



Fall 2017 playbook

Early Childhood Programs p. 8-11



Fitness Center p. 30-33



Create A Healthy, Connected Community Through Play

12th Annual

Palos Heights Pet Parade



**Saturday, October 7
11am-1pm
Passarelli Park**

124th and Oak Park Ave

No Registration Necessary!

*Dress your pet in its finest to show off him or her during the parade!

*We will be collecting dog/cat food for local shelters. Your contributions are greatly appreciated.

*We will be selling t-shirts and having raffles for great prizes! The profits will benefit local shelters and nonprofit animal organizations.

Come out and join the fun!



Pet owners are responsible for keeping control of their pets, leashed or caged, for the safety of all animal and human participants.

Questions? Call Palos Heights Parks and Recreation Department!



6601 W. 127th Street | Palos Heights, IL 60463
 708-361-1807 | 708-361-7679 (Fax)
 www.palosheightsrec.org

Hours:

Monday-Friday: 5:30am to 10:00pm
 Saturday: 7:00am to 9:00pm
 Sunday: 7:00am to 7:00pm

Recreation Center Closed:

Jan 1, Apr 1, Jul 4, & Dec 25

Administrative Team

Michael Leonard, CPRP
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Richard Boeschel
 Facility Technician

Scott Cwik
 Custodian

CPRP (Certified Park and Recreation Professional) and CPO (Certified Pool Operator) are national certification programs for professionals in the field of parks and recreation. To receive these certifications, staff must meet specific criteria relative to education and work experience. Continuing education is also necessary to maintain certification.

Registration Dates

Palos Heights Residents Only:

August 21, 2017

Open Registration to All:

August 28, 2017

Registration

Registration is in real time. All customers should receive a receipt at time of registration, unless you drop off. We are sorry, but we cannot accept fax registrations. Your credit card is required to swipe as we are not permitted to keep your credit card information on file. We accept Discover Card, VISA, and MasterCard. Please review your receipt to verify your classes or purchases before leaving the counter.

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The guide is color coded to make it easier to find what you are looking for! Program headings are in the following colors:

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Parks & Recreation Committee

Meetings are held the second Tuesday of every month, 7:00 p.m. at City Hall. The public is welcome. Committee members:
 Ald. Jeffrey Key, Chairman
 Ald. Jerry McGovern | Ald. Jack Clifford | Ald. Donald Bylut

Recreation Advisory Board

Meetings are held the last Wednesday of every month at 11:30 a.m. at the Recreation Center. The public is welcome. Board members:
 Lisa Pesavento | Janet Campion | Gayle Greenwald | Denise Hyker
 Lynda Schiappa | Diana Wolan | Don Mertic

A.D.A. Statement

The City of Palos Heights is aware of and will do its best to comply with the Americans with Disabilities Act (A.D.A.) where possible. If you have any questions or need special assistance, please contact the A.D.A. Coordinator or Director of Parks and Recreation at 708-361-1807.

Mission

To create memorable experiences through people, innovative programs, parks, and partnerships

Vision

To create a healthy, connected community through play

HARVEST in the HEIGHTS

A Fun and Festive Celebration!

Saturday, September 23

4 pm - RIBBON CUTTING

Dedication of Meyers Park

6601 W. 127TH STREET

5 pm - SOCIAL HOUR

6 pm - DINNER

followed by music from the

95th Street Band

Tickets - \$35 per person
with **CASH BAR**

Purchase tickets:

Mona Lisa Boutique

708.361.1551

**Palos Heights
Recreation Center**

708.361.1807

This fundraiser
is presented by the
**PALOS HEIGHTS
WOMAN'S CLUB**
for the future LED Sign
at the **PALOS HEIGHTS
RECREATION CENTER.**

TICKET INFORMATION:

ROSE @
708.945.6254





Pumpkin Decorating

Ages 2-10 years with parent

Turn an ordinary pumpkin into a frightfully fun Halloween decoration during this workshop. Each participant should bring their own pumpkin; we will supply the decorations to turn them into works of art! Parents should attend with children to make this a fun family event. Registration deadline is October 4.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
151301A1	W	Oct 11	6:00-7:00 pm	R\$8/NR\$12

Touch-a-Truck & Treat

All ages

Come out dressed in your Halloween costume and explore the trucks, tractors, heavy equipment, emergency vehicles and more. Bring your camera! Touch-A-Truck and Treat puts kids in the driver's seat! Children touch, honk, and climb aboard a vast array of specialized vehicles and public safety equipment that are on display. Children will also receive a treat from each vendor vehicle.



