

# LAN-OAK PARK DISTRICT

FALL 2024

DAYONE  
Basketball  
Ages 6 & Up  
Learn,  
practice,  
improve your  
skills, join  
the league!

NEW  
HALLOWEEN  
EVENT - DON'T  
MISS...  
SOMETHING  
WICKED

It's time for school!  
Playskool 2024-2025



PRIVATE  
PIANO  
LESSONS



DANCE IS BACK!  
Ballet, Jazz,  
Hip Hop, Salsa,  
Bachata, Heels,  
Ages 3-Seniors

# 4

## Ways to Register!!

REGISTRATION WILL BEGIN UPON RECEIPT OF YOUR BROCHURE.

Registrations will be held until designated registration dates. Registration forms are found in this brochure. For all forms of registration, fill out the registration form in the back of the brochure completely in order to be processed. Sign the waiver on the back of the form.

### MAIL-IN

Payments may be made by check or credit card. Checks must be made payable to Lan-Oak Park District. If paying by credit card, provide all credit card payment information. Mail to: Lan-Oak Park District, 2550 178th Street, Lansing, Illinois 60438



### FAX

Faxed registrations must be paid by credit card. Provide complete credit card payment information.

Please fax to: 708-418-0942



### IN PERSON

Bring proper payment and your registration form to 2550 178th Street, Lansing, Illinois.



### SO EASY!! ONLINE REGISTRATION

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

Browse through our program brochure, pick your programs, click on the icon that says "Sign Me Up!" follow the prompts, be sure to agree to the waivers, provide credit card payment information, and hit SEND.

You will receive a confirmation of registration by mail.

Sorry, no telephone registrations.

The Lan-Oak Park District accepts American Express, Visa & MasterCard. Please review our Transfer/Refund Policy on page 48 or 50 prior to registering.



## EISENHOWER CENTER

Where it all happens!!

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

Where: 2550 178th Street, Lansing  
Call: 708-474-8552  
Hours: 5:30am-9:00pm (Monday thru Friday)  
7:00am-2:00pm (Weekends June thru August)  
7:00am-4:00pm (Weekends September thru May)

[www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)  
Follow us on Facebook!!



*The Park Board* is composed of five non-paid individuals selected by voters to serve elected terms: John Kelly, Bob Tropp, Jim Shaffer, Lolly Lewis, and Gina Aguilar. The Board is primarily a policy-making body that reflects the needs and interests of all taxpayers. Your personal participation is an integral part of their decision-making process. The Board meets the third Monday of each month at the Eisenhower Center, 2550 178th Street, Lansing, at 7:00pm.



The Lan-Oak Park District serves Lansing as an independent taxing body created for the purpose of fulfilling the open space, park, and recreation needs of the community. The park district was formed by a majority vote of Lansing residents in 1949 and is separate from the village government. The Village of Lansing is governed by a different board and mayor and has no authority over the park district. Questions or comments about the park district should be submitted through the website communication feature on the park district website at [www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)

## PROGRAM REGISTRATION PROCESSING BEGINS

August 2 – Residents  
August 9 – Non Residents  
Playskool registration is ongoing year-round.

DON'T MISS THIS SEASON...

Playskool 2024-2025 starts on September 3  
Reserve your spot now!



## NEW HALLOWEEN EVENT!!



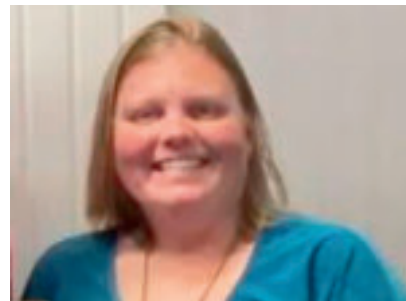
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## Find Your Fun



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

## Welcome, Tammy!



The Lan-Oak Park District is proud to welcome it's new Superintendent of Recreation, Tammy McMahon. Tammy brings more than 20 years experience in recreation programming and serving special needs. Tammy will be overseeing and planning the recreation offerings for the park district. Have a great idea for a new program? Contact Tammy.



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

*Village of Lansing Trustee  
 Brian Hardy*

*Village of Lansing Trustee  
 Maureen Grady Perovich*

Questions? 708-474-8552  
[www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)

Over 50 Years of Excellence

| Contact Us  
**708-868-0074**

# CALUMET CITY PLUMBING

EST. 1967



Visit and enjoy...

# DESTINATION PARKS

The Lan-Oak Park District owns and maintains 19 parks in the Lansing community offering residents many options for outdoor recreation. Smaller parks nestled in neighborhoods are sure to offer playgrounds, a little open space, and perhaps another common play amenity. Some larger parks, however, offer something special not found in any other Lansing park. These parks are your community destination for some very specific fun!



Lions Park is home to the first all-inclusive Lansing playground. All kids want to play.



Grab your smart phone for our interactive playground at Oakley Park - download BIBA free and enjoy some technology fun.



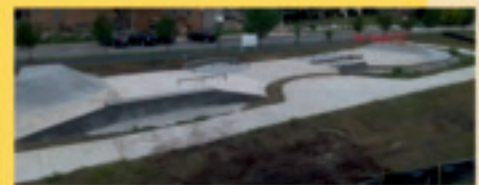
With it's whimsical playground and storybook walking path feature, Van Laten Park is a big favorite for kids and parents alike.



Lan-Oak Park offers our tallest, our biggest, our most exciting playground with the separate dedicated and fenced Just My Size Play Lot for ages 2-5. A fenced area for horseshoes and bags completes the fun.

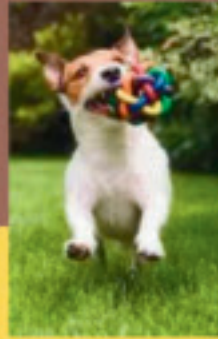


The Penny Greenway, a walking/biking path constructed and maintained by the park district, winds through Lansing starting north at the Calumet City line and extending to the Indiana state line. Three miles of peaceful path awaits your next outing.



**NEW!!** Park Plaza is the place for a 6700 square foot molded concrete skatepark including ramps, basins impressive obstacles, park shelter, BMX pump track, and so much challenging fun! Come downtown for this exciting park and enjoy the local businesses near by.

Grab your best friend for a visit to Paws 'n Play dog park at Bock Park. Plenty of space to run, play, and make some new canine friends.



If bocce is your game, Potts Park is the destination for two bocce courts. Check out bocce equipment at the park district.



Copper Mudder Park is the destination for Pickleball. Pickleball combines tennis, badminton, and ping pong into an exhilarating paddleball sport. Try Pickleball.



Two recreational opportunities can be found at Erfert Park - fishing in the Erfert pond and winter sledding down the Erfert sled hill.



Two tennis courts can be found at Rotary Park. Grab your racquet and some friends. Game, set, match!



Winterhoff Park includes some giant, outdoor musical instruments - enjoy Symphony.



Visit Lan-Oak Park to enjoy three sand volleyball courts. Benches, lights, a beautiful park setting, and a bunch of fun await a group of friends looking for some friendly competition under the sun.



Lansing loves softball! Softball diamonds are available to the north at Copper Mudder Park, to the west at Van Laten Park, and to the south at Rotary Park. Play ball!



# JOIN EISENHOWER FITNESS



**CYBEX  
SCI-FIT  
PRECOR  
LIFE FITNESS**



## OUR SERVICES

- ✓ 25-YARD INDOOR LAP POOL
- ✓ SAUNA
- ✓ WHIRLPOOL
- ✓ CARDIO EQUIPMENT
- ✓ AUDIOFETCH
- ✓ SELECTORIZED/CIRCUIT EQUIPMENT
- ✓ CYBEX – HAMMER STRENGTH – GYMRAx WEIGHT ROOMS
- ✓ FLOOR AND WATER FITNESS CLASSES
- ✓ TANNING PATIO
- ✓ STAFF PERSONAL TRAINERS
- ✓ FREE COFFEE & TEA
- ✓ LOCKER RENTALS

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



# MEMBER CONVENIENCES

## CENTER HOURS

Monday-Friday

5:30am - 9:00pm

Saturday & Sunday

(June thru August)

7:00am - 2:00pm

Saturday & Sunday

(September thru May)

7:00am - 4:00pm

### Equipment Orientation...

Get started on the right foot.

All new members receive a FREE 30-minute equipment orientation with a personal trainer to make sure your fitness experience is safe and effective.

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

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

### Locker Rentals...

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

### Have a Little Fun...

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



### FREE COFFEE...

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

### Forget Something?...

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

**Open House...** Friends are a priority at Eisenhower Fitness Center! Members may bring a friend to the center on October 15 and December 18. The friend will enjoy using the center for free. If the friend signs up for membership, the initiation fee will be waived and the current member will receive a free month added to their current membership!

# THE FIGURES

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

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

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

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

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

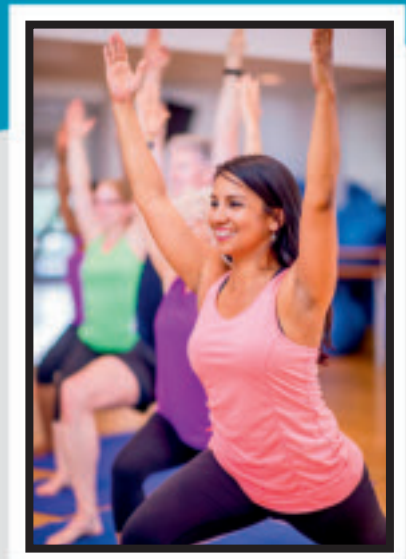
**VISIT US DAILY** - Gym Only \$7.00(R) \$12.00(NR) Fitness Center Only \$12.00(R) \$20.00(NR)  
Gym & Fitness Center \$17.00(R) \$29.00(NR) The gym is open when not being used for a program or rental. Call first to ask about gym availability. No refunds for walk in fees.

## YOU NEED TO KNOW...

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

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

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



One Pass™







# FITNESS ENHANCEMENTS

## Certified Personal Trainers (#199005)

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

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

### Cost for personal training packages:

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

## Body Fat Analysis

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

**01 - Member fee \$20.00**

**02 - Non-member fee \$25.00**

## Fitness Evaluation (#199004)

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

**01 - Member fee \$25.00**

**02 - Non-member fee \$30.00**



## Fitness Assessment (#199001)

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

**01 - Member fee \$33.00**

**02 - Non-Member fee \$38.00**

## Equipment Orientation

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

**01 - New members FREE**

**02 - Current members \$10.00**

## Fitness Classes

### Step Aerobics

Due to its versatile nature, Step Aerobics is enjoying a comeback. Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. It also burns calories, making it an ideal way to maintain your target body weight. For some participants, aerobics can boost mood and energy levels. Age 18 & Up

Program#: 332285 Min/Max: 6/15  
Fee: \$45.00(R), \$50.00(NR)  
Registration Deadline: October 2  
Section#: 01  
Date: October 9-November 13  
Time: 5:30-6:30pm  
Day: Wednesday

### Spin & Fit

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

Program#: 331002 Min/Max: 6/15  
Fee: \$44.00(R), \$49.00(NR)  
Registration Deadline: September 20  
Section#: 01  
Date: September 26-October 31  
Time: 6:00- 6:45pm  
Day: Thursday

### Butts & Guts

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

Program#: 332017  
Min/Max: 6/15  
Fee: \$40.00(R), \$45.00(NR)  
Registration Deadline: One week before the start of each section

Section#: 01 Date: September 3- October 8  
Section#: 02 Date: October 22- November 26  
Time: 7:00-7:45pm Day: Tuesday

### Mat Pilates

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

Program#: 332230 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR)  
Registration Deadline: One week before the start of each session  
15% discount for Fitness Center pass holders

Section#: 01 Date: September 17- October 22  
Section#: 02 Date: November 5-December 10  
Time: 6:00-6:45pm Day: Tuesday

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Fitness  
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Discounted  
Senior  
Fitness  
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### Stretch & Balance

Stretching is important at every age. A daily stretch can help improve balance and coordination, therefore, decreasing the risk of muscle strain and injury. Balance training involves doing exercises that strengthen the muscles that help keep you upright, including your legs and core. These kinds of exercises can improve stability and help prevent falls. Ages 18 & Up

Program#: 329022 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR)  
Registration Deadline: One week before the start of each section

Section#:01 Date: September 3-October 8  
Section#: 02 Date: October 22-November 26  
Time: 8:00-8:45am Day: Tuesday

### Cardio & Strength Training

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

Program#: 339014  
Min/Max: 6/15  
Fee: \$40.00(R), \$45.00(NR)  
Registration Deadline: One week before the start of each section

Section#: 01 Date: September 10- October 15  
Section#: 02 Date: October 29-December 3  
Time: 10:00-11:00am Day: Tuesday



## Zumba®

Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience...UN-

TIL NOW! The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Make it a fun family affair - Ages 13 & Up

Program#: 332201 Min/Max: 6/15 Fee: \$44.00(R), \$49.00(NR)  
Registration Deadline: One week before the start of each section

Section#: 01 Date: September 4- October 9  
Section#: 02 Date: October 23- November 27  
Time: 7:00-8:00pm Day: Wednesday

## Senior Fitness Plus

Senior Fitness Plus takes your workout to the next level.

The class will challenge you with exercises that will improve your strength, flexibility, endurance, balance and posture. Any fitness level can participant in this class.

