

Calumet Memorial Park District

Park Post



CMPD Established A.D. MCMXXII

Events

Winter & Spring 2020

Open Swim

Gather your family, swim suits and towels and enjoy fun time in our indoor pool!

DAY: Saturdays
DATES: February 1
March 7
April 4
May 2
TIME: 3:00 PM until 5:00 PM
AGES: Minors must be accompanied by an adult
FEE: \$3 per person
SITE: Sandridge Fitness Center

Story Time & Holiday Crafts

Come join us for a story and participate in a craft that coordinates with some of your favorite tales...and some you haven't heard yet!

DAY: Saturdays
DATES: February 8 / March 7 / April 11 / May 2
TIME: 12:00 PM
AGES: All ages
FEE: \$5 per person
SITE: Sandridge Community Center

Open House & Game Night

You're invited to come meet our instructors and see and sample what programs we are offering for both adults and youth! We'll also be holding our Family Game Night, featuring volleyball, kickball, board games and more!

DATE: Monday, February 17
TIME: 5:00 until 7:00 PM
AGES: All ages
FEE: **FREE!**
SITE: Sandridge Community Center
NOTE: ✓ Fitness programs available for sampling include spin and yoga!



Schools Out Fun Days

Kids, come spend the day with us when you're out of school for games, sports, crafts, music and more!

DATES: President's Day / February 17
Pulaski Day / March 2
Teachers Institute / March 27
Memorial Day / May 25
TIME: 7:00 AM until 6:00 PM
AGES: K thru 8th Grade
FEE: \$25 each day
SITE: Sandridge Community Center

Family Game Nights

Games include volleyball, kickball, board games and more!

DAY: Mondays
DATES: February 17 / March 27 / April 17 / May 15
TIME: 5:00 PM until 7:00 PM
AGES: Minors must be accompanied by an adult
FEE: **FREE**
SITE: Sandridge Community Center

Black History Event

Ring out Black History Month with performances, games, vendors and more! All are welcome!

DATE: Saturday, February 29
TIME: 10:00 until 1:00 PM
AGES: All ages
FEE: **FREE!**
SITE: Sandridge Community Center

BLACK HISTORY MONTH

CMPD Job Fair

DATE: Saturday, March 14
TIME: 10:00 until 2:00 PM
FEE: **FREE!**
SITE: Sandridge Community Center
NOTE: ✓ Watch for more info soon!



Daddy & Daughter Dance

Daddies, make it a date night with your little girl! Enjoy food, games, music and dancing, dancing, dancing!!! All ages are welcome!



DATE: Saturday, February 22
TIME: 6:00 until 9:00 PM
FEE: \$20 per couple resident
\$30 per couple nonresident
\$5 each additional daughter
SITE: Sandridge Community Center.



ECRWSEDDM
RESIDENTIAL POSTAL CUSTOMER

Calumet Memorial Park District
P.O. Box 1156
Calumet City, IL 60409
708/868-2530

Find more Events on Page 2! ➔

MORE Events

Princess & Superhero Lunch

Come dressed as your favorite superhero or princess for a fun-filled afternoon! We'll play games and enjoy a bite to eat!

DATE: Saturday, March 21
TIME: 11:30 AM until 1:30 PM
AGES: 12 and younger
FEE: \$15 per person
SITE: Sandridge Community Center

Pancakes with the Easter Bunny

You'll enjoy a pancake breakfast and meet the Easter Bunny! Held the same day as the Easter Egg Hunts!

DATE: Saturday, April 4
TIME: 10:00 until 11:45 AM
AGES: All ages
FEE: \$10 per person before 3/15
 \$15 per person by 3/15 and after
SITE: Memorial Park Fieldhouse

Easter Egg Hunts

Plenty of candy, plus raffles and prizes!

DATE: Saturday, April 4
TIME: 12:00 Noon Sharp!
AGES: 12 and younger
FEE: **FREE!**
SITES: Memorial Park
 Sandridge Community Center
 Veterans Park
 Burnham Park

Spring Break Camp

Come spend your holiday break from school with us. We'll enjoy games, sports, crafts and much, much more!

