

# FALL 2023 PROGRAM GUIDE



Register online at manhattanparks.org











# RENTALS

Book early for your parties, meetings, weddings, tournaments, and corporate outings! See details and applications at manhattanparks.org/rentals.

#### 2024 Rental Permits open January 8

- Pavilions
- Indoor Rooms
- Athletic Fields
- Photo Permits



# TABLE OF CONTENTS

The Den	2
<b>Holiday Break Camps</b>	3
Early Childhood & Family	4
Youth General	6
<b>Horseback Riding</b>	7
Youth Dance	8
Adult Dance	10
Tumbling	11
Youth Athletics	12
Fitness	15
Adult & Teen	16
Adult Trips	17
Events	20
LWSRA	22
Registration Info	23



Hansen Community Center 397 South State Street

<u>Central Park</u> 110 South Park Street

**Round Barn Farm 24115 U.S. 52** 

MPD Athletic Complex 13303 Smith Road

Anna McDonald School 200 2nd Street

Wilson Creek School 25440 S Gougar Road

#### **Manhattan Park District Contact Info**





815.478.3324



manhattanparks.org



mpd@manhattanparks.org



facebook.com/ManhattanParks



instagram.com/manhattanparkdistrict











The Den, Manhattan Park District's Before and After school program, is a comfortable, safe, and fun place for your student to spend time with friends, get homework done, and learn new games and activities.

The Den's curriculum is rooted in engaging and encouraging growth through positive social interaction, physical movement, and activity, and learning through play.

The Den is open to all K-5th grade students in District 114 and begins at 7:00 am and ends at 6:00 pm. The program takes place at the Hansen Community Center Market in dedicated Den classroom space. Students from Anna McDonald and Wilson Creek are bused to and from school via Lincoln-Way Transportation. Early dismissal days and holiday camps are available for students needing care on those days. Holiday break camps are held at the Hansen **Community Center during** Thanksgiving Break, Winter Break, and Spring Break. See page 3 for Holiday Break Camps. Check out the full details and register online for holiday camps at manhattanparks.org.

Registration for The Den takes place through the online Procare system. Find more details about The Den and a link to Procare at manhattanparks.org/theden.

Contact Senia Chavez at 815.478.3324 or schavez@manhattanparks.org with any questions about The Den, early dismissal days, or holiday break camps.

#### 2023-24 Registration

Find more details about The Den including parent manuals and a link to Procare at manhattanparks.org/theden.

Join us for our Open House on Monday, August 21 at 4-6 pm





MPD is a proud recipient of the 2023 Illinois Association of Park Districts (IAPD) PowerPlay! Beyond School Grant to enhance our Den programming. PowerPlay! provides additional funding to enhance the health, nutrition, fitness, and wellness programming in the Den, including guest expert presenters, cooking lessons, fitness classes, STEM activities, and more.

Funding and materials for this program are provided through the sale and subsequent renewals of the Park District Youth License Plate and through Friends of Illinois Parks.



#### JOIN THE DRIVE TO FIGHT CHILDHOOD OBESITY

Childhood obesity has reached epidemic proportions. Illinois park districts, forest preserves, conservation, recreation and special recreation agencies are coming together to ensure a healthy, happy and safe future for kids. The Park District Youth License Plate makes it possible for agencies to offer programs that teach children lifelong health, fitness and nutritional choices.

Toll Free: 1-877-783-KIDS - www.4KIDSplate.com



## **HOLIDAY BREAK CAMPS**

LOCATION: HCC MARKET AGE: K-5TH GRADE

Looking for a fun way to spend your holiday breaks? Play your days away at the Hansen Community Center! Each day will feature a new theme, games, and activities. Campers will enjoy holiday-themed projects and participate in various indoor and outdoor activities. Explore topics from science to art to sports and more! Please send a nut-free lunch and snacks. Before and after camp care is available. Weather-appropriate shoes and coats are required.

#### Thanksgiving Break Camp

Class#	Camp	Dates	Days	Time	R/NR
401600-01	3-day camp	11/20-11/22	M-W	9 am-4 pm	\$120/\$125
401600-02	3-day before care	11/20-11/22	M-W	7-9 am	\$35/\$40
401600-03	3-day after care	11/20-11/22	M-W	4-6 pm	\$35/\$40

#### Winter Break Camp

Class#	Camp	Dates	Days	Time	R/NR
101600-01	4-day camp	12/26-12/29	T,W,TH, F	9 am-4 pm	\$165/\$170
101600-02	4-day before care	12/26-12/29	T,W,TH, F	7-9 am	\$35/\$40
101600-03	4-day after care	12/26-12/29	T,W,TH, F	4-6 pm	\$35/\$40
101601-01	4-day camp	1/2-1/5	T,W,TH,F	9 am-4 pm	\$165/\$170
101601-02	4-day before care	1/2-1/5	T,W,TH,F	7-9 am	\$35/\$40
101601-03	4-day after care	1/2-1/5	T,W,TH,F	4-6 pm	\$35/\$40





## EARLY CHILDHOOD & FAMILY

#### Music Together

LOCATION: HCC MARKET AGE: 8 MONTHS-5 YEARS DAY: TH INSTRUCTOR: MUSIC TOGETHER STAFF

Nurture your child's natural enthusiasm for music and movement with Music Together®, a fun, engaging and musically diverse experience. The informal instructional style will soon have your entire family singing, dancing, and laughing together! Siblings under 8 months are free. Each family receives an illustrated songbook, a guide entitled "Music and Your Child", a professional CD, and exclusive code for downloading or streaming the current collection and access to additional musical activities in the exclusive Family Music Zone®. A new and exciting song collection is introduced every semester, which enrolled families can also play through the free Hello Everybody! mobile app.

Class#	Dates	Time	R/NR
407302-01	9/12-11/14	9-9:45 am	\$170/\$175
407302-02	9/12-11/14	10-10:45 am	\$170/\$175

## Holiday Jingle Jams



LOCATION: HCC MARKET AGE: 8 MONTHS-5 YEARS INSTRUCTOR: MUSIC TOGETHER STAFF DAY: TH

Enjoy a holiday music experience that will have your family singing, dancing, and laughing together! There will be new songs as well as childhood favorites. Siblings 8 months and younger are free! No refunds are issued after the first class.

