



SYCAMORE PARK DISTRICT

Celebrating **100 YEARS!**
CONNECTING SYCAMORE TO WELLNESS, NATURE, & EACH OTHER

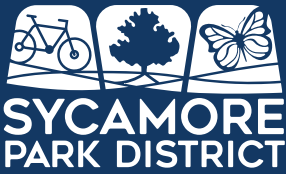


Look for this symbol and find special programs celebrating the Park District's 100th Anniversary.

SUMMER 2023
May-August

REGISTRATION OPENS
APRIL 17

SYCPARKS.ORG



Connecting Sycamore to wellness, nature, and each other.

Vision: To enhance the Sycamore community through wellness, recreation and greenspace, the Board and Staff take a responsive and inclusive approach to service, community relationships, and sustaining the Sycamore Park District legacy.

Core Values: Equity • Transparency
Sustainability • Connections

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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.

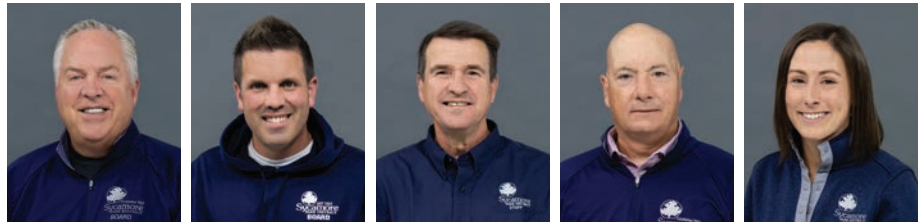
Get in Touch with Your Park District

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-6pm | Su 10am-2pm
 Administrative Offices M-F 8:30am-4:30pm
 Closed May 29, Jul 4, Sep 4

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@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.



Welcome, Natalie!

Natalie Bullen is our new, part-time recreation assistant. She is currently pursuing a Master's Degree in public health at NIU. Her hobbies include running, kayaking, and listening to music and we are thrilled for her to bring her skills and passion for wellness to the Park District.

Natalie was an intern in the summer of 2022 and we are so happy to have her back!



Celebrating 100 YEARS



Brown Bag Lunch/Local Lore Sycamore Park District 100th Anniversary

Thursday, August 3
12pm | FREE
Community Center

Sycamore Park District Executive Director, Jonelle Bailey will lead a fun and insightful discussion with panel members about the history of Sycamore Park District. Come prepared to share memories and what Sycamore's parks have meant to you.



The Brown Bag Lunch/Local Lore program takes place on the first Thursday of every month at noon and is hosted by the DeKalb County History Center & the Ellwood House Museum. The program is free and open to the public, and donations are welcome. For more information, call 815-895-5762, visit dekalbcountyhistory.org, or follow them on Facebook.



Special thank you to the DeKalb County History Center and Joiner History Room whose staff and volunteers have helped us gather historical stories and images in celebration of the Sycamore Park District's 100th Anniversary.

We appreciate their help and continued mission to connect and inspire our community through local history!

Cover Images: (Top) Summer Concert Series in Citizens Memorial Sports Complex. 2022. (Bottom) The same site roughly 50 years earlier at an annual GoodTymes gathering.



Congratulations, Lisa!

The Park District is proud to introduce Lisa Metcalf as the new Superintendent of Recreation Services. Lisa has been with the district for 12 years and looks forward to serving the community in her new role while leading a talented team of recreation professionals.

Over the course of her 20-year career, she has gained extensive programming and facility management experience which includes athletics, aquatics, fitness, and programming for all age levels and abilities. Lisa enjoys listening to live music, being outdoors, playing golf, traveling, and cheering on the Iowa Hawkeyes. She lives in Sycamore with her husband, Darrick, and dog, Carl, and they love being a part of this community!



Summer Concert Series

FREE Thursdays • 7pm
GoodTimes Shelter



June 1 Rockin Fendershirts

Put on your blue suede shoes and rock around the clock to your favorite rock 'n' roll oldies. That'll be the day The Rockin' Fendershirts come to town. There'll be a whole lotta shakin' going on. You'll dance, you'll sing, you'll laugh. You'll get all shook up. Who knows, you might even twist and shout. therockinfendershirts.com



June 8 The Messengers

Kids concert at Legacy Campus. See page 9. Presented in partnership with the Sycamore Public Library.

The Messengers deliver. Night after night, show after show, the Messengers tear through modern and classic rock, today's country and Americana, and totally unique medleys and mash-ups that leave audiences dancing, clapping and frequently speechless. themessengerschicago.com



June 15 Prissillas

Featuring an eclectic setlist, off-the-charts chemistry, and witty sense of humor, The PriSSillas, bring it all each time they take the stage. Their high-energy shows will bring you to your feet as they take you on a musical journey cranking out popular hits spanning numerous decades and genres. theprissillas.com



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

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

June 22 No Concert

June 29 Jolly Ringwalds

The Jolly Ringwalds will have you singing and dancing along to your favorite 80s tunes and will also re-introduce you to some of the songs you forgot you loved. With 3 different lead vocalists/multi-instrumentalists, the band will maintain your interest for the whole night and leave you wanting more. The Jolly Ringwalds provide a fun, interactive experience for all age groups and boast some of the Chicago's most in demand performers. jollyringwalds.com

July 6 Nashville Electric Company

Nashville Electric Company is the down home country music ENERGY you've been searching for and delivers a performance as no other country band can. Like comfort food and moonshine – it just feels right! So whether it's dancing, clapping, or raising your hands in the air, Nashville Electric Company will take you there! facebook.com/nashvilleelectriccompany

July 13 Howard and the White Boys

Chicago, a city steeped in blues history, is where Howard and the White Boys have honed their chops since their inception in 1988. Howard and the White Boys have been on several major tours with Buddy Guy, and have even performed with some of the biggest names in blues: Koko Taylor, Otis Rush, Albert King, Junior Wells, Lonnie Brooks, Luther Allison, Bo Diddley, and Chuck Berry. howardandthewhiteboysband.com

July 20 Student Body

Chicago's HOTTEST and most engaging cover band is ripped right out of your high school yearbook pages! A fun and entertaining play on all the cliques that ruled your school, The Student Body plays all your favorite high energy party anthems! With their infectious and humorous stage show, soaring three-part harmonies, and medleys that keep you guessing, you'll never want to skip school again! thestudentbodyband.com

July 27 Class of 68

The Class of '68 captures the energy and passion of the timeless hits that changed the world from the British Invasion to Woodstock and beyond. Used in countless movie soundtracks and television commercials, the band's classic rock repertoire has arguably the widest appeal of any musical genre. theclassof68.com





TAI CHI FOR HEALTH & WELLNESS

Saturday, April 29 • 10:30am-12pm

Ages 18+ | Community Center Gym

Resident \$10/Nonresident \$15 Code 1050925-01

Registration Deadline: April 23

Celebrate International Tai Chi Day with instructor Bev Schramer. Tai Chi is an effective slow-moving exercise to improve physical and mental health which can be done seated or standing. It improves your immunities, relieves stress and anxiety, and makes you feel better about yourself. This celebration is for beginners and current students. Wheelchair accessible. Each participant will receive a certificate and fortune cookie for attending the class.



FREE



Presented in partnership with the Sycamore Public Library

June 2 *Knives Out* (PG-13)
Legacy Campus
Movie begins at dark - roughly 15 minutes after sunset.
Bring a blanket or chairs.



