



Spring/Summer Activity Guide 2024



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

MIDLOTHIAN PARK DISTRICT NIGHT AT THE



SAVE THE DATE

FRIDAY, JUNE 28, 2024
6:35 PM GAME

PRINCESS & PIRATE NIGHT
POST GAME FIREWORKS



**MORE INFORMATION TO
FOLLOW**

**VISIT OUR SOCIAL
MEDIA OR WEBSITE**

Letter From the Executive Director, Edward Jung



While I sit here writing this, I'm pleased to see that Spring has started early this year. We can now begin to look forward to longer days, sunshine, flowers blooming, and all the activities that Spring and Summer bring. The warmer weather moving in means more opportunities to get outside and enjoy one of our many parks and outdoor walking paths.

As always, our brochure is filled with activities for all ages. From Day Camp to sports classes to fitness to day trips and Lunch Club, there is something for everyone. Day Camp is a great opportunity for kids to keep busy this Summer by playing games, making crafts, and going on field trips. If you are looking for a place to cool off, the Lily Pad Splash Park will reopen in June. Our Lunch Club meets on the second Wednesday of the month. Sign up to enjoy delicious food from local restaurants as well as enjoy the company of others.

This Summer, we are happy to be bringing back our Summer concerts and continue with Movie in the Park. Come out and enjoy live music and a movie under the stars with the community. Information about the concerts and the movie can be found in this brochure as well as on our website and social media.

Don't forget we also have rental spaces available at the Athletic and Recreation Center. Whether it's a Kid's Birthday Party, small group or a large family gathering, we have a place for you! You can even rent the Lily Pad Splash Park for a party.

The Midlothian Park District will be finalizing our updated master plan at the end of March. Once finalized, we will post the entire master plan on our website for everyone to review. This master plan will guide us towards new and exciting projects and programs from the Park District!

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

Table of Contents

- Adult & Teen Programs**
14, 19
- Athletic Programs**
21 - 23
- Day Camp**
7
- Fitness Center**
6
- Fitness Classes**
26 - 27
- General Information**
3 - 4
- Leagues**
24 - 25
- Lily Pad Splash Park**
28
- Preschool**
8 - 9
- Refund/Registration Information**
5
- Special Events**
15 - 18
- Toddler & Youth Programs**
10 - 13
- Trips**
19 - 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.

4 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

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

Nicolas Kostanski

Facility Supervisor

Alex Pasek

Athletic & Fitness Supervisor

Other Information

E-mail

info@midlothianparkdistrict.org

Facebook

Midlothian Park District

Instagram

midlothianparkdistrict

Twitter

midlothianpark

Website

www.midlothianparkdistrict.org

Office Hours

Monday - Friday

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

Saturday & Sunday

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

ARC Fitness Center Hours

Monday - Friday

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

Saturday & Sunday

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



Park Locations

Athletic & Recreation Center

14500 S. Kostner

Bremen Heights Park

144th & Kenneth

Memorial Park

145th & Sawyer

Kostner Park

(Bellybutton Hill)

150th & Kostner

Roesner Park

149th & Springfield

Scout Park

148th & Kenton

Waverly Park

143rd & Waverly

Program Information:

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

Refund Policies

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

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

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

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

www.midlothianparkdistrict.org**

Oops!!

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

Registration Information

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

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

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

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





START TODAY

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

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

**one time \$10 fee*

MEMBERSHIP AMENITIES

Excluding Track Members

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

PERSONAL TRAINING

\$35.00 per 60 min session

16 & older

Available by appointments only

Carol Kaye & Erik Larkin

HOURS

Monday - Friday | 5:30 AM - 9:00 PM

Saturday & Sunday | 7:00 AM - 5:00 PM

**Hours subject to change*



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CAMP KALEIDOSCOPE



GRADES: PRE-SCHOOL & KINDERGARTEN

- Splash Pad Days
- Camper will be placed in group based on grade they are entering in Fall 2024
- T-Shirt included in price
- No camp July 4th & 5th



Groups	Weeks	Days	Time	Price
PINK <i>Pre-School</i>	8 weeks	Tuesday & Thursday June 11 - August 1	10:00 am - 12:30 pm	\$270 R/\$310 NR
	1st 4 weeks	Tuesday & Thursday June 11 - July 2	10:00 am - 12:30 pm	\$155 R/\$195 NR
	2nd 4 weeks	Tuesday & Thursday July 9 - August 1	10:00 am - 12:30 pm	\$155 R/\$195 NR
BLUE <i>Kindergarten</i>	8 weeks	Monday, Wednesday & Friday June 10 - August 2	10:00 am - 3:00 pm	\$400 R/\$440 NR
	1st 4 weeks	Monday, Wednesday & Friday June 10 - July 3	10:00 am - 3:00 pm	\$230 R/\$270 NR
	2nd 4 weeks	Monday, Wednesday & Friday July 8 - August 2	10:00 am - 3:00 pm	\$230 R/\$270 NR

