



Park District of Forest Park

Stay Close, Go Far



Winter/Spring **2025**





Board and Staff



Timothy Gillian



Kristen Lyons

Board Members

- Timothy Gillian..... President
- Kristen Lyons..... Vice President
- John Doss..... Commissioner
- Cathleen McDermott.... Commissioner
- Roy Sansone..... Commissioner



John Doss



Cathleen McDermott



Roy Sansone



Park District of Forest Park Staff

- Jackie Iovinelli..... Executive Director
- Andrew Doss Superintendent of Buildings & Parks
- Danette Krajewski..... Superintendent of Recreation
- Jeff Murphy Superintendent of Business

- Adam Cumbee Communications & Marketing Manager
- Karrie Schlichting..... Facilities Coordinator
- Ryan Vilanova Recreation Supervisor
- Dominique Mazzulla .. Recreation Supervisor

Facilities, Hours & What's Inside

Facilities & Hours

Administration Building

7501 Harrison Street
Forest Park, IL 60130
(708) 366-7500 | Fax (708) 366-1142
Monday-Friday 8am-4pm

Roos Recreation Center

7329 W. Harrison Street
Forest Park, IL 60130
(708) 866-7667
Monday-Friday 5am-8pm
Saturday 6am-6pm
Sunday 7am-5pm

Roos Holiday Hours

Shortened Hours 8am-3pm

- Memorial Day
- Labor Day
- Day after Thanksgiving
- Christmas Eve
- New Year's Eve
- New Year's Day

Holidays CLOSED

- Thanksgiving Day
- Christmas Day
- Easter Sunday
- 4th of July

Our Mission

The mission of the Park District of Forest Park is to provide excellence in recreational opportunities through the park, facilities, and programs that will enhance the quality of life for its residents and guests.

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Park Board Meetings

The Park District of Forest Park Board of Commissioners meets the 3rd Thursday of each month. The meetings are held at 6:00pm in the Admin. Building. Meetings are broadcast via Teams.

SCAN HERE
for full Conduct
Policy Manual



Special Thanks

The Park District of Forest Park acknowledges the cooperative efforts shown by the Village of Forest Park, the Forest Park Public Library, and Forest Park School District 91, in contributing to recreation efforts. Your cooperation is greatly appreciated!

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.



Photograph Policy

Photographs are occasionally taken during Park District of Forest Park classes, events, and leagues. 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 us at hr@pdofp.org!

Program Cancellation Policy

The Park district reserves the right to cancel, postpone, or combine classes and change instructors. Programs not meeting the minimum registration will be canceled and patrons will be notified. Refunds or household credits will be issued upon request. All efforts will be made to ensure a program or event runs. In most cases, cancellation decisions will be made within one week of the beginning of the program. All participants in canceled classes will be notified by Park District Staff and will receive a full refund.





Dear Forest Park Residents,

As I sat down to write this letter, I realized our last one was December 2020, and in those five years, a lot has taken place! Most importantly, we've missed you!

Let's begin with our main campus. It's like a whole new world! Our Skate Park needed a major update, so we took feedback and worked on a hybrid model that suited all skill levels. We also redid the entire Aquatic Center Splash Pad! It took a bit longer than expected, but the results were better than anything we could have imagined. We also resurfaced and relined the Tennis Courts and renovated our Softball Fields by leveling them off and repairing the drainage system.

We also expanded our footprint! Across the street from the park, we purchased some property with dilapidated buildings and turned it into usable green space. In 2020, we took over four Pocket Parks from the Village and immediately came up with plans to renovate. Our goal was to help bring the neighborhoods together by building beautiful parks around the community. Discover a park, discover a neighbor!

We look forward to what you're able to find in our new Program Guide. When COVID hit, a lot of what we do and how we do it changed. It also gave us the opportunity to think about what our residents need when it comes to the services we offer. Our Recreation staff has put together some great programming services, including our expanding Dance program on page 9. Start at page 6 for some of our amazing special events! We haven't forgotten about our teens! On page 16, we have partnered with the library and offer some totally FREE programming for ages 13-18.

Don't forget to start your year off right with a Fitness Membership at the Roos Recreation Center! It's a great indoor space to get your work in during those cold winter months!

Our Maintenance staff are working hard every day to ensure our parks are safe and enjoyable, our Business Department is ensuring that our operations run smoothly, our Recreation staff are working hard to bring you new and exciting programming, and most importantly, our Marketing staff is ensuring that all that information gets to you in an efficiently fun and friendly way!

We hope you enjoy the new-look Program Guide, and we hope to see you around at the Park District of Forest Park, where every day is a walk in the park!

Jackie Iovinelli

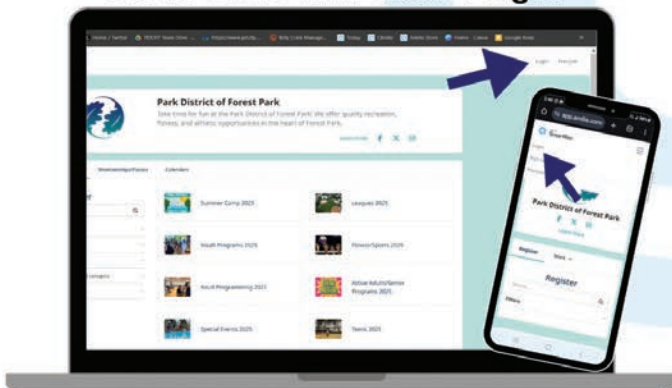


Scan QR Code



Access all upcoming Activities & Special Events online in our Amilia Store! You can also purchase your Roos Recreation Center Memberships & Park District of Forest Park Aquatic Center Season Passes online! Create your Amilia account today, just scan the QR code to head to the Amilia Store and follow the instructions below to get started!

Go to Store and click "Login"



Click "Sign Up"





Chicago Bulls take on the Detroit Pistons



vs.



