



# SYCAMORE PARK DISTRICT

*Celebrating* **100 YEARS!**  
CONNECTING SYCAMORE TO WELLNESS, NATURE, & EACH OTHER

Above: Pumpkin  
Roll'Down Event at  
Legacy Campus, 2021

Below: Entrance to  
Sycamore Community  
Park in roughly the 1950s.

FALL 2023  
September-December

REGISTRATION OPENS  
**AUGUST 7**

**SYCPARKS.ORG**





*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](http://sycparks.org)  
Email ..... [info@sycparks.org](mailto:info@sycparks.org) Facebook ..... [SycamoreParkDistrict](https://www.facebook.com/SycamoreParkDistrict)  
Fax ..... 815-895-3503 Instagram ..... [@sycamoreparks](https://www.instagram.com/sycamoreparks)

## Meet the Board & Staff pg. 26

## Facilities

### Legacy Campus | 480 Airport Road

#### Community Center

Business & Recreation Offices, Pathway Fitness, Gymnasium, Track, Multipurpose Rooms

Building & Service Desk ..... M-F 6am-9pm | Sa 8am-6pm | Su 10am-2pm  
Business & Recreation Office ..... M-F 8:30am-4:30pm  
Closed ..... Sep 4, Oct 29, Nov 23 & 24, Dec 25  
Holiday Hours..... Dec 26 10am-6pm

#### Brian Bemis Family Dog Park

#### Splash Fountain Splashpad

#### Northwestern Medicine Sled Hill

#### First National Bank Amphitheater

### Citizens Memorial Sports Complex | 435 Airport Road

#### Maintenance Building

Executive Director & Marketing Office ..... M-F 8:30am-4:30pm  
Maintenance Office ..... M-F 6am-2:30pm

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

#### Sycamore Golf Club ..... [playgolfsycamore.com](http://playgolfsycamore.com)

Pro Shop, Clubhouse, Caddyshack Grill

## Welcome, Will!

Will was born and raised in Sycamore and is a Sycamore High School Graduate. He received an undergraduate degree from Texas Tech University and a master's degree in Sports Administration from Southeastern Oklahoma State University. While at Sycamore High School he helped start the Rugby Club and was very excited to come back to coach the team for about eight years after college. Coming to us from Geneva Park District, his coaching and programming experience is going to be a great fit for the Recreation team!

Will says, "I am very excited to now be a part of my hometown park district and have an opportunity to share the love and passion that I have for sports, fitness, and recreation with others in the community. I enjoy golfing, fitness, playing and watching all sports, live music, and hanging out with family and friends."





# 100th Anniversary Fireworks Show

FREE

**SATURDAY, NOVEMBER 18 • 5PM**

Citizens Memorial Sports Complex

The Sycamore Park District was established and its first Board of Commissioners voted into office on November 27, 1923. Join the celebration at the 100th Anniversary fireworks show to commemorate all of the passionate residents who help establish the park district and those since who have helped it become the vibrant park system it is today!

## Getting our new app is easy!

### No app stores required

Visit [sycparks.org](http://sycparks.org) or use the QR Code. Be sure you are visiting this page on your mobile device.

When your device prompts you to "Add Sycamore Parks to Home Screen" tap that prompt and answer yes if asked again

That's it! You can now close your device's browser and any time you want to use the app simply tap it on your Home screen!

NOTE: Some Apple devices may not display the "Add Sycamore Parks to Home screen" prompt so if yours does not just follow these simple steps after completing steps 1 and 2 above,

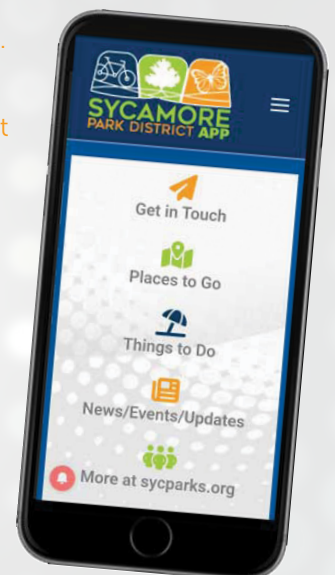
1. Tap on the bottom of the screen
2. Tap "Add to Home Screen" (in the lower row of icons). You may need to swipe left to locate the Add to Home Screen button
3. Tap Add

Sign up for promotional information and reminders.

Access maps and events.

Have the latest Park District news at your fingertips.

Easily contact staff.








VS.


## CUBS GAME TRIP

Saturday, September 9

Game Time: 1:20pm

Enjoy an easy ride on our coach bus to see the Chicago Cubs play the Arizona Diamondbacks at Wrigley Field. This is a cooperative trip with the Belvidere and Genoa Township Park Districts. Seating on the Upper Deck, Sec. 411. Ages 15 & under must be accompanied by an adult.

RES \$105 | NR\$110      Wrigley Field, Chicago



# CREEPY CAMPFIRE

....AN ADULT CAMP NIGHT

FREE

Friday, October 20

6:30-8:30pm

GoodTymes Shelter

Ages 18+ | Creepy Campfire returns for a third year of ghost stories, fun, and s'mores! Bring your own camping chairs, blankets, and mug/thermos.

Reservation requested at [sycamorelibrary.org](http://sycamorelibrary.org)



# Pumpkin FREE Celebration

Thursday, October 26

Sycamore Library  
103 E State St, Sycamore

No registration required | All Ages  
Enjoy downtown trick or treat, then pop into the Sycamore Library for family-friendly entertainment and music.

Learn more at [sycamorelibrary.org](http://sycamorelibrary.org).





# Pumpkin Rol'Down

Saturday, October 21

Northwestern Medicine Sled Hill

\$5 per pumpkin

Time Slots: 2-3pm or 3-4pm

Roll a pumpkin down the sled hill to the prize grid below – all it takes is a little bit of luck and a lot of fun!

Please register in advance by October 16 at the Community Center or by calling 815-895-3365  
Arrive any time within the hour you signed up for.

Presented by

**Kiwanis Club of Sycamore**

Sponsored by





# Fall Golf Events



## 6X6X6 Ryder Cup Format Tournament

Saturday, September 16

\$50 per two-person team and includes prizes

Entries Open: August 21

**Ryder Cup Format Play** - Holes 1-6: "Better Ball of Pairs" Each player plays their own ball and the best score of each pair is recorded on the scorecard. Holes 7-12: Alternate Shot. Players alternate shots and alternate tees on each of the 6 holes. Holes 13-18: Basic scramble format. Each player tees off and the best shot is selected. This continues until the ball is holed.

