1923 2023

SYCAMORE PARK DISTRICT

Celebrating 100 YEARS!

CONNECTING SYCAMORE TO WELLNESS, NATURE, & EACH OTHER

Look for this symbol and find special programs celebrating the Park District's 100th Anniversary.

WINTER/SPRING 2023
January-April

REGISTRATION OPENS
DECEMBER 5

SYCPARKS.ORG

SYCAMORE PARK DISTRICT

Connecting Sycamore to wellness, nature, and each other.

Vision: To enhance the Sycamore community through wellness, recreation and greenspace, the Board and Staff take a responsive and inclusive approach to service, community relationships, and sustaining the Sycamore Park District legacy.

Core Values: Equity • Transparency Sustainability • Connections

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Complete details of program policies, procedures and guidelines are sometimes omitted from the program brochures because of space limitations. Also, errors in days, times, registration requirements and fees may occur. We apologize for any errors that may appear in this brochure. We thank you for your patience when these situations arise.

The Sycamore Park District is an equal opportunity provider and employer.

Get in Touch with Your Park District

Phone	815-895-3365	Website	sycparks.org
Email	info@sycparks.org	Facebook	SycamoreParkDistrict
Fax	815-895-3503	Instagram	@sycamoreparks

Community Center Hours

Building & Service Desk ..... M-F 6am-9pm | Sa 8am-6pm* | Su 10am-2pm
Administrative Office ..... M-F 8:30am-4:30pm
Closed ..... Dec 25, Jan 1, Apr 9, May 29
Holiday Hours ..... Dec 26: 7am-1pm | Dec 24 & 31: 8am-1pm
*Saturday hours through December 24: 8am-3p | December 31: 8am-1pm

Sycamore Park District Board of Commissioners

Bill Kroeger

Ben Doty

Ted Strack

Daryl Graves

Denise Ackmann

Bill Kroeger, President	williamk@sycparks.org
Ben Doty, Vice President	bend@sycparks.org
Ted Strack, Commissioner	teds@sycparks.org
Daryl Graves, Commissioner	darylg@sycparks.org
Denise Ackmann, Commissioner	denisea@sycparks.org

Park Board Meetings

Meetings are held the fourth Tuesday of each month at 6pm in the Sycamore Golf Club Clubhouse, 940 E. State Street, unless otherwise noted at sycparks.org. The public is invited to attend.

We would like to extend a special thank you to the DeKalb County History Center and Joiner History Room whose staff and volunteers have helped us gather historical stories and images in celebration of the Sycamore Park District's 100th Anniversary.

We appreciate their help and continued mission to connect and inspire our community through local history!

dekalbcountyhistory.org | joinerhistoryroom.org

DEKALB COUNTY HISTORY CENTER
EXPLORE • GATHER • INSPIRE
EST. 2018

Joiner HISTORY ROOM

SYCAMORE PARK DISTRICT

Celebrating 100 YEARS!

The Beginning of Sycamore Park District

On November 27, 1923, the first Board of Commissioners was elected, and the Sycamore Park District was voted to be formed. This followed much public input and support, including a large community meeting a month before to share ideas and nominate 25 residents as Park Board Candidates. Voters expressed that the location should be on the east side of town and the initial projects should include trees, a swimming pool, a ball diamond, and a tourists' camp. The group got to work immediately, and Sycamore Park was established along the Kishwaukee River where the Sycamore Golf Club is located today.

In 1924 a petition helped establish the Golf Club. Several of its initial 50 members laid out a course and began to play in only a few weeks. After getting permission from the Park Board, D. A. Middleton contributed an article to the True Republican asking for community donations and support to expand and care for the course. He wrote, "Of course, the links are crude as yet only three holes have been laid out —but the ground has been rolled and the grass has been mowed, and at least an opportunity has been given to those who wish to experience the thrill that accompanies a good drive, or a well-placed mashie shot to the green to indulge in the greatest game in the whole category of American outdoor games."

The park was officially dedicated on July 16, 1925, in a celebration dubbed Community Day. In addition to tennis matches and golf, planned festivities included a baseball game, a baby buggy parade, a speech by Senator Harold Kessinger, a water carnival, bathing suite and casting contests, a picnic summer, and an evening dance. Stores and factories closed for a half day as the community came out to enjoy their new public park!

This year, please join us in celebrating what Sycamore Park District has meant to our community as well as a vision for the future!

Cover Images: (Top) Sledders enjoying the first snowfall on the brand new Northwestern Medicine Sled Hill on Legacy Campus, 2018. (Bottom) Ice skaters on the Kishwaukee River in Sycamore Park c. 1926.

Winter Family Play Day
Fire & Ice Festival

Saturday, January 14
12:30-3:30pm
Legacy Campus & Community Center

FREE

CELEBRATING 100 YEARS 1923-2023

Lets Kick off the ***Park District's 100th anniversary year*** with a winter festival! Snow or no snow, we will have winter activities inside and outside along with a Chili Cook-off. All activities throughout Legacy Campus. Dress for the weather.

Ice Sculpting • S'mores • Kids Activities in the Gym

100-person snowball toss

SLED DOG RACES with High Flying Huskies

CHILI COOK-OFF Chili Appreciation Society International

WINTER GEAR DEMO with NIU Outdoor Adventures

2PM **"MR. FREEZE" SHOW** Sponsored by Sycamore Public Library

High Flying Huskies

Sycamore LIBRARY

OUTDOOR ADVENTURES

CASI

Chili Cook-Off

Public tasting at 1:30pm
until the chili runs out

$10 Chili tasting
$20 Chili & 2 Beers/Beverages
$15 Commemorative ceramic chili bowl

Who makes the best chili in Sycamore? If cooking chili is your thing, put on your apron and enter our Chili Cook-Off. Or if you are more of a taster, bring your taste buds ready to sample chili and cool it off with local brews. Cooks will showcase their talent by cooking from scratch early in the morning, then present to a judges panel. Chefs begin cooking on-site starting at 8:30am. Public tasting starts at 1:30 pm. Awards 2:30pm. The public will help judge the cash prize "People's Choice" Awards (Judged by popular vote).

CHEFS

Call Theresa at 815-770-2668 for more information or to enter your chili. Chili fees collected help support Tails Humane Society.

Chef's Entry Fee
$25 by January 6 | January 7-13 $30

Self-care Fair

Saturday, February 4
9am-1pm

FREE

Community Center

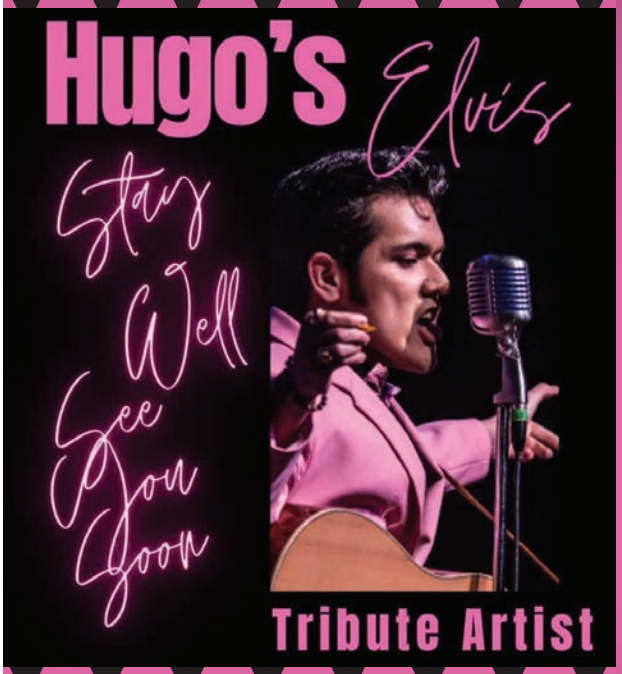
A wide variety of vendors and demonstrations will help self-care seekers find wellness, fun, health, and maybe even a bit of indulgence! This fair is for men and women of all ages. Come ready to unwind and go home with inspiration and some new resources to help you incorporate self-care into your routine.

The first 100 guest over 21, enjoy a free mimosa as you relax and learn about self-care.

Vendors

If you have a service, demonstration, or product that you'd like to share at this event and help spread the word about self-care or self-care resources, contact Melissa at melissad@sycparks.org

$50 per table and a donated raffle prize



Adult Sock Hop

Friday, January 20
7pm

Sycamore LIBRARY

Community Center

Join the Sycamore Public Library at the Sycamore Park District for a rockin' time to celebrate Elvis Presley's birthday with the man himself.

Singing & swinging with the best of Elvis' early hits; tribute artist Hugo Colin entertains as a young Elvis. Dress in your best 1950's duds to win our costume contest. Grab your socks, your dancing partner, & get ready to get "All Shook Up"! Cash bar available.

FREE

Register on Sycamore Library's Eventbrite

FREE Swing Dance Lessons

Tuesday, January 17 • 6:30pm • Sycamore Public Library

Get ready for the Sock Hop!

Tween Gym Jam

Friday, February 17

12-4pm

Community Center

Grades 6-8, Ages 11-13

RES or School ID $30 | NR or without ID $40

1040703-01 | Registration Deadline: February 14

The Tween Gym Jam is an afternoon of gym activities for Ages 11-13 in Grades 6-8 that will include a lunch at Noon. Activities may include volleyball, basketball, kickball, dodgeball, soccer with the addition of some special activities to be announced the day of the event. Lunch will include a sub sandwich, chips and a drink.

Sweetheart Dance

Sunday, February 19 • 4-6pm

Community Center

Ages 2-12 with adult

This is your little one's night to shine! Enjoy music, dancing, hor d'oeuvres, and a special memento to remember the evening. Raffle prizes will be drawn throughout the night. Keep your ticket for a chance to win some sweets.

Advanced Registration Deadline: February 12

RES $28 | NR $33 per couple

At the Door: RES $38 | NR $43 per couple

Additional Sibling: RES | NR $8 each

1010701-01

Tea for 3, Please

Saturday, March 25
10:30am-12pm

Community Center

Ages 2-7 with adult

RES $25 | NR $30 per couple — 1030704-01
Additional Sibling $5 — Registration Deadline March 7

Jamie Furst & Storyteller Phyllis Horst

It's a Tea Party! Bring your favorite doll or stuffed animal and invite an adult friend for lots of fun! Wear your best tea party clothes and remember to bring all your best manners.

Everyone will listen to our storyteller remind us about etiquette, then we'll pose for a picture with real teacups and hats. We'll sip (or sample) tea and yummy snacks.

T-REXPLORERS

DINO HOUR

Wednesday, March 29
Community Center Gym

Ages 3-5 with parent	10:30-11:30am	1020801-01
Ages 4-6 with parent	12:30-1:30pm	1020801-02

RES $45 | NR $55 per couple

Back by popular demand! Bring your little one for an hour of dinosaur discovery fun! You will experience real dinosaur fossils, listen to a story, make a craft to take home, and dig in the sand to assemble a dinosaur puzzle. So much fun packed into an hour. Registration Deadline: March 17.

