

# TEEN ACTIVITIES

## Video Gaming Tournaments 426407-01

Enjoy a day full of sports video games and competition. Participants will be put to the test against others to see who the true master gamer is. We will be playing from the groups choice of different sports games **NOTE: Pizza and refreshments will be served.**

**Day/Date:** Monday, March 6  
**Time:** 11:00 a.m. - 3:00 p.m.  
**Ages:** 8-12 years  
**Location:** Krueger Park Rec. Center  
**Min/Max:** 10/20  
**Fee:** \$15 Resident, \$17 Non-Resident

## Holi-"Day Off" Krew

While you are at work and your kids are off of school, enroll them in a program that is sure to keep them busy all day. Children will participate in a variety of activities in our gym and activity room that will be sure to keep out of trouble at home. **NOTE: Don't forget to pack a lunch each day. We will provide afternoon snacks. Must register in advance.**

**Day/Date:** Monday, January 16 311311-01  
Monday, February 20 311311-02  
Monday, March 6 311311-03  
Monday, April 10 411411-01  
Friday, April 21 411411-02

## Snapology (Engineering)

Come join Snapology for elementary and intermediate Engineering. Explore the scientific method and engineering design process. Develop appropriate strategies for logical problem solving. Make measurements and observations to collect data for comparisons. Evaluate different methods of measurement and observation. Learn about mechanical movement and energy potential and kinetic energy, gears, pulleys, and motors.

**Dates:** Session I Jan 12 - Feb 9 (Elementary): 326312-01  
Session II Feb 16 - Mar 16 (Intermediate) 426412-01  
**Day:** Thursdays  
**Time:** 4:30 p.m. - 5:30 p.m.  
**Ages:** 5-12 years  
**Location:** Krueger Park Rec. Center  
**Min/Max:** 6/20  
**Fee:** \$86 Resident, \$91 Non-Resident

## Tumbling & Gymnastics

The classes will provide a solid foundation for more difficult skills to be learned as students gain strength and coordination and confidence. Kids train on handstands, rolling, bridge skills and, of course, cartwheels! Students will advance from tumbling into gymnastics learning fundamental skills to improve on while still having fun and improving flexibility & technique.

**Dates:** Session I: January 9 - February 27 (8 weeks)  
**Time:** 4:00 p.m. - 4:45 p.m. (Tumbling) 311350-02  
4:45 p.m. - 5:30 p.m. (School Age) 321351-04  
5:30 p.m. - 6:15 p.m. (Tumbling) 311350-03  
6:15 p.m. - 7:00 p.m. (School Age) 321351-05  
**Days:** Monday  
**Location:** Krueger Park Gym North  
**Min/Max:** 6/12

## Floor Hockey 426402-01

This program will help teach basic fundamentals of floor hockey while integrating play and skill challenges. Each day, players will enjoy drills on shooting, stick handling, defense & positioning. **Note: All equipment will be supplied.** All players will receive a free Blackhawks hockey stick

**Dates:** February 14 - March 21  
**Day:** Tuesday  
**Time:** 4:45 p.m. - 5:45 p.m.  
**Ages:** 8-11 years  
**Location:** Krueger Park Gym  
**Min/Max:** 8/24  
**Fee:** \$54 Resident, \$59 Non-Resident

**Time:** 8:00 a.m. - 5:30 p.m.  
**Ages:** 5 - 12 Years  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 8/25  
**Fee:** \$40 Resident, \$45 Non-Resident (Daily)

## Snapology (Amusement & Mini Figure Mania)

Come join Snapology for Amusement Park Engineering and Mini Figure mania. Come create your own amusement park with mechanical movement, energy potential, kinetic energy, gears, pulleys and motors building the most amazing amusement park rides! Then come join us as we shrink ourselves to mini-figure size and create our own mini figure worlds. **NOTE: No class April 13**

**Dates:** Session I Mar 23 - Apr 27 (Amusement Park): 426412-02  
Session II May 4 - June 1 (Mini Figure Mania) 126112-01  
**Day:** Thursdays  
**Time:** 4:30 p.m. - 5:30 p.m.  
**Ages:** 5-12 years  
**Location:** Krueger Park Rec. Center  
**Min/Max:** 6/20  
**Fee:** \$86 Resident, \$91 Non-Resident

