

# LAN-OAK PARK DISTRICT

DAY CAMPS | SWIM LESSONS | CHEER & DANCE



## Summer 2025

GET YOUR  
GARDEN PLOT

July Buy One Get One Free 6-Month  
Fitness Membership Special

**ATHLETIC CAMPS**

FITNESS CLASSES KARATE GYMNASTICS

NEW! PARK & SELL | MOVIE IN THE PARK

[WWW.LANOAKPARKDISTRICT.ORG](http://WWW.LANOAKPARKDISTRICT.ORG)





# 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 50 or 52 prior to registering.



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)

## 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!

[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, Benji Lindsay, Lolly Lewis, and Gina Aguilar. The Board is primarily a policy-making body that reflects the needs and interests of all taxpayers. Your personal participation is an integral part of their decision-making process. The Board meets the third Monday of each month at the Eisenhower Center, 2550 178th Street, Lansing, at 7:00pm. Questions? 708-474-8552

## PROGRAM REGISTRATION PROCESSING BEGINS

May 1 – Residents

May 8 – Non Residents

Summer Camp registration starts April 15

Playskool registration is ongoing year-round.

## DON'T MISS THIS SEASON...

Cheer  
Classes



Hip Hop,  
Contemporary,  
Ballet, Baby  
Ballerinas,  
Senior Steps

Athletic Camps  
for Kids -  
Tee Ball,  
Softball,



Soccer, Flag Football, Basketball,  
Pickleball, Badminton

## Ceramics



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) or by calling the park district Eisenhower Community Center at 708-474-8552.



Registration Info	Page 2
Park Adventures	Page 4
NEW! Sertoma Services	Page 5
Eisenhower Fitness Center	Page 6-9
Floor Fitness Classes	Page 10-12
Water Fitness Classes	Page 13
Swim Lessons	Page 14
Tiny Tot Classes	Page 15-16
Kids Fitness	Page 17
Early Childhood Classes	Page 18-19
Playskool	Page 20-21
PRESCHOOL CAMPS	Page 22
YOUTH DAY CAMP	Page 23
SPORTS CAMPS	Page 24
SPECIAL INTEREST CAMPS	Page 25
Piano Lessons	Page 25
Youth Sports	Page 26
CHEER/DANCE/MAJORETTES	Page 27
Youth Classes	Page 28-29
Gymnastics & Karate	Page 30
Foreign Language Classes	Page 31
Teen Programs	Page 32
Adult Programs	Page 33-34
Just for Seniors	Page 35-36
Open Gym	Page 37
MOVIES IN THE PARK	Page 38
NEW! PARK & SELL	Page 39
Corporate Sponsorship	Page 40
Paws 'n Play Dog Park	Page 41
Bike Share Program	Page 42
LOPD Gardens	Page 43
Room Rentals	Page 44
Park Rentals	Page 45
Important Information	Page 46-48
Registration Forms/Waivers	Page 49-52
Some Extra Fun	Page 53-54
Park Directory	Page 55

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




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

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

**BUY AN INDIVIDUAL 6-MONTH FITNESS MEMBERSHIP, ADD ANOTHER PERSON FREE NO INITIATION FEE - ONLY IN JULY 2025 SO HURRY!!**

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




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

**Village of Lansing  
Trustee Brian Hardy**

**Village of Lansing  
Trustee Maureen Grady Perovich**

Over 50 Years of Excellence



**CALUMET CITY PLUMBING**  
**EST. 1967**

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



# PARK ADVENTURES

18 PARKS – SO MUCH FUN – SO MUCH TO DO

Lansing parks offer a wide variety of interests. Get outside, enjoy your favorite activity, or try something new. Refer to the park directory on page 55 for park locations and amenities.

16 PLAYGROUNDS  
8 PICNIC SHELTERS

- ✦ PICKLEBALL
- ✦ SOFTBALL
- ✦ TENNIS
- ✦ BOCCE
- ✦ FISHING
- ✦ HORSESHOES & BAGS
- ✦ SAND VOLLEYBALL
- ✦ BASKETBALL
- ✦ WINTER SLEDDING
- ✦ MAKE SOME MUSIC
- ✦ STORYWALK
- ✦ SMART PLAYGROUND
- ✦ 3 MILE BIKEPATH
- ✦ WALKING PATHS
- ✦ SKATE PARK
- ✦ BMX PUMP TRACK
- ✦ DOG PARK
- ✦ ALL INCLUSIVE PLAYGROUND

COMING THIS  
SUMMER!  
Bock Park  
Basketball  
Center!



**MORE INFO:**

708-474-8552

[WWW.LANOAKPARKDISTRICT.ORG](http://WWW.LANOAKPARKDISTRICT.ORG)





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



**To learn about how to get involved in Special Olympics, Day Camps, Swim Lessons, Bowling League, Friday Night Socials and many year-round special events, contact us at:**

**SRS South Campus Office:**

Lan-Oak Park District  
2550 178<sup>th</sup> Street, Lansing, IL 60438

**SRS North Campus Office:**

Beverly Center  
3065 S. 25th Avenue, Broadview, IL 60155

Shevon Reed

[sreed@sertomastar.org](mailto:sreed@sertomastar.org)

Tania Meza-Sanchez

[tmeza-sanchez@sertomastar.org](mailto:tmeza-sanchez@sertomastar.org)

**[www.sertomastar.org/specialrecreation](http://www.sertomastar.org/specialrecreation)**

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





# JOIN EISENHOWER FITNESS



## OUR SERVICES

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

**CYBEX  
SCI-FIT  
PRECOR  
LIFE FITNESS**



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





# MEMBER CONVENIENCES

## 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 June 18 and August 20. The friend will enjoy using the center for free. If the friend signs up for membership, the initiation fee will be waived and the current member will receive a free month added to their current membership!

# THE FIGURES

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

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

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

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

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

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

## YOU NEED TO KNOW...

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

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

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



One Pass™







# 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



### Hatha Yoga

Unlike other more dynamic types of yoga, hatha yoga is

practiced at a slow, calm, pace. This makes it a great option for beginners. It takes you through a series of poses. These poses combine stretching, strength and relaxation with breathing techniques. Ages 16 & Up

Class requirements: Yoga mat, bath towel, small blanket and loose clothing.

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

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

### Spin & Fit

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

Program#: 231002 Min/Max: 6/15  
Fee: \$40.00(R), \$45.00(NR)  
Registration Deadline: One week before the start of each section

Section#: 01 June 5-July 10  
Section #: 02 July 24-August 28  
Time: 6:00- 6:45pm Day: Thursday

**Looking for a deal? July 6-Month Buy One Get One Free Fitness Membership Special on page 3. For more fun, check out the adult section of this brochure Page 33-34**

### 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#: 232285 Min/Max: 6/15 Fee: \$45.00(R), \$50.00(NR) Registration Deadline: One week before the start of each section

Section#: 01 June 4-July 9 Section#: 02 July 23-August 27 Time: 5:30-6:30pm Day: Wednesday

### Butts & Guts

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

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

Section#: 01 June 3-July 15\*  
Section#: 02 July 29-September 2  
Time: 7:00-7:45pm  
Day: Tuesday  
\* No class June 17



### Mat Pilates

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

Program#: 232230 Min/Max: 6/15  
Fee: \$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 June 3-July 15\*  
Section#: 02 July 29-September 2  
Time: 6:00-6:45pm  
Day: Tuesday  
\*No class June 17

### Cardio & Strength Training

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

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

Section#: 01 June 3-July 8  
Section#: 02 July 22-August 26  
Time: 10:00-11:00am  
Day: Tuesday





## 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 – registration is required due to room restrictions.

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

Section#: 01 July 7-August 11	Time: 6:00-7:00pm	Day: Monday
Section#: 02 June 4-July 9	Section#: 03 July 23-August 27	
Time: 8:30-9:30am	Day: Wednesday	
Section#: 04 June 19-July 24	Section#: 05 August 7-September 11	
Time: 10:00-11:00am	Day: Thursday	

## Senior Fitness Plus

Senior Fitness Plus takes your workout to the next level. The class will challenge you with exercises that will improve your strength, flexibility, endurance, balance and posture. Any fitness level can participate in this class. This class will help decrease pain caused by arthritis, inactivity, or recent surgeries. The exercises will be offered with or without the assistance of the chair, and when you're ready, work your way to the floor mat segment of the class. Ages 55 & Up

Program#: 271001 Min/Max: 6/20  
 Fee: \$70.00(R), \$75.00(NR)  
 Registration Deadline: One week before the start of each section  
 15% discount for Fitness Center pass holders

Section#: 01 June 30-August 6  
 Section#: 02 August 18-September 29\*  
 Time: 10:00-10:50am  
 Day: Monday & Wednesday  
 \*No class September 1  
 This program is offered twice each week.



## Fitness Classes

### 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 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#: 229022 Min/Max: 6/15  
 Fee: \$42.00(R), \$47.00(NR)  
 Registration Deadline: One week before the start of each section

Section#: 01 June 3-July 15\*  
 Section#: 02 July 29-September 2  
 Time: 8:00-8:45am Day: Tuesday  
 \*No class on June 17

### 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 and teaches a series of postures or movements in a slow, graceful manner. Ages 16 & Up

Program#: 287210 Min/Max: 6/15  
 Fee: \$38.00(R), \$43.00(NR)  
 Registration Deadline: June 30  
 15% discount for Fitness Center pass holders

Section#: 01 July 7-August 11  
 Time: 8:30-9:30am Day: Monday



**Call for a  
 FREE Quote  
 on your next  
 Window or  
 Door Project!**

**(708) 895-3667  
 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

Program#: 298115 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 July 29-September 2 Time: 9:00-9:45 am  
Chair Yoga Section#:02 June 3-July 15\* Day: Thursday \* No class June 1

**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#: 231105 Min/Max: 6/8 Fee: \$10.00(R), \$15.00(NR)  
Registration Deadline: One week before the start of each section

Section#: 01 June 6-July 25\* Time: 9:00-9:30am  
Section#: 02 August 8-September 12 Day: Friday \*No class on June 13 and July 4

## Senior 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 of-fering low-impact and gentle exercises tailored explicitly for seniors like you. We'll enjoy a wide range of exercises and routines to prevent boredom and maintain motivation. This is a beginner-friendly exercise class targeting the upper body, core, and lower body to improve your balance, mobility, strengthen your body, release pain, relax your muscles and improve your posture. Age 62 & Up

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

Section#: 01 June 3-July 15\* Time: 10:00-10:45am  
Section#: 02 July 29-September 2 Day: Tuesday \*No class June 17

**Eisenhower Fitness offers discounted fitness memberships for all senior and free memberships for Silver Sneakers and Renew Active - check your insurance to see if you qualify! Need help? Ask at the front desk.**

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

Program#: 239023 Min/Max: 3/10 Fee: \$10.00(R), \$15.00(NR)  
Registration Deadline: One week before the first day of the section.

