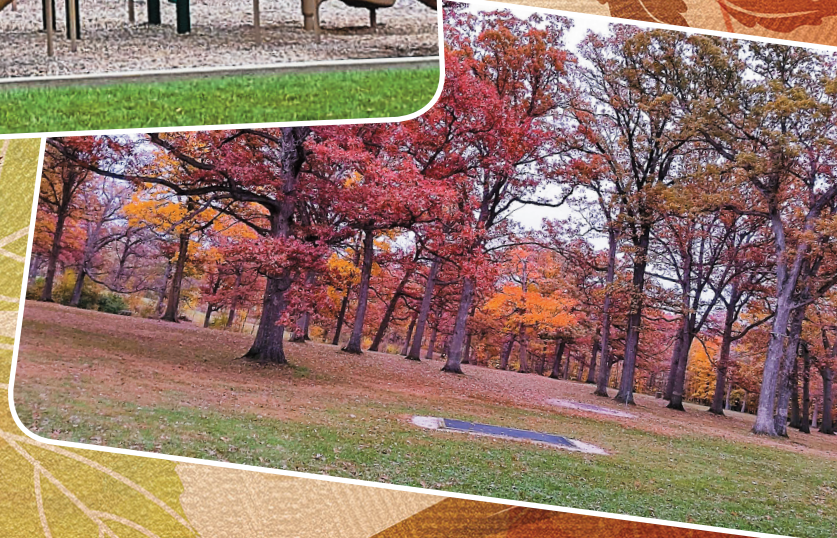


Mokena Community Park District



Fall 2016

Mission Statement

The Mokena Community Park District is committed to providing recreational opportunities to enhance the health, educational, athletic and cultural well-being of its residents, and to protecting and preserving parks and open space areas within the Park District boundaries.

Greetings from the President

The Mokena Community Park District has started the multi-million dollar project you approved in 2014 by referendum. The improvements started with the painting of all of the buildings at Yunker Farm, residing the actual farm house, and replacing the silo on the Gable Bank Barn.

Residents are already inquiring about the 25+ garden plots and the two dog parks, located respectively on the east and west ends of the farm. Our movies and band concerts will be moving from Main Park to our new band shell, being built behind the farm. Our most exciting addition, for our little tikes, will be the splash pad with a new farm house.

The new parking lot across the street was built for the expansion of The Oaks. It has already been used as a staging area for the Mokena Chamber of Commerce's 4th of July Parade. The new building adjacent to The Oaks will have 2 full basketball courts or 4 volleyball courts. The precast walls for the building will begin in October, and if weather permits, the roof will be up by the end of December. During the winter, the interior will be built, which will include the courts, a multipurpose room, and restrooms.

It is anticipated that the project will be completed by summer of 2017, barring inclement weather. We here at the Park District are excited and looking forward to your participation!

A special thanks to all of our staff members for pitching in and keeping our Park District fully functioning as we continue our search for a new Executive Director.

Thanks you,

Mike Bartos, Board President
Mokena Community Park District
BOARD OF COMMISSIONERS

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BOARD OF COMMISSIONERS

Mike Bartos.....	President
George McJimpsey.....	Vice President
Steve Kirschsieper.....	Secretary
Steve Curran.....	Treasurer
Dennis Bagdon.....	Board Member
Kevin Brogan.....	Board Member
Patrick Markham.....	Board Member
Gina Madden.....	Legal Counsel
Mary Strand.....	Recording Secretary

Administrative

Recreation Dept.

Parks Department

Oaks Recreation & Fitness Center

Park District Staff

Executive Director –
 Administrative Assistant – Marianne Jamrok
 Superintendent of Finance and Human Resources - Patti Parli
 Assistant Bookkeeper - Yadira Rajewski
 Superintendent of Recreation - Mary Beth Windberg
 Recreation Supervisor-Athletics - Duane Smith
 Recreation Supervisor – Special Events - Erin Cortilet
 Volunteer/Marketing Coordinator - Laurel Welch
 Secretary/Registrar – Chris Crowley
 Supt. of Parks & Facilities - James Van Gennep
 Maintenance – David Blommaert, Kristin Potocki, Rodger Rottmann, Jim Eyre
 Recreation Facility Manager – Rachel Bauer
 Fitness & Wellness Manager – Kristin Ehler
 Site Supervisor – Kane Bentz
 Facility Maintenance Manager – Dave Graf
 Maintenance – Michael Fox

Park Board Meetings

Park District Board meetings are held on the fourth Tuesday of each month at the Oaks Recreation and Fitness Center, 10847 La Porte Road, Mokena, at 6:00 p.m.

— Registration Information —

Register in person at Mokena Park Administration Center, 10925 La Porte Road, Mokena or The Oaks Recreation & Fitness Center, 10847 La Porte Rd., Mokena, during regular office hours with cash, check or credit card (Visa, MasterCard, or Discover). After hours, a mail slot is provided north of the entrance doors to the Administration Center. **Phone in registrations are not accepted. Registration cannot be accepted by the instructor at the first class.**

Register by fax. Fax registration information to 708-479-5381 using either Visa, MasterCard, or Discover. Faxes received after 4:00 p.m. will be processed on the following business day. Note: If registering via fax, your facsimile signature shall substitute for and have the same legal effect as an original form signature.

Register On-line. Go to www.mokenapark.com. Available 24 hours a day.

Payment Full tuition and fees must be paid to Mokena Community Park District at time of registration. Checks should be made payable to Mokena Park District. Credit cards accepted are Visa, MasterCard or Discover. There will be a twenty-five dollar (\$25) service charge for any NSF check returned by the bank.

Register Early! All programs and trips have limited enrollment, therefore registration is on a first-come, first serve basis. Registration must be completed by the registration deadline, or additional fees will be incurred. Please adhere to deadlines. Instructors cannot take registrations.

Unless specifically noted in program description, **registration deadline** is 7 days before the first class meeting.

— Registrations accepted after the deadline may be assessed an additional fee.

Non-residents will pay 20% of the program fee additional, unless otherwise noted.

Refunds: See page 5 for full refund policy.

Administration Center Office Hours: Monday through Friday 9:00 a.m. – 5:00 p.m.

Hold Harmless Agreement

In accordance with Park District policy, all program participants must sign a hold harmless agreement prior to the first day of participation in a program. No individual will be allowed to participate in a Park District program without a signed waiver on file listing the program(s) for which he/she has registered on a seasonal or per-session basis. A parent/guardian must sign for family members under the age of 18. This form will be made available at time of registration.

Insurance

The Park District is committed to conducting its recreation programs and activities in the safest manner possible. Participants are reminded that the Park District does not carry medical accident insurance for injuries sustained in its programs. The cost of this insurance would make program fees prohibitive.



PLEASE NOTE

- Due to space limitations in the brochure, errors may occur, and changes must be made to dates, times, and locations, etc. We apologize for these omissions will notify patrons as soon as possible.
- Enrollment is limited in all programs, so early registration is always recommended. **Prior participation in a program does not guarantee enrollment.** Programs may fill and registration may be closed *before* the registration deadline occurs.

Administration Center Closing Dates

The **ADMINISTRATION CENTER** will be closed on the following dates:

- September 5, 2016 – Labor Day**
- November 24 & 25, 2016 – Thanksgiving**
- December 23, 2016 – Christmas Eve**
- December 26, 2016 – Christmas Holiday**
- December 30, 2016 – New Year's Eve Holiday**
- January 2, 2017 – New Years Day**

— Park Info At A Glance —

Administration Center

10925 La Porte Road, Mokena
Phone: (708) 390-2401 Fax: (708) 479-5381
Monday – Friday: 9:00 a.m. – 5:00 p.m.

The Oaks Recreation & Fitness Center

10847 La Porte Road, Mokena
Phone: (708) 390-2343 Fax: (708) 390-2363
Monday – Friday: 5:00 a.m. – 10:00 p.m.
Saturday & Sunday: 7:00 a.m. – 8:00 p.m.

Refunds:

- Requests for cancellation must be made by phone, fax, or email between the hours of 9:00 a.m. and 5:00 p.m. Monday through Friday at the Administration Center only. Requests received via fax or email after 5:00 p.m. will be dated for the next business day.
- **Deadline for requesting a refund is the registration deadline for all programs unless otherwise noted. (Unless specified otherwise, registration deadline is 7 days prior to first class session.)**
- Classes or programs which meet multiple sessions – Full refund minus \$10 processing fee and any other associated costs which have already been incurred (uniforms, supplies, etc.).
- Classes or programs which meet once – Credit toward future programming will be issued minus \$10 processing fee and any other associated costs which have already been incurred (uniforms, supplies, etc.).
- Athletic Leagues – Refund minus 5% of the full team registration fee, minimum of \$20 and any other associated costs which have already been incurred (uniforms, supplies, etc.).
- No refunds on any trip or special event unless otherwise noted
- If the Park District cancels a trip or program prior to its start, you will receive a full refund.
- Credits or make-up classes are not available if a class is missed.

Program Locations

- **Administration Center**, 10925 La Porte Road, Mokena
- **Arbury Hills School**, 19651 Beechnut Dr., Mokena
- **Family Martial Arts**, 8537 W. 191st Street, Mokena
- **Gym-Kinetics**, 19220 Ridge Road, Mokena
- **Lincoln-Way East High School**, 201 Colorado Ave., Frankfort
- **Main Park**, 10925 La Porte Road, Mokena
- **MES - Mokena Elementary School**, 11244 Willowcrest Lane, Mokena
- **MIS - Mokena Intermediate School**, 11331 West 195th Street, Mokena
- **MJHS – Mokena Junior High School**, 19815 Kirkstone Way, Mokena
- **Nova Quarter Horses**, 10129 W. 187th Street, Mokena
- **Program Center** - 10925 La Porte Road, Mokena (south end of Main Park)
- **The Oaks Recreation and Fitness Center**, 10847 La Porte Rd., Mokena
Walnut Room, Cypress Room, Chestnut Room, Field House, East Lot
- **White Mountain Golf Course**, 9901 W. 179th St., Tinley Park



for more information on upcoming events
mokena community park district



**Scan our QR code into your phone
and it will take you directly
to our website!**

— Park 'n' Travel —

31st Annual Scarecrow Fest- St. Charles, IL

Join generations of visitors who flock to the annual St. Charles Scarecrow Fest every year! For over 30 years, this award-winning festival has brought heartwarming memories to both children and adults, and is a tradition for thousands of families across the Midwest. The heart and soul of the festival is the Scarecrow Contest, which boasts 100+ hand-crafted scarecrows. Visitors view and vote for their favorite in each of five categories. Enjoy live entertainment, a huge arts and crafts show, a trolley ride – those are just a few highlights! You can even make your own scarecrow to take home. Plus, enjoy plenty of delicious food.

C16E251: Saturday, October 8, 2016
Departure: 10:30 am from Founders Community Center, Frankfort
Return: 6:15 pm (Approximately)
Fee: \$29 R (Fee includes mini-motorcoach transportation)
Deadline: September 15, 2016

America's Baking & Sweets Show, Schaumburg IL

North America's first and biggest baking and sweets event, America's Baking and Sweets Show, takes you on a gourmet grand tour of the most delectable and hottest trends in the world of baking and beyond. The show is set to draw crowds of amateurs, enthusiasts, connoisseurs, and professionals, besides the loyal consumers of the baking and sweets industry. From across the world, America's Baking and Sweets Show will woo, entertain, and educate fans through amazing competitions, celebrity demos, and hands-on classes at the venue. The theme this year is "Peter Pan, so join their showboy Peter and experience the magical world of baking and sweets at The Renaissance Schaumburg Convention Center.

C16E252: Friday, November 11, 2016 / 1p.m.-7p.m. approx.
Departure: The Oaks Recreation & Fitness Center–West Parking Lot (10847 W La Porte Rd)
Fee: \$35 R/ \$42 NR (roundtrip mini-motorcoach transportation and admission)
Deadline: Friday, October 28, 2016

Chicago Christmas Lights Tour, Chicago IL

We will travel to Downtown Chicago to see the beautiful Christmas lights displays. Our first stop will be at the Planetarium Overlook for a panoramic view of the city. We will then travel along Lake Shore Drive to Lincoln Park, North Michigan Avenue, and stop for one hour at Millennium Park to view the city Christmas tree, the skating rink and the Bean. From there, we will take a Loop Tour with a final 1 ½ hour stop at the German Christkindlmarket at the Daley Plaza. We will also be close in proximity to Macy's (Marshall Field's) Flagship State Street store.

C16E253: Thursday, December 15, 2016 / 3:30pm-9:30pm approx.
Departure: The Oaks Recreation & Fitness Center–West Parking Lot (10847 W La Porte Rd)
Fee: \$42 R/ \$50 NR (roundtrip mini-motorcoach transportation)
Deadline: Friday, December 9, 2016

Oberweis Plant & Paramount Theater Tours, North Aurora IL

At the Oberweis Plant Tour, you'll get to see where they make their world-famous milk and ice cream! You'll see a video of all the behind-the-scenes action at Oberweis Dairy including the farms where the rGBH hormone free cows live, the Oberweis Milkman and our plant. We finish off the tour in the Retail Store where everyone enjoys a cup of our classic vanilla ice cream! Brunch will be served at Harner's Bakery & Restaurant and we will finish our trip with a 45-minute guided tour of the Paramount Theatre in Aurora.

C16E254: Wednesday, January 11, 2017 / 9:00am-2:15pm approx.
Departure: The Oaks Recreation & Fitness Center–West Parking Lot

(10847 W La Porte Rd)

Fee: \$51 R/ \$61 NR (roundtrip mini-motorcoach transportation, tours (2) and brunch with gratuity)
Deadline: Monday, January 2, 2017

Jewelry, Fashion & Accessories Show, Rosemont IL

There's always something new at the JF&A Shows – concentrated pockets of new products with a focus on Beauty & Style, or a sumptuous collection of Home & Gourmet products. Expect the unexpected – and a fabulous assortment of treasures for you and your friends. After two ½ hours of browsing/shopping, we will head to Carlucci Rosemont, a Silver Plate and DiRoNA Award Winning Tuscan Italian Restaurant eight years running for a plated lunch. Your meal will include choice of one of three Carlucci Classics: Special Pizza, Special Panini or Special Baked Pasta, gratuity and soft drink.

C16E255: Friday, February 17, 2017 / 9:15am-3:00pm approx.
Departure: The Oaks Recreation & Fitness Center–West Parking Lot (10847 W La Porte Rd)
Fee: \$49 R/ \$58 NR (roundtrip mini-motorcoach transportation, admission to JF&A and lunch with gratuity)
Deadline: Friday, February 2, 2017

Mayflower Tours: Backroads of Sunny Florida featuring three nights at Plantation Resort on Crystal River - Value Tour 2017

Tour Highlights Include:

- Free home, local or regional group pickup and return
- Fully escorted with deluxe motorcoach transportation
- 8 Days and 12 meals (3 dinners, 2 lunches and 7 breakfasts)
- At Marjorie Rawlings Historic State Park, step back in time to see how folks lived in 1930s Florida. Ms. Rawlings wrote The Yearling and other great works.
- On our Crystal River stay enjoy the many fun activities our lodging for three nights, the Plantation Resort, affords us. We'll ride their boat into manatee country, The Crystal River National Wildlife Refuge, and enjoy these mammals close up. The strong of heart can even make arrangements to swim with the manatees. Shuffleboard, fishing, golf, a spa, tennis, croquet, horseshoes, indoor and outdoor bar and grills, nature walks, or just relaxing at their great swimming pool with its sun-bathing facilities are all available.
- Homosassa State Park is just down the road. Here you may see West Indian manatees in the park's underwater observatory. Other native wildlife is showcased – including bears, bobcats, deer, alligators and river otters. Ride a boat to the park entrance.
- Tarpon Springs, on Florida's "Nature Coast" awaits us. This famous Greek community features a taste of Greece right here in America. Visit their shops, enjoy the Sponge Factory, and have lunch at Hellas, Tarpon Springs' most famous restaurant.
- Farewell dinner and live show at the Derby Dinner Playhouse featuring top-notch entertainment

C16E256: Trip departs on February 26, 2017 and returns on March 5, 2017

Fee: A deposit of \$200 is required to reserve your spot at registration (optional \$60.00 for the Cancellation waiver); scheduled payments can then be made directly to Mayflower Tours.
Twin \$1549/ Single \$2188
Depart: Mayflower Tours will pick up each individual from their homes between 6 and 8 a.m. Travelers will be notified of a specific time 3 weeks before the trip.
Deadline: November 26, 2016

— Special Events —

PROUD PARK PARTNER



35th Annual Halloween Hollow

October 14-16, 2016

Main Park – 10925 W La Porte Road

Howling Adventures Await You!

- Ride the exciting carnival rides!
- Test your skills at our Ghost Town Games!
- Hop aboard our hayride.
- Pick out and decorate your favorite pumpkins at our pumpkin patch!
- Build your own scarecrow in our Scarecrow Lab!
- Join the Headless Horsemen for a Horseback Ride!

Gads of Ghoulish Goodies will tempt you...

Restaurants from around the area will be here to serve your favorite potions and scary snacks...how will you choose?

- Pizza slices and Italian beef sandwiches
- Hot dogs, chili dogs and BBQ pork sandwiches
- Funnel cakes, cotton candy and snocones
- Brats and burgers
- Fresh fruit smoothies
- And more!!!!!!

Fascinating Free Stage Entertainment!

