

Winter Activity Guide 2024











14500 S. Kostner Ave. Midlothian, IL 60445 (708) 371–6191 www.midlothianparkdistrict.org



COME CHECK OUT BARTOLINI'S FOR...

MEATBALLSI

Dine in or Carry Out!

14420 S. Pulaski Midlothian, IL 60445 (708) 396-2333



DON'T FORGET.... WE'RE MOVING

3842 West 147th Street in Midlothian Follow us on Social Media for moving date!



Tuesday - Thursday 11:00 a.m. - 10:00 p.m. Friday & Saturday 11:00 a.m. - 10:00 p.m.

LOCAL BEERS ON TAP!

> Sunday & Monday CLOSED



AND SO MUCH MORE!!



We Are Going Digital

Due to rising costs of printing and postage, the Winter Activity Guide will be the last printed brochure delivered to Midlothian homes. Residents may go online to www.midlothianparkdistrict.org and download a PDF version of the brochure or view it on Flipbook. Residents will be notified to remind you when the next activity guide is published and information is always available on our Social Media. If you do not have access to view the activity guide digitally, please call the park district at (708) 371-6191 to be put on a mailing list and we will mail you the activity guide when available.





4 General Information

Letter From the Executive Director, Edward Jung



Out with the old, and in with the new! 2023 has officially ended and a new year of possibilities awaits. From resolutions to bucket lists, may the year ahead bring you new beginnings and new experiences.

The Midlothian Athletic and Recreation staff have been hard at work to bring the residents new and exciting programs

during the winter months. Whether your new year's resolution is to be healthier or more social, the ARC has something for everyone. Our indoor walking track, fitness classes, and fitness center can help you stay active during the winter season. Join our Lunch Club and meet new friends. Sign the kids up for Jump Fest to get their wiggles out and/or for Reptile Uproar to check out any and every creepy crawly creature one can imagine! Check out the various programs in this brochure and sign up before they fill up!

We are in the final stages of preparation of the park district's Comprehensive Master Plan. Once it is finalized and adopted by the Park District Board of Commissioners, the plan will be posted on the park district's website.

As always, 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.

Table of Contents

Adult & Teen Programs 13 - 14, 19 **Athletic Programs** 21 - 23 **Day Camp** 6 **Fitness Center** 5 **Fitness Classes** 26 - 27 **General Information** 3 - 5 Leagues 24 - 25 **Open Gym/Turf** 27 Preschool 7 - 8 **Refund/Registration** Information 28 **Special Events** 15 - 18 **Toddler & Youth Programs** 10 - 12 Trips 20

Board of Commissioners



Rose Pilny President



Mike Kohlstedt Vice President



Mike Callahan Commissioner



Jerry Gleason Commissioner



Frank Pierson 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.

General Information

Board of Commissioners

Rose Pilny, President Serving since 2016 Mike Kohlstedt, Vice President Serving since 1995 Mike Callahan Serving since 2023 Jerry Gleason Serving since 2022 Frank Pierson Serving since 2023

Office 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

<u>Scout Park</u> 148th & Kenton

Waverly Park 143rd & Waverly

Administrative Staff

Edward Jung Executive Director Jennifer Yuska Superintendent of Recreation Patrick Lemar Superintendent of Maintenance Sarah Pitcher Business Manager Angela Czub Recreation Supervisor Renee Grohnke Recreation Supervisor Alex Pasek Athletic Supervisor





Other Information

E-mail info@midlothianparkdistrict.org Facebook Midlothian Park District Instagram midlothianparkdistrict Twitter midlothianpark Website www.midlothianparkdistrict.org

ARC Fitness Center Hours Monday - Friday

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

Saturday & Sunday 7:00 a.m. - 5:00 p.m.

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.

Winter 2024



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

HOURS

Monday - Friday

Saturday & Sunday

*Hours subject to change

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

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 Mem

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

PERSONAL TRAINING

\$35.00 per 60 min session 16 & older Available by appointments only

Carol Kaye & Erik Larkin

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





5:30 AM - 9:00 PM

7:00 AM - 5:00 PM



Midlothian Park District

Pre-Schoo 2024 - 2025

WHAT WE OFFER:

Class begins week of September 9

School Starters (1.5 years old)

Friday (starting September 13) 9:00 - 10:00 a.m. \$170.00 R/\$195.00 NR (per session)

2 year old class

Monday & Wednesday OR Tuesday & Thursday 9:00 - 10:30 a.m. As low as: \$63.00/month

3 year old class

Tuesday & Thursday 9:00 - 11:30 a.m. As low as: \$96.00/month

4 & 5 year old class

Monday, Wednesday & Friday 9:00 - 11:30 a.m. (Half Day) 9:00 a.m. - 2:00 p.m. (Full Day) As low as: \$160.00/month (Half Day) or \$246.00/month (Full Day)

ABOUT OUR PROGRAM

Children will follow a curriculum that emphasizes new themes each week along with introducing new letters, shapes, colors, numbers, name recognition, letter and name tracing, and sing-a-longs. Children will engage in fun activities that will reinforce socialization and learning while working on gross and fine motor skills. Children will have a number of themed events throughout the year that family can attend including our Holiday Concert in December. 4 & 5 year old class will have a graduation at the end of the year. Children entering the 3 and 4 & 5 year old program must be potty trained.



