

FALL 2026

PROGRAM GUIDE

REGISTRATION OPENS
AUGUST 3



SYCAMORE PARK DISTRICT



YOU HELP MAKE IT HAPPEN

Register at least **5 days** prior to the class start date and help avoid cancellations.

WHAT'S INSIDE?

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CONNECTING SYCAMORE TO WELLNESS, NATURE, & EACH OTHER

WELCOME!

TO THE SYCAMORE PARK DISTRICT

815-895-3365

INFO@SYCPARKS.ORG

DID YOU KNOW?

Community connections are essential to operating a Park District that doesn't just exist - it thrives! The Sycamore Park District is grateful for all the connections that help reach shared goals and continue sustaining and enhancing wellness in our community.

Community partnerships, event sponsors, and corporate advertising play a vital role in helping...

- Enhance facilities and programming beyond core services
- Provide flexibility with responsiveness and funding when allocating resources across the district
- Create a park district that attracts new residents and visitors
- Make community wellness a team effort
- Share resources and help one another accomplish shared goals and missions.



As a public course, the Sycamore Golf Club promotes wellness, inclusion, and community by providing affordable access to recreation, facilitating youth and educational programs, and hosting successful charity events. 2026 sponsors include CMJ IT Solutions, PJs Courthouse Tavern, and Orthodontic Experts. Their generous donations have helped support youth golf programming and enhanced the public golf experience.

Sycamore Golf Club is one of the most sought-after golf experiences in the region (over 33,000 rounds played per year!). Local sponsors help us do more while showing visiting golfers all the great things Sycamore has to offer!



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: Sep 7, Oct 25, Nov 26 & 27, Dec 25, Jan 1

Holiday Hours: Dec 24 & 31 8am-1pm



Sycamore Golf Club

In Sycamore Community Park
940 E. State Street

Clubhouse, Pro Shop
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, TIM!



Please join us in welcoming Tim Eisman, the Sycamore Park District's new full-time Buildings Custodian.

Tim brings more than 20 years of custodial experience, having worked as a janitor for a private company serving businesses throughout the Sycamore area. A Sycamore resident since 2003, he's excited to continue

serving the community in a new role while expanding his knowledge of facility maintenance and building connections with Park District staff and visitors alike.

When Tim isn't helping keep our facilities clean, safe, and welcoming, you'll likely find him on the disc golf course at Citizens Memorial Sports Complex, playing music, or hiking local trails with his dog.

Tim believes a little humor can go a long way. "I try to bring as much levity into any situation as I can. I love comedy, and I find when we all have a good laugh, it helps take the pressure out of the day."

We know Tim's experience, sense of humor, and ability to foster meaningful connections make him a wonderful addition to the Sycamore Park District team.

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FALL FAVORITES!

PAINT WITH ME

Page 5 | Ages 5+ with adult
Share a splash of creative connections.
September 26 & December 12



SPEED, STRENGTH, & CONDITIONING

Page 16 | Ages 8-13
Take your performance to the next level.



GROUP FITNESS

Pages 18-19
Find your group, fuel your fitness, reach your goals...
Join the Movement!





Art IN THE PARK

KIDS' ART
ACTIVITIES

COMMUNITY
PAINTING

FOOD
TRUCKS

FREE

SUNDAY
September 20

11am-3pm

Citizens Memorial
Sports Complex

Celebrate local creativity, connect
with unique artwork, and support
our community's artists!

Presented in
partnership with



Sponsored by



Paint with Me!

creative connection!

Share a splash of

Ages 5+ with adult

Guided instruction will help you and your child create two separate paintings that will be combined into one masterpiece to hang on the wall!

All supplies will be provided. Fee covers both participants.

Saturday
September 26
3030503-01

Saturday
December 12
3030503-02

12:30-2pm
Community Center
RES \$30 | NR \$40



Pumpkin Roll'Down

Saturday, October 17 • 2-4pm

Northwestern Medicine Sled Hill

\$5 per pumpkin

Reserve your pumpkin in advance by
October 10 at Sycamore Park District
Community Center or by calling
815-895-3365.



Presented by Kiwanis Club of Sycamore.

All Ages | Roll a pumpkin down the sled hill to the prize grid below. All it takes is a little bit of luck and a whole lot of fun. Also, try your luck at the balloon launch from the top of the hill. Kids activities in the gym sponsored by the Kiwanis Key Club.



Fall Golf Tournaments

Sycamore Golf Club



Ryder Cup Format Tournament

Sat, September 19

Tee times begin at 10am
\$50 per two-person team*

Rivalry and strategy where every shot counts - experience the thrill of the Ryder Cup!

Pass Holders Entries Open: Aug 19
Public Entries Open: Aug 20
Entries Close: Sep 12

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



Pumpkin Scramble

Fri, October 23

Sat, October 24

11am shotgun start
\$100 per 4-person team*

The beloved Pumpkin Scramble returns with twice the fun and double the tee times!

Pass Holders Entries Open: Sep 24
Public Entries Open: Sep 25
Entries Close: Oct 19



Frozen Fingers Open

Sat, November 14

\$50* per 2-person team*

No gloves, no glory! Sycamore's chilliest (and most fun) golf tradition is back!

Pass Holder Entries: Oct 14
Public Entries: Oct 15
Entries Close: Nov 9

All odd holes are played as a two-person scramble, and all even holes are played as an alternate shot.

*All are non-handicap events. Entry fee does not include greens fees. Register online at playgolfsycamore.com.



Cookies with Santa



*Help welcome
Santa and Mrs. Claus
to Sycamore!*

Each child will get to visit with Santa and Mrs. Claus, create a winter craft, and enjoy cookies and hot chocolate provided by Sycamore Lions Club.

Participants are encouraged to bring a donation of a non-perishable food item for the Sycamore Food Pantry or an unwrapped toy to be donated to DeKalb Toys for Tots.

FREE

Friday
December 11 • 4-7pm

Saturday,
December 12 • 9am-12pm

Community Center

FIRE & ICE FEST

SAVE THE DATE...THIS WINTER, SPICE THINGS UP AND MELT AWAY THE WINTER BLUES!

Saturday, January 23
11am-1pm • Community Center



CHILI COOK-OFF REGISTER NOW

Whether you're serving up grandma's secret recipe or spicing things up with a bold new twist, every chili has a story and a chance to win...

1st, 2nd, or 3rd Place in judged competition

The coveted People's Choice Award

The Most Festive Table Award

Cash Prize for 1st Place

\$10 Entry Fee | Deadline: January 10



SCIENCE SHOW

With Mad Science

GLASSBLOWING

Conair Glass Co.
Demos and items for sale

ICE CREAM SUNDAES

Donated by Sycamore Lions Club

FUN BALLOON ART

With New Life Church

CHILI TASTING

\$10 Tasting Ticket

FREE



Where tradition meets nature on every fairway.

