

# Park District of Forest Park

*Take Time for Fun!*

RECREATION & ACTIVITY GUIDE

FALL 2010



**Registration Begins on August 16!**



# Breakfast with Santa

**SATURDAY, DECEMBER 18**

Come and be whisked away to a winter wonderland where Santa and Mrs. Claus will fill your morning with enjoyment. Santa Claus is coming to the Park District of Forest Park this year. Children will enjoy a breakfast with their families and get to meet Santa and Mrs. Claus. Please bring your own camera to take pictures.

- AGES:** ALL
- TIME:** 9:30 AM - 11:30 AM
- FEE:** \$5.00 PER PERSON
- SITE:** ADMINISTRATIVE BUILDING
- CODE:** 5803-2-0-0

## Kids Spooktacular Halloween Party

Put on your favorite costume and come celebrate this scary holiday with the Park District. The children will dress up and prizes will be awarded to the best costumes. The kids will cook some creepy crawler treats and decorate pumpkins. Min. 5/Max. 20

- AGE:** 5-10
- DATE:** OCTOBER 27
- DAY:** WEDNESDAY
- TIME:** 6:15 PM - 7:45 PM
- FEE:** R: \$10/NR: \$15
- SITE:** BUILDING 4
- CODE:** 2801-3-0-0



## Hauntin' Halloween Dance

**FRIDAY, OCTOBER 29**

Come to the Park District of Forest Park for a fab-boo-lous night out. It's time to dress up and celebrate. There will be a DJ to dance the night away along with snacks and beverages. Prizes will be awarded to the individuals with the best costumes. Come if you dare!

- AGES:** 4TH - 8TH GRADE
- TIME:** 7:00 PM - 9:00 PM
- FEE:** \$5 FEE AT FRONT DOOR OR PRE-REGISTER
- SITE:** ADMINISTRATIVE BUILDING
- CODE:** 5406-2-0-0





# Park District of Forest Park

*Take time for fun!*

7501 W. Harrison Street • Forest Park, Illinois 60130  
Telephone: 708-366-7500 • Fax: 708-366-1142  
TDD: 847-455-2100 • [www.pdofp.org](http://www.pdofp.org)

## Administrative Office Hours

Monday – Friday: 8:30 a.m. – Noon  
1:00 p.m. – 8:00 p.m.

\*Saturday: 9:00 a.m. – Noon

*\*Hours are subject to change pending class schedules*

## General Information

**PARK BOARD MEETINGS** The Park District of Forest Park Board of Commissioners meets the third Thursday of each month. The meetings are held at 6:00 pm in the Administrative Building and are open to the public. If you wish to attend and require a special accommodation, please call the Park District at 708.366.7500.

**SPECIAL THANKS** The Park District acknowledges the cooperative efforts shown by the Village of Forest Park and School District 91 in contributing to recreation programs. Without their cooperation, we would not be able to offer the programs that we do!

**PHOTOGRAPH POLICY** Photographs are occasionally taken during Park District classes, events, and league participation. Please be aware that these photos are for Park District use only and may be used for promotional purposes. If your picture has been taken and you wish that it not be used, please contact the Park District Main Office.

**CANCELLATION POLICY** Classes will not run without the minimum number of participants advertised. We try to give advance notice of cancellations, so if you wait until the last minute to sign up, the class may already have been cancelled due to low enrollment. Please sign up at your earliest convenience! For more information on our cancellation policy, please see the registration information on page 16.

**CO-OP PROGRAMS** In an effort to reduce program cancellations, we have embarked upon a cooperative program with neighboring park districts. River Forest (RF), Oak Park (OP) and the Park District of Forest Park are participating in the program, which allows each community to participate in a number of the others' programs at resident rates. You can register for any of these programs at the Administrative Building. Look for the 'co-op' symbol next to the class name to signify a joint program.

**WE'RE NOT PERFECT** The Park District of Forest Park reserves the right to change or alter information printed in this publication, such as policies, fees, times or locations. We try to give as much notice as possible for these changes and apologize for any inconvenience.

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## Board of Commissioners

Cathleen McDermott	President	<a href="mailto:cmcdermott@pdofp.org">cmcdermott@pdofp.org</a>
John L. Doss	Vice-President	<a href="mailto:jdoss@pdofp.org">jdoss@pdofp.org</a>
Sam Alonzo Sr.	Commissioner	<a href="mailto:salonzo@pdofp.org">salonzo@pdofp.org</a>
Roy J. Sansone	Commissioner	<a href="mailto:rsansone@pdofp.org">rsansone@pdofp.org</a>
Eric Entler	Commissioner	<a href="mailto:eentler@pdofp.org">eentler@pdofp.org</a>
Gerald J. Sebesta	Treasurer	<a href="mailto:gsebesta@pdofp.org">gsebesta@pdofp.org</a>
Chris Richards	Secretary	<a href="mailto:crichards@pdofp.org">crichards@pdofp.org</a>

## Park District Staff

Larry Piekarz	Executive Director	<a href="mailto:lpiekarz@pdofp.org">lpiekarz@pdofp.org</a>
Larry Buckley	Supt. Of Parks	<a href="mailto:lbuckley@pdofp.org">lbuckley@pdofp.org</a>
Erin Parchert	Supt. Of Recreation	<a href="mailto:eparchert@pdofp.org">eparchert@pdofp.org</a>
Chris Richards	Business Manager	<a href="mailto:crichards@pdofp.org">crichards@pdofp.org</a>
Stacy Nystrom	Recreation Supv.	<a href="mailto:snystrom@pdofp.org">snystrom@pdofp.org</a>
Vicki Stisevic	Facility Coordinator	<a href="mailto:vstisevic@pdofp.org">vstisevic@pdofp.org</a>
Bernadette Witt	Registrar	
Andrea Balsavich	Registrar	
Brenda Ali	Registrar	
Dennis Crotty	Building Custodian	
John Boy	Foreman	

# WSSRA & GENERAL INFORMATION

## West Suburban Special Recreation Association



**THE PARK DISTRICT OF FOREST PARK** through West Suburban Special Recreation Association (WSSRA) offers therapeutic recreation programs for Park District of Forest Park residents of **all ages** with a disability, impairment or special education need. Programs

are held in Forest Park and in neighboring communities. WSSRA programs are offered year round and include fitness, art, athletic, social, play groups and excursion programs. Special Olympic teams are available in swimming and basketball this fall. Participants gain skills, make friends, and have fun at all WSSRA programs!



WSSRA supporters celebrate their completion of the Makin' Tracks 5K Run/Walk last year.

Registration for all classes begins

Monday,

**August 16**

Walk in... fax in... mail in...

Parents of children with disabilities also find support at WSSRA. Therapeutic Recreation Specialists adapt activities that allow all participants to be successful. For more information about WSSRA recreation programs, visit [www.wssra.net](http://www.wssra.net) or call 847-455-2100. Fall programs begin September 28, 2010.

You can support WSSRA while having fun at the annual Makin' Tracks 5K Run/Walk:

Community Bank  
Oak Park • River Forest

# Makin' Tracks 5K

Community Run/Walk

**Saturday, October 2, 2010**  
**8:00am**

Concordia University Chicago  
7400 Augusta Street  
River Forest, Illinois 60305

All net proceeds to support the  
**West Suburban Special Recreation Association**  
to provide superior recreation services for adults  
and children who have a physical  
impairment, developmental delay  
or any other type of disability.