GRADES: 1ST - 8TH

- Field Trips held on Wednesdays or Fridays
- T-Shirt included in price
- Camper will be placed in group based on grade they are entering in Fall 2024
- No camp July 4th & 5th



Groups
YELLOW (1st Grade)
RED (2nd Grade)
ORANGE (3rd Grade)
GREEN (4th Grade)
TEAL (5th Grade)
PURPLE (6th - 8th Grade)

Weeks	Day/Date	Time	Price
8 weeks/5 days	Monday - Friday June 10 - August 2	10:00 am - 3:00 pm	\$630 R/\$670 NR
1st 4 weeks/5 days	Monday - Friday June 10 - July 3	10:00 am - 3:00 pm	\$360 R/\$400 NR
2nd 4 weeks/5 days	Monday - Friday July 8 - August 2	10:00 am - 3:00 pm	\$360 R/\$400 NR
8 weeks/3 days	Monday, Wednesday & Friday June 10 - August 2	10:00 am - 3:00 pm	\$400 R/\$440 NR
1st 4 weeks/3 days	Monday, Wednesday & Friday June 10 - July 3	10:00 am - 3:00 pm	\$230 R/\$270 NR
2nd 4 weeks/3 days	Monday, Wednesday & Friday July 8 - August 2	10:00 am - 3:00 pm	\$230 R/\$270 NR



BEFORE & AFTER CARE

7:00 - 10:00 AM & 3:00 - 6:00 PM

ONLY OFFERED FOR 1ST - 8TH GRADE

10 Hours	25 Hours	50 Hours
\$80	\$130	\$180

REGISTRATION STARTS
MARCH 18



Balance must be paid by June 1st. A \$50.00 deposit is due at the time of registration per child. \$50.00 will be kept if withdrawn after May 31st. Before & After Care hours are non-refundable.

Midlothian Park District

Pre-School

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



MIDLOTHIAN PARK DISTRICT

SCHOOL STARTERS

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.

DAY: FRIDAYS

FEE: \$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

Kicking it Old School

Travel back in time and Kick it Old School! This nostalgic experience invites today's youngsters to discover the simple joys and timeless fun of games, crafts, and activities that their counterparts enjoyed 30 years ago as we listen to some old jams. Join us for the fun that has stood the test of time, ensuring that the joy of childhood remains wonderfully unchanged. Let's learn some things your parents did so you can beat them at their own games.

Session: S-400-01
Location: ARC Meadow Room
Day/Date: Thursday/April 11
Time: 6:30 – 7:30 p.m.
Age: 11 – 13 years
Min/Max: 5/20
Fee: \$15.00 R & NR

Registration Deadline: April 4

Tying & Dyeing

Dive into a riot of colors with our Fun Tye Dye Class! This vibrant class is a celebration of creativity and self-expression as participants transform plain fabrics into personalized masterpieces. The class guides attendees through the mesmerizing art of tie-dye, where every twist and knot results in a burst of kaleidoscopic patterns. Participants will need to bring their own item to tie dye.

Session: S-403-01
Instructor: Abby Skulavik
Location: ARC Meadow Room
Day/Date: Thursday/May 16
Time: 6:30 – 7:30 p.m.
Age: 11 – 13 years w/adult
Min/Max: 5/20
Fee: \$15.00 R & NR

Registration Deadline: May 9

Paint & Punch

Come on out to this colorful journey where young artists can explore their creativity while sipping on tasty punch! With a palette of bright colors and a sip-worthy punch on hand, kids will enjoy a delightful combination of artistic expression and refreshing fun. Our instructor will guide them through playful painting techniques, ensuring each child leaves with a unique and frame-worthy creation. Let's make art not only a visual delight but a delicious one too!

Session: S-402-01
Instructor: Jalisa Ramirez
Location: ARC Meadow Room
Day/Date: Thursday/April 18
Time: 6:30 – 7:30 p.m.
Age: 7 – 10 years
Min/Max: 5/20
Fee: \$20.00 R/\$25.00 NR

Registration Deadline: April 11

Toddler & Mommy Teatime

A delightful and cozy experience designed for moms and their little ones. Set in a warm and inviting atmosphere, this special teatime session encourages bonding and relaxation. Moms can savor a cup of tea while engaging in light conversation, and toddlers can enjoy a kiddie-friendly tea or snack. It's a precious opportunity for shared moments, laughter, and the joy of building early traditions. Toddler and Mommy Teatime provides a sweet escape for both moms and toddlers to unwind, connect, and create lasting memories in a fun setting. A parent/caregiver must participate in the class.

Session: S-413-01
Instructor: Nelly Reyes
Location: ARC River Room
Day/Date: Friday/May 17
Time: 10:00 – 11:00 a.m.
Age: 1 – 2 years w/parent
Min/Max: 5/10
Fee: \$15.00 R & NR

Registration Deadline: May 10

Fun with Science!!

Sticky Science

Get ready for a slimy good time as kids unleash their inner scientists by creating vibrant slime concoctions to take home.