## Annual Pumpkin Scramble

Saturday, October 28

11am shotgun start

\$100 per 4-person team

Entries Open: September 28 | Entries Close: October 26  
at 5pm or when the field fills

Presented in conjunction with Sycamore's Pumpkin Festival.  
The entry fee does not include green fees or cart fees.

## Frozen Fingers Open

Saturday, November 11

\$50 per 2-person team

Entries Open: October 16 | Entries Close: November 9

All odd holes are played as a two-person scramble and all even holes are played as an alternate shot. There are no handicap requirements for this event. The entry fee does not include green fees or cart fees.

For details about these events and a complete list of community outings, visit [playgolfsycamore.com](http://playgolfsycamore.com)

Learn more about Sycamore Golf Club on page 10.



# Cookies with Santa

Friday, Dec 8 • 4-7pm

Saturday, Dec 9 • 9am-12pm

Community Center

*Please call ahead to register for a time slot at 815-895-3365.*

Help welcome Mr. and Mrs. Claus to the Community Center! Following their visit, each child will receive a special craft to take home and cookies provided by Sycamore Lions Club. Participants are encouraged to bring a donation of a non-perishable food item for the Sycamore Food Pantry, or an unwrapped toy, to be donated to the DeKalb Toys for Tots.



FREE



## Letters to Santa Nov 26-Dec 9

Stop by the Community Center to drop off your letter to Santa in our special Santa mailbox. All letters submitted by December 9 and containing a return mailing address will receive a letter from Santa by Christmas.

FREE



## Community Chili Cook-Off

Calling all local chili cooks! Do you have the best chili in town? Put it to the test with the **NEW** Community Chili Cook-off! First, Second, and Third place awards. For more information and to sign up, contact Melissa at [melissad@sycparks.org](mailto:melissad@sycparks.org).

\$25 Entry Fee



## Winter Family Play Day *Fire & Ice* Festival

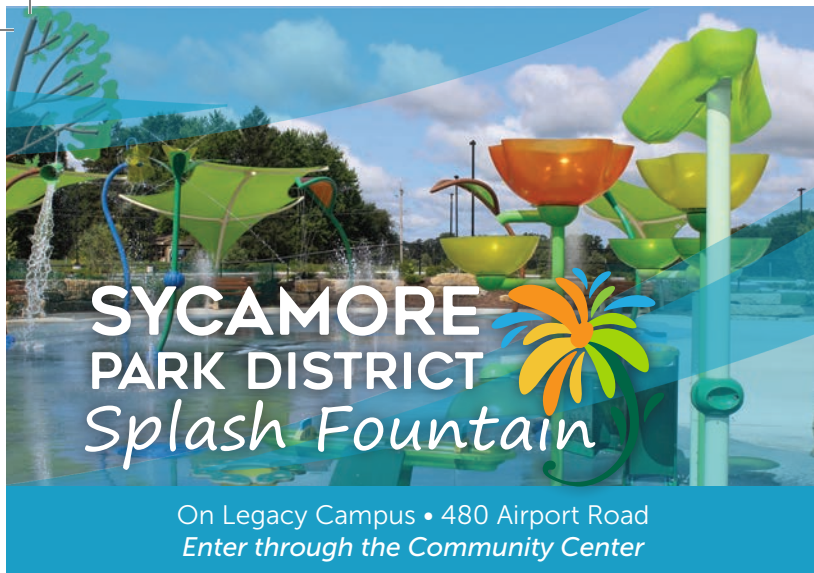
Saturday, January 13 • 1-4pm

Community Center

**SAVE THE DATE!**

FREE





Surrounded by native prairie landscapes, this zero-depth nature-themed water playground is a safe and fun oasis for all ages. Stay cool while interacting with each other and the wonderful world of water!

Hours	May 27-Aug 31	Sep 1-24
Mon-Fri*	10am-8pm	12-6pm
Sat	10am-6pm	12-6pm
Sun	10am-2pm	12-2pm

CLOSED: Labor Day

## Admission

<b>15-visit Pre Paid Card</b>	Resident   Nonresident
Ages 1+	\$45   \$75

Sale starts May 1 at the Community Center

<b>Daily Admission</b>	Resident   Nonresident
Ages 11 months & under	FREE
Ages 1+	\$3   \$5

Daily admission is non-refundable.

## Rentals

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

### Private Rentals

Saturdays 6-8pm, Sundays 2-8pm  
\$75 per hour. 2 hour minimum rental.

### \*Group Visits

Splash Fountain will remain open to the public.  
\$2 per person (group size: min 15/max 50) Call ahead to schedule your group, 815-895-3365.



## 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.

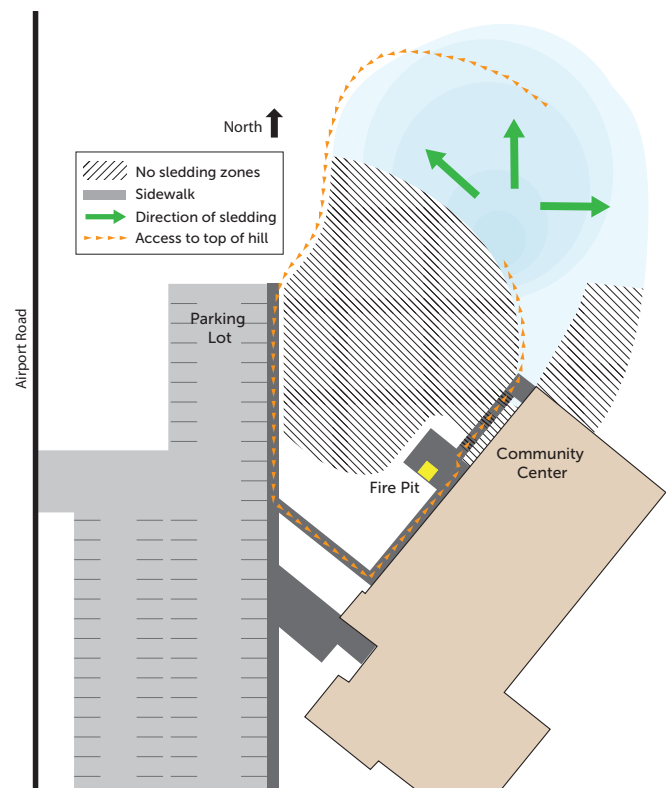
Please use caution when sledding and be considerate of others. Use sled hill at your own risk. No supervision is provided.

