CONNECTING SYCAMORE TO WELLNESS, NATURE, & EACH OTHER **REGISTRATION OPENS APRIL 14** WHAT'S INSIDE? **FREE SUMMER CONCERT SERIES** 5 SIP N SAVOR TASTE EVENT 7 PARK PARTY **10** GOLF EVENTS 16 SUMMER CAMPS 24 DOG OBEDIENCE REGISTER
DAYS B4
CLASS BEGINS SYCAMORE PARK DISTRICT SUMMER 2025 SYCPARKS.ORG

WELCOME! TO THE SYCAMORE PARK DISTRICT

815-895-3365

INFO@SYCPARKS.ORG

DID YOU KNOW?

Special Recreation Associations play a crucial role in ensuring that individuals with different abilities have access to wellness and recreational opportunities tailored to their needs. In Sycamore, the Park District is one of five member Park Districts of the Kishwaukee Special Recreation Association (KSRA).

Not only does KSRA provide recreational services for individuals and their families, but their staff is also available to assist anyone who needs an accommodation made



to participate in a Park District program or facility. They provide this at no extra cost for the participant.

Approximately 7% of the Sycamore Park District levy goes into a Special Recreation Fund. Half of this fund supports KSRA and the other half is dedicated to ADA projects with the park system.

Some recent initiatives that were made possible by this partnership or through the Special Recreation Fund include

- Veterans' golf program
- ADA components at the new Reston Ponds Park
- Improved accessible pathways
- Riverside Soccer Complex accessible parking area and adjacent pathways
- Repaving the road around the grass ball diamonds in Sycamore Community Park
- KSRA's Sensory Room in the Community Center
- Water wheelchair for use at Splash Fountain splashpad



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 26, July 4, and September 1



Sycamore Golf Club In Sycamore Community Park 940 E. State Street

Sycamore Clubhouse, Pro Shop
GOLFCLUB 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, Diego!

We are thrilled to introduce the Park District's new Buildings Custodian, Diego Ornelas. Originally from New Mexico, he and his wife now live in Sycamore. He is a dog lover and a firm believer in faith and community.

From day-to-day operations to event support, Diego will assist with keeping all park district facilities in tip-top shape and ready for you to enjoy. As the newest member of the Recreation Department, Diego says, "I'm excited to be part of the park district team and to help make a positive impact in our local parks and programs."

North Grove Crossing Park Update

The Park District has been awarded the OSLAD grant to develop North Grove Park. Construction will begin this spring, bringing exciting new amenities to the community, including a shelter (1) playground (2), half basketball court (3), and Fit Core set (4). The project also includes asphalt and concrete paving, a crushed limestone trail, picnic tables, benches, and shade trees. We look forward to creating a welcoming space for residents to enjoy.



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SEE WHAT'S NEW

NEW GOLF EVENTS

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Spring Skills ChallengeApril 26 National Golf Day Par 3 Tournament May 31 Cross-town Showdown...... June 22



SUMMER CAMPS

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Flip & Flow Camp

Adventure Challenge Week

Creative Movement & Improv Camp



YOUTH PICKLEBALL

Page 21

Ages 9-14 | Our first ever pickleball class specifically for kids will introduce kids to the game of pickleball!



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



JUNE 5 Simple Remedy

Experience a vibrant melting pot of American music, bringing together the best elements of Classic and Modern Country, Chicago Blues, American Soul, and The Nashville Sound.

JUNE 12 Howard and the White Boys

Chicago, a city steeped in blues history, is where Howard and the White Boys have honed their chops since their inception in 1988. Howard and the White Boys have toured and performed with some of the biggest names in blues.



JUNE 19 StingRays

The StingRays play the greatest music ever written and play it with the energy, passion, and authenticity of the artists whose music they love: Rockabilly (tons of 60s) to the 70s.

JULY 10 Second Time Around

The 60s and 70s were not only a time of musical evolution, but musical revolution – don't miss this extraordinary classic rock experience!

JULY 17 Panic at the Costco

Spanning the 60s through 90s you'll hear iconic classics and surprise deep cuts you didn't realize you missed. The perfect balance of familiarity and excitement is what makes them a favorite for music lovers of all ages.

JULY 24 Billy Elton

Presented in partnership with the Sycamore Library
Take a timeless journey through the catalogs of two of the
greatest singers, pianists, and songwriters in pop music
history - Billy Joel and Elton John.





Thank you to these sponsors who make this series possible!



Aurara Music Company

The Mary E. Stevens Concert & Lecture Fund



















Saturday, July 26 1-5pm

Sycamore Community Park

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

Presale Tasting Ticket by July 21 \$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:





TAI CHI EOR HEALTH & WELLNESS WORKSHOP



Celebrate International Tai Chi Day!

One World...One Breath

Saturday, April 26

10:30am-12pm

Community Center MPR A&B

RES \$13 | NR \$17 • 1050925-01

Ages 18+ | Registration Deadline: April 22 Instructor: Bev Schramer

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.





Sycamore Parks
Foundation
Annual Golf Outing

Friday, July 18

1pm Shotgun Start

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.

contact Melissa at melissad@sycparks.org.

\$20 for 2 parking spaces. Registration deadline: July 31







SEASON F	ASS TYPE	RESIDENT	NONRESIDENT
Unlimited		\$675.00	\$845.00
Senior (Ages 62+)	\$615.00	\$790.00
Student	: (Ages 14-20)	\$400.00	\$530.00
Spouse	/Partner*	\$430.00	\$585.00
Youth**	(Ages 13 & under)	\$275.00	\$395.00
Weekday		\$500.00	\$660.00
Senior		\$440.00	\$600.00
Spouse	/Partner *	\$350.00	\$520.00
Senior 3-Da	ay t	\$325.00	\$450.00
GREEN FE	E TYPE	RESIDENT	NONRESIDENT
Weekday	9 Holes Before 5pm	\$18.00	\$20.00
	9 Holes After 5pm	\$15.00	\$15.00
Weekday	18 Holes Before 2pm	\$30.00	\$33.00
	18 Holes After 2pm	\$26.00	\$28.00
Weekend	9 Holes Before 5pm	\$20.00	\$22.00
	9 Holes After 5pm	\$15.00	\$15.00
Weekend	18 Holes Before 2pm	\$33.00	\$36.00
	18 Holes After 2pm	\$28.00	\$28.00
GREEN FEI	ES YOUTH/STUDENT/SENIOR	RESIDENT	NONRESIDENT
All Day 9	Weekends after 1pm	\$12.00	\$13.00
All Day 18	Weekends after 1pm	\$22.00	\$24.00
CART FEE	S tt	9 HOLES	18 HOLES
Early Bird	Weekdays before 8am	\$9.00	\$15.00
Standard		\$10.00	\$18.00
Evening Owl	Weekdays after 5pm (9 holes), 2pm (18 holes)	\$8.00	\$15.00
Push Carts		\$3.00	\$3.00

^{*}Both pass holders must reside in the same household.

New! Putting Workshops

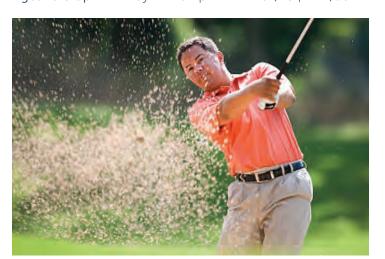
Your putter accounts for more strokes than any other club, so a small improvement on the greens makes a big difference in your score. In this workshop, golfers will review the basics of putting and learn to read the greens like a professional. Topics discussed include aim, consistency, pace & speed,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

Tu May 20 5-5:45pm RES \$25 | NR \$30 Ages 8-14 Ages 15 & up Tu May 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 22 5-5:45pm RES \$25 | NR \$30 **Ages 15 & up** Th May 22 6-7pm RES \$25 | NR \$30



NEW GOLF EVENTS

Page 10

^{**}Youth under the age of 12 must be supervised by someone 16 or older

[†] Golfers choose to play any 3 days between Mon-Fri for the Senior 3-Day Season Passes.

