



**MOKENA**  
COMMUNITY PARK DISTRICT

**2024**  
**Fall**



Registration Begins August 5th.

Register online at [www.mokenapark.com](http://www.mokenapark.com) or call 708-390-2401



### **Mission Statement**

*The Mokena Community Park District is committed to enhancing lives through the power of recreation by providing exceptional parks, facilities, programs, events, and services for all to explore and enjoy.*

### **Vision**

*Working together to build an active, vibrant, welcoming, connected safe and healthy community.*

### **Values**

*Our mission is guided by these values: Collaboration, Community Engagement, Safety, Sustainability, Cleanliness, Comfort and Inclusion.*

### **Table of Contents**

District Digest	3
Special Events	4
The Oaks Recreation and Fitness Center	9
Open Gym	18
Party Rentals	19
Facility Rentals	20
Early Childhood Programs	21
Youth Programs	23
Youth Athletics	28
Adult Programs	35
Lunch Bunch	38
General Information	39
Registration Information	40
Dog Park	41
Park District Connections	42
Park Locations	43



### **Administration Center**

10925 La Porte Road, Mokena

Phone: (708) 390-2401

Hours: Monday-Friday

9:00am-5:00pm

*\*Office is closed on 9/2, 11/28, 11/29, 12/24, 12/25, & 12/31*



### **The Oaks Recreation & Fitness Center**

10847 La Porte Road, Mokena

Phone: (708) 390-2343

Hours: Mon-Thurs—5:00am-9:00pm

Friday—5:00am-8:00pm

Saturday—7:00am-4:00pm

Sunday—7:00am-3:00pm

Labor Day 9/2—5:00am-1:00pm

Thanksgiving 11/28—5:00am-1:00pm

### **Administration Staff**

Greg Vitale, MPA, CPRP—Executive Director

Dawn Morsovillo—Administrative Assistant & Safety Coordinator

Karen LaPointe—Superintendent of Finance and Business Services

Andrea Stoettner—Accounting Payroll Coordinator

Kara Jelderks, CPRP—Superintendent of Recreation

Brenna Bowers, CPO—Recreation Supervisor

Skyler Ramberger, CPRP, CPO—Recreation Supervisor

Laurel Welch—Marketing Coordinator

Lisa Tassone—Customer Service/Recreation Support

### **Maintenance Staff**

Jim VanGennep, CPRP, CPSI, CPO—Superintendent of Parks & Facilities

Brett Bartnik, Bill Kausal, Rusy Mitcheff,

Kristin Potocki, Rodger Rottmann, Wayne Wollenzien

### **The Oaks Recreation & Fitness Center Staff**

Beth Waller, CPRP—Manager of Recreation Facility Operations

Kristin Ehler, CPRP, ACE Health Coach, AFAA and NCCPT—Fitness & Wellness Supervisor

Shaun Ziems—Oaks Maintenance Supervisor

Joe Lesniak—Oaks Maintenance Assistant Supervisor

**CPRP—Certified Park & Recreation Professional;**

**CPSI—Certified Playground Safety Inspector;**

**CPO—Certified Pool Operator.**

*(Professional staff certifications through the National Recreation & Park Association (NRPA))*

### **Program Locations**

#### **Farmhouse Academy**

8940 W 192nd St, Mokena

#### **Fox Ride Park**

19740 Telluride, Mokena

#### **Frankfort Founders Community Center**

140 Oak Street, Frankfort

#### **Gym-kinetics**

19220 Ridge Rd., Mokena

#### **Hecht Park**

9310 W Birch Ave, Mokena

#### **Main Park**

10925 La Porte Road, Mokena

#### **Mucci World**

7913 W 171<sup>st</sup> Street, Tinley Park

#### **New Lenox Park District**

1 Manor Drive, New Lenox

#### **Nova Quarter Horse Ranch**

10129 West 187th Street, Mokena

#### **The Oaks Recreation & Fitness Center**

10847 La Porte Road, Mokena

#### **Program Center**

10925 La Porte Road, Mokena

(South end of Main Park)

#### **Simply Music Studios**

13919 E Illinois Hwy, New Lenox

#### **Willowview Park**

11420 W. 197th St, Mokena

#### **Yunker Park**

10824 La Porte Road, Mokena

Greetings Mokena Community Park District Friends!

Thank you for taking the time to review the 2024 Fall Program Guide. We are sure to have plenty of opportunities for you and your entire family. Our famous Halloween Hollow is right around the corner from October 11-13. The event will feature 4 great bands, a carnival, the Monster Market, Kids activities and beer and concession sales. Our other events include an overnight family camping night in Main Park, a special outdoor viewing of Friday the 13<sup>th</sup> Part 3, You've Been Ghosted, House of Frights, Nerf Wars Capture the Flag, Breakfast with Santa and a free Family Trivia Night. Our programs include the biggest and best youth basketball league in the area. We also offer a cornhole league and multiple sports learning leagues and programs, including numerous Pickleball programs, which is the fastest growing sport in the world. The Park District also offers classes for all ages, including Lunch Bunch for Seniors, Babysitting Training for Teens, multiple trips for adults and Thanksgiving and Winter Break Camps for kids.

The Oaks Recreation and Fitness Center offers plenty of ways to help you achieve your fitness journey. The Oaks has multiple membership options to meet your budget, free classes with memberships, open gym, open Pickleball, personal training and nutrition services and more. The lineup of specialty classes include Zumba programs, Girl Power Training, K.B.S. (Kettlebell, Boxing and Suspension Training) and Active Sit and Fit. New classes this season include Fall Fit Journey, Playful Pilates, CIRCL Mobility and Strong Me Weight Loss Program.

Finally, we are proud to announce that the renovation of the Yunker Farm Barn will start this fall. We are transforming the seasonal barn into a year-round program and rental venue. The new facility will feature a multipurpose room, a party room a kitchenette, a new patio for guests and a state-of-the-art geothermal heating and air conditioning system. The existing splash pad check-in area will move from inside the barn to a new staff kiosk outside. This will make the check-in procedures more convenient and it will add additional space to the interior. The facility should be completed by late spring/early summer 2025 and the Park District will start taking rental requests in the winter. This great project will benefit the entire community. The best part is that it will be funded internally, without any increased burden to the taxpayers.

Thank you for reading the 2024 Fall Program Guide and thank you for your continued support of the Mokena Community Park District.

Sincerely,

Greg Vitale, MPA, CPRP  
Executive Director



**Board of Commissioners**

*President*

Kathryn O'Connor

*Vice President*

Mary Louise Knoerzer

*Secretary*

Dan Gilbert

*Treasurer*

Mike Gandy

*Commissioner*

Jeff Apel

*Commissioner*

Steve Jacobson

*Commissioner*

Bob Lindbloom

*Legal Counsel*

John O'Driscoll

**Park Board Meetings**

Park District Board Meetings are held on the fourth Tuesday of each month, at The Oaks Recreation & Fitness Center, 10847 La Porte Road, Mokena, at 6:00pm.





# Drive-In MOVIES

The Oaks Recreation & Fitness Center, parking lot

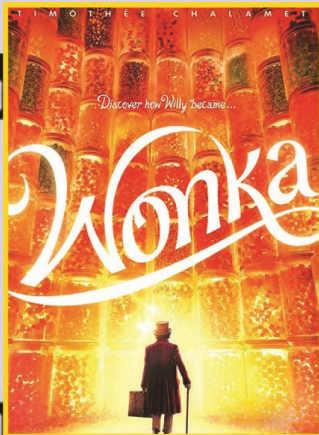
Preregister  
and pay

**\$10**

per vehicle

Rated: PG

Rated: R, 17+ only



**THUR AUG 22**



**THUR OCT 17**

**\$10 per vehicle when you  
Preregister at [www.mokenapark.com](http://www.mokenapark.com)**

\$15 for on-the-spot registration, if spots are available. Movies start at dusk. In case of inclement weather, check our website for event updates. Porta-johns will be on-site. *No refunds.*

## Family Camp Out

Bring your tent and sleeping bags for a fun-filled night under the stars. Planned activities include a late-night movie on our giant inflatable screen, campfire complete with s'mores, camp crafts, family game area, star gazing and more! All campers enjoy a continental breakfast in the morning. Upon check-in you will be able to set-up your tent in the designated camping area. Indoor bathrooms will be utilized for this event.

The park district will provide a camp fire. Personal fires are not allowed. Camp out rules will be sent to you before the event. Each camp site can accommodate 6 people. No refunds.

- Dates: Friday, September 13, 6:30pm to Saturday, September 14, 9am
- Location: Main Park
- Fee: \$50 per campsite
- Campers must be preregistered.

**Registration  
Deadline:  
September 2.**







# YOU'VE BEEN GHOSTED!

Boo! The holiday season is approaching and Casper our friendly ghost will help you get into the spooky Halloween spirit! "Ghost" your family, friends and neighbors with an at-home surprise delivered from Casper our ghost. Register your family today for the opportunity to be ghosted. If you are sending this to a different address, please put the name and address under Special Requests at checkout.

Deliveries are on Monday, October 21.  
 Time: 6-9pm  
 Fee: \$20 per house. *No refunds.*  
 Registration deadline: October 7.  
*Mokena Community Park District residents only.*



# House of Frights

## Halloween House Decorating Contest



**REGISTRATION IS FREE!**  
 Decorate your residence for this spook-tacular holiday and enter the contest.

Registration deadline: October 18.  
 Judging is on October 23, 6:30-9:30pm and is based on creativity, originality, theme, musical effects, lighting, and overall layout.  
 Contestants do not need to be present during the judging. First, Second and Third place winners are determined in two categories:

- Amateur Ogres (those who have not won in the past)
- Master Monsters (those who have won in the past)

Winners will be announced on October 25 and will receive first, second and third place yard signs to display from October 25-31.  
*Mokena Community Park District residents only.*

# FREE! Trunk or Treat

Saturday, October 26  
 3-4:30pm  
 Yunker Farm Parking Lot,  
 10824 La Porte Road




All interested vehicle participants, please email Kara at [kjelderks@mokenapark.com](mailto:kjelderks@mokenapark.com)





# HALLOWEEN HOLLOW

**FRI-SUN,  
OCT 11-13**

Yunker Park  
10824 La Porte Rd.  
Mokena  
Parking \$5 per vehicle

**EVENT HOURS** Friday: 5-10pm  
Saturday: 12-10pm

Sunday: 1-5pm, *Carnival only*  
Sunday: 11am-12:30pm,  
*Special needs carnival time*



## BEER AND FOOD CONCESSIONS

Friday, 5-10pm  
Saturday, 12-10pm

**MONSTER MARKET**  
Saturday, 12-6pm



**CARNIVAL  
RIDES  
WRISTBAND  
SPECIALS**

## KIDS ACTIVITIES

Saturday, 12-5pm

Make Your Own  
Scarecrow,  
Pumpkin Decorating,  
Face Painting,  
and Contests

\$25 activity wristband is  
required for all kids activities.  
(Mokena Residents save \$5)

## FREE CONCERTS – Yunker Park Bandshell



**FRI. 6-7:30pm**  
Woulda, Coulda,  
Shoulda



**FRI. 8-10pm**  
The Prissillas



**SAT. 6-7:30pm**  
Ignited



**SAT. 8-10pm**  
90's Pop Nation

Event Sponsors, Volunteers, and Monster Market Vendors  
are needed. For more information, call 708-390-2401  
or email, [kjelderks@mokenapark.com](mailto:kjelderks@mokenapark.com)

*Times and activities are subject to change without notice.*





# Free! Family Trivia Night

Join us for another Family Trivia night! Work together as a family team to answer our trivia questions! We'll have a variety of topics, including kid-centric knowledge, general information, and questions aimed at parents, too. We will have prizes for 1st, 2nd, and 3rd place families!

When registering, please sign up just once per family. In the prompt request, put in the names and grades of all family members who will be joining us. Teams should be a mix of children/teens and adults. We don't have an age restriction, but our youngest questions are aimed at elementary-aged children. Our maximum size for a team is 4-6; if you have a large family, please consider breaking into multiple teams. **PREREGISTRATION** is required for this event.



Friday, November 15  
6-8pm  
The Oaks, Walnut Rm.

Registration Deadline:  
November 8.



## NERF WARS CAPTURE THE FLAG

Our gym will be transformed into an epic Nerf battleground. Players will have to dodge being caught by the other team by hiding behind the obstacles to capture the flag. Once the curtain is raised the battle to capture the flag begins! We will participate in 4-6 rounds of play. Participants must provide their own Nerf gun that fits elite darts. No automatic, mega, or rival guns are allowed. Label Nerf gun and darts with the player's name. Age 7-12.

- Wednesday, November 13, 1-3pm
- Fee R/NR: \$15/\$20
- The Oaks Recreation & Fitness Center
- Registration deadline: November 6.

TO: SANTA  
NORTH POLE



## Santa's Mailbox

Mokena Park District has once again made special arrangements with Santa this year for children to receive a very special and personalized letter from the North Pole. Children can mail their letters to Santa in his special mailbox at the Administration Center and they will receive a personal letter from the jolly guy himself. Santa will mail his letters to children the week of December 1.

- Fee: \$6 per letter. Register for Santa's Mailbox at [www.mokenapark.com](http://www.mokenapark.com) or in person at the Administration Center. **Registration Deadline: November 18.**
- For a personalized letter from Santa, parents must submit the Santa's Check List form that is available at registration. Children can mail their letter to Santa at the Administration Center in Santa's special Mail Box.



# Breakfast with Santa

Saturday, December 7, 2024 • 9:00-10:30am

Aurelio's Restaurant, Frankfort

- Early Bird Registration Fee R/NR: \$25 per person.
- Fee after November 4: \$30 per person
- Fee includes buffet, beverages, gift from Santa, and entertainment.
- **We are no longer taking seating requests. You must register by phone or in person. Online registration is not available.**
- **This event is for Mokena Community Park District residents only.**
- **Groups are limited to a maximum of 6 per household.**
- Children must be accompanied by an adult.
- Kids under one are admitted free, but they must be preregistered, (does not include breakfast and gift).
- All attendees must be preregistered through Mokena Park District. Registration is not accepted at the restaurant.
- No refunds.

**Registration Deadline:  
November 18 or until full.**



## Free Holiday Lights Contest

Enter your decorated house or apartment in the Holiday Lights Contest for a chance to win a prize! Registration deadline: December 11.

- Judging is December 18, between 6-9:30pm.
- Contestants do not need to be present during the judging. Entries will be judged on theme, creativity, originality, musical effects, and lighting. Displays should be lit during the judging hours.
- Winners will be announced on social media, and the Park District website on Dec. 20.
- Winners will receive first, second and third place yard signs to display from Dec. 20-31.
- *Professionally decorated homes are not allowed.*
- *Mokena Community Park District residents only.*

## You've Been Elfed!



The holiday season is approaching and Santa's elves will help you get into the holiday spirit. "Elf" your family, friends and neighbors with a surprise delivery at their home. Santa's Elves will hide two dozen candy canes in the front yard, a fun "You've Been Elfed" sign on the door, and reindeer food for Christmas Eve. If you are Elfing friends at a different address put their name and address under Special Requests when you register on the website. *This event is open to Mokena Community Park District residents only.*

- \* Deliveries are on December 9, 10, 11, 12, 13 between 2-5pm.
- \* Fee: \$20 per residence includes door sign, gift bag and two dozen candy canes.
- \* Extra candy canes are \$5 per dozen.
- \* Registration deadline: December 1.







# YOUR PATH TO HEALTH AND WELLNESS STARTS HERE!

Schedule a tour today | 708-390-2343

OPEN  
7 DAYS  
A WEEK!

STATE OF THE  
ART EQUIPMENT

CERTIFIED PERSONAL  
TRAINERS

## WALKING TRACK

Free for MCPD Residents  
and Fitness Members.

