

BERKELEY PARK DISTRICT

SPRING/SUMMER 2023



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

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Berkeley, IL 60148

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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 March 4, 2023.



ADULT PROGRAMS

Classes on this page are taught by Tamara Notter: ACE Certified Group Fitness Instructor & Certified Yoga Instructor

Fee for classes on this page - \$40 for 8 weeks

FITNESS WITH VARIETY

Monday & Wednesday @ 6:30 pm

Start Date: March 6

This class is for the participant that likes to have variety in fitness training. The class is organized in 20 minute increments for a total of 60 minutes of training. The variety could include but not limited to: cardio using wooden swords, Tabata (HIIT), floor Gliders, strength using weights, tubing, Bender Balls, weighted bars and balls and more. This session offers participants a holistic approach to fitness with a lot of variety.



MOVE YOUR WAY TO FITNESS

Monday & Wednesday @ 7:30 pm

Start Date: March 6

In this class, move through a variety of fitness circuits throughout the fitness room. The circuits will include strength/resistance training, cardio, balance and stretching. This session includes movement exercises that are well-rounded to offer participants a holistic approach to fitness. We close out the class with 15 minutes of indoor Badminton or Volleyball.

DAILY SKILLS TO FITNESS HEALTH

Tuesday & Thursday @ 6:30 pm

Start Date: March 7

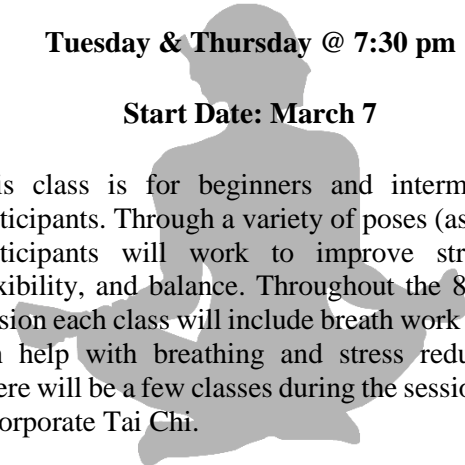
In fitness today it is important to train our bodies to continue to function in daily life. Throughout the 10 week session participants will experience cardio, strength, flexibility, and balance exercises. Methods used will include Tabata (HIIT), work with tubing, medicine balls, and pilates matwork.

YOGA FOR STRENGTH, FLEXIBILITY & BALANCE

Tuesday & Thursday @ 7:30 pm

Start Date: March 7

This class is for beginners and intermediate participants. Through a variety of poses (asanas), participants will work to improve strength, flexibility, and balance. Throughout the 8-week session each class will include breath work which can help with breathing and stress reduction. There will be a few classes during the session that incorporate Tai Chi.



MID DAY FITNESS CLASSES

Monday & Wednesday @ 12:00-1:00 p.m.

Start Date: March 13

Fee: \$40 for 8 week class

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.

PAINT IN THE PARK

Join us at the Lind Park building and use your creative skills and create the masterpiece you see below. Open to all who would like to come and enjoy some painting with our artist instructing you to create that beautiful piece of artwork. All materials are supplied (canvas, paint & brushes). Light refreshments will be served. Please register by March 26.

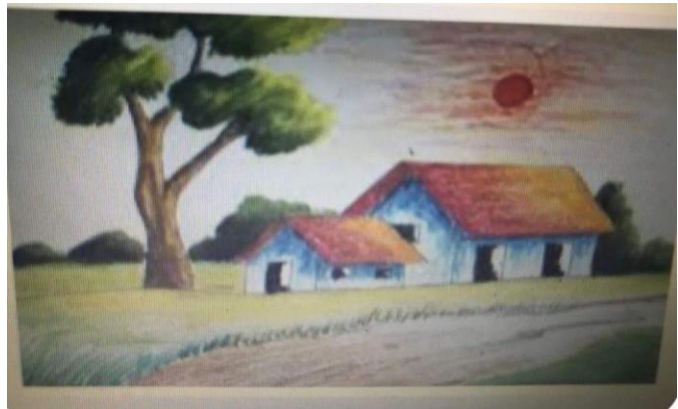
Date: Sunday, April 2

Age: 12+

Time: 1:30 pm - 3:30 pm

Fee: \$15

Location: Lind Park



CO-ED RECREATION VOLLEYBALL LEAGUE



Spring is back and so is our very popular Sand Volleyball League. This league is perfect for the recreational or novice 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 colors shirts!!

