

ADULT ACTIVITIES

Monday Night Basketball 641675-05

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: June 15 - August 24

Day: Monday

Time: 7:00 - 9:00 p.m.

Ages: 21 years & up

Location: Krueger Park Gym

Min/Max: 8/30

Fee: \$5 Resident; \$7 Non-Resident

Hatha Yoga 143120-01

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.

Dates: June 23 - August 11

Day: Tuesday

Time: 6:15 - 7:15 p.m.

Ages: 16 years & up

Location: Krueger Park Activity Rooms A & B

Min/Max: 8/14

Fee: \$46 Resident; \$51 Non-Resident

Fitness Wheel of Fortune -

Customer Appreciation Day - 641695-01

Stop by Krueger Park on **Wednesday, July 29 (6:00 a.m. - 5:00 p.m.)** and spin the wheel for some fabulous prizes! All fitness center/walking track members get a free spin. **NOTE: 1 spin per person. Stop by for a quick workout or trip around the walking track, and try your luck at the wheel. This is our way of saying "Thanks" for being a part of the Hickory Hills Park District family!**

Prizes Include:

15 Minute Hydro Massage

Fitness Towels

\$10 Park District Gift

Certificate

Personal Training Session

Andy's Frozen Custard

\$10 Gift Card to Prime Time

Water Bottle

My Nutrition Specialist 641692-01

Meet one on one with our personal trainer to help develop a food plan to give you healthy food options to avoid paranoia and guilt factor when choosing what to eat. Classes are setup by appointment only. **NOTE: Instructor is a certified nutrition specialist.**

Days: Monday - Friday (May - August)

Ages: 18 years & up

Instructor: Kristin Hass

Location: Krueger Park Recreation Center

Fee: \$29 Resident; \$34 Non-Resident

Men & Women's Fall Softball Leagues

All registration is taken at both centers (cash taken Monday - Friday, from 9-5 only). **NOTE: A non-refundable, non-transferable deposit of \$200 is needed to secure your team's spot. No exceptions. Call 598-1233 for more information. Register by August 23 to guarantee your spot. There are 8-9 games plus post season.**

Women's Monday 16": 241295-01

Fee: \$520 per team

Time: 6:45, 7:45, or 8:45 p.m.

Men's Wednesday 12": 241297-01

Fee: \$520 per team

Time: 6:45, 7:45, or 8:45 p.m.

Men's Thursday 16": 241298-01

Fee: \$560 per team

Time: 6:45, 7:45, or 8:45 p.m.

Men's Sunday 12": 241299-01

Fee: \$520 per team

Time: 11:00 a.m. or 12 Noon

Location: Martin Park, 79th Ave & 89th Pl.

Leagues will begin the last week of August.

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, July 11 106126-01

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



Personal & Nutrition Training 641693-01

Meet one on one with our personal trainer and certified nutritionist who will help you decide on healthy food options and also provide the personal training techniques to help you become more active. This program combines both physical fitness and daily healthy eating options to promote a healthier lifestyle. Classes are setup by appointment only. **NOTE: The fee is for a (1) one hour session which includes the personal training and nutrition counsel.**

Days: Monday - Friday

Ages: 21 years & up

Instructor: Kristin Hass

Location: Krueger Park Recreation Center

Fee: \$40 Resident; \$45 Non-Resident



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: \$4 Resident; \$6 Non-Resident

“21” Double Down 156105-01

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, July 16
Time: 11:30 a.m. - 2:00 p.m.
Ages: 21 years & up
Dealer: Angel Sanchez
Location: Krueger Park Activity Room C
Min/Max: 15/22
Fee: \$12 Resident; \$14 Non-Resident

Private Guitar Lessons - 30 Minutes

These lessons are for beginner to advanced (acoustic or electric guitar). Instructor will structure progressive lessons based on students' individual needs and interest. **NOTE: Each student will be placed in a 30-minute (private lesson) time slot. All students must bring a guitar to class. Call Frank at Palos Music Instruction at 708-974-8002 to set up day & time for lessons. This is a 6-week program (1 lesson per week).**

Dates: June 15 - July 24 **136195-02**
July 27 - September 4 **236295-01**
Day: Monday - Saturday
Time: 10:00 a.m. - 8:00 p.m. (30 minute time slot)
Ages: 5 years & up
Location: Palos Music Instruction, 10604 S. Roberts Rd.
Min/Max: 6/10
Fee: \$113 Resident; \$118 Non-Resident
\$10 discount for each additional family member up to 3

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, July 31 **146174-02**
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

Due to the uncertainty of the Coronavirus, dates and times for programs are subject to change or cancellation.

