



WINTER 2023

PROGRAM GUIDE



Register online at manhattanparks.org



RENTALS

Book early for your parties, meetings, weddings, tournaments, and corporate outings! See details and applications at manhattanparks.org/rentals.

2023 Rental Permits open January 3

- Pavilions
- Athletic Fields
- Indoor Rooms
- Photo Permits



TABLE OF CONTENTS

The Den Before & After School Program	2
Holiday Camps	3
Early Childhood & Family	6
Youth General	7
Dance	8
Tumbling	10
Youth Athletics	11
Youth Leagues	13
Fitness	14
Adult General	15
Events	15
Adult Trips	16
LWSRA	18
Registration Info	19



PROGRAM LOCATIONS

Hansen Community Center
397 South State Street

Central Park
110 South Park Street

Round Barn Farm
24115 U.S. 52

Anna McDonald School
200 2nd Street

Wilson Creek School
25440 S Gougar Road

MPD Athletic Complex
13303 Smith Road

Manhattan Park District Contact Info



Hansen Community Center
397 S. State, Manhattan, IL



815.478.3324



manhattanparks.org



mpd@manhattanparks.org



facebook.com/ManhattanParks



instagram.com/manhattanparkdistrict



THE DEN

Before & After School Program

The Den, Manhattan Park District's Before and After school program, is a comfortable, safe, and fun place for your student to spend time with friends, get homework done, and learn new games and activities.

The Den's curriculum is rooted in engaging and encouraging growth through positive social interaction, physical movement, and activity, and learning through play.

The Den is open to all K-5th grade students in District 114 and begins at 7:00 am and ends at 6:00 pm. The program takes place at the Hansen Community Center Market in dedicated Den classroom space. Students from Anna McDonald and Wilson Creek are bused to and from school via Lincoln-Way Transportation.

Early dismissal days and holiday camps are available for students needing care on those days. Holiday break camps are held at the Hansen Community Center during Thanksgiving Break, Winter Break, and Spring Break. See page 3 for Holiday Break Camps. Check out the full details and register online for holiday camps at manhattanparks.org.

Registration for The Den takes place entirely through the Procure online system. Find more details about The Den and a link to Procure at manhattanparks.org/theden.

Contact Senia Chavez at 815.478.3324 or schavez@manhattanparks.org with any questions about The Den, early dismissal days, or holiday break camps.



Summer Camp 2023

Summer camp registration is right around the corner! Watch for the full details for all our summer camps in the Spring-Summer 2023 Program Guide coming in early March. Registration opens March 5.

New for 2023! We've added a new camp this summer! Camp Coyote is now for ages 9-12, and we have added Camp Chipmunk for ages 5-8. Camp Chickadee will still offer a first camp experience for ages 3-5.





HOLIDAY CAMPS

Looking for a fun way to spend your holiday breaks? Play your days away at the Hansen Community Center! Each day will feature a new theme, games, and activities. Campers will enjoy holiday-themed projects and participate in various indoor and outdoor activities. Explore topics from science to art to sports and more!

Please send a peanut and tree nut-free lunch and snacks. Before and after camp care is available. Weather-appropriate shoes and coats are required.

Winter Break Camp

LOCATION: HCC MARKET

AGE: GRADES K-5

DAYS: TU, W, TH

<u>Class#</u>	<u>Dates</u>	<u>Camp</u>	<u>Time</u>	<u>R/NR</u>
101600-01	12/27-12/29	Camp	9 am-4 pm	\$100/\$105
101600-02	12/27-12-29	Before	7 am-9 am	\$25/\$30
101600-03	12/27-12/29	After	4 pm-6 pm	\$25/\$30
101601-01	1/3-1/5	Camp	9 am-4 pm	\$100/\$105
101601-02	1/3-1/5	Before	7 am-9 am	\$25/\$30
101601-03	1/3-1/5	After	4 pm-6 pm	\$25/\$30

Spring Break Camp

LOCATION: HCC MARKET

AGE: GRADES K-5

3-DAY CAMP: TU, W, TH

5-DAY CAMP: M-F

<u>Class#</u>	<u>Dates</u>	<u>Camp</u>	<u>Time</u>	<u>R/NR</u>
101620-01	4/4-4/6	3-day Camp	9 am-4 pm	\$100/\$105
101620-02	4/4-4/6	3-day Before	7-9 am	\$25/\$30
101620-03	4/4-4/6	3-day After	4-6 pm	\$25/\$30
101621-01	4/3-4/7	5-day Camp	9 am-4 pm	\$165/\$170
101621-02	4/3-4/7	5-day Before	7 am-9 pm	\$35/\$40
101621-03	4/3-4/7	5-day After	4-6pm	\$35/\$40



SPRING 2022 LEAGUES

**DEADLINE:
FEBRUARY 17**



See page 11 for full
league details.

