



Calumet Memorial Park District

FALL 2023/WINTER 2024
PROGRAM BOOK HANDBOOK



Calumet Memorial Park District

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WELCOME TO CMPD



LETTER FROM THE EXECUTIVE DIRECTOR **HOLLICE CLARK III**

This year seems to be flying by and where yesterday seemed like spring, tomorrow is already changing to fall. The weather is not the only thing changing around us as the clock moves forward.

Over the summer we said goodbye to Ms. Andrea Evans because of her retirement. Her retirement celebration was filled with love from family, friends, and CMPD staff.

Now that we have completely reopened in the fitness center, it is time to resurface our gymnasium floor. Renovations will begin this season and our pool will be receiving some minor mechanical repairs as well.

We are diligently working to improve your facilities and make this one of the best Districts in the area.

I look forward to seeing you at one of our events or programs.

BOARD OF COMMISSIONERS



YVETTE "TEKIE" PIERCE
Board Of Commissioners
President



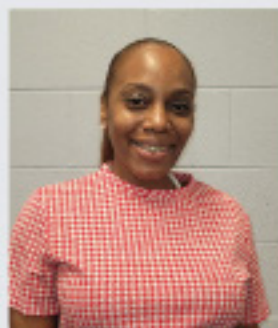
EDWARD EVANS
Vice President



NYOTA FIGGS
Commissioner



STAN MILLER
Commissioner



ERICA JENKINS
Commissioner

CMPD PARKS

BLACKBURN PARK

Bensley Avenue and 143rd Street

HOXIE TOT LOT

Hoxie Avenue and 139th Street

BURNHAM PARK

13945 Greenbay Avenue & 104th Street

LAWHEAD PARK

Marquette Avenue and 145th Street

BURNHAM SCHOOL

13945 Greenbay Avenue

LINCOLN SCHOOL PARK

Freeland Avenue and 156th Place

CLEVELAND PARK

Campbell Avenue and Cleveland Avenue

MEMORIAL PARK

Wentworth Avenue & Memorial Drive

COMMISSIONERS PARK

Exchange and Wilson Avenue

PULASKI PARK

Wentworth Avenue & Pulaski Road

COTTAGE PARK

Manistee Avenue and 141st Street

RIVERFRONT PARK

Clyde Avenue & 166th Place

DOWNEY PARK

Jeffery & Stewart Avenue

SUPERIOR PARK

Superior Avenue & 155th Street

EGAN PARK

Scrum road and Shirley Drive

THE PARK CONDOMINIUMS

100 Park Avenue

FINNERAN PARK

Freeland Avenue & Lincoln Avenue

VETERANS PARK

Burnham Avenue & 165th Street

WATERTANK PARK

Mackinaw Avenue & Stewart Avenue

YOUTH PROGRAMMING



4-H Home Base!

2nd Saturday of every month.

Cost: Free

Dates (September 9 - May 11)

Where: Sandridge Community Center 600 Oglesby Ave.
Columet City 60409

Designed to introduce youth to all things 4-H (Head, Heart, Hands, Health), 4H Home base will focus on hands-on learning for youth ages 8-18 in areas such as STEM, public speaking, intercultural awareness, E-Sports, agriculture, entrepreneurship, civic engagement, and much more.

4-H Juntos

Entrenamiento y tutoría uno a uno

Cost: Free

Dates (Starting Sep 21, 2023)

Middle School: Thurs 6:30pm

High school: Fridays 6:30pm

El programa Juntos está destinado a ayudar a los jóvenes latinos (grados 8-12) junto con sus padres a adquirir el conocimiento y las habilidades que necesitan para cerrar la brecha entre la escuela secundaria y la educación superior. Las investigaciones muestran que los jóvenes latinos corren un mayor riesgo de abandonar la escuela durante su primer y segundo año. El programa reduce este riesgo al cultivar las habilidades y los recursos que los estudiantes necesitan para apoyarse mutuamente mientras se preparan para ingresar a la educación superior.

REGISTRATION QR CODE



4-H Sparks @ The Park

Session 1 Oct2-Nov 15 | Session 2 Jan 22-Feb 26

Ages 13 to 18

Dates (Mondays 5-6pm)

Adventure awaits with 4H!

