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TEEN & ADULT ACTIVITIES

Monday Night Basketball

841875-04

Every player must show a picture ID with name, address, and age listed. **NOTE: Pay at the door each night.**

Dates: January 10 - April 25
Day: Monday
Time: 7:30 PM - 9:00 PM
Ages: 21 years & up
Location: Krueger Park Gym
Min/Max: 8/30
Fee: \$5 Resident / \$7 Non-Resident

Recreational Volleyball

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

Dates: January 13 - February 24 321376-02
 March 10 - April 21 421476-01
Day: Thursday
Time: 4:30 - 5:45 p.m.
Ages: 10 - 16 years
Location: Krueger Park Gym
Min/Max: 7/12
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. 18 years & older.

Fee \$4 R / \$6 NR 841875-02

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 April 15, April 22, and April 29.**

Women's Volleyball League

441438-01

This league has open registration. All teams will begin playing Thursday, January 13. A maximum of 12 players will be allowed on each team. **NOTE: All players must be 18 years of age or older.**

Dates: January 13 - March 17
Day: Thursday
Time: 7:00 - 9:00 p.m.
Ages: 18 years & up
Location: Krueger Park Gym
Min/Max: 4/6 teams
Fee: \$170 per team



Day: Friday
Grades/Times: 5th - 8th Grade 421436-01
 January 7 - March 4 121136-01
 March 25 - June 3
 4:00 PM - 6:00 PM
 9th - 12th Grade 431436-01
 January 7 - March 4 131136-01
 March 25 - June 3
 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)

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: January 4 - February 8 343320-02
 February 22 - March 29 443420-01
 April 12 - May 17 443420-02
Day: Tuesday
Time: 6:15 - 7:15 p.m.
Ages: 16 years & up
Instructor: Pam Lawrence
Location: Krueger Park Activity Room C
Min/Max: 8/14
Fee: \$47 Resident; \$52 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: January 5 - February 9 343319-02
 February 23 - March 30 443419-01
 April 13 - May 18 443419-02
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



12" Summer Softball Tournament

Join us for this one day tournament where teams will be play in a single elimination tournament. Prize Money will be awarded to the wining team who wins the tournament. No Exceptions. All bases for 12" games are set at 65ft. Games may be played at Martin Park Ball field. Umpires and game balls will be provided for each game. All participants must be at least 18yrs & older.

Date: June 12 141194-01
 July 10 141194-02
 August 14 141194-03
Day: Sunday
Time: 1st Game begins at 11:30 a.m.
Fee: \$100 per team



TEEN ACTIVITIES

Basketball Social

421402-01

If you are a teen and love basketball and pizza, then you have come to the right place. Come join just for a night of basketball and then end the night with pizza. We will be playing all sorts of basketball games that include knockout, 3-point contests, and pick up games. At the end of the games participants will be provided pizza and a drink.

Date: Friday, April 22
Time: 7:00-9:00 pm
Ages: 5th- 8th Grade
Location: Krueger Park Gym
Min/Max: 12/24
Fee: \$12 Resident; \$14 Non-Resident



March Madness Free Throw Contest

Are you excited for the March Madness of College basketball just like us? Then come join us in kicking off the excitement with a free throw contest for all ages. We will be breaking up participants by age and having them compete to see who is the best at performing under pressure in a free throw competition. Prizes will be awarded to the top performers in each age group.

Date: Friday, March 18
Time: 5:00-5:25pm : 6-9 yrs **421414-01**
 5:25-5:50pm: 10-13 yrs **431414-01**
 5:50-6:15 pm: 14-16 yrs **431414-02**
Location: Krueger Park Gym
Min/Max: 10/24
Fee: \$7 Resident; \$9 Non-Resident

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.**

		Dec/Feb	March/April
Dates:	December - May	301310-01/401410-01	301310-02/401410-02
Day/Time:	Arrange with stables	301310-03/401410-03	301310-04/401410-04
Ages:	8 years & up	*Non-residents pay \$10 more to the prices listed above.	
Location:	New Traditions Riding Academy 10100 S. Kean Ave.		