Non-Residents, \$3  
8-12yrs must be accompanied  
by an adult

## OPEN GYM

Free for Fitness Members  
MCPD residents, \$4

Non-residents, \$13

Age 7 and under must be  
accompanied by an adult

## THE OAKS FACILITY HOURS

Monday-Thursday, 5am-9pm

Friday, 5am-8pm

Saturday, 7am-4pm

Sunday 7am-3pm

## GROUP FITNESS CLASSES

Free for Fitness Center Members  
\$7 per class for MCPD Residents

\$9 for Non-residents

Ages 13-15 must be with a parent



The Oaks' friendly staff will give you a tour of the facility. This is a great way to learn more about the center and its amenities before you commit to a membership. If you're looking for a full-service community fitness and recreation destination, The Oaks Recreation & Fitness Center is the right choice for you.

The Oaks Recreation & Fitness Center is a great place to get fit and have fun! The center offers affordable membership options for both residents and non-residents. With a leading-edge fitness center, a walking track, two fieldhouses, four multipurpose rooms, there's something for everyone at The Oaks.



### MEMBERSHIP INCLUDES

- Fitness Center with a large variety of cardiovascular and strength equipment.
- Free Unlimited Group Exercise Classes (*specialty classes not included*).
- Free schedule open gym and seasonal Pickleball.
- Free Indoor Walking Track
- Free Towel service and Wi-Fi
- Free Equipment Orientation
- No long-term contracts or hidden fees.

### FEE-BASED SPECIALTY CLASSES

Zumba® Programs, Group Training, Balance, Strength Mind/Body, and more.

### FREE EQUIPMENT ORIENTATION

New members receive a free orientation by an Oaks Personal Trainer who will jump start your fitness path with helpful tips and proper machine usage instructions.

### WELLNESS SERVICES:

#### PERSONAL TRAINING & NUTRITION

- Registered Dietitian and Certified Personal Trainers. Personal Trainers will coach, challenge & encourage your wellness goals.
- Discounted first time client packages for Personal Training and Nutrition.
- Increase your energy, strength, flexibility, coordination, balance, sports performance and self-esteem.
- Improve health challenges and your quality of life.

*Oaks membership not required.*

### ARE YOU ELIGIBLE FOR A FREE MEMBERSHIP?

The Oaks accepts these programs. Call The Oaks or stop in to inquire on eligibility.





## Group Exercise

Whether your goal is to lose weight, build strength, or improve overall health, our classes provide the environment you need to stay motivated and continually enhance your physical and mental well being. Group exercise classes are available to members of The Oaks Recreation & Fitness Center, residents and non-residents of the Mokena Community Park District. Our Group Exercise Punch Card allows you to participate in the class you choose, at the time that is convenient for you! For class descriptions and schedule, check with the Oaks Customer Service Desk or visit our website at [www.mokenapark.com](http://www.mokenapark.com).

### Fitness Center Members

- Members of the fitness center receive unlimited access to Group Exercise classes at The Oaks. Exception: Specialty (fee based) programs are not included.
- Members who would like to participate in Group Exercise classes must sign in at the Customer Service Desk prior to participating in a class.

### Non-fitness Members

- Non-fitness members are encouraged to attend group exercise classes by purchasing a 10 or 20 class punch card or paying for a single class visit.

Options	Resident Non-fitness Member	Non-resident Non-fitness Member
Single class	\$7	\$9
One 10-punch card	\$65	\$85
One 20-punch card	\$120	\$160

- ⇒ There will be a fee of \$5 to replace lost or misplaced membership cards.
- ⇒ Punch cards are non-transferable and are non-refundable.
- ⇒ Punch cards may be purchased at The Oaks Recreation & Fitness Center Customer Service desk.
- ⇒ Expiration Date: 10 Punch ~12 months from date of purchase; 20 Punch ~18 months from date of purchase.

### Policies

- One group exercise class = one punch on the card.
- All participants will check in at the Customer Service desk to show their Group Exercise punch card.
- Participation in group exercise classes is on a first-come, first-serve basis.
- Please be on time for class. We suggest arriving early to help ensure your spot in class.
- Each class requires a minimum of 5 participants for 3 weeks or the class may be canceled.

- Individuals must be at least 16 years old to participate in group exercise classes, 13-15 years old must be accompanied by an adult.
- Punch cards may not be used toward specialty (fee-based) classes.
- Single classes and punch cards are non-refundable.

**NOTE:** Schedule and instructors are subject to change without notice. For class descriptions and schedule, please visit the Oaks Customer Service desk or refer to our website at [www.mokenapark.com](http://www.mokenapark.com).

### Group Exercise Classes

Total Body Intervals	Pilates
Circuits	Pilates/Stretch
Cardio Boxing Circuits	Challenge Ride
Basic Step/Sculpt	Extra Strength Upper Body
Active Mix Lite	Cycle/Strength Fusion
Lower Body/Ab Blast	Yoga Lite
H.I.I.T.	Dynamic Yoga
Full Body Fit	Tabata/Cardio/Strength
Dynamic Yoga	
Be Strong	

Membership Type	Enrollment Fee	Monthly Rates Res./Non-Res.	NO ENROLLMENT FEE!	NO ENROLLMENT FEE!
			Paid In Full 6 month membership Res./Non-Res.	Paid In Full 12 month membership Res./Non-Res.
Individual	\$50	\$41/\$46	\$216/\$246	\$427/\$487
Couple (same address) Two adults residing at the same address	\$100	\$61/\$66	\$316/\$346	\$627/\$687
Family 2 adults and 2 family members age 26 and under with same address	\$100	\$71/\$76	\$366/\$396	\$727/\$787
Family Plus 2 adults and up to 4 family members 26 & under with same address	\$125	\$81/\$86	\$416/\$446	\$827/\$887
Senior (62 & over)	\$34	\$31/\$36	\$166/\$196	\$327/\$387
Senior Plus One senior and one adult residing at the same address	\$59	\$51/\$56	\$266/\$296	\$527/\$587
College Student Must show college ID.	Waived	\$37/\$43		
<b>Guest Fee, \$15 per visit (all inclusive)</b>				

Membership privileges are non-transferable. Residency is determined by the address in which you reside. Proof is required to receive the resident rate. Corporate Rates also available. Contact the Fitness Manager for more information, 708-390-2344.



# The Oaks Recreation & Fitness Center

## 2024 Oaks Group Training Programs

“If it doesn’t challenge you, it won’t change you”. See what group training at The Oaks is all about and start training outside the fitness box for real results.

- Motivation, support, comradery & fun competition
- Limited to a small group to ensure optimal training results and personalized attention
- Results & exercise education Specialized equipment including rower/assault bike, rope/suspension training, kettlebell, boxing and much more!

For more information, please contact the Fitness & Wellness Supervisor at 708-390-2344 or visit [www.mokenapark.com](http://www.mokenapark.com).

### Fall Fit Journey

The Fall Fit Journey program is a fitness program for adults fostering a team atmosphere, diverse workouts and exercise education. It includes eight group sessions with personal trainers indoors in various exercise settings. Non-members who join the competition also receive a free trial to The Oaks.

**Instructor:** Paulette M. & Vikki G.

**Location:** The Oaks—Cypress Room

**Age:** 18+

**Day:** Saturdays

Dates	Time	Fee R/NR
Oct 5-Nov 23	10-11am	\$129/\$155
	After Oct 3	\$134/\$160

### Girl Power Training

Strength and Conditioning class tailored specifically for girls ages 13-17. Train in an environment that's both fun and challenging for both beginners and beyond. This class will include a combination of weightlifting and body weight exercises to promote overall strength, balance and coordination, plus spurts of aerobic and anaerobic conditioning.

Become strong and confident while having fun too!

**Instructor:** Laura C.

**Location:** The Oaks—MP Room

**Age:** 11-16

**Day:** Mondays

Dates	Time	Fee R/NR
Sept 23-Oct 28	6:30-7:30pm	\$63/\$76
	After Sep 21	\$68/\$81
Nov 4-Dec 9	6:30-7:30pm	\$63/\$76
	After Nov 2	\$68/\$81

### The Oaks Member Referral Program

Refer a new member to The Oaks anytime of the year and receive a free month credit of membership! Be sure your friend mentions your name at time of joining. Restrictions apply.

### Active Sit & Fit

Come join our “Active Sit & Fit” program twice a week while improving your balance, energy, strength and cardio stamina all the while having fun and learning how to improve the quality of your life. This new low intensity workout is all modified to a seated position with some standing exercises utilizing the chair as balance. A perfect class for older adults, those just starting a routine, individuals looking to improve balance as well as those recovering from specific injuries and need a low intensity workout.

**Instructor:** Paulette M.

**Location:** The Oaks—Cypress Room

**Age:** 21+

**Day:** Monday & Thursday

Dates	Time	Fee R/NR
Sept 12-Oct 21	10:15-11:15am	\$103/\$123
	After Sept 10	\$108/\$128
Nov 4-Dec 16	10:15-11:15am	\$103/\$123
	After Nov 2	\$108/\$128

Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service Desk. Registration Deadline is two days prior to free class.

Day/Date	Time	Fee R/NR
Mon Sep 9	10:15-11am	FREE
Mon Oct 28	10:15-11am	FREE

### Pickleball Strength & Injury Prevention

Pickleball is a popular sport attracting people of all ages with its social aspects and active game play. However, improper conditioning can lead to injuries. This training program focuses on muscular strength, flexibility, agility, and balance to minimize the risk of injuries. Cardio conditioning is also emphasized for stamina and quicker recovery. The court side workout enhances gameplay and aids in overall recovery.

**Instructor:** Laura C.

**Location:** The Oaks— MP Room & Field House

**Age:** 21+

**Day:** Wednesday

Dates	Time	Fee R/NR
Oct 2-Nov 6	12-12:45pm	\$55/\$71
	After Sep 30	\$60/\$76

Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service Desk. Registration Deadline is two days prior to free class.

Day/Date	Time	Fee R/NR
Wed Sept 25	12-12:45pm	FREE



### Ultimate Athletic Training

Come and improve your fitness level while working on sports agility training, plyometrics, explosive power drills and basic interval training all in one packed calorie burning total conditioning class! Session includes being measured at the beginning and at the end of the eight weeks for overall body fat reduction and improved cardiovascular endurance. Note: This class is suitable for individuals who have been exercising on a consistent basis who are at least an intermediate level of fitness with no current injuries or major health concerns.

**Instructor:** Laura C.

**Location:** The Oaks—Field House

**Age:** 18 +

**Day:** Tuesday & Thursday

Dates	Time	Fee R/NR
Oct 1-Nov 21	6:45-7:45am	\$112/\$134
	After Sep 29	\$117/\$139
Nov 26-Jan 28	6:45-7:45am	\$112/\$134
	After Nov 24	\$117/\$139

### K.B.S. Training

K.B.S. is a group training program that focuses on improving overall body strength and conditioning without using traditional group fitness exercises. K.B.S. stands for “Kettle Bell, Boxing and Suspension Training”.

**Instructor:** Laura C.

**Location:** The Oaks—MP Room

**Age:** 18 +

**Day:** Wednesday

Dates	Time	Fee R/NR
Oct 2-Nov 20	6:45-7:45am	\$74/\$88
	After Sep 30	\$79/\$93
Nov 27-Jan 29	6:45-7:45am	\$74/\$88
	After Nov 25	\$79/\$93

**Day:** Friday

Dates	Time	Fee R/NR
Oct 4-Nov 22	6:45-7:45am	\$74/\$88
	After Oct 2	\$79/\$93
Nov 29-Jan 17	6:45-7:45am	\$74/\$88
	After Nov 27	\$79/\$93



### Zumba Programs

The Oaks Members receive a discount for all Zumba® programs! If you are a member, you must register at The Oaks Customer Service Desk for your discount.



#### Zumba®/Strong Nation Combo Class

This combo class offers a dynamic and intense workout that combines the energetic moves of a Zumba® dance class with high-intensity interval training (HIIT) exercises from Strong Nation®. The class is suitable for individuals of all fitness levels as the moves and exercises can be customized. Whether you are seeking a fun way to exercise or desire a challenging and exhilarating workout, this class is perfect for you.

**Instructor:** Lisa C.

**Location:** Oaks Cypress Room

**Age:** 16 +

**Day:** Mondays

Dates	Time	Fee R/NR
Sep 9-Oct 28	6:30-7:30pm	\$54/\$64
	After Sep 7	\$59/\$69

*Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service Desk. Registration Deadline is two days prior to free class.*

Day/Date	Time	Fee R/NR
Mon Aug 30	6:30-7:15pm	FREE



#### Zumba®

Join our Zumba® classes for a dynamic workout experience. Burn calories, have fun, and get hooked with our Latin rhythm-based easy to follow movements that creates an exhilarating workout that will leave you wanting more!

**Instructor:** Lisa C.

**Location:** The Oaks—Cypress Room

**Age:** 16 +

**Day:** Wednesdays

Dates	Time	Fee R/NR
Oct 23-Dec 18	6:30-7:30pm	\$54/\$64
	After Oct 21	\$59/\$69

*Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service Desk. Registration Deadline is two days prior to free class.*

Day/Date	Time	Fee R/NR
Wed Oct 16	6:30-7:15pm	FREE



# The Oaks Recreation & Fitness Center

## CIRCL Mobility™

A great new fitness class suitable for all levels; CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. Whether you're new to exercise, a fitness enthusiast, a busy parent, or a 9-5er, CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer. This is a perfect class to attend after a workout or completely on its own. Instructor Lisa C. will lead you through 30 minutes of stretching and flexibility moves.

**Instructor:** Lisa C.

**Location:** The Oaks—Cypress Room

**Age:** 16 +

**Day:** Tuesdays

Dates	Time	Fee R/NR
Oct 15-Dec 3	12-12:30pm	\$33/\$39
	After Oct 13	\$38/\$44

*Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service Desk. Registration Deadline is two days prior to free class.*

Day/Date	Time	Fee R/NR
Tue Oct 8	12-12:30pm	FREE

## Specialty Wellness/Nutrition Services & Mind/Body

### Nutrition Consultations:

Kim Kramer, a Registered Dietitian with Devine Nutrition, is offering assistance in preventing or treating diabetes, losing weight, managing high blood pressure, high cholesterol, heart disease and providing sports nutrition guidance. Please call Devine Nutrition at 708-608-9014 or [devinenutrition.com/schedule](http://devinenutrition.com/schedule) for additional information on how to get started. PPO insurance can cover nutrition counseling 100%; contact us today to verify your benefits!

**Registered Dietitian:** Kim Kramer, RDN, LDN, CDCES

**Location:** All appointments meet at The Oaks—Chestnut Room

**Ages:** All ages

**Out of network costs**

**One hour Consultation:** \$125

**Follow-up Thirty Minute Consultation:** \$45



## **NEW** Strong Me Weight Loss Program

Taught by Devine Nutrition's R.D. Kimberly Kramer, this program includes 8 weekly meetings on a variety of topics including menu planning, strength training, hydration, pre/post exercise nutrition, macros and eating on the go. Provided also are start up shopping/snack list, weekly meal plan and access to our food journal and app.

**How to register:** Class is covered 100% by many PPO insurance networks! HSA/FSA cards accepted. Contact us at 708-608-9014 to verify benefits or visit

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

**Registered Dietitian:** Kimberly Kramer

**Location:** The Oaks—Walnut Room

**Age:**

**Day:** Thursdays

Dates	Time	Fee
Oct 3-Nov 21	6-7pm	\$225

## **NEW** Playful Pilates

Pilates exercises improve overall well-being by enhancing breathing, flexibility, strength, and coordination. They target core muscles for better posture and spinal alignment, especially important during growth and development. Pilates helps children develop lean muscles, boosting confidence and body image. This is the perfect class to connect with your child. Adult with one Youth (6-11 years).

**Instructor:** Vikki G.

**Location:** The Oaks—Walnut Room

**Age:** 6-11 years old with one adult

**Day:** Wednesdays

Dates	Time	Fee R/NR
Oct 2-23	6:30-7:15pm	\$56/\$67
	After Sep 30	\$61/\$72
Nov 6-Dec 4	6:30-7:15pm	\$56/\$67
	After Nov 4	\$61/\$72





### Tai Chi Qigong

Tired? Stressed? No Energy? Improve your health, balance and coordination by letting the slow, gentle movements of Tai Chi Qigong set the tone for your day. Quiet your mind and in just 8 weeks learn to relax anytime and in any place by learning the practice of Tai Chi/Qigong and improve your quality of life, for the rest of your life.

