

Fairview Promotes Healthy Lifestyles by offering a FOOD CO-OP



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. Join our next pickup on Dec 20th from 9:15-9:45 a.m. The ordering time to receive a basket is the Tuesday-Thursday before a pickup. 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. You will pick up your produce at the Fairview Heights Senior Center.

Cost \$23.00 per basket
www.communityhelpingscoop.com

2012 PAVILION RESERVATIONS

Be the first to make your 2012 Reservation.

Start today by creating your on-line account at <https://activenet12.active.com/fairviewheights/> (For detailed instructions on creating an account click the FREQUENTLY ASKED QUESTIONS TAB) Once your account has been approved by the Parks Staff you will receive an e-mail with your customer activation link, you must click this link to activate your account. Do not wait until the last minute to create your account because you cannot begin using your account until it has been approved by our office. Reservations can be made on-line beginning January 1, 2012. Please call our office at 489-2040 if you have questions on creating an account. ****Don't forget, you must be a Fairview Heights resident to make a reservation.**



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, register on-line 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 note that when we refer to the Recreation Room, this is the old police department building.

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.

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

Now accepting: Go to <https://activenet12.active.com/fairviewheights/> to register!

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: _____

SENIOR SWIM Attention!!

All Swim Cards EXPIRE at the end of the Year! Fairview Heights residents who are 55 years and older can attend Aqua exercise classes at the Downtown Belleville 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 Exercise, Water Walking and Aqua Swim-nastics. You need to visit our office to receive a Swim Card for 2012. Please call 489-2040 for additional information.

2012 ID Card—\$5 per person

A MESSAGE FROM PUBLIC WORKS

Fall Foliage: Please be reminded it is against City Code to rake leaves onto streets, alleys, and into curbs/gutters and ditches. The City is not equipped to remove foliage from these areas. Burning is permitted November 1-April 30, 9:00 a.m. to be extinguished by 4:00 p.m., Tuesday, Thursday and Saturday. Burning is not allowed on streets, alleys, in curbs/gutters and ditches.

Snow Removal: The City maintains approximately 90 miles of streets, therefore, we appreciate your patience as the City's street crews clean the streets during winter storms. If an emergency situation arises, please contact Public Works weekdays from 8:30 a.m. to 5:00 p.m. at 489-2020. After normal business hours, contact the Police Department at 489-2100.

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

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

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. Through music and different movements children will love the fun activities we have planned. Classes are held in the Dome at William Holliday from 5:15-6:00 p.m.

Resident \$20 & Non Resident \$25
 Session 1: Feb 7-28 -Tuesdays
 Session 2: March 8-29 -Thursday
 Session 3: April 3-24 -Tuesdays
 Enrollment 6 min/12 max

Programs for Children

PEE-WEE VOLLEYBALL

(ages 7 - 9 years)

PRE-REGISTRATION REQUIRED

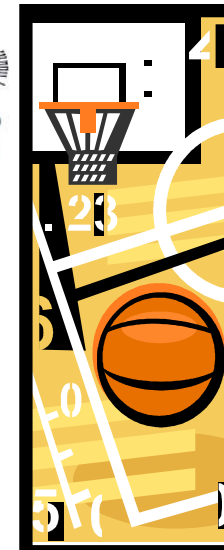
Boys and girls will learn the fundamentals of volleyball in a non-competitive setting. On a mini court, children will learn the basics using a Volley-Lite ball and a lowered net. We will play a game on the last day of the season. Classes are held at Illini School from 6:15 - 7:00 p.m.

Resident \$25 & Non Resident \$30
 Session 1: March 6-27-Tuesdays
 Resident \$19 & Non Resident \$22
 Session 2: April 12-26-Thursdays
 Enrollment 6 min/12 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.



ITTY BITTY BASKETBALL

(ages 4 - 6 years)

PRE-REGISTRATION REQUIRED

This program will introduce boys and girls to the fundamentals of basketball 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. On a mini court children will learn the basics using a size appropriate ball and lowered nets. We will play a game on the last day of class. Classes are held at Illini School Gym from 6:15-7:00 p.m. in February and from 5:15-6:00 p.m. in March.

