

Fall Activity Guide 2025



MIDLOTHIAN
PARK DISTRICT



MIDLOTHIAN PARK DISTRICT RENTALS



ARC Rentals	Resident Rate	Non-Resident Rate	Deposit	Amenities
River Room (up to 40 people)	\$50.00/hour	\$80.00/hour	\$100	Coffee Pot WiFi
Prairie Room (up to 40 people)	\$50.00/hour	\$80.00/hour	\$100	Coffee Pot WiFi
River/Prairie Room (40 - 90 people)	\$85.00/hour	\$130.00/hour	\$250	Coffee Pot WiFi
Gym Party Rental (up to 100 people)	\$80.00/hour	\$160.00/hour	\$250	Coffee Pot Microwave Refrigerator Warming Oven WiFi
Meadow Room (up to 30 people) Kid's Birthday Party	\$85.00 flat rate	\$110.00 flat rate	\$100	Choose From: Basketball Hockey Soccer Mini Golf (\$10)
The Lily Pad Party (Private use of Lily Pad)	\$125.00 flat rate	\$150.00 flat rate	\$100	Admission & tables WiFi
Gym Sport Rental	\$50.00/hour	\$75.00/hour	\$100	
Turf Rental (1/2 field)	Peak* \$125.00/hour Off Peak \$100.00/hour	Peak* \$150.00/hour Off Peak \$100.00/hour	\$100	Batting Cage Additional \$25.00
Turf Rental (Full field)	Peak* \$175.00/hour Off Peak \$125.00/hour	Peak* \$200.00/hour Off Peak \$125.00/hour	\$100	Batting Cage Additional \$25.00
*Peak season: Nov. 1 - Mar. 31				
Park Pavilion Rentals	Resident Rate	Non-Resident Rate	Deposit	Amenities
Memorial Park (up to 150 people)	\$160.00	\$400.00	\$50.00	Picnic Tables Grill Electricity
Roesner Park (up to 40 people)	\$75.00	\$200.00	\$50.00	Picnic Tables Electricity

Letter From the Executive Director, Edward Jung



As the summer draws to a close, and the weather begins to cool, it does not mean the excitement has to end! It has been great to see so many residents involved in the various programs and activities we were able to offer this spring and summer. Our concerts in the park were jamming thanks to My 80's Band and The Jaywalkers! In July we offered free family-friendly activities like Tae Kwon Do, Pilates, Zumba, and popsicles to celebrate the power of play and outdoor fun. Friends and family were able to kick back and relax while watching Monsters, Inc. on the big screen at Kostner Park. Our day camp and lunch club have seen an increase in participants looking to socialize and have fun.

While the weather may be changing, make sure you find the time to visit one of our many parks and/or by attending our events this fall and winter. The Midlothian Athletic and Recreation staff are determined to bring new programs to you while also putting a fun twist on a few old favorites. From youth sports leagues to fitness classes, Fall Fest, and day trips, there is something for everyone. Take a look in this brochure and see all that we have to offer.

The Midlothian Athletic and Recreation Center offers numerous amenities. Our fitness center features updated cardio equipment. During inclement weather, check out our indoor walking track to meet your fitness goals. We also have rooms available to rent for parties, social gatherings, holiday family get together, and business functions. If you have not checked out the ARC, I encourage you to stop by for a tour.

Lastly, we encourage you to share your ideas for programs and facilities with the Board and Staff. Board meetings are held every third Thursday of the month at the Athletic and Recreation Center beginning at 6:00 pm. Have a safe 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

Don Villalobos

Athletic & Fitness Supervisor

Other Information

E-mail

info@midlothianparkdistrict.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.





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.

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
<i>*one time \$10 fee</i>	

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

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



Open Gym, Pickleball, Turf 7

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.

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

Check our website for Days and Times

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
TUESDAYS | 8:00 AM - 12:00 PM
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.

