



MIDLOTHIAN PARK DISTRICT FALL ACTIVITY GUIDE 2026

WWW.MIDLOTHIANPARKDISTRICT.ORG
14500 S. KOSTNER AVENUE, MIDLOTHIAN

MIDLOTHIAN PARK DISTRICT

DOG PAW-TY

AT THE LILY PAD

Thursday, September 3

6:00 - 7:00 pm

at The Lily Pad Splash Park

\$2 R
\$4 NR
per dog

Come bring your fur friends to our Lily Pad Splash Park for a night of splashing and fun. Registration is required.

Registration Deadline: August 27

Midlothian Park District

Help Plant Trees in YOUR Parks – Tree Planting Volunteers Needed!

SEPTEMBER 12, 2026

8:00 AM - 1:00 PM

Location: Kostner Park (Kostner & 150th Street)



Scan the QR Code to Register!



Letter From the Executive Director, Edward Jung



As summer comes to an end and the cooler weather begins to arrive, the fun doesn't have to stop! It has been wonderful to see so many residents participating in the programs and activities we offered throughout the spring and summer. To celebrate Parks and Recreation month in July, we offered free activities, giveaways, and family fun like Tae Kwon Do, Pilates, Zumba, hotdogs, popcorn, and crafts to the community.

While you're out enjoying our parks this season, be sure to visit the exciting renovations at Memorial Park! New additions include a modern playground, pickleball courts, an outdoor fitness circuit, and the beautiful Veterans Memorial. We are also looking ahead to the future by applying for an OSLAD Grant to help redevelop the former Splish Splash Pool site into a new community recreation space. Stay tuned for updates as we continue working to enhance our parks and provide even more opportunities for residents to enjoy the outdoors.

As we transition into the cooler months, we invite you to continue making memories through our parks, programs, and community events planned this fall and winter. The Midlothian Athletic and Recreation Department is committed to offering new programs while adding a fresh twist to some of your longtime favorites. From youth sports leagues and fitness classes to Fall Fest and day trips, there's something for everyone. Browse through this brochure to discover all we have to offer—we look forward to seeing you soon!

Lastly, we encourage you to share your ideas and suggestions for future programs, events, and facilities with our Board and Staff. Your input helps us continue to provide opportunities that meet the needs and interests of our community. Board meetings are held on the third Thursday of each month at the Athletic and Recreation Center beginning at 6:00 p.m., and we welcome your participation.

We wish you and your family a safe, happy, and joyous holiday season!

BOARD OF COMMISSIONERS



Mike Callahan
President



Jerry Gleason
Vice President



Mike Kohlstedt
Commissioner



Frank Pierson
Commissioner



Rose Pilny
Commissioner

BOARD OF COMMISSIONERS

The Midlothian Park District Board of Commissioners consists of five individuals who are elected by the community to represent the community's best interest. The charge of the Board is to set policies that will guide the park district. Board members serve a six-year term and receive no compensation for the time they give. They come from a variety of backgrounds, but share a commitment to serving the park and recreation needs of the community. The public is invited and encouraged to attend these meetings. The dates are posted at the Athletic & Recreation Center and on our website.

4 GENERAL INFORMATION

Board of Commissioners

Mike Callahan, President

Serving since 2023

Jerry Gleason, Vice President

Serving since 2022

Mike Kohlstedt

Serving since 1995

Frank Pierson

Serving since 2023

Rose Pilny

Serving since 2016

Administrative Staff

Edward Jung

Executive Director

Jennifer Yuska

Superintendent of Recreation

Patrick Lemar

Superintendent of Parks & Grounds

Sarah Pitcher

Business Manager

Angela Czub

Recreation Supervisor

Renee Grohnke

Recreation Supervisor

Christina Sperando

ARC Manager

Don Villalobos

Athletic & Fitness Supervisor

Other Information

E-mail

info@midlothianparks.org

Facebook

Midlothian Park District

Instagram

midlothianparkdistrict

X

midlothianpark

Website

www.midlothianparkdistrict.org

Office Hours

Monday - Friday

5:30 a.m. - 9:00 p.m.

Saturday & Sunday

7:00 a.m. - 5:00 p.m.

ARC Fitness Center Hours

Monday - Friday

5:30 a.m. - 9:00 p.m.

Saturday & Sunday

7:00 a.m. - 5:00 p.m.

Park Locations

Athletic & Recreation Center

14500 S. Kostner

Bremen Heights Park

144th & Kenneth

Memorial Park

145th & Sawyer

Kostner Park

(Bellybutton Hill)

150th & Kostner

Roesner Park

149th & Springfield

Scout Park

148th & Kenton

Waverly Park

143rd & Waverly

Program Information:

- **Parent and child classes** require a parent or caregiver to participate in the class. These classes are a good way to get children out and meet other children with their parents.
- **Toddler Classes** are perfect for children to get out of their house and meet new people for the first time without their parents.
- Parents or guardians are not allowed in any class unless specified in the class description. Parents tend to be a distraction to the child and it helps the child gain a sense of independence in a fun, controlled environment.
- Please do not wait until the last minute to register for a class. The longer you wait, the greater chance the class could get cancelled!
- Refunds of 100% minus a \$5.00 service fee will be made if notified before the registration deadline. This does NOT apply to trips, day camp or leagues. Please see our website for a full list of refund policies.
- We occasionally take photographs or video of participants for promoting/advertising. If you (or your child) wish to not be photographed, please let the front desk know. The full policy can be found on our website.

