

**HIGHLAND PARKS and RECREATION**

**WINTER/SPRING 2007-08**

**SPRING INTO FITNESS and FUN**

## Highland Parks & Recreation

2450 Lincoln Street

Highland, Indiana 46322

219-838-0114

Office Hours:

8:00 am - 10:00 pm, Seven Days A Week

### TABLE OF CONTENTS

50+ Information	15
Adult Classes	12
Adult Dance	5
Adult Softball	10
Adult Sports	4
CSRI Events	12
Community Information	15,16
Dates to Remember	19
Facility Rentals	17
Fitness Classes	2,3
Indoor Events	11
Open Gym Policy	14
Outdoor Events	13
Parks	18
Registration Information	19
Middle School Dances	14
Trips	Back Page
Youth Dance	8
Youth Gymnastics	9
Youth Programs	6,7
Youth Sports	4

### PARK & RECREATION STAFF

Alex Brown, CPRP	Superintendent
Chris Kubisz	Park Director
	Recreation Director
Leslye Keil	Recreation Supervisor
Ruth Hashu-Roorda	Recreation Supervisor
Kevin Wool	Recreation Supervisor

### PARK & RECREATION BOARD

Thomas Arnold	President
Carolyn Turich	Vice President
Lawrence Vassar	Secretary/School Board
Edward Dabrowski	Member
Carlos Aburto	Member
Dennis Tobin	Library Board Representative
Bernie Zemen	Town Council Liaison
Rhett Tauber	Attorney

### HIGHLAND TOWN COUNCIL

Bernie Zemen	1st Ward
Mark Herak	2nd Ward
Robert Helmer	3rd Ward
Joe Wszolek	4th Ward
Dan Dernulc	5th Ward

### CLERK-TREASURER

Michael Griffin, IAMC, CMC, CPFA

## FITNESS

### YOGA

Relaxing exercises which relieve tension and restore good health, breathing techniques for a higher level of vitality, meditation for clarity and calmness of mind are included. The instructor has been teaching since 1970, including 35 years at Moraine Valley Community College and at Purdue University Calumet from 1976-1994. Wear comfortable clothing and bring a towel or blanket. Adults 16 and older

8 Wednesdays

Jan. 16 - Mar. 5

March 12 - April 30

May 7 - 28 (4 weeks)

Beginning: 6:15 - 7:40pm

Intermediate: 7:50 - 9:15pm

Cost: \$79/\$82

\$39/\$42

Min.8/Max.20

Instructor: Mike LaRocca

### AEROBICS HI-LOW

Exercise to the sounds of the 50's through the 90's with fun and unique cardiovascular, energy building, dance-style aerobics. Body shaping, increase flexibility, muscle toning with hand weights and various exercises. Work at your own pace.

6 weeks

Tuesdays and Thursdays

6:30-7:30pm

Cost: \$32/ \$35

Jan. 15 - Feb. 21

March 4 - April 10

April 20 - May 29

Min. 7 / Max. 30

Instructor: Christine Podgorny

### WATER AEROBICS

This resistance style in water exercise helps the range of motion, muscle tone, endurance and coordination.

Bring a swimsuit, towel and water bottle.

4 weeks

Mondays and Wednesdays

8-9pm

Jan. 7 - 30

Feb. 6 - Mar. 10

Mar. 31 - April 23

May 5 - June 2

Cost: \$30/\$32

Min. 5/ Max. 30

Instructor: Janis Joseph

# FITNESS

## **B3 BIG LOSER COMPETITION BONIC'S BETTER BODY**

You've heard of the "Biggest Loser TV Show", now you can compete in the Lincoln Centers "Biggest Loser" Competition. This program is a body fat/weight loss competition that you can follow in the convenience of your own home or join an exercise program. This is a 12 week program with prizes to the first, second and third place "Losers" at each location.

Each participant will schedule a private 15-minute appointment for an initial assessment at the beginning and the end of the program. A packet containing fitness and nutrition information, a basic exercise program to follow, exercise log sheets to track progress and more.

Program begins January 28 and ends April 14  
Cost: \$40/\$43

## **MORNING EXERCISE**

Intermediate and Advanced

A low impact aerobics program using hand weights and doing floor exercises on mats. Participants must bring a towel, water bottle and hand weights.

6 weeks  
Tuesdays and Thursdays  
9-10am  
Jan. 15 - Feb. 21  
March 4 - 20  
April 11 - May 8  
Cost: \$32/\$35  
Mini: \$16/\$19  
Min. 8 / Max. 30  
Instructor: Judi Stone

## **SENIOR LOW IMPACT AEROBICS 50+**

Beginners

This 30 minute low impact aerobics for seniors increase endurance, coordination and energy.

6 weeks  
Mondays and Wednesdays  
9:30 - 10am  
Jan. 14 - Feb. 20  
March 3 - 19  
March 31 - May 7  
Cost: \$19/\$22  
Mini: \$9.50/\$12.50  
Min. 15 / Max. 30  
Instructor: Judi Stone

## **YOGALATES**

Improve your quality of life, feel rejuvenated, defeat your aches and pains, combat depression, strengthen and unite your body, mind and spirit. You will learn how to combine breath with movement, you will gain focus and clarity, strength and stamina, increase flexibility while toning and shaping your body. Participants need to bring a yoga mat hand towel and a set of yoga blocks if you have them.

