

Get Up And Move!!

**Make more of your summer!
More friends, More fitness,
More fun . . . All close to home!**
lincolnparkdistrict.com



2011 Summer Play Book!

- ✓ 4th of July Celebration
- ✓ Meeting Rooms
- ✓ Summer Camps
- ✓ Fitness
- ✓ Nature
- ✓ Sports
- ✓ Driving Range
- ✓ Special Events
- ✓ Facility Rental & Parks
- ✓ Senior Programs & Discounts
- ✓ Swimming
- ✓ All Age Activities

SUMMERTIME IN LINCOLN - filled with good food and special times for family and friends! Your Park District works hard in offering new and exciting programs and recreational activities for all ages. We've got something for everyone - and that includes YOU! Browse through our summer brochure and discover what your Lincoln Park District has to offer.

REGISTRATION

All programs have a minimum and maximum enrollment and are filled on a first-come, first-served basis. The Park District may alter the schedule, cancel, combine or add programs when enrollment warrants. Registrations are processed in the order received. Registration can be done in person or by mail.

EXPLANATION OF FEES

Lincoln Park District residents, through property taxes, make a financial contribution to the operation of the Park District. Non-residents pay the second fee listed. Program fees are used to offset a part of the costs for instructors, facilities and program supplies.

FINANCIAL ASSISTANCE

Because some residents are unable to participate in programs due to economic hardships, the Lincoln Park District provides financial assistance to reduce or waive certain fees and charges. Application forms are available at the Center desk and will be mailed to residents upon request. All applications must be submitted two weeks prior to program registration deadlines. A limited amount of funding is available. Applicants for assistance are not guaranteed program registrations.

The Lincoln Park District Board and Staff

REFUND POLICY

Requests for refunds must be made three-week days prior to the first class. Application for a refund must be made in person during regular business hours (8 a.m. to 5 p.m. Monday - Friday). A \$2 service fee is charged for all refunds. If for any reason, a program is cancelled, a total refund is given to each participant registered for the program.

INSURANCE

Individual accident insurance for participants in programs is NOT provided by the Lincoln Park District.

PHOTO DISCLAIMER

Registrants and participants permit the taking of photos and videos of themselves and their children during Park District activities for publication in the program brochure, pamphlets, flyers, slides presentations, television, website and other forms of media for use, as the Park District deems necessary.

NSF CHECKS

A \$15 service fee is charged for checks returned due to insufficient funds.

LINCOLN PARK DISTRICT REGISTRATION FORM

NAME _____ Home Phone _____
 ADDRESS _____ Business or _____
 CITY _____ Emergency Phone _____
 Email Address: _____

Participant Name	Age if under 18	School & Entering	Activity Name	Session Number	Fee

T-SHIRT SIZE (if applicable) circle one – Youth / Adult S M L XL TOTAL PAYMENT _____

**ENCLOSE A CHECK AND SELF-ADDRESSED, STAMPED ENVELOPE. INCLUDE SESSION NUMBERS ON CHECK.
 MAIL TO: Lincoln Park District, 1400 Primm Road, Lincoln, IL 62656.**

Funny Business 101

Come learn about the world of one of the most unusual occupations - Syndicated Cartooning. Tour guide and advisor for the class is Julie Larson, a Lincoln native. She is a nationally syndicated cartoonist and creator of The Dinette Set. Larson has been in the Funny Business since 1989, becoming nationally syndicated in 1997.

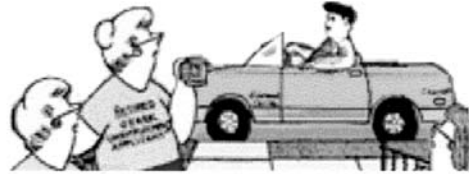
Ms. Larson will share creative development of your comic ideas, the artistic mechanical individual drawing process and style. Character development and dialogs along with an introduction to the business of writing and drawing a daily and Sunday cartoon will be covered. Drawing materials will be provided and kept by the participants. Aspiring cartoonists must bring their own imaginations!