Register online at
manhattanparks.org

BIG FUN FOR YOUR LITTLE ONE!

Plan your week with early childhood programs at MPD.

MONDAY

Pee Wee
Multi-Sport
9:30 am

TUESDAY

Music Together
9:00 & 10:00 am
Boogie time
11:15 am

WEDNESDAY

Pollywogs Play Days
9:30 am
Tumbling tots
4:30 pm

FRIDAY

Doodlebugs
10 am

SATURDAY

Pee Wee
Multi-Sport
10 am



CENTRAL PARK ICE RINK

open when weather allows



Green Flag

Skating is allowed



Red Flag

Skating is not allowed



Check ice status at bit.ly/MPDIceRink

EARLY CHILDHOOD & FAMILY

Music Together

LOCATION: HCC MARKET AGE: 0-5 YEARS
DAY: TU INSTRUCTOR: LORI FOSTER, MUSIC TOGETHER

Nurture your child's natural enthusiasm for music and movement with Music Together®! It is a fun, engaging, and musically diverse experience. The informal instructional style will soon have your entire family singing, dancing, and laughing together! Siblings under 8 months are free! Each family receives an illustrated songbook, a guide entitled "Music and Your Child", a professional CD, and exclusive code for downloading or streaming the current collection and access to additional musical activities in the exclusive Family Music Zone®. A new and exciting song collection is introduced every semester, which enrolled families can also play through the free Hello Everybody! mobile app. \$80 sibling discount. Children must be accompanied by an adult.

Class#	Dates	Time	R/NR
107300-01	1/10-3/14	9-9:45 am	\$165/\$170
107300-02	1/10-3/14	10-10:45 am	\$165/\$170

Doodlebugs

LOCATION: HCC MARKET AGE: 2-5 YEARS
DAY: F INSTRUCTOR: MPD STAFF

Get crafty with this hands-on arts and crafts class where participants will be able to explore a variety of mediums including drawing, painting, stamping, holiday crafts, and more! Join us for a NEW Doodlebugs Holiday session in December when our art projects will be themed for winter and the holiday season. Budding artists must be accompanied by an adult. No fee for infant siblings under the age of 1. Dress to get messy!

Class#	Dates	Time	R/NR
412100-03	12/9-12/16	10-10:45 am	\$10/\$15
112001-01	1/13-2/3	10-10:45 am	\$20/\$25
112001-02	2/17- 3/10	10-10:45 am	\$20/\$25

Holiday Singalong

NEW

LOCATION: HCC MARKET STUDIO
AGE: 8 MONTHS - 5 YEARS DAY: TU
INSTRUCTOR: MUSIC TOGETHER

Enjoy a holiday music experience that will have your family singing, dancing, and laughing together! There will be new songs as well as childhood favorites. Siblings 8 months and younger are free! No refunds issued after the first class.

Class#	Dates	Time	R/NR
407301-01	12/6-12/20	9-9:45 am	\$40/\$45
407301-02	12/6-12/20	10-10:45 am	\$40/\$45

Looking for more youth programs?

- Tumbling: Page 8
- Youth Athletics: Pages 9-11
- Easter Egg Hunt: Page 13

YOUTH

YumAppetit Cooking Academy

LOCATION: HCC VILLA AGE: 3-11 YEARS DAY: W
INSTRUCTOR: MACKENZIE O'CONNOR & MATTHEW AVANZADO

YumAppetit Cooking Academy has arrived! Celebrate the food of the spring holidays with MacKenzie and Matthew, a trained chef, by cooking up a party in this new program. This academy is the perfect place for your flourishing chef to develop their culinary skills. Students will explore the world of food and practice kitchen skills including measuring, mixing, and assembling seasonal treats and snacks. Parents of 3-5 year olds must stay with their child during class. Please bring an apron or wear clothes that can get messy.

Class#	Date	Menu	Time	R/NR
111300-01	2/8	Valentine Flavors	6-7 pm	\$25/\$30
111300-02	3/8	St. Patrick's Taste	6-7 pm	\$25/\$30

Magic Class

AGE: 5-12 YEARS INSTRUCTOR: GARY KANTOR
LOCATION: FRANKFORT PARK DISTRICT
FOUNDERS COMMUNITY CENTER

Join us for an evening filled with magic and mesmerizing tricks! You will discover how to amaze your family and friends with tricks and magic using ropes, coins, mind-reading, and more! These tricks look complex, but you'll learn how to become a magician in the blink of an eye. Children are grouped by age and learn popular tricks and age-appropriate skills. Returning magicians will experience different tricks at each session. All materials are provided and each student receives a magic kit to take home.

