

Active Adults Brochure

Summer Programs & Events • June– August 2023



RIVER TRAILS
PARK DISTRICT

Summer Registration

- Resident Registration April 25 & Open Registration May 9
- Woodland Trails Pool Opens Friday, June 9

ACTIVE ADULT at River Trails Park District

How to get your FREE Active Adult Brochure

Each River Trails Park District Facility has a copy for you to pick up at your leisure (Weiss Community Center, Burning Bush Trails Community Center or The Zone) and you can opt in to have it mailed directly to your house.



How to sign-up and have it mailed directly to your door:

- 1. Stop by the front desk at the Weiss Center** (1500 E. Euclid Avenue, Mount Prospect) and fill out the form. **OR**
- 2. Go to the RTPD Website- www.rtpd.org**
 - Click on the "Registration Online"
 - Log into using your Username and Password
 - Click on the Browse Activities
 - Click on the Recreation Brochure Programs
 - Verify your email then click "continue"
 - On the left menu bar, go to the drop down the menu
 - Under Adult Enrichment
 - Check Adult Special Interest
 - Go through Registration process
- 3. Mail-In**

Mail your completed form and payment directly to:
River Trails Park District
Weiss Community Center
1500 E. Euclid Ave.,
Mount Prospect, IL 60056

If you need to create a RTPD Account

- Go to <https://register.capturepoint.com/RiverTrailsParkDistrict>
- From the River Trails Park District Community Pass login homepage click on the "Create a Family Account" tab.
- On the next page complete the "Account Creation" fields and click on "Create" at the bottom of the page.
- Our address must include North, South, East, West (if applicable) as well as Street, Lane, Court, Avenue etc., for the system to recognize it.
- On the next page you will see the Community Pass Privacy Statement. After reading, click 'Accept.' Then click 'Finish.'
- Please save your login and password for future use. When creating your account, add all family members now. Please note that only one account per family is permitted.
- Residents: Once you have entered in your household account online, you will need to stop by the Weiss Center, 1500 E. Euclid Ave., Mount Prospect, IL 60056 to verify your residency and family information. Please bring in:
 - For adults living in the home please bring in current Driver's license/State ID or utility bill.
- You will not be able to register until your address and child(ren)'s has been verified by the RTPD customer service staff.

FITNESS CENTER & MEMBERSHIPS

Trails Fitness Club Fitness Center Hours

May 1–September 1

Day	Open	Close
Monday	5:30 am	8 pm
Tuesday	5:30 am	8 pm
Wednesday	5:30 am	8 pm
Thursday	5:30 am	8 pm
Friday	5:30 am	8 pm
Saturday (May/June)	7 am	2 pm
Saturday (July–Sep)	8 am	2 pm
Sunday	8 am	Noon

CLOSED: Memorial Day, 4th of July & Labor Day

Fitness Center Equipment

- AMT Machines
- Rower
- Dumbbells/
Kettlebells
- Televisions
- Dry Sauna
- Locker Rooms
- True Weight Stations
- Stationary Bikes
- Elliptical Machines
- Treadmills
- Stretch Trainer
- Nu Step
- TRX

Trails Fitness Club Memberships

We are proud to offer some of the lowest rates in town without any initiation or hidden fees!

Membership (Individual): 1 month: \$20R/\$24N
3 months: \$49R/\$59N

1 Year Membership: \$144R/\$164N

Daily Admission: \$8

NEW! Continuous Member: \$12R/\$14N per month/credit card. This program has all the convenience you are looking for! Same great deal of the year in full membership with more ease! Simply sign up and the work is done. Instead of paying all upfront you enjoy small monthly payments and have a membership that never expires! No more remembering to renew! You may cancel at any time after the first year of the membership.

Membership Age Requirements: High school and older. Ages 13–14 must be accompanied by an adult 18 years or older at all times

Fitness Club Members Open Gym: \$3 per visit

Personal Training

Provided by PureEliteFitness Trainers

We recommend training twice a week for any package. FREE One-hour trial session.

