensity. Modifications will be given so this class can accommodate all fitness levels. Note: There will be no class on December 25 or January 1

Activity: 266426-A
Instructor: Anne Kalch
Location: Doubletree/Hilton
Hotel Pool
5000 W. 127th Street
Day: Tuesday
Date: Dec. 11-Feb.26
Time: 9:00-9:45am
Age: Adult
Fee: R\$42/NR\$52
Min/Max: 10/15
Registration Deadline: Dec. 7

Personal Training

The trainer will contact you to set up a meeting and program to fit your needs. You may choose one session or up to any number of sessions with trainers. Please choose the trainer and program that best suits your needs. Training will take place at the Apollo Recreation Center (ARC) Fitness Center, once you have signed up as a member of the Fitness Center or Women's Circuit Center. 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 ext. 315. All training sessions must be used within one year of purchase date or you will be charged for remaining sessions.

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
Sessions	Fee
1	\$30.00
2	\$55.00
5	\$130.00



Tabata/BodyShred

This class will vary from week to week between Tabata and BodyShred. Tabata is a high-intensity work-out protocol that has fitness and weight-loss benefits. It is also a very short workout. It is 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. BodyShred is high-intensity endurance-based 30 minute workout. You will be doing 3 minutes of strength, 2 minutes of cardio and 1 minute of abs. 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.

Activity: 266511-A
Instructor: Mary Casey
Location: Aerobic Room
Day/Dates: Friday, December 14-March 1
Time: 6:30-7:30 pm
Age: 16-Adult
Fee: R\$48/NR\$58
Min/Max: 7/20
Registration Deadline: December 12



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: 266505-A
 Instructor: Chris Kerr
 Location: Heritage II Clubhouse
 3715 W. 123rd Place
 Day: Thursday
 Date: December 13-March 7
 Time: 10:30-11:30 am
 Age: 55+
 Fee: R\$40/NR\$50
 Min/Max: 9/20
 Registration Deadline: Dec. 13

Line Dancing

Come join in for some fun, good music, exercise and a good time. No previous lessons are required. Steve is an excellent line dance instructor and will help you learn all the necessary steps to each that he teaches. Some dances will be easy and others 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. Note: There will be no class on Monday, December 24 or December 31.

Activity: 266404
 Instructor: Steve Steib
 Location: Dance Room
 Age: Teen-Adult
 Fee: \$40(Session A)
 \$48 (Session B)
 Min/Max: 7/20

Session Weeks	Day	Dates	Time	
A	MO	Dec. 10-Feb. 25	6:30-7:30 pm	10
B	TH	Dec. 13-Feb. 28	10:30-11:30 am	12

Beginner Rope Wall Yoga

Try this Iyengar class that focuses on correct alignment through ROPES! Practicing yoga on a rope wall can guide you to length, strength, ease, softness and steadiness like nothing else. You will be able to activate muscle groups in a new way, appreciating the subtle nuances that you may not have noticed in the past. Students who use the rope wall frequently report decreased tension in their spines. Come ready to sweat and prepared to leave empowered and feeling strong.

Activity: 266536
 Instructor: Denise Cholewa
 Location: Aerobic Room
 Day: Thursday
 Time: 6:45pm-7:30 pm
 Age: 18-Adult
 Fee: R\$50/NR\$60
 Min/Max: 8/10
 Session Date
 A Dec. 20-Jan. 24
 B Jan. 31-Mar. 7

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, December 25 or January 1, 2019

Activity: 266512-A
 Instructor: Chris Kerr
 Location: Dance Room
 Day: Tuesday
 Date: Dec. 11-Mar. 5
 Time: 10:15-11:00 am
 Age: Teen-Adult
 Fee: R\$46/NR\$56
 Min/Max: 8/15
 Registration Deadline: Dec. 8

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.

Deep Water Aqua Aerobics

In this class you will spend 45 minutes using the natural resistance of water to improve muscle tone, cardiovascular fitness and flexibility. Twenty minutes of deep water aerobics is equivalent to two hours of walking on land, burning up to 480 calories. You are required to bring your own towel, aqua jogger floatation belt and we also recommend aqua shoes. This class is offered in the deep end of the pool. Note: There will be no class on December 24 or December 31.

Activity: 266525-A
 Instructor: Chris Kerr
 Location: Doubletree/Hilton Hotel Pool
 5000 W. 127th Street
 Day: Monday
 Date: Dec. 10-Mar. 4
 Time: 6:00-6:45 pm
 Age: Adult
 Fee: R\$44/NR\$55
 Min/Max: 10/12
 Registration Deadline: Dec. 7

Cardio Kickboxing

This high energy cardiovascular class utilizes varying intensity to accommodate all fitness levels. You'll begin with a warm-up that includes instruction on proper form (punches, strikes and kicks) that will be used in the class. The work phase of class increases in movement and intensity while maintaining good form and core strength. The class ends with a cool down and stretching. Expect a physical workout. This program is not recommended for individuals with lower back or knee injuries.

Activity: 266523-A
 Instructor: Rhonda Allen
 Location: Aerobic Room
 Day: Tuesday
 Date: Dec. 11 - March 5
 Time: 7:35-8:35 pm
 Age: Teen-Adult
 Fee: R\$40/NR\$50
 Min/Max: 6/18
 Registration Deadline: Dec. 8

Aqua Aerobics

Water Aerobics is a total body workout that helps to increase your range of motion and muscle tone without causing any stress to your body. Limited changing facilities are available, so please come ready to go. Bring a towel and we also recommend aqua shoes for the class. Please enter through door 4, which is on northeast side of the parking lot. Note: There will be no classes on December 24, December 26 or December 31.

Activity: 266524
 Instructor: Chris Kerr
 Location: Doubletree/Hilton Hotel Pool
 5000 W. 127th St. Alsip
 Age: Adult-Senior
 Fee: R\$44/NR\$55 (Session A)
 R\$48/NR\$58 (Session B & C)
 Min/Max: 12/15

Session	Day	Dates	Time	Weeks
A	MO	Dec. 10-Mar. 4	11:30 am-12:15 pm	11
B	WE	Dec. 12-Mar. 6	11:30 am-12:15 pm	12
C	WE	Dec. 12-Mar. 6	6:00 pm -6:45 pm	12

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 will be taken into consideration. Chairs and mats provided just bring a towel.

Activity: 266408
 Instructor: Peggy Ford
 Location: Aerobic Room
 Time: 12:30-1:30 pm
 Day: Thursday
 Age: Mature Adult
 Fee: \$45
 Min/Max: 4/10
 Session: Dates
 A: December 13-January 17
 B: February 7-March 14

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: No class on Dec. 25 or January 1.

Activity: 266508-A
Instructor: Anne Kalch
Location: Aerobic Room
Day: Tuesday
Dates: Dec. 11-Feb. 26
Time: 10:00-11:00 am
Age: Teen-Adult
Fee: R\$40/NR\$50
Min/Max: 8/20
Registration Deadline: Dec. 8

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 rhythms are combined to tone and sculpt your body while burning fat. Come and join the party! Note: There will be no class on Tuesday, Dec. 25 or Jan 1.

Activity: 266427-A
Instructor: Rhonda Allan
Location: Dance Room
Day: Tuesday
Dates: Dec. 11-Mar. 5
Time: 6:40-7:30 pm
Age: Teen-Adult
Fee: R\$44/NR\$54
Min/Max: 9/24
Registration Deadline: Dec. 8

Rhythm Pilates

This class will use a method of body conditioning exercises incorporating Pilate rings that will increase your stretching and strengthening. 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. Note: There will be no class on Monday, December 24 or December 31.

Activity: 266784
Instructor: Carol Kaye
Location: Aerobic/Dance Room
Age: Teen-Adult
Fee: R\$44/NR\$54 (Session A)
R\$48/NR\$58 (Session B & C)

Min/Max:	7/18
Session	Day Dates Time Weeks
A	MO Dec. 10-Mar. 4 6:00-7:00 pm 11
B	WE Dec. 12-Feb. 27 6:00-7:00 pm 12
C	SA Dec. 15-Mar. 2 8:45-9:45 am 12

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 for a NEW YOU for a NEW YEAR! 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 you're up to a challenge, come and give it your all!

