



MIDLOTHIAN PARK DISTRICT SPRING/SUMMER ACTIVITY GUIDE 2026

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

OPENS: JUNE 1ST



THE LILY PAD SPLASH PARK

Grab your tadpoles and leap on over to our Splash Park.

ADMISSION

DAILY DROP IN **\$2 R/\$4 NR**

20 VISIT PUNCH CARD **\$20 R/\$60 NR**

ONLY VALID FOR 2026 SEASON

SPLASH HOURS

MONDAY – FRIDAY **11:00 AM – 6:00 PM**
SATURDAY & SUNDAY **11:00 AM – 3:00 PM**

HOURS MAY CHANGE DUE TO WEATHER

PRIVATE PARTIES

BOOK US FOR YOUR NEXT EVENT.

INCLUDES: 1 1/2 HOUR RENTAL, 15 MINUTES BEFORE & AFTER FOR SET UP AND CLEAN UP, 2 TABLES, ATTENDANT

\$125 R/\$150 NR

PARTY HOURS

MONDAY – FRIDAY
6:30 – 8:00 PM

SATURDAY & SUNDAY
3:30 – 5:00 PM

PLEASE SEE RULES FOR MORE DETAILS

NEW FOR 2026 – THE LILY PAD SPLASH PARK WILL BE A CASHLESS FACILITY. WE WILL NOT TAKE ANY CASH AT THE DOOR. CARD ONLY

Letter From the Executive Director, Edward Jung



Even if the weather isn't as warm as we'd like just yet, brighter days are ahead. Soon we'll be enjoying more sunshine, blooming flowers, and all the fun that spring and summer bring. As the temperatures rise, we'll have even more chances to get outdoors and take advantage of our many parks and walking paths.

As always, our brochure is packed with activities for all ages. From day camp and sports classes to fitness programs, day trips, and our lunch club, there truly is something for everyone. Day Camp offers kids a fun way to stay active all summer long with games, crafts, and exciting field trips. If you need a place to cool off, the Lily Pad Splash Park will reopen in June. Our Lunch Club meets on the second Wednesday of each month—sign up to enjoy great food from local restaurants and friendly conversation. This summer, we're continuing our Movie in the Park. We will also have a Splash into Summer Celebration. Details for the event and movie can be found in this brochure, as well as on our website and social media.

Please pardon our dust as we renovate the west side of Memorial Park. We are in the process of replacing the playground, creating a fitness loop, adding pickle ball courts and an event lawn, and making improvements to the existing Veteran's Memorial. We are excited about this renovation and cannot wait for it to be open to the community late summer. Don't forget that we also offer rental spaces at the Athletic and Recreation Center. Whether you're planning a child's birthday party, a small group event, or a large family gathering, we have a space to fit your needs. You can even reserve the Lily Pad Splash Park for a private party.

Finally, we welcome your ideas for new programs and facility improvements. Board meetings are held on the third Thursday of each month at 6:00 pm at the Athletic and Recreation Center.

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



Park and Recreation month

JULY 1-31ST



JULY IS PARK & RECREATION MONTH
In the month of July we encourage people to get out and recreate. Make sure you follow our Social Media for a list of all the FREE activities we have going on in various parks.

The POWER of Parks and Recreation

FREE ACTIVITIES FOR ALL AGES

www.midlothianparkdistrict.org

MIDLOTHIAN PARK DISTRICT

Pictures with

THE EASTER BUNNY

MONDAY, MARCH 30TH

5:30 - 6:00 PM
FOR CHILDREN WITH SPECIAL NEEDS

6:00 - 8:00 PM
FOR THE GENERAL PUBLIC

BRING YOUR CAMERA OR PURCHASE OUR PHOTOS
\$3.00 PER PRINTED PHOTO | \$5.00 PER DIGITAL PHOTO



MIDLOTHIAN PARK DISTRICT



FLASHLIGHT EGG HUNT

THE ATHLETIC & RECREATION CENTER | 14500 S. KOSTNER AVENUE

THURSDAY, APRIL 2 | 6:45 PM CHECK-IN | \$1.00 PER CHILD

(IF YOU REGISTER BY MARCH 30 OR \$2.00 AT THE DOOR)

COME OUT TO THE ATHLETIC & RECREATION CENTER FOR OUR FIRST EVER FLASHLIGHT EGG HUNT. REGISTRATION AT THE DOOR WILL BE \$2.00 PER CHILD.

AGES WILL BE DIVIDED UP: 3 & UNDER (with adult), 4 - 6 YEARS, 7-10 YEARS & 11 & OLDER.

EACH GROUP WILL BE ON SEPARATE FIELDS.

PLEASE BRING A FLASHLIGHT TO THIS EVENT TO GET THE FULL EXPERIENCE. FLASHLIGHTS WILL BE SOLD FOR ADDITIONAL COST



Splash into SUMMER

COME KICK OFF SUMMER WITH
THE MIDLOTHIAN PARK DISTRICT

- GAMES
- FOOD
- WATER
- VENDORS
- BOUNCE HOUSES
- FUN



Thursday, June 4
6:00 - 8:00 pm
The Midlothian Park District

FREE EVENT



Once Upon a Time....

in a kingdom NOT so far away, lived many little princesses ready to play. They came to The Midlothian Park District in their princess attire, ready to be crowned Princess for a Day.



Princess for a Day

Saturday, June 13th
10:30 am - 12:00 pm

at The Athletic & Recreation Center

for ages 3 - 10 with parent
\$40.00 per child

Come enjoy a morning with us as each princess will meet up to 6 different characters, have sing-a-longs, get autographs, and become the next Princess of Midlothian. Each Princess will receive a wand and autograph book.