Tue., Feb. 11 | 5-10pm

Come join us as the Park District of Forest Park travels to the Madhouse on Madison!

We're heading to watch the Chicago Bulls take on the Detroit Pistons on February 11, 2025, and we'd love to have you with us.

Transportation will be provided, and the event is open to all ages, so bring the whole family! Children under 12 must be accompanied by an adult. Our staff will supervise anyone aged 12-17. We hope to see you there for a fun-filled evening of basketball!

Location: Admin. Building,
7501 Harrison St., Forest Park

Age: 4 and older **Min/Max:** 4/12

Fee R/NR: \$30/\$35

Disney

TRIVIA

**Friday, February 28
6:30-8pm**

Step into a world of magic and put your Disney knowledge to the test.

From a galaxy far far away, the Chicago Trivia Guys are joining us for a night of some Disney fun. Families are welcomed to bring their own food & refreshments.

Location: Admin. Building,
7501 Harrison St., Forest Park

Age: All Ages **Min/Max:** 5/20

Group Fee: \$30/group of 4

Individual Fee: \$8/individual



Ages 17 and older

Spikeball TOURNAMENT

Saturday, April 5 | 10am-3pm

Join us for an exciting Double Elimination Spikeball Tournament!

Teams will be randomly placed in a bracket, giving everyone a fair shot at victory. With fast-paced action and thrilling matches, this tournament is your chance to showcase your Spikeball skills and compete for the championship. Teams can be coed or of the same gender. More details to come.

Location: Soccer Field, 7501 Harrison St., Forest Park

Min/Max: 16/24

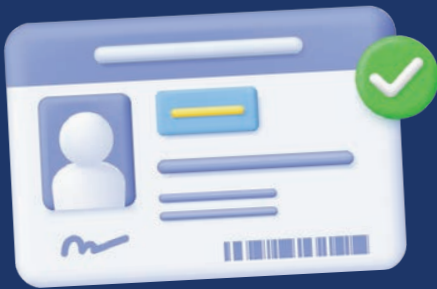
Fee: \$60/team



THE ILLINOIS SECRETARY OF STATE

Mobile DMV

DRIVERS AND MOTOR VEHICLE SERVICES



Friday, March 21 10am-2pm

The Illinois Secretary of State's mobile Driver Services unit will be at the Park District of Forest Park Administration Building.

Age: 18 and older

Min/Max: 48/48

You **MUST** pre-register.

Call Karrie S. at 708-366-7500

Representatives will be on hand to assist with renewing or correcting:

- ✔ Driver's licenses
- ✔ Converting existing standard driver's licenses into REAL ID driver's licenses
- ✔ Obtaining renewed or first time Standard or REAL state IDs,
- ✔ Issuing free state IDs for seniors aged 65 or older
- ✔ Purchasing license plate stickers



Sweeping off the Dust Workshop Saturday, March 22 | 10-11:30am

Join Bruce in this hands-on class to learn essential bike maintenance skills! From inflating tires to adjusting saddle and handlebars, you'll cover it all, including tips on lubrication and flat tire repairs. Perfect for beginners and experienced cyclists alike.

Note: *On-site repairs not available, but guidance will be provided.*

Age: All ages

Location: Front Lawn, 7501 Harrison St., Forest Park

Min/Max: 3/99

Fee R/NR: \$3/\$6

Bike Tune-Up Workshop Saturday, April 26 | 10-11:30am

Join Bruce to learn how to give your bike a much-needed tune-up by replacing brake and gear cables, adjusting screws, and mastering the barrel screw. This class will walk you through each step, ensuring your bike's shifting and braking systems work smoothly. Ideal for riders looking to enhance their maintenance skills.

Note: *On-site repairs not available, but guidance will be provided.*

Age: All ages

Location: Front Lawn, 7501 Harrison St., Forest Park

Min/Max: 3/99

Fee R/NR: \$3/\$6

Pom Pom Dance Class

Pom Pom Dance is a high-energy dance style where dancers will learn the essential skills needed for a school dance team. The focus will be on sharp, precise movements and synchronization while incorporating pom poms. Dancers will also work on flexibility, showmanship, and be introduced to technical skills such as jumps, turns, and leaps. Whether your child is interested in cheering or dancing for their school team or simply looking for a fun experience, this class is a perfect fit!

