

2023 ACTIVITY GUIDE



PARKS & RECREATION



(217) 586-6025
WWW.MAHOMETRECREATION.COM



Proudly serving our community since 2002

MAHOMET

Just as Mahomet has grown immensely over the years, so has Fisher National Bank. Your patronage has helped us expand to service all your financial needs. In the same way, Fisher National Bank has made a commitment to invest dollars back into the Mahomet community - the schools, the Village, athletic programs, and festivals so our community can come together and grow with us, too.



Scan me!

"Mahomet Parks & Rec is the lifeline to our vibrant community. So many events and so much opportunity. We couldn't think of a better way to serve the community!"
-Ryan Heiser, CEO & Community President

(217) 586-1136

www.fishernational.com

1501 E Oak St., Mahomet, IL 61853



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*DEADLINES SUBJECT TO CHANGE, BASED
ON REGISTRATION NUMBERS*

INFORMATION

Our Mission

The mission of Mahomet Parks and Recreation is to improve the quality of life for all participants by meeting the needs of the community through the provisions of safe, excellent, recreational and leisure-time activities.

CHECK IT OUT! 2023 PARKS & FACILITIES GUIDE



View our 1st ever Parks & Facilities Guide online on your desktop, tablet or mobile device. Click [here](#) to view our facility guide!

CONTACT INFORMATION

MAHOMET PARKS & RECREATION DEPARTMENT
218 S. Lake of the Woods Rd.
Monday - Friday: 8:00 am - 2:00 pm
(217) 586-6025
mahometrec@mahomet-il.gov
www.mahometrecreation.com

MAILING ADDRESS:

PO Box 259
Mahomet, IL 61853

VILLAGE OF MAHOMET ADMINISTRATIVE OFFICE

503 E. Main St.
Monday - Friday: 8:00 am - 4:30 pm



VILLAGE OF MAHOMET ELECTED OFFICIALS

Sean Widener, Village President
Bruce Colravy, Trustee
Andy Harpst, Trustee
Brian Metzger, Trustee
Bill Oliger, Trustee
Becky Preston, Trustee
Jason Tompkins, Trustee

STAY CONNECTED! SIGN UP FOR OUR NEWSLETTER



Our montly Rec Connect will keep you up to date on the latest deadlines, events & more!

SIGN UP! NOTIFICATION SYSTEM



Event, program and facility closures, cancellations, program deadline reminders and notifications (217) 586-7246 or sign up for alerts @mahometrecreation.com

NEW! WHEN YOU SEE



Click it & it will take to more info!

Parks & Recreation Staff



DIRECTOR
Dan Waldinger



ADMINISTRATIVE ASSISTANT
Johanna Jewell



RECREATION MANAGER
Denise Reynolds



PARKS MAINTENANCE
Dennis Mohr



PARKS MAINTENANCE
Lee Rexroad

INFORMATION

RESIDENT/NON-RESIDENT

Resident is defined as anyone living within the corporate boundaries limits of the Village of Mahomet. Village of Mahomet residents, via property, utility, and other taxes, make financial contributions to the operation of the park and recreation department beyond normal user fees for programs. A "Fair-Share" policy has been adopted to apportion an equalizing user fee to our non-resident participants so they contribute to the overall financing of the park and recreation system. Non-resident should pay the standard fee. Residents should pay the resident discount fee.

A Mahomet address or being in the Mahomet-Seymour School District does not automatically make you a Village of Mahomet resident. There are many unincorporated areas of Champaign County with Mahomet addresses. The quickest way to determine your residency status is to check your property tax bill or you can check the Champaign County website for tax inquiries at <https://champaignil.devnetwedge.com/>. Residents will have the "Mahomet Village" tax listed on their County tax bill.

PHOTO/VIDEO POLICY

The Mahomet Parks and Recreation Department will occasionally take photos/videos of people participating in recreation programs or using our facilities. These photos/videos may be used for the department's publications, brochures, flyers, social media or on our website. All photos/videos become the sole property of the department.

Register **ONLINE**

www.mahometrecreation.com

Registration

DEADLINE POLICY

If a program deadline has passed, please contact the MPRD office regarding late registration. In some cases, we are able to accommodate those still wishing to participate. A \$10 per person, per program late registration fee will apply.

