



**BERKELEY**  
PARK DISTRICT



SPRING 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.

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### **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

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### **Upcoming Board Meetings**

March 4, 2026

April 1, 2026

May 6, 2026

June 3, 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.

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### **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](mailto:brianramsey@berkeleyparkdistrict.com).



**BERKELEY**  
PARK DISTRICT

708-544-1935



[www.berkeleyparkdistrict.org](http://www.berkeleyparkdistrict.org)



## 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

Friday, March 27

### Session Dates

March 30 - May 22

### Days & Time

Monday, Wednesday & Friday  
12:00 - 12:50pm

### Location

Lind Park Field House

### Fee

\$65 resident  
\$70 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

Friday, March 27

### Session Dates

March 30 - May 20

### Days & Time

Monday & Wednesday  
6:30 - 7:30pm

### 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

Friday, March 27

### Session Dates

March 30 - May 20

### Days & Time

Monday & Wednesday  
7:30 - 8:30pm

### 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.

<b>Session Dates</b>	March 31 - May 21	<b>Location</b>	Lind Park Field House
<b>Days &amp; Time</b>	Tuesday & Thursday 7:30 - 8:30pm	<b>Fee</b>	\$45 resident \$50 non-resident

### Instructor

Nikisha Skinner

### Registration Deadline

Friday, March 27



## Introduction to Taoist Tai Chi® • Ages 18+ **NEW!**

Taoist Tai Chi® arts grew from the Taoist tradition, which teaches that health comes when body, mind and spirit are one. Working on all aspects of the person, this moving meditation reduces stress and helps us find energy, balance and joy. Join us for this introductory six-week program and make sure to wear comfortable shoes and clothing!

<b>Session Dates</b>	April 1 - May 6	<b>Location</b>	Lind Park Field House
<b>Day &amp; Time</b>	Wednesday 5:15 - 6:15pm	<b>Fee</b>	\$35 resident \$40 non-resident

### Instructor

Taoist Tai Chi Society®

### Registration Deadline

Friday, March 27



## Introduction to Cardio Kickboxing • Ages 18+

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. While this class uses punching pads, no experience is necessary—just bring your energy and get ready for an exciting workout that's as fun as it is effective!

<b>Session Dates</b>	April 2 - May 21	<b>Location</b>	Lind Park Field House
<b>Day &amp; Time</b>	Thursday 6:00 - 7:00pm	<b>Fee</b>	\$45 resident \$50 non-resident

### Instructor

Vance Roberson

### Registration Deadline

Friday, March 27

# Fitness & Exercise Programs



## 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.

<b>Session Dates</b>	April 4 - May 23	<b>Location</b>	Lind Park Field House
<b>Day &amp; Time</b>	Saturday 9:30 - 10:30am	<b>Fee</b>	\$45 resident \$50 non-resident

### Instructor

Nikisha Skinner

### Registration Deadline

Friday, March 27



## Summer Co-Ed Sand Volleyball League • Ages 18+

Enjoy a fun and active summer in this recreational adult volleyball league. Teams will compete in a 16-week regular season followed by a one-week playoff, with an emphasis on sportsmanship, teamwork, and having a good time on the court. This league is designed for players of varying skill levels and is a great way to stay active, connect with teammates, and enjoy friendly competition throughout the summer. Team registration is required. Individual registration is not available.

**Note: This league has an eight-team maximum, so register quick!**

<b>Session Dates</b>	May 19 - September 1	<b>Location</b>	Berkeley Park Volleyball Courts
<b>Day &amp; Times</b>	Tuesday 7:00 - 7:45pm   8:00 - 8:45pm (Based on weekly game schedule)	<b>Fee</b>	\$200/Team (+ \$5.00/per non-resident)

### Registration Deadline

Sunday, May 10

***Mandatory Captain's Meeting & Rules Review at 7:00pm on Tuesday, May 12 at the Lind Park Field House.***



**WOMEN'S AWAKENING & WALKING CLUB**  
Stay tuned for full class details in the upcoming Summer brochure.



## Eggstravaganza Egg Hunt

Come on, you know the song, here comes Peter Cottontail hopping down the bunny trail... or in this case, the bike trail in Berkeley Park. Bring the kids and meet the Easter Bunny under the Picnic Shelter before an exciting magic show! Then, as a special treat, he will lead you into the grass and playground area to search for his hidden Easter eggs!

