

# Parks & Recreation

## 2025 Winter/Spring Guide



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**Gazebo Express  
& Trojan Today  
town newsletters are  
available at  
[highland.in.gov](http://highland.in.gov)**

## Town Council

George Georgeff, 1st Ward  
Douglas Turich, 2nd Ward  
Alex Robertson, 3rd Ward  
Tom Black, 4th Ward  
Philip Scheeringa, 5th Ward

## Clerk Treasurer

Mark Herak

## Park & Rec. Board (2024)

Nick Russo, President  
Omar A. Torres, Vice President  
Carlos O. Aburto, Secretary  
Chris Ray, Member  
Pat Krull, School Board  
Joe Miyake, Attorney

Study sessions are held the first Thursday of the month, 6:30pm at Lincoln Center. General meetings are held the third Thursday of the month at 7pm at Town Hall, 3333 Ridge Rd. Highland, IN 46322.

## Parks & Recreation Staff

Alex Brown, Superintendent  
Trevor Kinley, Park Director  
Dave Byers, Recreation Director  
Alyce Van Drunen, Rec. Supervisor  
Laurie Glowacki, Rec. Supervisor  
Cole Linkiewicz, Rec. Supervisor

## Park Office

Lincoln Community Center  
2450 Lincoln Street  
Highland, IN 46322  
Phone: 219-838-0114  
Fax: 219-972-7584

## Office Hours

Monday - Friday: 8am-8pm  
Sat. 9am-5pm, Sun. 11am-5pm

## Fitness Center/Building

Monday - Friday: 5am-10pm  
Saturday/Sunday: 7am-7pm

# Youth Sports Organizations

## Girls Softball

Ages 6-18  
Dave Rivera  
drjrrivera1@gmail.com  
highlandgirlssoftball.com



## Youth Soccer

Ages 3-14  
Dan Goodeve  
219-616-9295  
highlandsoccer.org



## Pop Warner

Ages 5-13  
Gip Dills  
219-313-0885  
highlandpopwarner.com



## Girls Travel Basketball

Jennifer Walker  
219-333-0008  
highlandgirlsbasketballleague@gmail.com



## Hurricanes Swim Club

Ages 5-19  
Brandon Popovich  
president@highlandhurricanes.net  
highlandhurricanes.net



## Little League

Ages 4-12  
Matt Warner  
219-805-8065  
highlandll.com



## Babe Ruth

Ages 13-19  
Lisa Stacy  
219-381-5331  
highlandbaberuth@yahoo.com



## Wrestling Club

Ron Ortega  
highland.wrestling@yahoo.com



## Preschool Open Play

Bring your little one to the Lincoln Center for self-led playtime before nap time. Each session will have a variety of different activities set-up to enjoy from tunnels to ball pits and more! Adult supervision is required of all children, you may not drop your child off.

**Ages:** 2-6  
**Day:** Thursdays, 10am-12pm  
**Dates:** January 9, 23, February 6, 20, Mar. 6, 20, April 3, 17, May 1, 15  
**Location:** Lincoln Center Fieldhouse, Court 2  
**Fee:** \$5/child (adult supervision required)

## Babysitting Certification Class

Have a young person who is interested in earning some extra cash? We are offering BLAST (Babysitter Lessons & Safety Training). This 4-hour class will cover pediatric first aid, household safety, and fundamentals of childcare. The fee will include a course manual and program materials. Instructor: Tresa Radermacher

**Ages:** 11-14 years old  
**Day:** Saturday, 9am-1pm  
**Dates:** March 8, May 3  
**Fees:** \$40 R/ \$44 NR **Code:** 348038  
**Register by:** 1 week prior to class  
**Note:** Please bring water and a snack



## Lincoln's Little Learners Preschool

Classes are structured to teach proper school behavior. Children are to bring a healthy snack & drink to each class, along with a backpack to carry home class projects. Students must be fully potty trained and able to leave parent for the full 2 hours. They will work on sharing, learning ABCs, shapes, numbers & colors, and cutting with scissors, making crafts, working on listening skills & attention span while listening to stories. Register a week prior to start date / before class fills.

### Morning, Age 3/4 (Must be 3 by 8/1/24)

**Days:** Tues./Thurs., 8:45 – 10:45am  
**Dates:** Jan. 7 - May 8 (off 3/25-3/27)  
**Fee:** \$360 R/\$375 NR  
**Code:** 348004 Min. 7/Max. 15

### Afternoon, Age 3/4 (Must be 3 by 8/1)

**Days:** Tues./Thurs., 12 - 2pm  
**Dates:** Jan. 7 - May 8 (off 3/25-3/27)  
**Fee:** \$360 R/\$375 NR  
**Code:** 348003 Min. 7/Max. 15

### Morning, Age 4/5

**Days:** Mon./Wed./Fri., 8:45-10:45am  
**Dates:** Jan. 6-May 9 (off 1/20, 2/14, 2/17, 3/24-28, 4/18, 4/21)  
**Fee:** \$415 R/\$445 NR  
**Code:** 348001 Min. 9/Max. 18

### Afternoon, Age 4/5

**Days:** Mon./Wed./Fri., 12 - 2pm  
**Dates:** Jan. 6-May 9 (off 1/20, 2/14, 2/17, 3/24-28, 4/18, 4/21)  
**Fee:** \$415 R/\$445 NR  
**Code:** 348002 Min. 9/Max. 18

### *Preschool payment plan available!*

*Payments are taken out on the 5th of Feb./Mar./Apr. Voided check required.*

**Age 3/4:** \$75 down and \$95 x 3 mo. / R, \$100 x 3 mo. / NR

**Age 4/5:** \$100 down and \$105 x 3 mo. / R, \$115 x 3 mo. / NR

## Tumble Tykes (ages 3-5)

The perfect introduction to gymnastics. A safe and fun environment for developing motor skills, balance, coordination, and confidence. Instructor: Maisie B.

**Day:** Fridays, 5:15-6pm  
**Sessions:** January 10-31  
February 7-March 7 (off 2/21)  
March 14-April 4  
April 11-May 9  
**Fee:** \$30 R/\$33 NR  
**Code:** 230001 Min. 6/Max. 15

## Tumbling 1 (ages 5-9)

Beginners learn forward rolls, cartwheels, bridges and jumps. Build strength and flexibility. Instructor: Maisie B.

**Day:** Saturdays, 10:25-11:25am  
**Sessions:** January 11-February 1  
February 8-March 8 (off 2/22)  
March 15-April 5  
April 12-May 10  
**Fee:** \$35 R/\$37 NR  
**Code:** 230002 Min. 5/Max. 15

## Gymnastics 1 (ages 5-9)

Learn basic skills on floor, bars, and beam. Build strength and increase flexibility to help improve skills. Instructor: Maisie B.

**Day:** Saturdays, 9:15-10:15am  
**Sessions:** January 11-February 1  
February 8-March 8 (off 2/22)  
March 15-April 5  
April 12-May 10  
**Fee:** \$35 R/\$37 NR  
**Code:** 230003 Min. 5/Max. 15

## Gymnastics 2 (ages 5+)

Advanced continuation of Level 1. Instructor approval required (Maisie B.)

**Day:** Saturdays, 11:35am-12:35pm  
**Sessions:** January 11-February 1  
February 8-March 8 (off 2/22)  
March 15-April 5  
April 12-May 10  
**Fee:** \$35 R/\$37 NR  
**Code:** 230003 Min. 5/Max. 10



# Highland Dance Academy



## Mommy & Me Ballet Workshop (ages 3-4)

A magical morning where moms and their little ones can dance, play, and create beautiful memories together! Perfect for young dancers who want to twirl and leap alongside mom in a fun, supportive environment. Step into a fairytale world with story time, enchanting dance activities, a princess-themed snack and drink, and a craft to bring home! Dress up in your favorite princess outfits, and let's make this a day filled with sparkles, smiles, and mother-daughter fun!

**Date:** Saturday, January 18, 10-11am  
**Fee:** \$15 R/\$18 NR **Code:** 240001

## Moana's Island Adventure Workshop (ages 5-7)

Set sail on an island adventure! Young voyagers are invited to embark on a magical journey a magical journey inspired by the new adventures of Moana 2. This exciting workshop includes a lively dance party to tropical tunes, a special snack and drink, and a fun craft to create a keepsake to take home.

**Date:** Saturday, February 15, 10-11am  
**Fee:** \$15 R/\$18 NR **Code:** 240001

## Adult Tap (ages 17 & up)

Ready to make some noise? Discover the joy of rhythm and movement! This energetic class is perfect for all experience levels.. Stay active, improve coordination, and boost your mood.

**Day:** Wednesdays, 7:30-8:30pm

**Sessions:** January 22-March 12  
March 26-May 7

**Fee:** \$53/\$58

**Register by:** 3 days prior to start

**Code:** 313003 Min. 4/Max. 15

## Commercial Jazz (Ages 7-8)

A high energy class combining different styles of jazz, pop & street dance, similar to those seen in commercial pop videos.

