

ADULT PROGRAMS

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/non-transferable deposit of \$300 is required to secure your team's spot. No exceptions.**

Dates: January 20 - March 24
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: \$680 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 541575-04

Every player must show a picture I.D. with name, address, and age listed on I.D. **NOTE: Each night pay at the door.**

Dates: January 7 - May 20
Day: Monday
Time: 7:00 - 9:30 p.m.
Ages: 21 years & up
Location: Krueger Park Gym
Min/Max: 8/30
Fee: \$4 Resident; \$6 Non-Resident



Acting for Adults 446402-01

This class is intended for both beginning and more advanced actors. Focus will be on developing the actor's instrument, as well as work on scripted material, including scene work and audition pieces. Actors will be encouraged to give each other feedback, so that they are fully participating at all times. Class will meet once weekly for three hours.

Dates: January 16 - March 6
Day: Wednesday
Time: 6:00 - 9:00 p.m.
Ages: 18 years & up
Instructor: Daniel Scott
Location: Krueger Park Activity Room C
Min/Max: 8/16
Fee: \$83 Resident; \$88 Non-Resident



Food for Thought

Join this 6 week program that covers nutritional basics and gives healthy options for "unhealthy" selections. Settle into a comfortable food plan and avoid the paranoia of your current eating habits. Learn how to integrate exercise into your daily routine while becoming comfortable with your body. **NOTE: This class is taught by our personal trainer Kristin Hass, who is a certified nutrition specialist.**

Dates: January 10 - February 14 346388-01
 February 28 - April 4 446488-01
Day: Thursday
Time: 10:00 - 11:00 a.m.
Ages: 18 years & up

Summer Softball Leagues

Registration: All registration is taken at both centers (cash only taken Monday - Friday, from 9-5 p.m.). There are 10 games not including post season. **NOTE: A non-refundable/non-transferable 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.**

Men's Sunday 12": Starts May 19 141199-01
Time: 11 a.m., 12:15, or 1:30 p.m. (65 ft. bases)
Fee: \$525 per team
Women's Monday 16": Starts May 20 141195-01
Time: 6:30 or 7:30 p.m. (60 ft. bases)
Fee: \$500 per team
Co-ed Tuesday 16": Starts May 21 141196-01
Time: 6:30 or 7:30 p.m. (60 ft. bases)
Fee: \$550 per team
Men's Wednesday 12": Starts May 22 141197-01
Time: 6:30 or 7:30 p.m. (65 ft. bases)
Fee: \$525 per team
Men's Thursday 16": Starts May 23 141198-01
Time: 6:30 or 7:30 p.m. (60 ft. bases)
Fee: \$550 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 10 - March 14
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)



Bulls & Blackhawk Games Available

See Pages 22 & 23 for More Details

Bulls vs. Detroit - Friday, March 8

Blackhawks vs. New Jersey - Thursday, February 14

Instructor: Kristin Hass
Location: Krueger Park Activity Rooms A & B
Min/Max: 6/14
Fee: \$41 Resident; \$46 Non-Resident

Hatha Yoga

Hatha Yoga is about finding a balance between the body, mind, and spirit. Hatha yoga uses body poses, breathing techniques and meditation in hopes of bringing flexibility, and manage stress. It is always advisable, especially if pregnant, to consult a physician before undertaking any physical activity. **NOTE: No class February 5, April 2, & May 7.**

Dates: January 8 - March 5 343320-01
March 19 - May 21 443420-01
Day: Tuesday
Time: 6:15 - 7:15 p.m.
Ages: 16 years & up
Instructor: Demi Spyropoulos
Location: Krueger Park Activity Rooms A & B
Min/Max: 8/14
Fee: \$46 Resident; \$51 Non-Resident

CPR

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. **NOTE: Please bring your receipt with you.**

Day/Date: Saturday, January 12 306326-01
Saturday, March 9 406426-01
Saturday, May 11 406426-02
Time: 9:00 a.m. - 1:00 p.m.
Ages: 16 years & up
Location: RPF; 8611 S. Roberts Rd., Justice
Min/Max: 5/10
Fee: \$50 Resident; \$65 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.

Dates: January 7 - February 11 341303-02
February 25 - April 1 441403-01
April 15 - May 20 441403-02
Day: Monday
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: \$39 Resident; \$44 Non-Resident

Zumba Class

This 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.

Dates: January 16 - February 20 343319-02
March 6 - April 10 443419-01
April 24 - May 29 443419-02
Day: Wednesday
Time: 6:30 - 7:30 p.m.
Ages: 14 years & up
Instructor: Anabel Volsansky
Location: Krueger Park Activity Rooms A & B
Min/Max: 6/24
Fee: \$42 Resident; \$47 Non-Resident

Family Egg Decorating / Pizza Night

Bring the whole crew (grandparents, parents, and children), and a dozen hard boiled eggs for this fun family activity. All of the egg decorating supplies needed will be on hand, or you may bring your own. While the eggs dry, participants will enjoy a flashlight egg hunt at Krueger Park (weather permitting). **NOTE: Don't forget your eggs, basket/bag, and flashlights! Pizza and refreshments are included.**

Day/Date: Friday, April 12
Time: 7:00 - 8:30 p.m.
Ages: All Ages (1 parent needs to be present)
Location: Krueger Park Recreation Center

Min/Max: 10/20 Families
Fee: \$20 per Family Resident;
\$25 Per Family Non-Resident



Krueger Park Family Fun Night 405405-01

Don't miss this opportunity to participate in a variety of structured and supervised sports, games, and activities in Krueger Park's gym and activity rooms on Friday, March 29. A family includes grandparents, parents, and children. Activities include the following: **NOTE: Register by Monday, March 25 to avoid possible cancellation of this special event. Each family must have at least one parent present.**

Day/Date: Friday, March 29
Time: 7:00 - 9:00 p.m.
Ages: All Ages
Location: Krueger Park Gym
Min/Max: 10/25 Families
Fee: \$15 per Family Resident;
\$20 per Family Non-Resident;
\$25 per Family at the Door

Monster Truck Bounce
Basketball
Scooter Relays
Ping Pong
Foosball

Tot Basketball
Soccer
Candy Bingo
Music
Games

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 dinner.**

Day & Date: Tuesday, February 5 355375-02
Tuesday, April 9 455475-02
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

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 11 346321-01
Friday, April 5 446421-01
Time: 7:00 - 9:00 p.m.
Ages: 21 years & Up
Location: Krueger Park Activity Room C
Min/Max: 10/24
Fee: \$11 Resident; \$13 Non-Resident

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, March 1 446474-01
Friday, April 12 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 lunch, refreshments, and dessert before trying our luck in cards. Many prizes will be awarded after the competition. All levels are welcome!

Day & Date: Thursday, January 31 356305-01
Thursday, March 7 456405-01
Time: 11:30 a.m. - 2:00 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



Texas Hold'em Poker Tournament

346306-01

Join us for this popular style of poker where prizes will be awarded after the competition. New players are welcome to play and learn while enjoying a boxed lunch and refreshments.

Day & Date: Tuesday, February 26
Time: 11:30 a.m. - 2:00 p.m.
Ages: 21 years & up
Dealers: Dan Maier & Angel Sanchez
Location: Krueger Park Activity Room C
Min/Max: 12/16
Fee: \$14 Resident; \$16 Non-Resident