Age: 6-9

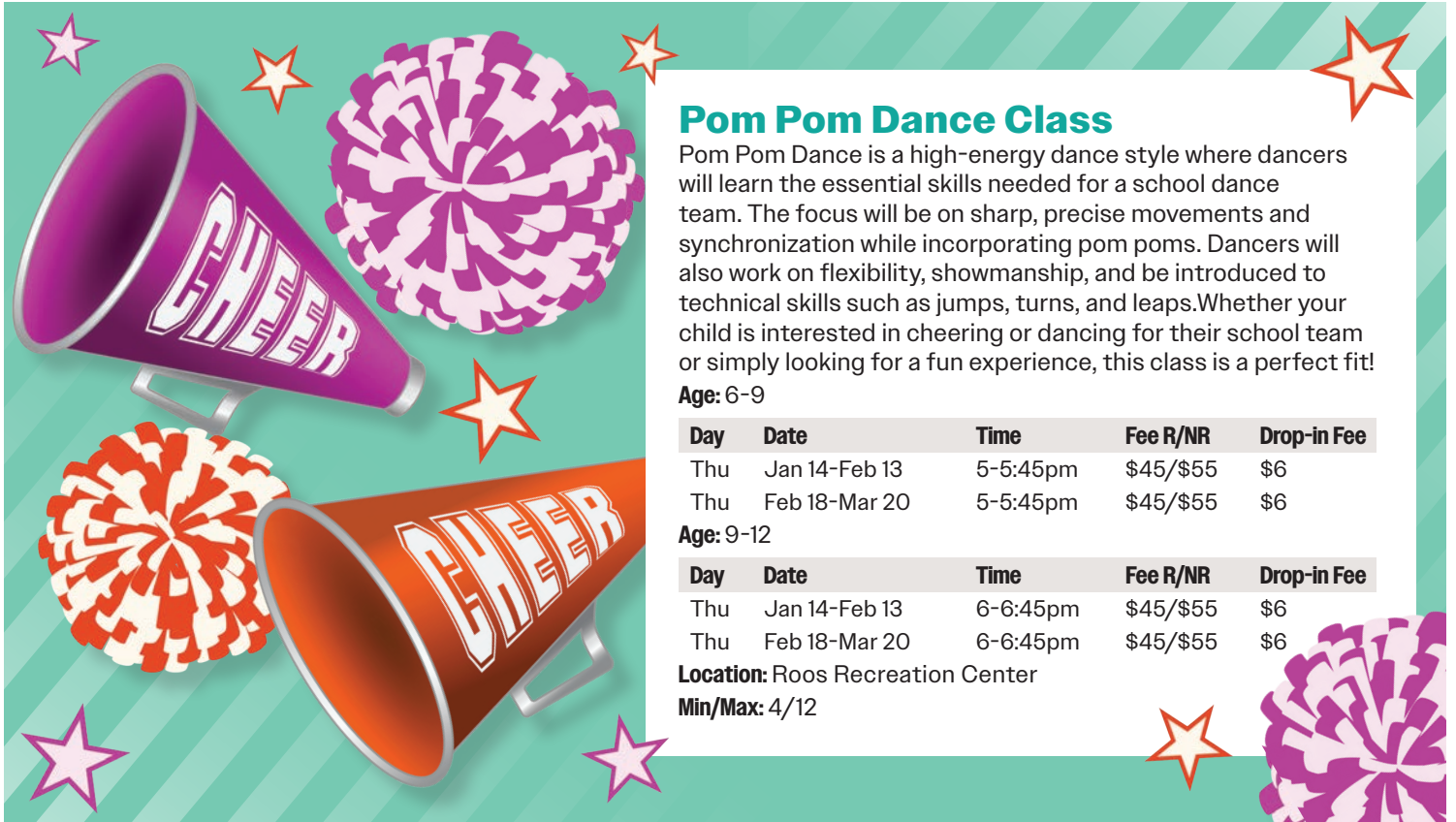
Day	Date	Time	Fee R/NR	Drop-in Fee
Thu	Jan 14-Feb 13	5-5:45pm	\$45/\$55	\$6
Thu	Feb 18-Mar 20	5-5:45pm	\$45/\$55	\$6

Age: 9-12

Day	Date	Time	Fee R/NR	Drop-in Fee
Thu	Jan 14-Feb 13	6-6:45pm	\$45/\$55	\$6
Thu	Feb 18-Mar 20	6-6:45pm	\$45/\$55	\$6

Location: Roos Recreation Center

Min/Max: 4/12



Hip Hop with Mr. Sidney

Mr. Sidney's high-energy class uses the latest sounds in rap, R & B and pop music together with movements influenced by some of today's hottest video choreographers. Hip-hop encompasses elements of pop locking, breaking, and freestyle movement, giving students the opportunity to dance outside the box and bring their own personality to each movement.

Age: 5-14

Day	Date	Time	Fee R/NR	Drop-in Fee
Tue	Jan 14-Feb 18	5:15-6pm	\$25/\$30	\$5
Tue	Feb 25-April 1	5:15-6pm	\$25/\$30	\$5

Location: Roos Recreation Center

Min/Max: 3/20





Youth Programs



Tiny Tots Tumbling and Dance

Join us for a fun introduction to dance and movement. Tots will learn different stretches, tumbling and dance positions. Tots will also learn several dances to different music. Please wear comfortable clothing, ballet or gym shoes.

Age: 2-4

Day	Date	Time	Fee R/NR	Drop-in Fee
Sat	Jan 11-Feb 15	12:30-1pm	\$25/\$30	\$5
Sat	Feb 22-March 29	12:30-1pm	\$25/\$30	\$5

Location: Roos Recreation Center

Min/Max: 3/12



Beginning Dance

Introduction to dance concepts with emphasis on large motor movements. Students will learn different stretches and ballet positions, as well as acting out animals, playing active games, completing across-the-floor exercises and dancing to upbeat music. Please wear comfortable clothing and ballet shoes.

Age: 3-6

Day	Date	Time	Fee R/NR	Drop-in Fee
Sat	Jan 11-Feb 15	1:05-1:50pm	\$40/\$45	\$8
Sat	Feb 22-March 29	1:05-1:50pm	\$40/\$45	\$8

Location: Roos Recreation Center

Min/Max: 3/12



Beginning Tap/Jazz/Ballet

Basic introduction to Tap/Jazz/Ballet – no experience necessary! Sydney and Sanaa will teach Tap/Jazz/Ballet techniques from the ground up! Be sure to wear comfortable clothing! Shorts and a t-shirt or tumbling attire recommended. Please wear gym shoes and socks.

Age: 5-9

Day	Date	Time	Fee R/NR	Drop-in Fee
Sat	Jan 11-Feb 15	1:55-2:40pm	\$40/\$45	\$8
Sat	Feb 22-March 29	1:55-2:40pm	\$40/\$45	\$8

Location: Roos Recreation Center

Min/Max: 3/12

Cooking Class

Join Ryan and Andre for a fun and interactive cooking class designed just for kids! Your little chefs will learn basic kitchen skills, create delicious recipes, and gain confidence in the kitchen. From mixing to measuring, they'll get hands-on experience while discovering the joy of cooking.

Age: 6-12

Day	Date	Time	Fee R/NR
Wed	Jan 8	6-8:15pm	\$12
Wed	Jan 22	6-8:15pm	\$12
Wed	Feb 5	6-8:15pm	\$12
Wed	Feb 19	6-8:15pm	\$12
Wed	Mar 5	6-8:15pm	\$12
Wed	Mar 19	6-8:15pm	\$12

Location: Building 4 7501 Harrison St., Forest Park

Min/Max: 3/10



MOVIE *Nights*



It's Movie Night at the Park District!

