

REGISTRATION OPENS
APRIL 15

WHAT'S INSIDE?

6

CONCERT
SERIES

8

DODGEBALL
TOURNAMENT

18

SUMMER
CAMPS

26

PICKLEBALL
CLASSES

SYCPARKS.ORG

5 REGISTER
DAYS B4
CLASS BEGINS
BEAT THE CANCELANATION BLUES!



**SYCAMORE
PARK DISTRICT**

SUMMER 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 the Park District app is easy. No app stores required!



Visit 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!

Access park locations, field numbering diagrams, and maps.

Have the latest Park District news and events 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: May 27, July 4, September 2



Sycamore Golf Club

In Sycamore Community Park

940 E. State Street

Pro Shop, Clubhouse, Riverview Room, Caddyshack Grill

playgolfsycamore.com

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



Welcome Paul! Superintendent of Golf Services

Paul has experience instructing and creating quality opportunities for golfers of all ages. As the 2024 season begins, he is looking forward to meeting new people, building on the amazing golf experience Sycamore has to offer, and finding ways to enhance the customer experience. In his free time, you can find him exercising, walking his dog Boone, cooking, or practicing his DJ skills. Learn about Paul’s workshops, youth programs, and private lessons on pages 10-11.



Welcome Kiara! Natural Areas Specialist

Kiara grew up in Nebraska, graduating from the University of Nebraska with a B.S. in Environmental Science where she studied Conservation Biology, Wetland Ecology, Fire Ecology, and Plant Identification. After spending two summers stewarding a 32-acre restored prairie at the Museum of Danish America in Elk Horn, Iowa she moved to Illinois to pursue a career in prairie and wetland conservation. Kiara says, “I am very excited to work for the park district where I know that the public can come and enjoy the green spaces and learn more about the native plants around them!”

Table of Contents

- Adult Activities24-27
- Birthday Parties 21
- Board of Commissioners 30
- Brian Bemis Family Dog Park 13
- Youth Activities 20-23
- Facility Rentals 12
- Facility Addresses..... 2
- Family Service Agency Club 55 .27
- Group Fitness Classes 16-17
- Park Amenities.....32
- Policies33
- Registration Information.....35
- Staff Contacts 31
- Kishwaukee Special Recreation Association 28
- Pathway Fitness 14-15
- Special Events..... 5-9
- Splash Fountain..... 13
- Summer Camps..... 18-19
- Sycamore Golf Club10-11
- Sycamore Public Library29

SEE WHAT'S NEW

SUMMER EVENTS

- Tween & Teen Dodgeball Tournaments
- Adult Saturday Bags
- Fairway of Flavors

Pages 8-9



PUTTING & CHIPPING WORKSHOPS

Elevate your short game prowess with expert guidance and tailored techniques designed to shave strokes off your scorecard.

Page 10



TINY EXPLORERS PARK PLAYTIME

Join this new dynamic preschool program for a playful blend of interactive learning for ages 3-5 years old!

Page 20



PARK2PARK

WALK TO RUN CLUB



Wednesdays | May 1-Aug 28

Meet at 6pm | Community Center parking lot, north section
 \$10 per participant includes 2 complimentary daily passes to the Community Center indoor track.

Board Members Erin Vobornik and Cami Loving want to help you take your fitness journey to the next level while enjoying Sycamore's beautiful parks and gearing up for the Parks Foundation's first 5K in 2025!

Whether you're a seasoned runner or just starting out, our club welcomes all levels of experience. Meet rain or shine unless there is thunder and/or lightning. In between club workouts, participants will receive training prompts to keep the momentum going and experience Sycamore's park system.

Come out and play with the Sycamore Parks Foundation this summer!

Learn more and register online at sycparksfoundation.org



If you can't make it and still want to be part of the fun ask about corporate sponsorships or individual donations of raffle prizes and baskets.

info@sycparksfoundation.org

INAUGURAL PICKLEBALL TOURNAMENT

**T-SHIRT*
PRIZES
RAFFLES**

**SATURDAY
JUNE 29**

Play begins at 8:30am
 Men's, Women's, and mixed doubles games held at

Sycamore Park District Community Center



**\$60
PER PERSON**
Space is limited!

*Register by June 16 to ensure your spot and get a T-shirt! Limited T-shirt availability and sizes will be available for late registrations.

Swing into action for a great cause!



3rd Annual

Golf Outing

Friday, July 19

1pm Shotgun Start at Sycamore Golf Club

Individual: \$75 Foursome: \$280



Join us for a day on the greens to support Sycamore's vibrant park system.

Enjoy a fun day of golf including lunch, on-course games, fantastic prizes, and the satisfaction of knowing you're helping to keep our parks beautiful for all to enjoy.



SPIRITS FOOD ART LIVE MUSIC



See why we say: "Good Sound Comes Back Around"! Soundcheck is always cranking out some great tunes everyone knows and loves to sing along with and dance to!

Vendors

Interested in being a part of this festive event as a drink, food or craft vendor? Reach out to Melissa at melissad@sycparks.org.

Saturday, July 13 • 1-5pm

Sycamore Community Park

Taste your way through the park while enjoying live music and craft and food vendors.



Presale Tasting Ticket by July 5 \$25
 On-site Tasting Ticket \$30

Ages 21+ | Includes 10 drink samples, commemorative glass, water, and lemonade. Proceeds support the Sycamore Parks Foundation. Free admission to visit food and craft vendors.



Generously sponsored by:



Summer Concert Series

Thursdays
7-8:30pm

Good Tymes Shelter

Immerse yourself in the magic of live music surrounded by the beauty of nature for an evening of great tunes and togetherness!

Bring seating or a blanket. Food from the grill including burgers, hot dogs, and brats as well as snacks, beer, and wine are available for purchase (cash or credit).

FREE

Special thank you to the Summer Concert Series Sponsors who help make this wonderful series possible!

ServiceMASTER
Restoration & Cleaning
Services by Skip *Restore*

**OLD
NATIONAL
BANK**

FIRST STATE BANK

**Northwestern
Medicine**

**Sycamore
LIBRARY**

**Hauser-Ross
EYE INSTITUTE**

DEKALB SYCAMORE
CHEVROLET • BUICK • GMC

SYCAMORE PARKS FOUNDATION
Est. 2021



If a concert is canceled due to weather it will be posted on the Park District's Facebook page and at sycparks.org

Soda • June 6

Presented in partnership with the Sycamore Public Library

What's your flavor? Because you'll get the best of everything all the time with Soda. Classic rock, 80s, new wave, reggae, alternative—the list goes on and on.

PettyCash • June 13

Songs you know? CHECK. Singing along allowed? CHECK. Dancing in the aisles to your favorite songs? REQUIRED! PettyCash is a high-octane stage show appropriate for old rockers, baby rockers, and everything in between. Comprised of veteran, professional musicians, you're sure to be dancing your socks off!

