

Harrisburg

Park District



Summer Fall & Winter 2013



Programs Guide



Harrisburg Park District
921 W. Poplar St. Harrisburg, IL 62946
Ph 618-252-2111 Fax 618-253-4511
www.harrisburgpark.net

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Special thanks to all our advertisers in this year's program guide! Much appreciated!

Harrisburg Township Park District
 921 W Poplar St.
 Harrisburg, Il. 62946
 Park Office 618-252-2111
 Park Office Fax 618-253-4511
 Maintenance 618-252-3085
 Bill Trees Memorial Park Pool 618-252-7512
www.harrisburgpark.net

Administrative Staff
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T.A. Sullivan,
 Maintenance Superintendent
ta@harrisburgpark.net

Rebecca Wyatt Nevitt,
 Parks & Recreation Director
rnevitt@harrisburgpark.net

Melonie Motsinger, Pool Manager
mmotsinger@harrisburgpark.net
 Administrative Office Hours
 Monday - Friday 8 a.m. - 4 p.m.

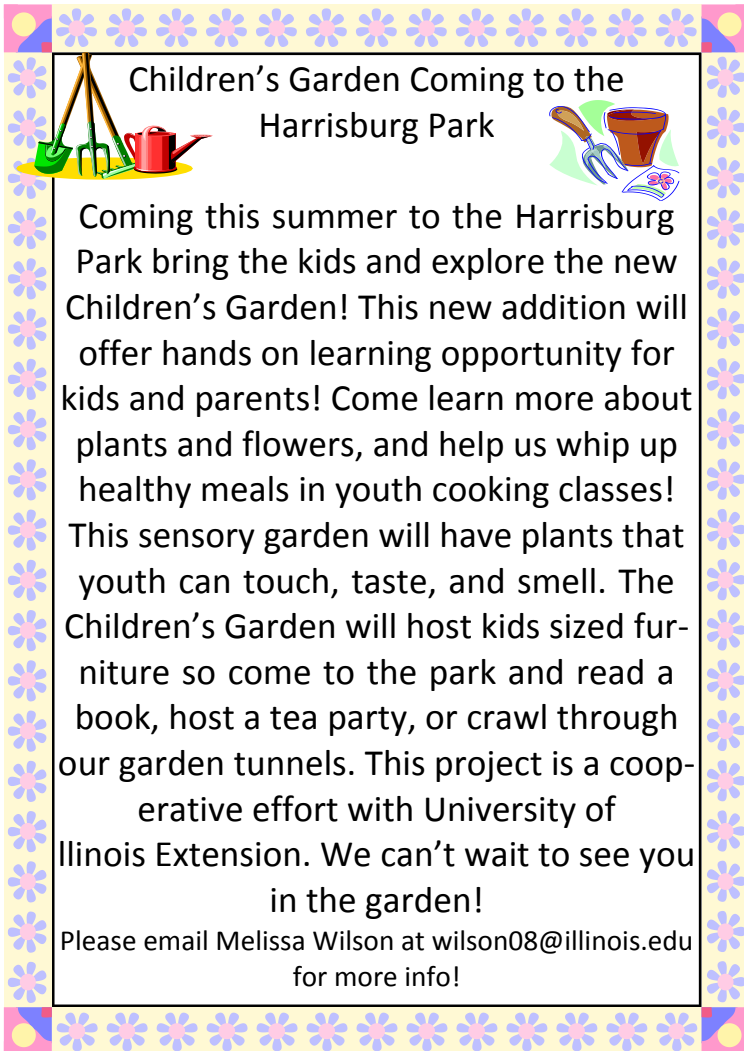
Maintenance Shop Hours
 Monday - Saturday 7:30 a.m. - 4 p.m.

Board of Commissioners
 Paul Emery, President
 Richard Rumsey, Vice President
 Mike Williams, Secretary/Treasurer

Board Meetings
 The Board of Commissioners of the Harrisburg Township Park District holds regularly scheduled meetings at 8 a.m. on the 3rd Wednesday of each Month at the Park Office, located at 921 W. Poplar. The public is cordially invited to attend these meetings. Any citizen wishing to be placed on the Agenda must contact the Park Office a minimum of 24 hours prior to the Board Meeting.

Mission Statement
 The mission of the Harrisburg Park District is to enhance the quality of community life by ensuring Recreational programming and services to all people regardless of their age, sex, race, religion, socioeconomic status, and level of physical or mental ability.

Like us on Facebook 



Children's Garden Coming to the Harrisburg Park

Coming this summer to the Harrisburg Park bring the kids and explore the new Children's Garden! This new addition will offer hands on learning opportunity for kids and parents! Come learn more about plants and flowers, and help us whip up healthy meals in youth cooking classes! This sensory garden will have plants that youth can touch, taste, and smell. The Children's Garden will host kids sized furniture so come to the park and read a book, host a tea party, or crawl through our garden tunnels. This project is a cooperative effort with University of Illinois Extension. We can't wait to see you in the garden!

Please email Melissa Wilson at wilson08@illinois.edu for more info!

Bill Trees Memorial Pool Summer 2013 Lifeguard Staff



Melonie Motsinger – Pool Manager: Melonie has been the Pool Manager for the past 6 years. In addition to managing the pool, she also owns Touch of Class Dance Studio, which has been in Harrisburg for the past 18 years. She has also been involved with the Bullfish Swim Team for the past 15 years and has been the head coach of the swim team for the past 7 years.