Registration Begins: Returning Students: February 5 New Students: March 4

PRICING INFORMATION:

- One installment payment is due at the time of registration (monthly payments)
- Monthly payments will start in September and will be due on the 15th of each month or the next scheduled business day (September through April)
- EFT payments are required if making monthly payments
- 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)
2 year old	Monday & Wednesday Tuesday & Thursday	9:00 - 10:30 am	\$495/\$545	\$63/\$73
3 year old	Tuesday & Thursday	9:00 - 11:30 am	\$792/\$842	\$96/\$106
4 & 5 year old (Half Day)	Monday, Wednesday & Friday	9:00 - 11:30 am	\$1,344/\$1,394	\$160/\$170
4 & 5 year old (Full Day)	Monday, Wednesday & Friday	9:00 am - 2:00 pm	\$2,112/\$2162	\$246/\$256

- Children must be the age listed above by September 1, 2024
- 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



FOR AGES 1.5 BY SEPTEMBER 1. 2024 BIRTH CERTIFICATES WILL BE REQUIRED TO VERIFY AGE.

IF YOUR CHILD MISSED THE SEPTEMBER 1ST CUTOFF DATE REQUIRED TO ENROLL IN OUR PRE-SCHOOL PROGRAM, THEN THIS PROGRAM IS FOR YOUR CHILD!

CHILDREN WILL ADVANCE IN:

- LETTERS
- NUMBERS
- FINE MOTOR SKILLS
- GROSS MOTOR SKILLS
- SOCIAL PLAY

A CURRICULUM WILL BE FOLLOWED IN THIS PROGRAM.

NAY FRIDAY

EL: \$170 R/\$195 NR SESSION 1 SEPTEMBER 13 - DECEMBER 13 SESSION 2 JANUARY 10 - APRIL 25

TIME: 9:00 - 10:00 AM

ENROLL TODAY!

10 Toddler & Youth General Programs

Minecraft Mania

Are you Steve or Alex? Can you survive against the Creepers? Enter the world of Minecraft with the Midlothian Park District. Make some Minecraft crafts and enjoy a Minecraft-themed treat. This class is great for any Minecraft fan!

Session:	W24-402-01	
Instructor:	Abby Skulavik	
Location:	ARC Prairie Room	
Day/Date:	Tuesday/January 16	
Time:	5:30 – 6:30 p.m.	
Age:	7 – 12 years	
Min/Max:	5/12	
Fee:	\$25.00 R & NR	
Registration Deadline: January 8		

Vamanos Youth Spanish

Learning a second language can open a world of possibilities for your child. In this class students will learn Spanish conversation and some Spanish grammar, reading, and writing skills through interactive and engaging activities. Each session covers new material!

Session:	W24-416-02	
Location:	Oak Forest Park District	
Instructor:	Language in Action, Inc.	
Day/Date:	Wednesday/January 24 – February 28	
Time:	6:00 – 6:45 p.m.	
Age:	7 – 11 years	
Min/Max:	2/6	
Fee:	\$80.00 R/\$85.00 NR	
Registration Deadline: January 16		

I Speak Spanish! – Spanish for Kids

Expand your child's world! Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music. Each session covers new material!

Session:	W24-416-01	
Location:	Oak Forest Park District	
Instructor:	Language in Action, Inc.	
Day/Date:	Wednesday/January 24 – February 28	
Time:	5:00 – 5:45 p.m.	
Age:	3 – 6 years	
Min/Max:	2/6	
Fee:	\$80.00 R/\$85.00 NR	
Registration Deadline: January 16		

Dino Dig (Parent & Tot)

Bring your little one to a Dinosaur Adventure. This prehistoric journey will explore dinosaurs through activities, crafts and games.

Session:	W24-414-01	
Instructor:	Jalisa Ramirez	
Location:	ARC Prairie Room	
Day/Date:	Monday/January 29	
Time:	5:00 – 6:00 p.m.	
Age:	3 – 5 year olds (with adult)	
Min/Max:	6/12	
Fee:	\$30.00 R & NR	
Registration Deadline: January 21		

Mesmerizing Magic

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks from the "Magic Team of Gary Kantor!" All materials are provided, and each child will receive a magic kit to take home. Children will be grouped by age and learn tricks that are age appropriate.

Session:W24-418-01Location:Oak Forest Park DistrictDay/Date:Friday/February 9Time:5:00 - 5:45 p.m.

 Age:
 5 – 12 years

 Min/Max:
 5/12

 Fee:
 \$22.00 R & NR

 Registration Deadline: February 1

Toddler & Youth General Programs 11

Cooking Kids

Come have some fun with food! Each week participants will make a tasty treat that is not only delicious, but easy to make. At the end of the program, everyone will have a cookbook to take home with all the recipes they made throughout the class. All supplies are included. Please let us know if your child has any food allergies.

Instructor:	Abby Skulavik	
Location:	ARC Forest Room	
Day/Date:	Tuesday/February 6 – February 27	
Min/Max:	5/10	
Fee:	\$60.00 R & NR	
Registration Deadline: January 29		

Beginner Bakers

W24-404-01	4:30 – 5:30 p.m.	6 – 8 years
Jr. Chefs		
W24-404-02	5:45 – 6:45 p.m.	9 – 12 years

Be My Valentine

Calling all sweethearts! Come and celebrate Valentine's Day Midlothian Park District style. This heart-filled class is good for both boys and girls. Make something for your sweetheart or save it for yourself!