Class#	Dates	Time	R/NR
407301-01	12/5-12/19	9-9:45 am	\$52/\$57
407301-02	12/5-12/19	10-10:45 am	\$52/\$57

#### Doodlebugs

LOCATION: HCC MARKET AGE: 2-5 YEARS

**INSTRUCTOR: MPD STAFF** 

Get crafty with this hands-on arts and crafts class where participants will be able to explore a variety of mediums including drawing, painting, stamping, holiday crafts, and more! Budding artists must be accompanied by an adult. No fee for infant siblings under the age of 1. Dress to get messy!

Class#	Dates	<u>Day</u>	Time	R/NR	
412100-01	9/16-10/7	SA	1-1:45 pm	\$20/\$25	
412100-02	10/6-10/27	F	10-10:45 am	\$20/\$25	

#### Music & Muffins

LOCATION: HCC MARKET STUDIO DAY: TU AGE: 8 MONTHS-5 YEARS R/NR: \$10/\$15 INSTUCTOR: MUSIC TOGETHER STAFF

Have you wondered what Music Together is all about? Come find out for yourself in this one-time class experience! We'll enjoy a tasty snack and have fun singing, dancing, and exploring instruments. If you'd like to sign up for our fall semester, the \$10 fee will be applied to your class registration.

Class# Dates Time 10-10:45 am 407303-01 8/29

# EARLY CHILDHOOD & FAMILY

## Doodlebugs Holiday Art

LOCATION: HCC MARKET AGE: 2-5 YEARS

INSTRUCTOR: MPD STAFF

Get Crafty for the holidays, in each class we will have a new set of mediums and new crafts exploring the holidays of the season. Budding artists must be accompanied by an adult. No fee for infant siblings under the age of 1. Dress to get messy! No Class 11/24 and 12/1.

Class#	Dates	<u>Day</u>	Time	R/NR
412100-04	11/17-12/15	F	10-10:45 am	\$15/\$20

#### Pollywogs Playgroup

LOCATION: ROUND BARN FARM BAKER PAVILION AGE: 1-5 YEARS INSTRUCTOR: MPD STAFF

Explore the great outdoors while you meet new friends, create art projects, and learn about science and nature through hands-on nature play. Each week will feature a new theme and activities to create, discover and explore. No fee for infant siblings under 1. Please dress to get messy and be outdoors.

Class#	Date	Day	Time	R/NR
410001-01	9/6-9/27	W	9:30-10:30 am	\$28/\$33
410001-02	9/16-10/7	SΔ	9:30-10:30 am	\$28/\$33



#### **BIG FUN FOR YOUR LITTLE ONE!**

Plan your week with early childhood programs at MPD.



Pee Wee Multi-Sport 9:30 am

#### TUESDAY

Boogie time

#### WEDNESDAY

Pollywogs Playgroup 9:30 am tumbling tots 4:30 pm



#### THURSDAY

Music together 9:00 & 10:00 am

#### FRIDAY

Doodlebugs

#### SATURDAY

Pee Wee Multi-Sport 10 am
Pollywogs Playgroup 9:30 am
Doodlebugs 1 pm



## Round Barn Farm Capture the Flag



LOCATION: ROUND BARN FARM BAKER PAVILION AGE: 10 & UP INSTRUCTOR: MPD STAFF

Round Barn Capture the Flag! Calling all Tweens, teens, Parents, and Grandparents, come out to Round Barn Farm for a community Capture the Flag night. Base one is the Baker Pavilion, and Base 2 is Oak Grove Pavilion, after 1 hour of play teams switch sides. Children under 16 must be accompanied by a parent. Only players are allowed in the game space.

Class#	Date	<u>Day</u>	Time	R/NR
411200-01	9/16	SA	5-7 pm	\$10/\$15

## Tree Frog Explorer Group

LOCATION: ROUND BARN FARM BAKER PAVILION AGE: 6-8 YEARS INSTRUCTOR: MPD STAFF

DAY: SA

Join a naturalist for forest exploration, art, and science, all experienced outdoors through nature play. Young explorers exercise their senses of discovery and curiosity. Each week features new lessons, new activities, and themes. Please dress to get messy and be outdoors.

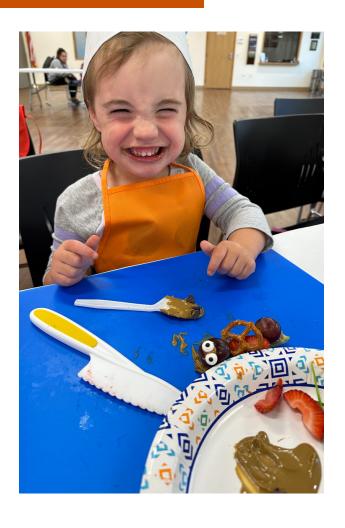
Class#	Date	Time	R/NR
411009-01	9/16-10/7	10:45 am-12:15 pm	\$30/\$35

## Yum Appetit Cooking Academy

LOCATION: HCC VILLA AGE: 3-11 YEARS DAY: W INSTRUCTOR: MACKENZIE O'CONNOR & MATTHEW AVANZADO

Celebrate the food of fall and winter holidays with MacKenzie and Matthew, a trained chef, by cooking up a party. This class is the perfect place for your flourishing chef to develop their culinary skills. Students will explore the world of food and practice kitchen skills including measuring, mixing, and assembling seasonal treats and snacks.Parents of 3-5-year-olds must stay with their child during class. Please bring apron or wear clothes that can get messy.

Class#	Date	Menu	Time	R/NR
411004-05	10/18	Fang-tastic	6-7 pm	\$25/\$30
411104-03	12/6	Sleigh, what?	6-7 pm	\$25/\$30



#### Magic Class

AGE: 5-12 YEARS INSTRUCTOR: GARY KANTOR LOCATION: FRANKFORT PARK DISTRICT FOUNDERS COMMUNITY CENTER

MAGIC CLASS! Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks from the "Magic Team of Gary Kantor"! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. All materials are provided, and each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are age appropriate. Additionally, you can sign up for this class again and again since brand-new tricks are always taught at each session!