Class#	Date	Day	Time	R/NR
111003-01	2/15	TU	5-5:55 pm	\$22/\$27

Pollywogs Winter Play Days

LOCATION: HCC VILLA AGE: 1-5 YEARS
DAY: W INSTRUCTOR: MPD STAFF



Explore the great outdoors in Winter and early Spring! With new play days, we can have Pollywog fun all year long. Crafts in Winter? - yes. Nature Lesson and Stories in Winter? - yes! Outdoor adventures in Winter - YES! Join us in the Hansen Community Center to warm up and sign up for each of the play days this winter.

Class#	Date	Time	R/NR
110000-01	1/11	9:30-10:30 am	\$7/\$12
110000-02	2/1	9:30-10:30 am	\$7/\$12
110000-03	3/1	9:30-10:30 am	\$7/\$12



Horseback Riding Lessons

LOCATION: NOVA QUARTER HORSES
AGE: 7 & UP

Get up and go! It's time to ride at Nova Quarter Horses! Fun for all ages at any riding level, no previous experience is needed. Come out to learn both Western and English disciplines taught by our highly qualified trainers and instructors. We offer both an indoor and outdoor arena, so Nova can offer lessons year-round. A 5-lesson card includes 5 individual one-hour group lessons. Helmets are available at the parent's request. Once your lesson card is purchased, call Nova to schedule your lessons at (708) 479-3696. There is a limit of one 5-lesson card per family. Jeans and boots or hard-soled shoes are required.

Class#	R/NR
111106-01	\$260/\$265

DANCE

Boogie Time

Get your groove on! This 30-minute class is designed for children ages 1-3 years old, along with mom, dad, or guardian. The class will allow participants to discover movement, balance, rhythm and listening skills in a fun and easy way. The class covers basic stretches, balance, ballet steps, and movement across the floor. Participants should wear comfortable clothing and gym shoes. No fee for infant sibling under the age of one years old. No Class 2/21, 3/7 4/4.

AGE: 1-3 YEARS DAY: TU

Class#	Dates	Time	R/NR
112102-01	2/7-4/18	11:15-11:45 am	\$66/\$71

Beginning Dance

AGE: 3-5 YEARS

Young dancers will get a taste of ballet and other dance forms through play-based and formal exercises in this 30-minute class. Each class will feature basic steps and ways to move across the floor, short choreography combinations, and a movement game. Dancers must be toilet-trained prior to class registration. Please bring a water bottle to each class.

NEW! Did your tiny dancer miss the age cut-off for the Fall II session? We have added a non-recital class for you (Class #107111-04)!

No Class Mondays 2/20, 3/6, 4/3. No Class Tuesdays, 2/21, 3/7, 4/4.

Class#	Dates	Day	Time	R/NR
107111-01	2/6-4/24	M	4:30-5 pm	\$75/\$80
107111-02	2/7-4/25	TU	5:30-6 pm	\$75/\$80
107111-03	2/7-4/25	TU	6-6:30 pm	\$75/\$80
107111-04*	2/7-4/25	TU	4-4:30 pm	\$75/\$80 *Non-recital class

Ballet-Modern Jazz Combo

DAY: M

Young dancers will get a taste of all dance styles and techniques in this class. Dancers are encouraged to maintain their skills and to have fun as we learn steps and choreography at the ballet barre, across the floor, and in the center. This class is open to new and continuing dancers. Please bring a water bottle and wear comfortable clothing and bare feet, grippy socks, dance shoes, or gym shoes to class. No Class 2/20, 3/6, 4/3.

Class#	Age	Dates	Time	R/NR
107100-01	5 years	2/6-4/24	5-5:45 pm	\$85/\$90
107100-02	6 & up	2/6-4/24	5:45-6:30 pm	\$85/\$90



All dance programs take place in the HCC Market Dance Studio. All MPD Dance programs are instructed by Jenn Raleigh.

RECITAL INFO

Our dance program will culminate in an annual recital at Lincoln-Way West High School on Sunday, April 30, 2023 (mandatory rehearsal on Thursday, April 28, 2023). Dancers must be registered and participate in Fall Session II and Winter Session I to participate in the recital. Additional fees for the recital and costumes will be assessed in the late fall/winter.

See pages 12-13 for Adult Dance Fitness Classes including Zumba and Country Line Dancing.

DANCE

Modern Jazz-Hip Hop Combo

AGE: 7-10 YEARS DAY: M

Young dancers will get a taste of all dance styles and techniques in this class. Dancers are encouraged to maintain their skills and to have fun as we learn steps and choreography at the ballet barre, across the floor, and in the center. This class is open to new and continuing dancers. Please bring a water bottle and wear comfortable clothing and bare feet, grippy socks, dance shoes, or gym shoes to class. No Class 2/20, 3/6, 4/3.