Activity: 266499
Instructor: Rhonda Allan
Location: Aerobic Room
Age: Teen-Adult
Fee: R\$43/NR\$53

Min/Max:	7/15
Session	Day Dates Time
A	TH December 13-Feb. 28 5:30-6:30 pm
B	SA December 15-March 2 10:00-11:00 am

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: 266547-A
Instructor: Rhonda Allan
Location: Dance Room
Day/Date: Thursday, Dec. 13-Feb. 28
Time: 6:30-7:15 pm
Fee: R\$48/NR\$58
Age: Teen-Adult
Min/Max: 6/15
Registration Deadline: December 8



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 cardholder 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 not valid for any type of Yoga classes. This card is not transferable.

Activity: 266504-A
 Location: ARC/Aerobic & Dance Room
 Days/Dates: Monday-Saturday
 Card expires: 03/9/19
 Time: Varies
 (please consult the winter brochure)
 Age: 14-Adult
 Fee: R\$25/NR\$35

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.

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.



Hatha Yoga

This is an all levels class done in Hatha style of yoga. Class includes breathing techniques, strengthening, stretching and relaxation. Modifications will be given for all levels. Please bring a towel or blanket, a water bottle, and any props that you might use in class.

Activity: 266546
 Instructor: Beth Robinson
 Location: Aerobic Room
 Age: Teen-Adult
 Time: 10:00 am-11:00 am
 Fee: R\$39/NR\$49
 Day: Friday
 Min/Max: 6/15
 Session: Dates
 A: December 14-January 18
 B: January 25-March 1

Pre-School Yoga

These classes help teach self-regulation while building confidence and experiencing the wonderful world of yoga. Classes are adventure and story based, and includes a whole lot of fun. We focus on learning poses, controlling the breath and mind, and finding a place of calm within, all while allowing the children to have freedom to experience yoga in their own special way.

Activity: 266518
 Instructor: Beth Robinson
 Location: Aerobic Room
 Age: Pre-School Children
 Time: 11:40 am-12:10 pm
 Fee: R\$20/NR\$30
 Min/Max: 5/15
 Session: Day Dates
 A: TH December 13-January 17
 B: FR December 14-January 18
 C: TH January 24-February 28
 D: FR January 25-March 1

Program & Activity #	Location	Instructor	Day	Dates	Time	Age	Fee	Min/Max
Story Time 238147-A	Multipurpose Room II	Laura Braden	MO	Jan.7-Feb. 25	10:30-11:15 am	15 months-2 1/2 with Parent	R\$28 NR\$38 per couple	6/8
Story Time 238147-B	Multipurpose Room II	Laura Braden	FR	Jan11-Mar. 1	11:45 am-12:30 pm	15 months-2 1/2 with Parent	R\$28 NR\$38 per couple	6/8
Bend Your Body 238199-A	Multipurpose Room II	Laura Braden	MO	Jan. 7-Feb. 25	11:30 am-12:15 pm	15 months-2 with Parent	R\$28 NR\$38 per couple	6/8
BendYour Body 238199-B	Multipurpose Room II	Laura Braden	WE	Jan. 9-Feb. 6	11:30 am-12:15 pm	15 months-2 with Parent	R\$18 NR\$28 per couple	6/8
Dibbles-n-Dabbles with Me 238145-A	Multipurpose Room II	Laura Braden	MO	Jan. 7-Feb. 25	1:00 - 1:45 pm	15 months-2 1/2 with Parent	R\$28 NR\$38 per couple	6/8
Dibbles-n-Dabbles with Me 238145-B	Multipurpose Room II	Laura Braden	FR	Jan.11-Mar. 1	1:00 - 1:45 pm	15 months-2 1/2 with Parent	R\$28 NR\$38 per couple	6/8
Parent/Child Sports 238109-A	Multipurpose Room I	Laura Braden	WE	Jan. 9-Feb. 6	5:30 - 6:15 pm	3-5 with Parent	R\$18 NR\$28 per couple	6/8
Parent/Child Sports 238109-B	Multipurpose Room I	Laura Braden	SU	Feb. 10-Mar. 10	12:30-1:15 pm	3-5 with Parent	R\$18 NR\$28 per couple	6/8
Parent/Tot Play 238172-A	Multipurpose Room I	Laura Braden	WE	Jan.9-Feb. 6	10:30-11:15 am	15 months-2 1/2 with Parent	R\$18 NR\$28 per couple	6/8
Parent/Tot Play 238172-B	Multipurpose Room I	Laura Braden	SU	Jan. 6-Feb. 3	11:30-12:15 pm	15 months-2 1/2 with Parent	R\$18 NR\$28 per couple	6/8





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 January 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!

TIME TOGETHER

Spend some quality time with your little one and have the opportunity for adult conversation!

Story Time

This class will feature books from author Eric Carle. Each week you and your child will enjoy delightful tales and beautiful illustrations. Watch and listen to how a hungry caterpillar becomes a butterfly, and without knowing it, the days of the week are introduced. Music, dance and more will be coordinated with the week's story.

Bend Your Body

Your child will be movin' and groovin' in this high energy class developing their large motor skills through music, games and exercises. Comfortable shoes and clothing are required.

Dibble-n-Dabble with Me

Each week will feature unique materials to create with. Painting with sponges, Q-tips or matchbox cars, building with craft sticks or sugar cubes are just a few things in store to spark the individual creativity in each child. Please remember to bring an old shirt and let us clean up the mess while you just have fun with your child.

Parent/Child Sports Day

Hey Moms and Dads, get your exercise and have fun with your kid. The whole family can even sign up and compete. Each week a different sport will be introduced. First, the rules of the game and all about good sportsmanship and teamwork. On the last day we will have a team party with medals! We are offering this class on Sunday's for more scheduling opportunities.

Parent & Tot Play Date

Have fun with your child and meet other parents. Children will develop social skills, and with you work on eye/hand coordination and gross motor skills with balls, bean bags and more.



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

www.alsipparks.org · 708-389-1003

SPECIAL EVENTS FOR LITTLE ONES

Time to get ready for Christmas

Let Santa's Elves entertain your children while you prepare for the Holidays! Finish your shopping or get presents wrapped without little eyes watching. Children will enjoy a holiday story, create a holiday craft, and have a snack and much, much, more. Note: 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: 238394
 Instructor: Laura Braden
 Location: Preschool Room I
 Age: 2 -4
 Fee: R\$16/NR\$24
 Min/Max: 6/15

Session	Day	Date	Time
A	MO	December 10	10:30 am-1:00 pm
B	SU	December 16	12:30-3:00 pm



In Like a Lion, Out Like a Lamb

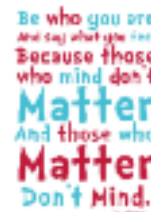
No matter what the groundhog predicted, the month of March is known by that saying. Come join us to discover the many reasons behind this. Children will bring home a Lion/Lamb keepsake craft made with their own two hands.

Activity: 238396-A
 Instructor: Laura Braden
 Location: Multipurpose Room I
 Day: Wednesday
 Date: February 27
 Time: 10:30 am-12:00 pm
 Age: 2 -4
 Fee: R\$10/NR\$16
 Min/Max: 6/15

IT'S GROUNDHOG DAY

Will he see his shadow or not? That question will be answered along with children hearing all about this day when a groundhog predicts the weather. Children will bring home a keepsake groundhog craft made with their own two hands.