^{††} Ages 16-21 must provide a valid driver's license or state ID in order to rent a golf cart.

NEW! SPRING SKILLS CHALLENGE

Saturday, April 26

Check in by 9am | Competition begins at 10am

\$25 per player

Paid in cash prior to the event

Mulligans (optional): \$5 per mulligan

Registration Opens: April 1 | Closes: April 21

Put your precision to the test and showcase your accuracy in this thrilling proximity challenge!

Starting at 25 yards, participants must hit their shots within a designated area to stay in the game. Each round, the distance increases by 10 yards. Can you outlast the competition and take home the title? This is an individual competition. Up to 3 mulligans allowed per player. Can only use 1 mulligan per round. Refreshments will be provided, and spectators are encouraged.

The last remaining player in each division will be crowned champion and will be rewarded with a \$100 gift card to the Pro Shop. Each divisional winner will compete in our Grand Champion round. Win the Grand Champion round and walk away with an additional \$100 gift card!

Divisions: Youth (13 & Under) • Student (14-20 Years), Men's Adult • Men's Senior • Women's

NEW! PAR 3 TOURNAMENT

Saturday, May 31

Tee-times begin at 10am

\$25* per player

Cart Rental (Optional): \$15 per rider

Registration Opens: April 1 | Closes: May 26

Experience the thrill of competition on our exclusive 18-hole Par 3 course, featuring professionally designed holes that will challenge every aspect of your short game.

With strategic pin placements and exciting prize opportunities, this is a tournament you won't want to miss. *Does not include \$25 greens fee.

This is an individual stroke play event, where every player competes for the lowest total score in their division. Play is in groups of 4 golfers. The lowest score in each division will win a \$100 Pro Shop Gift Card! Closest to the Pin contests on select holes, with chances to win exclusive golf merchandise!

Divisions: Youth (13 & Under) • Student (14-20 Years), Men's Adult • Men's Senior • Women's



NEW! CROSS-TOWN SHOWDOWN

Sunday, June 22

10am Shotgun Start

\$100 per two-person team

Rally your clubs and hometown pride for the ultimate battle between Sycamore and DeKalb.

Friendly competition, community spirit, and a chance to prove which district reigns supreme in the golf world! The top 10 scores from each district combine to determine who claims the coveted Traveling Trophy for the year. Unique 18-hole format: Scramble on the front 9 and best ball on the back 9.

Registration Opens: April 1 | Closes: May 31

ALVIN WILDENRANDT JR. CHAMPIONSHIP

Tue & Wed, July 1 & 2

Ages 7-12: \$25* per player

Ages 13-18: \$35* per player

Registration Opens: June 1 | Closes: June 30

Showcase your skills, enjoy some friendly competition, and make new friends on the golf course.

Groupings will be confirmed and emailed a few days before the tournament begins. Spots are limited, so be sure to sign up early to secure your place in this fantastic event. Prizes, gifts, lunch, skills challenges. *Does not include greens fees.

SYCAMORE GOLF CLUB **CLUB CHAMPIONSHIP**

Sat & Sun, August 23 & 24

Compete for glory in the Sycamore Golf Club's Annual Club Championship! New 2-day format

Established in 1923, Sycamore Golf Club has a rich history of competitive golf, and this championship is a highlight of the season. The event takes place on August 23rd and 24th, featuring multiple flights for golfers of all skill levels. New for this year, the Championship Flight will be decided over a single weekend instead of two.

To participate, players must be Season Pass Holders and have at least ten 18-hole scores posted in the CDGA Handicap System.



Following the competition, join us for a special awards banquet, where winners will be recognized and all participants can enjoy a celebratory lunch/dinner with fellow golfers.

Don't miss your chance to showcase your skills and be part of this exciting tradition.

Registration Opens July 1

SAY-Golf

Comprehensive Curriculum • Etiquette Education Lifetime of Wellness • Fun-Filled Learning

We invite young enthusiasts to embark on an exciting journey into the world of golf! This 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 9-25 8:30-9:15am RES \$150 | NR \$180 Tu Th Jul 8-24 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 9-25 9:45-10:45am RES \$200 | NR \$230 Tu,Th Jul 8-24 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 9-25 RES \$200 | NR \$230 11am-12pm Tu,Th Jul 8-24 RES \$200 | NR \$230 11am-12pm



Junior League Ages 11-15

Mondays, June 30-August 4 • 10am \$50 per golfer

This league is perfect for young golfers who have some experience and are ready to take their skills to the course! This league is designed for players who can confidently navigate 9 holes each week, keeping pace and playing independently. Age divisions will be determined based on the number of participants. Each week, players will compete in a mix of competitive and noncompetitive games, with winners earning "Club Credit" that can be used for future rounds, pro shop purchases, or concessions. Junior golfers who do not have a season pass will also pay a green fee. Fee includes push cart rental each week, if needed.



24/7 Membership Options • No Enrollment Fees In Sycamore Park District Community Center Building Hours: Mon-Fri 6am-9pm Sat 8am-6pm	Sun 10ar	n-2pm	ACCESS	CENTER		_	TUDIO	TNESS 5-VISIT	OUP FITNESS	DISCOUNT ON FITNESS		
24-hr Access Memberships	Resi Paid in Full	dent Annual Monthly	24-HOUR ACCESS	FITNESS C	TRACK	OPEN GYM	FITNESS STUDIC	GROUP FITNESS	POPUP GROUP	DISCOUNT	Nonre 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	Res Paid in Full	dent Annual Monthly									Nonre Paid in Full	sident 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	Resi	ident	ı								Nonre	sident
Pathway/Track 12-Visits Prepaid Card Ages 14+*	\$1	.03		•	•	•					\$1	54
Open Gym 5-Visits Prepaid Card All Ages	\$	21				•					\$3	34
Pathway/Track/Open Gym Daily Ages 14+*	\$	12		•	•	•					\$1	17
Track Only Daily Ages 10+	(\$5			•						\$	7
Open Gym Daily All Ages	Ç	66				•					\$	9

PUNCH CARD

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.

Stroller Information: 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.

Open Gym | All Ages | Ages 9 and under must be accompanied by an individual age 16+. Both participants must pay the fee or show a pass. All participants 10 or older must show a State or School ID.

Fitness Studio | Ages 18+ | 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 quidelines.

Discounted Group Fitness Classes

Pathway Fitness 24-7 Members and Building Hour Pass Holders receive discounted group fitness program fees. See the list of qualifying classes on page 26.

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 2-August 29

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





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, a dog-friendly facility!

The following is required at the time of registration.

- 1. Proof of residency
- 2. A 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 PassesRES \$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 the dog's collar or with the member

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 ½ of a mile, so four times around is your mile work out!



SPLASH FOUNTAIN

On Legacy Campus, 480 Airport Road

Stay cool while interacting with each other and the wonderful world of water! Ages 10 and under must be accompanied by an individual age 16+. Open May 24-August 31. Closed Memorial Day & 4th of July

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

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.

Pool Passes at Genoa Township Park District

Sycamore residents receive discounted nonresident rates on 2025 Season Passes to Chamberlain Park. Learn more at genoaparkdistrict.com.



Father's Day Celebration

Sunday, June 15

Free admission for fathers with payment of a child.

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. Available Mondays-Fridays. \$2 per person (Group size min 15/max 50)

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.

Mon-Fri: 6am-9pm Available

> Sat: 8am-6pm (+\$25 per hour past 6pm) Sun: 10am-2pm (+\$25 per hour past 2pm)

Learn about youth birthday party packages on page 20.