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.







On Legacy Campus • 480 Airport Road

# SYCAMORE PARK DISTRICT Brian Bemis Family DOG PARK

Dog Training and Discussions from the basics of a leash to the intricate work that can be done with an e-collar, and everything in between, the trainer shares his passion for helping people better their relationship with their dogs and excel at handling and training.



Jaybird Dog Training specializes in personalized 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](mailto:chrish@sycparks.org).

**Private Lessons** ..... \$20 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** ..... \$20 per person per hour  
One-on-one private discussion. No dogs present.

**Group Discussions** ..... \$10 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 participants minimum.

## Basic Obedience Classes

Tu Aug 15-Sep 19 RES \$75|NR \$85

6-6:45pm	Dogs Ages 7 months or Less	3050702-01
7-7:45pm	Dogs Ages 7 months or Older	3050702-02

Tu Nov 7-Dec 19 RES \$75|NR \$85 NO CLASS 11/21

6-6:45pm	Dogs Ages 7 months or Less	3050702-03
7-7:45pm	Dogs Ages 7 months or Older	3050702-04

Classes will focus on teaching dog owners how their dogs learn and how to teach basic movements. The classes would also teach when to add distractions for growth and timing and strategies for corrections. Prerequisites for the classes are that the dogs must not be aggressive towards other dogs or people and/or excessive barkers. We will be using food and play to teach. Please bring soft dog treats (something the dog really likes), a leash, and collar.

## 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 - on your phone or bring him/her in.

## Daily Passes ..... RES \$5 | NR \$10

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

## 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 1/4 of a mile, so four times around is your mile work out!





## Sycamore Golf Club Events

For details about these events and a complete list of community outings, visit [playgolfsycamore.com](http://playgolfsycamore.com)

### The 6X6X6 Ryder Cup Format Tournament

**Sat, Sep 16** \$50 per two-person team  
Entries Open Aug 21

### The Annual Pumpkin Scramble

**Sat, Oct 28** 11am shotgun start \$100 per four-person team  
Entries Open Sep 28-Oct 26

### The Frozen Fingers Open

**Sat, Nov 11** \$50 per two-person team  
Entries Open Oct 16-Nov 9



## 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



# FACILITY RENTALS



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](http://sycparks.org)

## Community Center

Contact Melissa

[melissad@sycparks.org](mailto: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 16.

## Splash Fountain

Contact Melissa

[melissad@sycparks.org](mailto: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 & Riverview Room

Contact Melissa

[melissad@sycparks.org](mailto: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](mailto: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		Annual Monthly		24-HOUR ACCESS	FITNESS CENTER	TRACK	OPEN GYM	FITNESS STUDIO	GROUP FITNESS 5-VISIT PUNCH CARD	POPUP GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES
	RES	NR	RES	NR								
*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 31.

\*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 22.

**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 sanitizing guidelines.

### 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). Applies to 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.

### **NEW!** Self-Defense Seminar

**Ages 16+**

**Jeremy Hays**

Come join our 2-hour self-defense training seminar. Self-defense training not only helps you protect yourself, but others too. Plus, training helps you become physically and emotionally fit. Having the ability to defend yourself increases your self-esteem and boosts your confidence. In this 2-hour course, we will discuss and practice the following:

- Situational awareness
- Practical Self-Defense Techniques
- Role playing exercises to increase reaction time

F Sep 29    5-7pm    3050916-01

F Nov 3    5-7pm    3050916-02

RES \$20 | NR \$30

Community Center Fitness Studio

### 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

Sep 9..... 3050906-01

Nov 11..... 3050906-03

Oct 14... 3050906-02

Dec 9 ..... 3050906-04

RES \$8 | NR \$12

Community Center Fitness Studio



# GROUP FITNESS CLASSES

## Class Fees

Fee Per Session  
RES \$56 | NR \$66

All group fitness classes take place in the Community Center.

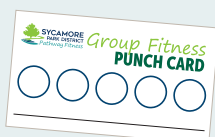
## Drop-Ins

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.



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				
HIIT & Relax	7:30-8:15am	Studio	Sep 11-Oct 23 Nov 6-Dec 18	3050910-01 3050910-02
Balls & Bands	1:30-2:30pm	Studio	Sep 11-Oct 23 Nov 6-Dec 18	3050919-01 3050919-02
TUESDAYS				
TRX	6-6:45am	Studio	Sep 12-Oct 24 Nov 7-Dec 19	3050917-01 3050917-02
Balanced Body	9:30-10:30am	Studio	Sep 12-Oct 24 Nov 7-Dec 19	3050911-01 3050911-02
F.A.S.T. (Fitness And Stability Toning)	5-6pm	Studio/Track	Sep 12-Oct 24 Nov 7-Dec 19	3050920-01 3050920-02
WOW (Women on Weights)	6-7pm	Studio	Sep 12-Oct 24 Nov 7-Dec 19	3050918-01 3050918-02
Pilates/Core	7-8pm	Studio	Sep 12-Oct 24 Nov 7-Dec 19	3050905-01 3050905-02
WEDNESDAYS				
TRX Plus *NO CLASS 11/22	6-6:45am	Studio	Sep 6-Oct 18 Nov 1-Dec 20*	3050913-01 3050913-02
Gentle Yoga *NO CLASS 11/22	8-9am	Studio	Sep 6-Oct 18 Nov 1-Dec 20*	3050903-01 3050903-02
Stretch & Flex Yoga *NO CLASS 11/22	9:15-10:15am	Studio	Sep 6-Oct 18 Nov 1-Dec 20*	3050908-01 3050908-02
Advanced Tai Chi *NO CLASS 10/25	1:30-2:30pm	Studio	Sep 13-Nov 1* Nov 8-Dec 20	3050924-03 3050924-04
Beginner Tai Chi *NO CLASS 10/25	6:30-7:30pm	MPR B	Sep 13-Nov 1* Nov 8-Dec 20	3050924-01 3050924-02
THURSDAYS				
TRX *NO CLASS 11/23	6-6:45am	Studio	Sep 7-Oct 19 Nov 2-Dec 21*	3050917-03 3050917-04
Gentle Yoga *NO CLASS 11/23	2:45-3:45pm	Studio	Sep 7-Oct 19 Nov 2-Dec 21*	3050903-03 3050903-04
Vinyasa Flow Yoga *NO CLASS 11/23	5-5:45pm	Studio	Sep 7-Oct 19 Nov 2-Dec 21*	3050902-01 3050902-02
F.I.R.M. (Fitness In Rep Machines) *NO CLASS 11/23	5-6pm	Pathway Fitness	Sep 7-Oct 19 Nov 2-Dec 21*	3050923-01 3050923-02
Zumba Gold *NO CLASS 11/23	6-7pm	Studio	Sep 7-Oct 19 Nov 2-Dec 21*	3050912-01 3050912-02
Pilates/Core *NO CLASS 11/23	7-8pm	Studio	Sep 7-Oct 19 Nov 2-Dec 21*	3050905-03 3050905-04
FRIDAYS				
Sunrise Yoga *NO CLASS 11/24	6-7am	Studio	Sep 8-Oct 20 Nov 3-Dec 22*	3050909-01 3050909-02
Balls & Bands *NO CLASS 11/24	1:30-2:30pm	Studio	Sep 8-Oct 20 Nov 3-Dec 22*	3050919-03 3050919-04
SATURDAYS				
WOW (Women on Weights)	9:30-10:30am	Studio	Nov 4-Dec 16	3050918-03