Instructor:	Jalisa Ramirez	
Location:	ARC Caterpillar Room	
Day/Date:	Monday/February 12	
Min/Max:	5/12	
Fee:	\$25.00 R & NR	
Registration Deadline: February 4		

Session:	Time:	Age:
W24-411-01	5:30 – 6:30 p.m.	4 – 6 years
W24-411-02	6:45 – 7:45 p.m.	7 – 10 years

Check out all our Special Events on pages 15 - 19!

Hot Chocolate Celebration

MMMMMMM......chocolate! January 31 is National Hot Chocolate Day. Participants will celebrate all things Hot Chocolate. Get in from the cold as we make hot chocolate crafts and warm up with some yummy hot chocolate at our hot chocolate bar. This class is sure to satisfy your sweet tooth.

Session:	W24-400-01	
Instructor:	Nelly Reyes	
Location:	ARC Forest Room	
Day/Date:	Wednesday/January 31	
Time:	6:00 – 7:00 p.m.	
Age:	7 – 10 years	
Min/Max:	5/10	
Fee:	\$25.00 R & NR	
Registration Deadline: January 23		

Bluey!

Mum, Dad, Bingo and.....BLUEY! Our favorite dog has come to play and she wants you to join her! This program is sure to entertain every Bluey fan. From playing Pass the Parcel to eating fruit salad (Bluey's favorite food), participants can experience what the Heeler family enjoys.

Session: Instructor: Location: Day/Date: Time:	W24-401-01 Jalisa Ramirez ARC Caterpillar Room Thursday/February 2 5:30 – 6:30 p.m.	
Age:	4 – 6 years	E /10
	Min/Max: Fee:	5/12 \$25.00 R & NR
		adline: February 21
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12 Toddler & Youth General Programs

Shamrocks Rock

Go green in this St. Patrick's Day themed class. Participate in silly shamrock activities and search the Recreation Center for that pesky leprechaun! You may even find a pot of gold at the end of the class!

Easter Egg-stravaganza

Hop on over to the Midlothian Park District for this EGGciting class. Participants will enjoy Easter-themed games, activities and snacks. Search for the hidden eggs and find the golden egg for a prize!

Registration	Deadline: March 5	Registration	Deadline: March 18
Fee:	\$25.00 R & NR	Fee:	\$25.00 R & NR
Min/Max:	5/12	Min/Max:	5/12
Day/Date:	Wednesday/March 13	Day/Date:	Tuesday/March 26
Location:	ARC Caterpillar Room	Location:	ARC Caterpillar Room
Instructor:	Nelly Reyes	Instructor:	Abby Skulavik

Session:	<u>Time:</u>	Age:	Session:	<u>Time:</u>	Age:
W24-412-01	5:30 – 6:30 p.m.	4 – 6 years	W24-413-01	5:30 – 6:30 p.m.	4 – 6 years
W24-412-02	6:45 – 7:45 p.m.	7 – 10 years	W24-413-02	6:45 – 7:45 p.m.	7 – 10 years

Pokémon

This is a great Pokémon themed class. Wear your favorite Pokémon character to this exciting class where participants will make a Pokémon craft and play Pokémon games. Let's have Pokémon fun and GO!

Session: W24-410-01 Abby Skulavik Instructor: Location: ARC Prairie/River Room Day/Date: Tuesday/April 2 Time: 3:30 - 4:30 p.m. 7 – 12 years Age: Min/Max: 5/12 Fee: \$25.00 R & NR **Registration Deadline: March 25**

Parent & Tot Paint a Pot

Spring is right around the corner and spring brings FLOWERS! Parents, grab your tot and come paint a pot. Once you decorate your special pot with your tot, plant a flower together that you can watch grow. All supplies are included in the fee.

W24-403-01 Session: Instructor: Jalisa Ramirez Location: ARC Prairie/River Room Day/Date: Thursday/April 4 Time: 6:00 - 7:30 p.m. 4 - 10 years (with adult) Age: Min/Max 6/12 \$30.00 R & NR Fee: **Registration Deadline: March 27**



Teen & Adult General Programs 13



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: Day: Time:	ARC Prairie/River Room Wednesday Doors open at 10:00 a.m. Lunch served at 11:00 a.m.	<u>Session:</u> W24-200-01 W24-200-02 W24-200-03	<u>Date:</u> January 10 February 14 March 13	<u>Restaurant:</u> Bartolini's Crestwood Culver's Plowman Catering
Age: Fee:	18 & older \$9.00 R & NR - NEW PRICE			

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	
Registration Deadline: One week prior to class		

Session:	Date:
W24-419-01	January 17
W24-419-02	February 21
W24-419-03	March 20

Spanish Acquisition Spanish Language Class for Adults

Have you always wanted to learn a foreign language, but never had the opportunity? Are you planning a vacation to a Spanish-speaking country? Do you work with Spanish speaking students or clients? In this relaxed, smallclass environment you will learn Spanish conversation, grammar, and phonetics which you can immediately begin using. This class will be tailored to fit the needs of the students enrolled.

