UPD MISSION

It is the mission of the Urbana Park District to: Improve the quality of life of its citizens through a responsive, efficient, and creative park and recreation system; Pursue excellence in a variety of programs, parks and special facilities that contribute to the attractiveness of neighborhoods, conservation of the environment and overall health of the community.

Board of Commissioners
Michael W. Walker | President
Meredith Blumthal | Vice President
Roger Digges | Commissioner
Cedric Stratton | Commissioner
Laura Hastings | Commissioner

Support Us
Donate | Call the Development Manager: 217-367-1536
Volunteer | Call the Community Programs & Engagement Coordinator: 217-367-1544
or visit www.urbanaparks.org

Park District Leadership Team
Tim Bartlett | Executive Director
Corky Emberson | Superintendent of Recreation
Derek Liebert | Superintendent of Planning & Operations
Laura Orcutt | Superintendent of Business Services

You belong here.
Dear fellow Urbana residents,

We hope you have managed to stay well and active, and have enjoyed the summer season at the Urbana Park District. Fall is a great time to thank our seasonal employees who put on camps, keep our grounds tidy and safe, and help run Crystal Lake Park Family Aquatic Center. They truly make the summer season special at UPD. I’d also like to recognize our full time building and grounds staff who keep the district humming throughout the year.

The long awaited Health and Wellness Center will finally be fully open in Prairie Park this fall. You will find many new and expanded programs appearing in this and future program guides made possible by this wonderful new facility. The combination of state grant funding, federal COVID relief dollars via the City of Urbana and Champaign County, generous private donations, and UPD capital investments have been combined to make this “game changing” project a reality. This facility will serve our community well for decades to come.

We are also planning on the new PrairiePlay playground opening for public enjoyment in the early fall.

It would be hard to match the 25th anniversary celebration of Wandell Sculpture Garden that took place last year Meadowbrook Park. However, the 20th annual Jazz Walk on September 6th will try.

As usual, everyone can enjoy great local jazz music and public art as they stroll through the park. This year will also celebrate the installation of a new addition to our sculpture collection, “Continuum”, which is a gift from the artist Michael Shewmaker.

We look forward to putting on the 57th Annual Turkey Trot Thanksgiving morning at Crystal Lake Park. This one-mile fun run/stroll/roll is a community tradition that brings in friends and neighbors from all over the community. We hope to see you there enjoying the many park enhancements added in the past year!

Of course there are many more events and programs this fall that you can read about in this program guide. As you review the guide, I hope you will see that the park district is open and welcoming to all. Have a wonderful fall and remember – “You Belong Here!”

Sincerely,

Michael W. Walker
(He/Him)
President
Urbana Park District
Board of Commissioners

Board of Commissioners

The Urbana Park District Board of Commissioners oversees the operation of the Urbana Park District. The five-member board is elected by the public, and each member serves a six-year term.

The Board of Commissioners meets at 7pm on the second Tuesday of each month. Meetings take place at the Planning and Operations building, located at 1011 E. Kerr Ave. The public is invited to attend.
<table>
<thead>
<tr>
<th>Park</th>
<th>MTD Bus Route</th>
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</thead>
<tbody>
<tr>
<td>1  AMBUCS</td>
<td>Orange</td>
</tr>
<tr>
<td>2  Blair</td>
<td>Bronze/Green/Red/Teal</td>
</tr>
<tr>
<td>3  Busey Woods</td>
<td>Gold/Ruby</td>
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<tr>
<td>4  Canaday</td>
<td>Gray/Green</td>
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<tr>
<td>5  Carle</td>
<td>Bronze/Green/Red</td>
</tr>
<tr>
<td>6  Chief Shemauger</td>
<td>Gold</td>
</tr>
<tr>
<td>7  Crestview</td>
<td>Green/Red</td>
</tr>
<tr>
<td>8  Crystal Lake</td>
<td>Gold/Gray/Orange</td>
</tr>
<tr>
<td>9  Perkins Road Park Site/Judge Webber/Dog Park</td>
<td>Gold</td>
</tr>
<tr>
<td>10 King</td>
<td>Gray/Illini</td>
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<tr>
<td>11 Larson (Wheatfield)</td>
<td>Red</td>
</tr>
<tr>
<td>12 Leal</td>
<td>Gray/Orange</td>
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<tr>
<td>13 Lohmann</td>
<td>Green/Red</td>
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<tr>
<td>14 Meadowbrook</td>
<td>Bronze</td>
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<td>15 Patterson Parklett</td>
<td>Gold/Silver</td>
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<tr>
<td>16 Prairie</td>
<td>Green</td>
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<tr>
<td>17 South Ridge</td>
<td>Red</td>
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<tr>
<td>18 Sunnycrest Tot Lot</td>
<td>Bronze/Red</td>
</tr>
<tr>
<td>19 Victory</td>
<td>Gray/Red</td>
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<tr>
<td>20 Weaver (In Development)</td>
<td>Gray/Green</td>
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<tr>
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<td>Gold/Ruby</td>
</tr>
<tr>
<td>22 Brookens Gym/Fields</td>
<td>Gray/Green</td>
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<tr>
<td>23 CLP Family Aquatic Center</td>
<td>Gold/Ruby</td>
</tr>
<tr>
<td>24 Lake House</td>
<td>Gray/Gold/Orange</td>
</tr>
<tr>
<td>25 Phillips Recreation Center</td>
<td>Gold/Silver</td>
</tr>
<tr>
<td>26 Urbana Indoor Aquatic Center</td>
<td>Gray/Green/Brass</td>
</tr>
<tr>
<td>27 Greek Revival Cottage</td>
<td>Gray/Orange</td>
</tr>
<tr>
<td>28 Planning and Operations</td>
<td>Gold</td>
</tr>
<tr>
<td>29 Friendship Grove Nature Playscape</td>
<td>Gold/Ruby</td>
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<th>Facility</th>
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<td>Gold</td>
</tr>
<tr>
<td>29 Friendship Grove Nature Playscape</td>
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</tr>
</tbody>
</table>

* Accessible Playground  * Accessible Grills  * With Shelters

*Outdoor Party Patio

We're here to help our community thrive.

Champaign-Urbana Mass Transit District
217.384.8188  mtd.org
Facilities

Administration Building
303 W. University Ave.
217-367-1536

Anita Purves Nature Center
1505 N. Broadway Ave.
217-384-4062

Brookens Gym
1776 E. Washington St., Pod 400
217-255-8601

Crystal Lake Park Family Aquatic Center
1401 N. Broadway Ave.
217-239-7946

Health and Wellness Center
2002 E. Washington St.
COMING SOON!

Lake House in Crystal Lake Park
206 W. Park St.
217-328-1069

Phillips Recreation Center
505 W. Stoughton St.
217-367-1544

Planning And Operations
1011 E. Kerr Ave.
217-344-9583

Urbana Indoor Aquatic Center
102 E. Michigan Ave.
217-384-7665

Urbana Parks

Ambucs Park
1140 E. University Ave.

Blair Park
1406 S. Broadway Ave.

Canaday Park
300 S. Lierman Ave.

Carle Park
400 W. Indiana Ave

Chief Shemauger Park
1001 E. Kerr St.

Crestview Park
1802 S. Cottage Grove Ave.

Crystal Lake Park
206 W. Park St.

Dog Park/Perkins Rd. Park
1501 E. Perkins Rd.

Judge Webber Park
1701 E. Perkins Rd.

King Park
915 W. Wascher St.

Larson (Wheatfield) Park
1105 E. McHenry St.

Leal Park
303 W. University Ave.

Lohmann Park
1803 E. Florida Ave.

Meadowbrook Park &
Wandell Sculpture Garden
2808 S. Race St.

Patterson Parklet
401 W. Main St

Prairie Park
2000 E. Washington St.

South Ridge Park
3008 S. Myra Ridge Dr.

Sunnycrest Tot Lot
505 Sunnycrest Ct. East

Victory Park
1000 E. Green St.

Weaver Park
2205 E. Main St.
Pavilion Rentals

Garden Pavilion
Meadowbrook Park: Bronze Bus Route
Rental Cost: $95 | Picnic Tables: 8
Capacity: 64
- Electricity
- Water fountain
- Restrooms
- Lights on timers

Nick Santi Pavilion
AMBUCS Park: Orange Bus Route
Rental Cost: $95 | Picnic Tables: 8
Capacity: 64
- Lights
- Large-double barbecue

North Woods Pavilion
Crystal Lake Park: Gold/Orange Bus Route
Rental Cost: $85 | Picnic Tables: 6
Capacity: 48
- Barbecue
- Sand volleyball
- Electricity
- Lights on timers

PrairiePlay Pavilion
Meadowbrook Park: Bronze Bus Route
Rental Cost: $85 | Picnic Tables: 8
Capacity: 48
- Electricity
- Water fountain
- Restrooms
- Grill with charcoal bin
- Lights on timers

Jean Driscoll Pavilion
AMBUCS Park: Orange Bus Route
Rental Cost: $110 | Picnic Tables: 12
Capacity: 120
- Playground
- Restrooms
- Large grill
- Water fountain
- Accessible parking
- Electricity
- Lights on timers

Jettie Rhodes Pavilion
King Park: Grey/Illini Bus Route
Rental Cost: $95 | Picnic Tables: 8
Capacity: 64
- Grills
- Restrooms
- Electricity
- Tennis court
- Water fountain
- Bankshot basketball court
- Playground
- Walking path
- Lights on timers

Large Pavilion
Crystal Lake Park: Gold/Orange/Green Bus Route
Rental Cost: $110 | Picnic Tables: 24
Capacity: 176
- Grill
- Electricity
- Water fountain
- Lights on timers
- Concrete game tables
- Cornhole boards
- Playground
- Portable toilets

About Requesting a Pavilion
Reserve your space well in advance of your event. Restrooms and water fountains are available mid-April to mid-October. When restrooms are closed, portable toilets are located nearby. Prices listed are per time slot. Alcohol is prohibited without a permit.

Pavilion Times 9am-2pm | 3pm-8pm
Peak Season Apr 1-Oct 31
Off Season Nov 1-Mar 31

Off Season - During off season, these pavilions may be rented at the rate of $50 per time slot.

Call 217-367-1544 for information about reservations. Full payment required at time of reservation.

Other Available Shelters
The following parks have shelters available for free on a first-come, first-served basis:
AMBUCS | Blair Park | Crestview Park | Crystal Lake Park | Friendship Grove | King Park | Victory Park
Anita Purves Nature Center

The Anita Purves Nature Center, located at the north end of Crystal Lake Park, is an environmental education facility open free to the public. Next door, you'll find the Friendship Grove Nature Playscape and Busey Woods.

**Exhibits & Wildlife Viewing:** See the nature center's education owl, turtles, salamanders, and snakes, and observe wildlife that visit the habitat gardens. Explore feathers, skulls, frog calls and more in the interactive, hands-on Field Station!

**Nature Store:** Check out the great selection of nature-related and environmentally-friendly items including books by local authors, laundry detergent sheets, vinyl stickers, reusable kitchen items, educational toys & sustainable earrings. Grab a water bottle, an ID guide, or walking stick for your next hike. All proceeds support environmental programs. Cash, checks, major credit cards, Apple Pay & Google Pay accepted. Educators get a 10% discount.

**Busey Woods:** A 59-acre forest preserve with a boardwalk loop and seasonal ponds, open daily from sunrise to sunset. The Busey Woods Gateway Trail is a link between park and woods. Hike the trails, which include the 0.3-mile boardwalk trail. View interpretive information about Busey Woods' seasonal ponds, habitats and natural resources management. See page 58 for more information about Busey Woods and other district natural areas.

**Multipurpose Rooms for Rent:** September-May: 7am-11pm. Multipurpose rooms are ideal for parties, retreats, meetings, or groups for up to 70 people.

1505 North Broadway, Urbana

Gold (Weekdays) | Ruby (Weekends, walk from Kerr and Broadway)

Questions: 217-384-4062

Monday - Friday: 8am-5pm
Saturday: 9-4pm
Nature Store Open: 9-4pm Mon-Sat
Closed Aug 10-18, Sep 2, Nov 11, 28-29, Dec 25
The Friendship Grove Nature Playscape at the Anita Purves Nature Center is a hands-on, kid-directed outdoor play space where boulders, logs, and other thoughtfully curated natural items give kids’ imaginations room to soar. The space provides accessible play opportunities for all abilities. There are four main features, many other play elements, and an ever-changing variety of loose play pieces such as pots and pans, baskets for gathering, cardboard for forts, and more!

**The Four Anchor Pieces**
- NEW! Web Climber – This climbing net offers a challenge to climb up and down again.
- Tree Tower – Climb and jump from this enormous tree trunk.
- Digging Area – Get dirty and enjoy digging canals, making sandcastles or mixing mud pies.
- Tunnel – Go low or high in this intriguing stone tunnel and hill combination.

**Donations Accepted**
We accept donations of old cookware, kitchen equipment, baskets, and garden shovels. Contact David Subers at dasubers@urbanaparks.org.

Planning a group visit? Call 217-384-4062
Please call ahead if you plan to bring a group of 10 or more. Staff can help you choose a time that does not conflict with a scheduled program or event and can help you reserve picnic tables if needed.

See photos and learn more about the Friendship Grove Nature Playscape and the benefits of nature play at: www.urbanaparks.org/facilities/friendship-grove-nature-playscape/
Brookens Gym & Fields

Brookens Gym is in pod 400 of the Champaign County Administration (Brookens) Building. The gym is well-lit and has a reconditioned floor. Locker rooms are available to program participants. Locks are not provided. Ample parking can be found directly adjacent to the building accessible from the Lierman Avenue entrance off Art Bartell Road.

Field Rentals: Soccer, Baseball, Softball
Minimum $20/1hr (base price with bases/goals)
$10/hr additional
$120 - Prepped field (includes dragging and lining)
$40/hr – lights (only at Canaday & Ambucs)
Download a field request form at: www.urbanaparks.org/rentals/rent-a-park/

Gym Rentals: Basketball, Volleyball, Pickleball
The gym is available to rent from 8am to midnight. Download a field request form at: www.urbanaparks.org/rentals/rent-a-facility/

Brookens will be closing for Park District use once the Health and Wellness Center opens.

Urbana Park District Rainout Line
217-367-9575
urbanaparks.org/events/rain-outs-and-cancellations

For information about program cancellations, including weather cancellations, and for updates about special events or other key happenings at the Urbana Park District, visit www.urbanaparks.org. For evening sports programs, this line will be updated after 4:30pm on weekdays and one hour before the scheduled program or sports on the weekend. All other updates will be made as conditions change.

Sports Officials
Urbana Park District youth and adult sports programs provide an excellent training ground for individuals interested in officiating sports. Officials must be at least 15. Certified officials are encouraged to apply to assist in maintaining a high-quality program and to help develop and train less experienced officials. The pay rate varies with the age of competition www.urbanaparks.org/employment.html

<table>
<thead>
<tr>
<th>Sport</th>
<th>Rate/Game</th>
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<tbody>
<tr>
<td>Youth Soccer</td>
<td>$17-40</td>
</tr>
<tr>
<td>Adult Kickball</td>
<td>$19</td>
</tr>
<tr>
<td>Youth Baseball</td>
<td>$70</td>
</tr>
<tr>
<td>Youth Basketball</td>
<td>$20-40</td>
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</tbody>
</table>

VOLUNTEER COACHES NEEDED

Adult volunteers coach our youth sports programs such as basketball and soccer. Without our volunteer coaches, we do not have leaders for your player's team.

As a volunteer coach, you will spend 3-4 hours per week leading practices through drills, skill-building exercises, and coaching games. Training resources are provided for each sport including discussions on skills, strategies, and policies. We can even match you with another adult and you can co-coach.

Additionally, each volunteer coach receives a registration waiver that is good for one free youth athletic program (non-camp).

Adults interested in helping should call 217-255-8601, or fill out a Volunteer Application online at urbanaparks.org/get-involved/volunteer

1776 East Washington, Urbana
Green/Grey
Questions: 217-255-8601
The Urbana Park District Dog Park allows dogs to run off-leash and is open daily from sunrise to sunset. For security of all members, do not visit the park after dark. The 10 acres feature a shaded area and plenty of open meadow for running. This park provides a fun place for your dog to romp with other dogs and for you to meet other dog owners.

MEMBERSHIPS
Available on a yearly basis from the date of purchase at the Phillips Recreation Center: 505 W. Stoughton, Urbana.

Yearly Fees
One Dog $46
Each Additional Dog: $6
Additional Gate Entry Fob: $10 each

Monthly Trial Visitor Passes
Visitors may purchase a monthly trial/visitor pass for $10. If in that month you wish to purchase a year-long membership, your trial pass fee will be applied toward your annual membership fee. All visitors must follow all rules and membership requirements.

Register in Person or by Mail
1. Complete a registration form in person or visit urbanaparks.org/parks/dog-park-perkins-rd.site/ Read the rules. Include your email address.
2. Proof of vaccination from your vet is required. Provide a copy of your dog’s current vet records showing proof of distemper and rabies vaccinations. Your vet may fax these documents to 217-367-1592 or email them to info@urbanaparks.org
3. Payment:
   • In person: Pay by cash, check or credit card.
   • By mail: Include check with your membership form.
   • By phone: Staff will call you for your credit card information once they have received the completed registration form and vet records.
   • DO NOT email your credit card information
4. Membership requires a fob to open the electronic gate at the entrance. The cost of the first gate entry fob is included. It can be mailed to you if you register by phone or mail, or stop by the Phillips Recreation Center to pick it up. The fob is active through the duration of your membership. The Urbana Park District is not responsible for fobs lost through the mail.
5. Only active members have working fobs. Do not open the gate for others. If your fob does not work, call 217-367-1544.

Two Memberships for the Price of One!
The Champaign Park District operates the Bark Park on the corner of Windsor and Rising Roads. The two park districts have an agreement that allows members to purchase a gate fob for the other dog park for just $10. Members must show a copy of their membership receipt to the other park district to register for the additional dog park access. Rules for both parks are the same.
The Lake House is perfect for birthdays, anniversaries, retirement parties, bridal and baby showers, rehearsal dinners, family reunions, small weddings, graduation parties, and receptions. Bright track lighting plus open Wi-Fi make the room even more suited for corporate trainings, meetings, and retreats as well. It offers a beautiful view of Crystal Lake with easy access to pavilions, playgrounds, and boating in the park. The climate-controlled room can seat 50 people or accommodate up to 80 people with the inclusion of the patio. Rental requests should be made at least two weeks in advance. Add a special touch to a wedding or reunion by booking a group boat rental (available May 4-September 2). You’ll get a discount when you plan ahead!

Stay Connected! Like us on Facebook. facebook.com/UPDlakehouse

206 West Park, Urbana
Orange/Gold/Gray
Rental Information: 217-367-1544
Boating Information: 217-328-1069

CANDLELIGHT SERENADE
Experience an evening of candlelit paddle boat rides with live music.

SYMPHONY EDITION
Friday, August 30, 8:30-10pm
See page 17 for more information.
The Perfect Wedding Spot!
The Lake House is a fantastic location for an intimate wedding or other celebration. Call Janet at 217-367-1544 to talk about set-up options and accommodations for a larger party. Quite often, groups rent additional tables and chairs to complement our indoor set-up for an outdoor ceremony. We’d be glad to help plan your day!

Facility Rental Fees

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<tr>
<td></td>
<td>$55/hr (seats 50)</td>
<td>$70/hr with patio (seats 80)</td>
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<tr>
<td>Lakeside Deck</td>
<td>$50 flat fee (seats 75 with chairs you supply)</td>
<td>Extras</td>
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</table>

All rentals require a $100 deposit. Additional permits and/or fees are required to serve beer and wine at your event or if you are charging an entry fee to the public. Please make all requests at least two weeks in advance. Requests made less than two weeks in advance pay additional charges.

