

# Safety Town

The Fairview Heights Police Department along with the Parks and Recreation Department are proud to bring Safety Town to the children in Fairview Heights.



**What is Safety Town?** Safety town is a one week program for 5-7 year old children that teaches life-saving lessons and stranger, traffic, fire, pedestrian, gun, poison, drug, playground, bus, and bicycle safety. The child-sized town includes working traffic lights, miniature street signs (stop, pedestrian crossing, railroad crossing, etc.), crosswalks, and colorful little buildings that represent businesses in our community. Students not only walk around at Safety Town, but also use miniature pedal cars (with seat belts, of course!). These tools help instructors to use a hands-on approach.

Session 1	June 8 – June 12	Illini	9:00 a.m. - noon	\$35
Session 2	June 22 – June 26	Wm. Holliday	9:00 a.m. - noon	\$35

**How do I register a child?** Beginning April 1<sup>st</sup>, pick up a student application form from the Fairview Parks & Recreation or the Fairview Police Dept. You may also download the application via the FHPR website: [www.cofh.org](http://www.cofh.org). Complete the Safety Town Registration form by indicating your child's shirt size and head measurement at the bottom of the form. Registration can be submitted to the Fairview Parks & Recreation Office: 10025 Bunkum Rd, Fairview Heights.

**How do I register to volunteer?** Pick up a volunteer application form at the Recreation Department or the Fairview Heights Police Department. Complete the application and return it to the Parks and Recreation Office. If you have further questions about volunteering, please call 489-2040.

**Is YOUR business interested in a sponsorship?** Your business can help us support Fairview Heights **Safety Town** and brighten a child's day by participating in this program. Call 489-2040 for a sponsorship letter.



Sponsorship Level		License Plate & T-Shirt Logo	Safety Town Banner	Building Replica
<b>Bronze</b>	\$100	X		
<b>Silver</b>	\$200	X	X	
<b>Gold</b>	\$300	X	X	X

## 2009 Pavilion Rental Information

Reservations for pavilions are available at Moody, Pleasant Ridge and Old Lincoln Trail Parks. To make a reservation you must be a **Fairview Heights resident or business** and must come to our office or you can now reserve pavilions online at <https://activenet5.active.com/fairviewheights> to make the reservation. (Monday-Friday 7:30-4:00 p.m.) No phone reservations are accepted. Fees and deposits are as follows:

### MOODY PARK

Hours of operation  
8:00 a.m. - 11:00 p.m. - May 1 - Sept 30  
8:00 a.m. - 10:00 p.m. - Oct 1 - April 30

### MOODY PARK

**Pavilions #1-4** have seating for approximately 60 people. These pavilions have electricity and BBQ grills.  
\$100.00 deposit  
\$50.00 user fee



**Pavilion #5** has seating for approximately 160 people. This pavilion also has an attached kitchen facility.  
\$100.00 deposit  
\$150.00 user fee

**Facilities include:** 3 playgrounds, tennis courts, sand volleyball, horseshoe pits and a walking trail.

### OLD LINCOLN TRAIL PARK

Hours of operation  
8:00 a.m. - sunset

### PLEASANT RIDGE PARK

**Pavilions #1-3** have seating for approximately 60 people. These pavilions have electricity and BBQ grills.  
**Pavilion #4** has seating for 150 people.  
\$100.00 deposit  
\$50.00 user fee

### OLD LINCOLN TRAIL PARK

**Pavilions #1-2** have seating for approximately 30 people. These pavilions have BBQ grills.  
\$50.00 deposit  
\$25.00 user fee  
**Facilities include:** a playground.



\*\*The Parks & Recreation Department also has two large portable grills available for rental. Rental fee is \$20.00. Call 489-2040 for additional information.

## Movies in the Park

Come join us for a MOVIE IN THE PARK at the Moody Park baseball field. Bring your blankets and lawn chairs, pack a picnic for your family and enjoy a movie under the stars!! The Parks and Recreation will be selling soda, popcorn, pizza and snow cones. For more information please call 489-2040.

Saturday - June 6th



Still stranded in Madagascar, they manage to leave the island only to land in the wilderness of Africa. There, Alex meets the rest of his family but has trouble communicating after his time at the Central Park Zoo. Pre-entertainment begins at 7 p.m. and the movie begins at dusk.