Class#	Date	Day	Time	R/NR
411003-01	10/24	TU	5-5:55 pm	\$22/\$27
411003-02	11/30	TH	5-5:55 pm	\$22/\$27

## HORSEBACK RIDING

#### Ladies Night at Nova Quarter Horses

LOCATION: NOVA QUARTER HORSES AGE: 18 & UP

Calling all ladies! Gather your friends, relatives, co-workers for an evening of fun, fun, and fun! Don't miss out on an evening of appetizers and beverages and best of all, horses!! Whether you are a novice or an experienced rider, the activities are designed so that all can participate in the fun regardless of riding experience. So grab a friend or two and come make memories at Nova Ouarter Horses, Inc. Jeans and hard sole shoes are required.

Class #	Date	<u>Day</u>	Time	R/NR	
409511-01	11/10	F	6-8 pm	\$85/\$90	

#### Winter Horse Camp at Nova Quarter Horses

LOCATION: NOVA QUARTER HORSES AGE: 7 YEARS & UP

Come join Nova Quarter Horses for 3 fun filled days of Winter Horse Camp! Each day will consist of hands-on experience and a riding lesson. Guided by our experienced staff members, each participant will learn to saddle, bridle and groom their very own horse before taking them to the arena for the daily lesson. No need to worry about the weather outside, as the Nova office is heated and the barn and arena are insulated and climate controlled. Ages 7+. All skill levels welcome. Jeans and hard soled shoes required.

Class#	Date	<u>Day</u>	Time	R/NR
411107-01	1/2-1/4	T-TH	10 am-3 pm	\$290/\$295



Nova Quarter Horses horseback riding programs take place at 10129 W. 187th St in Mokena, IL.



#### Horseback Riding Lessons

LOCATION: NOVA QUARTER HORSES **AGE: 7 & UP** 

Get up and go! It's time to ride at Nova Quarter Horses! Fun for all ages at any riding level, no previous experience is needed. Come out to learn both Western and English disciplines taught by our highly qualified trainers and instructors. We offer both an indoor and outdoor arena, so Nova is able to offer lessons year-round. A 5-lesson card includes 5 individual one hour group lessons. Helmets are available at parent's request. Once your lesson card is purchased, call Nova to schedule your lessons at (708) 479-3696. There is a limit of one 5-lesson card per family. Jeans and boots or hard soled shoes are required.

Class#	R/NR	
411106-01	\$265/\$270	



All MPD Dance Academy programs take place in the HCC Market Dance Studio. All MPD Dance Academy programs are instructed by Jenn Raleigh.

Our dance program will culminate in an annual recital at Lincoln-Way West High School. Dancers must be registered and participate in Fall Session II and Winter Session I to participate in the recital. Additional fees for the recital and costumes will be assessed in late fall/winter.



## YOUTH DANCE

AGE: 1-3 YEARS

Get your groove on! This 30-minute class is designed for children ages 1-3 years old, along with mom, dad, or guardian. The class will allow participants to discover movement, balance, rhythm, and listening skills in a fun and easy way. The class covers basic stretches, balance, ballet steps, and movement across the floor. Participants should wear comfortable clothing and gym shoes. No fee for infant siblings under the age of one year old. No Class 10/31, 12/26, 1/2.

Class#	Dates	Time	R/NR
412102-01	9/12-11/7	11:15-11:45 am	\$66/\$71
412102-02	11/28-1/30	11:15-11:45 am	\$66/\$71

#### Beginning Dance

AGE: 3-5 YEARS

Young dancers will get a taste of ballet and other dance forms through playbased and formal exercises in this 30-minute class. Each class will feature basic steps and ways to move across the floor, short choreography combinations, and a movement game. Dancers must be toilet-trained prior to class registration. Please bring a water bottle to each class. No class on 10/9, 10/31, 12/25, 12/26, 1/1, and 1/2.

Class#	Session	Dates	Day	Time	R/NR
407110-01	Session I	9/11-11/6	M	4:30-5 pm	\$66/\$71
407110-02	Session II	11/27-1/29	M	4:30-5 pm	\$66/\$71
407110-03	Session I	9/12-11/7	TU	6-6:30pm	\$66/\$71
407110-05	Session II	11/28-1/30	TU	6-6:30 pm	\$66/\$71

#### Ballet-Modern Jazz Combo

Young dancers will get a taste of all dance styles and techniques in this class. Dancers are encouraged to maintain their skills and to have fun as we learn steps and choreography at the ballet barre, across the floor, and in the center. This class is open to new and continuing dancers. Please bring a water bottle and wear comfortable clothing and bare feet, grippy socks, dance shoes, or gym shoes to class. No Class 10/9, 12/25, and 1/1.

DAY: M

Class#	Session	<u>Age</u>	Dates	Time	R/NR
407100-01	Session I	5 years	9/11-11/6	5-5:45 pm	\$76/\$81
407100-02	Session II	5 years	11/27-1/29	5-5:45 pm	\$76/\$81
407100-03	Session I	6 & up	9/11-11/6	5:45-6:30 pm	\$76/\$81
407100-04	Session II	6 & up	11/27-1/29	5:45-6:30 pm	\$76/\$81

#### **DANCE**

#### Modern Jazz Hip Hop Camba

AGE: 7-10 YEARS DAY: M

Young dancers will get a taste of all dance styles and techniques in this class. Dancers are encouraged to maintain their skills and to have fun as we learn steps and choreography at the ballet barre, across the floor, and in the center. This class is open to new and continuing dancers. Please bring a water bottle and wear comfortable clothing and bare feet, grippy socks, dance shoes or gym shoes to class. No Class 10/9, 12/25, and 1/1.

Class#	Session	Dates	Time	R/NR
407104-01	Session I	9/11-11/6	6:30-7:15 pm	\$76/\$81
407104-02	Session II	11/27-1/29	6:30-7:15 pm	\$76/\$81

#### Ballet Technique

AGE: 7 & UP DAY: TU

Dancers will be immersed in ballet steps, positions, jumps, and traveling combinations in this 45-minute class. Participants develop good posture, grace, strength, and fluidity through this work, as well as coordination and selfesteem! Please bring a water bottle and wear comfortable clothing and bare feet, grippy socks, dance shoes, or gym shoes to class. No Class 10/31, 12/26, and 1/2.

Class#	Session	Date	Time	R/NR
407101-01	Session I	9/12-11/7	4:30-5:15	\$76/\$81
407101-02	Session II	11/28-1/30	4:30-5:15	\$76/\$81

#### Modern Jazz Technique

AGE: 10 & UP

Dancers will find their groove through informal warm-up dances, repetitive steps, and choreography combinations. Song requests will be taken each week as we learn formal modern and jazz dance elements! Please bring a water bottle and wear comfortable clothing and bare feet, grippy socks, dance shoes, or gym shoes to class. No Class 10/31, 12/26, and 1/2.

