





3636 MUNICIPAL DRIVE, MCHENRY, IL 60050 • 815-363-2160 • CITYOFMCHENRY.ORG

# **STAFF & FACILITIES**

# LETTER FROM THE DIRECTOR

#### **Parks & Recreation**

Bill Hobson Director bhobson@cityofmchenry.org 815-363-2159

# **Recreation Staff**

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#### **Maintenance Staff**

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#### **Facilities**

McHenry Recreation Center 3636 Municipal Drive Phone: 815-363-2160 Fax: 815-363-3186 Email: recinfo@cityofmchenry.org Web: cityofmchenry.org

Lakeland Park Community Center 1717 N. Sunset Avenue

Merkel Aquatic Center 201 S. Green Street 815-363-2169

Petersen Park & Beach 4300 Petersen Park 815-363-2126

McBark Dog Park 2500 N. Richmond Road

Ryan Buss Zone Skate Park 30 S. Knox Drive

#### **Program Locations**

Boone Creek Golf Course 6912 Mason Hill Rd, McHenry

Corkscrew Gymnastics 2309 N. Ringwood Rd, McHenry

Community Sailing School 3300 Rocky Beach Ln, Johnsburg

Golf Academy at Terra Cotta 5200 Pleasant Hill Rd, Prairie Grove

McCracken Field 3712 W Kane Avenue, McHenry



Petersen Historic Farm 4112 McCullom Lake Rd, McHenry

Running Junction Stables 10720 Zarnstorff Rd, Richmond

#### **Local Organizations**

Northern Illinois Special Recreation Association (NISRA) 285 Memorial Dr, Crystal Lake Phone: 815-459-0737 www.nisra.org

McHenry Marlins Aquatic Club www.macswimmers.org

McHenry Baseball Association www.mchenrybaseball.com

Northern United FC Soccer www.northernunitedfc.org

McHenry Pigtail Softball www.mchenrypigtail.com

McHenry Junior Warriors Football www.mtjw.org

McHenry Chamber of Commerce mchenrychamber.com



#### To Our Valued Patrons & Participants,

The last year has brought on challenges for all of us that can only be described as unprecedented. Every step of the way, the McHenry Parks & Recreation Department analyzed the restrictions and conferred with the recommended guidelines. We worked hard to provide programs and recreation opportunities even under the most restrictive guidelines.

Providing a recreation outlet for our community has always been our goal. We want to provide some sense of normalcy through very un-normal times. In the last year, the McHenry Recreation Center offered our community, not just our members, free online fitness classes through Zoom and YouTube. Parks were open, including Miller Riverfront Park Boat Launch, Petersen Park Beach and McBark Dog Park. Programs were modified to allow us to host another successful summer of day camp, McHenry Marlins Swim Team and our yearly Dance program. Despite delays with a construction upgrade, we were also able to open the Merkel Aquatic Center later in the summer. Though many programs could simply not be modified, we did what we could to be there for our community, as we have always been and will continue to be.

As we look to the Summer of 2021, you will see in this catalog many of your favorite programs have returned. We will continue to take all the precautions that have become a part of our program planning and utilize those measures to bolster what we already feel is a safe, strong and comprehensive offering. We also look to implement new programs and new offerings in our amazing Parks system. One in particular is a natural playground in Knox Park, currently under construction. Over 2,000 feet of walking paths will be added. Amenities along the path will be made from natural elements such as boulders, stones and trees. It will be constructed in phases with the first phase tentatively available in mid-June.

We have also fostered new partnerships in the last year to add amenities to our parks. The most exciting of which gives the public access to Boone Creek and Fox River via mini-retro boats, pedal paddle boats, kayaks and stand-up paddleboards. This is located along the Riverwalk in Miller Point Park under the operation of *All Marine Retro Rentals.* If you haven't visited them yet, we encourage you to plan a day in downtown McHenry to do just that.

No matter what you choose, we can't wait to see you back - in our parks, in our programs and in our facilities. Our program participants, our members at the McHenry Recreation Center and our parks patrons will always be what makes us great, so thank you and again we look forward to seeing you soon!

Bill Hobson Director of Parks and Recreation City of McHenry

#### **Table of Contents**

Adult Athletics 2	9
Adult Leagues 2	8
Aquatic Programs 3	0
Basketball	0
Beach	8
Boat Launch 0	4
Day Camp	6
Dog Park 0	4
Early Childhood1	4
Facilities	2
Field Trips	3
Fitness Center 1	0
Gymnastics 2	3
Horseback Riding 2	7
Parks	4
Personal Training 1	0
Pool	8
Rentals 0	5
Registration	9
Skate Park 0	4
Soccer	4
Special Events	2
Staff	2
Swim Lessons	2
Swim Team	4
Tennis	5
Youth Athletics	
Youth Dance	5
Youth General 1	8

# YOUR PARKS

# **Park Rules to Remember**

- Parks are open daily, dawn to dusk (unless otherwise posted)
- Be courteous of others sharing your parks
- Supervise children at all times
- Leave nature as you found it for others to enjoy and dispose of litter in proper receptacles.
- Dogs are not permitted in McHenry parks. McBark Dog Park is available with a pass.
- Vehicles must park in designated areas and stay on roads and drivewavs.
- Vehicles left after closing will be towed at owner's expense.
- Report any vandalism to the Parks Department. 815-363-2168.
- Alcohol is permitted only when a park reservation has been made.

# **McBark Dog Park**

#### 2500 N. Richmond Road McHenry, IL 60050 Hours: Daily 7:00 am to dusk

The dog park features shade, a large running area for dogs, on-site parking and running water. The park provides year-round opportunities for dogs and their owners to socialize as well as exercise - both important to an animal's temperament and health.

An annual pass is sold for local dog owners to access the facility. Gate access is a controlled system allowing only dog pass holders. Fees are for one calendar year from Sep 1 through Aug 31.

Yearly Resident	\$15
Yearly Non-Resident	\$25
Additional Dog	\$10
Additional Pass	\$10

**Registration:** Forms are available at the McHenry Recreation Center or online. Register in person at McHenry Recreation Center or by mail, fax to 815-363-3186 or email to recinfo@ cityofmchenry.org.

**Required:** 1) Proof of residency for resident rate, 2) valid county rabies tag number and expiration date, 3) fee for each dog or additional pass.



#### 330 S. Knox Drive McHenry, IL 60050 Hours: Daily 10:00 am - 10:00 pm

The Ryan Buss Zone Skate Park is located in Knox Park. The park offers a variety of ramps and rails and will challenge even the most experienced boarders and riders. Rules are posted at the park. Helmets are required for the safety of those using the facility. The facility closes due to inclement weather and snow.

# **Miller Riverfront Boat Launch**

#### **2900 Charles Miller Road** McHenry, IL 60050 Hours: Daily 6:00 am - 11:00 pm

Daily launches are available for purchase on site. Season passes are available for purchase at the McHenry Recreation Center. Resident rate is for anyone with a 60050 or 60051 home zip code, non-resident rate is for all others.

Daily	\$25/R - \$30/NR
Yearly Resident	\$150
Yearly Non-Resident	\$180

# **Park Shelter Rentals**

Choose from a variety of affordable, scenic parks for a rustic, natural setting for your special event, family reunion, picnic or corporate function. All shelters include picnic tables. Some include nearby washrooms, water and recreation opportunities. Alcohol and special uses are allowed with a permit - please allow four weeks notice for permits.

Veterans Memorial Park Gazebo: Located in the heart of McHenry, this scenic setting offers an intimate gazebo for weddings or similar ceremonies. For wedding rentals requiring the removal of the rails, a \$25 maintenance fee is applied.

#### Shelter Locations:

Knox Park, 330 S. Knox Drive Petersen Park, 4300 Petersen Park Road Veterans Memorial Park, 3400 Pearl Street Miller Point Gazebo, 1202 Riverside Drive

**Reservations:** Shelter reservations are taken in person at McHenry Recreation Center, 3636 Municipal Drive. Call Cindy Witt at 815-363-2166 for available dates and more information. Full reservation fee due at booking, along with credit card number for damage deposit.

	Rental Shelter Fees								
	Group	# People	Reservation Fee/ Damage Deposit						
		25 - 50	\$55 / \$25						
	Resident/ Non-Profit	51 - 150	\$83 / \$50						
		151 - over	\$110 / \$75						
	Non-Resident/ NR	25 - 50	\$110 / \$25						
		51 - 150	\$165 / \$50						
	Non-Profit	151 - 250	\$220 / \$75						
1		251 - over	\$275 / \$100						
1	0	In City	\$220 / \$150						
	Company	Out of City	\$440 / \$150						



www.garylangsubaru.com

## **Recreation Center Rentals**

Enjoy the spacious community rooms for a meeting, party or reception for up to 120 people. The community rooms can be rented individually or combined into one room to accommodate larger groups. Food can be prepared during your rental in the catering kitchen adjacent to Community Room A. Alcohol is allowed with a permit - please allow four weeks notice for permit. No reservations beyond 11 pm.

**Reservations:** Reservations are taken in person at McHenry Recreation Center, 3636 Municipal Drive. Call Cindy Witt at 815-363-2166 for available dates and more information. Half reservation fee due at booking, along with credit card number for damage deposit.

Room Rental Fees									
Room	Seated Capacity	Rec Rate NR Rate							
А	40	\$50/hr	\$65/hr	\$50 flat fee					
В	50	\$50/hr	\$65/hr	\$50 flat fee					
С	40	\$50/hr	\$65/hr	\$50 flat fee					
A-C	120	\$125/hr	\$165/hr	\$100 flat fee					
Kitchen	Kitchen NA		\$35 flat fee	NA					
Dance Studio	24	\$50/hr	\$65/hr	\$50 flat fee					

# YOUR PARKS

	pe																								-		
	Baseball Field - Lighted	Baseball Field-Unlit	Basketball Court	Beach	Bike Path	Boat Launch/Landing	Concessions	Dog Park	Fishing	Gazebo/Stage	lce Skating	Nature Area	Open Play Area	Outdoor Pool	Pedestrian Mall	Picnic Area	Picnic Shelter	Playground	Restrooms	Sand Volleyball	Skate Park	Soccer Field	Softball Field-Lighted	Softball Field-Unlilt	Tennis Courts-Lighted	Tennis Courts-Unlit	
PARK	Ba	Ba	Ba	Be	ä	B	ပိ	å	ü	g	Ice	Na	õ	õ	Ре	ĕ	Ĕ	Ъ	Re	Sa	ð	S	S	လိ	Ē	Ē	Acres
William H. Althoff Park												+	+				+	+	+			+					19.60
Boulder Creek Park												+															13.17
Brookside Trail Park					+							+															3.50
Center Street Park		+	+										+					+									1.20
Cold Springs Park					+							+															49.26
Creekside Park													+			+	+	+									2.58
East Beach Park				+					+		+		+			+		+									1.16
Fox Ridge Park		+	+									+	+			+	+	+				+		+			137.43
Freund Field		+	+								+		+					+									3.85
Galway Tot Lot													+														1.20
Green Street Park															+												0.11
Homestead Tot Lot													+					+									1.30
Jaycees Park		+											+			+	+	+				+					5.00
Kiwanis Tot Lot			+										+					+									0.91
Knox Park							+					+	+	+		+	+	+	+		+	+	+		+		34.90
Lakeland Park		+	+										+					+	+								1.57
Lakeland Park Boat Launch						+			+														ĺ		ĺ		0.25
Liberty Trails Park													+					+									2.00
Malibu Playground													+					+					1		1		0.31
McBark Dog Park								+																			4.00
McHenry Shores Beach		+	+						+				+														0.36
Miller Riverfront Park						+			+			+				+	+										53.87
Millstream Subd Beaches									+																		0.31
Neumann Park															+												0.14
North Oak Park												+	+					+									3.30
Overton Park										+			+														0.38
Pebble Creek Park													+					+									0.85
Petersen Park	+	+	+	+	+	+	+		+	+		+	+			+	+	+	+	+			+	+		+	209.57
Pheasant Valley Park									+			+															10.01
Riverside Hollow Park													+					+									0.51
Rotary Park										+					+												0.20
Shamrock Farms Park		+	+		+							+	+				+	+				+		+			17.01
Veterans Memorial Park										+			+			+	+	+	+								2.40
Walsh Park						+			+						+	+											0.17
Weber's Park									+				+		+	+					-						0.44
West Beach Park									+				+			+											1.41
West Beach Park												+															32.28
Whispering Oaks Park		+			+				+			+	+			+	+	+	+					+			35.03
TOTAL ACREAGE		-							-			-	+			-		Ŧ	Ŧ					-			651.54
IVIALAUNLAGE												_		_				_		_	_	_	_			_	031.34



1.	William H Althoff	
2.	Boulder Creek	
3.	Brookside Trail*	
4.	Center Street	
5.	Cold Springs	
6.	Creekside	
7.	East Beach	
8.	Fox Ridge	
9.	Freund Field	
10.	Galway Tot Lot*	6800 Galway Dr
11.	Green Street	
12.	Homestead Tot Lot	
13.	Jaycees	115 Cross Trl
14.	Kiwanis Tot Lot	
15.	Кпох	
16.	Lakeland Boat Launch	
17.	Lakeland	1717 N Sunset Dr
18.	Liberty Trails	
19.	Malibu Tot Lot	
20.	McBark Dog	
21.	McHenry Shores Beach	
22.	Miller Riverfront	2900 Charles Miller Rd
23.	Millstream Beaches*	1500 Block Millstream
24.	Neumann	

# YOUR PARKS

North Oak	
Overton	3204 Crescent Ave
Rotary	
Shamrock Farm	
Walsh	
Weber's	1408 N Riverside Dr
Wheeler	
Whispering Oaks	4300 Front Royal Ave
*Not listed on the map	
Duker School	
Edgebrook School	
Hilltop School	
McHenry Middle School	
Valley View School	
McHenry HS - West	4724 W Crystal Lake Rd
	North Oak Overton

## **Merkel Aquatic Center & Petersen Park Beach**

Join us for fun in the sun this summer! Aquatic passes are good for both the Merkel Aquatic Center & Petersen Park Beach. Check out our facilities and get your pass today.

#### **Merkel Aquatic Center Features**

- 25 meter Lap Pool with 6 Lanes
- Shallow Water Kiddie Pool w/ Shade Cover
- 3m & 5m Diving Boards
- Aqua Zip'n
- Private Pool Parties
- American Red Cross Swim Lessons
- USA Registered Swim Team
- Water Polo, Jr. Lifeguard, & Jr. Swim Team
- Designated Lap Swim Times

#### **Petersen Park Beach Features**

- Designated Swimming Area
- WiBit Inflatables
- Shaded Beach Area
- Boat Rentals: Canoes, Kayaks, Paddle Boats, SUP's, Corcle. Power Paddlers

#### **Pool Pass Perks**

- Pass is good to utilize Merkel Aquatic Center & Petersen Park Beach.
- Mondays: Free boat rentals 12 3 pm.
- Wednesdays: Family Flick N' Floats (pending swim meets).
- Thursdays: Bring a friend to evening swim for \$2.
- Fridays: Bring a friend for \$2 to the beach.
- 2nd Saturday of the Month: Free entry for 1 guest at the beach. Pass holder must accompany guest.
- **3rd Friday of the Month:** Pool party for season pass holders from 7:15 - 9:15 pm.

#### Save!

Bring your key fobs from 2019 when you sign up and save \$5 off this year's fee. Purchase your passes before May 16 and save 10% off your total.

#### **Pool/Beach Passes**

Season passes can only be purchased at the McHenry Recreation Center beginning Monday, April 19. Passes cannot be purchased at the Merkel Aquatic Center office. Refunds of daily admission fees will not be given after the purchase of a season passes. Pass is to be used by original owner only. Anyone giving a pass to another person loses his/her pass use for the season. Staff may ask for identification of pool pass holders at any time.

2021 Season Passes	<b>Res Fee</b>	NR Fee
Individual	\$75	\$105
Each Additional Family Member	\$25	\$40
Replacement Pass	\$5	\$5

Pool pass sales are final. No refunds or transfers of pool passes allowed.

