



# Recreation Guide

## SPRING 2026



### SCAN HERE



REGISTER TODAY!



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## CONTACT US

Phone: 708-671-3760

Email: [recreation@palospark.org](mailto:recreation@palospark.org)

Website: [palospark.org](http://palospark.org)

Address: 8901 W 123rd St

Palos Park, IL 60464



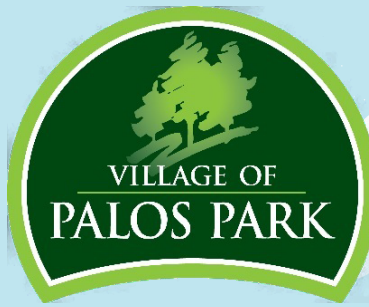
@palosparkrecreation



Palos Park Recreation and  
Parks Department

The Registration Office is open  
Monday-Friday, 9am-5pm.\*

\*Village of Palos Park Offices will be closed on Monday, May 26th in observance of Memorial Day



# 2026 SPECIAL EVENTS

February	7 Sat	It's Chili in The Park
March	21 Sat	Brunch with The Bunny
April	11 Sat 18 Sat	Spring Fishing Derby at Papoose Lake Rid-Litter Day
May	3 Sun 8 Fri 16 Sat	Arbor Day at The Center Swallow Cliff History Hike 4th Annual Doggie Dash 5k/1-Mile Fun Run/Walk
	25 Mon	Memorial Day Ceremony
June	18 Thurs	Concert in The Park
July	15 Wed	Hot Dog Day & Concert
August	20 Thurs	Concert on The Green
September	18-19 Fri-Sat	Autumn in The Park Festival
October	12 Mon 17 Sat 23 Fri	OAK-Tober Fest Palos Park Spooky Shuffle 5/10k Trail Walk/Run at Swallow Cliff South Halloween Party & Trick or Treating on The Green
November	7 Sat 14 Sat 11 Wed	Fall Fishing Derby at Horsetail Lake Fall Rid-Litter Day Veterans Day Ceremony
December	3 Thurs 12 Sat	Tree Lighting & Holiday Party Breakfast with Santa

All events held at the Recreation Center unless specified otherwise

Visit us at [palospark.org](https://palospark.org) OR call (708) 671-3760  
Sponsorship opportunities are available

# IT'S *Chili* IN THE PARK

***CASI Chili Cook-Off***

**\$5 TASTING FEE  
PER PERSON**



Join us as CASI (Chili Appreciation Society International) and our local cooks come together to compete for prizes and points that will take them to their National Competitions!

**Saturday, February 7th  
Palos Park Recreation Center  
8901 W. 123rd Street**

**Doors Open at 12:30pm  
Public Tasting begins at 1:15pm**



# VILLAGE OF PALOS PARK

## *Brunch with the Bunny & Egg Hunt*

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<b>Saturday, March 21 10:30am- 12:30pm</b>	<b>R+UPP /NR 11+ - \$20/\$25 3-10 - \$16/\$21 0-2 - FREE</b>
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Registration is required  
for all participants  
regardless of age/ cost

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**Hop over for an  
egg-cellent brunch with  
the Bunny followed by  
our annual egg hunt on  
the Village Green with  
over 1,000 eggs!**

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**Brunch 10:30am-11:45am  
Egg Hunt, Egg Roll, & other  
activities 11:45am-12:30pm**

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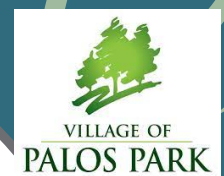
**Palos Park Rec. Center  
8901 W. 123rd St.  
(708) 671-3760**

**Dress for the weather and  
bring your own baskets.**

**STROLL®**

PALOS PARK

**Republic Bank**



— Village of Palos Park —

# SPRING FISHING DERBY

## Papoose Lake

123rd Street (Just West of LaGrange Road)

**Free Day-Of  
Registration**



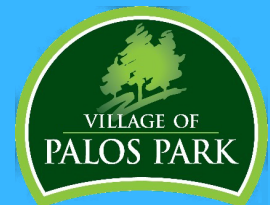
**SATURDAY, APRIL 11TH 2026**  
**8:00AM-11:30AM**

**REGISTRATION BEGINS AT 8:00 AM.**  
**FISHING BEGINS AT 8:30 AM.**

**EVENT HOSTED IN PARTNERSHIP WITH THE FOREST PRESERVES OF COOK COUNTY.**  
**KIDS UNDER 16 DO NOT NEED TO OBTAIN A FISHING LICENSE.**