Splash Fountain Splashpad

Contact Melissa: melissad@sycparks.org

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

May 24-Aug 31 Available

> 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 Lisa: lisam@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



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 \$90 NR \$100	Community Center

Week 1	Jun 9-13	2030210-01
Week 2	Jun 16-20	2030210-02
Week 3	Jun 23-27	2030210-03
Week 4	Jul 7-11	2030210-04
Week 5	Jul 14-18	2030210-05
Week 6	Jul 21-25	2030210-06
Week 7	Jul 28-Aug 1	2030210-07
Week 8	Aug 4-8	2030210-08
Week 9	Aug 11-15	2030210-09



NEW! Flip & Flow Camp

Ages 7-11

Sycamore Park District Staff

Get ready to move, groove, and tumble in this highenergy camp that blends the best of dance, tumbling, and gymnastics! Flip & Flow is a perfect way to burn off some extra energy while having fun learning new skills. From choreographed dance routines to exciting obstacle courses and basic gymnastics, this week of classes will keep participants active, engaged, and inspired all summer long! Kids will enjoy a supportive environment where they can build confidence, coordination, and friendships. Let's flip, flow, and have some fun!

M-F Jun 23-27 1:30-3:30pm 2030222-01 RES \$60 | NR \$70 Community Center Gym

NEW! Adventure Challenge Week

Ages 7-11

Sycamore Park District Staff

Calling all adventurers! This week is packed with exciting challenges that will test your strength, creativity, and teamwork. From scavenger hunts and obstacle courses to team-building games and nature exploration, kids will develop their problem-solving and coordination skills while having a blast. Each day will feature a different adventure theme, including Treasure Hunt Tuesday, Wild Explorer Wednesday, and Thrill-Seeker Thursday. Perfect for those campers who love excitement and surprises!

M-F Jul 21-25 1:30-3:30pm 2030223-01 RES \$60 | NR \$70 Community Center Gym



NEW! Creative Movement & Improv Camp

Ages 7-11

Sycamore Park District Staff

Let your imagination and body run wild! In this unique camp, kids will explore creative movement through dance, theatre games, and improvisation. They'll learn to express themselves, think on their feet, and work together while building confidence and communication skills. Each day will have a theme, which the kids will have a say in deciding, allowing them to play, move, and create in a supportive, high-energy environment. It's a week of fun, laughter, and creative growth!

M-F Aug 4-8 1:30-3:30pm 2030224-01 RES \$60 | NR \$70 Community Center Gym

Art Camps

Instructor: Sycamore Park District Staff Light snacks provided – please inform us of any allergies.

RES \$95 | NR \$105 Community Center MPR C

NEW! Creative Kids Art Camp Ages 6-8

Unleash your creativity in this fun-filled art camp! Young artists will experiment with vibrant chalk pastels, colorful paints, and squishy model magic to create stunning masterpieces. Projects may include whimsical selfportraits, bright and bold landscapes, sunburst magnets, and tie-dye creations. We'll also get hands-on with some slime-making for an extra splash of fun.

M-F Jun 16-20 9am-12pm 2030218-01

NEW! Art Explorers Studio Ages 9-14

Ready to take your art skills to the next level? Explore exciting materials like acrylic paint, chalk pastels, and clay in this creative art camp. Projects may include striking chalk portraits, quirky papier-mache food sculptures, geometric himmeli mobiles, and tie-dye fun. Get your hands messy making slime with a fun, playful twist!

M-F Jun 16-20 1pm-4pm 2030219-01



NEW! Mini Makers Art Camp

Ages 6-8

Your little creators will dive into an exciting mix of art projects that inspire imagination and self-expression! Campers may craft colorful chalk pastel landscapes, adorable animal sculptures with model magic, intricate paper weavings, and groovy tie-dye pieces. Hands on fun and new discoveries await every day!

M-F Jul 14-18 9am-12pm

NEW! Master Makers Art Camp

Bring your creativity to life with this dynamic art camp for budding artists! Learn new techniques and experiment with unique materials to create one-of-a-kind masterpieces. Projects may include bold charcoal drawings, innovative paper and cardboard sculptures, vibrant printmaking, and stylish tie-dye creations. Expand your artistic skills while having a blast!

M-F Jul 14-18 1pm-4pm 2030221-01

Challenger Sports Core Soccer Camps

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

Registration within 30 days of the start date must be done online at challengersports. com. Search Camps, then Foundational Skills Camps or Tiny Tykes Soccer Camps.

Riverside Soccer Complex

Tiny Tykes Ages 3-5

M-F Jun 16-20 8-9:15am 2030202-01 M-F Jul 28-Aug 1 8-9·15am 2030202-02

RES \$135 | NR \$145

Fundamental practices and skill-building activities in an immersive adventure! A fun introduction to soccer influenced by the very popular year-round Tiny Tykes 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

M-F Jun 16-20 9:30am-12:30pm 2030203-01 M-F Jul 28-Aug 1 9:30am-12:30pm 2030203-02 RES \$165 | NR \$175

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!

NEW! Monday Wiggles and Giggles

Ages 2-3 with a parent

Kathleen Hahn

Start the week with movement, laughter, and play! Monday Wiggles and Giggles is the perfect class for little ones to build friendships, explore new activities, and develop essential early childhood skills – all with the comfort of a parent by their side! Through music, dancing, group games, and hands-on play, toddlers will strengthen coordination, communication, and confidence while learning to take turns and share. Expect plenty of giggles, wiggly fun, and joyful moments that make learning feel like play!

M May 12-Jun 30 10-11am 2020804-01 NO CLASS 5/26, 6/16 M Jul 14-Aug 18 10-11am 2020804-02 RES \$60 | NR \$70 Community Center MPR C

Tiny Explorers Park Playtime

Ages 3-5 Julie Sgarlata

Introducing Tiny Explorers Park Playtime – a dynamic program for 3–5-year-olds! 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 for a journey of growth and fun within the heart of the park district! Plan for the final half hour of each day to be enjoyed in the Splash Fountain, depending on weather.

Tu,W,Th 9-11am

Jun 10-12 2020802-01 Aug 5-7 2020802-03

Jul 22-24 2020802-02

RES \$40 | NR \$50 Community Center MPR C

NEW! Smart Sprouts

Ages 5-7 Julie Sgarlata

Get your little ones excited for learning with an action-packed afternoon of reading, math, and movement! Through catchy songs, interactive stories, and hands-on activities, kids will strengthen letter recognition, phonics, and early math skills. Classic childhood games and teamwork challenges will boost listening and reading skills, cooperation, and confidence in a fun, supportive setting. And the best part? Each class wraps up with splashing fun at the Splash Fountain – weather permitting.

Tu 2-4pm

Jun 10	2020703-01	Jul 15	2020703-05
Jun 17	2020703-02	Jul 22	2020703-06
Jun 24	2020703-03	Aug 5	2020703-07
Jul 8	2020703-04	Aug 12	2020703-08

RES \$15 | NR \$20 Community Center MPR C



ABCs & 123s

Ages 2.5-4 Kathleen Hahn

Little ones will start their ABCs and 123s through hands-on and creative play. In a preschool-based environment, your child will enjoy and share circle time, stories, fun games, and a weekly craft to enhance their letter and number recognition. New letters and numbers will be introduced each week to promote continuous progression. At the conclusion of the session, each child will bring home their own letters and numbers project to encourage continued practice at home. Different letters will be learned during each session.

F May 16-Jun 27 9-10:15am 2020805-01 NO CLASS 6/20 F Jul 11-Aug 15 9-10:15am 2020805-02 RES \$65 | NR \$75 Community Center MPR C

NEW! ThinkerLabs

Ages 4-5.5 Kathleen Hahn

Get ready to think, explore, and create! ThinkerLabs is a hands-on learning adventure where young minds build problem-solving skills through interactive play. Each class blends simple STEM concepts with fun activities that introduce phonics, basic math, and creative thinking. From counting games to simple experiments and hands-on puzzles, kids will strengthen their curiosity, confidence, and teamwork, all in an engaging, play-based environment!

F May 16-Jun 27 10:30-11:45am 2020803-01 NO CLASS 6/20 F Jul 11-Aug 15 10:30-11:45am 2020803-02

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

Cheer and Poms Power Champions

<u>Ages 6-8</u> Sycamore Park District Staff

Get ready to shine with Cheer and Poms Power Champions! This upbeat class introduces the exciting world of cheerleading and poms, where kids will learn the basics of motion technique, jumps, voice projection, and even some awesome stunts and tumbling moves! Students will develop coordination, teamwork, and confidence while working through fun and creative class days. Each participant will be provided with a set of their own poms during the class to use throughout the session. Wear your sneakers and athletic gear and get ready to jump, shout, and cheer your heart out!

