RECREATION GUIDE

SUMMER 2020

SPECIAL EVENTS

JULY 22 - NATIONAL HOT DOG DAY
AUGUST 7 - MOVIE IN THE PARK
AUGUST 15 - LATE FISHING DERBY
AUGUST 20 - CONCERT ON THE GREEN
SEPTEMBER 18 & 19 - AUTUMN IN THE PARK

WAYS TO REGISTER

(708) 671 – 3760

RECREATION@PALOSPARK.ORG

IN PERSON
(ONE PERSON PERMITTED IN OFFICE)

EVENTS AND PROGRAMS SUBJECT TO CHANGE
FOR MOST TO DATE INFORMATION VISIT OUR
PALOS PARK PARK'S & RECREATION FACEBOOK PAGE
At Kids Zone camp our experienced 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. Five day options are available.

Days: Monday - Friday
Dates: June 22 - August 3 - weekly sessions (No camp July 3)
Time: 9:00 a.m. - 3:00 p.m.
Ages: 5 - 12
Location: Recreation Center
Fee: $125/week - five days
Music Together Summer Sing Along Online

Same great Summer Sing Along. New location: Your place! We all need connection, music, support and FUN in our lives! Summer Sing Along ONLINE gives us the opportunity to connect, sing, dance, and enjoy our families from the comfort of our own homes. Join us this Summer for a 3-week session and see what making music together can do for you.

Cost: $40 per family
Code: 142.31
Ages: Birth to 5 years old
Day: Monday and Friday
Location: Online
Dates: 7/13-7/31
Time: 9:30 am - 9:50 am
Min/Max: 6/12

Cost: $40 per family
Code: 142.32
Ages: Birth to 5 years old
Day: Monday and Friday
Location: Online
Dates: 7/13-7/31
Time: 10:30 am - 10:50 am
Min/Max: 6/12
Soccer Shots

Soccer Shots is the leader in youth soccer development for children ages 3-9. 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.

Cost: $65R/$75UPP/$78NR
Code: 201.31
Ages: 3-5 (Classic)
Day: Monday
Location: Village Green
Dates: 7/6-8/17
Time: 4:30 pm - 5:15 pm
Min/Max: 6/9

Cost: $65R/$75UPP/$78NR
Code: 201.32
Ages: 6-8 (Premier)
Day: Monday
Location: Village Green
Dates: 7/6-8/17
Time: 5:15 - 6:00 pm
Min/Max: 6/9

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.

Cost: $65R/$75UPP/$78NR
Code: 201.31
Ages: 2-3
Day: Monday
Location: Village Green
Dates: 7/6-8/17
Time: 4:00 - 4:30 pm
Min/Max: 6/9
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! (6 weeks)

Cost: $45R/$52UPP/$56NR
Code: 404.32
Ages: 18 & up
Day: Tuesday
Location: Rec Center
Dates: 7/7 - 8/11
Time: 6:00 - 7:00 PM
Min/Max: 6/10
Instructor: Donna Furmanek

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. (12 weeks)

Cost: $72R/$78UPP/$80NR
Code: 409.31
Ages: 18 & up
Day: Tuesday
Location: Rec Center
Dates: 6/9-9/15
(No class 7/7, 8/8, 9/8)
Time: 10:10 am - 11:10 am
Min/Max: 6/10
Instructor: Cathy Nolan
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. (12 weeks)
Cost: $72R/$78UPP/$80NR
Code: 409.31
Ages: 18 & up
Day: Thursday
Location: Rec Center
Dates: 6/11-9/17
(No class 7/17, 8/6, 9/3)
Time: 10:10 am - 11:10 am
Min/Max: 6/10
Instructor: Cathy Nolan

TAI CHI
Tai Chi is a mind-body exercise based on a rich Chinese cultural heritage. Tai Chi movements are slow, soft and continuous. 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.
Cost: $45R/$52UPP/$56NR
Code: 503.22
Ages: 55 & up
Day: Friday
Location: Rec Center/Village Green
Dates: 6/12-07/24
Time: 11:15 am -12:15 pm
Min/Max: 5/9
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

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.