

# TEEN ACTIVITIES

## 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 20 players will be allowed in the gym at one time. No spectators. **NOTE: High school participants must show ID at door. No hoops on February 10, April 6, & April 13.**

**Day/Dates:** Friday, January 6 - May 11  
**Grades/Times:** 5th - 8th grade 421436-01  
 4:00 - 6:15 p.m.  
 9th - 12th grade 431436-01  
 6:30 - 9:00 p.m.  
**Location:** Krueger Park Recreation Center  
**Min/Max:** 10/20  
**Fee:** \$3 (each day, pay at the door - 5th - 8th)  
 \$5 (each day, pay at the door -9th-12th)

## Puppy Obedience (10 weeks to 6 months)

CONGRATULATIONS on your new puppy! Are you interested in starting off on the right paw with puppy obedience? This is the single most important class you will ever attend. Intensive socialization with puppy play time! Learn how to handle your puppy in a safe and effective way. Basic commands such as SIT, FOCUS, DOWN, STAY, and much more are introduced in a fun, positive and happy way to strengthen the bond between you and your puppy. Time will also be given to discuss common puppy behaviors and how to manage them. **NOTE: Please do NOT bring your puppy on the first day of class as this day will be an orientation for the owner only. Please be sure to bring your puppy's current vaccination records on the first day. Children 15 and younger must have adult supervision.**

**Dates:** Session I: Dec. 13 - Jan. 24 306300-03  
 Session II: Feb. 7 - Mar. 20 306300-04  
 Session III: Apr. 3 - May 15 406400-02

**Day:** Tuesday  
**Time:** 6:00 - 7:00 p.m.  
**Ages:** 16 years & up (under 16 must be accompanied by an adult)

**Instructor:** Kimberly Bandusky ABCDT  
**Location:** Newcastle Park Rec. Center, 8050 S. Newcastle, Burbank  
**Min/Max:** 1/8  
**Fee:** \$90 Resident; \$95 Non-Resident



## Girl's Softball - Mondays

Coaches will stress sportsmanship, teamwork, and the fundamentals of 16" softball. Every player will participate in each game. Fee includes t-shirt and trophy. **NOTE: Age cut off is August 1, 2012. Coaches will contact players by June 8. Games will be at 6 or 7 p.m. every Monday.**

**Junior Div.:** 7 - 12 years 121157-01

**Games:** Monday, 6:00 or 7:00 p.m.

**Senior Div.:** 13 - 17 years 121157-02

**Games:** Monday, 6:00 or 7:00 p.m.

**Dates:** June 18 - August 6

**Location:** Kasey Meadow Park, 8047 W. 91st Pl.

**Min/Max:** 44/56 Each Division

**Fee:** \$49 Resident; \$54 Non-Resident

## Puppy Playtime

Socialization is very important for dogs, especially puppies. Each puppy play session is supervised by our Certified Dog Trainer to ensure every puppy is having a good experience. Bring your pup, meet the trainer, and make new friends with other puppy owners. Puppies must be at least 12 weeks old and no older than 9 months. Must bring proof of puppy vaccinations to playtime session.

**Dates:** Session I: January 7 306301-01  
 Session II: February 11 306301-02  
 Session III: March 10 406401-01  
 Session IV: April 14 406401-02

**Day:** Saturday  
**Time:** 10:30 - 11:30 a.m.  
**Ages:** 16 years & up (under 16 must be accompanied by an adult)

**Instructor:** Kimberly Bandusky ABCDT  
**Location:** Newcastle Park Rec. Center, 8050 S. Newcastle, Burbank

**Min/Max:** 6/6  
**Fee:** Free - Must register in advance



## Basic Obedience (Dogs 6 months & older)

Learn to build strong responses to SIT, FOCUS, DOWN, STAY, LOOSE-LEASH WALKING, and much more. Time will also be given to discuss approaches to help you manage and change negative behavior issues (ie: barking, jumping, etc.). **NOTE: Please do NOT bring your dog on the first day of class as this day will be an orientation for the owner only. Please be sure to bring your dog's current vaccination records on the first day. Children 15 and younger must have adult supervision.**

**Dates:** Session I: Dec. 13 - Jan. 24 306300-01  
 Session II: Feb. 7 - Mar. 20 306300-02  
 Session III: Apr. 3 - May 15 406400-01

**Day:** Tuesday  
**Time:** 7:15 - 8:15 p.m.  
**Ages:** 16 years & up (under 16 must be accompanied by an adult)

**Instructor:** Kimberly Bandusky ABCDT  
**Location:** Newcastle Park Rec. Center, 8050 S. Newcastle, Burbank

**Min/Max:** 1/8  
**Fee:** \$90 Resident; \$95 Non-Resident



## Babysitter's Training

426405-01

Ready to earn a little extra money babysitting? Take this class to show your dedication and expertise on babysitting! During this hands-on seminar you will learn valuable safety tips as well as how to properly care for infants and toddlers. Topics being covered include how to change a diaper, safety hazard observation, making your job safer, and more. Participants will receive a certificate upon completion.