Ages: Entering 6th grade and up

Date: June 13 - 15

Time: 9:00am - 11:00am

Fee: \$45/\$54



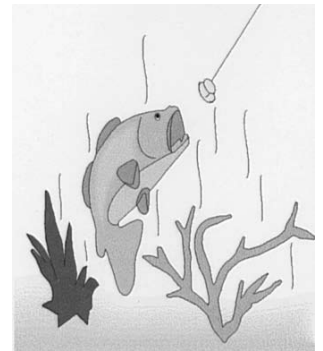
Nathan Turner Memorial Fishing Clinic & Derby

Nathan Turner, former city council man and resident of Lincoln, was an avid fisherman and outdoorsman. He grew up attending the Park District Fishing Derby and cared deeply about passing his love of fishing and the outdoors on to other children. His family wanted to support the fishing derby to keep his memory alive and spread his love of fishing and the outdoors. He is survived by his wife, Sarah, his son Benjamin, his parents Dan & Nancy, his sisters, Janell & Nanette, and many other loving family members.



The FREE Fishing Clinic explores the fundamentals and safety issues of fishing. Herb Drier with the Illinois Department of Natural Resources will be here with displays and giveaways. He will teach young anglers how to tie on a hook, casting techniques and the usage of different baits. There will be drawings for fishing poles and equipment at the end of the presentation.

The FREE Fishing Derby is hosted by the Hickory Lane Campground near Atlanta. In the past, the pond has been stocked just days before the event. Prizes will be awarded in several different categories in this competitive but fun event. The Lincoln City Police D.A.R.E program will sponsor the free derby. Police Chief Ken Greenslate will be on hand cooking hotdogs and providing sodas to the fishermen and their families. Parental approval is a must and parents are encouraged to attend.



Clinic

Ages: 4 - 15

Time: 6:30 - 7:30pm

Date: Tuesday, June 7

Fee: FREE

Ages: 4 - 15

Date: Tuesday, June 7 (Clinic), Saturday, June 11 (Derby)

Time: 6:30pm - 7:30pm (Clinic), 9:00am - 12:00pm (Derby)

Fee: FREE

Location: Administration Building

Derby

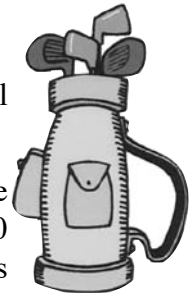
Ages: 4 - 15

Time: 9:00am - 12 Noon

Date: Saturday, June 11

Fee: FREE

Golf Camp



Lincoln Park District will be hosting the 11th Annual Summer Golf Camp. Golfers of all skill levels are encouraged to sign up early due to the growth and popularity of this program.

We are pleased to welcome back Doug Dean, a lead instructor and Class A member of the PGA of America. Doug has played professionally on various mini-tours. With more than 20 years of experience, he's taught U.S. Senior Open qualifiers, U.S. Women's Open qualifiers and collegiate players at top universities. Doug has also been involved in the Hook A Kid on Golf, a program designed to introduce the game to young players.



Monday through Thursday will focus on all aspects of the game. Covered will be grip, stance and posture. Players will be instructed on approach and tee shots, short game, putting and chipping. Course management, golf etiquette and basic rules of the game will also be discussed.

Friday will find us at Four Willows Golf Course in Mason City. Golfers will enjoy 9 holes of golf. Lunch will be provided. Doug will be on the course where he will continue offering instruction and share his passion and knowledge of the game with his students

Golfers will have the option of selecting either session time.

Ages: 9 - Adult

Date: June 20 - 24

Time: 8:00am - 10:00am | 10:15am - 12:15pm

Fee: \$80/\$90

Location: Driving Range

Hunter Education Course

Whether you are shooting skeet or hunting big game, this course is for you. Illinois State Law requires that anyone born on or after January 1, 1980 will not be issued a hunting license unless they take a valid Hunter Education Course. Quail & Upland Wildlife Federation - Logan County Chapter and Delta Waterfowl - Lincoln Land Group are the sponsors of this educational program. Persons completing the minimum 10-hour class and successfully passing the final examination will receive a State of Illinois Certificate of Competency and a graduate patch. There is not cost to take this course and refreshments/lunch will be provided to the students.

STUDENTS MUST ATTEND BOTH DAYS TO GRADUATE AND PROVIDE A VALID SOCIAL SECURITY NUMBER.

Pre-registration is strongly encouraged due to limited seating space.

