



SYCAMORE PARK DISTRICT

Connecting Sycamore to Wellness, Nature, and Each Other



REGISTRATION
OPENS DEC. 6

SYCPARKS.ORG

WINTER-SPRING 2022
JANUARY- APRIL

SELF-CARE FAIR
February 5 | pg. 4

Table of Contents

Adult Activities	23-24
Birthday Parties	16
<i>Brian Bemis Family Dog Park</i>	10
Corporate Connections	25
Early Childhood & Youth Activities	17-20
Facility Rentals.....	8
Facility Addresses.....	31
Group Fitness Classes	14-15
Parks.....	30
Policies	34
Northwestern Medicine Sled Hill.....	11
Registration Information.....	32-33
Staff Contact Information	31
Kishwaukee Special Recreation Association.....	29
Pathway Fitness	12-13
Nature & Environment Activities.....	22-23
Special Events.....	4-7
Sycamore Golf Club	9
Tween & Teen Activities	21

COVID-19: At the time this publication was printed, the Park District requires masks be worn by ages 2+ when indoors regardless of vaccination status. This is in response to the State of Illinois' mandate effective Friday, September 3, 2021.

The Park District remains committed to cleaning and sanitizing facilities regularly throughout the day and ensuring all staff follows the same guidelines that we are asking of patrons.

For additional information or questions, call 815-895-3365.

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](https://www.facebook.com/SycamoreParkDistrict)
 Fax 815-895-3503 Instagram [@sycamoreparks](https://www.instagram.com/asycamoreparks)

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 December 25, January 1, April 17
 Holiday Hours (7am-1pm) December 24, January 31

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@gsycparks.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.

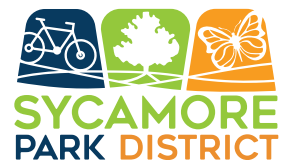
If in-person meetings are not permitted due to COVID-19 restrictions, the Sycamore Park District will use Zoom to allow for remote electronic attendance of Commissioners, staff, and the public.

New Logo and Web Address

As ACTION 2020 projects are wrapping up and staff look to the future of recreation in Sycamore, it is clear that it is not the same agency it was when the current tree and setting sun logo was adopted in 1984.

To represent how far the District has come, staff have developed a new logo. The new design represents the diversity and vibrance of this agency and the town it serves while conveying the District's mission: Connecting Sycamore to wellness, nature, and each other.

Along with the updated brand, you will notice that the Park District website and staff email addresses have changed to sycparks.org. Look for a new website design coming spring 2022!





SUSTAINING THE LEGACY: 2025

State Award for Excellence in Intergovernmental Cooperation

In October 2021 the DeKalb County Forest Preserve District and Sycamore Park District were honored with the Illinois Association of Park District's Intergovernmental Cooperation Award at its annual Best of the Best Gala. This award recognizes agencies whose successful intergovernmental agreements or partnerships maximize tax dollars and benefit residents throughout the community. The project being recognized is the recent .8-mile Great Western Trail Extension that connects the Great Western Trail's western terminus at Sycamore Forest Preserve to Page Street and downtown Sycamore.



Literacy Lane Coming Soon At the Sycamore Forest Preserve Great Western Trail Extension

"Literacy Lane" is a tri-government partnership between the Sycamore Public Library, Sycamore Park District and DeKalb County Forest Preserve District. Through a generous donation to the library, 22 permanent sign structures will cover 7/10th of a mile along the trail. These signs will share stories, fun facts, and fitness exercises and the content will rotate monthly. The best way to access Literacy Lane is by parking at the Sycamore Forest Preserve, 955 E. State Street, and heading west on the trail.

Beyond Sustaining the Legacy

Starting the Conversation About Aquatic Recreation Needs and Opportunities in Sycamore

The Board of Commissioners is at a crossroads, knowing in the next 4 years they will have to close the aging 39-year-old Community Pool while evaluating the prospect of building a new pool in a time when social and economic factors are making it less cost effective to operate a public aquatic facility.

In preparation for the next planning horizon, which begins in 2026 following the culmination of the current five-year long-range plan, the Board hopes to understand Sycamore's aquatic needs and assess the feasibility of building a new facility. This process is starting now! Community input and operations and maintenance data along with trends and expertise in the aquatic recreation field will be carefully reviewed.

Pool Usage and Planning Survey

To begin the conversation, please take this 3-minute survey about the value a public pool adds to our community and what you envision for the future. **We strongly encourage both pool users and non-users to express thoughts through this survey.** The Board values all residents' opinions when determining responsible and effective ways to distribute tax dollars and fulfill the needs of the community.



To take the survey, use the QR or visit sycparks.org.

Thank you for your time and input!

For more information about the future of the current pool, visit sycparks.org/sustaining-the-legacy-2025. Or please feel free to reach out at 815-895-3365 or info@sycparks.org.

CHILI COOK-OFF

Saturday, January 15 • 1:30pm

Sycamore Golf Club Clubhouse

Tickets at the door

\$10 Chili Tasting | \$15 Chili Tasting & 2 Beer Tickets

Who makes the best chili in Sycamore? If cooking chili is your thing, put on your apron and enter our Chili Cook-Off. Or if you are more of a taster, bring your taste buds ready to sample chili and cool it off with local brews. Cooks will showcase their talent by cooking from scratch early in the morning, then present to a judges panel. Public tasting starts at 1:30pm and ends when the chili runs out. The public will help judge the "Fireman's Choice" and "People's Choice" Awards (Judged by popular vote).

Call Theresa at 815-770-2668 to enter your chili.

Entry Fee \$20 Deadline to enter: January 4

Proceeds benefit Tails Humane Society



FREE

WINTER FAMILY PLAY DAY

Sunday, January 23 • 12-3pm

Legacy Campus

Experience the excitement of sled dog racing demonstrations hourly by the Free Spirit Siberian Rescue Sled Demo team. 12:15, 1:15, 2:15. Afterward, visit with your favorite Husky Dog and get a photo opp! While at Legacy Campus, take the Winter Scavenger Hunt Challenge!

Sponsored by Northwestern Medicine

Self-Care Fair

Saturday
February 5
9am-1pm



FREE

A variety of vendors and demonstrations will help self-care seekers find wellness, fun, health, and maybe even a bit of indulgence! This fair is for men and women of all ages. Come ready to unwind and go home with inspiration and some new resources to help you incorporate self-care into your routine.

Vendors: If you have a service, demonstration, or product that you'd like to share at this event and help spread the word about self-care or self-care resources, contact Melissa at melissad@sycparks.org.

\$50 per table and a donated raffle prize

Sweetheart Dance

Sunday, February 20 • 4-6pm

Community Center | Ages 2-12 with Parent

This is your little one's night to shine! Enjoy music, dancing, and hor d'oeuvres. Each young lady receives a flower. Stop by the fun photo booth and get a digital photo to commemorate the event!

Registrations received by January 24 will be entered to win a free limo ride

to and from their house to the dance provided by BC Limo.