**Instructor:** William N.

**Location:** The Oaks—Cypress Room

**Age:** 18 +

**Day:** Wednesday

Dates	Time	Fee R/NR
Sept 18-Nov 6	10:30-11:30am	\$66/\$79
	After Sept 16	\$71/\$84
Nov 27-Jan 29	10:30-11:30am	\$66/\$79
	After Nov 25	\$71/\$84

*Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Reception Desk. Registration Deadline is two days prior to free class.*

Day/Date	Time	Fee R/NR
Wed Sept 11	10:30-11:30am	FREE
Wed Nov 20	10:30-11:30am	FREE

### Gentle Yoga

Gentle Yoga is an hour yoga class incorporating flexibility & basic yoga components to improve range of motion throughout the aging process. Learn how to decrease stress & tension as well as lengthening the body. This class utilizes various equipment including but not limited to bolsters, yoga straps, resistance bands and stability balls. A portion of the class will also focus on relaxation techniques.

**Instructor:** Olga P.

**Location:** The Oaks—Cypress Room

**Age:** 21 +

**Day:** Tuesday

Dates	Time	Fee R/NR
Oct 22-Dec 10	9:30-10:30am	\$65/\$78
	After Oct 20	\$70/\$83

**Day:** Wednesday

Dates	Time	Fee R/NR
Oct 23-Dec 11	9:15-10:15am	\$65/\$78
	After Oct 21	\$70/\$83

*Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service Desk. Registration Deadline is two days prior to free class.*

Day/Date	Time	Fee R/NR
Tues Oct 15	9:30-10:15am	FREE
Wed Oct 16	9:15-10am	FREE



### Health & Wellness Events

#### Hip Hop Dance Event

Hip Hop Fit with Gene Hicks features Gene's unique workout, Hip Hop Fit blending basic hip hop moves and calisthenics, set to a HOT hip hop soundtrack, for a total body workout. Perfect for ALL abilities, easy to follow, effective, and FUN! Check the website for the dates, [www.mokenapark.com](http://www.mokenapark.com).

**Instructor:** Gene H.

**Location:** The Oaks—Cypress Room

**Age:** 12 +

**Day:** Saturday

Dates	Time	Fee R/NR
TBD	1-2pm	\$15/\$18
	After	\$15/\$18

#### NEW! Find your Balance Series Workshop

This workshop series explores different exercises, modalities, and agility skills to help improve balance and stability, build strength and support, and to aid in fall prevention. Neuroplasticity exercises will also be incorporated to improve cognitive brain function and memory retention.

**Instructor:** Melissa G.

**Location:** The Oaks—Walnut/Cypress Room

**Age:** 55 +

**Day:** Sundays

Dates	Time	Fee R/NR
Nov 3-24	9:30-10:30am	\$36/\$43
	After Nov 1	\$36/\$43

#### Oaks Member Wellness Challenge Programs

Attention Oaks Members! Be on the lookout for the chance to win ongoing prizes through our FREE Oaks Member Challenge Program. Work on your wellness all year round by competing in our fun, educational and motivating wellness challenges. To participate sign-ups must be done online at [www.mokenapark.com](http://www.mokenapark.com) under "Health and Wellness" Section and "Oaks Member Wellness Challenges". You can also visit The Oaks Customer Service Desk to inquire about the latest challenge and sign-up.

#### "Fitness Five" Class Pass!

The "Fitness Five" Class Pass offers a chance to try various Group Exercise classes without commitment. It provides numerous benefits such as social atmosphere, diverse workouts, camaraderie, motivated instructors and overcoming exercise plateaus. Non-members can participate without being accompanied by a member.

**Please note:** Specialty classes are excluded.

**Location:** The Oaks Recreation & Fitness Center

**Dates:** Monday, Oct 21 - Friday Oct 25



# The Oaks Recreation & Fitness Center

## Fall Meditation Series

### Sound Bath

Spend time relaxing to the sound of crystal singing bowls. Each bowl is calibrated to restore energy and calm nerves leaving participants feeling refreshed and renewed in mind, body and spirit.

**Instructor:** Melissa G.

**Location:** The Oaks—Walnut Room

**Age:** 13+

**Day:** Fridays

Dates	Time	Fee R/NR
Sept 13	6-7pm	\$15/\$18
	After Sept 11	\$20/\$23

### Yoga Nidra

An ancient meditation technique that uses guided imagery and total body awareness and relaxation to bring rest to an overactive mind. This one-hour practice will leave you feeling rejuvenated and restored.

**Instructor:** Melissa G.

**Location:** The Oaks—Walnut Room

**Age:** 13+

**Day:** Fridays

Dates	Time	Fee R/NR
Oct 18	6-7pm	\$15/\$18
	After Oct 16	\$20/\$23

### Energy Balancing

In this practice, you will learn about the body's subtle energy and how it can be obstructed. By using yoga, aroma therapy and meditation, you will learn how to open blocked energy.

**Instructor:** Melissa G.

**Location:** Walnut Room

**Age:** 13+

**Day:** Fridays

Dates	Time	Fee R/NR
Nov 8	6-7pm	\$15/\$18
	After Nov 6	\$20/\$23

## Member Appreciation

Join us for Member Appreciation Day at The Oaks! It's our way of saying thank you for being a part of our fitness community. Share the joy of fitness with your loved ones by bringing a friend along for free workouts and group exercise classes. Indulge in our complimentary health food as well as exciting raffles and giveaways. Mark your calendars and join us for fitness, fun and celebration! Ages 18 & up.

Restrictions apply.

**Location:** The Oaks Recreation & Fitness Center

**Day:** Wednesday

**Date:** October 30

## Bring a Friend Week

Everyone knows that working out with a friend and having someone to be accountable to can be motivating when striving to reach your fitness goals. Now is the time to bring someone to work out with so you both can motivate each other. During this week you can bring a friend, spouse or other family member to The Oaks to utilize the fitness center or take a class. Ages 18 & up. Restrictions apply.

**Location:** The Oaks Recreation & Fitness Center

**Dates:** Monday, Sept 30-Sunday, Oct 6

## Oaks Recreation & Fitness Center Fall Membership Sales

Fall into fitness with a new you for the fall season and beyond! Memberships include full fitness center with massage chair and other amenities, 30 social, fun and educational group fitness classes a week, walking track and open gym usage. Silver Sneakers and other insurance plans accepted. Stop in for a tour today, try it out for free (restrictions apply) and see why The Oaks has the best value for your fitness dollar! For membership sale dates and additional information please check [www.mokenapark.com](http://www.mokenapark.com) or call 708-390-2343.

## The Oaks Member Referral Program

Refer a new member to The Oaks anytime of the year and receive a free month credit of membership! Be sure your friend mentions your name at time of joining. Restrictions apply.



The Fitness Center includes a wide variety of machines and a large Free Weights Area



Wellness Services Personal Training and Nutritional Consultations



Group Exercise Classes



Indoor Walking Track



North Field House



South Field House



Open Gym





## Lunch Bunch & Bingo

Bring some friends or come and make new friends while enjoying lunch and bingo. We'll be feasting on a buffet-style lunch, socializing and playing several rounds of bingo. Fee includes lunch, drinks, dessert and bingo cards. Preregistration required. Age 55 & over.

Wed., September 18

11am-1pm

Fee R/NR: \$12/\$14

The Oaks Recreation &  
Fitness Center

Registration deadline:  
September 11

Wed., October 23

11am-1pm

Fee R/NR: \$12/\$14

The Oaks Recreation &  
Fitness Center

Registration deadline:  
October 16

Wed., November 20

11am-1pm

Fee R/NR: \$12/\$14

The Oaks Recreation &  
Fitness Center

Registration deadline:  
November 13

Wed., December 18

11am-1pm

Fee R/NR: \$12/\$14

The Oaks Recreation &  
Fitness Center

Registration deadline:  
December 11



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## Open Gym at The Oaks

For the current Open Gym schedule, please visit the Customer Service Desk at The Oaks or our website. For more information, call The Oaks at (708) 390-2343. Open Gym schedule is subject to change without notice.



### OPEN GYM ID CARDS

The Oaks is thrilled to introduce a new Open Gym system that allows us to streamline our operations and better serve our Open Gym participants. We are committed to creating a safe and enjoyable environment for all. Effective August 1, 2024, we're implementing a mandatory Open Gym ID card requirement for all open gym participants, with a special provision for fitness members aged 16 and up.

Here are the key details you need to know:

**Open Gym ID Card Requirement:** Beginning August 1, all participants, except fitness members aged 16 and above, must obtain an Open Gym ID card to access our open gym sessions.

**Exception for Fitness Members:** Fitness members aged 16 and up will utilize their existing fitness card as their open gym card. This streamlined process ensures seamless access for our valued fitness members.

**Validity Period:** The Open Gym ID card will need to be validated annually from date of purchase.

**Proof of Residency and Photo ID:** All participants must present proof of residency along with a valid photo ID to obtain their Open Gym ID card. Youth may use school ID for photo ID.

**Youth Requirements:** For participants under 18 years old, a signed waiver by their parent or guardian is mandatory. This waiver will need to be renewed annually to ensure continued participation.

**One-Time Cost:** The Open Gym ID card incurs a one-time cost of \$5. Replacement card cost \$5.

### Open Gym Fees

Open Gym ID or Fitness Membership ID required (\$5 one-time or replacement cost). Daily visits and punch cards are non-refundable and non-transferable. Fees are subject to change without notice.

One daily visit=one punch on card.

Daily Visit \$4R/\$13NR

10-Punch Card \$35R/\$125NR (expires 12 months from purchase—lost cards will not be replaced)

20-Punch Card \$60R/\$240NR (expires 18 months from purchase—lost cards will not be replaced)

### Open Gym Guidelines and Policies

- ◇ Open Gym is for basketball unless otherwise stated.
- ◇ Open Gym is available to The Oaks Fitness Center members for free and all others at resident and non-resident fees.
- ◇ Open Gym is for free play only; NO private instruction or coaching of individuals or teams is permitted.
- ◇ No fee-based programs including leagues are included in Open Gym. Fieldhouse courts may be rented for team practices.
- ◇ All Open Gym participants must check in at the Customer Service desk with Open Gym ID card or Fitness Membership card and pay fee as appropriate.
- ◇ Each participant will receive a wristband that must be worn during participation of Open Gym.
- ◇ Each fieldhouse has a rack of basketballs available for use during Open Gym.
- ◇ Athletic shoes must be worn for Open Gym - no shoes that will leave marks on court.
- ◇ Shirts must be worn at all times.
- ◇ No food is allowed in the gym.
- ◇ Only water is permitted in gym.
- ◇ Park District is not responsible for any lost or stolen items.
- ◇ Open Gym participants must share courts/goals and be considerate to all skill levels and aged players.
- ◇ No full court games are guaranteed and staff may split courts as necessary.
- ◇ No slam dunking or hanging on rim or net is allowed.
- ◇ No fighting, foul/obscene language, spitting or graffiti will be tolerated.
- ◇ Unacceptable behavior will result in immediate expulsion from the facility and may constitute a suspension or permanent removal from Open Gym.
- ◇ Building Attendants and supervisors will enforce Open Gym policies and their ruling is final.





## All Occasion Party Packages

Parties aren't just for birthdays or kids. Bring your team, youth group, boy scout, girl scout troop, or just a group of friends! The Oaks Recreation & Fitness Center offers you the opportunity for court and room space at an affordable price.

Party includes:

- Up to 50 guests
- Tables and Chairs
- Use of equipment for: dodgeball, soccer, basketball, volleyball, and kickball.

Don't see something you want? Ask us about other options!

■ **Fee R/NR: \$175/\$225 (one hour court, one hour Walnut Rm.)**

■ **Fee R/NR: \$195/\$245 (entire two-hour party on court)**

*In addition to rental fees, a damage deposit is required.*



## Birthday Party Packages

Are You Looking for a Fun and Memorable Birthday Party Option?



## Princess or Super Hero Party



A dressed character may be added to the party for a photo session. Fee of \$100, upon availability.

- Up to 20 guests
- Chestnut Room
- One-hour Party
- Themed Table Coverings, Plates, Napkins & Cups
- Tables and Chairs
- Add the Walnut Room for \$90R/\$120NR per hour.
- Add Kitchenette for \$15 per hour.

**Fee R/NR: \$105/\$155**

**with Dressed Characters, Fee R/NR: \$205/\$255**

*In addition to rental fees, a damage deposit is required.*

## TO RESERVE YOUR PARTY

- Stop in at The Oaks to complete the rental form or go to [www.mokenapark.com](http://www.mokenapark.com)
- In addition to rental fees, a damage deposit is required. \$100 for residents, \$200 non-residents. Residency is determined by renter's address.
- 50% of the rental fee, plus the damage deposit is due at booking.
- Remaining fees are due 14 calendar days before the event.
- The entire amount is due at booking if it is less than 2 weeks before the event.
- Damage deposit refunds are mailed within 7-10 days of the event provided there is no damage.

For more information, contact  
The Oaks at 708-390-2343 or  
[ewaller@mokenapark.com](mailto:ewaller@mokenapark.com)

## Crosstown Exotics

Crosstown Exotics offers a two-hour party that includes 60-75 minutes of hands-on educational entertainment. Parties can be customized to your special requests, such as a ninja turtle party, all snakes or no bugs.



**Party Package Fee R/NR: \$425/\$475**

*In addition to rental fees, a damage deposit is required.*

## Bug Show

This party covers over a dozen species in 60 minutes. The first 40 minutes is an interactive hands-on presentation. The last 20 minutes is a bug exhibit where guests can get an even closer look at the critters.



## Reptile Show

Their lineup of prehistoric creatures consists of 10-12 reptiles, amphibians, and bugs. From African giant bullfrogs and hissing giant tortoises. Everyone gets to interact with the animals. Each party will contain 2-3 species of amphibians, a turtle, tortoise, 3 lizard species and 2-3 snakes.





# Facility Rentals



Walnut Room

## Let's Celebrate!

Mokena Community Park District can provide the space you need to host your special event, meeting, workshop or lecture.

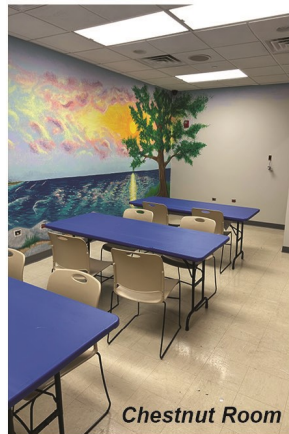
For more information or to book your event, call 708-390-2343 or email [ewaller@mokenapark.com](mailto:ewaller@mokenapark.com).

Field House – Red Barn – Walnut Room – Chestnut Room – Splash Pad

### Walnut Room and Chestnut Room

The Oaks Recreation & Fitness Center offers luxurious space and quality service to make your party, meeting, or special event a success. The Walnut Room can accommodate up to 60 people. The room also includes custom cabinetry and a sink for your convenience.

Step into the Chestnut Room and feel the stress of everyday life melt away. A one-of-a-kind mural adorns a wall with natural elements of Oaks and water that creates an ambiance that is both rejuvenating and inspiring. It's a perfect space for a party or a brainstorming meeting. The Chestnut Room can accommodate 20 people.



Chestnut Room



Contact The Oaks for more details.

### Yunker Farm Red Barn

The Red Barn is available to rent from May through the beginning of October, during non-Splash Pad hours. Rental includes use of tables and chairs. With indoor and outdoor areas, our venue can accommodate events of all sizes, from intimate gatherings to grand celebrations.



### Rental fee includes:

- Your choice of round and/or rectangular tables.
- Wi-Fi
- Set-up and take-down of tables and chairs.
- Party packages are an additional cost.



### Field Houses

Our two large Field Houses can be divided into separate basketball or volleyball courts. Rent one or more courts and bring your family and friends over for some fun! **Discounted rates are available for multiple courts and weekday rentals.**

Rental Space	Capacity per party	Resident Fee/hr	Non Resident Fee/hr
Walnut Room	60	\$90	\$120
Chestnut Room	20	\$45	\$75
Field House One (1) Court	70	\$100	\$130
Yunker Red Barn	96	\$135	\$185
Deposit due at booking	-	\$100 refundable plus 50% of rental total	\$200 refundable plus 50% of rental total

Splash Pad party information is on page 27.