Refund Policies

Requests for refunds can be made by calling or visiting the Midlothian Park District. Please review our refund policies below*:

- **Annual Fitness Memberships** - Refunds granted minus the pro-rated monthly membership rate
- **ARC Gym & Multipurpose Room Parties** - If notice is one month or less, there will be no refund of deposit or fees
- **ARC Gym/Turf Sport Rentals** - If notice is one week or less, there will be no refund of deposit or fees
- **ARC Kid's Birthday Parties** - If notice is two weeks or less, there will be no refund of deposit or fees
- **Day Camp** - 100% if notified before registration deadline, \$50.00 kept plus any pro-rated fees if after registration deadline
- **Leagues** - 100% if notified before deadline, 50% if one week past registration deadline, no refund after one week registration deadline
- **Lily Pad Parties** - If notice is two weeks or less, there will be no refund of deposit or fees
- **Multi-day Classes** - 100% if notified before the registration deadline, 50% if notified before second class meeting
- **One Day Programs** - No refunds after the registration deadline
- **Picnic Permits** - If notice is one month or less, there will be no refund of deposit or fees
- **Preschool** - \$50.00 fee kept plus pro-rated monthly fee (of applicable)
- **Trips** - No refunds after registration deadline

Full refunds will be given without penalty for cancellation initiated by the park district or illness with a doctor's note.

****Refund policies subject to change. For a full listing of all Midlothian Park District's Refund Policies, please visit**

www.midlothianparkdistrict.org**

Oops!!

There are times when errors are found or changes must be made to times, dates, days, registration requirements, instructors or fees. We apologize for any errors that may occur. We will advise you on the changes as soon as possible. The front office has a master copy of the brochure with all the changes on it. Thank you for your patience and understanding when these situations arise.

Registration Information

Registration is accepted on a first come, first served basis. If a program is filled, waiting lists will be formed. Every attempt will be made to accommodate people on these lists.

You can register either in person at the Athletic & Recreation Center or online on our website. Once on our site, click on Program Information and you will be taken to our online registration system. Please note that some programs are not available for online registration.

The entire fee must be paid at the time of registration unless otherwise specified. If payment is made by check, please make checks payable to Midlothian Park District. Any individual who submits non-sufficient funds check for payment will be charged any administrative costs we incur. In addition, all future registration fees must be paid by cash, certified check, or money order. We also accept credit cards.

Resident prices are subject to verification of residency. A driver's license or water bill is the best proof of residency. If you cannot prove that you are a Midlothian resident, you will be charged the non-resident rate.



MIDLOTHIAN PARK DISTRICT



SATURDAY, OCTOBER 10 | 10:00 AM - 12:30 PM
AT THE ATHLETIC & RECREATION CENTER

Admission will end at 12:00 pm

ADMISSION

\$13.00 PER MONSTER

(includes unlimited games, Hay Ride, Petting Zoo, Trunk-or-Treat and more)

ADDITIONAL FEES

HALLOWEEN DUCK RACES - \$1.00 PER DUCK

PUMPKIN PATCH & DECORATING - \$3.00 PER PUMPKIN

(while supplies last)

PAYMENT NOTICE: This is a cashless event. We will only accept credit/debit card payments.

MIDLOTHIAN PARK DISTRICT
DADDY & DAUGHTER

Princess Ball

FRIDAY, NOVEMBER 6TH

6:30 - 8:30 PM | AGES: 3 & OLDER

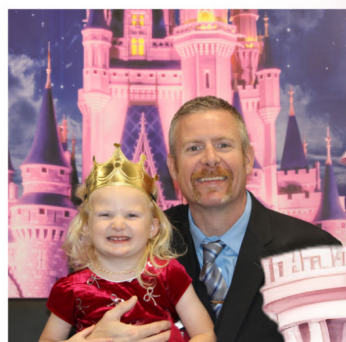
\$19.00 PER PERSON

AT THE ATHLETIC & RECREATION CENTER

REGISTRATION DEADLINE: OCTOBER 29

YOU ARE CORDIALLY INVITED TO OUR DADDY & DAUGHTER PRINCESS BALL. DADS BRING YOUR DAUGHTER(S) FOR A SPECIAL EVENING OF DANCING, PRINCESSES AND MEMORIES. EACH COUPLE WILL RECEIVE ONE FREE PHOTO, FOOD, AND CRAFTS.

To make this event truly special, for dads (special person) and daughters, mothers will not be allowed into the event.





MIDLOTHIAN
PARK DISTRICT



NOW PRESENTING
SANDWICHES & SNO-CONES WITH

SANTA

SATURDAY, DECEMBER 5

AT THE ATHLETIC & RECREATION CENTER

DOORS OPEN AT 11:00 AM
LUNCH IS SERVED AT 12:00 PM

TICKETS WILL NOT BE SOLD AT THE
DOOR. CHILDREN 11 MONTHS AND
UNDER ARE FREE WITH PAYING ADULT.

\$10.00 PER PERSON

FEE INCLUDES: CRAFTS, ONE
PHOTO WITH SANTA PER FAMILY,
FOOD, SNO-CONE & RAFFLE

EVERYONE WHO ENTERS MUST
HAVE A TICKET.



FOOD: MEATBALL SANDWICH & HOMEMADE CHIPS
CATERED AND DONATED BY BARTOLINI'S RESTAURANT

MIDLOTHIAN PARK DISTRICT

PICTURES WITH *Santa*



DECEMBER 7
6:00 - 7:30 PM

DECEMBER 14
for children with special needs
5:30 - 6:15 PM

AT THE ATHLETIC & RECREATION CENTER

Bring your camera to capture the moment or purchase a photo from us
\$3.00 per printed photo | \$5.00 per digital photo



Midlothian Park District

SANTA PAWS

Pictures with Santa



December 14
6:30 - 7:00 pm
at The Athletic & Recreation Center

All animals must be leashed and in the
control of their owners at all times.

Bring your camera to capture the
moment or purchase a photo from us
\$3.00 per printed photo
\$5.00 per digital photo



Midlothian Park District

JUMP FEST

\$10

per jumper
register by January 13

JANUARY 16
1:00 - 4:00 PM
AT THE ATHLETIC & RECREATION CENTER

Get ready for an afternoon filled with fun, laughter, and nonstop bouncing! Join us for an exciting event featuring bounce houses, giant bounce slides, and obstacle courses. This event is recommended for children from infants through 13 years old. Children must be accompanied by an adult at all times. Register by January 13 and save \$5.00 per jumper. Fee is \$15.00 per jumper at the door.