DJ, dance groups, magician, live animal show and more! Visit www.mokenapark.com for the entertainment schedule.

Monster's Marketplace

Something for everyone! Vendors will be toys, glow in the dark items and more! Enjoy your time browsing and shopping their boo-tiful wares! For a vendor application, please contact 708-390-2416 or e-mail info@mokenapark.com by Friday, September 23.

FREE Jack-o-Lantern Contest

Bring your carved, painted and/or decorated pumpkins or gourds to compete for great prizes! All ages can participate. Check-in near Main Stage and display between 12:00p.m.-3:00p.m on Saturday, October 15. Prizes are based on creativity, originality and presentation. Winners will be announced at the Main Stage at 3:00p.m.

Scarecrow Laboratory

This eerie experiment will result in the creation of a life-size scarecrow. Hundreds of scarecrows will emerge from the lab by the completion of the event. We supply the straw and clothes. Limit one per family. Sunday, October 16 ONLY starting at 1:00p.m-4:00p.m. or while supplies last.

FREE Home Depot Pumpkin Patch & Painting

Visit the Frankfort Home Depot to pick out your pumpkin and paint it! Available on Saturday, October 15 ONLY starting at 1:00p.m-4:00p.m. or while supplies last. Bring your painted pumpkins or gourds to the Main Stage to compete for great prizes! All ages can participate. Check-in near Main Stage and display before 3:00p.m on Saturday, October 15. Prizes are based on creativity, originality and presentation. Winners will be announced at the Main Stage at 3:00p.m.

FREE Costume Contest

Meet at the Main Stage in Main Park at 1:30pm on Sunday, October 16. Costumes will be judged in five (5) categories: Cutest Baby (under 2 yrs old), Funniest, Scariest, Prettiest and Most Original. Great awards and prizes will be presented to the top three winners per category as well as one (1) Best Overall winner.

Donations Wanted:

Drop off those unwanted shirts, pants, ties, belts, hats, etc. at the Park Office for our Scarecrow Laboratory M-F between 9:00a.m. - 5:00p.m no later than Friday, September 30.

Directions/Parking

Event is held at Main Park, located at 10925 W La Porte Road in Mokena. \$5 parking is available at the Main Park parking lot, The Oaks Recreation & Fitness Center or surrounding church parking lots.

Coming from Chicago

Take I-57 South to I-80 West. Exit US-45/LaGrange Road. Turn left and head south about 1.8 miles to La Porte Rd. Turn right and head to 1st stop sign (Mokena St). Turn left into Main Park parking lot.

Coming from West

Take I-80 East. Exit US-45/LaGrange Road. Turn right and head south about 1.8 miles to La Porte Rd. Turn right and head to 1st stop sign (Mokena St). Turn left into Main Park parking lot.

Volunteers Needed

Interested in volunteering at the event? Volunteers are always needed and appreciated! One (1) hot dog/drink will be provided per volunteer. Please contact 708-390-2404 before Thursday, September 29, 2016.

Sponsorship and Vendor Information

Interested in participating as a sponsor or vendor at the event? Additional information is available by contacting 708-390-2416 prior to Friday, September 30, 2016. Thank you for your interest!

Friday, October 14

*3:30-5pm Special Needs Families Only

*5-9pm (\$25 Windy City Carnival Rides Wristband special)

No admission Fee!!! Parking is \$5

CARNIVAL ONLY (Food Vendors too)

Saturday, October 15

*1-8pm (35th Anniversary ALL DAY Windy City Carnival Rides Wristband Special from 1-8pm for \$35!)

No admission Fee!!! Parking is \$5

Activities include:

- Ghost Town Games
- Hayrides
- Free Contests
- Monster Market
- Stage Entertainment
- Home Depot Pumpkin & Pumpkin Painting
- Spooky Sponsors Giveaways
- Freaky Food Court

Sunday, October 16

*1-6pm (\$25 Windy City Carnival Rides Wristband special from 1:30-5:30pm)

No admission Fee!!! Parking is \$5

Activities include:

- Ghost Town Games
- Hayrides
- Free Contests
- Monster Market
- Stage Entertainment
- Scarecrow Laboratory
- Spooky Sponsors Giveaways
- Freaky Food Court

HALLOWEEN HOUSE DECORATING CONTEST

Judging: October 20-21

Our annual House of Frights is back! Decorate your residence for this "spook-tacular" holiday and register to win great prizes. Registration is FREE! Judging will take place between 6:30-9:30p.m. on October 20 & 21 and is based on creativity, originality, theme, musical effects, lighting and overall layout. Contestants do not need to be present during judging. Winners are determined in two categories: Amateur Ogres (for those who have not won a prize previously) and Master Monsters (for those who have won in the past). Winners will be notified by phone the week of October 24. Call the Park Office at 708-390-2401 to submit your entry by Monday, October 17.

Deadline: Monday, October 17, 2016

STOCKINGS FOR OUR TROOPS

Friday, November 11, 2016

10:00 a.m. – 1:00 p.m.

The Oaks Recreation & Fitness Center

Make this holiday season a memorable one for you, your family, and for our troops! We invite you to gather with us at The Oaks Recreation & Fitness Center on Veteran's Day to decorate holiday stockings for our troops overseas. We will supply everything needed to decorate a stocking. **DONATIONS NEEDED:** We would appreciate donations of fabric, craft items, and old Christmas cards to be used for this event. Donations can be dropped off at the Administration Center at Main Park. We will also be collecting small items to be used as stocking stuffers. Stockings and donated items are then put together and shipped to the troops by "Operation Care Package". Suggested stocking stuffers include: Protein bars, nuts, sunflower seeds, trail mix, gum, hard candy, individual drink mixes, deodorant, shampoo, conditioner, razors, toothpaste, etc. A Letter Writing Station will also be available to anyone who would like to write a personal note to be included in your stocking.



LETTERS FROM SANTA

The Mokena Park District has once again made special arrangements with Santa this year for children to receive a very special and personalized letter from the North Pole. Your child's face will light up when they see a colorful envelope in the mailbox, addressed to them, from the Jolly Old Elf. Parents or guardians can register for their child/children in person at the Park Office, 10925 W La Porte Rd by December 1, 2016. Fee is \$6 per letter. Letters will be mailed the week of December 5, 2016.

C16E260: Fee: \$6R/\$8 NR

Deadline: December 1, 2016

PICTURES WITH SANTA

Santa is making a special appearance at the Park! A professional photographer will be there to take your child's picture with the jolly old elf! Appointments recommended. Fee of \$8 per picture includes professional 5'x7" picture. Additional packages are available for purchase. No personal cameras/camera phones allowed.

Location: Oaks Recreation Center (10847 W La Porte Rd)

Day/Time: Sunday, November 13, 2016/12:00p.m.-3:00p.m.

Deadline: Call the Park office at 708-390-2401 by noon on Friday, November 11 to reserve appointment. Walk-ins are accepted.

BREAKFAST WITH SANTA

Enjoy your breakfast with the Jolly Old Elf at Aurelio's Restaurant, 310 W Lincoln Hwy., Frankfort. Other special guests are sure to bring a smile to parents and kids alike. \$13 admission per person includes plated breakfast*, entertainment and a special gift. All attendees must be pre-registered through the Mokena Park District by Monday, November 21. Children under one are admitted free (does not include breakfast, treats or gift) and all children must be accompanied by an adult. Registration will NOT be accepted at the restaurant-no exceptions. Groups limited to a maximum of eight (8). No refunds. This one fills up fast!

*Plated breakfast includes two scrambled eggs, two sausage links, three French toast sticks/syrup and slice of fruit.

Location: Aurelio's Restaurant (310 W Lincoln Hwy., Frankfort)

Days/Times: Saturday, December 3, 2016/9:00a.m.

C16E257: Fee: \$13R/ \$16 NR

Deadline: Monday, November 21, 2016

HOLIDAY HOUSE DECORATING CONTEST

Judging: December 9-10

It's beginning to look a lot like Christmas with glistening snow, twinkling lights and green garland everywhere. Don't miss out and enter your residence in this annual free contest to win great prizes! To enter, call the Park Office at 708-390-2401 by Monday, December 5. Judging will take place between 6:30-9:30p.m. on December 9 & 10 and is based on creativity, originality, theme, musical effects, lighting and overall layout. Contestants do not need to be present during judging. Displays must be lit during the stated hours. Winners will be notified by phone the week of December 12. Please, no decorations by professionals.

Deadline: Monday, December 5, 2016

OZINGA®

Thank you to our generous Event Supporters!

- *Athletico Physical Therapy*
- *Chick-fil-A of Orland Park*
- *Eggcetera Café*
- *ESDA*
- *Eternally Green Lawn Care*
- *Health Nutz*
- *Hinckley Springs Water*
- *Integrated Physical Medicine*
- *Joliet Slammers*
- *Kelly Nissan*
- *Lifeway Kefir*
- *Meijer*
- *Natures Bakery*
- *Orland Bowl*
- *Ozinga Ready Mix Concrete*
- *Physicians Immediate Care*
- *Pipes and Drums of the Chicago Police Department*
- *TSS Photography*
- *Veterans Garage*



INDOOR FLEA MARKET

Don't let the unpredictable winter weather stop you from bargain shopping! Or maybe you are cleaning out after the holiday season and would like to get rid of your unwanted "treasures" before spring. Either way our Indoor Flea Market is the place for you!

- Registration fee of \$30 for vendors. Buyers admitted free.
- All vendors must pre-register at the Park Office. There will be no on-site registration for the Indoor Flea Market as space is limited.
- Vendors will receive a 12' X 12' space in the Field House. Bring your own table(s).
- Check-in: 7:00 a.m.
- Vendor spaces are determined by Park District staff. Space is first-come, first-served.

Location: Oaks Recreation Center Field house (10847 W La Porte Rd)

Day/Times: Sunday, January 15, 2017/9:00a.m. - 1:00p.m.

C16E258: Fee: \$30

Deadline: Monday, January 9, 2017 (or while space lasts).

MOTHER & SON VALENTINE BOWL

You might be wracking your brain to come up with the perfect gift for your mom, aunt or grandmother for Valentine's Day but what better way to say 'I love you' then with the most romantic of all sports - bowling. It is a great way for mom and son to be together in a fun environment. Ages 5-10. Resident Fee of \$36 per couple (\$40NR); \$16 each additional child (\$21NR). Cost includes: unlimited bowling, shoes, pizza, pop, cake and gift. We can accommodate 6 per lane so if you want to bowl on the same lane, please specify at the time of registration. Pre-registration required. No refunds for this event.

Location: Morgan's Thunder Bowl (18700 South Old LaGrange Road)

Day/Times: Saturday, February 11, 2017/12:00p.m. - 2:00p.m.

C16E259: \$36 R/ \$40 NR

Deadline: Wednesday, February 1, 2017



**We live here.
We give here.**



Fresh thinking – a smart investment
to shape a better community.

meijer

— Early Childhood Education —

ALL BY MYSELF

Making new friends, listening to stories, and playing games will be a great way to get ready for our early education program. Children will experience a semi-structured environment while practicing their independence.

Ages 2-3 (no parents in class). Children do not need to be potty trained. Children must be able to separate from parent. No refunds for this class. Includes materials fee. This class fills fast! (6 sessions)

Instructor:	S. Pickham	Recreation Program Center
Day/Time:	Thursday: 9:15 – 10:10 a.m.	
B16Y101:	September 8 – October 27, 2016	\$75 R/\$90 NR (8 classes)
Deadline:	Sept. 1, 2016	Add \$5
C16Y101:	November 3 – December 15, 2016	\$56 R/\$67 NR (6 classes)
Deadline:	October 27	Add \$5
	No class November 24	
C16Y102:	January 12 – February 16, 2017	\$56 R/\$67 NR (6 classes)
Deadline:	January 5	Add \$5
C16Y103:	February 23 – April 6, 2017	\$56 R/\$67 NR (6 classes)
Deadline:	February 16	Add \$5
	No class March 30	
C16Y104:	April 13 – May 18, 2017	\$56 R/\$67 NR (6 classes)
Deadline:	April 6	Add \$5

ALL BY MYSELF x 2

Same class as “All by Myself” but twice the fun! For those children ready to be all by myself twice a week. Age 2-3 (no parents in class). No refunds for this class. (12 sessions)

Instructor:	S. Pickham	Recreation Program Center
Day/Time:	Tuesday & Thursday: 10:15 – 11:10 a.m.	
B16Y102:	Sept. 6 – October 27, 2016	\$145 R/\$170 NR (16 classes)
Deadline:	August 28	Add \$5
C16Y105:	November 1 – December 20, 2016	\$124 R/\$148 NR (14 classes)
	Registration Deadline October 25	Add \$5
	No class November 24	
C16Y106:	January 10 – February 16, 2017	\$106 R/\$127 NR (12 classes)
	Registration Deadline January 3	Add \$5
C16Y107:	February 21 – April 6, 2017	\$106 R/\$127 NR (12 classes)
	Registration Deadline February 14	Add \$5
	No class March 28 and March 30	
C16Y108:	April 11 – May 18, 2017	\$106 R/\$127 NR (12 classes)
	Registration Deadline April 4	Add \$5

PEE-WEE PICASSOS

Does your child love to color, draw, and paint? You and your budding artist will enjoy the slow pace in this relaxed class of creative fun together. Simple paper projects, cutting, gluing, and paints will get your young artist off to a creative start. Age 2-3 with one parent. Fee includes materials.

Instructor:	P. Winkleman	Recreation Program Center Art Room
Day/Time:	Wednesday: 10:15-11:00 a.m.	
C16Y009:	September 7-28, 2016	\$35.00 R/\$42 NR After Sept. 1, 2016 Add \$5
C16Y010:	October 5-26, 2016	\$35.00 R/\$42 NR After September 28, 2016 Add \$5
C16Y011:	November 2-30, 2016	\$35.00 R/\$42 NR After October 26, 2016 Add \$5 No class November 23

PLAY SCHOOL WITH MISS SUE

Is your toddler not quite ready to separate from mom and dad? You and your child won't miss a beat with this class! We'll sing and dance to our favorite songs and have fun discovering new stories, games, musical instruments, and maybe a craft. Age 2-3 with one parent.

Instructor:	S. Pickham	Recreation Program Center
Day/Time:	Tuesday: 9:15 – 10:10 a.m.	
B16Y103:	Sept. 6 – October 25, 2016	\$75 R/\$90 NR (8 classes)
Deadline:	August 28	Add \$5
C16Y109:	November 1 – December 20, 2016	\$75 R/\$90 NR (8 classes)
Deadline:	October 25	Add \$5
C16Y110:	January 10 – February 14, 2017	\$56 R/\$67 NR (6 classes)
Deadline:	January 3	Add \$5
C16Y111:	February 21 – April 4, 2017	\$56 R/\$67 NR (6 classes)
Deadline:	February 14	Add \$5
	No class March 28	
C16Y112:	April 11 – May 16, 2017	\$56 R/\$67 NR (6 classes)
Deadline:	April 4	Add \$5



— Youth —

ART EXPLORATION—Junior High/High School

Learn new techniques and improve your skills. Study shading, proportion, facial expressions, colors, textures, and much more while using a variety of subjects including: animals, landscapes, cartoons, abstracts, and still life. For all levels of ability. Taught by a graduate of the American Academy of Art. For ages 11-16.

Instructor:	P. Winkleman	Program Center Art Room
Day/Time:	Tuesday: 4:30-5:30 p.m.	
B16Y003:	Sept. 6 – October 11, 2016	\$52 R/\$62 NR
Deadline:	Sept. 5	Add \$5
C16Y001:	October 18-November 22, 2016	\$52 R/\$62 NR
Deadline:	Oct. 11	Add \$5
C16Y002:	November 29 – January 10, 2017	\$52 R/\$62 NR
Deadline:	November 22	Add \$5
	No class December 27	
C16Y003:	January 17 – February 21, 2017	\$52 R/\$62 NR
Deadline:	January 10	Add \$5

BOWLOPOLIS CAMP

Come out to Orland Bowl and learn how to bowl! This camp includes 4 weeks of bowling instruction, and shoe rental. If you select the “with ball” option, your child will receive a new BOWLING BALL with drilling.

Location:	Orland Bowl, 8601 W. 159th Street, Orland Park, IL Ages 5-12	
Day/Time:	Saturdays: 11:30 a.m.-12:30 p.m.	
C16Y131:	Sept. 10 – October 1, 2016 (with ball)	\$78 R/\$83 NR
C16Y134:	Sept. 10 – October 1, 2016 (NO ball)	\$58 R/\$63 NR
C16Y132:	October 8-29, 2016 (with ball)	\$78 R/\$83 NR
C16Y135:	October 8-29 (NO ball)	\$58 R/\$63 NR
C16Y133:	November 5-26, 2016 (with ball)	\$78 R/\$83 NR
C16Y136:	November 5-26, 2016 (NO ball)	\$58 R/\$63 NR

DRAWING AND MORE!

Learn new techniques and improve your skills. Study shading, proportion, facial expressions, colors, textures, and much more while using a variety of subjects including: animals, landscapes, cartoons, abstracts, and still life. For all levels of ability. Taught by a graduate of the American Academy of Art. Grades 1-6.