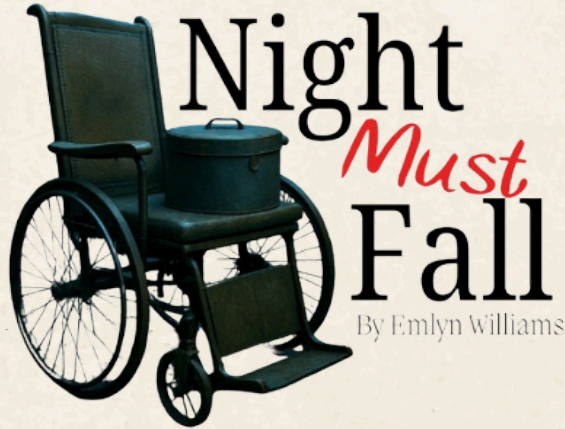


**FOR EVENT INFORMATION,  
VISIT US AT [PALOSPARK.ORG](http://PALOSPARK.ORG)  
OR CALL (708) 671-3760**



# PALOS VILLAGE PLAYERS

LIVE Theatre Est. 1941



FEB 20, 21, 22, 27, 28

Voices of the Village



A Ten-Minute Play Festival

APRIL 10, 11, 12

**All Performances Take Place At:**

Palos Recreation Center  
8901 123rd Street Palos Park

**Tickets**



**INTRODUCING OUR 2026 SEASON**



JUNE 5, 6, 7, 12, 13



NOV 13, 14, 15, 20, 21

# RID-LITTER DAY



Palos Park Recreation Center  
8901 W. 123rd St., Palos Park

**Date: Saturday, April 18th**

**Time: 9:00 am**

Join the community effort to keep  
Palos Park clean and free of debris!

In partnership with the  
Beautification Committee

# ARBOR DAY CELEBRATION AT THE CENTER!

The Center Lodge

12700 SW Hwy, Palos Park

**Date: Sunday, May 3rd 12pm**

Join us for a presentation and  
sapling giveaway as we take time  
to appreciate trees!

In partnership with the Palos Park  
Library and Garden Guild



# 5K + 1 MILE RUN

# & WALK



JOIN US WITH  
OR WITHOUT  
YOUR PUP!



REGISTRATION  
OPENS FEBRUARY 1<sup>ST</sup>

## SATURDAY, MAY 16

### POST-RACE VILLAGE & PUPPY PARADE

**PALOS PARK REC CENTER**  
8901 W. 123RD ST.

SPONSORSHIP & MARKET OPPORTUNITIES  
AVAILABLE! EMAIL [SDEFALCO@PALOSPARK.ORG](mailto:SDEFALCO@PALOSPARK.ORG)  
FOR MORE INFORMATION

FOR MORE INFORMATION  
CALL: (708) 671-3760  
EMAIL: [RECREATION@PALOSPARK.ORG](mailto:RECREATION@PALOSPARK.ORG)

**POST-RACE VILLAGE INCLUDING:**

FOOD & DRINKS  
THE WOOF & WHISKER MARKET  
PUPPY PARADE WITH PRIZES FOR  
BEST COSTUME  
CUTEST PUP  
BEST PERSONALITY





VILLAGE OF  
PALOS PARK

MADE THE SUPREME GIFT OF  
THEMSELVES, GOING TO MEET  
TOIL, PREPARATION, SUFFERING AND  
DEATH WITH STEADY COURAGE  
THOSE WHO RETURNED AND  
THOSE WHO WILL HAVE GIVEN  
THIS GENERATION  
OF THE EXAMP  
OF DEDICATION AND  
SACRIFICE.



# MEMORIAL DAY REMEMBRANCE CEREMONY

JOIN US MONDAY, MAY 25TH IN HONORING THOSE  
WHO MADE THE ULTIMATE SACRIFICE.

PROGRAM BEGINS AT 12:00 PM AT THE VFW MEMORIAL AT THE  
VILLAGE GREEN (8901 W 123RD ST, PALOS PARK, IL)



## EARLY CHILDHOOD PROGRAMS

# Music Together

Nurture your child's enthusiasm for music & movement with Music Together®! The informal instructional style will have your entire family singing, dancing, & laughing together! Siblings under 9 months are free! Each family receives an illustrated songbook, a guide entitled "Music and Your Child", a professional CD, & exclusive code for downloading or streaming the current collection & access to additional musical activities in the exclusive Family Music Zone®.



**LOCATION: PALOS PARK REC CENTER PRARIE ROOM**  
**INSTRUCTOR: LORI FOSTER (SOUTHWEST MUSIC TOGETHER)**

Day	DATE	CLASS 1 CODE: 142.21	CLASS 2 CODE: 142.22	PRICING (R/UPP/NR)	Sibling Rate (R/UPP/NR)
Fridays	3/27-5/22	9:30-10:15am	10:30-11:15am	\$205/\$210/\$215	\$115/\$120/\$125

# Tiny Dancers

In this introductory dance class, young dancers will develop movement and social skills through fun, group-based activities. Each week, they'll practice balance, coordination, and basic ballet steps while learning classroom etiquette like taking turns and following directions—all set to music and familiar songs. Each week, students will build on a ballet routine to be performed at the end of the final class.

**LOCATION: PALOS PARK REC CENTER PRARIE ROOM**  
**INSTRUCTOR: KIMMY YOUNGMAN**



DAY	DATE	TIME	AGE	PRICING (R/UPP/NR)	CODE
Thursdays	4/16- 6/4	5-5:45pm	3-5	\$80/\$85/\$90	162.21

## EARLY CHILDHOOD PROGRAMS

CO-OP PROGRAMS AT  
PALOS HILLS  
COMMUNITY CENTER!

# Parent & Tot Gymnastics

**LOCATION: PALOS HILLS COMMUNITY CENTER – 8455 W 103RD ST**

Parents are an integral part of helping their tots participate in basic sports movement through gymnastics. Join a fun, nurturing environment, while exposing your child to a safe and challenging gymnastics experience. Gymnastics equipment in this class is downsized to benefit this age group. Please bring a labeled water bottle.

