



Washington Park District – FALL 2020 Program Brochure -
This brochure will serve as the FALL 2020 Brochure and you will not receive one in the mail. We print over 14,000 copies and wanted to make wise choices on resources as things are constantly changing and cancellations are then making a printed brochure obsolete.

You can follow us on social media, check out our website, give us a call or stop by our office.

Administration Office: 105 South Spruce St., Washington, IL 61571

Phone: (309)444-9413 | Weather Information Line: (309) 366-2413

Registration Office Summer Hours: Mon-Thur: 8:00AM-8:00PM,

Fri: 8:00AM-6:00PM, Sat: 8:00AM-12:00PM, Sun: Closed

washingtonparkdistrict.com | e-mail: info@washingtonparkdistrict.com

Office closed September 5 and 7, November 26, 27, 28

PARTIES/RENTALS:

We offer birthday parties at our Recreational Facility and shelter reservations throughout many of the Washington Park District parks. For information on these call us or stop by our office.

DISCLAIMER: Everything in this brochure is subject to modification/changes/cancellations as guidance is updated closer to the scheduled event. Please check back as we strive to provide safe and quality programming to people of all ages.

STAFF INFORMATION:

Brian Tibbs – Director - btibbs@washingtonparkdistrict.com

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Dan Graham – Building Maintenance

**Matt Dwyer – Athletic Coordinator
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SPECIAL EVENTS:

Washington Fine Arts Festival has been CANCELLED for 2020

REVISED Washington Clean-Up Day – Saturday, September 12th

The Washington Park District and City of Washington would like to announce a revised plan for the Take Pride in Washington Clean-Up Day that has been rescheduled for Saturday, September 12th. We will NOT be having a morning gathering; rather we will work with pre-scheduled groups to identify an area that works best for them and have them go directly to that location. We will have shirts, trash bags, and gloves available for pickup at the Washington Park District during the week of September 7th and ask that any groups pre-register to determine a location and pick everything up in advance. We will be available at the Wenger Shelter from 8:30am-9:30am for any individuals or families wanting to become involved who may be looking for an assigned location.

THE AMAZING RACE (ADULT STYLE) – Saturday, October 3rd, 5:00pm

This is Washington Park District's version of the popular reality TV show in our very own town. Register your team of 4 for an evening of challenges, fun, laughter, competition, and prizes! This is a great event for church fellowship groups, neighborhood friends, or just people who want to compete! Pre-registration is required. Transportation of your team of 4 is required and we will meet at the Washington Park District to start. \$70 per team CODE: 4-0061-20

26th ANNUAL TURKEY TROT – Saturday, November 7th, 9:00AM

The Washington Park District's annual one mile Turkey Trot/walk will be held on the Washington Recreation Trail behind McDonald's. We will be celebrating our 27th year of trotting and having fun. All ages are welcome and encouraged to participate. Ribbons and door prizes will be awarded for the one mile fun run/walk. Registration at the Washington Park District office prior to the event is encouraged, but on-site registration is available and begins at 9:00 am. \$3 per person or \$9 per family CODE 4-6305-20

SAVE THE DATE



GOOD NEIGHBOR DAYS 5K, 1 MILE – SATURDAY, October 31st – Five Points Washington 7:30am start

Kids Fun Runs to follow at 9:00am at Central Primary School Lot

**BREAKFAST WITH SANTA – SATURDAY,
December 5th 9:00-11:00AM – Five Points
Washington - presented by Washington
Community Bank**



**Washington
Community
Bank**
Member
FDIC
A Division of Morton Community Bank



JOIN THE DRIVE TO FIGHT CHILDHOOD OBESITY

Childhood obesity has reached epidemic proportions. Illinois park districts, forest preserves, conservation, recreation and special recreation agencies are coming together to ensure a healthy, happy and safe future for kids. The Park District Youth License Plate makes it possible for agencies to offer programs that teach children lifelong health, fitness and nutritional choices.

Toll Free. 1-877-783-KIDS - www.4KIDSplate.com

IAPD
Illinois Association of Park Districts



REACH

Washington Park District offers an excellent before and after school program for children Kindergarten through 6th grade. We offer a variety of fun activities ranging from playground and gym time to games and crafts in the classroom. Children are divided by grade, Pre-K & K, 1st-2nd, and 3rd-4th, & 5th-6th. Each room is arranged with grade appropriate activities. We have plenty of workspace to complete homework assignments if needed.

An added benefit to enrolling your child in REACH is the availability and proximity to the many seasonal programs offered by the Washington Park District. In the past, we have had many programs available during REACH hours. We have had participants attend tumbling, basketball, volleyball, and drawing programs that occur at our facility. A great convenience for those working parents who are unable to be in two places at once.

REACH registration requires payment for August/September and/or transportation fee and the completion of the required parent's packet available at the Washington Park District office located at 105 S. Spruce St. Washington, IL 61571. After that, you will get an invoice for the upcoming month. The program runs September 8 – June 9, 2021 based on Central District 51 school schedule and we will accommodate other schools based on needs. Dayquest days are not included in the REACH program, but are available on most full days off school and holiday break days. All early dismissal days are included in the REACH program fee. School sponsored snow CANCELLATION days are offered to current REACH customers free of charge.

REACH is billed on a monthly basis. You will receive an invoice at our check in/out table and can make this payment in our main office. REACH plans offer a flexible number of days per week to accommodate every schedule.

Transportation is provided to the Park District REACH program from Central Grade School, John L. Hensey, Beverly Manor, and St. Pat's for a fee of \$85. The Lincoln Grade School and Washington Middle School buses pick up and drop off in front of our building. Parents wishing to schedule children for the Park District Transportation service should register during his/her respective school registration.

Grade: Entering Grades K-6

Location: Washington Recreational Facility

REACH Coordinator: Megan Vanderheydt – Meganv@washingtonparkdistrict.com

Transportation Fee: \$85 due at registration for students attending Districts 50, 51 and St. Pat's.

Hours of operation: Before Care opens at 6:30 am and After Care closes at 6:00 pm.

WE HAVE EXTENDED SUMMER CAMP RUNNING THROUGH SEPTEMBER 4TH FOR ALL CENTRAL DISTRICT 51 FAMILIES. THOSE FAMILIES WILL REGISTER FOR REACH AND PAY FOR SERVICES TO BEGIN TUESDAY, SEPTEMBER 8TH.

ALL OTHER SCHOOL DISTRICT FAMILIES WILL NEED TO REGISTER FOR REACH IN ADDITION TO THE MONTH OF AUGUST (CODE 9-4200-20) BASED ON THEIR SPECIFIC SCHOOL START DATE.

Code	Theme	Dates	Times	Fee R/NR
3-4299-20	Extended Summer Camp 1	August 10-14	9:00AM-4:30PM	\$135/\$145
3-4287-20	Extended Summer Camp 2	August 17-21	9:00AM-4:30PM	\$135/\$145
3-4299-20	Extended Summer Camp 3	August 24-28	9:00AM-4:30PM	\$135/\$145
3-4299-20	Extended Summer Camp 4	Aug. 31-Sept. 4	9:00AM-4:30PM	\$135/\$145

REACH 2020 COVID GUIDELINES

- Those displaying a temperature of **100.4** and above will not be allowed in for the day.
- Parents are asked to wear masks when inside the recreational facility.
- Self-assessment of each child by parent at drop off with temperature check by staff.
- Children who have had a fever or shown symptoms of COVID-19, in the last 72 hours, will not be allowed to attend. Common symptoms include: cough, shortness of breath or difficulty breathing. Other symptoms can include: chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell. This list of symptoms comes from the Center for Disease Control.
- Child **MUST** be free from fever without use of fever-reducing medications for at least 72 hours.
- If a child does not feel well throughout the day and displays any symptoms a parent will be called and be asked to be picked up.
- If a child is sick or does not feel well they should stay home.
- Please communicate absences to the teachers and you may be asked the reason to ensure we keep everyone else safe prior to returning.
- Children will be asked to wear a face covering (mask) throughout the day when social distancing standards are not met. Masks will not be required during rest time, free play in the gym, lunch or snack time, or outside on the playground.
- Masks made of cloth will need to be taken home and washed routinely.
- Ensure that the face covering fully covers the mouth and nose, and that the covering fits snugly against the sides of the face with no gaps. Reusable face coverings should be machine washed or washed by hand and allowed to dry completely after each use.
- Lunch bags and drink containers may be brought from home we ask that they be taken home and cleaned each day.
- Any person in a high-risk population is encouraged to stay home, not work in childcare settings, and avoid entering for drop off or pick up.
- Hand washing/sanitizing available in multiple locations and will be required when arriving, several times throughout the day, and when leaving the facility. Staff must supervise young children when using hand sanitizer to include before/after eating, sharing equipment, using the washroom, blowing your nose, coughing/sneezing or participating in activities.
- When returning home we recommend you thoroughly wash your child's hands.
- PPE (masks) will be worn by staff.
- Wellness checks on staff will be completed daily.

