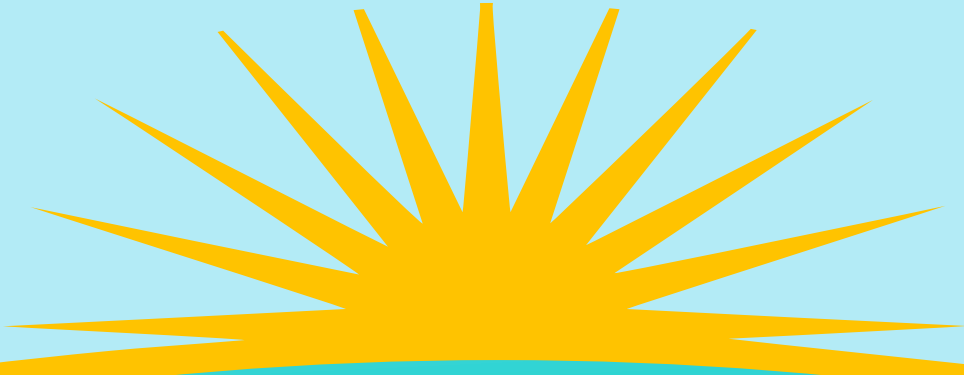




BERKELEY

PARK DISTRICT



WINTER 2026 BROCHURE



Your Path to Fun!



BERKELEY PARK DISTRICT MISSION

The mission of the Berkeley Park District is to provide a safe outlet for recreational experiences, enriching our small community through the use of our local parks & facilities.

Berkeley Park District Board of Commissioners and Staff

Teresa Larem, President

Paul Smith, Vice President

Mari Carpenter, Commissioner/Board Treasurer

Rolanda Sudduth, Commissioner/Board Secretary

Gloria Denise Sada, Commissioner

Brian Ramsey, District Administrator

Sam Carlberg, Program Coordinator

Upcoming Board Meetings

January 7, 2026

February 4, 2026

March 4, 2026

April 1, 2026

All Meetings are scheduled at 6:30pm on the first Wednesday of the month, unless denoted (*), and are held at the Lind Park Field House, located at 1200 Lind Avenue, Berkeley, Illinois. All Park Board Meeting Agendas are posted on the building front door at the District's office and on the District's website at least 48 hours in advance as required under the Illinois Opens Meeting Act.

Berkeley Park District Locations

Berkeley Park • Northwest corner of Taft & Electric Ave • Berkeley, IL 60163

Lind Park Field House • 1200 Lind Ave • Berkeley, IL 60163

The Park District is always looking for volunteers who would like to help with special events and programs. If you are interested in being put on the volunteer contact list or if you have an idea for a program, a trip, a craft to share, a hobby to teach please contact Brian Ramsey at brianramsey@berkeleyparkdistrict.com.



BERKELEY
PARK DISTRICT

708-544-1935



www.berkeleyparkdistrict.org



Music Together • Ages 0-5

Share the joy of music with your little one in this playful and engaging program designed for children ages five and under. Each class blends singing, movement, chanting, listening, and hands-on instrument exploration, allowing children to participate at their own pace. Parents and guardians are encouraged to join the fun, making it a special bonding experience. This program supports early childhood development and fosters a lifelong love of music. Siblings under eight months and over five years may attend at no charge.

Instructor

Mimi Black

Registration Deadline

Saturday, January 3

Session Dates

Jan 8 - Mar 12

Location

Lind Park Field House

Day & Time

Thursday
10:00 - 10:50am

Fee

Resident Single Child: \$150 | Resident Family: \$200
Non-Resident Single Child: \$200 | Non-Resident Family: \$250

** For the purposes of this program, a family is considered to consist of two or more children.*



Youth Volleyball with Chicago Elite • Ages 7-13 **NEW!**

Chicago Elite Youth Academy is a co-ed child development program created to both introduce children to the game of volleyball, as well as continue to improve their individual skill development in the sport. Chicago Elite classes develop important volleyball skills such as passing, setting, attacking, blocking, serving, defense and movement. Players will be divided according to both skill level and age and challenged accordingly. This program is comprised of three distinct four-week sessions. Participants are welcome to enroll in as many sessions as they wish; however, each session requires a separate registration.