### **6 Monday Evenings**

January 7 - February 11

6:30 - 7:30pm

Cost: \$42/\$45

### **6 Wednesday Mornings**

8-9am

January 9 - February 13

Cost: \$42/\$45

## **VINYASA**

### **6 Wednesday Evenings**

January 9 - February 13

7-8pm

Cost: \$42/\$45

Instructor: Kimberley Venturella

## **SELF DEFENSE**

### **Hapkido**

4 weeks

Mondays and Wednesdays

7-14

6-7pm

January 7-30    February 4-27

March 3-26

April 7-30    May 5-28

### **Combat Hapkido**

4 weeks

Mondays and Wednesdays

Practical self defense skills for men and women.

15yrs and Older

7-8pm

Cost: \$50 a month

\$25 for additional family member

January 7-30    February 4 - 27

March 3 - 26

April 7 - 30    May 5 - 28

June 2 - 25

July 7 - 30

### **Zen Meditation**

4 Wednesdays Only

8-8:45pm

Cost: \$10 / \$13

January 2 - 23    February 6-27    March 5-26

April 2-23    May 7-28

June 4-25    July 2 - 23

Instructor: Richard Hansen

# SPORTS

## **MEN'S 30 & OVER BASKETBALL LEAGUE**

30yrs and older

Teams must wear shirts with numbers. The league and tournament format will be determined by registration numbers.

Sundays

12 - 5pm

Feb. 16 - April 12

Cost: \$480

**Deadline to register: February 2**

## **HIGHLAND TABLE TENNIS CENTER**

The Highland Table Tennis Center is a USATT affiliated center that is open year round to the public. This center is open to players of all ages and levels. ( 10 and under with an adult)

Mondays - Open Play

5-10pm

Cost: \$3 per visit for nonmembers



## **CO-REC VOLLEYBALL LEAGUE**

18yrs and Older

The league format will be determined by registration numbers. We follow a 6 on 6 format with high school rules.

Wednesdays

Jan. 16 - March 19

7-10pm

Cost: \$300

**Deadline to register: January 9**

## **INDOOR RED HOT TENNIS**

Evening private and advanced group lessons will be scheduled in the Lincoln Center small gym.

Thursdays

Registration Cost: \$3/\$5, instructor fee is paid directly to the instructor. The instructor will call and schedule your lesson time.

Jan. 3,10,17,24,31, Feb. 7,14,21,28, March 6,13,20,27, April 3,10,17,24, May 1,8,15,22,29

For more information call Steve @ 743-5073 or Ofelia @ 781-4104

## **MIDDLE SCHOOL BASKETBALL LEAGUE**

This league will consist of six teams that will play in a ten game season. Everyone receives a T-shirt. The first place team receives Winner T-Shirts. Teams will be determined by a player draft with the coaches.

Highland Students Only

Tuesdays

March 11 - May 13

7-10pm

Cost: \$40

Practices start Feb. 26

**Deadline to register: Feb. 12**

## **HIGHSCHOOL BASKETBALL LEAGUE**

Teams will play a 10 game season. Teams must wear shirts with numbers. There is a ten player per team maximum. The first place team will receive Winner T-Shirts.

Highland Students only not participating in an interscholastic basketball team.

Wednesdays

March 12 - May 14

7-10pm

Cost: \$210 per team

**No individual sign-ups**

**Deadline to register: March 3**

# ADULT DANCE

## BALLROOM

Move yourself with rhythm and grace to all kinds of music. Learn various dance steps and routines throughout this class. Leather sole shoes recommended. If the instructors desire you will switch partners throughout the class.

**Dances will include, but not limited to:  
Rumba, Waltz, Tango, Cha Cha, Swing, Hustle,  
Foxtrot and more.**

8 Mondays

**Beginners Only**

January 7 - February 25

March 10 - April 28

May 12 - June 30

6:00pm

7:00pm

8:00pm

Cost: \$27/\$30

Instructor: Sara

8 Thursdays

**Advanced Only**

December 20 - February 7

March 13 - May 1

May 15 - July 13

6:00pm

7:00pm

8:00pm

Cost: \$27/\$30

Instructor: Tim Dustin

## BELLYDANCING

This is great exercise while learning the art of Belly Dancing.

January 22 - March 11

April 1 - May 20

9-9:55pm

Cost: \$75 / \$80

Location: Essence of Dance Studio

2014-2016 45th Ave. Highland, IN 46322

219-922-9702

## ESSENCE OF DANCE

### DANCE AEROBICS

This class is an aerobic workout while learning some fun moves

Mondays, Wednesdays or Fridays

9-9:45pm

### STEP & SCULPT

This 50 minute class is a composition of moderate intensity step aerobics and lightweight toning exercises. This class is great for those looking to shape-up, increase muscular endurance, and to look and feel great.

Max. 10

Mondays, Wednesdays or Fridays

9:30 - 10:20am

### BOOT CAMP BLAST

A 50 minute moderate to intense total body military workout, designed to blast away those unsightly areas.

Mondays, Wednesdays, or Fridays

10:20 - 11:10am

### STEP AEROBICS

A 45 minute moderate to intense total body workout, designed to target the lower body and increase leg and lower back strength.

Saturdays

8 - 8:45am

### BODY SCULPT

A 45 minute group training session using light weights and resistance to improve strength and flexibility.

Saturdays

8:45 - 9:30am

### CARDIO KICKBOXING

A 45 minute boxer workout. This is an intense aerobic activity which focuses on speed, coordination and stamina.