**Day:** Mondays, 3:45-4:30pm

**Session:** January 6 - February 10

**Fee:** \$30 R/\$35 NR **Code:** 240008

## Ballet Technique (ages 9+)

Focusing on developing the dancer's foundation, by teaching proper body placement/ alignment. This class will vary between a ballet barre, floor barre, flexibility training, strength & core work.

**Day:** Thursdays, 4-5pm

**Session:** January 9 - February 13

**Fee:** \$30 R/\$35 NR **Code:** 240014

## Commercial Jazz (ages 9+)

A high energy class combining different styles of jazz, pop & street dance, similar to those seen in commercial pop videos.

**Day:** Fridays, 4-5pm

**Session:** January 10 - February 14

**Fee:** \$30 R/\$35 NR **Code:** 240008

## Lyrical "Leaps & Turns" (ages 9+)

Technical work, progression & combinations of leaps & turns through the lyrical style. Work on strength, flexibility & proper alignment.

**Day:** Fridays, 5:05-5:50pm

**Session:** January 10 - February 14

**Fee:** \$30 R/\$35 NR **Code:** 240007

## Dance without Limits (Special needs ages 5-8)

Tailored to each dancer's unique abilities, this inclusive class combines basic dance, rhythm games, and creative movement to foster self-expression, improve motor skills, and build confidence.

**Day:** Saturdays, 1-1:45pm

**Session:** January 25-March 15

**Fee:** \$53 R/\$58 NR

**Register by:** 3 days prior to start

**Code:** 240015 Min. 4/Max. 8

## Spring Showcase Session

**Dates:** February 25-June 7 (off 3/24-28)

**Showcase:** June 11, 6pm, Monbeck Auditorium

All classes will perform 2 dances

**Register by:** February 10

**Fees:** 45 min classes: \$140/\$155

50 min classes: \$145/\$160

1 hour classes: \$150/\$165

**Costume & T-shirt Fee:** \$70

Ballet attire: Black leotard, pink tights, ballet shoes.

Jazz/Mod./Mus. Th.: Dance clothes, tan jazz shoes

Tap: Dance clothes & Black Tap shoes

Hip Hop: dance clothes & black sneakers

Must be potty trained. Hair off face. Bring water bottle.

## Tuesdays: February 25-June 3 (off 3/25)

**Junior Hip-Hop (ages 7-8), 4-4:45pm**

A fun, high energy class. Learning street/commercial dance moves to great music.

**Senior Hip-Hop (ages 9 & up), 5-5:45pm**

A fun, high energy class. Learning street/commercial dance moves to great music.

## Thursdays: February 27-June 5 (off 3/27)

**Lyrical Junior (ages 8-9), 3:45-4:45pm**

Classic contemporary techniques focus on rhythm, strength, technique and placement. Free flowing movement leaves space for interpretation.

**Tap & Musical Theatre (ages 8 & up), 4:45-5:35pm.** Focus on stage movement, offering opportunities for miming, acting and stage performance (singing not required). Tap will start from the basics.

## Fridays: February 28-June 6 (off 3/28)

**Ballet/Jazz 4 (ages 10 & up), 4:15-5:15pm**

Barre work, classical technique & preparation for turns and leaps. \*10-year olds must have taken Ballet in Spring 2024

**Lyrical Senior (age 10 & up), 5:15-6:15pm**

See Lyrical Junior description above.

## Saturdays: March 1-June 7 (off 3/29)

**Pre-Ballet/Jazz (ages 4-5), 9:15-9:55am**

Max.10

**Ballet/Jazz 1 (ages 5-6), 10-10:45am**

The basics including: proper placement and posture, body positions, and steps.

\*5-year olds must have taken Ballet in Fall 2024 to join. Max. 12

**Ballet/Jazz 2 (ages 6-7), 10:50-11:35am**

**Ballet/Jazz 3 (ages 8-9), 11:40-12:30**

## Young Rembrandts Elementary Drawing

Our curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We give students the skills to express their creativity and believe that all children can and should learn to draw. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

**Ages:** 6-12

**Days:** Fridays, 5:30-6:30m

**Sessions:** January 10-31,

Feb. 7-March 7 (off 2/14),

March 14-April 11 (off 3/28),

April 25-May 16

**Fee:** \$52 R/\$57 NR

**Code:** 348035 Min. 5/Max. 16



## Ceramic Creations Workshop (ages 18 & up)

Unleash your creativity! This hands-on class is perfect for beginners and experienced artists alike, offering a relaxing environment to explore the art of ceramics. Learn basic techniques in shaping, molding, and decorating your own unique ceramic pieces. Step-by-Step Instruction from experienced ceramic artists & you'll take home a piece once they're fired and glazed. Join us to relax, create, and get your hands a little messy while making something beautiful!

**Day:** Tuesdays, 5-6pm

**Sessions:** January 14-February 18,

February 25-April 8

**Fee:** \$100/\$110

**Materials:** \$20 paid to instructor on first day

Min. 10/Max. 16

**Register by:** 5 days prior to start of

**Code:** 349005

## Canvas Paint Workshops

Our trained Instructor, Chris Hnatusko, will lead you step by step through painting your own 16x20 canvas. A fun, no stress class and no experience is required! Register two days in advance.

### Junior (ages 5-12)

**Day:** Thursdays, 5-6:30pm

**Dates:** January 16 - Minion

Feb. 6 - Polar Bear Valentine

March 6 - Mario

April 3 - Easter Bunny w/ bowtie

May 1 - Cat in Springtime

**Fee:** \$22 R/\$26 NR

**Code:** 348025 Min. 4/Max. 20



### Canvas (ages 13+)

**Day:** Thursdays, 6:30-8:30pm

**Dates:** January 23 - Cardinal Birdhouse

February 13 - Moonlit Lovers

March 13 - Rain Boots

April 10 - Spring Butterfly

May 8 - Patriotic Flip Flops

**Fee:** \$27 R/\$32 NR

**Code:** 349003 Min. 4/Max. 20



## Cake Decorating

Join us as Jaaleon, from JaaCakes, teaches the fundamentals of decorating cakes using buttercream frosting. Participants will get a step by step guide from an award-winning baker/cake decorator. You will leave class with a decorated cake. No experience needed. Min. 10/Max. 25

**Ages:** 12 & older

**Day:** Fridays 6-8pm

**Dates:** January 31- Sweater theme

February 21- Starbucks theme

**Location:** Lincoln Center, Banquet Hall

**Fee:** \$45 R/\$50 NR

**Register by:** 5 days prior

**Code:** 349015



## Intro to Acting

Dream of being on the stage or in movies but don't know where to start? This class will teach the basics of acting including; teamwork, improvisation, memorization, how to find and prepare for auditions, and character development. Be prepared to put yourself out there, build confidence, and have fun!

**Ages/Time:** 12-17 / 10-11am

18 & up / 11am-12pm

**Dates:** Saturdays, February 1-March 1

**Fee:** \$50 R/\$55 NR

**Code:** 510003 Min. 6/Max. 20

**Register by:** January 26





## Foreign Language Classes *via Zoom*

Have you wanted to learn a foreign language but never had an opportunity? Now is the time! Classes taught live by a Language in Action, Inc. instructor! Zoom login emailed to students prior to first class. New material covered in each session.



### Learn to Speak Spanish

Expand your child's world! In this interactive class, children are immersed in the Spanish language through fun and engaging activities. Learn grammar and communication skills to form a strong foundation for high school Spanish.

**Ages:** 7-11  
**Day:** Thursdays, 6:15-7pm  
**Sessions:** January 16-February 20  
February 27-April 3  
April 10-May 15

**Ages:** 11-13  
**Day:** Tuesdays, 5:30-6:15pm  
**Sessions:** January 14-February 18  
February 25-April 1  
April 8-May 13

**Fee:** \$102 R/\$107 NR (6 weeks)  
**Code:** 348006

### Learn to Sign ASL - American Sign Language

Interested in learning the basics of ASL or communicating with your young child through signing? Join us from the comfort of your living room as you learn to sign in a fun, interactive and lively environment.

**Ages:** 7-12  
**Day:** Wednesdays, 6-6:45pm  
**Sessions:** January 15-February 19,  
Feb. 26-April 2,  
April 9-May 14  
**Fee:** \$102 R/\$107 NR (6 weeks)  
**Code:** 348006



### Piano Lessons

Learn how to play an electronic piano keyboard quickly and at a low cost! Read music, play songs, learn hand positioning and basic chording. Instructor: Tom S.

**Ages:** 8 & up  
**Day:** Tuesdays for 8 weeks  
**Time:** 5:30-6:30pm (beginners)  
6:30-7:30pm (int./advanced)  
**Sessions:** Feb. 11-April 1, April 15-June 3  
**Fee:** \$90 R/\$95 NR  
**Code:** 349008 Min. 3/Max. 6

**Materials fee:** \$12 for music book and \$3 per week to rent a keyboard if you do not have one (max. 8), paid directly to instructor. Register one week in advance.