Class#	Dates	Time	R/NR
107104-01	2/6-4/24	6:30-7:15 pm	\$85/\$90

Modern Jazz Technique

AGE: 7 & UP DAY: TU

Dancers will find their groove through informal warm-up dances, repetitive steps, and choreography combinations. Song requests will be taken each week as we learn formal modern and jazz dance elements! Please bring a water bottle and wear comfortable clothing and bare feet, grippy socks, dance shoes, or gym shoes to class. No Class 2/21, 3/7 4/4.

Class#	Date	Time	R/NR
107102-01	2/7-4/25	4:45-5:30 pm	\$85/\$90




Irish Dance

LOCATION: SULLIVAN SCHOOL OF IRISH DANCE
13923 E ILLINOIS HWY, NEW LENOX
AGE: 4-10 YEARS DAY: M
INSTRUCTOR: EILISH SULLIVAN

Irish dancing is an art form that children love to learn. Boys and girls will discover the basics of Irish Dance, learning the proper techniques of movement set to the rhythm of Irish music. They will not only learn new steps, but they will make lifelong friends in the process. Program attire consists of basic dance shoes and flexible clothing. No Class 2/20.

Class#	Dates	Time	R/NR
107130-01	1/23-2/27	4-4:30 pm	\$76/\$81

Welcome to our new Tumbling program:
Ultimate Force Cheer & Tumbling!

Instructor/Owner Kim Scherp has been coaching cheerleading and tumbling for over 30 years. Kim was a professional Chicago Bulls cheerleader and the coach for the Jr. Luvabulls dance program. Since then Kim has gone on to teach cheer and tumbling to children of all ages and skill levels, from pure beginners to competitive high school cheerleading teams, performing at the Citrus Bowl and winning numerous National and Grand National titles along the way!

TUMBLING

Tumbling Tots



AGE: 3-5 YEARS DAY: W LOCATION: HCC MARKET STUDIO
INSTRUCTOR: ULTIMATE FORCE CHEER & TUMBLING

This introductory class provides children with the opportunity to explore and experiment with their bodies and abilities all on their own, but still have the guidance and support of parents and instructors leading the way. Children will have the chance to listen, learn, and explore in this fun introductory class. All children under 5 must start with this class before moving to Level 1.

Class#	Dates	Time	R/NR
105130-01	1/11-2/8	4:30-5:20 pm	\$115/\$120
105130-02	2/22-3/22	4:30-5:20 pm	\$115/\$120

Tumbling Level 1



AGE: 6 & UP DAY: W LOCATION: HCC MARKET STUDIO
INSTRUCTOR: ULTIMATE FORCE CHEER & TUMBLING

Level 1 Tumbling is the perfect class for beginners of all ages. This class will focus on beginning skills such as cartwheels, bridges, forward and backward rolls, handstands, bridge kick overs, walkovers, handstand rolls, and round-offs. Class is split into beginner and advanced sections progressing and working at the same time before graduating to Level 2. All children over 5 must start in Level 1 before moving into Level 2.

Class#	Dates	Time	R/NR
105131-01	1/11-2/8	5:30-6:20 pm	\$115/\$120
105131-02	2/22-3/22	5:30-6:20 pm	\$115/\$120

Tumbling Level 2



AGE: 6 & UP DAY: W LOCATION: HCC MARKET STUDIO
INSTRUCTOR: ULTIMATE FORCE CHEER & TUMBLING

Level 2 Tumbling is for the athlete that has all their level 1 skills mastered and are ready to take the next step. Level 2 skills include back handsprings, step outs, roundoffs and begins to work these skills into both standing and walking combinations.

Class#	Dates	Time	R/NR
105132-01	1/11-2/8	6:30-7:20 pm	\$115/\$120
105132-02	2/22-3/22	6:30-7:20 pm	\$115/\$120

YOUTH ATHLETICS

Floor Hockey

LOCATION: ANNA MCDONALD GYM DAY: M
INSTRUCTOR: COACH ELI

The floor hockey program is designed for beginner and intermediate players. Players will learn and develop fundamental hockey skills, such as stick handling, passing, and shooting, through a variety of drills, games, and scrimmages. Participants should wear athletic clothing and gym shoes and bring a water bottle to each class. No class 1/16 and 3/6.