DAY	DATE	TIME	AGES	PRICING (R/UPP/NR)	CODE
Tuesdays	4/14-5/19	10:15-10:45am	2-3 (w/ Parent)	\$40/\$45/\$50	128.25

# Adult & Tot Multi-Sport Mania

**LOCATION: PALOS HILLS COMMUNITY CENTER – 8455 W 103RD ST**

Sign up your little one for the ultimate first-time sports experience! Each week, adults will assist their tots as they play a body-challenging sport, improve listening skills, and learn how to follow directions. A variety of sports such as soccer, T-ball, basketball, and Nerf football will be explored through fun games and partner play. This is a great opportunity to get active with your child in a positive and controlled setting.

DAY	DATE	TIME	AGES	PRICING (R/UPP/NR)	CODE
Tuesdays	4/14-5/19	10:45-11:15am	2-3 (w/ Parent)	\$60/\$65/\$70	180.21

# Soccer Stars: Parent & Me Tots

**LOCATION: PALOS HILLS COMMUNITY CENTER – 8455 W 103RD ST**

Soccer Stars provides a secure and comfortable environment that introduce toddlers, 12-24 months, and their parents to pre-soccer movement and development activities focused on enhancing gross motor, social and cognitive learning skills. This program is a co-op program with the Village of Palos Hills Department of Parks and Recreation.



DAY	DATE	TIME	AGES	PRICING (R/UPP/NR)	CODE
Saturdays	3/14-5/2	10:00-10:45am	12-24 months	\$120/\$125/\$130	140.21

# YOUTH PROGRAMS

## After School at Rec: iCook & iSTEAM

LOCATION: REC CENTER (COMMUNITY ROOM)

Looking for fun and enriching extracurriculars that fit into your family's busy schedule? Students from Palos Park elementary schools can catch the after school bus straight from school to the Rec Center for hands-on programs like iCook, where they'll explore cooking and nutrition, and iSTEAM, where they'll dive into creative science and engineering projects. \*1st-4<sup>th</sup> graders only

### iCook: Tasty Travelers



Embark on a delicious journey around the world in this after-school cooking class! In Tasty Travels, kids will explore the vibrant flavors of global cuisines, including Japanese, Caribbean, Italian, Mexican, Brazilian, Jamaican, Taiwanese, and more. Each week features hands-on cooking as young chefs create iconic dishes from different cultures while learning about their origins and ingredients. From matcha cookies to jerk sweet potatoes, every class offers a fun and flavorful adventure that sparks curiosity and culinary creativity. Pack your taste buds—it's time to travel through food!

DAY	DATES	TIME	GRADE	PRICING (R/UPP/NR)	CODE
Tuesdays	4/14-5/12	3:45-5pm	K-4th	\$165/\$170/\$175	250.21



### iSTEAM: Secret Agents

Welcome to Secret Agent Academy! This is a STE(A)M-focused after school class with a spy-themed curriculum. The class will include a range of hands-on activities and challenges that will encourage students to use critical thinking and problem-solving skills. They will learn about the science of encryption and code-breaking, as well as the psychology of distraction and memory. Students will also explore the world of forensic science, analyzing fingerprints, chemical reactions, and other evidence to solve mysteries. The class aims to excite and inspire students about STE(A)M and encourage further studies in science and technology.

DAY	DATES	TIME	GRADE	PRICING (R/UPP/NR)	CODE
Thursdays	4/16-5/14	3:45-5:00pm	K-4th	\$165/\$170/\$175	250.22

# YOUTH PROGRAMS

## Zoom Language Classes (ASL)

Interested in learning the basics of American Sign Language or communicating with your young child through signing? Join us from the comfort and convenience of your living room as you learn to sign in a fun, interactive and lively environment. Each session covers new material. Zoom login information will be emailed to participants before the first class.

### MOM/DAD & ME!

INSTRUCTOR: LANGUAGE IN ACTION,  
LOCATION: VIRTUAL (ZOOM)



AGES	DATE	DAY	TIME	PRICING (R/UPP/NR)	CODE
3-6	4/8-5/13	Wednesdays	5-5:45pm	\$80/\$85/\$90	107.21

### LEARN TO SIGN

AGES	DATE	DAY	TIME	PRICING (R/UPP/NR)	CODE
7-12	4/8-5/13	Wednesdays	6-6:45pm	\$80/\$85/\$90	207.21

## Zoom Language Classes (Spanish)

Join us right from your living room as we explore new cultures and learn the Spanish language via the interactive Zoom platform! Younger children will learn conversational Spanish through fun and interactive activities and music while older children will also learn some Spanish phonetics to begin reading and writing in Spanish. Zoom login information will be emailed to participants before the first class.

### I SPEAK SPANISH

INSTRUCTOR: LANGUAGE IN ACTION,  
LOCATION: VIRTUAL (ZOOM)



AGES	DATE	DAY	TIME	PRICING (R/UPP/NR)	CODE
3-6	4/9-5/14	Thursdays	5:15-6pm	\$80/\$85/\$90	158.21

### YOUTH SPANISH

AGES	DATE	DAY	TIME	PRICING (R/UPP/NR)	CODE
7-11	4/9-5/14	Thursdays	6:15-7pm	\$80/\$85/\$90	258.21



# Tennis

## Pee Wee

**LOCATION: VILLAGE GREEN TENNIS/PICKLEBALL COURTS**

Your child will learn proper grip, basic strokes, and other beginning tennis fundamentals through lots of fun drills and tennis-like games. This class also will help children to develop hand-eye coordination, movement skills, and get a feel for the ball. Equipment will be provided and age appropriate. Boys and girls will have a blast and gain the proper foundation on which they may continue to build and develop their interest in tennis.