Registration Fees: *(fee is per child per month)*

Program	Code	Aug	Sep 8	October	November	December	January	February	March	April	May-Jun 9
AM/PM 5 Days	9-4300-20-A	ALL NON DISTRICT 51 STUDENTS REGISTER FOR CODE 9-4200-20 FOR THE MONTH OF AUGUST	\$238	\$294	\$210	\$238	\$266	\$266	\$280	\$266	\$378
AM/PM 4 Days	9-4300-20-B		\$196	\$252	\$168	\$196	\$224	\$224	\$224	\$224	\$322
AM/PM 3 Days	9-4300-20-C		\$168	\$168	\$126	\$154	\$168	\$168	\$168	\$168	\$252
AM/PM 2 Days	9-4300-20-D		\$112	\$140	\$84	\$112	\$112	\$112	\$112	\$112	\$168
AM 5 Days	9-4300-20-E		\$85	\$105	\$75	\$85	\$95	\$95	\$100	\$95	\$135
PM 5 Days	9-4300-20-F		\$187	\$231	\$165	\$187	\$209	\$209	\$220	\$209	\$297
AM 4 Days	9-4300-20-G		\$70	\$90	\$60	\$70	\$80	\$80	\$80	\$80	\$115
PM 4 Days	9-4300-20-H		\$154	\$198	\$132	\$154	\$168	\$168	\$168	\$168	\$253
AM 3 Days	9-4300-20-I		\$60	\$60	\$45	\$55	\$60	\$60	\$60	\$60	\$90
PM 3 Days	9-4300-20-J		\$132	\$132	\$99	\$121	\$132	\$132	\$132	\$132	\$198
AM 2 Days	9-4300-20-K		\$40	\$50	\$30	\$40	\$40	\$40	\$40	\$40	\$60
PM 2 Days	9-4300-20-L		\$88	\$110	\$66	\$88	\$88	\$88	\$88	\$88	\$132

CENTRAL District 51 Blended Learning Daytime Coverage

With Central District 51 going to a blended learning approach we will be offering services on those opposite days when your child(s) will need to be at home. We will be working with the schools to identify allotted time where your child(s) will do their school related work and then have organized activities for the duration of the day.

Daytime service times will be 8:00AM-2:15PM and any additional time needed outside of that you will need to register for the traditional REACH program. Options will include Wednesday/Friday OR Tuesday/Thursday and you must register for both of those days. FEES and codes are below and will be billed on a monthly basis just like REACH. **May/June will go through Wednesday, June 9th.**

Monday will be every other Monday and you will pay for the months of September – December together and then January – May.

Day of Service	Code	Sept	October	November	December	January	February	March	April	May/June
Wed/Fri	9-4300-M	\$147	\$189	\$126	\$126	\$168	\$168	\$168	\$168	\$252
Tue/Thu	9-4300-N	\$168	\$168	\$126	\$147	\$168	\$168	\$168	\$168	\$231
Mon	9-4300-O	\$126	Pays for	Sept-Dec	-	\$189	Pays for	Jan-May	-	-

(fee is per child per month)

DAYQUEST ADVENTURE FOR FUN DAYS OFF SCHOOL!

Washington Park District offers a fun day off school for children in grades Kindergarten through 6th grade. All children are welcome! You do not need to be a part of our REACH program to participate. While the children are in our building, we offer an exciting program filled with a variety of fun activities ranging from outside play on our playground, time in our gym, to games and crafts in the classrooms. The rooms are set up with age appropriate activities. We ask that you pre-register early so that we may plan our fun filled days and give our working parents confirmation that they have a safe yet fun place for their children! A lunch from home is needed unless notified otherwise. Resident fee is for residents of the Washington Park District taxing boundary. Non-Resident is for all other surrounding communities.

We will continue this DayQuest program from January – June 2021 for all full days off school using the Central District 51 calendar. This schedule will be announced in our Winter/Spring Brochure which will be released in November.

We will make every attempt to open up for a full day off school during snow days. Please visit our Facebook page for an early morning update after the school has announced they will not be in session. These full days off are open to the public and you do not have to be a current REACH customer of ours to attend.

We are working on field trips as things begin to open back up but are not guaranteeing everyday will feature one.

DayQuest 2020-2021 Table

Code	Description	Date	Time	Fee-R/NR
4-4310-20-A	DayQuest	Sept 3 rd	6:30AM - 6:00PM	\$28/\$33
4-4310-20-B	DayQuest	Sept 4 th	6:30AM - 6:00PM	\$28/\$33
4-4310-20-C	DayQuest	Oct 12 th	6:30AM - 6:00PM	\$28/\$33
4-4310-20-D	DayQuest	Nov 23 rd	6:30AM - 6:00PM	\$28/\$33
4-4310-20-E	DayQuest	Nov 24 th	6:30AM - 6:00PM	\$28/\$33
4-4310-20-F	DayQuest	Nov 25 th	6:30AM - 6:00PM	\$28/\$33
4-4310-20-G	DayQuest	Dec 23 rd	6:30AM - 6:00PM	\$28/\$33
4-4310-20-H	DayQuest	Dec 28 th	6:30AM - 6:00PM	\$28/\$33
4-4310-20-I	DayQuest	Dec 29 th	6:30AM - 6:00PM	\$28/\$33
4-4310-20-J	DayQuest	Dec 30 th	6:30AM - 6:00PM	\$28/\$33

EARLY CHILDHOOD:

Starting with the fall session we will be requiring all kids ages 3-5 for the Stepping Stones M/W program to wear masks while they are in attendance at the program. We ask that you have 2 masks (1 to wear and 1 extra in their locker) available at all times.

BUILDING BLOCKS

Building Blocks will help your child build a strong foundation for learning through play. We emphasize positive social skills such as sharing, taking turns, following directions and learning classroom routines. Our daily schedule includes circle time, art, snack time and free play activities which encourage independence and a desire to learn.

Code	Day	Date	Time	Fee R/NR
4-3311-20	Tue/Thu	Sep 1-Dec 17	9:00AM-12:00PM 2 Payments	\$450R/\$470NR \$235R/\$245NR

*NO Class Nov 26

Location: Washington Park District Recreation Facility

Instructor: Julie Harper and the Early Childhood Staff

Age: 2-3 Min/Max 8/24

STEPPING STONES

Help your child make a smooth transition into his/her academic years by giving them the stepping stones for their future. This class for 3-5 year olds focuses on socialization and key early learning skills to promote developmental progress and preschool readiness. Emphasis is placed on building self-confidence and self-esteem.

Code	Day	Date	Time	Fee R/NR
4-3321-20	Mon/Wed	Aug 31-Dec 16	9:00AM-12:00PM 2 Payments	\$450R/\$470NR \$235R/\$245NR

*NO Class Sep 7

Location: Washington Park District Recreation Facility

Instructor: Julie Harper and the Early Childhood Staff

Age: 3-5 Min/Max 8/24

WEE PLAY

Parents, are you looking for some free time? Drop your child off for playtime in a safe and nurturing environment where they will learn to socialize with their classmates through supervised free play, music and art. Feel at ease as you exercise or run errands while your little one has a great time.