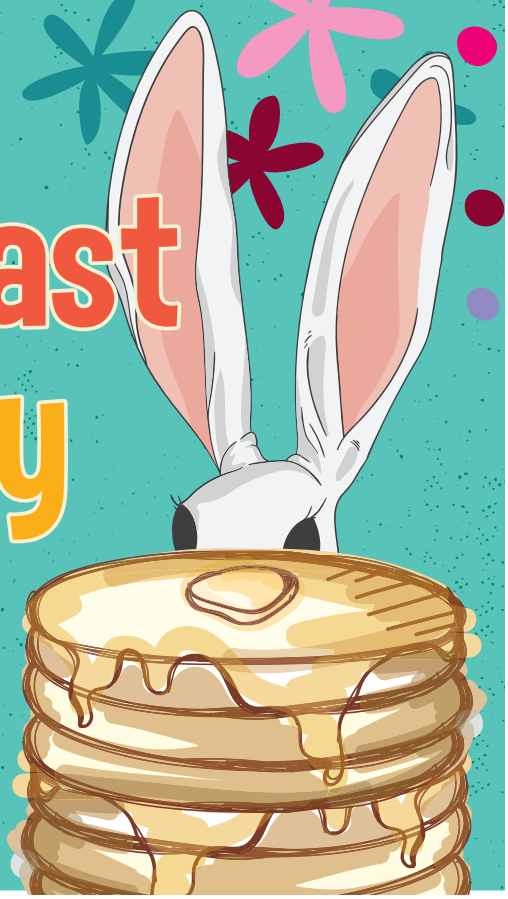
VISIT RANGER, THE TYRANNOSAURS

All Ages. Have your picture taken with a life-size Tyrannosaurus.

FREE

Wednesday, March 29
11:45am-12:15pm
Community Center Gym

Breakfast WITH THE Bunny



Saturday, April 8 • 7:30-9:15am

Community Center

Advance Registration Deadline: April 1

RES $8 | NR $9

At the door: $10

Welcome the bunny to Sycamore and share a breakfast with family and friends. Each child takes home a special memento of the day, while supplies last. Breakfast includes eggs, sausage, pancakes, juice, and coffee. All Ages.

SYCAMORE COMMUNITY EXPO

SYCAMORE CHAMBER of COMMERCE

FREE EVENT

APRIL 1ST
10AM - 2PM

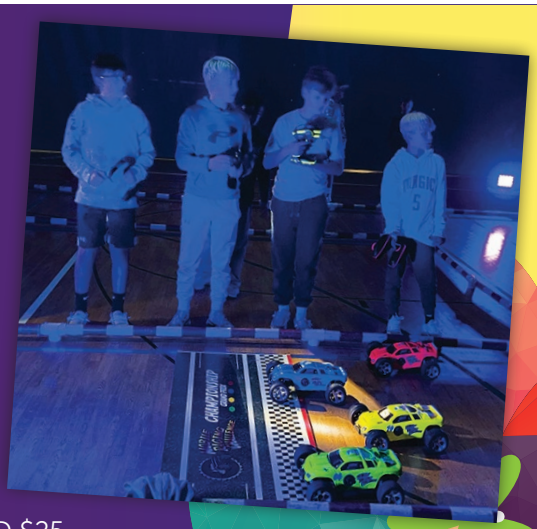
SYCAMORE PARK DISTRICT

Sycamore Park District Community Center

Giveaways • Activities for Kids • Free Parking

SYCAMORECHAMBER.COM

TWEEN *Flashlight* EGG HUNT



Thursday, April 6 • 7-9pm

Community Center

Grades 6-8, Ages 11-13 | RES or School ID $20 | NR or without ID $25

1010704-01 | Registration Deadline: March 30

Spring is nature's way of saying 'let's party!' Come out to play in the dark. Bring your flashlight to search for eggs, candy, and prizes. Inside there will be music, games, and activities including the Live R/C Freestyle Racing Challenge. Pizza and Pop are included.

MUSIC GAMES PRIZES

LIVE R/C FREE STYLE RACING CHALLENGE!

Tai Chi for Health & Wellness Workshop

Saturday, April 29 • 10:30am-12pm

Community Center Gym

With Bev Schramer | Ages 18+

Celebrate International Tai Chi Day with us by practicing Tai Chi for Health and Wellness.

Tai Chi is an effective slow-moving exercise to improve physical and mental health. It can be done seated or standing. It exercises the entire body, and at the same time, strengthens the mind. It improves your immunities, relieves stress and anxiety, and makes you feel better about yourself.

This celebration is for beginners and current students. Wheelchair accessible. Each participant will receive a certificate and fortune cookie for attending the class.

Registration Deadline: April 23

RES $10 | NR $15 1050925-01

SYCAMORE PARK DISTRICT

Northwestern Medicine®

SLED HILL

On Legacy Campus • 480 Airport Road

Sledding is acceptable when there are two or more inches of snow and there is no visible grass on the hill.

Sled Hill & Fire Pit Hours: 6am-9pm

Due to variation in the landscape and hazards such as trees and a drainage ditch, a map at the top of the hill indicates sledable areas. Only sled in designated areas and in the appropriate direction.

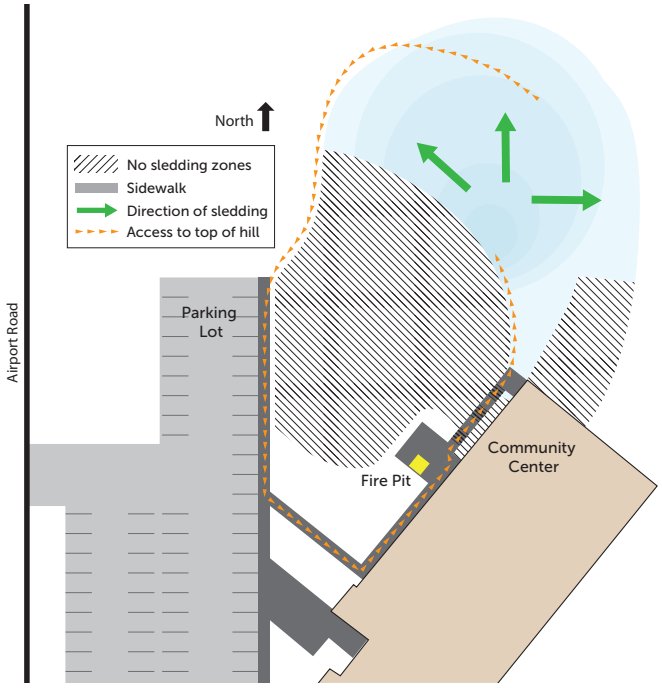
Please use caution when sledding and be considerate of others. Use sled hill at your own risk. No supervision is provided.

Wheelchair-accessible access to the hill is available through the Community Center during building hours. Please check in with Service Desk for staff assistance.

To operate the fire pit turn the timer dial located inside the cover on the building wall by the breaker box.

The fire pit is for warming only: Roasting food and other uses are prohibited. Please do not set items in or around the structure whether it is on or off.

The hill and fire pit are under video surveillance.



Learn How to Snowboard Clinics

NIU Outdoor Adventures

Snowboarding can be an intimidating sport. A gentle introduction will help start building confidence. Learn the basic skills to get you started for a taste of fun in a safe and controlled environment. These beginner lessons are offered for children ages 3+. Included in the fee is instruction and all snowboarding equipment including boots, board, and helmet. Group sizes are limited to 4 participants per session. Rain date: Sunday, February 12

RES $25 | NR $35
Northwestern Medicine Sled Hill

Sunday, January 29

11-11:45am 1031102-01
12-12:45pm 1031102-02
1-1:45pm 1031102-03

Registration Deadline: January 25

Sunday, February 5

11-11:45am 1031102-04
12-12:45pm 1031102-05
1-1:45pm 1031102-06

Registration Deadline: February 1

SYCAMORE PARK DISTRICT

Brian Bemis Family DOG PARK

On Legacy Campus • 480 Airport Road

Membership Tags

Once a Year Membership Fee
(Jan-Dec) ..... RES $25 | NR $35
Additional Dog(s) ..... $5 each

How to Purchase Your Tag

Register at the Sycamore Park District Community Center. Our dog-friendly facility allows you to walk in with Fido and head straight to the park afterward! A photo of your dog is required with membership. Bring in your dog ready to smile! The following is required at the time of registration:

1. Proof of residency
2. Document from your veterinary office showing proof of up-to-date vaccines for Rabies, Distemper, and Bordetella. A Rabies tag number will not be accepted as proof of vaccination.
3. Photo of your dog. Bring you dog in or have a photo on your phone.

Daily Passes

Daily Passes can be purchased from the Community Center during building hours, with proof of required vaccines of Rabies, Distemper, and Bordetella.

RES $5 | NR $10

Follow all posted Dog Park Rules including:

- Must be 10 years or older to enter the park.
- Keep your dog on leash until it is safely in the park and is acclimated to the other dogs.
- Membership Tags must be displayed on your dog(s).

Get your exercise too!

The Sycamore Park District maintenance crew maintains a mowed path along the perimeter of the Brian Bemis Family Dog Park so you can stroll or get your fitness routine in while your pet plays.

The path is approximately ¼ of a mile, so four times around is your mile work out!

Dog Training and Discussions

NEW! Shea Quinn has been studying and working with dogs for 10 years. From the basics of a leash to the intricate work that can be done with an e-collar, and everything in between, he shares his passion for helping people better their relationship with their dogs and excel at handling and training.

Jaybird Gun Dogs specializes in personalized gun dog and companion dog training. Personalized classes are available on days and times at the participant's convenience. For more information contact Chris at chrish@sycparks.org.

Private Lessons ..... $75 per hour

Lessons will assess needs and offer instructions and advice tailored to the client's needs. Examples of lesson objectives can range from basic obedience to retrieving techniques.

Gather your friends or neighbors to address common concerns and questions about your pup with Private or Group Discussions.

Private Discussions.....$55 per person per hour

One-on-one private discussion. No dogs present.

Group Discussions ..... $15 per person per 45-minute

Each new class will discuss a new topic on dog training or dogs in general. Some examples of topics include philosophy, puppy training, shaping, pressure, recall, attention, operant conditioning, leash work, retrieving work, discipline, when to use affection, and more. No dogs present. 3 participant minimum.

DOG PARK EGG HUNT

Saturday, April 1 12pm Dog Park Members $5
Registration Deadline: March 29 1010707-01

Let your dog hunt, sniff and bark for eggs filled with doggie treats and special surprises. Participants also can win prizes and take a photo with the Bunny! All dogs must be leashed during the event and have a current membership. No one under 10 allowed in the dog park. Hunt begins at 12pm sharp!

Swing into Spring

Preseason SALE

Friday-Sunday, March 3-5

8:30am-4pm

Sycamore Golf Club

3 DAYS ONLY! TAKE 10% OFF 2023 PASSES

2022 Pass Holders: **Take an extra 5% off** when you bring in a new pass holder for the 2023 season!

Offer valid during the Swing into Spring sale only. Both parties must be present and purchase a pass. The new pass holder must not have previously held a pass at the Sycamore Golf Club during the 2022 season.

Save in the Pro Shop

At least 25% off all merchandise | Markdowns on golf essentials from Titleist, Footjoy, and many more!

Get Ready to Tee Off

Sign up for leagues, lockers and permanent tee times. Get your 2023 tournament and outing schedule.

SAVE THE DATE!

Registration begins May 1 for **Say-Golf** and the **Adult Lesson Academy**.

