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Schools

Combat summer learning loss

CC PARENT | Pamela Savage

Every parent of a school-aged kid is probably familiar with summer learning loss, or the regression in learning that occurs between the end of one school year and the beginning of the next. It is well-documented that many students experience a regression in their academic skills over the summer months.

Not only do some students lose academic footing, their competencies may begin to wane in more subtle areas, such as taking turns, raising a hand, lining up, or in their social and interpersonal skills. All of these losses add up and can ultimately result in frustration and re-teaching when fall eventually comes back around. Fortunately, the summer slide can be counteracted by activities that target students' academic and interpersonal skills.

Summer reading is important

Summer reading is not only an enjoyable activity for many kids, it is also a great way to help your kids retain their literacy skills over summer break. Reading to and with children is proven to help kids learn language, learn general information about the world, develop creativity, concentrate for longer periods of time and build empathy for others. All of our local libraries and many area bookstores will be rolling out summer reading programs soon. Signing your children up for these engaging and entertaining programs is one way to build on your students' literacy skills without traveling or spending much money.

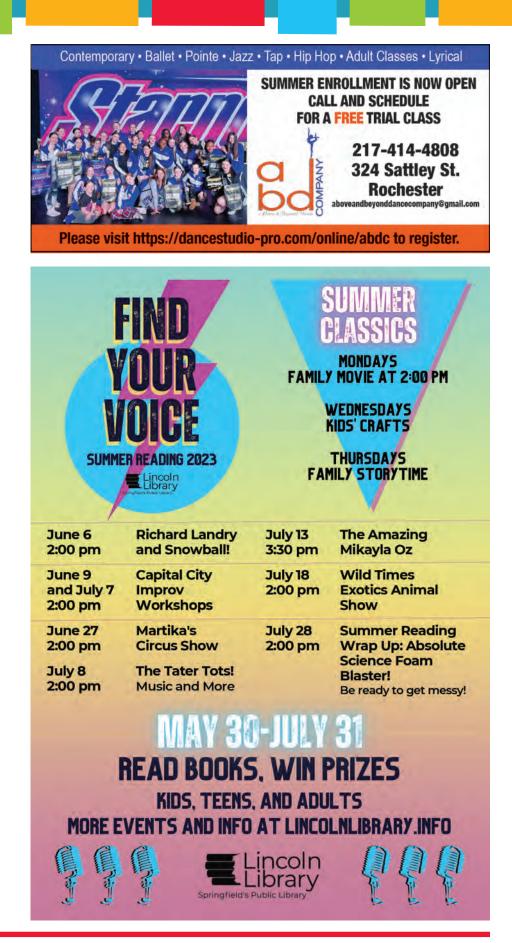
...so is math

Studies have shown that some students lose up to 27% of the math skills they

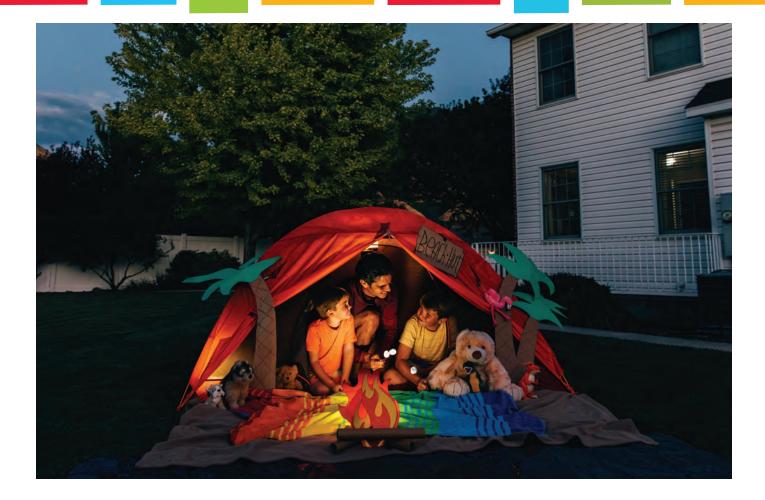
learned in an academic year over summer break. As a former struggling math student myself, I know all too well the pain of relearning multiplication tables each fall. While there are always ways to incorporate math into everyday life, most of us get pretty busy and may forget. Resources such as math workbooks, flashcards and iPad/tablet apps can be very beneficial to students when it comes to retaining math skills over the summer. Math practice might not be your kids' first choice, but try to make it fun or incentivize improvement where you can. And remember – your kid may be grateful for the extra practice come September, even if they'll never admit it.

Unplugged games teach important skills

Summer is a great time to bust out the board games. There are so many



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Savor those long summer nights

CC PARENT | Elizabeth Watson

On June 21 at 5:07 a.m., the sun will reach its furthest point north of the equator, and we will enjoy our longest day of the year: the summer solstice (south of the equator it will be the winter solstice). Here in Springfield, the sun will rise at 5:30 a.m., and it won't set until 8:30 p.m. giving us a whopping 15 hours of sunlight. For many families, those evening golden hours provide an opportunity to connect and have some extra fun.

Carissa Myers, mom to Braxton (10), Camden (9) and Beckham (3), lives in the country near Ashland with her husband, Bryan. During the summer, she and Bryan work during the day and the kids go to camps and daycare, and then they kick back and relax in the evenings. "At the end of the day," Myers laughs, "I know the chaos is coming, but I look forward to them coming home and the memories we make and the fun stuff they say. That's what I love."

The Myers family fires up the grill, gets out the sidewalk chalk and sports equipment, and settles into their back yard, which faces west. "You can just be sitting there on the patio, seeing the sun set over the field," says Myers. "Country sunsets are absolutely breathtaking." Rick Stewart of Springfield, dad to Jackson (19), Sophia (17), Izzy (15) and Charlotte (10), also sees summer evenings as a chance for recreation and downtime. Stewart and his wife, Amy, use many of their summer evenings to enjoy their family's shared commitment to the arts. Avid musical theater and dance lovers, Stewart says on any given night his family is typically "seeing a show, rehearsing a show, performing a show or working back stage for a show." This year, both Charlotte and Izzy have roles in *Beauty and the Beast* at The Muni, and Stewart is on the stage crew for *Bullets Over Broadway* at the Legacy Theatre. They will also sneak in a vacation, which, of course, they painstakingly timed not to interfere with either production.

Sophia is a member of the Copper Coin Ballet Company, and at 17, her summer schedule is jam-packed with dance, volunteering and hanging out with friends. Stewart says it would be impossible to keep up with her – so it's a good thing that she's a driver these days. Not only can she take herself to frequent evening dance practices, but she can also drive her sisters, leaving her parents home alone to enjoy each other's company.