### Facility Rental Policies

- Residency is determined by renter's address.
  - Balance due 14 calendar days prior to the party date.
  - Bookings made with less than 2 weeks notice are required to pay in full at the time of booking.
  - Please allow a minimum of 3 weeks prior to party. No refunds for cancellations received less than 72 hours prior to the scheduled event.
  - Fees are subject to change without notice.
  - Non-profit and commercial rates may vary from rates listed.
- Additional policies are listed on the rental forms.*

**Art**

**PeeWee Picassos**

You and your little one will be getting creative and making memories that will last a lifetime. Come join us in this exciting art class where you can be as creative as you want. Supplies provided.

**Instructor:** Kelly Freza

**Location:** Program Center

**Age:** 2-3 w/adult

**Day:** Tuesdays

Dates	Time	Fee R/NR
Sept 3-24	10-10:45am	\$45/\$50
Oct 1-22	10-10:45am	\$45/\$50
Nov 5-26	10-10:45am	\$45/\$50

**Painting Playgroup**

Come hang out with us for an art-themed playgroup! In this class children will be presented with a variety of art supplies and will be allowed to experiment and play. A great way to work on fine motor skills and get creative, all without creating a mess at home!

**Instructor:** Kelly Freza

**Location:** Program Center

**Age:** 1-4 w/an adult

**Day:** Thursdays

Dates	Time	Fee R/NR
Sept 5-26	10:15-11:15am	\$45/\$50
Oct 3-24	10:15-11:15am	\$45/\$50
Nov 7-Dec 5	10:15-11:15am	\$45/\$50
No class 11/28		

**Athletics**

**HoopsterTots**

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. **Parent participation is required for ages 2-3.5 years.**

**Instructor:** Skyhawks Academy Staff

**Location:** The Oaks

**Day:** Tuesdays

**Dates:** Sept 10-Oct 29

**Age:** 2-3.5 (Grasshoppers)

Time	Fee R/NR	After Sept 2
4-4:45pm	\$80/\$85	\$85/\$90

**Age 3-4 (Froggies)**

Time	Fee R/NR	After Sept 2
5-5:45pm	\$80/\$85	\$85/\$90

**Age 4-5 (Kangaroos)**

Time	Fee R/NR	After Sept 2
6-6:45pm	\$80/\$85	\$85/\$90

**SoccerTots**

This soccer-themed motor skills class is very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and introduce an element of light competition. Instructor/student ratio is kept small to increase individual development.

**Instructor:** Skyhawks Academy Staff

**Location:** The Oaks

**Day:** Thursdays

**Dates:** Sept 12-Nov 7 (No class 10/31)

**Age:** 2-3.5 (Cubs)

Time	Fee R/NR	After Sept 2
4-4:45pm	\$80/\$85	\$85/\$90

**Ages:** 3.5-5 (Teddis)

Time	Fee R/NR	After Sept 2
5-5:45pm	\$80/\$85	\$85/\$90

**Age:** 4-5 (Koalas)

Time	Fee R/NR	After Sept 2
6-6:45pm	\$80/\$85	\$85/\$90

**Fitness**

**ZUMBINI**

Zumbini is a dance/music-based fitness and development class for babies, toddlers and their caregivers. Created by Zumba and BabyFirst TV, Zumbini combines singing, dancing, instruments and play for the ultimate bonding experience. Participants should be ready for a workout and wear proper shoes! This program is the gold standard for early childhood social, cognitive, and physical development.

**Instructor:** Ms. Jenny of Simply Music Studios

**Location:** Simply Music Studios

**Age:** 0-4 w/an adult

**Day/Dates:** Tuesdays, Sept 10-Nov 5 (No class 10/15)

Time	Fee R/NR
9:45-10:30am OR 6-6:45pm	\$120 per session

**Language**

**I Speak Spanish!**

Expand your child's world! Introduce your child to the Spanish language in this Spanish immersion class developed for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music. Each session covers new and exciting material.

**Instructor:** Language in Action, Inc.

**Location:** Frankfort Founders Center

**Age:** 3-6

**Day:** Tuesdays

Dates	Time	Fee R/NR
Sept 10-Oct 15	5-5:45pm	\$110/\$115
Oct 22-Dec 3	5-5:45pm	\$110/\$115

No class 11/26



## Music

### Kindermusik Programs

Embark on an extraordinary musical journey with our world-famous early childhood music class, crafted to nurture the holistic development of your little one. Every session immerses the child in classic Kindermusik strategies of singing, dancing, fingerplay, sign language, gathering time, story time and tranquil relaxation moments. This is more than just a music class; it's a symphony of love, learning, and laughter.

**Instructor:** Ms. Sydnee of Simply Music Studios

**Location:** Simply Music Studios

**Age: Newborn-18 months**

#### Kindermusik Village

Dates	Day	Time	Fee
Sept 12-Nov 7	Thu	10:15-11am	\$134
No class 10/17			
Sept 14-Nov 9	Sat	10-10:45am	\$134
No class 10/19			

**Age: 18 months-3 years**

#### Kindermusik Our Time

Dates	Day	Time	Fee
Sept 11-Nov 6	Wed	9:45-10:30am	\$134
No class 10/16			
Sept 12-Nov 7	Thu	9:15-10am	\$134
No class 10/17			
Sept 14-Nov 9	Sat	9-9:45am	\$134
No class 10/19			

### Kindermusik Experience

Children will master musical terms, read and compose music, work happily together in ensembles and on teams, play musical games, and gain experience with a variety of instruments. The first 30 minutes is drop-off, with students spreading their wings independently. Adult caregivers join the last 15 minutes of class, where we come together for bonding and sharing.

**Instructor:** Ms. Jenny of Simply Music Studios

**Location:** Simply Music Studios

**Age: 3-5 years**

#### Kindermusik Imagine That!

Dates	Day	Time	Fee
Sept 10-Nov 5	Tue	5-5:45pm	\$134
No class 10/15			
Sept 11-Nov 6	Wed	10:45-11:30am	\$134
No class Oct 16			

**Age: 5-7 years**

#### Kindermusik Musicians (Year One)

Dates	Day	Time	Fee
Sept 9-Nov 4	Mon	4:15-5pm	\$134
No class Oct 14			



## Social

### Simply Music Playdates

Join us for a Simply Music Playdate! Dive into a world of creativity with musical instrument free play, music and movement, and toy time. Bring yourselves and comfortable shoes—we'll handle the rest! Each session is a stand-alone experience, so come join the fun whenever it suits you. Let's party, groove, and make unforgettable memories together!

**Instructor:** Ms. Jenny of Simply Music Studios

**Location:** Simply Music Studios

**Age: Walking-5**

Day/Date	Time	Fee
Fri, Sept 13	9:45-10:30am	\$10
Fri, Sept 20	9:45-10:30am	\$10
Fri, Sept 27	9:45-10:30am	\$10
Fri, Oct 4	9:45-10:30am	\$10
Fri, Oct 11	9:45-10:30am	\$10
Fri, Oct 25	9:45-10:30am	\$10
Fri, Nov 1	9:45-10:30am	\$10
Fri, Nov 8	9:45-10:30am	\$10
Fri, Nov 15	9:45-10:30am	\$10

### Mommy and Me Playgroup

Come join us for some fun with indoor open-play! We will end each class with a song or story.

**Instructor:** Kelly Freza

**Location:** Program Center

**Age: 1-4 w/adult**

**Day:** Thursdays

Dates	Time	Fee R/NR
Sept 5-26	9:15-10am	\$45/\$50
Oct 3-24	9:15-10am	\$45/\$50
Nov 7-Dec 5	9:15-10am	\$45/\$50
No class 11/28		

### Fall 2024

## Early Childhood Education

This program includes academic skills, physical activity, arts and crafts, story time, and songs that will prepare children for Kindergarten. Children must be able to separate from their parents for an extended period of time, and be toilet trained (no pull-ups). Grade is determined by child's age as of 9-1-2024.



**PRESCHOOL (4-YEAR-OLDS)**  
 Mon., Wed., and Friday  
 9-11:30am

**KINDERBRIDGE (4-YEAR-OLDS)**  
 Monday-Friday  
 12:30-3pm

**Required at Registration:**

- Deposit of \$50 (non-refundable) plus the first month's tuition for first child. Entire amount is non-refundable.
- \$0 deposit plus first month's tuition for 2nd child or more. Entire amount is non-refundable.
- Copy of birth certificate and proof of immunizations.

**Monthly Tuition R/NR:**

- Preschool: \$185/\$195/month
- Kinderbridge: \$280/\$290/month
- Sign up for auto-pay and save \$5 per month.
- Nine monthly payments includes the initial payment. Tuition is due on the 1st of each month and will cover the following month.

Preschool is held at the Program Center in Main Park,  
10925 La Porte Road, Mokena

Please note: If you need to cancel out of school for any reason, a 30-day written notice is required to stop future payments.

## Arts

### Crayola Imagine Arts Academy Wild World: Explore the Wonder and Beauty of the Animal Kingdom!

Discover nature in a way that inspires empathy, curiosity, and creativity. Learn about many different animals and how wildlife conservationists are working to protect species around the globe. Experiment with a variety of art techniques and use Crayola art materials to create projects like frog paintings, slithering snakes, and coiled turtles.

**Instructor:** Imagine Arts Academy Staff

**Location:** Program Center—Art Room

**Ages:** 5-12

**Day:** Saturdays

Dates	Time	Fee R/NR
Aug 17-Oct 5	10-11am	\$146/\$151

### Paint a Pet

Don't miss this unique opportunity to create a beautiful masterpiece of your furry friend! Whether you're a seasoned artist or just starting out, our experienced instructors will guide you every step of the way. Send in an image of your pet, we will pre-draw it on an 11x14 canvas. You will come to the event and the artist will give you tips and directions on how to paint it. Leave feeling accomplished and with a precious picture of your pet. Creating priceless memories!

**Instructor:** Mary Mucci

**Location:** Mucci World

**Age:** 5+

**Day:** Saturday

Date	Time	Fee R/NR
Aug 31	2-4pm	\$45/\$50

### Do Art Productions

#### Comic Book workshop

In this workshop we will be diving into the exciting worlds of comics and creativity! In an interactive and high energy class, we will cover the topics of eyes, of stories, as well as drawing endlessly including on a giant whiteboard. There will be music. There will be juggling, and plenty of other magic surprises to make an engaging and entertaining experience. Everyone will go home with stickers, bookmarks, and their own little comic to create at home and further their pursuits!

**Location:** Program Center—Art Room

**Age:** 6-13

**Day:** Wednesday

Date	Time	Fee R/NR
Oct 9	5-7pm	\$35/\$45



### Do Art Productions

#### Creative Writing workshop

At this creative writing workshop, we will explore creative writing as we discuss the tools of poetry (like imagery and metaphor) as well as the structure of the haiku. We emphasize the power of words to evoke expression and fun, and as with all our workshops, we use audience participation to inform and inspire. The audience will also be able to type on a typewriter provided by us, to add a line of their own to a completely original poem that we create together! By the end we will all be writing our own poetry as well as poetry with each other.

**Location:** Program Center—Art Room

**Age:** 6-13

**Day:** Wednesday

Date	Time	Fee R/NR
Oct 16	5-6pm	\$20/\$30



### Do Art Productions

#### Halloween painting workshop

At this Halloween Painting Workshop, we will celebrate the holiday by painting vampires, ghosts, or ghouls, or any Frankenstein version of them. All materials will be supplied, and multiple paintings will be encouraged, including an abstract spooky night time moon! There will be music, costumes, and, as always, eyepatches!

**Location:** Program Center—Art Room

**Age:** 6-13

**Day:** Wednesday

Date	Time	Fee R/NR
Oct 23	5-7pm	\$40/\$50



### Do Art Productions Comic Book Program

In this class we will explore the many different angles and tools of not only comics but self-expression. Each week we will explore a different aspect of comics from paneling, to character, to plot, as well as learn about the different aspects of inspiration and expressing ourselves. By the end we will have created many of our own comics, as well as see how to generate our own. Our goal is to always show that gratitude in being ourselves and the creativity that can sprout from expressing this. Everyone will receive stickers, bookmarks, and a variety of other materials to further their comic creations.

**Location:** Program Center—Art Room

**Age:** 6-13

**Day:** Wednesdays

Dates	Time	Fee R/NR
Nov 6-20	5-6pm	\$70/\$80



# Youth Programs

## Critter

### Critter Class

Learn about some of the world's most misunderstood creatures and why they are a key indicator for healthy ecosystems, as well as why they are important for us to save them from extinction. In this one class you will get to see, hold and learn about numerous reptiles and amphibians.

**Instructor:** Crosstown Exotics

**Location:** The Oaks—Walnut Room

**Age:** 6-12

**Day:** Tuesday

Date	Time	Fee R/NR
Nov 19	6-7pm	\$38/\$45

## Dance

### Youth Dance Classes

From the graceful movements of Ballet to the quick beat of Hip-Hop/Jazz to the synchronized sounds of tapping toes we have it all! While having a great time learning a new dance style, dancers will also learn how to count music and create rhythm patterns of their own. White ballet shoes, black tap and jazz shoes should be worn for appropriate classes. *Please note that parents are not to remain in the building. Please bring your own water bottle to class.*

**Grade is determined as of Fall 2024.**


**Instructor:** Jenny Diamond

**Location:** Program Center Dance Room

**Fee R/NR:** \$100/\$110 (30 min. classes)  
\$125/\$135 (45 min. classes)

**Day: Monday**



**Dates:** Sept 9-Dec 9; No class 10/14, 11/4, 11/25

Class	Time	Age
 Pre-Ballet	9:30-10am	3 years
Tap	4:15-4:45pm	4-5
Ballet	4:45-5:15pm	4-5
Hip Hop/Jazz	5:15-6pm	5th-6th Grade
Tap	6-6:30pm	5th-6th Grade
Ballet	6:30-7:15pm	5th-6th Grade
Pointe 1*	7:15-7:45pm	5th-6th Grade

\*Must take ballet and upon teacher approval

**Day: Tuesday**

**Dates:** Sept 10-Dec 10; No class 10/15, 11/5, 11/26

Class	Time	Age
 Tap	9:30-10am	4 years
 Ballet	10-10:30am	4 years
Tap	4:15-4:45pm	K-1st Grade
Ballet	4:45-5:15pm	K-1st Grade
Poms	5:15-5:45pm	K-1st Grade
Tap	5:45-6:15pm	2nd-3rd Grade
Ballet	6:15-7pm	2nd-3rd Grade
Hip Hop/Jazz	7-7:30pm	2nd-3rd Grade

**Day: Wednesday**

**Dates:** Sept 11-Dec 11; No class 10/16, 10/30, 11/27

Class	Time	Age
Tap	4:15-4:45pm	1st-2nd Grade
Ballet	4:45-5:15pm	1st-2nd Grade
Jr. Jazz	5:15-5:45pm	1st-2nd Grade
Tap	5:45-6:15pm	4th-5th Grade
Ballet	6:15-7pm	4th-5th Grade
Hip Hop/Jazz	7-7:45pm	4th-5th Grade

**Day: Thursday**

**Dates:** Sept 12-Dec 12; No class 10/17, 10/31, 11/28

Class	Time	Age
Tap	4:15-4:45pm	4-5
Ballet	4:45-5:15pm	4-5
Hip Hop/Jazz	5:15-6pm	7th-8th Grade
Tap	6-6:30pm	7th-8th Grade
Ballet	6:30-7:15pm	7th-8th Grade
Pointe*	7:15-7:45pm	7th+

\*Must take ballet

**Day: Friday**

**Dates:** Sept 13-Dec 13; No class 10/18, 11/1, 11/29

Class	Time	Age
Pre-Ballet	4:15-4:45pm	3 years
Tap	4:45-5:15pm	3rd-4th Grade
Ballet	5:15-5:45pm	3rd-4th Grade
Hip Hop/Jazz	6-6:45pm	3rd-4th Grade
Ballet	6:45-7:30pm	9th-12th Grade
Hip Hop/Jazz	7:30-8:15pm	9th-12th Grade

## Days Off School-Camps

### Thanksgiving Break Camp

Day off of school with nothing to do? Come hang out at Mokena Park District and go on an adventure with us! Doors open at 8am and the adventure doesn't end until 6pm. We will be making



crafts, sports, and games! The day will be filled with endless fun! Please dress your children accordingly as we may go outside if the weather permits it. Be sure to wear comfortable clothing, and closed-toed shoes, and please provide a lunch and extra snacks. **We must have 10 participants per day for this program to run.**

**Instructor:** Mokena Park Staff

**Location:** Program Center

**Grades:** Kindergarten-5<sup>th</sup>

Day/Date	Time	Fee R/NR
Mon Nov 25	8am-6pm	\$45/\$55
Tue Nov 26	8am-6pm	\$45/\$55
Wed Nov 27	8am-6pm	\$45/\$55

**Multiple children discount of \$5.**

**Winter Break Camp**

Day off of school with nothing to do? Come hang out at Mokena Park District and go on an adventure with us! Doors open at 8am and the adventure doesn't end until 6pm. We will be making crafts, sports, and games! The day will be filled with endless fun! Please dress your children accordingly as we may go outside if the weather permits it. Be sure to wear comfortable clothing, and closed-toed shoes, and please provide a lunch and extra snacks.