Session: S-404-01
 Instructor: Abby Skulavik
 Location: ARC Prairie Room
 Day/Date: Thursday/May 9
 Time: 5:30 – 6:30 p.m.
 Age: 4 – 6 years
 Min/Max: 5/20
 Fee: \$15.00 R/\$20.00 NR

Registration Deadline: May 2

Sick Science

From spectacular chemical reactions and mesmerizing physics demonstrations to mind-boggling optical illusions, this class is a thrilling journey through the realms of science.

Session: S-406-01
 Instructor: Abby Skulavik
 Location: ARC Meadow Room
 Day/Date: Thursday/June 20
 Time: 6:30 – 7:30 p.m.
 Age: 11 – 13 years
 Min/Max: 5/20
 Fee: \$20.00 R/\$25.00 NR

Registration Deadline: June 13

Sweet Science

A hands-on, delicious experience where you'll learn the art of crafting your own delectable ice cream flavors with a variety of toppings and mix-ins.

Session: S-405-01
 Instructor: Jalisa Ramirez
 Location: ARC Meadow Room
 Day/Date: Thursday/July 25
 Time: 6:30 – 7:30 p.m.
 Age: 7 – 10 years
 Min/Max: 5/20
 Fee: \$15.00 R & NR

Registration Deadline: July 18

Mini Pinata Fiesta!

Come to our Mini Pinata Fiesta for an afternoon of colorful fun! In this hands-on class, young crafters will learn the art of making their own mini pinatas. From choosing vibrant colors to decorating with flair, kids will unleash their creativity and create unique masterpieces. It's a perfect blend of crafting and excitement, as they fill their mini pinatas with surprises. Let the celebration begin as each child proudly takes home their handmade mini pinata, ready to add a burst of joy to any party!

Session: S-407-01
 Instructor: Nelly Reyes
 Location: ARC Prairie Room
 Day/Date: Thursday/May 23
 Time: 5:30 – 6:30 p.m.
 Age: 7 – 10 years
 Min/Max: 5/20
 Fee: \$20.00 R/\$25.00 NR

Registration Deadline: May 16

Teddy Bear Picnic

Join us for a fun afternoon crafting your own teddy bears in a picnic setting. With soft fur and a sprinkle of imagination, you'll bring your bear to life. After you make your new friend, enjoy a cozy picnic together, sharing stories and laughter. It's a heartwarming experience that combines the joy of crafting with the warmth of a picnic, creating not just teddy bears but cherished memories that will last a lifetime. Every bear will be a unique creation that is filled with love and laughter!

Session: S-408-01
 Instructor: Nelly Reyes
 Location: ARC Butterfly Room
 Day/Date: Friday/June 7
 Time: 1:00 – 2:30 p.m.
 Age: 4 – 6 years
 Min/Max: 5/12
 Fee: \$30.00 R/\$35.00 NR

Registration Deadline: May 31

12 Toddler & Youth General Programs

How Swift Are You?

Calling all Swifties! In the exciting class we will be doing all things Taylor Swift. Come decked in your favorite T Swift gear as we play Swiftie trivia, Taylor games, listen to Tay Tays songs, and more....maybe even enjoy one of her favorite treats! Let's celebrate Ms. Swift and get lost in her Lavender Haze!

Session: S-419-01
Instructor: Abby Skulavik
Location: ARC Meadow Room
Day/Date: Thursday/June 13
Min/Max: 5/15
Fee: \$25.00 R & NR

Registration Deadline: June 6

<u>Session:</u>	<u>Time:</u>	<u>Age:</u>
S-419-01	5:15 – 6:15 p.m.	6 – 10 years
S-419-02	6:30 – 7:30 p.m.	11 – 13 years

Check out all our Special Events on pages 15 – 18!

Lego Madness

Welcome to Lego Madness where creativity meets construction in a world of colorful bricks! In this hands-on class, participants will dive into the endless possibilities of Lego building, creating everything from towering structures to whimsical characters. With a sea of bricks at your fingertips, the class offers a space for innovation, collaboration, and a whole lot of fun. Whether you're a master builder or just getting started, Lego Madness Class is a fantastic opportunity to unleash your creativity and build your own blocky wonders. Get ready for a brick-tastic experience.

Instructor: Jalisa Ramirez
Location: ARC Prairie Room
Day/Date: Thursday/June 27
Min/Max: 5/20
Fee: \$20.00 R/\$25.00 NR

Registration Deadline: June 20

<u>Session:</u>	<u>Time:</u>	<u>Age:</u>
S-409-01	5:30 – 6:30 p.m.	4 – 6 years
S-409-02	6:45 – 7:45 p.m.	7 – 10 years

Kindness Rocks

Kindness Rocks is a heartwarming and creative class where individuals come together to spread joy and positivity through the art of decorating rocks. Participants will use various artistic techniques that can include painting, drawing, coloring, and writing, to transform ordinary rocks into vibrant, inspirational masterpieces or quotes to the rocks. Once the rocks are decorated with positive affirmations or cheerful designs, participants then collectively place them in local parks, nature trails, or public spaces for others to discover. Hiding and finding these decorated rocks creates a beautiful treasure hunt that brings smiles to those who stumble upon them. Let's be kind.... It rocks.

