

6601 W. 127th Street | Palos Heights, IL 60463 708-361-1807 | 708-361-7679 (Fax) www.palosheights.org

Hours:

Monday-Friday: 8:00am to 9:00pm Saturday: 8:00am to Noon

Office Closed:

Sept 2, Nov 28, Dec 25, Jan 1 **Closing Early:** Dec 24, Dec 31

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Registration Dates

Palos Heights Residents Only:

August 23, 2013

Open Registration to All:

August 30, 2013

Registration

Real time registration is now being used. All customers should receive a receipt at time of registration, unless you drop off. We are sorry, but we can no longer accept fax registrations as we need an original signature on our form. Your credit card is required to swipe as we are not permitted to keep your credit card information on file. We now a ccept Discover Card along with VISA and MasterCard for your convenience. Please review your receipt to verify your classes or purchases before leaving the window.

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Recreation Committee

Meetings are held the second Tuesday of every month at 7:00 p.m. at City Hall. The public is welcome. Committee members: Ald. Jeff Prestinario, Chairman Ald. Jerry McGovern | Ald. Jack Clifford | Ald. Jeffrey Key

Recreation Advisory Board

Meetings are held the last Wednesday of every month at 11:30 a.m. at the Recreation Center. The public is welcome. Board members: Tom Gregory | Janet Campion | Gayle Greenwald | Denise Hyker Lynda Schiappa | Diana Wolan | Don Mertic

A.D.A. Statement

The City of Palos Heights is aware of and will do its best to comply with the Americans with Disabilities Act (A.D.A.) where possible. If you have any questions or need special assistance, please contact the A.D.A. Coordinator or Director of Parks and Recreation at 708-361-1807.

It is our mission to provide quality programs and services to the residents of Palos Heights!

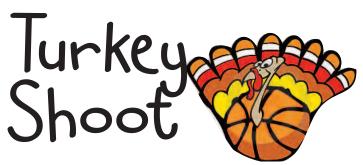


Ages 2-10 years

Turn an ordinary pumpkin into a frightfully fun Halloween decoration during this workshop. **Each participant should bring their own pumpkin**; we will supply the decorations to turn them into works of art! Parents may attend with children to make this a fun family event. Children six years and under must be accompanied by an adult. Registration deadline is October 13. Includes a treat-no tricks!

 Activity
 Day
 Date
 Time
 Fee

 151301A1
 TU
 Oct 15
 6:00-7:00 pm
 R\$7/NR\$10.50

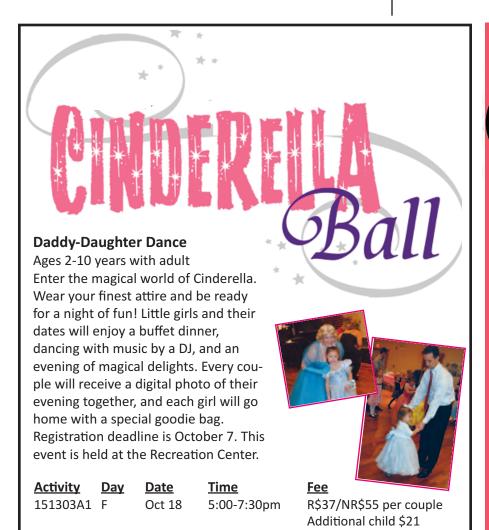


Ages 4-12

Palos Heights boys and girls between the ages of 4 and 14 (age will be determined as of November 17, 2013) and a parent of their choice will compete in a basketball free throw shooting contest. Boys and girls will compete together in the following divisions: 4 years old, 5 & 6, 7 & 8, 9 &10, and 11 & 12. The winning team in each division will win a Thanksgiving Turkey. Various prizes may be raffled off throughout the morning as well. PRE-REGISTRATION REQUIERED; Day of registration is available for \$3 a team.

Activity Day Date Time

151302A1 SA Nov 16 11:00am-12:30pm







Ages 3-8 years

The elves of the North Pole are inviting parents to complete a special information sheet in order for their little ones to receive a phone call from Santa or Mrs. Claus. Each call is approximately 3-4 minutes in length and will be made between 6-8pm on either Wednesday, December 12 or Thursday, December 13. Parents must specify which date they would like their child to be called. Specific time requests cannot be taken. Keep in mind that if you are not home when your call comes in, time permitting, we will attempt a call back within the allotted period. NOTE: We cannot tell you at time of registration who will be calling your child, it will be either Santa or Mrs. Claus.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|--------------|--------------|
| 151304A1 | W | Dec 11 | 6:00-8:00 pm | R-FREE/NR\$3 |
| 151304B1 | TH | Dec 12 | 6:00-8:00 pm | R-FREE/NR\$3 |

Santa's Mailbox

Santa's elves will install a mailbox at the Palos Heights Recreation Center December 1-10. Santa has informed the Parks & Recreation Department that he will write back to all the children who put a letter into this mailbox. Santa's only request is that all children include a self-addressed stamped envelope.



Join us in ringing in our own New Year at noon instead of midnight! We will transform our recreation center into a miniature Times Square complete with music and a "countdown to noon" balloon drop. This is a perfect way to spend New Year's Eve with the kids. We will have a pizza lunch and fun new year's activities for families with children 10 and under.

Activity Day Date Time 151305A1 TU Dec 31 10:00-12:30pmFREE

Kids Garage Sale

Ages 4-15 years

Clean out your closet and underneath your bed! This indoor venue gives children an opportunity to sell their gently used toys, games, and books to others in the neighborhood. Each participant will be given a table on which to display their wares. Everything should be clearly marked with the price prior to sale day and each family must supply their own bank for change purposes. A parent/adult must remain with their child throughout the course of the event. The Recreation Department will provide advertising in The Regional, through cable access Channel 4, as well as through press releases and school flyers to local children and their families. All spots will be assigned to each seller. Sellers will be told where to set up on the day of the garage sale. If you're not a seller, come out and be a shopper. There'll be lots of good bargains just in time for holiday gift giving. The sale is open to the public and it's free!

Activity Day Date Time 151306A1 SA Nov 2 Set up begins at 9am R\$5/NR\$10 Sale runs 10am-12pm Register by October 28 or until spaces are filled

Maybe you're craft impaired. Maybe you're looking for that special gift for your child's teacher, the mailman, or your mother-inlaw...come to Santa's Workshop where you'll find that unique little something. There is no admission fee, and you can shop the 'Kids

Santa's Workshop/Craft Fair

Ages 16 years & up

Do you sew? Do you use glitter and glue? Do you dabble in craft making? We're opening up activity rooms from which you can sell your homemade crafts. We'll supply you with a table and advertising for the event; you bring the rest. Limited space is available, so don't delay in making your reservation. Used items and food/beverages may not be sold.

Activity Day Date Time 141300A1 SA Nov 2 Set up begins at 9am R\$5/NR\$10 Sale runs 10am-12pm

Register by October 28 or until spaces are filled











Little Learners Preschool

Registration is now open for the 2013-2014 school year!

- ▶ 3 year old and 4 year old programs available
- Dur enhanced and unique preschool curriculum promotes a strong academic foundation, superior social skills, and healthy lifestyle skills. We encourage creative expression thru dance, singing, art, yoga, daily aerobics, and even sign language. Your child will receive the personal support and attention necessary to build trust and confidence, and as a parent you'll be part of the home-school learning connection we foster in order to continually develop your child's skills. Most importantly, Little Learners is a caring and nurturing preschool where experienced instructors are committed to making your child feel special!
- ▶ Children must be appropriate age for the programs by September 1st 2013. Birth certificates are required at registration time.
- ▶ Your Little Learner will enjoy the benefits of exercise and team play in our full size gym. We will play basketball, hockey, soccer and much more! We have lots of fun on our playground and explore nature in our large park area. Special guests include, our very own music teacher, aerobics and dance instructors, a master gardeners and coaches.
- ▶ Register at the Palos Heights Parks and Recreation Center located at 6601 West 127th Street.

| Activity | <u>Age</u> | <u>Day</u> | <u>Dates</u> | <u>Time</u> |
|-----------------|------------|------------|---------------|----------------|
| 731804A | 4-5 | MWF | Sep 9-May 17 | 9:00am-12:00pm |
| 731806A | 3-4 | TU/TH | Sep 10-May 16 | 9:00am-11:00pm |

Payment Plan

3 day program---\$150 per month 2 daty program---\$95 per month



End of the year goals

3-4 yr old goals:

- ▶ First name recognition (upper case)
- Pencil/scissor grip
- ▶ A-Z uppercase letter recognition
- ▶ Tracing and/or independently writing first name
- ▶ 1-10 number recognition
- ▶ Basic colors and shapes
- ▶ A strong emphasis on social skills and creative expression

4-5 yr old goals:

- ▶ First and last name recognition/writing (lower case) and phone number
- ▶ Recognizing and writing alphabet in upper and lower case
- ▶ Rote counting to 100
- ▶ Recognizing words and writing numbers 1-10
- Money and values to \$100
- ▶ Basic colors and shapes along with word recognition
- ▶ Rhyming, opposites, color blends, location, distance, patterns
- A strong emphasis on social skills and creative expression

Early Childhood

Me Too Play School

Ages 2 1/2-3 years

This program is designed especially for those children who are not quite ready for the full preschool program. The class offers simple craft projects, stories, and activities sure to keep your little one busy. The curriculum will also introduce socialization/ listening skills, numbers, letters, and shapes. This is a great stepping stone to our Little Learners Preschool program. Children attend without parents. Registration deadline is one week prior to start of class. Instructed by Sandy Solava.

Activity Day Date Time Fee
111200A1 M/W Sep 23-Dec 49:30-11:00amR\$145/NR \$165

Hands on Science!!!

Ages 4-5 years

This program is a great way to get your child to learn all about science! Hands on Science provide a fun yet educational science class! It will help children explore a number of interesting science concepts and experiments! So get those safety goggles ready and get excited about SCIENCE!

 Activity
 Day
 Date
 Time
 Fee

 110700A1
 W
 Sep 25-Oct 3011:30-12:15pm R\$45/NR\$65

 110700B1
 W
 Nov 6-Dec 11 11:30-12:15pm R\$45/NR\$65

Environmental Tots!

Ages 3-4 years

This class is all about the environment. Tots will get their hands dirty and learn about what lives in the world around us. They will learn about bugs and other animals, examine things under microscopes and build things from recycled materials that aide the environment such as bird feeders or small pots for plants. Instructed by Rachel Wales.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|---------------------|--------------|
| 110701A1 | W | Sep 25- | -Oct 3012:45-1:30pm | R\$45/NR\$65 |
| 110701B1 | W | Nov 6-E | Dec 11 12:45-1:30pm | R\$45/NR\$65 |

My First Sports Class!

Ages 2-3 years

This class will introduce children to an athletic style class. This class will focus on throwing, catching and gross motor skills as well as playing some traditional sports like kickball, soccer, and baseball. Instructed by Rachel Wales.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|------------------|--------------|
| 110600A1 | W | Sep 25-Oct | 3010:00-10:45am | R\$45/NR\$65 |
| 110600B1 | W | Nov 6-Dec 1 | l1 10:00-10:45am | R\$45/NR\$65 |



I Speak Spanish! – Spanish for Kids

Ages 3 – Kindergarten

Did you know that young children learn language naturally and much more easily than older children and adults? Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music. Each session introduces new vocabulary. Taught by Language in Action, Inc. instructor.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> <u>Ti</u> | <u>me</u> | <u>Fee</u> | |
|--------------------|------------|-----------------------|-----------|--------------|--|
| 110702A1 | TU | Sep 17- Oct 22 | 4:30-5:30 | R\$75/NR\$95 | |
| 110702B1 | TU | *Oct 29- Dec 10 | 4:30-5:30 | R\$75/NR\$95 | |
| *No class Nov 26th | | | | | |

Story Book Cooking and Crafting

Ages 3-5 years

Stories, food, and making creative crafts come together in this class that combines great books such as If You Give a Mouse a Cookie and Green Eggs and Ham. The instructor will begin every class by reading a different story and then let the creativity begin with creating treats as well as making creative crafts to go along with the story. The registration deadline is one week before the start of the session. Instructed by Dee Hamilton

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|--------------|
| 110601A1 | TU | Sep 17-Oct 22 | 11:00-11:45 | R\$45/NR\$65 |
| 110601B1 | TU | Nov 5-Dec 10 | 11.00-11.45 | R\$45/NR\$65 |

Alphabet Academy

Ages 3-5

Learn the alphabet through sight and sound. Activities such as cutting, gluing, painting and printing the alphabet are all encouraged to promote creativity and fine motor skills. Your child will enjoy the alphabet stories and songs. Singalong is encouraged! Instructed by Sandy Solava.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|----------------|--------------|
| 110703A1 | M | Sep 23-Oct 28 | 311:30-12:15pm | R\$45/NR\$65 |
| 110703B1 | M | Nov 4-Dec 9 | 11:30-12:15pm | R\$45/NR\$65 |

Early Childhood

Master Chef Juniors

Ages 5-7 and Ages 8-10

This class teaches children simple recipes so they can help Mom or Dad in the kitchen. Kitchen safety tips will be taught along with basic kitchen tools. Children will take home their own recipe book filled with their delicious experiments that they made in class. The best part-Kids get to eat their delicious creations! Instructed by Sandy Solava.

| Activity | <u>Age</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|------------|---------------|-------------|--------------|
| 120700A1 | 5-7 | W | Sep 11-Oct 16 | 5:30-6:30 | R\$55/NR\$75 |
| 120701A1 | 8-10 | W | Sep 11-Oct 16 | 6:45-7:45 | R\$55/NR\$75 |
| 120700B1 | 5-7 | W | Nov 6-Dec 11 | 5:30-6:30 | R\$55/NR\$75 |
| 120701B1 | 8-10 | W | Nov 6-Dec 11 | 6:45-7:45 | R\$55/NR\$75 |

Tot Tales

Ages 4-5 years

Calling all future actors and actresses! Does your child love to pretend to be

their favorite superhero or princess? With this fun and interactive class we will bring popular children's' stories and characters to life playing theater games, arts and crafts and short skits and scenes. Instructed by Dee Hamilton.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|--------------|
| 110602A1 | TU | Sep 17-Oct 22 | 12:00-12:45 | R\$45/NR\$65 |
| 110602B1 | TU | Nov 5-Dec 10 | 12:00-12:45 | R\$45/NR\$65 |



MUSIKGARTEN classes are early childhood music classes for children and adults to participate in together! The Musikgarten philosophy has many levels of greatness to it: songs and activities can be done at home, each activity has a specific developmental purpose, and it's fun! Each level builds upon the last introducing new skills that will challenge your child as he or she grows. Please visit www.missangiemusic.com for a short video that highlights what a typical class is like!

