



Department of Recreation, Parks & Community Health Spring 2021 Programs

Edition - 4/7/21



Recreation, Parks & Community Health
350 Victory Drive
Park Forest, IL 60466
708-748-2005
www.villageofparkforest.com

Dance

InspireDANCE

The Inspired dance (InspireDANCE) program will fulfill the needs and desires of youth and adult students with the passion and gift to dance but the limited ability in technical training. This dance program will provide a positive outlet for you to express yourself through movement and creative story-telling. If you love liturgical dancing then this is the class for you. This is no contact program. Program is led by Charisma Dance Studio.



Ages 13 & Older \$55 7 weeks

Village Hall, Lower Level Room 2

11701-01	Friday	7:30-8:30 pm	Mar 12-Apr 23
11701-02	Friday	7:30-8:30 pm	May 7-June 18
11701-03	Saturday	11 am-12 pm	Mar 13-Apr 24
11701-04	Saturday	11 am-12 pm	May 8-June 19

Line Dancing

Beginners Line Dance is a moderately paced dance that combines exercise and dance into one. The dance steps will target/exercise the hips, legs, knees and feet.

Participants are encouraged to go at their own pace and to have a good time. The class will be held outdoor on Village Green directly behind Village Hall. Dawn Avery instructs the class. No Class May 31, July 5, September 6.

Drop-in Fee: \$6 per class (payable to instructor - cash only).



Ages 18 & Older \$36 6 weeks

Village Green

11601-02	Monday	10:30-11:30 am	May 3-June 14
11601-03	Monday	10:30-11:30 am	June 21-Aug 2
11601-04	Monday	10:30-11:30 am	Aug 9-Sept 20

Online Registration available at:

<https://apm.activecommunities.com/vopf>

Online registration processing fees are non-refundable.

Health & Fitness

Ibang/Walk

Come and rock out your workout with cardio drumming fitness. Join this lively exercise class that utilizes dance moves and cardio intervals with the fun of drumming.

This workout is a 45 minute series. You can burn between 600-900 calories per hour, strengthen and sculpt muscles and drum your way to a leaner, slimmer you all while rocking out to great music. Class now incorporates high intensity walking! This class is great for all ages and levels. This is a no contact program.

Drop-in fee available for \$15 per class- payable to the instructor (cash only). Drop-in students must have their own equipment (65 cm exercise ball, bucket and drumsticks)



Ages 8 & Older \$45 7 week s

Village Hall, Lower Level Room 2

12704-01	Friday	6:30-7:30 pm	Mar 12-Apr 23
12704-02	Friday	6:30-7:30 pm	May 7-June 18
12704-03	Saturday	9:30-10:30 am	Mar 13-Apr 24
12704-04	Saturday	9:30-10:30 am	May 8-June 19



BLS Healthcare Providers CPR Classes Taught by the Park Forest Fire Department

Currently to meet COVID guidelines we will only be able to teach a maximum of 5 students per class.

The BLS Healthcare Providers CPR class is intended for Healthcare Professionals who may require a completion card for their job, but anyone can register for the class. Topics include CPR and AED, Basic or Advanced Cardiovascular Life Support, Stroke training, and more. Classes are taught by the Park Forest Fire Department.

Ages 18 & Older \$65 1 Day

Park Forest Fire Department, 156 Indianwood Blvd., Park Forest, IL

14106-02 Saturday 9 am - 12 pm May 15, 2021 (Registration deadline: May 14, 2021 at noon)

Online Registration available at:

<https://apm.activecommunities.com/vopf>

Online registration processing fees are non-refundable.