Section#: 01 Date: June 6-July 25\* Time: 10:00-10:50am  
Section#: 02 Date: August 8-September 12 Day: Friday \*No class June 13 and July 4

**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.**

## IT'S BACK!! Senior Beats!

Using rhythm as the source of inspiration to discover a new group fitness experience Senior Beats combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Senior Beats is a program that fosters a healthy balance physi-cally, mentally, emotionally and socially! Join a class and experi-ence how it provides an element of fun and creative expression

Program#: 298116  
Min/Max: 6/10  
Fee: \$40.00(R), \$45.00(NR)  
Registration Deadline: One week before the start of each section



Section#: 01 June 5-July 10  
Section#: 02 July 24-August 28  
Time: 9:00-9:45am  
Day: Thursday

**Looking for more? We've got it! Check out the Adult section and Senior sections of this brochure for more fun!**





# Water Fitness

## Aqua Kick and Burn

Aqua kickboxing doesn't have to mean standing in one place and throwing repetitive jabs and stationary kicks. Class will include some combinations to move you through the water and burn more calories. Front, side, back, diagonal, and even in a circle. It's time to take kickboxing out of the box and into the entire pool! Class Requirements: Aqua Shoes (not Aqua Socks) Ages 18 & Up

Program#: 229023      Min/Max: 6/15      Fee: \$42.00(R), \$47.00(NR)  
Registration Deadline: One week before the start of each section

Section#:01      June 21-July 2      Section#:02      August 9-September 13  
Time: 8:00-8:45am      Day: Saturday



## Aqua Zumba® & Aqua Body Sculpting

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

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

Section#:01      June 4-July 9  
Section#: 02      July 23-August 27  
Time 6:30-7:30pm      Day: Wednesday  
Section#:03      July 7-August 11  
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#: 265140      Min/Max: 6/15  
Fee: \$42.00(R), \$47.00(NR)  
Registration Deadline: One week before the start of each section  
15% discount for Fitness Center pass holders

Section#: 01      July 7-August 11  
Time: 8:30-9:20am      Day: Monday  
Section#:02      June 4-July 9  
Section#:03      July 23-August 27  
Time: 9:00-9:50am      Day: Wednesday



# Learn to Swim

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

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



## Swim Lessons – Youth

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

## Swim Lessons – Teen & Adult

The Learning-to-Swim program offers six comprehensive levels that teach you, your child or other family members how to swim skillfully and safely.

The prerequisite for each level is the successful demonstration of the skills from the preceding level, as determined by the instructor. Students must demonstrate the required skills for passing each level and are not guaranteed to pass the level.

Ages 15 & Up

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

Registration Deadline: One week before the start of each section

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

Program#: 272036 Min/Max: 6/10

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

Registration Deadline: June 12

Section#: 01 June 19-August 7

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

## Parent and Child Aquatics

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

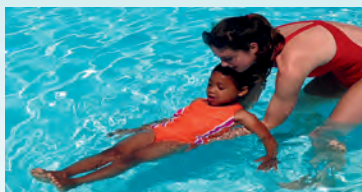
Ages 6 months – 3 years



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

Registration Deadline: June 12

Date: June 19-August 7	Day: Thursday
Section#:01 Level 1	4:00-4:30pm
Section#:02 Level 2	4:30-5:00pm
Section#:03 Level 3	5:00-5:30pm



Program#: 221085 Min/Max: 6/10

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

Registration Deadline: June 12

Section#: 01 June 19-August 7 Level 1&2

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

## FAMILY SWIM

Family Swim takes place at the Eisenhower Center indoor pool . Parents must accompany their children in the pool during Family Swim. Lifeguards will not be present . Please bring your own towel and lock. Street clothes and shoes are not allowed in the pool, sauna, or whirlpool. Food and drinks are not allowed in the pool area, only water. Facility pool rules are posted and must be followed.

The Lan-Oak Park District reserves the right to limit the number of participants attending Family Swim hourly based on the pool capacity.

**Saturday & Sunday: Noon-2:00pm Fitness Members-Free Lansing Residents - \$5.00 Non-Residents - \$10.00 3 Years & Under-Free**



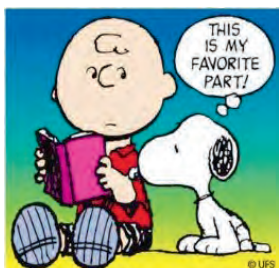


## NEW! The World of Eric Carle

From the author of The Very Hungry Caterpillar comes Up In The Sky, On The Farm, Colors, Numbers, Letters, Under the Sea and more. We will read each book and do a fun art project related to the books. Come join us as we learn about our colors, numbers, letters and much more! Age 24-36 months

Program: 200120 Min/Max: 6/8  
Fee: \$43.00(R), \$48.00(NR)  
Registration Deadline: June 16

Section#:01 June 23-July 28  
Time: 10:15-11:00am  
Day: Monday



## NEW! Snoopy Story Time

In this class we will read

four stories about Snoopy and their friends including their favorite things, dreams and feelings. Each class we will read one of Snoopy's adventures as well as sing songs and do a project related to our story. Age 24-36 months

Program: 200182 Min/Max: 6/8  
Fee: \$33.00(R), \$38.00(NR)  
Registration Deadline: July 16

Section#:01 July 23-August 27  
Time: 10:00-10:45am  
Day: Wednesday

Looking for the perfect preschool? Schedule a tour in Playskool - we're sure you'll be pleased.  
Questions? 708-474-8552

## Joining Giraffe On the Patio

Join giraffe as we enjoy a giraffe story, a giraffe craft, giraffe games, and sing and dance to Animal Antics! All the fun stretching from a story will help toddlers develop love of reading. All little giraffes will take home a giraffe story to add to their home library.

Age 12-24 months



Program#: 200119 Min/Max: 6/8  
Fee: \$45.00(R), \$50.00(NR)  
Registration Deadline: July 18

Section#:01 July 25-August 29  
Time: 10:30-11:15am

## NEW! Mommy and Me Baby Ballerinas

In this class with your mom, professional dance instructor Miss Terran will teach the basic movement of ballet. We will combine music, movement and imagination to this fun class with your mom. This is a great way to bond with your baby and make memories together.

Age 24-36 months

Program: 200115  
Min/Max: 6/8  
Fee: \$73.00(R), \$78.00(NR)  
Registration Deadline: July 3

Section#:01 July 11-August 15  
Time: 5:30-6:30pm  
Day: Friday

## 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** Program#: 227103 Age: 2-3  
Section#:01 June 11-July 16  
Time: 4:15-5:00pm Day: Wednesday

**Lil Dribblers Basketball** Program#: 227105 Age: 3 only  
Section#:01 June 13-July 25\*  
Time: 3:30-4:15pm Day: Friday \*No class July 4

**Adult-Tot Baseball** Program#: 227104 Age: 2-3  
Section#:01 June 9-July 14  
Time: 3:15-4:00pm Day: Monday



### 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: 200150 Min/Max: 6/8 Fee: \$43.00(R), \$48.00(NR)  
Registration Deadline: One week before the start of each section

Section#:01 June 25-July 30 Age: 12-24 months  
Time: 11:15-12:00pm Day: Wednesday  
Section#:02 June 20-August 1 Age: 24-36 months  
Time: 2:30-3:15pm Day: Friday

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

## Tiny Tot Programs

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

### Tot Open Gym

Join us as we run, jump, skip, crawl, slide, and make new friends. Kids will love this giant space where they can work off some steam and have so much fun!

Age 18 months-36 months

Program#: 20185

Min/Max: 6/8

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

Registration Deadline: June 4

Section#:01 June 11-July 16

Time: 10:00-10:45am

Day: Wednesday



### 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: 200170 Min/Max: 6/8

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

Registration Deadline: One week before the start of each section

Section#:01 July 21-August 25

Time: 4:30-5:30pm

Day: Monday

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

**It's never too early to  
enjoy fitness.**  
**Baby & Me Yoga**  
**Page 17**

### Parent-Tot Tumble

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

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

Registration Deadline: One week before the start of each section

Section#:01 June 23-July 28\* Time: 11:15am-Noon Day: Monday

### Preschool Prep

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. Age 24-36 months.



Program: 200131 Min/Max: 6/8

Fee: \$60.00(R), \$65.00(NR)

Registration Deadline: June 3

**This is an eight week program.**

Section#:01 June 10-July 29 Time: 1:00-2:00pm Day: Tuesday

### Parent and Child Aquatics

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



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

Registration Deadline: June 12

Section#: 01 June 19-August 7

Level 1&2 Time: 5:30-6:00pm

Day: Thursday

### 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 and see what works and what doesn't work.

Age 24-36 months

Program: 200124 Min/Max: 6/8

Fee: \$45.00(R), \$50.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 June 12-July 17

Time: 2:00-3:00pm

Day: Thursday

Section#:02 July 8-August 12

Time: 10:00-11:00am

Day: Tuesday



# AquaBlast

Come join the fun at the indoor pool for our kids water aerobics class. This exhilarating aqua workout uses fun and athletic moves in shallow water for kids. This is a fun way to get into shape. This class focuses on a beginner's aqua program designed for kids. Class Requirements: Aqua Shoes (not Aqua Socks)  
Ages 8-12

Program#: 210200 Min/Max: 6/25  
Fee: \$40.00(R), \$45.00(NR)  
Registration Deadline: One week before the start of each section

Section#: 01 June 21-July 26  
Section#: 02 August 9-September 13 Time: 9:00-9:45am Day: Saturday

**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-36 months

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

Section#:01 June 5-July 10 Section#:02 July 24-August 28  
Time: 10:00-10:30am Day: Thursday

**ABC Yoga** Airplane, butterfly, cat – all yoga poses fun for children. ABC Yoga focuses on teaching children various yoga poses affiliated with things they know while also helping them to stretch and relax. Yoga is great for 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. Each week we will read a story that teaches the children basic yoga moves and end with a short yoga set.  
Age 3-5

Program#: 210090 Min/Max: 6/8 Fee: \$30.00(R), \$35.00(NR) Registration Deadline: One week before the start of each section

Section#: 01 June 5-July 10 Section#: 02 July 24-August 28  
Time: 10:45-11:30pm Day: Thursday

## POUND for Teens

Channel your inner performer & rock your body with this modern-day fusion of movement and music. POUND™ is a 45-minute full-body cardio and conditioning class that gives you the permission to rock! Using Ripstix – weighted drumsticks engineered for exercise – POUND™ transforms drumming into an effective full-body workout.  
Ages 12-17