 Family members must provide proof of same address. A family consists of at least one to two adults ages 18 & up and children under the age of 18. Only adult listed on household may use passes.

• Teens ages 13 - 17 may be at the pool without parent/guardian. Parent/ guardian must sign a waiver at the pool with teen on first day of use.

# **Pool & Beach Parties**

Splash Bash Pool Party: Host your next party at the Merkel Aquatic Center. We offer private party rentals for up to 50 guests at the facility during your event. Rental gives you private access to pool, concession seating, diving boards and aquatic features. Parties are available Fridays, Saturdays and Sundays, 7:15 pm 9:15 pm from June 4 to August 22. All ages. Rental fee \$175.

Beach & Boats Party: Come to Petersen Park Beach to take in our waterfront and everything it has to offer. Rental fee is for up to 25 guests and includes private seating under the beach pavilion. Waterfront access includes Wibit inflatables, swimming area and 1 hour of free boat rentals from 12 - 1 pm for the group. Parties are available on Friday, Saturdays and Sundays, 11:00 am - 2:00 pm from June 11 to August 1. All ages. Rental fee \$75.

> Questions about parties or looking to book? Contact the Aquatics Supervisor at 815-363-2165.

**POOL PARTY** 

# **Merkel Aquatic Center**

#### Saturday, May 29 - Monday, September 6

<b>Open Swim Fees</b>	Time	R Fee	NR Fee
Daily	See Schedule Below	\$5.00	\$8.00

 Note: Holiday and evening hours may differ depending on programs or mandatory lifeguard trainings. Please refer to monthly calendar posted on Facebook or at the pool.

Adult/Lap Swim	Time	R Fee	NR Fee
Monday-Sunday	9:00 - 11:30 am	\$3.00	\$3.00
Monday-Thursday	5:00 - 6:00 pm	\$3.00	\$3.00

Lap lanes are for ages 16 & up. Swimmers must be actively swimming laps using a circle swim technique. Four lanes will be open during listed times. Two swimmers max per lane under Phase 4 guidelines. Diving boards are closed during lap swim.

Kiddie Swim	Time	R Fee	NR Fee
Monday-Thursday	5:00 - 6:00 pm	\$2.00	\$2.00
Saturday-Sunday	9:00 - 10:00 am	\$2.00	\$2.00

• Note: Kiddie swim is for adults with children ages 3 and under. Only the Kiddie Pool is open during this time. Limit to 4 families at a time.

#### **Open Swim Sessions**

Pool will only be open to 50 patrons at a time. 30 spots of each swim block can be reserved 24 hours in advance by calling the McHenry Recreation Center at 815-363-2160. Reservations will be given up 10 minutes after swim session start time. No reservations accepted on the day. For reservations, the following information is required: name, age, and phone number of each guest. Session blocks will be as follows:

#### **Monday-Thursday**

Session 1: 1:00 - 2:30 pm Session 2: 3:00 - 4:30 pm **Thursday Only** Session 3: 6:15 - 7:45 pm

#### Saturday & Sunday

Session 1: 12:00 - 2:00 pm Session 2: 2:30 - 4:30 pm Session 3: 5:00 - 7:00 pm

Friday

Session 1: 1:00 - 2:30 pm Session 2: 3:00 - 4:30 pm Session 3: 5:00 - 6:30 pm

# Petersen Park Beach

#### Monday, May 31 - Sunday, August 8

Note: The beach will operate on limited hours June 17-20 and during Fiesta Days July 8-11. Please call 815-363-2160 for specific hours.

Open Swim	Time	R Fee	NR Fee
Daily	11:00 am - 5:00 pm	\$3.00	\$5.00

• Note: Only cash or pool pass accepted for daily admissions.

Please note that rentals and WiBit inflatables are put away at 4:00 pm daily

Rate/Hour
\$6.00
\$6.00
\$6.00
\$8.00

Phase 4 Guidelines: Beach will only be open to 100 patrons at a time. Guests may contact beach at 815-363-2126 for patron count. Please note: No beach chairs, sand toys, or shared equipment will be distributed.

**Beach Boat Rentals:** Boat rentals are available from 11 am - 4:00 pm when the temperature is above 68 degrees and wind conditions are favorable. Children ages 12-16 must have a note from a parent to rent or approval from a legal guardian that is present. A \$10 deposit or driver's license is required for all rentals. Lifeguards have final say on all beach and rental regulations. Life jackets are required on all boats or inflatables in the water. Please refer to our website for full list of beach rules and regulations.

Beach Restrictions: Boat launching by trailer is not allowed in the beach area. Fishing is not allowed during open swim hours and inside the piers or buoys.

**Beach Water Testing:** The water at Petersen Beach is tested for E. Coli bi-weekly by the McHenry County Department of Health. E. Coli levels may fluctuate due to precipitation and water temperature. If E. Coli levels become too high, the Department of Health requires the facility to be closed. Testing results are posted on the McHenry County website at www.co.mchenry.il.us.

# FITNESS CENTER

#### **McHenry Recreation Center Building Hours of Operation**

Monday - Thursday	5:00 am - 9:00 pm
Friday	5:00 am - 8:00 pm
Saturday & Sunday	7:00 am - 6:00 pm
Holiday Hours	7:00 am - 1:00 pm

Limited Hours: New Year's Eve, New Year's Day, Mother's Day, Memorial Day, Father's Day, Independence Day, Labor Day, Halloween PM, Thanksgiving Day, Day After Thanksgiving, Christmas Eve

**Closed:** Easter, Christmas Day

Membership & Pass Fees		
Membership Type	Monthly Rate	Enrollment Fee
Individual (19-61)	\$35	\$30/R - \$50/NR
Additional Family Member (12+)	\$21	\$20/R - \$30/NR
Senior (62+)	\$27	\$30/R - \$50/NR
Senior Couple	\$48	\$30/R - \$50/NR
Teen (14-18)	\$27	\$30/R - \$50/NR
Military/Police/Fire (Active/Retired)	\$30	Waived
10-Punch Pass	\$65	N/A
20-Punch Pass	\$120	N/A
Individual Daily	\$8 Daily	N/A

Membership dues, daily fees and guest & punch passes allow pass holder to use fitness center, locker rooms, and attend group exercise classes. Premium group exercise classes are an additional fee. All users must be at least 12 years of age.

#### **Fitness Center Membership Benefits**

- The McHenry Recreation Center features a 4,500 square foot fitness center
- Over 50+ group exercise classes included with membership
- Convenient monthly payment plans
- Available child care while you exercise (additional fee)
- Locker rooms and showers
- Cardio equipment with touch screen technology, Internet capability and television screens
- Treadmills, incline trainers, ellipticals, ARC trainers, step mills, recumbent and upright bikes
- Rig functional training system, weight machines, free weights, Les Mills classes, TRX suspension training, Cycle

#### **Membership Details**



- All members must be at least 12 years of age.
- All memberships require a twelve month commitment. After that, memberships are month-to-month. An ongoing membership may be cancelled at any time after the 12 month requirement has been met.
- Membership fees are paid via automatic withdrawal from credit or debit cards through EFT draft.
- To qualify for an Additional Family Member or a Senior Couple pass, the prospective member must show proof of residing at the same address.
- Fitness 10 and 20 Punch Passes expire one year from date of purchase. Passes are non-transferable. Punches may be used for guest visits if the guest is accompanied by the punch pass holder.
- Senior couple pass is defined as two individuals residing at the same address - one of them is age 62 or over.
- Membership holds are available for up to 90 consecutive days, one time annually. A \$15 processing fee applies to each household.

#### **Guest Passes**

Single individual, teen and senior annual passes will be issued **5 guest passes each year**. For passes with additional family members, the primary member in the household will receive the 5 guest passes; which can be used by any member in the household.

#### Referral

Annual members receive a free month when you refer a friend. Referred member must be a new member (have not had a membership for at least 12 mo.) and live in a different household with a separate address. No enrollment fee for referred member.

#### **Equipment Orientations**

Members 12-17 years of age are required to complete a 30 minute equipment orientation, prior to using the facility. Orientations are designed to provide basic instruction on how to use the fitness equipment and familiarize members with the fitness center rules and regulations.

#### **Personal Training Consultations**

Members 18 & older have the option of choosing between a 30 minute Equipment Orientation or a 30 minute personal training consultation. Consultations include a meeting with a personal trainer to review your current fitness goals and establish a potential plan to help you achieve those goals. Scheduling of consultations is subject to trainer availability.

#### **Group Exercise Classes**

The McHenry Fitness Center offers over 50 group exercise classes a week that are included in your membership. With around 15 formats to choose from, it is easy to find a style that works with your fitness level and interests. Group exercise classes are also available to non-members through daily fees, punch passes, or being a guest of a member. Led by experienced, nationally certified instructors, we strive to provide workouts based on the latest trends and research. The current schedule of classes can be found at cityofmchenry.org/fitness.

#### **Children's Center**

On-site babysitting service is available while you use the facility. For children ages 6 months - 8 years. 2 hours max.

Unlimited Monthly Pass	\$20/child for first child
	\$10 each additional child
Daily Fee	\$5/child
10 Punch Pass	\$40

#### **Children's Center Hours of Operation**

Monday - Sunday	8:00 am - 12:00 pm
Monday - Thursday	4:00 pm - 7:00 pm

Limited Hours: New Year's Eve, New Year's Day, Mother's Day, Memorial Day, Father's Day, Independence Day, Labor Day, Halloween PM, Thanksgiving Day, Day After Thanksgiving, Christmas Eve

**Closed:** Easter, Christmas Dav

# FITNESS CENTER

#### **Personal Training**

Our nationally certified personal trainers are available to help get you started with exercising for the first time, to create a new routine, or help you see better results in your current workout. Let our staff help you get in the best shape of your life. Choose a personal training package that fits your budget and training goals! Choose from a 30- or 50-minute Session in packages of 1-, 5- or 10-Sessions. Must be 12 & older.

#### Monthly Personal Training Membership

Now available! Receive four 50-minute Sessions each month for \$160/month. There is a 3 month initial commitment. with auto draft on the first of the

month. See Guest Services for terms and conditions.



Personal Training Fees		
# of Sessions Individual Training		
\$25/M - \$30/NM	N/A	
\$45/M - \$55/NM	\$35/M - \$45/NM	
\$110/M - \$130/NM	N/A	
\$205/M - \$250/NM	\$160/M - \$200/NM	
\$200/M - \$250/NM	N/A	
\$405/M - \$495/NM	\$300/M - \$375/NM	
\$160/M	N/A	
	Individual Training   \$25/M - \$30/NM   \$45/M - \$55/NM   \$110/M - \$130/NM   \$205/M - \$250/NM   \$200/M - \$250/NM   \$405/M - \$495/NM	

M = Fitness Center Member NM = Non-Fitness Center Member

#### 2021 River Run

Come enjoy a nice 5K run as part of Fiesta Days! We have a course designed for the walker or runner in your life. Course is chip timed. Fee includes t-shirt, finisher medals and swag bag. Awards will be given to top overall male & female finisher along with age group 1st-3rd place finishers. (NT)

**5K Course** - The 5K course leaves from Petersen Park Beach and weaves along the prairie trail and through the Lakeland Park neighborhood. A nice shaded race route and flat course.

**COVID Guidelines:** Racers will be assigned a start time. Starts will be limited to groups of 50 that are set five minutes apart. Should guidelines move to bridge to Phase 5, we will have groups of 100 in staggered start times. All athletes must be preregistered. Register online prior to the event: signup.itsracetime. com.

All Ages	Reg #883551A
Saturday, July 10	5K at 8:00 am
Petersen Park Beach	\$15/18 & under, \$25/19 & up

We are looking for sponsors to help with the event. Get your company in the spotlight. Sponsors receive a booth at vendor fair and company name on all promotional materials. Contact Nicole at 815-363-2165 to discuss the different levels of sponsorship today!



#### **Big Wheels Race**

Let the races begin! Children ride their all-plastic big wheels to compete for 1st, 2nd and 3rd place trophies by age/gender category. All children receive a participation ribbon. When registering, please indicate if your child will need to borrow a big wheel from McHenry Parks & Recreation Department, Check-in: 5:30 pm - 6:15 pm. Age determined as of July 1. Required: Due to COVID, athletes must be pre-registered! Max 100 entries. (CW)

883852A
t: 6:30 pm
\$5/person

# **Kid's Open Track Meet**

Come out for a night of fun track and field events that help bring youth together. No experience needed! We put on running events, softball throw, shot put, long jump and discus events. Get ready for the meet by taking our track & field training camp during the summer. Runners will receive a gift for participating. Check-in: 4:30 pm - 5:00 pm. Required: Due to COVID, athletes must be pre-registered! Max 100 entries. (NT)

Ages 6 - 14	Reg #883553A
Wednesday, July 14	Event Starts: 5:15 pm
McCracken Field	\$10/person

#### **Pool & Beach Special Events**

Sat, May 29: Merkel Aquatic Center Season Kick-Off: Help us start the summer right! Come out for a day of swimming, music, games, and fun. Splash into fun this summer! Daily admission fees apply. Anyone bringing a canned good will receive half off admission.

**Wed, June 23:** Summer Splash Party: Summer vacation is officially here. Come out to Merkel Aquatic Center for a day of fun in the sun. Races, belly flop competitions, prizes, and more are in store. Daily admission fees apply. Event may be rescheduled due to inclement weather.

**Sep 4 - 6:** End of Season BOGO Party: Come out to enjoy the last weekend of summer. Join us at Merkel Aquatic Center as we close up shop on another summer. Buy one entry get one free all weekend!

**Sat, June 5:** Sun Rays for Days: Come out to Petersen Park Beach for a day of fun, sand and sun. Take a beach front exercise class, try out our new inflatable, or take a boat for a spin. \$3 entry or free to pass holders.

Wed, June 16 & July 14: Free Boat Rental Day: Try a kayak, canoe, or paddle boat for 30 minutes between 12 pm - 3 pm for free at Petersen Park Beach. All rules and regulations for boat rentals apply.

Sat. Aug 7: Back to School Beach Party: It the last week at Petersen Park Beach, so let's soak up some sun! Come out for some beach volleyball, relays, boat races, music and more! 12:00 pm - 4:00 pm. \$3 entry or free to pass holders.