SMART SPROUTS Preschool Program

at The Midlothian Park District

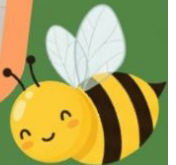
About our Program

Our Pre-K program is packed with creativity, learning, and discovery! Each week, children will explore a brand-new theme while being introduced to new letters, shapes, colors, numbers, and name recognition. Through hands-on activities, imaginative play, and engaging projects, our little learners will build early social skills while strengthening both gross and fine motor development. Throughout the year, we'll celebrate with a variety of themed events during and after class to keep the fun going. Children ages 3+ must be fully potty trained to participate. We can't wait to welcome your child into a year full of learning, laughter, and unforgettable Pre-K adventures!



Registration Requirements

- ▶ Student must be class age by 9/1/2026
- ▶ Birth Certificates are required at time of enrollment
- ▶ Registration must be done in person
- ▶ Proof of residency must be provided for resident rates



Pricing

R= Resident of Midlothian NR=Non-resident of Midlothian

Full Payment

Monthly Payment

School Starters

Session I 9/11/26-12/18/26
Fridays Full Payment
9:00-10:00am R \$175/ NR \$200

School Starters

Session II 1/8/27-4/30/27
Fridays Full Payment
9:00-10:00am R \$175/ NR \$200

2 year olds

Monday & Wednesday
OR Tuesday & Thursday
9:00-10:30am R \$536 / NR \$590

2 year olds

Monday & Wednesday
OR Tuesday & Thursday
9:00-10:30am R \$68 / NR \$78

3 year olds

Tuesday & Thursday
9:00-11:30am
R \$856 / NR \$911

3 year olds

Tuesday & Thursday
9:00-11:30am
R \$103 / NR \$113

4/5 year olds
Half Day

Monday, Wednesday, Friday
9:00-11:30am
R \$1,454 / NR \$1,507

4/5 year olds
Half Day

Monday, Wednesday, Friday
9:00-11:30am
R \$173 / NR \$183

4/5 year olds
Full Day

Monday, Wednesday, Friday
9:00-2:00pm
R \$2,176 / NR \$2,227

4/5 year olds
Full Day

Monday, Wednesday, Friday
9:00-2:00pm
R \$253 / NR \$263

Class starts the week of September 14, 2026

SNACK LAB

Get ready to mix, create, and taste your way through the seasons in Snack Lab! This four-class series teaches kids how to make fun, easy, and delicious themed snacks they can recreate at home. Each session features a brand-new recipe along with simple kitchen skills, creativity, and plenty of hands-on fun. Class themes include: Fall Apples, Spooky Vibes, Thankful Treats and Merry Snacks. Perfect for young chefs who love to create, learn, and enjoy festive treats all season long!

Location: ARC Forest Room
 Day/Date: Monday/September 28 – October 19
 Min/Max: 5/10
 Fee: \$55.00 R/\$60.00 NR

Registration Deadline: September 21

Program #:	Time:	Age:
F-434-01	5:15 – 6:15 p.m.	4 – 6 years
F-434-02	6:30 – 7:30 p.m.	7 – 10 years

MINI CHEFS ACADEMY

Mini Chefs Academy is the perfect hands-on class for young food lovers! Preschoolers will mix, measure, stir, decorate, and create a new kid-friendly snack each week while learning basic kitchen skills in a fun and safe environment. They'll practice following directions, taking turns, building fine motor skills, and trying new foods. Every class features a different tasty recipe that little chefs will be proud to make and enjoy! Please notify us of any food allergies prior to the start of class.

Weekly Themes:

- Week 1: Pizza Party
- Week 2: Fruity Fun
- Week 3: Teddy Bear Treats
- Week 4: Sweet Celebration

Program #: F-435-01
 Location: ARC Caterpillar Room
 Day/Date: Thursday/October 1 – October 22
 Time: 4:00 – 5:00 p.m.
 Age: 3 – 5 years
 Min/Max: 5/8
 Fee: \$25.00 R/\$30.00 NR

Registration Deadline: September 25

ADULTING 101: REAL LIFE SKILLS EVERY TEEN SHOULD KNOW

Being an adult doesn't come with an instruction manual—but this class is a great place to start! Adulting 101 is a four-part interactive series designed to teach teens the practical life skills that often aren't covered in school. Through hands-on activities, real-life scenarios, and engaging discussions, participants will build confidence and gain the knowledge needed to navigate everyday life.

- **Week 1: Money Matters** – Learn the basics of budgeting, saving, banking, credit, understanding a paycheck, and making smart financial decisions.
- **Week 2: Home & Life Basics** – Discover everyday household skills like laundry, simple sewing, meal planning, grocery shopping, basic cleaning, and home maintenance tips.
- **Week 3: Health, Safety & Self-Care** – Gain confidence in managing your health by learning basic first aid, scheduling appointments, understanding medications, practicing time management, and staying safe both online and in everyday life.
- **Week 4: Real-World Adult Skills** – Prepare for life beyond high school by exploring job interviews, professional communication, apartment renting, car basics, and other practical skills every young adult should know.

Whether you're preparing for your first job, college, or simply becoming more independent, Adulting 101 provides the real-world tools every teen needs to feel confident, capable, and ready for whatever comes next.

Program #: F-436-01
 Location: ARC Prairie Room
 Day/Date: Wednesday/October 28 – November 18
 Time: 5:30 – 6:30 p.m.
 Age: 15 – 18 years
 Min/Max: 5/10
 Fee: \$20.00 R/\$25.00 NR

Registration Deadline: October 26

12 GENERAL PROGRAMS

CANDY BINGO

Join us for an evening of Bingo and candy! Each participant will get one booklet and we will play ten games of bingo. Additional bingo cards will be available for purchase for \$1.00 per booklet. Prizes will consist of a variety of candy.