Instructor

Tamara Notter

Registration Deadlines

Session 1: Saturday, January 3
Session 2: Saturday, January 31
Session 3: Saturday, February 28

Session Dates

Session 1: January 6 - January 27
Session 2: February 3 - February 24
Session 3: March 3 - March 24

Location

MacArthur Middle School Gym

Day & Times

Tuesday
4:30 - 5:15pm (ages 7-9)
5:15 - 6:00pm (ages 10-13)

Fee

\$100 per child per session



Beginner Gymnastics • Ages 5-8

This class introduces young athletes to the basics of gymnastics in a fun and supportive setting. Participants will learn fundamental skills such as rolls, jumps, balance, and simple tumbling, while building coordination, strength, and confidence. Our instructor focuses on proper technique and safety, making this a great first step into the world of gymnastics. This is a prerequisite to the Advanced Beginner Gymnastics program.

Registration Deadline

Saturday, January 3

Session Dates	Location
January 10 - March 14	Lind Park Field House
Day & Time	Fee
Saturday 11:00am - 12:00pm	\$30 resident \$35 non-resident



Advanced Beginner Gymnastics • Ages 8-10

Designed for gymnasts who have mastered the basics and have already completed Beginner Gymnastics, this class builds on foundational skills with more challenging movements and sequences. Students will continue to develop strength, flexibility, and body awareness while learning new tumbling, balance, and coordination drills. With supportive instruction and plenty of encouragement, participants will be ready to take their skills to the next level.

Registration Deadline

Saturday, January 3

Session Dates	Location
January 10 - March 14	Lind Park Field House
Day & Time	Fee
Saturday 12:00 - 1:00pm	\$30 resident \$35 non-resident



Cheer Tumbling • Ages 8-12 **NEW!**

Get ready to roll, jump, and stretch in this fun, high-energy class designed for young movers. Participants will learn basic tumbling skills such as forward rolls, cartwheels, bridges, and balance work—all while building strength, coordination, and confidence. Our instructor creates a safe and encouraging environment where every child can progress at their own pace and have fun while staying active.

Registration Deadline

Saturday, January 3

Session Dates	Location
January 5 - March 9	Lind Park Field House
Day & Time	Fee
Monday 5:00 - 6:00pm	\$30 resident \$35 non-resident

(No class on Monday, 2/16)



Mid-Day Fitness • Ages 18+

Recharge your afternoon with this well-rounded workout designed to keep you moving and feeling strong. Classes combine low-impact bodyweight movements, mobility exercises, and stretching to improve flexibility and joint health. You'll also incorporate HIIT, resistance training, and light weight work to build muscle and burn fat. Suitable for all fitness levels, this class offers a balanced approach to strength and endurance specifically designed for senior fitness enthusiasts.

Instructor

Kelly Hoekstra

Registration Deadline

Saturday, January 3

Session Dates

January 5 - March 11

Days & Time

Monday & Wednesday
12:00 - 12:50pm

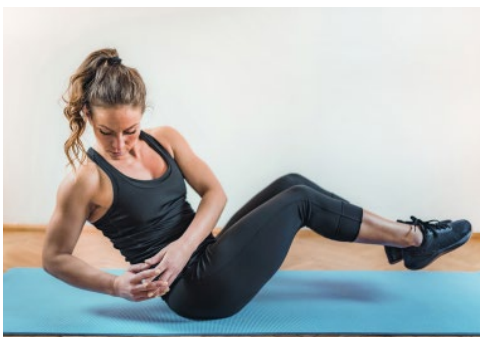
(No class on Monday, 2/16)

Location

Lind Park Field House

Fee

\$45 resident
\$50 non-resident



Total Body Fitness • Ages 18+

Boost your strength, endurance, and overall fitness in this dynamic full-body workout. Using a combination of dumbbells and bodyweight exercises, each session is designed to challenge all major muscle groups while improving balance and flexibility. This class is great for all fitness levels, with modifications provided to match your pace and ability.

