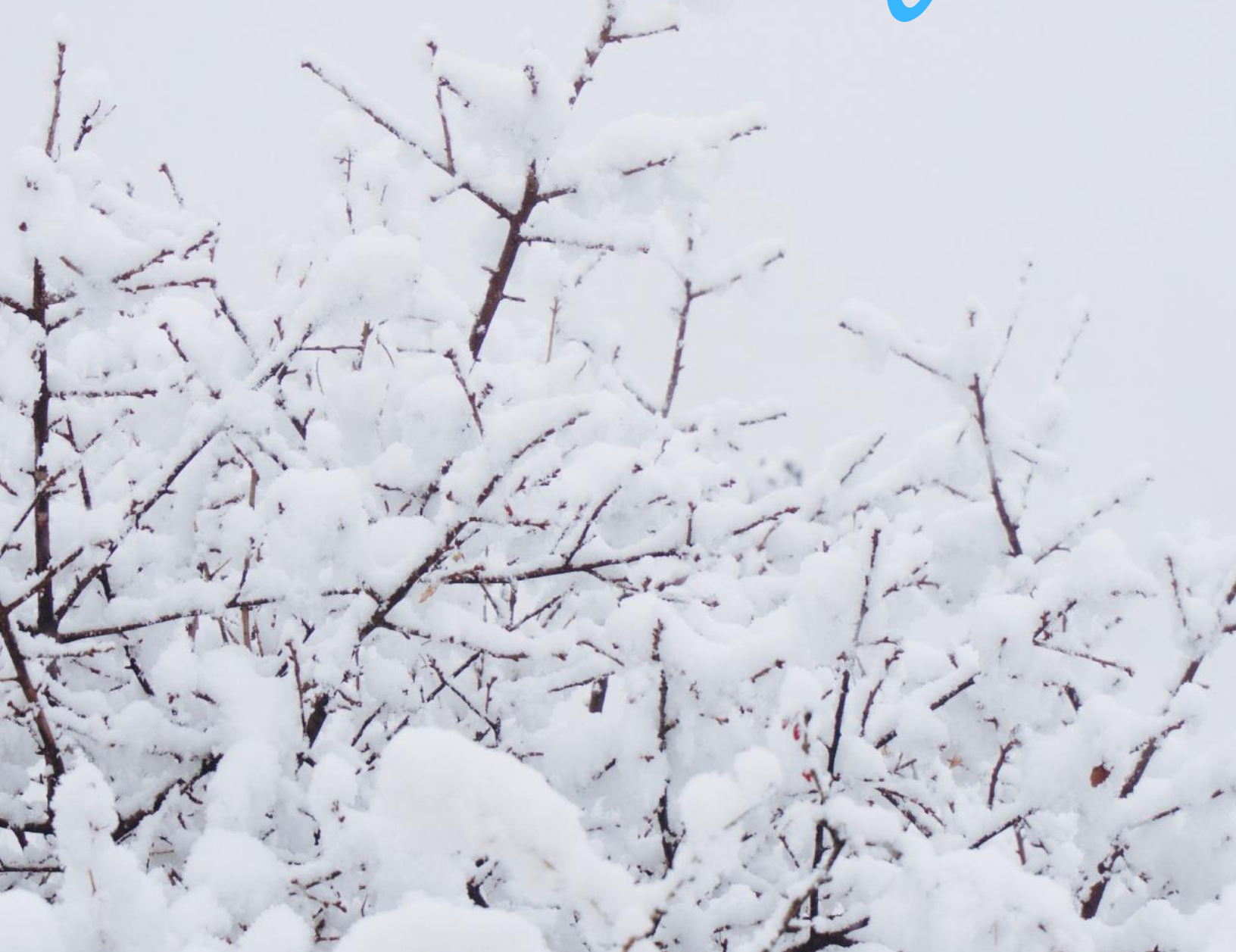


Recreation Guide

WINTER 2021-2022



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

*****ECRWSS*****
RESIDENTIAL CUSTOMER

PRST STD
US POSTAGE
PAID
MAILED FROM
ZIP CODE 60464
PERMIT NO. 13



VILLAGE TREE LIGHTING & HOLIDAY PARTY

THURSDAY | DECEMBER 2 | 5-7 PM

PALOS PARK RECREATION CENTER
(8901 W 123RD ST, PALOS PARK, IL 60464)

Join us as we welcome in the holiday season, with our annual Village Tree Lighting and NEW Holiday Party.

Holiday Party

Durbin's will be selling pizza, beer and wine.

