



MIDLOTHIAN PARK DISTRICT WINTER ACTIVITY GUIDE 2026

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

2 GENERAL INFORMATION

Letter From the Executive Director, Edward Jung



Welcoming a fresh start! With 2025 behind us, a new year full of possibilities is here. Whether you're making resolutions or dreaming up a new bucket list, may the coming year bring exciting beginnings and memorable experiences.

I would like to begin by expressing my gratitude to the entire Midlothian Park District staff. Their hard work and dedication make our programs, events, leagues, parks, and facilities possible. The Midlothian Athletic and Recreation Center team has been especially busy preparing new and engaging programs for the winter months. If your New Year's resolution is to stay active or connect with others, the ARC has something for everyone. Our indoor walking track, fitness classes, and fitness center are great ways to keep moving during the colder season. You can also join our Lunch Club to meet new friends. For the kids, Jump Fest offers a fun way to burn off energy, while Reptile Uproar gives them a chance to explore all kinds of fascinating—and creepy crawly—creatures. Browse the many programs featured in this brochure and register early before spots fill up!

In Fall 2024, the Park District applied for an Open Space Land Acquisition and Development Grant from the Illinois Department of Natural Resources to support improvements on the west side of Memorial Park. In spring 2025, the Park District was awarded the grant, and renovation work is scheduled to begin in early 2026. Planned upgrades include a new playground, two pickleball courts, updated fitness stations, enhancements to the Veteran's Memorial, and a pollinator garden. Stay tuned for updates on the Memorial Park renovation project.

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

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.

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.

4 REFUND & REGISTRATION INFORMATION

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.

Register online at www.midlothianparkdistrict.org

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.

> LOUD & FUN <

BREWS & BINGO

SATURDAY, FEBRUARY 28

INCLUDES FOOD, BINGO, RAFFLES
AND OPEN BAR

\$50.00/person

GO TO WWW.MIDLOTHIANPARKDISTRICT.ORG
FOR MORE INFORMATION
TICKETS GO ON SALE JANUARY 5

**All money raised goes to
Community Events & Scholarships**



START TODAY

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

MEMBERSHIP INFORMATION

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

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

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

PRICING

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

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

MEMBERSHIP AMENITIES

Excluding Track Members

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

HOURS

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

*Hours subject to change

PERSONAL TRAINING

\$45.00 per 60 min session

16 & older

Available by appointments only



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





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
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.



JUMP FEST

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

\$10

per jumper
 register by January 15

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

MOTHER/SON

**GLOW
 PARTY**



FRIDAY, FEBRUARY 13
6:30 - 8:30 PM
\$20.00 PER PERSON

RECOMMENDED FOR AGES 3 - 12

PRICE INCLUDES:
 FOOD, DRINKS,
 GIVE-A-WAY,
 COMPLIMENTARY PHOTO

14500 S. KOSTNER AVENUE | 708-371-6191

MIDLOTHIAN PARK DISTRICT

BINGO
with Grandparents

FRIDAY, MARCH 6 | 6:00 - 8:00 PM
AGES: 5 & OLDER
---- \$20 PER PERSON ----
-- REGISTRATION DEADLINE: FEBRUARY 28 --

FOOD | FUN | FAMILY

Each participant will get one booklet and play ten games. Additional bingo cards will be available for purchase for \$1.00 per booklet.





MIDLOTHIAN PARK DISTRICT & CROSSTOWN EXOTICS
PRESENTS



REPTILE

UPROAR

SUNDAY, MARCH 29

10:00 AM - 2:00 PM

THE ATHLETIC & RECREATION CENTER

COME SEE SEVERAL SPECIES OF REPTILES, BUGS
AND AMPHIBIANS ON DISPLAY. GET UP CLOSE
AND PERSONAL WITH DIFFERENT SPECIES AT
OUR MINI SHOWS: 11:30 AM & 1:00 PM

CHILDREN 2 & UNDER ARE FREE WITH PAYING ADULT

PRE-SALE ADMISSION

REGISTRATION DEADLINE: MARCH 18

\$12 OR **\$9**

PER ADULT
10 & OLDER

PER CHILD
3 - 9 YEARS

AT THE DOOR ADMISSION

ADMISSION WILL END AT 1:30 PM

\$12

PER PERSON

To ensure the safety and well-being of all animals, no animals will
be sold at this event. Reptiles and household pets are not allowed.