2023 Golf Rates

Season Pass Type	Resident	Nonresident
Adult Unlimited	$660	$830
Adult Weekday	$500	$660
Spouse Unlimited	$430	$585
Spouse Weekday	$350	$520
Senior Unlimited	$600	$775
Senior Weekday	$440	$600
Senior Three Day	$310	$435
Junior (16 - 21)	$395	$525
Junior (11 - 15)	$275	$395
Green Fee Type		
Weekday 9 Holes before 5pm	$17	$19
Weekday 9 Holes after 5pm	$14	$14
Weekday 18 Holes before 2pm	$29	$32
Weekday 18 Holes after 2pm	$26	$28
Weekend 9 Holes before 5pm	$19	$21
Weekend 9 Holes after 5pm	$14	$14
Weekend 18 Holes before 5pm	$32	$35
Weekend 18 Holes after 5pm	$28	$28
Junior/Senior Green Fees	$12	$13
All Day 9 (Weekends after 1pm)	$22	$24
All Day 18 (Weekends of 1pm)		
Cart Fees		
Earlybird 9 before 9am Weekdays	$8	$8
Earlybird 18 before 9am Weekdays	$14	$14
9 Holes before 5pm	$9	$9
9 Holes after 5pm	$7	$7
18 Holes before 2pm	$17	$17
18 Holes after 2pm	$14	$14
Push Carts	$3	$3

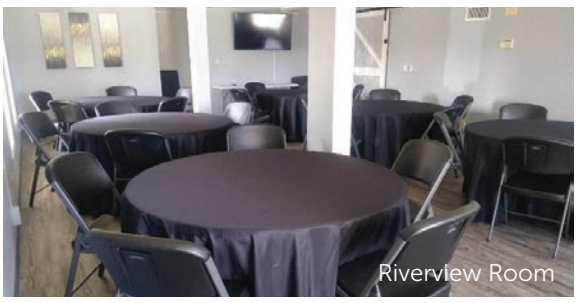
Community Center Gymnasium

Community Center Multipurpose Room C

Community Center Multipurpose Room AB

Splash Fountain

Clubhouse


Riverview Room

Outdoor Shelters

For information and fees, visit sycparks.org

Community Center

Contact Melissa melissad@sycparks.org

From business meetings to celebrations and from team practice to athletic tournaments, this building can do it all! Additional services that you may add to your rental include extended hours, an activity leader, and the Splash Fountain splashpad.

Available Mon-Fri: 6am-9pm
Sat: 8am-6pm (+$25 per hour past 6pm)
Sun: 10am-2pm (+$25 per hour past 2pm)

Learn about youth birthday party packages on page 18.

Splash Fountain

Contact Melissa melissad@sycparks.org

Add a splash of fun to your party or group outing.

Available May 27-September 24
Mon-Fri: 12-8pm During Public Hours
Sat: 6-8pm | Sun: 2-4pm Private Rental

Sycamore Golf Club Clubhouse & *NEW* Riverview Room

Contact Melissa melissad@sycparks.org

Located in the heart of the golf course, the Clubhouse's exquisite views and friendly service provide an intimate and relaxing setting for your event. Reservations may be made up to one year in advance.

- Full-service bar (no additional bartending fee)
- Delicious catering options from the Caddyshack Grill
- Outdoor patio seating

Clubhouse Available Mar, Apr & Oct: 2pm-12am
May-Sep: 5pm-12am | Nov-Feb: 8am-12am

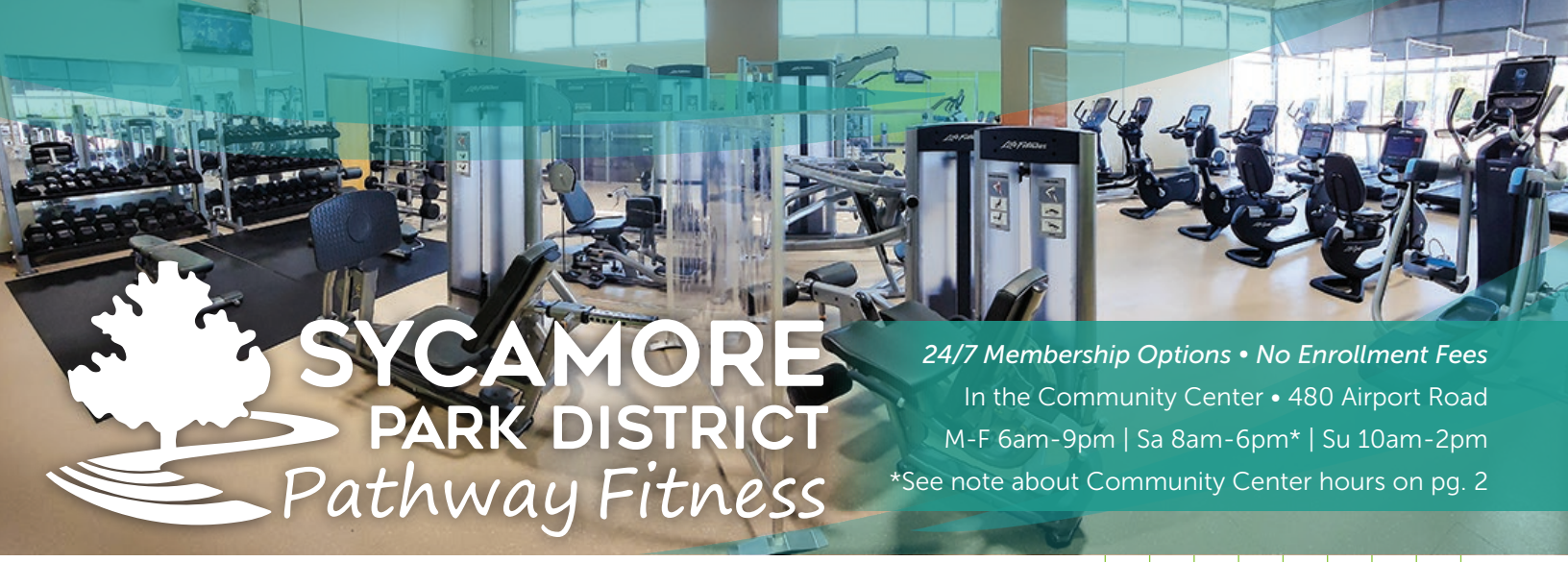
Riverview Room Available Mon-Sun: 8am-12am

Shelters

Contact Tracy tracyo@sycparks.org

The reservation fee ensures your group has exclusive use of the shelter from sunup to sundown. There are four shelters to choose from all with a unique atmosphere and in proximity to other park amenities. Additional services include an alcohol permit and additional picnic tables, port-a-potties, and dumpsters as needed.

Available April-October: Dawn to Dusk



SYCAMORE PARK DISTRICT Pathway Fitness

24/7 Membership Options • No Enrollment Fees

In the Community Center • 480 Airport Road

M-F 6am-9pm | Sa 8am-6pm* | Su 10am-2pm

*See note about Community Center hours on pg. 2

Choose Your Path...

Your fitness • Your choice • On your schedule

Pathway Fitness serves your healthy lifestyle needs and fitness goals, guiding you on the path to being the best version of yourself. 24-hour fitness facility & indoor track, diverse fitness programs, knowledgeable staff, and wellness resources.

24/7 Pathway Fitness Memberships (24/7 Access)	Annual Pay in Full RES	Annual Pay in Full NR	Annual Monthly RES	Annual Monthly NR	24-HOUR ACCESS	FITNESS CENTER	TRACK	OPEN GYM	FITNESS STUDIO	GROUP FITNESS 5-VISIT PUNCH CARD	POPUP GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES
*Individual 24/7 Member Ages 18-61	$312	$468	$29	$44	●	●	●	●	●	●	●	50%
*Additional Household Member 24/7 Ages 18-61	$156	$234	$14	$21	●	●	●	●	●	●	●	50%
*Senior Individual 24/7 Member Ages 62+	$250	$374	$23	$35	●	●	●	●	●	●	●	50%
*Senior Additional Household Member 24/7 Ages 62+	$125	$187	$12	$18	●	●	●	●	●	●	●	50%
*3 Month 24/7 Membership Ages 18+	$98	$147			●	●	●	●				
Track Only 24/7 Membership Ages 18+	$87	$130			●		●					

Pathway Fitness Passes (Access during building hours)	RES	NR	RES	NR								
Individual Ages 14-61	$250	$374	$23	$35		●	●	●	●		●	20%
Additional Household Member Ages 14-61	$125	$187	$12	$18		●	●	●	●		●	20%
*Senior Individual Ages 62+	$200	$300	$19	$27		●	●	●	●		●	20%
*Senior Additional Household Member Ages 62+	$100	$149	$10	$14		●	●	●	●		●	20%
3 Month Pass Ages 14+	$79	$119				●	●	●				
Track Only Pass Ages 10+	$68	$103					●					
Open Gym Only Pass All Ages	$56	$83						●				

Prepaid Cards (Access during building hours)		RES	NR								
Pathway Fitness & Track Ages 14+*	12 Visits	$103	$154		●	●	●				
Open Gym Prepaid Card All Ages	5 Visits	$21	$34				●				

Daily Admission (Access during building hours)	RES	NR								
Pathway Fitness, Track, & Open Gym Ages 14+*	$12	$17		●	●	●				
Track Only Ages 10+	$5	$7			●					
Open Gym All Ages	$6	$9				●				

All 24/7 Members and Pass Holders may schedule a facility orientation with Park District staff before using the facilities. All Memberships and Passes are annual (1 year) and follow the Park District Refund policy on page 33.

*Pass holders ages 14-15 must complete a teen orientation before utilizing services.

Fitness Center | 2,400 square feet of:

- State of the art cardio equipment with touch screen consoles offering TV, interactive courses, and app compatibility
- Premiere training equipment including dual selectorize machines, strength equipment and benches, free weights, and accessories

Track | Ages 10+ | Whether you're inspired by the natural area views out the windows or the lively energy from the gym below, this is the best place for a walk or jog, year-round. 10 laps to a mile.

Professional caregivers must present proof of employment at the Service Desk to waive the admittance fee.

Designated Stroller Hours: No jogging or running. Strollers must be single file and use the outer lane only. Children must remain properly secured in the stroller at all times. Stroller wheels must be clean, dry and not leave any marks on the track.

Wednesdays 12:30-2:30pm | Thursdays 10am-12pm

Open Gym | All Ages | Ages 9 and under must be accompanied by an individual age 18+. Both participants must pay the fee or show a pass. All participants 10 or older must show a State or School ID. See the pickleball Open Gym Schedule on page 25.

Fitness Studio | The Fitness Studio is available to annual Pathway Fitness Members and Pass Holders when the building is open and is not otherwise in use. Check in at the Service Desk and follow mask/sanitizing guidelines.

Lunch Buddies | See p. 19 for Lunch Bunch babysitting while you work out.

Humana Insurance Go365

Pathway Fitness is a Go365 participating fitness facility. If your employer offers you Humana's Go365 employee wellness program, download the app and sync it to check you in when you enter the building.

Walk While You Wait

Make the most out of your child's class time by working on your wellness. Tell the Service Desk what program you are there for and walk the track for the duration of the class for only $2 (Regular daily admission RES $5/NR $7). For programs held in the Community Center.

Small Group Training

Groups of 3-5 individuals | Ages 16+ | Sign up for personal small group fitness that works for you. Fee Per Group:

6 Sessions.....$450 10 Sessions.....$650
8 Sessions.....$560 12 Sessions.....$720

For more information and to sign up, visit the Service Desk.

Stretch & Meditation

Ages 18+ — Carrie Hallahan

Join us for a class that is geared to work on release of stress and stretch your muscles in a gentle and effective way. Class will be on the floor with a mat. Gentle music is played in a yoga-esque atmosphere with meditation at the end. All levels are welcomed. Bring a mat, towel and water bottle.

Saturdays — 10:45-11:30am
RES $8 | NR $12 — Community Center Fitness Studio
Jan 21.....1050901-01 Feb 25 1050901-03
Feb 11.....1050901-02 Mar 11 1050901-04

Community Yoga

Ages 16+ — Leah Richards

All levels will be a mix of restorative, yin, and flow yoga. This class is wonderful for all skill levels, ages, and abilities. The focus and intention of this class is to move our body and connect with ourselves again. Give yourself an hour once a month to rest, restore, move and build a little bit more community.

