

REGISTRATION OPENS  
**DECEMBER 4**

*WHAT'S INSIDE?*

- 4** FIRE & ICE FESTIVAL
- 21** SPRING BREAK CAMPS
- 26** PICKLEBALL CLASSES

[SYCPARKS.ORG](http://SYCPARKS.ORG)



**SYCAMORE  
PARK DISTRICT**

**WINTER/SPRING 2024**

CONNECTING SYCAMORE TO WELLNESS, NATURE, & EACH OTHER

# WELCOME!

## TO THE SYCAMORE PARK DISTRICT

PHONE 815-895-3365

EMAIL  
INFO@SYCPARKS.ORG



Stay connected on social media and with the new Park District App!

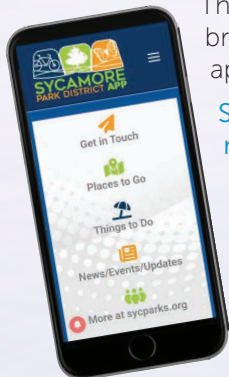


Getting our new app is easy  
No app stores required



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!

Sign up for promotional information and reminders.

Access maps and events.

Have the latest Park District news at your fingertips.

Easily contact staff.



### Community Center

On Legacy Campus, 480 Airport Road

Pathway Fitness, Gymnasium, Indoor Track, Multipurpose Rooms, Registration, Facility Rentals

Building Hours

Mon-Fri 6am-9pm | Sat 8am-6pm | Sun 10am-2pm

Business & Recreation Office Hours

Mon-Fri 8:30am-4:30pm

Closed ..... Dec 25, Jan 1, Mar 31

Holiday Hours..... Dec 26, 10am-6pm

### Maintenance Building

In Citizens Memorial Sports Complex, 435 Airport Road

Executive Director & Marketing Office

Mon-Fri 8:30am-4:30pm

Maintenance Office

Mon-Fri 6am-2:30pm



### Sycamore Golf Club

In Sycamore Community Park,  
940 E. State Street

Pro Shop, Clubhouse, Riverview Room,  
Caddyshack Grill

[PLAYGOLFSYCAMORE.COM](http://PLAYGOLFSYCAMORE.COM)





## National Gold Medal Award Finalist

The Sycamore Park District is thrilled to have been selected as a 2023 National Gold Medal Award Finalist in Class V (population of less than 30,000). Being recognized as one of four agencies nationwide in our size category that exemplifies excellence in park and recreation management is a great honor. We look forward to continuing on a path of sustainability, transparency, inclusion, and excellence.

Through a written and filmed nomination process, each year's finalists and Gold Medal recipients are selected by the American Academy for Parks and Recreational Administration. Awards were presented at the 2023 National Park and Recreation Administration Conference in October.

Pictured Left to Right: Sarah Rex, Marketing & Outreach Coordinator; Jonelle Bailey, Executive Director; Bill Kroeger, Board President; Lisa Metcalf, Superintendent of Recreation Services

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# SEE WHAT'S NEW

## COMMUNITY CONNECTIONS: PARENTING & KIDS

Ages 1-6 with guardian | Slow down the pace of parenting and join our class to help you and your child grow together.



**PAGE 17**

## SPECIAL FITNESS EVENTS & CLASSES

Enhance and diversify your fitness routine with new classes for everyone!

[Lunchtime Fitness](#)  
[Yoga for EVERYbody](#)



**PAGE 25**

## PICKLEBALL

We have pickleball options for every schedule and every level of play:

[Drop-in Open Gym](#)  
[Private & Semi Private Lessons](#)  
[Classes & Drill Sessions](#)  
[Pickleball Warm-Ups](#)



**PAGE 26**

# Winter Family Play Day

# Fire & Ice Festival

**FREE**

Saturday, January 13 • 1-4pm

Legacy Campus & Community Center

*Join us for a family fun day!*



Mad Science's spectacular Fire & Ice show features a variety of eye-catching science experiments including foggy dry ice storms, sizzling shivering scissors, special bubbly showers and more.



**Mad Scientist 2-3pm**

Sponsored by Friends of Sycamore Library



**Ice Cream Sundaes**

Sponsored by Sycamore Lions Club



**Jaybird Dog Training Demos**

1:30pm and 3pm

**NIU Outdoor Adventures**



**Kids' Area with Crafts**

**Fire truck and Snowplow Touch-a-Track**

## Chili Cook-off

Sample a variety of chilis from our local cooks and vote for your favorite.

\$10 Chili Tasting Ticket

### Calling all local chili cooks!

Do you have the best chili in town? Put it to the test with the Community Chili Cook-off! A panel of judges will select a First, Second, and Third place winner. Other awards include People's Choice and Most Festive Table. Each cook receives a commemorative magnet and the joy of sharing their favorite chili with neighbors and friends! For more information and to sign up, contact Melissa at [melissad@sycparks.org](mailto:melissad@sycparks.org).

\$25 Entry Fee



# Sweetheart Dance

Sunday, February 18  
4-6pm

Community Center  
Ages 2-12 with Adult

This is your little one's night to shine. Enjoy music, dancing, and hord'oeuvers. Chances to win prizes throughout the evening.

**Advanced Registration Required**

Deadline: February 15 | No on site registration

RES \$28 | NR \$33 per couple      1010701-01

Additional Sibling: \$8



# Self-care Fair

*Spend a day on your self-care and health awareness!*

**FREE**

Saturday, February 24  
9am-1pm

Community Center

Vendor booths bring wellness, fun, and health information and experiences for women and men. Come ready to unwind and go home with inspiration and some new resources to help incorporate self-care into your routine. Vendors will have items for sale, so come pamper yourself.

## 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](mailto:melissad@sycparks.org).

\$50 per booth and a donated raffle prize.