DATE: April 13 to April 17
TIME: 7:00 AM until 6:00 PM
AGES: K thru 8th Grade
FEE: \$125 for the week
SITE: Sandridge Community Center
NOTE: ✓ Participants must bring a lunch. Snack provided.

Youth

Busy Bee

NEW! Have an active child? Keep your busy little bee moving, learning and active through music, dance, sensory play and exploration!



DAY: Tuesdays
DATE: February 25 to March 31
TIME: 5:00 until 6:00 PM
AGES: 1 to 5 year olds
FEE: \$30 resident / \$35 nonresident
SITE: Sandridge Community Center

Creative Moments

Get your hands dirty and enjoy making crafts with your own hands!

DAY: Wednesdays
DATE: February 26 to April 1
TIME: 5:00 until 6:00 PM
AGES: Kindergarten thru 8th Grade
FEE: \$30 resident / \$35 nonresident
SITE: Sandridge Community Center



Kids Cook 2!

You'll discover to make delicious and nutritious snacks, plus learn kitchen safety tips!



DAY: Mondays
DATE: February 24 to March 30
TIME: 5:00 until 6:00 PM
AGES: Kindergarten thru 8th Grade
FEE: \$30 resident / \$35 nonresident
SITE: Sandridge Community Center

Flag Football

DAYS: Tuesdays, Wednesdays & Thursdays
DATE: Begins April 7
TIME: 5:00 until 6:00 PM
AGES: 9 to 17 year olds
FEE: \$30
SITE: Sandridge Community Center
NOTES: ✓ 7 players per team.
 ✓ Teams will play against each other in league play.



Basketball Camp

DAYS: Mondays & Wednesdays
DATE: Begins April 14
TIME: 5:00 until 6:30 PM
AGES: 4th thru 8th Grades
FEE: \$30 resident / \$35 nonresident
SITE: Sandridge Community Center
MAX: 12 per team
NOTE: ✓ Fee includes T-shirt.



Youth Boxing

DAY: Mondays
DATES: Session II: February 24 to March 30
 Session III: April 13 to May 18
TIMES: 4-6 yrs: 6:00 until 6:50 PM
 7-15 yrs: 7:00 until 7:50 PM
AGES: 4 to 15 year olds
FEE: \$30 resident / \$35 nonresident
SITE: Sandridge Community Center



Swim Lessons

DAY: Saturdays
DATE: Session II: February 29 to April 4
TIMES: 4-6 yrs: 9:15 until 9:55 AM
 7-9 yrs: 10:15 until 10:55 AM
 10-15 yrs: 11:15 until 11:55 AM
 16-Adult: 12:15 until 12:55 PM
AGES: 4 to Adult
FEE: \$25 resident / \$30 nonresident
SITE: Sandridge Fitness Center



AFTER THE BELL



This program provides enrichment in numerous areas, stimulating your child's social, physical and intellectual abilities through active participation with peers. *And it's fun, too!*

DAYS: Mondays to Fridays
TIME: 2:30 until 6:00 PM
AGES: K thru 8th Grade
FEE: \$35 weekly / \$125 monthly
SITE: Sandridge Community Center
INSTR: Ms. Autumn



Adults

Beginner's Yoga

DAY: Thursdays
 DATES: **Ses II:** February 27 to April 2
Ses III: April 16 to May 21
 TIME: 6:00 until 7:00 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

Restorative Yoga

DAY: Thursdays
 DATES: **Ses II:** February 27 to April 2
Ses III: April 16 to May 21
 TIME: 7:15 until 8:15 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

Meditative Yoga

DAY: Wednesdays
 DATES: **Ses II:** February 26 to April 1
Ses III: April 15 to May 20
 TIME: 7:00 until 8:00 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

Vinyasa Yoga

DAY: Tuesdays
 DATES: **Ses II:** February 25 to March 31
Ses III: April 14 to May 19
 TIME: 6:00 until 7:00 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

Chair Yoga

DAY: Thursdays
 DATES: **Ses II:** February 27 to April 2
Ses III: April 16 to May 21
 TIME: 6:00 until 7:00 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

Volleyball Open Gym

DAYS: Mondays, Fridays & Saturdays
 DATE: Ongoing
 TIMES: Mon & Fri: 6:00 until 8:00 PM
 Sat: 1:00 until 3:00 PM
 AGES: 18 and older
 FEE: \$2 per day
 SITE: Memorial Park Fieldhouse

Fitness Promotions

February

Bring a buddy for free each Friday!