Plan Your Next Meeting, Company Training, or Retreat with Us
The Lake House offers a unique and relaxing setting that your staff and your budget will appreciate. $45 or $55/hour includes access to all the Lake House features. Call Janet at 217-367-1544 to see if your meeting qualifies for our seminar rate.

Boating and Concession Hours
Stop by the Lake House in Crystal Lake Park to rent a paddle boat, canoe or kayak and discover the newly-rehabbed Crystal Lake. The Lake House will close when weather conditions make boating unsafe. Call 217-328-1069 for updated information.

- May 30 - Aug 11 (open Independence Day): Th-Su 12-7pm
- Aug 17 - Sept 2 (open Labor Day): Sa-Su 12-7pm

2024 Boat Rental Fees

<table>
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<tr>
<th></th>
<th>Kayaks:</th>
<th>Canoes &amp; Rowboats:</th>
<th>2-person Paddle Boats:</th>
<th>3-person Paddle Boats:</th>
<th>4-person Paddle Boats:</th>
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<td></td>
<td>$11/half-hour or $13/hour</td>
<td>$11/half-hour or $13/hour</td>
<td>$12/half-hour or $15/hour</td>
<td>$13/half-hour or $16/hour</td>
<td>$14/half-hour or $17/hour</td>
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We accept all major credit cards, cash or check (with valid ID) as payment. Fees include Coast Guard-approved life jackets with sizes ranging from infant to adult. An adult must accompany anyone under 16. A valid driver’s license or major credit card is required as a deposit on all rentals.

Group Boat Rentals
Save up to 25% on regular boat rental prices when you book your group boat rental at least two weeks in advance! Increase the quality of your Lake House party, pavilion rental, scout troop function, family reunion or any other gathering in the park. Call the Phillips Recreation Center at 217-367-1544 to arrange your group boat rental today!
Room Rental

When rooms are not in use for programs, they are available to rent. Rooms can accommodate up to 120 people, depending on room arrangement and needs. Rental rates range from $60 to $170 an hour, depending on how many rooms are rented. Each room is just over 660 square feet. Talk with Heather at 217-367-1544 about room setup and availability. Rentals are unavailable during closure dates between May 11-Sep 13.
James Room Kitchen
The demonstration kitchen at the Phillips Recreation Center includes:

- double ovens
- two refrigerators
- small ice machine
- 6 adjustable tables
- 5 counter-height chairs
- dishwasher
- island with stove top
- microwave
- 12 chairs

The kitchen can be added to a multi-purpose room rental or be rented alone. Renters will be given a brief orientation at the start of their kitchen use and a building attendant will walk through the kitchen's condition before and after the rental. In addition to renting the kitchen, we hope you and your family take advantage of our various cooking classes. See page 37-38 for classes in the James Room Kitchen!

Dance/Fitness Studio
Our 2,000 square foot wood-sprung dance floor is easy on the joints when you dance or exercise with us. The Phillips Recreation Center is known for a non-intimidating atmosphere and welcoming instructors, so exercising here is convenient and comfortable. A wide variety of classes fits many schedules. Don’t miss our flexible fitness option: buy a 10-punch card and attend class when you can – they never expire! See page 47 for group fitness or yoga punch card prices and page 41-44 for dance classes.
The Urbana Park District and the Urbana School District have agreed to a new, four-year contract to operate the Urbana Indoor Aquatic Center (UIAC). The school district owns the pool and the park district operates the pool. The contract runs from May 1, 2023 to April 30, 2027.

Both the park district and school district are pleased to continue this unique, over 20-year partnership that brings indoor aquatics to Urbana and the surrounding community. Both the school district and the park district are committed to provide the community with high-quality programs for years to come.

The USD and the UPD negotiating team worked collaboratively to identify cost-effective ways to provide the highest level of programming at the UIAC, while helping to reduce staffing, operating, and capital costs over the term of the new agreement. The pool will close during the summer to all programs and activities while Crystal Lake Park Family Aquatic Center (the outdoor pool) is open.

The park district is pleased to offer popular aquatics programs for the entire community to enjoy. During the fall and winter, UIAC will offer open swim during the school district’s Fall, Winter, and Spring Breaks. The park district will rent the pool out for private parties on Saturdays and Sundays. The park district will continue to offer swimming lessons, water aerobics classes, and lap swim on a regular basis.
Pool Features

- Well-trained guards
- Zero-depth recreational pool equipped with water geysers, tiger slide, and rain drop umbrella toy
- Drop slide and flume slide
- 25-meter x 25-yard competition pool
- 1-meter diving board
- Locker rooms and family changing area
- Party room

Lap Swim Etiquette

Children under 15 are not allowed in the pool during lap swim times. Circle swimming will be enforced when there are more than two swimmers in a lane. Early morning activities from 6-8am include lap swim, water aerobics, and occasional swim team practice.

CRISTAL LAKE PARK FAMILY AQUATIC CENTER MEMBERSHIP - BLACK FRIDAY SALE

Friday, November 28 (UIAC) and Monday, December 1 (UIAC or Phillips)

<table>
<thead>
<tr>
<th>Type</th>
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<td>$237</td>
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<td>Family of 4</td>
<td>$186</td>
<td>$279</td>
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<tr>
<td>Family of 5</td>
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<td>$321</td>
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<tr>
<td>Add Family Members</td>
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<tr>
<td>Senior</td>
<td>$64</td>
<td>$96</td>
</tr>
</tbody>
</table>
Entrance Fees

$3  Non-Swimmers wishing to supervise swimmers (must be 15 or older)
$6  Swimmers
$5  Per person group rate of 5+ people

Youth age 10 and under must be accompanied by a paying supervisor age 15 or older any time they visit UIAC. This is for the safety and enjoyment of all pool visitors. Children age 11 and older may attend the facility without a supervisor.

Memberships

Purchase a membership at either the Urbana Indoor Aquatic Center or the Phillips Recreation Center. Memberships cannot be put on hold due to vacations or extended absences.

<table>
<thead>
<tr>
<th></th>
<th>Resident (UPD/USD #116)</th>
<th>Monthly*</th>
<th>3 months</th>
<th>Full Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Ages (Up to Age 17)</td>
<td>$30</td>
<td>$75</td>
<td>$127</td>
<td></td>
</tr>
<tr>
<td>Adult Ages (18+)</td>
<td>$35</td>
<td>$86</td>
<td>$152</td>
<td></td>
</tr>
<tr>
<td>Family of 2-4</td>
<td>$47</td>
<td>$115</td>
<td>$191</td>
<td></td>
</tr>
<tr>
<td>Additional Family Member</td>
<td>$8</td>
<td>$15</td>
<td>$30</td>
<td></td>
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<tr>
<td>Nonresident (Monthly)</td>
<td>Monthly*</td>
<td>3 months</td>
<td>Full Season</td>
<td></td>
</tr>
<tr>
<td>Youth Ages (Up to Age 17)</td>
<td>$36</td>
<td>$90</td>
<td>$150</td>
<td></td>
</tr>
<tr>
<td>Adult Ages (18+)</td>
<td>$42</td>
<td>$105</td>
<td>$179</td>
<td></td>
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<tr>
<td>Family of 2-4</td>
<td>$56</td>
<td>$138</td>
<td>$225</td>
<td></td>
</tr>
<tr>
<td>Additional Family Member</td>
<td>$8</td>
<td>$15</td>
<td>$30</td>
<td></td>
</tr>
</tbody>
</table>

*Monthly memberships are reoccurring and will be automatically charged per month

Family Memberships

A family includes anyone residing in the same household. Proof of residency must be provided. Children under age 4 do not require a pass.

Lap Swim Punch Cards

Lap Swim punch cards are a great way to get a discount on your exercise routine without committing to a membership yet! Try out the Urbana Indoor Aquatic Center. Or give one to family or friends from out of town. Take advantage of this alternative that saves you money.

5-Visit Punch Card  $25
10-Visit Punch Card $50

Private Rentals

When you rent the Urbana Indoor Aquatic Center before or after public hours it includes swimming, party area, and use of the facility. Lifeguards will be provided. An additional $100.00 damage deposit is due at the time of the rental request.

<table>
<thead>
<tr>
<th></th>
<th>1-15 People</th>
<th>16-30 People</th>
<th>31-45 People</th>
<th>46-60 People</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Pool</td>
<td>$73/hr</td>
<td>$112/hr</td>
<td>$151/hr</td>
<td>$190/hr</td>
</tr>
<tr>
<td>Both Pools</td>
<td>$118/hr</td>
<td>$157/hr</td>
<td>$196/hr</td>
<td>$235/hr</td>
</tr>
</tbody>
</table>

For groups of more than 60, please speak with the Aquatics Coordinator at 217-384-7665. Lower rates are available for rentals that use only one pool in the complex (Recreational or Competition).

Once you complete your paperwork and pay the deposit fee, the staff will review your request. You party rental is NOT APPROVED until confirmed by email or phone call from the Aquatics Coordinator.

Flexible Fitness Punch Cards

If your schedule fluctuates or you find it difficult to attend an entire session of fitness classes, purchase a 10-class Flexible Water Fitness Punch Card. Attend any water fitness class that accommodates your schedule. Pre-registered participants get priority of class space. Passes cannot be used for lap swim, pool admission, or for non-water fitness classes. Before each class you attend, present the card upon arrival and you will be admitted to the class. Punch cards do not expire and can be used from one session to the next.

SALE! SEPTEMBER 3-6 - $43R/$67NR

Water Fitness Pass

$48R/$72NR

- Basic Water Exercise
- Indoor Deep Water Aerobics

(See page 31)
LAKE HOUSE
Candlelight Serenade

SYMPHONY EDITION
Friday, August 30
(Rain Date Saturday, August 31)
8:30-10pm
Boat Ride Code: 812 | Patio Seat Code: 813

We are pleased to partner with 40 North, the City of Urbana Arts and Culture Program, and the CU Symphony, to offer an evening of candlelit paddleboat rides at the Lake House in Crystal Lake Park! You’ll be serenaded by a symphony quartet on the Lakeside Deck. Enjoy a twinkly summer concert while you paddle around a limited area on Crystal Lake! Ages 21 and up.

TICKETS:
$25 per boat (seats up to 4 people), $10 per person patio-only seating
Call 217-367-1544 to order or visit urbanaparks.org!

Your boat ticket is for one 30-minute ride on a first-come, first-served basis. Before or after your ride, enjoy the rest of the concert from the Lake House Patio.

Rain date is the following night in the case of inclement weather. Call the Urbana Park District Rainout Line after 4pm for postponement information: 217-367-9575 or check our Facebook page.
Free! 20th Annual Meadowbrook Park Jazz Walk
Friday, September 6 from 5:30-7:30pm
(Rain date September 7)
Meadowbrook Park

Meadowbrook’s Wandell Sculpture Garden is a picturesque location for the most original jazz event in town! Join us for live, local jazz music during this sunset event brought to you by the Urbana Park District, Clark-Lindsey, Health Alliance, and the Urbana Parks Foundation. A selection of jazz soloists and small combos will be scattered along the paths of Meadowbrook Park; you can listen to as many as you like as you walk at your own pace through the Garden. Parking is available at the Race Street entrance with overflow parking thanks to Stone Creek Church on the corner of Race Street and Windsor Road. Stop by our information table to make a donation towards the musicians. Call the Park District Rainout Line for postponement information: 217-367-9575.

Art at Anita Purves Nature Center
"Iridescent Natures" by Zoya Wu
FREE! Opening Reception: Saturday, September 14, 1-3pm
Show Dates: September 9-December 27 | Anita Purves Nature Center

Zoya Wu uses watercolor, acrylic, pencil and digital mixed media to create dreamlike scenes where form and color take precedence over realism. Their work aims to capture the essence and beauty of nature, inviting viewers to see the world with fresh eyes and appreciate its wonder.
FREE! Take A Child Outside Week

September 21-28 is **Take a Child Outside Week!** Join the national effort to reconnect children with nature. Check out great ways to get outdoors throughout the park district! All programs are free! Just look for this symbol in the guide. See page 57 for program details.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, Sep 21</td>
<td>Pride Nature Hike</td>
<td>9:30-11am</td>
</tr>
<tr>
<td>Sunday, Sep 22</td>
<td>Yard Games at Meadowbrook Park</td>
<td>1-3pm</td>
</tr>
<tr>
<td>Tuesday, Sep 24</td>
<td>Creek Explorers*</td>
<td>4:30-6pm</td>
</tr>
<tr>
<td>Wednesday, Sep 25</td>
<td>Blair Park Bubble Bonanza</td>
<td>4:30-6pm</td>
</tr>
<tr>
<td>Thursday, Sep 26</td>
<td>Twilight Hike*</td>
<td>6:45-8:15pm</td>
</tr>
<tr>
<td>Friday, Sep 27</td>
<td>Kids Go Fishing*</td>
<td>4:30-6pm</td>
</tr>
<tr>
<td>Saturday, Sep 28</td>
<td>Central Illinois Bat Festival @ Anita Purves Nature Center</td>
<td>1-4pm</td>
</tr>
<tr>
<td></td>
<td>Central Illinois Bat Festival @ Lake House in Crystal Lake Park</td>
<td>5:30-8:30pm</td>
</tr>
</tbody>
</table>

*Registration required; call 217-384-4062.

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**SEPTEMBER 30-OCTOBER 6**

Last year’s successful Active Aging Week had over 25 different activities and we can’t wait to share our 2024 programs and activities for those ages 50 and up throughout the greater Champaign-Urbana area! The following agencies will have a wide variety of activities focusing on healthy living, recreation, education, art, and community engagement:

- Urbana Park District
- ClarkLindsey
- CRIS Healthy Aging
- Champaign Park District
- Urbana Free Library
- Synergy Home Care
- Champaign Public Library
- Family Service
- C-U MTD
- OSF Faith in Action
- Champaign-Urbana Kiwanis
- Sideline MD
- Illinois Extension
- McKechnie Family LIFE Home
- Northwestern Mutual/The McDonald Group
- Champaign County Health Care Consumers
- U of I Office of Recreation and Park Resources
- Villas of Holly Brook & Reflections Memory Care
FREE! The Great Pumpkin Hunt
All Ages | Whole month of October

Follow us on Facebook @urbanaparkdistrict and Instagram @urbanaparks

Are you ready to solve clues to find pumpkins all over Champaign-Urbana? We've teamed up once again with Champaign Park District to hide pumpkins in the parks throughout October. Get your detective gear ready and see how many you can find! Collect as many pumpkins as you can to win great prizes! Be sure to snap a picture and share your discoveries with us on our Facebook and Instagram accounts using #CUpumpkinhunt.

Climate Action Week 2024
October 5-12 | Locations Vary

This week will be full of engaging opportunities to learn about climate change causes and effects, local impacts, and how to be part of the solution! There will be programs and workshops throughout the week, kicking off with activities at the Urbana Fall Fusion Festival in downtown Urbana.

More information at: 40north.org/our_programs/urbana-fall-fusion-festival/

Follow the Urbana Park District on social media or check www.urbanaparks.org for updates and a full schedule of events.

This event is brought to you in partnership with the Champaign County Climate Coalition (C4). For more information, contact Savannah at sydonovan@urbanaparks.org or 217-384-4062.
FREE! S’mores Social and Stroll

Sunday, October 13: King Park, 3-5pm
Sunday, November 10: South Ridge Park, 3-5pm
Sunday, December 8: Blair Park, 3-5pm

Our popular S’mores Social and Strolls are hitting the road! Join your fellow park lovers in these fun, self-guided autumnal strolls through some of our neighborhood parks with loop paths. Walk at your own pace with friends and then convene for s’mores over a fire and hot chocolate. Enjoy the outdoors with fresh air and nature views.

Donations will be accepted to cover the cost of chocolatey treats. Call the Park District Rainout line for severe weather cancellation information: 217-367-9575.

Halloween Water Carnival

October 19, 12:30-2:30pm
Urbana Indoor Aquatic Center
Early Bird Cost - $8R/$12NR by October 5
Regular Cost - $10R/$15NR by October 12
Code: 499

Come to the Urbana Indoor Aquatic Center for a spooktacular time! We will have Halloween themed games, activities, prizes and more! Make sure to bring your swim suit, towel and goggles so you are ready to splash into the fun!
**FREE! Halloween FunFest**

Wednesday, October 23, 5-7 pm  
Marketplace Mall, Champaign  
Ages 2-11 with an adult

Join the Urbana and Champaign Park Districts and celebrate with fun carnival games, trick-or-treating and a costume contest. This safe indoor Halloween alternative would not be possible without help from many generous and dedicated local organizations and clubs. Registration is not required. If your civic club or service group would like to help by running a carnival game, call the Champaign Park District at 217-398-2550. Don’t miss it!

---

**57th Annual Turkey Trot**

Thursday, November 28, 2024  
CHECK-IN: 8am | RACE START: 9am  
Lake House in Crystal Lake Park  
All Ages | FREE!

Join the Urbana Park District for a Thanksgiving morning tradition. Turkey Trot is a one-mile fun run/walk that is a great way to get some exercise before you sit down for dinner. Free hot chocolate is provided. The first 800 participants across the finish line receive a ribbon. Stay after the run for a prize raffle.

Souvenir shirts will be available for purchase at the Phillips Recreation Center and the Health and Wellness Center from October 28 through 12pm on November 27. Shirts will be available for purchase at the event as well.

This year we’ll again put the “give” in Thanksgiving by taking donations for the Urbana Park District Scholarship Fund. Your donation will help the park district offer reduced-price summer camp opportunities for children in need next year.

Parking is available at the special event lot on Broadway Ave. Call the Urbana Park District Rainout Line for postponement information: 217-367-9575.
2025 BEST IN SHOW PHOTOGRAPHIC PRINT COMPETITION

February 8-23 | Lincoln Square, Urbana | All Ages

Early Bird entry fee: $5 for first print and $3 each for the next four
• Deadline: Wednesday, January 22 at 6pm
Regular entry fee: $10 for first print and $3 each for the next four
• Deadline: Wednesday, January 29 at 6pm

The Urbana Park District and Champaign County Camera Club are proud to announce their 24th annual competition at Lincoln Square next February. This is a great opportunity for amateur photographers to have their photos publicly exhibited and professionally judged. There is a five-piece limit, and all prints must be mounted on foamcore.

For information on categories, eligibility, and matting requirements see our website at www.urbanaparks.org or pick up a Best in Show brochure and entry form at the Phillips Recreation Center, Lincoln Square, or the News-Gazette. Call Janet at 217-367-1544 for more information.

Exhibition will be on display for two weeks! Photos will be up from February 8 at 12pm through February 23 at 12pm.