### NERF Wars

Players will compete in teams for a capture the flag type tournament. Please bring (1) Nerf gun and Nerf N Strike foam darts. We will provide required protective eye wear. Foam darts only!

**Ages:** 8-12  
**Date:** Friday, March 7, 6-8pm  
**Location:** Lincoln Center Fieldhouse  
**Fee:** \$25 R/\$27 NR  
**Register by:** day of or max is reached  
**Code:** 550114 Max. 12



## Family Music Time

Toddlers and Preschoolers will love singing, dancing, playing simple percussion instruments and connecting with the world around them through music! This class is designed to be taken with a parent or guardian. Activities include simple songs and rhymes, instrument playing, lap bounces, fingerplays, movement exploration, scarves, parachute and bubbles! Class promotes parent child bonding, socialization with other children, language development, listening and following directions and most importantly, FUN! Instructor: Caitlin G., a certified music teacher and mom.

**Ages:** 9 months-5 years w/care giver  
**Day:** Wednesdays, 9:30-10:15am  
**Sessions:** January 8-February 12  
March 5-April 9  
April 23-May 28  
**Fee:** \$100 R/\$105 NR (6 weeks)  
**Materials:** \$15 (optional, paid to instructor)  
**Code:** 348011 Min.4/Max.15



*Cakes By  
Karen*

8632 Kennedy Ave.  
Highland, IN  
219-838-2310  
[www.cakesbykaren.org](http://www.cakesbykaren.org)

# Soccer Shots

Engaging with a focus on character development. Our caring team impacts lives on and off the field through best-in-class coaching, curriculum, and communication.

## Indoor - Lincoln Center

### **Tuesdays: January 7-March 11**

Mini (ages 2- early 3): 5-5:30pm

Classic (ages 3-5): 5:45-6:15pm

### **Saturdays: January 11-March 15**

Premier (ages 5-8): 9-9:45am

Classic (age 3-5): 10-10:30 or 10:45-11:15

Mini (ages 2- early 3): 10-10:30am

## Outdoor - field outside Lincoln Center

### **Wednesday evenings: April 2-May 28**

Mini (ages 2- early 3): 4:45-5:15pm

Classic (ages 3-5): 5:30-6:05pm

Premier (ages 5-8): 6:15-7pm

### **Saturday mornings: April 5-May 31**

Premier (ages 5-8): 9-9:45am

Mini (ages 2- early 3): 10-10:30am

Classic (ages 3-5): 10:45-11:15am

**Fee:** \$170 (indoor 10 week session)  
\$153 (outdoor 9 week session)  
\$20 annual enrollment fee  
includes Soccer Shots jersey

### **Enroll only at:**

soccershots.org/northwestindiana  
Min. 4/Max. 12 per class

## **Biddy Bowling**



A non-instructional 5 week bumper bowling program for boys and girls.

**Ages:** 4-11

**Day:** Saturday, 11:30am-12:30pm

**Dates:** February 11-March 8

**Location:** Plaza Lanes (8101 Kennedy Ave.)

**Fee:** \$38 R/\$41 NR

**Code:** 150001 Min. 6/Max. 25

**Register by:** Feb. 10 at Lincoln Center

## **Boys Middle School Basketball League**

**(grades 6-8)**

Boys compete in this league to learn FUNdamentals. Teams are coached by a parent / volunteer (always needed!) and play an 8-game season. Teams drafted by coaches following assessment. T-shirt included. Note: Girls league takes place in the fall.

**Assessment:** Wed., March 5, 6pm

draft w/ coaches at 7pm

**Practices:** Coach picks weeknight, beginning March 11

**Games:** Wednesdays evenings, April 2 - May 21

**Fee:** \$66 R/\$73 NR

**Register by:** March 4

**Code:** 133002



## **Skateboarding**

Learn the fundamentals or elevate your riding with group instruction from nationally ranked competitive riders while making new friends. Anyone with a skateboard is welcome! Build proficiency in balance, pushing and riding, agility, ollies, and use of park obstacles.

**Ages:** 4 & up

**Dates:** TBD - check highlandparks.org or facebook.com/highland parks for info on spring sessions.

**Location:** Sheppard Skate Park

**Fee:** TBD

**Code:** 348017 Min. 5/Max. 30

**Register by:** Day prior to session

## **Epic United Volleykids**

Our goal is to help spread the love of volleyball throughout the community. Each week, students will learn and develop skills that enhance their ability to play all sports. We adjust our plans to fit each level. Learn the fundamentals and concepts of the game while having fun and meeting new people.

**Days:** Fridays

**Times:** Grades K-2 - 5-6pm

Grades 3-5 - 5-6:30pm

Grades 6-8 - 6-7:30pm

**Sessions:** January 17- February 7

April 11-May 9 (off 4/18)

**Fee:** K-2nd - \$50

3rd-8th - \$80

**Register only at** [epicvolleyball.org/camps](http://epicvolleyball.org/camps)



## **Adult Softball (age 18+)**

League format will depend on number of teams in division. Top teams receive cash (check) prizes. Roster capped at 20. A 50% deposit is required to reserve spot.

**Registration:** February 1-April 15 or when league fills

**Season Begins:** April 28

**Time:** 6:30-10:30pm weekdays

5:30-9:30pm Sundays

(Co-Rec Sun. 1:30-5:30)

**Season:** 7 weeks of double headers plus tourney

**Men's:** Sun./Mon./Wed./Thurs.

**Co-Rec:** Mondays

**Fee:** \$730/team

**Note:** Each team will be given 1 new game ball at the start of each game. It is the responsibility of the hitting team to retrieve a ball hit out of play. Hitting team must provide their own ball to replace any ball hit out of play and unretrievable (must be ASA/USA stamped 300lb., 52 COR.) The next batter will be declared out if ball is not provided. Contact us about field rental for practice time.

*Programs meet at Lincoln Community Center unless otherwise noted.*

*Register at Lincoln Center office or [highlandparks.org](http://highlandparks.org) (past customers) unless otherwise noted.*

# Youth Sports - 7



## Self Defense

Students practice blocks, kicks, punches, falls, and rolls.

**Days:** Mondays & Wednesdays plus open mat time on Thurs., 4-9pm

**Dates:** Sessions run monthly

Registration required at park office

PRIOR to participation

**Location:** Lincoln Center, Room 108/109

**Instructor:** American Warrior Arts, Lucas D.

### Ninja Cubs

(ages 3-5)

**Time:** 4-4:45pm

**Code:** 348026

Max. 20

Your little one will learn basic martial arts skills in addition to control, balance, self discipline, focus, and teamwork.

**Fee\*:** \$50 R/\$55 NR (per month) or \$120 R/\$129 NR (3 months) or \$45 R/\$50 NR per month on ACH

### Youth

#### Hapkido

(ages 9-13)

**Time:** 6-7pm

**Code:** 348010

Max. 36

Prepare for armed or unarmed attacks. Learn tactics for real life self-defense situations and improve balance, control, hand-eye coordination, and confidence.

**Fee\*:** \$70 R/\$75 NR (per month) or \$180 R/\$189 NR (3 months) or \$65 R/\$70 NR per month on ACH

**\*2nd+ Family Member:** 10% discount

**Family Package:** 3 members, 3 months

**Fee:** \$360. Additional member \$60 extra  
No cancellation of ACH prior to 1 year

### Sparring (ages 14+)

Controlled techniques with light contact in a safe environment. Preparation for real life situations. Students required to purchase and wear approved safety gear.

**Days:** Tuesdays, 5:30-7:30pm

**Fee:** \$35 R/\$38 NR (per month)

**Code:** 300045

Max. 36

## Personal/Partner

### Self Defense Training

Available M/W 8-9pm, Tues./Fri. 4-9pm

**Fee:** \$30/1 session, \$85/3 pack, \$150/6 pack

**Partner:** \$20/person, \$55/3 pack, \$90/6 pack

**Code:** 300026

Pay in office and schedule individualized training with instructor Lucas.

## Instructor Training

(ages 10 & up)

Must be a current student of AWA with a rank of green belt or higher and instructor approval.

**Time:** Twice per month during scheduled time with instructor

**Fee:** \$25 per month

Graduates of this program will pay \$30 for their regular monthly class.

**Code:** 300026

## Parents Night Out

**Better than a babysitter! (ages 6-14)**

Enjoy a night on the town or a peaceful evening at home while our trained martial arts instructors wear out your kids! Participants will have a blast, make new friends and burn lots of energy. Pizza & water/juice included. Monthly themes.

**Dates:** Friday, February 14, 6-9pm

Friday, April 18, 1-5pm

**Fee:** \$45 R/\$48 NR (siblings half off)

**Code:** 348020

Max. 36

## Self Defense Seminars

Taught by martial arts professionals, our unique seminars focus on hands-on self-defense techniques, strategies, and tips for staying safe. We will demonstrate ways to escape from common attacks, while helping to build confidence.