THE MIDLOTHIAN PARK DISTRICT
PRESENTS



MOVIE *in the* PARK

**FRIDAY, JULY 31 | DUSK
AT BELLYBUTTON HILL**

MOVIE TO BE ANNOUNCED ON SOCIAL MEDIA

THEMED TREATS WILL BE SOLD FOR ADDITIONAL COST



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



CAMP HALEIDOSCOPE

MIDLOTHIAN PARK DISTRICT



**PARENT
ORIENTATION**
6/11/26
6PM

**REGISTRATION
BEGINS**
3/16/26

LOCATION:
Midlothian Park District

Grades
Prek-6th

A summer of fun
and memories made
in 8 weeks

Registration
starts
March 16

Camp runs from
June 15 - August 7

Call for more information
708-371-6191

Before & After Care
offered for grades 1st-6th

or visit our website
www.midlothianparkdistrict.org

Camp Kaleidoscope



All campers will be placed in groups based on grade they are entering in Fall 2026.

Grades: Pre School & Kindergarten

- Splash Pad Days
- T-Shirt included in price
- No camp 6/19/26 & 7/3/26

Groups	Weeks	Days	Time	Price
Pink Preschool	8 weeks	Tuesday & Thursday June 16 - August 6	9:00 am - 11:30 am	\$310 R / \$350 NR
	1st 4 weeks	Tuesday & Thursday June 16 - July 9	9:00 am - 11:30 am	\$185 R / \$225 NR
	2nd 4 weeks	Tuesday & Thursday July 14 - August 6	9:00 am - 11:30 am	\$185 R / \$225 NR
Blue Kindergarten	8 weeks	Monday, Wednesday, & Friday June 15 - August 7	9:00 am - 3:00 pm	\$480 R / \$520 NR
	1st 4 weeks	Monday, Wednesday, & Friday June 15 - July 10	9:00 am - 3:00 pm	\$300 R / \$340 NR
	2nd 4 weeks	Monday, Wednesday, & Friday July 13 - August 7	9:00 am - 3:00 pm	\$300 R / \$340 NR

PRICING FOR GROUPS 1st - 6th

Grades: 1st - 6th

- Field Trips held on Mondays, Wednesdays or Fridays
- T-Shirt included in price
- No camp June 19th and July 3rd
- Splash Pad Days

Groups	Weeks	Days	Time	Price
Yellow (1st Grade)	8 weeks 5 days	Monday - Friday June 15-August 7	9:00 am - 3:00 pm	\$750 R / \$790 NR
Red (2nd Grade)	1st 4 weeks 5 days	Monday - Friday June 15-July 10	9:00 am - 3:00 pm	\$435 R / \$475 NR
Orange (3rd Grade)	2nd 4 weeks 5 days	Monday - Friday July 13-August 7	9:00 am - 3:00 pm	\$435 R / \$475 NR
Green (4th Grade)	8 weeks 3 days	Monday, Wednesday, & Friday June 15-August 7	9:00 am - 3:00 pm	\$520 R / \$580 NR
Teal (5th Grade)	1st 4 weeks 3 days	Monday, Wednesday, & Friday June 15-July 10	9:00 am - 3:00 pm	\$340 R / \$380 NR
Purple (6th grade)	2nd 4 weeks 3 days	Monday, Wednesday, & Friday July 13-August 7	9:00 am - 3:00 pm	\$340 R / \$380 NR

Before & After Care

7:00 - 9:00 am & 3:00 - 6:00 pm
only offered for 1st - 6th grade

10 hours	25 Hours	50 Hours
\$85.00	\$135.00	\$185.00

Registration begins
3/16/26

Parent Orientation 6/11/26

Balance must be paid by June 1st. A \$75.00 deposit is due at the time of registration per child. \$75.00 will be kept if withdrawn after May 31st. Before & After Care hours are non-refundable.



SMART SPROUTS Preschool Program

at The Midlothian Park District

Class Offerings:

School Starters (1.5 years old)

Friday
9:00-10:00a.m

2 year old class

Monday & Wednesday 9:00-10:30am
OR
Tuesday & Thursday 9:00-10:30am

3 year old class

Tuesday & Thursday
9:00-11:30am

4/5 year old class

Monday, Wednesday & Friday
9:00-11:30am (Half Day)
9:00-2:00pm (Full Day)



Registration Begins:

Returning Students: February 2
New Students: March 2

We believe every child deserves the opportunity to thrive academically, and one of the ways we ensure this is by maintaining small class sizes for more personalized attention and support.

Class Size
School Starters: 5
2 year olds: 8
3 year olds: 15
4/5 year olds: 20

Pricing

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

Full Payment

Monthly Payment

Age Group	Session I 9/11/26-12/18/26	Session II 1/8/27-4/30/27
School Starters	Fridays 9:00-10:00am Full Payment R \$175/ NR \$200	Fridays 9:00-10:00am Monthly Payment R \$175/ NR \$200
2 year olds	Monday & Wednesday OR Tuesday & Thursday 9:00-10:30am R \$536 / NR \$590	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	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	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	Monday, Wednesday, Friday 9:00-2:00pm R \$253 / NR \$263

Class starts the week of September 14, 2026

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

Monthly Payments

- Enrollment - Day of Registration
- 2nd Payment - Aug 17, 2026
- 3rd Payment - Sept 15, 2026
- 4th Payment - Oct 15, 2026
- 5th Payment - Nov 16, 2026
- 6th Payment - Dec 15, 2026
- 7th Payment - Jan 15, 2027
- 8th Payment - Feb 15, 2027
- 9th Payment - Mar 15, 2027

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!



