

Beardstown Community Exercise and Wellness Opportunities

**EAT.
MOVE.
SAVE.**

Updated: 08/01/22

Beardstown Park District

6 Armory Ln. Beardstown, IL 62618
(217)323-2555

Art Jones Park: ~ 1700 Wall St. Beardstown, IL 62618

- 2 Ball Diamonds,
- Golf Driving Range
- 18-Hole Disc Golf Course (Frisbee Golf)

Schmoldt Park: ~ 100 Wall St. Beardstown, IL 62618

- 2 Playgrounds
- Picnic area
- Dog park
- Shelter
- Tennis/Basketball Court
- 2 Lighted Baseball / Softball Diamonds
- Practice Field

Kiwanis Park: ~ Clendenin and 4th St. Beardstown, IL 62618

- Playground
- Picnic Area
- Shelter
- Basketball Court

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JBS Soccer Complex (Construction in Progress)

6 Armory Ln. Beardstown, IL

- 9 soccer fields with lights, turf, and scoreboards.
- Bathrooms
- Concession Stands

Roberts Park ~ 1700 Wall St. Beardstown, IL 62618

- Walking Path
- Swimming Pool with Water Park Slides
- Playground
- 2 Ball Diamonds
- Tennis Court/Basketball Court
- 3 Shelters

Elks Park: ~ 500 block of west 12th and 13th St. Beardstown, IL 62618

- Playground
- Picnic area
- Ball Diamond
- Shelter
- Basketball Court

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Adult Physical Activity Opportunities at Cost (Scholarships are available)

Annual classes cost \$5 per class, or a punch card is available for \$40 for ten classes.

Group Exercise

- ***Yoga sessions:*** Tuesday evenings at 6:00 pm. (summer break) ***Fitness***
- ***Fusion (Zumba):*** Monday and Wednesday evenings at 5:15 pm and Tuesday and Thursday Mornings at 8:30 am.
- ***Aqua Zumba:*** July for adults.

Adult League Opportunities

- ***Women's Volleyball League:*** October to December.
- ***Indoor Women's Soccer League:*** January to March on Sunday afternoons.
- ***Co-ed Volleyball League:*** January to March.
- ***Co-ed, Women's and Men's Softball leagues:*** June to August.

Other Exercise Opportunities

- ***Weight Room***
- ***Cardio Room***

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Children Fall Activities (Registration Starting in August/September)

- **Tumbling (Fall-Spring):** 4:00 pm - 8:00 pm (Monday through Thursday).
- **Dance (pop/jazz/ballet):** Wednesday Nights starting the first two weeks of September.
- **Coed Youth Volleyball:** 4th and 5th grade.
- **Dodge ball:** Ages 5 -10.
- **Flag Football:** 3rd - 6th grade

Children Spring Activities (Registration Starting in March)

- **Baseball Buds:** Instruction includes basic skills in throwing, fielding, and hitting with lots of swings on the batting tee to improve hand-eye coordination & bat speed.
- **T-Ball Players:** Practicing T-Ball skills and dividing groups into teams for some exciting scrimmage games.
- **Softball Stars:** Instruction includes basic skills in throwing, fielding, and hitting with lots of swings on the batting tee to improve hand-eye coordination & bat speed.

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- **Baseball Clinic Good Pitching:** Instruction will concentrate on proper form and throwing in general to build arm strength.
- **Softball Clinic Good Pitching:** Instruction will concentrate on proper form and throwing in general to build arm strength.
- **Additional Classes: Kids in the Kitchen (5-12), Awesome Arts (5-12), Science Explorers (6-12)**

Summer Youth Activities (Registration Starting in May)

- **Swimming Lessons:** Every July for children.
- **Summer Camp:** 9:00 am-12:00 pm in June (Soccer, Basketball, Cheer, Tee Ball, Golf, Fitness, Fishing class, and much more.)
- **Pewee Tee Ball:** Age 3
- **Pompom Dance:** Ages 7-10
- **Games to Grow on:** Ages 4-6
- **Intro to Sports:** Ages 4-6
- **Tee Ball Practice:** Ages 4-6
- **Pickle-ball:** Ages 9-12
- **Tumbling:** Ages 3-12
- **Sports Combine:** Ages 7-12
- **T-Ball League:** Ages 4-6

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Body Image Fitness and Tanning

803 E. 14th St.

Beardstown, IL 62618

(217) 323-1819

6 am-7 pm Monday through Thursday ~ Saturday 8 am-12 pm ~ Sunday Closed

- Motivational Exercise
- Weight room
- Cardio

Beardstown Karate Club

(Come talk with the manager Ernie about free Karate for a limited time and discounts for kids, men, and women.)

401 E 4th St. Beardstown, IL 62618

(217) 320-0428

This Martial Arts School **offers**

- Judo
- Jujitsu
- Kick Boxing
- Mixed Martial Arts (MMA)
- Shito Ryu Karate
- Self-Defense (Bully Proof, Teen Self Defense, Everything College Girls Should Know and Adult Alert, Aware, Always Ready)
- Fitness (Cardio Training, Kickboxing, Accountability, Yoga, and Self-Improvement)

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Exercise and Wellness Program

Culbertson Therapy Services

Open Tuesday's 8 am-5 pm, and Friday's from 11 am-5 pm

8570 St. Luke's Dr. #300

Beardstown, IL 62618

(217) 323-9480

Rollin on the River Rink

(Roller Skating Rink)

Open October through Mid-April.

(Call before you arrive as times are different throughout slow months)

(217) 481-066

219 W. Main St. Beardstown, IL 62618

Friday and Saturday 6pm-9pm