








FALL BROCHURE

2023

Table of Contents

Park Partners & Rentals	2
Office Information	3
Park Map	4
 Arts & Entertainment	5
 Hobbies & Interests	7
 Mind & Body	9
 Outdoor Activities	10
 Special Events	11
 Parent & Child	15
 Adult Sports	16
 Youth Sports	17
 School's Out Days	21



O'Fallon PARTNERS in the PARK

PARTNERSHIP HAS IT'S PERKS

Become a Partner in the Park with the O'Fallon Parks & Recreation Department.

Our Parks see **over 3 MILLION** visitors per year so partner with us and get your business noticed.

Family Sports Park
O'Fallon Community Park
Hesse Park
Rock Springs Park
Splash Pad

For more information contact Pearl Gipson at
618-206-4350 or pgipson@ofallon.org

Find Your Park

Need a place? We've got the space!

RENTALS INSIDE AND OUT ...



INSIDE

Choose from small and cozy –
Rock Springs Nature Center or the Grange
or a large event space –
Vine Street Station or Katy Cavins
Community Center

OUTSIDE

Choose from 13 Pavilions
Available for rent from
March 1st – Oct 31st
Seating from 36 to 120
Call the Parks office
618-624-0139 Ext 0



Office Location & Hours

Katy Cavins Community Center
308 E. 5th St. O'Fallon, IL 62269

Fall/Winter Hours:
Starting Monday, August 21st
Monday – Friday, 8:30AM – 5PM

Summer Hours:
Ending Friday, August 18th
Mondays, 7:00AM – 5:30PM
Tuesday – Friday, 7:30AM – 5PM

Contact Information

Phone: (618) 624-0139
Fax: (618) 624-5308
Rainout Hotline: (618) 622-1439
Email: parks@ofallon.org
Website: ofallonparksandrec.com
Facebook:
OFallonParks
Vinestreetmarketofallon
Instagram:
ofallonparks
vinestreetmarketofallon
Rainout Line Website:
<https://rainoutline.com/search/dnis/6186221439>

Pavilion/Pool Rentals

The Pool and Pool rentals will be closed for the season on Monday, September 4th.

The Splash Pad will remain open through the early fall weather permitting, but rentals will not be accepted for dates after Monday, September 4th.

Starting September 5th
Tuesday – Thursday 3PM – 7:30PM
Friday – Monday 10:30AM – 7:30PM

Personnel

Parks & Recreation Director Andrew Dallner	Horticulturalist & Vine Street Market Coordinator Sarah Burton
Superintendent of Recreation Patrick Christensen	Grounds Specialist Blake Kreitner
Superintendent of Parks Ryan Heimann	Athletic Field Specialist Daniel Rutzinski
Administrative Services Coordinator Pearl Gipson	Forestry & Horticulturalist Specialist Eric Schuyler
Recreation Supervisor Kirkwood Meyers	Park Maintenance Lloyd Fussell
Recreation Supervisor Jordan DeRemer	Park Maintenance Jamie Smith
Recreation Supervisor Missy Mamon	Park Maintenance Nathan Dorsch
Parks Supervisor Michael Siebert	Park Maintenance Dustin Wagner
Parks Supervisor Ben Young	Office Assistant Debbi DeMonge
	Office Assistant Shannon Petrovic

Mayor of O'Fallon
Herb Roach

Parks & Environment Committee

Chair
Jerry Albrecht
Vice Chair
Roy Carney

Andrea Fohne
Aaron Hudson
Christopher Monroe
Dennis Muyleart



1 O'Fallon Community Park

308 East 5th Street
6am-10pm
Tennis/Basketball Lights:
Dusk-10pm



2 Hesse Park

810 N Madison Drive
6am - 9pm



3 Rock Springs Rotary Park

1428 East 3rd Street
Dawn - Dusk



4 Thoman Park

1428 East 3rd Street
6am - 9pm



5 O'Fallon Family Sports Park

301 Obernuefermann Road
6am - 10pm



6 Veteran's Memorial

737 East Wesley
Dawn - Dusk



7 Ogles Creek Park

435 Wiegertown Drive
Dawn - Dusk



8 Savannah Hills Park

8012 Savannah Hills
Dawn - Dusk



9 Public Safety Fields

287 Seven Hills Road
Dawn - Dusk



10 Three Springs Park

287 Seven Hills Road
6am - 10pm



11 Shiloh Community Park

1 Park Drive, Shiloh
6am - 10pm



Park Icon Key

Parking	Baseball Fields	Dog Park
Restrooms	Basketball Courts	Fishing
Barbeque Grill	Pickle Ball Courts	Camping Permit
Pavillions	Swimming Pool	Splash Pad
Playground	Walking Paths	Skate Park
Community	Running Path	Free WiFi