R-Gang • June 20

R-Gang is a collection of the most talented vocalists and musicians in the Midwest. They have been performing as a band for the last 18 years all over the area. They also have entertained at every large venue in the city and suburbs including a stint as the on-the-field band for the Chicago Bears.

**No Concert June 27 & July 4*

The Grady Experience • July 11

The Grady Experience loves to cover all types of genres, from pop to rock, jazz, and modern hits, and they even take special requests from you! Their members have worked alongside some of the world's best-known talent, and together, they bring star power!

Wild Daisy • July 18

Wild Daisy is the most energetic, dynamic female-fronted country band in the Chicagoland area. The band plays current, upbeat country, with a few pop/rock songs thrown in. This group consistently delivers high-quality, family-friendly, crowd-interactive, entertaining shows, with unmatched musicianship.

Class of '68 • July 25

The Class of '68 features a power fusion of "classic rock" and "soul music" that captures the energy and passion of the timeless hits that changed the world. Used in countless movie soundtracks and television commercials, the band's classic rock repertoire has arguably the widest appeal of any musical genre.

Sushi Roll • August 1

Sushi Roll has perfected their own unique blend of high-energy dance music and rock n roll swagger and topped it off with memorable stage costumes. Founded by music industry vets and fronted by two of the most mesmerizing young lead singers in Chicago, Sushi Roll is made up of one-part driving rock band, one-part light-hearted pop, and one-part over-the-top theatrical verve.



SATURDAY BAGS



Saturdays in July

11am • July 6, 13, 20, & 27

Ages 18+ • \$5 per person each day

Doty and Sons Bag Boards

behind the pond at Good Tymes Shelter



Start your weekend off right with some friendly bags competition Saturdays in July!

Your partner will be chosen randomly each week. Must be signed up by 10:45 to play that day.

Cash prize for the winners, amount depends on how many people show up each week. Players can bring food and drinks.

Sponsored by DeKalb Mechanical



NEW!

TWEEN & TEEN

DODGEBALL TOURNAMENTS

DIVE, DUCK, AND DOMINATE THE COURT!

Grab your crew and dodge your way to glory. Teams may consist of six to eight players; however, each player must register individually. Each team is guaranteed two games and will play six-on-six. All participants receive a team shirt and prizes are awarded for the winning team in each division.

Friday, August 2

Ages 12-14 • 2031002-07

Friday, August 9

Ages 15-18 • 2031002-08

3-7pm

RES \$35 | NR \$45 per player

Please have one team member e-mail allstarsports03@live.com with the name of the Team Captain and a list of players. A confirmation e-mail will be sent upon receipt of the team roster.

Fairway of Flavors

A Wine Pairing Experience



\$80 per ticket

Sycamore Golf Club

Includes appetizers, soup/salad, entrée, and dessert expertly paired with that evening's featured winery.

FAMILY OWNED SINCE 1927
PEDRONCELLI
TRADE BONDED WINERY 113

EST. 1911
VALLEY OF THE MOON
WINERY

Friday, July 26
6:30-8:30pm
Register by July 22

Friday, October 4
6:30-8:30pm
Register by September 30

Join local chef, Rudy Galindo, to indulge in an exquisite evening of culinary delights and impeccable wine pairings overlooking the beautiful Sycamore Golf Club. Whether you're a wine connoisseur or a casual enthusiast, this unforgettable dining experience promises to tantalize your taste buds and elevate your senses.

JUNK IN YOUR TRUNK SALE



FREE

Saturday, August 3

10-4pm

Riverside Soccer Complex

Avoid driving around town searching for sales (and parking spaces). Check out this one stop shop for a fun day of treasure hunting!

Rain Date: Sunday, August 4

CALLING ALL VENDORS

You bring the junk, we bring the people. Sell items out of the trunk of your car or set up a booth. This is a great opportunity for those who can't hold a sale at their residence. Great flow of people. Space is limited, so register early. To register, contact Melissa at melissad@sycparks.org.

\$20 for 2 parking spaces. Registration Deadline: July 30



Sycamore
GOLF CLUB
Est. 1923

*Timeless Tradition Meets
Modern Excellence*

In Sycamore Community Park • 940 E. State St.

NEW! Putting Workshops

Your putter accounts for more strokes than any other club, so a small improvement on the greens makes a big difference in your score. In this workshop, golfers will review the basics of putting and learn to read the greens like a professional. Topics discussed include: aim, consistency, pace & speed, technique, and routine. Please bring your own putter and a few golf balls.

Ages 8-14	Tu	May 21	5-5:55pm	RES \$25 NR \$30
	Tu	Aug 20	5-5:55pm	RES \$25 NR \$30
Ages 15 & up	Tu	May 21	6-7pm	RES \$25 NR \$30
	Tu	Aug 20	6-7pm	RES \$25 NR \$30



NEW! Chipping Workshops

Do you struggle to get up and down around the greens? This workshop will cover the aspects of short game including: chipping and bunker play. Several techniques and strategies will be discussed. Please bring your own clubs and golf balls.

Ages 8-14	Th	May 23	5-5:55pm	RES \$25 NR \$30
	Th	Aug 22	5-5:55pm	RES \$25 NR \$30
Ages 15 & up	Th	May 23	6-7pm	RES \$25 NR \$30
	Th	Aug 22	6-7pm	RES \$25 NR \$30

Season Pass Rates	Resident	Nonresident
Adult Unlimited	\$660	\$830
Adult Weekday	\$500	\$660
Spouse/Partner* Unlimited	\$430	\$585
Spouse/Partner* 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	Resident	Nonresident
All Day 9 (Weekends after 1pm)	\$12	\$13
All Day 18 (Weekends of 1pm)	\$22	\$24

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

* To receive the spouse/partner rate, both pass holders must reside in the same household.

SAY-Golf

Registration Opens April 15

Welcome to Sycamore Area Youth Golf (SAY-Golf), where we invite young enthusiasts to embark on an exciting journey into the world of golf! Our junior golf lesson program is tailored to cater to different age groups, ensuring a personalized and engaging experience for participants. Join us and introduce your child to the game while fostering a lifetime of wellness, sportsmanship, and fun.

Little Linkers Ages 5 & 6

Our youngest participants, the Little Linkers, will be introduced to the basics of golf in a playful and supportive environment. Through age-appropriate activities and games, they will develop fundamental motor skills and a love for the game.

M,W Jun 3-19 8:30-9:15am RES \$150 | NR \$180
Tu,Th Jul 16-Aug 1 8:30-9:15am RES \$150 | NR \$180

Wee Swingers Ages 7-10

The Wee Swingers group focuses on refining golf skills with a balance of structured lessons and interactive play. Participants will delve into the full swing, putting, chipping, and course management, building a solid foundation for their golf journey.

