

WINTER 2023-2024

SCHILLER PARK

Recreation Department

Revised
12/5



VILLAGE OF
SCHILLER PARK

SMALL TOWN FEEL WITH A WORLD AT ITS TOUCH

GENERAL INFORMATION



INDIVIDUALS WITH DISABILITIES

Schiller Park Recreation Dept. services, programs and activities are subject to all applicable laws regarding non-discrimination, including the Americans With Disabilities Act (ADA). If you or a family member or friend has a disability and are interested in participating in or attending any of the programs or activities, the Recreation Dept. will make reasonable accommodations to hire qualified personnel and make reasonable accommodations to facilitate the opportunity. To assist us in making appropriate accommodations, we urge you to contact us in advance of program participation and discuss the necessary accommodation. Your ideas are welcome.

ACCIDENT INSURANCE

The Village of Schiller Park Recreation Department does not carry medical or accident insurance for program participants. Participants should review their personal insurance before registering for the Village of Schiller Park Recreation Department programs to be certain of adequate coverage.

DIAL-A-RIDE

Bus transportation from your door to anywhere in Leyden Township or to a bus stop for transfer to a Pace bus. To schedule a ride, call Valley Transit, Inc. at 888-699-6999 the day before you need service.

PHOTO POLICY

The Schiller Park Recreation Department periodically takes photographs or video during a class, event or at facilities or parks. Please be aware that these photos/video are for use by the Village and may be used in Village publications. Please call the Recreation Department for additional information.

PROGRAM CANCELLATIONS

The Schiller Park Recreation Department reserves the right to cancel any program, activity or event which does not meet minimum enrollment goals. Participants are strongly urged to register for programs, activities and events as soon as possible to avoid the disappointment of a canceled program. Should a program be canceled by the Schiller Park Recreation Department, a full refund will be issued.

PARENT REMINDER

With your child's best interest in mind, we ask that parents do not remain in class, or bring other children into class during any of our youth programs. This may interrupt the participant's attention and inhibit the establishment of peer relationships. Thank you for your understanding and cooperation.

SMOKING

Smoking is not allowed in the Village of Schiller Park Facilities and Playgrounds. Thank you for your cooperation.

FITNESS MEMBERSHIPS OFFERED TO RETURNING MILITARY VETERANS

Mayor Nick Caiafa and the Village Board have approved a program to be offered through the Recreation Department to provide a complimentary one year fitness pass for military veterans returning to the community from active duty. A similar program is offered through our Special Recreation Association - NEDSRA, and was modified to meet the needs of our residents of Schiller Park. In a show of gratitude for veterans service, the Village is offering this free membership to the fitness center and basketball courts located at the Recreation Center. To qualify, they must be a resident of Schiller Park and be returning from active duty in the military.

SAY HELLO TO CIVICREC

A RELIABLE,
LANGUAGE
INCLUSIVE,
REGISTRATION
SYSTEM!

To create your account online, please visit the Village of Schiller Park website at villageofschillerpark.com and go to the Recreation Department for online registration.

For additional help, follow the steps provided in "Help & How To" then choose "Create New Account" under the catalog tab located on the left side menu.

Resident Verification: Proof of residency will be required to receive the resident rate for registration in the system. Stop by the Schiller Park Recreation Center to verify your residency with the following documentation: Valid Photo ID or one of the following : Tax bill, Lease, or current monthly Utility Bill.

- All programs have a minimum and maximum enrollment and will be filled on a first come, first serve basis. Waiting lists will be formed when programs are filled and every attempt will be made to accommodate persons on these lists.
- The Recreation Department may alter the schedule, cancel or add programs when enrollment warrants.
- The Recreation Department assumes no liability for personal injuries or for loss of personal property while attending Recreation Department activities. It is recommended that participants review their personal policies for coverage during leisure activities.
- Persons enrolling after the start of a program will be required to pay the total program fee.
- Refunds will not be made once a program has begun, unless the program is cancelled or a physician's excuse is presented. A \$5.00 service fee will be charged on all refunds except where a program is canceled.
- A \$25.00 service fee will be charged for checks returned "Non- Sufficient Funds".
- Only persons residing within the boundaries of the Village of Schiller Park are considered residents. Proof of residency is required.
- Confirmation of a registration will be mailed only to those who include a self addressed, stamped envelope with their registration forms.