SCHOLARSHIP POLICY

Scholarships are only available for our core youth programs; volleyball, baseball/softball, soccer, flag football and basketball. Participants eligible for consideration for scholarship are those that are currently participating in M-S School District's reduced lunch program. Every registration will be verified with the School District to confirm eligibility.

REGISTRATION POLICY

- * All programs will have a minimum and a maximum enrollment. MPRD reserves the right to cancel or combine programs with low enrollment.
- * All payments must be PAID-IN-FULL at time of registration.
- * Participants will not be allowed to "play-up" or "play down". MPRD recognizes that children come in all sizes and skill levels, but it is our policy to always place participants on teams with children of their same grade.
- * Waiting lists will be formed after a program is filled or deadline has past. There is a \$10.00 late fee/participant assessed to those participants taken off the waiting list and have registered after the deadline date.
- * Attendance in our programs is limited to registered participants only.

Refund

REQUEST POLICY

A refund application form must be filled out and submitted to the Mahomet Parks & Recreation Department office in order to receive consideration for a refund. We cannot accept telephone Refund Application Requests. All requests must be made by mail or in person during regular office hours. • NO refunds on "league" programs once teams are set up and posted on our website. • NO refunds will be given after the start of the program. • NO refunds for certain special events. (i.e.; camps, clinics, contracted classes, etc.) All refunds will not include any online convenience fees and are subject to a \$10 Administrative Service Fee (per registration). Except under the following circumstances: • Refund is initiated by the Park & Recreation Department • Doctor's note is submitted with Refund Application Form prior to the start of the program.

Welcome to the 2023 Mahomet Parks and Recreation Activity Guide!

Please take a moment to navigate this guide and become more informed, engaged, and connected to all that is offered with our parks and recreation services. Within the guide, you will find recreational, cultural, and educational opportunities that are sure to appeal to all ages, skill levels and interest. In keeping with our pickleball explosion, explore new open gym opportunities and leagues offered. Summer camp is back and better than ever for our 2nd year. Core programs like youth sports continue to expand and improve. Let's just say, we are delighted to share our full gamut of programs and opportunities in 2023.

What's more, the coming year is poised to be a sensation year of growth in our facilities and community spaces. Improvements at Barber Park will be fully open in 2023! The most ambitious and anticipated project in our history includes the new Bill and Lisa Peithmann Splash pad, Mahomet Lions Club Inclusive Playground, and Fisher National Bank Amphitheater. The addition of a state-of-the-art mobile stage creates new opportunities and enhance and expand special events further connecting and binding our community. Additionally, the 13 Acres Master Plan process continues to progress forward, creating a vision for future development. Finally, the Tennis Court Complex at Middletown will be re-bid this winter with hopes to complete construction this summer.

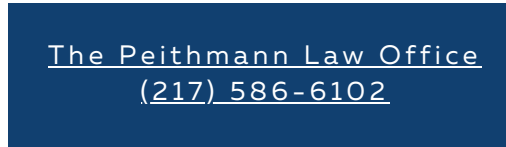
We are so grateful that our steadfast commitment to improving quality of life is supported by our Village Board of Trustees, Local Clubs, Local business sponsorships/donations and you! Thank you for your support of the Parks and Recreation Department and to our incredible small, hard working full-time staff, part-time staff and volunteers that make Mahomet a better place to live and play.



Dan Waldinger
Director, MPRD

THANK YOU 2022 SPONSORS!