This class will help decrease pain caused by arthritis, inactivity, or recent surgeries. The exercises will be offered with or without the assistance of the chair, and when you're ready, work your way to the floor mat segment of the class. Ages 55 & Up

Program#: 371001 Min/Max: 6/20  
Fee: \$73.00(R), \$78.00(NR)  
Registration Deadline: One week before the start of each section 15% discount for Fitness Center pass holders

Section#: 01 Date: August 26- October 7\*  
Section#: 02 Date: October 14- November 20  
Section#: 03 Date: December 2- January 15\*\*  
Time: 10:00-10:50am Day: Monday & Wednesday

\*No class on September 2  
\*\*No class on December 25 & January 1

## Tai Chi

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

Program#: 387210 Min/Max: 6/15 Fee: \$38.00(R), \$43.00(NR)  
Registration Deadline: One week before the start of each section  
15% discount for Fitness Center pass holders

Section#: 01 Date: September 9- October 14  
Section#: 02 Date: October 28-December 2  
Section #: 03 Date: December 16- January 20  
Time: 8:30-9:30am Day: Monday

## SilverSneakers® Classic and Renew Active

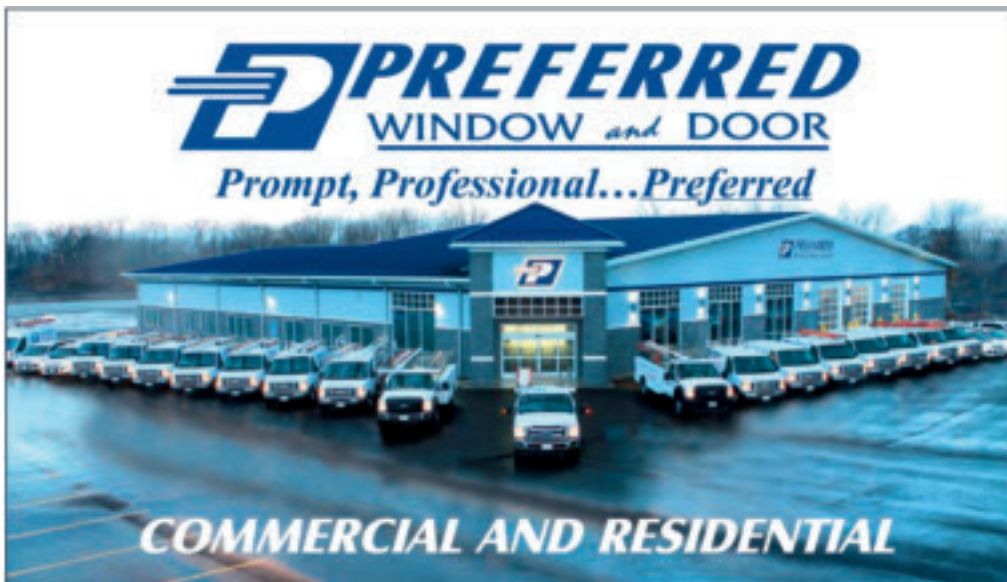
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. Ages 50

& Up SilverSneakers and Renewed Active participants – **pre-registration is required**



Program#: 339008 Min/Max: 6/20  
Fee: \$40.00(R), \$45.00(NR) Silver Sneakers/Renewed Active members are FREE.  
Registration Deadline: One week before the start of each section

Section#: 01 Date: September 9- October 14  
Section#: 02 Date: October 28-December 2  
Section #:03 Date: December 16- January 20  
Time: 4:00-5:00pm Day: Monday  
Section#: 04 Date: October 2-November 6  
Section#: 05 Date: November 13-December 18  
Time: 8:30-9:30am Day: Wednesday  
Section#: 06 Date: October 17-November 21  
Section#: 07 Date: December 5-January 9  
Time: 10:00-11:00am Day: Thursday



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www.prewd.com

## Chair Fitness

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



**Eisenhower Fitness Center is proud to offer discounted senior fitness opportunities to keep our seniors active and healthy. Register early as discounted classes fill fast.**

Program#: 398115  
Min/Max: 4/8  
Fee: \$5.00(R), \$10.00(NR)  
Registration Deadline: One week before the start of each section

### Chair Dancing

Section#: 01 Date: September 12- October 17  
Section#: 02 Date: October 31- December 12\*  
Time: 9:00-9:45 am Day: Thursday

### Chair Yoga

Section #: 03 Date: September 12- October 17  
Section#: 04 Date: October 31- December 12\*  
Time: 10:00-10:45 am Day: Thursday

\* No class November 28

## Senior Spin

Spinning provides an effective workout building endurance and stamina along with burning calories. Spinning offers varied routines and music to create an energized atmosphere. Instructors will guide participants through workout phases. Participants control the level of resistance on their bike during the class so constant adjustments during class are expected. Spin Fusion is great for all fitness levels. Ages 62 & Up

Program#: 331105 Min/Max: 6/8 Fee: \$10.00(R), \$15.00(NR)  
Registration Deadline: One week before the start of each section

Section#: 01 Date: September 20-October 25  
Section#: 02 Date: November 8 – December 20\*  
Time: 9:00-9:30am Day: Friday  
\*No class on November 29

# Senior Health And Fitness

*It's Never Too Late To Feel Great.*

## Wall Pilates

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

Program#: 332260  
Min/Max: 6/10  
Fee: \$10.00(R), \$15.00(NR)  
Registration Deadline:  
One week before the first day of the section.

Section#: 01 Date: September 10- October 15  
Section#: 02 Date: October 29-December 3  
Time: 10:30-11:15am Day: Tuesday



## Stronger Seniors

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

Program#: 339023  
Min/Max: 3/10  
Fee: \$10.00(R), \$15.00(NR)  
Registration Deadline:  
One week before the first day of the section.

Section#: 01 Date: September 13-October 18  
Section#: 02 Date: November 1- December 6  
Time: 10:00-10:50am Day: Friday

**Make it easy! Register online [www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)**

**Questions? 708-474-8552**

# Water Fitness

## Aqua Kick & Burn

Aqua kickboxing doesn't have to mean standing in one place and throwing repetitive jabs and stationary kicks. Class will include some combinations to move you through the water and burn more calories. Front, side, back, diagonal and even in a circle. It's time to take

kickboxing out of the box and into the entire pool! Class Requirements:

Aqua Shoes (not Aqua Socks) Ages 18 & Up

Program#: 329023 Min/Max: 6/12 Fee: \$42.00(R), \$47.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 October 5- November 9 Section#:02 November 23- December 28

Time: 8:00-8:45am Day: Saturday

**Aqua Arthritis** This class is a warm-water exercise program especially designed for those with arthritis and related conditions. Range-of-motion, strengthening and some aerobic exercise will be offered. This type of exercise can decrease pain and stiffness, while providing an enjoyable and safe workout. Class Requirements: Aqua Shoes (not Aqua Socks) Ages 18 & Up

Program#: 339006 Min/Max: 6/15 Fee: \$42.00(R), \$47.00(NR) Registration Deadline: One week before the start of each section 15% discount for Fitness Center pass holders

Section#:01 September 9- October 14

Section#:02 October 28- December 2

Section# 03 December 16-January 20

Time: 9:00-9:45am

Day: Monday

## Aqua Zumba® & Aqua Body Sculpting

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

Program#: 332240 Min/Max: 6/18

Fee: \$43.00(R), \$48.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 September 18- October 23

Section#:02 November 6- December 11

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

Section#:03 September 9- October 14

Section#:04 October 28- December 2

Section#:05 December 16- January 20

Time: 7:00-8:00pm Day: Monday

## Water Aerobics

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

Program#: 365140 Min/Max: 6/15

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

Registration Deadline: One week before the start of each section 15% discount for Fitness Center pass holders

Section#: 01 September 9-October 14

Section#: 02 October 28- December 2

Section#: 03 December 16- January 20

Time: 8:00-8:50am Day: Monday

Section#: 04 September 11- October 16

Section#: 05 October 30-December 4

Time: 9:00-9:50am Day: Wednesday

# Learn to Swim



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

## Swim Lessons – Youth

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

Program#: 372035 Min/Max: 6/6 Fee: \$62.00(R), \$67.00(NR)  
Registration Deadline: September 10

Section#:	Date:	Age:	Time:	Day:
01	September 17- November 5	Level 1	4:00-4:45pm	Tuesday
02	September 17- November 5	Level 1	4:45-5:30pm	Tuesday
03	September 17- November 5	Level 2	5:30-6:15pm	Tuesday
04	September 18-November 6	Level 3	4:00-4:45pm	Wednesday
05	September 18-November 6	Level 4	4:45-5:30pm	Wednesday

## Swim Lessons – Teen & Adult

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

Agnes 15 & Up

Program#: 372036 Min/Max: 6/10  
Fee: \$62.00(R), \$67.00(NR)  
Registration Deadline: September 11

Date: September 18- November 6  
Time: 5:30-6:15pm  
Day: Wednesday

## Swim Lessons – Preschool

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

Program#: 372034  
Min/Max: 6/6  
Fee: \$42.00(R), \$47.00(NR)  
Registration Deadline: September 12

Section#:	Date:	Age:	Time:	Day:
01	September 19- November 7	Level 1	4:00-4:30pm	Thursday
02	September 19- November 7	Level 2	4:30-5:00pm	Thursday
03	September 19- November 7	Level 3	5:00-5:30pm	Thursday

## Parent and Child Aquatics

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

These classes are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy. Ages 6 months-3 years

Program#: 321085 Min/Max: 6/10  
Fee: \$42.00(R), \$47.00(NR)  
Registration Deadline: September 12

Section#:01  
Date: September 19- November 7  
Level: Level 1&2  
Time: 5:30-6:00pm Day: Thursday

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

**FAMILY SWIM** Family Swim takes place at the Eisenhower Center indoor pool . Parents must accompany their children in the pool during Family Swim. Lifeguards will not be present . Please bring your own towel and lock. Street clothes and shoes are not allowed in the pool, sauna, or whirlpool. Food and drinks are not allowed in the pool area, only water. Facility pool rules are posted and must be followed. The Lan-Oak Park District reserves the right to limit the number of participants attending Family Swim hourly based on the pool capacity.  
**Saturday & Sunday: Noon-2:00pm Fitness Members-Free Lansing Residents - \$5.00 Non-Residents - \$10.00 3 Years & Under-Free**

## Dance It Out with Mom!

Perfect for your young prince or princess who loves to dance and act, this program opens the imagination of new dancers with stories, music and props. By using costumes, lively music, and reading, stories become real, and each character comes to life. Dancers will learn ballet movements and will be able to dance with their mom. Age 2-3.

Program: 310006 Min/Max: 6/8 Fee: \$42.00(R), \$48.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 11-October 16  
Section#:02 Date: October 30-December 4  
Time: 5:00-5:45pm Day: Wednesday



## Parent-Tot Tumble

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

Program: 310001 Min/Max: 5/7 Fee: \$41.00(R), \$46.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 6-October 11  
Section#:02 Date: October 25-December 6\*  
Time: 4:00-4:45pm Day: Friday \*No class November 29

## Tiny Tot Programs

are for children age 6 months to 36 months.  
Tiny Tot programs are parent-child opportunities.

### 2 & 3 School for Me

This 8-week program is the perfect way to start preparing young children for preschool. With the comfort of mom or dad in the room, children will interact with others, sing songs, read stories, create art projects, learn in circle time, and more! All activities will be simplified in order to be age-appropriate. **This is an 8-week class.** Age 24-36 months.

Program: 300131 Min/Max: 6/8  
Fee: \$60.00(R), \$65.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 10-October 29  
Time: 11:00am-Noon Day: Tuesday

### Movin' and Groovin

Turn up the tunes and let's get moving in this class that offers exercise set to music and adding fun elements such as bean bags, scarves, a parachute and more. Dress loose and wear socks.

Program: 300150 Min/Max: 6/8  
Fee: \$43.00(R), \$48.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 Age: 12-24 months  
Date: September 4-October 9  
Time: 11:15-12:00pm Day: Wednesday  
Section#:02 Age: 24-36 months  
Date: October 23-November 27  
Time: 11:15-12:00pm Day: Wednesday

### Baby Bookworms

Research suggests that the sooner you start reading to your baby, the more positive an impact it will have as baby grows. We'll choose books featuring delightful characters and stretch each story with related activities to show that reading is fun. Plan on meeting five little monkey, a baby llama, and more. Age 12-24 months.

Program: 300119 Min/Max: 6/8  
Fee: \$45.00(R), \$50.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 6-October 11  
Section#:02 Date: October 25-December 6\*  
Time: 9:00-9:45am Day: Friday  
\*No class November 29

Looking for the perfect preschool? Schedule a tour in Playskool - we're sure you'll be pleased. Questions? 708-474-8552  
Make it easy! Register online [www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org) Don't miss our Christmas Flashlight Story Walk Event Page 38

## Tiny Tot Programs

are for children age 6 months to 36 months.  
Tiny Tot programs are parent-child opportunities.

### Adult-Tot Superstars

Young children develop motor skills while having fun learning each sport. Parents and tots work together in this class, learning the basics of each sport. Teamwork and parent/child interaction will be emphasized alongside basic motor functions and skills. Parent participation is required.

Min/Max: 5/7 Fee: \$42.00(R), \$47.00(NR)  
Registration Deadline: One week before the start of each section.

#### Adult-Tot Soccer Age 2-4 Program: 327103

Section#:01 Date: September 4-October 9  
Section#:02 Date: October 23-November 27  
Time: 4:15-5:00pm Day: Wednesday

#### Lil Dribblers Basketball Age 3 Program: 327105

Section#:01 Date: September 9-October 21\*  
Time: 4:15-5pm Day: Monday  
\*No class October 14

Section#:02 Date: November 4-December 9  
Time: 4:15-5pm Day: Monday

#### Adult-Tot Baseball Age 2-4 Program: 327104

Section#:01 Date: September 9-October 21\*  
Time: 3:00-3:45pm Day: Monday

\*No class October 14



**Sticky Fingers** Join us as we make lots of different sticky creations! Kids will have so much fun exercising their fine motor skills while leaving the mess behind. Dress for a mess, please. Age 24-36 months

Program: 300170 Min/Max: 6/8 Fee: \$43.00(R), \$58.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 5-October 10  
Section#:02 Date: October 24-December 5\*  
Time: 11:00am-Noon Day: Thursday \*No class November 28

### Baby and Me Yoga

Have fun with yoga creating a special experience on bond with you and your little one. This class will focus on introductory poses, breathing techniques, and playful poses. Age 9 months-24 months

Program: 300183  
Min/Max: 6/9  
Fee: \$36.00(R), \$41.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01  
Date: September 12-October 17  
Section#:02  
Date: October 31-December 12\*  
Time: 10:00-10:45am  
Day: Thursday  
\*No class November 28

### NEW! Tiny Engineers

Playing with blocks can help children learn to come up with and try new ideas, such as building a bridge or tower. We'll get out all kinds of blocks to see what works and what doesn't work.  
Age 24-26 months

Program: 300124  
Min/Max: 6/8  
Fee: \$45.00(R), \$50.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01  
Date: September 5-October 10  
Section#:02  
Date: October 24-December 5\*  
Time: 2:00-3:00pm  
Day: Thursday  
\*No class November 28

Questions? 708-474-8552

**Tot's Open Gym** Come and play with us in this tot's open gym. Get little ones to experience the joy of having fun in a new environment with familiar toys, playing games, and socializing with other participants.  
Age 12 months-36 months

Program: 300186 Min/Max: 6/8  
Fee: \$33.00(R), \$38.00(NR)  
Registration Deadline: One week before the start of the session

Section#:01 Date: September 6-October 11  
Section#:02 Date: October 25-December 6\*  
Time: 11:00-12:00pm Day: Friday  
\*No program November 29

Check out Parent/Child Aquatics for some water fun! Children age 6 months to 3 years. Page 14

**Tiny Celebrations** Calling all party babies! Let's get together to celebrate Halloween, Thanksgiving, and Christmas in a most playful and festive way.