14 GENERAL PROGRAMS

FUTURE FOODIES

Young chefs will explore the fun and creativity of cooking while learning essential kitchen skills! Each week will focus on a different mealtime, introducing simple, tasty, and nutritious recipes that encourage independence and confidence in the kitchen. By the end of the class, every Future Foodie will have a personal menu of easy-to-make dishes. Send some take home dishes with participants to take all their goodies home.

Location: ARC Forrest Room
Day/Date: Monday/April 27 – May 18
Min/Max: 5/10
Fee: \$50.00 R/\$55.00 NR

Registration Deadline: April 20

Program #:	Time:	Age:
S-423-01	5:30 – 6:30 p.m.	4 – 6 years
S-423-02	6:45 – 7:45 p.m.	7 – 10 years

SPIDEY & FRIENDS

Come help fight crime in New York City with Spidey & Friends. In this themed class participants will enjoy making crafts, playing games and having a themed snack.

Program #: S-430-01
Location: ARC Prairie/River Room
Day/Date: Saturday/May 23
Time: 10:00 – 11:00 a.m.
Age: 3 – 5 years
Min/Max: 5/12
Fee: \$20.00 R & NR

Registration Deadline: May 14

FROZEN WINTER PARTY

Just imagine how much cooler you'll be in summer.....Come 'cool' down with Elsa as we give Olaf his wish to cool off and relax in SUMMER. Participants will play games, make a craft, and have a small snack.

Program #: S-432-01
Location: ARC Prairie/River Room
Day/Date: Saturday/June 6
Time: 10:00 – 11:00 a.m.
Age: 3 – 5 years
Min/Max: 5/12
Fee: \$20.00 R & NR

Registration Deadline: May 28

MOTHER'S DAY TEA

Come out with your favorite lady as we celebrate Mother's Day! Mothers will enjoy games, crafts, and food while having fun. Pre-registration is required.

Program #: S-429-01
Location: ARC Prairie/River Room
Day/Date: Saturday/May 9
Time: 9:30 – 10:45 a.m.
Age: 3 – 10 years with parent
Min/Max: 5/12
Fee: \$20.00 R & NR per child

Registration Deadline: April 30

BEADS, BESTIES, & CHARMS

Get ready to weave, twist, and craft your way into creativity! Participants will learn the beautiful basics of crafting handmade accessories filled with color, personality, and meaning. Each class is designed to be hands-on, relaxed, and enjoyable, encouraging creativity, patience, and connection. You don't need any prior experience — just bring your enthusiasm and we'll provide all the materials and guidance!

Program #: S-424-01
Location: ARC Meadow Room
Day/Date: Thursday/June 4 & June 11
Time: 5:30 – 6:30 p.m.
Age: 6 – 13 years
Min/Max: 5/10
Fee: \$20.00 R/\$23.00 NR

Registration Deadline: May 28

DONUTS WITH DAD

Come & enjoy donuts, games and a craft with your special person! This is a great way to spend time with your special dad in your life. Pre-registration required.

Program #: S-433-01
Location: Prairie/River Room
Day/Date: Saturday/June 20
Time: 9:30 – 10:45 a.m.
Age: 3 – 10 years with parent
Min/Max: 5/12
Fee: \$20.00 R & NR

Registration Deadline: June 12

K-POP FAN CLUB

We're going UP, UP, UP with our new favorite characters. Come out and help us fight demons and sing all your favorite songs. In this class participants will write letters to their favorite demon hunters, sing and dance, make a K-Pop snack and much more.

Program #: S-431-01
 Location: ARC Prairie/River Room
 Day/Date: Saturday/June 27
 Time: 10:00 – 11:00 a.m.
 Age: 5 – 9 years
 Min/Max: 5/12
 Fee: \$20.00 R & NR

Registration Deadline: June 18

SANTA'S ELVES COOKIE MAKING

Let's celebrate Christmas in July! Get out of the warm weather and come cool down to make cookies with Santa's Elves the way Santa likes them!

Program #: S-434-01
 Location: ARC Prairie/River Room
 Day/Date: Saturday/July 18
 Time: 11:00 a.m. – 12:00 p.m.
 Age: 3 – 10 years with parent
 Min/Max: 5/12
 Fee: \$20.00 R & NR

Registration Deadline: July 9

DOG MAN & FRIENDS

We need your help to stop Petey the Cat from robbing the Midlothian Park District. Participants will find clues around the park district, have a police snack, and play Dog Man games.

Program #: S-435-01
 Location: ARC Prairie/River Room
 Day/Date: Saturday/August 15
 Time: 10:00 – 11:00 a.m.
 Age: 6 – 10 years
 Min/Max: 5/12
 Fee: \$20.00 R & NR

Registration Deadline: August 7

VISIONS & VIBES

Create space to reflect, reset, and design what's next for you! In this adult vision board class, you'll use images and words to bring your goals and intentions to life in a fun, relaxed setting. No experience needed, just come ready to create and leave inspired.

Program #: S-425-01
 Location: ARC Meadow Room
 Day/Date: Tuesday/July 14
 Time: 6:30 – 8:00 p.m.
 Age: 18 – older
 Min/Max: 5/10
 Fee: \$15.00 R/\$18.00 NR

Registration Deadline: July 7

BEAUTIFULLY JUNKED; LEARNING THE BASICS OF JUNK/ COLLAGE JOURNALING

Cut it up, stick it down, and make it yours. In this 2-week junk journaling class, teens will learn the basics of junk journaling and how to mix papers, stickers, and fun finds to create bold, creative, and expressive journal pages. No rules, no experiences-just creativity and good vibes.