# **Polish Pottery & Lunch**

Join us for a day of pottery and lunch. "More Polish Pottery" is a quaint and uniquely-located gift shop in Big Rock, Illinois. Take a peek into their store front and enjoy the private pottery presentation, while sipping on coffee and enjoying fresh kolaczki. After, we will enjoy lunch at Ivana's Café. Fee includes transportation and pottery presentation. Lunch will be on your own. Transportation via recreation van. Registration deadline Tue, June 1. (CW)

Ages 18 & up	Reg #894532A
Tuesday, June 8	8:00 am - 3:30 pm
Depart McHenry Recreation Center	\$15/R - \$20/NR

# **Cantigny Museum Tour**

Cantigny is nestled among 29 acres of beautiful landscaped gardens that showcase the life cycles of trees, shrubs, perennials and annuals in stunning displays. The idea of the garden was designed for the amateur gardener in all of us and seeks to educate and inspire creativity. Take in the garden at your own pace or join a Cantigny staff member on a garden tour. You will also have the opportunity to do a self-guided tour of the First Division Museum which has an interactive and immersive museum honoring our military. It depicts American history as seen through the eye of the First Infantry Division. Included is a boxed lunch: BLT Wrap, Chicken Salad Sandwich, Turkey & Provolone Sandwich or Italian Wrap. Please make selection at time of registration. Safety protocols will be in place per the Governor's order at the time of the trip. High level of walking. Transportation via recreation van. Registration deadline Thu, July 1. (CW)

Y	Ages 18 & up	Reg #894533A
Ì	Wednesday, July 14	8:00 am - 4:30 pm
1	Depart McHenry Recreation Center	\$51/R - \$56/NR

# FIELD TRIPS

# Lake Geneva Boat & Rush Creek Distilling

Relax with friends in Lake Geneva and experience mail delivery by boat! There are only a handful of places left in the country where mail is still delivered by boat and none with a more exciting and scenic tour than this! With over 100 years of mail service, the Lake Geneva boat still delivers mail to about 75 homes around the lake on a daily basis from June 15 - Sept 15. After the tour, spend time on your own for lunch and shopping. Then, wind down vour day at Rush Creek Distilling in Harvard for a tour and tasting of locally made spirits. If you choose, you may also purchase a special cocktail from the drink menu. Transportation via recreation van. Registration deadline Wed, Aug 11. (CW)

Ages 21 & up	Reg #894534A
Thursday, August 26	8:45 am - 5:30 pm
Depart McHenry Recreation Center	\$72/R - \$77/NR



### **Start with Art**

Get your creative juices flowing! In each class, child and adult will work with a different art media, including paper, paint, chalk, markers, sand, etc. Three different keepsake masterpieces will be made each week! *Adult participates in the program.* (CW)

Reg #	Ages	Day	Dates	Time
811100A	3 - 5	TU	Jun 22 - Jul 27	6:00 pm - 6:45 pm
Location Fee: Instructor:	McHenry \$36/R - Ashley P	\$45/NR	on Center	Min/Max: 6/10 Length: 6 wks

# Start with Art: Bag to Go

Explore the world of art with your child by creating seasonal arts & crafts! Get your creative juices flowing working with different art media, including paint, paper, sand, chalk, crayons, play dough and more. Each monthly bag will be available on the first of the month and includes 5+ arts & crafts projects. Purchase two and save! Pick-up at the McHenry Recreation Center during business hours. (CW)

Reg #	Ages	Month	Theme
811150A	3 - 6	June	Gardening
811150B	3 - 6	July	Disney
811150C	3 - 6	August	Sun & Fun

Pick-up: McHenry Recreation Center Fee: \$10/each, \$17/for 2 per child

## Rock 'n' Kids

Wiggle, giggle, dance and sway, have some fun the Rock 'n' Kids way! Tot Rock and Kid Rock are movement-based learning and imaginative play classes with music. All class procedures are designed to keep staff and students safe. Activities are age appropriate by class and will include songs and rhymes, rhythm and coordination, fine and gross motor, imagination and sensory, listening and following directions skills. With a focus on STEAM learning, each session will have a new educational theme! Join us for music that really can't be "beat!" Adult participates in classes Ages 1 only and 2-3. Ages 3-5 without adult. www. rockitkids.com (CW)

Reg #	Ages	Day	Dates	Time
811200A	1 only	TH	Jun 10 - Jul 1	9:30 am - 10:10 am
811200B	2 - 3	TH	Jun 10 - Jul 1	10:15 am - 10:55 am
811200C	3 - 5	TH	Jun 10 - Jul 1	11:00 am - 11:40 am
811200D	1 only	TH	Jul 15 - Aug 5	9:30 am - 10:10 am
811200E	2 - 3	TH	Jul 15 - Aug 5	10:15 am - 10:55 am
811200F	3 - 5	TH	Jul 15 - Aug 5	11:00 am - 11:40 am

Min/Max: 6/10

Length: 4 wks

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Location McHenry Recreation Center Fee: \$42/R - \$52/NR Instructor: Rock 'n' Kids Staff

## Rockin' at Home

Sing, dance, play and learn YOUR way in this virtual music and movement class! Registered participants will receive an email from Rock 'n' Kids Mondays at 8:00 am with that week's prerecorded, private, 30-minute virtual class, allowing families to participate on their own time. Activities will include opening songs, weekly theme introduction, 5-6 additional music activities and closing songs. Class activities will have an emphasis on movement and imagination and will involve rhythm, fine motor, sensory integration and listening skills. You won't want to miss this chance for safe, musical fun and learning with your child!

Reg #	Ages	Day	Dates	Time
811300A	1-6	М	Jun 7 - Jun 28	8:00 am
811300B	1-6	М	Jul 12 - Aug 2	8:00 am
Location Fee: Instructor:	Online \$31/R - \$ Rock 'n' l			Min/Max: NA Length: 4 wks

## Kid (or Adult) Cookie Club

Who doesn't like sugar cookies? Our cookie club is open to anyone who wants to practice decorating and eating cookies! Each kit comes with six cookies, two sleeves of frosting and two different toppings. Choose from a variety of themes, or make the decision easier and join the summer Cookie Club! Registration deadline is 1 week before pick-up date. Kits should be picked up on Fridays at the McHenry Recreation Center between 9 am and 6 pm. (CW)

Reg #	Ages	Day	Pick-up Date	Theme
811400A	4 & up	F	May 21	Spring Time
811400B	4 & up	F	Jun 18	Mickey & Minnie
811400C	4 & up	F	Jul 16	Red, White & Blue
811400D	4 & up	F	Aug 20	Under the Sea
			-	

Pick up:McHenry Recreation CenterFee:\$12/kit, \$43/clubBaker:Jennifer Bence, Totally Cupcaked

#### **Snapology: Robotics Workshop**

Children will begin to explore the world of robotics as they build simple models that teach the fundamentals of robotic design. Whether learning about sensors while building drills and magic wands, or discovering ways that gears and pulleys create movement while building helicopters and robotic dogs, your child is sure to have a great time! (CW)

Reg #	Ages	Day	Date	Time
811500A	4 - 6	F	Jun 11	9:30 am - 11:30 am
811500B	4 - 6	F	Jun 25	9:30 am - 11:30 am
Location: Fee: Instructor:	\$25/R -	\$30/NR	on Center enry Staff	Min/max: 6/8 Length: 1 day

# **Beginner Ballet**

This class will give dancers a basic introduction to ballet steps and positions, while enhancing their motor skills and coordination with fun exercises and movement. Dance gives children the opportunity to sing, stretch and increase self-confidence. *Required attire: leotard, tights and pink leather ballet shoes.* (CW)

Reg #	Ages	Day	Dates	Time
831100A	3 - 4	TH	Jun 24 - Aug 12	5:00 pm - 5:40 pm
831100B	5 - 6	TH	Jun 24 - Aug 12	5:45 pm - 6:25 pm

Location: McHenry Recreation Center Fee: \$48/R - \$58/NR Instructor: Jamie Pierce Min/Max: 6/10 Length: 8 wks

# **Dance Basics**

This fun class is designed to introduce students to ballet and jazz dance. Students are taught ballet and jazz skills to experience each style of dance while improving their flexibility, sense of rhythm and overall coordination. *Required attire: comfortable fitted clothing and pink leather ballet shoes.* (CW)

Reg #	Ages	Day	Dates	Time
831200A	7 - 9	TH	Jun 24 - Aug 12	6:30 pm - 7:10 pm 🦯
Location: Fee: Instructor:	McHenry \$48/R - S Jamie Pie	\$58/NR	ion Center	Min/Max: 6/12 Length: 8 wks
		1		
		Y		The second secon
			1	

# YOUTH DAY CAMP

### **Camp McHenry Explorers Camp**

Begin your child's journey of summer camp! Activities and arts & crafts will be based on the theme of the day. Our goal is for your child to make new friends, try new things, and be creative & playful. Children will be encouraged to use their imaginations to create super powers, become a pirate for a day, explore the planets and travel around the world! Sign up for more than one! A mid-morning peanut-free snack and drink are provided. Each child receives one camp T-shirt for the summer. (CW)

Reg #	Ages	Day	Dates	9:30 am - 11:30 am
813000A	4 - 6	М	Jun 14	Super Heroes
813000B	4 - 6	W	Jun 16	Under the Sea
813000C	4 - 6	TU	Jun 22	Dinosaur Dig
813000D	4 - 6	TH	Jun 24	Ice Cream Science
813000E	4 - 6	М	Jun 28	Messy Monday
813000F	4 - 6	W	Jun 30	Wild Wild West
813000G	4 - 6	TU	Jul 6	Say Aloha!
813000H	4 - 6	TH	Jul 8	Space is the Place
8130001	4 - 6	М	Jul 12	Ahoy, Mateys!
813000J	4 - 6	W	Jul 14	Splish Splash
813000K	4 - 6	TU	Jul 20	Weird Science
813000L	4 - 6	TH	Jul 22	Animal Planet
813000M	4 - 6	М	Jul 26	Music Makers
813000N	4 - 6	W	Jul 28	Down on the Farm
8130000	4 - 6	TU	Aug 3	Popcorn Party
813000P	4 - 6	TH	Aug 5	Summer Olympics

#### **Snapology Junior Camp**

Let your child experience play-based S.T.E.A.M. (science, technology, engineering arts & math) learning with Snapology through a variety of activities and themes! Each day of camp will incorporate something new from two to three of our fun Pre-K programs: Junior Scientists, Animal Explorers, Junior Engineers, ABC's & 123's, Planes, Trains & Automobiles, Discovering Dinosaurs, Junior Creator's Club, and Shapes, Colors & Counting. (CW)

Reg #	Ages	Day	Date	Time
814000A	4 - 6	TU	Jun 15	9:30 am - 11:30 am
814000B	4 - 6	TH	Jun 17	9:30 am - 11:30 am
814000C	4 - 6	М	Jun 21	9:30 am - 11:30 am
814000D	4 - 6	W	Jun 23	9:30 am - 11:30 am
814000E	4 - 6	TU	Jun 29	9:30 am - 11:30 am
814000F	4 - 6	TH	Jul 1	9:30 am - 11:30 am
814000G	4 - 6	W	Jul 7	9:30 am - 11:30 am
814000H	4 - 6	TU	Jul 13	9:30 am - 11:30 am
8140001	4 - 6	TH	Jul 15	9:30 am - 11:30 am
814000J	4 - 6	М	Jul 19	9:30 am - 11:30 am
814000K	4 - 6	W	Jul 21	9:30 am - 11:30 am
814000L	4 - 6	TU	Jul 27	9:30 am - 11:30 am
814000M	4 - 6	TH	Jul 29	9:30 am - 11:30 am
814000N	4 - 6	М	Aug 2	9:30 am - 11:30 am
8140000	4 - 6	W	Aug 4	9:30 am - 11:30 am





#### **Camp McHenry**

Summer day camp provides a fun, adventurous outdoor experience for kids! Experienced and trained camp counselors provide a safe and friendly atmosphere where children can make new friends and enjoy a variety of activities. Camp is held outside at Knox Park. Start planning your summer now!

#### **Program Highlights:**

- Swimming at Merkel Aquatic Center
- Spotlight Theater & Drama on Tuesdays
- Weekly Special Event on Thursdays
- Pizza Party on Fridays
- Active Sports, Games & Experiments
- Arts & Crafts

#### **Registration & Fees:**

- Camper age must be between 6-12, and Junior Leader age must be between 13-14 by the start of each camp session.
- Full payment required to receive the early bird discount fees.
- Reserve a spot with a \$25 non-refundable deposit per week due at time of registration. The \$25 will be used towards the balance due on each session.
- Final payment for each camp session is due at noon on the Friday before the next session's start date.
- 3-Day Camp can be any 3 days of the week. 1-Day Camp can be any day of the week. Make choice of day(s) at registration. There is no 2-Day or 4-Day Camp option.
- Junior Leaders are campers, but they work alongside a paid counselor to assist our younger campers. They may also be asked to lead small group activities. Camp fee is for 5 days.
- We are unable to prorate fees for days missed due to illness, vacation, holidays or suspensions.
- A parent packet and weekly schedules are available online at https://bit.ly/2021daycamp after May 1.
- New Parent Information meeting will be held on Wed, June 2 from 5:30 pm 6:30 pm at McHenry Recreation Center.
- Contact Cindy Witt at cwitt@cityofmchenry.org for more details.

Reg #	Dates	Weekly Special Event
823001	June 7 - June 11	Cookie Decorating - Just 4 You Treats
823002	June 14 - June 18	Dinosaur Show - T-Rexplorers
823003	June 21 - June 25	Donut Decorating - Dunkin'
823004	June 28 - July 2	Balloon Twisting - RC Juggles
823005	July 5 - July 9	Reptile Show - JG's Reptile Show
823006	July 12 - July 16	Cookie Decorating - Just 4 You Treats
823007	July 19 - July 23	Fling & Wing - Discovery Center
823008	July 26 - July 30	Magic Show - Magic by Gary Kantor
823009	Aug 2 - Aug 6	Inflatable Slip & Slide w/Attendant
823010	Aug 9 - Aug 13	Petting Zoo - A Zoo to You

C	AMP FEES	Fee St Ma	arting y 1		ird Fee May 1
Session	5 DAYS	R	NR	R	NR
Α	9:00 am - 4:00 pm	\$155	\$165	\$140	\$149
E	7:00 am - 9:00 am	\$43	\$48	\$39	\$44
Ι	4:00 pm - 6:00 pm	\$43	\$48	\$39	\$44
	3 DAYS	R	NR	R	NR
В	9:00 am - 4:00 pm	\$117	\$124	\$105	\$112
F	7:00 am - 9:00 am	\$33	\$36	\$30	\$33
J	4:00 pm - 6:00 pm	\$33	\$36	\$30	\$33
	JR. LEADER (5 days)	R	NR	R	NR
С	9:00 am - 4:00 pm	\$117	\$124	\$105	\$112
G	7:00 am - 9:00 am	\$33	\$36	\$30	\$33
K	4:00 pm - 6:00 pm	\$33	\$36	\$30	\$33
	1 DAY	R	NR	R	NR
D	9:00 am - 4:00 pm	\$59	\$62		
Н	7:00 am - 9:00 am	\$17	\$18	N	/A
L	4:00 pm - 6:00 pm	\$17	\$18		

# **Build It! LEGO Party**

Based on the **Build It!** series of books, kids will make & take super-cool models with LEGOs. Each party will include 3-4 models where kids will follow illustrated instructions to count & separate pieces and use small motor skills to make their LEGO models. Models are gender neutral and encourage unplugged playtime with other kids! Each child receives a party cupcake and drink. **Program is without adult.** (CW)

Reg #	Ages	Day	Dates	9:30 am - 10:30 am
824100A	5 - 7	W	Jun 16	Animal Safari
824100B	5 - 7	W	Jul 28	Transportation
824100C	5 - 7	F	Aug 6	Dinosaurs
Location: Fee: Instructor:	McHenry \$12/R - Recreati	\$15/NR	on Center	Min/Max: 5/10 Length: 1 day

# **Ice Cream Party**

July 23, 2021, is Vanilla Ice Cream Day! Kids will create an ice cream arts & crafts project and play ice cream themed games. Then we will make homemade ice cream and eat it. We'll provide the sprinkles! Program is without adult. (CW)

Reg #	Ages	Day	Date	Time
824150A	7 - 9	F	Jul 23	9:30 am - 10:30 am
		D	0	
Location: Fee:	S12/R -	/ Recreati \$15/NR	on Center	Min/Max: 5/10 Length: 1 day
Instructor:	Recreati			Longthin Fully

## Mad Science: The Science of Slime

Jr. Scientists will create gooey globs of fun, better known as slime! Kids will whip up several different slime recipes and spend the day learning all about polymers. They can make glitter slime, glowin-the-dark slime, orb slime! At the Slime Bar, kids can create 3 different kinds of polymers and then test their creations in a series of fun games and activities known as the Slime Olympics! Bring a sack lunch, drink and snack (no peanut products). (CW)

Reg #	Ages	Day	Dates	Time
824200A	5 - 12	TU	Jun 15	8:30 am - 4:30 pm
Location: Fee: Instructor:	Lakeland P \$90/R - \$ <sup>7</sup> Mad Sciend	100/NR	munity Center	Min/Max: 10/24 Length: 1 day

## Mad Science: Be a Rocket Scientist

Kids can become aerospace engineers as they work in teams to build a real model rocket! They'll be taught about the amazing forces that affect flight. Then they'll put those forces to the test as we watch our rockets blast off high into the sky. Kids will also get their own Mad Science Shuttle Copter to take home! Bring a sack lunch, drink and snack (no peanut products). (CW)

