

\*LovePHParts

#JovePHP

# WE PAY YOU TO EAT!

# DO YOU LIKE HAVING EXTRA MONEY? ARE YOU A FAN OF EATING? GET PAID TO EAT!



Register as a product tester with us and you'll get to try the latest and greatest products, give your feedback, then get paid for it!

Being a product tester is a fun and rewarding way to earn money for your opinion about food, beverage and household care products. It's easy to do, usually takes no more than an hour, and you are paid minimum \$50 per study. Everyone is welcome to sign-up and you will never be asked to purchase anything.

## **HOW DOES IT WORK?**





Participate



**STEP 2:** 

We also conduct tests on products designed for kids. Parents are welcome to register their children to join in the fun.







CONTRACTTESTING.COM

#### **FACILITY INFORMATION**

#### GARY MORAVA RECREATION CENTER

110 W. Camp McDonald Road Prospect Heights, IL 60070 Phone: 847.394.2848 | Fax: 847.394.7799 phparks.org

#### **OLD ORCHARD COUNTRY CLUB**

700 W. Rand Road Mount Prospect, IL 60056 Phone: 847.255.2025 oldorchardcc.com

#### JOIN OUR MAILING LIST

Signup at phparks.org/enews to get news about active adults, golf or all Park District updates.

#### **CONNECT WITH US!**

- prospectheightsparkdistrict oldorchardcountryclub prospectheightsparkdistrictsstarstudio prospectheightsparkdistrictletsgo
- prospectheightsparkdistrict phpdstarstudio

ProspectHtsPrks



#### **FACILITY HOURS**

| <b>GMRC FACILITY HOUR</b>   | S                   |
|-----------------------------|---------------------|
| Monday–Thursday             | 6:00A-9:00P         |
| Friday*                     | 6:00A-6:00P         |
| Saturday                    | 8:00A-5:00P         |
| Sunday                      | 8:00A-5:00P         |
| *Fridays open until 7:00P . | June 6–August 8     |
| <b>GMRC FRONT DESK H</b>    | OURS                |
| Monday–Thursday             | 7:30A-9:00P         |
| Friday*                     | 7:30A-6:00P         |
| Saturday                    | 8:00A-5:00P         |
| Sunday                      | 9:00A-5:00P         |
| *Fridays open until 7:00P . | June 6–August 8     |
| GMRC HOLIDAY HOUR           | lS                  |
| Sun., April 20              | Closed Easter       |
| Mon., May 26                | Closed Memorial Day |
| Fri., July 4                | Independence Day    |
| Mon., Sept. 1               | Labor Day           |

# Register for programs and more with our new online account system.

- Register for programs/events
- Purchase fitness memberships or pool passes online
- Online facility rental reservations
- Manage your saved card payments, check your waiting list status, sync your events/ facility reservations with your electronic calendar, and more from your online account

CIVICREC recreation management

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| APR<br>2024 |  |
|-------------|--|
| 2024        |  |

| Kids Day Off Program              | Tu, Apr. 1  | 7:00A-6:00P  | 17 |
|-----------------------------------|-------------|--------------|----|
| Bunny Home Visits                 | Sa, Apr. 12 | 10:00A-2:00P |    |
| Flashlight Egg Hunt               | Th, Apr. 16 | 8:00P        |    |
| Kids Day Off Program              | F, Apr. 18  | 7:00A-6:00P  |    |
| Spring Fling Pancake<br>Breakfast | Sa, Apr. 19 | 9:00A-12:00P |    |
| Spring Fling Egg Hunt             | Sa, Apr. 19 | 10:00A SHARP |    |
| Bunny Home Visits                 | Sa, Apr. 19 | 11:00A-2:00P |    |
| Family Pizza & Bingo Night        | F, Apr. 25  | 6:00-8:00P   | 9  |
| Chicago Fire Soccer Clinic        | Sa, Apr. 26 | 2:00-3:00P   | 29 |
|                                   |             |              |    |



| KinderStop Resident<br>Registration Begins         | M, May 12 | Online –<br>Midnight / In<br>person – 8:00A | 13 |
|--|-----------|---|----|
| Kids Day Off Program                               | F, May 16 | 7:00A-6:00P                                 | 17 |
| KinderStop Partner Resident<br>Registration Begins | M, May 19 | Online –<br>Midnight / In<br>person – 8:00A | 13 |
| Family Pizza & Bingo Night                         | F, May 30 | 6:00-8:00P                                  | 9  |
|  |           |   |    |

#### JUN 2025

| Summer Camp Open House                                   | Th, June 5  | 5:30-6:30P   | 18 |
|--|-------------|--------------|----|
| Lions Park Pool Opens                                    | Sa, June 7  |              | 14 |
| Little Kickers Fall Soccer<br>League Registration Begins | Sa, June 7  |              |    |
| Prospect Heights<br>Community Day                        | Sa, June 7  | 9:00A-12:00P |    |
| Typhoons Swim Team<br>Practices Begin                    | M, June 9   | 5:30-7:00P   | 16 |
| Summer Camp Begins                                       | M, June 9   |              | 18 |
| The Garden Dash 2K/4K                                    | Sa, June 14 | 9:30-11:00A  | 9  |
| Summer Dance Classes<br>Begin                            | Tu, June 17 |              | 26 |
| Prospect Heights Block Party                             | Sa, June 21 | 4:00-11:00P  | 10 |

# CALENDAR OF EVENTS



| No Summer Camp programs                     | F, July 4   |       |    |
|---|-------------|-------|----|
| Prospect Heights<br>Independence Day Parade | Sa, July 5  |       |    |
| Old Orchard Golf Champion<br>Tournament     | M, July 14  |       | 38 |
| Production Camp –<br>Spacerella Performance | Th, July 24 | 6:30P | 24 |
| Typhoons Swim Team End of<br>Season Party   | F, July 25  |       | 16 |



| Poolside Family Pizza &<br>Bingo Night                                    | F, Aug. 1   | 6:00-8:00P  | 9  |
|---|-------------|-------------|----|
| National Night Out  | Tu, Aug. 5  | 5:00-7:00P  | 11 |
| KinderStop Registration<br>Deadline                                       | M, Aug. 11  |             | 13 |
| Competition Dance and/or<br>Poms Team Parent/Dancer<br>Meeting W, Aug. 13 | 6:00-8:00P  |             | 27 |
| Little Kickers Fall Soccer<br>League Registration<br>Deadline             | Sa, Aug 16  |             |    |
| Lions Park Pool Last Day  | Su, Aug. 17 |             | 14 |
| Competition Dance and/or<br>Poms Try Outs Begin                           | M, Aug. 18  | 6:00-8:00P  | 27 |
| KinderStop Open House   | Tu, Aug. 19 | 4:30-5:30P  | 13 |
| KinderStop Before & After<br>Care Begins                                  | W, Aug. 20  |             | 13 |
| Creative Kids Preschool<br>Open House                                     | W, Aug. 27  | 9:00-10:00A | 12 |
| KinderStop AM & PM<br>Program Begins                                      | Th, Aug. 28 |             | 13 |
|   |             |             |    |



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#### LETTER FROM THE EXECUTIVE DIRECTOR

#### CHRISTINA FERRARO, CPRE

For more information Contact Christina Ferraro cferraro@phparks.org 847.666.4861 Summer is a busy season at the Prospect Heights Park District. Warm weather means summer camp, golf, pool, July 4th Parade, swim team, Garden Dash, Block Party and more. We are fortunate to offer several opportunities to enjoy the parks and programs throughout the Prospect Heights Park District.

This spring, the tennis and pickleball courts at Country Gardens Park will be resurfaced to include one tennis court and two pickleball courts, providing an improved playing experience for all. Unfortunately, the Lions Park courts are indefinitely closed due to underground water damage that has compromised the court surface. Excess water beneath the courts has caused structural instability, making play unsafe. Tennis and pickleball courts are available at both Country Gardens Park, 901 N. Schoenbeck Rd., and Claire Lane Park, 617 Claire Lane.

We encourage you to visit the recently renovated Wedgewood Park

located at Wedgewood Lane and Oxford Place. The improvements at Tully Park, 214 S. Wheeling Rd., should be completed this spring and will include native landscape and a horseshoe drive.

We are in the strategic and master planning process for the District. These will provide a clear roadmap for the future development and management of parks, facilities, the bike path, and green spaces. Community feedback is essential to prioritize community needs. Focus groups and community surveys have been completed and we thank those who shared their feedback during the process. These plans help prioritize projects, budgets, and staffing based on community needs. They also ensure parks, facilities, and programs are well-maintained and meet future demands. We're excited to finalize and implement these plans, ensuring that the Prospect Heights Park District continues to grow and thrive for years to come!

#### PARK BOARD OF COMMISSIONERS







Karl Jackson Commissioner



Ellen Avery Vice President

Steve Messer

Commissioner



Eric Kirste Treasurer



Paul Fries Commissioner



Betty Cloud Secretary

#### **BOARD MEETINGS**

All residents are welcome to attend our Board Meetings, held the fourth Tuesday of each month at 7:00P in the Gary Morava Recreation Center.



# **GENERAL INFORMATION**



#### **OUT OF DISTRICT FAIR SHARE FEES**

The Prospect Heights Park District residents make a significant contribution to the financing and operations of the park district through their property taxes. This contribution is beyond the fees they pay for programs and services. The fair share fee was adopted by the park district's Board of Commissioners to equalize this financial burden. For select programs, the fair share fees will be 15% more than the park district resident fee for non-residents.

#### PARKS FOUNDATION

If you are interested in serving on the Parks Foundation, please contact Christina Ferraro at cferraro@phparks. org. Top three reasons you should volunteer on the Parks Foundation: 1. To maintain the quality of life you expect in your community. 2. To give back to your community. 3. To have fun accomplishing things around your community together with your neighbors.

#### **INSURANCE**

The Prospect Heights Park District does not provide accident insurance for participants in park programs. There is no insurance for loss of personal property. The Prospect Heights Park District is subject to the Local Governmental and Governmental Employees Tort Immunities Act, which grants immunities and defenses to claims arising of the use of recreational properties. Therefore, the Prospect Heights Park District is not responsible for loss of personal property or participation in recreation programs.

#### SAY CHEESE!

If you have great photos of you and your family or friends enjoying the Prospect Heights Park District's parks, programs or special events, we'd love to see them! These fun photos are useful in publicizing our activities and we would like to share them with your fellow residents by showcasing them in upcoming brochures. Please forward photos for consideration to Edlyn Castil at ecastil@phparks.org. Be sure to include the name of the photographer and those of your subjects so we can credit you for the photo. We reserve the right to photograph and videotape all park district program participants for use on our website, brochures, newsletters, social media, cable station programming, etc.

#### **PROSPECT HEIGHTS GARDEN CLUB**

The Prospect Heights Garden Club is an active service organization which strives to be beneficial, charitable, and educational to the community, conducive to the well-being of the environment, and supportive of the cultivation of nature's beauty. Meetings are held the first Thursday of each month, from September–May, at 11:30A at the Gary Morava Recreation Center. For more information, please contact Chris Barr at chrisbarr.1@hotmail.com.

#### PROSPECT HEIGHTS YOUTH BASEBALL/SOFTBALL (PHYBS)

Prospect Heights Youth Baseball/Softball is proud of its tradition of offering the children of our community the best baseball, t-ball and softball programs in the northwest suburbs. Register at www.PHYBS.org

# **GENERAL INFORMATION**

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#### **PROSPECT HEIGHTS LIONS CLUB**

On March 26, 1954, this club was chartered by Lions International and we stand on a proud record of service to the visually impaired, hearing impaired, and to our own community. Thanks to the countless hours spent by our members over the years, our philanthropic dollars have been spent in the development of many civic and recreational services. For more information, contact Dan Busse at dbusse302@gmail.com.

#### **TREE OF LIFE**

Honor a loved one, a cherished organization or commemorate a special event by donating a tree to the Prospect Heights community. Donated trees are planted in one of the Park District's fourteen sites, plus the golf course. A staff member will consult with you to choose an appropriate tree and park location. All tree donations are acknowledged with a personalized engraved Gold Leaf and leaves are displayed on a plaque at the Gary Morava Recreation Center. Please call the Superintendent of Parks & Facilities at 847.666.4867 if you would like additional information.



#### **INCLUSION ASSISTANCE**

Inclusion assistance is provided by NWSRA (Northwest Special Recreation Association) to those individuals who wish to participate in their home park district programs. When registering for a park district program, the parent or individual with a disability should inform the Prospect Heights Park District (and NWSRA if desired) if any accommodations are needed in order to successfully participate in the program. The Prospect Heights Park District will then contact NWSRA for assistance with the accommodation. The request must be made two weeks prior to the start of the program. Please contact NWSRA at 847.392.2848 for further information. NWSRA is recruiting staff, contact them for employment opportunities.

# SPECIAL RECREATION ASSOCIATION (NWSRA)

Make friends, have fun, go to new places, learn new things, be included and celebrate your life at NWSRA! NWSRA exists to provide outstanding opportunities through recreation for children and adults with disabilities. The team of full-time Certified Therapeutic Recreation Specialists (CTRS) and trained part-time staff provide safe, fun and accessible year-round opportunities to individuals of any age and ability level. Inclusion assistance also provides individuals with disabilities the opportunity to participate in their home park district program. NWSRA offers hundreds of virtual and in-person programming options to meet the diverse needs and interest of the community. Check out all program offerings at nwsra.org/brochure. For more information, contact the NWSRA registration office at 847.392.2848 (voice), 847.392.2855 (TTY) or email office@nwsra.org. The Prospect Heights Park District is a member of a cooperative agreement among 17 Park Districts which form the Northwest Special Recreation Association (NWSRA).