Program #: S-426-01
 Location: ARC Meadow Room
 Day/Date: Tuesday/August 11 & August 18
 Time: 5:30 – 6:30 p.m.
 Age: 14 – 17 years
 Min/Max: 5/10
 Fee: \$15.00 R & NR

Registration Deadline: August 4

BEDTIME BUDDIES

Come make a new buddy to love in this great new class. Participants will get to build their own bear, make a wish on a star, and get an adoption certificate. We will have a small bedtime snack before we head home for bed.

Program #: S-436-01
 Location: Prairie/River Room
 Day/Date: Friday/August 21
 Time: 6:00 – 7:15 p.m.
 Age: 3 – 10 years with parent
 Min/Max: 5/12
 Fee: \$26.00 R & NR

Registration Deadline: August 13

16 ADULT PROGRAMS

LUNCH CLUB

Come out and enjoy lunch while meeting new friends. The Midlothian Park District holds monthly lunches at the Athletic & Recreation Center. 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 #:
 S-206-01
 S-206-02
 S-206-03
 S-206-04
 S-206-05

Date:
 April 8
 May 13
 June 10
 July 8
 August 12

Restaurant:
 Berkot's
 Just Kabobs
 Coopers
 Hog Wild
 Gum Wah

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 #:
 S-427-01
 S-427-02
 S-427-03
 S-427-04
 S-427-05

Date:
 April 15
 May 20
 June 17
 July 15
 August 19

Registration Deadline: One week prior to class

MIDLOTHIAN PARK DISTRICT

PUZZLE PALOOZA

FRIDAY, AUGUST 14

6:00 PM | 21 & OLDER

\$60 PER TEAM

4 people per team

Come out to our first ever puzzle competition. Prizes will be awarded to the first 2 groups for the fastest completion.

- 🧩 500 piece puzzle
- 🧩 BYOB
- 🧩 2 hour time limit
- 🧩 Food included
- 🧩 4 people per team

CHICAGO CRIME TOUR

Escape into Chicago's underworld on a true crime, mob and gangster tour. Explore historic crime scenes with memorable photo opportunities. Hear true crime stories about Chicago Gangster Al Capone, The Chicago Mob, Prohibition, The St. Valentine's Day Massacre, John Dillinger, H.H. Holmes and more. Visit historic landmark buildings such as the Biograph Theater, Holy Name Cathedral, and Harry Caray's. Tour famous Chicago neighborhoods: River North, Gold Coast, Lincoln Park, Old Town, Loop and Magnificent Mile. This is an on-and-off the bus tour.

Program #: W-308-01
 Location: Chicago, IL
 Day/Date: Wednesday/April 15
 Time: 11:00 a.m. – 3:00 p.m.
 Age: 18 – older
 Min/Max: 8/10
 Fee: \$80.00 R & NR

Registration Deadline: April 5

AURORA OUTLET MALL

Shop til you drop and save some money while doing it! We will be taking a trip to the Chicago Premium Outlet Mall in Aurora. From Vera Bradley to Kirklands, this mall has it all! This is an outdoor mall, so make sure you dress accordingly and bring your walking shoes! Fee includes transportation only.

Program #: S-310-01
 Location: Aurora, IL
 Day/Date: Tuesday/June 23
 Time: 9:00 a.m. – 3:00 p.m.
 Age: 18 – older
 Min/Max: 8/10
 Fee: \$55.00 R & NR

Registration Deadline: June 14

FACTS, FOOD & FELONS

Come join the park district when we take a journey to Joliet for a day of FUN. First we will check out the Joliet Historical Museum for some interesting FACTS about the Joliet area and its impact on the I&M Canal. Next, we will go to a restaurant for some delicious FOOD. Finally we will travel to the old Joliet Prison to visit where FELONS once resided on a guided tour. Fee includes transportation, admission, tours and lunch.

Program #: S-311-01
 Location: Joliet, IL
 Day/Date: Monday/August 17
 Time: 10:00 a.m. – 4:00 p.m.
 Age: All Ages (under 18 must be with an adult)
 Min/Max: 8/10
 Fee: \$120.00 R & NR

Registration Deadline: August 5

LOMBARD LILAC TIME

May is a time for lilacs. We will be taking a trip to Lombard for their famous Lilac Fest. First we will go to the Lombard Historical Society for the Lilac Heritage Tour. After the tour we will visit the lilac and perennial plant sale where you can purchase your own lilac and plants to take home. We will end the day at Gnarly Knots for some soup & a pretzel. Fee includes tour, lunch and transportation.

Program #: S-309-01
 Location: Lombard, IL
 Day/Date: Thursday/May 7
 Time: 10:00 a.m. – 4:30 p.m.
 Age: 18 – older
 Min/Max: 8/10
 Fee: \$86.00 R & NR

Registration Deadline: April 27

PIEROGI FEST

Back by popular demand! Take a trip to Whiting, Indiana for their annual Pierogi Fest! Walk the streets of downtown Whiting where you will eat great food, play games and enjoy drinks. Admission is free. Fee includes transportation only. Bring money for purchases and wear your walking shoes!

