

Connecting Sycamore to Wellness, Nature, and Each Other



SYCAMORE PARK DISTRICT

REGISTRATION
OPENS APRIL 18
SYCPARKS.ORG

SUMMER 2022
MAY-AUGUST

New programs and lessons at
Sycamore Golf Club
See Page 11



Table of Contents

Adult Activities	30-31
Aquatics & Swim Lessons.....	14-16
Birthday Parties	27
Brian Bemis Family Dog Park	17
Camps	22
Early Childhood & Youth Activities.....	23-26
Facility Rentals.....	13
Facility Addresses.....	34
Group Fitness Classes	20-21
Parks.....	35
Policies	38
Registration Information.....	36-37
Staff Contact Information	34
Kishwaukee Special Recreation Association.....	33
Pathway Fitness	18-19
Nature & Environment Activities.....	29
Special Events.....	6-9
Sycamore Golf Club	10-11
Summer Concert Series	4-5
Tween & Teen Activities	28

COVID-19 | Updated: 3/1/22

Masking Guidelines: Masking is optional for those who are vaccinated for COVID-19.



Those who are NOT vaccinated are recommended to continue to mask.

Social distancing is in place where possible for your safety. Safety Panels will remain in place for employee and public safety where they come in close contact. Cleaning protocols will remain in place for shared use of facility equipment. As always if you do not feel well, please stay home.

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.



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

Get in Touch with YOUR Park District

Phone 815-895-3365 Website sycparks.org
 Email info@sycparks.org Facebook SycamoreParkDistrict
 Fax 815-895-3503 Instagram @sycamoreparks

Community Center Hours

Building & Service Desk M-F 6am-9pm | Sa 8am-3pm | Su 10am-2pm
 Administrative Office M-F 8:30am-4:30pm
 Closed April 17, May 30, July 4, Sep 5

Sycamore Park District Board of Commissioners



Bill Kroeger



Ben Doty



Ted Strack



Daryl Graves



Denise Ackmann

Bill Kroeger, President

williamk@sycparks.org

Ben Doty, Vice President

bend@sycparks.org

Ted Strack, Commissioner

teds@sycparks.org

Daryl Graves, Commissioner

daryl@sg@sycparks.org

Denise Ackmann, Commissioner

denisea@sycparks.org

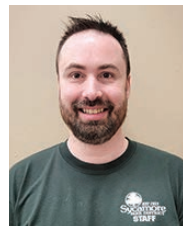
Park Board Meetings

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.

If in-person meetings are not permitted due to COVID-19 restrictions, the Sycamore Park District will use Zoom to allow for remote electronic attendance of Commissioners, staff, and the public.

Welcome, Chris!

The Sycamore Park District would like to welcome Chris Hoblit as our new Recreation Specialist! Chris comes to us with a bachelor's degree in Park and Recreation Administration from Aurora University. He has an extensive background in the field and many years of service with regional park districts and recreation departments.



Chris looks forward to creating a positive impact on recreation for the Sycamore community and expanding opportunities offered by the District. In his free time, he enjoys fishing, building birdhouses, and taking trips to the Boundary Waters in Minnesota. You will find Chris at the Community Center or at the Sports Complexes so say hi if you happen to see him!



SUSTAINING THE LEGACY: 2025

Riverside Sports Complex

The new soccer complex, 1515 Airport Road, 1 mile south of Rte. 64 between the Community Center and Bethany Road.

Citizens Memorial Sports Complex Development

Citizens Memorial Sports Complex, formally Sycamore Sports Complex, 435 Airport Rd., is currently being developed with a project that includes five ball diamonds, disc golf course, playground, bocce ball, shelter, additional parking, and a native prairie.

While the project will be completed by June 2022, use of the new amenities will be dependent on how quickly the turf is able to successfully establish.



Riverside Sports Complex



Trail Project Awarded

The Sycamore Park District and DeKalb County Forest Preserve District are honored to share that the Great Western Trail Extension Project received the American Public Work's Association's Public Works Project of the Year Award through the Fox Valley Branch as well as the Chicago Metro Chapter.

Introducing the Sycamore Parks Foundation!

Mission: To make connections between resources and the essential needs of a vibrant park system.

Board Members

Karen Schmitt, President | Becky Metcalf, Treasurer | Ed Valdez, Secretary

Sycamore Parks Foundation was created in 2021 to secure philanthropic support for the rapidly growing Sycamore Park District. With a focus on promoting social equity, health and wellness, and conservation, the foundation graciously receives various donations on behalf of the Park District and responsibly administers them for the greater good or according to the donor's specific request.

To learn more about the Sycamore Parks Foundation and the many ways that you or your business can connect with us, visit sycparksfoundation.org.





Summer Concert Series

FREE

June 2 Mr. Myers

Presented in partnership with the Sycamore Public Library



Mr. Myers blends the tropical sounds of calypso and ska, the rhythms of reggae and a little rock-n-roll with some favorite classic tunes to create their own special style of music – Caribbean Rock. Mr. Myers' unique combination of musical styles never fails to entertain audiences everywhere, young and old. mrmymers.com

June 9 StingRays

The StingRays play the greatest music ever written and play it with the energy, passion, and authenticity of the artists whose music they love. Excellent musicians, everyone LOVES the StingRays Rock & Roll. The StingRays love interacting with audiences through trivia, dance contests and even joining people in the audience. The StingRays always get the crowd dancing and singing to songs from Rockabilly -tons of sixties- to the 70's. thestingrays.com

June 16 MacKenzie O'Brien

The Mackenzie O'Brien Band is Chicagoland's hottest young country band fronted by the young woman referred to as Chicago's new country queen! Mackenzie has had growing success and recognition in the midwest and in Nashville where she regularly performs! The band covers songs from today's country stars such as Little Big Town, Maranda Lambert, Chris Stapleton, Maren Morris, to stars of the past like Dolly Parton, Waylon Jennings, and even the Eagles! mackenzieobrien.com

June 23 No Concert



ServiceMASTER
Restoration & Cleaning
Services by Skip
Restore



First Midwest Bank

A division of **OLD NATIONAL BANK**

**Northwestern
Medicine**

Thursdays at 7pm • GoodTymes Shelter

Bring your own seating/picnic blankets. Food, beer, and wine available for purchase.

June 30 Second Time Around

Presented in partnership with the Sycamore Parks Foundation
You know the songs, but you haven't heard them covered like this before. Splendid three-part harmonies of Yes, Fleetwood Mac, and the Eagles; pitch-perfect guitar solos of Lynyrd Skynyrd and Joe Walsh; rumbling organ solos of Boston and Deep Purple; blazing harmonica of the Doobie Brothers, Rolling Stones, and Pretenders! Second Time Around has been thrilling audiences for over a decade. secondtimearoundmusic.com



July 7 R-Gang

Specializing in Motown/R&B, R-Gang is comprised of highly-respected members of Chicagoland's musical community, with backgrounds as diverse as the band members themselves. From playing with nationally known artists such as Survivor, to writing and recording for groups like The Doobie Bros., the musicians in R-Gang hold many years of experience between them. r-gang.net



July 14 Family Concert with Leonardo

Presented by the Sycamore Public Library
All ages | Bring your picnic blanket or chairs, dancing shoes and best air guitar moves! It's time to go rockin' and reading with Parents Choice Award Winning family musician, Leonardo. There will be plenty of sing-alongs during this high energy, interactive performance. Will be held in the Community Center Gym in case of rain. No registration required.



July 21 Off the Charts

The talented 5-piece line-up features multi-fronted male and female vocals with supporting harmonies that cover a wide variety of pop, rock and Country. From AC/DC to Prince and all points in between, Off the Charts is sure to get the audience up, dancing and rocking all night long. facebook.com/offthechartschicago



July 28 June's Got the Cash

Celebrate the music of Johnny Cash & June Carter with a journey back in time to the era of the Grand Ole Opry, Sun Studios & San Quentin. It will be an evening to remember with vintage costumes, your favorite hits from the 50s and 60s, and all the charm of America's sweethearts. junesgotthecash.com



Eric Anstedt
Financial Advisor
1170 Dekalb Ave
Suite 109
Sycamore, IL 60178
815-899-1001



Heritage Woods
of DeKalb

An Affordable Assisted Lifestyle
Community for the Older Adult



IDEAL INDUSTRIES, INC.



Mary E. Stevens
Concert and Lecture Fund

SYCAMORE COMMUNITY EXPO

MAY 7
10AM-2PM

Giveaways • Activities for Kids • Free Parking

SYCAMORECHAMBER.COM

SYCAMORE
CHAMBER of
COMMERCE

FREE EVENT



Community Center

Sponsored by



Kick Off to Summer

Saturday, May 28
Legacy Campus

Illinois Association of Park District's
Flying 4 Kids Statewide Kite Fly 9:30am & 10:30am

This statewide kite fly promotes the park and recreation agencies beyond school programming and the Youth License Plate program. Launch water balloons and fly kites from the top of the sled hill! Free kites while supplies last. Advance registration required so that we can give everyone plenty of flying space on the hill. Please reserve your time slot by May 26 at the Community Center or by calling 815-895-3365.

Splash Fountain Opening Day 10am

The ground-level water sprayers, dump buckets, spitting rocks, and spinning trees are ready to go for a season of water fun! Learn more about Splash Fountain on page 14.



Dancing THROUGH THE DECADES

Friday, May 13 • 7-9pm
Community Center Gym | Ages 18+

It's time to boogie! Get your dancing shoes on! Dancing through the Decades is coming to Sycamore Park District, connecting the generations with music, dance, and fun!

Can you do the twist? How about the electric slide? Can you percolate or tootsie roll? Do we need to teach you how to Dougie?

No one will be left off the dance floor. Line dancing to break dancing, swing dancing to the macarena. Dancing through the Decades is here for it all! Dress to impress, come outfitted in your perfect period correct outfit.

Advanced registration preferred by May 9.

RES \$5/NR \$7



FREE

Movies IN THE PARK

Sycamore LIBRARY

Presented in partnership with the Sycamore Public Library

Legacy Campus | Movie begins at dark - roughly 15 minutes after sunset. Bring a blanket or chairs.

June 3 *Encanto*
August 5 *The Mummy* (PG-13)

Sponsored by

SYCAMORE STATE THEATER



FAMILY
HEALTH & FITNESS DAY

Saturday, June 11 • 9am
Old Mill Park

NRPA Family Health and Fitness Day promotes the importance of parks and recreation in keeping communities healthy.

Park and recreation agencies everywhere are encouraged to participate by sharing ways families can get active in our parks.

Join our staff at Old Mill Park for a morning outside to play and exercise at the fitness equipment and a newly surfaced playground. The Park District spinning wheel will be on site to win fun prizes!

Stories & Songs of African People

FREE

Sunday, June 12 • 4pm

All ages | First National Bank Amphitheater on Legacy Campus

Presented by the Sycamore Public Library

Join us for an early Juneteenth celebration with storyteller Shanta Nurullah. Shanta will share African folktales and contemporary African American perspectives plus poetry, chants and the spellbinding sound of African instruments.



July



NATIONAL PARK AND RECREATION MONTH

Since 1985, people in the United States have celebrated Park and Recreation Month in July.

This initiative promotes building strong, healthy, and resilient communities through the power of parks and recreation, and recognizes the more than 160,000 full-time park and recreation professionals — along with hundreds of thousands of part-time and seasonal workers and volunteers — that maintain our country's local, state and community parks.

Be sure to check out all the free things you can do with the Sycamore Park District in the month of July. Look for events like:

- National Freezer Pop Day July 8
- Hot Dog Day July 20
- National Water Park Day July 27

Community Center Open House

Sunday, July 24 • 12-2pm

The building will be open for tours and free admission to open gym and the walking track.



Save the Date!

Saturday, July 9 • 11am-5pm
Community Park | Fields 13-16

CALLING ALL VENDORS!