Stuffed with Love will be providing customizable reindeers for free for the first 20 children - \$15 after

Snapology of Evergreen Park will providing Christmas themed STEM Lego projects.

Tree Lighting

At 5:30 pm, Mayor John F. Mahoney and Santa will illuminate the Village Tree.

Santa will stay after and take photos with children. Bring your camera to capture those candid shots.



BRUNCH WITH SANTA

Santa Claus and his elves are making a stop in Palos Park from the North Pole. Children will feel the holiday excitement when Santa arrives. Holiday music and stories will fill the air as you enjoy a hot breakfast with your family. Bring your camera for those precious candid photos.

Date: Saturday, December 11

Time: 11:00 am to 1:00 pm

Ages: All

Location: Palos Park Recreation Center (8901 W 123rd St, Palos Park 60464)

Cost: \$20 per person (2 and under free)

Code: 702.11

Min/Max: 30/50

****Pre-Registration is required, day of sign ups will not be accepted****



PALOS PARK RECREATION PRESENTS

CLASSIC MOVIE MONTH

MONDAYS IN FEBRUARY | 7:00 PM
PALOS PARK RECREATION CENTER

Featured Films

February 7th - **The Treasure of the Sierra Madre**

February 14th - **Roman Holiday**

February 21 - **Harry Potter and the Sorcerers Stone**

February 28th - **Casablanca**

**FREE ENTRY
POPCORN AND DRINKS
WILL BE SOLD FOR \$1 EACH**

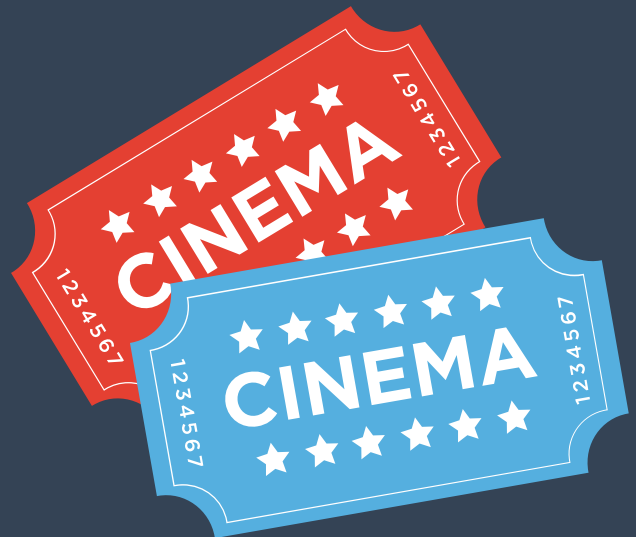


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DEPARTMENT INFORMATION

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:

Thanksgiving- Thursday, November 25

Friday after Thanksgiving - Friday, November 26

Christmas Eve - December 24

Christmas Day - December 25

New Years Day - January 3



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 held inside the gymnasium.

Day:	Dates:	Cost:	Ages:	Time:	Code:
Monday	1/10 - 2/21	\$65R/\$75UPP/\$78NR	2 to 3	4:00 - 4:30 pm	131.11

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. Class will be held inside gymnasium.

Day:	Dates:	Cost:	Ages:	Time:	Code:
Monday	1/10-2/21	\$65R/\$75UPP/\$78NR	3 to 5	4:30 - 5:15 pm	201.11

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	1/10-2/21	\$65R/\$75UPP/\$78NR	6 to 8	5:15- 6:00 pm	201.12

ICE SKATING CLASSES AT SOUTHWEST ICE ARENA



SNOWPLOW SAM 1

The Snowplow Sam 1 class is designed to help the preschool age skater develop preliminary coordination and strength necessary to maneuver on the ice. Instructors use songs, games, toys and other fun methods that cater to the learning styles and development of the young skaters. Skate rental is available for \$3. per use. Helmets are not required. If not wearing a helmet a thick hat is recommended along with a warm pair of gloves. Dressing in layers is preferred over bulky winter coat/snowsuit. (8 weeks)

Day:	Dates:	Cost:	Ages:	Time:	Code:
Saturday	1/8 - 2/26	\$130	3 -5	11:30 am - 12:00 pm	135.11
Wednesday	1/12 -3/2	\$130	3-5	4:30 - 5:30 pm	135.12

BASIC 1-2

The basic skills class is the fundamentals of the sport. This program introduces the fundamentals of the sport. This program introduces the fundamental moves: forwarded skating, backward skating, stops, gliding and hopping. Skate rental is available for \$3. per use. Helmets are not required. If not wearing a helmet a thick hat is recommended along with a warm pair of gloves. Dressing in layers is preferred over bulky winter coat/snowsuit.