Session:	W24-416-03	
Instructor:	Language in Action, Inc.	
Location:	Oak Forest Park District	
Day/Date:	Wednesday/January 24 – February 28	
Time:	7:00 – 8:00 p.m.	
Age:	18 & older	
Min/Max:	6	
Fee:	\$78.00 R/\$85.00 NR	
Registration Deadline: January 16		

14 Teen & Adult General Programs

Container Garden Secrets

Although it is cold outside, Spring is right around the corner! Whether you live in an apartment, condo, townhome or single family home, you probably have the space for the color and interest of container gardens. Topics of this class include container selection, plant selection, simple design considerations, the proper planting and maintenance to help ensure success!

Basic Vegetable Gardens

What could be more satisfying than growing your own vegetables? Vegetable gardening doesn't have to be difficult or complicated. This class will present tips to make your landscape work for you. Your garden doesn't have to be all vegetables! Learn how to make your garden partly edible and partly ornamental. It is possible for you to grow fresh, wholesome food in a small space with just a little time. You will also learn how to beat the weeds without pesticides.

Instructor: Location:	University of Illinois E ARC Prairie/River Roc		
Age: Min/Max:	14 – adult 5/25		
Fee:	\$10.00 R & NR		
<u>Session:</u> W24-406-01 W24-406-02	<u>Class:</u> Container Secrets Vegetable Gardens	Day/Date: Saturday/February 17 Thursday/March 14	

<u>Time:</u> 10:00 – 11:00 a.m. 6:30 – 7:30 p.m. Registration Deadline: February 8 March 6

Astrology & Feng Shui-Inspired Vision Board Workshop

Manifest your dreams by unleashing the magic within you! Step into the enchanting workshop and draft your very own Vision Board for 2024. Learn techniques to amplify and accelerate the manifestation of your dreams for 2024 and beyond. All materials and snacks will be provided.

Session #:	W24-417-01	
Instructor:	Rebecca Magallanes	
Location:	ARC Prairie/River Room	
Day/Date:	Saturday/February 10	
Time:	11:00 a.m. – 12:30 p.m.	
Age:	13 – adult	
Min/Max:	5/12	
Fee:	\$20.00 R & NR	
Registration Deadline: February 1		

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.



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SATURDAY, JANUARY 20

1:00 - 4:00 PM | \$10.00 PER JUMPER | \$15.00 AT THE DOOR (REGISTER BY JANUARY 17)

> COME JUMP THE AFTERNOON AWAY ! WE WILL HAVE BOUNCE HOUSES, BOUNCE SLIDES, AND OBSTACLE COURSES. CHILDREN 12 & UNDER MUST HAVE A GUARDIAN WITH THEM.





COME DANCE THE NIGHT AWAY! EACH COUPLE WILL RECEIVE A FREE PHOTO. THERE WILL BE A BALLOON DROP TO END THE NIGHT.

REGISTER BY FEBRUARY 1ST



MIDLOTHIAN PARK DISTRICT



10 20







EACH PLAYER WILL RECEIVE ONE BINGO CARD. YOU CAN PURCHASE ADDITIONAL CARDS FOR #1.00 EACH.

PIZZA & DRINKS WILL BE INCLUDED.

55

56

42

72

73

MIDLOTHIAN PARK DISTRICT PRESENTS

OUD & FUN

SATURDAY, FEBRUARY 24 1600 PM - OLIVER'S BAR & GRIE

Tickets go on sale January 2

Alcohol

\$60

15 games of Bingo, 3 hour

open bar & food

Non-Alcohol \$30 15 games of Bingo, 3 hours of pop & water & food

Get \$10 off an alcohol ticket if you register by February 1st

50/50 & Raffles available for purchase *Additional Bingo Booklet for sale: \$10

Check In:1:00 pmFood Served:1:15 pmBingo:2:00 - 5:00 pmDrinks will be served from 2:00 - 5:00 pm

Purchase tickets at The Midlothian Park District All money raised goes to Community Events & Scholarships **JOIN US FOR**

MIDLOTHIAN PARK DISTRIC

FRIDAY, MARCH 22 6:30 - 8:30 pm THE ATHLETIC & RECREATION CENTER

Come enjoy an evening with The Easter Bunny as we have some sundaes and Easter fun!

All children will receive an Easter egg from the bunny and be entered into a raffle.

TICKETS GO ON SALE FEBRUARY 1 ADMISSION 10.00 PER PERSON TICKETS WILL NOT BE SOLD AT THE DOOR

LDREN 11 MONTHS & UNDER ARE FREE WITH PAYING ADULT

PICTURES WITH THE EASTER BUNNY

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

6:00 - 8:00 PM

COME TO THE MIDLOTHIAN PARK DISTRICT TO SEE THE EASTER BUNNY, BRING YOUR CAMERA OR PURCHASE OUR PHOTOS, S3.00 PER PHOTO | S5.00 DIGITAL

HOUSE HOP EGG DROP

SUNDAY, MARCH 24 | 9 AM - 12 PM MIDLOTHIAN RESIDENTS ONLY

The Easter Bunny will be stopping by houses in Midlothian to drop off some Easter Eggs. All houses will get to see the Easter Bunny while staff fills your front yard with eggs. All eggs will be stuffed with toys and candy. Limited to 25 houses.