Park Trails

COMMUNITY PARK:
Inner Walk Trail: 0.25 miles
Outer Walk Trail: 0.75 miles

ROCK SPRINGS ROTARY PARK:
Inner Walk Trail: 0.54 miles
Outer Walk Trail: 1.00 miles

FAMILY SPORTS PARK:
Trail: 2.17 miles

HESSIE PARK:
Bike Trail: 0.73 miles

Art & Entertainment



Stained Glass - Lead Came (Beginner)

Katy Cavins Community Center Basement

Fee: \$80

Ages: 16 and up

Instructor: Jill Wicke

Time: 6:30-8:30 PM

Mon, Sept 11 - Mon, Nov 6

Barcode: 9851

This is an 8-week class where you will make a panel approximately 13"x 16" using the traditional lead came method. Choosing glass, grinding, building the panel, soldering, & glazing the panel are all skills you'll learn.

No experience necessary, this class is suitable for beginners and intermediate skills.

Copper Foil Class (Beginner)

Katy Cavins Community Center Basement

Fee: \$60

Ages: 16 and up

Instructor: Jill Wicke

Time: 6:30-8:30 PM

Mon, Dec 4 - Mon, Jan 15, 2024

Barcode: 9972

In this 6-week class, you will make a fan shaped copper foil piece that can be put in a base and lighted behind with a night light or just a flat foiled piece. Cutting, fitting, and soldering are the skills you will learn from this class. No experience necessary but those with experience are welcome to advance their skills. Tools will be provided!

Pour Paint

Location: Katy Cavins Community Center

Fee: \$50

Ages: 15 and up

Instructor: Pearl Gipson

Time: 6:30PM - 8:30PM

Dec 12, 2023

Barcode: 9862

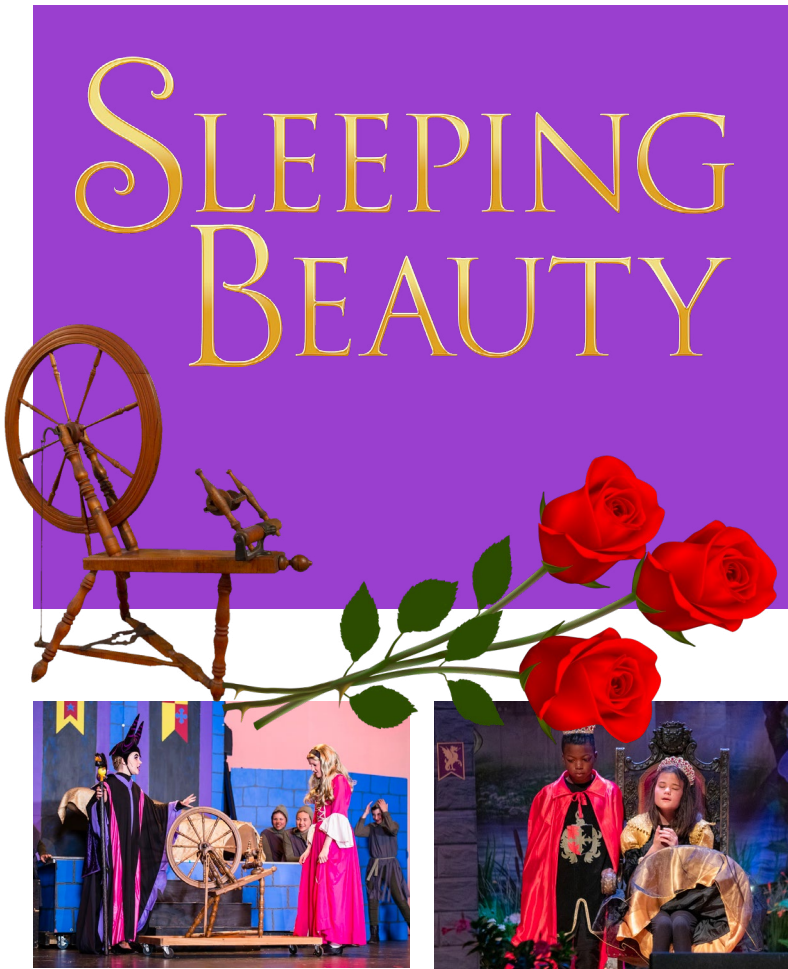
Join O'Fallon Parks & Recreation and local artist Pearl Gipson for our introductory 'Pour Paint' class. This is a painting class that focuses on the technique of mixing colors together to create abstract artwork. Fill a cup with various colors of acrylic paint, pour paint over a canvas and let the art happen. Supplies will be provided.

