

Fairview Height Residents ONLY

# Free ICE CREAM SOCIAL



Friday, August 5, 2011  
6:00 - 8:00 p.m.  
at Moody Park

Cool down with the  
FH Fire Dept from 6:00 - 6:30

Fairview Heights Parks & Recreation

## NORDIC WALKING & MOTIVATION TO MOVE SEMINAR

A LIFE CHANGING WORKSHOP BY  
ROBERT SWEETGALL

Friday, November 18, 2011  
5:15 - 7:45 p.m. in the lower level of the  
Library

### Part 1—NORDIC WALKING 101

Build muscle, burn fat with the ultimate total-body walking workout.

### Part 2—MOTIVATION TO MOVE

Learn five great physical activities for reducing weight, stress, low-back pain, heart disease, diabetes risk and your rate of aging.

Residents \$2 Non Residents \$3

REGISTRATION IS REQUIRED AND LIMITED

Finger sandwiches and snacks will be served to those that RSVP.



# Fall into Fun with Parks & Recreation

10025 Bunkum Road, Fairview Heights, IL 62208  
(618) 489-2040

<https://activenet12.active.com/fairviewheights/>

To register for classes, go to <https://activenet12.active.com/fairviewheights/> or fill out the release and return with all fees to: Parks & Recreation, 10025 Bunkum Road, Fairview Heights, IL 62208. All classes are filled on a first come first serve basis. All cancellations must be submitted 7 days prior to the class/event date for a refund and will be subject to a 5% processing fee.

## Programs for Seniors

### SENIOR LUNCH BUNCH

Cost is \$6.00 per person. Join us on the first Thursday of the month in the Fairview Heights Sr. Center for an afternoon filled with food, friends and fun. After lunch, you can sit back and enjoy the all time favorite game of bingo. REGISTRATION IS LIMITED.

All Lunches will begin at 11 a.m.

- Sept 1 - Appetizers
- Oct 6 - Chili w/tamales
- Nov 3 - Turkey Dinner
- Dec 1 - Holiday Brunch

### BUNCO CLUB

2ND WEDNESDAY OF THE MONTH

Sept 14, Oct 12, Nov 9 & Dec 14

PRE-REGISTRATION REQUIRED

Are you lucky with the roll of the dice? If so, this is the club for you! The Bunco Club will meet on the 2nd Wednesday of the month. Enjoy snacks each week as you roll your luck for a chance to win gift certificates at local establishments.

Resident \$1 Non Resident \$2  
10:00 - 12:00 p.m.



### ACTIVE AGING

Seniors 55 and older, let's get up and start moving! This new program will be an hour filled with warm ups, walk strong, chair aerobics, and arthritis exercises followed by a cool down. The class will be held in the Fairview Heights Senior Center. Please call 489-2040 to reserve your seat today!

MON & THURS MORNINGS

Cost is \$1 per Class  
9:00—10:00 a.m.

### SENIOR SWIM

Fairview Heights residents who are 55 years and older can attend Aqua exercise classes at the Downtown YMCA center. You must obtain a Swim I.D. card before you may begin. This card will allow you to attend two of the following classes per week: Deep Water Exercises, Water Walking, & Aqua Swimnastics. Your ID card will expire at the end of each year.

2011 ID Card—\$5 per person

### Fairview Promotes Healthy Lifestyles with a FOOD CO-OP

Every two weeks you have the opportunity to purchase a surprise basket of fresh produce. You don't have to purchase every time, only when you want the basket. Join our next pickup on Aug 23rd from 9:15—10:00 a.m. The ordering time to receive a basket is the Tues—Thurs before a pick up. Call our office at 489-2040 for more information or visit the website to begin ordering. Pick up basket at Moody Park—Pavilion #5.

Cost \$23.00 per basket  
[www.communityhelpingscoop.com](http://www.communityhelpingscoop.com)

### FALL FESTIVAL IN THE PARK

Bring the entire family out to Moody Park on Saturday, October 15 from 1:00 - 7:00 p.m. for some good old fashion fun. Admission is free (all children must be accompanied by a parent). We will have vendors selling food, crafts and novelties. Games are \$0.25 - \$1.00. Rides will be \$1.00 each.



### Scheduled Events at the Fall Festival

Food, crafts, games and fun 1:00 - 7:00

Live Music - 2:00 - 6:00

Rides - 1:00 - 7:00

Halloween Picture Ceremony 5:00 - 6:00

**FALL FESTIVAL VOLUNTEERS** - On Saturday, October 16th we are hosting the Fall Festival at Moody Park. We need all the help we can get, this is a great opportunity to earn some community service hours. We have things that people all ages can help with such as carnival games, crafts, face painting and much more! If you are interested in volunteering, please call the office at 489-2040. We promise you'll have a great time working with the families in our community.



