

Recreation Guide

SUMMER 2022



This activity is not sponsored by Palos School District 118, any of its schools or groups officially associated with the District.

VILLAGE OF PALOS PARK
8999 WEST 123 STREET
PALOS PARK, IL 60464

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The background of the entire image is a close-up of the American flag, showing the blue field with white stars and the red and white stripes. A semi-transparent dark blue rectangle is overlaid in the center, containing the text.

JOIN US FOR OUR ANNUAL

*Memorial Day
Remembrance
Ceremony*

Please join us Monday, May 30th in honoring those who made the ultimate sacrifice. A short program will be held at 11:00 a.m. at the VFW Memorial (8901 West 123rd Street Palos Park, Illinois 60464)

THE VILLAGE OF PALOS PARK AND PALOS FINE ARTS PRESENT

JUNE
16

CONCERT IN THE PARK



Dance the night away to the sounds of "The Outcast Jazz Band". The Outcasts are 17 members strong. They concentrate on the classic big band sounds of the 30's, 40's and 50's, but also throw in a smattering of anyone from Van Morrison to Ray Charles.

This event is supported by Palos Fine Arts and Republic Bank. Grounds open at 6:00 pm. Band plays on the Village Green (8901 West 123rd Street Palos Park, Illinois 60464) from 7:00 to 9:00 pm.

Bring your own food, beverages, blankets and/or chairs

****No picnic tables will be provided****





2022 Special Events

March	26	Brunch with Bunny/Egg Hunt - Recreation Center Brunch begins at 11:00 am
April	9	Spring Fishing Derby - Papoose Lake
	16	It's Chili In The Park - Outside the Recreation Center (Memorial Drive) Grounds open at 12:30 pm, Public Tasting begins at 1:15 pm
	23	Rid-Litter Day - Recreation Center
	29	Arbor Day Celebration - Recreation Center Meet in front of Recreation Building at 9:00 am
May	30	Memorial Day Remembrance Ceremony - Recreation Center
June	16	Concert In The Park - Village Green Grounds open at 6:00 pm, Concert time runs from 7:00 -9:00 pm
July	21	Hot Dog Day - Village Green Grounds open at 6:00 pm
August	5	Bike The Park - Outside Recreation Center Meet 6:00 pm, Ride starts at 6:30 pm
	25	Concert on the Green - Recreation Center
September	16	Autumn In The Park Festival - Village Green Grounds open at 6:00 pm
	17	Autumn In The Park Festival - Village Green Grounds open at 11:00 am
October	1	Fall Fishing Derby - Horse Tail Lake
November	11	Veterans Day Ceremony & Luncheon - Recreation Center
December	1	Tree Lighting and Holiday Party - Recreation Center
	10	Breakfast with Santa - Recreation Center

For event information:

Visit us at palospark.org or call us at 708-671-3760

Sponsorship opportunities are available.

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DEPARTMENT INFORMATION

CONTACT US

Phone: 708-671-3760

Email: recreation@palospark.org

Facebook: Palos Park Parks & Recreation Department

Website: palospark.org

Address: 8901 W 123rd St

Palos Park, IL 60464

Office/Building Closed:

Memorial Day - Monday, May 30

Fourth of July - Monday, July 4

Mini Soccer Shots

Soccer Shots is the leader in youth soccer development for children ages 2-3. Children will learn and practice soccer skills through drills like ball control, dribbling techniques, passing and scoring goals! Basic rules and fun games will enhance your child's soccer swag. Class will be inside gymnasium.

Day:	Dates:	Cost:	Ages:	Time:	Code:
Monday	6/20 - 8/1 (No class 7/4)	\$65R/\$75UPP/\$78NR	2 to 3	4:00-4:30 pm	131.31

Classic Soccer Shots

Soccer Shots is the leader in youth soccer development for children ages 3-5. Children will learn and practice soccer skills through drills like ball control, dribbling techniques, passing and scoring goals! Basic rules and fun games will enhance your child's soccer swag.