"It took some time at first to accept we really didn't need to be anywhere," Rick says, "but now sometimes I get to just sit around and watch my New York Yankees play baseball."

Myers also appreciates the beauty of summer baseball, and she and her family spend many summer nights with Braxton's traveling baseball team. The whole family goes together, and they all have fun – especially Myers herself, who treasures those long summer nights at the ball field. "There is something about the crack of a bat when it hits the ball," she says.

On nights that they don't have baseball and after baseball season ends in July, the Myers have a plethora of other options for keeping active – pool, trampoline, basketball hoop, play set – but some of their favorite activities are fairly simple. Their grandpa lives just adjacent to their property, and they take nightly walks to visit him at his house and maybe do a little fishing or drink hot chocolate, even in the summer.

"We try to make the most out of country life and the memories you make at home," Myers says. "I want to appreciate the little things."

Elizabeth Watson is a freelance writer and editor in Springfield. She can't wait to enjoy her favorite season with her favorite people, her husband and their three kids.



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Sun safety

CC PARENT | Lana Shovlin

Two years ago, at the age of 42, I had my first appointment with a dermatologist. Standing in her exam room, naked and vulnerable, I cracked jokes about having more moles on my body than there are stars in the sky. Instead of laughing, my dermatologist continued studying my skin with her dermatoscope until eventually taking a finetipped blue Sharpie marker and drawing a small circle around a mole on the left upper side of my back. Moments later, I was receiving a shot of lidocaine and listening as she told me that she was going to remove the mole, send it off to pathology, and someone from her office would call me in seven to 10 davs with the results.

Truthfully, I didn't think much about my visit to the dermatologist after that. I had friends who went to the dermatologist religiously and they were frequently having moles removed. For them, everything always turned out fine. Plus, I had no family history of skin cancer, and for the past few years I had been good about applying a strong SPF when I knew I was going to be out in the sun. That's why, when my dermatologist called me as I was parking my car at the grocery store the week after my appointment, I didn't think anything of answering the call.

The American Cancer Society estimated that in 2021, there were about 207,390 newly diagnosed cases of melanoma in the United States. Never in a million years would I have imagined that I would have been included in those statistics, but sitting in my car on that sunny afternoon, I listened quietly as my dermatologist told me that I had Stage 1 melanoma.

For the next few minutes, I listened as she explained to me the steps that I would have to take to ensure that all the skin cancer had been removed, but I could barely hear her. They say when people receive bad news, they enter a state of shock and go completely numb. I suppose that's what happened to me, because the only thing I could think about



Springfield mom of three Lana Shovlin was diagnosed with melanoma at the age of 42 and is now diligent about protecting her skin from the sun. PHOTO COURTESY OF LANA SHOVLIN

was how my morning had started off like every other morning, and a few hours later, someone was telling me that I had cancer.

When I was growing up, my mother lived by the mantra, "Tan fat is better than white fat," and I bought into it. Together, we spent entire summer days floating on rafts in our backyard swimming pool, slathering on Hawaiian Tropic Dark Tanning Oil and comparing tan lines. In the winter, we'd purchase packages at the local tanning salon and share small samples of Swedish Beauty tanning accelerator. Falling asleep in the tanning bed to the hum of the giant bulbs was a magical experience and some of the best rest I've had to this very day.

As I got older, I got smarter about the sun, but the damage to my skin was already done. Most melanomas are from exposure that happened years ago, and looking back at my history with the sun, it's no wonder that I ended up having skin cancer.

Luckily, my melanoma was caught in the early stages and a follow-up visit with my dermatologist, in which she removed a relatively large portion of the skin from that area of my back and ensured that the cancer cells had not spread. Most of us already know the major sun safety rules, but the reality is that few of us put them into practice. It's human nature to assume that awful things can't or won't happen to us, but I'm here to tell you that way of thinking is dangerous. It's now my mission to educate people about the importance of sun safety and remind them that by following a few simple rules, they can greatly reduce their chances of ever being diagnosed with melanoma.

• Never, ever, use a tanning bed.

• Try to avoid peak sun hours, which are from 10 a.m.-4 p.m. It's during these hours that UV rays are strongest and most damaging.

• If you absolutely must be outside during peak sun hours, look for the shade, wear protective clothing and always use an SPF 15 or higher (yes, even on cloudy days and in the winter).

• Embrace sun hats, sunglasses and rash guards.

• Schedule regular appointments with your dermatologist. For a long time, I was under the assumption that dermatological appointments were a luxury; this could not be farther from the truth. My dermatologist literally saved my life, and I am beyond thankful to her and her staff for helping me through the scariest ordeal I've ever experienced.

Lana Shovlin loves the smell of Coppertone sunscreen. She is a now-and-again freelance writer who lives in Springfield with her husband and three awesome kids.

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Museums for all: Dismantling barriers for accessibility

CC PARENT | Carey Smith

My child is lying on the floor, screaming. Everyone is looking at us. He's causing a ruckus, but at 70 pounds he's too big for me to carry out of the museum. My only hope is to calm him down so that we can leave for a safer, less-stimulating environment.

Enter the security guard, who yells repeatedly over my son's screaming that we need to leave immediately. "I'm trying," I tell him, as I feel my own resilience beginning to dissolve. My child did eventually calm down and we left, not returning for several years.

It's not always easy to bring children to a museum, especially if your child has a physical, cognitive or behavioral disability, or other special need. Fortunately, museums have recognized their role in providing access to all of us, including removing physical barriers, providing special programming for specific populations and training staff to respond appropriately.

The first step in a quality museum experience is planning. Especially for parents of autistic children or those with sensory needs, a phone call can often provide guidance to enhance the museum experience. When are off-peak times when the museum is likely to be less busy? Are there any scheduled field trips? Planning to visit a museum during a quieter time can not only reduce sensory overload but make it easier to interact with museum staff if additional needs may arise while visiting.

A virtual tour can be helpful to familiarize one's self with parking, entrance and restroom information, but it can also reduce the impact of a novel environment. If possible, plan to attend when a museum has specific accessible programming for your child's needs.

For instance, the Abraham Lincoln Presidential Library and Museum offers "Abe for All," which includes a variety of accessible programming.



The last Sunday of January, July and October from 1-5 p.m. are billed as Sensory

Friendly Sundays. A free and thorough pre-visit packet is available which describes

each area of the museum and assigns a ranking as to its potential for overstimulation. Lights and sound are modified throughout the museum, and a quiet room is available.

The ALPLM also provides occasional programming for the deaf community, with sign language interpreters and labels that describe sound effects for exhibits.

As part of its regular operations, the ALPLM offers complimentary wheelchairs and strollers, assistive listening devices, sign language interpreters (request in advance required), foreign language guides, social stories (picture-based narratives of what to expect) and busy bags, which include headphones, fidget toys, social story cards and sensory maps.

