

Alsip PARK DISTRICT

REGISTRATION DATES:

**RESIDENTS:
AUGUST 31**

**NON-RESIDENTS:
SEPTEMBER 8**

WWW.ALSIPPARKS.ORG

Fall
2020

WHAT'S HAPPENING AT THE ALSIP PARK DISTRICT

We would like to send a **BIG THANK YOU** to all our Alsip Park District residents for your support and dedication during these unprecedented times. The Park Board and Staff continue to evaluate and monitor guidelines from the State so we can safely provide recreational opportunities for all ages. We understand that some of the best laid plans change, and sometimes quickly so we appreciate your flexibility and understanding. We value each and every one of you and we are thankful as we have welcomed you back to facilities and programming that you have followed our safety guidelines to ensure a safe and positive experience for you, other users and our staff.

We look forward to seeing more families out and about safely enjoying our parks, facilities, and programming. We would like to remind you to continue to practice social distancing and wear a face covering while in public spaces and to also practice good hygiene and wash your hands or use hand sanitizer often. You will find all of our facilities are equipped with hand sanitizing stations and signage to safely welcome you.

We will continue to provide timely updates and post them on our website and Facebook pages.



We are excited to share progress on the renovation of the redevelopment of Laramie Park. This project began in the late spring and is anticipated to be completed this fall. With the assistance of an Open Space Land Acquisition and Development Grant (OSLAD) this park site is able to be renovated into a more usable space for the community to enjoy. Some of the updates include new playground equipment, a splash pad, a soccer station, a free play area, a new shelter and a walking path around the perimeter of the park. We want to thank the community for their support and patience through this project. We would also like to thank all those that helped to select the final equipment for the park site. Stay tuned to our website and Facebook for additional information on when the park will be re-opened.

The Alsip Park District is still hard at work to extend the Cal-Sag Trail east from Freedom Park at 131st Street to continue through Blue Island. Freedom Park serves as a trailhead for the Cal-Sag Trail and currently has access going west all the way to Lemont. As we work through the planning for the east and as you are enjoying a walk, run or ride on the western portion, you may start to notice new benches. Thank you to the Friends of the Cal-Sag Trail (FOCST) for their time and dedication to have benches installed along the trail.



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

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.



Registration Office Hours

Monday 8:30 am - 6:00pm
Tuesday - Friday 8:30 am - 5:30 pm
Saturday 9:00 am - 12:00 pm
Sunday Closed

PLEASE NOTE:
Hours subject to change.
Check Facebook or our website
for up to date information.

**Pictured left to right,
Jerri-Lynn Kleina, Joe Schmitt,
Kathleen Perretta, Jackie Becker
and Jairo Gutierrez**

The Mission of the Alsip Park District

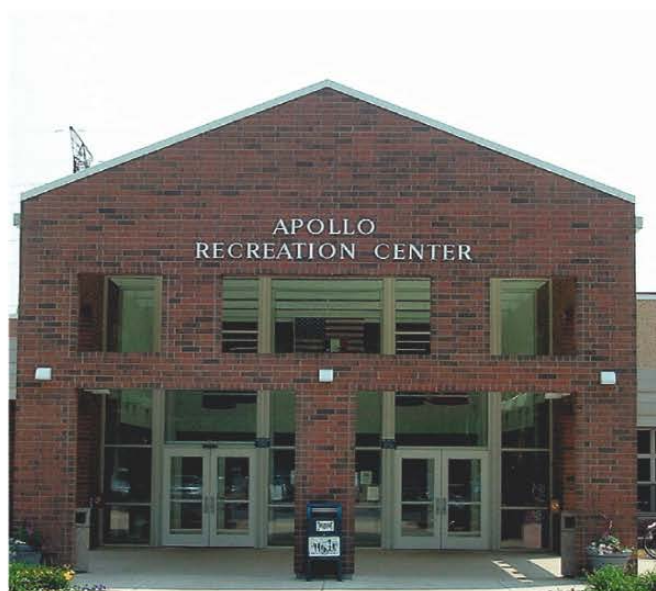
is to enrich life through quality
leisure services at a variety of parks
facilities, while offering programs in the
areas of education, social involvement &
recreation in a clean, safe environment for
individuals of all ages.

OUR STAFF

Jeannette Huber, CPRP
Greg Hooper, CPRP
Cathy Krydynski
Daren McLaughlin
Dale Durnin
James Parrott
Mike DeChene, CPSI
Rick Radz
Jeremy Dryier
Richard Gottardo
Danielle Peso Companio
Leslie Guerrero, A.C.E., CPO
Brad Burke
Denise Michalski, CPP
Rebecca Perkaus
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 / Fitness Manager
Athletic Supervisor
Recreation Supervisor
Recreation Supervisor
Office Manager
Office Staff
Office Staff

All programs are designed to follow state, local and federal guidelines, including social distancing and face coverings while inside the facilities.



If you see this Icon

This indicates that if the program needs to be suspended to meet in person, the program will continue virtually. You will be contacted by staff to identify the platform and procedures to continue virtually.



Program Locations

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

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Apollo Recreation Center Holiday Hours

Holiday/Date	Womens CC	Fitness Ctr	Gymnasium	Main Office
Labor Day- September 7	Closed	Closed	Closed	Closed
Thanksgiving Day - November 26	Closed	Closed	Closed	Closed
Day After Thanksgiving - November 27	8am - 2pm	6am - 8pm	9am - 8pm	8:30am- 5:30pm
Christmas Eve - December 24	8am - 2pm	6am - 3pm	9am - 3pm	8:30am- 1pm
Christmas Day - December 25	Closed	Closed	Closed	Closed

CO-ED & WOMEN'S FITNESS CENTERS

The Co-Ed Fitness Center is equipped with Cybex/Bodymaster strength equipment, Apex five station cable crossover strength equipment, free weights, smith machine, x-trainers, treadmills, nu-steps, and 2 recumbent 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. Thirteen through sixteen 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.

MEMBERSHIP TYPE	INDIVIDUAL (17& UP)	ADDITIONAL FAMILY MEMBER	FULL TIME STUDENT (18-22) WITH PROOF OF 12 CREDIT HOURS	TEEN (13-16) WITH CURRENT MEMEBER 18+ WITH ID	SENIOR (55+)	SENIOR ADD-ON (55+)	CORPORATE ALSO 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 THREE MONTHS	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

Fitness Center Fall Hours (Effective September 8, 2020)

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

Women's Circuit Center Fall Hours (Effective September 8, 2020)

Day	Hours
Monday-Friday	8:00 am-2:00 pm
Saturday	8:00 am-12:00 pm
Sunday	8:00 am-12:00 pm

Co-Ed Circuit Center Fall Hours (Effective September 8, 2020)

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

Women's & Co-Ed Circuit Center

is equipped with women friendly Body Master/ Cybex Strength equipment, Life Fitness treadmills, Ellipticals and a Tetric & Schwinn bicycle. Stairmasters and Graviton. There are a total of 12 strength stations that alternate between 5 cardio machines. 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.

\$10.00 PER MONTH

GREAT DEAL

fitness center & wcc 4



Apollo Recreation Center Fitness Center and Circuit Center Passholders:

We are excited to welcome you back to the Apollo Recreation Center's Fitness Centers. These areas will re-open on Friday, June 26. We are committed to the safety of our patrons and staff and will have additional safety measures in place as you visit. We ask for your cooperation and patience as we transition to re-opening.

Hours of Operation:

Fitness Center:		Women's Circuit Center:	
Monday - Friday:	6:00am-9:00pm	Monday - Friday:	8:00am-2:00pm
Saturday:	8:00am-6:00pm	Saturday:	8:00am-12:00pm
Sunday:	8:00am-5:00pm	Sunday:	8:00am-12:00pm

Important Notes:

- Passholders should not enter the facility if they are exhibiting any COVID-19 symptoms.
- If a passholder does have symptoms
 - o You should NOT enter the facility until you are fever free for at least 72 hours AND
 - o Other symptoms have improved AND
 - o At least 10 days have passed since your symptoms first appeared
- Passholders must wear a face covering over their nose and mouth whenever not exercising
- Passholders will swipe in and swipe out of the facility. Your card should remain with you
- Passholders should clean and sanitize equipment before and after use. Supplies will be provided upon entry
- Passholders should maintain a 6 ft distance at all times while using the facility
- Locker room areas are limited so we encourage you to come dressed in proper workout attire
- Capacity in the Fitness Center is 36
- Capacity in the Circuit Center is 15
- Fitness Equipment has been arranged to allow for 6 ft of distancing. Some fitness equipment may be blocked off to allow for proper distancing
- Touchless water bottle fillers are available to fill your own water bottle

We will be performing additional cleanings of frequently touched areas throughout the day and staff will also be wearing a face covering at all times.

The staff at the Apollo Recreation Center look forward to seeing you return to the facility. We appreciate everyone following the rules so that we may provide a safe recreational experience in the community.



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Senior Fitness



Join us for dynamic movements, resistance training, chair exercises, improving gait patterns and fall prevention. Perform fun exercises from standing and seated positions using resistance bands, dumbbell sand other training tools in order to improve your ability to move with purpose and react quickly. This class emphasizes full body strength, posture re-alignment and pain reduction. Come join us! Note: There will be no class on Wednesday, November 25th or Thursday, November 26th.

Activity: 166505
 Location: ARC/Aerobic Room
 Age: 55+
 Fee: R\$24/NR\$34
 Min/Max: 7/10

Session	Day	Dates	Time	Instructor
A	WE	September 9-October 14	9:00-10:00am	Carol Kaye
B	TH	September 10-October 15	10:30-11:30am	Dawna Latka
C	WE	October 21-Decermber 2	9:00-10:00am	Carol Kaye
D	TH	October 22-December 3	10:30-11:30am	Dawna Latka



Rhythm Pilates



This class will use a method of body conditioning exercises incorporating 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 classes on Wednesday, November 25.