MIDLOTHIAN PARK DISTRICT



SATURDAY, OCTOBER 11 | 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)

MIDLOTHIAN PARK DISTRICT
DADDY & DAUGHTER

Princess Ball

FRIDAY, NOVEMBER 7TH

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

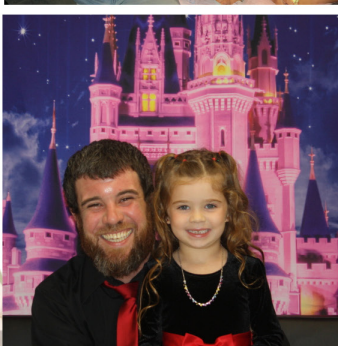
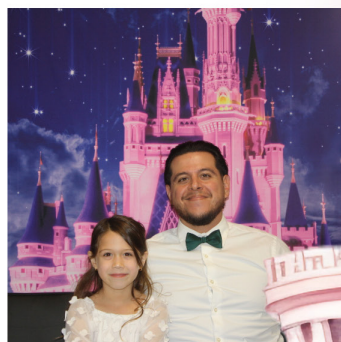
\$19.00 PER PERSON

AT THE ATHLETIC & RECREATION CENTER

REGISTRATION DEADLINE: OCTOBER 30

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 TO REMEMBER THE NIGHT.

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





MIDLOTHIAN PARK DISTRICT

GRINCHMAS LUNCHEON

SATURDAY, DECEMBER 6
AT THE ATHLETIC & RECREATION CENTER

DOORS OPEN AT 12:00 PM
LUNCH SERVED AT 1:00 PM

\$10.00 PER PERSON

Tickets will not be sold at the door. Everyone who enters must have a ticket. Children 11 months and under are free with paying adult.

TICKETS ON SALE NOVEMBER 1

FOOD: CHICKEN, MASHED POTATOES, CHEESY BROCCOLI & BREAD
CATERED AND DONATED BY BARTOLINI'S RESTAURANT



MIDLOTHIAN PARK DISTRICT

PICTURES WITH *Santa*

DECEMBER 8
6:00 - 8:00 PM
DECEMBER 11
5:30 - 6:15 PM

for children with special needs ONLY

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

AT THE ATHLETIC & RECREATION CENTER



Midlothian Park District

SANTA PAWS

Pictures with Santa

December 11
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 15

JANUARY 17
1:00 - 4:00 PM
AT THE ATHLETIC & RECREATION CENTER



Come jump the afternoon away! We will have bounce houses, bounce slides, and obstacle courses fit for children of all ages. Children 16 and younger must be accompanied by an adult at all times. Register by January 15 and save \$5.00 per jumper. Fee will be \$15.00 per jumper at the door.



Midlothian Park District



Pre-School 2025 - 2026

ABOUT OUR PROGRAM:

Class begins the week of September 8

Children will follow a curriculum that emphasizes new themes each week along with introducing new letters, shapes, colors, numbers, and name recognition all while in a fun and safe environment. Children will engage in fun and creative activities that will reinforce socialization and learning while working on gross and fine motor skills. Our program will have a number of themed events for the family to attend during and after classroom hours. Children entering our 3 and 4 & 5 year old program must be potty trained. For more information about our program or to view our Pre-School rooms, please contact Renee Grohnke at 708-371-6191 ext. 109.



**REGISTRATION GOING
ON NOW!**



REGISTRATION REQUIREMENTS:

- Children must be class age by September 1, 2025
- Birth Certificates are required at the time of registration
- You must come into the park district to register. Forms can be found on our website
- A \$50.00 fee will be kept if you withdraw from the program at anytime

Class	Days	Time	Full Payment (Resident/Non-Resident)	Monthly Payments (Resident/Non-Resident)
School Starters	Friday	9:00 - 10:00 am	\$340/\$390	\$46/\$56
2 year olds	Monday & Wednesday	9:00 - 10:30 am	\$520/\$572	\$66/\$76
2 year olds	Tuesday & Thursday	9:00 - 10:30 am	\$520/\$572	\$66/\$76
3 year olds	Tuesday & Thursday	9:00 - 11:30 am	\$831/\$884	\$100/\$110
4 & 5 year olds (Half Day)	Monday, Wednesday & Friday	9:00 - 11:30 am	\$1,411/\$1,463	\$168/\$178
4 & 5 year olds (Full Day)	Monday, Wednesday & Friday	9:00 am - 2:00 pm	\$2,112/\$2,162	\$246/\$256

Autumn Aesthetic Journals

In this cozy, creative class, participants will design their own fall-themed bullet journals or scrapbooks. Using stickers, washi tape, pressed leaves, and more, they'll craft pages full of autumn vibes, memories, and personal flair. Perfect for organizing thoughts, setting goals, or capturing the season's beauty! Bring some supplies and your journal and we will have some supplies also.

