



Fall

2024

RTPD.ORG   

Registration

Resident Registration: Tuesday, August 13

Open Registration Begins: Tuesday, August 20

Weiss Renovation: August 25-September 2



We are excited to revitalize the Weiss Community Center and appreciate your patience during this renovation!

Weiss Community Center Under Renovation

Weiss Center CLOSED August 24 at 2 pm
Fitness Center CLOSED August 25 at noon

The Weiss Community Center and Fitness Center will be under renovation and the entire facility will be CLOSED:

- The Weiss Community Center will be closing Saturday, August 24 at 2 pm.
- The Trails Fitness Center will be closing Sunday, August 25 at Noon.

The Zone (550 Business Center Drive, Mount Prospect) will be open for in-person registration and phone calls at 847-255-1200:

- Monday, August 26 through Friday, August 30 from 10 am–6 pm
- Saturday, August 31 from 10 am–2pm

Weiss Community Center & Fitness Center will REOPEN Tuesday, September 3 for regular Fall Season Hours.

Fall Season Office Hours

Day	Sept to Oct		Nov to Dec	
	Open	Close	Open	Close
Monday	9 am	8 pm	9 am	8:30 pm
Tuesday	9 am	8 pm	9 am	9 pm
Wednesday	9 am	8 pm	9 am	9 pm
Thursday	9 am	8 pm	9 am	9 pm
Friday	9 am	8 pm	9 am	8:30 pm
Saturday	9 am	2 pm	9 am	3 pm
Sunday	Closed	Closed	Noon	3 pm

Registration Dates

Registration is always available online 24/7 at www.rtpd.org

Resident Registration: Tuesday, August 13
Open Registration Begins: Tuesday, August 20
Starting at 8:30 am online at RTPD.org

WE'RE HIRING!

GET COMPETITIVE PAY WHILE WORKING FOR A GREAT TEAM

The River Trails Park District is looking for enthusiastic employees to get started in some great full-time and part-time job opportunities!

- Office, Rental, and Building Supervisors (weekdays, nights and weekends)
- Before and After School Care (7–8:40am and/or 3:30–6 pm)
- Athletic Staff
- Soccer Referees
- Winter Basketball Scorekeepers

Apply today at rtpd.org



Employee Perks:

- Fitness Center pass and free open gym.
- Free mini golf and driving range. (Seasonal)
- Rob Roy Golf Course discounted pricing during non-peak hours (Monday-Thursday).
- Discounts for programs & renting the Weiss & Burning Bush Community Centers, Woodland Trails Pool & The Zone. Excludes Rob Roy Banquet Facility. Excludes Rob Roy Banquet facility.

Note: Employee perks are for the employee only.

Mission, Vision & Values

THE MISSION of the River Trails Park District is to responsibly enrich the lives of our diverse community.

OUR VISION is to become the Recreational Choice in everything you do.

VALUES

SUSTAINABILITY: We dedicate ourselves to the stewardship of the district's physical, financial, personnel resources and the conservation of our environment.

SOCIAL EQUITY: We are committed to social justice, equity and creating a community of belonging.

ETHICAL: We ensure a high level of trust and respect within the community through integrity, reliability, honesty, accountability, and compassion.

INNOVATION: We develop new ideas for community health and wellness through fun, creative and critical thinking.

SERVICE ORIENTED: We provide a high level of service and safety in our parks, facilities, and programs

TEAMWORK: We strive to develop positive relationships and partnerships through collaboration with community stakeholders and organizations.

CONTINUED LEARNING: We recognize the importance for professional growth, continued learning, mentoring and empowerment for the agency's team.



**Marvin Weiss
Community Center**
1500 E. Euclid Ave, Mount
Prospect, IL 60056
847.255.1200 • rtpd.org

Registration Dates

For information on how to register, see page 56.

Resident Registration: Tuesday, August 13

Open Registration Begins: Tuesday, August 20
Starting at 8:30 am online at RTPD.org

Office Hours

Day	September to October		November to December	
	Open	Close	Open	Close
Monday	9 am	8 pm	9 am	8:30 pm
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Saturday	9 am	2 pm	9 am	3 pm
Sunday	Closed	Closed	Noon	3 pm

✳ **Renovations: Weiss Center CLOSED August 24 at 2 pm. Fitness Center CLOSED August 25 at noon. Both will REOPEN Tuesday, September 3.**

Holiday Days Closed: Labor Day, Thanksgiving, Christmas Day, and New Year's Day

Who is a River Trails Park District Resident?

River Trails Park District serves the communities of Mount Prospect and Prospect Heights. You are considered a resident if you pay taxes to the River Trails Park District. See the Park District map on page 52.

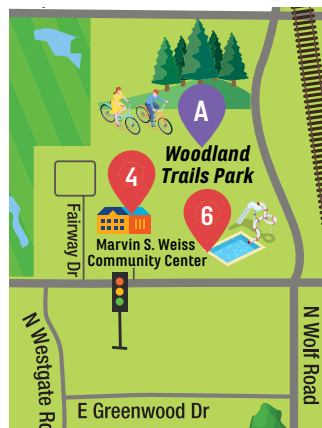


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Brochures
Available
for pick up at
RTPD facilities.

RTPD's MISSION
To responsibly enrich
the lives of our diverse
community.

Director's Letter

It's hard to believe by the time you are reading this, we are still in summer mode and the talk about the new school year begins. Where does the time go? Summer season is one of our favorites at River Trails, so be sure to take full advantage of the warm sunny days in August at Woodland Trails Pool, Rob Roy Golf Course and all our wonderful parks.

Fall is an exciting time here at RTPD with our special events and kick off to general programming. In October, we will be celebrating the 10th Anniversary of the Obstacle Course Race (OCR) at Woodland Trails Park. That's a decade of muddy fun and running. I know the OCR Committee has devised something special with new obstacles and course alterations. Be sure to register for this outstanding experience and take advantage of the early bird rate by September 2.

Don't forget about all the other school's-in-session activities. We understand and know the importance of what our parents need in this community and our Kid Squad Program is available each school day before and after the bell rings at School District 26 and Robert Frost School District 21 to help assist with your busy schedule. Additionally, we have 'Hit The Trails' and 'Camp Winter' activities for those days when school is out of session. We hope to see you here, as we always have something fun planned for the kids.

The River Trails Park District serves both the Prospect Heights and Mount Prospect communities. These are exciting times for all of us! **Be sure to stay up to date on all our offerings and future fun events by following us on Instagram, TikTok and 'like us' on Facebook.**

Enjoy your summer!

Bret Fahnstrom

Bret Fahnstrom, CPRP, Executive Director



River Trails Park District | Board of Commissioners

We invite you to learn more about your park district by attending the Board meetings. Meetings are held at the Administrative Building, 401 E. Camp McDonald Rd. Prospect Heights. For more information, please call 847-255-1200.

PRESIDENT	LEAH LUSSEM	Appointed 2021	2023-2025
VICE PRESIDENT	JENNIFER REZEK	Appointed 2019	2021-2027
TREASURER	NANCY PARRA	Appointed 2018	2023-2029
COMMISSIONER	ROBERT HOBAN III	Elected 2021	2021-2027
COMMISSIONER	MELISSA ACKERMAN	Elected 2023	2023-2029

LAST SPLASH BASH

Free
Event

Woodland Trails Park
Sunday, August 25 | 11 am – 3 pm

Join us at our end of the summer hoopla for a day of family fun! There will be huge inflatables to play on, kids craft area, games, all while a DJ keeps the party going!

- 11 am** **The fun begins** with huge inflatables, and a petting zoo at Woodland Trails Park.
- 11:45 am** **Pool doors open!** The pool is open free for your last dip this season! Find your spot-on deck for the Kids Coin Splash.
- 12 pm** **Kids Coin Splash.**
- 12:30–2:30 pm** **DJ keeps the party going with 80s tunes, hula hoop contests, a frozen t-shirt contest, limbo and more. ALSO LAST CHANCE** to buy your turtles!
- 3 pm** **Trusty the Turtle Race.** Top prize \$300 and other prizes for top racers. Get your tickets in advance online or at pool registration.

Trusty the Turtle Race

Sponsored by the River Trails Park & Recreation Foundation

Join us in continuing a long-time end-of-the-pool season tradition with our Turtle Race fundraiser. By sponsoring a turtle and cheering them on as they race across the pool, you're not just having fun—you're also contributing to our "Send a Kid to Camp Campaign." Get your tickets in advance online starting July 1 (online sales end Friday, August 24, at 11:59 p.m.) or the day of the event at 2 p.m.

PRIZES

- 1st Place \$300
- 2nd Place \$125
- 3rd Place \$75
- Next 15 Turtles receive gift cards
- Last Place Turtle receives a special prize

TICKETS

- Turtles are one for \$5
- Trusty's cluster of 6 for \$25
- Trusty's 20-pack for \$75

**PURCHASE
TICKETS
ONLINE**





10TH ANNUAL TRAILS CHALLENGE

2K Obstacle Course Race

SATURDAY, OCTOBER 5

The Annual Trails Challenge Youth Obstacle Course Race is an exciting event featuring a dynamic course that combines man-made obstacles with natural challenges. Safety is a top priority; the course is carefully designed to eliminate street crossings, allowing participants to focus solely on conquering the obstacles ahead.

Participants should be ready to get wet and dirty as they navigate through the course, which may include elements such as mud pits, rope climbs, wall traverses, cargo net crawls, balance beams, and more. Each obstacle is strategically placed to test participants' strength, agility, and problem-solving skills, providing a comprehensive physical and mental challenge.

Secure your spot early! Registration received by September 15 will guarantee you the correct size t-shirt, medal, and goody bag. Please note that no refunds will be issued after this date.

Time.....Age

9:30 am.....12-14 Co-Ed

10 am.....9-11 Boys

10:30 am.....9-11 Girls

11 am.....7-8 Co-Ed

11:30 am.....6+ Family Run #1

11:50 am.....6+ Family Run #2

Registration

To guarantee a medal and request a shirt size register by September 15.

No refunds after September 15.

Early Bird Rate \$20 per person (Now through September 2)

Regular Rate \$25 per person (September 3 to October 3)

Day Before & Race Day \$30 per person (October 4 & 5)

Registration ends 45 minutes prior to each race

Information for Registrants: if you are having any issues registering, simply email ocreg@rtpd.org OR call 847-463-3716.

Youth must be accompanied by at least one adult over 18 years old in the Family Run.



Looking for some team bonding outside of the court or field?

The OCR race is a fun and competitive way to build camaraderie for your team. Teams work together by bringing a "mystery" item around the course and participating in an activity at the end. Team races begin around 12:10 pm., and start five minutes apart. Team pricing is available online, or call/email Race Director Vance Violante at 847.255.1200 or vviolante@rtpd.org for more information or questions.



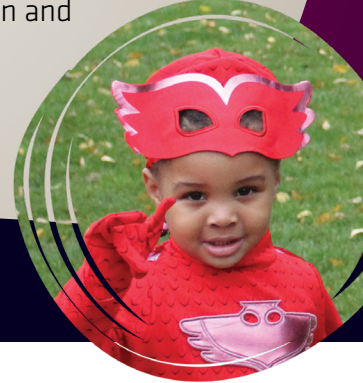
MONSTER'S BASH



Free Event

**Friday, October 25 • 4-7 pm
Woodland Trails Park**

Dress in your best costume and join RTPD for the ultimate community Halloween celebration! Enjoy decorating pumpkins, trick-or-treating through our character walk, games, bounce houses, and taking a festive hayride. This free event offers fun and entertainment for the entire family!



Glow with the Flow



**Monday, October 28 • 6-8 pm
Rob Roy Golf Course**

Tap into the spirit of Halloween with this spooky Halloween themed yoga flow class and social. Costumes encouraged. Wine and appetizers are to follow.

Registration deadline is October 21.

Ages: Must be 21+ and older

Early Bird Rate until Oct 14: \$25R/\$30N

Regular Rate: \$35R/\$42N

Breakfast with Santa

Rob Roy Golf Course

Saturday, December 7 | 10-11:30am

Saturday, December 14 | 10-11:30am

Santa is visiting River Trails Park District to spread good cheer! Enjoy a breakfast buffet and visit with Santa. Please drop off a small, wrapped gift to the Weiss Community Center by December 4 for first seating and by December 11 for the second seating for Santa to give to your child. Label gift with child's first and last name. Gift amount should not exceed \$15.

Registration

After registering online at rtpd.org, complete a family seating request form. This form is available online or at the Weiss Center by December 4 for first seating and by December 11 for the second seating. Children ages 1 and younger are free, but must register to account for place settings and table space. Please list all attendees on the registration form. There are limited high chairs and booster seats, please bring one for your child.

Age: Under 1 – Free

Age: 1 to 15-\$22

Age: 16 and up-\$33



Ho-Ho-Ho



Stocking Deliveries

Saturday, December 21 from 10 am-1 pm

This year Santa is making a special trip from the North Pole to make a personal delivery at your home!

Imagine your child's delight or a friend's surprise when jolly old Saint Nick brings a stocking full of goodies to your door! We'll try to accommodate your time request; however, no guarantees can be made. **Deliveries are for River Trails Park District residents only.**

Ages: 1 and up

\$21 first child/\$13 for each additional child

Outdoor Holiday Tree Decorating Contest

Help Decorate River Trails Park District this Holiday Season

We invite families, organizations, scout troops, schools, churches, libraries, companies, and clubs, to adopt a tree and participate in our friendly tree decorating contest.

All Holiday Tree profits, will be donated to the River Trails Park District Foundation "Send a Kid to Camp" Campaign.

Starting November 29th through December 4th a tree in our park will be provided to each group and will have the opportunity to decorate their tree with either homemade or store-bought ornaments and decorations.

On December 6th each tree will be posted on our River Trails Park District Facebook Page for voting! The Tree with the most likes by December 18th will receive 1st place and a prize for 2024 Holiday Tree Decorating Contest. All families and groups that participate will be thanked in our Winter & Spring 2024 brochure along with a photo of the 1st place Tree!

Decorators should keep in mind that decorations will need to withstand Chicago's wintry weather. The Park District rules for tree decorations: decorations cannot damage the tree, no food items, sharp objects, straws, glass/breakable materials can be used.

Entry Fee:

Family & Local Group Organizations: \$25
Companies: \$50

Register online:



JOIN US FOR A RIDE
on the
POLAR EXPRESS

DECEMBER 18,19,20, 2024 • 1-3:30 pm • \$24 per person

All-aboard at the Mount Prospect train station. We'll stop at the North Pole's train station for more winter fun! Each child will receive a little gift to remind them of the River Trails Excursion! A formal letter with trip details will be mailed to you along with your tickets.

