

TEEN ACTIVITIES

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: September 23 - October 28 243219-02
November 11 - December 16 343319-01

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



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, September 12 206226-01
Saturday, November 7 206226-02

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



Recreational Volleyball 221276-01

This instructional program for boys and girls will stress overhand serving, passing, setting, footwork and fun. Games will be held each week. **NOTE: No class November 26.**

Dates: October 15 - December 3

Day: Thursday

Time: 4:30 - 5:45 p.m.

Ages: 10 - 16 years

Location: Krueger Park Gym

Min/Max: 7/12

Fee: \$39 Resident; \$44 Non-Resident



Co-Ed Youth Indoor Soccer

Teams will be formed by a blind draft policy and will compete against teams from neighboring park districts. Teams will practice in December and will begin play in January. Games and practice times will vary week to week, and may be adjusted depending on the number of teams formed. **Birth date as of September 1, 2020** will determine age division. Birth certificates may be requested if there is a question of a child's age. Coaches needed! Sign up early! **Your coach will notify you to let you know what time your first practice will be held.** Requests to be with another player will be taken on a separate request form when registering through November 11 but are not guaranteed.

Dates: December - March

Day:	Ages:	Time:	Code:
Saturday	6-7	11:00 a.m. - 3:00 p.m.	321317-01
Saturday	8-9	3:00 - 8:00 p.m.	321317-02
Sunday	10-11	1:00 - 3:00 p.m.	321317-03
Sunday	12-13	3:00 - 6:00 p.m.	321317-04

Location: Oak Lawn Park District, 9401 S. Oak Park Ave., Oak Lawn, IL

Min/Max: 12/16

Fee: \$102 Resident; \$109 Non-Resident

****Game times/practice times are approximate and are dependant on number of teams in each division****

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.

Dates: September 22 - October 27 243220-01
November 10 - December 15 343320-01

Day: Tuesday

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

Ages: 16 years & up

Location: Krueger Park Activity Room C

Min/Max: 8/14

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