Platinum SPONSORS



Gold SPONSORS

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James Smith/Northwestern Mutual
Salon 105
The Nate Evans Group
Tim & Julie Kenney & Family/Bank
Earnings Alliance

Splash Pad

GENERAL INFO

- ***ADDRESS**
BARBER PARK - 703 S. MCDOUGAL
- ***WHEN WILL THE SPLASH PAD OPEN?**
MEMORIAL DAY - LABOR DAY
SUBJECT TO CHANGE - WEATHER PERMITTING
- ***PUBLIC HOURS**
MONDAY - SUNDAY 11:00AM - 7:00PM
- ***FEE**
FREE DURING PUBLIC HOURS



RENTAL FAQ'S

- ***RENTAL HOURS**
FRIDAY, SATURDAY & SUNDAY - 9:00 - 11:00AM
- ***RENTAL FEE**
\$200/RESIDENT DISCOUNT FEE (2 HOURS) \$400/FEE (2 HOURS)
- ***WHAT IS INCLUDED IN MY RENTAL?**
EXCLUSIVE USE OF THE SPLASH PAD & THE PAVILION FOR 2 HOURS
- ***I'M A CHURCH/DAYCARE/NON-PROFIT. CAN I RENT?**
YES! TUESDAY, WEDNESDAY & THURSDAY - 9:00 - 11:00AM
- ***IS THERE A DISCOUNT FOR CHURCHES/DAYCARE/NON-PROFITS?**
YES! THERE IS A 50% DISCOUNT FOR QUALIFYING ORGANIZATIONS.
- ***CAN I BRING LARGE GROUPS DURING PUBLIC HOURS?**
NO - GROUPS OF 10 OR MORE MUST RESERVE DURING RENTAL HOURS.



Book Your Party Today!



Youth CAMPS/CLINICS

First State Bank of Forrest SPRING BREAK SPORTS CAMP



Wondering what to do with your kids while they're out of school for the week? This camp will keep kids moving for a few hours of fun! We'll play games & group sports, try new crafts, get outside, and make friends!
Location: Sangamon on Main Gym



Fee: \$122
Resident Discount Fee: \$97

GRADE	DATES	TIME	DEADLINE
K - 5th Grade	March 13 - 17	09:00am - 12:00pm	February 17

First State Bank of Forrest KIDS MORNING SUMMER CAMP



Have an adventure this summer at morning camp! Check out our themed weeks below. Parents can register week by week or all 8 weeks! Dependent on enrollment numbers, children may be divided into smaller groups based on age. This camp will be for first graders – fifth graders. Children must be entering first grade in Fall 2024. Each participant will receive a camp t-shirt!
Location: Sangamon on Main Gym
Time: 9:00am - 12:00pm

Fee: \$122
Resident Discount Fee: \$97

WEEK	DATES	DEADLINE	THEME
1	June 12 - 16	June 4	Colors
2	June 19 - 23	June 11	Police Academy
3	June 26 - 30	June 18	Around the World
4	July 10 - 14	July 2	Science & Nature
5	July 17 - 21	July 9	Sports Sampler
6	July 24 - 28	July 16	Spirit Week
7	July 31 - August 4	July 23	Art & Theatre
8	August 7 - 11	July 27	Space & Out of this World

Youth CAMPS/CLINICS

Spring Illini

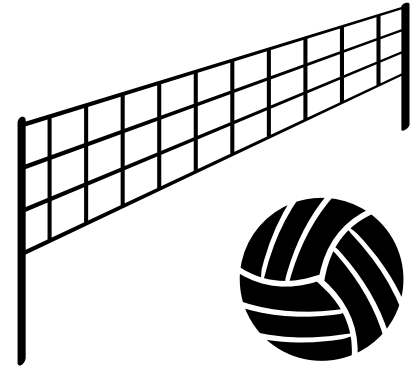
VOLLEYBALL CAMP DAY

Mahomet Recreation hosts the Spring Illini Volleyball Camp at the MSHS Fieldhouse! University of Illinois Women's Volleyball players will lead the way at this camp and focus on fundamentals & skill building while growing enjoyment for the game. The goal for this camp is to have fun and learn real skills from D1 Volleyball players!

Location: MSHS Fieldhouse
Registration Deadline: March 7

Fee: \$56

Resident Discount Fee: \$46



GRADE	DATE	TIME
3rd - 5th	March 26th	1:00 - 2:30pm
6th - 8th	March 26th	3:00 - 4:30pm

Spring Illini

3 V 3 SOCCER LEAGUE

MPRD along with University of Illinois Women's Soccer players will host an 8-week, 3 v 3 Soccer League this spring. With fewer players on the field, each player has more opportunities to touch the ball, using and improving their soccer skills. Small-sided games can develop your player's decision-making, technical attributes, tactical knowledge and physical conditioning through functional movements.

