

BERKELEY PARK DISTRICT

SPRING/SUMMER 2024



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!

1200 Lind Avenue

708-544-1935

Berkeley, IL 60148

info@berkeleyparkdistrict.com

Scan here to be taken to our online registration page!
Please note, online registration for these programs and events will be available starting March 1, 2024.



ADULT PROGRAMS

TOTAL BODY RESET USING CIRCUIT TRAINING

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

Fee: \$40 for 8 weeks

Start Date Spring Session: March 25

Start Date Summer Session: May 20

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 Spring Session: March 25

Start Date Summer Session: May 20

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 session

Session 1 Dates: March 11 – May 1

Session 2 Dates: May 6 – July 1

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.

LOTERIA

Come on out 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: 7:15 pm-8:45 pm

Age: 18+

Dates: April 5 / May 3 / June 7 / August 2 Location: Lind Park

ADULT BRAZILIAN JIU JITSU

In this class adults will develop valuable self-defense skills and get an incredible workout in a safe and welcoming environment. Classes are suitable for absolute beginners and experienced practitioners alike.

Our expert instructors, 3rd degree SBG black belt Lyndon Viteri and, as a volunteer, local Police Chief Tim Larem, bring decades of experience to the mats and are eager to help you learn this grappling-based form of self-defense. Kid and adult classes will be available two times a week. Come to one or both sessions weekly! This class will run for 8 weeks.

Days: Tuesday/Thursday

Dates: April 2 – May 23

Time: 6:15 pm-7:15 pm

Age: 14+

Fee: \$100

Location: Lind Park

VISIONARY BOARD WORKSHOP

Come join us and explore your mind and vision by creating a visionary board. All materials will be provided. The deadline to register for this event is April 1.

Date: Sunday, April 7

Time: 1:00 pm-3:00 pm

Location: Lind Park

Fee: \$5 resident / \$10 nonresident

Age: All ages

HUMANA WORKSHOP

Protect yourself from scams! Each year, many people fall victim to scams. It's important to learn about steps to keep yourself safe. At this Humana sponsored event, a Humana speaker will be discussing items to keep your eyes and ears on. They will also be able to answer any questions you may have. Refreshments will be served.

Date: Tuesday, April 16

Time: 10:00 am

Location: Lind Park

Fee: Free, but preregistration is appreciated by April 9

MOTHER'S DAY GIFT SALE



Stop on by Lind Park to check out some gifts or crafts that you can get for that special mother in your life. Over 20 vendors will be on hand for you to pick out that perfect gift!

Date: Sunday, April 28

Age: All

Time: 1:00 pm-5:00 pm

Fee: Free entry

Location: Lind Park

BERKELEY CENTENNIAL TOURNAMENTS

Pickleball Tournament – The first in a Recreational Summer Series is the Pickleball Tournament. Teams of 2 can be male, female, or co-ed. Winners will receive a commemorative centennial t-shirt. The registration deadline is April 1 or until the event fills up. 10 teams maximum so sign up right away.



Date: Saturday, April 20

Time: 1:00 pm (Check-in starts at 12:30 pm)

Location: Berkeley Park Pickleball Courts

Fee: \$25 per team of 2

Age: 18+

Sand Volleyball Tournament – The 2nd in the series is a Recreational Co-ed Sand Volleyball Tournament. Winners will receive a commemorative centennial t-shirt. The registration deadline is May 20 or until the event fills up. 8 teams maximum so don't miss out!



Date: Saturday, June 8

Time: 7:00 pm games begin

Location: Berkeley Park Volleyball Courts

Fee: \$35 per team

Age 18+

Cornhole Tournament – The 3rd in the series is a Recreational Bean Bag Tournament. Come on out and have some fun tossing bags. Winners will receive a commemorative centennial t-shirt. The registration deadline is July 1 or until the event fills up. 12 teams maximum so sign up today!



Date: Sunday, July 14

Time: 1:30 pm games begin

Location: Berkeley Park

Fee: \$20 per team of 2

Age 18+

CO-ED RECREATION VOLLEYBALL LEAGUE



Spring is back and so is our very popular Sand Volleyball League. This league is perfect for the recreational volleyball player. Lighter calling by the referee will keep this fast paced game going. Do not get **BUMPED** out. Do not **SET** this down and forget about it! **SPIKE** your registration form in the mailbox right away!! There is no refereed league cheaper than ours. Teams will play a round robin schedule. Winning team receives team designed & choice of colored shirts!!