Texas Hold'em Poker Tournament 146106-01

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: Thursday, August 20
Time: 11:30 a.m. - 2:00 p.m.
Ages: 21 years & up
Dealer: Angel Sanchez
Location: Krueger Park Activity Room C
Min/Max: 12/16
Fee: \$14 Resident; \$16 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, dessert, refreshments (coffee, pop, & water), and dinner.**

Day & Date: Tuesday, August 18 **155175-03**
Time: 5:30 - 8:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 30/50
Fee: \$16 Resident; \$18 Non-Resident

Left, Center, Right 146121-01

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, August 7
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

Spades Night - Card Game 146130-01

The game of Spades is a partner game that is easy to learn. This is a partner game that involves strategy in working together to win. Making friends with the Ace of Spades as it's the High trump card and is always a winner. Register for this enjoyable day at Krueger Park. **NOTE: Fee includes pizza, pop, and popcorn. Prizes will be awarded to the winners. Beginners are welcome.**

Day & Date: Thursday, July 30

Time: 7:00 - 9:00 p.m.

Ages: 21 years & up

Location: Krueger Park Activity Room C

Min/Max: 8/20

Fee: \$9 Resident; \$11 Non-Resident

Private Voice Lessons

Voice lessons will take place at Palos Music Instruction. Enjoy personalized voice lessons on musical styles ranging from classical to pop. All voice lessons focus on developing vocal range, pitch, tone production, breath control, enunciation, ear training, stage presence, and more. All lessons include warm-up exercises to improve breath control and to avoid damaging the vocal chords.

NOTE: Each student will be placed in a 30-minute (private lesson) time slot. This is an 8-week program (1 lesson per week).

Dates: June 15 - August 7 106127-01

August 10 - October 2 206227-01

Day: Monday - Saturday

Time: 10:00 a.m. - 8:00 p.m. (30 minute time slot)

Ages: 5 years & up

Location: Palos Music Instruction, 10604 S. Roberts Rd.

Min/Max: 2/10

Fee: \$149 Resident; \$154 Non-Resident

\$10 discount for each additional family member up to 3

REFUNDS FOR SPECIAL EVENTS, ONE DAY PROGRAM/EVENTS, AND TRIPS WILL BE ISSUED ONLY IF IT IS CANCELLED BY THE PARK DISTRICT.

W.O.W - Wonderful Overall Workout 141103-02

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: June 29 - August 3

Day: Monday

Time: 6:30 - 7:30 p.m.

Ages: 18 years & up

Instructor: Debbie Sernus

Location: Krueger Park Activity Rooms A & B

Min/Max: 7/15

Fee: \$42 Resident; \$47 Non-Resident

Trivia Night 146101-01

Join us for a night of trivia and fun where we will pin you against a competitor to answer a trivia question. Participants will be randomly picked on teams to compete against one another. **NOTE: Fee includes popcorn, pizza, and refreshments.**

Day & Date: Friday, July 24

Time: 7:00 - 9:00 p.m.

Ages: 21 years & up

Location: Krueger Park Activity Room A & B

Min/Max: 10/24

Fee: \$10 Resident; \$12 Non-Resident

Basics of Canvas Painting 146155-01

If you ever thought of creating a beautiful piece of art work for your home, now is your chance. Come to this class where you will learn how to paint on canvas and be able to create a piece of art to take home and display. No experience needed for this instructional class that will show you the painting essentials needed to recreate another painting at home.

Day & Date: Thursday, August 20

Time: 7:00 - 9:00 p.m.

Ages: 21 years & up

Location: Krueger Park Activity Room A & B

Min/Max: 8/12

Fee: \$14 Resident; \$16 Non-Resident

Piano for All Ages

These 30-minute private lessons are designed for beginners and intermediate level learners. Children and adults are welcome to learn fundamentals of note reading, hand positioning, and fingering techniques while learning holiday music they enjoy. Lessons are taught by an experienced instructor at Palos Music Instruction that will focus on the student's needs and ability level. Upon registration the instructor will contact you to arrange the lesson time and discuss current music levels in order to determine the appropriate method book that will begin your piano lessons. **NOTE: Books may be purchased from instructor directly as needed. Students must have a piano or electric keyboard at home for practice purposes. This is an 8 week program (1 lesson per week).**

Dates: June 15 - August 7 126194-01

August 10 - October 2 226294-01

Day: Monday - Saturday

Time: 10:00 a.m. - 8:00 p.m. (30 minute time slot)

Ages: 5 years & up

Location: Palos Music Instruction
10604 S. Roberts Rd.

Min/Max: 2/10

Fee: \$149 Resident; \$154 Non-Resident

\$10 discount for each additional family member up to 3