Join us indoors for a kid-friendly movie on the big screen, with drinks and pizza for everyone. It's the ideal way to start off the weekend, no matter the weather!

Age: 6-12

Location: Building 4 7501 Harrison St., Forest Park

Min/Max: 5/30

Day	Date	Time	Fee R/NR
Fri	Jan 17	6:15-8:15pm	\$13
Fri	Jan 31	6:15-8:15pm	\$13
Fri	Feb 14	6:15-8:15pm	\$13
Fri	Feb 28	6:15-8:15pm	\$13
Fri	Mar 14	6:15-8:15pm	\$13
Fri	Mar 28	6:15-8:15pm	\$13



Couples Paint Party with Candace “Valentine Lovebirds”

Celebrate Valentine’s Day with a creative twist! Couples will paint a charming “lovebirds” design, perfect for symbolizing your relationship. No experience needed, just enjoy a fun date night filled with love and laughter. Join Candace for a memorable evening and take home a romantic keepsake!

Age: 18 and older

Day	Date	Time	Fee R/NR
Thu	Feb 13	6-8pm	\$60/couple \$35/person

Location: Admin. Building 7501 Harrison St., Forest Park

Min/Max: 3/10

Paint Party with Candace “Art on the Glass”

Join Candace for a fun evening of painting and personalizing two wine glasses. Enjoy a relaxed atmosphere, sip your favorite drink, and create unique designs. Perfect for all skill levels, you’ll leave with two beautiful hand-painted glasses!

Age: 18 and older

Day	Date	Time	Fee R/NR
Thu	Mar 13	6-8pm	\$35

Location: Admin. Building 7501 Harrison St., Forest Park

Min/Max: 3/10



Active Adults



Mat Yoga

Gentle Hatha Yoga focuses on flexibility, body awareness and breathing techniques, while working at your own level. It incorporates and promotes stability and balance. We will use a yoga mat to transition from seated to stand. This class ends with a ten minute relaxation

Age: 18 and older

Day	Date	Time	Fee R/NR	Drop-in Fee
Tue	Jan 14-Feb 18	10-11am	\$40/\$40	\$7
Tue	Feb 25-April 1	10-11am	\$40/\$40	\$7

Location: Admin. Building 7501 Harrison St., Forest Park

Min/Max: 4/16

Chair Yoga - Virtual Zoom

Perform Hatha Yoga poses while seated in a chair. Some chair-assisted/standing poses are included in the class. It incorporates and promotes stability and balance. This class ends with a ten minute relaxation

This class is virtual. A link will be sent to the participants prior to the start of the class.

Age: 18 and older

Day	Date	Time	Fee R/NR	Drop-in Fee
Thu	Jan 16-Feb 20	10-11am	\$40/\$40	\$7
Thu	Feb 27-April 3	10-11am	\$40/\$40	\$7

Location: Zoom

Min/Max: 4/99

Teen Cooking Class

Join Ryan and Andre for an exciting, hands-on cooking class designed just for you. Whether you're new to the kitchen or looking to level up your culinary skills, this class has you covered. You'll create delicious recipes, and gain the confidence to whip up your own meals like a pro.

Age: 13-18

Day	Date	Time	Fee R/NR
Wed	Jan 15	6:15-8:15pm	FREE
Wed	Mar 12	6:15-8:15pm	

Location: Admin. Building 7501 Harrison St., Forest Park

Min/Max: 3/15

February After-Hours at Roos

If your teen is looking for something to do, look no further we will have it all!!! Pizza, drinks, sports, crafts, games and more. Sponsored by the Park District of Forest Park and The Forest Park Public Library. This is a free event, however pre-registration is a must and is limited to the first 50 participants.

Age: 13-18

Day	Date	Time	Fee R/NR
Fri	Feb 21	7:00-9:00pm	FREE

Location: Roos Rec Center 7329 Harrison St., Forest Park

Min/Max: 12/50

Teen Programs at the



FOREST PARK
PUBLIC LIBRARY

March 4, 6:30pm

Updates to the College Planning Process

2024 introduces some of the most significant changes to college planning in decades. Heidi King from College Inside Track joins us to learn about how these changes may impact your family and new strategies you should consider to give your student the best opportunity to be admitted and maximize scholarships and financial aid.

March 19, 7:00pm

Financial Aid Completion Workshop

During this workshop hosted by the Illinois Student Assistance Commission, students will be able to get questions answered to complete either the Free Application for Federal Student Aid or the Alternative Application for Illinois Financial Aid for qualifying undocumented.

March 23, 11:00am

Rising Voices Readaloud

Our Rising Voices Ambassadors are eighth grade volunteers sharing stories with our community! Join us for a read-aloud and guided literacy activity.

April 6, 2:00pm

Pop-Up Prom Shop

(at Maywood Public Library)

Find the perfect prom dress for FREE! Shop our Prom Pop-Up at the Maywood Public Library and complete your look with styling tips and tricks.

April 17, 7:00pm

FAFSA Follow-Up

Many students and their families have additional questions after completing the FAFSA. This presentation addresses what happens after a FAFSA is completed, including the SAR (Student Aid Report), completing the verification process, reviewing financial aid offers from colleges using ISAC's interactive tool, how financial aid is disbursed, and addressing extenuating circumstances.