The Illinois State Museum also has sensory bags available for checkout, as well as items like accessible scissors and pencils for visiting classes. Jamila Wicks, advancement director at the ISM in Springfield, says their visible efforts of accessibility and inclusion are eclipsed by what has been going on behind the scenes.

"We have undergone a lot of training – training our staff on what a diverse, equitable, inclusive environment looks like. It's a first step and will continue as part of our strategic plan," states Wicks. "We're making sure our visitor services team is educated and understands what an inclusive environment for the museum looks like. We are a state museum. We are for everybody."

Wicks said ISM is open to feedback and suggestions for improvement. "All programs are looked at through the lens of how we can be accessible. We want to know what you need." As museums engage those with disabilities in the conversation, our needs can be better accommodated, resulting in a more equitable experience for all.

In addition to removing barriers for those with disabilities, the Museums for All initiative offers those who qualify for EBT (SNAP) cards reduced or free admission, truly making our museums for all. Inquire at your local museum to see if they participate, and if not, invite them to do so.

Carey Smith is an autistic parent of an autistic child and welcomes efforts to provide more accessible public places for all of us.





ISM for everyone

The Illinois State Museum now offers sensory kits to help all museum-goers feel safe and comfortable. Guests may check out sensory kits at the Museum's front desk during their visit.

Made possible with generous support from the Community Foundation for the Land of Lincoln, sensory kits include noise-canceling headphones, weighted vests (and sloths!), flashlights, and fidgets.



502 South Spring Street • Springfield • illinoisstatemuseum.org

Books about kindness

CC PARENT | Deana Metzke

As parents, our vision for our kids' future usually includes raising children who are compassionate adults who care for the world around them and the people in it. We want them to be able to do their part to make the world a better place. Personally, there are times when I find that authors of children's books can do a better job of inspiring and explaining the importance of being good to others than I can, and I am grateful for that.

An example of this is the picture book *Pairs of People*, written by Jeanne and Mark K. Shriver, and illustrated by Laura Watson. One of the great things about this book is that not only does it talk about service to others, but you also get to do some math along the way. Each spread adds another pair of people to the story, and there's a growing section along the bottom of the pages that keeps track of the pairs. For example, when we've counted to the number six, you will see the math problem 6 X 2 = 12 and 6 Pairs = 12 People near the bottom of the page.

Another thing I really like about Pairs of People is the illustrations. They are very kid-friendly, with bright colors that draw you right in. Laura Watson also does an amazing job of including lots of activity in the illustrations without being overwhelming. Pairs of People is one of those books where you spend some extra time on each page after reading the text just to look at the pictures. This rhyming book is engaging, sharing many of the different ways we can all be good to others, and the last page of the book gives the reader (and a friend) an opportunity to decide how they want to make a difference. I would recommend this book by Jeanne and Mark Shriver, which was recently published in September 2022, to be read to kids from ages 4 to 8.

Another picture book I read recently that is designed to spark kindness is the



book *The Kindest Red: A Story of Hijab and Friendship* by Ibtihaj Muhammad and S. K. Ali, illustrated by Hatem Aly. This book by Muhammad – yes, the Olympic fencing medalist – is the sequel to her first book, *The Proudest Blue*. In this story, since it is picture day, the teacher of our main character, Faizah, asks the class to picture the kind of world they would like to live in. Even though some kids make fun suggestions like a unicorn day, Faizah decides she wants a kind world, and convinces her friends to help her make that world possible.

All day, members of Faizah's class come up with ways that they can make a kind world a reality by doing little things, like sharing on the playground and helping their friends during recess. Later that day, when it is time to take the sibling pictures, Faizah looks around and notices that she and her sister did not coordinate their clothes like the other siblings. This makes Faizah upset, but because she has exhibited kindness all day, that comes back around to her in a very special way when it is time to take her picture with her big sister.

Both *Pairs of People* and *The Kindest Red* are beautifully written and illustrated examples of how children's book authors can tell stories that inspire children to be the types of adults that can help make the world a better place.

Deana Metzke is a literacy coach at a Springfield elementary school and a mom of two For more children's book recommendations, follow her on Twitter @DMetzke or visit her blog at http:// raisingreaders.site.



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Please plan to check the Park District Website, under Park Board/Board Meetings for the most up to date times and facility locations. The public is invited to attend our regular meetings. Minutes and agendas are available online as well.



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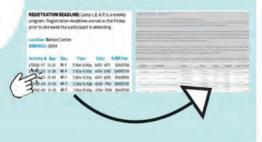
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Superintendent of Park Maintenance

dcrumrine@springfieldparks.org

GOLF MAINTENANCE OPERATIONS

Dan Crumrine Superintendent of Golf Courses

Arden Lear Bunn Golf Course Superintendent

AQUATICS AND ICE MAINTENANCE

George R. Tucker 217-753-2800 ext. 2002 Interim Superintendent of Maintenance Operations gtucker@springfieldparks.org

PARK DISTRICT POLICE DEPARTMENT

1508 W. Fayette, Spfld 62704

Patrick Murphy Police Chief

217-698-6030 ext. 2803 pmurphy@springfieldparks.org

FAX: 217-698-7456

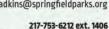
217-753-6212 ext. 1403 madkins@springfieldparks.org

jturasky@springfieldparks.org

217-786-4120 ext. 1910

217-544-1751 ext. 1301

alear@springfieldparks.org



217-753-6212 ext. 1407

jschackmann@springfieldparks.org

SPECIAL EVENTS



Save the Date!

HERSHEY RUN JUMP THROW

Takes Place July 22nd

PITCH HIT & RUN Takes Place July 15th

Check out our Facebook @springfieldparkdistrict for more information!



find your FUN, find your smile with your dog at...

Springfield Park District's Dog Runs

Visit one of our Dog Parks for free from dawn until dusk.

Stuart Park - 1800 Winch Lane

Dhe large dog run and one small dog run, completely fenced in where dogs may be unleashed. Each includes a water source, DOGIPOT and picnic shelter.

Centennial Park - 5529 Bunker Hill Road

Centennial Dog Park is over an acre in size and was built to be fully ADA accessible. The dag park will feature separate play areas for large and small dags, challenging obstacle course, dag water fountains, and is completely fenced in where dags may be unleashed.

Riverside Park - 4700 Peoria Road

he lower section of Riverside Park contains pproximately 200 acres and is primarily used is an unleashed dog run area. This area ncludes a small pond and nearly one mile of iverfront land for you and your dog to enjoy.