Family Music for Babies

Age Newborn-18 months

This class helps you and your baby form a close bond while learning how to play musically together. Activities will increase your child's curiosity about music, develop listening skills and sense of beat, and establish a foundation for singing and musical thought. Bouncing songs, rocking songs, and wiggle and peek-a-boo games are featured. Class is designed for child and adult to participate in together.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|--------------|---------------|----------------|
| 110400A1 | M | Sep 9-Dec 2 | 11:15-11:50am | R\$126/NR\$146 |
| 110400A2 | W | Sep 11-Dec 4 | 11·15-11·50am | R\$126/NR\$146 |



Ages 16 months – 3 years

Participate with your toddler in singing, chanting, moving, dancing, listening and playing simple instruments — while developing a strong musical bond with your child. Through activities that bridge the natural connection between music and movement, your child's musical aptitude and listening abilities are further developed. Class is designed for child and adult to participate in together.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|--------------|---------------|----------------|
| 110401A1 | M | Sep 9-Dec 2 | 10:15-10:50am | R\$126/NR\$146 |
| 110401A2 | W | Sep 11-Dec 4 | 10:15-10:50am | R\$126/NR\$146 |

Cycle of Seasons

Ages 3 - 5

Celebrate your child's love of nature & growing independence through activities focusing on the seasons of the year. These classes are designed to build attention & self-expression and include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement, and storytelling. Class is designed for the child and adult to participate in together.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|--------------|--------------|----------------|
| 110402A1 | M | Sep 9-Dec 2 | 12:30-1:15pm | R\$136/NR\$156 |
| 110402A2 | W | Sep 11-Dec 4 | 12:30-1:15pm | R\$136/NR\$156 |
| **No clas | s Nov | /ember 27** | | |



Early Childhood:

Let's Get Messy! -NEW!

Ages 3-4 years

Painting with pudding, shaving cream, splatter paint, are just some of the crazy activities in this art class in which creativity and messiness go hand-in-hand! Your youngster will have an opportunity to work with a variety of art media as an assortment of seasonal projects, as well as those of the adventurous sort will be completed on a daily basis. Children should wear their "get messy" clothes or bring a paint smock to class. Instructed by Rachel Wales.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|--------------|
| 110603A1 | TU | Sep 17-Oct 22 | 10:00-10:45 | R\$66/NR\$86 |
| 110603B1 | TU | Nov 5-Dec 10 | 10:00-10:45 | R\$66/NR\$86 |

Holiday Happenings

Ages 3-4 years

It's all about pumpkins, turkeys, and Santa during this class in which children will be preparing for the holiday season through crafts, activities and stories.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|---------------|--------------|
| 110604A1 | F | Oct 25-Dec 13 | 11:30-12:30pm | R\$55/NR\$75 |

Toe Tappers

Ages 3-5 years

This program gets your child's little feet tapping to the bear in this beginner tap class. It is a form of dance characterized by using the sound of one's tap shoes hitting the floor as a percussive instrument to show the different rhythms of music. Comfortable clothing or a leotard and tights are acceptable. Black tap shoes are requited as well. At the end of session two there will be a mini showcase to show off our Toe Tappers Talent. Instructed by Cherie Bennett

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|--------------|
| 110500A1 | TU | Sep 10-Oct 15 | 12:00-12:45 | R\$40/NR\$60 |
| 110500B1 | TU | Nov 5-Dec 10 | 12:00-12:45 | R\$40/NR\$60 |

Stay-N-Play

Ages 2 ½ - 3 years

This calls will introduce your child to different organized games such as hot potato, duck duck goose, musical chaors, freeze dance and much much more! This class will keep your child active, involved and entertained the entire class! Class instructed by Cherie Bennett.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|---------------|--------------|
| 110605A1 | F | Sep 13-Oct 18 | 10:30-11:15am | R\$30/NR\$45 |
| 110605B1 | F | Nov 8-Dec 13 | 10:30-11:15am | R\$30/NR\$45 |

Crayons, Music, and Toys, Oh My!

Ages 2-3 years

Children will enjoy supervised playtime and activities such as listening to music, dancing, singing, coloring a picture with crayons or listening to a story. Class instructed by Cherie Bennett.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|---------------|--------------|
| 110606A1 | TH | Sep 19-Oct 24 | 10:30-11:15am | R\$45/NR\$65 |
| 110606B1 | TH | Nov 7-Dec 12 | 10:30-11:15am | R\$45/NR\$65 |

Hocus Pocus Magic Class

Ages 5-12 years

In this 55 minute class children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks. Amaze family and friends with tricks that involve cards, ropes, coins, mind reading, and more. While the tricks appear difficult, you'll discover they are easy to learn and perform. All materials are provided, and each participant receives a magic kit to take home. Children will be grouped according to age and learn age appropriate tricks. New tricks are always on the agenda, so even if you've attended a magic class in the past, you'll learn and see new tricks each time. Please register one week prior to the class. Instructed by Gary Cantor.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|-------------|--------------|
| 120900A1 | TU | Sep 24 | 6:45-7:40pm | R\$20/NR\$30 |

Train Day!

Ages 3-5 years

All ABOARD! Calling all boys and girls who love trains! Come celebrate Train Day at the Recreation Center. We will read stories, build and play with trains, do a train craft and learn all about train safety! Everyone who registers will take home a goody bag of treats! Class instructed by Cherie Bennett.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|---------------|----------------|
| 110607A1 | W | Sep 25 | 10:45-11:30am | R\$7/NR\$10.50 |

Teddy Bear Picnic

Ages 2 1/2- 4 years

Pack your little ons a lunch and bring him or her and their favorite teddy bear (or stuffed animal) to our special Teddy Bear Pinic in the park. We will play games, sing songs, and do an teddy bear craft! Grahm Crakers and Lemonade will be provided. Class instructed by Cherie Bennett.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|--------------|----------------|
| 110608A1 | F | Sep 27 | 12:00-1:00pm | R\$7/NR\$10.50 |

Power Play



Power Play After School Program is perfect for families who need extended care past the regular school hours. Students participate in a wide variety of activities including homework assistance structured games, arts and crafts and social interaction with other children. Staff is always on hand to supervise, lead actives and assist with homework. Power Play is offered through the Palos Heights Parks and Recreation Department and is partnered with School District 128.

Power Play After School Program is held at Chippewa School and is open to all District 128 students from afternoon pre-school to 5th grade. Buses will transport students from Navajo and Indian Hills Schools directly to the after school

locations. The program will also be available on early dismissal days but will not run on no-school days. The program runs the entire school year Monday-Friday.





Registration is now open for the 2013-2014 school year!

Age:

Afternoon Preschool-5th grade

Day

Monday-Friday

Dates:

August 26, 2013-June 6, 2014

Fee:

Monthly \$160/*Daily \$14

Parents can register at the Palos Heights Parks and Recreation Center Located at 6601 W. 127th Street.

*We offer Monthly Payment plans as well as Daily Registration. Monthly fees will be automatically deducted via Electronic Funds Transfer *Sign up by Thursday of the week prior to attend for Daily Registration

For more information or answers to questions, please call Lauren Marino at (708)361-1807

ACT NOW!

\$50 **OFF**

first month's registration

(Must use before Labor Dav)



Solo/Duet/Trio--NEW!

Intermediate/Advanced

Must be currently enrolled in a current dance class of your choice. This is your chance to really take your dancing to the next level. We will be working on technique, leaps jumps, turns, and flexibility. This is a first come first basis class. You can share the time with someone or by yourself. offered by Ms. Candace.

<u>Fee</u> Solo \$150 Duet \$90 per person Trio \$74 per person Times Are Subject To Change

| <u>Activity</u> | <u>Level</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> |
|-----------------|--------------|------------|---------------|---------------|
| 120500a1 | Private 3 | SA | Sep 21-Nov 23 | 11:30-12:00pm |
| 120500A2 | Private 4 | SA | Sep 21-Nov 23 | 3:00-3:30pm |

Ballet/Tap Combination Classes

In this class we will be focusing on both proper ballet and tap technique. Leotard and tights should be worn. Leather ballet shoes (no slippers) and black tap shoes required for participation in class. Registration deadline is one week prior to the start of class. Offered by Ms. Candace

| Activity | Level/Age | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|-----------------|------------|---------------|--------------|---------------|
| 110501a1 | Ballet/Tap | F | Sep 20-Nov 22 | 4:30-5:15 pm | R\$75/NR\$95 |
| | 3-4 years | | | | |
| 110501A2 | Ballet/Tap I | TU | Sep 17-Nov 19 | 4:30-5:15 pm | R\$75/NR\$95 |
| | 5-6 years | | | | |
| 120501A1 | Ballet/Tap I/II | I TU | Sep 17-Nov 19 | 5:15-6:00pm | R\$75/NR\$95 |
| | 7-8 years | | | | |
| 120501A2 | Ballet/Tap II | TU | Sep 17-Nov 19 | 6:00-7:00pm | R\$80/NR\$100 |
| | 8-10 years | | | | |

Ballet/Jazz Combination Classes

7-9 years Intermediate

In this class we will be focusing on both proper ballet and jazz technique. This class is for the dancer who wants to have a little fun and add a little sass in their dancing to a more upbeat tempoed music.. Registration deadline is one week prior to the start of class. Offered by Ms. Candace

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|---------------|--------------|
| 120502A1 | SA | Sep 21-Nov 23 | 12:00-12:45pm | R\$75/NR\$95 |

Poms

Ages 5-8 years

Ladies get your poms! The poms program focuses on teaching sharp, clean arm motions through across the floor and pom combinations. These classes also concentrate on the many "skills" such as jumps, leaps, and turns while incorporating rhythm and fluidity. Add a little style with some fun pom poms. Attire: Any color leotard, black jazz pants or any color wrap skirt and black jazz shoes. Registration deadline is one week prior to the start of class. Offered by Ms. Candace.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|--------------|
| 120503A1 | F | Sep 20-Nov 22 | 5:15-6:00pm | R\$75/NR\$95 |





Acrobatic/Jazz-NEW!

7-13 years

Made popular by the hit T.V. Show "Dance Moms" This Class will be focusing on combining gymnastics with Jazz dancing. Proper technique of basic/intermediate tumbling skills, with the basics of Jazz dancing will be taught.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|---------------|
| 120504A1 | TU | Sep 17-Nov 19 | 7:00-8:00pm | R\$80/NR\$100 |

Ballet/Jazz/Lyrical

This class is for the intermediate/advanced student who enjoys both jazz and ballet.

Lyrical class is a soft, flowing form of dance combining ballet, jazz, modern, emotion, and imagination. It interprets the feeling and lyrics of the music through motion and facial expression. The class



includes center barre, floor stretches, progressions and combinations. This class helps to develop a sense of rhythm and style.

Prior Dance Knowledge is Greatly Recommended But Not Required Registration deadline is one week prior to start of class.

Offered by Ms. Candace.

| <u>Activity</u> | Level/Age | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> | |
|-----------------|--|------------|---------------|--------------|---------------|--|
| 120505A1 | Intermediate | SA | Sep 21-Nov 23 | 12:45-1:45pm | R\$80/NR\$100 | |
| | 8-10 years | | | | | |
| 130500A1 | Advanced | SA | Sep 21-Nov 23 | 1:45-3:00pm | R\$85/NR\$105 | |
| | 11 years of age (or teacher placement) | | | | | |

Hip Hop

Ages 5-10 years

Every hip hop dancer has its own personal style (freestyle), In this class we will do just that. Hip Hop is designed to be fun, exciting, and challenging at any age. It focuses on the latest dance steps, incorporating rhythm and fluidity, strongly emphasizing urban styles including pop and lock, street style, and break dancing. Students will learn the trendiest moves that they see in the current pop culture. No prior dance experience required. Girls' attire: Any color leotard, jazz pants, jazz shoes, jazz sneaker, or any white or black sneakers. Boys: T-shirt/tank top, stretchable pants, sneakers (white or black). Registration deadline is one week prior to the start of class. Offered by Ms. Candace.

| Activity | <u>Level/Age</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|----------------------|------------|---------------|-------------|--------------|
| 120506A1 | Beginning Hip Hop | F | Sep 20-Nov 22 | 6:00-6:45pm | R\$75/NR\$95 |
| | 5-7 years | | | | |
| 120506A2 | Intermediate Hip Hop | F | Sep 20-Nov 22 | 6:45-7:30pm | R\$75/NR\$95 |
| | 8-10 years | | | | |

Mommy-n-Me Ballet for Parents & Tots

Age 2-3 year with an adult

This class features an evening of togetherness combined with an introduction to ballet, creative movement, and fun! Adults are asked to wear comfortable clothing and socks. Toddlers should wear ballet clothes and leather ballet shoes (not slippers). Registration deadline is one week prior to the start of class. Instructed by Ms. Carly.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|----------------|-------------|--------------|
| 110502A1 | W | Sep 18-Oct 23 | 6:00-6:30pm | R\$40/NR\$60 |
| 110502B1 | W | Nov 6-Dec 11 | 6:00-6:30pm | R\$40/NR\$60 |
| 110502A2 | SA | Sep 21- Oct 26 | 9:00-9:30am | R\$40/NR\$60 |
| 110502B2 | SA | Nov 9- Dec 14 | 9:00-9:30am | R\$40/NR\$60 |



Ballet and Tap

In this combination class, proper technique of ballet and tap rhythms will be taught. Leotard, and tights, pink leather ballet shoes (no slippers) and black tap shoes required. Registration deadline is one week prior to the start of class. Instructed by Ms. Carly.

| <u>Activity</u> | <u>Age</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Cost</u> |
|-----------------|------------|------------|---------------|---------------|---------------|
| 120507A1 | 5-6 | W | Sep 18-Nov 20 | 4:30-5:15pm | R\$85/NR\$105 |
| 110503A1 | 4-5 | W | Sep 18-Nov 20 | 5:15-6:00pm | R\$85/NR\$105 |
| 120507A2 | 8 and up | W | Sep 18-Nov 20 | 6:30-7:15pm | R\$85/NR\$105 |
| 110503A2 | 3-4 | SA | Sep 21-Nov 23 | 9:30-10:15am | R\$85/NR\$105 |
| 110503A3 | 4-5 | SA | Sep 21-Nov 23 | 10:15-11:00am | R\$85/NR\$105 |
| 110503A4 | 3-4 | SA | Sep 21-Nov 23 | 11:00-11:45am | R\$85/NR\$105 |
| 120507A3 | 6-8 | SA | Sep 21-Nov 23 | 11:45-12:30pm | R\$85/NR\$105 |
| 120507A4 | 5-6 | SA | Sep 21-Nov 23 | 1:15-2:00pmpm | R\$85/NR\$105 |

Tap & Jazz

This is a tap and jazz class where young students can explore their interest in all three dances. A leotard, tights, and black leather ballet shoes (no slippers) and black tap shoes are required. Registration deadline is one week prior to the start of class. Instructed by Ms. Carly.

| <u>Activity</u> | <u>Age</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|------------|---------------|--------------|---------------|
| 120511A1 | 8 and up | W | Sep 18-Nov 20 | 7:15-8:00pm | R\$85/NR\$105 |
| 120511A2 | 6-8 | SA | Sep 21-Nov 23 | 12:30-1:15pm | R\$85/NR\$105 |

Advanced Ballet/Tap Combo

This class is for those advanced students who have spent at least 5 years of dance training.