Saturday, March 9

10:30am-12pm

Golf Course Clubhouse

Ages 2-7 with Adult

RES \$25 | NR \$30 per couple  
1030704-01

Additional Sibling \$5

Registration Deadline: February 26

# Tea for Three

It's a Tea Party! Wear your best party clothes and favorite hat. Bring your favorite stuffed animal or doll and invite an adult friend for lots of fun. Remember to bring your best manners for an elegant tea party. Hosted by Jamie Furst and Storyteller, Phyllis Horst

Everyone will listen to our storyteller remind us of etiquette. We'll sip from real teacups and enjoy some yummy snacks. Then pose for a well-mannered picture.



# T-REXPLORES

Wednesday, March 27

Community Center Gym

## DINO HOUR

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 15



## **FREE** VISIT RANGER, THE TYRANNOSAURUS

11:45am-12:15pm

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

# Breakfast Bunny

WITH THE



Saturday, March 30  
7:30-9:15am

Community Center

Advanced Registration Deadline: March 23

RES \$10 | NR \$11 | At the door \$12

Welcome the bunny to Sycamore and share breakfast with family and friends.

Breakfast includes eggs, sausage, pancakes, juice, and coffee. Have cameras ready to get your picture taken with the bunny. Each child receives a free craft to take home. All ages welcome.



**SYCAMORE**  
CHAMBER of  
COMMERCE



## Sycamore COMMUNITY EXPO & JOB FAIR

**GIVEAWAYS • FOOD TRUCK • MUSIC  
EMPLOYMENT • FREE EVENT**

*Saturday, April 6*

**SYCAMORE COMMUNITY CENTER  
480 AIRPORT RD. SYCAMORE**

**SYCAMORECHAMBER.COM**

# Tai Chi for Health & Wellness Workshop

Saturday, April 27 • 10:30am-12pm

Community Center MPR AB

Ages 18+ • Instructor: Bev Schramer • RES \$13 | NR \$17 • 1050925-01



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 22



**SYCAMORE  
PARK DISTRICT**

## Corporate Connections

Event Sponsorships

Gymnasium Banners

Corporate Card Program

Resources & Employee Wellness

To learn more, contact Sarah at [sarahr@sycaparks.org](mailto:sarahr@sycaparks.org) or 815-895-3365.



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.



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 variations 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.

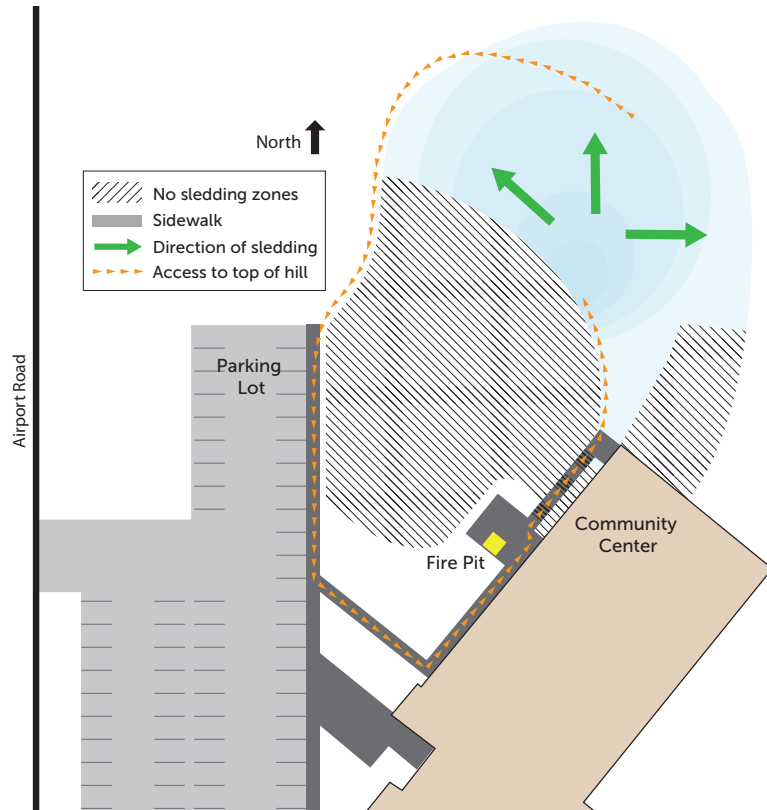
Please use caution when sledding and be considerate of others. Use sled hill at your own risk. No supervision is provided.

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

This hill and fire pit are under video surveillance.



**SNOWBOARD LESSONS** Pg. 20

## BRIAN BEMIS FAMILY DOG PARK

On Legacy Campus • 480 Airport Road • Open Sunrise to Sunset

### 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.

### When visiting the Park

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 CLASSES** Pg. 24



# Sycamore GOLF CLUB

Est. 1923

*The way golf is meant to be played!*  
Reasonable Rates • Immaculate Conditions  
Enjoyable Pace of Play & Friendly Staff

In Sycamore Community Park • 940 E. State St.  
Kirk Lundbeck, Golf Pro • KirkL@sycparks.org

Season Pass Rates	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 Fees	Resident	Nonresident
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	Resident	Nonresident
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

**Swing into Spring**  
Preseason SALE

Friday-Sunday  
March 1-3  
8:30am-4pm

**3 DAYS ONLY!**  
**TAKE 10% OFF 2024 PASSES**  
2023 Pass Holders: Take an extra 5% off when you bring in a new pass holder for the 2024 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 and permanent tee times.  
Get your 2024 tournament and outing schedule.

\*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 2023 season.



Community Center Gymnasium

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.