For more information visit: springfieldparks.org

CULAR



ART SPECTACULAR

st 200 fine art fairs in the USA by Sunshine Artist Magazine

Juried Fine Art & Craft Fair September 9 - 10, 2023 10am - 4pm

FREE Admission!

at the Thomas Rees Memorial Carillon

For more information please go to www.carillon-rees.org

SPECIAL EVENTS



6

9/9

9/16

10/14

10/20

12/2

2023 EVENTS WASHINGTON PARK CARILLON & BOTANICAL GARDEN

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5/20	Sangamon Valley Iris Society Show
/1 - 6/4	International Carillon Festival
7/8	Central Illinois Daylily Society Plant Sh
7/22	Sangamon Valley Iris Society Plant Sal
8/5	Central IL Daylily Society Plant Sale
8/26	Reg. 9 American Iris Society Plant Sale
9- 9/10	Art Spectacular
9/16	Plant Workshop
& 9/23	Leaf Identification Hikes
9/23	Plant Workshop
- 10/15	Carve for the Carillon
- 10/21	Jack-O-Lantern Spectacular
10/28	Orchid Workshop
2-12/20	Winter Holiday Show
12/2	Wreath Making Workshops
12/9	Centerpiece Making Workshops
12/10	Caroling at the Carillon



Need Service Hours for School, Church, Youth Group, or just want to get involved?



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Email: recreationespringfieldparks.org



SPECIAL EVENTS







5/14

6/17

6/18

MOTHER'S DAY 10:00a to 5:00p

Celebrate the day by spending time with your Mom at the zoo! Moms get in free today with any other paid admission. Regular admission applies for all other guests.

ARMED FORCES DAY 10:00a to 5:00p

Military members admitted free with a valid military ID!

HENSON ROBINSON ZOO DAY 10:00a to 5:00p

Help us celebrate the City of Springfield's proclamation of Henson Robinson Zoo Day! All Guests get in FREE today!

FATHER'S DAY 10:00a to 5:00p

Celebrate the day by spending time with your Dad at the zoo! Dads get in free today with any other paid admission. Regular Admission applies for all other guests.

For more info go to our website at www.springfieldparks.org

BIKE AND HIKE SUNDAYS at Washington Park APRIL THROUGH SEPTEMBER

Bike & Hike Sundays provide park goers an opportunity for safe recreation by minimizing vehicular traffic. Call 217-544-1751 x1004 for any questions.

SPRINGFIELDPARKS.ORG

SOUTHWIND I N PARK

Save The Date

Come out to Southwind Park for a wholesome family friendly two-day experience you will remember for years to come!

GreatLawn

Professional kite flyers & dealers from around the nation will travel to Southwind park and demonstrate the truest form of kite flying!



*fireworks at dusk!

Located at Southwind Park Great Lawn 4965 S. Second St, Springfield, IL



For more information, please call Tammy Naumovich at 217-585-2941 ext. 2301.

Springfield Parks Foundation



My Wind Stuff

@mywindstufftoo got-stuff@hotmail.com

AARP SPONSORED OUTEDOOR FITNESS PARK

is offering FREE Circuit training classes for all ages and abilities!

Sign up today!

fitlot.org/parks/springfield/



Hosted By:

Find Your Next ADVENTURE

with the Springfield Park District at any one of our Summer Camps!

> Sign up Today at springfieldparks.org

Special Recreation Summer Camps

Nelson Center Summer Camp

Preschool Summer Camps

Henson Robinson Zoo Summer Camps

Athletics Summer Camps

Tennis Summer Camps

Preschool in the PARK



The Springfield Park District invites you to enroll your child in our Preschool in the Park program for the 2023-2024 year!

3, 4, & 5 year old mixed age class – You have three options to choose from in the morning and afternoon classes.

Two Day... Three Day... & Five Day Options!

Registration for classes:

Washington Park Preschool

\$55 registration and application due at registration.

Please call Debbie at 217-546-3970 for more information

www.springfieldparks.org

PARK D STRICT

Join our... amily

Be a part of building the foundation for your child's future! Each week you and your child will learn new life skills together in a FUN and positive atmosphere.

- Calming Techniques
- Build Confidence
- And SO much more!
- Play-based Learning Interactive + Innovative For more information about Funshop, call Tim Rhodes at 217-753-6234! Sorting + Counting



Henson Robinson Zoo

The Henson Robinson Zoo is home to over 80 species of animals native to Australia, Africa, Asia and North and South America. The Zoo participates in scientific research and conservation efforts as well as provides a fun, educational environment for people of all ages. Some notable animals are: African Penguins, Eurasian Vulture, African Painted Dogs, North American Black Bear, Cougars, Spider Monkeys, Langurs, Boa Constrictor, Naked Mole Rats, Lemurs, and so much more!

HOURS OF OPERATION

April – October 31 Daily:	10:00a - 5:00p
November 1 – 20 Saturday and Sunday:	10:00a - 4:00p

November 21 – Opening Weekend in spring 2024 Closed to the public

DAILY ADMISSION

Children 2 and Under:	Free
Children 3 - 12:	\$5.50
Adults 13 - 61:	\$7.50
Seniors 62+:	\$5.50

Group rates available for groups of 10 or more.

PRIVATE RENTALS

Have your private after-hours party at the Henson Robinson Zoo! The Zoo is truly one of the most unique settings for a party in Springfield. For more information call the Zoo at: **217-585-1821 x1704** or email at **htierney@springfieldparks.org**.

PROGRAMMING

A wide range of educational and recreational programs for children and adults are offered.

- · Birthday Parties
- Volunteer Opportunities
- Kids Classes
- · Zoo to You

For more info: www.springfieldparks.org 1100 E Lake Shore Dr, Springfield, IL 62712



JOIN THE WILDEST GROUP IN TOWN!

Become a year-round supporter of the Henson Robinson Zoo! Your support will help ensure that the Henson Robinson Zoo will continue to serve the public with quality educational and recreational experiences as well as assisting in conservation efforts through other national organizations.

For more info on memberships: call 217-585-1821 or visit www.springfieldparks.org

Check out the new FREE Fitness Court at Comer Cox Park!

Download the Fitness Court App for FREE virtual classes! The Fitness Court is open to the public from sun up to sun down.

SKATEBOARD INTO SUMMER

ILES SKATE PARK

2000 S 6th Street

The skate park was built as a centrally located skate park for skaters of all ability levels. It has multiple ramps, half pipes, rails, ledges, stairs, manny pad, and a flat bar that was designed in partnership with the local skating community!

CENTENNIAL SKATE PARK

CENTENNIAL PARK Bunker Hill Road & Lenhart Road

Centennial Skate Park was design by local skating enthusiasts. It features an array of trick-oriented objects like advanced bowls, handrails, trick boxes, vent ramps and banked ramps. Open to all ages, both skaters and spectators will enjoy Centennial Skate Park!