For more information, please visit the  
River Forest Park District's website at  
[www.rfparks.com](http://www.rfparks.com)  
or call 708-366-6660

**ADA COMPLIANCE** The Park District of Forest Park will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination on the basis of a disability. The Park District of Forest Park will make reasonable accommodations to enable participation by any individual with a disability who meets the essential eligibility requirements for that recreation program. If you have any questions about the Park District's policy or feel you have been unfairly discriminated against by the Park District of Forest Park, please call Larry Piekarz, Executive Director, at 708.366.7500. A procedure is available for you to resolve your complaint.

**DISCIPLINARY POLICY** The Park District has established a policy in regard to disciplinary action for park and facility users. A patron may be suspended from use and/or park facilities for violations.

**SUGGESTIONS** The Park District of Forest Park is proud to offer a variety of programs for all ages. We welcome your suggestions and look forward to improving our programs each season to make your leisure time more enjoyable and worthwhile. If you have an idea or specific talent or skill you would like to share with us, please contact our office.

# SPECIAL EVENTS & TRIPS



## Movie in the Park – Star Trek

Take a ride into outer space with the Park District! It's the last movie to be shown outdoors this season, so don't miss out!! Make it a family night... grab a blanket and some snacks (concessions will also be available for purchase) and enjoy a movie with us.

**AGES:** ALL AGES

**DATES:** SEPTEMBER 17

**DAY:** FRIDAY

**TIME:** 8:30 PM

**FEE:** FREE

## Historic Long Grove Apple Fest

**FRIDAY, OCTOBER 1**

Any way you slice it, Long Grove is a wonderful way to spend a fall afternoon in a beautiful country setting. Eighty shops and restaurants help celebrate with unique seasonal gifts and merchandise and flavorful comfort foods. Visitors can choose from a wide variety of treats that include cider, donuts, caramel apples, brown-bag apple pies ... even apple popcorn and apple martinis! Please bring spending money and money for lunch. Trip must meet minimum registration by September 27th. Min. 10/Max. 15

**AGES:** ALL

**FEE:** R: \$15/NR: \$20

**TIME:** 9:00 AM- 1:45 PM

**SITE:** THE TRIP WILL DEPART AND RETURN TO THE PARK DISTRICT OF FOREST PARK

**CODE:** 5302-2-0-0

## 9th Annual Camp Out

**SATURDAY, SEPTEMBER 18 - SUNDAY, SEPTEMBER 19**

You don't have to drive hours to go on a camp-out. The Park District is turning the ball fields into our very own campground! Families are invited to pitch their tents for some overnight fun in the park. Do as much or as little as you like. The Park District will have a chuck wagon set up, with our world famous hot dogs and beans, and a campfire for roasting marshmallows and making s'mores. There will also be a late-night movie and time to make a fall-themed craft. This event is for families only. Parents must accompany children. A minimum of 15 families is needed by September 13 to hold this event. There is no rain date. Min.15/Max. Unlimited

**AGES:** ALL

**TIME:** 5:00 PM - 9:00 AM

**FEE:** \$30 PER FAMILY/TENT (LIMIT 6)  
\$7 EACH ADDITIONAL PARTICIPANT

**SITE:** PARK DISTRICT BASEBALL/SOFTBALL FIELDS

**CODE:** 5901-1-0-0

## Great America Fright Fest

**MONDAY, OCTOBER 11**

Here's one of your last chances to visit Six Flags for the season and we couldn't have picked a better time. Creepy creatures, ghosts and ghouls come to life for the annual Fright Fest at Six Flags Great America. Join teens from other Illinois park districts on your day off from school at Chicagoland's largest amusement park. Fee includes park admission ticket and transportation. Participants are responsible for their own meals. Min.8/Max.18

**AGES:** 12 - 18 YEARS

**TIME:** 9:00 AM - 7:00 PM

**FEE:** R: \$55/NR: \$75

**SITE:** TRIP WILL DEPART FROM AND RETURN TO THE PARK DISTRICT OF FOREST PARK

**CODE:** 5401-2-0-0

## Halloween Fear & Christmas Cheer

### HOME MAKEOVER CONTEST

**THURSDAY, OCTOBER 28  
& THURSDAY, DECEMBER 16**

This year the Park District will be holding its 7th annual Holiday Home Makeover Contest. The best decorated houses in Forest Park will receive FREE pool passes for up to four family members. What a great way to beat next summer's heat. On October 28th and December 16th, the Park District Commissioners and staff will serve as judges and drive through the Village to determine the winners. In order to be considered, you must register your address with the Park District office. Factors being considered are: curb appeal, creativity, use of theme, place, use of yard and house and originality. Families may win once every three years.

# SPECIAL EVENTS & TRIPS



## Gurnee Mills

**FRIDAY, DECEMBER 3**

What better way to get ready for the holidays than SHOPPING! Take a trip with us to Gurnee Mills. It has more than 200 stores: outlets, discounters, specialty retailers, theme restaurants and entertainment venues offering up to 60% off every day! Shop 'til you drop for the holidays! Please bring spending money and money for lunch. Min. 5/Max. 15

**AGES:** ALL

**TIME:** 9:00 AM - 1:45 PM

**FEE:** R: \$15/NR: \$20

**SITE:** THE TRIP WILL DEPART AND RETURN TO THE PARK DISTRICT OF FOREST PARK

**CODE:** 5301-2-0-0



## Boo at the Zoo Family Trip

**SATURDAY, OCTOBER 23**

From crazy costumes to pumpkin-carving demonstrations, Brookfield Zoo's annual Boo at the Zoo festival is the perfect way to celebrate Halloween! The not-so-scary event will include frightfully fun activities for the entire family! Put on your "scariest" Halloween costumes and join the Park District for a day at the zoo. The park district will provide transportation and admission is included in the fee. Min. 5/Max. 10

**AGES:** ALL

**TIME:** 9:30 AM - 2:30 PM

**FEE:** CHILD (AGES 3-11): \$12

ADULT (AGES 12 +): \$15

**SITE:** THE TRIP WILL DEPART AND RETURN TO THE PARK DISTRICT OF FOREST PARK

**CODE:** 5805-2-0-0

## Scarecrow Festival

**FRIDAY, OCTOBER 8**

Autumn adventures abound at Scarecrow Festival! Dozens of whimsical, clever creations convene along the tree-lined paths in Lincoln Park, downtown St. Charles, for the annual Scarecrow Festival this autumn. The festivities encompass the entire downtown area, including beautiful Pottawatomie Park along the scenic Fox River. Here, festival goers will discover the huge 'Autumn on the Fox Art & Craft Show' featuring more than 200 of the best local and state-wide artisans. The festival also features three family fun squares where children can try free, hands-on learning activities, watch for strolling characters, interact with friendly farm animals and enjoy carnival rides. No one goes hungry at the Scarecrow Festival. Local restaurants and food vendors offer an array of culinary delights for every palate. Join the Park District as we take a trip to St. Charles for one of the favorite family events in the Midwest! Min. 5/Max. 10