Class#	Session	Dates	Time	R/NR
407102-01	Session I	9/12-11/7	5:15-6 pm	\$76/\$81
407102-02	Session II	11/28-1/30	5:15-6 pm	\$76/\$81



#### Hip Hop

AGE: 10 AND UP DAY: TU R/NR: \$76/\$81

Break, pop, lock, and moonwalk your way into learning hip hop steps and choreography. Dancers will learn fun street vibe dances set to songs they will choose throughout the session! Please bring a water bottle to class and wear comfortable clothing and gym shoes. No Class 10/31, 12/26, 1/2.

Class#	Session	Dates	Time
407103-01	Session I	9/12-11/7	6:30-7:15 pm
407103-02	Session II	11/28-1/30	6:30-7:15 pm

#### Irish Dance

LOCATION: SULLIVAN SCHOOL OF IRISH DANCE 13923 E ILLINOIS HWY, NEW LENOX

AGE: 4-10 YEARS DAY: M **INSTRUCTOR: EILISH SULLIVAN** 

Irish dancing is an art form that children love to learn. All participants will discover the basics of Irish Dance, learning the proper techniques of movement set to the rhythm of Irish music. They will not only learn new steps, but they will make lifelong friends in the process. Program attire consists of basic dance shoes and flexible clothing. No Class 10/9.

Class#	Dates	Time	R/NR
407107-01	9/11-10/16	4-4:30 pm	\$75/\$80
407107-01	10/23-11/20	4-4:30 pm	\$75/\$80

## ADULT DANCE

#### Ballroom Smooth

LOCATION: HCC VILLA AGE: 16 & UP DAY: TH
INSTRUCTORS: LETS DANCE NOW STAFF

Get your red roses ready and grab a partner for ballroom dancing! The Ballroom Smooth Program offers two dances that people often think are difficult, but actually are simple to learn: the Foxtrot and Tango! Foxtrot has a smooth and sauntering style, typically danced to jazzy music, like Frank Sinatra and Michael Buble. Tango is dramatic, earthy, empowering, and addictive. Most importantly, these two dances are both easy to learn and definitely something to experience!

Class #	Date	Time	R/NR
409102-01	9/7-9/28	6-6:45 pm	\$200/\$205 per couple
409102-02	10/5-10/26	6-6:45 pm	\$200/\$205 per couple
409102-03	11/2-11/16	6-6:45 pm	\$150/\$155 per couple
409102-04	11/30-12/21	6-6:45 pm	\$200/\$205 per couple

#### Ballroom Rhythm

LOCATION: HCC VILLA AGE: 16 & UP DAY: TH INSTRUCTORS: LETS DANCE NOW STAFF

If you've ever watched ballroom dancers or "Dancing with the Stars," you've probably have seen and heard of the playful and fun, "Cha-Cha," along with the flirtatious and romantic, "Rumba." Our Ballroom Rhythm Program offers both of those beautiful dances. From exciting up-beat Cha-Cha music to the slower Rumba, these dances can be incorporated into various styles of music. Although it is traditionally danced to up-beat music with a fast beat, today it is common to dance the Cha Cha and Rumba to many current styles of today's music which means it can be danced in many places and events!

Class #	Date	Time	R/NR
409103-01	9/7-9/28	7:30-8:15 pm	\$200/\$205 per couple
409103-02	10/5-10/26	7:30-8:15 pm	\$200/\$205 per couple
409103-03	11/2-11/16	7:30-8:15 pm	\$150/\$155 per couple
409103-04	11/30-12/21	7:30-8:15 pm	\$200/\$205 per couple



## Central Park Skating Rink

In the spring, summer, and fall, the Ice Rink at Central Park becomes an inline and roller skating rink! Open during regular park hours from dawn until dusk. May be closed occasionally for Park District programs.



## TUMBLING

#### Tumbling Tots

AGE: 3-5 YEARS DAY: W LOCATION: HCC MARKET STUDIO

INSTRUCTOR: ULTIMATE FORCE CHEER & TUMBLING

This introductory class provides children with the opportunity to explore and experiment with their bodies and abilities all on their own, but still have the guidance and support of parents and instructors leading the way. Children will have the chance to listen, learn, and explore in this fun introductory class. All children under 5 years old MUST start with this class before moving up to Level 1. No class 11/22.

Class#	Dates	Time	R/NR
405106-01	8/30-10/11	4:30-5:20 pm	\$160/\$165
405106-02	10/25-12/13	4:30-5:20 pm	\$160/\$165

#### Tumbling Level 1

AGE: 6-12 DAY: W LOCATION: HCC MARKET STUDIO INSTRUCTOR: ULTIMATE FORCE CHEER & TUMBLING

Level 1 Tumbling is the perfect class for beginners of all ages. This class will focus on beginning skills such as cartwheels, bridges, forward and backward rolls, handstands, bridge kick overs, walkovers, handstand rolls and roundoffs. At the end of the session, the instructor will inform parents when your child is ready to move to level 2. No class 11/22.

Class#	Dates	Time	R/NR
405107-01	8/30-10/11	5:30-6:20 pm	\$160/\$165
405107-02	10/25-12/13	5:30-6:20 pm	\$160/\$165

#### Tumbling Level 2

AGE: 6-12 DAY: W LOCATION: HCC MARKET STUDIO INSTRUCTOR: ULTIMATE FORCE CHEER & TUMBLING

Level 2 Tumbling is for the athlete that has all their level 1 skills mastered and are ready to take the next step. Level 2 skills include back handsprings, step outs, roundoffs and begins to work these skills into both standing and walking combinations. No class 11/22.

Class#	Dates	Time	R/NR
405108-01	8/30-10/11	6:30-7:20 pm	\$160/\$165
405108-02	10/25-12/13	6:30-7:20 pm	\$160/\$165



Welcome to our Tumbling program: **Ultimate Force Cheer & Tumbling!** 

Instructor/Owner Kim Scherp has been coaching cheerleading and tumbling for over 30 years. Kim was a professional Chicago Bulls cheerleader and the coach for the Jr. Luvabulls dance program. Since then Kim has gone on to teach cheer and tumbling to children of all ages and skill levels, from pure beginners to competitive high school cheerleading teams, performing at the Citrus Bowl and winning numerous National and Grand National titles along the way!