Saturday - July 11th

### The Little Rascals



Spanky, Alfalfa, and the rest of Our Gang are back for more zany capers in this decidedly '90s interpretation of the hilarious television classic. Pre-entertainment begins at 7 p.m. and the movie begins at dusk.

Fairview Parks & Recreation  
10025 Bunkum Road  
Fairview Heights, IL 62208  
(618) 489-2040  
[www.cofh.org](http://www.cofh.org)



To register for classes, go to <https://activenet5.active.com/fairviewheights/> or fill out the release and return with all fees to: Parks & Recreation, 10025 Bunkum Road, Fairview Heights, IL 62208. All classes are filled on a first come first serve basis. All cancellations must be submitted 7 days prior to the class/event date for a refund and will be subject to a 5% processing fee.

## Fun for Itsy Bitsy's

Camp Itsy Bitsy is designed for pre-school age children who are 3-5 years old. Children must be potty trained and should be comfortable alone because we can not address separation issues in this short class/session. All classes will be held in the Recreation Room. Camp time is 9:00 a.m.—11:00 a.m. Children will receive a class themed snack/drink each day.

## DOWN ON THE FARM

**PRE-REGISTRATION REQUIRED**  
From hoedowns to rodeos, your child will love this exploration of life on a farm. Our imaginations will take us on a hayride through the farm where we will see barnyards filled with animals and tractors. Come join us on this exciting journey while we learn about different animals through games, crafts, music and fun.

**Resident \$35 & Non Resident \$40**  
**Session 1: June 15-18**  
**Enrollment 4 min/10 max**

## CIRCUS FUN

**PRE-REGISTRATION REQUIRED**  
A week of fun under the big top! Elephants, tigers, popcorn and cotton candy; your child will have barrels of fun pretending to be the ringmaster of our circus.

**Resident \$35 & Non Resident \$40**  
**Session 1: July 13-16**  
**Enrollment 4 min/10 max**

## SUMMER FUN

**PRE-REGISTRATION REQUIRED**  
Sail into summer fun. Join us as we explore many different summer adventures.

**Resident \$35 & Non Resident \$40**  
**Session 1: Aug 10-13**  
**Enrollment 4 min/10 max**

## Programs for Children



**NEW!**  
For ages 4-6 years  
**\*PRE-REGISTRATION REQUIRED\***  
Give your child a chance to play all the sports and find out where they shine! Each week we will learn the fundamentals of a different sport. Camp will be held at Moody Park on Tuesdays from 5:00 - 5:45 p.m. for 4-5 year olds and 6:00—6:45 p.m. for 5-6 year olds.  
**Resident \$20 & Non Resident \$25**  
**Session 1: May 5-26**  
(Tee-Ball, Kickball, Badminton & Recess Games)  
**Session 2: June 9-30**  
(Soccer, Volleyball, Hockey & Relay Races)  
**Session 3: July 7-28**  
(Tennis, Golf, Obstacle Course & Mystery Sport)  
**Enrollment 6 min/12 max**

## TEE-BALL

(ages 4 - 6 years)  
**PRE-REGISTRATION REQUIRED**  
This class helps children learn the fundamentals of Tee-Ball in a non-competitive setting. Your child will be introduced to throwing, catching and hitting. Listening and following directions are also emphasized. Classes are held at Moody Park on Thursdays at 5:00 - 5:45 p.m. for 4-5 year olds and 6:00 - 6:45 p.m. for 5-6 year olds.

**Resident \$20 & Non Resident \$25**  
**Session 1: June 4-25**  
**Session 2: July 9-30**  
**Enrollment 6 min/12 max**

## PEE-WEE SOCCER

(ages 4 - 6 years)

**PRE-REGISTRATION REQUIRED**  
This class helps children learn the fundamentals of soccer in a non-competitive setting. This class will help your child develop social skills such as listening and following directions as well as help with hand-eye coordination. Classes are held at Moody Park on Wednesdays at 5:00 - 5:45 p.m. for 4-5 year olds and 6:00 - 6:45 p.m. for 5-6 year olds.