**We must have 10 participants per day for this program to run.**

**Instructor:** Mokena Park Staff

**Location:** Program Center

**Grades:** Kindergarten-5<sup>th</sup>

Date	Time	Fee R/NR
Mon Dec 23	8am-6pm	\$45/\$55
Thu Dec 26	8am-6pm	\$45/\$55
Fri Dec 27	8am-6pm	\$45/\$55
Mon Dec 30	8am-6pm	\$45/\$55
Thu Jan 2	8am-6pm	\$45/\$55
Fri Jan 3	8am-6pm	\$45/\$55

**Multiple children discount of \$5.**



*Horseback Riding*

**Horseback Riding Lessons**

Fun for all ages at any riding level, no previous experience is needed. Come out to learn both Western and English disciplines taught by our highly qualified trainers and instructors. We offer both an indoor and outdoor arena, so Nova is able to offer lessons year-round. A 5-lesson card includes 5 individual one-hour group lessons. Helmets are available at parent's request. There is a limit of one initial park district 5-lesson card per family.

**Location:** Nova Quarter Horses

**Age:** 7+

**Fee R/NR:** \$270

Call Nova to schedule your lessons, after you have purchased your card, (708) 479-3696.

**Family Barn Day at Nova Quarter Horses**

Family Barn Day is a new event at Nova! We invite you to bring your family to our barn and spend a few hours with us and our horses! In addition to horse rides for the whole family (lead line for our little ones under 7), children will have the opportunity to stuff a scarecrow or paint a pumpkin. Beginners welcome!

**Location:** Nova Quarter Horses

**Fee:** \$125 for first two family members, \$35 for each additional family member

**Age:** ALL

**Day:** Sunday

Date	Time
Oct 6	12-2:30pm



## Youth Programs

### Winter Horse Camp

Join Nova Quarter Horses for 2 fun-filled days of Winter Horse Camp! Each day will consist of hands on experience and a riding lesson. Guided by our experienced staff members, each participant will learn to saddle, bridle and groom their own horse before taking them to the arena for the daily lesson.

**Location:** Nova Quarter Horses

**Age:** 7+

**Days:** Thu & Fri

Dates	Time	Fee
Jan 2-3	9am-3pm	\$200



### Language

#### Vamonos Youth Spanish

Learning a second language can open a world of possibilities for your child. In this class, students will learn Spanish conversation, Spanish grammar, reading and writing skills through interactive, engaging and fun activities and games. Each session covers new and exciting materials!

**Instructor:** Language in Action

**Location:** Frankfort Founders Community Center

**Age:** 6-11

**Day:** Tuesday

Dates	Time	Fee R/NR
Sept 10-Oct 15	6-6:45pm	\$110/\$115
Oct 22-Dec 3	6-6:45 pm	\$110/\$115
No class 11/26		

### Fiesta Time Minicamp

#### Make Your Own Piñata

Did you know that piñatas are a part of the Christmas celebration in many Mexican families? In this one-day camp, children will decorate their very own mini piñata while learning some Christmas words in Spanish and singing Christmas carols, all in Spanish! All material is included.

**Instructor:** Language in Action

**Location:** Frankfort Founders Community Center

**Age:** 4-10

**Day:** Saturday

Date	Time	Fee R/NR
Dec 7	9:30-11am	\$30/\$35



### Magic

#### Magic Class

Children will have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. All materials are provided, and each child receives a magic kit to take home. New tricks each session!

**Instructor:** Magic Team of Gary Kantor

**Location:** Frankfort Founders Center

**Age:** 5-12

**Day:** Wednesday

Date	Time	Fee R/NR
Oct 9	5-5:55pm	\$22/\$27

**Day:** Thursday

Date	Time	Fee R/NR
Dec 5	5-5:55pm	\$22/\$27

### Medical

#### Little Veterinarian School Dog

After "adopting" their very own plush puppy, kids will roleplay the key responsibilities of a veterinarian, including how to properly perform a nose-to-tail exam. These future veterinarians will learn how to sew stitches, remove ticks, make healthy treats, and vaccinate their dog. **No class November 27th.**

**Instructor:** Little Medical School

**Location:** The Oaks-Walnut Room

**Age:** 4-6

**Day:** Wednesday

Dates	Time	Fee R/NR
Oct 30-Dec 11	4:15-5:15pm	\$150/\$155

### Music/Theatre

#### Homeschool Music Classes

Our homeschool music class is everything busy homeschool families are looking for! From playing instruments, to learning fundamental concepts, to reading music, to music history and appreciation, this class weaves it all together. Students have the chance to make music as an individual or in a group while having fun, making friends, learning and growing through this important art form. Recorders, other instruments, materials and sheet music will be provided. No class October 15th.

**Instructor:** Ms. Jenny of Simply Music Studios

**Age:** K-3 Grade

**Day:** Tuesday

Dates	Time	Fee R/NR
Sept 10-Nov 5	10:45-11:30am	\$120
Nov 12-Jan 21	10:45-11:30am	\$120

**Age:** 4-8 Grade

**Day:** Tuesday

Dates	Time	Fee R/NR
Sept 10-Nov 5	11:45-12:30pm	\$120
Nov 12-Jan 21	11:45-12:30pm	\$120

## “DISNEY’S BEAUTY AND THE BEAST JR.”

Be our guest and let your child step into the enchanting world of Belle, Cogsworth, and Lumiere, as Simply Music presents this 16-week program designed to take every performer from auditions to curtain call! Let your child's creativity and passion for the arts help us create *this tale as old as time*. When you sign up, students will audition for a role on Sunday, September 29th, 12-2:30 pm, and Sunday, October 6th, 12-2:30 pm. Plan to attend both days. Don't worry, everyone gets a part! Rehearsals are at our New Lenox studio on Sundays for full cast and Mondays for small group dialogue and solos until the final tech week when rehearsals are daily M-Th in the evenings at the venue at Crossroads Christian Church in Joliet. Participants must be able to attend final tech week rehearsals and all performances. Don't wait until the last petal falls. Send any questions regarding the show to [jennifer@simplymusicstudios.com](mailto:jennifer@simplymusicstudios.com).

**Instructor:** Ms. Jenny of Simply Music Studios

**Location:** Simply Music Studios

**Grades:** 1-10

**Fee:** \$395

Day	Dates	Time
Sun	Sept 29-Jan 26 No class 10/20, 12/1, 12/29, 1/5	12-2:30pm
Mon	Oct 7-Jan 20 No class 10/14, 11/25, 12/23, 12/30	6:15-7:30pm
Mon-Thu	Jan 27-30	6:30-9pm

*Performance dates: Jan 31 at 7 pm and Feb 1 at 2 pm and 7 pm. Performances held at Crossroads Christian Church, Joliet*

## **NEW** Red Note Choir

The Red Note Choir is rapidly becoming one of the area's most exciting group music offerings. Our curriculum ranges from traditional to modern music, and our philosophy is that children will love music for life when they sing songs they can connect with. Students learn age-appropriate vocal techniques of posture, breathing, sound productions, and expression, in order to build a strong vocal foundation. No prior experience necessary. Singing is for everyone! The group performs throughout the southwest Chicagoland area at high-profile events, including caroling at the New Lenox Commons, and exclusive 815 concert event, Simply Music's Winter and Summer Red Carpet Events, and this year, Six Flags Music in the Parks and a possible Chicago Wolves pre-game!

**Instructor:** Ms. Jenny of Simply Music Studios

**Location:** Simply Music Studios

**Age:** K-6 Grade

**Day:** Monday

Dates	Time	Fee R/NR
Sept 9-Dec 16	5:15-6pm	\$189
No class 10/14, 11/28		

## STEM

### **NEW** STEM Sleuths

Our STEM Sleuths program is a 6-hour course designed to expose students ages 8-12 to the forensic science used to solve a crime. Students will conduct experiments on fingerprinting, collecting shoe prints, chromatography, composite drawing, facial reconstruction, toxicology, and handwriting analysis. The class culminates in the forensic student team working together to solve a crime.

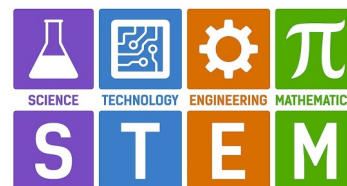
**Instructor:** Little Medical School

**Location:** The Oaks-Walnut Room

**Age:** 8-12

**Day:** Wednesdays

Dates	Time	Fee R/NR
Oct 30-Dec 11	5:30-6:30pm	\$163/\$168
No Class 11/27		



### Training

#### Safe at Home

This course will teach children who are home alone the importance of behaving responsibly and how to handle themselves when confronted with a challenge. Topics covered include safety in the home, proper use of keys, what to do in case of an emergency, how to respond to strangers and more.

**Instructor:** Donna Giove

**Location:** Frankfort Founders Center

**Age:** 6-10

**Day:** Monday

Date	Time	Fee R/NR
Oct 28	4:30-6pm	\$40/\$45

#### First Aid for Kids

This American Red Cross class teaches children basic health and safety tips focusing on shock, bleeding, choking, the Heimlich maneuver, burns, poisons, and much more! Many hands-on activities will be provided for additional reinforcement.

**Instructor:** Donna Giove

**Location:** Frankfort Founders Center

**Age:** 6-10

**Day:** Monday

Date	Time	Fee R/NR
Oct 28	6:30-8pm	\$40/\$45





## PARTICIPANT CODE OF CONDUCT

Our goal as a Park District is to ensure that every participant has FUN. The following conduct guidelines serve as a simple reminder that this is recreation, not professional sports. Play to have FUN:

- ◆ Respect all participants, officials, Park District staff, and spectators. Lead the way in creating a positive, recreational atmosphere.
- ◆ Avoid the use of foul or inappropriate language. Set positive examples for the community.
- ◆ Refrain from inflicting bodily harm on participants, officials, Park District staff, and spectators.
- ◆ Respect all equipment, supplies, and facilities provided by Mokena Community Park District.

Anyone, player, coach, referee or staff member, that does not follow the Code of Conduct, will be dismissed from the league or program without a refund or form of payment. These programs are for social and developmental skills only. These are non-competitive programs.

### Basketball

#### Skyhawks Basketball

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressive curriculum, we focus on the whole player-teaching sportsmanship and teamwork. Players will learn the fundamentals of passing, shooting, ball handling, rebounding, and defense through skill-based instruction and small-sided scrimmages.

**Instructor:** Skyhawk Sports Academy Staff

**Location:** The Oaks

**Day:** Tuesdays

**Ages:** 4-6

Dates	Time	Fee R/NR
Oct 8-29	6-7pm	\$85/\$90
	After Sept 23	\$90/\$95

**Ages:** 7-12

Dates	Time	Fee R/NR
Oct 8-29	7:15-8:15pm	\$85/\$90
	After Sept 23	\$90/\$95

## VOLUNTEER COACHING

The park district relies on Volunteers. Experienced coach or new to the game, we'd love to have you be part of the team. All volunteer coaches must complete an application, liability waiver, and background check prior to the commencement of any coaching duties. *If you are interested in coaching but feel you don't know enough to teach a sport, please know that the park district does have a support system in place to assist you.* If you are interested in coaching please contact Skyler Ramberger at [sramberger@mokenapark.com](mailto:sramberger@mokenapark.com).

## Youth Basketball League

Players register as an individual and are placed onto teams by a draft process, and teams are coached by volunteer parents. No player requests, aside from siblings, will be honored as we will be completing a draft protocol. ALL PLAYERS are required to attend and participate in drills at the player evaluation on October 20th. All players not in attendance of the evaluation will be assigned a team at random before the draft begins. Each team is guaranteed to play 8 games with the season beginning December 14th. Games are played on Saturday mornings at The Oaks Recreation and Fitness Center. Teams will practice once per week at local schools. Fee includes uniform. Early Registration deadline is Friday September 27th. Practices begin on November 17th. **Volunteer Coaches always needed, email [Sramberger@mokenapark.com](mailto:Sramberger@mokenapark.com) for more information regarding volunteering coaching.**

### 1<sup>st</sup> Grade Boys & Girls Recreational Basketball

### 2<sup>nd</sup> Grade Boys & Girls Recreational Basketball

This league will have no score keeping or playoffs to promote the development of players over winning games or tournaments.

**Fee R/NR:** \$140/\$160

**After Sept 27:** \$150/\$170

### 3<sup>rd</sup> Grade Boys Recreational Basketball League

### 4<sup>th</sup> Grade Boys Recreational Basketball League

### 3<sup>rd</sup>/4<sup>th</sup> Grade Girls Recreational Basketball League

### 5<sup>th</sup>/6<sup>th</sup> Grade Boys Recreational Basketball League

### 7<sup>th</sup>/8<sup>th</sup> Grade Boys Recreational Basketball League

### 5<sup>th</sup>/6<sup>th</sup> Grade Girls Recreational Basketball League

### 7<sup>th</sup>/8<sup>th</sup> Grade Girls Recreational Basketball League

### Highschool Girls Recreational Basketball League

These leagues will keep score and standings, but will prioritize the development of players over winning games or tournaments. All teams qualify for the March Madness Tournament at season's end.

**Fee R/NR:** \$140/\$160

**After Sept 27:** \$150/\$170



## Cheerleading

### Ignite Cheerleading

The Ignite Cheerleading program is designed to provide an introduction to the world of cheerleading. Join us and watch your athlete develop level-appropriate skills in cheers, dance, jumps, motions, and beginner stunts. Our experienced coaches follow a detailed lesson plan to ensure that every student receives personalized attention and progresses at their own pace. Participation in the Ignite In-House Recreational Competition is optional but highly encouraged. If your athlete chooses to compete, there is a \$55 competition fee, and a \$165 uniform fee, and athletes can use the same uniform until they outgrow it. One week prior to the first class, Ignite will send you a welcome email that will explain the additional costs for competition, uniform requirements, and practice expectations.

**Instructor:** Ignite Cheer

**Location:** New Lenox Park District—LCC Room 1 Entry C

**Age: 4-6**

**Day:** Mondays

Dates	Time	Fee R/NR
Sept 9-Dec 9	6-6:55pm	\$235/\$245
	After Aug 26	\$240/\$250

**Age: 7-9**

Sept 9-Dec 9	7-7:55pm	\$235/\$245
	After Aug 26	\$240/\$250

**Ages: 10-14**

Sept 9-Dec 9	8-8:55pm	\$235/\$245
	After Aug 26	\$240/\$250

## Flag Football

### Skyhawks Flag Football

Skyhawks Flag Football is the perfect introduction to “America’s Game” or a great refresher those who want to brush up on their skills preparing for league play. Through our “skill of the day” exercises, we will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

**Instructor:** Skyhawk Sports Academy Staff

**Location:** Main Park—Near Sand Volleyball Courts

**Day:** Thursdays

**Ages: 4-6**

Dates	Time	Fee R/NR
Sept 12-Oct 3	6-7pm	\$85/\$90
	After Aug 26	\$90/\$95

**Ages: 7-12**

Dates	Time	Fee R/NR
Sept 12-Oct 3	7:15-8:15pm	\$85/\$90
	After Aug 26	\$90/\$95

## Ninja

### Ninja Class

Train like a Ninja Warrior! Kids will develop strength, speed, agility, balance, and coordination on obstacles that replicate ones from American Ninja Warrior. Kids will learn how to navigate obstacles correctly leading up to a group competition during the class.