Program #: F-201-01
Location: ARC Prairie/River Room
Day/Date: Friday/October 16
Time: 7:00 – 8:30 p.m.
Age: 5 & older
Min/Max: 20/60
Fee: \$15.00 R & NR per person

Registration Deadline: October 8

FAMILY ORNAMENT NIGHT

The Midlothian Park District needs your help! Stop by and create beautiful ornament for the park district's tree at The Village Greens. Ornaments will be hung on our tree where you can see it after the Santa Parade on December 5. Please stop by anytime during the event to create an ornament or two. All materials are provided. No registration is required.

Program #: F-202-01
Location: ARC Prairie/River Room
Day/Date: Monday/November 30
Time: 6:00 – 7:30 p.m.
Age: All Ages
Min/Max: 1/60
Fee: Free

SUNDAE FUNDAY

What a better way to celebrate a Sunday than with a Sundae! Participants will get to make their own ice cream sundae to enjoy.

Program #: F-200-01
Location: ARC Prairie/River Room
Day/Date: Sunday/November 1
Time: 12:00 – 1:00 p.m.
Age: All ages with parent
Min/Max: 20/60
Fee: \$2.00 per person

Registration Deadline: October 25

SWEETS WITH SANTA

Who doesn't love sweets around the holidays? Come visit with Santa as we create your very own treats for the holiday season.

Program #: F-203-01
Location: ARC Prairie/River Room
Day/Date: Wednesday/December 16
Time: 6:00 – 7:15 p.m.
Age: All Ages (with parent)
Min/Max: 20/60
Fee: \$12.00 R & NR (per child/one parent per child)

Registration Deadline: December 8

INTERESTED IN TEACHING A CLASS OR BEING AN INSTRUCTOR AIDE?

We are always looking to offer new programs and events at Midlothian Park District. If you have a special skill or talent you would like to share, please contact us at info@midlothianparkdistrict.org. Also, if there is something you would like to see offered, send us an e-mail and we will try and get the program offered in the future.

LUNCH CLUB

Come out and enjoy lunch while meeting new friends. We will start the day with music and puzzles as we get ready for a delicious lunch provided by a local restaurant. Finish the day with Raffle and conversation. Bring a friend or two and enjoy the afternoon with the park district's friendly staff!

Must register one week before luncheon.

No refunds after the registration deadline.

Telephone registration accepted with a credit card.



Location: ARC Prairie/River Room
Day: Wednesday
Time: Doors open at 10:00 a.m.
Lunch served at 11:00 a.m.
Age: 18 & older
Fee: \$10.00 R & NR

Program #:
F-205-05
F-205-06
F-205-07
F-205-08
****3rd week due to Veteran's Day**

Date:
September 9
October 14
November 18**
December 9

Restaurant:
Just Kabobs
Bartolini's
Ken Keeler
TBA

MEDICARE 101

Come out and learn what you need to know about Medicare in this informative class. Participants will learn what their rights and entitlements are, how to enroll in Medicare, and what Medicare does and does not cover. This class will also cover Medicare Advantage and Medicare Supplements Insurance. This is for anyone already on Medicare or disability. This class is FREE to the public. Please bring your current policies or questions to the class.

Location: ARC Prairie/River Rooms
Day: Wednesday
Time: 9:00 – 10:00 a.m.
Age: 50 & older
Min/Max: 5/20
Fee: FREE

Program #:
F-437-01
F-437-02
F-437-03
F-437-04

Date:
September 16
October 21
November 18
December 16

Registration Deadline: One week prior to class

GAME BOARD SOCIAL CLUB

Gather with friends for an afternoon of games, laughter, and great company! Our Game Board Social Club meets once a month and features a different classic game each session. Enjoy friendly competition in a relaxed atmosphere while snacking on complimentary refreshments and treats. We'll explain the rules before each game, so everyone can jump right in!

Monthly Games:

- **Month 1: Scattergories** – Put your creativity to the test in this fast-paced word game.
- **Month 2: Yahtzee** – Roll the dice and see if luck is on your side in this timeless favorite.
- **Month 3: Trivial Pursuit** – Challenge your knowledge with fun trivia questions covering a variety of topics.
- **Month 4: Holiday Game Party** – Celebrate the season with festive snacks, refreshments, and a variety of classic board and party games.

Location: ARC Prairie/River Room
Day: Thursdays
Time: 10:00 a.m. – 12:00 p.m.
Age: 55 & above
Fee: \$10.00 R & NR (per date)

Program #:
F-438-01
F-438-02
F-438-03
F-438-04

Date:
September 24
October 22
November 19
December 17

Registration Deadline: One week prior to program

14 TRIPS

TASTE OF SHIPSHEWANA

Come spend a fun filled Fall Day in Shipshewana! Explore Amish Foods throughout the day on our Taste of Shipshewana trip. Learn all about the fascinating lifestyle of the Amish as your authentic guide tells all about the area, history, traditions, and customs of the Amish. We will stop at Ben's Pretzels to make our very own pretzel for lunch. We will finish off the day at the famous Blue Gate Restaurant for a buffet-style dinner. Fee includes lunch, tour, transportation, goodies, and dinner. This is an on-and-off the bus tour.

Program #: F-311-01
Location: Shipshewana, IN
Day/Date: Thursday/September 24
Time: 7:30 a.m. – 7:30 p.m.
Age: 18 – older
Min/Max: 10/20
Fee: \$135.00 R & NR

Registration Deadline: September 4



CHURCHES & CHOCOLATE

Some people didn't know that Chicago is known for their diverse selection of churches. Join us as we visit three churches for docent-led tours. After visiting the churches, we will have a generous sit-down lunch. For dessert, we will visit a local chocolatier to learn more about their craft. There will also be time for shopping and samples! Fee includes lunch, tours, and transportation.