In Sycamore Community Park • 940 E. State St. • 815-895-3884

PLAYGOLFSYCAMORE.COM

Putting Workshop

Learn to read the greens like a pro and turn small improvements into big changes in your score. Get back to the basics with topics including aim, consistency, pace and speed, technique, and routine. Bring your own putter and a few golf balls.

Tuesday, Aug 18 Ages 8-14 5-5:45pm
RES \$25 | NR \$30 Ages 15+ 6-7pm



Chipping Workshop

Get your short game on point and turn struggles around the greens into a walk in the park. Several techniques and strategies of bunker play will be covered. Bring your own clubs and golf balls.

Thursday, Aug 20 Ages 8-14 5-5:45pm
RES \$25 | NR \$30 Ages 15+ 6-7pm

Private Lessons

**Paul Price, Superintendent of Golf Services,
USGTF Golf Teaching Pro**

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!"

For lesson and package information, or to schedule an appointment, contact Paul at 815-895-3884 or paulp@sycparks.org.



*There's still lots of fun
left to be had on the
fairways. Round out your
season with a fall event!*

Fall Golf Tournaments

Ryder Cup Format Tournament

Sat, September 19

Pumpkin Scramble

Fri, October 23 & Sat, October 24

Frozen Fingers Open

Sat, November 14

See page 6 for details.



SEASON PASSES RESIDENT | NONRESIDENT

Unlimited	\$675	\$845
Unlimited Senior Ages 62+	\$615	\$790
Unlimited Student Ages 14-20	\$400	\$530
Unlimited Spouse/Partner*	\$430	\$585
Unlimited Youth** Ages 13 & under	\$275	\$395
Weekday	\$500	\$660
Weekday Senior	\$440	\$600
Weekday Spouse/Partner*	\$350	\$520
Senior 3-Day †	\$325	\$450

GREEN FEES RESIDENT | NONRESIDENT

Weekday 9 Holes	Before 5pm	\$18	\$20
	After 5pm	\$15	\$15
Weekday 18 Holes	Before 2pm	\$30	\$33
	After 2pm	\$26	\$28
Weekend 9 Holes	Before 5pm	\$20	\$22
	After 5pm	\$15	\$15
Weekend 18 Holes	Before 2pm	\$33	\$36
	After 2pm	\$28	\$28

YOUTH, STUDENTS, & SENIORS GREENS FEES

All Day 9	Weekends after 1pm	\$12	\$13
All Day 18	Weekends after 1pm	\$22	\$24

CART FEES †† 9 | 18 HOLES

Early Bird: Weekdays before 8am	\$9	\$15
Standard	\$10	\$18
Evening Owl: Weekdays after 5pm 9 holes 2pm 18 holes	\$8	\$15
Push Carts	\$3	\$3

*Both pass holders must reside in the same household.

**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.

Sycamore Golf Club Club Championship

Sat & Sun, August 22 & 23

Compete for glory in the Sycamore Golf Club's Annual Club Championship!

Established in 1923, Sycamore Golf Club has a rich history of competitive golf, and this championship is a highlight of the season featuring multiple flights for golfers of all skill levels. The Championship Flight will be decided over a single weekend instead of two as it has been historically.

To participate, a player must be a Season Pass Holder 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.

Pass holders, don't miss your chance to showcase your skills and be part of this exciting tradition.



To remember and honor Boone, trusty Golf Club companion of 3 years, we will collect donations to support local shelters.

A Chance to Win
Additional Savings in the Pro Shop
Discounted 2027 Pass!

In Sycamore Park District Community Center • 480 Airport Rd.

Building Hours Mon-Fri: 6am-9pm
Sat: 8am-6pm
Sun: 10am-2pm

		Paid in Full	Annual Monthly	24-HOUR ACCESS	FITNESS CENTER	TRACK	OPEN GYM	FITNESS STUDIO	GROUP FITNESS 5-VISIT PUNCH CARD	POPUK GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES	Paid in Full	Annual Monthly
24-HR MEMBERSHIPS		AGE	RESIDENT									NONRESIDENT	
Individual Member	18-61	\$328	\$30	•	•	•	•	•	•	•	50%	\$491	\$46
Add'l Household Member		\$164	\$15	•	•	•	•	•	•	•	50%	\$246	\$22
Senior Individual Member	62+	\$263	\$24	•	•	•	•	•	•	•	50%	\$393	\$37
Add'l Senior Household Member		\$131	\$13	•	•	•	•	•	•	•	50%	\$196	\$19
3 Month Membership	18+	\$103		•	•	•	•					\$154	
Track Only Membership	18+	\$96		•		•						\$143	
BUILDING-HOUR PASSES		AGE	RESIDENT									NONRESIDENT	
Individual	14-61*	\$263	\$24		•	•	•	•		•	20%	\$393	\$37
Add'l Household Member		\$131	\$13		•	•	•	•		•	20%	\$196	\$19
Senior Individual	62+	\$210	\$20		•	•	•	•		•	20%	\$315	\$28
Add'l Senior Household Member		\$105	\$11		•	•	•	•		•	20%	\$156	\$15
3 Month Pass	14+*	\$83			•	•	•					\$125	
Track Only Pass	10+	\$75				•						\$113	
Open Gym Only Pass	All Ages	\$62					•					\$91	
DAILY ADMISSION		Paid in Full	AGE	RESIDENT								NONRESIDENT	
Pathway/Track 12-Visits Prepaid Card	14+*	\$108			•	•	•					\$162	
Open Gym 5-Visits Prepaid Card	All Ages	\$23					•					\$37	
Pathway/Track/Open Gym Daily	14+*	\$13			•	•	•					\$18	
Track Only Daily	10+	\$6				•						\$8	
Open Gym Daily	All Ages	\$7					•					\$10	

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

Ages 14+ | 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



INDOOR 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.

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 \$3 (Regular daily admission RES \$6 | NR \$8). For programs held in the Community Center.

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 guidelines.



GROUP FITNESS CLASS DISCOUNT

Find your group. Fuel your fitness. Reach your goals! Join the movement with a wide range of group fitness classes at the Community Center. See the list of programs on page 18.

Pathway Fitness 24-7 Members and Building Hour Pass Holders receive discounted group fitness program fees.

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.



BRIAN BEMIS FAMILY DOG PARK

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 December 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 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 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 1/4 of a mile, so four times around is your mile workout!



Dog Training Workshops

See page 22

Sep 19	Beginner Parkour
Oct 3	Paws for Poses: Photo Ready Tricks Class
Oct 31	Basic Canine First Aid
Nov 14	Holiday Prep
Nov 21	Introduction to Basic Nose Work
Dec 5	Intermediate Parkour
Dec 19	Holiday Prep: Settling in the midst of chaos

SPLASH FOUNTAIN SPLASHPAD

On Legacy Campus, 480 Airport Road



This zero-depth nature-themed water playground is a fun oasis for all ages. Stay cool while interacting with each other and the wonderful world of water!