<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
TH	Oct 26	5:30-7:30 pm	Free



Turkey Shoot

Palos Heights boys and girls between the ages of 4 and 12 (age will be determined as of November 17, 2017) and a parent of their choice will compete in a basketball free throw shooting contest. Boys and girls will compete together in the following divisions: 4 years old, 5-6, 7-8, 9-10, and 11-12. The winning team in each division will win a Thanksgiving Turkey. PRE-REGISTRATION REQUIRED; Day of registration is available at \$5 per team if spots are available. Check in starts at 6:00 pm; no new teams after 6:30 pm.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
F	Nov 17	7:00 pm	Free for Residents/NR \$3 \$5 for all on day of event

Unlimited Holiday Group Exercise Pass

Don't let all your hard work go to waste over the holidays, sign up for the unlimited holiday group exercise pass and take as many classes as you can during the holiday break. Register at the recreation center to receive your pass, check out the schedule of available classes and start burning those holiday calories.

**Unlimited classes available
December 11-16, December 18-23 and January 2-6.**

Classes available include Yoga, Pilates, Spinning, and Cardio/Strength. Please check at the front desk for the class listing and times. **As a special bonus anyone who purchases an unlimited holiday group exercise pass will also receive free use of the Palos Heights Fitness Center from December 26-31!**

Unlimited Holiday Group Exercise Pass
\$15 per person Resident/\$25 per person Non-Resident

Waddles Winter Wonderland!

Ages birth-12 years
 Come join us to enjoy a day of holiday fun at our very own Winter Wonderland! You and your family will not want to miss out on this exciting event! We will be playing holiday games, decorating cookies, making holiday decorations and much much more! We will have holiday entertainment and let's not forget about SANTA! Everyone will get the chance to meet Santa himself and take a family picture with him to! So come out and help us spread the holiday cheer at Waddles Winter Wonderland! This year we are asking everyone to bring a toy to donate during this season of giving.

Day SA
Date Dec 9
Time 10:00am-12:00pm
Fee FREE



Santa's Calling

Ages 3-8 years
 The elves of the North Pole are inviting parents to complete a special information sheet in order for their little ones to receive a phone call from Santa or Mrs. Claus. Each call is approximately 3-4 minutes in length and will be made between 6-8pm on either Wednesday, December 6 or Thursday, December 7. Parents must specify which date they would like their child to be called. Specific time requests cannot be taken. Keep in mind that if you are not home when your call comes in, time permitting, we will attempt a call back within the allotted period. *NOTE: We cannot tell you at time of registration who will be calling your child; it will be either Santa or Mrs. Claus.*



Activity 151304A1
Day W or TH
Date Dec 6 or 7
Time 6:00-8:00pm
Fee R Free/NR\$5

Santa's Mailbox

Santa's elves will install a mailbox at the Palos Heights Recreation Center December 1-10. Santa has informed the Parks & Recreation Department that he will write back to all the children who put a letter into this mailbox. Santa's only request is that all children include a self-addressed stamped envelope.



Noon Year's Eve Party

10 years and under
 Join us in ringing our own New Year at noon instead of midnight! We will transform our recreation center into a miniature Times Square complete with music and a "countdown to noon" balloon drop. This is a perfect way to spend New Year's Eve with the kids. We will have fun new year's activities for families with children 10 and under.

Activity 151305A1
Day SU
Date Dec 31
Time 10:00-12:00pm
Fee FREE





Birthday Parties

With Palos Heights Parks and Recreation Party Patrol!