FREE! OPEN FROM DAWN UNTIL DUSK!

GET A POOL PASS TODAY! Take Your Family Swimming All Summer Long!

Provide Your Family Hours of FUN at the NELSON CENTER and VETERANS MEMORIAL POOL!

Park Pool Pass PRICE PLUNGE!

With inflation on the rise and families counting every dollar we have decided to continue to discount our 2023 Park District Season Pool Pass!

Individual Pool Pass NOW JUST \$35 R Was \$65 R

NGE

Senior Pool Pass NOW JUST \$25 R Was \$55 R

Family Pool Pass

(Individual Rate) \$35 R | \$45 NR JUST First Additional Family Member - \$15

Each Additional Family Member - \$10 *Up to 6 maximum on one Family Household pass

Wow

A POOL PASS at the Springfield Park District gets you:

mem

10% off swim lessons End of the Season Pool Party for

Aquatics Pass Holders AND a chance to win a FREE Park District Pool Towel



Purchase at bit.ly/SPD_Pool-Passes

For more information, please contact Eisenhower Aquatic Center at 217-525-8847 Pass good at both pools.

*Season pool passes valid from May 28 to September 6.

*Children 10 and under must be accompanied and supervised by a responsible paying adult of ages 16 or older.

*Family passes are available to immediate family members who permanently reside under the same household and who are claimed as a dependent.



DINOSAURS Land of Fire and Ice

NEW EXHIBIT - MAY 27 - SEPT 3 Kidzeum

412 E. Adams St., Springfield • 217-679-2123 • kidzeum.org



Family event calendar

CC PARENT | Stacie Lewis

Fat Ass 5K and Street Party for Charity

May 12, 5-10pm and May 13, 7:30am-3pm. This race has generated more than \$1.7 million for charity since 2008. Includes stops for beer, corn dogs, doughnuts and ice cream, because why not? Live music and entertainment throughout the race route, followed by a street party that includes drinks, barbecue and more live music. fatass5k.com. Downtown Springfield, Sixth and Adams streets. \$40- \$60. Downtown Springfield, Downtown, 217-525-1111.

Jacksonville Speedway Races

May 12, 5:30pm. Catch the All Stars Sprints, 305 Sprints and Micros. Call for start times. Admission fee. Jacksonville Speedway, Jacksonville, 110 N. Westgate Ave., 217-371-3653.

There's Always Next Year

May 12, 6pm. The history of Robin Roberts Stadium, originally known as Reservoir Park, by Lizzie Roehrs. Screening will be in Building 14, UHB 1006. Free. University of Illinois at Springfield, 1 University Plaza, 217-206-6073.

Give-A-Hoot program

May 13, 2-4pm. With Girl Scouts of Central Illinois and presented by Smart Owl Coffee. Kids in kindergarten through 12 grade and their families will enjoy a wildlife encounter and education program about owls and other wildlife, followed by a Q&A, Refreshments and coloring activities provided. Free. Camp Widjiwagan, 71 Wienold Lane, 529-2212.

Storybook Garden Tea

May 13, 1pm. Explore the magical world of Peter Rabbit and friends with this perfect occasion for a Mother's Day treat. Each table's host will guide you through tea customs while providing a fun atmosphere. Appropriate for all ages, but children 10 and older will have a better appreciation for the activity and food. springfieldart.org. \$40-\$45. Edwards Place, Springfield Art Association, 700 N. Fourth St., 217-523-2631.

Capital City Improv Spring Workshops

May 18, 7-9pm. Want to try improvisational theater? Join Capital City Improv for spring workshops and learn to improv basics and play a variety of improv games. Anyone 12+ is welcome. Space is limited. RSVP via the Capital City Improv Facebook Messenger to reserve a spot. Free. Hoogland Center for the Arts, 420 S. Sixth St., 217-523-2787.

Black Panther: Wakanda Forever

May 19. The leaders of Wakanda battle to protect their nation from intervening world powers. Bring lawn chairs or blankets. Part of the Movies in the Park series. Begins at sunset. Free. Velasco Tennis Center, 1501 S. Grand Ave W, 2175464103.

Breathe & Believe 5K

May 20, 9am-12pm. A celebration of the girls completing a ten-week season of Girls on the Run programming. Crossing the finish line of this non-competitive event instills confidence through completion and is a joyful moment program participants will remember. \$25-35 adults and \$15-\$25 ages 3-12. Lincoln Land Community College, 5250 Shepherd Road, 217-726-9808.

Lincoln Library Alliance Annual Book Sale

May 20, 9am-3pm. Shop for books, DVDs, audio books and more. Local vendors on-site with snacks and fun activities. lincolnlibrary. info. Lincoln Library, 326 S. Seventh St., 217-753-4900.

National Music Appreciation Month Program

May 20, 6pm. Learn the history of African American contributions to gospel, blues, jazz and soul and listen to some examples of each genre. End the evening dancing to soul music by the fabulous Johnnie Owens Band. Social hour at 6pm; program at 7pm. Hoogland Center for the Arts, 420 S. Sixth St., 217-523-2787.

Old Capitol Art Fair

May 20, 10am-5pm and May 21, 10am-4pm.

Set against the backdrop of the Old State Capitol, the art fair is the jewel of the Midwest. This tradition of fine art has brought artists and shoppers from across the country flocking to downtown Springfield's two-day outdoor art gallery for 60 years. Free. Old State Capitol, 1 Old State Capitol Plaza, 217-785-7960.

Springfield Area Highland Games and Celtic Festival

May 20, 9am-10pm. Try to toss a 20-footlong caber, throw a 56-pound weight over a raised bar or show you play well with others during a tug-of-war. Or, watch others do those things while you also enjoy bagpipe bands, food, storytelling and Scottish goods. \$8-\$15. Sangamon County Fairgrounds, New Berlin, 316 W. Birch St., 488-2685.

Springfield Pridefest 2023

May 20, 11-12am. Bringing it "Back to the Streets" on the gayest of days. A day of embracing diversity and celebrating the local LGBTQ community. Kids' area, live entertainment, great vendors and food and drinks. Organized by the Phoenix Center. phoenixcenterspringfield.org. Downtown Springfield, Fifth Street and Capitol Avenue. Free. Downtown Springfield, Downtown, 217-503-4104.

Season Send Off

May 21, 4-5:30pm. Jacobsen Woollen, conductor. Featuring preparatory, concert, and symphony orchestras and Illinois Symphony Youth Orchestra chamber music ensembles. ilsymphony.org. \$15. Sacred Heart-Griffin High School, 1200 W. Washington, 217-522-2838.