It will begin with more advanced barre work to help students gain flexibility and strength. More advanced tap combinations will also be taught. Since this is an hour long class, students will gain stamina and will perform in both a ballet and tap routine in the spring recital! A leotard, tights, black leather ballet shoes (no slippers) and black tap shoes are required. Registration deadline is one week prior to the start of class. Instructed by Ms. Carly.

| <u>Activity</u> | <u>Age</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|------------|---------------|-------------|---------------|
| 130501A1 | 10 and up | W | Sep 18-Nov 20 | 8:00-9:00pm | R\$90/NR\$110 |

Baby Ballet

Age 3 years

This class is or the young dancer who has had at least 2 sessions of Mommy n Me classes. This class is a 30 minute class that will help ease the separation from Mommy. Instructed by Ms. Carly.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|--------------|
| 110504A1 | F | Sep 20-Nov 22 | 6:30-7:00pm | R\$60/NR\$80 |
| 110504A2 | SA | Sep 21-Nov 23 | 2:00-2:30pm | R\$60/NR\$80 |



Introductory Irish Dance New Class--New!

We will begin learning the most traditional Irish dance--the Irish jig. Class will consist of proper warm-up exercises, stretching and technique, including Hop 1, 2, 3's! This program is designed to introduce basic steps of Irish dance while utilizing the traditional music of Ireland. Come have fun and learn the basics of Irish Dance! Class attire includes t-shirt/leotard & shorts and either Irish, jazz or ballet shoes. No long pants please. Instructed by Ms. Carol. *No class on Oct. 31.

| <u>Activity</u> | <u>Age</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|------------|----------------|-------------|--------------|
| 110505A1 | 3-5 | TH | *Sep 19-Nov 14 | 5:15-6:00 | R\$60/NR\$80 |
| 120512A1 | 6-10 | TH | *Sep 19-Nov 14 | 6:00-6:45 | R\$60/NR\$80 |
| 130502A1 | 11-14 | TH | *Sep 19-Nov 14 | 7:00-7:45 | R\$60/NR\$80 |

Youth Programs

Kids and Teens Art Workshops

Ages 5-13 (and/or parents too)

Do you love to make art, listen to music, and hangout with your friends? Whatever your level of experience in art, this open studio workshop is intended for friends or families to stop in and stay at their convenience. Begin to collect and create your very own series of ATCs (Artist Trading Cards). ATCs are meant to be traded and exchanged, so when you make a card-take a card. All supplies are provided along with guided art making demonstrations. Sign up for all workshops and save!

| <u>Activity</u> | <u>Worksh</u> | op Day | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|---------------|--------|-------------|-------------|------------|
| 120400A1 | 1 | F | Sep 13 | 6:00-8:00pm | \$25 |
| 120400B1 | 2 | F | Oct 11 | 6:00-8:00pm | \$25 |
| 120400C1 | 3 | F | Nov 8 | 6:00-8:00pm | \$25 |
| 120400D1 | 4 | F | Dec 13 | 6:00-8:00pm | \$25 |
| 120400E1 | ALL | F | Sep-Dec | 6:00-8:00pm | \$85 |

Master Chef Juniors

Ages 5-7 and Ages 8-10

This class teaches children simple recipes so they can help Mom or Dad in the kitchen. Kitchen safety tips will be taught along with basic kitchen tools. Children will take home their own recipe book filled with their delicious experiments that they made in class. The best part-Kids get to eat their delicious creations! Instructed by Sandy Solava.

| <u>Activity</u> | <u>Age</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|------------|---------------|-------------|--------------|
| 120700A1 | 5-7 | W | Sep 11-Oct 16 | 5:30-6:30 | R\$55/NR\$75 |
| 120700A2 | 8-10 | W | Sep 11-Oct 16 | 6:45-7:45 | R\$55/NR\$75 |
| 120700B1 | 5-7 | W | Nov 6-Dec 11 | 5:30-6:30 | R\$55/NR\$75 |
| 120700B2 | 8-10 | W | Nov 6-Dec 11 | 6:45-7:45 | R\$55/NR\$75 |

The Next Fashionista Fashion Program

Ages 7-17

Are you the Next Fashionista? If so, grab your sketchbook, sewing kit and let's "design" one of kind pieces that will take Seventh Avenue by storm. The Next Fashionista! Fashion design program is for aspiring designers who wish to explore all the elements of design, from sketch to finish. Students will learn a variety of designing and hand sewing techniques. These aspiring designers will make a custom designed t-shirt, innovative hand bag, and stylish accessory. Instructed by Mary Lashea Banks. Materials: Students will be asked to bring a sewing kit and one white t-shirt. These items are available at hobby lobby for under \$10.

| <u>Activity</u> | 120402A1 | 130401A1 |
|-----------------|----------------|----------------|
| <u>Age</u> | 7-12 | 13-17 |
| <u>Day</u> | M | M |
| <u>Date</u> | Sep 20- Oct 29 | Sep 20- Oct 29 |
| <u>Time</u> | 5:00-6:30pm | 6:45-8:15pm |
| <u>Fee</u> | R\$57/NR\$77 | R\$57/NR\$77 |

Mandarin Chinese Classes

Ages 5-15 years

Your child can experience a course in the language of Chinese with experienced teachers. During this class, students will become aware of a different culture and learn the language through text, book, songs and games. This is an opportunity for your child to become bilingual at a young age in a language that is quickly becoming popular all over the world. Registration deadline is one week prior to the start of class. Class Instructed by Wei Rao.

| Activity | <u>Age</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|------------|--------------|--------------|------------------------|
| 120401A1 | 5-7 years | W | Sep 4-Oct 23 | 5:30-6:30 pm | R\$100/NR\$120 (child) |
| 120401A2 | 5-7 years | W | Sep 4-Oct 23 | 5:30-6:30 pm | R\$50/NR\$70 (parent) |
| 130400A1 | 8-15 years | W | Sep 4-Oct 23 | 6:40-7:40 pm | R\$100/NR\$120 (child) |
| 130400A2 | 8-15 years | W | Sep 4-Oct 23 | 6:40-7:40 pm | R\$50/NR\$70 (parent) |



Youth Spanish--NEW!

Grades 1st - 4th

Don't miss this perfect opportunity to introduce your child to the Spanish language! In this exciting class children will learn conversational Spanish, as well as some grammar and phonetics, through fun and educational activities. Each session introduces new vocabulary and topics. Taught by Language in Action, Inc. instructor. *No class Nov 26th

| <u>Activity</u> | <u>Day</u> | <u>Date</u> <u>Time</u> | <u>Fee</u> | |
|-----------------|------------|-------------------------|-------------|--------------|
| 120702A1 | Tu | Sep 17- Oct 22 | 5:45-6:45pm | R\$75/NR\$95 |
| 120702B1 | Tu | *Oct 29- Dec 10 | 5:45-6:45pm | R\$75/NR\$95 |

Youth Programs——



Piano Lessons

Ages 2nd grade & up

Have you or your child been toying with the idea of tickling the ivories? These private lessons are geared towards those with beginner to intermediate skills. Piano is available on site. Progressive private lessons are 30 minutes long with an experienced instructor. Slots assigned on a first come, first serve basis. Students must purchase Alfred's Basic Piano Library Lesson Book, Level 1A, for this class. It is available at The Treble Clef in Palos Hills. Adults are welcome to learn too! NOTE: No make ups will be permitted. Registration deadline is one week prior to the start of class. Class Instructed by Kevin Wood.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|--------------|----------------|
| 120403A1 | W | Sep 18-Nov 20 | 5:30-6:00 pm | R\$130/NR\$150 |
| 120403A2 | W | Sep 18-Nov 20 | 6:00-6:30 pm | R\$130/NR\$150 |
| 120403A3 | W | Sep18-Nov 20 | 6:30-7:00 pm | R\$130/NR\$150 |
| 120403A4 | W | Sep 18-Nov 20 | 7:00-7:30 pm | R\$130/NR\$150 |
| 120403A5 | W | Sep 18-Nov 20 | 7:30-8:00 pm | R\$130/NR\$150 |
| 120403A6 | W | Sep 18-Nov 20 | 8:00-8:30 pm | R\$130/NR\$150 |
| 120403A7 | W | Sep 18-Nov 20 | 8:30-9:00 pm | R\$130/NR\$150 |

Guitar Lessons

Ages 2nd Grade & Older

Whether you aspire to be a rock star or just want to play your favorite songs, guitar lessons are the way to go. These lessons are for beginners to advanced players, acoustic or electric, and may include all styles including rock, blues, jazz, country, classical and more. Instructor will structure progressive lessons based on students' individual needs and interests. Student must provide instrument. Time slots are available on a first come, first serve basis. Basic guitar fundamentals such as how to read music, basic chords and scales, and proper guitar maintenance will be covered. Adults are welcome to learn too! NOTE: No make ups will be permitted. Registration deadline is one week prior to the start of class. Instructed by Kevin Branigan.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|----------------|
| 120404A1 | M | Sep 16-Nov 18 | 3:30-4:00pm | R\$130/NR\$150 |
| 120404A2 | M | Sep 16-Nov 18 | 4:00-4:30pm | R\$130/NR\$150 |
| 120404A3 | M | Sep 16-Nov 18 | 4:30-5:00pm | R\$130/NR\$150 |
| 120404A4 | M | Sep 16-Nov 18 | 5:00-5:30pm | R\$130/NR\$150 |
| 120404A5 | M | Sep 16-Nov 18 | 5:30-6:00pm | R\$130/NR\$150 |
| 120404A6 | M | Sep 16-Nov 18 | 6:00-6:30pm | R\$130/NR\$150 |
| 120404A7 | M | Sep 16-Nov 18 | 6:30-7:00pm | R\$130/NR\$150 |

Drum and Percussion Lessons

Age 7 and up

These private one-on-one drum lessons are designed for the beginner, intermediate, and advanced drum and percussion players. All styles including rock, jazz, Latin, and funk will be taught as well as technique, timing, stick control, and performance. The instruction book used for lessons is available for purchase through instructor. (Bring drum sticks and 2 pocket folder) *please note that lessons will be on a practice drum pad set.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|----------------|
| 120405A1 | TU | Sep 17-Nov 19 | 4:30-5:00pm | R\$130/NR\$150 |
| 120405A2 | TU | Sep 17-Nov 19 | 5:00-5:30pm | R\$130/NR\$150 |
| 120405A3 | TU | Sep 17-Nov 19 | 5:30-6:00pm | R\$130/NR\$150 |
| 120405A4 | TU | Sep 17-Nov 19 | 6:00-6:30pm | R\$130/NR\$150 |
| 120405A5 | TU | Sep 17-Nov 19 | 6:30-7:00pm | R\$130/NR\$150 |
| 120405A6 | TU | Sep 17-Nov 19 | 7:30-8:00pm | R\$130/NR\$150 |
| 120405A7 | TU | Set 17-Nov 19 | 8:30-9:00pm | R\$130/NR\$150 |

Fine Arts StageWorks In Partnership with Palos Heights Parks and Recreation Presents...

Seussocal Jr.

Jr. Company Ages 8 - 12

This fantastical, magical, musical extravaganza brings to life all of our

favorite Dr. Seuss characters, including Horton the Elephant, The Cat in the Hat, Gertrude McFuzz, lazy Mayzie and a little boy with a big imagination--Jojo. The colorful characters transport us from the Jungle of Nool to the Circus



McGurkus to the invisible world of the Whos. The Cat in the Hat tells the story of Horton, an elephant who discovers a speck of dust containing Whos, including Jojo, a Who child who gets in trouble for thinking too many "thinks." Horton faces a double challenge--not only must he protect the Whos from a world of naysayers and dangers, but he must guard an abandoned egg, left to his care by the irresponsible Mayzie La Bird. Although Horton faces ridicule, danger, kidnapping, and a trial, the intrepid Gertrude McFuzz never loses faith in him. Ultimately, the powers of friendship, loyalty, family, and community are challenged and emerge triumphant! SEUSSICAL JR. is fun for the whole family! Young performers will be excited to portray the characters from the familiar Dr. Seuss fables. This musical provides wonderful creative opportunities in terms of set design, lighting, and costuming.

Tuition:

\$160 / 12 Week Program

Ages:

8 - 12

Audition:

Friday, August 23 7pm - 8:30pm

Super Kid Friendly "no cuts" Audition Prepare 30 seconds of a vocal selection that best compliments your vocal ability. Auditions are simply a required formality to assist the director with role placement. All registered students who audition will participate and are officially enrolled as cast members. Again, no "cuts" will be implemented.

Audition Location:

Palos Heights Parks and Recreation

Rehearsals:

Fridays 6 - 8pm August 30 - November 16

Rehearsal Location:

Palos Heights Parks and Recreation

Dress Rehearsal:

Wednesday, November 13, 5 - 9pm

Performances:

Thursday, November 14 at7pm, Friday, November 15 at 7pm, and Saturday, November 16 at 1pm & 4pm

Twinkle & Shine!

A Musical That Celebrates the Light at the Top of the Tree

performed by Playgroup (ages 4-7)

The elves and reindeer are on a mission - Santa wants a "living" tree in the great hall this Christmas. Comedy abounds as Santa's helpers ask the trees, animals and birds of the forest for help. Discover the important lesson they all learn as they search for the perfect light at the top. Watch your young students



twinkle and shine when they perform this heartwarming musical that features five original songs and easy-to-learn rhyming dialog with over 40 speaking parts.

Tuition:

\$75 / 11 Week Program

Ages:

4 - 7

Audition:

Friday, August 23 6:00pm - 7:00pm Super Kid Friendly "no cuts" Audition / Prepare 30 seconds of a vocal selection that best compliments your vocal ability. Auditions are simply a required formality to assist the director with role placement. All registered students who audition will participate and are officially enrolled as cast members. Again, no "cuts" will be implemented.

