



# Winter & Spring

RTPD.ORG



## Registration

Resident Registration: Tuesday, November 21

Open Registration begins: Tuesday, December 5



# Join Our Team

## Summer Jobs



We are looking for enthusiastic employees to get started in some great Summer 2024 job opportunities starting!

### Ages 14+

- Deck Attendant
- Sports Instructors
- Swim Lesson Instructor
- Concession Stand Staff

### Ages 16+: Starting at \$15 an hour

- Camp Counselors
- Youth Athletic Instructor
- Lifeguards

### Ages 18+: Starting at \$15 an hour

- Parks Team
- Pool Manager
- Aquatic Coordinator
- Swim Team Coach
- Swim Lesson Coordinator
- Camp Site Supervisor
- Athletic League Supervisor
- Building & Office Staff

Visit [www.rtpd.org](http://www.rtpd.org) and complete the online application.

Interviews are being conducted during Spring Break. Apply Today!

GREAT PLACE FOR A SNOWY DAY.

## WOODLAND TRAILS SLED HILL

Woodland Trails Park on Wolf Road, north of Euclid Avenue

**NEW this Winter!** All winter long there will be FREE Sleds to use at the bottom of the hill. Sledgers may borrow the free sleds and enjoy some winter fun, after use we ask that you place the sleds back in the sled holder for the next person.

Thank you to the River Trails Park & Recreation Foundation and Tornquist Enterprises for sponsoring the sleds for public use.

Bring out the sleds and toboggans and get ready for a day filled with high-speed adrenaline and an enjoyable experience for all ages. The Woodland Trails Sled Hill is located on the east side of the park. The Sled Hill is unsupervised, and skis and snowboards are not permitted.

The parking lot off Wolf Road may be closed due to weather conditions. Additional parking is allowed at Grace Lutheran Church.

It is highly recommended that children are accompanied by an adult, and caution is encouraged for all patrons.



Best  
Sledding  
in Town



Tornquist  
ENTERPRISES



## Mission, Vision & Values

**THE MISSION** of the River Trails Park District is to enrich the lives of our diverse community.

**OUR VISION** is to become the Recreational Choice in everything you do.

### VALUES

**SUSTAINABILITY:** We dedicate ourselves to the stewardship of the district's physical, financial, personnel resources and the conservation of our environment.

**SOCIAL EQUITY:** We are committed to social justice, equity and creating a community of belonging.

**ETHICAL:** We ensure a high level of trust and respect within the community through integrity, reliability, honesty, accountability, and compassion.

**INNOVATION:** We develop new ideas for community health and wellness through fun, creative and critical thinking.

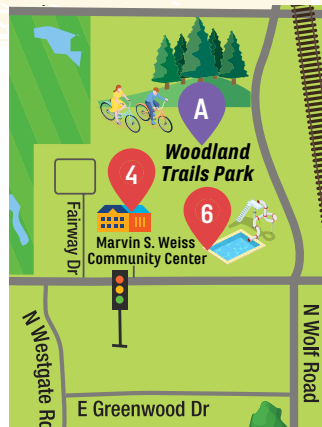
**SERVICE ORIENTED:** We provide a high level of service and safety in our parks, facilities, and programs

**TEAMWORK:** We strive to develop positive relationships and partnerships through collaboration with community stakeholders and organizations.

**CONTINUED LEARNING:** We recognize the importance for professional growth, continued learning, mentoring and empowerment for the agency's team.

## Who is a River Trails Park District Resident?

River Trails Park District serves the communities of Mount Prospect and Prospect Heights. You are considered a resident if you pay taxes to the River Trails Park District. See the Park District map on page 52.



Brochures  
Available  
for pick up RTPD facilities.



**Marvin Weiss  
Community Center**  
1500 E. Euclid Ave, Mount  
Prospect, IL 60056  
847.255.1200 • [rtpd.org](http://rtpd.org)

### Office Hours

November to April

Day	Open	Close
Monday	9 am	8:30 pm
Tuesday	9 am	9 pm
Wednesday	9 am	9 pm
Thursday	9 am	9 pm
Friday	9 am	8:30 pm
Saturday	9 am	3 pm
Sunday	Noon	3 pm

### Registration Dates

**Resident Registration:** Tuesday, November 21

**Open Registration Begins:** Tuesday, December 5  
Starting at 8:30 am online at [RTPD.org](http://RTPD.org)

**Days Closed:** Thanksgiving, Christmas, New Year's Day, Easter, and Memorial Day

**Modified Hours:** Christmas Eve, New Year's Eve  
For info on how to register, see page 56.

## Table of Contents

Board Commissioners .....	2
Message, Executive Director .....	2
Special Events .....	4
Birthday Parties .....	10
Trail Blazers Preschool & Early Childhood .....	11
Youth.....	18
Dance .....	22
Youth Athletics .....	24
Adult Athletics, Leagues, Tournaments ...	32
Parkour.....	33
Fitness .....	40
Active Adult.....	45
Golf .....	46
Rentals.....	50
Facilities & Parks .....	52
General Information.....	54
Staff Directory .....	55
Registration.....	56



# Director's Letter

**RTPD's Mission Statement:**  
**To responsibly enrich the**  
**lives of our diverse**  
**community.**

**A**s we enter the new year in 2024, we hope you can look back at all of 2023 and the times you have spent at River Trails Park District this past year. It may have been a stroll on one of our trails, playtime at the one of our playgrounds, a dip in the pool at Woodland Trails, attended an event or participated in one of the many programs we offer. We hope this next year you plan a time to spend at your River Trails Park District. The district's team has been working hard to prepare for an exciting inventory of programs and services for our community for the new year.

It will be a challenge to beat 2023 participation in summer camp and parkour but we are up to the task. Parkour at The Zone is an excellent winter activity if you are looking to keep your kids moving, even in the middle of a Mid-West Winter. Don't forget, The Zone is also available for rentals and birthday parties on the turf as well as the parkour gym. We also offer many different type of fitness classes each season. Exercise is a great way to manage stress. The brain chemicals released during physical activity help adults experience a decrease in anxiety, improvements in mood and better sleep. Make sure to head to fitness section pages 40-44 of our brochure to see our offerings.

NEW this Winter! All winter long there will be FREE Sleds to use at the bottom of the sled hill. Sledgers may borrow the free sleds and enjoy some winter fun, after use we ask that you place the sleds back in the sled holder for the next person. Thank you to the River Trails Park & Recreation Foundation and Tornquist Enterprises for sponsoring the sleds for public use. The Parks and Recreation Foundation is looking for a couple new members as we continue to grow and create new and inventive ways to raise funds for projects such as our "Send a Kid to Camp" campaign.

We are presently finishing up the Willow Trails Park Phase #1 renewal project assisted with an \$400,000 OSLAD grant for IDNR. We are starting to complete the Woodland Trails Park Master Plan with input from our community. In addition to those park projects, we are looking at how to best refresh the Weiss Community Center lobby.

The River Trails Park District serves both Mount Prospect and Prospect Heights communities. These are exciting times for all of us! Be sure to stay up to date on all our future fun events and news by following us on **Instagram, Facebook & Tik Tok.**



Bret Fahnstrom, CPRP, Executive Director

## River Trails Park District | Board of Commissioners

We invite you to learn more about your park district by attending the Board meetings. Meetings are held at the Administrative Building, 401 E. Camp McDonald Rd. Prospect Heights. For more information, please call 847-255-1200.

PRESIDENT	JENNIFER REZEK	Appointed 2019	2021-2027
VICE PRESIDENT	LEAH LUSSEM	Appointed 2021	2023-2025
TREASURER	NANCY PARRA	Appointed 2018	2023-2029
COMMISSIONER	ROBERT HOBAN III	Elected 2021	2021-2027
COMMISSIONER	MELISSA ACKERMAN	Elected 2023	2023-2029





### Parks Foundation Trustees

Mike Hertz, President  
Patti Mitchell, Vice President  
Tina Kozil, Secretary  
Bret Fahnstrom, Treasurer  
Mari Otto  
Christine Powles  
Bruce Barry

## Our Mission

The mission of the River Trails Park and Recreation Foundation is to secure and provide financial resources for recreational programs, parks and facilities that enhance the quality of life and promote a healthy well-being for residents of the River Trails Park District, a 501(c)3 not-for-profit.

## Our Goal

The River Trails Park District strives to provide our participants with safe, fun and economical recreational opportunities. Through a variety of programs, events, facilities and open spaces, individuals and families can enhance their lives through our offerings.

The River Trails Park and Recreation Foundation was developed solely to assist the River Trails Park District through grants for scholarships for those facing financial hardship, specific projects, equipment, infrastructure, development and programming.

**Interested in helping?** Contact Patti Mitchell at 847.463.3717.

# SAVE with RTPD Foundation Coupon Books

**\$100 Value. On Sale starting February 1st**

River Trails Park & Recreation Foundation Coupon Books can be purchased for only \$10 at the Weiss Community Center. The credit will be put on your household account.

### Included Coupons:

- \$15 off One Birthday Party
- \$15 off Summer Camp
- \$20 off One Room Rental
- \$5 off One Program
- Buy One Get One Mini Golf Free
- Free One Day Entry into Woodland Trails Pool





## Special Events

# Outdoor Holiday Tree Decorating Contest

Help Decorate River Trails Park District this Holiday Season

**New!**

We invite families, organizations, scout troops, schools, churches, libraries, companies, and clubs, to adopt a tree and participate in our friendly tree decorating contest.

- From November 24 through December 3, a tree in one of our parks will be provided to each group. Each group will be able to decorate a tree with homemade or store-bought ornaments and decorations.
- On December 5th, each tree will be posted on our River Trails Park District Facebook Page for voting! The tree with the most likes by December 14th will receive 1st place and a prize for the 2023 Holiday Tree Decorating Contest.
- Decorators should remember that decorations must withstand Chicago's wintry weather. The Park District rules for tree decorations: decorations cannot damage the tree, and no food items, sharp objects, straws, or glass/breakable materials can be used. Decorations must be taken down December 30–January 7 or will be removed by staff.
- All families and groups participating will be thanked in our Summer 2024 brochure, and we will have a photo of the 1st place tree!

**Entry Fee:** Family & Local Group Organizations: \$25  
Companies: \$50

**Register  
online:**



RIVER TRAILS PARK &  
RECREATION FOUNDATION  
HOLIDAY TREE PROFITS, WILL BE  
ALLOCATED TO PURCHASING NEW  
TREES FOR OUR PARKS.

## FAMILY Valentine's DANCE

**Friday, February 2 ♥ 6-8pm ♥ Rob Roy Golf Course**

Bring your sweethearts to our Family Valentine's dance! This family-friendly event is open to all ages. Dance your socks off to the DJ's tunes. Enjoy family fun activities and make a Valentine's craft to take home. Snacks and refreshments will be provided. This dance will be a sweet treat for the entire family!

Registration deadline Jan 26.

**Ages Under 2: Free**

**Ages 2-15: \$16**

**Ages 16+: \$26**



# Special Events



## ILLINOIS PARKOUR CHAMPIONSHIP

**Saturday, February 3, 2024 • The Zone**

Put your skills to the test and join us for the second ever parkour competition at our gym! Students aged 5-15 will have the opportunity to showcase their skills and agility in a timed obstacle course. Every student who registers will receive a commemorative t-shirt, award certificate and the opportunity to win prizes for 3rd, 2nd and 1st place! (Awards Ceremony immediately follows after each age group)

**Registration:** \$30, registration is limited for each division.  
(Registration ends by Thursday, February 1)

Age Group	Check-in & Warm Up	Competition
5-6 yrs	12:30-1 pm	1:00-2:15 pm
7-8 yrs	2:15-2:45 pm	2:45-4 pm
9-11 yrs	4-4:30 pm	4:30-6 pm
12-15 yrs	6-6:30 pm	6:30-7:45 pm





## Special Events



# Easter Egg Hunt



**How egg-citing!**

Hop over to Burning Bush Park for some springtime fun with the River Trails Park District!



**Saturday, March 23 | 10 am**

**Burning Bush Trails Park**

Advance registration is required by March 20 to guarantee enough eggs for everyone! Event takes place outside rain or shine; dress accordingly.

**Fee:** \$11R/\$13N

**Egg Hunt:** Ages 1–6 years

**Egg Scavenger Hunt:** Ages 7–10 years



Egg Hunt participants will search for eggs during their assigned hunt time:

- 10 am 1–2yrs with adult,
- 10:15 am 3–4yrs,
- 10:30 am 5–6yrs.

Please note the eggs will be empty inside, but children will redeem eggs for prizes.

**Egg Scavenger Hunt** for participants ages 7–10 will follow clues left from the Easter Bunny to find colorful eggs around the park. The Egg Scavenger Hunt will take place 10–10:30am. Each Egg Scavenger Hunt participant will receive a fun Easter prize upon completion of the hunt!



# Pizza Puzzle PALOOZA

**Saturday, March 2 from 6-8 pm**  
**Rob Roy Golf Course**

Be the first team to eat a large 18 inch size pizza, drink two pitchers of beer/pop and put together a 300-piece puzzle!

- First place team, wins prize!
- \$200 per team of four.

*Must be 21 to participate.*



## EARTH DAY VOLUNTEER EVENT

**Saturday, April 20**  
**10 am-Noon**  
**Woodland Trails Park**

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### ***Community VS Plastics. Invest in your Park***

Volunteers will help clean up with the assistance of the River Trails Park District Parks Department. Following the cleanup volunteers will have the opportunity to learn more about plastic pollution and how to help towards the global movement of the reduction of plastic production.

Registration is required by April 15  
\$5R/\$7N

Save the Planet





## Community Garden

### Organic Garden Plots at Woodland Trails Park

**New Location! Easier Access & More Plots (by sled hill)**

**RTPD Residents Only**

### No room to garden?

Join us at the Woodland Trails Park Garden. You do the planting and maintaining and watch your crops grow. We will have your plot tilled and ready to plant in early spring. A water tank will be placed near the plots. Once registered, you will receive the garden rules and guidelines. Parking is available at the sled hill on Wolf or at Grace Lutheran Church.

**Age: 21 and up**

**May–October**

**\$35– Residents Only**

**New  
Location**  
**Easier Access  
& More Plots**





# Birthday Parties

We offer a variety of parties for your child's birthday!

- Birthday parties are two hours long. An hour and a half of party activities and a half hour of party room usage.
  - Party Staff will set up before and cleanup after the party.
  - All parties must be booked at least two weeks in advance.
  - Log onto your Community Pass to book your party or contact us at 847-255-1200.
- If inclement weather occurs during outdoor parties, date can be changed depending on availability or sport party format will be held.*

## Packages at The Zone

### PARKOUR PARTY

**Age:** 7yrs & up

**Fee:** \$350 (Up to 15 guests/35 guests maximum)

Similar to American Ninja Warrior kids will be able to swing into our giant foam pit, try running up warp wall, climb a rock wall and don't forget about the obstacles to conquer.