Little Lincoln's Fireside Tales: Home

May 23, 10-11am. Home means something a little different to each person. Home is more than a building – it's a feeling, a person, a smell, a place where we feel like we truly belong. Join the ALPLM's Education Team to read stories about the different ways we experience home. Free. Abraham Lincoln Presidential Library, 112 N. Sixth St., 217-785-7943.

A day in the life of a batboy

May 24, 12pm. Kevin Corbin, an Edward Jones financial adviser, will talk about his time as a batboy for the St. Louis Cardinals. Senior Services of Central Illinois, 701 W. Mason St., 217-528-4035.

Teen Book Club: We are not Free

May 24, 6-7pm. Enjoy pizza and discuss this month's book by Traci Chee. It is the collective account of a tight-knit group of young Nisei, second-generation Japanese American citizens, whose lives are irrevocably changed by the mass U.S. incarcerations of World War II. lincolnlibrary.info. Free. Lincoln Library, 326 S. Seventh St., 217-753-4900 ext. 5612.

Capital City Biathlon & CCB 5K

May 27, 8am. 5K run, biathlon and team biathlon. Visit the website for registration info. capitalcitybiathlon.com.

"Dinosaurs: Land of Fire and Ice"

May 27. Explore the Cretaceous Period (145 – 65 million years ago), the time when dinosaurs last lived on earth. Learn about dinosaur habitats to better understand how these mysterious animals lived. For ages 3 – 10. Open during normal museum hours through September 3. kidzeum.org. Kidzeum of Health and Science Children's Museum, 412 E. Adams St., 217-971-4435.

Paracord bracelet making for teens

May 27, 3-4pm. Hang out and make paracord bracelets. Open to anyone in grades 6-12. No registration required. lincolnlibrary.info. Free. Lincoln Library, 326 S. Seventh St., 217-753-4900.

Springfield Legends Classic II

May 27, 6:30pm. Watch your favorite St. Louis Cardinals alum take on the former Chicago Cubs squad in this exciting seven-inning baseball exhibition game. \$30-\$35. Robin Roberts Stadium, 1415 N. Grand Ave. E., 217-753-0700.

Springfield Sliders vs. Illinois Valley Pistol Shrimp

May 31, June 5 and July 17. Robin Roberts Stadium, 1415 N. Grand Ave. E., 217-753-0700.

International Carillon Festival

June 1-4, 6pm. The festival has earned an unsurpassed tradition of presenting the world's finest carillonneurs. Bring a picnic dinner and lawn chairs and blankets. carillonrees.org. Free. Thomas Rees Memorial Carillon, 1740 W. Fayette Ave., 217-546-3853.

Pawnee Prairie Days

June 1-3. Rides, pageant, tons of food and live music by Midwest Revival and Off the Wall. Pawnee Prairie Days, Pawnee, Pawnee Square, 971-6110.

Legacy of Giving

June 2, 5pm-12am and June 3, 12pm-12am. Over 60 music acts on five stages. Two days of music, arts, crafts, kids' entertainment, food trucks and sporting events. All proceeds benefit local charities. logmusicfest.org. Old State Capitol Plaza, between Sixth and Fifth streets at Adams, 217-361-5678.

Heritage Days

June 2-4. Kids' area, carnival, food, raffles and live music. Visit little-flower.org for raffle tickets. Church of the Little Flower, 800 Stevenson Dr., 217-529-4511.

8K Trail Race and Kids' Fun Run

June 3, 7:30-9:30am. Race over the scenic trails of the historic garden, along trails by Lake Springfield and through the Ostermeier Prairie Center grounds. Kids can join in a Fun Run for \$6. No on-site registration on race day. lincolnmemorialgarden.org. \$40. Lincoln Memorial Garden, 2301 E. Lake Shore Dr., 217-529-1111.

APL Donuts and Dogs 5K Fun Run

June 3, 9am-12pm. Benefits the animals of the Animal Protective League. You can also sponsor a Compass for Kids student to run or walk for \$30. Students will receive a race swag bag and event T-shirt. You will receive a personalized thank you letter from the student. That sounds like a win-win. \$30. Southwind Park, 4965 S. Second St., 217-544-7387.

An Evening of Magic

June 3, 7pm. Great magic, stunning illusions and hilarious comedy by a cast of internationally acclaimed magicians. Bring the whole family. Presented by the International Brotherhood of Magicians Ring 239. hcfta.org. \$20. Hoogland Center for the Arts, 420 S. Sixth St., 217-523-2787.

Comic and toy Show

June 11, 10am-4pm. Toys, games, comics and cosplay all make for a geeky good time. Crowne Plaza Springfield, 3000 S. Dirksen Pkwy, \$5.

Midwest Charity Horse Show

June 13-17, 10:30am, 6:30pm. The horses are beautiful and well-trained, and the riders

have professional demeanors. Each year, the proceeds from this distinguished show are donated to a worthy cause. Coliseum, Illinois State Fairgrounds, 801 E. Sangamon Ave., 217-414-1900.

Sangamon County Fair

June 14-18. Central Illinois' premiere county fair. Livestock shows, queen pageant, carnival, every imaginable kind of fair food and drink, retail exhibitors, talent show, demo derby, tractor pull, rodeo and live music from Blackberry Smoke and Stoney LaRue and others. Daily carnival wristband \$15. Parking on fairgrounds \$10. Other parking available. Fair admission \$5. Sangamon County Fairgrounds, New Berlin, 316 W. Birch St., 217-488-2685.

Juneteenth Celebration Weekend

June 15-19. A communitywide celebration with a variety of family friendly events, music and special displays at area museums. Find more information on the Juneteenth Inc. Springfield, IL Facebook page. Comer Cox Park, Capitol Avenue and Martin Luther King Jr. Drive, plus other locations. 217-572-0234.

Respect

June 16. A biopic about the great Aretha Franklin. Bring lawn chairs or blankets. Part of the Movies in the Park series. Begins at sunset. Free. Comer Cox Park, Capitol Avenue and Martin Luther King Jr. Drive, 544-1751.

Sangamon County Fair Rodeo

June 16, 7pm. Action-packed family entertainment. Powerful bucking stock, quality timed event cattle, competitive cowboys/ cowgirls and entertaining specialty acts. \$15. Sangamon County Fairgrounds, New Berlin, 316 W. Birch St., 217-488-2685.

Henson Robinson Zoo Day

June 17, 10am-5pm. Help the zoo celebrate the city of Springfield's proclamation of Henson Robinson Zoo Day. Admission is free for all guests. Henson Robinson Zoo, 1100 E. Lake Shore Dr., 217-585-1821.