The Treehouse Pie Company

NEW! Order delicious snacks from the Treehouse Pie Company ahead of time to pick up at the event. Look for details at sycparks.org. Beer and wine available for purchase.



Beer Wine Spirits Food Crafts

Taste your way through the park enjoying unique artisan drinks and food!

Saturday, July 8 • 1-5pm

Sycamore Community Park

Proceeds support



Presale Tasting Ticket by July 5\$25

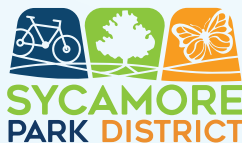
On-site Tasting Ticket \$30



Ages 21+ | Includes 10 drink samples, commemorative glass, water, and lemonade.

Food and craft vendors will have items for sale. Free general admission to visit vendors.

Presented by



Vendors

In addition to spirits and food, we are looking for crafters and artists to be a part of this festive event!

Contact Melissa at melissad@sycparks.org





Sycamore Golf Club 100 HOLES OF GOLF Championship

Monday-Sunday, July 10-23
Sycamore Golf Club

Entries Open June 1-July 9 \$100 per player

Celebrate the 100th anniversary of the Sycamore Park District right where it all started!

Open to all golfers of all ages. Play a total of 100 holes over a period of two weeks.
Divisions: Men's, Ladies, Senior Men's, Senior Ladies, Juniors 11-15, Juniors 16-21.

Each participant makes their own tee times, and the number of holes is at the discretion of the player. Golfers must play with at least one other person who will keep their score and turn in the scorecard with the scorer's signature to the pro shop.

Daily fee players will also pay a green fee for each round played and cart rental is an extra fee. Half cash, half gift certificate prizes will be awarded to the top 3 places in each division.



Kick your kickball game up a notch by playing with a drink in your hand!

Saturday, July 22 • 12pm
Sycamore Community Park

All players receive a commemorative 100th Anniversary cup.

Co-ed double-elimination tournament. Minimum 6, Maximum 10 players per team with a minimum of 3 women in the lineup. Team captains, register your team in person at the Community Center

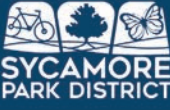
Players ages 21 and over get one domestic beer per person per game. Extra drinks can be purchased from our beverage cart during the event. Cash prize for first and second place teams.



Ages 18+ | \$140 per team
Registration Deadline: July 16
Rain Date: July 23

Doty & Sons

**OUTDOOR
COMMUNITY
GAME NIGHT**



SYCAMORE
PARK DISTRICT

Come out to play and celebrate the Park District's 100th Anniversary and Doty and Sons Concrete Product's 75th Anniversary!



Meet your friends and neighbors at the GoodTymes Shelter to enjoy music, food, and the wonderful outdoor game features that Doty and Son's Concrete Products has donated to the community over the years.

Thursday, August 3 • 4-8pm
GoodTymes Shelter

Pre-event Announcements: 4:45pm
Gameplay Begins: 5pm

2-person Team....RES \$8 | NR \$12 ...2011102-01
Individual*.....RES \$5 | NR \$82011102-02

Ages 12+ | Registration Deadline: July 30



Spectators are welcome to enjoy the DJ and try out pickleball, giant connect four, beanbag toss, and badminton. Food and drinks available for purchase. Please, no outside drinks.

Each two-person team plays every game once, points are tallied to determine a first-, second-, and third-place winner in each division. Scored games include bean bags, sand volleyball, ladder toss, horseshoes, and table tennis. A packet of rules for each game will be emailed ahead of time to ensure universal play and scoring. *Individuals may register to be paired with a teammate at the event.

Doty & Sons
Concrete Products

JUNK IN YOUR TRUNK SALE

FREE

Saturday, August 5 • 9am-2pm

Riverside Soccer Complex

Avoid driving around town searching for sales (and parking spaces). Check out this one-stop-shop for a fun day of treasure hunting! Rain Date: Aug 6.



CALLING ALL VENDORS!

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! To register, contact Melissa at melissad@sycparks.org.

\$20 per 2 parking spaces

Registration deadline: Aug 2



Presented by Sycamore Public Library.

Family Concert with Nanny Nikki

FREE

Thursday, June 8 • 5:30-6pm

Sycamore Park District Amphitheater

Sycamore Library is pleased to present a special concert for preschoolers and their families with Chicagoland's Grammy nominated children's entertainer, Nanny Nikki. Bring your own lawn chair or picnic blanket. No registration required.



Summer Extravaganza

FREE

Friday, July 28 • 5:45-7:30pm

Community Center & Legacy Campus

All ages | Advance registration required Enjoy food, musical entertainment and the fantastic bubble creations of Glowby the Bubbler as we celebrate the conclusion of the summer reading program.





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

Learn about youth birthday party packages on page 18.



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 27-September 24
 Mon-Fri: 12-8pm During Public Hours
 Sat: 6-8pm | Sun: 2-4pm Private Rental



Splash Fountain

Sycamore Golf Club Clubhouse & Riverview Room

Contact Melissa

melissad@sycparks.org

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

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

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

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



Clubhouse



Riverview Room

Shelters

Contact Tracy

tracyo@sycparks.org

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

Available April-October: Dawn to Dusk



Outdoor Shelters

SYCAMORE PARK DISTRICT 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 27-Aug 31	Sep 1-24
Mon-Fri*	10am-8pm	12-6pm
Sat	10am-6pm	12-6pm
Sun	10am-2pm	12-2pm

CLOSED: Memorial Day, Fourth of July and Labor Day

Admission

15-visit Pre Paid Card	Resident Nonresident
Ages 1+	\$45 \$75

Sale starts May 1 at the Community Center

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

Daily admission is non-refundable.

Rentals

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

Private Rentals

Saturdays 6-8pm, Sundays 2-8pm
\$75 per hour. 2 hour minimum rental.

*Group Visits

Splash Fountain will remain open to the public.
\$2 per person (group size: min 15/max 50) Call ahead to schedule your group, 815-895-3365.



Father's Day Celebration

Sunday, June 18

10am-2pm

Free admission for fathers
with payment of a child.

SWIMMING OPTIONS AT NEIGHBORING POOLS

With the announcement of the Sycamore Park District Community Pool permanently closing, the Genoa Township Park District and DeKalb Park District have been very generous in offering Sycamore residents reduced rates.

We are very grateful for their support and help in continuing to provide aquatic opportunities to our community!



GENOA TOWNSHIP PARK DISTRICT

Sycamore residents receive discounted nonresident rates on 2023 Season Passes to Chamberlain Park. Learn more at genoaparkdistrict.com.



DEKALB PARK DISTRICT

Sycamore Park District residents will receive 'Resident' pool pass rates for the 2023 Hopkins Pool Season. Pool Passes must be purchased in person at DeKalb Park District facilities, along with proof of Sycamore Park District residency. This resident rate does not apply to Daily Admission Rates. If you are a Sycamore Park District resident and have already purchased a 2023 Hopkins Pool Pass, please get in touch with us for a refund on the rate difference.



SYCAMORE PARK DISTRICT Brian Bemis Family DOG PARK

On Legacy Campus • 480 Airport Road

Membership Tags

Once a Year Membership Fee
(Jan-Dec) RES \$25 | NR \$35
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! The following is required at the time of registration

1. Proof of residency
2. Document from your veterinary office showing proof of up-to-date vaccines for Rabies, Distemper, and Bordetella. A Rabies tag number will not be accepted as proof of vaccination.
3. Photo of your dog - on your phone or bring him/her in.