Instructor: Renee Grohnke
Location: ARC Meadow Room
Day/Date: Thursday/October 2
Min/Max: 5/10
Fee: \$5.00 R/\$7.00 NR

Registration Deadline: November 6

Program #:	Time:	Age:
F-423-01	5:15 – 6:30 p.m.	6 – 10 years
F-423-02	6:45 – 8:00 p.m.	11 – 16 years

Folkloric Dance; Guerrero

Folklórico, a dance style with as much complexity, variety, and history as the country of Mexico itself. In this installment, we learn the Folkloric 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 #: F-425-01
Instructor: Elva Martinez
Location: ARC Prairie/River Room
Day/Date: Thursday/September 11 – October 2
Time: 6:15 – 7:15 p.m.
Age: 6 – 13 years
Min/Max: 5/10
Fee: \$30.00 R & NR

Registration Deadline: September 4

Halloween Ooze

Messy Play Sensory Fun! In this hands-on class, toddlers can explore colors, textures, and creativity through safe, squishy, and ooey goo play, all Halloween themed. Perfect for little hands to develop fine motor skills and sensory exploration in a fun, engaging environment! Come in your costume for a special treat.

Program #: F-424-01
Location: ARC Gymnasium
Day/Date: Saturday/October 18
Time: 9:00 – 10:00 a.m.
Age: 1 – 2 with parent
Min/Max: 5/10
Fee: \$15.00 R & NR

Registration Deadline: October 4

Spooktacular Fun Day

Come join us for a one-day Halloween event packed with thrills, giggles, and ghoulishly good times! Kids will enjoy spooky crafts, silly games, a mini costume parade, and sweet treats galore. From pumpkin decorating to monster dance parties, there's something festive for every little ghost and goblin. It's all the fun of Halloween in one magical day. Come dressed to impress—costumes encouraged!

Program #: F-426-01
Location: ARC Gymnasium
Day/Date: Saturday/October 25
Time: 9:00 – 11:00 a.m.
Age: 3 – 10 years
Min/Max: 5/30
Fee: \$20.00 R & NR

Registration Deadline: October 18

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.

14 General Programs

Sweet Treats Lab

A sweet and fun-filled class where kids get hands-on experience making delicious desserts themed for Fall, Halloween, Thanksgiving, and Christmas. From mixing to decorating, they'll explore creativity in the kitchen and enjoy a tasty treat they made themselves!

Location: ARC Forest Room
Day/Date: Monday/October 20 – November 24
Min/Max: 5/10
Fee: \$50.00 R/\$55.00 NR

Registration Deadline:

Program #:	Time:	Age:
F-427-01	5:15 – 6:15 p.m.	4 – 6 years
F-427-02	6:30 – 7:30 p.m.	7 – 10 years

Journaling For Self-Discovery

In this reflective and empowering class, participants explore their thoughts, feelings, and goals through guided journaling prompts. Each session encourages personal growth, self-awareness, and creative expression in a supportive, judgment-free space. It's a calming way to build confidence, find clarity, and connect with your inner voice. We will supply different accents for your journal pages.

Program #: F-428-01
Instructor: Renee Grohnke
Location: ARC Butterfly Room
Day/Date: Thursday/September 25
Time: 5:30 – 6:30 p.m.
Age: 16 – adult
Min/Max: 5/10
Fee: \$25.00 R/\$28.00 NR

Registration Deadline: September 11

Plush & Munch: Turkey Edition

In this festive Thanksgiving class, kids will create their very own turkey stuffed animal to take home and cuddle! After crafting their feathered friend, they'll enjoy a tasty fall-themed snack to celebrate the season. It's a cozy, creative way to kick off the holiday—filled with gratitude, giggles, and gobbles of fun!!

Location: ARC Caterpillar Room
Day/Date: Thursday/November 13
Min/Max: 5/10
Fee: \$25.00 R/\$28.00 NR

Registration Deadline: November 6

Program #:	Time:	Age:
F-429-01	5:30 – 6:30 p.m.	3 – 5 years
F-429-02	6:45 – 7:45 p.m.	6 – 8 years

Merry & Bright Kid's Day

A joyful one-day Christmas celebration filled with holiday cheer! Children will delight in festive crafts, reindeer games, a visit from Santa, and sweet seasonal treats. From decorating ornaments to singing carols, every moment is sprinkled with magic and wonder. It's the perfect way to kick off the holiday season. Come ready for cozy fun and merry memories!