Community Center Multipurpose Room C

## Splash Fountain

Contact Melissa [melissad@sycparks.org](mailto:melissad@sycparks.org)

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

Available May 25-September 1  
Mon-Fri: 12-8pm During Public Hours  
Sat: 6-8pm | Sun: 2-4pm Private Rental



Community Center Multipurpose Room AB

## 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



Splash Fountain



Clubhouse

## 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



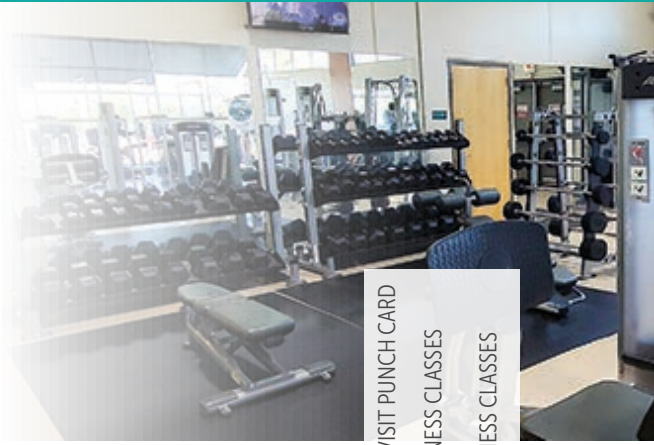
Riverview Room



Outdoor Shelters



# SYCAMORE PARK DISTRICT Pathway Fitness



In the Community Center • 480 Airport Road

Community Center Building Hours

Mon-Fri 6am-9pm | Sat 8am-6pm | Sun 10am-2pm | Holiday Hours on pg. 2

24/7 Membership Options • No Enrollment Fees

## 24/7 Pathway Fitness Memberships

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

## Pathway Fitness Passes

Access during building hours

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

## Prepaid Cards

Access during building hours

	Age		RES	NR									
Pathway Fitness & Track	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	14*+		\$12	\$17		●	●	●					
Track Only	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 and classes on pages 26 and 27.

**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.

## 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.



**NEW!** SPECIAL FITNESS EVENTS & CLASSES Pg. 25

# GROUP FITNESS CLASSES

## Class Fees

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

All group fitness classes take place in the Community Center.

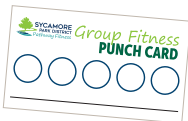
## Drop-Ins

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	7-7:45am	Studio	Jan 8-Feb 19	1050910-01
			Mar 4-Apr 15	1050910-02
TUESDAYS				
TRX	6-6:45am	Studio	Jan 9-Feb 20	1050917-01
			Mar 5-Apr 16	1050917-03
Balanced Body	9:30-10:30am	Studio	Jan 9-Feb 20	1050911-01
			Mar 5-Apr 16	1050911-02
F.A.S.T.	5-6pm	Studio/ Track	Jan 9-Feb 20	1050920-01
			Mar 5-Apr 16	1050920-02
WOW	6-7pm	Studio	Jan 9-Feb 20	1050918-01
			Mar 5-Apr 16	1050918-03
Pilates/Core	7-8pm	Studio	Jan 9-Feb 20	1050905-01
			Mar 5-Apr 16	1050905-03
WEDNESDAYS				
TRX Plus	6-6:45am	Studio	Jan 10-Feb 21	1050913-01
			Mar 6-Apr 17	1050913-02
Stretch & Flex Yoga *NO CLASS 2/21	9-10am	Studio	Jan 10-Feb 28*	1050908-01
			Mar 6-Apr 17	1050908-02
Gentle Yoga	10:15-11:15am	Studio	Jan 10-Feb 21	1050903-01
			Mar 6-Apr 17	1050903-03
Advanced Tai Chi	1:30-2:30pm	Studio	Jan 10-Feb 21	1050924-01
			Mar 6-Apr 17	1050924-02
Beginners Tai Chi	6:30-7:30pm	MPR B	Jan 10-Feb 21	1050924-03
			Mar 6-Apr 17	1050924-04
THURSDAYS				
TRX	6-6:45am	Studio	Jan 11-Feb 22	1050917-02
			Mar 7-Apr 18	1050917-04
Gentle Yoga	2:45-3:45pm	Studio	Jan 11-Feb 22	1050903-02
			Mar 7-Apr 18	1050903-04
Plus Size Yoga	4:30-5:30pm	Studio	Jan 11-Feb 22	1050928-01
			Mar 7-Apr 18	1050928-02
F.I.R.M.	5-6pm	Pathway Fitness	Jan 11-Feb 22	1050923-01
			Mar 7-Apr 18	1050923-02
Flow Yoga	5:45-6:30pm	Studio	Jan 11-Feb 22	1050902-01
			Mar 7-Apr 18	1050902-02
Pilates/Core	6-7pm	MPR B	Jan 11-Feb 22	1050905-02
			Mar 7-Apr 18	1050905-04
FRIDAYS				
Sunrise Yoga *NO CLASS 3/29	6-7am	Studio	Jan 12-Feb 23	1050909-01
			Mar 8-Apr 26*	1050909-02
SATURDAYS				
WOW *NO CLASS 3/30	9:30-10:30am	Studio	Jan 13-Feb 24	1050918-02
			Mar 9-Apr 27*	1050918-04
Stretch & Meditation	10:45-11:30am	Studio	Jan 27-Mar 9	1050901-01

## NEW! SPECIAL FITNESS EVENTS & CLASSES Pg. 25

### 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.

### 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 through 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, you will get a full body workout each session. All fitness levels are welcome.

### Flow Yoga

Ages 16+ Leah Richards

Flow Yoga is not just physical practice, but also a moving meditation. As you flow through the sequences, you will have the opportunity to let go of distractions, quiet the mind, and find a sense of presence and inner peace. Throughout the class, we will emphasize the importance of breath awareness, encouraging you to synchronize your breath with the movements. This breath-body connection will help you find a sense of calm and focus, allowing you to fully immerse yourself in the practice and cultivate a meditative state of mind.

### Gentle Yoga

Ages 16+ Leah Richards

Gentle Yoga is designed to provide a nurturing and supportive practice for individuals of all levels, focusing on gentle movements, deep stretches, and relaxation. In this class, we prioritize creating a safe and welcoming environment where you can explore Yoga at your own pace. Our experienced instructor will guide you through a series of gentle and flowing movements that promote flexibility, mobility, and overall well-being.