Saturdays

9:30 - 10:15am

For all classes dress comfortable, no jeans and wear gym shoes

\$100/\$103 (8 week classes 1 x per week)

\$150/\$153 ( 8 week classes 2 x per week)

\$175/\$178 (8 week classes 3 x per week)

January 21 - March 15

March 31 - May 24

Location: Essence of Dance Studio

2014-2016 45th Ave. Highland, IN 46322

# YOUTH PROGRAMS

## ELEMENTARY DRAWING CLASSES

Ages 6-12  
Cost: \$35 - \$45  
Times: 9:30 - 11am  
Days: Wed. Thurs, Friday  
January 2,3,& 4  
Min/Max: 5/20  
**Spring Break Camp**  
March 18,19,20  
9:30-11am  
**Summer Drawing Camp**  
5 weeks  
June 12 - July 10  
July 17 - August 14  
9:30 - 10:30am

## SUMMER CAMP

Jr. Campers - Grades K-3  
Sr. Campers - Grades 4-6  
Mondays - Fridays  
7am - 5:30pm  
Session I: June 9 - 27  
Session II: June 30 - July 18  
Session III: July 21 - August 8  
Cost: \$390 / \$405  
Weekly rates are available

## BIDDY BOWLING

5 Saturdays  
4-11yrs  
Bumper Bowling  
February 9 - March 8  
11:30am - 12:30pm  
Location: Plaza Lanes  
Cost: \$30/\$33  
Max. 15  
Deadline to register: February 2

## FATHER/SON WINTER OLYMPICS

Fathers and sons compete together for top scores in a variety of events, including the three-legged race, free throw contest, father/son obstacle course and more. The days event will end with an awards ceremony.

Ages: 5-10 w/adult  
Sunday  
February 17  
11am - 1pm  
Cost: \$18/\$20 per couple  
Lincoln Center Fieldhouse



## KIDS KICKBOXING

Saturdays  
11:15 - 12pm  
January 26 - March 15  
April 5 - May 24  
Cost: \$75/\$80  
Location: Essence of Dance Studio  
2014-2016 45th Ave. Highland, IN 46322

# YOUTH PROGRAMS

## **PINEWOOD DERBY**

February 1

This race is not limited to Boy Scouts or even just boys. This race is open to anyone ages 5 and up. Bring your car to the Lincoln Center to race against other pinewood enthusiasts.

Registration deadline is January 18th.

Cost: \$7/\$10

Check in 5:30pm

Race begins at 6:00pm

## **DADDY/DAUGHTER DANCE**

5-13yrs

Highland Residents Only

Friday, February 8

7-9pm

Cost: \$15 per couple

\$20 week of dance. NO tickets sold the day of the dance

\$5.00 for each additional daughter

\$ 6 week of the dance

D.J., dancing, raffle, door prizes, refreshments

Fox Photography will be taking pictures at an additional cost

## **BIG WHEEL DERBY**

February 3

12 -1pm

Drivers ages 3-5 get ready to start your engines! Bring your own Big Wheel and helmet, clean plastic wheels only.

(Sorry no tricycles). Decorate your vehicle like the pros and get ready for a fast paced race around the track. Each age group will race separately. Placement will be your registration number. (First person registered will be the first on the inside lane on the track and so on. Prizes will be awarded.

Must preregister. No Same day registration.

Cost: \$15 / \$20

Deadline to register: January 27th

# YOUTH DANCE

8 Fridays

January 25 - March 14

April 4 - May 23

Cost: \$58/\$61

Parents are to wait in the hallway, not the classroom. An observation day will be held the last class each session.

## **Pre Ballet**

Geared toward improving coordination while learning basic steps & positions.

3/4 year old

1-1:40pm

Min. 4 / Max. 15

Need Pink or Black Ballet Shoes. Prefer pink or black leotards

## **Ballet/Tap**

Basic ballet and tap steps will be taught

4-5 year old

1:45 - 2:30pm

Min. 4 / Max. 15

Prefer pink or black solid leotards and pink ballet shoes, black tap shoes.

## **Jazz/Hip Hop**

Basic jazz techniques will be taught while having fun grooving to funky songs.

4-5 year old

2:30 - 3:15pm

Min. 4 / Max. 15

Need jazz or gym shoes

## **Story Book Dance A-Long**

A story will be read each week. Dancers will dance to songs from the story while learning to hop, skip & jump. All dancers are encouraged to dress up. The instructor will be dressed to fit the story for that week.

Tuesdays

Ages: 2-3

January 22 - March 11

April 1 - May 20

1 - 1:40pm

Cost: \$75/\$80

Min.4/Max. 10

Essence of Dance Studio

Location: 2014-2016 45th Ave.

Highland, IN 46322

# YOUTH GYMNASTICS

Students are to wear comfortable clothing (no jeans please) and gym shoes. The gymnastics program features the balance beam, bar, vault, air-trak and tumbling.

**Cost:** \$28/\$31

Min. 5 / Max. 14

Less than 5 and the class will be cancelled.

Sign up a week in advance.

## **Program Descriptions:**

Parent-N-Tot: (Walking -3) Interactive program for parents and child. Focus on gymnastics, coordination, movement and self confidence.

Preschool: ( 3-5) Coordination, movement and self confidence is featured.

School Age: (5 & Up)Classes for beginners through advanced students, building on skills as they perfect each level.