Code	Day	Date	Time	Fee R/NR
4-3331-20	Mon/Wed	Aug 31-Dec 16	9:30AM-11:30AM 2 payments	\$300R/\$320NR \$157R/\$167NR

*NO Class Sep 7

Location: Washington Park District Recreation Facility

Instructor: Julie Harper and the Early Childhood Staff

Age: 18 months - 2 years Min/Max 6/12



STAY AND PLAY

This class is a little extension for our Stepping Stones and Friday Free Time group. Your child will bring their lunch to eat when the morning session has finished. After lunch we'll spend a little time relaxing and wrap up our day being creative with arts and crafts and free-play. Your little ones will LOVE bringing their lunch box to school!

Code	Day	Date	Time	Fee R/NR
4-3342-20-A	Wed	Sep 2-Dec 16	12:00PM-2:00PM 2 Payments	\$150R/\$160NR \$78R/\$83NR
4-3342-20-B	Fri	Sep 4-Dec 18	12:00PM-2:00PM* 2 Payments	\$150R/\$160NR \$78R/\$83NR

*NO Class Nov 27

Location: Washington Park District Recreation Facility

Instructor: Julie Harper and the Early Childhood Staff

Age: 3-5 Min/Max 6/12



FRIDAY FREE TIME

Friday mornings are filled with fun in this playgroup which includes recreation, arts, crafts and social play. A perfect addition for children enrolled in our two day play groups or for parents looking for a free morning.

Code	Day	Date	Time	Fee R/NR
4-3341-20	Fri	Sept 4-Dec 18	9:00AM-12:00PM 2 payments	\$215R/\$235NR \$113R/\$123NR

*NO Class Nov 27

Location: Washington Park District Recreation Facility

Instructor: Julie Harper and the Early Childhood Staff

Age: 3-5 years Min/Max 6/12

KIDS IN THE KITCHEN

Come join us for measuring, mixing and creating delicious treats to eat. Each week we will don our chef's hat and follow a different recipe. Please mention any food allergies during registration. This is a drop off program.

Code	Day	Date	Time	Fee R/NR
4-3351-20	Tue	Oct 6 – Oct 27	1:00PM-2:00PM	\$28R/\$32NR

Location: Washington Park District Recreation Facility

Instructor: Julie Harper and the Early Childhood Staff

Age: 3-5 Min/Max 6/12

Frequently Asked Questions:

Are you a pre-school? We are not a preschool. We provide recreational playgroups which facilitate social and developmental growth. The Park District does offer a full-day Pre-K program.

What ages do you serve? We have playgroup opportunities for children 18 months to five years of age.

Does my child need to be potty-trained? Children enrolled in our Wee Play, and Building Blocks classes do not need to be potty-trained. Kids in Stepping Stones and Friday Free Time need to be actively working towards potty-training, if not already independent.

What supplies do we need to provide? Parents should supply diapers and wipes, if needed, an extra set of clothes and a cup or water bottle.

What does a typical playgroup consist of? Manipulative Play, Circle Time (Discussion, Stories and/or Music) or Center-Based Free Play

Can parents stay? These are drop-off programs to aid children in socialization and independence. Parents can wait in another area of the building or leave the facility.

I missed the signup at the beginning of the session, can I still join? Yes, if there is space available we take signups throughout the session for all our Early Childhood classes.

ART THROUGH THE FIVE SENSES

This creative art class for 3-5 year olds will feature unique art projects using touch, taste, sight and smell. Within the spirit of exploration and play we will incorporate exciting everyday materials that are safe for little ones.

Code	Day	Date	Time	Fee R/NR
4-3362-20	Thu	Oct 1 – Oct 22	1:00 – 2:00PM	\$24/\$27

Location: Washington Park District Recreation Facility

Instructor: Julie Harper and the Early Childhood Staff

Ages: 3-5 Years Min/Max 6/12

Program Objective: To provide a happy, secure and stimulating environment where children can develop socially, intellectually, emotionally and physically through play.

TUMBLE TOTS

Tumble tots is designed for the toddler with a bundle of energy. Children along with mom or dad will participate in beginning tumbling skills, dance and creative games focusing on improving motor and socialization skills. Don't forget to bring a camera.

Code	Day	Dates	Times	Fee-R/NR
4-4201-20-A	Tue	Sep 15 – Oct 20	6:00-6:30PM	\$35/\$40
4-4201-20-B	Tue	Nov 3 – Dec 8	6:00-6:30PM	\$35/\$40
4-4201-20-C	Tue	Sep 15 – Oct 20	6:45-7:15PM	\$35/\$40
4-4201-20-D	Tue	Nov 3 – Dec 8	6:45-7:15PM	\$35/\$40
4-4201-20-E	Tue	Sep 15 – Oct 20	9:00-9:30AM	\$35/\$40
4-4201-20-F	Tue	Nov 3 – Dec 8	9:00-9:30AM	\$35/\$40

Program Objective: Children will increase motor skills and further develop social and transition skills through dance and physical activities

Ages: 2-3

Location: Washington Park District Fitness Room

Instructor: Kathy Werstein

Min/Max: 4/6

MUSIC AND MOTION

Let your child engage their musical tendencies in a fun filled class of singing and creative movement. Language and song are used as means of promoting active listening and focus on a weekly theme.

Code	Day	Date	Time	Fee R/NR
4-3350-20	Fri	Sep 11 – Oct 16	11:00-11:45AM	\$35/\$40

Program Objective: Promote body awareness as well as motor and social skills

Ages: 3-5 years

Location: Washington Park District Fitness Room

Instructor: Kathy Werstein

Min/Max: 4/6



Purchase gift cards for family and friends. They make great gifts and may be used on any programs offered by the Washington Park District.

TUMBLING & CHEER

We will be offering **New Flexible Tumbling Options** this fall.

This will include *Semi-Private & Small Group class* options for Tumbling and Cheerleading.

Daytime & Evening options will be available to fit the needs of our students.

You will have the option to:

1. Form your own class with siblings or a group of friends.
2. Let us combine kids of similar ages/abilities and/or school for you.

If you are interesting in registering for a class or have questions please email Tabatha Waid at twaid@washingtonparkdistrict.com or call 309.444.9413.

Due to current restrictions and our commitment to safety we will not be accepting any students new to tumbling or any student's under 5 years of age at this time

Fall Cheerleading

Due to Covid-19 Restrictions formation of our ELITE teams has been put on hold at this time.

In order to meet the needs of our students we will be holding Cheer Skills, Conditioning, & Training classes on Monday Evenings until we can safely form & start competing with our teams again.

Anyone interested in cheerleading is welcome to register for this class.

CHEER CLASSES:

Code	Age	Time	Date	Fee-R/NR
4-4213-20-A	3 rd grade and under	5:00-6:00PM	Aug 31-Sep 28*	\$40/\$45
4-4213-20-B	3 rd grade and under	5:00-6:00PM	Oct 5-26	\$40/\$45
4-4215-20-A	4 th grade and older	6:00-7:30PM	Aug 31-Sep 28*	\$40/\$45
4-4215-20-B	4 th grade and older	6:00-7:30PM	Oct 5-26	\$40/\$45

**NO Class September 7
Sessions will continue on a monthly basis.*

YOUTH ATHLETICS

Check out Youth Lacrosse next spring 2021. Indoor practices start in February with the outdoor season starting in March.

Boys and Girls teams 8 year olds – 14 year olds.



LITTLE HOOPERS YOUTH BASKETBALL LEAGUE

Little Hooper's Basketball League is open to kindergarten and first grade boys and girls. The instructional league will encourage the fundamentals of dribbling, passing and learning the general rules of the game. Practice times and dates will be dependent on gym availability and will begin once the teams are finalized. Please register early so teams can be determined as soon as possible. Volunteer coaches are also needed. Games will be on Saturdays January 4 – February 29.

Code	League	Days	Dates	Time	Fee-R/NR
4-1421-20	Kindergarten	Sat	Jan 9 – Mar 6	varies	\$55/\$60
4-1422-20	First Grade	Sat	Jan 9 – Mar 6	varies	\$55/\$60

*NO Games January 23rd

Program Objective: to participate in an organized basketball league and have fun

Registration Deadline: November 7, 2020

Location: Washington Recreation Facility, Mike Adams Gym

League Director: Jean Escue

Max: Kindergarten/72; First Grade/96

**VOLUNTEERS NEEDED
FOR THIS PROGRAM**

PASS, DRIBBLE AND SHOOT

Pass Dribble and Shoot is designed to teach boys and girls ages 7-9 the correct way to pass, dribble and shoot a basketball. Coach Bob Facker will be returning for his eleventh year of quality instruction and bring over 30 years of experience to the court. Each participant will receive a t-shirt; please include shirt size when registering.