### Morning HIIT

Ages 16+ Cori Trolinger

Start your week with a morning HIIT (High Intensity Interval Training) followed by 20 min of Restorative Yoga. We start with high intensity work, then slow things down with some stretching. A perfect way to make sure you have a great week, feeling strong and healthy. 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 an 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! Plus-Size Yoga

Ages 16+ Leah Richards

Our Plus-Size Yoga class is a judgment-free zone where you can feel supported and empowered. Throughout the class, we will emphasize the importance of self-care and self-compassion. We encourage you to listen to your body and honor its limitations, while exploring the possibilities and potential of your practice. Yoga is not about achieving a specific size or shape, it is about connecting with your body, cultivating strength, flexibility, and balance, while also finding a sense of peace and well-being.

### Stretch & Flex Yoga

Ages 18+ Leah Richards

Stretch and Flex Yoga is the perfect class for those looking to increase their range of motion and achieve a deeper stretch. In this class, we will guide you through a series of gentle and effective stretching exercises and Yoga poses that target tight muscles and joints. Whether you're a beginner or have been practicing for years, this class is suitable for all levels and abilities.

### Stretch & Meditation

Ages 18+ Carrie Hallahan

Join us for a class that is geared to work on the release of stress and stretching your muscles in a gentle and effective way. Classes 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 welcome. Bring a mat, towel, and a water bottle.

### 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.

### 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!



## 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



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 may be split once registration is finalized, depending on enrollment numbers.

**Wednesdays**                      **1:30-3:30pm**


Jan 17-Feb 21                      1030804-01  
Mar 13-Apr 17                      1030804-02


RES \$85 | NR \$95                      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.

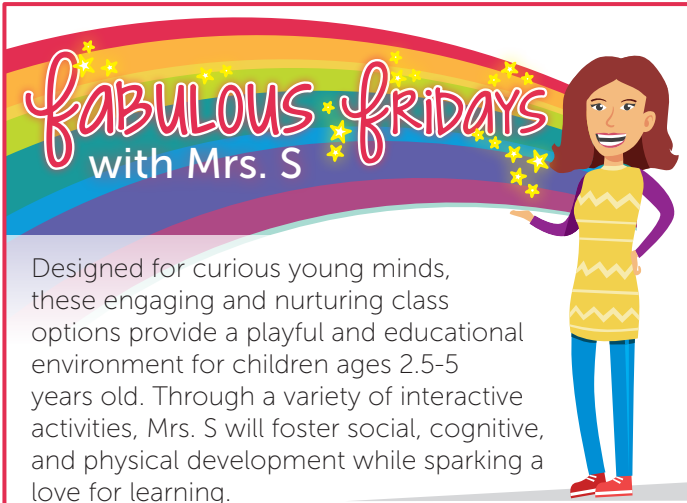




**Winter Reading Challenge**  
Friday, Dec 15-Feb 23

All ages | Cozy up and read this winter and earn prizes for doing so! We have reading programs for all ages from babies – adults. For details, visit the Sycamore Library or register online at [sycamorelibrary.org](http://sycamorelibrary.org)





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 Jan 19-Mar 22 9-10am 1020803-01  
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 Jan 19-Mar 22 10:30am-12pm 1020802-01  
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 Jan 19-Mar 22 1-2:30pm 1020701-01  
RES \$75 | NR \$85 Community Center MPR C



## NEW! Community Connections: Parenting and Kids

Ages 1-6 Samantha Hass

Slow down the pace of parenting and join our class to help you and your child grow together. Guide your senses and open new possibilities with strength-based play to create a deeper connection with your child. Parents can learn what their parenting style is, what type of love language their child uses, and learn how to better manage emotional regulation and develop new skills and tools to help you and your child in moments of need. Each session will have a specific focus and will assist in the development of fine and large motor skills, reading, social cognition, and mindfulness, while further developing that bond of togetherness.

RES \$8 | NR \$12 Community Center MPR C

### Ages 1-3

#### Art & Your Parenting Style

F Jan 19 3-3:45pm 1020804-01

#### Music & Your Child's Love Language

Sa Feb 24 9-9:45am 1020804-03

#### Social Play & Emotional Regulation

Sa Mar 16 9-9:45am 1020804-05

#### Gym Time & Sharing with Our Emotions

F Apr 12 3-3:45pm 1020804-07

### Ages 4-6

#### Art & Your Parenting Style

F Jan 19 4-4:45pm 1020804-02

#### Music & Your Child's Love Language

Sa Feb 24 10-10:45am 1020804-04

#### Social Play & Emotional Regulation

Sa Mar 16 10-10:45am 1020804-06

#### Gym Time & Sharing with Our Emotions

F Apr 12 4-4:45pm 1020804-08

## **NEW!** Storytime Yoga

Ages 3-6 Emily Delegatto

Join us on a magical journey where Yoga meets storytelling, allowing young minds to explore creativity, movement, and relaxation in a fun and engaging way. Through enchanting tales and playful Yoga poses, children will enhance their coordination, focus, and imagination, fostering a love for both movement and storytelling. Guardians are encouraged to join their children in class!

**New Year Yoga** M Jan 22 4-4:45pm 1030903-01  
**All The Love Yoga** M Feb 12 4-4:45pm 1030903-02  
**Lucky Yoga** M Mar 11 4-4:45pm 1030903-03  
**Springtime Yoga** M Apr 15 4-4:45pm 1030903-04  
 RES \$10 | NR \$15 Community Center MPR B

## **NEW!** Yoga Playtime

Ages 6-13 Emily Delegatto

Get ready for a Yoga adventure like no other! Join us for a super-fun class where we'll stretch, twist, and balance our way through exciting Yoga poses and games. Discover the magic of mindfulness and relaxation while having a blast with friends. It's Yoga made for kids – come and play on the mat!

**New Year Yoga** M Jan 22 5-6pm 1030904-01  
**All The Love Yoga** M Feb 12 5-6pm 1030904-02  
**Lucky Yoga** M Mar 11 5-6pm 1030904-03  
**Springtime Yoga** M Apr 15 5-6pm 1030904-04  
 RES \$10 | NR \$15 Community Center MPR B

## **NEW!** Kids Athletic Yoga

Ages 8-13 Emily Delegatto

Elevate your game with our action-packed Yoga class! Designed to boost strength, flexibility, body control, and focus, this class is perfect for young athletes looking to improve their performance. We'll mix Yoga poses, agility drills, and teamwork exercises to help you perform your best in any sport. Get ready to unleash your inner champion and have a blast while doing it!