Class#	Age	Dates	Time	R/NR
105112-01	4-6 years	1/9-2/13	5:30-6:15 pm	\$35/\$40
105112-02	7-12 years	1/9-2/13	6:30-7:30 pm	\$42/\$47
105112-03	4-6 years	2/27-3/27	5:30-6:15 pm	\$28/\$33
105112-04	7-12 years	2/27-3/27	6:30-7:30 pm	\$33/\$38

Karate

LOCATION: HCC VILLA DAY: TU
INSTRUCTOR: SENSEI PEGGY MITCHELL AGES: 4-12 YEARS

Learn karate with Sensei Peggy Mitchell, a nationally and internationally certified martial arts instructor with a master's rank. Karate is an art of self-defense, where discipline and self-control are emphasized. This class touches on jiu jitsu, taekwondo and goju. Progression from one belt to the next is determined by training hours as well as performance. Please bring a water bottle to class.

Class#	Date	Time	R/NR
105110-01	1/10-2/7	6-7 pm	\$33/\$38
105110-02	2/21-3/28	6-7 pm	\$40/\$45

Winter Baseball Camp

LOCATION: WILSON CREEK GYM DAY: TU
INSTRUCTOR: COACH ELI

Spring training is right around the corner! Get your child ready for the upcoming Baseball season with this winter tune-up that teaches the fundamentals of fielding, catching, throwing, hitting and base running. Prepare for the upcoming season and make new friends with this great winter program! Note: Parents participation encouraged for 4-6yr. All ages must provide their own glove. NO CLEATS, gym shoes only!

Class#	Age	Dates	Time	R/NR
105113-01	4-6 years	1/10-2/7	5:30-6:15 pm	\$35/\$40
105113-02	7-12 years	1/10-2/7	6:30-7:30 pm	\$42/\$47
105113-03	4-6 years	2/21-3/28	5:30-6:15 pm	\$42/\$47
105113-04	7-12 years	2/21-3/28	6:30-7:30 pm	\$50/\$55



Pickleball

LOCATION: ANNA MCDONALD GYM
AGE: 6-12 YEARS DAY: SA
INSTRUCTOR: COACH ELI R/NR: \$42/\$48

Pickleball is a hot new game sweeping the nation, and it is dill-lightful. Very similar to Badminton, Tennis or Ping Pong, Pickleball is played 1v1 or 2v2 on a smaller court with slightly modified rules to bring the same fast paced action to the small court. Participants should wear athletic clothing, gym shoes and bring a water bottle to each class. If you have a beach paddle at home, feel free to bring it to use.

Class#	Dates	Time	R/NR
105129-01	1/14-2/11	12:15-1:15 pm	\$42/\$47
105129-02	2/25-3/25	12:15-1:15 pm	\$42/\$47

YOUTH ATHLETICS



Basketballers

NEW

LOCATION: ANNA MCDONALD GYM DAY: W
INSTRUCTOR: COACH ELI

Join coach Eli for this fun class for beginner and experienced ballers. Participants will learn and work on developing basic skills like dribbling, shooting, passing and how to apply those skills in game situations. Participants should bring a water bottle, appropriate clothing and closed toed gym shoes. Can bring own ball or use park district equipment.

Class#	Age	Dates	Time	R/NR
105128-01	4-6 years	1/11-2/8	5:30-6:15 pm	\$35/\$40
105128-02	7-12 years	1/11-2/8	6:30-7:30 pm	\$42/\$47
105128-03	4-6 years	2/22-3/29	5:30-6:15 pm	\$42/\$47
105128-04	7-12 years	2/22-3/29	6:30-7:30 pm	\$50/\$55

Winter Soccer Camp

LOCATION: WILSON CREEK GYM DAY: TH
INSTRUCTOR: COACH ELI

Get off on the right foot for the Spring season with this great program for both beginners and intermediate players. Focusing on dribbling, passing, shooting, and ball control, this class will work on fundamental skills to get ready for the upcoming season. No cleats indoors! Regular gym shoes only!

Class#	Age	Dates	Time	R/NR
105114-01	4-6 years	1/12-2/9	5:30-6:15 pm	\$35/\$40
105114-02	7-12 years	1/12-2/9	6:30-7:30 pm	\$42/\$47
105114-03	4-6 years	2/23-3/30	5:30-6:15 pm	\$42/\$47
105114-04	7-12 years	2/23-3/30	6:30-7:30 pm	\$50/\$55

Youth Multi Sport

LOCATION: ANNA MCDONALD GYM
DAY: SA AGES: 7-12 YEARS
INSTRUCTOR: COACH ELI R/NR: \$35/\$40

This class will introduce young children to a variety of sports through fun and engaging drills and games emphasizing balance, body movement, hand-eye coordination, listening and following directions. Participants should wear comfortable clothes, athletic shoes and should bring a water bottle to each class.