- Check in is at 1pm at the Mount Prospect Train Station (13 E Northwest Hwy, Mt. Prospect, IL 60056). **Do not be late.** Allow time to park. Parking fee is \$2 and is not included in your registration.
- Train departs at 1:16 pm and arrives in the North Pole (Cary, IL) at 1:48 pm.
- Once at the North Pole there will be visit from Santa, holiday music, hot chocolate, a treat, holiday coloring craft and photo opportunity. Each registered child receives a goody bag.
- Train leaves the North Pole at 2:54 pm and arrives back to Mount Prospect at 3:24 pm.
- Remember to dress warm, holiday pajamas are encouraged. Staff will be wearing Santa hats and will check your family into the event inside at the Mount Prospect Train Station.



NORTH
POLE

Birthday Parties

We offer a variety of parties for your child's birthday!

- Birthday parties are two hours long. An hour and a half of party activities and a half hour of party room usage.
- Party Staff will set up before and cleanup after the party.
- All parties must be booked at least two weeks in advance.
- Log onto your Community Pass to book your party or contact us at 847-255-1200.

- If inclement weather occurs during outdoor parties, date can be changed depending on availability or sport party format will be held.

Packages at The Zone

PARKOUR PARTY

Age: 7yrs & up

Fee: \$350 (Up to 15 guests/35 guests maximum)

Days Offered: Fri, Sat, & Sun

Times Offered: Morning until evening slots available

Similar to American Ninja Warrior kids will be able to swing into our giant foam pit, try running up warp wall, climb a rock wall and don't forget about the obstacles to conquer.

\$8 additional fee per child after 15 guests.

TURF SPORTS

Age: 4yrs & up

Fee: \$250 (Up to 20 guests/30 guests maximum)

Days Offered: Sat, Sun

Times Offered: 12-2 pm or 2:30-4:30 pm

This party is all about sports and games on TURF. Choose from flag football, soccer, kickball, dodgeball, relay races, field hockey or wiffleball. Party will be held at the Turf Fields.

\$5 additional fee per child after 20 guests.

ARROWTAG

Age: 9yrs & up

Fee: \$275 (Up to 20 guests/30 guests maximum)

Days Offered: Sat, Sun

Times Offered: 12-2 pm or 2:30-4:30 pm

Come to the Turf Fields at The Zone to play, ArrowTag! Like laser tag, ArrowTag uses bows and foam-tipped arrows to play games like free-for-all, dodgeball, and flag capture. Getting hit with an ArrowTag arrow feels similar to a hit from a dodgeball. Masks, bows, and arrows are provided.

\$5 additional fee per child after 20 guests.

Seasonal Packages

SPLASH BASH BIRTHDAY PARTY at WOODLAND TRAILS POOL (SUMMER SEASON)

Age: 4-6 yr old

Fee: \$275 (Up to 20 guests/30 guests maximum)

Days Offered: Sundays, 10:30 am-12:30 pm

Treat your child to a memorable birthday party at our preschool pool and play area. Splash Bash pool parties are in the splash pad and wading pool area, including private use of these amenities 10:30-11:30 am.

\$5 additional fee per child after 20 guests.

MINI GOLF (SUMMER SEASON)

Age: 6 yrs & up

Fee: \$225 (Up to 15 guests/20 guests maximum)

Challenge your family and friends for 18 holes of fun! See who can shoot the best score. Try shooting with the opposite swing or shoot the ball like you're playing pool! We will mix it up to make it more exciting. Inclement weather? Dates can be changed depending on availability or a sports party format can be held.

\$5 additional fee per child after 15 guests.

Early Childhood



Trail Blazers Preschool Philosophy



Our Trail Blazers program is a developmentally appropriate program designed to help **children grow** and **learn** in a stimulating and **nurturing environment**. We look at the 'whole child' including intellectual, social, emotional, physical and **creative growth**. Children develop differently in each space so the curriculum is carefully planned to include activities that help each child learn and grow in all areas. Children will be introduced to the basic **academic** and **social skills** of preschool and will be encouraged to **develop problem-solving skills**, self-confidence and **creativity**. Activities will include math, science, language skills, art, motor movement, music and dramatic play. All areas of each child's growth are important and we provide opportunities for intellectual, social, physical and creative growth. Activities are presented in individual, group, structured and unstructured settings and **Jolly Phonics** curriculum is used for kindergarten readiness. Our goal is for each child to develop a **love of learning**, tools to continue to learn and a **positive image** of himself or herself.

Early Childhood



All are Welcome! Trail Blazers Preschool Open House

Tuesday, August 6 | 6-7 pm

Location: Weiss Community Center



Tiny Tykes

Age: 3yrs and up by Feb. 1, 2025

Location: Burning Bush Community Center

Instructor: Sally Duray

M & F 9:30-11 am

Sep 6-May 19

\$112R/\$115N per month

\$896R/\$920N school year

Junior Trail Blazers Preschool

Age: 3yrs

Location: Weiss Community Center

Instructor: Tina Kozil

Tu & Th 9-11 am

Sep 3-May 20

\$147R/\$150N per month

\$1,176R/\$1,200N school year

Senior Trail Blazers Preschool

Age: 4yrs

Location: Weiss Community Center

Instructor: Tina Kozil

M, W, F 9-11:30 am

Sep 4-May 23

\$253R/\$256N per month

\$2,024R/\$2,048N school year

Junior & Senior Trail Blazers Combination

Age: 3-4yrs

Location: Weiss Community Center

Instructor: Tina Kozil

M, W, Th 12:30-3 pm

Sep 4-May 22

\$253R/\$256N per month

\$2,024R/\$2,048N school year

Early Childhood

Stay * Play * Explore

Extended Programs for Trails Blazers Students

Did you know after or before class there is still more to do, learn and have fun?! After general programming is over, extend your child's day by either adding an enrichment program before or after their daily class.

Take a LOOK at what a daily schedule could look like for your student.

SAMPLE OF OUR EARLY CHILDHOOD EDUCATION SCHEDULE

Junior, Senior & Combo Class at Weiss Community Center

MONDAY	
9-11:30 am	Senior Trail Blazers
11:30 am -12:20 pm	Session 1 Enrichment Program: Dinosaur, Dinosaur
	Session 2 Enrichment Program: Food Pyramid
12:30-3 pm	Combo Trail Blazers
TUESDAY	
9-11 am	Junior Trail Blazers
11 am-12 pm	Enrichment Program: Let's Do Lunch
WEDNESDAY	
9-11:30 am	Senior Trail Blazers
11:30 am-12:20 pm	Enrichment Program: Let's Do Lunch or Books and Buddies
12:30-3 pm	Combo Trail Blazers
THURSDAY	
9-11 am	Junior Trail Blazers
11-11:45 am	Session 1 Enrichment Program: Transportation Station
	Session 2 Enrichment Program: All About Our Senses
11:45 am-12:30 pm	Enrichment Program: Let's Do Lunch
12:30-1:15 pm	Sports and More
12:30-3 pm	Combo Trail Blazers

FRIDAY	
9-11:30 am	Senior Trail Blazers
11:30 am-12:15 pm	Session 1 Enrichment Program: Science is Fun
	Session 2 Enrichment Program: Fun with Playdoh
12:15-12:45 pm	Enrichment Program: Let's Do Lunch
12:45-1:30	Enrichment Program: Sports & More
1:30-2:15	Enrichment Program: Pee Wee Soccer

Tiny Tykes at Burning Bush Community Center

MONDAY	
9:30-11 am	Tiny Tykes
11-11:45 am	Enrichment Program: Let's Do Lunch
FRIDAY	
9:30-11 am	Tiny Tykes
11-11:45 pm	Enrichment Program: Messy Masterpiece

Prices, dates, and times listed in the brochure may have changed since being published. Community Pass Registration will reflect the correct program and/or event information.

Early Childhood



Parent-Child Classes

Parent-Child Classes: Please remember that these classes are designed for you to be an active participant with your child. We do not allow siblings to attend classes with you.

Baby Rock

Wiggle and giggle with Baby Rock! A unique combination of sensory experiences with stimulating music and exercises to help strengthen and stretch your baby. Activities will include sing a longs, exposure to simple instruments and sensory props, bean bag massages, motion exercises, bubbles, and more! Please bring a blanket or mat and get ready for a rockin' good time with your tiniest dancer! www.rockitkids.com. No class 11/28.

Age: 3-12months, non-walkers with caregiver

Location: Mt. Prospect Park District Rec Plex., 420 Dempster, Mt. Prospect, IL 60056

Th 10:50-11:20 am

Sep 12-Oct 17

Oct 31-Dec 12

\$69R/\$83N per session

Tot Rock and Kid Rock

This interactive class has everyone on their feet! We all learn together while engaging in active, creative, music-based activities, while using rhythm instruments and movement props. All class procedures are designed to keep staff and students safe. Activities are age appropriate by class and include songs and rhymes, rhythm and coordination, fine and gross motor, imagination and sensory, listening and following directions skills. Sing, dance, play, learn and imagine with us! www.rockitkids.com. No class 11/28.

Tot Rock

Age: 1-2 with caregiver

Location: Mt. Prospect Park District Rec Plex., 420 Dempster, Mt. Prospect IL 60056

Th 9:15-9:55 am

Sep 12-Oct 17

Oct 31-Dec 12

\$78R/\$94N per session

Kid Rock

Age: 2-3 with caregiver

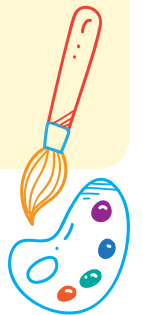
Location: Mt. Prospect Park District Rec Plex., 420 Dempster, Mt. Prospect IL 60056

Th 10-10:40 am

Sep 12-Oct 17

Oct 31-Dec 12

\$78R/\$94N per session



Get Ready for Preschool



All By Myself

This class is a great introduction to preschool. We'll sing songs, play with friends, play games, and do art projects. Children must be able to stay alone after the first class, but parents may stay in the first class if necessary. No class 11/28.

Age: 30 months-3yrs

Location: Burning Bush Community Center

Th 10-10:45am

Sep 12-Oct 24

Oct 31-Dec 19

\$59R/\$71N per session



Early Childhood

Preschool Classes Age Requirements

1. Children must meet age listed for the program by the first day of classes.
2. Unless program states "with adult" the program is for the child only

Dinosaur Dinosaur

Explore the wonderful world of dinosaurs with us! Our adventures will include stories, crafts, and games!

Age: 3-5

Location: Weiss Community Center

M 11:30 am-12:15 pm

Sep 9-Oct 21 \$59R/\$71N

Sports and More

Children will learn the fundamentals of sports such as soccer, t-ball, football, hockey, and others, as well as group games. We provide an opportunity for each child to develop motor skills and nurture their social and emotional growth through teamwork and sportsmanship.

Those attending pre-school at Weiss Community Center will be picked up for class. No class 11/28 & 11/29.

Age: 3-5

Location: Weiss Community Center

Th 12:30-1:15 pm

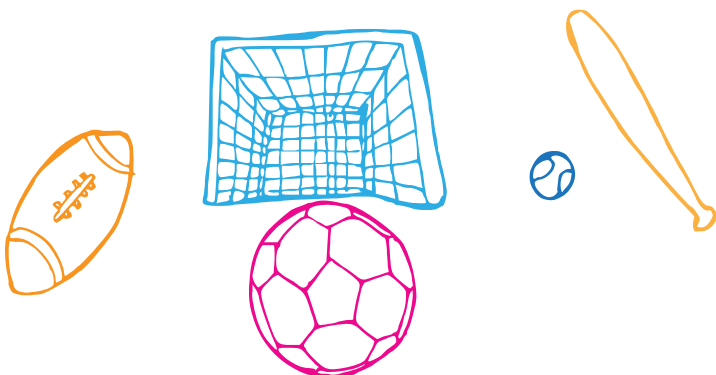
Sep 12-Oct 24 \$102R/\$122N

Nov 7-Dec 19 \$87R/\$105N

F 12:45-1:30 pm

Sep 13-Oct 25 \$102R/\$122N

Nov 8-Dec 20 \$87R/\$105N



Let's Do Lunch

Eat with friends, play games, read stories, and play outside (weather permitting). This program is perfect for Trails Blazers Preschool children who want an extended program or for parents who would like additional time. Only non-perishable food that can be disposed of after the meal is allowed in a sack lunch. No class 11/25 through 11/29.

Age: 2-3

Location: Burning Bush Community Center

M 11-11:45 am

Sep 9-Oct 21 \$59R/\$71N

Oct 28-Dec 16 \$50R/\$60N

Age: 3-4

Location: Weiss Community Center

Tu 11 am-12 pm

Sep 10-Oct 22 \$78R/\$94N

Oct 29-Dec 17 \$78R/\$94N

W 11:30 am-12:15 pm

Sep 11-Oct 23 \$59R/\$71N

Oct 30-Dec 18 \$59R/\$71N

Th 11:45am-12:30 pm

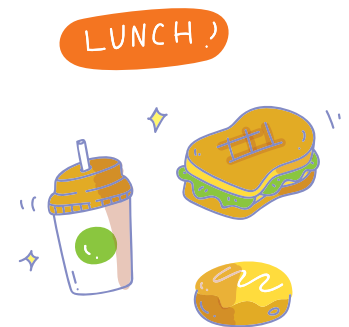
Sep 12-Oct 24 \$59R/\$71N

Oct 31-Dec 19 \$59R/\$71N

F 12:15-12:45 pm

Sep 13-Oct 25 \$39R/\$47N

Nov 1-Dec 20 \$39R/\$47N



Books & Buddies

Let's read and make a friend or two! For children entering Kindergarten next fall, each class begins with an alphabet and phonics review followed by a book and craft. Books are themed around essential skills needed to prepare for Kindergarten such as friendships, listening and following directions. No class 11/27.

Age: 4-5

Location: Weiss Community Center

W 11:35 am-12:20 pm

Sep 11-Oct 23 \$98R/\$118N per session

Oct 30-Dec 18 \$98R/\$118N per session

Early Childhood

Fun with Play-Doh

Explore the magical world of Play-Doh! Children get hands-on with the process of creating with Play-Doh along with activities focused on strengthening fine motor skills and creative manipulation. No class 11/29.

Age: 4-5

Location: Weiss Community Center

F 11:30 am-12:15 pm

Nov 1-Dec 20 \$59R/\$71N

Science is Fun

Little ones will be amazed while learning the wonders of nature! We'll do hands on experiments learning about mixing colors, floating an egg, making your own lava lamp and making a paper clip float and more. Come out and discover! Dress in play clothes.

Age: 4-5

Location: Weiss Community Center

F 11:30 am-12:15 pm

Sep 13-Oct 25 \$59R/\$71N

Transportation Station

Hop on board the Transportation Station! All are welcome to come out and explore the fascinating world of cars and trains. We'll get hands on with games, crafts and more!

Age: 3-5

Location: Weiss Community Center

Th 11-11:45 am

Sep 12-Oct 24 \$59R/\$71N

Food Pyramid

Move up the food pyramid every week to learn about healthy eating through fun activities and projects! No class 11/4 & 11/25.