Session: S-410-01
Instructor: Nelly Reyes
Location: ARC Meadow Room
Day/Date: Thursday/July 11
Time: 6:30 – 7:30 p.m.
Age: 7 – 10 years
Min/Max: 5/20
Fee: \$15.00 R & NR

Registration Deadline: July 3

Mesmerizing Magic

Embark on a thrilling journey into the enchanting world of magic with our Mesmerizing Magic class! Perfect for ages 6-12, this class offers an exciting opportunity to learn the secrets behind captivating illusions and mind-bending tricks. Led by the Magic Team of Gary Kantor, you'll discover the art of sleight of hand, misdirection, and the psychology behind mystifying performances. Join us for a magical experience like no other! Each child will receive a magic kit to take home. Participants will be grouped by age and learn tricks appropriate for their age group.

Session: S-411-01
 Instructor: Gary Kantor
 Location: Oak Forest Park District
 Day/Date: Friday/July 26
 Time: 5:00 – 5:55 p.m.
 Age: 6 – 12 years
 Min/Max: 5/20
 Fee: \$22.00 R & NR

Registration Deadline: July 19

Play Doh & Dash (Parent & Tot)

We have a colorful and imaginative journey for young creators. In this creative class, children get to be the chief architects of their very own Play-Doh universe while their favorite adult gets to help. They'll explore a rainbow of colors, experiment with exciting scents, and let their creativity run wild as they mold and shape their unique creations. It's a fun-filled, mess-friendly environment where kids not only learn about textures and colors but also get to take home their custom Play-Doh sculptures. The class promises a lively experience where imagination knows no bounds, and every child becomes a Play-Doh artist! A parent/caregiver must participate in the class.

Session: S-401-01
 Instructor: Abby Skulavik
 Location: ARC Prairie Room
 Day/Date: Thursday/August 8
 Time: 6:00 – 7:00 p.m.
 Age: 1 – 3 w/parent
 Min/Max: 5/20
 Fee: \$10.00 R & NR

Registration Deadline: August 1

Let's Be Friends

Celebrate International Friendship Day in style at our Friendship Bracelet Making Class! Join us for a creative experience where you and your friends can craft beautiful, personalized friendship bracelets. With a rainbow of vibrant threads and an array of charming beads, express your unique bond through the art of bracelet making. This class isn't just about creating accessories; it's about weaving the threads of friendship into wearable treasures. Join us on World Friendship Day for a class that promises not just creative exploration but also a celebration of the beautiful connections that make life colorful.

Session: S-412-01
 Instructor: Jalisa Ramirez
 Location: ARC Meadow Room
 Day/Date: Tuesday/July 30
 Time: 5:30 – 6:30 p.m.
 Age: 7 – 12 years
 Min/Max: 5/15
 Fee: \$20.00 R/\$25.00 NR

Registration Deadline: July 23

Are Your DUCTS in a Row?

Unleash your imagination in our Duct Tape Creativity Class! This hands-on workshop invites participants to explore the boundless possibilities of duct tape as a versatile artistic medium. From vibrant colors to bold patterns, attendees learn various techniques to create unique and functional pieces using this unexpected material. Join us for an afternoon of adhesive artistry, where creativity knows no bounds!

Session: S-418-01
 Instructor: Abby Skulavik
 Location: ARC Meadow Room
 Day/Date: Thursday/August 29
 Time: 6:30 – 7:30 p.m.
 Age: 11 – 13 years
 Min/Max: 5/15
 Fee: \$15.00 R & NR

Registration Deadline: August 22

14 Teen & Adult General Programs



Lunch Club

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

**Must register one week before luncheon.
No refunds after the registration deadline.**

Telephone registration accepted with a credit card.

Location: ARC Prairie/River Room
Day: Wednesday
Time: Doors open at 10:00 a.m.
Lunch served at 11:00 a.m.
Age: 18 & older
Fee: \$9.00 R & NR

<u>Session:</u>	<u>Date:</u>	<u>Restaurant:</u>
S-200-01	April 10	Madori's
S-200-02	May 8	Kenootz
S-200-03	June 12	Just Kabobs
S-200-04	July 10	Hog Wild
S-200-05	August 14	Cookout

Paint at the Park

Join us for an evening of creativity and relaxation as our talented instructor guides you through the process of creating a beautiful masterpiece, stroke by stroke. No prior painting experience is necessary—our class is designed for all skill levels. Participants receive a canvas, brushes, and a palette of vibrant paints. The instructor starts with simple, easy-to-follow steps. Come, unwind, and let your creativity flow in a social setting where laughter and artistic expression converge. Bring friends or make new ones as you embark on a journey of color and self-discovery. It's more than a class; it's an opportunity to create memories on canvas!