More information and links to register for these awesome programs can be found online. [Click here for Activity Calendar.](#)



Roos Recreation Center



Roos Recreation Center 2025 Membership Rates

MEMBERSHIP AMENITIES

- Unlimited use of the fitness center
- Unlimited use of the walking/running track
- Access to gymnasium
- Locker room with showers

Fitness Center Includes

- Stairmaster
- Bikes
- Treadmills
- Ellipticals
- Variable position benches
- Flat and incline bench presses
- Side-by-side power rack
- Ab Coaster
- Rowing machine
- Medicine ball rack
- Trap bar
- Multi-height platforms
- Pro Clubline series machines
- Free workout towels

Membership Type	Monthly Fee	Annual Fee
Veteran Resident	\$0	\$0
Resident	\$29	\$220
Non-Resident	\$40	\$319
Student Resident	\$24	\$194
Student Non-Resident	\$	\$265
Senior Resident	\$13	\$142
Senior Non-Resident	\$24	\$194
Corporate	\$35	\$266

Roos Rentals

Residency	Residency Description	Full Gym Rate	Half Gym Rate	Security Deposit
Residents	Individuals, Groups, or Businesses within the Park District's Boundaries	\$100 per hour	\$50 per hour	\$200*
Nonresident	Individuals, Groups, Organizations, or Businesses	\$120 per hour	\$60 per hour	\$200*

The \$200 Security Deposit will be returned within 4 weeks of the conclusion of your rental.

Roos Rentals are only for sports. A security deposit fee of \$200 will be required at the time of application. This will be returned within 4 weeks of the conclusion of your rental. 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.



Thursday Youth Dodgeball

Duck, Dodge, and Throw! Join us every Thursday for team dodgeball, with fun twists on the classic game. All balls are soft, safe, and games are supervised. Don't forget your water bottle—let's have some fun!

- January 16** **Classic Dodgeball**
- January 23** **Fitness Dodgeball**
- January 30** **4 Square**
- February 6** **Protect the King/Queen**
- February 13** **Traitor Ball**
- February 20** **Protect the Pin (s)**
- February 27** **Survivor**
- March 6** **Kids Choice**

Age: 7-13

Day	Date	Time	Fee R/NR	Drop-in Fee
Thu	Jan 1-Mar 6	6-7pm	\$50/\$60	\$8

Location: Roos Rec Center 7329 Harrison St., Forest Park

Min/Max: 6/20



Tennis

In this class you will learn the following fundamentals of tennis: how to hold/grip the racquet, footwork, forehand/backhand strokes, proper stance, service motion/toss, hand-eye coordination, volley/net play. The instructor will incorporate fun and stimulating tennis games and activities throughout the lesson.

Location: Roos Rec Center 7329 Harrison St., Forest Park

Min/Max: 3/10

Age: 8-10

Day	Date	Time	Fee R/NR
Sat	Jan 11-Mar 29	10-11am	\$146/\$156

Age: 11-13

Day	Date	Time	Fee R/NR
Sat	Jan 11-Mar 29	11:15am-12:15pm	\$146/\$156





Monday Drop-In Pickleball

This is a 2-hour open gym Pickleball session that occurs every Monday and focuses on casual, pickup games. Pickleball players of all skill levels are welcome, so grab your paddle, rally with others, and enjoy the fast-paced fun at the Roos! Whether you're a beginner or an experienced player, it's a great way to improve your game through actual gameplay!

Age: 18 and older

Day	Date	Time	Drop-in Fee
Mon	Jan 6-Mar 31	6-8pm	\$5

Location: Roos Rec Center 7329 Harrison St., Forest Park

Min/Max: 12/30

Tuesday Drop-In Volleyball

This is a 2-hour open gym Volleyball session that occurs every Tuesday and focuses on pickup games. Volleyball players of all skill levels are invited, so bump, set, and spike your way over to the Roos and take your game to the next level through actual gameplay!

Age: 14 and older

Day	Date	Time	Drop-in Fee
Tue	Jan 7-Dec 16	7-9pm	\$9

Location: Roos Rec Center 7329 Harrison St., Forest Park

Min/Max: 12/29

Thursday Drop-In Soccer

This is a 2-hour open gym Soccer session that occurs every Thursday and focuses on pickup games. Soccer players of all skill levels are invited, so lace up your cleats and head over to the Roos! Take your game to the next level through real, fast-paced gameplay!

Age: 30 and older

Day	Date	Time	Drop-in Fee
Thu	Jan 9-Mar 27	7:15-9:15pm	\$5

Location: Roos Rec Center 7329 Harrison St., Forest Park

Min/Max: 11/30



Adult Jiu Jitsu

The Fundamental Brazilian Jiu-Jitsu program gives our teenage and adult students the opportunity to learn about a traditional style of martial arts grappling that includes throws, joint locks, chokes, and body control. The class is applicable to first timers and experienced practitioners alike.

Age: 18 and older

Day	Date	Time	Fee R/NR	Drop-in Fee
Tue	Jan 14-Mar 25	6-7:15pm	\$100/\$110	N/A

Location: Roos Rec Center 7329 Harrison St., Forest Park

Min/Max: ??



Sunrise Express Flow Yoga

Sunrise Yoga: Join us for Sunrise Express Flow, a dynamic class to kickstart your day with energy and vitality. Rooted in Hatha yoga, this practice focuses on powerful movements and deep breathing to boost strength, flexibility, and mental clarity. Whether you're new or experienced, this inclusive class will challenge and empower you. Bring your mat and energy—we'll provide the motivation!

If you have a current Roos Membership, there is no charge for this class. Just scan your membership card upon entry.

Age: 16 and older

Day	Date	Time	Drop-in Fee
Tue/Thu	Jan 5-Dec 31	5:30-6:30pm	\$8

Location: Roos Recreations Center

Min/Max: 4/16

Pilates

Join our Pilates class for a full-body workout that focuses on improving strength, flexibility, and posture. Designed for all fitness levels, this class combines controlled movements and deep breathing techniques to build core strength, enhance balance, and increase body awareness. Whether you're a beginner or an experienced practitioner, Pilates helps you tone muscles, relieve stress, and improve overall wellness. Mats and equipment are provided—just bring your energy and dedication!

