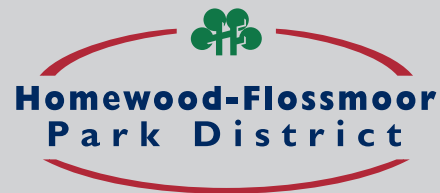


CHOICES

Program Guide



Winter 2021 - 2022



WHERE YOU
WANT TO BE!

Registration Begins November 5
Non-Resident: November 19



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BOARD OF COMMISSIONERS

The Board of Commissioners meets at 7 pm on the third Tuesday of every month. Most meetings are held at the Goldberg Center, but please call or check hfparks.com to confirm the location. The commissioners are (left to right): Dallas Collins, Steve Johnson, Linda Ojode, President Brent Bachus and Vice President Debbie Dennison.

PARK DISTRICT ADVISORY COMMITTEE

The Park District Advisory Committee is the H-F Park District's citizens advisory committee that helps review, evaluate and suggest recreation programs. The following are members of the committee: Sybil Baxa, Sarah Chavez, Noreen Danadio, Calvin Harden, Christina Jackson and Brit Volini.

REGISTRATION BEGINS NOVEMBER 5

Non-Resident registration begins November 19.

If you need special accommodations, please let us know when registering.



PHONE

Call 708.957.0300 or 708.957.7275 for credit card registrations only. Illinois Relay System 711.



ONLINE

Visit hfparks.com and register online with our real-time program, WebTrac.



IN PERSON

Register at Irwin Community Center or H-F Racquet & Fitness Club. Visit hfparks.com for business hours.

IN PERSON REGISTRATION LOCATIONS

IRWIN COMMUNITY CENTER

18120 S. Highland Ave., Homewood, IL 60430
708.957.7275

H-F RACQUET & FITNESS CLUB

2920 W. 183rd St., Homewood, IL 60430
708.799.1323

our mission

TO ENHANCE THE QUALITY OF LIFE THROUGH DIVERSE RECREATIONAL OPPORTUNITIES, FACILITIES AND PARKS WHILE CARING FOR THE ENVIRONMENT.

KEEP H-F HEALTHY

Keeping H-F Healthy is a partnership we take seriously. Here's what we all can do:

OUR PART

Our team has developed comprehensive cleaning and sanitizing protocols to provide employees and participants with clean and safe facilities. Our staff members will stay home if they have any symptoms, and when at work they will wash hands often, practice social distancing and wear masks.

YOUR PART

Conduct a wellness check before leaving home and coming to our facilities--if you have ANY symptoms, stay home. While visiting Park District facilities, wash hands often, social distance and wear masks. **IF YOU SEE SOMETHING, SAY SOMETHING**--if you notice something that concerns you, please bring it to our attention.

HOLIDAY LIGHTS | DEC. 3

IRWIN PARK & DOWNTOWN HOMEWOOD

6:45 - 7:00 p Tree Lighting Ceremony
7:05 - 8:45 p Santa Visit
6:00 - 9:00 p Festivities Downtown Homewood

Holiday Lights has become a treasured event in Homewood, capturing the joy, excitement and traditions of the season in one memorable evening! Welcome the holidays as we turn on the lights at this annual ceremony.



CAMP FROSTY

DEC. 21, 22, 23, 28, 29 & 30 | 8 AM - 3 PM

It's winter break and it's time to have fun with other kids for some fun themed winter activities, games and crafts. Participants will get the much missed social interaction with their peers all while practicing physical distancing. Hand washing and sanitization will be enforced and masks are required. Sign up is per day!

Location: Irwin Community Center | Fee: \$42 R / \$53 NR

AFTER CAMP | 3 - 6 PM

Extend the camp day for children who can't get enough of camp, with working parents or when parents just need extra time to run a few holiday errands.

Fee: \$18 R / \$23 NR



HOLIDAY YARD CARDS

Bring your favorite holiday image on paper (greeting card, photo etc.) and we will help you create your very own Holiday Yard Card. Not an artist? Don't worry - we have an artist standing by to guide you along the way. To register, call 708-957-0300 or visit hfparks.com.

SKATE WITH SANTA

DEC. 19
1:30 - 3 PM

Bundle up and skate to the sounds of the season!

Location: H-F Ice Arena



SANTA 3-POINT SHOOTOUT

DEC. 11 | 6:30 - 9:30 PM

Each player will have 1-minute to score as many points as possible from five different spots beyond the three-point line. 4 balls per rack, 1 money ball per rack. Max of 25 points per round. 29.5" basketballs and 10' rims used. Masks are required. A prize will be awarded to the champion. Location- H-F Sports Complex | Fee: \$10 R / \$15 NR | Ages: 13+

SANTA CALLING



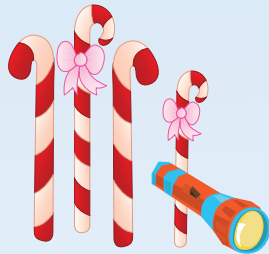
Imagine your child's face when he or she receives a personal phone call from Ole' St. Nick! Pick up and drop off your Santa's Calling forms at the Irwin Center or Goldberg Center. Santa's elves will pick them up and deliver them to the North Pole! Turn in your form before December 6, so Santa, Mrs. Claus and their elves have time to organize their list. H-F Residents Only.

Date: Thursday, December 9
Time: 5 - 7 pm



LETTERS FROM SANTA

Enhance the magic of Christmas with a letter from Santa. Help your child fill out the letter to Santa form and return it to the mail box at the Irwin Community Center. Santa will write your child a letter back. Forms are available at hfparks.com.



FLASHLIGHT CANDY CANE HUNT DEC. 11 | 4:30, 5:30 & 6:30 PM

Someone left candy canes in the woods and we need your help to find them! Follow clues to solve the candy cane mystery, make a s'more over a toasty fire and enjoy the loveliness of a winter forest. A non-paying adult must attend with participant. Event is held moonlight, rain or snow. Location: Irons Oaks | Fee: \$10 R / \$12 NR | Ages: 2-12 | **Lil' Elves Ages 1-5 | 3:30 - 4:15 pm.**



FLASHLIGHT SNOWFLAKE HUNT | JAN. 8 | 4:30, 5:30 & 6:30

Susie Snowflake was frolicking through Irons Oaks. See if you can find out where she visited and enjoy activities along the way. A non-paying adult must attend with participant. Event is held moonlight, rain or snow. Location: Irons Oaks | Fee: \$10 R / \$12 NR | Ages: 2-12



ZOOM CALL WITH SANTA DEC. 7 - 9 | 5 - 7 PM

Schedule your family's zoom call with Santa! Sign up for an evening and we will e-mail you your zoom link and time a week before the call. Calls will be a maximum of 10min. per family.

Fee: \$5 R / \$7 NR

SANTA DRIVEWAY VISITS DEC. 13 - 16 | 5 - 7 PM

Santa will still come down your chimney on Christmas Eve but while everyone is awake he needs to keep his distance. Sign up for Santa to visit your driveway and tell him what you want for Christmas or take a social distance picture with Santa. You will be sent Santa's estimated arrival time one week before. H-F Residents Only.

Fee: \$15 per house visit





PRESCHOOL IN THE PARK

Explore the many parks of Homewood Flossmoor with other preschoolers. Each week is a new park. Activities will provide unique preschool experiences that are play-based and connected to the outdoors. Developmentally appropriate activities will include singing and rhythm activities, stories, play acting, nature play, art and body movement. Opportunities for discovery and exploration will be a main feature. Program will be held outdoors and will be cancelled if raining. Child must accompanied by a non-paying adult. Space is limited. Sign up by the Friday before each program.

Location: Irons Oaks
 Ages: 3-5
 Fee: \$5 R / \$6 NR

Park	Dates	Day / Time	Code
Pheasant Trails	Dec 7	Tu 9:30 - 10:30 a	492203-02
Heritage	Dec 14	Tu 9:30 - 10:30 a	492203-03
Hillcrest	Jan 4	Tu 9:30 - 10:30 a	492203-04
Irons Oaks	Jan 11	Tu 9:30 - 10:30 a	492203-05
Patriots	Jan 18	Tu 9:30 - 10:30 a	492203-06
Irwin	Jan 25	Tu 9:30 - 10:30 a	492203-07
Leavitt	Feb 1	Tu 9:30 - 10:30 a	492203-08
Woodborough	Feb 8	Tu 9:30 - 10:30 a	492203-09



GINGERBREAD CREATIONS

Bring the family to work together to build your own unique gingerbread house. The houses will be created using graham crackers, frosting, sprinkles and fun! Come make your own edible creation. Price is per gingerbread house. Please register by December 13.

Location: Irwin Community Center
 Fee: \$15 R / \$19 NR

Age	Dates	Day / Time	Code
All	Dec 18	Sa 9:00 - 10:30 a	420302-02

COLOR MY WORLD

Red, Orange, Yellow, and Green! Join us each week to share an enjoyable colorful experience with your little one. Color Me Bright is designed with simple stories, art projects, finger plays, music and movement activities that encourage creativeness and exposure to art. Children and parents are encouraged to wear the Color of the Week for the class session. A schedule of colors and themes will be given at registration!

Location: Irwin Community Center
 Fee: \$45 R / \$50 NR

Age	Dates	Day / Time	Code
3-4	Jan 7 - Feb 4	F 9:00 - 9:45 a	426201-01

DISCOVERY FLAG FOOTBALL

Designed to introduce preschoolers to skills used in flag football such as passing, catching, defensive techniques, ball handling and speed/agility drills taught by Park District athletics staff. All athletes must bring a mask and a water bottle to each class. All equipment is provided. No class January 19.

Location: Irwin Community Center
 Fee: \$60 R / \$75 NR

Age	Dates	Day / Time	Code
3-4	Jan 12 - Feb 16	W 11:30 am - 12:15 p	426232-02
3-4	Feb 23 - Mar 23	W 11:30 am - 12:15 p	426232-03

DISCOVERY SOCCER

Learn the fundamentals of soccer including dribbling, passing, trapping and shooting taught by Park District athletics staff. All athletes must bring a mask and a water bottle to each class. All equipment is provided. No class January 17.

Location: Irwin Community Center
 Fee: \$60 R / \$75 NR

Age	Dates	Day / Time	Code
3-4	Jan 10 - Feb 14	M 11:30 a - 12:15 p	422391-01
3-4	Feb 21 - Mar 21	M 11:30 a - 12:15 p	422391-02

DISCOVERY BASKETBALL

A fun way to introduce 3-4 year-olds to the basics of basketball including dribbling, passing, shooting and defense taught by Park District athletics staff. All athletes must bring a mask, a water bottle and a miniature basketball to each class. Parent participation is required. No class January 21.

Location: H-F Racquet & Fitness Club
 Fee: \$60 R / \$75 NR

Age	Dates	Day / Time	Code
3-4	Jan 14 - Feb 18	F 9:00 - 9:45 a	426220-03
3-4	Feb 25 - Mar 25	F 9:00 - 9:45 a	426220-04

HOLIDAY CRAFTS FOR KIDS

Three-hours of fun for the kids, three hours of shopping time for you! The children will create several different crafts to be given as gifts or used for holiday decorations. Each day will feature different projects. Fee includes materials.

Instructor: Terry Nemchock
 Location: Irwin Community Center
 Fee: \$30 R / \$38 NR

Age	Dates	Day / Time	Code
6-12	Dec 4	Sa 2:00 - 5:00 p	402303-01
6-12	Dec 11	Sa 2:00 - 5:00 p	402303-02
6-12	Dec 18	Sa 2:00 - 5:00 p	402303-03

ART CLUB FOR KIDS

Tap into your child's creative ability in this art class which meets once a week. Children will make drawings, paintings, crafts and sculptures. Each class will be a new project as well as favorites from past sessions. Our instructor will work with students individually, so all level students are welcome. Fee includes materials.

Instructor: Terry Nemchock
 Location: Irwin Community Center
 Fee: \$80 R / \$100 NR

Age	Dates	Day / Time	Code
6-11	Jan 10 - Feb 28	M 4:30 - 6:00 p	402318-01

DRAWING IS FUN

Learn the basics of drawing or expand on what you already know. Class is open to beginners as well as students who are more advanced. New subject matter and drawing methods will be featured each week including animal portraits, landscapes and still life. The focus is on fun!

Instructor: Terry Nemchock
 Location: Irwin Community Center
 Fee: \$80 R / \$100 NR

Age	Dates	Day / Time	Code
6-11	Jan 15 - 22	Sa 2:00 - 3:30 p	402301-01
6-11	Feb 5 - 12	Sa 2:00 - 3:30 p	402301-02

WINTER ART WORKSHOP

A three-hour class filled with fun art activities for you! Participants will create seasonal projects, including winter crafts, painting, drawing, and sculpture. The class is open to all skill levels and all supplies are included in fee.

Instructor: Terry Nemchock
 Location: Irwin Community Center
 Fee: \$30 R / \$38 NR

Age	Dates	Day / Time	Code
6-11	Jan 29	Sa 2:00 - 5:00 p	402319-01
6-11	Feb 26	Sa 2:00 - 5:00 p	402319-02



UNSHAVEN COMICS PRESENTS - COMIC BOOK 101

Join Homewood's resident comic creators, Unshaven Comics (Marc Alan Fishman and Matt Wright), as they host a three-week Comic Book 101 crash course! Kids, tweens, teens, and yes, even adults who are interested in the nuts-and-bolts of comic book making are welcome. The Unshaven lads will break down the entire comic book making process concept, character development, penciling, inking, coloring, lettering, all the way through to publishing. Every week new topics will be introduced and shown and then the class will have open drawing time to ultimately build their own complete single-page comic! Price includes 11" x 17" illustration board, pencils, and sharpies for inking.

Instructor: Unshaven Comics
 Location: Irwin Community Center
 Fee: \$60 R / \$75 NR

Age	Dates	Day / Time	Code
8+	Dec 4 - 18	Sa 9:30 - 11:00 a	402317-01

UNSHAVEN COMICS PRESENTS - HEROES OF STEAM

Unshaven Comics want to introduce you to a brand new, pulse-pounding table-top gaming system for fans of comic books, anime, and beyond! Heroes of STEAM is an all new table-top role-playing/board game that allows kids, tweens, and teens (and their parents...) the chance to make their own superheroes and pit them in battle with their friends! Heroes of STEAM was developed by comic book creator and teacher extraordinaire Jim McClain, who has partnered with Unshaven Comics to release the game right here in Homewood! Everyone who signs up will take home their own full copy of the game (including system rules, collectible pre-made superheroes, new character design sheets, a map, and dice!).