\$8 additional fee per child after 15 guests.

### TURF SPORTS

**Age:** 4yrs & up

**Fee:** \$250 (Up to 20 guests/30 guests maximum)

**Days Offered:** Sat, Sun

**Times Offered:** 12-2 pm or 2:30-4:30 pm

Does your child love sports? This party is all about sports & games on TURF. Choose from flag football, soccer, kickball, dodgeball, relay races, field hockey or wiffleball. Party will be held at the Turf Fields.

\$5 additional fee per child after 20 guests.

### ARROWTAG

**Age:** 9yrs & up

**Fee:** \$275 (Up to 20 guests/30 guests maximum)

**Days Offered:** Sat, Sun

**Times Offered:** 12-2 pm or 2:30-4:30 pm

Come to the Turf fields at The Zone to play our new sport, ArrowTag! Similar to laser tag, ArrowTag uses bows and foam tipped arrows to play games like free for all, dodgeball, and capture the flag. Getting hit with an ArrowTag arrow feels similar to getting hit with a dodgeball. Masks, bows and arrows will be provided.

\$5 additional fee per child after 20 guests.

## Seasonal Packages

### SPLASH BASH BIRTHDAY PARTY at WOODLAND TRAILS POOL (SUMMER SEASON)

**Age:** 4-6 yr old

**Fee:** \$275 (Up to 20 guests/30 guests maximum)

**Days Offered:** Sundays, 10:30 am-12:30 pm

Treat your child to a memorable birthday party at our preschool pool and play area. Splash Bash pool parties are in the splash pad and wading pool area, including private use of these amenities 10:30-11:30 am.

\$5 additional fee per child after 20 guests.

### MINI GOLF (SUMMER SEASON)

**Age:** 6 yrs & up

**Fee:** \$225 (Up to 15 guests/20 guests maximum)

Challenge your family and friends for 18 holes of fun! See who can shoot the best score. Try shooting with the opposite swing or shoot the ball like you're playing pool! We will mix it up to make it more exciting. Inclement weather? Dates can be changed depending on availability or a sports party format can be held.

\$5 additional fee per child after 15 guests.



# Early Childhood



## Trail Blazers Preschool Philosophy



Our Trail Blazers program is a developmentally appropriate program designed to help **children grow** and **learn** in a stimulating and **nurturing environment**. We look at the 'whole child' including intellectual, social, emotional, physical and **creative growth**. Children develop differently in each space so the curriculum is carefully planned to include activities that help each child learn and grow in all areas. Children will be introduced to the basic **academic** and **social skills** of preschool and will be encouraged to **develop problem-solving skills**, self-confidence and **creativity**. Activities will include math, science, language skills, art, motor movement, music and dramatic play. All areas of each child's growth are important and we provide opportunities for intellectual, social, physical and creative growth. Activities are presented in individual, group, structured and unstructured settings and **Jolly Phonics** curriculum is used for kindergarten readiness. Our goal is for each child to develop a **love of learning**, tools to continue to learn and a **positive image** of himself or herself.

**Trail Blazers Preschool 2023–2024 School Year**  
**Registration is ongoing, please call for availability 847.255.1200.**

# Early Childhood



**All are Welcome!**

## Trail Blazers Preschool Open House

**For 2024/2025 School Year**

**Wednesday, January 31 | 6:30–7:30 pm**

**Location: Weiss Community Center**

Priority registration available at Open House

### Trail Blazers Preschool 2024–2025 School Year

**Resident Registrations Begins Tuesday, February 27**

**Open Registration Begins Tuesday, March 5**

**Forms are available online and at the Weiss Community Center.**

**A registration fee of \$30 is due at the time of registration. Monthly payments are available. Please call Katie Halverson at 847-255-1200 or email [khalverson@rtpd.org](mailto:khalverson@rtpd.org) for additional information.**

### Preschool Classes Age Requirements

1. Children must meet age listed for the program by the first day of classes.
2. Unless program states “with adult” the program is for the child only

### Tiny Tykes

**Age:** 3yrs and up by Feb, 1 2025

**Location:** Burning Bush Community Center

**Instructor:** Sally Duray

**M & F 9:30–11 am**

Sep 6–May 19

\$112R/\$115N per month

\$896R/\$920N school year

### Junior Trail Blazers Preschool

**Location:** Weiss Community Center

**Instructor:** Tina Kozil

**Tu & Th 9–11am**

Sep 3–May 20

\$147R/\$150N per month

\$1,176R/\$1,200N school year

### Senior Trail Blazers Preschool

**Location:** Weiss Community Center

**Instructor:** Tina Kozil

**M, W, F 9–11:30am**

Sep 4–May 23

\$253R/\$256N per month

\$2,024R/\$2,048N school year

### Junior & Senior Trail Blazers Combination

**Location:** Weiss Community Center

**Instructor:** Tina Kozil

**M, W, Th 12:30–3pm**

Sep 4–May 22

\$253R/\$256N per month

\$2,024R/\$2,048N school year



# Early Childhood

## Stay \* Play \* Explore

### Extended Programs for Trails Blazers Students

After general programming is over, extend your child's day by either adding an enrichment program before or after their daily class. Separate registration is required. Please see pages 12-15 for all class information.

**Take a LOOK at what a daily schedule could look like for your student.**

### SAMPLE OF OUR EARLY CHILDHOOD EDUCATION SCHEDULE

#### Junior, Senior & Combo Class at Weiss Community Center

MONDAY	
9-11:30 am	<b>Senior Trail Blazers</b>
11:30 am -12:20 pm	Session 1 Enrichment Program: Road Trip U.S.A.
	Session 2 Enrichment Program: Bugs, Bugs, Bugs
	Session 3 Enrichment Program: 1, 2, 3 Count with Me
12:30-3 pm	<b>Combo Trail Blazers</b>
TUESDAY	
9-11 am	<b>Junior Trail Blazers</b>
11 am-12 pm	Enrichment Program: Let's Do Lunch
12-12:45 pm	Enrichment Program: Sports and More
WEDNESDAY	
9-11:30 am	<b>Senior Trail Blazers</b>
11:30 am-12:20 pm	Enrichment Program: Let's Do Lunch or Books and Buddies
12:30-3 pm	<b>Combo Trail Blazers</b>
THURSDAY	
9-11 am	<b>Junior Trail Blazers</b>
11:30 am-12:15 pm	Session 1 Enrichment Program: Model & Design
	Session 2 Enrichment Program: Zoom Around the Planets
	Session 3 Enrichment Program: Sea Creature Adventure
11:45 am-12:30 pm	Enrichment Program: Let's Do Lunch
12:30-3 pm	<b>Combo Trail Blazers</b>

FRIDAY	
9-11:30 am	<b>Senior Trail Blazers</b>
11:30 am-12:15 pm	Session 1 Enrichment Program: Model & Design
	Session 2 Enrichment Program: Zoom Around the Planets
	Session 3 Enrichment Program: Sea Creature Adventure
12:15-12:45 pm	Enrichment Program: Let's Do Lunch
<b>or</b>	
11:45 am-12:30 pm	Enrichment Program: Lil Dribblers
12:45-1:30 pm	Enrichment Program: Sports & More
1:30-2:15 pm	Enrichment Program: Pee Wee Soccer

#### Tiny Tikes at Burning Bush Community Center

FRIDAY	
9:30-11 am	<b>Tiny Tykes</b>
11-11:45 am	Enrichment Program: Let's Do Lunch
<b>or</b>	
9:30-11 am	<b>Tiny Tykes</b>
11-11:45 pm	Enrichment Program: Creative Kids

# Early Childhood

## Sports and More

Children are introduced to the fundamentals of such sports as soccer, t-ball, football, hockey plus others as well as group games. We provide an opportunity for each child to develop motor skills & nurture his/her growth socially & emotionally through teamwork & good sportsmanship. Those attending pre-school at Weiss Community Center will be picked up for class. No class 3/26, 3/28 & 3/29.

**Age:** 3-5

**Location:** Weiss Community Center

**Tu 12-12:45 pm**

Jan 9-Feb 13 \$84R/\$101N

Feb 27-Apr 16 \$98R/\$118N

Apr 23-May 14 \$56R/\$68N

**Th 10-11:30 am**

Jan 11-Feb 15 \$120R/\$140N

Feb 29-Apr 18 \$140R/\$160N

Apr 25-May 16 \$80R/\$96N

**F 12:45-1:30 pm**

Jan 12-Feb 16 \$84R/\$101N

Mar 1-Apr 19 \$98R/\$118N

Apr 26-May 17 \$56R/\$68N

## Lil Dribblers: Rookies

The Rookie Dribblers program is designed to progress children through their early basketball experience. Simple skills acquired in the Junior Dribblers are reinforced and other aspects of the game are introduced in a fun and supportive environment. No class 3/29.

**Location:** Weiss Community Center

**F 11:45 am-12:30 pm**

Jan 12-Feb 16 \$84R/\$101N

Mar 1-Apr 19 \$98R/\$118N

Apr 26-May 17 \$56R/\$68N

## Lunch & Play

Children are introduced to a variety of sports including soccer, t-ball, basketball, football, kickball plus others as well as group games. Our goal is to provide the opportunity for each child to develop motor skills & nurture his/her growth socially through teamwork & good sportsmanship. Those attending pre-school at Weiss Community Center will be picked up for class. Children should bring lunch and water. No class 3/28.

**Age:** 3-5

**Location:** Weiss Community Center

**Th 11:30 am-1 pm**

Jan 11-Feb 15 \$120R/\$140N

Feb 29-Apr 18 \$140R/\$160N

Apr 25-May 16 \$80R/\$96N

## Pee Wee Soccer

This class is designed to increase balance, body awareness, motor skills, and make soccer fun. Players will work on ball touches and controlling the ball. Class will work on balance and movements through games and challenges. No class 3/29.

**Age:** 3-5

**Location:** Weiss Community Center

**F 1:30-2:15 pm**

Jan 12-Feb 16 \$84R/\$101N

Mar 1-Apr 19 \$98R/\$118N

Apr 26-May 17 \$56R/\$68N

## All About Birds

Cardinals, blue jays, robins. Learn about a new bird every class through fun projects and activities.

**Age:** 3-5

**Location:** Weiss Community Center

**Th 11-11:45 am**

Apr 25-May 16 \$35R/\$42N



# Early Childhood



## All By Myself

Just like preschool; we'll sing songs, play with friends, play games & do art projects. A great intro to preschool. Children must be able to stay alone after the 1st class. Parents may stay the 1st class if necessary. No class 3/26.

**Ages:** 30 months–3yrs

**Location:** Weiss Community Center

**Tu 12:15–1 pm**

Jan 9–Feb 13 \$51R/\$62N

Feb 27–Apr 16 \$59R/\$71N

Apr 23–May 21 \$42R/\$51N

## Kid Rock 2

This interactive class has everyone on their feet! We all learn together while engaging in active, creative, music-based activities, while using rhythm instruments and movement props. All class procedures are designed to keep staff and students safe. Activities are age appropriate by class and include songs and rhymes, rhythm and coordination, fine and gross motor, imagination and sensory, listening and following directions skills. Sing, dance, play, learn and imagine with us!

**Age:** 3–5

**Location:** Mt. Prospect Park District Rec Plex.  
420 Dempster, Mt. Prospect IL 60056

**Th 10:45–11:25am**

Jan 11–Feb 8 \$61R/\$74N

Feb 22–Mar 21 \$61R/\$74N

Apr 11–May 23 \$85R/\$102N

## Let's Do Lunch

Be just like the big kids & eat lunch at school! Eat with friends, play games, read stories & play outside (weather permitting). Perfect for children in Trails Blazers Preschool who want an extended program or for parents who would like additional time. Only non-perishable food allowed in a sack lunch that can be disposed after meal. No class 3/25, 3/26, 3/27, 3/28, 3/29 & 4/8.

**Age:** 2–3

**Location:** Burning Bush Community Center

**M 11–11:45am**

Jan 22–Feb 12 \$35R/\$42N

Feb 26–Apr 15 \$51R/\$62N

Apr 22–May 20 \$42R/\$51N

**Age:** 3–5

**Location:** Weiss Community Center

**Tu 11 am–12 pm**

Jan 9–Feb 13 \$68R/\$82N

Feb 27–Apr 16 \$79R/\$95N

Apr 23–May 21 \$56R/\$68N

**W 11:30 am–12:20 pm**

Jan 10–Feb 14 \$56R/\$68N

Feb 28–Apr 17 \$66R/\$80N

Apr 24–May 22 \$47R/\$57N

**Th 11:45 am–12:30 pm**

Jan 11–Feb 15 \$51R/\$62N

Feb 29–Apr 18 \$59R/\$71N

Apr 25–May 16 \$35R/\$42N

**F 12:15–12:45 pm**

Jan 12–Feb 16 \$35R/\$42N

Mar 1–Apr 19 \$35R/\$42N

Apr 26–May 17 \$25R/\$30N



# Early Childhood

## Books & Buddies

Let's read & make a friend or two! For children entering Kindergarten next fall, each class begins with an alphabet & phonics review followed by a book & craft. Books are themed around essential skills needed to prepare for Kindergarten such as friendships, listening & following directions. No class 3/27.

**Age:** 4-5

**Location:** Weiss Community Center

**W 11:35am-12:20pm**

Jan 10-Feb14 \$84R/\$101N

Feb 28-Apr 17 \$98R/\$118N

Apr 24-May 22 \$70R/\$84N

## Model & Design

For all of the future engineers out there, join Mrs. Tina as we build and design unique creations using a variety of different materials.

**Age:** 3-5

**Location:** Weiss Community Center

**F 11:30am-12:15pm**

Jan 12-Feb 16 \$51R/\$62N

## Road Trip USA

Calling all explorers! Join us as we explore a different state each week with a related activity and craft. A fun filled class for both the new and experienced preschool traveler.

**Age:** 3-5

**Location:** Weiss Community Center

**M 11:30 am-12:20 pm**

Jan 22-Feb 12 \$38R/\$46N

## Bugs, Bugs, Bugs

Creepy crawly fun and learning awaits in Bugs, Bugs, Bugs! Students can look forward to activities focused on a different bug every week. No class 3/25 and 4/8.

**Age:** 3-5

**Location:** Weiss Community Center

**M 11:30 am-12:20 pm**

Feb 26-Apr 15 \$56R/\$68N

## 1, 2, 3 Count with Me

Get ready to count along! All things numbers will be explored through activities and projects in this class.

**Age:** 3-5

**Location:** Weiss Community Center

**M 11:30 am-12:20 pm**

Apr 22-May 20 \$48R/\$58N

## Color Exploration

Explore colors of the rainbow and beyond through fun activities, crafts, and songs.