Program#: 271002 Min/Max: 6/15  
Fee: \$40.00(R), \$45.00(NR)  
Registration Deadline: One week before the start of each section

Section#: 01 June 4-July 9  
Section#: 02 July 23-August 27  
Time: 4:30–5:15pm Day: Wednesday



**For ages 9 months to 17 years - Stay fit!!**

## 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#: 210235 Min/Max: 6/8  
Fee: \$25.00(R), \$30.00(NR)  
Registration Deadline: June 5

Section#: 01 June 12-July 17  
Time: 3:15-4:00pm  
Day: Thursday



## Early Childhood Programs

are for children age 3 to 5 years

### 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: 210130 Min/Max: 6/8  
Fee: \$40.00(R), \$45.00(NR)  
Registration Deadline: June 5

Section#:01 June 9-July 14  
Time: 2:00-3:00pm Day: Monday



### NEW! Jr. Engineers

Calling all builders! In this class we use our fine motor skills to build bridges to a tower. We'll learn what works and what doesn't work. Join us and let's build! Age 3-5

Program: 210039 Min/Max: 6/8  
Fee: \$45.00(R), \$50.00(NR)  
Registration Deadline: June 9

Section#:01 June 16-July 21  
Time: 1:00-2:00pm Day: Monday

### Painting on the Patio

We'll pour some paint and use a variety of everyday items to paint and create outside on the patio. We'll experiment with painting rocks, sidewalk chalk paint and more. Dress for a mess. Art aprons will be provided. Age 3-5

Program: 210003 Min/Max: 6/8  
Fee: \$44.00(R), \$49.00(NR)  
Registration Deadline: June 29

Section#:01 July 7-August 11  
Time: 9:00-10:00am Day: Monday

# Always keep Learning!

### Almost Ready to Read

The early childhood classroom is all about teaching literacy! In this class children will cover rhymes, sounds, syllables, letter recognition, letter identification, letter formation, and more! These activities will help the students understand how a book works. Before you know it, students will have the skills they need to be almost ready to read. Age 3-5

Program: 210048 Min/Max: 6/8 Fee: \$40.00(R), \$45.00(NR)  
Registration Deadline: One week before the start of each section

Section#:01 June 10-July 15 Time: 4:00-5:00pm Day: Tuesday  
Section#:02 June 20-August 1\* Time: 1:00-2:00pm Day: Friday  
\*No class July 4

### Almost Ready to Write

The early childhood classroom is all about preparing students to read and write. In this class children will learn to make straight, diagonal, and curved shaped lines, line combinations, and letters of the alphabet. Before you know it, your child will have the skills they need to be almost ready to write! Age 3-5

Program: 210053 Min/Max: 6/8 Fee: \$40.00(R), \$45.00(NR)  
Registration Deadline: One week before the start of each section

Section#:01 June 10-July 15 Time: 5:00-6:00pm Day: Tuesday  
Section#:02 June 20-August 1\* Time: 12:00-1:00pm Day: Friday  
\*No class July 4

### Eatable Alphabet

Our preschool cooks will decorate an apron and measure, mash, and stir making simple recipes that enhance their learning of the alphabet. We'll add alphabet activities to the fun while we learn, taste, and cook the ABCs with real foods from Avocado to Zucchini. Get ready for sticky fingers and yummy smudgies! Age 3-5

Program: 210055 Min/Max: 6/8 Fee: \$50.00(R), \$55.00(NR)  
Registration Deadline: July 2

Section#:01 July 9-August 13 Time: 4:00-5:00pm Day: Wednesday

### NEW! Jr. Mathlete

Join us as we learn to add and subtract number with fun activities. Each week we will do a math related craft, worksheets and play some fun games. Age 3-5

Program: 210006 Min/Max: 6/8 Fee: \$41.00(R), \$46.00(NR)  
Registration Deadline: One week before the start of each section

Section#:01 June 16-July 21 Time: 4:30-5:30pm Day: Monday  
Section#:02 July 11-August 15 Time: 9:00-10:00am Day: Tuesday



**Stay active this summer! Enjoy sports and little bit of nature!**

## Run, Jump and Ride

Gross motor skill development involves large muscles in the arms, legs and torso. Gross motor activities are important to everyday physical activity and developing gross motor skills help children to build strength and confidence in their bodies. So let's get moving and let's make it fun with running, jumping, climbing, crawling, kicking, pedaling, and throwing with super exciting and challenging obstacle courses!

Ready, set, go! Age 3-5

Program: 210049 Min/Max: 6/8 Fee: \$30.00(R), \$35.00(NR)  
Registration Deadline: June 30

Section#:01 July 7-August 11 Time: 9:00-10:00am Day: Monday

## 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: 210031 Min/Max: 6/8 Fee: \$30.00(R), \$35.00(NR)  
Registration Deadline: July 3

Section#:01 July 11-August 15 Time: 4:15-5:00pm Day: Friday

## Micro Soccer U6

Children will be introduced to the fundamentals of soccer. We will develop motor skills, practice eye/foot coordination, and nurture growth socially and emotionally through teamwork and good sportsmanship. Age 4-6

Program: 287025 Min/Max: 6/8 Fee: \$35.00(R), \$40.00(NR)  
Registration Deadline: June 5

Section#:01 June 12-July 17 Time: 10:00-11:00am Day: Thursday

## Junior Nature Explorers

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

Program: 210095 Min/Max: 6/8  
Fee: \$40.00(R), \$45.00(NR)  
Registration Deadline July 14

Section#:01 July 21-August 11  
Time: 2:00-3:30pm  
Day: Monday



## Early Childhood Programs

are for children age 3 to 5 years

## 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: 210030 Min/Max: 6/8  
Fee: \$37.00(R), \$42.00(NR)  
Registration Deadline: June 10

Section#:01 June 17-July 22  
Time: 11:30-12:30pm Day: Tuesday



## Tee Ball Basics

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

Program: 287005 Min/Max: 6/8  
Fee: \$35.00(R), \$40.00(NR)  
Registration Deadline: June 9

Section#:01 June 16-July 21  
Time: 4:00-5:00pm Day: Monday

## Jr. Paleontologist

Calling all dinosaur lovers! In this class we will learn about how dinosaurs lived on Earth, how big they really were, what they ate, and what may have happened to them. So, let's dig dinosaurs! Age 3-5



Program: 232889 Min/Max: 6/8 Fee: \$40.00(R), \$45.00(NR)  
Registration Deadline: One week before the start of each section

Section#:01 June 11-July 2 Section#:02 July 18-August 8  
Time: 4:30-5:30pm Day: Wednesday

More Fun... Gymnastics Page 30 Karate Page 30 Piano Lessons Page 25 Swim Lessons Page 14  
Kids Fitness Page 17 Foreign Languages Page 31 Preschool Camps Page 22 Dance Page 27  
The perfect preschool - Playskool Pages 20-21

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)



# PLAYSKOOL

So Much to Learn, So Much Fun



Qualified teachers offer students:  
The Alphabet, Phonetic Sounds, Word Families, Early Reading, Numbers 1-20, Graphing, Early Addition & Subtraction, Geography, Continents, Oceans, Land Forms & Map Reading, Weather, Seasons, Calendar, Days of the Week, Months of the Year, Nine Colors & Color Blending, Fourteen Geometric Shapes Rhyming, Opposites, Positional Words, Human Body, Dinosaurs, Space, Monthly Science Day, Gym Day, Story Stretcher Unit, Movie Day & more!  
5-Day, All Day Students also enjoy Spanish Classes, Art Classes & Music

Playskool offers half day and all day programs.  
Daily class hours: 9:00am-3:00pm

Perfect for budget conscious families

Program dates: 9/2/2025-6/5/2026

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 311019-01

3-day Mon/Wed/Fri Afternoons 311019-02

3-day Mornings or Afternoons Monthly \$128.00(R), \$133.00(NR)

2-day Tues/Thurs Mornings 311019-03

2-day Tues/Thurs Afternoons 311019-04

2-day Mornings or Afternoons Monthly \$112.00(R), \$117.00(NR)

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

5-day Mornings or Afternoons Monthly \$239.00(R), \$244.00(NR)

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

5-day, all day, classes Monthly \$479.00(R), \$484.00(NR)

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



Secure, private outdoor playground & patio



Call for a tour - we're sure you'll love Playskool!



# FUN & CREATIVE ACTIVITIES - LEARN & PLAY

**JUNE 9-JULY 4**  
**JULY 11-AUGUST 1**

## PRESCHOOL



Check out  
more summer fun in  
the early childhood section  
Pages 18-19  
Need a great preschool?  
Playskool 20-21

# SUMMER CAMPS

### Camp Loads-of-Fun

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

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

Section#: 01 June 9-July 4\*  
\*No class July 4  
Section#: 02 July 7-August 1  
Time: 9:00am-Noon  
Day: Monday/Wednesday/  
Friday

### Learning Express

In this camp for preschoolers, we will learn about shapes, numbers and basic math concepts. This camp will teach your preschooler how to add numbers together. We will also do new and exciting art projects and crafts that will help your preschooler learn and have fun at the same time.  
Age 3-5

Program#: 276160  
Min/ Max: 8/15  
Fee: \$73.00(R), \$78.00(NR)  
Registration Deadline: One week before the start of each section

Section#: 01 June 10-July 3  
Section#: 02 July 8-July 31  
Time: 9:00am-Noon  
Day: Tuesday & Thursday

### My ABC Camp

Check out this camp that celebrates the alphabet in fun and unique ways! We'll focus on letter recognition, letter writing, phonetic sounds, and we'll add a bit of fun with the alphabet puppets, alphabet themed games, alphabet songs, and even some ABC yoga. Sign up for this class and Camp Loads-of-Fun for an all-day experience. Ages 3-5

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

Section#: 01 June 9-July 4\*  
\*No class July 4  
Section#: 02 July 7-August 1  
Time: Noon-3:00pm  
Day: Monday/Wednesday/  
Friday

### Under Construction Camp

Don your hard hat and enjoy hands-on experiences that emulate actual construction! From floor tile to insulation, little builders will have a blast not only building, but learning about, reading about and singing about construction. Join us in this new and exciting camp! Age 3-5

Program: 279001  
Min/Max: 8/15  
Fee: \$83.00(R), \$88.00(NR)  
Registration Deadline: One week before the start of each section

Section#:01 June 10-July 3  
Section#:02 July 8-July 31  
Time: Noon-3:00pm  
Day: Tuesday & Thursday



# FUN & CREATIVE INDOOR/OUTDOOR ACTIVITIES

**CAMP  
STARTS  
JUNE 9**

# SUMMER FOR KIDS DAY CAMP

Check out more  
summer fun in the youth  
section of this brochure.