MIDLOTHIAN PARK DISTRICT

Pictures with **THE EASTER BUNNY**

MONDAY, MARCH 30TH

5:30 - 6:00 PM

FOR CHILDREN WITH SPECIAL NEEDS

6:00 - 8:00 PM

FOR THE GENERAL PUBLIC

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



MIDLOTHIAN PARK DISTRICT

FLASHLIGHT EGG HUNT

THE ATHLETIC & RECREATION CENTER | 14500 S. KOSTNER AVENUE

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

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

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

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

EACH GROUP WILL BE ON SEPARATE FIELDS.

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



SMART SPROUTS Preschool Program

at The Midlothian Park District

Class Offerings:

School Starters (1.5 years old)

Friday
9:00-10:00a.m

2 year old class

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

3 year old class

Tuesday & Thursday
9:00-11:30am

4/5 year old class

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



Registration Begins:

Returning Students: February 2
New Students: March 2

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

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

Pricing

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

Full Payment

Monthly Payment

School Starters

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

School Starters

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

2 year olds

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

2 year olds

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

3 year olds

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

3 year olds

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

4/5 year olds
Half Day

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

4/5 year olds
Half Day

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

4/5 year olds
Full Day

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

4/5 year olds
Full Day

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

Class starts the week of September 7, 2026

Registration Requirements

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

Monthly Payments

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

About our Program

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





Prices Coming Soon

Grades:

PreK-6th

Grade based on 2026-2027 school year

Dates:

June 15 - August 7

Times:

Prek: 9am-12:30pm

Kindergarten: 9am-3pm

1st-6th: 9am-3pm

Day Options:

Mon-Fri

Mon/Wed/Fri

Tue/Thu

Camper Care:

7am-9am

3pm-6pm

Grades 1st -6th only

**REGISTRATION
BEGINS 3/16/26**

\$75 non-refundable deposit per child due
at registration.

Balances due by 6/1/26

Camper Care hours non-refundable



FROSTY DOODLES

Bundle up your creativity for this cool art class! Participants will learn step-by-step how to doodle fun winter designs and turn their ideas into unique works of art. A perfect way to stay warm and inspired this season!

Program #: W-436-01
 Instructor:
 Location: ARC Meadow Room
 Day/Date: Tuesday/January 20
 Time: 5:30 – 6:30 p.m.
 Age: 14 – 16 years
 Min/Max: 5/10
 Fee: \$12.00 R/\$15.00 NR

Registration Deadline: January 13

BLUEY MUSIC & MOVEMENT

Get ready for tail-wagging fun! This Bluey-themed class combines music, movement, and make-believe play that gets little ones up, active, and smiling, while meeting some new friends and other moms in the area!

Program #: W-427-01
 Location: ARC Caterpillar Room
 Day/Date: Saturday/January 24
 Time: 9:00 – 10:00 a.m.
 Age: 1 – 2 years with adult
 Min/Max: 5/10
 Fee: \$10.00/pair R & NR

Registration Deadline: January 17

LOVE BUG CRAFT DAY

In this class adults will spend some quality time with their little love bug! Enjoy a cheerful crafting session filled with glue, giggles, and heart-shaped fun.

Program #: W-428-01
 Location: ARC Caterpillar Room
 Day/Date: Saturday/February 7
 Time: 10:00 – 11:00 a.m.
 Age: 1 – 2 years with adult
 Min/Max: 5/10
 Fee: \$10.00/pair R & NR

Registration Deadline: January 31

WINTER WONDERS ART

Celebrate the season with snowy art fun! In this creative class, young creators will make winter-themed crafts full of color and imagination.

Program #: W-430-01
 Location: ARC Butterfly Room
 Day/Date: Tuesday/January 27
 Time: 1:00 – 2:00 p.m.
 Age: 3 – 5 years
 Min/Max: 5/10
 Fee: \$10.00 R/\$12.00 NR

Registration Deadline: January 20

SWEET TREATS CHEFS

Join us for a baking-inspired class full of festive fun! Each week, kids will create a different sweet treat tied to the season's holidays, learning simple kitchen techniques while mixing, decorating, and of course—tasting their creations.