Painting with Pearl

Rock Springs Rotary Nature Center
Fee: \$30
Ages: 16 and up
Instructor: Pearl Gipson
Time: 6:30PM – 8:30PM

Join O’Fallon Parks & Recreation and local artist Pearl Gipson for our introductory painting class. This watercolor painting class will cover the basic steps to create beautiful artwork. This program makes for an ideal date night, or night out with friends! Bring your own beverages and snacks for the class. Supplies will be provided.

Mon, Sept 18	Barcode: 9818
Tue, Sept 19	Barcode: 9819
Mon, Oct 9	Barcode: 9820
Tue, Oct 24	Barcode: 9821
Mon, Nov 6	Barcode: 9822
Tue, Nov 14	Barcode: 9823
Mon, Dec 4	Barcode: 9824
Tue, Dec 19	Barcode: 9825



Everyone that auditions gets cast!
There are no refunds once auditions are complete

Fall Play: Sleeping Beauty

Katy Cavins Community Center
Fee: \$100.00
Ages: 5-16
Instructor: Nicki Hansley & Danielle Schnable
Time: 5PM – 6PM

Tue, Sep.12 - Tue, Oct. 24, 2023	Barcode: 9850
----------------------------------	---------------

The Princess Aurora is born and celebrated throughout the land until the Wicked Fairy and her Gruesome Ghouls cast their evil spell. Song and dance fill the stage as Aurora grows among the Good Fairies and lovable Forest Animals where she meets the handsome Prince of her dreams. When Aurora pricks her finger, everyone including the audience participate in the great battle to free the beauty from her untimely sleep. Large cast with roles for every age!

Hobbies & Interests



Adult Dance Classes

Katy Cavins Community Center Assembly Room

Meets: Thurs

Fee: \$90.00 per couple

Ages: 16 and up

Instructor: Bill Trent

Time: 6:30PM – 7:30PM

Put on your dancing shoes and fall in love with ballroom dancing. Instructor Bill Trent trained at Arthur Murray Dance Studio, Fred Astaire Dance Studio, and Scott International Dance Studio for over 40 years. This course will feature dance instruction for ballroom favorites such as the Samba, Mamba, and the Country Two Step. Wear comfortable clothes and smooth soled shoes. Students register as a couple. Only one student should register, and the fee will cover both members of the couple.

Swing

Thu, Sept 21 - Thu, Oct 19, 2023

Barcode: 9766

Tango

Thu, Nov 9 - Thu, Dec 14, 2023

Barcode: 9767

Hong Martial Arts - Karate/TKD/Jiu Jitsu

Katy Cavins Community Center Basement

Meets: Tues/Thurs

Fee: \$50/month, \$25 each additional family member

Ages: 6 & up

Instructor: Master Hong

Time: 5:45 PM – 6:45 PM

Thu, Aug 31, 2023- Thu, May 30, 2024

Barcode: 9887

This Martial Arts program has been designed and is taught by the Hong brothers, two master black belt instructors. The Hong brothers have a combined teaching experience of over 30 years. They have altered the traditional training methods and practice a combination of martial arts including Karate, Tae Kwon Do and basic Brazilian Jiu-Jitsu. Testing fees not included in prices below. Fees may be paid in full or made in easy monthly installment payments. The program will automatically renew the 1st of each month until May of each year unless you cancel your enrollment. Testing fees not included.



Intro To Fencing

CLASS CANCELLED FOR NOV 2023

Introduces one of the most fascinating Olympic sports. Fencing is a classical sport that combines quick thinking and athletic movements to help build fitness, balance, coordination, discipline, and sportsmanship. While fencing is a physically and mentally demanding sport, fencers come in all shapes, sizes, and age groups. Physical strength and size are not major factors. Classes consist of stretching and fencing exercises, followed by footwork, blade work and practice bouts. All fencing equipment is provided. Fee: \$160: Non-competitive membership in USA Fencing included expires Jul 31, 2024



Mon, Sept 18 - Mon, Nov 13, 2023

Cancelled

Wed, Sept 20 - Wed, Nov 8, 2023

Cancelled

Nerf Night

Katy Cavins Community Center

Fee: \$12

Ages: 7-12

Time: 6:30 PM-8:30 PM

Kick off your child's weekend in style! Come to the Katy Cavins Community Center for a night of action-packed fun. Nerf Night will feature several short games such as capture the flag and other favorites. Pizza and drinks will be provided. Bring protective eye wear and your own Nerf guns and darts.



