

## 2025 | Winter/Spring Brochure



**Registration Begins December 10th** 

Register online at www.mokenapark.com or call 708-390-2401

<b>Mission Statement:</b> The Mokena Community Park District is committed to enhancin
lives through the power of recreation by providing exceptional parks, facilities,
programs, events, and services for all to explore and enjoy.
<b>Vision:</b> Working together to build an active, vibrant, welcoming, connected safe and
healthy community.
Values: Our mission is guided by these values: Collaboration, Community

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



Administration Center 10925 La Porte Road, Mokena Phone: (708) 390-2401 Hours: Monday-Friday 9:00am-5:00pm \*Office is closed on 12/24, 12/25, 12/31, 1/1, 4/18, & 5/26

### **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 \**Facility Holiday Hours* Thanksgiving (11/28)—5am-11am Christmas Eve (12/24)—5am-1pm Christmas Day (12/25)—Closed New Year's Eve (12/31)—5am-1pm New Year's Day (1/1)—Closed Easter (4/20)—Closed Memorial Day (5/26)—5am-1pm

#### **Table of Contents**

District Digest	3
The Oaks Recreation and Fitness Center	4-11
Open Gym	12
Party Rentals	13-14
Special Events	15-16
Sponsors	17
Day Camp	18-19
Early Childhood Programs	20-21
Preschool	22
Youth Programs	23-28
Adult Programs/Leagues	29-30
Trips	31
Lunch and Bingo	31
Dog Park	32
Park District Connections	34
Park Locations	35

### Administration Staff

Greg Vitale, MPA, CPRP—Executive Director Karen LaPointe—Superintendent of Finance and Business Services Andrea Stoettner—Accounting Payroll Coordinator Kara Jelderks, CPRP—Superintendent of Recreation Andrea Smaga, CPRP—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

<u>The Oaks Recreation & Fitness Center Staff</u> Beth Waller, CPRP—Manager of Recreation Facility Operations and Rentals Kristin Ehler, CPRP, ACE Health Coach, AFAA and NCCPT—Fitness & Wellness Supervisor Pam Krynski—Guest Services Supervisor Shaun Ziems, CPRP, CPO—Oaks Maintenance Supervisor Joe Lesniak, CPO—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: Frankfort Founders Community Center** 140 Oak Street, Frankfort **Gym-kinetics** 19220 Ridge Rd., Mokena Main Park 10925 La Porte Road, Mokena Nova Ouarter 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** 164 W. Illinois Hwy, New Lenox **Thunder Bowl** 18700 Old Lagrange Road, Mokena 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 read the 2025 Winter/Spring Brochure. We have plenty of opportunities for your entire family, especially around the holidays. Breakfast with Santa at Aurelio's will be head on December 7 and the Holiday Tree Lighting Contest judging will take place on December 18. You can also get into the holiday spirit with the help of our You've Been Elfed program starting on December 9. Registration will end very soon, so please register immediately. Other holiday programs include Donuts with the Bunny, Mother/Son Valentines Bowling, Shamrock Search, Flashlight Egg Hunt, You've Been Egged and Donuts with the Bunny. Also, our popular Daddy Daughter Ball has two separate May dates to accommodate the demand.

Your path to wellness and fitness starts at the Oaks Recreation and Fitness Center where we have numerous individual and family membership options to meet your lifestyle and budget. All memberships include the fitness center, open gym, walking track, towel service and unlimited non-specialty group fitness classes. We also offer free or reduced memberships through a variety of insurance-based programs such as Silver Sneakers, Renew Active, One Pass and Prime. Check with your insurance or our staff to see if you qualify. You will immediately notice that we are continuously improving your experience. We added several new specialty classes this season, such as Dynamic Duo Girl Power, Hip Hop Fit, Strong Me Weight Loss and CIRCL Mobility. We also recently upgraded our weight machines and added new cardio machines. We also just ordered several new treadmills, and brand-new flooring for the weight room. Plus, we upgraded our rental and party rooms and expanded our party rental packages, just in time for your next gathering.

We are also improving our parks and other facilities. We added Pickleball courts at Buske Park, we renovated a ballfield at Hecht Park, we ordered shade coverings for the dugouts at Main Park, we added ADA access to the Riivendell Park and Tinley Gardens Park Playgrounds and we will soon replace the entire playground at Acorn Park. We are also renovating the Yunker Farm Barn to transform it into a year-round program and rental destination.

Don't forget about summer and Fall. Our preschool classes always fill up, so take advantage of our Fall 2025 Open House and Registration Event on February 26. There may only be limited spots available after this event. Also, Summer Camp Registration Day, where you can choose between numerous sessions of different camps, will be held on February 26. Once again, some sessions fill up very quickly. Finally, if you are interested in being a summer camp counselor or a seasonal employee, please apply at mokenapark.com before spring break.

Thanks again for reading the 2025 Winter/Spring brochure and thank you for your continued support of the Mokena Community Park District!

Sincerely,

Greg Vitale, MPA, CPRP Executive Director Mokena Community Park District

### Dístríct Dígest

**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.



### YOUR PATH TO HEALTH AND WELLNESS STARTS HERE! Schedule a tour today | 708-390-2343

OPEN 7 DAYS

A WEEK!

ale Fattass

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 it's 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.

### ARE YOU ELIGIBLE FOR A FREE MEMBERSHIP?

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



**One Pass** 





### 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.

### **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.

### **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

- $\Rightarrow$  There will be a fee of \$5 to replace lost or misplaced membership cards.
- $\Rightarrow$  Punch cards are non-transferable and are non-refundable.
- ⇒ Punch cards may be purchased at The Oaks 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 <u>www.mokenapark.com</u>.

### **Group Exercise Classes**

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



### 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 more! For more information, visit <u>www.mokenapark</u>.com.

### Adult Specialty Group Exercise Programs Active Sit & Fit

Join this program once or both times per week while improving your balance, energy, strength and cardio stamina all the while having fun! This 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: Mondays/Thursdays			
Dates	Time	Fee R/NR	
Jan 6-Feb 13	10:15-11:15am	\$93/\$111	
	After Jan 4	\$98/\$116	
Feb 24-Apr 3	10:15-11:15am	\$93/\$111	
	After Feb 22	\$98/\$116	
Apr 14-May 22	10:15-11:15am	\$93/\$111	
	After Apr 12	&98/\$116	
Monday or Thursday Ontion (1x a Week)			

**Fee R/NR:** \$57/\$68 \*add \$5 for late registration

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

Day/Date	Time	Fee R/NR
Thur Jan 2	10:15-11am	FREE

### **Ultimate Athletic Training**

Improve your fitness level while working on sports agility training, plyometrics, power drills and interval training all in one calorie burning total conditioning class! Session includes being measured at the beginning and end of the session for overall body fat reduction and improved cardiovascular endurance. **Note:** This class is suitable for individuals who have been exercising on a consistent basis and 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: Tuesdays/Thursdays			
Dates	Time	Fee R/NR	
Jan 30-Mar 25	6:45-7:45am	\$112/\$134	
	After Jan 28	\$117/\$139	
Mar 27-May 20	6:45-7:45am	\$112/\$134	
	After Mar 25	\$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—Multi-Purpose Room

### Age: 18+

Time	Fee R/NR
6:45-7:45am	\$74/\$88
After Feb 3	\$79/\$93
6:45-7:45am	\$74/\$88
After Mar 31	\$79/\$93
Time	Fee R/NR
6:45-7:45am	\$74/\$88
After Jan 22	\$79/\$93
6:45-7:45am	\$74/\$88
After Mar 19	\$79/\$93
	6:45-7:45am After Feb 3 6:45-7:45am After Mar 31 <b>Time</b> 6:45-7:45am After Jan 22 6:45-7:45am

### 🌺 Dynamic Duo Girl Power Training

Strength and Conditioning class tailored specifically for Mom's and their daughters. 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. Girls are welcome to participant independently as well. Exclusive launch pricing! Instructor: Laura C.