Age: 16 and older

Day	Date	Time	Fee R/NR
Mon/Wed	Feb 24-May 21	5:30-6:30pm	\$140/\$160

Location: Admin. Building 7501 Harrison St., Forest Park

Min/Max: 4/16





COMMIT DANCE FITNESS

Commit Dance Fitness

COMMIT Dance Fitness is a dynamic, fun-filled HIIT influenced (High intensity interval training) dance workout. Each routine focuses on essential fitness elements created for a variety of popular music, from all over the world, that will inspire everyone to get moving.

If you have a current Roos Membership, there is no charge for this class. Just scan your membership card upon entry.

Age: 16 and older

Day	Date	Time	Drop-in Fee
Sat	Jan 11-Dec 31	10:45-11:45am	\$5

Location: Roos Recreations Center

Min/Max: 4/16



Zumba

This Zumba class is for everybody and everybody! Zumba takes the “work” out of workout by mixing low intensity and high intensity moves for an interval style, calorie burning dance fitness party. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

If you have a current Roos Membership, there is no charge for this class.

Age: 16 and older

Day	Date	Time	Drop-in Fee
Sun	Jan 5-Dec 31	10:15-11am	\$5

Location: Roos Recreations Center

Min/Max: 4/16

Zumba Gold

Join RUSH Oak Park Hospital and the Park District of Forest Park for Zumba Gold, a free, dance-based fitness class. For the first half of class, we will do chair-based moves; for the second half of class, feel free to move and groove standing up. Sponsored by Healthy Motivations, Rush Oak Park Hospital’s community wellness program.

Age: 16 and older

Day	Date	Time	Fee R/NR
Wed	Jan 8-Dec 31	10:30-11:30am	\$0

Location: Roos Rec Center



2025 Summer CAMP



Camp Parent Manual



2025 Summer Camp Unplugged and Kamp Kiddie Monday-Friday, 7:30am-6pm

Kamp Kiddie and Summer Day Camp-Unplugged include lunch on all non-field trip days, entrance to the pool, a camp bag and summer of fun.

Spots fill up quickly so be sure to register for all the weeks you need your child in camp. Registration is only held if the campers fees are paid in full or you have signed up with the installment plan and you have paid the \$25 deposit.

Age: Camp is for children in grades Pre-k through 5th. Campers must be 4 as of September 1, 2024.

Location: Building 4, 7501 Harrison St., Forest Park

Min/Max: 25/120

Registration Begins

Residents	Tuesday	March 4, 2025	9:00am
Non-Residents	Tuesday	March 18, 2025	9:00am

Day	Date	Time	Fee R/NR
Mon-Fri	Jun 9-13	7:30am-6pm	\$165/\$260
Mon-Fri	Jun 16-20	7:30am-6pm	\$165/\$260
Mon-Fri	Jun 23-27	7:30am-6pm	\$165/\$260
Mon-Thu	Jun 30-Jul 3	7:30am-6pm	\$132/\$208
Mon-Fri	Jul 7- 11	7:30am-6pm	\$165/\$260
Mon-Fri	Jul 14-18	7:30am-6pm	\$165/\$260
Mon-Fri	Jul 21-25	7:30am-6pm	\$165/\$260
Mon-Fri	Jul 28-Aug 1	7:30am-6pm	\$165/\$260
Mon-Fri	Aug 4-8	7:30am-6pm	\$165/\$260
Mon-Fri	Aug 11-15	7:30am-6pm	\$165/\$260

Fees automatically charged to a debit or credit card weekly. A Non-refundable \$25 deposit is required for each week/session of camp that your child is registered. The deposit will be applied to the weekly camp fee.

After School Fun Camp Monday-Friday, 3-6pm

After School Fun Camp provides a safe environment for your child after school for District 91 students.

We provide transportation from school, as well as homework time, free play and snack time. Includes full and half days off of school.

Grades: K-6th

Location: Building 4, 7501 Harrison St., Forest Park

Min/Max: 25/65

Day	Date	Time	Fee R
Mon-Fri	Jan 6-31	3-6pm	\$280
Mon-Fri	Feb 3-28	3-6pm	\$280
Mon-Fri	Mar 3-28	3-6pm	\$280
Mon-Fri	Apr 7-May 2	3-6pm	\$280
Mon-Fri	May 5- Jun 6	3-6pm	\$350



Spring Break Camp

Stumped on how to satisfy your child’s curiosity and energy during spring break from school? Join us for an all day winter break camp! We will have sports, crafts and more!

Children must bring a bagged lunch with their name each day.

Pre-registration required.