Instructor: Unshaven Comics
 Location: Irwin Community Center
 Fee: \$50 R / \$62 NR

Age	Dates	Day / Time	Code
8+	Jan 8	Sa 9:30 - 11:00 a	438301-01
8+	Jan 15	Sa 9:30 - 11:00 a	438301-02
8+	Jan 22	Sa 9:30 - 11:00 a	438301-03

SPANISH LANGUAGE FOR KIDS

Expand your child's world. Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will be immersed in Spanish language through fun and educational activities and music. Each session covers new and exciting material.

Instructor: Language In Action
 Location: Irwin Community Center
 Fee: \$86 R / \$107 NR

Age	Dates	Day / Time	Code
3-6	Jan 18 - Feb 22	Tu 4:30 - 5:15 p	414201-01
6-11	Jan 18 - Feb 22	Tu 5:30 - 6:15 p	414318-01

Location: Online

Age	Dates	Day / Time	Code
3-6	Jan 12 - Feb 16	W 4:30 - 5:15 p	414203-01
3-6	Feb 23 - Mar 30	W 4:30 - 5:15 p	414203-02
5-9	Jan 10 - Feb 28	M 5:30 - 6:15 p	414203-03
5-9	Jan 13 - Feb 17	Th 10:30 - 11:15 a	414203-06
5-9	Feb 24 - Mar 31	Th 10:30 - 11:15 a	414203-07
8-11	Jan 13 - Feb 17	Th 5:30 - 6:15 p	414203-04
8-11	Jan 13 - Feb 17	Th 10:30 - 11:15 a	414203-08
8-11	Feb 24 - Mar 17	Th 5:30 - 6:15 p	414203-05
8-11	Feb 24 - Mar 31	Th 10:30 - 11:15 a	414203-09



ABRACADABRA MAGIC CLASS ONLINE

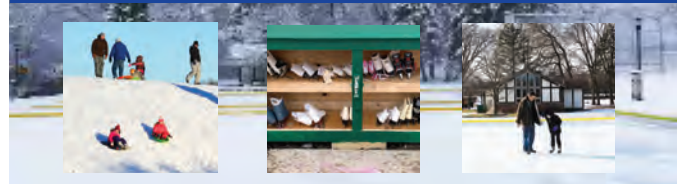
This 45-minute online class teaches children how to perform a number of mind-boggling tricks using everyday household items. The children will have a blast as they learn exactly what to say and do when performing in front of an audience. And since this class is online, it can be taken whenever it is convenient for your schedule. And the videos can be watched again and again. Your entire family can even take this class together! Additionally, be sure to sign up for this class again since new tricks are taught each session. (When you register, you will be told the household items that are needed for the class.)

Instructor: The Magic of Gary Kantor
 Location: Online Platform
 Fee: \$13 R / \$17 NR

Age	Dates	Day / Time	Code
5-12	Dec 1 - Feb 28	12:00 - 11:45 p	414309-01
5-12	Dec 1 - Feb 28	12:00 - 11:45 p	414309-02

OUTDOOR ICE RINKS & SLED HILLS

Outdoor rinks are located at Flossmoor Park in Flossmoor and Willowview Park in Homewood and hit the slopes this winter at Willowview Park and Hillcrest Park. Sleds and skates are available at our Little Sled / Skate Libraries.



WINTER WONDERLAND ENGINEERING WITH LEGO

Get ready for the deep freeze this winter! Apply concepts in engineering and architecture to brave the challenges of winter weather. Younger campers will build bobsleds and design snowmobiles while the older campers will design and build motorized contraptions such as snowplows, gondolas, and a snowball launcher. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor

Instructor: Play-Well TEKnologies
 Location: H-F Racquet & Fitness Club
 Fee: \$148 R / \$185 NR

Age	Dates	Day / Time	Code
5-7	Dec 27 - 30	M-Th 9:00 a - 12:00 p	414504-01
7-12	Dec 27 - 30	M-Th 1:00 - 4:00 p	414504-02

DRESS FOR THE OUTDOORS: WINTER

There is no such thing is bad weather, only inappropriate clothing. Come learn how to dress for winter weather and continue to enjoy the outdoors year round. We will discuss how to dress for different activity levels and some fun places to visit in the area.

Location: Irons Oaks
 Fee: \$2 R / \$3 NR

Age	Dates	Day / Time	Code
11+	Jan 5	W 6:00 - 6:45 p	492714-01

WINTER SOLSTICE BONFIRE

Welcome winter with a peaceful evening stroll. End the evening with s'mores and warm up around a toasty fire.

Location: Irons Oaks
 Fee: \$10 R / \$12 NR

Age	Dates	Day / Time	Code
3+	Dec 21	Tu 6:30 - 8:00 p	492705-01

DANCE CLASSES

Instructor: Dancin' Around Dance Studio
 Location: Irwin Community Center
 Fee: \$95 R / \$119 NR

Classes will be offered via Zoom should the situation arise where in-person classes are not able to meet.

In-person classes will take all precautions, will follow all social distancing guidelines with restriction on numbers in attendance and masks are required.

PRE BALLET/TAP

Adding to the fun of ballet, children will experiment with rhythm and coordination in this class. Tap and ballet shoes are required and dance uniform is pink tights and pink leotard.

Age	Dates	Day / Time	Code
3-4	Jan 4 - Feb 8	Tu 4:30 - 5:15 p	410302-01
3-4	Jan 8 - Feb 12	Sa 9:15 - 9:45 a	410302-02

BEGINNER BALLET/TAP

Adding to the fun of ballet, children will experiment with rhythm and coordination in this class. Tap and ballet shoes are required and dance uniform is pink tights and pink leotard.

Age	Dates	Day / Time	Code
5-6	Jan 4 - Feb 8	Tu 5:15 - 6:00 p	410303-01
5-6	Jan 8 - Feb 12	Sa 10 - 10:45 a	410303-02

JAZZ

Jazz dance combines techniques of classical ballet and modern dance to upbeat music. A black leotard with black Jazz shoes is required.

Age	Dates	Day / Time	Code
8-12	Jan 8 - Feb 12	Sa 10:30 - 11:15 a	410402-01

HIP HOP

Hip hop is a combination of jazz and the latest modern club/street steps that has become an extremely popular form of dance. Take this class to learn a combination of classic old-school flair with a fresh new-school mixture. Students may wear any color leotard with tights or black jazz pants and black jazz shoes.

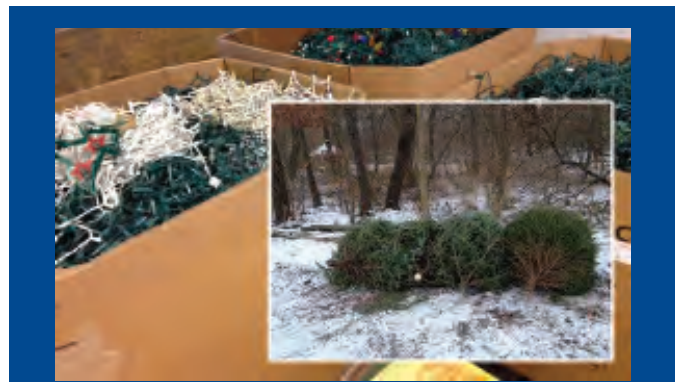
Age	Dates	Day / Time	Code
8-12	Jan 4 - Feb 8	Tu 6:00 - 6:45 p	410401-01

SUBURBAN YOUTH SYMPHONY ORCHESTRA

In this class you will receive hands-on experience playing the violin. From Brian Ostrega: "Mr. Brian" is assistant conductor of Suburban Youth Symphony Orchestra and director/lead teacher of Incredible Opportunity Program of Suburban Youth Symphony Orchestra. Mr. Ostrega is a member of the violin section of the Illinois Philharmonic Orchestra. Come and experience the joy and fun in making music together. Violins will be provided for class use.

Instructor: Janet Kuester
 Location: Irwin Community Center
 Fee: \$68 R / \$85 NR

Age	Dates	Day / Time	Code
9-12	Jan 22 - Feb 19	Sa 6:00 - 8:00 p	408301-01



HOLIDAY TREE RECYCLING

December 26 - January 19
 Irons Oaks is once again sponsoring holiday tree recycling! Bring your undecorated and unwrapped holiday trees to Irons Oaks' Vollmer Road lot anytime between December 26 and January 19. Stack them neatly with the trunks pointed towards the parking lot. Donated trees will be chipped for use on the trails at Irons Oaks. Please no yard waste.

No trees will be accepted after January 19.

HOLIDAY LIGHT RECYCLING

November 22 - January 19
 Containers will be located at the H-F Racquet and Fitness Club, outside the Goldberg Center and Irons Oaks. Over the past 9 years, we as a community have worked together to recycle an amazing 9,000+ pounds of lights and cords. Let's keep these simple to recycle items out of landfills. Drop your broken lights and extension cords in a bin at one of the collection locations during normal business hours.



Sweetheart Dance



Friday, February 18
H-F Sports Complex | 6 - 8 pm

Dads, grandfathers, uncles and mentors – invite your sweetheart to this magical night at the H-F Sports Complex where you can enjoy games, snacks and dancing, of course. Be sure to take a break from the dance floor to purchase a keepsake photo from our professional photographer.



[REGISTER](#)



PRINCE CHARMING DANCE

Friday, January 21
H-F Sports Complex | 6 - 8 pm

Calling all the moms, grandmothers and aunts out there. It's your turn to escort your prince charming to the H-F Sports Complex. Come and dance the night away - complete with games, snacks and professional photos available for purchase.

[REGISTER](#)





BOYS BASKETBALL LEAGUE

This Saturday league brings together a focus on fundamentals and friendly competition. Teams are decided based on evaluations and a draft. Participants are notified of teams by December 16. The league consists of an 8-week regular season followed by a single-elimination postseason tournament. Two referees officiate each game. Games are played full-court with 10-foot rims. Everyone plays! Amateur Athletic Union and in-house basketball rules are enforced. Every player receives a jersey that they keep. Each week, teams have one individual team practice, day and time is at the discretion of the coach. Players registered after December 27 may not receive their uniform before the first game. Trophies awarded to the playoff championship teams. Volunteer coaches and team sponsors are needed. Coaches training available. Masks are required. COVID-19 guidelines subject to change.

- December 4 - Player Evaluations
- December 11 - Coaches Watch
- December 14 - Coach's Draft (ages 8 - 10)
- December 15 - Coach's Draft (ages 11-13)
- December 18 - Scrimmage games
- January 8 - February 26 - Game play
- March 5 - 12 - Playoffs

Location: H-F Sports Complex
Fee: \$119 R / \$149 NR.

Age	Dates	Day / Time	Code
8-10	Dec 4	Sa 8:30 - 9:30 a	422302-01
8-10	Dec 4	Sa 9:45 - 10:45 a	422302-02
11-13	Dec 4	Sa 11:00 a - 12:00 p	422302-03
11-13	Dec 4	Sa 12:15 - 1:15 p	422302-04

SPORTS PERFORMANCE TRAINING

Our Sports Performance Winter Camp is a 4-day camp that includes 45 minutes of cardio conditioning and 45 minutes of strength training with a break and stretching in between. This will encourage athletes 11-17 years old to continue to move and train during holiday break. Camp will focus on improving speed, agility, and coordination to create injury-resistant athletes. The Sports Performance Training Camp will focus on functional movement to support the physical demands of life and sport. We help athletes of all levels shore up weaknesses, decrease injury risk, and get ready for fall sports.

Instructor: Personal Trainer, Michael Casey
Location: H-F Racquet & Fitness
Fee: \$80 M / \$100 R / \$120 NR

Age	Dates	Day / Time	Code
11-17	Dec 27 - 30	M-Th 10:00 - 11:45 a	456301-01



HIGH SCHOOL BASKETBALL LEAGUE

This freshman - senior league brings together a focus on fundamentals and friendly competition. Teams will be decided based on evaluations and a draft. The league consists of an 8-week regular season followed by a single-elimination postseason tournament. Two referees officiate each game. Games are played full-court with 10 foot rims. Everyone plays! Amateur Athletic Union and in-house basketball rules are enforced. Every player receives a jersey that they keep. Each week, teams have one individual team practice, day and time is at the discretion of the coach. Players registered after December 27 may not receive their uniform before the first game. Trophies awarded to the playoff championship team. Volunteer coaches and team sponsors are needed. Coaches training available. Masks are required. COVID-19 guidelines subject to change.

- December 4 - Player Evaluations
- December 11 - Coaches Watch
- December 16 - Coach's Draft
- December 18 - Scrimmage games
- January 8 - February 26 - Game play
- March 5 - 12 - Playoffs

Location: H-F Sports Complex
Fee: \$119 R / \$149 NR.

Grades	Dates	Day / Time	Code
9-10	Dec 4	Sa 2:30 - 3:30 p	422541-01
11-12	Dec 4	Sa 3:45 - 4:45 p	422541-02

open gym @ H-F SPORTS COMPLEX

WEDNESDAYS • Dec 1 - Feb 23 • \$5 R / \$12 NR
Ages 12 - 18 | 4 - 6 pm
Ages 18+ | 6 - 8 pm

Teen Open Gym* - A parent signed waiver needs to be on file for participation.

Adult Open Gym* - Volleyball and basketball will be available. Bring your drivers licence to prove residency.

*Volleyball and basketball will be available.



FLAG FOOTBALL

In this active class, athletes will receive training on skills used in football such as passing, route running, defensive techniques, ball handling and speed/agility drills. All athletes must bring a football, a mask, and a water bottle to each class.

Location: H-F Sports Complex

Fee: \$60 R / \$75 NR

Age	Dates	Day / Time	Code
5-8	Jan 13 - Feb 10	Th 6:00 - 6:45 p	422309-01
5-8	Feb 24 - Mar 24	Th 6:00 - 6:45 p	422309-03
9-12	Jan 13 - Feb 10	Th 7:00 - 7:45 p	422309-02
9-12	Feb 24 - Mar 24	Th 7:00 - 7:45 p	422309-04



KARATE

Our instructor has designed this program to encourage balance, self-confidence, focus, attention span, discipline, coordination, and flexibility. Certifications are awarded upon completion of requirements. Gis (karate uniforms) are not required, but are available from the instructor for a \$30 fee. Certification for ranking belts is also available upon completion of the requirements at an additional fee. Masks are required. A \$120, 3-month Club membership is available to adult guardians, who have a participant enrolled in the class, for an additional fee.