Daily Passes RES \$5 | NR \$10

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

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).

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 ¼ of a mile, so four times around is your mile work out!

National Hot Dog Day

Wednesday, July 19 4pm

Mark your calendar for a fun canine demonstration and hot dogs hot off the grill. Hot Dogs and drinks will be sold next to the dog park to help support the park operations. Bring a comfy lawn chair to watch the show from the fence line. The dog park will be temporarily closed during the demonstration.

Dog Training and Discussions

From the basics of a leash to the intricate work that can be done with an e-collar, and everything in between, he shares his passion for helping people better their relationship with their dogs and excel at handling and training.



Jaybird Dog Training specializes in personalized companion dog training. Personalized classes are available on days and times at the participant's convenience. For more information contact Chris at chris@sycparks.org.

Basic Obedience Classes

Tu, Jun 6-Jul 18 NO CLASS 7/4 RES \$75 | NR \$85
6-6:45pm Dogs Ages 7 months or Less
7-7:45pm Dogs Ages 7 months or Older

Classes will focus on teaching dog owners how their dogs learn and how to teach basic movements. The classes would also teach when to add distractions for growth and timing and strategies for corrections.

Prerequisites for the classes are that the dogs must not be aggressive towards other dogs or people and or excessive barkers. We will be using food and play to teach. Please bring soft dog treats (something the dog really likes), leash, and collar.

Private Lessons\$20 per hour

Lessons will assess needs and offer instructions and advice tailored to the client's needs. Examples of lesson objectives can range from basic obedience to retrieving techniques. Gather your friends or neighbors to address common concerns and questions about your pup with Private or Group Discussions.

Private Discussions\$20 per person per hour

One-on-one private discussion. No dogs present.

Group Discussions \$10 per person per 45-minute

Each new class will discuss a new topic on dog training or dogs in general. Some examples of topics include philosophy, puppy training, shaping, pressure, recall, attention, operant conditioning, leash work, retrieving work, discipline, when to use affection, and more. No dogs present. 3 participant minimum.



Celebrating 100 years

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

Sycamore 100 Holes of Golf Championship
July 10-23 \$100 per player
 Entries Open June 1-July 9 See details on pg. 8

Alvin Wildenradt Junior Championship
Tue & Wed, July 11 & 12 Ages 7-9: \$25 per player
 Entries Open Jun 12 Ages 10-18: \$35 per player

Sycamore Parks Foundation Golf Outing
Fri, Jul 21 | For information contact
 Karen Schmitt, Karens@sycparksfoundation.org
 Edward Valdez, edwardv@sycparksfoundation.org.

The Annual Sycamore Club Championship
 Flight Rounds 1 and 2
Sat & Sun, Aug 18 & 19 \$20 per player
 Entries Open Jul 17-Aug 17

The Annual Sycamore Club Championship
 Flight Final Rounds and all other flights
Sat & Sun, Aug 26 & 27 \$20 per player
 Entries Open Jul 17-Aug 24

The 6X6X6 Ryder Cup Format Tournament
Sat, Sep 16 \$50 per two-person team
 Entries Open Aug 21

The Annual Pumpkin Scramble
Sat, Oct 28 11am shotgun start \$100 per four-person team
 Entries Open Sep 28-Oct 26

The Frozen Fingers Open
Sat, Nov 11 \$50 per two-person team
 Entries Open Oct 16-Nov 9

2023 Golf Rates

Season Pass Type	Resident	Nonresident
Adult Unlimited	\$660	\$830
Adult Weekday	\$500	\$660
Spouse Unlimited	\$430	\$585
Spouse Weekday	\$350	\$520
Senior Unlimited	\$600	\$775
Senior Weekday	\$440	\$600
Senior Three Day	\$310	\$435
Junior (16 - 21)	\$395	\$525
Junior (11 - 15)	\$275	\$395
Green Fee Type		
Weekday 9 Holes before 5pm	\$17	\$19
Weekday 9 Holes after 5pm	\$14	\$14
Weekday 18 Holes before 2pm	\$29	\$32
Weekday 18 Holes after 2pm	\$26	\$28
Weekend 9 Holes before 5pm	\$19	\$21
Weekend 9 Holes after 5pm	\$14	\$14
Weekend 18 Holes before 5pm	\$32	\$35
Weekend 18 Holes after 5pm	\$28	\$28
Junior/Senior Green Fees	\$12	\$13
All Day 9 (Weekends after 1pm)	\$22	\$24
All Day 18 (Weekends of 1pm)		
Cart Fees		
Earlybird 9 before 9am Weekdays	\$8	\$8
Earlybird 18 before 9am Weekdays	\$14	\$14
9 Holes before 5pm	\$9	\$9
9 Holes after 5pm	\$7	\$7
18 Holes before 2pm	\$17	\$17
18 Holes after 2pm	\$14	\$14
Push Carts	\$3	\$3



SAY-GOLF Instruction

Ages 5-12 | 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. [Registration opens May 1 at 8am. Visit the Pro Shop or call 815-895-3884.](#)

Series 1 Mon & Wed June 12, 14, 19, 21
Series 2 Tue & Thu July 11, 13, 18, 20

Little Linkers | Ages 5 & 6..... 8:30-9:15am
 Resident \$100* | Nonresident \$125*

Wee Swingers | Ages 7-9.....9:45-10:45am
Par Savers | Ages 10-12..... 11am-12pm
 Resident \$185* | Nonresident \$215*

Maximum of 12 students per class. Additional classes may be added if any age group exceeds 12 students.

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. Students must make tee times and tee off between the hours of 10am and 2pm. Little Linker graduates can play for FREE after 6pm any day of the week when accompanied by a paying adult.

SAY-Golf Junior Golf League

Ages 11-18 League Fee: \$35*
 Mon, June 19-August 14 Tee times begin at 10am

NEW! This league is open to all junior golfers. The fee will be used for the weekly games. Age divisions will be determined by the age and number of the participants. Competitive and noncompetitive games provided. Each week winners will be awarded gift certificate prizes which can be used for future rounds, purchases in the pro shop or concessions. *Junior golfers who do not have a season pass will also pay a green fee.

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.



Adult Lesson Academy

Beginners and intermediate players, brush up on your skills with some quality time on the range and 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 1 at 8am. Visit the Pro Shop or call 815-895-3884.**

June 11, 15, 21, 22..... Resident \$185* | Nonresident \$215*

Beginners: 5:30-6:15pm & 6:15-7pm
Intermediates: 6:30-7:15pm & 7:15-8pm

Classes will be held at Sycamore Family Sports Center, 725 E State Street, Sycamore

*Graduates of the Adult Lesson Academy can play golf for FREE after 6pm any day of the week with a paying playing partner.