Program: 300112 Min/Max: 6/8  
Fee: \$15.00(R), \$20.00(NR)  
Registration Deadline: One week before the start of each section

Section#:01 Halloween (Ages 12-24 months)  
Date: October 21  
Section#:02 Thanksgiving (Ages 12-24 months)  
Date: November 18  
Section#:03 Christmas (Ages 12-24 months)  
Date: December 9  
Section#:04 Halloween (Ages 24-36 months)  
Date: October 28  
Section#:05 Thanksgiving (Ages 24-36 months)  
Date: November 25  
Section#:06 Christmas (ages 24-36 months)  
Date: December 16  
Time: 11:00-12:00pm Day: Monday

**NEW! Fairytale Fun** Join us while we read a fairytale each week, create a related art project and sing some songs. Age 18 months-36 months

Program: 300008 Min/Max: 6/8  
Fee: \$42.00(R), \$47.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 6-October 11  
Section#:02 Date: October 25-December 6\*  
Time: 3:00-3:45pm Day: Friday  
\*No class November 29



## Go Yoga (Little Yogis)

Start your morning in this class teaching yoga to young children to increase their mindfulness and self-confidence, assist with stress management, foster self-control, increase flexibility and balance, improve concentration and focus, and offer breathing exercises that allow a child to calm and relax. We'll combine a basic yoga with fun and creative yoga games, activities, and challenges. Age 3-5

Program#: 310090 Min/Max: 6/8  
Fee: \$30.00(R), \$35.00(NR)  
Registration Deadline: One week before the start of each section

Section#: 01 Date: September 10-October 15  
Section#: 02 Date: October 29-December 3  
Time: 3:15-4:00pm Day: Tuesday

## Go Yoga

Teaching yoga to young children increases their mindfulness and self-confidence, assists with stress management, fosters self-control, increases flexibility and balance, improves concentration and focus, and offers breathing exercises that allow a child to calm and relax. We'll combine basic yoga with fun and creative yoga games, activities, and challenges. Age 6-10.

Program#: 313135 Min/Max: 6/10  
Fee: \$33.00(R), \$38.00(NR)  
Registration Deadline: One week before the start of each section

Section#: 01 Date: September 11-October 16  
Time: 5:15-6:00pm Day: Wednesday  
Section#: 02 Date: October 30-December 4  
Time: 5:15-6:00pm Day: Wednesday

## Hop and Scoot!

Kids love the bounciful bliss of hoppity balls and scooters are fun and energetic! We'll combine them for this joyful fitness program. Bust out your gym shoes as we scoot and hop into fun games & activities focusing on strength, balance, cooperation, and fitness development! Age 6-8.

Program#: 310235 Min/Max: 6/8  
Fee: \$46.00(R), \$51.00(NR)  
Registration Deadline: One week before the first day of the section.

Section#:01 Date: September 19-October 24  
Time: 4:00-4:45pm  
Day: Thursday  
Section#:02 Date: November 7-December 19\*  
Time: 4:00-4:45pm  
Day: Thursday  
\*No class November 28

## New! Superhero Fitness

Little superheroes will love this superhero themed fitness program. Kids will practice their superhero moves through exercise and fun games. All participants will receive a superhero mask to wear while getting superhero fit! Age 3-5

Program#: 310033 Min/Max: 6/8  
Fee: \$30.00(R), \$35.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 12-October 17  
Section#:02 Date: November 7-December 19\*  
Time: 3:15-4:00pm  
Day: Thursday  
\*No class November 28

## Fit Kids

The Center for Disease Control recommends that children ages 3 to 5 years be active throughout the day for growth and development. We'll make fitness fun with lively music, tools like scarves, bean bags, and a parachute, and games that your kid will love! Ensure that your child grows up healthy and strong. Age 3-5.

Program#: 310042 Min/Max: 6/8  
Fee: \$25.00(R), \$30.00(NR)  
Registration Deadline: October 16

Section#:01  
Date: October 23-November 6  
Time: 11:45-12:30pm  
Day: Wednesday

## Kids Fitness



**Kids on the Ball** Fitness balls are big, colorful, and inviting for kids making them perfect for fitness that is fun. We'll get out the balls and enjoy activities promoting balance, coordination, rhythm and dance, flexibility, muscular strength and cardiorespiratory fitness, manipulative skills, and even games. Age 8-12

Program#: 310180 Min/Max: 3/8 Fee: \$25.00(R), \$30.00(NR)  
Registration Deadline: October 23

Section#: 01 Date: October 30-December 4 Time: 3:45-4:30 pm Day: Wednesday

## Healthy Kids

Teaching good habits to children at a very early age will help them grow into healthy and happy adults. We'll offer fun, active fitness movement, prepare and taste healthful recipes, show creativity with fun, health-related art projects, and giggle at quirky stories.. Allergy Alert: This class will serve and/or handle nut products. Age 3-5

Program#: 310071 Min/Max: 6/8 Fee: \$44.00(R), \$49.00(NR)  
Registration Deadline: October 16

Section#: 01 Date: October 23- November 27 Time: 11:45-12:45pm Day:Wednesday

## Early Childhood Programs

are for children age 3 to 5 years

### Space Explorers

In this class we will explore the depths of space. We will learn about stars, meteors, planets, constellations and galaxies in a fun and interactive way. We will do a craft, worksheet and sing songs about space. Join us as we blast off into space! Age 3-5

Program: 310052 Min/Max: 6/8

Fee: \$45.00(R), \$48.00(NR)

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

Section#:01 Date: September 18-October 23

Time: 3:15-4:15pm Day: Wednesday

Section#:02 Date: November 6-December 11

Time: 3:15-4:15pm Day: Wednesday

### NEW! Pumpkin Painting

Enjoy painting a pumpkin with different type of paint while enjoying cookies and apple juice. Each child will get one pumpkin to paint and take home with them. Join us for this fun event. Age 3-5.

Program: 321005 Min/Max: 6/8

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

Registration Deadline: October 11

Section#:01 Date: October 18

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



Questions? 708-474-8552

Enroll online [www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)

### NEW! Charlie Brown Celebrations

Join us as we celebrate Halloween, Thanksgiving, and Christmas with Charlie Brown. We'll read It's the Great Pumpkin Charlie Brown, A Charlie Brown Thanksgiving and A Charlie Brown Christmas to start off our holiday parties and then enjoy lots of fun activities related to the holiday and to our holiday book. Ages 3-5

Program: 310005

Min/Max: 6/8

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

Registration Deadline: One week before the start of each section

Section#:01 Date: October 25 (Halloween)

Section#:02 Date: November 22 (Thanksgiving)

Section#:03 Date: December 20 (Christmas)

Time: 5:00-6:30pm Day: Friday



### NEW! National Teddy Bear Day

National Teddy Bear Day celebrates the first teddy bear and a former president. Join us as we celebrate National Teddy Bear Day by learning about the history of the teddy bear, play some games, and stuff our own 8" teddy bears to take home. Ages 3-5.

Program: 310046 Min/Max: 6/8 Fee: \$26.00(R), \$30.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 Date: September 9 Time: 5:15-6:15pm Day: Monday

### Sports and More

Play Ball! Children are introduced to the fundamentals of some of the most popular sports. See where your child's interest lies as we develop motor skills, practice eye/hand and eye/foot coordination, and nurture growth socially and emotionally through teamwork and good sportsmanship. Age 4-6

Min/Max: 6/8 Fee: \$35.00(R), \$40.00(NR)

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

**Tee Ball Basics** Program#: 387060

Section#: 01 Date: September 9-October 21\*

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

\*No class October 14

**Micro Soccer** Program: 387025

Section#:01 Date: September 6-October 11

Section#:02 Date: October 25-December 6\*

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

\*No class November 29

### NEW! Little Scientist

In this class we will tap into your child's curiosity with fun and engaging science experiments. We will learn about what floats and what sinks, why it rains, and many more. Join us to learn about science from an interactive and fun way!

Program: 310065 Min/Max: 6/8 Fee: \$51.00(R), \$56.00(NR)

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

Section#:01 Date: September 10-October 15

Section#:02 Date: October 29-December 3

Time: 3:15-4:15pm Day: Tuesday

## I'm An Artist- Fall Days

Leaves, apples, and pumpkins make fall days fun! We'll pull out lots of art supplies and each week make a fun art project! Busy artists will enjoy apple juice with friends to celebrate the fall season.

Age 3-5

Program: 310058  
Min/Max: 6/8  
Fee: \$54.00(R), \$59.00(NR)  
Registration Deadline: October 4  
Section#:01  
Date: October 11-November 15  
Time: 5:00-6:00pm  
Day: Friday

## Bitty Basketball

It's never too early to start learning how to play basketball! This instructional class will teach tykes the rules and the skills of basketball. Basic skills, such as dribbling, passing, and shooting, will be practiced in every session. And basic rules are emphasized through fun games played during class time. Age 4-6

Program: 310031  
Min/Max: 6/8  
Fee: \$30.00(R), \$35.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01  
Date: September 4-October 9  
Time: 4:00-4:45pm  
Day: Wednesday  
Section#:02  
Date: October 23-November 27  
Time: 4:00-4:45pm  
Day: Wednesday

## Checkmate Jr.

This class will teach preschoolers the game of chess through stories. Each week, we will learn about a new chess piece through a fun, adventurous story and end by practicing movement and strategic play. Age 4-6

Program: 310130 Min/Max: 6/8 Fee: \$45.00(R), \$50.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 5-October 10  
Time: 4:30-5:30pm Day: Thursday  
Section#:02 Date: October 24-December 12\*  
Time: 4:30-5:30pm Day: Thursday \*No class October 31 & November 28

## Almost Ready to Read

The early childhood classroom is all about teaching literacy! In this class children will cover rhymes, sounds, syllables, letter recognition, letter identification, letter formation, and more!

These activities will help the students understand how a book works. Before you know it, students will have the skills they need to be almost ready to read.

Age 3-5

Program: 310048 Min/Max: 6/8  
Fee: \$43.00.00(R), \$48.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01  
Date: September 6-October 11  
Time: 3:15-4:15pm Day: Friday  
Section#:02  
Date: October 25-December 6\*  
Time: 3:15-4:15pm Day: Friday

\*No class November 29

## Jr Explorers

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

Program: 310123  
Min/Max: 6/8  
Fee: \$30.00(R), \$35.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01  
Date: September 9-October 21\*  
Time: 3:15-4:15pm  
Day: Monday  
\*No class October 14  
Section#:01  
Date: November 4-December 9  
Time: 3:15-4:15pm  
Day: Monday

## Early Childhood Programs

are for children age 3 to 5 years



### More Fun...

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The perfect preschool -  
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## Kids First Steps Balloon Ball

Catch on! Balloon Ball is played like soccer with kids being allowed to pick up the ball and run with it, throw it, or kick it into one of the two goals. The action is faster, with fewer rules than soccer. Kids will be taught coordination, balance and the importance of exercise. Kids will love this game created by Kids First. Age 3-5

Program: 310030 Min/Max: 6/8  
Fee: \$37.00(R), \$42.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 10-October 15  
Time: 11:45-12:30pm Day: Tuesday  
Section#:02 Date: October 29-December 3  
Time: 11:45-12:30pm Day: Tuesday

Learn & Play at LAN-OAK PARK DISTRICT

# PLAYSKOOL

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- ✓ Snacks & School Supplies Provided
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5-Day, All Day Students also enjoy Spanish Classes, Art Classes & Music

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Daily class hours: 9:00am-3:00pm

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Program dates: 9/5/2024-6/6/2025

A \$25 non-refundable deposit for each time slot holds your spot and is applied to your tuition

Morning classes run 9:00am-11:30am

Afternoon classes run 12:30pm-3:00pm

3-day Mon/Wed/Fri Mornings 311018-01

3-day Mon/Wed/Fri Afternoons 311018-02

3-day Mornings or Afternoons Monthly \$116.00(R), \$121.00(NR)

2-day Tues/Thurs Mornings 311018-03

2-day Tues/Thurs Afternoons 311018-04

2-day Mornings or Afternoons Monthly \$102.00(R), \$107.00(NR)

5-day Mon thru Fri Mornings or 5-day Mon thru Fri Afternoons

5-day Mornings or Afternoons Monthly \$218.00(R), \$228.00(NR)

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

5-day, all day, classes Monthly \$436.00(R), \$456.00(NR)

Questions? 708-474-8552 or [sdesjardins@lanoakparkdistrict.org](mailto:sdesjardins@lanoakparkdistrict.org)



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# DAYONE YOUTH BASKETBALL LEAGUE

3rd-5th  
GRADE  
6th-8th  
GRADE

Learn skills, develop teamwork, practice hard, and enjoy the competition in this league that starts with a player draft and concludes with a March Madness tournament. Volunteer coaches evaluate skills, draft a team, contact parents, determine two practice times each week, teach, encourage, and lead Sunday games. Participants will receive a league jersey and participation medal. Practices will be scheduled twice each week. Volunteer Coaches needed!

If you wish to coach, please indicate so at the time of registration.

Practices start in December and last until late March. Games begin January 5 2025

No refunds after December 13 Program: 363045

Fee: \$120.00(R), \$125.00(NR)

Section#:01 3rd-5th Grade Section#:02 6th-8th Grade

Registration Deadline: December 3

Skills Evaluation/Draft is MANDATORY! – Sunday, December 8  
Team requests will not be granted. Teams are determined by draft only. SUNDAY IS GAME DAY - games are one hour in length and are scheduled between 11:00am-3:00pm.