**MVP Yoga**  
 Su Jan 21 10:15-11:15am 1030905-01  
**Budding Athlete Yoga**  
 Su Mar 10 10:15-11:15am 1030905-02  
 RES \$10 | NR \$15 Community Center MPR B

## 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. Tennis shoes and athletic clothes are required for this class.

Sa Jan 6-Feb 17 9-9:45am 1030401-01  
 NO CLASS 1/13  
 Sa Mar 2-Apr 20 9-9:45am 1030401-02  
 NO CLASS 3/30 & 4/6  
 RES \$48 | NR \$58 Community Center Gym



## 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 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. Kids will be required to be barefoot while on tumbling mats.

Sa Jan 6-Feb 17 10-10:45am 1021101-01  
 NO CLASS 1/13  
 Sa Mar 2-Apr 20 10-10:45am 1021101-02  
 NO CLASS 3/30 & 4/6  
 RES \$48 | NR \$58 Community Center Gym



## 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. Intro to Dance allows the dancers to be creative in their moves and to freely express themselves. Ballet shoes or bare feet recommended. Tap shoes will not be allowed. Parents will be asked to leave the room during class, except for the final class day, when the students will showcase their skills and routine for family and friends on our final "Family Day."

Sa Jan 6-Feb 17 11-11:45am 1030402-01  
NO CLASS 1/13

Sa Mar 2-Apr 20 11-11:45am 1030402-02  
NO CLASS 3/30, 4/6

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

## Ballet / Jazz

Ages 5-8 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. Ballet shoes or bare feet recommended. Tap shoes will not be allowed. Parents will be asked to leave the room during class, except for the final class day, when the students will showcase their skills and routine for family and friends on our final "Family Day."

Sa Jan 6-Feb 17 12-12:45pm 1030405-01  
NO CLASS 1/13

Sa Mar 2-Apr 20 12-12:45pm 1030405-02  
NO CLASS 3/30 & 4/6

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

## 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 Jan 11-Feb 15 4:30-5:30pm 1030502-01

Th Mar 7-Apr 11 4:30-5:30pm 1030502-02

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 Jan 11-Feb 15 5:30-6:30pm 1030501-01

Th Mar 7-Apr 11 5:30-6:30pm 1030501-02

RES \$65 | NR \$75 Community Center MPR C



## Mommy & Me Painting

Ages 5+ Jenni Rogman

Bond with your child through paint and 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 covers BOTH participants.

Sa Feb 10 12:30-2:30pm 1030503-01

Sa Apr 13 12:30-2:30pm 1030503-02

RES \$40 | NR \$50 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 snack, and a refillable water bottle.

Saturdays

RES \$100 | NR \$110

Community Center MPR A

**Jan 20** 12-5:30pm 1040801-01  
Registration Deadline: Jan 12

**Mar 23** 10am-3:30pm 1040801-02  
Registration Deadline: Mar 15

**Apr 20** 10am-3:30pm 1040801-03  
Registration Deadline: Apr 12

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.

## Learn How to Snowboard Clinics

Ages 3+

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 11



RES \$30 | NR \$40

Northwestern Medicine Sled Hill

Sun, Jan 28

Register by Jan 24

Sun, Feb 4

Register by Jan 31

11-11:45am	1031102-01	1031102-04
12-12:45pm	1031102-02	1031102-05
1-1:45pm	1031102-03	1031102-06



## Winter Star Party with FVAS

Friday, February 9 • 7-9pm

Community Center MPR C

Fox Valley Astronomical Society returns for more frigid fun! This family-friendly event begins with an indoor lecture at 7pm. Then step outside to view stars and planets through multiple types of telescopes. Hot cocoa will be served. Dress for the weather and feel free to bring your own binoculars and/or telescope.

## Total Eclipse of the Park:

Solar Eclipse Viewing Party

Monday April 8 • 1-2:30pm

Community Center

All ages can celebrate the total solar eclipse this spring with Sycamore Library at the Sycamore Park District. On April 8 around 2pm CST, the sun and moon will line up to give us an excellent view of a total solar eclipse. Join us for family-friendly activities like: information about what a solar eclipse is, free solar viewer giveaways (while supplies last), paper activity sheets, safe solar viewing through telescopes on the patio, and a photo opportunity with big inflatables of the sun and moon!

## Spring Break CAMPS & CLINICS



### Little Spring Breakers Ages 6-10

Join us for an unforgettable week of adventure, creativity, and fun at our Little Spring Breakers Camp! Your child will spend the week embarking on a journey filled with exciting outdoor activities (weather permitting) arts and crafts, sports, and educational adventures. Your child will have the opportunity to make new friends, explore nature, discover their talents, and create lasting memories. Don't miss this opportunity to provide a spring break the kids will cherish forever! Camp will include a snack each day.

M-F Mar 25-29 9am-12pm 1030201-01  
RES \$95 | NR \$105 Community Center MPR C

### Tennis Clinic Ages 6-10

W Mar 27 5-6pm 1031104-01  
RES \$8 | NR \$12 Community Center Gym

### Volleyball Clinic

Ages 8-14 | Aggression Volleyball

Community Center Gym

Th Mar 28

Ages 8-10 5-6pm 1041102-01 RES \$8 | NR \$12  
Ages 11-14 5-6:30pm 1041102-02 RES \$12 | NR \$16

## NEW!

### All Star Sports Camps Ages 8-10

Monday-Wednesday, March 25-27

Baseball Camp 2-3:30pm 1031004-01  
Soccer Camp 3:45-5:15pm 1031004-02  
Basketball Camp 5:30-7pm 1031004-03  
RES \$50 | NR \$60 Community Center Gym

## Kajukenbo Karate

Ages 6+

Sigung Betty Polak

Kajukenbo Karate is America's first martial art and was born in Hawaii. Kajukenbo is a hybrid martial art with elements of karate, judo, kempo, and kung fu. This class teaches self-defense techniques as well as karate forms. Kajukenbo instills self-confidence and teaches the student respect for self and others. The class is adaptable to all skill and age levels. Techniques learned in this class can be used on the playground, in a parking lot, or out on the street. Students progress through a series of belt tests, after skill demonstration and a specified number of hours of class practice time. The Sycamore Kajukenbo program is authorized under Grand Master Andrew Torok and the Kajukenbo Self Defense Institute. Sigung Betty Polak is a certified 7th degree black belt instructor.