Taste your way through the park as you sample local libations and enjoy culinary creations area restaurants and food trucks. An assortment of artisans and vendors will have items available for purchase.

BEER • WINE • SPIRITS • ARTISANS



Summer Reading Extravaganza

Friday, July 29 • 6-7:30pm
All Ages | Legacy Campus

Presented by the Sycamore Public Library

Grab your sunscreen and enjoy fun for the whole family including the splash pad, lawn games, balloon animals, food and entertainment from professional bubble maker Glowby the Bubbler and Hawaiian music, Polynesian dancers, and fire dancing from Aloha Chicago. No registration required.



CALLING ALL VENDORS!

Sunday, September 11
9am-3pm
Riverside Sports Complex

You bring the "junk," we bring the people! Sell items right out of the back of your car or set up a stand in the space provided. It's a great opportunity for individuals who can't hold a garage sale at their residence. Space is limited! Held at the new Riverside Sports Complex. One mile south of the Community Center on Airport Road.

To register, contact Melissa at melissad@sycparks.org

\$20 per 2 parking

Registration deadline:
September 7





The way golf is meant to be played!

Reasonable Rates • Immaculate Conditions
Enjoyable Pace of Play & Friendly Staff

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

Sycamore Golf Club Events

For details about these events and a complete list of community outings, visit playgolfsycamore.com

Alvin Wildenradt Junior Championship

Tue & Wed July 12 & 13
Ages 7-9: \$25 per player | Ages 10-18: \$35 per player

The Annual Sycamore Club Championship

Flight Rounds 1 and 2 and Ladies Division
Sat & Sun, Aug 20 & 21 \$20 per player

The Annual Sycamore Club Championship

Flight Final Rounds and all other flights
Sat & Sun, Aug 27 & 28 \$20 per player

The 6X6X6 Ryder Cup Format Tournament

Sat, Sep 17 \$50 per two-person team

The Annual Pumpkin Scramble

Sat, Oct 29 11am shotgun start \$100 per team

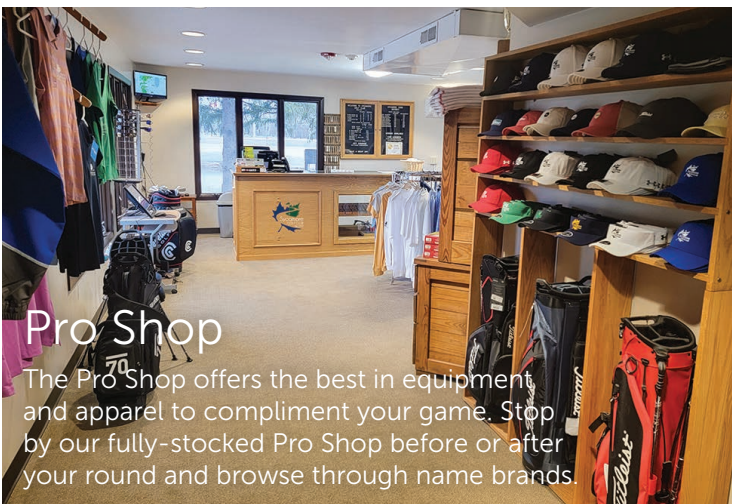
The Frozen Fingers Open

Sat, Nov 12 \$50 per two-person team

Season Pass Type	Resident	Nonresident
Adult Unlimited	\$630	\$790
Adult Weekday	\$475	\$630
Spouse Unlimited	\$400	\$555
Spouse Weekday	\$335	\$495
Senior Unlimited	\$575	\$735
Senior Weekday	\$420	\$575
Senior Three Day	\$295	\$415
Junior (16 - 21)	\$375	\$500
Junior (11 - 15)	\$250	\$375

Green Fee Type	Resident	Nonresident
Weekday		
9 Holes before 5pm	\$16	\$18
9 Holes after 5pm	\$13	\$13
18 Holes before 2pm	\$27	\$30
18 Holes after 2pm	\$24	\$24
Weekend		
9 Holes before 5pm	\$18	\$20
9 Holes after 5pm	\$13	\$13
18 Holes before 5pm	\$30	\$33
18 Holes after 5pm	\$26	\$26
Junior/Senior Green Fees		
All Day 9 (Weekends after 1pm)	\$11	\$12
All Day 18 (Weekends of 1pm)	\$21	\$23

Cart Fees	
Earlybird 9 before 9am Weekdays	\$7.50
Earlybird 18 before 9am Weekdays	\$13
9 Holes before 5pm	\$8.50
9 Holes after 5pm	\$6.50
18 Holes before 2pm	\$16
18 Holes after 2pm	\$13
Push Carts	\$3



Pro Shop

The Pro Shop offers the best in equipment and apparel to compliment your game. Stop by our fully-stocked Pro Shop before or after your round and browse through name brands.

NEW! Corporate Lesson Program

Thursdays in June and July 12-12:45pm

Do you daydream about being on the course during the weekday, well make it happen with the new Corporate Lesson Program? Corporate groups of 4 to 8 can sign up to stretch their legs and work on their swing over the lunch hour. Sign up for one or multiple sessions at a time.

- 1 session.....\$25 per person
- 2 consecutive sessions\$45 per person
- 3 consecutive sessions \$60 per person
- 4 consecutive sessions \$75 per person

Other times of day can be made available on a case-by-case basis. Registration opens Monday, May 2, 8am at the Pro Shop or by calling 815-895-3884.



NEW! Adult Lesson Academy

Beginners and intermediate players, brush up on your skills with some quality time on the course! Learn all aspects of the game including full swing, chipping, putting, course management, and etiquette.

Clubs are available for those who do not have their own. Fee includes range balls, use of equipment, and instruction. Registration opens Monday, May 2, 8am at the Pro Shop or by calling 815-895-3884.

RES \$165/NR \$195 per series

Series 1..... June 15, 16, 22, 23

Series 2..... July, 13, 14, 20, 21

Beginners: 5:30-6:15pm & 6:15-7pm

Intermediates: 6:30-7:15pm & 7:15-8pm

Sycamore Golf Club & Sycamore Family Sports Center,
725 E State St, Sycamore

Group Lessons

Any groups wishing to set up their own group lesson times may do so with Kirk Lundbeck, PGA Head Professional. These additional sessions will be based upon the students' and the instructor's availability. For more information call 815-895-3884.



*Registration opens May 2
at the Pro Shop or by calling 815-895-3884.*

Ages 5-15 | Introduce your child to the game of golf and a lifetime of wellness, sportsmanship, and fun! Sycamore Area Youth Golf (SAY-Golf) covers all aspects of the game: Full swing, putting, chipping, course management, and etiquette.

Series 1: Mon & Wed June 13, 15, 20, 22

Series 2: Tue & Thu July 12, 14, 19, 21

Little Linkers..... Ages 5 & 6 8:30-9:15am
Resident \$60/Nonresident \$75

Wee Swingers..... Ages 7-99:45-10:45am

Par Savers..... Ages 10-1211am-12pm

Birdie Seekers..... Ages 13-1512:30-1:30pm
Resident \$165/Nonresident \$195*

All players receive a certificate of completion and a graduation gift. Class dates and times are subject to change based upon enrollment. Afternoon sessions will only be offered if morning sessions are filled. Students who miss a class or classes may make them up by attending another class session offered.

*Fee includes a limited pass which allows pass holder to play golf at Sycamore Golf Club without adult supervision on Tuesdays, Wednesdays, and Thursdays, 10am-3pm, and any day after 5pm with an adult. Students 11 years and older may upgrade their 3-day restricted SAY-Golf pass to a regular Junior Restricted Pass for an additional fee.

Try the cheddar nuggets and check out the new renovated patio seating!



@ SYCAMORE GOLF CLUB CLUBHOUSE

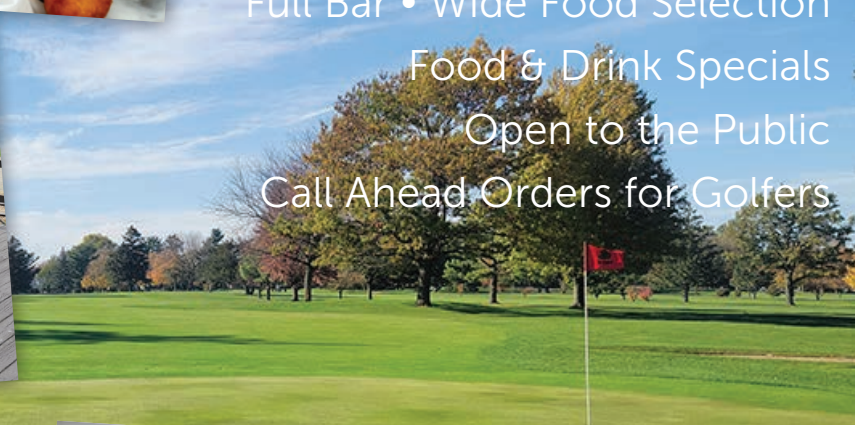
940 E. State Street

Full Bar • Wide Food Selection

Food & Drink Specials

Open to the Public

Call Ahead Orders for Golfers



Looking for Lunch? The Caddyshack Grill at Sycamore Golf Club is open daily (depending on golfer presence).

Swing by and check out the delicious selection, reasonable prices, and a beautiful view of the course.



FIND CADDYSHACK GRILL CONCESSIONS IN THE PARKS!

Summer Concert Series

During high use times at Citizens Memorial Sports Complex and Riverside Sports Complex.



Community Center Gymnasium

For information and fees, visit sycparks.org

Community Center

Contact Melissa melissad@sycparks.org

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

Available Mon-Fri: 6am-9pm
 Sat: 8am-3pm (+\$25 per hour past 3pm)
 Sun: 10am-2pm (+\$25 per hour past 2pm)

Learn about youth birthday party packages on page 27.



Community Center Multipurpose Room C



Community Center Multipurpose Room AB

Splash Fountain

Contact Melissa melissad@sycparks.org

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

Available May 28-September 25
 Mon-Fri: 12-8pm During Public Hours
 Sat: 3-5pm | Sun: 2-4pm Private Rental



Splash Fountain

Sycamore Golf Club Clubhouse & NEW Riverview Room

Contact Melissa melissad@sycparks.org

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

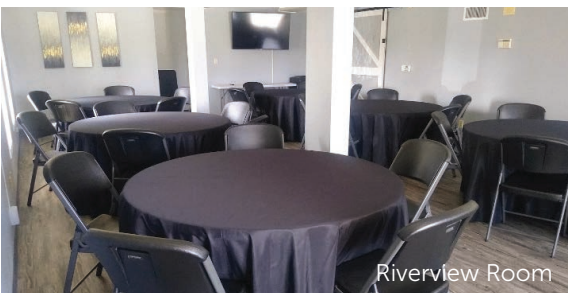
- Full-service bar (no additional bartending fee)
- Delicious catering options from the Caddyshack Grill
- Outdoor patio seating

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

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



Clubhouse



Riverview Room

Shelters

Contact Tracy tracyo@sycparks.org

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

Available April-October: Dawn to Dusk



Outdoor Shelters

SYCAMORE PARK DISTRICT Aquatics

SPLASH FOUNTAIN

On Legacy Campus • 480 Airport Road
Enter through the Community Center

Surrounded by native prairie landscapes, this zero-depth nature-themed water playground is a safe and fun oasis for all ages. Stay cool while interacting with each other and the wonderful world of water!

Hours	May 28-Aug 31	Sep 1-25
Mon-Fri*	10am-8pm	12-6pm
Sat	10am-3pm	12-3pm
Sun	10am-2pm	12-2pm

July 4: 10am-1pm (Must register and pay 24 hours in advance). May 30, September 5: Closed.



Daily Admission	Resident Nonresident
Ages 11 months & under	FREE
Ages 1+	\$3 \$5

Daily admission is non-refundable.