Code	Day	Date	Time	Fee-R/NR
4-1420-20	Tue	Oct 6 – Oct 27	3:45-5:00pm	\$45/\$50

Program Objective: Learn the fundamentals of basketball and have fun

Age: 7-9

Location: Washington Recreational Facility, Mike Adams Gymnasium

Instructor: Bob Facker Min/Max: 10/24



2020-21 YOUTH BASKETBALL LEAGUES

The Washington youth basketball leagues are for boys and girls in grades 2-8. Please consider volunteering to coach or to help supervise officials and scorekeepers, keeping score, clinics, or coordinating a league. The success of this program depends on you.

In-House League

In-House leagues include: Junior Boys and Junior Girls (2nd & 3rd Grades), Junior Varsity Boys and Junior Varsity Girls (4th & 5th Grades), and Junior High Boys (6th-8th Grades). Junior High boys' season will begin in December through early March (any 6th-8th girls interested in playing In-House will play with Junior High Boys). Junior and Junior Varsity could begin with practices as early as mid-December and games lasting through mid-late March. All date ranges are tentative and will depend directly on finding coaches and gym availability.

Competitive Teams

The competitive teams consists of boys 3rd, 4th, 5th and girls 4th, 5th, 6th, 7th and 8th Grade Level. The competitive season runs from November through the end of February for all levels except 6 – 8th Grade Girls. The 6th - 8th Grade Girls start following the Grade School season, usually mid-December into early March. The travel fee is \$190 and is due at the first travel team meeting immediately after tryouts.

Competitive Team Tryouts

Tryouts for Boys 3rd Grade and Boys and Girls 4th and 5th Grades are scheduled for Sunday, September 20th and Sunday, September 27th times and location to be determined. Girls' 6th, 7th and 8th grade tryouts are TBA. Those interested in trying out for the boys 3rd, 4th, 5th and girls 4th, 5th 6th 7th and 8th grade travel teams please call the park office – 309-444-9413 ext. 107.

Travel coach applications can be found on the website – www.washingtonathletics.org - or at the park district office. The travel coach applications are due September 7th.

Fundraiser

All basketball programs (travel and in-house baseball, basketball and softball) will participate in a program wide fundraiser. Each player will be asked to sell 5 - \$5.00 raffle tickets. The tickets will be distributed with the uniforms. The player fee reflects an increase of \$25 to cover the purchase price of the tickets. Families are encouraged to sell the tickets and recover the purchase price or keep the tickets and participate in the raffle. The funds raised will be used to cover gym rental fees, maintain and upgrade the facilities, equipment and other expenses incurred by the leagues.

Basketball Registrations

To register please visit the Park office located at 105 South Spruce Street or online at www.washingtonparkdistrict.com

Code	League	Fee-R/NR	Registration Deadline
4-1901-20	Boy's 2 nd -3 rd Grade League	\$90	Nov 6
4-1902-20	Girls 2 nd -3 rd Grade League	\$90	Nov 6
4-1903-20	Boys 4 th -5 th Grade League	\$95	Nov 6
4-1904-20	Girls 4 th -5 th Grade League	\$95	Nov 6
4-1905-20	Boys 6 th -8 th Grade League	\$95	Oct 23

Program Objective: to participate in a team sport emphasizing fun and good sportsmanship

For more information call 444-9413 ext. 104

**VOLUNTEERS NEEDED
FOR THIS PROGRAM**

HAPPY FEET PROGRAM

Happy Feet includes structured soccer activities with a ball and other fun props and a game scenario at the end to showcase soccer skills.

Happy Feet is designed to use its "kid friendly" curriculum to ensure kids are having an absolute blast while developing essential physical skills. Each session builds on each other and the children are grouped by age. The soccer activities incorporate classic nursery rhymes, songs, and children's games. Happy Feet is a perfect starting point for developing skills and it is non-competitive and uses fun techniques to train advanced motor skills, dynamic dribbling, shooting skills, and fitness.



Code	Days	Dates	Ages	Time	Fee-R/NR
4-1360-20-G	Wed	Aug 26-Sep 30	2 years	5:30-6:00PM	\$45/\$50
4-1360-20-H	Wed	Aug 26-Sep 30	3 years	5:30-6:00PM	\$45/\$50
4-1360-20-I	Wed	Aug 26-Sep 30	4 years	5:00-6:30PM	\$50/\$55
4-1360-20-J	Wed	Aug 26-Sep 30	2 years	5:30-6:30PM	\$45/\$50
4-1360-20-K	Wed	Aug 26-Sep 30	3 years	6:05-6:35PM	\$45/\$50
4-1360-20-L	Wed	Aug 26-Sep 30	4 years	6:30-7:30PM	\$50/\$55

*Extended Game Play

Program Objective: Structured physical activity focusing on motor skills and fun

Age: 2-4 Location: Oak Ridge Park Instructor: Happy Feet Staff Min/Max: 5/15

INDOOR WINTER PROGRAM

Code	Days	Dates	Ages	Time	Fee-R/NR
4-1360-20-M	Tue	Oct 27-Dec 8	2-3 years	5:30-6:00PM	\$45/\$50
4-1360-20-N	Tue	Oct 27-Dec 8	3-4 years	5:30-6:00PM	\$45/\$50
4-1360-20-O	Tue	Oct 27-Dec 8	2-3 years	6:15-6:45PM	\$45/\$50
4-1360-20-P	Tue	Oct 27-Dec 8	3-4 years	6:15-6:45PM	\$45/\$50

*No Class Nov 24

Program Objective: Structured physical activity focusing on motor skills and fun

Age: 2-4 Location: WPD Rec. Facility Instructor: Happy Feet Staff Min/Max: 5/8

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SOCCER ACADEMY

Academy sessions provide instruction in the fundamentals of soccer. The soccer academy will focus on fundamentals with drills and fun games stressing technique. The dates and times are as follows:

Code	Grade	Date	Time	Fee
4-1340-20-A	K-2	Nov 1-Dec 13*	2:00-2:45 PM	\$40/\$45
4-1340-20-B	3-6	Nov 1-Dec 13*	2:45-3:45 PM	\$40/\$45
1-1340-21-C	K-2	Jan 10-Feb 14	2:00-2:45 PM	\$40/\$45
1-1340-21-D	3-6	Jan 10-Feb 14	2:45-3:45 PM	\$40/\$45

*No class November 29

Program Objective: to learn soccer fundamentals

Grades: K-6

Location: Washington Park District Recreational Facility Mike Adams Gymnasium

Instructor: William Hudson Min/Max: 5/15

KID RUN

Start your child off on the right foot and join the Washington Park District Kid Run. The Kid Run is a cross country program open to ages 0-18. Come out and run for fun, or for the challenge. Bring your friends and your family. Awards will be October 21.

Code	Days	Dates	Time	Fee-R/NR
4-6320-20	Wed	Sept 2 – Oct 21	5:45PM	\$10/\$15

Program Objective: To encourage exercise and fitness

Age: 0 and up

Location: Washington Park/Wenger Shelter

Instructor: Kathy Werstein

Pick from the following runs to participate in:

- 25 yard tot trot ages 0-2
- 50 yard tot trot ages 3-4
- ¼ mile run ages 3-6
- 100 yard sprint ages 4-6
- ½ mile run ages 5-7
- 1 mile run ages 6-9
- 1 or 2 mile run ages 10-13 and 14-18



Runner participates in one run per week by age group and distance. Every finisher gets a ribbon at each event. Awards will be presented on the last night of the season to all who completed 4 out of the 7 running days and special recognition will be given to runners with a perfect season (participated in all 7 runs). Please pre-register for this program at the park office or on-line. There will be no make-up run days.