\$25 - 50 Eggs Apartment & Condo deliveries \$10 - Additional 50 Eggs will be made to the front door. **REGISTRATION OPENS MARCH 1ST AT 9:00 AM**





SUNDAY, APRIL 12 10:00 AM - 2:00 PM AT THE ATHLETIC & RECREATION CENTER

See several species of reptiles, bugs and amphibians on display. Get to see two mini shows instructed by Crosstown Exotics.

Mini Show Times 11:30 am | 1:30 pm

Admission

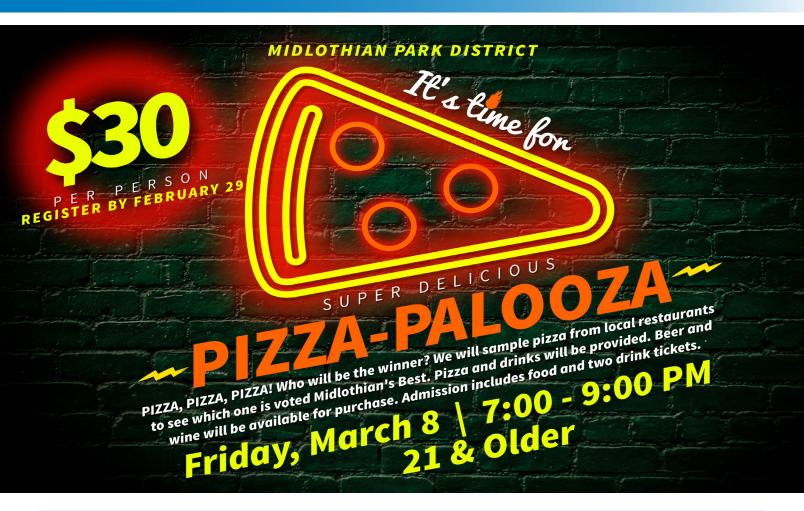
\$10.00 per person (register by April 2)

\$15.00 per person (at the door)

children 1 & under are free with paying adult

Register online today at: www.midlothianparkdistrict.org

Teen & Adult General Programs 19



Get Organized & Stress Less!

We are busier than ever before, and our homes and brains and lives feel so cluttered! In this class, we will learn time management strategies, clutter clearing skills, and easy stress relief tools that fit in your busy life. Take the time to learn to make time and be less stressed. *All participants will receive materials to take home.*

An Organized Kitchen

Find time, money and space in your kitchen! Organize the space, explore menu planning and savvy shopping, and make your kitchen work for you, for wellness, family and life. *All participants will receive materials to take home.*

Instructor:	M. Colleen Klimczak, Certified Professional Organizer
Location:	ARC Prairie/River Room
Age:	16 – adult
Min/Max:	10/25
Fee:	\$22.00 R & NR

Session:Class:Day/Date:W24-415-01Get OrganizedThursday/February 8W24-415-02Organized KitchenSaturday/March 9

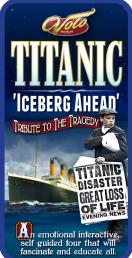
<u>Time:</u> 6:30 – 8:30 p.m. 10:00 – 12:00 p.m. Registration Deadline: February 1 March 1

20 Trips

Titanic Exhibit & Lunch at Fratello's

Start the day at the Volo Auto Museum where we will explore the Titanic Exhibit. This exhibit intertwines emotion with education to tell the story of the infamous Titanic. This self-guided tour and exhibit goes far beyond mere entertainment and honors the memory of those onboard. After the exhibit, you can take time to explore the rest of the auto museum. We will end the day with lunch at Fratello's Hot Dogs, a local favorite featuring hamburgers and hot dogs. Fee includes transportation, lunch and museum entrance.

Session #:	W24-300-01	
Location:	Volo, Illinois	
Day/Date:	Tuesday/January 30	
Time:	8:30 a.m. – 4:15 p.m.	
Age:	18 – adult	
Min/Max:	6/13	
Fee:	\$85.00 R & NR	
Registration Deadline: January 22		



Fiddler on the Roof

Set in the little village of Anatevka, the story of Tevye and his five daughters has been touching audiences worldwide with its humor, warmth and honesty for generations. Join us as we travel to Drury Lane to see the world famous



Fiddler on the Roof. Enjoy a 3 course lunch before the show in the elegant dining room of Drury Lane. Fee includes transportation, lunch and show.

Session #:W24-301-01Location:Oak Brook, IllinoisDay/Date:Wednesday/February 21Time:10:30 a.m. - 5:00 p.m.Age:18 – adultMin/Max:10/13Fee:\$120.00 R & NRRegistration Deadline: February 1

Maple Syrup Mania

Take a trip to Pilcher Park in Joliet and experience some sweet syrup shenanigans! Have you ever wondered how maple syrup goes from tree to table? Here you will learn how syrup is made while standing next to a tapped maple tree, hike in the sugar bush to learn about maple forests, visit with the nature center animals and finish off the tour eating pancakes! Please dress for the weather and prepare to walk in the woods. Fee includes transportation, tour and pancakes.

