

TEEN ACTIVITIES

Frisbee Golf

431404-01

Come play this combination game of Frisbee and Golf throughout three of our parks. We will set up a mini course at one of our parks every week and rotate parks throughout the program. Beginners are welcome to this new program that will be sure to challenge you to become a better player. Participants will receive their own Frisbee to use and keep after the program ends.

Dates: April 2 - 30
Day: Tuesday
Time: 4:30 - 5:30 p.m.
Ages: 8 - 13 years
Location: Krueger Park, Kasey Meadow Park, & Martin Park
Min/Max: 6/12
Fee: \$32 Resident; \$37 Non-Resident



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 6, 2019.
2. You must complete an application form and return it to Krueger Park Recreation Center before June 4, 2019.
3. A permission form must be signed by your parent/guardian.

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



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

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

405406-01

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



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 17 - February 28 321376-01
March 14 - April 25 421476-01
Day: Thursday
Time: 4:30 - 5:45 p.m.
Ages: 10 - 16 years
Location: Krueger Park Gym
Min/Max: 7/12
Fee: \$36 Resident; \$41 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:

Monster Truck Bounce **Tot Basketball**
Basketball **Soccer**
Scooter Relays **Candy Bingo**
Ping Pong **Music**
Foosball **Games**

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



Frisbee Golf 431404-01

Come play this combination game of Frisbee and Golf throughout three of our parks. We will set up a mini course at one of our parks every week and rotate parks throughout the program. Beginners are welcome to this new program that will be sure to challenge you to become a better player. Participants will receive their own Frisbee to use and keep after the program ends.

Dates: April 2 - 30
Day: Tuesday
Time: 4:30 - 5:30 p.m.
Ages: 8 - 13 years
Location: Krueger Park, Kasey Meadow Park, & Martin Park
Min/Max: 6/12
Fee: \$32 Resident; \$37 Non-Resident



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 22 & March 8.

Dates: December 14 - March 22
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)

Teen Boot Camp 433401-01

Looking to get in shape before prom season? Join us for this new fitness program that is sure to give you a kick in the right direction and get you in shape for the busy prom season. We will provide a fitness regime and nutritional options that will help you meet your goal. Dress for an active class that will make sweat and excited about reaching your goal.

Dates: March 21 - April 25
Day: Thursday
Time: 6:00 - 7:00 p.m.
Ages: 15 - 18 years
Location: Krueger Park Activity Rooms A & B
Min/Max: 6/12
Fee: \$35 Resident; \$40 Non-Resident



Winter Break Dance Camp

Calling all dancers! Miss Madi 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 2 - 4
Days: Wednesday - Friday
Level: 1s & 2s 302312-01
Time: 10:00 - 11:30 a.m.
Fee: \$23 Resident; \$28 Non-Resident
Level: 3s & 4s 302312-02
Time: 12:00 Noon - 2:00 p.m.
Fee: \$28 Resident; \$33 Non-Resident
Level: 5s & Up 302312-03
Time: 2:00 - 5:00 p.m.
Fee: \$33 Resident; \$38 Non-Resident
Location: Cynthia Neal Center
Min/Max: 6/12