**Instructor:** Bill Branigan

**Location:** The Oaks

**Age: 7-14**

**Day:** Mondays

Dates	Time	Fee R/NR
Sept 9-30	4:45-6pm	\$90/\$100

## Soccer

### Soccer

Skyhawks was founded as a soccer club in 1979. Thirty years later, we are still the number one choice for parents looking to introduce their children to the fundamentals of the world’s most popular sport. Using our progression curriculum, your young athlete will gain the technical skills and sport knowledge required for the next step into soccer. Designed for beginner and intermediate players, this camp focuses on dribbling, passing, shooting, and ball control. Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

**Instructor:** Skyhawk Sports Academy Staff

**Location:** Main Park

**Day:** Tuesdays

**Ages: 4-6**

Dates	Time	Fee R/NR
Sept 10-Oct 1	6-7pm	\$85/\$90
	After Sept 2	\$90/\$95

**Day:** Thursdays

Dates	Time	Fee R/NR
Oct 10-Nov 7	6-7pm	\$85/\$90
No class 10/31	After Oct 2	\$90/\$95

**Ages: 7-12**

**Day:** Tuesdays

Dates	Time	Fee R/NR
Sept 10-Oct 1	7:15-8:15pm	\$85/\$90
	After Sept 2	\$90/\$95

**Day:** Thursdays

Dates	Time	Fee R/NR
Oct 10-Nov 7	7:15-8:15pm	\$85/\$90
No class 10/31	After Oct 2	\$90/\$95



## VOLUNTEERS NEEDED

### Do you need Volunteer hours for School, Scouts, or a Club?

You can fulfill your community service requirements at Mokena Park District. The minimum age for volunteers is 13 or 8th grade. To volunteer at an event, contact the park district prior to the event to sign-up. Check with your organization to be sure they will accept volunteer hours from MCPD.

For questions or to sign-up for an event, call or email: 708-390-2401  
[info@mokenapark.com](mailto:info@mokenapark.com)

### Volleyball

#### G2VBC Youth Volleyball Academy

This is an 8-week instructional program for children Grades 1-8. Activities are designed for players interested in learning the fundamentals of volleyball and having fun. The program focuses on maximum ball touches and participation for the player, both of which are instrumental for player development. Student to instructor ratio is 10:1 and all activities are prepared and delivered by G2VBC staff.

**Instructor:** G2VBC Staff

**Location:** The Oaks

**Day:** Wednesdays

#### Grades: 1-4

Dates	Time	Fee R/NR
Sept 4-Oct 23	4:30-5:30pm	\$75/\$88
	After Aug 23	\$85/\$98
Oct 30- Dec 18	4:30-5:30pm	\$75/\$88
	After Oct 23	\$85/\$98

#### Grades: 5-8

Dates	Time	Fee R/NR
Sept 4-Oct 23	5:30-6:30pm	\$75/\$88
	After Aug 23	\$85/\$98
Oct 30- Dec 18	5:30-6:30pm	\$75/\$88
	After Oct 23	\$85/\$98

### Basketball

#### Fresh/Soph Boys Recreational Basketball League

#### Junior/Senior Boys Recreational Basketball League

Players register as an individual and are placed onto teams by a draft process, and teams are coached by volunteer parents. No player requests, aside from siblings, will be honored as we will be completing a draft protocol. ALL PLAYERS are required to attend and participate in drills at the player evaluation on October 20. All players not in attendance of the evaluation will be assigned a team at random before the draft begins. Each team is guaranteed to play 10 games. Games are played on Sunday mornings at The Oaks Recreation and Fitness Center. Teams will practice once per week (if available) at local schools. This league will keep score and standings but will prioritize the development of players over winning games or tournaments. All teams qualify for the March Madness Tournament at season's end. Volunteer Coaches always needed, email [Sramberger@mokenapark.com](mailto:Sramberger@mokenapark.com) for more information regarding volunteering coaching.

**Location:** The Oaks Recreation and Fitness Center

**Day:** Sunday

**Date:** Practice begins Nov 17

Games Begin Dec 15

**Player Evaluations:** Oct 20

**Time:** Varies week to week based on scheduled games

**Fee R/NR:** \$160/\$180

**After Sept 27:** \$170/\$190

### VOLUNTEER COACHING

The park district relies on volunteers to coach teams in its recreational leagues. Experienced coach or new to the game, we'd love to have you be part of the team. All volunteer coaches must complete an application, liability waiver, and background check prior to the commencement of any coaching duties. *If you are interested in coaching but feel you don't know enough to teach a sport, please know that the park district does have a support system in place to assist you.* If you are interested in coaching please contact Skyler Ramberger at [sramberger@mokenapark.com](mailto:sramberger@mokenapark.com).



## Crafting

### Board and Brush

Grab your friends and paint a board! Join us at Board and Brush in New Lenox, for a fun night filled with sanding, distressing, staining, stenciling, and more! The fee includes the board of your choice, paint, aprons, supplies etc. You are more than welcome to bring your own snacks and drinks.



**Location:** Board and Brush New Lenox

**Age:** 12-15

**Day:** Tuesday

Date	Time	Fee R/NR
Sept 19	6-8pm	\$60/\$65

## Environment

### Intro to Crystals

The Intro to Crystals course will teach you about crystals and how to use them to live a more focused, fun and fabulous life. You'll learn the properties and benefits of a variety of crystals and how to properly work with them. We'll discuss how to find and select the right crystals for you, and ways to consciously create a better life with crystals. All participants will receive a free crystal starter kit. By the end of the course, participants will be able to use crystals to live a better and more balanced life.

**Location:** Program Center—Art Room

**Age:** 10-17

**Day:** Saturday

Date	Time	Fee R/NR
Oct 5	10:30am-12pm	\$30/\$40

### Intro to Crystals 2

The Intro to Crystals course will teach you about crystals and how to use them to live a more focused, fun and fabulous life. You'll learn the properties and benefits of a variety of crystals and how to properly work with them. We'll discuss how to find and select the right crystals for you, and ways to consciously create a better life with crystals. All participants will receive a free crystal starter kit. By the end of the course, participants will be able to use crystals to live a better and more balanced life.



**Instructor:** Andrea June

**Location:** Program Center—Art Room

**Age:** 10-17

**Day:** Wednesday

Date	Time	Fee R/NR
Nov 13	6:30-8pm	\$30/\$40

## NEW Education on the Farm

Nutritious Earth is a hands on farm education program that takes place at Mokena Community Garden. Come and get your hands dirty as we prepare our own plot. Activities include planting, weeding, composting and more. Take home ideas for your garden as we explore where our food goes and how it grows.



**Instructor:** Andrea Brazausky

**Location:** Yunker Farm—Garden Plots

**Age:** 11-16

**Day:** Sunday

Date	Time	Fee R/NR
Sept 1	3-4pm	\$90
Oct 6	3-4pm	\$90

## Training

### Babysitter Training

This is a two-day class that focuses on providing youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly provide care for children and infants in the absence of parents. This training will help participants develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe, help children behave & learn about basic childcare and basic first aid. Certification for this class includes the participant's workbook and emergency guide as well as an American Red Cross Babysitters Training certificate. Attendance is required for the entire two days to receive a certificate. Any exceptions need to be approved in advance by the instructor. The instructor will give the students a 15-minute break each day, please provide your child with a snack.



**Instructor:** Donna Giove

**Location:** Frankfort Founders Center

**Age:** 11-15

**Day:** Monday and Wednesday

Date	Time	Fee R/NR
Sept 23 & 25	4:30-8pm	\$80/\$85
Nov 18 & 20	4:30-8pm	\$80/\$85



**Mokena Community Park District** >

Page · Sports & recreation

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mokenapark.com · Mokena, IL

(708) 390-2401 · info@mokenapark.com

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Following ...





## Park Offerings

### Community Gardens

Rental of our garden plots will be available for residents and non-residents on a first-come, first-served basis. Plots are 12' x 12', and are \$25 per plot for residents, \$40 per plot for non-residents. Proof of residency will be required.

- Gardeners will be sent an informational packet before the growing season.
- Planting may begin on May 1.
- Plots not planted by June 1 will be returned to the Park District for re-rental. (No refunds)
- Plots must be completely cleaned out by November 1 or rental privileges for successive years will be forfeited, and a clean-up fine may be assessed.
- Water is provided on-site and gardener supplies their own tools, plants, etc.
- Drop off your paperwork and payment to the Administration Center.
- At the end of the gardening season, if you wish to keep your plot please contact the Administration Center to pre-pay for the next year.

### Donate-a-Tree

Celebrate a birth, anniversary, or memorialize a loved one with a donation to purchase a tree to be planted in the park of your choice. Your contribution of \$100 or more, with a matching donation by the Park District of up to \$100, will cover the cost to plant and care for a tree at least 1.5 inches in diameter. Park benches and other park amenities are also available. Call the Administration Center for details, (708) 390-2402.

### Free Walking Track

The Mokena Park District offers residents of the Park District 13 years of age and over (8 to 12-year olds with a parent) the opportunity to use the three-lane, elevated walking track located at The Oaks Recreation and Fitness Center, 10847 La Porte Road, Mokena. Interested residents should sign in at the Customer Service Desk to obtain an ID card and use the track for FREE. (Proof of residency required.)

### IAPD Youth License Plate

Park Districts in Illinois have been providing vital Youth programs for many years. These license plates help fund activities for Illinois' youth. For more information, call the Illinois Association of Park Districts at 1-877-523-4558.

### Innova Discs Available for Purchase

Discs are available for purchase at The Oaks Recreation & Fitness Center in a variety of weights, styles, colors and prices. Disc Golf Bags are also available.

### Mokena Community Park District Foundation

The Mokena Community Park District Foundation is a 501(c)3 charitable foundation. Its mission is to raise funds to provide scholarships for Park District or affiliate organization



programming for children of the community in need, scholarships for local residents attending an accredited college to obtain a degree in the Parks and Recreation field, and for capital projects and landscaping/beautification projects. Information about the Foundation, along with applications for Financial Aid for Programming, can be found on the Park District website: [www.mokenapark.com](http://www.mokenapark.com).

### Gift Certificates

Give a gift that will be sure to fit. Whatever the occasion, Gift Certificates are available in a variety of dollar amounts. Just drop by the Administration Center or The Oaks today!

### Pavilion Rentals

Residents and Non-Residents can rent any of the pavilions at our parks. An application needs to be filled out and the appropriate fee will need to be paid. Applications are due no later than two weeks prior to the rented date. Outside vendors may be present at the pavilion pending Superintendent's approval and for an extra fee. Any vendors will need the proper paper work such as permits and a Certificate of Insurance. No alcoholic beverages or gambling is permitted in any of the Mokena Community Park District Parks or facilities. No products or services, consumable or non-consumable, are to be advertised and/or sold to the public on Park District Property. Public can rent out Main Park and Willowview pavilions. Other pavilions and parks can be rented to residents of Mokena and resident groups of Mokena only. Fees range from \$75-\$200 plus a security deposit between \$100-\$200. Security deposits are refundable as long as the park and pavilion are left in good standing. Other inquires about renting pavilions can be directed to 708-390-2401. Please visit our website for more information or to download a form.

### Volunteer Opportunities

Volunteers are an essential part of the Park District that enable us to offer a wide variety of programs and events. Call the Administration Center at 708-390-2401 to find out about the opportunities that are available.

# Sponsors and Advertisers Make the Difference



Advertising your business in the Mokena Community Park District brochure is a great opportunity for merchants in Mokena and surrounding communities to promote your business and to support the parks and recreation programs in your area.

## Highlights of Advertising your Business

- This is our #1 marketing tool to promote our programs, events, leagues and services that are offered to our residents and non-residents.
- Our brochure is posted on our website, social media sites, and sent to over 10,000 households.
- This low cost advertising option is a great value for any business, large or small.

## Three Brochures are Printed Yearly:

- Winter/Spring (Jan-May) • Summer (May-Sept) • Fall (Sept-Jan)

Advertise twice a year and save 10%  
Advertise three times a year and save 20%

BROCHURE ADVERTISING	Exterior Back Cover	Interior Full Page	Interior Horizontal Half-Page	Interior Vertical Half-Page	Interior Quarter Page	Interior Business Card Size
AD Dimensions	W: 7.75" H: 6.75"	W: 7.75" H: 9"	W: 7.75" H: 4.5"	W: 4.5" H: 7.75"	W: 4.0" H: 4.0"	W: 3.5" H: 2.0"
Prices per season	\$1,000	\$600	\$300	\$300	\$200	\$100

## Sponsor an Event!

Mokena Community Park District relies heavily on sponsorships that make it possible for us to offer events and programs at lower rates or free of cost. We provide over 20 events throughout the year and hundreds of programs. Your business would be recognized in so many different ways!

## Sponsorship Benefits:

- Your logo on event flyers, posters and online promos
- Table at the event to promote your business
- Sponsor supplied banner displayed at events
- Name listed on website and Facebook Page
- Logo/Name on all email blasts to patrons
- Special recognition at events AND MORE!

Call us and we can customize a Sponsorship or Advertising package to fit your budget.

For more information, or to reserve your ad space or sponsorship, please contact Kara Jelderks at 708-390-2409 or [kjelderks@mokenapark.com](mailto:kjelderks@mokenapark.com)

# now HIRING

- Basketball League
- Score Keepers
- Day Camp Counselors
- Gym Attendants
- Maintenance
- Splash Park Attendants
- Seasonal Maintenance
- Volleyball Referees

Go to our website for more information and an application.  
[www.mokenapark.com](http://www.mokenapark.com)

MOKENA COMMUNITY

PARK DISTRICT



## A Christmas Carol

Charles Dickens' enchanting tale of redemption and hope comes to life in Arlington Heights' favorite holiday tradition. On a snowy Christmas Eve brimming with



memorable characters, ghostly apparitions and splendid holiday music, miserly Ebenezer Scrooge visits the past, present and future to discover the true meaning of Christmas. Metropolis Performing Arts Centre's updated, record-breaking production returns with enough magic, joy and Christmas spirit to delight audiences of all ages. The performance is held at the Metropolis Performing Arts Center in Arlington Heights. **Fee includes admission, gratuity, and transportation.**

**Location:** Main Park

**Age:** 21+

**Day:** Friday

Date	Time	Fee
Dec 13	12:15-5pm	\$95

## Autumn on the River

Join us as we travel to Starved Rock to see the beautiful fall colors. Autumn on the River tours are a great way to see the beautiful fall foliage as you cruise along the Illinois River. Our



day begins with lunch in the historic dining room at the Lodge, followed by a narrated trolley tour with the history and legends of the area. The trolley will then take you to the new riverboat, "The Eagle I" where you will see the beautiful fall foliage of the Starved Rock State Park area by water. **Fee includes lunch, trolley tour, river boat cruise, and transportation.**

**Location:** Frankfort Park District

**Age:** 18+

**Day:** Wednesday

Date	Time	Fee
Oct 23	Departure: 9am Return: 5pm approximately	\$119

## Teatro Zinzanni

Teatro ZinZanni is an original form of entertainment combining a unique fusion of cirque, comedy, cabaret, spectacle, and live music all the while serving up a multi-course feast. A



spectacle of unforgettable performances, sumptuous cuisine, and premium entertainment awaits you within the velvet walls of the Spiegeltent ZaZou in the heart of the Chicago Loop. **Fee includes show, lunch, non-alcoholic drinks, and transportation.**

**Location:** Frankfort Park District

**Age:** 18+

**Day:** Thursday

Date	Time	Fee
Nov 14	Departure: 10am Return: 5pm approximately	\$169

## Holiday Shopping in Woodstock

See why Woodstock was voted the most festive Christmas town in Illinois. Every year, the Woodstock Chamber hosts a Ladies Night Out event where you can enjoy some holiday shopping in the festively lit shops around Woodstock Square. This year's



theme is "Fa La La La La" and guests are invited to dress up in their favorite holiday apparel. This delightful evening out will feature seasonal music throughout the downtown area including live performances from local groups. Every LNO guest will receive a complimentary tote bag and a coupon book loaded with local deals and specials. This trip is sure to put you in the holiday spirit! **Fee includes transportation only.**

**Location:** Frankfort Park District

**Age:** 18+

**Day:** Thursday

Date	Time	Fee
Dec 5	Departure: 1pm Return: 9:30pm approximately	\$55

## Crafting

### Adult Board and Brush

Grab your friends and paint a board! Join us at Board in Brush in New Lenox, for a fun night filled with sanding distressing, staining stenciling and more! Fee includes the board of your choice, paint, aprons, supplies etc. Snacks will be provided. \*Beer and wine will be available to purchase\*

**Location:** Board and Brush New Lenox

**Age:** 21+

**Day:** Thursday

Date	Time	Fee R/NR
Aug 22	6-9pm	\$98/\$103

### Salla Bag

This is a 4 hour and 4 session workshop where participants will make a twined salla bag using jute and wool and will be asked to follow a pattern that will be provided. We will begin by making a plaited base using a technique known as reverse twining as we work up the sides and finish the basket with a braided rim. Each twine will require finger tension.