M,W Jun 3-19 9:45-10:45am RES \$200 | NR \$230
Tu,Th Jul 16-Aug 1 9:45-10:45am RES \$200 | NR \$230

Par Savers Ages 11-14

For the Par Savers, we offer a more advanced curriculum, honing in on skill development and strategic course management. This age group will not only enhance their proficiency but also learn valuable lessons in sportsmanship and etiquette.

M,W Jun 3-19 11am-12pm RES \$200 | NR \$230
Tu,Th Jul 16-Aug 1 11am-12pm RES \$200 | NR \$230



Junior League

Ages 11-15

Mondays, June 17-August 12 • 10am
\$40 per golfer

This league is open to all junior golfers. The fee will be used for the weekly games. Age divisions will be determined by the age and number of the participants. Competitive and noncompetitive games provided. Each week winners will be awarded gift certificate prizes which can be used for future rounds, purchases in the pro shop or concessions. *Junior golfers who do not have a season pass will also pay a green fee.



Private Lessons

Paul Price, Superintendent of Golf Services

With a solid understanding of the fundamentals, Paul has experience instructing golfers of all ages. He believes that instruction should be unique to each golfer, but stresses the importance of a proper setup. Paul focuses on creating a positive learning experience using a variety of teaching techniques. "My goal is to create the most desirable results while inspiring confidence, so that each student can improve and enjoy the game of golf!"

FACILITY RENTALS

For information and fees, visit sycparks.org

Community Center

Contact Melissa: melissad@sycparks.org

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

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

Learn about youth birthday party packages on page 16.

Splash Fountain Splashpad

Contact Melissa: 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

Sycamore Golf Club Clubhouse & Riverview Room

Contact Melissa: melissad@sycparks.org

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

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

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

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

Outdoor Shelters

Contact Tracy: tracyo@sycparks.org

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

Available April-October: Dawn to Dusk



Community Center Gymnasium



Community Center Multipurpose Room C



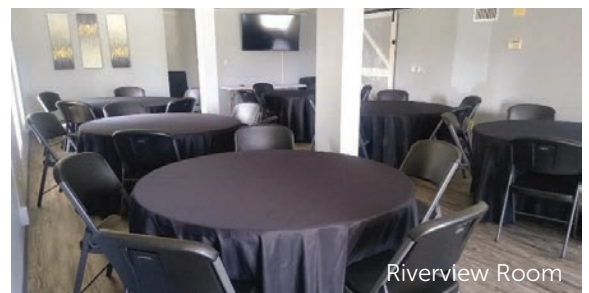
Community Center Multipurpose Room AB



Splash Fountain



Clubhouse



Riverview Room



Outdoor Shelters

SYCAMORE PARK DISTRICT Splash Fountain



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!

On Legacy Campus • 480 Airport Road

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. Call ahead to schedule your group, 815-895-3365.

\$2 per person
(Group size min 15/max 50)

Admission

15-visit Pre Paid Card

Ages 1+ RES \$45 | NR \$75

Sales start May 1 at the Community Center.

Daily Admission

Ages 11 Months & under FREE

Ages 1+ RES \$4 | NR \$6

Daily admission is non-refundable.

Hours May 25-Sep 1

Mon-Fri*	10am-8pm
Sat	10am-6pm
Sun	10am-2pm

CLOSED: Memorial Day & Fourth of July

Father's Day Celebration Sunday, June 16

Free admission for fathers with payment of a child.

Pool Passes at Genoa Township Park District

Sycamore residents receive discounted nonresident rates on 2024 Season Passes to Chamberlain Park. Learn more at genoaparkdistrict.com.

BRIAN BEMIS FAMILY DOG PARK

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

Membership Tags

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

Tags may be renewed starting the last week of the year for the coming year.

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 your dog in to have their picture taken.

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 workout!



24/7 Membership Options • No Enrollment Fees

In Sycamore Park District Community Center
 Building Hours: Mon-Fri 6am-9pm | Sat 8am-6pm | Sun 10am-2pm

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

Building-Hour Passes	Resident		24-HOUR ACCESS	FITNESS CENTER	TRACK	OPEN GYM	FITNESS STUDIO	GROUP FITNESS 5-VISIT PUNCH CARD	POPU GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES	Nonresident	
	Paid in Full	Annual Monthly									Paid in Full	Annual Monthly
Individual Age 14-61*	\$250	\$23		●	●	●	●		●	20%	\$374	\$35
Additional Household Member	\$125	\$12		●	●	●	●		●	20%	\$187	\$18
Senior Individual Ages 62+	\$200	\$19		●	●	●	●		●	20%	\$300	\$27
Senior Additional Household Member	\$100	\$10		●	●	●	●		●	20%	\$149	\$14
3 Month Pass Ages 14+*	\$79			●	●	●					\$119	
Track Only Pass Ages 10+	\$68				●						\$103	
Open Gym Only Pass All Ages	\$56					●					\$83	

Daily Admission	Paid in Full	Resident	24-HOUR ACCESS	FITNESS CENTER	TRACK	OPEN GYM	FITNESS STUDIO	GROUP FITNESS 5-VISIT PUNCH CARD	POPU GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES	Nonresident
Pathway/Track 12-Visits Prepaid Card Ages 14+*		\$103		●	●	●					\$154
Open Gym 5-Visits Prepaid Card All Ages		\$21				●					\$34
Pathway/Track/Open Gym Daily Ages 14+*		\$12		●	●	●					\$17
Track Only Daily Ages 10+		\$5			●						\$7
Open Gym Daily 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. *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.

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.



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.

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.

Free Friend Fridays

Fridays, May 3 – August 30

Attention Pathway Fitness Members and Passholders! Bring a friend to workout with you for free on any Friday during the dates listed above. Your friend must sign a waiver when they arrive and be at least 14 years old. Available during business hours only (6am-9pm).



GROUP FITNESS CLASSES

Class Fees

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

All group fitness classes take place in the Community Center.

**5 REGISTER
DAYS B4
CLASS BEGINS**

**LOCK IN YOUR FITNESS GOALS
KEEP THE CLASSES GOING STRONG
BEAT THE CANCELLATION BLUES!**



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.

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 try out any class available for drop-ins.

