



Are you apart of the social network FACEBOOK?  
Join us on Facebook to get information, updates and photos on programs and services throughout the year. We would love for you to become our friend!  
Fairview Heights Parks invites you to be our friend on

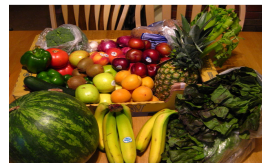


### Fairview Promotes Healthy Lifestyles by offering a FOOD CO-OP

The Fairview Heights Parks and Recreation Department would like to encourage all families in Fairview Heights to eat a healthy diet. Did you know that good food choices made early in life can help support a lifetime of healthy habits? By joining our Food Co-op you can help support your family with a healthy eating plan. Every two weeks you have the opportunity to purchase a surprise basket of fresh produce. You don't have to purchase every time, only when you want the basket. This is an excellent way to incorporate fresh fruits and vegetables to your family's meals. Fruits and vegetables are and great on-the-go snacks, grab a piece of fresh fruit or nice crisp veggie as you head out the door. Are you interested in getting your family on the right track? Join our next pickup on April 12th from 9:30–10:30 a.m. The ordering time to receive a basket is the Tuesday–Thursday before a pick up. We have estimated that the produce is equivalent to over \$50 in fresh produce. Call our office at 489-2040 for more information or visit the website to begin ordering. Pick up basket at the Fairview Heights Senior Center, after May 1st pick ups will be at Moody Park pavilion #5.



Cost \$23.00 per basket  
[www.communityhelpingscoop.com](http://www.communityhelpingscoop.com)  
(Your first order you are required to purchase Bags for the program \$5)




**Moody Park Easter Egg Hunt**  
**April 16, 2011**  
**11:00 AM SHARP**  
Rain or Shine!!  
Ages 2-10 years  
Fairview Heights Residents & School Students Only

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




**WEDNESDAY**  
**Sept 28, 2011**  
**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 5, 2011—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!**



**Chicken and Beer Dance**  
**Sat—May 21, 2011**  
**6:00—11:00 p.m.**  
**Caseyville**  
**Community Center**  
\$15 per person/\$25 per couple



Benefitting the French Village Fire Department in partnership with the Hot Shotz Kids Christmas Party.  
Call 397-0288 for ticket info.

**HOMECOMING HAS MOVED TO AUGUST 12 & 13**

The Homecoming Committee is looking for Boys and Girls ages 2-7 for the PRINCE & PRINCESS CONTEST  
Please call 632-7359 if you are interested.

**WANTED:**  
Parade Participants, Vendors & Crafters  
Anyone interested please call 397-4428




# Have Fun in the Sun with Parks & Recreation

10025 Bunkum Road, Fairview Heights, IL 62208  
(618) 489-2040

<https://activenet12.active.com/fairviewheights/>

To register for classes, go to <https://activenet12.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 preschool 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 our journey while we learn about different animals through games, crafts, music and fun.

Resident \$35 & Non Resident \$40

Session 1: June 20-23

Enrollment 4 min/10 max



### SPACE ADVENTURES

PRE-REGISTRATION REQUIRED

3-2-1 Blast Off! The children will go on an imaginary space expedition. We will learn about the stars, planets and amazing astronauts.

Resident \$35 & Non Resident \$40

Session 2: July 11-14

Enrollment 4 min/10 max



### FIT BITS

(ages 3 - 4 years)

PRE-REGISTRATION REQUIRED

In this class we promote health and fitness while we help to define coordination, fine and gross motor skills, self discipline and self confidence. Classes are held at Moody Park on Mondays from 5:00—5:45 p.m.

Resident \$20 & Non Resident \$25

Session 1: May 2-23

Session 2: June 6-27

Session 3: July 11-Aug 1

Enrollment 4 min/12 max

Parks and Recreation  
489-2040

Office Hours 7:30—4:00 pm  
Website: [WWW.COFH.ORG](http://WWW.COFH.ORG)

### 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.

### CRAFTY KIDS

(ages 3 - 5 years)

PRE-REGISTRATION REQUIRED

Did you know that arts and craft activities will stimulate your preschool child's imagination and creativity? In this class we will put our imaginations to work while we create items that will help with their physical and mental development. Classes are held in the Recreation Room on Wednesdays from 11:30 a.m. — 12:00 p.m.

Resident \$18 & Non Resident \$23

Session 1: June 15-July 6

Session 2: July 20-Aug 10

Enrollment 4 min/12 max

### Programs for Children

### CRAFTY KIDS

(ages 6 - 8 years)

PRE-REGISTRATION REQUIRED

Learning has never been so fun! While making bug houses, bird houses and mosaic creations your child will never realize they are learning as they express their unique creativity with each project. Classes are held in the Recreation Room on Wednesdays from 12:15—1:00 p.m.

Resident \$20 & Non Resident \$25

Session 1: June 15-July 6

Session 2: July 20-Aug 10

Enrollment 4 min/12 max

(ages 9 - 10 years)

PRE-REGISTRATION REQUIRED

Boys and girls will both enjoy this class while making different creations such as tie dye shirts, pirate ships, jean purses, air planes and much more. Classes are held in the Recreation Room on Wednesdays from 1:30—2:30 p.m.