Class	Dates	Time
105109-01	1/14-2/11	11-11:45 am
105109-02	2/25-3/25	11-11:45 am

Pee Wee Multi Sport

AGES: 3-6 YEARS INSTRUCTOR: COACH ELI

This class will introduce young children to a variety of sports through fun and engaging drills and games emphasizing balance, body movement, hand-eye coordination, listening and following directions. Participants should wear comfortable clothes, athletic shoes and should bring a water bottle with them to each class. This class features parent participation. No Class 1/16 and 3/6.

Class#	Day	Dates	Time	Location	R/NR
105108-01	M	1/9-2/13	9:30-10:15 am	HCC Market	\$35/\$40
105108-02	SA	1/14-2/11	10-10:45 am	Anna McDonald Gym	\$35/\$40
105108-03	M	2/27-3/27	9:30-10:15 am	HCC Market	\$28/\$33
105108-04	SA	2/25-3/25	10-10:45 am	Anna McDonald Gym	\$35/\$40

YOUTH LEAGUES

League Registration
Deadline: February 17

MPD T-ball League

LOCATION: MPD ATHLETIC COMPLEX AGES: 4-6 YEARS

Join our co-ed instructional T-ball league! This league teaches the fundamentals to inspire all young players, as well as help develop the next level of baseball and softball skills. Practices begin in April, followed by 8 weeks of games beginning in late April. Players receive a uniform, hat, and end-of-season medal. Participants supply their own glove. The age cutoff date is 8/31/22.

Class#	R/NR
204102-01	\$80/\$85

Route 66 Baseball League

PRACTICE LOCATION: CENTRAL PARK & ROUND BARN FARM

MPD is once again partnering with the Wilmington and Elwood Baseball organizations for the Route 66 Co-Ed Baseball League! Teams will begin practicing in late March, begin playing games in late April, and will end with a postseason tournament in late June. Games will be played in Manhattan, Elwood, and Wilmington. Players should register for their age division based on the players age as of 8/31/22. Player evaluations will be held on March 4.

Class#	Division	Age	R/NR
204101-01	Pinto	7-8 years	\$160/\$165
204101-02	Mustang	9-10 years	\$160/\$165
204101-03	Bronco	11-12 years	\$160/\$165

Mavericks Soccer League

PRACTICE LOCATION: MPD ATHLETIC COMPLEX

MPD Mavericks Soccer is once again partnering with the Mokena Park District for another great season! This recreational league focuses on teaching fundamental skills to beginner and novice youth players ages 4 years – 8th grade. Utilizing small-sided games, this program is designed to maximize opportunities for touches on the ball and active playing time for each player, both of which are key to overall player development. Teams practice during the week and will begin in late March followed by 8 weeks of games beginning in late April and ending by the end of June. Player evaluations will be held March 5.

Class#	Age	R/NR
204103-01	4 years-K	\$90/\$95
204103-02	Grades 1-2	\$120/\$125
204103-03	Grades 3-4	\$120/\$125
204103-04	Grades 5-6	\$120/\$125
204103-05	Grades 7-8	\$120/\$125



League FAQ's

Q: When will my practice be?

A: Practice days and times are set by team coaches. Once team coaches have been assigned and have scheduled their practices, players will be notified.

Q: How do I volunteer to be a coach?

A. Contact Jake Kaplan at jkaplan@manhattanparks.org or 815.478.3324. Volunteer coaches will receive a 10% refund on their league fees once selected as a coach.

Q. Can I request a team/coach?

A. No. Rosters are randomly selected, although we will attempt to honor one carpool request if possible.



ZUMBA



LOCATION: HCC MARKET STUDIO
DAY: F AGES: 13 & UP
INSTRUCTOR: CARISSA PAVLIK

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check! Please bring a water bottle and towel to class. Participants under 16 MUST be accompanied by an adult.

Class	Dates	Time	R/NR
106502-01	1/13-2/17	7-8 pm	\$75/\$80
106502-02	3/3-3/31	7-8 pm	\$63/\$68

FITNESS

Yoga

NEW

LOCATION: HCC MARKET STUDIO DAY: M
INSTRUCTOR: JENN RALEIGH AGE: 13 & UP

Turn your mind off after a long day and take care of yourself with the mental and physical benefits of our Yoga classes with instructor Jenn Raleigh! Students will gain strength, flexibility, focus, and stamina through active Vinyasa flows and postures in this practice. Each participant will be encouraged to move to their own rhythm and breathe throughout each class. Please bring a sticky mat and water to each class. No Class 1/16 and 3/6. Note: Participants under 16 MUST be accompanied by an adult.