**Day:** Saturdays, 10am

Jan. 18 - New Year, New You

Feb. 15 - Couples Seminar

April 19 - Women's Self Defense

**Fee:** \$35 R/\$39 NR

**Code:** 349002

Max. 36

## Co-Rec Volleyball League

Teams will play in a 10-week season. Format dependent on number of teams (5 or 6 games/week). Rally scoring is used.

**Ages:** 18 & up (and not participating in high school sports)

**Spring: Rec-Level - Wednesdays:**

March 12-May 14

**Competitive - Thursdays:**

March 13-May 15

**Times:** Game start times varied, 6-9pm

**Fee:** \$330 per team **Code:** 170001

**Register by:** one week in advance or when league fills (max 12)



## Open Volleyball

Court space reserved for unstructured open volleyball play.

**Ages:** 15 & up

**Day:** Mondays, 6-9pm

**Fee:** \$7 drop-in

\$55 for 10-visit punch card

\$81 for 18-visit punch card

**Note:** Check weekly fieldhouse schedule before coming.

## Open Table Tennis

Participants are welcome to drop in and play other competitors in one of the largest racket sports in the world.

**Ages:** All (under 11 must be w/ adult)

**Day:** Mondays & Wednesdays, 5-9pm

**Fee:** \$7 drop-in

\$55 for 10-visit punch card

\$81 for 18-visit punch card





## Learn Pickleball

Combining tennis, badminton, and table tennis, Pickleball is a low impact workout for all ages. Taught by an experienced instructor, you will learn the rules, skills, scoring, and more.

**Day:** Tuesdays for 4 weeks

**AM class:** 10-11:30am - January 14-28, March 18-April 1

**PM class:** 5-6:30pm - Jan. 21-Feb. 4 (max. 10), Feb. 18-Mar. 4 (max. 10), Mar. 18-Apr. 1 (max. 18)

**Fee:** \$23 R/ \$25 NR per session **Code:** 162001

**Note:** this program is for first-time attendees only.

## Pickleball Skills & Drills

For those who have completed the beginner class. Focus on drills and serving. Open play at end of class. Instructor: Jan K.

**Day:** Tuesdays, 10-11:30am

**Sessions:** February 11-25, April 8-22

**Fee:** \$23 R/ \$25 NR **Code:** 162002 Min. 8/Max. 20

## Pickleball Net Rentals

Lincoln Community Center pickleball nets may be rented for private play, pending schedule (8 days notice may be required). No weeknight rentals November through March.

**Fee:** \$21/hour per net



## Open Pickleball (ages 15 & up)

Participants are welcome to drop in and play other competitors in one of the fastest growing sports in the world. Please check weekly schedule before coming. Team Reach code: 10017.

**Days:** Mondays-Fridays 9am-1pm (when available)

Tuesdays, 4:30-9pm (when available)

Fridays, 5:30-8:30pm (when available)

Saturdays & Sundays, 3-6pm (when available)

**Fee:** \$7 drop-in, \$55 for 10-visit punch card, \$81 for 18-visits

# Benefits in Munster

*Highland residents receive access to the following Munster amenities at the resident rate!*

*For more info, call Munster Parks & Rec. at 219-836-7275*

## Dog Park Located at Centennial Park

This 3-acre fenced-in park is for members only, offering dog-sized drinking fountains, a dog playground, and waste bags available. Proof of immunization must be submitted for all dogs before a pass is issued. There is a three-dog limit. A lanyard and ID card will be issued and must be worn at all times when using the park. This is an annual membership beginning on date of purchase. To be considered a "resident," one must possess a current driver's license showing Highland/Munster residency. No exceptions.

	<u>Resident</u>	<u>Non-Resident</u>
First Dog	\$45	\$120
Second Dog	\$25	\$35
Third Dog	\$25	\$25

## Golf Lessons Centennial Park Driving Range

Includes the basic principles of grip, stance, swing, chipping, and putting. Students will learn procedures, terminology, rules, and etiquette while receiving individualized attention. Call the Pro Shop for weather updates at (219) 836-6931.

**Six Week Spring Lessons** begin 4/21

### Youth, Ages 6-17

Tuesdays, 4:30-5:30pm

\$110/Res., \$120/Non-Res.

### Ladies, Ages 18+

Mondays, 4-5pm

### Mens, Ages 18+

Mondays, 5-6pm

\$100/Res., \$110/Non-Res.

Please make check payable to Caleb Warner.

Register / check in at the new pro shop near driving range.

## Munster Community Pool

Purchase or renew your season passes at the discounted "Early Bird" rate through May 9. Pool opens Saturday, May 24. Season passes are only available for purchase at the Munster Town Hall or Munster Community Pool. To be considered a "resident," one must possess a current driver's license with Highland or Munster residency. No exceptions. Lost pool pass card: \$10.

<u>Pass Type</u>	<u>Early Bird Resident</u>	<u>After 5/9 Resident</u>	<u>Early Bird Non-Res.</u>	<u>After 5/9 Non-Res.</u>
Individual	\$90	\$105	\$140	\$155
2-person	\$155	\$175	\$210	\$225
3-person	\$205	\$235	\$270	\$285
4-person	\$240	\$275	\$315	\$330
Each additional	\$40	\$45	\$50	\$55
Childcare prov.	\$60	\$85	\$75	\$90
Ages 2 & under	FREE	FREE	FREE	FREE

## Pay-to-Park Information

Centennial Park has established a pay-to-park system enforced April 1 through October 31. Included with your dog park membership is a calendar year parking permit for one vehicle – registered by license plate. Otherwise, pay-to-park rates are \$2/hour or \$5/day.



Programs meet at Lincoln Community Center unless otherwise noted. Register for team leagues at Lincoln Community Center office.

**Pickleball / Munster - 9**

## Community Band Concerts

This band of volunteers is open to anyone from the area and is high school age or older. Rehearsals are held during the school year at the HHS band room from 7-8:45pm on Wednesdays under the direction of Greg Jasek. To join, email Greg at [maestroflute@att.net](mailto:maestroflute@att.net).

**Day/Time:** Thursdays, 7-9pm  
**Date:** March 20, HHS Monbeck Aud.  
**Date:** May 22, Main Square Park



## Breakfast with the Easter Bunny

**Location:** Highland HS Cafeteria  
Tickets sold online only in advance at [www.hgchamber.org](http://www.hgchamber.org). Call: 923-3666 for more information.



## Restaurant Crawl

Held the last Tuesday of every month from 4-8pm. Several downtown restaurants offer one-night specials. Contact Redevelopment office at 219-972-7598.

## Council of Community Events

Appointed by the Town Council and established to advise and assist with the planning and execution of special events within the Town of Highland. Public meetings are held the first Wednesday of the month, 6pm at Town Hall. Volunteers welcome! To be included, email us at [highlandcce@highland.in.gov](mailto:highlandcce@highland.in.gov).

**Community-wide Yard Sales**  
May 16-17 and August 22-23, 8am-3pm

**Memorial Day Ceremony**  
Mon., May 26, 10am @ Main Square Park

## Summer Concerts

Save the date for our summer concert series! Band Line up will be posted in summer brochure.

**Day:** Wednesdays, 7-9pm  
**Dates:** June 4, June 11, June 18, June 25, July 16, August 6, August 13  
**Location:** Main Square Park



## Summer Theater Performances

Our outdoor theater production will be held July 24-26 and July 31-August 2 at Main Square Park. Auditions will be held on April 21-22 from 4-9pm at Lincoln Community Center. Call Cole at 219-838-0114 for more information.

## Movies in the Park

The big screen in our backyard on Fridays May 30, July 11, August 22, & September 26! Movies begin at dusk (usually around 8 to 8:30pm) at Main Square Park and are open to all ages. Please bring your own lawn chairs or blankets for seating and snack under the stars (concessions available). In the event of inclement weather, movie will be shown at Lincoln Center (still bring chair). Check back in the summer brochure for movie titles.



## Summer Camp

Join us for games, crafts, songs, sports activities, field trips, and more! Open to children ages 5-12 (must have completed kindergarten). Max. 50 campers.

**Dates:** May 27-August 8  
**Days:** Monday - Friday  
**Times:** 8:30am - 5pm  
**Pre-Care:** 7 - 8:30am  
**Location:** Lincoln Center

Check back in the summer brochure for fees and more information on field trips. Registration will open on April 21!





# CSRI Events



Recreational opportunities for individuals of all ages and who have special needs & abilities  
Check out the full calendar of events at  
[www.facebook.com/csrinwi](http://www.facebook.com/csrinwi)

## CSRI Skate January 5 & February 2

Crown Point PACE Dept. will host these all-inclusive ice skating opportunities from 11am-12pm at Bulldog Park (183 S. West St.) Please visit Facebook @CityofCrownPointIN.

## Winter Wonderdance Saturday, February 21

Highland Parks & Rec. will host this inclusive event from 6-8:30pm at the Lincoln Community Center Banquet Hall. Celebrate winter and the joy of dancing with snowflakes, twinkling lights, and seasonal decor. Fee is \$5 per person attending. Register by Feb. 13. (219) 838-0114.  
See **Dance Without Limits** inclusive dance class on page 4!