Haley Price – Lead Swim Lesson Instructor: This is Haley's first year at the pool. She is a Sophomore at Harrisburg High School. She is a member of the volleyball team and student council where she is the current Sophomore class President. Haley cheers for the Bulldogs for football and basketball. She has been a member of the Bullfish swim team for the past 6 years.



Caleb Bartok – Assistant Swim Lesson Instructor/Assistant Special Needs Instructor: Caleb has been a pool employee for the past 2 years. He is graduating from Harrisburg High School in May 2013 where he is a member of the basketball and golf teams. He is planning on attending Southeastern Illinois College and then University of Southern Indiana, where he would like to major in Teaching. He hopes to become a coach and a teacher someday.



Anniston Henk – Assistant Pool Manager: Anniston has been a pool employee for the past 5 years. She is currently a student at Southern Illinois University-Edwardsville. She is majoring in Speech Communications with a minor in Business Administration. She will graduate in the Spring 2014.



Jillian Fulbright – Assistant Swim Lesson Instructor: Jillian has been a pool employee for the past 2 years. She is graduating from Harrisburg High School in May 2013. She is a cheerleader for the football and basketball teams. Jillian participates in Youth for Christ, White Hats, Pep Club and Key Club. She is also a member of the National Honor Society and on student council. She is planning on attending Southeastern Illinois College and majoring in Nursing. She is planning on a career as a Nurse Anesthetist.



Cody Schmook: Cody has been a pool employee for the past 3 years. He is a Junior at Harrisburg High School where he is on the varsity football team. He enjoys weight lifting and helping people when they need it. He is a current member and very active in the BSA.



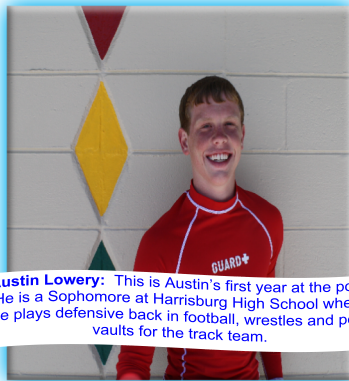
Ashton Lee – Lead Swim Lesson Instructor: Ashton has been a pool employee for the past 2 years. She is a Sophomore at Harrisburg High School where she is a member of the volleyball team. She has been on the Bullfish Swim Team for the past 4 years.



Macartney Motsinger – Lead Swim Lesson Instructor: Macartney has been a pool employee for the past 3 years. He is a Sophomore at Harrisburg High School, where he is a member of the Speech Team, Track team and Mu Alpha Theta. He's a current member of the Bullfish Swim Team and has been for the past 13 years. He has taken dance lessons at Touch of Class Dance Studio, in Harrisburg, for the past 4 years.



DJ Duncan – Lead Swim Lesson Instructor DJ has been a pool employee for the past 3 years. He is graduating from Harrisburg High School in May 2013, where he is a member of the Track & Field Team, Speech Team. DJ has taken dance lessons at Touch of Class Dance Studio, in Harrisburg, for the past 7 years. He also swims for the Bullfish swim team. D.J. Will be attending Webster University on a full dance scholarship.



Austin Lowery: This is Austin's first year at the pool. He is a Sophomore at Harrisburg High School where he plays defensive back in football, wrestles and pole vaults for the track team.



Marcella Motsinger – Senior Guard/Head Swim Lesson Instructor/Special Needs Swim Lesson Instructor

Marcella is graduating from Harrisburg High School in May 2013. She has been a pool employee for the past 5 years. She's a current member of the Bullfish Swim team and has been for the past 14 years. Marcella has also taken dance lessons at Touch of Class Dance Studio for the past 17 years, where she is also a dance instructor/choreographer. In high school she was the setter for the Volleyball team and in the National Honor Society and a member of Mu Alpha Theta, Pep Club and She is enrolled at Southern Illinois College and plans on a career in Occupational Therapy.



Gabriel Motsinger – Assistant Swim Lesson Instructor/Assistant Special Needs Instructor: Gabriel has been a pool employee for the past 3 years. He is a Sophomore at Carrier Mills/Stonefort High School where he is a member of the Varsity Basketball team. He competes in power lifting competitions and currently holds 12 state records in the United States and personal trains at S&M Fitness in Harrisburg.



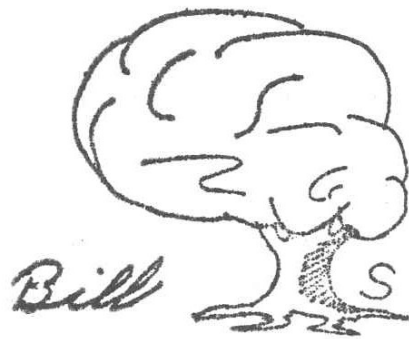
Cait Collins: Cait has been a pool employee for the past 4 years. She currently attends Southeastern Illinois College where she is an Ambassador and a cheerleader. After this school year, she plans on attending Murray State University where she will be majoring in Communication Disorders.



Preston Boone: This is Preston's first year at the pool. He is a Junior at Harrisburg High School where he is a member of the Speech and Track team. He also takes dance lessons at Touch of Class Dance Studio, in Harrisburg.



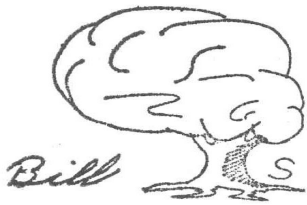
Gabriella Tison: This is Gabriella's first year at the pool. Gabriella is a Sophomore at Harrisburg High School where she is a member of the Speech team, the Band and Mu Alpha Theta. She has taken dance at Touch of Class Dance Studio, in Harrisburg, for the past 13 years.