Instructor:	P. Winkleman	Program Center Art Room
Wednesday:	4:30-5:30 p.m.	
B16Y006:	September 7 – Oct. 12, 2016	\$52 R/\$62 NR
Deadline:	August 31	Add \$5
C16Y004:	October 19 – November 30, 2016	\$52 R/\$62 NR
Deadline:	October 12	Add \$5
	No class November 23	
C16Y005:	December 7 – January 18, 2017	\$52 R/\$62 NR
Deadline:	November 30	Add \$5
	No class December 28	
C16Y006:	January 25 – March 1, 2017	\$52 R/\$62 NR
Deadline:	January 18	Add \$5

FROSTY'S WINTER PARTY

Christmas has come and gone, and winter is here full-force. Have the mid-winter blahs set in with nothing fun to do at home? Then come and join us for an evening of winter fun! We'll begin with cheese pizza and a frosty fruit drink for dinner. Then we'll be making “snow” men, having an inside snowball fight with special snowballs, and playing in a shaving cream snowstorm. This party will be snowballs of fun, and one you definitely don't want to miss. Ages 4-6 Fee includes materials and dinner. Children must be potty-trained and willing to separate from parents. No parent waiting area.

Instructor:	Janet Nush	Preschool Room—Rec Program Center
Day/Time:	Friday: 6:00-8:15 p.m.	
C16Y144:	January 20, 2017	\$20 R/\$24 NR
	After January 13, 2017	\$Add \$5

GINGERBREAD HOUSE

An annual holiday tradition! Make your own unique gingerbread house, a dazzling confectionary castle that is an edible decoration. Finish this delectable delight in class, and take home and share with family and friends. Fee includes materials. Ages 4-7 and 8-12.

Instructor:	P. Winkleman	Program Center Art Room
Day/Time:	Saturday, December 10, 2016	
C16Y012:	1:00-2:30 p.m. (ages 4-7)	
C16Y013:	3:00- 4:30 p.m. (8-12)	\$21 R/\$25 NR
	After December 3, 2016	\$Add \$5

GREAT GOBBLER GET-TOGETHER

Come and join us for an evening of turkey fun! We'll start off with a dinner of pizza and Hi-C. Then we'll play turkey games, sing silly turkey songs, so silly turkey dances, make a special turkey craft, and hear funny turkey stories. We're going to have a gobbling good time! Sign up early so you don't miss out on all the fun! Ages 4-6. Fee includes materials and dinner of cheese pizza and Hi-C. Children must be potty-trained and willing to separate from parents. No parent waiting area.

Instructor:	J. Nush	Preschool Room—Rec Program Center
Day/Time:	Friday: 6:00-8:15 p.m.	
C16Y141:	November 4, 2016	\$20 R/\$24 NR
	After October 27, 2016	Add \$5

GRINCH CHRISTMAS PARTY

Pretend you are a “Who” from “Who-ville” and come to this fun Grinch party! We'll start our evening with pizza, “Who-Pudding”, and Grinch juice. Then we'll have plenty of time for a Holiday story, Grinch craft, Christmas songs, Christmas games, and free play. Remember, the Grinch discovered there is no way to keep Christmas from coming! So, let's have some fun because Christmas is almost here! Ages 4-6. Fee includes materials and dinner of cheese pizza and Hi-C. Children must be potty-trained and willing to separate from parents. No parent waiting area.

Instructor:	J. Nush	Preschool Room—Rec Program Center
Day/Time:	Friday: 6:00-8:15 p.m.	
C16Y143:	December 16, 2016	\$20 R/\$25 NR
	After December 9, 2016	Add \$5

LEGO ADVANCED ENGINEERING

Do you know a LEGO® enthusiast that is between the ages of 9 and 13? Are they advanced builders? Do you want them to have fun with LEGO® while still learning many basic S.T.E.M. principles? During our Black Diamond Builders session students will customize their builds and modify the model's performance by changing the gear ratios and/or axle placements. Problem solving, and thinking beyond the scope of the building plans, is what this session is all about!! Every child takes home a custom LEGO® mini-figure at the end of the last class. Ages: 8-12+ (grades: 3-7+)

Day/Time: Mondays: 5:00-6:00 P.m. Program Center
C16Y140: Sept. 9 – October 24, 2016 \$77 R/\$95 NR
Deadline: Sept. 5 Add \$5

LEGO BRICK PIRATE'S QUEST

Shiver me timbers as we explore the popular culture behind the life of a pirate. Build a motorized pirate ship, a helm and an anchor using LEGO® Bricks, as we batten down the hatches and prepare for mutiny. Protect the hand on deck by building a launching catapult. Beware me mateys, if it's too late, you must abandon ship and build a rowboat to escape. Watch out for crocodiles! Anchors aweigh!! Every child takes home a custom LEGO® mini-figure at the end of the last class. Ages 5-10 (gr. K-4/5).

Day/Time: Mondays: 5:00-6:00 P.m. Program Center
C16Y141: Nov. 7 – December 5, 2016 \$70 R/\$84 NR
Deadline: November 1 Add \$5

LEGO WINTER BREAK MINI-CAMP

Don't get left out in the cold! Bring the winter fun indoors with interactive Bricks 4 Kidz® models of some popular winter activities from the hair-raising thrill of the luge to more the relaxing pace of the horse and sleigh. We'll build the all-business snowplow as well as the all-fun snow mobile. And our winter theme wouldn't be complete without ice hockey and skiing. No snow? No problem – all you need to create these winter memories are our bricks and your imagination. Each child takes home a custom LEGO® mini-figure at the end of three day session. An allergy free snack and drink will be provided. Ages: 5-10 (grades: K-4/5)

Day/Time: Tuesday-Thursday: 1:00-3:30 p.m. Program Center
C16Y142: December 27-29, 2016 \$90 R/\$108 NR
Deadline: December 20 Add \$5

LITTLE FIREFIGHTER PARTY

Both boys and girls dream of being a firefighter when they grow up. So we are having a burning hot bash for your little firefighter. We'll start our evening with cheese pizza and Hi-C. Then we'll make a fire truck craft, pretend to put out a fire, hear firefighter stories, and have a little time for free play. This will be a fun party for both boys and girls!!! Ages 4-6 Fee includes materials and dinner. Children must be potty-trained and willing to separate from parents. No parent waiting area.

Instructor: Janet Nush Program Center
Day/Time: Friday: 6:00-8:15 p.m.
B16Y112: September 23, 2016 \$20 R/\$24 NR
Deadline: September 16 Add \$5

LITTLE WITCHES BREW

Halloween is almost here! Join us for a very special witches brew party. For dinner, we'll be stirring up a special witches brew (punch) to go with our cheese pizza, and we'll be making some delicious spiders to eat for dessert (yum, yum!) Then there will be plenty of time for fun, games, a special witch craft, and stories. Ages 4-6. Fee includes materials and dinner. Children must be potty-trained and willing to separate from parents. No parent waiting area.

Instructor: Janet Nush Preschool Room–Program Center
Day/Time: Friday: 6:00-8:15 p.m.
C16Y140: October 21, 2016 \$20 R/\$25 NR
After October 14 Add \$5

OLAF PARTY

Even though it's "Fall" and there's no cold, ice, or snow on the ground. It's a perfect evening for an "Olaf Party". We'll start with pizza and Hi-C for dinner. Then we'll play "Pin the Carrot Nose on Olaf" and a few Olaf games. We'll have an indoor snowball fight and play in the snow. We'll make an Olaf craft, hear an Olaf story and even have some time for free play. So come and join us for an evening of great fun! Ages 4-6 Fee includes materials and dinner. Children must be potty-trained and willing to separate from parents. No parent waiting area.

Instructor: Janet Nush Program Center
Day/Time: Friday: 6:00-8:15 p.m.
B16Y111: September 9, 2016 \$20 R/\$24 NR
Deadline: September 2 Add \$5

PEPPA PIG PUMPKIN PARTY

Has your child caught Peppa fever? If so, make this year's Halloween special by coming to a "Peppa Pig Pumpkin Party". We'll start our evening off with cheese pizza and Hi-C. There will be a Peppa Pig craft and some fun pumpkin games. Add some Peppa Pig stories and a little time for some free play too! A very fun evening for any child who loves Peppa Pig! Ages 4-6 Fee includes materials and dinner. Children must be potty-trained and willing to separate from parents. No parent waiting area.

Instructor: Janet Nush Program Center
Day/Time: Friday: 6:00-8:15 p.m.
C16Y139: October 7 \$20 R/\$24 NR
Deadline: September 29 Add \$5

PETE THE CAT PARTY

Pete the Cat is the coolest cat ever! Come and join us for a "Pete the Cat" themed party. We'll start our evening with cheese pizza and Hi-C. Then we'll make a cool Pete the Cat art project, play Pete the Cat games, and listen to Pete the Cat stories. It will be a super fun evening for all children who love Pete the Cat books. We're sure at the end of the party, your child will agree, as Pete would say... "It was all good." Ages 4-6 (first-graders welcome)

Instructor: Janet Nush Preschool Room - Program Center
Friday: 6:00-8:15 p.m.
C16Y145: February 3, 2017 \$20 R/\$24 NR
After January 26, 2017 Add \$5

PINKALICIOUS PARTY

Calling all Pinkerbelles and Pinkerellas! There is going to be a totally pink-tastic "Pinkalicious Party" that you are not going to want to miss! We'll start our evening with pizza, pink lemonade, and pink cupcakes. Then we will read our favorite Pinkalicious book. We'll also make a special Pinkalicious craft and play some Pink Pinkalicious games. Some come in your pinkest clothes and get ready for some pinktacular fun! Ages 4-7.

Instructor: Janet Nush Preschool Room - Program Center
Day/Time: Friday: 6:00-8:15 p.m.
C16Y146: February 24, 2017 \$20 R/\$24 NR
After February 17, 2016 Add \$5

RUDOLPH THE RED-NOSED REINDEER PARTY

Rudolph is Santa's favorite reindeer and a special part of the holiday season. We'll be making a special Rudolph art project, playing reindeer games, having dinner of cheese pizza and Hi-C, and listening to a reindeer story. This is a party we're sure you won't want to miss. Ages 4-6. Children must be potty-trained and willing to separate from parents. No parent waiting area.

Instructor: Janet Nush Preschool Room–Program Center
Day/Time: Friday: 6:00-8:15 p.m.
C16Y142: December 2, 2016 \$20 R/\$25 NR
After November 25, 2016 Add \$5

WINTER HORSE CAMP AT NOVA QUARTER HORSES

Come join us for 4 fun filled days of learning horsemanship skills taught by our skilled staff. Campers will work hands-on gaining experience and knowledge in grooming, bridling, and saddling your own horse. Each day will include a riding lesson, and on the last day of winter camp the students will participate in a horse show starting at 2:00pm, where they will demonstrate for family and friends the skills that they have learned during camp. Parents are invited and encouraged to come support your young riders. Nova offers a heated office / observation area, and our arena and barn are also climate controlled! No need to worry about the cold! Ages 7-18. **Camp participants should bring a brown bag lunch daily.

Location: Nova Quarter Horses, Inc., 10129 W. 187th Street, Mokena.
Day/Time: Tuesday through Friday—10:00 a.m.—3:00 p.m.
C16Y128: December 27-30, 2016 \$275 R/\$295 NR
Deadline: December 22 Add \$5

YOUNG ARTISTS

In this variety art class, students will experiment with clay, tempera paints, water colors, abstracts and much more. Students should bring an all-purpose art pad to first class. Taught by a graduate of the American Academy of Art. Age 8-12.

Instructor: P. Winkleman Program Center Art Room
Day/Time: Monday: 4:30-5:30 p.m.
B16Y008: August 29–October 17, 2016 \$52 R/\$62 NR
Deadline: August 21 Add \$5
 No class September 5, 2016
C16Y007: October 24–November 28, 2016 \$52 R/\$62 NR
 After October 17 Add \$5
C16Y008: December 5–January 23, 2017 \$52 R/\$62 NR
Deadline: November 28 Add \$5
 No class December 26 and January 2

— Youth Dance —

Now presenting The Mokena Park District Dance Troupe... BALLET... TAP... HIP-HOP/JAZZ

From the graceful movements of Ballet to the quick beat of Hip-Hop/Jazz to the synchronized sounds of tapping toes we have it all! Come and see what all the commotion is about and have fun while learning a new dance style.

Students who are enrolled in Session I will have priority registration for Session II which will include our annual Spring Recital. White ballet shoes and black tap and jazz shoes should be worn for appropriate classes. Shoes will be available for purchase during our first class. Those registering for Spring Session – costume costs will be approx. \$45-50 per costume.

- **Pre-Ballet:** This class will introduce the basic steps and positions in ballet while learning a fun song and dance routine. Your child's confidence and appreciation for the art form will grow as they master new skills and make new friends.
- **Ballet:** This class provides an excellent background for all types of dance. Coordination, strength and flexibility are complimented with the grace and pose which ballet class offers.
- **Tapping Toes:** Hear the synchronized sounds of tapping toes while we shuffle off to buffalo learning multiple tap techniques. Classes will include basic principles of tap through music and movement exercises, with an emphasis on rhythm and timing.
- **High Voltage Hip-Hop/Jazz:** Learn the latest street-style moves just like your favorite pop stars. Dance to the beat and get an excellent work-out while improving muscle strength and flexibility. Fun choreography will be inspired by popular music.

Instructor: Jen Diamond Program Center
Fall Session: Wednesdays, September 14 – December 7, 2016
B16Y100: 3:15-3:45 p.m. - Pre-Ballet (3 ½-4 ½ year olds) \$ 80 R/\$ 96 NR
B16Y099: 3 :45-4:15 p.m. – Beginning Ballet 4 ½ - Kdg. \$ 80 R/\$ 96 NR
B16Y098: 4:15-4:45 p.m. – Beginning Tap 4 ½ - Kdg. \$ 80 R/\$ 96 NR

B16Y097: 4:45-5:30 p.m. - Ballet Gr. 1-3 \$ 94 R/\$112 NR
B16Y096: 5:30-6:00 p.m. – Tap Gr. 1-3 \$ 80 R/\$ 96 NR
B16Y095: 6:00-6:45 p.m. – Ballet Gr. 4-6 \$ 94 R/\$112 NR
B16Y094: 6:45-7:15 p.m. – Tap Gr. 4-6 \$ 80 R/\$ 96 NR
B16Y090: 7:15-8:00 p.m. – Hip Hop/Jazz Gr. 4-6 \$ 94 R/\$112 NR

Spring Session: Wednesdays – January 11 – May 17, 2017 and No class March 29

C16Y100: 3:15-3:45 p.m. - Pre-Ballet (3 ½-4 ½ year olds) \$ 107 R/\$ 128 NR
C16Y099: 3:45-4:15 p.m. – Beginning Ballet 4 ½ - Kdg. \$ 107 R/\$ 128 NR
C16Y098: 4:15-4:45 p.m. – Beginning Tap 4 ½ - Kdg. \$ 107 R/\$ 128 NR
C16Y097: 4:45-5:30 p.m. - Ballet Gr. 1-3 \$ 117 R/\$ 140 NR
C16Y096: 5:30-6:00 p.m. – Tap Gr. 1-3 \$ 107 R/\$ 128 NR
C16Y095: 6:00-6:45 p.m. – Ballet Gr. 4-6 \$ 117 R/\$ 140 NR
C16Y094: 6:45-7:15 p.m. – Tap Gr. 4-6 \$ 107 R/\$ 128 NR
C16Y093: 7:15-8:00 p.m. – Hip Hop/Jazz Gr. 4-6 \$ 117 R/\$ 140 NR



— Youth Gymnastics —

- Gymnastics classes offered in cooperation with Gym-Kinetics, 19220 Ridge Road, Mokena. Gym-kinetics offers one of the largest facilities in the area with the latest equipment and experienced staff.
- Clothing – Comfortable clothes – leotards or shorts with t-shirts. No gym shoes, jewelry, tights.
- Resident participants registering through Mokena Park District receive the discounted fees listed and the Gym-kinetics annual registration fee will be waived.

Winter Session: October 31 – January 21, 2017 (No classes week of December 25-31)

50 minute class	\$ 151 R
1 Hour class	\$ 159 R
Tumbling	\$ 161R
	NR add \$20

BABY GYM (50 minutes)

Walkers up to 2 yrs. with parent. Warm-up activities with music, climbing, crawling hanging, swinging, and jumping are just a sample of the activities your little one will experience.

C16Y038: Thursday: 9:00 a.m.

MOM & MINI (50 minutes)

Ages 2-3 with parent. Experience a wide range of gross motor activities using trampolines, balance beams, bars and rings in a fun, safe environment.

C16Y039: Monday 10:00 a.m.
Tuesday: 11:00 a.m.

3 YR. OLD GYMNASTICS (50 minutes)

No parent required. Introduction to gymnastics skills such as forward and backward rolls, cartwheels, trampoline activities, balance beam, rings, and more.

C16Y040: Monday: 9:00 a.m., 10:00 a.m.
Tuesday: 11:00 a.m.
Thursday: 9:00 a.m., 1:00 p.m..

4 & 5 YR. OLD MINI GYMNASTICS (50 minutes)

Continue working on gross motor coordination using gymnastics equipment and skills; learn beginner tumbling and introduction to gymnastics apparatus.

C16Y041: Monday: 9:00 a.m., 10:00 a.m.
Tuesday: 9:00 a.m., 10:00 a.m.
Wed.: 11:00 a.m., 1:00 p.m.
Thursday: 9:00 a.m., 10:00 a.m., 1:00 p.m.

5 & 6 YR. OLD BEGINNER GIRLS GYMNASTICS (One hour)

In this introductory class, students will learn basic tumbling skills, and introductory skills on balance beam, uneven bars, and vault.