Instructor

Tamara Notter

Registration Deadline

Saturday, January 3

Session Dates

January 5 - March 11

Days & Time

Monday & Wednesday
6:30 - 7:30pm

(No class on Monday, 2/16)

Location

Lind Park Field House

Fee

\$45 resident
\$50 non-resident



Yoga Strong • Ages 18+

Build strength, flexibility, and balance in this energizing yoga class. Each session combines traditional poses, mindful breathing, and gentle stretching to help you feel stronger, more centered, and refreshed. Whether you're new to yoga or looking to deepen your practice, this class offers a supportive environment for all skill levels.

Instructor

Tamara Notter

Registration Deadline

Saturday, January 3

Session Dates

January 5 - March 11

Days & Time

Monday & Wednesday
7:30 - 8:30pm

(No class on Monday, 2/16)

Location

Lind Park Field House

Fee

\$45 resident
\$50 non-resident



Commit Dance Exercise • Ages 18+

Turn your workout into a dance party with this high-energy fitness class. This fun-filled, High Intensity Interval Training (HIIT) style workout blends dance routines with strength and cardio moves, set to upbeat pop music from around the world. It's a full-body workout that keeps you moving, sweating, and smiling from start to finish. No dance experience needed—just bring your energy and have fun.

Session Dates	January 6 - March 12	Location	Lind Park Field House
Days & Time	Tuesday** & Thursday 7:30 - 8:30pm	Fee	\$45 resident \$50 non-resident

Instructor

Nikisha Skinner

Registration Deadline

Saturday, January 3

**** In recognition of Election Day, the Lind Park Field House will be utilized as an official Polling location on Tuesday, March 17. Therefore, the building and office will be closed for all scheduled activities.**



Zumba • Ages 18+

Get moving and have fun with this upbeat dance fitness class set to energizing Latin and international rhythms. Zumba combines easy-to-follow dance moves with a full-body workout, helping to build stamina, improve coordination, and burn calories while keeping a smile on your face. No dance experience is required, just come ready to move and enjoy the music.

Session Dates	January 10 - March 14	Location	Lind Park Field House
Day & Time	Saturday 9:30 - 10:30am	Fee	\$45 resident \$50 non-resident

Instructor

Nikisha Skinner

Registration Deadline

Saturday, January 3



Cardio Kickboxing • Ages 18+ **NEW!**

Punch, kick, and sweat your way to a stronger you in this upbeat, full-body workout. Cardio Kickboxing blends easy-to-follow martial arts-inspired movements with fast-paced music for an energizing session that builds endurance and tones muscles. No experience necessary—just bring your energy and get ready for an exciting workout that's as fun as it is effective.

Session Dates	January 8 - March 12	Location	Lind Park Field House
Day & Time	Thursday 6:00 - 7:00pm	Fee	\$45 resident \$50 non-resident

Registration Deadline

Saturday, January 3



Holiday Lunch & Learn with Joint Relief Institute • Ages 18+

Join us for an informative and relaxed lunchtime presentation hosted by the Joint Relief Institute. Learn helpful tips for maintaining healthy joints, managing discomfort, and improving mobility. After the brief presentation, guests will have the opportunity to participate in a Q&A session to address personal questions and concerns. A complimentary lunch and light refreshments will be provided, making this a comfortable and valuable way to learn more about joint health and overall wellness. **Note: Pre-registration is required to receive the complimentary lunch.**

Registration Deadline

Sunday, December 14

Session Date	Location
December 17	Lind Park Field House
Day & Time	Fee
Wednesday 11:00am - 12:30pm	FREE



New Year, New You Fitness Day • Ages 18+

Start the new year off strong with a day dedicated to health and movement! Join us for a variety of fitness mini-sessions designed to get you motivated and inspired—from yoga and strength training to fun group workouts. Whether you're looking to try something new or get back into a routine, this event is the perfect way to kick off your wellness goals for the year.