Activity: 166784
 Instructor: Carol Kaye
 Location: ARC/Aerobic
 Age: Teen-Adult
 Fee: R\$24/NR\$34
 Min/Max: 7/10

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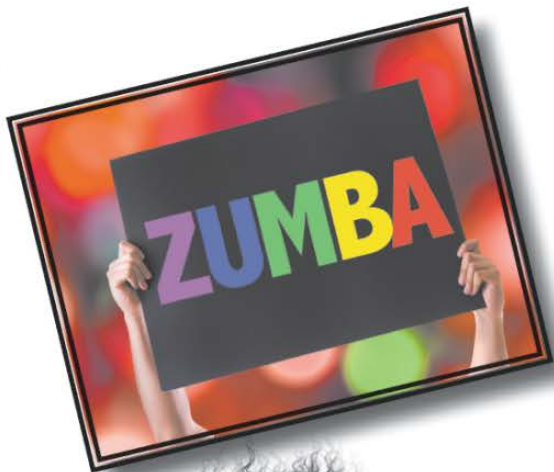
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Session	Day	Dates	Time
A	MO	September 14-October 19	6:00 pm-7:00 pm
B	WE	September 9-October 14	6:00pm -7:00 pm
C	FR	September 11-October 16	9:00am - 10:00 am
D	SA	September 12-October 17	8:45 am -9:45 am
E	MO	October 26-November 30	6:00 pm-7:00 pm
F	WE	October 21-December 2	6:00 pm-7:00 pm
G	FR	October 23-November 27	9:00 am-10:00 am
H	SA	October 24-November 28	8:45 am-9:45 am



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Line Dancing

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

Activity: 166404
 Instructor: Steve Steib
 Location: ARC/Dance Room
 Day: Monday
 Time: 6:45-7:45 pm
 Age: Adult
 Fee: R\$21/NR\$31
 Min/Max: 7/10

Session	Dates
A	September 14-October 19
B	October 26-November 30

Jammin' Zumba

Come and try this exercise in disguise class. We take the "work" out of workout, by mixing low intensity to high intensity moves for an interval style, calorie burning fitness party. Zumba has easy to follow moves with awesome Latin rhythm get you boosted energy, cardio enhancement, and body toning and sculpting. This classic for everybody and everybody. Let's get together and sweat it on, ditch the workout and join the Zumba party! No dance experience is needed or required. Note: No class on Thursday, November 26th.

Activity: 166428
 Instructor: George Montejano
 Location: Small Gym
 Time: 6:30-7:30 pm
 Age: 16-Adult
 Fee: R\$21/NR\$31
 Min/Max: 7/18

Session	Day	Dates
A	MO	September 14-October 19
B	TH	September 10-October 15
C	MO	October 26-November 30
D	TH	October 22-December 3



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Fitness Boot Camp

Are you bored and looking for a new way to develop a habit of exercise? This could finally be the class to get you headed in the right direction. Boot Camp training combines interval training and many other exercises using weights and/or body weight to lose body fat, increase cardiovascular efficiency, increase strength, and help you get in a routine of regular exercise. This class is designed to push people a little bit further than they normally push themselves while exercising. If you are up to a challenge, come and give it your all! We're ready for you. There will be no class on Thursday, November 26th.

Activity: 166499
 Instructor: Rhonda Allen
 Location: ARC/Aerobic Room
 Age: Teen-Adult
 Fee: R\$21/NR\$31
 Min/Max: 7/15



Session	Day	Dates	Time
A	TH	September 10-October 15	5:30-6:30 pm
B	SA	September 12-October 17	10:00-11:00 am
C	TH	October 22-December 3	5:30-6:30 pm
D	SA	October 24-November 28	10:00-11:00 am



Piyo-Fusion

Piyo-Fusion is a total body work out class that will whip you into shape from head to toe. This class is a combination of Pilates and Yoga to help build strength, lose weight, increase flexibility and sculpt your abdominal muscles. This class unites body and mind and creates a more streamlined shape. There is no class on Thursday, November 26th.

Activity: 166547
 Instructor: Rhonda Allen
 Location: Aerobic Room
 Day: Thursday
 Time: 6:30-7:15 pm
 Age: Teen-Adult
 Fee: R\$24/NR\$34
 Min/Max: 7/10

Session	Dates
A	September 10-October 15
B	October 22-December 5

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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: Bring your own yoga mat.

Activity: 166508
Instructor: Anne Kalch
Location: ARC/Aerobic Room
Day: Tuesday
Time: 9:45-10:45 am
Age: Teen-Adult
Fee: R\$30/NR\$40
Min/Max: 6/10

Session	Dates
A	September 8-October 13
B	October 20-November 24



Rejuvenating Hatha



Hatha Yoga welcomes a steady flow of postures focusing on breath, movement and proper alignment. Each class begins with a 10-minute calming meditation, in preparation for this moving meditation. Previous Yoga experience is not necessary. Props and modifications will be offered depending on the individual needs of participants. Please bring your own yoga matt.

Activity: 166519
Instructor: Rita Langner
Location: Aerobic Room
Day: Tuesday
Time: 5:30-6:30 pm
Age: 16-Adult
Fee: R\$40/NR\$50
Min/Max: 6/9

Session	Dates
A	September 8-October 13
B	October 20-November 24

Qi Gong (New)



Qi Gong is a practice in breath and movement, although it's similar to yoga, the classes are slower and more fluent. The practice will unblock stagnant Qi (life force energy) allowing it to flow more freely and bring you better health and balance. This is a practice that originated in China, it's similar to yoga but really different at the same time. Please bring your own yoga mat and a towel.

Activity: 166410-A
Instructor: Rita Langner
Location: Dance Room
Day: Saturday
Date: September 12-October 31
Time: 9:00 am-10:00 am
Fee: R\$40/NR\$50
Age: 16-Adult
Min/Max: 6/9

fountain hills golf club

FALL HOURS OF OPERATION

October 1 - November 30

CLUBHOUSE	7:00AM – 8:00PM
DRIVING RANGE	7:00AM – Dusk
RESTAURANT	12:00AM – 7:00PM
LOUNGE	12:00 PM – 7:00PM

RANGE BALLS

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

WINTER HOURS OF OPERATION

December 1 - February 28

CLUBHOUSE	9:00AM – 5:00PM
DRIVING RANGE	WEATHER PERMITTING
RESTAURANT	TBA
LOUNGE	TBA

2020 FALL RATES

(Effective October 1, 2020 thru November 30, 2020)

	Weekday (Includes Monday-Friday)	Weekend/Holiday
Regular (after 7:30 am)	\$16	\$18
Senior	\$13	\$15
Mid-Day (after 12:00 pm)	\$13	\$15
Senior	\$11	\$13
Replay	\$6	\$8
Junior	\$7	\$9
Twilight (after 4:00 pm)	\$7	\$9

RENTAL GOLF CARTS & PUSH CARTS

Nine Hole (per person)	\$ 9.00
Single Rider	\$ 12.00
Replay (per person)	\$ 6.00
Push Carts	\$ 3.00

2020 WINTER RATES

(Effective December 1, 2020 thru February 28, 2021)

	Weekday (Includes Monday-Friday)	Weekend/Holiday
Regular (after 9:00 am)	\$9	\$11
Senior	\$7	\$9
Junior	\$7	\$9
Replay	\$5	\$7
Twilight (after 2:00 pm)	\$5	\$7

RESIDENTS: RECEIVE A \$3.00 DISCOUNT ON REGULAR & MID-DAY PRICING W/ PROOF OF RESIDENCY AT CHECK-IN

Golf Lessons

Private Lessons: For further information regarding our private lessons please visit our website at www.alsipparks.org or contact the Fountain Hills Golf Club at (708) 388.4653

Junior Group Lessons Fountain Hills Golf Club is a Host Site, For The First Tee of Greater Chicago. For Information please visit their website at www.thefirstteegreaterchicago.org.



SPECIAL FEES

Monday & Wednesday Golf Special

(9 holes with cart) ...\$ 16.00
(March thru November - excluding Holidays or with any other offers or discounts)



DRESS CODE

All persons using the Fountain Hills Facilities are required to wear proper attire at all times. NOT PERMITTED: Swim suits, cut off shorts or cut off sleeveless shirts. Clothing must be worn at all times. No one is allowed to go topless.

All programs are designed to follow state, local and federal guidelines, including social distancing and face coverings while inside the facilities.

THE BACKNINE MENU

SMALL PLATES

CHICKEN & WAFFLE SANDWICH	\$4.50
Honey Flavored Crispy Chicken Served in between Waffles	
SAUSAGE EGG & CHEESE BISCUIT	\$5.00
CHICKEN TENDERS	\$3.50
2 Chicken Tenders with Choice of Dipping Sauce	
CHEESE QUESADILLA	\$3.50
6in Tortilla Loaded with Melted Cheese. Served with Lettuce, Tomato, Onion and a Side of Salsa	
Chicken \$5.00	
NACHOS	\$3.50
Our Homemade Tortilla Chips, Smothered in Cheese, Lettuce, Tomato and Sour Cream.	
Ground Beef \$5.00 Chicken \$5.00	
SOFT PRETZELS	\$3.50
5 Mini Soft Pretzels Served with a Cheese Dipping Sauce	
CHIPS & SALSA	\$3.00

SLIDERS

BEEF SLIDERS	\$8.95
2 Beef Sliders with Sautéed Onions	
BIG MAC SLIDERS	\$8.95
2 Beef Sliders with Homemade Big Mac Dressing, American Cheese, Lettuce, Onion and Pickles	
HOT HAM & CHEESE SLIDERS	\$8.95
2 Ham & Swiss Cheese Sliders with Buttery Garlic Dressing	
PIZZA SLIDERS	\$8.95
2 Pepperoni Pizza Sliders Smothered in Pizza Sauce and Topped with Mozzarella Cheese	
TEX MEX SLIDERS	\$8.95
Seasoned Beef with Santa Fe Dressing, Lettuce, Onion and Cheese	
CRISPY CHICKEN SLIDERS	\$7.95
2 Crispy Chicken Sliders Served with lettuce, Tomato and Mayo. Add Cheese \$1.00	
BLT SLIDERS	\$8.95
2 Sliders with Bacon, Lettuce, Tomato and Mayo	

PIZZA

WRAPS / SANDWICHES

SERVED WITH CHOICE OF HOMEMADE CHIPS, FRIES OR COLE SLAW	
CHICKEN WRAP	\$8.95
Choice of Grilled, Crispy or Buffalo Chicken Served with Lettuce, Tomato, Onion and mayo Wrapped in a Tortilla.	
CHICKEN CAESAR WRAP	\$8.95
Grilled Chicken, Lettuce and Parmesan Cheese Tossed in our Homemade Caesar Dressing and Wrapped in a Tortilla.	
PATTY MELT	\$8.95
Angus Burger on Marble Rye with Swiss Cheese and Sautéed Onions.	
BLT SANDWICH	\$8.95
An Overload of Bacon, Lettuce, Tomato and Mayo. Served on Choice of White, Wheat or Marble Rye	
CHICKEN SANDWICH	\$8.95
Choice of Grilled, Crispy, Blackened or Buffalo Chicken Served on a Brioche Bun with Lettuce, Tomato, Onion and Mayo	
RUEBEN	\$8.95
Our Homemade Corned Beef, Sauerkraut, Swiss Cheese and 1000 Island Dressing. Served on Marble Rye.	