C16Y041: Monday: 5:00 p.m.
Thursday: 4:00 p.m.
Saturday: 9:00 a.m.

7-11 YEAR OLD BEGINNER GIRLS GYMNASTICS (One hour)

C16Y043: Monday: 6:00 p.m.
Tues.: 4:00 p.m.
Wednesday 4:00 p.m.

5 & 6 YR. OLD BEGINNER BOYS GYMNASTICS (One hour)

In this introductory class students will learn fundamental skills on all six pieces of boy's apparatuses: rings, parallel bars, high bar, pommel horse, vault, and tumbling.

C16Y045: Thursday: 5:00 p.m..

7-13 YEAR OLD BEGINNER BOYS GYMNASTICS (One hour)

see description above

C16Y046: Monday 7:00 p.m.

BEGINNER TUMBLING (7 years and up)

Designed with the cheerleader in mind. Girls will begin to learn cartwheels, round offs, back bends and beginner stages of flip-flops. Cheer enthusiasts this is the class for you

C16Y044: Wednesday: 5:00 p.m.
Thursday: 7:00 p.m.

LEADER IN
GYMNASTIC
INSTRUCTIONS



**Don't Miss Out –
Register Early!**

— Youth/High School Athletics —

GENERAL INFO

These leagues provide participants with the opportunity to learn new skills, improve on current skills, and make new friends along the way. Please note that our goal is to ensure that every participant has FUN. The following conduct guidelines serve as a simple reminder that this is recreation, not professional sports:

- Respect all participants, officials, park district staff, and spectators. Lead the way in creating a positive, recreational atmosphere.
- Avoid the use of foul or inappropriate language. Set positive examples for the community.
- Refrain from inflicting bodily harm on participants, officials, park district staff, and spectators. Play to have FUN.
- Respect all equipment, supplies, and facilities provided by Mokena Community Park District.

VOLUNTEER COACHING

The park district relies on volunteers to coach teams in its recreational leagues. Experienced coach or new to the game, we'd love to have you be part of the team. If you are interested in volunteering your time to coach a team, please contact the Administration Center at 708-390-2408. All volunteer head coaches must complete an application, liability waiver, and background check prior to the commencement of any coaching duties.

If you are interested in coaching but feel you don't know enough to teach a sport, please know that the park district does have a support system in place to assist with your needs. In addition to basic coaching education, the park district also provides sport-specific curriculums so volunteer coaches may deliver the best possible sports experience to the participants.

Recreational Basketball League

Registration Opens on August 29 for RESIDENTS ONLY. Non-Resident registration opens on September 12. These leagues WILL FILL prior to the registration deadline so do NOT wait to register. Prior participation does NOT guarantee a spot. Any openings filled after Registration Deadline Add \$10.

G2VBC YOUTH VOLLEYBALL ACADEMY

This is an 8-week instructional program for children in grades 1-6. Activities are designed for players interested in learning the fundamentals of volleyball and having fun. The program focuses on maximum ball touches and participation for the player, both of which are instrumental for player development. Student to instructor ratio is 10:1, and all activities are prepared and delivered by G2VBC staff. Registration deadlines: Fall - Wednesday, September 28, 2016; Winter - Wednesday, November 30, 2016.

Location: The Oaks Recreation & Fitness Center

Fall Session - Wednesdays, October 5 – November 23, 2016

C16Y156: Grades 1-2, 4:30 – 5:30 p.m.

C16Y157: Grades 3-4, 5:30 – 6:30 p.m.

C16Y158: Grades 5-6, 6:30 – 7:30 p.m.

Deadline: September 28 Add \$5

Winter Session - Wednesdays, December 7, 2016 – February 1, 2017

(No class December 28)

C16Y159: Grades 1-2, 4:30 – 5:30 p.m.

C16Y160: Grades 3-4, 5:30 – 6:30 p.m.

C16Y161: Grades 5-6, 6:30 – 7:30 p.m.

Fee: \$65 R / \$78 NR

Deadline: November 30 Add \$5

LITTLE STARS SPORTS INTRODUCTION

This is a 4-week instructional program for children ages 3-4. Activities are designed for children interested in a sports adventure: soccer, volleyball, basketball, and kickball – 4 sports in four weeks! Student to instructor ratio is 3:1, and all activities are prepared and delivered by park district staff. Instruction will focus on fun, coordination, and basic skills for each sport. Registration deadlines: September 28, 2016, and November 30, 2016.

Location: The Oaks Recreation & Fitness Center

Wednesdays - October 5 – 26, 2016

C16Y162: 10:00 – 10:45 a.m.

C16Y163: 10:45 – 11:30 a.m.

C16Y164: 1:00-1:45 p.m.

C16Y165: 1:45 – 2:30 p.m.

Wednesdays: December 7 - 28, 2016

C16Y166: 10:00 – 10:45 a.m.

C16Y167: 10:45 – 11:30 a.m.

C16Y168: 1:00-1:45 p.m.

C16Y169: 1:45 – 2:30 p.m.

Fee: \$25 R / \$30 NR After Registration Deadline Add \$5

LITTLE DUNKERS BASKETBALL – SKILLS DEVELOPMENT

This is a 6-week instructional program for children ages 4-5. Activities are designed for children interested in learning the fundamentals of basketball and having fun. Student to instructor ratio is 5:1, and all activities are prepared and delivered by park district staff. Instruction will focus on the basics of shooting, dribbling, and hand-eye coordination - park district will supply basketballs. Registration deadline is Saturday, October 29, 2016.

Location: Mokena Elementary School - South Gym

Saturdays, November 5 – December 17, 2016 (No class November 26)

C16Y170: 9:00 – 9:55 a.m.

C16Y171: 10:00 – 10:55 a.m.

C16Y172: 11:00 – 11:55 a.m.

Fee: \$44 R / \$52 NR After Registration Deadline Add \$5

LITTLE DUNKERS BASKETBALL – GAMES DEVELOPMENT

This is an 8-week instructional program for children ages 4-5, and activities are designed for children interested in learning how to play a basketball game. Student to instructor ratio is 6:1, and all activities are prepared and delivered by park district staff. Instruction will cover some basic basketball skills such as shooting, dribbling, and hand-eye coordination, but the focus will be teaching players how to play an organized game, using a 3 v 3 format for maximum player participation. Registration includes a uniform. Registration deadline is Saturday, January 7, 2017.

Location: Mokena Elementary School - South Gym
Dates: Saturdays, January 14 – March 4, 2017
C16Y173: 9:00 – 9:55 a.m.
C16Y174: 10:00 – 10:55 a.m.
C16Y175: 11:00 – 11:55 a.m.
Fee: \$59 R / \$70 NR
After Registration Deadline Add \$5

LITTLE STRIKERS SOCCER – SKILLS DEVELOPMENT

This is a 6-week instructional program for children ages 4-5. Activities are designed for children interested in learning the fundamentals of soccer and having fun. Student to instructor ratio is 5:1, and all activities are prepared and delivered by park district staff. Instruction will focus on the basics of shooting, dribbling, and foot-eye coordination – park district will supply soccer balls. Registration deadline is Sunday, October 30, 2016.

Location: The Oaks Recreation & Fitness Center
Dates: Sundays, November 6 – December 18, 2016
(No class November 27)
C16Y176: 1:00 – 1:55 p.m.
C16Y177: 2:00 – 2:55 p.m.
Fee: \$44 R / \$52 NR
After Registration Deadline Add \$5

ARCHERY – INTRODUCTION WORKSHOP

Come out and try archery for a couple of hours and discover its fun and challenges. The staff at BowDoc Archery are USA Archery certified coaches and will take you through the basics of how to shoot a bow and be safe. Students will get to do lots of shooting during this introduction class. All levels of shooters are welcome. BowDoc Archery will supply all of the necessary equipment for this workshop. Please wear shoes that cover the entire foot – sandals and flip flops are not allowed.

Instructor: BowDoc Staff : BowDoc Archery Range
Days/Times: Saturday - 9:00 a.m. – 12:00 p.m.
C16Y188: September 24, 2016 \$40 R / \$48 NR
After Registration Deadline Add \$5

ARCHERY 101

Whether you are new or an experienced archer, come out and enjoy 4 sessions of archery fun. Students will learn safety, proper technique and form, range procedures, and etiquette. There will be lots of shooting in each session, with challenges and fun competition mixed in. The staff at BowDoc Archery are USA Archery certified coaches. BowDoc Archery will supply all of the necessary equipment for this class. Please wear shoes that cover the entire foot – sandals and flip flops are not allowed:

Instructor: BowDoc Staff BowDoc Archery Range
Days/Times: Mondays: 4:30-5:30 p.m.
C16Y189: October 3-24, 2016 \$60 R / \$72 NR
After Registration Deadline Add \$5

HOME SCHOOL P.E. – AGES 5-10

This new and exciting program gives kids the opportunity to stay active, have fun, and meet new friends. It is a 12-week developmental program designed for home-schooled children seeking structured physical activity. Activities will focus mainly on health, physical fitness, and team work with an emphasis on sports development. All classes will be led by Park District staff with a student-to-instructor ratio of 5:1.

Location: The Oaks Recreation & Fitness Center
Day/Date: Tuesdays – January 10-March 28, 2017
C16Y154: Ages 5-7 1:00-1:45 p.m. \$45 R/\$54 NR
C16Y155: Ages to 8-10 2:00-3:00 p.m. \$59 R/\$71 NR
Deadline: January 3 Add \$5

LITTLE STRIKERS SOCCER – GAMES DEVELOPMENT

This is an 8-week instructional program for children ages 4-5, and activities are designed for children interested in learning how to play a soccer game. Student to instructor ratio is 6:1, and all activities are prepared and delivered by park district staff. Instruction will cover some basic soccer skills such as shooting, dribbling, and foot-eye coordination, but the focus will be teaching players how to play an organized game, using a 3 v 3 format for maximum player participation. Registration includes a uniform. Registration deadline is Monday, January 2, 2017.

Location: The Oaks Recreation & Fitness Center
Dates: Sundays, January 8 – March 5, 2017
(No class January 15)
C16Y178: 1:00 – 1:55 p.m.
C16Y179: 2:00 – 2:55 p.m.
Fee: \$59 R / \$70 NR
After Registration Deadline Add \$5

LITTLE SLAPSHOOTERS HOCKEY – SKILLS DEVELOPMENT

This is a 6-week instructional program for children ages 4-7, and activities are designed for children interested in learning the fundamentals of floor hockey and having fun. Student to instructor ratio is 5:1, and all activities are prepared and delivered by park district staff. Instruction will focus on shooting, puck-handling, and hand-eye coordination – park district will supply hockey sticks and pucks. Registration deadline is Monday, October 3, 2016.

Location: The Oaks Recreation & Fitness Center
Date: Mondays, October 10 – November 14, 2016
C16Y180: Ages 4-5, 4:30 – 5:25 p.m.
C16Y181: Ages 6-7, 5:30 – 6:25 p.m.
Fee: \$44 R / \$52 NR
After Registration Deadline Add \$5

JUNIOR SLAPSHOOTERS HOCKEY – SKILLS DEVELOPMENT

This is a 6-week instructional program for youth ages 8-11, and activities are designed for players interested in learning the fundamentals of floor hockey and having fun. Student to instructor ratio is 5:1, and all activities are prepared and delivered by park district staff. Instruction will focus on shooting, puck-handling, and hand-eye coordination – park district will supply hockey sticks and pucks. Registration deadline is Tuesday, October 4, 2016.

Location: The Oaks Recreation & Fitness Center
Dates: Tuesdays, October 11 – November 15, 2016
C16Y182: Ages 8-9, 4:30 – 5:25 p.m.
C16Y183: Ages 10-11, 5:30 – 6:25 p.m.
Fee: \$44 R / \$52 NR
After Registration Deadline Add \$5

LINCOLN-WAY AREA YOUTH TENNIS

This 6-week, play-based instruction program is designed for children 5 – 10 years of age. Featuring the TAUTennis play format, using age-appropriate equipment and courts scaled to the size of players, this program makes the game more accessible – and more fun – by allowing kids to get involved right from the start. Players actively acquire skills by working with each other! Park district will supply age-appropriate racquets and tennis balls. Registration deadline for the October session is Tuesday, October 6, 2016, and for the January session is Tuesday, January 5, 2017.

Instructor: Cindy Heidkamp - LWACTA:

The Oaks Recreation & Fitness Center

Dates: Tuesdays - October 11 – November 22, 2016

C16Y184: Ages 5-7, 4:30 – 5:30 p.m.

C16Y185: Ages 8-10, 5:30 – 6:30 p.m.

Dates: January 3-February 14, 2017

C16Y186: Ages 5-7, 4:30 – 5:30 p.m.

C18Y187: Ages 8-10, 5:30 – 6:30 p.m.

Fee: \$58 R / \$69 NR

After Registration Deadline Add \$5

RECREATIONAL BASKETBALL LEAGUE – JUNIOR/SENIOR BOYS – C16Y209

Players register as an individual and are drafted onto teams by volunteer coaches. Each team is guaranteed to play 14 games, and all teams qualify for the March Madness Tournament at season's end. Games are played on Wednesday evenings and Sunday afternoons (4:00-7:00 p.m.) at local schools, LWSRA Recreation Center, and The Oaks Recreation & Fitness Center. Teams will practice every other week on Tuesday evenings at Lincoln-Way East High School. NEW PLAYERS that did not play last season should plan to attend and scrimmage at the player evaluation. Fee includes uniform. Registration deadline is Thursday, November 10, 2016.

Player Evaluation: Sunday, November 13, 4:00-5:30 p.m.

The Oaks Recreation & Fitness Center

Player Draft: Wednesday, November 16, 6:30 – 8:30 p.m.

Recreation Program Center

Dates: November 20, 2016 – March 12, 2017

Fee: \$154 R / \$184 NR

RECREATIONAL BASKETBALL LEAGUE – FRESHMAN/SOPHOMORE BOYS – C16Y210

Players register as an individual and are drafted onto teams by volunteer coaches. Each team is guaranteed to play 14 games, and all teams qualify for the March Madness Tournament at season's end. Games are played on Wednesday evenings and Sunday afternoons (2:00 – 4:00 p.m.) at local schools, LWSRA Recreation Center, and The Oaks Recreation & Fitness Center. Teams will practice every other week on Tuesday evenings at Lincoln-Way East High School. NEW PLAYERS that did not play last season should plan to attend and scrimmage at the player evaluation. Fee includes uniform. Registration deadline is Thursday, November 10, 2016.

Player Evaluation: Sunday, November 13, 2:30-4:00 p.m.

The Oaks Recreation & Fitness Center

Player Draft: Wednesday, November 16, 6:30 – 8:30 p.m.

Recreation Program Center

Dates: November 20, 2016 – March 12, 2017

Fee: \$154 R / \$184 NR

NEW* RECREATIONAL BASKETBALL LEAGUE – FRESHMAN/SOPHOMORE GIRLS – C16Y211

Players register as an individual and are drafted onto teams by volunteer coaches. Each team is guaranteed to play 10 games, and all teams qualify for the March Madness Tournament at season's end. Games are played On Sunday afternoons (1:00 p.m.) at local schools, LWSRA Recreation Center, and The Oaks Recreation & Fitness Center. Teams will practice every other week on Tuesday evenings at Lincoln-Way East High School. ALL PLAYERS should plan to attend and scrimmage at the player evaluation. Fee includes uniform. Registration deadline is Thursday, November 10, 2016.

Player Evaluation: Sunday, November 13, 1:00-2:30 p.m.

The Oaks Recreation & Fitness Center

Player Draft: Wednesday, November 16, 6:30 – 8:30 p.m.

Recreation Program Center

Dates: November 20, 2016 – March 12, 2017

Fee: \$134 R / \$160 NR

RECREATIONAL BASKETBALL LEAGUE – BOYS GRADE 7-8 – C16Y212

Players register as an individual and are placed onto teams by park district staff, and teams are coached by volunteer parents. Each team is guaranteed to play 12 games, and all teams qualify for the March Madness Tournament at season's end. Games are played on Thursday evenings and Saturday mornings (10:00 a.m. – 12:00 p.m.) at Mokena Junior High School. Teams will practice once per week on Mondays or Thursdays at local schools. ALL PLAYERS should plan to attend and scrimmage at the player evaluation. Fee includes uniform. Registration deadline is Wednesday, October 19, 2016.

Player Evaluation: Thursday, October 27, 6:45-8:45 p.m.

The Oaks Recreation & Fitness Center

Coach Training: Thursday, November 3, 6:30-8:30 p.m.

Recreation Program Center

Dates: November 7, 2016 – March 12, 2017

Fee: \$129 R / \$154 NR

RECREATIONAL BASKETBALL LEAGUE – GIRLS GRADE 7-8 – C16Y213

Players register as an individual and are placed onto teams by park district staff, and teams are coached by volunteer parents. Each team is guaranteed to play 12 games, and all teams qualify for the March Madness Tournament at season's end. Games are played on Thursday evenings and Saturday mornings (9:00 a.m. – 10:00 a.m.) at Mokena Junior High School. Teams will practice once per week on Mondays or Thursdays at local schools. ALL PLAYERS should plan to attend and scrimmage at the player evaluation. Fee includes uniform. Registration deadline is Wednesday, October 19, 2016.

Player Evaluation: Thursday, October 27, 7:00-8:45 p.m.

Mokena Junior High School

Coach Training: Thursday, November 3, 6:30 – 8:30 p.m.