Instructor: Ben Hillis

Location: H-F Racquet & Fitness Club

Fee: \$56 R / \$70 NR

Little Dragons - Pre Karate

Age	Dates	Day / Time	Code
4-6	Jan 12 - Feb 23	W 4:45 - 5:30 p	412301-01
4-6	Jan 13 - Feb 24	Th 4:45 - 5:30 p	412301-02

Wado-Ki Karate

Age	Dates	Day / Time	Code
7+	Jan 13 - Feb 24	Th 5:45 - 6:30 p	412730-01



BASKETBALL 101

This beginner basketball class focuses on skill development and fundamentals. Throughout the session, athletes receive training on shooting, dribbling, rebounding, ball handling & defensive techniques. The last class concludes with a scrimmage. All athletes must bring a basketball, a mask, and a water bottle to each class.

Location: H-F Sports Complex

Fee: \$60 R / \$75 NR

Age	Dates	Day / Time	Code
5-7	Jan 11 - Feb 8	Tu 6:00 - 6:45 p	422305-01
5-7	Feb 22 - Mar 22	Tu 6:00 - 6:45 p	422305-04
8-12	Jan 11 - Feb 8	Tu 7:00 - 7:45 p	422305-02
8-12	Feb 22 - Mar 22	Tu 7:00 - 7:45 p	422305-05
13-18	Jan 11 - Feb 8	Tu 8:00 - 8:45 p	422305-03
13-18	Feb 22 - Mar 22	Tu 8:00 - 8:45 p	422305-06

WINTER BASKETBALL CAMP

Learn fundamentals and improve your game through team and individual competition. Athletes receive training on shooting, dribbling, rebounding, ball handling and defensive techniques. All campers must bring a basketball, a mask and a water bottle to each class.

Location: H-F Sports Complex

Fee: \$72 R / \$90 NR

Age	Dates	Day / Time	Code
7-12	Dec 27 - 29	M-W 9:00 - 11:00 a	406328-01

WINTER 2022 ESPORTS LEAGUES

- MADDEN21
- ROCKET LEAGUE 1v1 & 3v3
- SUPER SMASH BROS
- FORTNITE 1v1 & 2v2

*Age divisions: Youth: 8-12 | Teen: 13-18
Adult: 18 years and older*

Registration: Oct. 25 - Jan. 10
Leagues: Jan. 24 - Mar. 18, 2022

Cost per person: \$40 season pass

Register Online

Winter Nature Camp



DEC. 20 - 23, 27-30 • IRONS OAKS

8:30 AM - 3 PM • GRADES K-6

Get outside for winter break at Winter Nature Camp. Activities include exploring the winter forest while playing winter games, activities, hiking and crafts.

We will head inside from time to time to warm up. All campers will need coats, ski pants, boots, hats and gloves. Fee is per day. Sign up early to reserve your spot.

Daily Fee: \$35 R / \$42 NR • Code: 494308



Winter Nature After-Camp
3-5:30 PM

Need a little more time at Winter Nature Camp?
Sign up for after care and stay for a little extra fun!

Daily Fee: \$15 R / \$19 NR • Code: 494310



ART CLUB FOR TEENS

Experience the fun of multi-media drawing and paintings! Students will be working with various materials and combinations such as charcoal, colored pencils, watercolors, inks and felt tip pens. Students will receive individual attention to help foster their basic skills in drawing and painting.

Instructor: Terry Nemchock
Location: Irwin Community Center
Fee: \$80 R / \$100 NR

Age	Dates	Day / Time	Code
12-15	Jan 12 - Mar 2	W 4:30 - 6:00 p	402304-01

ACTING ENSEMBLE

Build confidence and meet new friends in this fun acting class. We will learn monologues, play theatre games, rehearse and perform a one-act play. Final class is a performance for family and friends.

Instructor: Dawn Leader-Peloso
Location: Park Place/Flossmoor Park
Fee: \$66 R / \$83 NR

Age	Dates	Day / Time	Code
8-13	Jan 5 - Feb 23	W 7:00 - 8:00 p	408401-01



BABYSITTER TRAINING

This training is fun and fast-paced while covering important topics such as child-care, first aid, leadership and communication skills. Participants learn through hands-on activities, exciting video, role-plays and lively discussions. Topics covered include: supervising children and infants, performing basic child-care skills such as diapering, feeding and dressing, choosing safe, age-appropriate games and toys, handling bedtime and discipline issues, identifying safety hazards and preventing injuries; caring for common injuries such as burns, cuts and bee stings, communicating effectively with parents, and finding and interviewing for babysitting jobs. Fee includes an American Red Cross Certificate. Masks are required throughout the entire class.

Instructor: American Red Cross
Location: Irwin Community Center
Fee: \$86 R / \$108 NR

Age	Dates	Day / Time	Code
11-15	Dec 4	Sa 9:00 am - 4:30 p	414400-01
11-15	Feb 5	Sa 9:00 am - 4:30 p	414400-02

HORSEBACK RIDING LESSONS

The Homewood-Flossmoor Park District, in conjunction with Forest View Farms is offering a five week lesson package or five trail rides through beautiful Cook County Forest Preserve. Beginners through advanced are welcome. Lil Horsemanship will teach pony lovers how to ride and care for a real live pony. The heated indoor arena is open for year round riding. Register at the park district, call the stable to arrange classes, and bring your receipt to your first lesson. There is a mandatory helmet fee that will be charged on site.

Location: Forest View Farms
Fee: \$80 R / \$100 NR

Age	Dates / Day / Time	Code
5-7	On going / call to arrange	422314-02
8+	On going / call to arrange	422314-01



CREATIVE WRITING

Put pencil to paper or finger to keyboard in this fun class. Each week we will create stories using fun writing prompts and share our work on a bigger story. Whether you write fiction, nonfiction, poetry or graphic novels, you'll find new ways to stretch your imagination in this creative course.

Instructor: Dawn Leader-Peloso
Location: Park Place/Flossmoor Park
Fee: \$66 R / \$83 NR

Age	Dates	Day / Time	Code
8-15	Jan 5 - Feb 23	W 6:00 - 7:00 p	408404-01



LEARN CANON CAMERA

Do you have a really nice Canon camera, but didn't read the instructions or not really know how to use it? Join us to share the joys of your Canon camera and how you can use it to capture the best memories. Learn to custom configure your camera for best images. We will go through all the functions, discover your aperture, shutter speeds, ISO and then take pictures in manual mode. It's time to move away from the auto mode and discover your inner photographer.

Instructor: Laurie Piton
Location: Online Platform
Fee: \$65 R / \$81 NR

Age	Dates	Day / Time	Code
18+	Jan 11 - Feb 8	Tu 8:00 - 9:00 p	414530-01



PHOTOSHOP ELEMENTS

Learn to edit your pictures. This class is for people who are brand new to editing pictures or those who have some editing experience and are looking to hone their skills. You will be using your own photos to learn color correction, brightness and contrast, replacing one part of the image with another, blurring an area of the photo which is in focus already, correcting for improper white balance, sharpening a blurred photo, and layers. Participants need to have Adobe Photoshop Elements installed before class begins.

Instructor: Laurie Piton
Location: Online Platform
Fee: \$65 R / \$81 NR

Age	Dates	Day / Time	Code
18+	Jan 12 - Feb 9	W 8:00 - 9:00 p	414529-01

SPANISH FOR ADULTS ONLINE

Have you ever wanted to learn a foreign language, but never had the opportunity? Now is the time! Stay connected and learn Spanish from the safety and comfort of your own home via the interactive Zoom platform! In this class you will learn conversational Spanish that you can immediately begin using. The class will be tailored to the needs of the students enrolled. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class. No class January 18 and February 15.

Instructor: Language In Action
Location: Online Platform
Fee: \$86 R / \$107 NR

Age	Dates	Day / Time	Code
18+	Jan 10 - Feb 28	M 10:00 - 11:00 a	414602-01
18+	Jan 12 - Feb 16	W 6:00 - 7:00 p	414602-02

POWER OF A PLANT BASED DIET ONLINE

Boost the immune system. Explore the power of a whole food, plant-based diet to prevent and reverse heart disease, diabetes, cancer, and obesity. Become inspired in your own kitchen to implement a diet rich in vegetables, fruits, legumes and whole grains. Come learn from one who has made the transition and gone on to obtain certification in plant-based nutrition. This session is presented in conjunction with Vegging Out, the Homewood community initiative in support of a whole-food, plant-based diet, and member organization of PlantPure Communities, the national grassroots movement toward plant-based eating.

Location: Online Platform
Fee: \$5 R / \$7 NR

Age	Dates	Day / Time	Code
18+	Feb 7	M 7:00 - 8:30 p	414317-01

Registering for your favorite class has never been easier! Visit hfparks.com and use our new and improved online registration today!



AQUA YOGA

Aqua Yoga is a gentle water exercise class. It uses the basic exercises, principles, and movements of yoga and adapts them to a shallow-water environment. The program is a gentle and very low impact aquatic activity. With the release of gravity, the body is able to find the best stretch that mat yoga may restrict. The stretches performed in the water allow the body to decrease discomfort, relieve stress, and improve flexibility. Participants are able to experience familiar poses in a new way and practice new movements in the water that they may not otherwise achieve on land.

Instructor: Jori Rietveld
Location: H-F Racquet & Fitness Club
Fee: \$40 M / \$50 R / \$60 NR (session 1)
\$60 M / \$75 R / \$90 NR (session 2)

Age	Dates	Day / Time	Code
18+	Nov 26 - Dec 17	F 10:00 - 10:45 a	456539-01
18+	Jan 7 - Feb 11	F 10:00 - 10:45 a	456539-02

AQUA ZUMBA

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout. So, liven up your work week with some Latin fever.

Location: H-F Racquet & Fitness Club
Fee: \$40 M / \$50 R / \$60 NR

Age	Dates	Day / Time	Code
18+	Nov 2 - 23	Tu 9:00 - 9:45 a	456521-04
18+	Jan 4 - 25	Tu 9:00 - 9:45 a	456521-05
18+	Feb 1 - 22	Tu 9:00 - 9:45 a	456521-06

ROWSUP PADDLEBOARD FITNESS

ROWSUP (Reps On Water Stand Up Paddleboard) is focused on increasing your core strength. This class uses stand up paddle boards in our 3'6" depth pool to combine water and fitness movements. This is one of the best low impact workouts you can receive. While maintaining balance on the water, thereby activating all of the little twitch fibers from your toes on up, your core muscles are constantly in motion. Coach Jori developed ROWSUP to encourage people to have fun, face their fears, and work hard. Club membership not required.

Instructor: Jori Rietveld
Location: H-F Racquet & Fitness Club
Fee: \$60 M / \$75 R / \$90 NR

Age	Dates	Day / Time	Code
18+	Jan 8 - Feb 12	Sa 8:00 - 8:45 a	456536-02

ARTHRITIS AQUA

Are you one of 50 million Americans that suffer from arthritis? Do you suffer from fibromyalgia? One of the best ways to control pain, increase flexibility, and improve daily function is through aquatic exercise. This gentle exercise class helps participants decrease pain and stiffness, improve or maintain joint flexibility, and gain muscle strength, balance & coordination. Class structured for people with arthritis but anyone is welcome. Activities are tailored to participants abilities and skill levels in our 82° pool. Participants do not need to be able to swim. Pool is 3'6" deep.

Instructor: Jori Rietveld
Location: H-F Racquet & Fitness Club
Fee: \$40 M / \$50 R / \$60 NR (session 1)
\$60 M / \$75 R / \$90 NR (session 2)

Age	Dates	Day / Time	Code
18+	Nov 26 - Dec 17	F 9:00 - 9:45 a	456526-01
18+	Jan 7 - Feb 11	F 9:00 - 9:45 a	456526-02

AQUA HIIT

Aquatic H.I.I.T. (High Intensity Interval Training) class is part of our Small Group Training program that incorporates specialized movement to enhance the full use of water's natural resistance and buoyancy. This popular workout offers high intensity interval training (HIIT) that is low impacts on the joints. These sessions will work core, balance, strength and flexibility. Small class size allows for more personalized training and the pool is a fun way to intensify your workout routine.

Instructor: Jori Rietveld
Location: H-F Racquet & Fitness Club
Fee: \$60 M / \$75 R / \$90 NR

Age	Dates	Day / Time	Code
18+	Dec 6 - Jan 10	M 6:00 - 6:45 p	456537-01
18+	Jan 17 - Feb 21	M 6:00 - 6:45 p	456537-02

ADULT SWIM LESSONS

The ability to swim isn't just fun, it's a skill that can save your life! Space is limited, so enroll in our popular group swim lessons. Note: Some students may need more than one session to complete level requirements. There are no make-up classes for absences

Location: H-F Racquet & Fitness Club
Fee: \$66 M / \$80 R / \$100 NR

Age	Dates	Day / Time	Code
17+	Jan 12 - Feb 16	W 7:00 - 7:45 p	458300-03
17+	Jan 15 - Feb 19	Sa 11:00 - 11:45 a	458300-06



ADULT SELF-DEFENSE

Learn to protect yourself if you are ever physically attacked with knowledge and preparation. This class will empower you with critical skills to help keep you safe. We will learn a variety of techniques to defend yourself and establish a proper mindset to resist attacks. Leave the classes with increased confidence, a greater sense of street awareness, better physical fitness and more. Please dress in loose fitting modest workout apparel. Class will be under the instruction of Ben Hillis, Master Instructor and fifth degree black belt in the Wado Ki Martial Arts system.

Instructor: Ben Hillis
Location: H-F Racquet & Fitness Club
Fee: \$56 R / \$70 NR

Age	Dates	Day / Time	Code
18+	Jan 12 - Feb 23	W 5:45 - 6:30 p	412527-01



TRX

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability. TRX delivers a fast, effective total-body workout that benefits people of all fitness levels; pro athletes to seniors. Moves can be modified for beginner through advanced exercisers. Space is limited; sign up today! No class November 25.