**Age:** 3-5

**Location:** Weiss Community Center

**Th 11-11:45am**

Jan 11-Feb 15 \$51R/\$62N

## Trail Blazers Spring Camp

Spring Camp participants will enjoy a sampling of our Trail Blazers preschool program with crafts projects, games, and more! Perfect for those preschoolers that want to stay active over spring break.

**Age:** 3-5

**Location:** Weiss Community Center

**W,Th,F 9:30-11:30 am**

Mar 27-Mar 29 \$53R/\$64N



# Early Childhood

## Zoom Around the Planets

Explore a new planet each week through varied activities such as stories, games, and art projects. No class 3/29.

**Age:** 3-5

**Location:** Weiss Community Center

**F 11:30am-12:15pm**

Mar 1-Apr 19 \$59R/\$71N

## Story + Craft

We will read a new book every week and put together a fun craft themed from the story. No class 3/28.

**Age:** 3-5

**Location:** Weiss Community Center

**Th 11-11:45am**

Feb 29-Apr 18 \$59R/\$71N

## Creative Kids

Using varied fine art mediums children will create their own masterpiece each class. No class 3/29.

**Age:** 2-3

**Location:** Burning Bush Community Center

**F 11-11:45am**

Jan 12-Feb 16 \$51R/\$62N

Mar 1-Apr 19 \$59R/\$71N

Apr 26-May 17 \$35R/\$42N

## Sea Creature Adventure

Go on a sea creature adventure! Learn about underwater animals and their habitat through fun activities. A new sea creature will be focused on each week.

**Age:** 3-5

**Location:** Weiss Community Center

**F 11:30am-12:15pm**

Apr 26-May 17 \$35R/\$42N

## Parent / Tot Classes

Please remember that these classes are designed for you to be an active participant with your child. We do not allow siblings to attend classes with you.

### Tot Rock and Kid Rock 1

This interactive class has everyone on their feet! We all learn together while engaging in active, creative, music-based activities, while using rhythm instruments and movement props. All class procedures are designed to keep staff and students safe. Activities are age appropriate by class and include songs and rhymes, rhythm and coordination, fine and gross motor, imagination and sensory, listening and following directions skills. Sing, dance, play, learn and imagine with us!

### Tot Rock

**Age:** 1-2 w/adult

**Location:** Mt. Prospect Park District Rec Plex.  
420 Dempster, Mt. Prospect IL 60056

**Th 9:15-9:55am**

Jan 11-Feb 8 \$61R/\$74N

Feb 22-Mar 21 \$61R/\$74N

Apr 11-May 23 \$85R/\$102N

### Kid Rock 1

**Age:** 2-3 w/adult

**Location:** Mt. Prospect Park District Rec Plex.  
420 Dempster, Mt. Prospect IL 60056

**Th 10-10:40am**

Jan 11-Feb 8 \$61R/\$74N

Feb 22-Mar 21 \$61R/\$74N

Apr 11-May 23 \$85R/\$102N





## Kid Squad Before & After School Care 2023-2024

Kid Squad is a cooperative program between the River Trails Park District, School District #26, and Robert Frost Elementary School. This program is available for parents who need Before and/ or After School Care for their children in Kindergarten through 5th grades.

Online registration and parent manual available at Weiss Center or online at [rtpd.org](http://rtpd.org).

Registration requires you to have a River Trails Park District "Community Pass" Account.

Never registered online? Please see [page 4] on setting up an online account. After logging into online registration, click on "Browse Activities", then select the "Kid Squad" button. Continue to follow the onscreen prompts to finalize and confirm registration.

### Registration Guidelines--please read below!

- Registration is taken on a weekly basis during the school year online and is currently open!
- Please sign up for the upcoming week by Wednesday at 10:30 pm
- **To request a late registration, you must email our Kid Squad email at [kslatereg@rtpd.org](mailto:kslatereg@rtpd.org)**
- There is a **mandatory wait time of two business days for approval** while we ensure space, staffing and resources.
- Late registration will incur a **\$15 late fee per child.**
- Registration less than 5 days prior to the start of the school week will be considered late registration.

### Indian Grove/Euclid/Prairie Trails (District 26)

- Before School Care..... 7-8:30 am
- After School Care ..... 3:40-6 pm
- Thursday Before School Care: .... 7-9:20 am

### Frost Elementary (District 21)

- Before School Care..... 7-8:40 am
- After School Care ..... 3:30-6 pm



## Time for Fun

### Hit the Trails: School's Out!

Enjoy a day off with friends and the River Trails Park District! Great field trips are planned along with games and activities. Be sure to bring a lunch, snack and drink. These daily programs are contingent upon the School District #26 and #21 calendars and are subject to cancellation. Visit [rtpd.org](http://rtpd.org) to see what we have planned and stay up to date on the current Hit the Trails schedule! Note: *Registration deadline is 1-week prior for each date. Field trips will be announced on Friday December 15.*

**Grade:** K-8

**Location:** Weiss Community Center

**Time:** 7 am-6 pm

<b>M</b>	Jan 8	\$54
<b>M</b>	Jan 15	\$54
<b>M</b>	Feb 19	\$54
<b>F</b>	Mar 22	\$54
<b>M</b>	Apr 8	\$54

### Camp Spring

Spring is in the air! Get out of the house and join our special spring break camp for games, sports, arts and crafts, a field trip, and more! Campers, please bring a lunch and a drink daily

**Grade:** K-8

**Location:** Weiss Community Center

#### Before Camp

**M-F 7-8:30am**

Mar 25-29 \$39R/\$47N

**M,W,F 7-8:30am**

Mar 25, 27, & 29 \$24R/\$29N

#### Day Camp

**M-F 8:30am-3pm**

Mar 25-29 \$180R/\$200N

**M,W,F 8:30am-3pm**

Mar 25, 27, & 29 \$110R/\$130N

#### After Camp

**M-F 3-6 pm**

Mar 25-29 \$75R/\$90N

**M,W,F 3-6pm**

Mar 25, 27, & 29 \$45R/\$54N

LOOK FOR  
2023  
**SUMMER**  
Camp Brochure  
in January

**Summer Camp Registration begins:**

- February 6 – Resident
- February 20 – Nonresident

## Afterschool Programs

### Young Magicians

Join us for a fun night of magic and mystery! Magic tricks will be taught that include cards, coins, ropes, and much more! You will discover that the tricks are quick to learn and easy to perform. All materials are provided on site. Each child will receive a magic kit to take home at the end of class. Participants are grouped by age and learn age-appropriate tricks. New tricks are taught at each session, so sign up again and again!

**Age:** 5-12

**Location:** Arlington Heights Park District

Jan 16	Tu	6:30-7:25pm	\$25R/\$30N
Mar 14	Th	5-5:55pm	\$25R/\$30N
May 13	M	6:30-7:25pm	\$25R/\$30N

### Chess Scholars Afterschool Chess Club

Develop your child's intellect through the royal game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Chess has been proven to enhance children's motivation, concentration, focus, social skills, and creativity. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will learn under the guidance of an experienced Chess Scholars coach. No class 3/26.

**Grade:** K-5

**Location:** Indian Grove School

**Tu 3:45-4:30pm**

Jan 9-Feb 20	\$143R/\$163N
Feb 27-Apr 16	\$143R/\$163N
Apr 23-May 28	\$123R/\$143N

### Children's Theatre

A weekly musical theatre workshop culminates in a showcase featuring age-appropriate excerpts from smash hit movie musicals! Students will learn the basics of vocal technique, choreography, and acting while working together to produce an in-class performance for family and friends. The showcase will take place during the last 30 minutes of our final class. Indian Grove students will be walked over to Burning Bush after school by RTPD staff. No class 3/27.

**Grade:** K-6

**Location:** Burning Bush Community Center

**Instructor:** Margo Proeh & the Children's Theatre staff

#### Frozen

**W 3:45-4:45pm**

Jan 10-Feb 21 \$150R/\$170N

#### Wizard of Oz

**W 3:45-4:45pm**

Feb 28-Apr 17 \$150R/\$170N

#### Grease Jr.

**W 3:45-4:45pm**

Apr 24-May 29 \$129R/\$149N



## SafeSitter

Do you feel ready to stay home alone, watch your brothers and sisters while your parents are gone, or babysit for younger children? Then maybe it's time for Safe Sitter®. Safe Sitter® is for kids and young teens in grades 4–8 who are ready to learn the skills they need to care for themselves and younger children. In addition, Safe Sitter® teaches young teens life and business skills, so that they know how to be prepared, be responsible, and be considerate whether they are babysitting or doing odd jobs for family, friends, or neighbors. You'll have fun. You'll learn a lot. And at the end of the day, you can proudly say, "I am a Safe Sitter®!"

### Safe@Home

**Grade:** 4–6

**Location:** Weiss Community Center

**Sa 10–11:30 am**

Feb 24 \$38R/\$46N

May 18 \$38R/\$46N

### Intro to Babysitting

**Grade:** 6–8

**Location:** Weiss Community Center

**Sa 10–11:30am**

Apr 27 \$38R/\$46N

## Computer Explorers

### Gears, Gears, Gears!

Explore gears using LEGO, as we work in teams of two and find out how gears make the world turn. We'll make projects that crank, mesh, pump, push, pull, tug, and grind—all of which turn out to be very useful simple machines!

**Age:** 4–6

**Location:** Mt. Prospect Park District

**M 6–7pm**

Jan 29–Feb 19 \$56R/\$67N

### Video Game Lab

Let's create a game on the PC with Xbox controllers! Using a visual programming language, students can learn about creativity, problem solving, and collaboration. It's not just about programming. Stretch your imagination to design and build fun-filled, challenging games!

**Age:** 7–12

**Location:** Prospect Heights Park District

**M 6–7:15 pm**

Feb 26–Mar 18 \$70R/\$84N

### Minecraft Basic Training for Beginners

Are your friends all into Minecraft, but you haven't quite figured it out? This is for YOU! You and your partner will collaborate to learn essential crafting skills while searching for clues to unlock doors, complete scavenger hunts and more! You'll get an introduction to the basics of computer networking, multidimensional objects and video game graphics. After completing this boot camp, you'll have the basic tools to participate in more advanced Minecraft adventures!

**Age:** 6–8

**Location:** Burning Bush Community Center

**M 6–7:15pm**

Apr 1–Apr 22 \$70R/\$84N



# Dance



## Expressions Dance Studio

### Mission Statement

The River Trails Park District's Expressions Dance Studio is founded with the principles of providing participants with a safe and fun environment where your child's development is nurtured through both an expressive and structured-based curriculum with outcomes focused on skill development, self-confidence and an understanding of dance terminology.



### Support Our Annual Dance Recital!

**Recital:** Saturday, March 9, 2024, 11 am

**Location:** River Trails Middle School

**Structure:** Children registered for September session of Expressions Dance will be in the annual dance recital in March.



# Dance

## Private Dance Lessons:

Available by request. Perfect for audition preparation and professional one on one instruction. Please visit the Weiss Center or contact Katie at 847.255.1200 for more information.

## Dance Class Descriptions

**Ballet/Tap:** Class will start basic tap skills, sounds, rhythm with right & left directions. Basic ballet vocabulary and movement including loco motor, elementary positions and musical rhythm along with creative expression and imagination! Each level will work on refining fundamental techniques, terminology, stretching & strength continuing to build through the levels. Ballet and Tap shoes are required.

**Hip Hop:** Wear your sneakers and join this high energy, upbeat hip hop class! Learn new, fun and exciting moves to music you hear on the radio. We'll do strength work, stretching, isolations and foot work to inspire dancers to leave it all out on the dance floor! Learn exciting age appropriate choreography and create your own moves. Clean sneakers must be worn.

**Hip Hop/Poms:** This class will introduce dancers to the sharp synchronized movement and visual effects of working with pom poms. We'll do strength work, stretching, isolations and foot work to inspire dancers to leave it all out on the dance floor! Clean sneakers must be worn.



## Dance Class Schedule

*All classes held at Burning Bush Community Center*

Class	Age	Day	Time	Dates	Fee	Instructor
Pre-Ballet/Tap	3-4	W	4:15-5 pm	4/24-5/29	\$54R/\$65N	Dani
Pre-Hip Hop/Poms	3-4	W	5-5:45 pm	4/24-5/29	\$54R/\$65N	Dani
Beginning Hip Hop	5-7	W	5:45-6:30 pm	4/24-5/29	\$54R/\$65N	Dani
Beginning Ballet/Tap	5-7	W	6:30-7:15 pm	4/24-5/29	\$54R/\$65N	Dani
Hip Hop I	8-10	W	7:15-8:15 pm	4/24-5/29	\$72R/\$87N	Dani

# Athletics



**The following classes are taught by Hot Shot Sports: Sports and More, Pee Wee Soccer, Lunch & Play and Lil Dribblers.**

## Sports and More

Children are introduced to the fundamentals of such sports as soccer, t-ball football, hockey plus others as well as group games. We provide an opportunity for each child to develop motor skills & nurture his/her growth socially and emotionally through teamwork and good sportsmanship. Those attending pre-school at Weiss Community Center will be picked up for class. No class 3/26, 3/28 & 3/29.

**Age:** 3-5

**Location:** Weiss Community Center

**Tu 12-12:45 pm**

Jan 9-Feb 13 \$84R/\$101N

Feb 27-Apr 16 \$98R/\$118N

Apr 23-May 14 \$56R/\$68N

**Th 10-11:30 am**

Jan 11-Feb 15 \$120R/\$140N

Feb 29-Apr 18 \$140R/\$160N

Apr 25-May 16 \$80R/\$96N

**F 12:45-1:30 pm**

Jan 12-Feb 16 \$84R/\$101N

Mar 1-Apr 19 \$98R/\$118N

Apr 26-May 17 \$56R/\$68N

## Lil Dribblers: Rookies

The Rookie Dribblers program is designed to progress children through their early basketball experience. Simple skills acquired in the Junior Dribblers are reinforced and other aspects of the game are introduced in a fun and supportive environment. No class 3/29.

**Age:** 3-5

**Location:** Weiss Community Center

**F 11:45am-12:30pm**

Jan 12-Feb 16 \$84R/\$101N

Mar 1-Apr 19 \$98R/\$118N

Apr 26-May 17 \$56R/\$68N

## Lunch & Play

Children are introduced to a variety of sports including soccer, t-ball, basketball, football, kickball plus others as well as group games. Our goal is to provide the opportunity for each child to develop motor skills & nurture his/her growth socially through teamwork & good sportsmanship. Those attending pre-school at Weiss Community Center will be picked up for class. Children should bring lunch & water. No class 3/28.