#### ADA COMPLIANCE

The Prospect Heights Park District is in full compliance with the Americans with Disabilities Act (ADA), which prohibits discrimination in the provision of programs, services or activities to individuals with disabilities. We invite any resident with a special need to contact our staff or the NWSRA staff for additional information regarding ADA issues. People with a disability are encouraged to visit the GMRC for information and input.

# **GENERAL INFORMATION**

#### NON-RESIDENT/PARTNER REGISTRATION BEGINS MONDAY, MARCH 31

# WHO IS A PROSPECT HEIGHTS PARK DISTRICT RESIDENT?

You are a resident if you pay taxes to the Prospect Heights Park District. To confirm your residency lease visit https://maps. cookcountyil.gov/cookviewer and enter your address.

#### PARTNER RESIDENT AGREEMENTS

Through our cooperative "three-for-one" agreement, all programs and most facilities offered by the three listed park districts are available to anyone living within each of the three park district boundaries. A resident of any of the three districts is considered a Partner Resident of the other two park districts and is therefore able to enroll in classes or programs at resident rates. Each of the park district golf courses will have a Partner Resident fee available on weekdays only. Although the agreement may result in an increase in the number of potential users, each park district will continue to maintain its individual identity and utilize monies available to it at present tax rates. Residents always receive priority registration within their "home district" while enjoying the added benefit of enrolling in a "partner district's" class or program at resident rates.

River Trails Park District 1500 E. Euclid Avenue Mount Prospect, IL 60056 847.255.1200 rtpd.org Mt. Prospect Park District 1000 W. Central Road Mount Prospect, IL 60056 847.255.5380 mppd.org

#### PARTNER RESIDENT AGREEMENT WITH SCHOOL DISTRICT 23

The Prospect Heights Park District and School District 23 entered into an intergovernmental cooperation agreement to save the taxpayers money by sharing the use of properties owned by District 23 and the Prospect Heights Park District in a manner that the facilities may be utilized to their fullest capacity. Part of this agreement includes that all inhabitants who reside within School District 23 boundaries shall be considered partner residents and will not be required to pay non-resident fees.

#### **REFUND POLICY**

A refund may be requested by completing the Refund Request Form at https://phparks.org/refund-request-form. A full refund will be issued if the program is canceled by the Park District. Prior to the commencement of the program, refunds are given except for uniforms or supplies pre-purchased. Prorated refunds may be received for medical reasons and extenuating circumstances only with the supervisor's approval. Allow 10-15 business days for processing. No cash refunds. No refunds are given for deposits, passes, contractual programs, leagues, trips, unused activities or specials events before or after the activity unless canceled by the Park District.

For more information, Contact Rita Nebl | rnebl@phparks.org | 224.248.9580

# **REGISTRATION INFORMATION**

HOW TO CREATE A NEW ACCOUNT

**Everyone must have a Customer Account to register for programs.** For Prospect Heights residents and Partner residents, you need to prove residency to get the resident rate.

**If you are a resident or a partner resident:** Visit us during our open hours of operation to make a customer account. You must bring proof of residency for you and your family members with the current address listed.

Adults can bring a driver's license, state ID, or one of the following: utility bill (no older than 60 days), voter registration card, or a vehicle registration card.

**Children** will need to show one of these: a birth certificate, parent insurance card listing dependents, current report card, school picture ID, or other form of ID a parent may have that proves the children reside at that address.

**If you are a non-resident:** Call 847.394.2848 to have your account set up during open hours of operation. No proof of residency is required. You will be required to give your name, address, email, phone number and date of birth.

#### HOW TO REGISTER

| online<br>Walk-in | phparks.org<br>Prospect Heights Park District<br>110 W. Camp McDonald Road<br>Prospect Heights, IL 60070       |
|-------------------|--|
| MAIL-IN/FAX       | Prospect Heights Park District<br>110 W. Camp McDonald Road<br>Prospect Heights, IL 60070<br>Fax: 847.394.7799 |
| PHONE-IN          | 847.394.2848   |

E-IN 847.394.2848 Available for Active Adult Trips only.



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# PROSPECT HEIGHTS PARK DISTRICT REGISTRATION FORM

**RESIDENT REGISTRATION BEGINS MONDAY, MARCH 24** 

NON-RESIDENT/PARTNER REGISTRATION **BEGINS MONDAY, MARCH 31** 

Account Information (Please print parent/guardian/head of household information)

| FIRST NAME:               |                     |                  | LAST NAME: |         |        | _               |
|---------------------------|---------------------|------------------|------------|---------|--------|-----------------|
| STREET ADDRESS:           |                     |                  | _ CITY:    | STATE:  | _ ZIP: |                 |
| PHONE #1:                 |                     |                  | PHONE #2:  |         | D.O.B: |                 |
| EMAIL(Required for future | online registration | ns):             |            |         | 2.22 L | _               |
| PAYER'S INFORMATION       | 6                   |                  |            |         |        |                 |
| (If different than above) | (name)              | (street address) | (city)     | (state) | (zip)  | (date of birth) |

#### Activity Enrollment

Check if you need special accommodations to participate in this program

| PROGRAM TITLE | PARTICIPANT'S NAME                        | BIRTH DATE            | GENDER              | FEE |
|---------------|---|-----------------------|---------------------|-----|
|               |   |                       |                     | \$  |
|               |   |                       |                     | \$  |
|               |   |                       |                     | \$  |
|               |   |                       | 1                   | \$  |
|               |   |                       |                     | \$  |
|               |   |                       | 1                   | \$  |
|               |   |                       | 5 63 <b>353</b> 6 5 | \$  |
|               | I would like to donate to support the Pro | ospect Heights Park F | oundation.<br>Total | \$  |

| Payment Options: (Circle One) | Cash | Check Check # | Credit Card | Gift Certificate \$ |  |
|-------------------------------|------|---------------|-------------|---------------------|--|
| LAST 4-DIGITS OF CREDIT CAP   | RD   |               | EXPIRAT     | ION DATE            |  |

#### LAST 4-DIGITS OF CREDIT CARD

#### **Return Form Options**

MAIL/IN-PERSON: Prospect Heights Park District, 110 W. Camp McDonald Road, Prospect Heights, IL 60070 FAX REGISTRATION 847-394-7799

ONLINE: Save time and register at phparks.org

#### Please Review and Sign

#### WAIVER AND RELEASE- WARNING OF RISK

Recreational Activities/programs are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment there is still risk of serious injury when participating in any recreational activity/ program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating and all other circumstances inherent to indoor and outdoor recreational activities/ programs exist In this regard, must be recognized that it is impossible for the Prospect Heights Park District to guarantee absolute safety. Please read this form carefully and be aware that in signing up and participating in the listed programs/ activities, you will be expressly assuming the risk and legal liability and wavering all claims for injuries, damages or loss that you or your minor/ward might sustain as a result of participating in any and all activities connected with that associated with this program/ activities (including transportation services/ vehicle operation, when provided) I recognize and acknowledge that there are certain risks of physical injury to participants in the listed programs. I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or occur to me or my child/ward) as a result of participating in this program/activity against the Prospect Heights Park District"). I do hereby fully release and forever discharged the Prospect Heights Park District from any and all claims for injuries damages or loss that my minor child/ward or I may have, or which may occur to me and arising out of, connected with, or in any way associate with the listed programs/ activities. I have read and fully understand this important information, warning of risk, assumption of risk and waiver and release of all claims. If registering via fax, your facsimile signature shall subst website, social media, brochures, pamphlets, posters, and flyers. I guarantee to comply with all cancellation policies published in this brochure. PARTICIPATION WILL BE DENIED if the signature of adult participant or parent/guardian and date are not on the waiver.

| Signature<br>(18 years or older/Parent/Guardian) | Date  |             |
|--|---|-------------|
| 847.394.2848                                     | 110 W. CAMP MCDONALD ROAD, PROSPECT HEIGHTS, IL 60070 | PHPARKS.ORG |

# REGISTRATION FORM



#### **PROSPECT HEIGHTS PARK DISTRICT**

110 W. Camp McDonald Road Prospect Heights, IL 60070 Phone 847.394.2848 | Fax 847.394.7799 Web phparks.org

#### ADMINISTRATIVE STAFF

Christina Ferraro, CPRE, Executive Director cferraro@phparks.org | 847.666.4861

Edlyn Castil, Marketing & Communications Manager ecastil@phparks.org | 847.666.4864

Mark Grassi, Superintendent of Parks & Facilities mgrassi@phparks.org | 847.666.4867

Shawn Hughes, Superintendent of Finance, HR & IT shughes@phparks.org | 847.666.4868

Andrea Mueller, Accounting Clerk amueller@phparks.org | 224.248.9583

Catherine Roock, HR/Payroll Coordinator croock@phparks.org | 224.248.9581

#### **RECREATION STAFF**

Ray Doerner, CPRE, Superintendent of Recreation rdoerner@phparks.org | 847.666.4862

Laura Fudala, CPRP, Recreation Supervisor lfudala@phparks.org | 847.666.4878

Marci Glinski, CPRP, Recreation Supervisor mglinski@phparks.org | 847.666.4875

Pan Zervas, Recreation Supervisor pzervas@phparks.org | 847.394.6376

Rita Nebl, Customer Experience Supervisor rnebl@phparks.org | 224.248.9580

# **STAFF DIRECTORY**

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#### **OLD ORCHARD COUNTRY CLUB**

700 W. Rand Road Mount Prospect, IL 60056 Phone 847.255.2025 | Fax 847.255.4883 Web oldorchardcc.com

#### **OLD ORCHARD COUNTRY CLUB STAFF**

Marc Heidkamp, PGA, Director of Golf Operations mheidkamp@phparks.org | 847.666.4853

Doug Brazeau, PGA, Head Golf Professional dbrazeau@phparks.org | 847.666.4854

Pam Nauert, Event Coordinator pnauert@phparks.org | 224.248.8708

Niko Lopez, Kitchen Manager nlopez@phparks.org | 224.248.8709

#### **GROUNDS STAFF**

Sean Lee, Superintendent of Golf slee@phparks.org | 847.255.2033

Alex Torres, Mechanic atorres@phparks.org | 847.749.0088

Bring the family and friends and meet our Bingo Wizard, Wallace for a fun evening at the park district POOL. We will enjoy pizza & dessert as we play several games of bingo, win fun prizes, and swim. Wallace, the Bingo Wizard, brings additional fun and prizes for the evening. Please be sure to register early as this is a very popular event.

Age: All Ages

Friday, 08/01/25

6:00-8:00P

Lions Park Pool Concessions Deck

Fee: \$9

BINGO

POOLSIDE FAMILY

BINGO

NIGHT

# SATURDAY, JUNE 14 2025 THE GARDEN DASH 24 /4 /

#### **GARDEN DASH**

Join us for our 2nd Annual Garden Dash at Country Gardens Park! Last years Garden Dash was a success and this year will be even better!

Proceeds of this will go to support the Prospect Heights Parks Foundation. You will receive a t-shirt and goody bag as part of your registration. Pre-registration is highly preferred.

Age: All Ages

Sa 06/14/25 9:30–11:00A

Country Gardens Park \$20

# SPECIAL EVENTS

# **CELEBRATE WITH US**

4:00 PM - 11:00 PM

110 W CAMP MCDONALD ROAD 847.394.2848 PHPARKS.ORG

# THE FUN BEGINS AT 4PM

4:00-6:00PM FREE BINGO 4:00-7:00PM FREE SWIM AT LIONS PARK POOL 4:00-7:00PM FREE OPEN GYM AT GMRC 4.00-7.00PM COMMUNITY ORGANIZATIONS 4:00-11:00PM FOOD TRUCKS, BEER & WINE GARDEN 4:30-5:30PM PET PAGEANT 4-30-8-30PM FACE PAINTING & ROVING ENTERTAINMENT 4:30-9:30PM **KIDS ZONE INFLATABLES & GAGA PIT** 6:45-7:00PM LIONS CLUB DUCK RACE FUNDRAISER

# LIVE MUSIC

UNE

6:00-6:45PM ERIK DONNER 7:00-8:30PM RADIO GAGA 8:30-9:15PM ERIK DONNER 9:30-11:00PM MODERN DAY ROMEOS

Event Sponsorship Available! Contact Kailyn Joyce, Community Relations Specialist at kjoyce@phparks.org | 847.394.7797

## **SPECIAL EVENTS**

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# \* PROSPECT HEIGHTS \* 🐔



**POLICE · COMMUNITY PARTNERSHIPS** 

# Tues, August 5, 5-7pm

Gary Morava Recreation Center Lions Park Pool & Elm Street 110 W Camp McDonald Rd, Prospect Heights, IL 60070

Prospect Heights Park District, Police Department & Fire Protection District invites you to spend an evening in support of National Night Out. This evening is designed to heighten crime and drug prevention awareness, generate support and participation in local anti-crime efforts and strengthen neighborhood spirit and community relations.

COMMUNITY ORGANIZATIONS

**FREE OPEN SWIM** 

★ COMPLIMENTARY FOOD & DRINK

GAMES & PRIZES

\star MUSIC

# FREE EVENT | ALL AGES









# Our program consists of half structured and half unstructured class time. Our structured curriculum incorporates Jolly Phonics and Handwriting without Tears.