SUBS

HAM SUB	\$8.25
8 in Sub Loaded with Off The Bone Ham, Lettuce, Tomato and Mayo Served with Choice of Homemade Chips or Fries.	
CHICKEN PARMESAN	\$7.50
6in Breaded Chicken Breast Smothered in Marinara and Cheese	
MEATBALL	\$7.50
6in Sub with our Homemade Meatballs smothered in Marinara and Cheese	

BURGER / WINGS

BONE-IN WINGS	5 FOR \$7.95 10 FOR \$12.00
BONELESS WINGS	5 FOR \$6.95 10 FOR \$10.95
BACKNINE BURGER	\$8.50
Angus Beef Patty with Lettuce, Tomato and Red Onion, Topped With A Crispy Onion Ring	
CHEESE	\$ 10.95
SAUSAGE OR PEPPERONI	\$ 12.95
TACO	\$ 14.00
GLUTEN FREE CHEESE	\$ 15.50

TO GO FAMILY SIZE MEALS

ENTREES FOR FOUR

COD DINNER

\$ 40.00

8 Pieces of Beer Battered Cod Served with Fresh Lemon and Tartar Sauce. Accompanied by 1 lb of Coleslaw and Served with Your Choice of Fries or Homemade Chips.

SHRIMP DINNER

\$ 35.00

24 Pieces of Breaded Shrimp Served with Fresh Lemon and Cocktail Sauce. Accompanied by 1 lb of Coleslaw and Served with Your Choice of Fries or Homemade Chips.

SEAFOOD COMBO

\$ 45.00

4 Pieces of Beer Battered Cod Served with 12 Breaded Shrimp Served with Fresh Lemon, Cocktail Sauce and Tartar Sauce. Accompanied by 1 lb of Coleslaw and Served with Your Choice of Fries or Homemade Chips.

TEX MEX PLATTER

\$ 30.00

2 Large Cheese Quesadillas. Accompanied By 8 Beef Hard Shelled Tacos. Served with Lettuce, Tomato, Onion, Cheese and Salsa.

GUINNESS CORNED BEEF SANDWICHES

\$ 45.00

Our Delicious Homemade Corned Beef Smothered with Sauteed Guinness Onions and Mustard on Marble Rye. Served with 1 lb Coleslaw and Your Choice of Fries or Homemade Chips.

PIZZA SET UPS

3 - 12" PIZZA SET UPS TO GO

CHEESE

\$25.00

SAUSAGE

\$ 28.00

PEPPERONI

\$ 28.00

TACO

\$ 33.00

GLUTEN FREE CHEESE

\$ 35.00

fountain hills golf club

fountain hills golf club
12

Now

Booking

2020

Banquets



From staff parties to Holiday Soirees Fountain Hills Golf Club and Banquets would like to serve you, your families, friends and colleagues this year!!!

708.388.4653 X403

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BEER MENU

DOMESTIC	DRAFT
BUD LT.....\$3	3 FLOYDS (ROTATING).....
BUDWEISER.....\$3	5 BRIDGES.....
COORS LT.....\$3	BLUE MOON.....
MCD.....\$3	EVIL HORSE.....
MICHELOB ULTRA \$3	GREEN LINE.....
MILLER 64.....\$3	LAQUINTAS IPA.....
MILLER LT.....\$3	CRAFT
OLD STYLE.....\$3	POLITICAL CORRUPTION.....\$4
	GOOSE ISLAND.....\$4
	MAGNERS.....\$4
	REVOLUTION ANTI HERO.....\$4
	SGT RECKLESS.....\$4
	LAQUINTAS III SUMMIT.....\$4
	3 FLOYDS (ROTATING).....\$4

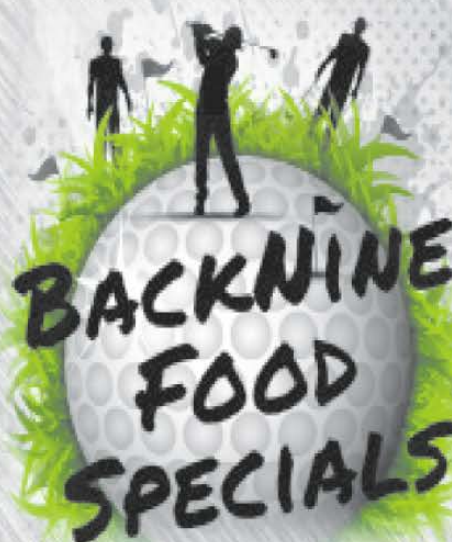
IMPORTS

CORONA.....\$4
CORONA LT.....\$4
AMSTEL LT.....\$4
HEINEKEN.....\$4
STELLA.....\$4
SAM ADAMS.....\$4
MODELO.....\$4
WHITE CLAW.....\$4



SPIRITS MENU

VODKA	WHISKEY
ABSOLUTE.....	AJ CORRAL INSIDE.....
ABSOLUT CITRUS.....	BOMBLOCKS.....
ABSOLUT RASPBERRY.....	BLACKBERRY.....
ABSOLUT VIOLETTA.....	CANADIAN CLUB.....
BACARDI.....	CINNAMON FLAVORED WHISKEY.....
CIRQUE.....	CROWN ROYAL.....
GREY GOOSE.....	HEARD HILL BLENDED.....
KETEL ONE.....	JACK DANIELS.....
LYONS IN PARADISE.....	JAMISON.....
SAVOR OFF.....	SEAGRAM.....
TITOS.....	SEAGRAM V.O.....
GIN	SOUTHERN COMFORT.....
BEETLE.....	WEST COAST IRISH.....
TANGUARI.....	RABBIT HOLE RYE.....
ORANGE BOTTLED.....	BOURBON
CITRUS.....	KNOTTER.....
ROYAL CHERRY.....	JIM BEAM.....
RUM	JIM BEAM RYE.....
BACARDI.....	ROYAL.....
BACARDI C.....	SCOTCH
CAPTAIN MORGAN.....	DEWAR'S.....
MAJIBU.....	J&B.....
TEQUILA	GLENFIDDICH.....
CHARBON BLANCO.....	CHRISTIAN BROTHERS BRANDY.....
JOSE CUERPO.....	
JOSE CUERPO-CHAMARON.....	
PATRIOT SILVER.....	J&H COGNAC.....
PATRIOT 20-CAP.....	
PAJARA MEDICAL.....	



MONDAY
BOGO 1/2 Off Pizza

TUESDAY
\$7 Tex Mex Menu

WEDNESDAY
\$11 Bucket Of Balls (small)
&
Burger

THURSDAY
1/2 Price Appetizer
with
Beer Flight Purchase

FRIDAY
Manager Special

SATURDAY
1/2 Price Burger

SUNDAY
\$5 House Bloody Mary's

*** DINE IN ONLY ***

Artsy Fun

Your little one will get a splash out of our Artsy Fun class. Sponge painting, object painting, and many other unique forms of painting will be done in this colorful 5-week class. Make sure you bring an old shirt to class to act as a paint smock.

Activity#: 138145
 Instructor: Laura Braden
 Location: Preschool 1
 Day: Monday
 Ages: 18 months- 2 years old (with parent/guardian)
 Min/Max: 4/8

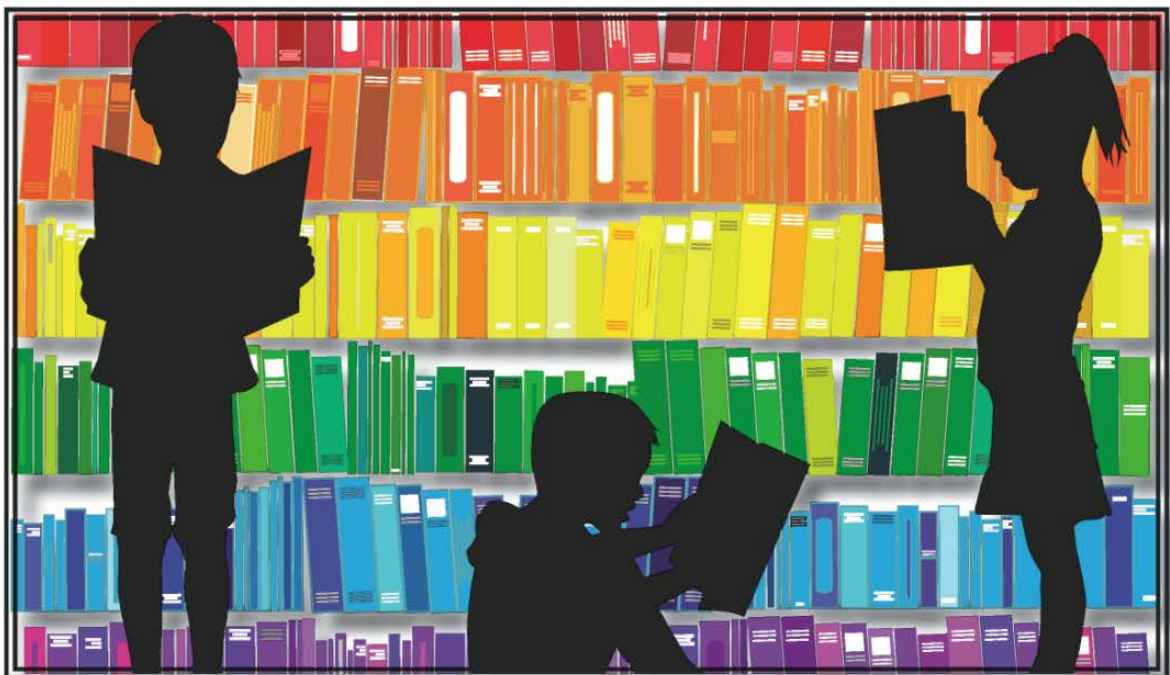
Session	Dates	Time	Fee
A	Sept. 21 – Oct. 12	1:30-2:00 pm	R\$20/NR\$25
B	Oct. 19 – Nov. 9	1:30-2:00 pm	R\$20/NR\$25

Story Time

During this class we will read stories to introduce shapes, colors, numbers and letters, in a fun and relaxing environment with mom and/or dad. After reading our story, we will reinforce concepts with a fun activity.

Activity#: 138147
 Instructor: Laura Braden
 Location: Preschool 1
 Day: Tuesday
 Ages: 18 months- 2 years old (with parent/guardian)
 Min/Max: 4/8

Session	Dates	Time	Fee
A	Sept. 22 – Oct. 13	2:15-2:45 pm	R\$20/NR\$25
B	Oct. 20 – Nov. 10	2:15-2:45 pm	R\$20/NR\$25



Movin' & Groovin'

This class is designated to help little ones develop gross motor skills and hand-eye coordination while promoting healthy exercise. Comfortable shoes and clothing are required.