Activity: 238395-A
 Instructor: Laura Braden
 Location: Multipurpose Room II
 Day/Date: Friday, February 1
 Time: 10:30-11:30 am
 Age: 2 -4
 Fee: R\$8/NR\$12
 Min/Max: 6/15



Happy Birthday Dr. Seuss

We are having a special pajama/Birthday Party to celebrate the 115th Birthday of Dr. Seuss. To kick off our party, rhyme s from The Cat in the Hat to Who's Who in Whoville, and other characters in Dr. Seuss books that have been making children and adults smile will greet our party guests. So wear your P.J.s and get ready to party! Note: 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: 238397-A
 Instructor: Laura Braden
 Location: Multipurpose Room I
 Day/Date: Friday, March 1
 Time: 10:30-11:30 am
 Age: 2 -4
 Fee: R\$8/NR\$12
 Min/Max: 6/15

Happy Valentine's Day

You are invited to a Valentine Party. Wearing red is optional, but a good time is guaranteed! We will have music, games, snacks, and everyone will have the opportunity to make their very own Valentine's to take with and pass out to their loved one/s. 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: 238393-A
 Instructor: Laura Braden
 Location: Multipurpose Room I
 Day/Date: Thursday, February 14
 Time: 10:30 am-12:00 pm
 Age: 2 -4
 Fee: R\$10/NR\$16
 Min/Max: 6/15



SCHOOL STARTERS 2018/2019

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! Note: A copy of a birth certificate is required. Note: There will be no class on Monday, January 21.

Activity: 138191
 Instructor: Nataly Duran
 Location: Multipurpose Room I
 Time: 9:15-10:45 am
 Age: 2 by September 1, 2018
 Fee: R\$275/NR\$375/session
 Min/Max: 6/8
 Session Days Date
 A MO/WE January 16-April 24



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.
- 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.

- Please visit WWW.ISKC.COM for more information or call us at 847-359-0666.

Note: Continuer must have been in 2 sessions or more or have a belt with White Stripes or higher.

Activity: 238257
 Instructor: Illinois Shotokan Karate Club Staff
 Location: Gymnasium II
 Day/Dates: Friday, January 11-March 29
 Age: 4-7
 Fee: R\$126/NR\$136 per person
 Min/Max: 4/12
 Registration Deadline: One week before start of session
 Session Time Level
 A 4:30-5:15pm Beginner
 B 5:20-6:05pm Continuer



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

Before & After School Program 2019



The Alsip Park District's Before and After School Program is designed for children entering Kindergarten through Sixth grade at School Districts #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	\$14
0502	2	\$23
0503	3-4	\$39
0505	5	\$43
Light Breakfast Included		

After School:

2:45-6:15 pm		
Session	Day(s)	Fee
601	1	\$25
602	2	\$45
603	3-4	\$71
605	5	\$76
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



Gymnastics Programs

Program & Activity Number:	Ages:	Day:	Time:	Dates	Fee:	Min/Max	No Class
Parent Tot Gymnastics 274167-A	Walking- 2 yr olds	TU	5:50-6:35 pm	Jan. 8-March 12	Resident: \$48 Nonresident: \$68	6/12 Couples	
Preschool Gymnastics 274177-A	3-4 years old	TU	5:00-5:45 pm	Jan. 8-March 12	Resident: \$58 Nonresident: \$78	5/8	
Preschool Gymnastics 274177-B	3-4 years old	TH	5:15-6:00 pm	Jan. 10-March 14	Resident: \$58 Nonresident: \$78	5/8	
Kinder Gymnastics 274168-A	5-6 years old	TH	6:05-6:50 pm	Jan. 10- March 14	Resident: \$58 Nonresident: \$78	5/8	
Girls Gymnastics Level 1(Beginner) 274186-A	7-12 years old	MO	5:00-6:00 pm	Jan. 7-March 11	Resident: \$74 Nonresident: \$94	6/10	
Girls Gymnastics Level 2 by placement only 274185-A	7-12 years old	WE	5:00-6:00 pm	Jan. 9-March 13	Resident: \$74 Nonresident: \$94	6/10	
Boys & Girls Tumbling 274246-A	7-12 years old	TU	6:40-7:25 pm	Jan. 8-March 12	Resident: \$58 Nonresident: \$78	5/8	
Shooting Stars by placement only 274228-A	6-12 years old	FR	5:15-6:00 pm	Jan. 25- March 15	Resident: \$46 Nonresident: \$66	5/8	
Team-1 day by placement only 274216-A	6 & up	Pick 1 MO, WE, or FR	6:00-8:00 pm	Jan. 7-March 29	\$9 per practice	4/12	
Team-2 days by placement only 274216-B	6 & up	Pick 2 MO, WE, or FR	6:00-8:00 pm	Jan. 7-March 29	\$216* 24 Practices	4/12	
Team-3 days by placement only 274216-C	7 & up	Pick 3 MO, WE, or FR	6:00-8:00 pm	Jan. 7-March 29	\$324* 36 Practices	4/12	

*Team Fees for January - March are payable in 2 installments. Payment #1 of 50% is due upon registration (2 days \$108/3 days \$162). Payment #2 of balance is due February 18th (2 days \$108/3 days \$162). IF YOU HAVE A BALANCE, YOUR CHILD WILL NOT BE ABLE TO REGISTER OR PARTICIPATE/COMPETE UNTIL PAID IN FULL.

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.





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.

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. Parents will work one on one with their child for part of the class. Free play will take place during class time as well.

Participants should wear comfortable clothing. Please make arrangements for siblings, as only those enrolled may attend the class.

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.

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.

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.

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.

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 handsprings. 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 additional information. Note: Gymnastics apparatus will not be used-this is only tumbling.

Shooting Stars

This 45 minute class is by coach-placement only. Gymnasts ages 6 and up who have mastered skills and show strength and confidence will be considered for this class. Participants must also be registered in a recreational class within our program. Classes will focus on intermediate skills on the vault, bars, beam and floor. Participants must wear a leotard.

Alsip Stars Gymnastics Teams

All teams are by placement only. Our Gymnastic Teams compete 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.



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 to your child's instructor. Instructors are available before and after class if you wish to speak with them. Thank you for your cooperation.

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.



4th 5th 6th Grade Lock-In

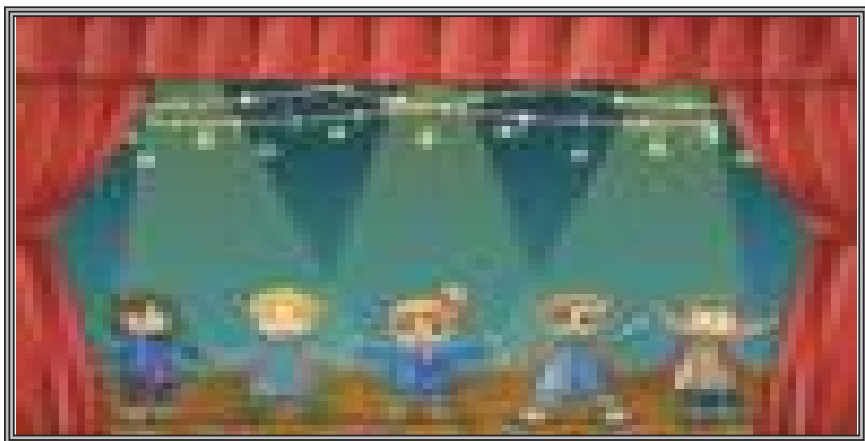
Here is a Friday night for you and your friends to spend at the Apollo Recreation Center. The evening will begin with Pizza. Activities to choose from will include a Wii competition, volleyball, basketball, board games, and a scavenger hunt. Wind down and enjoy a movie with popcorn. Two supervised rooms will be available if you want to just chill, so bring a sleeping bag.

Activity: 248479-A
 Location: Apollo Recreation Center
 Instructor: APD Staff
 Day/Dates: Friday, February 8-Saturday, February 9
 Time: 7:00 pm-7:00 am
 Fee: R\$35/NR\$45
 Min./Max: 20/40

Drama Club

This exciting and creative class is perfect for those budding stage stars! The cast will work on creating and presenting a play for family and friends on the last day of class. Participants will create the costumes, props and scenery as they work each week on the final productions. This is an eight week class with the performance the last week. Registered participants must be able to read.