Ages: All

Date: June 3 - 4

Time: 6:00pm - 10:00pm (3rd) | 9:00am - 3:00pm (4th)

Fee: FREE

Location: Administration Building Ballroom



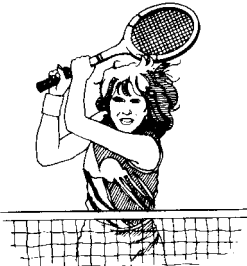
Tee Ball



Re-designed this year! This is a non-competitive introduction to baseball for both boys and girls. The basic skills of hitting, fielding, catching, throwing, base running and safety will be stressed through drills and game situations. Emphasis is on sportsmanship, teamwork and fun! Roster information will be available at the front desk. T-shirts, caps, and schedules will be distributed at the first practice. All athletes must wear sneakers and have their own ball glove. The season will last for six weeks. In the case of inclement weather, Tee Ball will be held in the SportsCenter courts.

Ages: K - 2nd grade **Date:** Starts June 11 (Saturdays) **Time:** 8:30am - 9:30am **Fee:** \$40/\$48

Tennis Lessons



Love means nothing in scoring but love means everything to Julie and her feelings for tennis. Our instructor this year is Julie Harris Larson, a former tournament tennis player. Julie was ranked number one her entire competitive career. Players will be divided by age divisions. Lessons are tailored for the beginners to intermediate skill levels, focusing on forehand and backhand, serve and strategy. All players should bring their own racket. Lessons will be on our indoor tennis courts and everyone should wear tennis shoes.

Tennis balls will be provided. Prepare to LOVE tennis!

Ages

K - 2nd grades
3rd - 5th grades
6th - 8th grades

Times

9:00 - 9:45am
9:45 - 10:45am
10:45 - 11:45am

Ages: K - 8th grade

Date: June 6 - 10

Time: 9:00am - 11:45am

Fee: \$40/\$48

Location: Sports Center

Putting on a Play

Have some excitement this summer Putting On a Play. Learn how plays are staged, rehearsed and performed. The camp will end with your very own play production on Friday afternoon. Thespians will learn how to adapt stories to be performed for audiences, create costumes, make-up and sets. Learn acting techniques and have fun doing it! No theatre experience is necessary. All you need is a great attitude and a willingness to learn. Bring your sack lunch, swim suit and towel for a fun break at the pool. Family and friends are invited on Friday to see the production.



Kenneth Kendall and Stephanie Myre have over 30 years of experience between them in all areas of Performing Arts. Both Kenneth and Stephanie were professional performers in Chicago for a number of years, and have appeared on stages all around the Chicago-land area and abroad. Kenneth is currently the Division Chair of Fine Arts and Humanities at Lincoln College. These two artists promise a wonderful time for your children, filled with fun, creativity, hard work and great rewards!

Ages: 9 and up

Date: June 20 - 25

Time: 9:00am - 4:00pm

Fee: \$75/\$90

Location: Administration Building Craft Room



Creative Drama Camp

Jump-start your imagination with this week-long Creative Drama Camp. The week will be filled with improvisations, theatre games and warm-ups as well as arts, crafts and a busy rehearsal schedule. Actor and actresses will put on a performance for their families and friends on Friday. Bring your sack lunch, swim suit and a towel for a break at the pool. You'll have to be here all day at the park district just to have enough time for this much fun!

Kenneth Kendall and Stephanie Myre have over 30 years of experience between them in all areas of Performing Arts. Both Kenneth and Stephanie were professional performers in Chicago for a number of years, and have appeared on stages all around the Chicago-land area and abroad. Kenneth is currently the Division Chair of Fine Arts and Humanities at Lincoln College. These two artists promise a wonderful time for your children, filled with fun, creativity, hard work and great rewards!

Ages: 6 - 12

Date: June 6 - 10

Time: 9:00am - 4:00pm

Fee: \$75/\$90

Location: Administration Building Craft Room

Basic Card Making Party

Ever admired beautiful hand stamped and designed cards? Well, now you'll have the opportunity to see how that is done. Our veteran Stamp Instructor, Sue Berker will walk you through the process step by step. Make birthday, anniversary, any occasion and even your own personal stationary. This fun and rewarding craft is catching on. An array of punches, cutters and a host of accessories will be available for your use. We plan to make 4 cards per person. You must pre-register by May 14 so that there will be adequate supplies.