Program #: F-313-01
Location: Chicago, IL
Day/Date: Tuesday/November 17
Time: 9:00 a.m. – 5:00 p.m.
Age: 18 – older
Min/Max: 10/20
Fee: \$135.00 R & NR

Registration Deadline: November 1

GHOST TOUR AT STARVED ROCK

Who knew Starved Rock could be spooky? A fright night filled with ghost stories and eerie tales of hauntings and sightings is what you'll enjoy on Starved Rock Lodge's upcoming Ghost Tours. Board the trolley you'll be escorted by a costumed guide to some local destinations known for their occult aura. Fee includes dinner, tour, and transportation.

Program #: F-312-01
Location: Oglesby, IL
Day/Date: Friday/October 23
Time: 3:00 – 10:00 p.m.
Age: 18 – older
Min/Max: 10/20
Fee: \$120.00 R & NR

Registration Deadline: October 8

CHRISTMAS IN AURORA

Time to celebrate Christmas in Aurora. Our first stop will be the Christkindlemarket in Aurora to shop amongst the unique vendors and authentic German treats. After the Christkindlemarket, we will head to dinner for some delicious pizza. Finally, we will head over to the Aurora Festival of Lights – the largest outdoor drive through holiday light display in the region. Fee includes transportation, dinner, and admission.

Program #: F-314-01
Location: Aurora, IL
Day/Date: Thursday/December 10
Time: 2:00 – 8:30 p.m.
Age: All Ages (under 18 must be with an adult)
Min/Max: 10/20
Fee: \$60.00 R & NR

Registration Deadline: November 29



TODDLER BALLET CLASSES

Toddler Ballet is a joyful introduction to dance designed for toddlers to explore movement together. This 45-minute class supports early childhood milestones through creative play, music, and age-appropriate educational activities that build coordination, focus, and brain-body connection. No prior dance experience required.

Dress Code: Comfortable clothing that allows movement. Ballet shoes are optional for toddlers; they may also participate in socks or bare feet.

Instructor: Makenzie Denning
Location: ARC Dance Studio
Day: Tuesday
Time: 4:30 – 5:15 p.m.
Age: 2 – 3 years
Min/Max: 5/10
Fee: \$90.00 R/\$95.00 NR

Registration Deadline: One week prior to start date

Program #:	Date:
F-506-01	September 8 – October 13
F-506-02	November 3 – December 8

KINDER BALLET CLASSES

Kinder Ballet is ideal for children 4-5 years old. This 45-minute class blends age-appropriate ballet technique, rhythm games, and creative expression in a fun and nurturing environment. Students are gently introduced to classical structure while continuing to grow in musicality and motor development. No prior dance experience required.

Dress Code: Comfortable clothing that allows movement and ballet shoes

Instructor: Makenzie Denning
Location: ARC Dance Studio
Day: Tuesday
Time: 5:15 – 6:00 p.m.
Age: 4 – 5 years
Min/Max: 5/10
Fee: \$90.00 R/\$95.00 & NR

Registration Deadline: One week prior to start date

Program #:	Date:
F-507-01	September 8 – October 13
F-507-02	November 3 – December 8

BEGINNING BALLET CLASSES

Beginning Ballet is ideal for children 6-7 years old. This 45-minute class blends age-appropriate ballet technique, rhythm games, and creative expression in a fun and nurturing environment. Students are gently introduced to classical structure while continuing to grow in musicality and motor development. No prior dance experience required.

Dress Code: Comfortable clothing that allows movement and ballet shoes.

Instructor: Makenzie Denning
Location: ARC Dance Studio
Day: Tuesday
Time: 6:00 – 7:00 p.m.
Age: 6 – 7 years
Min/Max: 5/10
Fee: \$90.00 R/\$95.00 & NR

Registration Deadline: One week prior to start date

Program #:	Date:
F-508-01	September 8 – October 13
F-508-02	November 3 – December 8



DON'T WAIT TO REGISTER!!

All programs require a minimum number of participants. If we don't meet these minimums, we have to cancel the program. The best way to avoid a program being cancelled is to sign up as soon as you are interested in it so we meet the minimum and don't have to cancel!

16 LEAGUE INFORMATION

MIDLOTHIAN INDOOR SOCCER LEAGUE

Let's kick off the season with more than 150+ kids and several teams in the MSL. Our recreational league games will be played at the ARC Indoor Turf Field and be held on Saturdays. One shirt, award, and a picture package are included in the registration fee. Players must be of age as of December 1, 2026. A copy of your child's birth certificate is required for registration. All games scheduled will be on the Team Sideline app and website. All practices will be held on weekday evenings. All teams will practice once a week for one hour, and practice times are based on the coach's availability. Practices will be held at the ARC TURF FIELD and will start the week of January 4th (practices may start later if all teams do not have a coach). Practice will not start until all athletes have been assigned a team and all teams have been assigned a coach. No exceptions will be made for this rule and if you are interested in volunteering to coach, see below!

Location: ARC Indoor Turf Field
Dates: January – March
Min/Max: 8/15 per team
Fee: \$135.00 R/\$145.00 NR

Program #:	Division:	Age:
F-120-02	Intermediate	6 – 7 years
F-120-03	Junior	8 – 10 years
F-120-04	Senior	11 – 13 years

Registration Information

Midlothian Resident Priority Registration:
November 2 – November 22

Non-Resident Registration Begins:
November 23

Registration Deadline: December 13
(\$20.00 Late fee after December 13,
no registration will be taken after December 20)

IMPORTANT LEAGUE INFORMATION!!

- Players will be placed on teams by a Blind Draft.
- No special requests will be taken.
- Players will be assigned based off their age as of August 1, 2026.
- You must have a current Birth Certificate on file.

No exceptions will be made.

Volunteer Coaches Needed!!

We are looking for people to coach Indoor Soccer League teams. Please call (708) 371-6191 ext. 105 if you are interested. As a "Thank You" at the end of the season, one Head and one Assistant Coach will receive a 50% credit refund or a 25% cash refund of the program fee.