Bill Trees Memorial Pool Calendar 2013

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7:30 a.m.		Begins 6/3/13 Morning Swim	Morning Swim	Morning Swim	Morning Swim	Morning Swim	
8-9:30 am.		Bullfish Swim Team	Bullfish Swim Team	Bullfish Swim Team	Bullfish Swim Team	Bullfish Swim Team	
9:15-10:15 a.m.	NEW	Fat Burning H2O Aerobics with Joey	Aqua Circuit H2O Aerobics with Joey		Aqua Circuit H2O Aerobics with Joey	Fat Burning H2O Aerobics With Whitney	
9:30-10:30 a.m.			NEW	Deep Water H2O Aerobics with Rebecca			
9:30-10:30 a.m.	NEW						
10:30-11:15 a.m.		Goldfish Group Swim Lessons Ages 4-7	Barracudas Group Swim Lessons Ages 8 and	Goldfish Group Swim Lessons Ages 4-7	Barracudas Group Swim Lessons Ages 8 and up		
No programs or Group Swim Lessons on July 4th, 2013							
12:00-4:00 p.m.	Pool open	Pool open	Pool open	Pool open	Pool Open	Pool Open	Pool Open
4:15-4:45 p.m.	NEW	Afternoon Lap Swim	Afternoon Lap Swim	Afternoon Lap Swim	Afternoon Lap Swim	Afternoon Lap Swim	
					NEW		
5:00-6:00 p.m.	NEW	Tri- Fitness Series - Triathlon Training Swim.Bike. Run With Rebecca Nevitt		Tri- Fitness Series - Triathlon Training Swim.Bike. Run With Rebecca Nevitt			
5:00-6:00 p.m.		Fat Burning H2O Aerobics wth Whitney		Fat Burning H2O Aerobics wth Whitney	Aqua Circuit H2O Aerobics with Joey		
6:30-8:30 p.m.		Evening Open Swim Begins 6/3/13					

Family Day Pool Party
Friday June 14th
\$2.00 per person
Pizza, Drink, and Chips!



Bill Trees Memorial Pool Aquatics Programs 2013

Season Opening: May 25th, 2013

Due to School being in session, the pool will closed on Tues. 5/28/13 only.

Season Closing: Sun. Aug. 11, 2013- last day pool is open. Daily Sessions 12-4 p.m.

Days of Operation: Open 7 Days a Week. Admission: \$3.00 per person. Ages 2 and Under FREE



Meet your Summer 2013
Concession Workers

Madeline Douglas
Tre' Ingram
And
Jillian Miller!



Meet your Group Swim Lessons Staff: Caleb, Haley, D.J., Marcella, Macartney, Ashton, & Jillian

Group Swim Lessons

6/3/13-7/26/13

Cost: \$99.00 for the entire summer
Goldfish: Ages 4-7 years: Levels 1, 2, and 3
Barracudas: Ages 8 years through Adult:
Levels 1,2,3, and 4
Lessons are 45 minutes each

Concession Stand
Lunch Special:
\$5.50
Buys One Hot
Dog, a bag of
chips, drink, and
a Candy Bar

Now available
All SUMMER!



Meet your Private
Swim Lessons
Staff:
Marcella, D.J.,
Macartney,
Caitlin, Ashton,
Jillian, Haley,

Private Swim Lessons Starts June 3rd!

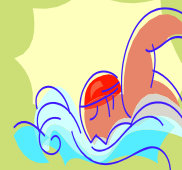
Single session: \$25.00
2- 6 Session Package: \$20.00 each session
7 or more Session Package: \$19.00 each session
Checks made payable to the Harrisburg Park District.
Now available to be scheduled M-F
9:30a.m., 10:00, 11:30,
4:00 p.m., 4:30, 5:00, 5:30
Saturdays at 10:30 a.m., 11:00, 11:30
7 spots available for each time slot.



**BOOK
YOURS
TODAY!**

Private Pool Parties

\$100.00 per hour
For 60 or less people
Includes all your lifeguards



Special Needs Swim
Instructors
Lead Special Needs
Instructor: Marcella
Assisted by Gabriel and
Caleb



Water Aerobics Classes

Morning Classes passport: \$75.00
Evening Classes Passport \$70.00
Morning and Evening Classes Passport \$125.00
Participants need to bring their own noodle.

**TriFitness Triathlon Training Series with
USATriathlon Level 2 Certified Coach - Rebecca Nevitt
\$99.00**

Early Morning Swim - Ages 18 and Up

Cost \$80.00
Afternoon Lap Swim -Ages 18 and up
Cost \$60.00
\$125.00 for both sessions



\$2.00 Nights

Mondays only beginning June 3rd
from 6:30-8:30 p.m.

All Season Pool Passes
Individual Summer Passes \$175.00**save \$65.00**
10 Punch Pass \$22.50
Family Summer Pass: \$300.00 for 2 people
\$75.00 each additional family member



Friday Night Movie Nights

June 14, 21st, 28th 2013 &
July 12th, 19th, 26th 2013
Starts at 7:30 p.m.- until the movie ends.
Cost: \$5.00 for the individual
Or \$15.00 for the entire family
The movie will start promptly



**CHICKEN WINGS, WING
COOK-OFF, PONDEROSA
WING EATING CONTEST,
CHIROPRACTIC WELLNESS
& INJURY CENTER 5K RUN/
WALK, LIVE ENTERTAINMENT,
BEER TENT, & KIDS PLAY
AREA!**

THE SALINE COUNTY CHAMBER OF COMMERCE & TOURISM BOARD PRESENT...