**Age:** 3-5

**Location:** Weiss Community Center

**Th 11:30am-1pm**

Jan 11-Feb 15 \$120R/\$140N

Feb 29-Apr 18 \$140R/\$160N

Apr 25-May 16 \$80R/\$96N

## Pee Wee Soccer

This class is designed to increase balance, body awareness, motor skills, and make soccer fun. Players will work on ball touches and controlling the ball. Class will work on balance and movements through games and challenges. No class 3/29.

**Age:** 3-5

**Location:** Weiss Community Center

**F 1:30-2:15pm**

Jan 12-Feb 16 \$84R/\$101N

Mar 1-Apr 19 \$98R/\$118N

Apr 26-May 17 \$56R/\$68N



# Athletics

## Grip It & Rip It Archery

Learn about the sport with a certified Archery Instructor—bows and arrows provided. For safety, tight-fitting clothing or short-sleeved shirts recommended and participants must wear closed-toed shoes. Classes may be combined if necessary.

- Beginner: Have fun learning terms, equipment and techniques while letting arrows rip in a safe setting.
- Continuer: For archers who have completed the Beginner class.

**Age:** 9 & Up

**Location:** Weiss Center/Woodland Trails Park

**W 5-6 pm Level 1 Beginner**  
April 24-May 22 \$75R/\$90N

**W 6:15-7:15 pm Level 1 Continuer**  
April 24-May 22 \$75R/\$90N

## Volleyball Skills Clinic 1

This clinic includes instruction on all major volleyball skills; serving, passing, setting and attacking. Players receive a solid foundation of these fundamental skills through fun and active drills, building up to team play. This class is for the volleyball beginner looking to understand the game and learn new skills. Kneepads are recommended.

**Age:** 7-10

**Location:** Weiss Community Center

**M 5-6 pm**  
Jan 8-Jan 29 \$42R/\$50N

## Volleyball Skills Clinic 2

This clinic focuses on progressing all skills including, transitioning from free ball, offense, defense, and developing specific positions. This is a great opportunity for players to advance their skill level and knowledge of the game. Kneepads are recommended.

**Age:** 10-14

**Location:** Weiss Community Center

**M 6-7:30 pm**  
Jan 8-Jan 29 \$53R/\$64N

## Futsal Clinic

Futsal is an exciting, fast-paced small sided soccer game that is played across the world. This clinic provides soccer players access to the amazing game of Futsal to improve their core abilities, foot control, and passing awareness. Players will learn skills essential to advancement on the soccer field while playing on a smaller Futsal surface. Training is focused first on developing foot skills and understanding the key aspects of Futsal, then second focused on scrimmaging and implementing the core techniques into each individual's skill set and game strategy.

**Location:** Frost Elementary School Gymnasium

### Session 1

**Grades:** 1-2

**Th 6-7 pm**  
Feb 15-Mar 21 \$53R/\$65N

### Session 2

**Grades:** 3-5

**Th 7-8:30pm**  
Feb 15-Mar 21 \$81R/\$97N

## Lacrosse Clinic

A perfect fit for players looking to learn the game of lacrosse in a fun environment! The program incorporates small games into the team game of lacrosse for a fun and interactive experience, focusing on fundamental individual skills and is designed for beginner and continuing players!

### LakeShore Little Laxers

**Grades:** K-2

**Location:** Woodland Trails Park

**Th 6-7 pm**  
Apr 4 - Apr 25 \$110R/\$130N

### Lakeshore Stars Training

**Grades:** 3-8

**Location:** Woodland Trails Park

**Th 6-7pm**  
Apr 4-Apr 25 \$110R/\$130N

# Athletics



## Heritage Tennis Club Lessons

Escape the cold with indoor tennis lessons! The Arlington Heights Park District is pleased to offer indoor tennis instruction at the Heritage Tennis Club in Arlington Heights. You do not need to be a resident of Arlington Heights or a member of the Club to participate. Non-member fees exist, but you can try the program before deciding to join and receive membership benefits.

For more information about programs and rates, call 847-398-7780 or go to [www.ahpd.org/htc](http://www.ahpd.org/htc).



## Figure Skating

*River Trails Park District has joined with Mount Prospect Figure Skating Academy to offer our community figure skating lessons! Mount Prospect Figure Skating Academy's purpose is to teach individuals the fundamentals of ice skating in a safe, fun, and energetic manner while providing a curriculum that will advance skills in each and every lesson. The ratio is 6:1 student to coach.*

*Please arrive at the rink 10 minuets early so we can help with skates. Dress warm!*

**Location:** Mount Prospect Ice Arena, 1501 Feehanville Dr., Mt. Prospect

## Snowplow Sam

This class offers our younger skaters a chance to get out on the ice and learn in an age appropriate manner. No previous experience needed.

**Age:** 3-6

## The Basics

A fun and fast pace class to encourage skaters to grow and learn. This class is designed for children and adolescents that want to learn the fundamentals of ice skating. No previous experience needed.

**Age:** 6+

Please check  
our website  
for times  
and dates at  
[www.rtpd.org](http://www.rtpd.org).



# Youth Athletic Leagues

## Athletics



### Youth Athletic Leagues

- All leagues need volunteer coaches.
- Team/player/coach requests not guaranteed.
- Both parents/guardians are required to be PAYS certified.

### Parent Association for Youth Sports

Both parents/guardians of participants enrolled in any youth sports league must complete the PAYS program. Children whose parents/guardians have not completed PAYS will not be allowed to participate in any youth sport programs requiring PAYS certification. The clinic consists of viewing a video from National Alliance of Youth Sports and going through the handbook. This process only needs to be once and if you are new to the youth athletic programs. Upon completion, individuals will sign a Parents Code of Ethics and receive the PAYS membership card and handbook.

### Easy as 1, 2, 3...

To register for PAYS please visit <http://www.nays.org/paysonline>. When taking the PAYS training, make sure to either type in code #1319 or click River Trails Park District in the drop box. You must associate yourself with our chapter to receive the \$5 per family fee.

### Youth Volunteer Coaches

Teach sport skills as well as the values of teamwork, fair play and how to win as well as lose with grace. Volunteers are instrumental to the success of these programs by acting as a team coach or coach's assistant. If interested, please contact Josh at 847.463.3709. You will be trained according to River Trails and the National Youth Sports Coaches Association. A 50% discount in registration fees will be given to coach's child. (1 head coach and 1 asst. coach per team)

### National Youth Sports Coaches Association & Certification

National Youth Sports Coaches Association (NYSCA) is a clinical training that certifies you according to NYSCA standards. NYSCA training is required of all River Trails head coaches to assure their dedication and responsibility to youth sports. Coaches are asked to take training online. Fee is \$20 + \$5 per each additional sport. The park district will reimburse for the initial \$20 and the initial \$5.

### Friendship Request Policy (for 4-year-old-2nd grade levels)

The River Trails Park District allows only one friendship request per person. This request can be put on the child's registration form and must be matching. Siblings will automatically be placed on the same team unless otherwise requested. Requests made after the registration deadline may not be honored. River Trails Park District can only accept friendship request for 4 years old through 2nd grade levels of any athletic league. For 3rd grade and above, teams will be balanced by skill level, school, and gender or a draft will be held.

### River Trails Park District Jersey (Available only at Weiss Center)

Jersey-\$18.50

## Youth Leagues

**All leagues need volunteer coaches.**

**Team/player/coach requests not guaranteed.**

**Both parents/guardians are required to be PAYS certified.**

### Little Kickers Youth Soccer

Come out for Saturday soccer! Learn the fundamentals while having fun & learning skills in a non-competitive environment. Age groups may be combined if needed. Exact game times may vary depending on number of teams. Each player brings their own appropriate size soccer ball for practice.

### Youth Outdoor Soccer League

A volunteer coached program emphasizes the fundamentals of passing, shooting, offense, defense, sportsmanship & fun! Actual game times depend on number of teams in the league. Games may be played on weekday nights if needed. Each player brings their own appropriate size soccer ball for practice. Games to be made up during the week prior to these dates.

### Youth Volleyball League

Bump, Set and Spike your way through our Youth Volleyball League. Players are divided into three divisions based on grade and ability.

#### Divisions

**Blue Division-** For Grades 3rd-5th-Players will practice for the first two weeks during which teams will be formed. Games are played with slightly modified rules. Team practice will be on Sundays and games on Mondays. Recommended for 3rd grade with some prior experience.

**Red Division-** For Grades 6th-8th - Players will practice for the first two weeks during which teams will be formed. Team practice will be on Sundays and games on Mondays.

### CO-ED Kindergarten Winter Basketball League

An exciting intro to basketball basics run by experienced staff for kids of all sizes & abilities with tons of fun guaranteed! Teams will practice once a week for one hour. A safe, nurturing, active environment where children will discover what wonderful skills he/she can master!

### Youth Winter Basketball League

A volunteer coached program introduces the fundamentals of basketball, focusing on passing, shooting, offense, defense, sportsmanship & fun. Park district assigns teams for balance.

### NWPDBC-Jr High Basketball League

The Northwest Suburban Park District Basketball Conference (NWPDBC) is our winter basketball league formed by the Mt. Prospect, Prospect Heights, River Trails & Wheeling Park Districts for 7th and 8th grade boys and girls. Teams will be formed through a clinic and draft process. Teams are guaranteed a 12 game regular season and 2 playoff games (a total of 14 games!) The NWPDBC will also host an All-Star Game for participants.

### Micro Baseball League

Be introduced the fundamentals of throwing, catching, batting, base running, sportsmanship, teamwork & fun! All participants need an RTPD jersey and a baseball glove-participants will receive an RTPD baseball cap. Both levels use 'soft-core' baseballs and tees, with coach pitch for the Rookie level. Register for age/grade level child will be in for the Fall 2024 school year. Team/coach/player requests are not guaranteed. Program meets on Monday and Wednesdays (Tuesdays/Thursdays may be used for rain make-ups).



# Athletics

## Youth Athletics Leagues

- **All leagues need Volunteers Coaches.**  
**See Volunteer Coach Benefits on page 25**  
**Contact Josh Mulholland at 847-463-3709**  
**or [jmulholland@rtpd.org](mailto:jmulholland@rtpd.org).**
- Team/player/coach requests not guaranteed.
- Both parents/guardians are required to be PAYS certified.  
See page 25 for info.
- River Trails District Uniform can be used for multiple leagues.  
Jersey-\$18.50 | available at Weiss Center.



League	Ages	Format	Practice Days & Times	Game Days & Times	Dates	RES Fee	NR Fee	Reg. Deadline	RTPD Uniform Needed	Location	Co-op
Lil Kickers Youth Soccer	4yrs-4th grade	4v4 to 8v8	1 weeknight 1hr. 4-7pm	Sa 8am-2pm	Apr 1-Jun 8	\$65	\$78	Mar 20	Yes	Indian Grove	PHPD
Youth Outdoor Soccer	5th-8th grade	9v9 to 11v11	1 weeknight 1hr. 4-7pm	Su 12-9pm	March 31- June 9	\$70	\$84	Mar 20	Yes	Woodland Trails & Co-op Facilities	MPPD, DPPD, WPD
Youth Volleyball League	3rd-8th grade	6v6	Su 12-5pm	Mon 4-9pm	Feb 11-Mar 18	\$90	\$108	Jan 26	Yes	Weiss & Gary Morava (Prospect Heights)	PHPD
Micro Baseball	4yrs - 2nd grade	7vs7-8vs8	1st Week Only	M,W 6-8pm	June 3-July 10	\$110	\$130	May 22	Yes	River Trails Fields	X
Co-Ed Kindergarten Basketball	Kindergarten	5v5	1 weeknight 1hr. 5-9pm	Sa 8am-3pm	Jan 8-Mar 16	\$110	\$130	Dec 11	Included in Fee	Euclid	PHPD
Winter Youth Basketball	1st-2nd grade	5v5	1 weeknight 1hr. 5-9pm	Sa 8am-3pm	Jan 8-Mar 16	\$115	\$135	Dec 11	Included in Fee	1st-2nd: Euclid, 3rd-4th: Indian Grove, 5th-6th: Gary Morava	PHPD, WPD
Winter Youth Basketball	3rd-6th grade	5v5	1 weeknight 1hr. 5-9pm	Sa 8am-3pm	Jan 8-Mar 16	\$125	\$145	Dec 11	Included in Fee	1st-2nd: Euclid, 3rd-4th: Indian Grove, 5th-6th: Gary Morava	PHPD, WPD
Winter Jr. High Basketball	7th-8th grade	5v5	1 weeknight 1hr. 5-9pm	Sa/Su 9am-6pm	Jan 6-Mar 2	\$145	\$165	Dec 11	Included in Fee	Various	Multiple

# Athletics

## Martial Arts • Karate

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four-time National Champion and President of the American Shotokan Karate Association.

- ISKC's karate classes offer a mix of strength training with cardiovascular and flexibility exercises. Students increase their coordination, agility, and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules.
- In Pre-Karate safety classes, young children develop flexibility, strength, and coordination in fun yet disciplined activities. This program is specifically designed for growing minds and bodies to enhance memory and agility. Watch your child's confidence blossom and their skills improve.
- Uniforms and Belt-Testing are options available through the ISKC instructor. Please note that the Youth and Adult classes may train together. Beginner students will not be permitted to register for the current session after the second class has met.
- Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required.

For information visit [www.iskc.com](http://www.iskc.com) or call 847-359-0666. (Co-op Wheeling and Mt. Prospect Park Districts).