Activity#: 138199
Instructor: Laura Braden
Location: Preschool 1
Day: Tuesday
Ages: 18 months - 2 years old (with parent/guardian)
Min/Max: 4/8

Session	Dates	Time	Fee
A	Sept. 22 – Oct. 13	1:30-2:00 pm	R\$20/NR\$25
B	Oct. 20 – Nov. 10	1:30-2:00 pm	R\$20/NR\$25



Movin' & Grovin' Virtual Class



Your child will be movin' and groovin' in this virtual class developing their large motor skills through music, games and exercises. The children will engage in movement through songs, dance, games, yoga and more!

Activity#: 538199
Instructor: Mrs. Sue
Location: Zoom Platform
Day: Wednesday
Instructor: Mrs. Sue
Ages: 3-5
Min/Max: 5/10

Session	Dates	Time	Fee
A	Sept. 16-Oct. 7	4:00 PM- 4:30 pm	R\$20/NR\$25
B	Oct. 21-Nov. 11	4:00 PM- 4:30 pm	R\$20/NR\$25

D.O.M.E (Defenders of Mother Earth)

During this 4-week course children will learn how to keep our beautiful planet healthy through a variety of fun activities! Build indoor greenhouses, homemade bird feeders, nature shadowboxes, a surprise animal visit, fingerprint world, and more.

Activity #: 148214
 Instructor: Angela Jean
 Location: Apollo Park Pavilion (inside Apollo if inclement weather)
 Day: Tuesday
 Time: 4:00-4:30 pm
 Age: 5-10
 Min./Max.: 5/8

Session	Date	Time	Fee
A	Sept. 29-Oct. 20	4:00-4:30 pm	R\$30/NR\$35
B	Oct. 27-Nov. 17	4:00-4:30 pm	R\$30/NR\$35



Drama Club

This exciting and creative class is perfect for those budding stage stars! Kids will be working on creating and presenting a play. Participants will create the costumes, props and scenery as they work each week on the final production. Registered participants must be able to read.

Activity #: 143256-A
 Instructor: Laura Braden
 Location: Preschool Room I
 Age: 7-10
 Day: Monday
 Dates: September 21 -November 9
 Time: 7:00-8:00 pm
 Fee: R\$34/NR\$44
 Min/Max: 6/8





If you see this Icon

This indicates that if the program needs to be suspended to meet in person, the program will continue virtually. You will be contacted by staff to identify the platform and procedures to continue virtually.



Debate Club **NEW**

Look out world...Here comes your next great speaker! Learn the basics in the art of speech and debate. In this new class we will learn the different types of debate, improving communication skills and critical thinking skills and build your child's confidence in the classroom. Join this class today!

Activity #: 143257
Instructor: Laura Braden
Location: Preschool 1
Day: Monday
Ages: 9-12
Mi/Max: 6/8

Session	Dates	Time	Fee
A	September 21 -October 12	3:30-4:15 pm	R\$20/NR\$25
B	October 19 - November 9	3:30-4:15 pm	R\$20/NR\$25

Parent-Tot Spanish

Wind the day down with your toddler singing and dancing to songs in Spanish! Learn Spanish greetings, colors, numbers, parts of the body, animal and food words. Taught by Language in Action, Inc. instructor. No Class on Oct. 12(session A) and no class for Nov. 23rd (session B).

Activity #: 153273
Instructor: Language in Action
Location: Oak View Center- 4625 W. 110th Street, Oak Lawn, IL 60453
Day: Monday
Age: 9 months- 2 years (with parent/guardian)
Min./Max.: 6/12

Session	Dates	Time	Fee
A	September 14 - October 26	6:00-6:40 pm	R\$60/NR\$70
B	November 2 – December 14	6:00-6:40 pm	R\$60/NR\$70

All programs are designed to follow state, local and federal guidelines, including social distancing and face coverings while inside the facilities.

I Speak Spanish!

Expand your child's world! Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music. Each session covers new material! Taught by Language in Action, Inc. instructor. No Class on Oct. 12(session A) and no class for Nov. 23rd (session B).

Activity #: 153205

Instructor: Language in Action

Location: Oak View Center- 4625 W. 110th Street, Oak Lawn, IL 60453

Age: 3-5 years old

Min./Max.: 6/12

Session	Day	Dates	Time	Fee
A	Monday	Sept. 14 - Oct. 26th	5:00-5:50 pm	R\$80/NR\$90
B	Monday	Nov. 2 – Dec. 14	5:00-5:50 pm	R\$80/NR\$90

ZOOM I Speak Spanish! LIVE!



Join us right from your living room as we explore new cultures and learn the Spanish language via the interactive Zoom platform! Younger children will learn conversational Spanish through fun and interactive activities and music while older children will also learn some Spanish phonetics to begin reading and writing in Spanish. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class. No class on Nov. 26th (session B).

Activity #: 553205

Instructor: Language in Action

Location: Online

Age: 3-5 years old

Min./Max.: 6/12

Session	Day	Dates	Time	Fee
A	Thursday	Sept. 10th - Oct. 15th	5:00-5:45PM	R\$80/NR\$90
B	Thursday	Oct. 22nd – Dec. 3rd	5:00-5:45PM	R\$80/NR\$90

Youth Spanish

Learning a second language can open a world of possibilities for your child. In this class students will learn Spanish conversation and some Spanish grammar, reading, and writing skills through interactive and engaging activities. Each session covers new material! Taught by Language in Action, Inc. instructor. No Class on Oct. 12 (session A) and no class on Nov. 23rd (session B).

Activity #: 153206

Instructor: Language in Action

Location: Oak View Center- 4625 W. 110th Street, Oak Lawn, IL 60453

Age: 7-11 years old

Min./Max.: 6/12

Session	Day	Dates	Time	Fee
A	Monday	Sept. 14 - Oct. 26th	6:50-7:45PM	R\$80/NR\$90
B	Monday	Nov. 2 – Dec. 14	6:50-7:45PM	R\$80/NR\$90

Zoom Youth Spanish- LIVE!



Join us right from your living room as we explore new cultures and learn the Spanish language via the interactive Zoom platform! Younger children will learn conversational Spanish through fun and interactive activities and music while older children will also learn some Spanish phonetics to begin reading and writing in Spanish. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class. No class on Nov. 26th (session B).

Activity #: 553206
 Instructor: Language in Action
 Location: Online
 Age: 7-11 years old
 Min./Max.: 6/12

Session	Day	Dates	Time	Fee
A	Thursday	Sept. 10th - Oct. 15th	6:15 pm -7:00 pm	R\$80/NR\$90
B	Thursday	Oct. 22nd – Dec. 3rd	6:15 pm - 7:00pm	R\$80/NR\$90



Piano Lessons

Mozart, Bach and Beethoven move over!! Have you ever wanted to learn piano in a fun and relaxing way? Then come on over! You will learn the basics of note reading and musical theory. Musical pieces will progress with the student's abilities. All first-time students must purchase the John W. Schaum book before coming to class. Your time and day of the lesson will be arranged after you register, you choose the most convenient time! Lessons are private and ½ hour in length for six-week sessions. Piano is a great hobby that lasts a lifetime. No Lessons will be given the week of November 23rd.

Activity: 148305
 Location: ARC/Board Room
 Instructor: Margorie Kuiper
 Day: Instructor arranged
 Time: 30-minute sessions
 Age: 7 - Adult
 Min/Max 2/10

Session	Dates	Fee
A	September 14-October 23	R\$135/NR\$145
B	October 26- December 11	R\$135/NR\$145



Online Balloon



Animal Workshop! #1

Professional balloon artist Gary Kantor introduces a 45-minute online class that teaches children the techniques needed to take plain balloons and transform them into incredible balloon animals (like dogs, butterflies, fish, etc.). By watching these online videos children will create their own balloon animals, with Gary walking them through each step in the process. And this class is not just for the kids; parents will have a blast if they join the experience. Additionally, you can sign up again since each session makes different animals. Ideal class age is 7 and above. (Note: you will need your own balloons and balloon pump. The pump and balloons cost about \$13, and when you register you will be given information on places to purchase these.)

Activity: 543418-A
Instructor: Gary Kantor
Location: Online
Date/Time: Anytime
Fee: R\$13/NR\$18

If you see this Icon

This indicates that if the program needs to be suspended to meet in person, the program will



continue virtually. You will be contacted by staff to identify the platform and procedures to continue virtually.

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: 143421
Instructor: Gary Kantor
Location: Oakview Center,
4625 W. 110th St., Oak Lawn
Age: 5 - 12
Fee: R\$20/NR\$30
Min/Max: 5/35

Session	Day/Dates	Time
A	Wed., October 14	6:45-7:40 pm
B	Tue., November 10	5:00-5:55 pm



Online Magic Class #1

This 45-minute online class teaches children how to perform several mind-boggling tricks using everyday household items. Gary starts by explaining the secrets to the tricks, and then both Gary and the children practice everything in detail. The children have a blast as they learn exactly what to say and do when performing in front of an audience. And since this class is online, it can be taken whenever convenient for your schedule and can be watched again and again. Your entire family can even do this class together. Items needed: Deck of cards, Rubber band, Crayons (they cannot be broken), Paper bag (standard lunch bag size), 2 pieces of yarn (one should be about 2 feet long, and one should be about 4 inches long), One die, Piece of paper and a Pencil or pen.

Activity: 543421-A
Instructor: Gary Kantor
Location: Online
Date/Time: Anytime
Fee: \$13R/\$18NR

Craft Corner

Join us for these quick 1 day,1-hour workshops. Participants will create holiday themed crafts that they will leave with. All materials and supplies included in class fee. Please send your child with an old shirt, in which you do not mind them getting paint on! Themes for the summer crafts are Halloween Décor, Thanksgiving Décor and Christmas Décor.

Activity #: 143247
 Instructor: Angela Jean
 Location: ARC
 Day: Thursday
 Min./Max.: 5/8
 Ages: 6-12

Session	Date	Time	Fee
A	October 1	4:30 pm- 5:30 pm	R\$13/NR\$15
B	November 5	4:30 pm -5:30 pm	R\$13/NR\$15
C	December 3	4:30 pm- 5:30 pm	R\$13/NR\$15

Woodworking Club

If you like working with your hands, this class is for you! Create simple and easy wood crafts throughout this 4-week session.

Activity #: 143424
 Instructor: Laura Braden
 Location: Preschool 1
 Day: Tuesday
 Ages: 7-10
 Mi/Max: 6/8

Session	Dates	Time	Fee
A	September 22 -October 13	5:45-6:30 pm	R\$30/NR\$35
B	October 20 - November 10	5:45-6:30 pm	R\$30/NR\$35



youth enrichment 22

Ms. Priscilla's School of Dance



Activity: 143223

Instructor: Ms. Priscilla

Location: ARC/Dance Room

Day/Dates: Tuesday, September 15 – May 25

Min/Max: 5/10 for each class

This comprehensive dance program offers instruction in Ballet, Tap, Jazz and Hip-Hop, for ages 3 to 12. The program runs a total of 34 weeks and ends with a celebrated dance recital showcasing the students' talents!