M Jan 8-Feb 19 6-6:50pm 1050904-01

M Jan 8-Feb 19 7-7:50pm 1050904-02

W Jan 10-Feb 21 6:30-7:20pm 1050904-03

M Mar 4-Apr 15 6-6:50pm 1050904-04

M Mar 4-Apr 15 7-7:50pm 1050904-05

W Mar 6-Apr 17 6:30-7:20pm 1050904-06

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

## Youth Tennis

Ages 5-12

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 skill. 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 1-22 5-5:45pm 1031105-01

Th Apr 4-25 5-5:45pm 1031105-02

### Ages 9-12

M Apr 1-22 6-6:45pm 1031105-03

Th Apr 4-25 6-6:45pm 1031105-04

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

## 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**



## **NEW!** Spring Break Camps

Ages 8-10

Monday-Wednesday, March 25-27

Baseball Camp	2-3:30pm	1031004-01
Soccer Camp	3:45-5:15pm	1031004-02
Basketball Camp	5:30-7pm	1031004-03
RES \$50   NR \$60		Community Center Gym



## 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.

Saturdays, January 20-March 16  
NO CLASS 2/24

K-1 <sup>st</sup> Grade (Ages 5-7)	10-11:15am	1031001-10
2 <sup>nd</sup> & 3 <sup>rd</sup> (Ages 8-10)	11:30am-12:45pm	1031001-11
4 <sup>th</sup> & 5 <sup>th</sup> (Ages 10-12)	1-2:15pm	1031001-12
RES \$105   NR \$115		Community Center Gym

**SPRING BREAK CAMPS & CLINICS** Pg. 21

SESSION 1	Age	Day	Times	Dates	Fee	Code	Location
Jr. Soccer	3-4	M	4-4:45pm	Jan 15-Feb 12	RES \$57   NR \$67	1031001-01	CCG
Jr. Soccer	4-6	M	4:45-5:45pm	Jan 15-Feb 12	RES \$57   NR \$67	1031001-02	CCG
Jr. T-ball	4-6	M	6-7pm	Jan 15-Feb 12	RES \$57   NR \$67	1031001-03	CCG
Jr. Basketball	3-4	Tu	4-4:45pm	Jan 16-Feb 13	RES \$57   NR \$67	1031001-04	CCG
Jr. Basketball	4-6	Tu	4:45-5:45pm	Jan 16-Feb 13	RES \$57   NR \$67	1031001-05	CCG
Jr. T-ball	3-4	Tu	6-6:45pm	Jan 16-Feb 13	RES \$57   NR \$67	1031001-06	CCG

SESSION 2	Age	Day	Times	Dates	Fee	Code	Location
Jr. Soccer	3-4	M	4-4:45pm	Feb 19-Mar 18	RES \$57   NR \$67	1031002-01	CCG
Jr. Soccer	4-6	M	4:45-5:45pm	Feb 19-Mar 18	RES \$57   NR \$67	1031002-02	CCG
Soccer Skills	7-9	M	6-7pm	Feb 19-Mar 18	RES \$57   NR \$67	1031002-03	CCG
Jr. Basketball	3-5	Tu	4-4:45pm	Feb 20-Mar 19	RES \$57   NR \$67	1031002-04	CCG
Jr. Basketball	6-7	Tu	4:45-5:45pm	Feb 20-Mar 19	RES \$57   NR \$67	1031002-05	CCG
Basketball skills	8-10	Tu	6-7pm	Feb 20-Mar 19	RES \$57   NR \$67	1031002-06	CCG

SESSION 3	Age	Day	Times	Dates	Fee	Code	Location
Jr. Soccer	3-4	M	4:15-5pm	Apr 8-May 20	RES \$82   NR \$92	1031003-01	Sled Hill
Jr. Soccer	4-6	M	5:15-6:15pm	Apr 8-May 20	RES \$82   NR \$92	1031003-02	Sled Hill
Soccer Skills	6-8	M	6:15-7:15pm	Apr 8-May 20	RES \$82   NR \$92	1031003-03	Sled Hill
Jr. Basketball	3-4	Tu	4-4:45pm	Apr 9-May 21	RES \$82   NR \$92	1031003-04	CCG
Jr. Basketball	4-6	Tu	4:45-5:45pm	Apr 9-May 21	RES \$82   NR \$92	1031003-05	CCG
Basketball Skills	7-10	Tu	6-7pm	Apr 9-May 21	RES \$82   NR \$92	1031003-06	CCG
Jr. T-Ball	3-4	W	4:15-5pm	Apr 10-May 22	RES \$82   NR \$92	1031003-07	Sled Hill
Jr. T-Ball	4-6	W	5-6pm	Apr 10-May 22	RES \$82   NR \$92	1031003-08	Sled Hill
T-ball League	4-6	W	6-7pm	Apr 10-May 22	RES \$105   NR \$115	1031003-09	Sled Hill
Jr. Parent Tot Sports	2-3	Sa	9:30-10am	Apr 13-May 25	RES \$82   NR \$92	1031003-10	Sled Hill
Jr. Soccer	3-4	Sa	10-10:45am	Apr 13-May 25	RES \$82   NR \$92	1031003-11	Sled Hill
Jr. Soccer	4-6	Sa	10:45-11:45am	Apr 13-May 25	RES \$82   NR \$92	1031003-12	Sled Hill
Jr. Multi Sports	3-4	Sa	12-12:45pm	Apr 13-May 25	RES \$82   NR \$92	1031003-13	Sled Hill
Jr. Multi Sports	4-6	Sa	12:45-1:45pm	Apr 13-May 25	RES \$82   NR \$92	1031003-14	Sled Hill

**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.

#### 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

**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.

## 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** ..... \$25 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**..... \$25 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 participants minimum.