#### A typical day:

- Begins with exploratory time in different activity centers
- Craft of the day
- Rug time includes songs, counting, calendar, alphabet, and more
- Alternating music, musical instruments, puppets, or large muscle movements
- Snack Time
- Academic curriculum
- Ends with a visit to the park or indoor gym

The program incorporates trips which may include: fire station, library, pumpkin patch and amusement centers. An extra charge for admission and/or bus fee is required for some trips.

4 year old students can enroll in KinderStop for a full day option. See page 13 for details.

To register, a birth certificate and a deposit (of which \$50 is non-refundable) is required. Unfortunately, it is not possible for us to prorate your monthly payments due to vacations or illness. The annual preschool fee is broken down into equal monthly installments for ease of tracking. Monthly days of attendance will fluctuate. Automatic billing to your credit card is available. Nine monthly payments are due the first day of the month (Sept-May).

| DAY     | DATES          | AGE     | ТІМЕ         | FEE Per Month  |
|---------|----------------|---------|--------------|----------------|
| M, W, F | 9/3/25-5/20/26 | 4-5Y    | 8:45A-12:00P | \$220R/\$240NR |
| M-F     | 9/2/25-5/20/26 | 4-5Y    | 8:45A-12:00P | \$335R/\$360NR |
| Tu, Th  | 9/2/25-5/19/26 | 3Y      | 8:45–11:45A  | \$165R/\$190NR |
| Tu, Th  | 9/2/25-5/19/26 | 2Y6m-3Y | 12:00-1:30P  | \$125R/\$150NR |

Must be of age by September 1, 2025. All students must be potty trained.

#### **EXTENDED PRESCHOOL (PRE-K)**

Extended Preschool is an extension of our preschool program. We will reinforce academic skills, name and letter recognition, sounds, sharing, taking turns, and socialization. Our daily routine includes crafts, academic worksheets, calendars, weather, practicing letters and sounds, songs, reading stories, and music. Academic worksheets reinforce small motor skills, shapes, numbers, letters, matching, and sorting. There will be outdoor playtime at the park or free time in the gym. Please send your child with a small snack and a water bottle.

No class on Monday, May 26, 2025.

**Ages**: 4–5

Location: Gary Morava Recreation Center



PLAY 3



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#### **KINDERSTOP**

The KinderStop program is operated by the Prospect Heights Park District, in cooperation with School District 23.

Participants must be 4 years of age by September 1, 2025, to participate in any KinderStop program. School District 23 will provide transportation for Early Childhood, Kindergarten and first grade participants on attendance days. Parents are responsible for notifying School District 23 that your child is enrolled in KinderStop and will need transportation. KinderStop does not meet on days when School District 23 is not in session, however we offer a Kids Day Off program. There is a \$50 non-refundable deposit for each session in which you enroll.

#### Ages: 4–7

Location: Gary Morava Recreation Center Registration Deadline: August 11, 2025

#### 2025-2026

|             | Days    | Date           | Time         | Monthly Fee |
|-------------|---------|----------------|--------------|-------------|
| Before Care | M, W, F | 8/20/25–6/3/26 | 7:00–7:50A   | \$53        |
| Before Care | Tu, Th  | 8/21/25–6/2/26 | 7:00–7:50A   | \$38        |
| Before Care | M, W, F | 8/20/25-6/3/26 | 7:00-8:45A   | \$94        |
| Before Care | Tu, Th  | 8/21/25-6/2/26 | 7:00–8:45A   | \$65        |
| AM Program  | M, W, F | 8/29/25-6/3/26 | 8:45–11:30A  | \$278       |
| AM Program  | Tu, Th  | 8/28/25-6/2/26 | 8:45–11:30A  | \$183       |
| PM Program  | M, W, F | 8/29/25-6/3/26 | 11:00A-2:30P | \$331       |
| PM Program  | Tu, Th  | 8/28/25-6/2/26 | 11:00A-2:30P | \$229       |
| After Care  | M, W, F | 8/20/25–6/3/26 | 2:30-6:00P   | \$153       |
| After Care  | Tu, Th  | 8/21/25–6/2/26 | 2:30-6:00P   | \$108       |



Tuesday, August 19 4:30-5:30P

Meet the teachers, tour our classroom & learn about our program.

#### VISIT PHPARKS.ORG/ KINDERSTOP FOR MORE DETAILS





For more information Contact Laura Fudala | Ifudala@phparks.org | 847.666.4878

# 2025-2026 KINDERSTOP

Prospect Heights Park District | 847.394.2848 | phparks.org | PAGE 13





# BEGINS: MAY 12, 2025

**RESIDENT REGISTRATION** 

PARTNER RESIDENT REGISTRATION BEGINS: MAY 19, 2025



# LIONS POOL HOURS

#### **REGULAR SEASON:**

#### June 7–August 8

| Monday-Friday | 11:00A-7:00P* |
|---------------|---------------|
| Saturdays     | 11:00A-5:00P  |
| Sundays       | 11:00A-3:30P  |
| July 4th      | 12:00P-5:00P  |

\*Please note the Typhoons Swim Team will be

conducting practice in the six competition lanes of the pool between 5:30P-7:00P Monday-Friday. The water slide and zero depth areas will be available. The pool will close at 3:15P on Wednesday, June 18, June 25 and July 9 for a home swim meet.

#### **POST SEASON** (SATURDAYS & SUNDAYS ONLY)

| August 9, 16  | 11:00A-5:00P |
|---------------|--------------|
| August 10, 17 | 11:00A-3:30P |

#### DAILY ADMISSION FEE:

| Infant (0Y-11 months)        | Free |
|------------------------------|------|
| Children, Adults & Seniors   | \$7  |
| Twilight Hours (after 4:30P) | \$5  |

#### **SEASON POOL PASS RATES:**

| Early Bird (April 1-May 11)     | \$55R/ \$65NR |
|---------------------------------|---------------|
| Regular Season (May 12-July 11) | \$65R/ \$75NR |
| Half Season (July 12-August 17) | \$30R/ \$35NR |

#### **LAP SWIM HOURS:**

Saturday

8:30-10:30A

#### POOL RENTAL AVAILABILITY & FEES

Rental includes exclusive use of Elm Room and pool, including lifeguards. Must reserve at least 14 days in advance of rental date. Total rental time is 2 hours. Max for Elm Room is 114 people, no minimum.

#### Residents: \$375 / Non-Residents: \$425

| Day | Elm Room Time | Pool Time  |
|-----|---------------|------------|
| Sa  | 5:00-7:00P    | 5:30-7:00P |
| Su  | 3:30-5:30P    | 4:00-5:30P |

#### **POOL CLOSURE INFO**

- Under 70 degrees according to the National Weather Service
- Thunder, lightning and severe weather
- Mechanical Failures/Chemical Imbalance
- Special events or swim meets
- We reserve the right to close the pool if 20 participants or less are using the pool

#### **POOL RULES**

- No food, drink, vaping or tobacco is allowed in the pool area
- Keep all food and drinks in concession area
- No running or horseplay on the pool deck
- Street clothes are not permitted, a swim suit is required for all swimmers
- Glass is not allowed in the pool area.
- No diving
- All children who are not toilet trained are required to wear a swim diaper AND bathing suit
- Swimmers must be 42" or taller to go down the water slide
- All children under the age of 13 must be supervised by an adult who is 16 years or older
- All children using a lifejacket must be supervised by an adult in the pool within arm's reach at all times
- Individuals wearing lifejackets are not permitted on the slide
- Only U.S. Coast Guard approved lifejackets and flotation devices are allowed in the pool

*For more information* Contact Pan Zervas | pzervas@phparks.org | 847.394.6376



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**AQUATICS** 

#### **PROSPECT HEIGHTS PARK DISTRICT**

SWIM LESSONS



# CLASSES

#### MONDAY-THURSDAY FRIDAY MAKEUPS

Session 1: June 16-June 26 Session 2: June 30-July 10 Session 3: July 14-July 24 Session 4: July 28-August 7 Time Slots: 8:30A, 9:10A, 9:50A Fee: R \$90/NR \$105 per session

# SATURDAYS

Dates: June 14-August 9 Time Slots: 9:10A, 9:50A, 10:30A Fee: R \$90/NR \$105 per session

# PRIVATE

# **PRIVATE LESSONS**

6 lessons total 1 person at a time Available for all ages Scheduled with instructor Fee: \$235 per person

# **SEMI-PRIVATE LESSONS**

6 lessons total 2 people at a time Available for all ages Scheduled with instructor Fee: \$275 per 2 people

# FAQS

**Q: WHAT ARE FRIDAY MAKEUPS?** A: Friday makeups only occur if the Park District must cancel a lesson.

**Q: HOW DO I KNOW WHAT LEVEL MY CHILD IS?** A: Swim level will be determined on the first day of your class by a small assessment.

Q: WHAT IF MY CHILD PROGRESSES QUICKLY? A: We will work on the appropriate techniques as a child progresses.

#### **Q: HOW DO I DETERMINE MY PRIVATE LESSON TIME SLOT?** A: You will be contacted via email by a Lesson Coordinator prior to the beginning of classes.



# AQUATICS



# LIONS PARK POOL | AGES 5-18

The Typhoons Swim Team is part of the Northern Illinois Swim Conference. The emphasis of this conference is placed on learning competitive skills, enjoyment of the sport, and lifelong participation in swimming. There are also conference dual swim meets every week during the swim team summer season. Children who are 8 years old and younger must be able to swim 25 yards non-stop (1 length of the pool) without help. Children who are 9 years old and older must be able to swim 50 yards non-stop (2 lengths of the pool).

TYPHOONS

SWIM TEAN

Practices are every night from 5:30–7:00P starting June 9. First meet will be June 18. Final day will be July 25 with an end of season team party.

5-8Y M-F June 9-July 25 5:30-7:00P \$205 9-18Y M-F June 9-July 25 5:30-7:00P \$205



# KIDS DAY OFF

Wondering what to do with your kids when they have a day off school? Register for this convenient program, and we'll take them on a trip, play fun games, enjoy organized sports, and more.

Children may be signed into the program anytime between 7:00–9:00A and signed out between 3:30–6:00P, all for the same fee.

Unless otherwise noted, you must pre-register for each trip, and children should bring a snack, water bottle, and a lunch. Registration deadline is one week prior to the day off.

Location: Gary Morava Recreation Center

**Grades:** K–6 **Fee:** \$72R/\$78NR

#### CREATIVE & PERFORMING ARTS SPRING BREAK CAMP

Lights! Camera! Action! Join us for some spring break fun! Enjoy an amazing Creative and Performing Arts experience that includes dancing, singing, painting, acting, playwriting, crafts, set design, and more! This 5-day camp builds skills throughout the week. At the end of the week, we will put on a small production that will be videotaped and sent to all CPA families to enjoy.

Location: Gary Morava Recreation Center

Age: 6-13

M-F 3/24/25-3/28/25 9:00A-3:00P \$175

#### **MINDCRAFT MADNESS**

Explore the world of Minecraft, one of the most popular video games in history. This class offers an amazing world of endless possibilities. Let your imagination transform your Minecraft experience into a unique world YOU create! Students will discover how to expand their world's possibilities using popular gameenhancing mods. Build traps, arrow launchers, faster rail systems and more & participate in building challenges! Learn fundamentals of computer networking through this unique Minecraft experience that also allows you and your friends to work in multiplayer mode as you Minecraft and build together to survive.

\$76

Location: Gary Morava Recreation Center

Age: 7-12

M-W 06/30/25-07/03/25 6:30-8:00P

Dav Date 3/24/2025 Μ 3/25/2025 Tu W 3/26/2025 3/27/2025 Th F 3/28/2025 Μ 3/31/2025 4/1/2025 Tu F 4/18/2025

5/16/2025

#### 000

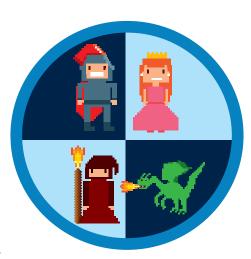
#### **CREATIVE ARTS**

F

Looking for a fun and easy art class? Grab your paintbrush and try Creative Arts! Each week we will be exploring simple techniques with a new medium, and complete a fun and open ended project! Learn about watercolor, acrylic paint, markers, colored pencils, splatter paint, collaging and more! Location: Gary Morava Recreation Center Age: 6–12

M 4/7/25-4/28/25 3:30-4:30P \$48

# **CHILDREN'S PROGRAMS**



# 

PECT

#### **CAMP OPEN HOUSE**

We will have a Camp Open House on Thursday, June 5, from 5:30-6:30P at the Gary Morava Recreation Center. We invite you to stop in and take a tour of our facility, meet the counselors in your child's camp, have your child take their swim test, and ask questions. Camp lunch forms will be available starting at the Camp Open House.

Our Camp Director and Coordinators are seasoned staff members who have been with us for numerous years and are currently pursuing or have completed a college degree. All of our counselors for camps with children over five years of age, have graduated high school and show an aptitude towards childcare education.

#### SUMMER CAMP PAGE 18 | Summer 2025

#### CAMP REGISTRATION DATES & PAYMENT

#### **OPTION 1** – PAYMENT IN FULL

#### **OPTION 2** – AUTOMATIC BILL PAY

- 1. Provide a credit/debit card to be billed that is valid for all camp weeks.
- 2. You will pay a deposit for each session you register your child.
- 3. Your saved credit/debit card will be charged 7 days prior to the start of the camp week.