Positively Summer Music Festival

June 17-18, 12pm. It's back for its third year and this popular music fest just keeps getting better: Positively 4th Street, Joshua Reilly, Me, Myself and Schy, Tom Irwin. Rhodes and Battles, The Down Homies and Randy Charles. Check the Facebook event for the full schedule. Free. Sheedy Shores WineGarden, Loami, 10300 Johns Creek Road, 217-415-6866.



Protect your Home, Family & Valuables for only \$395. Call 217-744-9000 for more information.



Kids.Adults+Kid. Adults.Teams.

SATURDAY. JUNE 10. Kerasotes YMCA



SIGN-UP OPEN NOW

SpringfieldYMCA.org/Yninja



Summer Frolic

June 17, 10am-4pm. Celebrate frontier heritage with period clothed interpreters demonstrating 19th century daily tasks throughout the historic village. lincolnsnewsalem.com. Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-4000.

USA Boxing

June 17, 5pm. Springfield Cobras Boxing presents USA Olympic-style amateur boxing. \$20-\$60. BOS Center, 1 Convention Center Plaza, 800-745-3000.

Under the Sea

June 20, 10-11am. A part of Little Lincoln's Fireside Tales. Take a daring dive into the big, blue ocean. Enjoy books and activities that highlight the brilliant creatures and beautiful plants that live under the sea. Check out the virtual option on Thur, June 22 at 10am via Zoom. presidentlincoln.illinois.gov. Free, reservations required. Abraham Lincoln Presidential Museum, 212 N. Sixth St., 217-558-8844.

Paint the Street

June 24, 11am-7pm. Purchase a 6' x 6' square of street on which to paint. Receive an event bag containing: paint supplies, including the water-soluble tempera paint, and goodies from sponsors. Sign up solo or with a group. springfieldart.org. \$35-\$45. Washington Street between Fifth and Sixth streets, 1 Old Capitol Plaza N, 217-523-2631.

Wonderland

June 25. Dance Arts Youth Company presents *Wonderland*, a contemporary retelling of the story of Alice in Wonderland. \$15. Hoogland Center for the Arts, 420 S. Sixth St., 217-523-2787.

Rock the Dock

June 30. Food trucks and live music. Fireworks at dusk. Lake Springfield Marina, 17 Waters Edge Blvd., 483-3625.

Great Lawn Kite Festival

July 1,10am-10pm and July 2, 11am-5pm. Professional kite flyers and dealers from around the nation demonstrate the truest form of kite flying. Fireworks at dusk on Friday. Southwind Park, 4965 S. Second St., 217-585-2941.

Independence Day Celebration

July 1, 10am-4pm and July 4, 10am-4pm.

Get your 19th century patriot on. Period demonstrations and the reading of the Declaration of Independence each day. Free. Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-4000.

Freedom Run 2023

July 4. Celebrate the Fourth with an early morning 5K that starts at the top of the Centennial Park hill. A virtual option is also offered. \$20-\$25. Price increases after May 1. Check the Facebook event for more info. Centennial Park, Bunker Hill and Lenhart roads, 217-553-7695.

Knight's Fireworks Extravaganza

July 4, 9:30pm. Knight's Action Park, 1700 Knights Recreation Dr., 217-546-8881.

Central Illinois Cultural Fest

July 8, 11am-3pm. Vendors, artists, entertainment, health screenings and an area for the kids, all in celebration of different cultures in our community. theboscenter. com. BOS Center, 1 Convention Center Plaza, 800-745-3000.

Disney's Beauty and the Beast

July 14-17 and July 19-22. Step into the enchanted world of Disney's Beauty and the Beast, an international sensation that has been produced in 37 countries. Based on the Academy Award-winning animated feature. \$12-\$22. The Muni, 815 E. Lake Dr., 217-793-6864.

Top Gun: Maverick

July 14. Tom Cruise returns in the role of naval aviator Maverick in this sequel to the 1986 film Top Gun. Bring lawn chairs or blankets. Part of the Movies in the Park series. Begins at sunset. Lincoln Park, Fifth Street and Sangamon Avenue, 217-544-1751.

"Mythological Creatures" Gallery opening reception

July 14, 5-8pm. Celebrate visual art, written art and mashed-up art by kids, and masterpieces by adults. Creativity is the focus of DIM Art House, and you do not need to be a member to participate. Visit the Facebook page for more information. DIM Art House, 319 Chatham Road.

Children's Day

July 15, 10am-4pm. Learn what kids did in central Illinois almost 200 years ago. Play 1830s games and join in some of the demonstrations of daily life. Gift bags given away while supplies last. lincolnsnewsalem. com. Donations welcome. Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-4000.

Pitch, Hit and Run

July 15, 10am-2pm. This Official Skills Competition of MLB allows baseball and softball participants ages 7-14 the opportunity to advance through three levels of competition, culminating in the National Finals at the MLB World Series. springfieldpakrs.org. Free. Robin Roberts Stadium, 1415 N. Grand Ave. E., 217-553-4795.

Rumble Down Festival

July 20-23. It's back for another weekend of amazing progressive jamgrass bands and Grateful Dead-inspired music. The Kampground, Mechanicsburg, 11380 Darnell Road.





Camp sessions available for all ages—Pre-K through Senior High! Our beautiful wooded campus is on Lake Springfield just minutes from Springfield with easy access to I-72 and I-55.

Visit our website for more information and to register today! www.lsbconline.com

217-670-2356 5878 Iron Bridge Road, Chatham, IL Isbconline@gmail.com https://www.facebook.com/Isbconline

Grades 4-6 | Monday-Thursday

ILLINOIS SYMPHONY YOUTH

Grades 3-5 Monday-Thursday

LLCC's College For Kids partners with

a nationally known leader in tech-

education to present virtual STEAM

camps. Top Black Rocket instructors

lead the whole class and small group

BLACK ROCKET

June 26-29 9 a.m.-Noon

ORCHESTRA CAMP

BLACK ROCKET

sessions in real-time.

June 26-29 8:15 a.m.-12:15 p.m.

To register: www.gotrcentrallllinois.org

REGISTER FOR SUMMER PROGRAMS NOW!

with new Teen Learning Labs and Speciality Camps! LLCC's camps are hands-on, three-hour, multi-day camp experiences for academically

curious students to discover new talents and expand their knowledge

Visit www.llcc.edu/youth-programs for complete program descriptions and registration information. Questions? Call 217-786-2432 or email

Lincoln Land Community College's College for Kids (CFK) is back

New this year - supervised lunch hour for all-day students.



TRADITIONAL COLLEGE FOR KIDS

Grades 1-6 | Monday-Thursday 9 a.m.-Noon and 1-4 p.m. Lunch Bunch Noon-1p.m. Session 1: June 12-15 Session 2: June 19-22 Session 3: June 26-29

STEM 2-D Art The Beat Great Games Music 6-29 Environment Graphic Novels Culinary Camps Camp Read A Lot

Music Tells a Story



under the guidance of experienced educators.