Program #: S-304-02
 Location: Whiting, Indiana
 Day/Date: Friday/July 24
 Time: 10:00 a.m. – 3:00 p.m.
 Age: All Ages (under 18 must be with an adult)
 Min/Max: 8/13
 Fee: \$50.00 R & NR

Registration Deadline: July 15

18 DANCE PROGRAMS

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: Selah Strong
Location: ARC Dance Studio
Day: Tuesday
Time: 4:15 – 5:00 p.m.
Age: 2 – 3 years
Min/Max: 5/10
Fee: \$90.00 R/\$95.00 NR

Program #:	Date:
S-506-01	April 7 – May 12
S-506-02	July 7 – August 11

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: Selah Strong
Location: ARC Dance Studio
Day: Tuesday
Time: 5:00 – 5:45 p.m.
Age: 4 – 5 years
Min/Max: 5/10
Fee: \$90.00 R/\$95.00 & NR

Program #:	Date:
S-507-01	April 7 – May 12
S-507-02	July 7 – August 11

FOLKLORIC DANCE; AGUASCALIENTES

Folklórico, a dance style with as much complexity, variety, and history as the country of Mexico itself. Come and learn the Folkloric dance of Guerrero! Nailing the basic footwork, or zapateado, is the first thing you'll learn as a folklórico dancer. Aside from the footwork, in many regions of Mexico, the manipulation of the skirt, or faldeo, is a key element for women. The length of the skirt, how high the dancer raises it, and the type of skirt work signal where the dance might be from. Additional purchase of shoes and a skirt is recommended by the instructor if planning to continue with this class in the future. This is a co-ed class.

Program #: S-428-01
Instructor: Elva Martinez
Location: ARC Prairie/River Room
Day/Date: Thursday/May 7 – May 28
Time: 6:15 – 7:15 p.m.
Age: 6 – 13 years
Min/Max: 5/10
Fee: \$30 R & NR

Registration Deadline: April 30

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!

WIFFLE BALL SANDLOT SLUGGER LEAGUE - HIGH SCHOOL

The Sandlot Slugger Wiffle Ball League is a brand-new co-ed program and we are excited to welcome everyone joining us for our inaugural season! Grab your friends, step up to the plate, and start building your Wiffle Ball league dynasty. This recreational Wiffle Ball league is offered to ages 14 to 18 years old. Players must be of age by January 1st, 2026. Birth Certificates are required for all players at the time of registration. This league features official standings, weekly scheduled games and playoffs. We keep three goals consistent with this league: learn the game, develop skills, and have fun! With exciting team names like the Jets, Beasts, Flyers, Bambinos, and more, there are plenty of opportunities to compete and create rivalries. Games will be played at the Midlothian ARC Ball Fields on Saturdays (Rainouts will be played the following Thursday evening). Teams will consist of 4–6 players and games will be 6 innings. Games will be played on Saturday mornings. A team shirt will be provided. Opening Day will be August 15.

Program #: S-122-01
 Location: ARC T-Ball Fields
 Day/Dates: Saturday/August 15 – October 3
 Time: 9:00 a.m. – 12:00 p.m.
 Age: 14 – 18 years
 Min/Max: 4/6 per team
 Fee: \$55.00 R & NR

Registration Deadline: August 3 (\$10.00 Late fee after August 3, no registration taken after August 7)

SUMMER MEN'S INDOOR SOCCER LEAGUE

Beat the summer heat and never worry about rain! Join Midlothian's Summer Men's Indoor Soccer League, where teams play 6v6 or 7v7 games on indoor turf. The indoor facility keeps players cool, dry, and comfortable. 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 on Wednesday, May 13. If you cannot attend, you must send a representative in your place.

Program #: S-124-01
 Location: ARC Turf Field
 Day/Date: Wednesdays beginning May 13
 Time: 7:45 – 10:00 p.m.
 Age: 18 & older
 Min/Max: 6/10 teams
 Fee: \$800.00 R & NR

Registration Deadline: May 6

SUMMER ADULT CO-ED INDOOR SOCCER LEAGUE

Beat the summer heat and never worry about rain! Join Midlothian's Summer Co-Ed Indoor Soccer League, where teams play 6v6 or 7v7 games on indoor turf. The indoor facility keeps players cool, dry, and comfortable. 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 Tuesday, May 12. If you cannot attend, you must send a representative in your place.

Program #: S-125-01
 Location: ARC Turf Field
 Day/Date: Tuesdays beginning May 12
 Time: 7:45 – 10:00 p.m.
 Age: 18 & older
 Min/Max: 6/10 teams
 Fee: \$800.00 R & NR

Registration Deadline: May 5

20 ATHLETIC PROGRAMS



OPEN GYM/TURF

The Midlothian Park District offers Open Gym & 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 MONTH PER YEAR

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 Prairie/River Room
 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:
S-100-01	May 4 – May 27	6:30 – 7:30 p.m.
S-100-02	June 1 – June 29	6:30 – 7:30 p.m.
S-100-03	July 1 – July 29	6:30 – 7:30 p.m.
S-100-04	Aug. 3 – Aug. 31	6:30 – 7:30 p.m.

13 - ADULT

Program #:	Dates:	Time:
S-101-01	May 4 – May 27	7:30 – 8:30 p.m.
S-101-02	June 1 – June 29	7:30 – 8:30 p.m.
S-101-03	July 1 – July 29	7:30 – 8:30 p.m.
S-101-04	Aug. 3 – Aug. 31	7:30 – 8:30 p.m.



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.