- 8 sessions (one month, \$60 per session)–\$480 total
- 16 sessions (two months, \$50 per session)–\$800 total
- 32 sessions (four months, \$45 per session)–\$1440 total

Be Active - Be Healthy - Be Happy

Join SilverSneakers or Renew Active

Both programs now available for adults 65+.

Join the fitness center for FREE if your Medicare health plan, Medicare supplement carrier or group retiree plan includes Silver Sneakers OR Renew Active as part of your benefits package. You may qualify for a FREE fitness membership. Check with your provider, sign up, and start exercising with us tomorrow!



GROUP FITNESS, AQUA & YOGA CLASSES



SUMMER CLASS SCHEDULE

- **Aqua Classes** Woodland Trails Pool
 - **Group Fitness** Weiss Community Center
 - **Yoga** Weiss Community Center
 - **WeFitU** Weiss Community Center & The Zone
- For class descriptions and more information visit www.rtpd.org or call 847.255.1200.

Mondays

6-7 am	Deep Water	Instructor: Karen
8-9 am	Pilates	Instructor: Darleen
9:15-10:15 am	Drums & Tones	Instructor: Lida
10:45-11:45 am	Aqua Motion	Instructor: Joyce
5:30-6:30 pm	Cardio Plus	Instructor: Lida
6-7 pm	WeFitU	
6-7 pm	Yoga	Instructor: Janice

Tuesdays

6-7 am	WeFitU	
8-9 am	Barre Fusion	Instructor: Sylvia
9:10-10:10 am	Gentle X	Instructor: Lida
9:15-10:15 am	Aqua Yoga	Instructor: Penny
10:30-11:30 am	WeFitU	
10:45-11:45 am	Aqua Cardio Combo	Instructor: Karen
4:45-5:45 pm	Roll & Release	Instructor: Ellen
6-7 pm	Work IT	Instructor: Karen/Lida

Wednesdays

6-7 am	Deep Water	Instructor: Karen
8-9 am	Fab Fit Fun	Instructor: Sylvia
9:15-10:15 am	Power Hour	Instructor: Mike
10:45-11:45 am	Aqua Motion	Instructor: Joyce
6-7 pm	WeFitU	
6-7 pm	Yoga	Instructor: Janice

Thursdays

6-7 am	WeFitU	
8-8:50 am	Yoga Express	Instructor: Ellen
9:10-10:10 am	Gentle X	Instructor: Lida
10:30-11:30 am	WeFitU	
10:45-11:45 am	Aqua Cardio Combo	Instructor: Karen
6-7 pm	KB Cardio & Strength	Instructor: Karen
7:15-8:15 pm	Buti Yoga Series	Instructor: Penny

Fridays

6-7 am	Deep Water	Instructor: Karen
8-9 am	Core Conditioning	Instructor: Yolanda
9:15-10:15 am	Pilates	Instructor: Sylvia
10:45-11:45 am	Deep/Shallow	Instructor: Joyce/Karen

Saturdays

7:15-8:15 am	WeFitU	
8:15-9:15 am	Step Interval	Instructor: Lida
9:30-10:30 am	Yoga Flow	Instructor: Janice
8:30-9:30 am	Deep Water	Instructor: Karen
9:45-10:45 am	Aqua Cardio Combo	Instructor: Karen
10:45-11:45 am	WeFitU	

Sundays

8:30-9:30 am	Deep Water	Instructor: Karen
9:45-10:45 am	Aqua Cardio Combo	Instructor: Karen

GROUP FITNESS, AQUA & YOGA CLASSES

PUNCH CARDS

Group Fitness+Aqua Combo and Yoga



A healthy mind and body starts with exercise! Whether your goal is to build strength, lose weight or improve overall health, our classes provide the environment you need to stay motivated and to continually enhance your physical and mental well-being.

To participate in River Trails Park District fitness or yoga classes, patrons can attend by either purchasing a punch pass or paying a drop-in fee. Summer punch cards are valid from June 5–August 27.

Note aqua classes are included with the summer group fitness punch card and run from June 10–August 13, weather permitting. Call the Pool Hotline at 847-824-1851 for class cancellations due to weather.