Program #: F-430-01
Location: ARC Gymnasium
Day/Date: Saturday/December 13
Time: 9:00 – 11:00 a.m.
Age: 3 – 10 year olds
Min/Max: 5/10
Fee: \$25.00 R & NR

Registration Deadline: December 6

PLEASE REMEMBER!!!

Nothing Kills 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.



Cozy Candles

In this cozy, hands-on class participants learn to make their own custom candles from start to finish. Choose your favorite scents, colors, and containers to create candles that are perfect for gifts or relaxing at home. It's a fun and creative way to unwind while lighting up your space with something handmade!

Program #: F-431-01
 Location: ARC Forest Room
 Day/Date: Tuesday/November 18
 Time: 5:30 – 6:30 p.m.
 Age: 16 – adult
 Min/Max: 5/10
 Fee: \$25.00 R/\$28.00 NR

Registration Deadline: November 11

Scam Alert

A valuable class where a member of our own Police Department shares expert advice on spotting scams, avoiding fraud, and protecting yourself from online and phone scams. Learn real-world tips to stay safe and secure in today's digital world.

Program #: F-432-01
 Instructor: Midlothian Police
 Location: ARC Prairie Room
 Day/Date: Saturday/October 4
 Time: 10:00 – 11:30 a.m.
 Age: 16 & older
 Min/Max: 5/20
 Fee: FREE

Registration Deadline: September 27

Silver Surfers: Internet Basics

A friendly, easy-to-follow class designed to help seniors navigate smartphones, tablets, and computers with confidence. From texting and video calls to internet safety and apps, this hands-on class makes technology simple, useful, and fun!

Program #: F-433-01
 Location: ARC Prairie Room
 Day/Date: Saturday/September 27
 Time: 9:00 – 10:30 a.m.
 Age: 55+
 Min/Max: 5/10
 Fee: Free

Registration Deadline: September 20



16 Adult General 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: \$9.00 R & NR

Program #:

F-205-01
F-205-02
F-205-03
F-205-04

Date:

September 10
October 8
November 12
December 10

Restaurant:

Cooper's
Bartolinis
Kenootz
TBA

Medicare Review

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-434-01
F-434-01
F-434-01

Date:

September 17
October 15
November 19

Registration Deadline: One week prior to class

Financial Workshops

PHP AGENCY (People Helping People)-We are an FMO (Financial Marking Organization) representing over a dozen different Life Insurance carriers. Our mission is simple - it's to reshape and inspire the mindsets of individuals through free enterprise, in hopes to eradicate racial wealth inequalities, by introducing the middle class and minorities to entrepreneurship.

Instructor: Tracey Brooks
Location: ARC Prairie/River Room
Age: 21 & older
Min/Max: 5/10
Fee: Free

Program #:

F-436-01 Life Insurance & Annuity
F-436-02 Retirement

Day/Date:

Tuesday/Sept. 23
Friday/Sept. 26

Time

1:00 – 2:00 p.m.
6:00 – 7:00 p.m.

Rialto History Tour

Did you ever wonder what happens behind the scenes at the Rialto Square Theatre? Put your curiosities to rest and join us on this trip! You'll take a walk through the Esplanade, or inner lobby, designed after the Hall of Mirrors in the palace of Versailles near Paris. You will view the Rotunda, surrounded by 18-Corinthian-style columns and surmounted by a dome very similar to the Pantheon in Rome. And you'll even go on stage and visit the green room! Before the tour, we will have lunch at Chicago Street Pub. Fee includes transportation, lunch and tour.

Program #: F-307-01
 Location: Joliet, Illinois
 Day/Date: Tuesday/September 30
 Time: 11:15 a.m. – 3:45 p.m.
 Age: All Ages (under 18 must be with an adult)
 Min/Max: 10/20
 Fee: \$74.00 R & NR

Registration Deadline: September 14

Milwaukee Tour

Come visit our neighbors to the North when we visit the city of Milwaukee. Our first stop will be the Pabst Mansion for a tour where we will learn about the Pabst Family and details about the architecture and furnishings of the home. We will then head over to the Milwaukee Public Market where you can shop local vendors. Make sure you grab something to eat from one of the local restaurants at the Market. Finally we will head over to the Sprecher Brewery for a tour and some hand crafted top quality craft beverages. Fee includes transportation, tours, and brewery tasting. Lunch at the Market is on your own.