Location: ARC Forest Room
 Day/Date: Monday/January 26 – February 16
 Min/Max: 5/10
 Fee: \$50.00 R/\$55.00 NR

Registration Deadline: January 19

Program #:	Time:	Age:
W-433-01	5:30 – 6:30 p.m.	4 – 6 years
W-433-02	6:45 – 7:45 p.m.	7 – 13 years

GALENTINE'S PARTY NIGHT

Grab your besties (or come make some new ones!) for a night dedicated to friendship and fun. We'll craft, play games, and enjoy yummy snacks in a relaxed, creative atmosphere perfect for celebrating the joy of friends.

Program #: W-437-01
 Location: ARC Meadow Room
 Day/Date: Wednesday/February 11
 Time: 5:30 – 6:30 p.m.
 Age: 14 – 16 years
 Min/Max: 5/10
 Fee: \$15.00 R/\$17.00 NR

Registration Deadline: February 4

14 GENERAL PROGRAMS

VALENTINE ART PARTY

Spread the love with art! In this one-day Valentine Art Party, kids will create adorable heart-themed crafts, paint, and celebrate friendship through creativity. It's the perfect mix of color, fun, and Valentine cheer—complete with plenty of glitter and smiles!

Program #: W-431-01
Location: ARC Butterfly Room
Day/Date: Thursday/February 12
Time: 5:30 – 6:30 p.m.
Age: 3 – 5 years
Min/Max: 5/10
Fee: \$10.00 R/\$12.00 NR

Registration Deadline: February 5

A COLORFUL MESS

In this colorful class, participants will explore the magic of color! Kids will mix colors with water or shaving cream and go on a bright rainbow scavenger hunt around the room, just in time for St. Patrick's Day!

Location: ARC Butterfly Room
Day/Date: Monday/March 9
Min/Max: 5/10
Fee: \$15.00 R/\$17.00 NR

Registration Deadline: March 2

Program #:	Time:	Age:
W-432-01	5:15 – 6:15 p.m.	3 – 5 years
W-432-02	6:30 – 7:30 p.m.	6 – 10 years

TIE DYE REVIVAL

Get ready to add some color to your wardrobe! Participants will learn a variety of tie-dye techniques to create unique, wearable designs on items like T-shirts, socks, and tote bags. It's a bright, hands-on class full of creativity and color! Please bring your own white item to dye and we will provide the rest.

Program #: W-438-01
Location: ARC Meadow Room
Day/Date: Tuesday/March 24
Time: 5:30 – 6:30 p.m.
Age: 14 – 16 years
Min/Max: 5/10
Fee: \$20.00 R/\$22.00 NR

Registration Deadline: March 17

LUCKY LITTLE LEPRECHAUNS

Join us for a shamrockin' good time! You and your little leprechaun will make St. Patrick's Day crafts, play, and celebrate the luck of the Irish together. Wear your favorite St. Patrick's Day gear!

Program #: W-429-01
Location: ARC Caterpillar Room
Day/Date: Saturday/March 7
Time: 10:00 – 11:00 a.m.
Age: 1 – 2 years with adult
Min/Max: 5/10
Fee: \$15.00/pair R & NR

Registration Deadline: February 28

POPMART PLAY DATE

Join us for a Labubu showcase like no other! Participants will get to share their favorite Labubu, dress them in tiny costumes, and design custom backdrops for adorable photo sessions. It's a creative, hands-on class perfect for collectors and fans who want to celebrate their 'bubu' in style! All participants will need to bring their Labubu and any change of costumes you have. We will provide the supplies for backdrop making!

Program #: W-435-01
Location: ARC Meadow Room
Day/Date: Thursday/March 12
Time: 5:30 – 6:30 p.m.
Age: 7 – 13 years
Min/Max: 5/10
Fee: \$15.00 R/\$17.00 NR

Registration Deadline: March 5

INTERESTED IN TEACHING A CLASS OR BEING AN INSTRUCTOR AIDE?

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

LUNCH CLUB

Come out and enjoy lunch while meeting new friends. The Midlothian Park District holds monthly lunches at the Athletic & Recreation Center. We will start the day with music and puzzles as we get ready for a delicious lunch provided by a local restaurant. Finish the day with Raffle and conversation. Bring a friend or two and enjoy the afternoon with the park district's friendly staff!

Must register one week before luncheon.

No refunds after the registration deadline.

Telephone registration accepted with a credit card.