Land classes take place at the Weiss Community Center (unless noted). Aqua classes take place at the Woodland Trails Pool.

Age: 16 & up

Punch Cards | Group Fitness & Yoga – June 5–Aug 27 • Aqua – June 10–Aug 13

Punch Card Type	Drop In	6 Punches	12 Punches	24 Punches	Unlimited
Group Fitness + Aqua Combo	\$7R/\$9N	\$45R/\$52N	\$84R/\$99N	\$156R/\$168N	\$200R/\$220N
Yoga	\$11R/\$13N	\$60R/\$72N	\$114R/\$132N	\$204R/\$224N	n/a

WEFITU PUNCH CARDS



We Fit U is unlike any other fitness class because it is much more than a class! It is a lifestyle coaching team! Each workout of our class is custom-tailored to each participant.

Workouts consist of:

- 50% functional exercise training using our exclusive superset circuit system.
- 20% core, arm and ab conditioning.
- 30% relaxation mindfulness and stretching.

We do not seek perfection; our goal is to empower you to reach your ambitions. You are joining an adult lifestyle community that supports eating health.

Class times:

- Monday & Wednesdays | 6–7 pm | The Zone
- Tuesday & Thursday | 6 am–7 pm & 10:30–11:30 am | Weiss Center
- Saturdays | 7:15–8:15 am | Weiss Center

WeFitU Punch Cards • June 5–August 27

Punch Card Type	Drop In	3 Classes	6 Classes	12 Classes	24 Classes
WeFitU	\$40R/\$48N Expires 1 Year	\$105R/\$125N Expires 30 Days	\$195R/\$215N Expires 45 Days	\$360R/\$380N Expires 60 Days	\$600R/\$620N Expires 120 Days

The updated schedule can be found on our website at rtpd.org or picked up from the Weiss Center.

ACTIVE ADULT CLASSES

Paddle Board Yoga (SUP- Stand Up & Paddle Yoga)

Join us as we flow on our boards and learn what it really means to “salute the sun” at Woodland Trails Pool. This class takes place in the water using paddle boards for yoga. Take your practice to a different level as we learn more about our bodies, mind, and spirit by connecting more deeply to your practice. You'll feel your body change and your practice improve as we significantly play with our balance on the boards. While a little yoga experience would be helpful, everyone is welcome! (Equipment included). Please make sure to wear your bathing suits.

Ages: 14 years and older

Location: Woodland Trails Pool

Th 5:15–6:15 pm

August 3, August 10,
August 17, August 24

\$35/\$40 per class



YOGA EVENT

Summer Yoga Social

Don't miss out on this one-day social yoga event to conclude the summer session. One-hour Yoga Flow class taught by Janice Herbst to start the morning, followed by light breakfast items and mimosas to socialize with your fellow yoga peers and teaches. Cheers & Namaste!

You must be +21 to attend

Location: Rob Roy Golf Course
Banquet Hall

Sa Aug 19 9:30 am–Noon

Early Bird by Aug 8: \$22R/\$27NR

After Aug 8: \$30R/\$36NR



Painting

Beginner through advanced students will learn how to paint landscapes, seascapes, flowers and more you choose! Learn new techniques through our professional instructor, Anthony Soskich skilled guidance.

Location: The Zone

M 10 am–1 pm

Jun 12–Jul 10 \$100R/\$120N

M 10 am–1 pm

Jul 17–Aug 14 \$100R/\$120N

SPECIAL EVENTS



Rob Roy's Live on the Deck

Fridays from 6–8 pm

10th Hole Bar & Grill, Rob Roy Golf Club | 505 E Camp McDonald Rd, Prospect Heights

June 9 Steven Zane HOME | stevenzane.com

Steven Zane, the 'Acoustic Jukebox,' independent singer/songwriter and musical entertainment extraordinaire!

July 14 Steven Zane HOME | stevenzane.com

Steve is back by popular demand!

Aug 11 Mike Jansen | mikejansenmusic.com

As an acoustic performer he specializes in current pop hits to familiar classics. He brings familiar tunes that a wide age group will enjoy.



