



Registration Begins December 4th

Register online at www.mokenapark.com or call 708-390-2401

Mission Statement: *The Mokena Community Park District is committed to enhancing lives through the power of recreation by providing exceptional parks, facilities, programs, events, and services for all to explore and enjoy.*

Vision: *Working together to build an active, vibrant, welcoming, connected safe and healthy community.*

Values: *Our mission is guided by these values: Collaboration, Community Engagement, Safety, Sustainability, Cleanliness, Comfort and Inclusion.*

Administration Center

10925 La Porte Road, Mokena

Phone: (708) 390-2401

Hours: Monday-Friday

9:00am-5:00pm

Website: www.mokenapark.com

Email: info@mokenapark.com

**Office will be closed on Dec 22, Dec 25,
Dec 29, Jan 1, Mar 29*



The Oaks Recreation & Fitness Center

10847 La Porte Road, Mokena

Phone: (708) 390-2343

Hours

Monday-Thursday—5:00am-9:00pm

Friday—5:00am-8:00pm

Saturday—7:00am-4:00pm

Sunday—7:00am-3:00pm

Thu Nov 23—5:00am-11:00am

Sun Dec 24 & 31—7:00am-1:00pm

Fri Jan 12—5:00am-6:30pm

Building Closed: Dec 25, Jan 1, Mar 31



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Administration Staff

Greg Vitale, MPA, CPRP-Executive Director

Dawn Morsovillo-Administrative Assistant/Safety Coordinator

Patti Parli, CPRP-Superintendent of Finance and HR

Karen LaPointe, Accounting/Payroll Coordinator

Kara Jelderks, CPRP-Superintendent of Recreation

Brenna Bowers, CPO-Recreation Supervisor

Skyler Ramberger, CPO-Recreation Supervisor

Laurel Welch-Marketing Coordinator

Andrea Stoettner-Customer Service/Recreation Support

Maintenance Staff

Jim VanGennep, CPRP, CPSI, CPO-Superintendent of Parks & Facilities

Brett Bartnik, Bill Kausal, Rusy Mitcheff,

Kristin Potocki, Rodger Rottmann, Wayne Wollenzien

The Oaks Recreation & Fitness Center Staff

Beth Waller, CPRP-Manager of Recreation Facility Operations

Kristin Ehler, CPRP, ACE Health Coach, AFAA and NCCPT-Fitness & Wellness Supervisor

Wendy Jacob-Operations Supervisor

Shaun Ziems- Oaks Maintenance Supervisor

CPRP—Certified Park & Recreation Professional;

CPSI—Certified Playground Safety Inspector;

CPO—Certified Pool Operator.

(Professional staff certifications through the National Recreation & Park Association (NRPA))

Program Locations

Bow Doc Archery

18801 Wolf Rd., Mokena

Gym-kinetics

19220 Ridge Rd., Mokena

Farmhouse Academy

8940 W 192nd St STEL, Mokena

Frankfort Founders Community Center

140 Oak Street, Frankfort

Hetch Park

9310 W Birch Ave, Mokena

Irwin Community Center

18120 S. Highland Ave., Homewood

Main Park

10925 La Porte Road, Mokena

Mokena Elementary School (MES)

11244 Willowcrest Lane, Mokena

Mokena Intermediate School (MIS)

11331 West 195th Street, Mokena

Mokena Junior High School (MJHS)

19815 Kirkstone Way, Mokena

New Lenox Park District

1 Manor Drive, New Lenox

Nova Quarter Horse Ranch

10129 West 187th Street, Mokena

Oaks Recreation & Fitness Center

10847 La Porte Road, Mokena

Program Center

10925 La Porte Road, Mokena
(South end of Main Park)

Yunker Park

10824 La Porte Road, Mokena

Greetings Mokena Community Park District friends!

Thank you for reading the 2024 Winter/Spring program guide. We have a lot of great things in store for you, starting with some great park and facility improvements. The Oaks Recreation and Fitness Center has a great new logo and a lot of colorful branding throughout the facility. It also has some brand new equipment like the new state-of-the art Spirit Vertical Climber and the Woodway Curve, a revolutionary curved treadmill that operates solely on your bodyweight and the friction of your feet to simulate running and walking outside. Our parks also continue to be improved. The Manchester Cove Park playground, with its 15ft x 15ft shade topper, Spinetic Spinner and musical play equipment, has been a huge hit since it was installed in September. In the spring, Riivendell Park, Timbers Pointe Park and Boulder Ridge Park will also receive a new playground. Finally, the anticipated renovation of the Yunker Park barn into a year-round recreation and rental facility will continue in the spring with final design updates and permitting.

This is the season to get in shape. Please check out our revamped Oaks Recreation and Fitness Center pages for all of the membership and group fitness options. The Oaks also has open Pickleball, open basketball, personal training and several spaces to host your next party or athletic event. They even have a youth birthday party program that will save you time and money.

Now, on to the program guide! We have over 30 new programs in the guide. They include Several Esports tournaments like Mario Kart and NBA2K, Little Medical School programs where little ones can role play as future doctors or veterinarians, ASL Learn to Sign and Lacrosse fundamentals. Our camps continues to break attendance records because of non-stop improvements and word of mouth. We have traditional day camps, sports camps, an Adventure Camp that features a field trip almost daily, and more. You will also be able to conveniently register for day camps weekly this year instead of by session. If you need preschool, please consider our successful program. We have an open house on February 17, so please stop by. Our array of special events include Family Superhero Night, Mother and Son Bowling, Daddy Daughter Ball, Adult and Youth Egg Hunts and more.

We are proud to offer something for everyone. As always, thank you for your continued support of the Mokena Community Park District!

Sincerely,

Greg Vitale, MPA, CPRP
Executive Director
Mokena Community Park District

Board of Commissioners

President

Steve Jacobson

Vice President

Kathryn O'Connor

Secretary

Dan Gilbert

Treasurer

Mike Gandy

Commissioner

Jeff Apel

Commissioner

Mary Louise Knoerzer

Commissioner

Bob Lindbloom

Legal Counsel

John O'Driscoll

Park Board Meetings

Park District Board Meetings are held on the fourth Tuesday of each month, at The Oaks Recreation & Fitness Center, 10847 La Porte Road, Mokena, at 6:00pm.



The Oaks Recreation & Fitness Center

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. Group exercise classes are available to members of The Oaks Recreation & 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 class descriptions and schedule, check with the Oaks Customer Service Desk or visit our website at 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 Customer Service Desk prior to participating in a class.

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.

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

- ⇒ There will be a fee of \$5 to replace lost or misplaced membership cards.
- ⇒ Punch cards are non-transferable and are non-refundable.
- ⇒ Punch cards may be purchased at The Oaks Recreation & Fitness Center Customer Service 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 Customer Service desk to show their 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 old to participate in group exercise classes, 13-15 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.

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

Group Exercise Classes

Total Body Intervals
Circuits
Cardio Boxing Circuits
Basic Step/Sculpt
Body
H.I.I.T.
Full Body Fit
Dynamic Yoga
Be Strong
Active Mix Lite

Pilates
Pilates/Stretch
Challenge Ride
Extra Strength Upper
Cycle/Strength Fusion
Yoga Lite
Dynamic Yoga
Tabata/Cardio/Strength
Lower Body / Ab Blast



Adult Specialty Group Exercise Programs

Active Sit & Fit

Join our program twice a week while improving your balance, energy, strength and cardio stamina all while having fun and learning how to improve the quality of your life. This low intensity workout is all modified to a seated position with some standing exercises utilizing the chair as balance. A perfect class for older adults, those just starting a routine, as well as those recovering from specific injuries and need a low intensity workout.

Instructor: Paulette M.

Location: Oaks Cypress Room

Age: 21 & Up

Day: Mondays/Thursdays

Dates	Time	Fee R/NR
Feb 1-Mar 11	10:15-11:15am	\$103/\$123
	After Jan 30	\$108/\$128
Mar 25-May 2	10:15-11:15am	\$103/\$123
	After Mar 23	\$108/\$128

Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service desk. Registration Deadline is two days prior to class.

Day/Date	Time	Fee R/NR
Mon Jan 29	10:15-11am	FREE
Thur Mar 21	10:15-11am	FREE

Girl Power Training

Strength and Conditioning class tailored specifically for 13-17 year-olds. Train in an environment that's both fun and challenging for both beginners and beyond. This class will include a combination of weightlifting and body weight exercises to promote overall strength, balance and coordination, plus spurts of aerobic and anaerobic conditioning. Become strong and confident while having fun too!

Instructor: Laura C.

Location: Oaks MP Room

Age: 13-17 years

Day: Mondays

Dates	Time	Fee R/NR
Jan 15-Feb 19	6:30-7:30pm	\$63/\$76
	After Jan 13	\$68/\$81
Mar 4-Apr 8	6:30-7:30pm	\$63/\$76
	After Mar 2	\$68/\$81
Apr 22-Jun 3	6:30-7:30pm	\$63/\$76
	After Apr 20	\$68/\$81

Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service desk. Registration Deadline is two days prior to class.

Day/Date	Time	Fee R/NR
Mon Jan 8	6:30-7:15pm	FREE
Mon Feb 26	6:30-7:15pm	FREE
Apr 15	6:30-7:15pm	FREE

K.B.S. Training

K.B.S. is a group training program that focuses on improving overall body strength and conditioning without using traditional group fitness exercises. K.B.S. stands for "Kettle Bell, Boxing and Suspension Training".

Instructor: Laura C.

Location: Oaks Multi-Purpose Room

Age: 16 +

Day: Wednesday

Dates	Time	Fee R/NR
Feb 21-Apr 10	6:45-7:45am	\$74/\$88
	After Feb 19	\$79/\$93
Apr 17-Jun 5	6:45-7:45am	\$74/\$88
	After Apr 15	\$79/\$93

Day: Friday

Dates	Time	Fee R/NR
Feb 23-Apr 12	6:45-7:45am	\$74/\$88
	After Feb 21	\$79/\$93
Apr 19-Jun 7	6:45-7:45am	\$74/\$88
	After Apr 17	\$79/\$93

Pickleball Strength & Injury Prevention

Pickleball, a popular sport in recent years, has an increasing number of followers with its social aspects and active fun play. However, the sport has led to increasing injuries if players are not conditioned properly. This training program focuses on muscular strength, flexibility, agility and balance to minimize the risk of sprains, strains and other muscular injuries. Additionally, cardio conditioning is emphasized to improve stamina, aid in quicker recovery and reduce the risk of health complications. The court-side workout includes exercises/drills that will enhance the player's game and also contribute to their overall recovery.

Instructor: Laura C.

Location: Oaks Multi-Purpose Room & Field House

Age: 21 +

Day: Wednesday

Dates	Time	Fee R/NR
Jan 17-Feb 21	12-12:45pm	\$55/\$71
	After Jan 15	\$60/\$76
Mar 6-Apr 10	12-12:45pm	\$55/\$71
	After Mar 4	\$60/\$76
Apr 24-May 29	12-12:45pm	\$55/\$71
	After Apr 22	\$60/\$76

Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service desk. Registration Deadline is two days prior to class.

Day/Date	Time	Fee R/NR
Wed Jan 10	12-12:30pm	FREE
Wed Feb 28	12-12:30pm	FREE
Wed Apr 17	12-12:30pm	FREE

The Oaks Recreation & Fitness Center

Ultimate Athletic Training

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.

Instructor: Laura C.

Location: Oaks Field House

Age: 18 +

Day: Tuesdays/Thursdays

Dates	Time	Fee R/NR
Feb 22-Apr 16	6:45-7:45am	\$112/\$134
	After Feb 20	\$117/\$139
Apr 18-Jun 11	6:45-7:45am	\$112/\$134
	After Apr 16	\$117/\$139

Wise & Fit

This group circuit training program is a versatile workout that involves different exercises to target various muscle groups in a short period of time. Regular circuit training can benefit us as we age by improving our walking ability, speed, balance and reducing the risk of falling. It can also help alleviate bodily pains, muscle aches, and joint stiffness by strengthening surrounding muscles.

Instructor: Paulette M.

Location: MP Room

Age: 50 +

Day: Wednesdays

Dates	Time	Fee R/NR
Jan 17-Mar 6	10-11am	\$79/\$103
	After Jan 15	\$84/\$108
Mar 27-May 15	10-11am	\$79/\$103
	After Mar 25	\$84/\$108

Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service desk. Registration Deadline is two days prior to class.

Day/Date	Time	Fee R/NR
Wed Jan 10	10-10:45am	FREE
Wed Mar 20	10-10:45am	FREE



Health & Wellness Events

Find your Balance Series Workshop

This workshop series explores different exercises, modalities, and agility skills to help improve balance and stability, build strength and support, to aid in fall prevention. Neuroplasticity exercises will also be incorporated to improve cognitive brain function and memory retention.

Instructor: Melissa G.

Location: Walnut/Cypress Room

Age: 55 +

Day: Sundays

Dates	Time	Fee R/NR
Apr 7-28	9:30-10:30am	\$36/\$43
	After Apr 5	\$41/\$48

Winter Meditation Series

Instructor: Melissa G.

Location: Walnut Room

Age: 13 +

Day: Fridays

Sound Bath

Spend time relaxing to the sound of crystal singing bowls. Each bowl is calibrated to restore energy and calm nerves leaving participants feeling refreshed and renewed in mind, body and spirit.

Dates	Time	Fee R/NR
Feb 16	6-7pm	\$15/\$18
	After Feb 14	\$20/\$23

Yoga Nidra

An ancient meditation technique that uses guided imagery and total body awareness and relaxation to bring rest to an overactive mind. This one-hour practice will leave you feeling rejuvenated and restored.

Dates	Time	Fee R/NR
Mar 8	6-7pm	\$15/\$18
	After Mar 6	\$20/\$23

Energy Balancing

In this practice, you will learn about the body's subtle energy and how it can be obstructed. By using yoga, aroma therapy and meditation, you will learn how to open blocked energy.

Dates	Time	Fee R/NR
Apr 12	6-7pm	\$15/\$18
	After Apr 10	\$20/\$23

Yoga for Anxiety Workshop

Learn how chronic stress and anxiety can impede brain function causing negative emotions and an imbalanced mind/body connection. The focus of this series is to use different yoga tools to alleviate stress and anxiety in order to restore the mind/body connection for a more balanced mood. No yoga experience is needed.

Instructor: Melissa G.