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-6pm* | Su 10am-2pm

*See note about Community Center hours on pg. 2

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	GROUP FITNESS 5-VISIT PUNCH CARD	POPUK GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES
	RES	NR	RES	NR								
*Individual 24/7 Member Ages 18-61	\$312	\$468	\$29	\$44	●	●	●	●	●	●	●	50%
*Additional Household Member 24/7 Ages 18-61	\$156	\$234	\$14	\$21	●	●	●	●	●	●	●	50%
*Senior Individual 24/7 Member Ages 62+	\$250	\$374	\$23	\$35	●	●	●	●	●	●	●	50%
*Senior Additional Household Member 24/7 Ages 62+	\$125	\$187	\$12	\$18	●	●	●	●	●	●	●	50%
*3 Month 24/7 Membership Ages 18+	\$98	\$147			●	●	●					
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	GROUP FITNESS 5-VISIT PUNCH CARD	POPUK GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES
Individual Ages 14-61	\$250	\$374	\$23	\$35		●	●	●	●		●	20%
Additional Household Member Ages 14-61	\$125	\$187	\$12	\$18		●	●	●	●		●	20%
*Senior Individual Ages 62+	\$200	\$300	\$19	\$27		●	●	●	●		●	20%
*Senior Additional Household Member Ages 62+	\$100	\$149	\$10	\$14		●	●	●	●		●	20%
3 Month Pass Ages 14+	\$79	\$119				●	●	●				
Track Only Pass Ages 10+	\$68	\$103					●					
Open Gym Only Pass All Ages	\$56	\$83						●				

Prepaid Cards (Access during building hours)

		RES	NR	24-HOUR ACCESS	FITNESS CENTER	TRACK	OPEN GYM	FITNESS STUDIO	GROUP FITNESS 5-VISIT PUNCH CARD	POPUK GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES
Pathway Fitness & Track Ages 14+*	12 Visits	\$103	\$154		●	●	●				
Open Gym Prepaid Card All Ages	5 Visits	\$21	\$34				●				

Daily Admission (Access during building hours)

		RES	NR	24-HOUR ACCESS	FITNESS CENTER	TRACK	OPEN GYM	FITNESS STUDIO	GROUP FITNESS 5-VISIT PUNCH CARD	POPUK GROUP FITNESS CLASSES	DISCOUNT ON FITNESS CLASSES
Pathway Fitness, Track, & Open Gym Ages 14+*		\$12	\$17		●	●	●				
Track Only Ages 10+		\$5	\$7			●					
Open Gym All Ages		\$6	\$9				●				

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 35.

*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 18+. Both participants must pay the fee or show a pass. All participants 10 or older must show a State or School ID. See the pickleball Open Gym Schedule on page 27.

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.



Community Yoga

Ages 16+

Leah Richards

All levels will be a mix of restorative, yin, and flow yoga. This class is wonderful for all skill levels, ages, and abilities. The focus and intention of this class is to move our body and connect with ourselves again. Give yourself an hour once a month to rest, restore, move and build a little bit more community.

Saturdays	10:45-11:45am
RES \$8 NR \$12	Community Center Fitness Studio
May 13... 2050906-01	Jul 8 2050906-03
Jun 10... 2050906-02	Aug 12 2050906-04

Tai Chi for Health & Wellness Workshop

Ages 18+

Bev Schramer

Celebrate International 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. 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 23**

Saturday, April 29	10:30am-12pm	1050925-01
RES \$10 NR \$15	Community Center Gym	

Walk While You Wait

Make the most out of your child's class time by working on your wellness. Tell the Service Desk what program you are there for and walk the track for the duration of the class for only \$2 (Regular daily admission RES \$5/NR \$7). For programs held in the Community Center.

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.

Free Friend Fridays

Fridays, May 5 – August 25

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).

GROUP FITNESS CLASSES

Class Fees

Fee Per Session
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

HIIT & Relax *NO CLASS 5/29	7:30-8:15am	Studio	May 8-Jun 26*	2050910-01
			Jul 10-Aug 21	2050910-02
Balls & Bands *NO CLASS 5/29	1:15-2:15pm	Studio	May 8-Jun 26*	2050919-01
			Jul 10-Aug 21	2050919-02

TUESDAYS

TRX *NO CLASS 7/4 & 7/18	6-6:45am	Studio	May 9-Jun 20	2050917-01
			Jun 27-Aug 22*	2050917-02
Balanced Body	9:30-10:30am	Studio	May 9-Jun 20	2050911-01
			Jul 11-Aug 22	2050911-02
Beginners Tai Chi	2-3pm	Studio	May 9-Jun 20	2050922-01
			Jul 11-Aug 22	2050922-02
F.A.S.T. (Fitness And Stability Toning)	5-6pm	Studio/Track	May 9-Jun 20	2050920-01
			Jul 11-Aug 22	2050920-02
WOW (Women on Weights)	6-7pm	Studio	May 9-Jun 20	2050918-01
			Jul 11-Aug 22	2050918-02
Pilates/Core	7-8pm	Studio	May 9-Jun 20	2050902-01
			Jul 11-Aug 22	2050902-02

WEDNESDAYS

TRX Plus	6-6:45am	Studio	May 10-Jun 21	2050913-01
			Jul 12-Aug 23	2050913-02
Gentle Yoga	8-9am	Studio	May 17-Jun 28	2050904-01
			Jul 12-Aug 23	2050904-02
Stretch & Flex Yoga	9:15-10:15am	Studio	May 17-Jun 28	2050908-01
			Jul 12-Aug 23	2050908-02
Balls & Bands	1:15-2:15pm	MPR B	May 10-Jun 21	2050919-03
			Jul 12-Aug 23	2050919-04
Advanced Tai Chi	1:30-2:30pm	Studio	May 10-Jun 21	2050922-03
			Jul 12-Aug 23	2050922-04

THURSDAYS

TRX *NO CLASS 6/15 **NO CLASS 7/20	6-6:45am	Studio	May 11-Jun 29*	2050917-03
			Jul 6-Aug 24**	2050917-04
Gentle Yoga	2:45-3:45pm	Studio	May 11-Jun 22	2050904-03
			Jul 13-Aug 24	2050904-04
Vinyasa Flow Yoga	5-5:45pm	Studio	May 11-Jun 22	2050903-01
			Jul 13-Aug 24	2050903-02
F.I.R.M. (Fitness In Rep Machines)	5-6pm	Pathway Fitness	May 11-Jun 22	2050923-01
			Jul 13-Aug 24	2050923-02
Zumba Gold *NO CLASS 8/17	6-7pm	Studio	May 11-Jun 22	2050912-01
			Jul 13-Aug 31*	2050912-02
Pilates/Core	7-8pm	Studio	May 11-Jun 22	2050902-03
			Jul 13-Aug 24	2050902-04

FRIDAYS

Sunrise Yoga	6-7am	Studio	May 12-Jun 23	2050909-01
			Jul 14-Aug 25	2050909-02

SATURDAYS

WOW (Women on Weights)	9:30-10:30am	Studio	May 13-Jun 24	2050918-03
			Jul 15-Aug 26	2050918-04

Group Fitness Class Descriptions

Balanced Body

Ages 18+ Bev Schramer
Relax and be encouraged as you nourish your muscles, boost your energy, rejuvenate your core and enhance your posture and balance with Pilates stretching and core exercise.

Balls & Bands

Ages 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 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(soon) style Tai Chi from the Tai Chi for Health Institute.

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.

Gentle Yoga

Ages 16+ Leah Richards
This Yoga experience is designed for ages 50+ and individuals with physical difficulties or who are rehabbing an 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.

NEW! HIIT & Relax

Ages 16+ Cori Trolinger
Start your week with 25 min of HIIT (High Intensity Interval Training) followed by 20 min of Restorative Yoga. We start with high intensity then slow things down with some stretching. A perfect way to make sure you have a great week. All fitness levels welcomed.