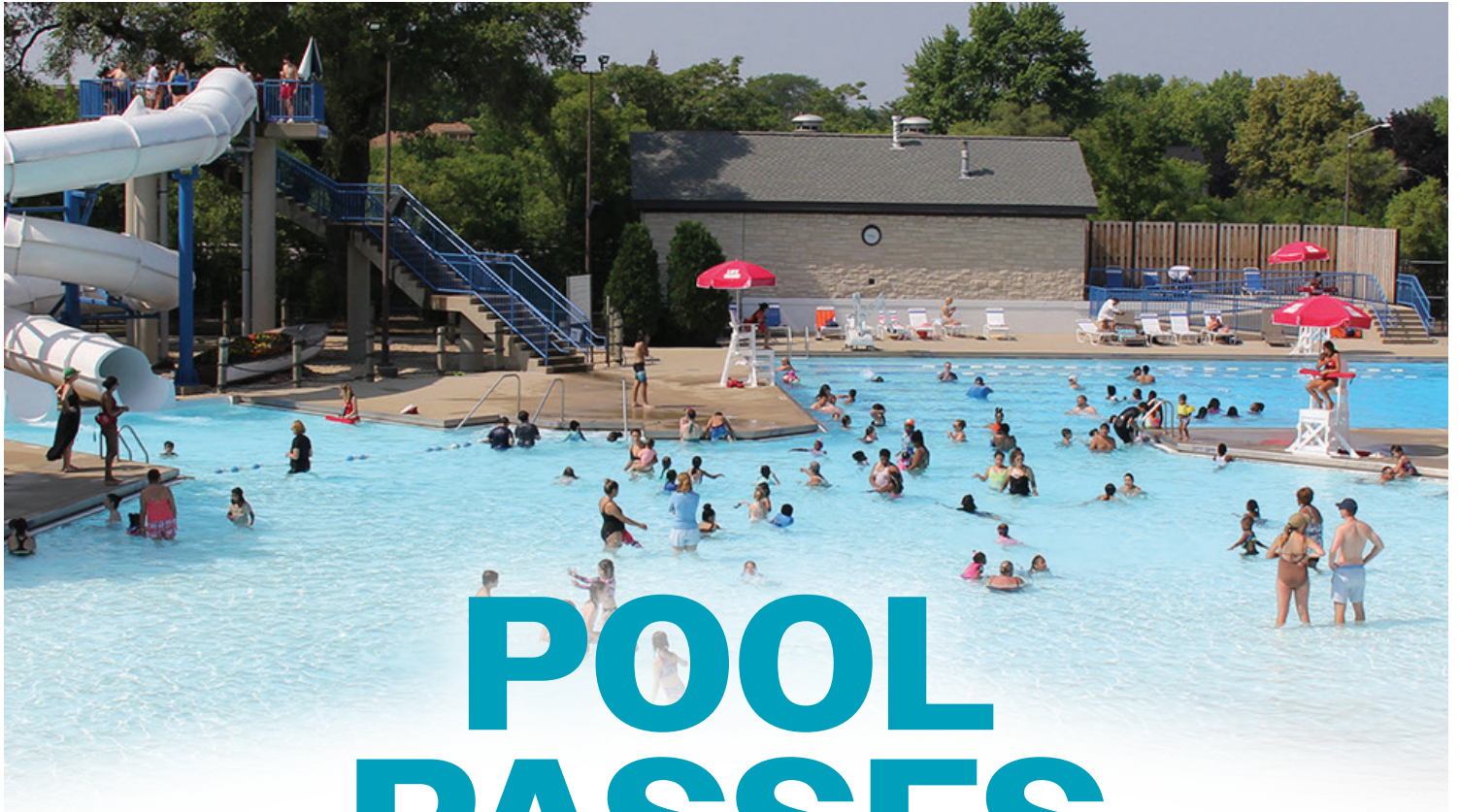
Age: 6-8

Location: Building 4, 7501 Harrison St., Forest Park

Min/Max: 25/40

Day	Date	Time	Fee R/NR
Mon	Mar 31	7:30am-6pm	\$35/\$45
Tue	Apr 1	7:30am-6pm	\$35/\$45
Wed	Apr 2	7:30am-6pm	\$35/\$45
Thu	Apr 3	7:30am-6pm	\$35/\$45
Fri	Apr 4	7:30am-6pm	\$35/\$45





POOL PASSES

go on Sale April 1!

Pool Pass Rates

Early Bird Discount

April 1-15 \$75R / \$150NR

After April 15..... \$80R / \$160NR

Exclusive Passholder Benefits

- 11 am early entry on Saturdays & Sundays
- Passholder/Resident only evening swim
- 6 Passholder Only Days
- 4th of July Passholder/Residents Only
- No entry fee for Summer Pool Parties
- No entry fee for Flick N' Float Events



Leagues



Men's Basketball League

Each game will be two 20-minute halves. 5 on 5 play. 10 games guaranteed & playoffs. Cash payout to league winners.

Age: 17 and older

Day	Date	Time	Fee R/NR
Sun	Feb 16-Apr 27	4-7pm	\$700

Location: Roos Rec Center 7329 Harrison St., Forest Park

Min/Max: 5/6



Coed Volleyball League

Each match will be played to 25pts. Double-headers every week. Cash payout to league winners. Minimum of 2 female players on the court. Must be at least 16 years of age (with a signed waiver) 18+ no waiver needed

Age: 16 and older

Day	Date	Time	Fee R/NR
Wed	Jan 15-Apr 16	7-10pm	\$550

Location: Roos Rec Center 7329 Harrison St., Forest Park

Min/Max: 6/8



Permit Parking Rates for the Lathrop Parking Lot

Permit Type	Permit Parking Rate
Daytime	\$90
Nighttime	\$90
Both Daytime & Nighttime	\$135



Parking passes are sold quarterly. This quarter runs January-March.

Park District of Forest Park Facility Rental Rates

Facility	2025 Rates	
	Hourly Rate	
	Resident	Non-Resident
2nd Floor Admin Bldg.	\$118	\$162
3rd Floor Admin Bldg.	\$127	\$184
Pavillions	\$35	\$49
Soccer Field	\$85	\$97
Soccer Field Lights	\$25/hour	\$25/hour
Softball Fields	\$50	\$60
Tennis Courts	\$60	\$65



Roos Rentals

Residency	Residency Description	Full Gym Rate	Half Gym Rate	Security Deposit
Residents	Individuals, Groups, or Businesses within the Park District's Boundaries	\$100 per hour	\$50 per hour	\$200*
Nonresident	Individuals, Groups, Organizations, or Businesses	\$120 per hour	\$60 per hour	\$200*

The \$200 Security Deposit will be returned within 4 weeks of the conclusion of your rental.

Roos Rentals are only for sports. A security deposit fee of \$200 will be required at the time of application. This will be returned within 4 weeks of the conclusion of your rental. 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.



Now Hiring!

NOW HIRING

Now hiring Summer employees!