Age: 3-5

Location: Weiss Community Center

M 11:30 am-12:15 pm

Oct 28-Dec 16 \$50R/\$60N

Messy Masterpiece

Create a messy masterpiece each week! Paint, glue, shaving cream, and Play-Doh are just a few of the mediums we will use. Class may also include songs, games, and fingerplays. Please wear play clothes—we get messy at times! Smocks are provided. No class 11/29.

Age: 2-3

Location: Burning Bush Community Center

F 11-11:45 am

Sep 13-Oct 25 \$59R/\$71N

Nov 1-Dec 20 \$59R/\$71N

All About Our Senses

See, hear, taste, smell, and touch! Learn about all five senses through creative activities and projects. No class 11/28.

Age: 3-5

Location: Weiss Community Center

Th 11-11:45 am

Oct 31-Dec 19 \$59R/\$71N

Pee Wee Soccer

This class is designed to increase balance, body awareness, motor skills, and make soccer fun. Players will work on ball touches and controlling the ball through games and challenges. No class 11/29.

Age: 3-5

Location: Weiss Community Center

F 1:30-2:15 pm

Sep 13-Oct 25 \$102R/\$122N

Nov 8-Dec 20 \$87R/\$105N

Trail Blazers Holiday Camp

Holiday Camp participants will enjoy a sampling of our Trail Blazers preschool program with crafts projects, games, and more! Perfect for preschoolers that want to stay active over the holiday break.

Age: 3-5

Location: Weiss Community Center

M, Th, F 9-11 am

Dec 30, Jan 2 & Jan 3 \$67R/\$81N





Registration Starts August 6

Kid Squad Before & After School Care 2024-2025

Kid Squad is a cooperative program between the River Trails Park District, School District #26, and Robert Frost Elementary School. This program is available for parents who need Before and/ or After School Care for their children in Kindergarten through 5th grades.

Online registration and parent manual available at Weiss Center or online at rtpd.org.

Registration requires you to have a River Trails Park District “Community Pass” Account.

Never registered online? Please see page 56 on setting up an online account. After logging into online registration, click on “Browse Activities”, then select the “Kid Squad” button. Continue to follow the onscreen prompts to finalize and confirm registration.

Registration Guidelines—please read below!

- Registration is taken on a weekly basis during the school year online and is currently open!
- Please sign up for the upcoming week by Wednesday at 10:30 pm
- **To request a late registration, you must email our Kid Squad email at kslatereg@rtpd.org**
- There is a **mandatory wait time of two business days for approval** while we ensure space, staffing and resources.
- Late registration will incur a **\$15 late fee per child.**
- Registration less than 5 days prior to the start of the school week will be considered late registration.

Indian Grove/Euclid/Prairie Trails (District 26)

- Before School Care..... 7-8:30 am
- After School Care 3:40-6 pm
- Thursday Before School Care: 7-9:20 am

Frost Elementary (District 21)

- Before School Care..... 7-8:40 am
- After School Care 3:30-6 pm



Hit the Trails: School's Out!

Enjoy a day off with friends and the River Trails Park District! Great field trips are planned along with games and activities. Be sure to bring a lunch, snack and drink. Be sure to wear a RTPD shirt; a camp t-shirt is acceptable. These daily programs are contingent upon the School District #26 and #21 calendars and are subject to cancellation. Visit rtpd.org to see what we have planned and stay up to date on the current Hit the Trails schedule! Note: Registration deadline is 1-week prior for each date. *Field trips may change due to min/max of location.*

Grade: K-8

Location: Weiss Community Center

Time: 7 am-6 pm

M	Nov 4	Enchanted Castle	\$54
T	Nov 5	The Zone	\$54
W	Nov 27	AMC	\$54



Camp Winter

Just in time for the holidays! We offer great facilities, exciting activities, field trips and the chance to meet new friends. We'll play games, sports and create different art projects. Campers, please bring a lunch and a drink daily

Grade: K-8

Location: Weiss Community Center

Week 1

Days: M, Th, F

Dates: Dec 23, 26, 27

Before Camp: 7-8:30 am \$24R/\$29N

Camp: 8:30 am-3 pm \$104R/\$124N

After Camp: 3-6 pm \$48R/\$58N

Week 2

Days: M, Th, F

Dates: Dec 30, Jan 2, Jan 3

Before Camp: 7-8:30 am \$24R/\$29N

Camp: 8:30 am-3 pm \$104R/\$124N

After Camp: 3-6 pm \$48R/\$58N

Looking for
holiday fun for
preschoolers?





Young Magicians

Join us for a fun night of magic and mystery! Magic tricks will be taught that include cards, coins, ropes, and much more! You will discover that the tricks are quick to learn and easy to perform. All materials are provided on site. Each child will receive a magic kit to take home at the end of class. Participants are grouped by age and learn age-appropriate tricks. New tricks are taught at each session, so sign up again and again!

Age: 5-12

Location: Arlington Heights Park District

Tu Sep 17 5-5:55 pm

W Oct 16 6:30-7:25 pm

M Dec 9 5-5:55 pm

\$25R/\$30N per class

Fun Family Fitness!

See page 43 for
Family Beats & Girl Power Mother
Daughter Yoga

Chess Scholars Afterschool Chess Club

Develop your child's intellect through the royal game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Chess has been proven to enhance children's motivation, concentration, focus, social skills, and creativity. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will learn under the guidance of an experienced Chess Scholars coach. No class 11/15.

Grade: K-5

Location: Indian Grove School

Tu 3:45-4:30 pm

Sep 3-Oct 15

Oct 22-Dec 17

\$143R/\$163N per session

Children's Theatre

A weekly musical theatre workshop culminates in a showcase featuring age-appropriate excerpts from smash hit movie musicals! Students will learn the basics of vocal technique, choreography, and acting while working together to produce an in-class performance for family and friends. The showcase will take place during the last 30 minutes of our final class. Indian Grove students will be walked over to Burning Bush after school by RTPD staff. Instructor: Margo Proeh & the Children's Theatre staff.

Grade: K-6

Location: Burning Bush Community Center

Peter Pan

W 3:45-4:45 pm

Sep 11-Oct 23 \$150R/\$170N

Hamilton Is My Jam

W 3:45-4:45 pm

Oct 30-Dec 18 \$150R/\$170N

Prices, dates, and times listed in the brochure may have changed since being published. Community Pass Registration will reflect the correct program and/or event information.

SafeSitter

Do you feel ready to stay home alone, watch your brothers and sisters while your parents are gone, or babysit for younger children? Then maybe it's time for Safe Sitter®. Safe Sitter® is for kids and young teens in grades 4-8 who are ready to learn the skills they need to care for themselves and younger children. In addition, Safe Sitter® teaches young teens life and business skills, so that they know how to be prepared, be responsible, and be considerate whether they are babysitting or doing odd jobs for family, friends, or neighbors. You'll have fun. You'll learn a lot. And at the end of the day, you can proudly say, "I am a Safe Sitter®!"

Grade: 4-6

Location: Burning Bush Community Center

W 5:30-7 pm

Sep 18

Dec 4

\$38R/\$46N per session

Grade: 6-8

Location: Burning Bush Community Center

W 5:30-7 pm

Oct 9

\$38R/\$46N



Computer Explorers

Video Game Robotics

Love building with LEGO? Love video games? It all comes together with TechStars! You and your partner will create video games, and then use LEGO Robotics Kits to build a controller for your Scratch game. This special course lets you build robots with sensors that communicate and control your games. Build alligators, magic wands, and watch as you bring them to life onscreen!

Age: 8-12

Location: Weiss Community Center

W 6-7:15 pm

Nov 13-Dec 11 \$100R/\$120N

Animation Workshop

Explore the world of animation! In this class, students will learn about different 2D techniques, such as stop-motion animation, creating a cartoon strip, or software that will bring images to life. As animators, directors, and producers, the only limit is your imagination!

Age: 7-12

Location: Prospect Heights Park District

W 6-7:15 pm

Sep 18-Oct 9 \$100R/\$120N



Dance



Expressions Dance Studio

Mission Statement

The River Trails Park District's Expressions Dance Studio is founded with the principles of providing participants with a safe and fun environment where your child's development is nurtured through both an expressive and structured-based curriculum with outcomes focused on skill development, self-confidence and an understanding of dance terminology.

Structure:

Children registered for September session of Expressions Dance will be in the annual dance recital in March. No late registration accepted after Friday, October 11.

Private Dance Lessons:

Available by request. Perfect for audition preparation and professional one on one instruction. Please visit the Weiss Center or contact Katie at 847.255.1200 for more information.



Please Support Our Annual Dance Recital!

Saturday, March 8, 2025, 11:00am
Location: River Trails Middle School

Dance

Dance Class Descriptions

Ballet/Jazz: Basic ballet vocabulary and movement including loco motor, elementary positions and musical rhythm along with creative expression and imagination! After working hard on ballet, we will end the class with basic jazz skills. Each level will work on refining fundamental techniques, terminology, stretching and strength continuing to build through the levels. Ballet and Jazz shoes are required.

Ballet/Tap: Class will start basic tap skills, sounds, rhythm with right and left directions. Basic ballet vocabulary and movement including loco motor, elementary positions and musical rhythm along with creative expression and imagination! Each level will work on refining fundamental techniques, terminology, stretching and strength continuing to build through the levels. Ballet and Tap shoes are required.

Hip Hop: Wear your sneakers and join this high energy, upbeat hip hop class! Learn new, fun and exciting moves to music you hear on the radio. We'll do strength work, stretching, isolations and foot work to inspire dancers to leave it all out on the dance floor! Learn exciting age appropriate choreography and create your own moves. Clean sneakers must be worn.

Hip Hop/Poms: This class will introduce dancers to the sharp synchronized movement and visual effects of working with pom poms. We'll do strength work, stretching, isolations and foot work to inspire dancers to leave it all out on the dance floor! Clean sneakers must be worn.

Poms: Poms is a class designed to introduce dancers to the basics of proper jazz dance technique while including the sharp synchronized movements and visual effects of working with pom poms! Clean sneakers must be worn.



Dance Class Schedule

All classes held at Burning Bush Community Center

Class	Age	Day	Time	Dates	Fee	Instructor
Pre-Ballet/Tap	3-4	M	4:30-5:15 pm	9/9-3/3	\$209R/\$229N	Ms. Dani
Beginning Hip Hop	5-7	M	5:15-6 pm	9/9-3/3	\$209R/\$229N	Ms. Dani
Ballet/Jazz I	8-10	M	6-7 pm	9/9-3/3	\$279R/\$299N	Ms. Dani
Pre-Hip Hop	3-4	Tu	4:30-5:15pm	9/10-3/4	\$209R/\$229N	Ms. Dani
Ballet/Jazz II	11-14	Tu	5:15-6:15pm	9/10-3/4	\$279R/\$299N	Ms. Dani
Hip Hop II	11-14	Tu	6:15-7:15pm	9/10-3/4	\$279R/\$299N	Ms. Dani
Beginning Ballet/Tap	5-7	W	4:30-5:15pm	9/11-3/5	\$209R/\$229N	Ms. Dani
Beginning Poms	5-7	W	5:15-6 pm	9/11-3/5	\$209R/\$229N	Ms. Dani
Hip Hop/Poms I	8-10	W	6-7 pm	9/11-3/5	\$279R/\$299N	Ms. Dani
Ballet/Tap I	8-10	W	7-8 pm	9/11-3/5	\$279R/\$299N	Ms. Dani

Athletics

The following classes are taught by Hot Shot Sports

Sports and More

Children are introduced to the fundamentals of such sports as soccer, t-ball, football, hockey plus others as well as group games. We provide an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship.

Those attending pre-school at Weiss Community Center will be picked up for class.
No class 11/28 & 11/29.

Age: 3-5

Location: Weiss Community Center

Th 12:30-1:15 pm

Sep 12-Oct 24 \$102R/\$122N

Nov 7-Dec 19 \$87R/\$105N

F 12:45-1:30 pm

Sep 13-Oct 25 \$102R/\$122N

Nov 8-Dec 20 \$87R/\$105N

Pee Wee Soccer

This class is designed to increase balance, body awareness, motor skills, and make soccer fun. Players will work on ball touches and controlling the ball. Class will work on balance and movements through games and challenges. No class 11/29.

Age: 3-5

Location: Weiss Community Center

F 1:30-2:15 pm

Sep 13-Oct 25 \$102R/\$122N

Nov 8-Dec 20 \$87R/\$105N

Prices, dates, and times listed in the brochure may have changed since being published. Community Pass Registration will reflect the correct program and/or event information.

Basketball Fundamentals Camp

Get ready for the Winter RTPD Basketball season by spending time improving ball handling, shooting, passing, rebounding, offensive and defensive moves. Time will be devoted each class to rules for the upcoming basketball season. Participants will use their newly improved skills in game action towards the end of camp. There will be no class on November 30.

Location: Weiss Community Center

Grade: Kindergarten

Sa 9-10 am

Nov 2-Dec 14 \$63R/\$76NR

Grade: 1st/2nd

Sa 10-11am

Nov 2-Dec 14 \$63R/\$76NR

Grade: 3rd-6th

Sa 11 am-12 pm

Nov 2-Dec 14 \$63R/\$76NR



Volleyball Skills Clinics

Ages: 7-10

This clinic includes instruction on all major volleyball skills: serving, passing, setting, and attacking. Players receive a solid foundation of these fundamental skills through fun and active drills, building up to team play. This class is for the volleyball beginner looking to understand the game and learn new skills. Kneepads are recommended.

Location: Weiss Community Center

M 5-6 pm

Sept 9-Oct 14 \$63R/\$76N

Ages: 10-14

This clinic focuses on progressing all skills, including transitioning from free ball, offense, defense, and developing specific positions. This is a great opportunity for players to advance their skill level and knowledge of the game. Kneepads are recommended.

Location: Weiss Community Center

M 6-7:30 pm

Sept 9-Oct 14 \$79R/\$95N

Futsal Skills Clinics

Futsal is an exciting, fast-paced small sided soccer game that is played across the world. This clinic provides soccer players access to the amazing game of Futsal to improve their core abilities, foot control, and passing awareness. Players will learn skills essential to advancement on the soccer field while playing on a smaller Futsal surface. Training is focused first on developing foot skills and understanding the key aspects of Futsal, then second on scrimmaging and implementing the core techniques into each individual's skill set and game strategy.

Location: Gary Morava Rec Center (Prospect Heights)

Grades: 1-2

Tu 5-6 pm

Nov 5-Dec 10 \$53R/\$65N

Grades: 3-5

Tu 6-7:30 pm

Nov 5-Dec 10 \$81R/\$97N



Lacrosse Skills Clinics

A perfect fit for players looking to learn the game of lacrosse in a fun environment! The program incorporates small games into the team game of lacrosse for a fun and interactive experience, focusing on fundamental individual skills and is designed for beginner and continuing players!