## LAN-OAK PARK DISTRICT

2550 178TH STREET, LANSING, IL

Info: 708-474-8552 or [www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)



**DAYONE**  
**BASKETBALL**  
programs are  
offered by Coach  
Kenny Barnes.

**Questions?**  
**708-474-8552**

# DAYONE BASKETBALL

## **D.A.Y.O.N.E. 1st & 2nd Grade Basketball**

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

Program: 363040 Min/Max: 12/40  
Fee: \$45.00(R), 50.00(NR)  
Registration Deadline: October 27

Section#:01 November 2-December 14\*  
Time: 11:00am-Noon Day: Saturday  
\*No Class November 30

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

This program offers intense training for the serious basketball player that wants to improve on the fundamentals of basketball.

In addition to group skills exercises, Coach Kenny Barnes will evaluate each players' basketball skills and then provide a segment of private training for each player each week to improve their skill level.

Program#: 363020 Min/Max: 6/10  
Fee: \$110.00(R), \$115.00(NR)  
Registration Deadline: September 10

Date: September 14-October 19  
Day: Saturday  
Section#:01 Age 8-10 10:00-11:00am  
Section#:02 Age 11-13 11:00-Noon  
Section#:03 Age 14-17 Noon-1:00pm

## **D.A.Y.O.N.E. Skills & Drills**

This program is for players looking to develop the basic skill level of basketball training. Skill sessions are designed to enhance a beginner level through detailed and efficient skills & drills. Age 9-12

Program#: 381006 Min/Max: 4/12 Fee: \$55.00(R), \$60.00(NR)  
Registration Deadline: October 27

Section#:01 November 2-December 14\* 10:00-11:00am Day: Saturday  
\*No Class November 30

**Private training with Coach  
Kenny Barnes is  
also available. Inquire  
at the front desk.**

**Make it easy -  
register  
online**  
[www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)



## Preschool Gymnastics

Give your child a rewarding and educational experience in gymnastics classes. Children ages 3-5 years will build endurance and balance in fun obstacle courses followed by instruction in vaulting, tumbling, uneven bars, balance beam, rings, and rope climbing. \*Participants must be fully potty-trained. \*No class December 31 \*No class January 1

Program#: 321700 Min/Max: 5/15 Fee: \$63.00(R), \$68.00(NR)

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

Section#:01	September 4-October 9	Day: Wednesday	Time: 4:30-5:30pm
Section#:02	September 3-October 8	Day: Tuesday	Time: 5:30-6:30pm
Section#:03	October 16-November 20	Day: Wednesday	Time: 4:30-5:30pm
Section#:04	October 15-November 19	Day: Tuesday	Time: 5:30-6:30pm
Section#:03	November 27-January 8	Day: Wednesday	Time: 4:30-5:30pm*
Section#:04	November 26-January 7	Day: Tuesday	Time: 5:30-6:30pm*



### Boys Gymnastics

Boys receive instruction on strength training, conditioning skills, floor exercises, types of tumbling jumps, front hand-springs, back flips, rings and rope climbing, bars and vaulting. Sports part of a total educational experience and gymnastics is the most complete workout to ready your child for all sports. Ages 6-10 \*No class January 1

Program#: 321760 Min/Max: 5/20

Fee: \$63.00(R), \$68.00(NR)

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

Section#:01 September 4-October 9

Section#:02 October 16-November 20

Section#:03 November 27-January 8\*

Time: 7:30-8:30pm

Day: Wednesday

LEARN

GYMNASTICS

through fun & progressive classes

### Girls Gymnastics

Our classes include instruction in tumbling, balance beam, uneven bars, vaulting, and rope climbing. Girls develop poise and self-confidence while having a great time! \*\*Advanced Gymnastics (Boys & Girls) must have instructor approval to enroll in this class

Program#: 321720 Min/Max: 5/20 Fee: \$63.00(R), \$68.00(NR) Registration Deadline:

One week before the start of each section.

<table border="0"> <tr> <td>Date/Day</td> <td>Tuesday</td> <td>September 3-October 8</td> </tr> <tr> <td>Section#:01</td> <td>4:30-5:30pm</td> <td>Age 6-8</td> </tr> <tr> <td>Section#:02</td> <td>6:30-7:30pm</td> <td>Age 9-13</td> </tr> <tr> <td>Section#:03</td> <td>7:30-8:30pm</td> <td>Age 7-13 (Boys &amp; Girls Advanced)</td> </tr> </table> <table border="0"> <tr> <td>Date/Day</td> <td>Tuesday</td> <td>October 15-November 19</td> </tr> <tr> <td>Section#:06</td> <td>4:30-5:30pm</td> <td>Age 6-8</td> </tr> <tr> <td>Section#:07</td> <td>6:30-7:30pm</td> <td>Age 9-13</td> </tr> <tr> <td>Section#:08</td> <td>7:30-8:30pm</td> <td>Age 7-13 (Boys &amp; Girls Advanced)</td> </tr> </table> <table border="0"> <tr> <td>Date/Day</td> <td>Tuesday</td> <td>November 26-January 7*</td> </tr> <tr> <td>Section#:11</td> <td>4:30-5:30pm</td> <td>Age 6-8</td> </tr> <tr> <td>Section#:12</td> <td>6:30-7:30pm</td> <td>Age 9-13</td> </tr> </table>	Date/Day	Tuesday	September 3-October 8	Section#:01	4:30-5:30pm	Age 6-8	Section#:02	6:30-7:30pm	Age 9-13	Section#:03	7:30-8:30pm	Age 7-13 (Boys & Girls Advanced)	Date/Day	Tuesday	October 15-November 19	Section#:06	4:30-5:30pm	Age 6-8	Section#:07	6:30-7:30pm	Age 9-13	Section#:08	7:30-8:30pm	Age 7-13 (Boys & Girls Advanced)	Date/Day	Tuesday	November 26-January 7*	Section#:11	4:30-5:30pm	Age 6-8	Section#:12	6:30-7:30pm	Age 9-13	<table border="0"> <tr> <td>Date/Day</td> <td>Wednesday</td> <td>September 4-October 9</td> </tr> <tr> <td>Section#:04</td> <td>5:30-6:30pm</td> <td>Age 6-8</td> </tr> <tr> <td>Section#:05</td> <td>6:30-7:30pm</td> <td>Age 8-13</td> </tr> </table> <table border="0"> <tr> <td>Date/Day</td> <td>Wednesday</td> <td>October 16-November 20</td> </tr> <tr> <td>Section#:09</td> <td>5:30-6:30pm</td> <td>Age 6-8</td> </tr> <tr> <td>Section#:10</td> <td>6:30-7:30pm</td> <td>Age 8-13</td> </tr> </table> <table border="0"> <tr> <td>Date/Day</td> <td>Wednesday</td> <td>November 27-January 8*</td> </tr> <tr> <td>Section#:14</td> <td>5:30-6:30pm</td> <td>Age 6-8</td> </tr> <tr> <td>Section#:15</td> <td>6:30-7:30pm</td> <td>Age 8-13</td> </tr> </table>	Date/Day	Wednesday	September 4-October 9	Section#:04	5:30-6:30pm	Age 6-8	Section#:05	6:30-7:30pm	Age 8-13	Date/Day	Wednesday	October 16-November 20	Section#:09	5:30-6:30pm	Age 6-8	Section#:10	6:30-7:30pm	Age 8-13	Date/Day	Wednesday	November 27-January 8*	Section#:14	5:30-6:30pm	Age 6-8	Section#:15	6:30-7:30pm	Age 8-13
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\*No class January 1

Section#:13 7:30-8:30pm Age 7-13 (Boys & Girls Advanced)

\*No class December 31







# KARATE CLASSES

## JUST FOR KICKS - THE MARTIAL ARTS UNIVERSITY

Younger children, ages 4-6, will receive training that will teach basic karate drills that foster the development of sensory motor skills, build esteem levels, and make their bodies stronger. This is also a great class to teach the youth to work with others and 'learn to achieve'.

Monday 4:30-5:30pm  
Ages 4-6 years

Kicking Tots  
Sections#: 01 & 04



Taught by Staff Instructors of Just For Kicks — The Martial Arts University, who's Senior Instructor is also one of the Senior Coaches for The USA Martial Arts Team. Class activities will address and improve students' levels of self confidence, self discipline, and self esteem. The program will also address personal safety and the students' abilities to work and organize with others. These physical and social skills are necessary for the development of future 21st Century leaders. The Martial Arts For Life program also addresses improving student reading, math and science skills through martial arts activities & training. We will also introduce several new activities to help students prepare for living healthy lifestyles.



Youth will have a program designed to provide these age groups with a proper introduction to championship level karate techniques while providing self confidence, self discipline, and 'bully insurance' self defense. Techniques and theories will be taught that will also enhance 'life skills' for our future leaders.

Mondays 5:30-6:30pm  
Youth Martial Arts  
Ages 7-16 years  
Sections#: 02 & 05

Please turn to Page 33  
for Adult  
Karate Classes



Program#: 332001  
10-week sections  
Sections#: 01, 02  
October 7 - December 9  
Sections#: 04, 05  
December 16 - February 17  
Fee: \$170.00(R), \$175.00(NR)

# DANCE



## Dance It Out!

Perfect for your young prince or princess who loves to dance and act, this program opens the imagination of new dancers with stories, music and props. Dancers will learn ballet movements and vocabulary in an imaginative and creative atmosphere.



**All dance classes are taught by Cat Novella and are held at the Eisenhower Center Room 102.**

<b>DANCE IT OUT!</b>	<b>Program#:310006</b>	<b>Fee: \$42.00(R)\$47.00(NR)</b>
<b>Age 3-5</b>		
Section#:03	September 12-October 17	4:00-5:00pm Thursday
Section#:04	November 7-December 19	4:00-5:00pm Thursday
*No class on November 28		
<b>LITTLE DANCERS</b>	<b>Program#:310113</b>	<b>Fee: \$65.00(R),\$70.00(NR)</b>
<b>Age 4-6</b>		
Section#: 01	September 10-October 15	4:30-5:30pm Tuesday
Section#: 02	October 29-December 3	4:30-5:30pm Tuesday
<b>HIP HOP</b>	<b>Program#:321090</b>	<b>Fee: \$65.00(R),\$70.00(NR)</b>
<b>Ages 7-9</b>		
Section#: 01	September 10-October 15	5:30-6:30pm Tuesday
Section#: 02	October 29-December 3	5:30-6:30pm Tuesday
<b>Ages 10-12</b>		
Section#: 03	September 10 -October 16	6:30-7:30pm Tuesday
Section#: 04	October 29-December 3	6:30-7:30pm Tuesday
<b>Ages 13-17</b>		
Section#: 05	September 11-October 16	3:00-4:00pm Wednesday
Section#: 06	October 30-December 4	3:00-4:00pm Wednesday
<b>SO MUCH JAZZ!</b>	<b>Program#:321053</b>	<b>Fee: \$65.00(R),\$70.00(NR)</b>
<b>Ages 7-9</b>		
Section#: 01	September 11-October 16	5:00-6:00pm Wednesday
Section#: 02	October 30-December 4	5:00-6:00pm Wednesday
<b>Ages 10-12</b>		
Section#: 01	September 11-October 16	4:00-5:00pm Wednesday
Section#: 02	October 30-December 4	4:00-5:00pm Wednesday
<b>SALSA</b>	<b>Program#:331120</b>	<b>Fee: \$65.00(R),\$70.00(NR)</b>
<b>Ages 13-17</b>		
Section#: 01	September 11-October 16	6:00-7:00pm Wednesday
Section#: 02	October 30-December 4	6:00-7:00pm Wednesday
<b>Ages 18 &amp; Up</b>		
Section#: 03	September 11-October 16	7:00-8:00pm Wednesday
Section#: 04	October 30-December 4	7:00-8:00pm Wednesday
<b>BACHATA</b>	<b>Program#:332501</b>	<b>Fee: \$65.00(R),\$70.00(NR)</b>
<b>Ages 18 &amp; Up</b>		
Section#: 01	September 10-October 15	7:30-8:30pm Tuesday
Section#: 02	October 29-December 3	7:30-8:30pm Tuesday
<b>HEELS</b>	<b>Program#:332265</b>	<b>Fee: \$65.00(R),\$70.00(NR)</b>
<b>Ages 18 &amp; Up</b>		
Section#: 01	September 11-October 16	8:00-9:00pm Wednesday
Section#: 02	October 30-December 4	8:00-9:00pm Wednesday
<b>NEW! 3'S THE MOVE</b>	<b>Program#:321201</b>	<b>Fee: \$65.00(R),\$70.00(NR)</b>
<b>Ages 18 &amp; Up</b>		
Section#: 01	September 18- October 23	9:30-10:30am Wednesday
Section#: 02	November 6- December 11	9:30-10:30am Wednesday
<b>Ages 62 &amp; Up</b>		
Section#: 03	September 18- October 23	10:30-11:30am Wednesday
Section#: 04	November 6- December 11	10:30-11:30am Wednesday

**Little Dancers** Start your little dancer with the basics. This class will teach the fundamentals of ballet & jazz. New Ballerinas will shine in this welcoming and fun environment.

**Hip Hop** Learn the latest urban choreography and musicality as you groove to powerful beats and rhymes. No matter is if you are just starting, getting back to it or getting your training in!

**So Much Jazz** Jazz is a fun & expressive form of dance. With upbeat music we will introduce jazz techniques to our future stage star.

**Salsa** Ignite your passion for Latin rhythms and spice up your life with our exhilarating salsa dancing class! Master the sensual footwork, hip movements, and captivating partner work that define this vibrant dance style.

**Bachata** Embrace the sensual and passionate rhythms of bachata. Learn to move your hips and execute intricate footwork as you master this Dominican dance craze. Get ready to ignite the floor with your sultry bachata moves.

**Heels** Strut with confidence and unleash your fierce side in this high-octane heels dance class. Learn jaw-dropping choreography fusing sexy and sassy moves while mastering proper heel technique. You'll leave this class feeling empowered and ready to command any stage!

**New! 3's The Move** Become a true triple threat by mastering the fundamentals of ballet, jazz, and tap. We'll learn proper technique across all three styles. Challenge yourself while unlocking your rhythm, grace, and self-expression.

## Devilishly Delicious

Calling all witches and warlocks! We'll convene in the kitchen to boil, boil, toil and conjure up some Halloween fare – bewitching brews, spooky treats, and other Halloween classics. Age 6-10. Class notes: Please wear long hair back. Warning! This class uses common food allergens such as dairy products, nuts, and wheat.