DAY	DATE	TIME	AGES	PRICING (R/UPP/NR)	CODE
Mondays	4/13-5/18	4:30-5:15pm	4-6	\$60/\$65/\$70	239.21

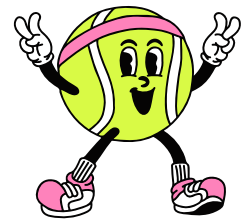
## Junior Tennis

Youngsters enrolled in this class will learn racket face control, ball bounce judgement, receiving skills, space management, rallying skills, and court movement. They will develop the agility and coordination needed for effective tennis play. Players will focus on their power and accuracy to improve their performance. Situational drills and games will help them to establish a solid foundation for future development in the sport and build a lifelong love of tennis. Equipment will be provided. Please bring a labeled water bottle

DAY	DATE	TIME	AGES	PRICING (R/UPP/NR)	CODE
Mondays	4/13-5/18	5:15-6:15pm	7-9	\$80/\$85/\$90	239.22

## Youth Tennis

Young players will concentrate on stroke development, rallying skills, and learning to play matches at a faster pace. Ball receiving and placement, court movement, and overall tennis strategy will be emphasized. Players will focus on their power and accuracy to improve their performance. Through challenging and exciting drills and matches, youngsters will develop the racket skills, coordination, agility, and stamina needed for recreational and competitive tennis play. Equipment will be provided. Please bring a labeled water bottle



DAY	DATE	TIME	AGES	PRICING (R/UPP/NR)	CODE
Mondays	4/13-5/18	6:15-7:15pm	10-12	\$80/\$85/\$90	239.23

# YOUTH ATHLETICS

## Soccer Shots Youth Soccer

Soccer Shots is the leader in youth soccer development for children ages 2-8. 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 confidence and understanding of the game. Class will be held outside on the Village Green or inside the gymnasium weather dependent.



**INSTRUCTOR: SOCCER SHOTS**  
**LOCATION: REC CENTER (VILLAGE GREEN)**

DAY	Spring 1 Dates [CODE]	Spring 2 Dates [CODE]	TIME	Ages	PRICING (R/UPP/NR)
Mondays	3/2-4/20 (no class 3/23) [131.21]	4/27-6/8 [131.22]	4:00-4:30pm	2-3	\$100/\$105/\$110
Mondays	3/2-4/20 (no class 3/23) [201.21]	4/27-6/8 [201.23]	4:30-5:15pm	3.5-5	\$100/\$105/\$110
Mondays	3/2-4/20 [201.22]	4/27-6/8 [201.24]	5:15-6:00pm	6-8	\$100/\$105/\$110



## Youth Tae Kwon Do

This class teaches students the basics of Tae Kwon Do. Students will learn introductory movements including kicks, strikes, and self-defense techniques along with the discipline and self-control for which martial arts are known. Loose fitting clothing recommended - no jeans please. No uniform is required until the end of the session if testing for a higher belt.

**INSTRUCTOR: TOM CAMERON, LOCATION: REC CENTER (COMMUNITY ROOM)**

DAY	DATE	TIME	AGES	PRICING (R/UPP/NR)	CODE
Tuesdays	4/14-6/2	5:00-6:00pm	5-12	\$90/\$95/\$100	237.21

# YOUTH ATHLETICS

## Youth Volleyball

**INSTRUCTOR: AMANDA NEELY,**  
**LOCATION: RECREATION CENTER (GYM)**

Whether you are just starting out or an established volleyball player, Coach Amanda will help develop key skills to make you comfortable on the court. Players will learn passing, setting, attacking, serving, blocking, footwork, and the rules of the game. Skills are broken down into simple steps through drills and match play.



DAY	DATE	TIME	AGES	PRICING (R/UPP/NR)	CODE
Tuesdays	4/14-5/19	4:00-5:00pm	6th-8 <sup>th</sup> Grade	\$120/\$125/\$130	228.21

## Youth Golf (Webworks)

Web Works Golf introduces youth to golf through fun, age-appropriate sessions that build athletic growth, focus, and essential movement. Clubs are provided for use during class only, helping them gain confidence, coordination, and a lasting love for the game.

**LOCATION: PALOS PARK VILLAGE GREEN**



**Tiny Tees :** Little golfers dive into putting and chipping through imaginative games, colorful targets, and fun movement-based activities.

DAY	DATE	TIME	AGES	PRICING (R/UPP/NR)	CODE
Wednesday	4/22-5/27	4:00-5:00pm	4-6	\$195/\$200/\$205	242.21

**Jr. Tees:** Kids level up their golf skills with putting, chipping, and friendly challenges in an energetic, game-filled environment.