February 23: All photos must be picked up between 2-4pm.
### FREE PROGRAMS & EVENTS

#### SEPTEMBER

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Age</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday Morning Bird Walks begin</td>
<td>Sun</td>
<td>Sep 1</td>
<td>7:30-9am</td>
<td>APNC</td>
<td>All Ages</td>
<td>55</td>
</tr>
<tr>
<td>Free Fitness Week</td>
<td>Tue-Fri</td>
<td>Sep 3-6</td>
<td>Various</td>
<td>Various</td>
<td>Age 15+</td>
<td>47</td>
</tr>
<tr>
<td>Toddler Music Group</td>
<td>Thu</td>
<td>Sep 5</td>
<td>10-11am</td>
<td>PRC</td>
<td>Age 3-5</td>
<td>41</td>
</tr>
<tr>
<td>Meadowbrook Park Jazz Walk</td>
<td>Fri</td>
<td>Sep 6</td>
<td>5:30-7:30pm</td>
<td>MP</td>
<td>All Ages</td>
<td>18</td>
</tr>
<tr>
<td>FRESH Crew Volunteer Stewardship Day</td>
<td>Sat</td>
<td>Sep 7</td>
<td>2-4pm</td>
<td>PRWP</td>
<td>Grades 6-12</td>
<td>45</td>
</tr>
<tr>
<td>Walkers' Book Club</td>
<td>Sat</td>
<td>Sep 7</td>
<td>9-10am</td>
<td>MP</td>
<td>Age 15+</td>
<td>52</td>
</tr>
<tr>
<td>Toddler Art Play Group</td>
<td>Tue</td>
<td>Sep 10</td>
<td>4-6:30pm</td>
<td>PRC</td>
<td>Age 1-3</td>
<td>46</td>
</tr>
<tr>
<td>Connecting You to Nature Hike</td>
<td>Tue</td>
<td>Sep 10</td>
<td>5:30-6:30pm</td>
<td>APNC</td>
<td>All Ages</td>
<td>55</td>
</tr>
<tr>
<td>*Creative Senior Connections</td>
<td>Fri</td>
<td>Sep 13</td>
<td>11am-1pm</td>
<td>PRC</td>
<td>Age 50+</td>
<td>35</td>
</tr>
<tr>
<td>&quot;Iridescent Natures&quot; Art Show Opening</td>
<td>Sat</td>
<td>Sep 14</td>
<td>1-3pm</td>
<td>APNC</td>
<td>All Ages</td>
<td>18</td>
</tr>
<tr>
<td>*Caregiving Education Workshop</td>
<td>Mon</td>
<td>Sep 16</td>
<td>2:30-3:30pm</td>
<td>PRC</td>
<td>Age 60+</td>
<td>35</td>
</tr>
<tr>
<td>Home Buying 101</td>
<td>Mon</td>
<td>Sep 16</td>
<td>6-7pm</td>
<td>PRC</td>
<td>Age 15+</td>
<td>54</td>
</tr>
<tr>
<td>Injury Screening with Athletico</td>
<td>Tue</td>
<td>Sep 17</td>
<td>5:30-7pm</td>
<td>PRC</td>
<td>Age 15+</td>
<td>53</td>
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<tr>
<td>*Wits Workout</td>
<td>Wed</td>
<td>Sep 18</td>
<td>2:30-3:30pm</td>
<td>PRC</td>
<td>Age 60+</td>
<td>35</td>
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<tr>
<td>Toddler Music Group</td>
<td>Thu</td>
<td>Sep 19</td>
<td>10-11am</td>
<td>PRC</td>
<td>Age 3-5</td>
<td>41</td>
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<tr>
<td>Pre-Pride Youth and Family Party</td>
<td>Fri</td>
<td>Sep 20</td>
<td>TBA</td>
<td>PRC</td>
<td>All Ages</td>
<td>54</td>
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<tr>
<td>*Dementia Awareness Tips</td>
<td>Fri</td>
<td>Sep 20</td>
<td>2:30-3:30pm</td>
<td>PRC</td>
<td>Age 60+</td>
<td>35</td>
</tr>
<tr>
<td>Pride Nature Hike</td>
<td>Sat</td>
<td>Sep 21</td>
<td>9:30-11am</td>
<td>BW</td>
<td>All Ages</td>
<td>19, 56, 57</td>
</tr>
<tr>
<td>Yard Games at Meadowbrook Park</td>
<td>Sun</td>
<td>Sep 22</td>
<td>1-3pm</td>
<td>MP</td>
<td>All Ages</td>
<td>19, 57</td>
</tr>
<tr>
<td>Toddler Art Play Group</td>
<td>Tue</td>
<td>Sep 24</td>
<td>4-6:30pm</td>
<td>PRC</td>
<td>Age 1-3</td>
<td>46</td>
</tr>
<tr>
<td>*Creek Explorers</td>
<td>Tue</td>
<td>Sep 24</td>
<td>4:30-6pm</td>
<td>APNC</td>
<td>All Ages</td>
<td>19, 57</td>
</tr>
<tr>
<td>Blair Park Bubble Bonanza</td>
<td>Wed</td>
<td>Sep 25</td>
<td>4:30-6pm</td>
<td>BP</td>
<td>All Ages</td>
<td>19, 57</td>
</tr>
<tr>
<td>*Twilight Hike</td>
<td>Thu</td>
<td>Sep 26</td>
<td>6:45-8:15pm</td>
<td>BW</td>
<td>All Ages</td>
<td>19, 57</td>
</tr>
<tr>
<td>FRESH Teen Hangout Zone</td>
<td>Fri</td>
<td>Sep 27</td>
<td>3:30-6pm</td>
<td>PRC</td>
<td>Grades 6-12</td>
<td>45</td>
</tr>
<tr>
<td>*Kids Go Fishing</td>
<td>Fri</td>
<td>Sep 27</td>
<td>4:30-6pm</td>
<td>LH</td>
<td>All Ages</td>
<td>19, 57</td>
</tr>
<tr>
<td>Central Illinois Bat Festival at APNC</td>
<td>Sat</td>
<td>Sep 28</td>
<td>1-4pm</td>
<td>APNC</td>
<td>All Ages</td>
<td>19, 57</td>
</tr>
<tr>
<td>Central Illinois Bat Festival at LH</td>
<td>Sat</td>
<td>Sep 28</td>
<td>5:30-8:30pm</td>
<td>LH</td>
<td>All Ages</td>
<td>19, 57</td>
</tr>
<tr>
<td>Family Yoga Day</td>
<td>Sun</td>
<td>Sep 29</td>
<td>10-11am</td>
<td>PRC</td>
<td>All Ages</td>
<td>53</td>
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</tbody>
</table>

#### OCTOBER

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Age</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Great Pumpkin Hunt</td>
<td>Various</td>
<td>Oct 1-31</td>
<td>Various</td>
<td>Various</td>
<td>All Ages</td>
<td>20</td>
</tr>
<tr>
<td>Toddler Music Group</td>
<td>Thu</td>
<td>Oct 3</td>
<td>10-11am</td>
<td>PRC</td>
<td>Age 3-5</td>
<td>41</td>
</tr>
<tr>
<td>FRESH Crew Volunteer Stewardship Day</td>
<td>Sat</td>
<td>Oct 5</td>
<td>2-4pm</td>
<td>PRWP</td>
<td>Grades 6-12</td>
<td>45</td>
</tr>
<tr>
<td>Tap Dance Jam</td>
<td>Sat</td>
<td>Oct 5</td>
<td>4:30-6pm</td>
<td>PRC</td>
<td>Age 16+</td>
<td>43</td>
</tr>
<tr>
<td>Walkers' Book Club</td>
<td>Sat</td>
<td>Oct 5</td>
<td>9-10am</td>
<td>MP</td>
<td>Age 15+</td>
<td>52</td>
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<tr>
<td>Climate Action Week</td>
<td>Various</td>
<td>Oct 5-12</td>
<td>Various</td>
<td>Various</td>
<td>All Ages</td>
<td>20</td>
</tr>
<tr>
<td>Connecting You to Nature Hike</td>
<td>Tue</td>
<td>Oct 8</td>
<td>5:30-6:30pm</td>
<td>WP</td>
<td>All Ages</td>
<td>55</td>
</tr>
<tr>
<td>Financial Wellness: Credit Scores</td>
<td>Wed</td>
<td>Oct 9</td>
<td>5:30-6:30pm</td>
<td>PRC</td>
<td>Age 15+</td>
<td>54</td>
</tr>
<tr>
<td>*Creative Senior Connections</td>
<td>Fri</td>
<td>Oct 11</td>
<td>11am-1pm</td>
<td>PRC</td>
<td>Age 50+</td>
<td>35</td>
</tr>
<tr>
<td>S'mores Social and Stroll</td>
<td>Sun</td>
<td>Oct 13</td>
<td>3-5pm</td>
<td>KP</td>
<td>All Ages</td>
<td>21, 54</td>
</tr>
<tr>
<td>Injury Screening with Athletico</td>
<td>Tue</td>
<td>Oct 15</td>
<td>5:30-7pm</td>
<td>PRC</td>
<td>Age 15+</td>
<td>53</td>
</tr>
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*Pre-registration required

<table>
<thead>
<tr>
<th>Category</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Community</td>
<td>APNC</td>
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<tr>
<td>Environmental</td>
<td>BP</td>
</tr>
<tr>
<td>Fitness/Wellness/Outreach</td>
<td>BW</td>
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</tbody>
</table>
# FREE PROGRAMS & EVENTS

## OCTOBER (continued)

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Age</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Wits Workout</td>
<td>Wed</td>
<td>Oct 16</td>
<td>2:30-3:30pm</td>
<td>PRC</td>
<td>Age 60+</td>
<td>35</td>
</tr>
<tr>
<td>Toddler Music Group</td>
<td>Thu</td>
<td>Oct 17</td>
<td>10-11am</td>
<td>PRC</td>
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<td>41</td>
</tr>
<tr>
<td>*FRESH Teen Hangout Zone</td>
<td>Fri</td>
<td>Oct 18</td>
<td>3:30-6pm</td>
<td>PRC</td>
<td>Grades 6-12</td>
<td>45</td>
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<tr>
<td>Toddler Art Play Group</td>
<td>Tue</td>
<td>Oct 22</td>
<td>4-6:30pm</td>
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## NOVEMBER

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<th>Time</th>
<th>Location</th>
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<td>America Recycles: The Art of Glassblowing</td>
<td>Sat</td>
<td>Nov 2</td>
<td>10am-2pm</td>
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<td>Sat</td>
<td>Nov 2</td>
<td>2-4pm</td>
<td>PRWP</td>
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<td>Walkers' Book Club</td>
<td>Sat</td>
<td>Nov 2</td>
<td>9-10am</td>
<td>MP</td>
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<td>Fri</td>
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<td>11am-1pm</td>
<td>PRC</td>
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<td>Nature Center Pre-K Friday</td>
<td>Fri</td>
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<td>9:30-12pm</td>
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<td>Age 0-6</td>
<td>56</td>
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<tr>
<td>S'mores Social and Stroll</td>
<td>Sun</td>
<td>Nov 10</td>
<td>3-5pm</td>
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<td>PRC</td>
<td>Grades 6-12</td>
<td>45</td>
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<td>3:30-6pm</td>
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## DECEMBER

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<td>11am-1pm</td>
<td>PRC</td>
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<th>CLP</th>
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<tr>
<td>KP</td>
<td>King Park</td>
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<td>LH</td>
<td>Lake House in CLP</td>
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<td>MP</td>
<td>Meadowbrook Park</td>
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<td>PRC</td>
<td>Phillips Recreation Center</td>
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<td>PRWP</td>
<td>Perkins Road Wet Prairie</td>
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<td>SRP</td>
<td>South Ridge Park</td>
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<td>WP</td>
<td>Weaver Park</td>
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Anita Purves Nature Center Parties

$141 (1-15 children); $5 each additional child
$100 refundable damage deposit due when booking

Celebrate a birthday at the nature center with a themed program! You will get a 2½ hour room rental including a 45-60 minute kids’ program packed with games, activities, and sometimes a live animal. Following the program, use the room to open gifts and eat treats you bring. The birthday child will receive a gift certificate to the Nature Shop. To request a party, call 217-384-4062 at least three weeks before your desired party date. Parties are not available May-August.

Nature Birthday Party Themes
- Mud Kitchen Party (ages 4+)
- Creepy Crawly Bugs Party (ages 4+)
- Reptiles Party (ages 4+)
- Dino-mite Party (ages 4+)
- Owls Party (ages 5+)
- Nature Scavenger Hunt Party (ages 5+)
- Going Batty Party (ages 6+)
- Campfire Party (ages 9+)
- Custom Party
  (additional fees apply; 4-weeks’ notice required)

Brookens Gym Rentals:
$120 for 2 hours ($50 per additional hour)
$250 deposit for scoreboard use
All Ages

Use Urbana Park District athletic equipment and the gym for games and fun, and use adjacent space to serve treats you supply. Reserve your rental at least two weeks in advance by completing an application and making a full payment. $100 damage deposit is due at time of request. Two-hour minimum on parties. Call 217-255-8601 for more information.

Urbana Indoor Aquatic Center Rentals

$100 refundable damage deposit due at booking

Rent the Urbana Indoor Aquatic Center and have access to the pool(s), party area, and general use of the facility. Lifeguards will be provided.

For groups of more than 60, please speak with the Aquatics Coordinator at 217-384-7665.

Once you complete your paperwork and pay the deposit fee, the staff will review your request. Your party rental IS NOT APPROVED until confirmed by email or phone call from the Aquatics Coordinator.

<table>
<thead>
<tr>
<th>Number of Guests</th>
<th>Essentials Party</th>
<th>Complete Party</th>
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<tbody>
<tr>
<td></td>
<td>$125 - Up to 8 Children</td>
<td>$185 - 9-16 Children</td>
</tr>
<tr>
<td>1-15</td>
<td>$72/hr</td>
<td>$110/hr</td>
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<tr>
<td>16-30</td>
<td>$116/hr</td>
<td>$154/hr</td>
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</table>

Phillips Recreation Center Parties

$125 (Up to 8 children); Add extra items or upgrade to a Complete Party for additional fees

Request a date and select the theme. Extra items are available for additional fees, including piñatas and balloon bouquets. Request your party at least three weeks in advance by submitting an application to the Phillips Recreation Center. Party approval is subject to building and staff availability. Call the Phillips Recreation Center at 217-367-1544 for additional information.

Parties are available Saturdays and Sundays, October-April from 1-3pm or 2-4pm. They are not available May-September.

Phillips Recreation Center Birthday Party Themes
- Gamer Party (Ages 6-15)
- A Birthday to "Dye" For (Ages 8-15)
- Ooze, Gooze, & Fun (Ages 6-10)
Or create a Custom Party for an additional $50

Essentials Party
Includes Party Leaders, Activities, & Decorations
$125 - Up to 8 Children
$185 - 9-16 Children

Complete Party
Includes Essential Party plus Cake, Ice Cream, Drinks, Tableware, & Goody Bags
$185 - Up to 8 Children
$250 - 9-16 Children
**Environmental Programs Volunteer**
Hone your natural history knowledge and leadership skills and make a difference to thousands of children who engage in environmental education programs each year. Share the excitement of teaching while exploring Busey Woods, Weaver Park, and Meadowbrook Park’s Spomer Prairie.

Do you love being outdoors and want to share your passion for the environment? Join us as an environmental education volunteer! Help with school field trips, forest school, and other environmental special events. No experience required. For more information, call 217-384-4062.

**Monday & Wednesday Workdays**
*September-December, between 9am-12pm*  
*Various Locations*

During these two-hour sessions you might plant trees or flowers, collect or scatter seed, remove nuisance plants, maintain trails, and pick up trash as needed. Email Matt Balk at mjbalk@urbanaparks.org to join the e-mail list for location announcements.

**Become a Natural Area Site Steward**
Want to help improve nature but don’t know how? Email Matt Balk at mjbalk@urbanaparks.org with your favorite Urbana Park District natural area, and we can match you with a project. Year-round opportunities are available, from nature observer to nuisance plant remover. No experience necessary.

**UrVANa Mobile Recreation Volunteer**
*Volunteer & paid positions available*

Volunteer with UrVANa! UrVANa is Urbana Park District’s mobile recreation unit that travels throughout the Urbana community to bring park district activities directly to our residents, free-of-cost; including but not limited to crafts, sports, music, environmental education, sensory and wellness activities. UrVANa appearances frequently take place on weekends and evenings, and require a team of volunteers and staff to help with event setup and tear-down, to engage with the general public (often children) in various recreational settings, and to represent the Urbana Park District’s ‘You Belong Here’ philosophy through actions and conversation.

Interested or have any questions? Please email Jameel Jones at jtjones@urbanaparks.org

*Note: Applicants must pass a background check prior to working with UrVANa.*

To view all available Urbana Park District and Champaign-Urbana Special Rec positions, scan the QR code or visit: urbanaparks.org/jobs

Application assistance is available to anyone needing accommodations; please email your request to info@urbanaparks.org.
Aquatic Programs

Urbana Park District Swim Lessons
Early registration is encouraged. A waitlist may be started for programs that fill quickly. Swim lessons take place at the Urbana Indoor Aquatic Center.

Multiple Student Discount: Enroll more than one child in swim lessons and receive a $5 discount for each additional child. Can only be applied in person or over the phone.

Toddler & Me Swim Lessons
Children are introduced to the water with games and songs. They will work on jumping in, splashing, and being comfortable floating on front and back.

*According to Illinois Health Code, all children wearing diapers must also wear plastic pants over them or wear a "swim diaper." This is to help prevent the spread of infectious disease through fecal accidents. Swim diapers are available for $1 at the entrance.*

How do I know where to place my child for swim lessons?
During the first class of each session, instructors and coordinators will evaluate the child’s swim skills and place them in the appropriate level.

6-18 Months

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>No Class</th>
<th>Makeup Date</th>
<th>EB Deadline</th>
<th>Reg Deadline</th>
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<tbody>
<tr>
<td>MW</td>
<td>Sep 4-25</td>
<td>5:30-6:00pm</td>
<td>Sep 23</td>
<td>Sep 6 &amp; 13</td>
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<td><em>TuTh</em></td>
<td>Oct 3-29</td>
<td>5:30-6:00pm</td>
<td>Oct 15 &amp; 17</td>
<td>Oct 4</td>
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<tr>
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<td>9:15-9:45 am</td>
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<tr>
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18-36 Months

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*EB Cost: $35R/$53NR | Regular Cost: $44R/$66NR
EB Cost: $40R/$60NR | Regular Cost: $50R/$75NR

- **EB** - Early Bird; An early registration deadline with a discounted fee
- **R** - Resident; Individuals living within the boundaries of the Urbana and Champaign Park Districts
- **NR** - Nonresident; Individuals living outside the boundaries of the Urbana and Champaign Park Districts
**Beginner Swim Lessons**

These lessons are designed to introduce swimmers to the water. They will work on being comfortable in the water through play and skills, and learn lead-up swimming skills such as front and back floats, kicking, arm movements, and blowing bubbles.

*EB Cost: $35R/$53NR | Regular Cost: $44R/$66NR

**Intermediate Swim Lessons**

Children will work on side breathing and diving. They will learn the arm movements and kicks for breaststroke and butterfly strokes, work on their endurance for all 4 strokes, and work on being able to swim longer distances.

*EB Cost: $44R/$66NR | Regular Cost: $54R/$81NR

---

### Beginner Swim Lessons

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<tr>
<th>Day</th>
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*EB Cost: $44R/$66NR | Regular Cost: $54R/$81NR

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### Intermediate Swim Lessons

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<td>Aug 20</td>
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<td>Nov 30</td>
<td>Oct 26</td>
<td>Nov 2</td>
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</table>
Swim Team Conditioning

Calling all swim teamers and advanced lesson swimmers! This is a year-round conditioning program for those who want to stay on top of their game during the off season or advance in their competitive stroke skills. This program includes coaching and personal instruction, swimming, drills, endurance training and more. It’s a great workout for those on a summer swim team, or a way to discover if swim team is for you.

**Beginner Adult Learn to Swim Classes**  
*EB Cost: $44R/$66NR | Regular Cost: $54R/$81NR*  
EB Cost: $50R/$75NR | Regular Cost: $62R/$93NR

Beginner swim lessons are for adults who want to build confidence or overcome a fear. Once you’re comfortable in the water, you will learn front and back floats, as well as beginning swim strokes.