Page 28-29

Choose a Special  
Interest or Sports Camp!

Page 24-25

## Camp Wewannago

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

### Emergency Form and Permission Slip

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

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

Section#:01    June 9-July 4\*    \*No camp July 4

Section#:02    July 7-August 1

Time:    9:00am-3:00pm

Day:    Monday-Friday



Pool  
fun  
every  
week!

Learn, Practice, Play

# KIDS SPORTS CAMPS



## NEW! I9 Soccer Camp

This camp is perfect for first and second timer soccer players. In this camp we will learn different drills, and play soccer games. This camp is based on healthy sport and is non-competitive. Join us for this fun filled camp. Shirts and medals will be provided. Age 7-14

Program#: 287021 Min/ Max: 10/50  
Fee: \$199.00(R), \$204.00(NR)  
Registration Deadline: June 2

Section#: 01  
Date: June 9-June 13  
Time: 3:30-5:30pm  
Day: Monday-Friday

## NEW! Pickleball Camp

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 offered outdoors at Copper Muggers Park. Camp Wewannago participants will receive transportation. Age 9-12

Program: 276300 Min/Max: 6/8 Fee: \$29.00(R), \$34.00(NR)  
Registration Deadline: July 14

Section#: 01 July 21-July 25 Time: 10:00-11:30am Day: Monday/Wednesday/Friday

## Kenny Barnes D-A-Y-O-N-E Basketball Camp

This 5-day camp will provide you with the fundamental and advanced training in all aspects of the game of basketball.

Participants will learn to enhance skills such as shooting, passing, dribbling and conditioning. All camp participants will receive a drawstring bag.

Program#: 276200 Min/ Max: 10/20  
Fee: \$75.00(R), \$80.00(NR)  
Registration Deadline: June 9

Section#: 01 June 16-June 20 Day: Monday-Friday

Time: 4:00-6:00pm Age 6-10  
Time: 6:00-8:00pm Age 11-17

## Teen Explore Archery Camp

Explore Archery Camp is a versatile archery education program that is fun, rewarding, and safe. Explore Archery can be used from start to finish to teach and strengthen basic archery skills.  
Ages 13-17

Program: 276010 Min/Max: 6/20  
Fee: \$55.00(R), \$60.00(NR)  
Registration Deadline: June 16

Section#:01 June 23-June 27  
Section#:02 July 28-August 1  
Time: 10:00-11:30am  
Day: Monday/Wednesday/Friday

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

**NEW! Tee Ball/Softball Camp** This camp introduced tee ball and softball in an organized, but fun environment. Learn catching, throwing, running and hitting. Have fun learning a new sport or prepare to tryout for a school team.

Program#: 276030 Min/Max: 6/8 Fee: \$32.00(R), \$37.00(NR) Registration Deadline: July 21  
Section#: 01 July 28-August 1 Time: 3:00-4:30pm Tee Ball Age 6-8 / Time: 4:30-6:00pm Softball Age 9-12 Day: Monday-Friday



So much fun & learning!

# SPECIAL INTEREST CAMPS

# KIDS

## Crafty Creations Camp

This is a perfect camp for crafty kids! Campers will create a new unique art project every day to take home. Over the week campers will participate in crafts such as jewelry making, watercolor and much more. Age 6-12

Program#: 276150  
Min/Max: 6/10  
Fee: \$56.00(R), \$61.00(NR)  
Registration Deadline: June 9

Section#: 01 June 16-June 20  
Time: 10:30-Noon  
Day: Monday-Friday

## Jr. Jewelers Camp

Have fun making necklaces and bracelets! We will provide everything needed to make beautiful jewelry. Wear, gift, or sell the beautiful jewelry you will be able to make in this camp! Age 8-12

Program#: 287230  
Min/Max: 6/8  
Fee: \$37.00(R), \$42.00(NR)  
Registration Deadline: June 30

Section#:01 July 7-July 11  
Time: 3:30-4:30pm  
Day: Monday-Friday

## New! Kitchen Camp

This camp is perfect for kids that want to learn about healthy cooking, basic cooking skills, and eat their yummy creations. Themes will make this camp unique as we cook, bake, play games, and have fun. Kids will receive an apron to keep! Age 6-9

Program#: 287213  
Min/Max: 4/6  
Fee: \$50.00(R), \$55.00(NR)  
Registration Deadline: July 7

Section#:01 July 14-July 17  
Time: 10:00-11:30am  
Day: Monday-Thursday

## Babysitter's Training Camp

Babysitters Training provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants develop leadership skills, develop a babysitting business, keep themselves and others safe and help children behave, and learn about basic child care and basic first aid.

Age 11-15

Program#: 232106 Min/Max: 6/10  
Fee: \$100.00(R), \$105.00(NR)  
Registration Deadline: June 30

Section#:01 July 7-July 10  
Time: 8:45-11:45am  
Day: Monday-Thursday

## Play & Read Music Camp



Playing Recorder is a perfect first musical instrument to learn music. We'll learn the recorder parts, finger positions, the proper way to blow into the instrument, and basic music reading. Our goal will be to read the music, play a simple song, and end up loving music! Kids will receive their own recorder. Age 6-12

Program: 210133 Min/Max: 5/7  
Fee: \$45.00(R), \$50.00(NR)  
Registration Deadline: June 2

Section#:01 June 9-June 13 Time: 3:30-5:00pm  
Day: Monday-Friday

## 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. Lessons will be on the half hour and there will be a sign up appointment sheet when registering to choose a time slot from 4:30pm-7:00pm. Each session is 4 weeks.

This program is for all ages. Age 5 & Up

Program: 214107 Fee: \$78.00(R), \$83.00(NR)  
Registration Deadline: One week before the start of each section

	<b>Mondays</b>
Section#:01	June 2-June 23
Section#:02	July 7-July 28
Section#:03	August 4-August 25
	<b>Wednesdays</b>
Section#:04	June 4-June 25
Section#:05	July 9-July 30
Section#:06	August 6-August 27

**SUMMER DAY CAMP/SPORTS CAMPS/SPECIAL INTEREST CAMPS  
REGISTRATION STARTS APRIL 15, 2025.**

**Questions? 708-474-8552**

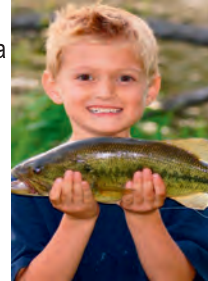
**Make it easy! Register online [www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)**



### Let's Go Fishing!

Join us at Erfert Park to learn how to fish. We will learn the basics of baiting a line, which bait to use, how to attach a bobber, reeling in our catch, and much more. Age 9-12

Program: 210207 Min/Max: 6/8 Fee \$49.00(R), \$54.00(NR)  
Registration Deadline: July 3  
Section#:01 July 11-August 15 Time: 5:30-6:30pm Day: Friday



### 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#: 222004 Min/Max: 6/12  
Fee: \$37.00(R), \$42.00(NR)  
Registration Deadline: One week before the start of each section

Section#: 01 June 17-July 22  
Time: 10:00-11:00am Day: Tuesday

### Micro Soccer U10

We'll learn the exciting sport of soccer with basic skills such as shooting, dribbling, foot-eye coordination, and learning to play an organized game, using 5 v 5 format for maximum player participation. T-shirts are provided. Ages 6-9

Program: 287020 Min/Max: 6/12 Fee: \$50.00(R), \$55.00(NR)  
Registration Deadline: June 5

Section#:01 June 12-July 17  
Time: 11:00am-Noon Day: Thursday

**Outdoor 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 outside. Ages 9-12

Program: 210175 Min/Max: 6/8 Fee: \$38.00(R), \$42.00(NR)  
Registration Deadline: June 11

Section #01 June 17-July 22  
Time: 3:00-4:00pm  
Day: Tuesday

**Looking for sports opportunities in the parks. Check out page 4 for a listing of parks and amenities!**

### Looking for more?

**Basketball Camp Page 24**  
**Summer Day Camp Page 23**  
**Gymnastics Page 30**  
**Music Lessons Page 25**  
**Karate Page 30**  
**Swim Lessons Page 14**  
**Kids Sports Camps Page 24**  
**Kids Special Interest Camps Page 25**  
**Kids Fitness Page 17**  
**Dance-Cheer-Majorettes Page 27**

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

### Bring Your Racquet

This class introduces children to the early fundamentals of tennis. Using age-appropriate drills and games; participants learn basic strokes, grip and early tennis skills. All activities develop gross motor skills, coordination, judgment and proper mechanics. Tennis rackets will be provided. Ages 6-12

Program#: 287006  
Min/Max: 6/9  
Fee: \$35.00(R), \$40.00(NR)  
Registration Deadline: June 4

Section#: 01 June 11-July 16  
Time: 9:30-10:30am  
Day: Wednesday



### Total Sports

This class features a new sport each week. Some sports taught and played include basketball, soccer, badminton, kickball, 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#: 232128 Min/Max: 6/8 Fee: \$35.00(R), \$40.00(NR)  
Registration Deadline: July 2

Section#:01 July 9-August 13  
Time: 11:00-12:00pm  
Day: Wednesday





## Majorettes

Learn fun Hip Hop and Majorette moves. Dancers will enjoy learning basic and upbeat Hip Hop moves. We'll add the energy of the high-step Majorette marching style to make this a new unique program emphasizing fun and confidence-building. No prior dance experience is required. Register early as this class fills fast.  
Age 7-12

Program: 210208 Min/Max: 8/10  
Fee: \$53.00(R), \$58.00(NR)  
Registration Deadline: July 10

Section#:01 June 17-July 22  
Time: 3:30-4:30pm Day: Tuesday

## Hip Hop

Kids will love this cool, age-appropriate class learning basic moves for hip hop while grooving to popular music.