Reg #	Ages	Day	Dates	Time
824225A	5 - 12	TU	Jun 29	8:30 am - 4:30 pm
Location: Fee: Instructor:	\$90/R -	Park Cor \$100/NR		Min/Max: 10/24 Length: 1 day

#### Mad Science: Robot Invasion

Jr. Scientists will explore the basic and complex technology used to design and build robots! Discover how machines and robots work and how they can make our lives much easier. Kids will be taught about simple circuits, motor principles and will make their own Mad Science Robot Hand to take home! Kids will also love experimenting with the many robots we bring along! Bring a sack lunch, drink and snack (no peanut products). (CW)

Reg #	Ages	Day	Dates	Time
824250A	5 - 12	TU	Jul 13	8:30 am <mark>- 4:30 p</mark> m
Location:	l akeland	Park Cor	nmunity Center	Min/Max: 10/24
Fee: Instructor:	\$90/R - Mad Scie	\$100/NF	6.9	Length: 1 day

# **Cartoon Creation Drawing** Workshop

Learn the basics of cartooning and create your own characters! Each day students will learn techniques used in cartooning. Subjects like characteristics, features, exaggeration, action, and personification will contribute to your child's artistic advancement! Young Rembrandts students will immediately apply their new skills in every class to create their own original cartoon characters. (CW)

Reg #	Ages	Day	Dates	Time
824400A	6 - 12	M - F	Jul 19 - Jul 23	10:00 am - 12:00 pm
Location: Fee: Instructor:	\$100/R -	Park Com • \$110/NF embrandts		Min/Max: 5/15 Length: 5 days
4	A DE	X		2

# **Smart Cycling: Traffic Skills**

Our goal is to make you a safe, confident cyclist, who knows how to ride safely and legally on the roads. You will be taught to ride safely and legally in traffic or on the trail. You will also be taught how to conduct bicycle safety checks, on-bike skills and crash avoidance techniques. We recommended this class for adults and children above age fourteen. This class will be completed in two sections. First an online portion, and then on-bicycle. Information to take the online portion will be provided after registration. All skill levels welcome. This class also is a prerequisite to becoming a League of American Bicyclists Certified Instructor (LCI). Experienced cyclists are also welcome. (CW)

Reg #	Age	Day	Date	Time
844131A	14 & up	SA	May 8	9:00 am – 2:00 pm
Location: Fee Instructor:	McHenry \$30/pers Joe Scherl	on	ion Center	Min/Max: 5/15 Length: 1 day

# Magic Workshop

Children are guaranteed to have a great time as they are taught a collection of fascinating and mesmerizing tricks from the Magic Team of Gary Kantor! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading and more. All materials are provided, and each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are ageappropriate. New tricks are taught each session! (CW)

Reg #	Ages	Day	Date	Time
824300A	5 - 12	W	Jul 21	6:45 pm - 7:40 pm

McHenry Recreation Center Location \$20/R - \$25/NR Fee: Magic Team of Gary Kantor Instructor:

Min/Max: 5/35 Length: 1 day

#### Safe Sitter<sup>®</sup> Essentials with CPR

Safe Sitter<sup>®</sup> is designed to prepare girls & boys to be safe when they're home alone, watching younger siblings or babysitting. The Instructor-led class is filled with fun games and role-playing exercises. Students learn Safety Skills - how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies; Child Care Skills tips to manage behavior that will help them stay in control of themselves and the children in their care, ages and stages of child development, as well as practice in diapering; First Aid & **Rescue Skills** - choking rescue and CPR demonstration and a system to help them assess and respond to injuries and illnesses; Life & Business Skills - the ability to screen jobs, discuss fees.

and greet employers. Students will be able to determine if someone requires CPR and will be able to demonstrate CPR for both child and infant only (no adult CPR demonstration). *Kids will be* shown CPR skills, but they will not be officially certified in CPR. Fee includes a Student Handbook,



Important Information pad, drawstring bag, bandage holder & LED flashlight. Please bring a sack lunch & drink (no peanut products) Students must have completed 5th grade. (CW)

Reg #	Grades	Day	Dates	Time
824500A	6 - 8	SA	May 15	9:00 am - 3:00 pm
Location: Fee: Instructor:	McHenry F \$68/R - \$ Peggy Silv	78/NR	n Center	Min/Max: 5/8 Length: 1 day

# YOUTH ATHLETICS

#### **Archery Lessons**

Students will be taught proper techniques on how to use a bow and arrow. Equipment is provided, but participants are welcome to bring their own. Parents are welcome to enroll with their children. Classes cancelled due to inclement weather will be rescheduled at discretion of instructor. (NT)

Reg #	Ages	Day	Dates	Time
862101A	9 & up	W	Apr 21 - May 26	5:00 pm - 6:00 pm
862101B	9 & up	W	Apr 21 - May 26	6:15 pm - 7:15 pm
8621010	9 & up	W	Jun 9 - Jul 14	5:00 pm - 6:00 pm
862101D	9 & up	W	Jun 9 - Jul 14	6:15 pm - 7:15 pm
862101E	9 & up	W	Jul 28 - Sep 1	5:00 pm - 6:00 pm
862101F	9 & up	W	Jul 28 - Sep 1	6:15 pm - 7:15 pm
Location: Fee:	Petersen \$70/R - \$		Farm	Min/Max: 6/12 Length: 6 wks

Fee: \$70/R - \$80/NR Ron Ryba, USA Archery Level 3 NTS Coach Instructor:

**Archery Party:** Parties are held at Petersen Farm and are led by a USA Certified Level 3 Archery Instructor. Get 1 hour of instruction and shooting time. All equipment is provided and range provides multiple levels of difficulty. After range time, get 1 hour of Archery Tag utilizing foam tipped arrows to play a game of tag. Parties are available Saturdays and Sundays, June 1 to Aug 25 and can be scheduled between 11:00 am - 4:00 pm. Limit of 20 guests. Ages 9 & up. Rental fee \$200. Contact the Athletics Supervisor at 815-363-2165 for more details.

## **T-Ball Skills Clinic**

Young players will work towards the skills necessary to play t-ball this summer and coach pitch baseball. We will create the ground work of defense, throwing, catching, base running, and batting to help athletes grow in the sport of baseball. **Required equipment:** baseball glove. (NT)

Reg #	Ages	Day	Dates	Time
862102A	4 - 6	TH	Apr 22 - May 27	5:45 pm - 6:30 pm
862102B	4 - 6	TH	Jun 10 - Jul 15	5:45 pm - 6:30 pm
862102C	4 - 6	TH	Jul 22 - Aug 26	5:45 pm - 6:30 pm
Location: Fee: Instructor:	Fox Ridg \$60/R - Hot Shot		eld 1	Min/Max: 8/20 Length: 6 wks

#### Adult & Tot Baseball

Young players will learn the introduction skills to baseball while working with their parents. We will create the ground work of defense, throwing, catching, base running, and batting to help athletes grow in the sport of baseball. *Required equipment:* baseball glove. (NT)

Reg #	Ages	Day	Dates	Time
862103A	2 - 3	TH	Apr 22 - May 27	5:00 pm - 5:30 pm
862103B	2 - 3	TH	Jun 10 - Jul 15	5:00 pm - 5:30 pm
862103C	2 - 3	TH	Jul 22 - Aug 26	5:00 pm - 5:30 pm
Location: Fee: Instructor:	\$55/R -	e Park Fie \$65/NR s Sports	eld 1	Min/Max: 8/15 Length: 6 wks

#### **Globe Toddlers Basketball**

Basketball can be a lifetime sport, so start early! Children will be introduced to the game of basketball and will be taught the basic skills of dribbling, passing, and shooting. Rain Location: Inside at Lakeland Park Community Center. (NT)

Reg #	Ages	Day	Dates	Time
862104A	2 - 3	TU	Apr 20 - May 25	4:30 pm - 5:15 pm
862104B	4 - 6	TU	Apr 20 - May 25	5:15 pm - 6:00 pm
862104C	2 - 3	TU	Jun 8 - Jul 13	4:30 pm - 5:15 pm
862104D	4 - 6	TU	Jun 8 - Jul 13	5:15 pm - 6:00 pm
862104E	2 - 3	TU	Jul 20 - Aug 24	4:30 pm - 5:15 pm
862104F	4 - 6	TU	Jul 20 - Aug 24	5:15 pm - 6:00 pm

Lakeland Park Community Center Location: \$55/R - \$65/NR Fee: Instructor: Athletics Staff



Min/Max: 6/12

Length: 6 wks

#### Hot Shots Basketball Camp

Campers improve their basketball fundamentals, learn advanced skills, and enhance their teamwork. Dribbling, passing, rebounding, shooting, and defense skills are developed. Campers are divided into groups based on age, size, and ability. Campers will receive a T-shirt and daily prizes. Campers should bring a water bottle each day. (NT)

Reg #	Ages	Day	Dates	Time
862105A	5 - 6	M - F	Jul 12 - Ju <mark>l 16</mark>	10:30 am - 11:15 am
862105B	7 - 9	M - F	Jul 12 - Jul 16	11:15 am - 12:15 pm
862105C	10 - 13	M - F	Jul 12 - Jul 16	12:15 pm - 1:45 pm
Location: Fee A: Fee B: Fee C: Instructor:	\$65/R - \$75/R -	\$75/NR \$85/NR \$100/NR	tball Courts	Min/Max: 8/20 Length: 1 wk

# **Basketball Skills & Drills Clinics**

Participants work on shooting, passing, dribbling, rebounding, and defensive skills utilizing instructional stations and games. Camp also features daily skills competition and scrimmages. The goal is for players to have a great time while improving their skills. Students will be separated by age and ability. The last two weeks, children will play organized games against each other.

Reg #	Ages	Day	Dates	Time
862106A	6 - 8	TH	May 13 - Jun 10	5:00 pm - 6:00 pm
862106B	9 - 13	TH	May 13 - Jun 10	6:00 pm - 7:00 pm
862106C	6 - 8	TH	Jun 24 - Jul <mark>2</mark> 2	5:00 pm - 6:00 pm
862106D	9 - 13	TH	Jun 24 - Jul 22	6:00 pm - 7:00 pm
862106E	6 - 8	TH	Aug 5 - Sep 2	5:00 pm - 6:00 pm
862106F	9 - 13	TH	Aug 5 - Sep 2	6:00 pm - 7:00 pm
Location: Fee:	Freund Pa \$60/R - 3	ann Baone	etball Courts	Min/Max: 8/20 Length: 5 wks

S60/R - S70/NF 5 Star Sports Academy Instructor:

# **Girl's Basketball Camp**

Take your game to the next level in this camp designed specifically for girls' basketball players! The camp focuses on improving fundamental skills, developing leadership and improving basketball IQ. Ball handling, passing, rebounding, shooting and individual and team defense are areas that are developed. Students will be broken into groups based on age and ability. (NT)

Reg #	Ages	Day	Dates	Time
862107A	8 - 14	M - F	Jul 12 - Jul 16	9:30 am - 10:30 am

Freund Park Basketball Courts Location: Fee: \$75/R - \$85/NR Hot Shots Sports Instructor:

Min/Max: 8/20 Length: 1 wk

## **Ball Handling & Quickness Camp**

Crossover into this camp and learn the ins and outs of ball handling while increasing speed and control. Ball handling, two ball dribbling, and cone drills are just the start. This camp will also work on footwork to make you quicker and more efficient when moving down the court, guarding, or being the big man posting down low under the basket. (NT)

Reg #	Ages	Day	Dates	Time
862108A	7 - 9	SA	May 15 - Jun 12	9:00 am - 10:00 am
862108B	10 - 14	SA	May 15 - Jun 12	10:00 am - 11:00 am
862108C	7 - 9	SA	Jun 26 - Jul 24	9:00 am - 10:00 am
862108D	10 - 14	SA	Jun 26 - Jul 24	10:00 am - 11:00 am
862108E	7 - 9	SA	Aug 7 - Sep 4	9:00 am - 10:00 am
862108F	10 - 14	SA	Aug 7 - Sep 4	10:00 am - 11:00 am

Location: Fee: Instructor:

Freund Park Basketball Courts \$60/R - \$70/NR 5 Star Sports Academy

Min/Max: 6/20 Length: 5 wks

## Dodgeball

Get ready to duck, dip, and dive your way to fun! Kids will learn the skills to be an expert at the game along with learning different variations of play. Come out for friendship and laughter in this friendly league. (NT)

Reg #	Ages	Day	Dates	Time
862109A	7 - 9	W	May 12 - Jun 9	5:15 pm - 6:15 pm
862109B	10 - 12	W	May 12 - Jun 9	6:15 pm - 7:15 pm
8621090	7 - 9	W	Jun 23 - Jul 21	5:15 pm - 6:15 pm
862109D	10 - 12	W	Jun 23 - Jul 21	6:15 pm - 7:15 pm
Location: Fee: Instructor:	McHenry Recreation Center Outside \$60/R - \$70/NR 5 Star Sports Academy			Min/Max: 8/20 Length: 5 wks

# **Flag Football Drills & Play**

Special clinics aimed towards giving tips and drills to improve the athlete's game. Students will be introduced to the game of football in a fun setting. Clinics will end with class scrimmages. (NT)

Reg #	Ages	Day	Dates	Time
862110A	5 - 7	TU	May 11 - Jun 8	5:00 pm - 6:00 pm
862110B	8 - 11	TU	May 11 - Jun 8	6:00 pm - 7:00 pm
8621100	5 - 7	TU	Aug 3 - Aug 31	5:00 pm - 6:00 pm
862110D	8 - 11	TU	Aug 3 - Aug 31	6:00 pm - 7:00 pm

Location:	Knox Park Soccer Field
Fee:	\$60/R - \$70/NR
Instructor:	5 Star Sports Academy

Min/Max: 8/25 Length: 5 wks

#### **Golf Lessons**

Students will be introduced to the basic fundamentals of golf. Titleist certified instructors will implement techniques and an individualized approach based on development characteristics. Youth students begin building a basic swing emphasizing safety and athlete first focus. Students are encouraged to bring their own clubs (driver, 7 iron, pitching or sand wedge, and putter). Contact the Golf Academy at Terra Cotta if you need to borrow clubs at 815-355-4225. The student-teacher ratio is approximately 6:1.

Reg #	Ages	Day	Dates	Time
862111A	5 - 10	SA	Apr 17 - May 15	9:00 am - 10:00 am
862111B	11 - 14	SA	Apr 17 - May 15	10:00 am - 11:00 am
8621110	5 - 10	SA	Jul 17 - Aug 14	9:00 am - 10:00 am
862111D	11 - 14	SA	Jul 17 - Aug 14	10:00 am - 11:00 am
862111E	5 - 10	SA	Sep 18 - Oct 16	9:00 am - 10:00 am
862111F	11 - 14	SA	Sep 18 - Oct 16	10:00 am - 11:00 am
Location:	Golf Acad	lemv at T	erra Cotta	Min/Max: 2/6

Location:Golf Academy at Terra CottaMin/Max: 2/6Fee:\$65/R - \$75/NRLength: 5 wksInstructor:Kaylee Ross and Staff

#### Tumbling

Children will get rolling, hopping, and jumping for the stars in this introduction class. Students work on mats, a small trampoline, and balance beam to name a few. They will improve their gross motor skills while working up towards cartwheels, barrel rolls, forward and backward tucks, and other basic tumbling skills.