#### **REFUND GUIDELINES**

Cancellation of automatic bill payment weeks or refund requests must be submitted by the deadline printed in the Summer Camp Parent Manual. Payments are not prorated due to vacations or illness. To request a refund, please complete the form at https://phparks.org/refund-request-form.

| Camp Week       | Auto Bill<br>Date | Registration<br>Deadline (12P) |
|-----------------|-------------------|--------------------------------|
| Week 1 - 06/09  | 06/02             | 06/04                          |
| Week 2 - 06/16  | 06/09             | 06/11                          |
| Week 3 - 06/23  | 06/16             | 06/18                          |
| Week 4 - 06/30  | 06/23             | 06/25                          |
| Week 5 - 07/07  | 06/30             | 07/02                          |
| Week 6 - 07/14  | 07/07             | 07/09                          |
| Week 7 - 07/21  | 07/14             | 07/16                          |
| Week 8 - 07/28  | 07/21             | 07/23                          |
| Week 9 - 08/04  | 07/28             | 07/30                          |
| Week 10 - 08/11 | 08/04             | 08/06                          |

CAMP CREW

# **SUMMER CAMP**

#### EARLY EXPLORERS

This will be the first experience of camp for your 3Y-4Y (entering 3Y-4Y preschool) campers! We will have lots of indoor and outdoor small group activities, games and crafts! Campers will also go swimming during non-public swim time and will stay in the zero depth end of the pool. Campers must be fully potty trained. No diapers or pull ups will be allowed.

Age: 3-4

Time: 9:00A-1:30P

Location: Gary Morava Recreation Center

| Days    | Dates               | Fee R/NR   |
|---------|---------------------|------------|
| M, W, F | 6/09/2025-6/13/2025 | \$96/\$106 |
| Tu, Th  | 6/10/2025-6/12/2025 | \$64/\$74  |
| M, W, F | 6/16/2025-6/20/2025 | \$96/\$106 |
| Tu, Th  | 6/17/2025-6/19/2025 | \$64/\$74  |
| M, W, F | 6/23/2025-6/27/2025 | \$96/\$106 |
| Tu, Th  | 6/24/2025-6/26/2025 | \$64/\$74  |
| M, W    | 6/30/2025-7/2/2025  | \$64/\$74  |
| Tu, Th  | 7/01/2025-7/3/2025  | \$64/\$74  |
| M, W, F | 7/07/2025-7/11/2025 | \$96/\$106 |
| Tu, Th  | 7/08/2025-7/10/2025 | \$64/\$74  |
| M, W, F | 7/14/2025-7/18/2025 | \$96/\$106 |
| Tu, Th  | 7/15/2025-7/17/2025 | \$64/\$74  |
| M, W, F | 7/21/2025-7/25/2025 | \$96/\$106 |
| Tu, Th  | 7/22/2025-7/24/2025 | \$64/\$74  |
| M, W, F | 7/28/2025-8/1/2025  | \$96/\$106 |
| Tu, Th  | 7/29/2025-7/31/2025 | \$64/\$74  |
| M, W, F | 8/04/2025-8/8/2025  | \$96/\$106 |
| Tu, Th  | 8/05/2025-8/7/2025  | \$64/\$74  |
| M, W, F | 8/11/2025-8/15/2025 | \$96/\$106 |
| Tu, Th  | 8/12/2025-8/14/2025 | \$64/\$74  |

#### NO CAMP ON JULY 4

#### **EXPLORERS**

This enriching camp will promote a healthy lifestyle through active play and social activities. Your child's strengths will be showcased through a variety of daily activities including arts and crafts, small group games, open swim and more! Explorers camp will take off site field trips.

Age: 5-7 (Entering Grade K-2)

Time: 9:00A-3:00P

Location: Gary Morava Recreation Center

| Days    | Dates               | Fee R/NR    |
|---------|---------------------|-------------|
| M, W, F | 6/09/2025-6/13/2025 | \$104/\$119 |
| Tu, Th  | 6/10/2025-6/12/2025 | \$72/\$87   |
| M, W, F | 6/16/2025-6/20/2025 | \$104/\$119 |
| Tu, Th  | 6/17/2025-6/19/2025 | \$72/\$87   |
| M, W, F | 6/23/2025-6/27/2025 | \$104/\$119 |
| Tu, Th  | 6/24/2025-6/26/2025 | \$72/\$87   |
| M, W    | 6/30/2025-7/2/2025  | \$72/\$87   |
| Tu, Th  | 7/01/2025-7/3/2025  | \$72/\$87   |
| M, W, F | 7/07/2025-7/11/2025 | \$104/\$119 |
| Tu, Th  | 7/8/2025-7/10/2025  | \$72/\$87   |
| M, W, F | 7/14/2025-7/18/2025 | \$104/\$119 |
| Tu, Th  | 7/15/2025-7/17/2025 | \$72/\$87   |
| M, W, F | 7/21/2025-7/25/2025 | \$104/\$119 |
| Tu, Th  | 7/22/2025-7/24/2025 | \$72/\$87   |
| M, W, F | 7/28/2025-8/1/2025  | \$104/\$119 |
| Tu, Th  | 7/29/2025-7/31/2025 | \$72/\$87   |
| M, W, F | 8/04/2025-8/8/2025  | \$104/\$119 |
| Tu, Th  | 8/05/2025-8/7/2025  | \$72/\$87   |
| M, W, F | 8/11/2025-8/15/2025 | \$104/\$119 |
| Tu, Th  | 8/12/2025-8/14/2025 | \$72/\$87   |

For more information Contact Laura Fudala Ifudala@phparks.org | 847.666.4878

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SUMMER CAMP

#### **ADVENTURE CAMP**

This enrichment camp will promote a healthy lifestyle through active play and enriching social activities. Your child's strengths will be showcased through a variety of daily activities including arts and crafts, small group games, open swim and much more. This camp will take off-site field trips.

Age: 8–11 (Entering Grade 3–6)

Time: 9:00A-3:00P

Location: Eisenhower Elementary School

| Days    | Dates               | Fee R/NR    |
|---------|---------------------|-------------|
| M, W, F | 6/09/2025-6/13/2025 | \$104/\$119 |
| Tu, Th  | 6/10/2025-6/12/2025 | \$72/\$87   |
| M, W, F | 6/16/2025-6/20/2025 | \$104/\$119 |
| Tu, Th  | 6/17/2025-6/19/2025 | \$72/\$87   |
| M, W, F | 6/23/2025-6/27/2025 | \$104/\$119 |
| Tu, Th  | 6/24/2025-6/26/2025 | \$72/\$87   |
| M, W    | 6/30/2025-7/2/2025  | \$72/\$87   |
| Tu, Th  | 7/01/2025-7/3/2025  | \$72/\$87   |
| M, W, F | 7/07/2025-7/11/2025 | \$104/\$119 |
| Tu, Th  | 7/08/2025-7/10/2025 | \$72/\$87   |
| M, W, F | 7/14/2025-7/18/2025 | \$104/\$119 |
| Tu, Th  | 7/15/2025-7/17/2025 | \$72/\$87   |
| M, W, F | 7/21/2025-7/25/2025 | \$104/\$119 |
| Tu, Th  | 7/22/2025-7/24/2025 | \$72/\$87   |
| M, W, F | 7/28/2025-8/1/2025  | \$104/\$119 |
| Tu, Th  | 7/29/2025-7/31/2025 | \$72/\$87   |
| M, W, F | 8/04/2025-8/8/2025  | \$104/\$119 |
| Tu, Th  | 8/05/2025-8/7/2025  | \$72/\$87   |
| M, W, F | 8/11/2025-8/15/2025 | \$104/\$119 |
| Tu, Th  | 8/12/2025-8/14/2025 | \$72/\$87   |

#### **NO CAMP ON JULY 4**

#### **TRAVEL CAMP**

Come travel with us! This camp will provide a new adventure each day! We will spend three days experiencing all the suburbs have to offer from water parks to entertainment venues. The other two days of the week campers will engage in various small group activities. All admissions are included in the camp fees.

Age: 10–13 (Entering Grade 5–8)

Time: 9:00A-3:00P

| Days | Dates               | Fee R/NR    |
|------|---------------------|-------------|
| M-F  | 6/09/2025-6/13/2025 | \$194/\$219 |
| M-F  | 6/16/2025-6/20/2025 | \$194/\$219 |
| M-F  | 6/23/2025-6/27/2025 | \$194/\$219 |
| M-Th | 6/30/2025-7/3/2025  | \$155/\$175 |
| M-F  | 7/07/2025-7/11/2025 | \$194/\$219 |
| M-F  | 7/14/2025-7/18/2025 | \$194/\$219 |
| M-F  | 7/21/2025-7/25/2025 | \$194/\$219 |
| M-F  | 7/28/2025-8/1/2025  | \$194/\$219 |
| M-F  | 8/04/2025-8/8/2025  | \$194/\$219 |

Location: Gary Morava Recreation Center



# **SUMMER CAMP**

#### **BEFORE CARE**

Before care is designed exclusively for children enrolled in the day camp program. Drop off is anytime between 7:00–9:00A. Campers will be walked from before care to their camp.

Age: 5–13 (Entering Grade K–8)

Time: 7:00-9:00A

Location: Gary Morava Recreation Center

| Days    | Dates               | Fee R/NR  |
|---------|---------------------|-----------|
| M, W, F | 6/09/2025-6/13/2025 | \$50/\$65 |
| Tu, Th  | 6/10/2025-6/12/2025 | \$37/\$52 |
| M, W, F | 6/16/2025-6/20/2025 | \$50/\$65 |
| Tu, Th  | 6/17/2025-6/19/2025 | \$37/\$52 |
| M, W, F | 6/23/2025-6/27/2025 | \$50/\$65 |
| Tu, Th  | 6/24/2025-6/26/2025 | \$37/\$52 |
| M, W    | 6/30/2025-7/2/2025  | \$37/\$52 |
| Tu, Th  | 7/01/2025-7/3/2025  | \$37/\$52 |
| M, W, F | 7/07/2025-7/11/2025 | \$50/\$65 |
| Tu, Th  | 7/08/2025-7/10/2025 | \$37/\$52 |
| M, W, F | 7/14/2025-7/18/2025 | \$50/\$65 |
| Tu, Th  | 7/15/2025-7/17/2025 | \$37/\$52 |
| M, W, F | 7/21/2025-7/25/2025 | \$50/\$65 |
| Tu, Th  | 7/22/2025-7/24/2025 | \$37/\$52 |
| M, W, F | 7/28/2025-8/1/2025  | \$50/\$65 |
| Tu, Th  | 7/29/2025-7/31/2025 | \$37/\$52 |
| M, W, F | 8/04/2025-8/8/2025  | \$50/\$65 |
| Tu, Th  | 8/05/2025-8/7/2025  | \$37/\$52 |
| M, W, F | 8/11/2025-8/15/2025 | \$50/\$65 |
| Tu, Th  | 8/12/2025-8/14/2025 | \$37/\$52 |

#### AFTER CARE

The after care program is exclusively for children enrolled in the Prospect Heights Park District day camp. Counselors will walk the kids from their camp to the after care room. After care activities include playground time, gym time, and small group activities. **Age:** 5–13 (Entering Grade K–8) **Time:** 3:00–6:00P

| Days    | Dates               | Fee R/NR  |
|---------|---------------------|-----------|
| M, W, F | 6/09/2025-6/13/2025 | \$58/\$73 |
| Tu, Th  | 6/10/2025-6/12/2025 | \$41/\$56 |
| M, W, F | 6/16/2025-6/20/2025 | \$58/\$73 |
| Tu, Th  | 6/17/2025-6/19/2025 | \$41/\$56 |
| M, W, F | 6/23/2025-6/27/2025 | \$58/\$73 |
| Tu, Th  | 6/24/2025-6/26/2025 | \$41/\$56 |
| M, W    | 6/30/2025-7/2/2025  | \$41/\$56 |
| Tu, Th  | 7/01/2025-7/3/2025  | \$41/\$56 |
| M, W, F | 7/07/2025-7/11/2025 | \$58/\$73 |
| Tu, Th  | 7/08/2025-7/10/2025 | \$41/\$56 |
| M, W, F | 7/14/2025-7/18/2025 | \$58/\$73 |
| Tu, Th  | 7/15/2025-7/17/2025 | \$41/\$56 |
| M, W, F | 7/21/2025-7/25/2025 | \$58/\$73 |
| Tu, Th  | 7/22/2025-7/24/2025 | \$41/\$56 |
| M, W, F | 7/28/2025-8/1/2025  | \$58/\$73 |
| Tu, Th  | 7/29/2025-7/31/2025 | \$41/\$56 |
| M, W, F | 8/04/2025-8/8/2025  | \$58/\$73 |
| Tu, Th  | 8/05/2025-8/7/2025  | \$41/\$56 |
| M, W, F | 8/11/2025-8/15/2025 | \$58/\$73 |
| Tu, Th  | 8/12/2025-8/14/2025 | \$41/\$56 |