Lakeshore Little Laxers

Grades: K-2

Location: Woodland Trails Park

Th 5-6 pm

Sept 5-Sept 26 \$110R/\$130N

Lakeshore Stars Training

Grades: 3-8

Location: Woodland Trails Park

Th 5-6 pm

Sept 5-Sept 26 \$110R/\$130N



Figure Skating

River Trails Park District has joined with Mount Prospect Figure Skating Academy to offer our community figure skating lessons! Mount Prospect Figure Skating Academy's purpose is to teach individuals the fundamentals of ice skating in a safe, fun, and energetic manner while providing a curriculum that will advance skills in each and every lesson. The ratio is 6:1 student to coach.

Please arrive at the rink 10 minutes early so we can help with skates. Dress warm!

Location: Mount Prospect Ice Arena,
1501 Feehanville Dr., Mt. Prospect

Snowplow Sam

This class offers our younger skaters a chance to get out on the ice and learn in an age appropriate manner. No previous experience needed.

Age: 3-6

The Basics

A fun and fast pace class to encourage skaters to grow and learn. This class is designed for children and adolescents that want to learn the fundamentals of ice skating. No previous experience needed.

Age: 6+

Please check
our website
for times
and dates at
www.rtpd.org.

Athletics

Youth Athletic Leagues

- All leagues need volunteer coaches.
- Team/player/coach requests not guaranteed.
- Both parents/guardians are required to be PAYS certified.

Parent Association for Youth Sports

Both parents/guardians of participants enrolled in any youth sports league must complete the PAYS program. Children whose parents/guardians have not completed PAYS will not be allowed to participate in any youth sport programs requiring PAYS certification. The clinic consists of viewing a video from National Alliance of Youth Sports and going through the handbook. This process only needs to be done once and if you are new to the youth athletic programs. Upon completion, individuals will sign a Parents Code of Ethics and receive the PAYS membership card and handbook.

Easy as 1, 2, 3...

To register for PAYS please visit <http://www.nays.org/paysonline>. When taking the PAYS training, make sure to either type in code #1319 or click River Trails Park District in the drop box. You must associate yourself with our chapter to receive the \$5 per family fee.

Youth Volunteer Coaches

Teach sport skills as well as the values of teamwork, fair play and how to win as well as lose with grace. Volunteers are instrumental to the success of these programs by acting as a team coach or coach's assistant. If interested, please contact Andy Sirakides at 847.255.1200. You will be trained according to River Trails and the National Youth Sports Coaches Association. **After completing a season, a 50% reimbursement will be issued to the volunteer coach.**

National Youth Sports Coaches Association & Certification

National Youth Sports Coaches Association (NYSCA) is a clinical training that certifies you according to NYSCA standards. NYSCA training is required of all River Trails head coaches to assure their dedication and responsibility to youth sports. Coaches are asked to take training online. Fee is \$20 + \$5 per each additional sport. The park district will reimburse for the initial \$20 and the initial \$5.

Friendship Request Policy (for 4-year-old-2nd grade levels)

The River Trails Park District allows only one friendship request per person. This request can be put on the child's registration form and must be matching. Siblings will automatically be placed on the same team unless otherwise requested. Requests made after the registration deadline may not be honored. River Trails Park District can only accept friendship request for 4 years old through 2nd grade levels of any athletic league. For 3rd grade and above, teams will be balanced by skill level, school, and gender or a draft will be held.

River Trails Park District Jersey (Available only at Weiss Center)

Jersey-\$18.50



Youth Leagues

**All leagues need volunteer coaches.
Team/player/coach requests not guaranteed.
Both parents/guardians are required to be PAYS certified.**

Little Kickers Youth Soccer

Come out for Saturday soccer! Learn the fundamentals while having fun and learning skills in a non-competitive environment. Age groups may be combined if needed. Exact game times may vary depending on the number of teams. Each player brings their own appropriate size soccer ball for practice.

Youth Outdoor Soccer League

A volunteer coached program emphasizes the fundamentals of passing, shooting, offense, defense, sportsmanship and fun! Actual game times depend on the number of teams in the league. Games may be played on weekday nights if needed. Each player brings their own appropriate size soccer ball for practice.

Youth Volleyball League

Bump, Set and Spike your way through our Youth Volleyball League. Players are divided into two divisions based on grade and ability.

Divisions

- **Blue Division – For Grades 3rd–5th:** Players will practice for the first two weeks during which teams will be formed. Games are played with slightly modified rules. Team practice will be on Sundays and games on Mondays. Recommended for 3rd grade with some prior experience.
- **Red Division – For Grades 6th–8th:** Players will practice for the first two weeks during which teams will be formed. Team practice will be on Sundays and games on Mondays.

Girls Flag Football League

For Girls Grades 6–8: Get ready for IHSA's newest Girl's sport! Prepare for the high school game by learning to run routes, execute plays, and properly catch and throw a football while working in a team environment. Girls will be placed on a team to practice and play games in this 5v5 to 7v7 league (exact game times/team sizes may vary depending on number of teams).

CO-ED Kindergarten Winter Basketball League

An exciting intro to basketball basics run by volunteer coaches for kids of all sizes and abilities with tons of fun guaranteed! Teams will practice once a week for one hour. A safe, nurturing, active environment where children will discover what wonderful skills he/she can master!

Youth Winter Basketball League

A volunteer coached program introduces the fundamentals of basketball, focusing on passing, shooting, offense, defense, sportsmanship and fun. The park district assigns teams for balance.

NWPDBC–Jr High Basketball League

The Northwest Suburban Park District Basketball Conference (NWPDBC) is our winter basketball league formed by the Mt. Prospect, Prospect Heights, River Trails and Wheeling Park Districts for 7th and 8th grade boys and girls. Teams will be formed through a clinic and draft process. Teams are guaranteed a 12 game regular season and 2 playoff games (a total of 14 games!) The NWPDBC will also host an All-Star Game for participants.

Player Evaluations & Coaches Meeting Dates for Winter Basketball League

Tuesday, December 10: 3rd/4th Boys	Weiss Community Center
Wednesday, December 11: 5th/6th Boys	Weiss Community Center
Thursday, December 12: 3rd/4th/5th/6th Girls	Gary Morava Rec Center
Wednesday, December 18: Coaches Meeting (All Coaches)	Weiss Community Center 6:00–7:30 pm

Athletics

Youth Athletics Leagues

- **All leagues need Volunteers Coaches. See Volunteer Coach Benefits on page 35**
Contact Andy Sirakides at asirakides@rtpd.org.
- Team/player/coach requests not guaranteed.
- Both parents/guardians are required to be PAYS certified. See page 25 for info.
- River Trails District Uniform can be used for multiple leagues.
Jersey-\$18.50, available at Weiss Center.



League	Ages	Format	Practice days & times	Game days & times	Dates	RES/NR Fee	Reg. Deadline	RTPD Uniform Needed	Location	Co-op
Lil Kickers Youth Soccer	4yrs-4th Grade	4v4 to 8v8	1 weeknight, 1hr 4-7 pm	Sa 8 am-2 pm	Aug 26 - Oct 26	\$140*/\$160*	Aug 17	Yes	Indian Grove Soccer Fields	PHPD
Youth Outdoor Soccer	5th-8th Grade	7v7 to 11v11	1 weeknight, 1hr 4-7 pm	Su 12-8 pm	Aug 26- Oct 27	\$150*/\$170*	Aug 17	Yes	Woodland Trails Park & Co-op Facilities	MPPD, DPPD, WPD
Youth Volleyball League	3rd-8th Grade	6v6	Su 12:30-3 pm	Mon 5-8pm	Oct 27- Dec 16	\$104/\$124	Oct 16	Yes	Weiss & Gary Morava (Prospect Heights)	PHPD
Girls Flag Football League	6th-8th Grade	5v5 to 7v7	Tu 5-7pm	Th 5-7pm	Sep 3 - Oct 24	\$104/\$124	Aug 23	Yes	Woodland Trails Park & Co-op Facilities	PHPD
Co-Ed Kindergarten Basketball	Kindergarten	5v5	1 weeknight, Begins Jan 6	Sa 8 am-3 pm	Jan 18- Mar 15	\$105/ \$125	Dec 6	X	Euclid	PHPD
Winter Youth Basketball	1st-2nd Grade	5v5	1 weeknight, Begins Jan 6	Sa 8 am-3 pm	Jan 6- Mar 15	\$120/\$140	Dec 6	X	Euclid	PHPD, WPD
Winter Youth Basketball	3rd-6th Grade	5v5	1 weeknight, Begins Jan 6	Sa 8 am-3 pm	Jan 6- Mar 15	\$130/\$150	Dec 6	X	3rd-4th grade: Indian Grove 5th-6th grade: Gary Morava	PHPD, WPD
Winter Jr High Basketball League	7th-8th Grade	5v5	1 weeknight, Begins Mid Dec	Sa/Su 9 am-6 pm	Jan-Mar	\$150/\$170	Dec 6	X	Various	Multiple

* Fee covers both the Fall and Spring Sessions

Martial Arts • Karate

Illinois Shotokan Karate Club (ISKC) is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four-time National Champion, and President of the American Shotokan Karate Association.

- ISKC's Karate classes offer a good mix of strength training with cardiovascular and flexibility exercises. Students increase their coordination, agility and poise, as well as learning lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules.
- In our Pre-Karate Safety Classes, young children develop flexibility, strength, and coordination in fun, yet disciplined activities. This program is specifically designed for growing minds and bodies to enhance memory and agility. Watch your child's confidence blossom and their skills improve.
- Uniforms and Belt-Testing are options available through the ISKC instructor.

- Please note that the Youth and Adult classes train together.
- Beginner students will not be permitted to register into the current session after the second class has met.
- Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required.
- Please visit WWW.ISKC.COM for more information or call us at 847.359.0666.

Locations

River Trails Middle School, 1000 Wolf Road, Mt. Prospect

Wheeling Park District, Community Recreation Center, 100 Community Blvd, Wheeling

Mt. Prospect Park District, Central Community Center, 1000 W. Central Rd, Mt. Prospect

Wednesday Pre-Karate | September 4–December 11 (15 weeks)

Central Community Center, 1000 W. Central Road, Mt. Prospect

TIME	AGE	CLASS	RES FEE	NR FEE
4–4:45 pm	4–6yrs	Beginner/Continuer	\$229	\$249
4:45–5:30 pm	4–6 yrs	Intermediate /Advanced (Instructor permission)	\$229	\$249

Saturday Pre-Karate | September 7–December 14, No class Nov 30 (14 weeks)

River Trails Middle School, 1000 Wolf Road, Mt. Prospect

TIME	AGE	CLASS	RES FEE	NR FEE
9:00–9:45 am	4–6 yrs	Beginner/Continuer (0–1 prior sessions)	\$214	\$234
9:55–10:40 am	4–6 yrs	Novice (2 sessions – white w/stripes)	\$214	\$234
10:50–11:50 am	4–6 yrs	Inter./Adv. (Red Belts & Up)	\$242	\$262

Athletics



Tuesday Karate | September 3–December 10 (15 weeks)

Community Recreation Center (Room #106), 100 Community Blvd, Wheeling

TIME	AGE	CLASS	RES FEE	NR FEE
5:00–5:55 pm	7+ yrs	Beginner (White Belts)	\$229	\$249
6:00–6:55 pm	7+ yrs	Continuer (Red–Orange Belts)	\$229	\$249
7:00–7:55 pm	7+ yrs	Novice (Yellow–Blue Belts)	\$229	\$249
8:00–8:55 pm	7+ yrs	Intermediate (Green–Purple Belts)	\$229	\$249
8:00–9:30 pm	7+ yrs	Advanced (Brown–Black Belts)	\$274	\$294

Wednesday Karate | September 4–December 11 (15 weeks)

Central Community Center, 1000 W. Central Road, Mt. Prospect

TIME	AGE	CLASS	RES FEE	NR FEE
5:30–6:30 pm	7+ yrs	Beginner/Continuer (White & Red Belts)	\$229	\$249
6:30–7:30 pm	7+ yrs	Intermediate (Orange – Green Belts)	\$229	\$249
7:30–9:00 pm	7+ yrs	Advanced (Purple – Black Belts)	\$274	\$294

Saturday Karate | September 7 – December 14, No class Nov 30 (14 weeks)

River Trails Middle School, 1000 Wolf Road, Mt. Prospect

TIME	AGE	CLASS	RES FEE	NR FEE
9:00–9:55 am	7+ yrs	Beginner/Continuer (White Belts)	\$214	\$234
10:00–10:55 am	7+ yrs	Continuer (Red – Blue Belts)	\$214	\$234
11:00–12:00 pm	7+ yrs	Novice (Green – Purple Belts)	\$214	\$234
11:00–12:30 am	7+ yrs	Inter/Adv (Brown–Black Belts)	\$256	\$276

Adult Athletics

- Registration is taken on a team basis ONLY!
- All registration can be taken online or in person at the Weiss Center.
- \$150 deposit due at time of registration (except pickleball and volleyball)
- All participants must be 18 years old and up
- Cash, other awards, or trophies (depending upon the league) will be given out to 1st & 2nd place league and tournament champions.
- For more information on any of the adult leagues or individual participation, please contact Andy Sirakides at 847.463.3709



League	Format / Level	Day(s)	Dates	Time	RES Fee	NR Fee	Reg. Deadline
5x5x5 16" Softball - Fall	Coed	Wed	Begins Aug 28	6:30-10:30 pm	\$375	\$425	Aug 14
14" Softball - Fall	Coed	Fri	Begins Aug 30	6:30-10:30 m	\$650	\$750	Aug 16
Flag Football - Fall	6v6 Open	Thurs	Begins Aug 29	6:30-10:30 pm	\$700	\$800	Aug 15
Volleyball - Fall	Open Gym	Mon	Begins Sept 9	7:30-9 pm Drop In Fee: \$5 Times subject to change*			
Volleyball - Winter/ Spring	Open Gym	Mon	Begins Jan 6				
Bags - Fall	Mostly Tuesdays	Tue	Begins Sept 17/18	6:30-10:30 pm	\$75	\$90	Sept 10
Bags - Fall	Mostly Wednesdays	Wed	Begins Sept 17/18	6:30-10:30 pm	\$75	\$90	Sept 10
Bags - Fall	Tues and/or Wed	Tue / Wed	Begins Sept 17/18	6:30-10:30 pm	\$75	\$90	Sept 10

Pickleball Drop In & Punch Cards

Stop by the Weiss Community Center to enjoy indoor Pickleball. Feel free to drop in or purchase a punch card for savings!

Indoor Pickleball begins Tuesday, October 15 through April 19, 2025

- Tuesday: 2-5 pm
- Thursday: 2-5 pm
- Saturday from 3-5 pm

Fees per person:

Drop in: \$5

Punch Cards: 3 punch: \$12 | 6 punch: \$24 | 12 punch: \$48



Parkour



RIVER TRAILS PARK DISTRICT

550 Business Center Drive
Mount Prospect, IL 60056

Parkour Registration

Have you setup your family account by visiting our website at www.rtpd.org? If so, log on and pick your classes. If you have not, please setup your account and go to the Weiss Community Center with your families verification information. (Driver's License for 18+ years old and birth certificates for 17 year and younger). Once verified let your family enjoy all of what River Trails Park District can offer.