**Dates:** Session II: March 13 - May 1 (8 weeks)  
**Time:** 4:00 p.m. - 4:45 p.m. (Tumbling) 411450-01  
4:45 p.m. - 5:30 p.m. (School Age) 421451-01  
5:30 p.m. - 6:15 p.m. (Tumbling) 411450-02  
6:15 p.m. - 7:00 p.m. (School Age) 421451-02  
**Fee:** \$86 Resident \$91 Non-Resident  
**Ages:** Tumbling (3-5 years)  
School Ages (6-12 years)

## Rim Seekers

This 7 week class is the perfect class for the future basketball star. This class is going to be game based so your child will get to know the flow of playing in a real basketball game. Games will be played every week and will be paused throughout the game for teaching. Other games like 3pt contests, knockout, and free throw contests will also be played. Team work, good sportsmanship and fun are all stressed in this exciting class.

**NOTE: Fee includes a t-shirt.**

**Dates:** Jan 11 - Feb 22 321378-01  
Mar 8 - Apr 19 421478-01

**Day:** Wednesday  
**Time:** 5:00 p.m.- 6:00 p.m.  
**Ages:** 10-14 years  
**Location:** Krueger Park Gym North  
**Min/Max:** 8/15  
**Fee:** \$47 Resident, \$52 Non-Resident

## Trade & Play 426401-01

Do you and your friends like to trade & play Pokemon, Yu-Gi-Oh, and Akedo? Then we have the night for you! Come trade your cards/figures and bring your appetite to this night full of competition, trading, and play with your friends! **Pizza and refreshments will be served.**

**Date:** April 21  
**Day:** Friday  
**Time:** 6:00 p.m. - 8:00 p.m.  
**Ages:** 8-12 years  
**Location:** Krueger Park Rec Center  
**Min/Max:** 10/20  
**Fee:** \$11 Resident, \$15 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.**

**Dates:** December-February 301310-01 **Ages:** 8 years & up  
March-May 401410-01 **Fees:** Beginner: \$260 (5x Lessons)  
**Location:** New Traditions Riding Academy Beginner: \$470 (10x Lessons)  
10100 S. Kean Ave. Non-residents pay \$10 more to the prices listed

## Dodgeball and Pizza Night 321386-01

Get ready to rock your sweatband and gym shoes because we're going to play some dodgeball! This is a night full of fun and pizza. We will play organized games of dodgeball and other variations of dodgeball! Pizza and refreshments will be served after the games are played. Come with your game face on and get ready to dodge, dip, and dive!

**Dates:** February 24  
**Days:** Friday  
**Time:** 6:00 p.m. - 8:00 p.m.  
**Ages:** 8 - 12 years  
**Location:** Krueger Park  
**Min/Max:** 10/20  
**Fee:** \$10 Resident, \$15 Non-Resident

## Wednesday Night Soccer 421487-01

This soccer league is for players 9 - 12 years of age. Each team will consist of 6 - 8 players. Each team will play 8 scrimmages. **NOTE: All players will receive a t-shirt. Parents interested in coaching should contact the Recreation Manager at 708-599-7337.**

**Dates:** January 18 - March 8  
**Day:** Wednesday  
**Game Times:** 7:00 p.m. or 7:45 p.m.  
**Ages:** 9-12 years  
**Location:** Krueger Park Gym  
**Min/Max:** 21/28  
**Fee:** \$45 Resident, \$50 Non-Resident

## Among Us Real Life Experience 406409-01

Does your child love the game Among Us? If so, we have the program for you! Come join us in a one-day program where we play the game Among Us around the park! We will explain the rules and concepts of the game and then have the kids recreate the game in real life! At the end of the game we will provide pizza and a drink for your child.

**Date:** March 6  
**Day:** Monday  
**Time:** 5:30 p.m. - 7:30 p.m.  
**Ages:** 8-12 years  
**Location:** Krueger Park Gym  
**Min/Max:** 10/20  
**Fee:** \$15 Resident, \$17 Non-Resident

## MMA - Mixed Martial Arts (For Teens)

Join us for the most effective styles of martial arts, infused with lessons on character development. Students 12 - 17 will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills. This is done through our structured curriculum. Students will focus on boxing and kickboxing techniques (kicking, footwork, and defense), judo/wrestling technique (take-downs and devending take-downs) and "Mat Chat" (the personal development topic of the program). This program is being structured from young to older adults.