**Intermediate Adult Learn to Swim Classes**  
*EB Cost: $44R/$66NR | Regular Cost: $54R/$81NR*  
EB Cost: $50R/$75NR | Regular Cost: $62R/$93NR

Intermediate swim lessons are for adults who want to make progress in the four basic strokes. Classwork on endurance, distance, and technique.
Swim Clinic (Age 13+)
This program is for those who can swim 25 yards consistently. All of the coaches leading this program have had extensive experience in the field. They all want to help you improve your stroke and performance in the water. This is not a “learn to swim” clinic. Competitive swimming technique, including starts, turns, streamlining, “wall work”, etc will be taught. Triathlon/long distance swimmers will also benefit from this clinic by becoming more efficient and faster. **Register early, this class fills fast! No Class Oct 5, 12, Nov 2, & 30**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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</tr>
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Private Coaching
**Urbana Indoor Aquatic Center | All ages**
These 30 Minute Lessons at Urbana Indoor Aquatic Center are focused, one-on-one training with area elite swim instructors. Turn your weaknesses into strengths, improve your skills, and gain confidence. Cost is per lesson. Please contact the Shift Manager on duty at 217-384-7665 with questions or to request a coach. No online registration. Private coaching lessons require at least 24 hours advanced notice of cancellation or no credit will be given. Contact a shift manager at 217-384-7665 if you need to cancel. If 24 hours advance notice is not given, you will forfeit that lesson.

<table>
<thead>
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<th>Cost</th>
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</tr>
<tr>
<td>2 Student</td>
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Private & Semi-Private Swim Lessons
**Urbana Indoor Aquatic Center | All Ages**
4 Lessons/30 Minutes Each
Private and Semi-private lessons provide very individualized instruction for anyone at any age. These lessons help the student become more confident in their swimming skills. We also recommend these lessons for anyone who wishes to perfect their strokes or for those who need a little extra attention before rejoining group lessons. Please call 217-384-7665 to register. Private and semi-private lessons require at least 24 hours advanced notice of cancellation or no credit will be given. Contact a shift manager at 217-384-7665 if you need to cancel. If 24 hours advance notice is not given, you will forfeit that lesson.

<table>
<thead>
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Basic Water Exercise
**Tuesday, Thursday, 6-6:50am or 6-6:50pm**
**Urbana Indoor Aquatic Center**
**Age 15+**
Try this fun way to burn fat, tone your muscles and keep your heart healthy. Sample aerobic moves, water walking, water strengthening and much more. This invigorating exercise routine takes place in shallow water. **No class Nov 28**

<table>
<thead>
<tr>
<th>Date</th>
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<th>Deadline Cost</th>
<th>Code</th>
</tr>
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<tr>
<td>Oct 29-Dec 19</td>
<td>$49R/$74NR</td>
<td>Oct 15 $59R/$89NR</td>
<td>603</td>
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Indoor Deep Water Aerobics
**Monday, Wednesday, Friday**
**Urbana Indoor Aquatic Center**
**Age 15+**
This class is a deep-water workout suitable for all ages and levels of fitness that will challenge both the cardiovascular and muscular systems. Combining aerobic conditioning (and calorie burning!) with strength training, muscular endurance and flexibility, this class is a great way to get fit and toned while having fun! Typical workouts include swimming, water walking, water jogging and invigorating non-impact deep-water exercises in the deep end of the pool. Basic swimming skills are needed. Exercise equipment is provided.

<table>
<thead>
<tr>
<th>Date</th>
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<th>Deadline Cost</th>
<th>Code</th>
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<tbody>
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<td>$75R/$113NR</td>
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<tr>
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<th>EB Cost</th>
<th>Deadline Cost</th>
<th>Code</th>
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<tr>
<td>Oct 29-Dec 19</td>
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<td>Oct 15 $55R/$83NR</td>
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Basic Water Exercise
**Tuesday, Thursday, 6-6:50am**
**Urbana Indoor Aquatic Center**
**Age 15+**
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<table>
<thead>
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<tr>
<td>Sep 3-Oct 24</td>
<td>$42R/$63NR</td>
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<td>Oct 29-Dec 19</td>
<td>$49R/$74NR</td>
<td>Oct 15 $59R/$89NR</td>
<td>603</td>
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</table>

Water Aerobics Flexi Passes Available! See page 16 for details and pricing.
### Athletic Programs

#### Fall Wood Bat Baseball League
**Sundays, September 8-October 13**
10:30am or 2:30pm double header
Prairie Park Baseball Field & other area fields
Grades 9-12

Keep your skills sharp and continue the baseball season into the fall with our wood bat baseball league. Volunteer coaches will manage the teams. All games are doubleheaders and are played on Sundays at Prairie Baseball Field or fields in the surrounding area. Teams play 12 games. Bats and jerseys are provided. **NOTE:** Please be sure to indicate the name of the high school you attend when registering.

<table>
<thead>
<tr>
<th>EB Cost</th>
<th>Deadline</th>
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#### Fall Co-Rec Kickball
**Fridays, August 30-October 18, 6:30-10:30pm**
Fields in Urbana
Age 15+
**Mandatory Managers Meeting:**
Thursday, August 22, 6pm at Brookens Gym

Our kickball league is fun and laid back, but we still like to compete. Get a team of at least four men and four women together for a six-game round-robin schedule. We end the season with a single elimination tournament. Athleticism is optional! Teams must submit a complete roster and full payment at registration.

<table>
<thead>
<tr>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
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<td>$224/team</td>
<td>Sep 3</td>
<td>599</td>
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</table>

#### Co-Rec Volleyball League
**Mondays, September 9-November 25**
**Brookens Gym**
**Age 15+**

Set and spike your way to victory! Get your team together for a 10-game round robin regular season. The winning team will get a trophy and bragging rights. Games are played Monday evenings starting at 6pm. If we have an odd number of teams the season may be extended to get every team their allotted 10 games prior to the tournament. The season ends with a single elimination, first-round consolation tournament. Teams must submit a completed roster and full payment with registration. There is no online registration for this league. Please register for this activity in person or at 217-367-1544. **Mandatory Managers Meeting on September 4**

<table>
<thead>
<tr>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
<th>Code</th>
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<tbody>
<tr>
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<td>$237/team</td>
<td>Sep 3</td>
<td>540</td>
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#### Open Gym Pickleball
**Monday-Friday, 9am-12pm**
Brookens Gym, $1/person at the door
**Age 15+**

Bring a photo ID. New Players are welcome! Open gyms may be canceled occasionally for activities. Notices will be on the Athletics page at urbanaparks.org, and signs will be posted at Brookens Gym no less than one week prior to cancellation. **Schedule and location are subject to change.**

- **EB** - Early Bird; An early registration deadline with a discounted fee
- **R** - Resident; Individuals living within the boundaries of the Urbana and Champaign Park Districts
- **NR** - Nonresident; Individuals living outside the boundaries of the Urbana and Champaign Park Districts
Open Gym Basketball
Sundays, October 13-April 27
Brookens Gym, $1/person at the door
• Ages 5-14: 1-3pm
• Age 15+: 3-5pm

Bring a photo ID. Brookens Gym is open Sunday afternoons for open gym basketball. Parents are welcome to attend the youth session. Children under 11 must be accompanied by someone 15 or older. All Urbana Park District rules and regulations must be followed. See page 72 for participant code of conduct. Open gym may be canceled on occasion for special events. When Open Gym will be canceled, signs will be posted at Brookens Gym no less than one week prior to the cancellation. Schedule and locations are subject to change.

Youth Basketball: Pre-Season Shooters
Saturdays, October 19-November 23
• Grade 3-4 Boys & Girls: 2:30-3:55pm
• Grade 5-6 Boys & Girls: 4-5:30pm
Health & Wellness Center

Keep your skills sharp and get an early start on the basketball season by learning the fundamentals, including dribbling, passing, defense, and shooting. Each session has 45 minutes of instruction followed by scrimmages. Classes may be combined based on enrollment.

Hoopster’s Co-Recreational Basketball
Saturdays, January 11-February 22
• Grade 1 - 8:30-9:50am
• Grade 2 - 9-9:50am
Location: Health & Wellness Center

First and second graders will love this exciting, instructional program for little hands and big expectations. With a smaller ball and shorter basket, your hoopster will have a blast! Depending on the number of participants age groups may combine. If combined, the program will run at 9am.

Youth Basketball
Practices: Weekday Evenings, January 13-March 6 Urbana Schools
Games: Saturdays, January 25-March 8 Various Locations

Grades 3-8

Practices are weekday evenings at the coaches’ convenience between 6:15-8:45pm at Urbana elementary schools.

Teams are guaranteed one practice per week, but typically have 2. For Junior Boys and Junior Girls, please sign up for your first choice of practice site. Depending upon enrollment, teams may be combined. For all other levels, practice site is determined after assessment. A coach will contact you to let you know your team and first practice time. Practice begins the week of January 13.

If the schools are closed for any reason, practice will likely be canceled. Jersey Fee $16 - Players can purchase their Jersey at the Health & Wellness Center.

MANDATORY Skills Assessment for 5th-8th Grade: Saturday, January 4 at 11am, Health & Wellness Center.

All 5th-8th grade participants MUST attend the skill assessment. Coaching and/or carpool requests will NOT be considered for those who fail to participate in the assessment.

EB Cost | Deadline
$43R/$55NR | Dec 27
$53R/$65NR | Jan 3

Grade | Practice Site | Code
Junior Boys (Grades 3 & 4) | Dr. Williams | 501
| King | 505
| Leal | 507
| Thomas Paine | 511
| Yankee Ridge | 513

Junior Girls (Grades 3 & 4) | Dr. Williams | 502
| King | 506
| Leal | 508
| Thomas Paine | 512
| Yankee Ridge | 514

Intermediate Boys (Grades 5 & 6) | Assigned after assessment | 503

Intermediate Girls (Grades 5 & 6) | Assigned after assessment | 504

Middle School Boys (Grades 7 & 8) | Assigned after assessment | 509

Middle School Girls (Grades 7 & 8) | Assigned after assessment | 510
Co-Recreational Indoor Soccer

**Grades 1-6: Saturdays, October 19-November 23**
**Grades 7-12: Wednesdays, October 23-November 27**

**Health & Wellness Center**

Catch up or keep up with the fundamentals. Kids learn skills through drills and play cross-court or full-court with indoor balls and goals. New and returning players can benefit from this program as they sharpen their skills and work as a team. Meet at the Health & Wellness Center. Classes may be condensed and times are subject to change depending upon enrollment. **Shin guards are required.**

**Jerseys:** This program uses the blue and gold jerseys from the outdoor soccer program. If your child has outgrown his or her jersey or has not participated before, a jersey can be purchased at the Phillips Recreation Center for $16.

<table>
<thead>
<tr>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
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</thead>
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<td>Grades 3-4</td>
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<tr>
<td>Grades 5-6</td>
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<tr>
<td>Grades 7-8</td>
<td>6:00-7:25pm</td>
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<tr>
<td>Grades 9-12</td>
<td>7:00-8:55pm</td>
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Fall Outdoor Youth Soccer

**Practices: August 19-October 10, 5:30-6:30pm**

**Games: Saturday mornings, Aug 31-Oct 12**

**Grades 1-9**

Players learn rules, soccer skills, and the value of teamwork and sportsmanship in a fun environment. All teams are coached by volunteer coaches and soccer games are held on Saturdays or weekday evenings. Sign up for your preference of practice site. Depending upon enrollment, teams may be combined, and you may not receive your first choice. If you are switched to a different location, you will be contacted by the park district. Grades 5-9 leagues may play with the Champaign Park District, and will play most games at Brookens or Dodds Soccer Complex in Champaign. **Shin guards are required. No Soccer Sep 2**

**Required Jersey Fee - $16 (purchase jersey at Phillips)**

<table>
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**Fall Sharkey's Outdoor Soccer**

**August 26-October 3, 5:30-6:30pm**

Register for MW or TuTh Practice

**Game Dates: Weeknights, Sep 4-Oct 3**

**Ages 4-6**

The games are fun and exciting. Practices build teamwork and basic soccer skills. The rules, field, and ball are modified to meet kindergartners' size and abilities. Everyone gets a free T-shirt and everyone participates. **Shin guards are required.** All coaches are volunteers. You may be asked to bring snacks to practices and games. Practice days and site are assigned on a first come-first serve basis. Games rotate among all practice locations/practice days. Thursday, October 3 is Sharkey’s Fun Night for all teams at Brookens' Soccer Fields. **No Soccer Sep 2**

<table>
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<tr>
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**Grades 1-2 Co-Rec**

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<td>MW</td>
<td>Carle Park</td>
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<tr>
<td>MW</td>
<td>Chief Shemauger</td>
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**Grades 3-4 Boys**

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<td>TuTh</td>
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**Grades 3-4 Girls**

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**Grades 5-6 Boys**

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**Grades 5-6 Girls**

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**Grades 7-9 Boys**

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**Grades 7-9 Girls**

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AGE-FRIENDLY (50 & BETTER) PROGRAMS

FREE! Caregiving Education Workshop with CRIS Healthy Aging
Monday, September 16, 2:30-3:30pm
Phillips Recreation Center
Age 60+
Code: 832

Please join our community partners, CRIS Healthy Aging, as they give a presentation on unpaid caregiving, which will include aspects such as work/life balance, respite, eventual placement options, how to keep loved ones in their home as long as possible, resources to keep relationships and finances stable, and how to talk to family and ask for help. Registration for this opportunity is required, so please register online or call the Phillips Recreation Center at 217-367-1544.

FREE! Wits Workout with CRIS Healthy Aging
Third Wednesday of each month, 2:30-3:30pm
• September 18
• October 16
Phillips Recreation Center
Age 60+
Code: 831

This peer-reviewed brain health program is perfect for any older adult looking to keep their wits sharp. Developed by the University of Illinois Extension, each session embraces a unique theme to facilitate discussion on an important topic related to brain health – exercise, diet, sleep, short- and long-term memory, and many more! Come on down for a session of puzzles and intellectual challenges, get to know the group you’re playing with, and spend a little time reminiscing with new friends. Registration for this opportunity is required, so please register online or call the Phillips Recreation Center at 217-367-1544.

FREE! Dementia Awareness Tips with CRIS Healthy Aging
Friday, September 20, 2:30-3:30pm
Phillips Recreation Center
Age 60+
Code: 833

Learn about the ins and outs of dementia and the key differences between normal aging and signs of dementia. This opportunity is ideal for those keeping an eye on older loved ones as well as for individuals who may be worried about changes in their own cognition. Registration for this opportunity is required, so please register online or call the Phillips Recreation Center at 217-367-1544.

FREE! Creative Senior Connections with Family Service
Fridays, 11am-1pm
• September 13
• October 11
• November 8
• December 13
Phillips Recreation Center
Age 50+
Code: 834

Looking for a supportive atmosphere to be yourself, share stories, and express yourself creatively? Consider joining Creative Senior Connections. This monthly group will explore creative expression through writing, visual art, rhythm, movement, drama, guided meditation and more with the goal of connecting more deeply with others, with yourself, and with your inner creativity. Engaging creatively can relieve stress, lift your self-esteem, spark deep personal growth, and promote healing. Create for the joy of the process rather than for the end product. No art experience or skill required- we are all creative beings! We would love to have you in the circle. Please feel free to bring a snack or bagged lunch. Registration is required, so please register online or call the Phillips Recreation Office at 217-367-1544.

FREE! Free Community Programs

FREE! Creative Senior Connections with Family Service
Fridays, 11am-1pm
• September 13
• October 11
• November 8
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Phillips Recreation Center
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Urbana Park District Senior Club

Second Tuesday of each month
10:30am-2:30pm, potluck served at 12pm
Phillips Recreation Center
Age 50+

The Urbana Park District Senior Club gathers on the second Tuesday of every month at the Phillips Recreation Center for a meeting, potluck luncheon, and entertainment. All seniors, 50+, are welcome to join us for fun, fellowship, and a great meal. For more information about the Club or to become a member ($18 resident of Urbana and Champaign Park Districts, $21 nonresident), please contact Jacob Johnston at 217-367-1544 or by email at jrjohnston@urbanaparks.org.

Urbana Park District Senior Citizens Club Trips

This season, our Club will be going on some fabulous trips. If you’d like to stay up-to-date about Club Travel, please consider subscribing to our Lifelong Leisure newsletter. If you’re interested in joining us or for questions, call Travel Chair Bobbi McEntire at 217-637-1849. Please call between 9am and 5pm Monday-Thursday or Saturday.

Join the “Urbana Park District Senior Club” Facebook Group!

If you’ve got a Facebook account, you can request to join our Facebook group.

Don’t have a Facebook? No worries! Set up an appointment with Jacob Johnston, our Community Program and Engagement Coordinator for Facebook creation, education, and a complimentary privacy-settings screening to ensure your information remains as secure as possible.

We use the page to post information about the club, its members, and important local stuff we think you ought to know, so be sure to check for updates frequently! Here’s how to join:

1. Log in to your Facebook account.
2. In the Facebook search bar (located at the top left of the screen), type “Urbana Park District Senior Club.” The group’s page will show up as the first result.
3. Click the +1 JOIN button!

A group administrator will approve your request (usually within hours) and then you may post and share information among the group!

FREE! Age-Friendly Technology Assistance

By Appointment | Phillips Recreation Center | Age 50+

Come visit Jacob Johnston, our Community Program and Engagement Coordinator, to learn about technology basics. This could include: learning and/or setting up a new smart phone, password management, taking, storing, and sharing photos, and much more! Jacob will be providing technology education and troubleshooting, upon request.

No registration is required but appointments are! For more information or to schedule an appointment, give Jacob a call at 217-367-1544 or email him at jrjohnston@urbanaparks.org. Once Jacob has confirmed your appointment, be sure to bring your smartphone, tablet, or laptop and plenty of questions!

Lifelong Leisure – Senior News

The Urbana Park District’s free senior newsletter is your go-to source for senior activities in Urbana. The newsletter is the best way to stay up-to-date on all trips, events, and programs offered through the Park District and Senior Club. Call the Recreation Office at 217-367-1544 to get your name on the mailing list. We also send the newsletter electronically, so if you’d like to save paper and postage, send an e-mail to Jacob Johnston at jrjohnston@urbanaparks.org or join directly from www.urbanaparks.org.
Flavor Principles of Ethnic Cooking with Paul Young
*Thursdays, 6-8pm | Phillips Recreation Center | Age 21+

Self-taught home cook Paul Young will deconstruct flavors from around the world. By the end of the series, you will be able to adjust flavor profiles and customize recipes like a pro!

In this series of dinner party "classes," guests will have the opportunity to watch demos and/or participate in the preparation of our feast. Come hungry and thirsty for a full two-course dinner complete with beer and/or wine tastings.

Students will leave with easy-to-follow recipes adapted for the typical home cook and contain many tips and tricks to help minimize your time in the kitchen while staying true to the spirit of the original ethnic flavors. All menu items below will use locally-sourced ingredients but are subject to change based on availability of fresh ingredients at local markets. Find draft menus and specific dishes at [www.cooking-with-paul.com](http://www.cooking-with-paul.com)

**September 19: Persian Classics** - Dive deep into this ancient Middle Eastern cuisine inspired by the courts of ancient Persia (as Iran was called until the 1930s). Learn how to combine herbs and spices like saffron with nuts and dried fruit to make elaborate stews and rice dishes. Enjoy a silk road-inspired royal banquet that's both sophisticated and simple.

  - Lamb Shank
  - Khoresh Bademjan (Eggplant Stew)
  - Jeweled Rice
  - Mast-O-Khiar (Yogurt & Cucumber Dip)
  - Garam Masala Spice Mix

**October 10: German Oktoberfest Feast** - Originating in the Bavarian city of Munich, Oktoberfest is the largest folk festival in the world. At this dinner party celebration, we'll be making festival favorites that are rich, hearty and robust, often balancing savory and tangy flavors. This session will be co-presented with Brittany Heyen, who will be sharing these traditional recipes from her German grandma, Elona.

  - Kartoffelpuffer (potato pancake)
  - Jägerschnitzel (pork cutlet with mushroom gravy)
  - Spätzle (egg noodles)
  - Rotkohl (red cabbage)
  - Apple crisp

**November 7: A Taste of Korea** - As Korean pop-culture gets more popular around the world, so does Korean cuisine. Inspired by both Japanese and Chinese influences, Koreans have taken their food culture to another level with creative twists on old traditions. Let's cook up some popular Korean dishes and enjoy them with soju tastings.