Ages: Adults

Date: May 21

Time: 9:00am - Noon

Fee: \$20/\$24

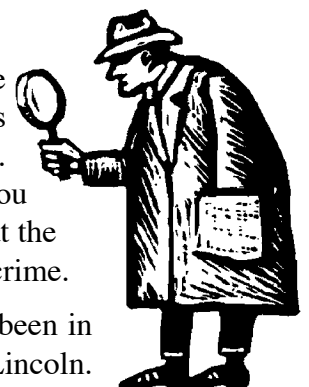
Location: Administration Building Craft Room

Min. 5 Max. 10

C.S.I.

Lincoln is about to become the location of a serious crime and we need all the Crime Scene Investigators we can find! Someone has stolen "Parker", Lincoln Park District's best canine friend. As a forensic scientist you hold the key to discovering the culprit. The class will get you into the hands-on world of forensics and crime solving as you build your own CSI Crime Kit. You will evaluate fingerprints and collect evidence at the scene of the crime. Your well trained eye will determine who committed this awful crime.

Lead investigator and Crime Scene Expert is Deputy Richard Montcalm. Rich has been in law enforcement for 21 years and has also been the Chief of Police for the city of Lincoln. Rich has an extensive background in teaching at the college level.



Ages: 3rd - 5th grade

Date: July 18 - 22

Time: 6:00pm - 7:30pm

Fee: \$40/\$48

Location: TBA

Swimming Pool

The outdoor Olympic sized pool is open the first week in June to Labor Day each summer. Hours for Adults Only, Preschool and Public Swims are held daily, In addition, you can take advantage of extended hours for Family Nights and many fun-filled special events.

Season Passes

Season passes go on sale April 1. Purchase your passes on or before June 5th to qualify for the discounted Early Bird rate. A \$3.00 fee will be charged to replace a lost swim pass.

Youth 12 and under	\$ 50 resident	\$ 60 non-resident
Adult 13 and over	\$ 60 resident	\$ 70 non-resident
Couple	\$ 70 resident	\$ 80 non-resident
Family with up to 4 passes	\$ 95 resident	\$ 105 non-resident
(Immediate family members living in the same household. Children must be under 18. Maximum 2 adults.)		
Additional family member pass	\$ 10 resident	\$ 12 non-resident

Daily Fees

Youth 12 and under - \$2.50 Adult 13 and over - \$3.00

Schedule

	11 am-noon	noon-1pm	1-5pm	1-6:00pm	6:30-8:30pm	6:30-8:30pm
Sunday	Adults only 18 & over	Preschool 6 & under with adult		Public Swim		
Monday	Adults only 18 & over	Preschool 6 & under with adult	Public Swim			
Tuesday	Adults only 18 & over	Preschool 6 & under with adult	Public Swim		Family Night	
Wednesday	Adults only 18 & over	Preschool 6 & under with adult	Public Swim			
Thursday	Adults only 18 & over	Preschool 6 & under with adult	Public Swim		Family Night	
Friday	Adults only 18 & over	Preschool 6 & under with adult	Public Swim			
Saturday	Adults only 18 & over	Preschool 6 & under with adult		Public Swim		

Adults Only

For ages 18 and older, adults can swim laps or relax in the water or at poolside in an adult atmosphere. \$1 per person or pool pass

Preschool

For children ages 6 and younger. Parents can enjoy the fun together with their children during this play period. Children must be accompanied by an adult. \$1 per person or pool pass

Public Swims

Swimmers age 7 and older are welcome daily. Swimmers ages 6 and under must be accompanied by an adult. The pool is always professionally managed by a staff or trained lifeguards.

Family Nights

Enjoy swimming during these family only times. If you're age 18 and younger, you must have an adult family member accompany you. \$2 per person or pool pass

Swim Lessons

Are you splash savvy? If not, get lessons. Adults and children 3 and older are eligible for convenient weekday late afternoon classes.

Classes are for two week sessions, Monday – Thursday. Fridays are reserved for make-up dates for weather related cancellations.

CLASS TIMES: 5:30 – 6:00 p.m.

COST: \$35.00 resident \$40.00 non-resident

To register, stop by the Center desk weekdays 8:00 a.m. – 4:00 p.m. to complete the necessary paperwork.

Parent/Child

This class is designed to help the child 18 months - 5 years become comfortable in the water with the assistance of the parent and the instructor. Parents are expected to be in the water with the child and there must be one adult per child. Children must wear swim diapers if needed. Maximum 5 per class

Beginners

Persons with little or no swim experience. This class emphasizes adjustment and comfort in the water. Participants will learn to float and glide on their front and back without assistance or support. These skills must be mastered before taking Intermediate Level.