## **Tuesday Classes:**

Dec. 26 - Jan. 16

Jan. 23 - Feb. 13

Feb. 20 - Mar. 13

Mar. 20- April 10

April 17 - May 8

May 15 - June 5

**Preschool Class**

10-10:35am or 3-3:45

**Parent Tot Class**

10:40-11:15am

**School Age Class**

3:45-4:30pm or 4:30-5:15pm

## **Wednesday Classes:**

Dec. 27 - Jan. 17

Jan. 24 - Feb. 14

Feb. 21 - Mar. 14

Mar. 21 - April 11

April 18 - May 9

May 16 - June 6

**Preschool Class(ages 3-5)**

6-6:35pm

**School Age Class(5 & up)**

6:45 - 7:30pm

# ADULT SOFTBALL INFORMATION

## REGISTRATION BEGIN FEBRUARY 4th

21 Game Season

**Team Fee:** \$350

Men's Teams:

Mondays (16)  
Tuesdays (24)  
Wednesdays (24)  
Thursdays (32)

Co-Ed Teams:

Mondays (16)  
Wednesdays (8)

Women's Teams:

Tuesdays (8)

14 Game Season

**Team Fee:** \$250

Mens' Teams:

Sunday (8)  
Double Headers 7 week schedule

Co-Ed Teams:

Sunday (8)

Men's Teams:

Sundays (8)

Team Fees due by March 27th or until leagues are filled

All Weekday Leagues will utilize some Fridays for Games

Saturdays will be used for ALL rainouts!!!

**Individual Fee:**

When 10 or more are paid on the same receipt

Highland Resident	\$25 - 21 games	\$15 - 14 games
Non-resident	\$35	\$25

When less than 10 are paid for on the same receipt

Highland Resident	\$30	\$20
Non-resident	\$40	\$30

Register your team at the Park Office

2450 Lincoln St  
(219) 838-0114

Hours: 8am - 10pm - Everyday

**Team Fee & Preliminary Roster Required for Registration**

**Manager /Seeding Meeting: March 28 at 6pm, Lincoln Center**

## INDOOR EVENTS

### **GIGANTIC BIKE TRAIL FLEA MARKET**

Saturday  
June 14  
8am - 3pm  
Cost: \$15 parking lot space  
Registration begins Jan. 2

### **SPORT, TRAVEL and OUTDOOR SHOW**

Saturday and Sunday  
April 19 & 20  
9-4pm / 9-3pm  
Cost: \$75 vendor entrance fee  
Admission Fee: \$5/Adults 13 & Up  
\$4/ Seniors - 50+  
\$3 Children 4-12  
Children 3 & under Free  
Registration begins January 2

### **SPRING BAND CONCERT**

The Highland Community Band will perform on Sunday, May 11th at the Lincoln Center Fieldhouse at 7:00pm. Rehearsals are every Wednesday at the Highland Middle School from 7-9pm.

## INDOOR EVENTS

### **ARTS & CRAFT and HOME & GARDEN SHOW**

Vendors from all over will display and sell their items. Items must be handmade. No catalog items or flea market items.  
Saturday and Sunday  
April 26 & 27  
9-4pm / 9-3pm  
Cost: \$50 per 10 x 10 space  
Registration begins January 2

### **ARTS and CRAFT SHOW**

Saturday and Sunday  
October 4 & 5  
9-4pm / 9-3pm  
Cost: \$50 per 10x10 space  
Registration begins Jan. 2

### **BREAKFAST WITH THE EASTER BUNNY**

Join the Easter Bunny and other friends for a continental breakfast sponsored by the Chamber of Commerce. There will a drawing for door prizes and photos available at an additional cost. Tickets are limited and can be purchased in advance.

Saturday, March 15  
Highland High School Cafeteria  
8:30am or 10am  
Tickets: \$5.00

### **HIGHLAND CHAMBER 50TH ANNIVERSARY GALA CELEBRATION**

Saturday  
January 12  
6:00pm  
Wicker Park Social Center  
Tickets: \$75 per person  
Cocktails, dinner, dancing, installation  
Contact: 923-3666

## ADULT CLASSES

### COLORED PENCIL

This course is designed with the beginning as well as the advanced student in mind. Students will learn various techniques of colored pencil, cross hatching, blending, burnishing and how to apply them on a variety of surfaces. Using Prismacolor pencils, students will explore the diversity of this medium and bring to successful conclusion a work of art. A supply list is available upon registration. Fred Holly brings over ten years of teaching experience to this class. He has been a working artist for over twenty years and his artwork is represented in corporate as well as private collections.

7 Mondays

7:00-9:00pm

December 17 - January 28

February 11 - March 24

April 7 - May 19

June 2 - July 14

July 28 - September 8

September 22 - November 3

November 17 - December 29

Cost: \$35/\$38

### INVESTMENT SEMINAR

Doug Lewis, an Edward Jones financial advisor will be assisting individuals in setting financial and investment goals. This class also will provide a summary of the most common investments used by individuals in reaching their objectives. The class will provide an in-depth look at the many different types of investments available to and suitable for investors who are working or retired.

4 weeks

January 22, 28, February 5, 12

6-8pm

Registration Cost: \$3/\$5

Additional cost of \$8.00 paid to the instructor

### CHESS

Learn the basics of chess through hands-on play, in-class instruction and study materials. Players of all skill levels, from beginners to accomplished, are welcome. All supplies included, classes progress with student's abilities.

8 Mondays

7-8pm

November 12 - January 14

January 28 - March 31

April 7 - June 2

Cost: \$115

## C.S.R.I. EVENTS

C.S.R.I. is a cooperative venture seeking ways to increase recreational opportunities for individuals of all ages who have varying degrees of physical, mental and learning disabilities as well as emotional difficulties, hearing or visual impairment and development delays.