Location: Barber Park

Grades: 1st - 6th

Registration Deadline: March 21

Fee: \$85

Resident Discount Fee: \$65

DATES	DAY	TIME
April 4	Tuesday	5:30 - 6:30pm
April 8	Saturday	9:00 - 10:00am
April 11	Tuesday	5:30 - 6:30pm
April 15	Saturday	9:00 - 10:00am
April 18	Tuesday	5:30 - 6:30pm
April 22	Saturday	9:00 - 10:00am
April 25	Tuesday	5:30 - 6:30pm
April 29	Saturday	9:00 - 10:00am



Youth CAMPS/CLINICS

Coed Volleyball CLINIC

Our volleyball program, for boys & girls, will focus on skill development and fun through clinic style sessions. You will learn the fundamentals of volleyball while having fun with friends!

Location: Sangamon on Main Gym
Tuesdays & Thursdays
Registration Deadline: October 3

Fee: \$85

Resident Discount Fee: \$65

GRADE	DATES	TIME
3rd- 6th	October 31 - November 16	5:30 - 6:30pm or 6:45 - 7:45pm

Floor Hockey CLINIC

Floor hockey is a great alternative to ice hockey for young athletes looking to learn the game of hockey and develop their skills! This clinic introduces players to the basic skills of puck-handling, passing and shooting during the first half of the class followed by a fun scrimmage during the second half. Emphasis is on fun and learning. We will supply all hockey equipment.

Location: Sangamon on Main Gym
Tuesdays & Thursdays
Registration Deadline: November 7

Fee: \$85

Resident Discount Fee: \$65

GRADE	DATES	TIME
1st - 3rd	November 28-December 14	6:00 - 7:00pm



Kind

Family

Dentistry

General Dentistry for all ages.

1112 Broadmoor Drive Champaign

217-359-5050

217-586-3535



Youth PROGRAMS

Toddler **OPEN GYM**

Come & let those littles burn off some energy in a safe play environment during those cold winter months! Balls, hoops, puzzles, blocks & more!

Dates: Wednesdays

Location: Sangamon on Main Gym

Cost:

\$3 per child / under age 1 – free



AGES	DATES	TIME
Infants - 5 years old	January 11 - March 1	9:30 - 11:30am

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Youth SPORTS

T-BALL

Play Ball! This fun program for boys and girls will focus on sportsmanship, teamwork and the fundamentals. During the game each week, coaches will have a designated amount of practice time to work on hitting, throwing and catching. T-shirt, cap and a participation award are included.
Location: 13 Acres Park

Fee: \$93
Resident Discount Fee: \$73

AGE	TIME
T-Ball - 4 Year Olds (age 4 by: 9/1/2023)	8:45am, 10:00am OR 11:15am
T-Ball - 5 Year Olds (age 5 by: 9/1/2023)	8:45am, 10:00am OR 11:15am
T-Ball - Kindergarten (kindergarten - spring 23')	8:45am, 10:00am OR 11:15am

BASEBALL

Our baseball programs encourage teamwork, sportsmanship, skills development and fun! T-Shirt & Hat are included. *2nd grade & under will receive a participation award* (No games Memorial Day - Monday, May 29) 3-6th grade may require some travel.

Fee: \$98
Resident Discount Fee: \$78

AGE	DAY	TIME	LOCATION
1/2 Grade Coach Pitch	Tuesday & Thursday	6:00pm	13 Acres Park or Bridle Leash Park
3/4 Grade Machine/Kid Pitch	Monday & Wednesday	6:00pm	13 Acres Park
5/6 Grade Kid Pitch	Tuesday & Thursday	5:45 or 7:30pm	Taylor Fields

SOFTBALL

Our softball programs encourage teamwork, sportsmanship, skills development and fun! T-Shirt & Hat are included. *2nd grade & under will receive a participation award* (No games Memorial Day - Monday, May 29)

Fee: \$98
Resident Discount Fee: \$78

AGE	DAY	TIME	LOCATION
1/2 Grade Coach Pitch	Monday & Wednesday	6:00pm	Bridle Leash Park
3-5 Grade Machine/Kid Pitch	Tuesday & Thursday	6:00pm	Dowell Park

Information • MAY 6 - JUNE 29
• REGISTER SPRING 2023 GRADE
• DEADLINE: MARCH 21



Youth SPORTS

CO-ED SOCCER

4 Years - Kindergarten will be taught the fundamentals, sportsmanship and teamwork with an emphasis on FUN.

Format: 1 hour session divided by instructional and game.