Location: Walnut/Cypress Room

Age: 13 +

Day: Sundays

Dates	Time	Fee R/NR
Jan 7-28	9:30-10:30am	\$36/\$43
	After Jan 5	\$36/\$43

Oaks Member Wellness Challenge Programs

Attention Oaks Members! Be on the lookout for the chance to win ongoing prizes through our FREE Oaks Member Challenge Program. Work on your wellness all year round by competing in our fun, educational and motivating wellness challenges. To participate sign-ups must be done online at www.mokenapark.com under "Health and Wellness" Section and "Oaks Member Wellness Challenges". You can also visit The Oaks Customer Service Desk to inquire about the latest challenge and sign-up. Challenge information will be emailed out as well as posted throughout the Oaks building.

January Membership Drive

Make that New Year's resolution to become fit and healthy happen; join the Oaks as a new member in the month of January and receive no enrollment fees from January 2-January 31, 2024. New memberships include unlimited group exercise classes, free indoor walking track & open gym time, no long-term contracts, no annual fees and much more. Memberships start as young as 10 years old (restrictions apply). Stop in for a tour today and see why The Oaks is the best value for your fitness dollar!

Member Appreciation Week

Join us for Member Appreciation Week at The Oaks! It's our way of saying thank you for being a part of our fitness community. Share the joy of fitness with your loved ones by bringing a friend along for free workouts and group exercise classes. Indulge in our complimentary health food on Valentines Day as well as exciting raffles and giveaways throughout the week. We have also lined up a series of fun wellness challenges and themed workouts to keep you energized throughout the week. Mark your calendars and join us for a week filled with fitness, fun and celebration! Ages 18 & up. Restrictions apply.

Location: The Oaks Recreation & Fitness Center

Dates: Monday, Feb 12-Sunday, Feb 18



Preventing Falls and Balance Improvement Workshop

Join us for an interactive lecture on fall prevention and dizziness, conducted by two licensed Physical Therapists from Mokena's local Athletico Physical Therapy clinic. The lecture will focus on the various causes of falls, including dizziness, environmental & physical factors that increase the risk of falling. The therapists will also discuss methods to reduce falls as well as include demonstrations and reviews of exercises and stretches that are crucial for maintaining proper balance reactions. Coffee and bagels will be provided during the lecture.

Location: The Oaks Walnut Room

Date: Saturday, Jan 20

Time: 10:30-11:30am

Presented By: Athletico Physical Therapy Clinic

Fitness Bingo Blitz

Join in on the fitness fun after the holidays and get in shape as you compete for free prizes. Attend classes, work out in the fitness center and complete other fun wellness tasks to complete your bingo card. "Fitness Bingo Blitz" competition is free to enter but you must be a member of The Oaks in order to participate in the competition. Registration can be done online under the "Health & Wellness" section and "Oaks Member Fitness Bingo Blitz".

Starts: Monday, Jan 29

Ends: Sunday, Mar 10

Fee: FREE

Please note: *Must be a member of The Oaks to participate. Other rules may apply.

"Fitness Five" Class Pass!

Have you always wanted to try a variety of Group Exercise classes but hesitate because you're unsure whether you will like them? The benefits of participating in group fitness are endless including 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 different 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; must be a first-time guest only please. Please note: Specialty classes are excluded.

Location: The Oaks Recreation & Fitness Center

Dates: Monday, Mar 18-Friday, Mar 22

The Oaks Member Referral Program

Refer a new member to The Oaks anytime of the year and receive a free month credit of membership! Be sure your friend mentions your name at time of joining. Restrictions apply.

The Oaks Recreation & Fitness Center

Mind & Body

Gentle Yoga

The Gentle Yoga class incorporates 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. This class utilizes various equipment including: bolsters, yoga straps, resistance bands and stability balls. A portion of the class will also focus on relaxation techniques.

Instructor: Olga P.

Location: Cypress Room

Age: 21 +

Day: Tuesdays

Dates	Time	Fee R/NR
Jan 16-Mar 5	9:30-10:30am	\$65/\$78
	After Jan 14	\$70/\$83
Mar 26-May 14	9:30-10:30am	\$65/\$78
	After Mar 24	\$70/\$83

Day: Wednesdays

Dates	Time	Fee R/NR
Jan 17-Mar 6	9:15-10:15am	\$65/\$78
	After Jan 15	\$70/\$83
Mar 27-May 15	9:15-10:15am	\$65/\$78
	After Mar 25	\$70/\$83

Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service desk. Registration Deadline is two days prior to free class.

Day/Date	Time	Fee R/NR
Tues, Jan 9 & Mar 19	9:30-10:15am	FREE
Wed, Jan 10 & Mar 20	9:15-10am	FREE

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.

Instructor: William N.

Location: Cypress Room

Age: 18 +

Day: Wednesdays

Dates	Time	Fee R/NR
Feb 7-Mar 27	10:30-11:30am	\$66/\$79
	After Feb 5	\$71/\$84
Apr 17-Jun 5	10:30-11:30am	\$66/\$79
	After Apr 15	\$71/\$84

Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Reception Desk. Registration Deadline is two days prior to free class.

Day/Date	Time	Fee R/NR
Wed Jan 31	10:30-11:30am	FREE
Wed Apr 10	10:30-11:30am	FREE

Nutrition Services

Nutrition Consultations

It's time to step away from unhealthy eating habits and renew your commitment to overall wellness, nutrition and improved fitness. Our dietitian nutritionist will offer the knowledge and structure you need to prevent or treat diabetes, high blood pressure, high cholesterol, and heart disease or help you with your sports nutrition needs. All appointments meet at The Oaks Recreation & Fitness Center. Please call the Fitness & Wellness Supervisor at 708-390-2344 for additional information on how to get started.

Registered Dietitian: Kim Kramer, RDN, LDN, CDCES

Location: Chestnut Room

Ages: 15+

Fees: One hour Consultation: \$90

Follow-up 30-Minute Consultation: \$50

Zumba

STRONG NATION by Zumba®

This newer class by Zumba® is NOT a dance class but a popular HIIT-style (high-intensity interval training) class. Geared towards participants looking to increase their intensity levels of training, maximize workout benefits and see real results from their efforts! High-intensity moves are interchanged with lower intensity moves throughout the workout, making it possible for people of all fitness levels to participate. 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: Lisa C.

Location: Oaks MP Room

Age: 16 +

Day: Saturdays

Dates	Time	Fee R/NR
Jan 20-Mar 9	9-10am	\$54/\$64
	After Jan 18	\$59/\$69
Mar 30-May 18	9-10am	\$54/\$64
	After Mar 28	\$59/\$69

Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service Desk. Registration Deadline is two days prior to free class.

Day/Date	Time	Fee R/NR
Sat Jan 13	9-9:45am	FREE
Sat Mar 23	9-9:45am	FREE



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! 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: Lisa C.

Location: Oaks Cypress Room

Age: 16 +

Day: Mondays

Dates	Time	Fee R/NR
Feb 5-Mar 25	6:30-7:30pm	\$54/\$64
	After Feb 3	\$59/\$69
Apr 15-Jun 10	6:30-7:30pm	\$54/\$64
	After Apr 13	\$59/\$69

Day: Wednesdays

Dates	Time	Fee R/NR
Jan 24-Mar 13	6:30-7:30pm	\$54/\$64
	After Jan 22	\$59/\$69
Mar 27-May 15	6:30-7:30pm	\$54/\$64
	After Mar 25	\$59/\$69

Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service Desk. Registration Deadline is two days prior to free class.

Day/Date	Time	Fee R/NR
Wed, Jan 17	6:30-7:15pm	FREE
Mon, Apr 8	6:30-7:15pm	FREE



Zumba® Gold

Zumba® Gold is perfect for anyone looking for a Zumba “light” class or beginners to Zumba, active older adults, who are looking for a modified Zumba® class. Zumba® Gold recreates the original moves at a lower-intensity while focusing on balance, range of motion, coordination as well as cardiovascular & muscular conditioning. Oaks Members receive a discount for Zumba® classes!

Instructor: Lisa C.

Location: Oaks Cypress Room

Age: 16 +

Day: Tuesdays

Dates	Time	Fee R/NR
Jan 2-Feb 20	10:45-11:45am	\$54/\$64
	After Dec 31	\$59/\$69
Mar 12-Apr 30	10:45-11:45am	\$54/\$64
	After Mar 10	\$59/\$69

Day: Fridays

Dates	Time	Fee R/NR
Jan 5-Feb 23	10:45-11:45am	\$54/\$64
	After Jan 3	\$59/\$69
Mar 15-May 3	10:45-11:45am	\$54/\$64
	After Mar 13	\$59/\$69

Try this class for FREE on our DEMO days. Must sign up online or in-person at The Oaks Customer Service Desk. Registration Deadline is two days prior to free class.

Day/Date	Time	Fee R/NR
Tue, Dec 19	10:45-11:30am	FREE
Tue, Mar 5	10:45-11:30am	FREE
Fri, Dec 29	10:45-11:30am	FREE
Fri, Mar 8	10:45-11:30am	FREE

Membership Type	Enrollment Fee	Monthly Rates Res./Non-Res.	NO ENROLLMENT FEE!	NO ENROLLMENT FEE!
			Paid In Full 6-month membership Res./Non-Res.	Paid In Full 12-month membership Res./Non-Res.
Individual	\$50	\$41/\$46	\$216/\$246	\$427/\$487
Couple (same address)	\$100	\$61/\$66	\$316/\$346	\$627/\$687
Family 2 adults and 2 family members age 26 and under with same address	\$100	\$71/\$76	\$366/\$396	\$727/\$787
Family Plus 2 adults and up to 4 family members 26 & under with same address	\$125	\$81/\$86	\$416/\$446	\$827/\$887
Senior (62 & over)	\$34	\$31/\$36	\$166/\$196	\$327/\$387
Senior Plus (same address)	\$59	\$51/\$56	\$266/\$296	\$527/\$587
College Student Maximum of 3 months per year.	Waived	\$41/\$46		
Guest Fee, \$15 per visit (all inclusive)				

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



YOUR PATH TO HEALTH AND WELLNESS STARTS HERE!

Schedule a tour today | 708-390-2343

**OPEN
7 DAYS
A WEEK!**

**STATE OF THE
ART EQUIPMENT**

**CERTIFIED PERSONAL
TRAINERS**

WALKING TRACK

Free for MCPD Residents
and Fitness Members.

Non-Residents, \$3
8-12yrs must be accompanied
by an adult

OPEN GYM

Free for Fitness Members

MCPD residents, \$4

Non-residents, \$13

Age 7 and under must be
accompanied by an adult

GROUP FITNESS CLASSES

Free for Fitness Center Members

\$7 per class for MCPD Residents

\$9 for Non-residents

Ages 13-15 must be with a parent

THE OAKS FACILITY HOURS

Monday-Thursday, 5am-9pm

Friday, 5am-8pm

Saturday, 7am-4pm

Sunday 7am-3pm

The Oaks' friendly staff will give you a tour of the facility. This is a great way to learn more about the center and its amenities before you commit to a membership. If you're looking for a full-service community fitness and recreation destination, The Oaks Recreation & Fitness Center is the right choice for you.

The Oaks Recreation & Fitness Center is a great place to get fit and have fun! The center offers affordable membership options for both residents and non-residents. With a leading-edge fitness center, a walking track, two fieldhouses, four multipurpose rooms, there's something for everyone at The Oaks.



MEMBERSHIP INCLUDES

- Fitness Center with a large variety of cardiovascular and strength equipment.
- Free Unlimited Group Exercise Classes (*specialty classes not included*).
- Free schedule open gym and seasonal Pickleball.
- Free Indoor Walking Track
- Free Towel service and Wi-Fi
- Free Equipment Orientation
- No long-term contracts or hidden fees.

FEE-BASED SPECIALTY CLASSES

Zumba® Programs, Group Training, Balance, Strength Mind/Body, and more.

FREE EQUIPMENT ORIENTATION

New members receive a free orientation by an Oaks Personal Trainer who will jump start your fitness path with helpful tips and proper machine usage instructions.

WELLNESS SERVICES:

PERSONAL TRAINING & NUTRITION

- Registered Dietitian and Certified Personal Trainers. Personal Trainers will coach, challenge & encourage your wellness goals.
- Discounted first time client packages for Personal Training and Nutrition.
- Increase your energy, strength, flexibility, coordination, balance, sports performance and self-esteem.
- Improve health challenges and your quality of life.

Oaks membership not required.

ARE YOU ELIGIBLE FOR A FREE MEMBERSHIP?

The Oaks accepts these programs. Call The Oaks or stop in to inquire on eligibility.



Open Gym at The Oaks

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

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. 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. The item left will be returned when the basketball is returned.
- ♦ Additional fees may apply for Open Gym activities.

The Oaks Open Gym Guidelines

- ♦ Open Gym is for basketball unless otherwise noted.
- ♦ Open Gym is for free play only—no private instruction or coaching of teams or individuals.
- ♦ Open Gym is available to members of The Oaks Fitness Center, residents and non-residents of Mokena Community Park District.
- ♦ Participants are required to have a parent/guardian signed waiver. New waivers are required every November 1.
- ♦ 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 Customer Service desk with identification and pay the appropriate fee for daily admittance for open gym.
- ♦ Fee based programs are NOT included as part of the open gym program (Leagues, etc.).

Open Gym Fees

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

Daily Visit
\$4R/\$13NR

10-Punch Card
\$35R/\$125NR

20-Punch Card
\$60R/\$240NR



The Oaks Recreation & Fitness Center

Stop in for a tour and start your
FREE ONE-WEEK TRIAL MEMBERSHIP
Restrictions apply. First-time guests only please.

FITNESS CENTER MEMBERSHIPS INCLUDE:
Unlimited Group Exercise Classes,
Open Gym, Indoor Walking Track and more!






Mokena Community Park District • The Oaks Recreation & Fitness Center
10847 W. La Porte Road, Mokena • 708-390-2343 • www.mokenapark.com



Save Money with a
PAID IN FULL DISCOUNT
for a 6 or 12 month membership.

win-spr2024





Party Packages

Parties aren't just for birthdays or 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.

Fee: \$150 Resident, \$200 Non-resident.

In addition to rental fees, a damage deposit is required.

Party includes:

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



Birthday Party Packages

with Crosstown Exotics



Are You Looking for a Fun and Memorable Birthday Party Option?

