

YOUTH PROGRAMS

9

Homeschool Gym

Join us for homeschool gym, a dynamic program designed for families to enjoy physical activity in a supportive and social environment. Our program focuses on promoting fitness and teamwork through a variety of fun games and exercises. It offers a great opportunity for children to stay active, make friends, and develop skills.

Dates: Sept. 16 - Oct. 17 221205-01
Oct. 21 - Nov. 21. 221205-02

Day: Monday & Thursday

Time: 10:30 a.m. - 11:30 a.m.

Ages: 6 - 12 years

Location: Krueger Park Gym

Min/Max: 6/12

Fee: \$50 Res., \$55 Non-Res., \$6 Walk-In

Among Us

226209-01

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 refreshments.

Date: October 2

Day: Wednesday

Time: 6:00 p.m. - 7:30 p.m.

Ages: 8 - 12 years

Location: Krueger Park Gym

Min/Max: 10/20

Fee: \$19 Resident, \$21 Non-Resident

Fallin' into Crafts

226205-01

Come and join us for a class where your child can explore a variety of different fall themed crafts that they can create. Throughout the class we will be doing all sorts of crafts that are fun and new to your children! We will be creating fall artwork that can be hung and played with such as pasta pumpkin, spider web, leaf art, and handprint crafts!

Date: October 1 - November 5

Day: Tuesday

Time: 5:00 p.m. - 5:45 p.m.

Ages: 7 - 12 years

Location: Krueger Park Activity Room C

Min/Max: 8/12

Fee: \$43 Resident, \$48 Non-Resident

I've Got Game

221223-01

Kids will become familiar with passing, dribbling, shooting and the basic rules of the game. Teamwork, good sportsmanship, and fun are all stressed in this exciting class. **NOTE: Fee includes a t-shirt.**

Dates: October 9 - November 20

Day: Wednesday

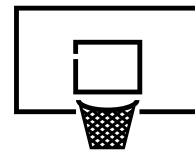
Time: 5:00 p.m.- 6:00 p.m.

Ages: 7 - 9 years

Location: Krueger Park Gym South

Min/Max: 8/15

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



Colorful Creations

226200-01

Come and join us for a one day program of bracelet making and perler beads! Pick your favorite colored beads and create a personalized accessory to wear or bring home. Children will be able to bring in their own bracelet making kits but we will be providing some as well. Let your creativity shine! **NOTE: Pizza and refreshments will be provided.**

Day & Date: Wednesday, September 25

Time: 5:30 p.m. - 6:30 p.m.

Ages: 7 - 12 years

Location: Krueger Park Activity Room C

Min/Max: 8/20

Fee: \$18 Residents, \$20 Non-Residents

Rim Seekers

221278-01

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. Teamwork, good sportsmanship, and fun are all stressed in this exciting class. **NOTE: Fee includes a t-shirt.**

Dates: October 9 - November 20

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

YOUTH PROGRAMS

13

MMA - Mixed Martial Arts

Join us for the most effective styles of martial arts, infused with lessons on character development. 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 curriculum. Students will focus on Boxing and kickboxing techniques (kicking, footwork, and defense), judo/wrestling technique (take-downs and defending take-downs) and “Mat Chat” (the personal development topic of the program). **NOTE: No Class on October 31, November 28.**

Dates: Oct. 10 - Dec. 12
Day: Thursday
Time: 6:00 - 7:00 (5 - 11 years) 221208-02
7:00 - 8:00 (11 - 15 years) 231208-01

Instructor: Victory Family MMA
Location: Krueger Park Gym South
Min/Max: 8/20
Fee: \$114 Resident, \$119 Non-Resident

Flag Football 221244-01

Flag Football is a fast-paced game where players, dodge, dash and strategize to steal flags instead of tackling. Games will be played each week forming new teams during this 6 week program. **NOTE: Fee includes a t-shirt and equipment. No tackling allowed during this sport.**

Dates: September 24 - October 29
Day: Tuesday
Times: 4:30 p.m. and 5:00 p.m.
Location: Krueger Park Gym
Ages: 9 - 13 years
Min/Max: 8/24
Fee: \$55 Resident, \$60 Non-Resident

Glow in the Dark Dodgeball 221286-01

Turn down the lights and put on some neon! Come out and enjoy a fun new way of playing dodgeball in the dark! A night full of fun, laughter, and pizza. Glowsticks will be given to wear, and pizza and refreshments will be served. Come with a bright shirt on and get ready to dodge, dip, and dive.