## YOUTH ATHLETICS



#### Round Barn Farm Disc Golf

Round Barn Farm is home to an 18-hole disc golf course that meanders through the park and oak woods. The course is open during park hours from dawn until dusk. The disc golf course may be closed occasionally for Park District programs, rentals, and events. Call 815.478.3324 with questions.



#### Floor Hockey

INSTRUCTOR: MPD STAFF LOCATION: WILSON CREEK SCHOOL GYM

The floor hockey program is designed for beginner and intermediate players. Players will learn and develop fundamental hockey skills, such as stick handling, passing, and shooting, through a variety of drills, games, and scrimmages. Participants should wear athletic clothing and gym shoes and bring a water bottle to each class. No Class: 9/4, 10/9, 11/20.

Class#	Age	Dates	Time	R/NR
405111-01	4-6 years	8/28-10/16	5:30-6:15 pm	\$45/\$50
405111-02	7-12 years	8/28-10/16	6:30-7:30 pm	\$52/\$57
405111-03	4-6 years	10/30-12/11	5:30-6:15 pm	\$45/\$50
405111-04	7-12 years	10/30-12/11	6:30-7:30 pm	\$52/\$57

#### Youth Multi Sport

AGES: 7-12 YEARS LOCATION: WILSON CREEK SCHOOL GYM **INSTRUCTOR: MPD STAFF** 

This class will introduce young children to a variety of sports through fun and engaging drills and games emphasizing balance, body movement, hand-eye coordination, listening and following directions. Participants should wear comfortable clothes, athletic shoes and

should bring a water bottle to each class. No Class: 11/25

Class	Dates	Time	R/NR
405117-01	9/9-9/23	11-11:45 am	\$25/\$30
405117-02	10/7-10/28	11-11:45 am	\$30/\$35
405117-03	11/11-12/9	11-11 <sup>-</sup> 45 am	\$30/\$35

#### Pee Wee Multi Sport

AGES: 3-6 YEARS INSTRUCTOR: MPD STAFF

This class will introduce children to a variety of sports through fun and engaging drills and games emphasizing balance, body movement, hand-eye coordination, listening, and following directions. Participants should wear comfortable clothes, athletic shoes and should bring a water bottle with them to each class. Each week we will play a different sport. This class includes parent participation. No class 9/4, 11/25.

Class#	Day	Dates	Time	Location	R/NR
405110-01	М	8/28-9/25	9:30-10:15 am	HCC Market	\$30/\$35
405110-02	SA	9/9-9/23	10-10:45 am	Wilson Creek Gym	\$25/\$30
405110-03	M	10/16-11/6	9:30-10:15 am	HCC Market	\$30/\$35
405110-04	SA	10/7-10/28	10-10:45 am	Wilson Creek Gym	\$30/\$35
405110-05	M	11/27-12/11	9:30-10:15 am	HCC Market	\$25/\$30
405110-06	SA	11/11-12/9	10-10:45 am	Wilson Creek Gym	\$30/\$35

## YOUTH ATHLETICS

#### Cheer 101



LOCATION: HCC MARKET R/NR: \$160/\$165

Want to be a cheerleader? This class will focus on the fundamentals of beginner cheerleading. Learn the proper techniques using fun activities and drills for arm motions, jumps, basic stunting, and dance. Class ends with participants learning a short cheer routine incorporating the skills learned in class. This is NOT a cheer competition team but is a great way for aspiring cheerleaders to learn the basics before moving to the sidelines or entering a competitive team. No class 11/23.

Class#	Age	Date	Time
405128-01	5-8 years	8/31-10/12	5:30-6:30 pm
405128-02	9-12 years	8/31-10/12	6:30-7:30 pm
405128-03	5-8 years	10/26-12/14	5:30-6:30 pm
405128-04	9-12 years	10/26-12/14	6:30-7:30 pm



#### 3 v 3 Basketball League

LOCATION: WILSON CREEK SCHOOL GYM AGES: 1ST-6TH GRADE

Join us for this fun instructional 3 v 3 coed basketball program designed to combine skill development with real in-game applications to help players maximize their time in the gym and become better players. Over 8 weeks, players will participate in age-appropriate drills to break down fundamental skills and finish each week breaking into teams for an organized game against their classmates. Coming January 2024! More information coming soon!

Contact Jake for more information at 815.478.3324.

#### Skyhawks Basketball

LOCATION: WILSON CREEK SCHOOL GYM INSTRUCTOR: SKYHAWKS SPORTS ACADEMY

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression-based curriculum, we focus on the whole player- teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding, and defense through skill-based instruction and small-sided scrimmages. Participants should bring a water bottle and wear appropriate athletic attire. Every child receives an award certificate and a Skyhawks t-shirt. No class 11/23.

Class#	Age	Dates	Time	R/NR
405120-01	4-6 years	9/7-10/12	5:30-6:30 pm	\$80/\$85
405120-02	7-9 years	9/7-10/12	6:30-7:30 pm	\$80/\$85
405120-03	10-12 years	9/7-10/12	7:30-8:30 pm	\$80/\$85
405120-04	4-6 years	10/26-12/14	5:30-6:30 pm	\$85/\$90
405120-05	7-9 years	10/26-12/14	6:30-7:30 pm	\$85/\$90
405120-06	10-12 years	10/26-12/14	7:30-8:30 pm	\$85/\$90





#### VOLUNTEER COACHES NEEDED!

No experience necessary.

Contact Jake Kaplan at jkaplan@manhattahparks.org or 815.478.3324 for more information.

## YOUTH ATHLETICS



#### Skyhawks Beginning Golf

LOCATION: WILSON CREEK SCHOOL GYM NSTRUCTOR: SKYHAWKS SPORTS ACADEMY

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for beginners and novices alike. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions, and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided.

Class#	<u>Age</u>	Dates	Time	R/NR
405125-01	5-8 years	9/5-10/10	5:30-6:15 pm	\$80/\$85
405125-02	9-12 years	9/5-10/10	6:30-7:30 pm	\$80/\$85

#### Skyhawks Volleyball

DAY: TU LOCATION: ANNA MCDONALD SCHOOL GYM INSTRUCTOR: SKYHAWKS SPORTS ACADEMY

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting, and serving. This program is designed for the beginning to intermediate players. No class 10/31, 11/21.