Saturdays — 10:45-11:45am
RES $8 | NR $12 — Community Center Fitness Studio
Jan 28....1050906-01 Mar 18 1050906-03
Feb 18 ... 1050906-02 Apr 15 1050906-04

Tai Chi for Health & Wellness Workshop

Ages 18+ — Bev Schramer

Celebrate International Tai Chi Day with us by practicing Tai Chi for Health and Wellness. Tai Chi is an effective slow-moving exercise to improve physical and mental health. It can be done seated or standing. It exercises the entire body, and at the same time, strengthens the mind. It improves your immunities, relieves stress and anxiety, and makes you feel better about yourself. This celebration is for beginners and current students. Wheelchair accessible. Each participant will receive a certificate and fortune cookie for attending the class. Registration Deadline: April 23

Saturday, April 29 — 10:30am-12pm 1050925-01
RES $10 | NR $15 — Community Center Gym

Class Fees

7-week Session Fee
RES $56 | NR $66

All group fitness classes take place in the Community Center Fitness Studio unless noted.

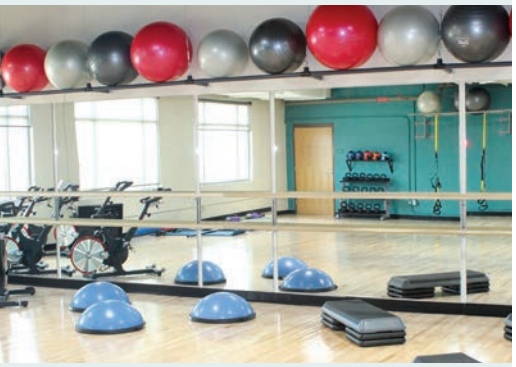
Drop-Ins

If a group fitness class is running and has not reached maximum participants, drop-ins will be available. Check availability and sign up at the Service Desk, 815-895-3365.

Daily Drop-in..... RES $10 | NR $15

Punch Card.....RES $45 | NR $55

Purchase a 5-visit punch card for use during a season and use it to participate in any class available for drop-ins.



SYCAMORE PARK DISTRICT Pathway Fitness

Save on group fitness program fees!

24/7 Pathway Fitness members receive **50% OFF**

Pathway Fitness Pass Holders receive **20% OFF**

Discount applied when registering online or at the Community Center.

Group Fitness Class Schedule

Mondays				
Sweatin' Through the Decades	6:10-7:10am	Studio	Jan 9-Feb 20	1050907-01
			Mar 6-Apr 17	1050907-02
Tuesdays				
TRX	6-6:45am	Studio	Jan 10-Feb 21	1050917-01
			Mar 7-Apr 18	1050917-02
Balanced Body	9:30-10:30am	Studio	Jan 10-Feb 21	1050911-01
			Mar 7-Apr 18	1050911-02
Beginners Tai Chi	2-3pm	Studio	Jan 10-Feb 21	1050924-01
			Mar 7-Apr 18	1050924-02
Balls & Bands	4-4:45pm	Studio	Jan 10-Feb 21	1050919-01
			Mar 7-Apr 18	1050919-02
F.A.S.T.	5-6pm	Studio/ Track	Jan 10-Feb 21	1050920-01
			Mar 7-Apr 18	1050920-02
WOW	6-7pm	Studio	Jan 10-Feb 21	1050918-01
			Mar 7-Apr 18	1050918-02
Pilates/Core	7-8pm	Studio	Jan 10-Feb 21	1050905-01
			Mar 7-Apr 18	1050905-02
Wednesdays				
TRX Plus	6-6:45am	Studio	Jan 11-Feb 22	1050913-01
			Mar 8-Apr 19	1050913-02
Gentle Yoga	8-9am	Studio	Jan 11-Feb 22	1050903-01
			Mar 8-Apr 19	1050903-02
Stretch & Flex Yoga	9:15-10:15am	Studio	Jan 11-Feb 22	1050908-01
			Mar 8-Apr 19	1050908-02
Advanced Tai Chi	1:30-2:30pm	Studio	Jan 11-Feb 22	1050924-03
			Mar 8-Apr 19	1050924-04
Thursdays				
TRX	6-6:45am	Studio	Jan 12-Feb 23	1050917-03
			Mar 9-Apr 20	1050917-04
Gentle Yoga	2:45-3:45pm	Studio	Jan 12-Feb 23	1050903-03
			Mar 9-Apr 20	1050903-04
Balls & Bands	4-4:45pm	Studio	Jan 12-Feb 23	1050919-03
			Mar 9-Apr 20	1050919-04
Vinyasa Flow Yoga	5-5:45pm	Studio	Jan 12-Feb 23	1050902-01
			Mar 9-Apr 20	1050902-02
F.I.R.M.	5-6pm	Pathway Fitness	Jan 12-Feb 23	1050923-01
			Mar 9-Apr 20	1050923-02
Zumba Gold *No Class 3/30	6-7pm	Studio	Jan 12-Feb 23	1050912-01
			Mar 9-Apr 27*	1050912-02
Pilates/Core	7-8pm	Studio	Jan 12-Feb 23	1050905-03
			Mar 9-Apr 20	1050905-04
Fridays				
Sunrise Yoga	6-7am	Studio	Jan 13-Feb 24	1050909-01
			Mar 10-Apr 21	1050909-02
Saturdays				
WOW *No Class 4/8	9:30-10:30am	Studio	Jan 14-Feb 25	1050918-03
			Mar 11-Apr 29*	1050918-04
Sundays				
Power Yoga *No Class 4/9	10-11am	Studio	Jan 15-Feb 26	1050928-01
			Mar 12-Apr 30*	1050928-02

Group Fitness Class Descriptions

NEW! Balanced Body
Ages 18+ Bev Schramer
Relax and be encouraged as you nourish your muscles, boost your energy, rejuvenate your core and enhance your posture and balance with Pilates stretching and core exercise.

Balls & Bands
Ages 18+ Laurie Gilbert
Explore a different kind of workout using balls and bands to develop and enhance mobility. Firm your muscles while challenging your endurance to achieve a more confident you. Our goal is to help you feel better about yourself, build friendships and improve your health and mobility while strengthening those smaller muscles that support and help with our daily living.

Beginner/Advanced Tai Chi
Ages 18+ Bev Schramer
Tai Chi for Health and Wellness is slow continuous whole-body movement in a form that promotes health and relaxation. It is Mind and Body moving together in harmony while enhancing strength, posture, agility, flexibility, and balance. Enhance your life with moving meditation thru Sun(soon) style Tai Chi from the Tai Chi for Health Institute.

F.A.S.T. (Fitness And Stability Toning)
Ages 18+ Laurie Gilbert
This class is appropriate for anyone who wants to work on strength, balance, and flexibility. Learn safe exercises and proper techniques with an array of different equipment. All fitness levels are welcome.

F.I.R.M. (Fitness In Rep Machines)
Ages 18+ Laurie Gilbert
This class is designed to target different muscle groups in one-minute increments. With body weight, dumbbells, and machines. All fitness levels are welcome.

Wellness Programs..... pg. 15
- Stretch & Meditation
- Community Yoga
- Tai Chi for Health & Wellness Workshop

Gentle Yoga
Ages 16+ Leah Richards
This Yoga experience is designed for ages 50+ and individuals with physical difficulties or who are rehabbing an injury. Focus on flexibility and relaxing the mind with 1-3 minute poses and modification options. Class will begin with breath work and end with a relaxing meditation. No Yoga experience needed.

Pilates/Core
Ages 16+ Jessica Carls
This class takes some of the benefits of Yoga such as mindful breathing, increase in range of motion and overall flexibility then fuses it with the emphasis on core training and overall body strengthening of Pilates to give your body a complete workout. Movements in this class can be adjusted for a wide range of people and fitness levels.

NEW! Power Yoga
Ages 16+ Mary-Ann Diedrich
Come slow down your Sunday while strengthening your mind and body! Simple and strong flows to improve strength, balance, and coordination. You deserve an hour for yourself!

NEW! Stretch & Flex Yoga
Ages 18+
Stretch and flex yoga is a class designed for all levels of skill. This class is exactly what it sounds like, a combination of working the muscle tissue allowing the muscles to fire properly and to stretch the muscle fibers and muscle fascia. With a combination of slow flow yoga poses seen in Hatha & Vinyasa and the relaxing nature of Restorative & Yin Yoga. This is the perfect class to come find a little bit of balance in your body and your mind.

NEW! Sunrise Yoga
Ages 18+ Kim Halsey
Looking for a peaceful way to wake up and get your body moving? Try Sunrise Yoga! Join us for a deep but gentle and slow flow yoga session. Learn to sync the breath with flowing postures in this meditative practice. Perfect for all levels and for those looking to begin their day with a clear mind while cultivating strength, flexibility, balance and calm.

NEW! Sweatin' Through the Decades
Ages 16+ Mary-Ann Diedrich
Come join an active workout that spans through the decades!!! 70's, 80's, and 90's routines with music to match! Bring those sweatbands and let's get physical!

TRX
Ages 16+ Carrie Hallahan
TRX is an effective total body workout that builds strength, flexibility, balance, and mobility using your own body weight.

TRX Plus
Ages 16+
This class is geared towards using the body weight resistance training style of the TRX straps PLUS hiit (high-intensity interval training) style exercises to give you a full body resistance and cardio workout. Great for all fitness levels.

Vinyasa Flow Yoga
Ages 16+ Leah Richards
Observe how your body moves by connecting each inhale and exhale to an enriching yoga pose. This class is the total yoga experience you're looking for, from a calming warm-up to balance training, stretching, restorative postures, and guided meditation. Class is suitable for all levels. Please bring a yoga mat. You must be able to stand up and sit down independently.

WOW
Ages 16+ Jessica Carls
Ladies, they say building muscle is essential to our wellness. Women on Weights (WOW) teaches you how to incorporate free weights into your workouts. Free weights help improve your posture, increase strength, and lose body mass. Be prepared for a positive mind and body transformation!

Zumba Gold
Ages 16+ Heather and Jenn Porter
Perfect for students who are new to Zumba®, active adults, or those who may be returning from an injury. Anyone looking for a modified Zumba® class that uses moves you will love at a lower intensity will love Gold! The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.

BIRTHDAY PARTY PACKAGES

Ages 3+ | Let the Park District help you make your little one's day as special as they are! We have the facility, supplies, and fun to throw an unforgettable party at a great price. All parties take place at the Community Center and include the party room and gym time.

Program leaders provide activities and supervision. Reservations must be made at least two weeks prior to the event date. Maximum 18 children.

To book your party, contact Melissa at melissad@sycparks.org or 815-895-3365 ext. 237.

Saturdays 10am, 2pm, 4pm

Sundays.....10:30am, 12pm

Splashpad parties are available Saturdays and Sundays, May-September.

90 Minute Party $199*

- Choice of theme
- Setup and Cleanup
- Activities led by Park District staff
- Time allotted to open presents
- Extra time may be added at an additional cost.
- *Nerf® Parties are an additional $30

Add a Meal.....$50

3 large one-topping pizzas and choice of juice or pop.

Add a Cake $30

Party Themes

Ninja Party Jump, spin, leap through the obstacle course in the gym.

Princess Party A celebration fit for a princess! Guests will receive royal treatment and make their very own tiara.

Construction Party Bring your builder and his/her crew for fun construction play and a craft.

Pirate Party Ahoy! Swashbuckling fun and a craft for your adventure-seeking birthday boy or girl.

Sports Party Is your little athlete always on the go? Let us throw a party in the gymnasium where he/she can run, jump, play, and celebrate with friends.

Superhero Party Kids are super in so many ways and a birthday is the perfect time to celebrate that. Dress as your favorite superhero to add to the fun!

Splash Fountain Party Treat your guests to water fun at Splash Fountain, located right outside the party room.

NERF® Party With 45 minutes of game time this is a great theme for those kids who love to run and play! All supplies are included: vest, goggles, and Nerf® gun. Nerf® Parties are an additional $30

We are so excited to offer these amazing new preschool classes to the community. Each class will enhance your child's skills in areas of cognitive ability, sensory, fine motor, imagination, sharing, and much more. We look forward to bringing our talents as professional preschool teachers in early childhood education in planning each class. Most importantly, classes are designed for children to be in a positive enriching preschool environment, sharing, interacting with friends, and experiencing fun at the same time.