Location: H-F Racquet & Fitness Club
Fee: \$40 M / \$50 R / \$60 NR

Age	Dates	Day / Time	Code
16+	Nov 2 - 23	Tu 10:00 am - 10:45 a	456527-03
16+	Nov 4 - Dec 2	Th 7:00 am - 7:45 a	456527-04
16+	Dec 7 - 28	Tu 10:00 am - 10:45 a	456527-05
16+	Dec 9 - 30	Th 7:00 am - 7:45 a	456527-06



LADIES WHO LIFT

Squats, hip thrusts, deadlifts, and more... This is an introductory strength training class for women only. Have you ever walked into the weight room and felt intimidated and didn't know where to start? Wondering if your form is correct on exercises? NASM Certified Personal Trainer, Cristina can help. This class is for women who want to build their confidence with serious strength training.

Instructor: Cristina Alcasid
Location: H-F Racquet & Fitness Club
Fee: \$60 M / \$75 R / \$90 NR

Age	Dates	Day / Time	Code
18+	Nov 6 - Dec 11	Sa 11:00 a - 12:00 p	456530-01
18+	Jan 8 - 29	Sa 11:00 a - 12:00 p	456530-02
18+	Feb 2 - Mar 19	Sa 11:00 a - 12:00 p	456530-03

MY ZONE CIRCUIT TRAINING

Come tread, row and sculpt while using the MYZONE heart rate belt for real time effort display. Display shows calories burned, heart rate, and MEPS earned. Our digital leader board keeps you focused on getting into the optimal fat burning zone for each class. Class includes FREE MYZONE belt. Pick up your belt at the welcome center on the first day of class. Please come 10 minutes early to set up belt if receiving a new belt. If you already own a belt your registration fee will be discounted \$30.

Location: H-F Racquet & Fitness Club
Fee: \$70 M / \$80 R / \$90 NR

Age	Dates	Day / Time	Code
16+	Nov 2 - 23	Tu 6:00 - 6:45 a	456540-01
16+	Nov 30 - Dec 21	Tu 6:00 - 6:45 a	456540-02
16+	Jan 4 - 25	Tu 6:00 - 6:45 a	456540-03

START/RESTART TENNIS

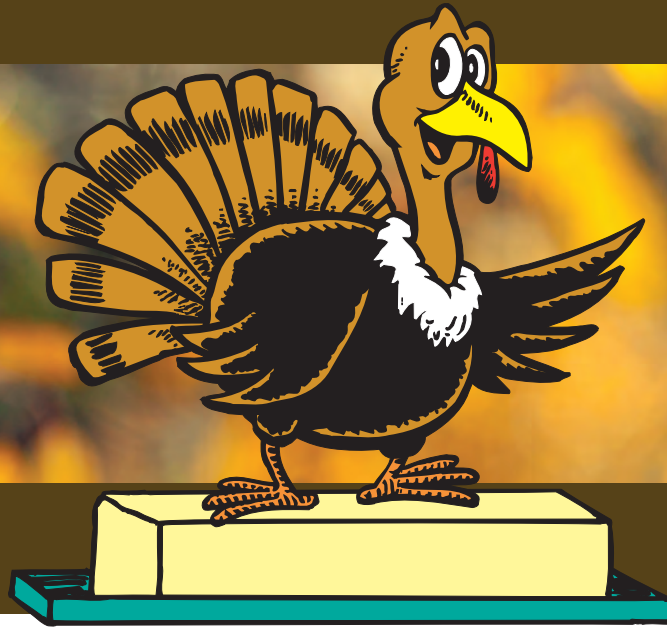
If you are new to the game or returning to tennis, this class is for you. Focusing on fundamentals, drills and games. Designed for players with a National Tennis Rating Program (NTRP) of 1.0 - 1.5. (Just starting or limited playing experience.)

Location: H-F Racquet & Fitness Ct 10+
Fee: \$173 R / \$216 NR

Age	Dates	Day / Time	Code
19+	Jan 6 - Feb 10	Th 6:00 - 7:30 p	452320-01
19+	Jan 10 - Feb 14	M 1:00 - 2:30 p	452320-02

H-F RACQUET & FITNESS CLUB

18th Annual



BUTTERBALL BURNER

5K FUN RUN

Friday, November 26 @ 9 am

Join us as we celebrate 18 years of burning the post-Thanksgiving Day bloat with this fun run. All ages and abilities welcome. 8 am race day registration and check-in.

Preregistration Fee: Member: \$12 | Resident: \$14 | Non-Resident: \$16

Day of Race Fee: Member: \$17 | Resident: \$20 | Non-Resident: \$25

REGISTER

Open to Everyone • All Ages Welcome • Membership Not Required!

Contact us at 708.799.1323 for more information or to volunteer.

Call or register at hfracquetandfitness.com |    





ADULT PROGRAMS



REGISTER AT HFPARKS.COM

CARDIO TENNIS

A new, fun, group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Includes warm up, cardio workout and cool down phases resulting in "Heart Pumping Fitness!" Due to COVID-19 mandates, masks are REQUIRED (subject to change).

Location: H-F Racquet & Fitness Club
Fee: M \$96 / R \$115 / NR \$144

Age	Dates	Day / Time	Code
19+	Jan 12 - Feb 16	W 7:00 - 8:00 p	452350-01
19+	Feb 23 - Mar 30	W 7:00 - 8:00 p	452350-02



CO-ED VOLLEYBALL LEAGUE

If you dig volleyball, then get set to play in this 6 vs. 6 recreational league with no referees. League plays consists of two matches per week. The season is 12 weeks plus a one-day, single-elimination postseason tournament. A monetary prize is awarded to the top two teams in the regular season and to the playoff champion. The league will adhere to IDPH guidelines. No games February 18. Captains Meeting January 28, 6:30 pm at H-F Sports Complex.

Location: H-F Sports Complex
Fee: \$260 R / \$360 NR

Age	Dates	Day / Time	Code
19+	Jan 28 - Apr 29	F 7:00 - 9:30 p	VBCW

WOMEN'S VOLLEYBALL LEAGUE

This recreational league is played 6 vs. 6 with no referees. League play consists of two matches per week. The season is 12 weeks plus a one day, single-elimination postseason tournament. A monetary prize is awarded to the top two teams in the regular season and to the playoff champion. The league will adhere to IDPH guidelines. No games February 21. Captains Meeting is January 24, 6:30 pm at the H-F Sports Complex.

Location: H-F Sports Complex
Fee: \$260 R / \$360 NR

Age	Dates	Day / Time	Code
19+	Jan 24 - Apr 25	M 7:00 - 9:30 p	VBWW

Homewood-Flossmoor Park District Discovery Preschool



Play is an amazing way to teach young learners and to cultivate a lifetime love for learning. Discovery Preschool teachers focus on learning through play, games, crafts, physical activity and more. Preschoolers will learn the fundamentals to prepare them for the years ahead.

Two-Year Olds *(Age 2 by September 1, 2021)*

Days	Times	Monthly Tuition
Tu, Th	9:15 - 10:45 am	\$120 R / \$210 NR

Finally Three *(Age 3 by December 31, 2021)*

Days	Times	Monthly Tuition
M, W	9:15 - 10:45 am	\$120 R / \$210 NR

Three-Year Olds *(Age 3 by September 1, 2021)*

Days	Times	Monthly Tuition
M, W, F	9 - 11:30 am	\$180 R / \$270 NR
Tu, Th	9 - 11:30am	\$120 R / \$210 NR
M, W, F	12:30 - 3 pm	\$180 R / \$270 NR

Four-Year Olds *(Age 4 by September 1, 2021)*

Days	Times	Monthly Tuition
M -Th	8:45 - 11:15 am	\$230 R / \$320 NR
M-F	12:15 - 2:45 pm	\$280 R / \$370 NR

- 20% off the lowest fee for multiple children
- 10% discount if paying in full (9-months)
- Monthly payment plans are available
- Register online at hfparks.com
- A photocopy of child's birth certificate is required at registration

Please contact Devin Frendreis at dfrendreis@hfparks.com for more information.



SENIOR PROGRAMS



SENIOR LINE DANCE

Kick up your heels and start moving to the music! This drop-in participatory group is for all levels of dancers. Everyone can line dance at his or her own pace. Come join the fun! Masks will be required throughout the class.

Location: Irwin Community Center
Fee: \$5 per class

Age	Dates	Day / Time	Code
55+	Nov 22 - Mar 14	M 10:00 - 11:00 a	410601
55+	Nov 22 - Mar 14	M 11:15 a - 12:15 p	410601

FAVORITE THINGS HOLIDAY PARTY

Oh what fun it is to bring a favorite gift of mine. Let's get together for holiday cheer with your friends and family. Bring your favorite thing (under \$6) wrapped in brown paper to place on the gift table. Each person at the event can leave with a gift. This festive party will be held at Wiley's Grill. Afternoon includes door prizes and a raffle. Please register by December 2 at noon.

Location: Wiley's Grill
Fee: \$15 R / \$18 NR

Age	Dates	Day / Time	Code
55+	Dec 6	M 12:30 - 2:45 p	420609-01

FRIDAY FIT AND FUN LUNCH

Join us at the HF Racquet and Fitness Club for a healthy lunch with friends, engaging speakers, and a bit of fun afterwards. Don't forget your money for the 50/50 raffle.

Location: H-F Racquet & Fitness Club
Fee: \$15 R / \$18 NR



Age	Dates	Day / Time	Code
55+	Jan 21	F 12:00 - 2:00 p	420615-01



Call for more information about AARP Tax-aidé this year at the Irwin Community Center - 708.957.0300.

SPANISH LANGUAGE FOR SENIORS

Have you ever wanted to learn a foreign language, but never had the opportunity? Now is the time. In this relaxed, small-class environment you will learn Spanish conversation, grammar, and phonetics, which you can immediately begin using. This class will be tailored to the needs of the students enrolled.

Instructor: Language In Action
Location: Irwin Community Center
Fee: \$73 R / \$91 NR

Age	Dates	Day / Time	Code
55+	Jan 18 - Feb 22	Tu 10:00 - 11:00 a	414601-01

LUNCH AND FUN

Meet us at the Irwin Center at noon for lunch and fun activities on the first Wednesday of every month. We will enjoy themed lunches, quality activities, and create memorable moments with dear friends. Don't forget your money for our infamous 50/50 raffle!

Location: Irwin Community Center
Fee: \$15 R / \$18 NR

Age	Dates	Day / Time	Code
55+	Mar 2	W 12:00 - 2:00 p	420610-03
55+	Jan 5	W 12:00 - 2:00 p	420610-01
55+	Feb 2	W 12:00 - 2:00 p	420610-02

ADULT BOWLING

Join the fun at the Tinley Park Bowl. This is a non-competitive league in a relaxed atmosphere for adults. All levels of play are welcome. Play three games for \$7. Shoe rentals are available for \$2. Please plan on arriving at the facility at 9am. Registration deadline is December 22 to be placed on a team.

Location: Tinley Park Bowl
7601 W 183rd Street, Tinley Park, IL 60477
Fee: \$15 R / \$20 NR

Age	Dates	Day / Time	Code
55+	Jan 5 - Apr 5	Tu 9:00 a - 12:30 p	422650-01

TREE DECORATING AT IRWIN

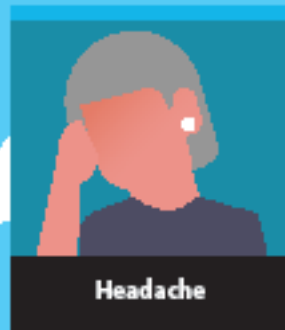
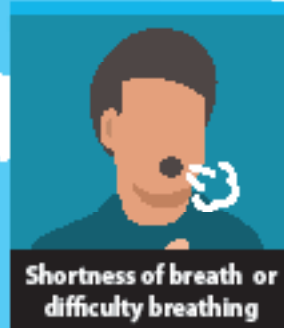
It's time to decorate for the holidays at the Irwin Center! We have two trees that need your special touch. Come share in the joy, listen to holiday music with sipping on hot cocoa and munching on some sweets. Decorations are supplied, just bring your creativity. Please register by December 6.

Location: Irwin Community Center
Fee: FREE

Age	Dates	Day / Time	Code
55+	Dec 8	W 10:00 a - 12:00 p	401602-01



If you have any have of these symptoms:



Please stay home and do not attend programs, events or facilities.

Thank you for helping keep H-F Healthy!

**KEEP
H♥F
HEALTHY**

cdc.gov/coronavirus



**PURCHASE A
90-DAY MEMBERSHIP
FOR \$120!**

WITH NO ENROLLMENT FEE!



BUY FOR YOURSELF OR AS A GIFT!
Free water bottle or string bag included.



90-day consecutive membership
Available for purchase Nov. 1 - Dec 31, 2021

**COLLEGE MEMBERSHIP
NOW YEAR-ROUND!
\$30 Per Person / Per Month
No Enrollment Fee!**

Purchase up to 3-months.

**Show old H-F Racquet & Fitness ID and save \$5 per month*

12,000 Sq. Ft. Fitness Center

Free Weight Area • Indoor Walking Track

Cardiovascular Equipment • Strength Training

Stretching/Conditioning Area

Personal Training • Private Pilates Studio

Fascial Stretch Therapy

10 Indoor Tennis Courts

Tennis Classes & Lessons • 4-Lane Lap Pool

Racquetball Court

ProShop with on-site Racquet Stringer

MEMBERSHIP RATES

JOIN, REPAY AND SAVE!

ANNUAL CONTRACT

PREMIER MEMBERSHIP

	Annual	Month to Month
Primary (ages 18 - 61)	\$457/yr.	\$54/mo.
<i>Add One</i>	\$845/yr.	\$100/mo.
<i>Add Two</i>	\$960/yr.	\$115/mo.
<i>Add Three</i>	\$1,075/yr.	\$130/mo.
<i>Add Four</i>	\$1,090/yr.	\$145/mo.
Senior (ages 62+)	\$388/yr.	\$46/mo.
Youth Indv. (ages 13- 17)	\$228/yr.	\$27/mo.

\$20 enrollment fee per person. No fee for youth memberships.

- Racquet Sports Memberships Available -
hfracquetandfitness.com



THE WORKOUT ZONE

NOW available for everyBODY!