### Organizations involved with C.S.R.I.:

Community Hospital, Crown Point Parks & Recreation, Highland Parks & Recreation, Lake County Parks, Merrillville Parks & Recreation, Dyer Parks & Recreation, Munster Parks & Recreation, Schererville Parks & Recreation, St. John Parks & Recreation

### CSRI INDOOR FUN FAIR and HEALTH FAIR VENDOR EXPO

sponsored by CSRI and Highland Parks & Recreation

Sunday, January 20

1-4pm

\$2.00 per person

Highland Lincoln Center Fieldhouse

2450 Lincoln Street, Highland, IN 46322

FYI: (219) 838-0114

### ICE SKATING at DEEP RIVER WATERPARK

February 9

9:30 - 11am

Lake County Parks 769-7275

### EDUCATIONAL WORKSHOP

February 21 & March 19

6:30pm

### CSRI EASTER EGG HUNT

sponsored by CSRI and Munster Parks & Recreation

Saturday, March 15

11am

Community Park in Munster

\$3 in advance at Munster Town Hall

1005 Ridge Road

\$5 on-site starting at 10:30am

FYI: (219) 836-7275

### CSRI BINGO

sponsored by CSRI and Dyer Parks & Recreation

Saturday, April 19

11am - 1pm

\$5 per person

Register in advance at Dyer Town Hall prior to April 13

Event held at Dyer Town Hall

330 Sheffield, Dyer IN

FYI: (219) 865-2505

## OUTDOOR EVENTS

### NEW YEARSEVE FIREWORKS

Rock in the year 2008 at exactly midnight at Main Square Park with a spectacular fireworks display.

Monday, December 31st

Co-sponsored by the Highland Parks and Recreation Department, Special Events Committee and the Highland Chamber of Commerce. The concession stand will be opened for business from 11:00pm until the end of the fireworks.



### PARK PRIDE DAY

Saturday, April 19

9am- Noon

Join the community volunteers and the Highland Parks Department for Park Pride clean up day! Each volunteer that spends the day helping will receive a t-shirt a free lunch. Volunteer groups call Alex @ 838-0114.

### TWELFTHNIGHT

The Holiday festival will officially close at Main Square Park on January 6th at 6:00pm. People are encouraged to bring their Christmas trees to Main Square for a bonfire.

The concession stand will be open for business from 5:00pm until 6:30pm.

### NATIONAL DAY OF PRAYER

Thursday, May 1st

Main Square Park

6:30pm

### EASTEREGG HUNTS

#### DAYTIME HUNT

Ages: 6-9

Saturday, March 15

11:30 SHARP

Cost: \$3/\$5

#### NIGHT HUNT

Ages: 10-13

Friday, March 14

7:30pm SHARP

Cost: \$5/\$8 - Bring Flashlights

Location for both: Sharp Athletic Complex. Must show registered receipt upon entering the gate.

## MIDDLE SCHOOL DANCES

One Friday a month we host a dance for 7th and 8th graders at the Lincoln Center. Each dance will feature a D.J., video games and a concession stand.

All dances are from 7-9pm  
Tickets: \$3.00

Tickets can be purchased the week of the dance Thursday after school and Friday before and after school. You may purchase a ticket at the Lincoln Center on the Friday of the dance for \$5.00 and you must show an I.D.

No admittance to the dance after 7:30pm

January 25  
February 15  
March 14

April 18 -Final Dance  
Open to 6th, 7th & 8th graders.  
Tickets: \$5.00  
7-9pm  
Highland Students Only!!

## OPEN GYM POLICY

Every effort is made to make the fieldhouse courts available to as many residents as possible. Our policy for open gym is: **HIGHLAND RESIDENTS ONLY ON TUESDAYS and THURSDAYS.** Mondays, Wednesdays, Fridays, Saturdays and Sundays Highland residents can bring 1 guest 15yrs or older for a fee of \$10. A \$3 fee will be charged to any non-resident 14yrs and younger. Guests must be accompanied by the Highland resident upon entering the facility and the Highland resident will be responsible for their guest actions. Friday, Saturday and Sunday non-residents 15yrs and older can come on their own for a fee of \$15 per visit. Visitors 14yrs and younger can come for a fee of \$3.00.

Everyone must show and I.D. before they will be allowed to enter the fieldhouse for open gym and open volleyball.

I'D.'s can be copied in the Park Office and given to the fieldhouse staff.

Walking is free for residents and non-residents.

Hours: Mondays - Friday - 6am - 9:45pm (walking)  
Saturday and Sunday - 8am -9:45pm (walking)

Open Gym: Mondays - Fridays - 3pm - 9:45pm  
Saturdays and Sundays - 12-9:45pm

Some programs and rentals will change the open gym and walking hours.

Every Monday a schedule is posted outside of the office for that week. Also we post the schedult on our website: [www.highlandparks.org](http://www.highlandparks.org)

## 50+ INFORMATION

**MEETINGS** are for anyone 50 +. Meetings are twice a month except for June, July, November and December. Meetings are the second and fourth Thursday of each month beginning at 1pm. Our meetings consist of guest speakers, entertainment, door prizes and bingo. Throughout the year we have special holiday parties and picnics for our members. Baked goods are provided by the members on the baking list. Highland residents unable to drive to a meeting should call the park office at 838-0114 and be put on the ride list. Limit 5

**TRIPS** are booked throughout the year for everyone to enjoy. Destinations may vary from musicals, casinos, overnight trips, shopping, dinner theatres, festivals and more. Information regarding these trips can be obtained from the senior newsletter, at the Park Office and from the Park Brochure. Payment is due in full when registering for a trip.

**TRANSPORTATION** is available on a limited basis for certain elderly and handicapped persons in the greater Hammond area. For more information on this and other programs call Greater Hammond Community Services at 933-3455. The Town of Highland also sponsors a subsidized taxi program for seniors and handicapped. Eligible riders can get a half-price discount (up to \$5.00). Applications are available at Town Hall, 3333 Ridge Rd., or call 838-1080 for more information.