Program#: 310170 Min/Max: 6/8  
 Fee: \$56.00(R), \$6.00 (NR)  
 Registration Deadline: September 17

Section#:01 Date: September 24-October 29  
 Time: 5:45-6:45pm Day: Tuesday

## Checkmate!

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

Program#: 321054 Min/Max: 6/8  
 Fee: \$45.00(R), \$50.00(NR)  
 Registration Deadline: One week before the start of each section.

Section#:01  
 Date: September 10-October 15  
 Section#:02  
 Date: October 29-December 3  
 Time: 4:00-5:00pm Day: Tuesday

## NEW! Crochet and Cookies

Join us in this class to learn how to crochet. We will learn about different yarn and crochet hooks while we also learn the basic crochet stitches like single crochet, half-double crochet and double crochet while we enjoy some cookies. Age 8-12.

Program: 311000  
 Min/Max: 6/8  
 Fee: \$51.00(R), \$57.00(NR)  
 Registration Deadline: One week before the start of each section.

Section#:01  
 Date: September 6-October 11  
 Section#:02  
 Date: October 25-December 6\*  
 Time: 5:30-6:30pm  
 Day: Friday  
 \*No class November 29

## Bracelets, Barrettes, and Books!

Release your creative side by designing your own jewelry. Freshen up with a hair barrette. Scrap book all your favorite pictures. Join us for a two-hour creative party just for girls. All will receive a blank memory book, scrapbooking supplies, bracelet kit, and barrette kit. Bring some photos you and enjoy popcorn and juice. Age 6-8.

Program: 321002 Min/Max: 6/8  
 Fee: \$29.00(R), \$34.00(NR)  
 Registration Deadline: One week before the start of each section.

Section#:01 Date: October 11  
 Section#:02 Date: November 8  
 Section#:03 Date: December 6  
 Time: 5:00-7:00pm Day: Friday

## Learning Art

This class is designed to teach a child awareness of different kinds of art and offer a wide range of activities to experience it. We will do simple step by step projects and advance as we learn. Start your child's art education in this fun class. Age 6-8.

Program#: 327006  
 Min/Max: 6/8  
 Fee: \$50.00(R), \$55.00(NR)  
 Registration Deadline: October 9

Section#:01  
 Date: October 16-November 20  
 Time: 6:00-7:00pm  
 Day: Wednesday

## NEW!

### Superhero Day

Come dressed as your favorite superhero. We will play games, do craft and learn about all the different superheroes and their special powers. We will also have juice and snacks. Age 6-8

Program: 311200  
 Min/Max: 6/8  
 Fee: \$26.00(R), \$31.00(NR)  
 Registration Deadline: November 8

Section#:01  
 Date: November 15  
 Time: 5:00-7:00pm  
 Day: Friday

## Youth Programs

Get out, get moving, learn, have fun with friends! Ages 6-12



Looking for more?  
 Gymnastics Page 24  
 Karate Page 25  
 Dance Classes Page 26  
 Basketball Programs & League Page 22-23  
 Swim Lessons Page 14  
 Kids Fitness Page 17  
 Piano & Music Classes Page 29



Questions? 708-474-8552  
[www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)  
 Make it easy - register online

## Learn Cursive Writing

Research suggests that printing letters in cursive activate different parts of the brain. Learning cursive is good for children's fine motor skills, and writing in longhand generally helps students retain more information and generate more ideas- not to mention allowing kids to sign their name. Join us for this beginner class in cursive writing that will delight kids as they practice cursive writing, write inspirational quotes, and even learn a few jokes and riddles (in cursive writing, of course). Grades 2-3.

Program#: 310191 Min/Max: 6/8  
 Fee: \$41.00(R), \$46.00(NR)  
 Registration Deadline: October 17

Section#: 01  
 Date: October 24-December 12\*  
 Time: 4:30-5:30pm Day: Thursday  
 \*No class October 31 & November 28

## Youth Programs

Get out, get moving, learn, have fun  
with friends! Ages 6-12

# SPORTS

The weather hasn't changed yet!  
Join us for some Fall Athletics.

### Volleyball Skills Fundamentals

This class caters towards introducing the sport of volleyball to athletes in an organized, but fun environment. Perfect introduction to the sport and preparation for school team try-outs. Learn bumping, setting, serving, and more. Age 8-12

Program#: 322004 Min/Max: 6/12

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

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

Section#: 01 Date: September 5-October 10

Section#: 02 Date: October 24-December 12\*

Time: 4:00-5:00pm

Day: Thursday

\*No class October 31 & November 28

### Tee Ball Basics

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

Program: 387060 Min/Max: 6/12

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

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

Section#:02

Date: September 9-October 21\*

Time: 5:30-6:30pm

Day: Monday

\*No class October 14

### Youth Badminton

Come join the Lan-Oak Park District in our main gym to learn about and play badminton! We will go over the rules of the game, work on mechanics, and play this exciting sport. Classes will be held at the Eisenhower Center. Age 9-12.

Program: 354102 Min/Max: 6/8

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

Registration Deadline: October 18

Section#:01 Date: October 25-December 6\*

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

\*No class November 29

### Total Sports

This class features a new sport each week. Some Sports taught and played include basketball, soccer, badminton, kick-ball and pickleball. In addition, participants play many popular running and group games. Children have the opportunity to acquire new skills and develop confidence in games they have played in previous classes. Age 6-9.

Program: 332128 Min/Max: 6/8 Fee: \$38.00(R), \$41.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 Date: September 9-October 21\*

\*No class October 14

Section#:02 Date: November 4-December 9

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

**Looking for  
basketball?  
DAYONE  
Basketball  
programs and  
Youth  
Basketball  
League  
are on page 23**



**Scout Archery** Are you a Scout and want to learn Archery? Well then this is the program for you. In this one-time class we will get to know the archery equipment, learn about archery safety, practice shooting at a target, and create a fun and unique challenge. So come join us for an evening of fun! Age 11-14. Grade 6-8.

Program: 310132 Min/Max:8/12

Fee: Group of 8 girls \$120.00 - any extra girl is a \$10 charge

Registration Deadline: September 10

Section#:01 Date: September 20

Time: 5:00-6:30pm Day: Friday

### Pickleball for Kids

Pickleball is a hybrid game combining tennis, ping pong, and badminton that is taking the world by storm.

Learning pickleball helps children improve balance and agility and is just plain fun. This program will offer beginner pickleball. Age 9-12.

Program#: 310175

Min/Max: 6/8

Fee: \$38.00(R), \$42.00(NR)

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

Section#: 01

Date: September 4-October 9

Section#: 02

Date: October 23-November 27

Time: 4:00-5:00pm

Day: Wednesday

### Micro Soccer U10

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

Program: 387025

Min/Max: 10/20

Fee: \$41.00(R), \$46.00(NR)

Registration Deadline: September 11

Section#:01

Date: September 18-October 23

Time: 4:30-5:30pm

Day: Wednesday

### Pee Wee Floor Hockey Skills & Drills

Hockey on your mind? Either start a new or continue your love for hockey. Enhance your skills through various drills while having fun playing games and competing with fellow players. Age 6-9.

Program: 327107

Min/Max: 6/8

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

Registration Deadline: September 27

Section#:01

Date: October 4-November 8

Time: 5:00-6:00pm

Day: Friday

### Bring Your Racquet

This class introduces children to the early fundamentals of tennis. Using age-appropriate drills and games; participants learn basic strokes, grip and early tennis skills. All activities develop gross motor skills, coordination, judgment and proper mechanics. Tennis rackets will be provided. Age 8-12.

Program#: 387006 Min/Max: 6/8

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

Registration Deadline: September 2

Section#:01

Date: September 9-October 21\*

Time: 4:15-5:15pm

Day: Monday

\*No class October 14



**Private Piano Lessons** In this beginner's piano class participants will learn basic and foundational piano skills that can benefit toward further studies. Piano book is included in registration fee. Lessons will be on the half hour and there will be a sign in appointment sheet at the desk when registering. Student chooses their time slot from 4:30pm-7:00pm. Each session is 4 weeks. This program is for all ages. Age 5 & up.

Program: 314107 Fee: \$78.00(R), \$83.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 October 7-October 28  
Section#:02 November 11-December 2  
Day: Monday  
Section#:03 October 9-October 30  
Section#:04 November 13-December 4  
Day: Wednesday

**Reading Music** Learning how to read music will help your comprehension, communication, build coordination and your confidence. Reading music will also make it easier to learn how to play an instrument.  
Age 8-12. \*No class October 14

Program: 310202 Min/Max: 6/8  
Fee: \$51.00(R), \$56.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 16-October 28\*  
Section#:02 Date: November 11-December 16  
Time: 5:00-6:00pm Day: Monday



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

Program: 310133 Min/Max: 6/8 Fee: \$39.00(R), \$44.00(NR)  
Registration Deadline: October 28  
Section#:03 Date: November 4-December 9 Time: 5:15-6:00pm Day: Monday

## Youth Programs

Get out, get moving, learn, have fun with friends! Ages 6-12

### Playing Recorder 1

Recorders are a perfect first musical instrument to learn music and decide if music is an interest. We'll learn the parts of the recorder, finger positions, the proper way to blow into the instrument, and basic music reading. Each child will take home their own recorder. Age 6-9 and 10-12.

Program: 310133 Min/Max: 4/7  
Fee: \$57.00(R), \$61.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 (Age 6-9)  
Date: September 9-October 21\*  
Time: 5:15-6:00pm Day: Monday  
Section#:02 (Age 10-12)  
Date: September 9-October 21\*  
Time: 6:00-6:45pm Day: Monday  
\*No class October 14

## STEM Science Solutions **NEW! Air Dry Mosaic Art** In this class each week we

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

Program: 310094 Min/Max: 6/8  
Fee \$45.00(R), \$50.00(NR)  
Registration Deadline:  
One week before the start of each section.

Section#:03  
Date: September 10-October 15  
Section#:04  
Date: October 29-December 3  
Time: 5:00-6:00pm Day: Tuesday

will make a different type of clay creation and put beautiful stones on it. This class is great to get creative minds going. Age 8-12.

Program: 310064 Min/Max: 6/8 Fee: \$45.00(R), \$50.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01 Date: September 18-October 23  
Section#:02 Date: November 6-December 11  
Time: 6:00-6:45pm Day: Wednesday

**New! I Want To Be A Star!** Unlock your star potential in acting class! Young performers enjoy fun, engaging exercises to develop their acting skills and confidence on stage, bring characters to life, and discover your inner star through this enriching program.  
Ages 6-12 \*No program November 29

Program#: 314000 Min/Max: 6/15 Fee: \$49.00(R), \$54.00(NR)  
Registration Deadline: One week before the first day of the section.

Section#: 01 Date: September 13-October 18  
Section#: 02 Date: November 1-December 13\*  
Time: 4:00pm-5:00pm Day: Friday

### O' Christmas Tree

'Tis the season to make your Christmas tree sparkle! This class will make a different type of Christmas ornament each week – clear ball ornaments, wood ornaments, and bead ornaments. Hot chocolate will complete the fun.

Program#: 310081  
Min/Max: 6/10  
Fee: \$48.00(R), \$53.00(NR)  
Registration Deadline:  
November 6

Date:  
November 13-December 18  
Day: Wednesday  
Section#:01 Age 6-9  
Time: 5:00-6:00pm  
Section#:02 Age 10-12  
Time: 6:00-7:00pm

## Teen Programs for ages 13-17



### Hip Hop

Learn the latest urban choreography and musicality as you groove to powerful beats and rhymes. No matter if you are just starting, getting back to it, or getting your training in! Ages 13-17

Program#: 321090 Min/Max: 4/10  
 Fee: \$65.00(R), \$70.00(NR)  
 Registration Deadline: One week before the start of each section

Section#: 05  
 Date: September 11-October 16  
 Section#: 06  
 Date: October 30-December 4  
 Time: 3:00-4:00pm  
 Day: Wednesday

### Swim Lessons – Teen & Adult

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

Program#: 372036 Min/Max: 6/10  
 Fee: \$62.00(R), \$67.00(NR)  
 Registration Deadline: September 11

Date: September 18- November 6  
 Time: 5:30-6:15pm  
 Day: Wednesday

### Life Skills for Teenage Girls

Getting through life as a teenage girl is no small feat! And it seems like college is right around the corner and there are so many things to learn before you're on your own. In this class we'll talk about a variety of topics from finances, hygiene, physical health, and even learn about skills such as sewing, cooking, and unclogging drains. Age 13-17

Program#: 321200 Min/Max: 6/10  
 Fee: \$45.00(R), \$50.00(NR)  
 Registration Deadline: October 9

Section#: 01  
 Date: October 16- November 20  
 Time: 3:00-4:00pm Day: Wednesday

### New! Cozy Stitches

Unlock the joy of knitting stylish scarves in our comprehensive workshop. This class will teach how to finger knit a scarf using just yarn and your fingers. Yarn is included in the course fee so loosen up your fingers and learn how to knit a beautiful gift.  
 Age: 13 & Up

Program: 310135 Min/Max: 6/10  
 Fee: \$25.00(R), \$30.00(NR)  
 Registration Deadline: November 1

Section#: 01  
 Date: November 8  
 Time: 5:30-7:30pm  
 Day: Friday

### Salsa

Ignite your passion for Latin rhythms and spice up your life with our exhilarating salsa dancing class! Master the sensual footwork, hip movements, and captivating partner work that define this vibrant dance style. Whether you're a complete beginner or looking to refine your skills, get ready to let loose and experience the electrifying energy of salsa. Ages 13-17

Program#: 331120 Min/Max: 4/10  
 Fee: \$65.00(R), \$70.00(NR)  
 Registration Deadline: One week before the start of each section

Section#: 01  
 Date: September 11-October 16  
 Section#: 02  
 Date: October 30-December 4  
 Time: 6:00-7:00pm  
 Day: Wednesday

### NEW! Let's Go To Drama Town

Ignite your creativity in our dynamic teen drama class. Develop acting skills, confidence, and self-expression through engaging exercises, scene work, and improvisation. Discover your authentic voice on stage while fostering teamwork and lasting friendships. Ages 13-17

Program#: 310136  
 Min/Max: 6/15  
 Fee: \$49.00(R), \$54.00(NR)  
 Registration Deadline: One week before the start of each section

Section#: 01 Date: September 9-October 14  
 Section#: 02 Date: October 28-December 2  
 Time: 4:30-5:30pm  
 Day: Monday

### Teen Book Club

Explore new literary worlds by joining our friendly book club! We delve into a thought-provoking novel, discussing the characters, themes, and writing over drinks and snacks. Whether you're a lifelong reader or just looking to feed your inner bookworm, you'll find a welcoming community of folks who love getting lost in a good book. A copy of the book will be purchased for each registrant.  
 Age 13-17

Program#: 310137 Min/Max: 6/10  
 Fee: \$41.00(R), \$46.00(NR)  
 Registration Deadline: One week before the start of each section

Section#: 01 Date: September 11- October 16  
 Book: The Outsiders By S.E. Hinton  
 Section#: 02 Date: October 30 - December 4  
 Book: The Hunger Games by Suzanne Collins  
 Time: 5:30-6:30pm  
 Day: Wednesday

Teen Karate Page 25  
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 Private Piano Lessons Page 29

Check out our discounted fitness memberships for students Page 8  
 Floor & Water Fitness Classes Page 10-12

DAYONE Basketball  
 Skills Training for Teens  
 Page 23

Questions? 708-474-8552  
 Make it easy!  
 Enroll online  
[www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)

## Zoom Spanish Classes for Kids

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.