Day:	Dates:	Cost:	Ages:	Time:	Code:
Monday	6/20 - 8/1 (No class 7/4)	\$65R/\$75UPP/\$78NR	3 1/2 to 5	4:30-5:15 pm	201.31

Premier Soccer Shots

Soccer Shots is the leader in youth soccer development for children ages 6-8. Children will learn and practice soccer skills through drills like ball control, dribbling techniques, passing and scoring goals! Basic rules and fun games will enhance your child's soccer swag. Class will be held inside gymnasium.

Day:	Dates:	Cost:	Ages:	Time:	Code:
Monday	6/20 - 8/1 (No class 7/4)	\$65R/\$75UPP/\$78NR	6 to 8	5:15- 6:00 pm	201.32



Basketball Camp

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

Day:	Dates:	Cost:	Min/Max:	Ages:	Time:	Code:
Mon - Fri	6/13 - 6/17	\$140 per week	6/12	6-12	1:00-4:00 pm	221.31

Mini Hawk (Soccer, Basketball, Baseball) Camp

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace. Basketball portion of camp will be held inside gymnasium. Soccer and Baseball will be on Village Green.

Day:	Dates:	Cost:	Min/Max:	Ages:	Time:	Code:
Mon - Fri	7/11 - 7/15	\$140 per week	6/12	4-7	1:00-4:00 pm	221.32

Multi-Sport (Soccer, Basketball, Baseball) Camp

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship and teamwork. Basketball portion of camp will be held inside gymnasium. Soccer and Baseball will be on Village Green.

Day:	Dates:	Cost:	Min/Max:	Ages:	Time:	Code:
Mon - Fri	7/11 - 7/15	\$140 per week	6/12	7-12	1:00-4:00 pm	221.33

YOUTH PROGRAMS

Music Together Summer Session

Spread out a nice big blanket and spend a summer morning each week on the back lawn of beautiful Palos Park Recreation Center with your child- singing, dancing, and enjoying music together. This class will nurture your child's natural enthusiasm for music and movement with this fun, engaging and musically diverse experience. The informal instructional style will soon have your entire family singing, dancing and laughing together! In the case of inclement weather, class will be held at the inside the gymnasium. Session 1 and session 2 will focus on different songs, so sign up for both!

SESSION 1

Day:	Dates:	Cost:	Ages:	Time:	Code:
Friday	6/10 - 6/24	\$40R/\$45UPP/\$50NR	Birth to 5	9:30 -10:15 am	142.31
Friday	6/10 - 6/24	\$40R/\$45UPP/\$50NR	Birth to 5	10:30 -11:15 am	142.33

SESSION 2

Day:	Dates:	Cost:	Ages:	Time:	Code:
Friday	7/8 - 7/22	\$40R/\$45UPP/\$50NR	Birth to 5	9:30 -10:15 am	142.32
Friday	7/8- 7/22	\$40R/\$45UPP/\$50NR	Birth to 5	10:30 -11:15 am	142.34



YOUTH PROGRAMS

KIDS ZONE SUMMER CAMP

At Kids Zone camp our staff will create a safe, welcoming, and fun environment for your children. The camp will consist of, but not be limited to; open play time, circle activities, art projects, science projects, large motor activities, reading activities, and outdoor time. Please pack a nut free lunch, water, and snack for your child daily. Three-day or five-day options are available. Summer camps runs from June 13 - July 1.

SESSION 1

Option:	Dates:	Cost:	Ages:	Time:	Code:
Three days	6/13 - 6/17	\$90 per session	5 - 12	9:00 am - 3:00 pm	248.30
Five Days	6/13 - 6/17	\$130 per session	5 - 12	9:00 am - 3:00 pm	249.30

SESSION 2

Option:	Dates:	Cost:	Ages:	Time:	Code:
Three days	6/20 - 6/24	\$90 per session	5 - 12	9:00 am - 3:00 pm	248.31
Five Days	6/20 - 6/24	\$130 per session	5 - 12	9:00 am - 3:00 pm	249.31

SESSION 3

Option:	Dates:	Cost:	Ages:	Time:	Code:
Three days	6/27- 7/1	\$90 per session	5 - 12	9:00 am - 3:00 pm	248.32
Five Days	6/27 - 7/1	\$130 per session	5 - 12	9:00 am - 3:00 pm	249.32

