

BERKELEY PARK DISTRICT

FALL 2024 BROCHURE



The Park District is always looking for volunteers who would like to help with special events and programs. If you are interested in being put on the volunteer contact list or if you have an idea for a program, a trip, a craft to share, a hobby to teach – please reach out!

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Scan here to be taken to our online registration page!
Please note, online registration for these programs and events will be available starting August 26, 2024.



ADULT PROGRAMS

TOTAL BODY RESET USING CIRCUIT TRAINING

Monday & Wednesday @ 6:30 pm-7:30 pm

Fee: \$40 for 8 weeks

Start Date: September 30

Location: Lind Park

This interval training class uses dumbbells, obstacle courses, and good old fashion body weight to create a full body workout. Beginners work at their level; intermediate and advanced students are pushed to their limit. The class ends with 15 minutes of a team cardio activity.



This class is taught by Tamara Notter: ACE Certified Group Fitness Instructor & Certified Yoga Instructor.

YOGA STRONG!

Monday & Wednesday @ 7:30 pm-8:30 pm

Fee: \$40 for 8 weeks

Start Date: September 30

Location: Lind Park



Strength and balance are the focus of this yoga practice. It is a flowing, powerful sequence of poses that focus on strengthening the powerhouse of the body: the core. There will be a few classes during the session that incorporate Tai Chi and yogic sleep called a Nidra.

This class is taught by Tamara Notter: ACE Certified Group Fitness Instructor & Certified Yoga Instructor.

MID DAY FITNESS CLASSES

Monday & Wednesday @ 12:00 pm - 1:00 pm

Fee: \$40 for 8 week class

Session 1 Dates: August 26 – October 16

Session 2 Dates: October 21 – December 11

Location: Lind Park

This class is perfect for anyone interested in low body weight movements. We will focus on mobility and stretching to keep you moving and maintaining a healthy lifestyle. This class will also focus on increasing your heart rate through high intensity interval training along with a fun mix of resistance and weight training. Building lean muscle while burning body fat is the goal.

Instructor: Kelly Hoekstra – Personal Trainer for 10 years. Loves motivating and helping people reach their fitness goals.

COMMIT DANCE FITNESS ZUMBA CLASSES

Tuesday & Thursday @ 7:30 pm – 8:30 pm

Fee: \$50 for residents, \$55 for nonresidents

Start Date: September 3, 8 week session

Location: Lind Park

COMMIT Dance Fitness is a dynamic, fun-filled HIIT influenced (High intensity interval training) dance workout. Each routine focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving.

COMMIT Classes introduce a variety of dance styles from the latest trends to oldies but goodies, and international flavors.

Our choreography is created in levels to introduce movement to the students while showing modifications and variations. These are provided to the instructors, guaranteeing success for each student to reach their maximum workout.

Each level gradually increases with intensity, allowing a HIIT-influenced dance experience. It provides muscle confusion, stamina, and an endurance building cardio frenzy. Along with the choreography being created in levels, each song serves a purpose and is created with a target muscle group in mind. If each move is done with intention, the shaping and sculpting of the body will be proof of what COMMIT has to offer.

Instructor: Sulli

LOTERIA

Come on out on the first Friday of each month and try your luck at Loteria (Mexican style Bingo). Prizes will be awarded. Although this is a free event, you must pre-register at least 10 days in advance.

Day: Friday

Time: 7:00 pm – 8:45 pm

Location: Lind Park

Dates: September 7 / October 5 / November 2 / December 7

Age: All

RECREATIONAL PICKLEBALL TOURNAMENT

Kind of new to the game but feeling competitive? Then this tournament is for you! Sign up for this inaugural Pickleball Tournament. This tournament is for rec players who are newer to the sport. This will be a round robin tournament. Prizes will be awarded to the top 2 teams.

Date: Sunday, September 8

Location: Berkeley Park

Age: Adult

Time: 1:00 p.m. games begin, 12:30 check in time

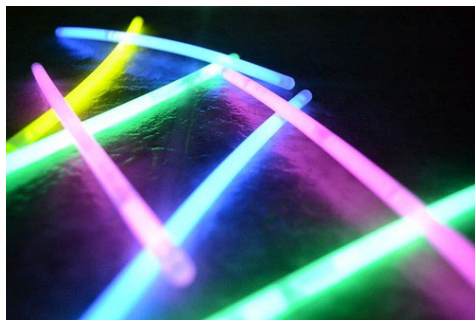
Maximum: 10 teams

Fee: \$25 per team



CO-ED GLOW SAND VOLLEYBALL TOURNAMENT

This annual tournament is not one to be missed. The lights will be out but the court and nets will be lined with light ropes and the ball glows! This is the best volleyball tournament to play in! All players will receive glow novelties.



