

YOUTH & TEEN ACTIVITIES

Floor Hockey 101

Learn the fundamentals of floor hockey. Each session, players will be challenged to drills on shooting, stick handling, defense, and positioning. **NOTE: All players will receive a t-shirt. All equipment is supplied.**

Dates: September 14 - October 19
Day: Tuesday
Times: 4:30 PM - 5:30 PM
Ages: 8 - 11 years
Location: Krueger Park Gym
Min/Max: 8/24
Fee: \$41 R / \$46 NR



226202-01

Recreational Volleyball

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 25.**

Dates: October 14 - December 2
Day: Thursday
Time: 4:30 PM - 5:45 PM
Ages: 10 - 16 years
Location: Krueger Park Gym
Min/Max: 7/12
Fee: \$40 R / \$45 NR



321376-01

Rim Seekers - Basketball

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: October 13 - November 24
Day: Wednesday
Time: 5:00 PM - 6:00 PM
Ages: 8 - 10 years (Gym South) 221278-01
 11 - 14 years (Gym North) 231278-01
Location: Krueger Park Gym
Min/Max: 8/15
Fee: \$41 R / \$46 NR

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 are allowed in the gym at one time. **NOTE: All players must fill out a Friday Hoops form before participating. No hoops Sept. 17, Sept. 24, Oct. 22, & Nov 26.**

Dates: September 10 - December 3
Day: Friday
Grades/Times: 5th - 8th Grade 4:00 PM - 6:00 PM
 9th - 12th Grade 6:30 - 9:00 PM
Location: Krueger Park Gym
Min/Max: 12/25
Fee: \$4 (each day - pay at the door, 5th - 8th)
 \$6 (each day - pay at the door, 9th -12th)



Horseback Riding Lessons

Staff will teach riders for pleasure or to show competitively. All riders must sign a release waiver and wear safety helmet while riding. Helmets are available to rent for \$1 per time. All riders must wear long pants. No shorts. All lessons are fully-supervised. **NOTE: Bring your receipt to the stables to set-up time and day. Call stables at 708-598-7718 for more information or visit their website at ntridingacademy.com.**

Dates: September - November	Fees:	Beginner: \$200 (5x Lessons)	201210-01
Day/Time: Arrange with stables		Beginner: \$320 (10x Lessons)	201210-02
Ages: 8 years & up		Int. & Advance \$230 (5x Lessons)	201210-03
Location: New Traditions Riding Academy 10100 S. Kean Ave.		Int. & Advance \$370(10x Lessons)	201210-04

Non-residents pay \$10 more to the prices listed above.

South Suburban Co-Ed Traveling Basketball League

This youth basketball league is for boys and girls entering 1st - 8th grades. The recreational travel league is designed for participants to utilize fundamental skills of basketball in game situations. A volunteer coach, who will provide instruction on basketball fundamentals, will direct each team. **NOTE: Special requests are not guaranteed. If more than one child is registered and are in different divisions, inform park staff at time of registration to consider during scheduling. Fee includes jersey, shorts, trophy or medal, and an awards ceremony with pizza & pop. DEADLINE FOR REGISTRATION IS DECEMBER 10th.**

Dates: December - March	Days: Saturday	Division:	Grades:	Program #:
Min/Max: 10/12 per division	Times: 9AM, 10AM, 11AM, 12PM, 1PM, & 2PM	Pee Wee Division:	1st - 2nd	321324-01
Fee: \$75 R / \$80 NR		Midget Division:	3rd - 4th	312324-02
		Junior Division:	5th - 6th	312324-03

MMA - Mixed Martial Arts

Students will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills – all while having fun! This is done through our structured monthly curriculum. Students will focus on one Boxing, Kickboxing, Jujitsu and Wrestling technique each month, as well as two “Mat Chat’s” where we cover important lessons such as focus, confidence, and gratitude.

Dates: Session I: Sept 12 - Oct 18 Session II: Nov. 1 - Dec 6	221208-01 321308-01	Ages: 5 - 11 years
Day: Monday		Location: Krueger Park Gym South
Time: 5:00 PM - 6:00 PM		Min/Max: 6/20
		Fee: \$87 R / \$92 NR