TAE KWON DO

The Washington Park District is proud to have Master Steve Craft's Martial Underground operating out of our building. Master Craft has been involved in martial arts for over 30 years and is a 5th degree Tae Kwon Do black belt. He was previously owner and instructor of New World Martial Arts and has trained numerous state and national champions. These classes will challenge you both physically and mentally. It doesn't matter if you are 7 or 70 years old, you will benefit from these classes.

What you can expect out of a class:

- A workout that pushes you
- Individualized training in a controlled atmosphere
- Power and satisfaction from training

**TAE KWON DO IS BEING MODIFIED TO
IMPLEMENT A NON-CONTACT ROUTINE
STRESSING THE BASICS AND DEVELOPMENT
OF TECHNIQUE AND REPETITION**

Who is taekwondo for?

Everyone. We ask that students be over the age of 5, but beyond that there are no age or physical limitations. We teach physical fitness, respect, self-confidence, discipline, and more.

Taekwondo is known for its emphasis on kicking techniques, which sets it apart from other martial arts. It is believed that the leg is the longest and strongest weapon a martial artist has and kicks have the greatest potential to execute powerful strikes.

We offer both youth and adult classes. When you sign up for the youth or adult class, you will be allowed to attend all 3 classes per week. Payment is done monthly and must be made by the 1st of the month before attending. We will not pro-rate for classes missed and there will be no family or multi-student rates available.

Youth Class will be held on Tues and Thur from 6:00-7:00PM and Saturdays from 8:30-9:30AM.

Code	Month	Days	Ages	Fee R/NR
3-4199-20-D	August	Tue, Thu, Sat	5-12	\$30/35
4-4199-20-A	September	Tue, Thu, Sat	5-12	\$30/35
4-4199-20-B	October	Tue, Thu, Sat	5-12	\$30/35
4-4199-20-C	November	Tue, Thu, Sat	5-12	\$30/35
4-4199-20-D	December	Tue, Thu, Sat	5-12	\$30/35

Adult Class will be held on Tues and Thur from 6:30-8:00 and Saturdays from 9:30-10:30AM.

Code	Days	Dates	Ages	Fee R/NR
3-4198-20-D	August	Tue, Thu, Sat	13 & up	\$30/35
4-4198-20-A	September	Tue, Thu, Sat	13 & up	\$30/35
4-4198-20-B	October	Tue, Thu, Sat	13 & up	\$30/35
4-4198-20-C	November	Tue, Thu, Sat	13 & up	\$30/35
4-4198-20-D	December	Tue, Thu, Sat	13 & up	\$30/35

Location: Washington Park District Martial Arts Rooms (Room 203 & 205)



JOE THE ART GUY

Paint Pouring with Joe

Learn acrylic paint painting with Joe McGuire. Joe has a fun, friendly dramatic painting process that works for any level painter. All supplies are provided. This class is ideal for ages 12 and up. Come ready to learn and have a great time painting! We will be creating a 12"x12" beautiful painting, and perhaps, if time allows a second smaller poured painting. The class lasts between 1 ½ to 2 hours.

Code	Day	Date	Time	Fee-R/NR	Min/Max
3-4140-20	Wednesday	Aug 26	6:00PM	\$14/\$19	5/15

Kid's Drawing Spectacular with Joe, Part I

This is a two-part series of classes. You can pick either session, or BOTH! There will be different projects for each class. We explore several drawing techniques with this 90 minute workshop for kids 6 to 13. We will do pencil sketching, colored pencils and markers, serious drawing to cartooning to Anime. Everything is supplied for a great time. We will even play Joe's famous drawing game!

Code	Day	Date	Time	Fee-R/NR	Min/Max
3-4141-20	Wednesday	Sep 9	6:00PM	\$12/\$17	5/15

Kid's Drawing Spectacular with Joe, Part II

This is a two part series of classes. You can pick either session, or BOTH! There will be different projects for each class. We explore several drawing techniques with this 90 minute workshop for kids 6 to 13. We will do pencil sketching, colored pencils and markers, serious drawing to cartooning to Anime. Everything is supplied for a great time. We will even play Joe's famous drawing game!

Code	Day	Date	Time	Fee-R/NR	Min/Max
3-4142-20	Wednesday	Sep 16	6:00PM	\$12/\$17	5/15

Draw Your Pet with Joe!

Joe loves to draw animals, and has done many pet portraits over the years. Bring a photo of your beloved furry family member to this class, and Joe will work with you individually to create a cherished portrait in colored pencils. A photo that is a good face shot of the pet is best. Joe will have all the supplies for this 2-hour session. It will be great fun. Best for artists age 12 and up.

Code	Day	Date	Time	Fee R/NR	Min/Max
3-4143-20	Wednesday	Sep 23	6:00PM	\$15/\$20	5/15

Paint a Beautiful Sunset

A favorite subject of artists for centuries, you will create a vivid sunset with Joe in two hours! All materials are supplied, all skill levels are great for this class. This has been a popular class over the years, so come and join the fun! Best for ages 13 plus.

Code	Day	Date	Time	Fee R/NR	Min/Max
3-4144-20	Wednesday	Oct 7	6:00PM	\$15/\$20	5/15

Paint on Location at Grandview Drive with Joe!

It's known as the "World's Most Beautiful Drive" and you can spend a beautiful fall Saturday morning painting this great scene with Joe. Everything is supplied. All skill levels welcome. Best for ages 15 plus. LOCATION: THIS CLASS WILL MEET AT GRANDVIEW DRIVE, WE WILL BE IN TOUCH WITH EXACT LOCATION.

Code	Day	Date	Time	Fee R/NR	Min/Max
3-4145-20	Saturday	Oct 17	10:00AM	\$15/\$20	6/15

Kids and Grown-Ups Pour Paint Together!

Team with the kid or adult of your choice to create 2 amazing poured paint paintings. You can experience this exciting and fun process to create amazing artwork. A parent and son/daughter can participate. It can also be a grandparent and a grandkid, too. Or your favorite kid or adult. Any combination! It can be multiple participants! Come join the fun. Everything is supplied for you to create terrific artwork. This session will last about 90 minutes.

Code	Day	Date	Time	Fee-R/NR	Min/Max
3-4146-20	Wednesday	Nov 11	6:00PM	\$12/\$16 per person	4/15 teams

Paint a Beautiful Holiday Wreath

Create a festive holiday painting of a wreath for your home, or perhaps a gift for someone special! Join Joe as you paint in watercolors this fun project. Everything you need is supplied and all skill levels are welcome. Best for ages 13 plus

Code	Day	Date	Time	Fee R/NR	Min/Max
3-4147-20	Wednesday	Dec 9	6:00PM	\$12/\$16	5/15

Location: All classes will take place at the WPD Recreational Facility unless noted.



NITSCH THEATRE ART PROGRAM

The mission of Nitsch Theatre Arts, NFP includes, but is not limited to: providing performance and technical theatre opportunities for adults, youth and those persons with special needs, providing emerging playwrights a platform for new works, providing arts travel opportunities, providing arts education in schools and communities at low or no cost to participants or attendees and to partner with other organizations in order to create arts programs and events that have a positive impact on the community as a whole.



STAGE KIDS PRODUCTION: “Learn by doing” production-based program.

Fall 2020 performance will be **Aladdin Jr.**

NTA's Stage Kids offers musical theatre performance opportunities for students in their communities. The Stage Kids philosophy is “learning by doing” so acting, movement, and vocal fundamentals are taught through the production process. Students participate in a 6-12 week workshop that results in a musical production celebrating their efforts.

Code	Days	Dates	Time	Fee
4-4160-20	Mon	Aug 31 – Nov 23*	6:45-7:30pm	\$150

Age: 5-16

Location: Washington Park District Recreational Facility, Room 209

Min/Max: 10/25

*NO Class Sep 7

The following dates are being finalized and will be released once they are confirmed.

Performance: TEC rehearsal Nov. 30-Dec. 4th

Performance: December 5-15th at Pritchard Theatre – Eureka College

RISING STARS COMMUNITY GROUP

NTA's Rising Stars is a group of talented young people who give back to the community through song and dance performance. It offers participants a wide variety of opportunities for continually work on their performance skills and represent their schools and communities with pride. Members are required to attend regular weekly rehearsal class, practice on their own time and have fun while doing so.