Group Fitness Class Schedule

Day	Class Name	Time	Location	Start Date	End Date
MON	NEW! Fit Fusion *No Class 5/27	7-7:45am	Studio	May 6-Jun 24*	2050910-01
				Jul 8-Aug 19	2050910-02
TUESDAYS	TRX	6-6:45am	Studio	May 7-Jun 18	2050917-01
				Jul 9-Aug 20	2050917-03
	Balanced Body	9:30-10:30am	Studio	May 7-Jun 18	2050911-01
				Jul 9-Aug 20	2050911-02
	Lunchtime Fitness *Meets Tu & Th	12-12:45pm	Studio	May 7-28*	2050921-01
				Jul 9-30*	2050921-03
WEDNESDAY	F.A.S.T.	5-6pm	Studio/ Track	May 7-Jun 18	2050920-01
				Jul 9-Aug 20	2050920-02
	WOW	6-7pm	Studio	May 7-Jun 18	2050918-01
				Jul 9-Aug 20	2050918-03
	Pilates/Core	6-7pm	MPR A	May 7-Jun 18	2050902-01
				Jul 9-Aug 20	2050902-03
THURSDAYS	TRX Plus	6-6:45am	Studio	May 8-Jun 19	2050913-01
				Jul 10-Aug 21	2050913-02
	Functional Plus Size Yoga	8-9am	Studio	May 8-Jun 19	2050928-01
				Jul 10-Aug 21	2050928-03
	Stretch & Flex Yoga	9:15-10:15am	Studio	May 8-Jun 19	2050908-01
				Jul 10-Aug 21	2050908-03
FRIDAYS	Gentle Yoga	10:30-11:30am	Studio	May 8-Jun 19	2050904-01
				Jul 10-Aug 21	2050904-03
	Advanced Tai Chi	1:30-2:30pm	Studio	May 8-Jun 19	2050922-01
				Jul 10-Aug 21	2050922-02
	Beginners Tai Chi	6:30-7:30pm	MPR B	May 8-Jun 19	2050922-03
				Jul 10-Aug 21	2050922-04
SAT	TRX	6-6:45am	Studio	May 9-Jun 20	2050917-02
				Jul 11-Aug 22	2050917-04
	Stretch & Meditation *No class 7/4	7-7:45am	Studio	Jun 13-Aug 1*	2050901-01
	Lunchtime Fitness *Meets Tu & Th	12-12:45pm	Studio	Jun 6-27*	2050921-02
				Aug 1-22*	2050921-04
	Gentle Yoga	2:45-3:45pm	Studio	May 9-Jun 20	2050904-02
SUNDAY				Jul 11-Aug 22	2050904-04
	Stretch & Flex Yoga	4-5pm	Studio	May 9-Jun 20	2050908-02
				Jul 11-Aug 22	2050908-04
	Functional Plus Size Yoga	5:15-6:15pm	Studio	May 9-Jun 20	2050928-02
				Jul 11-Aug 22	2050928-04
	F.I.R.M.	5-6pm	Pathway Fitness	May 9-Jun 20	2050923-01
MONDAY				Jul 11-Aug 22	2050923-02
	Pilates/Core	6-7pm	MPR B	May 9-Jun 20	2050902-02
				Jul 11-Aug 22	2050902-04
	NEW! GluteXpress	6:30-7:30pm	Studio	May 9-Jun 20	2050929-01
				Jul 11-Aug 22	2050929-02
	WOW	9:30-10:30am	Studio	May 11-Jun 22	2050918-02
			Jul 13-Aug 24	2050918-04	

GROUP FITNESS CLASSES

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. Must have 14 weeks of Beginner Tai Chi classes or prior instructor approval to register for Advanced sessions.

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.

NEW! Fit Fusion

Ages 16+ Cori Trolinger

Join this invigorating group fitness class that seamlessly blends cardio and strength training elements. Participants will enjoy a dynamic workout that combines heart pumping cardio exercises with targeted strength-building routines. This class is designed to cater to all fitness levels. Fostering a sense of community and well-being as participants work towards achieving their fitness goals. Get ready to elevate your fitness journey with Fit Fusion!

Functional Plus-Size Yoga

Ages 16+ Leah Richards

Our Functional 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.

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.

NEW! GluteXpress

Ages 16+ Cori Trolinger

Dive into GluteXpress, the ultimate fitness class designed to sculpt and strengthen those glute muscles! This targeted workout focuses on toning and defining your glute muscles through a series of dynamic exercises. Whether you're aiming for a lifted look or improved functional strength, GluteXpress will deliver results in a fun and energetic group setting. Join us for a booty-burning experience that will leave you feeling empowered and confident!

Lunchtime Fitness

Ages 18+ Laurie Gilbert

Join our 45-minute Lunchtime Fitness class for a quick and energizing midday workout! Get ready to break a sweat, boost your energy levels, and recharge for the rest of the day. Our instructor will lead you through a fun and dynamic session that combines elements of cardio, strength training, and mobility exercises. Say goodbye to the midday slump and hello to a healthier, happier you! Classes 2x a week!

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.

Stretch & Flex Yoga

Ages 16+ 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.

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

Women on Weights Jessica Carls

Ages 16+ Morgan Taylor

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!

SUMMER CAMPS

Challenger Sports Core Soccer Camps

FOUNDATIONAL SKILLS CAMPS

NORTH AMERICA'S MOST TRUSTED SOCCER CAMP PROVIDER





POWERED BY SPIRE

Monday-Friday
 Session I: Jun 17-21
 Session II: Jul 29-Aug 2
 Riverside Soccer Complex

Join us for an International Soccer Camp without leaving your area! Coached by our team of international and US-based staff, our week-long half day and full day soccer camps improve your child's soccer skills whilst providing a unique cultural experience.

Tiny Tykes

Ages 3-5 8-9:15am

Fundamental practices and skill-building activities in an immersive adventure! A fun introduction to soccer influenced by the very popular year-round TinyTykes curriculum. Includes games, activities, and adventures to introduce and develop coordination, balance, running, stopping, turning, kicking, dribbling, throwing & catching. Soccer meets smiles, your little one is sure to enjoy their time on the pitch!

Half Day Camp

Ages 6-16 9:30am-12:30pm

Individual skill development, core techniques and small sided games. Monday to Friday inclusive, 3 hours per day, delivered by our professional and international staff. Complete technical player development featuring practices from around the world as part of our international camp curriculum. Your children will enjoy the World Cup small-sided game element in our daily camp session as well!

Fees & Registration Deadlines	Early Registration at challengersports.com	Park District Registration at the Community Center or sycparks.org	Late Registration at challengersports.com
Tiny Tykes			
Session I: Jun 17-21	Through May 16 \$120	Apr 15-May 17 RES \$120 NR \$130 2030202-01	May 18-Jun 16 \$140
Session II: Jul 29-Aug 2	Through Jun 28 \$120	Apr 15-Jun 28 RES \$120 NR \$130 2030202-02	Jun 29-Jul 28 \$140
Half Day Camp			
Session I: Jun 17-21	Through May 16 \$175	Apr 15-May 17 RES \$175 NR \$185 2030203-01	May 18-Jun 16 \$205
Session II: Jul 29-Aug 2	Through Jun 28 \$175	Apr 15-Jun 28 RES \$175 NR \$185 2030203-02	Jun 29-Jul 28 \$205

Rooted in British training methodology, these camps introduce our international training tactics to campers across the U.S and Canada. Our curriculum and coaching foundation meets engaging delivery for an all-around positive experience.

