



CARING. CREATIVE.
COMMUNITY-FOCUSED.

we are
opd
OREGON
PARK DISTRICT



304 S. 5th Street, Oregon
OregonPark.org | 815.732.3101

2025

WINTER/ SPRING

ACTIVITY GUIDE



General Info

Board meetings are typically held the 2nd Tuesday of each month at 6 pm at Nash Recreation Center. Please check our website for the full meeting schedule. The public is encouraged to attend.

Board of Commissioners



Brian Beckman
President



Josh Messenger
Vice President



Mark Tremble
Commissioner



Dan Engelkes
Commissioner



George Howe
Commissioner

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Mary Sansone
Custodial & Support Services Supervisor



Nick McPhail
Skilled Parks Laborer



Ethan Drew
Skilled Parks Laborer





Letter from the Director

This is always an exciting time of year for the Oregon Park District. Planning for the upcoming year is underway and always brings about a sense of excitement, direction, and purpose for what lies ahead. On behalf of the Board of Commissioners and staff, I am thrilled to share an update on the Park East Redevelopment Plan and the Rock River Heritage Trail.

Park East Redevelopment Update:

Oregon Park District received \$600,000 in Open Space Land Acquisition and Development funds in 2024. The OSLAD funds will be used to complete a redevelopment project at Park East. Improvements will include a new playground, basketball court, paved loop trail, 9-hole disc golf course, addition of a parking lot, ADA improvements and renovations to the existing baseball field. The total estimated cost of the improvements is \$1,200,000. The Oregon Park District comprehensive plan and community feedback guided the District in pursuit of the amenities scheduled for improvement.

The District is currently finalizing construction documents in preparation of the public bid process set to begin in January 2025. Construction will begin in the spring of 2025 and will conclude in August 2025.

Rock River Heritage Trail Update:

Oregon Park District received \$3,000,000 in Illinois Transportation Enhancement funds in 2023 to complete a 2-mile paved trail connecting Route 64 to Lowden State Park. Estimated project costs are \$3,588,464. The District is currently completing the phase II process. Phase II involves preparing detailed plans, specifications and estimates to be approved by IDOT before the construction phase can begin. This phase builds on the conceptual work completed during Phase I and requires close coordination with IDOT and other stakeholders.

While close coordination with our engineering team and IDOT continues, the District is targeting September 2025 for a bid letting and construction to follow.

Information on the Park East Redevelopment and Rock River Heritage Trail can be available at www.oregonpark.org.

In other news from the Oregon Park District:

- The District will finish the 2024 calendar year with healthy fund balances exceeding the \$2,120,470 originally budgeted. The organization successfully met all fund balance goals in 2024.
- The District will exceed the 2023 program participation numbers in 2024 with more than 19,300 participants served. This is the highest number of participants served by the Park District on an annual basis.
- There were more than 54,000 visits to Nash Recreation Center by individuals using the pool, gym, or fitness center in 2024.
- The District completed more than \$1.2 million in capital improvement projects in 2024.

As we close out another successful year, we would like to thank our residents and program participants for their continued support of the Oregon Park District. You are the reason we strive to continue to be Caring, Creative and Community-Focused.

Sincerely,



Erin Folk

Executive Director

our mission

To provide community-focused social and recreational activities through exceptional programs, parks and facilities

our vision

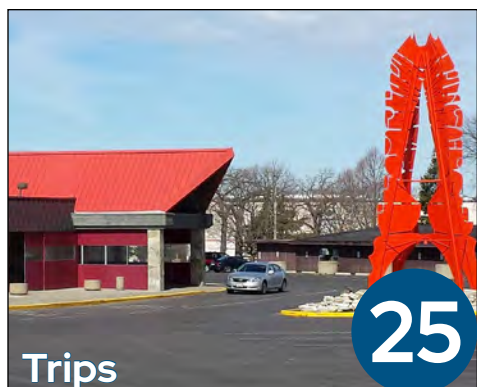
We strive for operational excellence through caring, creative and community focused service

our values

Caring
Creative
Community-Focused

General Info

What's Inside



Need To Know Info

Nash Recreation Center

304 South Fifth Street
P.O. Box 237
Oregon, IL 61061
(815)732-3101
(815)732-RUBY - Hotline
(815)732-3736 - Fax

HOURS

Monday - Friday: 5:30 am - 8:00 pm
Saturday: 7:00 am - 3:00 pm
Sunday: 12:00 - 5:00 pm
**Open Sundays October 13 - April 27*

ADMINISTRATIVE HOURS

Monday - Friday 8:30 am - 4:30 pm
*Oregon Park District Office,
Nash Recreation Center*

HOLIDAY CLOSURES

Christmas Eve: Tuesday, Dec. 24
Christmas: Wednesday, Dec. 25
New Years Eve: Tuesday, Dec. 31
New Years Day: Wednesday, Jan. 1
Memorial Day: May 26

Financial Assistance

The Oregon Park District provides financial assistance in several forms to help families or individuals that are in financial difficulty with program fees, preschool tuition, Extended Time program and Camp Oh-Pea-Dee. Funds are provided through employee-driven fundraising and generous donations through the A. Charles and Lillemor Lawrence Foundation. Applications are available online and at Nash Recreation Center, 304 S. 5th Street, Oregon. For more information or questions contact Dan at dan@oregonpark.org. Funds are available for anyone residing within the Oregon School District boundaries ages 18 and under.

sign up online.



OREGONPARK.ORG/PROGRAMS/ONLINE-REGISTRATION

Registration

Winter/Spring Registration Opens January 6th & 7th!

Member registration starts January 6th; Public registration opens January 7th.

Registrations are processed on a first-come-first-served basis. Please register early – programs fill quickly. If a program is full, we encourage you to sign up for the waitlist. Registrants on the waitlists will be notified first of additional spots opening or new program times.

Fees are listed with resident fees first. NR=Non-resident fees.

If you have any questions regarding residency or registration, call 815-732-3101 or email info@oregonpark.org.

How To Register

Online Registration

Visit us at www.oregonpark.org to sign up for an online ID and register for any of our activities over the web.



Phone-in Registration

Call (815) 732-3101 and one of our friendly receptionists would be happy to enroll you or your family.



Drop-in Registration

Visit Nash and register for any of our activities, passes or rentals.



OPD Residents

Residents are defined as individuals who live or own property within the boundaries of the District that pay taxes to help support District operations.

Exceptions:

School age children living within the Oregon School District boundaries (regardless of whether they live within the boundaries of the Park District) are considered residents of the District.

Village of Mt. Morris Residents can register for all programs, memberships, facility rentals and daily fees at the Oregon Park District resident rate. Additional non-resident fees are subsidized by the Village of Mt. Morris.

Creating an Account

An account must be established in the District's registration system before any registration for programs, events, or memberships can be completed. Accounts can be created online at www.oregonpark.org. By default, your account will be created with a Non-Resident status. If you live within the District boundaries and are a resident, please call Nash Recreation Center at 815-732-3101 so our customer service team can verify your residency and update your account.

Waitlist

If you are placed on a wait list for a class, and an opening becomes available, you will be contacted by customer service staff. Within 24 hours of being contacted, payment must be made at Nash Recreation Center, 304 S. 5th St. Oregon, or over the phone 815-732-3101.

Sibling Discount for Select Programs

The Oregon Park District offers a sibling discount of 10% for select programs for each additional child enrolled in a program where one child has already enrolled at full price in the same session. Registration for all siblings must take place at Nash or by phone at the same time in order to receive the discount, if applicable. All family members must be in the same account to qualify. Discounts are not available through online registration. If you wish to take advantage of our Sibling Discount, please register with our customer service staff over the phone or at Nash Recreation Center.

Refund Policy

To withdraw from a program, a refund application must be completed online. An administrative fee of \$5 shall be deducted from the amount of the refund to offset the cost of processing the refund. A full refund, less the fee, will be granted if the application for refund is filed at least ten days prior to the scheduled start of the program or activity. To avoid the \$5 administration fee, the refund amount may be credited to another program fee. Refunds will not be granted after the registration deadline. All program refunds are subject to the program coordinator's approval. A full refund will be issued if the Park District reschedules or cancels a class. A refund request can be made on our website under the Refund Request link or by completing a form in the office.

Class Changes

The Oregon Park District may cancel, postpone, combine classes, or change instructors. Classes may be cancelled due to low enrollment and refunds will be issued. All participants will be notified of any scheduling changes or cancellations.

Membership

Passes & Daily Fees

A pass or daily fee allows patrons to use the pool and whirlpool, gym, TRX room, and Fitness Center.

Lockers

The Oregon Park District has lockers available for rental to annual pass holders for the term of the pass. The monthly recurring cost is \$10 for residents and \$12 for non-residents.

Racquetball & Wallyball

Racquetball court rental is included in the annual pass fee and is \$3/hr for non-annual pass holders. Wallyball court rental is \$5/hr. Age restriction of 13+ without a guardian.

Nash Fitness Center

The Nash Fitness Center is over 6,000 square feet and features a three lane rubberized track that surrounds our CYBEX strength training machines, free weights, and cardiovascular equipment. Fitness Center staff is available to set up an orientation for any and all users.

TRX Room

Our TRX Room is an 800 square foot space of alternative fitness equipment including TRX stations, kettlebells, weighted ropes, yoga mats, dumbbells, tire flip, punching bag, spin bikes, rower, elliptical, air assault treadmill and stair mill. Age Restriction of 18+

Automatic Monthly Payment

This is a convenient way to pay for your pass. The automatic debit monthly fees are shown below. With your permission, automatic credit card charges will be made each month. The first amount is the initial payment that will be made when registering, followed by the amount of 11 equal payments charged each month.

3 Pay Payment Plan

Your annual pass is paid off in three equal consecutive payments! The pass fee is paid for the first three months, and is only available on annual passes.

Age Restrictions

Children under the age of 5 are welcome to use the gym and pool area free of charge. Anyone 3rd grade or younger must be accompanied by a parent or responsible person, Junior High aged or older in the facility. Participants must be 7th grade or older to use the Nash Fitness Center and 9th grade or older to use the free weights.

7th & 8th graders have the opportunity to complete a Fitness Orientation with a personal trainer. Upon completion, 7th & 8th graders can use the area when accompanied by an adult, 18 years or older. See page 13 for more information on the Fitness Orientation.

Membership Cancellations

Refunds will not be approved on Park District passes, however refunds may be requested on passes for two reasons: major illness and/or injury with a doctor's note or a move outside of a 90 mile radius with proof of primary residency (updated ID, utility bill, etc.). Passes and cards are non-transferable.

Resident Fees

	Student K-12	Adult 18+	Senior 60+	Senior Couple	Family*
Annual Pass	\$182	\$258	\$213	\$380	\$592
Quarterly Pass	\$61	\$76	\$70	\$114	\$184
Monthly Pass	\$23	\$28	\$25	\$41	\$63
10 Punch Pass Card	\$21	\$29	\$22	NA	NA
Daily Fee	\$3	\$4	\$3	\$4	\$11
Auto Debit Monthly	12 @ \$18	12 @ \$24	12 @ \$20	12 @ \$34	12 @ \$51
3 Pay	3 @ \$63	3 @ \$87	3 @ \$72	3 @ \$128	3 @ \$199

Non-Resident Fees

	Student K-12	Adult 18+	Senior 60+	Senior Couple	Family*
Annual Pass	\$213	\$319	\$258	\$455	\$713
Quarterly Pass	\$70	\$91	\$83	\$139	\$215
Monthly Pass	\$25	\$35	\$29	\$51	\$76
10 Punch Pass Card	\$28	\$36	\$29	NA	NA
Daily Fee	\$4	\$5	\$4	\$6	\$15
Auto Debit Monthly	12 @ \$21	12 @ \$29	12 @ \$24	12 @ \$40	12 @ \$61
3 Pay	3 @ \$73	3 @ \$107	3 @ \$87	3 @ \$153	3 @ \$240

**Family: Persons must reside in the same household. Each household is limited to two adults, legally married (including civil union and common law marriage), with the exception of full-time students between the ages of 18 and 24. An unlimited number of persons 17 and under can be included under a family membership.*

Aquatics

4 weeks
\$65/\$71 NR
*5 weeks
\$81.25/\$88.75 NR



**Tuesdays &
Thursdays
from 4-7 pm**

**Private lessons offered on
Wednesdays—\$35/lesson**

NEW TO CATCH THE WAVE?