Fee: \$93

Resident Discount Fee: \$73

AGE	DAY	TIME	LOCATION
4/5 Year Old	Saturday	9:00 or 10:15am	13 Acres Park
Kindergarten	Saturday	9:00 or 10:15am	13 Acres Park

GIRLS SOCCER

1st - 2nd grade: Format is a 1 hour session divided by instructional and game.

3rd grade - 6th grade: Format is Regulation Games/ Skill Development.

Fee: \$98

Resident Discount Fee: \$78

AGE	DAY	TIME	LOCATION
1/2 Girls	Thursday & Saturday	5:30pm/10:15am	Barber Park
3/4 Girls	Thursday & Saturday	5:30pm/10:00am	Barber Park
5/6 Girls	Tuesday & Saturday	5:30pm/10:00am	Barber Park

BOYS SOCCER

1st - 2nd grade: Format is a 1 hour session divided by instructional and game.

3rd grade - 6th grade: Format is Regulation Games/ Skill Development.

Register Fee: \$98

Resident Discount Fee: \$78

AGE	DAY	TIME	LOCATION
1/2 Boys	Tuesday & Saturday	5:30pm/8:30am	Barber Park
3/4 Boys	Monday & Saturday	5:30pm/11:30am	Barber Park
5/6 Boys	Monday & Saturday	5:30pm/11:30am	Barber Park

Important Information

- AUGUST 5 - SEPTEMBER 30
- REGISTER FALL 2023 GRADE
- DEADLINE: JUNE 27



Youth SPORTS

FLAG FOOTBALL

Participants will learn fundamental football skills in a league setting in this terrific program for both boys and girls.

Be sure to size up your T-shirt order for when wearing it over jacket.

Fee: \$98

Resident Discount Fee: \$78

AGE	DAY	TIME	LOCATION
1/2 Grade	Saturday *1/2 Graders will also play 3 total weeknight games during the season*	8:30am & 5:45 or 7:00pm	Barber Park & Taylor Fields
3/4 Grade	Saturday & Tuesday or Wednesday	10:00am & 5:45 or 6:45pm	Barber Park & Taylor Fields
5/6 Grade	Saturday & Thursday	11:15am & 5:45 or 6:45pm	Barber Park & Taylor Fields
7/8 Grade	Saturday & Tuesday or Thursday	12:30pm & 7:45pm	Barber Park & Taylor Fields

Important Information

- OCTOBER 14 - NOVEMBER 18
- REGISTER FALL 2023 GRADE
- DEADLINE: AUGUST 29



BASKETBALL

Boys and girls in Kindergarten - 6th Grades can hoop with us during the winter! We'll focus on teamwork, fundamentals and sportsmanship.
 K - 2nd grade: Format: 1 hour session divided by instructional and game.
 3rd - 6th grade: Regulation game/ Skill Development.

Fee: \$98

Resident Discount Fee: \$78

**CHECK OUT
WWW.MAHOMETRECREATION.COM
 IN FALL 2023 FOR MORE DETAILS**

Important Information

- JANUARY - MARCH 2024
- REGISTER WINTER 2023/24 GRADE
- DEADLINE: NOVEMBER 21



Special EVENTS

Twist and Shout Dance and Cheer DAD & DAUGHTER DANCE



Join us in celebrating our annual daddy daughter dance. This fun-filled evenings will include activities and dancing! 12 and under accompanied by an adult.
Theme: Candy Land



DATE	TIME	LOCATION	DEADLINE	COUPLE	FAMILY
February 11	4:00 - 5:30pm or 6:00 - 7:30pm	Sangamon on Main Gym	January 31	\$50 1 adult + child	\$75 1 adult + 3 children

Twist and Shout Dance and Cheer MOM & SON SPLASH & GLOW



Mom's & Son's get a date night too! Bill & Lisa Peithman Splash Pad will host our moms and sons to a night full of glowsticks, treasure hunts, music & dancing. Grab your swimsuit for an exclusive splash pad experience full of glowsticks, treasure hunts, music & dancing. 12 and under accompanied by an adult.