Audition Location:

Palos Heights Parks and Recreation

Rehearsals:

Fridays 5 - 6pm August 30 - November 8

Rehearsal Location:

Palos Heights Parks and Recreation

Dress Rehearsal:

November 7, 4:30 - 8:30pm

Performances:

Friday, November 8, 7pm & Saturday, November 9, 12pm



with Palos Heights Parks and Recreation Party Patrol!

A variety of party packages are available for children ages 5 to 12 to celebrate birthdays, the end of a sports season, a scouting event, or any special occasion. The Palos Heights Party Patrol will provide the activity, the space, the refreshments, cake, and tableware! Parties are reserved on a first come first serve basis. Depending on your party sized 1 or 2 party patrol hosts will handle the party! Reservations and payment for your party can be completed in person at the Rec Center. Full payment is required at the time of reservation. Call (708) 361-1807 for more information or available dates & times.

Please limit party attendance to adult hosts and participants.

Advanced 10 days notice is required for all birthday party reservations.

Party options:

| Sports Star Party | Limit 12 | \$175 (R) \$200 (NR) |
|-------------------|----------|----------------------|
| Royalty Party | Limit 12 | \$200 (R) \$225 (NR) |
| Inflatable Party | Limit 12 | \$225 (R) \$250 (NR) |
| Express Party | Limit 20 | \$100 (R) \$130 (NR) |

Limit 12 children. Additional children will require a per child fee based on theme of party.

Express parties are available. These are parties without hosts and only include cupcakes.

Themes for express parties are designed by the party's adult host. Call for pricing!

All Star Sports

Shin Kickers Soccer (SKS)

This program is designed to teach children the basics of soccer in a fun and exciting way. Dribbling, passing, and shooting will be covered through fun games that keep everyone moving. This class is great for coordination and self-esteem. The main objective is to have fun! Registration deadline is one week prior to the start of class.

Little Sluggers T-Ball (LST)

This class covers the basics of base-ball in a fun and safe environment where no one stands around. Throwing, catching, hitting and fielding, will be taught as well as running the bases and how to play the game. Games will be played every week. Registration deadline is one week prior to the start of class.

Lil' Dribblers Basketball (LDB)

This program will introduce your children to the game of basketball if they are beginners or if they need the know how to get to the next level. Basic skills of dribbling, passing, shooting, and defense will be taught. Games will also be played to show the importance of teamwork in game situations. Registration deadline is one week prior to the start of class.

Super Sports (SS)

This fun filled class teaches little superstars the importance of teamwork and sportsmanship, while attempting to spark an interest in kids to play a variety of sports. Sports covered will be favorites like; basketball, hockey, soccer, baseball, football, and many more.



Session 1 6 Weeks Fee: R\$60/NR\$80

Wednesday, September 4-October 16

| <u>Time</u> | Program | Age | Activity |
|-------------|----------------|-----|----------|
| 3:15-4:00pm | LST | 3-4 | 110100A1 |
| 4:00-5:00pm | LST | 4-6 | 110100A2 |
| 5:15-6:00pm | LDB | 3-4 | 110101A1 |
| 6:00-7:00pm | LDB | 4-6 | 110101A2 |

Friday, September 6-October 19

| <u>Time</u> | Program | Age | Activity |
|-------------|---------|-----|----------|
| 3:15-4:00pm | SKS | 3-4 | 110103A1 |
| 4:00-5:00pm | SKS | 4-6 | 110103A2 |
| 5:15-6:00pm | SS | 3-4 | 110104A1 |
| 6:00-7:00pm | SS | 4-6 | 110104A2 |

Session 2

6 Weeks Fee: R\$60/NR\$80

Wednesday, October 30-December 12

| <u>Time</u> | Program | Age | Activity |
|-------------|---------|-----|----------|
| 3:15-4:00pm | LST | 3-4 | 110100B1 |
| 4:00-5:00pm | LST | 4-6 | 110100B2 |
| 5:15-6:00pm | LDB | 3-4 | 110101B1 |
| 6:00-7:00pm | LDB | 4-6 | 110101B2 |

Friday, November 1-December 20

| <u>Time</u> | Program | Age | <u>Activity</u> |
|-------------|---------|-----|-----------------|
| 3:15-4:00pm | SKS | 3-4 | 110103B1 |
| 4:00-5:00pm | SKS | 4-6 | 110103B2 |
| 5:15-6:00pm | SS | 3-4 | 110104B1 |
| 6:00-7:00pm | SS | 4-6 | 110104B2 |

All Star Sports Camps!

Ages 4-9

Sign up for this fun holiday break camps! All Star Sports will lead the athletes and 3 days worth of multi sports games. They will play a few different games each day. These camps sure will be a great way to break up the week off school!

| <u>Activity</u> | <u>Age</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|------------|---------------|-----------------|--------------|
| 110107A1 | 4-6 | M-W | Nov 25-Nov 27 | 10:00am-12:00pm | R\$65/NR\$85 |
| 110107B1 | 7-9 | M-W | Nov 25-Nov 27 | 12:30pm-2:30pm | R\$65/NR\$85 |
| 120118A1 | 4-6 | TH-SA | Jan 2-Jan 4 | 10:00am-12:00pm | R\$65/NR\$85 |
| 120118B1 | 7-9 | TH-SA | Jan 2-Jan 4 | 12:30pm-2:30pm | R\$65/NR\$85 |



Indoor Soccer League

This traveling soccer league will play games against other surrounding communities, including Palos Park and Hickory Hills. The schedule of games and specific locations is to be determined and will be received by families prior to the season starting. Each child will receive a tee shirt, and participation award. Teams may not play during the holidays on selected dates. Each team will practice only once. Volunteer coaches will be needed to guide and encourage the teams. Registration deadline is October 12.

| <u>Activity</u> | <u>Day/Date</u> | <u>Time</u> | <u>Age</u> | <u>Fee</u> | | | |
|-----------------|--------------------|-------------|---------------|---------------|--|--|--|
| 110106A1 | Sun/Nov 10-Dec 22 | 12-6pm | 4-5 yr old | R\$39/NR/\$59 | | | |
| 120106A1 | Sun/ Nov 10-Dec 22 | 12-6pm | 1st-2nd grade | R\$39/NR\$59 | | | |
| 120107A1 | Sun/ Nov 10-Dec 22 | 12-6pm | 3rd-4th grade | R\$39/NR\$59 | | | |
| Min/Max: 10/60 | | | | | | | |

Winter Basketball League

Our youth basketball league, in conjunction with Palos Park Recreation Department and Worth Park District, will emphasize play while developing skills. Team practices are held once a week, Tuesday-Friday. Fee includes a t-shirt uniform, participation award, facility rentals, officials, and scorekeepers. There will be a \$20 charge for participants that drop along with any costs of the uniform. Players will have one practice and one game per week while learning the value of teamwork.



Player evaluations will be conducted by coaches on Saturday November 30 and Sunday, December 1. In an effort to better form teams, players are strongly encouraged to attend their grade level evaluation time. **1st-2nd grade league will not hold evaluations.** Volunteer coaches will be needed for this league and only sibling requests are taken for same team. **Coaches need to register before November 22.** Coaches will be expected to participate in the player evaluations; coaches will evaluate players and also draft their teams. There will be a coaches meeting prior to the start of the season.

<u>Time</u>: Game hours vary from 9:00 am to 6:00 pm

Day/Date: Sat/Jan 18-March 15

Cost: R5th-8th Grade R\$100/NR\$120 if registered by Dec 2 – R\$140/NR\$160 after Dec 2 1st-4th Grade R\$95/NR\$115 if registered by Dec 2 – R\$135/NR\$155 after Dec 2

| Boys Bask | etball League | Girls Basket | Girls Basketball League | | |
|------------------|---------------------------|---------------------|---------------------------|--|--|
| Activity | Grade | Activity | Grade | | |
| 120110A1 | 1st – 2nd | 440120A1 | 1st - 2nd | | |
| 120111A1 | 3rd – 4th | 440121A1 | 3rd – 4th | | |
| 120112A1 | 5th – 6th | 440122A1 | 5th – 6th | | |
| 120113A1 | 7th – 8th | 440123A1 | 7th – 8th | | |
| 120110B1 | 1st – 2nd Volunteer coach | 440120B1 | 1st – 2nd Volunteer coach | | |
| 120111B1 | 3rd – 4th Volunteer coach | 440121B1 | 3rd – 4th Volunteer coach | | |
| 120112B1 | 5th – 6th Volunteer coach | 440122B1 | 5th – 6th Volunteer coach | | |
| 120113B1 | 7th – 8th Volunteer coach | 440123B1 | 7th – 8th Volunteer coach | | |
| | | | | | |

^{*} There will be a \$20 charge for participants that drop or register for this program once the draft has been completed.*

Challenge Tennis Academy

The Palos Heights Parks & Recreation Department welcomes Challenge Tennis Academy of Lockport to run indoor youth tennis lessons this winter. The tennis pros of Challenge Tennis Academy are certified and teach tennis year-round to all skill levels and ages. Please feel free to contact Challenge Tennis Academy at 815-838-3621 with any program questions. tennis lessons will meet at Community Park.

Quick Start Tennis Levels 1-2

Ages 5-12 years

The program utilizes smaller courts, lighter balls and shorter nets for younger players to learn tennis easier and quicker just as other sports use different equipment and supplies given the ages of the participants. This program was created by the USTA and all the instructors are highly trained in the new format.



Ages 5-10 years

Players at this level will focus on simple fundamentals including holding the racquet, stance, rallies and volleys. This class is a great introduction to tennis and will offer players with some experience the chance to practice year round.

| <u>ACTIVITY</u> | <u>Day</u> | <u>Date</u> | <u>rime</u> | <u> </u> |
|-----------------|------------|---------------|-------------|--------------|
| 120100A1 | M | Sep 16- Oct 7 | 4:30-5:30pm | R\$50/NR\$70 |



Quick Start Level 2

Ages 8-12 years

Players at this level can hit a forehand and backhand consistently and are starting to play points. This class is great for a more experienced player who is looking to advance their skills from good to great.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|-------------|--------------|
| 120101A1 | M | Sep 16- Oct | 5:30-6:30pm | R\$50/NR\$70 |

Tae Kwon Do

Introduction to Tae Kwon Do

Ages 6-12 years

Learn fundamental techniques of the Korean art of Tae Kwon Do. Taught by T-USA's Master Instructor, this class introduces the student to introductory elements of Korean kicking and punching defense. The program also builds focus, concentration and discipline. Students will receive T-USA tee shirts and white belts. Make up classes available. Registration deadline is one week prior to the start of class. Classes taught at T-USA, 12041 S. Harlem.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|---------------|
| 120102A1 | M | Sep 9-Oct 28 | 4:00-4:50pm | R\$85/NR\$105 |
| 120102B1 | M | Nov 4-Dec 16 | 4:00-4:50pm | R\$85/NR\$105 |
| 120102A2 | W | Sep 11-Oct 30 | 4:00-4:50pm | R\$85/NR\$105 |
| 120102B2 | W | Nov 6-Dec 18 | 4:00-4:50pm | R\$85/NR\$105 |
| 120102C1 | TU | Sep 10-Oct 29 | 4:50-5:40pm | R\$85/NR\$105 |
| 120102C2 | TU | Nov 5-Dec 17 | 4:50-5:40pm | R\$85/NR\$105 |

Tae Kwon Do Extension Class

Ages 5-11 years

Enjoy all the benefits of T-USA's Tae Kwon Do program in this new time slot. This class will build off the introduction class. Classes taught at T-USA, 12041 S. Harlem.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|---------------|
| 120103A1 | M | Sep 9-Oct 28 | 6:15-7:10pm | R\$85/NR\$105 |
| 120103B1 | M | Nov 4-Dec 16 | 6:15-7:10pm | R\$85/NR\$105 |
| 120103A2 | TH | Sep 12-Nov 7 | 6:30-7:20pm | R\$85/NR\$105 |
| 120103B2 | TH | Nov 14-Dec 19 | 6:30-7:20pm | R\$85/NR\$105 |
| 120103C1 | F | Sep 13-Nov 1 | 6:15-7:10pm | R\$85/NR\$105 |
| 120103C2 | F | Nov 8-Dec 20 | 6:15-7:10pm | R\$85/NR\$105 |

Tiny Tots Tae Kwon Do

Ages 3-5

Give your preschooler a head start in the fun class which incorporates the benefits of martial art; focus, discipline, and confidence. Children will learn to follow directions, work together with others, and how to exercise while playing games. Students should wear comfortable clothing.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|--------------|
| 110105A1 | TU | Sep 10-Oct 15 | 1:30-2:10pm | R\$69/NR\$89 |
| 110105B1 | TU | Nov 5-Dec 10 | 1:30-2:10pm | R\$69/NR\$89 |

Tumbling

Tumbling is a great athletic activity for boys and girls who are always on the move! The Recreation Department's primary considerations for this program are sound mechanical principles, innovative instructional techniques, enthusiastic leadership, and the safety and well-being of all participants. Children receive basic instruction in a progressive manner.

SUGGESTED ATTIRE: Girls should wear leotards (no tights) or tee shirts and athletic shorts with hair neatly secured back. Boys should wear tee shirts and athletic shorts. All children will participate in their bare feet. Please, no jeans.

PARENTS PLEASE NOTE: For all levels, children must complete one full year (2 complete sessions) of a level before advancing to the next age appropriate level. If you are new to the program and/or are unsure which level to start your child at, call Joe Smith (361-1807) for more information.

Registration deadline is one week prior to the start of class.