## Christmas Spectacular

Saturday, December 10, 2011

10:00 a.m. - 1:00 p.m.

at Four Points by Sheraton



Join us for the most spectacular Christmas program ever!! Fairview Heights residents and Fairview Heights school students ages 2 - 10 along with their parents are welcome to join us for entertainment, face painting, balloon twisting, crafts, snacks, games and of course a visit from Santa Claus. Concessions will be served.



**ELF WORKSHOP** - We are looking for 7th - 12th graders who are interested in volunteering as Elves for The Christmas Spectacular on December 10, 2011. Elves will need to arrive at the Four Points by Sheraton by 9:00 a.m. for donuts and juice and will stay to assist with The Christmas Spectacular. Elves will be helping with crafts, snacks and games. Pre-registration is required, please call 489-2040 to register.

## Fun for Itsy Bitsy's

### FIT BITS

(ages 3 - 4 years)

PRE-REGISTRATION REQUIRED

In this class we promote health and fitness while we help to define coordination, fine and gross motor skills, self discipline and self confidence. Through music and different movements children will love the fun activities we have planned. Classes are held in the Recreation Room on Mondays at 5:00 - 5:45 p.m.

Resident \$20 & Non Resident \$25

Session 1: Sept 12-Oct 3

Session 2: Oct 10-Nov 7

(No class on Halloween)

Enrollment 4 min/12 max

## Programs for Children

### TEE-BALL

(ages 4 - 6 years)

PRE-REGISTRATION REQUIRED

This class helps children learn the fundamentals of Tee-Ball in a non-competitive setting. Your child will be introduced to throwing, catching and hitting. Listening and following directions are also emphasized. Classes are held at Moody Park on Tuesdays at 5:00 - 5:45 p.m.

Resident \$20 & Non Resident \$25

Session 1: Sept 6-27

Session 2: Oct 11-Nov 1

Enrollment 6 min/12 max

### PEE-WEE SOCCER

(ages 4 - 6 years)

PRE-REGISTRATION REQUIRED

This class helps children learn the fundamentals of soccer in a non-competitive setting. This class will help your child develop social skills such as listening and following directions as well as help with hand-eye coordination. Classes are held at Moody Park on Thursdays at 5:00 - 5:45 p.m.

Resident \$20 & Non Resident \$25

Session 1: Oct 6-27

Enrollment 6 min/12 max

Website:  
[WWW.COFH.ORG](http://WWW.COFH.ORG)



Tennis  
Hockey



Golf  
Kickball

For ages 4-6 years

\*PRE-REGISTRATION REQUIRED\*

Give your child a chance to play a variety of sports and find out where they shine! Each week we will learn the fundamentals of a different sport. Camp will be held at Moody Park on Thursdays from 5:00 - 5:45 p.m.

Resident \$20 & Non Resident \$25

Session 1: Sept 8-29

Enrollment 6 min/12 max

### In Case of Bad Weather!

If your child is registered for a sport or event that could possibly get cancelled due to weather, please call 489-2040 and select option "4" cancellations. This will be updated as soon as our office has been notified of the cancellation.

### BASKETBALL SKILLS & DRILLS

(grades 1st - 4th)

PRE-REGISTRATION REQUIRED

What a great opportunity to freshen up on those basketball skills and drills before our league begins, or just join in on the fun to see if shooting hoops is your game. This is not a league. Children will learn the fundamentals of basketball through more advanced, skills, drills and games. Classes are held at Illini School Gym on Tuesdays from 5:00—5:45 for 1st and 2nd graders and from 6:00—6:45 for 3rd and 4th graders.

Resident \$20 & Non Resident \$25

Session 1: Nov 1-22

Enrollment 5 min/25 max

Coaches Needed

Last Chance!!

## Fall Soccer League

(For ages K - 4th grade)

Sept 10 - Oct 29, 2011 at Moody Park

Saturdays 9:30—10:30 a.m.