Instructors are certified by the World Parkour Free Runner Federation, along with USA Parkour.

Parkour is closed on:

- Aug 26–Sep 6
- Oct 31
- Nov 28
- Dec 24, 25, & 31
- Jan 1

**Parkour Party
at The Zone**
7 and up | \$350
Similar to American Ninja Warrior, kids will be able to swing into the foam pit, run up the warped wall, climb the rock wall and don't forget about the obstacles.
See page 9 page details.

Parkour



Parkour Open Gym

There will be a supervisor available to oversee activities (no formal instruction) and answer questions. We require parents to stay in the facility with children who are 9 years old and younger. Open gym times subject to change. Call 847-255-1200 before visiting.

Regular Dates & Hours

Day	Dates	Time	Fee
Sept - Dec 20 Pre-registration is recommended			
F	Sep 13 - Dec 27	6:45-8:45pm	\$12
Sa	Sep 7 - Dec 28	5:30-7pm	\$10

Special Dates & Hours

Whether it is an early release day or schools is out, come to enjoy Parkour Open gym for some extra fun. PRE-REGISTRATION is strongly recommended.

Dates	Time	Group	Fee
Oct 3, 14	12:30-1:30p	All ages	\$8
	1:45-2:45p	12 & under	\$8
	3-4pm	8 & under	\$8
Nov 1, 4, 5	12:30-1:30p	All ages	\$8
	1:45-2:45 pm	12 & under	\$8
Nov 27, 29	12:30-1:30 pm	All ages	\$8
	1:45-2:45 pm	12 & under	\$8
	3-4 pm	8 & under	\$8
Dec 23, 26, 27, 30	12:30-1:30 pm	All ages	\$8
Jan 2-3	1:45-2:45 pm	12 & under	\$8
	3-4 pm	8 & under	\$8
	4:15-5:15 pm	All ages	\$8
Jan 6	12:30-1:30 pm	8 & under	\$8
	1:45-2:45 pm	12 & under	\$8
	3-4pm	All ages	\$8

Prices, dates, and times listed in the brochure may have changed since being published. Community Pass Registration will reflect the correct program and/or event information.

Parkour

Toddler Time w/Parent

Age: 1-3

With helpful tips from our parkour coaches and your hands on assistance, toddlers can explore the wonders of our parkour gym. This class is designed to get your little one moving! By using our parkour equipment, we hope to help build core muscles and encourage movement in a fun, interactive environment.

Fall Session 1

Day	Dates	Time	Fee
Tu	9/10-10/22	9:30-10:15 am	\$76R/\$91N
Th	9/12-10/24	9:30-10:15 am	\$76R/\$91N

Fall Session 2 | **No Class** 11/23

Day	Dates	Time	Fee
Tu	10/29-12/17	9:30-10:15 am	\$76R/\$91N
Th	11/7-12/19	9:30-10:15 am	\$67R/\$81N

Pre-Kour

Age: 3-4

Bring your little ones in to explore a wide variety of movement concepts and skills. Each lesson is geared towards developing your child's self-esteem and confidence. Lessons build over the weeks as the children learn rolls, jumps, leaps, balancing, stretching and other motor activities..

Fall Session 1

Day	Dates	Time	Fee
M	9/9-10/21	4:55-5:55 pm	\$102R/\$122N
Tu	9/10-10/22	10:25-11:25am	\$102R/\$122N
Tu	9/10-10/22	4:45-5:45 pm	\$102R/\$122N
W	9/11-10/23	4:45-5:45 pm	\$102R/\$122N
Th	9/12-10/24	10:25-11:25am	\$102R/\$122N
Th	9/12-10/24	4:45-5:45 pm	\$102R/\$122N
Sa	9/14-10/26	8:50-9:50 am	\$102R/\$122N
Sa	9/14-10/26	9:55-10:55 am	\$102R/\$122N

Fall Session 2 | **No Class** 10/31, 11/25-30

Day	Dates	Time	Fee
M	10/28-12/16	4:55-5:55 pm	\$102R/\$122N
Tu	10/29-12/17	10:25-11:25 am	\$102R/\$122N
Tu	10/29-12/17	4:45-5:45 pm	\$102R/\$122N
W	10/30-12/18	4:45-5:45 pm	\$102R/\$122N
Th	11/7-12/19	10:25-11:25 am	\$87R/\$104N
Th	11/7-12/19	4:45-5:45 pm	\$87R/\$104N
Sa	11/2-12/21	8:50-9:50 am	\$102R/\$122N
Sa	11/2-12/21	9:55-10:55 am	\$102R/\$122N



Parkour

Kinder-Kour

Ages: 5-6

This is the perfect class to enhance your child's parkour abilities to the next level! Bodily awareness as well as situational awareness are learned here. Kinder-Kour students work on increasing their strength and endurance in a safe environment where they are encouraged to reach new heights!



Session 1

Day	Dates	Time	Fee
M	9/9-10/21	4:55-5:55 pm	\$102R/\$106N
Tu	9/10-10/22	4:45-5:45 pm	\$102R/\$106N
Tu	9/10-10/22	5:50-6:50 pm	\$102R/\$106N
W	9/11-10/23	4:45-5:55 pm	\$102R/\$106N
W	9/11-10/23	5:50-6:50 pm	\$102R/\$106N
Th	9/12-10/24	4:45-5:45 pm	\$102R/\$106N
Th	9/12-10/24	5:50-6:50 pm	\$102R/\$106N
Sa	9/14-10/26	8:50-9:50 am	\$102R/\$106N
Sa	9/14-10/26	9:55-10:55 am	\$102R/\$106N
Sa	9/14-10/26	11:00-12:00 pm	\$102R/\$106N

Fall Session 2 | No Class 10/31, 11/25-30

Day	Dates	Time	Fee
M	10/28-12/16	4:55-5:55 pm	\$102R/\$122N
Tu	10/29-12/17	4:45-5:45 pm	\$102R/\$122N
Tu	10/29-12/17	5:50-6:50 pm	\$102R/\$122N
W	10/30-12/18	4:45-5:45 pm	\$102R/\$122N
W	10/30-12/18	5:50-6:50 pm	\$102R/\$122N
Th	11/7-12/19	4:45-5:45 pm	\$87R/\$104N
Th	11/7-12/19	5:50-6:50 pm	\$87R/\$104N
Sa	11/2-12/21	8:50-9:50 am	\$102R/\$122N
Sa	11/2-12/21	9:55-10:55 am	\$102R/\$122N
Sa	11/2-12/21	11:00-12:00 pm	\$102R/\$122N

Parkour

Parkour Junior

Age: 7-8

Your child will learn the basic techniques starting with running, jumping, climbing, swinging, rolling and vaulting so they can mimic the contestants on American Ninja Warrior.

Level 2* - Indicates Parkour Jr. Level 2 Class which is for the most skilled parkour junior students. This class requires instructor permission.

Session 1

Day	Dates	Time	Fee
M	9/9-10/21	4:55-5:55 pm	\$102R/\$122N
M	9/9-10/21	6:00-7:00 pm	\$102R/\$122N
Tu	9/10-10/22	4:45-5:45 pm	\$102R/\$122N
Tu	9/10-10/22	5:50-6:50 pm	\$102R/\$122N
Tu*	9/10-10/22	5:50-6:50 pm	\$102R/\$122N
Th	9/12-10/24	4:45-5:45 pm	\$102R/\$122N
Th	9/12-10/24	5:50-6:50 pm	\$102R/\$122N
Sa	9/14-10/26	8:50-9:50 pm	\$102R/\$122N
Sa	9/14-10/26	11:00-12:00 pm	\$102R/\$122N

Fall Session 2 | No Class 10/31, 11/25-30

Day	Dates	Time	Fee
M	10/28-12/16	4:55-6:55 pm	\$102R/\$122N
M	10/28-12/16	6:00-7:00 pm	\$102R/\$122N
Tu	10/29-12/17	4:45-5:45 pm	\$102R/\$122N
Tu	10/29-12/17	5:50-6:55 pm	\$102R/\$122N
Tu*	10/29-12/17	5:50-6:55 pm	\$102R/\$122N
Th	11/7-12/19	4:45-5:45 pm	\$87R/\$104N
Th	11/7-12/19	5:50-6:50 pm	\$87R/\$104N
Sa	11/2-12/21	8:50-9:50 pm	\$102R/\$122N
Sa	11/2-12/21	11:00-12:00 pm	\$102R/\$122N



Parkour

Parkour

Age: 9-16

Level 1 - Students will be challenged mentally and physically in this introductory class. Focusing on skills and obstacles, students will gain a lot of parkour and general fitness knowledge.

Level 2 - Class is a continuation of level 1 parkour and fitness education while students will be expanding their Parkour skills. Students will also start learning about free running, begin flip training, tumbling, and more advanced skills while testing their strength and will power on more challenging obstacles.

Level 3 - Students of Level 3 show greater understanding of Parkour safety and technique while looking to continue growing their parkour skills. Students must have completed level 2 and have a teacher recommendation.

Level 4 - Students will learn the most advanced parkour and tricking skills. Everything from back flips to front flips to side flips and more. Class will focus on body control, strength, and stamina. Instructor approval is needed to register for this class.

Level 5 - This class is designated for students who have reached a point where high level parkour skills have become second nature. Students in level 5 will continue their training on body control, strength, stamina, speed and agility while mastering obstacle courses of all intensities. Students must have completed level 4 and instructor approval is necessary for this class.

Fall Session 1

Day	Dates	Time	Fee	Level
M	9/9-10/21	6:00-7:00 pm	\$102R/\$122N	1
M	9/9-10/21	6:00-7:15 pm	\$127R/\$147N	2
M	9/9-10/21	7:20-8:35 pm	\$127R/\$147N	2
M	9/9-10/21	7:05-8:20 pm	\$127R/\$147N	3
Tu	9/10-10/22	5:50-6:50 pm	\$102R/\$122N	1
Tu	9/10-10/22	6:55-7:55 pm	\$102R/\$122N	1
Tu	9/10-10/22	6:55-8:10 pm	\$127R/\$147N	2
W	9/11-10/23	5:50-6:50 pm	\$102R/\$122N	1
W	9/11-10/23	6:55-8:10 pm	\$127R/\$147N	2
Th	9/12-10/24	5:50-6:50 pm	\$102R/\$122N	1
Th	9/12-10/24	7:00-8:15 pm	\$127R/\$147N	3
Th	9/12-10/24	7:00-8:15 pm	\$127R/\$147N	4
Th	9/12-10/24	7:00-8:15 pm	\$127R/\$147N	5
Sa	9/14-10/26	9:30-10:45 am	\$127R/\$147N	2
Sa	9/14-10/26	11:00-12:00 pm	\$102R/\$122N	1

Fall Session 2 | No Class 10/31, 11/25-30

Day	Dates	Time	Fee	Level
M	10/28-12/16	6:00-7:00 pm	\$102R/\$122N	1
M	10/28-12/16	6:00-7:15 pm	\$127R/\$147N	2
M	10/28-12/16	7:20-8:35 pm	\$127R/\$147N	2
M	10/28-12/16	7:05-8:20 pm	\$127R/\$147N	3
Tu	10/29-12/17	5:50-6:50 pm	\$102R/\$122N	1
Tu	10/29-12/17	6:55-7:55 pm	\$102R/\$122N	1
Tu	10/29-12/17	6:55-8:10 pm	\$127R/\$147N	2
W	10/30-12/18	5:50-6:50 pm	\$102R/\$122N	1
W	10/30-12/18	6:55-8:10 pm	\$127R/\$147N	2
Th	11/7-12/19	5:50-6:50 pm	\$87R/\$104N	1
Th	11/7-12/19	7:00-8:15 pm	\$109R/\$129N	3
Th	11/7-12/19	7:00-8:15 pm	\$109R/\$129N	4
Th	11/7-12/19	7:00-8:15 pm	\$109R/\$129N	5
Sa	11/2-12/21	9:30-10:45 am	\$127R/\$147N	2
Sa	11/2-12/21	11:00-12:00 pm	\$102R/\$122N	1

Parkour

Home School Parkour

Age: 7-14

Challenge your minds at home, then challenge yourself physically with Parkour! Students using this class to substitute a regular physical education class will get a full body work out consisting of Level 1 Parkour skills using obstacle courses. Students will gain strength, endurance, speed, agility, flexibility and confidence in themselves. Tuesday class is film production. Thursday class is parkour.

Fall Session 1

Day	Dates	Time	Fee
Th	9/12-10/24	11:30 am-12:45 pm	\$127R/\$147N

Fall Session 2 | No Class Oct 31, Nov 28

Day	Dates	Time	Fee
Th	11/7-12/19	11:30 am-12:45 pm	\$127R/\$147N



SPONSORSHIP

Partnering Your Business with the River Trails Park District – A Recipe for Success.

A partnership with River Trails Park District provides an effective and targeted way to reach greater visibility, generate brand awareness, and impact the community. We serve everyone from children to seniors. Talk to us! The right sponsorship opportunity is there for your business.

We are excited to welcome Steve Schapiro, our new Corporate Relations Manager. Steve comes to us with many years of experience and success in creating win-win partnerships between the business community and leading non-profit organizations and governmental agencies, including park districts. Steve would love to hear from you to discuss how your business can engage with the River Trails Park District. Contact him today at sschapiro@rtpd.org or 847-463-3738.



Fitness



Trails Fitness Club Memberships

We are proud to offer some of the lowest rates in town without any initiation or hidden fees!

Membership (Individual): 1 month: \$20R/\$24N
3 months: \$49R/\$59N

1 Year Membership: \$144R/\$164N

Daily Admission: \$8

Continuous Member: \$12R/\$14N per month/credit card. This program has all the convenience you are looking for! Same great deal of the year in full membership with more ease! Simply sign up and the work is done. Instead of paying all upfront you enjoy small monthly payments and have a membership that never expires! No more remembering to renew! You may cancel at any time after the first year of the membership.

Membership Age Requirements: High school and older. Ages 13-14 must be accompanied by an adult 18 years or older at all times.

Fitness Club Members Open Gym: \$3 a visit

Trails Fitness Club Fitness Center Hours

Day	Sep & Oct		Nov & Dec	
	Open	Close	Open	Close
Monday	5:30 am	8 pm	5:30 am	8:30 pm
Tuesday	5:30 am	8 pm	5:30 am	9 pm
Wednesday	5:30 am	8 pm	5:30 am	9 pm
Thursday	5:30 am	8 pm	5:30 am	9 pm
Friday	5:30 am	8 pm	5:30 am	8:30 pm
Saturday	7 am	2 pm	7am	3 pm
Sunday	8 am	Noon	8 am	3 pm

★ **Renovation: Fitness Center CLOSED August 25 at noon and will REOPEN Tuesday, September 3**

Holiday Closings: Labor Day, Thanksgiving, Christmas Day, and New Year's Day

Fitness Center Equipment

- AMT Machines
- Rower
- Dumbbells/ Kettlebells
- Televisions
- Dry Sauna
- Locker Rooms
- Squat Rack
- True Weight Stations
- Stationary Bikes
- Elliptical Machines
- Treadmills
- Stretch Trainer
- Nu Step
- TRX



Personal Training

Provided by PureEliteFitness Trainers

We recommend training 3x a week for any package. FREE WEEK Trial.