We channel our energy and passion for the game into a fun yet developmental environment. As industry experts, we have crafted an approach which uses methodologies from all around the world to truly reflect the global nature of the sport today.

We use age-appropriate practices to help players develop at their own pace, learn brand new skills, and become an all-round better player...while having an amazing time with our international coaching staff!

Includes an educational approach that uses soccer to teach the core values of responsibility, integrity, respect, sportsmanship, and leadership. Most camps will include a free soccer ball, jersey, and certificate.

Little Campers

Ages 6-10 | Grades 1-4 Sycamore Park District Staff

Discover the excitement of the park district with our 'Little Campers'. Packed with adventure and tailored for kids ages 6-10, this camp offers a dynamic mix of outdoor games, creative activities, and team-building experiences. From nature exploration, arts and crafts, sports, and spending time at the Splash Fountain, each weekly camp promises non-stop fun! Camp will include a small snack each day. Please let us know of any allergy restrictions.

Monday-Friday 9am-12pm
RES \$85 | NR \$95 Community Center

Week 1	Jun 10-14	2030210-01
Week 2	Jun 17-21	2030210-02
Week 3	Jun 24-28	2030210-03
Week 4	Jul 8-12	2030210-04
Week 5	Jul 15-19	2030210-05
Week 6	Jul 22-26	2030210-06
Week 7	Jul 29-Aug 2	2030210-07
Week 8	Aug 5-9	2030210-08

Kinderbeans

Afternoon 1 Day Prep-Class

Ages 4-6 Sycamore Park District Staff

Help your child get ready for kindergarten with this fun, upbeat class. Students will review sounds and count through fun songs from Dr. Jean and Jolly Phonics. We will practice cutting, gluing, and writing. Large motor skills will be enhanced during classic childhood games. The day will also provide the opportunity for your child to practice taking turns and respecting others in the classroom.

Wednesdays 2-3:30pm
RES \$12 | NR \$15 Community Center

Jun 5	2020703-01	Jul 17	2020703-05
Jun 12	2020703-02	Jul 24	2020703-06
Jun 19	2020703-03	Aug 7	2020703-07
Jul 10	2020703-04	Aug 14	2020703-08

Summer Art Camp I

Ages 6-8 | Entering Grades 1-3 Jenni Rogman

Campers will experience working with a variety of media such as chalk pastels, paint, and model magic. Projects will include portraits, colorful landscapes, mixed media art, sun magnets, and slime and tie-dye creations. Light snacks will be provided. Please let us know of any allergy restrictions.

M-F Jun 17-21 9am-12pm 2030208-01
RES \$95 | NR \$105 Community Center MPR C

Summer Art Camp II

Ages 6-8 | Entering Grades 1-3 Jenni Rogman

Campers will explore working with a variety of media such as model magic, chalk pastels, and watercolors. Projects will include chalk pastel landscapes, paper weaving, animal sculptures, and tie-dye creations. Light snacks will be provided. Please let us know of any allergy restrictions.

M-F Jul 15-19 9am-12pm 2030208-02
RES \$95 | NR \$105 Community Center MPR C

Summer Art Camp III

Ages 9-11 | Entering Grades 4-5 Jenni Rogman

Campers will investigate creating art with a variety of media including acrylic paint, chalk pastels, and clay. Projects will include chalk portraits, papier-mâché food sculptures, himmeli, and slime and tie-dye creations. Light snacks will be provided. Please let us know of any allergy restrictions.

M-F Jun 17-21 1-4pm 2030208-03
RES \$95 | NR \$105 Community Center MPR C

Middle School Summer Art Camp

Ages 12-14 | Entering grades 6-8 Jenni Rogman

Campers will learn new genres of art making and practice artistic techniques with hands-on activities to create their own unique projects. Campers will learn how to incorporate techniques into 2-D and 3-D artworks. Projects will include charcoal drawings, paper and cardboard sculptures, printmaking, and tie-dye creations. Light snacks will be provided. Please let us know of any allergy restrictions.

M-F Jul 15-19 1-4pm 2040203-01
RES \$95 | NR \$105 Community Center MPR C



NEW! Tiny Explorers Park Playtime

Ages 3-5 Sycamore Park District Staff

Introducing 'Tiny Explorers Park Playtime' – a dynamic preschool program for ages 3-5 years old! Join us for a playful blend of interactive learning, creative activities, and social development. From circle time, to arts and crafts, to exploring the areas around the community center, every moment is a step towards fostering curiosity and confidence. Enroll your little one in a journey of growth and fun within the heart of the park district!

Tu,W,Th	Jun 11-13	9-10:30am	2020802-01
Tu,W,Th	Jul 23-25	9-10:30am	2020802-02
Tu,W,Th	Aug 13-15	9-10:30am	2020802-03

RES \$40 | NR \$50 Community Center

Cheer & Poms

Ages 6-8 Sycamore Park District Staff

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. Athletic shoes and clothes are required for this class.

Sa	May 18-Jun 22	9-9:45am	2030407-01
Sa	Jul 13-Aug 17	9-9:45am	2030407-02

RES \$48 | NR \$58 Community Center Gym

Little Tumblers

Ages 4-6 Sycamore Park District Staff

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	May 18-Jun 22	10-10:45am	2021101-01
Sa	Jul 13-Aug 17	10-10:45am	2021101-02

RES \$48 | NR \$58 Community Center Gym

NEW! Bonding Yoga

Ages 4-8 Emily Delegatto

Discover the joy of connection in our Bonding Yoga Class; a special class for parents or guardians and their children. Explore gentle poses, breathwork, and playful activities to strengthen your bond both on and off the mat. Join us for a harmonious blend of mindfulness and movement, creating lasting memories, and inspiring a healthy lifestyle at a young age through the power of Yoga. Registration includes the child and a parent or 18+ guardian.

Su	Jul 14	1-2pm	2030904-01
----	--------	-------	------------

RES \$10 | NR \$12 Community Center Fitness Studio

Intro to Dance

Ages 3-4 Sycamore Park District Staff

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	May 18-Jun 22	11-11:45am	2030406-01
Sa	Jul 13-Aug 17	11-11:45am	2030406-02

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

Ballet / Jazz

Ages 5-8 Sycamore Park District Staff

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	May 18-Jun 22	12-12:45pm	2030405-01
Sa	Jul 13-Aug 17	12-12:45pm	2030405-02

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

5 REGISTER
DAYS B4
CLASS BEGINS
BEAT THE CANCELATION BLUES!



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 or 815-895-3365 ext. 237.