Section	Class	Time	Age	Fees
A	Ballet	3:00-3:30 pm	3-4	R\$185/NR\$195
B	Tap	3:35-4:05 pm	3-4	R\$185/NR\$195
C	Ballet	4:10-4:40 pm	5-6	R\$185/NR\$195
D	Tap	4:45-5:15 pm	5-6	R\$185/NR\$195
E	Boys Hip Hop	5:20-6:05 pm	7-10	R\$205/NR\$215
No Girls Allowed! Classes are made for boys to learn in a fun comfortable environment. Would you like to dance like today's hottest stars learning the latest dance moves in this fun and exciting class.				
F	Ballet	6:10-6:55 pm	7-12	R\$205/NR\$215
G	Tap	7:00-7:45 pm	7-12	R\$205/NR\$215
H	Jazz & Hip-Hop	7:50-8:35 pm	7-12	R\$205/NR\$215

Registration deadline is Tuesday, September 8th.

****Times may change, based on enrollment for each class.****

For students in age group 7-12 year old. If you sign up for Ballet & Tap your Jazz Hip/Hop class will be FREE!

Phase 4 guidelines:

- If social distancing can not take place a mask must be worn.
- Pick-up and Drop-off will take place outside of the dance room.
- Please do not arrive any earlier then 5 minutes before class begins or ends to drop off or pick up your child.
- Face coverings must be worn while inside the Apollo Recreation Center
- Covid-19 screening will take place before each class.
- Parent will not be able to wait inside the building.



2020-2021 Preschool Program

The Alsip Park District Preschool is designed for children 3 and 4 years of age. **Children must be completely toilet trained.** Our program will introduce your 3-year-old and 4-year-old to beginning math, science, music, art, and language arts concepts. All age requirements must be met by September 1, 2020

Registration Information

- A copy of a birth certificate is required.
- There will be a \$50 charge for program cancellation
- Installments begin on September 1st through April 1st

Preschool Open House

- Will be done virtually this year. You will receive an e-mail once you register with more information and links to view the open house presentations

3-Year-Old Pre-K Program

Staff: Mrs. Sheri
Age: 3 by Sept. 1, 2020

Location: ARC/Preschool Room III
Min/Max: 6/8

Activity #	Day	Date	Time	Full Payment Res/NR	Installments Res/NR	Due at Registration Res/NR
Full Amount #138103A Installments #138103B	M-W-F	Sept. 8 th – May 14 th	8:30am-11:30am	\$810/\$1010	Monthly \$90/\$112	Initial Payment \$180/\$224
Full Amount #138104A Installments #138104B	T/TH	Sept. 8 th – May 14 th	8:30am-11:30am	\$710/\$910	Monthly \$79/\$101	Initial Payment \$158/\$202

4-Year-Old Pre-K Program

Teacher's: Mrs. Sue & Ms. Tracy
Age: 4 by Sept. 1, 2020

Room: Preschool I & II

Activity #	Day	Min/Max	Date	Time	Full Payment Res/NR	Installment Res/NR	Due at Registration Res/NR
Full Amount #138102A Installments #138102B	Mon-Fri	10/15	Sept. 8 th – May 14 th	9:00am - 12:00pm	\$1385/\$1670	Monthly \$155/\$185	Initial Payment \$310/\$370

Home-schooling 4-year-old Preschool Pack Program

The Alsip Park District is working on developing a Preschool Pack Program that will be for 4-year-olds. It will be a pack that you pick up every month that consists of basic preschool curriculum and craft projects to assist in any homeschooling you plan on doing with your child to get ready for kindergarten. This is planned to begin in October, and we will have further information, including prices soon! Please keep an eye out on our Alsip Park District Facebook page for more information. If you would like to be placed on a distribution list for the information please e-mail Rebecca Perkaus, Recreation Supervisor at rperkaus@alsipparks.org.

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

School year programs 24



School Year Programs SY 20-21

AT THE ALSIP PARK DISTRICT

Registration
begins on
August 10, 2020

Multiple child
discount will be
applied.

- Team Building
- Academic Enhancement
- Homework Help
- Cultural Activities
- Gym Games
- E-Learning Assistance

Before School Fees

6:45AM- Bus Pick Up

\$12 per day

Capacity: 15 students

After School Fees

Bus Drop Off - 6:00PM

\$20 per day

Capacity: 15 students

Kidz Care Program

6:45AM - 6:00PM

\$35 per day

Capacity: 30 students

The Alsip Park District's School Program offers recreation activities, homework assistance, arts & crafts and much more! Our Before/After School Program is offered to Kindergarten through 6th grade students in Districts 125 & 126. Our Kidz Care Program is offered to Kindergarten through 8th grade for Districts 125, 126, 128 and 130. Our staff looks forward to helping your child with e-learning, homework assistance, creating new friendships, build self-esteem, get plenty of physical fitness and most important, have FUN!

Registration Information

- In person registration is required at the Apollo Recreation Center.
- Registration deadline is the Monday prior to the following weeks program.
- Registration must be completed on the Monday prior to the upcoming week to avoid late fees.
- A \$15 LATE FEE WILL BE ADDED IF YOU REGISTER ON TUESDAY. **NO REGISTRATIONS WILL BE ADDED AFTER TUESDAY AT 5:00PM FOR THE FOLLOWING WEEK.**
- No registration will be taken after Tuesday, no exceptions.
- Registration is on a first come first serve basis and will take a wait-list once we hit capacities.

What does my child need to bring?

- Lunch/Snack in a disposable bag.
 - If your child is in the Kidz Care Program please put lunch and snack in separate disposable bags.
- All E-learning electronics needed for the day.
- Personal Headphones that connect or plug into e-learning laptop.
- All School supplies needed for the day.

The Parent Handbook will be handed to you at time of registration.

No refunds or credits for sick days or no shows.

To Register or need further information please call or come to:

Apollo Rec Center

12521 S. Kostner Ave, Alsip

(708)389-1003

THE ALSIP PARK DISTRICT FOLLOWS ALL STATE/LOCAL AND FEDERAL GUIDELINES. **INCLUDING SOCIAL DISTANCING AND FACE COVERINGS WHILE INSIDE FACILITIES.**

Youth Travel Basketball League 1st – 6th Grade

The Alsip Park District is teaming up with surrounding towns to offer Youth Basketball. This exciting league will encourage sportsmanship, fair play, and teamwork. Participants will learn the fundamentals of the game such as shooting, dribbling, passing, and defense, while developing team and individual skills. Teams from Alsip will play home games at the Apollo Recreation Center, and away games at Worth Park District, Chicago Ridge, Palos Park, Palos Heights, Hickory Hills, and Blue Island Park District. Players will play in grade appropriate divisions. Each team will have max of two weekly practices, times and location to be determined by the volunteer coach. All players will receive a jersey, end of season award, and a complimentary \$10 picture package with an option to purchase team/individual photos. All home games will be officiated by a licensed I.H.S.A. Official or an Alsip Park District Employee. Schedules will be determined by League Directors. Game times will be based on gym availability. Games will be held Saturday mornings/afternoons between 9:00am and 2:00pm. Each team will play an 8-game schedule plus 3 playoff games.

Fee: R\$80/NR\$100
Registration Deadline: Saturday, December 5
Practices begin: Monday, December 14
Games begin: Mid January

Game Details

1st & 2nd Grade Division:

Activity: 174003-A
 Game Day: Saturday
 Game Location: Varies
 Game Time: Varies

3rd & 4th Grade Division:

Activity: 174003-B
 Game Day: Saturday
 Game Location: Varies
 Game Time: Varies

5th & 6th Grade Division:

Activity: 174003-C
 Game Day: Saturday
 Game Location: Varies
 Game Time: Varies

7th & 8th Grade Division:

Activity: 174003-D
 Game Day: Saturday
 Game Location: Varies
 Game Time: Varies



Coaching Details

Volunteer coaches are needed. If you would like to be a team coach or team parent contact (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.

YOUTH AND ADULT ATHLETIC PROGRAMS/LEAGUES ARE SUBJECT TO CHANGE BASED UPON STATE AND LOCAL GUIDELINES. PLEASE CHECK OUR FACEBOOK AND WEBSITE FOR UP TO DATE INFORMATION.

Jr. Soccer



The Alsip Park District is working with All Star Sports to offer youth athletic programming. Taught the All Star way, this program will keep everyone active and engaged both mentally and physically! Our lesson plan is designed to teach the game by hiding drills in fun games and using association techniques that get down to the players level. Soccer is a game that is action packed so there will be no sitting and waiting. Engaging players at all times, we will cover simple foot skills, dribbling, passing, and shooting, basic rules and even work on spreading the field. This class will not only keep the players active but will be a great base to prepare them for the next level of play. All our programs will focus on teamwork and sportsmanship

* Equipment: Please bring a water bottle, shin guards, and soccer ball (recommended size 4)

Activity #: 174292
 Day: Wednesday
 Fee: R\$63/NR\$70
 Registration Deadline: Sunday, August 30

Session	Dates	Times	Ages
A	September 2 – October 14	4:00pm – 4:45pm	3-4 years old
B	September 2 – October 14	4:45pm – 5:45pm	4-6 years old
C	October 28 – December 16	4:00pm – 4:45pm	3-4 years old
D	October 28 – December 16	4:45pm – 5:45pm	4-6 years old



Jr. T-Ball



The Alsip Park District is working with All Star Sports to offer youth athletic programming. T-Ball/Baseball can be a boring game if taught the wrong way! The All Star approach to baseball is one that will engage all players no matter their skills level. Our coaching technique will provide basic building blocks in a fun safe environment. We have created a system that keeps the players moving and learning while in the dugout! Mechanics and hand eye coordination are the keys to early success. Players in this program will be more confident in this active class as we work on the proper mechanics of catching, throwing, fielding, base running, and batting. This fun and exciting program will prepare each player for Level 2, T-Ball, or coach pitch leagues. All our programs are based on learning teamwork and sportsmanship.

* Equipment: Please bring a water bottle and glove.

Activity #: 174294
 Fee: R\$63/NR\$70
 Day: Wednesday
 Registration Deadline: Sunday, August 30

Session	Dates	Times	Ages
A	September 2 – October 14	6:00pm – 6:45pm	3-4 years old
B	September 2 – October 14	6:45pm – 7:45pm	4-6 years old



Jr. Basketball Skills



The Alsip Park District is working with All Star Sports to offer youth athletic programming. Our instructional program is designed to teach the game of basketball at a basic level while making sure the players stay active and engaged the entire class! Fun basketball like games will be played to teach the importance of each skill learned. Our foundation technique focuses on basic mechanics to build confidence then adding larger challenges as we progress. We will work on dribbling with each hand, passing and age appropriate shooting technique, and understanding basic offense and defense. All our program: sportsmanship.