### I Speak Spanish (ages 3-6)

Section#: 01 Date: September 16- October 21

Section#: 02 Date: October 28- December 2

Section#: 03 Date: December 9-January 13

Time: 5:00-5:45pm Day: Monday

Section#: 04 Date: September 12- October 17

Section#: 05 Date: October 24-December 12\*

Time: 5:00-5:45pm Day: Thursday

\* No class on October 31 & November 28

Section#: 06 Date: September 7- October 12

Section#: 07 Date: October 19- November 23

Section#: 08 Date: December 7-January 11

Time: 8:30-9:15am Day: Saturdays

### Youth Spanish (ages 7-11)

Section#: 09 Date: September 16-October 21

Section#: 10 Date: October 28- December 2

Section#: 11 Date: December 9- January 13

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

Section#: 12 Date: September 12- October 17

Section#: 13 Date: October 24-December 12\*

Time: 6:15-7:00pm Day: Thursday

\* No class on October 31 & November 28

Section#: 14 Date: September 7-October 12

Section#: 15 Date: October 19- November 23

Section#: 16 Date: December 7- January 11

Time: 9:30-10:15am Day: Saturday

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

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

Section#: 17 Date: September 10-October 15

Section#: 18 Date: October 22-November 26

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

Section#: 19 Date: December 2- January 6

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

## New! Japanese for Kids and Adults Zoom

Join us right from your living room as we explore new cultures and learn the Japanese language via the interactive Zoom platform! Each session covers new and exciting material!

### I Speak Japanese (Ages 7-11)

Section#: 39 Date: September 10- October 15

Section#: 40 Date: October 22- November 26

Time: 5:00-5:45 pm Day: Tuesday

### Japanese for Adults (adults 18+)

Section#: 41 Date: September 10- October 15

Section#: 42 Date: October 22-November 26

Time: 6:00-6:45 pm Day: Tuesday

All Language  
Program#:  
310190  
Fee: \$88.00(R),  
\$93.00(NR)  
All classes are  
6 weeks.  
Zoom login  
information  
will be emailed  
to participants  
before the first  
class.  
Registration  
Deadline:  
One week before  
the start of each  
section  
All classes will  
be taught live  
by a Language  
in Action, Inc.  
instructor.

## Foreign Languages

for all ages

## Zoom Spanish Classes for Adults

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.

Section#: 20 Date: September 10-October 15

Section#: 21 Date: October 22-November 26

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

Section#: 22 Date: December 2-January 6

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

Section#: 23 Date: September 11-October 16

Section#: 24 Date: October 23-December 4\*

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

Section#: 25 Date: December 2-January 6

Time: 7:00-8:00pm Day: Monday

\*No class on November 27

Section#: 26 Date: September 7-October 12

Section#: 27 Date: October 19-November 23

Section#: 28 Date: December 7-January 11

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

## Parlez-vous français? Lei parla italiano? Zoom French and Italian Classes for Kids and Adults

Join us right from your living room as we explore new cultures and learn the French and Italian languages via the interactive Zoom platform! Each session covers new material.

### I Speak French (ages 7-11)

Section#: 29 Date: September 16-October 21

Section#: 30 Date: October 28- December 2

Time: 5:00-5:45pm Day: Monday

### I Speak French (adults 18+)

Section#: 31 Date: September 9-October 21

Section#: 32 Date: October 28- December 9

Time: 6:00-7:00 m Day: Monday

### I Speak Italian Jr. (ages 3-6)

Section#: 33 Date: September 11-October 16

Section#: 34 Date: October 23-December 4\*

Time: 5:00-5:45pm Day: Wednesday

\*No class on November 27

### I Speak Italian (ages 7-11)

Section#: 35 Date: September 11-October 16

Section#: 36 Date: October 23-December 4\*

Time: 6:00-6:45pm Day: Wednesday

\*No class on November 27

### I Speak Italian (adults 18+)

Section#: 37 Date: September 11-October 16

Section#: 38 Date: October 23-December 4\*

Time: 7:00-8:00pm Day: Wednesday

\*No class on November 27

Questions? 708-474-8552 Make it easy! Register online  
[www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)



# BASKETBALL

## OPEN GYM

Open Gym is offered for age 12 & up whenever the gym is unoccupied by park district programs or private rentals.

Vending machines are available. Use our basketballs or bring your own. **Bring a padlock to secure your belongings.** Open gym is easy and economical! Call the Eisenhower Center at 708-474-8552 to see if the gym is open.

**Bring the REQUIRED ID** and bring the required open gym fee.

Open Gym fees:

\$7.00(R), \$12.00(NR)

Resident fees apply to Lansing residents, junior high students of school districts 158 & 171, and high school students of school district 215. Patrons unable to provide a current school ID or proof of Lansing residency are required to pay the non-resident fee. Spectators, must pay to enter the gym and **REQUIRE AN ID.**

**NO REFUNDS for Open Gym.**

*Eisenhower Center*

*2550 178th Street, Lansing, IL  
708-474-8552*

### THE RULES & REGS

**\*\*All participants are required to present appropriate identification to be admitted to open gym**    **\*\*Anyone presenting false identification will be suspended from open gym admission**    **\*\*ALL open gym participants must check-in at the desk with ID and pay fees before entering the gym.**

**\*\*Open Gym has a capacity of 30 participants at any time.**

**\*\*Shirts are required at all times**

**\*\*Wristbands (provided by the park district) are required to be worn at all times while using Open Gym**

**\*\*Park district programs and private rentals receive priority use of the gym**

**\*\*Open gym schedule subject to change at any time without notice -**

**CALL FIRST to see if gym is open**

**\*\*Clean athletic shoes are required in the gym – no street shoes or shoes that leave black marks**

**\*\*No food is allowed in the gym (except bottled water)**

**\*\*No dunking or hanging on the rims or nets**    **\*\*No fighting, gambling, foul or obscene language or gestures, spitting or graffiti**

**\*\*Participants are required to comply with all posted or stated rules of the facility**

**\*\*Unacceptable behavior will result in expulsion and/or suspension from the facility and open gym**

**\*\*Sharing courts and goals is required – no private games are allowed**

**\*\*The park district is not responsible for lost or stolen articles – play at your own risk!**    **\*\*Bring a padlock for use of free lockers**

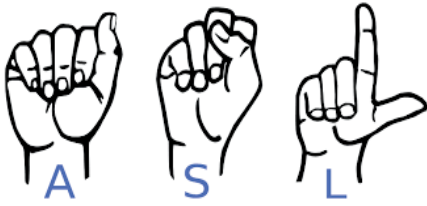
**\*\* ALL persons entering the gym must pay the admission fee including spectators**

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

**failure to do so will result in gym suspension**

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





**NEW!! ASL  
(American Sign Language)  
classes for  
all ages**

Interested in learning the basics of American Sign Language or communicating with your young child through signing? Join us from the the comfort and convenience of your livingroom as you learn to sign in a fun, interactive and lively environment. Each session covers new material. Taught live on the Zoom platform by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class. All classes are 6 weeks.

**Program#: 321110 Fee: \$80.00(R), \$85.00(NR)**

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

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

Section#: 01

Date: September 11- October 16

Section#: 02

Date: October 23- December 4\*

Time: 5:00-5:45pm

Day: Wednesday \*No class on November 27

**Learn to Sign-Kids (ages 7-12)**

Section#: 03

Date: September 11- October 16

Section#: 04

Date: October 23-December 4\*

Time: 6:00-6:45pm

Day: Wednesday \* No class on November 27

**Ages 13 & Up**

Section#: 05

Date: September 11- October 16

Section#: 06

Date: October 23- December 4\*

Time: 7:00-8:00pm

Day: Wednesday \* No class on November 27



**NEW! Just For Kicks -  
Adult Karate**

**GAIN STRENGTH, LEARN TO  
DEFEND YOURSELF, AND  
BUILD CONFIDENCE**

while also improving your health and fitness without going to a gym.

Register alone or as a couple.

Karate is an innovative way for couples to connect, communicate, grow together and share a hobby. Class is taught by Just For Kicks - The Martial Arts

University staff instructors who's Senior Instructor is also one of the Senior Coaches for The USA Martial Arts Team. Age 18 & Up

**Program#: 332001 10-week sections**

**Sections#:03 Mondays, October 7 - December 9**

**Sections#:06 Mondays, December 16 - February 17**

**Time: 6:30-7:30pm Fee: \$170.00(R), \$175.00(NR)**

**Adults Programs**

get out, meet new friends, have fun!

**Private Piano Lessons**

In this beginner's piano class participants will learn basic and foundational piano skills that can benefit toward further studies.

Piano book is included in registration fee.

Lessons will be on the half hour and there will be a sign in



appointment sheet at the desk when registering. Student chooses their time slot from 4:30pm-7:00pm. Each session is 4 weeks. This program is for all ages, but lessons are private.

Program: 314107 Fee: \$78.00(R), \$83.00(NR)

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

Section#:01 October 7-October 28

Section#:02 November 11-December 2

Day: Monday

Section#:03 October 9-October 30

Section#:04 November 13-December 4

Day: Wednesday

**Book Club**

Explore new literary worlds by joining our friendly book club! We delve into a thought-provoking novel, discussing the characters, themes, and writing over drinks and snacks. Whether you're a lifelong reader or just looking to feed your inner bookworm, you'll find a welcoming community of folks who love getting lost in a good book. A copy of the book will be purchased for each registrant.

Age 18 & Up

Program#: 332008 Min/Max: 6/10

Fee: \$41.00(R), \$46.00(NR)

Registration Deadline: One week before the start of each section

Section#: 01 Book: Girls Like Us by Cristina Alger

Date: September 10- October 15

Section#: 02 Book: Luckiest Girl Alive by Jessica Knoll

Date: October 29 - December 3

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

**Beginner Pickleball**

Pickle-ball combines tennis, badminton, and table tennis and offers rugged competition for adults and can be played both indoors and outdoors. Learn to play and find a new hobby to keep you active!

Age 18 & Up

Program#: 331003 Min/Max: 6/8

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

Registration Deadline: One week before the start of each section

Section#: 01 Date: September 9- October 14

Section#: 02 Date: October 28- December 2

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

## Adults Programs

get out, meet new friends, have fun!

### Cooking for One or Two

It's hard to find recipes that serve less than six and reducing those recipes practically require a math degree! Worry no more! This class will introduce recipes specially created for one or two. We'll cook together, feast together, and meet new friends. All supplies are included and everyone will receive recipes to take home. Age 21 & Up

Program#: 332004

Min/Max: 4/6

Fee: \$65.00(R), \$70.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 Date: September 17-October 22  
Section#:02 Date: November 5-December 10  
Time: 6:00-7:00pm Day: Tuesday

### Merriest Christmas

Let's enjoy a traditional Christmas event. We'll make hot apple cider, bake eggnog cupcakes, make wood slice ornaments with stencils, and listen to Christmas carols.

Program#: 332005 Section#:01  
Min/Max:5/10

Fee: \$24.00(R), \$29.00(NR)  
Registration Deadline: December 6

**Friday December 13**  
**6:30-8:00pm Friday**

### Horror

#### A Halloween Masterpiece

We'll celebrate the season of horror by diamond painting creative illustrations of horror movie celebrities - Myers, Jason, Joker, Freddy, It, and Pumpkinhead. Popcorn and soda will complete the fun.

Program#: 332271 Min/Max: 4/6  
Fee: \$55.00(R), \$60.00(NR)  
Registration Deadline: September 13

Date: September 23-October 21  
Time: 5:00-6:30pm  
Day: Monday

### Swim Lessons – Teen & Adult

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

Ages 15 & Up



Program#: 372036  
Min/Max: 6/10  
Fee: \$62.00(R), \$67.00(NR)  
Registration Deadline: September 11

Date: September 18- November 6  
Time: 5:30-6:15pm  
Day: Wednesday

Please bring swim goggles each week.

**Adult swim lessons fill quickly. Please register early.**

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

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

**BUY AN INDIVIDUAL 6-MONTH FITNESS MEMBERSHIP, ADD ANOTHER PERSON FREE NO INITIATION FEE - ONLY IN JULY 2024 SO HURRY!!**

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



### Senior Day Trips

Get out and about! Once per month seniors will gather and travel to fun local destinations. Leave the driving and parking to us! Each trip will require a fee of \$10 to cover gas purchase and any admission fee. Seniors will travel in the park van with two staff members. No refunds on the day of the trip. All trips depart from and return to the Eisenhower Center.

Program: 332070 Min/Max: 6/10  
Fee: \$10.00(R), \$15.00(NR)  
Registration Deadline: One week before the start of each section.

Section#:01  
Long Grove Apple Fest & Confectionery Tour  
Date: September 20  
Time: Arrive at 9:00am  
Day: Friday  
\*Bring your own lunch or buy one there.

Section#:02  
Chicago Field Museum, Chicago, IL  
Date: October 16  
Time: Arrive at 9:00am  
Day: Wednesday  
\*Bring your own lunch or buy one there.