Program #: F-309-01
 Location: Milwaukee, Wisconsin
 Day/Date: Wednesday/November 19
 Time: 7:15 a.m. – 5:30 p.m.
 Age: All Ages (under 18 must be with an adult)
 Min/Max: 20/25
 Fee: \$125.00 R & NR

Registration Deadline: November 2

Autumn on the River

There is nothing more beautiful than Starved Rock in the Fall. Join us as we take a trolley tour filled with interesting facts about the area. The trolley will take us to the Eagle 1 boat to see the beautiful fall foliage as we cruise along the Illinois River. Please dress for the weather as part of the tour may be outside. Fee includes lunch, tour, and transportation.

Program #: F-308-01
 Location: Oglesby, Illinois
 Day/Date: Wednesday/October 15
 Time: 9:15 a.m. – 4:15 p.m.
 Age: All Ages (under 18 must be with an adult)
 Min/Max: 10/20
 Fee: \$130.00 R & NR

Registration Deadline: October 1

Chicago Christmas Lights Tour

Come join us as we see all the sights of the holiday season. We will travel to Downtown Chicago to see the beautiful Christmas light displays. Our first stop will be the Christkindlemarket to shop amongst the unique vendors and authentic German treats. After the Christkindlemarket, we will head to dinner for some delicious Chicago-style pizza. Next we will head over to Lincoln Park Zoo for their infamous Zoo Lights. We will end the night driving around to a few places to see the holiday lights of the city. Fee includes transportation, food, zoo admission and tour.

Program #: F-310-01
 Location: Chicago, Illinois
 Day/Date: Monday/December 15
 Time: 2:00 – 8:00 p.m.
 Age: All Ages (under 18 must be with an adult)
 Min/Max: 20/25
 Fee: \$85.00 R & NR

Registration Deadline: December 7

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!

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 Turf Fields
Day: Thursday
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

Program #:	Dates:
F-111-00	October 2 – October 23
F-111-01	October 30 – November 20

Chicago Fire Soccer Little Sparks

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 Turf Fields
Day/Date: Thursday
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

Program #:	Dates:
F-111-02	October 2 – October 23
F-111-03	October 30 – November 20

Chicago Fire FC Holiday Camp

Chicago Fire FC Holiday Camp is 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. Chicago Fire FC Camps incorporate nationally recognized SEL (Social and Emotional Learning) traits and values like self-awareness, responsible decision-making, and teamwork into activities. Players bring their own lunch in the full day camp. Players will receive a Chicago Fire Camp Jersey.

Instructor: Chicago Fire Coaches
Location: ARC Turf Fields
Day/Date: Monday/November 3
Age: 6 – 12 years
Min/Max: 10/60
Fee: \$93.00 R/\$98.00 NR

Registration Deadline: October 23

	Program #:	Time:	Fee:
Full Day	F-112-02	9:00 a.m. – 4:00 p.m.	\$65.00 R/\$70.00 NR
Half Day (Morning)	F-112-00	9:00 a.m. – 12:00 p.m.	\$38.00 R/\$43.00 NR
Half Day (Afternoon)	F-112-01	1:00 – 4:00 p.m.	\$38.00 R/\$43.00 NR



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:
F-102-01	Sept. 3 – Sept. 29	6:30 – 7:30 p.m.
F-102-02	Oct. 1 – Oct. 29	6:30 – 7:30 p.m.
F-102-03	Nov. 3 – Nov. 24	6:30 – 7:30 p.m.
F-102-04	Dec. 1 – Dec. 29	6:30 – 7:30 p.m.
	No class Dec. 24	

13 – adult

Program #:	Dates:	Time:
F-104-01	Sept. 3 – Sept. 29	7:30 – 8:30 p.m.
F-104-02	Oct. 1 – Oct. 29	7:30 – 8:30 p.m.
F-104-03	Nov. 3 – Nov. 24	7:30 – 8:30 p.m.
F-104-04	Dec. 1 – Dec. 29	7:30 – 8:30 p.m.
	No Class Dec. 24	

Youth Dance Classes

We invite children to embark on an exciting journey through the world of dance! Our youth dance class offers a vibrant introduction to various dance genres, where movement, rhythm, and creativity come alive in a fun and supportive environment. Students will build coordination, balance, and flexibility. Our engaging curriculum focuses on developing essential physical skills, ensuring that every child builds a strong foundation for movement. No dance skills required.