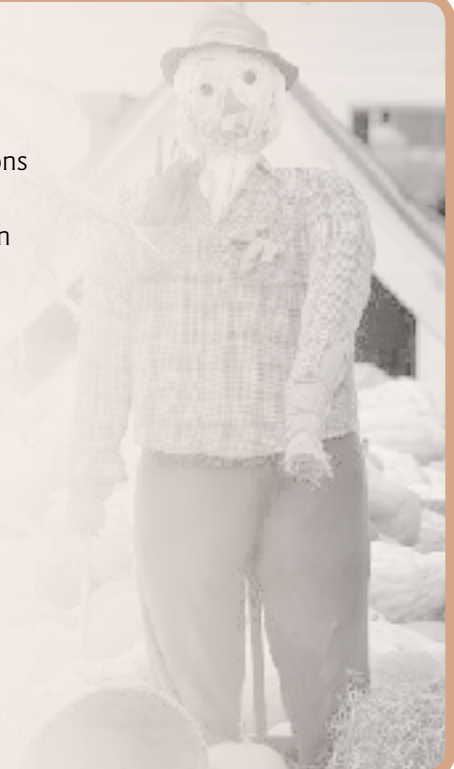
**AGES:** ALL

**TIME:** 9:00 AM - 1:30 PM

**FEE:** R: \$15/NR: \$20

**SITE:** THE TRIP WILL DEPART AND RETURN TO THE PARK DISTRICT OF FOREST PARK

**CODE:** 5804-2-0-0



# SPECIAL EVENTS & TRIPS



## Ringling Bros and Barnum & Bailey Circus

**SATURDAY, NOVEMBER 20**

Ladies and gentlemen, children of all ages step right up and meet some of the most remarkable performers in The Greatest Show on Earth! Come join the Park District for a fabulous day filled with tigers, elephants, clowns and much more! Please bring spending money and money for lunch. Min. 5/Max. 12

**AGES:** ALL

**TIME:** 10:00 AM - 2:00 PM

**FEE:** R: \$25/NR: \$38

**SITE:** THE TRIP WILL DEPART AND RETURN TO THE PARK DISTRICT OF FOREST PARK

**CODE:** 5306-2-0-0

## Deck-A-Tree

**FRIDAY, DECEMBER 10**

Come join the Park District of Forest Park and celebrate the Christmas season with our annual Deck-A-Tree event. Groups or individuals may decorate their tree between 4:30 pm and 7:00

pm on December 10th as well as warm up with some hot chocolate, music, goodies and more!



The trees will be set up and displayed in the front of the Park District Administrative Building. Electricity will be provided for those wishing to bring lighting. Ornaments must be 'nature friendly.' Registration is required for this event by December 7th. Sign up now.

**AGES:** ALL

**TIME:** 4:30 PM - 7:00 PM

**FEE:** R: \$25/NR: \$38

**SITE:** FRONT LAWN OF PARK DISTRICT

**CODE:** 5802-2-0-0

## ANNUAL GUESS HOW MANY CONTEST

During the week of November 8th through the 12th, the Park District will have candy-filled containers at each school and the Community Center. The person who guesses the correct number of candies, or comes the closest without going over, will receive a gift certificate for Ed's Way and the jar of candy! Be sure to get your guess in... the contest is for everyone!



## Haunted House Tour

**FRIDAY, OCTOBER 15**

Ready for something really scary this Halloween? Let us take you to some of the area's best haunted attractions including Dream Reapers in Melrose Park and the Lombard Jaycees Haunted House. These haunted houses will be sure to scare even the bravest teens. Afterward, we'll stop at a fast food restaurant for a quick bite to eat before heading home. Min. 5/Max. 18

**AGES:** ALL

**TIME:** 6:30 PM - 11:30 PM

**FEE:** R: \$40/NR: \$60

**SITE:** THE TRIP WILL DEPART AND RETURN TO THE PARK DISTRICT OF FOREST PARK

**CODE:** 5404-2-0-0

# SPECIAL EVENTS & TRIPS



## Breakfast with Santa

**SATURDAY, DECEMBER 18**

Come and be whisked away to a winter wonderland where Santa and Mrs. Claus will fill your morning with enjoyment. Santa Claus is coming to the Park District of Forest Park this year. Children will enjoy a breakfast with their families and get to meet Santa and Mrs. Claus. Please bring your own camera to take pictures.

**AGES:** ALL  
**TIME:** 9:30 AM - 11:30 AM  
**FEE:** \$5.00 PER PERSON  
**SITE:** ADMINISTRATIVE BUILDING  
**CODE:** 5803-2-0-0

## Hauntin' Halloween Dance

**FRIDAY, OCTOBER 29**

Come to the Park District of Forest Park for a fab-boo-lous night out. It's time to dress up and celebrate. There will be a DJ to dance the night away along with snacks and beverages. Prizes will be awarded to the individuals with the best costumes. Come if you dare!

**AGES:** 4TH -8TH GRADE  
**TIME:** 7:00 PM - 9:00PM  
**FEE:** \$5 FEE AT FRONT DOOR OR PRE-REGISTER  
**SITE:** ADMINISTRATIVE BUILDING  
**CODE:** 5406-2-0-0



## Chicago Wolves Hockey Outing

**SATURDAY, DECEMBER 18**

The Park District of Forest Park and the Chicago Wolves welcome all fans to the All-State Arena to watch Wolves Hockey, try for another Calder Cup! The fee per person includes transportation and admission to the game with rink side tickets! Children must be accompanied by an adult. Min. 10/Max. 15

**AGES:** ALL  
**TIME:** 5:30 PM - 10:00 PM  
**FEE:** R: \$35/NR: \$45  
**SITE:** THE TRIP WILL DEPART AND RETURN TO THE PARK DISTRICT OF FOREST PARK  
**CODE:** 5105-2-0-0

## Wicked

**THE UNTOLD STORY OF THE WITCHES OF OZ**

**SATURDAY, DECEMBER 4**

Chicago's Longest Running Broadway Musical Comes Home For A Limited Engagement! You'll have a wickedly good time at "the best musical of the decade." Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One-born with emerald green skin-is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good Witch makes for a phenomenal show.

**AGES:** ALL  
**TIME:** 12:00 PM - 6:00 PM  
**FEE:** R: \$55/NR: \$70  
**SITE:** THE TRIP WILL DEPART AND RETURN TO THE PARK DISTRICT OF FOREST PARK  
**CODE:** 5307-2-0-0





# YOUTH SPORTS & FITNESS



## Floor Hockey

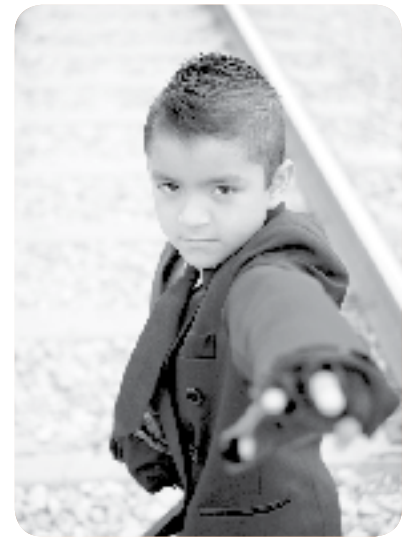
Looking for a way to chase those winter blues away? Sign up for our hockey league with your friends and have some fun on Wednesday nights! Boys and girls grades 2 through 5 can participate in this exciting league. Teams will be formed and games will be played. Fee includes T-shirt and award. Min. 15/Max. 30

**AGES:** GRADES 2 - 5  
**DATES:** NOVEMBER 3 - JANUARY 12  
(NO CLASS THE WEEKS OF DECEMBER 20 & 27)  
**DAYS:** WEDNESDAY  
**TIME:** 7:00 PM - 8:00 PM  
**FEE:** R: \$50/NR: \$65  
**SITE:** FIELD STEVENSON GYM  
**CODE:** 2314-2-0-0