Grades 7-12 | Monday-Thursday Various dates- June and July | 1-4 p.m.

Health Care Careers Girls in Metal Intro to Trades High School Bake Lab High School Choir Book Binding Digital Music



Chatham Sweet Corn Festival

July 21, 5-11:30pm and July 22, 10am-11:30pm. Live music, food, vendors and children's activities. A big shout out to the local cows' contributions to that perennial favorite, the Illinois Championship Cow Chip Throw. Chatham Community Park, Chatham, 731 S. Main St.

Kidzeum's 5th birthday

July 22, 9am-4pm. Activities, special guests and giveaways. Check the website for more information. Regular admission. kidzeum. org. Kidzeum of Health and Science Children's Museum, 412 E. Adams St., 217-971-4435.

Imagination

July 25, 10-11am. Climb tall mountains, sail the high seas, ride a unicorn or eat purple peas. Step into a world of unique creation when you choose to use your imagination. Virtual option available via Zoom on Thur, July 27. visitspringfieldillinois.com. Free, registration required. Abraham Lincoln Presidential Museum, 212 N. Sixth St., 217-558-8844.

Downhome Music Fest 2023

July 28, 5pm-12am and July 29, 2pm-12am. With local artists and performers, over 100 craft beers and fantastic food vendors, this is a popular music festival. Downtown Springfield, Seventh and Washington streets, 217-622-1374. Downtown Springfield, Seventh and Washington streets, 217-638-4768.

Lake Springfield Triathlon - Sprint, Olympic, Half

July 29, 7am. Hosted by MSE Racing. Ten race options from the 5K run/walk to the Route 66 Relay. Registration fee varies. Lake Springfield Beach House, 100 Long Bay Dr., 217-529-7171.

Encanto

Aug. 4. In this computer-animated film, an extraordinary family lives hidden in the mountains of Colombia. Bring lawn chairs or blankets. Part of the Movies in the Park series. Begins at sunset. Veterans Memorial Pool, 2700 Ely St., 753-3030.

Powerlight Abe Lincoln Car Show Spectacular

Aug. 4, 6-9pm and Aug. 5, 8am-4pm. Super Cruise at 6pm Friday from Horace Mann in downtown Springfield to Cherry Hills Church. Car Show Spectacular on Saturday. Show includes actor Butch Patrick, known as Eddie Munster from *The Munsters* television show. Free. Free for spectators. Cherry Hills Baptist Church, 2125 Woodside Road, 217-553-5271.

School of Rock - The Musical

Aug. 4, 8:30pm and Aug. 9-12, 8:30pm. Dewey Finn, a failed, wannabe rock star, decides to earn an extra bit of cash by posing as a substitute teacher at a prestigious prep school. There he turns a class of straight–A students into a guitarshredding, bass-slapping, mind-blowing rock band. Single tickets \$12-\$22. The Muni, 815 E. Lake Dr., 217-793-6864.

Illinois State Fair

Aug. 10-20. A year's worth of music entertainment, livestock shows, competitions, auto races, exhibitions, side shows and food all packed into 11 days. It's a compact but vibrant bustle of activity from the moment the gates open on Preview Day until the lights go down for the last time. Illinois State Fairgrounds, 801 E. Sangamon Ave., 217-782-6661.

Peter Pan - A Children's Ballet

Aug. 12. The Springfield Dance Theatre presents the tale of the boy who wouldn't grow up in this one-hour ballet for children. \$25-\$30. The Legacy Theatre, 101 E. Lawrence, 800-838-3006.

USAC Bettenhausen 100

Aug. 19, 2pm. \$25. Grandstand, Illinois State Fairgrounds, 801 E. Sangamon Ave., 217-899-9175.

Abe's Amble

Aug. 20, 7:30am. On the last day of the Illinois State Fair, hundreds of runners from Illinois and surrounding states take to the streets covering the fairgrounds, Lincoln Park, Oak Ridge Cemetery and back. This challenging 10K course is USATF-certified and a lot of fun. Certified 5K course option available. Illinois State Fairgrounds, 801 Sangamon Ave., 217-782-6661.

ARCA 100 + 100 Sportsman Nationals Aug. 20, 1pm. \$25. Grandstand, Illinois State Fairgrounds, 801 E. Sangamon Ave. 217-899-9175.





AKE SPRINGFIELD

Promoting healing of children and their families through compassionate and supportive care.

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2023 LSCA SUMMER CAMP www.lscacamp.org







Age / Grade	Session	Date	Fees*
TRADITIONAL CAN	APS		
2nd & 3rd	First Chance	July 6-7	\$95
3rd & 4th	Trailblazers	July 9-12	\$255
4th & 5th	Explorers	July 17-20	\$270
5th & 6th	Junior Camp	June 26-30	\$290
7th & 8th	Junior High	July 23-28	\$350
9th Grade	Niners	June 18-23	\$350
10th—Just Grad.	High School	June 11-16	\$350
ADVENTURE CAM	PS		
5th & 6th	Adventure 5-6	July 5-7	\$188
6th-8th	JH Extreme (Day Camp)	July 10-13	\$150
7th & 8th	Adventure 7-8	June 18-21	\$225
9th—Just Grad.	HS Wilderness	July 2-7	\$375
DISCOVERY CAMP	S (8am to 515pm daily)		
2nd—4th	Discovery Camp 1	June 12-16	\$185
2nd-4th	Discovery Camp 2	June 19-23	\$185
2nd-4th	Discovery Camp 3	June 26-30	\$185
2nd-4th	Discovery Camp 4	July 5-7	\$115
2nd-4th	Discovery Camp 5	July 10-14	\$185
2nd-4th	Discovery Camp 6	July 17-21	\$185
2nd—4th	Discovery Camp 7	July 24-28	\$185
OTHER DAY TIM	E OR INTRODUCTORY C	AMPS	
2-5 yrs old	Hello Camp 1*	July 14 (am)	\$20
2-5 yrs old	Hello Camp 2*	July 14 (pm)	\$20
1st grade	Day Camp	July 13	\$45
5th & 6th	Advanced Day Camp 1	July 3	\$50
5th & 6th	Advanced Day Camp 2	July 5	\$50
A	ll Grades are based on F	all 2023.	

Capital City Parent | www.capitalcityparent.com | 35

Same-day Pediatric Appointments

Springfield Clinic Pediatrics & Adolescent Center 2532 Farragut Drive * At this location only

OPEN 8 A.M.-5 P.M.



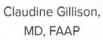


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