Registration Deadline: Feb 5

RES \$28/NR \$33 per couple

Additional Sibling: \$8 each

1010701-01

Day of Couple: RES \$38/NR \$43

Day of Additional Sibling: \$8 each



FAMILY DANCE PARTY

Friday, March 11 • 6-6:45pm

Community Center Gym | Ages 2+

RES \$6/NR \$8 per person 1010703-01

Shake off the winter blues with this fun family dance night. You and your family will get your own section, spread throughout the gym, and follow along with an instructor as you learn new moves and new ways to be active together. Make it a date night or sign the whole family up! Each family leaves with a goodie bag to keep the fun going at home.

Tween Gym Jam

St. Patty's Party

Friday, March 11 • 7:30-9pm

Community Center Gym | Ages 11-14

Experience open gym like you've never seen! Music, dancing, games, and prizes! Bring your friends and extra cash for snacks from the concession stand. Enjoy St. Patty themed games and much more. Wear something green!

Students entering grade 6, 7 & 8
\$5 with school ID/\$6 without ID | 1040703-01

Open Gym Passes and Prepaid Cards are not valid for entry into this event.

Tea for Three, Please

Saturday, March 19
10:30am-12pm

Sycamore Golf Club
Clubhouse

Ages 2-6 with adult

RES \$15/NR \$20 per couple
Additional Sibling: \$4
1030704-01



It's a Tea Party! Bring your favorite doll or stuffed animal and invite an adult friend for lots of fun! Wear your best tea party clothes and remember to bring all your best manners. Everyone will listen to our storyteller remind us about etiquette, then we'll pose for a picture with real teacups and hats. We'll sip (or sample) tea and yummy snacks. **Registration Deadline: March 7**

CROSS-PARK CHALLENGE

The Cross-park Challenge is heading to downtown Sycamore!

Saturday, April 2 • 1-3pm
Downtown Sycamore | Ages 21+

Stake your claim as the Cross-park Challenge Champion! You and your clever comrade will face fun challenges and tricky clues as you make your way through this new Amazing Race-style competition. A variety of challenges will test your brain power, focus, teamwork, and speed! Two people per team.

Dress for the weather. Fee includes one drink per person, cash bar at the post-event wrap-up.
Registration Deadline: March 20

RES \$30/NR \$40 per team 1050708-01

Thursday, April 14 7-8:30pm
Community Center Gym

Spring is nature's way of saying 'let's party!' Come out to play in the dark. Bring your flashlight to search for eggs, candy, and prizes. Inside there will be music, games, and activities. Caddyshack Snack Bar will open with snack items available for purchase.

Registration Deadline: April 7

RES \$15/NR \$20 | 1010704-01



Breakfast WITH THE Bunny

Saturday, April 16
7:30-9:15am
Community Center



Welcome the bunny to Sycamore and share a breakfast with family and friends. Each child takes home a special memento of the day, while supplies last. Breakfast includes eggs, sausage, pancakes, juice, and coffee. **Advance Registration Deadline: Apr 8**

RES \$7/NR \$8

Day of: \$10 per person

Saturday, April 30 • 10am

Ages 18+ | Community Park

Grass ball diamonds behind the Community Pool



Have you ever played Kickball while holding a refreshing drink? Well now is your chance!

\$135 per team* | Registration Deadline: April 21

Players ages 21 and over will get one domestic drink per person per game which is included in the registration fee. Extra drinks can be bought from our cart during the event as well. CO-ED double elimination tournament.

Minimum 6, maximum 10 players per team. Each team must have a minimum of 3 women in the lineup. Cash prize to 1st & 2nd place teams.

*The team captain will register for the entire team in person at the Community Center.



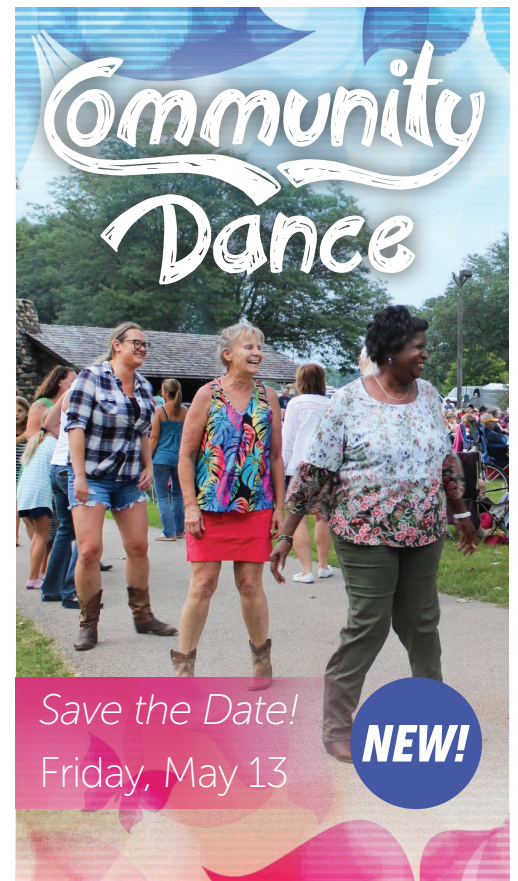
Tai Chi for Health & Wellness

Saturday, April 30 • 10:30am-12pm

Community Center Gym | Ages 18+
with Bev Schramer

Celebrate National Tai Chi Day with us by practicing Tai Chi for Health and Wellness. Tai Chi is an effective slow-moving exercise to improve physical and mental health. It can be done seated or standing. It exercises the entire body, and at the same time, strengthens the mind. It improves your immunities, relieves stress and anxiety, and makes you feel better about yourself. It will be taught following COVID=19 guidelines for your safety. This celebration is for beginners and current students. Wheelchair accessible. Each participant will receive a certificate and fortune cookie for attending the class.

Registration Deadline: April 24 RES \$10/NR \$15 1050925-01



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 16.

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 | Sat: 12-6pm | Sun: 12-5pm

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-12pm

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



Community Center Gymnasium



Community Center Multipurpose Room C



Community Center Multipurpose Room AB



Splash Fountain



Clubhouse



Riverview Room



Outdoor Shelters



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



Swing into Spring Preseason Sale

Fri-Sun, March 4-6
8:30am-4pm

Get Ready to Tee Off...For three days only, take 10% off your 2022 Season Pass. Also, find major markdowns on golf essentials in the Pro Shop - Titleist, Footjoy, and many more! Sign up for permanent Saturday and Sunday tee times. Get your 2022 tournament schedule. Register for leagues and lessons.



SAY Golf

Sycamore Area Youth Golf, commonly known as SAY-Golf, is a junior golf lesson program that covers all aspects of the game: Full Swing, putting, chipping, course management, and etiquette.

SAVE THE DATE! Register in person or over the phone beginning Monday, May 2. Sessions held the week of June 13 and July 12.



SYCAMORE MASTERS

Chip Challenge

Sunday, April 10
10:30am-12pm

A friendly competition to celebrate the start of golf season!

Show off your chipping skills from the top of the Northwestern Medicine Sled Hill as you hit targets at the base of the hill. Then, head to the Clubhouse for a putting challenge and hot dog lunch as you watch the Masters Tournament on the big screen. Prizes will be awarded for most points earned.

RES \$20/NR \$30

Advance registration for a time slot is required online or at the Community Center.

The competition starts at Legacy Campus and ends at the Sycamore Golf Club Clubhouse where winners will be announced at 12pm.

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.