DAY	DATE	TIME	AGES	PRICING (R/UPP/NR)	CODE
Wednesday	4/22-5/27	5:00-6:00pm	7-9	\$195/\$200/\$205	242.22



# Basketball

## Tot Hoopsters

**LOCATION: RECREATION CENTER (GYM)**

This class is designed to introduce the sport of basketball to children and help them to develop motor skills and hand-eye coordination through fun skills and games. Young hoopsters learn the fundamentals of bouncing, catching, and shooting. Equipment is tailor made to ensure success. Please bring a labeled water bottle

DAY	DATES	TIME	AGES	PRICING (R/UPP/NR)	CODE
Thursday	4/16-5/21	4:30-5pm	3-4	\$40/\$45/\$50	118.21

## Youth Basketball

Boys and girls will work on dribbling, passing, shooting, and rebounding as well as learn about teamwork and sportsmanship. Participants are also introduced to the proper defensive stance and experience defensive drills as they learn the game of basketball. Players will spend approximately half the session on drills, and the other half on games each Thursday. Please bring a labeled water bottle

DAY	DATES	TIME	AGES	PRICING (R/UPP/NR)	CODE
Thursday	4/16-5/21	5-5:45pm	5-8	\$60/\$65/\$70	218.21
Thursday	4/16-5/21	5:45-6:45pm	9-12	\$80/\$85/\$90	218.23

# T-Ball Skills & Games



**LOCATION: INDIAN WOODS PARK (9928 S 82ND AVE, PALOS HILLS)**

Boys and girls can come enjoy America's favorite pastime in this class. Participants will learn the basic fundamentals used in baseball such as running the bases, throwing, catching and fielding. They will also learn about teamwork and good sportsmanship in an atmosphere where participation and fun are top priority. Players should bring a labeled water bottle and mitt to each class.

DAY	DATE	TIME	AGES	PRICING (R/UPP/NR)	CODE
Thursday	4/16-5/21	4:30-5:15pm	4-6	\$60/\$65\$70	227.21

## FAMILY PROGRAMS

# Spring Break Family Bingo

Spend an evening at the Palos Park Recreation Center for a night of BINGO with family and friends. Prizes for bingo add to the fun with other ways to win big to be announced. Bingo cards will be available for free while supplies last.



### Registration required

DAY	DATE	TIME	PRICING (R/UPP/NR)	CODE
Thursday	3/19	5:30-8:30pm	FREE (Registration Required)	615.21

# Cal-Sag Trail Family Bike Ride

Celebrate the return of warmer weather with a fun and scenic Springtime Family Bike Ride along the beautiful Cal-Sag Trail! Families and riders of all ages are invited to enjoy a relaxed group ride perfect for beginners and experienced riders alike, with plenty of opportunities to stop, enjoy the views, and connect with neighbors along the way. Grab your bikes, helmets, and smiles—it's time to roll into spring on one of our region's most scenic trails!



### Registration required

DAY	DATE	TIME	PRICING (R/UPP/NR)	CODE
Saturday	5/2	9:30-11:00am	FREE (Registration Required)	641.21

# Swallow Cliff Hike



Step Into History for a guided hike through beautiful Swallow Cliff Woods as we explore the stories that shaped our land, our people, and our nation as part of IL America 250.

DAY	DATE	TIME	PRICING (R/UPP/NR)
Friday	5/8	7pm	FREE

# LOCAL PROGRAMMING WITH THE FOREST PRESERVES OF COOK COUNTY



*feel free*

## SIGNS OF SPRING WALK SAT, APRIL 11<sup>TH</sup>, 1PM

Travel through the preserves looking for blooming wildflowers, listen for animals, and take in the smells of Spring's arrival. Perfect for families. 3.4 miles.

**Palos Park Woods**, Kean Ave, south of Calumet Sag Rd/Rte 83

## NATURE PLAY DAY THURS, MAY 21<sup>ST</sup>, 10AM-1PM

Bring your little one for open nature play time! Enjoy the Forest Preserves while helping your children connect with nature.

**Swallow Cliff-North**, Cal-Sag Rd., west of LaGrange, Palos Park

## ADULT NIGHT HIKE THURS, MAY 28<sup>TH</sup>, 7PM

Have a beverage (BYOB) & learn about nocturnal animals and the night sky before taking part in a guided hike. 21+. 1.5 miles.

**Wolf Road Woods**, Wolf Rd, south of 95th St

## CHEERS TO NATURE FRI, MAY 29<sup>TH</sup>, 7-8:30PM

Enjoy a relaxing evening with a lecture from a naturalist about current topics in the environmental field. BYOB. Ages 21+  
**Swallow Cliff Pavilion**, Calumet Sag Rd/Rte 83, west of La Grange Rd/96th Ave





VILLAGE OF  
PALOS PARK

# KIDS ZONE SUMMER Camp

Registration for Palos Park  
Residents (includes  
Unincorporated) begins  
March 18th, Non-Resident  
registration begins April 1st



Kids Zone is the place to be this summer for children ages 5 to 12! Our dedicated staff ensures a safe, friendly, and exciting environment where campers can explore, create, and play. Each week is packed with activities like field trips, art projects, group games, outdoor adventures, sports, and so much more.

## SESSION 1

6/8-6/26

3-Day = \$369R+UPP/\$414NR

5-Day = \$585R+UPP/\$660NR

9am-3pm

## SESSION 2

6/29-7/17

(no camp 7/2+ 7/3)

3-Day = \$369R+UPP/\$414NR

5-Day = \$507R+UPP/\$572NR

9am-3pm

## SESSION 3

7/20-8/7

3-Day = \$369R+UPP/\$414NR

5-Day = \$585R+UPP/\$660NR

9am-3pm

3 day = you choose which days!