Day & Date: Friday, November 15
Time: 6:30 p.m. - 8:00 p.m.
Ages: 9-12 years
Location: Krueger Park Gym
Min/Max: 10/20
Fee: \$13 Resident, \$15 Non-Resident

Recreational Volleyball 221276-01

This instructional program for boys and girls will stress overhand serving, passing, setting, footwork and fun. Scrimmages will be held each week. **NOTE: No Class Oct. 31**

Dates: October 3 - November 21
Day: Thursday
Beginner
Time: 4:30 p.m. - 5:45 p.m. 221276-01
Intermediate
Time: 6:00 p.m. - 7:15 p.m. 221276-02
Ages: 10-16 years
Location: Krueger Park Gym
Min/Max: 8/12
Fee: \$50 Resident, \$55 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 Sept 13, Oct 18, 25, and Nov 1, 15. CASH ONLY.**

Dates: September 6 - November 22
Day: Friday
Grades/Times: 5th - 8th Grade 221236-01
4:00 p.m. - 6:00 p.m.
9th - 12th Grade 231236-01
6:30 p.m.- 8:30 p.m.
Location: Krueger Park Gym
Min/Max: 12/25
Fee: PAY AT THE DOOR (Cash Only)
\$6 each day 5th - 8th Grader
\$8 each day 9th - 12th Grade

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 \$2 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 708-598-7718 to inquire about intermediate and advanced riding lessons or visit their website at www.newtraditionridingacademy.com.**

Dates: September - November
Day & Time: Arrange with stables
Location: New Traditions Riding Academy
10100 S. Kean Ave.
Fees: Beginner: \$265 (5x Lessons) 201248-01
Beginner: \$530 (10x Lessons) 201248-02
Ages: 7 years & up
Non-residents pay \$10 more to the prices listed above.

Junior Wednesday Night Soccer 321319-01

This soccer league is for players 5 - 8 years of age. Each team will consist of 7 - 8 players. League will consist of 1 practice and 7 scrimmages. **NOTE: All players will receive a t-shirt. Parents interested in coaching should contact the Recreation Manager at 708-599-7337.**

Dates: October 16 - December 4
Day: Wednesday
Game Times: 6:15 p.m. or 7:00 p.m.
Ages: 5-8 years
Location: Krueger Park Gym
Min/Max: 21/30
Fee: \$53 Resident, \$58 Non-Resident

Wednesday Night Soccer 321387-01

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: October 16 - December 4
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: \$53 Resident, \$58 Non-Resident



South Suburban Traveling Fall Soccer League

Games will be played on Saturday afternoons or evenings and one game will be played on a Tuesday, Thursday, or Friday evening. About half of the games will be played in Hickory Hills. Practice dates are listed below and are tentative. Practice times to be determined by coach. Coaches will notify players of exact day, time, and field location of first practice. **NOTE: Special requests are not guaranteed. Ages for divisions are as of August 1, 2024. If more than one child is registered and are in different divisions, please inform park staff at time of registration to consider during scheduling. Fee includes jersey, shorts, socks, trophy or medal, and an awards ceremony (pizza & pop). DEADLINE FOR REGISTRATION IS August 25.**

Dates: August - October (Games begin in September)	Division: Super Pee Wee Division:	Grade: Pre-K-K	Practice Days: Tues or Thurs	Program #: 221209-01
Min/Max: 12/20 per division	Pee Wee Division:	1 st -2 nd	Tues or Thurs	221209-02
Fee: \$102 Resident, \$107 Non-Res.	Junior Division:	3 rd -5 th	Mon & Wed	221209-03
	Senior Division:	6 th -8 th	Mon & Wed	221209-04

Indoor Soccer - Little Kickers 311330-01

This introductory soccer league is a shortened version of our youth soccer program and is designed to help transition children into team play. Modified, non-competitive games will be played. This league will be run in a low key environment and coaches will be more hands on during games. **Birth date as of September 1, 2024** will determine division placement. A birth certificate may be requested if there is a question of a child's age. Games and practice times will vary from week to week and may be adjusted depending on number of teams formed. Coaches needed! **Your coach will notify you to let you know what time your first practice will be held.**

Dates: December - March
Day: Saturday
Time: 9:00 a.m. - 11:00 a.m.
Game times/practice times are approximate and are dependant on number of teams in each division
Ages: 4-5 Years
Location: Oak Lawn Park District,
 9401 S. Oak Park Ave., Oak Lawn, IL
Min/Max: 12/14
Fee: \$81 Resident, \$91 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, 2024** 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.**

Dates: December - March
Day: Saturday
Ages: 6-7
Time: 11:00 a.m. - 3:00 p.m. 321317-01
 Saturday 8-9 3:00 p.m. - 8:00 p.m. 321317-02
 Sunday 10-11 1:00 p.m. - 3:00 p.m. 321317-03
 Sunday 12-13 3:00 p.m. - 6:00 p.m. 321317-04
Location: Oak Lawn Park District,
 9401 S. Oak Park Ave., Oak Lawn, IL
Min/Max: 12/16
Fee: \$113 Resident, \$123 Non-Resident
Game times/practice times are approximate and are dependant on number of teams in each division