Intermediate

Swimmers that have some water experience. This class will introduce the front and back crawl strokes as well as movement for the butterfly stroke. Participants will also learn to jump in and return to the side safely.

Advanced

This class is designed to help the swimmer improve the front and back crawl. New strokes will be introduced. Swimmers will work on rhythmic breathing and endurance as well.

Session Dates

June 20 – July 1 July 5 – July 15 July 18 – July 29

Special Events

OPENING DAY SPECIAL

Saturday, June 4, 11:00 a.m. – 6:30 p.m.
Everyone pays just \$1 or use your pool pass.

FATHER'S DAY SPECIAL

Bring Dad and he swims for free. Sunday, June 19th, 1:00 – 6:00 p.m.

JULY 4th FESTIVITIES

Bring the whole family and have fun with games, contests and prizes.
Monday, July 4th, 1:00 to 5:00 p.m. Pool opens at 11:00 a.m.
\$2 or pool pass.

SPLASHAPALOOZA POOL COMPETITION

Be a part of our made for TV Summer Swim Party. Grab your friends and join in the fun. Compete in relays or biggest and smallest splashes. Also a Soda Scramble where the winners get to push a lifeguard of their choice into

the pool! We double dog dare you to be a part of the swim party sensation that will be taped and aired on CITV5.

Former Stars of this show are invited back.

Tuesday, July 19th, 1:00 – 3:00 p.m. Regular admission rates apply.

FAMILY FUN NIGHTS

Join us on these nights for all kinds of wacky and fun filled games. Incredible Inflatables Races, Tic-Tac-Toe and more fun awaits deck side and in the water as well. You'll think you're on a Cruise ship so come out and enjoy family fun right here in hometown Lincoln.

POOL PARTIES

Make a big splash at your next birthday party, reunion or special occasion with a pool party. Rental fee includes lifeguards. Arrangements for parties should be made at least 2 weeks prior to the event. Contact Christine, 732.8770 between 8:30 a.m. and 4:00 p.m. weekdays for assistance in planning your own special splash-a-poolaza!

Available time slots are from 6:30 – 8:30 p.m. Monday, Wednesday, Friday, Saturday and Sunday.

PIZZA PARTY

Are you a busy Mom and Dad that could use some help with your Private Pool Party? If so let us order the Pizzas and Cake for your event. We'll even supply everyone with a can of soda. Our Lifeguards will play games and relays with your guests. Pizza Parties are non-refundable, in the event of inclement weather your Pool/Pizza Party will be moved indoors to the SportsCenter.

For more information and to make reservations, call Roy at 732.8770.

FITNESS

At the Lincoln Park District, we understand the challenges of balancing careers, families and finding time for healthy lifestyles. Teaching ourselves as well as our family members that fitness can improve our overall liveliness can be a difficult task. At Lincoln's exclusive SportsCenter we are dedicated to providing our members with a fitness friendly environment. Whatever your fitness goals, we have the qualified staff and quality equipment to help you obtain these goals.

Sports Center

Located adjacent to the Administrative Center at 1400 Primm Road • Lincoln, IL 62656 • 217.732.8770

We'll Fit Your Family!

The Lincoln Park District's SportsCenter is your resource for a community health and wellness facility focused upon families of all fitness levels and likes. Newly reinvented, we offer a multitude of optimal strength training, flexibility and cardiovascular equipment paired with FREE fitness classes.

The Strength Room includes an assortment of dumbbells, free weights and selectorized equipment

If free weights are not for you our Circuit room includes a multi-station training circuit as well as cardiovascular equipment including treadmills, elliptical machines, stairsteppers, upright and recumbent bicycles and much more. Machines are equipped with a cardio-theater entertainment system.

To add variety to your exercise program try one of our fitness classes in our Aerobics studio. In addition, four full-size courts offer you a choice of tennis, basketball or volleyball.

A walking/running track is also available to round out your fitness needs.

We also offer full locker and shower rooms, towel service, family changing room and sauna for our patrons.

What are you waiting for? Spend time with your family and friends and feel great doing so. Lincoln Park District's SportsCenter... We'll fit Your Family!

Hours of Operation

Daily 5:30 a.m. to 10:00 p.m.

Memberships and Fees

Memberships

All memberships are for a term of 1 year from the date of purchase. Where available, quarterly fees are in parenthesis.