Hours May 23-September 6	
Mon-Fri	10am-8pm
Sat	10am-6pm
Sun	10am-2pm
Daily Admission	
Ages 11	Months & under FREE
Ages 1+	RES \$4 NR \$6
Ages 10 and under must be accompanied by an individual age 16+. Daily admission is non-refundable.	
15-visit Pre Paid Card	
Ages 1+	RES \$45 NR \$75

Private Rentals

Add a splash of fun to your gathering!
Saturdays 6-8pm | Sundays 2-8pm
\$100 per hour | 2-hour minimum rental

Field Trips

\$2 per person

To receive the group rate, please call ahead (815-895-3365) to schedule your organization, day care, or school group visit. Group size minimum 15/maximum 50. Splash Fountain will remain open to the public.



We have the facility, supplies, and fun to throw an unforgettable party at a great price.

YOUTH BIRTHDAY PARTIES

Parties take place at the Community Center and include the party room and gym time.

Reservations must be made at least two weeks prior to the event date. Maximum 18 children.

90-Minute Party \$199*

- Setup and Cleanup
- Activities & supervision 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 Sat and Sun, May-Aug.

*NERF®

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

*Build a Theme

We will adjust our party themes to match your needs to the best of our ability \$219

Add Ons

3 Pizzas: \$60
Large 1-topping
Cake: \$40

Themes

Construction • NERF®
Ninjas • Princess • Pirate
Splash Fountain • Sports
Superhero • Build Your Own!

Ready to start planning? Contact Reanna at reannap@sycparks.org or 815-895-3365.

PARENTS' ESCAPE FOR ERRANDS

A safe, supervised, fun-filled night for them means peace of mind (and free time!) for you.

CRAFTS • GAMES • FREE PLAY ACTIVITIES IN THE GYM

Fridays • 6:15-8:45pm

Ages 4-11 • Community Center

Advance registration required
RES \$20 | NR \$25

Sep 18	Back to You	3039902-01
Oct 16	Pumpkin Peace	3039902-02
Nov 20	Grateful Break	3039902-03
Dec 18	Wrap it Up	3039902-04

Need a few hours to get things done without any tiny shadows or curious eyes following you around? Let us help!

Drop the kids off for an evening of fun while you check off your to-do list – or just enjoy a well-deserved date night! Kids will enjoy hands-on crafts, active playtime in the gym, and wind down with a cozy movie before pick-up.

Tuesday Twos

Ages 2 Sycamore Park District Staff

Wiggle, giggle, and grow! This playful mini class helps little ones build confidence while socializing with new teachers and friends. Featuring hands-on crafts, cheerful social time, and energetic play in the gym, it's the perfect opportunity for busy toddlers to spread their wings! Parents/guardians are asked to remain with their little one(s) during class time.

Tu Sep 8-Oct 13 9:30-10:15am 3020808-01

Tu Oct 27-Dec 8 9:30-10:15am 3020808-02 NO CLASS 11/24

RES \$52 | NR \$62 Community Center MPR C

ABCs & 123s

Ages 2.5-4 Natalie Quinlan

Engage your little one with hands-on and creative play. In a preschool-based environment, students 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. Each session brings new curriculum and experiences. Parents/Guardians are asked to stay in the hallway during class time if their little one has difficulty using the washroom independently.

M Sep 14-Oct 26 8:15-9:15am 3020805-01 NO CLASS 10/12

M Nov 9-Dec 21 8:15-9:15am 3020805-02 NO CLASS 11/23

RES \$60 | NR \$70 Community Center MPR C

ThinkerLabs

Ages 3.5-5 Natalie Quinlan

Think, explore, and create! This hands-on learning adventure helps young minds build problem-solving skills, inspire curiosity, strengthen confidence, and promote teamwork. A blend of STEM concepts and fun activities introduces phonics, basic math, and creative thinking in an engaging, play-based environment! Each session brings new curriculum and experiences. Parents/Guardians are asked to stay in the hallway during class time if their little one has difficulty using the washroom independently.

M Sep 14-Oct 26 9:30-10:30am 3020803-01 NO CLASS 10/12

M Nov 9-Dec 21 9:30-10:30am 3020803-02 NO CLASS 11/23

RES \$60 | NR \$70 Community Center MPR B

HOMESCHOOL @ THE COMMUNITY CENTER

Give your homeschooled child additional opportunities to learn, connect, and let their energy out!

Wednesdays 12:30-3:30pm
Ages 5-11 Community Center MPR C

Sep 2-Oct 14 3030804-01

Oct 28-Dec 16 3030804-02 NO CLASS 11/25

RES \$90 | NR \$100 \$10 Sibling Discount

Students will spend part of their day in the classroom studying a variety of subjects that...

**SPARK
CURIOSITY**
**CULTIVATE
CREATIVITY**



**BUILD
CONFIDENCE**
**PROMOTE
TEAMWORK**

GYM TIME provides organized games or an introduction to sports skills to **keep their bodies active and build healthy fitness habits.**

A water bottle and good, athletic footwear are highly recommended.



DANCE & TUMBLE STARS

Watch your little star build strength, grace, and confidence in these introductory classes that make movement fun!

Each session features different music, movement games, and themes – no two sessions are the same.

Tumble Tots

Ages 3.5-5.5 Sycamore Park District Staff

Improve strength, coordination, and gross motor skills as you roll, jump, and balance through fun obstacle courses and basic tumbling drills. This high-energy class encourages confidence through safe, age-appropriate challenges. Barefoot is best while on tumbling equipment.

Sa Sep 12-Oct 17	9-9:45am	3021101-01	
Sa Nov 7-Dec 19	9-9:45am	3021101-02	NO CLASS 11/28
RES \$54 NR \$64		Community Center Gym	

Tumble Stars

Ages 4-7 Sycamore Park District Staff

A perfect class for kids with energy to burn and a love for movement! Tumbling and creative obstacle courses combine to develop agility, flexibility, and control. Some more advanced skills such as rolls, cartwheels, and balance work may be introduced all in a supportive environment. Barefoot is best while on tumbling equipment.

Sa Sep 12-Oct 17	10-10:45am	3031109-01	
Sa Nov 7-Dec 19	10-10:45am	3031109-02	NO CLASS 11/28
RES \$54 NR \$64		Community Center Gym	

Tiny Dancers

Ages 3-5 Sycamore Park District Staff

Twirl into the world of dance where engaging activities encourage children to explore movement, learn dance basics, and improve coordination. With a focus on creativity and self-expression, dancers will have a blast moving to the music while developing rhythm and body awareness. No tap shoes, please. 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."