Start Date: May 16

Age: 18+

Registration Deadline: May 1 or until league is full

Tuesday @ 7:00 / 7:45 / 8:30 Fee: \$135 per team

PICKLEBALL LESSONS



New to Pickleball or have played a few times and want to learn more? Then this program is for you! Pickleball lessons will be held weekly in the form of a 3 day class. This 3 day class is enough to get you up and enjoying Pickleball, but if you would like more instruction you can sign up for another week of class.

Registration is required by the Tuesday prior to each new week. A minimum of 4 participants is required for the class. If the minimum is not met for a particular week then you may register for the following week.

Start Date: Weekly lessons begin the week of May 1

Times: Morning Class meets Monday, Tuesday, Wednesday @ 9:00 am -10:30 am

Evening Class meets Monday, Tuesday, Wednesday @ 6:30 pm- 8:30 pm

Location: Berkeley Park Pickleball Courts

Weekly Fee: Resident \$25, Nonresident \$30

SPRING INTO SUMMERFEST

Berkeley Park will be the place to be! There will be crafters, vendors, food trucks, music, cars and motorcycles, and activities for children! Join us for this fun summer day!



Date: Saturday, June 10

Time: 11:00 am – 8:00 pm

Location: Berkeley Park

WIFFLE BALL TOURNAMENT

Get your team together for this fun day! Male, female, or co-ed teams are welcome. 4 fields will keep the tournament going nonstop. 8 teams max so don't wait to sign up! Prize for playoff winners. This is a pitch to own team tournament. Call or email for B.P.D. registration, rules, and roster.

Date: Saturday, July 8

Age: Adult

Registration Deadline: June 15 or until spots are full

Time: 1:30 p.m. games begin

Fee: \$40 per team

Location: Berkeley Park



YOUTH PROGRAMS

READY SET LEARN

This recreational learning program is for pre-school aged children. The activities encourage fun, curiosity and discovery to prepare for the learning experience. **REGISTER AT MEMORIAL PARK DISTRICT.**



Dates: March 13- May 19

Age: 3-5 years

Day: Monday, Wednesday, Friday

Fee: \$130

Time: 9:00 a.m. – 12:00 p.m. or 12:45 p.m. – 3:45 p.m.

Location: Eisenhower Center Hillside (Memorial Park District)

PARENT TOT

This energetic parent and tot class promotes the four key aspects of early childhood development, social, emotional, cognitive, and physical. Help your child achieve new milestones and prepare for more advanced challenges. Snack included. **REGISTER AT MEMORIAL PARK DISTRICT.**

Dates: March 14- April 27 **Age: 3-5 years**

Day: Tuesday – Thursday **Fee: \$75**

Time : 1:00 p.m. – 3:00 p.m.

Location: Eisenhower Center Hillside (Memorial Park District)



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 6 – June 8

Day: Thursday

Times : 9:15– 10:00 a.m.

Location: Lind Park

Age: Birth – 5 years

Fee: \$75 residents / \$150 nonresidents

EASTER EGGSTRAVAGANZA



Do not hop away from eggciting annual Easter event. The Easter Bunny will meet you at Berkeley Park to lead you in a show of songs & dances. After the show we will go on our great big Easter egg hunt. Children will be grouped by age for the egg hunt. In the event of inclement weather this event will be held at Lind Park.

Date: Saturday, April 8

Time: 9:30 am show

Age: Up to 9 years of age

Fee: FREE!

Location: Berkeley Park Picnic Shelter

SING, SKIP, SKETCH, AND SNACK INTO SUMMER

Our Music Together instructor Mimi Black will lead parents and their young children (ages 0-4) in a summer-themed program filled with family singing, dancing, and assorted silliness. After singing, we will do a craft and color a picture. Refreshments will also be provided.

Although this is a **free event**, pre-registration is required. Deadline to register is May 20.

Date: Friday, June 2

Time: 4:00 pm – 5:15 pm

Age: 0-4 years old

Location: Lind Park



PLAY DATES IN THE PARK

Join us each month for a different themed activity! These events are free! More information will be posted on the homepage of the website each month detailing the activities of each play date.



Saturday May 20 – Farm Themed

Saturday June 17 – Library Sponsored

Saturday July 15 – Garden Club Sponsored

Saturday August 19 – Touch a Truck

Time: 10:00 am – 11:30 am

Age: All

Location: Berkeley Park