Program: 210220 Min/Max: 6/8  
Fee: \$73.00(R), \$78.00(NR)  
Registration Deadline: June 9

Section#:01 Age 7-9  
Date: June 16-July 21  
Time: 3:30-4:30pm  
Day: Monday  
Section#:02 Age 10-12  
Date: June 16-July 21  
Time: 4:30-5:30pm  
Day: Monday

## NEW! Hip Hop Jr.

Youngsters will love this cool, age-appropriate class learning basic moves for hip hop while grooving to popular music. Age 4-6

Program: 210075 Min/Max: 6/8  
Fee: \$73.00(R), \$78.00(NR)  
Registration Deadline: July 3

Section#:01 July 11-August 15  
Time: 4:30-5:30pm Day: Friday

## NEW! Contemporary

Contemporary is a fun & expressive form of dance. With upbeat music we will introduce contemporary techniques to your future stage star. Age 8-12

Program: 238015 Min/Max: 6/8  
Fee: \$73.00(R), \$78.00(NR)  
Registration Deadline: June 10

Section#:01 June 17-July 22  
Time: 4:30-5:30pm Day: Tuesday

## NEW! Jr. Ballet

Start your little dancer with the basics. This class will teach the fundamentals of ballet. Age 4-6

Program: 213005 Min/Max: 6/8  
Fee: \$73.00(R), \$78.00(NR)  
Registration Deadline: July 3

Section#:01 July 11-August 15  
Time: 3:30-4:30pm  
Day: Friday

# Majorettes

# Cheer

# Dance

## New! Cheer

The park district is proud to welcome Shannon Aurenz, Head Cheer Coach at TF South High School offering this new class that will teach the technique of cheer, work in some jumps, motions, stunts, and tumbling. Participants will receive plenty of individual attention with TWO cheer coaches every class. Whether you want to cheer for fitness, for fun, or to prepare for cheer tryouts at your school, this is the class for you.  
Ages 6-9 and 10-14



Program#: 232120  
Min/Max: 8/12  
Fee: \$86.00(R), \$91.00(NR)  
Registration Deadline: May 29

June 5-July 17 (No class July 3)  
Section#01: Age 6-9 5:45-6:45pm  
Section#02: Age 10-14 7:45-8:45pm  
Day: Thursday

## NEW! Tumble Only

In this class we will remove the beam and the bars and learn just tumbling skills. Each participant will be assessed for skill and grouped as follows.

Beginner: Forward rolls, Handstands, cartwheels, round offs

Intermediate: Back-Walk Over, Front Walk Overs, Back Handsprings

Advance: Tuck, Layouts, Fulls

Start as a beginner and work your way to advanced or enhance skills you already have.

Tumbling is important for both Cheer and Majorettes, so join Coach Shannon Aurenz for the fun, fitness, and flips. Age 8-13

Program#: 221071 Min/Max: 8/12  
Fee: \$86.00(R), \$91.00(NR)  
Registration Deadline: May 29

Section#01: June 5-July 17 (No class July 3)  
Time: 6:45-7:45pm Day: Thursday

## Youth Programs

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



### I'm A Swiftie!

Taylor Swift is an icon with billions of fans worldwide.

If you're a Taylor fan, you'll love getting together with other fans to make a Taylor Swift craft. Each week, Swifties will create Taylor-inspired diamond art coasters while listening to Taylor's music and enjoying popcorn and pop. By the end of the class everyone will take home an eight-piece Taylor Swift coaster set with holder. Age 8-12

Program: 228008 Min/Max: 6/8

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

Registration Deadline: One week before the start of each section

Section#:01 July 8-August 12

Time: 11:00-12:30pm Day: Tuesday



### Summer Book Club

Does your child love a good book? Let's extend that love of reading and get together for a summer book club. Join us each week as we stretch a story by reading a new book, doing a craft, and enjoying fun story compatible activities. Kids will keep their book each week to build their library at home. Age 6-9

Program: 221011 Min/Max: 5/8

Fee: \$28.00(R), \$33.00(NR)

Registration Deadline: June 9

Section#:01

Date: June 16-July 21

Time: 5:45-6:30pm

Day: Monday



### Minecraft Mania

It's here! This super fun program will combine Minecraft building, Minecraft crafts, Minecraft coloring, and Minecraft games to make for a bunch of Minecraft fun for Minecraft kids! Parents will love the Minecraft worksheets that inject some learning into all the fun. Age 6-8

Program: 210205

Min/Max: 6/8

Fee: \$50.00(R), \$55.00(NR)

Registration Deadline: One week before the start of each section

Section#:01

Date: June 10-July 15

Time: 10:00-11:00am

Day: Tuesday

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



### Private Piano Lessons Page 25



### 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). Age 8-12

Program#: 210191

Min/ Max: 6/8

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

Registration Deadline: June 5

Section#:01 June 12-July 17

Time: 4:30-5:30pm

Day: Thursday

### STEM Science Solutions

Fairy Tales are a perfect way to introduce young children to STEM. Children will explore different ways 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 many more.

This is a great way to spark a love for science in little learners.

Age 6-8

Program: 210094

Min/Max: 6/8

Fee: \$45.00(R), \$50.00(NR)

Registration Deadline: June 5

Section#:01 June 12-July 17

Time: 5:30-6:30pm

Day: Thursday





## Air Dry Mosaic Art

Humans have been making gadgets out of clay for quite a long time such as pots, plates, bowls, sculptures, and so on.

Each week kids will make a different type of clay creation complete with stones. Age 8-12

Program: 210064

Min/Max: 6/8

Fee: \$45.00(R), \$50.00(NR)

Registration Deadline: July 3

Section#:01 July 10-August 14

Time: 12:45-1:45pm

Day: Thursday

## Milk Bar Cooking

Christina Tosi is the two-time James Beard Award-winning chef and owner of Milk Bar whose has documented her most inspiring recipes for future cooks and bakers. We'll don our kitchen aprons to make some of Christina's most popular recipes like Apple Pie Waffles to PB&J Cereal Treats to Strawberries and Cream Cupcakes, while also learning the how-to's and compiling our own cookbooks to take home.

Age 6-9

Program: 210203 Min/Max: 6/8

Fee: \$61.00(R), \$66.00(NR)

Registration Deadline: May 29

Section#:01 June 2-June 30

Time: 5:30-7:00pm

Day: Monday

## Youth Programs

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

## Ceramics

Join us for this ceramics class. Choose from a variety of molds to create your very own ceramic.

We will then cook it, shape it, and paint it. This class will also teach the basic ceramics techniques, mold-making, and much more. Age 6-12

Program#: 214105 Min/Max: 6/10

Fee: \$100.00(R), \$105.00(NR)

Registration Deadline: June 16

Section#:01 June 23-July 28

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

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

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

Creative Writing for Kids on Zoom! Let the creative juices flow! In this fun and interactive class, kids will use their own natural talent of creativity and imagination to learn how to effectively develop and write their own stories. Each session covers different activities and topics. Taught by Language in Action, Inc. instructor live on Zoom. Zoom login information will be emailed to participants before each session. Age 7-11

Programs#: 221012 Fee: \$66.00.00 (R), \$71.00(NR) Registration Deadline: One week before the start of each section

Section#:01 June 18-July 9 Section#:02 July 16-August 6 Time: 10:30-11:30am Day: Wednesday

## 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: 211000 Min/Max: 6/8

Fee: \$51.00(R), \$57.00(NR)

Registration Deadline: July 3



Section#:01 July 11-August 15 Time: 5:30-6:30pm Day: Friday

## Youth Explore Archery

Explore Archery is a versatile archery education program that is fun, rewarding, progressive and — most important — safe. It is designed for all ages and abilities. Explore Archery can be used from start to finish to teach and strengthen basic archery skills. Ages 9-12

Program#: 272005

Min/Max: 6/20

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

Registration Deadline: July 2

Section#: 01

Date: July 9-August 13

Time: 3:00-4:00pm

Day: Wednesday



Looking for more?  
We've got it!

Summer Day Camp Page 23

Kids Sports Camps Page 24

Kids Special Interest  
Camps Page 25

Gymnastics Page 30

Music Lessons Page 25

Karate Page 30

Swim Lessons Page 14

Kids Fitness Page 17

Dance-Cheer-Majorettes  
Page 27

Questions? 708-474-8552

## 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#: 221720

Min/Max: 5/20

Fee: \$63.00(R), \$68(NR)

Registration Deadline: One week before the start of each section

Date/Day	Tuesday	May 27-July 1
Section#:01	4:30-5:30pm	Age 5-7
Section#:02	6:30-7:30pm	Age 7-10
Section#:03	7:30-8:30pm	Age 7-12

(Boys & Girls Advanced)

Date/Day	Wednesday	May 28-July 2
Section#:04	5:30-6:30pm	Age 6-8
Section#:05	6:30-7:30pm	Age 8-13

Date/Day	Tuesday	July 8-August 12
Section#:06	4:30-5:30pm	Age 5-7
Section#:07	6:30-7:30pm	Age 7-10
Section#:08	7:30-8:30pm	Age 7-12

(Boys & Girls Advanced)

Date/Day	Wednesday	July 9-August 13
Section#:09	5:30-6:30pm	Age 6-8
Section#:10	6:30-7:30pm	Age 8-13

## 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. \*Participants must be fully potty-trained.



Program#: 221700 Min/Max: 5/15 Fee: \$63.00(R), \$68(NR)

Registration Deadline: One week before the start of each section

Section#:01	May 28-July 2	Day: Wednesday	Time: 4:30-5:30pm
Section#:02	May 27-July 1	Day: Tuesday	Time: 5:30-6:30pm
Section#:03	July 9-August 13	Day: Wednesday	Time: 4:30-5:30pm
Section#:04	July 8-August 12	Day: Tuesday	Time: 5:30-6:30pm

# GYMNASTICS

## 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

Program#: 121760 Min/Max: 5/20 Fee: \$63.00(R), \$68(NR)

Registration Deadline: One week before the start of each section

Section#:01	May 28-July 2
Section#:02	July 9-August 13
Time: 7:30-8:30pm	Day: Wednesday



# KARATE

Taught by Staff Instructors of Just For Kicks – The Martial Arts University, who's Senior Instructor is also one of the Senior Coaches for The USA Martial Arts Team. Class activities will address and improve students' levels of self-confidence, self-discipline, and self-esteem.

The program will also address personal safety and the students' abilities to work and organize with others. These physical and social skills are necessary for

the development of future 21st Century Leaders. The Martial Arts For Life program also addresses improving student reading, math, and science skills, through martial arts activities & training. We will also introduce several new activities to help students prepare for living healthy lifestyles.

Program#: 232001 10-week session Section#: 01 & 02

July 21-September 22 Fee: \$170.00(R), \$175.00(NR)

Registration Deadline: July 14

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".

Section#: 01 Kicking Tots Age 4-6 Time: 4:30-5:30pm Day: Monday

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

Section#: 02 Youth Age 7-16 Time: 5:30-6:30pm Day: Monday





## Zoom Spanish Classes for Kids

Younger children will learn conversational Spanish through fun and interactive activities and music while older children will also learn some Spanish phonetics to begin reading and writing in Spanish. Each session covers new material.