Program #: W-103-02
 Instructor: Chicago Fire Coaches
 Location: ARC Turf Fields
 Day/Date: Thursday/April 9 – April 30
 Time: 4:30 – 5:30 p.m.
 Age: 2 – 5 years
 Min/Max: 4/20
 Fee: \$93.00 R/\$98.00 NR

Registration Deadline: One week prior to start date



CHICAGO FIRE INTRO TO SUMMER SOCCER CAMP

Chicago Fire FC Camps bring the excitement of elite training to players of all levels while promoting both athletic and personal development. Guided by certified Chicago Fire coaches, players sharpen technical skills, improve game awareness, and build social-emotional skills like leadership, confidence, and collaboration through high-energy activities and small-sided games. Every session offers a fun, professional environment rooted in teamwork, sportsmanship, and passion for soccer.

Program #: S-112-01
 Instructor: Chicago Fire Coaches
 Location: ARC Turf Fields/Bremen Heights Field
 Day/Date: Monday/April 27
 Time: 5:00 – 6:00 p.m.
 Age: 6 – 12 years
 Min/Max: 10/50
 Fee: FREE

Registration Deadline: One week prior to start date



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.

Program #: W-103-04
 Instructor: Chicago Fire Coaches
 Location: ARC Turf Fields
 Day/Date: Thursday/April 9 – April 30
 Time: 5:30 – 6:30 p.m.
 Age: 6 – 14 years
 Min/Max: 4/20
 Fee: \$93.00 R/\$98.00 NR

Registration Deadline: One week prior to start date



CHICAGO FIRE SUMMER CAMP

Chicago Fire FC Camps are the perfect way to introduce your child to the world's fastest-growing youth sport and develop their soccer skills. Through small group instruction, certified, professional coaches will guide campers through activities structured around daily themes, including dribbling, passing, attacking, and defending. All participants receive a Chicago Fire camp t-shirt, and a ticket to a Chicago Fire match. Along with the ticket comes a special matchday experience including player autographs, an appearance by the lovable Fire mascot, Sparky, and discounted tickets for the whole family.

Instructor: Chicago Fire Coaches
 Location: ARC Turf Fields/Bremen Heights Park
 Days: Monday – Friday
 Time: 1:00 – 4:00 p.m.
 Age: 6 – 12 years
 Min/Max: 10/60
 Fee: \$188.00 R/\$198.00 NR

Registration Deadline: One week prior to start date

Program #: Date:
 S-111-01 June 8 – June 12
 S-111-02 August 10 – August 14

22 ATHLETIC PROGRAMS

SKYHAWKS TRACK & FIELD CLASS

Dash, Jump, and throw with Skyhawks Track and Field! This program teaches young athletes the essentials from body positioning and stride to stretching and cool downs. Each session builds skills, discipline and sportsmanship. Get on track with Skyhawks for athletic personal growth.

Instructor: Skyhawks Sports Academy
Location: Bremen Heights Track/ARC Gymnasium
Day/Date: Saturday/April 11 – May 9
Min/Max: 8/24
Fee: \$95.00 R/\$100.00 NR

Registration Deadline: April 4

Program #:	Time:	Age:
W-114-01	9:00 – 10:00 a.m.	7 – 9 years
W-114-02	10:00 – 11:00 a.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:
S-102-01	June 5 – June 26	7:00 – 8:00 p.m.
S-102-02	July 10 – July 31	7:00 – 8:00 p.m.
S-102-03	Aug. 7 – Aug. 28	7:00 – 8:00 p.m.

13 – ADULT

Program #:	Dates:	Time:
S-103-01	June 5 – June 26	8:00 – 9:00 p.m.
S-103-02	July 10 – July 31	8:00 – 9:00 p.m.
S-103-03	Aug. 7 – Aug. 28	8:00 – 9:00 p.m.

SKYHAWKS PICKLEBALL CLASS

Get in the game with Skyhawks Pickleball, gateway to the fastest growing paddle sport! This program develops and sharpens skills in a fun environment while focusing on teamwork, sportsmanship, and respect.

Instructor: Skyhawks Sports Academy
Location: ARC Gymnasium
Day/Date: Monday/April 13 – May 4
Min/Max: 6/20
Fee: \$90.00 R/\$95.00 NR

Registration Deadline: April 5

Program #:	Time:	Age:
W-111-01	5:30 – 6:20 p.m.	7 – 9 years
W-111-02	6:30 – 7:20 p.m.	10 – 14 years

BREMEN HIGH SCHOOL SOCCER CAMP

Get ready to hit the field this summer with the Bremen High School soccer program! This two-week developmental camp is the perfect opportunity for upcoming students to sharpen their skills, learn the “Brave Way,” and build lasting connections with the Bremen High School coaching staff and current varsity players. Whether you’re just starting out or looking to take your game to the next level, our camp focuses on technical footwork, tactical awareness, and—most importantly—having fun in a high-energy environment. Current coaches and high school players will be on-site to mentor campers and share their experiences as student-athletes. Start your journey into the Bremen soccer community early and get a head start on the high school experience. Please bring: Soccer cleats, shin guards, a labeled water bottle, and a pumped-up soccer ball.