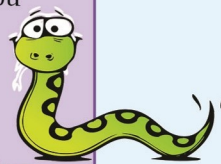
Crosstown Exotics and Mokena Park District have the package for you. The two-hour party includes 60-75 minutes of hands-on educational entertainment. Parties can be customized to your special requests, such as a ninja turtle party, all snakes or no bugs. The remaining party time can be used for food, opening presents, or playing games in the room. You can checkout Crosstown Exotics at www.crosstownexotics.wordpress.com.

Party Package Fee: \$400 resident, \$450 non-resident.

In addition to rental fees, a damage deposit is required.

Reptile Show

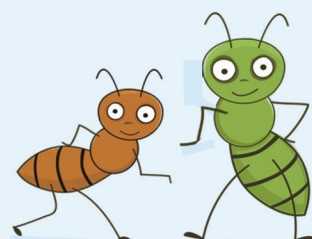
Their lineup of prehistoric creatures consists of a mixture of 10-12 reptiles, amphibians, and bugs. From African giant bullfrogs and hissing giant tortoises. Everyone gets to interact with the animals for an experience unlike anything you would receive at your local zoo. Crosstown Exotics takes pride in providing memorable encounters with their extensive collection of cold-blooded ambassadors. Each party will contain 2-3 species of amphibians, a turtle, tortoise, 3 lizard species and 2-3 snakes.



TO RESERVE YOUR PARTY TIME

- Stop in at The Oaks to complete the rental form.
- In addition to rental fees, a damage deposit is required. \$100 for residents, \$200 non-residents. Residency is determined by renter's address.
- 50% of the rental fee, plus the damage deposit is due at booking.
- Remaining fees are due 14 calendar days before the event.
- The entire amount is due at booking if it is less than 2 weeks before the event.
- Damage deposit refunds are mailed within 7-10 days of the event provided there is no damage.

For more information, contact
The Oaks at 708-390-2343 or
ewaller@mokenapark.com



Bug Show

This party covers over a dozen species in 60 minutes. The first 40 minutes is an interactive hands-on presentation. The last 20 minutes is a bug exhibit where guests can get an even closer look at the critters.

Facility Rentals



Walnut Room

Let's Celebrate!

Mokena Community Park District will provide the space you need to host your special event, meeting, workshop or lecture.

For questions or ready to book your event, call 708-390-2343 or send an email to ewaller@mokenapark.com.

Field House Red Barn Walnut Room Picnic Grove Pavilion Splash Pad

Walnut Room

The Oaks Recreation & Fitness Center offers luxurious space and quality service to make your party, meeting, or special event a success. The Walnut room can accommodate up to 72 people. The room also includes custom cabinetry and a sink for your convenience.

Rental fee includes:

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

Additional fee:

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

For more information about Rental options and fees, visit our website at www.mokenapark.com or call 708-390-2343.



Wedding Packages Are Available

Contact The Oaks for more details.

Yunker Farm Red Barn Rentals



The Red Barn is available to rent from May through the beginning of October, during non-Splash Pad hours. Rental includes use of tables and chairs.

Rental Space	Capacity	Resident* Fee/hr	Non-Resident Fee/hr
Walnut Room	72	\$90	\$110
Field House - One (1) Court	-	\$90	\$120
Yunker Red Barn	96	\$135	\$185
Deposit due at booking**	-	\$100 refundable plus 50% of rental total	\$200 refundable plus 50% of rental total

Please allow a minimum of 3 weeks prior to party. No refunds for cancellations received less than 72 hours prior to the scheduled event. Fees are 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.



Field Houses

Our two large Field Houses can be divided into separate basketball or volleyball courts. Rent one or more courts and bring your family and friends over for some fun!

FAMILY SUPERHERO NIGHT

Registration
Deadline:
January 8.

Monday, January 15, 2024

6-7:30pm

The Oaks Recreation & Fitness Center

Join us for an action-packed night filled with snacks, craft, activities and a chance to meet your favorite superheroes! Don't forget to wear your favorite Superhero costume!

Registration Fee, R/NR: \$10/\$15 per person.

After January 5, R/NR: \$15/\$20.

At the door registration: \$20 per person.

No refunds.



Celebrate Valentine's Day at the

Mother & Son Bowling



Registration
Deadline:
February 3.

Saturday, February 10

12-2pm

Thunderbowl in Mokena

Fee includes 2 hours of unlimited bowling, bowling shoes, pizza, pop, dessert and goodie bag.

Ages 4-14 with one adult. Fee is per person.

Early bird registration fee, R/NR: \$30/\$35.

After January 27, additional fees apply. *No refunds.*

Special Events

Shamrock Search

Lucky the Leprechaun is coming to town. Let's go on a hunt to find all the Shamrocks he left for us to find. Maybe you will even find the luckiest one of all! Ages 3-8.

Registration
Deadline:
March 4.

Monday, March 11

6-7:30pm

Program Center

Early bird registration fee,
R/NR: \$15/\$20.

After February 26, additional
fee applies No refunds



Adult Egg Hunt

Why should the kids have all the fun searching for eggs? Join us for some adult Easter Fun! Adults 21 and over will enjoy games, an Easter Egg Hunt, and a light buffet dinner.

Thursday, March 21

7-8:30pm

Yunker Park

Early bird registration fee,
R/NR: \$30/\$35.

After March 7, additional
fee applies. *No refunds.*



Registration
Deadline:
March 14.

Flashlight Egg Hunt

The Quest for the Golden Eggs begins!

Bring your flashlight and a bag to collect our hidden eggs at Yunker Farm! Lucky winners that find our Golden Eggs will walk away with prize baskets from local sponsors.
Age 8-13.

Registration
Deadline:
March 21.

Thursday, March 28

7-8pm

Yunker Park

Early bird registration
fee, R/NR: \$20/\$25.

After March 14,
additional fee applies.
No refunds



You've Been Egged!

The Easter Bunny is coming to town and it's time to "egg" your family, friends and neighbors! The Bunny's special helpers will hide two dozen Easter eggs in the front yard, and leave a fun-filled Easter basket and a "You've been Egged" sign on the door.

This event is open to Mokena Community Park District residents only.

Registration
Deadline:
March 18.



Eggs are delivered March 25-28, between 2-5pm.

Limited registration for each day.

Fee per house: \$20. Extra eggs: \$5 per dozen.

No refunds.

Registration
Deadline:
April 28

Daddy Daughter Ball



Friday, May 10 • 6–9pm

The Oaks Recreation & Fitness Center

Girls will have a ball dancing the night away with their favorite prince. This enchanted evening will include music, a light dinner, dessert, face painter, and more. Ages 3–14.

Girls and adults are registered separately. *No refunds.*

Early bird registration fee R/NR:

Girls: \$25/\$30 • Adult: \$30/\$35. (*Fee is per person.*)

\$5 off each additional daughter.

After April 22, additional fee applies.

Movies & Music

FREE!



Mark your calendars for Tuesday evenings in June and July (and one evening in August) for FREE, family-friendly, outdoor movies and music.

Bring your blankets or lawn chairs and enjoy the terraced grass seating at the Yunker Park Bandshell.

A schedule of bands and movies will be available on our website in the spring.

Summer Camp

Registration for Day Camp Starts April 1st.

Before & After Camp

This awesome before and after camp is for campers already enrolled in a summer day camp. Campers will spend before and/or after camp completing projects, science experiments, and more! Registration ends one week prior to the Monday of that week. **There are no refunds or credits once you are registered for this camp.**

Age: 3.5-12 (age determine by first day of camp)

Dates: Jun 3-Aug 9

Times	Camp	Fee R/NR
8-9:30am	Kiddie/Sunshine	\$8/\$10
8-9am	Adventure	\$6/\$8
12:30-6pm	Kiddie/Sunshine	\$20/\$22
4-6pm	Adventure	\$10/\$12

Location: Program Center

Kiddie Camp

Something special for the “little ones”, a fun-filled magical time. Activities include games, stories, crafts, music, and special surprises. Fee includes one camp t-shirt per participant. Please indicate shirt size when registering. Campers must be toilet-trained and ready to separate from parents for an extended period. This camp is held outdoors the whole day. In case of inclement weather, we will be inside the Program Center. **There are no refunds or credits once you are registered for this camp.**

Age: 3.5-5

Times: 9:30am-12:30pm

Day: Mon-Fri OR Tues/Thu OR M/W/F

Week	Dates	Price Range-based on # of days
1	June 3-7	\$40-\$70/\$45-\$85
2	June 10-14	\$40-\$70/\$45-\$85
3	June 17-21	\$40-\$70/\$45-\$85
4	June 24-28	\$40-\$70/\$45-\$85
5	July 1-5	\$20-\$70/\$25-\$85
6	July 8-12	\$40-\$70/\$45-\$85
7	July 15-19	\$40-\$70/\$45-\$85
8	July 22-26	\$40-\$70/\$45-\$85
9	July 29-Aug 2	\$40-\$70/\$45-\$85
10	Aug 5-9	\$40-\$70/\$45-\$85

Location: Main Park

Summer Sunshine Camp

This outdoor camp is an annual favorite, mini-day camp at its best. We'll journey the world with arts, crafts, games, music and of course, Water Week! There will be some special surprises too! Fee includes one camp t-shirt per participant. Please indicate shirt size when registering. This camp is held outdoors the whole day. In case of inclement weather, we will be inside the Oaks Recreation and Fitness Center. **There are no refunds or credits once you are registered for this camp.**

Age: 6-12

Times: 9:30am-12:30pm

Day: Mon-Fri OR Tues/Thu OR M/W/F

Week	Dates	Price Range-based on # of days
1	June 3-7	\$40-\$70/\$45-\$85
2	June 10-14	\$40-\$70/\$45-\$85
3	June 17-21	\$40-\$70/\$45-\$85
4	June 24-28	\$40-\$70/\$45-\$85
5	July 1-5	\$20-\$70/\$25-\$85
6	July 8-12	\$40-\$70/\$45-\$85
7	July 15-19	\$40-\$70/\$45-\$85
8	July 22-26	\$40-\$70/\$45-\$85
9	July 29-Aug 2	\$40-\$70/\$45-\$85
10	Aug 5-9	\$40-\$70/\$45-\$85

Location: Main Park

Junior Day Camp Counselor

Experience what it's like to be a real Mokena Park District camp counselor! This program will provide young teens an opportunity to experience a “real work” situation and teach young adults confidence, leadership, responsibility and how to act as a positive role model for campers. Each participant will work with a counselor and a small group of campers and assist with games and activities, and help create a fun experience for all the campers. Fee includes a t-shirt and training. This camp is an outdoor camp. **Must be able to attend trainings the week of May 28th. An email will be sent out with more information.**

Location: Main Park

Age: 13+

Days: Monday-Friday

Dates	Time	Fee R/NR
Jun 3-Aug 9	9am-12:30pm	\$50/\$60

PLEASE NOTE FOR ALL CAMPS: Camp groups are based on age. When registering your child you will register them for the days you want in the appropriate age group. There will be **NO REQUEST** for children to be in the same group. Once you are registered for a group there are no refunds, credits or changes. Each group will be divided by age, each camp will be divided by age. NEW- camps are week by week basis. You can register for one or all ten weeks. Once a group/week is filled we will take a waiting list. We will only pull off the waiting list if someone drops out of that group. **There are no refunds or credits if you pull your child out of summer camp.**

Adventure Camp

Adventure Camp is an all day program where we go exploring, take field trips, adventure to various parks and have lots of fun. This camp is for children ages 7-13 years of age. Some of the field trips include: baseball games, Palos Heights Pool, Bolingbrook water park (Pelican Harbor), Enchanted Castle, playgrounds, and more! Please note: some field trips may change due to weather or staffing. We will provide another fun alternative. There will be no credits or refunds on days trips change or any other day once you register.

Pick and choose your days! You can sign up for one day, two days or all five. Pick and choose the weeks you would like to attend too. Drop off and pick up will be at Yunker Farm Bandshell. If you are registered for the before or after care program, drop off and pick up will be located at the Program Center. Times for Adventure Camp are from 9am to 4pm. Fee includes: Field trip, bus service, a 1:7 max ratio of counselors/campers, and supplies for various crafts and games. **There are no refunds or credits once you are registered for this camp.** Registration deadline is one week prior to the Monday of the following week.

Age: 7-12

Times: 9am-4pm

Dates

June 3-Aug 9

Fee R/NR: \$50/\$60 per day

Days

Mon-Fri

Meet the Counselor Day
Saturday, June 1 from 9am-12pm
Location: Main Park Pavilion
Come meet your counselors and pick up your shirt.

Camp Guidelines

- ◆ All campers must be pre-registered at least one week prior to each session.
- ◆ **All campers must have waivers and medical forms completed and returned to the Administration Center before their first session.** Campers will not be allowed to attend camp if required documentation is not on file.
- ◆ Campers must attend the days they are registered for and cannot switch days.
- ◆ Make-up days or refunds cannot be made for days campers are absent from camp. **There are NO Credits or Refunds.**
- ◆ All campers must be toilet-trained. Counselors will not change diapers, pull-ups, or swimsuits.
- ◆ If someone other than a parent will be picking up a child from camp, their name must be listed on the *Pick-Up Authorization Form*. A camper will not be released to an unauthorized person.
- ◆ Additional t-shirts can be ordered at registration for \$10 each. Once the registration deadline has passed, t-shirts will have very limited availability.
- ◆ **Day Camp Parent meeting is Wednesday, May 29th at 6PM at the Program Center.**



Early Childhood

Art

PeeWee Picassos

You and your little one will be getting creative and making memories that will last a lifetime. Come join us in this exciting art class where you can be as creative as you want. Supplies provided.

Instructor: Kelly Freza

Location: Program Center

Age: 2-3 w/adult

Day: Tuesdays

Dates	Time	Fee R/NR
Jan 9-30	10-10:45am	\$45/\$50
Feb 6-27	10-10:45am	\$45/\$50
Mar 5-Apr 2	10-10:45am	\$45/\$50
(No class 3/26)		
Apr 9-30	10-10:45am	\$45/\$50

Painting Playgroup

Come hang out with us for an art-themed playgroup! In this class children will be presented with a variety of art supplies and will be allowed to experiment and play. A great way to work on fine motor skills and get creative, all without creating a mess at home!