Session: S-414-01
Instructor: Candice Chira, Step by Step Parties
Location: ARC Prairie Room
Day/Date: Thursday/April 25
Time: 6:30 – 9:00 p.m.
Age: 16 & older
Min/Max: 5/20
Fee: \$40.00 R & NR

Registration Deadline: April 18

Flower Power

Indulge in the beauty of blooms with our Flower Power class! Guided by Julie Markert from Catherine's Gardens, you'll learn the secrets of combining colors, textures, and fragrances to craft your own personalized masterpiece. This class caters to all levels of experience. Participants receive a variety of fresh, seasonal flowers and foliage to work with, along with professional tips on selecting and arranging them. All supplies will be included to create your beautiful arrangement to take home. Whether you're looking to enhance your home decor or discover a new hobby, our Flower Power class is the perfect blend of nature's beauty and artistic expression. Come join us and let the fragrance of creativity blossom!

Session: S-415-01
Instructor: Julie Market
Location: ARC Meadow Room
Day/Date: Tuesday/June 4
Time: 5:30 – 7:30 p.m.
Age: 16 & older
Min/Max: 5/20
Fee: \$35.00 R & NR

Registration Deadline: May 21



MIDLOTHIAN PARK DISTRICT &
CROSSTOWN EXOTICS PRESENTS



REPTILE UPROAR

SUNDAY, APRIL 14

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

VILLAGE OF MIDLOTHIAN EVENTS COMMITTEE &
MIDLOTHIAN PARK DISTRICT
PRESENTS

ADULT PROM THE OLDIES ROCKIN' THE OLDIES

FRIDAY, MAY 3, 2024 | 6:00 - 9:00 PM
\$10.00 R/\$12.00 NR PER PERSON
AT THE ATHLETIC & RECREATION CENTER

COME DANCE THE NIGHT AWAY AT OUR ADULT PROM. FEE
INCLUDES FOOD, DRINKS, MUSIC, RAFFLES AND ONE PHOTO
TO REMEMBER THE NIGHT.

TICKETS CAN BE PURCHASED AT THE VILLAGE
HALL OR MIDLOTHIAN PARK DISTRICT

REGISTRATION DEADLINE:
APRIL 28TH

MUSIC FROM THE 60S, 70S & 80S
DRESS FROM YOUR FAVORITE DECADE

● SWINGING 60S ● FUNKY 70S ● RAD 80S ●

CONCERT IN THE PARK

June 20 • 6:30 - 8:00 PM

SUPERFLY
REDNECK

MEMORIAL PARK

July 11 • 6:30 - 8:00 PM

Jay Walkers
JAM BAND USA

MEMORIAL PARK



DREAMWORKS

Trolls

Band Together

MIDLOTHIAN PARK DISTRICT PRESENTS

MOVIE IN THE PARK
FRIDAY, AUGUST 2

MOVIE STARTS AT DUSK | BELLYBUTTON HILL (KOSTNER PARK)

Themed items will be sold for additional cost.

A decorative graphic featuring a rainbow, a lightbulb, a clock, a globe, and various school supplies like pencils, paper clips, and books. The background is a dark chalkboard.

MIDLOTHIAN PARK DISTRICT

Back to School Fair

GAMES • MUSIC • PRIZES • VENDERS • FUN

THURSDAY, AUGUST 15 • 6:00 - 8:00 PM
AT THE ATHLETIC & RECREATION CENTER

FREE EVENT



Adult General Programs & Trips 19

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

<u>Session:</u>	<u>Date:</u>
S-416-01	April 17
S-416-02	May 15
S-416-03	June 19
S-416-04	July 17
S-416-05	August 21

Pleasant Prairie Shopping

Deals, deals, deals! This is what you will be saying when you visit one of the largest outdoor outlet malls in the area. Whether it's handbags from Coach or goldfish crackers from Pepperidge Farm, this mall has something for everyone. Fee includes transportation only.

Session: S-300-01
Location: Pleasant Prairie, Wisconsin
Day/Date: Thursday/April 25
Time: 9:00 a.m. – 4:00 p.m.
Age: All Ages (under 18 must be with an adult)
Min/Max: 8/13
Fee: \$25.00 R & NR

Registration Deadline: April 17

Sundaes & Smarts

Join us for a delightful day of knowledge and sweet treats at our Sundaes and Smarts Day! Participants are invited to showcase their wisdom in a friendly and fun-filled atmosphere. Engage in stimulating trivia games that cover a range of topics, from history and pop culture to science and more. After exercising your brain cells, indulge in a delectable ice cream bar featuring a variety of flavors and toppings. Join us for a day where the pursuit of trivia and the pleasure of ice cream converge, creating a delightful and enriching experience for all.

Session: S-417-01
Location: ARC Prairie Room
Day/Date: Wednesday/July 24
Time: 1:00 – 2:00 p.m.
Age: 55 & older
Min/Max: 10/20
Fee: \$15.00 R & NR

Registration Deadline: July 17

Naperville Riverwalk & Shopping

Experience shopping, dining and beauty of the Naperville Riverwalk. You will encounter the perfect mix of stores and spas alongside Naperville's most exciting eateries from fine dining to bistros to bites on the go. Shopping isn't your thing? Take a stroll down the scenic Riverwalk overlooking the DuPage River. Fee includes transportation only.