Recreation Program Center

Dates: November 7, 2016 – March 12, 2017

Fee: \$129 R / \$154 NR

RECREATIONAL BASKETBALL LEAGUE – BOYS GRADE 5-6 – C16Y214

Players register as an individual and are placed onto teams by park district staff, and teams are coached by volunteer parents. Each team is guaranteed to play 12 games, and all teams qualify for the March Madness Tournament at season's end. Games are played on Thursday evenings and Saturday afternoons (2:30 – 4:45 p.m.) at The Oaks Recreation & Fitness Center. Teams will practice once per week on Tuesdays or Thursdays at local schools. ALL PLAYERS should plan to attend and scrimmage at the player evaluation. Fee includes uniform. Registration deadline is Wednesday, October 19, 2016.

Player Evaluation: Wednesday, October 26, 6:45-8:45 p.m.
The Oaks Recreation & Fitness Center

Coach Training: Thursday, November 3, 6:30-8:30 p.m.
Recreation Program Center

Dates: November 7, 2016 – March 12, 2017

Fee: \$129 R / \$154 NR

RECREATIONAL BASKETBALL LEAGUE – GIRLS GRADE 5-6 – C16Y215

Players register as an individual and are placed onto teams by park district staff, and teams are coached by volunteer parents. Each team is guaranteed to play 12 games, and all teams qualify for the March Madness Tournament at season's end. Games are played on Thursday evenings and Saturday afternoons (2:30 – 4:45 p.m.) at The Oaks Recreation & Fitness Center. Teams will practice once per week on Tuesdays or Thursdays at local schools. ALL PLAYERS should plan to attend and scrimmage at the player evaluation. Fee includes uniform. Registration deadline is Wednesday, October 19, 2016.

Player Evaluation: Wednesday, October 26, 7:00-8:45 p.m.
Mokena Junior High School

Coach Training: Thursday, November 3, 6:30-8:30 p.m.
Recreation Program Center

Dates: November 7, 2016 – March 12, 2017

Fee: \$129 R / \$154 NR

RECREATIONAL BASKETBALL LEAGUE – BOYS GRADE 4 – C16Y216

Players register as an individual and are placed onto teams by park district staff, and teams are coached by volunteer parents. Each team is guaranteed to play 10 games, and all teams qualify for the March Madness Tournament at season's end. Games are played on Thursday evenings and Saturday afternoons (1:30 – 2:30 p.m.) at The Oaks Recreation & Fitness Center. Teams will practice once per week on Mondays or Wednesdays at local schools. ALL PLAYERS should plan to attend and participate in drills at the player evaluation. Fee includes uniform. Registration deadline is Wednesday, October 19, 2016.

Player Evaluation: Tuesday, October 25, 6:45-8:45 p.m.
Lincoln-Way East High School – Field House

Coach Training: Wednesday, November 2, 6:30-8:30 p.m.
Recreation Program Center

Dates: November 7, 2016 – March 11, 2017

Fee: \$119 R / \$142 NR

RECREATIONAL BASKETBALL LEAGUE – BOYS GRADE 3 – C16Y217

Players register as an individual and are placed onto teams by park district staff, and teams are coached by volunteer parents. Each team is guaranteed to play 10 games, and all teams qualify for the March Madness Tournament at season's end. Games are played on Thursday evenings and Saturday afternoons (11:15 a.m. – 1:30 p.m.) at The Oaks Recreation & Fitness Center. Teams will practice once per week on Mondays or Wednesdays at local schools. ALL PLAYERS should plan to attend

and participate in drills at the player evaluation. Fee includes uniform. Registration deadline is Wednesday, October 19, 2016.

Player Evaluation: Tuesday, October 25, 6:45-8:45 p.m.

The Oaks Recreation & Fitness Center

Coach Training: Wednesday, November 2, 6:30-8:30 p.m.
Recreation Program Center

Dates: November 7, 2016 – March 11, 2017

Fee: \$119 R / \$142 NR

RECREATIONAL BASKETBALL LEAGUE – GIRLS GRADES 3 & 4 – C16Y218

Players register as an individual and are placed onto teams by park district staff, and teams are coached by volunteer parents. Each team is guaranteed to play 10 games, and all teams qualify for the March Madness Tournament at season's end. Games are played on Thursday evenings and Saturday mornings (10:00 – 11:15 a.m.) at The Oaks Recreation & Fitness Center. Teams will practice once per week on Mondays or Wednesdays at local schools. ALL PLAYERS should plan to attend and participate in drills at the player evaluation. Fee includes uniform. Registration deadline is Wednesday, October 19, 2016.

Player Evaluation: Thursday, October 20, 6:45-8:45 p.m.
The Oaks Recreation & Fitness Center

Coach Training: Wednesday, November 2, 6:30-8:30 p.m.
Recreation Program Center

Dates: November 7, 2016 – March 11, 2017

Fee: \$119 R / \$142 NR

RECREATIONAL BASKETBALL LEAGUE – BOYS & GIRLS GRADE 2 – C16Y219

Players register as an individual and are placed onto teams by park district staff, and teams are coached by volunteer parents. Each team is guaranteed to play 10 games, and all teams qualify for the March Madness Tournament at season's end. Games are played on Saturday mornings (9:00 – 10:00 a.m.) at The Oaks Recreation & Fitness Center. Teams will practice once per week on Wednesdays or Thursdays at local schools. ALL PLAYERS should plan to attend and participate in drills at the player evaluation. Fee includes uniform. Registration deadline is Wednesday, October 19, 2016.

Player Evaluation: Saturday, October 22, 9:00 – 11:00 a.m.
The Oaks Recreation & Fitness Center

Coach Training: Wednesday, November 2, 6:30-8:30 p.m.
Recreation Program Center

Dates: November 7, 2016 – March 11, 2017

Fee: \$114 R / \$136 NR

RECREATIONAL BASKETBALL LEAGUE – BOYS & GIRLS GRADE 1 – C16Y220

Players register as an individual and are placed onto teams by park district staff, and teams are coached by volunteer parents. Each team is guaranteed to play 10 games, and all teams qualify for the March Madness Tournament at season's end. Games are played on Saturday mornings (9:00 a.m. – 12:00 p.m.) at Mokena Elementary School. Teams will practice once per week on Tuesdays or Wednesdays at local schools. ALL PLAYERS should plan to attend and participate in drills at the player evaluation. Fee includes uniform. Registration deadline is Wednesday, October 19, 2016.

Player Evaluation: Saturday, October 22, 11:00 a.m. – 1:00 p.m.
The Oaks Recreation & Fitness Center

Coach Training: Wednesday, November 2, 6:30-8:30 p.m.

Location: Recreation Program Center

Dates: November 7, 2016 – March 11, 2017

Fee: \$114 R / \$136 NR

— All Ages —

FALL FAMILY FUN DAY AT NOVA QUARTER HORSES

You and your family will spend a fantastic afternoon “horsin’ around” at Nova. Your afternoon will consist of your family bonding with one of our horses by learning to groom and saddle, plus a riding lesson. Weather permitting we will ride outdoors on Nova property. Hot dogs, chips, and beverage will be served after the ride. All levels of riders welcome.

Location: Nova Quarter Horses, Inc., 10129 W. 187th Street, Mokena.

Day/Time: Sunday: 12:00-2:00 p.m.

C16A126: October 2, 2016 \$50 R/\$60 NR

Deadline: Sept. 25 Add \$5

FALL FAMILY TWOSOME BOWLING LEAGUE

Pair up mom or dad with son or daughter or even big brother or little sister, and come out every other Sunday to bowl. Two bowlers per team, one adult with one child required. Bumper bowlers will play 2 games per week; non-bumpers will play 3 games per week. Each participant must pay a bi-weekly fee (\$20/non-bumpers, \$15/bumpers) to Orland Bowl starting the 2nd week of play. Fee to Orland Bowl is per team.

Every other Sunday: 12:00 p.m.

C16E137: Sept. 18-Dec. 11 (Non-Bumpers) \$20 R

C16E138: Sept. 11 – December 18 (Bumpers) \$15 R

HORSEBACK RIDING LESSONS – A16E227

All ages can begin to enjoy horseback riding lessons at Nova Quarter Horses, Inc. Whether you rode years ago or always wanted to learn, now is your chance. You will learn beginner through advanced Western and English styles of riding from qualified instructors. With our indoor and outdoor arenas, Nova is able to offer lessons year round. 5 Lesson card gives you 5 one hour individual lessons with a qualified instructor in a group format. Long pants and hard soled or gym shoes required. Age 6 and up.

Location: Nova Quarter Horses, Inc., 10129 W. 187th Street, Mokena.

5 / 1 hour lessons \$165



KARATE

Children, teens, and adults will benefit from this year-round, multi-generational program. Taught under the supervision of Grand Master Roger Jerome and Master Doty Jerome, this program is designed to take students all the way to black belt. Participants will begin by stretching and then are divided according to rank. Gis (uniform) and rank certification are available from the instructor for an additional fee.

- Little Dragons (ages 5-6) will work on basic techniques and escapes while developing self-confidence, focus, attention span, discipline, and flexibility.
- Youth Program (ages 6-15) places emphasis on proper attitude, discipline, self-confidence, and flexibility. The physical aspect of the sport is a healthy activity teaching readiness.
- Adults (ages 16 & over) will continue working on proper attitude, discipline, self-confidence, and flexibility.

Instructor: Master Jerome The Oaks – Cypress Room

Day/Time: Monday: 7:45-8:30 p.m.

B16E231: August 29 – October 31, 2016 \$58 R/\$69 NR

Deadline: Aug 21 Add \$5

No class Sept. 5, Sept. 26, Oct. 17

C16E129: November 7 – December 26, 2016 \$58 R/\$69 NR

Deadline: October 31 Add \$5

No class November 21

C16E130: January 2 – February 13, 2017 \$58 R/\$69 NR

Deadline: Dec. 26 Add \$5

TAE KWON DO WITH FAMILY MARTIAL ARTS – INTRODUCTORY CLASS

Family Martial Arts, a local business for 10 years, offers martial arts instruction to students of all ages, with a professionally trained staff that is dedicated to training and promoting all of the benefits that martial arts has to offer. Tae Kwon Do is a traditional martial art and method of self-defense which develops strength, speed, balance, and flexibility to students of all ages. The ultimate goal of Tae Kwon Do is to develop the character and personality of the practitioner through physical, mental, and spiritual discipline. Family Martial Arts offers a class for everyone! This class is a one-time only two month introduction to Tae Kwon Do. Students will be required to purchase a t-shirt and belt at first class for \$20.

TINY TIGERS – Ages 4 & 5: Young children will learn focus and self-control, as well as balance and simple memorization in a class designed especially for their high-energy lifestyle!

CHILDREN: Ages 6-13: Children will build self-confidence, strength of body, and character in a fun, encouraging environment.

TEEN & ADULT – Ages 14 & Up – It’s never too late to begin your martial arts training! Whether you’re looking to get into shape or just looking for a new hobby, Tae Kwon Do is the perfect fit!

Instructor: Master Kim and FML Staff Family Martial Arts, 8500 W. 191st St. #4

Tiny Tigers: Monday, Tuesday, Wednesday, Thursday – 4:00-4:30

Children: Mondays or Wednesdays 4:30-5:15 p.m.,

Tuesdays or Thursdays 5:15-6:00 p.m.

Saturday – 10:00-10:45 a.m.

Teen & Adult: Monday, Tuesday, Wednesday, or Thursdays 7:30-8:30 p.m.

A16E100: Call FMA after purchasing to select your schedule:

Fee: \$129 R

— Teen/Adults —

PRIMETIMERS - Tuesday Get Together

For those 55 plus! We'll brew the coffee and you provide the chatter while socializing with friends. Games, cards, and friendship on a weekly basis. Our hostess Priscilla Winkleman will bring sunshine and laughter to your day. Bring a friend or two along and let the good times roll. From time to time, Primetimers may need to be cancelled to accommodate Park District programming. In most cases, cancellations will be announced in advance.

Tues.: 12:30-3:30 p.m.

Fee: \$1

Location: Walnut Room – Oaks Recreation & Fitness Center

LINE DANCE – ADVANCED FRIDAY

Experience is a MUST for Maxine's Friday Advanced Line Dance class! Maxine will teach 1-2 advanced line dances per six week session, and review other dances taught. Participants must have experienced with intermediate level dances for this class. Most advanced dances have complicated and/or syncopated 8 counts with lots of quarter, half and full turns. Dance shoes are recommended. These dances are choreographed to contemporary music. Expect thorough teaching and lots of review. Ages 18 & up.

Instructor: M. Nowobilski Cypress Room

Day/Time: Friday: 1:00-2:00 p.m.

C16A049: September 26 - October 31, 2016 \$49 R/\$58 NR

Deadline: Sept. 20 Add \$5

No class: October 7 and November 4

C16A050: November 18 – December 16, 2016 \$41 R/\$49 NR (5 sessions)

Deadline: November. 12 Add \$5

C16A069: January 6 – February 17, 2017 \$49 R/\$58 NR

Deadline: December 31 Add \$5

No class January 14

LINE DANCE: INTERMEDIATE WEDNESDAY

Wednesday Intermediate Line Dancing is back again. Maxine will teach 2 current intermediate level line dances per 6 week session. Participants must have knowledge of the basics in line dancing for this class: Quarter turns, half turns, triple forwards, back, and sides, and rock steps. Line dances taught by Maxine are choreographed to contemporary music and occasionally country. This class is not for beginners. Join the fun, get good exercise, and dance, dance, dance. Expect thorough instruction and lots of review. Ages 18 & up.

Instructor: M. Nowobilski Cypress Room

Day/Time: Wednesday: 1:00-2:00 p.m.

C16A047: October 5 – December 7, 2016 \$57 R/\$66 NR (7 sessions)

Deadline: Sept. 29 Add \$5

No class: October 12, November 23

LADIES NIGHT OUT AT NOVA QUARTER HORSES

Ladies gather your friends, relatives, and / or co-workers for an evening of fun, fun, and fun!!! Come out and spend the evening bonding over appetizers and beverages as you prepare for a fun filled evening of activities on horseback. Whether you are a novice or an experienced rider the activities are designed so that all can participate in the fun regardless of riding experience. Riding instruction will be part of the evening festivities. It will be a night to remember! Capture the evening with a photo opportunity with your horse partner.

Location: Nova Quarter Horses, Inc., 10129 W. 187th Street, Mokena.

Day/Time: Friday – 6:30-8:30 p.m.

C16A127: November 4, 2016 \$50 R/\$60 NR

Deadline: Oct. 28 Add \$5



GOLF LESSONS AT WHITE MOUNTAIN

golf Lessons will be taught by Dennis Piotrowski, PGA Golf Professional, and his staff at White Mountain Golf Course. All students receive instruction within a group format including proper grip, stance, full swing, pitching, putting, rules, and etiquette. A \$5 range ball fee will be payable to the instructor at each class. Students are to bring a 7-iron to the first lesson. Ages 18 and older.

Day/Time: Tuesday: 6:00-7:00 p.m.

LINE DANCE ADVANCED REVIEW – MONDAY

Experience is a MUST for Maxine's Advanced Line Dance Review class! Maxine will teach 1-2 advanced line dances per six week session, and review other dances taught. Participants must have experienced with intermediate level dances for this class. Most advanced dances have complicated and/or syncopated 8 counts with lots of quarter, half and full turns. Dance shoes are recommended. These dances are choreographed to contemporary music. Expect thorough teaching and lots of review. Ages 18 & up.

Instructor: M. Nowobilski Cypress Room

Day/Time: Monday: 1:00-2:00 p.m.

C16A048: September 26 – October 31, 2016 \$49 R/\$58 NR

Deadline: September 19 Add \$5

C16A070: January 4 – February 22, 2017 \$49 R/\$58 NR

Deadline: December 28 Add \$5

No class January 11, February 8

SENIOR HORSEBACK RIDING LESSONS – A16A276

It's never too late to learn! Have you always wanted to learn to ride a horse? Nova Quarter Horses, Inc. can help you scratch that off of your bucket list. We offer classes from beginner through advanced in both Western and English styles of riding from qualified instructors. With our indoor and outdoor arenas, Nova is able to offer lessons year round. Register at the Park District to receive a lesson card good for three, one hour lessons. Once your card is purchased, call the stable to arrange class times at (708) 479-3696. Long pants and hard soled or gym shoes required. Ages 55 and over.

Location: Nova Quarter Horses, Inc., 10129 W. 187th Street, Mokena.

Call Nova at (708) 479-3696 to schedule lessons. 3-lesson card is \$75.00

SOCIAL BALLROOM LEVEL 1

In no time at all you'll learn the basic steps of the waltz, foxtrot, rumba, and jitterbug. Beginner class emphasizes fun, ease of movement, and music recognition. Dance partner is required.

Instructor:	Becky Simon	Program Center
Day/Time:	Friday: 7:00 – 7:55 p.m.	
B16A138:	September 23-Oct. 14, 2016	\$104 R Couple/ \$124 NR Couple Add \$5
Deadline:	Sept. 16	
C16A026:	October 21 – November 11, 2016	\$104 R Couple/ \$124 NR Couple Add \$5
Deadline:	October 15	
C16A027:	November 18-December 16, 2016	\$104 R Couple/ \$124 NR Couple Add \$5
Deadline:	Nov. 12	
C16A028:	January 6 – 27, 2017	\$104 R Couple/ \$124 NR Couple Add \$5
Deadline:	December 31	
	Note fee is per couple.	