Fri, Oct 6, Reg. Deadline Oct 4

Barcode: 9969

Fri Dec 15, Reg Deadline Dec 13

Barcode: 9970

Mind & Body

Health and Wellness Course

Katy Cavins Community Center

Fee: \$30

Ages: 13 and up

Time: 6PM - 7PM

Come learn about how to take care of your body in our new health and wellness course! In this course, you'll learn from Peyton and some others from Supplement Superstores - Shiloh on how to treat your body kindly and ways to feel better in your everyday lives! On the last day of the course, there will be a circuit training on different ways to keep your body moving! The classes on Monday and Wednesday will be 45 minutes, while the circuit training will be an hour. The course will be held Monday/Wednesday/Friday on consecutive weeks. The course is only one week-long, so choose which week works best for you!

Week 1: Sept 11, 13, 15 MWF	Barcode: 9950
Week 2: Sept 18, 20, 22 MWF	Barcode: 9951

Yoga

The Station

Fee: \$40

Ages: 10 & up

Instructor: Rachel Roberts

Time: 6PM - 7PM

Class will help balance the mind and body. Poses designed to help build a stronger and flexible core. Breathing techniques designed to help focus the mind. Class is open to beginners and experienced individuals.

Mon Aug 21 - Mon Oct 2	Barcode: 9980
------------------------	---------------

Kids Energy Awareness and Sound Bath

Holistic Journey Somatic Bodywork

Fee: \$35

Ages: 7 and up

Time: 6:30PM - 7:30PM

An introduction to the energy system in and around the body, which includes the Aura and chakras. Taking the focus inward, this class will aim to help parents and children become more aware of their physical bodies, as well as emotional and mental states that affect their chakras, and how they feel overall.

Fri, Nov 3

Barcode: 9939



Haunted Halloween House Contest

Fee: \$15
Ages: 18 and up

Join us for our revamped Haunted Halloween House Decorating contest. Use lights, props, sounds, and your IMAGINATION to decorate your own home. Remember, more isn't always better.

Judging will take place between 5:30pm and 8:30pm starting Monday, October 23 thru Thursday, October 26. Please make sure to have your decorations up and operational between 5:30pm and 8:30pm during these days. Winners will be announced on the O'Fallon Parks and Recreation Facebook page, along with photos of the winning house on Friday, October 27.

Registration Deadline: Mon Oct 23, 12 PM	Barcode: 9958
--	----------------------

Family Fishing Night

South Pond at O'Fallon Family Sports Park
Fee: FREE
Ages: Any
Time: 5:45PM - 7PM

Join us for our free Fishing Derby on Friday, October 20th at the O'Fallon Family Sports Park South Pond for a fun evening of fishing. Fishing poles and bait will be provided, but you are welcome to bring your own! Meet at the South Pond from 5:45-7p. There is no winner, as everyone is a winner in our book! Please register for this free event for preparation purposes.

Fri Oct 20	Barcode: 9807
-------------------	----------------------



Light Up O'Fallon Holiday Lights Contest

Fee: \$15
Ages: 18 and up

Love decorating your house for the holiday season? Are you competitive? Look no further than the "Light Up O'Fallon Holiday Lights Decorating Contest. Use lights, props, sounds, and your wonderful imagination to decorate your house. Decorate to your heart's content but remember bigger doesn't always mean better!

Judging will take place between 5:30pm and 8:30pm starting Monday, December 11 thru Thursday, December 14. Please make sure to have your decorations and lights up and operational between 5:30pm and 8:30pm during these days. Winners will be announced on the O'Fallon Parks and Recreation Facebook Page on Friday, December 15th, along with a photo of the winning house!

Registration Deadline: Mon Dec 11, 12 PM	Barcode: 9957
--	----------------------

Special Events



Yappy Hour

Community Park Field 6

Fee: FREE

Ages: Any

Time: 10AM - 2PM



Sat, Sept 30, 2023

Barcode: 9948

Food trucks, craft beer, and room for dogs of all sizes to roam - all at this year's Yappy Hour. This event will feature dog related booths, activities, contests, and more. This event is coordinated with the help of O'Fallon Parks and Recreation staff. Limit one dog per person and all dogs must be on a fixed length leash (no retractable leashes). Must be 21+ to drink. All dogs must be up to date on vaccines. Please bring only well-socialized dogs (you know your dog better than we do). Registration is not required; however, it is recommended so we can have an idea of how many people we will have!