March

Refer a sign-up and get a month added to your membership!

April

Sign up for a year and get a free session of select classes!

May

Renew your membership and get 2 buddy passes!

Boxing Obstacle Fitness

DAY: Wednesdays
 DATES: **Ses II:** February 26 to April 1
Ses III: April 15 to May 20
 TIME: 7:00 until 7:50 PM
 AGES: 16 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

Line Dance Fitness

DAY: Fridays
 DATES: **Ses II:** February 28 to April 3
Ses III: April 17 to May 22
 TIME: 6:30 until 8:30 PM
 AGES: 18 and older
 FEE: \$40 resident / \$45 nonresident
 SITE: Sandridge Fitness Center
 INSTR: Kathy Hooker

H2O Aquacise

DAY: Mondays
 DATES: **Ses II:** February 24 to March 30
Ses III: April 13 to May 18
 TIME: 6:30 until 7:30 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

Aqua Exercise

DAY: Wednesdays
 DATES: **Ses II:** February 26 to April 1
Ses III: April 15 to May 20
 TIME: 7:00 until 7:50 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

Spin with the Doc

DAY: Tuesdays
 DATES: **Ses II:** February 25 to March 31
Ses III: April 14 to May 19
 TIME: 6:30 until 7:30 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center
 INSTR: Charles Dockery

Spin on Wednesdays

DAY: Wednesdays
 DATES: **Ses II:** February 26 to April 1
Ses III: April 15 to May 20
 TIME: 6:30 until 7:30 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

Spin on Thursdays

DAY: Thursdays
 DATES: **Ses II:** February 6 to April 2
Ses III: April 16 to May 21
 TIME: 7:00 until 8:00 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

True Grit Fitness I

DAY: Tuesdays
 DATES: **Ses II:** February 25 to March 31
Ses III: April 14 to May 19
 TIME: 6:00 until 7:00 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

True Grit Fitness II

DAY: Thursdays
 DATES: **Ses II:** February 27 to April 2
Ses III: April 6 to May 21
 TIME: 6:00 until 8:00 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

Zumba

DAY: Wednesdays
 DATES: **Ses II:** February 26 to April 1
Ses III: April 15 to May 20
 TIME: 6:00 until 6:50 PM
 AGES: 18 and older
 FEE: \$30 resident / \$35 nonresident
 SITE: Sandridge Fitness Center

Men's Open Gym

DAYS: Mondays & Wednesdays
 DATE: Ongoing
 TIME: 6:30 until 8:45 PM
 AGES: 21 and older
 FEE: \$3
 SITE: Sandridge Community Center
 NOTE: ✓ Games played with clock and score

Adult Dodgeball League

DAY: Thursdays
 DATE: Begins February 6
 TIME: 6:00 until 8:00 PM
 AGES: 21 and older
 FEE: \$80 per team of 8
 SITE: Sandridge Community Center

Senior Exercise

DAY: Tuesdays & Fridays
 DATE: Ongoing
 TIME: 9:30 until 10:30 AM
 AGES: 55 and older
 FEE: **FREE!**
 SITE: Sandridge Fitness Center
 INSTR: Ms. Effie

Senior Aqua

DAY: Tuesdays
 DATE: Ongoing
 TIME: 7:00 until 7:50 AM
 AGES: 55 and older
 FEE: Free for SilverSneakers members
 \$1 daily for non-members
 SITE: Sandridge Fitness Center

SilverSneakers Fitness

DAYS: Tuesdays, Thursdays & Fridays
 DATE: Ongoing
 TIME: 8:00 until 9:00 AM
 AGES: 55 and older
 FEE: Free for SilverSneakers members
 \$1 daily for non-members
 SITE: Sandridge Fitness Center

Watch for details of our
Health Fair
 this May!

Downey Rentals

Downey Park - 300 Jeffery Ave.