Sa May 24-Jun 28 9-9:45am 2030407-01 Sa Jul 12-Aug 16 2030407-02 9-9:45am RES \$48 | NR \$58 Community Center Gym



Tumble Tots

Ages 4-6

Sycamore Park District Staff

Get ready to flip and tumble with Tumble Tots! This energetic class is perfect for young kids to develop motor skills, coordination, and strength through exciting tumbling activities. Little ones will practice basic skills like donkey kicks, handstands, forward rolls, and cartwheels while navigating fun obstacle courses. Each session is designed to build confidence and social skills in a playful and supportive environment. Kids are asked to be barefoot for the best experience while tumbling on our mats.

Sa May 24-Jun 28 10-10:45am 2021101-01 Sa Jul 12-Aug 16 10-10:45am 2021101-02 RES \$48 | NR \$58 Community Center Gym

Tiny Dancers

Ages 3-4

Sycamore Park District Staff

Let your little one twirl into the world of dance with Tiny Dancers! This fun and imaginative class encourages young children to explore movement, learn basic dance terminology, and improve coordination through engaging, age-appropriate activities. With a focus on creativity and self-expression, dancers will have a blast moving to the music while developing rhythm and body awareness. Ballet shoes or bare feet recommended. Tap shoes will not be allowed. Parents are kindly asked to wait outside the room during class, except for the final class day, when they are invited in to watch their dancer shine during our "Family Showcase Day."

Session One Theme: Spinning Sparkles

Sa May 24-Jun 28 11-11:45am 2030406-01

Session Two Theme: Jungle Jamming

11-11:45am 2030406-02 Sa Jul 12-Aug 16

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

Ballet/Jazz Move & Groove Fusion

Ages 5-8

Sycamore Park District Staff

This exciting class blends the grace of ballet, the energy of jazz, and the fun of popular dance styles! Young dancers will explore basic ballet and jazz techniques, while also getting their groove on with fast-paced, rhythmic dance moves. Each week, students will build coordination, rhythm, and confidence in a supportive, energetic environment. Ballet shoes or bare feet are recommended. Tap shoes will not be allowed. Parents are kindly asked to wait outside of the room during the class, except for the final class day, when they are invited in to watch their dancer shine during our "Family Showcase Day."

Session One Theme: Broadway Stars

Sa May 24-Jun 28 12-12:45pm 2030405-01

Session Two Theme: Enchanted Journey

Sa Jul 12-Aug 16 12-12:45pm 2030405-02

RES \$48 | NR \$58 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.

10am-3:30pm Saturdays

Jun 7 2040801-01 Registration Deadline: May 28 Aug 9 2040801-02 Registration Deadline: Jul 30 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 are often students' favorite parts 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.

Horseback Riding 101

Ages 8-16 Horsemanship for Life

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 10-31 10am-11:30am 2030206-01

RES \$150 | NR \$160

27872 Moose Range Road, Sycamore

See Horseback Riding for Ages 16+ on page 25.



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

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

90-MINUTE PARTY: \$199*

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

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

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

*Build your own party theme: We will adjust our party themes to match your needs to the best of our ability \$219

ADD ONS

3 large one-topping pizzas \$60 Cake.....\$30

THEMES

NINJAS · PRINCESS · CONSTRUCTION PIRATE · SPORTS · SUPERHERO SPLASH FOUNTAIN · NERF® **BUILD YOUR OWN**



NEW! Youth Pickleball Class

Brad Benson Ages 9-14

Our first ever pickleball class, specifically for kids, will introduce kids to the game of pickleball! In weekly one hour sessions over the course of six weeks, they will learn everything they need to know to get started in pickleball, including rules, scoring, safety, gear, basic shots, strategy, drills, and lots of fun and games. It's a great way to get them started in a game they can enjoy for a lifetime!

F Jul 11-Aug 15 11am-12pm 2031105-02 RES \$115 | NR \$125 Community Center Gym

Kajukenbo Karate

Sigung Betty Polak Ages 6+

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.

May 5-Jun 23	6-6:50pm 7-7:50pm	2050905-01 2050905-02	
Jul 7-Aug 18	6-6:50pm 7-7:50pm	2050905-04 2050905-05	
Wednesdays			

May 7-Jun 18 6:30-7:20pm 2050905-03 6:30-7:20pm 2050905-06 Jul 9-Aug 20

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

Fit Kids Adventure Training

Ages 7-14 Sycamore Park District Staff

Build strength, endurance, and flexibility through fun, functional movements like squatting, jumping, and twisting. Kids will enhance coordination with agility drills and obstacle courses, while developing their fitness using their bodyweight and light equipment. Class location may vary each week!

Ages 7-10

Sa May 24-Jun 28 10-10:45am 2030901-01 Sa Jul 12-Aug 16 10-10:45am 2030901-02

Ages 11-14

Sa May 24-Jun 28 11-11:45am 2030901-03 11-11:45am 2030901-04 Sa Jul 12-Aug 16

RES \$40 | NR \$50 Legacy Campus/Community Center



Play It All Sports: Skills and Drills

Ages 7-14 Sycamore Park District Staff

Boost hand-eye coordination, speed, agility, and teamwork through fun, non-traditional sports like kickball, frisbee, tumbling, and pickleball. Kids will develop versatile skills with drills that transfer across a variety of activities.

Ages 7-10

Sa May 24-Jun 28 1-2pm 2030902-01 Sa Jul 12-Aug 16 1-2pm 2030902-02

Ages 11-14

Sa May 24-Jun 28 2:15-3:15pm 2030902-03 Sa Jul 12-Aug 16 2:15-3:15pm 2030902-04

RES \$47 | NR \$57 Legacy Campus/Community Center

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.

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

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

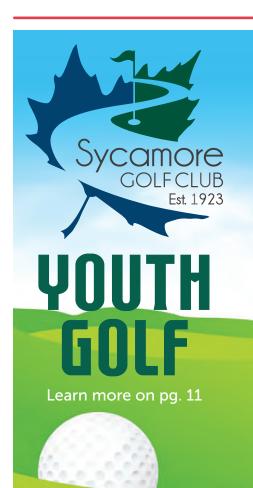
Skills Programs provide a fun and safe environment for children to flourish in their desired sport. Our goals are to ensure confidence, a positive attitude and to make sure participants get the most out of their experience. We welcome beginners and children who have



played before; no matter what their ability we will make a difference for the better. We stress the importance of teamwork and working together through every aspect of the game. Most of all, we stress how important it is to have fun.

Class Equipment List

Class instructors will notify parents of the equipment needed before the start of or during the first class. The exception is T-ball: A glove is needed for class.



SAY-GOLF

Sycamore Area Youth Golf

Monday & Wednesday June 9-25 Tuesday & Thursday July 8-24

Little Linkers Ages 5 & 6

Through age-appropriate activities and games, they will develop fundamental motor skills and a love for the game.

8:30-9:15am RES \$150 | NR \$180

Wee Swingers Ages 7-10

Participants will delve into the full swing, putting, chipping, and course management, building a solid foundation for their golf journey.

9:45-10:45am RES \$200 | NR \$230

Par Savers Ages 11-14

This age group will not only enhance their proficiency but also learn valuable lessons in sportsmanship and etiquette.

11am-12pm RES \$200 | NR \$230

Alvin Wildenrand

JR. CHAMPIONSHIP

Tue & Wed, July 1 & 2

Ages 7-12: \$25* Ages 13-18: \$35* per player

Showcase your skills, enjoy some friendly competition, and make new friends on the golf course. Prizes, gifts, lunch, skills challenges. *Does not include

JUNIOR LEAGUE

Ages 11-15

greens fees.

Mondays, June 30-August 4 10am \$50 per golfer

This league is perfect for young golfers who have some experience and are ready to take their skills to the course!