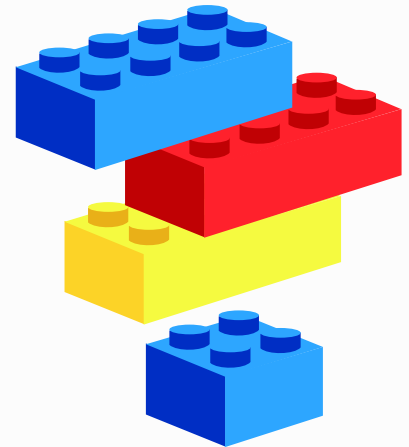




MINECRAFT

Travel to the Nether with Snapology, but watch out for those creepers! Come join us as we bring Minecraft® to life using LEGO® bricks. Create your own world, including animals, creepers, and your very own Minecraft® character. Develop presentations involving relevant facts and descriptive details Engage in topic centered group conversation Develop appropriate, on task questions, elaborate on stated facts.

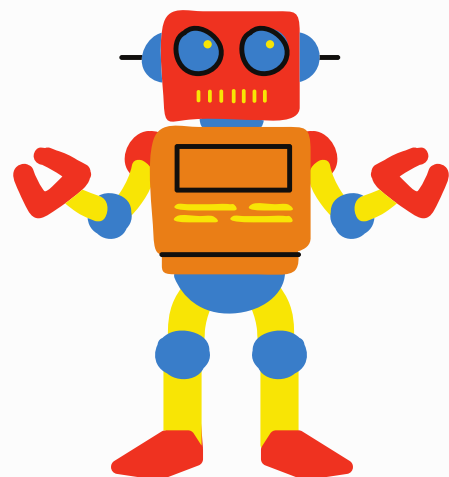
Day: Tuesday
Time: 4:30 pm - 5:30 pm
Ages: 5 – 12
Fee: \$78R/\$80UPP/\$83NR
Min/Max: 6/10
Instructor: Snapology of Evergreen Park
Location: Prairie room
Dates: 6/14 - 7/19
Code: 284.31



MEGA MACHINES ROBOTICS

Snapology's Mega Machines class, your child will create some of their favorite motorized vehicles. Students will learn about gear ratio, sensors, pulleys, cranks, and programming as they build trucks, space rovers, helicopters, and much more. Your child is sure to have fun as they build, learn, and play. Learn about pseudo coding, sensor inputs, and robotics Learn about mechanics through pulleys, gears, and cranks Use engineering skills to solve challenges

Day: Tuesday
Time: 5:45 - 6:45 pm
Ages: 5 – 12
Fee: \$78R/\$80UPP/\$83NR
Min/Max: 6/10
Instructor: Snapology of Evergreen Park
Location: Prairie room
Dates: 6/14 - 7/19
Code: 284.32



POKEMANIA

Come join Snapology for Pokemania. Students will build and explore the world of Pokemon as they create their own gyms, battles, and even their very own generation of Pokemon.

Children will also learn about real world science as they learn about the habitats of the Pokemon. Your child will have a blast becoming the best Pokemon trainer ever. Develop presentations involving relevant facts and descriptive details Engage in topic centered group conversation Develop appropriate, on task questions, elaborate on stated facts Learn about and discuss environmental habitats

Day: Wednesday

Time: 5:45 pm - 6:45 pm

Ages: 5 – 14

Fee: \$78R/\$80UPP/\$83NR

Min/Max: 6/10

Instructor: Snapology of Evergreen Park

Location: Prairie room

Dates: 6/15 - 7/20

Code: 284.33



SNAPOLLOGY SCIENTISTS

Allow your child to cultivate their love of science and experience different domains of science & nature. Students will engage in concepts from astronomy, earth science, biology, chemistry and physics using LEGO® bricks and other interactive learning tools. We make science fun at Snapology!