Pumpkin Decorating Contest at Vine Street Market

Community Park

Fee: FREE

Ages: Any

Time: 8:30AM - 11:15AM

Registration Deadline: Mon Oct 9

Sat Oct 21

FREE



It's pumpkin decorating time at the Vine Street Market!! We are excited to announce a partnership with the Country Financial Kailee Connor Agency and thank her for the sponsorship of the prize packages. The contest will be held on October 21 at the Vine Street Market between 8:30am and 11:15am. This year there will be two categories, age 0-17 and age 18+. The top three in each category will receive a prize package totaling \$300 per category. Winning pumpkins will be selected through popular vote by market visitors that day. So, grab your friends and family and

tell them to come vote for your pumpkin! Registration is required and a pumpkin is included with each registration. Pickup your provided pumpkin on October 14th at the Vine Street Market between 8 and Noon OR October 16-20 at the Katy Cavins Community Center between 8:30am and 5:00pm. Decorated pumpkins must be dropped off by 8:30am at the Vine Street Market on October 21. For full contest rules, please visit our website.

Family Nights in the Park: Movie Series

Community Park Fields 4 & 5

Fee: FREE

Ages: Any

Fri Sept 22	FREE
Fri Oct 13	FREE

Join us for our final two movies of the movie series of 2023! We will have activities for the whole family prior to each movie. The O'Fallon Public Library, Cornerstone Church, and Texas Roadhouse will also be getting in on the fun with additional activities for everyone prior to the movie's starting. Snacks will be available for purchase.

Friday, September 22nd – Puss in Boots: The Last Wish. The activities start at 6:00pm, and the movie at dusk.

Friday, October 13th – Doctor Strange: Multiverse of Madness. The activities start at 5:30pm, and the movie at dusk.

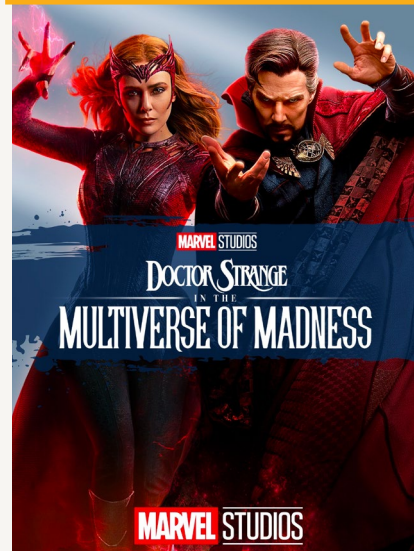


Friday, September 22nd



Puss in Boots: The Last Wish
Activities start at 6:00PM
Movie starts at dusk

Friday, October 13th



Dr Strange: Multiverse of Madness
Activities start at 5:30PM
Movie starts at dusk

Special Events



Fall Festival

Rock Springs Rotary Park

Fee: FREE

Ages: Any

Time: 4PM - 8PM

Sat Oct 21

FREE

Join us for our annual Fall Festival celebration! Activities include hayrides, live music, bonfires, games, a prairie maze, and more. Children's games with prizes from 4pm - 6pm. Live music from 6pm - 8pm. Free s'more kits, popcorn bar, and hot chocolate for attendees while supplies last. A food vendor will be on site with food for purchase.

Touch a Truck

Community Park

Fee: FREE

Ages: Any

Time: 10AM - 12PM

Sat Sept 9

Barcode: 9806

Touch-a-truck is a FREE family event held in the Community Park. We'll have various types of trucks, vehicles, and machines on site for the children to touch, climb on and ask questions about. The event will be in a supervisor environment with trained personnel on-site to show off and teach the children about the equipment.



Santa at the Station

O'Fallon Station

Fee: FREE

Ages: Any

Time: 6PM - 7:30PM

Tues, Dec 12
Thurs, Dec 14

Barcode: 9941

Santa will be at the O'Fallon Station! Stop in and see the Man in Red before Christmas. He will be ready to see you December 12 and 14 from 6:00pm-7:30pm. This is a free event; registration is not necessary but convenient so we can convey any cancellation information to you. A professional photographer will not be at this event, but you are welcome to take your own.





Home for the Holidays 2023

O'Fallon Station

Fee: \$50

Ages: Any

Time: 2PM - 6PM

Sat, Dec 9

Barcode: 9940

We are so excited to announce, Home for the Holidays on December 9 from 2:00-6:00pm in the O'Fallon Downtown District. Starting a new tradition, the Vine Street Winter Market and the O'Fallon Tinsel Around Town have combined into one event. Many of the same special features will be continued, such as the indoor-outdoor winter market, outdoor live music, holiday lights, a visit from Santa, the OTHS Madrigals, story time at the Caboose and more! So, bundle up and join us for a fun afternoon and evening in the O'Fallon Downtown District, where we welcome you Home for the Holidays. Follow along on social media @vinestreetmarketofallon for up-to-date details.