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

Section#: 01 June 16-July 21

Section#: 02 July 28-September 8\*

Time: 5:00-5:45pm

Day: Monday

\*No class September 1

Section#: 03 July 3-August 7

Section#: 04 August 14-September 18

Time: 5:00-5:45pm

Day: Thursday

### Youth Spanish (ages 7-11)

Section#: 05 June 16-July 21

Section#: 06 July 28-September 8\*

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

\*No class September 1

Section#: 07 July 3-August 7

Section#: 08 August 14-September 18

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

## Zoom Middle Spanish (6 - 8 grade)

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

Section#: 09 July 1-August 5

Section#: 10 August 12-September 16

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

## 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 via the interactive Zoom platform! In this class you will learn conversational Spanish that you can immediately begin using. The class will be tailored to the needs of the students enrolled.

Section#: 11 July 1-August 5

Section#: 12 August 12-September 16

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

Section#: 13 July 2-August 6

Section#: 14 August 13-September 17

Time: 6:00-7:00pm Day: Wednesday

## Foreign Languages

for all ages

## Zoom Japanese for Kids and Adults

Each session covers new and exciting material! Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

### I speak Japanese (Ages 3-6)

Section#: 27 July 1-August 5

Section#: 28 August 12-September 16

Time: 4:00-4:45pm

Day: Tuesday

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

Section#: 29 July 1-August 5

Section#: 30 August 12-September 16

Time: 5:00-5:45pm

Day: Tuesday

### Japanese for Adults

Section#: 31 July 1-August 5

Section#: 32 August 12-September 16

Time: 6:00-7:00pm

Day: Tuesday

**All Languages Program#: 210190 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. Questions? 708-474-8552**

## Zoom ASL (American Sign Language) for all ages

Interested in learning the basics of American Sign Language or communicating with your young child through signing? Join us from the comfort and convenience of your living room as you learn to sign in a fun, interactive and lively environment. Each session covers new material. 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.

Program#: 221110 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 July 2-August 6

Section#: 02 August 13-September 17

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

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

Section#: 03 July 2-August 6

Section#: 04 August 13-September 17

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

### Ages 13 & Up

Section#: 05 July 2-August 6

Section#: 06 August 13-September 17

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



## Zoom French and Italian Classes for Kids and Adults

Each session covers new material. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

### I speak French (ages 3-6)

Section#: 15 June 9-July 14

Section#: 16 July 21-August 25

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

### I speak French Jr. (ages 7-11)

Section#: 17 June 9-July 14

Section#: 18 July 21-August 25

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

### I speak French (adults 18+)

Section#: 19 June 9-July 14

Section#: 20 July 21-August 25

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

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

Section#: 21 July 2-August 6

Section#: 22 August 13-September 17

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

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

Section#: 23 July 2-August 6

Section#: 24 August 13-September 17

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

### I speak Italian (adults 18+)

Section#: 25 July 2-August 6

Section#: 26 August 13-September 17

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

## Teen Programs for ages 13-17

### D & D Nights

Gather together to take part in an imaginary adventure that involves exploring a castle or dungeon, defeating monsters and discovering treasure. That's right, it's Dungeons and Dragon nights for teens! This program will offer three weekly meetings with participants painting a different dragon each night. After we paint, we'll adventure through the Forgotten Realms with the Monopoly Dungeons and Dragons: Honor Among Thieves game. Snacks provided. Age 13-17

Program: 228006 Min/Max: 6/8

Fee: \$69.00(R), \$74.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 June 11-July 16

Time: 4:30-6:00pm

Day: Wednesday

Section#:02 July 10-August 14

Time: 5:30-7:00pm Day: Thursday

### Teen Sand Volleyball League

Grab your friends, create a fun team name, and sign up for a fun sand volleyball league at Lan-Oak Park. Each week you will play 2 matches (3 sets each). The last week will be a playoff game with each team playing 2 matches until a champion is named. Each person will need to complete a registration form and have a signed waiver prior to playing. Each team must consist of 6 athletes to register. Age 13-17



Program#: 231110

Min/Max: Min. 3 teams/Max 6 teams

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

Registration Deadline: One week before the start of each section

Section#:01 June 16-July 21

Time: 5:30-6:30pm

Day: Monday



Karate Page 30  
Foreign Languages Page 31

Private Piano Lessons Page 25  
Check out our discounted fitness memberships for students Page 8  
Floor & Water Fitness Classes Page 10-12

Basketball Camp Page 24  
Archery Camp Page 24  
Swim Lessons Page 14

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

**POUND for Teens** Channel your inner performer & rock your body with this modern-day fusion of movement and music. POUND™ is a 45-minute full-body cardio and conditioning class that gives you the permission to rock! Using Ripstix – weighted drumsticks engineered for exercise – POUND™ transforms drumming into an effective full-body workout. Age 12-17  
**TURN TO PAGE 17 FOR REGISTRATION DETAILS.**

### Tik Tok Cooking

Tik Tok boasts more than one billion users and one of the more popular aspects viewed is recipes and cooking. Put on your apron, join friends, and learn to cook some of the recipes offered from the most popular Tik Tok food creators. Food creators offer recipes that are unique, delicious, and easy. Age 13-17 \*No class July 4

Program: 228007 Min/Max: 6/8

Fee: \$61.00(R), \$66.00(NR)

Registration Deadline: June 6

Section#:01 June 13-July 25\*

Time: 4:00-5:30pm Day: Friday

### NEW! Escape Room

Gather together to and join us as we create our own Escape.00 Room. We will choose our challenge, set the timer on the Chrono Decoder and start our 60-minute timer to escape. Teamwork, problem solving and attention to detail will be some key points in solving the puzzles. Can we escape? Snacks and drinks will be provided. Age 13-17

Program: 228001 Min/Max: 6/8

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

Registration Deadline: One week before the start of each section

Section#:01 June 13-July 11\*

\*No class July 4

Section#:02 July 25-August 15

Time: 3:30-5:00pm

Day: Friday

### NEW! Catch Phrase Night

Join us for this fun game night. Catch Phrase is a fun word-guessing game where a player describes the word, phrase or name to their teammates to guess. We will have also have snacks and drinks to enjoy while we play this fun game. Age 13-17

Program: 221120 Min/Max: 6/8

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

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

Section#:01 June 20

Section#:02 July 18

Section#:03 August 15

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

### Scrapbooking

Gather all your photos and join us as we make a memory book. This class will bring out your creativity. Make new friends, enjoy snacks and soda. Bring is you pictures and we will supply the rest.

Program#: 228010 Min/Max: 8/12

Fee: \$44.00(R), \$49.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 June 13-July 25\*

Time: 2:30-4:00pm Day: Friday

\*No class July 4

Section#:02 July 10-August 14

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



## Just For Kicks – Adult Karate

Gain strength, learn to defend yourself, and build confidence while also improving your health and fitness without going to the gym. Register alone or as a couple. Karate is an innovative way for couples to connect, communicate, grow together and share a hobby. Class is taught by Just For Kicks – The Martial Arts University staff instructors whose Senior Instructor is also one of the Senior Coaches for The USA Martial Arts Team. Age 18 & Up

Program#: 232001 Min/Max: 4/10 Fee: \$170.00(R), \$175.00(NR)

Section#:03 July 21-September 22 (10-week session)

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

## Learn to Play Pickleball

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

Location: Schultz Park Age 18 & Up

Program: 224000 Min/Max: 6/10

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

Registration Deadline: One week before the start of each section

Section#: 01 July 10-July 24

Time: 5:30-6:30pm

Day: Thursday



## NEW! I & M Canal Tour

We will take a ride to LaSalle and enjoy a beautiful afternoon on a boat on the river. After the river boat tour, we can stroll down town to do some shopping. Age 18 & Up

**Lunch is included.**

Program#: 232130 Min/Max: 8/10 Fee: \$76.00(R), \$81.00(NR)

Registration Deadline: July 12

Section#:01 **Saturday, July 19**

**Arrive at 8:30am, leave at 9am, return at 3:30pm latest**

## 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 18 & Up

Program: 286056 Min/Max:6/8

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

Registration Deadline: One week before the start of each section

Section#:01 July 11-August 15

Time: 6:00-7:00pm Day: Friday

## Adults Programs

get out, meet new friends, have fun!

## 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#: 272036 Min/Max: 6/10

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

Registration Deadline: June 12

Section#: 01 June 19-August 7

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

**Fitness Floor & Water Classes** Page 10-13  
**Foreign Languages** Page 31  
**Private Piano Lessons** Page 25  
**Garden Plots** Page 43  
**NEW! PARK & SELL** Page 39  
**Movies in the Park** Page 38



## Get Back to Fitness

FULL SERVICE FITNESS - HAMMERSMITH, CYBEX. LIFE FITNESS, SCI-FIT, PRECOR, CONCEPT 2  
 TWO WEIGHT ROOMS WITH GYMRAx  
 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 2025 SO HURRY!!**

**EISENHOWER FITNESS CENTER**

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

## Adults Programs

get out, meet new friends, have fun!

### Ceramics

Join us for this ceramics class. Choose from a variety of molds to create your very own ceramic. We will then cook it, shape it, and paint it. This class will also teach the basic ceramics techniques, mold-making, and much more. Age 18 & Up

Program#: 232008

Min/ Max: 10/15

Fee:

\$100.00(R), \$105.00(NR)

Registration Deadline:

June 16

Section#:02

Date: June 23-July 28

Time: 2:00-3:00pm

Day: Monday

### Bocce Ball

Bocce is a fun, active game that doesn't require a lot of movement! Players try to strategically toss a ball towards a target ball. The closest ball to the target wins the point. Come out to Potts Park which has two permanent bocce courts and learn to play this fun game! Age 18 & Up

Program: 232122

Min/Max: 4/8

Fee:\$30.00(R), \$35.00(NR)

Registration Deadline:

June 23

Section#: 01

Date: June 17-July 22

Time: 4:30-5:30pm

Day: Tuesday



**Moss Art** Moss is the foundation for a beautiful, ecofriendly piece of art completed by you. Using a wood frame, glue, preserved flowers and elements from nature, participants will create a unique and enchanting 8" X 8" natural garden to display or give as a thoughtful gift. When Mother Nature hands you fun...create beauty! Age 18 & Up

Program: 232005 Min/Max: 6/8

Fee: \$38.00(R), \$43.00(NR)

Registration Deadline: One week before the start of each section

Section#:01 June 27

Section#:02 July 25

Section#:03 August 15

Time: 5:30-7:00pm

Day: Friday



### NEW! Adult Sand Volleyball League

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

Program#: 286010

Min/Max: Min. 3 teams/Max 6 teams

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

Registration Deadline: One week before the start of each section

Section#: 02 July 2-August 6

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

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

### NEW! Diamond Coaster Painting

Join us in this class as we make a new diamond coaster each week. By the end of the session, we will have a full set of coasters to take home. Come out and tap into your creativity with us. All supplies are included. Age 18 & Up

Program: 232024 Min/Max: 6/10 Fee: \$46.00(R), \$51.00(NR) Registration Deadline: July 9

Section#: 01 July 16-August 20 Time: 5:00-6:00pm Day: Wednesday



**American Red Cross**

### Pediatric CPR/AED

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

Program#: 232097 Min/Max: 5/12

Fee: \$50.00(R), \$55.00(NR)

Registration Deadline: July 7

Section#:01 July 15

Time: 8:30-11:45am Day: Tuesday

### First Aid

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

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

Registration Deadline: July 8

Section#: 01 July 16 Time: 8:30-11:30am Day: Wednesday

### Adult CPR/AED

The American Red Cross course will teach you adult lifesaving techniques. Skills include performing rescue breathing, clearing an obstructed airway, CPR and AED on a victim of sudden cardiac arrest. Participants will also learn how to use an AED. Ages 14 & Up

Program#: 232091 Min/Max: 5/12 Fee: \$50.00(R), \$55.00(NR)

Registration Deadline: June 11

Section#:01 June 19 Time: 8:30-11:30am Day: Thursday





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

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. Age 62 & Up

Program: 232009 Min/Max: 6/10 Fee: \$10.00(R), \$15.00(NR)  
Registration Deadline: One week before the start of each section No refunds on the day of the trip.