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

Program #:
 W-205-04
 W-205-05
 W-205-06
 Date:
 January 14
 February 11
 March 11

Restaurant:
 Kenootz
 Culver's
 Plowman Catering

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 #:
 W-442-01
 W-442-02
 W-442-03
 Date:
 January 21
 February 18
 March 18

Registration Deadline: One week prior to class

ADULTING 101

From budgeting to balancing priorities, this interactive class covers the basics of being a successful adult. Participants will gain useful tools, helpful habits, and confidence to take on the grown-up world—no instruction manual required!

Program #: W-439-01
 Location: ARC Forest Room
 Day/Date: Wednesday/January 28
 Time: 5:30 – 6:30 p.m.
 Age: 16 – adult
 Min/Max: 5/10
 Fee: \$10.00 R/\$12.00 NR

Registration Deadline: January 21

BITES & BOARD GAMES

Roll the dice and join the fun! Participants will enjoy an evening of classic and modern board games while snacking, socializing, and sharpening their strategy skills. It's the perfect mix of friendly competition, laughter, and community connection!

Program #: W-441-01
 Location: ARC Prairie/River Room
 Day/Date: Monday/February 16
 Time: 10:00 a.m. – 12:00 p.m.
 Age: 55 & up
 Min/Max: 7/20
 Fee: \$5.00 R/\$7.00 NR

Registration Deadline: February 9

16 ADULT GENERAL PROGRAMS & TRIPS

SCAM ALERT

A valuable class where a member of our own Police Department share 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 #: W-443-01
Instructor: Midlothian Police Department
Location: ARC Prairie/River Room
Day/Date: Saturday/February 21
Time: 10:00 – 11:00 a.m.
Age: Adult
Min/Max: 5/20
Fee: FREE

Registration Deadline: February 14

BALD EAGLE TROLLEY TOUR

See the beautiful American Bald Eagle in its natural habitat. Be mesmerized by the beautiful bald eagles at Starved Rock which is just as beautiful in the Winter as it is in the Summer! Ride the trolley to the Illinois Waterway Visitor Center for eagle viewing on their observation deck and listen to an educational presentation on eagles. Dress warmly and bring your binoculars and cameras! Fee includes lunch, tour, and transportation. Bus departs from Midlothian Park District, 14500 S. Kostner.

Program #: W-303-02
Location: Oglesby, Illinois
Day/Date: Monday/January 26
Time: 9:15 a.m. – 5:00 p.m.
Age: All Ages (under 18 must be with an adult)
Min/Max: 8/13
Fee: \$130.00 R & NR

Registration Deadline: January 19

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. Bus departs from Midlothian Park District, 14500 S. Kostner.

Program #: W-302-02
Location: Joliet, Illinois
Day/Date: Monday/March 16
Time: 8:45 a.m. – 12:45 p.m.
Age: 18 – adult
Min/Max: 6/13
Fee: \$55.00 R & NR

Registration Deadline: March 6

Register online at www.midlothianparkdistrict.org

COLOR ME CALM

Slow down and color your stress away! This class welcomes anyone who enjoys the peaceful, creative side of coloring. Bring your own supplies or use what's provided as you unwind, chat, and enjoy a calm, creative escape.

Program #: W-440-01
Location: ARC Meadow Room
Day/Date: Tuesday/March 31
Time: 6:00 – 7:00 p.m.
Age: 21 – adult
Min/Max: 5/10
Fee: \$10.00 R/\$12.00 NR

Registration Deadline: March 24

THRIFT STORE TOUR

Back by popular demand! Join us as we visit various thrift stores throughout the area. Search the aisles looking for that hidden gem that you can brag about to your friends. After a morning of thrifting, we will stop for lunch at Bartolini's. At lunch we will decide who found the best deal! Bus departs from Midlothian Park District, 14500 S. Kostner.

Program #: W-307-01
Location: Various
Day/Date: Tuesday/February 17
Time: 9:30 a.m. – 3:30 p.m.
Age: All Ages (under 18 must be with an adult)
Min/Max: 20/25
Fee: \$55.00 R & NR

Registration Deadline: February 9



TODDLER BALLET CLASSES

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

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

Program #: W-506-01
 Instructor: Selah Strong
 Location: ARC Dance Studio
 Day/Date: Tuesday/January 13 – February 17
 Time: 4:15 – 5:00 p.m.
 Age: 2 – 3 years
 Min/Max: 5/10
 Fee: \$90.00 R/\$95.00 & NR

Registration Deadline: January 5

KINDER BALLET CLASSES

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

Dress Code: Light pink leotard, full-footed pink or skin-tone tights, with color matched ballet shoes, and hair in a neat ballet bun.