Children are divided into two divisions:

K - 2nd graders

& 3rd - 4th graders

\$35 per child/Resident

\$45 per child/Non Resident

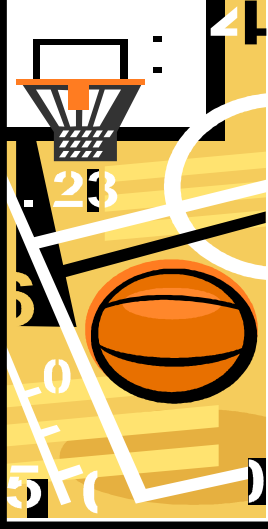
(Team Shirts Included)

\$10 late fee after August 1st



**This is how to Register:**  
 Mail-in & Walk-in to Parks & Recreation  
 10025 Bunkum Road, Fairview Heights, IL 62208  
 On-Line at <https://activenet12.active.com/fairviewheights/>

**Register Now**



**Carl Evans Memorial  
 Pee-Wee Basketball League**  
 League is held on Saturday mornings  
 January 7—February 22, 2012 at Pontiac Jr. High

Children must be in 1st - 4th grade to attend Children are divided into two divisions:  
 1st - 2nd graders & 3rd - 4th graders

\$35 per child/Fairview Res  
 \$45 per child/Non-Residents  
 (Team Shirts Included)

\$10 Late Registration Fee after December 1, 2011

**ZUMBATOMIC**  
(ages 4 - 7 years)

**PRE-REGISTRATION REQUIRED**  
 Zumbatomic is a specially designed class for children to encourage and develop a healthy lifestyle and to incorporate fitness as a natural part of their lives through dance, music and exercise. This is a 30 minute class which incorporates rhythm reviews, games and performance to incorporate healthy lifestyle habits as well as developing leadership, respect, team work, pride, confidence and responsibility. Classes will be held in the Senior Center on Mondays from 6:30—7:00 p.m.

**Residents \$20 & Non Residents \$25**  
**Session 1: Sept 12-Oct 24**  
 (No class on Oct 10th)  
**Session 2: Nov 7- Dec 12**  
 Enrollment 8 min/16 max



**KIDS FISHING RODEO**  
(ages 5 - 13 years)  
**PRE-REGISTRATION REQUIRED**  
 before 5:00 p.m. Friday, Aug 26<sup>th</sup>

The annual Kids Fishing Rodeo sponsored by the Fairview Heights Elk's Lodge 664 will be held on Saturday, September 3rd from 8:30 a.m. - 12:00 p.m. at the Moody Park Lake. The rodeo is open to Fairview Heights residents and guests of Elk's Lodge 664 members. There is a \$5.00 registration fee which includes food, refreshments, plaques and prizes. To register call the Mayor's office at 489-2010.



**Residents \$5**  
**Saturday, September 3, 2011**  
 8:30 a.m. - Noon

**WALKING CLUB**

(Children must be accompanied by an adult)

Looking for a way for you and your family to get in shape together? Join our walking program, it is an excellent way to get in shape and spend quality time together. You will earn prizes as you progress through the program. The more you walk, the more you earn. Meet at the start of the walking trail at Moody Park.

**Tuesdays & Thursdays**  
 8:00-9:00 a.m. or  
 4:00-5:00 p.m.



**Programs for Adults**

**ZUMBA**

(ages 16 & older)

**PRE-REGISTRATION REQUIRED**

Zumba is a Latin based dance fitness class, designed for everyone, every shape and every age. You will be dancing your way to a healthier lifestyle and having fun while doing it. Get fit and get happy! Ditch the workout and join the party! Classes will be held on Mondays in the Senior Center from 7:15—8:00 p.m.

**Cost per session is \$50**  
**Session 1: Sept 12-Oct 24**  
 (No class on Oct 10th)  
**Session 2: Nov 7-Dec 12**  
 Enrollment 10 min/20 max



**YOGA**

(ages 16 & older)

**PRE-REGISTRATION REQUIRED**

Come and find balance in your life. Stretch out those tight muscles and build strength at the same time. Yoga is a total body workout to help reduce stress and tone the body to the core. Yoga will help with weight loss, balance, strength, and flexibility to keep you safe from injury. Yoga also will help reduce stress and calm the body. If you are looking for a getaway close to home, stop in for a yoga class. Let the body renew and the stress wash away. Classes will be held on Mondays in the Senior Center from 5:30 - 6:30 p.m.

**Cost per session is \$50**  
**Session 1: Sept 12 - Oct 17**  
**Session 2: Oct 24 - Nov 28**  
 Enrollment 6 min/12 max



**BALLROOM DANCE**

(ages 16 & older)

**PRE-REGISTRATION REQUIRED**

Instructors Bill & Betty will teach everyone with two left feet the right moves. Ballroom Dance classes will be held on Monday evenings from 7:15—8:15 p.m. in the Senior Center. These classes are perfect for beginners and experienced dancers that need a refresher course. You must register as a couple.