Session: S-301-01
Location: Naperville, Illinois
Day/Date: Tuesday/May 21
Time: 9:30 a.m. – 4:00 p.m.
Age: All Ages (under 18 must be with an adult)
Min/Max: 8/13
Fee: \$24.00 R & NR

Registration Deadline: May 13

20 Trips

Ottawa Obscura Tour & The Cheese Shop

The Ottawa Obscura Tour turns Starved Rock Country's history upside-down. This tour is the most comprehensive of Starved Rock Country's history, its present, and where we hope to be in the future. You'll hear the crazy stories even Google doesn't know! Quirky, bizarre, tragic and heroic history of our area shared over a fun and entertaining comfortable ride. After the tour we will head over to The Cheese Shop & Deli for lunch. Fee includes transportation, tour and lunch.



Session: S-302-01
Location: Ottawa, Illinois
Day/Date: Wednesday/June 26
Time: 8:30 a.m. – 4:30 p.m.
Age: All Ages (under 18 must be with an adult)
Min/Max: 8/13
Fee: \$82.00 R & NR

Registration Deadline: June 18

Pierogi Fest

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

Session: S-303-01
Location: Whiting, Indiana
Day/Date: Friday/July 26
Time: 10:00 a.m. – 4:00 p.m.
Age: All Ages (under 18 must be with an adult)
Min/Max: 8/13
Fee: \$20.00 R & NR

Registration Deadline: July 18



Long Grove Confectionary Tour & Lunch at Lou Malnati's

Who doesn't love chocolate?! If you love candy, join us as we visit the Long Grove Confectionary and take a tour on how their sweet candies are made. Their holiday production will be in full swing so you will get to experience how all those treats are created. You may even get a surprise treat! Once the tour is over, spend some time shopping in their famous outlet store. Once we are finished shopping for sweet treats, we will head on over to Lou Malnati's for some of their famous pizza. Fee includes transportation, tour, and lunch.



Session: S-304-01
Location: Buffalo Grove, Illinois
Day/Date: Monday/August 19
Time: 8:30 a.m. – 3:00 p.m.
Age: All Ages (under 18 must be with an adult)
Min/Max: 8/13
Fee: \$50.00 R & NR

Registration Deadline: August 11

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.

Instructor: Dexter Grove
 Location: ARC Prairie/River Room
 Day: Monday & Wednesday
 Min/Max: 5/20
 Fee: \$80.00 R/\$90.00 NR (per month)

Registration Deadline: One week prior to start date



5 – 12 years

<u>Session:</u>	<u>Dates:</u>	<u>Time:</u>	
S-100-01	April 1 – April 29	6:30 – 7:30 p.m.	
S-100-02	May 1 – May 29	6:30 – 7:30 p.m.	No Class May 27
S-100-03	June 3 – June 26	6:30 – 7:30 p.m.	
S-100-04	July 1 – July 31	6:30 – 7:30 p.m.	No Class July 3 & July 22
S-100-05	August 5 – August 28	6:30 – 7:30 p.m.	

13 – adult

<u>Session:</u>	<u>Dates:</u>	<u>Time:</u>	
S-101-01	April 1 – April 29	7:30 – 8:30 p.m.	
S-101-02	May 1 – May 29	7:30 – 8:30 p.m.	No Class May 27
S-101-03	June 3 – June 26	7:30 – 8:30 p.m.	
S-101-04	July 1 – July 31	7:30 – 8:30 p.m.	No Class July 3 & July 22
S-101-05	August 5 – August 28	7:30 – 8:30 p.m.	



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

<u>Session:</u>	<u>Class:</u>	<u>Age:</u>	<u>Time:</u>
S-102-01	T-Ball	4 – 6 years	5:30 – 6:20 p.m.
S-102-02	Baseball	7 – 9 years	6:30 – 7:20 p.m.
S-102-03	Baseball	10 – 12 years	7:30 – 8:20 p.m.

22 Athletic Programs

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.

Instructor: Eugene Gaines
Location: ARC Gymnasium
Day/Date: Friday/May 3 – May 31
Min/Max: 6/24
Fee: \$85.00 R/\$95.00 NR

Registration Deadline: April 25

<u>Session:</u>	<u>Time:</u>	<u>Age:</u>
S-103-01	5:00 – 6:00 p.m.	4 – 6 years
S-103-02	6:00 – 7:00 p.m.	7 – 9 years
S-103-03	7:00 – 8:00 p.m.	10 – 12 years

Intro to Ice Skating

Join us for a fun 4-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 Staff
Location: Southwest Ice Arena
Day/Date: Saturday/May 11 – June 1
Min/Max: 3/20

Registration Deadline: May 4

<u>Session #:</u>	<u>Class:</u>	<u>Age:</u>	<u>Time:</u>	<u>Fee:</u>
S-105-01	Ice Explorers	2 – 4 years	11:00 – 11:30 a.m.	\$92.00 R/\$102.00 NR
S-105-02	Tots 1	3 – 5 years	11:00 – 11:30 a.m.	\$92.00 R/\$102.00 NR
S-105-03	Basic 1	6 – 12 years	10:00 – 11:00 a.m.	\$102.00 R/\$112.00 NR

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.