Program #: W-507-01
 Instructor: Selah Strong
 Location: ARC Dance Studio
 Day/Date: Tuesday/January 13 – February 17
 Time: 5:00 – 5:45 p.m.
 Age: 4 – 5 years
 Min/Max: 5/10
 Fee: \$90.00 R/\$95.00 & NR

Registration Deadline: January 5

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 Folklórico 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 #: W-434-01
 Instructor: Elva Martinez
 Location: ARC Prairie/River Room
 Day/Date: Thursday/January 29 – February 19
 Time: 6:15 – 7:15 p.m.
 Age: 6 – 13 years
 Min/Max: 5/15
 Fee: \$30.00 R & NR

Registration Deadline: January 22

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 FC GOALKEEPER & STRIKER CLINIC

Goalkeeper: Step into the spotlight at our Goalkeeper Camp, where every save counts and every session builds champions. This camp is designed to sharpen your reflexes, boost your confidence, and develop the leadership skills that make great goalkeepers unstoppable. **Striker:** Take your finishing to the next level at our Striker Shooting Camp — designed for players who want to dominate in front of goal. This camp focuses on every aspect of goal scoring, from technique to mindset, helping you become a confident and clinical finisher.

Program #: W-104-01
Instructor: Chicago Fire Coaches
Location: ARC Turf Fields
Day/Date: Monday/February 16
Time: 9:00 a.m. – 12:00 p.m.
Age: 8 – 14 years
Min/Max: 10/60
Fee: \$60.00 R/\$65.00 NR

Registration Deadline: February 8

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
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 #:	Day:	Dates:
W-103-01	Tuesday	March 3 – March 24
W-103-02	Thursday	April 9 – April 30

CHICAGO FIRE FC SPRING BREAK 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.

Program #: W-105-01
Instructor: Chicago Fire Coaches
Location: ARC Turf Fields
Day/Date: Monday – Friday/March 23 – March 27
Time: 9:00 a.m. – 12:00 p.m.
Age: 6 – 14 years
Min/Max: 10/60
Fee: \$188.00 R/\$198.00 NR

Registration Deadline: March 15

CHICAGO FIRE SOCCER SKILLS CLASS

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

Instructor: Chicago Fire Coaches
Location: ARC Turf Fields
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 #:	Day:	Dates:
W-103-03	Tuesday	March 3 – March 24
W-103-04	Thursday	April 9 – April 30

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

Not Sure if This Class is Right for You??

Come watch a class every third Friday of the session and see firsthand what it's all about!
 Parents must attend with guest students.

7 – 12 YEARS

Program #:	Dates:	Time:
W-102-01	Jan. 9 – Jan. 30	7:00 – 8:00 p.m.
W-102-02	Feb. 6 – Feb. 27	7:00 – 8:00 p.m.
W-102-03	Mar. 6 – Mar. 27	7:00 – 8:00 p.m.
W-102-04	Apr. 3 – Apr. 24	7:00 – 8:00 p.m.

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:
W-100-01	Jan. 5 – Jan. 28	6:30 – 7:30 p.m.
W-100-02	Feb. 2 – Feb. 25	6:30 – 7:30 p.m.
W-100-03	Mar. 2 – Mar. 30	6:30 – 7:30 p.m.
	<i>No class Mar. 11</i>	
W-100-04	Apr. 1 – Apr. 29	6:30 – 7:30 p.m.

13 – ADULT

Program #:	Dates:	Time:
W-101-01	Jan. 5 – Jan. 28	7:30 – 8:30 p.m.
W-101-02	Feb. 2 – Feb. 25	7:30 – 8:30 p.m.
W-101-03	Mar. 2 – Mar. 30	7:30 – 8:30 p.m.
	<i>No class Mar. 11</i>	
W-101-04	Apr. 1 – Apr. 29	7:30 – 8:30 p.m.

13 – ADULT

Program #:	Dates:	Time:
W-103-01	Jan. 9 – Jan. 30	8:00 – 9:00 p.m.
W-103-02	Feb. 6 – Feb. 27	8:00 – 9:00 p.m.
W-103-03	Mar. 6 – Mar. 27	8:00 – 9:00 p.m.
W-103-04	Apr. 3 – Apr. 24	8:00 – 9:00 p.m.