Little Stars/Pre-Tumbling

Ages 3-4 years

Over, under, backwards & down...children will experience adventure in every class! This level is designed to introduce boys and girls to the wonderful world of tumbling at the preschool level. The emphasis is on the development of gross motor skills, coordination, self confidence and listening skills. Children must be the correct age by the first day of the program and attend class without parents.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|--------------|
| 111000A1 | TH | Sep 19-Oct 24 | 4:30-5:15pm | R\$56/NR\$76 |
| 111000B1 | TH | Nov 7-Dec 19 | 4:30-5:15pm | R\$56/NR\$76 |

Rising Stars/Tumbling I

Ages 4-6 years

In this beginner class, youngsters will learn monkey crab and seal walks, log forward, backward, straddle rolls, bridges, cartwheels, head and handstands, and the splits.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|--------------|
| 121000A1 | TH | Sep 19-Oct 24 | 5:25-6:10pm | R\$56/NR\$76 |
| 121000A2 | TH | Sep 19-Oct 24 | 6:20-7:05pm | R\$56/NR\$76 |
| 121000B1 | TH | Nov 7-Dec 19 | 5:25-6:10pm | R\$56/NR\$76 |
| 121000B2 | TH | Nov 7-Dec 19 | 6:20-7:05pm | R\$56/NR\$76 |

Shooting Stars/Tumbling II

Ages 6-12 years

Children must have successfully mastered the skills in Rising Stars. Participants at this level will concentrate on left, right, one handed and running cartwheels, round-offs, dive rolls, forward and backward limbers, backbends, front and back walkovers, head and handsprings, and the splits.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|--------------|
| 121001A1 | TH | Sep 19-Oct 24 | 7:15-8:00pm | R\$56/NR\$76 |
| 121000B1 | TH | Nov 7-Dec 19 | 7:15-8:00pm | R\$56/NR\$76 |

Tumbling for Teens

This class is designed for teens with students of the same age. Each student will work on technique and skills for their appropriate level and experience as determined by instructor.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|--------------|
| 131000A1 | TH | Sep 19-Oct 24 | 8:10-8:55pm | R\$56/NR\$76 |
| 131000B1 | TH | Nov 7-Dec 19 | 8:10-8:55pm | R\$56/NR\$76 |







Come to the Recreation Center and get down with DJ Stevie D from Operation Getdown Productions and your friends as you listen to your favorite tunes. Drinks and snacks will be available for purchase. All participants must be registered by a parent/guardian in order to attend and will be required to sign a "good behavior" contract at the time of registration. No refunds or transfers for this event. Students will not be able to leave once they have entered the dance unless picked up by a parent/guardian.

| Activity | <u>Age</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|---------------|------------|-------------|--------------|---------------------------------|
| 131300A1 | 6th-8th grade | F | Sep 6 | 7:30-9:30 pm | \$3 in advance/\$5 day of dance |
| 131300B1 | 6th-8th grade | F | Oct 4 | 7:30-9:30 pm | \$3 in advance/\$5 day of dance |
| 131300C1 | 6th-8th grade | F | Nov 1 | 7:30-9:30 pm | \$3 in advance/\$5 day of dance |
| 131300D1 | 6th-8th grade | F | Dec 6 | 7:30-9:30 pm | \$3 in advance/\$5 day of dance |



The Palos Heights Teen Center was developed in December 2009 by local Junior High and High School students. All 6th-9th graders are invited to hang out in the Teen Center. Our room is always supervised by our Teen Center Staff.

Purchase your TEEN CENTER CARD today!

6th-9th graders can be members of the Teen Center for only \$30 per year! Members also are able to sign up for Junior High Mixers without a parent or guardian. Memberships are good for the 2013-2014 School Year and can be purchased anytime at the Palos Heights Recreation Center.

Teen Center Membership \$30.00

Don't have a membership?

Drop Ins are also welcome at the Teen Center for just \$1 per day!

The Teen Center is open Monday-Friday 2:45-6pm.

(The Teen Center closes for school days off, half days, winter breaks and summer breaks and holidays.)

Drop
by the Teen
Center to play Wii,
Guitar Band, XBOX Elite, Air
Hockey, watch movies or TV or
just hang out with friends!





18 years and up

Learn the basics of water media painting from the very talented Graydon Cafarella. Landscapes will be the primary focus for both beginner and intermediate students as you paint along with the instructor while he demonstrates mixing color, basic design, understanding of perspective and more. A class supply list is available at the counter at the time of registration. Registration deadline is one week prior to the start of the class.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> | Senior Fees |
|-----------------|------------|---------------|-------------|--------------|----------------|
| 140400A1 | F | Sep 20-Oct 25 | 1:30-3:30pm | R\$49/NR\$67 | SR\$40/SNR\$58 |
| 140400B1 | F | Nov 8-Dec 20 | 1:30-3:30pm | R\$49/NR\$67 | SR\$40/SNR\$58 |

AARP Driver Safety Program

55 years and up

This course is the first and most recognized comprehensive course designed especially for the older driver. It takes into consideration physical changes and advances in educational curriculum which enables drivers to compensate for those changes. Those drivers who successfully complete this course will receive a certificate which may qualify them for a discount on their auto insurance premium. Please bring a current driver's license. Registration deadline is one week prior to the start of class.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | AARP Member | Non-Member |
|-----------------|------------|-------------|-----------------|--------------------|------------|
| 140700A1 | W-TH | Nov 13-14 | 9:00 am-1:00 pm | \$12 | \$14 |

Spanish for Adults

Have you always wanted to learn a foreign language? Are you planning a vacation to a Spanish-speaking country? Do you want to jump-start your career? In this relaxed, small-class environment you will learn Spanish conversation, grammar and phonetics. Taught by Language in Action, Inc. instructor.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> | |
|--------------------|------------|-----------------|-------------|--------------|--|
| 140701A1 | Tu | Sep 17- Oct 22 | 7:00-8:00pm | R\$75/NR\$95 | |
| 140701B1 | Tu | *Oct 29- Dec 10 | 7:00-8:00pm | R\$75/NR\$95 | |
| *No class Nov 26th | | | | | |

Drop in Bridge - Mondays & Thursdays

Ages 18 years & up

Come engage with others as questions regarding bidding and play will be covered in an informal setting. This is a great way to get back into play with others who share the love of the game. Class Instructed by Jim Vrabel.

DayDateTimeM & THAug-Dec1:00-3:00pm*\$5 payable to the front desk

Intermediate Bidding

Ages 18 years & up

This class picks up where bidding ends. A review of basic bidding is followed by an introduction to new bidding techniques and also new conventions. A review of artificial bids is followed by an introduction to a detailed description of bids which are not based on the suit which was bid, but on a special meaning. Reverses, cue bids, new suit forcing, up the ladder bidding, how to force with strong hands will also be covered. Class instructed by Jim Vrabel.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> | Senior Fees |
|-----------------|------------|---------------|---------------|--------------|----------------|
| 140900A1 | W | Sep 18-Oct 23 | 10:00-12:00pm | R\$60/NR\$80 | SR\$51/SNR\$70 |

Recreational

Ages 18 years & up
Tired of spending \$50 to go to the
movies or have a day of fun? Well
come to the recreation center to learn
some classic games! We will be learning everything from backgammon to
cribbage and even Hollywood gin!
Come learn to play these games and
much much more! Class instructed by
Jim Vrabel.

Activity 140901A1
Day TH

Date Son 13 Nov

 Date
 Sep 12-Nov 14

 Time
 10:00am-12:00pm

 Fee
 R\$40/NR\$60

 SR\$31/SNR\$50

Palos Heights Disc Golf Course at Community Park Now Open

Dog Classes

Instructed by Dog Gone Good Dog Training Inc Requirements for all dog classes excluding seminars:

Dogs must be dog and people friendly and at least 14 weeks of age. Dogs must be healthy and free of contagious illnesses. Female dogs must not be in heat. In addition, all dogs must be up to date on DHPP, RABIES, and BORDATELLA vaccinations. Dogs must have also had a NEGATIVE fecal test within six months prior to the start date of class. Official documentation showing dog meets these requirements is due prior to the start of the first class. Please do not bring the "Puppy Passport" or similar logs. We need a COPY of computer printout/receipt from your dog's veterinarian, breeder, or rescue organization to be RETAINED FOR OUR RECORDS. Documentation should identify you (name, address, etc.) and your dog (breed, age, etc.). All handlers must be 18 years or older. Mature children of ages 10 & up may participate at instructor's discretion but must be accompanied by an adult at all times.

Basic Dog Training and House Manners-NEW!

This class curriculum includes training your dog to sit, lie down, come, watch me, stay (even with distractions), leave it (off-limit items), drop it, heel/leash walking, go to your spot, and greeting behavior. This class also includes a two hour Doggie Dilemmas seminar that addresses playful nipping, destructive chewing, jumping, barking, begging, digging, fecal consumption, attention seeking behaviors, and more! See below for more information on this seminar.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|--------------|----------------|
| 150900A1 | SA | Sep 21-Nov 16 | 12:00-1:00pm | R\$195/NR\$215 |

^{*}First day of class on 9/21 meets without dogs for orientation.

Dog Tricks

You will learn how to teach your dog over 20 tricks in this class! Teaching our dogs a variety of tricks is not only a fun way to show our friends and family how smart our beloved pet is...it's also further obedience for our dogs. The more we teach our dogs the more capable they are of learning. If our dogs are challenged and mentally stimulated daily, they live happy, fulfilled lives and are less likely to find destructive ways to occupy themselves. Tricks include shake/give paw, roll over, crawl, retrieving, sit pretty/beg, wave hello, cross paws, speak, chase tail, take a bow, treats on paws, high 5, high 10, back up, and more! Registration deadline is one week prior to start of class.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|-------------|----------------|
| 150901A1 | SA | Oct 12-Nov 16 | 1:15-2:15pm | R\$110/NR\$130 |
| *First day of a | | | | |

First day of classes on 10/12 meets without dogs for orientation.

Do you have DOGGIE DILEMMAS?

If so, then this is the class for you. This class will teach canine theory (how dogs think and learn) and behavior modification techniques for potty training, playful nipping, destructive chewing, jumping, barking, begging, digging, fecal consumption, and attention seeking behaviors. It does not matter how old your dog is...if you have these dilemmas, this class can help. Please do not bring your canine friends. This is a seminar for people to learn the proper techniques to use at home. Dogs will not be allowed in class.

Activity Day **Date** <u>Time</u>

150902A1 Sep 28 12:00-2:00pm R\$25/NR\$37 per person

Take Control of Your Paper!

18 years and up

Do you wonder what papers to keep? For how long? Can you find what you need when you need it? Take home tips and suggestions on what to keep, what to shred, what to save and how to save it.

Activity 140902A1

Day TU Oct 29 Date Time 7:00-8:30pm Fee R\$15/NR\$22

An Organized Family!

18 years and up Help your kids establish skills now that will help them at home, in school and the rest of their lives. Your own world will run more smoothly after we discuss age appropriate home responsibilities, and the whole family will benefit by learning how to use resources like time and money efficiently and effectively.

Activity 140903A1

Day TU <u>Date</u> Sep 17 Time 7:00-8:30pm Fee R\$15/NR\$22

Clear the Clutter

18 years and up Improve your life by getting the most from your stuff. Recognize and Eliminate Clutter, then Maximize Your Stuff. Save time and money, and regain control of your home.

Activity 140904A1

Day TH Date Oct 10 Time 7:00-8:30pm R\$15/NR\$22 <u>Fee</u>

^{**}Class on 9/28 is the Doggie Dilemmas seminar and meets from 12:00-2:00pm without dogs.

The Mom Pom Squad!



Do you miss the old high school days of practicing and performing with the pom pon squad? Wish you could still do something like that? Well now you can! "The Mom Pom Squad" is a fun, noncompetitive performance group for women 25+ that still want to dance and perform at local sporting events. Led by former Tinley Park High School pom pon squad (1988-1991) member Angie Pope, we will meet once a week to put together short dance routines to some fun tunes! The idea is to perform at local events as they arise, such as local kids' sporting events. This is meant to be a fun outlet for us adult women to create and perform like the old days!

| <u>Activity</u> | 140500A1 | 140500B1 |
|-----------------|--------------|--------------|
| <u>Day</u> | M | M |
| <u>Date</u> | Sep 9-Oct 14 | Nov 4-Dec 16 |
| <u>Time</u> | 7:00-8:30pm | 7:00-8:30pm |
| <u>Fee</u> | R\$45/NR\$65 | R\$45/NR\$65 |

PALOS HEIGHTS SENIORS

The Palos Heights Senior Citizen's Club meets at Morraine Valley Church located at 6300 W. 127th St. in Palos Heights.

Meetings are held on the second Wednesday of every month from 1– 3pm. Guest speakers, movies and monthly trips are only a part of the club's function.

Anyone 55 years of age or older with a Palos Heights mailing address is welcome. For more information or if you are interested in becoming a member please call Edna Craig at 448-7498.

Beginning Ballroom

16 years and up

Have you always wanted to learn how to ballroom dance? Enjoy the basics of ballroom dance as you learn the elegant waltz, smooth fox trot, fiery tango, swing, latin, cha cha, and romantic rumba. Learn how to dance effortlessly for your wedding, anniversary or any occasion. Class taught by John and Maria Bell.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> | Senior Fee |
|-----------------|------------|---------------|--------------|--------------|-----------------|
| 140501A1 | M | Sep 16-Oct 28 | 6:30-8:00 pm | R\$39/NR\$58 | SR\$34/SRNR\$53 |
| 140501B1 | M | Nov 5-Dec 17 | 6:30-8:00 pm | R\$39/NR\$58 | SR\$34/SRNR\$53 |

Intermediate Ballroom

16 years and up

Let's kick it up a notch and really shine on the dance floor. In this class you will learn proper tone, balance, timing and syncopation. Before long, you will be able to create your very own unique and distinctive patterns as you learn more advanced steps doing the waltz, fox trot, cha cha, tango, rumba and swing. Our very own John and Maria Bell will explain, demonstrate and encourage you every step of the way!