Splash Fountain Rentals

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

Private Rentals: Saturdays 3-5pm, Sundays 2-4pm
\$75 per hour. 2 hour minimum rental. Contact Melissa at melissad@sycparks.org.

***Group Visits:** Tuesdays 10am-12pm
\$1.50 per person (group size: min 10/max 50). Splash Fountain will remain open to the public. Call ahead to schedule your group, 815-895-3365.

COMMUNITY POOL

In Sycamore Community Park • 940 E. State Street

Find summer fun or take a refreshing break from the heat at your Community Pool. Toddler Pool with Seal Slide, Lap Pool, 2 Diving Boards, High Dive Board, Locker Rooms

Hours

Jun 4-Aug 16	Lap Swim	Open Swim	Late Swim
Mon, Wed	9-10am 5-6pm	12-5pm	7-9pm
Tue, Thu	9-10am	12-5pm	
Fri, Sat, Sun		12-5pm	
July 4		12-5pm	

For facility closings, call 815-895-3365

Sunday, June 19: Father's Day Celebration

Free admission for fathers with payment or pass of a child.



Daily Admission	Resident Nonresident
Open Swim: Ages 3 years & under	FREE
Open Swim: Ages 4+	\$6 \$9
Late Swim: All ages	\$3 \$6
Lap Swim: Ages 14+	\$2 \$5

Swimming Pool Rentals

Make a splash with your next party or event when you have it at the Community Pool!

Fridays, Saturdays and Sundays, 6:30-10pm.
2-hour minimum rental.

50 people - \$130/hour

50+ people - Additional \$2/per person

All pool rentals must be booked in person at the Community Center Service Desk, 480 Airport Road.

Aquatic Season Passes

1 pass 2 great aquatic facilities! With a Sycamore Park District Aquatics Pass, enjoy the Community Pool and Splash Fountain all season long!

Pass Holder VIP Night
Fri, July 15 | Community Pool

Season Pass Types Resident Nonresident	Early Bird Rates Apr 1-30	Season Rate May 1-Aug 16
First Household Member Age 4-61	\$88 \$132	\$98 \$147
Additional Household Member(s) All Ages	\$35 \$53	\$40 \$59
Senior First Household Member Age 62+	\$41 \$62	\$46 \$69
Senior Add'l Household Member(s) Ages 62+	\$35 \$53	\$40 \$59

Swim Lessons

Important Information for parents of Tiny Tots and Learn to Swim participants.

Advance registration is required for all swim lessons at least 1 week before the start of the lessons. Once a session is filled, a waitlist will be made. In case of inclement weather, morning classes will be held inside at the Community Center and evening classes will be made up on a Tuesday or Thursday. An email and text message will be sent to parents to confirm the change in location or day.



Learn To Swim Ages 5-11 | RES \$54/NR \$64

Swimming and water safety skills in and around the water are important to have. Participants will learn through games and skill repetition activities. Parents please stay outside the fence. Register your child for the level you feel is most appropriate. Each child will be tested the first day of each session to confirm they are in the appropriate level. If you have questions about the levels, call 815-895-3365. Depending on registration numbers, levels may be combined.

Mondays & Wednesdays

Level 1: Introduction to Water Skills – comfortability and enjoyment in the water; enter and exit the water safely; blowing bubbles through mouth and nose; bobs; supported floating/kicking on front and back; explore beginning strokes on front and back; recover to standing position from float and float from standing position

Level 2: Fundamental Aquatic Skills – enter water independently; retrieve underwater objects; unsupported floating front/back; front/back glide; supported front and back crawl strokes; turning over front to back and back to front; treading water; explore swimming on side; safety skills

Level 3: Stroke Development – jump into deep water from side; sitting or kneeling dive; bob to safety; front crawl with rotary breathing; flutter scissor, dolphin and breaststroke kicks on front; front crawl and elementary backstroke; tread water in deep water; safety skills

Level 4: Stroke Improvement – build confidence and performance of swimming strokes; dive from compact or stride position; swim underwater 3 body lengths; feet first surface dive; open turns for front and back strokes, front crawl, back crawl, butterfly, breaststroke, elementary back stroke, sidestroke on front; flutter and dolphin kicks on back; safety skills

Level 5: Stroke Refinement – shallow dive with glide into front stroke; tuck and pike surface dive; flip turns; tread water using two different kicks; front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke

Jun 13-29	Level 1	Level 2	Level 3	Level 4	Level 5
10-10:45am	2030301-01	2030302-01	2030303-01	2030304-01	2030305-01
11-11:45am	2030301-02	2030302-02	2030303-02	2030304-02	2030305-02
6-6:45pm	2030301-03	2030302-03	2030303-03	2030304-03	2030305-03
Jul 11-27	Level 1	Level 2	Level 3	Level 4	Level 5
10-10:45am	2030301-04	2030302-04	2030303-04	2030304-04	2030305-04
11-11:45am	2030301-05	2030302-05	2030303-05	2030304-05	2030305-05
6-6:45pm	2030301-06	2030302-06	2030303-06	2030304-06	2030305-06

More swim lessons and programming on pg. 16

Tiny Tots Ages 2-5

Help your child build confidence in the water through this fun introduction to swimming skills and water safety. Children who are not potty-trained must wear a swim diaper. Parents, please stay in the concession area or outside the fence.

Important information for parents of Tiny Tots on page 15.

Mondays & Wednesdays

Jun 13-29	Tiny Tots I	Tiny Tots II
10:15-10:45am	2020302-01	2020303-01
11-11:30am	2020302-02	2020303-02
6-6:30pm	2020302-03	2020303-03
Jul 11-27	Tiny Tots I	Tiny Tots II
10:15-10:45am	2020302-04	2020303-04
11-11:30am	2020302-05	2020303-05
6-6:30pm	2020302-06	2020303-06

Tiny Tots I

Ages 2-3 | RES \$30/NR \$40

Taught in the baby pool, this program is designed to teach children beginning swim skills and water safety. Parents are welcome on the deck to help children get used to the class. Sponsored by Sycamore Kiwanis Club, whose goal is to provide fun learning opportunities for Sycamore's youth.



Tiny Tots II

Ages 4-5 | RES \$40/NR \$50

This program does not require parent involvement and is designed to teach children beginning swim skills and water safety. Class will be held in the baby pool and big pool.



Aqua Babies

Ages 6 months-2 years

Parents/Guardians can help increase their little swimmer's comfort level in the water by using songs, water play and mimicking activities. Parents/Guardians are required to be in the water and participate in each class. Swim diapers are required for every baby.

Sa Jun 18-Jul 23 11-11:45am 2020301-01 **NO CLASS 7/2**
RES \$35/NR \$45 Community Pool

Private Swim Lessons

All Ages

Need some one-on-one lessons to improve your swimming skills? Only the participant and instructor will be allowed in the water during the lesson. After each lesson, participants must exit the water. To schedule a private swim lesson, call 815-895-9598 or visit the pool office. A pool associate will obtain your contact information, then an instructor will call to schedule a swim lesson time. Private swim lessons will be based upon the availability of swim instructors and pool times. Lessons will be 45 minutes each.

RES \$28/NR \$38

S.U.P. Yoga Workshops

Ages 16+

NIU Outdoor Adventures

Gain experience and learn standup paddleboard (SUP) and practice yoga while floating on the board in the pool. SUP is a fun activity that can challenge your balance and invigorate your core. Try out this popular activity, learn paddle skills, and relax into yoga poses guided by instruction. SUP board, paddle and instruction provided.

Tu Jul 12 5:15-6:30pm 2050303-01
Tu Jul 19 5:15-6:30pm 2050303-02
Tu Jul 26 5:15-6:30pm 2050303-03
RES \$28/NR \$38 Community Pool

Teen S.U.P. Yoga

Ages 12-18

NIU Outdoor Adventures

Tu Aug 2 5:15-6:30pm 2050303-04
FREE **Registration Deadline: July 31**

Sponsored by





SYCAMORE PARK DISTRICT *Brian Bemis Family* **DOG PARK**

On Legacy Campus • 480 Airport Road

Membership Tags

Once a Year Membership Fee
(Jan-Dec) RES \$15/NR \$20
Additional Dog(s) \$5 each

How to Purchase Your Tag

Register at the Sycamore Park District Community Center. Our dog-friendly facility allows you to walk in with Fido and head straight to the park afterward! A photo of your dog is required with membership. Bring in your dog ready to smile!

NEW IN 2022 – Proof of residency and a document from your veterinary office showing proof of up-to-date vaccines for Rabies, Distemper and Bordetella are required at the time of registration. A Rabies tag number will not be accepted as proof of vaccination.

Daily Passes

Daily Passes can be purchased from the Community Center during building hours, with proof of required vaccines of Rabies, Distemper, and Bordetella.

RES \$5 NR \$10

Follow all posted Dog Park Rules including:

- Must be 10 years or older to enter the park
- Keep your dog on leash until it is safely in the park and is acclimated to the other dogs.
- Membership Tags must be displayed on your dog(s).



National Hot Dog Day

July 20 4pm

Mark your calendar for a fun dog demonstration to celebrate National Hot Dog Day! Hotdogs and drinks will be sold to help support the Dog Park. Bring a comfy lawn chair to watch from the fence line. The park will be temporarily closed during the demonstration.

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 work out!



SYCAMORE PARK DISTRICT Pathway Fitness

24/7 Membership Options • No Enrollment Fees
In the Community Center • 480 Airport Road
M-F 6am-9pm | Sa 8am-3pm | Su 10am-2pm

Choose Your Path...

Your fitness • Your choice • On your schedule

Pathway Fitness serves your healthy lifestyle needs and fitness goals, guiding you on the path to being the best version of yourself. 24-hour fitness facility & indoor track, diverse fitness programs, knowledgeable staff, and wellness resources.

24/7 Pathway Fitness Memberships (24/7 Access)	Annual Pay in Full		Annual Monthly		24-HOUR ACCESS	FITNESS CENTER	TRACK	OPEN GYM	FITNESS STUDIO	FITNESS KICK START	FREE PERSONAL TRAINING SESSION	POPUP GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES
	RES	NR	RES	NR									
*Individual 24/7 Member Ages 18-61	\$297	\$446	\$28	\$42	●	●	●	●	●	●	●	●	50%
*Additional Household Member 24/7 Ages 18-61	\$149	\$223	\$13	\$20	●	●	●	●	●	●	●	●	50%
*Senior Individual 24/7 Member Ages 62+	\$238	\$356	\$22	\$33	●	●	●	●	●	●	●	●	50%
*Senior Additional Household Member 24/7 Ages 62+	\$119	\$178	\$11	\$17	●	●	●	●	●	●	●	●	50%
*3 Month 24/7 Membership Ages 18+	\$93	\$140			●	●	●	●	●	●			
Track Only 24/7 Membership Ages 18+	\$83	\$124			●		●			●			

Pathway Fitness Passes (Access during building hours)

	RES	NR	RES	NR	24-HOUR ACCESS	FITNESS CENTER	TRACK	OPEN GYM	FITNESS STUDIO	FITNESS KICK START	FREE PERSONAL TRAINING SESSION	POPUP GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES
Individual Ages 14-61	\$238	\$356	\$22	\$33		●	●	●	●	●		●	20%
Additional Household Member Ages 14-61	\$119	\$178	\$11	\$17		●	●	●	●	●		●	20%
*Senior Individual Ages 62+	\$190	\$286	\$18	\$26		●	●	●	●	●		●	20%
*Senior Additional Household Member Ages 62+	\$95	\$142	\$9	\$13		●	●	●	●	●		●	20%
3 Month Pass Ages 14+	\$75	\$113				●	●	●		●			
Track Only Pass Ages 10+	\$65	\$98					●			●			
Open Gym Only Pass All Ages	\$53	\$79						●					

Prepaid Cards (Access during building hours)

	RES	NR	24-HOUR ACCESS	FITNESS CENTER	TRACK	OPEN GYM	FITNESS STUDIO	FITNESS KICK START	FREE PERSONAL TRAINING SESSION	POPUP GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES
Pathway Fitness & Track Ages 14+*	12 Visits	\$98 / \$147	●	●	●			●			
Open Gym Prepaid Card All Ages	5 Visits	\$20 / \$32				●					

Daily Admission (Access during building hours)

	RES	NR	24-HOUR ACCESS	FITNESS CENTER	TRACK	OPEN GYM	FITNESS STUDIO	FITNESS KICK START	FREE PERSONAL TRAINING SESSION	POPUP GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES
Pathway Fitness, Track, & Open Gym Ages 14+*	\$11	\$16	●	●	●						
Track Only Ages 10+	\$4	\$6		●							
Open Gym All Ages	\$5	\$8				●					

All 24/7 Members and Pass Holders may schedule a facility orientation with Park District staff before using the facilities. All Memberships and Passes are annual (1 year) and follow the Park District Refund policy on page 38.