Session #:W24-302-01Location:Joliet, IllinoisDay/Date:Friday/March 22Time:8:30 a.m. - 12:30 p.m.Age:18 - adultMin/Max:6/13Fee:\$25.00 R & NRRegistration Deadline: March 14

Register online at www.midlothianparkdistrict.org

Athletic Programs 21

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. Athletic attire preferred.

Instructor:Dexter GroveLocation:ARC Prairie/River RoomDay:Monday & WednesdayMin/Max:5/20Fee:\$80.00 R/\$90.00 NR (per month)Registration Deadline: One week prior to start date



<u>5 – 12 years</u>

Session #:	Dates:	<u>Time:</u>
W24-100-01	January 3 – January 31	6:30 – 7:30 p.m.
W24-100-02	February 5 – February 28	6:30 – 7:30 p.m.
W24-100-03	March 4 – March 27	6:30 – 7:30 p.m.
W24-100-04	April 1 – April 29	6:30 – 7:30 p.m.

<u> 13 – adult</u>

Session #:	Dates:	<u>Time:</u>
W24-101-01	January 3 – January 31	7:30 – 8:30 p.m.
W24-101-02	February 5 – February 28	7:30 – 8:30 p.m.
W24-101-03	March 4 – March 27	7:30 – 8:30 p.m.
W24-101-04	April 1 – April 29	7:30 – 8:30 p.m.

Intro to Ice Skating

Join us for a fun 8-week introductory program where a child's exploration of skating begins! This program will focus on balance, coordination, agility, listening skills, rink comfortability, fun and more!

Instructor:Southwest Ice Arena StaffLocation:Southwest Ice ArenaDay/Date:Saturday/January 6 – February 24Min/Max:3/20Registration Deadline: January 5

Session #:	<u>Class:</u>	Age:	<u>Time:</u>	Fee:
W24-105-01	Ice Explorers	2 – 4 years	11:00 – 11:30 a.m.	\$123.00 R/\$133.00 NR
W24-105-02	Tots 1	3 – 5 years	11:00 – 11:30 a.m.	\$123.00 R/\$133.00 NR
W24-105-03	Basic 1	6 – 12 years	10:00 – 11:00 a.m.	\$137.00 R/\$147.00 NR

22 Athletic Programs

Skyhawks Basketball Camp

This fun, skill-intensive program is designed for beginning to 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
Location:	ARC Gymnasium
Day/Date:	Wednesday/January 24 – February 28
	(6 week class)
Min/Max:	6/20
Fee:	\$90.00 R/ \$95.00 NR
Registration L	Deadline: January 16

Session:	<u>Time:</u>	Age:
W24-110-01	5:30 – 6:20 p.m.	4 – 6 years
W24-110-02	6:30 – 7:20 p.m.	7 – 9 years
W24-110-03	7:30 – 8:20 p.m.	10 – 12 years

Boxing Class

Our class gives young children 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 day to day life.

Session:	W24-102-01
Instructor:	Victor Wade
Location:	ARC Prairie/River Room
Day/Date:	Tuesday/February 6 – February 27
Time:	7:00 – 8:00 p.m.
Age:	8 – 14 years
Min/Max:	5/20
Fee:	\$60.00 R/\$70.00 NR
Registration D	eadline: January 25

Volleyball Camp

Love Volleyball? Looking for a high-level coach that can teach the basics of this great team sport? Join us this February for the best volleyball camp we have ever offered! This 5-week camp will be run by a professional Volleyball player and will aim to teach children the fundamentals taught by USA volleyball. This program is designed using USAV drills and activities which are fun, engaging and teach the game in the best way possible. Beginner and intermediate players are welcome!

Instructor:Eric Tripp/Kelsi ChambersLocation:ARC GymnamsiumDay/Date:Thursday/February 1 – February 29Min/Max:6/20Fee:\$80.00 R/\$90.00 NRRegistration Deadline: January 25

Session:	<u>Time:</u>	Age:
W24-103-01	5:30 – 6:20 p.m.	4 – 6 years
W24-103-02	6:30 – 7:20 p.m.	7 – 9 years
W24-103-03	7:30 – 8:20 p.m.	10 – 12 years

All 3s Basketball Camp

Join us as we begin a new era of basketball training and development at the Midlothian Park District. 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, while building skill sets as we progress. We will work hard on instilling players with a great work ethic, confidence and leadership. This program will end the month with a 3v3 tournament. In this tournament players will have the chance to show off their skill set and any improvements that have been made to their game. Gifts and prizes will be awarded to players based off their performance during the tournament as well as overall development.

		Session:	<u>Time:</u>	<u>Age:</u>
Instructor:	Eugene Gaines	W24-104-01	5:00 – 5:50 p.m.	4 – 6 years
Location:	ARC Gymnasium	W24-104-02	6:00 – 6:50 p.m.	7 – 9 years
Day/Date:	Friday/March 1 – March 29	W24-104-03	7:00 – 7:50 p.m.	10 – 12 years
	No class March 22			
Min/Max:	6/18			
Fee:	\$75.00 R/\$85.00 NR			
Registration	Deadline: January 25			

Skyhawks Soccer Camp

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills. This class is a great way to prepare for the Indoor Soccer League!