DATE	TIME	LOCATION	DEADLINE	COUPLE	FAMILY
September 9	6:30 - 8:00pm	Bill & Lisa Peithmann Splash Pad (Barber Park)	August 22	\$50 1 adult + child	\$75 1 adult + 3 children

Domino's EASTER EGG HUNT



Join us for our Annual Egg Hunt. Children will have the opportunity to meet the Bunny and have fun with a good ole' fashion egg hunt. Find a golden egg for a special prize! Bring a basket to collect your eggs & dress warm, it may be cold!

Location: Barber Park

Date: April 1

Fee: \$5

Registration Deadline: March 7



Domino's

AGE	TIME
0-2	9:00am
3-4	9:30am
5-6	10:00am
7-10	10:30am

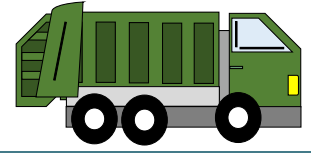
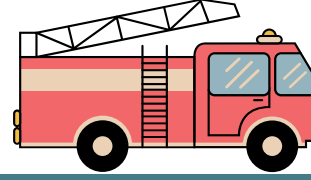
Special EVENTS

3 ON 3 BASKETBALL TOURNAMENT



The 3 on 3 Summer Bash will be co-hosted and benefiting MPRD and MS Girls Basketball! Extra activities will include: 3 Point Contests (entered at the start of the tournament) Food Trucks and Championship Prizes.
Team Fee: \$120

DATES	TIME	LOCATION	DEADLINE
June 3	8:00am	Bridle Leash Park	May 23



Bulldog Automotive TOUCH-A-TRUCK

Load up your family in the car and start your engines! Your family will be able to explore various vehicles by climbing into, on and around police cars, firetrucks, tractors, snowplows, and other construction vehicles!

Location - TBA
June 10 - 10:00am - 1:00pm



Fisher National Bank NEIGHBORHOOD NIGHTS

Neighborhood Nights will feature Live Music & Food Trucks in 5 of our neighborhood parks this Summer! Families can bring a blanket and lawn chairs and enjoy a free concert featuring great musical talent.
Time: 6:00-8:00pm

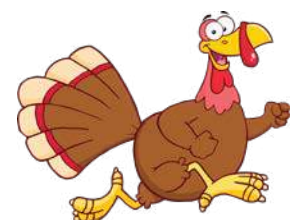
DATES	LOCATION
June 2	Barber Park
June 9	Brent Johnson Park
June 16	Freedom Plaza
June 23	13 Acres Park
June 30	Bridle Leash Park



Fisher National Bank TURKEY TROT

Whether you want to run, walk or trot the 5K or 1 mile fun run course, sign up and come celebrate with us Thanksgiving morning! NO TIME, NO AWARDS - JUST FUN!
Proceeds support Mahomet Parks and Recreation Youth Scholarship Fund.
Fee: \$18
Deadline: November 6

DATES	TIME	LOCATION
November 23	8:00am	Elks Lake Pavilion



Adult SPORTS



OPEN GYM BASKETBALL

Pickup style, players will call their own fouls and determine their own teams upon arrival. MPRD will provide game balls and scrimmage vests. Play will be full-court. Children are not allowed in the gymnasium during the program. Come dressed to play. there are no lockers or shower facilities for use. MS School District residents only (i.d. required) Age: For men 30 and over only. Format: This is a fun, non-competitive program. MPRD reserves the right to request a player or players to leave the program if found to be too competitive.

Fee: \$60 per pass/\$5 per day
Location: Middletown Prairie Elementary School Gym

BAGS LEAGUE

Come join our adult bags league and find out what you've got. Teams of two will square off and play 5 games each night. Each team made up of 2 players has the option of registering 2 substitutes. The league will last 8 weeks and include a single elimination tournament. Register per team!