SCAN TO REGISTER HERE

SCHILLER PARK ACTIVITY CENTER PLAN YOUR NEXT PARTY HERE

RENTAL RATES

Hourly rate:

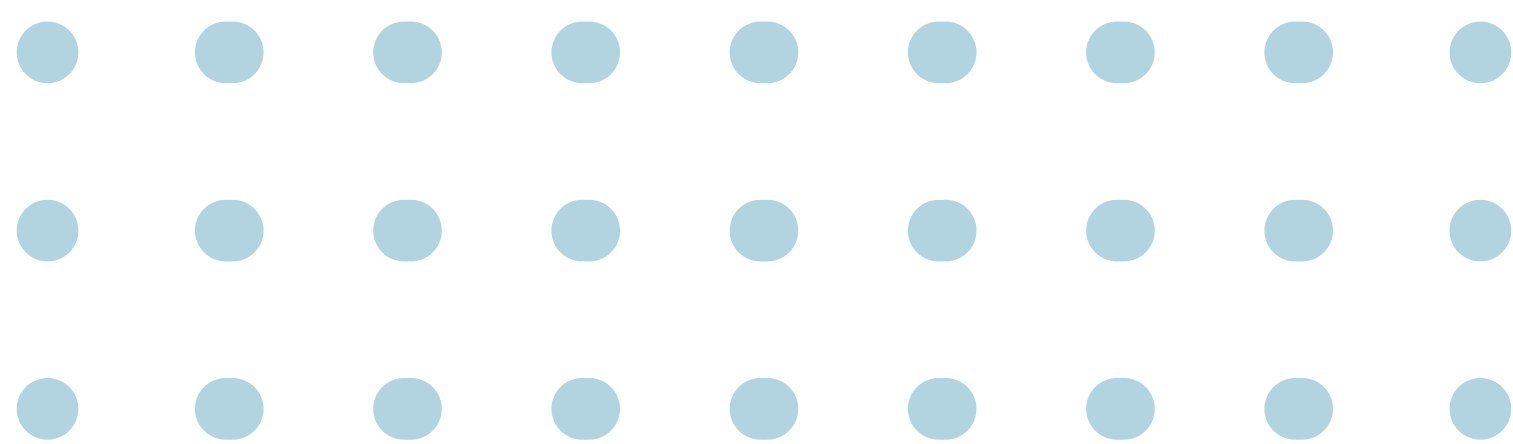
Residents: \$60 Non-Residents: \$85



\$150 security deposit required

The Recreation Department is excited to announce that the Activity Center is available to rent for parties, meetings and other uses. This facility boasts a kitchen area with a stove, refrigerator, microwave and sink. The chairs and round tables will comfortably accommodate groups up to 50 people. For your convenience, we will arrange the tables and chairs according to your request. Plan your next party at the Schiller Park Activity Center and let us prepare the room for you, then all you will need to do is decorate with your own theme. In addition, this space is ideal for association or business meetings

The building and restroom facilities are ADA accessible.



- *Graduation Parties*
- *Wedding Showers*
- *Family Parties*
- *Baby Showers*
- *Birthday Parties*
- *Anniversary Parties*
- *Retirement Parties*
- *Association Meetings*

For more information please contact the Recreation Department at (847) 671-8580 or email to registrar@schillerparkil.us.

Putting People First



**A PROUD SERVICE
OF THE VILLAGE OF
SCHILLER PARK**

NEDSRA
Special Recreation Association

Providing individuals with a disability recreational and social opportunities each year. Contact NEDSRA today for more information!



17770 W. Centennial Place
Addison, IL 60106

(630) 620-4500 nedsra.org



GET YOUR WORKOUT ON!

VISIT THE GYM/FITNESS CENTER

Stop by the Recreation Center and tour the fitness area. Fitness members enjoy the variety of cable machines, free weights and cardio equipment without the expensive membership and crowded fitness facilities.