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).



Dog Park Egg Hunt

Wednesday, April 13

6pm

1010707-01

Registration Deadline: April 6

Let your dog hunt, sniff and bark for eggs filled with doggie treats and special surprises. Participants also can win prizes and take a photo with the Bunny! All dogs must be leashed during the event and have a current membership. No one under 10 is allowed in the dog park. Hunt begins at 6pm sharp!

Family Dog Training

Tracy Severino, MSed, ABCDT

Learn how to get your dog's attention, train basic cues, recall, address common behaviors, and basic loose-leash walking. Dog must be at least 17 weeks old.

W Feb 16-Apr 13 7-8pm 1050703-01 NO CLASS 3/23
RES \$155/NR \$165 Community Center MPR AB

NEW! Family Dog Maintenance & Grooming

Tammy Riebe

Learn how to groom and care for your dog at home saving them the stress of an outing while saving you money. The class will cover brushing teeth, ear cleaning, and nail trims.

M Mar 14 5-6:30pm 1050702-01
RES \$30/NR \$40 Community Center MPR A



SYCAMORE PARK DISTRICT
M Northwestern
 Medicine®

SLED HILL

On Legacy Campus • 480 Airport Road



Learn how to Snowboard Clinics

Ages 3+ NIU Outdoor Adventures

Snowboarding can be an intimidating sport. A gentle introduction will help start building confidence. Learn the basic skills to get you started for a taste of the fun in a safe and controlled environment. These beginner lessons are offered for children ages 3+. Included in the fee is instruction and all snowboarding equipment including boots, board, and helmet. Group sizes are limited to 4 participants per session. Rain Date Sunday, February 13.



RES \$25/NR \$35

Sunday, January 30

Registration Deadline: January 19

- 11-11:45am 1031102-01
- 12-12:45am 1031102-02
- 1-1:45pm 1031102-03

Sunday, February 6

Registration Deadline: February 2

- 11-11:45am 1031102-04
- 12-12:45am 1031102-05
- 1-1:45pm 1031102-06

Sledding is acceptable when there are two or more inches of snowfall and there is no visible grass on the hill.

Sled Hill & Fire Pit Hours: 6am-9pm

Due to variation in the landscape and hazards such as trees and a drainage ditch, the map below indicates sledable areas. Only sled in designated areas and in the appropriate direction.

Please use caution when sledding and be considerate of others. Use sled hill at your own risk. No supervision is provided.

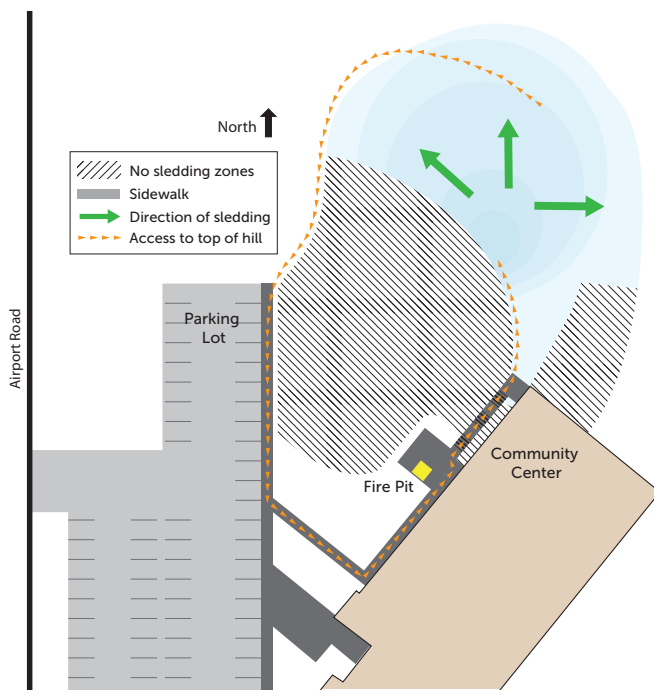
Wheelchair-accessible access to the hill is available through the Community Center during building hours. Please check in with Service Desk for staff assistance.



To operate the fire pit turn the timer dial located inside the cover on the building wall by the breaker box.

The fire pit is for warming only: Roasting food and other uses are prohibited. Please do not set items in or around the structure whether it is on or off.

The hill and fire pit are under video surveillance.





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.

Fees are subject to change in 2022.

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+	\$87	\$130			●		●			●			

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 34.

*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 24.

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



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!

Northwestern Medicine Lecture

Presented by Christopher Laurent,
Northwestern Medicine Athletic Trainer

My Fitness Program: Is It Doing What I Want

Wednesday, March 2 6pm MPR C 1990801-01

Does your fitness program or weekend warrior exploits leave you feeling sore and less energized? Is it pain, expected soreness, or stagnation? Do you wonder if you're doing the right things? If you have questions or concerns about what you're doing or how you feel, please join us for a discussion about your fitness program goals and results. Topics covered will include: muscle soreness vs joint pain, overuse injuries, stagnation of workout, common sense approach to meet desired goals, and why establish baseline numbers.

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.

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.

Class Fees

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

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	6:10-7:10am	Studio	Jan 10-Feb 21	1050915-01
			Mar 7-Apr 18	1050915-02
Senior Gentle Yoga *No Class 2/21	2:45-3:45pm	Studio	*Jan 10-Feb 28	1050903-03
			Mar 7-Apr 18	1050903-04
Zumba	7:45-8:45pm	Studio	Jan 10-Feb 21	1050911-01
			Mar 7-Apr 18	1050911-02
Tuesdays				
TRX	6-6:45am	Studio	Jan 11-Feb 22	1050917-01
			Mar 8-Apr 19	1050917-02
Beginners Tai Chi	2-3pm	Studio	Jan 11-Feb 22	1050924-01
			Mar 8-Apr 19	1050924-02
F.A.S.T. (Fitness And Stability Toning)	5-6pm	Studio/ Track	Jan 11-Feb 22	1050920-01
			Mar 8-Apr 19	1050920-02
WOW (Women on Weights)	6-7pm	Studio	Jan 11-Feb 22	1050918-01
			Mar 8-Apr 19	1050918-02
Pilates/Core	7-8pm	Studio	Jan 11-Feb 22	1050905-01
			Mar 8-Apr 19	1050905-02
Wednesdays				
Indoor Cycling	6:30-7:15am	Studio	Jan 12-Feb 23	1050916-01
			Mar 9-Apr 20	1050916-02
Advanced Tai Chi	1:30-2:30pm	Studio	Jan 12-Feb 23	1050924-03
			Mar 9-Apr 20	1050924-04
Thursdays				
TRX	6-6:45am	Studio	Jan 13-Feb 24	1050917-03
			Mar 10-Apr 21	1050917-04
Senior Gentle Yoga	2:45-3:45pm	Studio	Jan 13-Feb 24	1050903-01
			Mar 10-Apr 21	1050903-02
Vinyasa Flow Yoga	5-5:45pm	Studio	Jan 13-Feb 24	1050902-01
			Mar 10-Apr 21	1050902-02
F.I.R.M. (Fitness In Rep Machines)	5-6pm	Track/ Path. Fit.	Jan 13-Feb 24	1050923-01
			Mar 10-Apr 21	1050923-02
Zumba Gold *No Class 3/24	6-7pm	Studio	Jan 13-Feb 24	1050912-01
			*Mar 10-Apr 28	1050912-02
Pilates/Core	7-8pm	Studio	Jan 13-Feb 24	1050905-03
			Mar 10-Apr 21	1050905-04
Fridays				
Indoor Cycling *No Class 4/15	6:30-7:15am	Studio	Jan 14-Feb 25	1050916-03
			*Mar 11-Apr 29	1050916-04
Yin Yoga *No Class 4/15	6-7pm	Studio	Jan 14-Feb 25	1050914-01
			*Mar 11-Apr 29	1050914-02
Saturdays				
WOW (Women on Weights) *No Class 4/16	9:30-10:30am	Studio	Jan 15-Feb 26	1050918-03
			*Mar 12-Apr 30	1050918-04

Beginner/Advanced Tai Chi

Ages 18+ Bev Schramer

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

Yin Yoga

Ages 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.