Section#:03  
XMAS Shopping Woodfield Mall, Schaumburg, IL  
Date: November 15  
Time: Arrive at 9:00am  
Day: Friday

Section#:04 Towle Theatre: A Fabulous 50's Christmas  
Date: December 8  
Time: Arrive at 12:30pm  
Day: Sunday  
\*Please eat before the trip

**Seniors will enjoy these fun and interesting opportunities to get together, visit, and compete, without challenging their budget!!**

**Senior Programs**  
for ages 62 & Up  
Questions? 708-474-8552

### Christmas Party Scrabble

Join friends as we create and craft personalized christmas ornaments. We'll use beautifully festive ribbons, bows, and Christmas accessories to make 5" tall ornaments. Add a loved ones name with hot glue and scrabble tiles! Each participants will be able to make multiple ornaments as we sip some hot chocolate and listen to Christmas music.

Program#: 398118 Min/Max: 3/8 Fee: \$5.00(R), \$10.00(NR)  
Registration Deadline: December 7

**Wednesday, December 18 10:00am-1:00pm**



### NEW! Friendsgiving

Friendsgiving is a blend of great friends, delicious food, and fun. Join other seniors for this special pot luck party celebrating a wonderful part of our families - our very dear friends. Make sure to plan a dish to pass.

Program#: 399001 Min/Max: 4/10 Fee: \$5.00(R), \$10.00(NR)  
Registration Deadline: November 19

**Tuesday, November 26 Noon-3:00pm**

### Halloween with Hitchcock

Celebrate Halloween this year with the Master of Suspense himself! Join us for an Alfred Hitchcock film festival sure to keep you on the edge of your seat. Popcorn and soda will complete our theatrical fun.

Program#: 398113 Min/Max: 3/10 Fee: \$5.00(R), \$10.00(NR)  
Registration Deadline: October 2

Section#:01 Date: October 9-October 30  
Time: 1:00pm Day: Wednesday



**Turn to Page 12 for four greatly discounted SENIOR FITNESS PROGRAMS  
Senior Spin, Chair Fitness, Wall Pilates, Stronger Seniors Stay active - Stay fit!**

**Turn the page for two new senior program offerings. Have fun!**



Fitness Program - SilverSneakers is a health and fitness program designed for adults 65 and up that's included with many Medicare plans, but there is no age requirement. If you have a Medicare plan, you may be eligible for a free fitness membership. You'll get a basic membership at Eisenhower Fitness Center and that means you can use: cardio equipment, such as treadmills and ellipticals, strength equipment, such as weights and strength machines, and amenities like the indoor pool, sauna, whirlpool, and steam room. In addition, twice each week Silver Sneakers members may participate in a fitness class free of charge. Renew Active - Renew Active® is a fitness program designed for both, with the goal of helping Medicare members reach fitness goals and stimulate their brains. The program is available with select UnitedHealthcare Medicare Advantage plans. **Enjoy a free membership at a fitness center right in your community.**

## Senior Programs

for ages 62 & Up

Questions? 708-474-8552



## NEW!

### Private Eyes

Seniors that love a good mystery will enjoy the immersive Hunt A Killer board game series. We'll join friends to use evidence and clues to help crack an unsolved murder mystery and catch the killer. This season offers Murder at the Motel, R.I.P. Rodeo, Death at the Dive Bar, and Body on the Boardwalk. A light lunch is included.

Program#: 399002 Min/Max: 3/10  
Fee: \$5.00(R), \$10.00(NR)  
Registration Deadline: September

Section#:01 Date: September 12-October 17  
Time: 11:00am-1:00pm Day: Thursday

Questions? 708-474-8552

## NEW! Gamers

AARP states that 45% of 50-plus adults play video games. And almost half of those gamers play video games every day. Meet Mario and Sonic, compete with Donkey Kong. If you already love video games or want to try something new, join us as we dust off the Wii console, pop in some fun, and hit play!

Program#: 399003 Min/Max: 3/10  
Fee: \$5.00(R), \$10.00(NR)  
Registration Deadline: September

Section#:01 Date: October 31-December 5  
Time: 11:00am-1:00pm Day: Thursday



Make it easy!

Register online.

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

Arbor Care  
**PIEKARSKI & SONS**  
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**708-895-8891**  
[www.PiekarskiTree.com](http://www.PiekarskiTree.com)

Tree Removal • Tree Trimming  
Stump Grinding • Lot Clearing  
Emergency Treework

Licensed, Bonded, Insured

**Mulch Masters**  
708-889-9600  
Colored • Premium Hardwood • Playground  
Mulches and More  
[www.MulchMasters.com](http://www.MulchMasters.com)

## Casino Entertainment Dining Bars & Lounges



Don't miss out on the best gaming in Chicagoland; with over 1,700 slots and 80 table games, we are sure to have the gaming action you crave.

Indulge in the finest dining at our award-winning Council Oak Steaks & Seafood. Keep it casual at our world-renowned Hard Rock Cafe, or choose from a vast variety at Fresh Harvest Buffet. Feeling spicy? Youyu Noodle Bar kicks up the heat with Asian-inspired street food that will keep you coming back for more.

With three stages for live music, we set the bar for entertainment. Our state-of-the-art Hard Rock Live venue seats 2,700 and hosts performances from the biggest names in the industry. Catch free live performances at Hard Rock Cafe & Council Oak Bar stages every Friday & Saturday night.

Where else can you get all of this in one place?

Skip the city trip and see what all the buzz is about.

## HAPPY HALLOWEEN COSTUME PARTY

Grab your friends and come out for some Halloween fun! Wear your costume, enjoy pizza and pop, dance to a professional DJ, play games, and take home a special gift. Prizes for best costumes. Park district staff will supervise this event. Age 10-13 Program#: 354068 Section(01)



Friday, October 18, 2024 6:30-8:30pm Fee: \$7.00

Questions? 708-474-8552 [www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)

Halloween Bounce House

Can you beat the BLACKOUT Maze?

Visit the Spook House

# Something Wicked

Halloween Family Fun - No Admission Fee

Witchy Story Forest

25th October 6pm  
Lan-Oak Park

Facepainter

Live Reptile Booth

Ghostly Games - bring a bag for candy & prizes

RAIN DATE  
OCTOBER 26

Creepy Cafe Snacks For Sale

Enter the Apple Pie Contest

Questions?  
708-474-8552

# CHRISTMAS FLASHLIGHT STORY WALK

Lan-Oak Park District  
Van Laten Park  
183rd &  
Holland Drive  
Questions?  
708-474-8552

A FREE  
EVENT  
FOR THE  
ENTIRE  
FAMILY

DECEMBER  
13  
5-7 PM

Featuring  
the book:




Stroll down the story walk lane decorated with giant Christmas inflatables, enjoy our featured story, make a craft, and sip some yummy hot chocolate. Don't forget your flashlight!



# Merry CHRISTMAS

## Deck the House Contest




Let's get the adults involved in some friendly holiday competition! Grab your best decorations and light up the shutters in the spirit of the holiday season! Pre-registration is required. Your decorations must be illuminated during the entire judging period. First, second, and third place prizes will be awarded. This contest is for Lansing residents only. Winners will be announced December 21. This event is FREE!!

Program#: 350115 (01) Registration Deadline: December 18

**Judging period: Friday, December 20 5:00-7:00pm.**

**Make sure your decorations are on!!**

## Santa's Mail Box



Due to the large volume of Christmas mail last year, we need to help with mail delivery to the North Pole!! Write to Santa and receive a personal letter from him in return. Kids should drop off their letters at "Santa's Mailbox" located in the front lobby at the Eisenhower Center, 2550 178th Street, Lansing. Drop off letters during business hours from: **November 19-December 16.**


Children 12 and under only, please. Include your address so that your child may receive a letter in return. Santa will be busy packing his sleigh for Christmas, so only letters received on or before December 16 will be accepted.

This is a free program and no registration is required.

## Run, Run Rudolph!

Enjoy holiday cheer in the most festive, active way. Dress loose and wear sneakers. Each child will receive a light-up Rudolph nose, their own antlers, the lights will be dimmed, and we will dash just like Rudolph does every Christmas! After we dash, we'll enjoy a snack, a fun reindeer craft, and all reindeers will join in some reindeer games. **Ages 6-8**

**Friday, December 20 5:00pm-6:30pm**



Program#:350120 Min/Max:6/9 Fee: 15.00(R), \$20.00(NR) Registration Deadline: December 13

# Corporate Sponsors

Each season Lan-Oak Park District offers family special events at no charge to the Lansing community. Free events are made possible by the generous donations of our Corporate Sponsors. Please join us in thanking our sponsors.

Thank you

## 2024 Corporate Sponsors

**Platinum Sponsors** Calumet City Plumbing  
Piekarski's Arbor Care/Mulch Masters  
Preferred Window & Door  
Hard Rock Casino

**Gold Sponsors**  
Copper Mugger's Club  
Village Trustees Hardy & Grady-Perovich

**Bronze Sponsor** Ridge Animal Clinic



## Lan-Oak Park District Corporate Sponsorship Program

Lan-Oak Park District is committed to offering its patrons healthy, fun, high quality recreational opportunities. Each year the park district offers family special events free of charge to the community. Your sponsorship will assist in funding these memorable programs and events while, at the same time, benefiting your business. The park district program brochure is mailed directly to 11,700 homes three times each year. Sponsor businesses will receive either name recognition or an ad prominently displayed in our program brochure(s). Please call the park district at 708-474-8552 to inquire about our Corporate Sponsorship program. The benefits of sponsorship...

**Diamond Sponsor:** \$3000 & Over (limit 2 sponsors)

7" x 3" Full color ad space on outside back cover of all of our brochures for one year

**Platinum Sponsor:** \$750 7" x 3" ad space in all brochures for one year & Name recognition in all brochures for one year

**Gold Sponsor:** \$501 - \$749 3.5" x 2" ad space in all brochures for one year & Name recognition in all of our brochures for one year

**Silver Sponsor:** \$251 - \$500 Name recognition in all of our brochures for one year

**Bronze Sponsor:** \$101-250 Name recognition in two brochures for the year

**Friend of the Park District:** Up to \$100 Name recognition in one brochure during the year

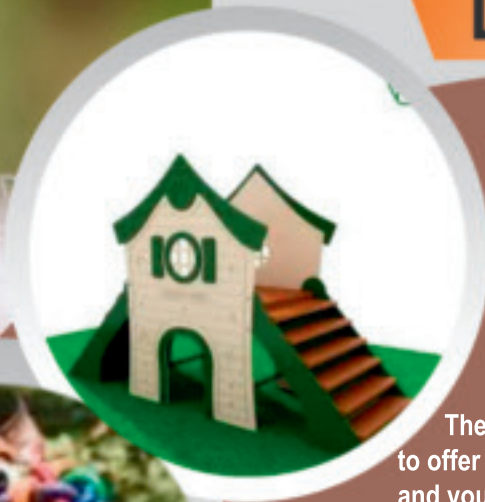




# PAWS 'N PLAY

## DOG PARK

### WHO WANTS TO PLAY?!



The Lan-Oak Park District is proud to offer a very special park just for you and your best friend. Memberships are for one year from the date of purchase. Resident fee for one dog is \$50, second dog fee of \$30. Paws 'n Play is open year-round. Questions? 708-474-8552

*Some seasonal fun for you and your best friend...*

#### Pup-kin Party

This event offers some fall-tastic fun at the dog park. Dogs and there are encouraged to wear a costume for a Halloween costume parade and afterwards we'll enjoy treats, visit with our canine friends, and paint pumpkins! Pre-registration is required, and all are welcome. Dogs must be leashed during this event.



Program: 328006 Section#:01 Fee: \$10.00 Registration Deadline: October 12

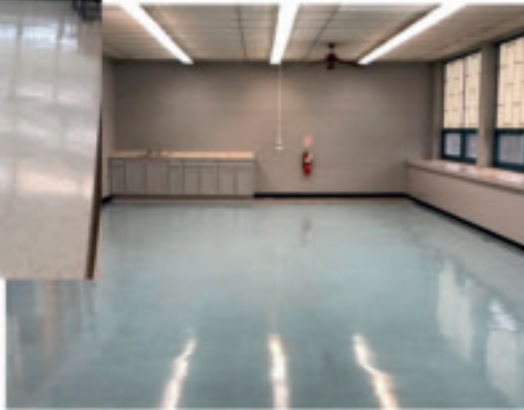
Saturday, October 19 11:00am-Noon at the dog park

# RESERVE A ROOM



## BASIC ROOMS

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



## BASIC ROOM WITH KITCHEN

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



## THE GYM

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

## ROOM/GYM RESERVATIONS

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

Rooms \$55.00 per hour - residents

\$80.00 per hour - non residents

Gym \$80.00 per hour/per court - residents

\$105.00 per hour/per court - non residents

Full payment is required at the time of reservation.

No checks are accepted.

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

Rooms deposit \$75.00

Gym deposit \$75.00 per court

Damage or violation of center rules will forfeit deposit.

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

## INCLUDED

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

2025 Season

Lansing resident park reservations begin on January 6, 2025

Non-resident reservations begin on March 1, 2025

**RESERVE  
EARLY!**

# PARTY IN THE PARK

Pick the perfect park for your family event...



**Bock Park...**Our largest shelter accommodating parties up to 50 people, plentiful parking, playground  
**175th & Chicago Ave.**

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

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

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

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

**Rotary Park...**Two shelter options, playground, tennis courts, indoor restrooms, a lovely space  
**193rd & Sherman St.**

**Park reservations must be made at least 14 days prior to rental date. Reserving a park provides park shelter, a park bathroom key and picnic tables placed under the shelter. Reservation of a shelter does not reserve any other area of the park. Rentals run from 11:00am to 8:00pm. Electricity is available under shelters starting at 11:00am. The resident fee to rent a park shelter is \$75.00 plus a refundable \$150.00 deposit. Violation of stated rules & regulations will forfeit deposit. Deposit refund checks require 2-3 weeks. Park restrooms provide soap and toilet paper. Bring your own paper towels. CALL 708-474-8552 TO CHECK PARK & DATE AVAILABILITY**

## Picnic Party Packs!

Everything you need for a perfect event!

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

**Fun & Games Pack (\$25)**

Giant Wooden Lawn Dice, Kam Jam, Potato Sacks  
Party Pack use requires a picnic reservation. Packs must be returned within 48 hours of picnic date. Deposit forfeited for failure to return or for missing equipment. \$25 deposit required in addition to use fee.