Children must be potty trained and able to do bathroom duties by themselves.

Lunch Bunch Buddies

Ages 3-5

Pack your child's lunchbox and share a lunchtime with your preschool friends and preschool teachers. Lunch Buddies 30 minutes will give adults time to work out or extend the preschool class day.

M Jan 9-Mar 20 12-12:30pm 1020703-01
RES $22 | NR $32 Community Center MPR C

ABCs & 123s

Ages 3-5

Little ones will start their pre-kindergarten learning through hands-on and creative play in a teacher directed environment. Your child will enjoy circle time, stories, fun games, finger plays and a weekly craft to enhance your child's letter and number recognition. New lessons will be introduced weekly.

M Jan 9-Mar 20 10:30am-12pm 1020802-01
RES $154 | NR $164 Community Center MPR C

Seasonal Fun Time

Ages 3-5

Your child will play and learn in a teacher directed environment through effective instruction, positive interactions, and seasonal themed curriculum. Your child will enjoy circle time, stories, fun games, finger plays and a weekly craft. New lessons will be introduced weekly.

Mondays 12:30-1:30pm
RES $33 | NR $43 per session Community Center MPR C

Sensational Snow, Playful Penguins, Marvelous Mittens
January 9-23 1020502-01

Goofy Ground Hogs, Terrific Dental Health, Spread The Love
January 30–February 13 1020502-02

Lucky Leprechauns, Shimmering Shamrocks, March Madness
February 27-March 13 1020502-03

Please register at least one week before classes start. If minimums are not met, classes will be canceled.

Little Tumblers

Ages 3-7 — Ellie Books

Tumbling is a great way for kids to develop basic motor skills, coordination, strength, and social skills. This class allows our young eager children to learn basic tumbling. Each class will learn a variety of skills such as donkey kicks, handstands, forward rolls, and cartwheels along with fun obstacle courses. *No Class Apr 1 **No Class Apr 1

Ages 3-4

Sa	Jan 14-Feb 18	9:15-9:55am	1021101-01
Sa	Mar 11-Apr 22*	9:15-9:55am	1021101-02

Ages 5-7

Sa	Jan 14-Feb 18	10-10:45am	1021101-03
Sa	Mar 11-Apr 22**	10-10:45am	1021101-04

RES $48 | NR $58 — Community Center Gym

Intro to Dance

Ages 4-6 — Ellie Books

In this beginner level dance class, students will have the chance to learn terminology, placement of positions, coordination, and musical improv. At the end of the session, the dancers will showcase their skills and dance routine to friends and family. Intro to Dance allows the dancers to be creative in their moves and to freely express themselves. *No Class Mar 30

Th	Jan 12-Feb 16	5-5:45pm	1030402-01
Th	Mar 9-Apr 20*	5-5:45pm	1030402-02

RES $48 | NR $58 — Community Center MPR B

Cheer & Poms

Ages 5-8 — Ellie Books

This class introduces the basics of team cheerleading and poms. Kids will explore the fundamentals of motion technique, jumps, voice, basic tumbling, and even stunts! Learning these elements will help kids gain effective body control and give them an understanding of how to complete a cheerleading routine in its entirety. Class includes a pair of pom poms. *No Class Apr 1

Sa	Jan 14-Feb 18	11-11:45am	1030401-01
Sa	Mar 11-Apr 22*	11-11:45am	1030401-02

RES $48 | NR $58 — Community Center Gym

Ballet / Jazz

Ages 6-9 — Ellie Books

In this introduction class, dancers will be exposed to the dance styles of Ballet and Jazz. Each week the students will learn new movements that correspond with each style. At the end of the session, dancers will showcase their skills and dance routine to family and friends. *No Class Mar 30

Th	Jan 12-Feb 16	5:45-6:30pm	1030405-01
Th	Mar 9-Feb 16*	5:45-6:30pm	1030405-02

RES $48 | NR $58 — Community Center MPR B

Please register at least one week before classes start. If minimums are not met, classes will be canceled.

Ages 4-11

Wednesdays, January 18-February 22

12:30-2:30pm

RES $88 | NR $99 1030804-01 Community Center

Give your homeschooled child additional opportunities to learn and let their energy out at the Sycamore Park District Community Center. Students will enjoy STEM, gym time, and nature education. Age groups will be split once registration is finalized.

STEM: Students will be presented with challenges in the areas of STEM (science, technology, engineering, and mathematics) and will learn to approach them by breaking them down into parts, collaborating, and applying the Engineering Design Cycle.

Gym Time: Students will enjoy gym activities including basketball, volleyball, soccer and much more.

Nature: With fun hands-on demonstrations and experiments, students will explore the world around them.

STEM Powered by NIU S.T.E.A.M.

Ages 7-12 — Jamie Furst

In partnership with NIU STEAM! These classes offer a fun and laid-back atmosphere for students to explore the all-important science, technology, engineering, art, and math world!

BuildIT Rollarcoaster

Ages 7-10 | Spend the morning learning about the physics of rollercoasters! Students will learn how rollercoasters work, and design and build their own! The program will conclude with rollercoaster competitions, including who can build the longest, fastest, or craziest coaster? Water and snack will be provided during the program.

Th	Dec 29	9am-12pm	1030801-01
RES $37 | NR $48		Community Center MPR C	

ElectrifyIT Electric Cars

Ages 7-10 | Learn hands-on skills and understand the ins and outs of electricity and circuits! Students will practice using engineering principles to solve real world problems. Once students practice their engineering and electricity principles, they will get the chance to design and build their own electric cars. The end of class will be a racecar derby! Water and snack will be provided during the program.

M	Jan 16	9am-12pm	1030802-01
RES $48 | NR $58		Community Center MPR C	

Paper Ball Run

Ages 8-12 | In this engineering challenge, you will build a ball run from paper and tape, but there's a twist! You want to make your ball run as slow as possible. How long can you make it take for the ball to get from the entrance to the exit?

M	Feb 20	9-11am	1030803-01
RES $37 | NR $48		Community Center MPR C	

Mommy & Me Painting

Ages 5+ — Jenni Rogman

Bond with your child through paint and a canvas! Our instructor will help you and your child create beautiful works of art together. You will create two separate paintings that will be combined into one masterpiece to hang on the wall! Supplies will be provided. Fee is for two participants.

Sa	Feb 18	12:30-2:30pm	1030503-01
Sa	Apr 15	12:30-2:30pm	1030503-02
RES $39 | NR $50		Community Center MPR C	

Elementary Art Club

Ages 9-11 — Jenni Rogman

Children create art through a variety of media in a fun and exploratory atmosphere. New lessons and themes are taught each session to encourage children to use their imaginations as they create new projects. Wear clothes you can get dirty! *No Class Mar 30 & Apr 6

Th	Jan 19-Feb 23	5:30-6:30pm	1030501-01
Th	Mar 9-Apr 27*	5:30-6:30pm	1030501-02
RES $63 | NR $74		Community Center MPR C	

Canvas Kids

Ages 6-8 — Jenni Rogman

Canvas Kids is about exploring what art can bring to you through a variety of different styles and creations. New lessons and themes will be introduced each week to encourage creativity, imagination, and expression. Wear clothes you can get dirty! *No Class Mar 30 & Apr 6

Th	Jan 19-Feb 23	4:30-5:30pm	1030505-01
Th	Mar 9-Apr 27*	4:30-5:30pm	1030505-02
RES $63 | NR $74		Community Center MPR C	

SPRING BREAK FUN!

Volleyball Clinic with Aggression Volleyball

W Mar 29 Community Center Gym

Ages 8-10	5-6pm	$7 | $11	1041102-02
Ages 11-14	5-6:30pm	$11 | $16	1041102-01

Tennis Clinic

Ages 6-10	Th	Mar 30	5-6pm	1031104-01
RES $7 | NR $13			Community Center Gym	

Arts & Crafts

Ages 6-10	W	Mar 29	4:30-5:30pm	1030502-01
Ages 11-14	W	Mar 29	5:30-6:30pm	1030502-02
RES $ 11 | NR $16			Community Center MPR C	

Little Spring Breakers

Ages 6-10 — Jamie Furst

Kids will enjoy arts and crafts, gym time, S.T.E.M., trail walks, and much more. Camp will include a snack each day.

M-F Mar 27-31		9am-12pm	1030201-01
RES $95 | NR $105		Community Center MPR C	

All Star Sports Instruction

All Star Sports provides quality sports instruction to children of all ages in a fun, safe, and instructional manner. Coaches are trained through our own extensive coaching program, as well as being nationally certified. Coaching requires a great deal of responsibility, and we expect nothing but the best from our coaches. We want to make sports a positive experience for everyone involved. For more information, visit allstarsi.com. If you are wondering if a class has moved indoors due to weather, please call the weather hotline.

Weather Hotline: 630-584-2961

Classes held in the Community Center

Junior Programs are designed to keep everyone actively moving, thinking, and having fun! Drills are hidden in fun games and terminology that kids can understand. It's a positive and fun experience no matter the sport.

Skills Programs Provide a fun and safe environment for children to flourish in their desired sport. Our goals are to ensure confidence, a positive attitude and to make sure participants get the most out of their experience. We welcome beginners and children who have played before; no matter what their ability we will make a difference for the better. We stress the importance of teamwork and working together through every aspect of the game. Most of all, we stress how important it is to have fun.

Session I	Ages	Day	Dates	Times	Fee	Code
Jr. Soccer	3-4	M	Jan 16-Feb 13	4-4:45pm	RES $45 | NR $55	1031001-01
Jr. Soccer	4-6	M	Jan 16-Feb 13	4:45-5:45pm	RES $45 | NR $55	1031001-02
Jr. T-ball	4-6	M	Jan 16-Feb 13	6-7pm	RES $45 | NR $55	1031001-03
Jr. Basketball	3-4	Tu	Jan 17-Feb 14	4-4:45pm	RES $45 | NR $55	1031001-04
Jr. Basketball	4-6	Tu	Jan 17-Feb 14	4:45-5:45pm	RES $45 | NR $55	1031001-05
Jr. T-ball	3-4	Tu	Jan 17-Feb 14	6-6:45pm	RES $45 | NR $55	1031001-06
Jr. Parent Tot Sports	2-3	W	Jan 18-Feb 15	3:45-4:15pm	RES $45 | NR $55	1031001-07
Jr. Football	4-6	W	Jan 18-Feb 15	4:15-5:15pm	RES $45 | NR $55	1031001-08
Jr .Football	5-7	W	Jan 18-Feb 15	5:15-6:15pm	RES $45 | NR $55	1031001-09
Jr. Basketball	4-6	Sa	Jan 14-Feb 11	12:15-1:15pm	RES $45 | NR $55	1031001-10
Jr. Basketball	3-4	Sa	Jan 14-Feb 11	1:15-2pm	RES $45 | NR $55	1031001-11
Basketball Skills	7-10	Sa	Jan 14-Feb 11	2-3pm	RES $45 | NR $55	1031001-12

Session II	Ages	Day	Dates	Times	Fee	Code
Jr. Soccer	3-4	M	Feb 20-Mar 20	4-4:45pm	RES $45 | NR $55	1031002-01
Jr. Soccer	4-6	M	Feb 20-Mar 20	4:45-5:45pm	RES $45 | NR $55	1031002-02
Jr. T-ball	4-6	M	Feb 20-Mar 20	6-7pm	RES $45 | NR $55	1031002-03
Jr. Basketball	3-4	Tu	Feb 21-Mar 21	4-4:45pm	RES $45 | NR $55	1031002-04
Jr. Basketball	4-6	Tu	Feb 21-Mar 21	4:45-5:45pm	RES $45 | NR $55	1031002-05
Jr. T-ball	3-4	Tu	Feb 21-Mar 21	6-6:45pm	RES $45 | NR $55	1031002-06
Jr. Parent Tot Sports	2-3	W	Feb 22-Mar 22	3:45-4:15pm	RES $45 | NR $55	1031002-07
Jr. Football	4-6	W	Feb 22-Mar 22	4:15-5:15pm	RES $45 | NR $55	1031002-08
Jr. Football	5-7	W	Feb 22-Mar 22	5:15-6:15pm	RES $45 | NR $55	1031002-09
Jr. Basketball	4-6	Sa	Feb 18-Mar 18	12:15-1:15pm	RES $45 | NR $55	1031002-10
Jr. Basketball	3-4	Sa	Feb 18-Mar 18	1:15-2pm	RES $45 | NR $55	1031002-11
Basketball Skills	6-8	Sa	Feb 18-Mar 18	2-3pm	RES $45 | NR $55	1031002-12

Class Equipment List

Soccer: Water bottle & size 4 soccer ball. Shin guard and cleats are optional.