#### Location: The Oaks—Multi-Purpose Room Age: Mom's & Daughters aged 11-16 years Day: Mondays

24,11011014,0		
Dates	Time	Fee R/NR
Jan 13-Feb 17	6:30-7:30pm	\$63/\$76
	After Jan 11	\$68/\$81
Feb 24-Mar 31	6:30-7:30pm	\$63/\$76
	After Feb 22	\$68/\$81
Apr 7-May 12	6:30-7:30pm	\$63/\$76
- · ·	After Apr 5	\$68/\$81
	-	,

### Health & Wellness Events

### 💼 Hip Hop Fit 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! **Instructor:** Gene H.

Location: The Oaks-Cypress Room

#### Age: 12+

Dates	Time	Fee R/NR
Feb 1	2-3pm	\$15/\$18
	After Jan 30	\$20/\$23
Apr 26	2-3pm	\$15/\$18
	After Apr 24	\$20/\$23

### Yoga for Anxiety Workshop

Learn how chronic stress and anxiety can impede brain function causing negative emotions and an imbalanced mind/body connection. The focus of this series is to use different yoga tools to alleviate stress and anxiety in order to restore the mind/body connection for a more balanced mood. No yoga experience is needed.

Instructor: Melissa G.

Location: Cypress Room

### Age: 13+

#### Day: Sundays

Dayloundayo		
Dates	Time	Fee R/NR
Jan 5-26	9:30-10:30am	\$36/\$43
	After Jan 3	\$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-up online at <u>mokenapark.com</u> under "Health and Wellness" Section and "Oaks Member Wellness Challenges". You can also visit The Oaks Customer Service Desk about the latest challenge.

### "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. **NOTE:** Specialty classes are excluded.

**Location:** The Oaks Recreation & Fitness Center **Dates:** Monday, Feb 24 – Friday Feb 28

### Winter Meditation Series

Instructor: Melissa G. Location: Walnut Room Age: 13+ Day: Friday

Jay: Friday

### 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.

Dates	Time	Fee R/NR
Feb 7	6-7pm	\$15/\$18
	After Feb 5	\$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.

Dates	Time	Fee R/NR
Mar 7	6-7pm	\$15/\$18
	After Mar 5	\$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.

Dates	Time	Fee R/NR
Apr 4	6-7pm	\$15/\$18
	After Apr 2	\$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 **Days/Dates:** Wednesday, Feb 12

### Winter/Spring Membership Drives

New memberships include unlimited group exercise classes, free indoor walking track, open pickleball play & open gym time, no long-term contracts, no annual fees and much more. Memberships start as young as 10 years old (restrictions apply). Stop in for a tour today and see why The Oaks is the best value for your fitness dollar! For additional membership sale dates please check Facebook<sup>®</sup> and 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.

### **Fitness Bingo Blitz**

Join in on the fitness & wellness fun after the holidays and get in shape as you compete for free prizes. Attend classes, work out in the fitness center and complete other fun wellness tasks to complete your bingo card. "Fitness Bingo Blitz" competition is free to enter but you must be a member of The Oaks in order to participate in the competition. Register online under the "Health & Wellness" section and "Oaks Member Fitness Bingo Blitz".

Fitness Bingo Blitz Competition Dates

Starts: Monday, Feb 3 Ends: Sunday, Mar 16 Fee: FREE Please note: \*Must be

**Please note:** \*Must be a member of The Oaks to participate. Other rules may apply.

### Specialty Wellness/Nutrition Services

### **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 <u>devinenutrition.com/schedule</u> 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:** The Oaks—Chestnut Room

### Ages: All ages

**Out of network costs:** One hour Consultation: \$125 Follow-up Thirty Minute Consultation: \$45

### Strong Me Weight Loss Program

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 <u>www.devinenutrition.com</u>

Registered Dietitian: Kimberly KramerLocation: The Oaks—Walnut RoomDay: ThursdaysDatesTimeJan 16-Mar 67-8pm\$225

### Mínd/Body Programs

### 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: Wednesdays		
Dates	Time	Fee R/NR
Feb 19–Apr 9	10:30-11:30am	\$66/\$79
	After Feb 17	\$71/\$84
Apr 30-Jun 18	10:30-11:30am	\$66/\$79
	After Apr 28	\$71/\$84

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

Day/Date	Time	Fee R/NR
Wed Feb 12	10:30-11:30am	FREE
Wed Apr 23	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: Tuesdays		
Dates	Time	Fee R/NR
Jan 7-Feb 25	9:30-10:30am	\$65/\$78
	After Jan 5	\$70/\$83
Mar 18-May 6	9:30-10:30am	\$65/\$78
	After Mar 16	\$70/\$83
Day: Saturdays		
Dates	Time	Fee R/NR
Jan 11-Mar 1	12:30-1:30pm	\$65/\$78
	After Jan 9	\$70/\$83
Mar 22-May 10	12:30-1:30pm	\$65/\$78
	After Mar 20	\$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 ends two days prior to free class.* 

Day/Date	Time	Fee R/NR
Sat Mar 15	12:30-1:15pm	FREE

### Zumba

### Zumba<sup>®</sup> Gold

Zumba<sup>®</sup> Gold is a modified version of Zumba<sup>®</sup> that is suitable for beginners, active older adults, pregnant women, and individuals with limited mobility. It offers a lower-intensity workout focusing on balance, range of motion, coordination, cardiovascular and muscular conditioning.

Instructor: Lisa C.

Location: The Oaks—Cypress Room Age: 16+

Day: Mondays		
Dates	Time	Fee R/NR
Jan 6-Feb 24	10:45-11:45am	\$54/\$64
	After Jan 4	\$59/\$69
Mar 17-May 5	10:45-11:45am	\$54/\$64
	After Mar 15	\$59/\$69
Day: Tuesdays		
Dates	Time	Fee R/NR
Jan 7-Feb 25	10:45-11:45am	\$54/\$64
	After Jan 5	\$59/\$69
Mar 18-May 6	10:45-11:45am	\$54/\$64
	After Mar 16	\$59/\$69
Day: Fridays		
Dates	Time	Fee R/NR
Jan 10-Feb 28	10:45-11:45am	\$54/\$64
	After Jan 8	\$59/\$69
Mar 21-May 9	10:45-11:45am	\$54/\$64
	After Mar 19	\$59/\$69

### Try this class for FREE on our DEMO days.

Time	Fee R/NR
10:45-11:30am	FREE
10:45-11:30am	FREE
10:45-11:30am	FREE
	10:45-11:30am 10:45-11:30am



Join our Zumba<sup>®</sup> 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
Jan 15-Mar 5	6:30-7:30pm	\$54/\$64
	After Jan 13	\$59/\$69
Mar 26-May 14	6:30-7:30pm	\$54/\$64
	After Mar 24	\$59/\$69
Try this class for I	FREE on our DEMO	days.
Day/Date	Time	Fee R/NR
Wed Jan 8	6:30-7:15pm	FREE
Wed Mar 19	6:30-7:15pm	FREE



A great new fitness class suitable for all levels; CIRCL Mobility<sup>™</sup> 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<sup>™</sup> 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.

Location: The Oaks—Cypress Room

### Age: 16+

Day: Mondays		
Dates	Time	Fee R/NR
Jan 6-Feb 24	12-12:30pm	\$33/\$39
	After Jan 4	\$38/\$44
Mar 17–Feb 23	12-12:30pm	\$33/\$39
	After Mar 15	\$38/\$44
Day: Tuesdays		
Dates	Time	Fee R/NR
Jan 7-Feb 25	12-12:30pm	\$33/\$39
	After Jan 5	\$38/\$44
Mar 18-May 6	12-12:30pm	\$33/\$39
	After Mar 16	\$38/\$44

### Try this class for FREE on our DEMO days.

Day/Date	Time	Fee R/NR
Tue Mar 11	12-12:30pm	FREE

### Zumba<sup>®</sup>/Strong Nation Combo

This combo class offers a dynamic and intense workout that combines the energetic moves of a Zumba<sup>®</sup> dance class with high-intensity interval training (HIIT) exercises from Strong Nation<sup>®</sup>. 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:** The Oaks—Cypress Room

Age: 16+

Day: Mondays		
Dates	Time	Fee R/NR
Jan 13-Mar 3	6:30-7:30pm	\$54/\$64
	After Jan 11	\$59/\$69
Mar 24-May 12	6:30-7:30pm	\$54/\$64
	After Mar 22	\$59/\$69

### Try this class for FREE on our DEMO days.

Day/Date	Time	Fee R/NR
Mon Jan 6	6:30-7:15pm	FREE
Mon Mar 17	6:30-7:15pm	FREE

Membership Type	Enrollment Fee	Monthly Rates Res./Non-Res.	NO ENROLLMENT FEE! Paid In Full 6 month membership Res./Non-Res.	NO ENROLLMENT FEE! Paid In Full 12 month membership Res./Non-Res.
Individual	\$50	\$41/\$46	\$216/\$246	\$427/\$487
<b>Couple</b> (same address) Two adults residing at the same address	\$100	\$61/\$66	\$316/\$346	\$627/\$687
<b>Family</b> 2 adults and 2 family members age 26 and under with same address	\$100	\$71/\$76	\$366/\$396	\$727/\$787
<b>Family Plus</b> 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		

### Guest Fee, \$15 per visit (all inclusive)

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.