  - Galbi (Grilled Beef Short Ribs)
  - Pajeon (Scallion Pancakes)
  - Bibimbap (Mixed Rice Bowl)
  - Banchan (Side Dishes)

### Kids' Cooking Club

*Select Saturdays, 11am-1pm | Phillips Recreation Center | Ages 9-14*

Learn how to cook like a professional! In this hands-on class, kids really get a feel for working in the kitchen. All supplies will be included. Please contact the Phillips Recreation Center office staff at 217-367-1544 about any food allergies upon registration.

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Regional Indian Cooking with Sirisha
Sundays, 2-4:30pm | Phillips Recreation Center | Age 15+

Embark on a delightful journey through the diverse flavors of Indian cuisine with Sirisha Bhandaru. With over seven years of experience teaching at Common Ground Coop, Sirisha invites you to join her in a four-part series. Explore the art of crafting popular breakfast dishes from different regions of India. Whether you actively participate in the cooking process or prefer to watch, Sirisha will guide you through a captivating culinary expedition. Learn about spices, cooking techniques, and easy substitutions to suit your taste, all in a relaxed setting. Enjoy a satisfying vegetarian feast at the end of each class, featuring the dishes you helped prepare. Take home the recipes for each creation, ensuring you can recreate the experience in your own kitchen. Don’t miss this opportunity to enhance your cooking skills and savor the rich tapestry of Indian flavors with Sirisha Bhandaru.

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Spanish Chocolate!
Saturday, December 14
10am-12pm
Phillips Recreation Center
Ages 7-15

Join fair trade chocolatier Pueblito Nature to identify the origin of chocolate! Get to know the different chocolate world regions in Latin America, Africa and India. Participants will use techniques learned to create chocolates to take home! This class is instructed in English with real time Spanish and French translation.

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¡Chocolate al Español!
Sábado 14 de diciembre
a las 10am-12pm
Phillips Recreation Center
Edades 7-15

¡Únase al chocolatero de comercio justo Pueblito Nature para identificar el origen del chocolate! Conozca las diferentes regiones mundiales de chocolate en América Latina, África y la India. ¡Los participantes usarán técnicas aprendidas para crear chocolate que llevarán a casa! La clase se enseña en inglés con traducción en tiempo real a español y francés.

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Le chocolat à l’espagnol!
Samedi 14 décembre, 10h-12h
Phillips Recreation Center
7-15 ans

Rejoignez le chocolatier équitable Pueblito Nature pour identifier l'origine du chocolat ! Apprenez à connaître les différentes régions du monde du chocolat en Amérique latine, en Afrique et en Inde. Les participants utiliseront les techniques apprises pour créer des chocolats qu'ils emporteront chez eux ! Ce cours est dispensé en anglais avec une traduction en temps réel en espagnol et en français.

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HOLIDAY PROGRAMS

FALLiday Camp
7:30am-5:30pm during fall break
Phillips Recreation Center
Ages 6-12

Do something over break that you can’t wait to tell your friends about! Join the fun leaders at the Urbana Park District on great trips to area attractions. You’ll play fun games and make cool seasonal crafts. All movies will be rated G or PG. Campers should bring a lunch and drink each day. We’ll provide a snack.

Candy House Creations
Saturday, December 7, drop-in 1-3pm
Phillips Recreation Center
All Ages (under 15 with an adult)

Get into the spirit of the season with an afternoon of sugary fun. Create fabulous decorated houses from all sorts of goodies and treats we provide: graham crackers, cookies, candies, and frosting. Listen to holiday tunes while your sweet tooth builds its dream house. Best of all, we clean up the mess! Registered participants may drop in between 1-3pm to create their candy houses.

School’s Out Days
September 25 & November 10, 7:30am-5:30pm
Phillips Recreation Center
Ages 6-12

Celebrate the day out of school by exploring local sites, participating in group games, and experiencing new activities. All movies will be rated G or PG. Children will ride MTD buses to field trip locations. Please bring a lunch and beverage. We provide a snack.

Holiday Camp
7:30am-5:30pm during winter break
The Lake House in Crystal Lake Park
Ages 6-12

Do something over break that you can’t wait to get back to school and tell your friends about! Join the fun leaders at the Urbana Park District on great trips to area attractions. You’ll play fun games and make cool holiday crafts. All movies will be rated G or PG. Campers should bring a lunch and drink each day. We’ll provide a snack. Camp meets at the Lake House in Crystal Lake Park.
Have you ever wanted to learn a foreign language, but never had the opportunity? Now is the time! Stay connected and learn from the safety and comfort of your own home via the interactive Zoom platform! The class will be tailored to the needs of the students enrolled. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class. All classes are $85. *No class Oct 31, Nov 27 & 28

### American Sign Language (ASL)
#### Mom/Dad and me! (ages 3-7yrs w/ adult)

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#### Learn to Sign - Youth (ages 7-12)

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### I Speak French
#### For Youth (Ages 7-11)

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#### For Adults (Ages 18+)

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### Japanese
#### New!
#### For Youth (Ages 7-11)

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#### For Adults (Ages 18+)

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### Spanish
#### For Youth (Ages 3-6)

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#### For Youth (Ages 7-11)

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#### For Middle School & Jr. High (Grades 6-8)

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#### For Adults (Ages 18+)

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PERFORMING ARTS

Unity Steppers

NEW!

Wednesdays
- Ages 7-11: 6-7pm
- Ages 12-16: 7-8pm
Phillips Recreation Center

Come to step it up and dance with us! Students will learn drill step moves and infuse dance into their step routines. We will perform at local events, with hopes of competing against other dance and step teams. Children and teens should wear comfortable clothing and footwear.

No class Nov 27

FREE! Toddler Music Group
NEW!

Select Thursdays, 10-11am
Phillips Recreation Center
Ages 3-5 accompanied by an adult

Join us! Use this opportunity to meet other adults and toddlers as an additional social opportunity for you and your child(ren). Joining a playgroup can be an enriching way to give your child new experiences while making friends. This class will focus on music each playgroup session! No registration required. Contact Philips Recreation Center 217-367-1544 for more info.

- September 5
- September 19
- November 14
- December 12

Rhythm Fun! for Kids: Learning the Basics of Rhythm
NEW!

Every other Saturday, 1:30-2:30pm
Phillips Recreation Center
Age 7-13

With the use of lightweight gourd drums and song and play, kids are able to learn rhythm and have fun at the same time. Everyone is capable of having rhythm and by learning a few simple time signatures (beats or rhythms) through song, movement and call and response games, kids will not only walk away having a better understanding of rhythm themselves but also be able to start to see all the rhythm in life. The fee includes a one of a kind gourd drum that participants will be able to keep and take home at the end of the class.

FREE! One Big Ukulele Workshop

NEW!

Thursdays, September 5-October 24, 5:30-6:30pm
Phillips Recreation Center
Age 18+
Code: 835

Have you ever wanted to learn the ukulele but found it too difficult or just couldn’t find the time? Perhaps you’ve already memorized a handful of chords and some strumming patterns but are looking to take your skills to the next level. Either way, our ukulele workshop is perfect for beginners and intermediate players alike. In our workshops we focus on memorizing chords, reading and understanding basic sheet music, and learning new strumming patterns. We also get a ton of good, old fashioned practice! Loaner ukuleles and music stands are available upon request. Registration for this opportunity is required, so please register online or call the Phillips Recreation Center at 217-367-1544.
Creative Dance for Children
Saturdays, 10:00-10:30am
Phillips Recreation Center
Age 2 with adult

Creative Dance for Children is a fun place to enter the wonderful world of dance and movement. Be a part of the music and the movement of ballet with fun exercises perfect for adventurous and imaginative little ones. Adults participate along with the child to give them the confidence and one-on-one support that they need. Children are free to wear any comfortable and moveable clothing and footwear. **No class Nov 9 & 30**

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Bigger Ballereenies
Saturdays, 11:30-12:15am
Phillips Recreation Center
Ages 5-6

Introduce your young dancer to the music and the movement of ballet with fun exercises perfect for little ones. Young dancers will gain an understanding of proper ballet techniques to lay down the foundational work to progress beyond this class. Some children start at this level based on age and ability, but it is intended for students who have completed Teeny Ballereenies or the equivalent. Each session concludes with a demonstration of all that we’ve learned. You are welcome to quietly observe your child in class. Children are free to wear any comfortable and moveable clothing and footwear. **No class Nov 9 & 30**

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Teeny Ballereenies
Saturdays
- Ages 3-4: 10:45-11:15am
- Ages 4-5: 9-9:45am
Phillips Recreation Center

Introduce your young dancer to the music and the movement of ballet with fun exercises perfect for little ones. Each session concludes with a demonstration of all that we’ve learned. You are welcome to quietly observe your child in class. Children are free to wear any comfortable and moveable clothing and footwear. **No class Nov 9 & 30**

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Youth Beginning/Ballet 1
Saturdays, 1:15-2:05pm
Phillips Recreation Center
Ages 6-12

Young dancers will gain understanding of proper ballet techniques used in this invigorating class! Some children start at this level based on age and ability, but it is intended for students who have completed Teeny Ballereenies, Bigger Ballereenies, or the equivalent. These split sessions are perfect for busy schedules. Parents may observe the first and last class of each session. For all other meetings, please relax in the lobby. Children are free to wear any comfortable and moveable clothing and footwear. **No class Nov 9 & 30**

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Teen Beginning Jazz
Saturdays, 2:15-3:05pm
Phillips Recreation Center
Age 13-19

Discover the vibrant world of jazz dance! This beginner-friendly course is perfect for teens looking to dive into a new movement practice with fun dynamics and energy, alongside popular music. No prior experience is necessary. Parents may observe the first and last class of each session. For all other meetings, please relax in the lobby. Dancers are free to wear any comfortable and moveable clothing with jazz shoes or socks. **No class Nov 9 & 30**

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Adult Ballet
Saturdays, 3:15-4:05pm
Phillips Recreation Center
Ages 16+

Embrace the grace and discipline of classical ballet as you learn or rediscover its foundational movement. This class is perfect for any adult who loves dance or is interested in a new, expressive form of fitness. Ballet has many health benefits, including enhanced posture, flexibility, and strength. No prior experience is necessary! Dancers are free to wear any comfortable and moveable clothing and footwear. **No class Nov 9 & 30**

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Adult Afternoon Tap with Alicia

Mondays, 2:35-3:30pm
Phillips Recreation Center
Age 16+

This fun class is designed to focus on multiple areas of tap dancing, including but not limited to: tap dancing without music, tap dance improvisation, and work on tap dance rhythm and combinations. This class is intended for the more advanced tap dancers. Tap dancers with at least three years in the Adult Intermediate/Advanced Tap Dance class, or equivalent tap experience, and consent of the instructor. If you are interested in registering for this class, please email mvlewis@urbanaparks.org. **No class Sep 30, Nov 11 & 25**

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Adult Daytime Tap with Robin

Mondays, 1:30pm-2:20pm
Phillips Recreation Center
Age 16+

Want to improve your strength, balance, and memory skills? You'll learn simple tap dance steps and short routines to wonderful music. Although a sense of rhythm helps, no previous dance experience is required, just an interest in having fun! Please note: For safety, it is important that you do not have challenges with knee or ankle joints, as this style requires frequent bending and straightening of the legs and flexing and pointing of the feet. **No class Nov 11**

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FREE! Tap Dance Jam

Saturday, October 5, 4:30-6PM
Phillips Recreation Center
Age 16+

Calling all levels of tap dancers in our community ages 16 and above!

Are you looking for opportunities to share shuffles with others in our tap dance community? **COME JOIN US!** Bring your fabulous self and your tap shoes, and join us for 90 minutes of tap dance fun! Come as an individual, or bring other tap dancers with you. We’ll plan to start with some warm ups, then some historical tap choreography, and we’ll conclude our jam in an improv circle. This tap jam will be facilitated by Alicia Cross Englehardt. **COME JOIN US!**

Please email mvlewis@urbanaparks.org or call the Phillips Recreation Center at 217-367-1544 with any questions.

FREE! Winter Tap Showcase

Thursday, December 12, 7pm
Phillips Recreation Center

Come see participants from some of our Adult Tap programs showcase what they have learned this season! Admission is free and has general admission seating.
First Friday Night Contra Dances! w/ the Urbana Country Dances

Fridays, 7:30-11pm
September 6, October 4, November 1, December 6
- 7:30pm - Free Contra Dance Lesson
- 8-11pm - Contra Dance
Phillips Recreation Center
Cost: $5-$15 sliding scale

Join us for fun, energetic dances with great live string-band music! All dances are taught by our callers and we provide a welcoming environment for new dancers. No partner or experience is necessary. Contra Dancing is the American descendant of English Country Dancing and has figures similar to those from square dancing (swing, do-si-do, etc). Please bring an additional pair of clean, soft-soled shoes and refrain from wearing perfume or cologne.

For more information, visit bit.ly/urbanacountrydancers or call the UCD Hotline at 217-359-8225.

Tango Lessons with Tango Collective

Sundays, 5:30-7pm
Phillips Recreation Center
Age 18+

Learn the fundamentals of Argentine tango! This course will focus on traditional Argentine tango along with a brief introduction to tango vals and milonga. In this class, you will learn basic step patterns and sequences in close embrace style, develop skills in leading and/ or following while gaining an understanding of tango etiquette as well as the musicality of Argentine tango. No partner required. **No class Dec 1**

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Swing Dance

**Sundays | Phillips Recreation Center | Age 15+ | No partner required**

Jazz tunes got you tapping your toe? Learn swing dancing moves and move from toe tapping to getting out on the dance floor! Swing dancing (including Jitterbug, East Coast Swing, Charleston, & Lindy Hop) is a fun and energetic partner dance. Classes are designed to be repeated as many times as you’d like, learning new “moves” and improving your dance skills each time. Beginner classes are appropriate for everyone including people with no dance experience. All beginner sessions will be different from each other, but all at the beginner level - anyone can take any session in any order - new people can join at the start of any new session. Intermediate classes are for those who have taken the Beginner class for at least 2 sessions and include more complex patterns, emphasizing technique and leading/ following. Advanced classes are by instructor approval only and include Lindy Hop and musicality. Questions? Please email CUswingdanceCU@gmail.com.

**Session 1: September 8-October 13**

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**Session 2: October 20-November 17**

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Community Programs

FRESH Crew Volunteer Stewardship Days
First Saturday of the month, 2-4pm
- September 7
- October 5
- November 2
- December 7
Perkins Road Wet Prairie (meet at the Dog Park lot)
Grades 6-12

Join the action and make a difference in our local parks and natural areas! Dive into weekly stewardship days hosted by the park district, where teens like you can tackle invasive plants, plant native ones, maintain community gardens, harvest, clean up parks, and more. FRESH Crew is a great way to complete service hours and a chance to connect with the community, pick up awesome skills, gather unique experiences, and grab professional references! Stay in the loop by reaching out to Cathy Schneider at cmschneider@urbanaparks.org or 217-384-4062.

FREE! FRESH Teen Hangout Zone
Select Fridays, 3:30-6pm
- September 27
- October 18
- November 22
- December 13
Phillips Recreation Center
Grades 6-12

Get ready for an epic time at Urbana Park District's FRESH Hangout Zones—exclusively for teens—at Blair Park this summer! Whether you’re into gaming, reading, drawing, or just chilling with friends, we’ve got you covered. Enjoy free Wi-Fi, Nintendo Switch gaming, art supplies, board games, yard games and more. Plus, there are free snacks and refreshments! Don't miss out—call the Phillips Recreation Center at 217-367-1544 for all the deets!

Kids' Cooking Club
Select Saturdays, 11am-1pm
Phillips Recreation Center | Ages 9-14
See page 37 for more details!

Safe@Home
October 5, 10-11:30am
Phillips Recreation Center
Grades 4-6
Safe@Home is ideal for kids who have expressed interest in assuming the responsibility of staying home alone. Participants learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. The program is designed to prepare students for their first steps towards independence. Email Katie Bickers at kmbickers@urbanaparks.org for more information.

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Safe Sitter® Course
November 16, 9:30am-3:30pm
Phillips Recreation Center
Grades 6-8
Safe Sitter® is a one-day, nationally certified course designed for children ages 11 and up.

Taught in a fun and interactive format, Safe Sitter® shows participants safe and nurturing childcare techniques, behavior management skills, and appropriate responses to medical emergencies.

Class materials are included in the fee. Financial assistance is available.

Course content includes:
- Safety Skills: Indoor safety, outdoor safety, online safety, and personal safety
- Child Care Skills: Child development, behavior management, and childcare routines including diapering
- First Aid & Rescue Skills: Injury prevention, injury management, and choking rescue.
- Life & Business Skills: Screening jobs, setting fees, and greeting employers.

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Pre-Teen & Teen Programs

Safe Sitter® Course
November 16, 9:30am-3:30pm
Phillips Recreation Center
Grades 6-8

Kids' Cooking Club
Select Saturdays, 11am-1pm
Phillips Recreation Center | Ages 9-14
See page 37 for more details!

FREE! FRESH Teen Hangout Zone
Select Fridays, 3:30-6pm
- September 27
- October 18
- November 22
- December 13
Phillips Recreation Center
Grades 6-12

Get ready for an epic time at Urbana Park District's FRESH Hangout Zones—exclusively for teens—at Blair Park this summer! Whether you’re into gaming, reading, drawing, or just chilling with friends, we’ve got you covered. Enjoy free Wi-Fi, Nintendo Switch gaming, art supplies, board games, yard games and more. Plus, there are free snacks and refreshments! Don't miss out—call the Phillips Recreation Center at 217-367-1544 for all the deets!

Kids' Cooking Club
Select Saturdays, 11am-1pm
Phillips Recreation Center | Ages 9-14
See page 37 for more details!

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Kids' Cooking Club
Select Saturdays, 11am-1pm
Phillips Recreation Center | Ages 9-14
See page 37 for more details!

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**VISUAL ARTS**

**Figure Drawing and Portraits from Live Models**

**Thursdays, 6:30-7:30pm**
**Phillips Recreation Center | Ages 17+**

Want to take a fun class and learn how to sketch like the Masters? Yes, you can! We will have you “flexing like a pro!” From this artistic discipline, you will be able to convey the illusion of 3-Dimensional figures through shapes, shadow, light, lines, and shading techniques. Taught by professional artist Carmelita Acid-Hooks.

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**FREE! Toddler Art Play Group**

**Select Thursdays, 9-11am**
**Phillips Recreation Center | Ages 1-3**

Join Urbana Park District and Champaign County Regional Planning Commission’s Early Childhood Education Program-Head Start for art activities and more! Meet other adults and toddlers in a welcoming, family friendly setting. This can be used as a social opportunity for you and your child(ren)! Joining a playgroup can be an enriching way to give your child new experiences while making friends. This group will focus on creating/making different art projects, information sharing, and popup learning opportunities. Dinner will be provided for all participants. The best part is, we clean up the mess! No registration required

- September 10
- September 24
- October 22
- November 12
- November 26
- December 10

**Prairie-Inspired Earring Painting**

**Select Mondays, 6-7:30pm**
**The Lake House in Crystal Lake Park | Age 15+**

Paint two pairs of your own prairie-inspired birch wood earrings with local artists from Pipapo. There are 10 shapes to choose from and you’ll create your own custom color design. From birds to flowers to insects, all inspired by our local prairie! Designer Anna Gutsch will demonstrate her techniques and color theory and assist you with creating your original design! After your earrings are varnished, they can be picked up in one week at the Phillips Recreation Center, 505 W. Stoughton in Urbana. Staff will contact you when they are ready. There are different sessions to choose from and you can also pay extra to make more than two pairs if you like. Whether you’re a novice to painting or have extensive experience, with her assistance and materials you are sure to leave with two beautiful pieces of art! The earrings are assembled with nickel-free titanium hardware which makes them the perfect gift for anyone.