We have EXPANDED who can use the WORKOUT ZONE! Members with young children are still welcome to use the room to workout but now any members of the SAME household can reserve the space.

Here are the details:

- Advance reservations are required
- If you cannot use your reservation - PLEASE deregister so another family can use it
- Only 1 family at a time - masks are not required
- Reservations are for 1 hour (1/2 hour between reservations gives our staff time to clean and reset room)
- Adult(s) must be in room at all times if children are present
- Private bathroom is available
- Children may bring toys, books, games, etc. (no glue, glitter or messy crafts please)
- DVD player and TV available - bring your own DVDs
- Members must clean equipment that they use
- Cardio equipment, dumbbells weights, kettlebells, bands, tubing, barbell and plates, medicine balls, weight bench, step bench with risers, BOSU, and stability ball are available.

ONLINE RESERVATIONS



It has never been easier to save your spot in a class at the Club!

Just visit hfracquetandfitness.com and click on reservations to secure a spot in group classes or family fitness zone.



YOGA PERSONAL TRAINING

Starting at \$42 per hour.

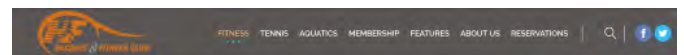
PERSONAL TRAINING

Starting at \$42 per hour.



FASCIAL STRETCH THERAPY

Starting at \$65 per hour.



H-F Racquet & Fitness On-Demand Fitness

ROWSUP

Personal Training

Small Group Fitness

5K / Triathlon

Upcoming Events

TRIX & TRIX BOOTCAMP
November 11, 2020

FLEXIBILITY 101 /
MONDAYS AT 12AM



OUT OF TOWN THIS WINTER? VIRTUAL FITNESS MEMBERSHIPS

Introductory rate:

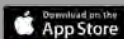
\$12 per month or \$3 per class.

Zoom and on-demand classes available.



DOWNLOAD OUR FITNESS APP!

- View updated fitness schedules
- Get news and push notifications
- Compete in fitness challenges
- Track your workouts
- And much more!



Search "H-F Racquet & Fitness" in your app store.



STARFISH ACADEMY SWIM LESSONS

The H-F Racquet & Fitness Club is a Starfish Aquatics Approved Training Center

PRIVATE LESSONS AVAILABLE

The ability to swim isn't just fun, it's a skill that can save your life! Space is limited, so enroll in our popular group swim lessons today! Starfish Academy is designed for participants in Level 2: Starfish Red or higher. Testing is conducted during the first class to ensure all students are in the correct level. Students advance during the session if skills are passed. One full lesson of each six-week session will be dedicated to water survival skills. Note: Some students may need more than one session to complete level requirements. One parent/guardian allowed to attend per class. No make-up classes.

Levels Offered in Starfish Swim School:

- Level 1: Starfish White (parent/guardian must be in the water)
- Level 2: Starfish Red
- Level 3: Starfish Yellow
- Level 4/5: Starfish Blue/Green

Visit hfracquetandfitnessclub.com for full description of classes.

Fee: \$64 M / \$80 R / \$100 NR

Age	Dates	Day / Time	Code
6-16	Jan 12 - Feb 16	W 5:00 - 5:45 p	458300-01
6-16	Jan 12 - Feb 16	W 6:00 - 6:45 p	458300-02
6-16	Jan 15 - Feb 19	Sa 9:00 - 9:45 a	458300-04
6-16	Jan 15 - Feb 19	Sa 10:00 - 10:45 a	458300-05
Adult	Jan 12 - Feb 16	W 7:00 - 7:45 p	458300-03
Adult	Jan 15 - Feb 19	Sa 11:00 - 11:45 a	458300-06

STARBABIES & STARTOTS SWIM LESSONS

The purpose of this course is to develop a high comfort level in the water while at the same time training the parents/guardians in water safety and drowning prevention. This course is not intended to teach children to become accomplished swimmers or how to survive in the water. The class does provide a confidence-building, fun and loving experience. One parent/guardian must be in the water with each child at all times. Swim diapers are required. Plastic pants and a lined suit are highly recommended. One parent/caregiver allowed to attend per class.

Location: H-F Racquet & Fitness Club

Fee: \$64 M / \$80 R / \$100 NR

Age	Dates	Day / Time	Code
0.6-3	Jan 15 - Feb 19	Sa 9:00 - 9:45 a	458304-01
4-6	Jan 15 - Feb 19	Sa 10:00 - 10:45 a	458304-03

STARFISH STROKE SCHOOL

After you have mastered all five colors of the Starfish Core Competencies, you are ready to develop and enhance your swimming techniques. Stroke School is designed to be the transitional program from swim lessons to a competitive swim team. Students will build up their endurance in the freestyle, backstroke, breaststroke and butterfly. One parent/caregiver allowed to attend per class.

Location: H-F Racquet & Fitness Club

Fee: \$67 M / \$84 R / \$105 NR

Age	Dates	Day / Time	Code
8-16	Jan 11 - Feb 15	Tu 6:00 - 6:45 p	458303-01

REGISTER ONLINE



Registering for your favorite fitness class has never been easier! Visit hfparks.com and use our new and improved online registration today!

YOUTH TENNIS PROGRAMS

COMMUNITY TENNIS

Come learn the sport of tennis with a loved one. Learn the fundamentals as well as tips on how to practice. One parent/guardian allowed to attend per class per athlete. Registration is per child for the youth session and registration is per adult for the adult session.

Location: H-F Racquet & Fitness Club
Fee: \$96 M / \$115 R / \$144 NR

Age	Dates	Day / Time	Code
11-14	Jan 11 - Feb 15	Tu 5:00 - 6:00 p	452116-01
19+	Jan 11 - Feb 15	Tu 6:00 - 7:00 p	452116-02

DISCOVER TENNIS

Players that have never played tennis before or have very limited playing experience. Fundamental skills are taught and scoring and rally skills are emphasized.

Location: H-F Racquet & Fitness Club
Fee: \$96 M / \$115 R / \$144 NR

Age	Dates	Day / Time	Code
11-14	Jan 7 - Feb 11	F 5:00 - 6:00 p	452135-01
15-18	Jan 7 - Feb 11	F 6:00 - 7:00 p	452135-02



LITTLE STARS

Played on a 36' court, using foam or red balls, the class uses the USTA 10 and under format, focusing on motor skills, basic sending and receiving skills, and athletic development. Racquet size: up to 23".

Location: H-F Racquet & Fitness Club
Fee: \$96 M / \$115 R / \$144 NR

Age	Dates	Day / Time	Code
6-8	Jan 8 - Feb 12	Sa 9:00 - 10:00 a	452110-01
6-8	Jan 10 - Feb 14	M 4:30 - 5:30 p	452110-02

JUNIOR ACES

Played on a 60' court, using red to orange balls, the class uses the USTA 10 and under format. This player is learning to rally and developing modern stroke techniques. Racquet size: up to 25".

Location: H-F Racquet & Fitness Club
Fee: \$96 M / \$115 R / \$144 NR

Age	Dates	Day / Time	Code
8-10	Jan 8 - Feb 12	Sa 10:00 - 11:00 a	452120-01
8-10	Jan 10 - Feb 14	M 5:30 - 6:30 p	452120-02

RISING STARS

Reduced speed green dot tennis balls are used, so athletes can master longer rallies and proper ball control. Players learn how to properly position themselves to execute groundstrokes and volleys, hit with purpose, serve and ultimately sustain a rally of varying speed and duration. Court: 60' - 78'. Racquet size: up to 25".

Location: H-F Racquet & Fitness Club
Fee: \$96 M / \$115 R / \$144 NR

Age	Dates	Day / Time	Code
9-11	Jan 8 - Feb 12	Sa 11:00 a - 12:00 p	452130-01
9-11	Jan 8 - Feb 12	Sa 2:30 - 3:30 p	452130-02
9-11	Jan 10 - Feb 14	M 6:30 - 7:30 p	452130-03

WINTER BREAK TENNIS CAMP

Swing rhythm on the forehands and backhands are emphasized in our camp. Players are introduced to topspin, a variety of serve progressions, and the serve and the return of serve. The camp stresses cooperation and competition in many of the drills and play situations. Players are divided based on age and ability. Price is per day. No drop in or day of registration per CDC guidelines and registration must be completed 48 hrs. in advance. Players are to bring a racquet, mask, nut-free snack and water bottle to each class.

Location: H-F Racquet & Fitness Club
Fee: \$132 M / \$158 R / \$198 NR

Age	Dates	Day / Time	Code
7-12	Dec 20	M 9:00 a - 12:00 p	452252-01
7-12	Dec 21	Tu 9:00 a - 12:00 p	452252-02
7-12	Dec 22	W 9:00 a - 12:00 p	452252-03
7-12	Dec 23	Th 9:00 a - 12:00 p	452252-04



ALL-STARS

Stroke development, footwork, doubles and singles strategies will all be covered during the course of the session. Regular, yellow tennis balls are used to allow players to practice and improve their strokes. Court: Full-size. Racquet size: up to 27".

Location: H-F Racquet & Fitness Club
 Fee: \$96 M / \$115 R / \$144 NR

Age	Dates	Day / Time	Code
11-14	Jan 8 - Feb 12	Sa 12:00 - 1:00 p	452140-01
11-14	Jan 10 - Feb 14	M 7:30 - 8:30 p	452140-02

HIGH SCHOOL ELITE

Players are on or about to try-out for their high school team and are seeking consistency in their groundstroke, volleys and serve. This class will help players train for match play and tournaments. Call 708.799.1323 for more information.

Location: H-F Racquet & Fitness Club
 Fee: \$?? M / \$230 R / \$288 NR

Age	Dates	Day / Time	Code
13-18	Jan 3 - Feb 21	M 6:00 - 7:30 p	452230-01
13-18	Jan 6 - Feb 24	Th 4:00 - 6:00 p	452230-02
13-18	Jan 9 - Feb 27	Su 8:30 - 10:30 a	452230-03

racquet sports membership

Racquet Sports memberships include access to racquet sports.

Primary (ages 18 - 61)	\$231
<i>Add One</i>	\$430
<i>Add Two</i>	\$476
<i>Add Three</i>	\$510

Youth Indv. (ages 11- 17)	\$62
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Senior (ages 62+)	\$199
<i>Plus One Sr.</i>	\$398

Individual/Senior enrollment fees are \$49 and \$19 for each additional member.

Court Sports Daily Guest Fees:

\$9 / Adult • \$7 / Under 18



TENNIS DISCOUNTS

Sign up for two classes of any tennis program and receive a 10% discount or three days and receive a 15% discount. Minimum class enrollment is four players.

ADULT TENNIS PROGRAMS

START/RESTART TENNIS

If you are new to the game or returning to tennis, this class is for you. Focusing on fundamentals, drills and games. Designed for players with a National Tennis Rating Program (NTRP) of 1.0 – 1.5.

Location: H-F Racquet & Fitness Club

Fee: \$?? M / \$173 R / \$216 NR

Age	Dates	Day / Time	Code
19+	Jan 6 - Feb 10	Th 6:00 - 7:30 p	452320-01
19+	Jan 10 - Feb 14	M 1:00 - 2:30 p	452320-02

STAY IN THE GAME

Designed for players to refine their current knowledge of the game. Building on fundamental techniques, stroke mechanics and techniques, and court positioning. Designed for players with a National Tennis Rating Program (NTRP) of 2.0 – 2.5.

Location: H-F Racquet & Fitness Club

Fee: \$?? M / \$173 R / \$216 NR

Age	Dates	Day / Time	Code
19+	Jan 4 - Feb 8	Tu 1:00 - 2:30 p	452330-01
19+	Jan 4 - Feb 8	Tu 6:30 - 8:00 p	452330-03
19+	Jan 6 - Feb 10	Th 1:00 - 2:30 p	452330-02
19+	Jan 6 - Feb 10	Th 6:30 - 8:00 p	452330-04

STROKE OF THE WEEK

Need to fix that one stroke that is costing you matches or can't commit to a regular weekly class? This 60-minute class is for you with instruction and play. No class January 5 and 12.

Fee: \$17 M / \$21 R / \$27 NR (per clinic)

Sign up for the current month for a 10% discount. (Members only.)

Time: Tu 6 - 7 pm Code: [452517](#)

TENNIS STRATEGY & PLAY

Designed for players that want to get on court strategy tips for singles and doubles play. Participate in drills that are created to produce long rallies and enhance your game. This class will also touch on the mental part of tennis along with getting a workout that will improve your cardio and physical stamina.

Location: H-F Racquet & Fitness Club

Fee: \$?? M / \$173 R / \$216 NR

Age	Dates	Day / Time	Code
19+	Jan 5 - Feb 9	W 6:00 - 7:30 p	452518-01



ADULT DRILLS & PLAY

Players are able to sustain long rallies and are able to play singles or doubles matches. This program will consist of drills, strategy and games geared to improving skills and match play. Designed for players with a National Tennis Rating Program (NTRP) of 3.0+.

Location: H-F Racquet & Fitness Club

Fee: \$?? M / \$288 R / \$360 NR

Age	Dates	Day / Time	Code
19+	Jan 3 - Mar 7	M 11:00 am - 12:30 p	452340-01
19+	Jan 6 - Mar 10	Th 10:00 - 11:30 a	452340-02
19+	Jan 6 - Mar 10	Th 7:30 - 9:00 p	452340-03
19+	Jan 8 - Mar 12	Sa 12:30 - 2:00 p	452340-04

PICKLEBALL PRIMER

This class will cover the basics of pickleball rules, terminology and primary skills. Paddles and balls provided.