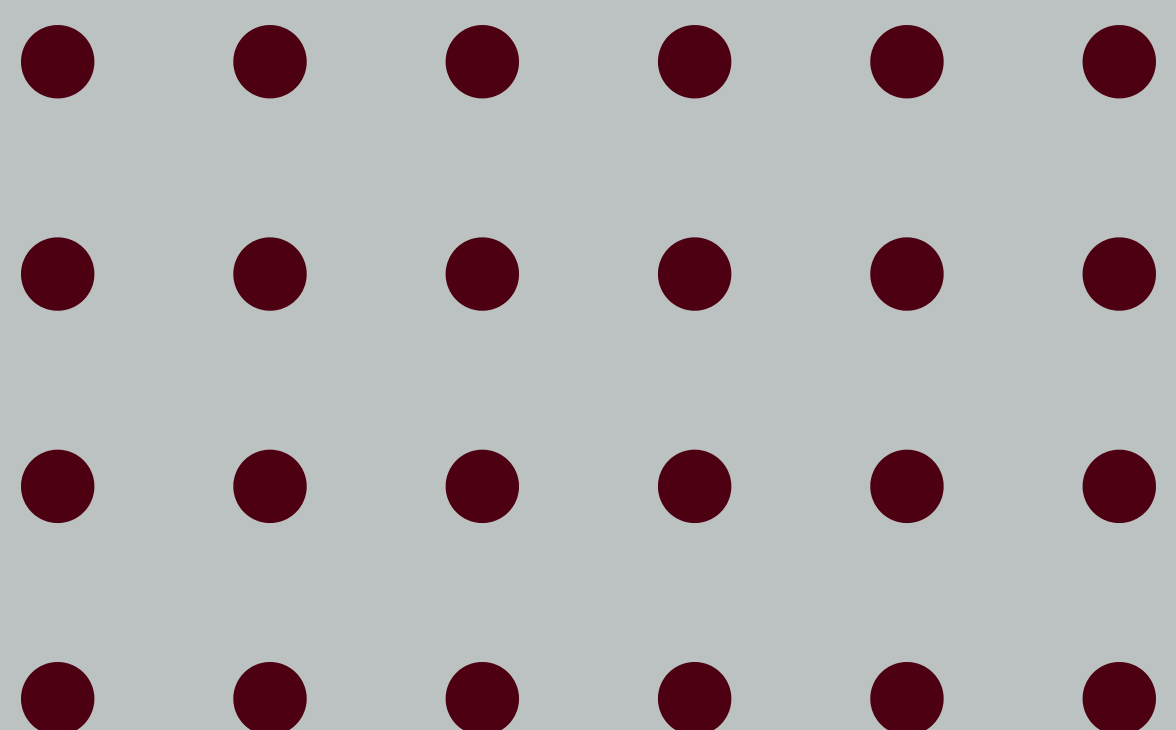
HOURS

MONDAY TO FRIDAY

9 AM TO 9 PM

SATURDAY

8 AM TO 5 PM



FITNESS MEMBERSHIP RATES

	1 YR.	6 MO.
Individual Adult Resident (18 & Over)	\$115	\$90
Individual Adult Non-Resident (18 & Over)	\$175	\$125
Individual Youth Resident (13-17)	\$90	\$75
Individual Youth Non-Resident (13-17)	\$125	\$100
Individual Senior Resident (55 & Over)	\$90	\$75
Individual Senior Non-Resident (55 & Over)	\$115	\$90
Family Resident Pass (2 Parent & 2 Children)	\$195	\$145
Family Non-Resident Pass (2 Parent & 2 Children)	\$260	\$210

Fitness Members ages 13-15 must be accompanied by a parent/guardian or attend during a supervised program. For more info call 847-671-8580.

GYM RENTAL

The gymnasium is available for rental during non-program hours.

GYMNASIUM RENTAL FEE

\$65.00 per hour

RESIDENT OPEN GYM PASS

\$15.00 January 1- Aug 31

Proof of residency is required with pass purchase.



Fitness Room Daily Fee: \$7

Replacement Pass: \$5

RECREATION CENTER ID CARDS

Schiller Park residents may purchase an ID Card for the gymnasium. Residents may purchase the passes for \$15, a replacement of a lost card is \$5. Proof of residency (Gas, Electric, Telephone Bill, Drivers License) is required. ID Cards are available at the front desk at the Recreation Center.