*Pass holders ages 14-15 must complete a teen orientation before utilizing services.

Fitness Center | 2,400 square feet of:

- State of the art cardio equipment with touch screen consoles offering TV, interactive courses, and app compatibility
- Premiere training equipment including dual selectorize machines, strength equipment and benches, free weights, and accessories

Track | Ages 10+ | Whether you're inspired by the natural area views out the windows or the lively energy from the gym below, this is the best place for a walk or jog, year-round. 10 laps to a mile.

Professional caregivers must present proof of employment at the Service Desk to waive the admittance fee.

Designated Stroller Hours: No jogging or running. Strollers must be single file and use the outer lane only. Children must remain properly secured in the stroller at all times. Stroller wheels must be clean, dry and not leave any marks on the track.

Wednesdays 12:30-2:30pm | Thursdays 10am-12pm

Open Gym | All Ages | Ages 9 and under must be accompanied by an individual age 16+. Both participants must pay the fee or show a pass. See the pickleball schedule on page 31.

Fitness Studio | The Fitness Studio is available to annual Pathway Fitness Members and Pass Holders when the building is open and is not otherwise in use. Check in at the Service Desk.



Humana Insurance Go365

Pathway Fitness is a Go365 participating fitness facility. If your employer offers you Humana's Go365 employee wellness program, download the app and sync it to check you in when you enter the building.



Northwestern Medicine Fitness Kick Starts

At the time of joining and again at 6 months into your fitness journey, members and pass holders can meet on site for a fitness assessment with a Northwestern Medicine Athletic Trainer. Sign up for a 20-minute fitness check at the Service Desk or by calling 815-895-3365. Make time to "kick start" your path to wellness!

Personal Training

Certified Personal Trainers are available to take you on a path to a better you! Available to current Pathway Fitness 24/7 Member or Pass Holder.

Individual 1 Hour \$38 | 5-Pack \$183 | 10-Pack \$350

Team of 2* 1 Hour \$48 | 5-Pack \$233 | 10-Pack \$450

*Both partners must be a member or pass holder and provide name and information at the time of registration.

Small Group Training

Groups of 3-5 individuals | Ages 16+ | Sign up for personal small group fitness that works for you. Fee Per Group:

6 Sessions.....\$450 10 Sessions \$650

8 Sessions.....\$560 12 Sessions \$720

For more information and to sign up, visit the Service Desk.

NEW! FREE Lap Swim

Pathway Fitness Members and Pass Holders* get free lap swim at the Community Pool. Learn about the Community Pool on page 14.

Free Friend Fridays

Fridays, May 6 – August 26

Pathway Fitness Members and Pass Holders, bring a friend to work out with you on any Friday. Your friend must sign a waiver when they arrive. Available during business hours only (6am-9pm).

Walk While You Wait

Make the most out of your child's class time by working on your wellness. Tell the Service Desk what program you are there for and walk the track for the duration of the class for only \$2 (Regular daily admission RES \$4/NR \$6). For programs held in the Community Center.

GROUP FITNESS CLASSES

Class Fees

7-week Session Fee
RES \$56/NR \$66

5-week Session Fee
RES \$40/NR \$50

All group fitness classes take place in the Community Center Fitness Studio unless noted.

Drop-Ins

If a group fitness class is running and has not reached maximum participants, drop-ins will be available. Check availability and sign up at the Service Desk, 815-895-3365.



Daily Drop-in..... RES \$10/NR \$15

Punch Card..... RES \$45/NR \$55

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



Save on group fitness program fees!

24/7 Pathway Fitness members receive **50% OFF**

Pathway Fitness Pass Holders receive **20% OFF**

Discount applied when registering online or at the Community Center.

Group Fitness Class Schedule

Mondays				
Circuit Bootcamp *No Class 5/30	6:10-7:10am	Studio	May 9-Jun 27*	2050915-01
			Jul 11-Aug 22	2050915-02
Senior Gentle Yoga *No Class 5/30	2:45-3:45pm	Studio	May 9-Jun 27*	2050904-01
			Jul 11-Aug 22	2050904-02
Tuesdays				
TRX	6-6:45am	Studio	May 10-Jun 21	2050917-01
			Jul 12-Aug 23	2050917-02
Beginners Tai Chi ^5-week session fee	2-3pm	Studio	May 10-Jun 7^	2050922-01
			Jul 12-Aug 23	2050922-02
Balls & Bands *No Class 6/7 & 6/14	4-5pm	Studio	May 10-Jul 5*	2050919-01
			Jul 12-Aug 23	2050919-02
F.A.S.T. *No Class 6/7 & 6/14 Fitness And Stability Toning	5-6pm	Studio/ Track	May 10-Jul 5*	2050920-01
			Jul 12-Aug 23	2050920-02
WOW Women on Weights	6-7pm	Studio	May 10-Jun 21	2050918-01
			Jul 12-Aug 23	2050918-02
Pilates/Core	7-8pm	Studio	May 10-Jun 21	2050902-01
			Jul 12-Aug 23	2050902-02
Wednesdays				
Advanced Tai Chi ^5-week session fee	1:30-2:30pm	Studio	May 11-Jun 8^	2050922-03
			Jul 13-Aug 24	2050922-04
Thursdays				
TRX	6-6:45am	Studio	May 12-Jun 23	2050917-03
			Jul 14-Aug 25	2050917-04
Senior Gentle Yoga *No Class 7/14	2:45-3:45pm	Studio	May 12-Jun 23	2050904-03
			Jul 7-Aug 25*	2050904-04
Vinyasa Flow Yoga *No Class 7/14	5-5:45pm	Studio	May 12-Jun 23	2050903-01
			Jul 7-Aug 25*	2050903-02
F.I.R.M. *No Class 6/2 & 6/9 Fitness In Rep Machines	5-6pm	Pathway Fitness	May 12-Jul 7*	2050923-01
			Jul 14-Aug 25	2050923-02
Zumba Gold *No Class 5/26 **No Class 8/18	6-7pm	Studio	May 12-Jun 30*	2050912-01
			Jul 7-Aug 25**	2050912-02
Pilates/Core	7-8pm	Studio	May 12-Jun 23	2050902-03
			Jul 14-Aug 25	2050902-04
Fridays				
Indoor Cycling	6:30-7:15am	Studio	May 13-Jun 24	2050916-01
			Jul 15-Aug 26	2050916-02
Yin Yoga	6-7pm	Studio	May 13-Jun 24	2050914-01
			Jul 15-Aug 26	2050914-02
Saturdays				
WOW Women on Weights	9:30-10:30am	Studio	May 14-Jun 25	2050918-03
			Jul 16-Aug 27	2050918-04

NEW! Balls & BandsAges 18+ Laurie Gilbert

Explore a different kind of workout using balls and bands to develop and enhance mobility. Firm your muscles while challenging your endurance to achieve a more confident you. Our goal is to help you feel better about yourself, build friendships and improve your health and mobility while strengthening those smaller muscles that support and help with our daily living.

Beginner/Advanced Tai ChiAges 18+ Bev Schramer

Tai Chi for Health and Wellness is slow continuous whole-body movement in a form that promotes health and relaxation. It is Mind and Body moving together in harmony while enhancing strength, posture, agility, flexibility and balance. Enhance your life with moving meditation thru Sun(soo) style Tai Chi from the Tai Chi for Health Institute.

Circuit BootcampAges 16+ Mary-Ann Diedrich

Would you like to get a total body workout and have a blast doing it all before 7:30am? Circuit Bootcamp is for you! Challenge yourself with an all over fitness class for every level!

F.A.S.T. Fitness And Stability ToningAges 18+ Laurie Gilbert

This class is appropriate for anyone who wants to work on strength, balance, and flexibility. Learn safe exercises and proper techniques with an array of different equipment. All fitness levels are welcome.

F.I.R.M. Fitness In Rep MachinesAges 18+ Laurie Gilbert

This class is designed to target different muscle groups in one-minute increments. With body weight, dumbbells, and machines. All fitness levels are welcome.

Indoor CyclingAges 16+ Mary-Ann Diedrich

If you're at the trailhead or have already embarked on your fitness journey, cycling can add a unique change of pace. This high-energy class with great music and a motivating instructor provides a mixture of flats, hills and sprints while burning calories along the way!

Pilates/CoreAges 16+ Jessica Carls

This class takes some of the benefits of Yoga such as mindful breathing, increase in range of motion and overall flexibility then fuses it with the emphasis of core training and overall body strengthening of Pilates to give your body a complete workout. Movements in this class can be adjusted for a wide range of people and fitness levels.

Senior Gentle YogaAges 16+ Leah Richards

This Yoga experience is designed for ages 50+ and individuals with physical difficulties or who are rehabbing and injury. Focus on flexibility and relaxing the mind with 1-3 minute poses and modification options. Class will begin with breath work and end with a relaxing meditation. No Yoga experience needed.

TRXAges 16+ Carrie Hallahan

TRX is an effective total body workout that builds strength, flexibility, balance, and mobility using your own body weight.

Vinyasa Flow YogaAges 16+ Leah Richards

Observe how your body moves by connecting each inhale and exhale to an enriching yoga pose. This class is the total yoga experience you're looking for, from a calming warm up to balance training, stretching, restorative postures and guided meditation. Class is suitable for all levels. Please bring a yoga mat. You must be able to stand up and sit down independently.

WOWAges 16+ Jessica Carls

Ladies, they say building muscle is essential to our wellness. Women on Weights (WOW) teaches you how to incorporate free weights into your workouts. Free weights help improve your posture, increase strength and lose body mass. Be prepared for a positive mind and body transformation!

Yin YogaAges 18+ Kim Halsey

Join us Friday nights and let go of the stress and strain of your week. Yin Yoga is a calming, meditative practice that involves longer holds in more passive postures. It's a time for reflection while strengthening joints and opening up deep tissues. All levels of practitioners are welcome.

Zumba GoldAges 16+ Heather and Jenn Porter

Perfect for students who are new to Zumba®, active adults, or those who may be returning from an injury. Anyone looking for a modified Zumba® class that uses moves you will love at a lower intensity will love Gold! The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.



Summer Art Camp I

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

Campers will experience working with a variety of media such as chalk pastels, paint, and clay. Projects will include abstract self-portraits, shape landscapes, mixed media weaving, and clay kawaii food. Snacks will be provided.

M-F Jun 27-Jul 1 9am-12pm 2030208-01
RES \$95/NR \$105 Community Center MPR C

Summer Art Camp II

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

Campers will explore working with a variety of media such as clay, chalk pastels, and fibers. Projects will include chalk pastel landscapes, nature weavings, and clay anime animals. Snacks will be provided.

M-F Jul 11-15 9am-12pm 2030208-02
RES \$95/NR \$105 Community Center MPR C

Summer Art Camp

Ages 9-11 | Entering Grades 4-6 Jenni Rogman

Campers will investigate creating art with a variety of media including acrylic paint, chalk pastels, and clay. Projects will include chalk portraits, paper Mache masks, and kawaii sculptures. Snacks will be provided.