#### Location: Gary Morava Recreation Center





# SUMMER CAMP

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# SPORTS CAMP FUN



#### SPORTS CAMP 2ND-5TH GRADE

This camp is for both boys and girls who want to engage in a variety of sport activities. Campers will participate in volleyball, basketball, soccer, whiffle ball, floor hockey, flag football and gaga ball and other favorite camp games! Campers will also learn good sportsmanship! This camp takes off site field trips. **Time:** 9:00A–3:00P

| Days    | Dates               | Fee R/NR    |
|---------|---------------------|-------------|
| M, W, F | 6/09/2025-6/13/2025 | \$104/\$119 |
| Tu, Th  | 6/10/2025-6/12/2025 | \$72/\$87   |
| M, W, F | 6/16/2025-6/20/2025 | \$104/\$119 |
| Tu, Th  | 6/17/2025-6/19/2025 | \$72/\$87   |
| M, W, F | 6/23/2025-6/27/2025 | \$104/\$119 |
| Tu, Th  | 6/24/2025-6/26/2025 | \$72/\$87   |
| M, W    | 6/30/2025-7/2/2025  | \$72/\$87   |
| Tu, Th  | 7/01/2025-7/3/2025  | \$72/\$87   |
| M, W, F | 7/07/2025-7/11/2025 | \$104/\$119 |
| Tu, Th  | 7/08/2025-7/10/2025 | \$72/\$87   |
| M, W, F | 7/14/2025-7/18/2025 | \$104/\$119 |
| Tu, Th  | 7/15/2025-7/17/2025 | \$72/\$87   |
| M, W, F | 7/21/2025-7/25/2025 | \$104/\$119 |
| Tu, Th  | 7/22/2025-7/24/2025 | \$72/\$87   |
| M, W, F | 7/28/2025-8/1/2025  | \$104/\$119 |
| Tu, Th  | 7/29/2025-7/31/2025 | \$72/\$87   |
| M, W, F | 8/04/2025-8/8/2025  | \$104/\$119 |
| Tu, Th  | 8/05/2025-8/7/2025  | \$72/\$87   |
| M, W, F | 8/11/2025-8/15/2025 | \$104/\$119 |
| Tu, Th  | 8/12/2025-8/14/2025 | \$72/\$87   |

#### Location: Lions Park

#### **SPORTS CAMP 6TH-8TH GRADE**

This camp is for both boys and girls who want to engage in a variety of sport activities. Campers will participate in volleyball, basketball, soccer, whiffle ball, floor hockey, flag football and other camp favorite games! Campers will also learn the value of sportsmanship. This camp takes off site field trips.

Time: 9:00A-3:00P

Location: Lions Park

| Days    | Dates               | Fee R/NR    |
|---------|---------------------|-------------|
| M, W, F | 6/09/2025-6/13/2025 | \$104/\$119 |
| Tu, Th  | 6/10/2025-6/12/2025 | \$72/\$87   |
| M, W, F | 6/16/2025-6/20/2025 | \$104/\$119 |
| Tu, Th  | 6/17/2025-6/19/2025 | \$72/\$87   |
| M, W, F | 6/23/2025-6/27/2025 | \$104/\$119 |
| Tu, Th  | 6/24/2025-6/26/2025 | \$72/\$87   |
| M, W    | 6/30/2025-7/2/2025  | \$72/\$87   |
| Tu, Th  | 7/01/2025-7/3/2025  | \$72/\$87   |
| M, W, F | 7/07/2025-7/11/2025 | \$104/\$119 |
| Tu, Th  | 7/08/2025-7/10/2025 | \$72/\$87   |
| M, W, F | 7/14/2025-7/18/2025 | \$104/\$119 |
| Tu, Th  | 7/15/2025-7/17/2025 | \$72/\$87   |
| M, W, F | 7/21/2025-7/25/2025 | \$104/\$119 |
| Tu, Th  | 7/22/2025-7/24/2025 | \$72/\$87   |
| M, W, F | 7/28/2025-8/1/2025  | \$104/\$119 |
| Tu, Th  | 7/29/2025-7/31/2025 | \$72/\$87   |
| M, W, F | 8/04/2025-8/8/2025  | \$104/\$119 |
| Tu, Th  | 8/05/2025-8/7/2025  | \$72/\$87   |
| M, W, F | 8/11/2025-8/15/2025 | \$104/\$119 |
| Tu, Th  | 8/12/2025-8/14/2025 | \$72/\$87   |

# **SUMMER CAMP**



#### HOT SHOTS SPORTS SUMMER SKILLS CAMP

Hot Shots Sports runs these 3-hour sports camps. Kids will learn the sport of the week in a fun environment. There will be lots of laughs and new skills learned, and your child(ren) will come out of these with a smile on their face and their skills improved. Please send a snack with your child for a mid-day break.

Time: 9:00A-12:00P

| Location: Country | Gardens Park |
|-------------------|--------------|
|-------------------|--------------|

| Basketbal                                     | l   Age: 8-12    |       |  |
|---|------------------|-------|--|
| M–F   | 6/16/25-6/20/25  | \$150 |  |
| M–F   | 7/21/25-7/25/25  | \$150 |  |
| Flag Foot                                     | ball   Age: 6-10 |       |  |
| M–F   | 6/09/25-6/13/25  | \$150 |  |
| M–F   | 7/07/25-7/11/25  | \$150 |  |
| M–F   | 7/28/25-8/1/25   | \$150 |  |
| Soccer   A                                    | ge: 6-10         |       |  |
| M–F   | 6/23/25-6/27/25  | \$150 |  |
| M–F   | 7/14/25-7/18/25  | \$150 |  |
| Sports Battle: Nerf and Dodgeball   Age: 6-10 |                  |       |  |
| M-Th  | 6/30/25-7/3/25   | \$120 |  |
| M–F   | 8/04/25-8/8/25   | \$150 |  |



# SUMMER CAMP

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#### PRODUCTION CAMP – SPACERELLA

Sci-fi meets magic in this familiar tale with a futuristic twist! Ella, a human living on Mars, is left alone with her alien stepmother after her father's mysterious disappearance into space. When the Intergalactic Science Fair is held on her planet, she is desperate for a chance to attend and prove herself. Zip up your spacesuit and join this original musical adventure! Spacerella hits the stage this summer!.

Age: 6-16 (Entering Grade 1-10)

Location: Gary Morava Recreation Center

M-Th 6/16/25-7/24/25 3:00-6:00P \$209

#### PRODUCTION CAMP AFTER CARE

This camp is geared for those participants enrolled in our Production Camp and need after care on Fridays only. No program on July 4.

**Age:** 6–16

Location: Gary Morava Recreation Center

F 6/20/25-7/25/25 3:00-6:00P \$90



#### **CREATIVE & PERFORMING ARTS CAMP**

Lights! Camera! Action! Fun! Join us for a fun spin on summer camp. Enjoy an amazing Creative and Performing Arts experience that will include dancing, singing, painting, acting, playwriting, crafts, set design, and so much more! This is a 5 day camp as we build on skills throughout the week. The camp fee includes one special event/field trip per week. **Age:** 6–16 (Entering Grade 1–10)

Time: 9:00A-3:00P

| Location: Gary M | Morava | Recreation | Center |
|------------------|--------|------------|--------|
|------------------|--------|------------|--------|

| Week    | Days | Dates               | Fee R/NR    |
|---------|------|---------------------|-------------|
| Week 1  | M-F  | 6/09/2025-6/13/2025 | \$194/\$219 |
| Week 2  | M-F  | 6/16/2025-6/20/2025 | \$194/\$219 |
| Week 3  | M-F  | 6/23/2025-6/27/2025 | \$194/\$219 |
| Week 4  | M-Th | 6/30/2025-7/3/2025  | \$155/\$175 |
| Week 5  | M-F  | 7/07/2025-7/11/2025 | \$194/\$219 |
| Week 6  | M-F  | 7/14/2025-7/18/2025 | \$194/\$219 |
| Week 7  | M-F  | 7/21/2025-7/25/2025 | \$194/\$219 |
| Week 8  | M-F  | 7/28/2025-8/1/2025  | \$194/\$219 |
| Week 9  | M-F  | 8/04/2025-8/8/2025  | \$194/\$219 |
| Week 10 | M-F  | 8/11/2025-8/15/2025 | \$194/\$219 |



## **SUMMER CAMP**

#### **PROSPECT HEIGHTS PARK DISTRICT**

# Star Studio Summer 2025

Classes begin Tuesday, June 17

#### **CLASS DESCRIPTIONS**

Location: Gary Morava Recreation Center

**BALLET** – Introduce the fundamentals of ballet in an engaging manner. Develop coordination, musicality, and discipline. Emphasis on stretching, strengthening, and musicality, designed to be applicable to various dance forms.

**BALLET & TAP** –This class offers a chance for young dancers to be introduced to creative movement and new friendships! Here we will learn room directions, basic motor and coordination skills, and classroom cooperation. Ballet & Tap shoes required.

**COMPETITION CONDITIONING** – Interested in trying out for our competition dance teams? Register for the Competition Conditioning classes and train with the coaches. This class will focus on core strength, technique (turns, flexibility, leaps and kicks), memory retention, and learning short combos of different dance styles including; Hip Hop, Jazz, Lyrical, and Contemporary. Signing up for the competition conditioning classes is a great way to meet the coaches, current dancers, and prepare for try-outs.





**CONTEMPORARY** – Contemporary combines elements of jazz, lyrical, modern, and ballet in an expressive style of dance that explores the versatility of movement through exercises and improvisation. Required attire: leotard or tank top with dance shorts or leggings and bare feet. May use ballet or jazz shoes.

**HIP HOP** – High energy, contemporary routines using current moves and today's hottest music. Dancers will be introduced to hip hop technique and movement. Jazz shoes required.

**HIP HOP & JAZZ** – Jazz we will focus on smooth and continuous movement. While during the hip hop section of class we will grounding our movements and getting into the urban groove by learning awesome choreography including a lot of cool moves that you may have seen in your favorite music videos. Clean Gym Shoes or Jazz shoes required.

**POMS** – Dancers will learn beginning pom fundamentals and a basic routine. This class is great for promoting coordination and self-esteem. Gym or jazz shoes required.

**PRINCESS BALLET** – Join us for this fun introduction to Ballet where we will learn basic ballet steps. Put on your finest princess wear or your favorite Tutu and join us for a trip to fantasyland! Ballet shoes required

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| Monday     |                          |               |                   |      |
|------------|--------------------------|---------------|-------------------|------|
| 7:00–9:00P | Competition Conditioning | Age: 6/up     | 07/21/25-08/11/25 | \$89 |
| Tuesday    |                          |               |                   |      |
| 6:00–6:45P | Нір Нор                  | Age: 8/up     | 06/17/25-08/05/25 | \$79 |
| 6:45-7:30P | Contemporary             | Age: 8/up     | 06/17/25-08/05/25 | \$79 |
| 7:30–8:15P | Hip Hop & Jazz           | Age: 8/up     | 06/17/25-08/05/25 | \$79 |
| Wednesday  |                          |               |                   |      |
| 5:00–5:45P | Нір Нор                  | Age: 5-7      | 06/18/25-08/06/25 | \$79 |
| 5:45-6:30P | Poms                     | Age: 5-7      | 06/18/25-08/06/25 | \$79 |
| 6:30–7:15P | Ballet                   | Age: 5-7      | 06/18/25-08/06/25 | \$79 |
| Thursday   |                          |               |                   |      |
| 5:00-5:30P | Princess Ballet          | Age: 2yr 6m-5 | 06/19/25-08/07/25 | \$68 |
| 5:30–6:15P | Ballet & Tap             | Age: 3-6      | 06/19/25-08/07/25 | \$79 |
| 6:15–7:00P | Нір Нор                  | Age: 3-6      | 06/19/25-08/07/25 | \$79 |

#### **COMPETITION DANCE TEAM**

#### Ages 6 & up by January 1, 2026.

Come hear all about our Competition Dance Team & Poms Competition Team at the parent/dancer meeting on Wednesday, August 13, 2025 at 6:00P. Please register and let us know that you and your dancer will be coming.

If you are not able to attend and would like more information, please email mglinski@phparks.org

Cuts will be made after the first two clinics, and everyone invited back on Saturday will be an official member of the Star Competition Team.

- Monday, August 18: Learn audition routine and review technique. Cuts will be made following this clinic.
- Wednesday, August 20: Assess choreography retention and technique. Cuts will be made following this clinic and the New PHPD Star Studio Competition Team will be announced and invited to our Competition Boot Camp
- Saturday, August 23: Team Boot Camp Begin choreography for the large group routine, team bonding and games!
- Payment Plans and fundraising available.

**Age:** 6-16

Location: Gary Morava Recreation Center

#### Competition Dance Team Parent/Dancer Info Meeting

| w   | 08/13/25      | 6:00-8:00P       | Free |
|-----|---------------|------------------|------|
| Com | petition Danc | e Team Try Outs  |      |
| М   | 08/18/25      | 6:00-8:00P       | Free |
| w   | 08/20/25      | 6:00-8:00P       | Free |
| Com | petition Danc | e Team Boot Camp |      |
| Sa  | 08/23/25      | 10:00A-2:00P     | Free |

#### FLAG FOOTBALL CLASSES

Come join in on the fun and start playing the nation's most loved game! Players are introduced to stance, receiving, rushing, blocking and defense. Each week ends with a scrimmage encouraging teamwork and sportsmanship. Players always get to play either receiver or running back each week. Games focus on fundamentals and field concepts, as well as positions and mechanics. No equipment necessary!

Location: Eisenhower Elementary School Field

#### Age: 7-9

Tu 06/10/25-08/05/25 5:45-6:45P \$135

#### YOUTH ALL-SPORT CLASSES

Children are introduced to the fundamentals of sports including basketball, floor hockey, football, kickball, soccer, t-ball and other sports and group games. The program provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship.

