

ADULT PROGRAMS

Bunco Blast

Enjoy an evening of Dice! Sign up to play this old parlor dice game at Krueger Park. You will be treated to **pizza, popcorn, refreshments**, and a chance to win some fabulous **gift certificates** and prizes. **NOTE: Beginners are welcome.**

Day/Date: **Friday, April 6** **446474-01**
Friday, May 18 **446474-02**
Time: 7:00 - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/24
Fee: \$11 Resident; \$13 Non-Resident



"21" Double Down

Do you love the game of "Blackjack"? We will enjoy a boxed lunch, refreshments, and dessert before trying our luck in cards. Many prizes will be awarded after the competition.

Day & Date: **Friday, January 26** **356305-01**
Friday, March 2 **456405-01**
Time: 11:30 a.m. - 1:30 p.m.
Ages: 21 years & up
Dealers: Dan Maier & Angel Sanchez
Location: Krueger Park Activity Room C
Min/Max: 15/22
Fee: \$12 Resident; \$14 Non-Resident



FireKeepers Casino ~ Sunday, December 31
See page 23 for details

Grand Bingo Night

455475-01

Enjoy this special Bingo event where everyone is **guaranteed a prize**. Come for a chance to win fabulous prizes and a chance to win the "Grand Prize". Sit down & enjoy the company of your friends as we'll do the rest. **NOTE: Every player will receive multiple cards. Fee includes prizes, snacks, dessert, refreshments (coffee, pop, & water), and dinner.**

Day & Date: **Saturday, May 19**
Time: 1:00 - 4:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 30/50
Fee: \$18 Resident; \$19 Non-Resident

Left, Center, Right

LCR, short for "Left, Center, Right", is a simple dice game to play. Participants roll three dice marked with 3 individual dots, Left, Center, and a Right. The point of the game is to roll a dot(s) in order to win the game. You will be treated to **pizza, popcorn, refreshments**, and a chance to win some fabulous prizes.

Day & Date: **Friday, January 12** **346321-01**
Friday, March 23 **446421-01**
Time: 7:00 - 9:00 p.m.
Ages: 21 years & Up
Location: Krueger Park Activity Room C
Min/Max: 10/24
Fee: \$10 Resident; \$12 Non-Resident



W.O.W - Wonderful Overall Workout

The title says it all! After a warm-up, the party begins! The program includes weight training, core strengthening interspersed with cardio formats such as low impact dance moves, kick boxing, step and cardio barre. It will get your heart pumping to burn calories and release stress. Work at your own pace and fitness level using a variety of equipment.

Day: Monday
Dates: **January 8 - February 12** **341303-01**
February 26 - April 2 **441403-01**
April 16 - May 21 **441403-02**
Day: Thursday
Dates: **January 11 - February 15** **341303-02**
March 1 - April 5 **441403-03**
April 19 - May 24 **441403-04**
Time: 6:30 - 7:30 p.m.
Ages: 18 years & up
Instructor: Deb Sernus
Location: Krueger Park Activity Rooms A&B
Min/Max: 7/15
Fee: \$36 Resident; \$41 Non-Resident



Bingo Night

Enjoy a refreshing beverage with snacks and dinner while you engage in a variety of bingo games (18-25). Prizes will be awarded for each game winner. Sit down & enjoy the company of your friends as we'll do the rest. Every player will get to create their own Bingo card for the grand prize game! **NOTE: Every player will receive multiple cards. Fee includes prizes, snacks, cookies, refreshments (coffee, pop, & water), and a box dinner.**

Day & Date: **Friday, February 16** **355375-01**
Tuesday, April 3 **455475-02**
Tuesday, May 1 **455475-03**
Time: 5:30 - 8:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 30/60
Fee: \$16 Resident; \$17 Non-Resident

Winter/Spring 2018 Great Escapes!