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 on core training and overall body strengthening of Pilates to give your body a complete workout. Movements in this class can be adjusted for a wide range of people and fitness levels.

Stretch & Flex Yoga

Ages 18+ Leah Richards
Stretch and flex yoga is a class designed for all levels of skill. This class is exactly what it sounds like, a combination of working the muscle tissue allowing the muscles to fire properly and to stretch the muscle fibers and muscle fascia. With a combination of slow flow yoga poses seen in Hatha & Vinyasa and the relaxing nature of Restorative & Yin Yoga. This is the perfect class to come find a little bit of balance in your body and your mind.

Sunrise Yoga

Ages 18+ Kim Halsey
Looking for a peaceful way to wake up and get your body moving? Try Sunrise Yoga! Join us for a deep but gentle and slow flow yoga session. Learn to sync the breath with flowing postures in this meditative practice. Perfect for all levels and for those looking to begin their day with a clear mind while cultivating strength, flexibility, balance and calm.

TRX

Ages 16+ Carrie Hallahan
TRX is an effective total body workout that builds strength, flexibility, balance, and mobility using your own body weight.

TRX Plus

Ages 16+ Cori Trolinger
This class is geared towards using the body weight resistance training style of the TRX straps PLUS HIIT (High-Intensity Interval Training) style exercises to give you a full body resistance and cardio workout. Great for all fitness levels.

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.

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!

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. Classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.

Wellness Programs..... pg. 17

Community Yoga

Tai Chi for Health & Wellness
Workshop

Kinderbeans Boot Camp

Ages 5-6 Julie Sgarlata

Help your child get ready for full day Kindergarten with this fun upbeat class. Students will review sounds and counting through fun songs from Dr. Jean and Jolly Phonics. Each day the students will practice cutting, gluing and writing. Large motor skills will be enhanced during classic childhood games like Red Light, Green Light and Duck Duck Goose (Alphabet style). The students will also practice eating lunch in the allotted twenty minutes they will have in school. The day will provide opportunities for your child to practice taking turns and respecting others in the classroom.

Pack a lunch for each day (no nuts).

T,W,TH Aug 8-10 10am-3pm 2020703-01
Resident \$115 | Nonresident \$125 Community Center

Little Campers

Ages 6-10 | Grades 1-4

Kids will enjoy trail walks, time at the Sports Complex playgrounds, Splash Fountain, gym activities, arts and crafts, group games, and much more. Camp will include a snack each day.

9am-12pm Community Center MPR C
RES \$85 NR \$95 per week

Week 1	June 5-9	2030210-01
Week 2	June 12-16	2030210-02
Week 3	June 19-23	2030210-03
Week 4	June 26-30	2030210-04
Week 5	July 10-14	2030210-05
Week 6	July 17-21	2030210-06
Week 7	July 24-28	2030210-07
Week 8	Jul 31-Aug 4	2030210-08



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 anime self-portraits, shape landscapes, mixed media art and clay sculptures. Snacks will be provided.

M-F Jun 26-30 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, paper weaving and clay animals. Snacks will be provided.

M-F Jul 10-14 9am-12pm 2030208-02
RES \$95 | NR \$105 Community Center MPR C

Summer Art Camp III

Ages 9-11 | Entering Grades 4-5 Jenni Rogman

Campers will investigate creating art with a variety of media including acrylic paint, chalk pastels, and clay. Projects will include chalk portraits, papier-mâché food sculptures, and himmeli. Snacks will be provided.

M-F Jun 26-30 1-4pm 2030208-03
RES \$95 | NR \$105 Community Center MPR C

Middle School Summer Art Camp

Ages 12-14 | Entering Grades 6-8 Jenni Rogman

Campers will learn new genres of art making and practice artistic techniques with hands-on activities to create their own unique projects. Campers will learn how to incorporate techniques into 2-D and 3-D artworks. Projects will include charcoal drawings, paper clay sculptures, and printmaking. Snacks will be provided.

M-F Jul 10-14 1-4pm 2040203-01
RES \$95 | NR \$105 Community Center MPR C

Summer Co-Ed Volleyball Camp

Ages 8-14 Aggression Volleyball Staff

M-Th June 12-15 Community Center Gym

Ages 8-11

Boys & Girls will be introduced to the sport of volleyball. Learn new skills and techniques with experienced coaching staff from the Aggression Volleyball Club. **Registration Deadline: June 6.**

4-5pm 2031104-01 RES \$60 | NR \$70

Ages 11-14

Have some volleyball fun with your friends all week long. Players will use indoor courts and outdoor sand courts. Expand your skills and fun competition. **Registration Deadline: June 6.**

5-8pm 2031104-02 RES \$150 | NR \$160



Challenger Sports Core Soccer Camps

Bringing International Coaches To Your Field! Coached by our team of international and US-based staff, our week-long half day and full day soccer camps improve your child's soccer skills whilst providing a unique cultural experience.

Formerly known as International Soccer Camps, and rooted in British training methodology, these camps introduce our international training tactics to campers across the U.S and Canada. Our curriculum and coaching foundation meet engaging delivery for an all-around positive experience.



Camps are designed for all ages and ability levels, from beginner to advanced players- we use age-appropriate practices to help players develop at their own pace, learn brand new skills and become an all-round better player while having an amazing time with our international coaching staff!

Includes an educational approach that uses soccer to teach the core values of responsibility, integrity, respect, sportsmanship, and leadership.

TinyTykes Camp

Ages 3-5

Fundamental practices and skill-building activities in an immersive adventure! A fun introduction to soccer influenced by the very popular year-round TinyTykes curriculum. Includes games, activities, and adventures to introduce and develop coordination, balance, running, stopping, turning, kicking, dribbling, throwing & catching.

Soccer meets smiles, your little one is sure to enjoy their time on the pitch!

M-F	Jun 19-23	8-9:15am	2030202-01
M-F	Jul 31-Aug 4	8-9:15am	2030202-02
RES \$118 NR \$128			Riverside Soccer Complex

Half Day Camp

Ages 6-16

Individual skill development, core techniques and small-sided games. Monday to Friday inclusive, 3 hours per day, delivered by our professional and international staff. Complete technical player development featuring practices from around the world as part of our international camp curriculum.

Your children will enjoy the World Cup small-sided game element to our daily camp session as well!

M-F	Jun 19-23	9:30am-12:30pm	2030203-01
M-F	Jul 31-Aug 4	9:30am-12:30pm	2030203-02
RES \$173 NR \$183			Riverside Soccer Complex

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.

Saturdays10am, 2pm, 4pm

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

Splashpad parties are available Saturdays and Sundays, May-September.

90 Minute Party\$199*

- 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

3 large one-topping pizzas

Add a Cake\$30



Party Themes

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.

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

Pre School Seasonal Fun Time

Ages 3-5 Julie Sgarlata

Seasonal Fun Time is 90 minutes of small group interaction featured around a theme that includes a story and or poem or song, a craft and or games. The last 30 minutes will be outside playing at the Park District Splash Pad. If it's poor weather, we will play in the gym. Please dress your child with the swimsuit underneath clothes and bring a towel or other needed items such as sunscreen.

RES \$33 | NR \$43 Community Center MPR A

Seasonal Fun Time 1: Hold onto your umbrellas - An exciting look at the weather.

M Jun 5-19 1-2:30pm 2020502-01

Seasonal Fun Time 2: Leave my garden alone - A study of flowers, insects, and vegetables.

