

# TEEN ACTIVITIES

## Open Volleyball (Teens)

131176-01

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

**Dates:** June 25 - August 6  
**Day:** Thursday  
**Time:** 6:00 - 7:00 p.m.  
**Ages:** 10 - 16 years  
**Location:** Krueger Park Gym  
**Min/Max:** 8/24  
**Fee:** \$3 (each day, pay at the door)



**NOTE:** Late fees will be assessed for all programs if child is not picked up within 10 minutes of end time. Please see General Information (Child Pick-up Policy) for more information.

## 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 30 players will be allowed in the gym at one time. No spectators.

**NOTE: Must have a school ID. No hoops August 21.**

**Dates:** June 12 - August 28  
**Day:** Friday  
**Grades:** 5th - 8th Grade 121136-01  
**Location:** Krueger Park Gym South  
**Grades:** 9th - 12th Grade 131136-01  
**Location:** Krueger Park Gym North  
**Time:** 6:15 - 8:45 p.m.  
**Min/Max:** 5/15 - 5th-8th Grade  
 5/15 - 9th-12th Grade  
**Fee:** \$4 (each day, pay at the door)

## 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

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

## Recreational Volleyball

121176-01

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

**Dates:** June 25 - August 6  
**Day:** Thursday  
**Time:** 4:30 - 5:45 p.m.  
**Ages:** 10 - 16 years  
**Location:** Krueger Park Gym  
**Min/Max:** 7/12  
**Fee:** \$37 Resident; \$42 Non-Resident

## Club Friday Night

232268-01

This Friday night party at Krueger Park is open to students attending St. Patricia, Conrady, Oak Ridge, Brodnicki, Glen Oaks and Wilkins Jr. High. All students must have an application on file at the Park District and must show a school I.D. (if available) to attend the Mixer. This mixer will be chaperoned by 5-6 adult volunteers. **NOTE: Volunteer adult chaperones needed. Call 708-599-7337 if interested.**

<b>Day/Date:</b> Friday, September 4	<b>Music</b>
<b>Time:</b> 7:00 - 9:00 p.m.	<b>Prizes/Contests</b>
<b>Ages:</b> 4th - 6th Grade	<b>Foosball</b>
<b>Location:</b> Krueger Park Gym	<b>Basketball</b>
<b>Fee:</b> \$5 (pay at the door)	<b>Dancing</b>

## Rim Seekers

121178-01

This 7 week class is the perfect class for the future basketball star. By doing simple drills, kids will become familiar with passing, dribbling, shooting and the basic rules of the game. Team work, good sportsmanship, and fun are all stressed in this exciting class. **NOTE: Fee includes a t-shirt.**

**Dates:** June 17 - July 29  
**Day:** Wednesday  
**Time:** 5:00 - 6:00 p.m.  
**Ages:** 10 - 14 years  
**Location:** Krueger Park Gym North  
**Min/Max:** 8/15  
**Fee:** \$40 Resident; \$45 Non-Resident



## Outdoor Lawn Sports

121111-01

This class will teach your child the world of sports. Each week we will focus on learning new sports for them to play. Children will participate in various skills and drills according to the sport. This is a great way for children to play together and learn to work together on the field.

**Dates:** June 24 - July 15  
**Day:** Wednesday  
**Time:** 4:15 - 5:00 p.m.  
**Ages:** 5 - 13 years  
**Location:** Krueger Park Soccer Field  
**Min/Max:** 8/12  
**Fee:** \$28 Resident; \$33 Non-Resident



## Late Night Basketball 3 on 3 Lock In

131103-01

At this lock-in, everyone will enjoy basketball, music and contests to compete in to win gift cards to local restaurants in the area. Participants will form 3 on 3 teams for a chance to be the champions in this one day tournament. **NOTE: Fee includes supervision, open gym, pizza, refreshments, music, and prizes. A minimum number must be registered or the program may be cancelled.**

**Day/Date:** Friday, August 21  
**Time:** 6:00 - 10:00 p.m.  
**Ages:** 5th - 8th grade  
**Location:** Krueger Park Gym  
**Min/Max:** 12/24  
**Fee:** \$8 Resident; \$10 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:** June 17 - July 22 143119-02  
August 5 - September 9 243219-01  
**Day:** Wednesday  
**Time:** 6:30 - 7:30 p.m.  
**Ages:** 14 years & up  
**Location:** Krueger Park Gym North  
**Min/Max:** 6/24  
**Fee:** \$47 Resident; \$52 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 708-599-7337. You must meet the following requirements to be considered:

1. You must be 13 years by June 8, 2020.
2. You must complete an application form and return it to Krueger Park Recreation Center before June 3, 2020.
3. A permission form must be signed by your parent/guardian.
4. Available for the dates June 8 - August 14

## 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:** RFPD; 8611 S. Roberts Rd., Justice  
**Min/Max:** 5/10  
**Fee:** \$50 Resident; \$65 Non-Resident



## Whirly Ball of Naperville

134102-01

WhirlyBall is not just a name...it's the name of the game, too. And one crazy-fun game it is! Up to ten players at a time play a game in souped-up bumper cars called WhirlyBugs with scoops and wiffle balls. Players must be 54 inches or taller to play.

**NOTE: Participants must register by June 16th. Transportation to Naperville, a game of Whirlyball, pizza, soda, and an adult chaperone is included.**

**Day/Date:** Tuesday, June 30  
**Time:** 11:00 a.m. - 3:00 p.m.  
**Ages:** 11 - 17 years  
**Location:** Bus departs from Krueger Park  
**Min/Max:** 20/20  
**Fee:** \$43 Resident; \$48 Non-Resident



## 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

## Ultimate Frisbee

131125-01

Ultimate Frisbee is a fun and challenging team sport! This class is designed for anyone that loves to play Frisbee and run. Bring your friends and come to the park for an Ultimate time. Frisbee's will be provided and a T-shirts will be given to all participants. Bring a water bottle to class. Games will be played every week and teams will be formed.

**Dates:** June 29 - August 3  
**Day:** Monday  
**Time:** 5:15 - 6:15 p.m.  
**Ages:** 12 - 17 years  
**Location:** Martin Park; 89th Pl. & 78th Ave.  
**Min/Max:** 8/20  
**Fee:** \$29 Resident; \$34 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

### 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

### 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