**Session I:** Jan. 5 - Feb. 9 341311-02

**Session II:** Feb. 23 - Mar. 30 441411-01

**Session III:** Apr. 13 - May 18 441411-02

**Day:** Thursday

**Time:** 7:00 p.m. - 8:00 p.m.

**Ages:** 12 - 17 years

**Instructor:** Victory Family MMA

**Location:** Krueger Park Gym

**Min/Max:** 8/20

**Fee:** \$94 Resident, \$99 Non-Resident

## Monday Night Basketball 541575-03

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

**Dates:** January 9 - April 24

**Day:** Monday

**Time:** 7:30 p.m. - 9:00 p.m.

**Ages:** 21 years & up

**Location:** Krueger Park Gym

**Min/Max:** 8/30

**Fee:** \$6 Resident, \$8 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 4 - February 8 343319-02

February 22 - March 29 443419-01

April 12 - May 17 443419-02

**Day:** Wednesday

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

**Ages:** 14 years & up

**Location:** Krueger Park Activity Room A & B

**Min/Max:** 7/15

**Fee:** \$55 Resident, \$60 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:** \$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 12 - February 23 321376-01

March 9 - April 20 421476-01

**Day:** Thursday

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

**Ages:** 10-16 years

**Location:** Krueger Park Gym

**Min/Max:** 7/12

**Fee:** \$45 Resident, \$50 Non-Resident

## 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 Feb. 17, 24 & April 7. Cash only!**

**Dates:** January 6 - June 2

**Day:** Friday

**Grades/Times:** 5th - 8th Grade 421436-01

4:00 p.m. - 6:00 p.m.

9th - 12th Grade 431436-01

6:30 p.m. - 8:30 p.m.

**Location:** Krueger Park Gym

**Min/Max:** 12/25

**Fee:** \$5 (each day pay at the door, 5th - 8th)

\$7 (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. Bring your mat and water bottle.

**Dates:** Jan. 9 - Feb. 13 343320-02

Feb. 27 - Apr. 3 443420-01

Apr. 17 - May 22 443420-02

**Day:** Monday

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

**Ages:** 16 years & up

**Instructor:** Pam Lawrence

**Location:** Krueger Park Activity Room A & B

**Min/Max:** 8/14

**Fee:** \$52 Resident, \$57 Non-Resident

## 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 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.

<b>Dates:</b>	<b>Session I: Jan 5 - Feb 9</b>	<b>321308-02</b>	<b>Ages:</b>	<b>5-11 years</b>
	<b>Session II: Feb 23 - Mar 30</b>	<b>421408-01</b>	<b>Location:</b>	<b>Krueger Park Gym South</b>
	<b>Session III: Apr 13 - May 18</b>	<b>421408-02</b>	<b>Min/Max:</b>	<b>6/20</b>
<b>Day:</b>	<b>Thursday</b>		<b>Fee:</b>	<b>\$90 Resident, \$95 Non-Resident</b>
<b>Time:</b>	<b>6:00 p.m. - 7:00 p.m.</b>			

## 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, 2022** 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.**

<b>Dates:</b>	<b>December - March</b>		
<b>Location:</b>	<b>Oak Lawn Park District, 9401 S. Oak Park Ave., Oak Lawn, IL</b>		
<b>Min/Max:</b>	<b>12/16</b>		
<b>Fee:</b>	<b>\$107 Resident, \$114 Non-Resident</b>		
<b>Day:</b>	<b>Ages:</b>	<b>Time:</b>	
<b>Saturday</b>	<b>6-7</b>	<b>11:00 a.m. - 3:00 p.m.</b>	<b>321317-01</b>
<b>Saturday</b>	<b>8-9</b>	<b>3:00 p.m. - 8:00 p.m.</b>	<b>321317-02</b>
<b>Sunday</b>	<b>10-11</b>	<b>1:00 p.m. - 3:00 p.m.</b>	<b>321317-03</b>
<b>Sunday</b>	<b>12-13</b>	<b>3:00 p.m. - 6:00 p.m.</b>	<b>321317-04</b>