**Section#:01 Lincoln Park Zoo**

Date: June 20\*  
Time: Arrive at 8:30am/leave at 9:00am  
Day: Friday

\*Bring your own lunch or buy one there.

**Section#:02 Navy Pier**

Date: July 11\*  
Time: Arrive at 8:30am and leave at 9:00am  
Day: Friday

\*Bring your own lunch or buy one there.

**Section#:03 Marcus Cinema Movie** Date: August 22\* Time: TBD Day: Friday

\*Buy snacks there or eat before we go.

**NEW! Foil Fun** This class we will transform foam stickers and magnets to make dazzling work of art with sheets of foil. Whether you want dazzle up your fridge or add some sparkle to your things. Join us for this fun class. Age 62 & Up

Program#: 282001 Min/Max: 6/8 Fee: \$10.00(R), \$15.00(NR)  
Registration Deadline: One week before the start of each section  
Section#:01 June 11 11:00-Noon Section#:02 July 24 Noon-1:00pm  
Section#:03 August 14 2:00-3:00pm

**Senior Bingo** Join the Eisenhower Seniors as they gather for bingo every Monday & Friday. This is a drop-in program that will fit in perfectly with your schedule. No pre-registration is required. Various types of bingo will be played. Eisenhower Center Room 105

**Every Monday and Friday Noon to 4:00pm**



# Senior Steps

Steps is a fun & expressive form of dance. With upbeat music we will introduce step techniques and free moving movements. This class will help improve balance, rhythm and flexibility. Age 62 & Up

Program: 298111 Min/Max: 6/8 Fee: \$73.00(R), \$78.00(NR)  
Registration Deadline: June 9

Section#:01 June 16-July 21 Time: 5:30-6:30pm Day: Monday



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

Turn to Page 12 for four greatly discounted

### SENIOR FITNESS PROGRAMS

Senior Spin, Chair Fitness, Wall Pilates, Stronger Seniors Stay active - Stay fit!

Adult Swim Lessons Page 14

Foreign Languages Page 31

Private Piano Lessons Page 25

Water Fitness Classes Page 13

Check out our Adult section for more fun classes Pages 33-34

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

## 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, Death at the Dive Bar, Body on the Boardwalk and RIP Rodeo. A light lunch is included.

Program: 232070 Min/Max: 3/10  
Fee: \$10.00(R), \$15.00(NR)  
Registration Deadline: One week before the start of each section

Section#:01 June 12-June 26  
Section#:02 August 7-August 21  
Time: Noon-2:00pm  
Day: Thursday

## Senior Programs

for ages 62 & Up

Questions? 708-474-8552

### Art and Music

Tap into your inner artist while we listen to different playlists. We will focus on a different art theme each week and learn more about different artists. Create cool projects together while vibing to different genres of music. Age 62 & Up

Program#: 232014 Min/Max: 3/10

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

Registration Deadline: One week before the first day of the section

Section#:01 June 11-July 9

Section#:02 July 23-August 20

Time: 1:00-2:00pm

Day: Wednesday

### Classic Games

Classic games like Rack-O and Scrabble are back! Let's play Uno, Rummy, Bunco, Left-Right-Center, Scrabble or Parcheesi. Whether it was your favorite game as a child or one that you want to learn, come out and have fun!

Ages 62 & Up

Program: 298117 Min/Max: 5/10

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

Registration Deadline: One week before the start of each section

Section#: 01 June 12-July 10

Section#: 02 July 24-August 21

Time: 11:00-12:00pm

Day: Thursday

### Jewelry Making

Have fun making necklaces and bracelets! Enjoy an outlet for creativity while you improve fine motor. Wear, gift, or sell the beautiful jewelry you make in this class. Age 62 & Up

Program#: 233035

Min/Max: 6/8

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

Registration Deadline: One week before the start of each section

Section#:01 June 10-July 8

Time: 2:15-3:15pm

Day: Tuesday

### NEW! Birdhouse Painting

The best part of spring and summer is the return of our beautiful bird friends. Let's give them a beautiful house that will brighten up your yard or patio. Age 62 & Up

Program: 232080

Min/Max: 5/8

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

Registration Deadline: One week before the start of each section

Section#:01 Friday

June 13

Section#:02 Thursday

July 24

Time: 1:30-3:00pm

**Don't miss: Movies in the Park & the  
NEW! PARK & SELL Pages 38-39**

*Arbor Care*  
**PIEKARSKI & SONS**  
**TREE SERVICE**  
**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.





# 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.**





# BACK SCHOOL DRIVE IN MOVIE

**AUGUST 15, 2025**

This movie is  
rated PG-13

Event opens at 7pm  
Movie starts at dusk

BOUNCE  
HOUSE

SNACKS  
FOR SALE

PLAYGROUND

LAN-OAK PARK  
ARCADIA & 178TH ST.  
LANSING, ILLINOIS

QUESTIONS 708-474-8552

**Don't miss the fun!!**



**CELEBRATE INDEPENDENCE DAY  
WITH A FAMILY EVENT - A PATRIOTIC  
MOVIE IN THE PARK**

**THURSDAY JULY 3, 2025 EVENT OPENS AT 7PM  
MOVIE STARTS AT DUSK  
BOUNCE HOUSE | SNACKS FOR SALE | PLAYGROUND**

LAN-OAK PARK ARCADIA & 178TH STREET  
LANSING, ILLINOIS QUESTIONS 708-474-8552



# JOIN THE FUN!

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

## Hurry! Reserve your spot NOW!

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



## Park & Sell

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

Program#254070

Section 01

One spot \$5.00

Section 02

Second spot \$5.00

Register by  
June 18

Seller set up - 7:30am

Open to shoppers

9:00am - 2:00pm

Seller clean up until 3pm

**Sellers may not  
sell food, drinks  
or pets.**



## Saturday, June 21, 2025

### 2550 178th Street, Lansing

# 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

## 2024-2025 Corporate Sponsors

**Platinum Sponsors** Calumet City Plumbing

Piekarski's Arbor Care/Mulch Masters

Preferred Window & Door

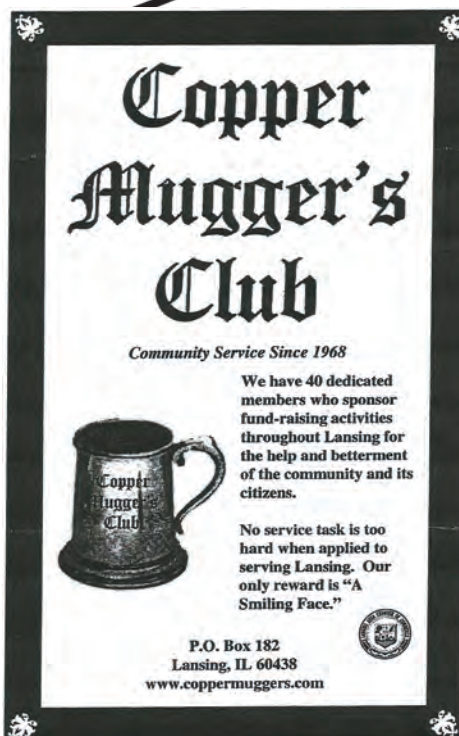
Hard Rock Casino

## 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. Paws 'n Play provides ample grassy space for running and playing - space that is fence-enclosed in an attractive and interesting curved design. The dog park spans about one acre, has separate areas for large and small dogs, grassy berms, a shade shelter, a two-level water fountain, play structures, and park benches. For your dog's safety, entry is restricted through a computerized gate to only allow those animals that are registered and have provided proof of current vaccinations to the park district. Paws 'n Play memberships are available for purchase at the Lan-Oak Park District Eisenhower Center. The membership requirements, listing of required immunizations, rules and regulations, and full packet are available on the park district website at [www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org). Memberships are for one year from the date of purchase.

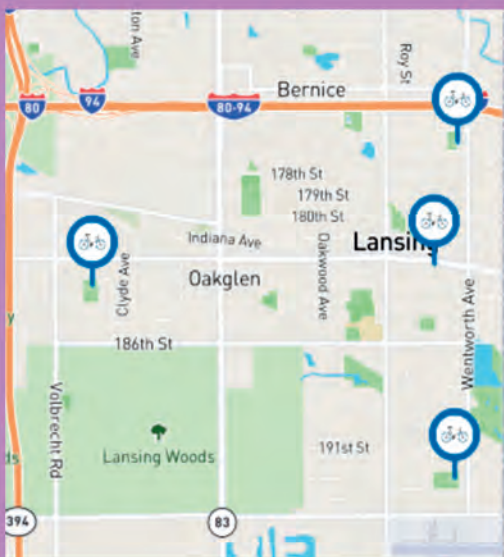
Resident fee for one dog is \$50, second dog fee of \$30. Paws 'n Play is open year-round. Questions? 708-474-8552.

***Check it out! Paws 'n Play Dog Park is located at 17551 Chicago Avenue, Lansing.***





# LOPD BIKE SHARE



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



**DOWNLOAD THE APP TO GET STARTED**



**ON BIKE SHARE**

**HOW TO JOIN THE SYSTEM**

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

**Check Out**

1. Open the On Bike Share App.
2. Press **Available Bikes** and wait for bikes to load.
3. Press **Ride** for the bike you want to use.
4. Bike will electronically unlock from the rack.