Class#	Dates	Time	R/NR
106500-01	1/9-2/13	7:30-8:30 pm	\$40/\$45
106500-02	2/27-3/27	7:30-8:30 pm	\$32/\$37

Pilates

LOCATION: HCC MARKET STUDIO DAY: TU
INSTRUCTOR: JENN RALEIGH AGE: 13 & UP

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. Participants will work all parts of the core through classical Pilates mat-work conditioning techniques and progressions. This class can be adjusted to fit any fitness level or even during injury recovery. Please bring a mat, water bottle and wear comfortable clothing to class. No Class 1/17, 3/7. Participants under 16 MUST be accompanied by an adult.

Class#	Dates	Time	R/NR
106506-01	1/10-2/14	6:45-7:15 pm	\$40/\$45
106506-02	2/28-3/28	6:45-7:15 pm	\$32/\$37

AMPD Cardio Kickboxing

LOCATION: HCC MARKET STUDIO DAY: F
INSTRUCTOR: CARISSA PAVLIK AGES: 13 & UP

AMPD Kickboxing combines various kickboxing, boxing, and mixed martial arts movements with great music to create a fun, full-body workout that anyone can do! We use the rhythm, speed, and phrasing of the music to execute punching, kicking, blocking and combination sequences in a safe and effective manner. AND we throw in some bodyweight strength training and core work to make sure your body is prepared for anything that comes at you! Please bring a water bottle and towel to class. Participants under 16 MUST be accompanied by an adult.

Class#	Dates	Time	R/NR
106507-01	1/13-2/17	6-7 pm	\$75/\$80
106507-02	3/3-3/31	6-7 pm	\$63/\$68

FITNESS

Country Line Dancing

LOCATION: HCC MARKET STUDIO DAY: TH
INSTRUCTOR: CARISSA PAVLIK AGE: 50+

Looking to stay active, meet new people and have fun? Do you like to dance but don't have a partner? Join us for Country Line Dancing, where we'll introduce simple patterns of steps and shuffles that repeat throughout each song to keep you moving and exercising to the beat! Dances are simple enough for beginners to learn and can be done at your own pace and abilities.

Class#	Dates	Time	R/NR
106508-01	1/12-2/16	9:45-10:30 am	\$60/\$65
106508-02	3/2-3/30	9:45-10:30 am	\$50/\$55



ADULT PROGRAMS

Adult Afternoon Movie

LOCATION: HCC MARKET STUDIO AGE: 18 & UP
DAY: W

Come out to Hansen Community Center for a Wednesday matinee and break up the February humdrum with a screening of The Sting with Robert Redford and Paul Newman. Come out and watch this classic with us. No registration necessary.

Date	Time	R/NR
2/10	10 am	Free!

Manhattan Luncheons

Join the Village of Manhattan, Manhattan Township, and the Manhattan Park District for lunch and an engaging presentation. Please RSVP to slewis@vilageofmanhattan.org. Open to Manhattan residents ages 55 and up.

2023 Manhattan Luncheon Dates

March 22 September 27
June 28 December 6

EVENTS

Easter Egg Hunt

LOCATION: CENTRAL PARK MAIN PAVILION
DAY: SA AGES: 2-10 YEARS

The Bunny is back again and so are the eggs! Bring your basket to hunt for eggs hidden away at Central Park. Children must be accompanied by an adult. This event is free, but registration is required, and space is very limited. Register early!

Class#	Date	Time
113000-01	4/1	9 am
113000-02	4/1	10 am



2023

ADULT TRIPS

Cape Cod & the Islands

July 22-27 (7 days)

Head Out to Cape Cod for a 7-day trip! Your trip includes 1 night in Boston with a Boston City Tour, and visits to Faneuil Hall Marketplace, Plymouth Plantation, Mayflower II, and Plymouth Rock. From Boston, the trip continues to a tour of Martha's Vineyard, a visit to Nantucket Island, the Nantucket Whaling Museum, Provincetown, a cranberry bog, Cape Cod National Seashore, Newport, Rhode Island, and Breakers Mansion. Your adventure culminates with a farewell New England Lobster Dinner.

Includes 6 nights' accommodations, round trip airfare, 6 breakfasts, 3 dinners, professional tour director, motor coach transportation, admissions per itinerary, sightseeing per itinerary, and baggage handling at hotels. A deposit of \$300 is required at the time of registration. The remaining balance will be invoiced and paid to Premier World Discovery travel company. All adult trips are run by Premier World Discovery travel company. All trips depart from Midway Airport. Transportation to the airport is not provided. Optional Travel Protection Plan is available for \$299.

Class#	Dates	Fee
308501-01	7/22-7/27	\$3125



Great Trains & Grand Canyons

November 5-10 (6 days)

A Western adventure awaits in Arizona for a 6-day adventure! Your trip includes two rail journeys on the Grand Canyon Railway and the Verde Canyon Railroad. Trip destinations and guided tours include Grand Canyon National Park, Oak Creek Canyon, Sedona Trolley Tour, Chapel of the Holy Cross, Tlaquepaque & Uptown Sedona, Montezuma Castle, Jerome, Chuckwagon Supper & Show, and Old Town Scottsdale. Free time is built in for shopping, visiting art galleries, and sightseeing on your own.