GROUP EXERCISE ROOM

VISIT TODAY

The Village of Schiller Park and the Recreation Department are pleased to announce the opening of the newly renovated Group Exercise Room (formerly the racquetball court). The room features many new items to the overall fitness experience at the Recreation Center.

The Group Exercise Room is designed for individual and small group training with added equipment that will allow members to experience non-conventional workouts. Ideal for open space exercises, circuit training, or meeting your personal fitness goals.

HOURS

Monday-Friday (Seniors 55+)

11:00 a.m. - 1:00 p.m.

Monday-Friday (All Fitness Members)

11:00 a.m. - close

Saturday (All Fitness Members)

8:00 a.m. - close

DROP-IN BASKETBALL

**included in fitness membership or resident open gym pass*

HIGH SCHOOL/ADULT

Monday-Friday: 11:00 a.m. - 1:00 p.m.

Wednesdays: 6:30 p.m. - 8:30 p.m.

Fridays: 5:00 p.m. - 7:00 p.m.

GRADES 1ST - 8TH

Mon, Tue, Thur, Fri: 3:00 p.m. - 5:00 p.m.

Wednesdays: 3:00 p.m. - 4:30 p.m.

\$3 RESIDENT \$5 NON-RESIDENT

YOUTH PROGRAMS

MAGIC CLASS

Children will amaze their family and friends with the tricks they learn from this class that involve cards, ropes, coins and more. Lessons are always age appropriate and never repeated in other sessions. Additionally, each child will receive their very own magic kit to take home.

Location: Norridge Recreation Center (Tot Room), 4631 N. Overhill, Norridge

Date: Friday, February 16 from 5:00 pm-5:55 pm

Date: Thursday, May 9 from 5:00 pm-5:55 pm

Ages: 5 - 12

Fees: \$22 Resident/\$27 Non-Resident

Instructor: Gary Kantor

CPR

Learn the lifesaving techniques of Cardiopulmonary Resuscitation (CPR). This class could help you save a loved ones' life.

Location: Schiller Park Recreation Center

Age: 14 - Adult

Fees: \$65 Resident/\$75 Non-resident, per class

Instructor: American Heart Assn. Certified Instructors

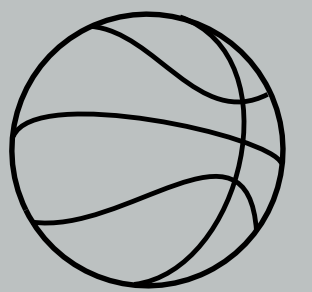
Minimum of 4 participants required to hold the class

OPEN BASKETBALL

Grades 1-8

Mon, Tue, Thur, Fri: 3:00 p.m. - 5:00 p.m.

Wednesdays: 3:00 p.m. - 4:30 p.m.



\$3 RESIDENT

\$5 NON-RESIDENT

9-month Pass available

WINTER BREAK CAMP

Camp will be held at the Activity Center. Themed activities will be scheduled daily and visits to the Recreation Center gymnasium and game room are built in. Please have your child dress appropriately for indoor and outdoor activities.

DATES

WEEK 1

December 26

December 27

December 28

December 29

WEEK 2

January 2

January 3

January 4

January 5

FEES

PAY PER WEEK

\$120 Resident

\$160 Non-resident

OR

PICK AND CHOOSE YOUR DAYS

\$35 Resident

\$45 Non-resident

TIME

7:30 a.m. - 6:00 p.m.



KIDZ CLUB

HOMEWORK HELP
ARTS & CRAFTS
GYM PLAY
OUTDOOR GAMES

**BUS
PICKUP**

SCHOOL DAYS (MON-FRI)