YOUTH ACTIVITIES

SESSION 1	Age	Day	Dates No Class Date	Time	Fee	Code	Location
Jr.Soccer	3-4	М	Jun 2-30	4-4:45pm	RES \$65 NR \$75	2031001-01	Sled Hill
Jr.Soccer	5-7	Μ	Jun 2-30	4:45-5:45pm	RES \$65 NR \$75	2031001-02	Sled Hill
Soccer Skills	8-11	Μ	Jun 2-30	5:45-6:45pm	RES \$65 NR \$75	2031001-03	Sled Hill
Jr. Multi-Sport	3-5	Tu	Jun 3-Jul 1	10-10:45am	RES \$65 NR \$75	2031001-04	Sled Hill
Jr. Multi-Sport	6-8	Tu	Jun 3-Jul 1	10:45-11:30am	RES \$65 NR \$75	2031001-05	Sled Hill
Multi-Sports Skills	8-12	Tu	Jun 3-Jul 1	11:30am-12:30pm	RES \$65 NR \$75	2031001-06	Sled Hill
Jr.Basketball	3-4	Tu	Jun 3-Jul 1	4-4:45pm	RES \$65 NR \$75	2031001-07	CCG
Jr.Basketball	5-7	Tu	Jun 3-Jul 1	4:45-5:45pm	RES \$65 NR \$75	2031001-08	CCG
Basketball Skills	8-11	Tu	Jun 3-Jul 1	5:45-6:45pm	RES \$65 NR \$75	2031001-09	CCG
Baseball/Softball Skills	8-12	W	Jun 4-Aug 13 7/2	4-5pm	RES \$115 NR \$125	2031001-10	Sled Hill
T-ball League	4-7	W	Jun 4-Aug 13 7/2	5-6pm	RES \$125 NR \$135	2031001-11	Sled Hill
Coach Pitch League	6-9	W	Jun 4-Aug 13 7/2	6-7pm	RES \$125 NR \$135	2031001-12	Sled Hill
Jr.Soccer	4-7	Th	May 29-Jun 26	10-10:45am	RES \$65 NR \$75	2031001-13	Sled Hill
Jr.Basketball	4-7	Th	May 29-Jun 26	10:45-11:30am	RES \$65 NR \$75	2031001-14	CCG
Jr. T-ball	4-7	Th	May 29-Jun 26	11:30am-12:30pm	RES \$65 NR \$75	2031001-15	Sled Hill
Jr. Parent Tot	2-3	Sa	May 31-Jun 28	9:30-10am	RES \$65 NR \$75	2031001-16	Sled Hill
Jr. Multi-Sport	3-4	Sa	May 31-Jun 28	10-10:45am	RES \$65 NR \$75	2031001-17	Sled Hill
Jr. Multi-Sport	4-6	Sa	May 31-Jun 28	10:45-11:45am	RES \$65 NR \$75	2031001-18	Sled Hill
Jr. T-ball	4-7	Sa	May 31-Jun 28	11:45am-12:45pm	RES \$65 NR \$75	2031001-19	Sled Hill
Baseball/Softball Clinic	8-12	M,W	Jun 2-11	1-2:30pm	RES \$55 NR \$65	2031001-20	Sled Hill
Basketball Clinic	8-12	M,W	Jun 16-25	1-2:30pm	RES \$55 NR \$65	2031001-21	CCG
SESSION 2	Age	Day	Dates No Class Date	Time	Fee	Code	Location
Jr.Soccer	3-4	Μ	Jul 14-Aug 11	4-4:45pm	RES \$65 NR \$75	2031002-01	Sled Hill
Jr.Soccer	5-7	Μ	Jul 14-Aug 11	4:45-5:45pm	RES \$65 NR \$75	2031002-02	Sled Hill
					DEC 465 NID 475		Sled Hill
Soccer Skills	8-11	Μ	Jul 14-Aug 11	5:45-6:45pm	RES \$65 NR \$75	2031002-03	Sicu i iiii
Soccer Skills Jr.Basketball	8-11 4-7	M Tu	Jul 14-Aug 11 Jul 15-Aug12	5:45-6:45pm 10-10:45am	RES \$65 NR \$75 RES \$65 NR \$75	2031002-03	
Jr.Basketball	4-7	Tu	Jul 15-Aug12	10-10:45am	RES \$65 NR \$75	2031002-04	CCG Sled Hill
Jr.Basketball Jr. T-ball	4-7 4-7	Tu Tu	Jul 15-Aug12 Jul 15-Aug12	10-10:45am 10:45-11:30am	RES \$65 NR \$75 RES \$65 NR \$75	2031002-04 2031002-05	CCG Sled Hill Sled Hill
Jr.Basketball Jr. T-ball Jr.Soccer	4-7 4-7 4-7	Tu Tu Tu	Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12	10-10:45am 10:45-11:30am 11:30am-12:15pm	RES \$65 NR \$75 RES \$65 NR \$75 RES \$65 NR \$75	2031002-04 2031002-05 2031002-06	CCG Sled Hill Sled Hill CCG
Jr.Basketball Jr. T-ball Jr.Soccer Jr.Basketball	4-7 4-7 4-7 3-4	Tu Tu Tu Tu	Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12	10-10:45am 10:45-11:30am 11:30am-12:15pm 4-4:45pm	RES \$65 NR \$75 RES \$65 NR \$75 RES \$65 NR \$75 RES \$65 NR \$75	2031002-04 2031002-05 2031002-06 2031002-07	CCG Sled Hill Sled Hill CCG CCG
Jr.Basketball Jr. T-ball Jr.Soccer Jr.Basketball Jr.Basketball	4-7 4-7 4-7 3-4 5-7	Tu Tu Tu Tu Tu	Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12	10-10:45am 10:45-11:30am 11:30am-12:15pm 4-4:45pm 4:45-5:45pm	RES \$65 NR \$75 RES \$65 NR \$75 RES \$65 NR \$75 RES \$65 NR \$75 RES \$65 NR \$75	2031002-04 2031002-05 2031002-06 2031002-07 2031002-08	CCG Sled Hill Sled Hill CCG CCG
Jr.Basketball Jr. T-ball Jr.Soccer Jr.Basketball Jr.Basketball Basketball Skills	4-7 4-7 4-7 3-4 5-7 8-11	Tu Tu Tu Tu Tu Tu	Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12	10-10:45am 10:45-11:30am 11:30am-12:15pm 4-4:45pm 4:45-5:45pm 5:45-6:45pm	RES \$65 NR \$75 RES \$65 NR \$75	2031002-04 2031002-05 2031002-06 2031002-07 2031002-08 2031002-09	CCG Sled Hill Sled Hill CCG CCG
Jr.Basketball Jr. T-ball Jr.Soccer Jr.Basketball Jr.Basketball Basketball Skills Jr. Multi-Sport	4-7 4-7 4-7 3-4 5-7 8-11 3-6	Tu	Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 17-Aug14	10-10:45am 10:45-11:30am 11:30am-12:15pm 4-4:45pm 4:45-5:45pm 5:45-6:45pm 10-10:45am	RES \$65 NR \$75 RES \$65 NR \$75	2031002-04 2031002-05 2031002-06 2031002-07 2031002-08 2031002-09 2031002-10	CCG Sled Hill Sled Hill CCG CCG CCG Sled Hill
Jr.Basketball Jr. T-ball Jr.Soccer Jr.Basketball Jr.Basketball Basketball Skills Jr. Multi-Sport Jr. Multi-Sport	4-7 4-7 4-7 3-4 5-7 8-11 3-6 7-9	Tu Tu Tu Tu Tu Tu Tu Tu Th Th	Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 17-Aug 14 Jul 17-Aug 14	10-10:45am 10:45-11:30am 11:30am-12:15pm 4-4:45pm 4:45-5:45pm 5:45-6:45pm 10-10:45am 10:45-11:30am 11:30am-12:30pm	RES \$65 NR \$75 RES \$65 NR \$75	2031002-04 2031002-05 2031002-06 2031002-07 2031002-08 2031002-09 2031002-10 2031002-11	CCG Sled Hill CCG CCG CCG Sled Hill Sled Hill
Jr.Basketball Jr. T-ball Jr.Soccer Jr.Basketball Jr.Basketball Basketball Skills Jr. Multi-Sport Jr. Multi-Sport Multi-Sports Skills	4-7 4-7 4-7 3-4 5-7 8-11 3-6 7-9 8-12	Tu Tu Tu Tu Tu Tu Tu Tu Th Th	Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 17-Aug 14 Jul 17-Aug 14 Jul 17-Aug 14	10-10:45am 10:45-11:30am 11:30am-12:15pm 4-4:45pm 4:45-5:45pm 5:45-6:45pm 10-10:45am 10:45-11:30am 11:30am-12:30pm 9:30-10am	RES \$65 NR \$75 RES \$65 NR \$75	2031002-04 2031002-05 2031002-06 2031002-07 2031002-08 2031002-10 2031002-11 2031002-12	CCG Sled Hill CCG CCG CCG Sled Hill Sled Hill Sled Hill
Jr.Basketball Jr. T-ball Jr.Soccer Jr.Basketball Jr.Basketball Basketball Skills Jr. Multi-Sport Jr. Multi-Sport Multi-Sports Skills Jr. Parent Tot	4-7 4-7 4-7 3-4 5-7 8-11 3-6 7-9 8-12 2-3	Tu Tu Tu Tu Tu Tu Tu Th Th Th Sa	Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 17-Aug 14 Jul 17-Aug 14 Jul 17-Aug 14 Jul 17-Aug 16 7/19 Jul 12-Aug 16 7/19	10-10:45am 10:45-11:30am 11:30am-12:15pm 4-4:45pm 4:45-5:45pm 5:45-6:45pm 10-10:45am 10:45-11:30am 11:30am-12:30pm 9:30-10am 10-10:45am	RES \$65 NR \$75 RES \$65 NR \$75	2031002-04 2031002-05 2031002-06 2031002-07 2031002-08 2031002-09 2031002-10 2031002-11 2031002-12 2031002-13	CCG Sled Hill CCG CCG CCG Sled Hill Sled Hill Sled Hill Sled Hill
Jr.Basketball Jr. T-ball Jr.Soccer Jr.Basketball Jr.Basketball Basketball Skills Jr. Multi-Sport Jr. Multi-Sport Multi-Sports Skills Jr. Parent Tot Jr. Multi-Sport	4-7 4-7 4-7 3-4 5-7 8-11 3-6 7-9 8-12 2-3 3-4	Tu Tu Tu Tu Tu Tu Tu Th Th Sa Sa	Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 17-Aug 14 Jul 17-Aug 14 Jul 17-Aug 14 Jul 17-Aug 16 7/19 Jul 12-Aug 16 7/19	10-10:45am 10:45-11:30am 11:30am-12:15pm 4-4:45pm 4:45-5:45pm 5:45-6:45pm 10-10:45am 10:45-11:30am 11:30am-12:30pm 9:30-10am 10-10:45am 10-10:45am 10:45-11:45am	RES \$65 NR \$75 RES \$65 NR \$75	2031002-04 2031002-05 2031002-06 2031002-08 2031002-09 2031002-10 2031002-11 2031002-12 2031002-13 2031002-14	CCG Sled Hill CCG CCG CCG Sled Hill Sled Hill Sled Hill Sled Hill
Jr. Basketball Jr. T-ball Jr. Soccer Jr. Basketball Jr. Basketball Basketball Skills Jr. Multi-Sport Jr. Multi-Sport Multi-Sports Skills Jr. Parent Tot Jr. Multi-Sport Jr. Multi-Sport	4-7 4-7 4-7 3-4 5-7 8-11 3-6 7-9 8-12 2-3 3-4 4-6	Tu Tu Tu Tu Tu Tu Th Th Sa Sa Sa	Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 15-Aug12 Jul 17-Aug 14 Jul 17-Aug 14 Jul 17-Aug 14 Jul 12-Aug 16 7/19 Jul 12-Aug 16 7/19	10-10:45am 10:45-11:30am 11:30am-12:15pm 4-4:45pm 4:45-5:45pm 5:45-6:45pm 10-10:45am 10:45-11:30am 11:30am-12:30pm 9:30-10am 10-10:45am 10-10:45am 10:45-11:45am	RES \$65 NR \$75 RES \$65 NR \$75	2031002-04 2031002-05 2031002-06 2031002-07 2031002-09 2031002-10 2031002-11 2031002-12 2031002-13 2031002-14 2031002-15	CCG Sled Hill CCG CCG Sled Hill Sled Hill Sled Hill Sled Hill Sled Hill Sled Hill