Class#	Age	Dates	Time	R/NR
405127-01	5-8 years	10/24-12/12	5:30-6:30 pm	\$80/\$85
405127-02	9-12 years	10/24-12/12	6:30-7:30 pm	\$80/\$85

## Skyhawks Flag Football

LOCATION: WILSON CREEK GYM INSTRUCTOR: SKYHAWKS SPORTS ACADEMY

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking, and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. Participants should bring a water bottle, and wear appropriate athletic attire. Every child receives an award certificate and a Skyhawks t-shirt. No class 11/22.

Class#	Age	Dates	Time	R/NR
405126-01	4-6 years	9/6-10/11	5:30-6:30 pm	\$80/\$85
405126-02	7-9 years	9/6-10/11	6:30-7:30 pm	\$80/\$85
405126-03	10-12 years	9/6-10/11	7:30-8:30 pm	\$80/\$85
405126-04	4-6 years	10/25-12/13	5:30-6:30 pm	\$85/\$90
405126-05	7-9 years	10/25-12/13	6:30-7:30 pm	\$85/\$90
405126-06	10-12 years	10/25-12/13	7:30-8:30 pm	\$85/\$90

#### Karate

LOCATION: HCC VILLA INSTRUCTOR: SENSEI PEGGY MITCHELL AGES: 5-14 YEARS

Learn Karate with Sensei Peggy Mitchell, a nationally and internationally certified martial arts instructor with a master's rank. Karate is an art of self-defense, where discipline and self-control are emphasized. This class touches on Jiu Jitsu, Taekwondo and Goju. Progression from one belt to the next is determined by tracking training hours as well as performance. Please bring a water bottle to class. Note: Beginner and Advanced students are taught at the same time so younger learners can watch and learn from the older students. No class 10/31, 11/21.

Class#	Date	Time	R/NR
405100-01	8/29-10/10	6-7 pm	\$50/\$55
405100-02	10/24-12/19	6-7 pm	\$50/\$55

## **FITNESS**

#### Yoga

LOCATION: HCC MARKET STUDIO DAY: M INSTRUCTOR: JENN RALEIGH AGE: 13 & UP

Students will gain strength, flexibility, focus, and stamina through active Vinyasa flows and postures in this practice. Each participant will be encouraged to move to their own rhythm and breathe throughout each class. Please bring a sticky mat and water to each class. Walk-ins are available -\$10/class. Participants under 16yrs old MUST be accompanied by an adult. No Class 10/9.

Class#	Dates	Time	R/NR
406500-01	9/11-11/6	7:30-8:30 pm	\$66/\$71
406500-02	11/27-12/18	7:30-8:30 pm	\$35/\$40

#### Pilates-Barre Blend

LOCATION: HCC MARKET STUDIO DAY: TU INSTRUCTOR: JENN RALEIGH AGE: 16 & UP

This Pilates and Barre hybrid class will bring intensive muscle stretch and strengthening techniques, as well as postural alignment to all participants through classical Pilates mat work, in combination with exercises using the ballet barre. No dance experience is necessary. Please bring a mat and bare feet or sticky socks to class. No class on 10/31.

Class#	Dates	Time	R/NR
406516-01	9/12-11/7	7:30-8:30 pm	\$66/\$71
406516-02	11/28-12/19	7:30-8:30 pm	\$35/\$40

## Gentle Chair Yoga



LOCATION: HCC VILLA DAY: TU

INSTRUCTOR: MARCELLA PUGA AGE: 50 & UP

Join instructor Marcella Puga in this gentle chair-based yoga class that is perfect for those who struggle with mobility issues. Students improve their strength, flexibility, mobility, and avoid injury by using gentle stretches, adapted seated yoga poses, and controlled meditative breathing techniques. Reduce stress and build confidence in performing normal daily activities. Walk-ins are welcome at the door only if the class is running, \$10/class. No class 10/31, 11/21

Class#	Dates	Time	R/NR
406515-01	8/29-10/10	9:30-10:30 am	\$60/\$65
406515-02	10/24-12/19	9:30-10:30 am	\$60/\$65

## Total Body Workout

**INSTRUCTOR: CARISSA PAVLIK** AGES: 18 & UP LOCATION: HCC MARKET STUDIO DAY: TH

A combination of choreographed cardio kickboxing and foundational strength training with weighted bars, this full-body experience will leave you sweating, smiling, and excited to come back for more! Each class includes a warm-up and cool down stretching component to help prevent injury. Perfect for all ages and fitness levels. Participants should bring a towel, water bottle, and yoga mat. Limited weight bars are available, but feel free to bring your own. Walk-ins: \$13/class. No class 11/2, 11/23.

Class#	Dates	Time	R/NR
406514-01	9/7-10/12	6-7:15 pm	\$75/\$80
406514-02	10/19-12/7	6-7:15 pm	\$75/\$80

#### **PICKLEBALL** AT ROUND BARN FARM

2 PM - SUNSET M & W TU, TH & SA 9 AM - 2 PM

Open-play pickleball will be located at the Round Barn Farm tennis court. Courts are available with no reservations needed. Firstcome, first-served basis.

Call 815.478.3324 for more information. Open this fall while weather permits.



## **ADULT & TEEN**



See page 10 for NEW adult ballroom dance classes!



#### Ghouls Night Out



LOCATION: HCC VILLA AGE: 12 & UP

Come on out for a spooky craft night with your best ghoul friends! We will be making half-moon wreaths. Supplies will be provided to create this project with all things dark and fun! This makes for the perfect fall time décor or the perfect addition to your witchy space!

Class #	Date	Time	R/NR
409104-01	10/6	5:30-6:45 pm	\$35/\$40



LOCATION: HCC VILLA AGE: 16 & UP DAY: F

You, three teammates, and a chance at puzzle glory! Each team will receive one 500-piece puzzle to complete, racing against the other teams to be crowned the puzzle champions. Be the first to complete the puzzle and win. Registration is done on a per team basis.