## Group Fitness Class Descriptions

### 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.

### 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.

### HIIT & Relax

Ages 16+ Cori Trolinger  
Start your week with 25 min of HIIT (High Intensity Interval Training) followed by 20 min of Restorative Yoga. We start with high intensity then slow things down with some stretching. A perfect way to make sure you have a great week. All fitness levels welcomed.

### 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.

### Stretch & Flex Yoga

Ages 18+ Leah Richards  
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.

### 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.

### 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+ Cori Trolinger  
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.

Wellness Programs..... pg. 13

Self Defense

Community Yoga



# YOUTH ACTIVITIES

## YOUTH BIRTHDAY PARTIES

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](mailto:melissad@sycparks.org) or 815-895-3365 ext. 237.

Saturdays .....10am, 2pm, 4pm  
Sundays.....10:30am, 12pm

**90 Minute Party**.....\$199\*

- Choice of Theme: Ninjas, Princess, Construction, Pirate, Sports, Superhero

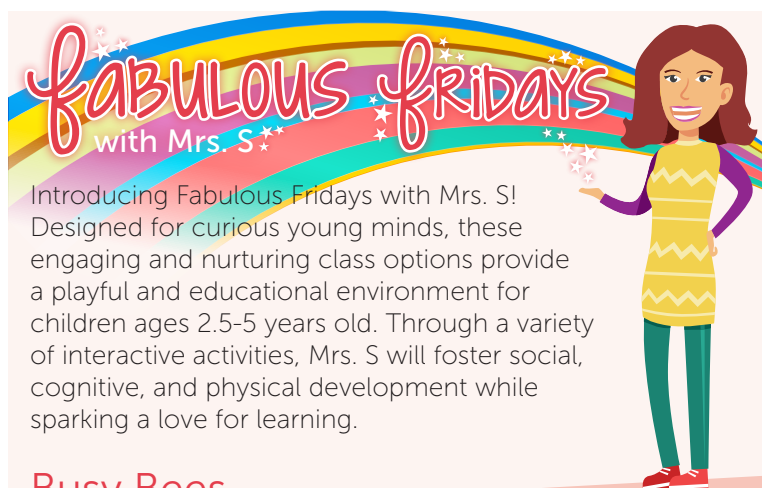
Splash Fountain: Treat your guests to water fun at Splash Fountain, located right outside the party room. Available Saturdays and Sundays, May-September.

\*NERF®: 45 minutes of game time. Supplies included: vest, goggles, and Nerf® gun. Nerf® Parties are an additional \$30

- Setup and Cleanup
- Activities led by Park District staff
- Time allotted to open presents
- Extra time may be added at an additional cost.

**Add 3 large one-topping pizzas** .....\$50

**Add a Cake**.....\$30



Introducing Fabulous Fridays with Mrs. S! Designed for curious young minds, these engaging and nurturing class options provide a playful and educational environment for children ages 2.5-5 years old. Through a variety of interactive activities, Mrs. S will foster social, cognitive, and physical development while sparking a love for learning.

### Busy Bees

Ages 2½-3 Julie Sgarlata

A program for toddlers based on a theme of the day which provides small and large motor activities including music and literature.

F Sep 8-Nov 17 9-10am 3020801-01 NO CLASS 10/27  
RES \$75 | NR \$85 Community Center MPR C

### A Little Bit of Learning / A Lot of Fun

Ages 4-5 Julie Sgarlata

A program based on the alphabet and prekindergarten math concepts including whole group reading and writing as well as large motor skills. Old fashioned games like Duck Duck Goose and Red Light Green Light are played to help us learn to take turns and be good listeners.

F Sep 8-Nov 17 10:30am-12pm 3020802-01 NO CLASS 10/27  
RES \$75 | NR \$85 Community Center MPR C

### Fun Fridays

Ages 3-5 Julie Sgarlata

A program designed around a theme commonly found during that month or season. Music, stories, simple crafts and games in the gym will be included.

F Sep 8-Nov 17 1-2:30pm 3020701-01 NO CLASS 10/27  
RES \$75 | NR \$85 Community Center MPR C

## Homeschool Wednesdays

**Ages 5-11** 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.

**Wednesdays 12:30-2:30pm**

Sep 13-Oct 18 3030804-01

Nov 1-Dec 13 3030804-02 NO CLASS 11/22

RES \$89 | NR \$99 Community Center MPR C  
\$10 Sibling discount



**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.



## Intro to Dance

Ages 3-4

Kami Davis

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.

Sa Sep 9-Oct 14 9-9:45am 3030406-01  
 Sa Nov 4-Dec 16 9-9:45am 3030406-02 NO CLASS 11/25  
 RES \$48 | NR \$58 Community Center MPR B

## Ballet / Jazz

Ages 5-7

Kami Davis

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 the style of dance. At the end of the sessions, the dancers will showcase their skills and dance routine to family and friends.

Sa Sep 9-Oct 14 9:50-10:35am 3030405-01  
 Sa Nov 4-Dec 16 9:50-10:35am 3030405-02 NO CLASS 11/25  
 RES \$48 | NR \$58 Community Center MPR B



## Little Tumblers

Ages 4-6

Kami Davis

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 skills. Each class will learn a variety of skills such as donkey kicks, handstands, forward rolls, and cartwheels along with fun obstacle courses.