M-F Jul 11-15 1-4pm 2030208-03
RES \$95/NR \$105 Community Center MPR C

Dance & Cheer Camp

Ages 6-12 Eloise Books

Come on out and show your spirit. This one-day camp will be full of excitement, laughter, and a positive experience. Participants will learn a variety of dance and cheer techniques and skills that will be showcased in a routine. At the end of each day, all families are welcome to come out and see what everyone has learned. Camp will include a treat at the end of the day and a camp t-shirt.

Sa Jun 25 10am-3pm 2030217-01
RES \$35/NR \$45 Community Center

Sycamore SportZone

Ages 5-8 Park District Staff

Campers will enjoy basketball, volleyball, kickball, whiffle ball, and much more. All of them will get to enjoy being outside each day with a break time in the Park District's beautiful parks. Water and snack will be provided.

W-F Jul 6-8 9am-12pm 2030216-01
RES \$65/NR \$75 Community Center Gym



Challenger Soccer Camp

Challenger Sports is the leading soccer camp company in North America and our International Soccer Camp is where we channel our energy and passion for the game into a fun yet developmental environment. Our Industry experts have crafted an approach which uses methodologies from all around the world to truly reflect the global nature of the sport today.

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

Camp will include a free soccer ball, T-Shirt, poster, and certificate. Supplies: Please bring water, sunscreen, and athletic shoes or soccer cleats.

Citizens Memorial Sports Complex

TinyTykes Camp

Ages 3-5 | An introduction to soccer focusing on motor skill development and delivery of fun & interactive games/ adventures.

M-F Jun 20-24 8am-9:15am 2030202-01
RES \$115/NR \$125

Challenger Soccer Half Day Camp

Ages 6-16 | All-around player development through our new international camp curriculum & digital platform. (Please note that players will be grouped according to age for this session)

M-F Jun 20-24 9:30am-12:30pm 2030203-01
RES \$170/NR \$180

Fun Time Play Group

Ages 2-5 Jamie Furst

Come on out and play! Let your little ones run, jump, sing, and get their energy out during guided gym activities.

W Jun 1-Jul 6 9-9:45am 2020702-01

W Jul 13-Aug 17 9-9:45am 2020702-02

RES \$38/NR \$48 Community Center Gym

Jumping Beans

Ages 3-7 Eloise Books

Tumbling is a fantastic way for kids to develop basic motor skills, coordination, strength, and social skills. This class allows our young eager children to learn basic tumbling skills. Each class will learn a variety of skills such as bunny hops, handstands, forward rolls, balance beam techniques, cartwheels, and much more.

Ages 3-5

Sa May 14-Jun 18 10-10:30am 2021101-01

Sa Jul 9- Aug 13 10-10:30am 2021101-02

Ages 5-7

Sa May 14-Jun 18 10:45-11:30am 2021101-03

Sa Jul 9-Aug 13 10:45-11:30am 2021101-04

RES \$45/NR \$55 Community Center Gym



Cheer Tots

Ages 5-8 Eloise Books

This Class introduces the basics of team cheerleading. Kids will learn a routine that mirrors a competitive cheer team while being in a fun and safe environment. Kids will also explore the fundamentals of motion technique, jumps, voice, basic tumbling, and even stunts! Learning these elements will help kids gain effective body control and give them the understanding of how to complete a cheerleading routine in its entirety! Class includes a pair of pom-poms.

Sa May 14-Jun 18 11:45am-12:30pm 2030407-01

Sa Jul 9- Aug 13 11:45am-12:30pm 2030407-02

RES \$45/NR \$55 Community Center Gym

Tiny Toes

Ages 3-5 Eloise Books

Tiny Toes is a beginner-level dance class, they will have the chance to learn terminology, placement of positions, coordination, and musical improv. At the end of the session, the dancers will showcase their skills and dance routine to friends and family. Tiny Toes allows the dancers to be creative in their moves and to freely express themselves.

W May 11-Jun 15 4:30-5pm 2030406-01

Sa May 14-Jun 18 1-1:30pm 2030406-02

W Jul 6-Aug 10 4:30-5pm 2030406-03

Sa Jul 9-Aug 13 1-1:30pm 2030406-04

RES \$40/NR \$50 Community Center Fitness Studio

Twinkle Toes

Ages 5-7 Eloise Books

Dancers will learn basic steps and terminology in ballet and jazz while exploring their own creative movements. They will also improve flexibility and coordination through fun movements and exercises. At the end of the session, the dancers will showcase their skills with a dance routine for friends and family.

W May 11-Jun 15 5-5:45pm 2030408-01

Sa May 14-Jun 18 1:30-2:15pm 2030408-02

W Jul 6-Aug 10 5-5:45pm 2030408-03

Sa Jul 9-Aug 13 1:30-2:15pm 2030408-04

RES \$40/NR \$50 Community Center Fitness Studio

Little Dancers

Ages 6-8 Eloise Books

In this introduction class, dancers will be exposed to a wide range of styles including jazz, ballet, lyrical, and hip-hop. Each week the students will learn new movements that correspond with the style of dance. At the end of the session, the dancers will showcase their skills and dance routine to friends and family.

W May 11-Jun 15 5:45-6:30pm 2030405-01

Sa May 14-Jun 18 2:15-3pm 2030405-02

W Jul 6-Aug 10 5:45-6:30pm 2030405-03

Sa Jul 9-Aug 13 2:15-3pm 2030405-04

RES \$40/NR \$50 Community Center Fitness Studio



T-REXPLORES

DINO HOUR IN THE PARK

Tuesday, June 7 • 11:30am-12:30pm

Ages 3-5 with adult

The T-Rexplorers team will take you on an incredible journey back in time. Prepare to get a bit dirty in this unique hands-on exploration of paleontology with fossil hunter David Howe. **Registration Deadline: June 1.**

RES \$35/NR \$45 per couple 2020801-01
GoodTymes Shelter

DINOSAUR DISCOVERIES

Tuesday, June 7 • 1:30-2:15pm

All ages | GoodTymes Shelter/Sand Volleyball Courts

FREE Advance registration required via Sycamore Library's website.

Do you love dinosaurs? See dinosaur bones up close and get a glimpse of what it's like to go on a paleontological dig with authentic dinosaur fossils from species like Triceratops and T-Rex.



Mommy & Me Painting

Ages 5+ Jenni Rogman

Bond with your child through paint and a canvas! The instructor will help you and your child create beautiful works of art together. You will create two separate paintings that will be combined into one masterpiece to hang on the wall. Supplies will be provided. Fee is for two participants.

Sa Jul 9 10am-12pm 2030503-01
Sa Aug 6 10am-12pm 2030503-02

RES \$37/NR \$47 Community Center MPR C

Canvas Kids

Ages 6-8 Jenni Rogman

Canvas Kids is about exploring what art can bring to you through a variety of different styles and creations. New lessons and themes will be introduced each week to encourage creativity, imagination, and expression. Wear clothes you can get dirty!

Th May 12-Jun 16 4:30-5:30pm 2030502-01
RES \$60/NR \$70 Community Center MPR C

Elementary Art Club

Ages 9-11 Jenni Rogman

Elementary Art Club allows everyone to find their creativity and imagination with a journey through art. Every week will be filled with creativity and new lesson plans to show a wide variety of different art collaborations. Wear clothes you can get dirty!

Th May 12-Jun 16 5:30-6:30pm 2030501-01
RES \$60/NR \$70 Community Center MPR C

Middle School Art Club

Ages 11-14 Jenni Rogman

Learn new genres of art and practice artistic techniques with hands-on activities as you create your own unique project. The possibilities are endless opportunities to create a one-of-a-kind project such as 2-D and 3-D artworks, tie dye, papier-mache sculptures, and printmaking.

Tu May 10-Jun 14 4:30-5:30pm 2040501-01
RES \$70/NR \$80 Community Center MPR C

FREE Summer Reading Extravaganza

Friday, July 29
All Ages | Legacy Campus

See page 9.



STEM Powered by NIU STEM

Ages 7-10

Jamie Furst

These classes offer a fun and laid-back atmosphere for students to explore the all-important science, technology, engineering, art, and math world!

BuildIT! Rollercoasters | Spend the morning learning about the physics of roller coasters! Students will learn how rollercoasters work and design and build their own! The program will conclude with rollercoaster competitions, including who can build the longest, fastest, or craziest coaster. Water and peanut-free snack will be provided during the program.

M	Jun 20	9am-12pm	2030801-01
M	Aug 1	9am-12pm	2030801-02

RES \$35/NR \$45 Community Center MPR C

ElectrifyIT! Electric Cars | Learn hands-on skills and understand the ins and outs of electricity and circuits! Students will practice using engineering principles to solve real-world problems. Once students practice their engineering and electricity principles, they will get the chance to design and build their own electric cars. The end of class will be a racecar derby! Water and peanut-free snack will be provided during the program.

M	Jul 18	9am-12pm	2030802-01
---	--------	----------	------------

RES \$45/NR \$55 Community Center MPR C

Horseback Riding

Ages 8-16

Sellebration Farm Staff

RES \$115/NR \$125 27872 Moose Range Rd, Sycamore

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

Sa	Jun 4-25	1-2:30pm	2030206-01
----	----------	----------	------------

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

Sa	Jul 9-30	1-2:30pm	2030215-01
----	----------	----------	------------

Youth Tennis

Ages 5-12

Emma Hardin

This four-week instructional class is designed to introduce players to the sport of tennis, by learning basic court positioning and developing mechanics such as ball bounce judgment and space management. Each week focuses on different skill areas. Please bring your own racket if you have one or use a Park District racket. Plus, enjoy the chance to participate in swimming classes between tennis times (see page 15). *No class July 4.

Ages 5-8

M	Jun 13-Jul 11*	10-10:45am	2031102-01
M	Jun 13-Jul 11*	5-5:45pm	2031102-02
Th	Jun 16-Jul 7	5-5:45pm	2031102-03
M	Jul 18-Aug 8	10-10:45am	2031102-04
M	Jul 18-Aug 8	5-5:45pm	2031102-05
Th	Jul 21-Aug 11	5-5:45pm	2031102-06

Ages 9-12

M	Jun 13-Jul 11*	11-11:45am	2031102-07
M	Jun 13-Jul 11*	6-6:45pm	2031102-08
Th	Jun 16-Jul 7	6-6:45pm	2031102-09
M	Jul 18-Aug 8	11-11:45am	2031102-10
M	Jul 18-Aug 8	6-6:45pm	2031102-11
Th	Jul 21-Aug 11	6-6:45pm	2031102-12

RES \$48/NR \$58 Community Park Tennis Courts

Kajukenbo Karate

Ages 6+

Dave and Betty Polak

Born in Hawaii in 1947, Kajukenbo is America's first martial art. Kajukenbo is a hybrid art with elements of Karate, Judo, Kempo, and Kung Fu. The founding fathers of Kajukenbo pooled their knowledge of their respective arts and developed and tested their techniques through encounters in the most dangerous parts of Hawaii. Kajukenbo became known as "the fine art of dirty street fighting". In addition to teaching self-defense, the class has objectives of instilling confidence and promoting respect in the student for themselves and others. It is also ideally suited as a family activity as participants are encouraged to practice together at home. Instructors: Dave and Betty Polak, certified 6th-degree black belts through the Kajukenbo Self Defense Institute

M	May 2-Jun 13	6:45-7:45pm	2050905-01
W	May 4-Jun 15	6:45-7:45pm	2050905-02
M	Jul 11-Aug 22	6:45-7:45pm	2050905-03
W	Jul 6- Aug 17	6:45-7:45pm	2050905-04

RES \$45/NR \$55 Community Center Fitness Studio



All Star Sports Instruction

All Star Sports provides quality sports instruction in a fun, safe, and instructional manner. Coaches are trained through our own extensive program, as well as being nationally certified. For more information, visit allstarsi.com.