## Cookies & Canvas Saturday, January 25

Join Merrillville Parks & Rec at Dean & Barbara White Community Center (6600 Broadway) from 10-11:30am (ages 5-8) or 12:30-2pm (ages 9-12). Fee is \$15/res, \$20/non-res. (219) 980-5911

## Egg Hunt Saturday, April 12

Munster Parks & Rec. will host games and prizes at Community Park Softball Fields (8601 Calumet Ave.) at 9am. Fee is \$3 in advance, \$5 on site. (219) 836-7275.

## Open Gym Wednesdays, April 2-June 4

Munster Parks & Rec. will host basketball at South Side Christian Church (1000 Broadmoor Ave.) from 6-7pm. Parents are encouraged to stay and help. Fee is \$25/person. (219) 836-7275.

## BINGO! Thursday, May 1

Dyer Parks & Rec. will host games and prizes at Dyer Town Hall (One Town Square) from 5-6pm. Fee is \$5 per player. Please register in advance. (219) 865-2505.

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# Bus Trips



Call/email Alyce at 219-838-0114 / [avandrunen@highland.in.gov](mailto:avandrunen@highland.in.gov) for more information and to check vacancy. \$75 deposit required up-front and will be accepted January 2-16. Overnight trips depart from the Lincoln Community Center via spacious, video and restroom equipped motor coach. Refunds not granted unless a replacement is available to take spot (\$3 processing fee applies). Individual medical insurance not provided. Travelers responsible for their own insurance.

## Savannah: March 9-15, \$974/dbl occ., \$1,248/single (7 days/6 nights- 10 meals: 6 breakfasts, 4 dinners)

See the breathtaking Victorian homes that make Savannah famous, and enjoy a tour of the historic district. Island-hop to Jekyll and St. Simons islands. Jekyll Island is home to the "Millionaires Club," where America's most famous wealthy elite lived and played. St. Simons has the ultimate in Southern character, a vision of beauty in moss draped oaks and charming boutiques in a historic setting. Enjoy a show at the historic Savannah Theatre and then finally, you will visit this historic city of Beaufort and see Parris Island marine base.

## San Antonio: May 31-June 8, \$1,130/dbl occ., \$1,390/single (9 days/8 nights- 14 meals: 8 breakfasts, 6 dinners)

Stand where history took place at the Alamo, and also enjoy the IMAX movie "ALAMO: The Price of Freedom." Visit Mission San Jose, established in 1720. Take a guided tour of San Antonio, with its many historical sites. See Fredericksburg, home of the National Museum of the Pacific War, which tells the stories of World War II soldiers. Tour the "LBJ Ranch" at Lyndon B. Johnson National Historic Park.

## Virginia Beach: Aug. 31-Sept. 6, \$1,074/dbl occ., \$1,423/single (7 day/6 Night- 10 meals: 6 breakfasts, 4 dinners)

Stroll along or relax on the famous Virginia Beach Boardwalk and see where the Chesapeake Bay meets the Atlantic Ocean. Enjoy a visit to Colonial Williamsburg, which includes a Guided Tour of this historic district. Get a front row seat to the Naval Fleet during a Narriated Norfolk Harbor Cruise. Visit to the Mariners' Museum and Park, and award winning Virginia Beach Aquarium and Marine Science Center. Experience the world-class Nauticus attraction, featuring the Battleship Wisconsin.

## New Hampshire: Oct. 4-12 \$1,374/dbl occ., \$1,923/single (9 days/8 nights-8 breakfasts, 1 lunch, 6 dinners)

Surrounded by the White Mountains and Lakes Region of New Hampshire, you'll love this attraction packed trip. Take a scenic Gondola ride to the top of Loon peak. See a live bear show and famous train ride at Clark's Trading post. Explore over 200 years of rural living and the history of country doctors at the picturesque Remick Country Doctor Farm & Museum....plus much more.

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Programs meet at Lincoln Community Center unless otherwise noted.  
Register for trips at Lincoln Community Center office.

**Trips/CSRI - 11**

# Fitness Center

## Hours:

- Monday - Friday: 5am-10pm. Sat & Sun: 7am-7pm

## Amenities:

- A variety of cardio & strength equipment.  
Treadmills, ellipticals, bikes, StairMasters, NuSteps, Concept2 Rowers, a handbike, and free weights
- Lockers & showers available
- New member equipment orientations Thursdays, 11am



*\*Based on Highland/Munster residency, standard individual annual membership on auto-debit.*

Individual Memberships (Resident/Non-Resident)					
Category	Daily	1 Month	3 Months	6 Months	1 Year
Standard Adult	\$8/\$12	\$50/\$70	\$108/\$151	\$162/\$226	\$240/\$336
Student/65+	\$6/\$9	\$44/\$61	\$95/\$132	\$142/\$198	\$210/\$294
Active Mil. / Vet. (Res. Only)	\$6	\$37.50	\$81	\$121.50	\$180

Family Packages (Resident/Non-Resident)			
Category	Head of Household	2nd HH Member	3rd or More HH Member
Standard	\$240/\$336	\$180/\$252	\$120/\$168
Student/65+/Active Military		\$120/\$168	



To be considered a "resident," one must possess a current/valid state-issued photo ID showing Highland, IN or Munster, IN residency. Bills or other pieces of mail will not be accepted as identification. Annual memberships (including household packages) are eligible for ACH installment billing from a checking account. A voided check must be provided along the first month's fees at time of registration. The remaining balance will be divided up in monthly installments over the duration of the term. After one year, the membership(s) may be cancelled with 30 day written notice. No transfers or early termination unless proof of change in residency 30+ miles from the Lincoln Center. Minimum age is 14. Active Mil/Vet. discount category applies to Highland residents only. Must present DD-214 card, VA card, or current military ID at time of registration. Those whose discharge was less than honorable are not eligible. Active military (res. or non-res.) are eligible for free 14 day pass when home on leave (once every six months).

*Commit to fitness with personal trainer!*

Members receive a complimentary consultation. Schedule yours today!

## New Client Special *(Limit one per person)*

3 individual sessions: **\$114** or 3 partner sessions: **\$85/person**



**Lisa Blocker**  
NASM



**Ben Blonn**  
NSCA, CSCS



**Chrissy Addison**  
NSCA-CPT

Sessions expire if not used within 1 year.

Sessions require appointment made a minimum of 24 hours in advance, based on trainer availability.

For 12-packs and greater, client may put \$100 down and remaining balance paid over the next three months via EFT installment billing.

# of 1 hr sessions	Individual member	Partner members	Individual non-member	Partner non-members
1	\$58	\$42 / person	\$64	\$46 / person
6	\$49/session (\$294 total)	\$38/session each (\$228 total/person)	\$54/session (\$324 total)	\$42/session each (\$252 total/person)
12	\$46/session (\$552 total)	\$35/session each (\$420 total/person)	\$51/session (\$612 total)	\$39/session each (\$468 total/person)
24	\$43/session (\$1,032 total)	\$32/session each (\$768 total/person)	\$47/session (\$1,128 total)	\$35/session each (\$840 total/person)
36	\$41/session (\$1,476 total)	\$30/session each (\$1,080 total/person)	\$45/session (\$1,620 total)	\$33/session each (\$1,188 total/person)



**Paying Fitness Center members receive 10% discount on most fitness program full session rates**  
**Amount paid for drop-in trial may be applied toward full session fee.**  
**Please wear comfortable gym shoes. Bring a towel and bottle of water.**

## **SilverSneakers Classes**

*SilverSneakers members must register for pass (no charge) and scan it before class. Non-SS members may enroll for \$21 R/\$24 NR per 6-week session. Extra \$3 added for 1-hour BOOM. Instructor: Louise*

### **SilverSneakers Classic**

A variety of exercises to increase muscular strength and range of movement for functional daily living.

**Day:** Mondays, 10:45-11:30am

**Sessions:** Jan. 6-Feb. 24 (off 1/20, 2/17)

March 3-Apr. 14 (off 3/24)

April 21-June 2 (off 5/26)

**Code:** 300034

### **SilverSneakers BOOM Move**

Fun & dance-inspired to improve cardio and coordination.

**Day:** Tuesdays, 9:30-10:15am

**Sessions:** January 7-February 11

February 18-April 1 (off 3/25)

April 8-May 20 (off 5/6)

**Code:** 300041

### **SilverSneakers Chair Yoga**

Poses and meditation to increase flexibility and balance.

**Day:** Wednesdays, 10:45-11:30am

**Sessions:** January 8-Feb. 19 (off 2/5)

February 26-April 9 (off 3/26)

April 16-May 21

**Code:** 300014

### **SilverSneakers BOOM**

Three 20-minute segments: Boom Muscle (strength work), Boom Move it (Dance), and Boom Mind (Yoga/Pilates).