Visit catchthewaveswim.com to create your online parent portal and register online. If you need assistance with registration or have questions about the program and/or your child, please contact Catch the Wave Director, Nick, by calling 608-340-3030 ext. 5, texting 608-340-3030 or emailing CTWOregon@gmail.com.

ALREADY IN THE CATCH THE WAVE PROGRAM? Log into the parent portal to select Rockhopper Swim Team.

Catch the Wave Swim Club structures the program to provide much more than just swimming lessons. Our curriculum, teacher training, evaluation system, and parent communication are all designed to provide a total Aquatic Education. Our primary technique to achieve water safety is to teach all students to comfortably live in the water. When a student truly learns to live in the water, the strokes come easily. We find that when a child enjoys the lessons, the more successful the learning process is. Therefore, our priority is to create a happy atmosphere.

Small class sizes • Professionally trained teachers
Consistent, year-round approach • Private swim lessons available
Flexible scheduling & make-up classes offered

Penguin Babies

Parent participation is required in the water. Class focus is on water acclimation, submersion, back floating, & independence in the water.

Little Learners

Student focus is on overcoming anxieties associated with the water and parent separation along with introductory back float techniques.

Intermediate

Student focus is on self-rescue foundations through proper stroke and breathing techniques.

Advanced

Student focus is on advanced freestyle and backstroke training with a strong emphasis on kicking & body position.

Elite

Elite is considered our pre-team level. Students focus on swimming efficiency through distance training and coordinating stroke movements.

Party at the

Celebrate a special occasion with friends & family at the Nash Recreation Center! Two room sizes are available to suit your needs.

Splash Bash Rentals

Day	Prairie Room		River Room	
	Available Times	Reservation Fee	Available Times	Reservation Fee
Friday [^]	5:00-7:30 pm	\$69/\$81 NR	5:00-7:30 pm	\$110/\$126 NR
Saturday	11:00 am-2:00 pm	\$76/\$89 NR	11:00 am-12:30 pm 1:00-2:30 pm	\$87/\$98 NR \$87/\$98 NR
Sunday*	12:00-3:00 pm	\$76/\$89 NR	12:00-1:30 pm 2:00-3:30 pm	\$87/\$98 NR \$87/\$98 NR

[^] Friday Pool Schedule only available during Fall/Winter

* Sundays are closed from May through September

Splash Bash Rentals include up to 15 guests in the Prairie Room and 25 guests in the River Room. Additional Guests can attend the Splash Bash at the daily facility rate. Reservations are required at least 2 weeks in advance. When making a reservation, please have an approximate number attending for room set up. Set-up time of 15 minutes prior to the reservation time is allowed for decorating. Refunds will only be considered if notice is given 10 days in advance.

Private Rentals

Day	Time	Under 50 guests	50 or more guests
Friday [^]	8:00-10:00 pm	\$350/\$420 NR	\$400/\$480 NR
Saturday*	3:30-6:30 pm	\$525/\$630 NR	\$600/\$720 NR
Sunday	5:30-7:30 pm	\$525/\$630 NR	\$600/\$720 NR

[^] Friday Private Facility Rental only available during Fall/Winter to coincide with Open Swim Pool Schedule

* Additional hours may be available on Saturdays with advanced notice.

Celebrate your event with the Nash Recreation Center pool and facility all to yourself! These parties occur after the facility has been closed to the general public and pass holders. This is a perfect location for youth groups, sports teams or school after-hours events. For more information or to make a private reservation contact Dan at (815) 732-3101 or dan@oregonpark.org. Private rentals must be booked a minimum of 3 weeks in advance to verify staff scheduling availability.

Party at NASH!

Room Rentals

RIVER ROOM

The River Room has a capacity of 75-100 people. Tables and chairs are provided for events.

- \$45/\$55 NR for first hour
- \$23/\$28 NR per hour after the first hour

PRAIRIE ROOM

The Prairie Room has a capacity of 25 people. Tables and chairs are provided for events.

- \$30/\$35 NR for first hour
- \$15/\$17 NR per hour after the first hour

GYM (HALF)

The Gym features 2 full basketball courts. Each side must be reserved individually. Water only; no other food/drinks.

- \$35/\$41 NR for first hour
- \$17/\$21 NR per hour after the first hour

NEW! Special Party Rentals



SUPER SPORTS PARTY

– Prairie Room & Gym

The Super Sports Party will include setup for Volleyball, Pickleball, Dodgeball or Basketball. Let us know your sport of choice and we will set up the East Gym along with the Prairie Room for a 3-hour rental. The room allows for up to 25 guests and party attendees will be allowed use of the remainder of the facility.

Fee: \$125/\$150 NR



NERF PARTY

– Prairie Room & Gym

Bring your own Nerf branded guns and enjoy a Nerf Party! The party includes a 3-hour rental of the Prairie room and one hour in the East Gym. The East Gym will be setup with bunkers of tumbling equipment for your Nerf fight. The room allows for up to 25 guests and party attendees will be allowed use of the remainder of the facility.

Fee: \$150/\$180 NR



TODDLER TUMBLING PARTY

– River Room

Let us set up our tumbling equipment for your toddler and friends to play. This party package includes 3 hours in our River Room. We can setup tables and chairs for 25 guests along with the equipment.

Fee: \$125/\$150 NR

Special Party Rental Available Hours:

Friday: 5:00–8:00 pm • Saturday: 11:30 am–2:30 pm • Sunday*: 1:30–4:30 pm

** Sundays are closed from May through September*

Aquatics

Swim Programs

Twinges Age: 16+

Let the natural buoyancy and resistance of the water help you improve your joint strength and flexibility along with improving cardiovascular endurance while walking and jogging in the shallow end. Participants do not need to know how to swim.

Water Aerobics Age: 16+

Exercise your entire body without putting stress on your back and joints. This class will work on toning, cardiovascular strength, endurance, and flexibility. All levels can participate, and participants can tailor exercises to their ability.

Deep Water Aerobics

Age: 16+

Deep Water Aerobics is a more intense workout than your typical water aerobics class. Working out in the deep end will allow you to get a cardiovascular workout without the impact. You will also increase your endurance, flexibility and strength. Participants do not need to know how to swim. An aqua jogger belt will be provided.

Lap & Exercise Swim

Age: 7th grade or older

Five lap lanes will be available for lap swim. One lane available for walking/jogging. Bay area will be available for exercise use. Swimming 32 laps is a one mile workout

Open Swim All Ages

All areas of the pool are open for use, including our climbing wall and basketball hoop. Pool toys are allowed in the pool at the discretion of the aquatic staff.

Multi-Use Swim All Ages

Multi-Use Swim is open to all ages; however, children are to be accompanied by an adult ages 13 or older. 2-3 lap lanes will be open. Remainder of the pool and bay area as well as the hot tub will be open for use.

Nash Recreation Center Pool

The Nash pool features stairs to a 3-foot bay area attached to a 25 meter 6 lane pool. The deepest area is 10 feet. The pool is equipped with a handicap chair lift to assist patrons in and out of the pool. After your workout, you can enjoy the 13-person hot tub with both high and low jets.

Hot Tub Hours

The hot tub is available for use during Lap Swim, Open Swim, Water Aerobics, and Twinges classes. You must be at least 16 years old to use the hot tub. The hot tub is equipped with a handicap chair lift to assist patrons in and out of the hot tub.



Water Aerobics Punch Passes

5 punch: \$30/\$36 NR • 15 punch: \$82/\$96 NR

30 punch: \$150/\$180 NR • 50 punch: \$225/\$270 NR

Drop-in Fee: \$9/\$11 NR

Passes are required for Water Aerobics, Deep Water Aerobics & Twinges and are valid for 1 year from date of purchase. No drop-ins are allowed and reservations are required.

Winter/Spring Pool Schedule March 31-May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday (ending 4/27)
Lap Swim	5:45-7:30 am 7:45 am-1:00 pm	5:45-7:30 am 11:30 am-1:00 pm 4:30-6:00 pm	5:45-7:30 am	5:45-7:30 am 11:30 am-1:00 pm 4:30-6:00 pm	5:45-7:30 am		
Multi-Use & Lap Swim			12:00-5:30 pm		3:30-5:30 pm	8:00-10:45 am	3:15-4:15 pm
Open Swim					5:30-7:30 pm	11:00-2:30 pm	12:15-3:15 pm
Reservations are required for Water Aerobics and Twinges.							
Water Aerobics	8:00-9:00 am	8:00-9:00 am		8:00-9:00 am			
Deep Water Aerobics	9:10-10:10 am	9:10-10:10 am		9:10-10:10 am			
Twinges		10:15-11:15 am		10:15-11:15 am			

Please note holiday closures. Reservations for Water Aerobics, Deep Water Aerobics, & Twinges are required; cancellations must be made two hours prior, or a punch pass will be used. Reservations for a class can be made online at oregonpark.org or call 815-732-3101.



Financial Assistance Application Form

*Scan to
apply online!*

The Oregon Park District believes that all residents should have the opportunity to participate in recreation programs regardless of financial ability. Therefore, the Park District will offer a limited amount of reduced, special, or waived financial assistance for those in need. For more information or to apply online, scan the QR code or go to oregonpark.org/financial-assistance.



Name of Applicant: _____

Address: _____ City: _____ State: _____

Telephone Number: Home: _____ Work: _____ Cell: _____

List All Household Members Names & Ages:

1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____

Please complete the following two questions. Provide your total household income and whether your children are eligible for the Free or Reduced Lunch Program at the School District. If necessary, paperwork may be requested to provide proof of qualifications.

Total Household Income: _____

Eligible for Free or Reduced Lunch Program: ☐ Yes ☐ No

Participant Name	Program Name	Program Code	Program Fee

I certify that the above information is true and correct and understand that its accuracy may be verified. I agree to repay, in full, any financial assistance awarded based upon falsified information.

Some programs may include participation requirements and other required criteria to receive financial assistance. Please contact the Park District for further information.

Signature of Applicant

Date

FOR OFFICE USE ONLY-Please do not write below this line

Date Received: _____ **Amount Approved:** _____ **Authorization:** _____



* * Spring Break

LET'S HAVE FUN AT NASH RECREATION CENTER!