Sa Sep 12-Oct 17	11-11:45am	3030402-01	
Sa Nov 7-Dec 19	11-11:45am	3030402-02	NO CLASS 11/28
RES \$54 NR \$64		Community Center Fitness Studio	

Rising Rhythms

Ages 5-8 Sycamore Park District Staff

This beginner-friendly class is built on basic dance principles, introducing structure, forms, and technique. Students will improve coordination, rhythm, and stage presence – all while having a blast! No tap shoes, please. Parents are asked to wait outside of the room during class time, except for the final "Family Showcase Day" when all are invited in to watch their dancer shine.

Sa Sep 12-Oct 17	12-12:45pm	3030403-01	
Sa Nov 7-Dec 19	12-12:45pm	3030403-02	NO CLASS 11/28
RES \$54 NR \$64		Community Center Fitness Studio	

YOU HELP MAKE IT HAPPEN!

Sign up at least **5 DAYS** prior, to the start date and help avoid cancellations.

The Art Lab

Ages 6-13

Emily Fiala

Be inspired and create something amazing! From painting and drawing to sculpture and mixed media, this hands-on class lets young artists experiment with different materials, explore new techniques, and celebrate their creativity. Every session is a new adventure – just bring your imagination!

Th Sep 10-Oct 15 5:15-6:30pm 3030505-01

Th Oct 29-Dec 10 5:15-6:30pm 3030505-02 NO CLASS 11/26

RES \$56 | NR \$62

Community Center MPR C



Flags in Motion

Ages 12-18

Katie Finlon

RES \$43 | NR \$53

Community Center Gym

Color Guard Fun-damentals

Get a taste of that halftime performance magic with this beginner-friendly color guard program! Designed for newcomers who may have admired flag-spinning from afar, participants can expect to learn basic moves on similar types of flags used by members of Drum Corps International and Winter Guard International color guards. Never picked up a flag in your life? We will teach you! Don't have your own flag? We'll provide one for class use! The session ends with performing a short routine for family and friends.

M Sep 21-Oct 19 6:30-7:30pm 3040701-01

Intermediate / Advanced

If you loved learning color guard FUN-damentals and you're looking to learn more or if you are already in a fall guard program but looking for more conditioning opportunities, this intermediate and advanced section is for you! Participants can expect to apply what they learned from the basics program and learn more challenging flag moves in this go-around. Like the beginner program, the intermediate/advanced session ends with performing a short routine for family and friends.

M Sep 21-Oct 19 7:30-8:30pm 3040701-02

Speed, Strength, and Conditioning

Ages 8-13

Mia McMullin

Take your athletic performance to the next level! This high-energy class helps young athletes build explosive speed, increase total-body strength, and improve endurance through fun, functional training. Participants will boost agility, balance, and confidence with a mix of dynamic drills, teamwork challenges, and conditioning games designed to help them move faster and perform better in any sport.

Tu Sep 8-Oct 13 5-6pm 3030901-01

Tu Oct 27-Dec 8 5-6pm 3030901-02 NO CLASS 11/24

RES \$50 | NR \$60

Community Center

Kajukenbo Karate

Instructor: Sifu Jeremy Hays

Kajukenbo, a hybrid martial art with elements of karate, judo, kempo, and kung fu, is America's first martial art. Adaptable to all skill and age levels, this practice blends self-defense and karate forms to instill self-confidence and respect for self and others.

Students may progress through a series of belt tests following skill demonstration and a specified number of hours of class practice time.

RES \$55 | NR \$65 Community Center Fitness Studio



	Ages 6-13	Ages 14+
Mondays	6-6:50pm	7-7:50pm
S1: Aug 31-Oct 19*	3050904-01	3050904-02
S2: Nov 2-Dec 21*	3050904-05	3050904-06
Wednesdays	6:30-7:20pm	7:30-8:20pm
S1: Sep 2-Oct 14	3050904-03	3050904-04
S2: Oct 28-Dec 16**	3050904-07	3050904-08

*NO CLASS 9/7, 11/23 **NO CLASS 11/25

Open Skills Saturdays Included FREE with registration of any Kajukenbo Karate class! See page 20 for details.



Keep an eye out for youth pickleball opportunities. Information will be shared on the Sycamore Park District Facebook page and website at sycparks.org.

SESSION 1	AGE	FEE & TIME	CODE	LOCATION
Mon, Aug 24-Oct 12 NO CLASS 9/7				
Jr. Basketball	3-4	4-4:45pm	3031001-01	Gym
Jr. Basketball	5-6	4:45-5:45pm	3031001-02	Gym
Basketball Skills	7-9	5:45-6:45pm	3031001-03	Gym
Tue, Aug 25-Oct 13				
Jr. T-Ball	3-4	4-4:45pm	3031001-04	SH
Jr. T-Ball	5-6	4:45-5:45pm	3031001-05	SH
Baseball/Softball Skills	7-9	5:45-6:45pm	3031001-06	SH
Wed, Aug 26-Oct 14				
Jr. Soccer	3-4	4-4:45pm	3031001-07	SH
Jr. Soccer	5-6	4:45-5:45pm	3031001-08	SH
Soccer Skills	7-10	5:45-6:45pm	3031001-09	SH
Thu, Aug 27-Oct 15				
Jr. Soccer	3-6	10-10:45am	3031001-10	Gym
Jr. Multi-Sport	3-6	10:45-11:30am	3031001-11	Gym
Jr. Basketball	3-6	11:30am-12:15pm	3031001-12	Gym
Jr. Multi-Sports	3-5	4-4:45pm	3031001-13	Gym
Jr. Multi-Sports	5-7	4:45-5:45pm	3031001-14	Gym
Multi-Sports Skills	7-10	5:45-6:45pm	3031001-15	Gym
Sat, Aug 29-Oct 17 NO CLASS 9/5 **RES \$80 NR \$89 *RES \$95 NR \$105				
Jr. Parent Tot**	2-3	9:30-10am	3031001-16	SH
NEW Soccer	4-6	10:15-11:15am	3031001-17	SH
Development League*	6-8	11:30am-12:30pm	3031001-18	SH
SESSION 2	AGE	FEE & TIME	CODE	LOCATION
Mon, Oct 26-Dec 14 NO CLASS 11/23				
Jr. Soccer	3-4	4-4:45pm	3031002-01	Gym
Jr. Soccer	5-6	4:45-5:45pm	3031002-02	Gym
Soccer Skills	7-9	5:45-6:45pm	3031002-03	Gym
Tue, Oct 27-Dec 15 NO CLASS 11/24				
Jr. Basketball	3-4	4-4:45pm	3031002-04	Gym
Jr. Basketball	5-7	4:45-5:45pm	3031002-05	Gym
Basketball Skills	8-10	5:45-6:45pm	3031002-06	Gym
Wed, Oct 28-Dec 16 NO CLASS 11/25				
Jr. Basketball	3-4	4-4:45pm	3031002-07	Gym
Jr. Soccer	5-6	4:45-5:45pm	3031002-08	Gym
Jr. Tball	7-9	5:45-6:45pm	3031002-09	Gym
Thu, Oct 29-Dec 17 NO CLASS 11/26				
Jr. Soccer	3-6	10-10:45am	3031002-10	Gym
Jr. Multi-Sport	3-6	10:45-11:30am	3031002-11	Gym
Jr. Basketball	3-6	11:30am-12:15pm	3031002-12	Gym
Jr. Multi-Sport	3-5	4-4:45pm	3031002-13	Gym
Jr. Multi-Sport	5-7	4:45-5:45pm	3031002-14	Gym
Multi-Sports Skills	7-10	5:45-6:45pm	3031002-15	Gym
Sat, Oct 31-Dec 19 NO CLASS 11/28				
Grades K-1 Basketball League		10-11am	3031003-01	Gym
Grades 2-3 Basketball League		11:15am-12:30pm	3031003-02	Gym
Grades 4-5 Basketball League		12:45-2:00pm	3031003-03	Gym