Sports

Just Ballin' Bitty Camp

The Just Ballin' Bitty Ball Camp is a 6-week basketball camp for youth ages 3-10 years. This instructional program will teach your young hoop star the basics of the sport including dribbling, shooting and defensive principles. Only 9 spots per time block for this program, so sign up early! **THIS IS A NO CONTACT PROGRAM.**

Ages 3-5 years \$70 6 weeks

Recreation Center, Gym

13003-01 Wednesday 5-6 pm Mar 3-Apr 7

13003-04 Wednesday 5-6 pm Apr 21-May 26

Ages 6-7 years \$70 6 weeks

Recreation Center, Gym

13003-02 Wednesday 6-7 pm Mar 3-Apr 7

13003-05 Wednesday 6-7 pm Apr 21-May 26

Ages 8-10 years \$70 6 weeks

Recreation Center, Gym

13003-03 Wednesday 7-8 pm Mar 3-Apr 7

13003-06 Wednesday 7-8 pm Apr 21-May 26

Taekwondo

Taekwondo is a Korean style method of unarmed self-defense and sport. The Word Tae means leg (foot), Kwon means hand (or fist) and Do stands for the way of mental discipline to repel aggression. It is also an Olympic Sport. Taekwondo does not mean fighting, but it symbolizes the cultivation of a well-rounded character in its practitioners, through self-respect, indomitable spirit of discipline, coordination and control. Program is led by World Champion, Master Ben Effiok. **THIS IS A NO CONTACT PROGRAM.**

Uniform is required at an additional fee of \$65, due first day of class to the instructor (One-time fee. Fee subject to change.).

Ages 4 years & Older \$70 6 weeks

Village Hall, Lower Level - Rooms 1 & 2

13201-01 Monday 6-7:30 pm Mar 8-Apr 12

13201-02 Monday 6-7:30 pm Apr 19-May 24



Bitty Soccer Spring Camp

Village Sports is proud to present Bitty Soccer! This introductory fundamental skills based 6 week program introduces your little kicker to the game of soccer thru learning ball skills, passing and defense.

Ages 4-5 \$60 6 weeks

Logan Park, Orchard & Grant St.

13007-01 Tuesday 6-6:45 pm April 13-May 18

Soccer Basics & Skill Development – **New!**

Village Sports is proud to present Soccer Basics and Skill Development! This fundamental skills based 6-week training program introduces your athlete to ball skills, passing and defense. Conditioning is also included. No matter your athlete's skill level, this program will develop you for your next level!

Ages 6-14 \$80 6 weeks

Logan Park, Orchard & Grant St.

13035-01 Tuesday 6-7 pm April 13-May 18

Online Registration available at:

<https://apm.activecommunities.com/vopf>

Online registration processing fees are non-refundable.

Sports

Thursday Men's Premier Softball League

Park Forest will continue to offer its quality Adult Men's Softball League this season. Our Thursday Men's Premier League is for those competitive teams looking to play against the best. League is ASA Sanctioned.

Team sign ups only. Registration deadline is Friday April 30, 2021.

*Season length depends on total number of teams registered. Team

Rosters must be submitted via Quickscores. Website login information will be provided after registration and payment by league administrator.

Payment Plan available: \$325 due at registration with balance due by May 21, 2021. An additional \$10 payment plan processing fee is due at registration.

Ages 18 & Older \$625 per team *10 weeks

Central Park, Fields A & B

13100-01 Thursday 6-10 pm May 6-July 8



Cheer4LYFE – New!

Program is led by Shaunita Jones. Cheer4Lyfe is more than cheerleading it's a LYFESTYLE! LYFE is Loving Your Full Existence! LYFE is Losing Your Fitness Excuses! LYFE is Living Your Fulfilled Elevation! LYFE is Love, Youthfulness, Favor and Excellence! Participants will learn various aspects of cheer and how to use this positive energy in their daily routines. There will be an end of season showcase so friends and family can experience what you've learned.

Ages 4-12 \$70 6 weeks

Recreation Center, Lower Level

13017-01 Saturday 10-11 am May 22-June 26

Ages 13-18 \$70 6 weeks

Recreation Center, Lower Level

13017-02 Saturday 11 am-12 pm May 22-June 26

Ages 19 & Older \$70 6 weeks

Recreation Center, Lower Level

13017-03 Friday 7-8 pm May 21-June 25



Online Registration available at:
<https://apm.activecommunities.com/vopf>
Online registration processing fees are non-refundable.