Activity: 243256-A
 Instructor: Laura Braden
 Location: Preschool Room II
 Day/Dates: Wednesday, January 9-February 27
 Time: 6:30-7:30 pm
 Age: 6-11
 Fee: R\$30/NR\$40



Age Limits and Why

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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 January 1st.** Birth certificates may be requested to verify age.



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.
- Please visit WWW.ISKC.COM for more information or call us at 847-359-0666.

Note: Continuer participants must have a red belt or higher.

Activity: 238257

Instructor: Illinois Shotokan Karate Club Staff

Location: Gymnasium II

Day/Dates: Friday, January 11-March 29

Age: 8-14

Fee: R\$126/NR\$136 per person

Min/Max: 4/15

Registration Deadline: One week before start of session

Session	Time	Level
C	6:15-7:10 pm	Beginner
D	7:15-8:10 pm	Continuer (Red Belt or higher)



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 students 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 1 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:	248305
Instructor:	Staff
Location:	Board Room
Day:	Instructor arranged
Time:	30 minute sessions
Age:	7-Adult
Min/Max	2/10
Session	Dates
A	December 10-March 3
B	December 10-January 19
C	January 21-March 2

Fee
R\$190/NR\$230
R\$95/NR\$115
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:	243421-A
Instructor:	Gary Kantor
Location:	Oakview Center, 4625 W. 110th St., Oak Lawn
Day/Date:	Wednesday, February 6
Time:	5:00 - 5:45pm
Age:	5-12
Fee:	R\$22/NR\$32
Min./Max.:	5/35



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.



Youth Indoor Soccer League 1st-8th Grade

Sign up now for this fast paced, exciting indoor version of soccer where sportsmanship, teamwork, and fair play are taught. Each registered participant will receive a game shirt, shorts, socks, end of season award, and a free \$10.00 picture package.

Players will play in grade appropriate divisions. Each team will have one weekly practice; times and location will be chosen by the team coach. All games will be officiated by a Certified Soccer Referee or an Alsip Park District employee. Each team will play an 8 game schedule.

Note: In the event that we do not reach the minimum number of participants to fill a division, divisions may be combined to run the league.

Coaching Details

Volunteer coaches are needed. If you would like to be a team coach, please contact us at (708) 389-1003. All team coaches are required to participate and attend coaches meetings as well as actively assist on draft day. Every coach will complete a State of Illinois Criminal Background Check. All coaches meetings will be at the Apollo Recreation Center, 12521 S. Kostner, Alsip IL.



Fee:

Coaches Meeting:

Registration deadline:

Practices begin:

R\$75/NR\$95

Week of January 15

January 11

January 21

4-5 year old:

Activity:

Game Day:

Game Location:

Game Time:

Game Dates

Pee Wee

274066-A

Saturday

Main Gym

10:00 am-11:00 am

Saturdays, February 2-April 6

1st & 2nd Grade Division:

Activity:

Game Day:

Game Location:

Game Time:

Game Dates

Midget

274066-B

Saturday

Main Gym

12:00-1:00 pm

Saturdays, February 2-April 6

3rd & 4th Grade Division:

Activity:

Game Day:

Game Location:

Game Time:

Game Dates:

Intermediate

274066-C

Saturday

Prairie Jr. High School

1:00-2:00 pm

Saturdays, February 2-April 6

5th & 6th Grade Division:

Activity:

Game Day:

Game Location:

Game Time:

Game Dates:

Junior

274066-D

Saturday

Prairie Jr. High School

11:00 am-12:00 pm

Saturdays, February 2-April 6

7th & 8th Grade Division:

Activity:

Game Day:

Game Location:

Game Time:

Game Dates:

Senior

274066-E

Saturday

Prairie Jr. High School

9:00-10:00 am

Saturdays, February 2-April 6



Alsip Park District Girl's 12" Softball Clinic (6-10 year olds)

Batter up! It's that time of year. The Alsip Park District's 2018 Girls 12" Summer Softball season is right around the corner. Girls between the ages of 6-16 are eligible to register for this program. The primary focus is to begin preparing girls for the upcoming season. Girls will learn the basic mechanics of baserunning, infield and outfield play and batting. This ten week clinic will be held at Hazelgreen School. All participants should dress accordingly and provide their own mitt. Spikes and/or dark soled shoes are not allowed on the gym floor.

Activity:	274037	
Instructor:	Girl's 12" Softball Coaches	
Location:	Hazelgreen School	
Day/Dates:	Tuesday, January 8-March 12	
Fee:	R\$25/NR\$30	
Min/Max:	10/30	
Session	Age	Time
A	6-8	6:00-7:30 pm
B	9-10	7:30-9:00 pm

Alsip Park District Girl's 12" Softball Clinic (11-16 year olds)

This clinic is similar to the 6-10 year old clinic and will also be conducted by our Girl's Softball Coaches. This clinic is designed to reinforce and continue to develop the batting, base running, and fielding skills previously learned at the lower levels. Sportsmanship and teamwork will also be covered. This ten week clinic will be held on Wednesday evenings at Stony Creek School. All participants should dress accordingly and provide their own mitt. Spikes and/or dark soled shoes are not allowed on the gym floor.

Activity:	274037	
Instructor:	Girl's 12" Softball Coaches	
Location:	Stony Creek School	
Day/Dates:	Wednesday, January 9-March 13	
Fee:	R\$25/NR\$30	
Min/Max:	10/30	
Session	Age	Time
C	11-12	6:00-7:30 pm
D	13-14	7:30- 9:00 pm

Register for the Alsip Park District's Girls 12" Softball Program now! The recreational program is being offered to girls 6-16 years of age. The goal of the program is to develop the fundamental skills of 12" Fast-pitch Softball, as well to prepare girls to continue playing at the high school level. These skills include fielding, hitting base running and pitching. The League shall consist of a 16-24 game schedule. Home game will be scheduled at Commissioners Park on Monday and Thursday evenings. Away games will be determined by the Southwest Interleague (SWI) that the program will participate in. Practice times will be during the week, with specific times and locations to be selected by our volunteer coaches. All participants will receive a hat, jersey, shorts, socks and an end of the season award along with a free 10.00 picture package. Participants must register in their appropriate age division. The cut off date for participant in a division will be January 1, 2019.

Activity:	274060	
Location:	Prairie Jr. High Ball fields/Commissioners Park	
Day/Dates:	Weeknights, May 1-July 2	
Game Times:	6:00 pm	
Fee:	R\$75/NR\$95	
Min/Max:	12/60 per Division	
Session	Division	Age
A	Under-8	6-8 year olds
B	Under-10	9 & 10 year olds
C	Under-12	11 & 12 year olds
D	Under-14	13 & 14 year olds

Coaching Details

Volunteer coaches are needed. If you would like to be a team coach, please contact us at (708) 389-1003. All team coaches are required to participate and attend coaches meetings as well as actively assist on draft day. Every coach will complete a State of Illinois Criminal Background Check. All coaches meetings will be at the Apollo Recreation Center, 12521 S. Kostner, Alsip IL.

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. Please visit WWW.ISKC.COM for more information or call us at 847-359-0666.

Activity: 238257
 Instructor: Illinois Shotokan Karate Club Staff
 Location: Gymnasium II
 Day/Dates: Friday, January 11-March 29
 Fee: R\$126/NR\$136 per person
 Min/Max: 4/12
 Registration Deadline: One week before start of session

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

Ice Skating

The Alsip Park District has partnered with Southwest Ice Arena in Crestwood to bring you discounted ice skating class instruction. All of the teachers are certified through the USFS (United States Figure Skating). The Snow Plow Sam 1 (Tot) classes consist of 30 minutes of instruction per week while all other classes consist of 45 minutes of instruction plus 15 minutes of practice time. Helmets with full face masks are required for the Pre-Hockey class. Skate rental is not included in the fee, but are available to rent for \$3.00. All students who sign up will receive a badge with their name on it that allows them to participate in scheduled Open Skate Sessions for the session they are registered, free of charge.

