

Instructional Pickleball

Have you ever thought of trying to play Pickleball but not sure how to play? Well now is the time to learn the popular trend called Pickleball. It's a little like badminton, a little like tennis and a little like table tennis. The rules are short and simple and the racquets and balls are light weight. Played on a badminton sized court (two on a side) with a low net, the first team to score 11 points wins. We will instruct you on the rules and how to play the game.

Dates: Sept. 9 - Oct. 7 **241240-01**
 Oct. 21 - Nov. 18 **241240-02**

Day: Monday

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

Ages: 16 years & up

Location: Krueger Park Gym

Min/Max: 8/16

Fee: \$47 Resident, \$52 Non-Resident

Indoor Pickleball Open Gym 341340-01

Join this really fun and popular game! It's a little like badminton, a little like tennis and little like table tennis. The rules are short and simple and the racquets and balls are light weight. Played on a badminton sized court (two on a side) with a low net, the first team to score 11 points wins. Please bring your own paddles and balls, if you have them.

Date: Sept. 9 - Dec. 16

Day: Monday

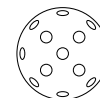
Time: 7:30 p.m. - 9:00 p.m.

Ages: 16 years & up

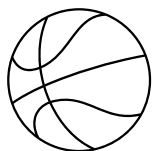
Location: Krueger Park Gym

Min/Max: 8/20

Fee: \$5 Resident, \$7 Non-Resident

**Open Gym - Basketball (Unscheduled) 641675-01**

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 **CASH ONLY**

**Acting for Adults****346302-01**

This class is intended for both beginning and more advanced actors. Focus will be on developing the actor's instrument, as well as work on scripted material, including scene work and audition pieces. Actors will be encouraged to give each other feedback, so that they are fully participating at all times. **No Class Nov. 27**

Dates: October 9 - December 4

Day: Wednesday

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

Ages: 18 years & up

Location: Krueger Park Rec. Activity Room C

Min/Max: 8/16

Fee: \$88 Resident \$93 Non-Resident

Wednesday Night Hoops 641675-05

Play basketball with your friends or just come out to shoot around. Water bottles are allowed. A maximum of 20 players will be allowed in the gym at one time. No spectators. Anyone not following the rules will be asked to leave with no refund up to being suspended from the program. **NOTE: No Hoops Oct 2. Pay at the door each night. CASH ONLY!**

Dates: September 4 - October 9

Day: Wednesday

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

Ages: 21 years & up

Location: Krueger Park Gym

Min/Max: 8/30 per session

Fee: \$6 Resident (each day - pay at the door)
 \$8 Non-Resident (each day - pay at the door)

YOGA

Chair Yoga

Chair Yoga is a unique yoga style that adapts yoga positions and poses through creative use of a chair. The chair replaces the mat and becomes an extension of the body. Bring a water bottle with you. Anyone can practice yoga regardless of age, experience, or level of flexibility – we can all benefit from yoga.

Dates: September 16 - October 21 251220-01
November 4 - December 9 351320-01

Day: Monday

Time: 5:15 p.m. - 6:15 p.m.

Ages: 50 years & up

Instructor: Pam Lawrence

Location: Krueger Park Activity Room A & B

Min/Max: 10/24

Fee: \$54 Resident, \$59 Non-Resident

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: Sept. 16 - Oct. 21 243220-01
Nov. 4 - Dec. 9 343320-01

Day: Monday

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

Ages: 16 years & up

Instructor: Pam Lawrence

Location: Krueger Park Activity Room A & B

Min/Max: 8/14

Fee: \$54 Resident, \$59 Non-Resident