# Codes of Conduct - Youth Scholarship Fund



In order to ensure that all participants in Lan-Oak Park District athletic programs enjoy recreational sports in a safe and comfortable manner free of conflict, all athletic participants and, in the case of minors, all parents of participants must agree to the following codes of conduct. By submitting a registration for an athletic program the participant, their family, and their spectators are agreeing to these codes. Please read the codes of conduct carefully before signing up for an athletic program.

## Participants

As a participant in a Lan-Oak Park District sports program, I agree to:

1. Remember that I participate in sports to have fun.
2. Keep my emotions under control.
3. Respect my coach, co-participants, and/or any employee or volunteer of the Lan-Oak Park District at all times while participating in the program.
4. Support equal playing time for all participants.
5. Respect the officials and accept their decisions as final.
6. Follow the direction of my coach, teacher, captain, officials, and/or any Lan-Oak Park District employee.
7. Never threaten, verbally abuse, bully, or physically confront any person associated with the program at any time during my participation.

I understand that if I act outside of the rules stated in the Codes of Conduct, I risk the following:

1. Suspension from the league/program without refund.
2. Ejection from the league/program without refund.

## Parents

As the parent of a participant in a Lan-Oak Park District sports program, I agree to:

1. Remember that my child participates in sports to have fun,
2. Keep my emotions under control.
3. Respect my coach, officials, program participants, and/or any employee or volunteer of the Lan-Oak Park District at all times while my child participates in the program.
4. Support equal playing time for all participants.
5. Respect the officials and accept their decisions as final.
6. Follow the direction of my child's coach, teacher, captain, officials, and/or any Lan-Oak Park District employee.
7. Never threaten, verbally abuse, bully, or physically confront any person associated with the program at any time during my child's participation.

I understand that if I act outside of the rules stated in the Codes of Conduct, I risk the following:

1. Suspension from my child's league/program without refund.
2. Ejection from my child's league/program without refund.

*Please remember that by submitting a registration for an athletic program offered by the Lan-Oak Park District you have agreed to the codes of conduct stated above.*

## AMERICANS WITH DISABILITIES ACT

THE AMERICANS WITH DISABILITIES ACT OF 1991 (PUBLIC LAW 101-336) WAS ADOPTED BY CONGRESS FOR THE PURPOSE OF ELIMINATING DISCRIMINATION AGAINST INDIVIDUALS WITH DISABILITIES. THE ACT DIRECTED THE DEPARTMENT OF JUSTICE TO PREPARE AND PUBLISH RULES OF IMPLEMENTATION. THE FINAL RULE WAS PUBLISHED ON JULY 26, 1991 (28 C.F.R. PART 45) WHICH SET THE STANDARDS FOR IMPLEMENTING THE ACT. THE ACT PROHIBITES EXCLUSION OF ANY QUALIFIED INDIVIDUALS WITH A DISABILITY FROM SERVICES, PROGRAMS, OR ACTIVITIES OF ANY STATE OR LOCAL GOVERNMENT, WHICH INCLUDES PARK DISTRICTS AS OF JANUARY 26, 1992. INDIVIDUALS WITH CONCERNS OR QUESTIONS SHOULD CONTACT THE PARK DISTRICT AT 708-474-8552.



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

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

## Important information



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

**Information About Insurance...**Lan-Oak Park District is committed to conducting its recreation programs and activities in the safest manner possible. Participants and parents or guardians registering their children in recreation programs must recognize that there is an inherent risk of injury when choosing to participate in recreational activities. The park district continually strives to reduce such risks and insists that all participants follow safety rules and instructions which have been designed to protect their safety. Please recognize that the park district does not carry medical accident insurance for injuries sustained in its programs. The cost of this insurance would make program fees prohibitive.



**Age Appropriateness...**Recreation programs are designed for specific age groups as listed in the program description. Please be respectful of the specified age. Birth certificates may be requested.

**Behavior Policy...**The Lan-Oak Park District has a behavior management policy relative to inappropriate behavior. Inappropriate behavior is defined as that which disrupts a recreation program or general recreation and requires a supervisor to call for a stop of the behavior due to its effect on other participants or the supervisor's ability to conduct a program. Such behavior may call for immediate and/or permanent dismissal of the participant. Facility rules and usage guidelines also apply.

**Program Cancellation...**Registration deadlines allow the park district time for ordering supplies and scheduling instructors. Lan-Oak Park District reserves the right to cancel or postpone programs due to insufficient enrollment. Please register by the deadline dates listed.



**Sled Hills...**The park district has one designated sled hill located at Erfert Park. No other hills are maintained for sledding. Sledding is allowed only during daylight hours from dawn until dusk. The hill is not supervised and the user is responsible for determining if the conditions are appropriate for sledding. Participants must follow posted rules and regulations.

### Severe Weather Cancellations...

Lan-Oak Park District programs and special events may be canceled due to severe weather. If severe weather is apparent, please call the park district office at 708-474-8552 one hour before the start of the program or between 4:00 and 4:30pm for evening programs for cancellations.



### Conditions Resulting in Pool Closure

1. There is a threat of severe weather, lightning is sighted, or thunder is heard
2. There is a mechanical breakdown at the pool.
3. Pool water temperature tests below 76 degrees or above 92 degrees.
4. The chemistry of the water is not acceptable according to health department standards.
5. Emergencies.
6. Required Maintenance



### A Reminder to Pet Owners...

When visiting parks with your pet, please remember that park district & city ordinances require dogs be leashed at all times. Dogs are never allowed on athletic fields or playground areas. The person in control of the pet is responsible for cleaning up the pet waste.



The Lan-Oak Park District welcomes participation in all programs and activities by individuals with disabilities and special needs. The park district is committed to inclusion and providing public recreation services in the most integrated setting in which interaction between people with and without disabilities is provided to the maximum extent feasible. Lan-Oak Park District works cooperatively with the South Suburban Special Recreation Association (SSSRA) to facilitate successful participation for participants who register for inclusive programming. If you have a special need or request for reasonable accommodation in accordance with the Americans With Disabilities Act, and to assist park district staff in addressing such need or request, we strongly urge you to contact the park district in advance and in a timely manner, or indicate what these needs are on the application forms in this brochure. Please understand that failure to provide timely and appropriate notice

of a special need and/or request for reasonable accommodation may result in a delay in assessment. When feasible and appropriate, the park district asks that requests for reasonable accommodation be made at least two weeks in advance of any activity or program.



**The Lan-Oak Park District and the Village of Lansing are two separate entities. Your tax bills list the park district and the village separately and separate taxes are allocated to each. Independent park districts are created through a vote of the people in order to assure that open space, parks, and recreation remain a high priority in their community. Illinois has more independent park districts than any other state.**

## FACILITY INFORMATION:

### ADMINISTRATION OFFICE EISENHOWER CENTER

Recreation & Fitness Center  
2550 178th Street  
Lansing, Illinois 60438 708-474-8552

#### Hours of Operation:

Monday - Friday: 5:30am-9:00pm

Saturday/Sunday: 7:00am-4:00pm  
(September-May)

Saturday/Sunday: 7:00am-2:00pm  
(June-August)

### MAINTENANCE GARAGE

17551 Chicago Avenue  
Lansing, Illinois 60438 708-474-8552

#### Administration

Sharon Desjardins,  
Senior Superintendent of  
Strategy & Operations

Michelle Havran,  
Superintendent of  
Parks & Maintenance

Tammy McMahon  
Superintendent of Recreation

#### Recreation/Fitness Department

Cordell Edwards, Building Maintenance

Colleen Lentz, Recreation Supervisor

Cat Novella, Recreation Supervisor

Janette Castellon, Receptionist

Melissa Metzger, Receptionist

#### Part-Time Staff

Robin Powell, Receptionist

Cat Jackson, Receptionist

Darnell Smith, Custodian

Jerry Zawacki, Custodian

Brenda Bridgeforth, Custodian

#### Buildings/Grounds Department

Tim O'Connell, Park Foreman

James Luck, Park Maintenance

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

Labor Day - September 2

Thanksgiving - November 28

Christmas Day - December 25

New Years Day - January 1

SHORTENED HOURS -

November 29, December 24, December 31

## Important information

### The Smoke-free Illinois Act...Park District property is smoke-free.

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

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

**Park Permits...**Park permits may be obtained beginning **Monday, January 6, 2025** at 8:00am. Proof of Lansing residency is required at the time of application. No park rental will begin prior to 11:00am on the rental date. There will be a \$75.00 fee for Lansing residents, \$150 fee for non-residents, and a \$150 deposit (for both residents and non-resident) for each rental space. Full payment is due at the time of application - cash and credit cards only. The \$150.00 deposit will be returned to the applicant if the park is left clean and in good repair, if no rules were violated, and restroom key is returned. All deposit refunds will be available for pick-up at the Eisenhower Center, 2550 178th Street, Lansing, three to four weeks after the rental date. Checks will no longer be automatically mailed. Checks left at the Eisenhower Center for more than 30 days will be mailed. The park district is not liable for checks lost in the mail or not cashed by their expiration date. Patron will pay any cost to reproduce or replace a check.

**Non-resident park permits may be obtained starting on March 1, 2025.**

**Lan-Oak Park District Mission Statement...**The Lan-Oak Park District will strive to enhance the quality of life for all Lansing residents by providing clean, safe parks, well-developed recreational facilities and a wide range of recreational programs and activities for all ages.

**Photographs...**The Lan-Oak Park District may videotape or take photographs of people enjoying programs, special events, parks & facilities. These photographs & videos are for publications, brochures or cable programs. They are the sole property of the Park District & are used at its discretion. Park district participants, & those attending with them, may not photograph park district programs if those photographs include park district staff or other program participants. **Photography & videotaping is not allowed in the fitness center or in park district programs.**

**Everyone is Welcome...**The Lan-Oak Park District is an Equal Opportunity Agency and does not discriminate on the basis of race, color, national origin, sex, disability or age in the course of offering and administering any of its recreation programs, services, park areas, and facilities.

# Registration Form

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

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

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

**YOUTH SCHOLARSHIP DONATION**

**\$1.00**

**TOTAL PAID**

**FAX TO:** 708-418-0942

**MAIL TO:** LAN-OAK PARK DISTRICT

2550 178th Street Lansing, IL 60438

**REGISTER ONLINE:** [www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)

Shirt Size \_\_\_\_\_

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

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

**For Office Use Only**

Cash \_\_\_\_\_ Check \_\_\_\_\_ Charge \_\_\_\_\_  
 Date Received \_\_\_\_\_ Check # \_\_\_\_\_

\_\_\_\_\_  
**Name** **Date**

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

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



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

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

Signature of Participant(s) \_\_\_\_\_

Date \_\_\_\_\_

All participants must sign if over 18

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

Parent/Guardian Signature

## TRANSFER/REFUND POLICY

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



# Registration Form

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

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

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

**YOUTH SCHOLARSHIP DONATION**

**\$1.00**

**TOTAL PAID**

**FAX TO:** 708-418-0942

**MAIL TO:** LAN-OAK PARK DISTRICT

2550 178th Street Lansing, IL 60438

**REGISTER ONLINE:** [www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)

Shirt Size \_\_\_\_\_

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

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

**For Office Use Only**

Cash \_\_\_\_\_ Check \_\_\_\_\_ Charge \_\_\_\_\_  
 Date Received \_\_\_\_\_ Check # \_\_\_\_\_

\_\_\_\_\_  
**Name** **Date**

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

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



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

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

Signature of Participant(s) \_\_\_\_\_

Date \_\_\_\_\_

All participants must sign if over 18

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

Parent/Guardian Signature

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# Enjoy Lan-Oak Park District Parks!

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

Bock Park	175th & Chicago Ave.	8.2 acres
Lan-Oak Park	180th & Arcadia	20
Potts Park	172nd West of Oakwood Ave.	5
Copper Muggers Park	177th & Bernadine Street	4.5
Schultz Park	Schultz Drive & Ada Street	5
Winterhoff Park	Roy Street & 180th Street	4.5
Oakwood Park	191st & Oakwood Ave.	1.5
Oakley Park	184th & Oakley Ave.	1.5
Flanagin Park	188th & Sherman Street	.20
Erfert Park	188th & Burnham Ave.	17.4
Lions Stadium	183rd & Oakley Ave.	5
Lions Park	183rd & Oakley Ave.	2
Rotary Park	193rd & Sherman Street	10.1
Whitman Park	18159 Jason Lane	.20
VanLaten Park	183rd & Holland Drive	7.5
Heritage Park	193rd & Burnham Ave.	13
Stony Ridge Park	Donatus Dr. & 181st Street	.20
Volunteers Park	176th Street & Locust Street	2.25
Park Plaza/Pennsy Greenway	Ridge Rd. & Grant St.	43
Mildred Burt Nature Center	2550 178th Street	.5

Visit Erfert Park for some peaceful fall fishing and some exciting sledding if the snow comes early!



And for inside fun, please visit...



Eisenhower Fitness & Community Center  
2550 178th Street, Lansing, Illinois  
Indoor Pool, Fitness Center, Preschool, Gymnasium,  
Gymnastics Gym, Program Rooms, Playground -  
So Much Fun!!

Halloween Bounce House

Can you beat the **BLACKOUT** Maze?

Visit the Spook House

# Something Wicked

Facepainter

Halloween Family Fun - No Admission Fee

Witchy Story Forest

**25th October 6pm**  
**Lan-Oak Park**

Live Reptile Booth

Ghostly Games - bring a bag for candy & prizes

Enter the Apple Pie Contest

RAIN DATE  
OCTOBER 26

Creepy Cafe Snacks For Sale

Questions?  
708-474-8552



Visit our new destination park at Park Plaza on Ridge Road. Bring your bike, skateboard or scooter and experience this new skate park and BMX pump track - GLIDE.

Learn & Play at **LAN-OAK PARK DISTRICT**

## PLAYSKOOL

A creative learning program for children ages 3-5

- ✓ Full Day & Half Day Programs
- ✓ Snacks & School Supplies Provided
- ✓ Clean, Well-Stocked Classrooms
- ✓ Perfect for Budget-Conscious Families

**ENROLL TODAY!**

Lan-Oak Park District  
2550 178th Street Lansing, IL 60438

708-474-8552 [www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)