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 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.

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.

ADULT ACTIVITIES

FIND YOUR GROUP
FUEL YOUR FITNESS
REACH YOUR GOALS
Join the Movement!

@ SYCAMORE PARK DISTRICT
COMMUNITY CENTER



5 REGISTER
DAYS B4
CLASS BEGINS

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

Group Fitness Fee Per Session

RES \$63 | NR \$73

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.

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.

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

Daily Drop-in..... RES \$11 | NR \$16

Punch Card..... RES \$50 | NR \$60



24/7 Pathway Fitness
Members



Building Hour Pathway
Fitness Pass Holders

Discount applies to programs on this page only. Learn more about Pathway Fitness on pages 10-11.

MONDAYS			Sep 21-Nov 2	Nov 9-Dec 21
Zumba®	11-11:50am	Studio	3050912-01	3050912-03
TUESDAYS NO CLASS 11/24*			Sep 1-Oct 13	*Oct 27-Dec 15
Balanced Body	9:30-10:30am	Studio	3050911-01	3050911-02
Tai Chi	2-3pm	Studio	3050924-01	3050924-02
Pilates/Core	5-5:50pm	MPR B	3050905-01	3050905-03
F.A.S.T.	5-6pm	Studio/Track	3050920-01	3050920-02
WOW	6:10-7:10pm	Studio	3050918-01	3050918-03
TUESDAYS & THURSDAYS NO CLASS 10/22*				
Lunchtime Fitness	12-12:45pm	Studio/Track	Sep 3-24	3050921-01
Classes 2x a week!			*Oct 1-27	3050921-02
			Nov 3-24	3050921-03
			Dec 1-22	3050921-04
WEDNESDAYS NO CLASS 11/25*			Sep 2-Oct 14	*Oct 28-Dec 16
Stretch & Flex Yoga	9:15-10:15am	Studio	3050908-01	3050908-02
Gentle Yoga	10:30-11:30am	Studio	3050903-01	3050903-03
Advanced Tai Chi	2-3pm	Studio	3050922-01	3050922-02
Zumba®	5:15-6:05pm	Studio	3050912-02	3050912-04
THURSDAYS NO CLASS 11/26*			Sep 3-Oct 15	*Oct 29-Dec 17
Gentle Yoga	2:45-3:45pm	Studio	3050903-02	3050903-04
F.I.R.M.	5-6pm	Pathway Fitness	3050923-01	3050923-02
FIT Plus	5-5:50pm	Studio	3050910-01	3050910-02
Pilates/Core	6-7pm	Studio	3050905-02	3050905-04
Pilates Over 55	9-9:50am	Studio	Sep 24-Oct 29	*Nov 5-Dec 17
6-Week Session	RES \$54 NR \$64	NO CLASS 11/26*	3050907-01	3050907-02
SATURDAYS NO CLASS 11/28*			Sep 5-Oct 17	*Oct 31-Dec 19
WOW	9:30-10:30am	Studio	3050918-02	3050918-04

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.

F.A.S.T. Fitness and Stability Toning**Ages 18+** **Laurie Gilbert**

All fitness levels will find their path towards strength, balance, and flexibility. This class prioritizes safe exercises and proper techniques with an array of different equipment.

F.I.R.M. Fitness in Rep Machines**Ages 16+** **Laurie Gilbert**

Efficiency is the name of the game when you target muscle groups in one-minute increments for an effective full-body workout each session. All fitness levels welcome.

FIT Plus**Ages 18+** **Jessica Carls**

It's time to build a stronger you with this quick, full body training session for all workout levels! Learn how to integrate free weights into your routine while improving balance, increasing muscle tone and endurance, and boosting your overall wellness. Each class will end with a cardio finisher to fire up your metabolism and keep you feeling fit!

Gentle Yoga**Ages 16+** **Leah Richards**

Explore Yoga at your own pace in this safe and welcoming environment. Leah guides you through a series of gentle, flowing movements that promote flexibility, mobility, and overall well-being. This class 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.

Lunchtime Fitness**Ages 18+** **Laurie Gilbert**

Say goodbye to the midday slump and hello to a healthier, happier you! Get ready to break a sweat, boost your energy levels, and recharge for the rest of the day with a fun and dynamic session that combines elements of cardio, strength training, and mobility exercises. 45-minute classes twice a week.

Pilates/Core**Ages 16+** **Jessica Carls**

Achieve a complete body workout with the best of both worlds! Yoga's mindful breathing, increased range of motion, and flexibility fuse with effective core training and overall body strengthening of Pilates. All fitness levels are welcome, and movement modifications will be offered.

Pilates Over 55**Ages 55+** **Barbara Reynolds**

This class, designed for adults 55+ including those beginner exercisers, will improve core strength, flexibility, balance, and overall fitness with a gentle, joint friendly approach. Emphasizing posture, breathing, and functional movement, exercises are made to be effective, yet tailored to meet your current fitness levels, and support your daily activities. Build stamina, mobility, and ability while enhancing your well-being through mindful movement and visualization.

Stretch & Flex Yoga**Ages 16+** **Leah Richards**

Target tight muscles and joints with gentle and effective stretching exercises and Yoga poses that increase range of motion and help you achieve a deeper stretch. This class 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.

Tai Chi**Ages 18+** **Bev Schramer**

Move your mind and body together in harmony to enhance strength, posture, agility, flexibility, and balance. Slow, continuous, whole-body movement promotes health and relaxation. Enhancing your life with moving meditation through Sun (soon) style Tai Chi from the Tai Chi for Health Institute. Advanced Session Registrants: Must have 14 weeks of Tai Chi classes or prior instructor approval.