**Location:** Program Center—Art Room

**Age:** 18+

**Day:** Sunday

Date	Time	Fee R/NR
Sept 8-29	11am-3pm	\$160/\$165
Oct 13-Nov 3	11am-3pm	\$160/\$165

### Plaited Cedar Basket

In this outdoor class, students create a functional harvesting basket using traditional materials of cedar. Twill work and checker weave techniques will be presented and finished with a diagonal folded rim. Dimensions are 4x4 inches and stands at 5 inches tall.



**Location:** Yunker Farm—Garden Plots

**Age:** 18+

**Day:** Friday

Date	Time	Fee R/NR
Sept 13	6:30-8:30pm	\$130/\$135

### Natural Wool Dyes

This is an introduction class where participants will utilize natural materials such as black walnut and onion skins to dye 2 skeins of wool. Due to the nature of the class, please plan to wear suitable clothing (long pants and sleeves, closed-toe shoes).



**Location:** Yunker Farm—Garden Plots

**Age:** 18+

**Day:** Saturday

Date	Time	Fee R/NR
Oct 26	4-7pm	\$140/\$145

## Environment

### Supper at the Farm

What's on the menu? Join us this end of summer and fall season for an intimate outdoor setting as we harvest fresh vegetables right off the farm and create our own delicious meals under the sunset. We will curate farm to table using seasonal ingredients and relish in the satisfaction from the food you eat.

**Location:** Program Center—Art Room

**Age:** 18+

**Day:** Sunday

Date	Time	Fee R/NR
Aug 31	5-7pm	\$85/\$90
Sept 28	5-7pm	\$85/\$90
Oct 5	5-7pm	\$85/\$90

### Intro to Crystals

The Intro to Crystals course will teach you about crystals and how to use them to live a more peaceful, prosperous and positive life! You'll learn the properties and benefits of a variety of crystals and how to properly work with them. We'll discuss how to find and select the right crystals for you, and ways to consciously create a better life with crystals. All participants will receive a free crystal starter kit. By the end of the course, participants will be able to integrate crystals into their daily lives, realizing their potential as gateways to holistic wellness, soul evolution and a more balanced life.

**Instructor:** Andrea June

**Location:** Program Center—Art Room

**Age:** 18+

**Day:** Tuesday

Date	Time	Fee R/NR
Sept 24	6:30-	\$30/\$40

### Intro to Crystals 2

The Intro to Crystals course will teach you about crystals and how to use them to live a more peaceful, prosperous and positive life! You'll learn the properties and benefits of a variety of crystals and how to properly work with them. We'll discuss how to find and select the right crystals for you, and ways to consciously create a better life with crystals. All participants will receive a free crystal starter kit. By the end of the course, participants will be able to integrate crystals into their daily lives, realizing their potential as gateways to holistic wellness, soul evolution and a more balanced life.

**Instructor:** Andrea June

**Location:** Program Center—Art Room

**Age:** 18+

**Day:** Saturday

Date	Time	Fee R/NR
Oct 26	10:30am	\$30/\$40



# Adult Athletics

## Horseback Riding

### Ladies Night at Nova Quarter Horses

Calling all ladies! Gather your friends, relatives, co-workers for an evening of fun, fun, and fun! Don't miss out on an evening of appetizers and beverages and best of all, horses! Whether you are a novice or an experienced rider, the activities are designed so that all can participate in the fun regardless of riding experience. Jeans and hard sole shoes are required.

**Location:** Nova Quarter Horses

**Age:** 18 +

**Day:** Friday

Dates	Time	Fee
Nov 15	6-8pm	\$90

### Nurses Night at Nova Quarter Horses

Calling all medical professionals! Take a break from the hospital or medical office and treat yourself to a fun night out at our barn. Meet and ride our horses and let your job stress melt away. All participants will have the opportunity to groom a horse and enjoy a group riding lesson. Light appetizers and refreshments will be served. Beginners welcome!

**Location:** Nova Quarter Horses

**Age:** 18 +

**Day:** Friday

Dates	Time	Fee
Dec 6	6-8pm	\$70

## Line Dancing

### Line Dancing—Intermediate

Participants must have knowledge of the basics in line dancing for this class: Quarter turns, half turns, triple forwards, back, and sides, and rock steps. This class is not for beginners. Join the fun, get good exercise, and dance, dance, dance.

**Instructor:** Maxine Nowobilski

**Location:** The Oaks

**Age:** 18 +

**Day:** Wednesday

Dates	Time	Fee R/NR
Aug 21-Sept 25	4:10-5:10pm	\$48/\$58

### Line Dancing—Advanced

Participants must have experience! Most dances have complicated and syncopated eight counts with lots of quarter, half and full turns. Expect thorough teaching and review. **Must of taken Maxine's Intermediate class first in order to register!**

**Instructor:** Maxine Nowobilski

**Location:** The Oaks

**Age:** 18 +

**Day:** Friday

Dates	Times	Fee R/NR
Aug 23-Sept 27	1-2pm	\$48/\$58

## ADULT LEAGUE REGISTRATION GUIDELINES

- ◆ All participants must be 18 years of age by the date of the first contest (unless otherwise noted).
- ◆ First-come, first-served. Returning teams do not receive priority registration.
- ◆ Teams may pay 50% of the registration fee to secure a spot. Remaining balance must be paid by the registration deadline.
- ◆ Any team cancelling before the registration deadline will be charged 5% of the registration fee (minimum \$10). Refunds will not be issued to teams cancelling after the registration deadline.
- ◆ There will be a \$25 late fee for any team registering after the registration deadline.

## Athletics

### Doubles Corn Hole League

Mokena Community Park District is thrilled to present this 4-week doubles corn hole league. The first 3 weeks of this league will be pool play where each team is guaranteed 2 games a night, the final week will be the seated playoffs based on performance in the pool play games. Whether you're a seasoned pro or a first-time player, there's something for everyone in this league. Don't miss out on the chance to show off your cornhole skills and have a blast while doing it. Tournament payout will be approx. 25% of total registration. No onsite registration will be accepted.

**Location:** Fox Ridge Park

**Age:** 18+

**Day:** Monday

Date	Time	Fee R/NR
Sept 16-Oct 14	5:30-7:30pm	\$50/\$60

### Fall Free-For-All—Cornhole tournament

Mokena Community Park District is thrilled to present the ultimate Cornhole Tournament! Test your skills in this singles cornhole tournament. Each participant is guaranteed at least 3 pool play games and 2 elimination games in this double elimination tournament. Whether you're a seasoned pro or a first-time player, there's something for everyone at this event. Don't miss out on the chance to show off your cornhole skills and have a blast while doing it. Tournament payout will be approx. 25% of total registration. No onsite registration will be accepted.

**Players are asked to bring their own bags and encouraged to bring their own boards**

**Location:** Fox Ridge Park

**Age:** 18+

**Day:** Saturday

Date	Time	Fee R/NR
Sept 28	10am	\$20/\$25

### Indoor Co-Ed Volleyball League- 6 V 6

Each team is guaranteed to play 10 matches, and the number of teams qualifying for the playoffs will be determined by the number of participating teams. B and C League allows overhand serves and spiking. D League is underhand serving only and no spiking. Team rosters must consist of a minimum of 6 players or a maximum of 12 players. Early Bird Registration deadline for all leagues is Monday August 19<sup>th</sup>!

**Deadline is August 26<sup>th</sup> or when leagues are filled.**

**Location:** The Oaks Recreation & Fitness Center

**Age: 18 +**

### B League (Upper Intermediate)

**Day:** Tuesday

Dates	Time	Fee R/NR
Sept 3-Nov 19	6:45-8:45pm	\$375/\$400
	After Aug 19	\$400/\$425

### C League (Lower Intermediate)

**Day:** Tuesday

Dates	Time	Fee R/NR
Sept 3-Nov 19	6:45-8:45pm	\$375/\$400
	After Aug 19	\$400/\$425

### D League (Recreational)

**Day:** Wednesday

Dates	Time	Fee R/NR
Sept 3-Nov 20	6:45-8:45pm	\$375/\$400
	After Aug 19	\$400/\$425

### Pickleball Doubles Flex League

Welcome to our Pickleball Flex League! This Doubles Flex League is designed for players who want the flexibility to schedule their own games and play on their own terms. Whether you're a busy professional, a stay-at-home parent, or just looking for a more flexible way to play, our league offers a fun and convenient way to get in on the action. After you and your partner sign up for our league, you will be sent the contact info of another team on Monday of each week. Both teams will have one week from the time they are assigned the game to contact the other team, find a time and location to meet and play, and report the scores back the rec supervisor! You'll have the freedom to choose your own game times and locations, so you can play when it's most convenient for you. All teams are guaranteed 6 matches and all teams advance into the playoffs! Our league is designed to be fun and low-pressure.

**Location:** TBD

**Age: 18+**

**Day:** TBD

**Price** \$40 per team

**Date:** First week of games begin Sept 9  
Playoffs begin week of Oct 14

### Intermediate pickleball league

This league is specifically designed for players who have played pickleball for between 1- 3 years or are 3.0 or lower rated player on the USAPA skill rating. This league is a semi competitive league that offers a supportive and welcoming environment where newer players can hone their skills, make new friends, and have a blast while doing it. This will not be a instructional league so all players should arrive knowing the basic rules and regulations of pickleball. All participants will be randomly assigned different partners each week so you have a chance to play with everyone in the league! Participants will earn individual league points by winning matches that will be kept track of through the entire season. At the end of the season, we will have a bracketed tournament based on your season record!

**Location:** Oaks Fitness and Recreation Center

**Age: 18+**

**Day:** Thursday

Date	Time	Fee R/NR
Sept 12-Oct 17	5:30-7:30pm	\$50/\$60

### Beginner Pickleball Lessons and Drills

Pickleball activities will be directed by South Suburban Tennis and Pickleball Academy certified pickleball professional, Andy Ventress and staff. Students will learn all that is needed to begin playing games and have FUN with the greatest growing sport, PICKLEBALL. Loaner paddles will be available. A free T-shirt and two pickleballs are included. Each session consists of 5 meetings with each meeting 1 hour of instruction/drills and ½ hour of supervised play

**Location:** Grasmere Park

**Age: 18+**

**Day:** Monday

Date	Time	Fee R/NR
Sept 9-Oct 7	4-5:30pm	\$110/\$120

### Advanced Pickleball Lessons and Drills

Pickleball activities will be directed by South Suburban Tennis and Pickleball Academy certified pickleball professional, Andy Ventress and staff. Prerequisites for this class are an understanding of the basic rules and scoring for game play along with the ability to serve successfully. Advanced shots and techniques such as 3<sup>rd</sup> shot drops, poaches, stacking, roll volleys and many other strategies and tactics will be introduced and drilled.

**Location:** Grasmere Park

**Age: 18+**

**Day:** Tuesday

Date	Time	Fee R/NR
Sept 10-Oct 8	4-5:30pm	\$110/\$120



# Golden Agers

## Senior Creative Wheel of Art Splat

1 hour of creative splat fun. On 11x14 Canvas. Use different tools to create your canvas.

**Instructor:** Mary Mucci

**Location:** Mucci World

**Age:** 55+

**Day:** Wednesday

<b>Date</b>	<b>Time</b>	<b>Fee R/NR</b>
Aug 28	12-1:30pm	\$45/\$55

## Seniors Creative Mingle Session

Meet new friends while having Fun creating something fun. Pick your piece when you get there. Choice of ceramic, Canvas, create a decorative pillow or pick a wood product. Many choices and we will include light refreshments,

**Instructor:** Mary Mucci

**Location:** Mucci World

**Age:** 54+

**Day:** Wednesday

<b>Date</b>	<b>Time</b>	<b>Fee R/NR</b>
Sept 4	1-2:30pm	\$39/\$49

## Abilities Art Session

Enjoy playing with paint and getting messy! Fun experience, let off some creativity in our Splat room. Use different supplied to paint. For people with disabilities. Must wear clothes and shoes that they don't mind getting painted on.

**Instructor:** Mary Mucci

**Location:** Mucci World

**Age:** 54+

**Day:** Wednesday

<b>Date</b>	<b>Time</b>	<b>Fee R/NR</b>
Sept 11	12:30-1:30pm	\$45/\$55

## Grammie/Grampie & Me Creative ceramic painting

Choose a ceramic piece from a selection and make it for each other. Light snacks will be provided (bag of chips, beverage) Enjoy Quality time with Grammie or Gampie in this ceramic painting class and create that memory that will last a life time.

**Instructor:** Mary Mucci

**Location:** Mucci World

**Age:** 54+

**Day:** Sunday

<b>Date</b>	<b>Time</b>	<b>Fee R/NR</b>
Oct 20	1:30-3pm	\$40/\$50



# Lunch Bunch & Bingo

Bring some friends or come and make new friends while enjoying lunch and bingo. We'll be feasting on a buffet-style lunch, socializing and playing several rounds of bingo. Fee includes lunch, drinks, dessert and bingo cards. Preregistration required. Age 55 & over.

**Wed., September 18**  
 11am-1pm  
 Fee R/NR: \$12/\$14  
 The Oaks Recreation & Fitness Center  
 Registration deadline: September 11

**Wed., October 23**  
 11am-1pm  
 Fee R/NR: \$12/\$14  
 The Oaks Recreation & Fitness Center  
 Registration deadline: October 16

**Wed., November 20**  
 11am-1pm  
 Fee R/NR: \$12/\$14  
 The Oaks Recreation & Fitness Center  
 Registration deadline: November 13

**Wed., December 18**  
 11am-1pm  
 Fee R/NR: \$12/\$14  
 The Oaks Recreation & Fitness Center  
 Registration deadline: December 11

# General Policies and Information

## Alcoholic Beverages

Alcoholic beverages are PROHIBITED in all park district parks and facilities. Consent will be granted for special events of the district and for indoor rentals, by applicants who meet strict permitting and insurance guidelines.

## Americans With Disabilities Act (ADA)

Mokena Park District prohibits discrimination in the provision of services, programs, or facilities to individuals with disabilities in accordance with the law.

## Athletic Fields

Any teams or organizations wishing to use outdoor Park District athletic fields or facilities for practices, games, or tournaments must submit an Athletic Field Usage Request to the Recreation Supervisor, a minimum of two weeks before requested usage. For more information, please call 708-390-2408.

## Behavior Policy

In keeping with our program goals, we encourage fun for all our participants. However, to ensure everyone's safety, appropriate behavior is expected at all times. Participants who are asked to leave a class or facility due to inappropriate or potentially harmful behavior are not eligible for a refund.

## Brochure Distribution

The Mokena Park District relies on the postal service for the distribution of our seasonal brochures. The Park District assumes no responsibility for delivery.

## Inclement Weather

If classes or programs are cancelled due to inclement weather, information will be posted on our website at [www.mokenapark.com](http://www.mokenapark.com), as well as our Facebook page. You may also visit the public website [www.emergencyclosings.com](http://www.emergencyclosings.com) for preschool closures. We follow the Mokena School District for all school closures.

## Park Hours

All parks are open dawn to dusk.