**Resident \$20 & Non Resident \$25**  
**Session 1: May 6-27**  
**Session 2: June 10-July 1**  
**Session 3: July 8-29**  
**Enrollment 6 min/12 max**

## YOUTH GOLF LESSONS

(ages 5 - 12 years)

**PRE-REGISTRATION REQUIRED**  
Do you have the next Tiger Woods? Find out by enrolling your children in this clinic which consists of five days of full swing, short game fundamentals and putting instructions. The site for this camp is Clinton Hill Golf Club. Class is instructed by P.G.A. Professional — Dan Polites. You will need to bring your equipment. Registration is limited so don't miss out on this great opportunity! Registration deadline is July 16, 2009. Children ages 5 & 6 need to be accompanied by an adult.

**Resident \$65 & Non Resident \$75**  
**Session 1: July 20-24**  
**Time: 9:00 a.m. - Noon**  
**Enrollment 12 min/25 max**

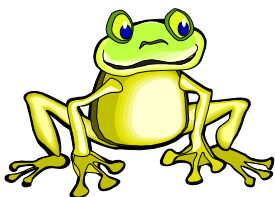
**Nothing Kills a Program Quicker...**  
than everyone waiting until the last minute to register for it! It is very important to sign up as soon as registration begins so that the program will not be cancelled or changed.

Bulk Rate  
U.S. Postage  
PAID  
Fairview Heights, IL  
Permit NO. 8

**In Case of Bad Weather!**

If your child is registered for a sport or event that could possibly get cancelled due to weather, please call 489-2040 and select the "program updates" option. This will be updated as soon as our office has been notified of the cancellation. We will also inform you of the make up option for that class/

**JUMP UP AND HELP OUT!**



We need your help! It takes great Volunteers to make our programs a success. We need coaches, office helpers and people to help at our festivals/special events. If you are interested in volunteering, please call 489-2040.

**Programs for Children**

**GET HOOKED ON FISHING**

(grades 4th - 8th)

**PRE-REGISTRATION REQUIRED  
FREE \* FREE PROGRAM \* FREE**

Do you have a child that is interested in fishing but doesn't know where to begin? This program will be perfect for your child. The Illinois Department of Natural Resource is hosting their Urban Fishing program, the class will be held in the Senior Center. One day only, children will learn information on fish, rules & regulations for fishing, as well as basic instruction on how to bait a hook, tie a knot, how to cast & how to handle & return fish to water. All children will receive pizza and a drink after class. To register please call 489-2040.

June 19, 2009

6:00-7:30 p.m.

Enrollment is limited

Thank you for supporting the Christmas Spectacular!



**FALL SOCCER LEAGUE**

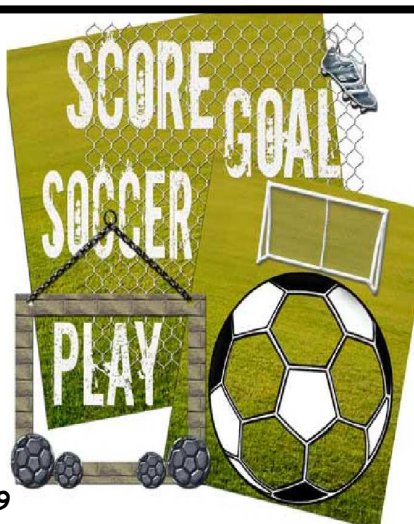
(For ages K - 4th grade)

League is held on Saturday mornings  
Sept 12 - Oct 31, 2009 at Moody Park

Children are divided into two divisions:  
K - 2nd graders & 3rd - 4th graders

\$35 per child/Resident  
\$45 per child/Non Resident  
(Team Shirts Included)

\$10 Late Registration Fee after August 1, 2009



**SHOTOKAN KARATE**

(ages 7 - Adult)

**PRE-REGISTRATION REQUIRED**  
Beginner through black belt karate program designed to teach students all aspects of traditional and sport karate: basic techniques, stances, kata/forms, self-defense, mat work and sparring. A great family activity where students gain self-confidence, self-esteem and self-discipline while getting in shape and learning to defend themselves. Classes are held in the Recreation Room on Tuesday and Thursday evenings. Beginner class is from 5:30-6:15 p.m. & Intermediate class will be held from 6:30-7:15 p.m. Classes are instructed by the Three Tigers Martial Arts Center. Class has open enrollment and new students may begin at any time. A new session begins each month.

Residents \$30 & Non Residents \$40



**ABC Music & Me**

**By Kindermusik International**  
Children, ages 18 months to 4 years, and their parent or caregiver join together in a class of singing, chanting, moving, listening and playing simple musical instruments. Adults are encouraged to adapt the activities to meet the needs and abilities of their children. Through activities that bridge the natural connection between music and movement, children's musical aptitude and listening abilities are enhanced and developed. Classes will be held on Mondays from 10:15-10:45 a.m. in the Recreation Room.