Adjustments to the above classes will be made by SIA if necessary. If you have any other questions feel free to call Southwest Ice Arena at (708) 371-1344

Activity: 205221
 Instructor/Location: Southwest Ice Arena Staff
 5505 127th Street, Crestwood, IL

Session	Class	Age	Day	Date	Time	Fee
A	Snowplow 1 (Tot)	3-5	TU	Jan. 8-Mar. 5	4:30-5:00 pm	\$115
B	Basic Skills 1-2	6-12	TU	Jan. 8-Mar. 5	5:00-6:00 pm	\$125
C	Snowplow 1 (Tot)	3-5	SA	Jan. 5-Mar. 2	11:30-12:00 pm	\$115
D	Basic Skills 1-2	6-12	SA	Jan. 5-Mar. 2	12:00-1:00 pm	\$125
E	Teen/Adult	13-up	WE	Jan 9-March 6	8:00-9:00 pm	\$125
F	Basic Hockey Skating	6-12	TH	Jan. 10-Mar. 7	4:45-5:30pm	\$125
G	Snowplow 1 (Tot)	3-5	TU	Mar. 12-May 7	4:30-5:00 pm	\$115
H	Basic Skills 1-2	6-12	TU	Mar. 12-May 7	5:00-6:00 pm	\$125
I	Snowplow 1 (Tot)	3-5	SA	Mar. 9-May 4	11:30-12:00 pm	\$115
J	Basic Skills 1-2	6-12	SA	Mar. 9-May 4	12:00-1:00 pm	\$125
K	Teen/Adult	13-up	WE	Mar. 13-May 8	8:00-9:00 pm	\$125
L	Basic Hockey Skating	6-12	TH	Mar. 14-May 9	4:45-5:30pm	\$125

Soccer Skills Clinic 101

Players are introduced to the fundamentals of soccer tactics such as passing the ball, offensive moves, defensive moves, keeping/controlling the ball and taking the ball away from the opposing team. Players learn to score and prevent goals. Physical endurance and fitness are emphasized while touching the ball. At this age, the focus starts to change from simple games to organized, tactical, competitive games.

Note: There will be no class March 27th.

Activity#:	274297			
Instructor:	Hot Shot Sports Instructor			
Location:	ARC/Gymnasium II			
Age:	6-8 years old			
Min/Max:	4/15			
Session	Day	Date	Time	Fee
A	TU	Jan. 8- Feb. 12	6:00-6:45pm	R\$54/NR\$64
B	TU	Feb. 26- Apr. 9	6:00-6:45pm	R\$54/NR\$64
C	TU	Apr.-16- May 21	6:00-6:45pm	R\$54/NR\$64

Lil Dribblers

The Lil Dribblers Basketball program introduces children to the game of basketball in a safe, fun and exciting environment. Our curriculum uses age appropriate activities and games specifically designed to increase balance, body awareness, motor skills, hand eye coordination, listening skills and the ability to follow directions.

Note: There will be no class on March 27th.

Activity#:	274291			
Instructor:	Hot Shot Sports Instructor			
Location:	ARC/Gymnasium II			
Age:	3-5 years			
Min/Max:	4/15			
Session	Day	Date	Time	Fee
A	WE	Jan. 9-Feb. 13	5:15pm-6:00pm	R\$54/NR\$64
B	WE	Feb. 27-Apr. 10	5:15pm-6:00pm	R\$54/NR\$64
C	WE	Apr. 17-May 22	5:15pm-6:00pm	R\$54/NR\$64

Basketball Clinic 101

Develop early basketball skills such as shooting, dribbling and passing, along with the basic rules of the game. All instruction is game/drill oriented with mini games and scrimmages played every week. This class is for the basketball beginner looking to understand the game, learn new skills, and have fun!

Activity#:	274287			
Instructor:	Hot Shot Sports Instructor			
Location:	ARC/Gymnasium II			
Age:	6-8 years old			
Min/Max:	4/15			
Session	Day	Date	Time	Fee
A	WE	Jan 9-Feb 13	6:00-6:45pm	R\$54/NR\$64
B	WE	Feb 27-Apr 10	6:00-6:45pm	R\$54/NR\$64
C	WE	Apr 17-May 22	6:00-6:45pm	R\$54/NR\$64

Total Sports

This class features a new sport each week. Some of the sports taught and played include basketball, floor hockey, football, kickball, soccer, and baseball. In addition, participants play many popular running and group games. Children have the opportunity to acquire new skills and develop confidence in games they have played in previous classes.

Note: No class will be held on January 21st, March 25, or April 22nd

Activity#:	274296			
Instructor:	Hot Shot Sports Instructor			
Location:	ARC/Gymnasium II			
Age:	6-8 years old			
Min/Max:	4/15			
Session	Day	Date	Time	Fee
A	MO	Jan 7- Feb 11	6:00pm-6:45pm	R\$45/NR\$55
B	MO	Feb 25- Apr 8	6:00pm-6:45pm	R\$54/NR\$64
C	MO	Apr 15- May 20	6:00pm-6:45pm	R\$45/NR\$55

Sports and More

Children are introduced to the fundamentals of sports including basketball, floor hockey, football, kickball, soccer, t-ball and other sports and group games. The program provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship. Note: No class will be held on January 21st, March 25, or April 22nd

Activity#:	297294			
Instructor:	Hot Shot Sports Instructor			
Location:	ARC/Gymnasium II			
Age:	3-5 years old			
Min/Max:	4/15			
Session	Day	Date	Time	Fee
A	MO	Jan 7- Feb 11	5:15pm-6:00pm	R\$45/NR\$55
B	MO	Feb 25- Apr 8	5:15pm-6:00pm	R\$54/NR\$64
C	MO	Apr 15- May 20	5:15pm-6:00pm	R\$45/NR\$55

Pee Wee Soccer

Let your child's early soccer experience be a great one. The younger player develops their soccer skills and also gains confidence, coordination, motor skills and communication. The program uses age appropriate drills and exercises to teach players kicking, ball control, dribbling, shooting and more.

Note: There will be no class March 26th.

Activity#:	274292			
Instructor:	Hot Shot Sports Instructor			
Location:	ARC/Gymnasium II			
Age:	3-5 years old			
Min/Max:	4/15			
Session	Day	Date	Time	Fee
A	TUE	Jan 8- Feb 12	5:15-6:00pm	R\$54/NR\$64
B	TUE	Feb 26- Apr 9	5:15-6:00pm	R\$54/NR\$64
C	TUE	Apr- 16- May 21	5:15-6:00pm	R\$54/NR\$64

Christmas Cards & Tag Making Class

Join us for this holiday class where we will make several different handmade Christmas cards and gift tags using different professional techniques to create our own beautiful treasures to spread Christmas joy to the ones we love this holiday season. You will take an array of different cards and gift tags home with you.

Activity: 253417-A
Instructor: Evelyn Camaril
Location: Board Room
Day: Thursday, Dec. 13
Time: 7:00-9:00 pm
Age: 13-Adult
Fee: R\$8/NR\$12
Min/Max: 6/12



Illinois Shotokan Karate-Adult

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.

-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 Please visit WWW.ISKC.COM for more information or call us at 847-359-0666.

Activity: 238257
Instructor: Illinois Shotokan Karate Club Staff
Location: Gymnasium II
Day/Dates: Friday, January 11-March 29
Fee: R\$126/NR\$136 per person
Min/Max: 4/15

Registration Deadline: One week before start of session

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

(Red Belt or higher)

Super Soups

It may be cold outside but it is nice and warm at the Apollo Recreation Center. Join us for this new opportunity to socialize with new friends and enjoy some soothing winter soups. We will have a variety of soups and breads along with coffee, tea and hot chocolate.

Activity: 253420-A
Instructor: Alsip Staff
Location: Dance Room
Day/Date: Wednesday Jan. 9
Time: 12:00 pm-2:00 pm
Age: Adult-Mature Adult
Fee: R\$5NR\$9
Min/Max: 15/70

Turkey Time

Join us for a Christmas feast here at the Apollo Center complete with turkey, mashed potatoes, stuffing and all the trimmings! We will also enjoy holiday entertainment, dessert and yuletide fun! Santa might even stop by for a photo or two!