Full Access Passes:

Includes Strength room, Circuit room, use of walking/running track and basketball/volleyball courts during unscheduled times and sauna (some restrictions may apply.) All group fitness classes are included unless otherwise noted. Yoga classes and Tennis court fees are extra.

3-Month Pass

Quarterly fees in parenthesis

	In District	Out of District
*Junior (14-17)	\$115	\$175
Adult (18+)	\$200 (\$75)	\$300 (\$115)
Couple	\$315	\$470
**Family	\$400	\$605
Senior (60+)	\$175 (\$65)	\$260 (\$100)
Senior Couple	\$260	\$385

Circuit Passes:

Includes Circuit room, use of walking/running track and basketball/volleyball courts during unscheduled times and sauna (some restrictions may apply.) All group fitness classes are free with membership unless otherwise noted. Yoga classes and Tennis court fees are extra.

	In District	Out of District
* Junior (14-17)	\$85	\$125
Adult (18+)	\$135 (\$50)	\$195 (\$75)
Couple	\$200	\$300
**Family	\$260	\$385
Senior (60+)	\$85 (\$30)	\$125 (\$45)
Senior Couple	\$135	\$195

Track and Court Passes:

Includes use of walking/running track and basketball/volleyball courts during unscheduled times. Group fitness classes, yoga and tennis court fees are extra.

	In District	Out of District
*Junior (14-17)	\$60	\$85
Adult (18+)	\$85 (\$30)	\$125 (\$45)
Couple	\$135	\$195
**Family	\$175	\$260
Senior (60+)	\$70 (\$25)	\$105 (\$40)
Senior Couple	\$135	\$155

*Juniors are required to complete an under 18 authorization form prior to purchasing a pass. Forms are available at the main office or SportsCenter desk.

**A Family is designated as up to 2 adults and 4 children under the age of 21, living at the same address.

In District refers to Lincoln Park District residents, who through property taxes, make a financial contribution to the operation of the Park District. Verification is a copy of your most recent tax bill. In District fees reflect a significant savings.

Out of District refers to residents living outside of the boundary of the Lincoln Park District.

3-Month College Passes:

Full time college students home for the summer can purchase a full access pass for 25% of the original cost.

DAILY FEES

Strength Room	In District	Out of District
*Junior (14-17)	\$5.00	\$7.00
Adult (18+)	\$5.00	\$7.00
Circuit Room	In District	Out of District
*Junior (14-17)	\$4.00	\$5.50
Adult (18+)	\$4.00	\$5.50
Track and Court	In District	Out of District
Age 12 and under	\$1.50	\$2.00
Age 13 and over	\$2.50	\$3.50
Fitness Classes	\$4.00	\$4.00
Yoga Classes	\$8.00	\$8.00

TENNIS COURT FEES

Per hour/per person	Member	Non Member
one person	\$12.00	\$16.00
singles	\$6.00	\$8.00
doubles	\$3.00	\$5.00

Lobster Machine - \$2.00 per hour.

Personal Training

Not getting the results you were hoping for?

Workout with one of our certified Personal Trainers to better facilitate your health and wellness goals. Even if you have been exercising regularly, these sessions will teach you a variety of exercises with precision and technique for each specified muscle group for optimal results! Workouts can consist of strength, cardiovascular, wellness and/or flexibility. A fitness assessment may be required prior to training.

One-hour Sessions:

6 @ \$40.00 each \$240.00

12 @ \$34.00 each \$408.00

Fitness Assessment

This is a confidential all-inclusive review of your current health and fitness level. A certified trainer will meet with you to review your cardiovascular fitness, body composition/body fat%, flexibility, blood pressure and muscle strength/endurance. Interpretation of your results will be discussed. Call to schedule an appointment. \$30.00

All fees must be paid for in advance. All Personal Training clients must complete a medical history form (provided by trainer) to begin sessions. Personal Training sessions must be completed within 3 months. A physician referral form may need to be completed by client's physician in some cases.

Fitness Classes

The Lincoln Park District's Fitness Staff offers a variety of fitness classes to benefit your body and mind. Our classes are designed to provide workout based on the latest fitness trends and research. All of our staff are professional, certified, experienced instructors.