## Park Watch-See Something, Say Something!

We need your help. If you notice acts of vandalism, littering, suspicious behavior or any equipment in need of repair in any park, please call 708-390-2401. Major misconduct should be reported directly to the police.

## Pets

When visiting local parks with your pet, please remember that Park District and Village ordinances require dogs to be leashed at all times. Leashes may not be more than 6' in length. Pets are not allowed at any time on the disc golf course, tennis courts, athletic fields, or enclosed ball fields, and playground areas. Violators are subject to fines up to \$1000. Owners are responsible for cleaning up pet waste from public property.

## Photography at Park District Programs, Events

On occasion, Park District staff may photograph or videotape participants in Park District programs, classes or at park events/facilities. These photos are for Park District use only, and may be used in public advertisements, publications, brochures, website, social media, pamphlets, flyers, or videos. Individuals will not be identified. If you do not wish to have your picture taken, please inform the photographer.

## Photography Policy for Professional Photographers

Still photography, filming, and digital imaging are permitted for private, non-commercial use only. All professional photographers, wedding parties, and private groups larger than 5 people taking photos/videos on Mokena Park District property are required to obtain a photography permit, per General Use Ord. 4-9. Violators may be subject to fines. Photo Permit applications may be obtained at the Administration Office, 10925 La Porte Road, Mokena, IL. Permits will be issued in one-hour increments, one hour min. at \$25 per hour. Permits are issued on a first-come, first-served basis and no more than one permit will be issued per area for any given time slot.

## Smoking Policy

Effective October 22, 2019, per Ordinance 19-2. An *Ordinance Regarding Tobacco-Free Parks*, no person shall use any form of tobacco at or on any Mokena Community Park District-owned or operated indoor OR outdoor recreational facilities, including restrooms, spectator and concession areas. These facilities include playgrounds, athletic fields, parks, walking/hiking trails "Tobacco" is defined to include any lighted or unlighted cigarette, including but not limited to clove, bidis, or kreteks, electronic or e-cigarettes, cigars, cigarillos, pipes, hookah products, and any other smoking products; and any smokeless, spit or spit-less, dissolvable or inhaled tobacco products, including but not limited to dip, chew, snuff or snus, in any form; and all nicotine delivery devices that are not FDA-approved as cessation products.





# Registration Information

**Register in Person:** at The Administration Center (10925 La Porte Rd.) or The Oaks Recreation & Fitness Center (10847 La Porte Rd.) during regular business hours, with cash, check, or credit/debit card (Visa, MasterCard, AmEx, Discover). After hours, a mail slot is provided to the right of the entrance doors at the Administration Center.

**Register On-line:** Go to [www.mokenapark.com](http://www.mokenapark.com). Available 24 hours a day. A customer account with a user name and password is required to use our on-line system. Residents must prove residency (in person or email valid ID to [info@mokenapark.com](mailto:info@mokenapark.com)) before using the system for the first time, in order to avoid paying non-resident rates.

**Register Early:** Take advantage of early registration for lower fees. Most programs, leagues, and trips have fixed enrollment; therefore registration is on a first-come, first-served basis. Prior participation does not guarantee a spot. Registrations accepted after the registration deadline may incur additional fees.

**Payment:** Full tuition and/or fees must be paid to Mokena Park District at time of registration. Credit/Debit cards accepted are Visa, Discover, MasterCard, and American Express. Checks should be made payable to Mokena Community Park District. There is a twenty five dollar (\$25) charge for any NSF check returned by the bank.

**Hold Harmless Agreement:** In accordance with Park District policy, all program participants must sign a hold harmless agreement prior to the first day of participation in a program. No individual will be allowed to participate in a Park District program without a signed waiver on file. A parent/guardian must sign for family members under the age of 18. This form will be made available at time of registration. If registering on-line, by clicking confirm forms you are agreeing to the hold harmless agreement waiver.

**Insurance:** The Park District is committed to conducting its recreation programs and activities in the safest manner possible. Participants are reminded 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.

**WE'RE  
HIRING!**

Call 708-390-2401 or visit  
[www.mokenapark.com](http://www.mokenapark.com)  
for more info!

## Refund Policy

- ◆ Requests for cancellation must be made by phone, or email between the hours of 9:00am and 5:00pm. Monday through Friday at the Administration Center only. Requests received via email after 4:00pm will be dated for the next business day.
- ◆ **Deadline for requesting a refund is the registration deadline for all programs unless otherwise noted. (Unless specified otherwise, registration deadline is 14 days prior to first class session.)**
- ◆ Classes or programs which meet multiple sessions, a full refund minus \$10 processing fee and any other associated costs which have already been incurred (uniforms, supplies, etc.).
- ◆ Classes or programs which meet once, a credit toward future programming will be issued minus \$10 processing fee and any other associated costs which have already been incurred (uniforms, supplies, etc.).
- ◆ Adult Athletic Leagues, a refund minus 5% of the full team registration fee, minimum of \$20 and any other associated costs which have already been incurred (uniforms, supplies, etc.).
- ◆ No refunds on any trip or special event unless otherwise noted.
- ◆ If the Park District cancels a trip or program prior to its start, you will receive a full refund.
- ◆ Credits or make-up classes are not available if a class is missed.
- ◆ In accordance with our Behavior Policy, appropriate behavior is expected at all times. Participants who are asked to leave a class or facility due to inappropriate or potentially harmful behavior are not eligible for a refund.
- ◆ Medical Reasons, a prorated refund will be issued upon receipt of a doctor's note stating the individual can no longer participate in the program. **The refund will be prorated from the date of receipt of the doctor's note.**

### PLEASE NOTE

- **Errors may occur in the brochure and changes are made to dates, times and locations, etc. We apologize for these omissions and will notify patrons as soon as possible.**
- **Enrollment is limited in all programs, so early registration is always recommended. Prior participation in a program does not guarantee enrollment. Programs may fill and registration may be closed *before* the registration deadline occurs.**





# PARK N' BARK DOG PARK

The Park 'n Bark Dog Park is open year-round from dawn to dusk. An annual membership is required for admittance. Dogs must have the following immunizations: Rabies and DHLPP. Proof of current vaccinations will be required. For a complete list of rules, and to obtain a registration packet, visit our website at [www.mokenapark.com](http://www.mokenapark.com).



## The Oaks Recreation & Fitness Center

*Stop in for a tour and start your*  
**FREE ONE-WEEK TRIAL MEMBERSHIP**

*Restrictions apply. First-time guests only please.*

**FITNESS CENTER MEMBERSHIPS INCLUDE:**  
 Unlimited Group Exercise Classes,  
 Open Gym, Indoor Walking Track and more!



Save Money with a  
**PAID IN FULL DISCOUNT**  
 for a 6 or 12 month membership.

Mokena Community Park District • The Oaks Recreation & Fitness Center  
 10847 W. La Porte Road, Mokena • 708-390-2343 • [www.mokenapark.com](http://www.mokenapark.com)

Fall 2024



# Park District Connections

**Lincoln-Way High School District 210**  
www.lw210.org

**Lincoln-Way Special Recreation Association (LWSRA)**  
www.lwsra.org (815) 320-3500

**Mokena Baseball/Softball Association**  
MBSA offers recreational t-ball, baseball, and softball leagues for boys and girls ages 4 and up. All registration for the spring and fall seasons will be done on-line. Please check their website, www.mbsa.org for announcements about registration.

**Mokena Chamber of Commerce**  
www.mokena.com (708) 479-2468

**Mokena Elementary School District 159**  
www.mokena159.org (708) 342-4900

**Mokena Police Department—Block Home Program**  
The purpose of the Block Home Program is to provide a place that is safe for children to go to when in need of help. Block homes provide help for: a lost child, a child in threat of harm from a stranger, and an injured child. For more information, please contact the Police Dept. at 708-479-3912.

**Mokena Community Public Library District**  
www.mokenalibrary.org (708) 479-9663

**Mokena Youth Athletic Association (Mokena Burros Cheerleading & Flag Football/Illinois Jr. Celtics Football)**  
MYAA offers youth tackle football, flag football, and cheerleading programs. MYAA is a non-profit organization formed to provide area youth with the opportunity in football and cheerleading. Their goal is to promote and instill self-confidence, good sportsmanship, camaraderie, and physical/mental development while learning the techniques of football and cheerleading. All registration will be done on-line. Please visit www.Mokenaburros.com for announcements about registration.

**New Lenox Elementary School District 122**  
www.nlsd122.org (815) 485-2169

**Summit Hill Elementary School District 161**  
www.summithill.org (815) 469-9103

**Village of Mokena**  
www.mokena.org (708) 479-3900



**Lincolnway**  
SPECIAL RECREATION ASSOCIATION

## About Us

Since 1976, the Lincolnway Special Recreation Association (LWSRA) has provided recreation services for individuals with disabilities through a cooperative agreement with its seven member park districts: Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Island Park Districts. Participants enjoy active, healthy and more independent lifestyles through a variety of recreational and social opportunities.

1900 Heather Glen Drive  
New Lenox, IL 60451

(815) 320-3500  
support@lwsra.org



## Social Programs

Engage with similar-aged peers in a structured but fun-filled social environment. Staff create opportunities to develop skills and try new experiences. Popular programs include dances, bingo, trivia, community trips, adult day program, summer camps and Saturday youth groups.




## Interest-based Programs

Find programs centered around fitness or cultural arts. Try competitive Special Olympics and adapted sports or fitness outlets such as strength & conditioning and introductory sports skills. Enjoy creative arts through cooking, drawing & painting, dancing and more!



## Inclusion

Park Districts welcome participation in all programs by individuals with disabilities and special needs. The district works cooperatively with LWSRA to facilitate successful participation for individuals who request an inclusion aide. Inclusion services give participants the needed

 <b>Park Name &amp; Location</b>	Park Acres	Admin. Center	Baggo Court	Bandshell	Baseball/Softball	Basketball Courts	Bocce Court	Climbing Wall	Community Gardens	Dog Park	Drop Shot	Fitness Center	Football	Meeting/Rental Rooms	Outdoor Fitness Equipment	Painted Asphalt Games	Picnic Area/Gazebo	Pickleball Court	Playground w/ benches	Rest Rooms	Roller Hockey Court	Skate Park	Soccer	Splash Pad	Tennis Courts	Volleyball Courts	Walking Path/Track (mile)
	Acorn Park- 19925 Red Oak Dr.	1.64																•		•							
Boulder Ridge North- 19237 Beaver Creek Ln.	0.5																•		•								
Brookside Meadows- 19715 Longmeadow, TP	2.67																•		•								
Buske Park- 11435 W. Hillside Ln.	7.52				•	•											•		•	•	•			•	•	1/8	
Fox Ridge Park - 19740 Telluride Ln.	10.26		•		•		•						•				•	•	•	•	•			•	•	1/4	
Grasmere Park- 10335 W. Lindsay Ln.	14					•	•										•		•	•	•			•	•	1/2	
Green Meadows- 10520 W. Williams Way	10					•	•												•	•	•			•	•	1/2	
Hecht Park- 9310 W. Birch Ave.	16.25				•	•		•									•	•	•	•	•					1/2	
Heritage Park- 11945 W. 197th St	6.4				•	•											•		•	•	•						
London Bridge Park- 11880 London Bridge Dr.	4.74																•		•							1/4	
Main Park- 10925 LaPorte Rd.	33.5	•			•	•						•	•	•			•		•	•	•	•	•	•	•	1/2	
Manchester Cove- 19205 Crescent Dr.	2.2																		•								
Marley Creek- 10555 W. Jacob Dr.	5.5				•	•											•		•	•	•					1/4	
McGovney Park- 19345 Schoolhouse Rd.	8.1				•												•		•	•	•						
Oaks Recreation & Fitness Ctr., 10847 La Porte Rd.						•					•	•	•					•	•	•	•			•	•	1/12	
Oaks Disc Golf Course ( 27 holes)	32																		•	•	•						
Prairie Ridge Park - 21431 Coneflower Dr.	5.5		•		•	•											•	•	•	•	•			•	•		
Riivendell Park- 605 Bryan, New Lenox	1.5																		•								
Timbers Point- 18418 White Oak Ln., TP	0.58																		•								
Tinley Gardens Park- Lenore/Ethyl Lns., TP	0.5					•													•								
Whisper Creek Park - Whisper Creek Way & Palmira	6.5					•											•		•							1/3	
Willowview Park- 11420 W. 197th St.	8.36				•			•									•		•	•							
Yunker Park- 10824 La Porte Rd.					•				•	•									•	•	•						

**Key** • Lighted • Indoors • Gazebo • Picnic Shelter • Port-a-let (seasonal) • Handicapped Accessible

**Basketball Courts:** For pick-up games, use the full-size basketball courts at Main, Buske, Prairie Ridge, Grasmere, Green Meadows, Hecht, Heritage, Marley Creek, and Prairie Ridge Park. A half court is available at Tinley Gardens Park.

**Disc Golf Course :** Located at 10847 La Porte Road, behind The Oaks Recreation and Fitness Center. This nationally accredited PDGA, 35-acre Disc Golf course offers 27 holes under majestic oak trees and open fields. The Disc Golf Course is open most days from dawn to dusk.

**Exercise Stations:** Check out the five exercise stations at Marley Creek Park with instructional signage.

**Pickleball Courts:** Dedicated pickleball courts are available at Hecht Park. In addition, pickleball courts are available on the tennis courts at Fox Ridge and Prairie Ridge Parks.

**Picnic Groves:** Picnic reservations will be accepted on a first-come, first-serve basis for the 2024 season as of March 1, 2024 at the Administration Center.

**Playgrounds:** Playground structures are located at Acorn, Boulder Ridge North, Brookside Meadows, Buske, Fox Ridge (handicapped accessible), Grasmere, Green Meadows, Hecht, Heritage, London Bridge, Main, Manchester Cove, Marley Creek, McGovney, Prairie Ridge (handicapped accessible), Riivendell, Timbers Point, Tinley Gardens, and Willowview parks.

**Roller Hockey Rinks:** If you enjoy the fast action of roller hockey, then we have just the place for you. Grab your skates and drop by Buske or Grasmere Park for an exciting pick-up game of roller hockey.

**Sand Volleyball Courts:** Three lighted, regulation size sand volleyball courts are available at Main Park, except during league play. An unlighted regulation sand volleyball court is available at Prairie Ridge Park.

**Skatepark:** Mokena Park District’s extreme outdoor facility is located at Grasmere Park, 10135 W. Lindsay Lane, Mokena. With quarter pipes, combo half pipe, bauer box, pyramid, slider, and a launch ramp, you are sure to have some fun and adventure. Skatepark will be open daily 9am to dusk.

**Participation Guidelines:** No fees or passes, No attendant, Warning: Skating is a hazardous activity that carries a risk of severe injury. The Skatepark is unsupervised and skaters skate at their own risk. All skaters are required to wear protective gear (helmet, kneepads, elbow pads, and wrist guards) inside the Skatepark. Skatepark use is limited to skateboard and in-line skating only. No bicycles, tricycles or scooters, except where noted. Exception: Bicycles **only** on Saturdays from 9am–Noon. No in-line skating or skateboarding during this time. Persons under age 8 are to be accompanied at the Skatepark by a parent or guardian. Persons failing to adhere to posted Skatepark rules and hours will be considered trespassing and may be arrested.

**Tennis Courts:** Four outdoor courts with lighting are available at Main Park. Outdoor courts are also available at Buske, Fox Ridge, and Prairie Ridge Parks. 1 60’ youth court and 4 36’ youth courts are available for the younger set at Grasmere Park.

**Walking/Jogging Trail:** A one-half mile, wooded trail is available for your enjoyment at Main Park. Walking paths are available at Buske, Fox Ridge, Grasmere, Green Meadows, Hecht, London Bridge, Marley Creek and Prairie Ridge Park.





Mokena Community Park District  
10925 W. La Porte Road, Mokena IL 60448  
[www.mokenapark.com](http://www.mokenapark.com)

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## Program Scholarships are Available for Children and Adults!



Don't let financial barriers get in the way of participating in our programs. Financial Aid is available for Park District programming. Apply for a scholarship to help reduce certain fees and charges.



Visit our website, [www.mokenapark.com](http://www.mokenapark.com)

Go to the Mokena Community Park District Foundation page for an application.



*Restrictions apply.*