**Day/Date:** Saturday, April 21  
**Time:** 9:00 a.m. - 12:00 Noon  
**Ages:** 11 years and up  
**Location:** Roberts Park Fire Department, 8611 S. Roberts Rd., Justice

**Min/Max:** 5/10  
**Fee:** \$7 Residents; \$8 Non-Resident



# TEEN ACTIVITIES

## Teens & Money!

Before teens are on their own, give them the opportunity to hear about basic money management in a relaxed, non-academic setting. This 2.5 hour seminar covers important personal finance topics such as future and rainy day saving, the power of time and compounding, establishing a bank account, and creating a personal budget. Other topics include: smart spending, credit cards, credit scores/credit history, car buying, and basic investment concepts such as diversification, inflation, and risk. The program does not use difficult math and does not provide specific investment advice.

<b>Day/Date:</b>	<b>Saturday, January 28</b>	<b>336340-01</b>
<b>Time:</b>	1:30 - 4:00 p.m.	
<b>Day/Date:</b>	<b>Thursday, May 3</b>	<b>436440-01</b>
<b>Time:</b>	4:00 - 6:30 p.m.	
<b>Ages:</b>	14 - 20 years	
<b>Instructor:</b>	Kaleidoscope Financial Literacy LLC Staff	
<b>Location:</b>	Krueger Park Recreation Center	
<b>Min/Max:</b>	5/15	
<b>Fee:</b>	\$35 Resident; \$40 Non-Resident	

## Total Workout

Get fit, get toned, get healthy and feel great! You can do it all in this dynamic cardiovascular workout that combines the energy of low impact aerobics, the power of strength training and the fat-burning benefits of step aerobics. Variety and creativity make this class challenging and fun, and the exercises and steps can be modified to accommodate all fitness levels. Stretching is done to improve flexibility; yoga moves and isometric poses will enhance balance and core strength. Bands and steps are provided. **NOTE: Please bring hand held weights to class to enhance your cardio workout. Fee includes 21 classes.**

No class March 15.

<b>Dates:</b>	<b>Session I: January 9 - March 22</b>	<b>343366-01</b>
	<b>Session II: April 2 - June 11</b>	<b>443466-01</b>
<b>Day:</b>	Monday & Thursday	
<b>Time:</b>	6:45 - 7:45 p.m.	
<b>Ages:</b>	16 yrs & older	
<b>Instructor:</b>	Debbie Sernus	
<b>Location:</b>	Cynthia Neal Center	
<b>Min/Max:</b>	15/30	
<b>Fee:</b>	\$55 Resident; \$60 Non-Resident	

## Counselor-In-Training

The C.I.T. Program is designed especially for 14-17 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 598-1233. You must meet the following requirements to be considered:

1. You must be 14 years old by June 13, 2012.
2. You must complete an application form and return it to Krueger Park Recreation Center before June 8.
3. A permission form must be signed by your parent/guardian.

## Morning Open Basketball

601675-01

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. **NOTE: All participants (18 yrs & up) must show a current picture I.D. (driver's license). No exceptions. On December 25 & April 8 the gym will be closed. On November 24, December 26, January 2, & April 6 the hours will be 9:00 a.m. - 11:30 a.m.**

<b>Days:</b>	Monday through Friday
<b>Time:</b>	6:00 - 8:00 a.m.
<b>Days:</b>	Sunday
<b>Time:</b>	7:00 - 10:30 a.m.
<b>Location:</b>	Krueger Park Recreation Center
<b>Fee:</b>	\$3 Resident, \$5 Non-Residents
<b>Ages:</b>	7 yrs & up (Valid picture ID required.)

Parent or guardian must accompany children ages 7-17.