Group Fitness Class Schedule

Lincoln Park District **NEW** Group Fitness Class Schedule

**** ALL classes are subject to format change or cancellation due to instructor availability and/or class participation**

Effective April 1 thru April 30, 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:25am						SPIN Jacki
8:00-8:30am	Awesome Arms Jayne					
8:30-9:30am	Cardio MIX Beth SPIN Jayne	Dance Step Jayne	Pump & Sculpt Jayne	SPIN Jayne	Zumba Jayne	Cardio Kickboxing Danita
9:00-9:45am				Intermediate STEP Jacki		
9:45-10:30am	FIT for Seniors Jacki		FIT for Seniors Jacki		FIT for Seniors Jacki	
4:30-5:30pm	Zumba Jayne	Registration Only Anahata Yoga Diane				
5:00-5:30pm	HARD CORE ABS Jacki		30 Min Sculpt Jacki	Awesome Arms Jenny		
5:30-6:30pm	Pump & Sculpt Beth SPIN Jacki	Step It Up Beth	Pilates Corrinne	Step It Up Jenny All Terrain Cycle Beth		
6:30-7:30	Xtreme Arms Jacki All Terrain Cycle Danita	Easy Rider Cycle Beth	Cardio Kickboxing Danita SPIN Jacki			
7:30-8:30pm	Cardio Kickboxing Danita					

All Spin®/Cycling classes are held in the Cycle Room. All other fitness classes are held in the Aerobic Room, unless noted on schedule.

Instructors: Danita Barger, Beth Farmer, Jenny Leisinger, Diane Meyrick, Jacki Pavlik, Jayne Weaver, Corrinne Wilson

Visit us at www.lincolnparkdistrict.com

Daily Fees:

Fitness Classes - \$4.00 per class or SportsCenter Full Access or Circuit Pass

*Yoga Classes - \$8.00 per class

Group Exercise Staff

Jacki Pavlik – Fitness Director
 Danita Barger
 Beth Farmer
 Jenny Leisinger
 Diane Meyrick
 Jayne Weaver
 Corrinne Wilson

All Spin® Cycling classes are held in the Cycle Room. All other fitness classes are held in the Aerobic Studio, unless noted on schedule.

Classes are subject to change due to class participation or instructor availability.

Group Fitness Class Descriptions

30 Min Pump–Get the same great workout as an hour of Pump & Sculpt all incorporated in to 30 min. Work arms, legs & abs at a little faster pace.

Cardio Kickboxing! Fun easy to follow exercises to strengthen core muscles, increase coordination and agility with the use of a heavy bag and basic kickboxing techniques. Full boxing gloves recommended to add optimal protection with some added weight. (at least 12 oz to start)

CARDIO MIX–A fun & easy to follow mix of floor aerobics with some kickboxing moves added. Come each week for a different workout set to energizing music

Dance Step A fun, energizing, choreographed step class set to energizing music. This class is sure to keep you on your toes!

FITFor Seniors Welcome all Senior Citizens to this class *FIT* just for you! This class will focus on increasing mobility, flexibility, balance and muscular strength and endurance. *Each class has differed format!*

HARD CORE Abs! 30 minutes of solid CORE work! This class is designed to give direct attention to the powerhouse of your body—your abdominals. *Mon. class held near Cycle Room, Wed. class held in Aerobic Room.

Intermediate STEP –A fun class for the beginner! Learn easy to follow moves on the bench set to motivating music. Cool down and core strengthening incorporated in at the end of class.

Pilates Fusion A fusion of Pilates poses using balls, bands and traditional mat method Pilates. Tone, lengthen and strengthen!

Pump & Sculpt A total strength work out guaranteed! Sculpt your upper and lower body using free weights, bands, bars, balls, etc. This is the ultimate way to tone every major muscle group!

Step It UP This class offers a variety of cardio conditioning elements using the traditional step. This class may include kickboxing, circuit training and much more.

XTREME ARMS–Define, refine, tone & strengthen your muscles inside & out using resistance bands, weights & body bars. Focus on a new muscle group each week learning how to use different angles & reps to increase muscular strength & endurance.

ZUMBA! A dynamic , easy to follow dance routine set to Latin rhythms. You will have a great time dancing away the calories during this energizing class!

Spin® - All Terrain Cycle This indoor cycling class is set to motivating music is intended for all fitness levels. Pedal your way through a variety of terrain with intervals of intensity.

Easy Rider Cycle A fantastic way ease your way in to indoor cycling! Start with a fun and energizing 25 min. ride. Finish with a blend of standing core and stretching exercises.