Instructor: Kelly Freza

Location: Program Center

Age: 1-4 w/an adult

Day: Thursdays

Dates	Time	Fee R/NR
Jan 11-Feb 1	10-11am	\$45/\$50
	After Jan 4	\$50/\$55
Feb 8-29	10-11am	\$45/\$50
	After Feb 1	\$50/\$55
Mar 7-Apr 4	10-11am	\$45/\$50
(No class 3/28)	After Mar 1	\$50/\$55
Apr 11-May 2	10-11am	\$45/\$50
	After Apr 4	\$50/\$55

Athletics

1st Down Tots

This program uses a variety of fun games to engage kids while teaching the sport of football and developing fundamental skills (no tackle). The goal is to build fitness, muscle coordination, football fundamentals and create a love of the game.

Instructor: Skyhawks Academy Staff

Location: The Oaks

Day: Mondays

Age: 3-4 (Rams)

Dates	Time	Fee R/NR
Jan 8-Feb 26	4-4:40pm	\$99/\$104
	After Jan 1	\$104/\$109

Ages: 4-5 (Rhinos)

Dates	Time	Fee R/NR
Jan 8-Feb 26	4:50-5:30pm	\$99/\$104
	After Jan 1	\$104/\$109

Hoopster Tots

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

Instructor: Skyhawks Academy Staff

Location: The Oaks

Day: Wednesdays

Ages: 3-4 (Froggies)

Dates	Time	Fee R/NR
Jan 10-Feb 28	4-4:40pm	\$90/\$95
	After Jan 1	\$95/\$100

Age: 4-5 (Kangaroos)

Dates	Time	Fee R/NR
Jan 10-Feb 28	4:50-5:30pm	\$90/\$95
	After Jan 1	\$95/\$100

Multi-Sport Tots (Basketball and Baseball)

Introduce your little superstar to sports in our most popular program! This Basketball and Baseball class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development.

Instructor: Skyhawks Academy Staff

Location: The Oaks

Day: Wednesday

Age: 3-4

Dates	Time	Fee R/NR
Mar 6-Apr 24	4-4:40pm	\$99/\$104
	After Feb 21	\$104/\$110

Ages: 4-5

Mar 6-Apr 24	4:50-5:30pm	\$99/\$104
	After Feb 21	\$104/\$110

Soccer Tots

These soccer themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus on developing core soccer skills and personal focus and introduce light competition.

Instructor: Skyhawks Academy Staff

Location: The Oaks

Day: Tuesdays

Age: 2-3.5 (Cubs)

Dates	Time	Fee R/NR
Feb 27-Apr 16	4-4:40pm	\$99/\$104
	After Feb 18	\$104/\$109

Ages: 3.5-5 (Teddies)

Dates	Time	Fee R/NR
Feb 27-Apr 16	4:50-5:30pm	\$99/\$104
	After Feb 18	\$104/\$109

Age: 4.5-5 (Koalas)

Dates	Time	Fee R/NR
Feb 27-Apr 16	5:40-6:20pm	\$99/\$104
	After Feb 18	\$104/\$109

Language

I Speak Spanish!

Expand your child's world! Introduce your child to the Spanish language in this class developed for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music. Each session covers new and exciting material.

Instructor: Language in Action, Inc.

Location: Frankfort Founders Center

Age: 3-6

Day: Tuesday

Dates	Time	Fee R/NR
Jan 16- Feb 20	5-5:45pm	\$90/\$93
Feb 27-Apr 9	5-5:45pm	\$90/\$93
(No class 3/26)		
Apr 16-May 21	5-5:45pm	\$90/\$93

Movement

Movin & Groovin

Join us for a high energy class to sing, play, and shake our sillies out! This class is bound to be a blast for all. Bring your lil' party animal and be ready to have some fun!

Instructor: Jennifer Corp

Location: Program Center

Age: 0-4 w/ adult

Day: Friday

Dates	Time	Fee R/NR
Jan 5-26	9:30-10am	\$33/\$38
Mar 1-22	9:30-10am	\$33/\$38
Apr 5-26	9:30-10am	\$33/\$38

Zumbini

Zumbini is a fun dance and music based fitness and development class for babies, toddlers and their caregivers. Created by Zumba and Baby First TV Zumbini combines singing, dancing, instruments and play for the ultimate bonding experience. Participants should be ready for a workout and wear proper shoes! This program is the gold standard for early childhood social/cognitive/physical development.

Instructor: Jennifer Corp

Location: Program Center

Day: Saturday

Age: 0-4 w/ adult

Theme: Hili and the Dance

Dates	Time	Fee R/NR
Jan 13-Feb 17	10:30-11:15am	\$65/\$75

Theme: No Way Jose

Dates	Time	Fee R/NR
Mar 2-Apr 13	10:30-11:15am	\$65/\$75
(No class 3/30)		



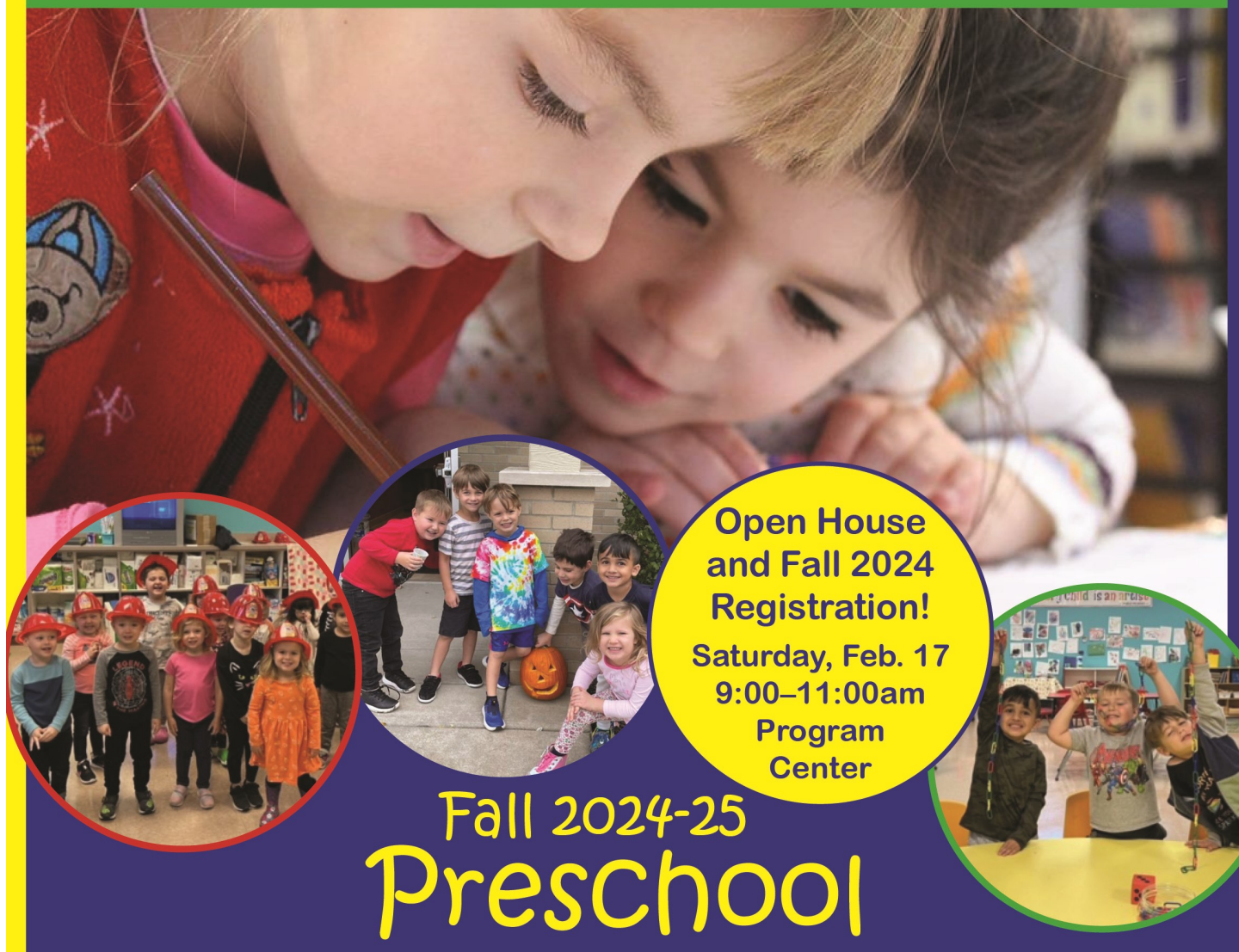
- Basketball League
- Score Keepers
- Day Camp Counselors
- Gym Attendants
- Maintenance
- Splash Park Attendants
- Seasonal Maintenance
- Volleyball Referees

Go to our website for more information and an application.

www.mokenapark.com

MOKENA COMMUNITY

PARK DISTRICT



**Open House
and Fall 2024
Registration!**
Saturday, Feb. 17
9:00–11:00am
Program
Center

Fall 2024-25 Preschool

These very successful, long running programs include academic skills, physical activity, arts and crafts, story time, finger play, and songs. Children are ready for these programs if they can separate from their parents for an extended period of time, and they must be toilet trained, no pull-ups.

Grade level is determined by child's age as of Sept. 1, 2024.

Required at Registration:

- Deposit of \$50 (non-refundable) plus the first month's tuition for first child. Entire amount is non-refundable.
- \$0 deposit plus first month's tuition for 2nd child or more. Entire amount is non-refundable.
- Copy of birth certificate and proof of immunizations.

Preschool is held in the Program Center
located at the south end of Main Park,
10925 La Porte Road, Mokena.

*Please note: If you need to cancel out of school for any reason,
a 30-day written notice is required to stop future payments.*

Prep School, 3-year-olds

- Tuesday and Thursday
- 9–11:30am
- Monthly Tuition R/NR: \$145/\$155

Preschool, 4-year-olds

- Monday, Wednesday, and Friday
- 9–11:30am
- Monthly Tuition R/NR: \$185/\$195

Kinderbridge, 4-year-olds

- Monday–Friday
- 12:30–3pm
- Monthly Tuition R/NR: \$280/\$290

- Nine monthly payments includes the initial payment.
- Sign up for auto-pay and save \$5 per month.
- Tuition is due on the 1st of each month and will cover the following month.

Comic Book Workshop

NEW

Comic Book Workshop

We will be exploring the different languages of comics from the eyes to the body positions to the actual language of speech bubbles. We will see how simple lines can bring a whole spectrum of emotions to our eyes. Our workshops are highly energetic and engaging. By the end, we will have discovered how to generate anything into a cartoon, as well as the ins and outs of creating a comic with plot, resolution, dialogue, onomatopoeia and much more!

Instructor: Jerry Moffitt – Do Art Productions

Location: Program Center

Age: 7+

Day: Wednesday

Dates	Time	Fee R/NR
Mar 20-Apr 17	6-7pm	\$105/\$115



One Day Comic Book Workshop

In this one-day workshop, we will see how simple lines can bring a whole spectrum of emotions to our eyes. After, we will synthesize everything we learned into generating a six-panel comic. By the end, we will have discovered how to generate anything into a cartoon, as well as the ins and outs of creating a comic with plot, resolution, dialogue, onomatopoeia and much more!

Instructor: Jerry Moffitt – Do Art Productions

Location: Program Center

Age: 7+

Day: Wednesday

Date	Time	Fee R/NR
Mar 13	4-6pm	\$25/\$35

Cooking

Pizza Workshop Cooking Class

Kids will learn how to make delicious pizza completely from scratch! They will learn about the science behind using yeast and kneading and rising dough for their crust.

Students will also create pizza sauce from scratch and customize their own delicious pizza with meats, vegetables and cheese.

Instructor: Kara Fanelli

Location: Farmhouse Academy

Age: 7-17

Day: Wednesday

Date	Time	Fee R/NR
Feb 28	5:30-7pm	\$35/\$40



NEW

Tortellini Pasta-Cooking Class

Each student will learn to make fresh tortellini pasta completely from scratch. We will create fresh pasta dough and cheese filling and learn to assemble tortellini. Instructor will also demo marinara sauce to enjoy with pasta.

Instructor: Kara Fanelli

Location: Program Center

Age: 7-17

Day: Wednesday

Date	Time	Fee R/NR
Apr 17	5:30-7pm	\$35/\$40

Critter

Critter Class

Learn about some of the world's most misunderstood creatures and why they are a key indicator for healthy ecosystems, as well as why they are important for us to save them from extinction. In this one class you will get to see, hold and learn about numerous reptiles and amphibians.

Instructor: Crosstown Exotics

Location: The Oaks—Walnut Room

Age: 6-12

Day: Tuesday

Dates	Time	Fee R/NR
Feb 6	6-7pm	\$38/\$45
Apr 30	6-7pm	\$38/\$45

Dance

From the graceful movements of Ballet to the quick beat of Hip-Hop/Jazz to the synchronized sounds of taping toes we have it all! While having a great time learning a new dance style, dancers will also learn how to count music and create rhythm patterns of their own. White ballet shoes and black tap and jazz shoes should be worn for appropriate classes. *Please note that parents are not to remain in the building. Please bring your own water bottle to class. Grade is determined as of Fall 2023.*

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 poise which ballet class offers.

Tapping Toes: Hear the synchronized sounds of taping 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.

Youth Programs

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 workout while improving muscle strength and flexibility. Fun choreography will be inspired by popular music.

Lyrical: Learn a dance style that uses aspects of ballet, jazz and modern while expressing a message!

Pointe Class: Students will only be able to go on pointe shoes upon teacher approval. Students must also be enrolled in ballet for pointe class. During pointe class students will add onto their knowledge of classical ballet while dancing on the tips of their toes.