\*5% SIBLING DISCOUNT, \*5% DISCOUNT IF YOU SIGN UP FOR ALL SESSIONS  
(DISCOUNTS CAN'T BE COMBINED)

For more info: [www.palospark.com](http://www.palospark.com) | (708)-671-3760

## SUMMER CAMPS

# 5 Star Soccer Camps

The 5 Star Soccer Camps are proud to offer a fresh, enthusiastic approach to teaching youth soccer. We pride ourselves in delivering a curriculum that presents the most current and advanced information on the development of the youth soccer player. The quality of our staff is among the best around, working hard to build on fundamental technique, while creating an atmosphere that unlocks the game within each child. We believe in our program, designed for success, that presents a positive, enjoyable environment for learning from energetic coaches in youth soccer. Program of instruction designed by Michael Wiggins, 2-time Illinois High School Soccer Coach of the Year and Head Coach of the 2014 Illinois HS State Champions.

**SIGN UP FOR  
THE ENTIRE  
SESSION &  
SAVE**

**\$375, \$125/week,  
when you sign up  
for all three weeks!**

DAY	DATE	TIME	AGES	PRICING (R/UPP/NR)	CODE
Mon-Thurs	6/8-6/11	3:30-5:30pm	5-13	\$130/\$135/\$140	270.31
Mon-Thurs	6/15/6/18	3:30-5:30pm	5-13	\$130/\$135/\$140	270.32
Mon-Thurs	6/22-6/25	3:30-5:30pm	5-13	\$130/\$135/\$140	270.33

## Volunteers Make It Happen!

Many of the special events and programs you see throughout this guide are made possible by the dedication and generosity of our incredible youth and adult volunteers. Their time, energy, and community spirit help create the fun, welcoming experiences our residents enjoy all year long. Thank you, volunteers—you help make Palos Park a vibrant place to live, play, and connect.



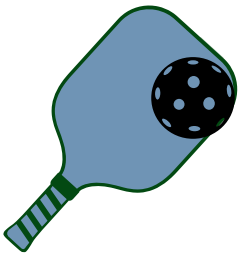
Interested in getting involved?  
Email us at [recreation@palospark.org](mailto:recreation@palospark.org)



# Pickleball 101

Welcome to Pickleball! In this class, you'll be introduced to the fundamentals of this sport including the rules, scoring, terminology, and tips on how to play followed by instructional gameplay. Equipment will be provided but you are welcome to bring your own.

**Instructor: Stephen DeFalco**  
**Location: Village Green Courts**



DAY	DATE	TIME	PRICING (R/UPP/NR)	CODE
Saturday	4/18	1-2:30pm	\$20/\$25/\$30	454.21
Friday	4/24	10:00-11:30am	\$20/\$25/\$30	454.22

The Village of Palos Park is proud to have been selected to join hundreds of communities nationwide in bringing the National Fitness Campaign's Fitness Court to our town. This circuit-based, bodyweight workout area will be a lasting and visible investment in the health and wellness of our community—a project we're incredibly proud to be spearheading. Be on the lookout for it's completion Spring of 2026!



# ADULT ATHLETICS & FITNESS

## Pickleball Leagues

All leagues will run 7 weeks and include 6 weeks of games plus a playoff/tournament week 7. League members will have access to “league only” open court times (schedule TBA) for practice. Individual registered players will be matched with a teammate before week 1. League winners will receive a trophy and a discounted registration for the next league. Leagues with 8+ teams will have a Tier A and Tier B system after week 2 to keep play competitive. Rain and/or other weather events may result in make up weeks extending the length of the league.

### Tuesday Evening 3.0–4.0 League

At the 3.0-4.0 Skill Level, players have an increased knowledge of the game’s rules and fundamentals and start to experiment with strategy and increased power in their gameplay. They hit the ball with more accuracy, speed, and consistency. 80% of serves, shots, and volleys are good/in-play.

Min/Max: 4 teams/12 teams



DAY	DATE	TIME	PRICING (R/UPP/NR)	CODE
Tues	4/28-6/9	5:40-7:40pm	Indiv: \$65R/\$70UPP/\$80NR Team: \$120R/\$130UPP/\$150NR	456.22

### Wednesday Evening 0.0–2.5 League

At the 0.0-2.5 Skill Level, players know the basic rules of the game and understand the fundamentals of the game (movement/positioning on the court, score keeping, and the different types of shots). Gameplay strategy at this level is simply keeping the ball in play. At this level, players are still building consistency with about 50% of their serves, shots, and volleys are good/in-play. Min/Max: 4 teams/12 teams



DAY	DATE	TIME	PRICING (R/UPP/NR)	CODE
Wed	4/29-6/10	5:40-7:40pm	Indiv: \$65R/\$70UPP/\$80NR Team: \$120R/\$130UPP/\$150NR	456.21

### Saturday Morning Scramble League

In a scramble-style league, players sign-up as an individual and play as a partner with different people from the league pool each week. Stats are calculated for each individual player rather than team. Min/Max: 8/24

DAY	DATE	TIME	PRICING (R/UPP/NR)	CODE
Saturday	5/9-6/22	9:15-11:15am	\$65R/\$70UPP/\$80NR	456.38

# ADULT ATHLETICS & FITNESS

## Yoga Skill in Action

**LOCATION: PALOS PARK REC CENTER PRARIE ROOM**  
**INSTRUCTOR: DONNA FURMANEK**

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.