SPRING MEN'S 12" SOFTBALL LEAGUE (ASA)

There is nothing better than spring softball season starting up again! Join one of Midlothian's longest standing leagues where each week, teams will play double headers 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 15. If you cannot attend, you must send a representative in your place.

Location: Memorial Park Fields
 Day/Dates: Wednesdays beginning April 15
 Time: 6:45 p.m.
 Min/Max: 8/11 teams
 Fee: \$750.00 R & NR

Registration Deadline: April 8

Adult Softball Priority Registration Information

Priority Registration:	January 5 – January 18
New Team Registration:	Begins January 19

20 ATHLETIC PROGRAMS

SKYHAWKS BASKETBALL CLASS

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

Instructor: Skyhawks Sports Academy
Location: ARC Gymnasium
Day/Date: Monday/January 12 – February 23
Min/Max: 6/20
Fee: \$115.00 R/\$120.00 NR

Registration Deadline: January 4

Program #:	Time:	Age:
W-110-01	5:30 – 6:20 p.m.	6 – 9 years
W-110-02	6:30 – 7:20 p.m.	10 – 14 years

SKYHAWKS T-BALL & BASEBALL CLASS

Swing for the stars with Skyhawks baseball! This program teaches young slugger’s essential skills like fielding, catching, and hitting all while fostering team work and responsibility. Each fun-filled session teaches participants to develop not only their skills, but character as well.

Instructor: Skyhawks Sports Academy
Location: ARC Gymnasium
Day/Date: Monday/March 2 – April 6
Min/Max: 6/20
Fee: \$115.00 R/\$120.00 NR

Registration Deadline: February 15

Program #:	Time:	Age:
W-112-01	5:30 – 6:20 p.m.	4 – 6 years
W-112-02	6:30 – 7:20 p.m.	7 – 9 years

SKYHAWKS VOLLEYBALL CLASS

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 current professional Volleyball player and will aim to teach children the fundamentals taught by USA volleyball. This program will be designed using USAV drills and activities which are fun, engaging and teaching the game in the best way possible for all ages. This program is designed for beginner to intermediate players and includes a focus on critical life skills such as communication and teamwork.

Instructor: Skyhawks Sports Academy
Location: ARC Gymnasium
Day/Date: Wednesday/January 14 – February 25
Min/Max: 6/20
Fee: \$115.00 R/\$120.00 NR

Registration Deadline: January 5

Program #:	Time:	Age:
W-113-01	5:30 – 6:20 p.m.	7 – 9 years
W-113-02	6:30 – 7:20 p.m.	10 – 14 years

ALL SKILLS BASEBALL & SOFTBALL CLINIC

This clinic will be focusing on proper development of fundamentals and safety. Our camp will give an overview of the foundations of baseball and softball: Baserunning, Catching, throwing & hitting. Athletic attire is preferred.

Instructor: Coach Griffith
Location: ARC Indoor Turf
Day/Date: Wednesday/April 8
Min/Max: 7/30
Fee: \$50.00 R/\$55.00 NR

Registration Deadline: April 1

Program #:	Time:	Age:
W-115-01	5:30 – 6:20 p.m.	6 – 9 years
W-115-02	6:30 – 7:20 p.m.	10 – 14 years

SKYHAWKS TRACK & FIELD CLASS

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

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

Registration Deadline: April 4

Program #:	Time:	Age:
W-114-01	9:00 – 10:00 a.m.	7 – 9 years
W-114-02	10:00 – 11:00 a.m.	10 – 14 years

SKYHAWKS PICKLEBALL CLASS

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

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

Registration Deadline: April 5

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

SANDLOT SLUGGER LEAGUE (COACH PITCH/T-BALL)

The Sandlot Slugger League is back! This recreational T-Ball program is offered to youth ages 4 to 7 years old. Players must be of age by January 1, 2026. 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 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. Practice 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 May 7. 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. If you are interested in volunteering to coach, contact Don at dvillalobos@midlothianparkdistrict.org.

Location: ARC T-Ball Fields
Day/Dates: Thursday/May – June
Min/Max: 8/10 per team
Fee: \$90.00 R/\$100.00 NR

Registration Deadline: April 12 (\$20.00 Late fee after April 12, no registration taken after April 19)

Program #:	Division:	Age:
W-123-01	T-Ball	4 – 5 years
W-123-02	Coach Pitch	6 – 7 years

IMPORTANT LEAGUE INFORMATION!!