Instructor: Jenny Diamond

Location: Program Center Dance Room

Fee R/NR: \$145/\$155 (30 min. classes)
\$160/\$170 (45 min. classes)

Dance Recital: Saturday, May 4 at Lincoln-Way East

Day: Monday

Dates: Jan 8-Apr 29; No class 2/19, 3/25

Class	Time	Age
Tap	4:15-4:45pm	4.5-5.5
Ballet	4:45-5:15pm	4.5-5.5
Hip Hop/Jazz	5:15-6pm	4th-5th Grade
Tap	6-6:30pm	4th-5th Grade
Ballet	6:30-7:15pm	4th-5th Grade
Pointe 1	7:15-7:45pm	5th Grade
		No Experience

Day: Tuesday

Dates: Jan 9-Apr 30; No class 2/20, 3/26

Class	Time	Age
Tap	4:15-4:45pm	1st-2nd Grade
Ballet	4:45-5:15pm	1st-2nd Grade
Jr. Jazz	5:15-5:45pm	1st-2nd Grade
Pre-Ballet	5:45-6:15pm	3.5-4.5

Day: Wednesday

Dates: Jan 10-May 1; No class 2/14, 3/27

Class	Time	Age
Tap	4:15-4:45pm	K-1
Ballet	4:45-5:15pm	K-1
Poms	5:15-5:45pm	K-1
Ballet	5:45-6:30pm	3rd-4th Grade
Tap	6:30-7pm	3rd-4th Grade
Hip Hop/Jazz	7-7:45pm	3rd-4th Grade

Day: Thursday

Dates: Jan 11-May 2; No class 2/15, 3/28

Class	Time	Age
Tap	4:15-4:45pm	4.5-5.5
Ballet	4:45-5:15pm	4.5-5.5
Hip Hop/Jazz	5:15-6pm	6th-8th Grade
Tap	6-6:30pm	6th-8th Grade
Ballet	6:30-7:15pm	6th-8th Grade
Pointe II	7:15-7:45pm	Previously Taken

Day: Friday

Dates: Jan 12-May 3; No class 2/16, 3/29

Class	Time	Age
Pre-Ballet	4:15-4:45pm	3.5-4.5
Tap	4:45-5:15pm	2nd-3rd Grade
Ballet	5:15-5:45pm	2nd-3rd Grade
Jr. Jazz	6-6:30pm	2nd-3rd Grade
Lyrical	6:30-7:15pm	9th-12th Grade
Hip Hop/Jazz	7:15-8pm	9th-12th Grade
Tap	8-8:30pm	9th-12th Grade

Days Off School

Days off School

Day off of school with nothing to do? Come hang out at Mokena Park District and go on an adventure with us! Doors open at 8am and the adventure doesn't end until 6pm. We will be making crafts and playing lots of games. The day will be filled with endless fun! Please dress your children accordingly as we may go outside if the weather permits it. You can drop your child off any time after 8am and pick up will be anytime before 6pm. If a bus is available some days we may go on a field trip. Please list any allergies on the medical form for your child. ***We must have 10 participants per day for this program to run.**

Instructor: Mokena Park Staff

Location: Program Center

Grades: Kindergarten-5th

Time: Drop off is after 8AM; Pick up before 6pm

Winter Break Camp

Day	Date	Fee R/NR
Tue	Dec 26	\$45/\$55
Wed	Dec 27	\$45/\$55
Thu	Dec 28	\$45/\$55
Fri	Dec 29	\$45/\$55
Tue	Jan 2	\$45/\$55
Wed	Jan 3	\$50/\$60
		Field Trip Included
Thu	Jan 4	\$45/\$55
Fri	Jan 5	\$45/\$55

Multiple children discount of \$5 off each child.

Spring Break Camp

Day	Date	Fee R/NR
Mon	Mar 25	\$45/\$55
Tue	Mar 26	\$45/\$55
Wed	Mar 27	\$45/\$55
Thu	Mar 28	\$45/\$55
Fri	Mar 29	\$45/\$55
Mon	Apr 1	\$45/\$55

Multiple children discount of \$5 off each child.

School Days Off

Day	Date	Fee R/NR
Mon	Jan 15	\$45/\$55
Mon	Feb 19	\$45/\$55

Multiple children discount of \$5 off each child.

Drawing

Crayola Imagine Arts Academy-Monsters and Myths
From sea creatures of the deep to phoenixes of the sky, every society has its monsters and myths. We'll tell their stories through paintings, sculptures and other works of art. Each class is all about designing a one-of-a-kind mythical creature. Let your imagination soar as you explore myths and tell your own stories.

Instructor: Imagine Arts Academy Staff

Location: The Program Center Art Room

Ages: 5-12

Day: Wednesdays

Dates	Time	Fee R/NR
Jan 24-Mar 13	6-7 pm	\$167/\$172
	After Jan 8	\$172/\$177

Kids Drawing Club

Does your child want to learn to draw something new and exciting each week? Mrs. G, the Youth Drawing Director from Young Rembrandts is coming to the community to not only teach kids how to draw but also how to properly color with markers, color pencils, and fine-tip markers. Throughout the entire session, each week will feature a different subject matter, different coloring method. All supplies provided. Come join the drawing fun!

Instructor: Young Rembrandts Staff

Location: Frankfort Founders Center

Grade: 1-5

Day: Thursdays

Dates	Time	Fee R/NR
Feb 1-Apr 4	5:30-6:30pm	\$90/\$95
No class 3/28		
Apr 11-May 16	5:30-6:30pm	\$90/\$95



E-Sports

Madden 24 Tournament

This event is a great way to compete in an organized E-Sports event and try your best against some of the best players in the area. Winner of this event will take home the trophy and prize money. Please bring your own controller for this event. This double elimination tournament will kick off with pool play to determine seeding. Players that bring a system with the game will be given discounted admission into the event.

Location: Oaks Walnut Room

Day: Friday

Date	Time	Fee R/NR
Feb 9	6-8pm	\$10/\$15



Mario Kart 8 Tournament

Think you have what it takes to dodge the red shell and go for gold? This in-person E-Sports Tournament is a great way to compete in an organized event and try your best against some of the best players in the area. Winner of this event will take home the trophy and prize money. Prize money will be approx. 25% of registration costs. Please bring your own controller for this event. Players that bring a system with the game will be given discounted admission into the event. All games will be played on Nintendo Switch.

Location: Oaks-Walnut Room

Age: 7+

Day: Friday

Date	Time	Fee R/NR
Mar 22	6-8pm	\$10/\$15



Super Smash Brothers Tournament

Now is the time to prove your skills at this in-person Super Smash Bros Ultimate E-sports Tournament. This event is a great way to compete in an organized event and try your best against some of the best players in the area. Winner of this event will take home the trophy and prize money. Prize money will be approx. 25% of registration costs. This double elimination tournament will kick off with pool play to determine seeding. Please bring your own controller for this event. Players that bring a system with the game will be given discounted admission into the event. All games will be played on Nintendo switch.

Location: Oaks-Walnut Room

Age: 7+

Day: Saturday

Date	Time	Fee R/NR
Apr 27	10am-12pm	\$10/\$15

NBA 2k24 Tournament

This event is a great way to compete in an organized E-Sports event and try your best against some of the best players in the area. Winner of this event will take home the trophy and prize money. Prize money will be approx. 25% of registration costs. This double-elimination tournament will be kicked off with pool play to determine seeding. Please bring your own controller for this event. Players that bring a system with the game will be given discounted admission into the event.

Location: Oaks-Walnut Room

Age: 7+

Day: Saturday

Date	Time	Fee R/NR
May 25	10am-12pm	\$10/\$15

Youth Programs

Gymnastics

Open to Mokena Park District residents only.

Location: Gym-Kinetics

Dates: January 15-March 30

Mom & Mini

This program offers a range of gross motor activities while being introduced to gymnastics.

Age: 2-3 w/adult

Day	Time	Resident Fee
Sat	11-11:50am	\$186

3 Year Old Mini Gymnastics

Your child will experience different gross motor activities along with an intro to gymnastics skills.

Age: 3

Day	Time	Resident Fee
Tue	4-4:50pm	\$186
Sat	12-12:50pm	\$186

4 & 5 Year Old Mini Gymnastics

This class will teach the beginner stages of tumbling and all of the gym apparatus.

Age: 4-5

Day	Time	Resident Fee
Tue	5-5:50pm	\$186
Tue	6-6:50pm	\$186
Sat	12-12:50pm	\$186

Ninja Zone

Ninja Zone is the entry level to an all new sport discipline inspired by gymnastics, martial arts, obstacle course training, and street dance.

Age: 4-5

Day	Time	Resident Fee
Tue	6-6:50pm	\$186
Thur	5-5:50pm	\$186

Age: 6-8

Day	Time	Resident Fee
Wed	4-4:50pm	\$186
Sat	11-11:50am	\$186

Beginner Girls

Each student will learn tumbling skills with intro skills on the balance beam, uneven bars, and vault.

Age: 5-6

Day	Time	Resident Fee
Tue	4-5pm	\$194
Thur	5-6pm	\$194
Sat	9-10am	\$194

Age: 7-11

Day	Time	Resident Fee
Mon	6-7pm	\$194
Thur	4-5pm	\$194
Sat	9-10am	\$194
Sat	12-1pm	\$194

Horseback Riding

Horseback Riding Lessons

Get up and go! It's time to ride at Nova Quarter Horses! 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. A 5-lesson card includes 5 individual one-hour group lessons. Helmets are available at parent's request. Once your lesson card is purchased, call Nova to schedule your lessons at (708) 479-3696. There is a limit of one initial park district 5-lesson card per family. Jeans and boots or hard soled shoes are required.

Location: Nova Quarter Horses

Age: 7+

Fee R/NR: \$270

Call Nova to schedule your lessons, after you have purchased your card, (708) 479-3696.

Winter Horse Camp

Join Nova Quarter Horses for 3 fun-filled days of Winter Horse Camp! Each day will consist of hands on experience and a riding lesson. Guided by our experienced staff members, each participant will learn to saddle, bridle and groom their own horse before taking them to the arena for the daily lesson.

Location: Nova Quarter Horses

Age: 7+

Dates: Tue-Thurs

Dates	Time	Fee
Jan 2-4	10am-3pm	\$300

Mommy & Me Mother's Day Horseback Ride

Mother's Day is an occasion to celebrate so why not let Nova Quarter Horses give you a Mother's Day you won't forget? Come join us with your little ones for a fun-filled day of riding and crafting! This event includes a riding lesson, a tour of our barn as well as the opportunity to learn how to groom a horse! Once you're done horsing around, every child is provided the materials to make Mom a special keepsake to remember this special day. Come out and join us for this very unique Mother's Day experience!

Location: Nova Quarter Horses

Age: 7+

Day: Friday

Date	Time	Fee
May 10	5-7pm	\$120 a pair \$55 add. rider

Day: Saturday

Date	Time	Fee
May 11	5-7pm	\$120 a pair \$55 add. rider

Daddy & Me Father's Day Horseback Ride

Do something unique and fun this Father's Day weekend! Come join us with your little ones for a fun filled day of riding and crafting! This event includes a riding lesson, a tour of our barn and how to groom a horse! Come out and join us for this awesome Father's Day experience!

Location: Nova Quarter Horses

Age: 7+

Day: Friday

Date	Time	Fee
Jun 7	5-7pm	\$120 a pair \$55 add. rider

Day: Saturday

Date	Time	Fee
Jun 8	5-7pm	\$120 a pair \$55 add. rider

Language

Vamonos Youth Spanish

Learning a second language can open a world of possibilities for your child. In this class, students will learn Spanish conversation and some Spanish grammar, reading and writing skills through interactive and fun activities and games. Each session covers new and exciting materials!

Instructor: Language in Action

Location: Founders Community Center

Age: 6-11

Day: Tuesday

Dates	Time	Fee R/NR
Jan 16-Feb 20	6-6:45pm	\$90/\$93
Feb 27-Apr 9	6-6:45pm	\$90/\$93
No class 3/26		
Apr 16-May 21	6-6:45pm	\$90/\$93

ASL (American Sign Language)- Learn to Sign

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. Zoom login information will be emailed to participants.

Instructor: Language in Action

Location: ZOOM

Ages: 7-11

Day: Wednesdays

Dates	Time	Fee R/NR
Jan 17-Feb 21	5-5:45pm	\$90/\$93
Feb 28-Apr 3	5-5:45pm	\$90/\$93
Apr 10-May 15	5-5:45pm	\$90/\$93

Ages: 12-18

Day: Wednesdays

Dates	Time	Fee R/NR
Jan 17-Feb 21	6-6:45pm	\$90/\$93
Feb 28-Apr 3	6-6:45pm	\$90/\$93
Apr 10- May 15	6-6:45pm	\$90/\$93

Magic

Magic Class

Children will have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided, and each child receives a magic kit.

Instructor: Magic Team of Gary Kantor

Location: Frankfort Founders Center

Age: 5-12

Date	Time	Fee R/NR
Tue Feb 13	5-5:55pm	\$22/\$27
	After Feb 5	\$27/\$32
Thu Apr 18	5-5:55pm	\$22/\$27
	After Apr 4	\$27/\$32

Medical

Little Doctor School

Our youngest future doctors will use a real stethoscope and other medical instruments, learn how muscles and nerves work together, cast a broken bone and how to properly scrub their hands before surgery.

Instructor: Little Medical School

Location: The Oaks-Walnut Room

Age: 4-6

Day: Wednesdays

Date	Time	Fee R/NR
Feb 14-Mar 20	4:15-5:15pm	\$170/\$180

Little Veterinarian School Dog

After "adopting" their very own plush puppy, students will roleplay the key responsibilities of a veterinarian, including how to properly perform a nose-to-tail exam. These future veterinarians will learn how to sew stitches, remove ticks, make healthy treats, and vaccinate their dog.

Instructor: Little Medical School

Location: The Oaks-Walnut Room

Age: 6-10

Day: Wednesdays

Date	Time	Fee R/NR
Feb 14-Mar 20	5:30-6:30pm	\$182/\$192

Little Veterinarian School Cat

Students will role-play the key responsibilities of a veterinarian and perform an exam on their newly "adopted" plush cat. These future veterinarians will learn about animal body language, maintaining a healthy environment such as proper litterbox placement, create a cat toy, and design a vet clinic.

Instructor: Little Medical School

Location: The Oaks-Walnut Room

Age: 6-10

Day: Wednesdays

Date	Time	Fee R/NR
Feb 14-Mar 20	6:45-7:45pm	\$182/\$192

Youth Programs



Little Veterinarian School Dog

After “adopting” their very own plush puppy, students will role-play the key responsibilities of a veterinarian, including how to properly perform a nose-to-tail exam. These future veterinarians will learn how to sew stitches, remove ticks, make healthy treats, and vaccinate their dog.

Instructor: Little Medical School

Location: The Oaks-Walnut Room

Age: 4-6

Day: Wednesdays

Date	Time	Fee R/NR
Apr 24-May 29	4:15-5:15pm	\$182/\$192



Little Doctor School

Through role-play and activities, students will learn the key responsibilities of a doctor and explore the heart, lungs, and digestion. Students will use real medical instruments (stethoscope, reflex hammer, and blood pressure cuff) and practice scrubbing, suturing, and tying knots like a real surgeon.

