

Pottawatomie & Beyond...

A publication provided for the community by St. Charles Park District

Summer 2009

Summer is Best Time to Grow Young Bodies



Summertime, and the livin' is easy. But for many of today's youngsters, it might be a little *too* easy. Nintendo and the Internet have taken the place of bicycles and baseballs, and kids spend more time hanging around on the family sofa than they do hanging from the backyard jungle gym. Experts believe such a sedentary lifestyle is contributing directly to many childhood health problems, from high blood pressure and diabetes to obesity—a condition that has reached epidemic levels according to the American Academy of Pediatrics, which now estimates that the percentage of overweight children in this country has more than doubled in the last 30 years.

And yet, as many parents know, breaking the computer and video game habit is a daunting task. June Cleaver might have been able to simply tell “The Beav” to go outside and play, but that doesn't seem to work quite as well for today's parents. Maybe there aren't a lot of other kids in the neighborhood to shoot hoops with, or perhaps there's a lack of open space to run in and safe streets to bike through. Quite often, a child becomes interested in a sport at school, but has no way of keeping up with it during summer vacation.

Whatever the reason, the facilities, resources, and programs offered through the St. Charles Park District provide an ideal anecdote to these summertime blues. Indeed, there's no cooler place to spend a hot afternoon than around a swimming pool, and from the water slides, diving boards, and lap lanes at the Swanson Pool complex within Pottawatomie Park to the variety of interactive water play features like dumping buckets, spray cannons, and geysers at the Campton Hills Splash Park, getting wet sounds like so much more fun than getting fit, and yet that's exactly what's going on.

From the three-year-olds who get to scamper on the swings at “Pottawatomie Pals” and the ten-year-olds who hike along wooded paths with the “Nature Ramblers” to a variety of individual sports camps for children up to age 14, every camp program is dedicated to childhood health and well-being.

Just don't tell the kids.

Although tackling medieval-looking weight machines and running on a treadmill to nowhere are among the torturous things adults do to get fit, kids have options that are a lot more entertaining—and best yet, they're not even aware that they're doing something that's good for them. When Emily chases after Heather in “tag,” she's exercising, and every time Owen sends the ball flying to Will during kickball, he is, too.

Such common playground games are not only the best ways to instill a passion for fitness at an early age, they can also be the building blocks for a future interest in a specific sport. Take the familiar game where children arrange themselves in a circle and throw a ball above the head of a playmate who has to jump up high enough to catch it. Without realizing it, kids are learning how to pass and intercept the ball—skills that are important in the sport of basketball.

“The kids usually won't make the connection,” says Athletic Supervisor, Melissa Caine. “They'll just say they had fun playing Monkey-in-the-Middle.”

But whether an activity is played just for fun as a game or for the thrill of competition as a sport, the benefits to the child are the same. Along with

decreasing their risk for serious health problems, kids who are active tend to have leaner bodies and are less likely to become overweight as they mature. But how can a parent tell if their child is in good shape?

Physical fitness is measured by a combination of strength, stamina, and agility. Every time Andrew pulls himself up on the



monkey bars at Pottawatomie Park, he's improving his arms and upper body. If Jamie is still reluctant to leave the Campton Hills soccer field after she's been running around all day, she's demonstrating remarkable endurance. And when Chad dodges low-lying tree branches and steps over downed logs as he hikes through Delnor Woods, he's showing that he can move nimbly through an unpredictable environment.

While improved physical fitness may have practical applications such as being able to run for the school bus without getting winded or lift an overstuffed backpack to the top shelf of their locker, there are also

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All you need this summer

is at the St. Charles Park District!