~ All activities included with your pass or daily admission ~

~ unless otherwise marked ~

MONDAY, MARCH 24

Open Swim • 1:30-3:30 pm
Volleyball & Basketball • 12:30-3:30 pm • Gym
Open Dodgeball • 4-6 pm • Gym

TUESDAY, MARCH 25

Open Swim • 2:00-3:30 pm
Play Under Lights - Soccer at the Mini Pitch
• 7:00-9:00 pm • Park West

WEDNESDAY, MARCH 26

Open Swim • 2:30-4:30 pm
Volleyball & Basketball • 12:30-3:30 pm • Gym
Four Square in the Air and Board Games
• 4:00 pm-6:00 pm • River Room

THURSDAY, MARCH 27

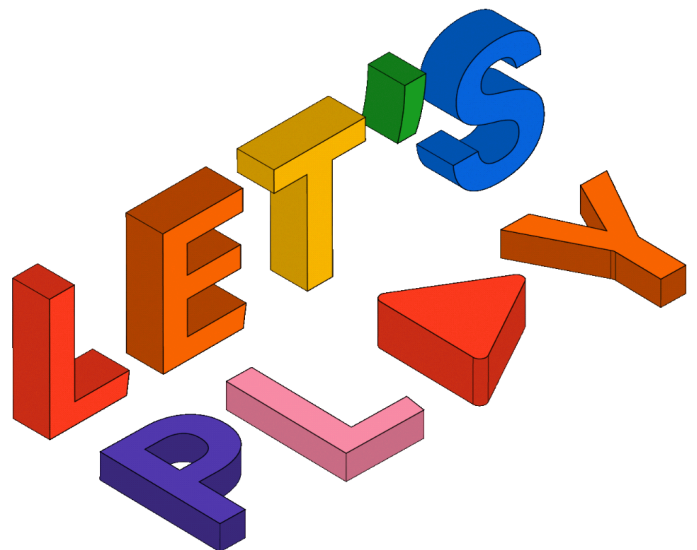
Open Swim • 1:30-3:30 pm
Play under Lights - Kickball at the Mini Pitch
• 7:00-9:00 pm • Park West

FRIDAY, MARCH 28

Open Swim • 1:00-3:00 pm
Volleyball & Basketball • 12:30-3:30 pm • Gym
Nerf Challenge • Rebels vs. Empire • \$5 / person
Pre-Registration Required • 5:30-7:00 pm

MONDAY, APRIL 21

Open Swim • 1:30-3:30 pm



Healthcare Partners

The Oregon Park District is an approved location for Silver Sneakers, Renew Active, Silver & Fit, and Active & Fit. Through these programs, the District is able to provide access to Nash Recreation Center to qualifying members. Please contact the front counter staff at Nash with your membership ID. If you are unsure of what your healthcare plan offers, our staff can assist in determining your eligibility.



SilverSneakers is a fitness and wellness program offered at no additional cost to seniors 65+ on eligible Medicare plans that helps you get active, get fit, and connect with others.



Renew Active is a program offered to select United Healthcare members at no additional cost as part of your plan.



The Silver&Fit Exercise and Healthy Aging Program is offered by health plans to eligible Medicare Advantage/Supplement beneficiaries and group retirees.



The Active&Fit Direct Program offers discounted gym membership options, at-home workout videos, and more. The program is available to millions of eligible members through employer groups, health plans, and benefit hubs.

Fitness



Early Rise with Aimee

Age: 18+

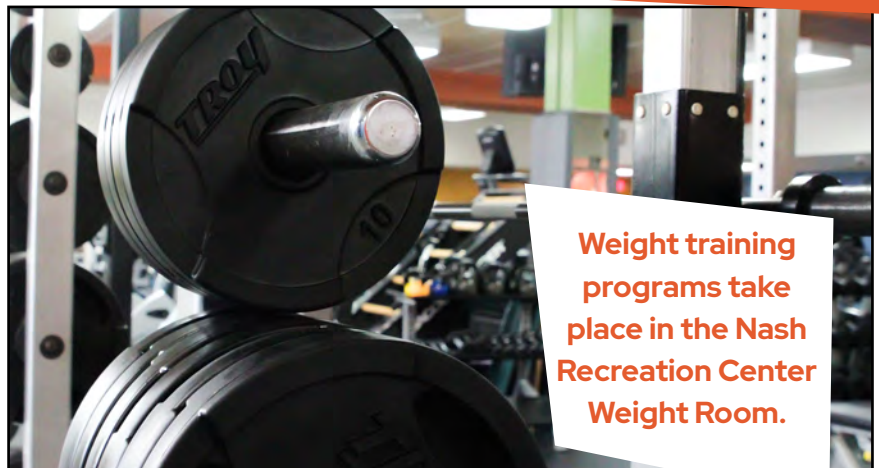
Day: M/W/F

Time: 5:40-6:40 am

Location: River Room

Rise and shine, get your day started with Aimee! This class covers cardio and light to medium weight training to help increase stamina, strength, and flexibility, step aerobics and stretching. This is an excellent way to cross train! Beginner, moderate, and advanced health enthusiasts are all welcome. *No Drop-Ins or Punch Passes, registration only.*

Date	Fee	Deadline
2/3-2/28	\$51/\$62 NR	2/4
3/3-3/31	\$55/\$65 NR	3/4
4/2-4/30	\$55/\$65 NR	4/3
5/2-5/30 <i>*no class 5/26</i>	\$51/\$62 NR	5/3



Weight training programs take place in the Nash Recreation Center Weight Room.

Middle School Fitness Orientation

Dates: Thursdays 2/6, 3/6, 4/3, 5/1, & 6/5 • **Time:** 4:00-5:00 pm

Deadline: 2 days before class • **Students only need to attend one class FREE for Nash Members • \$10 Non-Members**

Are you in 7th or 8th grade and interested in using the free weight area? With successful completion of our weight training orientation, 7th and 8th graders can use the area when accompanied by an adult, 18 years or older. Join Kim Henry, Personal Trainer, for this 1-hour class that will teach basic technique, proper use of equipment and fitness center etiquette.

Fitness



Senior Workouts with Kim

Age: 18+ • Time: 9:15-10:00 am • Location: River Room

Join Kim Henry to get active this winter. Classes will vary each month as we work to get moving! Class registration is monthly and will be held in the River Room. All abilities welcome and exercises can be modified to use a chair. Silver Sneakers are welcome to attend for free but must register and swipe their pass each class!

Date	Fee	Deadline
M/Th 2/3-2/27	\$32/\$38 NR	1/29
M/Th 3/3-3/31	\$36/\$43 NR	2/28
M/Th 4/3-4/28	\$32/\$38 NR	3/30
M/Th 5/1-5/29 <i>*no class 5/26</i>	\$32/\$38 NR	4/27

Glutes 101

Age: 16+ • Date: Mon 3/31-5/5 • Time: 8:15-9:00 am

Location: River Room • Fee: \$40/\$48 NR • Deadline: 3/25

Glutes are all the rage right now! Not only is it aesthetically appealing, it is also beneficial for hip and joint health to have strong glutes and hamstrings! We will meet in the fitness center!

Cybox Circuit Class

Age: 16+ • Location: River Room • Fee: \$40/\$48 NR • Deadline: 2/26

Resistance Training is very beneficial for not only gaining strength, but also for bone and joint health! In this fun class we will do a different Cybox Circuit workout each and every week in the fitness center!

Date	Time
W 4/2-5/7	8:15-9:00 am
Th 4/3-5/8	5:15-6:00 pm

Women's Weightlifting Club

Age: 16+ • Fee: \$160/\$182 NR

Location: Nash Rec Center Weight Room

Join Kim Henry, Personal Trainer, for this 6-week club. Women ages 16 and up will workout together at Nash Fitness Center. Learn new moves, empower each other and get stronger together!

Date	Time	Deadline
M/Th 12/30-2/6	6:15-8:00 pm	12/23
M/Th 2/10-3/20	6:15-8:00 pm	2/3
M/Th 3/24-5/1	6:15-6:45 pm	3/17



Tai Chi

Age: 18+ • Location: River Room

Are you interested in focusing on balance, mindfulness meditation and relaxation? Tai Chi may be the right class for you. Tai Chi is the Chinese internal martial art focused on balance, breathing and centering oneself. Sign up for both Tuesdays and Saturdays in one month and receive 25% off on both registrations.

Date	Fee	Deadline
SATURDAY MORNINGS-8:45-9:30 am		
2/1-2/22	\$25/\$30 NR	2/1
3/1-3/29	\$31/\$36 NR	3/1
4/5-4/26	\$25/\$30 NR	4/5
5/3-5/31	\$31/\$36 NR	5/3
TUESDAY EVENINGS-6:15-7:00 pm		
2/4-2/25	\$25/\$30 NR	2/4
3/4-3/25	\$25/\$30 NR	3/4
4/1-4/29	\$31/\$36 NR	4/1
5/6-5/27	\$25/\$30 NR	5/6

Partners

Do you and a friend both have the same goal? Let one of our trainers coach you both TOGETHER to increase motivation and have an accountability partner!

The session will be a one-hour workout session tailored to your similar goals.

This session includes weigh-in and measurements if desired.

1 Session: \$48/\$58 NR

3 Sessions \$129/\$154 NR

Nutrition/Fitness Package

Are you ready to start the new year with a new mindset or weight loss but don't know where to start? Our personal trainers Jason Donegan & Kim Henry can help you accomplish the next step in your fitness or nutrition journey. This plan will feature a 30-minute meeting with one of our trainers to discuss your goals and develop a personalized 4-6 week plan for fitness and nutritional planning. Once developed, the plan also includes a one-hour follow up meeting to go over your plan and develop exercises to get you started on your custom program.

\$85/\$102 NR

Cost includes 4-6 week plan, ½ hour meeting and 1 hour meeting with a personal trainer.

Meet your Motivators



Jason Donegan is a certified Personal Trainer, Nutritionist and Fitness Coach through ISSA. Jason's passion is to help both youth and adults reach their potential through exercise.



Kim Henry has been a certified Personal Trainer through ISSA since 2005 and specializes in women ages 40+. Her passions is empowering women to meet their full potential.

Whether you are a beginner or want to take your fitness training to the next level, our trainers can provide you with personalized instruction, guidance and the support necessary to achieve your results. All new clients will start with a 1/2 hour consultation where you will discuss your health history, establish fitness goals and even start right away with measurements and/or weigh-in. Call 815-732-3101 to make an appointment. Training is available in both the Nash Fitness Center and the TRX Fitness Room.

1 Hour Session: \$42/\$49 NR

Three 1-Hour Sessions: \$110/\$132 NR

Six 1-Hour Sessions: \$210/\$252 NR

Kettlebell Class

Age: 16+ • Location: River Room

All fitness levels welcome! Using five pounds and up Kettlebells, we will perform full body movements that will increase calorie expenditure and boost metabolism to promote fat loss. Begin with basic moves and progress each class.

Date	Time	Fee	Deadline
M/W 1/6-2/12	8:15-9:00 am	\$65/\$78 NR	12/30
Th 1/9-2/13	5:15-6:00 pm	\$36/\$43 NR	1/6

Vintage Step Class

Age: 16+ • Location: River Room

Let's bring back the old Step Class! All fitness levels welcome! Get ready to burn some calories while listening to all that 90s music! We will start with basic movements and progress at each class!

Date	Time	Fee	Deadline
M/W 2/17-3/26	8:15-9:00 am	\$65/\$78 NR	2/12
Th 2/20-3/27	5:15-6:00 pm	\$36/\$43 NR	2/14

Adult Athletics

Pickleball Open Gym

Age: 18+ • Fee: Nash Membership or Daily Fee

Come and play America's fastest growing sport! Pickleball is often described as a mixture of ping-pong, tennis, and badminton, all played on a mini tennis court with an oversized paddle and a ball similar to a wiffle ball. This game is fast, fun, addictive, and can be played by people of all ages and athletic abilities! Register for your preferred timeslot and enjoy this wonderful sport. To learn more about pickleball you can visit the USA Pickleball Association at: usapa.org.

Date	Days	Time	Excluded Dates
1/3-5/30	M/W/F	8:00 am-12:00 pm	5/2 & 5/26
5/3-5/31	Sat	8:00-10:00 am	-
1/5-4/27	Sun	2:00-5:00 pm	-

Beginners Pickleball Open Gym

Age: 18+ • Date: Mon 1/6-5/26 *not held 1/20, 2/17, 3/24, 4/2

Time: 12:00-1:30 pm • Location: Nash Gym • Fee: Daily fee/Membership

Have you been interested in trying out Pickleball? This game is fast, fun, addictive, and can be played by people of all ages and athletic abilities! Join us for a new beginner's time on Mondays, when you can learn to play with other beginners in a relaxed environment. A few of our regular pickleball players may even be around to give you some tips! To learn more about pickleball you can visit the USA Pickleball Association at: usapa.org. Nash has a limited number of paddles and balls that you can borrow to play.