Code	Days	Dates	Time	Fee
4-4161-20	Mon	Aug 31 – Nov 23*	6:15-6:45PM	\$80

Age: 5-16

Location: Washington Park District Recreational Facility, Room 209

*NO Class Sep 7



VOLUNTEERS NEEDED FOR THIS PROGRAM

ROBOTICS TEAM

FIRST Technical Challenge (FTC), offered through the Washington Park District, is a robotics competition for students in grades 8–12. Teams consist of 5-10 highly motivated students working together to design, build, and program a robot to compete in an alliance format against other teams. Team members can learn Java programming basics, Creo design, and engineering fundamentals. The program focuses on the two foundational ideas of gracious professionalism and "coopertition" where team members help and cooperate with each other as they compete. Team members meet 2-3 times a week and often dedicate additional time outside of practices. Slots may be very limited this year due to small team size and social distancing considerations. Additional teams may be formed if volunteers are available for coaching and fundraising. Teams will compete in meets on weekends throughout the Central Illinois Community.

Code	Days	Dates	Time	Fee
4-4180-20	Tue/Thu	Aug-Feb	6:00-8:00PM	\$100

Age: 13-18

Location: Washington Park District Recreational Facility, Room 201



E-Sports with GG Leagues

Did you miss out on the summer E-Sports Rocket League with GG Leagues? We are offering a fall and winter session and would love for you to join in. We are offering the following leagues and would require you to register ahead of time with the Park District. Once registered you will receive an email with instructions on getting setup with GG Leagues. Players will participate in the Illinois Recreational ESports League playing against people in neighboring communities or throughout the state of Illinois.

PLAYERS WILL NEED TO OWN A CONSOLE AND GAME TO PARTICIPATE.

Fall Leagues will run on Saturdays at 2:00pm September 12 – October 17

Winter Leagues will run on Saturdays at 2:00pm November 7 – December 12

League of Legends is a 1 player game played via PC.

Rocket League is a 1 player cross-platform game played via Playstation, Xbox, PC or Switch.

Description	Code	Days	Dates	Time	Fee
Rocket League Fall	4-4162-20-A	Sat	Sep 12 – Oct 17	2:00pm	\$10
Rocket League Win	4-4162-20-B	Sat	Nov 7 – Dec 12	2:00pm	\$10
League Legends Fall	4-4162-20-C	Sat	Sep 12 – Oct 17	2:00pm	\$10
League Legends Win	4-4162-20-D	Sat	Nov 7 – Dec 12	2:00pm	\$10

ADULT ATHLETICS

ADULT CO-ED VOLLEYBALL – (final decision on play will be made closer to the program start date)
Join the fun. Open recreational volleyball will be offered on Wednesday evenings from 7:00-9:00pm. Teams not necessary, just bring your playing spirit and good sportsmanship. The league is non-competitive in nature but participants should have general knowledge of the game. League is limited and fills fast. Don't wait.

Code	Day	Dates	Time	Fee
4-1810-20	Wed	Oct 7 – April 28*	6:30-8:30PM	\$30/\$35

*No games on Wednesday school is not in session

Program Objective: To participate in an organized volleyball league and have fun

Ages: 18 and up

Location: TBD

Min/Max: 10/18

ADULT GOLF LESSONS

Please register for the adult golf lessons at the Washington Park District. Adult golf lessons will be offered weekly for four weeks and designed for beginners to the more experienced golfer. Each golfer will receive personalized attention based on individual skill level. Lessons will be conducted on the driving range and putting green. An additional fee is charged for the practice balls used during class. Clubs are available at Hillcrest for no charge. **Session B will open for registrations when session A is full.**

Code	Day	Dates	Time	Fee
4-1042-20-A	Tue	Sep 1 – 29	5:15-6:15PM	\$40
4-1042-20-B	Tue	Sep 1 – 29	6:30-7:30PM	\$40

*NO Class Sept 8

Program Objective: To learn to play golf

Age: 17 and up

Location: Hillcrest Golf Center

Instructor: Brian Brubaker

Min/Max: 5/8

CAKE DECORATING FOR BEGINNERS

In this beginner's class you will improve your baking skills and learn recipes for great frosting. Learn to decorate your own cakes with borders, flowers, leaves, side drapes, roses, cartoon designs, script writing and more! And the best part: you take home your own finished cakes! A supply list will be handed out at the first class. Supplies will cost around \$50 in addition to the class fee.

Code	Day	Dates	Time	Fee-R/NR
4-5170-20	Mon	Sep 14 – Oct 12	5:30-8:00PM	\$40/\$45

Instructor: Lisa Williamson

Min/Max: 6/12

Age: 12+

Location: Washington Recreational Facility

SENIOR PROGRAMMING

We offer a number of senior events including the Mystery Lunch, BINGO, Monthly Luncheon and Performing Arts groups. Please check back in with us as we have temporarily suspended these activities due to the health detriment of the patrons.

BINGO

First Tuesday of every month
Five Points Senior Room
10:00AM
FREE

MYSTERY LUNCH

Second Wednesday of every month
\$5 + cost of the meal is on you
Meet at Five Points parking lot (south)

LUNCHEON

Last Wednesday of every month
Five Points Banquet Room
11:00AM
\$5 per person

Coordinator: Tara Panek



ADULT PERFORMING ARTS

2nd Act Chorus and 2nd Act Reader's Theatre: No previous experience is required, there are no participation fees, donations and all will participate. Accommodations are made for those with movement or hearing restrictions.

2nd Act Chorus:

Music is good for the heart and soul. Laughter and fun with new friends is healthier yet. Join this wonderful group and enjoy singing and performing a variety of music from all eras.

Rehearsals: Tuesdays 10:15-11:00AM

Start Date: Anytime Director: Julie Christian Location: Evangelical United Methodist Church

2nd Act Reader's Theatre:

A creative and fun activity to bring out your inner actor with comedies, dramas, mysteries, short plays and skits to perform. In Readers Theatre you read your lines so no memorization is required and performances can be done standing or seated. Check out a rehearsal or join in the fun!

Rehearsals: Tuesdays 11:15AM-12:00PM

Start Date: Anytime Director: Robin Meredith Location: Evangelical United Methodist Church

2nd Act Reader's Theatre, 2nd Act Chorus and are available to entertain your group or organization with fun and lively performances of Acting, Singing and Dancing. For more information or to schedule a performance for your organization, contact Matt Suellentrop at 309-444-9413 or matts@washingtonparkdistrict.com

50 GO! TAP

For additional information regarding tap classes please phone or text Gloria Phelps at 309-532-6683.



In regards to social distancing and other current COVID-19 safety requirements, 50 GO! **Tap classes are currently meeting at the open air Wenger Shelter in Washington Park.** Participants will maintain 6 feet social distancing and will be notified of location changes or cancellations due to inclement weather.

Tap Class punch cards are available at the Washington Park District Office at 105 S. Spruce St. Washington, IL 61571. A 10 punch card is \$40.00 and cards can be used for all tap classes.

BEGINNER CLASS - 50 GO! ON TAP: Tap Dance is great fun and terrific exercise for the mind and body. A wonderful variety of music from yesterday and today helps you learn basic tap steps, terminology and technique as well as basic choreographed routines. Tap shoes or hard soled shoes required. No experience needed.

Day: Thursday

Time: 4:00PM

Location: Wenger Shelter in Washington Park

Instructor: Gloria Phelps

INTERMEDIATE - ADVANCED CLASSES - 50 GO! ON TAP: Step up to more intricate footwork and faster musical tempos while expanding your dance skills. Continue improving your dance skills as you move into more stylized choreography. Participants should have previous tap experience or completed a beginner tap session.

Day: Monday

Time: 10:00AM

Day: Wednesday

Time: 5:30PM (class meets at Meadow Valley West)

Day: Friday

Time: 5:30PM

Location: Wenger Shelter in Washington Park

Instructor: Gloria Phelps

Performance opportunities at local events and assisted living centers are available but not required for 50 GO! Dancers.