M Jul 17-31 1-2:30pm 2020502-02

Seasonal Fun Time 3: Shake hands with an octopus - A thrilling trip to the ocean

M Aug 14-28 1-2:30pm 2020502-03

Little Tumblers

Ages 3-7 Ellie Books

Tumbling is a great way for kids to develop basic motor skills, coordination, strength, and social skills. This class allows our young eager children to learn basic tumbling. Each class will learn a variety of skills such as donkey kicks, handstands, forward rolls, and cartwheels along with fun obstacle courses.

Ages 3-4

W May 3-Jun 14 4:30-5:10pm 2021101-01 **NO CLASS 5/17**
 W Jun 21-Aug 2 4:30-5:10pm 2021101-02 **NO CLASS 7/5**

Ages 5-7

W May 3-Jun 14 5:15-6pm 2021101-03 **NO CLASS 5/17**
 W Jun 21-Aug 2 5:15-6pm 2021101-04 **NO CLASS 7/5**

RES \$48 | NR \$ 58 Community Center MPR B

Cheer & Poms

Ages 6-8 Ellie Books

This class introduces the basics of team cheerleading and poms. Kids will 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 an understanding of how to complete a cheerleading routine in its entirety. Class includes a pair of pom poms to use.

W May 3-Jun 14 6:15-7pm 2030407-01 **NO CLASS 5/17**
 W Jun 21-Aug 2 6:15-7pm 2030407-02 **NO CLASS 7/5**

RES \$48 | NR \$58 Community Center Gym

Intro to Dance

Ages 3-4 Ellie Books

In this beginner level dance class, students 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. Intro to Dance allows the dancers to be creative in their moves and to freely express themselves.

Th May 4-Jun 8 5-5:45pm 2030406-01

Th Jun 15-Jul 27 5-5:45pm 2030406-02 **NO CLASS 7/6**

RES \$48 | NR \$58 Community Center MPR B

Ballet & Jazz

Ages 5-8 Ellie Books

In this introduction class, dancers will be exposed to the dance styles of Ballet and Jazz. Each week the students will learn new movements that correspond with each style. At the end of the session, dancers will showcase their skills and dance routine to family and friends.

Th May 4-Jun 8 5:45-6:30pm 2030405-01

Th Jun 15-Jul 27 5:45-6:30pm 2030405-02 **NO CLASS 7/6**

RES \$48 | NR \$58 Community Center MPR B

NEW! Mom & Tot Yoga

Ages 5-12 Emily Delegatto

Together, mom and kids will connect with each other through playful yoga poses, interactive games and mindful activities.

Sa May 13 10-11am 2030904-01

RES \$8 | NR \$12 Community Center MPR B

NEW! Yoga for Kids/Teens

Ages 6-16 Emily Delegatto

Themed yoga classes include discussion, poses, both interactive and independent games and activities, and a short guided relaxation period. Students will also have the option of completing a creative craft giving them something to take home with them, in addition to leaving class with a stronger sense of self and empowerment.

Tu Jun 13-Jul 25 **NO CLASS 7/4**

Ages 6-11 2-3pm 2030903-01

Ages 11-16 3:15-4:15pm 2030903-02

RES \$48 | NR \$58 Community Center MPR B

Horseback Riding

Ages 8-16

Sellebration Farm Staff
27872 Moose Range Rd, Sycamore

RES \$125 | NR \$135

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 10-Jul 1 10-11:30am 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 15-Aug 5 10-11:30am 2030206-02

Kajukenbo Karate

Ages 6+ 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. Instructor, Betty Polak, is a certified 6th degree black belt through the Kajukenbo Self Defense Institute.

M May 15-Jun 26 6-6:50pm 2050905-01

M May 15-Jun 26 7-7:50pm 2050905-02

W May 17-Jun 28 6:30-7:20pm 2050905-03

M Jul 17-Aug 28 6-6:50pm 2050905-04

M Jul 17-Aug 28 7-7:50pm 2050905-05

W Jul 19-Aug 30 6:30-7:20pm 2050905-06

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



Youth Tennis Lessons

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, addressing the ball, and developing racket stroke fundamentals. Each week focuses on different skill areas. Please bring your own racket if you have one or use a Park District racket.

RES \$48 | NR \$58

Community Park Tennis Courts

AGES 5-8

Tu Jun 6-27 10-10:45am 2031102-01

Tu Jun 6-27 5-5:45pm 2031102-02

Th Jun 8-29 10-10:45am 2031102-03

Th Jun 8-29 5-5:45pm 2031102-04

Tu Jul 11-Aug 1 10-10:45am 2031102-05

Tu Jul 11-Aug 1 5-5:45pm 2031102-06

Th Jul 13-Aug 3 10-10:45am 2031102-07

Th Jul 13-Aug 3 5-5:45pm 2031102-08

AGES 9-12

Tu Jun 6-27 11-11:45am 2031102-09

Tu Jun 6-27 6-6:45pm 2031102-10

Th Jun 8-29 11-11:45am 2031102-11

Th Jun 8-29 6-6:45pm 2031102-12

Tu Jul 11-Aug 1 11-11:45am 2031102-13

Tu Jul 11-Aug 1 6-6:45pm 2031102-14

Th Jul 13-Aug 3 11-11:45am 2031102-15

Th Jul 13-Aug 3 6-6:45pm 2031102-16

All Star Sports Instruction



All Star Sports provides quality sports instruction to children of all ages in a fun, safe, and instructional manner. Coaches are trained through our own extensive coaching program, as well as being nationally certified. Coaching requires a great deal of responsibility, and we expect nothing but the best from our coaches. We want to make sports a positive experience for everyone involved. For more information, visit allstarsi.com. If you are wondering if a class has moved indoors due to weather, please call the weather hotline.