OCUSD Beginners Pickleball Clinic

Age: 18+

Date: Mon 3/10

Time: 5:00-7:00 pm

Location: Nash Gym

Fee: \$20/\$24 NR • Deadline: 3/5

Are you curious about learning about America's fastest growing sport, Pickleball? Join the Oregon Junior High and High School Gym teachers, Mrs O'Neil, Mr Larson and Mr Carlson for a Beginners Pickleball Clinic and learn what all the hype is about! You will learn the game rules, different strokes and game strategies all while having fun! The instructors are all experienced pickleball players and one of them has traveled extensively in the USA to compete in ranked Pickleball tournaments. All proceeds from this clinic will benefit the Oregon JH and HS Physical Education Departments. Spots are limited in this clinic, so don't wait to sign up! Nash does have a limited number of paddles that you can borrow.



Try our NEW Healthbot Kiosk!

The Health Bot is located in the Nash lobby and allows our residents to keep track of important health measurements such as Blood Pressure, Heart Rate, Weight, and BMI.



Women's Basketball League

Age: 18+

Date: W 4/2-5/7

Time: 6:00-8:00 pm

Location: Nash Gym

Fee: \$125/team • Deadline: 3/26

Womens Basketball League is back at the Oregon Park District! Games are played 3-on-3 on a half court at Nash. Teams will compete in a regular season followed by a tournament to conclude the season. This is a fun opportunity for all skill levels to play in a competitive atmosphere. The league will be self officiated and all players must be 18+ years old and graduated from High School. Number of teams is limited, so register early!

Co-Ed Volleyball

Age: 18+
Date: Th 2/6-4/17
Time: 6:00-8:00 pm
Location: Nash Gym
Fee: \$275/team • **Deadline:** 1/30

Adult Co-ed Volleyball is back at Nash! Games will be played on Thursday nights. This is a fun, semi-competitive league that will consist of a regular season and an end-of-season tournament. Teams may have a maximum of 6 players on the court at one time with no more than 3 males at once. All players must be 18+ and graduated from High School. Mandatory captains meeting will be held on February 6 at 5:30 pm at Nash Recreation Center. A maximum of 8 teams will be allowed—register early!

Sand Volleyball

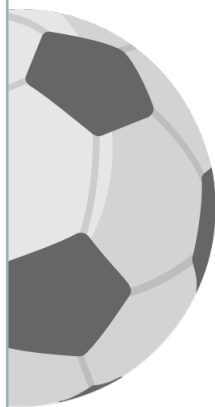
Age: 18+
Date: Th 5/15-7/24
Time: 6:00-10:00 pm
Location: Park West Sand Volleyball Courts
Fee: \$175/team • **Deadline:** 5/7

This Co-Ed Sand Volleyball League will be played at the sand volleyball courts at Park West. There will be a regular season followed by an end-of-season tournament. Teams may have up to 6 players on the court at a time, but may never exceed 3 males on the court. Players must be 18+ and graduated from High School. Gather your friends and come on out for some summer fun on Thursday nights!

Volleyball Open Gym

All Ages
Date: Thursdays 1/9-5/22
Time: 3:30-5:30 pm
Location: Nash Rec Center
Fee: Daily fee/Membership
***No Registration Needed!**

Continue to develop your volleyball skills with a new weekly open gym at Nash Recreation Center. One court will be set up with balls for you to practice and play.



Spring Soccer

Deadline: 2/26

Practices will be held during the week and games are scheduled for Saturdays beginning April 5 in Oregon and surrounding towns. All players are required to provide their own practice balls, which can be purchased for an additional fee. Are you unsure of which age level to sign up for? Reference our age chart below.

3/17-5/10 • Deadline 2/26		
	Year Born	Fee
U6 League	2019 & 2020	\$60/\$72 NR
U7 League	2018	\$60/\$72 NR
U8 League	2017	\$75/\$90 NR
U9 League	2016	\$75/\$90 NR
U10 League	2015	\$75/\$90 NR
U11 League	2014	\$75/\$90 NR
U13 League	2012 & 2013	\$80/\$96 NR
U15 League	2010 & 2011 (No HS players)	\$80/\$96 NR

Indoor Soccer

Age: 3-7
Date: Sat 2/8-3/1
Time: 9:00-12:00 pm
Location: Nash Gym
Fee: \$55/\$66 NR • **Deadline:** 1/20

Practice your soccer skills in the warmth of Nash! Youth players will develop their fundamentals and team playing strategies through a 30-minute practice followed by a 30-minute game every week. All players will receive a t-shirt and their own soccer ball to keep! **Must be 3 years old by 2/10/24 to register.**

Volunteer coaches are needed. Please email lesley@oregonpark.org if you are interested.

Teams are broken up into 3 year olds, 4-5 year olds, and 6-7 year olds.

Open GAGA Ball

All Ages
Dates: Wednesday 1/8-4/30
Time: 2:30-4:00 pm
Location: Prairie Room
Fee: Daily fee/Membership
***No Registration Needed!**

Gaga ball is a fast paced, high-energy sport played in an octagonal pit, combining the skills of dodging, striking, running and jumping while trying to hit opponents with a ball below the knees. Join us on Wednesday afternoons at Nash for Gaga ball games in the Prairie room.

Youth Athletics

Little Baseball Stars

Age: 3-5

Date: M/F 7/7-7/18

Time: 4:00-4:45 pm, 5:00-5:45 pm,
or 6:00-6:45 pm

Location: Off Location

Fee: \$40/\$48 NR • **Deadline:** 6/24

Your child will learn the very basics of baseball in this introductory program, offered by OHS Coach Nate Girton and his baseball players. A parent/adult will be required to attend each evening and may be asked to assist their child throughout the program. Each week, children will learn a new skill and develop a previously learned skills. Catching, running, batting, and safety will be taught. The last night will be a T-Ball game! Only the first 14 participants will be accepted for each time slot. Each child will receive a t-shirt. All proceeds to benefit OHS Baseball program.

T-Ball

Age: 5-6

Date: T/Th 5/27-6/26

Location: Off Location

Fee: \$50/\$60 NR • **Deadline:** 5/13

T-Ball introduces the fundamentals of baseball. All games will be played at Etnyre Field beginning in June. A few practices will be held prior to each team's first game. Players must turn 5 by 6/1 and not turn 7 before 5/1 to be eligible for T-Ball. Players must provide their own glove.

Practice dates and times will vary depending on the preference of the head coach. Parents interested in coaching can contact Lesley Sheffield at 815-732-3101 or email lesley@oregonpark.org.

Girls Coach Pitch Softball

Age: 7-8

Date: M/W 5/5-6/30

Location: Off Location

Fee: \$65/\$78 NR • **Deadline:** 4/1

This Girls league prepares players for softball, allowing them the opportunity to hit a live pitch from their coach. Teams will have practices along with regular scheduled games held in Oregon and Byron beginning the week of May 19. Eligible players must not turn 9 before May 1.

Practice dates and times will vary depending on the Head Coach, the only way to guarantee your child's practice time is to volunteer to coach. Please contact Lesley at 815-732-3101 or lesley@oregonpark.org if you are interested.

Minor Girls Softball

Age: 9-10

Date: 5/5-7/25

Location: Off Location

Fee: \$100/\$120 NR • **Deadline:** 4/1

Minor Girls softball continues to develop players skills, including the introduction of pitching. Games will be played against area towns and will follow a regular practice schedule. There will be an end-of-season tournament to conclude the season. Players must not turn 11 before 5/1 to play in this league. Games are scheduled to begin the week of 5/19.

If you are interested on coaching please contact Lesley at 815-732-3101 or email lesley@oregonpark.org.

Junior Girls Softball

Age: 11-12

Date: 5/5-7/25

Location: Off Location

Fee: \$110/\$132 NR • **Deadline:** 4/1

Players will continue to develop their fundamentals through new skills and strategies. This player-pitch softball league will have games in Oregon and surrounding towns, as well as a regular practice schedule. There will be a tournament following the conclusion of the regular season. Games are scheduled to start the week of 5/19. Players must not turn 13 before 5/1 to play in this league.

Practice times will vary depending on coach preference and field availability. Parents interested in coaching can contact Lesley Sheffield at 815-732-3101 or lesley@oregonpark.org.

Senior Girls Softball

Age: 13-14

Date: 5/5-7/25

Location: Off Location

Fee: \$120/\$144 • **Deadline:** 4/1

While continuing to develop fundamentals, players will learn more complex parts of the game of softball. Games are played in Oregon and surrounding towns during the season. An end-of-year tournament will follow.

Players must not turn 15 before 5/1 to be eligible to play in this league or have attended High School. Games are scheduled to start the week of 5/19.

Interested in coaching? Please email Lesley@oregonpark.org or call 815-732-3101.



Pre-Season Baseball Camp

Date: Sun 5/4-5/18

Location: OHS Baseball Field

Fee: \$25/\$30 NR • **Deadline:** 4/25

Join OHS Baseball Varsity Coaches Nate Girtan, Derrek Rufer, Bailey Elliot, Josh Messenger, Chuck Cain, Dan Salsbury, Travis Stark and their players to get ready for baseball season. This instructional camp will give you hands on practice to perfect your skills this season. Camp will meet on May 4, 11 and 18. All proceeds to benefit the High School Baseball team.

Age Group	Time
7-10	3:00-4:00 pm
11-14	4:00-5:00 pm

Boys Coach Pitch Baseball

Age: 7-8

Date: M/W 5/5-6/30

Location: Off Location

Fee: \$65/\$78 NR • **Deadline:** 4/1

This boys league prepares players for baseball, allowing them the opportunity to hit a live pitch from their coach. Teams will have practices along with regular scheduled games, held in Oregon and Byron, beginning the week of May 19. Eligible players must not turn 9 before 5/1.

Practice dates and times will vary depending on the Head Coach. The only way to guarantee your child's practice time is by volunteering to coach. Please contact Lesley Sheffield at 815-732-3101 or lesley@oregonpark.org if you are interested. Parents will not be contacted with practice schedules until the required number of coaches have been secured.

Youth Athletics

Minor Boys Baseball

Age: 9-10

Date: 5/5-7/25

Location: Off Location

Fee: \$100/\$120 NR • **Deadline:** 4/1

This is a player pitch baseball league that will play games in Oregon and surrounding towns, as well as follow a regular practice schedule. There will be a tournament following the conclusion of the regular season. Players will continue to build their fundamentals while incorporating new skills and strategies. Games are scheduled to begin the week of 5/19. Players must not turn 11 before 5/1 to be eligible for this league.

Practice times will vary depending on coach preference and field availability. Parents interested in coaching can contact Lesley Sheffield at 815-732-3101 or lesley@oregonpark.org.

Leon Gasmund Baseball

Age: 11-12

Date: 5/5-7/25

Location: Off Location

Fee: \$110/\$132 NR • **Deadline:** 4/1

Players will continue to build on their fundamentals while incorporating new skills and strategies. This league will have games in Oregon and surrounding towns, as well as a regular practice schedule. There will be a tournament following the conclusion of the regular season. Players must not turn 13 before 5/1 to be eligible to play in this league. Games are scheduled to start the week of 5/19.

Practice dates and times will vary depending on preference of head coach and field availability. If you are interested in coaching please contact Lesley Sheffield at 815-732-3101 or lesley@oregonpark.org.

Sandy Koufax Baseball

Age: 13-14

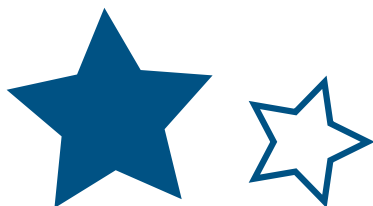
Date: 5/5-7/25

Location: Off Location

Fee: \$120/\$144 NR • **Deadline:** 4/1

While continuing to develop their fundamentals, players will learn more complex aspects of the game of baseball. Games are played against area teams during the season and followed by an end-of-year tournament. Players must not turn 15 before 5/1 to be eligible to play in this league or have attended High School.