**Cost per couple \$60 per session**  
**Session 1: Sept 12 - Oct 10**  
**Session 2: Oct 24 - Nov 21**  
 Enrollment 5 couples min/8 max



**Nothing Kills  
 a Program Quicker...**

Than everyone waiting until the last minute to register for it! It is very important to sign up as soon as registration begins so that the program will not be cancelled or changed.

**In case of bad weather...**

You can find out if your class has been cancelled by calling our cancellation line 489-2040 opt. 4



**Trips for Adults and Seniors**

**HISTORICAL TRIP TO  
 SPRINGFIELD, IL**

Thursday, September 8, 2011

Cost for Trip is \$35

**PRE-REGISTRATION REQUIRED**

Join us for a day of fun in Springfield, Illinois where Abraham Lincoln spent over 30 years of his life. Discover some of America's most significant history, beginning with the state-of-the-art Abraham Lincoln Presidential Library and Museum. From there we will visit Lincoln's Home, The Old State Capital and finish the day with a trip to Lincoln's Tomb. Everyone will eat lunch on their own in the downtown area. Bus will leave the rear Library parking lot at 7:15 a.m. and return approx 6:00 p.m. Transportation will be a charter bus. **Remember to bring money for shopping and lunch.**



**A GARDEN VIEW  
 OF THE CITY**

Wednesday, October 5, 2011

Cost of the Trip is \$15

**PRE-REGISTRATION REQUIRED**

We will begin our day in the plant filled garden oasis of Bowood Farms Nursery the beauty of the nursery will make you forget that you're in the City. The "jewel" of Forest Park will be our next adventure with over \$3.5 million dollars worth of renovations the Jewel Box glows with beauty. The Fountain on Locust will be our destination for lunch, this restaurant is one of the most photographed restaurants in St. Louis, which is also the home of the Ice Cream Martini. We will end our trip at the St. Louis Art Museum. Bus will leave the rear Library parking lot at 9:00 a.m. and return approx 3:30 p.m. Transportation will be a school bus. (\$12 is due the day of the trip for lunch)

**A TRIP TO  
 SOULARD MARKET &  
 "THE HILL"**

Thursday, November 10, 2011

Cost for Trip is \$12

**PRE-REGISTRATION REQUIRED**

Seniors 55 years and older can join us for a day of fun starting with the famous outdoor market in Souard. We will then venture to "The Hill" for lunch followed by an afternoon at authentic Italian markets and local bakeries. Bus will leave the rear library parking lot at 10:00 a.m. and return approx 3:00 p.m. **Remember to bring money for lunch and shopping.**



**RELEASE & REGISTRATION FORM**

Last Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Contact & Phone Number: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

**REGISTRATION PROCEDURES:** Please use this form for all class fees, clinics and family trips. You may either mail, register on-line or bring this form with all fees to: Parks & Recreation, 10025 Bunkum Road, Fairview Heights, IL 62208. Business hours are Monday-Friday from 7:30 - 4:00 p.m. We also have a drop slot on the front door for after hours registration. **PLEASE MAKE SURE TO SIGN AND DATE THIS FORM AND INCLUDE ALL FEES.** Please note that when we refer to the Recreation Room, this is the old police department building.

**To register for classes, go to <https://activenet12.active.com/fairviewheights/> or fill out the release and return with all fees to: Parks & Recreation, 10025 Bunkum Road, Fairview Heights, IL 62208. All classes are filled on a first come first serve basis. All cancellations must be submitted 7 days prior to the class/event date for a refund and will be subject to a 5% processing fee.**

Program Name	Session	Participant's Name	Age	Birthday M/D/Y	Sex	Grade	Fee	T-Shirt Size

Now accepting: Go to <https://activenet12.active.com/fairviewheights/> to register!

**Please make Checks Payable to: FHPR**

**WAIVER AND RELEASE OF ALL CLAIMS:**

I accept full responsibility by signing below for any claim arising out of the designated class period. I do hereby waive, release and agree to hold harmless the City of Fairview Heights, the instructors and additional sponsors for any claim arising out of this class. I acknowledge that I am aware of the risks of participating in a class/league of this type. I hereby certify that the named participant is in good physical condition and able to safely participate in a class of this type.

Signature of parent or participant 18 yrs or older: \_\_\_\_\_ Date: \_\_\_\_\_