Swanson Pool at Pottawatomie Park

May 30–June 5

Residents & Pool Pass Holders

Weekdays: 1–5:30pm; Weekends: 11am–8pm

Open Swim: Weekdays: 2–5:30pm; Weekends: 2–8pm

June 6–August 9

Residents & Pool Pass Holders

Weekdays: 1–5:30pm; 6:30–8:30pm

Weekends: 11am–8pm

Open Swim: Weekdays: 2–5:30pm • 6:30–8:30pm

Weekends: 2–8pm; Holidays: 2–6pm

August 10–25

Residents & Pool Pass Holders

Weekdays: 1–6:30pm; Weekends: 11am–6:30pm

Open Swim: Daily: 2–6:30pm

August 26–September 6

Residents & Pool Pass Holders

Weekdays: 4–7pm; Weekends: 11am–6:30pm

Open Swim: Weekdays: 4–7pm; Weekends: 2–6:30pm

September 7 (Labor Day)

Residents & Pool Pass Holders

11am–6pm • *Open Swim:* 2–6pm

Raft Nights at Swanson Pool

June 8–August 7

Bring your inflatable rafts on Monday and Friday nights at 6:30pm. Rafts have the right-of-way. *Don't let these nights float by!*

Campton Hills Splash Park

May 23–June 5

Weekdays: 11am–3pm

Weekends: 11am–7pm

June 6–August 25

Daily: 11am–7pm

Aug. 26–September 7

Weekdays: 11am–3pm

Weekends/Holidays: 11am–7pm

Pottawatomie Golf Course

Open Daily: 6am–9pm

Call 630-584-8356 for reservations

River View Miniature Golf Course

May 2–17

Saturday/Sunday: 11am–7pm

May 18–31

Monday–Thursday: 11am–7pm

Friday–Sunday: 11am–10pm

June 1–August 23, 29 & 30

Sunday–Friday: 11am–10pm

Saturday: 11am–11pm

September 5–October 11

Saturday/Sunday: 11am–7pm

Check www.st-charlesparcs.org for Summer Daily Specials at River View Miniature Golf Course!

Canoe/Pedal Boat Rentals

at River View Miniature Golf Course

May 16–August 13

Daily: 11am–6pm

No rentals June 6 & 7, July 4, Aug. 7

Facility abbreviations can be found on page 76 of the District's summer brochure or in the registration information at www.st-charlesparcs.org.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------------------------------|---|---|--|---|---|---|
| June 2009 | | | | | | |
| | 1 | 2 | 3 | 4 AAC Potluck & Mini Golf, RVMG 1-4pm, FREE Concert in the Park Mr. Myers, LINC 7-8:30pm, FREE | 5 STCU Lock-In 10pm-7am | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 Tiny Tots Track Meet, REID, 10am-1pm \$ Age 50+ Trip, Oak Park \$ Swim Lessons Begin |
| | | Junior Golf Clinic, Dean & Peck Fields \$ | | | | |
| | | Many Summer Camps Begin | | | | |
| 14 | 15 | 16 Age 50+ Trip Sycamore Journey \$ | 17 Age 50+ Trip Payton's in Aurora \$ Pool Pass Appreciation Night POOL, 8:30-9:30pm | 18 Red Hat Trip Arcadium in St. Charles \$ Concert in the Park Spoken Four, LINC 7-8:30pm, FREE | 19 Teen Trip Fox Games Paintball \$ | 20 Sculpture in the Park Public Reception MSMP, 10am-12pm Hook, Line and Sinker PP, 10am-12pm \$ Skate Park Bash MSMP, 12-4pm \$ |
| 21 Father's Day Special POOL \$ | 22 | 23 | 24 | 25 | 26 Family Firefly Fest 8-9pm DW, FREE Age 50+ Trip Millie's in Delavan \$ Teen Trip Gameworks/Rainforest Cafe \$ | 27 Lifeguarding Class, POOL \$ |
| 28 Lifeguarding Class, POOL \$ | 29 Age 50+ Trip Gardens & Arboretum in Rockford \$ | 30 | | | | |