Senior Gentle Yoga

Ages 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.

Vinyasa Flow Yoga

Ages 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.

Pilates/Core

Ages 16+ Jessica Carls

This class takes some of the benefits of Yoga such as mindful breathing, increase in range of motion and overall flexibility then fuses it with 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.

WOW

Ages 16+ Jessica Carls

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

TRX

Ages 16+ Carrie Hallahan

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

F.A.S.T. Fitness And Stability Toning

Ages 18+ Laurie Gilbert

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

F.I.R.M. Fitness In Rep Machines

Ages 18+ Laurie Gilbert

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

Zumba

Ages 16+ Karina Torres

Are you looking for a "feel-happy" workout? Zumba infuses Latin and international music and dance themes into a dynamic exciting exercise experience unlike any other. Based on the principle that a workout should be "Fun and easy to do," this combo class of cardio, toning and sculpting is for anyone who wants to get their body moving!

Zumba Gold

Ages 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.

NEW! Indoor Cycling

Edward Valdez
Ages 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!

NEW! Circuit Bootcamp

Ages 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!

More Great Wellness Programs!

Tai Chi for Health & Wellnesspg. 7

Stretch & Meditation..... pg. 24

The Pathway Fitness group fitness discount is not valid for these programs.

BIRTHDAY PARTY PACKAGES

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.

Ages 3+

You bring the guests and we do the rest! 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.



Parties are available

Saturdays 10:30am, 12pm, 1pm
Sundays.....10:30am, 12pm

Splashpad parties are available Saturdays and Sundays at 10:30am, through September 26.

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

NEW! Ninja Party

Ninjas wear masks! 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.

Pirate Party

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

Construction Party

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

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 them with out of this world activities and a craft. Party goers are encouraged to dress as their 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. Water play activities are sure to be a big hit with guests young and old.

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



Fun Time Play Group

Ages 2-5 Jamie Furst
 Come out and play! Let your little ones run, jump, sing, and get their energy out during guided gym activities.
 Sa Jan 8-Feb 19 9-9:45am 1020701-01 NO CLASS 2/5
 RES \$38/NR \$48 Community Center Gym

Lil Spring Breakers

Ages 5-8 Jamie Furst
 Kids will enjoy arts and crafts, STEM activities, gym time, trail walks, songs, and much more. Camp will include a snack each day.
 M-F Mar 21-25 9am-12pm 1030201-01
 RES\$90/NR \$100 Community Center MPR C

Little Tumblers

Ages 3-7 Marissa Bozarth
 Tumbling is a great way for kids to develop basic motor skills, coordination, strength, and social skills. This class is designed for young eager children who want to learn basic tumbling. It will teach your child a variety of things such as bunny hops, handstands, forward rolls, balance beam techniques, cartwheels, and much more.

Ages 3-5

Tu Jan 11-Feb 15 4-4:35pm 1021101-01
 Tu Mar 8-Apr 19 4-4:35pm 1021101-02 NO CLASS 3/22

Ages 5-7

Tu Jan 11-Feb 15 4:45-5:30pm 1021101-03
 Tu Mar 8-Apr 19 4:45-5:30pm 1021101-04 NO CLASS 3/22
 RES \$45/NR \$55 Community Center Gym

Cheer Tots

Ages 5-8 Marissa Bozarth
 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.
 Tu Jan 11-Feb 15 5:45-6:30pm 1030406-01
 Tu Mar 8-Apr 19 5:45-6:30pm 1030406-02 NO CLASS 3/22
 RES \$45/NR \$55 Community Center Gym

Intro to Dance

Ages 4-6 Eloise Books
 In this intro class dancers will be exposed to a range of styles including jazz, ballet, lyrical, and hip hop. Each week the students will learn new movements that correspond with that style. The dancers will also get to play many dance related games to show just how fun dance is!
 Th Jan 13-Feb 17 4-4:45pm 1030402-01
 Th Mar 10-Apr 21 4-4:45pm 1030402-02 NO CLASS 3/24
 RES \$40/NR \$50 Community Center MPR B

Hip Hop/Jazz Combo

Ages 5-8 Eloise Books
 Learn how to dance to your favorite hip hop beats just like in the music videos. Join us for this fun dance class where little to no dance experience is required. Learn traditional jazz moves and basic hip hop moves to today's popular music hits. Attire: movable non-baggy clothes, jazz, ballet, or tennis shoes with "slick" soles, and hair pulled back.
 Th Jan 13-Feb 17 4:45-5:30pm 1030404-01
 Th Mar 10-Apr 21 4:45-5:30pm 1030404-02 NO CLASS 3/24
 RES \$40/NR \$50 Community Center MPR B

Ballet/Tap

Ages 4-7 Eloise Books
 Dancers will learn basic steps and terminology in ballet along with exploring their own creative movement styles using imaginative music and games in a positive environment. Dancers will improve flexibility and coordination through fun movements and exercises. Imagination games, upbeat music, and props inspire students to dance! Students will also work on classroom skills such as following directions, listening, and working with others. Ballet shoes and leotards preferred; hair must be pulled back.
 Th Jan 13-Feb 17 5:45-6:30pm 1030405-01
 Th Mar 10-Apr 21 5:45-6:30pm 1030405-02 NO CLASS 3/24
 RES \$40/ NR \$50 Community Center MPR B

Tea for Three, Please

Saturday, March 19 • 10:30am-12pm

Sycamore Golf Club Clubhouse

Ages 2-6 with adult

RES \$15/NR \$20 per couple

Additional Sibling: \$4

1030704-01



It's a Tea Party! Bring your favorite doll or stuffed animal and invite an adult friend for lots of fun! Wear your best tea party clothes and remember to bring all your best manners. Everyone will listen to our storyteller remind us about etiquette, then we'll pose for a picture with real teacups and hats. We'll sip (or sample) tea and yummy snacks. **Registration Deadline: March 7**

Mommy & Me Painting

Ages 5+ Jenni Rogman

Bond with your child through paint and a canvas! Our 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 Feb 19 12:30-2:30pm 1030503-01
 Sa Apr 9 12:30-2:30pm 1030503-02
 RES \$37/NR \$47 Community Center MPR C

Elementary Art Club

Ages 6-10 Jenni Rogman

Children create art through a variety of media in a fun and exploratory atmosphere. New lessons and themes are taught each session to encourage children to use their imaginations as they create new projects. Wear clothes you can get dirty!