WING.A.M.A.JIG

SATURDAY, JUNE 15

11 A.M. - 5 P.M.

2013

**HARRISBURG TOWN SQUARE
(LOCUST & VINE ST.)**

FREE ADMISSION

<http://wingamajig.webs.com>  "LIKE US"

**PLENTY TO EAT, DRINK, & TASTE
FUN FOR THE WHOLE FAMILY**

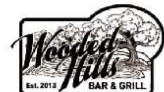
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Jim Hoops Dec.



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COLUMBIA, IL





Join us as world class racing comes to
Southern Illinois!

**SHAWNEE
MARATHON**
HALF . FULL . DISTANCES



**PRIMARY
CARE GROUP**

SLOAN MEDICAL CLINIC

Are you **TOUGH ENOUGH?**
HALF & FULL DISTANCES
NAUGURAL EVENT



10.26.13

Harrisburg



www.shawneemarathon.com

Bring in this ad and save
5% of any entree!



218 East Poplar
Harrisburg, IL

Group Fitness Schedule

Location: Park Community Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 a.m.		Yoga With Darlene Gaskins		Yoga with Darlene Gaskins		
8:30-9:30 a.m.	Body Evolution Functional Strength Training with Rebecca Wyatt Nevitt		Functional Strength and Flow Yoga with Whitney Fulkerson		Body Evolution Functional Strength Training with Rebecca Wyatt Nevitt	
10:00-11:00 a.m.		Yoga with Sheila Kimes		Yoga with Sheila Kimes		
5:00-6:00 p.m.		PoYo Power Yoga with Kelly Alongi		PoYo Power Yoga with Kelly Alongi		
6:30-7:30 p.m.				Zumba with Jill Marvel		



Class Descriptions/ Pricing:

Body Evolution Functional Strength Training Class with Rebecca Wyatt Nevitt: a head to toe strength training workout designed to focus on every muscle and special focus on the core. Cost is \$50.00 per month for unlimited classes.

Functional Strength and Flow Yoga with Whitney Fullkerson: 30 minutes of strength/core training followed by 30 minutes of flowing yoga designed to strengthen and define!

Power Yoga with Kelly Alongi: The classical form of power yoga as taught in its traditional sequence. Combines power and flexibility with movement, bandhas and breath to produce an energetic and detoxifying practice. \$6.00 per individual class or purchase a 10 second package for \$50.00 *Starts May 21st, 2013*

Yoga with Darlene: Active Flow yoga format promotes healthy joint movements to reduce your aches and pains. Increase your flexibility and strength and learn to calm your mind through relaxing meditation. \$7.00 per class.

Yoga with Sheila: Soothing, relaxing yoga stretches that help deeply calm body and mind. Whether you're a beginner or experienced yoga student, this gentle yoga practice will induce peace to body and mind. By gently stretching all the major muscle groups in the body, this gentle, beginning yoga practice induces a deep state of relaxation and calmness. This gentle yoga routine stretches all the major muscle groups to induce a deep state of calmness and relaxation. \$5.00 per class

Zumba with Jill Marvel: A Zumba workout mixes body sculpting movements with dance steps derived from cumbia, merengue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and calypso and Salsaton. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. Come join the party!

Please call the Park Office for more information at 618.252.2111 or email rnevitt@harrisburgpark.net

Delectably Healthy Cooking Classes



SUPER Food... Super GOOD ... The Sequel...
With Kelly Alongi : June 29th, 2013 12-3:00p.m.

"Summer is here! Temperatures outside are heating up; temps in your kitchen shouldn't!
You still gotta eat though, so come to The Heat is OFF! cooking class!

Learn how to make light, delicious meals like gazpacho, chicken salad, bruschetta, shrimp salad, and panzanella.
These dishes will keep you cool when the days heat up!"

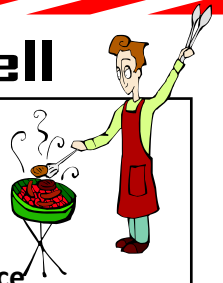


Thrill of the Grill... With Brenda Pruell

Saturday, July 20, 2013 Noon until 3:00 PM

At the Lions Club Shelter

Cost is \$35.00 for each class or go to both Delectably Healthy Cooking Classes
for \$60.00 (\$30 each**save \$10**) Call the Park District Office to reserve your place
618-252-2111 or email rnevitt@harrisburgpark.net



Jim Hayes Inc.

2130 U.S. 45 North P.O. Box 365

HARRISBURG, IL. 62946-0365

Phone: (618) 252-8611

www.jimhayesinc.com



LINCOLN

CHRYSLER



DODGE

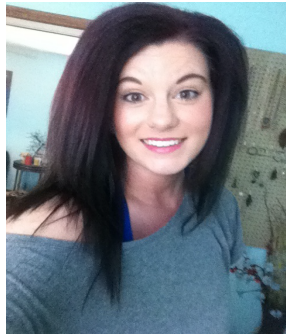


RAM

Jeep

Meet our Personal Trainers

The difference is results! Individualized personal training programs that start with a pre-program fitness assessment to establish baseline measurements and body composition. Each workout is individually designed around the client's goals and needs. Specializing in programs for all populations including rheumatoid arthritis, osteoarthritis, chronic obesity, and diabetes. 6, 12, and 24 package sessions are available.



Whitney Fulkerson

Our Certified Personal Trainers have also attended SIC's Personal Training 6 Month College Course and are ready to help you achieve your goals!