Registration Deadline

Sunday, January 4

Session Date	Location
January 10	Lind Park Field House
Day & Time	Fee
Saturday 2:00 - 4:00pm	FREE



Spring Session Tai Chi
Stay tuned for full class details in the upcoming spring brochure.

Special Events



'Super' Senior Bingo • Ages 50+

Get ready for some game-day fun with a Super Bowl-themed bingo event made just for our seniors! Join friends for an afternoon of laughs, prizes, and football flair as we celebrate the big weekend Berkeley-style. Light refreshments will be served, and participants are encouraged to wear their favorite team colors or jerseys. It's a great way to kick off Super Bowl weekend with good company and good cheer.

Registration Deadline

Sunday, February 1

Session Date

February 6

Location

Lind Park Field House

Day & Time

Friday
1:00 - 3:00pm

Fee

FREE



Parent & Child Valentine's Day Dance • All Ages

Celebrate Valentine's Day with an evening of family fun! Enjoy music, dancing, and quality time together at this special parent-and-child event. We'll serve pizza and light refreshments, and families can take part in festive crafts throughout the night. It's a perfect way to make memories, share some laughs, and enjoy a little Valentine's cheer as a family.

Registration Deadline

Sunday, February 8

Session Date

February 13

Location

Lind Park Field House

Day & Time

Friday
6:30 - 8:30pm

Fee

\$10 per couple



The Great Family Magic Show • All Ages

Spend your President's Day experiencing an afternoon of amazement and laughter for the whole family! A professional magician will take the stage with interactive tricks, illusions, and surprises that will leave kids and adults wondering, "How did he do that?". Enjoy a lighthearted show full of wonder, smiles, and magical memories for everyone to share. Light snacks will be provided.

Registration Deadline

Friday, February 13

Session Date

February 16

Location

Lind Park Field House

Day & Time

Monday
12:00 - 1:45pm

Fee

\$10 per family

**BERKELEY PARK DISTRICT LIND PARK FIELD HOUSE ROOM RENTAL
APPLICATION & PERMIT
FOR USE OF ROOM RENTAL ONLY**

(* Designates applicants required information (please print))

*Name _____ *Phone _____

*Address _____ *City _____

*Email _____ *2nd Phone _____

Day _____ Date(s) of Rental _____

*Purpose of Event/Activity _____ Hours (Include Set-up & Clean-up Time) Start _____ AM or PM
End _____ AM or PM

PLEASE CHECK (X) THE BOX BELOW AND THAT INDICATES WHICH PACKAGE YOU WISH TO RESERVE. RESIDENTS MUST SHOW PROOF OF ADDRESS.

***RESIDENT RATES:**

Lind Park Field House Room Rental	Maximum	Resident Fees	Deposit	Total Cost
Hourly Rate Only	75	\$75/hr (4 hr min)	\$150	TBD
5 Hour Package	75	\$350/pkg	\$150	\$500
7 Hour Package	75	\$500/pkg	\$150	\$650

NON-RESIDENT RATES:

Lind Park Field House Room Rental	Maximum	Non-Resident Fees	Deposit	Total Cost
Hourly Rate Only	75	\$125/hr (4 hr min)	\$150	TBD
5 Hour Package	75	\$500/pkg	\$150	\$650
7 Hour Package	75	\$700/pkg	\$150	\$850

THE NUMBER OF PEOPLE EXPECTED TO ATTEND: (See Maximum Allowed Above): _____

IS THIS EVENT FOR A GROUP/ORGANIZATION: (CIRCLE ONE) YES NO

If YES, please complete the information below:

Organization's Name _____

Address _____

Representative/Contact _____ Phone _____

*Any and all groups / organizations MUST provide the Park District with a CERTIFICATE OF INSURANCE indicating that they have general liability insurance in the amount of \$1,000,000 (minimum) coverage and that they have named the Berkeley Park District as the additional or co-insurer. Your Rental Reservation will be cancelled if this is not provided to the Park District within 10 business days of your reserved event and facility. No refunds will be issued in case of cancellation due to failure in complying with the Park District's reservation requirements.