MEN'S INDOOR SOCCER LEAGUE

Kick off the fall and join Midlothian's Men's Indoor Soccer League, where teams play 6v6 or 7v7 games on indoor turf. The indoor facility keeps players cool, dry, and comfortable. Games will start between 6-7pm depending on the number of teams. A \$50 NON-REFUNDABLE deposit is due at the time of registration, and the entire fee is due at the Captain's Meeting. There will be a MANDATORY Captain's Meeting the week before games begin. If you cannot attend, you must send a representative in your place.

Program #: F-121-01
Location: ARC Indoor Turf Field
Day/Date: Wednesdays beginning August 19
Time: 6:00 – 10:00 p.m.
Age: 18 & older
Min/Max: 6/10 teams
Team Fee: \$700.00 R & NR
Individual Fee: \$75.00 R & NR (based off a roster of 8 players minimum)

Registration Deadline: August 16





OPEN TURF & BASKETBALL

The Midlothian Park District offers Open Basketball & Open Turf at the Athletic & Recreation Center. These are free for Fitness Members and only \$20/year for Residents and \$50/year for Non-Residents. Anyone 10 years or older must have a card to enter. Under 10 must be with an Adult with a valid Open Gym card/Membership.

Check our website for Days and Times

\$20/Resident
\$50/Non-Resident

Anyone under 18 years must have a parent/guardian present when purchasing an Open Gym Card



MIDLOTHIAN PARK DISTRICT PICKLEBALL

SUNDAYS | 9:00 - 11:00 AM
THURSDAYS | 5:30 - 7:30 PM
AT THE ATHLETIC & RECREATION CENTER

\$10 OR \$50 PER YEAR
PER MONTH

ONLY COURTS AND NETS ARE PROVIDED. PLEASE BRING YOUR OWN EQUIPMENT. THIS IS OPEN PLAY.

TAE KWON DO

Come take a journey, with Master Grove into the exciting world of Tae Kwon Do. Experience the coordination, balance and stamina that comes from kicking, jumping, building stances and self-defense techniques of the most popular martial art in the world! When your skills are prepared you will be given the exciting opportunity to achieve new belt ranks. \$10.00 late fee if you register after the first day of class.

Instructor: Dexter Grove
Location: ARC Gymnasium
Day: Monday & Wednesday
Min/Max: 5/40
Fee: \$90.00 R/\$100.00 NR (per month)
Registration Deadline: One week prior to start date



5 – 12 YEARS

Program #:	Dates:	Time:
F-102-01	Sept. 2 – Sept. 30 No class Sept. 7	6:30 – 7:30 p.m.
F-102-02	Oct. 5 – Oct. 28	6:30 – 7:30 p.m.
F-102-03	Nov. 2 – Nov. 30 No class Nov. 25	6:30 – 7:30 p.m.
F-102-04	Dec. 2 – Dec. 30	6:30 – 7:30 p.m.

13 – ADULT

Program #:	Dates:	Time:
F-104-01	Sept. 2 – Sept. 30 No class Sept. 7	7:30 – 8:30 p.m.
F-104-02	Oct. 5 – Oct. 28	7:30 – 8:30 p.m.
F-104-03	Nov. 2 – Nov. 30 No class Nov. 25	7:30 – 8:30 p.m.
F-104-04	Dec. 2 – Dec. 30	7:30 – 8:30 p.m.

18 ATHLETIC PROGRAMS



CHICAGO FIRE SOCCER LITTLE SPARKS

Little Sparks is the Chicago Fire's introduction to soccer program where children and parents can take their first steps in soccer together! Specifically designed for children aged 2 to 5 years old and using the fun of play and imaginative stories, Little Sparks facilitates a child's physical, mental, and social-emotional development through the game of soccer! Little Sparks uses three key principles (experiential play, creative learning, holistic activity) to build an environment for children to learn and explore different outcomes associated with soccer and self-development. Please wear athletic attire including shin guards, appropriate footwear cleats or gym shoes, and water bottle.

Instructor: Chicago Fire Coaches
Location: ARC Indoor Turf Fields
Day: Thursday
Time: 4:30 – 5:30 p.m.
Age: 2 – 5 years
Min/Max: 4/20
Fee: \$96.00 R/\$105.00 NR

Registration Deadline: One week prior to start date

Program #:	Date:
F-111-01	October 1 – October 22
F-111-02	October 29 – November 19

SKYHAWKS BASKETBALL CLASS

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

Instructor: Skyhawks Sports Academy
Location: ARC Gymnasium
Day/Date: Tuesday/September 8 – October 13
Min/Max: 8/24
Fee: \$105.00 R/\$110.00 NR

Registration Deadline:

Program #:	Time:	Age:
F-111-01	5:30 – 6:20 p.m.	4 – 6 years
F-111-02	6:30 – 7:20 p.m.	7 – 9 years



CHICAGO FIRE SOCCER SKILLS CLASS

Chicago Fire FC Classes are the perfect opportunity for girls and boys of all abilities to develop their soccer skills and their love for the game! Working in small groups with professional coaches from Chicago Fire FC, our classes will focus on technical development and social-emotional learning, to elevate them as both players and people. Please wear athletic attire including shin guards, appropriate footwear cleats or gym shoes, and water bottle.

Instructor: Chicago Fire Coaches
Location: ARC Indoor Turf Fields
Day: Thursday
Time: 5:30 – 6:30 p.m.
Age: 6 – 14 years
Min/Max: 4/20
Fee: \$96.00 R/\$105.00 NR

Registration Deadline: One week prior to start date

Program #:	Date:
F-112-01	October 1 – October 22
F-112-02	October 29 – November 19

SKYHAWKS VOLLEYBALL CLASS

Dig deep with Skyhawks Volleyball. This program combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving. This program is designed for beginner to intermediate players and includes a focus on critical life skills such as communication and teamwork.