Day:	Dates:	Cost:	Ages:	Time:	Code:
Saturday	1/8 - 2/26	\$135	6-12	12:00 - 1:00 pm	235.11
Wednesday	1/12 -3/2	\$135	6-12	5:00 - 6:00 pm	235.12

YOUTH ATHLETICS

TEEN/ ADULT LEARN TO SKATE

The basic skills class is the fundamentals of the sport. This program introduces the fundamentals of the sport. This program introduces the fundamental moves: forwarded skating, backward skating, stops, gliding and hopping. Skate rental is available for \$3. per use. Helmets are not required. If not wearing a helmet a thick hat is recommended along with a warm pair of gloves. Dressing in layers is preferred over bulky winter coat/snowsuit.

Day:	Dates:	Cost:	Ages:	Time:	Code:
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Wednesday	1/12 -3/2	\$135	13 & up	8:00 - 9:00 pm	435.11
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Music Together Holiday Singalong

Enjoy a holiday music experience that will have your family singing, dancing and laughing together! There will be new songs, as well as, childhood favorites. Siblings 8months and younger are free! No refunds issued after the first class. (3 weeks)

Day:	Dates:	Cost:	Ages:	Time:	Code:
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Friday	12/3 -12/17	\$38R/\$44UPP/\$46NR	Birth to 5	9:30 -10:15 am	142.15
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Friday	12/3 - 12/17	\$38R/\$44UPP/\$46NR	Birth to 5	10:30 -11:15 am	142.16
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Music Together Winter Session

Nurture your child's natural enthusiasm for music and movement with Music Together®! It is a fun, engaging and musically diverse experience. The informal instructional style will soon have your entire family singing, dancing, and laughing together! Siblings under 8 months are free! Each family receives an illustrated songbook, a guide entitled "Music and Your Child", a professional CD, and exclusive code for downloading or streaming the current collection and access to additional musical activities in the exclusive Family Music Zone®. A new and exciting song collection is introduced every semester, which enrolled families can also play through the free Hello Everybody! mobile app. Classes are 45 minutes held in gym. No refunds issued after the first class. Program provided by Southwest Music Together, independently licensed by Music Together LLC — www.musictogether.com.

Day:	Dates:	Cost:	Ages:	Time:	Code:
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Friday	1/14 - 3/18	\$150R/\$155UPP/\$160NR	Birth to 5	9:30 -10:15 am	142.11
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Friday	1/14 - 3/18	\$150R/\$155UPP/\$160NR	Birth to 5	10:30 -11:15 am	142.12
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New!

Superheroes Class

To the Batcave fans! Design your own superhero using LEGO® bricks, create your own adventure and comic strip. Have a blast as you create your own fantasy world of superheroes. What kind of superpowers do you have?
(5 weeks)

Day: Tuesday

Time: 4:30 pm - 5:30 pm

Ages: 5 - 12

Fee: \$65R/\$67UPP/\$70NR

Min/Max: 6/10

Instructor: Snapology of Evergreen Park

Location: Prairie room

Dates: January 11 - February 8

Code: 284.11



Star Wars Class

If you love Star Wars®, this is the class for you. Come participate in Star Wars® themed activities using LEGO® bricks and other interactive learning tools, build scenes from the movie, build ships, lightsabers, you name it...

May the force be with you.

(5 weeks)

Day: Tuesday

Time: 5:45 - 6:45 pm

Ages: 5 - 12

Fee: \$65R/\$67UPP/\$70NR

Min/Max: 6/10

Instructor: Snapology of Evergreen Park

Location: Prairie room

Dates: January 11 - February 8

Code: 284.12





Foundational Engineering

Machines & Contraptions

Does your little learner love to tinker and create new things, or are they the kind of learner who likes to break things apart to see what's inside? This program gives your student the tools they need to understand mechanical movement and the importance of simple machines.

(5 weeks)

Day: Wednesday

Time: 5:45 pm - 6:45 pm

Ages: 5 - 14

Fee: \$65R/\$67UPP/\$70NR

Min/Max: 6/10

Instructor: Snapology of Evergreen Park

Location: Prairie room

Dates: January 12- February 9

Code: 284.13



Amusement Park Adventures Engineering

Design your own amusement park in this super fun program! Learn how to use LEGO® bricks and other building materials to make coasters and other awesome rides. Can you design the next Disney World?