SOCIAL BALLROOM LEVEL 2

In no time at all you'll learn the basic steps of the waltz, foxtrot, rumba, and jitterbug. Beginner class emphasizes fun, ease of movement, and music recognition. Level 2 continues with learning new patterns and new dances, including the cha-cha and hustle. Instructor approval required for Level 2. Dance partner is required.

Instructor:	Becky Simon	Program Center
Day/Times:	Friday: 8:00 – 8:55 p.m.	
B16A139:	September 23-Oct. 14, 2016	\$104 R Couple/ \$124 NR Couple Add \$5
Deadline:	Sept. 16	
C16A029:	October 21 – November 11, 2016	\$104 R Couple/ \$124 NR Couple Add \$5
Deadline:	October 15	
C16A030:	November 18-December 16, 2016	\$104 R Couple/ \$124 NR Couple Add \$5
Deadline:	Nov. 12	
C16A031:	January 6 – 27, 2017	\$104 R Couple/ \$124 NR Couple Add \$5
Deadline:	December 31	
	Note fee is per couple.	



— Adult Leagues/Athletics —

Code Of Conduct

Whether you are participating to learn a new skill or improve on something you learned earlier in life, please note that our goal is to ensure that every participant has FUN. The following conduct guidelines serve as a simple reminder that this is recreation, not professional sports:

- Respect all participants, officials, Park District staff, and spectators. Lead the way in creating a positive, recreational atmosphere.
- Avoid the use of foul and/or inappropriate language. Set positive examples for the community.
- Refrain from inflicting bodily harm on participants, officials, Park District staff, and spectators. Play to have FUN.
- Respect all equipment, supplies, and facilities provided by Mokena Community Park District.

Registration Guidelines

- All participants must be 18 years of age by the date of the first contest (unless otherwise noted).
- First-come, first-served. Returning teams do not receive priority registration.
- Teams may pay 50% of the registration fee to secure a spot. Remaining balance must be paid by the registration deadline.
- Any team cancelling before the registration deadline will be charged 5% of the registration fee (minimum \$10). No refund will be issued to teams cancelling after the registration deadline.
- There will be a \$25 late fee for any team registering after the registration deadline

Free Agency

Want to play in a league, but don't have a team? Call the Administrative Office at 708-390-2408, and we'll try to get you placed on an existing team. If enough free agents are available, we will create a new team. Team placement is not guaranteed.

INDOOR COED VOLLEYBALL LEAGUES – 6 V 6

Leagues are offered at A, B, C, & D levels. Each team is guaranteed to play 10 matches, and the number of teams qualifying for the playoffs will be determined by the number of participating teams. Team rosters must consist of a minimum of 6 players or a maximum of 12 players. Cash prizes for winners of the regular season and playoffs. Registration deadline for all leagues is Friday, January 6, 2017. Captains' meeting for all leagues is Wednesday, January 11, 2017, 6:30 p.m. at The Oaks Recreation and Fitness Center.

A League (competitive) – Mondays – C16A201

Location: The Oaks Recreation & Fitness Center
Fee: \$330 R / \$355 NR
Start Date: January 16, 2017
Match Times: 6:45-8:45 p.m.

B League (upper-intermediate) – Tuesdays – C16A202

Location: The Oaks Recreation & Fitness Center
Fee: \$330 R / \$355 NR
Start Date: January 17, 2017
Match Times: 6:45-8:45 p.m.

C League (lower-intermediate) – Tuesdays – C16A203

Location: The Oaks Recreation & Fitness Center
Fee: \$330 R / \$355 NR
Start Date: January 17, 2017
Match Times: 6:45-8:45 p.m.

D League (recreational) – Wednesdays – C16A204

Location: The Oaks Recreation & Fitness Center
Fee: \$330 R / \$355 NR
Start Date: January 18, 2017
Match Times: 6:45-8:45 p.m.

MEN'S BASKETBALL LEAGUES – 5 V 5

Leagues are offered at 18 & Over and 30 & Over divisions. Each team is guaranteed to play 8 games, and the number of teams qualifying for the playoffs will be determined by the number of participating teams. Team rosters must consist of a minimum of 5 players or a maximum of 12 players. Cash prizes for winners of the regular season and playoffs.

Deadline: Friday, January 13, 2017

Captain's Meeting: Wednesday, January 18, 2017, 6:30 p.m. at The Oaks Rec Center

Men's 18+ - Mondays – C16A207

Location: Mokena Jr. High School
Fee: \$475 R / \$500 NR
Start Date: January 23, 2017
Game Times: 7:00-8:00 p.m.

Men's 30+ - Tuesdays – C16A208

Location: Mokena Jr. High School
Fee: \$475 R / \$500 NR
Start Date: January 24, 2017
Game Times: 7:00-8:00 p.m.

ALL SKILLS VOLLEYBALL LESSONS

This 5-week instructional program introduces new adult players and welcomes back past players at the beginner level. G2VBC staff will teach technique and help participants build skills that will help prepare them for recreational and lower-intermediate match play. Activities will focus around the team concept and cover the basics of volleyball skills, specifically serving, passing, setting, blocking, and hitting.

Instructor: John Garcia – G2VBC

Location: The Oaks Recreation & Fitness Center

Days/Times: Thursdays, 7:00-8:00 p.m.

C16A151: October 6 – November 3, 2016 \$39R/\$\$46 NR

Deadline: September 30 Add \$5

Recreation programs are designed for specific age groups as listed in the course description. Participants must be the age designated in the class description on or before the date the course begins, unless otherwise specified.



— All Ages Open Gym —

Open Gym is offered at The Oaks Recreation & Fitness Center.

For the current Open Gym schedule, please visit the Registration Desk at The Oaks or our website, www.mokenapark.com. For more information, call The Oaks Registration Desk at (708) 390-2343. Open Gym schedule is subject to change without notice.

The Oaks Open Gym Guidelines

Open Gym Photo ID

- Scheduled Open Gym available to members of The Oaks Fitness Center, residents of Mokena Community Park District, and non-residents of Mokena Community Park District.
- Participants are required to obtain an Open Gym photo ID pass from the Front Desk and sign a waiver. New waivers are required every November 1st. Note: \$5 fee to replace lost or misplaced ID card
- Participants will need to present two forms of identification: Proof of residency and a Photo ID. Anyone presenting false information will be permanently barred from the facility.
 - Adults – Valid Driver’s License, Bank/Credit Card Statement, Current Utility Bill
 - Youth (under 16) Current Report Card/School Schedule, Birth Certificate, School ID
- ALL participants, including members of the fitness center, must check in at the registration desk with their Open Gym ID and appropriate fees for daily admittance to the open gym.
- Fee based programs are NOT included as part of the open gym program (Leagues, etc.)

Open Gym Fees

Options	Resident	Non-Resident
Daily Visit	\$4	\$13
10-punch card	\$35	\$125
20-punch card	\$60	\$240
40-punch card	\$100	\$460

- Daily visits and punch cards are non-refundable and non-transferable
- One daily visit = one punch on the card
- 10-Punch cards expire 12 months from date of purchase. 20- and 40-punch cards expire 18 months from date of purchase.
- Fees are subject to change without notice.
- Lost or stolen cards will not be replaced.
- Punch cards must be presented at check-in to gain admittance.

Field House Policies

- Clean athletic shoes – **NO street shoes or shoes that leave black marks**
- Shirts must be worn at all times
- No food allowed in gym
- Only water in plastic drink bottles is permitted.
- No slam dunking or hanging on rim or net.
- No fighting, foul or obscene language, spitting or graffiti
- Unacceptable behavior will result in expulsion from facility
- Gym Attendant is in charge of enforcing policies for your safety and enjoyment. In cases of dispute or player misconduct, the gym attendant’s ruling is final.
- Sharing courts and goals is a must. Gym attendant reserves the right to split full court games to half court games when deemed necessary.
- Park District not responsible for lost or stolen items
- Basketballs available for use in exchange for a Driver’s License, Membership Card, School ID, or keys. An open gym ID issued by the Park District will not be accepted. The item left will be returned when the basketball is returned.
- Additional fees may apply for Open Gym activities.

— Health & Wellness Programs —

Group Exercise

Whether your goal is to lose weight, build strength, or improve overall health, our classes provide the environment you need to stay motivated and continually enhance your physical and mental well being. For class descriptions and schedule, check with the Oaks Reception Desk or visit our website at www.mokenapark.com.

Group exercise classes are available to *members* of The Oaks Recreation and Fitness Center, *residents* and non-residents of the Mokena Community Park District.

Our Group Exercise Punch Card allows you to participate in the class you choose, at the time that is convenient for you! For the current Group Exercise schedule, please visit the Oaks Reception Desk or our website, www.mokenapark.com.

Fitness Center Members

- Members of the fitness center receive unlimited access to Group Exercise classes at The Oaks. Exception: Specialty (fee based) programs are not included.
- Members who would like to participate in Group Exercise classes must sign in at the Registration Desk prior to participating in a class.
- There will be a fee of \$5 to replace lost or misplaced membership cards.

Non-fitness Members

- Non-fitness members are encouraged to attend group exercise classes by purchasing a 10 or 20 class punch card or paying for a single class visit.
- Punch cards are non-transferable and are non-refundable.

Options	Resident Non-fitness Member	Non-resident Non-fitness Member
Single class	\$7	\$9
One 10-punch card	\$65	\$85
One 20-punch card	\$120	\$160

**Punch cards may be purchased at The Oaks Recreation and Fitness Center Registration Desk. Expiration Date: 10 Punch - 12 months from date of purchase; 20 Punch - 18 months from date of purchase.*

Policies

- One group exercise class = one punch on the card.
- All participants will check in at the Registration Desk to show their driver's license and Group Exercise punch card.
- Participation in group exercise classes is on a first-come, first-serve basis.
- Please be on time for class. We suggest arriving early to help ensure your spot in class.
- Each class requires a minimum of 5 participants for 3 weeks or the class may be canceled.
- Individuals must be at least 16 years of age to participate in group exercise classes, 14-15 years old must be accompanied by an adult.
- Punch cards may not be used toward specialty (fee-based) classes.
- Single classes and punch cards are non-refundable.

Questions or Comments? Give us your feedback at (708) 390-2343 or info@mokenapark.com.

NOTE: Schedule and instructors are subject to change without notice. For class descriptions and schedule, please visit the Oaks Reception Desk or refer to our website at www.mokenapark.com.

Group Exercise Classes

Strong Start

Boot Camp

Barbell Strength

Cycle/ Strength Fusion

H.I.I.T Training

Combo Intervals

Vinyasa Yoga

Be Strong

Circuit Craze

Sunrise Cycle

Step Out of the Box

Combo Intervals

Pilates

Cardio Core Fusion

AOA Aerobic Tone

Totally Toned

Circuit Intervals

Hatha Yoga

20/20/20

Yoga/Meditation

Muscle Madness

Open Flow Yoga

Challenge Ride

Quick Burn



— Adult Group Training Programs —

SUNRISE POWER HOUR

Come and improve your fitness level while working on sports agility training, plyometrics, explosive power drills and basic interval training all in one packed calorie burning total conditioning class! Session includes being measured at the beginning and at the end of the eight weeks for overall body fat reduction and improved cardiovascular endurance. Note: This class is suitable for individuals who have been exercising on a consistent basis who are at least an intermediate level of fitness with no current injuries or major health concerns. Ages 18 & Up.

Instructor: L. Clarke The Oaks Field House
Date/Time: Tuesdays/Thursdays, 7:00-8:00 a.m. 16 Classes
C16A051: October 4 – November 29, 2016 \$104R / \$124NR
Deadline: October 2
C16A052: December 6 – January 26, 2017 \$104R / \$124NR
Deadline: December 4

“LOSE IT TO WIN IT - FALL CHALLENGE!”

Get fit, motivated & educated! Improve your health & energy! Have a blast weekly with indoor/outdoor workouts, rope training, circuits & drills & other fun fitness challenges! Join our motivational trainers and be a part of our team atmosphere while having fun, learning how to bust through exercise & nutritional plateaus while losing weight & competing for fitness prizes. Ages 18 and up. Note: “Lose It to Win It Challenge” is geared towards individuals who are looking to lose weight and who are at a basic up to an intermediate level of fitness and on an existing workout regimen. Competition includes the following:

- Weekly weigh-ins
- A combo of Personal Trainers to provide a variety of different workouts
- Team & Individual Challenges for prizes!
- Ten group sessions
- Fun Fitness workouts and exercise education
- Offsite/Outdoor Workouts (Weather permitting)
- Free two week trial to The Oaks to non-members who join the competition
- Grand Prizes for highest percentage of weight loss and other challenges

Location: The Oaks Recreation & Fitness Center
Days/Times: Sundays - 7:30-8:45am
C16A053: October 6 – December 11, 2016 \$129 R/\$154NR
Deadline: September 27
 No Class: November 27

*Please note: Prizes are awarded for various fitness/wellness challenges as well as percentage of weight lost. Must be present at five or more sessions to be eligible for weight loss prizes.

— Specialty Mind/Body Programs —

AOA GENTLE YOGA

“Active Older Adult” Gentle Yoga is an hour yoga class incorporating flexibility & basic yoga components to improve range of motion throughout the aging process. Learn how to decrease stress & tension as well as lengthening the body. Last part of the class focuses on relaxation techniques. Ages 21 and up.

Instructor: B. Bandurski Walnut Room
Date/Time: Tuesdays: 10:15-11:15 a.m. 8 Classes
B16A068: September 20 – November 8, 2016 \$60R/\$72NR
Deadline: September 18
C16A058: November 29 – January 24, 2017 \$60 R/\$72 NR
Deadline: November 27 Add \$5
 No class December 27

NEW TAI CHI QIGONG

Tired? Stressed? No Energy? Improve your health, balance and coordination by letting the slow, gentle movements of Tai Chi/Qigong set the tone for your day. Quiet your mind and in just 8 weeks learn to relax anytime and in any place by learning the practice of Tai Chi/Qigong and improve your quality of life for the rest of your life. Ages 18 and up.

Instructor: W. Nielsen Walnut Room
Date/Time: Wednesdays: 10:30-11:30 a.m. 8 Classes
C16A059: October 5 – November 23, 2016 \$63R/\$75NR
Deadline: October 3 Add \$5
C16A060: December 14 – February 1, 2017 \$63R/\$75NR
Deadline: December 12 Add \$5



— Zumba Programs —

ZUMBA®

Do you want to love working out, burn tons of calories and get hooked? Join our dynamic Zumba® instructor Lisa to achieve long term benefits while having a blast! Zumba® combines Latin rhythms and easy to follow moves to create an awesome, exhilarating workout that will leave you breathless and wanting more. Come join us for an hour of energizing, awe-inspiring, hip swinging, whole body movements meant to engage and captivate! Ages 16 & up. Note: Oaks Members receive a discount for Zumba® classes! If you are a member, you must register at the Oaks Reception Desk to receive your discount.

Instructor:	L. Corrao	Cypress Room
Day/Time:	Mondays: 6:30-7:30 p.m.	8 Classes
B16A058:	September 19-November 14	\$48R/\$57NR
Deadline:	September 17	
	No Class: October 31	
C16A054:	December 5 – January 23, 2017	\$48R/\$57NR
Deadline:	December 3	
Day/Time:	Thursdays: 7:00-8:00 p.m.	
B16A060:	September 22-November 17	\$48R/\$57NR
	No class November 10	
Deadline:	September 20	
C16A055:	December 8 – January 26	\$48R/\$57NR
Deadline:	December 6	

ZUMBA® JUNIOR

Perfect for our younger Zumba® fans! Kids 4-6 years old get the chance to socialize with friends and jam out to their favorite music. This class helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination and balance. Please wear socks and gym shoes to class as well as bring a labeled water bottle. For girls and boys ages 4-6.

Instructor:	J. English	Cypress Room
Day/Time:	Fridays: 4:30-5:00 p.m.	6 Classes
B16Y063:	September 30 – November 4, 2016	\$24R/\$29NR
Deadline:	September 28	Add \$5
C16Y056:	November 18 – January 13, 2017	\$24 R/\$29 NR
Deadline:	November 16	Add \$5
	No class November 25, December 23, December 30	

ZUMBA® KIDS

The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself, and dance like no one's watching! Please wear socks and gym shoes to class as well as bring a labeled water bottle. For girls and boys ages 7-12.

Instructor:	J. English	Cypress Room
Day/Time:	Fridays: 5:15-6:00 p.m.	6 Classes
B16Y066:	September 30 – November 4, 2016	\$34R/\$40NR
Deadline:	September 28	Add \$5
C16Y057:	November 18 – January 13, 2017	\$34R/\$40NR
Deadline:	November 16	Add \$5
	No class November 25, December 23, December 30	



— Health & Wellness Events —

FREE DEMO CLASSES

Come out and try a free specialty class to see if it is the right fit for what you are looking for. All demo classes are taught by the same instructor(s) who are teaching the actual sessions. You must sign up online or in person at The Oaks reception desk prior to the free class to ensure your spot. To see a full description of the demo class you are taking, please see above specialty class descriptions under the “Health and Wellness programs” section (pages __ to __).

AOA Gentle Yoga with B. Bandurski

Location: Walnut Room
Day/Time: Tuesday, 10:15 – 11:15 a.m.

B16A076: September 13

Deadline: September 11

C16A061: November 22

Deadline: November 20

Tai Chi Qigong with W. Nielsen

Location: Walnut Room
Day/Time: Wednesday, 10:30 – 11:30 a.m.