Sa Sep 9-Oct 14 11:45am-12:30pm 3021101-01  
 Sa Nov 4-Dec 16 11:45am-12:30pm 3021101-02 NO CLASS 11/25  
 RES \$48 | NR \$58 Community Center Gym

## Cheer & Poms

Ages 6-8

Kami Davis

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 the understanding of how to complete a cheerleading routine in its entirety. Class includes a pair of pom poms to use during the session.

Sa Sep 9-Oct 14 10:45-11:30am 3030407-01  
 Sa Nov 4-Dec 16 10:45-11:30am 3030407-02 NO CLASS 11/25  
 RES \$48 | NR \$58 Community Center Gym



## Yoga for Kids/Teens

Ages 6-16

Emily Delegatto

Themed yoga classes include discussion, poses, both interactive and independent games and activities, and a short, guided relaxation period. Students will also have the option of completing a creative craft giving them something to take home with them, in addition to leaving the class with a stronger sense of self and empowerment.

### Ages 6-11

Mondays	4-5pm	
Fall Yoga	Sep 18	3030903-01
Halloween Yoga	Oct 16	3030903-02
Gratitude Yoga	Nov 20	3030903-03
Winter Holidays Yoga	Dec 18	3030903-04
RES \$10   NR \$15		Community Center MPR B

### Ages 11-16

Mondays	5:15-6:15pm	
Fall Yoga	Sep 18	3030903-05
Halloween Yoga	Oct 16	3030903-06
Gratitude Yoga	Nov 20	3030903-07
Winter Holidays Yoga	Dec 18	3030903-08
RES \$10   NR \$15		Community Center MPR B



# YOUTH ACTIVITIES

## Kajukenbo Karate

Ages 6+

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.

M Sep 11-Oct 23	6-6:50pm	3050904-01	
M Sep 11-Oct 23	7-7:50pm	3050904-02	
W Sep 6-Oct 18	6:30-7:20pm	3050904-03	
M Oct 30-Dec 18	6-6:50pm	3050904-04	NO CLASS 11/20
M Oct 30-Dec 18	7-7:50pm	3050904-05	NO CLASS 11/20
W Nov 1-Dec 20	6:30-7:20pm	3050904-06	NO CLASS 11/22
RES \$50   NR \$60 Community Center Dance Studio			



## Youth Tennis

Ages 5-12

Emma Hardin

This four-week instructional class is designed to introduce players to the sport of tennis, by learning basic court positioning and developing mechanics such as ball bounce judgment and space management. Each week focuses on different skill areas. Please bring your own racket if you have one or use a Park District racket.

### Ages 5-8

M Sep 11-Oct 2	5-5:45pm	3031105-01
Th Sep 14-Oct 5	5-5:45pm	3031105-02

### Ages 9-12

M Sep 11-Oct 2	6-6:45pm	3031105-03
Th Sep 14-Oct 5	6-6:45pm	3031105-04

RES \$50 | NR \$60 Community Park Tennis Courts

## All Star Sports Instruction Descriptions

**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 what the sport is.

**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.

### **NEW!** All Star Basketball League

This league is designed to prepare each player for future seasons. This is an instructional league where play will be stopped to focus on certain aspects of the game. Skills such as ball handling, shooting, and passing will be the focus while the players work on understanding the importance of running different offensive plays and how to counter an offensive attack with different styles of defense. Plays and strategies are taught at the appropriate age level for easy comprehension and to ensure confidence and success.

## 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 sports to be a positive experience for everyone involved. For more information, visit [allstarsi.com](http://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

Locations

SH = Sled Hill

CCG = Community Center Gymnasium



SESSION I	Ages	Day	Times	Dates	No Class	Fee	Code	Location
Jr. Soccer	3-4	M	4:15-5pm	Aug 28-Oct 16	9/4,10/9	RES \$65   NR \$75	3031001-01	SH
Jr. Soccer	4-6	M	5-6pm	Aug 28-Oct 16	9/4,10/9	RES \$65   NR \$75	3031001-02	SH
Skills Soccer	7-9	M	6-7pm	Aug 28-Oct 16	9/4,10/9	RES \$65   NR \$75	3031001-03	SH
Jr. Basketball	3-4	Tu	4:15-5pm	Aug 29-Oct 10		RES \$75   NR \$85	3031001-04	CCG
Jr. Basketball	4-6	Tu	5-6pm	Aug 29-Oct 10		RES \$75   NR \$85	3031001-05	CCG
Skills Basketball	7-9	Tu	6-7pm	Aug 29-Oct 10		RES \$75   NR \$85	3031001-06	CCG
Jr. Parent Tot Sports	2-3	W	3:30-4pm	Aug 30-Oct 11		RES \$75   NR \$85	3031001-07	SH
Jr. Tball	3-4	W	4-4:45pm	Aug 30-Oct 11		RES \$75   NR \$85	3031001-08	SH
Jr. Tball	4-6	W	4:45-5:45pm	Aug 30-Oct 11		RES \$75   NR \$85	3031001-09	SH
<b>NEW! Basketball Leagues</b>								
K & 1st Grade	5-7	Sa	10-11:15am	Aug 26-Oct 14	9/2	RES \$95   NR \$105	3031001-10	CCG
2nd & 3rd Grade	8-10	Sa	11:30am-12:45pm	Aug 26-Oct 14	9/2	RES \$95   NR \$105	3031001-11	CCG
4th & 5th Grade	10-12	Sa	1-2:15pm	Aug 26-Oct 14	9/2	RES \$95   NR \$105	3031001-12	CCG
SESSION II	Ages	Day	Times	Dates	No Class	Fee	Code	Location
Jr. Soccer	3-4	M	4:15-5pm	Oct 23-Dec 18	11/20	RES \$85   NR \$95	3031002-01	CCG
Jr. Soccer	4-6	M	5-6pm	Oct 23-Dec 18	11/20	RES \$85   NR \$95	3031002-02	CCG
Skills Soccer	7-9	M	6-7pm	Oct 23-Dec 18	11/20	RES \$85   NR \$95	3031002-03	CCG
Jr. Basketball	3-4	Tu	4:15-5pm	Oct 24-Dec 19	10/31,11/21	RES \$75   NR \$85	3031002-04	CCG
Jr. Basketball	4-6	Tu	5-6pm	Oct 24-Dec 19	10/31,11/21	RES \$75   NR \$85	3031002-05	CCG
Skills Basketball	7-9	Tu	6-7pm	Oct 24-Dec 19	10/31,11/21	RES \$75   NR \$85	3031002-06	CCG
Jr. Parent Tot Sports	2-3	W	3:30-4pm	Oct 25-Dec 20	11/22	RES \$85   NR \$95	3031002-07	CCG
Jr. Tball	3-4	W	4-4:45pm	Oct 25-Dec 20	11/22	RES \$85   NR \$95	3031002-08	CCG
Jr. Tball	4-6	W	4:45-5:45pm	Oct 25-Dec 20	11/22	RES \$85   NR \$95	3031002-09	CCG
<b>NEW! Basketball Leagues</b>								
K & 1st Grade	5-7	Sa	10-11:15am	Oct 28-Dec 16	11/22	RES \$95   NR \$105	3031002-10	CCG
2nd & 3rd Grade	8-10	Sa	11:30am-12:45pm	Oct 28-Dec 16	11/22	RES \$95   NR \$105	3031002-11	CCG
4th & 5th Grade	10-12	Sa	1-2:15pm	Oct 28-Dec 16	11/22	RES \$95   NR \$105	3031002-12	CCG