### Locations

**River Trails Middle School**  
1000 Wolf Rd., Mt. Prospect

**Wheeling Park District,  
Community Recreation Center**  
100 Community Blvd, Wheeling

**Mt. Prospect Park District, Central  
Community Center**  
1000 W. Central Rd, Mt. Prospect

## Winter Karate

**Wednesday Pre-Karate** | January 10 – March 27 (12 weeks)

**Central Community Center, 1000 W. Central Road, Mt. Prospect**

TIME	AGE	CLASS	FEE
4-4:45 pm	4-6 yrs	Beginner/Continuer	\$179R/\$199N
4:45-5:30 pm	4-6 yrs	Intermediate /Advanced (Instructor permission)	\$179R/\$199N

**Saturday Pre-Karate** | January 13 – March 16 (10 weeks)

**River Trails Middle School, 1000 Wolf Road, Mt. Prospect**

TIME	AGE	CLASS	FEE
9:00-9:45 am	4-6 yrs	Beginner/Continuer	\$149R/\$169N
9:55-10:40 am	4-6 yrs	Novice (2 White w/stripes)	\$149R/\$169N
10:50-11:50 am	4-6 yrs	Inter./Adv. (Red Belt & Up)	\$169R/\$189N

**Tuesday Karate** | January 9 – March 26 (12 weeks)

**Community Recreation Center, 100 Community Blvd, Wheeling**

TIME	AGE	CLASS	FEE
6:00-6:55 pm	7-14 yrs	Beginner/Continuer (White Belts)	\$179R/\$199N
7:00-7:55 pm	7-14 yrs	Novice (Red-Blue Belts)	\$179R/\$199N
8:00-8:55 pm	7-14 yrs	Intermediate (Green-Purple Belts)	\$179R/\$199N
8:00-9:30 pm	7-14 yrs	Advanced (Brown-Black Belts)	\$215R/\$235N
6:00-6:55 pm	14+ yrs	Beginner/Continuer (White Belts)	\$179R/\$199N
7:00-7:55 pm	14+ yrs	Novice (Red-Blue Belts)	\$179R/\$199N
8:00-8:55 pm	14+ yrs	Intermediate (Green-Purple Belts)	\$179R/\$199N
8:00-9:30 pm	14+ yrs	Advanced (Brown-Black Belts)	\$215R/\$235N

**Wednesday Karate** | January 10 – March 27 (12 weeks)

**Central Community Center, 1000 W. Central Road, Mt. Prospect**

TIME	AGE	CLASS	FEE
5:30-6:30 pm	7-14 yrs	Beginner/Continuer (White & Red Belts)	\$179R/\$199N
6:30-7:30 pm	7-14 yrs	Intermediate (Orange-Green Belts)	\$179R/\$199N
7:30-9 pm	7-14 yrs	Advanced (Purple-Black Belts)	\$215R/\$235N
5:30-6:30 pm	14+ yrs	Beginner/Continuer (White & Red Belts)	\$179R/\$199N
6:30-7:30 pm	14+ yrs	Intermediate (Orange-Green Belts)	\$179R/\$199N
7:30-9 pm	14+ yrs	Advanced (Purple-Black Belts)	\$215R/\$235N

**Saturday Karate** | January 13 – March 16 (10 weeks)

**River Trails Middle School, 1000 Wolf Road, Mt. Prospect**

TIME	AGE	CLASS	FEE
9:00-9:55 am	7+ yrs	Beginner/Continuer (White Belts)	\$149R/\$169N
10:00-10:55 am	7+ yrs	Continuer (Red-Blue Belts)	\$149R/\$169N
11:00-12 pm	7+ yrs	Novice (Green-Purple Belts)	\$149R/\$169N
11:00-12:30pm	7+ yrs	Intermediate/Advanced (Brown-Black Belts)	\$179R/\$199N



# Athletics

## Saturday Location Changes During Winter & Spring

- February 10 and March 9 classes meet at Euclid School.
- June 1 and June 8 classes meet at Weiss Community Center.



## Spring Karate

**Wednesday Pre-Karate** | April 3–June 5 (10 weeks)

**Central Community Center, 1000 W. Central Road, Mt. Prospect**

TIME	AGE	CLASS	FEE
4-4:45 pm	4-6 yrs	Beginner/Continuer	\$149R/\$169N
4:45-5:30 pm	4-6 yrs	Intermediate /Advanced (Instructor permission)	\$149R/\$169N

**Saturday Pre-Karate** | April 6- June 8 (10 weeks)

**River Trails Middle School, 1000 Wolf Road, Mt. Prospect**

TIME	AGE	CLASS	FEE
9-9:45 am	4-6 yrs	Beginner/Continuer	\$149R/\$169N
9:55-10:40 am	4-6 yrs	Novice (2 White w/stripes)	\$149R/\$169N
10:50-11:50 am	4-6 yrs	Inter./Adv. (Red Belt & up)	\$169R/\$189N

**Tuesday Karate** | April 2–June 4 (10 weeks)

**Community Recreation Center, 100 Community Blvd, Wheeling**

TIME	AGE	CLASS	FEE
6-6:55 pm	7-14 yrs	Beginner/Continuer (White Belts)	\$149R/\$169N
7-7:55 pm	7-14 yrs	Novice (Red–Blue Belts)	\$149R/\$169N
8-8:55 pm	7-14 yrs	Intermediate (Green–Purple Belts)	\$149R/\$169N
8-9:30 pm	7-14 yrs	Advanced (Brown–Black Belts)	\$179R/\$199N
6-6:55 pm	14+ yrs	Beginner/Continuer (White Belts)	\$149R/\$169N
7-7:55 pm	14+ yrs	Novice (Red–Blue Belts)	\$149R/\$169N
8-8:55 pm	14+ yrs	Intermediate (Green–Purple Belts)	\$149R/\$169N
8-9:30 pm	14+ yrs	Advanced (Brown–Black Belts)	\$179R/\$199N

**Wednesday Karate** | April 3–June 5 (10 weeks)

**Central Community Center, 1000 W. Central Road, Mt. Prospect**

TIME	AGE	CLASS	FEE
5:30-6:30 pm	7-14 yrs	Beginner/Continuer (White & Red Belts)	\$149R/\$169N
6:30-7:30 pm	7-14 yrs	Intermediate (Orange–Green Belts)	\$149R/\$169N
7:30-9 pm	7-14 yrs	Advanced (Purple–Black Belts)	\$179R/\$199N
5:30-6:30 pm	14+ yrs	Beginner/Continuer (White & Red Belts)	\$149R/\$169N
6:30-7:30 pm	14+ yrs	Intermediate (Orange–Green Belts)	\$149R/\$169N
7:30-9 pm	14+ yrs	Advanced (Purple–Black Belts)	\$179R/\$199N

**Saturday Karate** | April 6- June 8 (10 weeks)

**River Trails Middle School, 1000 Wolf Road, Mt. Prospect**

TIME	AGE	CLASS	FEE
9-9:55 am	7+ yrs	Beginner/Continuer (White Belts)	\$149R/\$169N
10-10:55 am	7+ yrs	Continuer (Red–Blue Belts)	\$149R/\$169N
11-12 pm	7+ yrs	Novice (Green–Purple Belts)	\$149R/\$169N
11-12:30pm	7+ yrs	Intermediate/Advanced (Brown–Black Belts)	\$179R/\$199N

## Adult Athletics

- Registration is taken on a team basis ONLY!
- All registration can be taken online or in person at the Weiss Center.
- \$150 deposit due at time of registration (except bags, pickleball and volleyball).
- All participants must be 18 years old and up.
- Cash awards or trophies (depending upon the league) will be given out to 1st and 2nd place league and tournament champions.
- For information on any of the adult leagues or individual participation please contact Josh at 847-255-1200 or [jmulholland@rtpd.org](mailto:jmulholland@rtpd.org).

### We want to hear from you!

What would you like to see offered through the RTPD?

Possible adult programs might include:

- Adult Kickball/Cup in Hand Kickball
- Adult Soccer League
- Adult Summer Sand Volleyball
- Adult Ultimate Frisbee
- Over 40 Leagues
- CoEd Leagues

Contact Josh at [jmulholland@rtpd.org](mailto:jmulholland@rtpd.org) if you would like to see a new program!

League	Format / Level	Day(s)	Dates	Time	RES Fee	NR Fee	Reg. Deadline
Volleyball- Winter/ Spring	Open Gym	Mon	Begins Jan 8	Drop In Fee: \$5 Time subject to change			
16" Softball- Summer	Men's C Division	Mon	Begins May 6	6:30-10:30pm	\$750	\$850	April 17
16" Softball- Summer	Men's Division	Wed	Begins May 8	6:30-10:30pm	\$750	\$850	April 17
14" Softball- Summer	Coed	Fri	Begins May 10	6:30-10:30pm	\$750	\$850	April 17
Men's Outdoor Basketball- Summer	A Division	Sun	Begins May 19	8am-2pm	\$750	\$820	May 8
Men's Outdoor Basketball- Summer	B Division	Sun	Begins May 19	8am-2pm	\$750	\$820	May 8
Bags- Winter / Spring	Mostly Tuesdays	Tue	Begins Jan 16	6:30-10:30pm	\$75	\$90	January 9
Bags- Winter / Spring	Mostly Wed	Wed	Begins Jan 17	6:30-10:30pm	\$75	\$90	January 9
Bags- Winter / Spring	Tue & or Wed	Tues/ Wed	Begins Jan 16/17	6:30-10:30pm	\$75	\$90	January 9

### ADULT DROP IN AND PUNCH CARDS



### Pickleball Drop In & Punch Cards

Stop by the Weiss Community Center to enjoy indoor Pickleball. Feel free to drop in or purchase a punch card for savings!

**Tu** .....2-5 pm  
**W**.....9 am-12 pm  
**Th** .....2-5 pm  
**Sa** .....3-5 pm

#### Fees per person:

Drop in-\$5  
Punch Cards - 3 punch: \$12 | 6 punch: \$24 | 12 punch: \$48

**Fall Drop-Ins will be open until Dec 21**

**No Pickleball: Dec 22-Jan 1**

**Winter/Spring Session: Jan 2 - April 14**



# Parkour



## RIVER TRAILS PARK DISTRICT

550 Business Center Drive  
Mount Prospect, IL 60056

### Parkour Registration

Have you setup your family account by visiting our website at [www.rtpd.org](http://www.rtpd.org) ? If so, log on and pick your classes. If you have not, please setup your account and go to the Weiss Community Center with your families verification information. (Driver's License for 18+ years old and birth certificates for 17 year and younger). Once verified let your family enjoy all of what River Trails Park District can offer.

Instructors are certified by the World Parkour Free Runner Federation, along with USA Parkour.

Parkour is closed on:

- Dec 24, 25 & 31
- Jan 1
- April 9
- May 12, 26,27

### Illinois Parkour Championship

**Saturday, February 3, 2024**

Run, jump, climb, flip and roll! Put your skills to the test and join us for the second ever parkour competition at our gym! Students aged 5-15 will have the opportunity to showcase their skills and agility in a timed obstacle course. Every student who registers will receive a commemorative t-shirt, award certificate and the opportunity to win prizes for 3rd, 2nd and 1st place! (Awards Ceremony immediately follows after each age group)

#### Registration:

- \$30, registration is limited for each division
- Registration: Ends by Thursday, February 1st

5-6 yrs	Checkin-in & Warm Up	12:30-1 pm
	Competition	1-2:15 pm
7-8 yrs	Checkin-in & Warm Up	2:15-2:45 pm
	Competition	2:45-4 pm
9-11 yrs	Checkin-in & Warm Up	4-4:30 pm
	Competition	4:30-6 pm
12-15 yrs	Checkin-in & Warm Up	6-6:30 pm
	Competition	6:30-7:45 pm



# Parkour

## Parkour Open Gym

There will be a supervisor available to oversee activities (no formal instruction) and answer questions. We require parents to stay in the facility with children who are 9 years old and younger. Open gym times subject to change. Call 847-255-1200 before visiting.

### Regular Dates & Hours | Nov 4 –Dec 17

Day	Dates	Time	Fee
Fri	Nov 4–Dec 16 (Nov 24 see special times)	6:45–8:45pm	\$12
Sat	Nov 5–Dec 17	5:30–7pm	\$10
Beginning Jan 7, No Open Gym Feb 3, March 29 & 30 (see special times)			
Fri	Jan 13–May 19	6:45–8:45pm	\$12
Sat	Jan 7–May 20	5:30–7pm	\$10



## Special Dates & Hours

Whether it is an early release day or schools is out, come to enjoy Parkour Open gym for some extra fun.

Dates	Time	Group	Fee
Nov 21,22,24	12:30–1:30 pm	All ages	\$8
	1:45–2:45 pm	12 & under	\$8
	3–4 pm	8 & Under	\$8
	4:15–5:15 pm	All ages	\$8
Dec 26–29 & Jan 2–5	12:30–1:30 pm	All ages	\$8
	1:45–2:45 pm	12 & under	\$8
	3–4pm	8 & Under	\$8
	4:15–5:15 pm	All ages	\$8
Jan 8 & 15	12:30–1:30 pm	All ages	\$8
	1:45–2:45 pm	12 & under	\$8
	3–4 pm	8 & Under	\$8
Feb 19 & March 22	12:30–1:30 pm	All ages	\$8
	1:45–2:45 pm	12 & under	\$8
	3–4 pm	8 & under	\$8
March 25–29	12:30–1:30 pm	All ages	\$8
	1:45–2:45 pm	12 & under	\$8
	3–4 pm	8 & under	\$8
	4:15–5:15 pm	All ages	\$8
April 8	12:30–1:30 pm	All ages	\$8
	1:45–2:45 pm	12 & under	\$8
	3–4 pm	8 & under	\$8



# Parkour

## Toddler Time (with parent)

**Ages:** 1-3

With helpful tips from our parkour coaches and your hands on assistance, toddlers can explore the wonders of our parkour gym. This class is designed to get your little one moving! By using our parkour equipment, we hope to help build core muscles and encourage movement in a fun, interactive environment.

### Winter/Spring Session 1

Day	Dates	Time	Fee
Tu	Jan 9-Feb 20	9:30-10:15 am	\$76R/\$91N
Th	Jan 11-Feb 22	9:30-10:15 am	\$76R/\$91N

### Winter/Spring Session 2 | No Class 3/25-30

Day	Dates	Time	Fee
Tu	Feb 27-Apr 16	9:30-10:15 am	\$76R/\$91N
Th	Feb 29-Apr 18	9:30-10:15 am	\$76R/\$91N

### Winter/Spring Session 3

Day	Dates	Time	Fee
Tu	Apr 23-May 28	9:30-10:15 am	\$65R/\$78N
Th	Apr 25-May 30	9:30-10:15 am	\$65R/\$78N



## Pre-Kour

**Age:** 3-4

Bring your little ones in to explore a wide variety of movement concepts and skills. Each lesson is geared towards developing your child's self-esteem and confidence. Lessons build over the weeks as the children learn rolls, jumps, leaps, balancing, stretching and other motor activities.