ACADEMIC ENRICHMENT Investigate different areas of science Earth & space science, biology, chemistry, physics Explore the scientific method and engineering design process Develop appropriate strategies for logical problem solving, perform experiments

Day: Wednesday

Time: 4:30 pm - 5:30 pm

Ages: 7 - 14

Fee: \$78R/\$80UPP/\$83NR

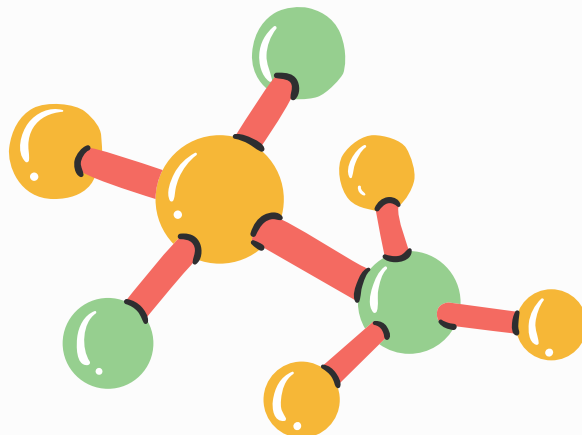
Min/Max: 6/10

Instructor: Snapology of Evergreen Park

Location: Prairie room

Dates: 6/15 - 7/20

Code: 284.34



YOUTH PROGRAMS

Pre Ballet

The class offers the perfect combination of beginning classical ballet discipline and creative play. Children will build core motor skills, gain coordination, discipline and creativity. Children must wear ballet slippers or socks.

Day: Wednesday
Time: 4:00 - 4:30 pm
Ages: 3 – 4
Fee: \$60R/\$65UPP/\$70NR
Min/Max: 5/10
Location: Recreation Center (Wabash Room)
Dates: 6/15 - 7/20
Code: 160.31



Beginning Ballet

Age/Level Appropriate Ballet Technique: proper posture & alignment, body positions, arabesques, port de bras and vocabulary mixed with the class favorite motor skill building games from pre ballet in a relaxed, easy going atmosphere to help nurture young dancers love for ballet. Children must wear ballet slippers or socks.

Day: Wednesday
Time: 4:30 - 5:15 pm
Ages: 5 – 6
Fee: \$60R/\$65UPP/\$70NR
Min/Max: 5/10
Location: Recreation Center (Wabash Room)
Dates: 6/15 - 7/20
Code: 260.31



YOUTH PROGRAMS

Continuing Ballet

Age/Level Appropriate Ballet Technique: proper posture & alignment, body positions, arabesques, port de bras and vocabulary. Traditional ballet class structure. Children must wear ballet slippers or socks.

Day: Wednesday
Time: 5:15 - 6:00 pm
Ages: 7 & up
Fee: \$60R/\$65UPP/\$70NR
Min/Max: 5/10
Location: Recreation Center (Wabash Room)
Dates: 6/15 - 7/20
Code: 260.32



Hip Hop & Jazz Dance

The class offers the perfect combination of learning hip hop/jazz dance. Children will build core motor skills, gain coordination, discipline and creativity.

Day: Monday
Time: 11:00 - 11:45 am
Ages: 4 – 8
Fee: \$60R/\$65UPP/\$70NR
Min/Max: 5/10
Location: Recreation Center (Wabash Room)
Dates: 6/13 - 7/18
Code: 276.31



ADULT ATHLETICS

MENS BASKETBALL

Visit the Recreation Center Gym for a great workout and to play some pickup games. Teams will be organized each week and players will be rotated in.

Cost: \$35R/\$40UPP/\$42NR

Ages: 21 & up

Day: Thursday

Location: Rec Center Gym

Time: 8:00 - 10:00 pm

Min/Max: 5/20

Dates: 7/7 - 8/18

Code: 418.31



ADULT FITNESS

SENIOR WELLNESS

Life is motion and motion is life. Charles Wells, Community Representative for Seniors & Recreation Advisory Commission (RAC) member, will conduct this class. that will include strength training and low impact aerobic exercise. Exercises are done sitting down and standing. Everyone will work at their own pace.

Cost: \$10R/\$13UPP/\$15NR

Code: 501.31

Ages: 55 & up

Days: Tuesday/Thursday

Location: Rec Center

Dates: 5/10-8/25

Time: 9:00 - 10:00 am

Min/Max: 5/20

Instructor: Charles Wells



ADULT FITNESS

STRENGTH TRAINING

Free weights, body bars, balls, and resistance bands will be used to increase strength and improve your level of fitness. Burn calories, gain muscle, and have fun! All fitness levels welcome. Please bring your own fitness mat.