If you are wondering if a class has moved indoors due to weather, please call the **weather hotline at 630-584-2961**.

Soccer: Water bottle, size 4 soccer ball, shin guard and cleats are optional.

Basketball: Water bottle, basketball.

T-ball: Water bottle, glove. Bat and cleats are optional.

Parent Tot/Multi Sport: Water bottle

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 the sport.

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. 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.

All Star Sports Session I							* NO CLASS JULY 4	**NO CLASS JULY 2
Program	Ages	Day	Dates	Times	Fee	Code	Location	
Jr Multi Sports	3-4	M	Jun 13-Aug 1*	3-3:45pm	RES \$75/NR \$85	2031001-01	Sled Hill	
Jr Multi Sports	4-6	M	Jun 13-Aug 1*	3:45-4:45pm	RES \$75/NR \$85	2031001-02	Sled Hill	
Jr Soccer	3-4	M	Jun 13-Aug 1*	4:45-5:30pm	RES \$75/NR \$85	2031001-03	Sled Hill	
Jr Soccer	4-6	M	Jun 13-Aug 1*	5:30-6:30pm	RES \$75/NR \$85	2031001-04	Sled Hill	
Jr Soccer	4-6	Tu	Jun 14-Jul 26	3-4pm	RES \$75/NR \$85	2031001-05	Sled Hill	
Jr Soccer	3-4	Tu	Jun 14-Jul 26	4-4:45pm	RES \$75/NR \$85	2031001-06	Sled Hill	
Jr T-ball	3-4	Tu	Jun 14-Jul 26	4:45-5:30pm	RES \$75/NR \$85	2031001-07	Sled Hill	
Jr T-ball	4-6	Tu	Jun 14-Jul 26	5:30-6:30pm	RES \$75/NR \$85	2031001-08	Sled Hill	
Multi Sports	7-10	W	Jun 15-Jul 27	3-4pm	RES \$75/NR \$85	2031001-09	Sled Hill	
Baseball Skills	7-10	W	Jun 15-Jul 27	4-5pm	RES \$75/NR \$85	2031001-10	Sled Hill	
T-Ball League	3-5	W	Jun 15-Jul 27	5-6pm	RES \$108/NR \$118	2031001-11	Sled Hill	
Jr T-ball	3-4	Th	Jun 16-Jul 28	3-3:45pm	RES \$75/NR \$85	2031001-12	Sled Hill	
Jr T-ball	4-6	Th	Jun 16-Jul 28	3:45-4:45pm	RES \$75/NR \$85	2031001-13	Sled Hill	
Jr Soccer	3-4	Th	Jun 16-Jul 28	4:45-5:30pm	RES \$75/NR \$85	2031001-14	Sled Hill	
Jr Soccer	4-6	Th	Jun 16-Jul 28	5:30-6:30pm	RES \$75/NR \$85	2031001-15	Sled Hill	
Jr Parent Tot Sports	2-3	Sa	Jun 11-Jul 30**	9:30-10am	RES \$75/NR \$85	2031001-16	Sled Hill	
Jr Multi Sports	3-4	Sa	Jun 11-Jul 30**	10-10:45am	RES \$75/NR \$85	2031001-17	Sled Hill	
Jr Multi Sports	4-6	Sa	Jun 11-Jul 30**	10:45-11:45am	RES \$75/NR \$85	2031001-18	Sled Hill	
Jr Soccer	3-4	Sa	Jun 11-Jul 30**	11:45am-12:30pm	RES \$75/NR \$85	2031001-19	Sled Hill	
Jr Soccer	4-6	Sa	Jun 11-Jul 30**	1:30-2:30pm	RES \$75/NR \$85	2031001-20	Sled Hill	
Jr T-ball	4-6	Sa	Jun 11-Jul 30**	2:30-3:30pm	RES \$75/NR \$85	2031001-21	Sled Hill	
All Star Sports Session II								
Program	Ages	Day	Dates	Times	Fee	Code	Location	
Multi Sports	7-10	M, W	Aug 3-17	2-3pm	RES \$55/NR 65	2031002-01	Sled Hill	
Baseball Skills	7-10	M, W	Aug 3-17	3-4pm	RES \$55/NR 65	2031002-02	Sled Hill	
Jr Multi Sports	3-4	M, W	Aug 3-17	4-4:45pm	RES \$55/NR 65	2031002-03	Sled Hill	
Jr T-ball	4-6	M, W	Aug 3-17	5-6pm	RES \$55/NR 65	2031002-04	Sled Hill	
Jr Soccer	4-6	M, W	Aug 3-17	6-7pm	RES \$55/NR 65	2031002-05	Sled Hill	
Jr Soccer	7-10	M, W	Aug 3-17	7-8pm	RES \$55/NR 65	2031002-06	Sled Hill	
Jr Soccer	3-4	Tu, Th	Aug 2-16	10-10:45am	RES \$55/NR 65	2031002-07	Sled Hill	
Jr Soccer	4-6	Tu, Th	Aug 2-16	10:45-11:45am	RES \$55/NR 65	2031002-08	Sled Hill	
Jr T-ball	4-6	Tu, Th	Aug 2-16	11:45am-12:45pm	RES \$55/NR 65	2031002-09	Sled Hill	
Jr T-ball	3-4	Tu, Th	Aug 2-16	12:45-1:30pm	RES \$55/NR 65	2031002-10	Sled Hill	
Jr Multi Sports	4-6	Tu, Th	Aug 2-16	1:30-2:30pm	RES \$55/NR 65	2031002-11	Sled Hill	

BIRTHDAY PARTY PACKAGES

Ages 3+ | Let the Park District help you make your little one's day as special as they are! We have the facility, supplies, and fun to throw an unforgettable party at a great price. All parties take place at the Community Center and include the party room and gym time.

Program leaders provide activities and supervision. Reservations must be made at least two weeks prior to the event date. Maximum 18 children.

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

Saturdays 10:30am, 12pm, 1pm

Sundays.....10:30am, 12pm

Splashpad parties are available Saturdays and Sundays at 10:30am, through September 25.

Ninja Party Jump, spin, leap through the obstacle course in the gym.

Princess Party A celebration fit for a princess! Guests will receive royal treatment and make their very own tiara.

Construction Party Bring your builder and his/her crew for fun construction play and a craft.

Pirate Party Ahoy! Swashbuckling fun and a craft for your adventure-seeking birthday boy or girl.

Sports Party Is your little athlete always on the go? Let us throw a party in the gymnasium where he/she can run, jump play and celebrate with friends.

Superhero Party Kids are super in so many ways and a birthday is the perfect time to celebrate that. Dress as your favorite superhero to add to the fun!

Splash Fountain Party Treat your guests to water fun at Splash Fountain, located right outside the party room.

90 Minute Party.....\$189*

- Choice of theme
- Setup and Cleanup
- Activities led by Park District staff
- Time allotted to open presents
- Extra time may be added at an additional cost.
- *Nerf® Parties are an additional \$30

Add a Meal.....\$50

Choice of juice or pop

Pizza: 3 large one-topping pizzas

Hot Dogs: Hot dogs, chips

Add a Cake.....\$30

NERF® Party With 45 minutes of game time this is a great theme for those kids who love to run and play! All supplies are included: vest, goggles, and Nerf® gun. Nerf® Parties are an additional \$30

\$2 WALK WHILE YOU WAIT

Make the most out of your child's class time by working on your wellness!

Tell the Service Desk what program you are there for and walk the track for the duration of the class for only \$2. For programs held in the Community Center.
(Regular daily admission RES \$4/NR \$6)

Kishwaukee Special Recreation Association

Do you need support to participate in your park district programs? *KSRA's Inclusion Services can provide you with that support at no extra cost!*

KSRA staff are trained to assess and evaluate a participant's needs and make recommendations which can include providing adaptive equipment, inclusion companions, interpreters, or program modifications.

Anyone can request Inclusion Services to participate in any program offered by the park district. To sign up, contact Lisa at the Sycamore Park District at lisam@sycparks.org or 815-895-3365.

KSRA staff will then be in contact with you to discuss a plan for success within your chosen program.

1403 Sycamore Road • DeKalb
779-777-7285 • kishsra.org

Co-Ed 3v3 Sand Volleyball

Ages 10-18

Grab your friends to create a team of 3-4 people and sign up for this recreational 3-on-3 Sand Volleyball League. Register in person at the Community Center under the captain's name to secure a spot.

RES/NR \$100 per team
Registration Deadline: June 5

All games are a rally scoring to 25 throughout a 7-week season starting week of June 13. Tournament to follow. Games will begin at 5pm, 6pm and 7pm. Held in the Citizens Memorial Sports Complex Volleyball Courts

Middle School Co-Ed Wednesday Night
High School Co-Ed Thursday Night

Captains will be contacted with rules and to submit the final roster by June 8. Winning teams receive pizza gift cards.

Summer Volleyball Camp

Ages 11-14 Aggression Volleyball Club Staff

Have some volleyball fun with your friends all week long. Players will use indoor courts and outdoor sand courts. Expand your skills while enjoying some fun competition. Bring a swimsuit on Mondays & Wednesdays for swimming at the Community Pool.

M-F Jun 13-17 5-8pm 2040201-01
RES \$160/NR \$170 Community Center Gym
Registration Deadline: June 6

Volleyball Clinic

Ages 8-11 Aggression Volleyball Staff

Boys & Girls will be introduced to the sport of volleyball. Learn new skills and techniques with the experienced coaching staff from the Aggression Volleyball Club. Includes a light snack and free swimming at the Community Pool from 7-9pm.

M Jun 20 4-7pm 2031103-01
RES \$45/ NR \$55 Commute Center Gym

Middle School C.R.E.W.

Connections • Recreation • Education • Wellness

Mondays 2:30-5:30pm
RES \$75/NR \$85 Community Center

Students in grades 6-8 will participate in fitness, recreation, and healthy eating along with familiar faces and school friends. The fee includes a 1-year Open Gym Pass for the fall semester and a 1-year Track Pass for spring semester. Special guests from NIU and Northwestern medicine will share information on better performance, wellness, and nutritional habits. Program covers all Monday and non-school day Mondays. Bussing provided from Sycamore Middle School to Community Center.

M Aug 29-Dec 26 3040702-01
Registration Deadline: August 1

M Jan 9-May 8 3040702-02
Registration Deadline: December 5

Dodgeball Days

21st Annual Outdoor Tournament

Friday, July 22

Grades 4-8 | Shaumburg Park District

Calling all Sycamore youth dodgeball teams! Get your friends together and sign up as a team. The Sycamore staff will transport teams to Olympic Park in Shaumburg Park District for an all-day event with over 50 teams competing. All participants receive a T-Shirt and prizes for division winners. Concessions are available at the event. Sycamore will provide a practice/training day before the tournament.

The bus will leave Sycamore Park District at 8am and return at approximately 2:30pm. Pack a sack lunch. Snacks provided. For more information, call Theresa at 815-895-3365. Deadline to register: July 1.

RES \$35/NR \$45 2041103-01



ENTERTAINMENT


Flick & Float

Combat summer boredom with local Sycamore fun at the Sycamore State Theater, 420 W. State St. and the Community Pool. Look for details about this new partnership this summer!

SYCAMORE STATE THEATER

Teen Stand Up Paddleboard Clinic

See page 16
Sponsored by



Sycamore LIBRARY



Intro to Advanced Photography: Nature Edition

Ages 13+

Nicholas McCarney

Familiarize yourself with basic and advanced camera setups for your DSLR or Mirrorless camera. Learn about lenses, techniques, and accessories that can increase your photo quality. Bring your equipment to practice and experiment with Wildlife Photographer, Nicholas McCarney. Don't have a camera yet? No problem! Use this opportunity to familiarize yourself with some spare equipment and see if photography is for you! This time, we will take our skills out into the field and try our hands at some real nature photography.

