

BERKELEY PARK DISTRICT

WINTER 2022/2023



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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Scan here to be taken to our online registration page!
Please note, online registration for these programs and events will be available starting November 23, 2022.



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

All exercise classes meet at Lind Park

FITNESS WITH VARIETY

Monday & Wednesday @ 6:30

Start Date: January 2

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

Start Date: January 2

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

Start Date: January 3

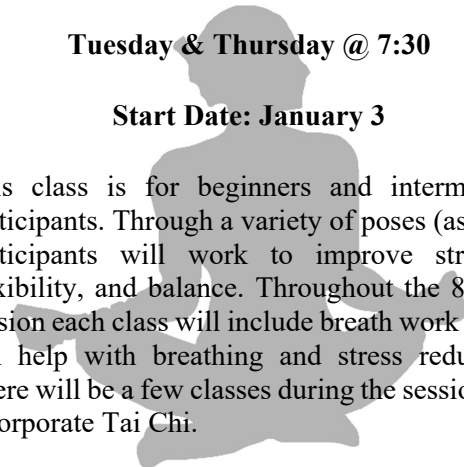
In fitness today it is important to train our bodies to continue to function in daily life. Throughout the 8 week session participants will experience cardio, strength, flexibility, and balance exercises. Methods used will include Tabata (HIIT), work with tubing, medicine balls, and pilates matwork.

YOGA FOR STRENGTH, FLEXIBILITY & BALANCE

Tuesday & Thursday @ 7:30

Start Date: January 3

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.

Fee: \$40 per 8 week session

Start Date: January 2 – February 22 / February 27 – April 19

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.

HOLIDAY CRAFT /SHOW

Christmas is right around the corner. Get in the spirit and come make a Christmas craft and then Santa will join us and sing all of our favorite holiday songs!! Refreshments served. Please register by December 1.

Date: Wednesday, December 14

Age: Adult

Time: 1:00 p.m.

Fee: \$3

Location: Lind Park



HAWAIIAN LUAU

It may be cold outside but it will be warm Hawaiian style inside. Join us for a Hawaiian Hula show. Following the show those would like to learn to hula can join us for an interactive demonstration. Refreshments will be served.

Date: Tuesday, January 17

Fee: \$5 per person

Time: 1:15 p.m. -2:30 p.m.

Location: Eisenhower Center Hillside (Memorial Park District)



DINNER CLUB

Come and explore some favorite restaurants in our area. Fee is for transportation. Participants pay for their own meals. A list of locations will be provided on the first day. **REGISTER AT MEMORIAL PARK DISTRICT.**

Dates: January 24 – March 7 Time: 12:00 p.m. – 2:00 p.m. Fee: \$50

Day: Tuesdays Age: 16 and up

Location: Eisenhower Center Hillside (Memorial Park District)

CRAFT DAYS

Come and utilize your creativity. Each month we will meet at Lind Park to create seasonal or holiday creations. Some of the items we will be creating are wreaths, picture frames, center pieces, wind chimes and more. 20 people maximum so don't miss out. A minimum of 6 will be required to get this program off the ground.

Dates: January 18 / February 15 / March 15 Registration deadline: 2 weeks prior to event date

Time: 10:00 a.m. – 11:30 p.m. Fee: \$5 each day or \$12 for all 3 Location: Lind Park

CO-ED RECREATION VOLLEYBALL LEAGUE

This league is perfect for the novice or 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 and choice of colors shirts!!



6 teams maximum so register today!

Start Date: January 25 Fee: \$125 per team

Wednesdays @ 7:00 / 7:45 / 8:30 Age: 18+

Location: Eisenhower Center Hillside (Memorial Park District)

PAINT AT THE PARK

Join us at the Lind Park building and use your creative skills and create a winter landscape masterpiece. 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 January 26.

Date: Sunday, February 5

Age: 12+

Time: 1:30 pm- 3:30 pm

Fee: \$15

Location: Lind Park



SATURDAY NIGHT BAGS

Get in on our Bagger tournaments. Be the Best of Berkeley!! It may be cold outside but the bags will be flying hot inside!! Prizes to top 2 winners each tournament. 8 teams maximum. Registration deadline 2 weeks before date.

Date: Saturday, February 18 / March 18

Time: Games begin at 7:00 p.m.

Age: 18+

Fee: \$10 per team

Location: Lind Park



YOUTH PROGRAMS

MARTIAL ARTS

The Berkeley Park District is going to have a Martial Arts Introductory class. This program is being taught by True Power Martial Arts. This mixed martial arts class combines the most effective aspects of several martial arts into a superior martial art system. The purpose of the class is to provide families the opportunity to enjoy working out together, having fun, and achieving goals.



The class will challenge you physically and mentally. This class is not for everyone, but it might be a good fit if you are open to coaching, looking for sport that includes progressive learning, like having fun, enjoy doing effective moves, like to challenge yourself, are a little fearful and want confidence, if you enjoy self-improvement, receive satisfaction from giving 100% effort, and want to improve your discipline, focus, and structure. **If there is enough interest the class will continue into a regular weekly program.**

Date: Saturday, January 7

Time : 11:00 a.m. – 12:30 p.m.

Age: 7+ years

Location: Lind Park

Fee: Free for introductory class but please still pre-register by January 2.

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!

Start Date: January 12 – March 18 / April 6 – June 8

Day: Thursday

Times : 9:15 am – 10:00 am

Location: Lind Park

Age: Birth – 5 years

Fee: \$75 residents / \$150 nonresidents

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: January 9 – March 10 / March 13- May 19

Age: 3-5 years

Fee: \$130 per session

Day: Monday, Wednesday, Friday

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: January 17 – February 23 / March 14- April 27

Age: 3-5 years

Fee: \$75 per session

Day: Tuesday – Thursday

Time : 1:00 p.m. – 3:00 p.m.

Location: Eisenhower Center Hillside (Memorial Park District)

PLAYDATE WITH THE GARDEN CLUB

Join club members for gardening/nature themed activities and a make and take project.

Date: Saturday, January 21

Age: All

Fee: Free

Time : 11:00 a.m. – 12:30 p.m.

Location: Lind Park

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 a.m. show

Age: Up to 9 years of age

Fee: FREE!

Location: Berkeley Park Picnic Shelter