Class #	Date	Time	R/NR_
409501-01	10/13	6-8 pm	\$30/\$35 per team

## Round Barn Ghost Walk



LOCATION: ROUND BARN FARM BAKER PAVILION

AGE: 12-18 YEARS DAY: F

Dare to walk through Round Barn Farm, dark as pitch on a night in October when the spirits come out to join us to walk among the sleeping living and the awake dead. We will speak of the former residents, old stories, and frightful news. Meet in the Baker Pavilion to begin the night.

Class #	Date	Time	R/NR	
409600-02	10/20	8-0.30 nm	\$10/\$15	

#### Manhattan Luncheons

Join the Village of Manhattan, Manhattan Township, and the Manhattan Park District for lunch and an engaging presentation. Please RSVP to slewis@vilageofmanhattan.org or call (815) 418-2041. Open to Village of Manhattan and Manhattan Township residents ages 55 and up. Free!

Hansen Community Center Villa

September 27 & December 6 11 am - 12:30 pm







# 20 ADULT 24 TRIPS

## Hawaiian Adventure

#### March 19-27 (9 days)

Say Aloha to a Hawaiian Adventure! This trip begins with a 3-night stay in Honolulu with tours of the city, a visit to Pearl Harbor, and of course, plenty of free time for the pool, beach, golf, or more exploring. Next, fly to the big island to visit Hawaii Volcanos National Park, explore Kona, and soak up more sun. On Day 6, fly to Maui for a three-night stay, exploring the historic whaling village and Maui hotspot Lahaina, relaxing at the pool, beach or golf course, and visiting Mount Haleakala National Park. Your trip culminates with a Hawaiian Luau featuring traditional food. dancing, and music. View the full trip itinerary at manhattanparks.org.

Your trip includes: round trip airfare, 8 nights accommodations, sightseeing and tours per itinerary, admissions per itinerary, 8 breakfasts & 3 dinners, hotel transfers, professional tour director, motor coach transportation, and baggage handling at hotels. A deposit of \$400 is required at the time of registration. The remaining balance will be invoiced and paid to Premier World Discovery travel company. All adult trips are run by Premier World Discovery travel company. All trips depart from Midway Airport. Transportation to the airport is not provided. Optional Travel Protection Plan is available for \$325. All trip deposits are due 6 months in advance. \$100 discount if full payment is received before the final due date.

Class#	Dates	Fee
208504-01	3/19-3/27	\$5525

#### TRIP HIGHLIGHTS:

- 3 NIGHTS IN HONOLULU
- 2 NIGHTS ON THE BIG ISLAND
- 3 NIGHTS ON MAUI
- 3 ISLAND TOURS
- 2 NATIONAL PARKS
- PEARL HARBOR

- BLACK SAND VOLCANIC BEACH
- KAILUA KONA
- IAO NEEDLE
- LAHAINA VILLAGE
- LUAU







## Canadian Rockies & Glacier National Park

August 4-10 (7 days)

Explore the majestic Canadian Rockies and Glacier National Park during this 7-day trip. After arriving in Calgary, travel south to visit Head-Smashed-In Buffalo Jump, a UNESCO World Heritage Site. Travel to Glacier National Park to board a 1930's Red Jammer Touring Car for a ride over the Goingto-the-Sun Highway, acclaimed as one of the most beautiful roadways in the world. Visit the Kalispell/Whitefish area of Montana, British Columbia, and Kootenay National Park. Travel north along the Icefields Parkway, situated between Lake Louise and Jasper, and Moraine Lake & Lake Louise. End the trip at a Farewell Dinner with your fellow travelers in the Banff area. View the full trip itinerary at manhattanparks.org.

Your trip includes: round trip airfare, 6 nights accommodations, sightseeing per itinerary, admissions per itinerary, 6 breakfasts & 3 dinners, hotel transfers, professional tour director, motor coach transportation, and baggage handling at hotels. A deposit of \$400 is required at the time of registration. The remaining balance will be invoiced and paid to Premier World Discovery travel company. All adult trips are run by Premier World Discovery travel company. All trips depart from Midway Airport. Transportation to the airport is not provided. Optional Travel Protection Plan is available for \$375. All trip deposits are due 6 months in advance. \$100 discount if full payment is received before the final due date.

Class#	Dates	Fee
308005-01	8/4-8/10	\$3899

#### TRIP HIGHLIGHTS:

- 3 NIGHTS IN BANFF
- 1 NIGHT IN CALGARY
- 1 NIGHT IN GLACIER NAT'L PARK
- 1 NIGHT IN KALISPELL/WHITEFISH
- NATIONAL PARKS
- BANFF GONDOLA
- ICEFIELDS PARKWAY

- HEAD-SMASHED-IN **BUFFALO JUMP**
- ATHABASCA GLACIER **ICE EXPLORER**
- RED JAMMER **TOURING CAR TOUR**

#### Treasures of Ireland

#### October 22-30 (9 days)

Discover the Treasures of Ireland on a 9-day trip! Your trip includes a 2-night stay in Dublin visiting touring the city and a whiskey distillery, followed by a 2-night stay in Limerick, visiting the Guinness storehouse, taking a tour of Limerick, and enjoying the Bunratty Castle during a Medieval Banquet. Travel to the spectacular cliffs of Moher, visiting Galway. Travel to Adare, renowned as Ireland's prettiest village. Visit Killarney National Park for a horse-drawn jaunting Car ending in the Muckross House and Gardens enjoy a traditional Irish dinner and overnight in Killarney. Travel along the Ring on Kerry one of the most beautiful coastal routes in the world, and travel to Killkenny and take in the sites of this historic medieval town before spending the night in a castle. End your trip at a farewell dinner with your fellow travelers. Or extend your adventure with an optional 2-night Belfast extension (must be booked at time of deposit). View the full trip itinerary at manhattanparks.org.

Your trip includes: round trip airfare, 7 nights accommodations, sightseeing per itinerary, admissions per itinerary, 7 breakfasts & 5 dinners, hotel transfers, tour director, motor coach transportation, and baggage handling at hotels. Optional Travel Protection Plan is available for \$399. A deposit of \$600 is required at the time of registration. The remaining balance will be invoiced and paid to Premier World Discovery travel company. All adult trips are run by Premier World Discovery travel company. All trips depart from Midway Airport. Transportation to the airport is not provided. Trip deposits are due 6 months in advance. \$100 discount if full payment is received before the final due date.