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<td>Oct 14</td>
<td>$50R/$75NR</td>
<td>Oct 3</td>
<td>808</td>
</tr>
<tr>
<td>Nov 18</td>
<td>$50R/$75NR</td>
<td>Nov 4</td>
<td>809</td>
</tr>
</tbody>
</table>

**Crochet 101 Craft Class**

**Mondays, 6-7:30pm**
**Phillips Recreation Center | Age 20+**

YOU can express yourself in this fun class! You will learn how to hand-craft hats, handbags, and even sweaters! Want to be in on the latest fashion and make something unique? This is the class for you! If you have questions about the class, please email mplewis@urbanaparks.org or call the Phillips Recreation Center at 217-367-1544. **No Class Nov 11**
Fitness Programs

Flexible Fitness Punch Cards
If your schedule fluctuates or you find it difficult to attend an entire session of fitness classes, try a 10-class Flexible Fitness Punch Card. Attend any class that accommodates your schedule. Passes may be used for all fitness classes in their category. Pre-registered participants get priority of class space. Passes are not interchangeable across categories. Before each class you attend, present the card to the instructor and you will be admitted to the class. Punch cards are valid from one session to the next. Flexi Passes are accepted for all classes except Tai Chi.

- Land Fitness FlexiPass Sale Price: $37R/$58NR
  - Boot Camp
  - Cardio Drumming
  - Hard Core
  - H.I.I.T. Revolution
  - Totally Toning
  - Senior Strengtheners
  - Work-it Circuit
  - Zumba

- Yoga/Pilates FlexiPass Sale Price: $45R/$70NR
  - Get Fit Where You Sit! Chair Yoga
  - Flow Yoga
  - Mat Pilates
  - Yoga for Every Body

FREE! Fitness Week
Tuesday, Sep 3 - Friday, Sep 6
Try out any fitness classes absolutely free this week! It’s one way that we can say “Thanks!” to our continuing participants and “Welcome” to our new participants. So come on by, try out a class, and let us know what you think Please note that Tai Chi is not included.

Flexi Pass Sale Week!
Tuesday, Sep 3 - Friday, Sep 6
Treat yourself to better fitness this fall! Fitness and Yoga Flexi Passes will be $5 of this week! Stop by the Phillips Recreation Center to stock up today! If you turn in a used Flexi Pass at the time of purchase, you will receive an additional $3 discount.

- EB - Early Bird; An early registration deadline with a discounted fee
- R - Resident; Individuals living within the boundaries of the Urbana and Champaign Park Districts
- NR - Nonresident; Individuals living outside the boundaries of the Urbana and Champaign Park Districts
Fitness Programs

**Hard Core**

*Monday, Wednesday, 5:30-6:20pm*

*Phillips Recreation Center*

*Age 15+*

Develop a solid ‘hard’ core while working other muscle groups at the same time. Exercises can be modified to meet the needs of everyone who participates from the exercise newbie to the exercise junkie. You’ll have a balanced exercise experience; one that works strength, cardiovascular endurance, flexibility and balance. **No class Nov 11**

<table>
<thead>
<tr>
<th>Date</th>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
<th>Code</th>
</tr>
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<tbody>
<tr>
<td>Sep 9-Oct 30</td>
<td>$56R/$84NR</td>
<td>Aug 23</td>
<td>$70R/$105NR</td>
<td>Sep 9</td>
<td>718</td>
</tr>
<tr>
<td>Nov 4-Dec 18</td>
<td>$46R/$69NR</td>
<td>Oct 18</td>
<td>$57R/$86NR</td>
<td>Nov 4</td>
<td>719</td>
</tr>
</tbody>
</table>

**Cardio Drumming**

*Wednesday, 1-1:50pm or Friday, 11-11:50am*

*Phillips Recreation Center*

*Age 15+*

Cardio drumming is a dynamic cardiovascular workout that combines rhythmic drumming, dance and music. Participants use drumsticks to tap on an exercise ball which is placed on risers. This is a full-body, low-impact workout suitable for all ages and fitness levels. Cardio drumming can help lower blood pressure, reduce stress, and increase endurance. Movements can be accommodated for anyone with injuries or limitations. **No class Nov 29**

<table>
<thead>
<tr>
<th>Wednesdays, 1-1:50pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
</tr>
<tr>
<td>Sep 11-Oct 30</td>
</tr>
<tr>
<td>Nov 6-Dec 18</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fridays, 11-11:50am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
</tr>
<tr>
<td>Sep 13-Nov 1</td>
</tr>
<tr>
<td>Nov 8-Dec 20</td>
</tr>
</tbody>
</table>

**Senior Strengtheners**

*Monday & Wednesday, 10:30-11:20am / Tuesday & Thursday, 9:30-10:20am*

*Phillips Recreation Center*

*Age 15+*

Using light weights, work every major muscle at each class and end with a relaxing routine of stretches. Increase your muscle strength, tone your body, and work on balance and flexibility. **No class Nov 11 & 28**

<table>
<thead>
<tr>
<th>Date</th>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 9-Oct 30</td>
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<td>Aug 23</td>
<td>$69R/$104NR</td>
<td>Sep 9</td>
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<tr>
<td>Nov 4-Dec 18</td>
<td>$45R/$68NR</td>
<td>Oct 18</td>
<td>$56R/$84NR</td>
<td>Nov 5</td>
</tr>
</tbody>
</table>

**Boot Camp**

*Monday, Wednesday, Friday, 12-12:50pm*

*Phillips Recreation Center*

*Age 15+*

Challenge yourself with this fast-paced, calorie-blasting workout. This fun and engaging class is for any fitness level, and uses elements of strength training and high-intensity cardio. Modifications are offered for beginner to advanced participants. **No class Nov 11 & 28**

<table>
<thead>
<tr>
<th>Dates</th>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 9-Nov 1</td>
<td>$75R/$113NR</td>
<td>Aug 23</td>
<td>$93R/$140NR</td>
<td>Sep 9</td>
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<td>Nov 4-Dec 19</td>
<td>$60R/$90NR</td>
<td>Oct 18</td>
<td>$74R/$111NR</td>
<td>Nov 4</td>
</tr>
</tbody>
</table>

**H.I.I.T. Revolution**

*Tuesday, Thursday, 12-12:50pm*

*Phillips Recreation Center*

*Age 15+*

High Intensity Interval Training (H.I.I.T.) is an efficient and effective workout that will keep you burning calories long after you are done. Power through moderate to intense intervals using your own body weight and resistance equipment to improve metabolism, cardiovascular and athletic ability. Modifications are offered for all fitness levels. **No class Nov 28**

<table>
<thead>
<tr>
<th>Dates</th>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 9-Oct 31</td>
<td>$56R/$84NR</td>
<td>Aug 23</td>
<td>$70R/$105NR</td>
<td>Sep 10</td>
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<tr>
<td>Nov 5-Dec 19</td>
<td>$45R/$69NR</td>
<td>Oct 18</td>
<td>$57R/$86NR</td>
<td>Nov 5</td>
</tr>
</tbody>
</table>

**Tai Chi**

*Monday, Wednesday or Tuesday, Thursday*

*Phillips Recreation Center*

*Age 15+*

This class is designed to reduce stress and enhance meditation through the ancient, passive martial art of Tai Chi. This art form will strengthen your mental well-being, balance, coordination and flexibility. Our Black Belt Instructors will guide you through easy lessons that will strengthen your mind and body. As students advance through sessions they will learn: Chi Kung, Stances, kicks, and Tai Chi I, 24 movements. **No class Nov 11 & 28**

<table>
<thead>
<tr>
<th>MW (Beginner) - 6:30-7:30pm</th>
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</thead>
<tbody>
<tr>
<td>Date</td>
</tr>
<tr>
<td>Sep 9-Nov 13</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MW (Advanced) - 6:30-8pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
</tr>
<tr>
<td>Sep 9-Nov 13</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TuTh (Beginner) - 10:30-11:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
</tr>
<tr>
<td>Sep 10-Nov 14</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TuTh (Advanced) - 10:30am-12pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
</tr>
<tr>
<td>Sep 10-Nov 14</td>
</tr>
</tbody>
</table>
Totally Toning
Tuesday, Thursday, 7-7:50am
Phillips Recreation Center
Age 15+
Use free weights, resistance bands, Bosu balls, TRX bands and other equipment to help develop every major muscle group. It’s an efficiently-paced, calorie-burning workout to help you reduce body fat and build muscle. **No class Nov 28**

<table>
<thead>
<tr>
<th>Date</th>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
<th>Code</th>
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<tbody>
<tr>
<td>Sep 10-Oct 31</td>
<td>$56R/$84NR</td>
<td>Aug 23</td>
<td>$69R/$104NR</td>
<td>Sep 10</td>
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<tr>
<td>Nov 5-Dec 19</td>
<td>$45R/$68NR</td>
<td>Oct 18</td>
<td>$56R/$84NR</td>
<td>Nov 5</td>
<td>746</td>
</tr>
</tbody>
</table>

Zumba™
Monday, Wednesday, Friday, 4:15-5:05pm
Phillips Recreation Center
Age 15+
Zumba is an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that’s moving millions of people toward joy and health. Zumba is the world’s largest—and most successful—dance-fitness program for people of all shapes, sizes and ages. **No class Nov 11 & 29**

<table>
<thead>
<tr>
<th>Date</th>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 9-Nov 1</td>
<td>$75R/$113NR</td>
<td>Aug 23</td>
<td>$93R/$140NR</td>
<td>Sep 9</td>
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<tr>
<td>Nov 4-Dec 20</td>
<td>$60R/$90NR</td>
<td>Oct 18</td>
<td>$74R/$111NR</td>
<td>Nov 4</td>
<td>755</td>
</tr>
</tbody>
</table>

Flow Yoga
Monday, Wednesday, Friday 9-10am
Phillips Recreation Center
Age 15+
Join our certified Astanga Yoga Instructors as they help you to enhance your body’s strength, flexibility, breathing and balance with the physical and emotional approach of Yoga. Expert attention is given to your special needs, as the instructor makes corrections via verbal instruction and/or hands-on adjustment. **No class Nov 28**

<table>
<thead>
<tr>
<th>Date</th>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
<th>Code</th>
</tr>
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<tbody>
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<td>$71R/$106NR</td>
<td>Oct 18</td>
<td>$88R/$132NR</td>
<td>Nov 5</td>
<td>713</td>
</tr>
</tbody>
</table>

Get Fit Where You Sit™ Chair Yoga
Wednesday, 10:15-11:05am
Phillips Recreation Center
Age 15+
This calming and refreshing class provides a nice, gentle stretch and a great start to your day. Robin from LV Chair Yoga ™ will teach you movements that are done while sitting in a chair. It is a simple, yet invigorating form of fitness for all individuals at all ability levels. **Yoga/Pilates Flexi Passes will be accepted for these sessions.**

<table>
<thead>
<tr>
<th>Date</th>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 11-Oct 30</td>
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<td>$50R/$75NR</td>
<td>Sep 12</td>
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<td>Nov 6-Dec 18</td>
<td>$35R/$52NR</td>
<td>Oct 18</td>
<td>$43R/$65NR</td>
<td>Nov 6</td>
<td>716</td>
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</table>

Work It Circuit
Tuesday, Thursday, 5-5:50pm
Phillips Recreation Center
Age 15+
Build strength and muscular endurance through this fun, energizing class. Each class will take you through a full body circuit of exercises combining a mix of resistance training and high-intensity aerobics. Exercise options are available for all fitness levels to help you reach your fitness goals. **No class Nov 28**

<table>
<thead>
<tr>
<th>Date</th>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 9-Oct 30</td>
<td>$60R/$90NR</td>
<td>Aug 23</td>
<td>$75R/$113NR</td>
<td>Sep 9</td>
<td>748</td>
</tr>
<tr>
<td>Nov 4-Dec 18</td>
<td>$49R/$74NR</td>
<td>Oct 18</td>
<td>$61R/$92NR</td>
<td>Nov 4</td>
<td>749</td>
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</tbody>
</table>

Mat Pilates
Tuesday, 7-8pm
Lake House in Crystal Lake Park
Age 15+
What can Mat Pilates do for you? Through various movements and controlled breathing, Mat Pilates helps to develop core strength, balance, and flexibility. This is a great low-impact exercise which can improve your cardiovascular capacity, ease of movement during your everyday activities, better posture, and more body awareness! This exercise is for every BODY - all ages and fitness levels are encouraged to participate. Flexi Passes are now accepted at Mat Pilates! **No class Sep 10**

<table>
<thead>
<tr>
<th>Date</th>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
<th>Code</th>
</tr>
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<tbody>
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<td>Aug 23</td>
<td>$63R/$95NR</td>
<td>Sep 9</td>
<td>724</td>
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<tr>
<td>Nov 5-Dec 3</td>
<td>$28R/$43NR</td>
<td>Oct 18</td>
<td>$35R/$53NR</td>
<td>Nov 4</td>
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</table>

Yoga for Every Body
Tuesday, Thursday, 5:30-6:45pm
Lake House in Crystal Lake Park
Age 15+
Yoga is accessible for everyone regardless of age, physical strength or flexibility. Whether you are new or experienced, each class is tailored to meet the needs of the student with the use of props and posture variations with an emphasis on the importance of alignment, the breath, and the mind/body connection. Meditation and breath control reduces stress and heals the nervous system. The physical practice of yoga tones the body, improves muscular strength, flexibility, posture and joint stability. The continued practice of yoga opens the door to a greater sense of self and peace of mind. **No class Sep 10 & Nov 28**

<table>
<thead>
<tr>
<th>Date</th>
<th>EB Cost</th>
<th>Deadline</th>
<th>Cost</th>
<th>Deadline</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 12-Oct 31</td>
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<td>$72R/$108NR</td>
<td>Sep 10</td>
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<tr>
<td>Nov 5-Dec 19</td>
<td>$48R/$72NR</td>
<td>Oct 18</td>
<td>$59R/$89NR</td>
<td>Nov 5</td>
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Personal Training Coming Soon to Urbana Park District Fitness
*Check Jan-Apr 2025 Guide to learn more!*
# Fitness Programs Schedule

## Phillips Recreation Center

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am</td>
<td>Totally Toning 7-7:50am</td>
<td>Flow Yoga 9-10am</td>
<td>Flow Yoga 9-10am</td>
<td>Flow Yoga 9-10am</td>
<td></td>
</tr>
<tr>
<td>9:00am</td>
<td>Flow Yoga 9-10am</td>
<td>Flow Yoga 9-10am</td>
<td>Flow Yoga 9-10am</td>
<td>Flow Yoga 9-10am</td>
<td>Flow Yoga 9-10am</td>
</tr>
<tr>
<td>9:30am</td>
<td>Senior Strengtheners 9:30-10:20am</td>
<td>Senior Strengtheners 9:30-10:20am</td>
<td>Senior Strengtheners 9:30-10:20am</td>
<td>Flow Yoga 9-10am</td>
<td></td>
</tr>
<tr>
<td>10:15am</td>
<td>Senior Strengtheners 10:30-11:20am</td>
<td>Tai Chi (10:30-10:45am-Beg.) (10:30am-12pm-Adv.)</td>
<td>Get Fit Where You Sit! Chair Yoga 10:15-11:05am</td>
<td>Tai Chi (10:30-11:30am-Beg.) (10:30am-12pm-Adv.)</td>
<td></td>
</tr>
<tr>
<td>10:30am</td>
<td>Senior Strengtheners 10:30-11:20am</td>
<td>Tai Chi (10:30-11:30am-Beg.) (10:30am-12pm-Adv.)</td>
<td>Senior Strengtheners 10:30-11:20am</td>
<td>Tai Chi (10:30-11:30am-Beg.) (10:30am-12pm-Adv.)</td>
<td>Cardio Drumming 1-1:50pm</td>
</tr>
<tr>
<td>11:00am</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00pm</td>
<td>Boot Camp 12-12:50pm</td>
<td>H.I.I.T. Revolution 12-12:50pm</td>
<td>Boot Camp 12-12:50pm</td>
<td>H.I.I.T. Revolution 12-12:50pm</td>
<td>Boot Camp 12-12:50pm</td>
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<tr>
<td>1:00pm</td>
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<tr>
<td>4:15pm</td>
<td>Zumba 4:15-5:05pm</td>
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<tr>
<td>5:00pm</td>
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<td>Work-it Circuit 5-5:50pm</td>
<td></td>
<td>Work-it Circuit 5-5:50pm</td>
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<tr>
<td>5:30pm</td>
<td>Hard Core 5:30-6:20pm</td>
<td>Hard Core 5:30-6:20pm</td>
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</tr>
<tr>
<td>6:30pm</td>
<td>Tai Chi (6:30-7:30pm-Beg.) (6:30-8pm-Adv.)</td>
<td>Tai Chi (6:30-7:30pm-Beg.) (6:30-8pm-Adv.)</td>
<td></td>
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</table>

## Lake House in Crystal Lake Park

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30pm</td>
<td>Yoga for Every Body 5:30-6:45pm</td>
<td></td>
<td>Yoga for Every Body 5:30-6:45pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00pm</td>
<td>Mat Pilates 7-8pm</td>
<td></td>
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</tr>
</tbody>
</table>

*Schedule is subject to change. Visit [www.urbanaparks.org/programs/fitness-and-wellness/](http://www.urbanaparks.org/programs/fitness-and-wellness/) for the most up-to-date schedule.*

*Don't forget to download the RainoutLine app to be notified when classes and events are canceled. See page 72 for more information on how to download and receive updates.*
The Urbana Park District's Health and Wellness Center fosters a brighter, healthier community for Urbana residents and beyond!

You can expect many amenities including:
- a Cardio Room
- a Strength Training Room
- Courts (pickleball, basketball, volleyball)
- a Walking Track
- a Community Room

Have fitness class or equipment suggestions?
Contact Kern McCalla at kkmccalla@urbanaparks.org

<table>
<thead>
<tr>
<th>Yearly Membership Fees</th>
<th>Residents (R)</th>
<th>Non-Residents (NR)</th>
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<tbody>
<tr>
<td>Individual Member</td>
<td>$125</td>
<td>$188</td>
</tr>
<tr>
<td>Family (2-3 Members)*</td>
<td>$245</td>
<td>$368</td>
</tr>
<tr>
<td>Each Additional Family Member</td>
<td>$45</td>
<td>$68</td>
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<tr>
<td>Senior Member (Age 55+)</td>
<td>$85</td>
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*Non-Walking Infants Are Free

<table>
<thead>
<tr>
<th>Daily Pass Option</th>
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<tbody>
<tr>
<td>Individual Pass</td>
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<tr>
<td>Senior Pass</td>
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<td>$5</td>
</tr>
</tbody>
</table>

Have questions about the facility? Contact Jameel Jones at jtjones@urbanaparks.org
The wellness wheel is a visual guide to better understand the eight dimensions or areas of an individual’s life that make up their overall health. The Urbana Park District offers wellness workshops led by professionals covering topics related to health and wellness periodically throughout the year. These workshops are designed to educate, engage, and motivate you to incorporate ALL areas of wellness into your everyday lives. Program titles will be accompanied by an icon to correspond with the dimension of wellness that is covered in the program.

