

TEEN PROGRAMS

Yorktown Mall Shopping (Teens) 434440-01

Looking for something to do over Spring Break? We are providing the experience of going to one of the western suburbs most popular malls in Yorktown Mall. This mall contains over 150 specialty stores and over 20 restaurants. We will provide the transportation and chaperone for the day.

Day/Date: Wednesday, March 28
Time: Depart 10:00 a.m.; Return 3:00 p.m.
Ages: 13 - 17 years
Location: Departs from Krueger Park
Min/Max: 14/14
Fee: \$32 Resident; \$37 Non-Resident



Open Volleyball (Teens) 431402-01

Come and play with other teens during our open volleyball on our new gym floor. Practice your serving, spiking, and volley skills with other teens. No spectators are allowed in the gym.

Dates: January 18 - March 22
Day: Thursday
Time: 6:00 - 7:00 p.m.
Ages: 12 - 17 years
Location: Krueger Park Gym
Min/Max: 8/24
Fee: \$3 Res.; \$5 Non-Res. (Pay at the door)



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)



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



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

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.**



Friday Hoops

Play basketball with your friends or just come out to shoot around. Pay at the door and enjoy fast break games. A maximum of 25 players will be allowed in the gym at one time. No spectators.

NOTE: No hoops on February 9 & 23.

Dates: December 15 - March 23
Day: Friday
Grades/Time: 5th - 8th Grade 421436-01
 4:00 - 6:00 p.m.
Grades/Time: 9th - 12th Grade 431436-01
 6:30 - 9:00 p.m.
Location: Krueger Park Gym
Min/Max: 12/25
Fee: \$3 (each day, pay at the door, 5th-8th)
 \$5 (each day, pay at the door, 9th-12th)

Counselor-In-Training

The C.I.T Program is designed especially for 13-18 year olds who are interested in learning how to work with children. The program's goal is to teach the C.I.T. the skills necessary for leadership. The teen must be mature, self-confident and reliable. He/She must possess initiative and have a genuine interest in assisting counselors with the daily activities involved in an outdoor summer camp setting. To apply for this program, call 708-598-1233. You must meet the following requirements to be considered:

1. You must be 13 years by June 7, 2018.
2. You must complete an application form and return it to Krueger Park Recreation Center before June 5, 2018.
3. A permission form must be signed by your parent/guardian.

Winter Break Dance Camp

Calling all dancers! Miss Kasia is offering three days of fun and technique over your winter break. Come join in on the fun and learn a mini routine while you're at it. We will touch on ballet, jazz, and hip-hop.

Dates: January 3 - 5
Days: Wednesday - Friday
Level: 1s & 2s 302312-01
Time: 10:00 - 11:30 a.m.
Fee: \$22 Resident; \$27 Non-Resident
Level: 3s & 4s 302312-02
Time: 12:00 Noon - 2:00 p.m.
Fee: \$27 Resident; \$32 Non-Resident
Level: 5s & Up 302312-03
Time: 2:00 - 5:00 p.m.
Fee: \$32 Resident; \$37 Non-Resident
Location: Cynthia Neal Center
Min/Max: 6/12

Recreational Volleyball

This instructional program for boys and girls will stress overhand serving, passing, setting, footwork and fun. Games will be held each week.

Dates: January 18 - March 1 321376-01
 March 15 - April 26 421476-01
Day: Thursday
Time: 4:30 - 5:45 p.m.
Ages: 10 - 16 years
Instructor: Patricia Wheeler
Location: Krueger Park Gym
Min/Max: 7/12
Fee: \$36 Resident; \$41 Non-Resident

Horseback Riding Lessons

Learn to ride from qualified professional instructors at the New Traditions Riding Academy. **ALL RIDERS MUST WEAR A SAFETY HELMET WHILE RIDING.** Helmets are available to rent for \$1 per time. All riders must wear long pants (no shorts). Beginning riders should check in at the south side of white barn (Station B). **NOTE: Please bring your receipt to the stables to set up time and day. Non-Residents add \$5 to the prices listed below. Beginner lessons will be held at the indoor riding arena.**

Dates: Winter: December - February
 Spring: March - May
Day/Time: Arrange with stables
Location: New Traditions Riding Academy
 10100 S. Kean Ave., Phone: 598-7718
Age: 8 years & up

Fees:	# Of Lessons	Winter	Spring
	Beginner 5 Lessons	\$189 301310-01	401410-01
	Beginner 10 Lessons	\$309 301310-02	401410-02
	Int. & Adv. 5 Lessons	\$219 301310-03	401410-03
	Int. & Adv. 10 Lessons	\$359 301310-04	401410-04

Knit This, Knit That

Do you ever think you can make yourself a sweater, a scarf, a hat, gloves? Well it all starts by knowing the basics of knitting. Come and learn how to make yourself some cozy items for the winter and other items for all the seasons.

326307-01



Dates: January 16 - February 20
Day: Tuesday
Time: 4:00 - 5:00 p.m.
Ages: 8 - 13 years
Instructor: Anabel Volsansky
Location: Krueger Park Activity Room C
Min/Max: 6/10
Fee: \$31 Resident; \$36 Non-Resident

Dance Workout Class

802810-02

This is a workout class that specifies in certain workouts that help dancers such as cardio, abs, and arms. We focus on correct stretching exercises that keeps up and improves your flexibility. **NOTE: All skill levels are welcome and we will work at your own pace.**

Dates: January 13 - February 17
Day: Saturday
Time: 10:30 - 11:30 a.m.
Ages: 6 years & up
Instructor: Miss Danielle
Location: Cynthia Neal Center Dance Room
Fee: \$54 Resident; \$59 Non-Resident