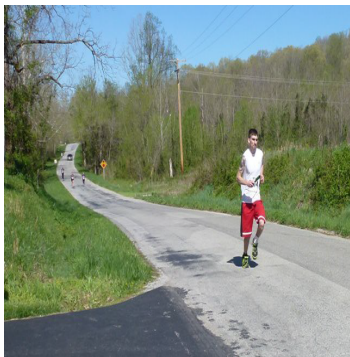
Hi, my name is Whitney Fulkerson; 24 years old. I am an SIC graduate and currently pursuing my Bachelor's Degree. Along the way, I decided to further my education and follow my passion of health and fitness. Having struggled with weight myself, I know the challenges and understand now how to regain control of my life. It is rewarding to set goals and meet them; I would love to help others achieve theirs! Living a healthy lifestyle is most important to me, not only for my personal benefit, but also to be a good example to those around me. I want to share my passion and knowledge with everyone willing to make the change and work hard!



Kelly Alongi

My name is Kelly Alongi. I'm one of those people who ran in high school just to train for other sports, but I started running just to run in 2006. Since then, I've participated in countless 5Ks and 10Ks, an 8K, 6 half marathons, and 3 full marathons. I'm a certified personal trainer and love helping people work toward, and ultimately reach, their goals. I'd love to help you with form, training, motivation... whatever you need to run the Shawnee Marathon, half or full!

Buy 12 or 24 sessions
Get **two FREE!**
Print this coupon and save!



Alex Casteel

My name is Alex Casteel. I graduated from Gallatin County High School in 2009. I played basketball and baseball. I have always been into all sports. I attended SIC for two years to get general courses and that turned into getting my personal training certificate. I am very excited to start training and help people change their lives.



Adam Miller

I have 3 and a half years of military experience. I have been into fitness for 4 years. I have a great drive for helping clients achieve their goals and making themselves better. I am oriented towards strength training and cardiovascular Improvements.

**Weight Management....
fitness assessments..multisport coaching.....
and more. Get started on your goals today!
What have you go to lose?**

Meet our Personal Trainers

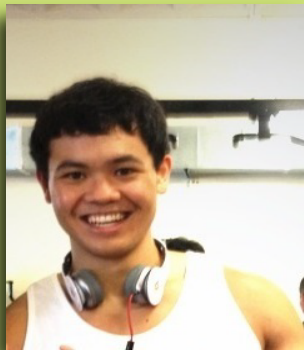


Rebecca Wyatt Nevitt

Harrisburg Township Parks and Recreation Director
 ACSM-HFS, ACE, AFAA, USATriathlon Level 2 Certified Coach,
 YMCA Certified Fitness Specialist, SCW-EDU Pilates,
 Yogafit Level 1 Certified,
 +28 years experience.
www.rebeccawyattnevitt.com

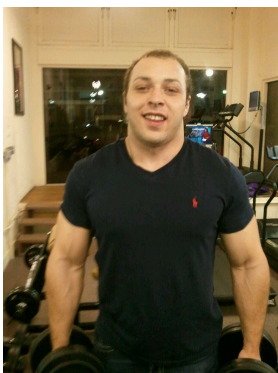


For more information on scheduling personal training, please email rnevitt@harrisburgpark.net or call the Park Office at 618.252.2111



Zach Thai

Hey! My name is Zach Thai. I grew up in Southern IL my whole life. I am 18 and love working out. Basically anything that has to do with fitness. I know what it's like to be overweight and obese. I was once that way but realized I needed to change my life. "At any moment you have to be willing give up what you are for what you will become." I gave up who I was and now I know who I am. I have found out what God wants me to do with my life. I want to share my knowledge and story with everyone because everyone deserves to be the best version of themselves. "It's a lifestyle, not a quick fix."



Jeremy Gulley

Jeremy Gulley has made a long term commitment to staying healthy mentally and physically for sports at an early age. He has had a solid collegiate career in wrestling. Also as a collegiate wrestler he has fine tuned his skills to create a proper and achievable weight loss plan along side a proper work out routine. Competing at those levels as an athlete he has developed an intense attitude toward training and would love to challenge clients to reach new fitness levels (within their comfort zone) that they previously never thought achievable. He is dedicated in every aspect and passionate about helping everyone one of his clients reach their own personal goals.



Joey Reed

Hello, my name is Joseph Reed I was born and raised here in Harrisburg. Fitness has always been a backseat passion of mine while I pursued my bachelors degree, until sic offered the personal training certificate. I jumped on it and it helped me focus on why I love fitness and gave me options I never knew I had in this area. I have always enjoyed swimming and knew I would love water aerobics. I hope to have a very fun and fit summer!

Harrisburg Bulldog Athletics



Football Camps

Grade 9 & 10 July 22nd-25th
And July 29th - August 2nd, 2013

Varsity Camp #1 June 3rd - 6th & June 10th-13th, 2013

Varsity Camp # 2 July 15-18th, 2013, July 22-25,
and July 29-August 1st, 2013

9:00 a.m.-11:00 a.m. (approximately)

Cost: \$30.00

Location: Taylor Field

Instruction: Coach Roper and HHS Athletic Staff

Weightlifting

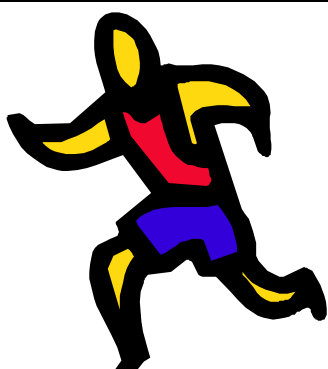
Grades 9-12

June 3rd - August 2nd, 2013

11:00 a.m.