## Class Equipment List

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

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

Parent Tot/Multi Sport: Water bottle

Basketball: Water bottle & basketball.



# YOUTH ACTIVITIES

## Meet the Artist

Ages 6-8

Jenni Rogman

Each week children will "meet" a famous artist through works of art and books. Children will then make art projects based on the artist of the week, utilizing a variety of materials. Wear clothes you can get dirty!

Th Sep 14-Oct 19 4:30-5:30pm 3030502-01

Th Nov 2-Dec 14 4:30-5:30pm 3030502-02 NO CLASS 11/23

RES \$65 | NR \$75

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!

Th Sep 14-Oct 19 5:30-6:30pm 3030501-01

Th Nov 2-Dec 14 5:30-6:30pm 3030501-02 NO CLASS 11/23

RES \$65 | NR \$75

Community Center MPR C

## Safe Sitter® Course

Grades 6-8

Melissa Doty

Safe Sitter® is designed to prepare students in grades 6-8 to be safe when they are home alone, watching younger siblings, or babysitting. This class is filled with fun games and role-playing exercises.

Each participant will receive a Safe Sitter® handbook, information notepad, and Safe Sitter® mood-changing pencil. Please bring a soft-bodied baby doll for diaper changing practice, a sack lunch, and a refillable water bottle.

Sa Sep 16 10am-3:30pm 3040801-01

Registration Deadline: Sep 8

Th Nov 2, 9 & 16 5-7pm 3040801-02

Registration Deadline: Oct 26

RES \$100 | NR \$110 Community Center MPR A

Students Learn: How to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies.

Tips to manage behavior that will help them stay in control of themselves and the children in their care. Ages and stages of child development, as well as practice diapering.

Choking rescue and CPR is often students' favorite part of the class. A system to help them assess and respond to injuries and illnesses.

The ability to screen jobs, discuss fees, and greet employers.



## Programs for all ages!



## Animal Quest

Monday, October 30 • 11am

Sycamore Library

Advance registration recommended. All ages welcome

Join us for an educational visit from the staff of Animal Quest. You'll get the chance to meet & greet a variety of animals from a hairless guinea pig, chinchilla and coatimundi to a giant African bullfrog, Savannah Monitor and more.



## A Visit from Mr. Lincoln

Sunday, November 19 • 2pm

Sycamore Library

No registration. Recommended for school age children, teens & adults

Enjoy a first-person presentation of President Abraham Lincoln in period dress as he shares the story of how our national, annual observance of the Thanksgiving holiday came to be established during his Presidency. At the conclusion of the program, there will be an opportunity to take photos with Mr. Lincoln.

## Volleyball Leagues

Ages 18+

Leagues .....October 4-January 26

Tournament ..... January 31-February 22

Women's Recreational ..... Wednesdays 6:15-10:15pm

Coed Recreational ..... Thursdays 6:15-10:15pm

Coed Competitive ..... Thursdays 6:15-10:15pm

No Games: Oct 25, 26; Nov 22, 23; Dec 20, 21, 27, 28

Registration Opens: Monday, August 7

Registration Deadline: Sunday, September 24

Team Fee: \$375

Teams play once a week up to a 14-week season with up to 4 weeks of a double elimination tournament, depending on registration numbers. Teams are capped this year at 8 per league. Team registration is to be done by the team captain in person at the community center and there is a minimum of 5 players per team.



Forms may be picked up and or filled out at the front desk and are accepted on a first-come, first-served basis until leagues are filled. The registration fee of \$375 must be paid in full at the time of registration. League and Tournament winners receive cash prizes.

## Chicago Cubs vs. Arizona Diamondbacks

Enjoy an easy ride on our coach bus to see the Cubs play the Arizona Diamondbacks at Wrigley Field. This is a cooperative trip with the Belvidere and Genoa Township Park Districts. Seating on the Upper Deck, Sec. 411. Ages 15 & under must be accompanied by an adult.

Sa Sep 9                      Game Time: 1:20pm

RES \$105 | NR\$110      Wrigley Field, Chicago



## Wood Carving Club

Harold Overton

Whittle away and socialize with friends. The current small group of members are available to share their skills and techniques if you are a newcomer and want to learn this hobby. Stop in and whittle away with the Sycamore Wood Carvers.

Second Monday of the Month    6:30-8pm





# ADULT ACTIVITIES



## NEW! Self-Defense Seminar

Ages 16+

Jeremy Hays

Come join our 2-hour self-defense training seminar. Self-defense training not only helps you protect yourself, but others too. Plus, training helps you become physically and emotionally fit. Having the ability to defend yourself increases your self-esteem and boosts your confidence. In this 2-hour course, we will discuss and practice the following:

- Situational awareness
- Practical Self-Defense Techniques
- Role playing exercises to increase reaction time

F Sep 29 5-7pm 3050916-01

F Nov 3 5-7pm 3050916-02

RES \$20 | NR \$30 Community Center Fitness Studio

## 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

Sep 9..... 3050906-01 Nov 11..... 3050906-03

Oct 14... 3050906-02 Dec 9 ..... 3050906-04

RES \$8 | NR \$12 Community Center Fitness Studio

## Kajukenbo Karate

Ages 6+

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.