December 21 - Elf the Musical
 December 31 - FireKeepers Casino
 January 20 - Terry Fator
 February 19 - Four Winds Casino
 March 22 - Tommy Gun Garage
 April 13 - Four Winds Casino
 April 14 - 9th Annual Brew & Vine
 April 21 - Atlantic City
 May 1 - Dinner Crew

Dinner Crew

444430-01

Do you like food? We will travel to Starved Rock for a visit before we travel to our mystery location for dinner. Only 11 spots are available for this trip, so sign up fast! **NOTE: Fee includes transportation, dinner, refreshments, tax, gratuity, and a short visit to Starved Rock.**



Day/Date: Tuesday, May 29
Time: Depart 1:30 p.m.; Return 8:00 p.m.
Ages: 21 years & up
Location: Bus departs from Krueger Park
Min/Max: 9/11
Fee: \$59 Resident; \$64 Non-Resident

Zumba - Walk In 443419-01

This dance and fitness based workout is fun, effective and easy to follow. It is a "feel-good" workout like no other that is great for the body and mind. Our master instructor will guide you through a series of unique moves and combinations providing you with a dynamic interval style workout. No dance experience is necessary and all fitness levels are welcome. This is a walk-in program! **NOTE: If under 6 participants are registered, the program will be cancelled for that evening.**



Dates: January 3 - May 16
Day: Wednesday
Time: 6:30 - 7:30 p.m.
Ages: 14 years & up
Instructor: Anabel Volansky
Location: Krueger Park Activity Rooms A & B
Min/Max: 7/20
Fee: \$7 Res.; \$8 Non-Res. (Pay at the door)

Dominoes

This is an easy game with simple rules, but the fun is limitless. Lunch will be served around noon. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

Day & Date: Friday, February 23 356316-01
Monday, March 5 456416-01
Monday, April 9 456416-02
Time: 11:30 a.m. - 2:30 p.m.
Ages: 25 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 20/35
Fee: \$8 Resident; \$9 Non-Resident

PiYo

PiYo combines the muscle - sculpting, core forming benefits of Pilates with the strength and flexibility advantages of Yoga. And, we crank up the speed to deliver a true fat-burning, low impact workout, that leaves your body looking long, lean, and incredibly defined. **NOTE: This exercise class can be performed at any fitness level.**

Dates: January 15 - February 12 343365-01
February 26 - March 26 443465-01
April 9 - May 7 443465-02
Day: Monday
Time: 8:15 - 9:10 p.m.
Ages: 16 years & up
Instructor: Ana Robledo
Location: Krueger Park Activity Rooms A&B
Min/Max: 6/14
Fee: \$38 Resident; \$43 Non-Resident

Men's Saturday

Soccer League (Outdoors) 141109-01

Register your team for our Saturday soccer league that is scheduled to play 9 regular season games plus a postseason. All games are refereed and are played at Martin Park Soccer Field. Teams must provide their own uniforms. For additional information contact 708-599-7337.



Dates: May 5 - July 7
Day: Saturday
Time: 10:00 or 11:00 a.m.
Ages: 18 years & up
Location: Martin Park Soccer Field
89th Pl. & 78th Ave.
Min/Max: 4/4
Fee: \$350 per team

Women's Volleyball League

441438-01

This league has open registration. A maximum of 12 players will be allowed on each team.

Date: January 11 - March 15
Day: Thursday
Time: 7:15 - 9:15 p.m.
Ages: 18 years & up
Location: Krueger Park Gym
Min/Max: 4/6 teams
Fee: \$170 per team (10 weeks)



2018 Hickory Hills Carnival 405401-01

Join us for our 2nd annual carnival at Kasey Meadow Park May 10 - 13th. Amusement rides and games are available for the entire family. Purchase your 4-Day Mega Pass wristband early to enjoy unlimited rides throughout the carnival. Mega Passes will be sold between 9:00 a.m. - 5:00 p.m. beginning Monday, April 16 until Wednesday, May 9. Individual ride tickets are also available for purchase each day of the carnival. **NOTE: Special Needs Day, Thursday, May 10, 3:00 - 5:00 p.m.**



Men's Winter Basketball League 441470-01

All games will be played at the Krueger Park Recreation Center. If you have a team (18 years & up) and are interested, call the park district office at 598-1233. **NOTE: A non-refundable deposit of \$300 is required to secure your team's spot. No exceptions.**

Dates: January 21 - March 25
Day: Sunday
Time: 10:00 a.m. - 4:00 p.m.
Ages: 18 years & up
Location: Krueger Park Gym
Min/Max: 8/10 teams
Fee: \$670 per team

Open Gym - Basketball (Unscheduled)

Any open gym for basketball (not designated) will require a small fee to play. Call 708-599-7337 for availability.