SCHEDULES ALIGN WITH DISTRICT 81 SCHOOL CALENDAR

GRADES
K-5TH

AFTER SCHOOL-6PM

SCHILLER PARK ACTIVITY CENTER
9630 IRVING PARK ROAD

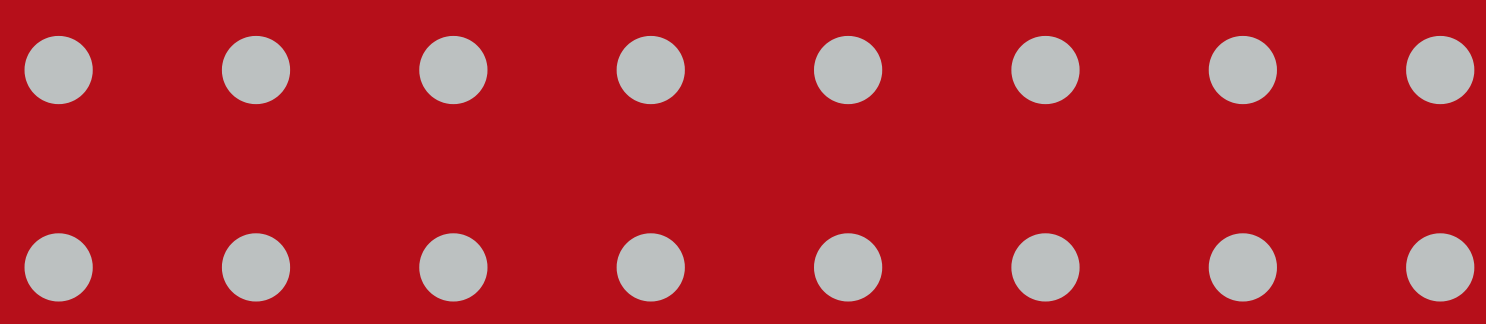
**\$250
A MONTH**

(MONTHLY PAYMENT
PLAN AVAILABLE)



SCAN TO REGISTER

YOUTH PROGRAMS



TUMBLING AND GYMNASTICS

For Tumbling, our instructors will be teaching the basics such as forward rolls, handstands and cartwheels. For gymnastics, participants learn floor exercises, backbends and roundoffs. This ten-week program will include a recital upon completion.

Location: Schiller Park Recreation Center

Day: Wednesdays

Session: January 10–March 13 (10 weeks)

Ages 3–5: 4:45pm–5:30 pm

Ages 6–12: 5:30 pm–6:15 pm

Fees: \$75 Resident / \$85 Non-Resident

Instructors: Whitney Morris, Manny Carrera



BEGINNERS DANCE

Our instructor will be teaching the basics of ballet, classical lyrical and hip-hop dance styles. This ten-week program will include a recital upon completion.

Location: Schiller Park Community Center (4501 25th Ave.)

Day: Thursdays

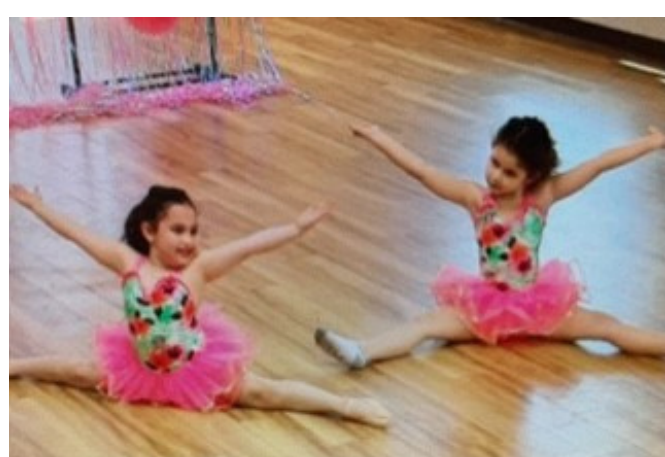
Session: January 11–March 14 (10 weeks)

Ages 3–5: 4:45pm–5:30 pm

Ages 6–12: 5:30 pm–6:15 pm

Fees: \$75 Resident / \$85 Non-Resident

Instructor: Whitney Morris



PARENT AND TOT CRAFTING

Children will learn social and early cognitive skills while creating a masterpiece with the help their parent. A new project will be designed and prepared for the parents to teach their children and take home a fun item. Create together with us!

Location: Schiller Park Recreation Center/Game Room

Day: Tuesdays

Ages: Parents with their child ages 2–4

Session: January 2–February 6

Times: 6:15 pm–7:00 pm

Fees: \$60 Resident / \$65 Non-Resident

Instructor: Melissa Heitz



YOUTH SPORTS



INDOOR SOCCER

Introduce your child to soccer to take their game to the next level. Fundamentals of ball control, shooting and defense will be taught; Younger players focus more on coordination and motor skills, and older players concentrating on teamwork and game situations.