Practice days and times will vary depending on preference of Head Coach and Field availability. If you are interested in coaching, please contact Lesley Sheffield at 815-732-3101 or email at lesley@oregonpark.org.



Tumbling



Tiny Tumblers

Age: 3-5 • Day: Wed • Location: Nash Gym

Jump, flip, and roll! This class is perfect for the kids that just love to tumble. Tiny Tumblers focuses exclusively on the fundamentals of tumbling and classroom participation. Through a variety of fun activities your preschooler will learn to cartwheel and roll, listen and follow directions, work independently and cooperate with others. Must be potty trained to participate.

Date	Time	Fee	Deadline
2/5-2/26	4:35-5:20 pm	\$70/\$77 NR	1/29
	5:25-6:10 pm		
	6:15-7:00 pm		
3/5-3/26	4:35-5:20 pm	\$70/\$77 NR	2/26
	5:25-6:10 pm		
	6:15-7:00 pm		
4/2-4/23	4:35-5:20 pm	\$70/\$77 NR	3/26
	5:25-6:10 pm		
	6:15-7:00 pm		
5/7-5/28	4:35-5:20 pm	\$70/\$77 NR	4/23
	5:25-6:10 pm		
	6:15-7:00 pm		

Beginner and Novice

Age: 6-17 • Day: Wed • Location: Nash Gym

Our entry level tumbling class is designed to teach the basics skills and technique needed to safely progress in this dynamic sport. Cartwheels and handstands, power and grace, this exciting class offers 45 minutes of nonstop fun and fitness!

Date	Time	Fee	Deadline
2/5-2/26	4:35-5:20 pm	\$70/\$77 NR	1/29
	5:25-6:10 pm		
	6:15-7:00 pm		
3/5-3/26	4:35-5:20 pm	\$70/\$77 NR	2/26
	5:25-6:10 pm		
	6:15-7:00 pm		
4/2-4/23	4:35-5:20 pm	\$70/\$77 NR	3/26
	5:25-6:10 pm		
	6:15-7:00 pm		
5/7-5/28	4:35-5:20 pm	\$70/\$77 NR	4/23
	5:25-6:10 pm		
	6:15-7:00 pm		

IN MEMORY OF



JOE KERWIN

Joe Kerwin

Baseball & Softball Celebration at Park West

FREE!

SATURDAY, MAY 31 FROM 8:00 AM- 1:00 PM

Celebrate our national pastime with a double header on both Park West ball diamonds. Between games, we will host a season kickoff ceremony where we celebrate our youth baseball and softball players with their volunteer coaches. This annual event is held in honor of former Oregon Park District employee and scorekeeper Joe Kerwin. Members of the Kerwin family will be present to recognize the 2025 Joe Kerwin Player of the Game award recipients. These awards recognize players who demonstrate exceptional sportsmanship and a positive attitude. Come pack the park and enjoy four games of youth baseball and softball at the 2025 Joe Kerwin Memorial Baseball & Softball Kickoff! This FREE community event celebrates the positive impacts of youth sports and honors the contributions of the Kerwin family. *Rain Date June 7*

Adult Activities

get cooking with Lynnie's Kitchen!



Homemade Pasta

Age: 16+ • Date: Th 3/6 • Time: 6:00–7:00 pm

Location: Cork & Tap • Fee: \$55/\$65 NR

Deadline: 2/27

Back by popular request—learn to make your own homemade pasta by hand! We will make a made-from scratch dough and create ribbon and shaped pasta to take home and enjoy. Learn an irresistible sauce recipe too! Pasta making works best with a team. Participants will be assigned a partner in class. Participants will need to bring some dishes and utensils from home. Full supply list will be distributed by email after registration closes.



Italian Stromboli

Age: 16+ • Date: Wed 4/2 • Time: 6:00–7:00 pm

Location: Cork & Tap • Fee: \$55/\$65 NR

Deadline: 3/26

Lynnie's Kitchen brings us a delicious Italian Stromboli stuffed with flavorful meats and cheeses. Create a made from scratch dough and sauce and assemble your dish to take home and bake. Prepare a whole family meal with one fun dish. Participants will need to bring some dishes and utensils from home, full supply list will be distributed by email after registration closes. Gluten-free option available by request.



Strawberry Rhubarb Cheesecake

Age: 16+ • Date: Th 5/8 • Time: 6:00–7:00 pm

Location: Cork & Tap • Fee: \$55/\$65 NR

Deadline: 5/1

Get ready for summer with a delicious no-bake dessert. Create a sweet crust, filling, and topping ready to eat in a no-bake cheesecake! Option to prepare as strawberry only or strawberry rhubarb to please anyone's palette. Perfect dessert to serve for Mother's Day gatherings. Participants will need to bring some dishes and utensils from home, full supply list will be shared by email after registration closes.



Get Smart with Outdoor Apps

Age: 16+

Date: Fri 5/16

Time: 2:00–4:00 pm

Location: Nachusa Grasslands

Fee: \$5/\$6 NR • Deadline: 5/9

Nature-based apps are all the rage, but how should we use them, and what are they good for? Come find out at a special Oregon Park District collaboration with The Nature Conservancy at Nachusa Grasslands! There will be a classroom session on how to best use several free nature-based apps like Merlin Bird ID, Seek, and iNaturalist. We will meet and greet with The Nature Conservancy staff who use these apps every day for observations and research, and enjoy an outdoor practice session at Nachusa Grasslands. We will meet at the Nachusa Grasslands headquarters, then drive to a hiking area for outdoor practice. Participants must have their own transportation, proceeds will be used to support Oregon Park District outdoor education programs.

Bird and Butterfly Gardening with Hidden Timber Gardens

Age: 16+

Date: Tu 6/17

Time: 6:00–7:00 pm

Location: Hidden Timber Gardens

Fee: \$34/\$39 NR • Deadline: 6/10

Turn your backyard into a hotspot for birds and butterflies with help from Hidden Timber Gardens. We will enjoy a program on what makes a space appealing to our fine flying friends, including tips and tricks on plant selection and placement. Learn about some of our most enjoyable butterflies and birds that may visit your yard but do not eat at feeders. Enjoy special after-hours shopping at Hidden Timber Gardens with brainstorming time for your own home. Each registration includes a \$25 prepaid voucher for plant shopping.



Adult Activities

Dip, Sip and Shop!

Age: 21+
Date: Fri 3/14
Time: 6:00-7:00 pm
Location: Cork & Tap
Fee: \$28/\$33 NR • Deadline: 3/7

Looking for a fun night out in Oregon to kick off Spring? Join us at Cork and Tap where we will sip and dip! This pairing will feature heavy appetizers paired with drinks that will compliment. The pairing will also pair with the kick-off of Oregon businesses Spring Open Houses. Receive coupons to shop either Friday night or Saturday and discover everything Oregon has to offer!

Businesses interested in participating please contact Teresa@oregonpark.org.

Souper Bowl Sunday at Cork & Tap

Age: 21+
Date: Sun 1/19
Time: 2:00-3:00 pm
Location: Cork & Tap
Fee: \$27/\$30 NR • Deadline: 1/13

Join us for a Souper Bowl Sunday at Cork & Tap! This pairing will feature two soups, gourmet grilled cheese and a sweet treat from CheeseKake Co. to enjoy. Cork & Tap will pair this January meal with your choice of a beer or wine flight!

Bingo, Brownies & Booze!

Age: 21+
Time: 6:00-8:30 pm
Location: Cork & Tap
Fee: \$12/\$14 NR

Who doesn't love BINGO! Join us at Cork & Tap where we will play bingo for prizes, enjoy a specialty brownie from Teresa's Treats and a drink of your choice from Cork & Tap while playing for fun! Check-in at 6 pm; Bingo begins at 6:30 pm.

Date	Deadline
1/9	1/2
3/13	3/6



Galentine's Day Pairing

Age: 21+
Date: Fri 2/7
Time: 6:30-7:30 pm
Location: Cork & Tap
Fee: \$27/\$31 NR • Deadline: 2/2

Grab your friends and celebrate Galentine's Day with this fun pairing featuring 4 delicious treats paired with four specialty cocktails. Treats provided by The Noble Cakery, CheeseKake Co., Jen's Artisan Breads and Teresa's Treats! Cork and Tap will pair these treats with 4 unique cocktails to enhance the flavors.



Date Night Paint Party

Age: 18+
Date: Wed 2/12
Time: 6:00-8:00 pm
Location: Cork & Tap
Fee: \$85/\$100 NR • Deadline: 2/5

Looking for a fun valentine's day date night? Come to Cork & Tap for a couples painting date night with Kara Schabacker. Each partner paints their own canvas, and then the two canvases are put together to make one complete picture. Each registration includes materials for two, only one partner needs to register.

Adult Activities



Happily Handmade



Jump into Ceramics with Happily Handmade

Age: 8+
Date: Wed 1/15 & 1/22
Time: 6:00-8:00 pm
Location: Happily Handmade
Fee: \$70/\$84 • Deadline: 1/12

Jump into Ceramics with two handmade mini-projects, form and glaze a charming mini-wall pot and frog-shaped sponge holder. This is a two-part workshop where part one will be shaping the project and part two will be glazing to make them ready for use at home. This class is more suitable for a grown up skill level, but children 8-12 may participate if accompanied by a registered adult.

Garden Stones with Happily Handmade

Age: 8+
Date: Wed 4/9 & 4/16
Time: 6:00-8:00 pm
Location: Happily Handmade
Fee: \$70/\$84 • Deadline: 4/2

Add a personal touch to your garden this year with a clay garden stone at Happily Handmade 815. Fun to make and easy to customize, garden stones are a great spring art project. This is a two part workshop where part 1 will be shaping the stone and part 2 will be glazing the stone to make it weather-resistant. This class is more suitable for a grown up skill level, but children 8-12 may participate if accompanied by a registered adult.

February Fiber Art with Happily Handmade

Age: 8+
Date: Wed 3/12
Time: 6:00-8:00 pm
Fee: \$40/\$48 • Deadline: 2/5

Age: 8+
Date: Wed 3/19
Time: 6:00-8:00 pm
Fee: \$40/\$48 • Deadline: 2/12

Winter is the perfect time to warm up with fiber art. Happily Handmade 815 is leading two fiber art projects, cross stitch on February 12, and felting on February 19. Sign up for one or both. These programs are best suited for an adult skill level, but children aged 8-12 may participate if accompanied by a registered adult.

Ceramics 101-Make a Mug with Happily Handmade

Age: 8+ • Date: Wed 3/12 & 3/19 • Time: 6:00-8:00 pm
Location: Happily Handmade • Fee: \$70/\$84 • Deadline: 3/5

Back by popular request! Mugs are the perfect starter project for anyone who has ever been curious about working with clay. This time, participants can choose between a standard mug with a handle or the hug mug design that wraps over your fingers. This is a two-part workshop: part one will be forming the shape of the mug, and part two will be glazing to make them ready to use at home. Instructor Tonya Hardy will kiln-fire all projects between deadline, and finished products can be picked up anytime after March 26 during regular studio hours. This class is more suited for a grown up skill level, but children 8-12 may participate if accompanied by a registered adult.



