

April Highlights



MOKENA COMMUNITY PARK DISTRICT

APR 2021 VOL 10, ISSUE 4

Kids First Dodgeball

Dodgeball games every day ending with a competitive championship game on the last day. Ages 6–8, 9–12. *Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.*

- Mondays: 6:30–7:30pm
- After March 22, additional fees apply.
- April 5–26
- Registration Fee: \$55R/\$66NR
- Oaks Recreation & Fitness Center

Kids First Ultimate Frisbee

Kids First Certified Coaches prepare players how to play, enjoy, and win in a team concept for Ultimate Frisbee. This is one of the fastest growing youth sports in the country. The sport can be described as a combination of soccer, football, balloon ball, and basketball. It's a simple yet demanding game. Kids will learn how to throw and score points offensively, and how to defend their goal defensively.

Age: 11–15. *Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.*

- Saturdays: April 10–May 15
- After March 21, additional fees apply.
- 12:15–1:30pm
- Fox Ridge Park
- Early bird registration fee: \$75R/\$90NR

Kids First Flag Football Fundamentals 7 on 7

Kids First Coaches will teach passing and catching fundamentals that include receiver end-zone techniques, with a focus of player separation making it easier to score touchdowns. Program offers: Pun-Pass-Kick Contest and Championship Flag Football game.

Plus: techniques on speed and quickness, body balance, first step directional movements, football safety awareness and sportsmanship.

Age 7–10, 9–14. *Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.*

- Saturdays: 8:30–9:45am
- After March 21, additional fees apply.
- April 10–May 15
- Fox Ridge Park
- Registration Fee: \$75R/\$90NR

Kids First Girls Softball

This program challenges all players through fun competitive softball drills and games that will maximize player potential. Parents have called Kids First Softball mandatory for fundamentals, safety, and skills training. Program offers a Softball Skills Competition: Pitching, Hitting, Fielding, Running and a Championship Softball Game. Plus position training, batting techniques, body balance, throwing, fielding, first step directional movements, base running and sportsmanship.

Age 7–10, 9–14. *Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.*

- Sundays: 11am–12pm
- After March 22, additional fees apply.
- April 10–May 15
- Registration Fee: \$55R/\$66NR
- Oaks Recreation & Fitness Center

Kids First Speed Training

Run, Run, Run! Speed, Quickness, Agility program through Track & Field events. Coaches focus on teaching indoor sprints, hurdles, jumps, running and throws in a safe and fundamental way. The program consists of Body Balance techniques, speed, quickness and agility drills, producing a quicker, safer more powerful performer. A series of team relay races makes indoor Track & Field fun and entertaining. Program concludes with a Championship Series. Ages 6–13. *Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.*

- Mondays: 6:15–7:15pm
- After Mar. 22, additional fees apply.
- April 7–28
- Program Center
- Early bird registration fee: \$55R/\$66NR

G2VBC Youth Volleyball League

G2VBC and the park district are teaming up to conduct an instructional volleyball league that will focus on the basic skills for the beginning and novice youth players, grades 3–4 and grades 5–7. The program consists of eight professional training sessions with G2VBC staff and focuses on maximum ball touches and participation which are both instrumental for player development. Games are on Saturdays. *Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.*

- April 7–May 26
- After Mar. 18, additional fees apply.
- Wednesdays: 6:30–7:30pm
- The Oaks Recreation & Fitness Center
- Games on Saturdays: 9–10am
- Early bird registration fee: \$85R/\$102NR

Adult Leagues Starting Soon!

Men's 16" Slow-Pitch Softball League (NSA-Class A)

- Early Bird Registration deadline: April 10.
- League dates: April 28–July 7.

Adult Coed Sand Volleyball Leagues–Divisions: A,B,C, D

- Early Bird Registration deadline: April 10.
- League dates: April 27–July 8.

Volleyball Indoor Double-Header League

- Early Bird Registration deadline: April 9.
- League dates: April 29–July 8.

Adult leagues are for ages 18 & over. For more information or to register, visit our website at www.mokenapark.com.

Coming Soon! The Summer Brochure.
Registration opens on April 12 for Summer camps and programs. Visit www.mokenapark.com

MOKENA COMMUNITY PARK DISTRICT

Administration Center, 10925 W. La Porte Road, Mokena
708-390-2401 info@mokenapark.com

Recreation Program Center, 10925 W. La Porte Road, Mokena
(south end of Main Park)

The Oaks Recreation & Fitness Center
10847 W. La Porte Road, Mokena 708-390-2343

COVID-19 PROGRAM & FACILITY INFORMATION:

- Due to the current covid-19 health crisis, program and facility information is subject to change if revised guidelines are issued. Please see our website for current information.
- Face coverings and social distancing are required in our facilities at all times, including while exercising.
- Additional guidelines may be posted at the facilities.