Activity: 253422-A
Instructor: Alsip Staff
Location: Dance Room
Day/Date: Wednesday Dec. 12
Time: 12:00 pm-2:00 pm
Age: Adult-Mature Adult
Fee: R\$9NR\$14
Min/Max: 25/70



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

Cookie Exchange & Holiday Gift Wrapping Party

Come join the Alsip Park District for a festive night of holiday fun, conversation and cookies as we wrap our gifts at this fun new event. Fee includes, egg nog, coffee and hot chocolate as well as all the pretty wrapping paper, ribbons and bows to may your gifts sparkle. Bring a tray of your best baked holiday cookies and copy of your recipe to share with the group.

Activity: 253423
 Instructor: Alsip Staff
 Location: Dance Room/Board Room
 Day/Date: Wednesday, Dec. 19
 Time: 6:00 pm-8:30 pm
 Age: 16+ - Adult
 Fee: R\$7/NR\$10
 Min/Max:
 Registration Deadline: December 12



Canvas & Coffee

Join the Alsip Park District for a morning with local artist Denise Rhone! These pieces will be used as our painting inspiration for each class. The goal for each participant painter is to paint a piece that represents each painter's personality, color and individual style. Price includes instruction and supplies.

Activity: 253570-A
 Instructor: Denise Rhone
 Day: Saturday, December 15
 Time: 10:00 am-12:00 pm
 Age: Teen/Adult
 Fee: R\$48/NR\$58
 Min/Max 10/20



Black & White & the Digital Camera

This course introduces the art of black and white digital photography. Topics include emphasizing the use and exposure in black and white, improving composition skills and seeing the world in greyscale, use of textures, and lighting. Note: Participants must bring a digital camera. Class offered for 4 weeks, 1.5 hours per week.

Activity: 253415-A
 Instructor: Laura Piton
 Location: Dance Room
 Day: Mondays
 Dates: March 6-March 25
 Time: 7:00 pm-8:30 pm
 Age: 16+ - Adult
 Fee: R\$65/NR\$75
 Min/Max: 10/20



Black Dog Canine Training

Black Dog K9 is dedicated to keep all dogs in loving homes through education and training of both dogs and their owners. Black Dog believes that as people we have an obligation to our animals and that we should preserve and nourish the human/animal bond. This class teaches the basic behaviors dogs need to know to live with us such as Watch, Sitting on command, Lie down, Respond to their name, Settle down, Stay, Come when called, Walk nicely on leash, Leave it and take it, the three D's distance, duration, and distraction and how they affect training.

Note: Registration and payment will be taken on the first night of the class but in order to reserve your space please call Black Dog Canine at 708.305.1322.

Activity: 243312
 Instructor: Black Dog Staff
 Location: Dance Room
 Day: Wednesdays
 Fee: \$125.00
 Time: 6:15 - 7:15pm
 Min/Max: 5/8
 Registration Deadline: One week before session
 Session Dates
 A January 2 - January 30
 B February 20 - March 27

Women's and Co-Rec Spring Volleyball League Registration Dates

Registration for all returning volleyball teams will begin on Wednesday, January 2, 2019. Registration for all new resident teams will begin on Monday, January 7. Registration for all new non-resident teams will begin on Monday, January 14. The deadline for all volleyball registration will be Saturday, February 23.

Women's Spring Volleyball

Spike your way to fun by participating in our Women's Spring 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 and 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:	374009
Days/Dates:	Mondays, March 4-April 22
Time:	6:30-10:30 pm
Age:	Adult
Fee:	R\$325/\$390
Min/Max.:	4/8 teams per division
Session	Location
A	Gymnasium I
B	Gymnasium I

Co-Rec Spring Volleyball

Adults 18 and older are eligible to participate in our Co-Rec Spring 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:	374008
Days/Dates:	Thursdays, March 7-April 22
Time:	6:30-10:30 pm
Age:	Adult
Fee:	R\$325/ NR\$390 (A Division) R\$300/\$360 (B-D Divisions)
Min/Max:	4/8 teams per division
Session	Location
A	Gymnasium I
B	Gymnasium II
C	Hazelgreen School
D	Lane School



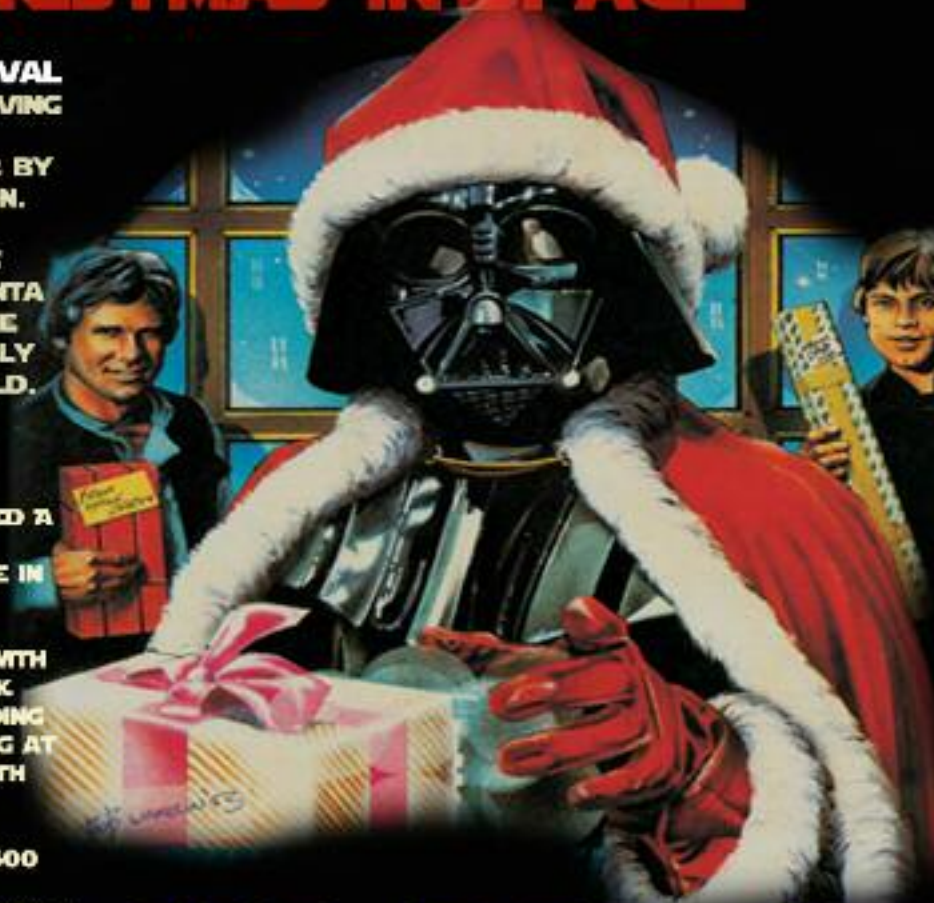
Note: All participants of the Alsip Park District adult volleyball leagues are required to adhere to the rules and regulations of the Apollo Recreation Center. No exceptions to these rules will be made for those participating in any athletic leagues. Thank you for your cooperation in this matter.

SANTA'S LANDING

CHRISTMAS IN SPACE

HELICOPTER ARRIVAL
SANTA WILL BE ARRIVING AT THE APOLLO RECREATION CENTER BY HELICOPTER AT NOON. DRESS FOR THE WEATHER! AFTER HIS GRAND LANDING, SANTA WILL LEAD EVERYONE INSIDE TO PERSONALLY VISIT WITH EACH CHILD.