M Sep 11-Oct 23 6-6:50pm 3050904-01

M Sep 11-Oct 23 7-7:50pm 3050904-02

W Sep 6-Oct 18 6:30-7:20pm 3050904-03

M Oct 30-Dec 18 6-6:50pm 3050904-04 NO CLASS 11/20

M Oct 30-Dec 18 7-7:50pm 3050904-05 NO CLASS 11/20

W Nov 1-Dec 20 6:30-7:20pm 3050904-06 NO CLASS 11/22

RES \$50 | NR \$60 Community Center Dance Studio

## Drop In Pickleball

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. 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. Guests are always welcome! If no one shows up during the designated Pickleball court time, it will then be open to open gym basketball, volleyball, or sport court. Programs will take priority of courts if there is inclement weather and classes move indoors. Outdoor courts available at Wetzel Park and West School.

Monday-Friday (up to 4 courts) .....8-11am

Saturday (1 court).....8-10am, 5-6pm

Sunday (2 courts).....12-2pm

Daily Fee: RES \$6 | NR \$9

## Pickleball Lessons

### Private and Semi-private with Brad Benson

Pickleball Instructor Brad Benson will train you towards better skills and techniques to up your game as well as beginner basics! Call the Park District to set a time. Registration and payment are handled on-site at the time of the lesson. For questions call the Service Desk at 815-895-3365. Lessons will be held at West Elementary School, 240 Fair Street. Lessons will then be held at the Community Center Gym due to rain or when cool Fall temperatures set in.

Private (One on One) ..... RES \$45 | NR \$55

Semi-Private (2-4 people)..... RES \$35 | NR \$45



## Pickleball Classes & Drill Sessions

West Elementary School, 240 Fair Street

Classes will then be held at the Community Center Gym due to rain or when cool Fall temperatures set in.

### Pickleball 101

This four-week group instruction is designed to introduce players to the sport of pickleball. Each week will focus on new techniques and skill areas, including serves, return-of-serves, forehands, backhands, volleys and more. Bring your own paddle or use equipment provided during class.

M	Sep 25-Oct 16	11am-12pm	3051104-01
M	Oct 23-Nov 13	11am-12pm	3051104-04
M	Nov 20-Dec 11	11am-12pm	3051104-07

RES \$70 | NR \$85

### Pickleball 102

This four-week group instruction is designed to introduce players to the shots and strategies required for higher-level play. Each week will focus on new techniques and strategies, including dinking, drops, cuts/slices, blocks, resets, midcourt play, and more.

M	Sep 25-Oct 16	1-2pm	3051104-02
M	Oct 23-Nov 13	1-2pm	3051104-05
M	Nov 20-Dec 11	1-2pm	3051104-08

RES \$70 | NR \$85

### Pickleball 103

This four-week group instruction is designed to prepare players for advanced-level play, and will focus on strategies, positioning and court coverage. Instructional play with the instructor will be used to provide feedback and guidance to the players.

M	Sep 25-Oct 16	3-4pm	3051104-03
M	Oct 23-Nov 13	3-4pm	3051104-06
M	Nov 20-Dec 11	3-4pm	3051104-09

RES \$70 | NR \$85

### Beginner Drill Sessions

This 4-week group class will introduce newer players to the drills needed to improve their game. Intended for players with a 0-2.4 rating. The focus will be on partner drills and wall drills that help create the muscle memory to develop consistency in basic pickleball shots such as serves, return of serves, groundstrokes, volleys, blocking, and overhands.

M	Sep 25-Oct 16	12-1pm	3051101-01
M	Oct 23-Nov 13	12-1pm	3051101-04
M	Nov 20-Dec 11	12-1pm	3051101-07

RES \$70 | NR \$85

### Intermediate Drill Sessions

This 4-week group class will focus heavily on drilling for Intermediate-level players to help them level-up their game. Intended for players with a 2.5-3.4 rating. The focus will be on partner drills, wall drills, and situational drills that help create the muscle memory to develop consistency in intermediate level pickleball shots such as dinks, drops, lobs, speed ups, counter attacks, and resets.

M	Sep 25-Oct 16	2-3pm	3051101-02
M	Oct 23-Nov 13	2-3pm	3051101-05
M	Nov 20-Dec 11	2-3pm	3051101-08

RES \$70 | NR \$85

### Advanced Drill Sessions

This 4-week group class will focus on drills for higher-level players to help them perfect their game. Intended for players with 3.5 rating and above. The focus will be on partner drills, wall drills, and situational drills that help create muscle memory to develop consistency in shots such as slices, cuts, misdirection shots, lob volleys, the "Erne", and ATPs.

M	Sep 25-Oct 16	4-4:45pm	3051101-03
M	Oct 23-Nov 13	4-4:45pm	3051101-06
M	Nov 20-Dec 11	4-4:45pm	3051101-09

RES \$70 | NR \$85





*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:

**Camp Maple Leaf • Walking Club • Social Nights**  
**A.R.I.S.E Adult Day Program • One on One Skill Building**  
**Fitness • Inclusion**

For details and a complete list of offerings, visit [kishsra.org](http://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](mailto:DSchaefer@kishsra.org)

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

[kishsra.org](http://kishsra.org)

Follow us on Facebook and Instagram



# Sycamore Club 55

at Sycamore Park District Community Center

**815-758-8616**

Activities include: Walking on the Track • Chair Yoga and Tai Chi with Kim  
Gentle Mat Stretch & Relax • Cards Games • Educational Presentations  
Community Socialization

## Monday & Fridays

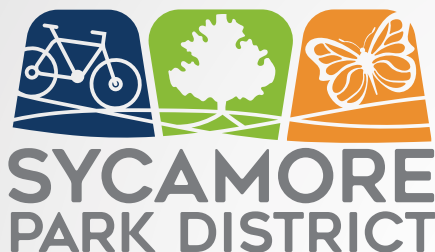
Walking Track Pass ..... 10-11am  
Card Games ..... 11am-2pm  
Pack a lunch and play some games.

## Every Friday

Gentle Mat  
Stretch & Relax ..... 11:30am-12:30pm

## Select Fridays

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



# Corporate Connections

Event Sponsorships

Gymnasium Banners

Corporate Card Program

Resources & Employee Wellness

Learn more at **SYCPARKS.ORG**



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 positive and fun connections with a vibrant park district.



# BOARD & STAFF CONTACT INFORMATION

## 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**..... teds@sycparks.org

**Daryl Graves** .....daryl@symparks.org

**Denise Ackmann**.....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](http://sycparks.org). The public is invited to attend.