Location: Multipurpose Room
Fee: \$105
Resident Discount Fee: \$85
Registration Deadline: January 10

DATES	DAY	TIME	DEADLINE
January 26 - March 30	Thursdays	7:00 - 9:00pm	January 10

SOFTBALL LEAGUE

Register by team, entry limited to first 8 teams to register. All teams are responsible for purchasing their own matching shirts. Teams will play one game/week on Monday. Ages 16 and up

Minimum Teams: 4
Maximum Teams: 8
Location: Taylor Fields
\$450/Team
+additional \$25 refundable forfeit fee

DATES	DAY	TIME	DEADLINE
May 8 - June 29	Mondays	6:00 - 9:00PM	March 21

Adult SPORTS



PICKLEBALL LEAGUE


Pickleball is a paddle sport using a wiffle-type ball that is hit over a low net. The dimensions of the court are equal to a badminton court, and the game is won by the first team to score 11 points while leading by at least two points. Must be a minimum of 2 players per team roster, but there is a maximum of 4 players per team roster. This is a team fee, one person registers everyone on your team.

DATES	DAY	TIME	DEADLINE	FEE	RESIDENT DISCOUNT FEE	LOCATION
January 26 - April 2	Thursdays and/or Sundays	6:00 - 9:00pm	January 10	\$105	\$85	Sangamon on Main Gym
May 11 - June 29	Thursdays and/or Sundays	6:00 - 9:00pm	April 25	\$105	\$85	Bridle Leash Park
September 10 - November 2	Thursdays and/or Sundays	6:00 - 9:00pm	August 29	\$105	\$85	Bridle Leash Park

VOLLEYBALL LEAGUE

Get a group of friends together and join Mahomet Rec's Volleyball League! Your team fee will include 8 Games and a Tournament to end the season. Winning team will receive champion t-shirts.

This is a CO-ED league. Teams must play with a *minimum* of two men and two women.

Fee: \$195 per team
Location: Junior High Blue Gym 

DATES	DAY	TIME	DEADLINE
January 29 - April 2	Sundays	5:00 - 9:00pm	January 10
September 10 - November 5	Sundays	5:00 - 9:00pm	August 29



BCA

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FITNESS

LOW IMPACT DANCE FITNESS

Dancing is a great way to get moving! Our time together will be focused on fun and friendship. Before you know it, you will feel your stress melt away. This low impact dance class will be gentle to your joints all while improving your coordination and flexibility. The movement and music for this class is designed for people 50+, but anyone 18+ is welcome. This class is the heart of Decently Bold FIT. Classes taught by Kristina Robinson, a licensed Zumba Fitness Instructor.

Location: Multipurpose Room

DATES	DAY	TIME	FEE	RESIDENT DISCOUNT FEE
January 2 - February 9	Tuesday & Thursday	9:00 - 9:45am	\$70	\$55



MEET YOUR INSTRUCTOR:

Kristina Robinson

Hello! I'm Kristina Robinson. I have been teaching fitness classes for Mahomet Parks and Rec for over a decade. So long that the building I started teaching in has since been demo'd. I've taught many different classes but they all include movement and music. I'm known for my storytelling so I tend to capitalize on the captive audience of my classes. I pride myself on not taking life too seriously which permeates into my classes where people inevitably have great fun! Dancing is a great way to get moving! Our time together will be focused on fun and friendship. Before you know it, you will feel your stress melt away. This low impact dance class will be gentle to your joints all while improving your coordination and flexibility. The movement and music for this class is designed for people 50+, but anyone 18+ is welcome. This class is the heart of Decently Bold FIT. Classes taught by Kristina Robinson, a licensed Zumba Fitness Instructor.

DANCE FITNESS

Move to the beat and work up a sweat! Expect to get your heart rate up, increase your flexibility, tone your muscles, and improve your balance. This class is not only good for the body, but also the soul. Come join us and explore different genres of dance fitness. Feel free to bring your two left feet!