Location: Eisenhower Elementary School Field

Age: 3-5 Tu 06/10/25-08/05/25 4:15-5:00P \$135

#### YOUTH BASEBALL CLASSES

This introductory T-ball program is perfect for a child who wants to have fun, make new friends and be introduced to baseball. Participants enjoy learning the skills needed to play baseball including offense and defense, as well as the rules and philosophies of the game. The program stresses teamwork over competition. All you need to bring is a glove!

Location: Eisenhower Elementary School Field

#### Age: 4-6

Tu 06/10/25-08/05/25 5:00-5:45P \$135



#### YOUTH BASKETBALL CLASSES

#### LIL DRIBBLERS

The Lil' Dribblers Basketball program introduces children to the game of basketball in a safe, fun and exciting environment. Our curriculum uses age appropriate activities and games specifically designed to increase balance, body awareness, motor skills, hand eye coordination, listening skills and the ability to follow directions. Through engaging exercises and interactive play, your child will develop fundamental basketball skills while having a blast in a supportive environment.

Location: Gary Morava Recreation Center

**Age:** 3-5

M 06/09/25-08/04/25 4:15-5:00P \$135

#### **BASKETBALL CLINIC 101**

Develop early basketball skills such as shooting, dribbling, and passing, along with the basic rules of the game. All instruction is game/drill oriented with mini-games and scrimmages played every week. This class is for the basketball beginner looking to understand the game, learn new skills, and have fun.

Location: Gary Morava Recreation Center

**Age:** 6-8

M 06/09/25-08/04/25 5:00-6:00P \$135

#### **BASKETBALL CLINIC 201**

Players begin to develop more advanced skills such as various guard/post techniques, setting screens, moving without the ball, and offensive spacing. Defensive instruction includes man-to-man, denying the ball, help-line and boxing out. Players spend time developing their shot using proper mechanics to be effective further from the basket. Scrimmages are played every week.

Location: Gary Morava Recreation Center

Age: 9-12

M 06/09/25-08/04/25 6:00-7:00P \$135

# **YOUTH ATHLETICS**

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# YOUTH SOCCER CLASSES

#### PEE WEE SOCCER

Let your child's early soccer experience be a great one. The younger player develops their soccer skills and also gains confidence, coordination, motor skills and communication. The program uses age appropriate drills and exercises to teach players kicking, ball control, dribbling, shooting and more. This class is taught by Hot Shots Sports.

Location: Eisenhower Elementary School Field

Age: 3-5

W 06/11/25-08/06/25 4:15-5:00P \$135

#### **SOCCER SKILLS CLINIC 101**

In the next stage of their progression, players increase their confidence and speed in an up-tempo game like atmosphere. The clinic's specific technique training involves strength and placement shooting, landing on the shooting foot, precision passing, settling the ball with various body parts and taking the fundamentals to the next level along with and starting to learn skill maneuvers.

Location: Eisenhower Elementary School Field

| Age | <b>e:</b> 6-8     |            |       |
|-----|-------------------|------------|-------|
| w   | 06/11/25-08/06/25 | 5:00-6:00P | \$135 |

#### **SOCCER SKILLS CLINIC 201**

In the next stage of their progression, players increase their playing stamina and speed in an up-tempo game like atmosphere. The clinic's specific technique training involves strength and placement shooting, landing on the shooting foot, precision passing, settling the ball with various body parts and advanced fundamentals and skill maneuvers. Most importantly, players are taught game concepts that will improve their decisionmaking and overall game.

Location: Eisenhower Elementary School Field

Age: 9-12

W 06/11/25-08/06/25 6:00-7:00P \$135



## **YOUTH TENNIS CLASSES**

This class introduces children to the early fundamentals of tennis. Using age appropriate drills and games; participants learn basic strokes, grip and early tennis skills. All activities develop gross motor skills, coordination, judgment and proper mechanics. Tennis rackets will be provided.

Location: Claire Lane Park

#### **ALL STAR TENNIS**

| Age | <b>Age:</b> 8-10  |            |       |  |  |
|-----|-------------------|------------|-------|--|--|
| Th  | 06/12/25-08/07/25 | 6:00–6:45P | \$120 |  |  |
|     |                   |            |       |  |  |
| PRO | PRO TENNIS        |            |       |  |  |
| Age | : 6-8             |            |       |  |  |
| Th  | 06/12/25-08/07/25 | 5:15-6:00P | \$120 |  |  |
| Age | : 4-6             |            |       |  |  |

Th 06/12/25-08/07/25 4:30-5:15P \$120



# **YOUTH ATHLETICS**



Jazzercise® is the original dance party workout. Blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost. Registrations taken at class. New students should arrive a minimum of 10 minutes prior to the first class.

Age 16 & Older Location Gary Morava Recreation Center, in person and virtual online classes



#### ADULT OPEN PLAY PICKLEBALL

#### Age 18 & up

Location: Gary Morava Recreation Center Gym

Fee: \$3/day

\$55 – 20 punch pass

Also included in SilverSneakers, Renew Active and one-year fitness membership

| Dates       | Days   | Times       | Level        |
|-------------|--------|-------------|--------------|
| 10/02–05/16 | M,W, F | 9:00-11:00A | Competitive  |
| 10/01–05/15 | Tu,Th  | 9:00–11:00A | Recreational |

Schedule may change due to other programming.



#### AND PRIME

The Prospect Heights Park District is a SilverSneakers (ages 64+) and Prime (ages 18-64) location. Find out if your health plan or Medicare offers SilverSneakers or Prime. This is a benefit offered by your employer and/or your health plan. This 1-year membership has all the same perks as our regular 1-year membership. Bring in your 16-digit health ID card for a FREE 1-year fitness membership.

#### One Pass™ Renew Active <sup>™</sup> ∭ UnitedHealthcare

Prospect Heights Park District is also a Renew Active location. Bring in your 10 digit access code for a FREE fitness membership. The program is available with select United Healthcare Medicare Advantage plans. Contact your employer for more details.

#### **ACTIVE&FIT/SILVER&FIT**

Prospect Heights is now a new Active&Fit and Silver&Fit member. Active&Fit is for ages 18-64 and Silver&Fit is for 65+. Please bring in your code given to you by your health care provider to check eligibility.

#### CHECK OUT OUR FITNESS PROGRAMS > On page 32–33



For more information Contact Pan Zervas | pzervas@phparks.org | 847.394.6376

# FITNESS PROGRAMS

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#### FITNESS CENTER MEMBERSHIP

Fitness Center memberships can be purchased at the Front Desk during regular hours at the Gary Morava Recreation Center.

**Please Note:** Family memberships only apply to immediate family members residing in the same household. Proof of residency may be required. Must be 12 years & up to use fitness equipment in the Fitness Center. Youth ages 12-13 must be accompanied by a parent or guardian. No one under the age of 16 may use the sauna. Memberships cannot be transferred to another person.

#### **MEMBERSHIP RATES**

**Students:** 12–23 years with school ID **Individual:** 18–23 years with no school ID and 24–61

Senior: 62 years & up

Additional Family Members: Must be in same household

| One Year Fitness<br>Memberships           | Resident | Non-<br>Resident |
|---|----------|------------------|
| Individual                                | \$180    | \$205            |
| Additional Family Member                  | \$100    | \$120            |
| Student/Senior                            | \$104    | \$120            |
| One Year Gym &<br>Racquetball Memberships | Resident | Non-<br>Resident |
| Individual                                | \$64     | \$82             |
| Student/Senior                            | \$44     | \$48             |
| Six Month Fitness<br>Membership           | Resident | Non-<br>Resident |
| Individual                                | \$130    | \$155            |
| Additional Family Member                  | \$75     | \$85             |
| Student/Senior                            | \$65     | \$80             |
| Three Month Fitness<br>Memberships        | Resident | Non-<br>Resident |
| Individual                                | \$80     | \$80             |
| Additional Family Member                  | N/A      | N/A              |
| Student/Senior                            | \$45     | \$55             |

#### **DAILY FEES**

| Fitness Center    | \$5/person      |
|-------------------|-----------------|
| Open Gym          | \$3/person      |
| Racquetball Court | \$5/person/hour |
| Wallyball Court   | \$15/hour       |

#### FITNESS CENTER HOURS

| Monday–Thursday                           | 6:00A-9:00P |  |
|---|-------------|--|
| Friday*                                   | 6:00A-6:00P |  |
| Saturday                                  | 8:00A-5:00P |  |
| Sunday                                    | 8:00A-5:00P |  |
| *Fridays open until 7:00P June 6–August 8 |             |  |

#### AVAILABLE EQUIPMENT

- Cardio Theater Entertainment System
- Precor Treadmills
- Precor Elliptical Machines
- Precor Recumbent Bikes
- Stationary Bikes
- Concept2 Rowers
- Rig
- Complete line of strength machines
- Full range of 5–60 lb. dumbbells, free weights, squat rack & cable crossover
- NuStep Sit Down Elliptical
- 5–45 lb. Bumper Plates
- 20–60 lb. EZ-Curl Bars

#### FITNESS MEMBERSHIP

**Memberships Includes:** Unlimited access to the fitness center, and access to open gym, racquetball court, and locker room. Members can take advantage of our cardio and strength machines, free weights, and balance/ resistance equipment. One Year Fitness Membership includes Open Play Pickleball from October–May. (See page 30 for hours.)

#### RACQUETBALL & OPEN GYM MEMBERSHIP

**Memberships Includes:** Unlimited access to the racquetball court and open gym. Racquetball & Open Gym membership does not include Pickleball or Fitness Center.

#### RACQUETBALL/WALLYBALL COURT PROCEDURES:

- 1. Racquetball players with a membership must scan their passes at the Front Desk prior to entering the court.
- 2. Daily racquetball and wallyball players must pay the hourly fee prior to entering the court.
- 3. Players may reserve the court seven days in advance, for one or two hours per day.
- 4. Register online or call Front Desk at 847.394.2848 to book time.
- 5. Reservations are on the hour (7:00A, 8:00A, etc.).

# FITNESS PROGRAMS

# Fitness Classes at PHPD.

There is something for everyone!

#### AQUAFIT

This fun, low-impact workout takes place in the water, offering a full-body exercise that improves cardiovascular health, strength, and flexibility. Whether you're a beginner or experienced, Aqua Fitness is perfect for all fitness levels. The class combines aerobic exercises, strength training, and stretching, using the resistance of water to increase intensity while minimizing joint stress. It's an ideal workout for anyone seeking a challenging, supportive, and refreshing fitness experience.

Location: Lions Park Pool

Age: All Ages

| Tu & Th | 06/10/25-07/10/25 | 8:00-8:45A | \$70 |
|---------|-------------------|------------|------|
| Tu & Th | 07/15/25-08/07/25 | 8:00-8:45A | \$70 |



# FITNESS PROGRAMS

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#### YOGA

Unwind and release the day's tensions in our night yoga class, a tranquil journey of relaxation and restoration. Through calming breathwork and gentle stretches, soothe both body and mind, preparing for a peaceful night's rest and awakening refreshed for the day ahead.

All levels. Participants should bring mats, water and yoga blocks.

Location: Gary Morava Recreation Center

Age: 16+

| Tu | 07/15/25-08/26/25 | 6:00-7:00P | \$65 |
|----|-------------------|------------|------|
|    |                   |            |      |

#### YOGA IN THE PARK

Come join in on the Yoga fun! Summer time outdoor Yoga in the park!

Bring your Yoga mat and enjoy the fresh air in the morning while connecting with nature. Our instructor, a PHPD resident, is excited to welcome you!

Location: Lions Park

Age: All Ages

Sa 07/19/25-08/30/25 8:00A-9:00A \$65



# FALL 2025 ADULT ATHLETIC LEAGUES

#### ADULT FUTSAL LEAGUES AT PROSPECT HEIGHTS PARK DISTRICT

The adult recreational Futsal league is for individuals seeking fun, competitive play in a relaxed, social atmosphere. We offer a Men's 4v4 and a Women's 4v4 league. Players of all skill levels can join, focusing on teamwork and fitness and enjoying the fast-paced action of Futsal. It's a great way for adults to stay active, meet new people, and enjoy the sport in a supportive environment.

Dates: Begins September 16, 2025 Days: Tuesdays Times: 5:30–8:30P Location: Gary Morava Recreation Center Team Fees: \$160R / \$184NR To register or for more information, visit phpd.org or call 847-394-2848.





#### WOMEN'S BASKETBALL LEAGUE AT MT. PROSPECT PARK DISTRICT

Each team will play an 8 week regular season + playoffs. Fee covers referees, scorekeeper & end of season prize. Registration taken by individual or by team. Registered individuals will be assigned onto a team once registration closes. Each team will be assigned a team color which players need to have that color shirt with a jersey number.

Dates: September 10–November 12, 2025

Days: Wednesdays

Times: 6:30–9:30P

Location: RecPlex

Fees: Individual \$85R / \$95NR or Team \$850

To register or for more information, visit mppd.org or call 847-255-5380.

#### MEN'S FLAG FOOTBALL LEAGUE AT RIVER TRAILS PARK DISTRICT

18 years and passing! Rules allow for wide-open play and minimal contact in this 6v6 league. League & tournament cash awards will be given for top finishes.

Dates: Begins September 4, 2025

Days: Thursdays

Times: 6:30–10:30P

Location: Woodland Trails Park Football Field

Team Fees: \$700R / \$800NR

To register, please visit the Weiss Community Center, 1500 E. Euclid Ave. or for more information, call 847-255-1200.