Location: Schiller Park Recreation Center

Day: Mondays

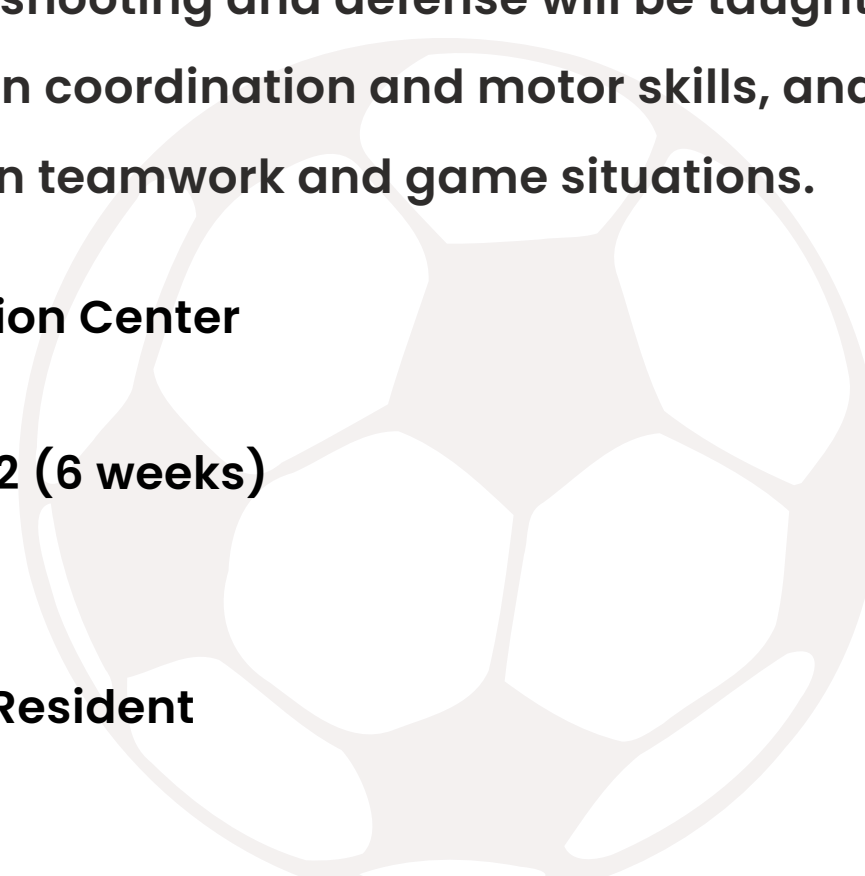
Session: January 8–February 12 (6 weeks)

Grades 1–4: 5:15pm–6:15 pm

Grades 5–8: 6:15 pm–7:15 pm

Fees: \$60 Resident / \$65 Non-Resident

Instructor: Mr. V Athletics



DODGEBALL

Learn and play various versions of America’s favorite recess game. Teams will be different every week. Every participant will have their progress charted to determine the top player in each grade.

Location: Schiller Park Recreation Center

Day: Mondays

Session: February 26–April 1 (6 weeks)

Grades 1–4: 5:15pm–6:15 pm

Grades 5–8: 6:15 pm–7:15 pm

Fees: \$60 Resident / \$65 Non-Resident

Instructor: TBD

KH KIM TAEKWONDO

Taekwondo, one of the newest Olympic sports, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration, self-esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of G. Master Ki Hong Kim (9th Dan World Taekwondo Federation). Belt testing is offered through The KH Kim Taekwondo at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gear.



Location: Schiller Park Community Center

Day: Wednesdays

Session 1 dates: January 3–February 21

Session 2 dates: February 28–April 17

Fees: \$67 Resident / \$72 Non-resident

Uniform Fee: \$50 (Paid to instructor)

GROUP

Little Dragons

Early Taekwondo

Youth Taekwondo

Parent/Child Taekwondo

Adult Taekwondo

AGE

(4–5 yrs.)

(6–7 yrs.)

(8–13 yrs.)

(7 yrs. & up)

(14 yrs. & up)

TIME

5:00–5:40 p.m.

5:45–6:35 p.m.

6:40–7:30 p.m.

6:40–7:30 p.m.

6:40–7:30 p.m.