**Pre-registration is required to participate.**

### Registration Deadline

Sunday, March 22

### Date

March 28

### Location

Berkeley Park Picnic Shelter

### Day & Time

Saturday  
12:30 - 2:00pm

### Fee

FREE



## Sourdough Bread Baking for Beginners • Ages 16+

Sourdough is more than baking – it’s fermentation science. In this class, we’ll cover the fundamentals of time, temperature, and ratios so you understand the process (not just a recipe). Everything will be taught in a beginner-friendly, step-by-step way – and you’ll leave feeling confident and capable. Because sourdough is a process, you will need time after class to continue the remaining steps at home to complete your loaf. Bread and other ingredients to accompany bread will be served for tasting, please notify your instructor of any food allergies. Helpful tools to have at home: Dutch oven, food scale, parchment paper, and bread flour.

### Registration Deadline

Sunday, April 5

### What You’ll Learn

- How to maintain a sourdough starter
- Mixing your dough in class (hands-on!)
- Understanding bulk fermentation (and how to read your dough)
- Shaping techniques
- Cold proofing
- How to bake a standard artisan sourdough loaf

### What You’ll Get

- Sample fresh warm sourdough bread in class
- Multiple take-home handouts
- Your own sourdough starter & glass jar
- Your dough to take home & bake
- 48-hour post-class chat group support for questions & guidance

### What to Bring

- One medium-sized mixing bowl (2.5-3.5 qt is ideal)
- Apron (optional)

### Session Date

April 11

### Location

Lind Park Field House

### Day & Time

Saturday  
1:00 - 3:30pm

### Fee

\$30 per person



## Mother's Day Art Class

Join us for a fun afternoon creating faux stained-glass art! Becky from RAD Canvas will guide you using Gallery Glass paint on a plexiglass base to create beautiful and custom art pieces. Many design options will be available to choose from. Adult and kid options available and no experience is necessary! Text Becky at (708) 227-3999 with questions or custom design requests.

### Registration Deadline

Sunday, May 3

### Session Date

May 9

### Location

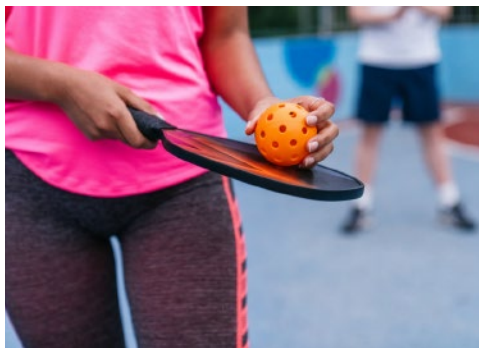
Lind Park Field House

### Day & Time

Saturday  
1:00 - 3:00pm

### Fee

\$30 per adult | \$10 per child



## Pickleball Doubles Tournament

The fastest growing sport in America is pickleball, and you should be playing too! This recreational tournament is designed for novices and beginners to enjoy a day of spirited fun outdoors on the pickleball court. Grab your bestie and come on out to our courts and give it your best swing. This one-day tournament will follow a double-elimination format based upon a random, blind drawing to seed each team at the start of the day. The winning team will be awarded our champions T-shirts. Sign up early as we have limited space and will only accept up to eight teams.

### Registration Deadline

Sunday, May 31

### Session Date

June 6

### Location

Berkeley Park Tennis Courts

### Day & Time

Saturday  
1:00 - 4:00pm

### Fee

\$30 per team (+\$5 per non-resident)



## Youth Recreation Tumbling • Ages 8-12 **NEW!**

Great for those who have participated in our past gymnastics classes, this brand-new tumbling program is designed for both beginners and advanced beginners looking to build or refine their skills. Participants will learn fundamental tumbling techniques such as forward and backward rolls, cartwheels, handstands, and basic jumping skills. Classes also incorporate fun equipment like mini trampolines, springboards, and hula hoops, along with conditioning and fitness resistance exercises to build strength, coordination, and confidence. Our instructor provides a safe, supportive environment where each child can progress at their own pace while staying active and engaged. If possible, please wear appropriate gymnastics apparel.