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> | Senior Fee |
|-----------------|------------|---------------|--------------|--------------|-----------------|
| 140502A1 | M | Sep 16-Oct 28 | 8:00-9:30pm | R\$39/NR\$58 | SR\$34/SRNR\$53 |
| 140502B1 | M | Nov 5-Dec 17 | 8:00 -9:30pm | R\$39/NR\$58 | SR\$34/SRNR\$53 |

Ballet, Stretch and Tap

Ages 18 years & up

Ballet positions, barre stretching, warm-up and cool down are spent for the first half hour to improve flexibility and muscle tone. Then for the second half hour we will learn tap dancing at a slower pace. This class is great for beginner adults or those who have had a session of dance. Comfortable clothing and ballet shoes are required as well as tap shoes. Class Instructed by Cherie Bennett.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> | Senior Fee |
|-----------------|------------|--------------|-------------|--------------|----------------|
| 140503A1 | M | Sep 9-Oct 28 | 4:00-5:00pm | R\$63/NR\$83 | SR\$48/SNR\$68 |

Adult Tap

Ages 18 years & up

The first 15 minutes of this class will be spent by the ballet barre with tap combination warm-ups. Then we will move to the center floor to work on a dance routine. Each week we will try to cover at least 3 new steps and/or combinations of tap movements across the floor. At least one full session of dance experience is required. Dress in comfortable clothing. Tap shoes are required. Please bring a notebook and pen to class. Class Instructed by Cherie Bennett.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> | <u>Senior Fee</u> |
|-----------------|------------|--------------|-------------|--------------|-------------------|
| 140504A1 | M | Sep 9-Oct 28 | 5:00-6:00 | R\$63/NR\$83 | SR\$48/SNR\$68 |

Adult Jazz

18 years & up

This class begins with a warm-up of exercises and movements across the dance floor. Then we learn jazz technique and choreographed dances to popular music. No experience necessary to join in on the floor in this class. Comfortable clothing like yoga pants required. Registration deadline is one week prior to the start of class. Class Instructed by Cherie Bennett.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> | Senior Fee |
|-----------------|------------|--------------|-------------|--------------|----------------|
| 140505A1 | M | Sen 9-Oct 28 | 6:00-7:00pm | R\$63/NR\$83 | SR\$48/SNR\$68 |

Adult Programs | Athletics

Self Protection and Personal Safety Workshops for College Bound Women and High School Students

Age 14 years and up

Empower your daughter with the essential skills she needs to stay safe! Classes will build on the basics of physical self-defense and teach hands on techniques or distraction and escape from a predator Participants should wear comfortable clothing and bring a hoodie or sweatshirt. Instructor Mary Beth Toussaint and staff. Registration deadline is one week prior to the start of class.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|--------------|-------------|--------------|
| 140702A1 | TU | Sep 3-Sep 24 | 6:30-7:45pm | R\$55/NR\$75 |
| 140702B1 | TU | Nov 5-Nov 26 | 6:30-7:45pm | R\$55/NR\$75 |

For Women Only! Martial Arts and Music

Age 14 years and up

T-USA's instructors have a special class for the woman who is looking for an exciting blend of exercise, self-defense and music! Perfect for women of all ages. No experience is necessary. A great new workout! Instructor Dawn Silic.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> | |
|-----------------|------------|---------------|-------------|--------------|--------------|
| 140800A1 | M | Sep 9-Oct 28 | | 7:45-8:45pm | R\$79/NR\$99 |
| 140800B1 | M | Nov 4-Dec 16 | 7:45-8:45pm | R\$79/NR\$99 | |
| 140800A2 | W | Sep 11-Oct 30 | 7:45-8:45pm | R\$79/NR\$99 | |
| 140800B2 | W | Nov 6-Dec 18 | 7:45-8:45pm | R\$79/NR\$99 | |

Martial Arts for Teens and Adults

Ages 14 and up

Learn the Korean Martial Arts of Tae Kwon Do or Hapkido with the finest Master Instructors from T-USA Martial Arts. In this introductory program you will see the benefits in martial art physical fitness, self-defense, stress reduction and improved confidence. Introductory programs run 2 classes per week for maximum results! 16 classes per session. Make up classes available.

Time

Fee

Tae Kwon Do Activity Day

| | _ | | | |
|-----------------|------------|---------------|-------------|----------------|
| 140703A1 | M&W | Sep 9-Oct 30 | 7:30-8:30pm | R\$120/NR\$140 |
| 140703B1 | M&W | Nov 4-Dec 18 | 7:30-8:30pm | R\$120/NR\$140 |
| Hapkido | | | | |
| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
| 140704A1 | T&TH | Sep 10-Oct 31 | 6:30-7:30pm | R\$120/NR\$140 |

Women's Open Volleyball

18 years & older

Join your friends and meet new ones on Friday mornings for some pickup volley-ball. Because there is only one court, we have set a limit of 14 each week. Sign in at the front desk and pay fee.

DayTimeFeeEvery Friday9:15-11:30am\$4 per person

Date

Open Pickle Ball

18 years and up

Join your friends and meet new ones on Monday and Wednesday mornings for some pickup pickle ball. We have one court and all the equipment needed to learn and play this growing sport!

<u>Day</u> <u>Time</u> <u>Fee</u>

M&W 9:00-11:00am \$4 per person



Men's 16" Softball Fall League

18 years & older

League play will consist of an 8 game schedule with a season-end playoff tournament. All teams will make single elimination playoff tournament. Cash prizes will be awarded to regular season and tournament champions. Rosters are limited to 18 players.

Mandatory Captain's Meeting prior to start up. Games are played at Community Park (76 Ave & Route 83). Register early to secure a spot for your team!

 Activity
 141100A1

 Day
 TH

 Date
 Aug 8

 Time
 6:00-10:00pm

 Fee
 \$515 per team

Co-Ed Beach Volleyball

18 years & older

Bump, set, spike at the new sand volleyball court in Community Park. Get your team of up 10 players ready for this new fast paced league. Teams will play between 6 games depending on league registration. Rally scoring will be used and each team with play 1-2 matches when scheduled that will consist of 3 sets to 21. Teams must have at least 50% females playing on court per game. Prize money will be awarded based on league registration.

Activity 141102A1 Day W

Date Sep 4

 Time
 6:15-7:15pm

 Fee
 \$285 per team





Bishop Hill Illinois

Step back in time as we explore Bishop Hill, Illinois. This Utopian religious community was founded by Swedish immigrant Erik Jansen was established in 1845. We will tour the historic buildings and church, visit museums dedicated to the preservation of this pre-Civil War town and more. Lunch is on your own at one of several restaurants featuring Swedish and American delicious. Time to shop the quaint stores, bakeries and artesian shops before we head home is planned. Location - Bishop Hill, Illinois

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|----------------|------------|
| 141500A1 | W | Sep 25 | 8:00am-6:00 pm | \$65 |

Ghost Tour of Naperville

This unique tour has been called the creepiest tour in Chicagoland, prepare to be scared! This year's tour is called "Grand Deceptions": and you will be amazed as guide Kevin Frantz will leave you in awe as he presents the true and historically accurate tales of Naperville's most terrifying haunts. In addition, during this award-winning tour, Kevin will show you actual full-body apparition photos of many of the spirits being talked about! This tour will be a walking tour unless inclement weather prohibits us from venturing outside. If the weather does not cooperate, we will enjoy a tour of haunted locations in and around Naperville with several off-the-bus stops included! Make sure and bring your camera, you might just capture a spirit on film! Location - Naperville, Illinois

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|---------------|------------|
| 141501A1 | SA | Oct 5 | 7:00-11:00 pm | \$60 |

Fall Foliage and Musical Cruise

Spend a day rolling along the Mississippi River on the largest non-gaming luxury river boat on the upper Mississippi! The boat departs from Moline at 11:00 a.m. for a beautiful and relaxing four-hour cruise. Price includes homemade sticky rolls, delicious lunch buffet and an afternoon snack. While we cruise along we will be treated to the sounds of the 30's, 40's and 50's on one of three air-conditioned decks. The boat also has two open air decks complete with lounge chairs to take in the spectacular fall colors. Location - Moline, Illinois. Please register by September 21.

| Activity | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|----------------|------------|
| 141502A1 | TH | Oct 24 | 7:15am-6:00 pm | \$90 |

Apple Holler--Baking on the Farm

Get ready for an exciting, hands-on and tasty day of fun! We will begin with a tour of Larsen's Swedish Bakery in Racine making Kringle for over 40 years. Make sure and stock up for the holidays. We then venture to Apple Holler where we will enjoy a guided tour of the farm, wagon ride through the orchards, enjoy a wine and cheese sampling, amazing farm lunch, dessert and even bake out very own loaf of bread to take home! Visit the bakery, farm store and gift shops and take home some treasures of your very own. That's not all, on our home we will tour the Jelly Belly Warehouse, sample Jelly Belly's and shop the outlet store! Location - Sturtevant, Wisconsin

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|---------------|------------|
| 141503A1 | W | Nov 20 | 8:00am-5:00pm | \$85 |



Adult | Trips



Join our group as we experience the different flavors the Chicagoland area has to offer. Fee includes transportation only and may be by bus, van or car depending on the number of people enrolled.

Time: 10:30-2:30pm **Age:** 18 years & older

Cost: \$10 **Min/Max:** 8/14

Register by: One week prior

to trip

The Department

www. the department joliet.com

Thursday September 12

Activity 141504A1

At The Department, it is our goal to create an experience that will leave each guest looking forward to their next visit. Dishes like rosemary rubbed pork loin with garlic and basil mashed potatoes, beef tenderloin in a mushroom and black peppercorn sauce with fresh sautéed lemon spinach, shrimp tacos, jumbo seared sea scallops served over polenta and our famous Cajun rib eye are all mouth watering customer favorites. The atmosphere of the dining room and 2nd story is sleek, hip, and stylish boasting massive brick walls, white table clothes, fireplaces, hardwood floors and glistening chandeliers. Service is unmatched and completes the experience of dining at The Department. In closing, we look forward to making your lunch one you will not soon forget. Location - Joliet

Chicago Brauhauswww.pappwww.chicagobrauhaus.com Thursday October 10

Activity 141505A1

For over 40 years we have been serving up good cheer in Chicago's Lincoln Square Neighborhood. We offer a friendly Bavarian atmosphere where friends and family of all ages can enjoy a good meal, a stein of cold beer and dance along to the sounds of the world famous Brauhaus Trio. It is always Oktoberfest at the Chicago Brauhaus. We hope to see you soon! Location - Chicago

Earth and Ocean

www.eofoodanddrink.com

Thursday November 14

Activity 141507A1

The relationship between soil and water sustains life. Earth and Ocean (e+o) food and drink is a lifestyle-inspired restaurant. Through our cuisine, hospitality, and decor, we will cultivate an enduring relationship with each guest and surrounding communities. Our food philosophy embodies the principles of wholesome and organic products, hand crafted ingredients and a "from scratch" preparation mentality, the natural harmony of "earth and ocean" is the foundation of e+o food and drink. Location – Mount Prospect

Public Landing

www.publiclandingrestaurant.com

Thursday December 12

Activity 141506A1

Step inside and experience 200 years of the historical beauty of our 22 inch thick limestone walls and original hand hewn beams. The Public Landing Restaurant is housed in the historic Gaylord Building which was built in 1838. This building played a vital role in one of the great enterprises of the 19th century: the digging of the 96-mile-long Illinois & Michigan Canal. Our scratch kitchen creates house specialties such as Sesame Seared Ahi Tuna, Gourmet 10oz. Burgers, Deli Style over-sized Corned Beef Sandwiches, Aged Black Angus Steaks, Fresh Seafood, Homemade Pasta and more! Complete your meal with one of our Signature desserts, including Homemade Caramelized Baskets, Chocolate Mousse and Bread Pudding. Location - Lockport

Components of Of Fitness

How do we know when we are "strong" or "physically fit?" Definitions and performance standards of physical fitness vary. However, most experts agree that the five basic components of fitness are:

1. Cardio-respiratory Endurance

The ability to do moderately strenuous activity over a period of time. It reflects how well your heart and lungs work together to supply oxygen to your body during exertion and exercise. Also called aerobic fitness.

2. Muscular Endurance

The ability to hold a particular position for a sustained period of time or repeat a movement many times. This could be the capability required to hold a two-pound weight above your head for five minutes or the effort required to lift that weight 20 consecutive times.

3. Muscular Strength

The ability to exert maximum force, such as lifting the heaviest weight you can budge, one time. It is possible to have muscular strength in one area, say your arms, while lacking strength in another area such as your legs.

4. Flexibility

The ability to move a joint through its full range of motion; the elasticity of the muscle. This is how limber you are.

5. Body Composition

The proportion of fat in your body compared to your bone and muscle. It does not refer to your weight in pounds or your "figure-type."



8 8 8 8

Circle Fitness

Welcome! CIRCLE FITNESS is here to Rock Your World; mind, body and spirit. Our instructors and programs are here to help you discover your personal best.

Summer Fitness Calendar

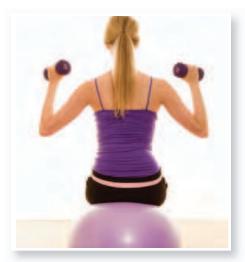
Session I

Sep 16-Nov 2 (7 weeks)

Session II:

Nov 4-Dec 21 (7 weeks) **No class Thursday November 28**

Punch Cards Good for Entire 14 Week Session



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|---|---|------------------------------------|------------------------------------|-------------------------------------|
| | 5:45-6:45am Indoor Cycle | 5:45-6:45am Strength with Overtis | 5:45-6:45am Indoor Cycle | 5:45-6:45am Indoor Cycle | 7:30-8:30am Indoor Cycle |
| | 9:00-10:00am Pilates | 9:00-10:00am Fit for Life | | 9:00-10:00am Yoga 101 | 9:00-10:00am Weekend Workout |
| 9:15-10:15am Hi/Low Aerobic | 9:00-10:00am Healthy Back and Knees | 9:15-10:15am Hi/Low Aerobics | 9:00-10:00am Pilates | 9:15-10:15am Zumba | 10:15-11:15am <mark>Zumba</mark> |
| 10:30-11:30am Forever Fit | 10:00-11:00am Zumba Gold | 10:30-11:30am Forever Fit | | 10:00-11:00am Zumba Gold | |
| | 2:30-4:00pm Yoga-Lake Katherine | | 4:00-4:45pm 4 O'clock Fitness | 10:15-11:15am Total Body Blast | |
| 5:00-6:00pm Get Fit | 4:00-4:45pm 4 O'clock Fitness | 5:00-6:00pm Get Fit | 4:55-5:55pm Get Toned | | |
| | 5:30-6:30pm Indoor Cycle | 6:30-7:30pm Indoor Cycle | 6:00-7:30pm Yoga-Lake Katherine | | |
| 7:00-8:00pm Fitness Yoga | 6:00-7:30pm Yoga-Lake Katherine | | 6:00-7:00pm Tai Chi | | |
| | 7:00-8:00pm Zumba | | 7:00-8:00pm Zumba | | |
| | Palos | Haights Circle | Fitness Instru | ctors: | |

Palos Heights Circle Fitness Instructors:

Coordinator: Joyce Schaeffer

Trudy Walta • Diana Ryan • Nancy Segal • Kim Stysma • Brittany Thomas • Penny Siwinsk Sue Howe • Overtis Jackson • KT O'Loughin • Janine Simonetta • Julia Paetow

Punch Cards

Punch cards give you the flexibility in attending fitness classes. We have upgraded the pass by giving you more punch options and a longer use time. Punch cards are good for the entire sessions listed above and are sold in 5, 10 or 20 punches. Punch cards are color coded and expire at the end of the session. We are not responsible for lost cards. They are valid for all fitness classes except for Yoga at Lake Katherine. Indoor Cycle, Tai Chi, Pilates, Hatha Yoga, and Yoga 101 are 1½ punches. There are NO REFUNDS on punch passes.

| <u>Activity</u> | <u>Punch</u> | <u>Fee</u> |
|-----------------|-------------------|----------------|
| 140801A1 | Drop In | R\$7/NR\$10 |
| 140801A2 | Specialty Drop in | R\$10/NR\$15 |
| 140801A3 | 5 Punch Pass | R\$30/NR\$45 |
| 140801A4 | 10 Punch Pass | R\$55/NR\$75 |
| 140801A5 | 20 Punch Pass | R\$100/NR\$120 |

Fitness Guidelines

- •All participants must be a minimum of 16 years (unless noted) and registered for the program
- •Mon-Wed classes not meeting their minimum will be cancelled on the Friday at the end of the 1st week

- Thu-Sat classes not meeting their minimum will be cancelled on the Monday at the beginning of the second week
- •There is a \$3.00 fee for anyone who requests a refund prior to the first class
- •No refunds or credits 48 hours after the first class
- •If the Recreation Department cancels a class, participants will receive a full refund or the option to transfer into another
- Ongoing programs that have a class cancellation will result in a household credit unless a refund is requested
- •No make-ups for classes due to participant absence

Rompin Room

Activity 121006A

Supervised unstructured childcare is available for participants in our programs listed with the NURSERY AVAILABLE icon for children between the ages of 6 months and 10 years. A reservation for your child must be made at least 48 hours in advance to ensure there will be an attendant on duty. The attendant will remain for 15 minutes past reservation start time and will leave if no children have arrived. The fee is \$3 for the 1st child and \$2.50 for each additional child in the same family per hour. A \$45 annual discount punch pass is available at the Recreation Center front desk.