Instructor: Latoya Blue
 Location: ARC Dance Room
 Day: Monday
 Time: 5:15 – 6:15 p.m.
 Age: 8 – 13 years
 Min/Max: 5/20
 Fee: \$75.00 R/\$85.00 NR

Registration Deadline: One week prior to start date

Program #:	Dates:
F-506-01	Sept. 8 – Sept. 29
F-506-02	Oct. 6 – Oct. 27
F-506-03	Nov. 3 – Nov. 24
F-506-04	Dec. 1 – Dec. 29

All 3s Basketball Camp

In this program we will focus on basketball fundamentals as we work to build Midlothian's basketball community. We aim to design a training program that starts learning the basics first, while building skill sets as we progress. We will work hard on instilling players with a great work ethic, confidence and leadership.

Instructor: Eugene Gaines
 Location: ARC Gymnasium
 Day: Friday
 Min/Max: 5/24
 Fee: \$85.00 R/\$95.00 NR

Registration Deadline: One week prior to start date

4 – 8 years

Program #:	Dates:	Time:
F-105-01	Sept. 5 – Sept. 26	6:00 – 7:00 p.m.
F-105-02	Oct. 3 – Oct. 24	6:00 – 7:00 p.m.

9 – 13 years

Program #:	Dates:	Time:
F-105-04	Sept. 5 – Sept. 26	7:00 – 8:00 p.m.
F-105-05	Oct. 3 – Oct. 24	7:00 – 8:00 p.m.

20 Athletic Programs

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/\$85.00 NR

Registration Deadline: One week prior to start date

7 – 12 years

Program #:	Dates:	Time:
F-100-00	Sept. 5 – Sept. 26	7:00 – 8:00 p.m.
F-100-01	Oct. 3 – Oct. 24	7:00 – 8:00 p.m.
F-100-02	Nov. 7 – Dec. 5	7:00 – 8:00 p.m.
No Class Nov. 28		

13 – adult

Program #:	Dates:	Time:
F-100-00	Sept. 5 – Sept. 26	8:00 – 9:00 p.m.
F-101-01	Oct. 3 – Oct. 24	8:00 – 9:00 p.m.
F-101-02	Nov. 7 – Dec. 5	8:00 – 9:00 p.m.
No Class Nov. 28		

Skyhawks Track and Field Camp

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.

Program #: F-107-03
Instructor: Skyhawks Sports Academy
Location: Bremen Heights Track/ARC Gym
Day/Date: Tuesday/September 9 – October 21
Time: 6:00 – 6:50 p.m.
Age: 7 – 10 years
Min/Max: 8/20
Fee: \$95.00 R/\$100.00 NR

Registration Deadline: September 1

Skyhawks Volleyball Camp

Dig deep with Skyhawks Volleyball! This program combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving.

Instructor: Skyhawks Sports Academy
Location: ARC Gymnasium
Day/Date: Tuesday/November 18 – December 16
No class November 25
Min/Max: 8/20
Fee: \$95.00 R/\$100.00 NR

Registration Deadline: November 10

Program #:	Time:	Age:
F-106-01	5:30 – 6:20 p.m.	4 – 9 years
F-106-03	6:30 – 7:20 p.m.	10 – 14 years

Skyhawks Cheerleading Camp

Get ready to rally with Skyhawks cheerleading! This fun-filled program teaches a variety of cheers, hand and body movements, and jumping techniques, all stunt-free.

Program #: F-108-01
Instructor: Skyhawks Sports Academy
Location: ARC Gymnasium
Day/Date: Thursday/September 9 – October 9
Time: 6:00 – 6:50 p.m.
Age: 6 – 10 years
Min/Max: 6/20
Fee: \$95.00 R/\$100.00 NR

Registration Deadline: September 3

Skyhawks Multi-Sport Tots Camp

Begin an athletic journey with Muti-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! Parent participation is required with children 3.5 years and younger. **No class November 24.**

Instructor: Skyhawks Sports Academy
Location: ARC Gymnasium/Bremen Heights Soccer Field
Day: Saturday
Min/Max: 8/20
Fee: \$90.00 R/\$95.00 NR

Registration Deadline: One week prior to start date

2 – 3 years

Program #:	Dates:	Time:
F-109-01	Sept. 8 – Oct. 20	9:00 – 9:40 a.m.
F-109-03	Nov. 3 – Dec. 15	9:00 – 9:40 a.m.