**FREE! Walkers’ Book Club**

1st Saturday of the Month, 9-10am | Age 15+ | Code: 789
Meadowbrook Park (*Meet at the Garden Pavilion, Race Street Entrance*)
- September 7
- October 5
- November 2
- December 7

Hit your stride with the Walkers’ Book Club. Once a month, we invite you to join us as we come together at Meadowbrook Park to walk together for about half an hour. Then we’ll gather to drink lemonade or hot cocoa and share what we’ve been reading. Of course, you can count on staff to bring along several books to recommend, but we hope you’ll share the best (and worst!) of what you’ve read lately. **Registration is recommended but not required. Register once for all sessions or the day before an individual session.**
Immerse: A Yoga Experience with Sound and Self-Reflection

Select Sundays, 3-4:30pm
Lake House in Crystal Lake Park
Age 15+

Join yoga instructor Vivianne Velazquez in nurturing the mind & body. Come immerse yourself in the meditative resonating sounds created by singing bowls and chimes. This is a 90-minute expedition where the practice will start with gentle yoga, flowing into a sound bath journey, and closing the session with self-reflection journaling. For a comfortable experience, we suggest bringing a blanket or extra layers for warmth, along with a water bottle and journal. **Registration is required. No Flexi Passes accepted.**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Cost</th>
<th>Deadline</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 29</td>
<td>$7R/$11NR</td>
<td>Sep 27</td>
<td>790</td>
</tr>
<tr>
<td>Oct 27</td>
<td>$7R/$11NR</td>
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<td>791</td>
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<tr>
<td>Nov 10</td>
<td>$7R/$11NR</td>
<td>Nov 8</td>
<td>792</td>
</tr>
<tr>
<td>Dec 8</td>
<td>$7R/$11NR</td>
<td>Dec 6</td>
<td>793</td>
</tr>
</tbody>
</table>

FREE! Family Yoga Day

**Sunday, September 29, 10-11am**
Phillips Recreation Center
All Ages

Come by this free morning of fun with your whole family! Yoga instructor Janessa will lead a family-friendly yoga night to encourage healthy living and trying new things together. **Registration is recommended but not required—only 30 spots are available.**

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 28</td>
<td>794</td>
</tr>
</tbody>
</table>

FREE! Injury Screening with Athletico

**Third Tuesday of the Month, 5:30-7pm**
- September 17
- October 15
- November 19
- December 17
Phillips Recreation Center
Age 15+

Urbana Park District has partnered with Athletico Physical Therapy to offer FREE monthly injury assessments! Athletico Physical Therapy staff will be at the Phillips Recreation Center to offer 20-minute free injury assessments. Athletico cannot provide free assessments for federally funded health care plans. For further questions or to reserve your appointment, please call 217-352-3330. Walk-ins are welcome!
FREE! Financial Wellness Workshop: Credit Scores 101
Wednesday, October 9, 5:30-6:30pm
Phillips Recreation Center
Age 15+
Join Michelle Stallmeyer from Busey Bank for a workshop on what a credit score is, its importance, and how to read a credit report. You will also pick up tools to maintain a healthy credit score and repair bad credit. **Registration is recommended.**

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 9 by 12pm</td>
<td>795</td>
</tr>
</tbody>
</table>

FREE! S’mores Social and Stroll
Sundays, 3-5pm
- October 13: King Park
- November 10: South Ridge Park
- December 8: Blair Park
Our popular S’mores Social and Strolls are hitting the road! Join your fellow park lovers in these fun, self-guided autumnal strolls through some of our neighborhood parks with loop paths. Walk at your own pace with friends and then convene for s’mores over a fire and hot chocolate. Enjoy the outdoors with fresh air and nature views.

Donations will be accepted to cover the cost of chocolatey treats. Call the Park District Rainout line for severe weather cancellation information: 217-367-9575.

FREE! Home Buying 101
Monday, September 16, 6-7pm
Phillips Recreation Center
Age 15+
Join Dionne Clifton of LIVE Real Estate to go through the basic steps of buying your first (or next) home! Participants will learn mortgage and house market basics as well as tips and tricks to help—no matter where you are in the process. **Registration is recommended.**

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 16 by 12pm</td>
<td>796</td>
</tr>
</tbody>
</table>

FREE! All-Ages Resume Assistance
By Appointment
Phillips Recreation Center
Age 15+
Work with Kern McCalla, our Outreach and Wellness Coordinator, to update or build your resume. No matter your age, having an updated resume is the best way to stay proactive with your occupational wellness! Kern is happy to meet in-person to review your resume or to collaborate through email. To schedule an appointment, email Kern at kkmccalla@urbanaparks.org or call 217-367-1544.

SAVE THE DATE:
Pre-Pride Youth and Family Party
Friday, September 20th
Phillips Recreation Center
Check unitingpride.org for updates!

FREE! LGBTQ+ Soup Night
Select Sundays, 6-8pm
Phillips Recreation Center
LGBTQ+ Soup Night is a free monthly event where we serve homemade vegan soup to Queer people. We want to bring people together and give them a good meal. Bring a bowl, a spoon, and a friend! For more information and to join the mailing list for dates, please go to linktr.ee/cusoupnight.

Dates are finalized after this guide is printed, and will be available at the above website or by contacting the Phillips Recreation Center at 217-367-1544.

You belong here.
Environmental Programs

FREE! Connecting You to Nature Hikes
Tuesdays from 5:30-6:30pm
- September 10: Busey Woods
  Meet at the Anita Purves Nature Center
- October 8: Weaver Park
  Meet at Main St Parking Lot
- November 12: Perkins Road Wet Prairie
  Meet at Dog Park Parking Lot
All Ages (under 15 with adult)
Join staff from the Anita Purves Nature Center on hikes through district natural areas. Explore the plants, animals, and unique natural history of each preserve. Content for these informal programs is based on seasonality and group interests. No registration required.

FREE! Sunday Morning Bird Walks
Sundays, September 1-October 27, 7:30-9am
Meet in Anita Purves Nature Center parking lot
All ages (under 15 with adult)
Walk with Champaign County Audubon Society (CCAS) leaders and search for birds in Busey Woods and Crystal Lake Park. Learn and practice basic bird watching and identification techniques. Bring a pair of binoculars or borrow one of the ten pairs that CCAS has available (first-come, first-served). Learn more at champaigncountyaudubon.org. No registration required.

Natural Areas Volunteer Opportunities
See how you can make a difference during volunteer opportunities at District Natural Areas. Pre-registration is required for groups of 8 or more people. Call 217-384-4062. Clubs, scouts, and other groups may request their own private workday by calling the number listed above.

Become a Natural Area Site Steward
Want to help improve nature but don’t know how? Email Matt Balk at mj balk@urbanaparks.org with your favorite Urbana Park District natural area, and we can match you with a project. Year-round opportunities are available, from nature observer to nuisance plant remover. No experience necessary.

Monday & Wednesday Workdays
September-December, between 9am-12pm
Locations Vary
During these two-hour sessions you might plant trees or flowers, collect or scatter seed, remove nuisance plants, maintain trails, and pick up trash as needed. Email Matt Balk at mj balk@urbanaparks.org to join the e-mail list for location announcements.

- EB - Early Bird; An early registration deadline with a discounted fee
- R - Resident; Individuals living within the boundaries of the Urbana and Champaign Park Districts
- NR - Nonresident; Individuals living outside the boundaries of the Urbana and Champaign Park Districts
Forest School Afternoons
Wednesdays & Select Saturdays, 1:15-4:15pm
Busey Woods & Anita Purves Nature Center
Ages 6-12

This program connects school-aged children with the natural world through discovery and play in an educational outdoor setting. Drop-off is from 1:15-1:30pm at the Friendship Grove Nature Playscape. We will be outside rain or shine unless conditions are unsafe, so children must come dressed appropriately for the weather and bring a refillable water bottle daily. Light snacks will be provided.

Wednesday Sessions

<table>
<thead>
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<td>Oct 9-30</td>
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<td>Nov 6-27</td>
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<td>Dec 4-18</td>
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Saturday Sessions

<table>
<thead>
<tr>
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<td>925</td>
</tr>
<tr>
<td>Nov 9, Nov 23, Dec 7</td>
<td>926</td>
</tr>
</tbody>
</table>

FREE! Winter Solstice Celebration
Friday, December 20, 4-7pm
Anita Purves Nature Center
All Ages (Under 15 with adult)

Enjoy a festive evening of stories and adventure during this twilight event in anticipation of the shortest day of the year. We will space out around the fire for snacks and storytelling, make holiday crafts, and set our intentions for the coming year. Guided hikes through Busey Woods will depart every hour, and you can finish with a candlelit winter spiral walk. **Preregistration is requested to estimate supply needs. Call 217-384-4062 to sign-up.**

Shinrin-Yoku by Request
Available weekdays 1-6pm & weekends 9am-6pm
By appointment only; call 217-384-4062 or email dasubers@urbanaparks.org
Busey Woods
$27 per group; for up to 8 people age 6+
Experience the therapeutic effects of Shinrin-Yoku, the practice of immersing or “bathing” your senses in the atmosphere of the forest. This 90-minute, slow-paced, guided walk will awaken your senses and uplift your spirits.

FREE! PRIDE Nature Hike
Saturday, September 21, 9:30-11:00am | Busey Woods, Anita Purves Nature Center | All ages (under 15 with adult)

Celebrate CU Pride Fest, and share your pride and love of the outdoors by enjoying a guided hike! Relax in the sights, sounds and smells of nature as we explore Busey Woods. Everyone is welcome. **No registration required.**
FREE! Take A Child Outside Week
We're celebrating Take a Child Outside Week September 21-28! Join the national effort to connect children with nature. Check out great ways to get outdoors throughout the park district! All programs are free! Just look for this symbol in the guide. *Pre-registration required.

**Pride Nature Hike**
Saturday, September 21, 9:30-11am
Busey Woods, Anita Purves Nature Center
All ages (under 15 with adult)

Celebrate CU Pride Fest, and share your pride and love of the outdoors by enjoying a guided hike! Relax in the sights, sounds, and smells of nature as we explore Busey Woods. Everyone is welcome! No registration required.

**Yard Games at Meadowbrook**
Sunday, September 22, 1-3pm
Meadowbrook Park - Garden Pavilion
All ages (under 15 with adult)

Come on out to beautiful Meadowbrook Park to learn and play some fun group games! We'll have staff from the nature center present to teach you some of our favorite games from camp and other programs. Meet at the Race Street entrance. No registration required.

**Creek Explorers**
Tuesday, September 24, 4:30-6pm
Anita Purves Nature Center & Crystal Lake Park
All ages (under 15 with adult)
Code: 919

Join staff from the Anita Purves Nature Center as we get our feet wet in the Saline Branch! We'll learn how to measure creek velocity, search for invertebrates, and enjoy the scenery! Start at the Anita Purves Nature Center and staff will direct you to the creek access. Pre-registration is required as space is limited.

**Blair Park Bubble Bonanza**
Wednesday, September 25, 4:30-6pm
Blair Park
All ages (under 15 with adult)

We're busting out the bubble machine at one of the coolest parks around – join in the fun as we make tons of bubbles big and small. If you’ve yet to visit the challenge course, zipline, or interactive soccer wall, this will be a great chance to do so along with nature center staff and a little added whimsy. No registration required.

**Twilight Hike**
Thursday, September 26, 6:45-8:15pm
Busey Woods, Anita Purves Nature Center
All ages (under 15 with adult)

Experience a new side of Busey Woods on this guided hike during an evening walk by twilight. Listen for owls and other nocturnal creatures, and learn how they survive and thrive. Pre-registration is required, as space is limited.

**Kids Go Fishing**
Friday, September 27, 4-6pm
Lake House at Crystal Lake Park
All Ages (under 15 with adult)
Code: 918

Let’s catch some fish! We’ll have equipment for kids to use and will help practice fishing basics around the boat dock. Kids under 16 fish for free - others must have a valid Illinois State Fishing License if planning to fish. Pre-registration is required.

**FREE! Central Illinois Bat Festival**
Saturday, September 28
- 1-4pm: Anita Purves Nature Center
- 5:30-8:30pm: Crystal Lake Park
All ages

Local bat biologists and educators invite you to this first annual event! There will be something for all ages and levels of bat enthusiasts including exhibitors, guest speakers, kids' activities, and information on bat conservation and more. No registration required.
The Urbana Park District protects, manages and restores areas characteristic of Illinois’ most diverse habitats. Restoration includes planting and seeding native plants, removing nuisance plants and conducting prescribed burns to encourage healthy growth. Passive recreation such as photography, hiking, and birdwatching in small groups is encouraged.

**OPEN DAILY FROM SUNRISE TO SUNSET**

**Busey Woods**
Busey Woods is a 59-acre bottomland oak-hickory forest. It is located at the north end of Crystal Lake Park with an entrance just west of the Anita Purves Nature Center.

**Commissioners Grove & Wetland in Weaver Park**
This 60-acre park includes 5 acres of woodland/savanna restoration, 35 acres planted with prairie and native grasses, and an award-winning watershed management wetland. Parking along Main Street (near Smith Road) offers a place for you to begin your bike or hike along the Kickapoo Rail Trail, extending 6.7 miles to St. Joseph.

**Spomer Prairie in Meadowbrook Park**
Prairie was the predominant habitat in Illinois before European settlement. Since 1978, the Urbana Park District and countless volunteers have worked to re-create approximately 80 acres of native landscape. Explore this prairie in south Urbana, along Windsor Road and Race Street.

**Perkins Road Natural Area**
Behind the Dog Park (1501 E. Perkins Road), this 35-acre prairie and wetland restoration is leased from the Urbana-Champaign Sanitary District. Access is limited to programs and volunteer stewardship opportunities (see page 55 for more information).

**Benefits of Natural Areas**
Natural areas maintain ecosystem balance, build resilience to climate change, and support a wide variety of plants and wildlife. They provide “ecosystem services” like improving water and air quality by absorbing excess water and carbon dioxide. Natural spaces also offer a variety of social, mental, and physical benefits. These include stress reduction, lower blood pressure, decreased depression and anxiety, and relief from the symptoms of Attention Deficit Disorder.

**Program Opportunities**
Naturalist guides lead programs at these locations that are designed for all age groups and interests, including school groups and the public. See page 59 for more information. To inquire about programs and services, or to make a request, call the Anita Purves Nature Center at 217-384-4062.

**Volunteer Opportunities**
For information about Natural Areas stewardship and volunteer workdays, see page 55. Clubs, scout, and other groups may request a private workday by calling 217-384-4062.

*Help us maintain these natural areas by not collecting items, walking pets or cycling.*
The Anita Purves Nature Center is your classroom extension where learning comes naturally. Our standards-based field trips, classroom visits and loan items will complement your curriculum with hands-on activities. By employing direct observation and experiential learning opportunities, the Anita Purves Nature Center enriches and strengthens existing school curricula and provides students the opportunity to explore and connect with the natural world.

**Educators** - Bring your class for a School Field Trip through Busy Woods, Meadowbrook Park, or Weaver Park. Programs at Busey Woods include time to explore the nature center's Field Station. Or, invite a Naturalist in the Classroom to visit your school. An environmental educator will bring hands-on materials, interactive lessons and (as related to the topic) a live owl, turtle, snake, or worms to your classroom. All programs meet grade-specific Common Core and Next Generation Science Standards.

**Custom Programs**
Are you looking for a program to compliment a unit or lesson you are teaching? We can work with you to develop a unique environmental education program to fit your specific needs. Requests must be made at least 4 weeks in advance.

**Teach with a Turtle**
Borrow the Reptiles and Amphibians loan box and have a live turtle in your classroom for up to two weeks! The kit includes supplemental activities and instructions about turtle care and feeding, and standards-based reptile and amphibian lesson plans. This hands-on kit delivers an unforgettable experience for you and your students.

**Nature Items You Can Borrow**
The Urbana Park District offers a wide variety of educational loan items at the Anita Purves Nature Center such as skulls, nests, natural history specimens, reference materials, and IDNR loan boxes.

**IDNR Loan Trunks**

**Program Themes & Reservation Information**
Visit: [www.urbanaparks.org/programs/nature-programs/](http://www.urbanaparks.org/programs/nature-programs/)
Email: Cathy Schneider at cmschneider@urbanaparks.org
Call: 217-384-4062

**Connecting Classes with Nature Sponsorship**
This program provides support for Urbana School District classrooms to take science-based field trips in local natural areas. Urbana Park District seeks donations from local individuals, businesses and organizations to help sponsor classrooms to cover the cost of programs and transportation for Urbana educators. If you are interested in sponsoring a class, contact Kelsey Beccue at khbecce@urbanaparks.org. Field trip class size typically varies between 20-30 students. Over 200 students were able to take field trips in 2022-2023 through sponsorships.

<table>
<thead>
<tr>
<th>Program Fee / 1 Class</th>
<th>Transportation Fee / 1 Class</th>
<th>Full Sponsorship / 1 Class (Program &amp; Transportation Fees)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$42</td>
<td>$145</td>
<td>$187</td>
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</table>
SPONSOR AN EDUCATION ANIMAL

The Anita Purves Nature Center houses a number of education animals that demonstrate the variety of wildlife living in Illinois. Most have injuries that make them unable to survive in the wild or were hatched in captivity and are non-releasable. The animals are on exhibit and are featured during educational programs with schools, scouts and the public.

You could be part of their lives! Your financial contribution goes directly toward the animals’ medical care, housing and food. This is a great way to support local environmental education. Sponsorships also make great gifts!

SPONSORS RECEIVE:
A certificate of sponsorship
A fact sheet with the animal’s history and photographs
Their name displayed in the Field Station for the period of the sponsorship
An optional photo opportunity with the animal

<table>
<thead>
<tr>
<th>Animal</th>
<th>Cost/Month</th>
<th>Cost/6 Months</th>
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<td>$20</td>
<td>$100</td>
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</tr>
<tr>
<td>Snake</td>
<td>$35</td>
<td>$180</td>
<td>$380</td>
</tr>
<tr>
<td>Owl</td>
<td>$55</td>
<td>$300</td>
<td>$600</td>
</tr>
</tbody>
</table>

You can help us feed the wildlife that visit the center’s habitat gardens by donating birdseed!

Call 217-384-4062 or visit www.urbanaparks.org/facilities/anita-purves-nature-center/ for a sponsorship form and additional information.
The Urbana Park District CARES Plan

The Urbana Park District Climate Action, Resilience, Education and Sustainability Plan (2021-2026) centers on creating a healthier, safer and more resilient community. The plan sets actionable goals for reducing the district’s carbon footprint, offsetting local impacts of climate change, improving air and water quality, and fostering biodiversity.

Here are some things that you can do to act on climate change this fall:

- **Start composting.** Composting has many benefits including less waste sent to landfills and producing your own garden fertilizer.
- **Shop local.** Buying food at the Urbana Farmer’s Market is a healthy way to decrease packaging and lower the environmental impacts of shipping.
- **Buy reusable.** Having a cookout or other gathering? Offer your guests reusable plates and napkins, which will also save you money in the long run.
- **Volunteer at a natural area.** Nurturing green spaces helps to capture excess carbon dioxide, which slows (and could even reverse!) climate change. Learn how you can help: see page 27 & page 55 for a list of volunteer opportunities.

Visit urbanaparks.org/about-us/green-initiatives for more information on UPD green initiatives, or contact Savannah Donovan, Environmental Program Manager, at 217-384-4062 or sydonovan@urbanaparks.org.
You Belong Here

CELEBRATING URBANA’S DIVERSE COMMUNITY!

We’ve been overjoyed to celebrate the rich diversity of Urbana through vibrant community events.

Urbana Park District’s Recent Steps Towards Inclusive Parks & Programs:

• New park map created with bus routes for visitors using public transportation (pages 2-3).
• Computer access & in-person translators available for job applicants (page 27).
• Designated sensory areas and tools at facilities, programs, events, and camps for staff and visitors needing sensory breaks or who are in a crisis (ask staff for more info).

View more information (in English & Spanish) at: urbanaparks.org/about-us/you-belong-here/

SEE YOU AT UPCOMING SPECIAL EVENTS!