Everybody has a skill, a talent, an interest, or a special quality that they are passionate about. We call these things SPARKS. They provide joy, purpose, and direction. Sparks are self-discovered and self-identified. They come from deep within and provide energy, joy, purpose, and direction in one's life. Examples of sparks include:

Music, art, and sports (skill or talent)

Vintage films, cars, or fishing (an interest)

Social justice, environmental advocacy, pet adoption (passionate commitment)

Empathy, intelligence, spirituality (a special quality)



UNIVERSITY OF
ILLINOIS
URBANA-CHAMPAIGN

For more information
Phone: 708-868-2530 | Email: Help@mycmpd.com
www.mycmpd.com

YOUTH PROGRAMMING



YOUTH PROGRAMMING

Flag Football

Ages: 6-14 years old co-ed

Come join CMPD flag football team.

We are looking for youth who want to have fun and enjoy the game of football!

Time: 10am-1pm

Dates: 9/20/2023 - 11/11/2023

Days: Saturday

Cost: \$50

Location: Sandridge Outside

Code: 040901

Youth Tumbling

Ages: 5 thru 14 (Co-Ed)

This class teaches beginning and intermediate tumbling. Parents of participants 5 and 6 are encouraged to stay at some classes.

Day: Thursday

Time: 4:00 pm - 5:30 pm

Cost: \$50 in district \$75 out of district

\$10 daily drop in rate (only class is included)

Location: Sandridge Turf Room

Code: 04090534

Winter Basketball League

Ages: 7-14 co-ed

This will be a competitive league.

Come out and put your skills to the test. Games will be played on Saturdays.

Time: 9am-3pm

Dates: 12/2/23-3/16/24

Days: Saturdays

Cost: \$40

Location: Sandridge Gym

Code: 040903



CMPD

Calumet Memorial Park District

TRUNK OR TREAT

October 31st

Trick or treat with CMPD safely

Time: 5pm-7pm





YOUTH PROGRAMMING

Cal City Warriors Travel Basketball **Ages: 10-15 years old co-ed**

Description: If you think you have the talent to play for the best, come play with us!

Time: 4pm-6pm

Dates: 3/16/24-7/21/24

Days:

Tryout: Nov 18th

Cost: \$300

Location: Sandridge gym

Code: 040910

Winter Sports Camps **Ages: 7-13 years old**

Come enhance your skills during the winter break. There will be games, drills and prizes!

Time: 9am-3pm

Dates: 12/26/23-12/29/23

Days: Tuesday through Friday

Cost: \$370/year in district (\$10 per week) \$445/year out of district (\$12 a week)

Other Cost: (uniforms, poms, shoes, bag, jogger) -

\$350 - Payment Plan Available

Cost: \$75

Location: Sandridge Dance and Turf Room

Code: 040906

Biddy Soccer League **Ages: 5-9 years old co-ed**

Beginner soccer league for kids new to the game!

Time: Thursdays

Dates: 9/7/23-10/19/23

Days: Thursdays

Cost: \$40

Location: Sandridge Outside

Code: 040904

Biddy Intro to Basketball **Ages: 5-9 years old co-ed**

Description: Come out for a beginner class in basketball. Learn the game the right way from our staff with a lot of experience!

Time: 12pm-2pm

Dates: 10/21/23 and 10/28/23

Days: Saturdays

Cost: \$25

Location: Sandridge Gym

Code: 040905

Twirling Bears Baton and Flag **Ages 7+**

Dates: September 19th or 20th,
(Tuesdays or Wednesdays)

2023 - April 10th, 2024

Time 6:30 to 8:00 p.m. (1 1/2 hours)

Includes: Baton, Flag, Outfit, Shoes

Cost \$318

Location:

Code: 04090537



YOUTH PROGRAMMING



YOUTH PROGRAMMING



Tasteful Manners Culinary

(Mini Chef) : 04090538

(Top Chef) : 04090539

Mini Chefs ages 4-7
Wednesday 5pm

Top Chefs ages 8-12
Wednesday 6pm

\$35 R/ \$50 NR



10 Week Session Beginning September 25th, 2023 Cooking Classes/Social Etiquette

Cooking classes give rise to a world of discovery for children: the rich aromas of freshly ground spices, the brilliant colors of purple potatoes, red bell peppers, and golden mangoes; the fascination of cranking fettuccine through a pasta machine, learning that yeast is alive, and hearing the pop! Food has the amazing power to engage, transform, excite, and unite a group of students. Nearly fifteen years of cooking experience in schools has shown that providing elementary school students with a positive, fun experience with food increases the likelihood that they will try and enjoy those foods. In cooking classes, students work together to prepare dishes, learning in the process that new and culturally diverse foods can be both tasty and nutritious.