Senior Fitness Pricing--New!

Anyone 60 years and up would qualify for the Senior Fitness Discount. The Senior Fitness Discount will be 15% off the Resident or Non-Resident fee (depending on where you live). Please let the staff know when registering that you are 60 years or above and they will be happy to apply the discount.

4 O'Clock Fitness

Who says there is no time for fitness? This afternoon class will energize you all the way into the night. Think of this as a whole body work out. Both high and low aerobic, abs, legs, arms and stretching will be incorporated. Carve some time out for you! Components 1 & 2

| <u>Activity</u> | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|---------------------------|
| 140802A1/B1 | TU | 4:00-4:45pm | R\$28/NR\$42 |
| 140802A2 | TH | 4:00-4:45pm | R\$28/NR\$42 |
| 140802B2 | TH | 4:00-4:45pm | R\$24/NR\$36 *Skip Nov 28 |
| Instructor | Trudy | Walta | |
| Min/Max | 7/18 | | |

Fit For Life

This class incorporates all body movements to insure flexibility and strength focusing on balance and endurance making you a stronger person with Mind, Body, and Soul. Keeping your body moving and your mind thinking with low impact movements.

| Activity | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|----------------|------------|--------------|--------------|
| 140803A1/B1 | W | 9:00-10:00am | R\$32/NR\$48 |
| Instructor Sug | HOWO | | |

<u>Instructor</u> Sue Howe Min/Max 9/18



Stress Relief Self Massage

Whether its celebrating kids' going back to school, or de-stressing the holidays everyone benefits from a massage. It can detox, stimulate digestion and metabolism, and give you an all over feeling of well being. Take time for improving your health, mentally, emotionally, and physically. We will work on foot reflexology, shoulders, and back.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|---------------|------------|
| 140804A1 | F | Sep 27 | 6:30-7:30pm | \$20.00 |
| 140804A2 | TH | Dec 12 | 10:30-11:30am | \$20.00 |
| Instructor | lovce 9 | Schaeffer | | |

Fitness Yoga

A blend of stretches, openers, postures, balance poses and yoga flow to actively encourage flexibility throughout the body. Please bring your yoga mat and strap. Component 4

| <u>Activity</u> | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|--------------|
| 140805A1/B1 | M | 7:00-8:00pm | R\$32/NR\$48 |

Instructor Joyce Schaeffer

Min/Max 9/18

Forever Fit

Build bones, work cardiovascular systems, work on balance, and strength in a friendly environment. Come with great workout shoes and a smile! Components 1 & 2

| <u>Activity</u> | <u>Day</u> | <u>Time</u> <u>F</u> | <u>ee</u> | | | |
|-----------------------------------|------------|----------------------|--------------|--|--|--|
| 140806A1/B1 | M | 10:30-11:30am | R\$32/NR\$48 | | | |
| 140806A2/B2 | W | 10:30-11:30am | R\$32/NR\$48 | | | |
| <u>Instructor</u> Joyce Schaeffer | | | | | | |
| Min/Max 9/18 | | | | | | |

Min/Max 7/18

Get Fit

Class combines cardio with strength training and rigorous abdominal toning. Free weights and step used every class. Resistance bands, tubes, medicine ball, big ball exercise, disks alternated weekly. Work at your own pace...great for beginners and seasoned work-out buffs. Components 1 & 2

| <u>Activity</u> | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|-----------------------|------------|-------------|--------------|
| 140807A1/B1 | M | 5:00-6:00pm | R\$32/NR\$48 |
| 140807A2/B2 | W | 5:00-6:00pm | R\$32/NR\$48 |
| <u>Instructor</u> Tru | dy Walt | ta | |

Get Toned

Strengthen and firm up muscles from head to toe...concentration on abs, glutes and arms. Add to the warm up and cool down stretches, a touch of cardio to burn calories. Each week, varied equipment is highlighted, from weights, to medicine balls to resistance bands and tubes, to big exercise balls and even the chair. This class is for you...work at your own pace. Components 2 & 5

| Activity | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|-------------------|------------|-------------|--------------------------|
| 140808A1 | TH | 4:55-5:55pm | R\$32/NR\$48 |
| 140808B1 | TH | 4:55-5:55pm | R\$28/NR\$42 *No Nov 28* |
| Instructor | Trudy \ | Walta | |
| Min/Max | 7/18 | | |

Healthy Back and Knees

This class will give you the opportunity to keep your body parts in good working order. Class focus is on keeping backs and knees flexible by strengthening your core, using proper posture and spine alignment.

Components 3 & 4

| Activity | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|-----------------------|------------|---------------|--------------|
| 140809A1/B1 | TU | 9:00-10:00 am | R\$32/NR\$48 |
| Instructor Kim | Stysma | а | |
| Min/Max 7/18 | 3 | | |

Hi/Lo Aerobics with Strength Training

Experience the fun in fitness as we get our whole body work-out in one hour's time. The first 45 minutes will be cardio, using stationary bikes, and medicine balls on Mondays. Wednesdays we will use stationary bikes and the step. The last 15 minutes we will pay special attention to ab work. Come with great workout shoes and get ready to sweat. Components 1 & 2

| <u>Activity</u> | <u>Day</u> | <u>Time</u> | <u>Fee</u> | | | |
|-----------------------------------|------------|--------------|--------------|--|--|--|
| 140810A1/B1 | M | 9:15-10:15am | R\$32/NR\$48 | | | |
| 140810A2/B2 | W | 9:15-10:15am | R\$32/NR\$48 | | | |
| <u>Instructor</u> Joyce Schaeffer | | | | | | |
| Min/Max 9/18 | 3 | | | | | |



Pilates (Specialty Class)

Pilates matwork takes core strength and stability to new levels. A classical approach to mind-body teachings that emphasize spine and pelvic alignment and the relationship to stability, strength, and mobility. Decompressing the spine. Experience

better posture today! Not recommended for expectant moms or individuals with osteoporosis. *Components 2 & 4*

| <u>Activity</u> | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|--------------|--------------------|
| 140811A1/B1 | M | 6:05-7:05pm | R\$42/NR\$62 |
| 140811A2/B2 | TU | 9:00-10:00am | R\$42/NR\$62 |
| 140811A3 | TH | 9:00-10:00am | R\$42/NR\$62 |
| 140811B3 | TH | 9:00-10:00am | R\$36/NR\$54 *Skip |
| Nov 28* | | | |

Instructor Joyce Schaeffer

Min/Max 10/17

Strength with Overtis

Some of the benefits for training early in the day. Mental focus, gives energy, jump starts metabolism, mental awareness, regulates appetite, not to mention, you will be looking good! Get your exercise in before most people wake up, and reap the benefits!

| <u>Activity</u> | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|-------------|--------------|
| 140812A1/B1 | W | 5:45-6:45am | R\$32/NR\$48 |

Instructor Overtis Jackson

Min/Max 9/18

Tai Chi (Specialty Class)

This is an ancient form of slow and continuous movement. We'll begin with Ch Kung; a series of exercises that enhance breathing and mental focus. Then we will experience Tai Chi Chuan, which increases your coordination, strenth, flexibility and endurance. Relieve your stress while achieving tranquility for perfect health. *Component 4*

| Activity | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|-------------------|------------|-------------|----------------------------|
| 140813A1 | TH | 6:00-7:00pm | R\$42/NR\$62 |
| 140813B1 | TH | 6:00-7:00pm | R\$36/NR\$54 *Skip Nov 28* |
| <u>Instructor</u> | Dian | ia Ryan | |
| Min/Max | 8/15 | 5 | |

Total Body Blast

A class perfect for all fitness levels. Concentrate on muscle work and body balance using weights, the stability ball and other forms of resistance to improve functional strength, gaining muscle mass to fire up your fat burning potential. *Components 2 & 5*

| <u>Activity</u> | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|------------------|------------|---------------|--------------|
| 140814A1/B1 | F | 10:15-11:15am | R\$32/NR\$48 |
| Instructor Kim S | Stysma | | |

Min/Max 9/18

Weekend Workout

Get energized for the weekend. Step and weights used in combination with resistance bands, tubes and balls. Always focus on abdominal toning. Warm up and cool down included. *Components 1 & 2*

| Activity | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|--------------|--------------|
| 140815A1/B1 | SA | 9:00-10:00am | R\$32/NR\$48 |
| Instructor Tru | ıdy Walta | | |
| Min/Max 9/1 | 18 | | |

Yoga at Lake Katherine (Punch cards not accepted)

Beginners or Pros can enjoy this class created so that any adult of any level of flexibility or fitness can begin to experience the many benefits of Yoga. Yoga nurtures a positive and balanced self image, promotes mental and physical calm and aids in concentration. Bring a mat, a towel and an attitude of "let's have fun". Class meets at the EG Simpson Clubhouse. *Component 4*

| <u>Activity</u> | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|----------------|----------------------------|
| 140816A1/B1 | TU | 2:30-4:00pm | R\$63/NR\$83 |
| 140816A2/B2 | TU | 6:00-7:30pm | R\$63/NR\$83 |
| 140816A3 | TH | 6:00-7:30pm | R\$63/NR\$83 |
| 140816B3 | TH | 6:00-7:00pm | R\$54/NR\$74 *Skip Nov 28* |
| Instructor Te | eache | rs' Yoga Group | |
| Min/Max 6 | /12 | | |

Indoor Cycle

(Specialty Class)

The good news about training indoors, you can maximize your training benefits while minimizing the amount of time required. In fact, the benefits of indoor training are so profound some top cyclists who have limited training time use them in their training programs year round. The calorie burn is can be greater than running. If you want to lose weight and get fit fast, this class is for you! Bring a towel and water you will be sweating! *Components 1 & 2*

| <u>Activity</u> | Day | <u>Time</u> | <u>Fee</u> | <u>Instructor</u> |
|-----------------|-----|-------------|--------------|-------------------|
| 140817A1/B1 | TU | 5:45-6:45pm | R\$42/NR\$62 | N. Segal |
| 140817A2/B2 | W | 6:30-7:30pm | R\$42/NR\$62 | P. Siwinsk |
| 140817A3 | TH | 5:45-6:45am | R\$42/NR\$62 | O. Jackson |
| 140817B3 | *TH | 5:45-6:45am | R\$36/NR\$54 | O. Jackson |
| 140817A4/B4 | F | 5:45-6:45am | R\$42/NR\$62 | N. Segal |
| 140817A5/B5 | SA | 7:30-8:30am | R\$42/NR\$62 | O. Jackson |
| *No Nov 28 | | | | |
| Min/Max 5/ | 10 | | | |

Yoga 101 (Specialty Class)

This class will provide a safe and peaceful environment for beginning and experienced students. We will practice basic yoga postures to improve our stability, flexibility, and balance while relaxing our whole body. Please bring a yoga mat, yoga strap, and towel. Come ready to restore your body from the inside out. Component 4

Activity <u>Day</u> **Time**

140818A1/B1 F 9:00-10:00am R\$49/NR\$69

Instructor K T O'Loughlin

Min/Max 9/18

🗃 Zumba

Ditch the workout, join the party! Zumba fuses hypnotic Latin rhythms and easy to follow moves to cre-Childcare available ate a dynamic fitness program that will blow you for Friaway. Our goal is simple: We want you to want to day AMwork out, and to love working out! Zumba enthusi-Class asts achieve long term benefits while experiencing Only! an absolute blast in one exhilarating hour of caloric-

burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Components 1 & 5

| Activity | <u>Day</u> | <u>Time</u> | <u>Fee</u> | <u>Instructor</u> |
|-----------------|------------|---------------|----------------|-------------------|
| 140819A1/B1 | TU | 7:00-8:00pm | R\$32/NR\$48 | Brittany |
| 140819A2/B2 | W | 7:30-8:30pm | R\$32/NR\$48 | Julia |
| 140819A3 | TH | 7:00-8:00pm | R\$32/NR\$48 | Brittany |
| 140819B3 | *TH | 7:00-8:00pm | R\$28/NR\$42 | Brittany |
| 140819A4/B4 | F | 9:00-10:00am | R\$32/NR\$48 | Brittany |
| 140819A5/B5 | SA | 10:15-11:15am | n R\$32/NR\$48 | Julia |
| *Skip Nov 28* | | | | |

Min/Max 7/18



Trade extra energy for extra

pounds. Come for cardio, weight training and good times burning calories instead of consuming them. Relieve stress and stay motivated during the holiday rush. No discounts or punch cards allowed for these classes. Registration deadline is December 6th.

| <u>Activity</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> | | | | |
|--|------------|-------------|--------------|------------|--|--|--|--|
| 140821A1 | M | Dec 23 | 9:00-10:00am | R\$4/NR\$6 | | | | |
| 140821A2 | M | Dec 23 | 5:00-6:00pm | R\$4/NR\$6 | | | | |
| 140821B1 | M | Dec 30 | 9:00-10:00am | \$4/NR\$6 | | | | |
| 140821B2 | M | Dec 30 | 5:00-6:00pm | R\$4/NR\$6 | | | | |
| Instructors Healthy Holiday Conscious Fitness Staff | | | | | | | | |

Zumba Gold

Like the original Zumba Fitness Party, Zumba Gold includes zesty Latin music easy-to-follow dance moves and an invigorating party-like atmosphere. With Zumba Gold, however, the moves and pacing are modified to suit the needs of beginner exercisers and older participants. Dance your way to fitness! Components 1 & 5

| <u>Activity</u> | <u>Day</u> | <u>Time</u> | <u>Fee</u> |
|-----------------|------------|---------------|--------------|
| 140820A1/B1 | TU | 10:00-11:00am | R\$32/NR\$48 |
| 140820A2/B2 | F | 9:30-10:30am | R\$32/NR\$48 |

Instructor Janine Simonetta

Min/Max 9/18



Private/Semi-Private Personal Training

Head into the holidays looking great and feeling wonderful! Let our ACE certified personal trainer assist you in meeting your fitness goals. Limited hours and you must make an appointment. Fees are \$55.00 per hour private and \$30.00 per person semi-private instruction. A ten punch pass can be purchased for \$500. Please leave your hours of availability and preferred days with a phone number you can be reached with the registration desk. Set goals and see results.