Closest to the Pin FUNDRAISING EVENT

Your chance to win cash and other prizes and give back to your community.

Friday, July 14 | 5–7:30 pm

Woodland Trails Driving Range | 1500 E Euclid Ave, Mount Prospect

- **Early Bird Rate through June 1:** 5 balls for \$15
- **Regular Rate starting June 2:** 5 balls for \$20 or \$5 a ball
- **We will also have a Longest Putt:** \$3 a ball or 4 balls for \$10 (pay at the putting green)
- **Beer & Snacks available for purchase**

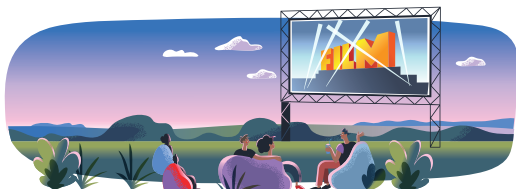


Movie in the Park

Thursday, August 3 • Woodland Trails Park
Movie will begin at dusk.

River Trails Park District is excited to present a free movie in the park. The outdoor movie will be shown at Woodland Trails Park on a portable screen and begins at dusk. Admission is free; blankets and lawn chairs are encouraged.

Movie title will be announced June 1. In the event of inclement weather, the movie will be canceled.



Glow in the Hole

Friday, August 11

This tournament is about having a great time and supporting a worthy cause. There are two levels for all players, cash prizes for first place and a full-service bar. Proceeds help fund program scholarships, summer camps, and special projects.

Registration deadline: Friday, August 4

Ages: 21 yrs. and up

Warm Up Starts at 7 pm | Tournament Begins at 7:30 pm

- Event includes two well or domestic beer tickets!
- Guaranteed two games and cash prizes for top finishers.
- Level 1 Corn hole intermediate
- Level 2 Corny beginner
- \$50 per team–2 people per team (Must be 21 yrs. and up)



GOLF



New! Membership

Unlimited M–Th (excluding holiday) play. This does not include a cart.

To set up your membership please come to the Pro shop to set up your account. Expires: when the course is closed for the year

- Resident \$425
- Partner Residents \$463
- Non-resident \$500

Rob Roy Golf Course

Managed by River Trails Park District

505 E. Camp McDonald Road

Prospect Heights, IL 60070

847.296.GOLF (4653) | www.robroygc.com

Winding through 51 acres, the beautiful Rob Roy Golf Course, (9 Hole, Par 36), will challenge your golfing skills. Our 3,022 yards are narrow and tree-lined requiring accuracy with water coming into play on 4 holes and sand traps throughout the course. Red, Yellow, White and Blue tees offer options for all skill levels. Rob Roy challenges the experienced golfer. Warm up on our lush putting green before your round and afterwards visit the 10th Hole Bar and Grill to enjoy a beverage, sandwich or snack. Prices subject to change.

- Tee time available from 7am – sunset (April 1 – May 8) off peak.
- Tee times available 6 am – 6 pm (May 9 – Sept 16) Peak.
- Please call for off-peak season times for Fall.

9 Holes	Residents	Partner Residents	Non Residents
Monday–Friday	\$17	\$18.50	\$20
Saturday & Sunday	\$19	N/A	\$22
Holidays	\$19	N/A	\$22

Cart Rental Pull cart \$3

Golf Cart Rental \$12 per person

Leagues Interested in joining? For more information call 847.463.3721 or E-mail leckenbrecht@rtpd.org.

Group Outings Email: leckenbrecht@rtpd.org or call 847.463.3721.

Club Rentals The Rob Roy Golf Course has clubs available for rent for \$10 in the Pro Shop.

Pro Shop Stop in for all your golf necessities: golf balls, gloves, hats, tees, towels and Rob Roy Merchandise!

Gift Certificates Available in any amount for golf course and proshop.

Use the QR code at right to purchase gift cards.



GOLF

Woodland Trails Driving Range

1500 E. Euclid Ave. Mount Prospect, IL 60056
847.253.GOLF | www.robroygc.com

Hours:

- 6 am to sunset (except on Monday the range opens at 10 am)
- Hours may be modified at beginning and end of season.