Th Jan 20-Feb 24 4:30-5:30pm 1030501-01
 Th Mar 10-Apr 21 4:30-5:30pm 1030501-02 **NO CLASS 3/24**
 RES \$60/NR \$70 Community Center MPR C

STEM | Powered by NIU STEAM

In partnership with NIU STEAM! 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

Ages 7-10 Jamie Furst

Come 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 snack will be provided during the program.

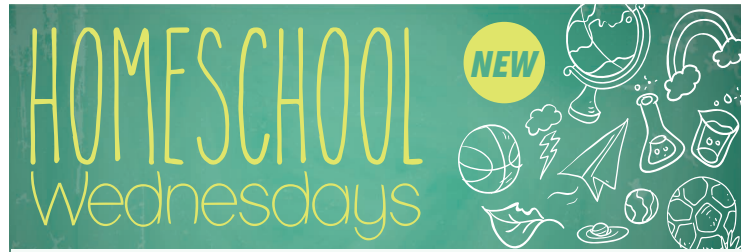
M Feb 21 9am-12pm 1030801-01
 M Apr 18 9am-12pm 1030801-02
 RES \$35/NR \$45 Community Center MPR C

ElectrifyIT! Electric Cars

Ages 7-10 Jamie Furst

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 snack will be provided during the program.

M Jan 17 9am-12:30pm 1030802-01
 RES \$45/NR \$55 Community Center MPR C



Wednesdays 12:30-2:30pm
 Jan 19- Feb 23 1030804-01 Community Center
 RES \$83/NR \$93
 Additional Sibling: RES \$73/NR \$83

Ages 4-11 | Give your homeschooled child additional opportunities to learn and let their energy out at the Sycamore Park District Community Center. Students will enjoy STEM, gym time, and nature education. Age groups will be split once registration is finalized.

STEM | Students will be presented with challenges in the areas of STEM (science, technology, engineering, and mathematics) and will learn to approach them by breaking them down into parts, collaborating, and applying the Engineering Design Cycle.

Gym Time | Students will enjoy gym activities including basketball, volleyball, soccer and much more.

Nature | With fun hands-on demonstrations and experiments, students will explore the world around them. Students will learn about extinction, insects, and erosion.

Spring Break Fun

Volleyball Clinic

Ages 10-14 Park District Staff
 Th Mar 24 4-6pm 1041102-01 RES \$6/NR \$12
 Community Center Gym

Tennis Clinic

Ages 6-10 Park District Staff
 Th Mar 24 5-6pm 1031104-01 RES \$6/NR \$12
 Community Center Gym

Art & Crafts Time

Ages 7-10
 W Mar 23 4:30-5:30pm 1030502-01 RES \$10/NR \$15
Ages 11-14
 W Mar 23 5:30-6:30pm 1030502-02 RES \$10/NR \$15
 Community Center

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 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 Jan 3-Feb 14	6:30-7:30pm	1050904-01	
W Jan 5-Feb 16	6:30-7:30pm	1050904-02	
M Mar 7-Apr 25	6:30-7:30pm	1050904-03	NO CLASS 3/21
W Mar 9-Apr 27	6:30-7:30pm	1050904-04	NO CLASS 3/23
RES \$45/NR \$55	Community Center Fitness Studio		



All Star Sports Descriptions

See page 20 for program lineup

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 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.

Class Equipment List

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



Youth Tennis

Ages 5-12 Emma Hardin

This 4-week instructional class is designed to introduce players to the sport of tennis, teach basic court positioning, and develop mechanics such as ball bounce judgment and space management. Each week will focus on a different area. Please bring your own racket if you have one or use a park district racket which is sanitized after every use.

Ages 5-8

M Apr 4-Apr 25	5-5:45pm	1031105-01
Th Apr 7-Apr 28	5-5:45pm	1031105-02

Ages 9-12

M Apr 4-Apr 25	6-6:45pm	1031105-03
Th Apr 7-Apr 28	6-6:45pm	1031105-04

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

\$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)



All Star Sports provides quality sports instruction to children of all ages in a fun, safe, and instructional manner. Coaches are trained through our own extensive coaching program, as well as being nationally certified. Coaching requires a great deal of responsibility, and we expect nothing but the best from our coaches. We want to make sports a positive experience for everyone involved. For more information, visit allstarsi.com. Program descriptions on page 19.

If you are wondering if a class has moved indoors due to weather, please call
Weather Hotline: 630-584-2961