C16A063: September 28, 2016

Deadline: September 26

C16A064: December 7, 2016

Deadline: December 5

Zumba® Junior & Kids Combo with J. English

Location: Cypress Room
Day/Time: Friday, 5:15-6:00 p.m.

C16Y065: November 4, 2016

Deadline: November 2

Zumba® with L. Corrao

Location: Cypress Room
Day/Time: Thursday, 7:00 – 8:00 p.m.

Day/Time: Monday, 6:30 – 7:30 p.m.

B16A082: September 15

Deadline: September 13

C16A067: November 28, 2016

Deadline: November 26

GONG SOUND MEDITATION

Sound has a tremendous influence over human functionality, stress reduction and has a proven effect on our overall sense of well being. The Gong is one of man’s oldest holistic therapeutic instruments and is used in yoga, sound meditation, and vibrational therapy from the distant past to present. A new unique and meditative experience, a well performed Gong and Himalayan Singing Bowl Meditation session resonates all cells of the body in a powerful and effective way and provides an entry point for a re-balancing of the energy system of one’s mind and body. A brief historic overview and introduction of the gongs and bowls as well as their therapeutic aspects will be provided, followed by an hour long guided gong meditation with three large gongs and several Himalayan Singing bowls. To learn more please visit www.MarianKraus.com. It is recommended to bring either a yoga mat or light blanket and a pillow.

Ages 12 and up.

Instructor: M. Kraus The Oaks Walnut Room

Day/Time: Sunday, 11:45-1:15 p.m.

C16A068: October 9, 2016 \$26 R/\$31 NR

Deadline: October 6 Add \$5

MEMBER APPRECIATION DAY!

Your investment in exercise and activity returns many benefits and now we would like to thank you for choosing us. We value you as a member and we invite you to see for yourself by joining us for health screenings, raffle prizes including free personal training and free nutritious snacks as we celebrate you...our member!

Location: The Oaks Recreation and Fitness Center

Day/Date: Friday, October 28, 2016

Time: 8:30 – 11:00 a.m.

Fee: FREE

GROUP EXERCISE OPEN HOUSE!

Have you always wanted to try Group Exercise classes but hesitate because you’re unsure whether you will like them? The benefits of participating in group fitness are endless including but not limited to a fun social atmosphere, weekly variety with your workouts, camaraderie, motivating instructors & learning how to bust through exercise plateaus! Take advantage of this opportunity to try out free classes to see if it is the right fit for you! Note: Non-members don’t need to be present with a member to participate. First time guests only please. *Times of classes vary. Please refer to the current Oaks Group Exercise Schedule for class times and descriptions.

Location: The Oaks Recreation & Fitness Center

Day/Date: Monday, November 14, 2016

“FALL INTO FITNESS” MEMBERSHIP SPECIAL!

Fall into fitness with a new you for the fall season and beyond! Oaks Fitness Center memberships include unlimited group exercise classes, childcare, indoor walking track, open gym, no long term contracts or annual fees and much more! Join The Oaks in October and receive no enrollment fee from 10/1-10/31/16. Stop in for a tour today, try it out for free (restrictions apply) and see why The Oaks has the best value for your fitness dollar! *Fitness center memberships start at 10 years old (restrictions apply).

“BLACK FRIDAY FITNESS” SALE!

On one of the best shopping days of the year, be sure to make us your one stop for fitness and save BIG with our special Black Friday Fitness Sale! NO enrollment fees from 5am-10pm only on Friday, November 25. Don’t wait until January to start your fitness goals today! Membership includes fitness center, childcare, open gym, walking track & many different group fitness classes weekly to choose from! Add a spouse, family member, yourself or give the gift of fitness for the holiday and purchase a membership for a loved one!

COLLEGE “HOLIDAY MEMBERSHIP MADNESS” SALE!

Don’t be a couch potato during your college break! Come into The Oaks and get one of the best deals around on college memberships. From 12/1-12/31/16 all one month college memberships will be on sale for \$25 with no enrollment or annual fees. Memberships include fitness center, open gym & walking track usage, group exercise classes and much more. *Term of membership runs a full month from the day the sale is purchased and good for a one month term only. College memberships must show school I.D. or other proof of college enrollment upon joining. Non-Residents pay an additional \$5.

— The Oaks Recreation & Fitness Center —

10847 La Porte Road, Mokena
708-390-2343

Hours of Operation:

Monday - Friday: 5:00 a.m. - 10:00 p.m.
Saturday and Sunday: 7:00 a.m. - 8:00 p.m.
Summer hours are in place Memorial Day-Labor Day



The Oaks Recreation and Fitness Center offers a variety of amenities available to members and non-members. Whether you are interested in working out, taking a class, playing basketball or talking to a nutritionist, our expansive, well-organized center will meet your needs.

More than just a Fitness Center!

The Oaks is approximately 22,000 square feet that includes a 3-court multipurpose field house, 1/12th of a mile indoor walking track, three multipurpose rooms, mezzanine/relaxation area, Atrium lobby and more!

Open to the public (some fees apply):

- **1/12 MILE WALKING TRACK**—FREE to residents and Fitness Center members, \$3 for non-residents (ages 8-12 need to be accompanied by an adult)
- **OPEN GYM**—in our 3-court field house. FREE for Fitness Center members, \$4 resident, \$13 non- resident. (7 and under need to be accompanied by an adult)
- **GROUP EXERCISE CLASSES**— FREE for Fitness Center members, \$7 resident, \$9 non-resident
- **PERSONAL TRAINING**—you don't have to be a member! Call for package information
- **SPECIALTY FITNESS CLASSES**—such as Zumba, Zumba Kids, AOA (active older adult) Yoga, Parent and Tot Yoga and more (registration fees apply). Fitness Center members receive a discount on Zumba registration (restrictions apply).

2016 Holiday Hours

Monday, Sept. 5 – Labor Day..... 5:00 a.m. – 1:00 p.m.
Thursday, November 24 – Thanksgiving Day 5:00 a.m. – 11:00 a.m.
Sunday, December 24 – Christmas Eve 6:00 a.m. – 1:00 p.m.
Monday, December 25 – Christmas Day.....CLOSED
Sunday, December 31 – New Years Eve 6:00 a.m. – 1:00 p.m.
Monday, January 1 –New Years Day.....CLOSED

Regular Hours begin Monday, September 5

Monday-Friday 5:00 a.m. – 10:00 p.m.
Saturday-Sunday 7:00 a.m. – 8:00 p.m.



— The Oaks Fitness Center Membership —

The Oaks Fitness Center Membership Information

Looking for a place to work out? Mokena Park District's Oaks Fitness Center is not your ordinary workout facility. From your first step in the door, you'll find a clean, friendly, family orientated facility. We offer individual, couple, family, college and senior memberships with NO long-term contracts and NO hidden fees.

Fitness Center membership includes:

- More than 80 pieces of cardiovascular and strength equipment including treadmills, bikes, ellipticals, and adaptive motion trainers.
- Spacious free weights area
- Televisions with Cardio Theater audio system
- Child care
- Towel service
- Scheduled open gym
- 1/12 of a mile indoor walking track
- Locker rooms with individual stall showers
- Wi-Fi
- Start Right Equipment Orientation with a Certified Personal Trainer
- Unlimited Group Exercise classes – over 30 classes are offered per week!
- Discount on Zumba registration

Fit Teens

With our Fit Teen program, children as young as age 10 can utilize the fitness center after they have gone through an orientation. Ages 10-12 will need to be accompanied by a guardian 18 or older and ages 13-15 will need to be accompanied by a guardian 16 or older. Fit Teens that are 14-15 years old can also attend Group Exercise classes when accompanied by a parent/guardian. Children under the age of 10 can be on a membership but would only be able to participate in open gym. (Childcare is also available for children age 1-9)

Start Right Equipment Orientation

As a new member, you can take advantage of our free equipment orientation with a Certified Personal Trainer. Orientations are approximately 1 hour and will give you important information regarding proper use of the equipment. The trainer can also give you basic recommendations on how to get started.

The Acorn Room (Child Care)

The Acorn room is a supervised active learning environment located inside of the fitness center for children ages 1-9. This service is FREE for members. The hours of operation are: Monday-Friday 8am-12pm and 4pm-8pm, Saturday and Sunday 8:30am-12:30pm.

Membership Rates			
Membership Type	One-time Enrollment Fee	Park District Resident	Park District Non-Resident
Individual	\$50	\$39/month	\$44/month
Couple (same address)	\$100	\$59/month	\$64/month
Family (2 adults and 2 family members 26 & under)	\$100	\$69/month	\$74/month
Enhanced Family (2 adults and up to 4 children under age 8 must be accompanied by an adult)	\$125	\$79/month	\$84/month
Senior (62 years +)	\$34	\$29/month	\$34/month
Senior Add on (Same Household)	\$25	\$20/month	\$20/month
College Student (Maximum - 3 months/year)	Waived	\$39/month	\$44/month
Guest Fees	\$15 per visit		

- Membership privileges are non-transferable
- Corporate Rates are available. Please contact the Fitness Manager for more information, 708-390-2344
- Residency is determined by the address in which you reside. Proof is required to receive resident rate.

PERSONAL TRAINING

At The Oaks, we put the “personal” back into Personal Training! Our trainers will coach, challenge and encourage your efforts for better health and fitness, and help you break through plateaus and vary your routines. They will ensure that you are safely and effectively performing exercises that are suitable for your age, fitness level, desired goals, and physical limitations.

OPTIMAL FITNESS TRAINING

Personal training options for individuals, couples and even groups! Packaging options & pricing (see individual pricing below) are available.

One (60) Minute Session	\$46
Six (60) Minute Optimal Fitness Package	\$253
Twelve (60) Minute Optimal Fitness Package	\$486

(Individual Training can be done in 30 minute session blocks at preference of trainer & client)

GIFT CERTIFICATES

Gift certificates are available at the registration desk and are good towards the purchase of a Fitness Center membership or programs and services. Great gift ideas for birthdays, holidays or any occasion!

FITNESS CONSULTATION ~ FREE

Meet with a trainer for a free 30 minute wellness consultation. Includes body composition, blood pressure testing, exercise education and help on making lasting changes by busting through personal plateaus. One free appointment per member please.

FITNESS ASSESSMENT & HEALTH PROFILE \$30 Follow-up Assessment FREE

The Fitness Assessment is a valuable tool that your Certified Personal Trainer will use to identify your current fitness level and determine your exercise program focus. These are done by appointment, so please register at the Oaks Reception Desk. Your Fitness Assessment will consist of the following:

- Blood Pressure Screening
- Exercise Heart Rate Recommendations
- Height and Weight
- Body Composition Testing
- Circumference measurements
- Muscular Strength, Cardiovascular & Flexibility Assessment
- Detailed report with assessment results

*Free follow-up assessment is included when purchasing an initial assessment. Must be scheduled within 6 months of first assessment. Fees are subject to change.

PERSONALIZED FITNESS MAKEOVER \$81

Hit an exercise plateau or stuck in a workout rut? We have a personalized program tailored to your individualized needs that is fun, has variety and helps you reach your exercise goals. Improve weight-loss, strength and flexibility, cardiovascular levels, sports performance and health concerns. Fitness makeover includes two scheduled consultations with a certified personal trainer and personalized program. To schedule an appointment call the Fitness Manager at (708) 390-2344.



— Parties —

ALL OCCASION PARTIES AT THE OAKS

Parties aren't just for birthdays, or even just for the kids. Bring your team, youth group, boy scout/girl scout troop, or just a group of friends!

The Oaks Recreation & Fitness Center offers you the opportunity for court and room space at an affordable price.

Cost: \$125 Resident/\$150 Non-Resident

Party Includes:

- One hour on a court in the field house
- One hour in the Walnut Room
- Use of equipment (dodgeball, soccer, basketball, floor hockey (limit if 15), volleyball, kickball)
- Tables and Chairs
- Up to 75 guests
- Don't see something you want to do? Ask us about other options!

Additional Options:

- Tablecloths, plates, and napkins - \$25 (limit of 30 guests)
- Pizza package - \$5 per person
 - Cheese pizza from Aurelio's
 - Can of pop/lemonade or bottle of water
- Goodie bags - \$3 per bag
- Activity Staff - \$50
 - Based on availability
 - They will assist in the organization of activities you have planned

In addition to rental fees, there is a damage deposit of \$100 for residents and \$200 for non-residents. Residency determined by renter's address.

To reserve your time:

- Stop by the Oaks to fill out the rental form
- Pay 50% of the rental fee, plus the damage deposit (if less than 2 weeks before party, the entire amount is due.)
- Remaining fees are due 14 calendar days before the party
- Damage deposit refunds are mailed within 7-10 days of the event, provided there is no damage.

For more information, contact the oaks at (708) 390-2434 or email rbauer@mokenapark.com



— Facility Rentals —

FACILITY RENTALS

Mokena Community Park District will provide the space you need to host your special event, meeting, workshop or lecture...Field House Rentals are also available.

Walnut Room - The Oaks Recreation and Fitness Center offers luxurious space and quality service to make your party, meeting, or special event a success. This room is also perfect for workshops, seminars and lectures. The Walnut Room offers a spectacular view of The Oaks Disc Golf Course. You have your choice of Walnut Room A or B; or the full Walnut Room which accommodates up to 72 people. The Walnut Room includes custom cabinetry and a sink for your convenience.

The Field House – This large Field House may be divided into three separate basketball/volleyball courts. Rent one or more courts and bring the family and friends over for some fun!

Your rental fee includes:

- Your choice of round and/or rectangular tables
- Set-up and take-down of chairs and tables
- Wi-Fi

For an additional fee, you may:

- Upgrade to banquet chairs
- Receive linen tablecloths
- Reserve exclusive use of The Oaks kitchenette

Questions? Ready to book your event? Call Today!
708-390-2343 or email rbauer@mokenapark.com

NEW! Team Party Package!

Your next Team Party can be hassle-free when you have it at The Oaks Recreation and Fitness Center!

Package A \$125: 2 hour party, 1 hour in the Walnut Room, 1 hour of court time

Package B \$150: 2 hour party, 1 hour in the Walnut Room, 1 hour of court time, plus tablecloths, plates, and napkins (one per guest, maximum of 30)

Questions? Ready to book? Call Today! 708-390-2343 or email rbauer@mokenapark.com

Rental Space	Capacity	Resident* Fee/Hr	Non-resident Fee/Hr
Walnut Room A	36	\$50	\$75
Walnut Room B (w/sink)	36	\$60	\$90
Walnut Room (Full)	72	\$90	\$135
One (1) Court in the Field House	—	\$90	\$100
Deposit due at booking**	—	\$100 refundable plus 50% of rental total	\$200 refundable plus 50% of rental total

*Fees subject to change without notice.

*Residency determined by renter's address

**Balance due 14 calendar days prior to the party date. Bookings made with less than 2 weeks' notice are required to pay in full at the time of booking.

Please allow a minimum of 3 weeks' notice prior to party. NO refunds for cancellations received less than 72 hours prior to the scheduled event.

— Other Park Offerings —

ADOPT-A-PARK

Your neighborhood park is available for adoption! Whether you are a walker or jogger, pulling a wagon or pushing a stroller, alone or in a group, you can become involved in the beautification of your parks. Every little bit helps, from picking up garbage to informing the Administration Center of vandalism or needed repairs. Help us to keep your parks beautiful! Call 708-390-2401 to adopt the park in your neighborhood.

DONATE-A-TREE

Celebrate a birth, anniversary, or other important date, or memorialize a lost loved one with a donation to purchase a tree to be planted in the park of your choice. Create a living legacy as a tribute to that special someone. Your contribution of \$100 or more, with a matching donation by the Park District of up to \$100, will cover the cost to plant and care for a tree at least 1.5 inches in diameter. A one-year guarantee and a one-time replacement within twelve months of planting is provided by the Park District. Park benches and other park amenities are also available. Call the Administration Center for details, 708-390-2402

FREE WALKING TRACK

The Mokena Park District offers residents of the Park District 13 years of age and over (8-12 year olds with a parent) the opportunity to use the three-lane, elevated walking track located at The Oaks Recreation and Fitness Center, 10847 La Porte Road, Mokena. Interested residents should sign in at the Registration Desk to obtain an ID card and use the track for FREE. (Proof of residency required.) Non-Residents may use the track for a daily fee.

GIFT CERTIFICATES

Give a gift that will be sure to fit. Whatever the occasion, Mokena Park District has the right size for you! Gift certificates are available in a variety of dollar amounts. Just drop by the Administration Center or the Oaks, for quick, easy, and convenient one-stop shopping.

IAPD YOUTH LICENSE PLATE

Park Districts in Illinois have been providing vital Youth programs for many years. Parks across the state are filled with young people playing soccer, baseball, and basketball to name a few. Park Districts offer arts, dance, gymnastics, music and more. These license plates help fund activities for Illinois' youth. Apply for your Park District Youth License Plate. For more information, call the Illinois Association of Park Districts at 1-877-523-4558 or the Secretary of State at 1-800-252-8980.

INNOVA DISCS AVAILABLE FOR PURCHASE

Discs are available for purchase at The Oaks Recreation Center in a variety of weights (grams), styles, colors and price range. Disc Golf Bags and T-shirts are also available.



LINCOLNWAY SPECIAL RECREATION ASSOCIATION

Lincolnway Special Recreation Association (LWSRA) has provided adaptive recreation opportunities for individuals with disabilities since 1976. LWSRA is supported through a cooperative agreement that includes Frankfort, Manhattan, Mokena, New Lenox, Peotone and Wilmington Island Park Districts. LWSRA offers a wide variety of programs, athletic activities, and special events for individuals from preschool through adult who have disabilities and whose recreational needs are not met by regular park district programs.