Saturdays10am, 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\$60

Add a Cake.....\$30

Yoga for Kids/Teens

Ages 6-16

Emily Delegatto

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

Mondays Jun 10-Jul 22 No Class 7/1

Ages 6-11 3-4pm 2030903-01

Ages 11-16 4:15-5:15pm 2030903-02

RES \$56 | NR \$66

Community Center Fitness Studio

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.

Sa Jun 15 10am-3:30pm 2040801-01

Registration Deadline: Jun 5

Sa Aug 10 10am-3:30pm 2040801-02

Registration Deadline: Jul 31

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.

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	May 6-Jun 24	6-6:50pm	2050905-01	No Class 5/27
M	May 6-Jun 24	7-7:50pm	2050905-02	No Class 5/27
W	May 8-Jun 19	6:30-7:20pm	2050905-03	
M	Jul 8-Aug 19	6-6:50pm	2050905-04	
M	Jul 8-Aug 19	7-7:50pm	2050905-05	
W	Jul 10-Aug 21	6:30-7:20pm	2050905-06	

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

Horseback Riding

Ages 8-16 Horsemanship for Life

RES \$125 | NR \$135 27872 Moose Range Road, Sycamore

Horseback Riding 101 Horsemanship for Life LLC is excited to expose students to the wonderful world of horses! Students will participate in mounted and non-mounted sessions each day. Some activities will include horse body language, horse science, horse safety and riding skills. Riding helmets are provided for students that do not have their own. Long pants and boots or shoes with a minimum 1-inch heel are required. Sessions will take place in an indoor riding arena.

Sa May 4-25 10am-11:30am 2030206-01

Horseback Riding 102 This class is offered for those who have taken Horseback Riding 101. This more advanced course builds on the students' skills that were learned in class 101. Students will explore more in-depth riding techniques and horse science such as medication, lameness, and saddle fitting, in mounted and non-mounted sessions. This course also teaches the basic important elements of horse training. Riding helmets are provided for students that do not have their own. Long pants and boots or shoes with a minimum 1-inch heel are required. Sessions will take place in an indoor riding arena.

Sa Jun 8-25 10am-11:30am 2030206-02

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. If you are wondering if a class has moved indoors due to weather, please call the weather hotline.

Weather Hotline: 630-584-2961

Class Locations

CCG = Community Center Gym
SH = Northwestern Medicine Sled Hill

Junior Programs 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.

Class Equipment List

Soccer: Water bottle and 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

5 REGISTER
DAYS B4
CLASS BEGINS
BEAT THE CANCELATION BLUES!



NEW! All Star Sports Coach Pitch League

Ages 7-9

All Star Sports Staff

Our Coach Pitch League is designed to give players their first opportunities to be involved with baseball as a team sport. The focus will be on playing games, having fun: all while learning the rules and the mechanics of the game. Every player will get the opportunity to play each position as we try to keep each team small to reduce time spent on the benches. Players will experience live pitching, but a batting tee may be used in certain situations. Each player will receive a jersey and an award at season end.

Saturdays, Jun 8-Jul 27

11:15am-12:15pm 2031001-15 **NO CLASS 7/6**
RES \$105 | NR \$115 Sled Hill

SESSION I *NO CLASS 7/6	Age	Day	Date	Time	Fee	Code	Location
Jr. Multi Sports	3-4	M	Jun 10-Jul 22	3-3:45pm	RES \$85 NR \$95	2031001-01	Sled Hill
Jr. Multi Sports	4-6	M	Jun 10-Jul 22	3:45-4:45pm	RES \$85 NR \$95	2031001-02	Sled Hill
Jr. Soccer	3-4	M	Jun 10-Jul 22	4:45-5:30pm	RES \$85 NR \$95	2031001-03	Sled Hill
Jr. Soccer	4-6	M	Jun 10-Jul 22	5:30-6:30pm	RES \$85 NR \$95	2031001-04	Sled Hill
Jr. Soccer	4-6	Tu	Jun 11-Jul 23	3-4pm	RES \$85 NR \$95	2031001-05	Sled Hill
Jr. Soccer	3-4	Tu	Jun 11-Jul 23	4-4:45pm	RES \$85 NR \$95	2031001-06	Sled Hill
Jr. T-Ball	3-4	Tu	Jun 11-Jul 23	4:45-5:30pm	RES \$85 NR \$95	2031001-07	Sled Hill
Jr. T-Ball	4-6	Tu	Jun 11-Jul 23	5:30-6:30pm	RES \$85 NR \$95	2031001-08	Sled Hill
Multi Sports	7-10	W	Jun 12-Jul 24	3-4pm	RES \$85 NR \$95	2031001-09	Sled Hill
Baseball Skills	7-10	W	Jun 12-Jul 24	4-5pm	RES \$85 NR \$95	2031001-10	Sled Hill
T-Ball League	3-5	W	Jun 12-Jul 24	5-6pm	RES \$105 NR \$115	2031001-11	Sled Hill
Jr. Parent Tot Sports	3-4	Sa	Jun 8-Jul 27*	9-9:30am	RES \$85 NR \$95	2031001-12	Sled Hill
Multi-Sports	3-4	Sa	Jun 8-Jul 27*	9:30-10:15am	RES \$85 NR \$95	2031001-13	Sled Hill
Multi-Sports	4-6	Sa	Jun 8-Jul 27*	10:15-11:15am	RES \$85 NR \$95	2031001-14	Sled Hill
SESSION II	Age	Day	Date	Time	Fee	Code	Location
Jr. Soccer	3-4	W,M	Jul 31-Aug 14	4-4:45pm	RES \$60 NR \$70	2031002-01	Sled Hill
Jr. Soccer	4-6	W,M	Jul 31-Aug 14	4:45-5:45pm	RES \$60 NR \$70	2031002-02	Sled Hill
Flag Football Skills	7-9	W,M	Jul 31-Aug 14	5:45-6:45pm	RES \$60 NR \$70	2031002-03	Sled Hill
Basketball Skills	5-7	Th,Tu	Aug 1-15	4-5pm	RES \$60 NR \$70	2031002-04	CCG
Basketball Skills 2	7-9	Th,Tu	Aug 1-15	5-6pm	RES \$60 NR \$70	2031002-05	CCG
Flag Football Skills 2	9-11	Th,Tu	Aug 1-15	6-7pm	RES \$60 NR \$70	2031002-06	Sled Hill



Youth Tennis

Keep an eye out for youth tennis opportunities this summer! Information will be shared on the Sycamore Park District Facebook page and at sycparks.org.