*The undersigned applicant agrees to conduct the described event in strict compliance with the Ordinances, Rules, and Regulations of the Berkeley Park District as well as those governing the Village of Berkeley.

*The Facility Use Regulations that accompany this application and are incorporated into and made a part of any permitted granted hereunder.

** The signature of the undersigned indicates that they have completely read all the rules and regulations related to the use of this rental facility as stated below (and/or including attachments provided) and have agreed to accept all liability as related to the use of this stated facility.

Signature of Applicant _____ Date _____

Park District Authorized Signature _____ Date _____

*Total Amount Paid _____ Date Received _____ Receipt # _____

**All applications MUST include payment by CHECK at the time of the submittal.*

PERMIT # _____

REGISTRATION FORM

Name _____ Phone _____

Address _____ City _____ State _____ Zip Code _____

Email _____

Participants Name	Age	Program	Day	Time	Fee

PLEASE READ AND SIGN WAIVER BELOW IN ORDER TO PARTICIPATE IN PARK DISTRICT PROGRAMS.

Subtotal _____
Out of District Fee \$5 per Class _____

FEE PAYMENTS - CHECK ONLY, PAYABLE TO: BERKELEY PARK DISTRICT

Total Fees _____

Early Registration Accepted - Mail to: Berkeley Park District, 1200 Lind Ave., Berkeley, IL 60163

WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT FOR BERKELEY PARK DISTRICT

Please read this form carefully and be aware that, in signing up and participating in the above program, you will be waiving and releasing all claims for injuries, arising out of this program, that you or the above participant might sustain. The terms "I", "me", and "my" also refer to parents or guardians as well as the participants in the program. In registering for the program, you are agreeing as follows:

As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, including death, damages or loss which I may sustain as a result of participating, in any manner, in any and all activities connected with or associated with such program. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury.

directly or indirectly liable for any injuries that I might sustain while participating in the program. (The parties described in the preceding sentence are referred to as "released parties" in the remainder of this Agreement).

I agree to waive and relinquish any and all claims I may have as a result of participating in the program against the Berkeley Park District, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants and employees of the governmental bodies and independent contractors, and any and all other persons and entities, of whatever nature, that might be

I do hereby fully release and discharge the Berkeley Park District, and the other released parties, from any and all claims for injuries, including death, damage or loss which I may have or which may accrue to me on account of my participation in the program.

I further understand and agree that the terms such as "participation", "program" and "activities", referred to in the Agreement, include all exercises and physical movements of any nature while I am participating in the program, and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved in the program.

I further agree to indemnify, hold harmless and defend the Berkeley Park District, and any and all other released parties, from any and all claims resulting from injuries, including death, damages and losses sustained by anyone, and arising out of, connected with, or in any way associated with my conduct and the activities of the program.

I understand the nature of the program for which I am registering, and have read and fully understand this Waiver. Release and Hold Harmless Agreement, I further understand that any advisements of warnings of the particular risks of this program that I subsequently receive will be incorporated by reference into and become a part of this Agreement.

Signature of Participant

Date

Both Parents or One Custodial Parent, or Guardian Must Sign if participant is under age 18

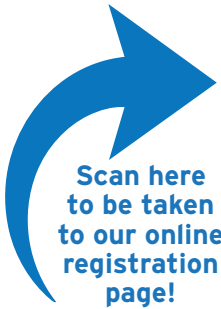
Date



BERKELEY
PARK DISTRICT

1200 Lind Avenue
Berkeley, IL 60163

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Scan here
to be taken
to our online
registration
page!



Top Quality *Amenities*



Lind Park Field House
1200 Lind Avenue
Main Location for Indoor Programs



Berkeley Park
At the corner of Taft
and Electric Avenue
*Pavilion, Baseball Fields, Sand
Volleyball Courts & Tennis Courts*