- Comprehensive Coaching & Training Package
- Personalized Nutrition Plan
- Goal Setting & Hyper-Accountability
- 12 sessions (one month, \$66.67 per session): \$800 total
- 24 sessions (two months, \$53.33 per session): \$1280 total

Contact Coach Mike: 224-636-2824
or mdragovich@pureelitefit.com

Fitness



WeFitU

We Fit U is unlike any other fitness class because it is much more than a class! It is a lifestyle coaching team! Each workout of our class is custom-tailored to each participant.

Workouts consist of:

- 50% functional exercise training using our exclusive superset circuit system.
- 20% core, arm and ab conditioning.
- 30% relaxation mindfulness and stretching.

We do not seek perfection; our goal is to empower you to reach your ambitions. You are joining an adult lifestyle community that supports eating health.

Class times:

- Monday & Wednesdays | 6-7 pm (The Zone)
- Tuesday & Thursday | 6-7 pm & 10:30-11:30 am (Weiss Center)
- Saturdays | 7:15-8:15 am & 10:45-11:45 am (Weiss Center)

WeFitU Punch Cards

Punch Card Type	Drop In	3 Classes	6 Classes	12 Classes	24 Classes
WeFitU	\$40R/\$48N *Expires 1 Year	\$105R/\$125N *Expires 30 Days	\$195R/\$215N *Expires 45 Days	\$360R/\$380N *Expires 60 Days	\$600R/\$620N *Expires 120 Days

The updated schedule can be found on our website at rtpd.org or picked up from the Weiss Center.

Be Active • Be Healthy • Be Happy

Join SilverSneakers or Renew Active

Both programs now available for adults 65+.




Join the fitness center for FREE if your Medicare health plan, Medicare supplement carrier or group retiree plan includes Silver Sneakers OR Renew Active as part of your benefits package. You may qualify for a FREE fitness membership. Check with your provider, sign up, and start exercising with us tomorrow!

SilverSneakers and Renew Active are ONLY available at the Trails Fitness Center.

Fitness

Fitness & Yoga

River Trails Park District offers a variety of workout classes appropriate for all fitness levels. Whether you're just getting started or have been exercising a long time, you will have the opportunity to improve your strength, balance, endurance, agility, and flexibility. Ages 16 & up

Example for Fall 1, if you visit:

- 1x a week=7 classes or punches
- 2x a week=14 Classes or punches
- 3x a week=21 Classes or punches



New!

Fitness & Yoga Punch Cards

- Punch cards can be purchased online www.rtpd.org or at the Weiss Community Center.
- Participants can pick-up their punch card one business day prior to the start of class at the Weiss Community Center.
- Participants will be responsible for their own punch card. The Park District is not responsible for lost or stolen cards.
- If a participant does not have their punch card, they will need to buy a drop-in pass.
- Punch cards expire after each session- unused punches do not carry over into a new session.
- Group Exercise and Yoga classes are held at the Weiss Community Center.

Group Exercise and Yoga are held at Weiss Community Center (unless noted)

FALL 1 | 7 WEEKS | Sept 8–Oct 26

Punch Card	Drop In	7 Punches	14 Punches	21 Punches	Unlimited
Group X & Aqua Combo	\$10R/\$12N	\$56R/\$67N	\$105R/\$125N	\$147R/\$167N	\$167R/\$189N
Yoga	\$13R/\$15N	\$84R/\$101N	\$154R/\$17N	\$210R/\$230N	n/a

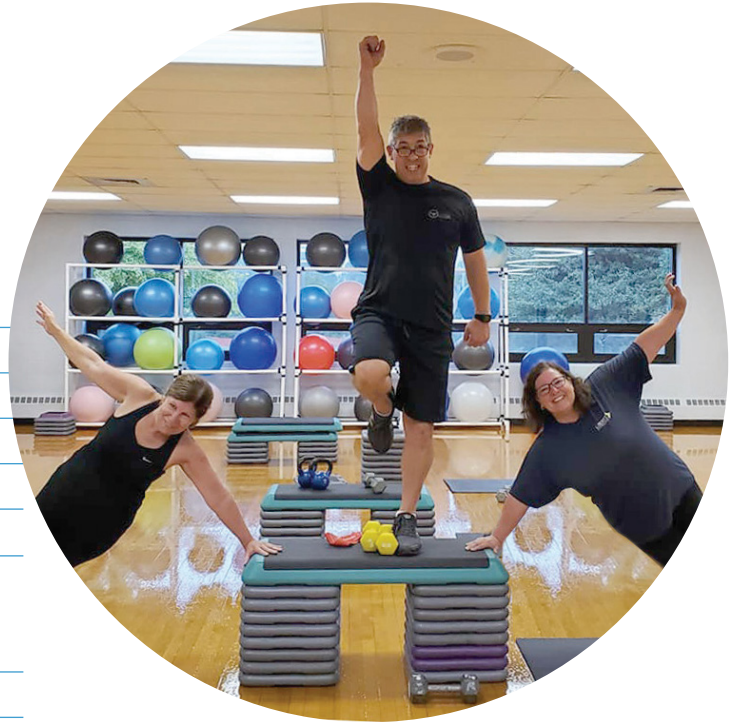
FALL 2 | 8 Weeks | Oct 27–Dec 21, NO CLASS THANKSGIVING NOV 28

Punch Card	Drop In	8 Punches	16 Punches	24 Punches	Unlimited
Group X & Aqua Combo	\$10R/\$12N	\$64R/\$77N	\$120R/\$140N	\$168R/\$188N	\$188R/\$208N
Yoga	\$13R/\$15N	\$96R/\$115N	\$176R/\$196N	\$240R/\$260N	n/a

Fitness

Group Fitness. Yoga. WeFitU.

For class descriptions and more information visit www.rtpd.org or call 847.255.1200 or use QR code.



Mondays

8–9 am: Pilates, Instructor: Darleen

9:15–10:15 am: Drums & Tones, Instructor: Lida

10:30–11:30 am: Cardio Combo, Instructor: Lida

5:30–6:30 pm: Cardio Plus, Instructor: Lida

6–7 pm: WeFitU (Zone)

6–7 pm: Vinyasa Flow Yoga, Instructor: Janice

Tuesdays

6–7 am: WeFitU

8–9 am: Barre Fusion, Instructor: Sylvia

9:10–10:10 am: Gentle X, Instructor: Lida

10:30–11:30 am: WeFitU (Weiss)

4:45–5:45 pm Roll & Release, Instructor: Ellen

6–7 pm: Cardio Plus, Instructor: Karen

Wednesdays

8–9 am: Fab Fit Fun, Instructor: Sylvia

9:15–10:00 am: Chair Yoga, Instructor: Janice

9:15–10:15 am: Power Hour, Instructor: Mike

10:45–11:45 am: Yoga for Dynamic Aging
Instructor: Ellen

6–7 pm: WeFitU (Zone)

6–7 pm: Yoga, Instructor: Janice

Thursdays

6–7 am: WeFitU (Weiss)

8–8:50 am: Yoga Express, Instructor: Ellen

9:10–10:10 am: Gentle X, Instructor: Lida

10:30–11:30 am: WeFitU (Weiss)

6–7 pm: KB Cardio & Strength, Instructor: Karen

Fridays

8–9 am: Core Conditioning, Instructor: Yolanda

9:15–10:15 am: Pilates, Instructor: Sylvia

Saturdays

7:15–8:15 am: WeFitU (Weiss)

8:15–9:15 am: Step Interval, Instructor: Lida

9:30–10:30 am: Vinyasa Flow Yoga,
Instructor: Janice

10:45–11:45 am: WeFitU (Weiss)

**Fitness Bingo
Challenge**
See page 44

Prices, dates, and times listed in the brochure may have changed since being published. Community Pass Registration will reflect the correct program and/or event information.

Group Fitness

FabFitFun This class is a full body workout which includes body weights exercises, weights, and finishes with core exercises and stretching.

Power Hour 60 minutes of total body boot camp that uses strength training to burn calories and build strength by mixing in light cardio, weights and circuits. Great way to get your gym workout in the Group Ex room.

Core Conditioning Sculpt your midsection, improve your body's strength, balance and coordination. Weights and resist a ball will be used.

Monday Cardio Plus Moderate level interval workout that includes hi-lo cardio and various types of weights for strength training. Balls, tubes, rings may be used. Bring your own mat.

Tuesday Cardio Plus Every day is different. We use a variety of weights, kettle bells, body bars, TRX, tubes and ball as well as hi-lo aerobics including jump rope. No stepping!

Gentle Exercise A non-cardio class to strengthen muscles and joints. Back to basic exercises are performed sitting and standing. Proper form and body alignment emphasized. Tailored to your physical ability.

Drum & Tone Light drum cardio + back to basic exercises performed sitting and standing. Class promotes physical and mental health.

Cardio Kettle & Strength Rev up your heart rate while challenging multiple muscle groups. Burn calories and strengthen your muscles at the same time with this high intensity, fast paced workout.

Barre Fusion A fun, energetic workout that fuses techniques from dance, Pilates, and yoga. This class will tone, define, and chisel the whole body. Booty Barre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre.

Step Interval A challenging interval class that works major muscle groups through a variety of cardio, strength and core exercises. Step and weights will be used. Barre, balls, ring and TRX may also be used.

Pilates Strengthen your core muscles and improve your flexibility, balance and posture through this safe and effective fitness program. Pilates mat work allows people of all ages, gender and fitness levels to tone and shape their bodies.

Roll & Release Self-Myofascial Release with Therapy Balls. A valuable way to reduce pain, improve mobility, facilitate tissue healing, avoid injury, and maximize physical performance. These simple yet incredibly effective tools help break through tightness and stuck points that may be found within the protective layer of fascia surrounding your connective tissues. Each week, we will introduce rolling techniques for target areas with Yoga TuneUp® therapy balls.

Cardio Combo This is a quick 60-minute full-body workout. Cardio intervals alternating with strength moves to work the upper body, lower body, heart, and core. No mat is required. Equipment will vary to promote strength.

Yoga

Vinyasa Flow Yoga Flow based Hatha yoga uses movement and breath together to produce a "flow" of postures that lead from one to the next. Yogis can expect to develop strength, flexibility, and mental clarity in a mixed-level environment.

Chair Yoga Chair Yoga includes the same elements as traditional yoga, but this gentle practice modifies standard yoga poses so you can do them while sitting in a chair or standing and using the chair for balance.

Yoga For Dynamic Aging This class will be geared toward anyone looking to move with more confidence and ease! Class will incorporate key yoga poses, breathing practices, balance work, along with functional movement to improve posture, and basic whole-body mobility from head to toe. Modifications AND props (yoga blocks, chairs, straps) will be provided to help students find better alignment and also assist them in getting down and up from floor.

Classes & Events

Glow with the Flow

Monday, October 28

Tap into the spirit of Halloween with this spooky Halloween themed yoga flow class and social. Costumes encouraged. Wine and appetizers are to follow. Registration deadline is October 21.

Ages: Must be 21+ and older

Location: Rob Roy Golf Course

M 6-8 pm

Oct 28

Early Bird Rate until Oct 14: \$25R/\$30N

Regular Rate: \$35R/\$42N

Girl Power Mother Daughter Yoga

This Mother-Daughter yoga class brings special practices that integrate connection, joyful movement, and relaxation. Mothers have an opportunity to connect to their daughters in ways that feel natural and genuine outside of their busy daily routines. Girls feel empowered as they develop their inner and outer strength, confidence, and compassion. They gain important lifelong tools to find emotional balance, manage stress, and establish healthy relationships. Both mother and daughter(s) must register. No Class November 26.

Both mother and daughter(s) must register.

Ages: 7-14 w/ Adult

Location: Weiss Community Center

W 4:30-5:30 pm

Sep 4-Oct 16

Oct 30-Nov 20

\$65R/\$72N per session

Outdoor Walking Workshop

Take your movement outdoors! Enjoy this 60-min outdoor class that will help you walk/hike smarter, faster, and farther with greater ease. We will use the ground, park benches, playground equipment, even trees, to do key mobility and flexibility moves that will unlock and strengthen all your "walking parts."

Ages: 18+ and older

Location: Woodland Trails Park

Sa 9:30-10:30 am

Oct 12-Nov 2 \$31R/\$37N

Family Beats

Low impact exercise for all ages. Drumming and movement improve motor skills, listening skills, heart and brain health. Rhythmic drumming reduces stress and provides emotional release. Sticks and balls will be provided for this family-building workout.

Ages: 7-14 w/adult

Location: Weiss Community Center

Sa 9:30-10:30 am

Sep 14 \$10R/\$12N per person



Fitness



Golf Stretching Clinic

In this Golf Stretch Clinic, we will help you build strength and flexibility which are critical to your swing and overall performance. We will work on loosening up your shoulders, strengthening your core, working on upper body, leg strength, hip rotation, and twists all in an effort to elevate your golf game.

Ages: 18+ and older

Location: Rob Roy Golf Course

W 9:50 am

Sep 11 \$9R/\$11N

New!

Fitness BINGO Challenge!

Fitness BINGO is a seasonal event starting October 27th and running through December 21st. Participants can enjoy a combination of exercise classes and the Trails Fitness Club. It's a great way to stay active and motivated during the holiday season! Gift card prizes will be awarded to the first three finishers who turn in their completed BINGO Cards at the Weiss Community Center.

How to Play!

To earn stickers for Fitness BINGO, players need to complete either a full exercise class or work out at the Fitness Club for an hour. Each completed session earns participants one sticker to place on their card.

How to Join Fitness BINGO!

Fitness Members & Punch Card holders can simply pick up a free BINGO Card at the Weiss Community Center front desk starting October 22nd. Non-members can purchase a daily pass to the Trails Fitness Club or purchase a drop-in punch for exercise classes.



Prices, dates, and times listed in the brochure may have changed since being published.
Community Pass Registration will reflect the correct program and/or event information.

Active Adult

Painting

Beginner through advanced students will learn how to paint landscapes, seascapes, flowers and more, you choose! Learn new techniques through our professional instructor, Anthony Soskich's skilled guidance.

Age: 18+

Location: Weiss Community Center

M 10 am-1pm

Sep 9-Oct 21 \$140R/\$160N

Oct 28-Dec 9 \$140R/\$160N



Trips

The Full Monty

The Full Monty follows Jerry, Dave, and pals, in this side-splitting musical. As part of a group of unemployed steelworkers in Buffalo, New York, with their backs to the wall, they create a male strip show to help pay their mortgages and provide for their families after layoffs. Transportation and lunch are included.