### 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 has streamlined our operations to better serve our Open Gym participants. We are committed to creating a safe and enjoyable environment for all. A mandatory Open Gym ID card is required for all open gym participants, with a special provision for fitness members aged 16 and up.

**Open Gym ID Card Requirement**: 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**

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.



### **OPEN PICKLEBALL**

8AM-12PM TUESDAYS THURSDAYS SUNDAYS

8AM-7:30PM FRIDAYS

### 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 guestsTables 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: \$150/\$200 (one hour court, one hour Chestnut Rm.)
- 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.

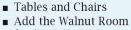
- Up to 20 guests
- Chestnut Room
- One-hour Party
- Themed Table Coverings,
- Plates, Napkins & Cups
- Fee R/NR: \$105/\$155 with Dressed Characters, Fee R/NR: \$205/\$255 In addition to rental fees, a damage deposit is required.

### 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.* 



- for \$90R/\$120NR per hour.
- Add Kitchenette for \$15 per hour.



### TO RESERVE YOUR PARTY

- Stop in at The Oaks to complete the rental form or go to <u>www.mokenapark.com</u>
- 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

### **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.





# 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 <u>ewaller@mokenapark.com</u>.

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.

### 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.

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



### 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.



### **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.** 

### **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.*

### Special Events



Fee is per person. No refunds. Fee, R/NR: \$35/\$40. Registration Deadline: February 1.



# SHAMROCK SEARCH

Lucky the Leprechaun is coming to town. Let's go on a hunt to find all the Shamrocks he left for us to find. Maybe you will even find the luckiest one of all! Ages 3–8.

Registration Deadline: March 7.



**Friday, March 14** 6-7:30pm • Program Center Fee R/NR: \$15/\$20. No refunds



### The Quest for the Golden Eggs begins!

Bring your flashlight and a bag to collect the hidden eggs at Yunker Farm! Lucky winners that find the Golden Eggs will a prize basket from local sponsors. Age 8–13. No refunds.

Thursday, April 10 7-8pm Program Center Fee R/NR: \$20/\$25.

Registration Deadline: April 3.

### Special Events





The Easter Bunny is coming to town and it's time to "egg" your family, friends and neighbors! The Bunny's special helpers will hide two dozen Easter eggs in the front yard, and leave a fun-filled Easter basket with a fun "You've been Egged" sign on the door. This event is open to Mokena Community Park District residents only. No refunds.

Eggs are delivered April 14-18 between 2-5pm. Fee per house: \$20. Extra eggs: \$5 per dozen. Limited registration for each day.

Registration Deadline: April 4.

Registration Deadline: One week prior to the event date.

Daddy Daughter Ball





### Friday, May 9 or Friday, May 16 7-9pm

The Oaks Recreation & Fitness Center

Girls will have a ball dancing the night away with their favorite prince. This enchanted evening will include music, food, face painter, and more. Girls and adults are registered separately. Ages 3-14. Fee is per person. No refunds.

- Fee R/NR: Girls: \$25/\$30. Adult: \$30/\$35.
- \$5 off each additional daughter.



## Thank you to our 2024 Sponsors



### **Great Tasting Lunchmeat**



















- *◊ Enchanted Castle*
- Fleckenstein's Bakery
- ◊ Home Depot
- Lockport Park District
- Savers in Orland Park
- South Suburban Umpire Association
- Jean Lachat Photography
- $\diamond$  Chic Fil A
- ♦ Psych Escape Room
- ◊ Nothing Bundt Cakes
- Mokena Crumbl Cookie
- Andy's Frozen Custard



### **Registration for Day Camp Starts May 1st.**

### **Before & After Camp**

Before and after camp is for campers already enrolled in a summer day camp. Campers will spend before and/or after camp completing projects, science experiments, and more! There are no refunds or credits once you are registered for this camp.

Age: 3.5-12 (age determine by first day of camp) Dates: Jun 2-Aug 8

Duces. Juli 2	Duces. Juli 2 Mug 0		
Times	Camp	Fee R/NR	
8-9:30am	Kiddie/Sunshine	\$8/\$10	
8-9am	Adventure	\$6/\$8	
12:30-6pm	Kiddie/Sunshine	\$20/\$22	
4-6pm	Adventure	\$10/\$12	
Location: Program Center			

### **Kiddie** Camp

Something special for the "little ones", a fun-filled magical time. Activities include games, stories, crafts, music, and special surprises. Campers must be toilet-trained and ready to separate from parents for an extended period. This camp is held outdoors the whole day. In case of inclement weather, we will be inside the Program Center. Camp shirts can be purchased at the Administration Building for \$10 a shirt. There are no refunds or credits once you are registered for this camp.

### Age: 3.5-5

Times: 9:30am-12:30pm Day: Mon-Fri <u>OR</u> Tues/Thu <u>OR</u> M/W/F Week Dates Price Range-based on # of days June 2-6 \$40-\$70/\$45-\$85 1 2

-	June - 0	\$ 10 \$ 0, \$ 10 \$ 00	v
2	June 9-13	\$40-\$70/\$45-\$85	a
3	June 16-20	\$40-\$70/\$45-\$85	a
4	June 23-27	\$40-\$70/\$45-\$85	t
5	Jun 30-July 3	\$20-\$70/\$25-\$85	N
6	July 7-11	\$40-\$70/\$45-\$85	2
7	July 14-18	\$40-\$70/\$45-\$85	i
8	July 21-25	\$40-\$70/\$45-\$85	Ī
9	July 28-Aug 1	\$40-\$70/\$45-\$85	Ā
10	Aug 4-8	\$40-\$70/\$45-\$85	Ī
Locati	on: Main Park		Ī

### **Summer Sunshine Camp**

This outdoor camp is an annual favorite, mini-day camp at its best. We'll journey the world with arts, crafts, games, music and of course, Water Week! There will be some special surprises too! This camp is held outdoors the whole day. In case of inclement weather, we will be inside The Oaks Recreation and Fitness Center. Camp shirts can be purchased at the Administration Building for \$10 each. There are no refunds or credits once you are registered for this camp.

### Age: 6-12

Times: 9:30am-12:30pm Day: Mon-Fri OR Tues/Thu OR M/W/F Week Dates Price Range-based on # of days June 2-6 \$40-\$70/\$45-\$85 1 2 June 9-13 \$40-\$70/\$45-\$85 3 \$40-\$70/\$45-\$85 Iune 16-20 4 June 23-27 \$40-\$70/\$45-\$85 5 Jun 30-July 3 \$20-\$70/\$25-\$85 6 July 7-11 \$40-\$70/\$45-\$85 7 \$40-\$70/\$45-\$85 July 14-18 8 July 21-25 \$40-\$70/\$45-\$85 July 28-Aug 1 \$40-\$70/\$45-\$85 9 \$40-\$70/\$45-\$85 10 Aug 4-8

Location: Main Park

### Junior Day Camp Counselor

Experience what it's like to be a real Mokena Park District camp counselor! This program will provide young teens an opportunity to experience a "real work" situation and teach young adults confidence, leadership, responsibility and how to act as a positive role model for campers. Each participant will work with a counselor and a small group of campers and assist with games and activities, and help create a fun experience for all the campers. Fee includes a t-shirt and training. This camp is an outdoor camp. Must be able to attend trainings the week of May 28th. An email will be sent out with more information. Location: Main Park

A got 12

Age. 15+		
Days: Monda	y-Friday	
Dates	Time	Fee R/NR
Jun 2-Aug 8	9am-12:30pm	\$50/\$60

PLEASE NOTE FOR ALL CAMPS: Camp groups are based on age. When registering your child you will register them for the days you want in the appropriate age group. There will be **NO REQUEST** for children to be in the same group. Once you are registered for a group there are no refunds, credits or changes. Each group will be divided by age, each camp will be divided by age. Camps are week by week basis. You can register for one or all ten weeks. Once a group/week is filled we will take a waiting list. We will only pull off the waiting list if someone drops out of that group.