Fee: \$3 Resident; \$5 Non-Resident

Monday Night Basketball 841875-04

Every player must show a picture I.D. with name, address, and age listed on I.D. **NOTE: Each night pay at the door. No basketball May 7.**

Dates: January 8 - May 21
Day: Monday
Time: 6:45 - 9:30 p.m.
Ages: 21 years & up
Location: Krueger Park Gym
Min/Max: 8/30
Fee: \$4 Resident; \$6 Non-Resident



Forever Fit

If you're looking for a fun, energizing way to get moving and keep moving, this class is for you! The class incorporates motivating music, a variety of steps and stretches designed to get your heart pumping and your muscles strengthened. This program will combine cardio and enhance performance of daily activities. All fitness levels welcomed!

Dates: January 11 - February 15 341306-01
 March 1 - April 5 441406-01
 April 19 - May 24 441402-02
Day: Thursday
Time: 5:15 - 6:15 p.m.
Ages: 18 years & up
Instructor: Deb Sernus
Location: Krueger Park Activity Rooms A&B
Min/Max: 7/15
Fee: \$36 Resident; \$41 Non-Resident



Early Morning Open Basketball

All participants under 18 years of age must be supervised by a parent or guardian at all times. A ratio of 1 parent/guardian per 3 children is required. All children participating in open basketball must be at least 7 years of age. If you have any questions, please call the Recreation Director at (708)599-7337. **NOTE: All participants (18 yrs & up) must show a current picture I.D. (driver's license). No exceptions. Parent or guardian must accompany children ages 7 - 17. On December 24, December 31, January 1, and May 28, open basketball will be available only from 8:00 - 11:30 a.m.**

Day/Date: December - May
Time: 6:00 - 8:00 a.m.
Ages: 7 years & up (valid picture ID required)

Summer Softball Leagues

Registration: All registration is taken at both centers (cash taken Monday - Friday, from 9-5 only). There are 10 games not including post season. **NOTE: A non-refundable deposit of \$300 is needed to secure your team's spot. No exceptions. All bases for 16" games are set at 60 feet. All bases for 12" games are set at 65 feet. Games may be played at Martin Park & Kasey Meadow ball fields.**

Women's Monday 16": Starts May 21 141195-01
Time: 6:30 or 7:30 p.m. (60 ft. bases)
Fee: \$500 per team
Co-ed Tuesday 16": Starts May 22 141196-01
Time: 6:30 or 7:30 p.m. (60 ft. bases)
Fee: \$550 per team
Men's Wednesday 12": Starts May 23 141197-01
Time: 6:30 or 7:30 p.m. (65 ft. bases)
Fee: \$525 per team
Men's Thursday 16": Starts May 24 141198-01
Time: 6:30 or 7:30 p.m. (60 ft. bases)
Fee: \$550 per team
Men's Sunday 12": Starts May 20 141199-01
Time: 11 a.m., 12:15, or 1:30 p.m. (65 ft. bases)
Fee: \$525 per team

CPR For Health Care Providers

This class offers training to individuals to respond calmly and appropriately in emergency situations. Through video presentations and practice sessions, participants will be taught adult, child, and infant CPR. The techniques of mouth-to-mouth resuscitation and external heart compressions to restore breathing and heartbeat to heart attack victims will be covered. A representative of the Roberts Park Fire Department will conduct the one day class. **NOTE: Please bring your receipt with you. Upon completion of the course, Roberts Park Fire Department will file for your CPR/AED certification.**

Day/Date: Saturday, January 13 306326-01
 Saturday, March 10 406426-01
 Saturday, May 12 406426-02
Time: 9:00 a.m. - 1:00 p.m.
Ages: 16 years & up
Location: Roberts Park Fire Department
 8611 S. Roberts Rd., Justice
Min/Max: 5/10
Fee: \$50 Resident; \$65 Non-Resident



841875-01

Location: Krueger Park Gym
Fee: \$3 Resident; \$5 Non-Resident