All Star Sports Session I							
Program	Ages	Day	Dates	Times	Fee	Code	Location
Jr. Soccer	3-4	M	Jan 10-Feb 7	4-4:45pm	RES \$54/NR \$64	1031001-01	Community Center
Jr. Soccer	4-6	M	Jan 10-Feb 7	4:45-5:45pm	RES \$54/NR \$64	1031001-02	Community Center
Jr. T-ball	4-6	M	Jan 10-Feb 7	6-7pm	RES \$54/NR \$64	1031001-03	Community Center
Jr. Basketball	3-4	Tu	Jan 11-Feb 8	4-4:45pm	RES \$54/NR \$64	1031001-04	Community Center
Jr. Basketball	4-6	Tu	Jan 11-Feb 8	4:45-5:45pm	RES \$54/NR \$64	1031001-05	Community Center
Jr. T-ball	3-4	Tu	Jan 11-Feb 8	6-6:45pm	RES \$54/NR \$64	1031001-06	Community Center
Jr. Parent Tot Sports	2-3	W	Jan 12-Feb 9	3:45-4:15pm	RES \$54/NR \$64	1031001-07	Community Center
Jr. Football	4-6	W	Jan 12-Feb 9	4:15-5:15pm	RES \$54/NR \$64	1031001-08	Community Center
Jr. Football	5-7	W	Jan 12-Feb 9	5:15-6:15pm	RES \$54/NR \$64	1031001-09	Community Center
Jr. Basketball	4-6	Sa	Jan 8-29	12:15-1:15pm	RES \$44/NR \$54	1031001-10	Community Center
Jr. Basketball	3-4	Sa	Jan 8-29	1:15-2pm	RES \$44/NR \$54	1031001-11	Community Center
Basketball skills	7-10	Sa	Jan 8-29	2-3pm	RES \$44/NR \$54	1031001-12	Community Center
All Star Sports Session II							
Program	Ages	Day	Dates	Times	Fee	Code	Location
Jr. Soccer	3-4	M	Feb 21-Mar 21	4-4:45pm	RES \$54/NR \$64	1031002-01	Community Center
Jr. Soccer	4-6	M	Feb 21-Mar 21	4:45-5:45pm	RES \$54/NR \$64	1031002-02	Community Center
Jr. T-ball	4-6	M	Feb 21-Mar 21	6-7pm	RES \$54/NR \$64	1031002-03	Community Center
Jr. Basketball	3-4	Tu	Feb 22-Mar 22	4-4:45pm	RES \$54/NR \$64	1031002-04	Community Center
Jr. Basketball	4-6	Tu	Feb 22-Mar 22	4:45-5:45pm	RES \$54/NR \$64	1031002-05	Community Center
Jr. T-ball	3-4	Tu	Feb 22-Mar 22	6-6:45pm	RES \$54/NR \$64	1031002-06	Community Center
Jr. Parent Tot Sports	2-3	W	Feb 23-Mar 23	3:45-4:15pm	RES \$54/NR \$64	1031002-07	Community Center
Jr. Football	4-6	W	Feb 23-Mar 23	4:15-5:15pm	RES \$54/NR \$64	1031002-08	Community Center
Jr. Football	5-7	W	Feb 23-Mar 23	5:15-6:15pm	RES \$54/NR \$64	1031002-09	Community Center
Jr. Basketball	4-6	Sa	Feb 19-Mar 19	12:15-1:15pm	RES \$54/NR \$64	1031002-10	Community Center
Jr. Basketball	3-4	Sa	Feb 19-Mar 19	1:15-2pm	RES \$54/NR \$64	1031002-11	Community Center
Basketball skills	6-8	Sa	Feb 19-Mar 19	2-3pm	RES \$54/NR \$64	1031002-12	Community Center
All Star Sports Session III							
Program	Ages	Day	Dates	Times	Fee	Code	Location
Jr Soccer	3-4	M	Apr 11-May 23	4:15-5pm	RES \$74/NR \$84	1031003-01	Sled Hill
Jr.Soccer	4-6	M	Apr 11-May 23	5:15-6:15pm	RES \$74/NR \$84	1031003-02	Sled Hill
Soccer Skills	6-8	M	Apr 11-May 23	6:15-7:15pm	RES \$74/NR \$84	1031003-03	Sled Hill
Jr. Basketball	3-4	Tu	Apr 12-May 24	4-4:45pm	RES \$74/NR \$84	1031003-04	Community Center
Jr. Basektball	4-6	Tu	Apr 12-May 24	4:45-5:45pm	RES \$74/NR \$84	1031003-05	Community Center
Basketball Skills	6-8	Tu	Apr 12-May 24	6-7pm	RES \$74/NR \$84	1031003-06	Community Center
Jr. T-Ball	3-4	W	Apr 13-May 25	4:15-5pm	RES \$74/NR \$84	1031003-07	Sled Hill
Jr. T-Ball	4-6	W	Apr 13-May 25	5-6pm	RES \$74/NR \$84	1031003-08	Sled Hill
Jr. T-Ball	4-6	W	Apr 13-May 25	6-7pm	RES \$74/NR \$84	1031003-09	Sled Hill
Jr. Soccer	3-4	Sa	Apr 9-May 21	12:45-1:30pm	RES \$74/NR \$84	1031003-10	Sled Hill
Jr. Multi Sports	3-5	Sa	Apr 9-May 21	1:30-2:15pm	RES \$74/NR \$84	1031003-11	Sled Hill
Jr. Parent Tot sports	2-3	Sa	Apr 9-May 21	2:15-2:45pm	RES \$74/NR \$84	1031003-12	Sled Hill



Tween Gym Jam

St. Patty's Party

Friday, March 11 • 7:30-9pm

Community Center Gym | Ages 11-14

Experience open gym like you've never seen! Music, dancing, games, and prizes! Bring your friends and extra cash for snacks from the concession stand. Enjoy St. Patty themed games and much more. Wear something green!

Students entering grade 6, 7 & 8

\$5 with school ID/\$6 without ID | 1040703-01

Open Gym Passes and Prepaid Cards are not valid for entry into this event.

Thursday, April 14 7-8:30pm
Community Center Gym

Spring is nature's way of saying 'let's party!' Come out to play in the dark. Bring your flashlight to search for eggs, candy, and prizes. Inside there will be music, games, and activities. Caddyshack Snack Bar will open with snack items available for purchase.

Registration Deadline: April 7

RES \$15/NR \$20 | 1010704-01



TWEEN

FLASHLIGHT EGG HUNT

Middle School Art Club

Ages 11-14

Jenni Rogman

Learn a new genre of art making and practice artistic techniques with hands-on activities to create your own unique projects. Learn how to incorporate techniques into 2-D and 3-D artworks. Activities include Tie Dye, sculptures, and printmaking.

Tu Jan 25-Feb 22 4:30-5:30pm 1040501-01

RES \$70/NR \$80 Community Center MPR C

NEW! Media Collages

Ages 11+

Jenni Rogman

Learn and discuss art and advertisements! Then, create media collages using magazines & newspapers.

W Mar 9 6-7:30pm 1030504-01

RES \$25/NR \$35 Community Center MPR C

NEW! Intro to Cooking

Ages 12+

Tammy Riebe

Want to learn how to cook your favorite food or meal but not sure where to start? We will use hands on demonstrations to discuss basic cooking skills; from understanding a recipe to experimenting with the four elements of cooking. Learn how to make guacamole from scratch and tacos/nachos. Make food fun and leave with a recipe to try at home.

M Feb 21 5-6:30pm 1040705-01

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

NEW! Archery

Ages 10+

David Benner/NIU Archery Club

Join the NIU Archery Club for a fun-filled day of archery! This 3-hour experience will cover all aspects of archery including history, equipment, safety, methodology, and technique. Then, practice shooting and learn more through archery games and activities. Archers can use this class to help boost their interest in the sport of archery as well as help them develop into a more well-rounded outdoorsman/woman. Anyone over 10 is welcome. Traditional archery equipment will be provided but feel free to bring your own. No crossbows allowed. Parents are encouraged to stay but not required. Bring a snack and water. Some of the archery activities in this experience may include stationary target shooting, moving target shooting, Top Archer competitions, balloon popping, archery tag, a Mini 3D course, and more!

Sa Apr 9 9am-12pm 1030703-01

RES \$63/NR \$73 Northwestern Medicine Sled Hill

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, checkout this enriching and fun experience!

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

Surviving the Cold Jan 12 1030601-01

Winters in Northern Illinois can get incredibly cold. Learn how plants and animals have adapted to survive our long, harsh winters.

Ice Age Intelligence Feb 9 1030601-02

Take a step back in time and learn about the giant animals and unique ecosystems that existed in Illinois during the Pleistocene.

Moss Madness Mar 9 1030601-03

It's time to shrink down and take a look at some of the most abundant plants on earth, the mosses. Learn about their importance and diversity.

New Beginnings Apr 13 1030601-04

Spring is the liveliest time of the year. After a long winter, learn what to look for with the first signs of spring start to appear.

FREE Family Nature Programs

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

Indoor Nature

Sa Mar 26 10-11am
Community Park Maintenance Shop
(park near the tennis courts)

Do you find yourself wishing you weren't stuck inside and could go out and enjoy nature without wearing multiple layers? Come Experience the new Park District indoor plant grow room and Eco Exploratorium. Learn how the Park District keeps nature in mind year-round and prepares for the upcoming season.



Awesome Amphibians

Sa Apr 2 10-11am
Community Center

Learn about the importance of Amphibians in the ecosystem and what you can do to help conserve some of the most intriguing and unique animals on the planet.



FREE Sycamore Safari Slideshow and Photography Q&A

View a stunning slideshow of area wildlife and landscapes to witness intimate moments in nature that we so often miss or ignore. Presented by Park District Ecologist (and wildlife photographer), Nicholas McCarney, hear stories behind some of the most dramatic and diverse photos while learning the methods behind them including techniques, equipment, safety, and ethics.