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|------------------|---|---|---|---|--|--|---|
| July 2009 | | | | 1 AAC Potluck & Mini Golf, RVMG 1-4pm, FREE Concert in the Park Chicago Groove Coll. LINC, 7-8:30pm, FREE | 2 | 3 July 4th Celebration! Red Woody Concert at 6pm, PP Fireworks at Dark | 4 |
| 5 | 6 | 7 DJ Nights at the Pool POOL, 6:30-9pm \$ | 8 | 9 Concert in the Park Kimi Hayes Band, LINC 7-8:30pm, FREE | 10 Age 50+ Trip Fabyan's Grand Vision in Batavia \$ Teen Trip Magic Waters Waterpark \$ | 11 Age 10+ Trip Whiteside Country Barn Tour in Morrison \$ | |
| 12 | 13 Fall Brochure delivered this week | 14 Age 50+ Trip Music & More in Rockford \$ Fall Brochure available online DJ Nights at the Pool POOL, 6:30-9pm \$ | 15 | 16 Red Hat Trip: Mill Race Inn, Geneva \$ Concert in the Park The Lazy Maybes, LINC, 7-8:30pm, FREE | 17 Teen Trip Great America \$ Family Night Out Luau, POOL 6:30-9pm \$ Family Camping-CHP 6pm-10am | 18 Men's "E" USSSA Softball Tourney ESSC 9am-5pm \$ | |
| 19 | 20 Age 50+ Trip Blueberry Bonanza in Braidwood \$ | 21 DJ Nights at the Pool POOL, 6:30-9pm \$ | 22 Pool Pass Appreciation Night POOL, 8:30-9:30pm Junior Golf Tourney • W-Th \$ | 23 Concert in the Park, Tin Horse LINC, 7-8:30pm, FREE | 24 Teen Trip IPRA Challenge Park Extreme Paintball \$ Teen Trip Chicago Cubs Game \$ Family Trip Chicago Cubs Game \$ | 25 Fall Registration for Residents Begins | |
| 26 | 27 Age 18+ Trip Holocaust Museum Tour in Skokie \$ | 28 DJ Nights at the Pool POOL, 6:30-9pm \$ | 29 | 30 Concert in the Park Michael Heaton Band LINC, 7-8:30pm, FREE | 31 Teen Trip Museum of Science/Industry \$ | | |

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------|----------------------------------|----------------------------------|--|---|---|--|
| August 2009 | | | | | | 1 Men's McCabe Softball Tourney ESSC, 9am-5pm \$ Men's Golf Tourney \$ |
| 2 Men's Golf Tourney \$ | 3 | 4 | 5 | 6 Concert in the Park Gizzae, LINC 7-8:30pm, FREE | 7 Teen Trip Deep River Waterpark \$ Age 50+ Trip Debbie Reynolds Concert in Oakbrook \$ | 8 Big Truck Show LANG, 10am-12pm FREE Family Trip White Sox Game \$ Men's Golf Tourney \$ |
| 9 Men's Golf Tourney \$ | 10 | 11 | 12 AAC Potluck & Mini Golf, RVMG 1-4pm, FREE Concert in the Park Hello Dave, LINC 7-8:30pm, FREE | 13 Teen Trip IPRA Overnight Canoe Trip \$ | 14 Teen Trip Fox Games Paintball \$ | 15 Men's Golf Tourney \$ |
| 16 Men's Golf Tourney \$ | 17 Teen Trip Indiana Dunes \$ | 18 Teen Trip Great America \$ | 19 Teen Trip Fox Games Paintball \$ | 20 Red Hat Trip Spice House-Geneva \$ Teen Trip WhirlyBall \$ Concert in the Park Howard & the White Boys, LINC 7-8:30pm, FREE | 21 | 22 |
| 23 | 24 | 25 | 26 Community Unit School District 303 Begins | 27 Age 50+ Trip Arlington Park Race Track \$ | 28 | 29 |
| 30 | 31 | | | | | |

More Parks and Facilities...