<u>Employment</u>	<u>Age</u>
Lifeguard Instructor	18+
Head Lifeguard	17+
Maintenance	16+
Camp Counselor	16+
Pool Front Desk	16+
Lifeguard	15+
Pool Attendant	15+
Concession Staff	15+



Starting Wage: \$15/hr

Hiring perks: Free Summer Pool Pass & Roos Gym Pass

**For more information and to submit applications
contact Dominique Mazzulla at dmazzulla@pdofpstaff.org.**

WSSRA



Spread the fun

ENRICHING LIVES THROUGH RECREATION

As an extension of the **PARK DISTRICT OF FOREST PARK,**

WSSRA offers recreational programs for individuals with disabilities of all ages and ability levels who reside in our community.

Programs offered include fitness, art, camps, Special Olympics, social activities, swimming, and excursions.

Participants in WSSRA programs develop skills, make friends, boost self-confidence, explore new places, and have fun.

WSSRA also has a Lekotek family-based toy lending and play program available.

Register for WSSRA's seasonal programs at

WSSRA.NET



IMAGINARIUM SENSORY ROOM



Located at the **GEORGE A. LEONI COMPLEX:**
800 N. 17th Ave., Melrose Park, IL

The Imaginarium Sensory Room is a place for children with special needs to enjoy a multi-sensory experience in a calm and relaxing environment.

Schedule your Private Play Session at WSSRA.Net



Now Hiring Seasonal Positions!

Hiring starting at age 15!

If you are energetic, creative, passionate and want to make a difference in your career path and the lives of others, you are a great fit for our **TEAM!**

Scan Here to Apply



West Suburban Special Recreation Association

2915 Maple Street Franklin Park, IL 60131
(847) 455-2100 • wssra.net

FIND US ONLINE FOR MORE INFO





Park District of Forest Park Map

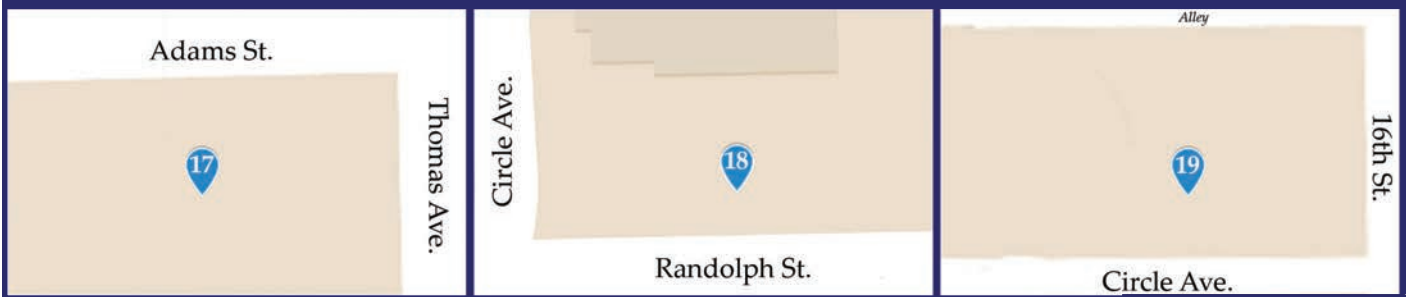
Main Campus



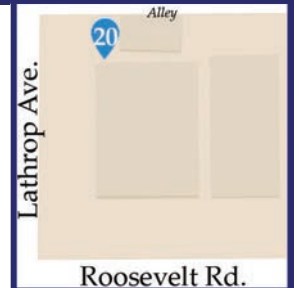
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|--|--|--|
| 1 Inline Skate Rink | 6 PDoFP Aquatic Center | 12 Building 4
(Camp Building) |
| 2 Batting Cages | 7 Veterans Field
(Turf Soccer Field) | 13 Roos Recreation Center*
7329 Harrison St. |
| 3 Lathrop Parking Lot | 8 Playground | 14 Playground |
| 4 Softball Fields | 9 Park Pavilion | 15 Roos Pavilion |
| 5 Administration Building*
7501 Harrison St. | 10 Tennis Courts | 16 Harrison St. Park |
| | 11 Bud Mohr Skatepark | |

* These facilities are staffed and able to assist with program registration and membership/season pass acquisition.

Pocket Parks



- | | |
|----------------------------------|-------------------|
| 17 Popelka Park | 501 Thomas Ave. |
| 18 Remembrance Park | 7341 Randolph St. |
| 19 Rieger Park | 1526 Circle Ave. |
| 20 Lathrop Play Lot | 1138 Lathrop Ave. |



Questions? Give us a call at 708-366-7500!

2025



UPCOMING

EVENTS

**TUESDAY
Feb 11**

**Chicago Bulls
vs. Detroit Pistons**

**FRIDAY
Feb 28**

Disney Trivia

**FRIDAY
Mar 21**

**Illinois Secretary of
State Mobile DMV**

**SATURDAY
Mar 22**

**Sweeping Off the Dust
Bike Workshop**

**SATURDAY
Apr 5**

**Spikeball
Tournament**

**THURSDAY
Apr 10**

Flashlight Egg Hunt

**SATURDAY
Apr 12**

Egg Hunt

**SATURDAY
Apr 26**

**Bike Tune-up
Workshop**



**Civil Rights
Non-Discrimination Statement**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at <https://www.ascr.usda.gov/how-file-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA.

- 1. Mail: **U.S. Department of Agriculture
Office of the Assistant Secretary
for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410**
- 2. Fax: **(202) 690-7442**
- or
- 3. Email: **program.intake@usda.gov**

This institution is an equal opportunity provider.



**Would you like to teach a class?
Do you have new programming ideas?
Share them with us at hr@pdofp.org!**

Park District Youth License Plates

Park districts in Illinois have been providing vital youth programs for many years. Park and recreation agencies step in to fill the gap for children and working parents during beyond-school hours. The sale and subsequent renewal of each plate generates \$25 specifically for the PowerPlay! Beyond School Grant Program. These funds help youth programs in park and recreation agencies throughout Illinois. The Park District of Forest Park is a proud recipient of the PowerPlay! Grant.