Activity - 140822A1

Thank You! Independence Day

The Palos Heights Parks & Recreation Department would like to thank this year's Independence Day sponsors, these sponsors made generous donations which help keep our celebration going strong. We would also like to thank Independence Day Celebration Chair, Janet Campion, July 4th Parade Chair Barb Campbell, committee members, staff and volunteers who work together to make this event a huge success.

Stars & Stripes Sponsors

Kiwanis of Palos Heights

Elizabeth Gorman, Cook County Commissioner

All American Sponsor

United Trust Bank

Hunt Insurance Agency

Red White & Blue Sponsors

Edwards Realty Company

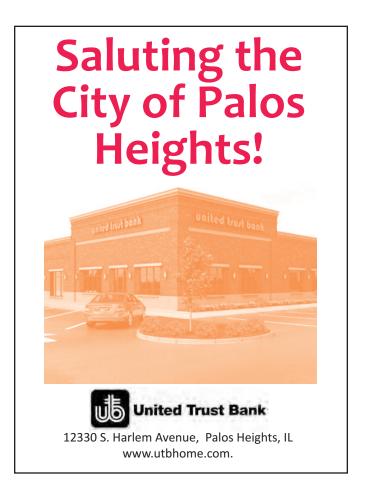
Nick's Barbecue II

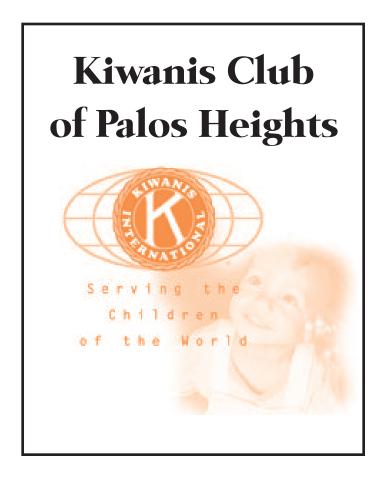
Regional News

Tuscher's Sign Shop



Residents of Palos Heights THANK YOU for your support!









| | Acreage | Baseball/Softball | Basketball | EG Simpson Clubhouse | Environmental Center | Fitness Stations | Lake | Putting Green | Parking | Picnic Shelter | Playground | Indoor Recreation | Sand Volleyball | Soccer | Swimming | Tennis | Trails |
|--|---------|-------------------|------------|----------------------|----------------------|------------------|------|---------------|---------|----------------|------------|-------------------|-----------------|--------|----------|--------|--------|
| Community Park 76th Ave. and Rt. 83 | 34.4 | 7 | 1 | 0 | 0 | 3 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 2 | 1 |
| Palmer Park 123rd and 73rd Ave | 3.6 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 2 | 0 |
| Passarelli Park 124th St. and Oak Park Ave. | 2.5 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 |
| Crawford Park Sequoia Dr. and Cedar Lane | 3.8 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 1 |
| Meyers Park 6601 W. 127th St. | 3.9 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 |
| Lake Katherine 7401 Lake Katherine Dr. | 157 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |
| Walsh-Westgate Park Ridgeland and Shadow Creek Dr. | 2.0 | 0 | 0 | 0 | 0 | 3 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 1 |
| Veterans Playlot 12378 Natchez Ave. | .25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 |

Registration



| Last Name: | | Phone Number: | | | | | | | | | | | |
|---|--|--|-----------|-------------------------------------|--------------|-----------|--|--|--|--|--|--|--|
| Participant's Name: | Activity Number | Program Name: | Day | Dates | Time | Fee | | | | | | | |
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| | T-Shirt: YXS YS YN | I M YL AS AM AL XL X | XI. | | | | | | | | | | |
| D (0.0) | 2 0 120 10 11 | | | Tota | al Enclo | sed: | | | | | | | |
| Payment Options:CashCheck (0 | Check #) | VisaMC | Disco | s | | | | | | | | | |
| | _Non-Resident Membership | | | Do N | lot Mail | Cash | | | | | | | |
| THIS WAIVER MUST BE S | SIGNED BY ALL ADULTS 18 YEA | ARS OLD AND OLDER | | | | | | | | | | | |
| A \$3 fee is charged for a Please read this form carefully, and be aware | ny transfer to another class or that by registering for and participating in | | | | | | | | | | | | |
| minor child/ward for participation in this progra claims for injuries you or your minor child/ward | m, you will be waiving your right and/or the | e rights of your minor child/ward to all | | The Palos I ept. does its be | Heights Rec. | | | | | | | | |
| hold harmless and defend the City of Palos He pareticipant in the program, or as a parent or leading to the pareticipant in the program, or as a parent or leading to the pareticipant in the program, or as a parent or le | eights of any claims arising out of participa | tion in the above program. As a | those in | ndividuals with | special need | s. If you | | | | | | | |
| edge that there are certain risks of physical inj full risk of injuries which I may sustain as a res | ury including but not limited to death, dama | ages, or loss and I agree to assume the | | y special assist neck the box to | | | | | | | | | |
| to waive and relinquish any claims I may have program. Release from liability: I do hereby for | arising out of, connected with, or in any w | ay associated with the activities of the | | our best to a | assist you. | | | | | | | | |
| employees from all claims from injuries, includ tion in this program. I further agree to indemniand employees from any and all claims from in | fy, hold harmless, and defend the City of F | Palos Heights and its officers, agents, | | Office Us | e Only | | | | | | | | |
| and employees from any and all claims from in ward/child and arising out of, or connected wit I authorize the public entity to secure from any | h, or associated with the activities of the pr | rogram. In the event of any emergency. | Pagaiyad | : Initials | Data: | | | | | | | | |
| able/necessary for my minor's immediate care rendered. I have read, fully understand and ag | and agree that I will be responsible for pa | yment of any and all medical services | Househol | d ID Number: | | | | | | | | | |
| X | dult participant 19 years or old | er Date | receipt N | lumber: | | | | | | | | | |
| Signature of parent, guardian, or a | uun participani 10 years or old | ei Dale | | | | | | | | | | | |

Participation will be denied if the signature of adult participant/parent/guardian and date are not on this waiver.

Registration Information—

Registration is on a first-come, first-served basis and processed immediately at the office window. All information with regard to filled and waitlist will be shared with you at the time of registration.

- A receipt will be processed and given to the registrant.
- Registration is accepted at the Palos Heights Recreation Center and the Palos Heights Pool when in season.
- Proof of residency will be requested at the first registration to set up household.
- To be included in the household, members must actually reside at that address on a permanent basis.
- Mailed or drop-off registration received prior to the registration date will be held until 5pm on the first day of registration. Where there are class limits, there is no guarantee of placement for the registered activity.
- Each registrant can sign up an additional family; however this rule may be suspended for specific trips or shows.
- Any person who substitutes for another on a trip must be transferred and pay the \$3.00 transfer fee prior to the trip.
- Drop off registration is checked daily and will be processed in the morning during open registration times, otherwise resident and nonresident registration rules apply.
- No phone or fax registration accepted as credit card payments and waivers must have original signatures, unless otherwise stated.
- When a class limit is reached, a waiting list will be started. If enough interest is shown, instructor availability and space needs met, additional classes will be added. The Parks & Recreation Department reserves the right to cancel any program or trip due to insufficient registration.

REFUND POLICY

There will be a service charge of \$3.00 on refunds. In the event the Recreation Department cancels the program, a full refund will be given. Any other refunds given is less class time elapsed. NO RE-FUNDS issued after the second class. No refunds on Mixer tickets. There are no refunds on any trip/ticket unless a replacement is found. Please call as there may be someone on the waitlist. Please allow 3-4 weeks for your refund if payment was by cash or check.Falsified information results in removal from the activity, membership or rental with no refund. Additional fees will be assessed and household will be inactivated until discrepancy in fees are paid in full.

SENIOR CITIZEN DISCOUNT

All individuals age 60 years and older may pay the Senior Fee on activities where specifically noted, once proof of age (driver's license, birth certificate) is established. Only those programs in which senior fees are indicated are eligible for the discount.

TRANSFER POLICY

There will be a service charge of \$3.00 on all transfers between classes. Transfers due to closed or cancelled classes will be done at no charge. No transfer is allowed after the second week of class.

RETURNED CHECKS

There will be a \$20.00 fee assessed for a returned or NSF check.

AGE REQUIREMENT

All children under 3 years of age must be the appropriate age prior to the first day of class. All other participants must be the appropriate age within the dates of the program. Exceptions are Little Learners Preschool, Early Childhood and certain League programs that must follow stated guidelines.

PHOTO POLICY

Photos are periodically taken of participants in a class, during special events, or at the Recreation Center. Please be aware that these photos are for the Recreation Department's use only and may be used in the Recreation Department's brochures, calendar, pamphlets or flyers.

WAIVER REQUIRED

For insurance purposes, Recreation Department programs and activities require a signed waiver. Please sign the waiver section on the registration form. Patrons WILL NOT be able to participate in classes or programs if the waiver is not signed. Refunds cannot be given for failure to sign the waiver.

NON-RESIDENT FEE

The non-resident fee for programs will be \$20 or 50% more than the resident rate, whichever is less. Co-operative programs and trips may be listed at a different rate. The non-resident fee is charged to offset the costs charged to residents in the form of property taxes.

CLASS LOCATIONS

All classes are at the Palos Heights Recreation Center, 6601 W. 127th Street, unless otherwise noted.

REGISTRATION BY/CANCELLATION DEADLINE

This date is when a class will be cancelled if enrollment is insufficient. Registration will be accepted after this date if the class has not been cancelled and space is available.

CODE OF CONDUCT

Participants will:

- **1.** Show respect to all participants & staff, take direction from staff.
- 2. Refrain from using abusive or foul language.
- **3.** Refrain from causing bodily harm to self, other participants or staff.
- 4. Show respect to equipment, supplies, and facilities,
- First problem: Participant will receive a verbal warning.
- Second problem: Participant will sit out of group activity for a short time.
- Third problem: Participant will be brought down to the Recreation Coordinator and will remain in the office.
- Fourth problem: Dismissal.

Parents will be notified if any of these steps are taken. If a behavior is severe enough and the participant caused harm to themselves or others, he/she can be immediately taken to the Recreation Coordinator or be released from the program. Palos Heights Recreation Department reserves the right to dismiss a participant whose behavior endangers the safety of him/herself or others.

BIRTH CERTIFICATES

If a birth certificate is required, it is required at the time of registration. No registration will be processed without a copy of the certificate. If mailing or dropping off registration, a copy of the birth certificate should be sent along with the registration form.

ERROR

We make every effort to proof our brochure. In the event there is a misprint, it will be posted in the Recreation Center window, prior to registration. We apologize for any inconvenience to our customers.

South West Special Recreation Association

12521 S. Kostner Ave. Alsip, IL 60803

708-389-9423

Fax: 708-389-6458

Office Hours:

Monday-Friday | 9am – 5pm www.swsra.com

SWSRA Board of Directors

Jeannette Huber

Alsip Park District

Robert Manthei

Blue Island Park District

Joe Vallez

Justice Park District

Brenda Dziallo

Village of Merrionette Park

Evelyn Gleason

Midlothian Park District

Mike Leonard

Palos Heights Parks & Recreation Dept.

TJ Whitcomb

Posen Park District

Ross Bruni

Summit Park District

Carlo Capalbo

Worth Park District

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Rae Woodard & Tammi Clemens
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Vacant

Recreation Specialist

Vacant

Maintenance & Vehicle Coordinator

Manny Aguilar

Bi-Lingual Recreation Leader

Erin Lynch, CTRS

Superintendent

Vacant

Business Manager

Lori Chesna, APRP

Executive Director

Palos Heights Panks & Recneation has a coopenative agreement with South West Special Recneation Association (SWSRA) to provide necreation choices for people with disabilities.

Fall 2013

Fall Program Registration Dates:

August 19 – August 30

Fall Program Dates:

September 16 - November 20

Programs:

Basketball Skills & Drills, Bowling, Library Adventures, Petland's Pet Play, Swimming, Socialites, Sunshine Through Golf, Rockin' Out – Minds &

Bodies, Theatre Tuesdays

Fall Special Events

September

- 16 Mexican Independence Day
- 20 Celebrate Your Heritage Day
- 21 Dave & Buster's Adventure
- 29 LEGOLAND!

October

- 4 80's Flash Dance
- 12 Galloping Ghost Arcade
- 25 Halloween Hip-Hop

November

- 8 Odyssey Fun World
- 11 Polish Independence Day
- 17 Oak Lawn's Children's Museum

December

- 6 SWSRA's Feed the Hungry Dance
- 8 Christmas Shopping
- 13 Christmas at Georgio's Dance

January

3 Day Camp Reunion

FOLLOW US ON FACEBOOK & TWITTER!

Get all your SWSRA news as fast as we release it! Log-on to your Facebook account, search for South West Special Recreation Association (SWSRA) and 'like' our page!





We are Special....

SWSRA is a special recreation cooperative comprised of the following communities: Alsip, Blue Island, Justice, Merrionette Park, Midlothian, Palos Heights, Posen, Summit and Worth. SWSRA was formed in 1981 to provide year-round quality recreation programs and services for individuals with disabilities or special needs. SWSRA programs are designed to increase independence and enhance the quality of life for each individual.

We Offer...

SWSRA offers a wide variety of programs, sports (including participation in Special Olympics Illinois), special events, trips and summer camps.

Participants of SWSRA not only have fun, but also make friends, increase physical activity, enjoy new experiences and refine their social and life skills

For more information, please contact SWSRA at (708) 389-9423 or visit us online at www.swsra.com