Rock River Blood Center Blood Drive

Dec. 30 from 11:30 am-5:00 pm;
Mar. 20 & Jul. 17 from 1:00-6:00 pm
Nash Rec Center River Room

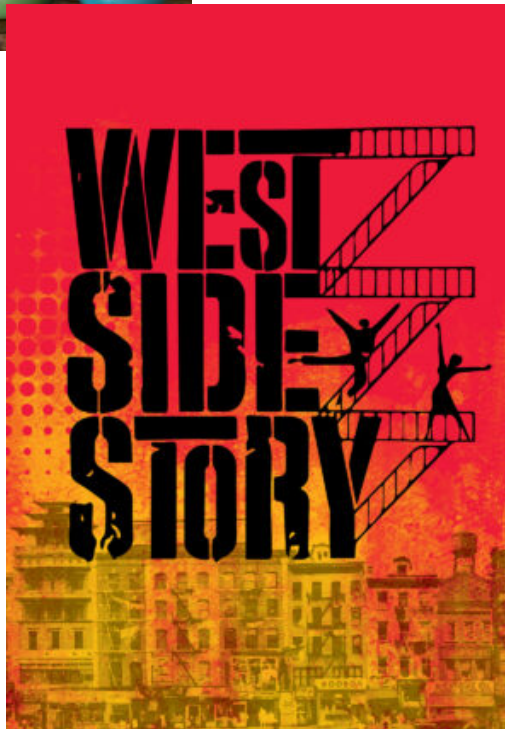
Give back this year by joining us in donating blood with the Rock River Blood Center in the River Room at Nash.

Your donation can save up to 3 lives and you're sure to get that amazing feeling of accomplishment and satisfaction

for helping. Guidelines for donating blood change frequently, so

if you have questions about whether you qualify to donate, please talk to a donor care specialist by calling (815)-965-8751 or check out www.rrvbc.org.

To schedule an appointment for one of our drives please contact Tina at (815)732-3101 or tina@oregonpark.org or tina@oregonpark.org.



West Side Story at the Fireside

Age: 18+ • Date: Fri 4/4 • Location: Fort Atkinson, WI • Deadline: 3/3

From the first notes to the final breath, WEST SIDE STORY is a theatrical event not to be missed. Shakespeare's Romeo and Juliet is transported to modern-day New York City as two young lovers find themselves caught between warring street gangs. Their struggle to survive in a world of hate, violence, and prejudice is one of the most innovative, heart-wrenching, and relevant musical dramas of our time. Broadway legends Arthur Laurents, Leonard Bernstein, Stephen Sondheim, and Jerome Robbins created a show that is both ageless and as fresh as tomorrow's headlines. Join us for this landmark musical and epic tale of love eternal.

Enjoy a matinee showing of this fantastic performance with Oregon Park District. Registration includes prepaid gratuity, luncheon, performance, and the option of using Park District Transportation. Entree choices of sliced pork tenderloin, coconut chicken, seared halibut, and vegetarian stuffed bell peppers.

Ticket Type	Time	Fee
With Transportation	8:30 am-6:30 pm	\$102/\$112
Without Transportation	10:00 am-4:00 pm	\$92/\$102

Eagle Watching Road Trip

Age: 21+

Date: Fri 2/21 (Rain date 2/28)

Time: 9:00 am-6:00 pm

Fee: \$20/\$24 NR • Deadline: 2/14

Can't get enough eagle action? Take a trip to the Mississippi River to see eagles, swans, geese, and ducks by the hundreds! We will start our day at Nash Recreation Center and take an Oregon Park District van to Lock and Dam 13, then travel up the river to Bellevue, Iowa for a meal stop at River Ridge Brewing before heading home. There will be multiple stops during the day to get out and see the birds led by an experienced birding guide. Most stops will be at scenic overlooks with minimal walking. Oregon Park District will even supply binoculars! Registration includes transportation and guided birding program. Please bring money for meal at the restaurant.



First Friday Mystery Trips!

Age: 21+ • Time: 9:00 am-6:00 pm • Fee: \$20/\$24 NR

Destination..... unknown! Take a road trip to explore a fun location in northern Illinois or Southern Wisconsin. The only catch is that you will not know where you are going until the wheels hit the road! Each trip will include a stop at one or more attractions and a meal stop. Registration covers trip transportation, please bring money for attraction admission (under \$15) and meals. Themes and estimated walking distances are below.

Date	Theme	Deadline
Fri 5/2	Craft Beer Tour (moderate walking)	4/25
Fri 6/6	Fun in the Gardens (moderate walking)	5/30
Fri 8/1	Wine & Dine (minimal walking)	7/25

Youth Activities



Kids' Paint with Kara

Age: 5-12

Date: Wed 2/12

Time: 2:30-4:00 pm

Location: River Room

Fee: \$25/\$30 • **Deadline:** 2/5

Join Kara Schabacker to paint a Valentine's themed painting. Acrylic paints will be used and kids will paint a canvas to take home and display.

Paint with Kara-Mother/Child Partner Session

Age: 6+

Date: Wed 5/7

Time: 6:00-8:00 pm

Location: River Room

Fee: \$75/\$90 • **Deadline:** 4/30

Partner painting is the perfect activity for moms and kids on Mother's Day! Each person paints one canvas, and the two unite to make a single piece. Each registration includes one adult and one child. Only the adult needs to register.

Paint with Kara-Father/Child Partner Session

Age: 6+

Date: Wed 6/11

Time: 6:00-8:00 pm

Location: River Room

Fee: \$75/\$90 • **Deadline:** 6/4

It's dad's turn, just in time for Father's day. Get some quality father-child time to celebrate dad's special day. Each person paints one canvas, and the two unite to make a single piece. Each registration includes one adult and one child. Only the adult needs to register.

Mini-anapolis 500

Age: 3-10

Date: Wed 5/21

Location: Park West Soccer Fields

Fee: \$8/\$10 • **Deadline:** 5/14

Celebrate the big race with a special mini race just for kids! Oregon Park District's first ever Mini-anapolis 500 offers kids ages 3-10 the chance to race in Park West in their own ride-on car toys. Race track will be on grass, with 5-lap races for different age groups. Oregon Park District will award prizes in each heat for first place, second place, and best decorated car! Maximum battery power 12V for ages 6 and under, 24V for 7-10. All riders must wear helmets (bicycle helmets are fine). All ride-ons must be operated by the kids, no remote controls. Additional heats may be added depending on registration numbers.

Age	Time
3-4	4:00-4:20 pm
5-6	4:20-4:40 pm
7-8	4:40-5:00 pm
9-10	5:00-5:20 pm



Tie Dye Peace Sign

Age: 12+

Date: Sat 4/12

Time: 4:00-6:00 pm

Location: Cin's Treasures

Fee: \$25/\$30

Deadline: 4/5

Spring means time for bright colors! Come to Cin's Treasures Ceramics and Art Studio in Conover Square mall for a fun painting class. Finished canvas will measure 12x12. This painting program is great for older children or young adults looking for a fun intro to painting.



Stronghold Castle Eagle-Watch and Brunch

All Ages

Date: Sat 1/11

Time: 9:00 am-12:00 pm

Location: Stronghold Castle

Fee: \$33/\$39 NR • **Deadline:** 1/4

Watch for eagles in a castle! Stronghold Camp and Retreat Center is opening its doors for a special celebration of the winter eagle-watching tradition. Doors will open at 9:00, and we will enjoy a full brunch buffet served at 9:30. During the brunch, we will enjoy a program on bald eagles and other Illinois winter birds. Eagle-watching will take place from Stronghold Castle after the meal and program, including the option to enjoy a full castle tour. Stronghold Camp and Retreat Center's dining facilities are fully wheelchair accessible, but the castle is not and contains stairs.

Registration includes brunch buffet, presentation, optional castle tour, and eagle watching. Registrations for this unique event make great gifts. Bring your binoculars and your appetite.

Family Fun Night

All Ages

Date: Fri 3/14

Time: 5:30-8:00 pm

Location: Nash Rec Center

Fee: \$5/person

Come and support the Oregon High School senior class of 2025! Family Fun night features open swim until 7:30 pm, inflatable fun in the gym, crafts, dodgeball, and more! Admission is \$5 per person at the door. Proceeds will be used to support senior class activities including spring prom.



CAMP OPD: THROUGH THE AGES

Camp OPD 2025 will travel through history with our activities and field trips. Camp begins on Wednesday, May 28 and runs daily through August 8, except for July 3 & 4. We will spend time each day doing active play, swimming, making crafts, exploring history and so much more! Field Trips will happen this summer on Tuesdays and will be announced in mid-March for the summer.

REGISTRATION BEGINS ON MARCH 25 | FINAL FIELD TRIPS WILL BE RELEASED IN MID-MARCH

Spring Flower & Plant Sale

This year's spring flower and plant sale is a collaboration between Oregon Park District and the Oregon High School FFA. Kickstart the growing season with a fantastic selection of vegetable, annual, and perennial plants for sale at the high school greenhouse. All vendor registration fees will be donated to the Oregon High School FFA. Each registration is for a 10 x 10 plot, and vendors must bring their own equipment. Vendors with extra large inventories can register for multiple plots.

Saturday, May 10 • 8:00 am-1:00 pm • OHS Greenhouse Parking Lot • \$15/\$18 NR • Deadline: 5/3



FOOD TRUCK

Seeking Food Truck Vendors!

Concert in the Park Vendors/Food Trucks are able to provide food/drinks/treats, etc at the Concerts in the Park which average 500+ people/concert. There will be no duplicate foods (first come/first served-approved upon registration). Food vendors must provide copies of health permit, license and insurance.

Concert Series: Tuesdays 6/17-7/22 from 6:30-8:00 pm

Family Fun Night: Tuesday 7/29 from 5:30-8:30 pm

\$50/\$60 NR *Fee covers all 6 Concerts in the Park and Family Fun Night



Youth Activities

Cabin Fever

Age: 3+

Date: Fri 1/31

Time: 5:30-8:00 pm

Location: River Room

Fee: \$5 • **Deadline:** 1/31



Who has Cabin Fever?!? We've got the answer! Join us at Nash for a Family Fun Night led by our Children's Center coordinators, Mrs. Crandall and Ms. Teresa! Inflatables, dodge ball, crafts in the Children's Center, Family Bingo in the River Room and swimming! Everyone is welcome and we'd love to see past Children's Center families too!!!

Swimming from 5:30-7:30 pm

Crafts from 5:30-6:30 pm

Inflatables from 5:30-8:00 pm

Family Bingo from 6:45-7:45 pm

Dodgeball from 7:00-8:30 pm

Mother-Son Date Night

Age: 3-12

Date: Fri 3/7

Time: 6:30-8:30 pm

Location: River's Edge Experience

Fee: \$20/\$24 (Adult add-on \$12)

Deadline: 2/23

Go all out for the 80s with the annual mother-son date night. This fantastic party will feature some of the greatest music ever made plus games, refreshments, and more! Come and enjoy an evening of memories with your little ones. Dress for a fancy night out or to fit the theme. Substitute moms (big sisters, aunts, grandmas, etc.) are welcome. This beloved tradition will take place at River's Edge Experience. Each children's registration includes a Cork & Tap mocktail.

Do you Wanna Build a Snowman? Photo Contest!

All Ages

Submissions due by Fri 1/31

FREE!



Enjoy family winter fun and compete in Oregon Park District's virtual snowman building contest. Build a snowman at home and email caleb@oregonpark.org a picture of your entry including the name of your snowman. Send your pictures by midnight on January 31 and pictures will be posted to Oregon Park District's Facebook page on Tuesday, February 4. Whichever family's snowman has the most likes by 8:00 am on February 7 will win a free Nash Recreation Center family quarterly membership. Participation in this virtual contest is FREE, get outside and have some family fun in the snow.

Daddy-Daughter Dance

Age: 3-12

Date: Sat 3/8

Time: 6:30-8:30 pm

Location: River's Edge Experience

Fee: \$20/\$24 (Adult add-on \$12)

Deadline: 2/23

The beloved daddy-daughter dance is a blast to the past with a fun 1980s theme! Make lifetime memories in Oregon's premier event venue. Enjoy music, dancing, games and more to make a special evening with your favorite little ones. Professional photos can be purchased on-site. Substitute dads (grandpas, big brothers, uncles, etc) are welcome. Dress for the theme or for a fancy night out. Each Children's Registration includes a Cork & Tap mocktail.