There are no refunds or credits if you pull your child out of summer camp.

### Adventure Camp

Adventure Camp is an all day program were we go exploring, take field trips, adventure to various parks and have lots of fun. This camp is for children ages 7-13 years of age. Some of the field trips include: baseball games, Palos Heights Pool, Bolingbrook water park (Pelican Harbor), Enchanted Castle, playgrounds, and more! Please note: some field trips may change due to weather or staffing. We will provide another fun alternative. There will be no credits or refunds once you register. Pick and choose your days! You can sign up for one day, two days or all five. Pick and choose the weeks you would like to attend too. If you are registered for the before or after care program, drop off and pick up will be located at the Program Center. Times for Adventure Camp are from 9am to 4pm. Fee includes: Field trip, bus service, a 1:8 max ratio of counselors/campers, and supplies for various crafts and games. There are no refunds or credits once you are registered for this camp. Registration deadline is one week prior to the Monday of the following week.

### Age: 7-13

Times: 9am-4pmDatesDaysJune 2-Aug 8Mon-FriFee R/NR: \$50/\$60 per day

Meet the Counselor Day For all Camps Saturday, May 31 from 10am-12pm Location: Main Park Pavilion Meet your counselors and pick up your shirt.

### **Camp Guidelines**

- All campers must be pre-registered at least one week prior to each session.
- All campers must have waivers and medical forms completed and returned to the Administration Center before their first session. Campers will not be allowed to attend camp if required documentation is not on file.
- Campers must attend the days they are registered for and cannot switch days.
- Make-up days or refunds cannot be made for days campers are absent from camp. There are NO Credits or Refunds.
- All campers must be toilet-trained. Counselors will not change diapers, pull-ups, or swimsuits.
- If someone other than a parent will be picking up a child from camp, their name must be listed on the *Pick-Up Authorization Form.* A camper will not be released to an unauthorized person.
- T-shirts can be ordered at registration for \$10 each. Once the registration deadline has passed, t-shirts will have very limited availability.
- Day Camp Parent meeting is Wednesday, May 28th at 6PM at the Program Center.







# NOW HIRING: SUMMER CAMP COUNSELORS

Please send your application to Kara at Kjelderks@mokenapark.com

Applications are available on our website, www.mokenapark.com

Early Childhood

### 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. All supplies are provided. **Instructor:** Kelly Freza **Location:** Program Center

### Age: 2-3 w/adult

Time	Fee R/NR
9:15-10am	\$45/\$50
	9:15-10am 9:15-10am 9:15-10am

### **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: Tuesday		
Dates	Time	Fee R/NR
Jan 7-28	10-11:15am	\$45/\$50
Feb 4-25	10-11:15am	\$45/\$50
Mar 4-25	10-11:15am	\$45/\$50
Apr 8-29	10-11:15am	\$45/\$50

### **Athletics**

#### **1st Down Tots**

This program uses a variety of fun games to engage kids while teaching the sport of football and developing fundamental skills (no tackle). The goal is to build fitness, muscle coordination, football fundamentals and create a love of the game. **Instructor:** Skyhawks Academy Staff **Location:** The Oaks **Day:** Mondays

### Age: 3-4 (Rams)

Dates	Time	Fee R/NR
Jan 13-Mar 3	4-4:40pm	\$100/\$110
Ages: 4-5 (Rhinos)		
Dates	Time	Fee R/NR
Jan 13-Mar 3	4:50-5:30pm	\$100/\$110

### **Hoopster Tots**

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.

Instructor: Skyhawks Academy Staff

Location: The Oaks Day: Wednesdays

### Ages: 3-4 (Froggies)

Ages. 5 4 (Hoggles)			
Dates	Time	Fee R/NR	
Jan 15-Mar 5	4-4:40pm	\$100/\$110	
Age 4-5 (Kangaroos)			
Dates	Time	Fee R/NR	
Jan 15-Mar 5	4:50-5:30pm	\$100/\$110	

#### Multi-Sport Tots (Basketball and Baseball)

Introduce your little superstar to sports in our most popular program! This Basketball and Baseball class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development.

Instructor: Skyhawks Academy Staff

Location: The Oaks

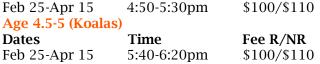
Day: Wednesday

Age: 3-4

Time	Fee R/NR
4-4:40pm	\$100/\$110
4:50-5:30pm	\$100/\$110
	4-4:40pm

#### Soccer Tots

These soccer themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence: older classes focus on developing core soccer skills and personal focus and introduce light competition. Instructor: Skyhawks Academy Staff **Location:** The Oaks **Day:** Tuesdays Age: 2-3.5 (Cubs) Dates Time Fee R/NR Feb 25-Apr 15 4-4:40pm \$100/\$110 Ages: 3.5-5 (Teddies) Dates Time Fee R/NR



### Language

### I Speak Spanish!

Expand your child's world! Introduce your child to the Spanish language in this 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: Tuesday		
Dates	Time	Fee R/NR
Jan 14-Feb 18	5-5:45pm	\$110/\$115
Feb 25-Apr 8	5-5:45pm	\$110/\$115
(No class $4/1$ )		
Apr 15-May 20	5-5:45pm	\$110/\$115

### Musíc

### **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	
Jan 30-Mar 20	Thu	9:15-10am	\$149	
Apr 3-May 22	Thu	9:15-10am	\$149	
Feb 1-Mar 22	Sat	10-10:45am	\$149	
Apr 5-May 24	Sat	10-10:45am	\$149	
Age: 18 months-3	years			
<b>Kindermusik</b> Our	Time			
Dates	Darr		<b>T</b>	
Dates	Day	Time	Fee	
Jan 30-Mar 20	Day Thu	10:15-11am	Fee \$149	
	,			
Jan 30-Mar 20	Thu	10:15-11am	\$149	
Jan 30-Mar 20 Apr 3-May 22	Thu Thu	10:15-11am 10:15-11am	\$149 \$149	
Jan 30-Mar 20 Apr 3-May 22 Feb 1-Mar 22	Thu Thu Sat	10:15-11am 10:15-11am 9-9:45am	\$149 \$149 \$149 \$149	



### 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, Jan 10	9:45-10:30am	\$10
Fri, Jan 17	9:45-10:30am	\$10
Fri, Jan 24	9:45-10:30am	\$10
Fri, Jan 31	9:45-10:30am	\$10
Fri, Feb 7	9:45-10:30am	\$10
Fri, Feb 21	9:45-10:30am	\$10
Fri, Feb 28	9:45-10:30am	\$10
Fri, Mar 7	9:45-10:30am	\$10
Fri, Mar 14	9:45-10:30am	\$10
Fri, Mar 21	9:45-10:30am	\$10
Fri, Apr 4	9:45-10:30am	\$10
Fri, Apr 11	9:45-10:30am	\$10
Fri, Apr 25	9:45-10:30am	\$10
Fri, May 2	9:45-10:30am	\$10
Fri, May 9	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: Tuesday		
Dates	Time	Fee R/NR
Jan 7-28	9:15-10am	\$45/\$50
Feb 4-25	9:15-10am	\$45/\$50
Mar 4-25	9:15-10am	\$45/\$50
Apr 8-29	9:15-10am	\$45/\$50



	-	Sports & recreated ollowers • 16		g		
1		W La Porte I		lokena, IL <sup>Mokena, IL</sup>	•	
	\$ (7	708) 390-2401	🖂 ir	nfo@mokena	park.com	
	0 0	pen now 🔹	☆ 4.1	(29)	See About	info
		Sign Up		Ν	lessage	
		F	ollowin	g		

# Fall 2025 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 9-1-2025.

FALL 2025 OPEN HOUSE AND REGISTRATIONWed., Feb. 26 • 5–7pm • Program Center

**PREP SCHOOL (3-YEAR-OLDS)** Tuesday and Thursday 9–11:30am

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:

- Prepschool (3yr old): \$145/\$160/month
- Preschool (4yr old): \$185/\$200/month
- Kinderbridge (4yr old): \$280/\$300/month
- Sign up for auto-pay and save \$5 per month.
- 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, Comícs & Crafts

### **DO Art Productions**

We will be exploring the different languages of comics from the eves to the body positions to the actual language of speech bubbles. We will see how simple lines can bring a whole spectrum of emotions to our eyes, and we will try this exploration on dynamic action poses. After exploring, we will synthesize everything we learned into generating a six-panel comic. Our workshops are highly energetic and engaging. We will include learning with guitar playing, juggling, and many more unexpected tricks. By the end, we will have discovered how to generate anything into a cartoon, as well as the ins and outs of creating a comic with plot, resolution, dialogue, onomatopoeia and much more! Instructor: Jerry Moffitt - Do Art Productions Location: The Oaks-Chestnut Room

#### Age: 7+ Comic Book Workshon-Single Day

Comic Book Workshop-Single Day				
Day/Date	Time	Fee R/NR		
Mon Jan 6	5-6pm	\$27/\$37		
Acting Workshop				
Day/Date	Time	Fee R/NR		
Mon Jan 13	5-6pm	\$27/\$37		
Bead Workshop				
Day/Date	Time	Fee R/NR		
Thu Jan 16	5-6pm	\$35/\$45		
<b>Comic Book Worksho</b>	op-3 Weeks			
Day/Date	Time	Fee R/NR		
Wed Feb 12-26	7-8pm	\$65/\$75		
Paint Workshop				
Day/Date	Time	Fee R/NR		
Wed Mar 12	7-8pm	\$27/\$37		
St. Patrick's Day Wor	kshop			
Day/Date	Time	Fee R/NR		
Mon Mar 17	5-6pm	\$35/\$45		
Comic Book Workshop-3-Day				
Days: Mon-Wed				
Date	Time	Fee R/NR		
Mar 31-Apr 4	1-3pm	\$85/\$95		

### Crítter

### **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		
Dates	Time	Fee R/NR
Mar 4	6-7pm	\$38/\$45

### Dance

From the graceful movements of Ballet to the quick beat of Hip-Hop/Jazz to the synchronized sounds of taping 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 and 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.* 

Pre-Ballet: This class will introduce the basic steps and positions in ballet while learning a fun song and dance routine. Your child's confidence and appreciation for the art form will grow as they master new skills and make new friends. Ballet: This class provides an excellent background for all types of dance. Coordination, strength and flexibility are complimented with the grace and poise which ballet class offers.

Tapping Toes: Hear the synchronized sounds of taping toes while we shuffle off to Buffalo learning multiple tap techniques. Classes will include basic principles of tap through music and movement exercises, with an emphasis on rhythm and timing.

High Voltage Hip-Hop/Jazz: Learn the latest street-style moves just like your favorite pop stars. Dance to the beat and get an excellent workout while improving muscle strength and flexibility. Fun choreography will be inspired by popular music. Lyrical: Learn a dance style that uses aspects of ballet, jazz and modern while expressing a message! Pointe Class: Students will only be able to go on pointe shoes upon teacher approval. Students must also be enrolled in ballet for pointe class. During pointe class students will add onto their knowledge of classical ballet while dancing on the tips of their toes.

Instructor: Jenny Diamond

Location: Program Center Dance Room Fee R/NR: \$150/\$165 (30 min. classes) \$180/\$200 (45 min. classes)

Dance Recital: Saturday, May 24 at Lincoln-Way East

### Day: Monday

Dates: Jan 6-May 19				
Class	Time	Age		
Pre-Ballet	9:30-10am	3 years		
Тар	4:15-4:45pm	4-5		
Ballet	4:45-5:15pm	4-5		
Hip Hop/Jazz	5:15-6pm	5th-6th Grade		
Тар	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				

### Youth Programs

### **Day: Tuesday**

Dates: Jan 7-May 20				
Class	Time	Age		
Тар	9:30-10am	4 years		
Ballet	10-10:30am	4 years		
Тар	4:15-4:45pm	K-1st Grade		
Ballet	4:45-5:15pm	K-1st Grade		
Poms	5:15-5:45pm	K-1st Grade		
Тар	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 Jan o Play		
Class	Time	Age
Тар	4:15-4:45pm	1st-2nd Grade
Ballet	4:45-5:15pm	1st-2nd Grade
Jr. Jazz	5:15-5:45pm	1st-2nd Grade
Тар	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: Jan 9-May 22

Duces. Juli 5 May 22				
Class	Time	Age		
Тар	4:15-4:45pm	4-5		
Ballet	4:45-5:15pm	4-5		
Hip Hop/Jazz	5:15-6pm	7th-8th Grade		
Тар	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: Jan 10-May 23			
Class Pre-Ballet Tap Ballet Hip Hop/Jazz Ballet Hip Hop/Jazz	<b>Time</b> 4:15-4:45pm 4:45-5:15pm 5:15-5:45pm 6-6:45pm 6:45-7:30pm 7:30-8:15pm	<b>Age</b> 3 years 3rd-4th Grade 3rd-4th Grade 3rd-4th Grade 9th-12th Grade 9th-12th Grade	Grades: Date Mon Ma Tue Apr Wed Ap Thu Apr Fri Apr
Inp nop/ Juzz	7.50 0.15pm	5th 12th Orade	Multiple





### Days Off Camps

### Winter Break Camp

Day off of school with nothing to do? Come hang out at rhe Mokena Park District 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. NOTE: We must have 10 participants per day for this program to run. Instructor: Mokena Park Staff

Location: Program Center

### Grades: Kindergarten-5th

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.		

### **Spring Break Camp**

Come hang out at Mokena Park District and go on an adventure with us! Doors open at 8am until 6pm. We will be making crafts, sports, and games! The day will be filled with endless fun! Please dress you children accordingly as we may go outside if the weather permits it. NOTE: We must have 10 participants per day for this program to run. Instructor: Mokena Park Staff

#### Location: Program Center : Kindergarten-5<sup>th</sup>

Date	Time	Fee R/NR
Mon Mar 31	8am-6pm	\$45/\$55
Tue Apr 1	8am-6pm	\$45/\$55
Wed Apr 2	8am-6pm	\$45/\$55
Thu Apr 3	8am-6pm	\$45/\$55
Fri Apr 4	8am-6pm	\$45/\$55
Multiple children discount of \$5		

e children discount of \$5.

### School Days Off

It's a Day off of school so let's have some fun. We will go to The Oaks for some open gym time, make crafts and have a pizza party! NOTE: We must have 10 participants per day for this program to run. Instructor: Mokena Park Staff

Location: Program Center

### Grades: Kindergarten-5th

Date	Time	Fee R/NR
Mon Jan 20	8am-6pm	\$45/\$55
Mon Feb 17	8am-6pm	\$45/\$55

### Drawing

### **Kids Drawing Club**

Does your child want to learn to draw something new and exciting each week? Young Rembrandts is coming to the community to not only teach kids how to draw but also how to properly color with markers, color pencils, and fine-tip markers. Each week will feature a different subject matter. All supplies provided.

Instructor: Young Rembrandts Staff

Location: Frankfort Founders Center

### Grade: 1-5

Day: Inursuays		
Dates	Time	Fee R/NR
Jan 16-Feb 20	5:30-6:30pm	\$90/\$95
Feb 27-Apr 10	5:30-6:30pm	\$90/\$95
(No class $4/3$ )		
April 17-May 22	5:30-6:30pm	\$90/\$95

### **Gymnastics**

Open to Mokena Park District residents only. Location: Gym-Kinetics Sessions: Jan 15-Mar 30– Fee \$190-\$220 Mar 31-Jun 6– Fee \$170-\$190

### Baby Gym

You and your babies will experience many different<br/>gross motor activities with music, climbing and more!AgeDayWalking-2Mon9-9:50am

### Mom & Mini

This program offers a range of gross motor activities while being introduced to gymnastics.

Age	_ (	Time
2-3 w/ Adult	Sat	11-11:50am

### 3 Year Old Mini Gymnastics

Your child will experience different gross motor activities along with an intro to gymnastics skills.