An Evening with Santa

O'Fallon Station

Fee: \$25/child

Ages: Kids Under 18

Time: 4PM - 7PM

Sat, Dec 16

Barcode: 9942

Spend the evening with Santa at the O'Fallon Station! Get your child's picture with Santa and then enjoy an evening of holiday activities. Your visit with Santa will be commemorated with a 4x6 photo taken by a professional photographer. PRE-REGISTRATION REQUIRED. \$25 per child, adults with children enter free. Registration includes hot chocolate for your family, one ornament and one cookie per child and a 4x6 photo with Santa printed on site. A sign-up genius will go out the week before the event to sign up for a photo time slot. You can come at any point during the 3-hour event but ask that you do not line up for pictures until your allotted time.

Parent & Child



Family Music for Toddlers: Play with me

Grange Log Cabin

Fee: \$150 (\$113 for additional sibling)

Ages: 15 months - 4 years

Instructor: Lisa Cripe

Time: 5:45PM – 6:15PM

Sept 12 - Jan 16, Tuesdays

Barcode: 9967

New for fall: These weekly classes are action-filled for toddlers and young preschoolers—full of energy, often on the move, always exploring and learning—and their parents. Together, you'll sing, chant, move, dance listen, and play simple instruments. All activities bridge the natural connection between music and movement through four wonder-filled semesters. Each lesson features movement activities for coordination, body awareness and control, exploration of space, and instruments such as rhythm sticks, jingles, rattles, drums, and resonator bars. Play With Me is a part of the Musikgarten Music and Movement series for families. Continuation through this program builds music literacy and builds a solid foundation for instrumental lessons and participation in Band and Choir ensembles in later childhood and adolescence.

Family Music for Preschoolers: Wind Dancers

Grange Log Cabin

Fee: \$180 (\$143 for additional sibling)

Ages: 3-5

Instructor: Lisa Cripe

Time: 4:45PM – 5:15PM

Sept 12 - Jan 16, Tuesdays

Barcode: 9968

New for fall: Celebrate your preschooler's growing independence and love of the outdoors with activities involving the four seasons in this first segment of Musikgarten's "The Cycle of Seasons" for ages 3-5. Developed to build attention and self-expression, activities include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement, and storytelling. The Cycle of Seasons nurtures your growing child's ability to use language and participate in dramatic play within a musical context. Wind Dancers is a part of the Musikgarten Music and Movement series for families. Continuation through this program builds music literacy and builds a solid foundation for instrumental lessons and participation in Band and Choir ensembles in later childhood and adolescence.



Family Chalk Challenge

O'Fallon Community Park Basketball Court

Fee: \$20 per family

Ages: Any

Supervisor: Kirkwood Meyers

Time: 11AM – 1PM

Sat Oct 14

Barcode: 9974

Fall is in the air. What better time than now to hang out with the family and put your more artistic qualities to the test?

We are going to celebrate the fall season with a themed family chalk competition. Each family will have the opportunity to draw their best interpretation of what fall means to them. Drawings can consist of anything related to the fall season. At the end of the competition, our panel of judges will team up to award the best chalk submission. Our first place winner will receive a prize and bragging rights as this year's Family Chalk Challenge Champion! Registration fee is for one family.

We will also post all portraits to our Facebook page for all of our wonderful participants and followers to enjoy!



Parent N Tot Tumbling

Katy Cavins Community Center Basement

Fee: \$54

Ages: 1½ – 3

Instructor: Tawnya White

Time: 11AM – 11:55AM

Mon Sept 11 – Mon Oct 23

Barcode: 9860

This course is designed for children 18 months to 3 years old. Toddlers can explore the world of physical fitness, skill-learning, and social development with a parent alongside for comfort and support. A Parent 'n' Tot class provides quality motor skill development and a strong foundation for the child's athletic future in a fun, safe environment.

Indoor Play Date

Katy Cavins Community Center Basement

Fee: \$1

Ages: 1-6

Wed Nov 1 – Wed March 27

Barcode: 9973

Join us for our Indoor Play Date! It's simple, we provide the space and toys, you provide the supervision and children. This is a drop-in program and a perfect opportunity for the little ones to burn off some energy.