Sa Feb 12 10-11:30am Community Center MPR C
Free, but please sign up at the Community Center or by calling 815-895-3365.



Geocache Clinic

Ages 12+ NIU Outdoor Adventures

Go on a modern-day treasure hunt when you join us for this geocache clinic. Learn some basic land navigation skills such as how to use a compass and practice using a GPS. NIU Trip Leaders will provide instruction on the use of Global Positioning System (GPS) handheld devices as well as an application on your personal cellular phone. You will get to exercise your body and mind as you search for caches and the hidden treasures inside. Meet in the front parking lot located at Sycamore Forest Preserve.

Su Apr 10 3-5pm
RES \$12/NR \$15 1050707-01
Sycamore Forest Preserve, 955 E State Street
Registration Deadline: April 9

FREE Sycamore Park District Volunteer Interest Meeting

Th Mar 17 6:30pm
Community Center MPR AB

Free but please RSVP by emailing Nicholas at nicholasm@sycparks.org.

Looking to give back to Sycamore and preserve our beautiful natural areas? Assist the Natural Areas Division in restoration and preservation through volunteer and stewardship opportunities. Learn ecological concepts and practices through brush clearing, weed pulling, trash collecting, and more while helping keep our natural areas in pristine condition year-round.



FREE

*Email the Park District Ecologist
your nature questions!*

NEW! Ask anything regarding animal and plant identification, research questions, wildlife photography, native gardening and plant information, pollinator practices, and more!

Nicholas will use his knowledge and network to answer any and all questions to the best of their ability. Email: nicholasm@sycparks.org

The answer to your inquiry may even be featured on his monthly videos posted on social media.



Intro to Advanced Photography

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!

Sa Jan 8 10-11:30am 1050713-01
RES \$20/NR \$30 Community Center MPR C

Winter Woodburning

Ages 14+ Nicholas McCarney

Synthesize your inner pyro and artist by learning the basics of Pyrography! This course will cover tool safety, basic methodology, and techniques. Tools and materials provided to create and take home your very own piece of art! Under 10 permitted with adult working on the same project.

Su Jan 9 10-11:30am 1050712-01
RES \$30/NR \$40 Community Center MPR C

Professional Networking and Partnerships

Ages 16+ Nicholas McCarney

It's all about who you know. Beginning your professional career path can be an intimidating task to take on alone. By creating a strong network of like-minded people, you open significantly more opportunities for yourself. You will learn how to create your own network using powerful social media tools and other communication techniques for your professional development. Free, but please sign up at the Community Center or by calling 815-895-3365.

Sa Feb 26 10am
FREE, please register Community Center MPR C

Stretch & Meditation

Ages 18+

Carrie Hallahan

Join us for a class that is geared to work on release of stress and stretch your muscles in a gentle and effective way. Class will be on the floor with a mat. Gentle music is played in a yoga-esque atmosphere with meditation at the end. All levels are welcomed. Bring a mat, towel and water bottle.

Sa Jan 15 10:45-11:30 1050901-01
 Sa Feb 19 10:45-11:30 1050901-02
 Sa Mar 12 10:45-11:30 1050901-03

RES \$8/NR \$12 Community Center Fitness Studio



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



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.

Winter/Spring (subject to change)

Monday-Friday (up to 4 courts available) 9-11am
 Saturday (1 court available) 8-11am
 Sunday (2 courts available)12-2pm



SYCAMORE DEKALB

Pickleball Players Challenge

This Cross-Park Challenge will allow you to experience another home court and meet new Pickleball players. This will be a doubles tournament with a lunch social to follow. Your registration fee will include both dates.

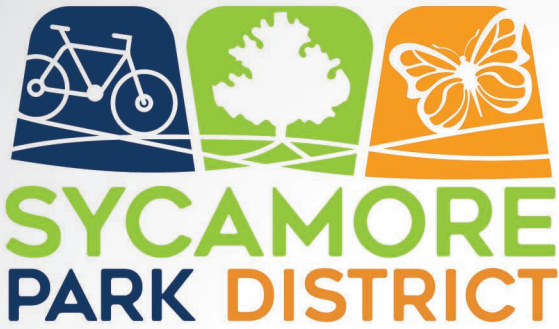
Registration Deadline: February 1

\$20 per person 1051101-01

Tuesday, February 8 9am-12pm
 Sycamore Park District Community Center

Tuesday, March 8 9am-12pm
 DeKalb Sport and Recreation Center, 1765 S. 4th St.

Check in 9am | Games begin at 9:30am
 Luncheon will follow



It is the Sycamore Park District's mission to **connect Sycamore to wellness, nature, and each other.**

We value our connections with **Sycamore's business community** as a way to provide more for Sycamore and bring people together through wellness and fun!

Corporate Connections

Sponsorship & Wellness Opportunities for your Business or Organization

Help

ensure events are affordable or free.



Event Sponsorships

Gymnasium Banners

Corporate Card Program

Employee Resources & Wellness

Support

wellness in your community.



Receive

valuable exposure from Park District users.



Give Back

to your staff, customers, and community.



sycparks.org/corporateconnections



To learn more about services and programming at the Sycamore Public Library, visit ycamorelibrary.org

FREE **ChYoga**
Thursdays 10am
Community Center Fitness Studio

This is 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 us on a journey of health and wellness! Due to limited seating, no walk-ins please. Call the library at 815-895-2500 x 410 to register.



FREE **Cardio Fitness**
Tuesdays 10am
Community Center Fitness Studio

Dance away to oldies playlists for 45 minutes! Seniors 55+ can join Linda Lederer-Gibson for a low-impact cardio dance and exercise. Breaks during the hour and chairs will be provided so you can dance at your own pace. Due to limited seating, no walk-ins please. Call the library at 815-895-2500 x 410 to register.

FREE **Star Party**
Monday, January 3 6:30pm-8pm
Community Center MPR C

Join Sycamore Library for an evening under the stars at the Sycamore Park District Legacy Campus. Special guest Brian Leshin will discuss his experience as an Astrophotographer and will share tips and tricks to capturing the skies. We will then head outside to learn about astronomy and how to use a telescope while looking up a peek at the Quadrantid Meteor Shower. Dress warm and bring an outdoor chair and blanket if you wish. Hot chocolate provided. Call the library at 815-895-2500 x 410 to register.

FREE **The Life of Rachel Carson**
famed environmentalist

Wed, April 13 6:30pm
Legacy Campus Amphitheater

As we celebrate Earth Day in April, we welcome speaker and re-enactor Leslie Goddard to lead a discussion as Rachel Carson, famed environmentalist. Our evening will start with Sycamore Park District Naturalist, Nicholas McCarthy to highlight Park District and community projects. Coffee, tea, and light snacks provided. Call the library at 815-895-2500 x 410 to register. *All attendees, regardless of vaccination status, must wear a mask while at Sycamore Park District.