*Equipment: Please bring a water bottle and a basketball

Activity #: 174291
 Fee: R\$63/NR\$70
 Day: Wednesday
 Registration Deadline: Sunday, October 11



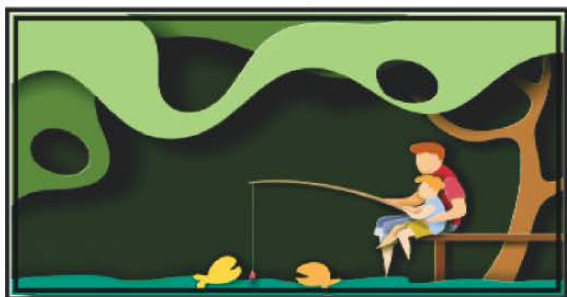
Session	Dates	Times	Age
A	October 14 – December 16	6:00pm – 6:45pm	3-4 years
B	October 14 – December 16	6:45pm – 7:45pm	4-6 years

Free Fall Kids Fishing Derby

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

This is an Alsip Resident Event

Activity: 174080-A
 Location: Commissioners Park Pond
 Day/Date: Saturday, September 12
 Time: 8:30am-10:30am
 Fee: Free
 Age: All
 Min/Max: 5/50
 Registration Deadline: Day of the Event



Turkey Shoot

Think you are a good free throw shooter? Then you may be able win a Thanksgiving Turkey at our Annual Turkey Shoot! The following combined child/parent age categories will be used; 30 and under, 31-39, 40-49, 50-59, 60 and over. Practice time is available before you take part in the fun...Start practicing and we will see you there! NOTE: bring your own basketball

Activity: 174647-A
 Location: ARC Small Gym
 Day/Date: Wednesday, Nov. 11th
 Time: 5:00-8:00 pm
 Age: Parent/Child Teams
 Fee: R Free/NR \$2
 Min/Max: 1/99
 Registration Deadline: Day of Event



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.

Activity#: 138257
 Instructor: Illinois Shotokan Karate Club Staff
 Location: ARC/Gymnasium II
 Day/Dates: Friday, September 11 - December 18 No Class 12/4
 Fee: R\$154/NR\$164 per person
 Min/Max: 4/12
 Registration Deadline: One week before start of session

Session	Time	Age	Level
A	4:30-5:15pm	4-7	Beginner (No prior experience)
B	5:20-6:05pm	4-7	Continuer (White w/stripes & up)



KARATE

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.

Activity#: 138257
Instructor: Illinois Shotokan Karate Club Staff
Location: ARC/Gymnasium II
Day/Dates: Friday, September 11 - December 18 No Class 12/4
Fee: R\$154/NR\$164 per person
Min/Max: 4/15
Registration Deadline: One week before start of session

Session	Time	Age	Level
C	6:15-7:10pm	8-14	Beginner/Continuer (White-Red Belts)
D	7:15-8:10pm	8-14	Inter/Advanced (Orange Belts & Up)



All programs are designed to follow state, local and federal guidelines, including social distancing and face coverings while inside the facilities.

If you see this Icon

This indicates that if the program needs to be suspended to meet in person, the program will



continue virtually. You will be contacted by staff to identify the platform and procedures to continue virtually.

Illinois Shotokan Karate Parent/Child & 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 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.

Activity#: 138257
 Instructor: Illinois Shotokan Karate Club Staff
 Location: ARC/Gymnasium II
 Day/Dates: Friday, September 11 - December 18 No Class on 12/4
 Fee: R\$154/NR\$164 per person
 Min/Max: 4/15

- Registration Deadline: One week before start of session

Session	Time	Age	Category	Level
E	6:15-7:10pm	7&Up	Parent/Child	Beginner/Continuer (White-Red Belt)
F	7:15-8:10pm	7&Up	Parent/Child	Inter/Advanced (Orange Belts & up)
G	6:15-7:10pm	15&Up	Adult	Beginner/Continuer (White-Red Belt)
H	7:15-8:10pm	15&Up	Adult	Inter/Advanced (Orange Belts & up)



Gymnastics Class Descriptions

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.

Pre-School Gymnastics

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



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 or tights), bare feet. Shooting Stars participants **MUST** be in a leotard. Hair must be pulled back. Jewelry is not permitted! No jeans or clothing with buckles.

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 1

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

Girls Gymnastics Level 2

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

Gymnastics 32



Boys/Girls Tumbling

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

Stars Gymnastic Teams

ALL TEAMS ARE 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.

Gymnastics Program Schedule Fall 2020

All Recreational Classes are 6 weeks in length, unless noted

Program & Activity Number	Ages	Day	Time	Start/End	Fee	Min/Max	No Class
Preschool Gymnastics #174177-A	3 & 4 years	Tues	5:00 – 5:45pm	Sept 15 – Oct 20	R\$40 NR\$60	3/4	
Kinder Gymnastics #174168-B	5 & 6 years	Tues	6:00 – 6:45pm	Sept 15 – Oct 20	R\$40 NR\$60	3/4	
Girls Gymnastics Level 1/2 #174185-A	7-12 years	Mon	5:00- 5:45pm	Sept 14 – Oct 19	R R\$40 NR\$60	4/5	
Boys/Girls Tumbling #174246-A	7-12 years	Tues	7:00- 7:45pm	Sept 15 – Oct 20	R\$40 NR\$60	3/4	
Team 1 day- By placement only <u>With coach approval</u> #174216-A	6 and up	Select day M or W	6:00 – 8:00pm	Sept 14 - Nov 18	\$90 10 Practices	4/6	
Team 2 days – by placement only #174216-B	6 and up	Mon and Weds	6:00- 8:00pm	Sept 14– Nov 18	\$180* 20 Practices	4/6	

*Team Fees for Sept. - Nov. are payable in 2 installments.
Payment #1 of 50% is due upon registration (2 days \$90).
Payment #2 of balance is due October 14th (2 days \$90).

IF YOU HAVE A BALANCE, YOUR CHILD WILL NOT BE ABLE TO REGISTER OR PARTICIPATE/COMPETE UNTIL PAID IN FULL

17 fascinating + fun virtual activities to entertain you and your kids during the coronavirus outbreak

Right now is a really challenging time for everyone. The news changes on a daily basis and stress levels continue to rise. We don't know for certain how things will end or what our new normal will be, but as we continue to stay indoors and work from home while taking care of kids, it's important to find time to do things we love.

<https://www.mother.ly/lifestyle/virtual-activities-to-entertain-kids-during-self-quarantine/1-have-a-music-session>



Whether you're homeschooling, caring for family members, or solo working from home right now, adults have a lot on our plates. While you would usually go out with friends or book a babysitter for date night to unwind, you'll have to make interactions virtual for now. But that doesn't mean you shouldn't be social and keep up the meaningful connections in your life. Here are some great ways to do so.



Virtual Adult Playdate Ideas That Will Make Social Distancing Easier

<https://www.tlcme.com/life---relationships/virtual-adult-playdate-ideas-that-will-make-social-distancing-ea>

virtual resources 33

KINDNESS ROCK PAINTING

DURING THESE CRAZY TIMES PLENTY OF PEOPLE NEED A KIND WORD. WRITE SOMETHING SWEET ON A ROCK AND LEAVE IT AT OUR KINDNESS GARDEN BY THE MARQUEE AT THE APOLLO RECREATION CENTER AND SPREAD SOME KINDNESS. IT WILL MAKE YOU FEEL GOOD TOO!



More than 1000 online events and activities for kids, teens, & families during

COVID-19, from all over North America! A daily LIVE EVENTS calendar, 24/7 experiences, classes, and more! Use this as a time to try something new! Click through to the details to find links and registration info, if applicable.

24/7 virtual experiences: Zoo webcams, online tours, exhibits, sneak peeks, activities, games, and lots moreClasses that can be taken online: Kids, Teens, Families, and Adults250+ Creative Ways to Keep Your Family Sane during the COVID-19 CrisisSurprise, you're homeschooling! Tips to get you through



The 75 Best Virtual Museum Tours Around the World [Art, History, Science, and Technology]

<https://upgradedpoints.com/best-virtual-museum-tours/>

Virtual Activities

FOR THE ELDERLY
IN ISOLATION

The COVID-19 pandemic has changed your activity calendar, and you might be struggling to find new ways to keep yourself occupied at home.

Spice up your life by using virtual activities. Here is a list of sites, apps, and programs you can begin using any time

<https://www.goldencarers.com/15-virtual-activities-for-residents-in-isolation/6292/>



12 historic sites you can tour virtually from the couch!

<https://www.washingtonpost.com/travel/2020/03/18/these-historic-sites-attractions-are-offering-virtual-tours-during-coronavirus-pandemic/>

Spanish for Adults

Have you always wanted to learn a foreign language, but never had the opportunity? Are you planning a vacation to a Spanish-speaking country? Do you work with Spanish speaking students or clients? In this relaxed, small-class environment you will learn Spanish conversation, grammar, and phonetics which you can immediately begin using. This class will be tailored to fit the needs of the students enrolled. Taught by Language in Action, Inc. instructor. No Class on Oct. 12 (session A) and no class on Nov. 23rd (session B).

Activity #: 153463
 Instructor: Language in Action
 Location: Oak View Center- 4625 W. 110th Street, Oak Lawn, IL 60453
 Age: Adult
 Min./Max.: 6/12

Session	Day	Dates	Time	Fee
A	Monday	Sept. 14 - Oct. 26	10:00-11:00AM	R\$80/NR\$90
B	Monday	Nov. 2 – Dec. 14	10:00-11:00AM	R\$80/NR\$90

Zoom Spanish for Adults – Live NEW!!!



Have you ever wanted to learn a foreign language, but never had the opportunity? Now is the time! Stay connected and learn Spanish from the safety and comfort of your own home via the interactive Zoom platform! In this class you will learn conversational Spanish that you can immediately begin using. The class will be tailored to the needs of the students enrolled. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class. No class on Nov. 24th (session B).

Activity #: 553463
 Instructor: Language in Action
 Location: Online
 Age: Adult
 Min./Max.: 6/15

Session	Day	Dates	Time	Fee
A	Tuesday	Sept. 8 - Oct. 13th	10:00-11:00AM	R\$80/NR\$90
B	Tuesday	Oct. 20 – Dec. 1st	10:00-11:00AM	R\$80/NR\$90



SPANISH

PALMISTRY WORKSHOP



The goal of this workshop is to bring a deeper understanding of the basics of palmistry.