Reg #	Ages	Day	Dates	Time
862113A	5 & up	TU	May 4 - Jun 1	6:00 pm - 6:45 pm
862113B	5 & up	TU	Jun 8 - Jul 6	6:00 pm - 6:45 pm
862113C	5 & up	TU	Jul 13 - Aug 10	6:00 pm - 6:45 pm
862113D	5 & up	TU	Aug 17 - Sep 14	6:00 pm - 6:45 pm

Min/Max: 4/8 Length: 5 wks

Location:	Corkscrew Gymnastics
Fee:	\$70/R - \$80/NR
Instructor:	Corkscrew Gymnastics Staff

#### **Gymnastics**

**Parent & Tot (1-2):** This class is designed to enhance motor, listening, and social skills through fun gymnastics oriented activities. Adults actively participate in the class with their child. **Mighty Tots (3-4):** A class that teaches the basic gymnastic skills of tumbling, low bar, floor, and balance beam. **Beginners (5 & up):** This class builds strength and coordination on the floor, balance beam, vault, and bars. Also included is work on the Tumble Trak, a long trampoline that provides all the benefits of tumbling without the wear and tear on the joints. (NT)

Reg #	Ages	Day	Dates	Time
862112A	1-2	М	May 3 - May 31	9:15 am - 9:45 am
862112AA	1-2	W	May 5 - Jun 2	9:15 am - 9:45 am
862112B	Girls 3 - 4	М	May 3 - May 31	5:30 pm - 6:15 pm
862112BB	Girls 3 - 4	W	May 5 - Jun 2	5:30 pm - 6:15 pm
8621120	Boys 3 - 4	TH	May 6 - Jun 3	4:30 pm - 5:15 pm
862112CC	Girls 3 - 4	F	May 7 - Jun 4	4:30 pm - 5:15 pm
862112D	Girls 5 & up	М	May 3 - May 31	6:30 pm - 7:15 pm
862112DD	Boys 5 & up	W	May 5 - Jun 2	6:30 pm - 7:15 pm
862112E	Girls 5 & up	W	May 5 - Jun 2	4:30 pm - 5:15 pm
862112EE	Girls 5 & up	F	May 7 - Jun 4	5:30 pm - 6:15 pm
862112F	1 - 2	М	Jun 7 - Jul 5	9:15 am - 9:45 am
862112FF	1 - 2	W	Jun 9 - Jul 7	9:15 am - 9:45 am
862112G	Girls 3 - 4	М	Jun 7 - Jul 5	5:30 pm - 6:15 pm
862112GG	Girls 3 - 4	W	Jun 9 - Jul 7	5:30 pm - 6:15 pm
862112H	Boys 3 - 4	TH	Jun 10 - Jul 8	4:30 pm - 5:15 pm
862112HH	Girls 3 - 4	F	Jun 11 - Jul 9	4:30 pm - 5:15 pm
8621121	Girls 5 & up	М	Jun 7 - Jul 5	6:30 pm - 7:15 pm
86211211	Boys 5 & up	W	Jun 9 - Jul 7	6:30 pm - 7:15 pm
862112J	Girls 5 & up	W	Jun 9 - Jul 7	4:30 pm - 5:15 pm
862112JJ	Girls 5 & up	F	Jun 11 - Jul 9	5:30 pm - 6:15 pm
862112K	1 - 2	М	Jul 12 - Aug 9	9:15 am - 9:45 am
862112KK	1 - 2	W	Jul 14 - Aug 11	9:15 am - 9:45 am

Reg #	Ages	Day	Dates	Time
862112L	Girls 3 - 4	М	Jul 12 - Aug 9	5:30 pm - 6:15 pm
862112LL	Girls 3 - 4	W	Jul 14 - Aug 11	5:30 pm - 6:15 pm
862112M	Boys 3 - 4	TH	Jul 15 - Aug 12	4:30 pm - 5:15 pm
862112MM	Girls 3 - 4	F	Jul 16 - Aug 13	4:30 pm - 5:15 pm
862112N	Girls 5 & up	М	Jul 12 - Aug 9	6:30 pm - 7:15 pm
862112NN	Boys 5 & up	W	Jul 14 - Aug 11	6:30 pm - 7:15 pm
8621120	Girls 5 & up	W	Jul 14 - Aug 11	4:30 pm - 5:15 pm
86211200	Girls 5 & up	F	Jul 16 - Aug 13	5:30 pm - 6:15 pm
862112P	1 - 2	М	Aug 16 - Sep 13	9:15 am - 9:45 am
862112PP	1 - 2	W	Aug 18 - Sep 15	9:15 am - 9:45 am
862112Q	Girls 3 - 4	М	Aug 16 - Sep 13	5:30 pm - 6:15 pm
862112QQ	Girls 3 - 4	W	Aug 18 - Sep 15	5:30 pm - 6:15 pm
862112R	Boys 3 - 4	TH	Aug 19 - Sep 16	4:30 pm - 5:15 pm
862112RR	Girls 3 - 4	F	Aug 20 - Sep 17	4:30 pm - 5:15 pm
862112S	Girls 5 & up	М	Aug 16 - Sep 13	6:30 pm - 7:15 pm
862112SS	Boys 5 & up	W	Aug 18 - Sep 15	6:30 pm - 7:15 pm
862112T	Girls 5 & up	W	Aug 18 - Sep 15	4:30 pm - 5:15 pm
862112TT	Girls 5 & up	F	Aug 20 - Sep 17	5:30 pm - 6:15 pm

Location:	Corkscrew Gymnastics
Ages 1-2:	\$60/R - \$70/NR
Ages 3 & up:	\$70/R - \$80/NR
Instructor:	Corkscrew Gymnastics Staff

Min/Max: 3/8 Length: 5 wks

# **Soccer Stompers**

Students are introduced to the basic concept of soccer. Children will work on passing, shooting, and scoring. Class is divided into warm-up, skill session, games, and cool-down. Rain Location: Inside at Lakeland Park Community Center, (NT)

Reg #	Ages	Day	Dates	Time
862114A	2 - 3	F	Jun 4 - Jul 9	8:45 am - 9:30 am
862114B	4 - 6	F	Jun 4 - Jul 9	9:30 am - 10:15 am
862114C	2 - 3	F	Jul 16 - Aug 20	8:45 am - 9:30 am
862114D	4 - 6	F	Jul 16 - Aug 20	9:30 am - 10:15 am
Location: Fee:	Lakeland \$55/R -		nmunity Center	Min/Max: 6/15 Length: 6 wks

### **Adult & Tot Soccer**

Athletics Staff

Instructor

Students are introduced to the basic concept of soccer. Parents will work with their child to learn the skills necessary to build upon and get them used to learning from an instructor. *Rain* Location: Inside at Lakeland Park Community Center. (NT)

Reg #	Ages	Day	Dates	Time
862115A	2 - 3	W	Apr 21 - May 26	5:00 pm - 5:30 pm
862115B	2 - 3	W	Jun 9 - Jul 14	5:00 pm - 5:30 pm
862115C	2 - 3	W	Jul 21 - Aug 25	5:00 pm - 5:30 pm
Location: Fee: Instructor:	Lakeland F \$55/R - \$ Hot Shots	65/NR	munity Center	Min/Max: 6/12 Length: 6 wks

Knockerball Party: Who doesn't want to wear a giant bubble and bump against friends trying to win a soccer match? Come out and stay active all while having great laughs with friends. Group will have Knox Park Shelter as home base during the event and will get 2 hours of play with our Knockerball kit. Athletics staff will be on site to facilitate the two hours of game play. Games are played 5 on 5. Available Saturday and Sundays, June 1 to Aug 4 between hours of 11:00 am and 4:00 pm. Limit of 30 guests. Ages 8 and up. Rental fee \$150. Contact the Athletics Supervisor at 815-363-2165 for more details.

### **Pee Wee Soccer**

Students are introduced to the basic concept of soccer. Children will work on passing, shooting, and scoring. Class is divided into warm-up, skill session, games, and cool-down. Rain Location: Inside at Lakeland Park Community Center. (NT)

Reg #	Ages	Day	Dates	Time
862116A	4 - 6	W	Apr 21 - May 26	5:45 pm - 6:30 pm
862116B	4 - 6	W	Jun 9 - Jul 14	5:45 pm - 6:30 pm
862116C	4 - 6	W	Jul 21 - Aug 25	5:45 pm - 6:30 pm
Location: Fee:		l Park Cor \$70/NR	nmunity Center	Min/Max: 6/15 Length: 6 wks

#### Soccer Skills Clinic 101

Instructor: Hot Shots Sports

For the intermediate athlete that is looking for extra technique and skill reinforcement. We will build upon the basics while introducing game play and terminology. Rain Location: Inside at Lakeland Park Community Center. (NT)

Reg #	Ages	Day	Dates	Time
862117A	7 - 10	W	Jun 9 - Jul 14	6:30 pm - 7:30 pm
862117B	7 - 10	W	Jul 21 - Aug 25	6:30 pm - 7:30 pm
Location: Fee: Instructor:	Lakeland \$65/R - Hot Shot	\$75/NR	nmunity Center	Min/Max: 6/15 Length: 6 wks

#### **All-Star Soccer**

Athletes are taught dribbling, turning, running with the ball, how to make quick cuts, double moves, shielding, passing, and receiving. Focus will be on improving player's individual ball skills in a small sided game environment. Recommended attire: shin guards. No class on May 31. (NT)

Reg #	Ages	Day	Dates	Time
862118A	6 - 8	М	May 10 - Jun 14	5:00 pm - 6:00 pm
862118B	<mark>9</mark> - 12	М	May 10 - Jun 14	6:00 pm - 7:00 pm
Location: Fee: Instructor:	<mark>\$60</mark> /R -	k Soccer \$70/NR ports Aca		Min/Max: 8/14 Length: 5 wks

# **Teach Me Sports**

Introduce your child to the world of sports in a fun, noncompetitive environment. Sports vary by each session. Children will be taught basic motor skills necessary for each sport. Classes focus on essential character values of sports like teamwork, good sportsmanship, honesty, and more. *Required attire: comfortable* clothing and gym shoes. (NT)

Reg	g #	Ages	Day	Dates	Time
862	2119A	2 - 3	F	Apr 30 - May 21	4:15 pm - 5:00 pm
862	2119B	4 - 6	F	Apr 30 - May 21	5:00 pm - 5:45 pm
862	2119C	2 - 3	F	Jun 4 - Jun 25	4:15 pm - 5:00 pm
862	2119D	4 - 6	F	Jun 4 - Jun 25	5:00 pm - 5:45 pm
862	2 <mark>11</mark> 9E	2 - 3	W	Jun 9 - Jun 30	9:00 am - 9:45 am
862	2119F	4 - 6	W	Jun 9 - Jun 30	9:45 am - 10:30 am
862	2 <mark>119G</mark>	2 - 3	F	Jul 9 - Jul 30	4:15 pm - 5:00 pm
862	2 <mark>119</mark> H	4 - 6	F	Jul 9 - Jul 30	5:00 pm - 5:45 pm
862	21191	2 - 3	W	Jul 7- Jul 28	9:00 am - 9:45 am
862	2119J	4 - 6	W	Jul 7 - Jul 28	9:45 am - 10:30 am

McHenry Recreation Center Location: \$40/R - \$50/NR Fee: Athletics Staff Instructor:

Min/Max: 6/12 Length: 4 wks

## **Half Volley Tennis Lessons**

Using principles and practices of the QuickStart Tennis format, instructors provide junior players with a foundation of technique and strategy along with a better understanding and appreciation of the game of tennis. Participants must have their own rackets, wear tennis shoes, and bring a water bottle. Limited rackets are available on site for class. Classes cancelled due to inclement weather will be made up at instructor's discretion. (NT)

Reg #	Ages	Day	Dates	Time
862120A	5 - 7	TU	Apr 20 - May 25	5:00 pm - 5:45 pm
862120B	8 - 10	TU	Apr 20 - May 25	5:45 pm - 6:30 pm
8621200	11 - 13	TU	Apr 20 - May 25	6:30 pm - 7:30 pm
Location: Fee A/B: Fee C: Instructor:	Knox Parl \$60/R - \$ \$65/R - \$ Hot Shots	\$70/NR \$75/NR	Min/Max: 6/16 Length: 6 wks	

#### Summer Tennis Lessons

Using principles and practices of the OuickStart Tennis format. instructors provide junior players with a foundation of technique and strategy and a better understanding and appreciation of the game of tennis. Participants must have their own rackets, wear tennis shoes, and bring a water bottle. All equipment is provided for the pee wee class ages 3-5. Classes cancelled due to inclement weather will be made up at instructor's discretion.

Reg #	Ages	Day	Dates	Time
862121A	5 - 8	T/TH	Jun 8 - Jul 1	8:30 am - 9:25 am
862121B	9 - 12	T/TH	Jun 8 - Jul 1	9:30 am - 10:25 am
8621210	5 - 12	T/TH	Jun 8 - Jul 1	10:30 am - 11:25 am
862121D	3 - 5	T/TH	Jun 8 - Jul 1	3:30 pm - 4:25 pm
862121E	5 - 12	T/TH	Jun 8 - Jul 1	4:30 pm - 5:25 pm
862121F	5 - 8	T/TH	Jul 6 - Jul 29	8:30 am - 9:25 am
862121G	9 - 12	T/TH	Jul 6 - Jul 29	9:30 am - 10:25 am
862121H	5 - 12	T/TH	Jul 6 - Jul 29	10:30 am - 11:25 am
8621211	3 - 5	T/TH	Jul 6 - Jul 29	3:30 pm - 4:25 pm
862121J	5 - 12	T/TH	Jul 6 - Jul 29	4:30 pm - 5:25 pm

Location: Knox Park Tennis Courts Fee: \$60/R - \$70/NR Instructor: Athletics Staff

Min/Max: 8/16 Length: 4 wks

# **Tennis Drill & Play**

Drill and play is an excellent way for players to prepare for high school tennis. Both beginner and JV/Varsity players are welcome. Instructors assess and group players based on skill level to provide appropriate level of competition. Instruction varies from stroke basics to competitive shot selection and game strategy. Classes cancelled due to inclement weather will be made up at instructor's discretion. (NT)

Reg #	Grades	Day	Dates	Time
862122A	6 - 12	M/W	Jun 7 - Jun 30	5:30 pm - 7:00 pm
862122B	6 - 12	M/W	Jul 5 - Jul 28	5:30 pm - 7:00 pm

Location:	Knox Park Tennis Courts	Min/Max: 8/24
Fee:	\$65/R - \$75/NR	Length: 4 wks
Instructor:	Athletics Staff	

# **Pickleball Skills & Play**

Students will learn about the sport of pickleball and engage in scrimmages. Learn what this fast paced sport is all about. A great mixture of badminton and tennis that is great for all ages. (NT)

Reg #	Ages	Day	Dates	Time
862123A	9 - 14	F	May 14 - Jun 11	5:00 pm - 6:00 pm
Location: Fee: Instructor:	Knox Park Pickleb: \$60/R - \$70/NR 5 Star Sports Acac			Min/Max: 8/25 Length: 5 wks

# **Toddler Leagues**

Toddlers will enjoy learning the world of sports in a fun, nurturing environment. They will spend the first week running drills and learning skills. The next three weeks the children will be divided into teams and play scrimmage games. Students will only show up for their game times the final 3 weeks. Number of teams and games will be determined after the first week. Parents will be e-mailed schedules after week 1. Each child will receive a shirt for the league. (NT)

#### Toddler Soccer League

Merinal.

	Ioaaier	<b>JOCCEL</b>	League	;			OUZIZIA	3-3	IVI - I	Juli /
	Reg #	Age	Day	Dates	Time		862127B	6 - 9	M - F	Jun 7
	862124A	3 - 5	SA SA	Jun 5 Jun 12 - Jun 26	9:00 am - 9:45 am 9, 9:30, 10, 10:30 am		<b>Tennis</b> 862127C	6 - 8	M - F	Jun 1
54						100	862127D	9 - 12	M - F	Jun 1
12.00	Location: Fee:		rk Soccer - \$55/ Ni		Min/Max: 12/40 Length: 4 wks	1 fette	T-Ball/Base 862127E	<mark>ball</mark> 3 - 5	M - F	Jun 2
and the second	Toddler	T-Ball I	eague			-	862127F	6 - 9	M - F	Jun 2
	Reg #	Age	Day	Dates	Time	Contra la	Location:	Knox Par	-12	- 4
	862125A	3 - 5	SA SA	Jul 17 Jul 24 - Aug 7	9:00 am - 9:45 am 9, 9:30, 10, 10:30 am		Fee: Instructor:	\$60/R -		emy
L'E	Location: Fee:		rk Fields \$70/NR	a series a s	Min/Max: 20/40 Length: 4 wks	Contraction of the second s				
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26								E	1	
a second	121315122				Philippine C					

# **Total Sports Camp**

In this program, participants will spend the day exploring different sports. Players develop skills and fundamentals while experiencing game play in an instructional and exciting setting. (NT)

Reg #	Ages	Day	Dates	Time
862126A	5 - 9	M - F	Aug 9 - Aug 13	9:00 am - 12:00 pm
862126B	10 - 13	M - F	Aug 9 - Aug 13	9:00 am - 12:00 pm
Location: Fee: Instructor:	Petersen \$130/R - Hot Shot	\$140/NI	nis Courts R	Min/Max: 6/20 Length: 1 wk

# **5-Star Sports Camp**

Join us for a week long camp to immerse yourself into the world of competitive sports. Kids will run through drills to work on basic skills and learn a love for the sport. A great one week option during the summer months.