## Boys Basketball League

Boys in grades 2 through 8 can now experience the sport of basketball in the Park District of Forest Park Boys Basketball League. Intramural teams will be formed by grade divisions. Practices and refereed games will be scheduled after registration is complete. Boys will not play more than two nights per week. Please register early! Fee includes T-shirt and award. Min. 10/Max. 20

**AGES:** GRADES 2 - 8  
**DATES:** NOVEMBER 2 - FEBRUARY 3  
(NO CLASS NOVEMBER 11, 25, AND THE WEEKS OF DECEMBER 20 AND 27)  
**DAYS:** TUESDAY & THURSDAY  
**TIME:** 5:30 PM - 7:30 PM  
**FEE:** R: \$55/NR: \$70  
**SITE:** FIELD STEVENSON GYM  
(UNLESS OTHERWISE NOTED)  
**CODE:** 2302-2-0-0



## Tae Kwon Do

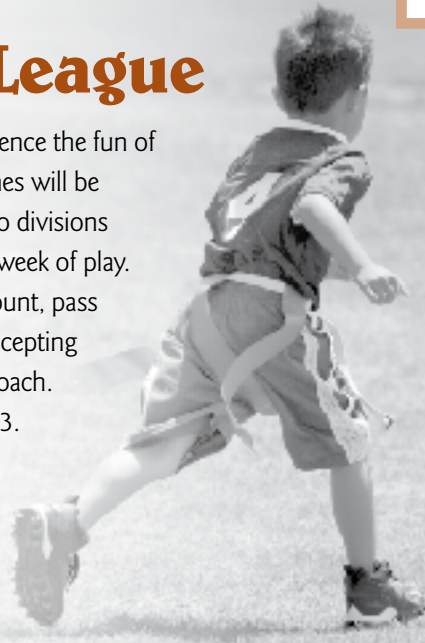
The importance of martial arts training has not diminished over the centuries. The main emphasis continues to be developing and strengthening the mind and body. Students will learn the fundamentals of Tae Kwon Do which include punches, blocks, kicks, sweeps, spins, slide, jumps, single and combination defensive and offensive moves. Agility, flexibility, speed, power, coordination and control are all part of martial arts training. Many different styles of movement are practiced to develop specific areas of the body for improved health as well as self defense. The patience, determination, confidence and skills will benefit the student throughout his life. Min. 8/Max. 16

**AGES:** 5 & UP  
**DATES:** SESSION 1: SEPTEMBER 3 - SEPTEMBER 28  
SESSION 2: OCTOBER 5 - NOVEMBER 5  
(NO CLASS OCTOBER 22, 26)  
SESSION 3: NOVEMBER 9 - DECEMBER 7  
(NO CLASS NOVEMBER 26)  
SESSION 4: DECEMBER 10 - JANUARY 14  
(NO CLASS DECEMBER 24-DECEMBER 31)  
**DAYS:** TUESDAY & FRIDAY  
**TIME:** 6:30 PM - 7:30 PM  
**FEE:** R: \$64/NR: \$74  
**SITE:** ADMINISTRATIVE BUILDING  
**CODE:** 2403-2-1-0, 2403-2-2-0, 2403-2-3-0,  
2403-2-4-0

## Flag Football League

Boys and girls ages 7 through 14 can experience the fun of flag football. Teams will be formed and games will be played throughout the fall. There will be two divisions and teams will be made during the second week of play. Fee includes t-shirt, awards and entry into punt, pass and kick contest. The Park District is also accepting applications for parents that would like to coach. PLEASE REGISTER BY FRIDAY SEPTEMBER 3. Min. 20/Max. 40

**AGES:** 7 - 14  
**DATES:** SEPTEMBER 10 - OCTOBER 29  
**DAYS:** FRIDAY & SUNDAY  
**TIME:** 6:00 PM - 8:00 PM  
**FEE:** R: \$45/NR: \$65  
**SITE:** VETERANS STADIUM  
**CODE:** 2315-2-1-0



# YOUTH SPORTS & FITNESS



## STEPS Kick Ball Program

Playing baseball by kicking! Excellent coaches set up a baseball diamond that includes a first base bag that honks. The game of baseball is played with a super soft dodge ball, no glove is needed. Kids love chasing the dodge ball, throwing it, ducking it, running the bases, cheering for their teammates and playing the game.

**AGES:** 3 - 6  
**DATES:** OCTOBER 21 - NOVEMBER 18  
**DAYS:** THURSDAY  
**TIME:** 4:00 PM - 4:45 PM  
**FEE:** R: \$59/NR: \$69  
**SITE:** ADMINISTRATIVE BUILDING  
**CODE:** 2329-2-1-0

Registration for all classes begins

Monday  
**August 16**

Walk in...fax in...mail in...

Proof of residency is required.

All registration forms are taken in the Administrative Building's Main Office

## Youth Tennis Lessons

Register for your last chance of the season to get out and learn the game of tennis! Tennis lessons will be scheduled at times listed below for the six week session. Participants should attend at the beginner timer for their first lesson. Skills will be assessed and the instructor will assign a level (beginning, intermediate, or advanced) and time for the rest of your classes.

**AGES:** 6 - 15  
**DATES:** SEPTEMBER 11 - OCTOBER 16  
**DAYS:** SATURDAY  
**TIME:** 9:00 AM - 9:45 AM (BEGINNER)  
10:00 AM - 10:45 AM (INTERMEDIATE/ADVANCED)  
**FEE:** R: \$60/NR: \$90  
**SITE:** TENNIS COURTS  
**CODE:** 2401-2-0-0



## Starting with the Winter/Spring 2011

**brochure cycle, the Park District of Forest Park will not be mailing brochures to each household. Residents will receive a postcard stating that the new brochure is available online at [www.pdofp.org](http://www.pdofp.org) and at various locations throughout Forest Park**

(Village Hall, Park District Administration Building, Library, etc.).



# ADULT SPORTS & FITNESS

## DERBY LITE

(CO-OP OP)

**"ROLLER SKATING FOR FUN & FITNESS FOR WOMEN OLD ENOUGH TO KNOW BETTER"**

Join Derby Lite as it starts its second year with the Park Districts of Oak Park and Forest Park. Derby Lite has created a new version of its recreational league that makes it easy for any woman - whether an avid skater or not on wheels since middle school - to get her exercise in for the week and have a great time doing it. NO EXPERIENCE REQUIRED.

Ladies build core strength, endurance, balance, cardio, agility, flexibility and upper body strength, while also building confidence, friendships and a sense of community. We practice skills and drills related to competitive roller derby, which builds strong legs, backs, core and glutes, however, Derby Lite does it without the contact of impact of derby regular.