Instructor: Bremen High School Coaches
Location: Athletic & Recreation Center
Day/Date: Monday & Wednesday/July 6, 8, 13, 15
Min/Max: 8/40
Fee: \$70.00 R/\$75.00 NR

Registration Deadline: June 29

Program #:	Time:	Grades:
S-107-01	12:00 – 2:00 p.m.	3 – 5 grade
S-107-02	2:15 – 4:15 p.m.	6 – 8 grade

SKYHAWKS VOLLEYBALL CLASS

Love Volleyball? Looking for a high-level coach that can teach the basics of this great team sport? Join us this June for the best volleyball camp we have ever offered! This 5-week camp will be run by a current professional Volleyball player and will aim to teach children the fundamentals taught by USA volleyball. This program will be designed using USAV drills and activities which are fun, engaging and teaching the game in the best way possible for all ages. 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/June 2 – June 23
 Min/Max: 8/24
 Fee: \$115.00 R/\$120.00 NR

Registration Deadline: May 25

Program #:	Time:	Age:
S-113-01	5:30 – 6:20 p.m.	4 – 6 years
S-113-02	6:30 – 7:20 p.m.	7 – 9 years

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: Monday/July 20 – August 10
 Min/Max: 8/24
 Fee: \$115.00 R/\$120.00 NR

Registration Deadline: July 20

Program #:	Time:	Age:
S-110-01	5:30 – 6:20 p.m.	4 – 6 years
S-110-02	6:30 – 7:20 p.m.	7 – 9 years
S-110-03	7:20 – 8:20 p.m.	10 – 12 years

SKYHAWKS FLAG FOOTBALL CLASS

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

Instructor: Skyhawks Sports Academy
 Location: ARC Gymnasium
 Day/Date: Tuesday/June 23 – July 14
 Min/Max: 8/24
 Fee: \$90.00 R/\$100.00 NR

Registration Deadline: June 14

Program #:	Time:	Age:
S-114-01	5:30 – 6:20 p.m.	4 – 6 years
S-114-02	6:30 – 7:20 p.m.	7 – 9 years
S-114-03	7:30 – 8:20 p.m.	10 – 13 years

SKYHAWKS MULTI-SPORT CLASS

Begin an athletic journey with Multi-Sport Tots! This program offers a variety of sports through fun, age-appropriate activities, enhancing balance, coordination, and fitness. This engaging introduction to multiple sports is packed with learning and teamwork!

Instructor: Skyhawks Sports Academy
 Location: ARC Gymnasium
 Day/Date: Tuesday/August 18 – September 22
 Min/Max: 8/24
 Fee: \$115.00 R/\$120.00 NR

Registration Deadline: August 12

Program #:	Time:	Age:
S-111-01	5:30 – 6:20 p.m.	4 – 6 years
S-111-02	6:30 – 7:20 p.m.	7 – 9 years
S-111-03	7:30 – 8:20 p.m.	10 – 13 years

PLEASE REMEMBER!!!

Nothing cancels a program more quickly than people who wait until the last minute to sign up. We have deadlines we have to meet and without sign ups, we unfortunately have to cancel the trip or program. Please sign up for a trip or program as soon as you are interested in it so we don't have to cancel.

24 FITNESS & NUTRITION PROGRAMS

SUMMER SPORTS NUTRITION WORKSHOP

This program is designed to provide participants with advanced, yet practical, strategies for enhancing various aspects of their health and performance. Attendees will gain invaluable insights into effective pre- and post-exercise fueling, techniques for sustaining peak energy levels throughout their day and during training, methods to accelerate recovery processes, and the cultivation of long-term, sustainable dietary habits. Each session is structured to blend robust, evidence-based educational content with interactive, practical exercises, ensuring that complex nutritional science is not only easily understood but also readily applicable to daily routines. We believe this workshop offers a unique opportunity for individuals aspiring to elevate their athletic performance, achieve superior health outcomes, and foster a holistic sense of wellness. It is ideally suited for anyone seeking to empower themselves with the knowledge to make informed nutritional choices for a healthier, more active lifestyle.

Program #: S-510-01
Instructor: Victor Wade
Location: ARC Prairie River Room
Day/Dates: Friday/June 5 – June 26
Time: 9:00 – 10:00 a.m.
Age: 10 – 16 years
Min/Max: 4/6
Fee: \$150.00 Member/\$160.00 Non-Member

SMALL GROUP STRENGTH TRAINING

This class meets twice per 4 week session. Participants will focus on developing strength, build muscle, and improve overall fitness. Each session will include a warmup, a variety of strength exercises and a cool down. A certified personal trainer will lead the class, providing instruction on proper form, techniques and safety, as well as offering modifications for different fitness levels. Days & times will be determined by the group.

Instructor: ARC Personal Training Staff
Location: ARC Fitness Room
Day: 2 times per week*
Time: 6:30 – 7:30 p.m.
Age: 18 – adult
Min/Max: 4/6
Fee: \$150.00 Member/\$160.00 Non-Member

Program #:	Dates:
S-508-01	May 1 – May 29
S-508-02	June 1 – June 30
S-508-03	July 1 – July 31
S-508-04	August 3 – August 31

Registration Deadline: One week prior to start date

**Days determined by group.*

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.

PERSONAL TRAINING

\$45.00 per 60 minute session
16 & older

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



Latoya Blue

Focuses on Toning, Core Strength, Nutrition & Functional Fitness
Availability (by appointment):
Monday, Wednesday, Friday/
6:00 a.m. – 6:00 p.m.
Tuesday & Thursday/
6:00 a.m. – 3:00 p.m.



Carol Kaye, Allen Force Personal Trainer

Specializes in working with 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):
Monday – Friday/5:00 – 9:00 p.m.

IVENGAR-INSPIRED YOGA CLASS

Experience yoga that is intelligent, therapeutic, and deeply grounding. These alignment-focused classes draw from the Iyengar method, emphasizing mindful movement, structural integrity, and the skillful use of props to support each individual body. The instructor integrates anatomical precision with a calm, nurturing presence to create classes that feel both strengthened and restorative. Props and modifications are always provided to ensure the practice is accessible and supportive for all levels.