CCG = Community Center Gym

Dog Obedience Classes

Katie Morgan, ABCDT RES \$150 | NR \$160 Community Center MPR A/B

Help your canine companion develop essential skills and good manners, no matter what their age or experience. Classes focus on positive reinforcement, using force-free training methods and primarily food-based rewards. Whether you're looking to reinforce everyday manners, prevent reactivity, or build your puppy's confidence, our expert trainer is here to guide you every step of the way. The trainer recommends using a harness or no slip martingale collar and a standard 6-foot leash.



Introduction to Nose Work

This course offers a fun and engaging introduction to the world of canine nose work, a scent detection sport that allows your dog to use its natural scenting abilities to find hidden odors. In this class we will introduce your dog to the art of "searching with purpose" as we introduce them to odor. Odor used in class can be human odor (your odor) or competition odor (UKC Essential oil birch). Class will be taught to recreational standards and is not a competition nose work class. All ages, no prerequisite classes.

W May 14-Jun 18 3-3:45pm 2050702-01 W Jul 9-Aug 20 3-3:45pm 2050702-02 NO CLASS 7/16

Obedience and Manners

This class focuses on the application of basic obedience cues to everyday manners. In this class, your dog will learn to settle on cue, impulse control, basic leash walking, and a reliable recall. Class is positive reinforcement, force free training, and is primarily a food-based reward program. The trainer recommends using a harness or no slip martingale collar and a standard 6 feet leash. All ages, no prerequisite classes.

W May 14-Jun 18 4-4:45pm 2050703-01 W Jul 9-Aug 20 4-4:45pm 2050703-02 NO CLASS 7/16

Introduction to Canine Parkour

Canine Parkour, where your dog can unleash their inner athlete and build confidence and resilience! In this exciting and dynamic class, your dog will learn to navigate and conquer a variety of obstacles in a safe, controlled environment. Unlike agility, that needs specific equipment, canine parkour uses the environment around you. As I like to say, "the world is your playground." Canine parkour encourages dogs to use their bodies in creative ways, jumping, climbing, balancing, and crawling through different structures. This class covers the novice skills for the International Canine Parkour Association Novice Title. All ages, no prerequisite classes.

W May 14-Jun 18 5-5:45pm 2050704-01 W Jul 9-Aug 20 5-5:45pm 2050704-02 NO CLASS 7/16





Group Meets: 5:45-6pm | Workout Begins: 6pm

Whether you are a walker looking for others to walk with, a walker looking to introduce jogging intervals, or a runner looking to incorporate a speed workout, we can't wait to meet you!

To learn more, join the PARK2PARK Pace Setters Facebook Group or email info@sycparksfoundation.org.

We run • we walk & run • we jog • we walk...Find your happy pace!



Horseback Riding for Teens & Adults

Ages 16+ Horsemanship for Life

Horsemanship for Life LLC is excited to expose adults to the world of horses! Whether you are looking to ride for the first time or brush up on your skills after some time off, this class is good for adults of all experience levels. Horseback riding is also a great way to get in shape and stay fit!

Riders will participate in mounted and unmounted activities each day in an indoor riding arena. Activities will include horse safety, horse body language, tacking skills, equine sciences and riding skills. Participants MUST wear long pants and closed toe boots or shoes with a minimum 1-inch heel. Participants who do not wear proper riding attire will not be allowed to ride due to safety reasons. Horseback riding helmets will be provided.