Basketball: Water bottle & basketball.

T-ball: Water bottle & glove. Bat is optional.

Parent Tot/Multi Sport: Water bottle

Kajukenbo Karate

Ages 5+ — Betty Polak

Born in Hawaii in 1947, Kajukenbo is America's first martial art. Kajukenbo is a hybrid art with elements of Karate, Judo, Kempo, and Kung Fu. The founding fathers of Kajukenbo pooled their knowledge of their respective arts and developed and tested their techniques through encounters in the most dangerous parts of Hawaii. Kajukenbo became known as "the fine art of dirty street fighting." In addition to teaching self-defense, the class has objectives of instilling confidence and promoting respect in the student for themselves and others. Instructor, Betty Polak, is a certified 6th degree black belt through the Kajukenbo Self Defense Institute. *No Class Mar 27 **No Class Mar 27 †No Class Mar 29

M	Jan 2-Feb 13	6-6:50pm	1050904-01
M	Jan 2-Feb 13	7-7:50pm	1050904-02
W	Jan 4-Feb 15	6:30-7:20pm	1050904-03
M	Mar 6-Apr 24*	6-6:50pm	1050904-04
M	Mar 6-Apr 24**	7-7:50pm	1050904-05
W	Mar 8-Apr 26†	6:30-7:20pm	1050904-06

RES $48 | NR $58 — Community Center Fitness Studio

Please register at least one week before classes start. If minimums are not met, classes will be canceled.

Youth Tennis

Ages 5-12 — Emma Hardin

This 4-week instructional class is designed to introduce players to the sport of tennis, teach basic court positioning, and develop mechanics such as ball bounce judgment and space management. Each week will focus on a different area. Please bring your own racket if you have one or use a park district racket. The community center gym will be used as an alternate site due to rain. Participants will be contacted no less than two hours before class time.

Ages 5-8

M	Apr 3-24	5-5:45pm	1031105-01
Th	Apr 6-27	5-5:45pm	1031105-02

Ages 9-12

M	Apr 3-24	6-6:45pm	1031105-03
Th	Apr 6-27	6-6:45pm	1031105-04

RES $48 | NR $58 — Community Park Tennis Courts

TWEEN ACTIVITIES

Middle School C.R.E.W.

Connections • Recreation • Education • Wellness

Mondays, Jan 9-May 8 — 3:30-5:30pm — 3040702-02
RES $75 | NR $85 — Community Center

Students in grades 6-8 will participate in fitness, recreation, and learn healthy eating with friends and park district staff. The fee includes a 1-yr Open Gym pass. Special guests from NIU and Northwestern Medicine will share information on better performance, wellness and nutrition habits. Program covers all Mondays (except school day off Mondays). Registration Deadline: December 16.

Tween Gym Jam ..... pg. 6 Tween Egg Hunt ..... pg. 9

Eco Explorers

Ages 8-13 — Nicholas McCarney

Wednesdays 5-5:45pm Community Center MPR B
RES $10 | NR $15 Sign up for all 4 and save $5

Bugs
January 11 — 1030601-01
There are more bugs on the planet than any other lifeform and each one has unique and amazing superpowers. We will learn about some of the most amazing creatures and then design our own bug-based superheroes!

Mystery Bones
February 8 — 1030601-02
From big to small, we all have bones, and so do vertebrates. Open up your inner detective and see if you can use clues and information to match the animals to their bones and figure out what each bone is used for.

Furious Fossils
March 8 — 1030601-03
Explore the mysterious means behind what fossils really are and how they form. Get your inner paleontologist ready because we will dig out our own real fossils to keep!

Reptile Power
April 12 — 1030601-04
How strong and unique are reptiles and amphibians? Learn with up close and personal encounters with live snakes in a controlled environment. Experience the wonderful scaly world right before your eyes.

The Sycamore Park District aims to create biodiverse and healthy ecosystems for a variety of native plants and wildlife to use for their benefit as well as ours.

Ecologist and nature photographer Nicholas has recorded some of the most magical moments that encompass the health and diversity of the ecosystems we have created.

Us the QR code to view these beautiful and interesting snapshots and see Sycamore in a whole new way!

FREE Ask anything regarding animal and plant identification, research questions, wildlife photography, native gardening and plant information, pollinator practices, and more!

Nicholas will use his knowledge and network to answer any and all questions to the best of their ability.

Email Nicholas at nicholasm@sycparks.org

The answer to your inquiry may even be featured on his monthly videos posted on social media!

What it Takes to Build an Ecosystem

FREE Saturday, February 11 • 10am

The Sycamore Park District builds and manages native ecosystems from the ground up. In this presentation, learn about the process of creating and managing these ecosystems as well as see some of the plants and animals that have made them their home through high-resolution photography. Please register in advance at the Community Center or by calling 815-895-3365.

Snakes, Specimens, & Science
with the Field Museum

FREE Saturday, April 15 • 10am

In an exciting joint event, Field Museum and Sycamore Park District staff join together to provide a thrilling look behind the scenes. Participants will enjoy a show consisting of the stories behind how museum specimens are collected while getting up close and personal looks at both preserved and living animals all in the name of science! Please register in advance at the Community Center or by calling 815-895-3365.

Drop In Pickleball Courts

It's one of the fastest growing sports! It's addictive! Like tennis, but with a smaller court, a wooden paddle, and a whiffle ball- it's really fun. And you can make it a great workout if you're the competitive type. Bring your own equipment or check it out at the front desk. Four, lined Pickleball courts are part of the open gym times, so you can pay a daily fee, buy a gym pass, or yearly membership. If no one shows up during the designated Pickleball court time, it will then be open to open gym basketball, volleyball, or sport court. Guests are always welcome! Daily fee Residents $6, Non-residents $9.

Winter/Spring Schedule (subject to change)

Monday-Friday (up to 4 courts)..... 9-11am
Saturday (1 court) .....8-10am & 5-6pm
Sunday (2 courts) 12-2pm

Pickleball Private & Semi-private Lessons

Brad Benson

Pickleball Instructor Brad Benson will train you towards better skills and techniques to up your game as well as beginner basics! Lessons are held on Mondays at 7am, 8am, 11am, Noon, 1pm, 2pm. Call the Park District to set a time. Registration is handled on-site at the time of the lesson. For questions call the Service Desk at 815-895-3365.

Private Lesson.....RES $40 | NR $50
Semi-Private (2-4 people).....RES $35 | NR $45 per person

Community Center Gym

Kajukenbo Karate

Ages 5+ Betty Polak

Born in Hawaii in 1947, Kajukenbo is America's first martial art. Kajukenbo is a hybrid art with elements of Karate, Judo, Kempo, and Kung Fu. The founding fathers of Kajukenbo pooled their knowledge of their respective arts and developed and tested their techniques through encounters in the most dangerous parts of Hawaii. Kajukenbo became known as "the fine art of dirty street fighting." In addition to teaching self-defense, the class has objectives of instilling confidence and promoting respect in the student for themselves and others. Instructor, Betty Polak, is a certified 6th degree black belt through the Kajukenbo Self Defense Institute. *No Class Mar 27 **No Class Mar 27 †No Class Mar 29

M	Jan 2-Feb 13	6-6:50pm	1050904-01
M	Jan 2-Feb 13	7-7:50pm	1050904-02
W	Jan 4-Feb 15	6:30-7:20pm	1050904-03
M	Mar 6-Apr 24*	6-6:50pm	1050904-04
M	Mar 6-Apr 24**	7-7:50pm	1050904-05
W	Mar 8-Apr 26†	6:30-7:20pm	1050904-06

RES $48 | NR $58 Community Center Fitness Studio

Stretch & Meditation

Ages 18+ Carrie Hallahan

Join us for a class that is geared to work on release of stress and stretch your muscles in a gentle and effective way. Class will be on the floor with a mat. Gentle music is played in a yoga-esque atmosphere with meditation at the end. All levels are welcomed. Bring a mat, towel and water bottle.

Saturdays 10:45-11:30am
RES $8 | NR $12 Community Center Fitness Studio

Jan 21 .....1050901-01 Feb 25 1050901-03
Feb 11.....1050901-02 Mar 11 1050901-04

Community Yoga

Ages 16+ Leah Richards

All levels will be a mix of restorative, yin, and flow yoga. This class is wonderful for all skill levels, ages, and abilities. The focus and intention of this class is to move our body and connect with ourselves again. Give yourself an hour once a month to rest, restore, move and build a little bit more community.

Saturdays 10:45-11:45am
RES $8 | NR $12 Community Center Fitness Studio

Jan 28....1050906-01 Mar 18 1050906-03
Feb 18 ... 1050906-02 Apr 15 1050906-04

Tai Chi for Health & Wellness Workshop

Ages 18+ Bev Schramer

Celebrate International Tai Chi Day with us by practicing Tai Chi for Health and Wellness. Tai Chi is an effective slow-moving exercise to improve physical and mental health. It can be done seated or standing. It exercises the entire body, and at the same time, strengthens the mind. It improves your immunities, relieves stress and anxiety, and makes you feel better about yourself. This celebration is for beginners and current students. Wheelchair accessible. Each participant will receive a certificate and fortune cookie for attending the class. Registration Deadline: April 23

Saturday, April 29 10:30am-12pm 1050925-01
RES $10 | NR $15 Community Center Gym

Wood Carving Club

Harold Overton

Whittle away and socialize with friends. The current small group of club members are available to share their techniques and tools if you are a newcomer. Stop in and whittle away with our Sycamore Club!

Second Monday of the Month 6:30-8pm

Family Service Agency

Strengthening Individuals & Families

815-758-8616

Sycamore Club 55

at Sycamore Park District
Community Center

Monday & Fridays

Walking track Pass | 10-11am

Card Games | 11am-2pm

Pack a lunch and play some games.

Every Friday

Gentle Yoga for Seniors | 11:30am-12:30pm

Select Fridays

Chair Yoga & Tai Chi | 9:30-10:30am

Activities include:

Walking on the Track

Chair Yoga and Tai Chi with Kim

Gentle Yoga

Cards Games

Educational Presentations

Community Socialization

SYCAMORE PARK DISTRICT

Corporate Connections

Sponsorship & Wellness Opportunities

It is the Park District's mission to **connect Sycamore to wellness, nature, and each other**. We invite Sycamore's like-minded business community to aid in this effort while benefiting from connecting with a vibrant park district.