Start Date: May 14 **Age: 18+**

Registration Deadline: April 25 or until league is full

Tuesday @ 7:00 / 7:45 / 8:30 pm **Fee: \$125 per team**

PAINT AT THE PARK

Join us for another paint day! We will be decorating boards and bottles for that 4th of July theme. All materials will be supplied. You must register by June 5 for this event.

Date: Sunday, June 23

Age: 18+

Time: 1:00 pm- 3:00 pm

Fee: \$20

Location: Lind Park



YOUTH PROGRAMS

EASTER EGGSTRAVAGANZA



Do not hop away from eggciting Easter event. The Easter Bunny will meet you at Berkeley Park to get you moving, singing, and dancing. Then he will lead you over to the park to gather up the eggs. In the event of inclement weather this event will be held at Lind Park.

Date: Saturday, March 30

Time: 9:30 am

Age: Up to 8 years of age

Fee: FREE!

Location: Berkeley Park Picnic Shelter

KIDS BRAZILIAN JIU JIT SU

This class is open to boys and girls between the ages of 7-14. In this class children will learn discipline and self-control as they are taught the basic movements and techniques of Brazilian Jiu Jitsu through physical exercise, focused drilling and fun games.

Our expert instructors, 3rd degree SBG black belt Lyndon Viteri and, as a volunteer, local Police Chief Tim Larem, bring decades of experience to the mats and are eager to help you learn this grappling-based form of self-defense. Kid and adult classes will be available two times a week. Come to one or both sessions weekly! This class will run for 8 weeks.

Days: Tuesday/Thursday

Dates: April 2- May 23

Time: 5:15 pm-6:15 pm

Age: 7-14 years

Fee: \$75

Location: Lind Park



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!



Dates: April 4 – June 6

Age: 0 – 5 years

Location: Lind Park

Day: Thursday

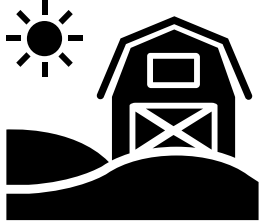
Time : 10:00 am – 10:45 am

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

Nonresident Fee: \$175 single child / \$200 family

PLAY DATES AT THE PARK

Join us each month at Berkeley Park from 10:00 am – 12:00 pm for different themed activities! All ages are welcome!



Saturday May 4 – Farm Themed: Come on out to the Berkeley Park Gazebo and do some singing, dancing, and check out farm animals. You can also make a craft and sit on a tractor!

Saturday June 1 – Garden Club Sponsored: The Garden Club will be offering some fun activities at the Berkeley Park Picnic Shelter! We will be blocking off the Prairie Path for all to participate in chalk artwork. For one time only, the sand at the volleyball courts will be watered down for building and sandcastles!



Saturday July 13 – Christmas in July: Stop by the Berkeley Park Picnic Shelter to see Santa and enjoy a show. There will also be an opportunity to make a craft.

Saturday August 3 – Touch a Truck: Trucks of all kinds will be in the parking lot at the corner of Taft Ave and Electric Ave to climb on.



BERKELEY CENTENNIAL EVENTS

The Village of Berkeley will be celebrating its 100-year anniversary in 2024. The Berkeley Centennial Committee has a number of special events planned throughout the year to celebrate as a community. Please visit www.berkeleyilcentennial.com for more information about these exciting events!



April 1 – Beginning of Community Rose Bush Sales

May 18 – 1974 Time Capsule Opening & Anniversary Weekend

June 8 – Opening of Historical Walk with the History of Berkeley, Trolley Rides & Geocaching

June 27 – Electric Nights Music in the Park Series

July 4 – Military Signage Dedication

July 11 – Electric Nights Music in the Park Series

July 18 – Electric Nights Music in the Park Series

July 25 – Electric Nights Music in the Park Series

July 26 – Sugar Creek Golf Outing Fundraiser & Dinner

August 3 – Wiffle Ball Tournament

August 11 – Berkeley Family Fun Fest with Car Parade and Mural Unveiling

September 17 – Presentation of the Wall of Berkeley Mayors

October 12-13 – Traveling Vietnam Memorial & Burial of the New Time Capsule