Location: H-F Racquet & Fitness Club

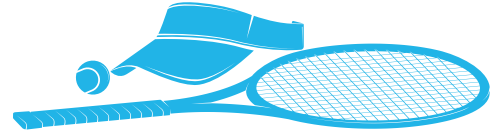
Fee: \$96 M / \$115 R / \$144 NR

Age	Dates	Day / Time	Code
19+	Jan 5 - Feb 9	W 5:30 - 6:30 p	452400-01





NTRP PLAYER RATING SCALE



1.0	This player is just starting to play tennis.
1.5	This player has limited playing experience and is still working primarily on getting the ball into play.
2.0	This player needs on-court experience. This player has obvious stroke weaknesses but is familiar with basic positions for singles and doubles play.
2.5	This player is learning to judge where the ball is going although court coverage is weak. This player can sustain a slow rally with other players of same ability.
3.0	This player is consistent when hitting medium pace shots, but is not comfortable with all strokes and lacks control when trying for directional intent, depth, or power.
3.5	This player has achieved improved stroke dependability and direction on moderate pace shots, but still lacks depth and variety. This player exhibits more aggressive net play, has improved court coverage and is developing teamwork in doubles.
4.0	This player has dependable strokes, including directional intent, on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. This player occasionally forces errors when serving and teamwork in doubles is evident.
4.5	This player has begun to master the use of power and spins and is beginning to handle pace, has sound footwork, can control depth of shots, and is beginning to vary tactics according to opponents. This player can hit first serves with power and accuracy and place the second serve and is able to rush the net successfully.
5.0	This player has good shot anticipation and frequently has an outstanding shot or attribute around which a game may be structured. This player can regularly hit winners or force errors off of short balls, can put away volleys, can successfully execute lobs, drop shots, half volleys and overhead smashes, and has good depth and spin on most second serves
5.5	This player has developed power and/or consistency as a major weapon. This player can vary strategies and styles of play in a competitive situation and hits dependable shots in a stress situation.
6.0 - 7.0	This player typically has had intensive training for national tournament competition at the junior level and collegiate levels and has obtained a sectional or national ranking.

PICKLEBALL OPEN PLAY

Bring some friends, pickleballs, and a paddle to work on your pickleball game. This open gym format, with no instructor, allows people to play at their own pace. Sign up through the Kourts app.

Mondays, 6-8 pm & Wednesdays, 11 am-1 pm
Fee: \$8 M / \$10 R / \$13 NR (per day)

TRAVEL TEAM LEAGUES

Represent the H-F Racquet & Fitness Club by joining our Illiana or Jack Barry in-house tennis leagues, playing against area clubs. You can also join our USTA league teams. Contact H-F Racquet & Fitness Club at 708.799.1323.

SETS IN THE CITY

Two-hour, social, recreational, fun in-house tennis doubles league that meets at varying times throughout the year. Sign up is through the Kourts app.

PRIVATE & SEMI-PRIVATE TENNIS LESSONS

Get serious about your game and try our private and semi-private year-round tennis lessons taught by professionally-trained staff. To arrange stop by the Welcome Center or call Brian Davis (Recreation Supervisor) at 708.799.1323 for lesson rates and tennis pro information.

Cancellation Policy: You are financially responsible for private lessons if you cancel less than 24 hours in advance.



Homewood-Flossmoor
ICE ARENA

777 Kedzie, Flossmoor, IL | 708.957.0100 | hfparks.com/hficearena



OFFICE HOURS

Call 708.957.0100 for current hours.

Main Arena

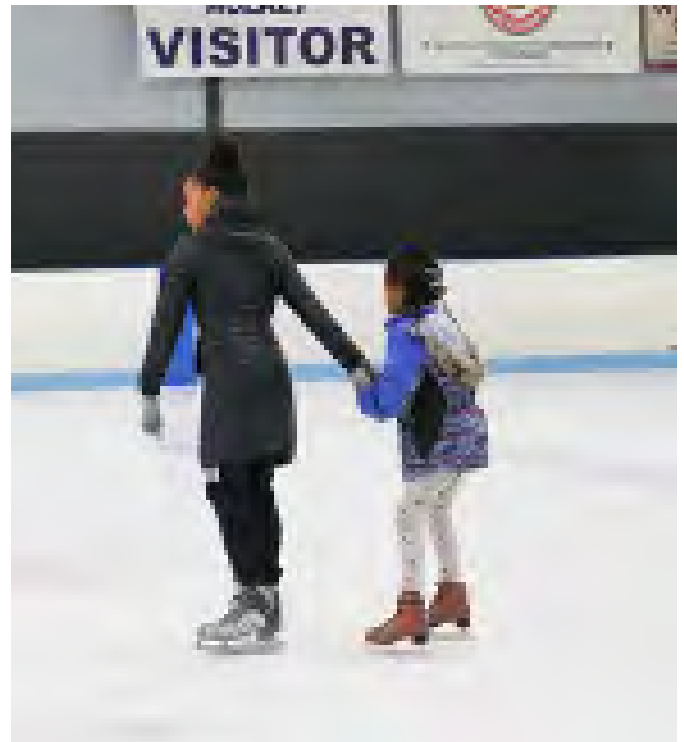
- Ice surface measures 200 ft. long by 85 ft. wide
 - A viewing area that comfortably seats 1,200
- This area hosts many of our lessons, synchronized skating teams, skating competitions, hockey leagues and practices, public skating sessions and special events throughout the year.

Studio Arena

- Ice surface measures 90 ft. long by 40 ft. wide
 - Available for private rentals
- This surface hosts many of our hockey and figure skating group and private lessons. H-F Ice Arena birthday parties are also held in the Studio Arena.

Public Skate

Please check hfparks.com for updated times.
Rat Hockey / Stick & Puck sessions will be announced on hfparks.com and Facebook.



PRIVATE LESSONS - FIGURE SKATING

For Figure skating lessons, please contact our Figure Skating Coordinator, Jonni Malizia. (jmalizia@hfparks.com)

Figure skating lessons should start for the beginning skaters looking to practice techniques outside of the normal class session. Students will receive more one-on-one interaction during these sessions that can help skaters bring their skills to a higher desired level. Private lessons for our figure skaters take place on our Freestyle ice and are scheduled accordingly with one of our coaches.

PRIVATE LESSONS - HOCKEY

For hockey lessons, please contact our Hockey Coordinator, Christopher Cimoch. (ccimoch@hfparks.com)

Hockey lessons are available for players in our hockey development classes and/or youth league. These lessons are for skaters interested in taking their game to the next level. Skaters will receive a more personal setting to help them work on different aspects of hockey that the skater may be having a hard time executing during a class session. Hockey lessons take place on Sunday mornings on our studio rink and will be scheduled accordingly with one of our coaches.



LEARN TO SKATE



LEARN TO SKATE 4-6

This class is designed for those interested in learning how to ice skate! Learn to Skate 4-6 includes the proper way to fall, get up, forward marching, gliding and balancing on the ice. Toys are used to encourage those who appear apprehensive.

Fee: \$82 R / \$92 NR

Age	Dates	Day / Time	Code
4-6	Jan 3 - Feb 21	M 5:30 - 6:00 p	476201-01
4-6	Jan 7 - Feb 25	F 5:15 - 5:45 p	476201-02
4-6	Jan 8 - Feb 26	Sa 9:00 - 9:30 a	476201-03

LEARN TO SKATE 7-12

This class is designed for those interested in learning how to ice skate! Learn to Skate 7-12 includes the proper way to fall, get up, advanced forward marching and gliding. This class also introduces backward skating, balancing on two feet, beginning forward swizzles and beginning snowplow stops on each foot.

Fee: \$82 R / \$92 NR

Age	Dates	Day / Time	Code
7-12	Jan 3 - Feb 21	M 6:15 - 6:45 p	476202-01
7-12	Jan 7 - Feb 25	F 6:00 - 6:30 p	476202-02
7-12	Jan 8 - Feb 26	Sa 9:45 - 10:15 a	476202-03

BEGINNER & BASIC SKILLS

Fee: \$118 R / \$128 NR

BEGINNER 1

Beginner 1 skaters will work on the following: skating forward across the ice, forward one-foot glides, advanced forward swizzles, beginning backward swizzles and more. Some skaters may repeat levels.

Age	Dates	Day / Time	Code
6-13	Jan 7 - Feb 25	F 6:40 - 7:25 p	476203-02
6-13	Jan 8 - Feb 26	Sa 12:30 - 1:15 p	476203-01

BEGINNER 2

Beginner 2 skaters will work on the following: scooter pushes, backward two-foot glides, rocking horse, advanced backward swizzles, two-foot turns from forward to backward in place and moving snowplow stop. Skaters may repeat levels.

Age	Dates	Day / Time	Code
6-13	Jan 7 - Feb 25	F 6:40 - 7:25 p	476204-02
6-13	Jan 8 - Feb 26	Sa 12:30 - 1:15 p	476204-01



BASIC 3

Basic Skills 3 will be a review of Beginner 1 & 2, in addition to other USFS maneuvers. This level includes forward stroking, forward pumps on a circle, moving forward to backward two-foot turns on a circle and more. Skaters may repeat levels.

Age	Dates	Day / Time	Code
6-13	Jan 8 - Feb 26	Sa 10:30 a - 11:15 p	476006-01

Every skater will progress at a different pace.
It's not uncommon for skaters to repeat
a level more than once.



BASIC 4

Basic Skills 4 includes more advanced glides in both forward and backward positions than Basic Skills 3. Skaters will be taught backward stroking, three-turns, backwards stops and more. Some skaters may repeat levels.

Age	Dates	Day / Time	Code
6-13	Jan 8 - Feb 26	Sa 11:30 a - 12:15 p	476007-01

BASIC 5

Skaters who are ready for Basic Skills 5 will learn backward cross overs, advanced backward glides and edges in addition to the entry of a one-foot spin. Other maneuvers will be introduced as well. Some skaters may repeat levels.

Age	Dates	Day / Time	Code
6-13	Jan 8 - Feb 26	Sa 11:30 a - 12:15 p	476008-01

BASIC 6

The skater who is ready for Basic Skills 6 has really made the commitment to skating. A Basic Skills 6 skater will be taught forward arabesques also known as spirals, T-stops, bunny hops, inside three-turns and more.

Age	Dates	Day / Time	Code
6-13	Jan 8 - Feb 26	Sa 11:30 a - 12:15 p	476009-01



Every skater will progress at a different pace. It's not uncommon for skaters to repeat a level more than once.

ADVANCED SKATING

Fee: \$118 R / \$128 NR

PRE-FREE SKATE

Skaters who are ready for Pre-Free Skate will learn how to transition from a forward position to a back position on one foot, be introduced to a proper land position, a forward pivot and more. Skills become polished in preparation for Free Skate. Some skaters may repeat levels.

Age	Dates	Day / Time	Code
6+	Jan 8 - Feb 26	Sa 10:30 - 11:15 a	476010-01

FREE SKATE 1

Congratulations, you made it to Free Skate! Skaters in Free Skate 1 will work on advanced forward stroking, forward edges, backwards three-turns and familiar jumps and spins. Skaters will be required to execute each required element with speed, grace and control. Additional practice is required.

Age	Dates	Day / Time	Code
6+	Jan 8 - Feb 26	Sa 10:30 - 11:15 a	476012-01

FREE SKATE 2

Free Skate 2 is designed to enhance your jump and spin skills. Skaters will be introduced to jump sequences, basic footwork and advanced patterns. Skaters are strongly encouraged to practice in addition to class time.

Age	Dates	Day / Time	Code
6+	Jan 8 - Feb 26	Sa 10:30 - 11:15 a	476013-01

FREE SKATE 3

A Free Skate 3 skater will be taught single jump combinations, backward figure eight patterns, backward spins and more. It is strongly recommended that students skate more than once a week.

Age	Dates	Day / Time	Code
6+	Jan 8 - Feb 26	Sa 10:30 - 11:15 a	476014-01

FREE SKATE 4

The Free Skate 4 class will include sit spins, loop jumps and loop jump combinations as well as spiral sequence patterns and more. Skaters may want to consider private lessons to help with their skills.

Age	Dates	Day / Time	Code
6+	Jan 8 - Feb 26	Sa 10:30 - 11:15 a	476015-01



FREE SKATE 5

Skaters in Free Skate 5 will learn Camel spins, flip jumps, advanced footwork and patterns as well as advanced jump sequences. Skaters will also be introduced to additional jump combinations from previous levels. Skaters should be practicing several times a week in addition to class time.

Age	Dates	Day / Time	Code
6+	Jan 8 - Feb 26	Sa 10:30 - 11:15 a	476016-01

FREE SKATE 6

Skaters in Free Skate 6 will learn more advanced footwork and patterns as well as advanced jump sequences. Skaters will also be introduced to additional advance jump combinations like previous levels. To maintain these skills skaters must practice several times a week.

Age	Dates	Day / Time	Code
6+	Jan 8 - Feb 26	Sa 10:30 - 11:15 a	476017-01



HOCKEY DEVELOPMENT

Prepare your skater for house league hockey! Boys and girls interested in starting house league in the Fall must pass Silver Hockey skills to play at the Mite level and Gold Hockey skills to play at the Squirt, Peewee, Bantam and Girls levels. Contact the Ice Arena if you are unsure as to which level to register your child. All classes require full hockey equipment. Pre-requisite: Skater must have passed a Learn to Skate class and must be able to skate unassisted.

Location: H-F Ice Arena
Fee: \$118 R / \$128 NR

PRE-HOCKEY

Age	Dates	Day / Time	Code
4-6	Jan 7 - Feb 25	F 5:15 - 6:00 p	477001-01

BRONZE HOCKEY

Age	Dates	Day / Time	Code
6-13	Jan 7 - Feb 25	F 5:15 - 6:00 p	477002-01

SILVER HOCKEY

Age	Dates	Day / Time	Code
6-13	Jan 7 - Feb 25	F 5:15 - 6:00 p	477003-01

GOLD HOCKEY

Age	Dates	Day / Time	Code
6-13	Jan 7 - Feb 25	F 5:15 - 6:00 p	477004-01



ADULT SKATING

Fee: \$118 R / \$128 NR

ADULT SKATING - BEGINNER

Beginner Adult Skating is for any skater age 13 and above. Skaters will be taught the basics of skating and the proper use of form. Skaters may be introduced to spins and basic jumps with proper technique and positioning. They will also be taught advanced one turns and transitions from forward to backwards.

Age	Dates	Day / Time	Code
13+	Jan 3 - Feb 21	M 7:15 - 8:00 p	476021-01



ADULT HOCKEY

Adults learn to skate, stickhandle, shoot, and all basic skills of hockey. A fun way to learn the game and get some exercise that cannot be matched.

Fee: \$118 R / \$128 NR

Age	Dates	Day / Time	Code
18+	Jan 6 - Feb 24	Th 8:15 - 9:15 p	477005-01



2X2 MANIA

2x2 Mania is a fast paced, exciting, and memorable mini game played on our studio arena intended for our youth league players. 12 skaters and 2 goalies compete each week on different teams in 2v2 action!