Age	Day	Time
3 years	Wed	4:15-5:05pm
3 years	Sat	11-11:50am

### 4 & 5 Year Old Mini Gymnastics

This class will teach the beginner stages of tumbling and all of the gym apparatus.

Age	Day	Time
4-5 years	Tue	6:15-7:05pm
4-5 years	Wed	3-3:50pm
4-5 years	Sat	11-11:50am

### Ninja Zone

Ninja Zone is the entry level to an all new sport discipline inspired by gymnastics, martial arts, obstacle course training, and street dance.

Age	Day	Time
4-5 years	Tue	5:15-6:05pm
4-5 years	Thu	5:15-6:05pm
6-9 years	Wed	4:15-5:05pm
6-9 years	Sat	11-11:50am

### **Beginner Girls**

Each student will learn tumbling skills with intro skills on the balance beam, uneven bars, and vault.

Age	Day	Time
5-6 years	Tue	4:15-5:15pm
5-6 years	Thu	5:15-6:15pm
5-6 years	Sat	9-10am
Age	Day	Time
Age 7-13 years	<b>Day</b> Mon	<b>Time</b> 6:15-7:15pm
0		

### Horseback Riding

### Horseback Riding Lessons- 2025

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. There is a limit of one initial park district 5-lesson card per family. **Location:** Nova Quarter Horses

### Age: 7+

Fee R/NR: \$260/\$270

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

### Winter Horse Camp

Join Nova Quarter Horses for 3 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+

<b>Days:</b> Thu/Fri		
Dates	Time	Fee R/NR
Jan 2-3	9am-3pm	\$185/\$200

### Little Buckaroos

Little Buckaroos for one parent and up to 2 children. A new event at Nova, Little Buckaroos is geared toward our littlest riders, ages 5 and under. Each child will have the opportunity to tour the barn, meet and groom our gentle horses, and feed them apples and carrots. Then we'll go for a ride. Each child will sit in the saddle while a Nova staff member leads them around the arena. This is a great introduction to horses for your little ones! Location: Nova Quarter Horses

### Age: 5 and under

Day: Wednesday		
Date	Time	Fee R/NR
Apr 9	10-11:30am	\$25/\$35

### Youth Programs

### Mommy & Me Mother's Day Horseback Ride

Mother's Day is an occasion to celebrate so why not let Nova Quarter Horses give you a Mother's Day you won't forget? Come join us with your little ones for a fun-filled day of riding and crafting! This event includes a riding lesson, a tour of our barn as well as the opportunity to learn how to groom a horse! Every child is provided the materials to make Mom a special keepsake to remember this special day.

Location: Nova Quarter Horses

### Age: 7+

<b>Day:</b> Friday		
Date	Time	Fee
May 9	5-7pm	\$120 a pair
		\$55 add. rider
Day: Saturday		
Date	Time	Fee
May 10	4:30-6:30pm	\$120 a pair
		\$55 add. rider

### Daddy & Me Father's Day Horseback Ride

Do something unique and fun this Father's Day weekend! Come join us with your little ones for a fun filled day of riding and crafting! This event includes a riding lesson, a tour of our barn and how to groom a horse! Come out and join us for this awesome Father's Day experience!

### Location: Nova Quarter Horses

### Age: 7+

Day: Friday		
Date	Time	Fee
Jun 13	5-7pm	\$120 a pair \$55 add. rider
Day: Saturday		
Date	Time	Fee
Jun 14	4:30-6:30pm	\$120 a pair
		\$55 add. rider

### Language

### Vamonos Youth Spanish Club

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

Location: Founders Community Center

### Age: 7-11

Day: Tuesday		
Dates	Time	Fee R/NR
Jan 14-Feb 18	6-6:45pm	\$110/\$115
Feb 25-Apr 8	6-6:45pm	\$110/\$115
(No class $4/1$ )		
Apr 15-May 20	6-6:45pm	\$110/\$115

### Musíc/Theatre

### "DISNEY'S FROZEN (KIDS)"

Join Simply Music for *Frozen KIDS*, a 30-minute adaptation of the 2018 Broadway musical designed for first through fifth graders! Follow Anna, Elsa, Olaf, and friends on an icy journey of self-discovery and true love. Featuring songs like "Do You Want to Build a Snowman?" and "Let It Go," every young performer gets a part! Performance dates: May 23 at 7:00pm and May 24 at 2:00pm. Rehearsals held at Simply Music Studios, 164 W Illinois Hwy in New Lenox and performances are held at Crossroads Christian Church, 2312 Essington Rd in Joliet. **Instructor:** Ms. Jenny of Simply Music Studios **Location:** Simply Music Studios **Grades: 1-5** 

010001 2 0		
Date	Time	Fee R/NR
Mar 3-May 19	6:15-7:30pm	\$350
(No class 3/24 & 4	4/21)	

### **Red Note Choir**

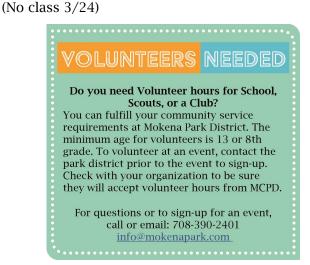
The Red Note Choir is rapidly becoming one of the area's most exciting group music offerings. Our curriculum ranges from traditional to modern music, and our philosophy is that children will love music for life when they sing songs they can connect with. Students learn age-appropriate vocal techniques of posture, breathing, sound productions, and expression, in order to build a strong vocal foundation. No prior experience necessary. The group performs throughout the southwest Chicagoland area at high-profile events, including an exclusive 815 concert event, Simply Music's Summer Red Carpet Event, 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

### Grades: 1-5

Day: Monday Date Jan 6-May 19

**Time** 5:15-6pm Fee R/NR \$279



### Training

### Safe at Home

This class is for the child who stays by himself/ herself occasionally, cares for siblings, babysits, or is just ready to accept responsibility. Topics covered include safety in the home, use of keys, what to do in case of an emergency, strangers, and house rules. **Instructor:** Donna Giove

### **Location:** Frankfort Founders Center

Age: 6-10

#### Dav: Monday

Date	Time	Fee R/NR
Mar 17	4:30-6pm	\$45/\$50

### 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.

provided for additional reinforcem

Instructor: Donna Giove

Location: Frankfort Founders Center

Age: 6-10

Day: Monday		
Date	Time	Fee R/NR
Mar 17	6:30-8pm	\$45/\$50

### **Babysitter Training**

This is a two-day class which focuses on the knowledge and skills necessary to safely and responsibly provide care for children and infants. This training will help participants gain leadership skills, learn how to develop a babysitting business, keep themselves and others safe, help children behave, and learn about basic child care and basic first aid. Certification for this class includes participant's workbook, emergency guide, and CD-Rom, as well as an American Red Cross Babysitters Training certificate.

#### Instructor: Donna Giove

Location: Frankfort Founders Center

### Age: 11-15

Days: Monday & Wednesday		
Date	Time	Fee R/NR
Jan 27 & 29	4:30-8pm	\$80/\$85
Apr 7 & 9	4:30-8pm	\$80/\$85

## Youth Programs/Athletics

### Baseball

Our curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment. All athletes regardless of skill level will learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility. **Instructor:** Skyhawk Sports Academy Staff

Location: The Oaks Day: Monday

Time	Fee R/NR
6-6:50pm	\$85/\$90
7-7:50pm	\$85/\$90
	6-6:50pm

### Basketball

Our basketball staff focus on the whole player, teaching your child the skills needed both on and off the court to be a better athlete. Each day will start with a "skill of the day" and progress into drills and games.

**Instructor:** Skyhawk Sports Academy Staff **Location:** The Oaks

**Dav:** Tuesday

Ages: 4-6		
Dates	Time	Fee R/NR
Mar 11-Apr 15	5-5:50pm	\$85/\$90
Ages: 7-9		
Mar 11-Apr 15	6-6:50pm	\$85/\$90
Ages: 10-12		
Mar 11-Apr 15	7-7:50pm	\$85/\$90

### Multi-Sport (Basketball and Baseball)

Introduce your superstar to sports in our most popular program! This Basketball and Baseball class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development.