Resident \$20 & Non Resident \$25

Session 1: June 15-July 6

Session 2: July 20-Aug 10

Enrollment 4 min/12 max



Parks and Recreation Newsletter

**Register  
Now**

**This is how to Register:**

**Mail-in & Walk-in to Parks & Recreation**  
10025 Bunkum Road, Fairview Heights, IL 62208  
**On-Line at <https://activenet12.active.com/fairviewheights/>**



**MINI ALL-STARS**

(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 Mondays from 6:00 - 6:45 p.m.

**Resident \$20 & Non Resident \$25**

**Session 1: May 2-23**

**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 Tuesdays 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 3-24**

**Session 2: June 7-28**

**Session 3: July 12-Aug 2**

**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 2-23**

**Session 2: July 7-28**

**Enrollment 6 min/12 max**



**ZUMBATOMIC**

(ages 4 - 7 years)

**PRE-REGISTRATION REQUIRED**

Zumbatomic is a specially designed class for children to encourage and develop a healthy lifestyle and to incorporate fitness as a natural part of their lives through dance, music and exercise. This is a 30 minute class which incorporates rhythm reviews, games and performance to incorporate healthy lifestyle habits as well as developing leadership, respect, team work, pride, confidence and responsibility. Classes will be held in the Senior Center on Mondays from 7:00-7:30 p.m.

**Residents \$20 & Non Residents \$25**

**Session 1: May 2-June 27**

**(no class on May 30th)**

**Session 2: July 11-August 29**

**Enrollment 8 min/16 max**



**YOUTH GOLF LESSONS**

(ages 5 - 12 years)

**PRE-REGISTRATION REQUIRED**

Do you have the next Phil Mickelson? 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 DP Golf Center at the Practice Tee (5628 Old Collinsville Road). 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 June 2, 2011. Children ages 5 & 6 need to be accompanied by an adult.

**Resident \$65 & Non Resident \$75**

**Session 1: July 18-22**

**Time: 9:00 a.m. - Noon**

**Enrollment 12 min/25 max**

**KIDS FISHING RODEO**

(ages 5 - 13 years)

**PRE-REGISTRATION REQUIRED**

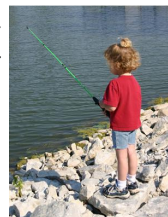
**before 5:00 p.m. Friday, Aug 26<sup>th</sup>**

The annual Kids Fishing Rodeo sponsored by the Fairview Heights Elk's Lodge 664 will be held on Saturday, September 3rd 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 3, 2011**

**8:30 a.m. - Noon**



**In Case of Bad Weather...**

If your child is registered for a sport or event that could possibly be cancelled due to weather, please call 489-2040 and select option #4 "Cancellation Info". 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/event.

**Programs for Children**

**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**

**Classes held on Tuesday & Thursday**

**Programs for Families**

**WALKING CLUB**

(Children must be accompanied by an adult)

Looking for a way for you and your family to get in shape together? Join our new walking program, it is an excellent way to get in shape and spend quality time together. You will earn prizes as you progress through the program. The more you walk, the more you earn. Meet at the start of the walking trail at Moody Park beginning in May.



**Tuesdays & Thursdays**

**May - August**

**8:00-9:00 a.m. or**

**4:00-5:00 p.m.**

**Programs for Adults**

**ZUMBA**

(ages 16 & older)

**PRE-REGISTRATION REQUIRED**

Zumba is a Latin based dance fitness class, designed for everyone, every shape and every age. You will be dancing your way to a healthier lifestyle and having fun while doing it. Get fit and get happy! Ditch the workout and join the party! Classes will be held on Mondays in the Senior Center from 7:45-8:30 p.m.

**Cost per session is \$50**

**Session 1: May 2-June 27**

**(No Class on May 30th)**

**Session 2: July 11-August 29**

**Enrollment 10 min/20 max**



**Programs for Adults**

**ZUMBA/YOGA**

(ages 16 & older)

**PRE-REGISTRATION REQUIRED**

Are you looking for a full body workout? Well we have all that and more. Zumba/Yoga is the class where you get fit and get happy! It's time to put on your dancing shoes and shake away the pounds. For the first half of the class we will dance away the pounds and warm up the body. The last half of the class is a time to relieve the stress of the day while building strength, flexibility and balance. Stop in on your way home to get fit and happy! Classes will be held on Tuesdays in the Senior Center from 4:30 - 5:30 p.m.

**Cost per session is \$60**

**Session 1: May 10 - June 14**

**Session 2: June 21 - July 26**

**Enrollment 6 min/12 max**



**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 May 5th and runs through September 22nd which includes 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 12 man roster for a 4 man team. Weekly cost is \$22 per golfer which includes cart rental. (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 14th at 7 p.m. Please call 489-2040 for a golf packet.

**Tee Up a Bargain!**

**Help Define the Future of the City**

We are seeking input from residents and business owners to help determine the goals and priorities of the City for the next 20 years. Please visit the project website [www.hlplanning.com/fairviewheights](http://www.hlplanning.com/fairviewheights) and fill out a survey to tell us your favorite and least favorite things about the City, what kind of development and public amenities you desire, and more! The first community meeting will be held on Tuesday, April 19<sup>th</sup> from 7:00-8:30PM in the lower level of the Fairview Heights Library. This workshop will be a great opportunity for residents to learn more about the Comprehensive Planning process and tell us what they think utilizing keypad polling which allows for instant responses to questions, ideas, and suggestions through a wireless keypad.

**Programs for Children  
ages 5-12**

**Programs for Children,  
Adults and Families**

**Fall Soccer League**

(For ages K - 4th grade)

League is held on Saturday mornings  
Sept 10 - Oct 29, 2011 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)**