**Day:** Fridays, 10:30-11:30am

**Sessions:** January 10-February 14

February 21-April 4 (off 3/28)

April 11-May 23 (off 4/18)

**Code:** 300015

## **Renew Active Class**

*Renew Active members must register for pass (no charge) and scan it before class. Non-RA members must enroll for \$21 R/\$24 NR per 6-week session. First come first served. Instructor: Louise*

### **Renew Active Aerobics**

Designed for seniors but accommodates all ages! Incorporates stretching & strength training.

**Day:** Thursdays, 9:30-10:15am

**Sessions:** January 9-February 13

February 20-April 3 (off 3/27)

April 10-May 15

**Code:** 300002



## **Tai Chi (ages 18 & up)**

Benefits include: improved balance, flexibility, strength, and stress relief. Instructor Jay Harris has been studying martial arts for 35 years and has achieved rank in Goju Ryu, Shorin Ryu, and Yang style Tai Chi. He has been teaching Tai Chi since 2010 and is co-owner of Hobart Karate and Tai Chi.

**Day:** Thurs., 5:30-6:30pm

**Sessions:** January 9-30, February 6-27,

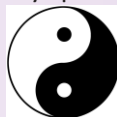
March 6-27, April 3-24

**Fee:** \$42 R/\$45 NR

**Drop-in Trial:** \$12 R/\$13 NR

**Code:** 300021

**Register by:** 3 days prior to session start



## **Hatha Yoga (ages 15 & up)**

Relaxing exercises which relieve tension and restore good health, breathing techniques for a higher level of vitality, meditation for calmness and clarity of mind. Please bring a mat, water bottle, and towel. Certified instructor: Lynn B.

**Day:** Wednesdays

**Time:** 5:30-6:25pm or 6:30-7:25pm

**Sessions:** January 29-March 12 (off 2/19)

March 9-April 30 (off 3/26)

**Fee:** \$36 R/\$38 NR

**Drop-in Trial:** \$10 R/\$11 NR

**Code:** 300007 Min. 10/Max. 18



## **High-Low Aerobics**

Exercise to the sounds of the 50's-90's with fun & unique cardio building dance style aerobics. Achieve body shaping, flexibility improvement, and muscle toning with hand weights. Instructor: Christine P.

**Days:** Tues. & Thurs., 6:10-6:55pm

**Sessions:** January 7-Feb. 13, Feb. 25-Apr. 3

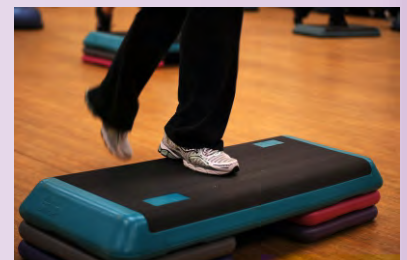
April 15-May 22

**Fees:** \$49 R/\$55 NR (2x/week)

\$27 R/\$30 NR (1x/week)

\$9 R/\$10 NR (drop-in)

**Code:** 300005 Min. 11/Max. 35



# Group Exercise Flex Pass

By popular demand, this pass allows for flexibility to take a variety of classes on days convenient for you!

Passes are available for the classes listed below.

**Fee:** \$50 R/\$55 NR (10 visits/pass) **Code:** 300043

Follow class schedule and updates at the Lincoln Center Fitness Classes Facebook group!



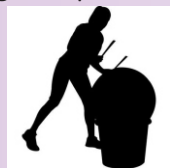
## Cardio Drumming

### \*New to Flex Pass\*

Clink drumsticks overhead and on exercise balls to upbeat energizing music. Constant choreographed movements to the beat revs up your heart rate while working your core. Loads of fun, all while working out! Instructor: Gabriela Juarez.

**Day:** Tuesdays, 6:30-7:30pm  
Off 1st Tues. of month

**Note:** Must reserve ball online  
@highlandparks.org



## R.I.P.P.E.D.™

Resistance, Intervals, Power, Plyometrics, Endurance, and Diet. This total body program utilizes free weights, resistance bands, and body weight to strengthen your core and other muscles. Suitable for any fitness level. Instructor: Dennis H.

**Ages:** 18 & up

**Day:** Saturdays, 9-10am (off 4/19)

## Group Cycling

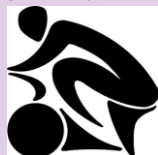
### \*New instructor\*

Great for beginners and intermediate cyclists looking to get a fun workout in. Instructor: Mandy K. Max. 9 students.

**Ages:** 14 & up

**Day:** Tuesdays, 5:15-6pm  
Sundays, 8:30-9:30am (off 4/20)

**Note:** Must reserve bike online  
@highlandparks.org



## AM Aerobics Hour

A low impact class suited for intermediate and advanced students. Students will be using weights. Instructor: Cheri R.

**Day:** Mondays and Wednesdays,  
9:30-10:25am

## BodyPump™



This revolutionary barbell workout challenges all major muscle groups. Tone and define your entire body through squats, presses, lifts, and curls. Determine your level by choosing appropriate weights in this team environment! Instructor: Cheri R.

**Days:** Mondays, 6:30-7:30pm  
Wednesdays, 5:30-6:25pm  
Saturdays, 8-9am

## Zumba Fitness™

Ditch the workout and join the party! A high energy Latin dance inspired program. No experience required. Have fun & burn calories!

**Day:** Sundays, 9:45-10:30am (off 4/20 - April D.)  
Wednesdays, 6:30-7:15 (Sarah)  
Thursdays, 7-7:45pm (April D.)



## Salsation™

This workout converts functional training protocols into innovative dance moves. The format integrates functional body movements into each routine, improving your mobility and stamina and is for all ages and fitness levels. Instructor: April D.

**Day:** Tuesdays, 7-7:55pm

## Body Sculpt

Tone up with weights, resistance bands, exercise balls, & your own body weight! Includes plyometrics with modifications for every level. Instructor: Sarah B.

**Day:** Wednesdays, 5:30-6:25pm  
(off 3/24-3/29)

Saturdays, 8-9am via Zoom (off 4/19)

Email [Lglowacki@highland.in.gov](mailto:Lglowacki@highland.in.gov) 24 hours in advance for Saturday login info.

## Tae Bo™

A high-energy fitness class that combines elements of taekwondo and boxing with upbeat music, designed to provide a full-body workout. The name "Tae Bo" comes from a fusion of "Tae" (from taekwondo, meaning "foot" or "kick") and "Bo" (from boxing), emphasizing the core movements of kicks and punches. Instructor: Sarah B.

**Day:** Mondays, 5:30-6:30pm





## CPR: Heartsaver AED/First Aid

A video-based, instructor-led course that teaches critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency until EMS arrive. Students receive a course completion card that is valid for two years. Ages 16+. Instructor: Donita S. Min. 5/Max. 10

**Day:** Tuesdays, 3:30-5:30pm

**Dates:** February 4 and April 1

**Fee:** \$90

**Code:** 349014

**Register by:** 1 week prior to class



## Transportation

Certain elderly and handicapped person in the greater Hammond area may be eligible for limited basis transportation services. For more information call Dial-A-Ride at 219-932-2530.

## Red Cross Blood Drives

If you are at least 18 years of age, weigh a minimum of 110 lbs., and are in good general health, you may be eligible to donate blood. Please bring your donor card or positive ID.

**Dates:** First Tuesday of the month

**Time:** 1:30-6:30pm

The ABC7 Great Chicago Blood Drive returns to fieldhouse January 15 & 16!



## HealthChek Labs

Affordable blood work & flu shots! Basic profile includes metabolic/lipid panels and complete blood count

**Day:** Saturdays, 9-10am

**Dates:** April 12, July 12, Aug. 9, Sept. 13

**Location:** Lincoln Community Center

**Note:** Please call 219-322-7041 to schedule your appointment. Fasting recommended. Drink plenty of water and take medications as directed.



## Senior Socials

Meetings for those age 55 and up consist of bingo, games, great conversation, and guest speakers or entertainment. Call Cole with questions 219-838-0114.

**Days:** Last Tues. of month, 12-3pm

**Dates:** Feb. 25, March 25, April 29

**Fee:** \$5 R/\$6 NR (includes lunch)

**Code:** 330005 Max. 75

**Register by:** 2 days in advance



Thank you  
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Senior Social Sponsor



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BODY &  
MEDICINE

## Got Knee Pain?



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15 Minute Consultation Today



Offer Valid Through 2/28/2025.

Call 219-803-6630

www.integratedbodyandmed.com

8145 Kennedy Ave. Highland, IN 46322



# Rooms & Halls

The perfect venue for showers, open houses, meetings, banquets, receptions, etc. Advanced notice required, based on set-up and subject to availability. No same day rentals granted. Reservations must be made in person with a valid photo ID. Permit holders must be present during event. No reservations will be accepted over the phone. Rooms require a 3 hour minimum rental. Hours assessed are from time in to time out. No extra free time granted for decorating or clean up. All fees must be paid in full at time of registration. Table/chair set-up is included. See facility permit for complete rules. Sales tax will apply to rental fees.