Weather Hotline: 630-584-2961

Community Center & Northwestern Medicine Sled Hill

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

SESSION I	Ages	Day	Dates	Time	Fee	Code
Jr. multi-sports	3-4	M	Jun 12-Jul 31	3-3:45pm	RES \$79 NR \$89	2031001-01
Jr. multi-sports	4-6	M	Jun 12-Jul 31	3:45-4:45pm	RES \$79 NR \$89	2031001-02
Jr .Soccer	3-4	M	Jun 12-Jul 31	4:45-5:30pm	RES \$79 NR \$89	2031001-03
Jr .Soccer	4-6	M	Jun 12-Jul 31	5:30-6:30pm	RES \$79 NR \$89	2031001-04
Jr. Soccer	4-6	Tu	Jun 13-Aug 1	3-4pm	RES \$79 NR \$89	2031001-05
Jr. Soccer	3-4	Tu	Jun 13-Aug 1	4-4:45pm	RES \$79 NR \$89	2031001-06
Jr. T-Ball	3-4	Tu	Jun 13-Aug 1	4:45-5:30pm	RES \$79 NR \$89	2031001-07
Jr. T-Ball	4-6	Tu	Jun 13-Aug 1	5:30-6:30pm	RES \$79 NR \$89	2031001-08
Multi-Sports	7-10	W	Jun 14-Jul 26	3-4pm	RES \$79 NR \$89	2031001-09
Baseball Skills	7-10	W	Jun 14-Jul 26	4-5pm	RES \$79 NR \$89	2031001-10
T-Ball League	3-5	W	Jun 14-Jul 26	5-6pm	RES \$100 NR \$110	2031001-11
Jr. T-Ball	3-4	Th	Jun 8-Jul 20	3-3:45pm	RES \$79 NR \$89	2031001-12
Jr. T-Ball	4-6	Th	Jun 8-Jul 20	3:45-4:45pm	RES \$79 NR \$89	2031001-13
Jr.Soccer	3-4	Th	Jun 8-Jul 20	4:45-5:30pm	RES \$79 NR \$89	2031001-14
Jr.Soccer	4-6	Th	Jun 8-Jul 20	5:30-6:30pm	RES \$79 NR \$89	2031001-15
SESSION II	Ages	Day	Times	Dates	Fee	Code
Multi-Sport Camp	5-7	W-F	Aug 2-4	10-11:15am	RES \$33 NR \$43	2031002-01
Multi-Sport Camp	8-10	W-F	Aug 2-4	11:15am-12:30pm	RES \$33 NR \$43	2031002-02
Multi-Sport Camp	3-4	W-F	Aug 2-4	2-3pm	RES \$33 NR \$43	2031002-03
Baseball Camp	5-7	M-Th	Aug 7-10	10-11:15am	RES \$43 NR \$53	2031002-04
Baseball Camp	8-10	M-Th	Aug 7-10	11:15am-12:30pm	RES \$43 NR \$53	2031002-05
Jr. T-ball	3-4	M-Th	Aug 7-10	4-4:45pm	RES \$43 NR \$53	2031002-06
Jr. Soccer	3-4	M-Th	Aug 7-10	4:45-5:30pm	RES \$43 NR \$53	2031002-07
Multi-Sport	3-4	M-Th	Aug 7-10	5:30-6:15pm	RES \$43 NR \$53	2031002-08
Soccer Camp	5-7	M-W	Aug 14-16	9:30-10:45am	RES \$33 NR \$43	2031002-09
Baseball Camp	5-7	M-W	Aug 14-16	11am-12:15pm	RES \$33 NR \$43	2031002-10
Floor Hockey Camp	6-8	M-W	Aug 14-16	12:30-1:45pm	RES \$33 NR \$43	2031002-11

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 is optional.

Parent Tot/Multi Sport: Water bottle

Eco Explorers

Ages 8-13

Nicholas McCarney

Wednesdays 5-5:45pm Community Center MPR B
RES \$10 | NR \$15 Sign up for all 4 and save \$5

Spring Amphibians May 10 2030601-01

All about frogs | Frogs are the most diverse amphibians on the world. We'll learn about how they survive the cold and become active before other organisms in the early spring. Come ready to experience our froggy friends live and in person.

Furious Fossils Jun 7 2030601-02

Get ready to learn about fossil formation and where different types come from. Then, for our activity, we will be practicing excavating real fossils that you will get to keep.

Super Salamanders Jul 12 2030601-03

Join our special guest speaker as we discuss some of our favorite native salamander species and get up close and personal with some of our slimy friends.

Fungus Among Us Aug 9 2030601-04

We are more closely related to fungi than fungi are to plants. We will be exploring the diversity and importance of fungi while getting to safely see some edible and deadly mushrooms with our very own eyes.



The Sycamore Park District aims to create biodiverse and healthy ecosystems for a variety of native plants and wildlife to use for their benefit as well as ours.

Ecologist and nature photographer Nicholas has recorded some of the most magical moments that encompass the health and diversity of the ecosystems we have created.

Use the QR code to view these beautiful and interesting snapshots and see Sycamore in a whole new way!



Shadow a Scientist: Reptile Science

Ages 11-17

Nicholas McCarney

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

Sa May 13 10am-12pm 2040604-01
RES \$10 | NR \$15

Meet at the Community Center 10 minutes early. The Park District van will leave at 10am sharp.



Intro to Photography

Saturday, June 17 • 10am-12pm

RES \$20 | NR \$30 Chief Black Partridge Park 2050713-01

Ages 13+ | Join Award Winning Photographer and Ecologist Nicholas McCarney on a photographic journey through Sycamore. Whether you're an advanced photographer, or just a beginner, you will learn techniques and tricks to improve your skills and photos. Learn about composition, camera settings, and more. Extra camera gear is available but limited for those that want to dip their toes in.



Presented by Sycamore Public Library.



FREE Bird Walk
Celebrating World
Migratory Bird Day

Saturday, May 13 • 8:30-10:30am
The Great Western Trail, Sycamore Forest Preserve

Advance registration required.

Join local birdwatcher and bird enthusiast Terese Dudek for a morning Bird Walk on World Migratory Bird Day at 8:30am. Meet under the Lions Club Shelter at the Great Western Trail expansion, 955 E. State Street, for a leisurely two-hour walk.

FREE Summer Star Party
in the Park

Friday August 18 • 8:30-11:30pm
Sycamore Park District Riverside Soccer Complex

Advance registration required.

Fox Valley Astronomical Society is back for a summer Star Party. Join us at the Riverside Sports Complex on Airport Road for an hour lecture on the summer skies followed by night sky observations. Various telescopes will be available, and coffee will be provided. Bring your own chairs, blankets, telescopes and/or binoculars.

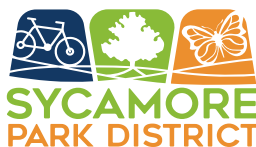
LITERACY LANE

Great Western Trail
Behind Sycamore Forest Preserve,
955 E. State Street

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 for a chance to be entered into a drawing.



LITERACY LANE



ADULT ACTIVITIES

Chicago Cubs vs Milwaukee Brewers

Come watch the Cubs play their rival to the north, the Milwaukee Brewers. The 1:10pm game will be held at American Family Insurance Stadium in Milwaukee. We will be taking an air-conditioned coach bus to Milwaukee with time to tailgate. Seats in Loge Outfield, Sec 209. This is a cooperative trip with the Belvidere and Genoa Township Park Districts. Ages 15 & under must be accompanied by an adult.

Th Jul 6 Game Time: 1:10pm
RES \$105 | NR \$110 American Family Field, Milwaukee, WI

Chicago Cubs vs AZ Diamondbacks

Enjoy an easy ride on our coach bus to see the Cubs play the Arizona Diamondbacks at Wrigley Field. This is a cooperative trip with the Belvidere and Genoa Township Park Districts. Seating on the Upper Deck, Sec.411. Ages 15 & under must be accompanied by an adult.

Sa Sep 9 Game Time: 1:20pm
RES \$105/NR\$110 Wrigley Field, Chicago

Day Climb at Mississippi Palisades State Park

Climbing? Climb on! Head west till you reach the big 'ol Miss and spend the day outdoor rock climbing along its bluffs with NIU Outdoor Adventures. Enjoy the gorgeous scenery and learn new skills. This is a great trip for beginners. Registration includes instruction, transportation, picnic lunch, and personal climbing equipment (harness and shoes). Children ages 8+ welcome! Those under 16 require a parent/guardian over the age of 18 in attendance. Rain date: August 19. [Registration Deadline: Aug 9](#)

Sa Aug 12 8am-6pm 2050715-01
RES \$69 | NR \$79 Meet at the Community Center

Intro to Paddling at Shabbona Lake State Park

Bring the family out for a fun day learning how to paddle. Choose your vessel! Canoes for up to 3 people, 2-person kayaks, 1-person kayak, or 1-person standup paddleboards available. Instruction includes a shore lesson and paddling tips on the water. Round out your time on the water by relaxing shoreside in hammocks or playing yard games. Rain date: Sunday, July 23. [Registration Deadline: Jul 12](#)

Su Jul 16
10am-12pm 2050714-01
1-3pm 2050714-02
RES \$44 | NR \$54 Meet at Shabbona State Park
4201 Shabbona Grove Rd. Shabbona, IL

Drop In Pickleball Courts

It's one of the fastest growing sports! It's addictive! Like tennis, but with a smaller court, a wooden paddle and a whiffle ball- it's 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 up during the designated Pickleball court time, it will then be open to open gym basketball, volleyball, or sport court. Guests are always welcome!