By the end of the workshop students should have the ability to:

1. Understand the elements associated with the shape of a palm.
2. Which palm governs the innate gifts that we are born with and which shows how we have grown since.
3. Identify the positions of the head, heart and lifelines and interpret the meanings behind them.
4. The planets that associate with each finger, and how that translates into day to day life.
5. Identify stress lines on each finger, how long the stress lines take to appear and what to do to alleviate the stress in correlation with the ruling planet of each finger.
6. How fingernails play a role in overall health.
7. Identify the patterns on the palm and what each pattern means.
8. Identify the mounts and plains of the palm in relation to major events.
9. The power of intuition and learning to trust in yourself when practicing palmistry on others.
10. Rules, regulations and ethics to follow while practicing the art of palm

Activity: 153416-A
 Instructor: Rita Langner
 Day/Date: Sunday, September 27
 Time: 11:00am-1:00pm
 Location: ARC/Aerobic Room
 Age: 16-Adult
 Fee: R\$20/NR\$30
 Min/Max: 6/50



Digital Photo 101



Get all your questions answered weekly at this perfect for beginners photoclase

Activity: 153465-A
 Instructor: Laura Piton
 Location: Dance Room
 Day: Wednesday
 Dates: Sept. 23- Oct. 28
 Time: 7:00 pm-8:30 pm
 Age: 16+ - Adult
 Fee: R\$65/NR\$75
 Min/Max: 8/10



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.

Activity: 143312-A
 Instructor: Black Dog Staff
 Location: ARC/Outdoors
 Day: Wednesday
 Dates: September 16 - October 21
 Fee: \$125.00
 Time: 5:00- 6:00 Intermediate
 6:15- 7:15pm Basic
 Min/Max: 5/8



Basic Astrology (New)

Basic Astrology is a comprehensive course that will give you the tools needed for a deeper understanding of yourself and others. This course is developed to add new elements every week, ending with the creation of your own chart.

Week 1

Your Sun Sign-How you shine.

Week 2

Your Moon Sign-Your deepest thoughts, fears and wishes.

Week 3

Your Sun and Moon Blend-How the planets work together to give you a better sense of self.

Week 4

Your Ascendant-The starting point of your chart and how others perceive you.

Week 5

Your Personal Planets, Mercury-thought process, Mars-your energy and how you use it, Venus-what you find beautiful, how you love and Saturn-your responsibilities and how you own it.

Week 6

Your Outer Planets-known as generational planets, learning what motivates your generation to make changes in our communities and society as a whole.

Week 7

The Houses- Learning what each house means, where your planets are placed, how they interact with each other.

Week 8

Putting Your Chart Together- Combining your energies to create your own personal astrological blueprint.

Activity: 153411-A
Instructor: Rita Langner
Location: TBA
Day/Dates: Monday, September 14-November 2
Time: 6:00-7:00 pm
Fee: R\$50/NR\$60
Min/Max: 6/9

Tarot Workshop

By the end of the workshop students should have a greater understanding of:

- 1.How to choose a deck that resonates with them.
- 2.The Major Arcana.
- 3.The supporting role of the Minor Arcana.
- 4.The most common spreads and how to interpret them.
- 5.The one card draw for daily inspiration.
- 6.Learning to trust their intuition when giving readings.
- 7.How to practice the art of tarot safely and responsibly.

Activity: 153415-A
Instructor: Rita Langner
Location: Aerobic Room
Day/Date: Sunday/October 25
Time: 11:00 am-1:00 pm
Age: 16-Adult
Fee: R\$20/NR\$30
Min/Max: 6/10
Registration Deadline: October 21



If you see this Icon

this indicates that if the program needs to be suspended to meet in person, the program will continue virtually. You will be contacted by staff to identify the platform and procedures to continue virtually.



Women's and Co-Rec "Winter" Volleyball League Registration Dates
Registration for returning teams will begin on Monday, Sept. 14th
Registration for new resident teams will begin on Monday, Sept. 21
Registration for new non-resident teams will begin on Monday, Sept. 21

Co-Rec "Winter" Volleyball

Adults 18 and older are eligible to participate in our Co-Rec "Fall" Volleyball Leagues. Each league consists of a minimum of four and a maximum of eight teams. All competition is held on Thursday evenings at the Apollo Recreation Center, located at 12521 S. Kostner, Alsip. Team rosters are limited to 12 players.

Activity: 274008
 Days/Dates: Thursdays, beginning December 10 - March 4
 Time: 6:30pm – 10:30pm
 Age: Adult
 Fee: R\$340/NR\$365
 Min/Max.: 4 teams /8 teams per division
 Location: ARC/Gymnasium II

Women's "Winter" Volleyball

Spike your way to fun by participating in our Women's "Fall" Volleyball League. The league is available for Women 18 and older to participate. The league requires a minimum of four and a maximum of twelve 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: 274009
 Days/Dates: Mondays, beginning December 7 - February 15
 Time: 6:30pm – 10:30 pm
 Age: Adult
 Fee: R\$340/NR\$365
 Min/Max.: 4 teams /12 teams per division
 Location: ARC/Gymnasium I

YOUTH AND ADULT ATHLETIC PROGRAMS/LEAGUES
 ARE SUBJECT TO CHANGE BASED UPON STATE AND
 LOCAL GUIDELINES. PLEASE CHECK OUR FACEBOOK
 AND WEBSITE FOR UP TO DATE INFORMATION.



All programs are designed to follow state, local and federal guidelines, including social distancing and face coverings while inside the facilities.

Worldwide Day of Play

Stretch your legs and get some fresh air outside will safely enjoying some socially distant free fun with the Alsip Park District. Pre-registration is required along with social distancing and masks. Come out and join our altered version of this annual event.

Activity: 493601-A
Days: Saturday
Date: September 26
Time: 10:00am - 12:00pm
Age: All Ages with adult
Fee: Free
Min/Max.: 25/50

Pumpkin Carving



Get your family to carve the greatest pumpkin our park staff have seen and win a great prize. Send pic of your team/family with the carved masterpiece to denise@alsipparks.org by Monday, October 26th to enter the contest. There are four categories;

Scariest Pumpkin
Funniest Pumpkin
Most Creative Pumpkin
Overall Most Awesome Pumpkin.
Winners will be announced on Wednesday, October 28th on our Facebook page.

Light up the Park



Join the Alsip Park District in welcoming the holiday season as we Light up the Park and our huge evergreen tree at the Apollo Recreation Center!

Days: Tuesday
Date: November 17
Time: 6:30 pm
Age: All Ages with adult
Fee: Free
Min/Max.: 25/50

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the program will continue virtually. You will be contacted by staff to identify the platform and procedures to continue virtually.

Halloween Carnival

Pre-register for this outdoor halloween day event. There will be a costume contest, fun, games and pumpkins to decorate! Dress warm. The event is outside this year.

Activity: 193601-A
Days/Dates: Sat. Oct. 31st
Time: 12:00-2:00pm
Age: All
Fee: \$4.00
Min/Max.: 30/100
Location: ARC/Pavilion

HALLOWEEN CARNIVAL
SAT. OCT. 31ST
12-2PM
APOLLO RECREATION CENTER PAVILION
12521 S. KOSTNER
SOCIALLY DISTANCED GAMES, PRIZES & PUMPKIN DECORATING
ALSIP RESIDENTS ONLY
\$4 PER CHILD
ALL MUST WEAR MASKS AND FOLLOW STATE GUIDELINES.

Family Ornament Night

Come make some festive ornaments to decorate our Christmas Tree for Light up the Park!

Activity: 183635-A
Days: Monday
Date: November 10
Time: 5pm - 7pm
Age: All Ages with adult
Fee: Free
Min/Max.: 25/50

special events 40

Scarecrow

Making Contest



Get the family together and make the best scarecrow possible and you may win the prize! Send pic of Your team with the finished product and email to denise@alsipparks.org by Friday, October 9th. Please add name, phone number and address. Judging will be by Alsip Park District staff on Monday, October 12.



Turkey Shoot

Think you are a good free throw shooter? Then you may be able win a Thanksgiving Turkey at our Annual Turkey Shoot! The following combined child/parent age categories will be used; 30 and under, 31-39, 40-49, 50-59, 60 and over. Practice time is available before you take part in the fun...Start practicing and we will see you there! NOTE: bring your own basketball

Activity: 174647-A
Location: ARC Small Gym
Day/Date: Wednesday, Nov. 11th
Time: 5:00-8:00 pm
Age: Parent/Child Teams
Fee: R Free/NR \$2
Min/Max: 1/99
Registration Deadline: Day of Event

If you see this Icon

this indicates that if the program needs to be suspended to meet in person, the program will continue virtually. You will be contacted by staff to identify the platform and procedures to continue virtually.





HALLOWEEN DRIVE-IN MOVIE & TRICK OR TRUNK

Activity:
193541-A

WEDNESDAY, OCTOBER 28TH

TRICK OR TRUNK 5:30-6:30
MOVIE 6:30-8:00PM

Sears Park-1 23rd & Trumbull
pre-registration required for all attending.
\$25 per car.

Only kids registered for the movie can trick or treat.
All must wear gloves to hand out or collect candy
and practice social distancing.
Only pre-packaged treats are allowed.

Movie: Scoob!

www.alsipparks.org/708.389.1003

All programs are designed to follow state, local and federal guidelines, including social distancing and face coverings while inside the facilities.

Halloween House

Decorating Contest



If you think you have the best decorated Halloween House in town then sign up and try and beat last year's winner for the title of Champion! Photos of each house will be posted on Facebook and the community will have the opportunity to vote for the winner! A layout map will be posted for those interested in socially distancing themselves from others as they admire the displays. Photos will be posted on Monday, Oct. 26th. Voting will go from Tuesday, Oct. 27 - Friday, Oct. 30th.

Activity: 183598-A
Location: Offsite/Facebook
Day/Date: Monday, October 26
Time: 6:30 pm - 8:30 pm
Age: All
Fee: \$5.00
Min/Max: 5/20

General Membership Information

1. All Facility Pass registrations take place at the Apollo Recreation Center during regular office hours. Proof of residency is required. One must be a picture I.D. and one current Alsip utility bill. Children should have a school I.D. and must be accompanied by a parent or legal guardian, who must show proper identification.
2. All facility pass members must have a photo I.D., taken at the Apollo Recreation Center.
3. Bring your Facility Pass when registering! Your pass will then be re-validated for the 2020 season.
4. Daily Passes may be purchased with a valid ID for a cost of \$5 per visit for residents and \$10 per visit for non-residents.
5. The fee to replace a Facility Pass is \$20 for adults 18 & over, and \$10 for ages 8-17.
6. You must present a valid Facility Pass or Daily Pass before entering the Gymnasium/ Fitness Center/Women's Circuit Center. No exceptions will be made!!!
7. There are no refunds on memberships.

PLEASE CHECK OUR WEBSITE AND FACEBOOK FOR
OPEN GYM TIMES AND PROCEDURES.

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.