Resident \$25 & Non Resident \$30
 Session 1: Feb 2-23 -Thursdays
 Session 2: March 6-27 -Tuesdays
 Enrollment 6 min/12 max



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. Classes will be held at William Holliday in the dome from 6:15 - 7:00 p.m.

Resident \$25 & Non Resident \$30
 Session 1: Feb 7-28 -Tuesdays
 Session 2: March 8-29 -Thursdays
 Session 3: April 3-24 -Tuesdays
 Enrollment 6 min/12 max

LAST CHANCE!

Carl Evans Memorial Pee-Wee Basketball League

League is held on Saturday mornings
January 7 - February 25, 2012 at Pontiac Jr. High



Children must be in 1st - 4th grade to attend
 Children are divided into two divisions:
 1st - 2nd graders & 3rd - 4th graders

\$45 per child/Fairview Res.
 \$55 per child/Non-Residents
 (Team Shirts Included)
Above price includes late fee of \$10

No registrations accepted after December 18, 2011

Parks and Recreation Winter Newsletter

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

Important Information

Don't have time to bring your registration into the office?

You can register for programs on-line at <https://activenet12.active.com/fairviewheights/>



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/>

Register Now



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

facebook

Christmas Spectacular



Sponsored by the City of Fairview Heights

Saturday, December 10th
10 a.m.—1 p.m.

Enjoy face painting, balloon twisting, crafts, snacks, games, a caricature artist and of course a visit from SANTA!

Games 25¢,
Crafts 25¢ - \$1

A variety of snacks and drinks will be available for purchase.

Have your picture taken with Santa for \$5

Children ages 2-10 along with their parents are welcome to join us at the Four Points by Sheraton



Programs for Children

INDOOR SOCCER CAMP

(ages 6 - 8 years)

PRE-REGISTRATION REQUIRED

Boys and girls don't hang those shin guards up just yet, we have an indoor soccer camp just for you. In this camp we will broaden skills, help develop coordination and have fun each week playing scrimmage games. Because we will be indoors, cleats are not allowed, but shin guards are strongly encouraged. TENNIS SHOES ONLY! Camp will be held at Illini School from 5:15 - 6:00 p.m.

Resident \$25 & Non Resident \$30

Session 1: Feb 2-23 -Thursdays

Resident \$19 & Non Resident \$22

Session 2: April 12- April 26 -Thursdays

Enrollment 6 min/12 max

KARATE FITNESS

KARATE CLASSES

(ages 7 - Adult)

PRE-REGISTRATION REQUIRED

Beginner through black belt karate program designed to teach students all aspects of traditional karate: basic techniques, stances, kata/forms, self-defense, mat work, and sparring. A great family activity to gain self-confidence, self-esteem, self-respect, self-defense, and self-discipline. All while getting in shape and learning to defend one-self. Classes are held in the Recreation Room on Monday evenings. Beginner class is from 5:45-6:25 p.m. & Intermediate class will be held from 6:35-7:15 p.m. Classes are instructed by Karate Fitness. Class has open enrollment and new students may begin at any time. A new session begins each month.

Residents \$30 & Non Residents \$40

Programs for Adults

YOGA

(ages 16 & older)

PRE-REGISTRATION REQUIRED

Come and find balance in your life. Stretch out those tight muscles and build strength at the same time. Yoga is a total body workout to help reduce stress and tone the body to the core. Yoga will help with weight loss, balance, strength and flexibility to keep you safe from injury. Yoga also will help reduce stress and calm the body. If you are looking for a getaway close to home, stop in for a yoga class. Let the body renew and the stress wash away. Classes will be held on Mondays in the Senior Center from 5:30 - 6:30 p.m.

Cost per session is \$50

Session 1: Jan 9 - Feb 27

Session 2: Mar 5 - Apr 9

Session 3: Apr 16 - May 21

MEN'S GOLF LEAGUE

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 August with an end of season tournament. League fees are \$125 per team. For more information please call our office at 489-2040.