Summer Camps pg. 18-19

Challenger Sports Soccer CampAges 3-16

Kinderbeans..... Ages 4-6

Lil' Campers..... Ages 6-10

Art CampsAges 6-14



Chicago Cubs vs Milwaukee Brewers

Enjoy an easy ride on our coach bus to watch the Cubs play their rival to the north, the Milwaukee Brewers. The game will be held at American Family Insurance Stadium in Milwaukee. This is a cooperative trip with the Sycamore, Belvidere and Genoa Township Park Districts. Ages 15 and under must be accompanied by an adult.

Sa Jun 29 Game Time: 3:10pm

Seats: Loge Outfield Box Section 209, Rows 15-18

RES \$110 | NR \$115

American Family Field, Milwaukee, WI



Minnesota Twins vs. Chicago Cubs

Enjoy an easy ride on our coach bus to see the Cubs play the Twins at Wrigley Field. This is a cooperative trip with the Sycamore, Dekalb and Genoa Township Park Districts. Ages 15 and under must be accompanied by an adult.

W Aug 7 Game Time 1:20pm

Seats: 400 Level Infield

RES \$105 | NR \$110

Wrigley Field, Chicago

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, Shea Quinn with Jaybird Dog Training 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.

Basic Obedience Classes

Tu Jun 11-Jul 23 NO CLASS 7/2

6-6:45pm Dogs ages 7 months or less 2050702-01

7-7:45pm Dogs ages 7 months or older 2050702-02

RES \$75 | NR \$85 Community Center

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.

Private Lessons

\$35 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.

Private Discussions

\$25 per person per hour

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

Group Discussions

\$15 per person per 45-minute

Gather your friends or neighbors to address common concerns and questions about your pup with group discussions. 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.



NEW! Martial Arts Private Lessons

Ages 6+ Jeremy Hays

Experience personalized one-on-one Kajukenbo Karate lessons tailored to your individual goals and skill level. Receive focused instruction, detailed feedback, and accelerated progress in a private setting with our skilled and experienced instructor. For more information and to schedule your training, contact Will at WillT@sycparks.org.

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 May 17 5-7pm 2050916-01
 Sa Jun 8 2-4pm 2050916-02
 F Jul 19 5-7pm 2050916-03
 Sa Aug 10 2-4pm 2050916-04

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

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 May 6-Jun 24 6-6:50pm 2050905-01 No Class 5/27
 M May 6-Jun 24 7-7:50pm 2050905-02 No Class 5/27
 W May 8-Jun 19 6:30-7:20pm 2050905-03
 M Jul 8-Aug 19 6-6:50pm 2050905-04
 M Jul 8-Aug 19 7-7:50pm 2050905-05
 W Jul 10-Aug 21 6:30-7:20pm 2050905-06

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

NEW! MyoFlex Release

Ages 18+ Leah Richards

Experience deep tissue relief in our MyoFlex Release class, a fusion of Yoga and myofascial pin (rolling) and stretch techniques. This rejuvenating practice targets specific points of tension, enhancing flexibility, reducing stress, and promoting overall well-being through a harmonious blend of mindful movement and therapeutic pressure. Students will practice applying sustained pressure to specific points on the body, targeting areas of tightness or discomfort. By combining this with controlled stretching, it aims to release tension in the connective tissues (fascia) surrounding the muscles, promoting improved flexibility, increased range of motion, and a sense of total body relaxation.

Sa Jun 22 1-2:30pm 2050914-01
 Sa Jul 20 1-2:30pm 2050914-02

RES \$15 | NR \$18 Community Center Fitness Studio

Community Yoga for EveryBODY

Ages 16+ Leah Richards

Yoga for everybody is designed to cater to individuals of all levels, with a focus on functional Yoga that is beginner friendly and accessible to everyone. There will be a mix of static, dynamic, and long flow poses through this 90 min class. In addition to the physical benefits of Yoga, our class also incorporates elements of mindfulness and relaxation by ending the session with a guided meditation and a gentle cool-down, allowing you to experience a deep sense of inner peace. Whether you are new to Yoga, or have been practicing Yoga for years, our class offers a supportive and inclusive environment for you to explore your practice. Come join us and discover the transformative power of Yoga, as we move, breathe, and find balance together.

Sa May 18* 11am-12:30pm 2050906-01
 Sa Jun 22 11am-12:30pm 2050906-02
 Sa Jul 20 11am-12:30pm 2050906-03
 Sa Aug 17 11am-12:30pm 2050906-04

RES \$15 | NR \$18 Community Center Fitness Studio

*In honor of Armed Forces Day, active and retired military can register for free

5 REGISTER
DAYS B4
CLASS BEGINS
BEAT THE CANCELATION BLUES!

ADULT ACTIVITIES - PICKLEBALL

Pickleball Sessions

With instructor, Brad Benson

RES \$75 | NR \$85 per session

Community Center Gym | The Pickleball Connection

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.

Tu Jun 4-25 1-2pm 2051107-02

Tu Jul 2-23 1-2pm 2051107-03

Pickleball Skills & Drills

The Summer Session will feature combined Skills classes and Drills classes that will cover lessons from each type of class conveniently combined into one class and offered midday and evening hours.

Skills & Drills Beginner

Players with a 0-2.4 rating

This four-week group instruction is designed to introduce newer players to the fundamental skills and drills 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. Partner drills and wall drills will help create the muscle memory to develop consistency in basic pickleball shots such as serves, return of serves, groundstrokes, volleys, blocking, and overhands. Bring your own paddle or use equipment provided during class. Community Center Gym

Skills & Drills Intermediate

Players with a 2.5-3.4 rating

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. 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. Community Center Gym



	Mondays	Jun 3-24	Jul 1-22
Beginner	11am-12pm	2051104-04	2051104-07
	5-6pm	2051104-13	2051104-16
Intermediate	12-1pm	2051104-05	2051104-08
	6-7pm	2051104-14	2051104-17
Advanced	9-10am	2051104-06	2051104-09
	7:30-8:30pm	2051104-15	2051104-18

Skills & Drills Advanced

Players with 3.5 rating and above

The Pickleball Connection
1810 W. State St., Sycamore

Classes will be held at The Pickleball Connection. A onetime additional fee of \$20 will be assessed by the Pickleball Connection. 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. 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. Instructional play with the instructor will also be used to provide feedback and guidance to the players.



INAUGURAL

PICKLEBALL TOURNAMENT

JUNE 29

Men's, Womens, and mixed doubles games.

Learn more on page. 4.

T-SHIRT PRIZES RAFFLES

Private Pickleball Lessons

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 then be held at the Community Center Gym.