Sa May 14 10am-12pm 2050713-01
RES \$20/NR \$30 Chief Black Partridge Park

Shadow a Scientist: Turtle Science

Ages 11-17

Nicholas McCarney

Shadow Ecologist Nicholas on a day of real field science as we take a trip through the wetlands of Sycamore looking for turtles to study. Learn about turtles and conduct real data collection that will be used in research for turtle conservation. Be dressed for the field and ready to learn!

Sa Jun 11 10am-12pm 2040604-01
RES \$10/NR \$15

Meet at the Community Center. Participants will take a District vehicle to park sites.

Environmental Science Club

Ages 14-18

Nicholas McCarney

Have a passion for all things scientific? Channel your inner Bill Nye or Jane Goodall with other like-minded science lovers in this club that will tackle everything from modern environmental problems to massive extinctions from hundreds of millions of years in the past. Learn about modern conservation engineering or salamander clones. Through research and interest, you personalize your learning. Work together with your peers and synthesize your interests to learn and teach your way to addressing some of the most pressing environmental issues that are driving the modern world.

1st & 3rd Thursday May-Aug 5-6pm
May 5 & 19, Jun 2 & 16, Jul 7 & 21, Aug 4 & 18
RES \$22/NR \$32 2040603-01 Community Center

Eco Explorers

Ages 8-13

Nicholas McCarney

With fun hands-on demonstrations and experiments, little ones will explore the world around them! Whether your budding ecologist is fascinated with nature, or you are looking for an opportunity to broaden your child's horizons, check out this enriching and fun experience!

Wednesdays 5-5:45pm
RES \$7/NR \$10 Community Center MPR C

Fossil Formation May 11 2030601-01

Are fossils animals, rocks, both, or neither? Find out how different organisms left their permanent impressions on the earth millions of years ago.

Venom Jun 8 2030601-02

Learn how different animals have developed venom and the advantages they get from doing so. Find out how people are using venom to help save lives.

Natural Disasters Jul 13 2030601-03

From earthquakes to tornados, discover the most destructive natural forces on the planet and why they're becoming more frequent.

Frog Frenzy Aug 10 2030601-04

With over 5,000 species of frogs in the world, they are one of the most successful groups of reptiles and amphibians on the planet. Explore the unique world of frogs and how they have become the unique animals we know and love.

FREE What does it take?

Wildlife and Nature Photography Q&A

Learn what it takes to be an award-winning nature photographer or just a beginner. Ecologist and wildlife photographer Nicholas will take you on a visual journey through the process and ethics of wildlife and nature photography. Understand the different equipment and dedication you need to accomplish different levels of art. Whether you're a seasoned expert, or just interested in learning the stories behind the snapshots, join us for a virtual safari filled with beautiful plants, animals, and fungi.

Sa Jun 18 10-11:30am
Community Center MPR A

Free, but please sign up at the Community Center or by calling 815-895-3365.



Canoe the Rock River Oregon, IL

Ages 12+ NIU Outdoor Adventures

Join us on a 6+ mile scenic paddle on the Rock River starting from Castle Rock State Park to John Deere Park in Oregon, IL.

The registration fee includes leadership, canoe rental, and transportation from NIU. Each paddler over 12 years old will need to pay and register individually but will have the option to name other paddlers when signing up. Canoeing is family-friendly! Each canoe can carry up to 2 paddlers ages 12+ and an additional 1 or 2 children depending on age and size. Please email outdooradventure@niu.edu with any questions. **Registration Deadline: June 1.**

Sa Jun 4 1-6 pm 2050714-01
RES \$32 /NR \$42 Meet at NIU Rec Center
325 North Annie Glidden Rd, DeKalb



Maquoketa Caves State Park

Ages 12+ NIU Outdoor Adventures

Let's get down and dirty! Explore the caves and enjoy the wonders of the park located in the Raccoon Creek Valley of Iowa two hours west of Sycamore. Beyond the astonishing caverns and crevasses, the park is home to a restored prairie and six miles of trails. Short hikes access the 16 limestone caves that we can explore. Some caves can be visited just by walking through and others, if you are able, by crawling on your hands and knees! Great sights include the "Natural Bridge," the 17-ton "Balanced Rock," the 1100' "Dancehall Cave," and the famous challenging "Wye" cave. Registration includes leadership, equipment (caving helmet with headlamp and pads) and picnic lunch, and transportation. **Registration Deadline: June 22.**

Sa Jun 25 8am-6pm 2050715-01
RES \$63/NR \$73 Meet at NIU Rec Center
325 North Annie Glidden Road, DeKalb



Chicago Cubs Game Wrigley Field

Enjoy an easy ride in our coach bus to see the Cubs play the Padres at Wrigley Field. This is a cooperative trip with the Belvidere and Genoa Township Park Districts. Ages 15 & under must be accompanied by an adult.

Th Jun 16 Game Time: 1:20pm
RES \$100/NR \$105

Chicago Cubs vs Brewers Milwaukee

Come watch the Cubs play their rival to the north, the Milwaukee Brewers. The 6:10pm game will be held at American Family Insurance Stadium in Milwaukee. The air-conditioned bus will get the group to Milwaukee with time to tailgate! This is a cooperative trip with the Belvidere and Genoa Township Park Districts. Ages 15 & under must be accompanied by an adult.

Sa Aug 27 Game Time: 6:10pm
RES \$95/NR \$100

Becoming a Reseller

Ages 14+ Jamie Furst

This workshop is for beginning and intermediate resellers. Topics covered include getting started with basic supplies and inventory you have at home, taking and editing photos, determining selling price based on comps and cost, selling on online platforms, increasing traffic through social media, and sourcing inventory. Bring a laptop, mobile device and/or smartphone to take notes (Suggested but not required).

Su Jul 31 1-3pm 2050801-01
RES \$45/NR \$55 Community Center MPR C



FREE **Wood Carving Club**
Harold Overton

Whittle away and socialize with friends. The current small group of club members are available to share their techniques if you are a newcomer. Stop in and whittle away with our Sycamore Club.

Second Monday of the month 6:30-8:30pm
RES/NR FREE Community Center MPR C

Woodburning Hacks

Ages 14+ Nicholas McCarney

Woodburning is an incredibly tedious and time-consuming process that can be very rewarding. Learn how to increase your efficiency and effectiveness with different tips and tricks that will help take your art to the next level.

Sa Aug 20 10-11:30am 2050712-01
RES \$30/NR \$40 Community Center MPR C



Pickleball Open Gym

It's one of the fastest growing sports! Its addictive! Like tennis, but with a smaller court, a wooden paddle and a whiffle ball- its really fun. And you can make it a great workout if you're the competitive type. Bring your own equipment or check it out at the front desk. Four, lined Pickleball courts are part of the Open gym times, so you can pay a daily fee, buy a gym pass or yearly membership. If no one shows during the designated Pickleball court time, it will then be open to open gym basketball, volleyball, or sport court. Guests are always welcome!

Daily Drop-in Fee: RES \$5/NR \$8
Open Gym Passes available.

Summer (subject to change)

Monday-Friday (3 courts available)9am-11am
Saturday (2 courts available)..... 1-3pm
Sunday (2 courts available) 12-2pm

Summer programs will take priority of courts if there is inclement weather and classes move indoors. Outdoor court available at Wetzel Park and Sycamore High School

ChYoga

FREE Thursdays 10am
Community Center Fitness studio

An exercise program for seniors or anyone with health challenges. Using chair support, participants move through a series of seated and standing poses designed to increase flexibility, range of motion and balance. Join the journey of health and wellness. Call the Library to hold your spot or register on Eventbrite. 815-895-2500 ext. 410

Star Party

Lecture and Night Sky Observation with Fox Valley Astronomical Society

FREE August 12 8:30pm
Riverside Sport Complex

Come to learn about meteors, stay to observe the summer sky, and stay up to watch for the Perseid meteor shower. Bring a lawn chair and/or blanket. Register on Eventbrite.

World Migratory Bird Day

Bird Walk with Local Birdwatcher Terese D.

FREE May 14 9:30am
Great Western Trail

Celebrate World Migratory Bird Day on May 14th at the Sycamore Forest Preserve. Join local birdwatcher Terese D. for a morning bird walk. We will meet at 9:30am at the Great Western Trail expansion at 955 E. State St. in Sycamore, IL. Be ready for a slow hour-long walk by wearing comfortable shoes, carrying a water bottle, using bug repellent, and dressing appropriately for the weather. BYO Binoculars if you have a pair. No registration required, simply show up to attend and have fun.

Literacy Lane

Great Western Trail behind Sycamore Forest Preserve

Grab your walking shoes, wagon or bike and visit Literacy Lane, a half mile section of the Great Western Trail behind Sycamore Forest Preserve. Each month features different content for all ages to explore plus information about upcoming Sycamore Library, DeKalb County Forest Preserve or Sycamore Park District programs. Don't forget to scan the QR code at the end to be entered into a drawing.

sycamorelibrary.org



Family Service Agency
Strengthening Individuals & Families

815-758-8616

Sycamore Club 55 Fitness Fun

Mondays and Fridays

10-11am | Walking Track Pass

11am-2pm | Card Games

Inside the Sycamore Park District
Community Center, 480 Airport Rd.

Pack a lunch.

Activities include:

Walking on the Track

Chair Yoga with Kim

Group Fitness

Cards Games

Educational Presentations

Community Socialization



SYCAMORE PARK DISTRICT

Corporate Connections

Sponsorship & Wellness
Opportunities

It is the Park District's mission to **connect Sycamore to wellness, nature, and each other**. We invite Sycamore's like-minded business community to aid in this effort while benefiting from connecting with a vibrant park district.

Event Sponsorships

Gymnasium Banner Sponsorship

Corporate Card Program

Resources & Employee Wellness

Learn more at

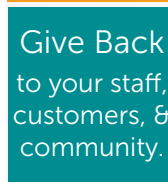
SYCPARKS.ORG



Help
ensure events
are affordable
or free.



Support
wellness
in your
community.



Give Back
to your staff,
customers, &
community.



Receive
valuable
exposure
through Park
District users.





Kishwaukee Special Recreation Association

Play, Laugh, Learn and Grow with KSRA!

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



Now offering programs at Sycamore Park District Community Center, including:

Camp Adventure • Walking Club

Social Nights • Trivia Nights

One on One Skill Building • Fitness • Inclusion

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

Member Districts:

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

For more information, contact

Dawn Schaefer, MS, CTRS

Executive Director

DSchaefer@kishsra.org

Sam Morgan, CTRS

Therapeutic Recreation Coordinator

SMorgan@kishsra.org

779-777-7285

1403 Sycamore Road
DeKalb, Illinois 60115

kishsra.org

Follow us on

Facebook

Twitter

Instagram

Annual
Golf today with KSRA
Golf Outing

Friday, May 27

A fundraiser for the Kishwaukee Special Recreation Association.
Registration opens in April 2022.

Facilities

Legacy Campus..... 480 Airport Road

- *Brian Bemis Family Dog Park*
- Community Center: Business & Recreation Offices, Pathway Fitness, Gymnasium, Track
- Splash Fountain
- Northwestern Medicine Sled Hill
- First National Bank Amphitheater

Sycamore Community Park940 E. State Street

- Community Pool
- Golf Club & Caddyshack Grill

Sycamore Park Sports Complex435 Airport Road

- Maintenance Building
Executive Director & Maintenance Offices

Staff Contact Information

Administration

Jonelle Bailey 815-770-2091
Executive Director, MAOL, CPRP
jonelleb@sycparks.org

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

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

Golf

Kirk Lundbeck815-770-2097
Superintendent of Golf Services
kirkl@sycparks.org

Park District Maintenance

Jeff Donahoe815-770-5397
Supt. of Parks & Facility Services, GCSAA
jeffd@sycparks.org

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

Conner Leach 815-770-5488
Fleet Mechanic
connerl@sycparks.org

Nicholas McCarney815-770-5827
Natural Area and Park Maintenance Specialist
nicholasm@sycparks.org

Bounphone Phonparsit..... Park District Maintenance

Tyler Burke Park District Maintenance

Brent Horn Park District Maintenance

Recreation

Theresa Tevsh815-770-2668
Superintendent of Recreation Services, CPRP
theresat@sycparks.org

Lisa Metcalf 815-770-5267
Facilities Supervisor, CTRS
lisam@sycparks.org

Sarah Rex 815-770-5378
Recreation Supervisor
sarahr@sycparks.org

Melissa Dobberstein815-348-9038
Recreation Specialist
melissad@sycparks.org

Chris Hoblit..... 815-669-4172
Recreation Specialist
chrish@sycparks.org

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

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

CPRP=Certified Park and Recreation Professional

CPA=Certified Public Accountant

CTRS=Certified Therapeutic Recreation Specialist

GCSAA=Golf Course Superintendents Assoc. of America

MAOL =Master's in Organizational Leadership

Park Amenities

○ = Amenity meets ADA Accessibility Requirements

✱ = Amenity coming soon!