Age: 21+

Location: Paramount Theater,
Leaves from Weiss Community Center

W 9:30 am-5 pm

Sep 11 \$115

Act of God

When God finally speaks, you might be surprised by what He says. In this hilarious divine comedy, the Almighty takes a crack at rewriting the Ten Commandments. Inhabiting a mortal vessel, this world-weary God invokes many classic straight shooters from the past. But even Howard Stern and Johnny Carson would blush at God's audacity as He takes to the stage to address the misconceptions mankind has amassed. Transportation and lunch included.

Age: 21+

Location: Paramount Theater,
Leaves from Weiss Community Center

W 9:30 am-5 pm

Oct 23 \$113

Tribute to Elvis

Ramey's Tribute to Elvis is a show like no other. Presented with high energy, audience interaction, and respect for Elvis, audiences love him. Logan has gained the respect of fans and colleagues alike, even Elvis Presley's stepbrother! If you are looking for an authentic and respectful Tribute to Elvis, look no further. Transportation and lunch are included.

Age: 21+

Location: Henry Jacobs Mansion,
Leaves from Weiss Community Center

Th 9:30 am-5 pm

Nov 21 \$95

Sweet Reminders - Christmas Cheer

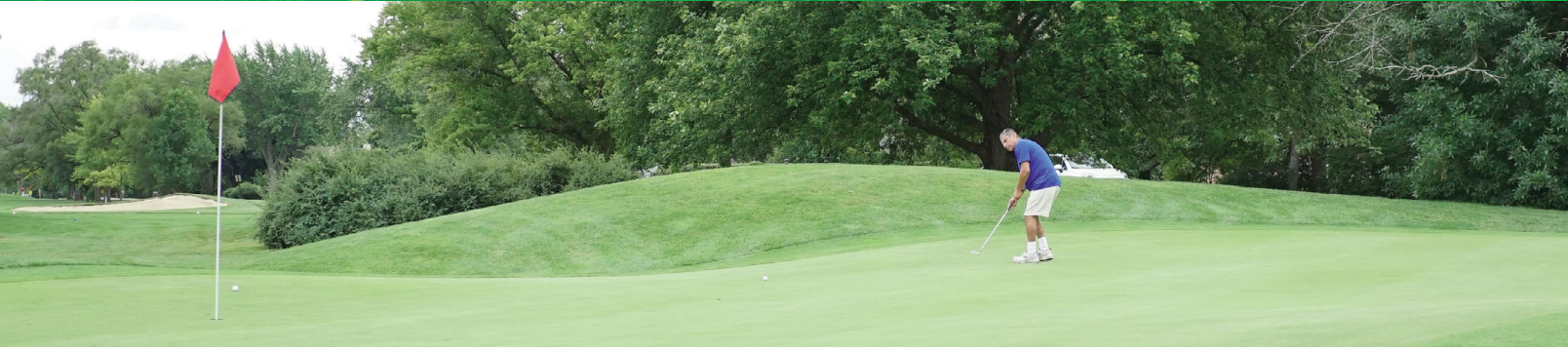
Celebrate the cheerful sounds of the season, as only Sweet Reminder can deliver them! This show is sure to put you in the mood to Deck your Halls and Jingle your Bells! It features plenty of beautiful vocals, interesting songs, fun facts, and a healthy dose of humor while never forgetting the true meaning of Christmas! Transportation and lunch are included.

Age: 21+

Location: Chandler's,
Leaves from Weiss Community Center

Tu 9:30 am-5 pm

Dec 3 \$89



ROB ROY

RIVER TRAILS PARK DISTRICT

Rob Roy Golf Course

Managed by River Trails Park District

505 E. Camp McDonald Road

Prospect Heights, IL 60070

847.296.GOLF (4653) | www.robroygc.com

Winding through 51 acres, the beautiful Rob Roy Golf Course, (9 Hole, Par 36), will challenge your golfing skills. Our 3,022 yards are narrow and tree-lined requiring accuracy with water coming into play on 4 holes and sand traps throughout the course. Red, Yellow, White and Blue tees offer options for all skill levels. Rob Roy challenges the experienced golfer. Warm up on our lush putting green before your round and afterwards visit the 10th Hole Bar and Grill to enjoy a beverage, sandwich or snack. Prices subject to change.

- Tee times available 6 am–6 pm (until Sept 16) Peak.
- Please call for off-peak season times for Fall.

9 Holes	Residents	Partner Residents	Non Residents
Monday–Friday	\$18	\$19.50	\$21
Saturday & Sunday	\$20	N/A	\$23
Holidays	\$20	N/A	\$23

Cart Rental Pull cart \$3

Golf Cart Rental \$12 per person

Leagues Interested in joining? For more information call 847.463.3721 or E-mail leckenbrecht@rtpd.org.

Group Outings Email: leckenbrecht@rtpd.org or call 847.463.3721.

Club Rentals The Rob Roy Golf Course has clubs available for rent for \$10 in the Pro Shop.

Pro Shop Stop in for all your golf necessities: golf balls, gloves, hats, tees, towels and Rob Roy Merchandise!

Gift Certificates Available in any amount for golf course and proshop.

Use the QR code at right to purchase.



Rob Roy Membership

Unlimited M–Th (excluding holiday) play. This does not include a cart.

To set up your membership please come to the Pro shop to set up your account. Expires: when the course is closed for the year. 2025 memberships begin Spring 2025.

- Resident \$540
- Partner Residents \$585
- Non-resident \$690

Golf Course closes December 8 for 2024 Season (or first major snow fall)

Head to Rob Roy November 29 through December 8!

Black Friday Holiday Week Long Golf Special!

Nov 29–Dec 8

Round of Golf

- \$10 Walking
- \$16 with Cart



Youth on Course

Become a member of this awesome program for young adults and teens for ages 18 years and younger. This membership allows for \$5 play Monday through Friday at Rob Roy Golf Course. This program is about encouraging youth to get out and learn the sport of golf! Membership is limited to players 18 and under.

Join today! <https://youthoncourse.org>.



Winding through 51 acres, the beautiful Rob Roy Golf Course, (9 Hole, Par 36), will challenge your golfing skills. Our 3,022 yards are narrow and tree-lined requiring accuracy with water coming into play on 4 holes and sand traps throughout the course. Red, Yellow, White and Blue tees offer options for all skill levels.



Woodland Trails Mini-Golf Course

Starting August 18 open on weekends only.

Closing September 29 for the 2024 Season.

1500 E. Euclid Ave.
Mount Prospect IL 60056

For information call 847.255.1200 or visit our website at www.robroygc.com/golf/driving-range.

Hours may be modified at beginning and end of season. Last round of mini golf is 30 minutes prior to closing time.

- 18 Challenging Holes
- 12 Years & Under\$5
- 13 Years & Older\$6

Woodland Trails Driving Range

1500 E. Euclid Ave. Mount Prospect, IL 60056
847.253.GOLF | www.robroygc.com

Range closes December 18 for the 2024 Season (or first major snow fall).

Hours: Sunrise to sunset (except on Monday the range opens at 10:30 am)
Hours may be modified at beginning and end of season.

- 35 Hitting Mats
- Putting Green
- Target Greens

Buckets

- Small (32).....\$5
- Medium (64 balls)\$7
- Large (96).....\$10

FUN
For All Ages
Group rates available for groups of 15+
Call 847.255.1200 to schedule

10th Hole BAR & GRILL

Join us at the 10th Hole Bar and Grill overlooking the gorgeous Rob Roy Golf Course. Choose from a variety of great snacks, sandwiches, burgers and more! Catering is available year round. Refer to the website for hours as the Golf Season winds down.

- **Closed Monday**
- **Tuesday-Friday: 11 am-9 pm**
- **Sat & Sun: 8 am-5 pm**

**505 E. Camp McDonald Road
Prospect Heights, IL 60070
847.296.GOLF (4653) • www.robroygc.com**



**Closing November 3 for 2024 Season.
Opening in February 2025 for Friday Fish Fries.**

ROB ROY

Weddings & Banquets



Rob Roy Weddings & Banquets

offer guests a tranquil, delicious meal while providing exceptional style and class. Floor to ceiling windows overlook the lush fairways and a spacious deck offers beauty and functionality. Choose from a variety of room and food and beverage packages to meet your needs. Our highly experienced team is committed to excellence and will work with you to make your event a success! Full service bar available. Accommodates up to 160 guests for a banquet set up and 260 guests for a meeting set up.

For all your inquiries and pricing, contact:
robroyevents@rtpd.org
or call 847-812-7439.

Rob Roy
505 E. Camp McDonald Road
Prospect Heights, IL 60070



Perfect for all occasions!

- | | |
|------------------------|------------------------------------|
| Weddings | Showers |
| Banquets | Birthdays |
| Holiday parties | Anniversaries |
| Fundraisers | Tributes |
| Mitzvahs | Memorials/Life Celebrations |
| Awards Dinners | Communions |
| Conferences | Outdoor events |
| Meetings | Quinceañeras |
| Team-building | |



Rental

Room Rentals

Facilities may be rented for public or private gatherings. Please reserve at least 2 weeks prior to your rental date. No alcohol or smoking permitted. Kitchens are available at the Weiss Center Meeting Room, Burning Bush Center Large Room (A) and The Zone Glass Room. Use of kitchen included with rental. Tables and chairs available for use inside the building. **All room rentals are a two hour minimum unless approved.**



Weiss

Location	R	NR	Capacity
Meeting Room	\$55	\$66	80
North Room	\$50	\$60	50
Dance Room	\$50	\$60	50
Full Gym	\$80	\$96	200
Half Gym	\$50	\$60	

Burning Bush Community Center

Location	R	NR	Capacity
Large (A) Room	\$55	\$66	90

The Zone

Location	R	NR	Capacity
Glass Room	\$55	\$66	50
Blue Room	\$50	\$60	50
Turf (full field)	\$95	\$115	
Turf (half field)	\$55	\$66	
Parkour (full)	\$120	\$140	



Rental

Weiss Community Center

**1500 E. Euclid Avenue
Mount Prospect, IL 60056**

Gymnasium—Perfect for any large sports event. Comfortably holds 100 up to 200. Contains six movable basketball hoops or two volleyball courts.

Meeting Room—A great room for a family party, baby shower or team party. Kitchen attached.

North Room—Also perfect for a family party, baby shower or team party. No kitchen available.

Burning Bush Community Center

**1313 Burning Bush Lane
Mount Prospect, IL 60056**

The Large Room (A)—A cozy room ideal for a birthday party, meeting or bridal shower. Capacity 80-90 people depending on room set-up. Kitchen attached.

Woodland Trails Pool Rentals

Online booking available in 2025 for Summer 2025

Book your private rental soon for the perfect splash into summer! Great for birthdays, schools, family parties, special occasions, corporate team building, and customer outings. Water basketball and volleyball are included per request. Make your occasion extra special by adding the water inflatable or concession stand for an additional cost.

Rentals can be requested online using your community pass account. If you have any questions, contact the Weiss Community Center at 847.255.1200.

Park Permits

For residents only. Must be 21.

Permit Fees: M-Th	\$30	All RTPD Parks
F-Su	\$50	All RTPD Parks
Su-Sa	\$75	Woodland Gazebo

Request must be submitted a minimum of two weeks before the date requesting.

Please call 847.255.1200 or stop by the Weiss Center for a registration form. Registration not available online.

The Zone

**550 Business Center Drive
Mount Prospect, IL 60056**

Turf— Our turf field covers approximately 7000 square feet that can be used for youth soccer team practices, small sided games (3v3-6v6) for youth or adults, and other sport activities such as training, practice and/or classes for lacrosse, baseball etc. The turf area can be split up differently based on activities.

- Full field (90 feet by 76 feet)
- Half Field (90 feet by 38 feet)
- Third of a field (76 feet by 30 feet)

Blue Room— This cozy room is ideal for parties, family gatherings or end of the season team parties and hold 40 people. This room is located near the turf and parkour area and is a great option if you are looking to be physically active between food and drinks during your party while enjoying family and friends. No kitchen access

The Glass Room— A unique glass block wall allows light and color making the Glass Room wonderful for a business luncheon, graduation party or family gathering. Comfortable for 50 people with ample space for food and/or present tables. Kitchen attached.

Parkour

Looking for some fun in a non-traditional but exciting setting? You may rent the parkour gym for your party, school outing, and/or a team bonding experience. The west section includes a climbing wall, a spider wall, warp walls that are 9-14 feet in height, obstacles, and a giant foam pit with ropes and rings. The east section includes a foam pit, rope challenges, climbing nets, sliding pole, crash pads, and fun obstacles. General supervision of each area by staff is included in the rental fee.



Facilities

Parks

- A. Woodland Trails Park
- B. Aspen Trails Park
- C. Burning Bush Trails Park
- D. Maple Trails Park
- E. Evergreen Trails Park
- F. Tamarack Trails Park
- G. Sycamore Trails Park
- H. Willow Trails Park
- I. Rob Roy Golf Course

Facilities

- 1. Administration Offices
- 2. Burning Bush Community Center
- 3. The Zone
- 4. Weiss Community Center
- 5. Rob Roy Golf Course Clubhouse
- 6. Woodland Trails Pool

To view all park and facility addresses visit rtpd.org



Facilities

Marvin Weiss Community Center
 1500 E. Euclid Ave, Mount Prospect, IL 60056
 847.255.1200 • rtpd.org

Office Hours

Day	September to October		November to December	
	Open	Close	Open	Close
Monday	9 am	8 pm	9 am	8:30 pm
Tuesday	9 am	8 pm	9 am	9 pm
Wednesday	9 am	8 pm	9 am	9 pm
Thursday	9 am	8 pm	9 am	9 pm
Friday	9 am	8 pm	9 am	8:30 pm
Saturday	9 am	2 pm	9 am	3 pm
Sunday	Closed	Closed	Noon	3 pm

✳ **Renovations: Weiss Center CLOSED August 24 at 2 pm. Fitness Center CLOSED August 25 at noon. Both will REOPEN Tuesday, September 3.**

Holiday Days Closed: Labor Day, Thanksgiving, Christmas Day, and New Year's Day

Marvin Weiss Community Center
 1500 E. Euclid Ave.
 Mount Prospect
 847.255.1200 | rtpd.org

Administration Offices
 401 E. Camp McDonald Rd.
 Prospect Heights
 847.788.0551

Burning Bush Community Center
 1313 Burning Bush Lane.
 Mount Prospect
 847.255.1200

The Zone
 550 Business Center Drive
 Mount Prospect
 847.255.1200

Rob Roy Golf Course and 10th Hole Bar & Grill
 505 E. Camp McDonald Rd.
 Prospect Heights
 847.296.GOLF

Woodland Trails Driving Range & Miniature Golf
 1500 E. Euclid Ave.
 Mount Prospect
 847.296.GOLF

Woodland Trails Park Maintenance Garage
 1500 E. Euclid Ave
 Mount Prospect
 847.394.0734

Woodland Trails Pool
 1500 E. Euclid Ave
 Mount Prospect
 847.255.1200

For park permits see page 51.