Pottawatomie Park

- Adult Activity Center
- Amphitheatre
- Bike Trail
- Community Center
- Fishing Areas
- Gaffney Field
- Golf Course (9 Holes)
- Historic Tower Complex
- Miniature Golf Course (18 Holes)
- Native Plant Demonstration Garden
- Paddlewheel Riverboat Cruises
- Pedal Boat and Canoe Rentals
- Picnic Tables and Shelter Rentals
- Swimming Pool

Boy Scout Island

- Public Boat Launch
- Fishing Areas

East Side Sports Complex

- 8-Station Fitness Trail
- Baseball/Softball Fields
- Dog Park
- Fishing Areas
- Skate Park
- Tennis, Sand Volleyball and Basketball Courts

Campton Hills Park

- Athletic Fields
- Basketball Courts
- Community Garden Plots
- Dog Park
- Disc Golf Course
- Splash Park
- Wetlands, Prairie & Savanna

Primrose Farm Park

- Athletic Fields
- Community Garden Plots
- Primrose Farm
- Service Center

Natural Areas

- Campton Hills Park
- Delnor Woods Park
- Ferson Creek Fen Nature Preserve
- Norris Woods Nature Preserve
- Otter Creek Bend Wetland Park
- Persimmon Woods

Ferson Creek Park

- Canoe Launch
- Fishing Areas
- Picnic Tables and Shelter Rentals



There's so much to see and do!

Mt. St. Mary Park

- Arboretum
- Bike Trail
- Community Service Club Playground
- Fishing Areas
- Picnic Tables and Shelter Rentals
- Picturesque Waterfall
- Sculpture in the Park
- Skate Park

For a complete park and facility listing and detailed information, refer to the District's amenity chart on page 67 of the summer brochure or visit www.st-charlesparks.org

Numbers to Know

POTTAWATOMIE PARK

| | |
|-----------------------------|--------------|
| Community Center/Recreation | 630-513-6200 |
| Parks/Naturalist | 630-584-1885 |
| Golf Pro Shop | 630-584-8356 |
| Swimming Pool | 630-584-3314 |
| River View Miniature Golf | 630-584-1028 |

SPLASH PARK

630-587-2385

BAKER COMMUNITY CENTER

630-584-1055

STC UNDERGROUND

630-513-4380

PRIMROSE SERVICE CENTER

630-587-3373

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advantages that can be seen in other areas. Kids who are physically active not only build muscles and strengthen bones, they tend to sleep better, cope with emotional challenges, and manage typical day-to-day situations easier, too.

This concept of “healthy body/healthy mind” extends to critical socialization skills as well, and important behavioral messages can be imparted whether campers are running soccer drills or taking turns at mini-golf. “We promote teamwork and sportsmanship in all our camps,” says Caine, who encourages her instructors to lead by example rather than through lectures. And while children are mastering a new technique in lacrosse camp or bursting across a finish line in a relay race, they are also boosting confidence and building self-esteem at the same time.

Campers can also build a new respect for the environment while they're building better bodies. Not every child is a born or budding athlete, but that doesn't mean that there aren't still things they can do to become more active. Combining the best of both worlds, a greater appreciation for Mother Nature can be developed along with improved physical conditioning through programs such as “Reptile and Amphibian Camp” and “Nature Critter Camp.” There are more than 200 acres to explore in

Campton Hills Park, and as campers climb and hike through every inch of them in search of frogs, turtles, birds, and mammals, they're strengthening their bodies while they're stretching their imaginations.



There's no doubt that imaginations also get stretched by information found on the Internet and through creative video games. Muscles? Not so much. For that, a child needs to be up and about, out and active. And ultimately, isn't that the real allure of summer camp? Along with the pure joy and freedom that come from being outdoors in fresh air and sunshine, it's the sound of children running and laughing on a warm summer's day that does a parent's — but, more importantly, a child's — heart a world of good.