Gymnasium Facility Pass Fees

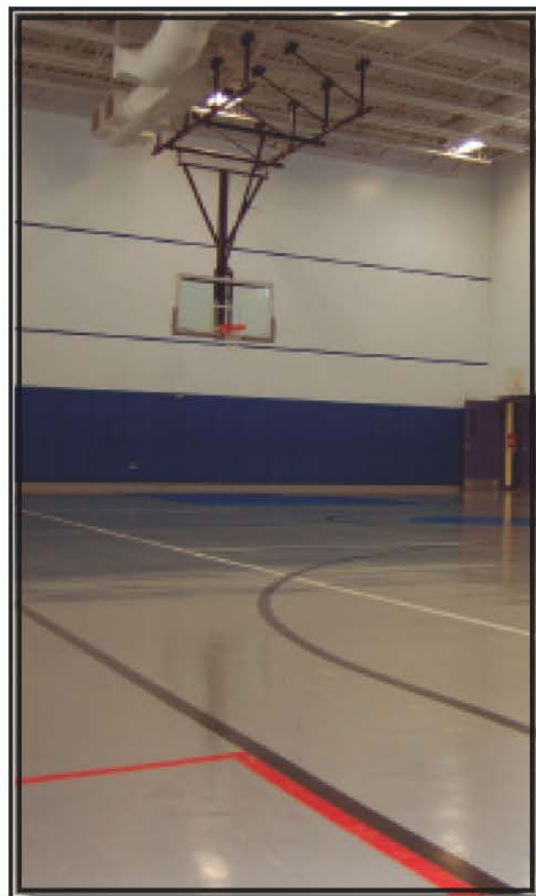
Youth Pass (8 years to 17 years)	R\$30/NR\$60
Adult Pass (18 years and older)	R\$75/NR\$150
Corporate Rates (Individuals not to exceed 30 employees per corporation)	R\$95 per employee
Daily Fee:	R\$5/NR\$10

ARC-Gymnasium

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

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

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



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. 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. 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 • 50 person capacity



- Dimensions 35 x 40 feet
- \$20 for Marquee Message
- \$100 Cash Deposit Required
- Fee (minimum of 3 hours)
 - Resident-\$35 per hour
 - Non-Resident-\$60 per hour.

Picnic/Shelter Rental

The Alsip Park District is eager to inform you that several of our shelters in our parks throughout the community are for rent. Each shelter may only be rented once a weekend, either Saturday or Sunday. No alcoholic beverages, animals, open fires (except in permanent park district grills), DJ's or glass containers are allowed and renter is responsible for all guests, liabilities and damages. Renter and guest must clean and vacate the premise by dusk, failure to do so will result in forfeit of their deposit. Renters must include set up and take down time in the time on the contract. Note: For cancellations the Alsip Park District must be notified 2 weeks prior to the rental or a forfeit of the renter's deposit will occur. Rental on Saturday and Sunday Only between June and Oct.

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



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 your 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, dropoff box inside located by the main office 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: Monday, August 31st

Non-Residents: Monday, September 8th

Registration Process:

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.

Alsip Park District

Family Name _____ Address _____
 City _____ State _____ Zip _____
 Home 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

You _____ 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 with your health care provider before participating in any recreational activity.

WARNING OF RISK

Recreational activities are intended to challenge and require 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 while participating in any recreational activity. All foreseeable dangers cannot be eliminated. Depending on the particular activity, certain risks, dangers and injuries may exist due to: improper handling, slips and falls, loose and ill-fitting clothing, overexertion, dehydration, overeating, improper use of common premises defects, inadequate or defective equipment, inadequate supervision, instruction or over exertion, and other risks inherent in the particular activity. Despite regard for the steps taken by 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 by signing up and participating in the program services, you are fully responsible for assuming all 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 the program services 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 understand that I am assuming 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 participating in this program/activity. I further agree to waive and release 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 that Alsip Park District may photograph/video my child/ward, and use or publish, without charge, such photos/videos in connection with promoting the services, programs, and facilities of the Alsip Park District, and for other purposes of my kind.

I have read and fully understood 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 _____

(18 years or older or Parent/Guardian)

Date _____

follow us on
 twitter

PARTICIPATION WILL BE DENIED

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

2008 US Olympic
 facebook

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 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

Payment/Pro-rating

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

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.

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.

**REGISTER ONLINE AT
WWW.ALSIPPARKS.ORG**

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.

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. Thank You for your support in our efforts to provide the residents of the Alsip Park District with quality park sites and facilities.

All programs are designed to follow state, local and federal guidelines, including social distancing and face coverings while inside the facilities.

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.

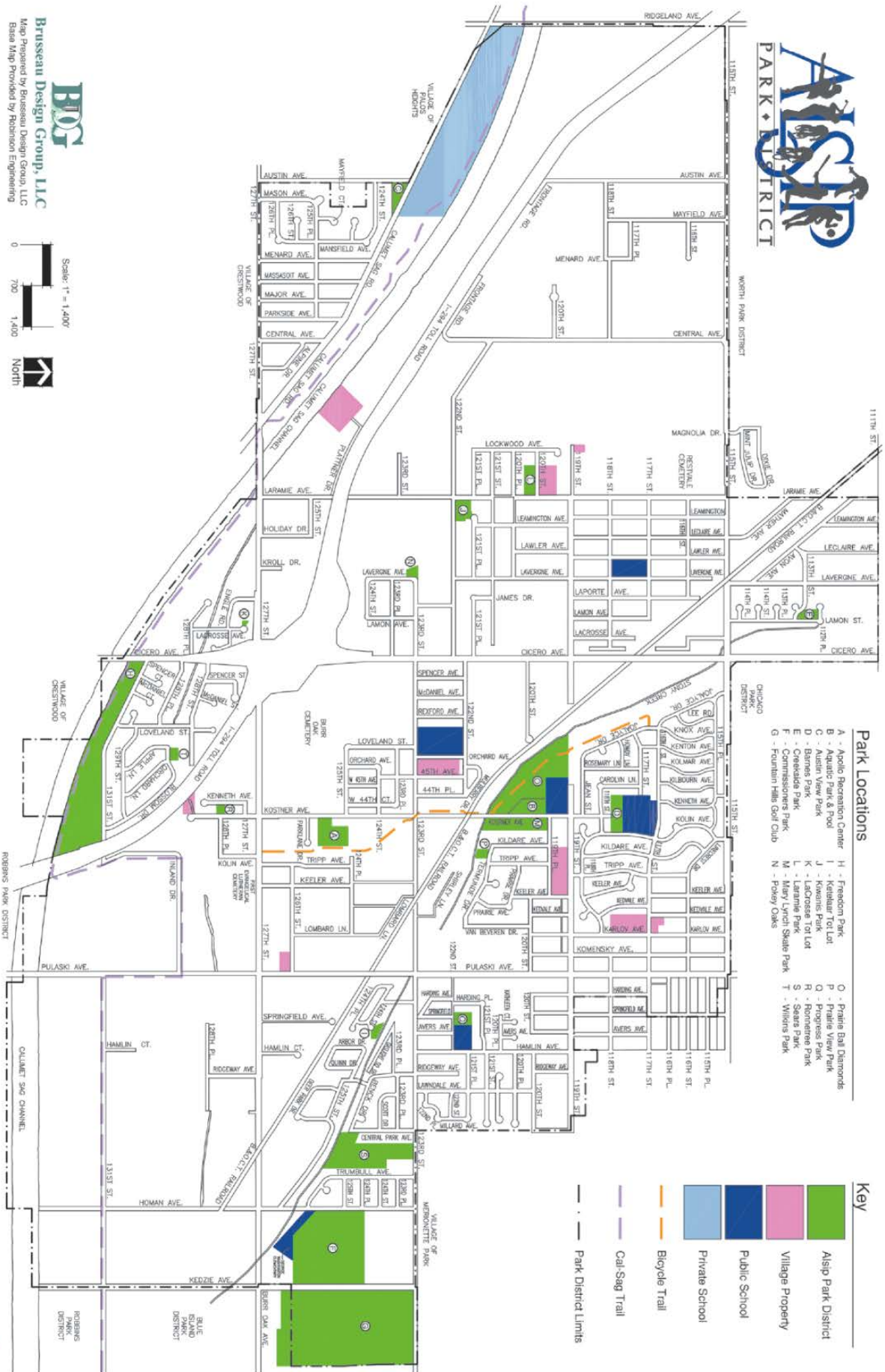
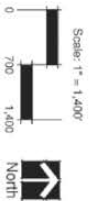
Some programs such as Preschool and Before/After/Kids Care have their own refund policy as communicated in the handbook.

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 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.



BDG
Brusseau Design Group, LLC
Map Prepared by Brusseau Design Group, LLC
Base Map Provided by Robinson Engineering



PARKS & FACILITIES

	VOLLEYBALL COURT	PADIC AREA	FITNESS CENTER	PLAYGROUNDS	TOT LOT	BALL DIAMONDS	BASKETBALL COURT	FOOTBALL FIELD	TENNIS COURTS	GOLF COURSE	BANQUET FACILITY	RESTAURANT	WALKING/BIKE PATH	CONCESSION STAND	REFRESHMENT	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.				+	+				2L				+			
4 Barnes Park 117th & Kolin Ave.		+		+	+	+										
5 Bicycle/Walking Path 116th Street-127th Street													+			
6 Creekside Park 113th & Lamon Avenue				+										+		
7 Commissioners Park 12600 Kedzie Avenue	2L	+		+	+	4L							+	+	+	
8 Fountain Hills Golf Club 12601 Kedzie Avenue										30L	+					
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.



HALLOWEEN DRIVE-IN MOVIE & TRICK OR TRUNK

Activity:
193541

WEDNESDAY, OCTOBER 28TH
TRICK OR TRUNK 5:30-6:30
MOVIE 6:30-8:00PM
Sears Park-123rd & Trumbull
pre-registration required for all attending.
\$25 per car.
Only kids registered for the movie can trick or treat.
All must wear gloves to hand out or collect candy
and practice social distancing.
Only pre-packaged treats are allowed.

Movie: Scoob!
www.alsipparks.org/708.389.1003

**WATCH FOR OUR
UPCOMING
WINTER BROCHURE
FOR MANY NEW
PROGRAMS AND
EVENTS!**

REGISTER AT
WWW.ALSIPPARKS.ORG
CALL 708.389.1003
WITH QUESTIONS.



HALLOWEEN CARNIVAL

SAT. OCT. 31ST
12-2PM
**APOLLO RECREATION
CENTER PAVILION**
12521 S. KOSTNER
SOCIALLY DISTANCED
GAMES, PRIZES &
PUMPKIN DECORATING
ALSIP RESIDENTS ONLY
\$4 PER CHILD
ALL MUST WEAR MASKS AND
FOLLOW STATE GUIDELINES.