YOUTH SPORTS



BASEBALL/SOFTBALL

Schiller Park will be offering Youth Baseball and Softball for ages 4-14 years of age. Age groups consist of T Ball (4-6 yrs. old) coed and Baseball and Softball at the following age groups: 8U (7-8 yrs. old), 10U (9-11 yrs. old), 12U (11-12 yrs. old), and 14U (12-13 yrs. old), pending enough registration. Age groups are determined by date of birth. Teams are formed based on registration and compete against surrounding communities. This league is a recreational program that emphasize skill development, teamwork, and sportsmanship. Volunteer coaches are needed to insure a successful program for all. Registration and additional information are available at the Recreation Center.



BASKETBALL LEAGUE

This cooperative recreational league is between the Schiller Park Recreation Department, Park District of Franklin Park, Rosemont Park District, Leyden Township Recreation Department and Norridge Park District. Teams from each town are formed and play in weekly games at rotating locations. Teams practice once a week to learn fundamentals. Equal playing time is enforced for all players. Participants receive T-shirt uniforms. *Volunteer Coaches are needed, contact the Recreation Department at 847-671-8580 for details.*

Practice Days: Tuesday or Thursday

Practice Times: 6:00 p.m.– 8:00 p.m.

Game Days: Saturdays (Locations vary)

Grades 1-2 Fee: \$100 res/\$110 non-res

Grades 3-8 Fee: \$110 res/\$120 non-res

Dates: January 13–March 23

Mandatory Parent Meeting on January 8

GRADES

1-2 (Co-ed)

3-4 (Co-ed)

5-6 (Boys)

5-6 (Girls)

7-8 (Boys)

7-8 (Girls)



**Register no later
than December 18**
Register Early & don't miss out!



(Schedules will be provided after registration is complete)

ADULT PROGRAMS

STRONG NATION

Strong Nation is a 1-hour bodyweight exercise group class that blends plyometrics, muscle conditioning and intense cardio for the ultimate full body workout, but the key is the music. It's not a dance class, it's a revolutionary high-intensity workout led by music to help you make it to the last rep and maybe even 5 more. Every move has a beat making your workout even more efficient. Bring a mat, towel and water to the class.

Location: Schiller Park Community Center
Instructor: Lucie Andricic

Day: Mondays

Ages: 18 years & up

Session 1 dates: January 8-February 26

Session 2 dates: March 4-April 22

Times: 6:00 p.m. – 7:00 p.m.

Fees: \$60 Resident/\$65 Non-resident

Days: Thursdays

Ages: 18 years & up

Session 1 dates: January 4-February 22

Session 2 dates: February 29-April 18

Times: 7:00 p.m. – 8:00 p.m.

Fees: \$60 Resident/\$65 Non-resident

SMALL GROUP FITNESS BOOT CAMPS

Participants can push each other to reach new levels while still having the attention they need to stay challenged by the instructor. It allows for sense of camaraderie and sharing goals. Body weight, hand weight and resistance training mixed in with kickboxing and MMA training moves.

Location: Schiller Park Recreation Center, First floor

Day: Wednesdays

Ages: 18 & older

Session 1 dates: January 10-January 31 (4 weeks)

Session 2 dates: February 7-February 28 (4 weeks)

Session 3 dates: March 6-March 27 (4 weeks)

Times: 6:15 pm- 7:00 pm

(A 7:00 pm- 7:45 pm slot if first time slot fills)

Fees: \$60 Resident/\$65 Non-resident

Instructor: Melissa Tyler

ZUMBA FITNESS

Zumba fitness combines high energy and motivating music with unique moves and combinations that will allow you to dance away your worries. This is a fun class that offers cardio while sculpting your body.

Location: Schiller Park Community Center

Instructor: Lucie Andricic

Day: Mondays

Ages: 18 years & up

Session 1 dates: January 8-February 26

Session 2 dates: March 4-April 22

Times: 6:00 p.m. – 7:00 p.m.

Fees: \$60 Resident/\$65 Non-resident

PICKLEBALL

**included in fitness membership*

Pickleball is a simple paddle game played using a perforated, slow-moving ball over a tennis net on a badminton-sized court. The rules are simple and the game is easy for beginners to learn! It is a social sport and a great way to remain active. Get out there, get active, make some new friends, and have fun!