4 – 5 years

Program #:	Dates:	Time:
F-109-02	Sept. 8 – Oct. 20	9:50 – 10:30 a.m.
F-109-04	Nov. 3 – Dec. 15	9:50 – 10:30 a.m.

Skyhawks Multi-Sport Camp

Perfect for kids eager to try various sports, this program teaches essential skills and rules across different games. Beyond skill development, participants learn sportsmanship and teamwork, making new friends and memories. **No class November 24.**

Instructor: Skyhawks Sports Academy
Location: ARC Gymnasium/Bremen Heights Soccer Field
Day: Monday
Min/Max: 8/20
Fee: \$115.00 R/\$120.00 NR

Registration Deadline: One week prior to start date

6 – 9 years

Program #:	Dates:	Time:
F-110-02	Sept. 8 – Oct. 20	5:00 – 5:50 p.m.
F-110-04	Nov. 3 – Dec. 15	5:00 – 5:50 p.m.

10 – 14 years

Program #:	Dates:	Time:
F-110-03	Sept. 8 – Oct. 20	6:00 – 6:50 p.m.
F-110-05	Nov. 3 – Dec. 15	6:00 – 6:50 p.m.

Midlothian Indoor Soccer League

Let's kick off the season with more than 150+ kids and 10+ teams in the MSL. 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 August 1, 2025. 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, and practice times are based on the coach's availability. Practices will be for one hour on the TURF FIELD and will start by November 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 Turf
Dates: November – February
Min/Max: 8/12 per team (Pee Wee/Intermediate)
8/20 per team (Junior/Senior)
Fee: \$135.00 R/\$145.00 NR

Registration Deadline: November 1

(\$20.00 Late fee after November 1, no registration taken after November 8)

**THERE WILL BE NO GAMES/PRACTICES THE WEEK OF
THANKSGIVING AND CHRISTMAS**

Program #:	Division:	Age:
F-120-01	Pee Wee	4 – 5 years
F-120-02	Intermediate	6 – 7 years
F-120-03	Junior	8 – 10 years
F-120-04	Senior	11 – 13 years

Volunteer Coaches Needed!!

We are looking for people to coach Indoor Soccer League teams. Please contact Don Villalobos at dvillalobos@midlothianparkdistrict.org if you are interested.

As a "Thank You" at the end of the season, one Head Coach receives a 50% refund and one Assistant Coach receives a 25% refund of the program fee (per team coached)!

22 Fitness & Personal Training

Personal Training

\$45.00 per 60 minute session
16 & older

May purchase up to 4 sessions at a time



Latoya Blue

Focuses on Toning, Core Strength,
Nutrition & Functional Fitness
Availability (by appointment):
Monday, Wednesday, Friday/
8:00 – 10:00 a.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.

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 speed and agility skills. Our program is designed to build well-rounded young athletes through age-appropriate strength conditioning and engaging agility drills. Don't miss out on this chance to help your child unlock their full athletic potential!

Instructor: Erik Larkin
Location: ARC Turf/Challenge Course
Day: Wednesday
Time: 6:30 – 7:30 p.m.
Age: 8 – 13 years
Min/Max: 5/12
Fee: \$55.00 R/\$65.00 NR

Registration Deadline: One week prior to start date

Program #:	Dates:
F-507-01	September 3 – September 24
F-507-02	October 1 – October 29
F-507-03	November 5 – November 26

Small Group Strength Training

This class meets twice per week. 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 R/\$160.00 NR

Registration Deadline: One week prior to start date

Program #:	Dates:
F-508-01	September 5 – October 27
F-508-02	November 3 – December 29