Participants are required to provide their own helmets (bike helmets okay), elbow pads, knee pads, wrist guards and mouth guards. You can choose to rent skates for the session (\$50 + deposit), or buy them outright (approx. \$150), if you do not already own quad speed skates (inlines not allowed). For additional information, please email [ParkDistrict@DerbyLite.org](mailto:ParkDistrict@DerbyLite.org). Min. 10/Max. 30

**AGES:** 18 & UP

**DATES:** SEPTEMBER 20 - DECEMBER 13  
(NO CLASS THE WEEK OF NOV. 20TH)

**DAYS:** BEGINNING: MONDAY  
INTERMEDIATE/CONTINUING: WEDNESDAY

**TIME:** 7:00 PM - 9:00 PM

**FEE:** \$190 (12-WEEK SESSION)

**SITE:** AREA REC CENTER,  
18 CHICAGO AVE., OAK PARK

**CODE:** 3405-2-0-1, 3405-2-0-2

## Gentle Yoga from the Chair

**ACCESS THE BENEFITS OF YOGA FROM A CHAIR...**

Deepen your breath, stretch the spine, strengthen the core, relax your joints and relieve stress. This class is great for seniors and for anyone who wants to practice yoga but is uncomfortable with the traditional mat class. As the student advances, mat work will be introduced and modified to accommodate the needs of the individual. Min. 6/Max. 15

**AGES:** 15 & UP

**DATES:** SESSION 1: SEPTEMBER 9 - OCTOBER 21  
SESSION 2: NOVEMBER 4 - DECEMBER 23  
(NO CLASS NOVEMBER 11, 25)

**DAYS:** THURSDAY

**TIME:** 11:30 AM- 12:30 PM

**FEE:** R: \$50/NR: \$70

**SITE:** ADMINISTRATIVE BUILDING, 3RD FLOOR

**CODE:** 3613-2-1-1, 3613-2-2-1



## Yoga For Everybody

This class is designed to introduce (or welcome back) people to yoga and all the benefits gained from breathing, stretching and connecting with deep inner strength. Please bring a yoga mat and towel to each class. Min. 6/Max.15

**AGES:** 15 & UP

**DATES:** SESSION 1: SEPTEMBER 7 - OCTOBER 19  
SESSION 2: NOVEMBER 2 - DECEMBER 21

**DAYS:** TUESDAY

**TIME:** 6:30 PM - 7:45 PM

**FEE:** R: \$50/NR: \$70

**SITE:** ADMINISTRATIVE BUILDING, 3RD FLOOR

**CODE:** 3613-2-1-2, 3613-2-2-2

## Tai Chi for Health

This class focus is on using breathing and energy techniques common to tai chi and qigong to progressively bring about a state of balance and stability. We begin with chair work to open joints and release tension throughout the body. As the class progresses, we move to more challenging Temple style tai chi (can be done standing or sitting) which supports strength, endurance and balance. Many feel that the most valuable thing about the class is that it retrains the breathing to restore deep vitality. Min. 6/Max.20

**AGES:** 16 & UP

**DATES:** SESSION 1: SEPTEMBER 10 - OCTOBER 22  
SESSION 2: NOVEMBER 5 - DECEMBER 17  
(NO CLASS NOVEMBER 26)

**DAYS:** FRIDAY

**TIME:** 11 AM - 12:00 PM

**FEE:** R: \$50/NR: \$60

**SITE:** ADMINISTRATIVE BUILDING, 3RD FLOOR

**CODE:** 3633-2-1-0, 3633-2-2-0

## Kick Boxing

Work to achieve the top-notch physical conditioning of a kick boxer without the fear of injury. This kick boxing class combines the basics of punching, kicking and boxing-movements into challenging aerobic routines for a complete muscular and cardiovascular workout. Min. 10/Max. 25

**AGES:** 15 & UP

**DATES:** SESSION 1: SEPTEMBER 20 - OCTOBER 27  
(NO CLASS OCTOBER 11)  
SESSION 2: NOVEMBER 8 - DECEMBER 22

**DAYS:** MONDAY & WEDNESDAY

**TIME:** 6:45 PM - 7:45 PM

**FEE:** R: \$45/NR: \$65

**SITE:** ADMINISTRATIVE BUILDING, 3RD FLOOR

**CODE:** 3622-2-1-0, 3622-2-2-0

# ADULT SPORTS & FITNESS



## Adult Tae Kwon Do

The importance of martial arts training has not diminished over the centuries. The main emphasis continues to be developing and strengthening the mind and body. Students will learn the fundamentals of Tae Kwon Do which include punches, blocks, kicks, sweeps, spins, slide, jumps, single and combination defensive and offensive moves. Agility, flexibility, speed, power, coordination and control are all part of martial arts training. Many different styles of movement are practiced to develop specific areas of the body for improved health as well as self defense. The patience, determination, confidence and skills will benefit the student throughout his life. Min. 8/Max. 16

**AGES:** 18 & UP  
**DATES:** SESSION 1: SEPTEMBER 3 - SEPTEMBER 28  
SESSION 2: OCTOBER 5 - NOVEMBER 5  
(NO CLASS OCTOBER 22, 26)  
SESSION 3: NOVEMBER 9 - DECEMBER 7  
(NO CLASS NOVEMBER 26)  
SESSION 4: DECEMBER 10 - JANUARY 14  
(NO CLASS DECEMBER 24-DECEMBER 31)  
**DAYS:** TUESDAY & FRIDAY  
**TIME:** 7:45 PM - 8:45 PM  
**FEE:** R: \$64/NR: \$74  
**SITE:** ADMINISTRATIVE BUILDING, 2ND FLOOR  
**CODE:** 3403-2-1-0, 3403-2-2-0, 3403-2-3-0,  
3403-2-4-0

## Adult Tennis Lessons

Same courts, same teachers, same great instruction! Tennis lessons will be scheduled at times listed below. You will be issued a Tennis Lesson card for each paid session... good for eight lessons. Choose the days you wish to attend and your card will be punched at each class. When it's full, if you wish to continue, you can register for another session. (Participants should attend at the beginner time on Saturday for their first lesson.) Skills will be assessed and the instructor will assign a level (beginner, intermediate or advanced) and time for the rest of your classes.

**AGES:** 16 & UP  
**DATES:** SEPTEMBER 13 - OCTOBER 16  
**DAYS:** MONDAY, WEDNESDAY, FRIDAY, SATURDAY  
**TIME:** WEEKDAYS  
6:00 PM - 6:45 PM (BEGINNER)  
7:00 PM - 7:45 PM  
(INTERMEDIATE/ADVANCED)  
SATURDAYS  
11:00 AM - 11:45 AM (BEGINNER)  
12 NOON - 12:45 PM  
(INTERMEDIATE/ADVANCED)  
**FEE:** R: \$80/NR: \$100 PER SESSION  
**SITE:** TENNIS COURTS  
**CODE:** 3401-1-0-0

## Adult Bags League

Cornhole, Baggo, and Bean Bags...no matter what you call it's one of the most popular sports around and now it's your turn to participate! The league is co-ed teams of 3 that meet once a week for a best of three series. All teams will participate in the end of the season single elimination tournament. Prizes for 1st, 2nd and 3rd place will be awarded. Min. 6/Max. 12

**AGES:** 21 & UP  
**DATES:** SEPTEMBER 7 - OCTOBER 26  
**DAYS:** TUESDAY  
**TIME:** 6:00 PM  
**FEE:** R: \$45/NR: \$55 PER TEAM  
**SITE:** MCGAFFER'S SALOON, 7737 ROOSEVELT RD, FOREST PARK  
**CODE:** 6219-2-0-0

**NEW**

## The Mix

This is the ultimate cross-training class with athletic type exercises that will get your heart pumping and muscles screaming! This hour class will focus on improving both muscular and cardiovascular endurance by using a variety of equipment set to high energy music. Class will conclude with 15 minutes of hardcore abdominal exercises..So bring a friend and lets "mix" it up! All fitness levels are welcome to participate. Min. 5/Max. 12

