

September Highlights



MOKENA COMMUNITY PARK DISTRICT

SEPT 2020 VOL 9, ISSUE 5

COVID-19 PROGRAM & FACILITY INFORMATION:

- Face coverings and social distancing are required in our facilities and suggested during classes.
- Fitness & athletic programs: Face coverings are required before and after class. They may be taken off while you are exercising.
- Exceptions are made for people with medical conditions or disabilities that may prevent safely wearing a face covering. A doctor's note may be required.
- Program and facility information may change if updated guidelines are issued.
- Additional guidelines may be posted at the facilities.

LABOR DAY HOLIDAY HOURS

The Administration Office will be closed on Monday, September 7.

The Oaks Recreation & Fitness Center will be open from 5am–1pm. Enjoy your holiday.

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

Lincoln Way Area Youth Tennis

This play-based instructional program is taught by tennis professional Cindy Heidkamp and her staff. This program is designed for children under 10 years of age and features the Net Generation Tennis format, using age-appropriate equipment and courts scaled to the size of the players. Kids actively acquire skills by working with each other. Age-appropriate equipment will be provided and loaner rackets always available. Preregistration required. Ages 5–7 and 8–10.

- Saturdays: 9:30–10:30am
- Sept. 12–Oct. 10, 2020
- Location: Main Park Tennis Courts
- Early Bird Registration: \$65R/\$77NR
- After Sept. 12, additional fees apply.

FREE Pickleball Clinic

Do you want to learn how to play one of the fastest growing recreational sports in America? Pickleball is a fun sport that's played on a court similar to a tennis court. It has some elements of tennis, badminton and ping-pong. Please wear athletic clothing and bring a water bottle. Balls/paddles will be supplied. Age 16 and over. Preregistration required.

- Saturday, September 19, 2020
- Location: Hecht Park Pickleball Courts
- Registrants should arrive at 10:45am.
- Instruction will be from 11:00am–12:30pm.

Dance, Dance, Dance! Ballet, Tap, Hip-Hop/Jazz and Poms

From graceful movements of Ballet to the quick beat of Hip-Hop/Jazz and the synchronized sounds of tapping toes—we have it all! In addition to learning proper technique, dance classes also help to develop proper posture, flexibility, and coordination while cultivating self-confidence and presence.

- Fall session dates: Sept.9–Dec. 11, 2020
- Ages 3 ½ through grade 12.
- After August 25, additional fees apply.
- Early Bird Registration Fees range from \$82–\$114, depending on class and residency. Visit our website for class descriptions, schedule and fees.
- Classes are offered in Pre-Ballet, Tap, Beginning Tap, Beginning Ballet, Ballet/Lyrical, Hip-Hop/Jazz, Beginning Jazz and Poms.
- Students enrolled in the fall session have priority registration for the spring session.

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.

Lincoln Way Area Junior Tennis

This play-based instructional program is taught by tennis professional Cindy Heidkamp and her staff. This program is designed for players age 11–14 that are transitioning between Beginner and intermediate skill levels. As a progression program from youth tennis, players will continue to work on their technique, movement, and tactics using the skill and age-appropriate tennis balls. Preregistration required.

- Saturdays: 10:30am–12pm
- Sept. 12–Oct. 10, 2020
- Location: Main Park Tennis Courts
- Early Bird Registration: \$90R/\$107NR
- After Sept. 12, additional fees apply.

Hoop School Fundamentals

This program is for boys and girls, ages 6–11, that want to develop their skills in a fun environment. The program will focus on teaching all of the fundamental skills of basketball including dribbling, passing, shooting, team play, and defense. The skills will be taught and reinforced through a variety of dynamic drills and fun games and playing an organized scrimmages at the end of each class. Players will be separated by age and skill level.

- Sundays: Sept. 6–Oct. 11, 2020
- Age 6–8: 9:00–10:30am
- Age 9–11: 10:30am–12pm
- Early Bird Registration: \$66R/\$79NR
- After August 30, additional fees apply.
- The Oaks Recreation & Fitness Center

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.



FALL FUN!

Watch for upcoming announcements for these events on our website or Facebook page.

FALL DRIVE-IN MOVIES
and
HALLOWEEN HOLLOW
Re-imagined
begins Oct. 9



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.mokenapark.com)
- 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

FREE Demo - Tai Chi Qigong

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. Quiet your mind and in just 8 weeks learn to relax anytime and in any place by learning the practice of Tai Chi/Qigong and improve the quality of life, for the rest of your life. Age 18 and over. Preregister to reserve your spot.

- Wednesdays, September 16, 2020
- 10:30–11:30am
- The Oaks Recreation & Fitness Center

Fall Family Fun Day at Nova Quarter Horses

Giddy up cowboys and cowgirls! Spend a fantastic afternoon ‘horsing around’ at Nova Quarter Horses, Inc. Your family will bond with the horses by learning to groom, saddle and have a riding lesson. Weather permitting, we will ride outdoors on Nova property. Hot dogs, chips and beverages will be served after the ride. All levels of riders are welcome.

- Sunday, October 4, 2020
- 12:00–2:00pm
- Nova Quarter Horses, Inc., Mokena.
- Early Bird Registration fees: \$100R/\$110NR per couple. Additional riders are \$45 each.
- After Sept. 25, additional fees apply.

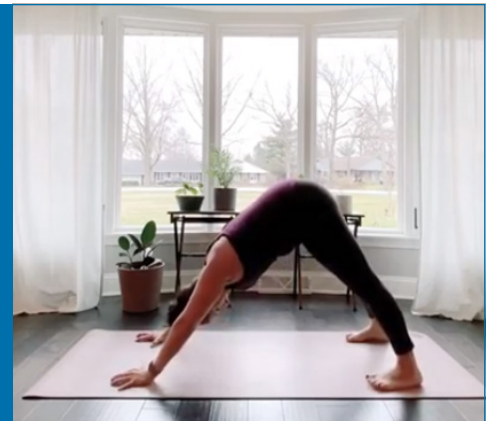
Archery 101

Whether you are new or an experienced archer, you’ll enjoy 4 sessions of archery fun. Students will learn safety, proper technique and form, range procedures, and etiquette. There will be lots of shooting in each session, with challenges and fun competition mixed in. The staff at BowDoc Archery are USA Archery certified coaches. BowDoc Archery will supply all of the necessary equipment for this class. Please wear shoes that cover the entire foot. Sandals and flip flops are not allowed.

- Tuesdays: 7:00–8:00pm
- October 6–27, 2020
- Early Bird Registration fees: \$75R/\$90NR
- After Sept. 27, additional fees apply.
- Location: BowDoc Archery in Mokena.

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.