Instructor: Skyhawks Academy Staff

Location: The Oaks

*	
Time	Fee R/NR
5:40-6:20pm	\$100/\$110
	Time

### 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.

### Youth Athletics

### 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, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun and positive environment. **Instructor:** Skyhawk Sports Academy Staff **Location:** The Oaks

### Day: Mondays

Ages: 6-10

Dates	Time	Fee R/NR
Jan 13-Mar 3	5:45-6:45pm	\$100/\$105

### Soccer

Using our progressional 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.

**Instructor:** Skyhawk Sports Academy Staff **Location:** The Oaks

### Day: Tuesdays

Ages: 4-6		
Dates	Time	Fee R/NR
Jan 14-Feb 18	5-5:50pm	\$85/\$90
Ages: 7-12		
Dates		
Jan 14-Feb 18	6-6:50pm	\$85/\$90

### Youth Spring Recreational Soccer League

Mokena and Manhattan Park Districts are conducting an instructional soccer league focusing on the basic skills for the beginning and novice youth players. Team practices (led by volunteer coaches) during the week, and games on



Sundays. Each team is guaranteed to play 7 games. Age 4-Kindergarten will not keep score and will not have a playoff. No grades will have a playoff but we will have a final week of games vs the team closest to you in the final season standings. We can not guarantee ANY player requests and will not adjust teams based on requests. **This is a Recreational Fun League.** 

### Location: Varies

Age: 4-14

Day: Sunday		
Dates	Time	Fee R/NR
Apr 20-Jun 15	Varies	\$130/\$150
	After Mar 14	\$150/\$170

### Track & Field Speed and Agility

Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered. Participants will put it all together for one fun-filled day at the end of the week. **Instructor:** Skyhawk Sports Academy Staff **Location:** Main Park

### **Day:** Wednesday

#### $\Delta gos: 4-6$

Time	Fee R/NR
5-5:50pm	\$85/\$90
6-6:50pm	\$85/\$90
	5-5:50pm

### G2VBC Youth Volleyball Academy

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.

### Instructor: G2VBC Staff

Location: The Oaks-West Court

Day: Wednesdays

Grades: 1-4		
Dates	Time	Fee R/NR
Jan 8-Feb 26	4:30-5:30pm	\$75/\$88
Mar 5-Apr 23	4:30-5:30pm	\$75/\$88
May 7- Jun 25	4:30-5:30pm	\$75/\$88
Grades: 5-8		
Glaues. 5-0		
Dates	Time	Fee R/NR
<b>Dates</b> Jan 8-Feb 26	<b>Time</b> 5:30-6:30pm	<b>Fee R/NR</b> \$75/\$88
Dates		\$75/\$88 \$75/\$88
<b>Dates</b> Jan 8-Feb 26	5:30-6:30pm	\$75/\$88

### 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.
- 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.

## Adult Programs

### Line Dancing—Advanced

Participants must have experience with intermediate level dances for this class. Most dances have complicated and syncopated eight counts with lots of

quarter, half and full turns. Dance shoes are

recommended. Expect thorough teaching and review. Must of taken Maxine's Intermediate class first in order to register!

**Instructor:** Maxine Nowobilski

Location: The Oaks Recreation & Fitness Center Age: 18 +

#### Day: Friday

Dates	Times	Fee R/NR
Jan 10-Feb 14	1-2pm	\$48/\$58
Feb 21-Mar 28	1-2pm	\$48/\$58
Apr 4-May 16	1-2pm	\$48/\$58

### Photo 1 Digital SLR Photography-Beginner

You'll learn about your camera modes, aperture, shutter speed, depth of field, close-up flower photo, methods of focus and ISO then taking pictures in Manual Mode. At the end of this class, you will have an understanding of your camera and gear so you can use them to their fullest potential.

**NOTE:** Participants must bring film and 35 mm camera that will work in manual mode or digital SLR (removable lens).

### Instructor: Laurie Piton

Location: Founders Community Center

### Age: 18 +

Day: Wednesday		
Dates	Times	Fee R/NR
Jan 15-29	6-8pm	\$100/\$105
Apr 9-23	6-8pm	\$100/\$105

## Zoom Learn to edit your photos with ADOBE Photoshop Elements

Do you want to learn how to improve your images once you download to the computer? Do you need help starting the downloading first? You will learn the different edit modes to make editing faster and simpler. But what if you want to dive into editing your photos even more? For example making the photo part black and white? Or blurring a background of the photo that did not blur that much? This is the class for you! Come join our class to learn all the different ways to edit your photos and improve them or get really creative with the photo! You will learn to practice hands on with your own photos. NOTE: Adobe Photoshop Elements is required. Zoom login information will be emailed to participants before the first class. Instructor: Laurie Piton

**Location:** Zoom Platform

### Age: 18 +

Day: Monday		
Dates	Times	Fee R/NR
Feb 3-17	6-8pm	\$100/\$105

### Learn to fix your Digital Pictures with Adobe Photoshop CC-Beginners

Welcome all beginners to Adobe Photoshop CC (Cloud)! You will learn how to clean up your images, whether too bright or too dark. Fix the color of your photos, then get into some creative techniques like blurring and partial black and white images. Work with your photos not samples. We cover tool bar and all of its functions. The following topics will be covered: Color Correction, Cropping and Straighten, Brightness and Contrast, Selecting parts of the image, Saving with different file types and adding text. Participants need to have Photoshop CC installed on the computer before start of class. Zoom login information will be emailed to participants before the first class.

### Instructor: Laurie Piton

Location: Zoom Platform

### Age: 18 +

Day: Tuesday		
Dates	Times	Fee R/NR
Feb 4-18	6-8pm	\$100/\$105

### Photography II- Improving your Picture Taking Skills

This course introduces the creative side of traditional film or digital photography. Topics include use of color, improving use of texture in the photo and lighting. Participants will have an opportunity to practice taking pictures during class. If you are looking to improve your picture taking skills, this is one class you won't want to miss. NOTE: Participants must bring a digital camera to class.

Instructor: Laurie Piton

Location: Founders Community Center

Age: 18 +

Day: wednesday		
Dates	Times	Fee R/NR
May 7-21	6-8pm	\$100/\$105

### **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.

- Plots must be planted by June 1.
- No Refunds
- To reserve your plot, paperwork and payment can be completed at the Administration Office.
- There is a limit of 2 plots per household.
- Water is provided on-site and gardener supplies their own tools, plants, etc.
- At the end of the gardening season, if you wish to keep your plot please contact the Administration Office to pre-pay for the next year.
- Call 708-390-2401 for more info.

### 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.

### **Beginner Pickleball League**

This league is specifically designed for players who have played pickleball for less that 3 years or are 2.0 or lower rated player on the USAPA skill rating. This league is a semi competitive league that offers a supportive and welcoming environment. 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! Event staff holds the right to change and alter what league you are playing in based on skill level. Location: The Oaks

### Age: 18+

Day:	Wednesday	
------	-----------	--

Date	,	Time	Fee R/NR
April 2		5:45-7:45pm	\$50/\$60

### 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. Our league is designed specifically for intermediate players, so you can be sure that you'll be playing with other players around your skill level. All participants will be randomly assigned different partners each week and 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 vour season record!

### Location: The Oaks

Age: 18+

**Day:** Wednesday

Date	Time	Fee R/NR
April 2	5:45-7:45pm	\$50/\$60

### Men's 16" Slow-pitch Softball

This sanctioned league guarantees each team 10 games plus playoffs. Team rosters must consist of a minimum of 10 players or a maximum of 20 players. Cash prizes for winners of the playoffs. **Location**: Main Park

#### Age: 18+

Day: Wednesday		
Dates	Time	Fee R/NR
First game May 7	6:30pm start	\$625/\$650

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

B and C leagues you are able to spike and overhand serve. D league you must underhand serve and no spiking is allowed. Each team is guaranteed to play 8 matches plus playoffs. Team rosters are due by the 2nd game. Registration deadline for all leagues is Monday December 16, 2024 or when league is filled.