Adult Sports



Adult Volleyball Sunday League

OTHS - Smiley Campus

Fee: \$250/Team

Ages: 18 & Up

Coordinator: Sandra Hayden

Time: 6:30PM, 7:30 PM, 8:30PM

Sun Oct 1 - Sun Nov 19

Barcode: 9944

Come join us for O'Fallon Parks and Recreation Department Adult Volleyball Leagues! The volleyball leagues will play on Sunday evenings in an 8-game season with a playoff tournament for the top 4 teams at the end of regular season. Some weeks you could have a double header. Registration must be done through the OPRD office or website.

Pickleball Round Robin

Hesse Park Pickleball Courts

Fee: \$15

Ages: 18 & Up

Time: 6:30PM - 9:30PM

Fri Sept 1

Barcode: 9861

O'Fallon will be hosting a Pickleball Round Robin, so kickoff your 3-day weekend with a friendly competition. This will be a one-day event. Come ready to play with a paddle, partner and positive energy to make this a fun community event.





Kindergym

Katy Cavins Community Center Basement

Instructor: Tawnya White

Fee: \$60

Ages: 3-5

Time: 10AM - 11AM

Mon, September 11 - Mon, October 23, 2023

Barcode: 9859

Kinder Gym classes are specially tailored for older preschool and kindergarten aged children. Basic gymnastic skills are learned in a fun, innovative atmosphere

that builds self-esteem and provides the opportunity for students to establish quality work habits that will remain for the gymnasts' athletic careers.



'Parent & Me' Speed & Agility Technical Training

Community Park

Instructor: Dr. Lana Mellein

Fee: \$198

Ages: 10 and up

Time: 9AM - 9:50AM

Sat Sept 9 - Sat Oct 14

Barcode: 9954

The 'Parent & Me' class will teach the athlete and the parent the concepts of proper movement biomechanics. The goal is to facilitate consistent reinforcement for the athlete outside the training sessions. It is recommended for the parent to have a fitness foundation.



Beach Volleyball League

Three Springs Park

Instructor: Dr. Lana Mellein

Fee: \$120

Ages: 11-18

Time: 4PM - 6PM

Sun Aug 27 - Sun Oct 8

Barcode: 9936

In this 6-week session, you'll learn the game of beach volleyball in a 2 v 2 format. 75 minutes of skills and drills, followed by 45 minutes of gameplay.

Youth Sports



Speed and Agility Technical Training

Community Park Track

Fee: \$150

Ages: 11-13

Registration Deadline: Sept 6

Instructor: Lana Mellein

Sat Sept 9 - Sat Oct 14

9AM Session	Barcode: 9955
10AM Session	Barcode: 9956

Build a solid foundation for your athlete prior to sport specialization. The training teaches efficient running, cutting, and jumping mechanics to decrease the risk of non-contact injuries and improve the child's speed, agility, and jumping ability.

Volleyball Clinic - Skills and Drills

CBC Complex - 590 Hartman Ln

Fee: \$100

Ages: 2nd-8th grade girls

Instructor: Melissa Massey

Time: 6:30PM - 7:30PM

Mondays Sept 11 - Oct 2	Barcode: 9943
-------------------------	---------------

Trainings will focus on intense volleyball skill & technique workouts that include plyometric and agility training. This clinic is for girls currently enrolled in 2nd through 8th grade. Sessions will run on Mondays from 6:30p-7:30p at the CBC complex: 590 Hartman Lane O'Fallon, IL. \$100 for 4 week 1 hour-long sessions - payment is due before sessions start. Instructors can be reached at southwestillinoisvbc@gmail.com or bluesteelevbc@hotmail.com.



Fall Basketball

K-2nd Grade Basketball

Location: O’Fallon Schools
Fee: Resident: \$90 Non-resident: \$100
Dates: Sat Oct 14 - Sat Dec 16

O’Fallon offers three different basketball leagues for kids in grades K-2nd grade. We play an 8-game schedule, with games being played twice a week. Players must register for the current grade they are in. One game will be during the weeknight M-F and the second game will be on Saturday. All players will be provided with a shirt/jersey. Practice schedules are based on coaches’ availability. Teams will typically practice two times per week, until games start. Then practice can be scheduled as needed.

Coed Kindergarten Basketball	Barcode: 9815
Girls 1st/2nd Grade Basketball	Barcode: 9813
Boys 1st/2nd Grade Basketball	Barcode: 9814

Mighty Ball Basketball (Coed)

Location: O’Fallon Schools
Fee: Resident: \$40, Non-resident: \$50
Ages: 4&5

Mighty Ball Basketball is a non-competitive, safe approach to teaching the game of basketball to children ages 4 & 5. Teams consist of 6 players, playing format 3v3. Each team will practice for 30 minutes and followed by a 30-minute game against another team. All players will receive a T-shirt as their uniform.