Instructor:	SkyHawks	Session:	<u>Time:</u>	Age:
Location:	ARC Turf	W24-111-01	5:30 – 6:20 p.m.	4 – 6 years
Day/Date:	Thursday/March 7 – April 4	W24-111-02	6:30 – 7:20 p.m.	7 – 9 years
Min/Max:	6/20	W24-111-03	7:30 – 8:20 p.m.	10 – 12 years
Fee:	\$70.00 R/\$75.00 NR			
Registration	Deadline: February 29			

Skyhawks T-Ball/Baseball Camp

Learn the fundamentals of fielding, catching, throwing, hitting and base running - all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork and sportsmanship.

Instructor:	SkyHawks	
Location:	ARC Gymnasium (OR TURF)	
Day/Date:	Tuesday/April 9 – April 30	
Min/Max:	6/20	
Fee:	\$70.00 R/\$75.00 NR	
Registration Deadline: April 2		

Session #:	Class:	<u>Age:</u>	<u>Time:</u>
W24-112-01	T-Ball	4 – 6 years	5:30 – 6:20 p.m.
W24-112-02	Baseball	7 – 9 years	6:30 – 7:20 p.m.
W24-112-03	Baseball	10 – 12 years	7:30 – 8:20 p.m.

24 Leagues

Co-Ed Quads Adult Grass Volleyball League

Did you know volleyball has been the fastest growing sport in America over the past 5 years? Midlothian Park District heard the news, and we are excited to offer this Adult Grass Volleyball League at our wonderful Turf facility. Nine weeks of competition with regular season games and a playoff bracket to finish the season. Games will be played with a grass/beach volleyball net and will use grass/beach court sizes. Games will be 2 sets to 21 every week. Team format will be two men/two women (exceptions can be made for all female teams). If you do not have a team, we will take single signups and form teams with those single signups. We will follow AVP Grass Volleyball Guidelines.

Location:ARC TurfDay/Date:Tuesday/April 2 – June 4Time:6:30 - 8:30 p.m. start timesAge:18 - adultMin/Max:6/12 teamsRegistration Deadline: March 26

Session:	<u>Type:</u>	Fee:
W24-121-01	Single	\$75.00 R & NR
W24-121-02	Team	\$300.00 R & NR

Sandlot Slugger League (Coach Pitch/T-Ball)

The Sandlot Slugger League is back and we are so excited to see all of the new and returning faces this year! This recreational T-Ball/Coach Pitch program is offered to youth ages 4 to 8 years old. Players must be of age by January 1, 2024. Birth Certificates are required for all players at the time of registration. This program will help develop fundamental skills such as hitting, fielding, and baserunning. We keep three goals consistent with this league: learn the game, develop their skills and have fun! With fun team names like Sandlot Beasts, Flyers, Bambinos and more there is so much to love and get involved with. Games will be played at the Midlothian ARC Ball Fields. Practices will occur once per week during the weekday evenings. Games will be played on Thursday nights. You must provide your child with a glove but a jersey and hat will be provided. Opening day will be June 6 with practices beginning the week prior.

Location:ARC Ball FieldsDates:May – JulyMin/Max:8/10 per teamFee:\$75.00 R/\$80.00 NRRegistration Deadline: May 10(\$10.00 Late fee after May 10, no registration takenafter May 17)

Session #:	Division:	Age:
W24-123-01	А	4 – 6 years
W24-123-02	В	7 – 8 years



Leagues/Tournament 25

Summer Men's ASA 12" Softball League

Summer softball season is starting up again! Join one of Midlothian's longest standing leagues where each week, teams will play doubleheaders against the same team. 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, April 17. If you cannot attend, you must send a representative in your place.

Session:W24-122-01Location:Memorial Park FieldsDay/Date:Wednesdays beginning April 17Time:6:45 p.m.Min/Max:8/11Fee:\$700.00 R &NRRegistration Deadline: April 10

Adult Softball Registration Information

Priority Registration: New Team Registration: January 2 – January 21 Begins January 22

Those teams who played in Fall 2023 but not the Summer of 2023, will NOT be able to register during Priority Registration. Only teams who played in the Summer of 2023, will be allowed to register during Priority Registration.







26 Fitness & Personal Training

Mat Pilates

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

Senior Fitness

Live healthy, live happy! The various light exercises taught will help to increase flexibility, circulation, strength, and balance to name a few. Enjoy this workout standing or sitting on a chair. This class is specifically designed for men and women over the age of 55 who would like to exercise.

Stretch & Flexibility

Turn back time with movement! Increase your flexibility and range of motion, improve your posture and improve your balance all with some instructor led stretching. Learn how to move in a way that is smart, efficient all while reducing your risk of injury and feeling younger! Move better and feel healthier!

WERQ

WERQ is a fiercely fun cardio dance fitness class similar to Zumba based on pop, rock, and hip-hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. No dance experience required. Great for all ages- Moderations to moves will be shown during class. WERQ is taught by Certified Fitness Professionals, so the WERQout is safe and effective.

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.

Personal Training

\$35.00 per 60 minute session 16 & older May purchase up to 4 sessions at a time





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, Personal Trainer Specializes in Strength & Conditioning, Muscle/Mass Building & Weight Loss Availability (by appointment): Monday – Friday/5:00 – 9:00 p.m.