DAY	DATES	TIME	PRICING (R/UPP/NR)	CODE
Tuesday	3/3-5/26 (no class 3/17)	6-7pm	\$150/\$155/\$160	404.22

## Men's 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.



**LOCATION: PALOS PARK RECREATION CENTER GYM**  
**\*PLEASE NOTE, SOME DATES WILL BE HELD AT PALOS SOUTH MIDDLE SCHOOL;**

DAY	DATES	TIME	PRICING (R/UPP/NR)	CODE
Thursday	3/5-5/28	8-10pm	\$50/\$55/\$60	418.21

## ADULT PROGRAMS

# GET CREATIVE AT PALOS PARK REC

Enjoy a cozy night out with one of these creative art workshops. Each class offers a guided, hands-on experience in a welcoming environment. Perfect for a girls' night, date night, or a creative evening with friends and family. Come ready to create and leave with something handmade.

### CANDLE MAKING WORKSHOPS

Create something cozy and unique at our candle-making workshop! The session includes all materials and step-by-step instruction as you pour your own custom candle. This February, celebrate Galentine's Day with friendship and self-care with a fun, heart-themed candle night out.



DATE	DAY	TIME	PRICING (R/UPP/NR)	CODE
2/13	Fri	6:30pm-8:30pm	\$35/\$35/\$40	469.13

### PAINT & POT

These hands-on botanical workshops invite participants to slow down and create something truly unique. Guests will explore a variety of creative techniques including styling vintage vessels, painting planters, and designing layered terrariums while learning simple plant care basics along the way. Each workshop offers a guided, relaxing experience and a one-of-a-kind botanical creation to take home.



DATE	DAY	TIME	PRICING (R/UPP/NR)	CODE
3/13	Fri	12pm-1:30pm	\$55/\$60/\$65	471.21
4/17	Fri	12pm-1:30pm	\$55/\$60/\$65	471.22
5/15	Fri	12pm-1:30pm	\$55/\$60/\$65	471.23

 Sign up & more info: [www.palospark.org](http://www.palospark.org)

[www.palospark.org](http://www.palospark.org)

# SENIOR WELLNESS & LEISURE

## 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. Ages 55+

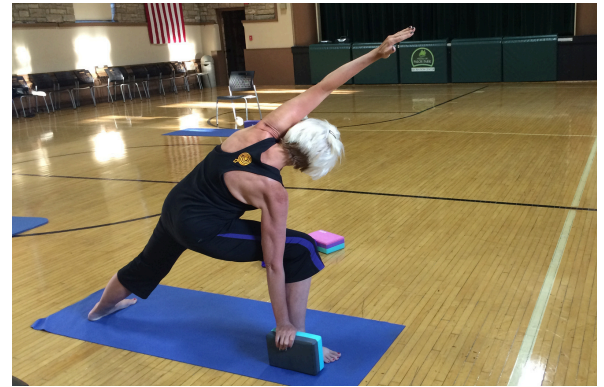


**LOCATION: PALOS PARK RECREATION CENTER GYM**  
**INSTRUCTOR: CHULO FIT TRAINING STUDIO**

DAY	DATES	TIME	PRICING (R/UPP/NR)	CODE
Tuesdays	3/10-5/26 (No class 3/17)	10:10-11:10am	\$90/\$95/\$100	409.22

## 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; Ages 55+



**LOCATION: PALOS PARK RECREATION CENTER GYM**  
**INSTRUCTOR: CHULO FIT TRAINING STUDIO**

DAY	DATES	TIME	PRICING (R/UPP/NR)	CODE
Thursdays	3/12-5/28	10:10-11:10am	\$100/\$105/\$110	403.22

# SENIOR WELLNESS AND LEISURE

## Senior Wellness

Life is motion and motion is life. This class combines strength training and low-impact aerobic exercise set to music to help you stay active and energized. Exercises are done both seated and standing, with everyone encouraged to move at their own pace.



**LOCATION: PALOS PARK RECREATION CENTER GYM**  
**INSTRUCTOR: KIMBERLY PEARSON**

DAY	DATES	TIME	PRICING (R/UPP/NR)	CODE
Tues & Thurs	3/10-5/7 (no class 3/17)	9-10am	\$10/\$13/\$15	501.21

## Tai Chi / Qigong

Tai Chi is a mind-body exercise based on a rich Chinese cultural heritage. They coordinate awareness, movement, and breath. 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.



**LOCATION: PALOS PARK RECREATION CENTER COMMUNITY ROOM**  
**INSTRUCTOR: DENNIS NEWPORT**

DAY	DATES	TIME	PRICING (R/UPP/NR)	CODE
Wednesdays	3/18-5/20	11am-12:15pm	\$85/\$88/\$92	503.23

## SENIOR WELLNESS & LEISURE

# Chair Yoga

Many, if not all, traditional yoga poses can be replicated as sitting yoga poses or yoga stretches using a chair. This makes chair yoga both suitable and enjoyable for individuals at all levels of experience and mobility.