### Winter/Spring Session 1

Day	Dates	Time	Fee
M	Jan 8-Feb 19	4:55-5:55 pm	\$102R/\$122N
Tu	Jan 9-Feb 20	10:20-11:20 am	\$102R/\$122N
Tu	Jan 9-Feb 20	4:45-5:45 pm	\$102R/\$122N
W	Jan 10-Feb 21	4:45-5:45 pm	\$102R/\$122N
Th	Jan 11-Feb 22	10:20-11:20 am	\$102R/\$122N
Th	Jan 11-Feb 22	4:45-5:45 pm	\$102R/\$122N
Sa	Jan 13-Feb 24	8:50-9:50 am	\$102R/\$122N
Sa	Jan 13-Feb 24	9:55-10:55 am	\$102R/\$122N

### Winter/Spring Session 2 | No Class 3/25-30

Day	Dates	Time	Fee
M	Feb 26-Apr 15	4:55-5:55 pm	\$102R/\$122N
Tu	Feb 27-Apr 16	10:20-11:20 am	\$120R/\$122N
Tu	Feb 27-Apr 16	4:45-5:45 pm	\$120R/\$122N
W	Feb 28-Apr 17	4:45-5:45 pm	\$102R/\$122N
Th	Feb 29-Apr 18	10:25-11:25 am	\$102R/\$122N
Th	Feb 29-Apr 18	4:45-5:45 pm	\$102R/\$122N
Sa	Mar 2-Apr 20	8:50-9:50 am	\$102R/\$122N
Sa	Mar 2-Apr 20	9:55-10:55 am	\$102R/\$122N

### Winter/Spring Session 3 | No Class 5/27

Day	Dates	Time	Fee
M	Apr 22-June 3	4:55-5:55 pm	\$87R/\$104N
Tu	Apr 23-May 28	10:20-11:20 am	\$87R/\$104N
Tu	Apr 23-May 28	4:45-5:45 pm	\$87R/\$104N
W	Apr 24-May 29	4:45-5:45 pm	\$87R/\$104N
Th	Apr 25-May 30	10:15-11:15 am	\$87R/\$104N
Th	Apr 25-May 30	4:45-5:45 pm	\$87R/\$104N
Sa	Apr 27-June 1	8:50-9:50 am	\$87R/\$104N
Sa	Apr 27-June 1	9:55-10:55 am	\$87R/\$104N

# Parkour

## Kinder-Kour

**Ages:** 5-6

This is the perfect class to enhance your child's parkour abilities to the next level! Bodily awareness as well as situational awareness are learned here. Kinder-Kour students work on increasing their strength and endurance in a safe environment where they are encouraged to reach new heights!



### Winter/Spring Session 1

Day	Dates	Time	Fee
M	Jan 8-Feb 19	4:55-5:55 pm	\$102R/\$122N
Tu	Jan 9-Feb 20	4:45-5:45 pm	\$102R/\$122N
Tu	Jan 9-Feb 20	5:50-6:50 pm	\$102R/\$122N
W	Jan 10-Feb 21	4:45-5:55 pm	\$102R/\$122N
W	Jan 10-Feb 21	5:50-6:50 pm	\$102R/\$122N
Th	Jan 11-Feb 22	4:45-5:45 pm	\$102R/\$122N
Th	Jan 11-Feb 22	5:50-6:50 pm	\$102R/\$122N
Sa	Jan 13-Feb 24	8:50-9:50 am	\$102R/\$122N
Sa	Jan 13-Feb 24	9:55-10:55 am	\$102R/\$122N
Sa	Jan 13-Feb 24	11:00-12:00 pm	\$102R/\$122N

### Winter/Spring Session 2 | **No Class** 3/25-30

Day	Dates	Time	Fee
M	Feb 26-Apr 15	4:55-5:55 pm	\$102R/\$122N
Tu	Feb 27-Apr 16	4:45-5:45 pm	\$102R/\$122N
Tu	Feb 27-Apr 16	5:50-6:50 pm	\$102R/\$122N
W	Feb 28-Apr 17	4:45-5:55 pm	\$102R/\$122N
W	Feb 28-Apr 17	5:50-6:50 pm	\$102R/\$122N
Th	Feb 29-Apr 18	4:45-5:45 pm	\$102R/\$122N
Th	Feb 29-Apr 18	5:50-6:50 pm	\$102R/\$122N
Sa	Mar 2-Apr 20	8:50-9:50 am	\$102R/\$122N
Sa	Mar 2-Apr 20	9:55-10:55 am	\$102R/\$122N
Sa	Mar 2-Apr 20	11:00-12:00 pm	\$102R/\$122N

### Winter/Spring Session 3 | **No Class** 5/27

Day	Dates	Time	Fee
M	Apr 22-June 3	4:55-5:55 pm	\$87R/\$104N
Tu	Apr 23-May 28	4:45-5:45 pm	\$87R/\$104N
Tu	Apr 23-May 28	5:50-6:50 pm	\$87R/\$104N
W	Apr 24-May 29	4:45-5:55 pm	\$87R/\$104N
W	Apr 24-May 29	5:45-6:45 pm	\$87R/\$104N
Th	Apr 25-May 30	4:45-5:45 pm	\$87R/\$104N
Th	Apr 25-May 30	5:50-6:50 pm	\$87R/\$104N
Sa	Apr 27-June 1	8:50-9:50 am	\$87R/\$104N
Sa	Apr 27-June 1	9:55-10:55 am	\$87R/\$104N
Sa	Apr 27-June 1	11:00-12:00 pm	\$87R/\$104N



# Parkour

## Parkour Junior

**Age:** 7-8

Level 1- Your child will learn the advanced techniques of Parkour running, jumping, climbing, swinging, rolling and vaulting so they can develop stamina and confidence.

Level 2 - 🌟 Indicates Parkour Jr. Level 2 Class which is for the most skilled parkour junior students. This class requires instructor permission.

### Winter/Spring Session 1

Day	Dates	Time	Fee
M	Jan 8-Feb 19	6:00-7:00 pm	\$102R/\$122N
Tu	Jan 9-Feb 20	4:45-5:45 pm	\$102R/\$122N
Tu	Jan 9-Feb 20	5:50-6:50 pm	\$102R/\$122N
Tu 🌟	Jan 9-Feb 20	5:50-6:50 pm	\$102R/\$122N
Tu	Jan 9-Feb 20	6:55-7:55 pm	\$102R/\$122N
W	Jan 10-Feb 21	6:55-7:55 pm	\$102R/\$122N
Th	Jan 11-Feb 22	4:45-5:45 pm	\$102R/\$122N
Th	Jan 11-Feb 22	5:50-6:50 pm	\$102R/\$122N
Th	Jan 11-Feb 22	6:55-7:55 pm	\$102R/\$122N
Sa	Jan 13-Feb 24	8:50-9:50 pm	\$102R/\$122N
Sa	Jan 13-Feb 24	11:00-12:00 pm	\$102R/\$122N

### Winter/Spring Session 2 | No Class 3/25-30

Day	Dates	Time	Fee
M	Feb 26-Apr 15	6:00-7:00 pm	\$102R/\$122N
Tu	Feb 27-Apr 16	4:45-5:45 pm	\$102R/\$122N
Tu	Feb 27-Apr 16	5:50-6:50 pm	\$102R/\$122N
Tu 🌟	Feb 27-Apr 16	5:50-6:50 pm	\$102R/\$122N
Tu	Feb 27-Apr 16	6:55-7:55 pm	\$102R/\$122N
W	Feb 28-Apr 17	6:55-7:55 pm	\$102R/\$122N
Th	Feb 29-Apr 18	4:45-5:45 pm	\$102R/\$122N
Th	Feb 29-Apr 18	5:50-6:50 pm	\$102R/\$122N
Th	Feb 29-Apr 18	6:55-7:55 pm	\$102R/\$122N
Sa	Mar 2-Apr 20	8:50-9:50 pm	\$102R/\$122N
Sa	Mar 2-Apr 20	11:00-12:00 pm	\$102R/\$122N

### Winter/Spring Session 3 | No Class 5/27

Day	Dates	Time	Fee
M	Apr 22-June 3	6:00-7:00 pm	\$87R/\$104N
Tu	Apr 23-May 28	4:45-5:45 pm	\$87R/\$104N
Tu	Apr 23-May 28	5:50-6:50 pm	\$87R/\$104N
Tu 🌟	Apr 23-May 28	5:50-6:50 pm	\$87R/\$104N
Tu	Apr 23-May 28	6:55-7:55 pm	\$87R/\$104N
W	Apr 24-May 29	6:55-7:55 pm	\$87R/\$104N
Th	Apr 25-May 30	4:45-5:45 pm	\$87R/\$104N
Th	Apr 25-May 30	5:50-6:50 pm	\$87R/\$104N
Th	Apr 25-May 30	6:55-7:55 pm	\$87R/\$104N
Sa	Apr 27-June 1	8:50-9:50 pm	\$87R/\$104N
Sa	Apr 27-June 1	11:00-12:00 pm	\$87R/\$104N



# Parkour

## Parkour

**Age:** 9-14

**Level 1** – Students will be challenged mentally and physically in this introductory class. Focusing on skills and obstacles, students will gain a lot of parkour and general fitness knowledge.

**Level 2** – Class is a continuation of level 1 parkour and fitness education while students will be expanding their Parkour skills. Students will also start learning about free running, begin flip training, tumbling, and more advanced skills while testing their strength and willpower on more challenging obstacles.

**Level 3** – Students of Level 3 show greater understanding of Parkour safety and technique while looking to continue growing their parkour skills. Students must have completed Level 2 and have a teacher recommendation.

**Level 4** – Students will learn the most advanced parkour and tricking skills. Everything from backflips to front flips to side flips and more. Class will focus on body control, strength, and stamina. Instructor approval is needed to register for this class.

**Level 5** – This class is designated for students who have reached a point where high level parkour skills have become second nature. Students in level 5 will continue their training on body control, strength, stamina, speed and agility while mastering obstacle courses of all intensities. Students must have completed level 4 and instructor approval is necessary for this class.

### Winter/Spring Session 1

Day	Dates	Time	Fee	Level
M	Jan 8-Feb 19	6:00-7:00 pm	\$102R/\$122N	1
M	Jan 8-Feb 19	7:05-8:20 pm	\$127R/\$147N	2
M	Jan 8-Feb 19	7:05-8:20 pm	\$127R/\$147N	3
Tu	Jan 9-Feb 20	5:50-6:50 pm	\$102R/\$122N	1
Tu	Jan 9-Feb 20	6:55-7:55 pm	\$102R/\$122N	1
Tu	Jan 9-Feb 20	7:00-8:15 pm	\$127R/\$147N	2
W	Jan 10-Feb 21	5:50-6:50 pm	\$102R/\$122N	1
W	Jan 10-Feb 21	6:55-8:10 pm	\$127R/\$147N	2
Th	Jan 11-Feb 22	5:50-6:50 pm	\$102R/\$122N	1
Th	Jan 11-Feb 22	7:00-8:15 pm	\$127R/\$147N	3
Th	Jan 11-Feb 22	7:00-8:15 pm	\$127R/\$147N	4
Th	Jan 11-Feb 22	7:00-8:15 pm	\$127R/\$147N	5
Sa	Jan 13-Feb 24	9:30-10:45 am	\$127R/\$147N	2
Sa	Jan 13-Feb 24	10:45 am-12 pm	\$127R/\$147N	3
Sa	Jan 13-Feb 24	11:00-12:00 am	\$102R/\$122N	1

### Winter/Spring Session 2 | No Class 3/25-30

Day	Dates	Time	Fee	Level
M	Feb 26-Apr 15	6:00-7:00 pm	\$102R/\$122N	1
M	Feb 26-Apr 15	7:05-8:20 pm	\$127R/\$147N	2
M	Feb 26-Apr 15	7:05-8:20 pm	\$127R/\$147N	3
Tu	Feb 27-Apr 16	5:50-6:50 pm	\$102R/\$122N	1
Tu	Feb 27-Apr 16	6:55-7:55 pm	\$102R/\$122N	1
Tu	Feb 27-Apr 16	7:00-8:15 pm	\$127R/\$147N	2
W	Feb 28-Apr 17	5:50-6:50 pm	\$102R/\$122N	1
W	Feb 28-Apr 17	6:55-8:10 pm	\$127R/\$147N	2
Th	Feb 29-Apr 18	5:50-6:50 pm	\$102R/\$122N	1
Th	Feb 29-Apr 18	7:00-8:15 pm	\$127R/\$147N	3
Th	Feb 29-Apr 18	7:00-8:15 pm	\$127R/\$147N	4
Th	Feb 29-Apr 18	7:00-8:15 pm	\$127R/\$147N	5
Sa	Mar 2-Apr 20	9:30-10:45 am	\$127R/\$147N	2
Sa	Mar 2-Apr 20	10:45 am-12 pm	\$127R/\$147N	3
Sa	Mar 2-Apr 20	11:00-12:00 am	\$102R/\$122N	1



# Parkour

## Winter/Spring Session 3 | No Class 5/27

Day	Dates	Time	Fee	Level
M	Apr 22-June 3	6:00-7:00 pm	\$87R/\$104N	1
M	Apr 22-June 3	7:05-8:20 pm	\$109R/\$129N	2
M	Apr 22-June 3	7:05-8:20 pm	\$109R/\$129N	3
Tu	Apr 23-May 28	5:50-6:50 pm	\$87R/\$104N	1
Tu	Apr 23-May 28	6:55-7:55 pm	\$87R/\$104N	1
Tu	Apr 23-May 28	7:00-8:15 pm	\$109R/\$129N	2
W	Apr 24-May 29	5:50-6:50 pm	\$87R/\$104N	1
W	Apr 24-May 28	6:55-8:10 pm	\$109R/\$129N	2
Th	Apr 25-May 29	5:50-6:50 pm	\$87R/\$104N	1
Th	Apr 25-May 29	7:00-8:15 pm	\$109R/\$129N	3
Th	Apr 25-May 29	7:00-8:15 pm	\$109R/\$129N	4
Th	Apr 25-May 29	7:00-8:15 pm	\$109R/\$129N	5
Sa	Apr 27-June 1	9:30-10:45 am	\$109R/\$129N	2
Sa	Apr 27-June 1	10:45 am-12 pm	\$109R/\$129N	3
Sa	Apr 27-June 1	11:00-12:00 am	\$87R/\$104N	1



## Home School Parkour

**Ages:** 7-14

Challenge your minds at home, then challenge yourself physically with Parkour! Students using this class to substitute a regular P.E. class will get a full body work out consisting of Level 1 Parkour skills using obstacle courses. Students will gain strength, endurance, speed, agility, flexibility and confidence in themselves. Tuesday class is film production. Thursday class is parkour.

### Winter/Spring Session 1

Day	Dates	Time	Fee
Th	Jan 11-Feb 22	11:30 am-12:45 pm	\$127R/\$147NR

### Winter/Spring Session 2 | No Class 3/23

Day	Dates	Time	Fee
Th	Feb 29-Apr 18	11:30 am-12:45 pm	\$127R/\$147NR

### Winter/Spring Session 3 | No Class 3/26

Day	Dates	Time	Fee
Th	Apr 25-May 29	11:30 am-12:45 pm	\$109R/\$129NR

## Parkour Party at The Zone

**7 and up | \$350**

Similar to American Ninja Warrior, kids will be able to swing into the foam pit, run up the warped wall, climb the rock wall and don't forget about the obstacles. See page 10 page details.