Fitness Classes 27

<u>Class</u>	<u>Instructor</u>	<u>Day</u>	Dates	<u>Time</u>	Price
Mat Pilates	Carol Kaye	MO	January 8 – February 26	6:15 – 7:15 p.m.	\$50.00 Member/\$55.00 Non-Member
Mat Pilates	Carol Kaye	MO	March 4 – April 29	6:15 – 7:15 p.m.	\$50.00 Member/\$55.00 Non-Member
Mat Pilates	Carol Kaye	WE	January 3 – February 28	6:15 – 7:15 p.m.	\$50.00 Member/\$55.00 Non-Member
Mat Pilates	Carol Kaye	WE	March 6 – April 24	6:15 – 7:15 p.m.	\$50.00 Member/\$55.00 Non-Member
Mat Pilates	Carol Kaye	SA	January 6 – February 24	8:30 – 9:30 a.m.	\$50.00 Member/\$55.00 Non-Member
Mat Pilates	Carol Kaye	SA	March 2 – April 27	8:30 – 9:30 a.m.	\$50.00 Member/\$55.00 Non-Member
Senior Fitness	Carol Kaye	MO/FR	January 5 – February 26	10:30 – 11:30 a.m.	\$100.00 Member/\$110.00 Non-Member
Senior Fitness	Carol Kaye	MO/FR	March 1 – April 29	10:30 – 11:30 a.m.	\$100.00 Member/\$110.00 Non-Member
Stretch & Flexibility	Carol Kaye	WE	January 3 – February 28	9:15 – 10:15 a.m.	\$50.00 Member/\$55.00 Non-Member
Stretch & Flexibility	Carol Kaye	WE	March 6 – April 24	9:15 – 10:15 a.m.	\$50.00 Member/\$55.00 Non-Member
Stretch & Flexibility	Carol Kaye	FR	January 5 – February 23	9:15 – 10:15 a.m.	\$50.00 Member/\$55.00 Non-Member
Stretch & Flexibility	Carol Kaye	FR	March 1 April 26	9:15 – 10:15 a.m.	\$50.00 Member/\$55.00 Non-Member
WERQ	Holly Auskalnis	TH	January 11 – February 22	6:30 – 7:30 p.m.	\$50.00 Member/\$55.00 Non-Member
			*No Class January 18		
WERQ	Holly Auskalnis	TH	March 21 – April 25	6:30 – 7:30 p.m.	\$50.00 Member/\$55.00 Non-Member
Yoga	Beth Robinson	SA	January 6 – February 10	8:30 – 9:35 a.m.	\$43.00 Member/\$48.00 Non-Member

Fitness Class Information



Refund Policies

Requests for refunds can be made by calling or visiting the Midlothian Park District. Please reveiw 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 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 seond 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.

Regsitration 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.



BECOME PART OF OUR FAMILY

Especially in these unprecedented times, may you find a source of hope and encouragement at our parish and school.

Open House: January 28, 2024 10:30am-1:00pm

Families are invited to tour our facilities, and meet with our faculty, students and staff. You can enjoy learning about our:

- Faith-Based Education and Weekly Liturgy
- 1:1 Chromebooks for the entire school; Reading Resource Specialist for Additional Classroom Support
- Band, Art, Computer, Library & Physical Education Classes
- After School: Math & Reading Tutoring; Math Club, Science Club, Art Club, Choir, and more!
- Athletic Program consisting of Volleyball, Basketball & Jr. Cougars
- Before or after school Extended Day Program: safe, fun, and educational. 6am-6pm
- Preschool: 3 and 4-Year Old Developing Motor, Emotional, Academic, and Social Skills
- New Child Care Assistance Program (CCAP) and CCAP Transfers accepted. Competitive tuition rates.
- Registration for the 2024/2025 school year is open. Serving 3-yr old preschool through 8th grade students

At St. Christopher School we develop the entire child, in mind, body and spirit. We look forward to meeting you.

For more information, please visit or contact us at

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Bremen Township is Here to Assist You

Bremen Township's Youth & Family Department offers a wide variety of programs and services that assist our younger people navigate their journey to adulthood. Bullying, peer pressure, anger, and suicide prevention are just some of the issues that our youth face on a daily basis. We offer individual and/or group counseling for these and many more issues for any resident of Bremen Township between the ages of 5 - 18 years old free of charge. If you believe that your child or grandchild can benefit from our services please do not hesitate to call our office at (708) 419-4100 and our professional staff will assist you.

The Bremen Township Wellness Center is located at the Maggie Crotty Senior/Youth Complex at 15350 Oak Park Ave. in Oak Forest.

Our Senior Wheels Division served as a lifeline for many of our Bremen Township seniors aged 55 years and older. We can take you shopping, to the doctor, hairdresser, or just to visit a friend anywhere within the township boundaries. We also serve hot, healthy nutritional lunches Monday thru Thursday for a requested \$4.00 donation. Call our offices at (708) 687-8220 and our friendly staff will help you. Also ask about our many other senior programs and activities

The 2nd Friday of each month Bremen Township in partnership with Together We Cope & the Greater Food Depository distributes free farm fresh produce to residents and families of all ages. Distributions begin at 10:30 a.m. until noon at our Markham facility located at 16361 Kedzie.

Sign up for our newsletter and/or senior newsletter by calling our office at (708) 687-8220 or email ssmith@brementownship.net





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