Cost: \$ 20.00

Location: Taylor Field Weight Room



Bulldog Speed Camp: Summer 2013

June 17th-June 28th

MWF 6:00-7:30pm

All 2013-2014 High School Students are welcome

Cost \$25

Average 40 yard dash times dropped by .1-.2 seconds and
some dropped by as much as .4 seconds during camp last year

#1 Goal is to increase speed for competition and all athletics

This is your chance to be a faster runner and more competitive in your sport.

Overall, running is the main fundamental of nearly
every sport. We will do drills, short sprints, lifting techniques, etc
during the camp

Lady Bulldog High School Basketball Open Gym:

Girls attending basketball open gym will participate in advanced team and individual fundamentals
As well as scrimmaging and strength training Girls will also have access to weight training each
Day. Grades 9-12

Tuesday and Thursdays 9-11a.m.

Beginning June 4 - July 16 at Davenport Gym



Lady Bulldog Middle School Open Gym

6th graders - 8th grade Tues. and Thurs. from 8:30 - 10a.m. starting June 4th.

Denise Clayton, Amy Buchanan and April Horning will be running it and it will consist of the same things as
HHS. team skills, individual skills, etc. Cost will be \$20 and will include t-shirt and will help fund the middle school
girls basketball program. At Harrisburg Middle School Gym

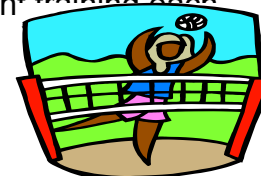
Lady Bulldog High School Volleyball Open Gym:

Girls attending volleyball open gym will participate in advanced team and individual fundamentals
As well as scrimmaging and strength training Girls will also have access to weight training each
Day.

Tuesday and Thursday 11a.m. - 1 p.m. At Davenport Gym

Beginning June 4 - July 16

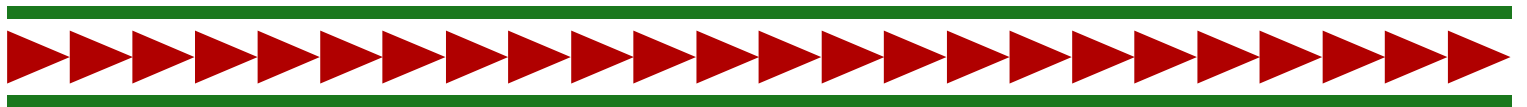
\$20 per player and that includes a open gym workouts, t-shirt,
and any tournaments that they are invited to go to with the high school.





Steam Café
is **opening July 2013** at Parker Plaza!
We will offer organic, fair trade, specialty grade coffees, hot and cold brewed espresso based drinks, a variety of teas, a delicious selection of treats ,ice cream,
And FREE Wi-Fi!
We will be **open 7 days** a week.

Visit our Facebook page at www.facebook.com/steamcoffeehouse for up to date news and daily specials once we are open.



Life's too short to wear boring clothes.....

701 N. Commercial St

Harrisburg Il 62946

Arrowhead shopping Center

618-252-1114

Opening This June !!

Offering both Ladies & Mens apparel

Recreational Activities

Arts in the Park

Saturday, June 1st, 2013

8:00 a.m. - 4:00 p.m.

Harrisburg Memorial Park located at 921 W. Poplar

Artisans, Crafters, Children's Activities, Cupcake Walk, Music, Food Available, Silent Auction of Gift Baskets. For vendor information please call Barb Lambert at 618.252.6033 or 618.926.2929

Cost is \$15.00 per vendor. Bring your own tables, chairs, and set up.

Plenty of shaded areas. Parking Areas next to park.



ArborWild

Children and their families are invited to come and learn about topics such as recycling, fishing, birding, Trees, mammal ID, cultural heritage, and wildland fires. Special guest appearance by Smokey Bear And Woodsy Owl. June 12th at the area around the bandstand in Memorial Park.

This event is hosted by the U.S. Forest Service.

9:30a.m. to 12:00 p.m.

Free Fishing Weekend at the Memorial Park Lagoon

Tournament starts at 8:00 a.m. On Saturday, June 8th, 2013

June 8th and 9th, 2013

20 Tagged fish will be placed the lagoon. Find one and win a prize.

Please do not bring your tagged fish into the park office, only the tag from your fish.



Tennis Lessons for Kids and Adults by Coach Ken Everett

Challenge yourself while having a great time! Learn the basics of tennis. Forehand, backhand, service, and volley in a small group setting. Lessons include warm ups, instruction, drills, and stretches.

Days: M/W/F June 3rd - 28th, 2013

Fees: \$65 per person

Min/Max 5-10 students

Kids Class

Ages 12 and under

Times 8:30-10:00 a.m.

Adults Class

Ages 13 and up

Times 10:30-Noon



Private tennis lessons- you may contact Ken Everett at 618-541-5391

Adult Social Tennis Group - Meet to play tennis for fun in games of singles or doubles. This group meets 4:30-6:30 p.m. Thursday nights at the Memorial Park Tennis Courts. Participation is free.

General Info

Conduct Code

The Harrisburg Park District request the following rules be followed while participating in park sponsored programs:

1. Refrain from showing disrespect to other participants and staff.
2. Refrain from using foul language.
3. Refrain from causing bodily harm to yourself, other participants and staff.
4. Refrain from damaging program equipment, supplies, and facilities.
5. Refrain from participating in unlawful activities.
6. NO ALCOHOL is allowed on park premises.