Reg #	Ages	Day	Dates	Time
<b>Soccer</b> 862127A	3 - 5	M - F	Jun 7 - Jun 11	9:00 am - 10:00 am
862127B	6 - 9	M - F	Jun 7 - Jun 11	10:00 am - 11:00 am
<b>Tennis</b> 862127C	6 - 8	M - F	Jun 14 - Jun 18	9:00 am - 10:00 am
862127D	9 - 12	M - F	Jun 14 - Jun 18	10:00 am - 11:00 am
T-Ball/Base 862127E	<mark>ball</mark> 3 - 5	M - F	Jun 21 - Jun 25	9:00 am - 10:00 am
862127F	6 - 9	M - F	Jun 21 - Jun 25	10:00 am - 11:00 am
Location: Fee: Instructor:	Knox Par \$60/R - 5 Star Sp		emy	Min/Max: 8/30 Length: 1 wk

# **Track & Field Training**

Children are taught the fundamentals of track and field events. They will work on activities such as the long jump, softball throw, discus, shot put, 50 meter dash to 1600 meter run, and relays. Athletes are taught proper conditioning, warm-ups, and cool downs to keep their body healthy during events. Fee includes Open Track Meet registration for Wednesday, July 14. See Special Events page for more information. *Classes canceled due to* inclement weather will be made-up on Friday. (NT)

	Reg #	Ages	Day	Dates	Time
	862128A	6 - 12	M/W	Jun 21 - Jul 14	9:30 am - 11:00 am
A REAL PROPERTY	Location: Fee: Instructor:	\$65/R - \$	en Track & \$75/NR ports Acad		Min/Max: 15/40 Length: 8 classes

# **Sand Volleyball Clinic**

Special clinics aimed towards giving tips and drills to improve the player's game. Students will learn about the sport of sand volleyball in fun, skill based sessions. Clinics will end with class scrimmages. (NT)

Reg #	Ages	Day	Dates	Time	
862129A	7 - 10	F	May 14 - Jun 11	4:00 pm - 5:00 pm	1
Location: Fee: Instructor:	Petersen \$60/R - 5 Star Sp	\$70/NR	ach Volleyball Courts demy	Min/Max: 8/25 Length: 5 wks	

# Sand Volleyball & Swim Camp

Athletes will learn and work on sand volleyball skills while also enjoying our lake front. They will take breaks from play to cool down in the water or take a boat out on the lake. Get the enjoyment of two sports this summer! Every camper will receive a camp T-shirt. Campers should bring a snack and water each day (no peanut products). (NT)

	Reg #	Ages	Day	Dates	Time
	862130A	7 - 14	M - F	Jul 5 - Jul 9	9:00 am - 12:00 pm
9					
	Location:			ch Volleyball Courts	Min/Max: 8/24
	Fee:		- \$140/NI	7	Length: 1 wk
	Instructor:	Hot Shot	s Sports		

# YOUTH ATHLETICS

### Horseback Riding Summer Camp

Students will learn all about equestrian sports. Students will have a riding lesson, learn about horsemanship and animal care, complete daily crafts, and engage in some outdoor education. At first class, a stable waiver must be signed by a legal guardian before a student may participate. *Required attire: long pants* (ankle length) and hard soled shoes with a heel (no gym shoes). Students should bring a lunch/snack (no peanut products) and a water bottle each day. (NT)

Reg #	Ages	Day	Dates	Time
862131A	7 - 15	M-TH	Jun 7 - Jun 10	9:00 am - 1:00 pm
862131B	7 - 15	M-TH	Jun 21 - Jun 24	9:00 am - 1:00 pm
8621310	7 - 15	M-TH	Jul 19 - Jul 22	9:00 am - 1:00 pm
862131D	7 - 15	M-TH	Jul 26 - Jul 29	9:00 am - 1:00 pm
862131E	7 - 15	M-TH	Aug 9 - Aug 12	9:00 am - 1:00 pm
		10		

Location:	Running Junction Stables
	10720 Zarnstorff Rd/Richmond
Fee:	\$250/R - \$260/NR
Instructor:	Riley Veillon or RJS Riding Instructor

Min/Max: 4/8 Length: 4 days

## Horseback Summer Kinder Camp

Younger riding students come to camp and learn about horsemanship from the ground up in a shorter time period then our day camp. Each day riders will learn to tack their horse, care for their horse, and of course ride! Classroom portion will be provided each day with instructors that are current Illinois School Educators. At first class, a stable waiver must be signed by a legal guardian before a student may participate. *Required attire: long* pants (ankle length) and hard soled shoes with a heel (no gym shoes), Students should bring a lunch/snack (no peanut products) and a water bottle each day. (NT)

Reg #	Ages	Day	Dates	Time
862132A	5 - 8	M-TH	Jun 7 - Jun 10	1:30 pm - 3:30 pm
862132B	5 - 8	M-TH	Jun 21 - Jun 24	1:30 pm - 3:30 pm
8621320	5 - 8	M-TH	Jul 19 - Jul 22	1:30 pm - 3:30 pm
862132D	5 - 8	M-TH	Jul 26 - Jul 29	1:30 pm - 3:30 pm
862132E	5 - 8	M-TH	Aug 9 - Aug 12	1:30 pm - 3:30 pm

Location:	Running Junction Stables
	10720 Zarnstorff Rd/Richmond
Fee:	\$175/R - \$185/NR
Instructor:	Riley Veillon or RJS Riding Instructor

Min/Max: 4/8 Length: 4 days

# ADULT LEAGUES

### **Adult Summer Leagues**

Roster forms for adult leagues will be available at the McHenry Recreation Center or by emailing nthompson@cityofmchenry.org. Completed roster and full payment are required in order to secure a spot in the league. Payment is deposited immediately.

#### Men's 12" Softball League

The Men's 12" Softball League is a 12 game schedule followed by single-elimination tournament. Rec Division (Wed) - Teams compete for discount voucher to winner of the regular season. Rec playoff 1st & 2nd place receive payout of plaques and T-shirts. **Competitive Division (Tue)** - Teams compete for discount voucher to winner of regular season. Competitive playoff 1st & 2nd place receive payout of plaques and partial reimbursement of league fee. Rosters due by May 10!

Reg #	Ages	Day	Start Date	Time
21SLCT	18 & up	TU	May 18	7:00 pm - 9:00 pm
21SLRW	18 & up	W	May 19	7:00 pm - 9:00 pm
				· ·

Knox Park Ball Fields Location: \$550 + \$25 Forfeit Fee Fee:

#### **Co-Ed 12**" Softball League

The Co-Ed 12" Softball League is an 8 game schedule and playoff tournament. Rec Division (Fri) - Teams compete for discount voucher to winner of the regular season. Recreation playoff 1st & 2nd place receive payout of plaques and T-shirts. **Competitive** Division (Fri) - Teams compete for discount voucher to winner of the regular season. Competitive playoff 1st & 2nd place receive payout of plaques and partial reimbursement of league fee. Rosters due by May 10!

Reg #		Ages	Day	Start Date	Time
21SLRF		18 & up	F	May 21	6:30 pm - 9:30 pm
21SLCF	34	18 & up	F	May 21	6:30 pm - 9:30 pm

Knox Park Ball Fields (Petersen Park As Needed) Location: Fee: \$375 + \$25 Forfeit Fee

28

#### Women's 12" Softball League

Women's 12" Softball League is an 8 game schedule and playoff tournament. Teams compete for discount voucher to winner of regular season and playoff 1st & 2nd place receives a payout of plaque and partial reimbursement of league fee. League is a mixed division. Rosters due by May 24!

Reg #	Ages	Day	Start Date	Time			
21SLWTU	18 & up	TU	Jun 1	7:00 pm - 9:00 pm			
Location	Deterson						
Location:	Petersen	Petersen Park Fields					

\$375 + \$25 Forfeit Fee Fee:

#### **Co-Ed Small Side Soccer League**

League will be an 8 game double-header format. League will follow FIFA rules. League winners will receive T-shirts and plaque. League registration forms available at the McHenry Recreation Center, League will be 7 vs. 7 format on a small side soccer field. Games will consist of two 20 minute running halves. Players under 18 years old must have legal guardian sign a waiver with the parks department before first game. Teams may only have 4 players under the age of 18 per team. League registration closes on Jul 12.

Reg #	Age	Day	Start Date	Time
21SSL	16 & up	TH	Jul 21	6:00 pm - 9:00 pm
Location:	Knox Park		Field	

\$250 + \$15 Forfeit Fee

# Fall Double-Header Softball League

Roster forms for adult leagues will be available at the McHenry Recreation Center or by emailing nthompson@ cityofmchenry.org. Completed roster and full payment are required in order to secure a spot in the league. Payment is deposited immediately.

#### Men's 12" Softball League

The Men's 12" Softball League is an 8 game schedule followed by single-elimination tournament. Rec Division (Wed) - Teams compete for discount voucher to winner of the regular season. Rec playoff 1st & 2nd place receive payout of plaques and T-shirts. **Competitive Division (Tue)** - Teams compete for discount voucher to winner of regular season. Competitive playoff 1st & 2nd place receive payout of plaques and partial reimbursement of league fee. Rosters due by Aug 9!

Reg #	Ages	Day	Start Date	Time
21FLCT	18 & up	TU	Aug 17	7:00 pm - 9:00 pm
21FLRW	18 & up	W	Aug 18	7:00 pm - 9:00 pm

Knox Park Ball Fields Location: \$375 + \$25 Forfeit Fee Fee:

#### **Co-Ed 12**" Softball League

The Co-Ed 12" Softball League is an 8 game schedule and playoff tournament. Rec Division (Fri) - Teams compete for discount voucher to winner of the regular season. Recreation playoff 1st & 2nd place receive payout of plaques and T-shirts. **Competitive** Division (Fri) - Teams compete for discount voucher to winner of the regular season. Competitive playoff 1st & 2nd place receive payout of plagues and partial reimbursement of league fee. Limit 6 teams per division. Rosters due by Aug 9!

Reg #	Ages	Day	Start Date	Time
21FLRF	18 & up	F	Aug 20	6:30 pm - 9:30 pm
21FLCF	18 & up	F	Aug 20	6:30 pm - 9:30 pm

Knox Park & Petersen Park Ball Fields \$375 + \$25 Forfeit Fee

### **Adult Golf Lessons**

Adult students will practice developing a simple, powerful, repeatable swing at the range and finish with the short game. Fee includes practice balls during class. Students are encouraged to bring their own clubs (driver, 7 iron, pitching or sand wedge, and putter). Contact the Golf Academy at Terra Cotta if you need to borrow clubs at 815.355.4225. The student-teacher ratio is approximately 6:1.

Reg #	Ages	Day	Dates	Time
862335A	14 & up	TH	Apr 15 - May 13	6:00 pm - 7:30 pm
862133B	14 & up	TH	Jul 15 - Aug 12	6:00 pm - 7:30 pm
862133C	14 & up	TH	Sep 16 - Oct 14	6:00 pm - 7:30 pm

Location: Adult: Instructor:

Golf Academy at Terra Cotta \$90/R - \$100/NR Kaylee Ross & Golf Academy Instructors Min/Max: 2/6 Length: 5 wks

## **Pickleball Equipment Rental**

Do you love tennis, ping pong, or badminton? Pickleball is the sport for you! A paddle sport created for all ages and skill levels. We are renting pickleball equipment at the McHenry Recreation Center for those looking to utilize the Knox Park outdoor pickleball courts. Equipment rental includes two paddles and three outdoor court pickleballs. Required: ID or credit card must be left during rental and will be returned when equipment is brought back to McHenry Recreation Center.

\$5/bag of equipment Fee:

# AQUATICS

#### **Junior Lifeguard Training**

Are you interested in lifeguarding but not old enough yet? Get a sneak peek of what it takes to become a great lifeguard Students will be taught the basics to get ready for the lifeguarding program, including lifesaving and leadership skills, fitness and professional development. Prerequisite: American Red Cross Level 4 swim class or equivalent and comfortable in all depths of water in pool settings. Class cancelled due to inclement weather will be made up Thursdays. (NT)

Reg #	Ages	Day	Dates	Time		
852101A	11 - 14	М	Jul 5 - Aug 9	5:00 pm - 6:00 pm		
Location: Fee:	Merkel Ac \$50/R - \$		Min/Max: 6/12 Length: 6 wks			
Instructor:	1		ard Instructor			

## **American Red Cross Lifeguard Training**

Looking for a great summer job? Lifeguarding is an opportunity to work in a challenging and team centered environment. Class covers the skills necessary to keep our pools & lakes safe this summer along with getting students certified in CPR for the Professional Rescuer, First Aid, and AED. Class is blended learning. Students will need a computer to access all on-line class curriculum. Online class work must be completed prior to the first class. Prerequisite: Swim 550 vards continuously using rhythmic breath control, Tread water for 2 minutes only using legs, Swim 20 yards to a depth of 7 to 10 feet/surface dive to retrieve a 10lb object and return to shallow end (timed event), and swim 5 yards underwater to retrieve three rings from a depth of 4 to 7 feet. **Required:** swimsuit for every class & daily attendance. Passing Course: Students must pass the in-water skills practical, a written test with an 80% or better and prerequisite swimming. After the course starts, NO REFUNDS, Certification is valid for 2 vears. (NT)

Reg #	Ages	Day	Dates	Time
852102A	15 & up	M-TH	May 24 - 27	5:30 pm - 9:30 pm
Location:	Merkel Aq	uatic Cer	Min/Max: 5/10	
Fee:	\$250/person			Length: 4 days
Instructor:	Nicole Tho	mpson		

#### Water Polo

This program is open to new players and seasoned players who would like to learn the sport of water polo. Come have fun with people you know or make some new friends. Open to both male and female players. Goals and balls will be provided. Teams will be divided by age, and younger players will get to learn from the seasoned high school and college players. (NT)

Reg #	Ages	Day	Dates	Time
852103A	12 & up	M/TU/TH	Jun 7 - Jul 30 🤘	8:30 pm - 9:45 pm
Location: Fee: Instructor:	\$140/sess \$10/perso	n cash or ch	eck at the door daily Water Polo Alumni	Min/Max: 10/30 Length: 8 wks

### **Aqua Fitness**

This class is great for anyone looking to work out with low impact on the bones. Exercises can be modified based on ability level. Work aerobically while toning core muscles as you stabilize your body position in the water. (NT)

Reg #	Ages	Day	Dates	Time
852104A	14 & up	TU/TH	Jun 8 - Aug 5	5:00 pm - 6:00 pm
		SA	Jun 12 - Aug 14	9:00 am - 10:00 am

Location: Merkel Aquatic Center Min/Max: 6/15 \$8/person cash/check at the door - Free to pool pass holders Fee: Instructor: Yuka Rvan

# **Sailing Camp**

Teaching fundamentals of sailing, focused on safety and fun. Goals are to have students understand rigging their boats. launching, landing, tacking, jibing, capsizing and recovering safely. Instruction will be customized to the individual students. Students will be grouped according to experience, age and ability so activities can be age and skill appropriate. Required: Guardian must sign a waiver of release on the first day of class. (NT)