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

No exceptions will be made.

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/
6:00 a.m. – 6:00 p.m.
Tuesday & Thursday/
6:00 a.m. – 3:00 p.m.



Carol Kaye, Allen Force Personal Trainer

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



Erik Larkin, ISSA Personal Trainer

Specializes in Strength & Conditioning,
Muscle/Mass Building & Weight Loss
Availability (by appointment):
Monday/10:00 a.m. - 2:00 p.m.
Tuesday – Friday/5:00 – 9:00 p.m.

CHAIR YOGA

Chair yoga is a modified form of yoga that uses a chair for support, incorporating seated stretches, strengthening movements, some gentle standing poses and breathing exercises. It is a gentle, accessible practice suitable for those with balance issues, limited mobility, or anyone looking for a low-impact way to improve flexibility, strength, and relaxation. It's beneficial practice for all ages, and no prior yoga experience is needed. Chairs will be provided; you may wish to bring your own yoga mat & water bottle.

Instructor: Vanessa Jeziorski
Location: ARC Dance Studio
Day: Tuesday
Time: 6:30 – 7:30 p.m.
Age: 16 – adult
Min/Max: 7/20
Fee: \$40.00 Member/\$45.00 Non-Member

Program #:	Date:
W-509-01	January 6 – January 27
W-509-02	February 3 – February 24
W-509-03	March 3 – March 24
W-509-04	April 7 – April 28

YOGA

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

Instructor: Beth Robinson
Location: ARC Prairie/River Room
Day: Tuesday
Time: 6:00 – 7:05 p.m.
Age: 16 – adult
Min/Max: 5/10
Fee: \$53.00 Member/\$58.00 Non-Member

Program #:	Date:
W-500-01	January 27 – March 3

BARRE

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

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

Program #:	Date:
W-503-01	Jan. 7 – Jan. 28
W-503-02	Feb. 4 – Feb. 25
W-503-03	Mar. 4 – Mar. 25
W-503-04	Apr. 1 – Apr. 22

ZUMBA

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

Instructor: Latoya Blue
Location: ARC Dance Studio
Day: Monday
Time: 6:30 – 7:30 p.m.
Age: 18 – adult
Min/Max: 5/10
Fee: \$55.00 Member/
\$60.00 Non-Member

Program #:	Date:
W-504-01	Jan. 5 – Jan. 26
W-504-02	Feb. 2 – Feb. 23
W-504-03	Mar. 2 – Mar. 23
W-504-04	Apr. 6 – Apr. 27

FIT FOREVER

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

Instructor: Carol Kaye
Location: ARC Dance Studio
Day: Monday & Friday
Time: 10:30 – 11:30 p.m.
Age: 55 & above
Min/Max: 5/15
Fee: \$105.00 Member/
\$115.00 Non-Member

Program #:	Date:
W-502-01	Jan. 5 – Jan. 30
W-502-02	Feb. 2 – Feb. 27
W-502-03	Mar. 2 – Mar. 27
W-502-04	Apr. 6 – Apr. 24

MAT PILATES

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

Instructor: Carol Kaye
Location: ARC Dance Studio
Time: 5:15 – 6:15 p.m.
Age: 16 – adult
Min/Max: 5/10
Fee: \$55.00 Member/
\$60.00 Non-Member

Program #:	Day:	Date:
W-501-01	Mon	Jan. 5 – Feb. 23
W-501-02	Mon	Mar. 2 – Apr. 20
W-501-03	Wed	Jan. 7 – Feb. 25
W-501-04	Wed	Mar. 4 – Apr. 22

SMALL GROUP STRENGTH TRAINING

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

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

Registration Deadline: One week prior to start date

Program #:	Dates:
W-508-01	January 5 – January 31
W-508-02	February 2 – February 28
W-508-03	March 2 – March 31
W-508-04	April 6 – April 27

**Days determined by group.*



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

PRACTICE & GAME INFORMATION

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

VOLUNTEER COACHES NEEDED

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

EMAIL US AT
INFO@MIDLOTHIANPARKDISTRICT.ORG

AGE DIVISIONS

4 - 5 YEARS
6 - 7 YEARS

REGISTRATION

\$70 R/\$75 NR

REGISTRATION DEADLINE: APRIL 12

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

FEE INCLUDES

JERSEY, HAT, PICTURE PACKAGE &
AWARDS

OPENING DAY: MAY 7, 2026