## Basketball Punch Card

601675-02

A 12 pass basketball punch card is available - card can be used for any scheduled open basketball. (morning, day or evening)

<b>Fee:</b>	\$25 Resident; \$50 Non-Resident
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## Pilates Workout

Pilates increases the body's range of motion and flexibility, develops core muscular stability in the trunk and joints, and utilizes breathing techniques to increase oxygen capacity. It is the ultimate workout for strengthening, tightening and reshaping the abs, hips and back. **NOTE: Pilates is a very flowing exercise that can be performed at any fitness level. If you have any special medical conditions (including pregnancy), consult your physician and let your instructor know. No class December 26 & January 2. Residents and non-residents can register immediately.**

<b>Dates:</b>	<b>Session I: Dec. 5 - Feb. 13</b>	<b>343365-01</b>
	<b>Session II: Feb. 27 - Apr. 23</b>	<b>443465-01</b>
<b>Day:</b>	Monday	
<b>Time:</b>	7:45 - 8:40 p.m.	
<b>Ages:</b>	14 years & up	
<b>Instructor:</b>	Chris Duba	
<b>Location:</b>	Krueger Park Recreation Center	
<b>Min/Max:</b>	8/20	
<b>Fee:</b>	\$53 Resident; \$58 Non-Resident	



## Women's Self Defense

401431-01

In this workshop, learn effective and practical self defense skills that can be utilized by anyone, no matter what your age, strength or ability level. This class will give students the ability to recognize and avoid potentially hostile situations, the ability to diffuse situations verbally with body language or as a last resort, the ability to physically remove themselves from a dangerous situation in the most simple, effective and practical way by targeting vital areas of an attacker.

<b>Day/Date:</b>	<b>Thursday, March 15</b>
<b>Time:</b>	6:00 - 9:00 p.m.
<b>Ages:</b>	16 years & up
<b>Instructor:</b>	Jim Holt (Hickory Hills Police Department)
<b>Location:</b>	Krueger Park Recreation Center
<b>Min/Max:</b>	8/24
<b>Fee:</b>	\$5 Resident; \$6 Non-Resident



# TEEN ACTIVITIES

## Hatha Yoga

This class is designed to accommodate beginners and continuing students. Yoga is a "LIFE LONG" study to promote one's awareness of physical & mental health. Yoga (Hatha) stimulates the individual to advance at one's own pace without fear of failure or competitiveness. Confidence is gradually increased.

**NOTE: The instructor welcomes any questions regarding any handicaps or physical impediments. Please notify instructor prior to class. Confidentiality will be observed/honored.**

**Dates:**                **Session I: Dec. 28 - Feb. 1**                **343320-01**  
                              **Session II: Feb. 15 - Mar. 21**                **443420-01**  
                              **Session III: April 4 - May 9**                **443420-02**

**Day:**                    Wednesday  
**Time:**                 7:00 - 8:00 p.m.  
**Ages:**                 17 years & older  
**Instructor:**         Peggy Ford  
**Location:**            Krueger Park Recreation Center  
**Min/Max:**            9/20  
**Fee:**                    \$45 Resident; \$50 Non-Resident

## Men's Yoga

A yoga class designed especially for men. Yoga benefits include strength, flexibility, stamina, and balance, both physically and mentally. Yoga reduces stress and tension, improves focus and concentration, and promotes all around well-being, on and off the mat. Yoga is non-competitive and for all athletic types. All athletes can improve their game from the practice of yoga to find strength and stability in their workouts. Workouts are modified for those with bad backs, tight hamstrings, injuries, etc.

**Dates:**                **Session I: Feb. 15 - Mar. 21**                **343351-01**  
                              **Session II: April 4 - May 9**                **443451-01**

**Day:**                    Wednesday  
**Time:**                 8:15 - 9:15 p.m.  
**Ages:**                 17 years & up  
**Instructor:**         Peggy Ford  
**Location:**            Krueger Park Recreation Center  
**Min/Max:**            9/20  
**Fee:**                    \$45 Residents; \$50 Non-Residents



## Zumba - Walk In 443419-01

Looking for an exciting and fun way to tone and sculpt your body? Here is your chance! Salsa, cha cha, merengue, hip rolls and shimmies-put it all together with high energy Latin and international music and you've got Zumba! 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. Come join in on the Zumba party! Pre-registration is not required. This is a walk-in program on Wednesday nights. **NOTE: New night "Wednesday" in 2012.**

**Enjoy a dance workout to break up your work week!**

**Day/Dates:**         **Wednesday, January 4 - May 23**  
**Time:**                 6:15 - 7:15 p.m.  
**Ages:**                 16 years & up  
**Instructor:**         Lauren DiPego  
**Location:**            Krueger Park Recreation Center  
**Min/Max:**            9/25  
**Fee:**                    \$5 Resident; \$6 Non-Resident at the Door

## CPR (For Health Care Providers) 406426-01

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: You will need to pick up your CPR book at Roberts Park Fire Department prior to class. 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, May 19**  
**Time:**                 10:00 a.m. - 2:30 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