Location: Schiller Park Recreation Center

Day: Mondays-Fridays

Times: 9:00 am – 11:00 am

DROP-IN BASKETBALL

**included in fitness membership or resident open gym pass*

ADULTS AND HIGH SCHOOL

Monday-Friday: 11:00 a.m. – 1:00 p.m.

Wednesdays: 6:30 p.m. – 8:30 p.m.

Fridays: 5:00 p.m. – 7:00 p.m.

GRADES 1ST-8TH

Mon, Tue, Thu, Fri: 3:00 p.m. – 5:00 p.m.

Wednesdays: 3:00 p.m. – 4:30 p.m.

\$3 RESIDENT

\$5 NON-RESIDENT



SENIOR PROGRAMS



ESSETRICS® AGING BACKWARDS

Essentrics® is a low-impact, full-body strength and stretch workout that is safe for all ages and fitness levels. It is both effective and healing. Essentrics will help you not only regain lost flexibility, but it will also help you maximize your flexibility potential. Through standing and chair work you'll learn how to keep your aging body feeling young, strong, healthy and pain-free, regardless of your chronological years. Wear comfortable clothes and bring a bottle of water. We workout in bare feet or non-slip socks.

Location: Schiller Park Community Center

Day: Mondays

Ages: 55 & older

Session 1 dates: December 11-February 12 (No class Dec. 25 or Jan. 1)

Session 2 dates: February 19-April 8

Times: 11:00 a.m. - 12:00 p.m.

Fees: \$40 Resident/\$45 Non-resident

Instructor: Patricia Trampas



BINGOCIZE®

Bingocize® is a 10-week program that combines the game of bingo with fall prevention exercises. Come play bingo and meet new people all while learning about techniques to reduce falls. Bingocize® is exercise for your body, mind and spirit.

Location: Schiller Park Recreation Center

Days: Wednesdays and Fridays

Ages: 55 & older

Dates: January 17-March 29 (No class on Feb 28 or Mar 1)

Times: 10:00 a.m. - 11:00 a.m.

Fee: Free of Charge - Registration is Required

Instructor: Mary Maltese

Min/Max: 12/14

RULES OF THE ROAD COURSE

Designed to give drivers, especially senior citizens and persons with disabilities the knowledge and confidence to renew or obtain a driver's license. The course combines an explanation of the drivers exam with a practice written exam.

Location: Schiller Park Community Center (4501 25th St.)

Day/Date: Thursday March 14

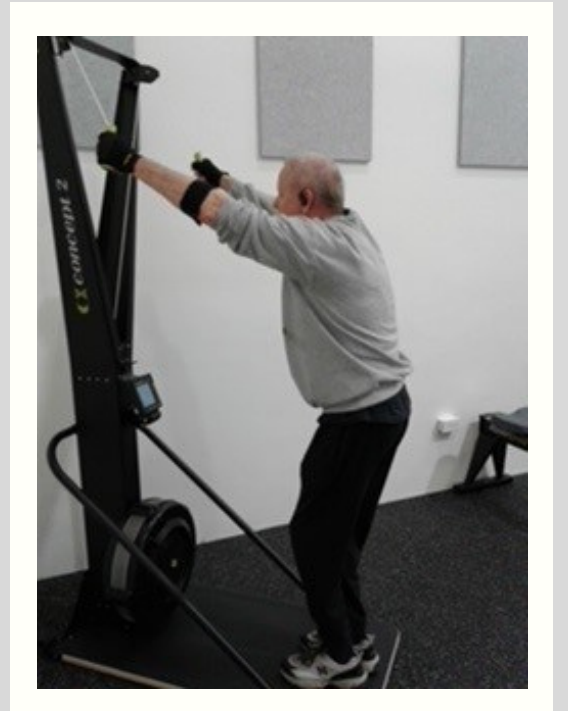
Ages: 62 & older

Times: 10:00 a.m.-12:00p.m.

Fee: Free of Charge, Pre-registration is required

Contact: Mary Maltese

Offered by the Illinois Secretary of State



For more events or details, please contact:

SCHILLER PARK SENIOR SERVICES

Mary Maltese, Senior Services Coordinator

Direct Line 847-678-8765

seniorservices@schillerparkil.us