**AGES:** 15 & UP  
**DATES:** SESSION 1: SEPTEMBER 13 - OCTOBER 25  
(NO CLASS OCTOBER 11)  
SESSION 2: NOVEMBER 8 - DECEMBER 13  
**DAYS:** MONDAY  
**TIME:** MORNING: 9:45 AM - 10:45 AM  
EVENING: 6:30 PM - 7:30 PM  
**FEE:** R: \$35/NR: \$55  
**SITE:** ADMINISTRATIVE BUILDING, 2ND FLOOR  
**CODE:** 3617-2-1-1, 3617-2-1-2, 3617-2-2-1,  
3617-2-2-2

## Ultimate Frisbee

Ultimate Frisbee is a high pace competitive sport that combines soccer and football with two goals on both sides of the field. The two teams that are on the field are trying to advance the Frisbee across the opponent's goal line. Ultimate Frisbee differs from soccer and football in that when you catch the Frisbee you are only allowed three steps. Teams will learn the proper way to throw a Frisbee and play recreational games against their peers. PLEASE REGISTER EARLY! Min. 14/Max. 28

**AGES:** 15 & UP  
**DATES:** SEPTEMBER 8 - OCTOBER 27  
**DAYS:** WEDNESDAY & SUNDAY  
**TIME:** 8:00 PM - 10:00 PM  
**FEE:** PREREGISTER: \$25  
DAILY: \$3 PER PERSON  
**SITE:** VETERAN'S STADIUM  
**CODE:** 3308-2-1-0

# ADULT FITNESS & EARLY CHILDHOOD

## Zumba Class

Come join this style of intense dance aerobic workout with pulsating Latin music. This cardio and middle core workout focuses on Latin dance moves derived from dance styles that include the meringue, samba and salsa. We are offering two different classes in the Fall. Min. 6/Max. 15

**AGES:** 15 AND UP

**DATES:** SESSION 1: SEPTEMBER 14 - OCTOBER 21  
SESSION 2: NOVEMBER 2 - DECEMBER 16

**DAY:** TUESDAY & THURSDAY

**TIME:** 5:25 PM - 6:25 PM

**FEE:** R: \$45/NR: \$65

**SITE:** ADMINISTRATIVE BUILDING

**CODE:** 3626-2-1-1, 3626-2-2-1

**AGES:** 15 AND UP

**DATES:** SESSION 1: SEPTEMBER 17 - OCTOBER 22  
SESSION 2: NOVEMBER 5 - DECEMBER 17  
(NO CLASS NOVEMBER 25)

**DAY:** FRIDAY

**TIME:** 5:30 - 6:30

**FEE:** R: \$25/NR: \$45

**SITE:** ADMINISTRATIVE BUILDING

**CODE:** 3626-2-1-2, 3626-2-2-2

## Pilates

The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph H. Pilates. This method strengthens and tones muscles, improves posture, provides flexibility and balance and unites body and mind while creating a more streamlined shape. Dress code: comfortable long-legged pants and comfortable top. Min. 6/Max. 30

**AGES:** 15 & UP

**DATES:** SESSION 1: SEPTEMBER 8 - OCTOBER 27  
(NO CLASS OCTOBER 11)  
SESSION 2: NOVEMBER 1 - DECEMBER 15

**DAYS:** MONDAY & WEDNESDAY

**TIME:** 5:30 PM - 6:30 PM (M),  
5:00 PM - 6:00 PM (W)

**FEE:** R: \$45/NR: \$65

**SITE:** ADMINISTRATIVE BUILDING, 3RD FLOOR

**CODE:** 3611-2-1-0, 3611-2-2-



## Melodies and Motion

Looking for a program that provides a special place for learning and connecting with other parents and babies through music and movement? Melodies and Motion is an energetic combination of songs, games and free play that will enhance your child's motor skills. Come join in on the fun with other parents as you and your tot make new friends! Min. 5/Max. 15

**AGES:** 6 MO - 18 MO (BEGINNERS) AND  
19 MO - 3 1/2 YEARS (INTERMEDIATE)

**DATES:** SEPTEMBER 21 - DECEMBER 9  
(NO CLASS OCTOBER 26, NOVEMBER 11, 25)

**DAYS:** TUESDAY (BEGINNERS) & THURSDAY  
(INTERMEDIATE)

**TIME:** 10:00 AM - 10:45 AM

**FEE:** R: \$50/NR: \$70

**SITE:** ADMINISTRATIVE BUILDING, 3RD FLOOR

**CODE:** 2203-2-1-1, 2203-2-1-2

## Kids Yoga

This creative and fun class will stimulate imagination, maintain flexibility and develop self awareness. This class will include yoga poses with songs, stories, games and relaxation techniques. This is a drop off class. Min. 5/ Max. 15

**AGE:** 3-5

**DATE:** SESSION 1: SEPTEMBER 15 - OCTOBER 20  
SESSION 2: NOVEMBER 3 - DECEMBER 8

**DAY:** WEDNESDAY

**TIME:** 9:30 AM - 10:30 AM

**FEE:** R: \$30/NR: \$40

**SITE:** ADMINISTRATIVE BUILDING, 3RD FLOOR

**CODE:** 2613-2-1-0, 2613-2-2-0

## Little Tikes Time

Let your toddler release some of those wiggles. There will be plenty of equipment and balls available to help develop your child's gross motor skills in a safe unstructured environment. Parents MUST come out and play with your children as they run off some of that stored energy.

**AGES:** 1-5

**DATES:** OCTOBER 4, 18, & NOVEMBER 1, 15

**DAYS:** MONDAY

**TIME:** 9:15 AM - 11:00 AM

**FEE:** R: \$3/PER DAY/ NR: \$5/PER DAY

**SITE:** ADMINISTRATIVE BUILDING, 3RD FLOOR

**CODE:** 2002-2-0-0



## Amazing Little Artists

Is your child an aspiring artist? Then come join the Park District of Forest Park's Amazing Little Artists! Your child will create a new project each week, using various types of media, such as paint and chalk. No experience necessary. It is recommended that all participants wear old clothing. Min. 4/Max. 15

**AGES:** 3-5

**DATES:** SESSION 1: SEPTEMBER 13 - OCTOBER 18  
(NO CLASS OCTOBER 11)  
SESSION 2: NOVEMBER 1 - DECEMBER 6

**DAYS:** MONDAY

**TIME:** 1:30 PM - 2:15 PM

**FEE:** R: \$30/NR: \$40

**SITE:** BUILDING 4

**CODE:** 2105-2-1-0, 2105-2-2-0

# CHILDHOOD DANCE & ENRICHMENT

## Fairy Ballet and Tap

Want to live happily ever after? Come dance in this fairy tale world. Prince and Princess attire and props such as tiara's, wigs, stick ponies are part of this class. The young dancers will recreate story dances such as Thumbelina and Angelina Ballerina with creative movement and basic ballet technique. Min. 5/Max. 15

**AGES:** 2.5 - 5

**DATES:** SEPTEMBER 13 - DECEMBER 6  
(NO CLASS OCTOBER 11)

**DAYS:** MONDAY

**TIME:** 4:00 PM - 4:45 PM

**FEE:** R: \$70/NR: \$80

**SITE:** ADMINISTRATIVE BUILDING, 2ND FLOOR

**CODE:** 2501-2-1-1

## Creative Movement for Kids

Looking for something for your child to do after school, try this! This class is for children to explore movement through music. Your child will develop physical skills, channel energy, stimulate imagination and promote creativity. This class will incorporate movement through Dance, Yoga and Games. Both boys and girls enjoy these classes. Min. 5/Max.10

**AGE:** 4-7

**DATE:** SESSION 1: SEPTEMBER 15 - OCTOBER 20  
SESSION 2: NOVEMBER 3 - DECEMBER 8

**DAY:** WEDNESDAY

**TIME:** 3:45 PM - 4:45 PM

**FEE:** R: \$30/NR: \$40

**SITE:** ADMINISTRATIVE BUILDING, 3RD FLOOR

**CODE:** 2606-2-1-0, 2606-2-2-0



## Fall Fun Camp

**BEFORE AND AFTER SCHOOL DAY CAMP  
KINDERGARTEN THROUGH 5TH GRADE**

\*Kindergarteners attending a full day Kindergarten program or children attending afternoon Kindergarten are eligible.