Session 1: June 15-July 13

To Register go to

[www.MetroEastMusic.com](http://www.MetroEastMusic.com)

**KIDS FISHING RODEO**

(ages 5 - 13 years)

**PRE-REGISTRATION REQUIRED**  
before 5:00 p.m. Friday, Aug 28<sup>th</sup>

The annual Kids Fishing Rodeo sponsored by the Fairview Heights Elk's Lodge 664 will be held on Saturday, September 5 from 8:30 a.m. - 12:00 p.m. at the Moody Park Lake. The rodeo is open to Fairview Heights residents and guests of Elk's Lodge 664 members. There is a \$5.00 registration fee which includes food, refreshments, plaques and prizes. To register call the Mayor's office at 489-2010.

Residents \$5

Saturday, September 5, 2009

8:30 a.m. - Noon

**Programs for Adults**

**TAI CHI**

**PRE-REGISTRATION REQUIRED**

Tai Chi is an ancient form of Chinese Martial Art that relaxes muscular tension, improves posture, and relieves stress. The use of slow, graceful and precise body movements helps improve balance, coordination and flexibility. Both health benefits and self-defense applications are taught. Class is held at Three Tigers Martial Arts at 208 Frank Scott Parkway in Swansea IL. Class has open enrollment and new students may begin at any time. Classes are held on Mondays and Thursdays from 5:30-6:30 p.m. or Saturdays from 9:30-10:30 a.m. A new session begins each month.

Monthly Sessions

1 Class per week \$25

2 Classes per week \$50

**Parks and Recreation**

**489-2040**

Thank you for supporting the Christmas Spectacular!



The Kids from Safety Town



Online You're **First IN LINE**

You can now register for programs and reserve pavilions ONLINE!



**Convenient**

The flexibility to register and pay at your convenience, anytime, from anywhere.



**Easy**

Just a few simple steps, and you'll be enrolled in the program of your choice.



**Saves Time**

In less than five minutes, you can setup your account and enroll for your program.



**Environment**

You don't have to burn gas to drive over and register in person, and it saves paper.



Go to [www.cofh.org](http://www.cofh.org)

We are now accepting credit cards in the office for Registration & Reservations!

**RELEASE & REGISTRATION FORM**

Last Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Contact & Phone Number: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

**REGISTRATION PROCEDURES:** Please use this form for all class fees, clinics and family trips. You may either mail or bring this form with all fees to: Parks & Recreation, 10025 Bunkum Road, Fairview Heights, IL 62208. Business hours are Monday-Friday from 7:30 - 4:00 p.m. We also have a drop slot on the front door for after hours registration. **PLEASE MAKE SURE TO SIGN AND DATE THIS FORM AND INCLUDE ALL FEES.** Please note that when we refer to the Recreation Room, this is the old police department building.

**TO BE REFUNDED FOR A CLASS, YOUR CANCELLATION MUST BE DONE ONE WEEK PRIOR TO THE SCHEDULED START DATE. CLASSES AND EVENTS THAT HAVE A REGISTRATION DEADLINE CAN NOT BE REFUNDED AFTER THE DEADLINE.**

Program Name	Session	Participant's Name	Age	Birthday M/D/Y	Sex	Grade	Fee	T-Shirt Size

Please make Checks Payable to: FHPR

**WAIVER AND RELEASE OF ALL CLAIMS:**

I accept full responsibility by signing below for any claim arising out of the designated class period. I do hereby waive, release and agree to hold harmless the City of Fairview Heights, the instructors and additional sponsors for any claim arising out of this class. I acknowledge that I am aware of the risks of participating in a class/league of this type. I hereby certify that the named participant is in good physical condition and able to safely participate in a class of this type.

Signature of parent or participant 18 yrs or older: \_\_\_\_\_ Date: \_\_\_\_\_

## Programs for Seniors

### SENIOR LUNCH BUNCH

Seniors 55 years and older can join the Parks and Recreation for a monthly social. Cost is \$6.00 per person. Join us on the first Thursday of the month in the Fairview Heights Sr. Center for an afternoon filled with food, friends and fun. After lunch, you can sit back and enjoy the all time favorite game of bingo. You are guaranteed to have a great time!! Bring a friend and take this opportunity to meet some new friends. We have some great prizes that you won't want to miss out on. **REGISTRATION IS LIMITED - NO PHONE RESERVATIONS ARE ACCEPTED.** To register you must fill out a registration form and mail it or bring it to our office with the payment.