Instructor: Little Medical School

Location: The Oaks-Walnut Room

Age: 6-10

Day: Wednesdays

Date	Time	Fee R/NR
Apr 24-May 29	5:30-6:30pm	\$167/\$177



Wilderness Medicine

Students will explore some of the dangers in the wild such as bug bites, snake bites, and poisonous plants. These future emergency medics will learn how to splint a broken leg, tie a tourniquet, filter dirty water, the effects of hypothermia and 20 ways to use a bandana in emergencies.

Instructor: Little Medical School

Location: The Oaks-Walnut Room

Age: 6-10

Day: Wednesdays

Date	Time	Fee R/NR
Apr 24-May 29	6:45-7:45pm	\$167/\$177

Take-Home Crafts

Stuff -Your-Own Gift Basket

Love is in the Air!!

Your cupid babies will have lots of fun with this gift basket! Each basket includes: 1 unstuffed animal, fluff to stuff, wishing star, birth certificate, craft, and Valentine Boxers.

Instructor: Stuffed with Love

Pick-Up Location: Administration Building

Date	Fee	Pick Up Date
Feb 1	\$40/\$45	Feb 15

Spring has Sprung!

What better way to celebrate than by making your very own Easter baby! Your kids will hop with joy over this Egg-celent basket! Each basket includes: 1



unstuffed animal, fluff to stuff, wishing star, birth certificate, craft, and Easter Book.

Instructor: Stuffed with Love

Pick-Up Location: Administration Building

Date	Fee	Pick Up Date
Mar 1	\$40/\$45	Mar 15

When it Rains!

When it rains, it pours! But we don't mind, because it's raining cats and dogs in this basket! Stay dry inside and have a downpour of FUN! Each basket includes: 1 unstuffed cat or dog, fluff to stuff, wishing star, birth certificate, craft, and Rainy Day Book.

Instructor: Stuffed with Love

Pick-Up Location: Administration Building

Date	Fee	Pick Up Date
April 1	\$40/\$45	April 15

Training

Safe at Home

This course will teach children who are home alone the importance of behaving responsibly and how to handle themselves when confronted with a challenge. Topics covered include safety in the home, proper use of keys, what to do in case of an emergency, how to respond to strangers and more.

Instructor: Donna Giove

Location: Frankfort Founders Center

Age: 6-10

Day: Monday

Date	Time	Fee R/NR
Mar 11	4:30-6pm	\$40/\$45

First Aid for Kids

This American Red Cross class teaches children basic health and safety tips focusing on shock, bleeding, choking, the Heimlich maneuver, burns, poisons, and much more! Many hands-on activities will be provided for additional reinforcement.



Instructor: Donna Giove

Location: Frankfort Founders Center

Age: 6-10

Day: Monday

Date	Time	Fee R/NR
Mar 11	6:30-8pm	\$40/\$45

Baseball

Baseball

Skyhawks baseball takes the rich history of the game from Cooperstown to your town. Our progression curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment by local Skyhawks staff. All athletes regardless of skill level will learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility.

Instructor: Skyhawk Sports Academy Staff

Location: Main Park

Day: Mondays

Ages: 4-6

Dates	Time	Fee R/NR
Mar 4-Apr 9	6-6:50pm	\$80/\$90
	After Feb 28	\$85/\$95

Ages: 7-12

Dates	Time	Fee R/NR
Mar 4-Apr 9	7-7:50pm	\$80/\$90
	After Feb 28	\$85/\$95

Spring Swing with Coach Hernandez

This Baseball and Softball camp is the perfect choice for beginners, intermediate, and even the most advanced players to get back into the swing of baseball/softball and get ready for the upcoming season! All campers will receive professional instruction in hitting, fielding and pitching. We will then use this skill specific training to play games designed to help everyone achieve their goals.

Instructor: Anthony Hernandez

Location: Hecht Park Baseball Field

Day: Saturday

Age: 6-8

Date	Time	Fee R/NR
Mar 30	11am-12:30pm	\$35/\$45
Apr 6	11am-12:30pm	\$35/\$45

Age: 9-12

Date	Time	Fee R/NR
Mar 30	12:30-2pm	\$35/\$45
Apr 6	12:30-2pm	\$35/\$45

***Receive \$10 off when you sign up for both days.**

Basketball

Basketball

This fun program is designed with the beginning to intermediate player in mind. Our staff focuses on the whole player, teaching your child the skills needed both on and off the court to be a better athlete. Each day will start with a "skill of the day" and progress into drills and games.

Instructor: Skyhawk Sports Academy Staff

Location: Oaks

Day: Tuesdays

Ages: 4-6

Dates	Time	Fee R/NR
Mar 5-Apr 10	5-5:50pm	\$80/\$90
	After Feb 27	\$85/\$95

Ages: 7-9

Mar 5-Apr 10	6-6:50pm	\$80/\$90
	After Feb 27	\$85/\$95

Ages: 10-12

Mar 5-Apr 10	7-7:50pm	\$80/\$90
	After Feb 27	\$85/\$95

Cheerleading

Ignite Cheerleading

The Ignite Cheerleading program is designed to provide a fantastic introduction to the world of cheerleading. Participants will develop level appropriate skills in cheers, dance, jumps, motions, and beginner stunts. An email will explain the additional costs for competition, uniform requirements, practice expectations, and provide instructions on how to register.

Instructor: Ignite Cheer

Location: New Lenox Park District

Age: 4-6

Day: Mondays

Dates	Time	Fee R/NR
Jan 8-Apr 2	6-6:55pm	\$235/\$240
	After Jan 1	\$240/\$245

No class 2/19 & 3/25

Age: 7-14

Jan 8-Apr 22	7-7:55pm	\$235/\$240
	After Jan 1	\$240/\$245

No class 2/19 & 3/25

PARTICIPANT CODE OF CONDUCT

Our goal as a Park District is to ensure that every participant has FUN. The following conduct guidelines serve as a simple reminder that this is recreation, not professional sports. Play to have FUN:

- ♦ 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.
- ♦ Respect all equipment, supplies, and facilities provided by Mokena Community Park District.

Anyone, player, coach, referee or staff member, that does not follow the Code of Conduct, will be dismissed from the league or program without a refund or form of payment. These programs are for social and developmental skills only. These are non-competitive programs.

Youth Athletics

Football

Flag Football

Skyhawks Flag Football is the perfect introduction to “America’s Game” or a great refresher those who want to brush up on their skills preparing for league play. Through our “skill of the day” exercises, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning, all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills.

Instructor: Skyhawk Sports Academy Staff

Location: The Oaks

Day: Mondays

Ages: 6-10

Dates	Time	Fee R/NR
Jan 8- Feb 26	5:45-6:45pm	\$99/\$104
	After Jan 1	\$104/\$109

Lacrosse

Lacrosse

Athletes will learn the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment. All equipment is provided, but participants are welcome to bring their own lacrosse stick. Participants are not required to wear goggles, a helmet or gloves due to the use of soft lacrosse balls and our staff ensuring non-checking, non-contact play.

Instructor: Skyhawk Sports Academy Staff

Location: Main Park

Day: Thursdays

Ages: 6-8

Dates	Time	Fee R/NR
Mar 20-Apr 24	5-5:50pm	\$80/\$90
	After Feb 28	\$85/\$95

Ages: 9-12

Dates	Time	Fee R/NR
Mar 20-Apr 24	6-6:50pm	\$80/\$90
	After Feb 28	\$85/\$95

Multi-Sport

Multi-Sport (Basketball and Baseball)

Introduce your superstar to sports in our most popular program! This Basketball and Baseball class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development.

Instructor: Skyhawks Academy Staff

Location: The Oaks

Age: 6-10

Dates	Time	Fee R/NR
Mar 6-Apr 24	5:40-6:20pm	\$90/\$100
	After Feb 21	\$100/\$110

Ninja

Ninja-Winter Break Program

Train like a Ninja Warrior! Kids will develop strength, speed, agility, balance, and coordination on obstacles that replicate ones from American Ninja Warrior. Kids will learn how to navigate obstacles correctly leading up to a group competition during the class.

Instructor: Bill Branigan

Location: The Oaks

Age: 7-14

Day: Tuesday & Wednesday

Dates	Time	Fee R/NR
Dec 26-Jan 3	9-10:30am	\$90/\$100

Ninja Class

Train like a Ninja Warrior! Kids will develop strength, speed, agility, balance, and coordination on obstacles that replicate ones from American Ninja Warrior. Kids will learn how to navigate obstacles correctly leading up to a group competition during the class.

Instructor: Bill Branigan

Location: The Oaks

Age: 7-14

Day: Monday

Dates	Time	Fee R/NR
Mar 4-25	4:30-5:30pm	\$60/\$70

Soccer

Soccer

Skyhawks was founded as a soccer club in 1979. Thirty years later, we are still the number one choice for parents looking to introduce their children to the fundamentals of the world’s most popular sport. Using our progression curriculum, your young athlete will gain the technical skills and sport knowledge required for the next step into soccer. Designed for beginner and intermediate players, this camp focuses on dribbling, passing, shooting, and ball control.

Instructor: Skyhawk Sports Academy Staff

Location: The Oaks

Day: Tuesdays

Ages: 4-6

Dates	Time	Fee R/NR
Jan 9-Feb 13	5-5:50pm	\$80/\$90
	After Jan 1	\$85/\$95

Ages: 7-12

Dates	Time	Fee R/NR
Jan 9-Feb 13	6-6:50pm	\$80/\$90
	After Jan 1	\$85/\$95



Youth Spring Recreational Soccer League

Mokena and Manhattan Park Districts are conducting an instructional soccer league focusing on the basic skills for the beginning and novice youth players. The program focuses on small-sided games for maximum touches on the ball and maximum participation for the player, both of which are instrumental for player development. Team practices are during the week and games on Sundays. Each team is guaranteed to play 7 games. Registration ends March 22. Non early bird registration ends February 26. Age 4-K will not keep score and age 4-K and 1-2 grade will not have playoffs. No games May 26.

Location: Willowview Park

Age: 4-14

Day: Sunday Games (practices depends on coaches)

Dates: First Game 4/21 **Time:** Varies

Fee R/NR: \$120/\$140

After Feb 26: \$130/\$150

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. All volunteer 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 you. If you are interested in coaching please contact Skyler Ramberger at sramberger@mokenapark.com.

Track & Field

Track & Field Speed and Agility

These programs combine technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events, distance running, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program. Participants will put it all together for one fun-filled day at the end of the week at the Skyhawks track meet!

Instructor: Skyhawk Sports Academy Staff

Location: Main Park

Day: Wednesday

Ages: 4-6

Dates	Time	Fee R/NR
Mar 6-Apr 10	5-5:50pm	\$80/\$90
	After Feb 28	\$85/\$95

Ages: 7-12

Dates	Time	Fee R/NR
Mar 6-Apr 10	6-6:50pm	\$80/\$90
	After Feb 28	\$85/\$95

Volleyball

G2VBC Youth Volleyball Academy

This is an 8-week instructional program for children Grades 1-8. 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.

Instructor: G2VBC Staff

Location: The Oaks—West Court

Day: Wednesdays

Grades: 1-4

Dates	Time	Fee R/NR
Jan 3-Feb 21	4:30-5:30pm	\$75/\$88
	After Dec 23	\$85/\$98
Mar 6-Apr 24	4:30-5:30pm	\$75/\$88
	After Feb 21	\$85/\$98
May 8- Jun 26	4:30-5:30pm	\$75/\$88
	After Apr 21	\$85/\$98

Grades: 5-8

Dates	Time	Fee R/NR
Jan 3-Feb 21	5:30-6:30pm	\$75/\$88
	After Dec 23	\$85/\$98
Mar 6-Apr 24	5:30-6:30pm	\$75/\$88
	After Feb 21	\$85/\$98
May 8- Jun 26	5:30-6:30pm	\$75/\$88
	After Apr 21	\$85/\$98

VOLUNTEERS NEEDED!



Do you need volunteer hours for school, scouts, or a club?

You can fulfill your community service requirements at Mokena Park District. The minimum age is 13 or 7th grade. To volunteer at an event, sign-up with the park district prior to the event. Check with your organization to be sure they will accept volunteer hours from the park district.

For more information and to get a volunteer application, visit our website or call
(708) 390-2401 www.mokenapark.com

Teen/Adult Programs

Crafting

Teen Board and Brush

Grab your friends and paint a board! Join us at Board in Brush in New Lenox, for a fun night filled with sanding distressing, staining stenciling and more! Fee includes the board of your choice, paint, aprons, supplies etc. Snacks will be provided.

Location: Board and Brush New Lenox

Age: 12-15

Day: Thursday

Date	Time	Fee R/NR
Feb 8	6-8pm	\$55/\$60

Training

Babysitter Training

This is a two-day class which focuses on providing youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly provide care for children and infants. This training will help participants gain leadership skills, learn how to develop a babysitting business, keep themselves and others safe, help children behave, and learn about basic child care and basic first aid. Certification for this class includes participant's workbook, emergency guide, and CD-Rom, as well as an American Red Cross Babysitters Training certificate. Attendance is required for the entire two days to receive certificate. The instructor will give the students 15-minute breaks, please provide your child with a snack.

Instructor: Donna Giove

Location: Frankfort Founders Center

Age: 11-15

Days: Monday & Wednesday

Date	Time	Fee R/NR
Feb 5 and 7	4:30-8pm	\$80/\$85
Apr 15 and 17	4:30-8pm	\$80/\$85

Trips

Wilmot Mountain Ski Resort Trip!

Grab your friends and hop on our bus as we take a ski trip! You can bring your own gear or rent from the lodge, either way everyone will have a great time. Participants will be checking in with staff throughout the trip. Fee includes transportation and lift ticket. Participants are encouraged to bring their own lunch or cash to buy food there.

Location: Irwin Community Center

Grade: 6-8

Day: Monday

Date: Jan 15

Time: Bus departs at 9am; Bus returns approx. at 7pm

Fee R/NR: \$125/\$150

Rental for Skis, poles, helmet: \$48

Cooking

Knife Skills Class with Farm House Academy

Proper knife skills are an essential in the kitchen for safety and efficiency! Learn how to properly cut fruit and vegetables as we make a delicious mango salsa. Students will learn proper cutting technique as well as how to care for and store your knives.

Instructor: Kara Fanelli

Location: Program Center

Age: 18+

Day: Wednesday

Date	Time	Fee R/NR
Feb 21	5:30-7pm	\$50/\$55

Pierogi Workshop

Learn to make this delicious Polish treat with us! Each student will make their own dough and fill their pierogi with a classic cheese and potato filling. Assembly and cooking techniques are also covered in this class.