For more information

Phone: 708-868-2530 | Email: Help@mycmpd.com
www.mycmpd.com

600 Oglesby
Calumet City, IL 60409

ADULT PROGRAMMING



Boot Camp with Keith

Age: 18 & up

Get an intense full body workout using various equipment and doing various exercises!

Days: Saturday

Time: 8:00-9:00am

Cost: \$50 in district \$75 out of district

Location: Sandridge Turf room

Code: 040652

Spin with Doc

Age: 18 & up

Looking for a class where old school music meets even paced spinning for fun filled indoor rides?

This class is for those who love classic R&B, hip hop, and jam from back in the day.

Join us as we jam while getting an awesome spin workout!

Days: Tuesday

Time: 6:30-7:30pm

Cost: \$50 in district \$75 out of district

Location: Sandridge Spin Studio

Code: 040951

Adult Basketball League

Ages: 30 & up

Description: This league is for adults that still want to compete. Come play with us!

Time: 4pm-7pm

Dates: 1/7/24-2/18/24

Days: Sunday

Cost: \$300 per team

Location: Sandridge Gym

Code: 040909

Archery

Age: All ages

Come and learn the fundamentals of the Elite Sport of Olympic Archery!

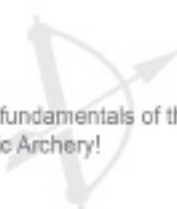
Days: Friday

Time: 4:00-6:00pm

Cost: \$50 in district \$75 out of district

Location: Sandridge gym

Code: 0409553



True Grit Bootcamp

Age: 18 & up

Days: Thursdays

Time: 6:00-7:00pm

Cost: \$50 in district \$75 out of district

Location: Sandridge Turf room

Code: 040451

Spin with Keith

Age: 18 & up

High energy spin class with R&B and hip hop!

Days: Thursdays

Time: 6:30-7:30pm

Cost: \$50 in district \$75 out of district

Location: Sandridge Spin Studio

Code: 040952





ADULT PROGRAMMING

Aqua Aerobics with Linda

Age: 18 & up

Enjoy being in water? Participate in a low impact strengthening and cardio water workout!

Days: Monday & Wednesday

Time: 6:00-7:00pm

Cost: \$50 in district \$75 out of district

Location: Sandridge Pool

Code: 040752

Spin with Vitamin T

Age: 18 & up

"Fitness begins in the mind", therefore she always speaks positive affirmations into her clientele. Simply a realist that understands that in all journeys you may experience detours, road closures, highs and lows. Spin with Vitamin T is a high energy spin class that will motivate you and help reach your fitness goals

Dates: 9/25 - 12/31

Days: Mondays

Time: 6pm

Cost: \$50 in district \$75 out of district

Location: Spin Studio

Code: 04090532

Aqua Aerobics with Ali

Age: 18 & up

Enjoy being in water? Participate in a strengthening and cardio water workout!

Days: Tuesday & Thursday

Time: 11:00-12:00pm

Cost: \$50 in district \$75 out of district

Location: Sandridge Pool

Code: (Tues 040753), (Thursday 040703)

Extreme Hip Hop Step Aerobics with Dot |

Age: 18 & up

Dance Cardio classes using an aerobic step set to hip hop music

Days: Mondays & Wednesday

Time: 8:30am

Cost: \$50 in district \$75 out of district

Location: Sandridge Pool

Code: 041005123



SENIOR PROGRAMMING



Highest Playing Card Club

Age: 55 & up

Come play card games!

Days: Wednesday

Time: 1:00- 3:00pm

Cost: Free

Location: Sandridge Multipurpose room

Code: 040310

Line Dance with CC

Age: 55 & up

Enjoy dancing? Come show us!