Instructor: Skyhawks
Location: ARC Turf/Bremen Heights Park
Day/Date: Tuesday/May 7 – May 28
Min/Max: 6/20
Fee: \$70.00 R/\$75.00 NR

Registration Deadline: May 1

<u>Session:</u>	<u>Time:</u>	<u>Age:</u>
S-104-01	5:30 – 6:20 p.m.	4 – 6 years
S-104-02	6:30 – 7:20 p.m.	7 – 9 years
S-104-03	7:30 – 8:20 p.m.	10 – 12 years

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!



Skyhawks Flag Football

Give your child the perfect introduction to America's favorite game with Skyhawks Flag Football. Campers learn fundamentals like passing, receiving, kicking and flag pulling in a fun, positive environment.

Instructor: Skyhawks
 Location: Bremen Heights Park
 Day/Date: Tuesday/June 11 – July 2
 Min/Max: 6/20
 Fee: \$70.00 R/ \$75.00 NR

Registration Deadline: June 4

<u>Session:</u>	<u>Time:</u>	<u>Age:</u>
S-106-01	5:30 – 6:20 p.m.	3 – 5 years w/parent
S-106-02	6:30 – 7:20 p.m.	6 – 8 years
S-106-03	7:30 – 8:20 p.m.	9 – 12 years

Check out our Boxing & Self Defense Classes on page 26!

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: Tuesday/July 9 – August 6
No class July 16
 Min/Max: 6/20
 Fee: \$70.00 R/ \$75.00 NR

Registration Deadline: July 9

<u>Session:</u>	<u>Time:</u>	<u>Age:</u>
S-108-01	5:30 – 6:20 p.m.	3 – 5 years w/parent
S-108-02	6:30 – 7:20 p.m.	6 – 8 years
S-108-03	7:30 – 8:20 p.m.	9 – 12 years

Skyhawks Multi-Sport Camp

Not sure what sport you are interested in? Do you like to play all different kinds of sports? This class is the one for you! Come out and enjoy all sorts of sports with Midlothian Park District and Skyhawks. Your child will have the opportunity to try out a variety of outdoor and indoor sports. This class is meant for all skill levels and is a great way to introduce new sports to children in a fun, inviting, and engaging environment!

Instructor: Skyhawks
 Location: ARC Gymnasium & Bremen Heights Park
 Day/Date: Thursday/July 11 – August 15
 Min/Max: 6/20
 Fee: \$90.00 R/ \$95.00 NR (6 week class)

Registration Deadline: July 4

<u>Session:</u>	<u>Time:</u>	<u>Age:</u>
S-107-01	5:30 – 6:20 p.m.	4 – 6 years
S-107-02	6:30 – 7:20 p.m.	7 – 9 years
S-107-03	7:30 – 8:20 p.m.	10 – 12 years

24 Leagues



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 Fields
Dates: May – July
Min/Max: 8/10 per team
Fee: \$75.00 R/\$80.00 NR

Session :
S-109-01
S-109-02

Division:
A
B

Age:
4 – 6 years
7 – 8 years

Registration Deadline: May 10

(\$10.00 Late fee after May 10, no registration taken after May 17)

Volunteer Coaches Needed!!

We are looking for people to coach T-Ball, Baseball & Soccer teams. Please email Alex Pasek at apasek@midlothianparkdistrict.org or call (708) 371-6191 if you are interested.

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

Fall Men’s ASA 12” Softball League

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, August 7. If you cannot attend, you must send a representative in your place.

Session: S-110-01
Location: Memorial Park Fields
Day/Date: Wednesdays beginning August 7
Time: 6:45 p.m.
Min/Max: 8/11
Fee: \$700.00 R & NR

Registration Deadline: July 31

Midlothian Indoor Soccer League

Join us for our third season of the MSL as we gear up for our best year yet! With more than 150+ kids last year and 10+ teams representing the Midlothian Park District, we want to grow even more this year! Games will be played at the ARC Indoor Turf Field and be held Thursdays or Saturdays starting August 22nd. All practices will be held on weekday evenings on the TURF FIELD starting in August! Team jerseys will be a fun twist on MLS teams and mascots which kids can keep and wear to show their MSL pride! One shirt, award, and a picture package are included in the registration fee. Players must be of age as of September 1, 2024. Playoffs will take place at the end of October/beginning of November. A copy of your child's birth certificate is required for registration.