Event Sponsorships

Gymnasium Banner Sponsorship

Corporate Card Program

Resources & Employee Wellness

Learn more at
SYCPARKS.ORG

Sweet Butts
COTTON CANDY

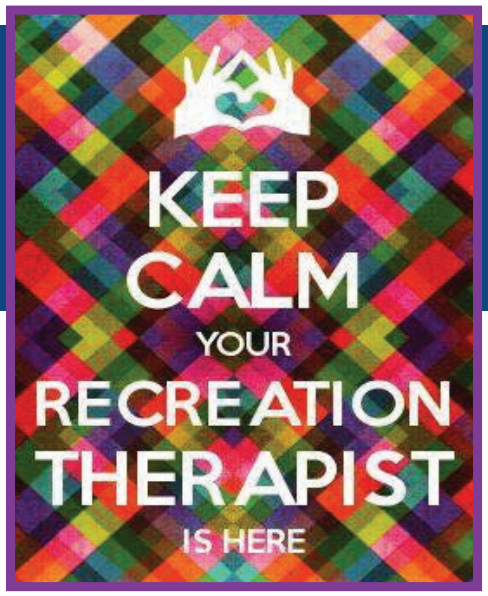
Book us for your next event
or buy a sweet treat online!

sweetbutts.com

Kishwaukee Special Recreation Association

There is purpose to our play!

Kishwaukee Special Recreation Association programs are designed for all ages and all abilities:



Now offering programs at Sycamore Park District Community Center, including:

Special Events • Dances • Parent Night Out • Game Night
One on One Skill Building • Fitness • Inclusion

For details and a complete list of offerings, visit kishsra.org.

Member Districts:

DeKalb Park District • Flagg—Rochelle Park District
Genoa Township Park District • Sandwich Park District • Sycamore Park District

For more information, contact

Dawn Schaefer, MS, CTRS
Executive Director
DSchaefer@kishsra.org

Aubrey Henning, CTRS
Therapeutic Recreation Coordinator
ahenning@kishsra.org

779-777-7285
1403 Sycamore Road
DeKalb, Illinois 60115

kishsra.org

Follow us on Facebook and Instagram

Play Baseball with SYB!!!

Online Registration for our 2023 Spring Season Begins on December 15, 2022

Register your athletes based on their 2022-23 School year Grade Level

Rookies – Age 5 – Kindergarten
Futures – 1st/2nd Grades
Minors – 3rd/4th Grades
Majors – 5th/6th Grades
Ponee – 7th/8th Grades

www.sycamoreyouthbaseball.org

SYCAMORE GIRLS' SOFTBALL

Ages 5 - High School

Online Registration for our 2023 Spring Season begins January 1, 2023 and runs through February 25, 2023

Follow us on Facebook: Sycamore Girls' Softball

sgsball.com

JOIN AYSO FOR SOCCER SIGNUPS!

Join Sycamore AYSO for spring and fall soccer

- Soccer is growing in our community!
- Don't forget to volunteer to coach. All training is provided for coaches.
- Registration is open for all kids that meet the age requirements.
- Please see our website, ayso718.com, for all details on spring and fall soccer.

★ EST. 1990 ★ SYCAMORE AYSO REGION 718

Spring Registration Opens in January

Everyone Plays® | Balanced Teams | Open Registration
Positive Coaching | Good Sportsmanship | Player Development

Sycamore AYSO, PO BOX 493 Sycamore IL, 60178
info@ayso718.com

AGGRESSION VOLLEYBALL

Spring Break Volleyball Clinic

Wednesday, March 29
Community Center Gym

Ages 8-10	5-6pm	$7 | $11	1041102-02
Ages 11-14	5-6:30pm	$11 | $16	1041102-01

Register in advance at the Community Center or online at sycparks.org.

INTENTIONALLY SMALL
UNDENIABLY POWERFUL
aggressionvbc.com

Facilities

Legacy Campus ..... 480 Airport Road

- *Brian Bemis Family* Dog Park
- Community Center: Business & Recreation Offices, Pathway Fitness, Gymnasium, Track
- Splash Fountain
- Northwestern Medicine Sled Hill
- First National Bank Amphitheater

Sycamore Community Park ..... 940 E. State Street

- Community Pool
- Golf Club & Caddyshack Grill

Sycamore Park Sports Complex ..... 435 Airport Road

- Maintenance Building
  Executive Director & Maintenance Offices

Staff Contact Information

Administration

Jonelle Bailey 815-770-2091
Executive Director, MAOL, CPRP
jonelleb@sycparks.org

Jackie Hienbuecher 815-314-0975
Supt. of Finance & Business Services CPA & CPRP
jackieh@sycparks.org

Jeanette Freeman 815-315-4259
Office Manager
jeanettef@sycparks.org

Golf

Kirk Lundbeck 815-770-2097
Superintendent of Golf Services
kirkl@sycparks.org

Park District Maintenance

Jeff Donahoe 815-770-5397
Supt. of Parks & Facility Services, GCSAA
jeffd@sycparks.org

Steve Tritt 815-770-5480
Assistant Superintendent for Golf Course, GCSAA
stevet@sycparks.org

Conner Leach 815-770-5488
Fleet Mechanic
connerl@sycparks.org

Nicholas McCarney 815-770-5827
Natural Area and Park Maintenance Specialist
nicholasm@sycparks.org

Bounphone Phonparsit ..... Park District Maintenance

Tyler Burke ..... Park District Maintenance

Brent Horn ..... Park District Maintenance

Recreation

Theresa Tevsh 815-770-2668
Superintendent of Recreation Services, CPRP
theresat@sycparks.org

Lisa Metcalf 815-770-5267
Facilities Supervisor, CTRS
lisam@sycparks.org

Sarah Rex 815-770-5378
Recreation Supervisor
sarahr@sycparks.org

Melissa Dobberstein 815-348-9038
Recreation Specialist
melissad@sycparks.org

Chris Hoblit 815-669-4172
Recreation Specialist
chrish@sycparks.org

Jerry Dobson 815-516-5088
Park District Buildings Custodian
jerryd@sycparks.org

Tracy Oczkowski 815-895-3365
Customer Service Specialist
tracyo@sycparks.org

CPRP=Certified Park and Recreation Professional
CPA=Certified Public Accountant
CTRS=Certified Therapeutic Recreation Specialist
GCSAA=Golf Course Superintendents Assoc. of America
MAOL =Master's in Organizational Leadership

Park Amenities

○ ● = Amenity meets ADA Accessibility Requirements

✱ = Amenity coming soon!

	First National Bank Amphitheater	Baseball Back Stop	Basketball Courts	Beanbag Toss Goals	Biking	Community Center	Cross-Country Skiing	Disc Golf Course	Exercise Stations	Fishing	Fishing Pier	Golf Course	Ladder Ball Game	Mowed Open Area	Native Restoration	Outdoor Table Tennis	Picnic Tables	Play Structures | Ages	Pool	Restrooms	River Overlook	Sand Play Area	Shelters	Soccer Goals	Northwestern Medicine Sled Hill	Splash Fountain Splashpad	Swings	Tennis Courts	Walking/Hiking Path	Wooded Area
Boynton Park | 303 Northgate Dr.														●			●	○ 5-12									●		○	
Brothers Park | 1800 Willow St.		●	○											●			●	○ 5-12					○				●			
Charley Laing Memorial Park | 325 S. Main St.																		○ 5-12				●	○				●			
Chief Black Partridge Park | 2112 Frantum Rd.										●																			●	●
Citizens Memorial Sports Complex | 435 Airport Rd		●		●	●		●	●		●			●	●		●	●	● 2-12		○			○				●		○	
Dr. John Ovitz Park | Constitution & Heron Creek Dr.														●				○ 2-12					●						●	
Elmer & Stanley Larson Park | 1501 John St.														●			●													
Emil Cassier Park | 500 Olin H. Smith Dr.														●															○	
Founders Park | 500 Heron Creek Dr.					●									●			●	○ 2-12					○				●		○	
Kiwanis East Park | 555 Borden Ave.		●			●									●			●	○ 5-12		●							●		○	
Kiwanis Prairie Park | 800 Borden Ave.		●	○		●									●			●	○ 2-12		●		●	○				●		○	
Legacy Campus | 480 Airport Rd.	○					○																			○	○				
Leon D. Larson Park | 1212 Larson St.					●		●							●	●		●	○ 2-12			●		○						○	●
Merry Oaks Path | Enter off Merry Oaks Dr.					●		●			●																			○	●
Old Mill Park | 50 Mt. Hunger Rd.					●		●		●	●				●	●		●	○ 5-12		○			○				●		○	
Parkside Preserve | 1212 Freedom Cir.					●		●			●				●															●	
Riverside Sports Complex | 1515 Airport Rd.														●										●						
Sycamore Community Park | 940 East State St.		●	●		●		●			●		○		●	●		●	○ 5-12	○	○		●	○				●	○	○	
Sycamore Lake Rotary Park | 400 N. Cross St.					●		●			○	○						●	○ 2-12		○			○				●		○	●
Wetzel Park | 212 Rowantree Dr.		●	○	○	●									●			●	○ 5-12		○		●	○				○	○	○	

Lost and Found

Where Item was Lost	District Facility Taken to if Found
Parks or Legacy Campus	Community Center
Golf Course and Community Park	Pro Shop
Community Pool	Community Pool
Sports Complex	Maintenance Shop

If possible, staff will try to track down the owner of the lost item within 48 hours of finding it. All items will be kept for a minimum of 3 months. After three months the District may donate unclaimed items to a charitable resale organization in our community.

SYCAMORE PARK DISTRICT

PROGRAM REGISTRATION FORM

Mail or Drop off to: Program Registration
Sycamore Park District
480 Airport Road | Sycamore, IL 60178

HOUSEHOLD INFORMATION

PRIMARY HOUSEHOLD MEMBER _____

ADDRESS _____ PHONE: work | cell | home _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL _____ GENDER ID: he | she | they DATE OF BIRTH _____

If you do not have an account already, you will now have a household account in the Park District's registration system as well as access to online registration at sycparks.org. To add additional members to your household and for more information, call 815-895-3365.

SPECIAL ASSISTANCE: If anyone in your household needs special assistance to participate in the program(s) you are registering for, please list their name and the accommodations needed.

Kishwaukee Special Recreation Association

NAME: _____

ACCOMMODATIONS: _____

REGISTRATION

Participant's Name	Date of Birth	Gender ID	Class Code	Program Name	Fee
	___/___/___				$
	___/___/___				$
	___/___/___				$
	___/___/___				$
	___/___/___				$

OFFICE USE: CASH | CC | CHECK #_____ STAFF:_____ DATE IN RECTRAC: _____ TOTAL FEE $

IMPORTANT INFORMATION The Sycamore Park District is committed to conducting its recreation programs and activities in the safest manner possible in the highest possible regards. Participants and person registering their child in programs must recognize however that there is an inherent risk of injury when choosing to participate in recreation activities. The Sycamore Park District continually strives to reduce risks and insists that all participants follow safety rules and instructions which have been designed to protect the participant's safety. WAIVER AND RELEASE OF ALL CLAIMS Please read this form carefully and be aware when registering yourself, your child, child/ward for participation in the above program(s) you will in waiving and releasing all claims for injuries you or your minor might sustain arising out of above program(s). I recognize and acknowledge that there are certain risks of physical injury program(s), and I agree to assume the full risk of any injuries (including death), damages, or loss, regardless of severity, which I or my minor child/ward, arising out of, connected with, or in any way associated with the activities of the program(s). I do hereby fully release and discharge the District and its officers, agents, servants and employees from any and all claims resulting from injuries, damages, and losses sustained by me or my minor child/ward arising out of, connected with, or in any associated with the activities of the above program(s). I further agree to indemnify and hold harmless and defend the District and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages and losses sustained by me or my minor child/ward arising out of, connected with, or in any way associated with the activities of the above program(s). PERMISSION TO SECURE TREATMENT In the event of any emergency, I authorize District officials to secure from any licensed hospital, physician, and/or personnel any treatment deemed necessary for my minor child/ward's immediate care and agree that I will be responsible or payment of any and all medical services rendered. I have read and fully understand the above program details, Waiver and Release of All Claims, and Permission to Secure Treatment. PHOTOS/SOCIAL MEDIA Please be aware that by registering for a program or class, participating in an activity, attending an event, or using District facilities or property, you authorize the District to use these photos and video footage for promotional purposes in District publications, advertising, marketing materials, brochures, event flyers, social media (including Facebook, YouTube, Instagram, Twitter, and other social media sites operated by the District), and the District's website without additional prior notice or permission and without any compensation to you. All photos and videos are property of the District.