Days: Saturday

Time: 12:00- 1:00pm

Cost: \$50 in district \$75 out of district

Location: Sandridge Dance Studio

Codes: 040852

Silver Sneakers Senior Fitness

Age: 55 & up

Come get your heart rate up, build muscle, and drop inches with various exercises using hand weights, bands, med balls, and much more to make you stronger than ever!

Days: Tuesdays & Thursdays

Time: 8:00-9:00am

Cost: \$50 in district \$75 out of district

Location: Sandridge Gym

Codes: 040151

Line Dance with Ammie

Age: 55 & up

Enjoy dancing? Come show us!

Days: Every other week

Tuesday & Thursday

Time: 10:00- 11:30am

Cost: \$50 in district \$75 out of district

Location: Sandridge Dance Studio

Code: 040851

Pickleball with Ashley & Ryan

Age: 55 & up

Enjoy dancing? Come show us!

Days: Monday-Friday

Time: 9:00am-10:30am

Cost: \$50 in district \$75 out of district

Location: Sandridge Gym

Code: 040851

Walk This Way

Age: 55 & up

Enjoy walking? Come listen to music and get your steps in!

Days: Monday-Friday

Time: 9:00-11:00am

Cost: Free

Location: Sandridge Gym

Code: 040308

****Seniors over 60 years of age should inquire about our partnerships for discounted senior rates.**



Bowling

Age: 55 & up



Enjoy Bowling? Come show us!

Days: Every first and 3rd Thursday
Tuesday & Thursday

Time: 11a.m

Cost: \$7

Location: Castaways Bowl

Senior Aqua

Age: 55 & up

Enjoy being in water? Participate in a low impact strengthening and cardio water workout!

Days: Tuesday or Saturday

Fee: \$50 in district \$75 out of district

Location: Sandridge pool

Senior Lift with Ashley Hunter

Age: 55 & up

Learn how to properly use the gym equipment.

Learn some exercises that target certain parts of the body that you would like to work on!