• Meadowbrook Park Jazz Walk (page 18)
• Pride Fest 2024 Events (pages 54, 56, 57)
• Active Aging Week (page 19)
• Climate Action Week (page 20)
A Fundraiser for CUSR’s Scholarship Fund

CUSR CUPCAKE 5K
5K RUN, ROLL & RECREATIONAL WALK

SUN, NOV 3, 2024
9AM
CARLE AT THE FIELD

REGISTER NOW!

CUSR Cupcake 5K
After Party @ The Landing
10AM-12PM

★ Breakfast items
★ Drinks
★ Giveaways

PROGRAMS OFFERED

After School Programs
Horseback Riding
Adult Social Programs
Bingo
Diner’s Club
Dances
Day Programs
Theatre

Sports & Special Olympics
Bowling
Softball
Volleyball
School Break Camp
Summer Camps

WHAT IS CUSR?
CUSR was formed through a cooperative agreement with the Champaign and Urbana Park Districts with the mission of providing quality recreational programs and services for Champaign-Urbana residents with special needs. Participants of all ages have the opportunity to explore new areas of interest, make new friends, and learn lifelong skills.

CUSR STAFF
Christina Mott, CPRP – CUSR Manager
Nikiaya Brandon – Adult Program & Event Coordinator
Cole Alvis – Athletics, Volunteer, & Inclusion Coordinator
Tristan Elzy – Youth & Teen Coordinator
Amanda Carrington – Receptionist

CUSR CENTER
2212 Sangamon Dr.
Champaign, IL 61821
cuspecialrecreation.org

Voice: 217-819-3980
Relay: 711

INCLUSION WITHIN PARK DISTRICT PROGRAMS
CUSR supports inclusive recreational experiences within the park district programming. When registering for a program, mark the box stating an accommodation is required, and the CUSR Inclusion Coordinator will be in contact with you prior to the program to discuss the needs of the individual. If there are questions prior to registering, please reach out to the CUSR staff, and a meeting can be scheduled to discuss the many recreational options available.

WHAT TO CELEBRATE YOUR ABILITIES!

THE PLACE TO CELEBRATE YOUR ABILITIES!

CUSR CENTER
2212 Sangamon Dr.
Champaign, IL 61821
cuspecialrecreation.org

Voice: 217-819-3980
Relay: 711

CUSR STAFF
Christina Mott, CPRP – CUSR Manager
Nikiaya Brandon – Adult Program & Event Coordinator
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Tristan Elzy – Youth & Teen Coordinator
Amanda Carrington – Receptionist

CUSR PROGRAM GUIDE
CUSR publishes a guide three times a year. It details each of the different programming available in that season. To view, go online at cuspecialrecreation.org.

REGISTRATION
A CUSR registration form must be used. Registration is available online at cuspecialrecreation.org, in person, or by mail.

Please visit cuspecialrecreation.org
Great Parks Build Great Communities

Urbana parks are for everyone. Whether you live in Urbana or the surrounding area, the Urbana Parks Foundation (UPF) strengthens the entire community by cultivating resources to enhance the future of Urbana parks.

The Foundation is dedicated to supporting high-priority park district needs across several areas:

- Construction of a new Health & Wellness Center in Prairie Park
- Youth Scholarships that help reduce barriers to kids and families’ participation in park district programs
- Arts and Culture to enhance the vibrancy of our parks and community
- Urbana Parks Endowment to create long-term sustainability in park development and maintenance

Whether you live in Urbana or a surrounding community, make a positive impact on Urbana’s parks now and in the future by donating today. Learn more at www.urbanaparksfoundation.org
Robin Hall Fund for Public Art

Who is Robin Hall?
Robin Hall is a dynamic figure in Urbana Park District history. Hall began work at the park district in 1968 and served in many positions, culminating in Executive Director until his retirement in 2004. During his tenure at the district, he envisioned the well-known Wandell Sculpture Garden at Meadowbrook Park with the intention of uniting three distinct elements: people, art, and nature.

The Wandell Sculpture Garden became the seed from which public art at the Urbana Park District would flourish. Since then, public art at the district has expanded to sculpture, murals, and programming across all district parks and facilities.

What is the Robin Hall Fund?
The Robin Hall Fund supports all types of public arts opportunities at the Urbana Park District. From the sculpture program, to arts-based special events, to youth arts programming, the Robin Hall Fund at the Urbana Parks Foundation seeks to make art and arts-based opportunities accessible to the public. Originally established by the Urbana Park District in 2004 to support the sculpture program, the Robin Hall Fund was transferred to the Urbana Parks Foundation with a newly broadened scope to reflect the expansion of public arts programming at the Urbana Park District. Whether you are looking to help the district acquire a piece of sculpture, wishing to support arts programs for youth, or wanting to support your favorite arts-based special event, the Robin Hall Fund can make those visions a reality.

How can I support the Robin Hall Fund?
If you are interested in making a gift to the Robin Hall Fund, please scan the QR code to donate online or mail a check indicating that you would like your gift directed to the Robin Hall Fund to 303 W. University Avenue, Urbana, IL 61801.
Vincent O. Greene Youth Scholarship Fund

Established in 2017 from a generous bequest left by Mr. Vincent Greene, the Vincent O. Greene Scholarship Fund at the Urbana Parks Foundation is meant to help families with demonstrated financial need cover fees for summer camps, swim lessons, dance classes and many other enriching Urbana Park District activities.

- The fund helps children participate in park district programs despite limited financial resources.
- Participation by youth from all walks of life helps park programs and enriches the experience for all participants.
- Broad participation in park programs by local youth helps the community by exposing all youth to the benefits of using our parks.

With the upcoming opening of the new Health and Wellness Center, the Vincent O. Greene Scholarship Fund is more important than ever - this new facility will give our community's youth a much-needed, safe space to go where they can play and socialize. The Vincent O. Greene Scholarship Fund will help to ensure that all local children have the opportunity to access the Health and Wellness Center.

Your gift to the Vincent O. Greene Scholarship Fund can do so many things:
- Teach a child to swim
- Foster the joy of performance through Youth Summer Theatre
- Create lifelong friendships through summer camps

And so much more...

Scan the QR code to make a donation to the program or mail us a check, indicating that you would like your gift directed to the Vincent O. Greene Youth Scholarship Fund to 303 W. University Avenue, Urbana, IL 61801.
2024 FALL PERFORMING ARTS SEASON

thevirginia.org
203 W Park Ave
217-356-9063

Bring your game indoors!
September 9, 2024-May 11, 2025

DODDS TENNIS CENTER
2802 Farber Drive • 217-352-6044
(off Interstate Dr. between Prospect & Mattis, north of I-74 in Interstate Research Park)
Every year, the Urbana Park District looks for volunteers interested in serving on the Urbana Park District Advisory Committee (UPDAC). Members of UPDAC are community volunteers who help the Board of Commissioners and staff of the Urbana Park District investigate new ideas, study possible changes and improvements, and evaluate current park district operations. Meetings are held monthly on the 4th Tuesday of the month (except July and December). The time commitment is between 2 and 3 hours a month, and includes the monthly UPDAC meeting and potential committee meetings. UPDAC members are appointed for a three-year term. For consideration of appointment to UPDAC, you must live within the Urbana Park District residency area, and fill out an application for nomination. You might be interested in serving on UPDAC if you:

- Are interested in learning more about the Urbana Park District
- Are willing to share information about park district issues with your peers
- Would like an opportunity to share feedback from your neighborhood with the district on a regular basis
- Value diversity and inclusivity

Every effort is made to balance UPDAC membership both geographically and demographically. It’s important that UPDAC represents all of Urbana! You can learn more about UPDAC, and find the application, by visiting our website at www.urbanaparks.org/get-involved/urbana-park-district-advisory-committee-updac. You may also contact Development Manager Kelsey Beccue at kbeccue@urbanaparks.org or 217-367-1536.
Residency
Residents living within the boundaries of the Park District regularly support park facilities and programs through residential property taxes, and must currently reside at the residence. People living within the boundaries of the Urbana and Champaign Park Districts pay the resident (R) fees. Acceptable documents that prove current residency include, but are not limited to: utility bill, home-owner or auto insurance bill, cable bill, bank statement, vehicle registration, or voter registration card. Emailed copies are accepted. If in doubt about whether your document is acceptable call 217-367-1544. See also Reciprocal Agreement on this page.

The Urbana Park District has established a nonresident fee system in order to equalize payments by individuals residing outside of the Park District boundaries, so they will contribute to the overall financing of the park system on an equitable basis with residents. The Urbana Park District offers three options for nonresident program fees:

1. Individuals may pay 1.5 times the resident fee per program or membership (NR fee)
2. Individuals residing immediately adjacent to Urbana Park District boundaries have the option of annexing their property into the district. For more information, call 217-367-1536.
3. Individuals may purchase an Urbana Park District annual park membership. This fee is computed based on the assessed value of the participant's property using the current Urbana Park District tax rate. The membership fee for rented properties is $100 per year. Memberships are valid for programs that begin between May 1, 2024 through April 30, 2025. Ask a Phillips Recreation staff member for additional information. These memberships do not qualify you as a resident for purposes of Urbana Indoor Aquatic Center Memberships.

Reciprocal Agreement
The Urbana Park District and Champaign Park District have a reciprocal agreement. A resident of one district can participate in programs at the other district at the resident rate. Not applicable to memberships at the Urbana Indoor Aquatic Center.

Refunds, Cancellations, Withdrawals
If you withdraw from a program, you may choose to apply the fee toward another program or you may receive a refund of the program cost minus a $5 processing fee. If it is past the program's registration deadline, or if the program has already begun, a refund request form will need to be completed. They can be picked up at the Phillips Recreation Center or found online. Requests must be made no later than 10 business days after the last class attended. Requests for past classes will not be honored.

Refunds are processed by credit/debit card or as a mailed check. No cash refunds can be given. Refunds or credits will be issued within seven to ten business days after the Urbana Park District business office receives the written request.

There will be a $25 service charge on all returned checks.

Quality Guarantee
The Urbana Park District constantly strives to provide you with excellence in recreation programs and services. We are so confident you will like these programs that we guarantee your satisfaction. If, after attending one of our classes or programs, you are not completely satisfied with the quality of our programs, please tell us immediately.

Our guarantee is based on fulfilling our promise of delivering excellence. If you are not satisfied, we request your input in the form of suggestions, comments, ideas, or changes for improvement. Requests for refunds due to changes in personal circumstances are not covered under this policy.

ADA / Equal Access
The Urbana Park District works cooperatively with C-U Special Recreation to offer equal access to our recreation programs and services for persons with disabilities. For further information, call C-U Special Recreation at 217-819-3980.

In 2021-2022 the Urbana Park District contracted a professional ADA Assessment of parks and facilities in addition to programs, policies, and procedures. The Park District has an ADA Transition Plan in place to address barriers to accessibility. If you have questions about the ADA Transition plan, or would like to contact the ADA Coordinator for more information, visit: urbanaparks.org/about-us/ada-policies-and-procedures/
Youth Financial Assistance: Partial Fee Waivers for Urbana Park District Residents

In order to provide financial assistance to the greatest number of individuals and families, we are able to offer partial fee waivers to qualified participants.

Youth Financial Assistance is available to those residing within Urbana Park District boundaries. Fee waivers are available year-round and are awarded based on demonstrated financial need.

Applications should be turned in at least two weeks before a program’s deadline. This allows adequate time for processing and approval. Place in a program is reserved once payment is received. Submit requests early. You do not need to wait for registration to begin before submitting your application.

Applications can be picked up in person at the Phillips Recreation Center, 505 W. Stoughton, Urbana or on our website.

Along with a proof of Urbana residency, the following items must accompany your fee waiver application:

Any of the following as they apply:
- USD #116 free/reduced lunch receipt
- Link Card or approval letter
- Housing Authority subsidized housing letter (show amount of subsidy)
- If you are a student who is doing research work at the UIUC and have a stipend or grant, a confirmation letter from that department on official letterhead

If presently employed:
- 2 months’ worth of pay stubs or bank statements
- Any document showing monies or subsidies received
- Official letters stating student assistantships and/or scholarships with amounts
- Completed Income Tax form (if self-employed)
- Official letter from employer (on official company letterhead) if you have just started working and have not received a paycheck yet

If presently unemployed:
- Official unemployment documentation

How to Register

- Proof of park district residency is required for all new participants. Residency is explained on page 69. Proof of residency may be emailed to info@urbanaparks.org prior to registration.
- Registration opens at 8am on August 7.
- Payment is due at time of registration.

By Phone

Register by phone at 217-367-1544 using your Visa, Discover, American Express or MasterCard during regular Phillips Center hours (See page 12). First time registrants will need to prove residency before phone registration can be processed.

Walk-In Registration

In-person registration is at the Phillips Recreation Center - 505 W. Stoughton. Pay by cash, check or credit/debit card. Checks should be made payable to “Urbana Park District.”

Online

Register online at www.bit.ly/updregistration

New patrons will need to create an account; returning patrons can log in using their current Urbana Park District account.

Need help logging in? You can contact the Phillips Recreation Center at 217-367-1544 or info@urbanaparks.org

Important Terms in the Program Guide

- **EB** - Early Bird; An early registration deadline with a discounted fee
- **R** - Resident; Individuals living within the boundaries of the Urbana and Champaign Park Districts
- **NR** - Nonresident; Individuals living outside the boundaries of the Urbana and Champaign Park Districts
- **Code** - Number of the program in the Urbana Park District registration system. You can search our registration website using this number.
Asistencia financiera para jóvenes: exenciones parciales de tarifas para residentes del distrito de Urbana Park

Con el fin de brindar asistencia financiera a la mayor cantidad de personas y familias, podemos ofrecer exenciones parciales de tarifas a los participantes calificados.

La Asistencia Financiera para Jóvenes está disponible para aquellos que residen dentro de los límites del Distrito de Parques Urbana. Las exenciones de tarifas están disponibles todo el año y se otorgan en función de la necesidad financiera demostrada.

Las solicitudes deben enviarse al menos dos semanas antes de la fecha límite del programa. Esto permite un tiempo adecuado para el procesamiento y la aprobación. El lugar en un programa se reserva una vez que se recibe el pago. Envíe las solicitudes con anticipación. No necesita esperar a que comience el registro antes de enviar.

Las solicitudes se pueden recoger en persona en Centro de Recreación Phillips, 505 W. Stoughton, o en nuestro sitio web. Junto con una prueba de residencia en Urbana, los siguientes elementos deben acompañar su solicitud de exención de tarifas: Cualquiera de los siguientes según corresponda:

Cualquiera de los siguientes según corresponda:

- Copia del recibo de almuerzo gratis o de almuerzo a menos precio para USD #116
- Tarjeta de enlace o carta de aprobación
- Carta de vivienda subsidiada de la Autoridad de Vivienda (muestre el monto del subsidio)
- Si eres un estudiante que está haciendo un trabajo de investigación en la UIUC y tienes un estipendio o beca, una carta de confirmación de ese departamento en papel membrete oficial

Si está empleado actualmente:

- 2 meses de recibos de pago o extractos bancarios
- Cualquier documento que muestre dinero o subsidios recibidos.
- Cartas oficiales indican ayudantías para estudiantes y/o becas con montos
- Formulario de impuesto sobre la renta completado (si trabaja por cuenta propia)
- Carta oficial de su empleador (con membrete oficial de la empresa) si acaba de comenzar a trabajar y aún no ha recibido un cheque de pago.

Si actualmente está desempleado:

- Documentación oficial de desempleo

CómoRegistrarse

- Prueba de residencia en el distrito de parques es necesario para todos los nuevos participantes. Residencia explicada en la página 69. Prueba de la residencia puede enviarse por correo electrónico a info@urbanaparks.org antes de registro.

- El registro abre a las 8 am el 7 de agosto.

- El pago vence al momento de la inscripción

Registrarse por teléfono
Registrarse por teléfono al 217-367-1544 usando tu Visa, Discover, American Express, o MasterCard durante el horario regular del Phillips Center (ver página 12). Los inscritos por primera vez tendrán que demostrar su residencia.

Registro Personal
También se pueden inscribir en el Centro de Recreación Phillips, 505 W. Stoughton. Pague en efectivo, cheque o tarjeta de crédito. Los cheques deben hacerse a nombre de “Urbana Park District”

En línea
Regístrese en línea en www.bit.ly/updregistration

Nuevos clientes tendrán que crear una cuenta; clientes que regresan pueden iniciar sesión usando su cuenta actual del Distrito de Parques de Urbana.

¿Necesitas ayuda para iniciar sesión? Puede comunicarse con el Centro de Recreación Phillips en 217-367-1544 o info@urbanaparks.org

Términos Importantes en la Guía del Programa

- EB - Fecha límite con precio de descuento
- R - Residente del área de Urbana Park District
- NR - Reside fuera del área de Urbana Park District
- Code - Código; Número de programa en el programa de registro en línea. Puede buscar en nuestro sitio web de registro usando este número.
Behavior Code

In keeping with the Urbana Park District’s goals, we encourage fun for all participants. However, certain rules are necessary to ensure everyone’s safety and enjoyment. The following behavior rules apply to all participants in Urbana Park District programs. Failure to follow these rules can result in dismissal from programs. No refunds are granted when a participant is dismissed for behavioral reasons.

Participants should:
1. Demonstrate respect to other participants and staff.
2. Use appropriate language.
3. Respect the physical and mental well-being of themselves, other participants, and staff.
4. Use equipment, supplies, and facilities as they are meant.
5. Refrain from participation in unlawful activities.

Photographs / Video

The Urbana Park District uses pictures of participants in its programs and events to inform others of recreational opportunities in promotional material including brochures, websites, social media, and this course catalog. If you do not want your picture taken, please tell our photographer.

Help Stop Vandalism

You can help maintain the beauty of our parks. Report vandalism immediately! Phone the Urbana Police, 911, or the Urbana Park District at 217-367-1536.

Urbana Park District Rainout Line

Download the app or call us!

For information about program cancellations, including weather cancellations, and for updates about special events or other key happenings at the Urbana Park District, you may call the Sports, Program, and Event Hotline at 217-367-9575. For evening sports programs, this line will be updated after 4:30pm on weekdays and one hour before the scheduled program or sports on weekends. All other updates will be made as conditions change. You may also find out about the Rainoutline App for your phone at: urbanaaparks.org/events/rain-outs-and-cancellations/.

You Belong Here Initiative

Urbana Park District is committed to creating and promoting inclusion across all public spaces, places, facilities, and programs that the district manages. Through Urbana Park District’s You Belong Here Inclusion Strategy, we welcome and support recreation experiences for everyone, while encouraging an inclusive and responsive staff culture. Celebrating inclusion regardless of age, ethnicity, culture, income, ability, interests, gender expression, gender identity, and/or sexual identity; everyone and anyone belongs here! (See page 62 for more program information.)

For more information, about this initiative, visit: urbanaaparks.org/about-us/you-belong-here/
PARK USER GUIDELINES

Urbana's parks are open from sunrise until sunset daily unless otherwise posted. Rental facilities may be open later by special arrangement.

Please treat your parks well...
- Leave parks clean and litter-free.
- Damaging park property is subject to fine.
- Fires are allowed only in grills, designated areas or by permit.
- Collecting or harvesting of plants or other items is not permitted.
- Cycling is permitted on paved paths only.

Please treat others well...
- Avoid loud music and disorderly conduct.
- Observe posted speed limits.
- Yield to pedestrians on trails.
- Alcohol is allowed only by special permit.
- Leave firearms, weapons and fireworks at home.

Please notify us if...
- Your group of 25 or more is planning a visit to one of our parks or natural areas by calling 217-367-1544.

Please note about pets...
- Keep all animals leashed.
- Pet owners are expected to remove pet excrement immediately.
- Urbana Dog Park offers space for off-leash activity.

Breaking or not following park rules will result in penalty.

Find complete park guidelines at: www.urbanaparks.org/parks/park-guidelines
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SEPTMBER-DECEMBER 2024

SEE PAGE 1

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Visit www.urbanaparks.org to register online.