Location: Multipurpose Room

DATES	DAY	TIME	FEE	RESIDENT DISCOUNT FEE
January 3 - March 28	Tuesday	6:30 - 7:30pm	\$100	\$80
January 5 - March 30	Thursday	5:45 - 6:45pm	\$100	\$80
January 3 - March 30	Tuesday & Thursday	Tues: 6:30 - 7:30pm Thurs: 5:45 - 6:45pm	\$160	\$130



MEET YOUR INSTRUCTOR:

Jenna Jeffers

Hello! My name is Jenna Jeffers and I've been teaching Dance Fitness with Mahomet Parks & Rec for 1 year. However, I've been taking/teaching Dance classes for over 3 decades! This class is such a bright spot in my life and I am grateful to be able to share that with this community. Other passions of mine are gardening, helping in my church, and spending time with my family. I can't wait to get moving and grooving with you! Join this amazing group and let's make your workout FUN!

FITNESS

YOGA

Join Mahomet Parks and Recreation Department and yoga teacher Valerie Wright for a "Go with the Flow" Evening Yoga class at Sangamon Gym. Gentle flowing poses will be explored in this class which are available to any level. Modifications are always offered, and yogis are encouraged to practice at their own level - whatever that may be. Valerie's classes are a judgement-free zone where she asks you to listen to your body first and her words second. In fact, if you want to lay on your mat the entire time and take a nap, you can TOTALLY do that! Bring your yoga mat and a small blanket (if you like to cover up at the end of class). Come experience the amazing benefit of "resetting" your body, mind and spirit through the practice of yoga and an extra-long "shavasana" with guided meditation.

Fee: \$29

Resident Discount Fee: \$24 per session

DATES	TIME	LOCATION
February 8, 15 & 22	6:00 - 7:00pm	Sangamon on Main Gym
April 5, 12 & 19	6:00 - 7:00pm	Sangamon on Main Gym
May 17, 24 & 31	7:00 - 8:00pm	Barber Park



MEET YOUR INSTRUCTOR:

Valerie Wright

Hello! I am Valerie Wright, and I have been teaching yoga with Mahomet Parks & Recreation for 7 years. When I am not teaching yoga or working my full-time job as a Professor of Nursing at Mennonite College of Nursing @ Illinois State University, you might find me volunteering as a nurse, serving fresh produce at food pantries or even hiking in the mountains. I completed my yoga teacher training in Costa Rica, and it is my hope to bring a bit of the "Pura Vida" into every yoga class I teach. My classes are a judgment-free zone - keeping in mind it is Yoga PRACTICE, not Yoga perfect.

POUND [®]

POUND is a music-driven, drumming-inspired workout that is anything but routine. Release your inner rockstar using lightly-weighted drumsticks (Ripstix) specifically designed for exercising as we combine cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Modifications will be shown for all fitness levels, so you can find your own level. POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Try it for yourself and come ROCKOUT WORKOUT with POUND instructor Renee Gabbard. Flexibility is offered with our convenient POUND punch cards available in 5 or 10 class increments, using the punches to attend when you are able. Punches are tracked by the instructor at class. 45-minute classes are held every Monday and Wednesday at 6:15 p.m. in the MPRD Multi-Purpose Room. See mahometrecreation.com for punch card purchases. Watch the POUND Posse - Mahomet, IL Facebook page for updates on class dates, cancellations, special events, and all POUND happenings. Participants can bring a yoga mat for floor tracks and water. Ripstix are provided for class use. Limit one purchase per participant at a time, however, continued punch cards are encouraged. NO refunds.

10 Class Punch Card - Fee: \$70

Resident Discount Fee: \$55

5 Class Punch Card - Fee: \$37.50

Resident Discount Fee: \$27.50



MEET YOUR INSTRUCTOR:

Renee Gabbard

POUND captured Renee's heart in January 2018 when she moved to Mahomet. She became a certified POUND PRO in May 2019 and completed the Level Up certification in October 2020. Releasing her inner rockstar is something she never knew she needed and provides an addicting form of exercise and therapy. She is continually working on new tracks and techniques to keep the classes fresh and exciting. Come catch the infectious welcoming energy at her classes!

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FEBRUARY 24**

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