BALLROOM DANCE

(ages 16 & older)

PRE-REGISTRATION REQUIRED

Instructor Bill will teach everyone with two left feet the right moves. Ballroom Dance classes will be held on Tuesdays evenings from 7:00-8:00 in the Senior Center. These classes are perfect for beginners and experienced dancers that need a refresher course. You must register as a couple.

Cost per couple \$60 per session

Session 1: Jan 10 - Feb 7 Foxtrot

Session 2: Feb 21 - Mar 20 Waltz

Session 3: Mar 27 - Apr 24 Rumba

Enrollment 5 couples min/8 max

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" 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/EVENT.

Trips for Adults & Seniors

Historical St. Louis Tour

Thursday, March 15, 2012

PRE-REGISTRATION REQUIRED

Cost for transportation on a school bus \$16

Adults and Seniors take a step back into history and relive some of the historical moments in St. Louis' History. Our journey back in time will begin at the majestic Old Courthouse which is listed as one of St. Louis' most prominent architectural landmarks. Lunch will be at Hannegan's Restaurant on Laclede's Landing. Hannegan was named after St. Louis' "Big Boss", Robert E. Hannegan whom was a New Deal politician which makes Hannegan's an atmosphere geared toward appreciating and embracing the political progress in St. Louis. The History Museum will be our final destination of the day, here we will have a special presentation "Postcards from the Fair" which is a dramatic interpretation of what it was like to be a child when people from all over the world came to St. Louis for the 1904 World's Fair. Transportation for this trip will be on a school bus and will leave the rear Library parking lot at 9:45 a.m. and return approximately 3:00 p.m.

Enrollment 28 min/38 max

(\$13 is due the day of the trip for lunch)

Dogwood-Azalea Festival & Lambert's Restaurant

Friday, April 20, 2012

PRE-REGISTRATION REQUIRED

Cost for transportation w/guided tours and dinner at Glenda's Place \$42.50

Adults and Seniors join us for a day/evening of fun in Charleston, Missouri at the 44th Annual Dogwood-Azalea Festival. We will begin our day at Lambert's Café "The Only Home of the Thrown Rolls" here everyone will order off the menu and pay individually (CASH ONLY). After we fill our bellies with all the goodies from Lambert's we will spend time in the downtown area browsing shops and art. Our step-on guide will then take us on a tour of the Dogwood-Azalea Trail, showing us the beauty of the magnificent dogwoods and azaleas at the peak of their blooming season. If time allows we will visit one of the areas Historical Home Tours. To end our trip we will eat an early dinner at Glenda's Place before we start our journey back to Fairview Heights. A Charter bus will leave the rear Library parking lot at 7:30 a.m. and return approximately 8:00 p.m. Don't forget to bring money for shopping and lunch at Lamberts.

Enrollment 35 min/54 max

** Early Bird Special **

Register before January 31st and receive a \$5 discount

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.

REGISTRATION IS LIMITED and 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.

Jan - Meatloaf

February - Chinese

March - Corn beef and Cabbage

April - Soup with salad

BUNCO CLUB

2ND WEDNESDAY OF THE MONTH

Jan 11, Feb 8, March 14 & April 11

PRE-REGISTRATION REQUIRED

Are you lucky with the roll of the dice? If so, this is the club for you! The Bunco Club will meet on the 2nd Wednesday of the month. Enjoy snacks with tea and coffee each time you roll your luck for a chance to win gift certificates at local establishments.

Residents \$1 & Non Residents \$2

9:30 - 11:45 a.m.

ACTIVE AGING

Seniors 55 and older, let's get up and start moving! This program is an hour filled with warm ups, walk strong, chair aerobics, and arthritis exercises followed by a cool down. Classes will be held on Mondays and Thursdays in the Senior Center from 9:00-10:00 a.m. We do not have class the first Thursday of every month.

Residents \$1 & Non Residents \$2

Join us at these UP COMING EVENTS!!

Moody Park Easter Egg Hunt

March 31, 2012

11:00 AM SHARP

Rain or Shine!!

Ages 2-10 years
Fairview Heights Residents
& School Students Only

For more information please call
(618) 489-2040



Happy Holidays from the Parks & Recreation