Date: Saturday, September 21

Time: 7:00 pm

Fee: \$25 per team

Age: 18+

Location: Berkeley Park Volleyball Courts

FALL FESTIVAL FOR HALLOWEEN/THANKSGIVING

The Berkeley Park District will be hosting their first Fall Festival! We will have vendors, music, food, and entertainment for the family along with holiday themed crafts and activities.

Date: Saturday, October 19

Time: 12:00 pm – 4:00 pm

Location: Berkeley Park (weather permitting)



TURKEY BAGS TOURNAMENT

Thanksgiving is almost here and you need a turkey? This is your chance to win one! Our popular bags tournament is back! Winning team members each receive a TURKEY to take home!! Refreshments will be served. Glow novelties for all!!
Deadline to register is November 16.

Date: Saturday, November 23

Time: 7:00pm

Location: Eisenhower Center Hillside

Age: 18+

Fee: \$10 per team

Min/Max: 6/10

HOLIDAY MARKET

The Berkeley Park District will be hosting their second annual Holiday Market. The event will take place indoors at Lind Park. We will have vendors, music and Santa will stop by to take pictures with the families. Kids will also have an opportunity to make a craft.

Date: Saturday, December 7 Time: 12:00 pm – 4:00 pm

Location: Lind Park

Fee: Free Entry!



YOUTH PROGRAMS

MUSIC TOGETHER

Mixed-Age Music Classes for Kids

Classes for babies through 5 years . . . and the grownups who love them®

The cornerstone of the Music Together® program is our Mixed-Age music class, for children from birth through age 5—and the grownups who love them! Classes are active music-making experiences, designed to teach the way children learn: through play with the grownups they love. Gathering babies, toddlers, and preschoolers together makes each class fun for all. There are lots of group activities for kids out there, but Music Together offers a true family music class for the youngest infant to the oldest great-grandparent, and everyone in between. Imagine an extended family with a dozen or more kids and a bunch of caring adults, and you'll get the idea!

Each week, a trained Music Together teacher leads the class in singing, dancing, and playing songs that range from tender lullabies to boisterous jams using child-friendly percussion instruments. Our award-winning music, illustrated songbook, and other print and online resources will help you continue the music-making fun at home and nurture your child's musical growth—even if you don't think of yourself as a great singer or dancer. Like parenting, making music requires no previous experience or expertise, just a willingness to get down on the floor and get silly with your child!

Your tuition also includes Song Collection materials (songbook, CD, download) and access to your music through the award-winning *Hello Everybody* App.

Start Date: September 12, 10 week session

Day: Thursday

Time: 10:00 am - 10:45 am

Location: Lind Park

Resident Fee: \$150 single child / \$175 family

Age: Birth – 5 years

Nonresident Fee: \$230 single child / \$250 family



HAUNTED TRAIL

Stop by and take the Haunted Trail through Berkeley Park, then circle around for trunk or treat. When you are done, you can stop by the gazebo for a craft. This will be a haunting, ghoulish time!

Date: Wednesday, October 30

Time: 5:30 pm – 8:00 pm

Location: Berkeley Park East End

Fee: Free! Registration not required.



TURKEY SHOOT

Adult/Child Free throw challenge. Win a real turkey for your Thanksgiving event. Teams are made up of one parent & one child. Teams will be grouped by the child's age.

Age groups are: 3rd - 4th / 5th - 6th / 7th - 8th. Parents may compete with more than one child. Each child may only compete once. Participants will attempt 10 shots each. The combined number of baskets made will be the team's score. In the event of a tie, a shoot-out will be held. Get a picture with the target Tom Turkey!



Date: Saturday, November 23

Age: 3rd through 8th grade

Time: 3rd-4th 9:30 am / 5th-6th 10:15 am / 7th-8th 11:00 am

Location: Eisenhower Center Hillside

Fee: Free!

CRAFT DAY WITH SANTA



Ho Ho Ho Merry Christmas! Stop by Lind Park to get a picture with Santa and make a craft or ornament. Refreshments and snacks will be served.

Date: Saturday, December 14

Time: 1:00 pm – 3:00 pm

Fee: Free! No registration required

Location: Lind Park

NEW YEAR'S EVE PARTY

Stop by Lind Park to say goodbye to 2024 and welcome 2025. Join us to celebrate with noise makers, a photo booth, crafts, snacks and refreshments.

Date: Tuesday, December 31

Time: 10:30 am – 12:15 pm

Resident Fee: \$10

Nonresident Fee: \$20

Age: Up to 10 years old

Location: Lind Park