2024-25 Lincoln Center Rooms		Resident Fees		Non-Res. Fees	
Room/Hall	Max. Occupancy	First 3 hours	Extra Hour	First 3 hours	Extra Hour
<b>Single Classrooms</b>					
112	30	\$66	\$19	\$99	\$28
113	27	\$66	\$19	\$99	\$28
115	29	\$66	\$19	\$99	\$28
116 or 118	31	\$66	\$19	\$99	\$28
108 or 109	39	\$83	\$24	\$125	\$35
<b>Double Classrooms</b>					
113-115	56	\$121	\$33	\$180	\$49
116-118	62	\$133	\$40	\$199	\$60
108-109	78	\$168	\$50	\$251	\$75
<b>Banquet Hall</b>					
North or South Half	128	\$258	\$78	\$386	\$117
Full Hall	256	\$519	\$163	\$779	\$246

## Extras:

- Classroom rentals require a \$75 damage deposit\*
- Banquet hall rentals require a \$200 damage deposit\*
- Portable PA system with microphone rental: \$31
- Portable 40" TV/DVD combo rental: \$21
- AV equipment in banquet hall (projector/mics/sound): \$52
- Kitchen (add-on to banquet hall or north half only): \$55
- Rentals past 10pm (midnight is latest): additional \$100/hour
- Alcohol: only permitted in banquet hall, requires a caterer with proper insurance/permit to serve (ex: Ace Catering), may be subject to board approval, and must be booked a min. of 30 days in advance. Additional \$80/hour for security (4 hour min.)
- For-profit groups charging admission: \$25/hour

\*Damage deposit is refunded via check upon a satisfactory facility inspection and approval at regular monthly park board meeting. Deposit may be retained for late fees incurred by going beyond the rented time frame.



Room 109

# Fieldhouse

Courts can be rented for volleyball / basketball games and practices. Reservations must be made prior to weekly fieldhouse publication on Wednesdays, pending availability. No weeknight (Mon.-Thurs. 5-10pm) rentals Nov. through March. Full fieldhouse rentals for trade shows and tournaments are approved by the Park Board through a written request to the Superintendent. Sales tax will apply.

2024-25 Court Rental Fees (Basketball or Volleyball)		
State sales tax will be added.		
	Practice	Game (Includes scoreboards)
Resident:	\$43/hour	\$70/hour
Non-res:	\$65/hour	\$105/hour

## Open Gym & Walking

**Hours:** Weekly schedules for the following 7 days are posted on Wednesdays online and in our lobby. Occasionally, programs and rentals preempt open gym/walking. All are welcome to use the track at no charge during posted hours.

**Photo ID Policy:** Children age 11 and under must have a parent with photo ID sign in on behalf of their child. Guests 12 and older must have their OWN valid photo ID and sign in to gain access to open gym.

## During Open Gym (basketball), the following fees apply:

*Highland Residents & Active Military:* No fee for open gym.  
*Non-Residents:* Age 14 & up: \$15/visit. Under 14: \$9/visit.

## Home School Open Gym:

A court will be available 10am-12pm on Tuesdays for home school students to shoot hoops and meet other students. Parent supervision required. Highland residents only!



Banquet Hall North



# Shelters

The following shelters have access to restrooms and drinking fountains to make your picnic more enjoyable:

- Homestead Park East:** 8000 Parrish Ave. (near playground & restrooms - no electric)
- Homestead Park West:** 8003 - 5th St. (electric available)
- Meadows Park:** 9400 Southmoor Ave. (electric avail.)
- Sheppard Park:** 9217 Liable Rd. (no electric)
- Markley Park:** 9501 Saric Dr. (no electric)

Shelters are on a first-come, first-served basis and can accommodate up to 250 people. Fees cover the placement of picnic tables, trash cans, and clean-up. Reservations require 8-day advance notice. Sales tax will apply.

<b>2024-25 Shelter Rental Rates</b>		
	<b>Resident</b>	<b>Non-Res.</b>
<b>50 people &amp; under:</b>	\$88	\$131
<b>51-100 people:</b>	\$125	\$186
<b>101-150 people:</b>	\$168	\$252
<b>151-200 people:</b>	\$208	\$311
<b>201 or more people:</b>	\$249	\$374

# Main Square Gazebo

Located at 3001 Ridge Road, this is a popular site for wedding ceremonies. Decorating and chairs are the responsibility of the permit holder. Electrical service is available upon request. Decorations must be taken down following event. Due to park programs during May through September the following items may be in the park: tents, picnic tables, bleachers, etc. Only the gazebo may be used as part of the facility agreement. The surrounding park not included in rental. Sales tax will apply.

<b>2024-25 Gazebo Ceremony Rates</b>	
<b>Both Highland Residents:</b>	\$76
<b>One Highland Resident:</b>	\$139
<b>Neither Highland Residents:</b>	\$209

\* Driver's license must be shown as proof of residency.

# Ballfields

Softball fields are available for rent at Sharp Athletic Complex (8071 Kennedy Avenue). Call for availability and pricing.

# Facility Cancellations

**ENTIRE FIELDHOUSE & SHARP ATHLETIC COMPLEX:**  
80% refund/credit if cancelled/date changed less than 60 days prior to event. No refund if cancelled within 7 days.

**BANQUET HALL & FIELDHOUSE COURT RENTALS:**  
80% refund/credit if cancelled/date changed/room downsized less than 30 days prior to rental. No refund if cancelled within 7 days.

**CLASSROOMS, GAZEBO, PICNIC SHELTERS & TABLES:**  
50% refund/credit if cancelled/date changed/room downsized less than 30 days prior to rental. No refund if cancelled within 7 days.

All refunds will be charged a \$3 processing fee and paid via check following approval at a regular monthly Park Board meeting. Refund checks will be mailed the Monday following the third Thursday of the month. All refunds must be requested one-week prior to the meeting. Any refund requests past this deadline will not be issued until after the next month's meeting. Absolutely NO CASH refunds will be issued. NO EXCEPTIONS.

# Park Donations

Groups and individuals are encouraged to help improve the community by donating benches and trees. A plaque donation will be placed to honor your group or to identify the memorial.

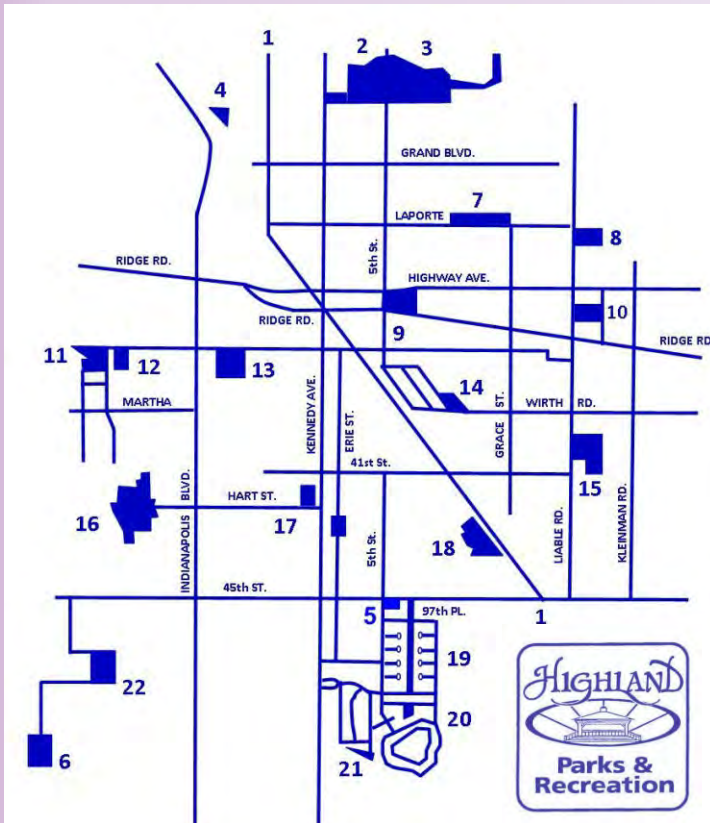
**FULL BACK RECYCLED PLASTIC BENCH:** \$1,350  
**TREE:** \$250

# Erie-Lackawanna Trail

The Erie-Lackawanna Trail in Highland is 4 miles long. The jurisdiction and maintenance of this facility falls under the Highland Parks and Recreation Department. Therefore, park rules must be abided while utilizing the trail. Motorized vehicles are prohibited. However, the trail is acceptable for walking, jogging, biking, and skating. Trail maps are available in the Highland Parks and Recreation office. As of March 2023, this section of the trail features dusk till dawn solar-powered lighting.



# Park & Trail Map



# Park Policies

The Town of Highland prohibits the following by ordinance in all park areas: advertising, alcohol/drugs, archery, ATV vehicles, camping/sleeping, defacing park property, destruction of landscape, disorderly conduct, dumping/littering, firearms, fireworks, gambling, glass containers, golfing, harassing wildlife, horses, metal detectors, mopeds, motor vehicles, open fires, overnight parking, snow mobiles, soliciting, and swimming.