Fee: \$118

Age	Dates	Day / Time	Code
7-10	Jan 4 - Feb 22	Tu 5:15 - 6:15 p	477007-01
11-14	Jan 4 - Feb 22	Tu 6:15 - 7:15 p	477007-02

SKILLS AND DRILLS

Skills and Drills is a station based practice based on the USA Hockey ADM curriculum. Each week will have a primary focus on-on-one of the following areas: skating, shooting, stickhandling, and game situations.

Fee: \$118 R / \$128 NR

Age	Dates	Day / Time	Code
6-15	Jan 7 - Feb 25	F 6:20 - 7:20 p	477006-01

Homewood-Flossmoor Park District
Online Registration

Now It's Even Easier To Register For Programs!

- 1.) Visit HFPARKS.COM
- 2.) Select "Online Registration"
- 3.) Log In (Call us if you need your Web I.D.)
- 4.) Select Program & Checkout!

Make sure you have the latest version of your browser installed on your computer.

If you have any questions, please call at 708.957.0300



The Irons Oaks Environmental Learning Center is a joint project of the Homewood-Flossmoor and Olympia Fields Park Districts. Our thirty-eight acre nature preserve is home to a vast diversity of wildlife and habitat types. See beautiful woods, wildflowers, birds and furry friends along the way on our trails! Trails open to the public dawn to dusk.

OFFICE HOURS:

Office Closed. Call for appointment.

IRONS OAKS OFFERS:

- Corporate Outreach and Retreat
- Adventure Center
 - Teams Course
 - High Ropes Course
 - Climbing Tower & Crate Climbing
 - Power Pole
- Environmental Education
- Room Rentals
- Public Events and Programs

FAMILY FIELD TRIPS

Keep your family active and united this winter by taking a safe outdoor field trip at Irons Oaks. You and your family will learn, adventure and explore together in the great outdoors. Choose from one of the topics below or let us design something to meet your family's interests. These activities will rejuvenate both the mind and body. Times are flexible. Email ironsoaks@hfparks.com to set up your time.

Program Length: One-hour

Fee: \$30 for up to 4 family members.
\$5 per additional family member.

- **Trivia Hike:** Ages 5+ This is the perfect family field trip for families that like hiking and love trivia. We will take your family on a guided walk around Irons Oaks filled with nature fact and fiction. It is your goal to guess which facts are true and which ones are completely made up. The family member with the most right answers in the end wins!
- **Team Building:** Ages 5+ Work together to solve challenges and grow as a family. A facilitator will support your team through each of the exciting challenges.
- **Crate Stacking:** Ages 3+ This exciting activity unites your family as you encourage each other to stack and climb crates.
- **Ecology Hike:** All ages Refresh the mind while exploring the natural wonders of Irons Oaks through a guided nature hike. Enjoy the fresh air, sights and sounds of nature while hiking the forest.
- **Night Hike:** Ages 3+ Encourage your family to learn and feel safe in the outdoors after dark. Learn about nocturnal animals and how we can better develop our own senses and awareness of the dark.
- **Senses:** Ages 2+ Learn how to hone your senses to become more observant while exploring with your family.
- **Geocaching:** Ages 4+ Learn a new treasure hunt activity by exploring the woods for geocaches hidden throughout the forest. This activity requires a mobile device with the Geocaching app downloaded.
- **Cross Country Skiing or Snow Snowshoeing:** Ages 5+ Enjoy the beauty of the winter months by exploring the woods on skis or snowshoes. An instructor will accompany you on your adventure and share the history, different techniques, and the types of equipment along the way.
- **Skiing After Dark:** Explore the peaceful, cool, quiet forest after dark on skis.



CLIMBING TOWER RENTALS

Adventure closer to home this winter. Get your family or friends together and reserve the tower for two hours. This is great for scout groups, birthday parties and a family get together. Guidance from the IDPH and CDC for social distancing, handwashing and masks will be followed.

Program Length: 2 hours

Fee: \$180 R / \$225 NR for up to 15 people

CROSS COUNTRY SKIING

Try Cross Country Skiing This Winter!

Cross Country Skiing...

- Is a family friendly exercise based on natural movements, so it is easy to learn.
- Burns more calories per hour than any other sport, so it is a great way to get fit!
- Gets you out to enjoy nature's beauty and is one of the world's oldest sporting activities.

CROSS COUNTRY SKI RENTALS

Call for appointment to pick up. Ski rental is available when there is 4+ inches of snow.

Location: Irons Oaks Main Office

Fee: \$10 Lessons – call for an appointment
 \$10/one day rental
 \$15/weekend rental
 \$30/weekly rental



BOY SCOUTS

Tiger Cub - 1 hour programs- \$65 per group of 15

Backyard Jungle & Tigers in the Wild

Bear - 1.5 hour program - \$80 per group of 15

Furs, Feathers and Ferns

Webelos - 1.5 hour program - \$80 per group of 15

Into the Woods



GIRL SCOUTS

Daisy Scouts Petals- 1 hour programs- \$65 per group of 15

Red: Courageous and Strong

Green: Use Resources Wisely

Rose: Make the World a Better Place

Brownie Scouts - 1 hour programs- \$65 per group of 15

Bugs Badge (Legacy: Naturalist)

Senses Badge (It's Your Planet)

Junior Girl Scouts – 1.5 hour programs - \$80 per group of 15

Animal Habitats (It's Your Story)

Junior Detective

Eco Camper

Cadettes - 2 hour programs \$100 per group of 15

Trees Badge (Legacy)

Night Owl (It's Your Story)

Residents receive a \$10 discount per group.

Email ironsoaks@hfparks.com to register for on-site or virtual scouting programs. We will follow all scouting, IDPH and CDC guidelines for distancing, masks and handwashing. Invite us to your virtual meetings. We can lead many of these programs over Zoom and can also lead scouting skills like knot tying, shelter building, teambuilding and juggling. Let us know how we can help enhance your meetings!



HIGH ROPES COURSE

Irons Oaks has two unique high ropes courses that are situated approximately 30-35 feet off the ground. While traversing from one obstacle to the next, participants are encouraged to plan, take calculated risks, motivate each other, problem solve, communicate and assume a positive “can do” attitude.

Half Day Program (up to 4 hours): \$315 R / \$420 NR

Full Day Program with
Team Development (4 to 8 hours): \$430 R / \$575 NR

team building

The Irons Oaks Team Building Course is made up of a variety of low-to-the-ground activities and obstacles and is great for families too. Situated throughout 38 acres of beautiful old growth Oak trees, we provide a fantastic place to get outside and have fun with friends, co-workers and acquaintances. An Irons Oaks’ Facilitator will lead you through a customized program of four or eight hours as you build on team successes as well as process, grow and learn from your experiences. *All fees are per groups of 14. Maximum group size: 250 participants per day.*

Half Day Program (up to 4 hours)

Teams: Student / Family Rate \$230 R / \$305 NR

Full Day Program (4 to 8 hours)

Teams: Student / Family Rate \$430 R / \$575 NR

Teams and Ropes: Student / Family \$430 R / \$575 NR

Visit ironsoaks.com for corporate and not-for-profit corporate groups rates.

BIRTHDAY PARTIES

\$125: up to 12 participants

\$175: 15 - 30 participants

Climbing Birthday Parties –up to 14 participants
(2 hours...no inside space) - \$180

AMAZING ANIMALS: (AGES 3-9)

Discover the animal kingdom together through fun games. You’ll pretend to be a bat, bird, frog, and do other animal-based activities during this high-energy party. All games are cooperative based, so no one will be left out!

BUG BONANZA (AGES 3-9)

Does your child love bugs? Leave the creepy crawlies to us as we explore the world of insects by searching Irons Oaks for them. This party is full of buggy games and insect discovery. (April-October only)

WATER WONDERS (AGES 6-9)

Love the Water? We do too!! Explore the science and fun of water through activities and games. Spring, Summer and Fall parties can include a pond exploration.

NATURE GAMES (AGES 5-9)

Fun, fun and more fun while playing games with a nature-based twist! Have a blast with active, outside activities while learning about how things work in the natural world.

WINTER WONDERS (AGES 3-9)

Bring your friends to the best outdoor winter birthday party! We will have old-fashion fun in the snow while keeping the sloppy mess out of your parents’ house. No snow, no problem. We will still have winter fun!

ADVENTURE PARTIES:

Adventure Center’s Climbing-Adventure Party (all ages welcomed) Enjoy an outdoor climbing party. Climb our 40 foot rock climbing tower or set your eyes on the record books and try to beat our mark of 25 boxes with a unique, crate-climbing experience. Safe and fun for all ages; no indoor space included.

BIRTHDAY ADD-ONS:

Want s’more fun in the outdoors? Extend your program by 30 minutes and add a campfire. We supply the fire and roasting forks. Additional fee: \$30

Add 30 minutes to any party for an additional \$30. Advance reservations only please. Call 708.481.2330 for more information about our fees, policies, group size, times, and more.



GOOD TIMES & GREAT FOOD

800 Kedzie Avenue | Flossmoor, Illinois 708.957.8774 | WILEYSGRILL.COM



Meet Me By The Fire Rentals - Not only do we have fire pits but we have heaters for the porch as well! Reservations are required, as are masks.

WILEY'S

Open year round and open to the public, Wiley's prides itself on casual fair with a contemporary flair. A warm, inviting venue lends itself to not only comfortable dining, but a great place for special events and private parties.



CURBSIDE PICK-UP
708.957.8774

With our curbside pickup, you don't have to leave your car, and you can still receive your order in a safe and timely manner.



Wiley's will be at the Flossmoor Park Ice rink on **Fridays and Saturdays from 4 - 8 pm** with hot chocolate and smores available to purchase.



Are you longing to get together with friends/family but have Covid concerns? Meet Me By The Fire is Wiley's new outdoor option. Your 3-hour fire is maintained by our

staff while you dine, drink, chat and laugh. Due to limited availability, reserving your fire is required. The rate is \$20 for 3 hours plus a \$10 food/beverage minimum per person.

WILEYSGRILL.COM
OPEN ALL WINTER!





2022 Rover's Run Passes Go On Sale December 1st

rover's run DOG PARK

LOCATION

Rover's Run is located in Apollo Park near the 191st Street entrance, just three blocks east of Center Avenue.

MEMBERSHIP

Rover's Run is a membership-only dog park that is regulated by Cook County. Membership is open to residents and non-residents with friendly dogs that are fully immunized, dewormed, licensed and wearing tags. Membership applications are available at the Goldberg Center, Irwin Community Center and online at hfparks.com. Applications must be signed by a veterinarian and accompanied by a copy of your dog's current vaccinations. Upon registration, you will receive a member key card and dog tag.

Fee Description

\$30	Resident
\$45	Non Resident
\$5	Each Additional Dog
\$10	Replacement Key

FEATURES

Our 3-acre park features a large fenced area for running, a separate fenced-off training area with its own entrance, several benches, a walking path and an owner / doggie drinking fountain.

SPOT CHECKS

The Rover's Run membership tag must be worn on your dog's collar at all times while visiting the park. Cook County conducts random spot checks to ensure that only members are using the dog park. Individuals not in compliance with the membership requirements will be cited. The Homewood Police Department may also ticket for lack of membership tags.



facility rentals



THE CLUBHOUSE AT DOLPHIN LAKE

2700 W. 183rd Street, Homewood - 708.957.0300

A large event/meeting room, scenic view of Dolphin Lake, wrap-around deck and a catering kitchen with full table and chair set up. Audio visual equipment and other amenities are available. Capacity 120.



PARK PLACE IN FLOSSMOOR PARK

2523 Flossmoor Road, Flossmoor - 708.957.0300

Ideal for small gatherings! Scenic view, table and chair set up. Capacity 35



IRONS OAKS

Main building with one large room (capacity 80) that can be divided into two small rooms (capacity 40 each), a small kitchenette, full table and chair set up and an outdoor deck. The Discovery Center, located behind the main building on our grounds, offers a scenic, wooded setting for your event. Table and chair set up is provided. Capacity 70. Tent rentals also available.



IRWIN COMMUNITY CENTER

18120 S. Highland Avenue, Homewood - 708.957.7275

A variety of room sizes, a kitchen, full table and chair set up and sound system. Gazebo and bandshell rentals are also available. Capacity 150.



H-F RACQUET & FITNESS CLUB

2920 W. 183rd Street, Homewood - 708.799.1323

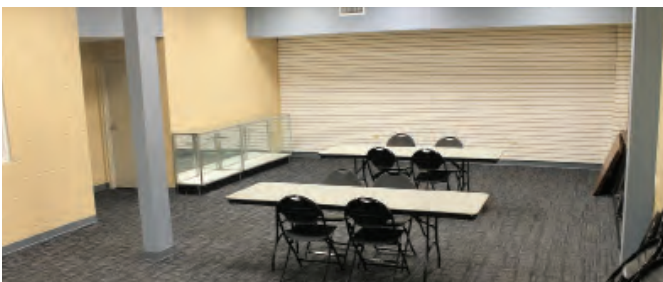
Conference room with table and chair set up. Audio visual equipment available. Food may be brought in. Capacity 50. Fitness studio with sound system, mirrored walls and wooden floors. Instructors available for an additional fee. Capacity 40.



H-F SPORTS COMPLEX

18211 S. Aberdeen Avenue, Homewood - 708.957.0300

The H-F Sports Complex offers a state-of-the-art gymnasium that can be set up for a variety of activities, the space includes two regulation basketball courts that can be divided by a curtain or three regulation volleyball courts. The gym may also be used to host youth soccer practices, floor hockey and dodgeball among other sporting events.



H-F ICE ARENA

777 Kedzie Avenue, Flossmoor - 708.957.0100

800 sq. ft. of space with table and chair set up. Audio visual equipment available. Capacity 45.



WILEY'S GRILL

800 Kedzie Avenue, Flossmoor - 708.957.8774

Full seating dining room with bar, fireplace and "The Porch." Audio visual equipment available. Private parties and events welcomed indoors and out. Capacity 150.

PARK PERMITS

Any group with 15 or more that wishes to use a park must purchase a permit. If your group wishes exclusive use of the shelter and or picnic tables at Goldberg, Hillcrest, Apollo, Leavitt, Patriots, Ballantrae, Irwin or Millennium Park, this request must be specified on the Park Permit form. All other park amenities (playgrounds, ball fields and water playground) are open to the public.