## Administration



Jonelle Bailey



Jackie  
Hienbuecher



Kirk Lundbeck



Jeff Donahoe



Lisa Metcalf



Jeanette  
Freeman



Sarah Rex

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

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

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

**Jeff Donahoe**.....815-770-5397  
Superintendent of Parks & Facility .....jeffd@sycparks.org  
Services, CPO, CPSI , GCSAA

**Lisa Metcalf**.....815-770-5267  
Superintendent of .....lisam@sycparks.org  
Recreation Services, CTRS

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

**Sarah Rex**.....815-770-5378  
Marketing & Outreach Manager .....sarahr@sycparks.org

In addition to full-time staff, the Park District relies on roughly 75 additional positions that include part-time staff, instructors, seasonal staff, and interns to provide the community with a vibrant park system.

Whether you are looking for your first job, an internship, a way to stay active in retirement, or a place to grow your career, consider the Sycamore Park District! We value equity, transparency, sustainability, and connections. From there

a fun and meaningful work experience grows, including opportunities for:

- Being part of a work community
- Developing skills and growing your career
- Impacting your community
- Flexible work schedules
- Competitive wages
- Discounts on the memberships and programs

# STAFF CONTACT INFORMATION

## Recreation



Chris Hoblit



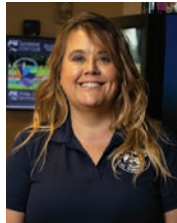
Will Turner



Tracy  
Oczkowski



Jerry Dobson



Melissa  
Dobberstein



Missy Faivre

**Chris Hoblit** ..... 815-669-4172  
Recreation Supervisor, CPP      chrish@sycparks.org

**Will Turner** ..... 815-770-2668  
Recreation Supervisor      willt@sycparks.org

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

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

**Melissa Dobberstein** ..... 815-348-9038  
Events, Food & Beverage      melissad@sycparks.org  
Coordinator, CPP

**Missy Faivre**, Food and Beverage Assistant

## Maintenance



Steve Tritt



Conner Leach



Nicholas  
McCarney



Bounphone  
Phonparsit



Tyler Burke



Brent Horn



Jeremy Snow

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

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

**Nicholas McCarney** ..... 815-770-5827  
Natural Area Specialist      nicholasm@sycparks.org

**Bounphone Phonparsit** ..... Sports Maintenance

**Tyler Burke** ..... Sports Maintenance

**Brent Horn** ..... Park Maintenance

**Jeremy Snow** ..... Park Maintenance

**Aric Coleman** ..... Golf Course Maintenance

**Josh Chesser** ..... Golf Course Maintenance



Aric Coleman



Josh Chesser

CPA=Certified Public Accountant  
CPO=Certified Pool Operator  
CPP=Certified Program Planner  
CPRP = Certified Park and Recreation Professional  
CPSI=Certified Playground Safety Inspector  
CTRS=Certified Therapeutic Recreation Specialist  
GCSAA=Golf Course Superintendents Assoc. of America  
MAOL=Master's in Organizational Leadership



# PARK AMENITIES

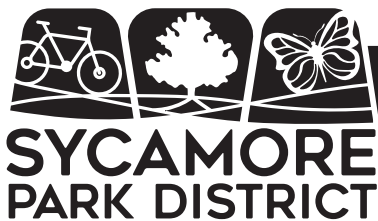
○ = Amenity meets ADA Accessibility Requirements

	Baseball Back Stop	Basketball Courts	Beanbag Toss Goals	Biking	Cross-Country Skiing	Disc Golf Course	Exercise Stations	Fishing	Fishing Pier	Ladder Ball Game	Mowed Open Area	Native Restoration	Outdoor Table Tennis	Picnic Tables	Play Structures   Ages	Restrooms	River Overlook	Sand Play Area	Shelters	Soccer Goals	Swings	Tennis Courts	Walking/Hiking Path	Wooded Area	Brian Bemis Family Dog Park	Community Center	First National Bank Amphitheater	Northwestern Medicine Sled Hill	Splash Fountain Splashpad	Sycamore Golf Club
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 Ovitiz 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 Soccer 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.



## 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 \_\_\_\_\_ 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](http://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.



NAME: \_\_\_\_\_

ACCOMMODATIONS: \_\_\_\_\_

### REGISTRATION

Participant's Name	Date of Birth	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 way 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 \_\_\_\_\_



# REGISTRATION

## Online Registration at [sycparks.org](https://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](https://sycparks.org/registration) or use the one on page 29.

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](http://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 Cancellation**

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.
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 and Shelters**

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.

## **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.

## **COVID-19**

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

## **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.



Sycamore Park District  
480 Airport Road  
Sycamore, IL 60178

ECRWSS  
RESIDENTIAL POSTAL PATRON  
SYCAMORE, IL 60178

Bulk Rate  
U.S. Postage  
PAID  
Permit #6  
60178

# 100th Anniversary Fireworks Show

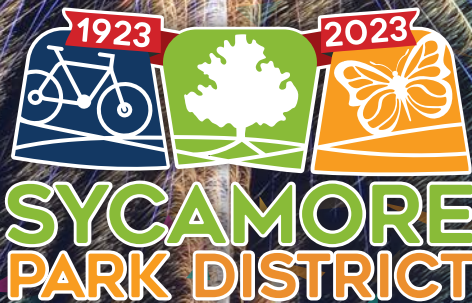
**FREE**

**SATURDAY, NOVEMBER 18**

**5PM**

**CITIZENS MEMORIAL  
SPORTS COMPLEX**

## Save the Date!



**NEW!**

## SYCAMORE PARK DISTRICT APP

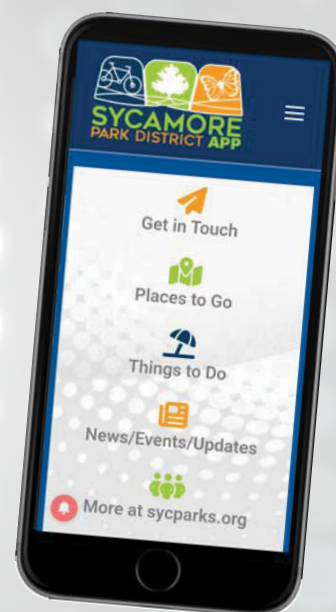
**SIGN UP FOR PROMOTIONAL INFORMATION  
AND REMINDERS.**

**ACCESS MAPS AND FACILITY INFORMATION.**

**HAVE THE LATEST PARK DISTRICT NEWS AT  
YOUR FINGER TIPS.**

**EASILY CONTACT STAFF.**

*No app stores required. Learn more on page 3.*



**SYCPARKS.ORG**