	Reg #	Ages	Day	Dates	Time
	852105A	8 - 18	M - F	Jun 7 - Jun 11	9:00 am - 4:00 pm
	852105B	8 - 18	M - F	Jun 14 - Jun 18	9:00 am - 4:00 pm
	852105C	8 - 18	M - F	Jul 12 - Jul 16	9:00 am - 4:00 pm
2	Location: Fee: Instructor:	Comm. Sa \$340/R - Communi	\$350/N	Min/Max: 2/4 Length: 1 wk	

### **Adult Intro to Sailing**

This evening course will introduce you to the fun and enjoyment of sailing. Bring a friend or spouse to enjoy learning the skills together or come meet some interesting new friends. Required: Participant must sign a waiver of release on the first day of class. (NT)

Reg #	Ages	Day	Dates	Time
852106A	18 & up	TH	<mark>Jun 3</mark> - Jun 24	5:30 pm - 8:00 pm
852106B	18 & up	TU	Jul 6 - Jul 27	5:30 pm - 8:00 pm

Location:	Comm. Sailing School/Pistakee Bay	Min/Max: 2/4
Fee:	\$140/R - \$150/NR	Length: 4 wks
Instructor:	Community Sailing School Instructors	

# AQUATICS

# Private & Semi-Private Swim Lessons

Private and semi-private lessons are a perfect way for students to learn at their own pace. Lessons are available for all ages and abilities for children, adults and seniors. The instructor will develop a lesson based on the level and skill training needed. Private lessons provide a 1:1 student/instructor ratio; semiprivate lessons provide a 2:1 ratio. Lessons are 30 minutes. Semiprivate lesson participants must register together. We will not combine individuals to form semi-private lessons. Cancellations of lessons must be done 24 hours prior to class otherwise session will be lost. Register in-person at the McHenry Recreation Center. \*Only 10 Saturday lessons total for summer 2021. (NT)

Reg #	Туре	Day	Dates	Time
852107A	Private	SA	Jun 12 - Aug 14	8:30 am - 9:00 am 9:05 am - 9:35 am 9:40 am - 10:10 am
852107B	Semi	SA	Jun 12 - Aug 14	8:30 am - 9:00 am 9:05 am - 9:35 am 9:40 am - 10:10 am
8521070	Private	M-TH	Jun 7 - Aug 12	5:00 pm - 6:00 pm
852107D	Semi	M-TH	Jun 7 - Aug 12	5:00 pm - 6:00 pm
852107E	Private	M-TH	Jun 7 - Aug 12	9:00 am - 10:00 am
852107F	Semi	M-TH	Jun 7 - Aug 12	9:00 am - 10:00 am

# SWIM LESSONS

#### **American Red Cross Swim Lessons**

The learn-to-swim program is designed to enhance your child's ability and comfort around the water. Children are meant to progress through each level based on American Red Cross skill standards. A child's development level, practice, and focus during class can play a factor in how they progress. Below you will find an explanation of each class. If you are not sure what level to place your child, contact Aquatics Supervisor at nthompson@ cityofmchenry.org to schedule a placement test. Please note placement tests will not take place until after Memorial Day. Aquatics staff have final decisions on moving any child to appropriate class based on their ability.

For full lesson descriptions and level standards, download the free American Red Cross learn to swim app from the app store or visit the American Red Cross (ARC) website at https://www.redcross. org/take-a-class/swimming/swim-lessons/kids-swim-lessons

#### Infant/Toddler Classes (Ages 6 mo. to 5 yrs)

Parent and Child (6 months to 4 yrs) - 30 minute class Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. One parent per child is required in the water at all times. Class works on getting swimmer used to interacting with instructor to build comfort for future swim lesson independent from parent/guardian.

#### **Preschool Levels (4 to 5 yrs)**

These levels are designed to help children gain greater independence in their skills and develop more comfort around water. Lessons provide experience and activities for water safety and an introduction to the basic mechanics of swimming. Children should be able to learn independently and comfortable with being apart from parents/guardians. Swimmers must have taken and successfully graduated Preschool Level 2 before taking Preschool Level 3.



#### School Aged Classes (Ages 6 yrs & up) Level 1 - Intro to Water Skills

This level is designed to help participants feel comfortable in the water and learn the basic mechanics of swimming. A focus is put on learning the front crawl (freestyle), elementary backstroke, floating, treading water, and water safety.

#### Level 2 - Fundamental Aquatic Skills

This level is designed to give participants success with fundamental skills. Lessons provide experience and activities to: expand on front crawl and backstroke; recover after entering by iumping; introduction to swimming in deep water; ability to swim underwater; and how to recognize emergencies.

#### Level 3 - Stroke Development

This level is designed to build on the previous skills through additional guided practice in deeper water. Lessons provide experience and activities to: entering deep water by jumping from the side, submerge fully then recover and return to the side; perform sitting and kneeling dives; use of rotary breathing; tread water for extended periods; and introduction to breaststroke and butterfly mechanics.

#### Level 4 - Stroke Improvement

This level is designed to develop confidence in the skills learned in all 4 competitive strokes. Lessons provide experience and activities to: perform standing dives; swim underwater in deeper depths; open and flip turns; tread water using 2 different kicks; expanded proficiency and endurance when swimming the 4 competitive strokes.

#### Level 5/6 - Stroke Technique

This level is designed to work on technique and advancement of endurance, skills, and drills. Swimmers will work on distance along with race starts and turns. Swimmers will work on perfecting mechanics of the competitive swimming strokes for future advancement to a swim team. A focus on swimming without stopping and using legal turns will be highlighted.

#### Jr. Swim Team

A short 2 week program designed to help prepare swimmers for the training that happens during the season. Swimmers will run through mini-practices and swim around 1,000 yards. Level 4-6 swimmers welcome. Check out page 36 for more details.

#### **Registration Information**

Morning Classes: A total of 8 classes are held Monday-Thursday. Friday is used for make-up classes due to weather related cancelations during the week.

Evening Classes: A total of 4 classes are held Monday/Tuesday. Thursday is used for make-up classes due to weather related cancelations during the week.

Ages:	6 months & up
Location:	Merkel Aquatic Center
Fee:	\$55/R - \$65/NR - Parent & Child
Fee:	\$70/R - \$80/NR - Preschool & up
Fee:	\$35/R - \$40/NR - Evening
Min/Max:	Parent/Tot: 4/6
	Preschool Levels: 2/5
	School Aged Levels: 3/8

Infant/Todd	ller Classes	Jun 7 - Jun 17	Jun 21 - Jul 1	Jul 5 - Jul 15	Jul 19 - Jul 29	Aug 2 - Aug 12
Parent/Tot	852181	(A) 9:00-9:30 am (B) 9:50-10:20 am	(C) 9:00-9:30 am (D) 9:50-10:20 am	(E) 9:00-9:30 am (F) 9:50-10:20 am	(G) 9:00-9:30 am (H) 9:50-10:20 am	(I) 9:00-9:30 am (J) 9:50-10:20 am
Preschool Level 2	852182	(A) 9:00-9:45 am (B) 10:45-11:30 am (C) 6:15-7:00 pm	(D) 9:00-9:45 am (E) 10:45-11:30 am	(F) 9:00-9:45 am (G) 10:45-11:30 am (H) 6:15-7:00 pm	(I) 9:00-9:45 am (J) 10:45-11:30 am	(K) 9:00-9:45 am (L) 10:45-11:30 am (M) 6:15-7:00 pm
Preschool Level 3	852183	(A) 9:50-10:35 am (B) 10:45-11:30 am	(C) 9:50-10:35 am (D) 10:45-11:30 am (E) 6:15-7:00 pm	(F) 9:50-10:35 am (G) 10:45-11:30 am	(H) 9:50-10:35 am (I) 10:45-11:30 am (J) 6:15-7:00 pm	(K) 9:50-10:35 am (L) 10:45-11:30 am

School Age	ed Classes	Jun 7 - Jun 17	Jun 21 - Jul 1	Jul 5 - Jul 15	Jul 19 - Jul 29	Aug 2 - Aug 12
Level 1	852191	(A) 9:50-10:35 am (B) 10:45-11:30 am (C) 6:15-7:00 pm	(D) 9:50-10:35 am (E) 10:45-11:30 am (F) 6:15-7:00 pm	(G) 9:50-10:35 am (H) 10:45-11:30 am (I) 6:15-7:00 pm	(J) 9:50-10:35 am (K) 10:45-11:30 am (L) 6:15-7:00 pm	(M) 9:50-10:35 am (N) 10:45-11:30 am (O) 6:15-7:00 pm
Level 2	852192	(A) 9:50-10:35 am (B) 10:45-11:30 am (C) 7:15-8:00 pm	(D) 9:50-10:35 am (E) 10:45-11:30 am (F) 7:15-8:00 pm	(G) 9:50-10:35 am (H) 10:45-11:30 am (I) 7:15-8:00 pm	(J) 9:50-10:35 am (K) 10:45-11:30 am (L) 7:15-8:00 pm	(M) 9:50-10:35 am (N) 10:45-11:30 am (O) 7:15-8:00 pm
Level 3	852193	(A) 9:50-10:35 am (B) 10:45-11:30 am (C) 6:15-7:00 pm	(D) 9:50-10:35 am (E) 10:45-11:30 am (F) 6:15-7:00 pm	(G) 9:50-10:35 am (H) 10:45-11:30 am (I) 6:15-7:00 pm	(J) 9:50-10:35 am (K) 10:45-11:30 am (L) 6:15-7:00 pm	(M) 9:50-10:35 am (N) 10:45-11:30 am (O) 6:15-7:00 pm
Level 4	852194	(A) 9:50-10:35 am (B) 10:45-11:30 am (C) 7:15-8:00 pm	(D) 9:50-10:35 am (E) 10:45-11:30 am (F) 7:15-8:00 pm	(G) 9:50-10:35 am (H) 10:45-11:30 am (I) 7:15-8:00 pm	(J) 9:50-10:35 am (K) 10:45-11:30 am (L) 7:15-8:00 pm	(M) 9:50-10:35 am (N) 10:45-11:30 am (O) 7:15-8:00 pm
Level 5/6	852195	(A) 9:50-10:35 am (B) 10:45-11:30 am (C) 7:15-8:00 pm	(D) 9:50-10:35 am (E) 10:45-11:30 am (F) 7:15-8:00 pm	(G) 9:50-10:35 am (H) 10:45-11:30 am (I) 7:15-8:00 pm	(J) 9:50-10:35 am (K) 10:45-11:30 am (L) 7:15-8:00 pm	(M) 9:50-10:35 am (N) 10:45-11:30 am (O) 7:15-8:00 pm

# SWIM LESSONS

### **Important Notes:**

- Session registration closes on the Friday before a session starts!
- When the air temperature is cool or weather conditions are questionable, every effort will be made to conduct classes. The pool water is heated.
- · Classes will be cancelled only in the event of severe weather or conditions unfit to safely guard the water.
- Refunds/credits will not be issued due to missed lessons for inclement weather or failure to attend.
- Swimmers with shoulder length hair or long hair must pull it back. Girls should wear one piece swimsuits.
- If class is full, please waitlist your child to ensure we have accurate registration in the case of cancellations.

# MCHENRY MARLINS AQUATIC CLUB

# MCHENRY MARLINS AQUATIC CLUB

FRI

OFF

7:45 -

9:00 am

6:00 -

7:45 am

#### **McHenry Marlins Aquatic Club (MMAC) Swim Team**

This swim team competes in the Northern Illinois Summer Swim Conference and is open to novice and experienced swimmers. This swim team is not designed as a swim lesson program. Students advance strokes, diving, starts, turns and conditioning. Swimmers must have a team or navy/red suit and team swim cap (vendor can be found on team website). Year-round team participants have the option to compete in ISI/USA Long Course swim meets at an additional cost. Website: www.macswimmers.org.



Jr. Swim Team (Introduction): Beginner level for all age swimmers who are debating joining or are new to competitive swimming. This is a two-week program without a full season commitment. See page 36 for more details.

Blue Level (Beginner): This level is for swimmers who can strongly swim 50 vards unassisted. Blue offers a basic introduction to the four competitive strokes used in swimming and the other skills necessary to swim competitively. The emphasis is on fun and structure as swimmers learn to swim competitively. Blue level swimmers must be able to swim freestyle and backstroke.

**Bronze (Age Group):** This level is for growing swimmers who can perform: 50 vards of freestyle from a standing dive; 25 vards of each competitive stroke; and a freestyle flip turn. Bronze level will work on stroke and technique development. Swimmers will work on swimming the strokes competitively and avoiding common DO mistakes in competition.

**Silver (Intermediate):** This level is for swimmers who have achieved a designated level of success based on effort, practice consistency, meet participation and time standard achievement. Swimmers must be able to perform the following: 50 yards of all competitive strokes with legal turns and finishes. 200 vards of continuous freestyle with flip turns and a 100 vard IM with legal turns.

**Gold (Advanced):** This level comes with an emphasis on refining race technique, building endurance, promoting a healthy lifestyle and exposing swimmers to greater race opportunities. Swimmers must be able to perform the following: a legal 200 IM with correct stroke and turn technique. Must have obtained or been within reach of at least two regional cut times.

Platinum (Elite/HS/Club): This level is designed for swimmers who are committed to the sport of competitive swimming. Swimmers are looking to compete on an elite club team, high school swim team or college swim team. This level requires 100% commitment and dedication to following coach and team expectations. Swimmers are progressing towards being top-level athletes at a state and national level. Swimmers must be working towards or have obtained four regional cuts or one state cut, have a proficient stroke technique, be able to read a pace clock and have a strong work ethic. Platinum level swimmers will work on goal setting and assist with promoting team culture by learning what it takes to coach and working with younger age groups.

USA Swimming Long Course Season: MMAC will be looking to attend USA Swimming sanctioned long course meets this summer. In a summer season, we would attend 5-6 long course meets which concludes with Illinois Swimming LC Regionals & State for swimmers who qualify. The fees for long course meets are not included in the cost of the summer program. If your child would like to compete in long course meets, you will be required to pay an additional coaching cost and meet entry cost associated with each meet. To compete in long course meets, all swimmers must be registered as an Illinois Swimming athlete for the 2021 season and attached to the McHenry Marlins Aquatic Club. If you plan on attending long course meets and are a new or transfer swimmer, you must contact the Aquatics Supervisor at the start of the season to complete proper Illinois Swimming paperwork. All long course coaching fees and meet entry fees are NON-REFUNDABLE after meet registration period closes. See macswimmers.org for more information.



7:45 -

6:00 -

7:45 am

9:00 am

MON

OFF

Practice Level

Blue/Bronze

Practice: May 10 - May 28 McHenry High School West Campus

TUE

6:00 -

7:15 pm

6:00 -

WED

OFF

7:45 -

9:00 am

6:00 -

7:45 am

THU

6:00 -

6:00

7:45 -

9:00 am

6:00 -

7:45 am

7:15 pm

#### Swim Meets

Gold/Platinum

Silver

The team has home and away dual meets on evenings in June and July. Swimmers need to arrange transportation to and from meets. Parent volunteers are required to work at Home meets.

7:45 -

6:00 -

7:45 am

9:00 am

Lincolnwood at McHenry	Wed, June 23
McHenry at Arlington Heights	
Norridge at McHenry	
McHenry at River Trails	Wed, July 14
Buffalo Grove at McHenry	Wed, July 21
Conference Meet at McHenry	TBD

Swimmers must register before the first day of practice. Payment is due at time of registration.

Returning MMAC Swimmer Early Bird: Register for the season before April, 16 & save 10% (excludes Jr. Swim team).

Multiple Child Discount: Families with two or more swimmers will receive a \$10 discount per additional child enrolled on the team.

#### Summer 2021 Fees

852201A	Blue/Bronze	\$350/R - \$360/NR
825501B	Silver	\$400/R - \$410/NR
825501C	Gold/Platinum	\$450/R -\$460/NR

## **MMAC Notes**

**COVID-19 Considerations:** Parents will be issued COVID-19 guidelines for the program prior to the first practice. It is the responsibility of parents and swimmers to read and understand those guidelines. Parents and swimmers will be required to follow the guidelines of the McHenry Parks & Recreation department along with any D156 requirements as well. Any major closures of D156 or McHenry Parks & Recreation facilities due to possible COVID cases would result in the immediate halt of the program until all operating parties feel that the MMAC program can safely continue operations under state and facility guidelines. The McHenry Parks & Recreation department will consider proration and partial refunds for any extended closures of facilities that limit program offerings directly related to COVID-19.