**SENIOR NUTRITION PROGRAM** is offered at the Lincoln Center weekdays from 9:00 am to 1:00 pm. Hot lunches are served for a \$2.00 donation if the participant is over 60 years. A slightly higher donation is suggested if the participant is under 60 years of age. Reservations must be made 2 week in advance by contacting Rose at 838-0114 between 9am - 12:30pm. Lunches are served at 11:30 am.

## COMMUNITY INFORMATION

### TOWN OF HIGHLAND

Administrative offices	838-1080
Public Works Administrative	972-5069
Public Works Operating	972-5083
Parks & Recreation	838-0114
Police Non-emergency	838-3184
Fire Non-emergency	923-9876
Utility Building	972-7589

**EMERGENCY Police & Fire 911**

### SPORTS GROUPS

Highland Babe Ruth Ed Stowe	924-4846
Highland Little League Dan Vassar	924-1945
Highland Youth Softball Joe Grzymiski	922-0645
Highland Youth Soccer Jerry Tuel	924-7819
Highland Pop Warner Nora Sorrell	923-1451
Highland Girls Basketball Dale Fieldhouse fax:	922-4455 922-8450
Highland Hurricane Swim Club Jennifer Spiegel	924-9646

### BUSINESS NUMBERS

Highland Chamber of Commerce	923-3666
Public Library	838-2394
Post Office	838-1248
School Town of Highland	924-7400
North Township Wicker Park Picnics Wicker Park Hall	838-3420 838-1510

### HIGHLAND HISTORICAL SOCIETY

Highland's Historical Society maintains a museum at the Lincoln Center. Hours are Saturdays 10am-Noon

# COMMUNITY INFORMATION

## PARK DONATIONS

Groups and individuals are encouraged to help improve the Parks by donating benches, trees, or flower planters. A plaque will be placed to honor your group or to identify the donation as a memorial. The department will maintain the trees and place a name plaque near the tree.

Possible donations include:

Flower planters	\$1,500
Benches - full back	\$ 200
Benches - flat	\$ 150
Trees	\$ 250

Call the Park & Recreation office at 838-0114 for more details.

## CROSTOWN BIKE TRAIL

The trail is 4 miles long, under the jurisdiction of all Park Rules. Authorized motorized vehicles are prohibited.

## PARK OFFICE

The Park Office is located at 2450 Lincoln St. within the Lincoln Center. Office hours are from 8am - 10pm seven days a week. (219) 838-0114

The park offers several services which includes:

Class/Program Registrations  
Room Rentals  
Park Rentals  
Donations

## MAIN SQUARE GAZEBO

3001 Ridge Road is the address for a popular wedding venue. Decorating as well as chairs are the responsibility of the permit holder. A two-hour time block is reserved for each wedding. Electrical service is available on request. Any decorations must be taken down following each event. Due to park programs during the months of May through September the following items may be in the park or around the gazebo: Tents, picnic tables, bleachers, extended stage, stairs, etc. Remember when you rent the gazebo you are only renting the gazebo.

### Cost Schedule:

Bride & Groom both Highland Residents --\$25

One Highland Resident --\$50

No Highland Resident -- \$100

## Highland Parks & Recreation Board Meeting Information

The regular meeting will be on the 3rd Thursday of the month at the Highland Municipal Building at 7:00pm. The study session will begin at 6:30pm. The Board will still conduct a study session on the 1st Thursday of the month at the Lincoln Center at 6:30pm.

## WICKER PARK

Residents should note that Wicker Park is not operated by the Town of Highland or that the Highland Parks and Recreation Department. Wicker Park is governed by North Township. For more information call 838-3420.

# FACILITY RENTALS

Rooms are available for showers, open houses, meetings, banquets, etc. at the Lincoln Center. Bookings must be made in advance and are subject to availability. There are no same day rentals. Reservations must be made in person and paid for when reserving the facility. No phone reservations are allowed. All rental rates are based on a minimum of three hours. Additional hours are assessed from time in to time out. \*\*Alcohol is prohibited.

	Classroom(50 people)	Double Classroom(100 people)	Community Room(70 people)
Resident/Business	\$48 (3 hours)	\$96 (3 hours)	\$84 (3 hours)
	\$12 extra hours	\$18 extra hours	\$18 extra hours
Non-Resident	\$78 (3 hours)	\$130 (3 hours)	\$117 (3 hours)
	\$15 extra hours	\$20 extra hours	\$20 extra hours

Organizations using the gymnasium for fund-raising events must be approved by the Park Board

Any profit making organization charging an entrance fee will pay an additional \$25 per hour.

Any groups renting past 10:00pm must pay an additional \$100/hr.

## Gymnasium (carpeted)

75-100 persons	\$150 (3 hours)
101-150 persons	\$175 (3 hours)
151-200 persons	\$200 (3hours)
201-250 persons	\$250 (3 hours)
251-350 persons	\$300 (3hours)
each additional hour is \$30	

## Gymnasium Athletic Activities (carpeted Gym)

Resident: \$20/hr      Non-resident: \$40/hr

A \$100 refundable security deposit is required for rental of the Community room, gymnasium, S-21 & S-17 in addition to the rental fee. The fee is refundable upon a satisfactory inspection.

### Refund policies are as follows:

Fieldhouse Rentals: Will refund 80% of the fee if requested less than 60 days before the event. No refund will be given if cancelled within 7 days. All refunds will have a \$3.00 processing fee charge. NO cash refunds are allowed.

Small Gym and Fieldhouse Court Rentals: Will refund 80% of the fee if requested less than 30 days before the rental. No refund if requested within 7 days. All refunds will have a \$3.00 processing fee charge. NO cash refunds are allowed.