#### All Lunches will begin at 11 a.m.

- May 7 - Mexican
- June 4 - Pizza & Salad
- July 2 - BBQ Pork Sandwiches
- Aug 6 - Sandwiches & Salad

### IMPORTANT INFO FOR SENIOR SWIM

Fairview Heights residents who are 55 years and older can attend Aqua exercise classes at the Downtown YMCA center. You must obtain a Swim I.D. card before you may begin. This card will allow you to attend two of the following classes per week: Deep Water Exercises, Water Walking, & Aqua Swimnastics. Your ID card will expire at the end of each year. Please call 489-2040 for additional information.

2009 ID Card—\$5 per person



### ACTIVE AGING FOR SENIORS

Seniors 55 and older, let's get over those winter blues and start moving! This new program will be an hour filled with warm ups, walk strong, chair aerobics, and arthritis exercises followed by a cool down. The class will be held in the Fairview Heights Senior Center beginning the first Tuesday in May. Please call 489-2040 to reserve your seat today!

#### TUESDAY MORNINGS

Cost is \$1 per week  
9:00—10:00 a.m.

## Mark Your Calendar for these Up Coming Events!

### FAIRVIEW HEIGHTS HOMECOMING AT MOODY PARK

May 8, 9 & 10, 2009

LUEHRS' IDEAL RIDES INC. - Parade is Saturday - May 9th at 5:00 p.m.

Food, Games, Rides & Entertainment...

Fun for the whole family!!

#### Friday—May 8th

Picnic is open from 6:00 p.m. - 11:30 p.m.

Music by Saloonatics from 7:30 p.m. - 11:30 p.m.

#### Saturday—May 9th

Picnic is open from 1:00 p.m. - 11:30 p.m.

Ride Matinee from 1:00 - 5:00 p.m.

(all rides 1 ticket during matinee only)

Parade at 5:00 p.m.

Prince/Princess Coronation immediately following the parade

Music by Avery Hill - 7:30 - 11:30 p.m.

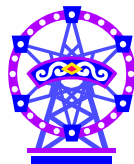
#### Sunday—May 10th

Picnic is open from 1:00 - 9:30 p.m.

Music by Avery Hill from 5:30 - 9:30 p.m.



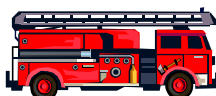
Advance Ride Tickets are available and can be purchased at City Hall And Fairview Heights Motomart  
16 for \$12



### FAIRVIEW HEIGHTS NIGHT AT BUSCH STADIUM

Thursday, May 21, 2009 at 7:15 p.m.

Interested in a ball game? What could be better than joining a group of friends at Busch Stadium? Tickets are \$30 each and are located in the Loge Box, call Dr. Larry Howenstein's Office at 397-6727 for ticket information.



### F.A.M.L.E. RECOGNITION NIGHT

WEDNESDAY, JUNE 24, 2009

6:30 P.M.—???

Come to Moody Park to socialize with and pay tribute to the police officers and fire fighters of Fairview Heights. Food, refreshments and music by Mattison Ave. For additional information, please call Bev at 277-0127.

### CITY WIDE ICE CREAM SOCIAL

FRIDAY, AUGUST 7, 2009—6:00—8:00 P.M.

COOL OFF with the Recreation Department! FREE Ice Cream from 6:00—8:00 at Moody Park. Enjoy DJ style music while you cool off with your ice cream. We have everything covered from the music to the ice cream and most important—loads of yummy toppings! From 6:00—6:30 the kids can cool down with the Fairview Heights Fire Department. They will only be at the park for 30 minutes so don't miss out! Don't forget to bring a towel! **FAIRVIEW HEIGHTS RESIDENTS ONLY!**



### MIDWEST SALUTE TO THE ARTS

FRIDAY, SATURDAY & SUNDAY—AUGUST 28-30, 2009

The 22nd Annual Salute to the Arts will be held again at Moody Park. This wonderful event sponsored by the City of Fairview Heights offers not only the finest art, but also music, food and entertainment. There is fun for the whole family including a Children's Gallery and Workshop. For additional information, please call 632-1102 or visit [www.midwestsalute.com](http://www.midwestsalute.com).