### Instructor

Vance Roberson

### Registration Deadline

Friday, March 27

### Session Dates

March 30 - May 18

### Location

Lind Park Field House

### Day & Time

Monday  
5:00 - 6:00pm

### Fee

\$30 resident  
\$35 non-resident



## Music Together® • Ages 0-6

Discover the Magic of Mixed-Age Music with Music Together® This Spring!

Bring the whole family (ages birth to 6) to experience the joy of music in our unique mixed-age classes! Research shows that this family-style learning environment fosters natural musical development. Babies observe and absorb, toddlers explore and play, and preschoolers gain confidence as musical leaders - all while grownups participate in the fun!

In our 9-week Spring Session, you'll receive:

- Weekly 45-minute classes packed with songs, movement, and instrument play
- The current Music Together® song collection in multiple formats
- Exclusive access to online musical games and activities
- Unlimited make-up opportunities (as space allows)
- Resources to understand and support your child's musical growth

Great News for Families: Siblings under 8 months and over 5 years attend for FREE when enrolled with a sibling (please register all children).

### Session Dates

April 9 - June 4

### Location

Lind Park Field House

### Day & Time

Thursday  
10:00 - 10:50am

### Fee

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

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

Get 10%  
off any  
registration!

YOUR  
FEEDBACK  
IS IMPORTANT  
TO US!

Please take a few minutes to  
complete this survey and  
receive **10% OFF** your registration.  
*Let us know how we can better serve you!*



Complete the  
survey here!



**BERKELEY**  
PARK DISTRICT



## Lind Park Field House • 1200 Lind Avenue

The building includes restroom facilities, a full kitchen, two divided areas and ample space for programs, parties and exercise classes.

The Lind Park Field House is open and accepting applications for rental. Should you wish to rent the facility, please call (708) 544-1935 for interested dates. Rentals are on a first come, first served basis. Please be advised that reservations are held for one (1) week from the request date. If the required forms are not received within that week, the reservation is void. There are no rentals on holidays or on days in which the Park District has an planned park program.



### \*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



## Berkeley Park Picnic Shelter • At the corner of Taft & Electric

In addition to a wide-open area, Berkeley Park houses such amenities as Veterans Memorial, two sand volleyball courts, a t-ball field, a baseball field, two pickleball courts, tennis courts, two picnic pavilions, restrooms, playgrounds and the picnic gazebo. In the winter, the Village of Berkeley also installs an ice skating rink, weather permitting.

The Berkeley Park Picnic Shelter is open and accepting applications for rental. Should you wish to rent the facility, please call (708) 544-1935 for interested dates. Rentals are on a first come, first served basis. Please be advised that reservations are held for one (1) week from the request date. If the required forms are not received within that week, the reservation is void. There are no rentals on holidays or on days in which the Park District has an planned park program.



The picnic shelter is available to rent on Saturdays and Sundays throughout the spring, summer, and fall. Any group larger than 15 must obtain a permit. A maximum of 100 people allowed at Berkeley Park. The fee is \$50.00 for residents and \$100 for non residents for each day reserved. In addition, a \$100 refundable deposit is required.



# 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**

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

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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*

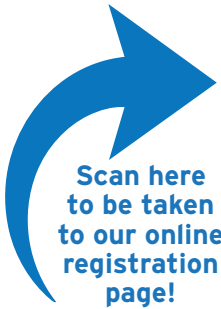
\_\_\_\_\_  
*Date*



**BERKELEY**  
*PARK DISTRICT*

1200 Lind Avenue  
Berkeley, IL 60163

Presorted  
Standard  
U.S. Postage  
**PAID**  
Permit #1726



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*