PARENT/GUARDIAN SIGNATURE DATE

Online Registration at sycparks.org

1. New users must create a new household account.

   Click on "Need an account? Click Here"

   RESIDENTS: Begin typing your address and then select it from the auto-fill drop-down menu. This will ensure you receive the resident rates online.

   Once you have entered your information, select "Add New Household Member" to enter additional adults and children that reside at your same address.

   Select "Save" once completed.

2. Once you are logged in, you may browse programs by selecting:
   - "Activity Search" in the "Search" drop down menu
   - "Activity Search" under Quick Links
   - An image that represents the program you are looking for

   Programs available for registration online will have a white check box; while programs that are not available will have a lock symbol.

3. Select any of the available programs by clicking on the check box to the left of the title. You may select more than one program before continuing.

   As you add them you will notice a banner at the bottom of the screen listing your selection(s). Please remember that payment is due at the time of registration.

   When you are ready to proceed select "Add to Cart".

4. Select the family member(s) you want to enroll in the selection(s) you made.

   Your programs will appear under the family members who meet the age requirement. If a program you selected does not appear in your cart, no one in your household meets the age requirement.

   Select "Continue".

5. Review the waiver and click the box next to "I agree with the above". This allows you to proceed with your transaction.

6. Review your cart: do you have the correct program(s) and session(s)? Do you need to add or remove a family member from enrollment?

   Select "Proceed to Checkout".

7. Verify your billing and contact information

   Select "Continue".

8. You will then be prompted to enter your payment information. Then select "Submit Payment"

   Note that you will have 20 minutes to complete this screen and submit payment.

Mail Registration

Download and print a registration form at sycparks.org/registration or use page 31.

Make check payable to: Sycamore Park District

Submit form and payment to:

Program Registration, Sycamore Park District
480 Airport Road
Sycamore, IL 60178

Registration Policy

- Advance registration is required for all programs.
- Registration will not be taken at program sites.
- Aquatics and golf programs may have special dates and procedures.

The Park District reserves the right to cancel, postpone or combine classes or change instructors. If insufficient enrollment causes a class to be canceled, notification and refund will be given.

Sycamore Park District Corporate Membership

Local businesses that pay taxes to the Park District can register to offer their nonresident employees a resident rate.

How to Register

Online at sycparks.org

In person or by mail – Complete a registration form and pay by cash, check or credit card at the Community Center Service Desk (480 Airport Road, Sycamore, IL 60178)

Advanced registration is required for all programs. Late Registration may not be prorated.

Program Capacity

All programs have minimum and maximum enrollments. If the minimum enrollment is not met one week prior to the program date, the Park District may have to cancel, postpone or consolidate the program with another program. If the program is canceled by the Park District, a full refund will be issued.

Avoid Cancelation

Most classes need a set minimum number of participants to be able to run them. Please register at least a week before the start date.

If the program registration does not meet the minimum established requirement, it will be canceled one week prior to the start of the activity. A Park District Service Specialist will contact you in the event the program is canceled.

Wait List

Once the maximum enrollment is met for a program, a waiting list may be formed. No payment is required at time of placement on a program waitlist. A Park District Service Specialist will contact you should a space become available in the program. Full payment will be due upon accommodation into the program prior to participation.

Program Transfer and Refund Requests

1. Transfers will be granted in the following cases:
   a. The transfer is requested no later than one week prior to the start of the program.
   b. There is space available in the program into which the registrant requests to be transferred.
2. A refund request/cancellation form must be filled out and turned in no later than one week prior to the start of the program.
3. Refunds or household credits are not given for classes missed/forgotten or for changes in personal schedules by the participant.
4. After a program/event has started, a refund may be issued for medical or other circumstances (relocation, death in the family) as approved by the Superintendent of Recreation. Proof will be required in writing prior to the refund being issued. The refund will be prorated for the services used.

Program Transfer and Refund Requests Continued

5. Trips:
   a. Full refunds may be issued if your spot can be filled.
   b. Partial refunds will be granted if your spot cannot be filled (if trip tickets have been purchased, you are responsible for the cost of admission and transportation, if your spot cannot be filled.)
6. In the event program is canceled by the Park District, a refund will be made to all registrants.

The Park District reserves the right to review and make the final decision on all refunds.

Refund Policy: Rentals, Shelters, and Community Pool

Cancellations must be made 30 days in advance in order to receive a 100 percent refund. Less than 30 days, no refunds will be given. Refunds are given on picnic shelters if park staff closes the area. Prorated refunds on pool rental are based on amount of time used with minimum charge of one hour. The staff determines pool closings.

Check Cashing

Personal checks will be accepted in payment of membership, player, and program fees only. Checks returned for any reason will be assessed a $20 returned check fee. All returned checks not paid within 5 days are referred to the State's Attorney for legal action. Park District privileges will be revoked, until restitution is made.

ADA Statement

The Sycamore Park District will not discriminate against any eligible participant on the basis of a disabling condition. We invite any participant with a special need to contact our staff so that a smooth inclusion may occur. We provide additional services for people with disabilities through the Kishwaukee Special Recreation Association. For more information, call 815-758-6663.

Resident Fee

The resident fee (RES) applies to anyone living within the Park District boundaries. People who live outside the boundaries pay the nonresident (NR) fee listed in the program descriptions.

Residency Definition

The Sycamore Park District is an independent unit of local government as is the City of Sycamore, Sycamore schools, Sycamore Township and Sycamore Library District. All have different corporate boundaries which define a resident and non-resident.

A Sycamore mailing address does not guarantee you are a resident of the Park District. If you are uncertain whether you are a resident of the District (i.e., eligible to register for programs and facilities at resident rates), please first check your property tax bill or Voter's Registration Card.

Local businesses that pay taxes to the Park District can register to offer their nonresident employees a resident rate.

For more information, contact the administrative office at 815-895-3365 Monday-Friday 8:30am-4:30pm.

Financial Assistance Scholarship Program

The Sycamore Park District believes that all Sycamore residents should have the opportunity to participate in recreation programs. The Financial Assistance Scholarship Program provides full or partial payment of the program registration fee for residents with financial hardships or temporary difficulties.

To Request a scholarship, complete the form available at the Community Center, 480 Airport Road, along with requested documentation of need. Applications will be individually reviewed by the Superintendent of Finance. Applicants will be notified of a decision within two weeks of submissions.

Photography/Social Media Policy

Please be aware that by registering for a program or class, participating in an activity, attending an event, or using District facilities or property, you authorize the District to use photos and video footage for promotional purposes in District publications, advertising, marketing materials, brochures, event flyers, social media (including Facebook, YouTube, Instagram, Twitter, and other social media sites operated by the District), and the District's website without additional prior notice or permission and without any compensation to you. All photos and videos are property of the District.

Photos and video of participants in programs or special events and users of District facilities or parks are used in publicizing and promoting the District. Staff does not use any identification in marketing materials. Please tell an instructor or the photographer if you do not want to be photographed or videotaped.

General Conduct Policy

Participants are expected to exhibit appropriate behavior at all times. To make programs safe and enjoyable for everyone, the Sycamore Park District has developed these guidelines:

Show respect to all participants

Refrain from using foul language

Refrain from causing bodily harm to yourself and others

Refrain from damaging equipment, supplies and facilities

The Park District reserves the right to dismiss a participant for infraction of the conduct policy. Each situation will be evaluated on its own merit.

COVID-19

Sycamore Park District follows all current COVID-19 State and local guidelines

Sycamore LIBRARY

COMING UP FROM THE LIBRARY

MR. FREEZE

WINTER FAMILY PLAY DAY

SAT. JANUARY 14 @ 2PM

Sycamore Library is pleased to present the coolest cryogenics show around...Mr. Freeze, during Sycamore Park District's Winter Family Festival: Fire & Ice! Grownups & kids alike won't want to miss!

ARCOMUSICAL*

SUN. FEBRUARY 26 @ 2PM

Enjoy the musical stylings of the Afro-Brazilian bow instrument, berimbau, & hands-on opportunities to learn more about these unique instruments at the Library!

NIU THAI MUSIC ENSEMBLE*

SUN. MARCH 12 @ 2PM

Experience the wide variety of Thai music styles, followed by an opportunity to learn more about Thai culture & music through some hands-on activities at the Library.

*SPECIAL THANKS TO THE FARNY R. WURLITZER FOUNDATION FUND

WINTER READING CHALLENGE: WARM UP YOUR WINTER

SUNDAY, DECEMBER 18 - FRIDAY FEBRUARY 10, 2023

Adults and children of all ages are encouraged to sign up for the Library's Winter Reading Challenge. Participants don't yet have to be reading on their own to participate. The more you read, the more chances you have to win one of our fabulous grand prizes. Visit the Library's website to sign up or see a library staff member for more details. All ages. Registration required.

LITERACY LANE

Did you know Sycamore Library, Sycamore Park District & DeKalb County Forest Preserve sponsor a special program called Literacy Lane on the Great Western Trail? Visit monthly to enjoy fresh air, get some exercise, & see what we are featuring! Don't forget to scan the QR code at the end to let us know you visited for the chance to win a gift certificate to a local business.

ADULT SOCK HOP

FRI. JANUARY 20 @ 7PM
SYCAMORE PARK DISTRICT

Adults can join Sycamore Library at the Sycamore Park District for a rockin' time to celebrate Elvis Presley's birthday with the man himself. Singing & swinging with the best of Elvis' early hits; tribute artist Hugo Colin entertains as a young Elvis. Dress in your best 1950's duds to win our costume contest. Grab your socks, your dancing partner, & get ready to get "All Shook Up"!

REGISTER ON SYCAMORE LIBRARY'S EVENTBRITE

COOKBOOK CLUB

WED. JANUARY 11 @ 6:30PM, SYCAMORE LIBRARY

Warm up your winter with Slow Cooker recipes & cookbooks! Select your cookbook & register for this tasty program at the Sycamore Library beginning December 28th. Join in the fun at the Library on January 11 as we share about our selected titles & delicious dishes!

REGISTER ON SYCAMORE LIBRARY'S EVENTBRITE

INCITING JOY: WITH ROSS GAY

WED. JANUARY 11 @ 7PM, VIRTUAL ILLINOIS LIBRARIES PRESENT

Join best-selling essayist & award-winning poet Ross Gay during this virtual Illinois Libraries Present's discussion of Gay's most recent collection of essays, "Inciting Joy". Explore the joy we incite when we turn our attention to what brings us together.

REGISTER ON SYCAMORE LIBRARY'S EVENTBRITE

WINTERFEST AT SYCAMORE LIBRARY

FRIDAY, JANUARY 13, 2023 @ 6-7:30 PM

Warm up your winter by attending our inaugural Winterfest! Listen to the tropical sounds of our musical guests, while taking part in a variety of fun summer-themed activities & entertainment at the Sycamore Libary! All ages. Registration required.

SPECIAL THANKS TO OUR SPONSORS, THE FRIENDS OF THE SYCAMORE LIBRARY

Friends of the Sycamore Library

MORE DETAILS ON THESE EVENTS & MORE AT SYCAMORELIBRARY.ORG

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