Toddler Drop-in & Play

Age: 0-5

Date: Fri 10/18/24-4/11/25*

Time: 9:00 am-12:00 pm

Fee: FREE/Daily Fee for non-members

Location: River Room

**No class held 1/3, 2/14, 3/28*

Bring your child aged 0-5 to the River Room to play and meet friends. The cost will be free for passholders or the daily fee for non-passholders. Children *under 5 are free. Children must be accompanied by an adult who stays in the room with them at all times.*

Once a month, we will have a craft activity for you to complete with your child.

1/17: Cotton ball snowman

2/7: Beaded hearts

3/14: St. Patrick's Day Rainbow Hats

4/11: Easter Bunnies

Toddler Gym with Nancy

Age: 1-3

Day: Thursday

Time: 11:30 am-12:15 pm

Location: River Room

Let's head to the gym and burn off some energy! These sessions will include marching, jumping, skipping and dancing. Class is instructed by Nancy Crandall. Class includes structured play, free play and parachute time. Toddlers must be accompanied by a caregiver. Classes are held in the River Room at Nash Recreation Center.

Date	Fee	Deadline
1/9-1/30	\$25/\$30 NR	1/2
2/6-2/27	\$25/\$30 NR	1/30

get outdoors with OPD!

Youth Activities

Earth Day Celebration

All Ages

Date: Tu 4/22 (Rain date 4/23)

Time: 3:30–5:30 pm

Location: Park West

FREE!

Come to Park West and enjoy the natural side of Oregon's fantastic parks this Earth Day. We will have a craft station at the lower shelter, games at the upper shelter, and a scavenger hunt throughout the park. This free, drop in style program can be done at your own pace. Oregon Park District's Earth Day event is sponsored by E.D. Etnyre Co.



Pop Up & Play Under the Lights

Age: 6+

Date: Tu 3/25 & Th 3/27

Time: 7:00–9:00 pm

Location: Park West

FREE!

Come to Park West and play after the sun goes down during spring break! Enjoy games of kickball and mini pitch under the lights during spring break. These fun play opportunities are made free to the community through generous support from E.D. Etnyre Co. No registration, no cost, just come play. Teams will be made on the night of the games based on whoever arrives to play. Mini-pitch night is on Tuesday, and kickball is on Thursday.

Splash Pad Re-Opening Party!

All Ages

Date: Tu 5/27

Time: 1:00–4:00 pm

FREE!

The Park West splash pad is a family favorite every summer. Celebrate the annual reopening of the splash pad with a pop-up and play party! We will have music and a bubble machine, water toys, sidewalk chalk at the picnic shelter, and free Popsicles while they last. Bring your swimsuit and beach towel and enjoy family summer fun. No registration, no cost to participate, just come play. No pets on the splash pad. This family program is made free to our community by E.D. Etnyre Co.

Earth Day Garden Party with Lunnyie's Kitchen

Age: 8+

Date: Wed 4/23

Time: 6:00–7:00 pm

Location: Nash Recreation Center

Fee: \$45/\$55 NR • **Deadline:** 4/16

Have a budding chef in the family? Come to Nash and enjoy a fun parent-child culinary class with Lunnyie's Kitchen. We will prepare garden themed dessert dishes ready to take home and enjoy or bake at the end of the class. *Only register the child, registration cost includes the parent.* Partner pairs will need to bring some dishes and utensils from home, supply list will be distributed by email after registration closes.

The Force Takes Flight!

Age: 5+

Date: Wed 4/30

Time: 2:30–4:30 pm

Location: Park West Lower Shelter

Fee: \$5/\$6 NR • **Deadline:** 4/23

The force is with this program! Celebrate Star Wars Day with a fun building challenge. Teams of people will be given an identical plastic bottle, and an assortment of building and craft materials to make into a Star Wars inspired starfighter model. Then we will launch the models and see which one flies the highest. Teams can be families or friends groups, but at least one adult must be on each team. *Each person attending must be registered.*

Family Bingo in the Park

Age: 3+

Date: Wed 5/14

Time: 2:30–3:30 pm

Location: Park West Lower Shelter

Fee: \$5/\$6 NR • **Deadline:** 5/10

Looking for family fun to kick off the summer? Come out and play bingo in the Park West Picnic shelter for fun family friendly prizes. Each registration includes a set of 5 bingo cards for 5 games. We will have multiple winners each game and some extra special grand prizes in the finale game. Everyone is welcome to stay and enjoy the playground after the bingo games are done. *Rain location: Nash Rec Center River Room*

Youth Activities



Easter Egg Hunting for all ages!

Easter Egg Hunt

Date: Th 4/17 • **Location:** Park West Lower Shelter • **FREE!** • **Deadline:** 4/10

The Easter Bunny is on his way to Park West! Grab your favorite basket and come join in the fun. The traditional Easter Egg hunts are perfect for children in 4th grade and under. Each age group will have their own area for hunting in, and start times are staggered by age group throughout the afternoon. The Easter Bunny will be there in person for family pictures. Pre-registration is FREE but REQUIRED for all egg hunters.

Age Group	Time
Toddler/Pre-K (with parent)	6:00-6:15 pm
Pre-K/Kindergarten (without parent)	6:15-6:30 pm
1st & 2nd grades	6:30-6:45 pm
3rd & 4th grades	6:45-7:00 pm

Aqua Egg Hunt

Age: 5-14

Location: Nash Rec Center Pool

Fee: \$10/\$12 • **Deadline:** 4/11

Enjoy an open swim with Easter Egg Hunting! The pool will be marked into egg hunting areas by age group. Kids can find tokens inside the eggs to exchange for candy and fun prizes. All children must be accompanied by an adult in the pool area. The Easter Bunny will be making an appearance. All family members are welcome to come and enjoy the swim after all the eggs are gone. To ensure the safety of all participants, plastic bags are not permitted and baskets must be left on the pool deck.

Age	Date	Time
5-6	Fri 4/18	1:30-1:45 pm
7-8		
9-11		2:00-2:15 pm
12-14		

Flashlight Easter Egg Hunt

Age: 5th-8th grades

Date: Th 4/17

Location: Park West Lower Shelter

Fee: FREE • **Deadline:** 4/10

Looking for Easter Fun but too old for the traditional egg hunt? Come to Park West for the annual flashlight Easter Egg Hunt! Grab a flashlight and a basket and hunt for fun prizes before they all disappear. The flashlight Easter Egg hunt is for students in 5th- 8th grades, with a separate time slot and hunt area for the 5th/6th and 7th/8th cohort. Pre-registration is FREE but REQUIRED for all egg hunters.

Age Group	Time
5th/6th	8:30-9:00 pm
7th/8th	9:00-9:30 pm

The Oregon Park District Children's Center program is designed to help prepare your child for kindergarten. Children will learn both indoors and outdoors utilizing both of our classrooms. Mrs. Crandall and Mrs. Teresa have developed a curriculum to assist your child's social and emotional development as well as providing kindergarten readiness skills.

Drop-off and pick-up will occur at our Children's Center entrance located at School Street and South 6th Street. This location allows for you to drop your child off at the entrance from your car directly to our teachers.

The Tuesday/Thursday class is geared towards 3-year-olds and younger 4-year-olds. Class meets from 8:15-10:45 am two

days per week. Children must be at least 3 years old to attend the two-day class. The cost is \$140R/\$168NR.

The Monday/Wednesday/Friday class is structured for 4-year-olds and younger 5-year-olds. Children must be at least 4 years old by 9/1 to attend. The class will meet on Monday and Friday from 8:15-11 am. Wednesday class will meet from 8:15 am-12 pm. Children will bring a packed lunch each Wednesday and enjoy lunch with their teachers. Cost is \$175R/\$210NR.

Children must be potty trained by the first day of class. A copy of child's birth certificate is required at registration.

Registration for the 2025-26 school year will be Saturday, March 8, 2025, beginning at 7:30 am. For more information contact tina@oregonpark.org.

Tuition Assistance:

Application and guidelines are available at Nash Rec Center for the A. Charles and Lillimore Lawrence Scholarship. call 815-732-3101 or e-mail tina@oregonpark.org.

To register for either program, please call Nash (815) 732-3101. A deposit is required at the time of registration. The deposit is non-refundable and applied towards your September tuition. Monthly tuition payments will begin in October 2025.

OPEN HOUSE

Date: Tuesday, February 25

Time: 4:30 - 6:00 p.m.

Location: Children's Center entrance at the Nash Recreation Center

EXTENDED TIME

Enroll your child in Extended Time Before School Care. Staff engage students in both recreational and educational activities that encourage teamwork, self-confidence and fun.

Age: 5-12 • Location: OES (Room 138)

AFTER SCHOOL

- M/Tu/Th/F 3:00-5:30 pm-\$9 day/per student
- Wednesday 2:00-5:30 pm-\$13 day/per student
- Registration Deadline: 25th of the month prior
- Children can come straight to the ET room after school! Daily afternoon schedule includes time for a snack, homework, themed projects, and physical activity.
- Please ensure we have all information updated in our online registration system (including payment) by the 25th of the month prior to attendance. \$2/student/day late fee with a max of \$20.
- NO registrations are accepted after the first of the month.



Education



spend spring break with us!

Spring Break Nature School at Camp Emmaus

Age: 6+ • Time: 1:30–3:30 pm • Location: Camp Emmaus

Fee: \$18/\$22 NR per session

When Spring Break is here, take school outside to Camp Emmaus at the intersection of Ridge and Camp Roads near Mt. Morris. Your instructors will be Randall Westfall of Camp Emmaus and Caleb Jenks of Oregon Park District. This special program collaboration is open to ages 6 and up, ages 12 and under must be accompanied by a registered, participating adult. Each day features a different nature-based theme.

Date	Theme	Deadline
Mon 3/24	Slingshots and Primitive Tools	3/17
Wed 3/26	Wild Animal Tracking Workshop	3/19
Fri 3/28	Birds and Bird Language	3/21

Spring Break Family Stay-cation Fun

Age: 3+ • Time: 1:00–3:00 pm • Location: River Room • Fee: \$5/\$6 NR per session

Staying local for spring break? Enjoy OPD's Family Stay-Cation Series. Each day features a different fun theme for friendly competition between families. We will meet in the River Room at Nash, but may also go to the gym or reading nook depending on theme and weather. These programs are perfect for parent-child or grandparent combos. Affordable family-friendly fun with chances to meet other families and win fun prize giveaways in each session. Everyone in attendance must register.

Date	Theme	Deadline
Tu 3/25	Minute to Win it & Relay Race Challenges	3/18
Th 3/27	Bingo & Giant Board Games	3/20

Spring Break Day Camp

Age: 5-12 • Date: M-F 3/24–3/28 • Time: 7:30 am–5:00 pm • Location: Prairie Room

Fee: \$45/\$55 NR per session or \$200/\$250 NR for the week • Deadline: 3/17

Join us at Nash for Spring Break! We will visit our parks and do activities specific to each park. Plus we will do crafts, swim, play games and have a nutritious snack. Campers will need a lunch and water bottle each day as well as their swimsuit and towel. **Sign up for the whole week and save money! Cost for the week is \$200/\$250 NR. Call Nash for assistance signing up for the whole week.**



Valentine's Day at Carlson Ice Arena

Age: 5-12

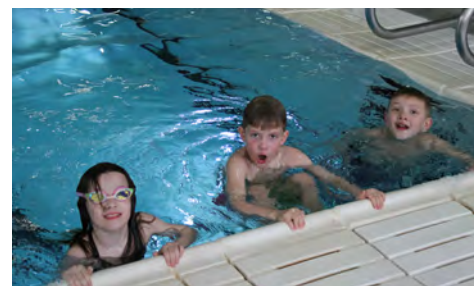
Date: Fri 2/14

Time: 7:30 am–5:00 pm

Location: Meet in Prairie Room

Fee: \$60/\$72 NR • Deadline: 1/31

There is no school on February 14 and that means fun with the Oregon Park District. Join us as we venture to Carlson Ice Arena-Sappora Playworld for the day. We will begin and end our day at Nash. Fee includes admission to the Ice Arena, playworld and skate rental as well as a nutritious snack. Carlson does have skate walkers that the campers can use. Campers will need to dress for skating and wear socks.