- 35 Hitting Mats • Putting Green
- Target Greens

Buckets

- Small (32)\$5
- Medium (64 balls)\$7
- Large (96)\$10



Join us at the 10th Hole Bar and Grill overlooking the gorgeous Rob Roy Golf Course. Choose from a variety of great snacks, sandwiches, burgers and more! Catering is available year round. Refer to the website for hours as the Golf Season winds down.

Monday: 10 am–8 pm

Tuesday–Friday: 11 am–9 pm

Sat & Sun: 8 am–5 pm

505 E. Camp McDonald Road, Prospect Heights, IL 60070
847.296.GOLF (4653) • www.robroygc.com

ROB ROY BANQUETS



Perfect for all occasions!

Rob Roy Banquets offer guests a tranquil, delicious meal while providing exceptional style and class. Floor to ceiling windows overlook the lush fairways and a spacious deck offers beauty and functionality. Choose from a variety of room and food and beverage packages to meet your needs. Our highly experienced team is committed to excellence and will work with you to make your event a success! Full service bar available. Accommodates up to 150 guests for a banquet set up and 200 guests for a meeting set up.

**505 E. Camp McDonald Road
Prospect Heights, IL 60070
www.robroygc.com**

For inquiries and pricing, please call Jan at 847-812-7439 or email her at openkitchens1@gmail.com.

AQUATICS

Woodland Trails Pool

1500 E. Euclid Ave. | Mount Prospect |
Pool Hotline, Call for Updates: 847.824.1851

Pool Season

- Pool opens Friday, June 9 at noon
- Regular season June 9–Aug 11
- Post season Aug 12–Aug 27

Times and days will vary. Please check the website or pool office for more information.

2023 pool season will end Aug 27.

Amenities

- Drop slide
- Two splash pad areas
- Zero-depth tot pool
- 50 Meter Leisure pool
- Two lap swim lanes
- Shaded deck area
- Family locker room
- Concession stand
- Stroller Parking

NEW! Open Swim Hours

Monday–Friday Noon–5 pm & 6:30–9 pm
Saturday & Sunday 11 am–7 pm

*Friday nights subject to change based on pool theme nights and private rentals.

Open Swim Daily Rates

Monday–Friday, Afternoon \$7
Monday–Friday, Evening \$5
Saturday & Sunday \$8

Parent Child Open Swim

Children 3 yrs. & Under FREE
Monday, Wednesday, Friday 10 am–12 pm
Zero-depth tot pool only \$4 per person or pool pass

Lap Swim

Dates: June 10 – August 13

Monday–Friday 7–8 am \$3 or pool pass
Saturday & Sunday 8–9 am \$3 or pool pass

Summer Pool Passes

- All pool passes holders must have a RTPD account set up. If you already had a pool pass, you may automatically renew it online
- If you use your previously printed pool pass or if you need your card reprinted come into the Weiss Center to receive a new one.
- A NEW pool pass photo must be taken at the Weiss Center
- IF YOU ARE A RESIDENT AND NEWLY CREATED YOUR ACCOUNT YOU MUST HAVE YOUR ACCOUNT VERIFIED AT THE WEISS COMMUNITY CENTER PRIOR TO PURCHASING YOUR POOL PASSES TO RECEIVE RESIDENTS RATES.

Early Bird Season Rate (Now– Monday, May 2)

Resident/Partner Residents\$61 per person
Non-Resident\$76 per person
Children 3 years and underFree

Regular Season Rate Starting May 3*

Resident/Partner Residents\$71 per person
Non-Resident\$86 per person
Children 3 years and under*Free

* Children 4 years and older as of June 9 must purchase a pool pass.

Pool Punch Card

For 2023, we offer a 10 Pool Punch Card for \$65. Pool punches can be purchased by anybody. A punch is per person per visit, (example a family of four=4 punches; your best friend and you=2 punches). Punch cards are non-refundable and non-replaceable. Punch cards can only be used in the season that they are purchased. RTPD is not responsible for lost or stolen Pool Passes or **Punch Cards**.