DAY	DATES	TIME	PRICING (R/UPP/NR)	CODE
Wednesdays	3/11-5/20	9:45-10:45am	\$90/\$95/\$100	406.21



# Shuffle & Chat



Enjoy an afternoon of dice, tile, and card games. Meet new people or reconnect with old friends around the game table as you play a variety of classic games. Play one game the whole time or bounce around to learn something new. All experience levels are encouraged to come!

DAY	DATES	TIME	PRICING (R/UPP/NR)	CODE
Monday	3/23	10:30am-12pm	FREE	530.21



# Senior Bingo

Enjoy the game of Bingo? Have fun with family and friends with the classic game of chance. Meet new people and socialize in this relaxed environment. Coffee and water will be provided. Participants may bring snacks. Cards are free, two cards per player.

**These program are free but registration is required.**

DAY	DATES	TIME	PRICING (R/UPP/NR)	CODE
Friday	3/20	10:30-11:30am	Free	569.21
Friday	4/17	10:30-11:30am	Free	569.22
Friday	5/22	10:30-11:30am	Free	569.23

**AGES 55 & BETTER CLUB**  
PRESENTS  
**LUNCH & A SHOW**  
IN "THE PARK"

**Mon., March 9th**  
**Gerry Dignan**



**Catering from: Frangella's**  
**Food Option #1:** Italian Sandwich  
**Food Option #2:** Turkey Sandwich  
**Food Option #2:** Veggie Sandwich  
*\*all options come with side pasta salad & cannoli\**  
**Code: 500.21**

**Mon., April 13th**  
**Jack V. Miuccio**



**Catering from: Royal Berry**  
**Food Option #1:** Meatloaf  
**Food Option #2:** Sliced Turkey with stuffing  
\*both options come with side of mixed veggies w/ gravy  
**Code: 500.22**

**Mon., May 11th**  
**A Tribute To The King,**  
**Joe 'Elvis' Tirrito**



**Catering from: Heinie McCarthy's**  
**Food Option #1:** Chicken Parmesan  
**Food Option #2:** Mostaccioli  
\*Both come w/ side of green beans & garlic bread  
**Code: 500.23**

**Registration Deadlines are one week before date of event**

12:00pm-2:30pm (Doors open at 11:00am)

**Fee: \$10R/\$10UPP/\$12NR**

Min/Max: 20/85

Lower Level of the Recreation Center,  
8901 W 123rd St., Palos Park

**WAYS TO REGISTER**

- IN-PERSON AT THE REC CENTER
- WWW.PALOSPARK.ORG
- 708-671-3760



**\*All rentals are a 2 hour minimum\***



**COMMUNITY ROOM  
100 PEOPLE  
(KITCHEN AVAILABLE  
FOR EXTRA FEE)**



**GYMNASIUM  
150 PEOPLE  
PERFECT FOR ALL SPORTS!  
ASK ABOUT OUR SPORTS  
ORGANIZATION DISCOUNT**



**Multi Room  
Packages  
available!**

**VILLAGE GREEN GAZEBO  
45 PEOPLE  
INCLUDES PICNIC TABLES**



**CENTENNIAL PARK PLAYFIELD  
ASK ABOUT OUR  
SPORTS ORGANIZATION DISCOUNT**

**PRAIRIE ROOM  
45 PEOPLE**



**TIME TO  
Celebrate  
at Palos Park!**

**For More Information:**

**Call: (708) 671-3760**

**Email: [recreation@palospark.org](mailto:recreation@palospark.org)**

Whether you're celebrating a birthday, shower, graduation, or just want a large space for the family to be together, Palos Park has a variety of rental options to fit any size group and their needs.

Interested in hosting your gathering at Palos Park? Here's a few things to get you started...

- We fill up quick! Requests must be made at least two weeks prior to your rental date. We recommend securing your date as soon as you have it to ensure the chance of availability.
- Have entertainment coming? A copy of their insurance with the Village as an additional insured is due two weeks prior to the rental.
- Your pre-event preparations and clean up need to be included in your rental time.
- Forms and our full indoor and outdoor regulations are available under the Recreation Department on the village website.
- Deliver forms in person or email your request to [recreation@palospark.org](mailto:recreation@palospark.org).
- \*The Village of Palos Park reserves the right to cancel any scheduled event in cases of emergency or hazardous situations without penalty.

# Parks Amenities Guide

Parks & Facilities	Administrative Offices	Basketball Court	Playground	Multi-Purpose Rooms	Gravel Walking Path	Gazebo/Picnic Shelter	Tennis Court	Pickleball Court	Multi-Use Paved Trail	Baseball/Softball Field	Soccer Field	Lacrosse Field	Pollinator Garden	Bike Repair Station	Restrooms
<b>1) Palos Park Recreation Center</b> (8901 W. 123 <sup>rd</sup> St., Palos Park, IL 60464)	●	●		●											●
<b>2) Village Green Park</b> (8901 W. 123 <sup>rd</sup> St., Palos Park, IL 60464)		●	●		●	●	●	●	●						●
<b>3) Centennial Park</b> (2216 South Will Cook Road, Palos Park, IL 60464)					●					●	●	●	●		●
<b>4) 86th Avenue Cal-Sag Trailhead</b>									●					●	

**\*Village Green and Centennial Park are open from dawn until dusk. This includes courts and athletic playfields.**

**\*Soccer and Lacrosse Fields at Centennial Park are shared 'Athletic Playfield' spaces.**

**\*Village Green Park and Centennial Park's restrooms are temporary/portable restrooms**