Classrooms: Will refund 50% if requested less than 30 days before the rental. No refund will be given if cancelled within 7 days. All refunds will have a \$3.00 processing fee charge. NO cash refunds are allowed.

## FIELDHOUSE RENTAL

The fieldhouse can be rented out for conventions, athletic games and for athletic practices. Reservations must be made 8 days in advance and are now being taken for rentals on first come, first serve basis for all four courts and the stage area.

Athletic Practice Fees	Athletic Games Fees
\$25/hr per court*(resident)	\$50/hr per court*(resident)
\$50/hr per court *(non-resident)	\$100/hr per court*(non-res.)

\*\*\*Minimum rental is 2 hours\*\*

Rentals will not be taken from November through March, Mondays through Thursdays from 6-10pm. All other rentals are based on a varying rate and are approved by the Park Board and the Superintendent.

## PARKS FOR PICNICS

The following four parks are complete with shelters to house your family or corporate picnics:

- Homestead Park, 8000 Parrish Ave.
- Meadows Park, 9400 Southmoor Ave.
- Sheppard Park, 9217 Liable Rd
- Markley Park, 9501 Saric

All are rented on availability and can accommodate from 1 to 100 people. Fees cover the placement of picnic tables, trash cans and clean-up. 50 gallon grills can be rented for \$25 upon availability. Bookings must be made in advance.

**Rates:** \$50 under 50 people  
 \$75 for 50-100 persons  
 \$100 over 100 persons  
 Add \$50 per category for non-resident groups

**1. Cross Town Trail**  
(paved path)

**2. Sharp Athletic Complex**  
(8071 Kennedy Ave.)  
4 lighted softball fields

**3. Homestead Park**  
(8000 Parrish & 8003 5th St.)  
Picnic Shelter (with game area)  
Washroom and drinking fountains  
1 Lighted Rollar Blade Area  
5 Ball diamonds (2 lighted)  
3 Lighted tennis courts  
Basketball court  
Nature Area  
2 Playgrounds  
Ample Parking

**4. Northwood Park**  
(2431 81st St.)  
1 Tennis court  
Basketball court  
Drinking Fountain  
1 Ball diamond  
Playground

**5. "Unnamed Park"**  
8200 Liable Rd.)  
Future development site

**6. Grand Park**  
(2600 Grand Blvd.)  
Playground  
Half-basketball court

**7. Little Turtle Park**  
(3201 Laporte)  
Playground  
SoccerField  
Basketball Court

**8. Toth Park**  
(3800 ) LaPorte  
Future development site

**9. Main Square**  
(3001 Ridge Rd.)  
Gazebo  
Fountain  
Washroom  
Mid-way area  
Playground

**10. Orchard Park**  
(8720 Orchard Dr.)  
2 Ballfields  
SoccerField  
Playground

**11. Brantwood Park**  
(2030 Lincoln Ave.)  
2 Tennis courts  
Playground

**12. Meadows Outlet**  
(2020-37th Pl.)  
Playground

**13. Lincoln Center**  
(2450 Lincoln St)  
Parks & Recreation Office  
Community Center  
3 Ball diamonds  
2 Playgrounds  
Fieldhouse  
Meeting Rooms  
Recreational Program site  
Washrooms and drinking fountains  
Ample Parking

**14. Petit Park**  
(9040 Cottage Grove Ave.)  
Playground  
1 Basketball court  
Drinking fountain

**15. Sheppard Park**  
(9217 Liable Rd.)  
Picnic shelter (game area)  
Washroom/drinking fountain  
1 lighted ball diamond  
2 lighted tennis courts  
Playground  
Ample Parking  
Soccer field  
1 Lighted basketball court

**16. Meadows Park**  
(8400 Southmoor)  
Picnic Shelter  
Washrooms  
Drinking Fountain  
1 ball diamond  
Soccer-football field  
1 Lighted basketball court  
2 Lighted tennis courts  
Lagoon  
3 Playgrounds  
Paved walkways/jogging path  
Ample Parking  
Sankowski ballfield (lighted)

**17. Fletcher Park**  
(2715 Hart Rd.)  
Playground

**18. Markley Park**  
(9041 Saric Ct)  
Picnic shelter (game area)  
Washrooms  
Drinking fountain  
3 Ball diamonds (2 lighted)  
Basketball goals  
Playground  
Ample Parking

**19. Lakeside Park**  
(3046-97th Pl.)  
1 tennis court  
Basketball goals  
Playground  
Walkway/jogging path

**20. Jaycee Park**  
(3040-101st)  
Playground  
Half basketball court

**21. Lakeside Outlet**  
(10144-4th Pl.)

**22. Terrace Park**  
(2220 Terrace Dr.)  
Playground

**23. White Oak Park**  
(2020 Briarwood Ln)  
Future development site)

**PARK REGULATIONS:**

1. Parks are closed from 10:30pm - 5:00am
2. Alcohol, glass containers and fireworks are prohibited.
3. Animals are required to be on leashes at all times and owners are responsible for cleaning up animal waste.
4. Horses, mopeds and other motorized vehicles are prohibited.
5. Swimming is prohibited in park pond
6. Golfing and archery are prohibited
7. Fires are allowed in grills only
8. Groups with permits have priority for park areas.

Please notify the Parks & Recreation Office at 838-0114 when violations occur or if you notice a park facility in need of repair.