Cost: \$70R/\$75UPP/\$78NR

Code: 409.31

Ages: 18 & up

Day: Tuesday

Location: Rec Center

Dates: TBD

Time: 10:10 - 11:10 am

Min/Max: 6/20

Instructor: Chulo Fit

Training Studio



MIND & BODY FUSION YOGA

Experience Yoga, Pilates, balance and much more! A variety of activities will be incorporated into this class, resulting in a strong body, calm mind and overall feeling of wellness. Please bring your own yoga mat. All fitness levels welcome.

Cost: \$70R/\$75UPP/\$78NR

Code: 403.31

Ages: 18 & up

Day: Thursday

Location: Rec Center

Dates: TBD

Time: 10:10 - 11:10 am

Min/Max: 6/20

Instructor: Chulo Fit

Training Studio



ADULT FITNESS

YOGA SKILL IN ACTION

Yoga - Skill in Action, helps beginning and experienced students to deepen their understanding of yoga from both modern and traditional perspectives. Skills in breath work, yoga postures for healthy exercise and relaxation techniques will be offered. Experience wellness through yoga! Bring a yoga sticky mat, yoga blocks, yoga belt or tie, and two firm blankets.

Cost: \$48R/\$50UPP/\$52NR
per session

Codes: 404.31, 404.32

Ages: 18 & up

Day: Tuesday

Location: Rec Center Gym

Dates: Session 1 - 5/3-5/31

Session 2 - : 6/7 - 7/12

No Class on 6/28

Time: 6:00 - 7:00 pm

Min/Max: 6/10

Instructor: Donna Furmanek



TAI CHI

Tai Chi is a mind-body exercise based on a rich Chinese cultural heritage. They coordinate awareness, movement, and breath. Although the body is relaxed, it is not passive. Tai Chi promotes internal strength and energy through movements that are based on self-defense and traditional Chinese health principles. For the first time, instruction in Qigong will be part of the class. Qigong is a specific option for developing energy, relaxation, and wellness. (8 weeks)

Cost: \$70R/\$75UPP/\$78NR

Code: 503.31

Ages: 55 & up

Day: Wednesday

Location: Rec Center Gym

Dates: 5/11 - 6/29

Time: 11:00 am - 12:15 pm

Min/Max: 5/20

Instructor: Dennis Newport



YOUR PARTY HERE

All rentals are a 2 hour minimum

Village Green & Gazebo

6 picnic tables ~ \$35/Hr.

Use of Village Green

Community Room

Seats 100 ~ \$40/Hr.

Round or Banquet tables, chairs & full kitchen

Set up and attendant included

Wabash Room

30 people ~ \$25/Hr.

Round tables and chairs

Set up and attendant included

Portico

30 people ~ \$25/Hr.

Round tables and chairs

Set up and attendant included



More
Rooms
available!

Call:
(708) 671 3760
for more info

Rental requests must be made two weeks prior to rental date.
Rentals are accepted upon availability of the date and approval of the Facility and Athletic Supervisor.
Insurance (if applicable) is due two weeks prior to the rental date.
A \$200 refundable security deposit is due at the time of the rental request.
The balance of the rental is due two weeks prior to the rental date during regular business hours. Non-compliance may result in forfeitures of all monies paid to date and the cancellation of the rental.
The facility will not be available until time stated on the rental agreement, your pre-event preparations need to be included in your rental time.
Forms and regulations are available at <http://www.palospark.org/326/Facility-Rental>
Deliver in person or email your request to - jschultz@palospark.org
Groups of 10 or more members that wishes to use the outdoor facilities must purchase a Park Permit.

Cancellation Policy

There is a \$50 cancellation fee. * Any cancellations less than * 2 weeks prior to the rental date will incur a cancellation fee of 50% of monies collected to date. * The Village of Palos Park reserves the right to cancel any scheduled event in cases of emergency or hazardous situations without penalty.