TICKETS
EVERY CHILD WILL NEED A TICKET TO ENTER THE BUILDING. PARTICIPATE IN OUR OUTER SPACE CHRISTMAS THEMED ACTIVITIES AND VISIT WITH SANTA. THE ALSIP PARK DISTRICT STARTS HANDING OUT TICKETS BEGINNING AT 11:00 AM ON THE NORTH SIDE OF THE APOLLO RECREATION CENTER. TICKET NUMBERS 100-600 WILL BE HANDED OUT. TICKETS WILL BE AVAILABLE UP UNTIL 3:45 PM. PLEASE PLAN TO SPEND THE AFTERNOON WITH US TO ENJOY ENTERTAINMENT AND FAMILY FUN IN THE BIG GYM. GROUPS OF THIRTY CHILDREN WILL BE CALLED BASED ON THEIR TICKET NUMBER PROCEED THROUGH THE THEMED ROOMS AND VISIT WITH SANTA.



SAT. DEC. 1ST
APOLLO RECREATION CENTER
12521 S. KOSTNER AVE.
NOON - 4:00PM

PARKING

THE MORNING OF SANTA'S LANDING THE APOLLO RECREATION CENTER PARKING LOT STARTS FILLING UP AT ABOUT 11:00 AM. IN ORDER TO BETTER SERVE OUR RESIDENTS WE HAVE ARRANGED FOR ADDITIONAL PARKING FOR THE EVENT AT THE JERTOMA CENTER, RICTORY BAPTIST CHURCH AND LANE SCHOOL PARKING

Turkey Shoot

If you can shoot free throws in basketball, you can win a Thanksgiving Turkey at the Annual Turkey Shoot. The following age categories will be used; 30 and under, 31-39, 40-49, 50-59, 60 and over.

Activity: 174647-A
Location: Large Gym
Day: Wednesday
Date: November 7
Time: 5:00-8:00 pm
Age: Parent/Child Teams
Fee: R FREE/NR \$2
Min/Max: 1/99



Breakfast with Santa

Join the Alsip Park District for a Breakfast with Santa! Register for this holly jolly fun for the whole family event! We will enjoy a buffet breakfast with the big man himself! There will also be a craft, and time for a photo with Santa so don't forget your camera!

Activity: 183644-A
Location: Big Gym
Day: Saturday, December 15
Time: Breakfast 9:30 am-Noon
Age: All, 2 & under free
Fee: R\$8/NR\$10
Min/Max: 60/150



Christmas House Decorating Contest!

Get your Clark W. Griswald on and win this year's Christmas House Decorating Contest. Awards & prizes will be given to the top three decorated houses. Winners will also be recognized with a yard sign declaring your victory as well as social media. page! .

Activity: 183599-A
Day/Date: Monday, December 17
Time: 7:00-9:00pm
Age: Adult
Fee: \$5.00 Alsip Residents Only
Min/Max: 10/25



Letters to Santa

As done in year's past, Santa is taking Letters from the children of Alsip before Christmas from December 1-14. Santa is also going green this year and will be accepting emails at santa@alsipparks.org. If you mail or send your letter during the dates listed above, Santa will have time to personally write a response to each child! Please remember that Santa is very busy this time of year and all physical letters need to include a return address! Please address letters as follows:

Santa's Workshop
9 Reindeer Road
North Pole

Santa Calling

Santa has requested to speak with the boys and girls of Alsip to help him prepare for Christmas! Santa will gladly call those who request a personal phone call from the jolly old elf himself. Please stop by the Apollo Recreation Center and complete the phone request form. Park District staff will specially deliver the requests and Santa will make time to call you! The form will list a variety of days and times Santa has made available. Please make sure you will be home at the time you choose, Santa is very busy this time of year! Monday, December 10-Wednesday, December 12.





Flashlight Candy Cane Hunt

Join us at this new holiday event that will get you all warmed up, event in the cold! Hundreds of candy canes will be hidden for you to find. Dress warm and capture as many candy canes as you can to win! There will be special prize candy canes that will get you one of the very elite prizes of the night! After the hunt we will enjoy hot chocolate and cookies as Alsip Park District staff count up all the candy canes to see who will be the big winner!

Activity: 183627-A
 Location: Apollo Playground
 Day/Date: Friday, December 21
 Time: 6:00-7:00pm
 Age: 2 - 10 years
 Fee: R\$3/NR\$5
 Min/Max: 45/100



Breakfast with the Bunny & Glow Egg Hunt

Pre-register to save your seat at a breakfast with a very important person: the Easter Bunny! Get ready to enjoy a buffet filled with your breakfast favorites and have a few giggles with friends and family. Come hungry and keep your eyes open for our special guest who will hop on by during our Easter celebration. Please bring your camera for pictures and prepare your little ones for fun-filled Easter activities. To make this event even better we are adding a Glow in the Dark Egg Hunt bigger and better than the mini egg hunt we had at the breakfast last year. There will be more eggs, more prizes and more glowy Easter fun. Everyone will be a winner at this cool new addition. This event fills up every year, so please register early. You can sign up at www.alsipparks.org or at the Apollo Recreation Center located at 12521 South Kostner Avenue. You must pre-register for this event due to ordering concerns.

Activity: 243758-A
 Location: Apollo Recreation Center
 Day/Date: Saturday, April 13
 Time: 9:30-11:00 am
 Age: ALL, 2 & under free
 Fee: R\$9/NR\$13
 Min/Max: 50/125
 Registration Deadline: April 5

2019 Winter 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.

Egg Hunt

Grab your Easter basket and join the Alsip Park District as we search for eggs filled with treats that the Easter Bunny has left for the children of Alsip. The hunt is for children under the age of 11 years old and will be split into appropriate age divisions. Parents may help their children in the Parent Assist hunt only. Join us for refreshments, raffles, and a visit from the Easter Bunny after gathering eggs at the hunt. Note: Each child should bring a basket and don't forget your camera.

Location: Commissioners Park
 Day: Saturday
 Date: April 13
 Time: 9:00 am SHARP!
 Fee: FREE to Alsip residents





**The Alsip Park District and the
DoubleTree by Hilton Chicago-Alsip
invite you to celebrate**

NEW YEAR'S EVE *at noon*

A SPECIAL CELEBRATION FOR SENIORS!

*Join us for an exquisite three-course luncheon followed by a Champagne Toast and festive party favors
at noon while you enjoy dancing and sounds of live entertainment with all the classic hits!*

Monday, Dec. 31, 2018

11am - 3pm | Cost: \$45 per person

DoubleTree by Hilton Chicago-Alsip | 5000 W. 127th St., Alsip, IL 60803

**Register at the Alsip Park District
online, in-person or mail in by 12-18-18**

Registration code: 155582-A

Alsip Park District - 12521 S. Kostner Ave, Alsip, IL 60803

www.alsipparks.org

Registration is required. Hotel will not accept reservations or walk-ins. Must be 50 or older to attend.



Chicago Holiday Lights Trolley Tour

Kick off the holiday season with an entertaining two hour tour aboard a Trolley that will pick us up at the Apollo Recreation Center. We'll travel among the festive lights and enchanting sights of Downtown Chicago including the Magnificent Mile, State Street Windows, Chicago's Christmas Tree, Buckingham Fountain, and Navy Pier. Plus we'll make a one hour stop at the Christkindlmarket-a traditional German American holiday market with distinctive crafts, artistic glass creations, delicious sweets, holiday food and drinks. While on the tour we will enjoy live acoustic Christmas carols. Before we depart we will enjoy some Christmas cookies and some hot chocolate. During the tour we will enjoy a gourmet holiday cupcake! Transportation, tour, cupcake, hot cocoa and live entertainment included.

Activity: 143637-A
 Depart: ARC/4:00 pm
 Return: ARC/8:00 pm
 Day: Sunday, Dec. 16
 Age: All
 Fee: R\$49/NR\$59
 Min/Max: 23/36
 Registration Deadline: Dec. 7

Blue Chip Casino

Start the New Year off right by having some fun and winning some money! Join the Alsip Park District for some fun at Blue Chip Casino! Price includes

transportation only. Lunch is on your own.