Rim Seekers

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: January 12 - February 23 **321378-01**
 March 9 - April 20 **421478-01**
Day: Wednesday
Time: 5:00 - 6:00 p.m.
Ages: 10 - 14 years
Location: Krueger Park Gym North
Min/Max: 8/15
Fee: \$41 Resident; \$46 Non-Resident

Perler Bead Creations

In this program you will learn how to make fun characters and different creatures with perler beads. Perler beads are small, heat activated beads that you can lay on a mat to create interesting patterns. Then, after you apply heat, the beads will fuse together creating your design into a single work of art! Come join us in making cool perler bead designs like Avengers, Pokemon, Princesses, and many more.

Date: February 9 **326300-01**
 April 6 **426400-01**
Day: Wednesday
Time: 5:30-6:30 pm
Ages: 8 -13 years
Location: Krueger Park Activity Room C
Min/Max: 8/24
Fee: \$12 Resident; \$14 Non-Resident

Water Color Art Class

426404-01

In this program you will learn the basics of one of the most enduring art forms in our culture: watercolor painting. It is the easiest way of expressing yourself through art and it is a fun way to create different kinds of art that you wouldn't usually be able to at home. This program is open to all sorts of experience level.

Date: Thursdays, April 7- May 5
Time: 6:30-7:30 pm
Ages: 8 -13 years
Location: Krueger Park Activity Room C
Min/Max: 8/15
Fee: \$32 Resident; \$37 Non-Resident

TEEN ACTIVITIES

Winter Break Soccer Camp

321330-01

This camp offers a fully integrated program of techniques and tactics. The camp is designed to develop players of all levels. Professional trainers will work closely with small groups of players arranged carefully in consideration of their age and abilities. **NOTE: Each participant will need shorts, socks, shin guards, gym shoes, his/her own soccer ball, and water bottle. A camp t-shirt and certificate are included in fee. Face masks are required during class.**

Dates: December 20 - 23
Days: Monday - Thursday
Time: 9:30 - 11:30 a.m.
Ages: 4 - 13 years
Instructor: Soccer Made in America
Location: Krueger Park Gym
Min/Max: 8/24
Fee: \$109 Resident; \$114 Non-Resident

Wednesday Night Traveling Soccer League

431400-01

This soccer league is designed for traveling league soccer teams to join and compete in competitive play. This league is designed for players who are advanced or are looking to improve their soccer play. Teams will be registered with a minimum of 6 players and max of 10 players per team. Each team will play 7 games. **Note: All players will receive a t-shirt. Parents interested in coaching should contact the recreation director at (708) 599-7337. Individual players looking to join will be grouped to form a park district team(s).**

Date: January 19 - March 9
Day: Wednesday
Time: 7:00 or 7:45 p.m.
Age: 9 - 13 years
Location: Krueger Park Rec. Center
Min/Max: 4/6 teams
Team Fee: \$220 Team
 \$40 Resident; \$45 Non-Resident (Individual participant)

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. Scrimmages 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, 2021** 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. ****Game times/practice times are approximate and are dependant on number of teams in each division****

Dates: December - March	Day:	Ages:	Time:	
Location: Oak Lawn Park District, 9401 S. Oak Park Ave., Oak Lawn, IL	Saturday	6-7	11:00 a.m. - 3:00 p.m.	321317-01
Min/Max: 12/16	Saturday	8-9	3:00 - 8:00 p.m.	321317-02
Fee: \$104 Resident; \$111 Non-Resident	Sunday	10-11	1:00 - 3:00 p.m.	321317-03
	Sunday	12-13	3:00 - 6:00 p.m.	321317-04

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Dates: December - May	Fees:	Dec/Feb	March/April
Day/Time: Arrange with stables	Beginner: \$200 (5x Lessons)	301310-01/401410-01	
Ages: 8 years & up	Beginner: \$320 (10x Lessons)	301310-02/401410-02	
Location: New Traditions Riding Academy 10100 S. Kean Ave.	Int. & Advance \$230 (5x Lessons)	301310-03/401410-03	
	Int. & Advance \$370(10x Lessons)	301310-04/401410-04	

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