## Basic Obedience Classes

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 a collar.

Tu Feb 6-Mar 12

**Dogs Ages 7 months or Less** 6-6:45pm 1050702-01

**Dogs Ages 7 months or Older** 7-7:45pm 1050702-02

Tu Apr 2-May 7

**Dogs Ages 7 months or Less** 6-6:45pm 1050702-03

**Dogs Ages 7 months or Older** 7-7:45pm 1050702-04

RES \$75 | NR \$85



## Family Service Agency

*Strengthening Individuals & Families*

## 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**

## Weekly Schedule

### Monday & Fridays

Walking Track Pass ..... 10-11am

Card Games..... 11am-2pm

Pack a lunch and play some games.

### Every Friday

Arms, Abs & Legs ..... 11:30am-12pm

Gentle Mat Stretch ..... 12-1pm

### Select Fridays

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





# ADULT ACTIVITIES - PICKLEBALL



## **NEW!** Intro to Pickleball

This four-week group class is designed to introduce players to the sport of pickleball. Players will learn about the necessary equipment and gear, safety and injury prevention, rules, scoring, basic shots, skills, drills, and strategy. Players will also have the opportunity to play games each week.

Tuesdays 1pm-2pm

Jan 9-30 ..... 1051104-13      Mar 5-26 .....1051104-15  
 Feb 6-27..... 1051104-14      Apr 9-30 ..... 1051104-16

RES \$70 | NR \$80

## Pickleball Classes & Drill Sessions

Brad Benson

RES \$70 | NR \$80      Community Center Gym

### Beginner Pickleball Fundamentals

This four-week group instruction is designed to introduce newer players to the fundamental skills required for beginner-level 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.

### Intermediate Pickleball Skills Development

This four-week group instruction is designed to introduce intermediate-level 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.

### Advanced Pickleball Skills Development

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

### 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 overheads.

### 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.

### 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.

	Mondays	Jan 8-29	Feb 5-26	Mar 4-25	Apr 8-29
Beginner Pickleball Fundamentals	11am-12pm	1051104-01	1051104-04	1051104-07	1051104-10
Intermediate Pickleball Skills Development	1-2pm	1051104-02	1051104-05	1051104-08	1051104-11
Advance Pickleball Skills Development	3-4pm	1051104-03	1051104-06	1051104-09	1051104-12
	Mondays	Jan 8-29	Feb 5-26	Mar 4-25	Apr 8-29
Beginner Drill Sessions	12-1pm	1051105-01	1051105-04	1051105-07	1051105-10
Intermediate Drill Sessions	2-3pm	1051105-02	1051105-05	1051105-08	1051105-11
Advanced Drill Sessions	4-5pm	1051105-03	1051105-06	1051105-09	1051105-12

## NEW! Pickleball Warm-Ups

Ages 18+ Leah Richards

Prepare yourself for pickleball greatness with our new warm-up class! This specialty class is designed to help players of all levels boost their speed, coordination, and overall performance on the court. During this class, our instructor will guide you through a series of dynamic exercises and drills specifically tailored for pickleball. We understand the importance of a proper warm-up to prevent injuries and optimize your game.

Wednesdays 8-8:30am

Jan 10 .....1050929-01	Mar 13 .....1050929-04
Jan 17 ..... 1050929-02	Mar 20 .....1050929-05
Feb 14 ..... 1050929-03	Apr 10 .....1050929-06
	Apr 17 .....1050929-07

RES \$8 | NR \$11 Community Center Fitness 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 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 the Community Center Gym. Lessons will then be held at West Elementary School, 240 Fair Street when the weather warms up.

Private (One on One) .....RES \$45 | NR \$55  
 Semi-Private (2-4 people).....RES \$35 | NR \$45

## Kajukenbo Karate

Ages 6+ Sigung Betty Polak

Kajukenbo Karate is America's first martial art and was born in Hawaii. Kajukenbo is a hybrid martial art with elements of karate, judo, kempo, and kung fu. This class teaches self-defense techniques as well as karate forms. Kajukenbo instills self-confidence and teaches the student respect for self and others. The class is adaptable to all skill and age levels. Techniques learned in this class can be used on the playground, in a parking lot, or out on the street. Students progress through a series of belt tests, after skill demonstration and a specified number of hours of class practice time. The Sycamore Kajukenbo program is authorized under Grand Master Andrew Torok and the Kajukenbo Self Defense Institute. Sigung Betty Polak is a certified 7th degree black belt instructor.

M	Jan 8-Feb 19	6-6:50pm	1050904-01
M	Jan 8-Feb 19	7-7:50pm	1050904-02
W	Jan 10-Feb 21	6:30-7:20pm	1050904-03
M	Mar 4-Apr 15	6-6:50pm	1050904-04
M	Mar 4-Apr 15	7-7:50pm	1050904-05
W	Mar 6-Apr 17	6:30-7:20pm	1050904-06

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

## 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

**ESTREET EPOXY'S**

Why Replace when You can Re-Cover?!

Woman-Owned & Operated

scan me

Free Estimates, Please Call 224-483-2631  
[contact.us@estreetepoxys.com](mailto:contact.us@estreetepoxys.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:

- Camp Adventure • 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

The A.R.I.S.E program, which stands for Adults Recreating Inclusively for Self-Enrichment, celebrated one year of fun in October. The group continues to play, laugh, learn and grow through their many activities and community outings. A.R.I.S.E promotes growth and experiences through recreational activities that further enhance the individuals life. All the time surrounded by peers and supportive staff members to make the time fun!

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  
Follow us on Facebook and Instagram

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





Ages 5 - High School

Online Registration for our 2024 Spring Season begins January 1, 2024 and runs through February 25, 2024

Follow us on Facebook: Sycamore Girls' Softball  
[sgsball.com](http://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](http://ayso718.com), for all details on spring and fall soccer.