Sat Jan 6 - Sat Feb 10	Barcode: 9971
------------------------	---------------



3rd-8th Grade Basketball

Location: O’Fallon Schools
Fee: Resident: \$95 Non-resident: \$105
Dates: Sat Jan 6 - Sat March 16

Participants will get two 1-hour practices per week with their team until games start. Practice schedules will be determined by the coaches. Teams will play a 10-game schedule. Prior to the games starting, teams will practice one night a week and have a Saturday practice time. All players 5th grade and above are required to attend a draft and evaluation to evenly disperse talent among the teams. Evaluations will take place the week of December 18th, 2023. Location and times will be announced closer to start. Head coaches are always needed. Please consider volunteering to head coach. If registration numbers are low, we will move to coed leagues.

Boys 3rd/4th	Games: Tues/Thurs/Sat	Barcode: 9959
Girls 3rd/4th	Games: Tues/Thurs/Sat	Barcode: 9960
Boys 5th/6th	Games: Mon/Wed/Sat	Barcode: 9961
Girls 5th/6th	Games: Mon/Wed/Sat	Barcode: 9962
Boys 7th/8th	Games: Mon/Wed/Sat	Barcode: 9963
Girls 7th/8th	Games: Mon/Wed/Sat	Barcode: 9964

Youth Sports

Fall Soccer

Metro Alliance FC Juniors Academy

Location: TBA

Fee: \$85

Dates: Sun Sept 10 - Sun Oct 8

5 Week Session

The Metro Alliance Juniors Academy is designed to give your child the opportunity to build a solid foundation in technical development in the very early years of playing and enjoying the game of soccer. The uniqueness of our program is that we have devised an in-house, non-travel program training program professionally coached and organized for ages 3 to 14 years old. We are committed to providing a fun, educational, and progressive experience for your youth soccer players. Not only are we committed to our youth players, but we also have a wonderful comprehensive coaching education curriculum and mentorship program specifically for the Metro Alliance juniors Academy. Come out and experience what no other club in the Southern Illinois area offers. Metro Alliance Juniors Academy is recommended for all girls and boys, ages 3-14, who have the desire to play soccer in a structured professional environment with experienced and licensed coaches. There is no tryouts for our Metro Alliance Juniors Academy. Registration and desire is all that is required. Programs will be held on September 10, 17, 24 and October 1 and 8. October 15th is a rainout make up day. Field location TBD



Ages 3-4	Time: 3:30PM-4:10PM	Barcode: 9978
Ages 4-5	Time: 4:30PM-5:25PM	Barcode: 9976
Ages 6-9	Time: 3:30PM-4:25PM	Barcode: 9977
Ages 10-14	Time: 4:30PM-5:25PM	Barcode: 9975

School's Out Days

Do you need a place for your kids to go when school is not in session during the year? Look no further than our School's Out Days. Why not fill your kids' days full of fun and games, instead of just lounging around at home watching TV and playing video games. Our staff will keep them busy all day long! On select days of this program we will take field trips.

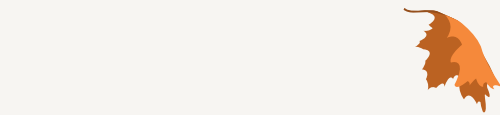
New for this year of the program is before and after care. You can select one or both if you need them! Payment plans are available!

Standard Day	8:30AM - 3:15PM	\$40 per child per day
Before Care	7AM - 8:30AM	\$5 per child per day
After Care	3:15PM - 6PM	\$10 per child per day

- *Friday, Oct. 6th
- *Monday, Oct. 9th
- *Friday, Oct. 20th
- *Monday, Nov. 10th
- *Wednesday, Nov. 22nd
- *Thursday, Dec. 21st
- Friday, Dec. 22nd
- Tuesday, Dec. 26th
- *Wednesday, Dec. 27th
- *Thursday, Dec. 28th
- Friday, Dec. 29th
- Tuesday, Jan. 2nd
- *Wednesday, Jan. 3rd
- *Thursday, Jan. 4th
- Friday, Jan. 5th

Days with “*” are days that off-site field trips are planned.





Fall Festival

Rock Springs Rotary Park

Saturday, Oct 21

4PM - 8PM



VINE STREET *Market* AT OFALLON STATION

Market starts for the season on

Saturday, May 13

Runs every Saturday from
8am - 12pm.

www.ofallonvinestreetmarket.com