Instructor: Skyhawks Sports Academy
Location: ARC Gymnasium
Day/Date: Tuesday/October 20 – November 24
Min/Max: 8/20
Fee: \$105.00 R/\$110.00 NR

Registration Deadline: November 10

Program #:	Time:	Age:
F-104-01	5:30 – 6:20 p.m.	6 – 9 years
F-104-02	6:30 – 7:20 p.m.	10 – 14 years

BOXING CLASS

Our class gives participants the opportunity to learn self-defense, the basic fundamentals of boxing, building self-confidence, and also strength and conditioning training. In addition, our class teaches the importance of discipline and why it's important to apply it in their day to day life. It is also a great way to get in shape!

Instructor: Victor Wade
Location: ARC Prairie/River Room
Day: Friday
Min/Max: 5/20
Fee: \$75.00 R/\$80.00 NR

Registration Deadline: One week prior to start date

7 – 12 YEARS

Program #:	Dates:	Time:
F-100-01	Sept. 4 – Sept. 25	7:00 – 8:00 p.m.
F-100-02	Oct. 2 – Oct. 30	7:00 – 8:00 p.m.
F-100-03	Nov. 6 – Dec. 4	7:00 – 8:00 p.m.

No class Nov. 27

13 – ADULT

Program #:	Dates:	Time:
F-103-01	Sept. 4 – Sept. 25	8:00 – 9:00 p.m.
F-103-02	Oct. 2 – Oct. 30	8:00 – 9:00 p.m.
F-103-03	Nov. 6 – Dec. 4	8:00 – 9:00 p.m.

No class Nov. 27

WOMEN'S SELF DEFENSE CLASS

Rising Star Martial Arts Academy invites you to take part in a Women's Self Defense Class with a 7- Degree Black Belt, Grand Master Grove. Help take control of your life by developing your mind and body to see the solution and not the problem. This structured environment will allow you to feel secure though challenged, while focusing on the "Four Keys to Self Defense". Athletic attire is preferred.

Program #: F-103-01
Instructor: Dexter Grove
Location: ARC Meadow Room
Day/Date: Tuesday/September 22 – October 13
Time: 6:00 – 7:00 p.m.
Age: 14 & older
Min/Max: 5/30
Fee: \$35.00 R/\$40.00 NR

Registration Deadline: One week prior to start date

GLOW DANCE FITNESS CLASS

A fun filled full body workout that feels more like a party than a class. A high-energy DanceFit class that blends easy-to-follow dance moves with cardio fitness. Set to upbeat music, this fun workout boosts endurance, coordination, and confidence—no dance experience needed. Just move, sweat, and enjoy!

Instructor: Latoya Blue
Location: ARC Dance Studio
Day: Friday
Time: 6:30 – 7:30 p.m.
Age: 16 – adult
Min/Max: 5/10
Fee: \$45.00 Member/\$50.00 Non-Member

Program #:	Date:
F-505-02	September 4 – September 25
F-505-03	October 2 – October 30

Registration Deadline: One week prior to start date

MAT PILATES

This low impact class flows through 50 minutes of dynamic floor exercises using resistance bands and rings. Workout helps build, sculpt, and tone the muscles of your core resulting in more flexibility, increased balance, and a lean physique.

Instructor: Carol Kaye
Location: ARC Dance Studio
Time: 5:15 – 6:15 p.m.
(Mon & Wed class)
8:30 – 9:30 a.m.
(Sat. class)
Age: 16 – adult
Min/Max: 5/10
Fee: \$55.00 Member/\$60.00 Non-Member

Program #:	Day:	Date:
F-501-01	Monday	Sept. 14 – Oct. 26
F-501-02	Monday	Nov. 2 – Dec. 28
F-501-03	Wednesday	Sept. 2 – Oct. 28
F-501-04	Wednesday	Nov. 4 – Dec. 23
		<i>No Class Nov. 11 or Nov. 25</i>
F-501-05	Saturday	Sept. 5 – Oct. 31
F-501-06	Saturday	Nov. 7 – Dec. 19

In the event that a fitness class is cancelled. There will be a prorated credit applied to the next session.

20 FITNESS PROGRAMS

FIT FOREVER

Live healthily, live happily! The various light exercises taught will help to increase flexibility, circulation, strength, and balance to name a few. Come join this class that welcomes all fitness levels and will benefit total body health by utilizing chairs, bands, rings and light weights.

Instructor: Carol Kaye
Location: ARC Dance Studio
Day: Monday & Friday
Time: 10:30 – 11:30 a.m.
Age: 55 & above
Min/Max: 5/20
Fee: \$105.00 Member/
\$115.00 Non-Member

Program #:	Date:
F-502-01	Sept. 4 – Oct. 26 <i>No Class Sept. 7</i>
F-502-02	Nov. 2 – Dec. 28 <i>No Class Dec. 25</i>

YOGA

Cleanse and strengthen your mind and body! Enjoy Hatha yoga which focuses on poses, control of breathing and relaxation in a calm, stress-free environment. This class is designed for both beginners and those with experience. Please bring a yoga mat and wear comfortable clothes.

Instructor: Beth Robinson
Location: ARC Prairie/River Room
Day: Tuesday
Time: 6:00 – 7:05 p.m.
Age: 16 – adult
Min/Max: 8/30
Fee: \$53.00 Member/
\$58.00 Non-Member

Program #:	Date:
F-500-01	Aug. 11 – Sept. 15
F-500-02	Sept. 22 – Oct. 27
F-500-03	Nov. 10 – Dec. 15

ZUMBA

Lose yourself in various rhythms around the world including salsa, merengue, reggaeton, bachata, hip-hop, and more! Formed for all levels of fitness, this program is designed to increase your cardiovascular fitness and tone your body all while having fun! No dance skills required.

Program #: F-504-01
Instructor: Sharon Fields
Location: ARC Dance Studio
Day/Date: Saturday/
Nov. 7 – Dec. 19
No Class Nov. 28
Time: 10:00 – 10:50 a.m.
Age: 18 – adult
Min/Max: 5/10
Fee: \$60.00 Member/
\$65.00 Non-Member

STRETCH AND FLOW YOGA

This slower paced vinyasa yoga class is designed to help you move mindfully while building strength, balance, and flexibility. Through a sequence of standing postures, balancing poses, and deep stretches, you'll improve mobility, body awareness, and stability. The practice includes smooth transitions between standing and floor-based poses, with mindful movement between seated, kneeling, and standing positions at a comfortable pace. Suitable for all experience levels, this class encourages mindful movement, steady breathing, and a relaxed, supportive environment where you can honor your body's needs.