FITNESS CLASSES

PI-YO

East meets West in this combination of Tai-Chi, Yoga, Floor exercises and Pilates. A combination of Pilates and Yoga is perfect for anyone interested in starting an exercise program. Participants should wear comfortable clothes and bring a large towel or mat.

Code	Day	Dates	Times	Fee-R/NR
4-0121-20	Mon & Thu	Sept 14 – Dec 17*	6:45-7:45PM	\$36/\$42

*No class Nov 26

Program Objective: to improve posture, flexibility physical awareness and reduce stress.

Ages: 13 and up

Location: Washington Park District Fitness Room

Instructor: Kathy Werstein

Min/Max: 5/20

POWER PUMP

Working with Body Bars and light weights to fun music leads to strength gains quickly. Targeting each muscle group with good body alignment and technique will lead to a successful workout.

Code	Days	Dates	Times	Fee-R/NR
4-0131-20	Mon	Sep 14 – Dec 14	5:45-6:45PM	\$36/\$42

Program Objective: to increase muscle endurance so we can perform everyday tasks easier

Ages: 13 and up

Location: Washington Park District Fitness Room

Instructor: Kathy Werstein

Min/Max: 5/15

BANDS AND BALLS

Looking for some variety? We will use a stability ball to strengthen “core” muscles and promote balance as well as using rubber bands to tighten up the arms, legs and glutes. A great class to add on to your cardio training or just by itself.....you will feel the difference.

Code	Days	Dates	Times	Fee-R/NR
4-0171-20	Thu	Sep 10 – Dec 17*	5:45-6:45PM	\$36/\$42

*NO class Nov 26

Program Objective: promotes cardio training, “core” stability and strengthens muscles.

Ages: 13 and up

Location: Washington Park District Fitness Room

Instructor: Kathy Werstein

Min/Max: 5/20

STEP IT UP

This step class intervals cardio training and weights to get the results you want.
Easy cardio step routines get the heart pumping while the weights tone muscles.

Code	Days	Dates	Times	Fee-R/NR
4-0001-20-A	Tue	Sep 8 – Dec 8	4:45-5:45 PM	\$36/\$42
4-0001-20-B	Fri	Sep 11 – Dec 11*	9:00-10:00 AM	\$36/\$42

Program Objective: to increase the heart rate for health and to burn calories for weight control

Age: 13 and up

Location: Washington Park District Fitness Room

Instructor: Kathy Werstein

Min/Max: 5/15

FIT OVER 50

Easy cardio combined with balance and strength routines keep seniors healthy. Come get comfortable with your body in a non-competitive environment . . . friendships are bound to happen.

Code	Day	Dates	Times	Fee-R/NR
4-0141-20-A	Tue, Thu & Fri	Sep 8 – Oct 23	10:00-10:45AM	\$25/\$30
4-0141-20-B	Tue, Thu & Fri	Oct 27 – Dec 18*	10:00-10:45AM	\$25/\$30

*NO class Nov 26 & 27

Program Objective: Gain balance and strength and form friendships and healthy habits

Age: 50+

Location: Washington Recreational Facility Fitness Room

Instructor: Kathy Werstein

Min/Max: 5/15

SUNRISE FITNESS

Wake up! Warm Up! Get a jump start on the day. This 45 minute class offers cardio and strength opportunities using steps, weights, balls and bands.

Code	Day	Dates	Times	Fee-R/NR
4-0151-20-A	Mon, Wed, Fri	Sep 9 – Oct 23	5:35-6:25AM	\$36/\$42
4-0151-20-B	Mon, Wed, Fri	Oct 26 – Dec 18*	5:35-6:25AM	\$36/\$42

*NO Class Nov 27

Program Objective: To tone muscle and increase heart rate for a healthy body

Age: 13 and up

Location: Washington Park District Fitness Room

Instructor: Kathy Werstein

Min/Max: 5/15

COMMUNITY WALK

Enjoy the fall with your friends on the Washington Park District Recreation Trail! Join Kathy Werstein every Thursday at 9:00 AM for a brisk walk filled with workout and health tips. The senior walk is free of charge.

Beginning: Thursday, Sep 3 - October 29

Location: Meet at the playground lot on Lincoln Street

SENIOR LIGHT N' LOW

A class designed for ages 65+. Class will include some walking, seated or standing weight work combined with balance and stretching exercises to keep you active. The class will be structured to fit the needs of those enrolled.

Code	Days	Dates	Times	Fee-R/NR
4-0142-20	Mon	Sep 14 – Dec 14	12:15-1:00 PM	\$20/\$25

*NO Class Sep 2

Age: 65+

Location: Washington Park District Fitness Room

Instructor: Kathy Werstein

TAI CHI FUNDAMENTALS

Some claim that Tai Chi figures among the oldest group exercise forms on the planet. Kathy Werstein shares with you a balanced adaptation of the yang short form of Tai Chi. You should feel more balanced from this natural choreographic flow of movements.

Code	Day	Dates	Times	Fee-R/NR
4-0181-20	Fri	Sept 11 – Dec 11*	12:00-12:40PM	\$25/\$30

*NO Class Nov 27

Program Objective: address stability and mobility through moving, balanced meditation.

Age: 13 and up

Location: Washington Park District Fitness Room

Instructors: Kathy Werstein

Min/Max: 5/15

FITNESS PUNCH CARDS

Are you not sure what class to take or if the times will work with your busy schedule? You can purchase a punch card for \$42 which allows you to attend any of Kathy Werstein's fitness classes 12 times. They never expire so use them when you can! Fitness has never been so convenient.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35 AM	Sunrise		Sunrise		Sunrise	
9:00 AM				Community Walk	Step	
10:00 AM		Fit/50		Fit/50	Fit/50	
11:00 AM						
11:45 AM						
12:00 PM	Light-Low				Tai Chi	
4:45 PM		Step				
5:45 PM	Power			Bands		
6:45 PM	Pi Yo			Pi Yo		

BALLROOM DANCE

Is learning to dance something you have always wanted to do? It is fun with our professional dance instructor Judithe Rexford. Get ready to learn the steps for the Foxtrot, Waltz, Rumba, Swing and many more.

Beginner's Ballroom Dance

Code	Days	Dates	Time	Fee-R/NR
4-5101-20-A	Wed	Sep 2 – Oct 21	6:15-7:15PM	\$39/\$43
4-5101-20-C	Wed	Oct 28 – Dec 9*	6:15-7:15PM	\$30/\$34

Intermediate Ballroom Dance

Code	Days	Dates	Time	Fee-R/NR
4-5101-20-B	Wed	Sep 2 – Oct 21	7:15-8:15PM	\$39/\$43
4-5101-20-D	Wed	Oct 28 – Dec 9*	7:15-8:15PM	\$30/\$34

*NO Class Nov 25

Location: Washington Park District Fitness Room

Instructor: Judithe Rexford

Min/Max: 4/25

HATHA YOGA FOR HEALTH

Come learn and enjoy one of the fastest growing exercise programs in the nation. Hatha Yoga is great for anyone new to yoga or for those with previous yoga experience. Our instructor has a master's degree from the University of Southern Florida and is a certified yoga instructor.

Participants will want to wear loose fitting and comfortable clothes and bring a large towel or mat along with a theraband. The class consist of basic postures (the breath of life) breathing techniques, visualization and relaxation.

Code	Day	Date	Time	Fee-R/NR
4-0101-20-A	Tue/Thu	Sep 1 – Oct 22	12:00-1:15PM	\$30/\$35
4-0101-20-B	Tue/Thu	Oct 27 – Dec 10*	12:00-1:15PM	\$23/\$27

*NO Classes Nov 24 & 26

Location: Washington Recreational Facility Fitness Room

Ages: 13 & up

Instructor: Judithe Rexford

Min/Max: 4/25

Three Simple Ways to Register ...