**Days determined by group.*

Class	Program #	Instructor	Day	Dates	Time	Price
Barre	F509-01	Carol Kaye	WE	Sept. 3 – Oct. 29	9:15 – 10:15 a.m.	\$55.00 Member/\$60.00 Non-Member
Barre	F-509-02	Carol Kaye	WE	Nov. 5 – Dec. 24	9:15 – 10:15 a.m.	\$55.00 Member/\$60.00 Non-Member
Fit Forever	F-502-01	Carol Kaye	MO/FR	Sept. 5 – Oct. 27	10:30 – 11:30 a.m.	\$105.00 Member/\$115.00 Non-Member
Fit Forever	F-502-02	Carol Kaye	MO/FR	Nov. 3 – Dec. 29	10:30 – 11:30 a.m.	\$105.00 Member/\$115.00 Non-Member
Functional Fitness	F-505-01	Carol Kaye	SA	Sept. 6 – Oct. 25	9:00 – 10:00 a.m.	\$55.00 Member/\$60.00 Non-Member
Functional Fitness	F-505-02	Carol Kaye	SA	Nov. 1 – Dec. 27	9:00 – 10:00 a.m.	\$55.00 Member/\$60.00 Non-Member
Mat Pilates	F-501-01	Carol Kaye	MO	Sept. 8 – Oct. 27	5:15 – 6:15 p.m.	\$55.00 Member/\$60.00 Non-Member
Mat Pilates	F-501-02	Carol Kaye	MO	Nov. 3 – Dec. 29	5:15 – 6:15 p.m.	\$55.00 Member/\$60.00 Non-Member
Mat Pilates	F-501-03	Carol Kaye	WE	Sept. 3 – Oct. 29	5:15 – 6:15 p.m.	\$55.00 Member/\$60.00 Non-Member
Mat Pilates	F-501-04	Carol Kaye	WE	Nov. 5 – Dec. 17	5:15 – 6:15 p.m.	\$55.00 Member/\$60.00 Non-Member
Yoga	F-500-01	Beth Robinson	TU	Aug. 26 – Sept. 30	6:00 – 7:00 p.m.	\$53.00 Member/\$58.00 Non-Member
Yoga	F-500-02	Beth Robinson	TU	Oct. 14 – Nov. 25 <i>No class Nov. 4</i>	6:00 – 7:00 p.m.	\$53.00 Member/\$58.00 Non-Member
Zumba	F-504-01	Latoya Blue	MO	Sept. 8 – Sept. 29	6:30 – 7:30 p.m.	\$55.00 Member/\$65.00 Non-Member
Zumba	F-504-02	Latoya Blue	MO	Oct. 6 – Oct. 27	6:30 – 7:30 p.m.	\$55.00 Member/\$65.00 Non-Member
Zumba	F-504-03	Latoya Blue	MO	Nov. 3 – Nov. 24	6:30 – 7:30 p.m.	\$55.00 Member/\$65.00 Non-Member
Zumba	F-504-04	Latoya Blue	MO	Dec. 1 – Dec. 29	6:30 – 7:30 p.m.	\$55.00 Member/\$65.00 Non-Member

For a description of all fitness classes, please visit our website

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 challenges, while focusing on the "Four Keys to Self Defense". Athletic attire is preferred.

Instructor: Dexter Grove
 Location: ARC Prairie/River Room
 Day: Thursday
 Time: 6:00 – 7:00 p.m.
 Age: 14 – adult
 Min/Max: 5/30
 Fee: \$45.00 R & NR

Registration Deadline: One week prior to start date

Program #: **Dates:**
 F-103-02 October 2 – October 23
 F-103-03 November 6 – December 4
No Class November 27



\$135 R/\$145 NR

Registration Deadline: November 1

\$20 late fee after November 1. No registration will be taken after November 8.

Players must be of age by August 1, 2025.
Birth Certificate is required at time of registration.

PRACTICE & GAME INFORMATION

Practices will occur 1 time per week during the weekday. Games will be played at Midlothian ARC Turf fields on Saturdays starting in November.

There will be single elimination playoff tournament for the three older divisions.

FEE INCLUDES

Jersey, Award, Picture Package

EQUIPMENT NEEDED

Rubber or molded cleats and shin guards are required. No metal cleats are allowed.

DIVISIONS

Pee Wee	4 - 5 years
Intermediate	6 - 7 years
Junior	8 - 10 years
Senior	11 - 13 years

VOLUNTEER COACHES NEEDED

If you are interested in coaching, please contact Don Villalobos at dvillalobos@midlothianparkdistrict.org

INDOOR SOCCER LEAGUE