## 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

**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 a visit

## Trails Fitness Club Fitness Center Hours

**Nov-Apr**

Day	Open	Close
Monday	5:30 am	8:30 pm
Tuesday	5:30 am	9 pm
Wednesday	5:30 am	9 pm
Thursday	5:30 am	9 pm
Friday	5:30 am	8:30 pm
Saturday	7am	3 pm
Sunday	8 am	3 pm

CLOSED: Thanksgiving, Christmas Day, and New Year's Day, Easter and Memorial 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





# Fitness



## 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

**SilverSneakers  
and Renew Active  
is ONLY available  
at the Trails  
Fitness Center.**

**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!



# Fitness

## WeFitU

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 | 6-7 am & 10:30-11:30 am | Weiss Center
- Saturdays | 7:15-8:15 am | Weiss Center

## WeFitU Punch Cards | January 2-June 8

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 in 45 Days	\$360R/\$380N Expires 60 Days	\$600R/\$620N Expires 120 Days

*The updated schedule can be found on our website at [rtpd.org](http://rtpd.org) or picked up from the Weiss Center.*

## WeFitU-Family Fit Club

FitClub is a custom fitness class for athletes age 8 and up. Parent or Guardian are welcome to join the class but is not mandatory to participate. Each athlete will start with basic training working their way to sport specific sessions as their skills improve. Each athlete will work at their own pace and modifications will be provided. Dumbbells, spri tubes, battle ropes, big tire are used during sessions. Athletes will be set up for success! Note: each member of the family needs to register separately.

**Location:** Weiss Community Center

**Sessions:** January 6-27

February 3-24

March 2-23

April 6-27

May 4-25

No class November 25

**Saturdays Noon-1 pm \$92R/\$100N**





# Fitness

## Fitness & Yoga

River Trails Park District offers a variety of workout classes appropriate for all fitness levels. Whether you're just getting started or have been exercising a long time, you will have the opportunity to improve your strength, balance, endurance, agility, and flexibility. The Group Fitness and Yoga Punch Cards are valid from January 8-June 8 and offer you the flexibility of participating in any of the classes offered during the session. Ages 16 & up

### Punch Cards | January 8-June 8

Group Exercise and Yoga are held at Weiss Community Center (unless noted)

Punch Card Type	Drop In	7 Punches	11 Punches	22 Punches
Group Exercise	\$10R/\$12N	\$56R/\$67N	\$83R/\$99N	\$154R/\$174N
Yoga	\$13/\$15	\$84R/\$100N	\$110R/\$130N	\$220R/\$240N

**FREE**  
Group Fitness  
& Yoga Classes  
January 2-6!

Try a new class or  
bring a friend!

### Group Fitness Unlimited Punch Cards

Group Fitness offers seasonal unlimited passes allowing you to attend an unlimited amount of classes for that season.

Punch Card Type	Dates	Unlimited
Winter Unlimited	January 7-March 23	\$198R/\$218NR
Spring Unlimited	March 25-June 8	\$198R/\$218NR

## Group Fitness. Yoga. WeFitU.

For class descriptions and more information visit [www.rtpd.org](http://www.rtpd.org) or call 847.255.1200 or use QR code.



### Mondays

8-9 am: Pilates Instructor: Darleen

9:15-10:15 am: Drums & Tones Instructor: Lida

5:30-6:30 pm: Cardio Plus Instructor: Lida

6-7 pm: WeFitU (Zone)

6-7 pm: Yoga Instructor: Janice

### Tuesdays

6-7 am: WeFitU (Zone)

8-9 am: Barre Fusion Instructor: Sylvia

9:10-10:10 am: Gentle X Instructor: Lida

10:30-11:30 am: WeFitU (Weiss)

4:45-5:45 pm Roll & Release Instructor: Ellen

6-7 pm: Cardio Plus Instructor: Karen

### Wednesdays

8-9 am: Fab Fit Fun Instructor: Sylvia

9:15-10:15 am: Power Hour Instructor: Mike

6-7 pm: WeFitU (Zone)

6-7 pm: Yoga Instructor: Janice

### Thursdays

6-7 am: WeFitU (Weiss)

8-8:50 am: Yoga Express Instructor: Ellen

9:10-10:10 am: Gentle X Instructor: Lida

10:30-11:30 am: WeFitU (Weiss)

6-7 pm: KB Cardio & Strength Instructor: Karen

### Fridays

8-9 am: Core Conditioning Instructor: Yolanda

9:15-10:15 am: Pilates Instructor: Sylvia

### Saturdays

7:15-8:15 am: WeFitU (Weiss)

8:15-9:15 am: Step Interval Instructor: Lida

9:30-10:30 am: Yoga Flow Instructor: Janice

10:45-11:45 am: WeFitU (Weiss)

## Spring Fling Yoga & Mimosas

Fling into Spring with this one-day social yoga event to conclude the spring session. The morning starts with a Yoga Flow class taught by Janice Herbst accompanied by live acoustic music by Tom Herbst. Following the yoga class will be mimosa tasting and light breakfast items. Bring your friends to enjoy this special Saturday yoga event.

**Ages:** 21+ and older

**Location:** Rob Roy Golf Course

**Sa 9 am-12 pm | May 11 \$35R/\$42N**



### Youth Yoga Vibe

Youth Yoga Vibe offers a unique possibility for every child to experience a joyful blossoming of their natural potential. This program is an introduction to yoga, led through an exploration of fun, love, and joy, allowing each student to develop and live in optimal health and inner peace. The program is designed to enhance concentration and memory, and improve mind-body coordination. No class 3/27.

**Ages:** 8-14

**Location:** Weiss Community Center

**W 4:30-5:30 pm**

Feb 21-Apr 3 \$66R/\$79N

Apr 17-May 22 \$66R/\$79N

### Girl Power Mother Daughter Yoga

This Mother-Daughter yoga class brings special practices that integrate connection, joyful movement, and relaxation. Mothers have an opportunity to connect to their daughters in ways that feel natural and genuine outside of their busy daily routines. Girls feel empowered as they develop their inner and outer strength, confidence, and compassion. They gain important lifelong tools to find emotional balance, manage stress, and establish healthy relationships.

Both mother and daughter(s) must register.

**Ages:** 8-14 w/ Adult

**Location:** Weiss Community Center

**Su 10:15-11:15 am**

Apr 7-May 19 \$60R/\$72N



## Active Adult



### 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's skilled guidance.

**Age:** 18+

**Location:** Weiss Community Center

**M 10 am-1 pm**

Jan 8 - Feb 19 \$147R/\$167N

Feb 26 - Apr 15 \$147R/\$167N

Apr 22 - Jun 3 \$126R/\$146N

## Community Garden

**New Location! Easier Access & More Plots**  
(by sled hill)

**Organic Garden Plots at Woodland Trails Park**

**RTPD Residents Only**

**No room to garden?** Join us at the Woodland Trails Park Garden. You do the planting and maintaining and watch your crops grow. We will have your plot tilled and ready to plant in early spring. A water tank will be placed near the plots. Once registered, you will receive the garden rules and guidelines. Parking is available at the sled hill on Wolf or Grace Lutheran Church.

**Age:** 21 and up

May-October

\$35- Residents Only





## ROB ROY

RIVER TRAILS PARK DISTRICT

### 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](http://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 times available 6 am – 6 pm (Begins May 6).
- Opening Day is April 5.

9 Holes	Residents	Partner Residents	Non Residents
Monday-Friday	\$18	\$19.50	\$21
Saturday & Sunday	\$20	N/A	\$23
Holidays	\$20	N/A	\$23

**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](mailto:leckenbrecht@rtpd.org).

**Group Outings** Email: [leckenbrecht@rtpd.org](mailto: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.**



Golf Course closes December 3 for 2023 Season (or first major snow fall).



## Rob Roy 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. 2024 memberships begin March 1.

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

## Youth on Course

Become a member of this awesome program for young adults and teens for ages 18 years and younger. This membership allows for \$5 play Monday through Friday at Rob Roy Golf Course. This program is about encouraging youth to get out and learn the sport of golf! Membership is limited to players 18 and under.

**Join today! <https://youthoncourse.org>.**





## Woodland Trails Driving Range

1500 E. Euclid Ave. Mount Prospect, IL 60056  
847.253.GOLF | [www.robroygc.com](http://www.robroygc.com)

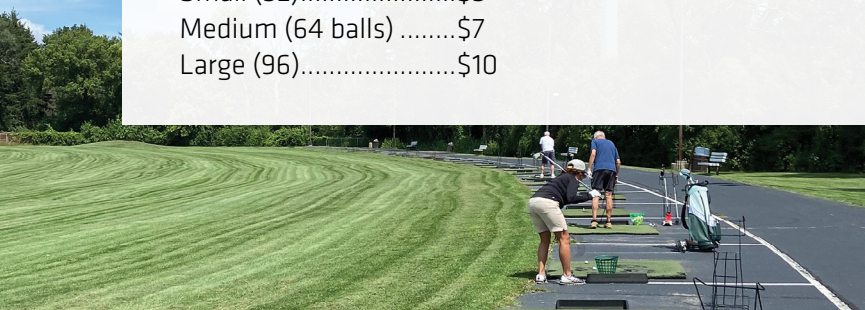
**Opens March 1**

**Hours:** Sunrise to sunset (except on Monday the range opens at 10:30 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



## Woodland Trails Mini-Golf Course

**Spring Hours April 26-May 31**

**Friday: 3 pm to sunset**

**Saturday & Sunday: 12 pm to sunset**

1500 E. Euclid Ave.  
Mount Prospect IL 60056

For hours call 847.255.1200 or  
visit our website at  
[www.robroygc.com/golf/driving-range](http://www.robroygc.com/golf/driving-range).

Hours may be modified at beginning  
and end of season. Last round of mini  
golf is 30 minutes prior to closing time.

18 Challenging Holes

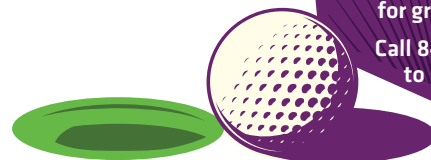
12 Years & Under.....\$5

13 Years & Older.....\$6

**FUN  
for All Ages**

Group rates available  
for groups of 15+

Call 847.255.1200  
to schedule



## 10<sup>th</sup> Hole BAR & GRILL

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.

**505 E. Camp McDonald Road  
Prospect Heights, IL 60070  
847.296.GOLF (4653) • [www.robroygc.com](http://www.robroygc.com)**

**FRIDAY FISH FRY | 4 TO 8 PM**

**February 16 – April 5**





# ROB ROY

## *Weddings & Banquets*



### **Rob Roy Weddings & 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 160 guests for a banquet set up and 260 guests for a meeting set up.

**For all your inquiries and pricing, contact:**  
**[robroyevents@rtpd.org](mailto:robroyevents@rtpd.org)**  
**or call (847) 812-7439.**

**Rob Roy**  
**505 E. Camp McDonald Road**  
**Prospect Heights, IL 60070**



### **Perfect for all occasions!**

<b>Weddings</b>	<b>Showers</b>
<b>Banquets</b>	<b>Birthdays</b>
<b>Holiday parties</b>	<b>Anniversaries</b>
<b>Fundraisers</b>	<b>Tributes</b>
<b>Mitzvahs</b>	<b>Memorials/Life Celebrations</b>
<b>Awards Dinners</b>	<b>Communions</b>
<b>Conferences</b>	<b>Outdoor events</b>
<b>Meetings</b>	<b>Quinceañeras</b>
<b>Team-building</b>	





# Rental

## 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.**



### 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**



Turf at The Zone



Glass Room at The Zone



# Rental

## Weiss Community Center

**1500 E. Euclid Avenue  
Mount Prospect, IL 60056**

**Gymnasium**—Perfect for any large sports event. Comfortably holds 100 up to 200. Contains six movable basketball hoops or two volleyball courts.

**Meeting Room**—A great room for a family party, baby shower or team party. Kitchen attached.

**North Room**—Also perfect for a family party, baby shower or team party. No kitchen available.

## Burning Bush Community Center

**1313 Burning Bush Lane  
Mount Prospect, IL 60056**

**The Large Room (A)**—A cozy room ideal for a birthday party, meeting or bridal shower. Capacity 80–90 people depending on room set-up. Kitchen attached.

## Woodland Trails Pool Rentals

**Pool rentals were a hit last summer!**

Book your private rental soon for the perfect splash into summer! Great for birthdays, schools, family parties, special occasions, corporate team building, and customer outings. Water basketball and volleyball are included per request. Make your occasion extra special by adding the water inflatable or concession stand for an additional cost.

Rentals can be requested online using your community pass account. If you have any questions, contact the Weiss Community Center at 847.255.1200.

## Park Permits

For residents only. Must be 21.

<b>Permit Fees:</b> M–Th	\$30	All RTPD Parks
F–Su	\$50	All RTPD Parks
Su–Sa	\$75	Woodland Gazebo

Request must be submitted a minimum of two weeks before the date requesting.

Please call 847.255.1200 or stop by the Weiss Center for a registration form. Registration not available online.

## The Zone

**550 Business Center Drive  
Mount Prospect, IL 60056**

**Turf**—Our turf field covers approximately 7000 square feet that can be used for youth soccer team practices, small sided games (3v3–6v6) for youth or adults, and other sport activities such as training, practice and/or classes for lacrosse, baseball etc. The turf area can be split up differently based on activities.

- Full field (90 feet by 76 feet)
- Half Field (90 feet by 38 feet)
- Third of a field (76 feet by 30 feet)

**Blue Room**—This cozy room is ideal for parties, family gatherings or end of the season team parties and hold 40 people. This room is located near the turf and parkour area and is a great option if you are looking to be physically active between food and drinks during your party while enjoying family and friends. No kitchen access

**The Glass Room**—A unique glass block wall allows light and color making the Glass Room wonderful for a business luncheon, graduation party or family gathering. Comfortable for 50 people with ample space for food and/or present tables. Kitchen attached.

## Parkour

Looking for some fun in a non-traditional but exciting setting? You may rent the parkour gym for your party, school outing, and/or a team bonding experience. The west section includes a climbing wall, a spider wall, warp walls that are 9–14 feet in height, obstacles, and a giant foam pit with ropes and rings. The east section includes a foam pit, rope challenges, climbing nets, sliding pole, crash pads, and fun obstacles. General supervision of each area by staff is included in the rental fee.



# Facilities

## Parks

- A. Woodland Trails Park
- B. Aspen Trails Park
- C. Burning Bush Trails Park
- D. Maple Trails Park
- E. Evergreen Trails Park
- F. Tamarack Trails Park
- G. Sycamore Trails Park
- H. Willow Trails Park
- I. Rob Roy Golf Course

## Facilities

- 1. Administration Offices
- 2. Burning Bush Community Center
- 3. The Zone
- 4. Weiss Community Center
- 5. Rob Roy Golf Course Clubhouse
- 6. Woodland Trails Pool

To view all park and facility addresses visit [rtpd.org](http://rtpd.org)





# Facilities

## Marvin Weiss Community Center

1500 E. Euclid Ave, Mount Prospect, IL 60056

847.255.1200 • rtpd.org

### Office Hours

November to April

Day	Open	Close
Monday	9 am	8:30 pm
Tuesday	9 am	9 pm
Wednesday	9 am	9 pm
Thursday	9 am	9 pm
Friday	9 am	8:30 pm
Saturday	9 am	3 pm
Sunday	Noon	3 pm

**Days Closed** – Thanksgiving, Christmas Day, New Year's Day, Easter and Memorial Day

For info on how to register, see page 56.