Instructor: Kara Fanelli

Location: Farmhouse Academy

Age: 18+

Day: Wednesday

Date	Time	Fee R/NR
Apr 24	5:30-7pm	\$50/\$55

Crafting

Adult Board and Brush

Grab your friends and paint a board! Join us at Board in Brush in New Lenox, for a fun night filled with sanding distressing, staining stenciling and more! Fee includes the board of your choice, paint, aprons, supplies etc. Snacks will be provided. Beer and wine will be available to purchase

Location: Board and Brush New Lenox

Age: 21+

Day: Thursday

Date	Time	Fee R/NR
Apr 11	6-9pm	\$98/\$103

Language

ESL (English as a Second Language)

Improve your English skills without leaving your home. In this class you will learn conversational English, as well as some reading and writing skills that you can immediately begin using. The class will be tailored as much as possible to the needs of the students enrolled. Zoom login information will be emailed to participants before the first class

Instructor: Language in Action

Ages: 18+

Day: Tuesdays

Dates	Time	Fee R/NR
Jan 16-Feb 20	7:15-8:15PM	\$90/\$93
Feb 27- Apr 2	7:15-8:15PM	\$90/\$93
Apr 9- May 14	7:15-8:15PM	\$90/\$93



ASL (American Sign Language)

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. Taught live on the Zoom platform by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class

Instructor: Language in Action

Location: ZOOM

Ages: 18+

Day: Wednesdays

Dates	Time	Fee R/NR
Jan 17-Feb 21	7-8pm	\$90/\$93
Feb 28- Apr 3	7-8pm	\$90/\$93
Apr 10- May 15	7-8pm	\$90/\$93

Line Dancing

Line Dancing—Intermediate

Maxine will teach two current intermediate level line dances per 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. This class is not for beginners. Join the fun, get good exercise, and dance, dance, dance.

Instructor: Maxine Nowobilski

Location: The Oaks Recreation & Fitness Center

Ages: 18 +

Day: Wednesday

Dates	Time	Fee R/NR
Jan 31-Mar 6	1-2pm	\$48/\$58
Mar 20-May 1	1-2pm	\$48/\$58

Line Dancing—Advanced

Participants must have experience with intermediate level dances for this class. Most dances have complicated and syncopated eight counts with lots of quarter, half and full turns. Dance shoes are recommended. Expect thorough teaching and review. **Must of taken Maxine's Intermediate class first in order to register!**

Instructor: Maxine Nowobilski

Location: The Oaks Recreation & Fitness Center

Ages: 18 +

Day: Friday

Dates	Times	Fee R/NR
Feb 2-Mar 8	1-2pm	\$48/\$58
Mar 22-May 3	1-2pm	\$48/\$58

ADULT LEAGUE

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). Refunds will not be issued to teams cancelling after the registration deadline.
- ♦ There will be a \$25 late fee for any team registering after the registration deadline.

Basketball

3v3 Basketball Tournament

This half-court 3 v 3 Basketball Tournament hosted at the Oaks Recreation & Fitness Center will see the best of Mokena face off in a 1-day battle to be crowned 3 v 3 Champion! This tournament will have 4 different age groups Under 14, 14-18, 18-35 and 35+. The winner of this tournament will take home a percentage of registration fees and the title "Best 3's team in Mokena. Games will be first to 15 points, all teams are guaranteed 3 pool play games. All participants must register for this event, please email all teams to Sramberger@mokenapark.com.

Location: Oaks Recreation and Fitness Center

Ages: 14U, 14-18, 18-30, 30+

Day: Saturday

Date	Time	Fee R/NR
Apr 27	11am-4pm	\$15/\$20
	After Apr 1	\$20/\$30

Men's 18+ Basketball League—5v5

Each team is guaranteed to play 8 games. Team name and color must be submitted at registration, and 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. Captains' meeting will be Thursday, January 4, 2024 at 6pm at The Oaks Recreation & Fitness Center. Early Bird Registration deadline is December 18. **No Games Jan 15.**

Location: Mokena Junior High

Ages: 18 +

Day: Monday

Date	Time	Fee R/NR
Jan 8-Mar 25	7-9pm	\$535/\$600
	After Dec 18	\$540/\$605

Adult Leagues

Cornhole

Spring Singles Cornhole League

Mokena Community Park District is thrilled to present this 4-week singles cornhole league. The first 3 weeks of this league will be pool play where each player is guaranteed 2 games a night, the final week will be the seated playoffs based on performance in the pool play games. Whether you're a seasoned pro or a first-time player, there's something for everyone in this league. Don't miss out on the chance to show off your cornhole skills and have a blast while doing it. Tournament payout will be approx. 25% of total registration. No onsite registration will be accepted.

Location: Oaks Recreation and Fitness Center

Age: 18+

Day: Thursday

Dates	Time	Fee R/NR
Apr 4-25	6-8pm	\$30/\$40

Softball

Co-Ed 16" Slow-pitch Softball

This sanctioned league guarantees each team 10 games, and the number of teams qualifying for the playoffs will be determined by number of participating teams. Team rosters must consist of a minimum of 10 players or a maximum of 20 players. Cash prizes for winners of the playoffs.

Location: Main Park

Age: 18+

Day: Friday

Dates	Time	Fee R/NR
First game May 3	6:30pm start	\$600/\$625
	After Apr 12	\$625/\$650

Men's 16" Slow-pitch Softball

This sanctioned league guarantees each team 10 games, and the number of teams qualifying for the playoffs will be determined by number of participating teams. Team rosters must consist of a minimum of 10 players or a maximum of 20 players. Cash prizes for winners of the playoffs.

Location: Main Park

Age: 18+

Day: Wednesday

Dates	Time	Fee R/NR
First game May 1	6:30pm start	\$600/\$625
	After Apr 10	\$625/\$650

FREE AGENCY

Want to play in a league, but don't have a team? Call the Administrative Office at 708-390-2401 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.

Volleyball

Indoor Co-Ed Volleyball League—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. Captains' meeting for all leagues is Wednesday, January 3 at 6pm at the Oaks Recreation and Fitness Center. Registration deadline for all leagues is Friday December 22, 2023 if leagues are not all ready full!

A League (Competitive) *Max 4 teams*

Location: The Oaks Recreation & Fitness Center

Age: 18 +

Day: Monday

Dates	Time	Fee R/NR
Jan 8-Apr 1	6:45-8:45pm	\$375/\$400
	After Dec 1	\$380/\$405

***NO GAMES on Jan 15**

B League (Upper Intermediate) *Max 8 teams*

Location: The Oaks Recreation & Fitness Center

Age: 18 +

Day: Tuesday

Dates	Time	Fee R/NR
Jan 9-April 2	6:45-8:45pm	\$375/\$400
	After Dec 1	\$380/\$405

C League (Lower Intermediate) *Max 8 teams*

Location: The Oaks Recreation & Fitness Center

Age: 18 +

Day: Tuesday

Dates	Time	Fee R/NR
Jan 9-April 2	6:45-8:45pm	\$375/\$400
	After Dec 1	\$380/\$405

D League (Recreational) *Max 8 teams*

Location: The Oaks Recreation & Fitness Center

Age: 18 +

Day: Wednesday

Dates	Time	Fee R/NR
Jan 10-April 3	6:45-8:45pm	\$375/\$400
	After Dec 1	\$380/\$405

Women's League *Max 4 teams*

Location: The Oaks Recreation & Fitness Center

Age: 18 +

Day: Wednesday

Dates	Time	Fee R/NR
Jan 10-April 3	6:45-8:45pm	\$375/\$400
	After Dec 1	\$380/\$405

Adult Leagues/Trips

Sand Co-Ed Volleyball League—6 V 6

Each team is guaranteed 10 matches, the number of teams qualifying for 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 winner of the regular season and playoff.

Women's League

Location: Main Park Sand Volleyball Courts

Age: 18 +

Day: Monday

Dates	Time	Fee R/NR
April 15-July 8	6:45-8:45pm	\$375/\$400
	After Apr 1	\$380/\$405

B League (Upper Intermediate)

Location: Main Park Sand Volleyball Courts

Age: 18 +

Day: Tuesday

Dates	Time	Fee R/NR
April 16-July 9	6:45-8:45pm	\$375/\$400
	After Apr 1	\$380/\$405

C League (Lower Intermediate)

Location: Main Park Sand Volleyball Courts

Age: 18 +

Day: Tuesday

Dates	Time	Fee R/NR
April 16-July 9	6:45-8:45pm	\$375/\$400
	After Apr 1	\$380/\$405

D League (Recreational)

Location: Main Park Sand Volleyball Courts

Age: 18 +

Day: Wednesday

Dates	Time	Fee R/NR
April 17-July 10	6:45-8:45pm	\$375/\$400
	After Apr 1	\$380/\$405

Trips

Afternoon Tea at the Little Traveler

Join us for a fabulous afternoon in Geneva, Illinois! We will enjoy Afternoon Tea in the Atrium Café at everyone's favorite shopping spot, the Little Traveler. This traditional three-course English Afternoon Tea includes tea sandwiches, scones, sweets, and a selection of teas. The Little Traveler is a quaint 36-room Victorian Mansion filled with all kinds of treasures and is the perfect spot to enjoy tea with your friends. Geneva is also a shopper's paradise boasting over 100 specialty shops, many in historic storefronts and charming Victorian-style homes. After tea, you will enjoy some time shopping.

Registration Deadline: February 29

Location: Frankfort Founders Community Center

Age: 21+

Day: Wednesday

Date	Time	Fee
March 27	9:15am-4:30pm	\$69

Pigeon Forge and Smoky Mountains Show Trip

FEE IS PER PERSON, you and your companion must register. You will receive 5 nights lodging, 8 meals (5 breakfast, 3 dinner), shows and admission to Dollywood. The fee includes the driver gratuity.

The package will include:

Motorcoach transportation
5 nights lodging including 3 consecutive nights in the Smokies

8 meals: 5 breakfasts and 3 dinners

One Morning Show: Payy Waszak Show

Three Evening Shows: Country Tonite, Paula Deen's Lumberjack Feud Show & "Array"

Guided tour of the Great Smoky Mountains National Park.

Free time in historic downtown Gatlinburg

Admission to Dollywood

Trip insurance prices vary depending on occupancy (\$48 triple, \$62 double and \$72 single per person) Please write a separate check payable to: Travel Insured International Inc. or pay it online at www.travelconfident.com

Go to www.mokenapark.com to see the FULL daily itinerary.

Day 1: Depart

Day 2: The Smoky Mountains—Pigeon Forge's Variety show "Array".

Day 3: Dollywood—Country Tonite production show

Day 4: Tour Smoky Mountains National Park, Free Time in Gatlinburg, Paula Deen's Lumberjack Feud Show

Day 5: Patty Waszak Show

Day 6: Depart

Location: Main Park

Age: 21+

Day: Sunday-Thursday

Dates	Time
April 22-27	8am departure

Fee R/NR

Due at the time of registration: \$75

The remaining balance is due by February 15, 2024:

Single Occupancy:	\$1184 per person
Double Occupancy:	\$995 per person
Triple Occupancy:	\$972 per person



Trips/Golden Agers

Polonia Chicago

You don't have to travel overseas to visit the Old Country. Chicago boasts a thriving Polish community, and we will celebrate all things Polish. Our day will begin with a tour of a magnificent Polish church in the heart of Chicago's Polish Village. Next, we'll visit The Polish Museum of America for a docent-led tour. Afterward, we'll enjoy a sit-down Polish meal complete with all the Polish favorites including pierogi, Polish sausage, and red cabbage, along with time to shop along Milwaukee Avenue. We'll end our day with shopping at a Polish local gem so that we may bring home some tasty treats.

Registration Deadline: March 20

Location: Frankfort Founders Community Center

Age: 21+

Day: Thursday

Date	Time	Fee
April 25	8:45am-5:30pm	\$149



Beautiful: The Carol King Musical Paramount Theatre

Nominated for 7 Tony Awards, with 2 wins and a Grammy Award winner for Best Musical Theater Album! Beautiful-The Carole King Musical tells the inspiring true story of King's remarkable rise to stardom as part of the hit songwriting team with her husband Gerry Goffin and going on to become one of the most successful singer, songwriter, and musicians in popular music history. Her credits include songs such as "You've Got a Friend," "[You Make Me Feel Like] A Natural Woman," "It's Too Late," "I Feel the Earth Move," "Will You Love Me Tomorrow," "So Far Away," and many more. Before the show, we will enjoy a delicious catered lunch in the Theatre Ballroom.

Registration Deadline: February 29

Location: Frankfort Founders Community Center

Age: 21+

Day: Wednesday

Date	Time	Fee
May 29	10:45am-5:30pm	\$125

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Wednesday, January 17

11am-1pm • The Oaks Recreation & Fitness Center

Fee R/NR: \$12/\$14

Registration deadline: January 10.

Bring some friends or come and make new friends while enjoying lunch and bingo. We'll be feasting on a buffet-style lunch, socializing and playing three rounds of bingo. Age 55 & over. Fee includes lunch, drinks, dessert and bingo cards. Preregistration required.

Wednesday, March 6

11am-1pm

Fee R/NR: \$12/\$14

The Oaks Recreation & Fitness Center,

Registration deadline:

February 28.

Wednesday, May 15

11am-1pm

Fee R/NR: \$12/\$14

The Oaks Recreation & Fitness Center,

Registration deadline:

May 8.

Park Offerings

Community Gardens

Rental of our garden plots will be available for residents and non-residents on a first-come, first-served basis. Plots are 12' x 12', and are \$25 per plot for residents, \$40 per plot for non-residents. Proof of residency will be required.

- Gardeners will be sent an informational packet before the growing season.
- Planting may begin on May 1.
- Plots not planted by June 1 will be returned to the Park District for re-rental. (No refunds)
- Plots must be completely cleaned out by November 1 or rental privileges for successive years will be forfeited, and a clean-up fine may be assessed.
- Water is provided on-site and gardener supplies their own tools, plants, etc.
- Drop off your paperwork and payment to the Administration Center.
- At the end of the gardening season, if you wish to keep your plot please contact the Administration Center to pre-pay for the next year.