Instructor: Vanessa Jeziorski
Location: ARC Prairie/River Room
Day: Tuesday
Time: 9:45 – 10:45 a.m.
Age: 16 – adult
Min/Max: 7/30
Fee: \$53.00 Member/\$58.00 Non-Member

Program #:	Session:	Date:
F-510-01	September 8 – October 13	
F-510-02	October 20 – November 24	

In the event that a fitness class is cancelled. There will be a prorated credit applied to the next session.

PERSONAL TRAINING STAFF



Latoya Blue, NASM Personal Trainer/Certified Nutritionist
Focuses on Toning, Core Strength,
Nutrition & Functional Fitness
Availability (by appointment):
Monday/7:00 – 8:00 p.m.



Carol Kaye, Allen Force Personal Trainer
Specializes in seniors, Veterans & disabled Veterans
Availability (by appointment):
Monday – Friday/12:00 – 7:00 p.m.
Saturday & Sunday/7:00 a.m. – 3:00 p.m.
Will also train in groups of 2



Erik Larkin, ISSA Personal Trainer
Specializes in Strength & Conditioning,
Muscle/Mass Building & Weight Loss
Availability (by appointment):
Open Availability

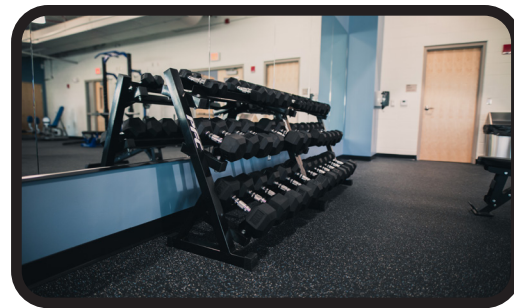


Maxwell Beardsly, NASM Personal Trainer
Specializes in Strength and Conditioning, Speed and
Agility and Sports Performance
Availability (by appointment):
Saturdays after 2:00 p.m.
Sunday & Tuesday mornings until 1:00 p.m.

PERSONAL TRAINING

\$45.00 per 60 minute session
16 & older

May purchase up to 12 sessions at
a time in increments of 4



SPORT PERFORMANCE TRAINING ACADEMY

Elevate Your Game! This Fall, give your young athlete the opportunity to thrive with our Training Academy, where we will meet once a week for four weeks to develop essential sports performance skills. Our program is designed to build well-rounded young athletes through age-appropriate core strength, conditioning while engaging in speed and agility drills. We will also be teaching athletes about the importance of being active and involved in sports, emphasizing the importance of recovery like stretching and rolling out, and how to use a weight room and equipment correctly to prevent injury or an accident. Don't miss out on this chance to help your child unlock their full athletic potential! Participants must bring their own water and wear appropriate athletic gear.

Instructor: Maxwell Beardsly
Location: ARC Turf/Bremen Heights Challenge Course
Age: 10 – 18 years
Min/Max: 5/12
Fee: \$45.00 R/\$50.00 NR

Program #:	Day:	Date:	Time:
F-511-01	Saturday	September 5 – September 26	2:00 – 3:00 p.m.
F-511-02	Sunday	October 4 – October 25	10:00 – 11:00 a.m.



MIDLOTHIAN PARK DISTRICT

TAKE THE CHALLENGE

REAP THE REWARDS

1

**JOIN THE CHALLENGE
IN JANUARY**

and receive a card

2

TRACK 50 VISITS

by March 31

3

COMPLETE CHALLENGE

and earn:



T-SHIRT



708-371-6191



14500 S Kostner Ave,
Midlothian, IL 60445



**ENTRY INTO
GRAND PRIZE DRAWING**



The fitness center is located on the second floor of The Athletic & Recreation Center. This 2,500 square-foot fitness center has a variety of equipment, locker rooms while in a safe and clean environment.

PRICING

Membership Type	Fee
Yearly	\$199 R/\$249 NR
Monthly**	\$19 R/\$29 NR
Senior (60+)	\$100 R/\$199 NR
Summer Student	\$50 R/\$75 NR
Daily	\$10 R/\$15 NR
Yearly Track	FREE* R/\$50 NR

* One time \$10 card fee

** \$20 sign up fee

HOURS

Monday - Friday | 5:30 AM - 9:00 PM
Saturday & Sunday | 7:00 AM - 5:00 PM

*Hours subject to change

MEMBERSHIP INFORMATION

Must be 16 years or older to enter the Fitness Center or Walking Track

13 - 15 year olds must be accompanied by a Parent or Guardian in the Fitness Center or Walking Track

Sign up two or more people in your household for a yearly membership and receive 5% off your total

MEMBERSHIP AMENITIES

Excluding Track Members

Treadmills	TRX Trainer
Ellipticals	Squat Rack
Stair Climbers	Free Weights
Rowers	Stretching Area
Bikes	Locker Rooms
Circuit Equipment	Discounted Classes

PERSONAL TRAINING

\$45.00 per 60 min session

16 & older

Available by appointments only



708-371-6191
14500 S. Kostner Avenue
www.midlothianparkdistrict.org





MIDLOTHIAN
PARK DISTRICT

PRESENTS

WHITE SOX OUTING FUNDRAISER

FRIDAY, SEPTEMBER 18
VS.

DETROIT TIGERS

START TIME 6:40 PM



COLE SWINDELL CONCERT
IMMEDIATELY FOLLOWING THE GAME



A portion of each ticket sold through this QR Code will go directly to the Midlothian Park District! Purchase through this link for specially discounted tickets! Feel free to also share this link as well!

For more information, please call the Midlothian Park District at (708) 371-6191