M-Th Jun 9-12 2050705-01 6-7:30pm

RES \$150 | NR \$160

27872 Moose Range Road, Sycamore

See Horseback Riding for Ages 8-16 on page 20.

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.

Mondays

May 5-Jun 23	6-6:50pm 7-7:50pm	2050905-01 2050905-02	
Jul 7-Aug 18	6-6:50pm 7-7:50pm	2050905-04 2050905-05	

Wednesdays

May 7-Jun 18 6:30-7:20pm 2050905-03 Jul 9-Aug 20 6:30-7:20pm 2050905-06

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

Self-Defense Seminar

Ages 12+ Jeremy Hays

Come join our interactive 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. Parents must remain in the building with participants ages 12-16. In this 90-minute course, we will discuss and practice the following:

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

Saturdays 1-2:30pm

May 10 2050916-01 Jul 26 2050916-03 Jun 14 2050916-02 Aug 16 2050916-04

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



Martial Arts Private Lessons

Ages 6+ Jeremy Hays

Experience personalized one-on-one Kajukenbo Karate and/or Self-Defense 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.



Group Fitness Classes

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

All group fitness classes take place in the Community Center. Classes are open to the public. A Pathway Fitness membership is not required to participate.



Lock in your fitness goals Keep the classes going strong Beat the cancelation blues!

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 5-visit Punch Card RES \$45 | NR \$55

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







Discount applies to programs on this page only. Learn more about Pathway Fitness on pages 12-13.

SUNDAYS				
Fit Fusion	12-1pm	Studio	*May 4-Jun 22	2050910-01
NO CLASS 5/11*	12 Ιρπ	Studio	Jul 13-Aug 24	2050910-02
TUESDAYS				
TRX & More	6-6:45am	Studio	May 6-Jun 17	2050917-01
		0 (0, 0, 0	Jul 8-Aug 19	2050917-03
Balanced Body	9:30-10:30am	Studio	May 6-Jun 17	2050911-01
			Jul 8-Aug 19	2050911-02
F.A.S.T.	5-6pm	Studio/	May 6-Jun 17	2050920-01
	·	Track	Jul 8-Aug 19	2050920-02
Pilates/Core	5-5:50pm	MPR B	May 6-Jun 17	2050902-01
	·		Jul 8-Aug 19	2050902-03
WOW	6-7pm	Studio	May 6-Jun 17	2050918-01
THECDAYS & THURSE			Jul 8-Aug 19	2050918-03
TUESDAYS & THURSE	DATS		May 1 May 22	2050921-01
Lunchtime Fitness			May 1-May 22 Jun 3-Jun 24	2050921-01
Class meets	12-12:45pm	Studio	Jul 8-Jul 29	2050921-02
2x per week!			Aug 5-Aug 26	2050921-03
WEDNESDAYS			Aug 5-Aug 20	2030921-04
Stretch & Flex Yoga			May 7-Jun 18	2050908-01
No Class 8/20*	9-10am	Studio	*Jul 9-Aug 27	2050908-03
Gentle Yoga			May 7-Jun 18	2050904-01
No Class 8/20*	10:15-11:15am	Studio	*Jul 9-Aug 27	2050904-03
			May 7-Jun 18	2050922-01
Advanced Tai Chi	1:30-2:30pm	Studio	Jul 9-Aug 20	2050922-02
THURSDAYS				
TDV 6: Maria	C C 4 F 2 122	Chudia	May 8-Jun 19	2050917-02
TRX & More	6-6:45am	Studio	Jul 10-Aug 21	2050917-04
Contla Voga	2.15 7.15nm	Studio	May 8-Jun 19	2050904-02
Gentle Yoga	2:45-3:45pm	Studio	Jul 10-Aug 21	2050904-04
Stretch & Flex Yoga	4-5pm	Studio	May 8-Jun 19	2050908-02
	4 3μπ	Studio	Jul 10-Aug 21	2050908-04
F.I.R.M.	5-6pm	Pathway	May 8-Jun 19	2050923-01
1.1.1X.141.	5 Opini	Fitness	Jul 10-Aug 21	2050923-02
Pilates/Core	6-7pm	Studio	May 8-Jun 19	2050902-02
	ο 7 βιτι	Stadio	Jul 10-Aug 21	2050902-04
FRIDAYS				
GluteXpress	7-7:45am	Studio	May 9-Jun 20	2050929-01
·			Jul 11-Aug 22	2050929-02
Cardio Kickboxing	6-6:45pm	Studio	May 9-Jun 20	2050932-01
			Jul 11-Aug 22	2050932-02
SATURDAYS			M 40 3 0:	2050242 22
WOW	9:30-10:30am	Studio	May 10-Jun 21	2050918-02
			Jul 12-Aug 23	2050918-04

Advanced Tai Chi

Ages 18+ Bev Schramer Enhance your life with moving meditation through Sun (soon) Tai Chi from the Tai Chi for Health Institute. Promote health and relaxation through slow, continuous, whole-body movement. Mind and Body move together in harmony to enhance strength, posture, agility, flexibility, and balance. Must have 14 weeks of Beginner Tai Chi classes or prior instructor approval.

Balanced Body

Bev Schramer Ages 18+ 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.



Jeremy Hays

Cardio Kickboxing

Ages 16+

This exciting class combines martial arts techniques, aerobic exercise, and rhythmic movements to give you a great, fun, and rewarding workout! Participants will improve their cardiovascular fitness, strength, and coordination while enjoying a dynamic program.

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 oneminute increments. With body weight, dumbbells, and machines, you will get a full body workout each session. All fitness levels are welcome.

Fit Fusion

Ages 16+ Cori Trolinger Invigorate your body and elevate your fitness journey with a dynamic seamless blend of cardio and strength training. This class caters to all fitness levels, fostering a sense of community and well-being as participants work towards achieving their fitness goals.

Gentle Yoga

Ages 16+ Leah Richards Experience a nurturing and supportive practice for all levels that focuses on gentle movements, deep stretches, and relaxation. We will prioritize creating a safe and welcoming environment for all sizes, abilities, and experiences where you can explore Yoga at your own pace. A series of gentle and flowing movements promote flexibility, mobility, and overall well-being. Modifications are available to ensure a comfortable and accessible practice for all participants.

GluteXpress

Ages 16+ Cori Trolinger Join this booty-burning experience that will deliver results, leaving you empowered and confident! Targeted workouts focus on toning and defining your glute muscles. Whether you're aiming for a lifted look or to improve functional strength find it in this fun and energetic group setting.

Lunchtime Fitness

Ages 18+ Laurie Gilbert Break a sweat, boost your energy levels, and recharge for the rest of the day. These fun and dynamic sessions combine elements of cardio, strength training, and mobility exercises. Say goodbye to the midday slump and hello to a healthier, happier you! Class meets two times per 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 Are you looking for a way to increase range of motion and achieve a deeper stretch? A series of gentle and effective stretching exercises and Yoga poses target tight muscles and joints in an environment that is inclusive and supportive of all sizes, abilities, and experiences. Everyone is welcome and modifications are available to ensure a comfortable and accessible practice for all participants.

TRX and More

Ages 16+ Cori Trolinger TRX is an effective total body workout that builds strength, flexibility, balance, and mobility using your own body weight, plus a little more fun added in!

WOW (Women on Weights)

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!

Pickleball Classes

Instructor: Brad Benson RES \$115 | NR \$125

Community Center Gym

Intro to Pickleball

This 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.

F May 9-Jun 20 12-1pm 2051107-01 NO CLASS 5/30 F Jul 11-Aug 15 2051107-02 12-1pm

Beginner Skills & Drills

Players with a 0-2.4 rating

This class 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 muscle memory to develop consistency in basic pickleball shots such as serves, return of serves, groundstrokes, volleys, blocking, and overheads. Bring your own paddle or use the equipment provided during class.