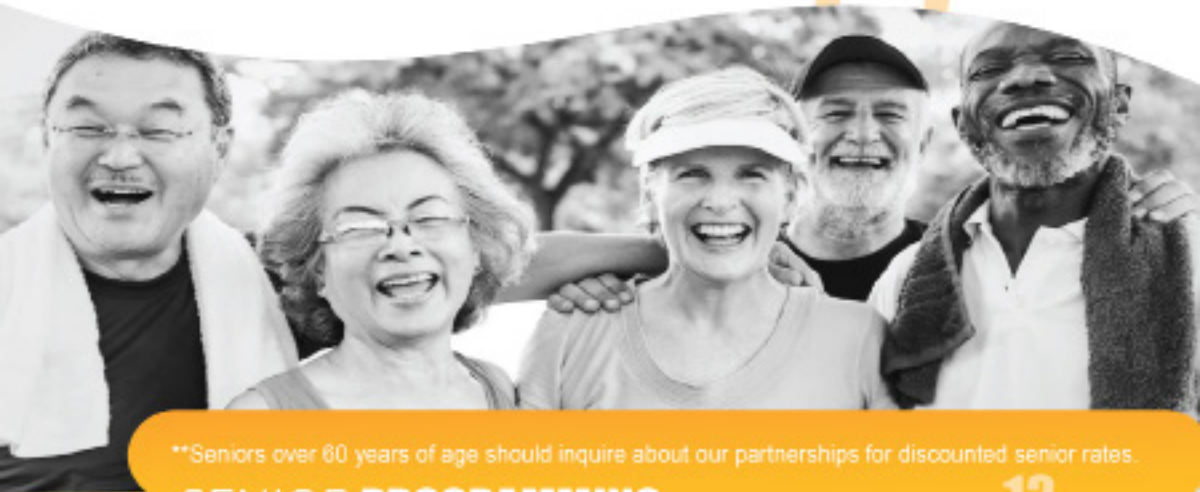
Time: 09:00am - 10:00 AM

Days: last friday of every month

Location: Sandridge turf room

Cost: Free

Code: 0409009



**Seniors over 60 years of age should inquire about our partnerships for discounted senior rates.

UPCOMING EVENTS

REGISTRATION REQUIRED

**S&B MUSIC
MANAGEMENT**

Time: 6pm-7pm

October 5- DEC 31, 2023

CODE041005175



Breakfast with Dreezy Klaus

December 16, 2023 | 10am - 12PM

Tree Lighting Ceremony
Dec 2, 2023 | 6pm-8pm



SENIOR CHRISTMAS

DECEMBER 16, 2023 | 2pm-5pm



Cupid's Shuffle

FEBURARY 10, 2024 | 7pm-10pm

Fee: \$5



March Madness | Dates: 3/2/24-3/3/24

Pickleball Tournament Ages: 21 & up

Description: Come out and compete against other locals. Pickleball is an up-and-coming sport that is fun to play!

Days: Sat and Sun | Location: Sandridge gym

Time: 10am | Cost: \$15 per individual \$25 per team | Code: 040908

VETERANS DAY JOB FAIR
November 9, 2023 | 10am - 1pm
All are welcome to join us



PARKS RENTAL INFO

INDOOR COURTS

Sandridge Community Center and Memorial Park offer indoor courts. These facilities offer plenty of space to play your organized sports events! Call (708) 868-2530 Ext 121 for additional information.

SANDRIDGE RECREATION CENTER

600 Oglesby
Calumet City, IL 60409
Phone: (708) 868-2530 Ext. 206
Hours: 7:00 am - 7:00 pm
Rates: Refundable Damage Deposit: \$150
Full Gym: Residents: \$125/hr & Non-Residents: \$160/hr
Half Gym: Residents: \$50/hr & Non-Residents: \$75/hr

MEMORIAL PARK COURT

612 Wentworth Ave. Calumet City, IL 60409
Phone: (708) 868-2530 Ext. 206
Hours: 7:00 am - 7:00 pm
Rates: Refundable Damage Deposit: \$150
Residents: \$50/hr & Non-Residents: \$70/hr

DOWNEY PARK HALL RENTAL

Downey Park Rules

- 72 is the maximum number of people allowed at any park.
- No outside tables or chairs can be brought in.
- The renting permit is for the inside only.
- The Calumet Memorial Park District assumes no liability if someone should be injured while attending your party.
- You are responsible for all persons present at your party (children and adults).
- Renters must clean up after themselves (kitchen, counters, and spills on the floor as well as take out trash).
- Failure to clean will result in the forfeiture of your \$150 deposit.
- The balance must be paid 2 weeks prior to the date of the party.
- Set up and clean up time are included in the time frame. Renters are not allowed to come in earlier than the allotted time to set up and must be out by time agreed!
- If the rental stays over past time rented additional funds will be deducted from your Deposit.
- If any tables or chairs are damaged they will forfeit your \$150 deposit.
- There are 12 tables (circular) and 72 chairs. Two 8' head tables
- No barbecuing.
- Canceling at any point will result in forfeiting your deposit.
- Deposits must be made with credit or debit cards. Deposits are returned to the card on file. Allow 5-10 business days for this to process.

Call (708) 868-2530 Ext 206 for additional information.

Downey Park Hall

300 Jeffery Ave.
Calumet City, IL 60409
Phone: (708) 868-2530 Ext. 206
Hours: 11:00 am - 7:00 pm
Residents: \$100/hr
Non-Residents: \$125/hr
Amenities: Up to 72 people, kitchen, tables & chairs

GENERAL INFORMATION

All program and activity participants must sign a waiver (parent/legal guardian must sign for participants under the age of 18).

All photographic, video or digital images taken by the CMPD staff become the property of the CMPD. Those wishing not to be photographed must notify the Executive Director in Writing. Fitness Center ID Cards require mandatory participant photos.

General Information

Policy Statement

It is the CMPD's goal to provide safe and enjoyable recreation activities for all ages, regardless of age, race, creed, marital status, physical/mental limitations, or gender. It is the intention of the district to develop, plan, implement and Administer a comprehensive loss prevention program. Public and staff safety is our greatest responsibility and in our assignments the health and safety of all are of the utmost consideration. This policy has been established to emphasize that effective loss-prevention is an integral part of management procedures to fully utilize the district's capital and personnel. Although profit is not a district goal perse, the same efficiency is desired to ensure maximum usage of each tax dollar.