- **Anahata Yoga *REGISTRATION ONLY*** Relaxation and strengthening for your mind and body! Ensures peace of mind and complete health.

Facilities & Parks

The **Lincoln Park District** offers access to diverse recreational opportunities through its properties, which include: playgrounds, ball fields, picnic facilities, driving range, fitness center, outdoor swimming pool, skatepark and indoor basketball, tennis and volleyball courts.

In addition to recreational sites, the Park District offers small and large meeting rooms to host your special event.

Administration Center

The Administration Center at 1400 Primm Road is the center of all park district business. Built in 1967 it houses the offices of all park district staff. In addition to the offices, the building has both large and small meeting rooms and a kitchen available for rent. It's the perfect location for a birthday party, wedding reception, business meeting, luncheon or even a garage sale. Audio/visual equipment is also available. Our fees are very affordable. Call Christine at 217.732.8770 or e-mail her at info@lincolnparkdistrict.com.

Ball Fields

Andrews Complex

Located adjacent to the high school football field the complex features three baseball diamonds.

Bronco • Lindstrom • Pony

Tri-Plex

Constructed in 2006 on the southwest corner of the Primm Road property this site features three softball fields.

A-Field • B-Field • Breezy Field

Lehn & Fink Park

Located within Lehn & Fink Park at Pekin and Beason Streets, this diamond is home to both the girl's softball and boy's baseball Pinto leagues.

Memorial Park

Located in the beautiful Memorial Park this softball field is the perfect place for a friendly game with family or friends. The field is available free of charge on a first-come, first-served basis. Memorial Park is adjacent to the Elk's Country Club off of Fifth Street Road.

Driving Range

Get in the swing – tune up and put your game in shape. Open year around the driving range features 28 hitting pads, sand trap and 250 linear feet of natural turf, allowing for up to 50 golfers at any one time.

The range, located just south of the SportsCenter is open daily from 6 a.m. to 9 p.m. for your enjoyment, weather permitting. (Daylight to Dusk – before Memorial Day and after Labor Day.)

Need more help with your game, or just want to learn – check out our program guide for golf clinic dates.

Stop by the SportsCenter desk to purchase tokens for the ball machine which is located in the SportsCenter entrance. \$2.00 per token.

Large Bucket - \$6.00

Small Bucket - \$2.00

Parks

We encourage you and your family to utilize your neighborhood parks. Take a walk, have a picnic or visit a playground. Take a step towards a healthy lifestyle by taking the time to enjoy the outdoors with friends and family.

Park Locations

Exchange Club Park – Monroe and 21st Streets
 Lehn & Fink Park – Pekin and Beason Streets
 Mayfair Park – Southgate Street and Allison Drive
 Melrose Park – Adams and 13th Streets
 Memorial Park – Memorial Park Road
 Postville Park – 5th and Washington Streets
 Ray White Park – Monroe and Short 11th Streets

Memorial Park Pavilions

The Memorial Park shelters are available for persons to reserve for private parties or reunions from April 1 to October 15. The park offers applicants a choice of 5 shelters located in the 42-acre park. Reservations for the open-air shelters are available free-of-charge on a first-come, first-served basis by contacting the office at 732.8770.

Skatepark

The park is located south of the Administration Center on our Primm Road Site.

Built in 2007 through the generosity of the community the park is open daylight hours 365 days a year. Skaters are encouraged to look after their own safety and the safety of others. The park is unsupervised and admission is free.

Administration

Marcia Greenslate, Director of Parks and Recreation
Vern Haseley, Superintendent of Operations
Roy Logan, Program Coordinator
Janice Kapik, Business Manager
Christine Logeman, Administrative Assistant

We Are Here To Serve!

The Lincoln Park District's Mission:
To enhance the quality and availability of
leisure opportunities to meet the diverse
needs of the community by providing
recreational programs, facilities, and park
areas for the benefit of current
and future generations.

Board of Commissioners:

John Andrews
Gary Nodine
Don Peasley
Dave Perring
Jim Sparrow



1400 Primm Road • Lincoln, IL 62656
Phone: 217-732-8770 • Fax: 217-732-9521
lincolnparkdistrict.com

SPORTSCENTER Hours:
Daily 5:30 a.m. to 10:00 p.m.

OFFICE HOURS:
Monday through Friday 8:00 a.m. to 5:00 p.m.
Closed Memorial Day, May 31
Closed Independence Day, July 4