WOW Women on Weights**Ages 16+** **Jessica Carls**

Ladies, they say building muscle is essential to our wellness. Learn how to incorporate free weights into your workouts and watch your posture improve, strength increase, and body mass melt away. Are you ready for a positive mind and body transformation?!

ZUMBA® Mondays**Ages 18+** **Barbara Reynolds**

A modified, low-impact class perfect for active, older adults seeking a Zumba® experience. This class recreates the beloved moves at a lower intensity. Featuring easy-to-follow moves emphasizing balance, range of motion, and coordination, participants leave feeling empowered and strong. Benefits include improved cardiovascular health, muscle conditioning, flexibility, and balance.

ZUMBA® Wednesdays**Ages 18+** **Jennifer Weech**

Dance, move, and feel great in this energizing Zumba class designed for all fitness levels. Easy-to-follow routines focused on balance, coordination, and a range of motion will leave you feeling strong and empowered. Boost your cardio, build muscle, and have fun doing it

Self-Defense Seminar

Ages 12+*

Jeremy Hays

Build self-esteem, boost confidence, and improve physical and emotional fitness. This interactive self-defense training seminar not only helps you protect yourself, but others too, as you discuss and practice:

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

Saturdays 1-2:30pm

Sep 12 3050916-01 Nov 14 3050916-03

Oct 17 3050916-02 Dec 12 3050916-04

FREE *Advance registration required*

Community Center Fitness Studio

*Parents must remain in the building with participants ages 12-15

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@syncparks.org.

Sound Bath Sessions

Ages 16+

Noelle Lyons

Noelle of Bare Soul Healing invites you to return to yourself. Slow down, soften and reconnect with your natural rhythm and wisdom. Rest in soothing frequencies from crystal-singing bowls and other gentle instruments as the vibrations wash over you, easing tension and guiding you into deep relaxation. Simply arrive, receive, and surrender.

Bring comfort items, such as a favorite yoga mat (or use one of ours) or even a pillow and blanket for extra comfort and stillness.

Sundays 11am-12pm

Sep 20 3050934-01 Nov 22 3050934-03

Oct 18 3050934-02 Dec 13 3050934-04

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

Kajukenbo Karate

Instructor: Sifu Jeremy Hays



Kajukenbo, a hybrid martial art with elements of karate, judo, kempo, and kung fu, is America's first martial art. Adaptable to all skill and age levels, this practice blends self-defense and karate forms to instill self-confidence and respect for self and others.

Students may progress through a series of belt tests following skill demonstration and a specified number of hours of class practice time.

RES \$55 | NR \$65 Community Center Fitness Studio

	Ages 6-13	Ages 14+
Mondays	6-6:50pm	7-7:50pm
S1: Aug 31-Oct 19*	3050904-01	3050904-02
S2: Nov 2-Dec 21*	3050904-05	3050904-06
Wednesdays	6:30-7:20pm	7:30-8:20pm
S1: Sep 2-Oct 14	3050904-03	3050904-04
S2: Oct 28-Dec 16**	3050904-07	3050904-08

*NO CLASS 9/7, 11/23 **NO CLASS 11/25

Open Skills Saturdays Included FREE with registration of any Kajukenbo Karate class! This open-format class offers students of all ages the chance to sharpen their skills in a supportive environment. Whether you're preparing for a belt test or just want to build confidence in your strikes, kicks, or blocks, this is the perfect time to focus on what you need most. Join fellow Kajukenbo participants for extra practice, guidance, and encouragement as you grow on your martial arts journey!

8:15-9:15am Community Center Fitness Studio

Session 1 Students	Sep 5-Oct 17	3050904-09
Session 2 Students	Oct 31-Dec 19*	3050904-10

*NO CLASS 11/28

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.

Drop In Pickleball

During Open Gym times, there are four lined pickleball courts. Participants can pay the daily fee or purchase an annual Open Gym Pass. Bring your own equipment or borrow some from the front desk. 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.

Daily Open Gym Fee RES \$7 | NR \$10
Community Center Gym

Mon-Fri	8-11am	Up to 4 courts
Mon, Wed, Fri	1-3pm	Up to 4 courts
Sat & Sun	Call ahead for availability	

Pickleball Lessons: Private & Semi-Private

Build Skills. Gain Confidence. Have Fun. Join Coach Mlu for personalized pickleball instruction in a welcoming, supportive environment. Whether you're brand new to the game or looking to sharpen your skills, Mlu makes each session fun, encouraging, and productive. Because pickleball is more than just a sport, it's a way to build community, stay active, and connect with others while growing together.

Learn more at sycparks.org and keep an eye out for youth pickleball opportunities on Sycamore Park District Facebook page.

Volleyball Leagues

With a well-structured season, exciting tournament, and the chance to win cash prizes, there's no better way to enjoy the fun and camaraderie of volleyball! Register early (spots fill fast) and prepare for an unforgettable season of spikes, serves, and fun

Wednesday Leagues

Women's Recreational

NEW Women's Competitive

Thursday Leagues

Coed Recreational

Coed Competitive

Registration

Opens: Mon, August 3 | Closes: Sun, October 4
Team Fee \$450

Team registration must be completed in person by the team captain at the Community Center Service Desk. Minimum of 5 players per team. Fees must be paid in full at the time of registration. Registration is first-come, first-served until leagues are filled.

League & Tournament

Leagues play from the last week in October to April followed by a double-elimination tournament. All held in the Community Center Gym.

During the league, teams play once a week between 6:15 and 10:15pm for up to 14 weeks. A thrilling double-elimination tournament follows for up to five weeks. Winners receive cash prizes! Each league is capped at 10 teams, ensuring a high level of competition and organization. Length of league and tournament depend on the number of teams and makeup days due to weather. No Games: Nov 25, 26; Dec 23, 24; Dec 30, 31; Mar 24, 25



FIRE & ICE FEST

CALL FOR CHILI COOKS!

ANNUAL
CHILI
COOK-OFF

SAT, JANUARY 23

11AM-1PM • \$10 ENTRY FEE

REGISTRATION DEADLINE: JAN 10

Register at the Community Center, 815-895-3365.
For event details see page 7.







Dog Training Workshops

Katie Morgan, ABCDT

Saturdays 9-11am

RES \$65 | NR \$75 Community Center MPR A/B



These fun, informative, and accessible workshops are great for brushing up on skills or exploring something new! Dogs of all ages and skill levels are welcome. They must be group-appropriate and comfortable working around other dogs and people.

All workshops use positive reinforcement, force-free training methods, focusing on building confidence, communication, and trust while keeping learning enjoyable for your dog.

Beginner Parkour

Sep 19 3050702-01

Canine parkour, a fun and practical activity that builds confidence, body awareness, and teamwork. Using safe obstacles, dogs learn how to navigate their environment with purpose while responding to clear handler cues. This class is suitable for beginner teams looking to expand their training toolkit and strengthen communication, however no prior experience is required.