**BIKES MUST BE RETURNED TO THE BIKE STATION**

**Return**

1. Dock the bike to the pin on the rack. Confirm bike is docked.
2. You **MUST** press the **"END RIDE"** button while still at the rack or you will continue to be charged for your rental.

Need Help? Press the help button "H" in the App

**Bikes not showing in the App?**

1. Turn off Wi-Fi - use Cellular
2. Be sure Bluetooth is turned on

**4 BIKE LOCATIONS**  
**PARK PLAZA, VAN LATEN PARK,**  
**COPPER MUGGERS PARK,**  
**ROTARY PARK**

**YOU MUST BE 18 AND OVER TO  
RENT A BIKE SHARE BIKE**





# LOPD GARDENS



Pre-registration is required.

Lan-Oak Park District will till the garden plots prior to plot assignment. Gardeners will be notified by email when the plots are ready and assigned. Gardeners may only use the plot assigned to them. Garden plots will be identified with numbers in the northeast corner. Plots will be staked at the earliest possible date with consideration to weather and soil condition. The growing season will be May through October. A water source is available at the garden site. Hoses and automated sprinklers are NOT allowed. You must transport your water from the water source using other means. A key to the water source will be assigned to each gardener. All plots must be planted by June 15. Garden coordinators may reassign unplanted plots, without refund, after June 15. Gardeners should maintain each plot to its boundaries. Parking is available at the park. Gardeners may not drive on or park on the grass. Gardeners may bring grass clippings from home to use on their individual plot. Gardeners must bring their own gardening tools. Storage is not provided on site. Gardeners are expected to maintain the aisles surrounding their plots so that gardeners can easily traverse the garden and access the water source. Gardeners are expected to weed their garden regularly and keep it neat. Neglected gardens may be removed without refund. Plastic bags, rocks, string, wooden stakes, or other materials must not be left in the garden aisles. Lan-Oak Park District is not responsible for theft or damage to personal property or the garden plot. It is the gardener's responsibility to remove all plants, weeds and items from their plot at the end of the season. Gardeners must take their garden down to ground level and return the key by October 31.



Gardening can be very therapeutic and this is an excellent opportunity to get outside and enjoy the fresh air. Van Laten Park will offer 15' X 15' garden plots, a water source, and a shelter for resting. You must register for a garden plot.

Rules, regulations and gardening guide will be provided on our website and upon registration.

Program#: 132112 (01)

Fee: \$20 per plot plus \$20 deposit refunded at season end if rules are followed, plot is properly cleared & key is returned. Residents only, please.

Questions? 708-474-8552  
[www.lanoakparkdistrict.org](http://www.lanoakparkdistrict.org)  
Get with the program!!





# RESERVE A ROOM



## BASIC ROOMS

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



## BASIC ROOM WITH KITCHEN

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



## THE GYM

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

## ROOM/GYM RESERVATIONS

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

Rooms \$55.00 per hour - residents

\$80.00 per hour - non residents

Gym \$80.00 per hour/per court - residents

\$105.00 per hour/per court - non residents

Full payment is required at the time of reservation.

No checks are accepted.

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

Rooms deposit \$75.00

Gym deposit \$75.00 per court

Damage or violation of center rules will forfeit deposit.

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

## INCLUDED

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



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...**



**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.**

## **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.

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

# 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 PROHIBITS 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

### Recreation/Fitness Department Cordell Edwards, Building Maintenance

Colleen Lentz, Recreation Supervisor  
Anthony Bianchini, Fitness/Athletic  
Supervisor

Janette Castellon, Receptionist  
Melissa Metzger, Receptionist

#### Part-Time Staff

Robin Powell, Receptionist  
Cat Jackson, Recreation Assistant  
Tiffany Jones, Receptionist  
Taylor McClain, Receptionist  
Jerry Zawacki, Custodian  
Walnaeja Boyd, Custodian

### Buildings/Grounds Department

Tim O'Connell, Park Foreman  
James Luck, Park Maintenance

## 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 a service charge of \$30.00 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 a service charge of \$30.00 to reproduce/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.

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

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



May 26, 2025  
Memorial Day  
July 4, 2025  
Independence Day  
September 1, 2025  
Labor Day



## 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**

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

**TOTAL PAID**

**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 a service charge of \$30.00 to reproduce or replace a check.



## Registration Form

Family Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Main Phone(    ) \_\_\_\_\_

Second Phone(    ) \_\_\_\_\_ E-Mail \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone(    ) \_\_\_\_\_

Relationship to Family \_\_\_\_\_

Do you have any special needs or require any accommodation? \_\_\_\_\_

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

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

**YOUTH SCHOLARSHIP DONATION**

**\$1.00**

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

**TOTAL PAID**

**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 \_\_\_\_\_

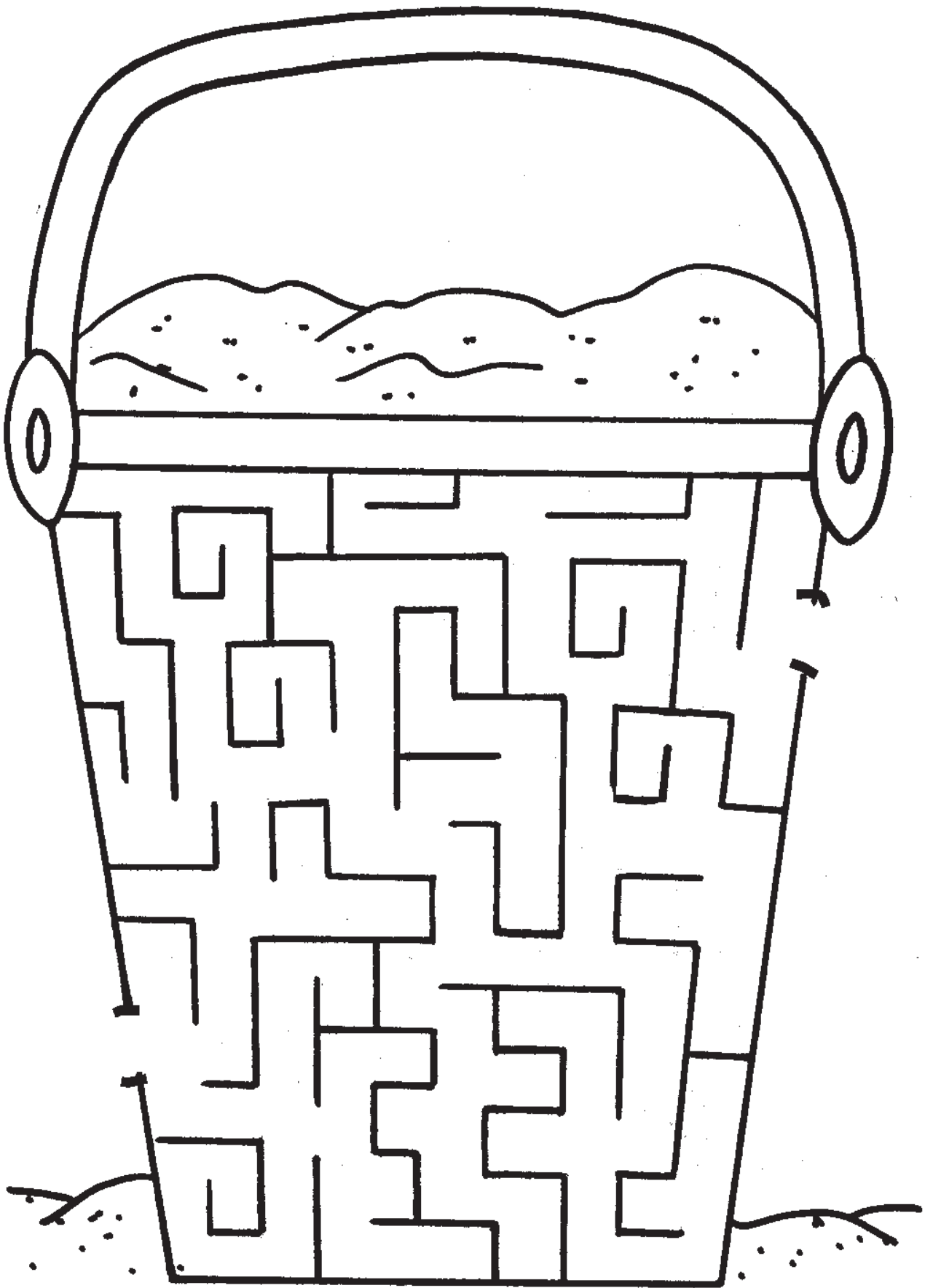
Parent/Guardian Signature

## **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 a service fee of \$30.00 to reproduce or replace a check.







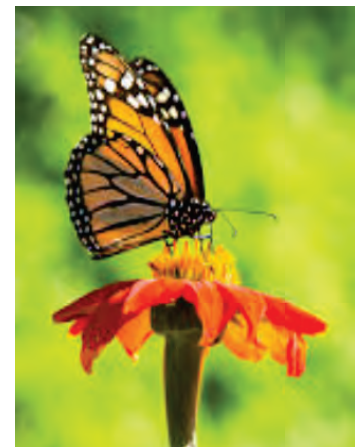


# Enjoy Lan-Oak Park District Parks!

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

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

Visit GLIDE Skatepark  
and BMX Pump Track  
this summer!



*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!!

# Don't Miss

Check out all your park district has to offer!  
[lanoakparkdistrict.org](http://lanoakparkdistrict.org)  
708-474-8552

## PLAYSKOOL

So Much to Learn, So Much Fun



Qualified teachers offer students:  
The Alphabet, Phonetic Sounds, Word Families, Early Reading, Numbers 1-20, Graphing, Early Addition & Subtraction, Geography, Continents, Oceans, Land Forms & Map Reading, Weather, Seasons, Calendar, Days of the Week, Months of the Year, Nine Colors & Color Blending, Fourteen Geometric Shapes, Rhyming, Opposites, Positional Words, Human Body, Dinosaurs, Space, Monthly Science Day, Gym Day, Story Stretcher Unit, Movie Day & more!  
5-Day, All Day Students also enjoy Spanish Classes, Art Classes & Music

Playskool offers half day and all day programs.  
Daily class hours: 8:00am-3:00pm



Hurry! School starts in September. Turn to page 20-21 for all the details.

## FUN & CREATIVE INDOOR/OUTDOOR ACTIVITIES



# SUMMER FOR KIDS DAY CAMP

CAMP  
STARTS  
JUNE 9

Details about day camp, sports camps, and special interest camps inside - check it out!

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 2025 SO HURRY!!

### EISENHOWER FITNESS CENTER

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

LAN-OAK PARK DISTRICT  
2550 178TH STREET  
LANSING, ILLINOIS 60438  
708-474-8552