No intoxicated person shall enter, be, or remain in the park.

Park Curfew

There is a daily curfew for all park grounds and facilities.

The curfew is in effect from 11:00 p.m. to 6:00 a.m., and will be strictly enforced in an effort to curtail vandalism problems.

Vandalism is an expensive problem for our park district and the taxpayers that support it!

Please report vandalism to the park office at 252.2111 or call 926-0003 after hours..

Registration Procedures

Registration for all programs is on a first-come first-serve basis.

Most programs will also accept

Registration at their first scheduled meeting.

No refunds will be given after the first scheduled class unless individuals are under extreme,

unavoidable circumstances. In these rare cases, a \$5.00 fee will be assessed from the price of the cancelled program.

Program Times

Parents should pay close attention to all announced program times.

Children must not be dropped off at the program site any earlier than five minutes before the scheduled starting time; this is due to the lack of supervision at the site.

Parents should also be advised that site supervisors are only liable for participants for up to five minutes after the conclusion of the program.

Failure to comply with these regulations can result in the participant being dropped from the program.

Bad Weather

Supervisors are instructed to cancel outdoor programs if bad weather is in our area. Since it is impossible to notify all parents of a cancellation, the supervisors will post a notice at the program site and/or information can be obtained by calling the park office during regular business hours.

If bad weather does indeed move into our area, parents should make arrangements to pick their child up immediately.

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to get **HEALTHY**, stay **HEALTHY**,
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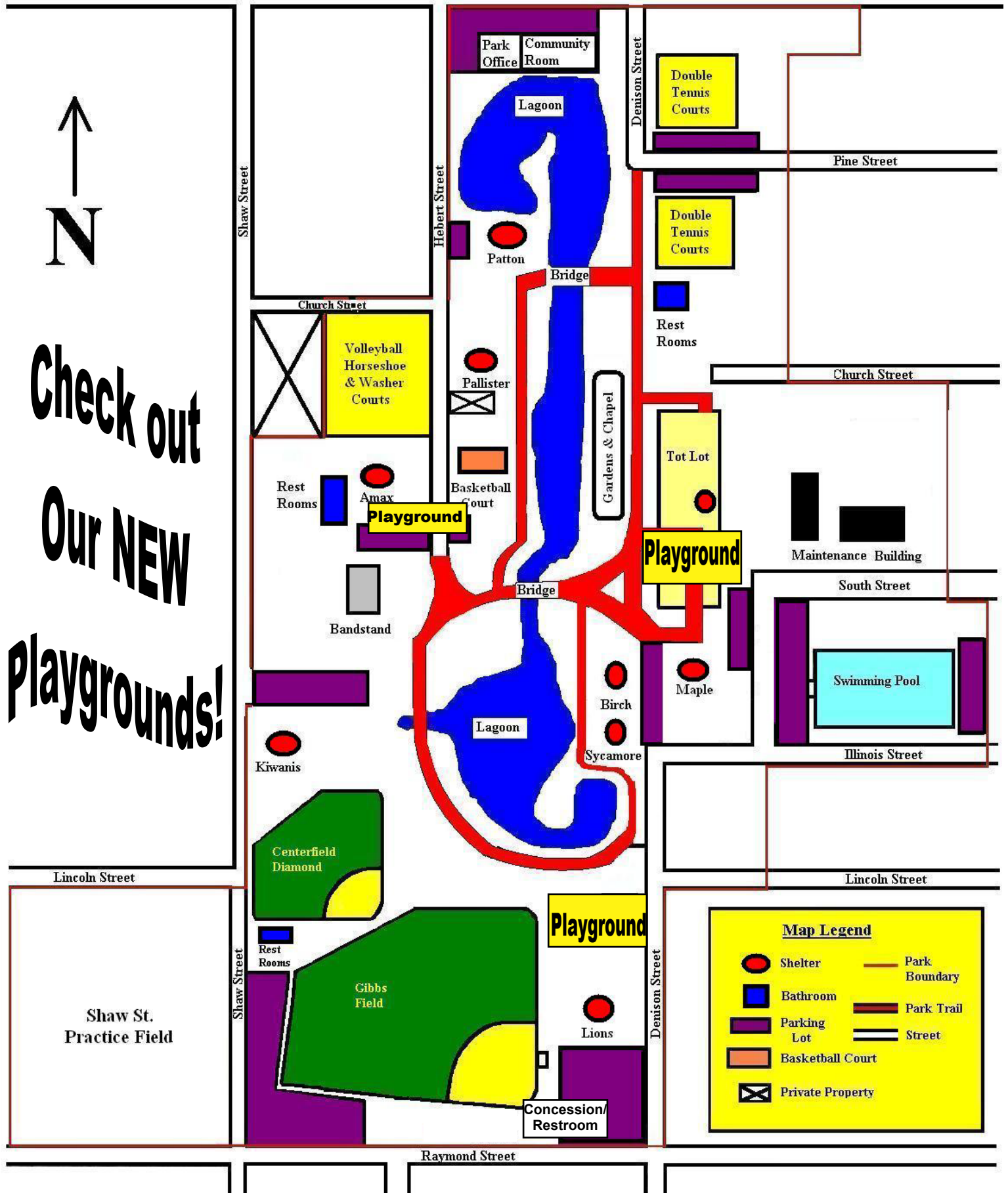
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At CHIROPRACTIC WELLNESS
& INJURY CENTER, DR. DENNY treats
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you are an old Golfer, play High School
Sports, a Little League baseball/softball
player, on the Swim Team, enjoy
Tumbling or Cheerleading, play Soccer,
involved in Archery or Shooting Sports, or
just enjoy a pick-up game of Basketball at

can help you get back on the field, back in
the game, **STAYING HEALTHY &**
PLAYING AT YOUR VERY BEST!!!