Park Name	Address	Baseball Back Stop	Basketball Courts	Beanbag Toss Goals	Biking	Community Center	Cross-Country Skiing	Disc Golf Course	Exercise Stations	Fishing	Fishing Pier	Golf Course	Ladder Ball Game	Mowed Open Area	Native Restoration	Outdoor Table Tennis	Picnic Tables	Play Structures Ages	Pool	Restrooms	River Overlook	Sand Play Area	Shelters	Soccer Goals	Northwestern Medicine Sled Hill	Splash Fountain Splashpad	Swings	Tennis Courts	Walking/Hiking Path	Wooded Area	
Boynnton Park	303 Northgate Dr.													●			●	○ 5-12								●					
Brothers Park	1800 Willow St.	●	○											●			●	○ 5-12					○			●					
Charley Laing Memorial Park	325 S. Main St.																○	○ 5-12				●	○			●					
Chief Black Partridge Park	2112 Frantum Rd.								●	●																	●				
Citizens Memorial Sports Complex	435 Airport Rd <i>Formerly, Sycamore Sports Complex</i>	●		●			●	✱	●	●			●				●	○ 2-12	○				○		●	○					
Dr. John Ovitz Park	Constitution & Heron Creek Dr.													●			○	○ 2-12					●								
Elmer & Stanley Larson Park	1501 John St.													●			●														
Emil Cassier Park	500 Olin H. Smith Dr.													●			●										○				
Founders Park	500 Heron Creek Dr.				●									●			●	○ 2-12					○			●	○				
Kiwanis East Park	555 Borden Ave.	●			●									●			●	○ 5-12	●							○	○				
Kiwanis Prairie Park	800 Borden Ave.	●	○		●									●			●	○ 2-12	●			●				○	○				
Legacy Campus	480 Airport Rd.	○				○																		○							
Leon D. Larson Park	1212 Larson St.				●		●							●			●	○ 2-12			●		○			○	○			●	
Merry Oaks Path	Enter off Merry Oaks Dr.				●		●			●							●										○			●	
Old Mill Park	50 Mt. Hunger Rd.				●		●		●	●				●			●	○ 5-12		○			○			●	○				
Parkside Preserve	1212 Freedom Cir.				●		●			●				●																	
Riverside Sports Complex	1515 Airport Rd.													●			●														
Sycamore Community Park	940 East State St.	●			●		●			●		○		●			●	○ 5-12	○			●				○	○				
Sycamore Lake Rotary Park	400 N. Cross St.				●		●			○							●	○ 2-12	○				○			○	○			●	
Wetzel Park	212 Rowantree Dr.	●	○		●		●							●			●	○ 5-12	○			●	○			○	○				

Lost and Found

Where Item was Lost District Facility Taken to if Found
 Parks or Legacy Campus Community Center
 Golf Course and Community Park Pro Shop
 Community Pool..... Community Pool
 Sports Complex..... Maintenance Shop

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.



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 _____ GENDER ID: he | she | they 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	Gender ID	Class Code	Program Name	Fee
	___/___/___				\$
	___/___/___				\$
	___/___/___				\$
	___/___/___				\$
	___/___/___				\$
OFFICE USE: CASH CC CHECK # _____ STAFF: _____ DATE IN RECTRAC: _____					TOTAL FEE \$

IMPORTANT INFORMATION The Sycamore Park District is committed to conducting its recreation programs and activities in the safest manner possible in the highest possible regards. Participants and person registering their child in programs must recognize however that there is an inherent risk of injury when choosing to participate in recreation activities. The Sycamore Park District continually strives to reduce risks and insists that all participants follow safety rules and instructions which have been designed to protect the participant's safety. **WAIVER AND RELEASE OF ALL CLAIMS** Please read this form carefully and be aware when registering yourself, your child, child/ward for participation in the above program(s) you will in waiving and releasing all claims for injuries you or your minor might sustain arising out of above program(s). I recognize and acknowledge that there are certain risks of physical injury program(s), and I agree to assume the full risk of any injuries (including death), damages, or loss, regardless of severity, which I or my minor child/ward, arising out of, connected with, or in any way associated with the activities of the program(s). I do hereby fully release and discharge the District and its officers, agents, servants and employees from any and all claims resulting from injuries, damages, and losses sustained by me or my minor child/ward arising out of, connected with, or in any way associated with the activities of the above program(s). I further agree to indemnify and hold harmless and defend the District and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages and losses sustained by me or my minor child/ward arising out of, connected with, or in any way associated with the activities of the above program(s). **PERMISSION TO SECURE TREATMENT** In the event of any emergency, I authorize District officials to secure from any licensed hospital, physician, and/or personnel any treatment deemed necessary for my minor child/ward's immediate care and agree that I will be responsible or payment of any and all medical services rendered. I have read and fully understand the above program details, Waiver and Release of All Claims, and Permission to Secure Treatment. **PHOTOS/SOCIAL MEDIA** Please be aware that by registering for a program or class, participating in an activity, attending an event, or using District facilities or property, you authorize the District to use these photos and video footage for promotional purposes in District publications, advertising, marketing materials, brochures, event flyers, social media (including Facebook, YouTube, Instagram, Twitter, and other social media sites operated by the District), and the District's website without additional prior notice or permission and without any compensation to you. All photos and videos are property of the District.

PARENT/GUARDIAN SIGNATURE _____

DATE _____

Online Registration at sycparks.org

1. New users must create a new household account.

Click on "Need an account? Click Here"

RESIDENTS: Begin typing your address and then select it from the auto-fill drop-down menu. This will ensure you receive the resident rates online.

Once you have entered your information, select "Add New Household Member" to enter additional adults and children that reside at your same address.

Select "Save" once completed.

2. Once you are logged in, you may browse programs by selecting:

- "Activity Search" in the "Search" drop down menu
- "Activity Search" under Quick Links
- An image that represents the program you are looking for

Programs available for registration online will show a green plus symbol; while programs not available will show a red x symbol.

3. Select any of the available programs by clicking on the plus symbol to add them to your shopping cart. You may select more than one program before continuing.

As you add them you will notice a banner at the bottom of the screen listing your selection(s). Please remember that payment is due at the time of registration.

When you are ready to proceed select "Add to Cart".

4. Select the family member(s) you want to enroll in the selection(s) you made.

Your programs will appear under the family members who meet the age requirement. If a program you selected does not appear in your cart, no one in your household meets the age requirement.

Select "Continue".

5. Review the waiver and click the box next to "I agree with the above". This allows you to proceed with your transaction.

6. Review your cart: do you have the correct program(s) and session(s)? Do you need to add or remove a family member from enrollment? Select "Proceed to Checkout".

7. Verify your billing and contact information

Select "Continue".

8. You will then be prompted to enter your payment information. Then select "Submit Payment"

Note that you will have 20 minutes to complete this screen and submit payment.

Mail Registration

Download and print a registration form at sycparks.org/registration or use page 34.

Make check payable to: Sycamore Park District

Submit form and payment to:

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

Registration Policy

- 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.

Sycamore Park District Corporate Membership

Local businesses that pay taxes to the Park District can register to offer their nonresident employees a resident rate.

How to Register

Online at sycparks.org

In person or by mail – Complete a registration form and pay by cash, check or credit card at the Community Center Service Desk (480 Airport Road, Sycamore, IL 60178)

Advanced registration is required for all programs. Late Registration may not be prorated.

Program Capacity

All programs have minimum and maximum enrollments. If the minimum enrollment is not met one week prior to the program date, the Park District may have to cancel, postpone or consolidate the program with another program. If the program is canceled by the Park District, a full refund will be issued.

Avoid Cancellation

Most classes need a set minimum number of participants to be able to run them. Please register at least a week before the start date.

If the program registration does not meet the minimum established requirement, it will be canceled one week prior to the start of the activity. A Park District Service Specialist will contact you in the event the program is canceled.

Wait List

Once the maximum enrollment is met for a program, a waiting list may be formed. No payment is required at time of placement on a program waitlist. A Park District Service Specialist will contact you should a space become available in the program. Full payment will be due upon accommodation into the program prior to participation.

Program Transfer and Refund Requests

1. Transfers will be granted in the following cases:
 - a. The transfer is requested no later than one week prior to the start of the program.
 - b. There is space available in the program into which the registrant requests to be transferred.
2. A refund request/cancellation form must be filled out and turned in no later than one week prior to the start of the program.
3. Refunds or household credits are not given for classes missed/forgotten or for changes in personal schedules by the participant.
4. 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.

Program Transfer and Refund Requests Continued

5. Trips:
 - a. Full refunds may be issued if your spot can be filled.
 - b. 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.)
6. 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.

Refund Policy: Rentals, Shelters, and Community Pool

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. Prorated refunds on pool rental are based on amount of time used with minimum charge of one hour. The staff determines pool closings.

Check Cashing

Personal checks will be accepted in payment of membership, player, and program fees only. Checks returned for any reason will be assessed a \$20 returned check fee. All returned checks not paid within 5 days are referred to the State's Attorney for legal action. Park District privileges will be revoked, until restitution is made.

ADA Statement

The Sycamore Park District will not discriminate against any eligible participant on the basis of a disabling condition. We invite any participant with a special need to contact our staff so that a smooth inclusion may occur. We provide additional services for people with disabilities through the Kishwaukee Special Recreation Association. For more information, call 815-758-6663.

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.

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.

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.

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, Twitter, and other social media sites operated by the District), and the District's website without additional prior notice or permission and without any compensation to you. All photos and videos are property of the District.

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.

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.

COVID-19

Sycamore Park District follows all current COVID-19 State and local guidelines

1923  2023
SYCAMORE
PARK DISTRICT



DeKalb County History Center



Next year, the Sycamore Park District will celebrate it's
100th Anniversary!

To honor its long and vibrant history, we invite you to share photographs or stories about ways you've connect with the Sycamore Park District over the years. Items and stories may be shared through a variety of mediums in 2023 and printed photographs will be scanned and returned.

Did you take pictures at an event? Play on Park District fields? Hear stories from past generations?

To share your story or photos,
 email info@sycparks.org or call Sarah at 815-895-3365



Edward-Elmhurst Health



Kristin Mock, MD



Ketan Morker, MD



Catherine Ruetten, MD



Timothy Ruetten, MD



Michael Thornton, MD



Elaine Lawrence, APN



Heather Marvin, APN



Odolina Pope, APN



Cheri Sprietler, APN

- ▶ Dedicated to family medicine
- ▶ Online scheduling
- ▶ Same day appointments
- ▶ Manage your health online with MyChart

Other services:

- ▶ Lab
- ▶ Sleep services
- ▶ Imaging services
- ▶ Mammography

To schedule an appointment online visit EEHealth.org/EMG or call **(815) 895-9144**.

Sycamore
954 W. State Street

EEHealth.org/EMG

Healthy Driven™
Edward-Elmhurst
HEALTH