## Programs for Adults

### BEGINNER DOG OBEDIENCE TRAINING

(handlers 13 yrs & older)

PRE-REGISTRATION REQUIRED

Classes are held at Pleasant Ridge Park on Mondays from 5:30 - 6:15 p.m. The cost is \$40.00 (includes choke chain & leather lead) \$30.00 (if you have taken the class with us before and have your equipment). This class is for dogs 6 months & older. The handler should be at least 13 yrs (or physically strong enough to handle the dog) Please note: Proof of shots and a neck measurement is required at the time of registration. Registration deadline is May 6, 2009.

Session 1: May 11-June 22  
(no class on 5/25/09)



### BALLROOM DANCING

(ages 16 & older)

PRE-REGISTRATION REQUIRED

Instructors Bill & Betty will teach everyone with two left feet the right moves. The basic dances that will be covered are: Foxtrot, Waltz, Rumba Cha Cha & Swing. Classes are held on Monday evenings from 6:30 - 7:30 p.m. for beginners and 7:30—8:30 p.m. for intermediate students, these class will be held in the Senior Center. You must register as a couple.

Cost per couple \$75 per session

Session 1: April 27—June 15  
(no class on May 25)

Session 2: June 29—Aug 10  
Enrollment 10 couples min



### INSTANT GUITAR LESSONS for hopelessly busy ADULTS & TEENS

(ages 13 years and up)

PRE-REGISTRATION REQUIRED

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. **Bring your acoustic guitar.** For more information go to [www.instantguitarnow.com](http://www.instantguitarnow.com)



Residents \$35 & Non Residents \$40

There will be a \$28 materials fee collected the Night of class for the workbook and practice DVD

Tuesday, May 19, 2009  
6:30 - 9:00 p.m.



### 5 PERSON GOLF SCRAMBLE

Men & Women

Thursday - July 2nd  
at Stonewolf  
Golf Course



\$35 per person or \$175 per Team  
**NEW!** Shot Gun Start  
at 5:00 p.m.

What a great way to jump start the 4th of July Weekend. Grab a group of friends and enjoy the evening. Price includes green fees, cart, food and chance to win cash prizes.



MONDAY, JUNE 29<sup>TH</sup>  
8:15 p.m.

Introduce the child in your life to the most optimistic red-headed orphan to ever sing and dance her way through New York City! We invite you to watch Annie as she triumphs over Hannigan's shenanigans, warbles her way into Warbucks' heart and finds a happy home for herself and her shaggy best friend, Sandy. Call 489-2040 to get your discounted ticket today!

Discounted Ticket Price: \$15.00

### MEN'S GOLF LEAGUE AT STONEWOLF GOLF CLUB

PRE-REGISTRATION REQUIRED

Fairview Heights Parks and Recreation is offering a Men's Golf League on Thursday evenings at Stonewolf Golf Club. League starts the beginning of May and runs through September with an end of season tournament. League fees are \$125 per team. This league will have a minimum of 8 teams with a maximum of 20 teams. Each team will be allowed to have a 10 man roster for a 4 man team. Weekly cost is \$20 per golfer which includes cart rental. This cost could increase if we do not receive at least 16 teams. (You can not beat this price!!) All teams need to pre-register and will need to have a team member attend the captain's meeting to discuss the rules of the league. Captain's meeting - April 16 at 7 p.m. Please call 489-2040 for a golf packet.

Tee Up a Bargain!

Thank you for supporting the Christmas Spectacular!



## Programs for Seniors

### \$1 LUNCH \$1 LUNCH

No need to adjust your glasses, you read it correctly, \$1 per person for lunch. St. Paul's Home & Retirement Apartments is hosting a \$1 Luncheon for seniors 55 years and older. Space is limited and will be filled on a first come, first served basis. Join us for a Fried Chicken Dinner and a brief presentation from Marsha Voss with St. Paul's Senior Community. After the luncheon we have attendance prizes that will be distributed. **REGISTRATION IS LIMITED - NO PHONE RESERVATIONS ARE ACCEPTED.** To register you must fill out a registration form and mail it or bring it to our office with the payment.

May 12, 2009

11:00 a.m.—12:15 p.m.  
Senior Center