Paws for Poses: Photo Ready Tricks Class

Oct 3 3050702-02

These tricks aren't only fun to learn but also perfect for photos and social media. Whether you're looking to capture holiday photos, action shots, or everyday memories, this class helps you teach clean, expressive behaviors that photograph beautifully.

Basic Canine First Aid

Oct 31 3050702-03

Note this is not a certification class

Gain essential knowledge and skills to respond calmly and effectively during common canine emergencies, including recognizing signs of injury or illness, providing immediate care, and knowing when veterinary attention is needed. This workshop does not replace veterinary care but equips participants with the tools to support their dog until professional help is available. Please note that this is not a first aid certification class.

Holiday Prep

Nov 14 3050702-04

Refresher on basic house manners (leave it, settling on cue, greeting people) Get your dog ready for holiday guests, busy households, and seasonal gatherings with this practical refresher class focused on everyday manners and calm behavior. Skills include, "leave it," settling calmly on cue, polite greetings with visitors, and maintaining focus around distractions. Create a more relaxed and enjoyable home environment for your family, guests, and pet during this exciting time of year.

Introduction to Basic Nose Work

Nov 21 3050702-05

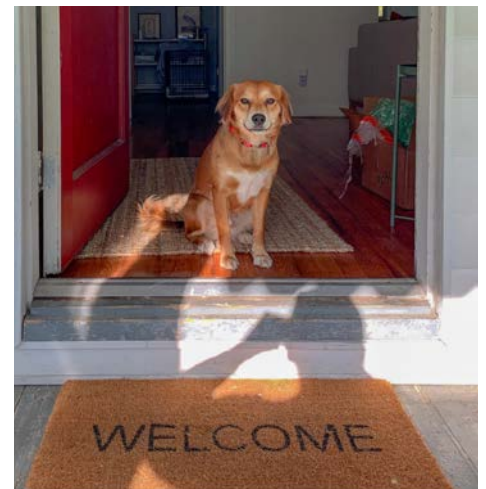
Nose work is a scent detection sport that allows your dog to use its natural scenting abilities to find hidden odors. This class introduces your dog to the art of "searching with purpose." Odors used can be human odors (your odor) or competition odors (UKC Birch essential oil). Class will be taught to recreational standards and is not a competition nose work class. All ages, no prerequisite classes.

Intermediate Parkour

Dec 5 3050702-06

Prerequisite Beginner Parkour, offered September 19

Build onto your parkour skills by learning more parkour skills such as tic tacs, back feet movement and rebounds.



Holiday Prep: Settling in the midst of chaos

Dec 19 3050702-07

Give your dog the power to relax and regulate when life gets busy, loud, and unpredictable. Using the "settle" cue and building a strong "place" behavior, dogs will practice remaining calm around everyday chaos. Structured exercises and gradual exposure help handlers build duration, relaxation, and confidence while teaching their dogs how to disengage and decompress. This class is ideal for dogs who struggle to relax at home, become overstimulated easily, or need help learning how to "turn off" in exciting situations.



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.

PARK2PARK PACE SETTERS

**WE RUN...WE WALK & RUN...WE JOG...WE WALK
FIND YOUR HAPPY PACE!**

Wednesdays

Group Meets..... 5:45-6pm

Workout Begins..... 6pm

Now-Oct 28..... Sycamore Forest Preserve,
955 E State St., Sycamore

Nov 4-Mar 10, 2027 Reston Ponds Park

Location rotates with Daylight Saving Time

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

Presented by the Sycamore Parks Foundation.

Connect with us on the PARK2PARK Pace Setters Facebook Group or email Cami at camil@sycparksfoundation.org



FREE





Kishwaukee
Special Recreation
Association

There is purpose to our play!



Programs are designed for all ages and abilities. Those offered at the Sycamore Park District Community Center, include

Walking Club • Social Nights
Fitness Inclusion • One on One Skill Building

Member Park Districts

DeKalb • Flagg-Rochelle
Genoa Township • Sandwich • Sycamore

Offices located in Hopkins Park
1403 Sycamore Rd, DeKalb • 779-777-7285

For more information and a list of
program offerings, visit

kishsra.org



*Thank you Summer
Concert Series
Sponsors!*

Proud to Support The Summer Concert Series



**Where Relationships
and Results Matter.**

For our clients.
For our communities.
For all of us.



Sycamore is Our Home

oldnational.com

Member FDIC

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Commercial and
Residential Restoration
Services to Sycamore
and Surrounding Areas

815-754-5500

ServiceMasterbyskip.com

ServiceMASTER
Restoration & Cleaning
Services by Skip **Restore**



FIRST STATE BANK

1940 DeKalb Ave. | Sycamore
815.752.2265 | firststatebank.biz



Member
FDIC

LARGE or SMALL...FORMAL or FUN... WE HAVE THE ROOM FOR YOUR EVENT!

COMMUNITY CENTER	
Rate per Hour	RES NR
Multipurpose Rooms	
A, B, or C	\$50 \$74
Multipurpose Room AB	\$100 \$148
Gymnasium	
Full Gym	\$200 \$296
1/2 Gym (full court)	\$100 \$148
1/4 Gym (1/2 court)	\$50 \$74
Activity Leader	\$25 \$25
After Hours	\$25 \$38
Patio	\$25 \$38
Splashpad	See pg. 12



Community Center

Legacy Campus, 480 Airport Rd.

From business meetings to celebrations and from team practice to athletic tournaments, this building can do it all!

Multipurpose Rooms

Includes tables, chairs, and set-up/take down. AV compatible, access to patio and splashpad

Gymnasium

2 IHSA regulation basketball courts, 4 junior basketball courts, 4 volleyball courts, 4 pickleball courts.

Contact Reanna....reannap@sycparks.org

CLUBHOUSE	
Rate per Hour	RES NR
Main Room	\$75 \$113
Available Mar, Apr, Oct: 2pm-12am May-Sep: 5pm-12am Nov-Feb: 8am-12am	
Riverview Room	\$50 \$75
Available Mon-Sun 8am-12am	
Riverview Room Weekday Special	
4 hours M-F 8am-12pm	\$100 \$150
9 hours M-Th 8am-5pm	\$175 \$260
Setup Fee (Optional)	\$25-\$150
Cleaning Fee	\$50
Table Clothes: \$6 each	\$6 each



Sycamore Golf Club

Sycamore Community Park, 940 E. State St.

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 fee)
- On-site catering options
- Outdoor patio seating



Contact Melissamelissad@sycparks.org

OUTDOOR SHELTERS	
Full Day Rate	RES NR
Full Day	\$75 \$112
Alcohol Permit	\$50
Picnic Tables Beyond the 6 provided	\$10 each

Outdoor Shelters

The reservation fee ensures your group has exclusive use of the shelter. Each unique shelter is near other park amenities. Additional services include an alcohol permit and additional picnic tables, port-a-potties, and dumpsters. Available April-October, dawn to dusk.