(5 weeks)

Day: Wednesday

Time: 4:30 pm - 5:30 pm

Ages: 7 - 14

Fee: \$65R/\$67UPP/\$70NR

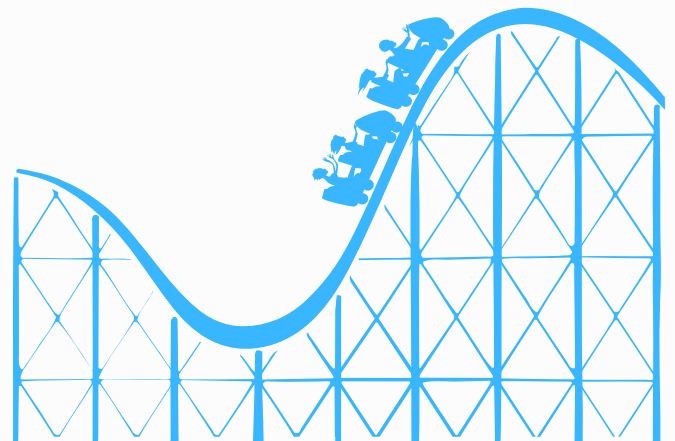
Min/Max: 6/10

Instructor: Snapology of Evergreen Park

Location: Prairie room

Dates: January 12 - February 9

Code: 284.14



YOUTH PROGRAMS

Nova Quarter Horse Riding Lessons

Get up and go! It's time to ride at Nova Quarter Horses, Inc, fun for all ages at any riding level, no previous experience is needed. Come out to learn both Western and English disciplines taught by our highly qualified trainers and instructors. We offer both an indoor and outdoor arena, so Nova is able to offer lessons year round. Once 5 lesson card is purchased, call Nova to schedule your lessons at (708) 479-3696. There is a limit of two, 5 lesson cards per family. Jeans and hard soled or gym shoes are required.

Cost: \$175 per participant

Code: 680.11

Ages: 6 & up

Location: Nova Quarter Horse Stable



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: 501.11

Ages: 55 & up

Days: Tuesday/Thursday

Location: Rec Center

Dates: 1/4 - 3/3

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: 409.11

Ages: 18 & up

Day: Tuesday

Location: Rec Center

Dates: 12/7- 2/22

(No class 12/21, 12/28)

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: 403.11

Ages: 18 & up

Day: Thursday

Location: Rec Center

Dates: 12/9 - 2/24

(No class 12/23, 12/30)

Time: 10:10 - 11:10 am

Min/Max: 6/20

Instructor: Chulo Fit

Training Studio



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 (5 weeks)

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

Code: 404.11

Ages: 18 & up

Day: Tuesday

Location: Rec Center

Dates: 1/11-2/8

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: 503.11

Ages: 55 & up

Day: Wednesday

Location: Rec Center Gym

Dates: 1/5 -2/23

Time: 11:00 am - 12:30 pm

Min/Max: 5/20

Instructor: Dennis Newport



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

Code: 418.12

Ages: 21 & up

Day: Thursday

Location: Rec Center Gym

Dates: 1/13 - 2/24

Time: 8:00 - 10:00 pm

Min/Max: 5/20



PICKLEBALL

New!

Visit the Recreation Center Gym for a great workout and to play some Pickle Ball, times can be reserved a 1 week in advance for 1 hour time slots.

Cost: \$5R/\$5UPP/\$5NR per session

Code: 454.11

Ages: 21 & up

Day: Wednesday

Location: Rec Center Gym

Dates: 12/1-12/15

Time: 9:00- 10:00 am

Sanfilippo Estate Tour & Lunch

This is a must see! We will have a docent guided tour of the amazing Sanfilippo Estate, located in Barrington Hills. The Sanfilippo "Place de la Musique" is known worldwide for its magnificent collections of beautifully restored antique music machines, phonographs, arcade and gambling machines, chandeliers, art glass, the world's largest restored theatre pipe organ, see the most spectacular European salon carousel in existence, street and tower clocks, steam engines and other functional mechanical antiques, displayed within a breath taking French Empire setting.

Lunch will be at the famous Chessie's Restaurant in Barrington. We will dine inside a vintage train car offering a unique-dining experience. Select an entrée from Roast Loin of Pork or Chicken Parmesan, lunch includes small salad, fresh baked bread, soft drink and small dessert. (This trip requires a lot of walking).

Time to shop at the Ice House Mall after lunch before heading home. Trip includes motor coach transportation, tour, admissions; lunch at Chessie's including tip, and snacks on the bus.

This is a shared bus trip with Palos Hills.

Depart: Palos Park Recreation Center

Day: Thursday

Date: April 7

Time: 8:00am - 5:00pm

Cost: \$105R/UPP\$107UPP/\$110NR

Ages: 50 & up

Min/Max:25/40

Code: 540.21



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.