LWSRA offers many athletic opportunities including participation in Special Olympics of Illinois. They offer a variety of programs that encompass social endeavors, health and fitness enhancement and learning experiences for all ages and abilities. Transportation is provided for many programs and scholarships are available to qualifying residents of the cooperative park districts.

The new LWSRA facility is located at 1900 Heather Glen Drive, New Lenox. The LWSRA office phone numbers is (815) 320-3500. Please don't hesitate to call for more information, or to receive a brochure.

The Mokena Community Park District welcomes participation in all programs by individuals with disabilities and special needs. The Mokena Community Park District works cooperatively with the Lincolnway Special Recreation Association (LWSRA) to facilitate successful participation for individuals who request an inclusion aide. If you are asking for special assistance for your child to participate in a park district program, please inform the park district staff at the time of registration. An evaluation process will then be implemented by LWSRA. Therefore, timely registration is important. Please register and request an aide no later than two weeks before the start of the program.

VOLUNTEER OPPORTUNITIES

Volunteers are an essential part of the Park District that enable us to offer a wide variety of programs and events. Call the Administration Center at 708-390-2404 to find out about the opportunities that are available.

IMPORTANT

Cardiac Defibrillators are located in the Concession Stands at Main Park, Hecht Park, and The Oaks Recreation & Fitness Center. This is a life-saving device to be used in emergency situations.

MAIN & HECHT PARK LIGHTNING WARNING SYSTEM

Lightning is a severe hazard that must be viewed seriously!

Park users should STOP PLAY and SEEK SHELTER immediately when lightning threatens them, EVEN IF A SIGNAL HAS NOT BEEN SOUNDED. Park users will be warned by one prolonged horn blast signaling a strong risk for lightning in the area. All patrons should immediately seek shelter in enclosed vehicles or buildings. The strobe light signals a continuing lightning alert condition. Three short horn blasts signal it's safe to resume activities. Please note that there are two audible warnings:

ONE long blast – **SEEK SHELTER FAST.**

THREE short sounds – **IT'S SAFE TO BE AROUND.**

If you hear a warning and continue to play, you do so at your own risk.

— General Rules & Information —

AMERICANS WITH DISABILITIES ACT

The Mokena Park District prohibits discrimination in the provision of services, programs, or facilities to individuals with disabilities in accordance with the law.

ATHLETIC FIELDS

Any teams or organizations wishing to use Park District athletic fields or facilities for practices, games, or tournaments must submit an Athletic Field Usage Request to the Athletic Supervisor, a minimum of two weeks before requested usage. For more information, please call 708-390-2408.

BEHAVIOR POLICY

In keeping with our program goals, we encourage fun for all our participants. However, to ensure everyone's safety, appropriate behavior is expected at all times. Participants who are asked to leave a class or facility due to inappropriate or potentially harmful behavior are not eligible for a refund.

BROCHURE DISTRIBUTION

The Mokena Park District relies on the postal service for the distribution of our seasonal brochures. The Park District assumes no responsibility of delivery.

INCLEMENT WEATHER

If classes or programs are cancelled due to inclement weather, information will be posted on our website at www.mokenapark.com, as well as our facebook page. You may also check local television stations, 2, 5, 7, 9, 32 or visit the public website www.emergencyclosings.com for preschool closures. .

NO ALCOHOLIC BEVERAGES are allowed in any park.

NO SMOKING

Effective January 1, 2008, the Illinois General Assembly enacted the Smoke Free Illinois Act. This Act requires that public places and places of employment must be completely smoke-free inside and within 15 feet from entrances, exits, windows that open and ventilation intakes.

PARK WATCH

We need your help...If you notice any acts of vandalism or antisocial behavior or any equipment in need of repair in any park, please call the Administration Center at 708-390-2401. Major misconduct should be reported directly to the police. A reward of \$500 will be offered for information leading to the arrest and conviction of person(s) committing acts of vandalism to park property. Your support is appreciated.

PHOTOGRAPHY POLICY – PARK DISTRICT

On occasion, Park District staff may photograph or videotape participants in Park District programs, classes or at park events/facilities. These photos are for Park District use only, and may be used in publications, brochures, website, pamphlets, flyers, or videos. Individuals will not be identified. If you do not wish to have your picture taken, please inform the photographer.

PHOTOGRAPHY POLICY – PROFESSIONAL PHOTOGRAPHERS

Still photography, filming, and digital imaging are permitted for private, non-commercial use only. All professional photographers, wedding parties, and private groups larger than 5 people taking photos/videos on Mokena Community Park District property are required to obtain a photography permit, per General Use Ord. 4-9. Violators may be subject to fines. Photo Permit Applications may be obtained at the Administration Office, 10925 La Porte Road, Mokena, IL. Permits will be issued in one-hour increments, one hour minimum, \$25 per hour. Permits are issued on a first-come, first-served basis and no more than one permit will be issued per area for any given time slot. Please remember that the Mokena Community Park District property is open to the public, and privacy cannot be guaranteed.

REMINDER TO PET OWNERS

When visiting local parks with your pet, please remember that Park District and Village ordinances require dogs to be leashed at all times. Pets are not allowed at any time on the disc golf course, tennis courts, athletic fields, or enclosed ball fields, playground areas and jogging or bike paths. Violators are subject to fines up to \$1000. Owners are responsible for cleaning up pet waste from public property.

DISC GOLF COURSE

Open Dawn to Dusk. Course closed on October 15 & 16 for Halloween Hollow, and may be closed for tournaments or special events on occasion. Smoke-Free Environment

Prohibited Activities

- Loitering
- Littering
- Alcohol
- Controlled Substances
- Dogs – Ordinance 3.1. Up to \$1,000 fine.
- Vandalism
- Trespassing on Private Property
- Violators subject to arrest by Mokena Police Dept.

FREE player registration required at The Oaks Recreation and Fitness Center. Two forms of identification required.

For a list of Disc Golf Rules, acquire a PDGA rulebook.

Innova Discs are available for purchase at The Oaks Recreation Center, 10847 La Porte Road, Mokena.



**Don't Miss Out –
Register Early!**

— Park Facilities & Amenities —

BASKETBALL COURTS

For pick-up games, use the full size basketball courts at Main, Buske, Prairie Ridge, Grasmere, Green Meadows, Hecht, Heritage, Marley Creek, and Prairie Ridge park sites. A one-half court is also available at Tinley Gardens Park.

THE OAKS - DISC GOLF COURSE

Located at 10847 La Porte Road, behind The Oaks Recreation and Fitness Center. This nationally accredited PDGA, 35-acre Disc Golf course offers 27 holes under majestic oak trees and open fields. Play this fun and challenging sport for all ages and ability levels. The Oaks Disc Golf Course is open most days from dawn to dusk. Special events or tournaments may necessitate closure of the course. FREE - player registration is required. No person to enter onto or remain on The Oaks Disc Golf Course without registering and obtaining a membership card at The Oaks Recreation & Fitness Center. Violators subject to fines up to \$1000. General Use Ordinances apply. See rules on page ##.

EXERCISE STATIONS

Check out the five exercise stations at Marley Creek Park with instructional signage.

PICKLEBALL COURTS

Pickleball courts are available on the tennis courts at Fox Ridge and Prairie Ridge Parks. Courts close for the winter and will re-open on or around April 1 weather permitting.

PICNIC GROVES

Picnic reservations will be accepted on a first-come, first-serve basis for the 2017 season as of Monday, March 6, 2017 at the Administration Center.

PLAYGROUNDS

Playground structures are located at Acorn, Boulder Ridge North, Brookside Meadows, Buske, Fox Ridge (handicapped accessible), Grasmere, Green Meadows, Hecht, Heritage, London Bridge, Main, Manchester Cove, Marley Creek, McGovney, Prairie Ridge (handicapped accessible), Riivendell, Timbers Point, Tinley Gardens, and Willowview parks. Mother's benches also provided.

ROLLER HOCKEY RINKS

If you enjoy the fast action of roller hockey, then we have just the place for you. Grab your skates and drop by Buske, Grasmere or Hecht Park for an exciting pick-up game of roller hockey.

SAND VOLLEYBALL COURTS

Three lighted, regulation size, sand volleyball courts are available at Main Park, except during league play. An unlighted regulation sand volleyball court is available at Prairie Ridge Park.

TENNIS COURTS

Four outdoor courts with lighting are available for your enjoyment at Main Park. Outdoor courts are also available at Buske, Fox Ridge, Hecht, and Prairie Ridge Parks. 1 60' youth court and 4 36' youth courts are available for the younger set at Grasmere Park. Courts close for the winter and will re-open on or around April 1 weather permitting.

WALKING/JOGGING TRAIL

A one-half mile, wooded trail is available for your enjoyment at Main Park. A one-half mile walking path is available at Green Meadows Park. Buske, Fox Ridge, Grasmere, Hecht, London Bridge, Marley Creek and Prairie Ridge park sites all have walking paths for your health and exercise.

SKATEPARK

Mokena Park District's extreme outdoor facility is located at Grasmere Park, 10335 W. Lindsay Lane, Mokena. With quarter pipes, combo half pipe, bauer box, pyramid, slider, and a launch ramp, you are sure to have some fun and adventure. The Skatepark will be open daily 9:00 a.m. to dusk. Skatepark will be closed for the winter on or around December 1.

Participation Guidelines:

- No fees or passes
- No attendant
- Warning: Skating is a hazardous activity that carries a risk of severe injury. The Skatepark is unsupervised and skaters skate at their own risk.
- All skaters are required to wear protective gear (helmet, kneepads, elbow pads, and wrist guards) inside the Skatepark.
- Skatepark use is limited to skateboard and in-line skating only. No bicycles, tricycles or scooters, except where noted. Exception: Bicycles only on Saturdays from 9:00 a.m. - 12:00 noon. No in-line skating or skateboarding during this time.
- Persons under age 8 are to be accompanied at the Skatepark by a parent or guardian.
- Persons failing to adhere to posted Skatepark rules and hours will be considered trespassing and may be arrested.
- Skatepark closes for the winter December through March.



— Park District Connections —

Mokena Baseball/Softball Association – MBSA

www.mokenabaseballsoftball.org

Mokena Burros

www.mokenaburros.com

Mokena Chamber Of Commerce

www.mokena.com

Mokena Police Dept. – Block Home Program

The purpose of the Block Home Program is to provide a place that is safe for children to go to when in need of help. Block homes provide help: for a lost child, for a child in threat of harm from a stranger, for an injured child, telephone use for police, parents, or paramedics. For more information, please contact the Police Dept. at 708-479-3912

MOKENA SCHOOL DISTRICT 159

www.mokena159.org

Summit Hill School District 161

www.summithill.org

District 210 Walkers

Lincoln-Way area students (16 & over) and adults may use the track in the Lincoln-Way Field Houses free of charge for walking or jogging only. Sign in with at the Athletic Office during the day or with the Open Gym attendant in the evening.



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REGISTRATION / WAIVER

Name _____
 (Last) (First)

Address _____

City _____ Zip _____

Phone _____ () _____ Email _____

Emergency Name _____ Phone _____ () _____

Fees must be enclosed to validate registration. You will be notified by phone if a class you registered for will not be held.
Waiver must be signed for registration to be valid.

Program	Program Start Date	Time	Participant's Name	Age	Birthdate	Grade	T-shirt size (if applicable)	Fee

Total Fees \$ _____

BY MAIL: Return with check made payable to Mokena Park District, 10925 La Porte Rd., Mokena, IL 60448.

BY FAX: Fax completed form with complete credit card information to Mokena Park District at **(708) 479-5381**.

Check one: ___ VISA ___ MC ___ DISC EXP DATE _____ Authorized Signature _____

Credit Card # _____ - _____ - _____ - _____ Card Verification Number _____
(last 3 digits on signature panel on back of card)

WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT FOR MOKENA PARK DISTRICT. - READ CAREFULLY

Please read this from carefully and be aware that, in signing up and participating in Mokena Park District programs, you will be waiving and releasing all claims for injuries, arising out of these programs, that you or the other named participants might sustain. The terms "I", "me" and "my" also refer to parents or guardians as well as participants in the programs. In registering for these programs, you are agreeing as follows.

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating, in any manner, in any and all activities connected with or associated with such programs. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the Mokena Park District, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants and employees of the governmental bodies and independent contractors, and any and all other persons and entities, of whatever nature, that might be directly or indirectly liable for any injuries that I might sustain while participating in these programs. (the parties described in the preceding sentence are referred to as "released parties" in the remainder of this Agreement.)

I do hereby fully release and discharge the Mokena Park District and the other released parties from any and all claims for injuries, damage or loss which I may have or which may accrue to me on account of my participation in these programs.

I further agree to indemnify, hold harmless and defend the Mokena Park District and any and all other released parties, from any and all claims resulting from injuries, damages and losses sustained by anyone, and arising out of, connected with, or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participation," "programs," and "activities," referred to in this Agreement, include all exercises and physical movements of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved in these programs, and transportation to and from any events.

I understand the nature of these programs for which I am registering, and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of this Agreement.

Signature – Participant must sign if 18 years or older; Parent or Guardian must sign if participant is under the age of 18)

Date _____

— Your Parks —

Park Name & Location	Park Acres	Admin. Center	Playground w/ benches	Baseball/Softball	Soccer	Football	Basketball Courts	Tennis Courts	Volleyball Crts.	Pickleball Court	Concessions	Picnic Area/Gazebo	Rest Rooms	Climbing Wall	Skate Park	Multi-use Court	Bocce Court	Baggio Court	Roller Hockey Crts.	Meeting Rooms	Walking Path/Track
Acorn Park- 19925 Red Oak Dr.	1.64		•									G									
Boulder Ridge North- 19237 Beaver Creek Ln.	0.5		•																		
Brookside Meadows- 19715 Longmeadow, TP	2.67		•									G									
Buske Park- 11435 W. Hillside Ln.	7.52		•	•	•		•	•				G	Ⓟ						•		1/6 m.
Fox Ridge Park - 19740 Telluride Ln.	10.26		• ¹	•	•	•	•	•	•			G	Ⓟ			•	•	•			1/4 m.
Grasmere Park- 10335 W. Lindsay Ln.	14		•	•			•	•				G	Ⓟ		•				•		1/2 m.
Green Meadows- 10520 W. Williams Way	10		•	•	•		•						Ⓟ								1/2 m.
Hecht Park- 9310 W. Birch Ave.	16.25		•	•			•	•			•	G	Ⓟ	•					•		1/2 m.
Heritage Park- 11945 W. 197th St.	6.4		•	•			•					G	Ⓟ								
London Bridge Park- 11880 London Bridge Dr.	4.74		•									G									1/4 m.
Main Park- 10925 LaPorte Rd.	33.5	•	• ²	☀	☀	☀	•	☀	☀		•	• ^s	☐							☐	1/2 m.
Manchester Cove- 19205 Crescent Dr.	2.2		•																		
Marley Creek- 10555 W. Jacob Dr.	5.5		•	•			•					G	Ⓟ								1/4 m.
McGovney Park- 19345 Schoolhouse Rd.	8.1		•	•								G	Ⓟ								
Rivendell Park- 605 Bryan, New Lenox	1.5		•																		
The Oaks Recreation & Fitness Center - 10847 LaPorte Road					•		☐		☐		☐	•	☐							☐	1/12 m.
The Oaks Disc Golf Course (27 holes)												•	Ⓟ								
Prairie Ridge Park - 21431 Coneflower Dr.			• ¹	•	•		•	•	•	•		G	Ⓟ					•			
Timbers Point- 18418 White Oak Ln., TP	0.58		•																		
Tinley Gardens Park- Lenore/Ethyl Lns., TP	0.5		•				•														
Willowview Park- 11420 W. 197th St.	8.36		•	•	•							• ^s	Ⓟ	•							
Yunker Park- 10824 LaPorte Rd.	116.25																				

Key

- ☀ – Lighted Field(s)/Court(s) Available
- ☐ – Indoor
- Ⓟ – Portable Sanitary Unit
- ^s – Picnic Area & Shelter
- G – Gazebo
- ¹ – Handicapped Accessible
- ² - Connection to Old Plank Trail





Mokena Community Park District
 10925 W. La Porte Rd., Mokena, IL 60448
www.mokenapark.com

PRESORTED STANDARD
 U.S. POSTAGE PAID
 MOKENA, IL
 PERMIT No. 12

**ECRWSS
 RESIDENTIAL CUSTOMER**

MOKENA COMMUNITY PARK DISTRICT'S 35TH ANNUAL

**HALLOWEEN
 HOLLOW**

OCTOBER 14-16



Located at 10925 W. LaPorte Rd. in Mokena

HOURS & ADMISSION

Friday 5:00pm - 9:00pm
 Saturday ... 1:00pm - 8:00pm
 Sunday 1:00pm - 6:00pm

ADMISSION: FREE
PARKING: \$5 per vehicle

FRIDAY, 10/14
 Carnival &
 Food Only

**UNLIMITED RIDE
 SPECIALS**

Friday 5:00pm - 9:00pm
 Sunday 1:30pm - 5:30pm

35TH ANNIVERSARY RIDE SPECIAL

\$35 PER PERSON - RIDE ALL DAY
 Saturday 1:00pm - 8:00pm

**ONLY
 \$25**
 per person
 per session