Instructor: Denise Cholewa
Location: ARC Prairie/River Room
Day: Tuesday
Age: 16 – adult
Min/Max: 5/10
Fee: \$68.00 Member/\$73.00 Non-Member

Program #:	Date:	Time:
S-509-01	May 5 – May 26	9:45 – 10:45 a.m.
S-509-02	May 5 – May 26	5:00 – 6:00 p.m.
S-509-03	June 2 – June 23	9:45 – 10:45 a.m.
S-509-04	June 2 – June 23	5:00 – 6:00 p.m.
S-509-05	July 7 – August 4	9:45 – 10:45 a.m. <i>No Class July 21</i>
S-509-06	July 7 – August 4	5:00 – 6:00 p.m. <i>No Class July 21</i>
S-509-07	August 11 – Sept. 8	9:45 – 10:45 a.m.
S-509-08	August 11 – Sept. 8	5:00 – 6:00 p.m.

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.

Program #: S-500-01
Instructor: Beth Robinson
Location: ARC Prairie/River Room
Day/Date: Tuesday/April 28 – June 2
Time: 6:00 – 7:00 p.m.
Age: 16 – adult
Min/Max: 8/30
Fee: \$53.00 Member/\$58.00 Non-Member

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

26 FITNESS PROGRAMS

BARRE

Barre combines elements of ballet, yoga, and Pilates. These low-impact workouts aim to develop lean muscle tone and improve overall physical well-being. Barre focuses on small, controlled movements to strengthen and tone the body. While not a high-cardio workout, barre can improve flexibility, posture, and balance.

Instructor: Carol Kaye
 Location: ARC Dance Studio
 Day: Wednesday
 Time: 9:15 – 10:15 a.m.
 Age: 16 – adult
 Min/Max: 5/10
 Fee: \$55.00 Member/
 \$60.00 Non-Member

Program #: Date:
 S-503-01 May 6 – June 24
 S-503-02 July 8 – Aug. 26

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: 5/10
 Fee: \$105.00 Member/
 \$115.00 Non-Member

Program #: Date:
 S-502-01 May 4 – June 29
No Class May 25
 S-502-02 July 6 – Aug. 31

ZUMBA SUMMER SIZZLE

Get ready to shake, shimmy, and sweat your way through the summer! Whether you're a pro or have two left feet, this class is all about high energy, great music, and even better vibes. No dance skills required.

Program #: S-504-01
 Instructor: Sharon Fields
 Location: ARC Dance Studio
 Day/Date: Saturday/May 2 – Aug. 8
No Class May 23 & July 4
 Time: 10:00 – 11:00 a.m.
 Age: 18 – adult
 Min/Max: 6/12
 Fee: \$60.00 Member/
 \$65.00 Non-Member

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:
 S-501-01 Mon May 4 – June 29
No Class May 25
 S-501-02 Mon July 6 – Aug. 31
 S-501-03 Wed May 6 – June 24
 S-501-04 Wed July 8 – Aug. 26
 S-501-05 Sat May 2 – June 27
 S-501-06 Sat July 11 – Aug. 29

GLOW FITNESS NIGHT DANCE WORKOUT

A Glow Fitness Night is basically a workout that feels like a dance party. The room is dark with black lights, neon colors, and upbeat music so exercising feels more like going to a club than going to the gym. Black lights/UV lights so neon clothes glow, glow sticks or LED bracelets used during workouts, high-energy music (pop, 90s dance hits), group dance routines & games. Workout Includes; Dance cardio, Cardio intervals, stretching or cooldown. The routines are usually simple so beginners can follow along easily. What to Wear; Neon or white clothing, glow necklaces or bracelets, comfortable workout shoes

Instructor: Latoya Blue
 Location: ARC Dance Studio
 Day: Monday
 Time: 7:00 – 8:00 p.m.
 Age: 16 – adult
 Min/Max: 5/10
 Fee: \$45.00 Member/\$50.00 Non-Member

Program #: Date:
 S-505-02 June 1 – June 22
 S-505-03 July 6 – July 27
 S-505-04 August 3 – August 24



START TODAY

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.

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

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 <i>*one time \$10 fee</i>	FREE* R/\$50 NR

Beginning April 1, 2025 there will be a \$20 sign up fee for all monthly memberships

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 |

HOURS

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

**Hours subject to change*

PERSONAL TRAINING

\$45.00 per 60 min session

16 & older

Available by appointments only



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





PLAYERS MUST BE OF AGE BY JANUARY 1, 2026.
BIRTH CERTIFICATE REQUIRED AT TIME OF REGISTRATION.

PRACTICE & GAME INFORMATION

GAMES AND PRACTICES WILL BE PLAYED AT THE ARC BASEBALL FIELDS LOCATED AT 14500 S KOSTNER. MIDLOTHIAN, IL 60445. PRACTICES WILL OCCUR ONCE PER WEEK DURING THE WEEKDAY NIGHTS. GAMES WILL BE PLAYED ON THURSDAY NIGHTS.

VOLUNTEER COACHES NEEDED

HEAD COACH WILL RECEIVE A 50% CREDIT AND ASSISTANT COACH RECEIVES A 25% CREDIT OF THE PROGRAM FEE (PER TEAM COACHED).

EMAIL US AT
INFO@MIDLOTHIANPARKDISTRICT.ORG

AGE DIVISIONS

4 - 5 YEARS
6 - 7 YEARS

REGISTRATION

\$70 R/\$75 NR

REGISTRATION DEADLINE: APRIL 12

\$10 LATE FEE IF YOU REGISTER AFTER APRIL 12
NO REGISTRATION WILL BE TAKEN AFTER APRIL 19

FEE INCLUDES

JERSEY, HAT, PICTURE PACKAGE &
AWARDS

OPENING DAY: MAY 7, 2026