Contact Reanna.....reannap@sycparks.org



Good Tymes Shelter & Lions Shelter
Citizens Memorial Sports Complex, 435 Airport Rd

WPA Shelter & Main South Shelter
Sycamore Community Park, 940 E State St

Board of Commissioners



Bill Kroeger

williamk@sycparks.org
President



Ben Doty

bend@sycparks.org
Vice President



Denise Ackmann

denisea@sycparks.org



Daryl Graves

daryl@symparks.org



Chad Jewett

chadj@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.

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.



Policies

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.

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.



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

ADMINISTRATIVE STAFF



Jonelle Bailey
Executive Director
CPRE, MAOL
815-770-2091
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GOLF | FOOD & BEVERAGE



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Missy Faivre
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RECREATION



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Park District Staff Professional Certifications

CPA Certified Public Accountant
CPO Certified Pool Operator
CPP Certified Program Planner
CPRE..... Certified Park & Recreation Executive
CPRP Certified Park & Recreation Professional
CPSI Certified Playground Safety Inspector
CTRS..... Certified Therapeutic Recreation Specialist
CYSA..... Certified Youth Sports Administrator
GCSAA... Golf Course Supts Association of America
MAOL Master's in Organizational Leadership
USGTF... United States Golf Teachers Federation

PARKS & MAINTENANCE



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GOLF MAINTENANCE



Aric Coleman



Josh Chesser

PARK MAINTENANCE



Brent Horn



Jeremy Snow

SPORTS FIELD MAINTENANCE



Tyler Burke



Bounie Phonparsit

PARK AMENITIES & ADDRESSES

	BACKSTOPS	BASKETBALL COURTS(S)	BEANBAG TOSS GOALS	BIKING	CROSS-COUNTRY SKIING	DISC GOLF COURSE	EXERCISE STATIONS	FISHING	FISHING PIER	LADDERBALL GAME	MOWED OPEN AREA	NATIVE RESTORATION	PICKLEBALL COURTS(S)	PICNIC TABLES	PLAY EQUIPMENT	RESTROOMS	RIVER OVERLOOK	SAND PLAY AREA	SHELTER(S)	SOCCER GOAL(S)	SWINGS	TABLE TENNIS	TENNIS COURT(S)	WALKING PATH	WOODED AREA	
Boynton Park										●			●	●						●			●			303 Northgate Dr
Brothers Park	●	●								●			●	●				●		●						1800 Willow St
Charley Laing Memorial Park													●	●			●	●		●						325 S Main St
Chief Black Partridge Park							●																●	●		2112 Frantum Rd
Citizens Memorial Sports Complex**	●		●	●	●		●		●	●			●	●	●		●	●		●	●		●			435 Airport Rd
Dr. John Ovitz Park			●							●			●	●				●						●		Constitution & Heron Creek Dr
Elmer & Stanley Larson Park										●			●													1501 John St
Emil Cassier Park										●													●			500 Olin H Smith Dr
Founders Park				●						●			●	●				●		●			●			500 Heron Creek Dr
Kiwanis East Park	●			●						●			●	●	●					●			●			555 Borden Ave
Kiwanis Prairie Park	●	●		●						●			●	●	●		●	●	●	●			●			800 Borden Ave
Legacy Campus**										●	●		●													480 Airport Rd
Leon D. Larson Park				●	●					●	●		●	●		●		●					●	●		1212 Larson St
Merry Oaks Path				●	●		●																●	●		Off Merry Oaks Dr
North Grove Park			●			●				●	●		●	●				●		●			●			2240 Overland Rd
Old Mill Park				●	●	●	●			●	●		●	●	●			●		●			●			50 Mt. Hunger Rd
Parkside Preserve				●	●		●			●	●												●			1212 Freedom Cir
Reston Ponds Park										●		●	●	●				●		●						444 Becker Pl
Riverside Soccer Complex										●					●				●				●			1515 Airport Rd
Sycamore Community Park	●	●		●	●		●			●			●	●	●			●		●			●	●		940 East State St
Sycamore Lake Rotary Park				●	●		●	●					●	●	●			●		●			●	●		400 N. Cross St
Wetzel Park	●	●	●	●						●			●	●	●		●	●		●			●	●		212 Rowantree Dr

● = Amenity meets ADA Accessibility Requirements

Play Equipment Age Range

■ = Ages 2-12

■ = Ages 5-12

**Facilities & Shelters

Citizens Memorial Sports Complex
Good Tymes Shelter | Lions Shelter

Sycamore Community Park
Sycamore Golf Club | WPA Main Shelter
Main South Shelter

Legacy Campus

Community Center | Brian Bemis Family Dog Park
Splash Fountain Splashpad
Northwestern Medicine Sled Hill
First National Bank Amphitheater

Refund Policy: 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 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

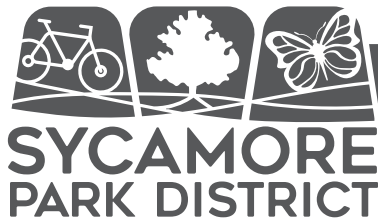
Please be aware that by registering for a program or class, participating in an activity, attending an event, or using District facilities or property, you authorize the District to use photos and video footage for promotional purposes in District publications, advertising, marketing materials, brochures, 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 facing page.

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 may 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.



INDIVIDUALS

Experience an intentional space for storytelling, listening, and fostering belonging with fellow community members at **Dessert & Dialogue**, a free public program series.



"Be the branch" by wearing it! Proceeds support equal access to recreational opportunities.



**It doesn't require perfection
-just intention**

BUSINESSES & ORGANIZATIONS

**This symbol means something simple...
You belong here!**

Sign the partner pledge to receive your window sticker to show visitors and employees that equity and belonging are prioritized in your space.



Presented by

Sycamore Park District
DeKalb County History Center
Ellwood House Museum
Sycamore Public Library

Branches of Belonging Partners

35:35 Makers Collective &
Vuur Lont Candle
Arts in Action
DeKalb Area Women's Center

DeKalb County Economic
Development Corporation

Discover Sycamore

Egyptian Theatre

Farmworker & Landscaper
Advocacy Project

Glidden Homestead

Golden Hour Bookstore

Kishwaukee Special Recreation
Association

Kishwaukee United Way

League of Women Voters
MVP Sports Bar

Nick Hanson Comparison
Insurance

Ollie's Frozen Custard
RAMP Disability Resources
and Services

Sycamore Chamber of
Commerce

Sycamore Golf Club
The Greenhouse

Learn more by scanning the QR
Code or visit sycparks.org.