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](mailto:info@ayso718.com)



## Kish Kids Outside

We connect children with nature through  
ADVOCACY PARTNERSHIPS RESOURCES

Join the Kish Kids Family Club

Become an Affiliate Partner

[timeoutside.org/kish-kids-outside](http://timeoutside.org/kish-kids-outside)



## Play Baseball with SYB!!!

Online Registration for our 2024 Spring Season Begins on December 15, 2023

Register your athletes based on their 2023-24 School year Grade Level

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

[www.sycamoreyouthbaseball.org](http://www.sycamoreyouthbaseball.org)



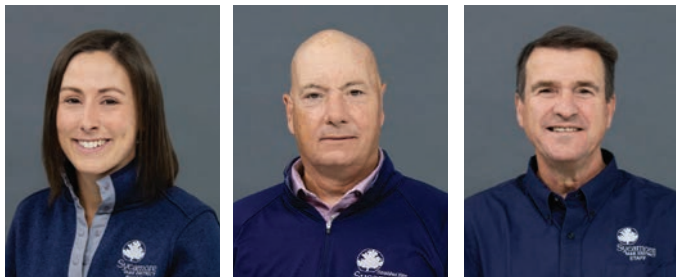
# BOARD OF COMMISSIONERS

## Board of Commissioners



Bill Kroeger

Ben Doty



Denise Ackmann

Daryl Graves

Ted Strack

**Bill Kroeger**, President .....williamk@sycparks.org

**Ben Doty**, Vice President ..... bend@sycparks.org

**Denise Ackmann**..... denisea@sycparks.org

**Daryl Graves**..... darylgr@sycparks.org

**Ted Strack** ..... teds@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.

2023 National Gold Medal Finalist



# SYCAMORE PARK DISTRICT

**Mission**  
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.



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

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.



## Administration Staff

### Jonelle Bailey

Executive Director, CPRP, MAOL  
815-770-2091 [jonelleb@sycparks.org](mailto:jonelleb@sycparks.org)

### Jeff Donahoe

Supt. of Parks & Facility Services  
CPO, CPSI, GCSAA  
815-770-5397 [jeffd@sycparks.org](mailto:jeffd@sycparks.org)

### Jeanette Freeman

Office Manager  
815-315-4259 [jeanettef@sycparks.org](mailto:jeanettef@sycparks.org)

### Jackie Hienbuecher

Supt. of Finance & Business Services  
CPA, CPRP  
815-314-0975 [jackieh@sycparks.org](mailto:jackieh@sycparks.org)

### Kirk Lundbeck

Superintendent of Golf Services  
815-770-2097 [kirk@sycparks.org](mailto:kirk@sycparks.org)

### Lisa Metcalf

Supt. of Recreation Services, CTRS  
815-770-5267 [lisam@sycparks.org](mailto:lisam@sycparks.org)

### Sarah Rex

Marketing & Outreach Coordinator  
815-770-5378 [sarahr@sycparks.org](mailto:sarahr@sycparks.org)

## Recreation Staff

### Melissa Dobberstein

Events, Food & Beverage  
Coordinator, CPP  
815-348-9038  
[melissad@sycparks.org](mailto:melissad@sycparks.org)

### Jerry Dobson

Park District Buildings Custodian  
815-516-5088 [jerryd@sycparks.org](mailto:jerryd@sycparks.org)

### Missy Faivre

Food and Beverage Assistant

### Chris Hoblit

Recreation Supervisor, CPP  
815-669-4172 [chrish@sycparks.org](mailto:chrish@sycparks.org)

### Tracy Oczkowski

Customer Service Specialist  
815-895-3365 [tracyo@sycparks.org](mailto:tracyo@sycparks.org)

### Will Turner

Recreation Supervisor  
815-770-2668 [willt@sycparks.org](mailto:willt@sycparks.org)

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

## Maintenance Staff

### Conner Leach

Fleet Mechanic, CPO  
815-770-5488 [connerl@sycparks.org](mailto:connerl@sycparks.org)

### Steve Tritt

Assistant Superintendent  
for Golf Course, GCSAA  
815-770-5480 [stevet@sycparks.org](mailto:stevet@sycparks.org)

**Tyler Burke**.....Sport Maintenance

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

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

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

**Bounie Phonparsit**...Sport Maintenance

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

# PARK AMENITIES

○ = Amenity meets ADA Accessibility Requirements

Park Name & Address	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	○				○		●		○	●						



**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.

**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.

**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.

**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.

**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.

**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, 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.

**Lost and Found**

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.

Where Item was Lost	Facility Taken to
Parks or Legacy Campus.....	Community Center
Golf Course & Community Park.....	Pro Shop
Sports Complex .....	Maintenance Shop



# 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 \_\_\_\_\_

## Online Registration at [sycparks.org](http://sycparks.org)

For instructions on how to setup a new account and/or register online, visit [sycparks.org](http://sycparks.org)

### Mail Registration

Download and print a registration form at [sycparks.org/registration](http://sycparks.org/registration) or use the one on page 34.

Make check payable to: Sycamore Park District

Submit form and payment to:

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

### Registration Policies

- 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.

#### **Advance Registration**

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 & Refund Request**

Transfers will be granted in the following cases:

The transfer is requested no later than one week prior to the start of the program.

There is space available in the program into which the registrant requests to be transferred.

A refund request/cancellation form must be filled out and turned in no later than one week prior to the start of the program.

Refunds or household credits are not given for classes missed/forgotten or for changes in personal schedules by the participant.

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.

Trips:

Full refunds may be issued if your spot can be filled.

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.)

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.

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

Visit the Community Center for  
special Sycamore Park gifts!

**\$20 each**  
While supplies last



## Commemorative Ornaments

Celebrate 100 years of the Sycamore Park  
District for generations to come with a  
beautiful custom ornament.



## Ceramic Tumblers

Handmade by local artist, Tonya Hardy, these  
are perfect for enjoying your favorite hot or cold  
beverage or using as a planter.

Proceeds support the projects and initiatives of  
the Sycamore Parks Foundation.