Online Registration

Register online at www.WashingtonParkDistrict.com



Mail-In Registration

Washington Park District

105 S. Spruce St. • Washington, IL 61571

Note: Please include signed registration form and check payable to the Washington Park District



Walk-in Registration

105 S. Spruce Street • Washington, IL 61571

Monday-Thursday 8:00AM-8:00PM

Friday: 8:00AM-6:00PM

Saturday: 8:00AM-12:00PM



REGISTRATION INFORMATION

Registration for all programs may be completed in one of the following methods:

1. Online Registration-Use your user name and password to log in and register at WashingtonParkDistrict.com

If you have ever registered for one of our programs and used an email address, you may already be in our system. If you do not know if you have an account, but are a regular participant in our programs, you may already have an account and just need to get a password.

1. Click on create your own account.

2. In Step 1.2 on the new screen you will be able to: Link your account or recover account information.

3. Enter any email addresses, one at a time, which you may have used and still have access. The system will confirm you have an account and will email you a new temporary password. Once you are logged in, review your family information and you may begin to review our programs Online. You are also able to review the programs in which

members of your family are registered and history of programs and payments.

2. Mail In- Complete a Program Registration Form available online, in the brochure, or in our office. For mail in registration we prefer a check made payable to Washington Park District. Mail the completed form and payment to:

Washington Park District
105 S. Spruce St., Washington IL 61571

3. Walk In- You may register in person during regular office hours at the Washington Park District Administration Office & Recreation Facility located at:
Washington Park District, 105 S. Spruce St., Washington IL 61571

We do not accept telephone or faxed registration.

All program registrations are on a first come, first served basis. Unless notified otherwise by park personnel, you will be automatically registered for the classes and the times you indicate. If you are not admitted to the class you requested, you will be called and with your approval placed in an alternate class or receive a full refund.

STATEMENT of ACCESSIBILITY

The Washington Park District encourages participation by everyone! If you or a family member have special needs and would like to participate in a program or use a facility, we will be happy to make reasonable accommodations to meet your needs. Please indicate on the registration form or call if any accommodations are needed for successful inclusion into a program or service in accordance with the Americans with Disabilities Act. We are cooperative partners with Heart of Illinois Special Recreation Association (HISRA) to provide recreation and inclusion services to individuals with disabilities.

PHOTO & VIDEO POLICY

Photos and video are periodically taken of participants in a class, during a special event or at Washington Park District parks and facilities. Please be aware that these photos and video footage are for the Washington Park District's use only and may be used in the District's publications and website. All photos are the property of the Washington Park District. Please contact the Washington Park District at 309.444.9413 or info@washingtonparkdistrict.com for more information.

CODE OF CONDUCT

All users of facilities are expected to exhibit appropriate behavior at all times while participating, spectating or attending any program, event, service and/or facility provided by the Washington Park District. This includes programs, events, services or facilities that may or may not require an admission fee, spectating at athletic events, concerts or attending special events. The following guidelines are designed to provide safe and enjoyable facilities for all users. Users shall:

- Show respect to all users and facility staff/supervisors.
- Take direction from facility staff/supervisors.
- Refrain from using abusive or foul language.
- Refrain from causing bodily harm to self, other users or facility staff/supervisors.
- Refrain from damaging equipment, supplies and facilities.

A written or verbal warning shall be given to users/spectators if the Code of Conduct rules have been violated. If there is a second occurrence, users/spectators shall be withdrawn from the facility without a refund.

POSSIBLE CHANGES IN LISTING

Washington Park District reserves the right to cancel, combine or divide classes; to change time, date or location of classes; to change instructor assignments; and to make any other changes that may be necessary. We apologize in advance for any inconvenience this may cause.

"To err is human; to forgive divine"

We make every attempt to provide you with a correct and accurate program brochure. However, errors may occur and in some circumstances, changes may be made to the program. We appreciate your understanding.

FEE PAYMENT POLICY

All programs are to be paid in full at the time of registration, unless a payment plan feature is offered. We do offer Electronic Fund Transfer (EFT) as a payment option on some payment plan programs. Fees can be paid by check, cash or credit card (VISA, MasterCard, or Discover). Please make checks payable to: Washington Park District.

NSF CHECKS & AUTO-DEBIT

A \$25 service charge will be assessed for all checks returned due to insufficient funds.

WAIVER & RELEASE

I understand and agree, by participating in programs, services, activities, facilities and events provided by the Washington Park District that such activities have certain inherent risks that can and do result in injury that can be serious, life limiting, and life threatening.

I further agree to release Washington Park District, its elected officials, employees, independent contractors, partners or volunteers from all claims resulting from any and all injuries sustained while participating in any programs, services, activities, facilities and events, barring these resulting from the sole negligence of the Washington Park District, its elected officials, employees, independent contractors, partners or volunteers.

REFUND POLICY

Participants will receive a full refund for any programs canceled by the Washington Park District.

Individuals requesting refunds/transfers/account credits must fill out our refund/transfer/account credit form and turn it in to our office two business days prior to the first class meeting or practice in order for any action to be considered. If this is done, a 100% refund minus \$10 administrative fee will be issued or 100% account credit.

No refunds/transfers/account credits will be issued for any programs after the first meeting of the program, unless a physician's excuse is presented. Refunds requested for medical reasons will be prorated from the time the request is received. A refund will not be given for programs that cost less than \$15. The amount will be applied as a credit to your account for future use.



BUS TRIP & TICKET REFUND POLICY

In the case of all bus trips and programs where tickets are purchased, a refund can only be issued if a substitute can be found, due to the fact that the Park District must pay in advance for tickets, reservations and bus fees. This policy will be strictly enforced.

MINIMUM/MAXIMUM

This designation is for the number of students needed to hold a program (MIN) and the number to fill the program (MAX). These guidelines are necessary to insure the best possible experience for each participant. The Park District may increase or reduce the class size if necessary.

RESIDENT v. NON-RESIDENT

Washington Park District residents may be different than City of Washington residents or Washington Community High School residents. If you do not live within the Park District boundaries, we price most programs with a reasonable non-resident fee. We value all customers and think there is a benefit to non-resident participation in our programs and do not want to price the programs to create a situation where it is too expensive for non-residents to register. But, we need to be fair to the residents that fund us as well, as they are paying an additional amount through taxes to have the benefits the Park District provides available to them.

AGE APPROPRIATE

Ages and/or grades are listed with children's programs as guidelines for age specific ability. The younger the child, the more this guideline must be followed to insure safety, enjoyment, and accomplishment. Please adhere to these guidelines. A birth certificate may be requested if serious doubt occurs concerning a participant's age.

INSURANCE

The Washington Park District does not cover accidental injuries inherent to an activity for program or facility participants. Please review your own personal health insurance plan to be certain that you and your family have the proper coverage.

"Come out and PLAY America,"
- Ellen O'Sullivan, Ph.D.



INCLEMENT WEATHER POLICY

The Park District will not cancel programs based on the weather forecast. If classes in School Districts 50, 51, 52, 308 and St. Patrick's Grade School in Washington are canceled the entire day due to inclement weather, Recreation Department Programs of the Washington Park District will be canceled until 3:00PM. Decisions of cancellation for classes held from 3:00-6:00PM will be made by 2:00PM and decisions of cancellation for classes held after 6:00PM will be made by 4:00PM.

The decision to cancel REACH will be made on a case by case basis, but every effort will be made to keep it open even during inclement weather.

Weather Information Line: (309) 366-2413 📞

Local radio and television stations will be contacted to broadcast our cancellations.

LAND & WATER CONSERVATION ASSISTANCE

The Washington Park District has received Federal Financial Assistance in the form of Land and Water Conservation Assistance from the U.S. Department of Interior. Under Title VI of the Civil Rights Act of 1964, it prohibits discrimination on the basis of race, color, national origin, age or handicap.

PROTECT OUR PARKS...

Help us care for the parks and property by taking pride in all of them. If you see playground equipment that needs attention or any other park problems, please call the Park District at 444-9413. Hundreds of dollars are spent each year on vandalism repairs throughout the District. Remember the parks belong to you and it only makes sense to save your dollars. Any acts of vandalism should be immediately reported to the Washington Park District or the Washington Police Department.



A CAREER at WASHINGTON PARK DISTRICT

Employment opportunities await you at the Washington Park District.

SPONSORSHIPS

If you or your business are interested in sponsoring an event either monetarily or by volunteering your time, please contact the Administrative Offices at 444-9413.