Activity: 283709-A
 Day: Wednesday, January 16
 Depart: ARC/10:00 am
 Return: ARC/4:00 pm
 Age: Adult
 Fee: R\$15/NR\$25
 Min/Max: 8/14
 Registration Deadline: January 10

Chicago Botanic Garden Orchid Show & Lunch

This remarkable floral show is designed to showcase more than 12,000 rare, unusual, and exotic plants from around the world in a seven-room display area. The Orchid Show, the largest show of its kind in the Chicago metropolitan area, provides an oasis of beauty and vibrant color during the height of winter. Price includes transportation, admission, parking and choice of boxed lunch and beverage.

Activity: 243741-A
 Depart: ARC/9:00 am
 Return: ARC/3:00 pm
 Day: Saturday, February 23
 Age: All
 Fee: R\$49/NR\$59
 Min/Max: 10/14
 Registration Deadline: February 8

University of Chicago Tour

Join Seecago Tours on another fun adventure! The historical U of C, along with a tour of Jackson Park, Washington Park and parts of Hyde Park; see how the area was shaped by Marshall Field, John D. Rockefeller, Amos Alonzo Stagg, Enrico Fermi, Daniel Burnham, the 1893 World's Fair and more. Visits to F L Wright's Robie House, Rockefeller Chapel and Oriental Museum. Lunch at Pocollo Mondo, tours and motor coach transportation are included.

Activity: 283740-A
 Day: Thursday, April 11
 Depart: ARC/8:00 am
 Return: ARC/4:30 pm
 Age: Adult
 Fee: \$123
 Min/Max: 8/14





Chicago Auto Show

The nation's largest auto show comes to Chicago in the 1.2 million square foot McCormick Place Complex. See new concept, Sport, and Rally Cars. Walk amongst the most expensive and popular vehicles on the market and learn about the newest hybrid cars available. The Chicago Auto show is a must go! Price includes admission and transportation. Lunch is on your own.

Activity: 285611-A
 Day: Saturday
 Date: February 16
 Depart: ARC/9:00 am
 Return: ARC/3:00 pm
 Age: ALL, (Under 18 must be accompanied by an adult)
 Fee: R\$32/NR\$39
 Min/Max: 8/14
 Registration Deadline: Feb. 8



Lunch Bunch-Try New Places!

The Alsip Park District offers transportation to a different restaurant monthly and the opportunity to mingle with local residents and enjoy an afternoon of fine dining! Sign up with a friend or meet new people. Leave the driving to us and come hungry. Price includes transportation and escort only. Bring money for lunch.

Depart: ARC/11:00 am
 Return: ARC/3:00 pm
 Age: ALL, (Under 18 must be accompanied by an adult)
 Fee: R\$11/NR\$13
 Min/Max: 8/14

Pompei

Located in the heart of Little Italy, Pompei on Taylor Street has been serving authentic Italian cuisine for over four generations.

Activity: 283765-A
 Day/Date: Friday, January 11
 Registration Deadline: January 4

Bavaria Hof

As Schaumburg's only German restaurant Bavaria Hof offers traditional cuisine in a casual dining atmosphere. If you are looking for the finest schnitzels, sauerbraten, rouladen, strudel and much more, you don't need to take your passport and fly thousands of miles! We take pride to make all our dishes from scratch home-made. We have a wide selection of import beer and wines, and full service bar also.

Activity: 283765-B
 Day/Date: Friday, February 8
 Registration Deadline: February 1

J. Alexanders-Oak Brook

J. Alexander's Holdings, Inc. is a collection of boutique restaurants that focus on providing high quality food, outstanding professional service and an attractive ambiance. We are committed to providing a quality experience to our guests through offering generous portions of flavorful contemporary American cuisine using fresh ingredients. Come see for yourself!

Activity: 283765-C
 Day/Date: Friday, March 8
 Registration Deadline: March 1

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



SWSRA provides a wide variety of programs are 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.



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
Jennifer Fullerton	Hickory Hills Park District
Mike Leonard	Palos Heights Recreation Department
TJ Whitcomb	Posen Park District
Frank Torres	Summit Park District
Bob O'Shaughnessy	Worth Park District

SWSRA ADMINISTRATIVE STAFF

Lori Chesna, CPRP	Executive Director
Dawn Kehoe	Business Manager
Susan Priebay, CTRS	Superintendent of Recreation
Brittany Izzo	Recreation Specialist
Paula Marr	Volunteer/PR Coordinator
Audrey Dambek	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, Summit 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.



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 Play Panel Center:** Panels feature a variety of fine motor options for clients. The Activity Play Panel 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>





Pirate Party or Pink Pirate Party:R\$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.

Crafty Birthday Party:R\$220/NR\$240

If your Birthday Child loves arts-n-crafts, this is the party theme to choose! Fill in the items below in order for us to have the appropriate craft project. Craft projects will be done first, allowing for dry time, then on to refreshments, and games if time allows.

Birthday Child Age: ____ Birthday Child is: Boy/Girl

Sports Galore Favorite Sport::R\$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: Theme:R\$220/NR\$240

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:R\$220/NR\$240

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

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.

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 ea. a maximum of 15 children are allowed at 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 Jessica at 708-389-1003 ext. 324.



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), D.J.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 (Apollo, Barnes & Laramie)
- \$100 Cash Deposit Required (Sears only)
- 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 food, 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

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

Register Now

1. Online Registration

Visit www.alsipparks.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: November 19, 2017

NON-RESIDENTS: November 26, 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 November 20 and for non residents on November 27.
- 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 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.



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.

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.



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.

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. or library card 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 2019 season.
4. Daily Passes may be purchased with a valid picture I.D. 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.

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.

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:	R\$5/RN\$10

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. We also have a variety of Youth and Adult Athletic leagues available for sponsorship. Sponsors are named in all promotional and marketing materials surrounding each event/program, including signs, fliers and announcements at the event.



**BECOME A
SPONSOR**

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. Please contact Denise Michalski at (708) 389-1003, ext. 329, to receive a copy of our Sponsor Partnership Packet.

special

THANK YOU

to our sponsors

THANKS TO OUR WONDERFUL SPONSORS AND VOLUNTEERS
THAT HELP MAKE OUR EVENTS A SUCCESS!

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ALL THE AWESOME
VOLUNTEERS FROM
DISTRICTS 125 & 126
AND THE ZETA PHI BETA
SORORITY-ALSIP CHAPTER



Thanks to Our Volunteers!

TO VOLUNTEER OR SPONSOR AN EVENT,
CONTACT DENISE MICHALKSI AT
DENISE@ALSIPPARKS.ORG OR
708.389.1003 EXT. 329

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.



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 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.

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

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.



Meet the Staff

Jeannette Huber, CPRP

Greg Hooper, CPRP

Cathy Krydynski

Daren McLaughlin

Dale Dumin

James Parrott

Mike DeChene, CPSI

Rick Radz

Jim Dumell

Richard Gottardo

Danielle Peso Companio

Leslie Guerrero, A.C.E., CPO

Amanda Messner

Denise Michalski, CPP

Jessica Tompkins

Donna Smith

Erica Jagust

Jackie Nelson

Director of Parks & Recreation

Superintendent of Recreation

Business Manager

Superintendent of Parks

Park Foreman

Park Laborer

Park Laborer

Park Laborer

Park Laborer

Fountain Hills Golf Club Manager

Food & Beverage Manager

Aquatic Manager & Fitness Manager

Athletic Supervisor

Recreation Supervisor

Recreation Supervisor

Office Manager

Office Staff

Office Staff

Board of Commissioners

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

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



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

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

www.alsipparks.org · 708-389-1003 55



Parks and Facilities

	VOLLEYBALL COURT	PICNIC AREA	FITNESS CENTER	PLAYGROUND	TOT LOT	BALL DIAMONDS	BASKETBALL COURT	FOOTBALL FIELD	TENNIS COURTS	GOLF COURSE	DRIPPING RANGE	BANQUET FACILITY	RESTAURANT	SOCCER	WALKING/BIKE PATH	CONCESSION STAND	BIRCHITY HUB	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 30 = 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.

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