For park permits see page 51.

## Marvin Weiss Community Center

1500 E. Euclid Ave.

Mount Prospect

847.255.1200 | rtpd.org

### Administration Offices

401 E. Camp McDonald Rd.

Prospect Heights

847.788.0551

### Burning Bush Community Center

1313 Burning Bush Lane.

Mount Prospect

847.255.1200

### The Zone

550 Business Center Drive

Mount Prospect

847.255.1200

## Rob Roy Golf Course and 10th Hole Bar & Grill

505 E. Camp McDonald Rd.

Prospect Heights

847.296.GOLF

### Woodland Trails Driving Range & Miniature Golf

1500 E. Euclid Ave.

Mount Prospect

847.296.GOLF

### Woodland Trails Park Maintenance Garage

1500 E. Euclid Ave

Mount Prospect

847.394.0734

### Woodland Trails Pool

1500 E. Euclid Ave

Mount Prospect

847.255.1200

PARKS	Woodland Trails	Aspen Trails	Burning Bush Trails	Maple Trails	Evergreen Trails	Tamarack Trails	Sycamore Trails	Willow Trails	Rob Roy Golf Course
Youth Playground	▲	▲	▲	▲	▲	▲	▲	▲	
Tot Playground	▲	▲	▲		▲	▲	▲	▲	
Tennis	Practice Walls	1	1				4 lighted		
Basketball	▲	▲	▲	▲				▲	
Water Fountain	▲	▲	▲	▲	▲	▲	▲	▲	▲
Outdoor Volleyball	▲			▲			▲	▲	
Baseball/Softball	Lighted	▲	2				▲		
Shelter	▲	▲	▲	▲	▲		▲	▲	
Walking/Cycling Paths	▲	▲	▲	▲			▲	▲	
Roller Hockey/Futsal			▲	▲				▲	
Outdoor Pool	▲								
Mini-Golf	▲								
Golf Driving Range	▲								
Soccer	▲	▲	▲			▲	▲	▲	
Community Center	▲		▲						Golf Clubhouse
Skate Park	▲								
Pickleball			2						
Acres	46.7	5	10	2.3	.4	4.75	6.4	12	51
Hours	Dawn–10:30 pm	Dawn–dusk	Dawn–10:30 pm	Dawn–10:30 pm	Dawn–dusk	Dawn–10:30 pm	Dawn–10:30 pm	Dawn–dusk	Varies

# General Information

## Partner Resident Agreement

River Trails, Prospect Heights and Mt. Prospect Park Districts

Through our cooperative “three-for-one” agreement, all programs and most facilities offered by the park districts are available to anyone living within each of the three park district boundaries. A resident of any of the three districts is also considered a Partner Resident of the other two park districts and is therefore able to enroll in classes or programs at resident rates. Golf Courses will have a Partner Rate Mon-Fri only payment tier. Although the agreement may result in an increase in the number of potential users, each park district will continue to maintain its individual identity and utilize monies available to it at present tax rates. Residents always receive priority registration within their “home district” while enjoying the added benefit of enrolling in a “partner district’s” class or program at resident rates.

## Volunteer Opportunities

The River Trails Park District utilizes volunteers in many areas and special events. All prospective volunteers must complete and submit a volunteer application, waiver, and release form. If you are selected to be a volunteer, you are required to complete a Criminal Background Check. For additional information on volunteering, please contact Patti Mitchell, Superintendent of Recreation, at 847.255.1200 or [pmitchell@rtpd.org](mailto:pmitchell@rtpd.org). We appreciate your help!

## Our Commitment to Safety

River Trails Park District recognizes the importance of safety for our employees and participants. Our goal is to develop and carry out an ongoing program where everyone’s health and safety are the most important factors. All employees are directly involved in making safety a matter of continuing concern. With a cooperative spirit, we will be successful and benefit all members of our Park District Community. Adopted by the Board of Park Commissioners 2014.

## Americans with Disabilities Act

River Trails Park District supports and complies with the Americans with Disabilities Act. If you require assistance to participate in our programs, use our facilities, or have any questions or concerns, please notify us upon registration to ensure a smooth inclusion. We are an equal opportunity organization and shall continue to adhere to the doctrine of equality of opportunity and non-discrimination in all of our programs, services, and employment.

## Park & School Districts Work Together

River Trails Park District, School District 26 and Frost School have enjoyed a cooperative relationship for many years to provide quality services. We share facilities and programs to bring you the best. We’d like to express our appreciation for this continuing outstanding effort.

## Equal Opportunity Employer

River Trails Park District is an equal opportunity employer. All qualified persons will be considered for employment without regard to race, creed, color, sex, national origin, sexual orientation, or age.

## Hearing Impaired Assistance

Please contact us through the Illinois Relay Center Voice: 1.800.526.0857. TTY: 1.800.526.0844

## Northwest Special Recreation Association



Recreation Services to Individuals with Special Needs NWSRA exists to provide outstanding opportunities through recreation for people with disabilities. The agency’s team of full-time Therapeutic Recreation professionals and trained part-time staff offers safe, fun and quality year-round opportunities to individuals with disabilities of all ages and ability levels. Participants benefit through increased self-esteem, physical and social skills development and improved fitness and health while experiencing challenges, making friends and having fun!

Inclusion assistance is provided by NWSRA to those individuals who wish to participate in their home park district programs. When registering, the parent of an individual with a disability should inform the park district (and , if desired) of any accommodation needed in order for the individual to successfully participate in the program. The park district staff will then contact NWSRA for assistance with the accommodation.

For more information on NWSRA, brochures may be picked up at the Weiss Center or at the NWSRA office at Park Central, 3000 W. Central Road in Rolling Meadows. NWSRA may be contacted at 847.392.2848 (voice), 847.392.2855 (TTY) or 847.392.2870 (fax). Check out NWSRA at [nwsra.org](http://nwsra.org).



# General Information

## Photo Policy

Please be aware that staff may take photos of participants enrolled in Park District activities or people on Park District properties. These photos are for Park District use only and may be used for publications and the park district's website.

## Financial Assistance-Scholarship Program

Our goal is to provide recreational opportunities for all district residents. We provide services to our residents facing financial hardship through reasonably priced programs and financial assistance/scholarship programs. If you're a River Trails Park District resident facing financial hardship you can apply for assistance. Please fill out an application at the Weiss Community Center, 1500 E. Euclid Ave., Mt. Prospect. Scholarship assistance is made possible from funds raised through our RIVER TRAILS PARK and RECREATION FOUNDATION, a 501(c)3 organization.

**Code of Conduct** | All participants are expected to exhibit appropriate behavior at all times while participating, spectating or attending any program or activity sponsored by River Trails Park District. This includes participation programs which may or may not require an admission fee, spectating at any athletic events, recitals, rental, facility usage and or attending special events. The following guidelines are designed to provide a safe and enjoyable activities for all participants.

Participants, spectators and or parent/guardian shall:

- Show respect to all participants, officials, program staff and supervisors.
- Take direction from program staff and supervisors.
- Refrain from using abusive, foul language or bullying of any kind.
- Refrain from any and all remarks against an individual's race, ethnic background, religion, physical appearance, or disabling conditions, this will not be tolerated.
- Refrain from causing bodily harm to self, other program participants, program staff & supervisors.
- Not bring in any weapons or items that may be used as weapons to any programs, parks or facilities.
- Refrain from damaging equipment, supplies, facilities and parks.

Additional codes of conduct may apply for particular programs such as: day camps, adult athletic leagues.

River Trails Park District reserves the right to dismiss a participant, spectator and or parent/guardian for any inappropriate conduct.

## Staff Directory | 847.255.1200

### Administrative Staff

Bret Fahnstrom, CPRE .....	Executive Director
Dave Oswald .....	Superintendent of Finance and HR
Christine Powles .....	Superintendent of Communications and Marketing
Michael Posch .....	Information Technology Manager
Crista Altergott .....	Administrative Assistant & Risk Manager

### Recreation Staff

Patti Mitchell, CPRP .....	Superintendent of Recreation
Katelynn Putkonen, AFO .....	Recreation Manager
Vance Violante, CPRP .....	Recreation Manager
Eileen Meyers .....	Customer Experience Manager
Katie Halverson, CPRP, AFO..	Recreation Supervisor
Josh Mulholland .....	Recreation Supervisor
Justin Slade .....	Zone Supervisor
Andy Sirakides .....	Recreation Supervisor
Jeff Brunke .....	Facility & Rental Specialist

### Park Staff

Mike Hanley .....	Superintendent of Parks
Jeremy Hakala .....	Grounds Manager
Tom Kearns .....	Facility Manager
Erik Hosp .....	Tradesman
Ryan Geisler .....	Tradesman
Sean Waite .....	Grounds Foreman

### Rob Roy Golf Course Staff

Louis Eckenbrecht .....	General Manager
Jeremy Rolf .....	Golf Superintendent

If you have an ADA Compliance concern, please contact: Patti Mitchell, 847.463.3717, pmitchell@rtpd.org or Mike Hanley, 847.394.0540, mhanley@rtpd.org.



**An Illinois Distinguished Accredited Agency since 2000** The Illinois Assoc. of Park Districts and Illinois Park and Recreation Association Accreditation Program. The goal is to improve the delivery of recreation services through a voluntary comprehensive evaluation process. The desired result is to improve the quality of life for residents and to recognize the agencies which provide this quality service. This process makes sure we up to date with all legal and policy matters as well as increases operational efficiency and effectiveness.

# Registration

## REGISTRATION DATES

### Resident Registration:

Tuesday, November 21

### Open Registration Begins:

Tuesday, December 5

## WAYS TO REGISTER AT RTPD

### • Online is the Best!

24/7 Registration at [www.rtpd.org](http://www.rtpd.org)

### • Walk-In

Please call for hours, 847.225.1200.

### • 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

## HOW TO REGISTER FOR A PROGRAM

1. Go to RTPD Website [www.rtpd.org](http://www.rtpd.org) and click on "Registration Online" icon
2. Log in using your username and password
3. Click on the "Browse Activities" button
4. Verify your email then click "Continue"
5. Click on "Recreation Programs" button
6. Select the person that is registering for the program and click "Continue"
7. Select the program(s)
8. For programs with grades, register child for 2023 school year.
9. When finished with selection(s) click "Continue"
10. Complete payment information

## HOW TO CREATE A FAMILY ACCOUNT

1. Go to <https://register.capturepoint.com/RiverTrailsParkDistrict>
2. From the River Trails Park District Community Pass login homepage click on the "Create a Family Account" tab.
3. On the next page complete the "Account Creation" fields and click on "Create" at the bottom of the page.
4. Your address must include North, South, East, West (if applicable) as well as Street, Lane, Court, Avenue etc., for the system to recognize it.
5. On the next page you will see the Community Pass Privacy Statement. After reading, click 'Accept.' Then click 'Finish.'
6. 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:

7. 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:
  - a. For adults living in the home please bring in current Driver's license/State ID or utility bill.
  - b. For 17 years old and younger a birth certificate a current report card or an insurance card for each child in the home.
8. You will not be able to register until your address and child(ren)'s have been verified by the RTPD customer service staff.

### General Registration Information

1. Registration is processed at the Weiss Community Center
2. We accept cash, check, Visa, MasterCard or Discover Card. (\$20 minimum for credit cards)
3. WAIT LISTS are held for programs that fill. We will open additional classes if possible. If you are placed on a wait-list you be notified by email. If there is an opening in the program you will be sent an email with link to pay for the class by credit card online.
4. NON-RESIDENT FEE: There is a non-resident charge of approximately 20%, (not to exceed \$20), per class, per person. Partner residents receive resident rates. Please refer to the map to check your residency or call 847.255.1200.
5. REFUNDS: Please contact us BEFORE the start of a program if you are asking for a refund. Some programs and events need several days advanced notice prior to the start of the activity for consideration of refund. **If you are requesting a refund, please email us at [refundrequest@rtpd.org](mailto:refundrequest@rtpd.org).** There is an administrative charge for requested refunds. Refunds will be issued within 2-4 weeks. If the park district must cancel a program, a full refund will be made.
6. River Trails Park District reserves the right to cancel any program for any reason.





## It's Gator Time

RTPD Gator's Swim Team offers a wonderful recreation based experience for your children. Sign up accordingly to gender & age as of June 15, 2024. Practices are Monday through Friday 5:15-6:15pm. A parent info meeting will be held the 1st night after practice June 10 at the pool.

Conference meet  
is July 24.

Season:  
June 10- July 26

Registration Open  
\$170N/\$190R

Boys & Girls  
Age Groups

Age: 5-8yrs

Age: 9-10yrs

Age: 11-12yrs

Age: 13-14yrs

Age: 15-17yrs



## Lion's Club Swim Lesson Academy Scholarships

Mount Prospect Lions club has joined RTPD in an effort for everyone to learn the life skill of swimming. If your child would like to enroll in our outdoor Swim Lesson Academy (does not include private or semi-private lessons) and needs financial assistance, you can do so by filling out the application and dropping it off at the Weiss Community Center.

Applications can be picked up at the Weiss Community Center at 1500 E. Euclid Ave. Mount Prospect, IL 60056 or online [www.rtpd.org](http://www.rtpd.org).

Registration starts in April.

Classes start June.

For questions or inquiries please call 847.255.1200.

## SUMMER 2024 WOODLAND TRAILS POOL PASS



Early Bird Rate January 16 thru April 30  
Regular Rate starts May 1

Pool Opens June 7th for Summer 2024

## ST. JAMES SCHOOL OPEN HOUSE

January 28, 2024  
12:30-2:00pm

St. James students are constantly immersed in a culture of academic excellence! We remain a leader in Catholic Education and have grown 16% in the past 5 years. Come #FindAWay to St. James School.

[www.StJamesSchoolAH.org](http://www.StJamesSchoolAH.org)

Register Here



Educating PreK-8th Grade

Follow us on





# Special Events



## Family Valentine's Dance

Friday, February 2  
6-8 pm  
Rob Roy Golf Course

## Illinois Parkour Championship

Saturday, February 3  
The Zone

## PIZZA, PUZZLE, PALOOZA

Saturday, March 2  
6-8 pm  
Rob Roy Golf Course

## Easter Egg Hunt

Saturday, March 23  
10 am  
Burning Bush Trails Park



## Earth Day Volunteer Event

Saturday, April 20  
10 am-Noon  
Woodland Trails Park



## Spring Fling Yoga & Mimosas

Saturday, May 11  
9-11 am  
Rob Roy Golf Course



## THINK *Green*