PARKS	Woodland Trails	Aspen Trails	Burning Bush Trails	Maple Trails	Evergreen Trails	Tamarack Trails	Sycamore Trails	Willow Trails	Rob Roy Golf Course
Youth Playground	▲	▲	▲	▲	▲	▲	▲	▲	
Tot Playground	▲	▲	▲		▲	▲	▲	▲	
Tennis	Practice Walls	1	1				4 lighted		
Basketball	▲	▲	▲	▲				▲	
Water Fountain	▲	▲	▲	▲	▲	▲	▲	▲	▲
Outdoor Volleyball	▲			▲			▲	▲	
Baseball/Softball	Lighted	▲	2				▲		
Shelter	▲	▲	▲	▲	▲		▲	▲	
Walking/Cycling Paths	▲	▲	▲	▲			▲	▲	
Roller Hockey/Futsal			▲	▲				▲	
Outdoor Pool	▲								
Mini-Golf	▲								
Golf Driving Range	▲								
Soccer	▲	▲	▲			▲	▲	▲	
Community Center	▲		▲						Golf Clubhouse
Skate Park	▲								
Pickleball			2						
Acres	46.7	5	10	2.3	.4	4.75	6.4	12	51
Hours	Dawn-10:30 pm	Dawn-dusk	Dawn-10:30 pm	Dawn-10:30 pm	Dawn-dusk	Dawn-10:30 pm	Dawn-10:30 pm	Dawn-dusk	Varies

General Information

Partner Resident Agreement

River Trails, Prospect Heights and Mt. Prospect Park Districts, through our cooperative “three-for-one” agreement, all programs and most facilities offered by the park districts are available to anyone living within each of the three park district boundaries. A resident of any of the three districts is also considered a Partner Resident of the other two park districts and is therefore able to enroll in classes or programs at resident rates. Golf Courses will have a Partner Rate Mon-Fri only payment tier. Although the agreement may result in an increase in the number of potential users, each park district will continue to maintain its individual identity and utilize monies available to it at present tax rates. Residents always receive priority registration within their “home district” while enjoying the added benefit of enrolling in a “partner district’s” class or program at resident rates.

Volunteer Opportunities

The River Trails Park District utilizes volunteers in many areas and special events. All prospective volunteers must complete and submit a volunteer application, waiver, and release form. If you are selected to be a volunteer, you are required to complete a Criminal Background Check. For additional information on volunteering, please contact Patti Mitchell, Superintendent of Recreation, at 847.255.1200 or pmitchell@rtpd.org. We appreciate your help!

Our Commitment to Safety

River Trails Park District recognizes the importance of safety for our employees and participants. Our goal is to develop and carry out an ongoing program where everyone’s health and safety are the most important factors. All employees are directly involved in making safety a matter of continuing concern. With a cooperative spirit, we will be successful and benefit all members of our Park District Community. Adopted by the Board of Park Commissioners 2014.

Americans with Disabilities Act

River Trails Park District supports and complies with the Americans with Disabilities Act. If you require assistance to participate in our programs, use our facilities, or have any questions or concerns, please notify us upon registration to ensure a smooth inclusion. We are an equal opportunity organization and shall continue to adhere to the doctrine of equality of opportunity and non-discrimination in all of our programs, services, and employment.

Park & School Districts Work Together

River Trails Park District, School District 26 and School District 21, Frost School have enjoyed a cooperative relationship for many years to provide quality services. We share facilities and programs to bring you the best. We’d like to express our appreciation for this continuing outstanding effort.

Equal Opportunity Employer

River Trails Park District is an equal opportunity employer. All qualified persons will be considered for employment without regard to race, creed, color, sex, national origin, sexual orientation, or age.

Hearing Impaired Assistance

Please contact us through the Illinois Relay Center Voice: 1.800.526.0857. TTY: 1.800.526.0844

Northwest Special Recreation Association



Recreation Services to Individuals with Special Needs NWSRA exists to provide outstanding opportunities through recreation for people with disabilities. The agency’s team of full-time Therapeutic Recreation professionals and trained part-time staff offers safe, fun and quality year-round opportunities to individuals with disabilities of all ages and ability levels. Participants benefit through increased self-esteem, physical and social skills development and improved fitness and health while experiencing challenges, making friends and having fun!

Inclusion assistance is provided by NWSRA to those individuals who wish to participate in their home park district programs. When registering, the parent of an individual with a disability should inform the park district (and , if desired) of any accommodation needed in order for the individual to successfully participate in the program. The park district staff will then contact NWSRA for assistance with the accommodation.

For more information on NWSRA, brochures may be picked up at the Weiss Center or at the NWSRA office at Park Central, 3000 W. Central Road in Rolling Meadows. NWSRA may be contacted at 847.392.2848 (voice), 847.392.2855 (TTY) or 847.392.2870 (fax). Check out NWSRA at nwsra.org.

General Information

Photo Policy

Please be aware that staff may take photos of participants enrolled in Park District activities or people on Park District properties. These photos are for Park District use only and may be used for publications and the park district's website.

Financial Assistance-Scholarship Program

Our goal is to provide recreational opportunities for all district residents. We provide services to our residents facing financial hardship through reasonably priced programs and financial assistance/scholarship programs. If you're a River Trails Park District resident facing financial hardship you can apply for assistance. Please fill out an application at the Weiss Community Center, 1500 E. Euclid Ave., Mt. Prospect. Scholarship assistance is made possible from funds raised through our RIVER TRAILS PARK and RECREATION FOUNDATION, a 501(c)3 organization.

Code of Conduct | All participants are expected to exhibit appropriate behavior at all times while participating, spectating or attending any program or activity sponsored by River Trails Park District. This includes participation programs which may or may not require an admission fee, spectating at any athletic events, recitals, rental, facility usage and or attending special events. The following guidelines are designed to provide a safe and enjoyable activities for all participants.

Participants, spectators and or parent/guardian shall:

- Show respect to all participants, officials, program staff and supervisors.
- Take direction from program staff and supervisors.
- Refrain from using abusive, foul language or bullying of any kind.
- Refrain from any and all remarks against an individual's race, ethnic background, religion, physical appearance, or disabling conditions, this will not be tolerated.
- Refrain from causing bodily harm and physical affects on to other program participants, program staff and supervisors.
- Not bring in any weapons or items that may be used as weapons to any programs, parks or facilities.
- Refrain from damaging equipment, supplies, facilities and parks.

Additional codes of conduct may apply for particular programs such as: day camps, adult athletic leagues.

River Trails Park District reserves the right to dismiss a participant, spectator and or parent/guardian for any inappropriate conduct.

Staff Directory | 847.255.1200

Administrative Staff

Bret Fahnstrom, CPRE	Executive Director
Dave Oswald	Superintendent of Finance and HR
Christine Powles	Superintendent of Communications and Marketing
Michael Posch	Information Technology Manager
Crista Altergott	Administrative Assistant & Risk Manager
Steve Schapiro	Corporate Relations Manager

Recreation Staff

Patti Mitchell, CPRP	Superintendent of Recreation
Justin Slade	Recreation Manager
Vance Violante, CPRP	Recreation Manager
Eileen Meyers	Customer Experience Manager
Katie Halverson, CPRP, AFO.	Recreation Supervisor
Andy Sirakides	Recreation Supervisor
Cassidy Lemrise	Recreation Supervisor
Josh Mulholland	Zone Supervisor
Jeff Brunke	Facility & Rental Specialist
Sylvia Durkin	Fitness Supervisor

Park Staff

Mike Hanley	Superintendent of Parks
Jeremy Hakala	Grounds Manager
Tom Kearns	Facility Manager
Erik Hosp	Tradesman
Ryan Geisler	Tradesman
Sean Waite	Grounds Foreman

Rob Roy Golf Course Staff

Louis Eckenbrecht	General Manager
Jeremy Rolf	Golf Superintendent

If you have an ADA Compliance concern, please contact: Patti Mitchell, 847.463.3717, pmitchell@rtpd.org or Mike Hanley, 847.394.0540, mhanley@rtpd.org.



An Illinois Distinguished Accredited Agency since 2000 The Illinois Assoc. of Park Districts and Illinois Park and Recreation Association Accreditation Program. The goal is to improve the delivery of recreation services through a voluntary comprehensive evaluation process. The desired result is to improve the quality of life for residents and to recognize the agencies which provide this quality service. This process makes sure we are up to date with all legal and policy matters as well as increases operational efficiency and effectiveness.

Registration

REGISTRATION DATES

Resident Registration:

Tuesday, August 13

Open Registration Begins:

Tuesday, August 27

WAYS TO REGISTER AT RTPD

• Online is the Best!

24/7 Registration at www.rtpd.org

• Walk-In

Please call for hours, 847.225.1200.

• Mail-In

Mail your completed form and payment directly to:
River Trails Park District,
Weiss Community Center
1500 E. Euclid Ave.,
Mount Prospect, IL 60056

HOW TO REGISTER FOR A PROGRAM

1. Go to RTPD Website www.rtpd.org and click on "Registration Online" icon
2. Log in using your username and password
3. Click on the "Browse Activities" button
4. Verify your email then click "Continue"
5. Click on "Recreation Programs" button
6. Select the person that is registering for the program and click "Continue"
7. Select the program(s)
8. For programs with grades, register child for 2024 school year.
9. When finished with selection(s) click "Continue"
10. Complete payment information

HOW TO CREATE A FAMILY ACCOUNT

1. Go to <https://register.capturepoint.com/RiverTrailsParkDistrict>
2. From the River Trails Park District Community Pass login homepage click on the "Create a Family Account" tab.
3. On the next page complete the "Account Creation" fields and click on "Create" at the bottom of the page.
4. Your address must include North, South, East, West (if applicable) as well as Street, Lane, Court, Avenue etc., for the system to recognize it.
5. On the next page you will see the Community Pass Privacy Statement. After reading, click 'Accept.' Then click 'Finish.'
6. Please save your login and password for future use. When creating your account, add all family members now. Please note that only one account per family is permitted.

Residents:

7. Once you have entered in your household account online, you will need to stop by the Weiss Center, 1500 E. Euclid Ave., Mount Prospect, IL 60056 to verify your residency and family information. Please bring in:
 - a. For adults living in the home please bring in current Driver's license/ State ID or utility bill.
 - b. For 17 years old and younger a birth certificate a current report card or an insurance card for each child in the home.
8. You will not be able to register until your address and child(ren)'s have been verified by the RTPD customer service staff.

General Registration Information

1. Registration is processed at the Weiss Community Center
2. We accept cash, check, Visa, MasterCard or Discover Card. (\$20 minimum for credit cards)
3. WAIT LISTS are held for programs that fill. We will open additional classes if possible. If you are placed on a wait-list you be notified by email. If there is an opening in the program you will be sent an email with link to pay for the class by credit card online.
4. NON-RESIDENT FEE: There is a non-resident charge of approximately 20%, (not to exceed \$20), per class, per person. Partner residents receive resident rates. Please refer to the map to check your residency or call 847.255.1200.
5. **NEW! REFUNDS:** To request a refund, patrons must email refundrequest@rtpd.org. Request less than 5 business days will ONLY be refunded (full or partial) with District approval. All refund requests will be charged a \$5 administrative processing fee. If the park district must cancel a program, a full refund will be made without a processing fee. Most of the processing fees will go to the Send A Kid to Camp Scholarship program.
6. River Trails Park District reserves the right to cancel any program for any reason.
7. Prices, dates, and times listed in the brochure may have changed since being published. Community Pass Registration will reflect the correct program and/or event information.



10TH ANNUAL TRAILS CHALLENGE

2K Obstacle Course Race

SATURDAY, OCTOBER 5

Time.....Age

9:30 am.....12-14 Co-Ed

10 am.....9-11 Boys

10:30 am.....9-11 Girls

11 am.....7-8 Co-Ed

11:30 am.....6+ Family Run #1

11:50 am.....6+ Family Run #2

Registration

To guarantee a medal and request a shirt size register by September 15.

No refunds after September 15.

Early Bird Rate \$20 per person (Now through September 2)

Regular Rate \$25 per person (September 3 to October 3)

Day Before & Race Day \$30 per person (October 4 & 5)

Registration ends 45 minutes prior to each race

Information for Registrants: if you are having any issues registering, simply email ocreg@rtpd.org OR call 847-463-3716.

Youth must be accompanied by at least one adult over 18 years old in the Family Run.

Early-Bird
Registration
begins
August 1

The Annual Trails Challenge Youth Obstacle Course Race is an exciting event featuring a dynamic course that combines man-made obstacles with natural challenges. Safety is a top priority; the course is carefully designed to eliminate street crossings, allowing participants to focus solely on conquering the obstacles ahead.

Participants should be ready to get wet and dirty as they navigate through the course, which may include elements such as mud pits, rope climbs, wall traverses, cargo net crawls, balance beams, and more. Each obstacle is strategically placed to test participants' strength, agility, and problem-solving skills, providing a comprehensive physical and mental challenge.

Secure your spot early! Registration received by September 15 will guarantee you the correct size t-shirt, medal, and goody bag. Please note that no refunds will be issued after this date.

Looking for some team bonding outside of the court or field?

The OCR race is a fun and competitive way to build camaraderie for your team. Teams work together by bringing a "mystery" item around the course and participating in an activity at the end. Team races begin around 12:10 pm., and start five minutes apart. Team pricing is available online, or call/email Race Director Vance Violante at 847.255.1200 or vviolante@rtpd.org for more information or questions.



Special Events

Woodland Trails Pool Event

Pool Pass Appreciation Party

Sunday, August 4
10-11 am



Last Splash Bash

FREE!

Sunday, August 25
11 am-3 pm
Woodland Trails Park



10th Annual Trails Challenge Youth Race

Saturday, October 5
Staggered starting times:
See inside front cover for
details or visit RTPD.org.
Early-Bird Registration begins August 1
Woodland Trails Park
1500 E Euclid Ave., Mount Prospect, IL



Monster's Bash

FREE!

Free Event
Friday, October 25
4-7 pm
Woodland Trails Park



Glow with the Flow

Monday, October 28
6-8 pm
Rob Roy Golf Course



Outdoor Holiday Tree Decorating Contest

Help Decorate River Trails Park District this Holiday Season

Decorate: November 29 -December 4
Voting for your favorite tree Facebook starts: December 6-18

Breakfast with Santa

Saturday, December 7
Saturday, December 14
10-11:30 am (both days)
Rob Roy Golf Course



Stocking Deliveries

Saturday, December 21
10 am-1 pm

Polar Express

December 18,19,20, 2024
1-3:30 pm
Mount Prospect Train Station