Picnic permits for all parks can be purchased at the Goldberg Center and the Irwin Community Center. A maximum of 50 people are permitted per rental except at Irwin Park, which can accommodate up to 100 people. Rental fees are \$25 R / \$50 NR per hour for all other parks. Fees for groups of 51 - 100 at Irwin Park are \$40 R / \$80 NR. Park permits go on sale March 1.

ATHLETIC FIELD RENTALS

The Homewood-Flossmoor Park District rents athletic fields to local teams in three hour time blocks. Rental fees are \$10/per hour for residents and \$40/per hour for nonresidents.. To reserve the field, teams must submit their rosters in advance. Subject to availability; for more information, please call 708.957.0300.



tree memorial program

How would you like a tree, sculpture, garden or even a bike rack be memorialized for your friend or loved one? Now it's possible with the Homewood-Flossmoor Park District Memorial Program. This is a gift that will benefit the community for years to come. The memorial is publicly recorded by the placement of an engraved plate on a special plaque at the District's Administration Center.

TREES

Trees may be selected from the district's recommended tree list, which consists of native trees that thrive in the Homewood-Flossmoor area.

- Trees such as oak, linden or hackberry trees - \$300
- Evergreen such as a spruce, fir or pine - \$350

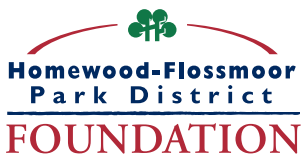
Donors are invited to attend the planting ceremony. A photograph of each donated tree is placed in a memorial book kept at the Administration Center

PARK EQUIPMENT

Another way to leave a legacy is through the purchase of park equipment such as a bench, a sculpture or bicycle racks. For an additional fee, donors may purchase a personalized plaque honoring your friend or loved one. This small plaque is placed at the tree's base or on the piece of park equipment.

- Park equipment such as sculptures or benches - price varies

For information on any of these memorials please contact Anne Brabec at the Goldberg Administration Center at 708.957.0300.



friends of the homewood-flossmoor park district

It is the mission of the Friends of the Homewood-Flossmoor Park District Park Foundation, in partnership with the Homewood-Flossmoor Park District, to advocate efforts in support of open space and park and recreation activities for the residents of the Homewood-Flossmoor community. The Foundation seeks to obtain funds and secure donations that will enhance the development of park facilities, operations and land acquisition.

The foundation was established in 1996 as a not-for-profit corporation organized and operated for the benefit of the Homewood-Flossmoor general public. The Foundation is an IRS 501 (c)(3) organization.

Charitable gifts may be made to the Park Foundation in cash, securities, life insurance or real estate. The donor may designate the purpose of the gift or gifts can be designated for the area of greatest need. Gifts may also be made in memory of a relative or friend. All gifts are deductible to the extent allowed under federal income, gift and estate tax laws. Call 708.957.0300 for information.

registration & policy information

ADA Conformity

The Homewood-Flossmoor Park District welcomes participation in all programs and activities by individuals with disabilities and special needs. The Homewood-Flossmoor Park District is committed to inclusion and providing public recreation services in the most integrated setting in which interaction between people with and without disabilities is provided to the maximum extent feasible. The Homewood-Flossmoor Park District works cooperatively with the South Suburban Special Recreation Association (SSSRA) to facilitate successful participation for participants who register for inclusive programming.

If you have a special need or request for reasonable accommodation in accordance with the Americans with Disabilities Act, and to assist Park District staff in addressing such need or request, we strongly urge you to contact the Park District in advance and in a timely manner. Please understand that failure to provide timely and appropriate notice of a special need and/or request for reasonable accommodation may result in a delay in registration. When feasible and appropriate, the Park District asks that requests for reasonable accommodation be made at least two weeks in advance of any activity or program.

Behavior Policy

To ensure safe and enjoyable programs and facilities for all residents, the Homewood-Flossmoor Park District has developed the following code of conduct when participating in programs and using facilities:

1. Show respect to all participants, staff, equipment, supplies and facilities.
2. Refrain from using offensive or profane language.
3. Refrain from aggressive behavior that could cause bodily harm.

The park district reserves the right to dismiss a participant from a program if their behavior or language is deemed inappropriate by staff. Homewood-Flossmoor Park District applies a caring and positive approach to discipline, yet reserves the right to dismiss a participant whose behavior endangers the safety of others or causes property damage.

Late Pick-Up & Dismissal

A late fee may be enforced for any park district program that involves the pickup and drop-off of program participants.

1. The late fee is \$10 beginning ten minutes after dismissal time and \$1 for every minute thereafter.
2. The late fee must be paid within 24- hours.
3. After four late arrivals of fifteen minutes or more, the Recreation staff may dismiss the participant from the program with supervisory approval.
4. This policy will be enforced for programs that take place throughout the entire year.

General Information

1. Adult programs are open to high school students (age 16+), unless otherwise stated.
2. Participant safety is a priority. All Homewood-Flossmoor Park District employees and instructors undergo an Illinois State Police criminal background check upon employment.
3. The Homewood-Flossmoor Park District assumes no responsibility for personal injuries or loss of personal property while attending a sponsored activity or facility.
4. When Homewood-Flossmoor District programs are scheduled at school facilities, school programs have priority. On school holidays, programs in schools will be cancelled and made up at the end of the session. See program descriptions for cancelled dates.
5. Foreign exchange students in School Districts 153, 161 and 233 are allowed free admission to all programs except where a contractual service is involved.
6. Participants who display inappropriate or potentially harmful behavior will be asked to leave the program or facility. Refunds will not be given.

7. The Homewood-Flossmoor Park District has a financial assistance program. Call 708.957.0300 for details.
8. Homewood-Flossmoor Park District programs and events have priority over other rentals in all Homewood-Flossmoor Park District facilities.

Registration Policies

1. Proof of residency will be verified before resident rates can be accepted. To verify residency, you will be asked to provide a photo ID and current utility bill and, if registering dependents, the top half of your most recent 1040 tax return, birth certificate or custody papers. Additional proof may be required in some circumstances.
2. Because of the Park District's high use of school facilities, the District has extended to all residents of School Districts 153, 161 and 233 resident rates only for any recreation program held in a school facility.
3. In general, out-of-district residents may register for programs at a 25% higher fee.
4. Classes may be cancelled due to insufficient enrollment.
5. Non Resident registration will be processed one week after resident registration. *Process time subjected to change.
6. Participants may be required at any time to provide reasonable proof of age, residency or dependency.
7. Fees will not be prorated when registering for a class if the class session has started.
8. \$25 will be charged for returned checks.
9. If you are unable to make a private lesson, you must give 24-hour notice. With less than 24-hour notice, you will be charged.
10. For certain programs, a late registration fee may be charged.

Recreation Refunds

1. If any program is cancelled by the Homewood-Flossmoor Park District, the participant will receive a full refund.
2. A \$5 per program session service charge will be deducted from all refunds over \$5 except when a doctors note is presented.
3. Participants will be allowed to attend the first two classes and receive a prorated refund. Refunds will not be issued for cancellations after the second date of the program.
4. No refunds will be given on trips and one day programs with fewer than one business day notice.
5. Refunds are issued approximately seven business days after program cancellation. Call 708.957.0300 for more information.

Photo / Video Policy

Registrants and participants of programs and events permit the Homewood-Flossmoor Park District and its affiliates to take photos and videos of themselves and their children for publication in the brochure, website and additional uses the district deems necessary, unless the registrant or participant expressly files with the district a written objection as to photos / videos of themselves and / or their children.

Dolphin Lake Precaution

Swimming and ice skating are not allowed at Dolphin Lake. Dolphin Lake's constant undercurrent is dangerous regardless of the season. Conditions are never safe for swimming or ice skating.

Fishing Regulations











All persons fishing on Homewood-Flossmoor Park District property must possess both a State of Illinois fishing license (unless exempt under state laws) and a Homewood-Flossmoor Park District fishing permit. Permits can be purchased at the Goldberg Center, Irwin Center or Irons Oaks for \$5 R / \$15 NR. Fishing limits are: Large Mouth Bass - catch and release only; Walleye -18" minimum size limit, (2 fish limit per day); and Bluegill or Crappie - 6" minimum size limit (10 fish limit per day).

Dogs in Parks











In general, dogs are allowed in Homewood-Flossmoor Park District's parks. Dogs must be on an 8 ft. leash (per ordinance) and owners must clean up after their pet (s). Dogs are not allowed at Irons Oaks or at outdoor special events.

HOMEWOOD - FLOSSMOOR facilities & park locations









HOMEWOOD

- Apollo Park** (31.75 acres) 
Morgan Street & Bowling Green Road
Walking / Bike Path, Sand Volleyball
Courts, Playground, Ball Fields, Football
Field, Picnic Area with BBQ, Playfield &
Soccer Fields
- Butterfield Park** (26 acres) 
Center Avenue & Center Court
Bike & Walking Paths
- Cedar Park** (.3 acres) 
Highland Avenue & Cedar Road
Playground
- Dolphin Lake Park** (8.5 acres) 
183rd Street & Governors Highway
• 708.957.0300
Clubhouse, Fishing & Meeting Rooms
- eXtreme Scene Skate Park** (1 acre)
18350 Harwood Avenue
Skateboard & In-Line Skating Area
- H-F Park District Auditorium**
2010 Chestnut
Basketball Court, Volleyball Court &
Theatre Stage
- H-F Racquet & Fitness Club** 
2920 W. 183rd Street • 708.799.1323
Fitness Center, Tennis Courts, Racquetball
Courts, Track, Lap Pool, Pro Shop & Child
Care
- H-F Sports Complex** 
18211 Aberdeen Street
Basketball Courts, Volleyball Courts &
Table Tennis Center
- Heritage Park** (2.5 acres)
Riegel Road & Idlewild Lane
Playground & Playfield
- Hillcrest Park** (10 acres) 
Locust Road & Rockwell Avenue
Playground, Ball Field, Picnic Area with
BBQ, Seasonal Sledding Hill, Playfield &
Soccer
- Hollydale Park** (4 acres) 
Turtlecreek Drive
Playground & Playfield
- Homewood Estates Park** (15.1 acres) 
18200 California Ave.
Playground, Ball Fields & Playfield
- Indian Trails Park** (4.6 acres) 
Riegel Road & Willow Road
Walking and Bike Path (1/2 mile) & Tennis
Courts

Irwin Park & Community Center (6 acres)

- 18120 S. Highland Avenue 
708-957-7275
Playground, Gazebo, Plaza Area, Fountain,
Ballfield, Playfield & Picnic Area
- Lions Club Park & Pool** (8.5 acres) 
1041 Ridge Road • 708.799.2223
Pool & Waterslide, Ball Field, Concessions,
Tennis & Playfield
- Millennium Park** (6.5 acres) 
18600 Harwood Avenue
Walking Path (4/10 mile), Moss Memorial
Garden, Splash Pad, Soccer Field, Roller
Hockey, Playground with Picnic Shelter
and BBQ & Nardoni Memorial Garden
- Orchard Park** (3 acres) 
1701 Olive Road
Playground, Tennis Courts, Ballfield &
Playfield
- Patriots Park** (11 acres) 
187th Street & Center Avenue
Playground, Walking Path (4/10 mile),
Ball Field, Picnic Shelter with BBQ, Soccer
Field & Disc Golf
- Pinewood Park** (5.5 acres) 
Hedgerow Lane & Fresno Avenue
Sand Volleyball Court, Soccer, Playground,
Ballfield & Playfield
- Rover's Run Dog Park** (3 acres) 
191st Street, two blocks East of Center
Avenue
Play Area & Doggie / Owner Water
Fountain
- Scandia Park** (1 acre) 
Hickory & Rockwell
Playground
- Tower Park** (.6 acre)
Pierce Avenue & Evergreen Road
Tot Lot
- Willowview Park** (5 acres) 
Highland Avenue & Willow Road
School Playground, Ballfield, Seasonal Ice
Skating and Sledding, Playfield & Soccer
- Woodborough Park** (8.75 acres) 
18402 Aberdeen Street
Walking and Bike Path (3/10 mile),
Soccer, Playground & Playfield
- ### OLYMPIA FIELDS
- Irons Oaks** (38 acres)
20000 Western Avenue • 708.481.2330
Walking Trails (1 1/2 miles), Picnic Area,
Nature Trails, Adventure Course, Meeting
Rooms & Cross Country Skiing

FLOSSMOOR

- Ballantrae Park** (6 acres) 
Antholl & Kinross Streets
Walking Path (3/10 mile), Playground,
Playfield & Picnic Shelter with BBQ
- Coyote Run Golf Course** (140 acres) 
800 Kedzie Avenue • 708.957.8700
18 Hole Golf Course, 3 Hole Learning
Course, Driving Range & Pro Shop
- Wiley's Grill at Coyote Run Golf Course** 
800 Kedzie Avenue • 708.957.8774
Restaurant, Bar, Scenic Patio and Private
Parties
- Flossmoor Hills Park** (.5 acres)
Hamlin Avenue & 188th Street
Walking Path (4/10 mile), Tennis Courts
& School Playground
- Flossmoor Park & Park Place**
(6.5 acres)
2523 Flossmoor Road
Park Place, School Playground, Ballfield,
Seasonal Ice Skating, Tennis Courts,
Meeting Rooms & Playfield
- Goldberg Administration** 
Center & Park (3.3 acres)
3301 Flossmoor Road • 708.957.0300
Walking Path (1/10 mile), Playground
& Picnic Area with BBQ
- H-F Ice Arena** 
777 Kedzie Avenue • 708.957.0100
Ice Rinks, Party Room, Pro Shop &
Concessions
- Heather Hill Park** (1 acre) 
Lawrence Crescent
Tennis Court & School Playground
- Highlands Park** (5 acres)
Crescent Drive & Kathleen Lane
Walking Path, Bike Path (2/10 mile),
Playground, Ball Field & Playfield
- Leavitt Park** (3.75 acres) 
1010 Leavitt Avenue
Perennial Garden, Gazebo, Playground,
Sculpture Park, Ballfield & Playfield
- Parks Department**
18900 S. Kedzie Avenue • 708.957.0280
- Pheasant Trails Park** (6 acres) 
Hanover Lane & Dixie Highway
Playground & Tennis Courts
- Pinehurst Park** (.5 acres)
1501 Tina Lane
Passive Recreation