## REGISTRATION

### GENERAL INFORMATION

All registration is conducted at the Parks and Recreation Office, 2450 Lincoln Street, Highland, IN 46322. You may register either by mail or in person. Staff is available daily from 8:00 am to 10:00 pm. Full payment is required at time of registration. **NO PHONE REGISTRATIONS WILL BE TAKEN.** Checks should be made payable to Highland Parks and Recreation. Pre-registration is required for all programs before participating, with all area residents welcome, **EXCEPT WHERE NOTED.** In some cases, class size is limited and is taken **on a first-come, first served basis**, so your timely registration is encouraged. Children may be removed from any program if the instructor feels that there is a problem.

### TRIPS REFUNDS

Participants who withdraw from a trip at least five working days (Monday-Friday) prior to a trip will receive refund. We will refund as much of the trip as possible, however, some charges paid in advanced to travel agents, bus companies, etc. may not be refunded. A \$3 processing fee will be included on all trip refunds.

### PRO-RATED REFUNDS

Participants who withdraw from a program that is in progress will be eligible for a refund for the remaining class, less a \$3 processing fee. Refund requests will not be honored after a program has concluded. All refunds are paid by checks issued once a month by the Parks & Recreation Board. No Cash refunds are permitted.

### INSURANCE

Individual medical insurance is not provided by Highland Parks and Recreation. Individuals are responsible for their own insurance.

### NON-SUFFICIENT FUND CHECKS

A \$7.50 fee will be assessed to those presenting N.S.F. checks for programs. This fee must be paid at the Town Hall before one can participate in our programs.

### NOTICE

The Highland Park Department programs and facilities are available to all citizens regardless of race, color, national origin, sex, age or disability. Reasonable accommodation may be requested to provide participation in desired programs and activities. If you have a disability condition and would like more information and support for accessibility of programs and facilities, call the Superintendent of Park & Recreation, 838-0114. Regulations of the U.S. Department of Interior strictly prohibit unlawful discrimination in departmental Federally Assisted Programs on the basis of race, color, national origin, age or handicap. Any person who believes he or she has been discriminated against in any program, activity, or facility operated by a recipient of Federal assistance should write to: Director, Equal Opportunity Program, National Park Service, P.O. Box 37127, Washington, D.C. 20013.

## DATES TO REMEMBER

### January

6	Twelfth Night
12	Chamber Gala
16	Jersey Boys Trip
20	CSRI Fun Fair
25	Middle School Dance

### February

1	Pinewood Derby
3	Big Wheel Derby
8	Daddy/Daughter Dance
15	Middle School Dance
17	Father/Son Winter Olympics
23	Stars On Ice Trip

### March

7	Fourwinds Casino Trip
14	Middle School Dance
14	Night Easter Egg Hunt
15	Daytime Easter Egg Hunt
15	Breakfast with the Easter Bunny
29	Indoor Flea Market

### April

7-11	Branson Trip
18	Middle School Dance
19	Park Pride Day
19	Sport, Travel & Outdoor Show
20	Sport, Travel & Outdoor Show
26	Spring Arts & Craft Show
27	Spring Arts & Craft Show

### May

1	National Day of Prayer
3	Outdoor Flea Market
11	Spring Band Concert

## DAY TRIPS

### JERSEY BOYS

Wednesday, January 16

Chicago, IL

2006 Tony Award Winner for Best Musical. Broadway's biggest success story takes you behind the music of Frankie Vali & The Four Seasons. Follow the rags-to-rock-to-riches tale of four blue-collar kids working their way from the streets of Newark to the heights of stardom.

Depart: 12:30pm

Return: 1 1/2 after the show

Showtime: 2pm

Cost: \$80 / \$83

Min:/ Max: 30/ 46

**Deadline: January 11th**

### 2008 SMUCKER'S STARS ON ICE

Saturday, February 23

Rosemont, IL

Special guest Sasha Cohen

Depart: 4:30pm

Return: 1 1/2 after the show

Showtime: 7:30pm

Cost: \$70/\$73

Min/Max: 30/ 46 people

**Deadline: February 15**

### FOURWINDS CASINO

New Buffalo, MI

Friday, March 7th

Join in the fun at the new casino in Michigan

Depart: 8:00am

Return: 4pm

Cost: \$20/\$23

Min/Max. 30/ 46 people

**Deadline: February 22nd**



## OVERNIGHT TRIPS

### BRANSON

Mon-Fri

April 7-11, 2008

5 days / 4 night

Price includes:

Motorcoach

4 nights lodging

8 meals: 4 breakfast and 4 dinners

Admission to 7 fabulous shows! Including Yakov Smirnoff, The Mickey Gilley Show, The Dalena Ditto Show, The World Famous Platters, The Jim Stafford Show and Darren Romeo - "The Voice of Magic". The Showboat Branson Belle and more

Deposit: \$75

Double - \$509

Single - \$629

Triple - \$489

Full Payment must be received by January 31

Registration begins January 2, 2008

### LAS VEGAS and THE GRAND CANYON

Fri-Mon

September 5 - 15

11 days / 10 nights

Price includes:

Motorcoach

10 nights lodging including 2 consecutive nights in a Las Vegas Casino Hotel

16 meals: 8 breakfast and 8 dinners

Gaming and sight-Seeing on the famous Las Vegas Strip  
Free Day to shop, explore and discover Las Vegas, Visit to Laughlin NV and view of the Colorado River, Visit Grand Canyon National Park including a IMAX Grand Canyon Movie, Visit to magnificent Zion National Park and Petrified Forest National Park, Will Rogers Memorial Museum in Tulsa OK, 2 night stay in Flagstaff Arizona, , Visit the Amarillo Botanical Gardens and more.

Deposit: \$75

Double - \$939

Single - \$1,329

Triple - \$919

Full Payment must be received by June 30

Registration begins January 2, 2008