Trips

Thithi's Restaurant - Lunch

Ages 18 & Older \$65 per person

Depart/Return: Village Hall Lobby

14823-01 Wednesday 11 am-3 pm May 12, 2021



Thithi's Restaurant, featured on WTTW's own Check Please! is Evergreen Park's hidden gem known for great experiences, delicious food, amazing martinis and pleasant staff. This 4.5-star restaurant features a mix of Thai and French cuisine in an upscale establishment that which allow our group to safely and comfortably dine in their outdoor seating area. Your meal will include your choice of entrée with appetizers of soup and Thai egg roll, unlimited soft drinks, tea and coffee. Please select meal choice when registering. We can accommodate any special meal request. Gluten free, vegan or any allergies. Transportation is included via coach bus. Trip is non-refundable. Trip registration deadline: April 30, 2021.

Meal choices - Please select meal choice when registering (choose one).

- Thai fried rice (choice of 1 protein - chicken, shrimp, or veggie). Fried rice with our special seasoning and a touch of lemon.
- Pad see eiw (choice of 1 protein - chicken, beef, or shrimp). Stir-fried flat rice noodles with egg, broccoli, baby bok choy in a sweet pepper soy sauce.
- Hoisin marinated pork chop. Marinated and grilled pork chop served with Hawaiian fried rice.
- Spicy basil – (choice of 1 protein - chicken, beef or shrimp) with tofu stir-fried with basil leaves, jalapeno, crushed garlic, mushrooms and bell peppers in spicy sauce.
- Bangkok baby back ribs. Marinated grilled pork ribs with a smoky, tangy Asian air, served with signature Asian vegetable slaw.
- Spicy baked salmon. Baked salmon in Thai spicy sauce, garnished with fresh greenery.

Three ways to register for this trip:

Register in person at the Department of Recreation, Parks & Community Health (Village Hall), 350 Victory Dr., Park Forest, IL 60466

Contact: Recreation, Parks & Community Health at 708-748-2005 to register over the phone with a credit card.

Online Registration Available at: <https://apm.activecommunities.com/vopf>

Trips

Savannah, Jekyll Island & Beaufort, SC

7 Days / 6 Nights

September 26-October 2, 2021

Program # 14631-01

Proof of Covid-19 vaccinations is required for trip.

Online registration is not available for this trip. Please register in person at the Department of Recreation, Parks & Community Health (Village Hall), 350 Victory Dr., Park Forest, IL 60466 or call 708-748-2005 to register over the phone with a credit card.



Fees:

\$75 (per person) due upon registration, with the balance due in full by July 19, 2021.

\$1,033.00 per person (Single Occupancy)

\$779.00 per person (Double Occupancy)

\$759.00 per person (Triple Occupancy)

Trip insurance is available through Travel insured International for an additional fee. Contact Recreation, Parks & Community Health at 708-748-2005 for more information.

Incredible Price Includes:

- Motorcoach Transportation
- 6 nights lodging including 4 consecutive nights in the Savannah area
- 10 meals: (6 breakfasts and 4 dinners)
- GUIDED TROLLEY TOUR OF SAVANNAH, followed by Hop-On/Hop-Off Privileges
- Tour of gorgeous Beaufort, SC, "Queen of the Carolina Sea Islands"...plus a visit to Penn Center
- Evening Show at Famous Savannah Theatre
- GUIDED TOUR OF ST. SIMONS ISLAND
- GUIDED TRAM TOUR OF JEKYLL ISLAND