Donate-a-Tree

Celebrate a birth, anniversary, or memorialize a loved one with a donation to purchase a tree to be planted in the park of your choice. 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. 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 to 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 Customer Service Desk to obtain an ID card and use the track for FREE. (Proof of residency required.)

Gift Certificates

Give a gift that will be sure to fit. Whatever the occasion, Gift Certificates are available in a variety of dollar amounts. Just drop by the Administration Center or The Oaks today!

IAPD Youth License Plate

Park Districts in Illinois have been providing vital Youth programs for many years. These license plates help fund activities for Illinois' youth. 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 & Fitness Center in a variety of weights, styles, colors and prices. Disc Golf Bags are also available.

Mokena Community Park District Foundation

The Mokena Community Park District Foundation is a 501(c)3 charitable foundation. Its mission is to raise funds to provide scholarships for Park District or affiliate organization



*Mokena Community Park District
Foundation*

programming for children of the community in need, scholarships for local residents attending an accredited college to obtain a degree in the Parks and Recreation field, and for capital projects and landscaping/beautification projects. Information about the Foundation, along with applications for Financial Aid for Programming, can be found on the Park District website: www.mokenapark.com.

Park 'n Bark Dog Park

The Park 'n Bark Dog Park is open year-round from dawn to dusk. Portions of the dog park may be closed periodically for maintenance, or to accommodate special events. An annual pass is required for admittance. Dogs must have the following immunizations: Rabies and DHLPP. Proof of current vaccinations will be required. There are small dog and large dog sections, dogs over 30 pounds cannot be in the small dog section. For a complete list of rules, and to obtain a registration packet, visit our website at www.mokenapark.com and look for the Dog Park page under "Parks and Facilities". Fees for a 2024 annual pass are: R/NR: \$25/\$35 for first dog and \$5 for each additional dog. Passes may be purchased during regular business hours at the Administration Center (Monday-Friday from 9am to 5pm).

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 708-390-2409 to find out about the opportunities that are available.

Are you looking for a local and affordable place for your Wedding or Special Event?

Mokena Park District has great options for your special event.



Yunker Farm Red Barn Rentals

The Red Barn is available to rent from May through the beginning of October, during non-Splash Pad hours. Rental includes use of tables and chairs.

Rental fees and information are listed on the **Facility Rentals** page.

For more information, call 708-390-2343 or email ewaller@mokenapark.com.

Fees and information are subject to change without notice.

Splash Park

Dates/Times: End of May to mid August. Hours: 12-5:30pm daily. Opens at 10am on Wednesdays. The Park District may adjust public hours.

Fees: \$2 per resident, \$4 per non-resident. Admission is first-come, first served.

Residency: Residency is determined by the adult accompanying the child.

Residency must be proven by a Driver's License or State ID. All persons 1 year old and up will be charged to enter the Splash Park. Persons less than 12 years of age must be accompanied by a responsible person 18 years of age or older. Children under 1 year old are not charged an admission fee. Leaving the Barn is considered leaving the facility. Re-entry is not permitted.

Weather: The Splash Park will not open if the temperature is below 72 degrees F. The Splash Park will be cleared if the Thorguard Lightning Prediction system sounds (one long blast) or lightning is seen/thunder heard. To re-open, Thorguard must sound the "All Clear" of three short blasts or it must be lightning free for 20 minutes. No refunds will be issued.

Splash Park Rentals:

*Parties are 1.5 hours in length and are \$175 for residents, \$250 for non residents. Other fees may apply.

*There is a separate Splash Park Rental form.

*Payment must be made in full at the time of booking

*For more questions or availability please contact Beth Waller at ewaller@mokenapark.com.



General Policies and Information

Alcoholic Beverages

Alcoholic beverages are PROHIBITED in all park district parks and facilities. Consent will be granted for special events of the district and for indoor rentals, by applicants who meet strict permitting and insurance guidelines.

Americans With Disabilities Act (ADA)

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 outdoor Park District athletic fields or facilities for practices, games, or tournaments must submit an Athletic Field Usage Request to the Recreation Supervisor/Athletics, 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 for 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 visit the public website www.emergencyclosings.com for preschool closures.

Park Hours

All parks are open dawn to dusk.

Park Watch – See Something, Say Something!

We need your help. If you notice acts of vandalism or antisocial behavior or equipment in need of repair in any park, please call 708-390-2401. Major misconduct should be reported directly to the police.



Pets

When visiting local parks with your pet, please remember that Park District and Village ordinances require dogs to be leashed at all times. Leashes may not be more than 6' in length. 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.

Photography at Park District Programs, Events

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 public advertisements, publications, brochures, website, social media, 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 for 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 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 min. at \$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.

Smoking Policy

Effective October 22, 2019, per Ordinance 19-2. An Ordinance Regarding Tobacco-Free Parks, no person shall use any form of tobacco at or on any Mokena Community Park District-owned or operated indoor OR outdoor recreational facilities, including restrooms, spectator and concession areas. These facilities include playgrounds, athletic fields, parks, walking/hiking trails "Tobacco" is defined to include any lighted or unlighted cigarette, including but not limited to clove, bidis, or kreteks, electronic or e-cigarettes, cigars, cigarillos, pipes, hookah products, and any other smoking products; and any smokeless, spit or spit-less, dissolvable or inhaled tobacco products, including but not limited to dip, chew, snuff or snus, in any form; and all nicotine delivery devices that are not FDA-approved as cessation products.



Registration Information

Register in Person: at The Administration Center (10925 La Porte Rd.) or The Oaks Recreation & Fitness Center (10847 La Porte Rd.) during regular business hours, with cash, check, or credit/debit card (Visa, MasterCard, AmEx, Discover). After hours, a mail slot is provided north of the entrance doors at the Administration Center.

Register On-line: Go to www.mokenapark.com. Available 24 hours a day. A customer account with a user name and password is required to use our on-line system. Residents must prove residency (in person or email valid ID to info@mokenapark.com) before using the system for the first time, in order to avoid paying non-resident rates.

Register Early: Take advantage of early registration for lower fees. Most programs, leagues, and trips have fixed enrollment; therefore registration is on a first-come, first-served basis. Prior participation does not guarantee a spot. Registrations accepted after the registration deadline may incur additional fees.

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

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. A parent/guardian must sign for family members under the age of 18. This form will be made available at time of registration. If registering on-line, by clicking confirm forms you are agreeing to the hold harmless agreement waiver.

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.

**WE'RE
HIRING!**

Call 708-390-2401 or visit
www.mokenapark.com
for more info!

Refund Policy

- ♦ Requests for cancellation must be made by phone, or email between the hours of 9:00am and 5:00pm. Monday through Friday at the Administration Center only. Requests received via email after 4:00pm 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, a 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, a credit toward future programming will be issued minus \$10 processing fee and any other associated costs which have already been incurred (uniforms, supplies, etc.).
- ♦ Adult Athletic Leagues, a 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.
- ♦ In accordance with our Behavior Policy, 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.
- ♦ Medical Reasons, a prorated refund will be issued upon receipt of a doctor's note stating the individual can no longer participate in the program. **The refund will be prorated from the date of receipt of the doctor's note.**

PLEASE NOTE

- Errors may occur in the brochure, and changes are made to dates, times, and locations, etc. We apologize for these omissions and 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.

Park District Connections

Lincoln-Way High School District 210
www.lw210.org

Lincoln-Way Special Recreation Association (LWSRA)
www.lwsra.org (815) 320-3500

Mokena Baseball/Softball Association
MBSA offers recreational t-ball, baseball, and softball leagues for boys and girls ages 4 and up. All registration for the spring and fall seasons will be done on-line. Please check their website, www.mbsa.org for announcements about registration.

Mokena Chamber of Commerce
www.mokena.com (708) 479-2468

Mokena Elementary School District 159
www.mokena159.org (708) 342-4900

Mokena Police Department—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, a child in threat of harm from a stranger, and an injured child. For more information, please contact the Police Dept. at 708-479-3912.

Mokena Community Public Library District
www.mokenalibrary.org (708) 479-9663

Mokena Youth Athletic Association (Mokena Burros Cheerleading & Flag Football/Illinois Jr. Celtics Football)
MYAA offers youth tackle football, flag football, and cheerleading programs. MYAA is a non-profit organization formed to provide area youth with the opportunity in football and cheerleading. Their goal is to promote and instill self-confidence, good sportsmanship, camaraderie, and physical/mental development while learning the techniques of football and cheerleading. All registration will be done on-line. Please visit www.Mokenaburros.com for announcements about registration.

New Lenox Elementary School District 122
www.nlsd122.org (815) 485-2169

Summit Hill Elementary School District 161
www.summithill.org (815) 469-9103

Village of Mokena
www.mokena.org (708) 479-3900



Lincolnway
SPECIAL RECREATION
ASSOCIATION

About Us

Since 1976, the Lincolnway Special Recreation Association (LWSRA) has provided recreation services for individuals with disabilities through a cooperative agreement with its seven member park districts: Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Island Park Districts. Participants enjoy active, healthy and more independent lifestyles through a variety of recreational and social opportunities.

1900 Heather Glen Drive
New Lenox, IL 60451

(815) 320-3500
support@lwsra.org



Social Programs

Engage with similar-aged peers in a structured but fun-filled social environment. Staff create opportunities to develop skills and try new experiences. Popular programs include dances, bingo, trivia, community trips, adult day program, summer camps and Saturday youth groups.



Interest-based Programs

Find programs centered around fitness or cultural arts. Try competitive Special Olympics and adapted sports or fitness outlets such as strength & conditioning and introductory sports skills. Enjoy creative arts through cooking, drawing & painting, dancing and more!



Inclusion

Park Districts welcome participation in all programs by individuals with disabilities and special needs. The district works cooperatively with LWSRA to facilitate successful participation for individuals who request an inclusion aide. Inclusion services give participants the needed

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- ◇ Hell's Gate Haunted House
- ◇ Home Depot
- ◇ Joliet Slammers
- ◇ Key Autism Services

- ◇ Lockport Park District
- ◇ Raffy's Candy Store
- ◇ Savers in Orland Park
- ◇ South Suburban Umpire Association
- ◇ Sport Clips Haircuts
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Mokena Parks

																												
Park Name & Location		Park Acres	Admin. Center	Baggo Court	Bandshell	Baseball/Softball	Basketball Courts	Bocce Court	Climbing Wall	Community Gardens	Dog Park	Drop Shot	Fitness Center	Football	Meeting/Rental Rooms	Outdoor Fitness Equipment	Painted Asphalt Games	Picnic Area/Gazebo	Pickleball Court	Playground w/ benches	Rest Rooms	Roller Hockey Court	Skate Park	Soccer	Splash Pad	Tennis Courts	Volleyball Courts	Walking Path/Track (mile)
Acorn Park- 19925 Red Oak Dr.		1.64																•		•								
Boulder Ridge North- 19237 Beaver Creek Ln.		0.5																•		•								
Brookside Meadows- 19715 Longmeadow, TP		2.67																•		•								
Buske Park- 11435 W. Hillside Ln.		7.52				•	•											•		•	•		•		•		1/8	
Fox Ridge Park - 19740 Telluride Ln.		10.26		•		•		•						•				•	•	•	•			•		•	1/4	
Grasmere Park- 10335 W. Lindsay Ln.		14				•	•											•		•	•				•		1/2	
Green Meadows- 10520 W. Williams Way		10				•	•													•	•			•			1/2	
Hecht Park- 9310 W. Birch Ave.		16.25				•	•		•									•	•	•	•						1/2	
Heritage Park- 11945 W. 197th St.		6.4				•	•											•		•	•							
London Bridge Park- 11880 London Bridge Dr.		4.74																•		•							1/4	
Main Park- 10925 LaPorte Rd.		33.5	•			•	•							•	•			•		•	•			•		•	1/2	
Manchester Cove- 19205 Crescent Dr.		2.2																		•								
Marley Creek- 10555 W. Jacob Dr.		5.5				•	•									•		•		•	•						1/4	
McGovney Park- 19345 Schoolhouse Rd.		8.1				•												•		•	•							
Oaks Recreation & Fitness Ctr., 10847 La Porte Rd.							•						•		•				•		•			•		•	1/12	
Oaks Disc Golf Course (27 holes)		32																		•	•							
Prairie Ridge Park - 21431 Coneflower Dr.		5.5		•		•	•											•	•	•	•			•		•		
Rivendell Park- 605 Bryan, New Lenox		1.5																		•								
Timbers Point- 18418 White Oak Ln., TP		0.58																		•								
Tinley Gardens Park- Lenore/Ethyl Lns., TP		0.5					•													•								
Whisper Creek Park - Whisper Creek Way & Palmira		6.5					•					•				•	•	•		•							1/3	
Willowview Park- 11420 W. 197th St.		8.36				•			•									•		•	•			•				
Yunker Park- 10824 La Porte Rd.					•					•	•										•			•				
Key		•	Lighted	•	Indoors	•	Gazebo	•	Picnic Shelter	•	Port-a-let (seasonal)	•	Handicapped Accessible															

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. A half court is available at Tinley Gardens Park.

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. The Disc Golf Course is open most days from dawn to dusk.

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

Pickleball Courts: Dedicated pickleball courts are available at Hecht Park. In addition, pickleball courts are available on the tennis courts at Fox Ridge and Prairie Ridge Parks.

Picnic Groves: Picnic reservations will be accepted on a first-come, first-serve basis for the 2021 season as of March 1, 2022 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), Rivendell, Timbers Point, Tinley Gardens, and Willowview parks.

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 or Grasmere 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.

Skatepark: Mokena Park District's extreme outdoor facility is located at Grasmere Park, 10135 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. Skatepark will be open daily 9am to dusk.

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 9am–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.

Tennis Courts: Four outdoor courts with lighting are available at Main Park. Outdoor courts are also available at Buske, Fox Ridge, and Prairie Ridge Parks. 1 60' youth court and 4 36' youth courts are available for the younger set at Grasmere Park.

Walking/Jogging Trail: A one-half mile, wooded trail is available for your enjoyment at Main Park. Walking paths are available at Buske, Fox Ridge, Grasmere, Green Meadows, Hecht, London Bridge, Marley Creek and Prairie Ridge Park.





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

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Donuts with the Bunny

Registration
Deadline:
March 16.

The Easter Bunny
is coming to town!
Join us for donuts,
coffee, crafts and the
opportunity to meet
the Easter Bunny!
All ages.

Saturday, March 23
10-11am • Yunker Barn
Fee, R/NR: \$15/\$20.
No refunds.