Pets must be on leash at all times and owners are responsible for picking up waste.

Permit holders have shelter priority.

Baseball is permitted only at Homestead, Markley & Orchard.

Tennis courts are for tennis use only.

Please notify the Park Office at 219-838-0114 for violations of park policies or if you notice a park facility in need of repair.



# Amenities

	Administration	Meeting Rooms	Ample Parking	Restrooms	Drinking Fountain	Playground Equip.	Picnic Shelter	Gazebo	Ball Diamond	Tennis Courts	Basketball Courts	Soccer Field	Volleyball Courts	Pickleball Courts	Walking Path	Nature Area	Skate Park
1 Erie-Lackawana Trail					x												x
2 Sharp Athletic Complex: 8071 Kennedy Ave.			x	x	x	x		x									
3 Homestead Park: 8000 Parrish & 8003 5th St.			x	x	x	x	x	x	x	x	x	x	x	x	x	x	
4 Northwood Park: 2431 81st St.					x	x		x	x								
5 "45th & 5th St. Park": 3000 45th St.																	
6 White Oak Park: 2020 Briarwood Ln.					x		x										x
7 Little Turtle Park: 3201 LaPorte St.					x	x				x							x
8 Toth Park: 3800 LaPorte St.																	x
9 Main Square: 3001 Ridge Rd.			x	x	x	x	x										
10 Orchard Park: 8720 Orchard Dr.					x	x		x		x	x						
11 Brantwood Park: 2030 Lincoln St.					x	x			x	x							
12 Meadows Outlet: 2020 37th Pl.																	
13 Lincoln Community Center: 2450 Lincoln St.	x	x	x	x	x	x				x		x	x	x			
14 Pettit Park: 9040 Cottage Grove Ave.					x	x				x							
15 Sheppard Park: 9217 Liable Rd.			x	x	x	x	x	x	x	x	x	x					x
16 Meadows Park: 9400 Southmoor Ave.			x	x	x	x	x	x			x	x	x	x	x	x	
17 Fletcher Park: 2715 Hart Rd.					x												
18 Markley Park: 9501 Saric Dr.			x	x	x	x	x	x									
19 Lakeside Park: 3046 97th Pl.					x				x	x							
20 Jaycee Park: 3040 101st St.					x					x							
21 Lakeside Outlet: 10144 4th Pl.																	
22 Terrace Park: 2220 Terrace Dr.					x												



## Registration

Online registration for past customers on certain programs at [highlandparks.org](http://highlandparks.org). Registration is also accepted during normal hours in-person or via mail at the Lincoln Center Park Office (2450 Lincoln St., Highland, IN 46322). Cash, checks payable to Highland Parks & Recreation, and credit/debit cards are accepted. No phone registrations available.

Registration required one-week in advance for most programs. All area residents are welcome to participate in most HPRD programs (unless otherwise noted). The first fee listed in the brochure is for Highland residents, the second fee listed is for non-residents. All programs and classes are on a first-come, first-served basis. Timely registration is encouraged. Patrons who fail to abide by the HPRD rules may result in cancellation from program with NO refund.

## Program Refunds

When a refund is requested and approved, patrons will be granted the amount for any remaining classes less any fees for that program, and a \$3 processing fee will be deducted. No refund will be granted once a program has concluded. Absolutely no refunds or transfers will be honored for no shows or missed classes. No cash refunds are permitted, even if you registered on the same day. All refunds are paid by checks issued monthly by the Park & Recreation Board.

## Non-sufficient Checks

A \$15 fee will be assessed to those presenting N.S.F. checks for programs. This fee must be paid at the Town Hall BEFORE one can participate in the program the N.S.F. check was issued. If more than one N.S.F. check is written in any one year, no further checks will be accepted. Cash payment will be required for all future transactions.

## Lost & Found

When using HPRD facilities, leave valuables at home. Do not leave personal belongings unattended. HPRD is not responsible for lost or stolen items. Items will be discarded if unclaimed after 30 days. Lockers available at no charge (bring a lock).

## Equal Opportunity Notice

HPRD programs and facilities are available to all citizens regardless of race, color, national origin, religion, age, sex (gender), sexual orientation, physical or mental disability, and reprisal. Reasonable accommodations may be requested to provide participation in desired programs and activities. If you have a disability condition and would like more information and support for accessibility of programs and facilities, contact the Superintendent for Parks and Recreation at 219-838-0114. Regulations of the U.S. Department of Interior strictly prohibit unlawful discrimination in departmental Federally Assisted Programs. Any person who believes he or she has been discriminated against in any program, activity, or facility operated by a recipient of Federal Assistance should write to: Director, Equal Opportunity Program, National Park Service, P.O. Box 37127, Washington, D.C. 20013.



## Sponsorship

Advertise your business while helping to support a higher quality of life!

### LCC Fieldhouse Banner

5' x 5' hung for 3 years: \$900. The fieldhouse sees annual foot traffic of over 200,000 from daily walkers and open gym users to vendor show and tournament attendees.

### LCC Digital Display Ad.

50" display in lobby and fitness center. Part of looping series of program ads: \$500 per year or \$150 per quarter.

### Sharp Athletic Complex Outfield Fence Sign - 4' x 6' hung for 3 years: \$600.

The SAC hosts nightly adult leagues plus regional and national girls fast pitch tournaments.

### Boys Middle School Basketball (deadline 3/12)

Your logo or company information on the teams' uniforms (typically 300+ players plus coaches): \$250

### Summer Brochure Ad (by 3/15)

Business card size: \$105  
Quarter page: \$263

### Concerts / Movies in the Park

Signs and/or booth space at park, announcements, social media, flyer, and summer brochure recognition.

Concert Series Sponsor (7 shows): \$700  
Movie Series Sponsor (4 shows): \$400

### Summer Theater Program Ad - (deadline is 6/22)

Half page: \$100, Full: \$150  
Inside cover: \$200 (limit two)  
Back cover: \$250 (limit one)

*For more info on opportunities and to see full sponsor form, visit [highlandparks.org](http://highlandparks.org) or email [dbyers@highland.in.gov](mailto:dbyers@highland.in.gov).*

# Community Events

## New Year's Fireworks

Come out and ring in the new year with a fireworks display at Main Square Park! Bring the family and friends to enjoy the midnight show. Hot chocolate available for purchase.

## 12th Night Tree Burning

The holiday Festival of Lights will officially close on January 6th at 6pm. Based on tradition, people are encouraged to bring their Christmas trees to Main Square for a bonfire. Hot chocolate will be available for purchase.



## Daddy Daughter Dance (ages 3-13)

Dust off those bell-bottoms, put on your dancing shoes, and get ready to boogie down! Join us for an evening of flower power, disco lights, and unforgettable memories as we turn back the clock to the '70s! Dads and daughters are invited to dress up in their best retro outfits and enjoy a groovy good time! Light refreshments, DJ entertainment, and professional photos, with one free 5x7 print per couple.

**Date/Time:** Saturday, March 1, 5-7pm

**Location:** Lincoln Community Center Fieldhouse

**Fee 1/2-2/23:** \$35 R/\$40 NR per couple  
\$17.50 R/\$20 NR per additional daughter

**Fee 2/24-2/28:** \$40 R/\$45 NR per couple  
\$20 R/\$22.50 NR per additional daughter

**Code:** 550008. Tickets must be purchased at Lincoln Center. No tickets sold the day of dance!  
Max.: 400



## Community Garage Sales

The perfect opportunity to declutter, make some extra money, and contribute to their community—all in the comfort of an indoor setting. Whether you're a seller or a shopper, these events make it easy to make great deals and support sustainable living.

**Day/Time:** Saturdays, 9am - 2pm

**Dates:** March 15, May 10, August 16, Oct. 18, Nov. 15

**Location:** Lincoln Community Center

**Vendor fees per show (includes 7% sales tax):**

10' x 10' interior space: \$40

23' x 6' wall space: \$65

*Registration begins January 13. Booth space selection is first come, first served. Tables, chairs, & extension cords, and moving carts not provided. Code: 430002*



## Spring Market & Vendor Fair

Come on out for some great shopping opportunities! You will find a variety of items that may include: candles, jewelry, clothing, handbags, handmade items, skin care, gourmet dips, and much more. Stop by our Chalk the Walk event! - see information below.

**Date/Time:** Saturday, April 5, 9am-3pm

**Location:** Lincoln Community Center

**Vendor Space Fees (includes 7% sales tax):**

10' x 10' interior space: \$45

23' x 6' wall space: \$70

**Note:** Tables, chairs, cords not provided. No resale items!



## Park Clean-up Day

Join us for the 24th annual community park clean-up day! Everyone is welcome, especially community groups and families. Spend the morning helping and receive a t-shirt and a free lunch at noon. You will be assigned a park for clean-up. Bring gloves, rakes, and energy!

**Date/Time:** Saturday, April 26, 9-11:30am

Register yourself or your group at Lincoln Center