- Private (One on One)RES \$50 | NR \$60
- Semi-Private (2 people) RES \$35 | NR \$45
- Small Group (3+ people)RES \$30 | NR \$40

Drop In Pickleball

It's one of the fastest growing sports and you can experience it here at the Sycamore Park District Community Center. 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 and guests are always welcome. Courts may be limited due to a high volume of other gym users. Park District programs will take priority of the courts if there is inclement weather and programs 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 (up to 2 courts).....12-2pm
- Daily Open Gym Fee RES \$6 | NR \$9
- Community Center Gym

Wood Carving Club

Harold Overton

Whittle away and socialize with friends. The current small group of club members are available to share their techniques and tools if you are a newcomer. Stop in and whittle away with our Sycamore Club!
Second Monday of the Month 6:30-8pm



Your local Heating, Cooling, and Custom Metal Fabrication professionals!
Here for your



HOME AND BUSINESS

For special offers or to schedule service, please visit our website!

DEKALBMECHANICAL.COM • 815-756-6528



Family Service Agency

Strengthening Individuals & Families

Sycamore Club 55

at Sycamore Park District Community Center

815-758-8616

Activities Include:

- Walking on the Track
- Gentle Mat Stretch & Relax
- Card Games
- Educational Presentations
- Community Socialization

Mondays & Fridays

Walking Track Pass • 10-11am

Card Games • 11am-2pm

Pack a lunch and play some games!

Find more activities and special events on the monthly calendar at fsadekalbcounty.org or call 815-758-8616.



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 • Fitness • Inclusion
- One on One Skill Building

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

Member Districts:

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

Annual   **MAY 17**

Golf today with KSRA

Golf Outing  

River Heights Golf Course, 1020 Shore Drive, DeKalb

A fundraiser for the Kishwaukee Special Recreation Association.
Registration opens in April 2024.

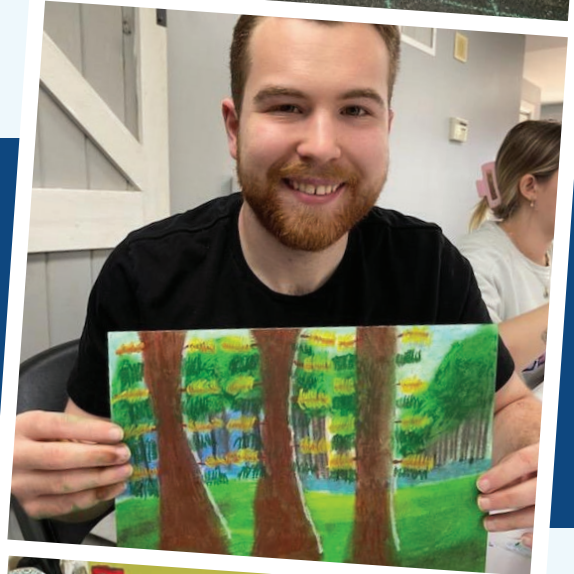
For more information, contact

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

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

Follow us on Facebook and Instagram

kishsra.org





Summer Star Party

with Fox Valley Astronomical Society

Friday, August 9 8:30-11pm

Sycamore Park District Riverside Soccer Complex

Visit sycamorelibrary.org for details.

Drawing Optical Illusions

Tuesday, June 4 2:30-3:30pm

Sycamore Library

Grades 3-5 | Advance registration required.
Learn what an optical illusion is and the secrets of many 2-D and 3-D optical illusions with Dan Gogh! Then get step-by-step directions to duplicate a famous optical illusion. Register on Eventbrite.

Drawing Manga

June 4, 4-5pm

Sycamore Library

Grades 6-12 | Advance registration required.

Summer Extravaganza

Friday, July 26th 5:30-7:30pm

Sycamore Library

Enjoy food, games, and musical entertainment as we celebrate the conclusion of our Summer Reading program. All are welcome.



103 E State St, Sycamore sycamorelibrary.org



SYCAMORE PARK DISTRICT

Corporate Connections

Event Sponsorships

Gymnasium Banners

Corporate Card Program

Resources & Employee Wellness

To learn more, contact Sarah at 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.

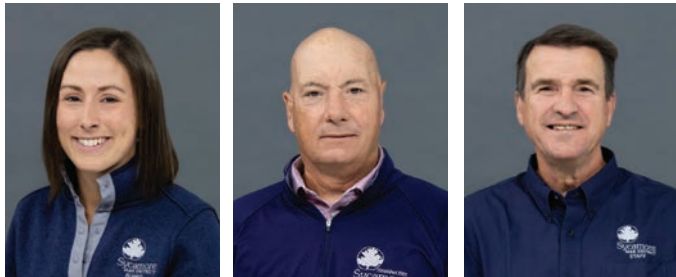
BOARD OF COMMISSIONERS

Board of Commissioners



Bill Kroeger

Ben Doty



Denise Ackmann

Daryl Graves

Ted Strack

Bill Kroeger, Presidentwilliamk@sycparks.org

Ben Doty, Vice Presidentbend@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.

AT SYCAMORE PARK DISTRICT
WE VALUE
EQUITY • TRANSPARENCY • CONNECTIONS • SUSTAINABILITY



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

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

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

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

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

Paul Price
Superintendent of Golf Services
815-770-2097 paulp@sycparks.org

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

Recreation Staff

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

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

Missy Favre
Food and Beverage Assistant

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

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

Will Turner
Recreation Supervisor
815-770-2668 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

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

Kiara Rodriguez
Natural Areas Specialist
815-770-5827 kiarar@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

Golf Staff

Donald Carlson
Pro Shop Manager
donalddc@sycparks.org

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. 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 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, 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

For instructions on how to setup a new account and/or register online, visit sycparks.org

Mail Registration

Download and print a registration form at 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.

Edward Jones[®]

> edwardjones.com | Member SIPC

Personalized service is kind of our thing.

Personalized service means having a financial advisor who understands you and what you're trying to achieve, and helps to create a unique strategy based on your needs and circumstances.

Let's start building the future today.



Brittany L Starkey
AAMS[™]
Financial Advisor

158 W State Street Suite B
Sycamore, IL 60178
815-899-1303



MKD-8652E-A AECSPAD 21675975

SYCAMORE PARK DISTRICT
Summer Concert Series

FREE

Thursdays 7-8:30pm
Good Tymes Shelter • Learn more on pg. 6

SYCAMORE PARK DISTRICT
MVP SPORTS BAR
EST. 2021 SYCAMORE WHISKEY CLUB

Sip 'n' SAVOR
TASTE EVENT
SYCAMORE IL

**SPIRITS
FOOD
ART
LIVE MUSIC**

Saturday, July 13
Sycamore Community Park • Learn more on pg. 5