Literacy Lane Coming Soon

At the Sycamore Forest Preserve Great Western Trail Extension

"Literacy Lane" is a tri-government partnership between the Sycamore Public Library, Sycamore Park District and DeKalb County Forest Preserve District. Through a generous donation to the library, 22 permanent sign structures will cover 7/10th of a mile along the trail. These signs will share stories, fun facts, and fitness exercises and the content will rotate monthly. The best way to access Literacy Lane is by parking at the Sycamore Forest Preserve, 955 E. State Street, and heading west on the trail.



Ages 5 - High School

Online Registration Begins
January 1, 2020

sgsball.com



Register your athletes based on their age
as of May 1, 2022

Rookies....Age 5 - K Majors.....5th & 6th Grades
Futures....1st & 2nd Grades Pony.....7th & 8th Grades
Minors.....3rd & 4th Grades

Online Registration for our 2022 Spring
Season runs Dec 12, 2021 through
March 6, 2022.

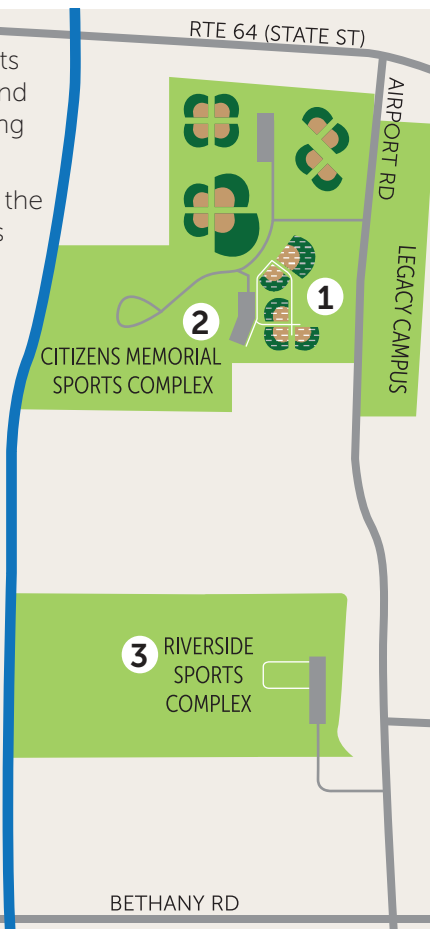
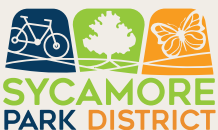
SycamoreYouthBaseball.org

The new Riverside Sports Complex is complete and ready for the AYSO spring soccer season!

The old soccer fields at the Citizen Memorial Sports Complex will transition into five new ball diamonds.

- 1 New ball diamonds, playground, bocce ball court, shelter, native prairie
- 2 9-hole disc golf course
- 3 Soccer fields, shelter, storage garage

Learn more at sycparks.org



JOIN AYSO FOR SOCCER SIGNUPS!

Join Sycamore AYSO for spring and fall soccer

- Soccer is growing in our community!
- Don't forget to volunteer to coach. All training is provided for coaches.
- Registration is open for all kids that meet the age requirements.
- Please see our website, ayso718.com, for all details on spring and fall soccer.



All details are available on our website

Everyone Plays® | Balanced Teams | Open Registration
Positive Coaching | Good Sportsmanship | Player Development

Sycamore AYSO, PO BOX 493 Sycamore IL, 60178
infoayso718@gmail.com



Family Service Agency
Strengthening Individuals & Families

Sycamore Club 55 Fitness Fun

Please call 815-758-8616 #1 for information or to RSVP. Class size limited.

Mondays & Fridays from 10am-2pm
inside the Sycamore Park District
Community Center, 480 Airport Road

Bring your brown bag lunch!

Activities include
Walking on the track
Chair Yoga **Group Fitness**
Cards and Bingo
Guest speakers
Social time



WHEELCHAIR BASKETBALL



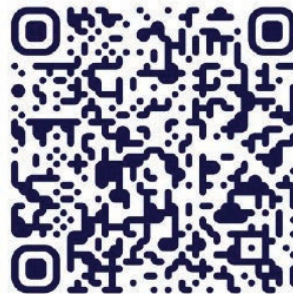
FREE CLINICS

Try out the sport with KSRA & FVSRA
as they team up on the hardwood!

Open to anyone with a physical impairment age 3-22
Siblings & friends welcome! | Over 22? Contact KSRA
to find a program for you!

Sycamore Park District
Community Center • 5-8pm

Use the QR Codes below to
learn more and register.



MARCH 23



FEBRUARY 23





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:

- Special Events • Dances • Parent Night Out
- Game Night • 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 20

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

Park Amenities

○ = Amenity meets ADA Accessibility Requirements

✦ = Amenity coming soon!

Park Name	Address	First National Bank Amphitheater	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		
Boynton Park	303 Northgate Dr.																																
Brothers Park	1800 Willow St.		●	○											●			●	○	●	○			○				●					
Charley Laing Memorial Park	325 S. Main St.																		●	○													
Chief Black Partridge Park	2112 Fantum Rd.										●																						
Citizens Memorial Sports Complex	435 Airport Rd Formerly, Sycamore Sports Complex		●			●			✦		●			●	●			●	●	○	●			○				●					
Dr. John Ovitiz Park	Constitution & Heron Creek Dr.														●			○	●	○				●									
Elmer & Stanley Larson Park	1501 John St.														●																		
Emil Cassier Park	500 Olin H. Smith Dr.														●																		
Founders Park	500 Heron Creek Dr.					●									●									○									
Kiwanis East Park	555 Borden Ave.		●			●									●																		
Kiwanis Prairie Park	800 Borden Ave.		●	○		●									●																		
Legacy Campus	480 Airport Rd.		○				○																			○							
Leon D. Larson Park	1212 Larson St.					●									●								●		○								
Merry Oaks Path	Enter off Merry Oaks Dr.					●					●				●																		
Old Mill Park	50 Mt. Hunger Rd.					●					●				●									○									
Parkside Preserve	1212 Freedom Cir.					●					●				●																		
Riverside Sports Complex	1515 Airport Rd.														●																		
Sycamore Community Park	940 East State St.		●	●		●					●		○		●																		
Sycamore Lake Rotary Park	400 N. Cross St.										○	○																					
Wetzel Park	212 Rowantree Dr.		●	○	○	●									●																		

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.

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 Park 940 E. State Street

- **Community Pool**
- **Golf Club & Caddyshack Grill**

Sycamore Park Sports Complex 435 Airport Road

- **Maintenance Building**
Executive Director & Maintenance Offices

Staff Contact Information

Administration

Jonelle Bailey 815-770-2091
Executive Director, 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 Lundbeck 815-770-2097
Superintendent of Golf Services
kirkl@sycparks.org

Park District Maintenance

Jeff Donahoe 815-770-5397
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 McCarney 815-770-5827
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 Tevsh 815-770-2668
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 Dobberstein 815-348-9038
Recreation Specialist
melissad@sycparks.org

Justin Genz 815-669-4172
Recreation Specialist
justing@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
MBA=Master of Business Administration

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

There is registration form on page 33 of this brochure and online at sycparks.org/registration

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.



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 | her | 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 _____

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



**Celebrating our 10th year and proud to
be a partner of the Sycamore Park District**

Parks put the "More" in Sycamore

We give you **One Less Thing to worry about.**

Screen Printing • Embroidery • Promotional Items

OLMarketing.com
815-901-0569



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