# **ADULT ATHLETICS**



#### MINDFULNESS MONDAYS: MEDITATE, MOVE AND CREATE

Start your week with a deep breath, a stretch, and a splash of creativity! Join us for Mindfulness Mondays, a rejuvenating session to help you unwind, refocus, and tap into your artistic side.

Each session begins with a calming guided meditation to center your mind, followed by a gentle chair yoga sequence to loosen up and energize your body. Once you're feeling relaxed and inspired, we'll dive into a creative art-making activity that's simple, soothing, and deeply personal. You'll create something meaningful while practicing mindfulness every step, whether it's expressive painting, mindful doodling, or nature-inspired crafts.

Reduce stress, spark creativity, and connect with yourself—and maybe even make a few new friends! No art or yoga experience is needed—bring an open heart and a willingness to explore.

What to Bring:

- Comfortable clothes for light movement.
- A water bottle and a curious mind.

Skill Level: Open to all levels—beginners are welcome!

Start your week with mindfulness, movement, and a masterpiece! Sign up now to set a positive tone for the days ahead.

#### Location: Gary Morava Recreation Center

| <b>Age:</b> 18/up |          |            |      |  |
|-------------------|----------|------------|------|--|
| М                 | 07/14/25 | 6:30-8:00P | \$20 |  |
| М                 | 07/21/25 | 6:30-8:00P | \$20 |  |
| М                 | 07/28/25 | 6:30-8:00P | \$20 |  |
| М                 | 08/04/25 | 6:30-8:00P | \$20 |  |

#### PAINT, POUR, AND PLAY: ABSTRACT ART IN THE PARK!

Get ready to unleash your creativity and watch colors dance as you explore the mesmerizing art of paint pouring—no brushes, no rules! Join us for a fun and vibrant art session to learn the magic of fluid art in a relaxed, nature-inspired setting.

Whether you're an art pro or beginner, this class is perfect for anyone who loves experimenting and getting their hands messy (gloves are provided!).

Come solo or bring your friends—it's a perfect way to unwind, connect, and express yourself.

What to Bring:

- Clothes you don't mind getting colorful ( or an apron).
- A sense of adventure!

Skill Level: No experience necessary.

Location: Gary Morava Recreation Center

Age: 18/up

|   | 07/4//05 |            | <b>*</b> • • • |
|---|----------|------------|----------------|
| W | 07/16/25 | 7:00–9:00P | \$40           |

#### FRAME-WORTHY WATERCOLORS: PAINT, CREATE, AND DISPLAY

Dive into the dreamy world of contemporary watercolor painting and leave with a masterpiece ready to hang on your wall! No stuffy landscapes—think vibrant colors, bold designs, and your own unique flair.

Our friendly instructor will guide you step-by-step, from mastering watercolor washes to layering details that make your painting pop. Once your artwork is complete, we'll walk you through the process of framing it like a pro.

No experience needed—whether you're an experienced artist or picking up a brush for the first time, this workshop is designed to spark your creativity! Don't wait—grab a spot and create a masterpiece that's all your own.

What to Bring:

- Clothes you don't mind getting creative in.
- A little inspiration.

Location: Gary Morava Recreation Center

**Age:** 18/up

W 07/30/25 7:00-9:00P \$40

# **ACTIVE ADULTS**

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### STRING IT TOGETHER: DIY CONTEMPORARY YARN HANGINGS

Forget the old-school macramé—this is modern, chic, and oh-so-fun! Join us for a workshop where you'll create a contemporary yarn hanging that's perfect for adding a pop of personality to any space.

In this hands-on session, you'll learn simple techniques from picking a trendy color palette to arranging yarn in stunning patterns.

This workshop is perfect for anyone looking to unleash their inner designer. Come solo, bring your squad, or make it a date—either way, you're guaranteed to have a blast. Beginners and seasoned DIYers welcome. Reserve your spot today!

What to Bring:

- Your creativity and a love of cozy, modern vibes.
- All materials are provided, ready for you to create.

Location: Gary Morava Recreation Center

| Age: | 18/up |
|------|-------|
|      |       |

| W  | 08/06/25 | 7:00-9:00P | \$40          |
|----|----------|------------|---------------|
| ** | 00/00/23 | 7.00-7.001 | $\varphi + 0$ |

### TOTE-ALLY CREATIVE: DESIGN YOUR OWN CANVAS BAG!

Say goodbye to boring bags and hello to your new favorite accessory! Join us for a fun, hands-on workshop where you'll transform a plain canvas tote into a stunning masterpiece. Using various printing and painting techniques—including stenciling, stamping, and freehand designs.

Not an artist? No problem! This workshop is perfect for all skill levels. Our friendly instructor will guide you through the process, whether you're splashing on bold colors, creating intricate patterns, or stamping your way to perfection.

Bring your creativity (and maybe a friend), and leave with a stylish tote bag ready to turn heads at the market, library, or wherever life takes you.

Space is limited, so sign up now, and let's make some tote-ally awesome bags together!

What to Bring:

- Clothes you don't mind getting a little artsy.
- Your imagination!

Location: Gary Morava Recreation Center

Age: 18/up

| W | 07/23/25 | 7:00-9:00P | \$40 |
|---|----------|------------|------|
|   |          |            |      |



# **ACTIVE ADULT**





### 700 WEST RAND ROAD | MT. PROSPECT 847.255.2025 | OLDORCHARDCC.COM

### **APRIL JUNIOR TRAINING CAMP**

Watch your child develop their physical abilities and mental focus while having fun learning exciting new skills that boost their confidence. This class will start the summer development as soon as the weather breaks.

\*Classes will be divided by ability and age.

Ages: 6–10, 4:15–5:15P Ages: 11–14, 5:30–6:30P Fee: \$185 Dates: April 10–April 24 on Tuesdays and Thursdays



### SPRING JUNIOR GOLF CAMP

This camp is for the junior golfer looking to get a head start on competition. PGA Professional Doug Brazeau will give the lessons and each student's progress will be monitored in a structured group lesson format. Half of the instruction will be held on the course! We will be offering two classes based on the student's ability level.

### INTERMEDIATE CLASS | Ages: 7-11

Size: Split 20 Students Time: 5:00–6:00P

### Fee: \$185

| Session 1 | May 6  | Chipping & Putting Clinic |
|-----------|--------|---------------------------|
| Session 2 | May 8  | Driving Range             |
| Session 3 | May 13 | Playing Lesson            |
| Session 4 | May 15 | Driving Range             |
| Session 5 | May 20 | Playing Competition       |

### ADVANCED CLASS | Ages: 12-16

Size: Split 20 Students Time: 6:15–7:15P

### Fee: \$185

| Session 1 | May 8  | Chipping & Putting Clinic |
|-----------|--------|---------------------------|
| Session 2 | May 13 | Driving Range             |
| Session 3 | May 15 | Playing Lesson            |
| Session 4 | May 20 | Driving Range             |
| Session 5 | May 22 | Playing Competition       |



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### **SPRING JUNIOR LEAGUE**

Like the Summer Challenge League, this league is separated into four teams. Teams will compete each week using various formats of play. Besides competition, this league will stress game improvement to make each student a more complete player. Areas of focus will be set–up, pre-shot routine, short-game rules, etiquette, and full-swing fundamentals. Sign up today to improve your game and have valuable on-course competitions.

- On-course competition Prizes
- 10 rounds on the course Team Gear
- Practice time on range
  Practice time on range
  Awards Dinner Ceremony
- Driving Range Balls included

Max: 40 Participants Ages: 8–13

Location: Old Orchard Country Club

Fee: \$325

Time: April-June 1, 4:45-6:45P, Wednesday's

Parent Child Scramble: Tee Times anytime between 4-6:00P

Tryouts: April 2 at 4:45-5:45P

**Dates:** April 9, 16, 23, 30; May 4–Parent/Child Scramble (Come Anytime Between 4–6:00P), 7, 14, 21 Tuesday 27 (Rain Make–UP) 28 (Awards Night)

### SPRING JUNIOR LEAGUE-ADVANCED

This league is for golfers already playing competitive tournaments or aspiring to play tournament golf. This league is to give you the opportunity to play in a competitive atmosphere and start your season off competing.

- On-course competition Prizes
- 10 rounds on the course Team Gear
- Practice time on range
   Awards Dinner Ceremony
- Driving Range Balls included

Max: 30 Participants

Ages: 11-16

Location: Old Orchard Country Club Fee: \$325

Time: April–June 1: 4:00–6:30 P, Wednesday's

Parent Child Scramble: Tee Times anytime between 3:30–6:00P

Tryouts: April 2 at 4:00P

**Dates:** April 9, 16, 23, 27–Parent/Child Scramble (Come anytime between 4:00–6:00P), 30; May 7, 14, 21 Tuesday 27 (Rain Make–Up), 28 (Awards Night)



For more information contact Doug Brazeau | dbrazeau@phparks.org 847.666.4854

# **GOLF ACADEMY**

### OLD ORCHARD COUNTRY CLUB GOLF ACADEMY-LEVEL 1 CLINIC

If your child likes to golf or is merely curious about the game, sign them up for this fabulous instructional five-day clinic. They will learn correct swing fundamentals, rules, and golf etiquette and get a set of clubs! This introductory course has helped thousands of kids learn the game of golf. All children who attended the clinic last year can sign up again for \$130 (does not include the golf clubs). Classes are limited. The first-time fee includes a starter set of golf clubs and a golf bag. Residents have priority.

### Age: 6–12

| Dates     | Days | Times        | Fee   |
|-----------|------|--------------|-------|
| 6/9–6/13  | M–F  | 8:30-9:30A   | \$225 |
| 6/9-6/13  | M–F  | 10:00-11:00A | \$225 |
| 6/9–6/13  | M–F  | 12:30-1:30P  | \$225 |
| 6/16-6/20 | M–F  | 9:00–10:00A  | \$225 |
| 6/16-6/20 | M–F  | 10:30–11:30A | \$225 |

### OLD ORCHARD COUNTRY CLUB GOLF ACADEMY-LEVEL 2 CLINIC

After the completion of Level 1 Clinic youngsters will be given a chance to advance to the next level to learn more specific golf fundamentals. Level 2 Training Program gives youngsters practical experience on the golf course using a fun format that stresses the importance of learning good fundamentals through playing games and competitions. Kids will be separated by age and ability. This class can be taken while enrolled in one of the leagues. Residents have first priority.

Age: 6-14

| Dates     | Days  | Times         | Fee   |
|-----------|-------|---------------|-------|
| 7/08–7/24 | Tu,Th | 8:30–10:00A   | \$195 |
| 7/08–7/24 | Tu,Th | 11:00A-12:30P | \$195 |

### SUMMER CHALLENGE GOLF LEAGUE

Come and try out for this fun league and learn more about the great game of golf. Our goal is to provide a format of play that is fun and, at the same time, teaches youngsters rules and etiquette. This league is excellent preparation for high school golf. Team players will be required to have a junior set of clubs. Due to the availability of the golf course, there is a 50-person league limit, but we will sign up substitutes for each team. Park district residents will have priority in signing up.

Tryouts: June 3rd at 5:00–6:00pm.

**Tentative Dates:** June: 10, 11, 17, 18, 22 (Parent Child Scramble, come anytime between 4:30–6PM) 25, July: 1, 8, 9, 15, 16, 22, 23, 29 (Rain Make–up) 30th–5PM Golf then followed by Awards Ceremony (parents are welcome to join at 6:30P, send your favorite dessert)

Max: 50. Residents have first priority.

Age: 7–14

| Dates     | Days | Times      | Fee   |
|-----------|------|------------|-------|
| 6/10–7/30 | Tu,W | 5:00-7:00P | \$395 |

# SUMMER ADVANCED CHALLENGE LEAGUE

The purpose of this league is to give you an opportunity to play golf in a competitive atmosphere and to prepare you for high school golf. There is a limit of 30 players. Matches will be at 7:00 am on Mondays and Wednesdays. The fee includes golf, warm up balls before or after, team hat and awards ceremony.

Try Outs: June 4th at 5:00–6:00 PM.

**Tentative Dates:** June: 9, 11, 16, 18, 23, 25, 30; July: 7, 9, 13 (Parent Child Scramble, come between 4:30–6:00P), 16, 21, 23, 28 (Rain Make-up Date) 30 (4:30PM Golf then Awards Ceremony, parents are welcome to join at 6:30PM, bring your favorite dessert)

Max: 30 Residents have first priority.

| Age   | Dates     | Days | Times      | Fee   |
|-------|-----------|------|------------|-------|
| 10–15 | 6/05–7/30 | M,W  | 7:00–9:30A | \$395 |

# **GOLF ACADEMY**

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# SUMMER TRAVEL CHALLENGE LEAGUE

Participants in this league will represent Old Orchard in competitions against neighboring park districts, featuring traditional play, scrambles, and skills challenges. To be eligible, players must have completed a prior program and demonstrate good sportsmanship. The league is limited to the first 15 players who complete tryouts. The registration fee covers golf, five range tokens, a team hat, and an awards ceremony. A schedule of matches and practices will be provided after team placements.

Try Outs: June 4th at 5:00–6:00P.