President's Day at Nash

Age: 5-12

Date: Mon 2/17

Time: 7:30 am–5:00 pm

Location: Prairie Room

Fee: \$50/\$60 NR • Deadline: 2/2

There is no school on February 17 which means fun times at Nash! We will spend our day playing games, doing crafts, swimming and weather permitting playing outside. Price includes McDonald's lunch and a healthy snack.

Grow with Nature Parent-Child Time

Age: 2 and under

Time: 10:00-11:00 am

Fee: \$10/\$12 NR

Time in nature is beneficial for all ages, but especially newborn to age 2. Time in nature helps build strength, coordination, sensory processing, and immune systems in children. Join Oregon Park District for some special parent-child time in the park just for those up to 24 months. Sessions will take place in different parts of our parks, and will include themed activities, tummy time, and an introduction to some of the natural sights and sounds of the parks. Crawling or walking isn't necessary.

Enjoy fun nature-based play and exploration, meet other new parents, and help your little one grow up with nature. *Pre-registration is required for each child; one or both parents (or grandparents) may come with each infant.*

Date	Location	Deadline
Th 4/24	Mix Park	4/21
Th 5/8	Fairground Park	5/5
Th 5/22	Park West	5/19



Preschool Music Time with Ms. K-Rae

Age: 2-5

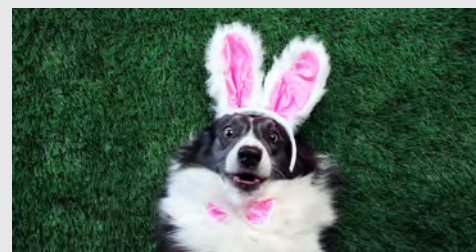
Time: 2:00-2:45 pm

Location: River Room

Join K-Rae Knowles to practice those Kindergarten readiness skills. She will appeal to those who love Ms. Rachel as she will use a similar style in her classes. We will have fun with a daily theme with activities in a story, music, movement, instruments and much more. *An adult must remain with the child at all times.*

Date	Fee	Deadline
M 1/6-1/27	\$30/\$36 NR	12/30
M 2/3-2/24	\$30/\$36 NR	1/27
M 3/3-3/31	\$38/\$45 NR	2/24
M 4/7-4/28	\$30/\$36 NR	3/31

Education



TREAT-ster Egg Hunt

All Ages (Dogs must be with adult at all times)

Date: Wed 4/16

Location: Lions Park Shelter

Fee: \$12/\$14 NR • Deadline: 4/9

Come to Lions Park for a special treat-filled Easter Egg Hunt just for dogs! Let your favorite canine companion sniff out fun treats and pet friendly prizes in the park. All dogs must be vaccinated for rabies to participate in this event. Kids are welcome to attend, but each dog must be on a leash with an adult at all times. Register the adult who will be attending, one dog per registered adult.

Dog Size	Time
Under 35 lbs.	5:00-5:30 pm
Over 35 lbs.	5:30-6:00 pm



Village of Progress Winter Games Closing Ceremony

All Ages • Date: Th 3/20 • Time: 9:30-10:30 am • Location: Nash Gym

Each winter, athletes from Village of Progress participate in a winter games series at Nash Recreation Center. After weeks of hard work and fun competition, we celebrate our Village of Progress athletes with a special closing ceremony. Oregon Park District invites the whole community to pack the gym as we recognize our Village of Progress Athletes. We will have an awards ceremony recognizing athletic achievement and personal growth, a keynote speaker TBA, plus music and celebration for all. This is a free community event. Come and join in the celebration with our friends from Village of Progress.

Shelters

Reserve Space Outdoors!

Community members may reserve a park shelter for family parties, reunions, or community group picnics. The shelters below will provide your group an area to gather and share a meal while enjoying an Oregon Park District park site. Shelter reservations are available from May 1st through October 31st each year and can be made up to 365 days in advance.

Park West 1402 Koontz Place

With a yalp court, baggo, inclusive playground, ampitheater, skate park, splash park, boardwalk, batting cage, 2 sand volleyball courts, 2 ball diamonds, 3 tennis courts, 2 basketball courts, 4 shelters, grills, an open play area, and a walking trail, this park has just about everything you need for a great day outdoors. NEW this summer! Mini-Pitch Soccer!

Upper Shelter

- Capacity: 30-40
- Picnic Tables: 6
- Fee: \$35/\$42 NR
- Per Day: \$50/\$60 NR

Lower Shelter

- Capacity: 40-60
- Picnic Tables: 10
- Fee: \$45/\$52 NR
- Per Day: \$65/\$78 NR



Park East 200 Jones Terrace / 120 River Road

Split by River Road this park has many options for recreation including a ball diamond, 2 shelters, grills, 2 playgrounds, an open play area, river fishing, basketball court, and a walking trail.

Inland Shelter

- Capacity: 100-200
- Picnic Tables: 17
- Fee: \$35/\$42 NR
- Per Day: \$50/\$60 NR

River Shelter

- Capacity: 40-50
- Picnic Tables: 8
- Fee: \$35/\$42 NR
- Per Day: \$50/\$60 NR



Shelters



Lions Park 809 Webster St.

This park has a ball diamond, shelter, playground, and open play area.

- Capacity: 20-30
- Picnic Tables: 8
- Fee: \$35/\$42 NR
- Per Day: \$50/\$60 NR



Kiwanis Park 201 N. 2nd St.

This park has a shelter and access for river fishing.

- Capacity: 20-40
- Picnic Tables: 6
- Fee: \$35/\$42 NR
- Per Day: \$50/\$60 NR



Mix Park 701 S. 4th St.

Located in the middle of Oregon, this park's amenities include a shelter, grill, playground, open play area, and pickleball courts.

- Capacity: 30-40
- Picnic Tables: 7
- Fee: Free



Fairground Park 607 Fair Park Dr.

Park has a ball diamond, shelter, grill, gazebo, playground, open play area, basketball court, a walking trail and fitness/play pods located on the walking trail.

- Capacity: 40-60
- Picnic Tables: 9
- Fee: \$35/\$42 NR
- Per Day: \$50/\$60 NR

Reservations can be made online at www.oregonpark.org or over the phone by calling 815-732-3101. Reserve any shelter from 8 am-2 pm or 2 pm-8 pm. Reserve both time slots at a discounted rate.

Shelters

	Capacity	Grill	Electricity	Picnic Tables	Playground	Sports Fields	Walking Trail	Fishing	Park Size
Park West Upper	30-40	✓		6	✓	✓	✓		58.5 acres
Park West Lower	40-60	✓	✓	8	✓	✓	✓		58.5 acres
Park East Inland	100-120	✓	✓	19	✓	✓			21.5 acres
Park East River	40-50	✓	✓	7	✓			✓	21.5 acres
Lions Park	20-30			8	✓	✓			3 acres
Kiwanis Park	20-40			6				✓	1.5 acres
Mix Park	30-40	✓	✓	7	✓	✓			3 acres
Fairground Park	40-60	✓	✓	7	✓	✓	✓		10.5 acres

Reservations can be made online at www.oregonpark.org or over the phone by calling 815-732-3101. Reserve any shelter from 8 am-2 pm or 2 pm-8 pm. Reserve both time slots at a discounted rate.

Reading Nook 210 S. 6th St.

Park offers a little library, pergola with seating and playground for ages 2-5.

- Picnic Tables: 3



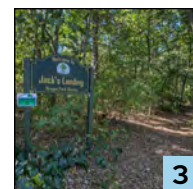
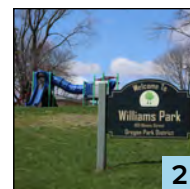
Wiggly Field Dog Park 810 S. 13th St.

One acre fenced off-leash dog park with two separate entrances and exits for safety. The first area is an open running area and the second is an agility training area. The park offers water fountains for people and dogs. All users and dogs must have a permit from Nash Recreation Center to get your permit. Proof of rabies vaccination is required upon registering. A \$10 Key Fob deposit is collected for all first-time users. Yearly Fee: 1st dog \$5/\$6 NR; 2nd dog \$2/\$3 NR



Other Oregon Park District Parks

- 1. Carnation Park**, 1 Webster Street: River fishing and a walking trail
- 2. Williams Park**, 1101 Illinois Street: Open play area and playground
- 3. Jack's Landing**, Corner of Lafayette & 2nd St. in Daysville: Canoe portage and a walking trail



General Info

Activity Guide Release

Digital activity guides are released each year. A full updated guide can always be found by visiting the district's website: www.oregonpark.org.

Blood Pressure Monitor

The Park District offers a free blood pressure and heart rate monitor in our lobby. It is a fully automatic self-attended monitor. Be heart-healthy and happy! Know your blood pressure!

Lost & Found

Lost and found articles are kept a maximum of 30 days and then donated to charitable organizations. If you think you or a family member may have lost something in one of our parks or facilities, please call or visit Nash Recreation Center.

Financial Assistance

The Oregon Park District believes that every child should have an opportunity to participate in recreational programs regardless of financial hardship. The Oregon Park District offers scholarships to all OCUSD students for reduced program rates according to financial need. Application forms are available at Nash Recreation Center or online at www.oregonpark.org. Applicants for scholarships are not guaranteed program registration or choice of program location. Scholarship fund availability cannot be guaranteed.

Memorial Tree & Bench

Sponsored by the Oregon Park District, the Memorial Bench and Tree Program allows groups and individuals to donate trees or benches to commemorate special events, honor individuals or agencies, or as memorials to loved ones to be placed in park district parks. The criteria for tree and bench styles is based on park design, function, aesthetics, and maintenance. There are two benches and ten different trees available for memorials. Costs vary. Please contact Brent Suter, Superintendent of Parks and Facilities, at 815-732-3101 or brent@oregonpark.org for ordering information.

Americans With Disabilities Act

The Oregon Park District is happy to comply with the spirit of the Americans with Disabilities Act. If you need special accommodations (such as an interpreter or physical assistance), please call the Oregon Park District (TDD or Voice) two weeks in advance so that we may make the necessary arrangements for you.

Night Fishing Permits

You can now fish at night in Oregon Park District parks by purchasing a required Night Fishing Permit. To purchase a permit, please call Nash Recreation Center (815)732-3101. Permits are \$20.00 and are valid through the end of the calendar year.



Photo Policy

The Oregon Park District and/or professional photographers under contract may videotape or take photographs of participants in Park District activities, classes, programs, or parks. These photographs and videotapes are used for future recreation guides, brochures, Facebook and other marketing materials.

Gift Cards

Gift Cards are available for memberships, activities, and more! For more information call (815)732-3101.

Military Policy

Military home on active duty, their resident family members during military tours and wounded warriors will have access to Nash Recreation Center at no charge. Also, veterans will receive a military discount rate of 10% that cannot be combined with any other discounts. Proof of Common Access Card or documentation with their status as a veteran disabled during service is required.

Image Release

Some graphics courtesy of Vecteezy, Pixabay, Unsplash, Freepik and Flaticon.

let's get
social.  

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The Oregon Park District would like to thank the following businesses for their gracious sponsorships. Each sponsorship is allocated to help offset the costs of programs and events offered to our community.

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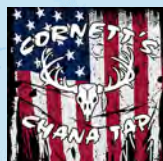
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Any local business who is interested in becoming an Oregon Park District sponsor may do so by contacting Tina Ketter, Superintendent of Recreation, at tina@oregonpark.org or 815-732-3101.