Class#	Dates	Fee
408501-01	10/22-10/30	\$3999

#### TRIP HIGHLIGHTS:

- 2 NIGHTS IN DUBLIN
- 2 NIGHTS IN LIMERICK
- 2 NIGHTS IN KILLARNEY
- 1 NIGHT IN A CASTLE HOTEL
- CITY TOURS
- WHISKEY DISTILLERY TOUR
- GUINNESS STOREHOUSE
- BUNRATTY CASTLE MEDIEVAL BANQUET
- RING OF KERRY
- CLIFFS OF MOHER
- JAUNTING CAR TOUR
- MUCKROSS HOUSE & GARDENS
- CHRISTCHURCH CATHEDRAL







## **EVENTS**

#### Trick or Treat Trail

#### Saturday, October 28 12-2 pm Free!

What lurks below the waves, what lies under the water? The Trick or Treat Trail is back this year with an Under the Sea theme. Free! No registration required. Join us in your costumes to find treats along the trail during this family-friendly event at Round Barn Farm.

Are you a business owner looking for a way to showcase your business to the community? Tables are available at no charge! Contact <a href="mailto:evogt@manhattanparks.org">evogt@manhattanparks.org</a> for more info.

#### Round Barn Winter Fest

#### Friday, December 1 5-9 pm Free!

Start the season off with a festive evening at Round Barn Farm! Visit with Santa in the Round Barn, take a hayrack ride through the park (weather dependent), listen to live festive holiday music, and enjoy the holiday lights at night. Warm up with cookies and cocoa, popcorn, and mulled wine. Free! No registration required.

#### Round Barn Winter Fest Adaptive Sensory Hour

Join LWSRA and MPD for an early opening of Round Barn Winter Fest for those with special needs. Visit with Santa and the Grinch, make crafts in the Round Barn, and take a hayrack ride (no lifts available). Space is very limited. Priority registration for Manhattan Park District residents. If space is available after 11/14, registration will open to non-residents. All attendees must register, including accompanying family members.

Class #	Date	<u>Day</u>	Time	R/NR	
413001-02	12/1	F	4-5 pm	FREE	



## Thank you to our Trick or Treat Trail Sponsors!















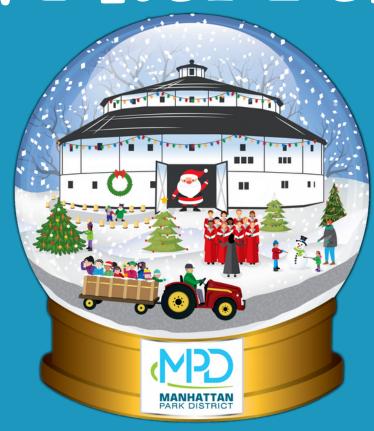






Interested in becoming an event sponsor? Contact Evan at 815.478.3324 or evogt@manhattanparks.org

# Round Barn Winter Fest



## FRIDAY, DECEMBER 1 5-9 PM FREE!

## SANTA • GRINCH ELF WORKSHOP

BEER, WINE, COCOA, AND SNACKS ● CAMPFIRE

DJ GRINCH DANCE PARTY ● CRAFTS ● HOLIDAY LIGHTS

HAYRACK RIDES ● ANNA MAC & WILSON CREEK CHOIRS







#### **About Us**

Since 1976, the Lincolnway Special Recreation Association (LWSRA) has provided recreation services for individuals with disabilities through a cooperative agreement with its eight member park districts: Crete, Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Park Districts. Participants enjoy active, healthy and more independent lifestyles through a variety of recreational and social opportunities.

#### **Benefits of Recreation**



- Build confidence & friendships
- Socialize in an inclusive setting



#### **Our services**



#### Social Programs

Engage with similar-aged peers in a structured but fun-filled social environment. Staff create opportunites to develop skills and try new experiences. Popular programs include dances, bingo, trivia, community trips, adult day program, summer camps and social groups.



#### **Interest-based Programs**

Find programs centered around fitness or cultural arts. Try competitive Special Olympics and adapted sports or fitness outlets such as strength & conditioning and introductory sports skills. Enjoy creative arts through cooking, drawing & painting, dancing and more!



#### **Inclusion Programs**

Park Districts welcome participation of individuals with disabilities in all recreational programs. The district works cooperatively with LWSRA to facilitate successful participation for individuals who request an inclusion aide. Inclusion services give participants the needed support in a typical park district setting.

#### LEARN MORE AT WWW.LWSRA.ORG

(815) 320-3500 support@lwsra.org



1900 Heather Glen Drive New Lenox, IL 60451

## REGISTRATION INFO

#### REGISTRATION

Registration for Fall 2023 Programs opens on Monday, <u>August 7</u>.
Registration can be completed online at www.manhattanparks.org, in person at the Hansen Community Center, or by phone at 815.478.3324.

All registrations must be completed at least 7 days in advance of the start date of a program, except where noted otherwise in the program description. Those with outstanding balances must settle their account before future registration will be processed.

#### REFUND POLICY

Refunds will not be issued after the program deadline date (7 days before the start of a program unless otherwise noted). At the discretion of the Park District, a refund may be issued if a refund request is accompanied by documentation from a physician.

A refund will be promptly issued for programs canceled by the Park District. Refunds will not be issued for programs that transition from in-person to virtual due to changing government guidelines.

#### CANCELATIONS

The Park District does everything in its power to run programs and minimize cancelations. Occasionally a program must be canceled if it does not meet the required minimum number of participants or due to other unforeseen emergencies or circumstances.

In the event of a cancelation, we will contact all registered participants and will attempt to reschedule any canceled program. If the program is unable to be rescheduled, we will offer transfer options or refunds.

#### **DISRUPTIVE BEHAVIOR**

The Park District's goal is to provide a positive and safe experience for all participants. The Park District reserves the right to terminate participation in an activity or program due to any disruptive behavior or conduct, disregard for safety, or refusal to follow program rules, by any participant or parent/guardian of the participant.

#### THREE WAYS TO REGISTER



Online at manhattanparks.org



815.478.3324



In person at the Hansen Community Center (397 S State St)



**STARTING JANUARY 2024!** 

## **COMING SOON!**

A new 3v3 co-ed youth instructional basketball league for 1st-6th grade students.

Check our website and follow us on social media to see the latest details and registration later this fall.

VISIT MANHATTANPARKS.ORG OR CALL 815.478.3324 FOR MORE INFO