Pool size, space, and state guidelines will determine team size. We strive to provide a program that allows our coaching staff to provide specific trainings per age group. To insure your child's spot on the team, please register early. Max swimmers per practice group: Jr. Swim Team (12), Blue (10), Bronze (10), Silver (40), Gold/Platinum (40).

Swim team is not swim lessons. Coaches might suggest another vear of lessons before children are ready to join the team. Coaches & Aquatics Supervisor have final decision on level placement for ALL swimmers.

**Practice Changes:** Practice dates and times can vary depending on school events, high school home swim meets. special events, weather related closures, district holidays, and national holidays. No discounts or make-up practices will be given for cancellations by coaches, school administration, or parks department administration. Any changes to schedule will be posted on team website. Swimmers may not attend another practice group outside of their assigned practice time.



#### **Two-A-Days Training**

Swimmers will work in small groups with a coach to work through an extra workout at their pace. Great for long course swimmers. Note: Swimmers must sign up in advance at the Am practice with coaches. Spots are limited as only a small number of lanes are allowed each day.

Reg #	Level Day	Dates	Time
852202A	Silver & up M/TL	J Jun 7 - Jul 27	6:15 pm - 8:15 pm
Fee:	\$8 per day paid a	t the door	Max: 18 swimmers

#### **Private or Semi-Private Lessons**

Have a swimmer looking for help in technique, goal setting, pacing or race strategy? Let us help him/her with lessons outside of practice. The instructor will develop a lesson based on the level and skill training needed. Private lessons provide a 1:1 student to instructor ratio. Semi-private lessons provide a 1:2 student to instructor ratio. Semi-private students must register together. Lessons are 30 minutes each. Required: In-person registration at the McHenry Recreation Center. Aquatics Supervisor will coordinate lessons with instructing staff.

Reg #	Туре	Day	Dates	Time
852202B	Private	M-TH	Jun 7 - Jul 29	9:00 am - 11:00 am 5:00 pm - 6:00 pm
852202C	Semi	M-TH	Jun 7 - Jul 29	9:00 am - 11:00am 5:00 pm - 6:00 pm

Location:	Merkel Aquatic Center
1 Lesson Private:	\$22/person
1 Lesson Semi-Private:	\$18/person
5 Lessons Private:	\$90/person
5 Lessons Semi-Private:	\$75/person

#### Jr. Swim Team (Introduction)

Beginner level for all age swimmers who are debating joining or are new to competitive swimming. This is a two-week program without a full season commitment. If the swimmer wants to join the team fully, add the blue/bronze practice at a prorated fee determined by the number of weeks remaining. Swimmers must be able to swim 25 yards unassisted freestyle. Swimming will be a mixture of drills, practice and swim lesson teaching dynamics. No meets for this program.

Reg #	Days	Dates	Time
852203A	M/W/F	Jun 7 - Jun 18	8:45 am - 9:30 am
885203B	TU/TH	Jun 8 - Jun 17	5:15 pm - 6:00 pm
885203C	M/W/F	Jun 21 - Jul 2	8:45 am - 9:30 am
885203D	TU/TH	Jun 22 - Jul 1	5:15 pm - 6:00 pm
885203E	M/W/F	Jul 5 - Jul 16	8:45 am - 9:30 am
885203F	TU/TH	Jul 6 - Jul 15	5:15 pm - 6:00 pm
885203G	M/W/F	Jul 19 - Jul 30	8:45 am - 9:30 am
885203H	TU/TH	Jul 20 - Jul 29	5:15 pm - 6:00 pm

TU/TH Fee: \$24/R - \$34/NR M/W/F Fee: \$36/R - \$46/NR

#### **Reg #852201**

#### McHenry Parks & Recr SUMMER SWIM TEAM R

Complete the registration form below and submit program payment payable to the City of McHenry. Completed and signed forms are due at registration.

CONTACT / FAMILY INFORMATION - CHECK LEVEL OF PRACTICE (1 FORM PER CHILD)				
Proof of residency is required to receive resident rates. A family is defined as no more than two adults and their unmarried children, through 21 years of age, residing in the same household full time. Children 22 years and older, as well as other relatives and/or individuals in the same household are not in the definition of a family.				
□ Blue & Bronze (A)	☐ Silver (B)	Gold (C)		
Child's First & Last Name			Middle Initial	
Parent 1 First & Last Name			Child's DOB (M/D/Y)	
Parent 2 First & Last Name			Child's Age as of 5/1/2021	
Street Address			Gender 🖵 Male 🖵 Female	
City, State, Zip			Primary Contact Number	
Email Address			Cell Number (Parent 1)	
T-Shirt Size			Work Number (Parent 1)	
# of years on summer team (1=	1st yr)		Cell Number (Parent 2)	
Allergies/Medications			Work Number (Parent 2)	
FOR OFFICE USE ONLY				
Multiple Child Discount MMAC Website Acct Copy to Coach				

#### PLEASE COMPLETE AND SIGN BACK PAGE - REQUIRED TO PROCESS ENROLLMENTS

PAYMENT IN
Mail or Drop-off: 3636 Municipal Drive, McHenry, IL 60050 Make checks payable to City of McHenry. If payi
Credit Card Number

Card Holder's Name

eation	Dep	artmen	ıt		
REGI	ST	RAT	ION	FO	RM

Date:	 	

NFORMATION			
0 • Email: recinfo@cityofmchenry.org • Fax: 815-363-3186 ving by credit card, please complete the following:			
Expiration Security Code			
Card Holder's Signature			

#### McHenry Parks & Recreation Department **SUMMER SWIM TEAM REGISTRATION FORM**

Please review and sign - required to process enrollments

#### WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK / PHOTO RELEASE / REFUNDS

WARNING OF RISK: Recreational activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slip and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities exist. In this regard, it must be recognized that it is impossible for the City of McHenry Parks & Recreation Department and McHenry Marlins to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK: Please read this form carefully and be aware that in signing up and participating in the programs listed above, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with these programs (including transportation services and vehicle operations, when provided). I knowingly, willingly and voluntarily acknowledge the inherent risks associated with participation in the program and understand that my participation in any Event/Practice involves risks and dangers including, without limitation, the potential for serious bodily injury, sickness and disease (including communicable diseases, virus or bacteria), trauma, pain & suffering, permanent disability, paralysis and death; loss of or damage to personal property; exposure to extreme conditions and circumstances; facilities or premises issues, including hazards resulting in slips, trips and falls; accidents involving other participants, event staff, volunteers, spectators or the general public; contact or exposure to other participants, including participants of varying skill levels; adverse weather conditions; travel risks; equipment failure, including protective equipment; inadequate safety measures; situations beyond the immediate control of the Event or Events organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs against the City of McHenry Parks & Recreation Department and McHenry Marlins including its officials, agents, volunteers and employees. In the event of an emergency, I authorize the City of McHenry Parks & Recreation Department and McHenry Marlins to secure any/all necessary medical attention for me and/or my child/ward and further agree that I will be responsible for any and all medical services rendered.

I HAVE READ AND FULLY UNDERSTAND the important information, warning of risk, assumption of risk, and waiver and release of all claims. If registering online or via fax, my online or facsimile signature shall substitute for and have the same legal effect as an original form signature. I further understand that my signature is required below in order to participate in City of McHenry Parks & Recreation programs.

PHOTO RELEASE: The City of McHenry Parks & Recreation Department and McHenry Marlins take photos and videos of participants in programs, during special events, and in City of McHenry parks and facilities. By signing this waiver, I give permission to the City of McHenry and McHenry Marlins to use these photos and videos in its publications, websites and social media outlets without further permission and without compensation. All photos and videos are the property of the City of McHenry and McHenry Marlins.

PAYMENT POLICY: I do hereby affirm that I understand submitting this application makes me responsible for all registration fees, deposits, and late fees incurred. I understand that the City of McHenry Parks & Recreation department reserves the right to dismiss a participant from the program if all fees are not paid. I agree to follow the City of McHenry Parks & Recreation guidelines for refunds and reimbursements while understanding that participants elected from program due to discipline, absence of pay, or code of conduct guidelines might not fall under the refund policy. I acknowledge that absence from the program or missed Sessions without medical reason could result in my loss of a refund or reimbursements. Furthermore, I agree that any delinquent payments may result in my account being suspended from future registrations or programs.

Name of Participant(s)	Name of Adult/Guardian if under 18
Signature of Adult/Guardian	Date

#### Ways to Register

Registrations are processed on a first-come-first-served basis. **R = Resident, NR = Non-Resident.** If you have any questions regarding residency or registration, call 815-363-2160.

**Online:** Visit https://webtrac.ci.mchenry.il.us

**In-Person/Mail:** Register at the McHenry Recreation Center. 3636 Municipal Drive, McHenry

Email/Fax: Email: recinfo@cityofmchenry.org; Fax: 815-363-3186

After Hours Drop Box: A drop box is also available in the parking lot of the Municipal Center. Items dropped-off here will be forwarded to the McHenry Recreation Center.

All programs require a minimum number of participants at least five (5) business days before a class begins. A maximum number is also listed to ensure quality instruction. Classes may be combined and times modified to facilitate better programs. Receipts are mailed or emailed to those enrolled. If a program is full, registrants will be notified. If desired, you will be added to a waitlist.

#### **Online Program Registration**

The McHenry Parks & Recreation Department offers online registration for recreation programs. Our staff will create your account and provide a login and password for your use. This convenient registration process is free and the website offers a secure payment area.

For Online Registration: City of McHenry residents and non-residents can prepare for this feature by visiting the website and downloading/completing the enrollment form. This form is available on page 35.



# PROGRAM REGISTRATION

#### Household Proof of Residency

City of McHenry residents and property owners contribute to the operating budget of the McHenry Parks & Recreation Department by paying property taxes. Everyone who resides within the boundaries of the City of McHenry receives the resident rate. Once per year, each City of McHenry household is required to show proof of residency before a registration or rental can be completed. Non-Resident fees are the second fees shown in the program descriptions. These rates are necessary in order to ensure that non-resident participants contribute to the overall financing of the City's Parks & Recreation Department programs and services on an equitable basis with residents.

Annually, residents must show proof of residing within the City of McHenry limits by providing a license/photo ID along with one of the following documents showing a City of McHenry address:

- Current utility bill
- Real estate contract
- Property Lease - School records or report cards

A household shall consist of everyone that physically lives at that address. Guardianship must be proven for minors living with anyone other than their parents.

#### Inclusion

The City of McHenry does not discriminate on the basis of race. color, sex, national origin, age or disability in compliance with the Illinois Human Rights Act, the Illinois Constitution, Title VI of the 1964 Civil Rights Act, Section 504 of the Rehabilitation Act of 1973 as amended, and the U.S. Constitution. If you need accommodations to participate in any programs, please contact the office at least one week prior to the start of the program.

#### **Photo Policy**

Participants of programs and special events permit the taking of photos and videos of themselves and their children for potential publication in MPRD printed materials as well as for online/ electronic media. All photos and videos taken on Department property are for Department use and become its sole property.

## PROGRAM REGISTRATION

#### **Refund Policy**

For activities cancelled by McHenry Parks & Recreation Department, payments will be credited to your account. A refund will be issued upon request.

To withdraw from a program, a refund request form must be completed. Forms are available at the McHenry Recreation Center and online. Forms can be dropped off or mailed to: McHenry Parks & Recreation Department 3636 Municipal Drive McHenry, Illinois 60050

A full **100% credit or refund** will be issued if withdrawals are requested at least seven (7) calendar days prior to the activity start date less a \$5 fee.

A **75% credit or refund** will be issued if withdrawals are requested up to six (6) calendar days prior to the activity start date.

A **50% credit or refund** will be issued if withdrawals are requested after the first meeting and before the second meeting of a session.

No credit or refunds will be issued after activity session has met twice.

Late activity registrations will not be prorated. Please note activity refund and cancellation policy may vary by program area.

**Refunds for cash or check payments** will be made by check. Please allow three to four weeks. Refunds to credit card transactions will be applied to the card used.

**Program credits or refunds** are subject to Program Supervisor's approval. Refunds will not be approved for trips, adult athletics and leagues, daily passes, pool passes, fitness punch passes and fitness memberships. Passes and memberships are nontransferable.

#### Discipline

A positive approach is used regarding discipline. Staff periodically reviews rules with participants during program. If inappropriate or unacceptable behavior occurs, prompt resolution will be sought and the Behavior Code of Conduct will be used as a guideline. MPRD reserves the right to remove a participant whose actions endanger the safety of him/herself or others.

#### The Behavior Code of Conduct includes:

Show respect to all participants, staff and volunteers. Follow directions from staff and volunteers. Show respect for equipment, supplies and facilities. Will not use inappropriate, abusive or foul language. Will not show any disruptive or aggressive behavior (hitting, punching, slapping, kicking, biting, etc.), regardless of whether behavior is initiated or in retaliation.

#### **Termination of Participant**

MPRD reserves the right to terminate the participation of any individual in any Department program, event or facility for disruptive behavior or if it is considered by the Department that continued participation of the individual is not in the best interest of the participant or others.

#### Safety is a Priority

MPRD recognizes that safety is a top priority to all who visit our parks and facilities. We place an emphasis on safety to ensure that you, as park and facility patrons, have a safe, fun experience.

To ensure your parks and facilities are as safe as possible, we need your help. If you see or hear about something that may be unsafe, i.e. broken playground equipment, an animal hole by an athletic field, or anything that you feel may be hazardous, please call us at 815-363-2160.

#### **Care for Your Parks**

Preserve the natural beauty around you. Please don't climb trees, cut branches, pick plants or flowers, or approach animals or their nests. Dispose of litter properly. Please recycle this brochure when finished.

#### **Oops!**

Occasionally, there may be an error that appears in print or online regarding days, times, requirements, fees or other information. When such errors occur, MPRD will do everything possible to correct the situation promptly. Thank you for your understanding.

#### McHenry Parks & Recreation Department **PROGRAM REGISTRATION FORM**

#### **CONTACT / FAMILY INFORMATION** Proof of residency is required to receive resident rates. A family is defined as no more than two adults and their unmarried children, through 21 years of age, residing in the same household full time. Children 22 years and older, as well as other relatives and/or individuals in the same household are not in the definition of a family. Last Name **Residential Address** City/State/Zip Home Phone Cell Phone Work Phone **Emergency Phone Emergency Contact & Relationship**

PROGRAM INFORMATION			
Reg #	Program Name	Participant's Name	Fee
Chock if any nar	ticipant needs any accommodations, in accordance with	The Americans with Disabilities Act	Total
	rticipate in any of these programs.	The Americans with Disabilities Act,	Due:

#### PLEASE COMPLETE AND SIGN BACK PAGE - REQUIRED TO PROCESS ENROLLMENTS

PAYMENT II	
Mail or Drop-off: 3636 Municipal Drive, McHenry, IL 6005 Make checks payable to City of McHenry. If pay	
Credit Card Number	

Card Holder's Name

			-
Family Member Names (Please note different last name)	Gender	DOB	Grade
Adult			
Adult			
Child			
Email Address			
A			

I	INFORMATION		
	50 • Email: recinfo@cityofmchenry.org • Fax: 815-3 ving by credit card, please complete the following:	363-3186	
	Expiration	Security Code	

Card Holder's Signature

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Name of Participant(s)	Name of Adult/Guardian if under 18
Signature of Adult/Guardian	Date

66 Direct a child to exercise, and few will respond with enthusiams-if they respond at all. **But issue an invitation** to join the fun, and most will accept eagerly." unplugillinois.org

nuplug-Illinois

CITY OF MCHENRY PARKS & RECREATION DEPARTMENT 3636 MUNICIPAL DRIVE MCHENRY, ILLINOIS 60050 815-363-2160