M May 5-Jun 16 11am-12pm 2051104-01 NO CLASS 5/26 M Jul 7-Aug 11 11am-12pm 2051104-07 M May 5-Jun 16 5-6pm 2051104-04 NO CLASS 5/26 M Jul 7-Aug 11 5-6pm 2051104-10



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 (2-4 people)	RES \$35 NR \$45
Small Group (3+ people)	RES \$30 NR \$40

Intermediate Skills & Drills

Players with a 2.5-3.4 rating

This class is designed to introduce intermediate-level players to the shots and strategies required for higherlevel 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.

M May 5-Jun 16	12-1pm	2051104-02	NO CLASS 5/26
M Jul 7-Aug 11	12-1pm	2051104-08	
M May 5-Jun 16	6-7pm	2051104-05	NO CLASS 5/26
M Jul 7-Aug 11	6-7pm	2051104-11	

Advanced Skills & Drills

Players with 3.5 rating and above

Focus your game 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.

M May 5-Jun 16	9-10am	2051104-03	
M Jul 7-Aug 11	9-10am	2051104-09	
M May 5-Jun 16	7-8pm	2051104-06	NO CLASS 5/26
M Jul 7-Aug 11	7-8pm	2051104-12	

New Youth Pickleball on page 21.

Drop In Pickleball

Bring your own equipment or borrow some from the front desk. There are four lined Pickleball courts available during Open Gym times. You can pay a daily fee or purchase an annual open gym pass. Outdoor courts are also available at West School and Reston Ponds Park.

Indoor court availability may be limited due to other gym users and Park District programs, especially during bad weather as programs may move indoors. If you wish to, please call ahead to check court availability but note that courts cannot be reserved ahead of time and are on a first come first serve basis.

Mon-Fri	8-11am	up to 4 courts
Mon, Wed, Fri	1-3pm	up to 4 courts
Sat & Sun	Please call	ahead for availability.

Daily Open Gym Fee RES \$6 | NR \$9 Community Center Gym



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.



There is purpose to our play!

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

Programs offered at Sycamore Park District Community Center, include: Walking Club • Social Nights • Fitness Inclusion • One on One Skill Building For details and a complete list of offerings, visit

kishsra.org.

At KSRA, summer means Summer Camps!

The Famous Camp Maple Leaf is seven weeks of active fun for those of school age. Held in Hopkins Park, the days are filled with nature, art, games, friends, fun and field trips.

When those seven weeks are over, Camp possABILITY starts in Sycamore for three more weeks of fun! More days filled with more activities to keep the summer going until school starts in August.

For more information, contact

Dawn Schaefer, MS, CTRS, **Executive Director**

DSchaefer@kishsra.org

1403 Sycamore Rd, DeKalb 779-777-7285

Follow us on Facebook and Instagram.



Member Districts:

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

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	darylg@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.



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.



Mission

Connecting Sycamore to wellness, nature and each other.

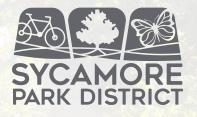
Vision

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.

Social Equity Statement

We embrace the rich diversity of our community and strive to ensure that every individual feels welcome, valued, and represented in all aspects of our work. By actively promoting diversity and inclusion, the Sycamore Park District reaffirms its dedication to creating a community where everyone can enjoy the physical, mental, and social benefits of recreation and greenspace.

Together, we are building a legacy that celebrates wellness, nature, and the strength found in our shared connections.



STAFF CONTACTS



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Josh Chesser	Golf Maintenance
Aric Coleman	Golf Maintenance

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Jeff Donahoe

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

CPACertified Public Accountant	
CPOCertified Pool Operator	Lisa
CPPCertified Program Planner	Sup
CPRECertified Park & Recreation Executive	815
CPRPCertified Park & Recreation Professional	
CPSI Certified Playground Safety Inspector	
CTRS Certified Therapeutic Recreation Specialist	
GCSAA Golf Course Superintendents Association of	America
MAOL Master's in Organizational Leadership	
USGTF United States Golf Teachers Federation	

Missy Faivre

Food & Beverage Asst

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Jackie Hienbuecher

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Jeremy Snow Park Maintenance

Steve Tritt

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Will Turner

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PARK AMENITIES & ADDRESSES

 = Amenity meets ADA Accessibility Requirements 		Baseball Back Stop	Basketball Courts	Beanbag Toss Goals	Biking	Cross-Country Skiing	Disc Golf Course	Exercise Stations	Fishing	Fishing Pier	Ladder Ball Game	Mowed Open Area	Native Restoration	Outdoor Table Tennis	Pickleball Court	Picnic Tables	Play Structures	Restrooms	River Overlook	Sand Play Area	Shelters	Soccer Goals	Swings	Fennis Courts	Walking/Hiking Path	Wooded Area	
Play Equipment Age Boynton Park A	ges 5-12	Ğ.	Ğ.) M	Bi	Ü	Ö	ũ	逆	Ĕ	Гg	∑	ž	Ō	Pi	• E	O	Re	\overline{\overl	Sa	S	Sc	<u>S</u>	Te	0	<u>></u>	303 Northgate Dr
-	ges 5-12	•	0									•				•	0				0		•				1800 Willow St
	iges 5-12																0			•	0		•				325 S Main St
Chief Black Partridge P	Park								•																•	•	2112 Frantum Rd
Citizens Memorial Ar Sports Complex Good Tymes & Lions Shelt	iges 2-12 iters	•		•	•	•	•		•		•	•		•		•	•	0		•	0		•		0		435 Airport Rd
Dr. John Ovitz Park A	iges 2-12			•							•	•				0	0				•				•		Constitution & Heron Creek Dr
Elmer & Stanley Larson	n Park											•				•											1501 John St
Emil Cassier Park												•													0		500 Olin H. Smith Dr
Founders Park A	ges 2-12											•				•	0				0		•		0		500 Heron Creek Dr
Kiwanis East Park A	ges 5-12	•			•							•				•	0	•					•		0		555 Borden Ave
Kiwanis Prairie Park A	ges 2-12	•	0									•				•	0	•		•	0		•		0		800 Borden Ave
Legacy Campus Community Center Brian Bernis Family Dog Pa Splash Fountain Splashpac Northwestern Medicine SI First National Bank Amphit	d led Hill															0											480 Airport Rd
Leon D. Larson Park A	ges 2-12				•	•						•	•			•	0		•		0				0	•	1212 Larson St
Merry Oaks Path					•	•			•																0	•	Enter off Merry Oaks Dr
Old Mill Park A	ges 5-12				•	•		•	•			•	•			•	0	0			0		•		0		50 Mt. Hunger Rd
Parkside Preserve					•	•			•			•	•												•		1212 Freedom Cir
Reston Ponds Park A	iges 2-12														•	•	0	•					•				444 Becker Pl
Riverside Soccer Comp	olex											•						•				•					1515 Airport Rd
Sycamore Community Sycamore Golf Club Club Caddyshack Grill		•	•		•	•						•				•	0	0			0		•	0	0		940 East State St
Sycamore Lake Ar Rotary Park	iges 2-12				•	•			0	•						•	0	0			•		•		0	•	400 N. Cross St
Wetzel Park A	ges 5-12	•	0	0								•				•	0	0		•	0		0	0	0		212 Rowantree Dr

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 779-777-7285

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 auidelines

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

Facility Taken to was Lost

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	e	
CITY	STATE	ZIP CODE	
EMAIL	DATE OF BIRTH		
If you do not have an account already, you will now have a ho to online registration at sycparks.org. To add additional members			
SPECIAL ASSISTANCE: If anyone in your household need program(s) you are registering for, please list their name			Kishwaukee Special Recreation
NAME:			Association
ACCOMMODATIONS:			

REGISTRATION

Participant's Name	Date of Birth	Class Code	Program Name		Fee
	//				\$
	//				\$
	//				\$
	//				\$
	//				\$
OFFICE USE: CASH CC CHECK #	STAFF:	: DATE IN R	ECTRAC:	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.

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.

Trips:

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.

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

ECRWSS RESIDENTIAL POSTAL PATRON SYCAMORE, IL 60178



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