Includes round trip airfare, 5 nights accommodations in Sedona, sightseeing per itinerary, admissions per itinerary, 5 breakfasts & 3 dinners, hotel transfers, professional tour director, motor coach transportation, and baggage handling at hotels. A deposit of \$300 is required at the time of registration. The remaining balance will be invoiced and paid to Premier World Discovery travel company. All adult trips are run by Premier World Discovery travel company. All trips depart from Midway Airport. Transportation to the airport is not provided. Optional Travel Protection Plan is available for \$299.



<u>Class#</u>	<u>Dates</u>	<u>Fee</u>
408506-01	11/5-11/10	\$3095



Lincolnway
SPECIAL RECREATION
ASSOCIATION

BUILDING A COMMUNITY WITHOUT LIMITS

About Us

Since 1976, the Lincolnway Special Recreation Association (LWSRA) has provided recreation services for individuals with disabilities through a cooperative agreement with its seven member park districts: Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Island Park Districts. Participants enjoy active, healthy and more independent lifestyles through a variety of recreational and social opportunities.

Benefits of Recreation

- ✓ Discover new experiences & interests
- ✓ Build confidence & friendships
- ✓ Socialize in an inclusive setting



Our services



Social Programs

Engage with similar-aged peers in a structured but fun-filled social environment. Staff create opportunities to develop skills and try new experiences. Popular programs include dances, bingo, trivia, community trips, adult day program, summer camps and Saturday youth groups.



Interest-based Programs

Find programs centered around fitness or cultural arts. Try competitive Special Olympics and adapted sports or fitness outlets such as strength & conditioning and introductory sports skills. Enjoy creative arts through cooking, drawing & painting, dancing and more!



Inclusion

Park Districts welcome participation in all programs by individuals with disabilities and special needs. The district works cooperatively with LWSRA to facilitate successful participation for individuals who request an inclusion aide. Inclusion services give participants the needed support in a typical park district setting.

LEARN MORE AT WWW.LWSRA.ORG



(815) 320-3500
support@lwsra.org



1900 Heather Glen Drive
New Lenox, IL 60451

REGISTRATION INFO

REGISTRATION

Registration for Winter 2023 Programs opens on **December 5**. Registration can be completed online at www.manhattanparks.org, in person at the Hansen Community Center, or by phone at 815.478.3324. All registrations must be completed **at least 7 days in advance** of the start date of a program, except where noted otherwise in the program description. Those with outstanding balances must settle their account before future registration will be processed.

REFUND POLICY

Refunds will not be issued after the program deadline date (7 days before the start of a program unless otherwise noted). At the discretion of the Park District, a refund may be issued if a refund request is accompanied by documentation from a physician. A refund will be promptly issued for programs canceled by the Park District. Refunds will not be issued for programs that transition from in-person to virtual due to changing government guidelines.

CANCELATIONS

The Park District does everything in its power to run programs and minimize cancelations. Occasionally a program must be canceled if it does not meet the required minimum number of participants or due to other unforeseen emergencies or circumstances. In the event of a cancelation, we will contact all registered participants and will attempt to reschedule any canceled program. If the program is unable to be rescheduled, we will offer transfer options or refunds.

DISRUPTIVE BEHAVIOR

The Park District's goal is to provide a positive experience for all participants. The Park District reserves the right to terminate participation in an activity or program due to any disruptive behavior or conduct.

New SMS alerts!

MPD now has SMS capabilities! Receive text notifications to stay informed of emergencies, weather-related closures or delays, changes in program locations or times, registration deadlines, and other urgent news.

- 1 Visit manhattanparks.org and click on "Register Now".
- 2 Click on **My Account** in the upper right hand corner.
- 3 Under **Update**, click on **SMS Update**.
- 4 Select **Opted In** for the cell phone numbers associated with your account.
- 5 Click on **Submit**.
- 6 You will receive a confirmation texted to your cell phone(s) that you opted in.



Round Barn Winter Fest

FRIDAY. DECEMBER 2
5:30-10 PM FREE!

SANTA • GRINCH ELF WORKSHOP

BEER, WINE, COCOA, & SNACKS
CAMPFIRE • HAYRACK RIDES
DJ GRINCH DANCE PARTY
CANTERBURY CAROLLERS
ANNA MAC & WILSON CREEK CHOIRS



LWSRA SPECIAL NEEDS HOUR 4-5 PM
(REGISTRATION REQUIRED)
SEE DETAILS AT MANHATTAN PARKS.ORG