Daily fee RES \$6 | NR \$9

Monday-Friday (up to 4 courts)..... 8-11am
NEW Wednesday (2 courts)7-9pm
Saturday (1 court)8-10am, 5-6pm
Sunday (2 courts)12-2pm

Programs will take priority of courts if there is inclement weather and classes move indoors. Outdoor courts available at Wetzel Park and West School

Pickleball Lessons

Brad Benson

Private and Semi-private

Pickleball Instructor Brad Benson will train you towards better skills and techniques to up your game as well as beginner basics! Lessons are held on Mondays at 8am, 9am, 10am, 1pm, 2pm. Call the Park District to set a time. Registration and payment are handled on-site at the time of lesson. For questions call the Service Desk at 815-895-3365. In the event of inclement weather, classes will be moved to the Community Center Gym.

Private Lesson.....RES \$40 | NR \$50
Semi-Private (2-4 people)RES \$35 | NR \$45
West Elementary School, 240 Fair Street, Sycamore

Group Lessons

This four-week group instruction is designed to introduce players to the sport of pickleball. Each week will focus on new techniques and skill areas. Bring your own paddle or use equipment provided during class. Class will be indoors at Community Center if Inclement weather.

Ages 12-17
M Jun 5-26 11:15am-12:15pm 2051104-01

Ages 18+
M Jul 17-Aug 7 6-7pm 2051104-02
West Elementary School RES \$50 | NR \$60
240 Fair Street

Wood Carving Club

Harold Overton

Whittle away and socialize with friends. The current small group of members are available to share their skills and techniques if you are a newcomer and want to learn this hobby. Stop in and whittle away with the Sycamore Wood Carvers.

Second Monday of the Month 6:30-8pm



**SYCAMORE
PARK DISTRICT**

Corporate Connections

- Event Sponsorships
- Gymnasium Banners
- Corporate Card Program
- Resources & Employee Wellness

Learn more at
SYCPARKS.ORG



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 positive and fun connections with a vibrant park district.



Family Service Agency
Strengthening Individuals & Families

Sycamore Club 55

at Sycamore Park District Community Center

Activities include: Walking on the Track • Chair Yoga and Tai Chi with Kim Gentle Mat Stretch & Relax • Cards Games • Educational Presentations
Community Socialization

Monday & Fridays

Walking Track Pass10-11am
Card Games..... 11am-2pm
Pack a lunch and play some games.

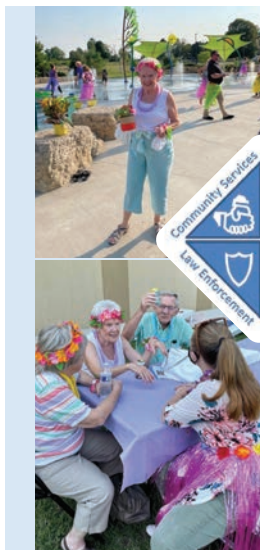
Every Friday

Gentle Mat
Stretch & Relax..... 11:30am-12:30pm

Select Fridays

Chair Yoga & Tai Chi..... 9:30-10:30am

815-758-8616



TRIAD Summer Senior Picnic

June 16 • 4pm

Sycamore Park District
Community Center

Register in advance at Family
Service Agency. Free

The Triad hosts numerous events throughout the year, focus on the well-being and protection of seniors.

We look forward to seeing you!



Kishwaukee Special Recreation Association

There is purpose to our play!

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



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

- Camp Maple Leaf • Walking Club • Social Nights
- A.R.I.S.E Adult Day Program • 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



Annual
Golf today with KSRA
Golf Outing
May 12

River Heights Golf Course, 1020 Shore Drive, DeKalb

A fundraiser for the Kishwaukee Special Recreation Association.
 Registration opens in April 2023.

For more information, contact

Dawn Schaefer, MS, CTRS
Executive Director

DSchaefer@kishsra.org

779-777-7285
1403 Sycamore Road
DeKalb, Illinois 60115

kishsra.org

Follow us on Facebook and Instagram

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

- Sycamore Golf Club: Pro Shop, Clubhouse
- Caddyshack Grill

Sycamore Park Sports Complex 435 Airport Road

- Maintenance Building
- Executive Director, Marketing & 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 jackieh@sycparks.org
Services, CPA, CPRP

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

Sarah Rex 815-770-5378
Marketing & Outreach Manager sarahr@sycparks.org

Golf

Kirk Lundbeck 815-770-2097
Superintendent of Golf Services kirkl@sycparks.org

Park District Maintenance

Jeff Donahoe 815-770-5397
Superintendent of Parks & Facility jeffd@sycparks.org
Services, GCSAA

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

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

Nicholas McCarney 815-770-5827
Natural Area & nicholasm@sycparks.org
Park Maintenance Specialist

Bounphone Phonparsit Sports Maintenance

Tyler Burke Sports Maintenance

Brent Horn Park Maintenance

Jeremy Snow Park Maintenance

Aric Coleman Golf Course Maintenance

Recreation

Lisa Metcalf 815-770-5267
Superintendent of lisam@sycparks.org
Recreation Services, CTRS

Chris Hoblit 815-669-4172
Recreation Supervisor, CPP chrish@sycparks.org

Melissa Dobberstein 815-348-9038
Events, Food & Beverage melissad@sycparks.org
Coordinator, CPP

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

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

CPA=Certified Public Accountant

CPP = Certified Program Planner

CPRP=Certified Park and Recreation Professional

CTRS=Certified Therapeutic Recreation Specialist

GCSAA=Golf Course Superintendents Assoc. of America

MAOL =Master's in Organizational Leadership



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 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 have a white check box; while programs that are not available will have a lock symbol.

3. Select any of the available programs by clicking on the check box to the left of the title. 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 31.

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.
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 and Shelters

Cancellations must be made 30 days in advance in order to receive a 100 percent refund. Less than 30 days, no refunds will be given. Refunds are given on picnic shelters if park staff closes the area.

Check Cashing

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

ADA Statement

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

COVID-19

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

Financial Assistance Scholarship Program

The Sycamore Park District believes that all Sycamore residents should have the opportunity to participate in recreation programs. The Financial Assistance Scholarship Program provides full or partial payment of the program registration fee for residents with financial hardships or temporary difficulties.

To Request a scholarship, complete the form available at the Community Center, 480 Airport Road, along with requested documentation of need. Applications will be individually reviewed by the Superintendent of Finance. Applicants will be notified of a decision within two weeks of submissions.

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.



JULY 8
Page 7



JULY 10-23
Page 8



JUNE-JULY
Page 4-5



JULY 22
Page 8



AUGUST 3
Page 9

Save the date for summer fun in Sycamore!



Edward Jones

Brittany Starkey

Financial Advisor

Jamie Marcinkowski

Branch Office Administrator

158 W. State Street, Suite B | Sycamore

815-899-1303 | edwardjones.com

Member SIPC