618-252-4000



Harrisburg Township Park District - Memorial Park

Reservation Form

Please make check or money order payable to **Harrisburg Park District**

Please Print Legibly

Last Name: _____ First Name: _____
 (Parent's name if registering a minor)

Address: _____

City: _____ Zip Code: _____

Cell Phone: _____ WorkPhone: _____

Emergency Contact: _____ Phone: _____

Shirt Size _____ (circle one) **Adult Youth** Resident: ____ Non-Resident: ____

Participants Name	Age / Grade	Program Name	Session	Time	Fee

Harrisburg Park District's Waiver and Release Important Information

The Harrisburg Park District is committed to conducting its recreation programs in a safe and reliable manner and holds the safety of participants in high regard. The Harrisburg Park District continually strives to reduce such risks and insists that all participants follow safety rules and regulations that are designated to protect the participant's safety. However, participants and parents/ guardians of minors registering for this program/ activity must recognize the inherent risk of injury when choosing to participate in recreational activities.

Warning of Risk

Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program (including transportation services, when provided).

Waiver and Release of All Claims and Assumption of Risk

Please read this information carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss, regardless of severity, that my minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity. I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume full risk of my child/ward and myself. I do hereby full release and forever discharge the Harrisburg Park District from any and all claims for injuries, damages or loss, that my minor child/ward or I may have or which may accrue to me or my child/ward arising out of, connected with, or in any way associated with this program/activity. I have read and fully understand the above important information, warning of risk, waiver and release of all claims and assumption of risk. If registering a minor child/ward, I further attest that I have read the above information to them.

Signature _____ Date _____
 (Parent or Guardian if under 18)

Witness Printed Name _____ Witness Signature _____

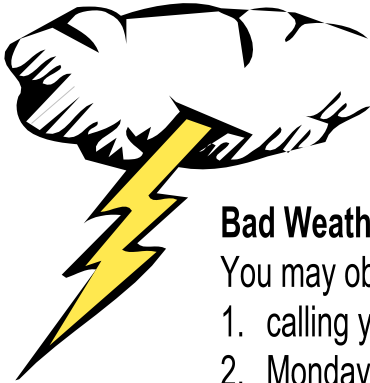


HYA Flag Football

Open to all boys and girls: 1st grade through 6th grade. Fees are \$50 per person. Season is August 17th through September 28th, 2013. Games will be held every Saturday and all teams will have one practice per week. We will have 3 leagues.

- 1st and 2nd grades
- 3rd and 4th grades
- 5th and 6th grades

All games will be played at the Gaskins City Complex. Every child in the Harrisburg School System will receive a registration form in late August. Please note : this activity is not offered by Harrisburg Unit 3 Schools. This is an HYA and Harrisburg Park Program. Coaches are needed, please contact the Park District Office if you are interested. 618.252.2111 or email Ron Emery at remery@harrisburgpark.net



Bad Weather – HYA Baseball and Softball Games

You may obtain field condition messages/bad weather instructions by either:

1. calling your child's coach; 2. clicking on "field conditions" link on <http://www.harrisburgpark.net>
2. Monday through Friday; or 3. calling the Park Office at 252.2111 for an automated message
3. AFTER 4 P.M., Monday through Friday. Please do not call the park office before 4 p.m. About field conditions. No information will be provided until after 4 p.m.



Touch of Class Dance Studio

540 N Commercial Street – Harrisburg

tocdance@mchsi.com

Melonie Motsinger
Artistic Director

618-841-3244

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PUMPKIN CARVING CONTEST
10/5/13

Bring your own pumpkin!
 Prizes for the best pumpkins awarded by our distinguished panel of Judges!
 Memorial Park at the Lions Club Shelter
 10 a.m.-12 noon

PLEASE R.S.V.P. TO THE PARK OFFICE AT 252.2111 OR EMAIL RNEVITT@HARRISBURGPARK.NET

Bob Holmes
 Saline County Chairman

bholmz1998@yahoo.com

618.252.7501

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2nd annual candy cane hunt



Saturday, Dec. 7th, 2013 - 10:30 a.m. - 12:00 p.m.

Harrisburg Township Memorial Park - 921 W. Poplar St. - Harrisburg

Come join the hunt for our candy canes secretly hidden all over our Memorial Park...

a fun filled holiday event for the entire family!

What to bring?

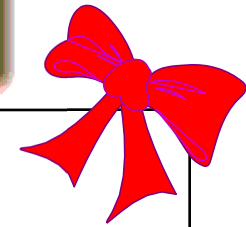
Bring your very own holiday decorated basket or pillowcase for collecting your candy canes.

Prizes given for the **best decorated pillowcase or basket!**

Cost : FREE!

Happy Holidays!

Get involved! Be a "Hot Chocolate" Sponsor Or Volunteer
 Call 252 2111 for more info!



www.harrisburgpark.net

Call the Park Office at 618.252.2111 or email rnevitt@harrisburgpark.net for more info.

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or
**Fitness
Instructor**



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(618) 252-5400, ext. 2245 or 2325

The fitness industry continues to grow, despite the current economic conditions -- in fact, there is a projected shortage of personal trainers. In this program, students will learn to design safe and effective exercise programs and provide basic dietary advice. Capstone Certificates by the American Council on Exercise.

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