

January Highlights



MOKENA COMMUNITY PARK DISTRICT

JAN 2021 VOL 10, ISSUE 1

Kids First Basketball Fundamentals

Let's Hoop it up! This basketball program focuses on fundamentals. Basketball games and preparation. Parents have called Kids First Sports Safety mandatory before playing the most injury prone youth sport. Players will be filled with new basketball skills and safety techniques to make them game ready. Program offers: skills contest and championship basketball game. Plus, techniques on shooting, dribbling, passing, floor spacing, basketball safety awareness and sportsmanship. *Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.*

- Wednesdays
- January 13–February 3, 2021
- Early bird registration fee: \$55R/\$66NR
- After Dec. 29, additional fees apply.
- Age 5–7, 4:15–5:15 p.m.
- Age 8–13, 5:15–6:15 p.m.
- The Oaks Recreation & Fitness Center

Kids First Speed Training

Run, Run, Run! Speed, Quickness, Agility program through Track & Field events. Coaches will 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.*

- Wednesdays: 6:15–7:15 p.m.
- January 13–February 3, 2021
- Early bird registration fee: \$55R/\$66NR
- After Dec. 29, additional fees apply.
- The Oaks Recreation & Fitness Center

Kids First Volleyball Fundamentals

Bump, set, Spike it! Fun and instructional program prepares players to succeed in volleyball. Coaches plan strategic, fun drills and games that will increase skills and safety through fundamentals. Program offers volleyball skills challenge contest and championship volleyball games. Plus, competitive drills for skills training: serving, bumping, setting, spiking, techniques on speed and quickness, body balance, first step directional movements and sportsmanship. *Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.*

- Mondays, Jan. 11–Feb. 1, 2021
- Early bird registration fee: \$55R/\$66NR
- After Dec. 29, additional fees apply.
- Ages 6–8, 4:15–5:15 p.m.
- Ages 9–13, 5:15–6:15 p.m.
- The Oaks Recreation & Fitness Center



Registration Deadline: Jan. 30.

Celebrate Valentine's Day with

Mother & Son Bowling

Saturday, February 13
12:00–2:00pm • Thunderbowl in Mokena
Early Bird Registration by Jan. 13: \$19R/\$23NR
Fee includes: Unlimited bowling, shoes, pizza, pop, dessert and a gift. Ages 4-10 with one adult.
Fee is per person. No refunds.

Wiggles and Giggles

This class is for 2 & 3-year-olds who are not quite ready to separate from mom or dad. Parent and child will wiggle and giggle their way through this fun-filled class while stretching their muscles and marching to music. Age-appropriate activities will vary each week using balls, balloons, and bubbles. Finger plays and props, rhymes and rhythm movements, hoops and parachutes will add to the fun. *Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.*

- Wednesdays: 9:30–10:15 a.m.
- Jan. 13–Feb. 10, 2021
- Early bird registration fee: \$32R/\$38NR
- After Jan. 5, additional fees apply.
- Program Center

MOKENA COMMUNITY
PARK DISTRICT
Administration Center
10925 W. La Porte Road, Mokena
708-390-2401
info@mokenapark.com
www.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.

Early Childhood Education Open House

Sunday, January 24, 2021
2:00-3:30 p.m.

Program Center, 10925 W. La Porte Road, Mokena.

Take this opportunity to meet our wonderful staff and see their charming, colorful classroom. Our Early Childhood Education programs will give your children a great preschool experience that will help them to prepare for kindergarten. *Should Covid-19 guidelines dictate, the Open House may be by appointment or video. Updates will be posted on our website.*

For more information, call 708-390-2401 or visit www.mokenapark.com.

Young Artists

Students will experiment with clay, tempera paints, watercolors, abstracts, and much more. Students should bring an all-purpose art pad to first class. Taught by a graduate of the American Academy of Art. Age 8–12. *Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.*

- Mondays: 4:30–5:30 p.m.
- Jan. 11–Feb. 8, 2021
- Early bird registration fee: \$52R/\$62NR
- After Dec. 29, additional fees apply.
- Program Center



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](https://www.facebook.com/mokenapark)
- 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

Early Childhood Education Fall 2021 Registration

Registration will be accepted in person at the Administration Center, 10925 La Porte Road, Mokena, beginning **Monday, February 1, 2021**, while openings remain.

Classes meet in the Program Center at Main Park. Programs are for children ready to separate from their parents for an extended period of time, and children must be toilet trained.

- Prep School for 3-year-olds:
Tue. & Thur., 9:00-11:30 a.m.
- Preschool for 4-year-olds:
Mon., Wed., & Fri., 9:00-11:30 a.m.
- Kinderbridge for 4-year-olds:
Monday–Friday, 12:30-3:00 p.m.

Items required at registration are:

- A copy of child's birth certificate
- Proof of immunizations
- A non-refundable deposit of \$49 plus first month's tuition. The entire deposit amount is non-refundable.

Non-residents pay an additional \$5 per month. Sign up for auto-pay for monthly payments and save \$3 per month. Program and facility information is subject to change due to changes in covid-19 mitigation guidelines.

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

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.
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 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.