Daily 7:00 am - 6:00 pm  
Children Must Attend Forest Park Public School

Before school only	\$45/week
After school only	\$60/week
Both before and after school	\$85/week

Fall Registration begins August 9 in the Administrative Building.

Transportation provided to Forest Park District 91 Schools only.

## Cheerleading/ Dance

Get ready, set, work it! Get practice for the cheerleading season. The cheerleaders will come up with a cheer and team name. Stretching and dance exercise will help to improve the kinesthetic moves of the athlete. Creating group cheers, dancing and some tumbling are a part of this class. Min. 5/Max.15

**AGES:** 6 & UP

**DATES:** SEPTEMBER 13 - DECEMBER 6  
(NO CLASS OCTOBER 11)

**DAYS:** MONDAY

**TIME:** 3:15 PM - 4:00 PM

**FEE:** R: \$70/NR: \$80

**SITE:** ADMINISTRATIVE BUILDING, 2ND FLOOR

**CODE:** 2328-2-1-0

## Junior Tumble Bees

Children will have fun learning the basics of tumbling, stunts and floor exercises. Instruction is on a low key, recreational level. Dress requirements consist of a leotard or sweats (no tights or jeans). We recommend all children tie up long hair. Min. 5/Max. 15

**AGES:** 2 - 5

**DATES:** SEPTEMBER 13 - DECEMBER 6 (NO CLASS OCTOBER 11)

**DAYS:** MONDAY

**TIME:** 5:00 PM - 5:45 PM

**FEE:** R: \$70/NR: \$80

**SITE:** ADMINISTRATIVE BUILDING, 2ND FLOOR

**CODE:** 2402-2-0-0

Registration for all classes begins  
**Monday August 16**

Walk in...fax in...mail in... Proof of residency is required.  
All registration forms are taken in the Administrative Building's Main Office

# CHILDHOOD ENRICHMENT

## Friday Fun Night

Parents, are you looking for a night out on your own? Drop your child off at the Park District of Forest Park and enjoy your evening. The children will be kept entertained with a variety of games or a movie. Min. 5/Max. 20

**AGE:** 5-12  
**DATE:** OCTOBER 1 - MOVIE NIGHT  
NOVEMBER 5 - GAME NIGHT  
**DAY:** FRIDAY  
**TIME:** 6:15 - 8:15  
**FEE:** \$5 FEE AT FRONT DOOR  
**SITE:** BUILDING 4  
**CODE:** 2005-2-1-0, 2005-2-2-0

## Make your own PJ's

Learn how to make your own pajama pants or shorts. This class is for anybody with creativity, imagination, and a love for sewing. Sandy will guide you through the entire process. Please bring scissors and fabric for your pajamas. Min. 5/Max. 10

**AGE:** 7 & UP  
**DATE:** OCTOBER 6  
**DAY:** WEDNESDAY  
**TIME:** 5:30 PM - 7:30 PM  
**FEE:** R: \$15/NR: \$20  
**SITE:** ADMINISTRATIVE BUILDING, ROOM 207  
**CODE:** 2101-2-1-0



## Kids Spooktacular Halloween Party

Put on your favorite costume and come celebrate this scary holiday with the Park District. The children will dress up and prizes will be awarded to the best costumes. The kids will cook some creepy crawler treats and decorate pumpkins. Min. 5/Max. 20

**AGE:** 5-10  
**DATE:** OCTOBER 27  
**DAY:** WEDNESDAY  
**TIME:** 6:15 - 7:45  
**FEE:** R: \$10/NR: \$15  
**SITE:** BUILDING 4  
**CODE:** 2801-3-0-0



## Starting with the Winter/Spring 2011

brochure cycle, the Park District of Forest Park will not be mailing brochures to each household. Residents will receive a postcard stating that the new brochure is available online at [www.pdofp.org](http://www.pdofp.org) and at various locations throughout Forest Park (Village Hall, Park District Administration Building, Library, etc.).

# ENRICHMENT CLASSES



## Sandy's No Sew Blanket

Join Sandy Byrnes as she helps you make a great gift for someone on your list...or for yourself! This blanket is great to have on cold, chilly winter nights, so don't hesitate...register today! Please bring the following items to class: one yard of printed fleece, one yard of solid color fleece, scissors and an additional 2/3 yard of any fleece. A copy of the material list will be provided at registration. Min. 5/Max. 10

**AGES:** 7 - ADULT  
**DATES:** DECEMBER 8  
**DAYS:** WEDNESDAY  
**TIME:** 6:00 PM - 7:30 PM  
**FEE:** R: \$15/NR: \$20  
**SITE:** ADMINISTRATIVE BUILDING, CLASSROOM  
**CODE:** 2101-2-2-0

## Crochet Basics

Individuals will learn basic crochet stitches that can be applied to create a project of choice compatible with their skill level. We will provide the materials needed. Min. 5/Max. 12

**AGES:** 15 - ADULT  
**DATES:** SEPTEMBER 14 - NOVEMBER 9  
**DAY:** TUESDAY  
**TIME:** 6:00 PM - 8:00 PM  
**FEE:** R: \$35/NR: \$45  
**SITE:** ADMINISTRATIVE BUILDING, ROOM 207  
**CODE:** 3101-2-0-0

## Knitting Basics

Individuals will learn the basics of knitting as well as specialty stitches needed to create a project of choice at their skill level. We will provide the materials needed. Min. 5/Max. 12

**AGES:** 15 - ADULT  
**DATES:** SEPTEMBER 15 - NOVEMBER 3  
**DAY:** WEDNESDAY  
**TIME:** 6:00 PM - 8:00 PM  
**FEE:** R: \$35/NR: \$45  
**SITE:** ADMINISTRATIVE BUILDING, ROOM 207  
**CODE:** 3111-2-0-0

## Designing Home Décor

Decorating your house has now become cheap and fun! In this class you will learn how to make all types of different decorations including pillow coverings, slip coverings, window hangings, bedroom accessories and more. Many of the materials will be provided to get you started on your project. Min. 5/Max. 10

**AGES:** 15 & UP  
**DATES:** SEPTEMBER 13 - NOVEMBER 1  
**DAY:** MONDAY  
**TIME:** 6:00 PM - 8:00 PM  
**FEE:** R: \$30/NR: \$40  
**SITE:** ADMINISTRATIVE BUILDING, ROOM 207  
**CODE:** 2131-2-0-0

## For more information,

be sure to visit our newly re-designed website @ [www.pdofp.org](http://www.pdofp.org)

This brochure is available there, as well as a host of other information about the Park District of Forest Park. See you there!