Matches: Wednesdays at 1:00P

Tentative Dates: June: 11, 18, 25 July: 9, 16, 23 Practices: Mondays at 7:00A

**Tentative dates:** June: 9, 16, 23, 30 July: 7, 13 (Parent Child Scramble, Come anytime between 4:30–6PM), 21, 28 (Rain Make–up Date) 30 (4:30PM Golf then Awards Ceremony, parents are welcome to join at 6:30P, bring your favorite dessert)

**Locations:** Old Orchard Country Club, Mt. Prospect Golf Club

**Max:** 15

| Age   | Dates     | Days | Times                    | Fee   |
|-------|-----------|------|--------------------------|-------|
| 10–13 | 6/04–7/30 | M,W  | 7:00–9:00A<br>1:00–3:30P | \$395 |



### **ADULT GOLF CLINIC**

This class is for golfers ready for more detailed instruction and golfers looking to shave a few strokes off their handicap. We will concentrate on full swing flaws and short game techniques to improve your ability to score. Classes will be held on course and at the driving range. Driving range balls included.

| Age | Dates     | Days  | Times      | Fee   |
|-----|-----------|-------|------------|-------|
| 18+ | 7/15–7/29 | Tu,Th | 6:00-7:00P | \$195 |

### SUMMER HIGH SCHOOL LEAGUE

This league offers an excellent opportunity to gain competitive experience and prepare for the high school golf season. Don't wait until August to start preparing for the season! The fee includes golf play, five extra range tokens, a team hat, and an awards ceremony. A schedule of matches and practices will be provided once you are assigned to a team.

Try Outs: June 4 at 4:30 pm.

**Tentative Dates (7:00A, Mondays and Thursdays):** June: 10, 12, 17, 19, 23, 25, July: 1, 8, 10, 15, 17, 22, 24, 29 (Rain Makeup Date) July 30 (4:30P Golf, then Awards Ceremony, send your favorite dessert)

### **Max:** 30

Age: 13–18 or incoming Freshmen through Seniors

| Dates       | Days  | Times      | Fee   |
|-------------|-------|------------|-------|
| 06/09–07/30 | Tu,Th | 7:00–9:30A | \$395 |



opportunity to compete against area golfers. You will be notified of your tee time the weekend before the tournament. Range balls, golf, lunch and medals are included.

BOYS & GIRLS DIVISIONS Ages: 10–11, 12–13, 14–15, 16–18

TEE TIMES: Between 8A–Noon FEE: \$40



# **GOLF ACADEMY**

OLD ORCHARD COUNTRY CLUB



# BANQUETS & EVENTS

# NOW BOOKING WEDDINGS & EVENTS TOURS ARE AVAILABLE

Host your upcoming event at Old Orchard Country Club's beautiful venue



oldorchardcc.com | 224.248.8708



# 20

Basketball, soccer, dodge ball or flag football and more.

(Choose one) \$15/child

ULTIMATE BIRTHDAY PARTY

**Old-fashioned party games** \$15/child



Gear up and challenge your friends for a Nerf Battle! Includes one hour gym & 30 minute party room rental, Nerf Coach and all the necessary

Nerf Equipment to have a Birthday Battle. (Ages 7 & up) \$24/child

MINI NINJA WARRIOR PARTY

Leap, hop, skip, run your way through obstacles and put your Ninja skills to the test. This fun, movement based class includes one hour gym & 30 minute party room rental, Ninja Coach and equipment. (Ages 4-8)

\$24/child

DANCE PARTY

### Dance along with the birthday child's' favorite Pop Star – Swifty, Boy Bands, 80's Throwback

or you choose! \$15/child

### WE OFFER A VARIETY OF PARTY PACKAGES FOR YOUR FUN AND ENJOYMENT!

Any of our birthday parties can also be used as a scout troop outing or to earn your next badge. A minimum of 10 children are required for all parties. Enjoy as we take care of your party needs from start to finish. You are welcome to bring in your own food and cake! If you choose, we are happy to provide pizza, hot dogs, cupcakes or cake, ice cream, drinks or goody bags to complete your party at an additional fee. All birthday parties are 1.5 hours. Please contact Marci Glinski for more information.

# CAKE DECORATING WITH GLORIA

Each child will learn to decorate a cake using different tools and techniques. Each child will bring home a decorated cake in a box as their party favor. \$24/child

> STUFF & FLUFF PARTY

**Choose your favorite FURRY FRIEND to bring to life.** Many animals to choose from! Includes fiberfill stuffing, rainbow wish star, birth certificate, and take-home bag. \$24/child



For more information Contact Marci Glinski | mglinski@phparks.org | 847.666.4875



**BIRTHDAY PARTY INFORMATION** 

# **Reserve a space for any occasion**

ent

# What can you reserve?

- Gym
- Multipurpose Rooms Elm Room (capacity 115) or Pine Room (capacity 98)
- **Pavilions** at Lions Park, Country Gardens Park, Izaak Walton Park, or Claire Lane Park
- Tennis / Pickleball Courts at Country Gardens Park or Claire Lane Park
- Athletic Fields Soccer field, basketball court, sand volleyball court, or baseball field
- Outdoor Pool at Lions Park for a private pool party
- Racquetball Court reserve time with membership
- Open Areas at many parks
- Fitness Studio

# Visit phparks.orgformore information&reservations







Procedures & Costs Online Reservation Rental Application

# **Questions?**

Contact Rita Nebl at rnebl@phparks.org

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Getting your home sold in today's market takes...

# experience, knowledge & a proven track record.

Homes are selling, if you have the right broker. I'm not just a real estate broker; I'm also your neighbor!

> Contact me for a complimentary market analysis today!

Karen Gatta, JD, CSC

Real Estate Broker Baird & Warner 773.793.7627 cell karen.gatta@bairdwarner.com www.karengatta@bairdwarner.com



# PAWERCT<br/>Croconing<br/>Croconing<br/>ServicesBath &<br/>Brush<br/>ServicesWalk-In<br/>ServicesBath &<br/>ServicesWalk-In<br/>ServicesBath &<br/>Brush<br/>ServicesWalk-In<br/>ServicesBath &<br/>ServicesWalk-In<br/>ServicesBath &<br/>ServicesWalk-In<br/>ServicesBath &<br/>ServicesWalk-In<br/>ServicesBath &<br/>ServicesWalk-In<br/>ServicesBath &<br/>ServicesWalk-In<br/>ServicesBath &<br/>ServicesWalk-In<br/>ServicesBath &<br/>ServicesWalk-In<br/>ServicesBath &<br/>ServicesWalk-In<br/>ServicesBath &<br/>ServicesWalk-In<br/>ServicesBath &<br/>Services</

### MAKE AN APPOINTMENT TODAY!

Call 847.701.5172 or visit www.pawfectgroomingllc.com

# WE ARE PROUD TO SUPPORT THE PROSPECT HEIGHTS PARK DISTRICT

Village Bank&Trust

> 606 N. Milwaukee Ave. Prospect Heights



bankatvillage.com

FDIC

# Special Events 2025

| Month     | 2025 Special Events                       |
|-----------|---|
| January   | Winter Carnival                           |
| February  | Family Puzzlepalooza                      |
| April     | Flashlight Egg Hunt                       |
| April     | Spring Fling                              |
| April     | Bunny Home Visits                         |
| August    | National Night Out                        |
| September | Hometown Family Hoe Down                  |
| September | Loteria Family Night                      |
| November  | Holiday Craft Fair                        |
| December  | Holly Jolly Gingerbread<br>House Workshop |
| December  | Holiday Trolley Express                   |
| Various   | Various Family Bingo<br>& Pizza Nights    |



Scan for 2025 Sponsorship information



# **ADVERTISING & SPONSORSHIP**

# **FUN FACTS**

- Did you know two bee hives were installed near the bridge between Country Gardens and Somerset Park as part of ComEd's pollinator project near the prairie? They are thriving by foraging nectar and pollen from the prairie plantings nearby!
- Have you visited the Nature Preserve at the north end of Lions Park? The wood chip trail and stepping stone bridge over McDonald Creek were created from an Eagle Scout project, that included 49 volunteers working for a combined 224 hours.
- Have you tried the zipline playground equipment installed at School Street Park?
- Are you aware sections of boa trails and an ob
- Check out the of the year! It's Library and Par path and read changed quarte

| Bike | Math |
|------|------|
| Scee |      |



**STARTS at Country Gardens Park on** Schoenbeck Rd one block North of Palatine Rd ENDS at the Prospect Heights Train Station at Camp McDonald.

### WHILE ON PARK **DISTRICT PROPERTY:**

- No drones/model aircrafts can be flown without a permit
- All dogs must be on a leash

| re you aware that Izaak Walton Park has two<br>ctions of boardwalk that connect several nature<br>ails and an observation deck?  |      |            |              |                  |                  | FIELD             | OURT                  |           |          | 3 POOL                  |     |                | Ŀ                 |              |              | LE                 |                   |               |
|--|------|------------|--------------|------------------|------------------|-------------------|-----------------------|-----------|----------|-------------------------|-----|----------------|-------------------|--------------|--------------|--------------------|-------------------|---------------|
| neck out the StoryWalk <sup>®</sup> in Lions Park any day<br>the year! It's a project of the Prospect Heights<br>orary and Park Districts. Stroll along the grave<br>ath and read children's stories. Stories are<br>hanged quarterly. |      | PLAYGROUND | TENNIS COURT | PICKLEBALL COURT | BASKETBALL COURT | SOFTBALL/BASEBALL | SAND VOLLEYBALL COURT | OPEN AREA | PAVILION | <b>OUTDOOR SWIMMING</b> | GYM | FITNESS CENTER | RACQUETBALL COURT | MEETING ROOM | SOCCER FIELD | HANDICAP ACCESSIBL | NATURALIZED AREAS | NATURE TRAILS |
| PARK/ADDRESS   | ACRE |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Country Gardens Park, 901 N Schoenbeck Rd  | 9.0  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| John Muir Park, 999 Oak Ave  | 4.5  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| School Street Park, 808 School St  | 3.0  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Izaak Walton Park, 201 N Elmhurst Rd   | 4.0  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Claire Lane Park, 617 Claire Lane  | .50  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Jaycee Park, 4 Compton Lane  | 1.0  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Tully Park, 212 Tully Place  | 1.5  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Rosemary Roth Park, 201 Chester Ln   | .50  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Wedgewood Park, 5 W Oxford Place, Mt Prospect  | .50  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Lions Park, 110 W Camp McDonald Rd   | 10.0 |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| McDonald Field, 200 W Camp McDonald Rd   | 1.3  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Kiwanis Park, 712 N Elm St   | .67  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Somerset Park, 204 W Palatine Frontage   | 26.0 |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Old Orchard Country Club, 700 W Rand Rd  | 100  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Gary Morava Recreation Ctr., 110 W Camp McDonald Rd.   |      |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Walnut Woods, 610 N Wheeling Rd  | 8.5  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |
| Nature Preserve, 110 W Camp McDonald Rd  | 2.0  |            |              |                  |                  |                   |                       |           |          |                         |     |                |                   |              |              |                    |                   |               |

# PARK AMENITIES

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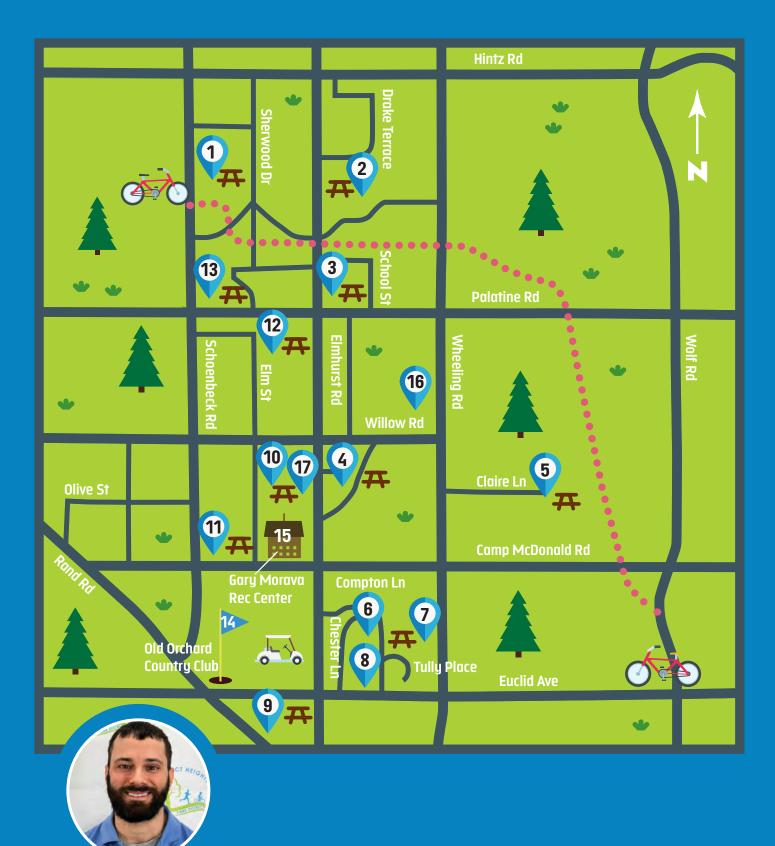
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For more information Contact Mark Grassi mgrassi@phparks.org 847.666.4864

### **MAP & PARK AMENITIES**

Prospect Heights Park District | phparks.org

### **Prospect Heights Park District**

Gary Morava Recreation Center 110 W. Camp McDonald Road Prospect Heights, IL 60070 847-394-2848 PRE-SORT STD U.S. POSTAGE PAID MOUNT PROSPECT, IL PERMIT #45

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