#### Location: The Oaks

Age: 18 +

### **B** League (Upper Intermediate)

Day: Tuesday		
Dates	Time	Fee R/NR
Jan 7-Mar 26	6:45-8:45pm	\$375/\$400
C League (Lower I	ntermediate)	
Day: Tuesday		
Dates	Time	Fee R/NR
Jan 7-Mar 25	6:45-8:45pm	\$375/\$400
D League (Recreat	ional)	
Day: Wednesday		
Dates	Time	Fee R/NR
Jan 8-Mar 26	6:45-8:45pm	\$375/\$400

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

B and C leagues you are able to spike and overhand serve. D league you must underhand serve and no spiking is allowed. Each team is guaranteed 8 matches plus playoffs. Team rosters are due by the 2nd game. Registration deadline for all leagues is April 7<sup>th</sup> or when league is filled. Location: Main Park Sand Volleyball Courts Age: 18 +

### **B League (Upper Intermediate) Dav:** Tuesdav

Dayi Iacoady		
Dates	Time	Fee R/NR
Apr 22-Jul 22	6:45-8:45pm	\$375/\$400
C League (Lowe	r Intermediate)	
Day: Tuesday		
Dates	Time	Fee R/NR
Apr 22-Jul 22	6:45-8:45pm	\$375/\$400
D League (Recre	eational)	
Day: Wednesday	/	
Dates	Time	Fee R/NR
Apr 23-Jul 23	6:45-8:45p	\$375/\$400

### Tríps/Golden Agers

WED., JANUARY 15 11am-1pm Fee R/NR: \$12/\$14 The Oaks Recreation & **Fitness Center Registration deadline:** January 8

WED., FEBRUARY 19 11am-1pm Fee R/NR: \$12/\$14 The Oaks Recreation & **Fitness Center Registration deadline:** February 12

## **Lunch Bunch** & Bingo

NGC

9

18 6 13

3 23 40 9 18 28

6 13 37

11 25 49

1 34 3

51 48 3

67

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., MARCH 19 11am-1pm Fee R/NR: \$12/\$14 The Oaks Recreation & **Fitness Center Registration deadline:** March 12

WED., APRIL 16 The Oaks Recreation &

#### **Notre Dame Tour**

The Notre Dame campus attracts thousands of visitors who delight in a landscape of fresh colors for every season; ivy-covered walls, classic collegiate Gothic buildings, and some of the world's most recognized campus



landmarks - the Golden Dome, Touchdown Jesus, the Grotto, Basilica of the Sacred Heart, and others. It is a campus, and a university filled with both beauty and spirit. Join us on a tour of the campus as we visit these sites and learn about the history and traditions of Notre Dame. This tour will cover 1.5 miles, please wear comfortable shoes. Following the tour, we will enjoy lunch at the historic Tippecanoe Place Restaurant. Fee includes tour, lunch, gratuity, and transportation

### Age: 18 +

Day/Date	Fee R/NR
Wed, Apr 30	\$105
Departure:	8:00 am from Founders Community
	Center
Return:	4:00 pm (Approximately)

### **Magic Meadows Alpaca Farm**

Get ready for a memorable time with adorable alpacas at Magic Meadows in Wonder Lake. Illinois! You'll be immersed in a fun and educational experience as you



discover all about these charming creatures. We'll take a delightful tour of the farm, and you'll even get the chance to feed the alpacas while gazing into their big, soft eyes. Don't forget your camera! After our time with the alpacas, we'll head to the lovely town of Woodstock for a little shopping and lunch, which will be on your own. Fee includes tour and transportation.

#### Age: 18 + Dav/Date

Day/Date	Fee R/NR
Wed, May 14	\$69
Departure:	9:00 am from Founders Community
	Center
Return:	4:30 pm (Approximately)

### 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, playground areas and jogging or bike paths. 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.

### **Free Agency**

Want to play in a league, but don't have a team? Call the Administration Office at 708-390-2401 and we'll try to get you placed on an existing team. If enough free agents are available, we will create a new team. Team placement is not guaranteed.

# 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 <u>www.mokenapark.com</u>.

## Registration Information

**Register in Person:** at The Administration Office (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. 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) 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.

**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.

### Americans With Disabilities Act (ADA)

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

### 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/Athletics, a minimum of two weeks before requested usage. For more information, please call 708-390-2408.

### **Park Hours**

All parks are open dawn to dusk.

### **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 7 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.

### **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.

### Park Watch - See Something, Say Something!

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

### 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.

### Park District Connections

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



### 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 opportunites 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 cultural arts. or Try competitive Special Olympics and adapted sports or fitness outlets such as strength & conditioning and introductory sports skills. Eniov creative arts through cooking, drawing & painting, dancing and more!



### Inclusion

LEARN MORE AT WWW.LWSRA.ORG

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

MOKENA COMMUNITY PARK DISTRICT COMMUNITY PARK DISTRICT COMMUNITY PARK DISTRICT COMMUNITY PARK DISTRICT	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	<b>Outdoor Fitness Equipment</b>	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																٠										
Brookside Meadows- 19715 Longmeadow, TP	2.67																٠										
Buske Park- 11435 W. Hillside Ln.	7.52				٠												٠		٠	٠			•		٠		1/8
Fox Ridge Park - 19740 Telluride Ln.	10.26		٠		•		•						•				٠	•	•	•			•		•		1/4
Grasmere Park- 10335 W. Lindsay Ln.	14				•	•											٠			٠	•				•		1/2
Green Meadows- 10520 W. Williams Way	10				•	•														٠			٠				1/2
Hecht Park- 9310 W. Birch Ave.	16.25				•	•		٠									٠	•	•	٠							1/2
Heritage Park- 11945 W. 197th St.	6.4				٠	•											٠		•	٠							
London Bridge Park- 11880 London Bridge Dr.	4.74																٠		с <b>е</b>								1/4
Main Park- 10925 LaPorte Rd.	33.5	•			•	•							•	•			٠		•	٠			٠		•	•	1/2
Manchester Cove- 19205 Crescent Dr.	2.2																										
Marley Creek- 10555 W. Jacob Dr.	5.5				٠	•									٠		۲		٠	٠							1/4
McGovney Park- 19345 Schoolhouse Rd.	8.1				•												•		٠	•							
Oaks Recreation & Fitness Ctr., 10847 La Porte Rd.						•						٠		•				•		٠			•				1/12
Oaks Disc Golf Course (27 holes)	32																			•							
Prairie Ridge Park - 21431 Coneflower Dr.	5.5		٠		•	•											•	٠	< <b>0</b> .	٠			•		•	•	
Riivendell Park- 605 Bryan, New Lenox	1.5																		•								
Timbers Point- 18418 White Oak Ln., TP	0.58																		٠								
Tinley Gardens Park- Lenore/Ethyl Lns., TP	0.5					•													а <b>.</b>								
Whisper Creek Park - Whisper Creek Way & Palmira	6.5					•					٠				٠	•	•		•								1/3
Willowview Park- 11420 W. 197th St.	8.36				•			٠									٠		×.	٠			•				
Yunker Park- 10824 La Porte Rd.				•					٠	٠				•						٠				٠			
	Key	•	Light	ed	Indoor		ors	•	Gaze	ode			Picni	ic Shel	ter			•	Port-	a-let (s	seasor	nal)	•	Hand	licappe	d Acce	essible

**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 with instructional signage at Marley Creek Park and Whisper Creek Park.

**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. In addition, pickleball courts are available on the tennis courts at Rox Ridge and Prairie Ridge Parks. Two courts at Grasmere, two courts at Buske Park, and Indoors at The Oaks.

Picnic Groves: Picnic reservations will be accepted on a first-come, first-serve basis for the 2025 season as of March 1, 2025 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, Whisper Creek and Willowview parks.

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. <u>Participation Guidelines:</u> 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 at Buske, Fox Ridge and Prairie Ridge Parks.

**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, Prairie Ridge Park, Whisper Creek and an indoor walking track at The Oaks.

### 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 ore-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.

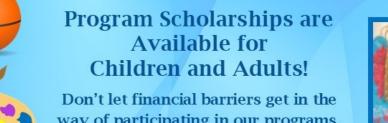


Mokena Community Park District 10925 W. La Porte Road, Mokena IL 60448 www.mokenapark.com

PRSRT STD U.S. POSTAGE PAID MOKENA, IL PERMIT No. 12

**ECRWSS** 

### **RESIDENTIAL CUSTOMER**



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, <u>www.mokenapark.com</u> Go to the Mokena Community Park District Foundation page for an application. *Restrictions apply.* 