# RENTAL INFORMATION

## Park District of Forest Park Facility Rental Policy and Regulations

### Rental Regulations

1. Users are bound by terms of rental agreement as well as regulations and ordinances pertaining to the use of Park District of Forest Park property.
2. A security deposit is required at time of application. Security deposit funds are meant to cover any damages or excess cleaning and do not count toward rental fee.
3. Adequate adult supervision, as determined by Park District staff, must be provided at all times.
4. Rentals will be available until 10pm on weekdays and 11pm on weekends, no exceptions.
5. **NO ALCOHOLIC BEVERAGES ARE ALLOWED!** Any group found to have alcohol will forfeit full security deposit.
6. In accordance with federal and state statutes, all Park District of Forest Park facilities are designated as smoke free environments (including outdoor terrace).
7. Proof of liability insurance may be required from groups or organizations using the facilities. Family and private groups are exempt.
8. If requesting use of a kitchen, be aware that cooking is not permitted; only warming of food is allowed. Renter will have access to refrigerator, stove and microwave. Kitchen facilities must be cleaned after use. Cleaning supplies will be provided.
9. Groups will be responsible for preventing damage to Park District Property, cleaning (sweeping/wiping down tables) rented area and placing garbage in receptacles.
10. Failure to comply will result in partial or full forfeiture of security deposit.
11. Groups must at all times be in compliance with facility capacities.
12. The Park District of Forest Park is not responsible for lost or stolen property.
13. Rental time reflect use of the room. No additional set up or take down time will be allowed. Failure to comply will result in charges for additional rental time taken out of the security deposit.
- 14. FAILURE TO COMPLY WITH ANY OF THESE REGULATIONS WILL RESULT IN PARTIAL OR FULL FORFEITURE OF SECURITY DEPOSIT.**

### Rental Rates per hour

Room/Facility	Maximum Capacity*	Category 1	Category 2	Category 3
Classroom	50 (28)	\$30	\$40	\$55
2nd Floor Grand Room	120 (72)	\$50	\$65	\$95
3rd Floor Grand Room	150 (96)	\$60	\$75	\$105

\*Capacity is based on chairs only. The capacity in the parentheses is based on chairs and tables.

### Rental Categories

**Category 1** – Youth serving groups, civic or charitable groups serving/residing within The Park District boundaries.

**Category 2** – Residents (individuals, groups or businesses) within The Park District Boundaries.

**Category 3** – Nonresident individuals, groups, organizations or businesses.

A kitchen for warming/storage of food and beverages is offered (subject to availability) at a one-time add on fee of \$15.

A security deposit fee of \$200 will be required at the time of application. This will be returned to you within one week of the conclusion of your rental, minus any charges for cleaning or damages.

This security deposit can be paid by cash, credit card or personal check. Shall the personal check be returned for insufficient funds or the credit card be denied, the rental will be voided.

# REGISTRATION INFORMATION

**Registration for all classes begins**  
**MONDAY, AUGUST 16**  
**Walk in... fax in... mail in...**  
**Proof of residency is required**  
**All registration forms are taken in the**  
**Administrative Building's Main Office**

## **Administrative Office**

### **Hours**

Monday – Friday: 8:30 a.m. – Noon/1:00 p.m. – 8:00 p.m.  
Saturday: 9:00 a.m. – Noon  
\*hours are subject to change

### **Location**

7501 Harrison Street, Forest Park, IL 60130

### **Telephone Number**

708.366.7500

### **Fax Number**

708.366.1142

## **Registration Procedures**

1. Complete the registration form on the inside back cover of this brochure and mail it, fax it, or walk it in with proper payment.
2. Waivers are required for all programs. Participation WILL NOT be allowed without a signed waiver.
3. Instructors cannot accept registration.
4. Persons will not be considered registered in any program unless full payment is received in the Administrative Office.
5. Three forms of identification will be required at the time of registration for proof of residency. Driver's license/state I.D. will be accepted. Utility bills, voter cards, etc. will be accepted with a valid photo I.D. Parents may be asked to provide proof of residency and/or family relation for any child wishing to register for a program.
6. All registration is first-come, first-serve. No space will be held without payment.
7. Non-residents will be charged 50% more than the listed resident fee, unless otherwise noted.
8. Listed dates, days, times, and fees are subject to change.

## **Satisfaction Guarantee**

1. A full refund will be given when the Park District of Forest Park cancels a trip or program.
2. Refunds for programs will be given when:
  - A. A refund request form is completed and submitted to the Administrative Office.
  - B. A full refund will be given upon request to any participant not satisfied with a program before the end of the first class date. Refunds will be prorated on a per-class charge after the first class has been held. When 50% of the program dates have passed, no refunds will be issued.
3. Refunds for trips will only be given if the trip is cancelled by the Park District OR if a replacement is found to take the trip.
4. Deposits for certain programs and trips are identified as non-refundable.

# Registration

Family's Last Name: \_\_\_\_\_ Head of Household: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Emerg. Phone: \_\_\_\_\_

Participant's First Name	Last Name (if different)	Male or Female	Birthdate	Program Code	Program	Fee

**OFFICE USE ONLY** Comments or special instructions \_\_\_\_\_ **TOTAL** \$ \_\_\_\_\_

**IMPORTANT INFORMATION** The Park District of Forest Park is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Park District of Forest Park continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and guardians of minors registering for the listed programs/activities must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

**WARNING OF RISK** Recreational programs/activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational program/activity. Understandably, not all hazards are dangers, and injuries due to inclement weather, slipping, falling, poor skills or level of conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational programs/activities exist. In this regard, it must be recognized that it is impossible for the Park District of Forest Park to guarantee absolute safety.

**WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK** Please read this form carefully and be aware that in registering yourself or your minor child/ward for participation in the above identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected and associated with said programs/activities (including transportation services, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that I or my minor child/ward may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or occur to me or my child/ward) as a result of participating in these programs/activities against the Park District of Forest Park, including its official, agents, volunteers and employees (hereafter collectively referred to as 'Park District of Forest Park').

I do hereby fully release and forever discharge the Park District of Forest Park from any and all claims for injuries, damages or loss that I or my minor child/ward may have or which may occur to my minor child/ward or me and arising out of, connected with or in any way associated with these programs/activities.

**I have read and fully understand the above important information, warning of risk, assumption of risk, waiver and release of all claims, and refund policy acknowledgement. If registering online or facsimile, signature shall substitute for and have the same legal effect as an original signature.**

Participant/Guardian PLEASE PRINT \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Receipt Number \_\_\_\_\_ Cash/Credit/Check # \_\_\_\_\_ Date Received \_\_\_\_\_ Received by \_\_\_\_\_

Visa/MC # \_\_\_\_\_ Exp. \_\_\_\_\_ Name on card \_\_\_\_\_

**PARTICIPATION WILL BE DENIED**  
**If the signature of the participant or guardian and date are not on this waiver. V Code** \_\_\_\_\_

# The Park District of Forest Park

7501 Harrison Street  
Forest Park, IL 60130

PRESORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
OAK PARK  
ILLINOIS  
PERMIT NO. 91

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Forest Park, IL 60130

**For more information,**  
be sure to visit our newly re-designed website @  
**[www.pdofp.org](http://www.pdofp.org)**

This brochure is available there, as well as a host of other information about the Park District of Forest Park. See you there!



## **Starting with the Winter/Spring 2011**

brochure cycle, the Park District of Forest Park will not be mailing brochures to each household. Residents will receive a postcard stating that the new brochure is available online at

**[www.pdofp.org](http://www.pdofp.org)**

and at various locations throughout Forest Park

(Village Hall, Park District Administration Building, Library, etc.).