Program Registration Policies

- All program registration is on a first-come, first-served basis. A registration form is provided on the last page of this booklet. We reserve the right to cancel or postpone any program or activity due to inclement weather or low enrollment.
- IN-PERSON registration will be accepted at the Department of Recreation, Parks & Community Health (Village Hall), 350 Victory Drive, Park Forest, IL 60466 from 9 a.m. to 5 p.m., Monday-Friday, and 5 to 8 p.m. on Monday evening.
- ONLINE REGISTRATION -Available anytime, at <https://apm.activecommunities.com/vopf/>. Create your online account today at https://apm.activecommunities.com/vopf/Create_Account. Please note: some programs will not be available for online registration. Online registration fees are non-refundable.
- PHONE registration will be accepted over the phone with a credit card (Visa, MasterCard, Discover or American Express) by calling the Department of Recreation, Parks & Community Health at 708-748-2005 during normal business hours.
- MAIL-IN/DROP BOX registration will be accepted for programs unless otherwise listed. Drop box is located outside Village Hall. You will be contacted only if we cannot process your registration due to cancelled or filled classes.
- Before participating in any program or event sponsored by the Department of Recreation, Parks & Community Health a waiver must be signed by the participant or responsible parent/guardian. Waiver form is available at the Department of Recreation, Parks & Community Health or on our website at www.villageofparkforest.com.
- Payment options are cash, money order, credit cards (Visa, MasterCard, Discover or American Express) and checks (payable to "Village of Park Forest"). Registrations and payments are processed through Active Network, LLC. Returned checks and denied charges (chargebacks) will be charged a \$35 fee. Accounts sent to collections are charged an additional 35% of the total amount due.
- Waiting List - A waiting list will be created when a program/trip has been filled. We will contact you when a space becomes available.
- Refunds - For refundable programs, refund requests made prior to the start date of a program will be given less a 5% refund fee. Refunds for trips may vary due to non-refundable tickets or fees. Refund requests made prior to the trip registration deadline will be given less a 5% refund fee. Cancellations made by Department of Recreation, Parks & Community Health are not subject to the 5% refund fee. Online registration processing fees are non-refundable. Refunds may be processed as a household credit or a check through the Village of Park Forest Finance Department. Please allow 10 business days for refund by check.
- Cancellations - If there is insufficient enrollment, the Department of Recreation, Parks & Community Health reserves the right to cancel any program/trip. You will receive notification of cancellation. Cancellations made by Department of Recreation, Parks & Community Health are not subject to the 5% refund fee. Online registration processing fees are non-refundable.
- No person otherwise qualified will be denied the opportunity to participate in a fee program because of inability to pay. Contact the Department of Recreation, Parks & Community Health for more information.

REGISTRATION FORM

Household Information: Please complete all the information below. Please print.

Primary Guardian (first/middle/last) _____ Date of Birth _____

Secondary Guardian (first/middle/last) _____ Date of Birth _____

Address _____ City, State, Zip _____

Home Phone _____ Cell Phone _____ Cell Phone Company _____

Email Address _____ Emergency Phone & Name _____

Does the participant have any special needs or medical concerns/limitations that we need to be aware of?
 How did you hear about the program/trip? Rec/Parks Brochure ___ VOPF website ___ Social Media (Facebook, Twitter) ___ Flyer/Signage ___ Other ___

Name of Participant First/Middle/Last	Sex M/F	Birthdate (mm/dd/yr) Required	Grade	T-Shirt Program #	Size	Program Name	Fee

Waiver Policy: Before participating in any program or event sponsored by the Recreation & Parks Dept. a waiver must be signed by the participant or responsible parent/guardian. The waiver form is available at the Recreation & Parks Department or the Recreation & Parks website at www.villageofparkforest.com.

Total _____

List T-shirt size (if appropriate to program) YS(6-8) YM(10-12) YL(14-16) AS AM AL XL 1XL 2XL

◆ Make check payable to "Village of Park Forest"

◆ Mail to: Village Hall, Recreation & Parks Dept.,
350 Victory Dr., Park Forest, IL 60466

◆ Drop off at: Village Hall, Recreation & Parks Dept.
or the drop box in front of Village Hall

◆ Phone: (708) 748-2005 Fax (708) 503-8561

*Payee if different than above: Please Print
 Name _____ DOB _____
 Address _____
 City, State, Zip _____
 Home Phone _____
 Cell Phone _____

Master Card ___ Visa ___ American Express ___ Discover ___
 Card # _____ Expiration Date _____
 Signature of Cardholder _____ Card Security Code _____ (back of card)
 Registrations and payments are processed through **Active Network, LLC.**

For Office Use Only
 Total Paid _____
 Split Form of Payment
 Cash ___ Charge ___ Check# _____
 Entered Date _____
 Initials _____
 Mail Receipt Email Receipt*
 Mail Waiver

Village of Park Forest

Recreation, Parks & Community Health

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