Location:	ARC Turf	Session:	Division:	Age:
Dates:	August – November	S-111-01	Super Pee Wee	4 – 5 years
Min/Max:	8/12 per team (Super Pee Wee/Pee Wee)	S-111-02	Pee Wee	6 – 7 years
	8/20 per team (Junior/Senior)	S-111-03	Junior	8 – 10 years
Fee:	\$115.00 R/\$125.00 NR	S-111-04	Senior	11 – 13 years

Registration Deadline: July 1

(\$20.00 Late fee after July 1, no registration taken after July 19)



MIDLOTHIAN PARK DISTRICT

OPEN GYM & TURF

RESIDENT \$20
NON-RESIDENT \$50
PER YEAR

INFORMATION

- OPEN GYM/TURF CARDS ARE REQUIRED FOR AGES 10 & OLDER
- AGES 9 & UNDER MUST BE ACCOMPANIED BY AN ADULT WITH A FITNESS MEMBERSHIP OR AN OPEN GYM/TURF CARD
- PARENT OR GUARDIAN MUST REGISTER CHILD UNDER 18 FOR OPEN GYM/TURF CARD



CALL US OR VISIT OUR WEBSITE FOR THE MOST UP-TO-DATE SCHEDULE

26 Fitness & Personal Training

Women's Self Defense

Join our Women's Self Defense Class taught by Rising Star Tae Kwon do instructor Dexter Grove. This class will be offered with 3 separate 4-week classes, with a separate defensive focus for each 4-week class. Participants will learn physical defense, weapons defense, and ground defense. Any participant can also become a certified instructor after 6 separate 4-week classes!

Instructor: Dexter Grove
Location: ARC Prairie/River Room
Day/Date: Tuesday
Time: 7:30 – 8:30 p.m.
Age: 13 – adult
Min/Max: 5/20
Fee: \$40.00 R/\$45.00 NR (per session)

Registration Deadline: One week prior to start date

<u>Session:</u>	<u>Dates:</u>
S-112-01	May 7 – May 28
S-112-02	June 4 – June 25
S-112-03	July 9 – July 30
S-112-04	August 6 – August 27

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: S24-105-01
Instructor: Victor Wade
Location: ARC Dance/Fitness Room
Day/Date: Friday/May 10 – May 31
Time: 7:00 – 8:00 p.m.
Age: 8 – 14 years
Min/Max: 5/20
Fee: \$60.00 R/\$70.00 NR

Registration Deadline: May 3

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 Class Information

Class	Session	Instructor	Day	Dates	Time	Price
Mat Pilates	S-113-01	Carol Kaye	MO	May 6 – June 24	6:15 – 7:15 p.m.	\$50.00 Member/\$55.00 Non-Member
Mat Pilates	S-113-02	Carol Kaye	MO	July 1 – August 26	6:15 – 7:15 p.m.	\$50.00 Member/\$55.00 Non-Member
Mat Pilates	S-113-03	Carol Kaye	WE	May 8 – June 26	6:15 – 7:15 p.m.	\$50.00 Member/\$55.00 Non-Member
Mat Pilates	S-113-04	Carol Kaye	WE	July 3 – August 28	6:15 – 7:15 p.m.	\$50.00 Member/\$55.00 Non-Member
Mat Pilates	S-113-05	Carol Kaye	SA	May 4 – June 29	8:30 – 9:30 a.m.	\$50.00 Member/\$55.00 Non-Member
Mat Pilates	S-113-06	Carol Kaye	SA	July 6 – August 31	8:30 – 9:30 a.m.	\$50.00 Member/\$55.00 Non-Member
Senior Fitness	S-114-01	Carol Kaye	MO/FR	May 3 – June 28	10:30 – 11:30 a.m.	\$100.00 Member/\$110.00 Non-Member
Senior Fitness	S-114-02	Carol Kaye	MO/FR	July 1 – August 30	10:30 – 11:30 a.m.	\$100.00 Member/\$110.00 Non-Member
Stretch & Flexibility	S-115-01	Carol Kaye	WE	May 8 – June 26	9:15 – 10:15 a.m.	\$50.00 Member/\$55.00 Non-Member
Stretch & Flexibility	S-115-02	Carol Kaye	WE	July 3 – August 28	9:15 – 10:15 a.m.	\$50.00 Member/\$55.00 Non-Member
Yoga	S-116-01	Beth Robinson	SA	April 13 – May 18	8:30 – 9:30 a.m.	\$43.00 Member/\$48.00 Non-Member
Yoga	S-116-02	Beth Robinson	TU	April 23 – May 28	6:05 – 7:05 p.m.	\$43.00 Member/\$48.00 Non-Member

**Summer Yoga dates coming soon! Follow our Social Media for updates.*

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!

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.

OPENS: JUNE 3RD



THE LILY PAD SPLASH PARK

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

ADMISSION

DAILY DROP IN \$2 R/\$4 NR
20 VISIT PUNCH CARD \$20 R/\$60 NR
ONLY VALID FOR 2024 SEASON

SPLASH HOURS

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

HOURS MAY CHANGE DUE TO WEATHER

PRIVATE PARTIES

**BOOK US FOR YOUR NEXT
EVENT.**

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

\$125 R/\$150 NR

PARTY HOURS

MONDAY – FRIDAY
6:30 – 8:00 PM

SATURDAY & SUNDAY
3:30 – 5:00 PM

PLEASE SEE RULES FOR MORE DETAILS

MIDLOTHIAN PARK DISTRICT
14500 S. KOSTNER AVENUE | 708-371-6191 | WWW.MIDLOTHIANPARKDISTRICT.ORG