Saturdays and Sundays 1:00 to 7:00 PM
 \$300 resident / \$450 nonresident
 \$100 deposit

Rentals made at the Memorial Park
 Recreation Office, 612 Wentworth Ave.
 Call (708) 868-2530 for more details

BABYSITTING at SANDRIDGE

Now you don't need to miss our evening classes if you can't find a sitter...let us do it for you!

Mondays thru Thursdays

6:00 until 8:00 PM

Ages 12 and younger (must be potty trained)
 \$2 per child



Fun for Seniors

For ages 55 and better!

Downey Park 300 Jeffery Ave. Calumet City

Tuesdays 11 AM to 3 PM

Game Day! Pickle, Pinochle and Bid Whist

Wednesdays 11 AM to 3 PM

Line Dancing

Thursdays 1 to 4 PM

Bowling at Castaways, 1025 Sibley Blvd.

Friday 12 to 3 PM

Line Dancing

Special Events:

February 12 - Valentine's Line Dancing

February 21 - Four Winds Casino Trip

March 18 - Western Line Dancing & Lunch

April 3 - Four Winds Casino Trip

April 8 - Senior Egg Hunt & Line Dancing

May 6 - Mother's Day Lunch & Games

For more details Email to Char@mycmpd.com



BOARD OF COMMISSIONERS

Randy Velasquez President
Nyota Figgs Vice President
Edward Evans
Yvette Pierce-Williams
Stan Miller

The Calumet Memorial Park District strives to offer quality recreational, cultural and educational programming, which is cost effective for the community and inclusive to all. Through a well-trained, educated and empowered workforce, we aim to provide absolute customer service, a safe environment and superior parks and recreation facilities.

The Park Board meets the third Wednesday of each month at 7 PM at the Wilhelm Business Office, 626 Wentworth Ave. Calumet City. Residents are invited to attend.



MEET OUR NEW DIRECTOR!



Hello Residents!

My name is Targett Johnson, and I'm pleased to introduce myself as the new Executive Director of the CMPD!

I'm a lifelong South Sider, hailing from the Pullman/Roseland community. I'm a graduate of the University of Illinois at Champaign-Urbana, I'm a certified Parks & Recreation Professional, and I've spent the past twenty years in the field of recreation. I have a strong passion for youth, sports and education.

My vision is for the CMPD to gain and maintain accreditation. I'm certain that each of our staff members share my value of hard work, strong ethics and a commitment to serving the community. I'm incredibly excited about where we will be taking the Calumet Memorial Park District, and I invite all of you to join us on the journey!

Thank you,

Targett T. Johnson, M.S./CPRP
Executive Director



Sandridge Fitness Center

Make 2020 the Year of a Healthy New You!

The Sandridge Fitness Center provides a friendly neighborhood atmosphere that promotes a healthy lifestyle in a comfortable environment. Annual memberships start at only \$175!

Fitness Center staff are dedicated to offering services that help enhance you in body and mind. At the Center, you'll find a friendly and knowledgeable staff who will help you meet your fitness goals. We also offer a wide array of fitness classes for most every interest and to fit your schedule.

We offer treadmills, ellipticals, exercise bikes, rowing machines, free weights, Gravitron, indoor lap pool, half-court basketball, golf net, outdoor fitness track, coed whirlpool, steam room and dry saunas!

Open Monday thru Friday 6 AM until 9 PM, Saturday & Sunday 8 AM until 3 PM.

600 Oglesby Ave. Calumet City (708) 868-2530 #221



Join us in the Motor City! Detroit Trip June 16 to 18

Includes bus, hotel stay, casino, museum trip and visit to Motown's Hitsville USA!

\$425 per person double occupancy / \$475 single

\$200 deposit due by March 11, remaining balance due by May 6



Sign up for programs and trips at either:

Sandridge Community Center
600 Oglesby Ave. Calumet City
708/868-2530 ext. 225

Memorial Park Recreation Office
612 Wentworth Ave. Calumet City
708/868-2530 ext. 121

Plus You can also now register ONLINE at

secure.rec1.com/IL/calumet-memorial-park-district-il/catalog