For more information, call Mokena Park District at 708-390-2401 or register at www.mokenapark.com.

Kids First Basketball

Let's Hoop it up! This program focuses on fundamentals, games and preparation. Players will be fulfilled with new basketball skills and safety techniques to make them game ready. Ages: 5–7, 8–13. *Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.*

Wednesdays: April 7–28

- Age: 5–7, 4:15–5:15pm
- Age: 8–13, 5:15–6:15pm
- Wed. Fee: \$55R/\$66NR

Saturdays: April 10–May 15

- Age: 5–7, 10–11am
- Age: 8–13, 11am–12pm
- Sat. Fee: \$72R/\$86NR
- After March 21, additional fees apply.
- Oaks Recreation & Fitness Center

FREE DEMO CLASS

Tai Chi Qigong

Wednesday, April 21
10:30–11:30am

The Oaks Recreation & Fitness Center

Tired? Stressed? No Energy? Improve your health, balance and coordination by letting the slow, gentle movements of Tai Chi Qigong set the tone for your day.

Limited spots available.
Preregister for this
Free Demo Class by April 19.



Stay Connected!

Follow us, like us or Tweet us. Stay in touch and get the latest news about programs and events. Follow our three Facebook pages and other social media:

- [Mokena Community Park District](#)
- The Oaks Recreation & Fitness Center
- Park 'N Bark Dog Park
- Twitter: @mokenaparks
- Instagram: mokenaparks

To sign up for our monthly e-newsletter, email us at info@mokenapark.com

Summer Sunshine Camp and Kiddie Camp

These outdoor camps are annual favorites that give kids a chance to make new friends, have new adventures and take a break from video games, TVs, and computers. Activities include games, stories, crafts, nature, music, special surprises and everyone's favorite—Water Week! Children in Kiddie Camp must be toilet trained and ready to separate from their parents. Age determined by first day of camp. *Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.*

- Registration deadline: June 7, 2021. Enrollment is limited. *Registration may close before the deadline if a program reaches its maximum number of participants.*
- Kiddie Camp: Ages 3½-5. 3-year-olds must be age 3 by Feb. 1, 2021.
- Summer Sunshine: Ages 6-10. 5-year-olds entering 1st grade in the fall are also accepted.
- Location: Main Park and The Oaks Recreation & Fitness Center
- Please visit the website for more information about fees, hours and extended camp options.

For more information or to register, visit our website at www.mokenapark.com.

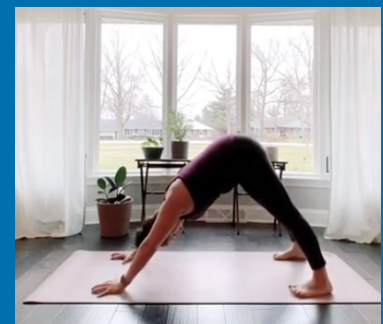
April Holiday Hours

The Administration Office is closed on Friday, April 2.
The Oaks Recreation & Fitness Center is closed on Sunday, April 4.

NEW!
EXTENDED HOURS FOR CAMPS.
See our website for details.

Virtual Fitness Classes

Workout with our awesome Oaks instructors in the comfort and safety of your home.



Can't get to The Oaks for your workout? Our Virtual Fitness Classes are a great option. A variety of classes are offered for all fitness levels.

- > It's easy! Register at www.mokenapark.com and choose your classes. From the home page on our website, click "Programs", then click "Click Here to View Programs". Then scroll down to the "Virtual Fitness Programs" section to choose your classes.
- > Classes are \$4 each or free for Oaks members.
- > Specialty classes have a separate fee.
- > Classes are presented on Zoom. The Zoom app is free to download to your computer, tablet, smartphone or laptop.
- > For more information, call The Oaks at 708-390-2343. *Class schedule and fees are subject to change.*

Facility Rentals

Birthday, Meeting, Baby Shower, or Team Party...

Mokena Community Park District will provide the space you need to host your event or meeting. Wi-Fi is available. Field House rentals are also available.

For more information, call 708-390-2343 or email, rbauer@mokenapark.com.



For more information, call Mokena Park District at 708-390-2401 or register at www.mokenapark.com.

Preregistration is required for all programs. Registration may close early if a program reaches its max. participants. Registration accepted on a first-come, first-serve basis. Registration deadline is seven days prior to the start of class unless otherwise specified. Additional fees apply after the deadline. Non-residents of Mokena Park District will pay an additional fee. No refunds on trips and special events. Program information and fees are subject to change.