Early Closings

The pool will close early for home swim meets and some rentals. These hours will be posted at the pool throughout the season. The pool will close when the temperature is 70 degrees or lower and/or less than 20 people in attendance.

**Pool Pass
Appreciation Party**
Sunday, August 6 • 10–11 am

As big thank you to all of our pool pass holders, this morning early entry is just for you! From 10–11 am, the pool will only be open for pass holders. To show our appreciation, we'll bring out an inflatable and have a blast!

RENTALS

Weiss

Location	R	NR	Capacity
Meeting Room	\$55	\$66	80
North Room	\$50	\$60	50
Dance Room	\$50	\$60	50
Full Gym	\$80	\$96	200
Half Gym	\$50	\$60	

Burning Bush Community Center

Location	R	NR	Capacity
Large (A) Room	\$55	\$66	90

The Zone

Location	R	NR	Capacity
Glass Room	\$55	\$66	50
Blue Room	\$50	\$60	50
Turf (full field)	\$95	\$115	
Turf (half field)	\$55	\$66	
Parkour (full)	\$120	\$140	

For rentals 75+ patrons add \$20 per hour



Room Rentals

Facilities may be rented for public or private gatherings. Please reserve at least 2 weeks prior to your rental date. No alcohol or smoking permitted. Kitchens are available at the Weiss Center Meeting Room, Burning Bush Center Large Room (A) and The Zone Glass Room. Use of kitchen included with rental. Tables and chairs available for use inside the building. **All room rentals are a two hour minimum unless approved.**

Park Permits

Permits are available for River Trail Park District Residents only for a nominal fee.

We have ideal park sites for group or individual picnicking. Residents will enjoy the natural beauty of the parks as well as many amenities our parks offer. Without a permit, park areas are available on a first come, first serve basis. Groups without a park permit must yield park areas to permitted groups.

Parks Available: Woodland Trails Gazebo, Woodland Trails Shelter, Woodland Maintenance, Burning Bush Park, Willow Trails Park, Evergreen Trails Park, Sycamore Trails Park, Aspen Trails Park and Tamarack Trails Park.

Contact the Weiss Community Center at 847.255.1200 for availability. Registration not available online. For residents only. Must be 21. Request must be submitted a minimum of two weeks before the date requesting

Permit Fees: M–Th	\$30
F–Su	\$50
Woodland Gazebo	\$75



ACTIVE ADULT at River Trails Park District

Summer Program Registration

- **Non Resident Registration begins Tuesday, May 9**
- **Pool Pass Membership Sale: Early bird begins Tuesday, January 17–Tuesday, May 2**
- **Wednesday, May 3: Regular Pool Pass Rate Begins**

Registration

Registration forms are available at the front desk at Weiss Community Center or online.

- **Walk-In Registration:** Our front office staff is happy to help get you registered in person at Weiss Community Center located at 1500 E. Euclid Ave. Mount Prospect. Please call for hours, 847.225.1200.
- **Mail-In.** You can mail your completed form and payment directly to: River Trails Park District, Weiss Community Center 1500 E. Euclid Avenue, Mount Prospect, IL 60056
- **Register online at www.rtpd.org**

Marvin S. Weiss Community Center

1500 E. Euclid Ave. | Mount Prospect
847.255.1200 www.rtpd.org

Day	Open	Close
Monday	9 am	8 pm
Tuesday	9 am	8 pm
Wednesday	9 am	8 pm
Thursday	9 am	8 pm
Friday	9 am	8 pm
Saturday	9 am	2 pm
Sunday	Closed	

Days Closed – Memorial Day, 4th of July and Labor Day

Help Make Our Vision A Reality



River Trails Park & Recreation Foundation is currently seeking new members! If you have a passion for your community and your parks, want to help put together fun events to help people in your own backyard continue to have great opportunities and scholarship programs, we would love to have you a part of our Foundation team! Contact Patti Mitchell at pmitchell@rtpd.org or call 847-463-3717.