General Park Rules

THINK SAFETY FIRST! If you find a piece of broken equipment, please call (708) 868-2530 and let us know so we can correct any unsafe conditions. When visiting a park, please use common courtesy for the other participants and area residents. No loitering, profanity or gang activity of any kind will be tolerated. No alcohol, glass, littering, fireworks or golfing allowed. Pets must be leashed. Do not allow your pet into playgrounds, food areas, walking tracks or ballfields. Always clean up after your pet. Driving unauthorized motorized vehicles through parks is strictly prohibited. All city, state and federal laws apply and will be enforced. Persons causing property damage will be prosecuted and made responsible for restitution. Parks close at dusk except for scheduled evening activities. Failure to obey park rules could result in suspension from park property and programs. All photographic, video or digital images taken by the CMPD staff become the property of the CMPD. Those wishing not to be photographed must notify the Executive Director in writing. Fitness Center ID Cards require mandatory participant photos.

Vandalism

The CMPD takes pride in the beauty and safety of our parks. However, each year our efforts are marred by vandalism, which takes its toll through higher costs of maintenance, repair and clean-up. Residents who observe Vandalism are asked to call (708) 868-2530.

Liability

The Calumet Memorial Park District assumes no responsibility for personal injury or loss of personal property while participating or attending a CMPD-sponsored program or facility. No medical or accidental insurance is provided.

Americans with Disabilities Act

No one will be discriminated against on the basis of a disability.

The district strives to assure equal access to all. Reasonable accommodations in recreation programs and leisure services will be made for persons who meet the essential eligibility requirements of that activity. If you have any questions or special concerns, contact Hollice Clark, Executive Director at (708) 868-2530.

Registration

Registrations are processed on a first come first serve basis.

Early registration recommended. Online: Go to mycmpd.com and click the registration link Walk-in: Register at any facility Memorial Park, Sandridge Center, and Downey Park.

Photos

Calumet Memorial Park District reserves the right to photograph or video participants in its programs and or facilities. These photos/videos, are specifically for CMPD publications, fliers, social media, and advertisements.



MEMBERSHIP PRICE LIST

Your membership includes:

Use of Exercise Equipment
Use of Swimming Pool
Use of Sauna
Use of Jacuzzi
Use of Locker Rooms

VIP Membership Includes:

All regular membership
Use of massage chairs by appointment
Two free classes per year
Elite Membership includes the above and 2 classes per session

*Applies to spouse or unmarried children (18-26 year old) residing at the same address. Enrollment must be completed at the same time. Must be 18 years or older for 30-day trial. Resident rate is limited to Calumet City, Burnham and portion of South Holland. Proof of residency is required. Contracts signed will be for a minimum of one year.

RESIDENT PRICES

MONTHLY

ANNUAL

Senior Citizens (Over 60)	\$20.00	\$230.00
individual	\$30.00	\$340.00
VIP	\$40.00	\$450.00
Elite Membership	\$50.00	\$600.00
One Day Pass	\$25.00	

Family Packages

Family Member	\$20.00	\$280.00
Additional Adult	\$25.00	\$280.00

NON-RESIDENT PRICES

MONTHLY

ANNUAL

Senior Citizens (Over 60)	\$30.00	\$360.00
individual	\$35.00	\$400.00
VIP	\$50.00	\$500.00
Elite Membership	\$65.00	\$780.00
One Day Pass	\$30.00	

Family Packages

Family Member	\$30.00	\$350.00
Additional Adult	\$25.00	\$285.00



CHASE COMMUNITY FINANCIAL SERIES

When: Occurs the second Wednesday of every month

Dates: 10/11/2023 until 3/13/2024

Time: 6:00 PM to 7:30 PM (UTC-06:00) Central Time (US & Canada).

Location: CMPD Sandridge Fitness

Center 600 Oglesby, Multipurpose Room 1st Floor

Bank On it – Understanding Financial Institutions

October 11, 2023

How to Set Goals, Build a Budget & Save

October 25, 2023

Understanding and building your credit

November 15, 2023

Improving credit and managing debt

November 22, 2023

Homebuyer workshop

December 13, 2023

Investing 101 Workshop

January 3, 2024



For more information

Phone: 708-868-2530 | Email: Help@mycmpd.com
www.mycmpd.com