Packages are available for 12 kids ages 4-12 on Saturdays from 10:00am-12:00pm, 1:00pm-3:00pm, or 4:00pm-6:00pm. Full payment is required at time of registration. Additional guests can be added for an additional \$5 per child. Call 708-361-1807 for more information.

Includes:

Party patrol staff to set up, provide activities and games, and handle the cleanup for you. Room and gym rental, refreshments, and party treats.

Themes:

Nerf Wars

R \$200/NR \$220

Compete against your friends in teams through a series of different Nerf wars. Nerf guns and Nerf darts are provided.

Sports Birthday Party

R \$200/NR \$220

Play any of your favorite sports including basketball, wiffle ball, soccer, or dodgeball

Inflatable Party

R \$250/ NR \$270

Jump around in our very own inflatable in the gym!

Royalty Party

R \$200/ NR \$220

Dress up as your favorite princess and have a tea party with all of your friends. Activities will include crafts and royalty themed games.





Little Learners Preschool

Registration is now open for the 2017-2018 school year!

- ▶ 3 year old and 4 year old programs available
- ▶ Little Learners Preschool program is a unique learning experience that will inspire your child socially, emotionally, physically, and intellectually preparing them for kindergarten. Little Learners has a great learning atmosphere of acceptance through both group and individual experiences.
- ▶ Little Learners places emphasis on social, emotional and creative development, combining fun with learning and creating an educational foundation built with basic principles such as numbers, letters, shapes, and colors as well as introductions to science, math, music, art and language arts. Little Learners has a balance of play and academic curriculum, differentiated instruction, and center based learning. .
- ▶ Little Learners Preschool strives to create a balanced environment of both learning and play. Our program prepares preschoolers both socially and academically for kindergarten.
- ▶ Little Learners Preschool Teachers are certified teachers with Bachelors or Master Degrees in education.



<u>Activity</u>	<u>Age</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>
731804A	4-5	MWF	Sep 7	9:00am-12:00pm (AM)
731804B	4-5	MWF	Sep 7	12:30pm-3:30pm (PM)
731806A	3-4	TU/TH	Sep 6-May 11	9:00am-11:30pm (AM)
731806B	3-4	TU/TH	Sep 6-May 11	12:00pm-2:30pm (PM) Spots Still Available!

Children must be appropriate age for the programs by September 1, 2017

Register at the Palos Heights Parks and Recreation Center located at 6601 West 127th Street.

Payment Plan:

Sep 2017-May 2018

We have a convenient monthly payment plan!

There is a \$50 registration fee. If you register before August 1st, you will receive a \$25 off coupon.

3 Day AM/PM Program Monthly Cost R\$171/NR\$188

2 Day AM/PM Program Monthly Cost R\$95/NR\$104.50

Full year tuition available!



Me Too Play School

Ages 2 1/2-3 years*

This program is designed especially for those children who are not quite ready for preschool. The class offers simple craft projects, stories, and activities to keep your little one busy. The curriculum will also introduce socialization/listening skills, colors, letters and shapes. This class will help ease the separation from parent/guardian. This is a great stepping stone to our Little Learners Preschool program. **Children attend without parents. Please inform us of any allergies.** *Children must be 2 ½ by the start of the program. Attend this program again in January and receive Early Bird Registration for our Little Learners Preschool Program. No Class Nov 20 & 22

Activity	Day	Date	Time	Fee
110605A1	M/W	Sep 11-Dec 6	8:45-10:00am	R\$155/NR\$175
110605B1	M/W	Sep 11-Dec 6	10:15-11:30am	R\$155/NR\$175

Messy Art

Ages 3-5 years

Squish paint through your fingers, ooze glue from the bottle, or splatter paint on a canvas! These are just some of the crazy activities in this art class in which creativity and messiness go hand in hand! Your child's imagination will run wild as he or she explores and experiments with a variety of art and craft materials.

Activity	Day	Date	Time	Fee
110622A1	F	Sep 15-Oct 20	9:30-10:15am	R\$55/NR\$75

Little Artists

Ages 1 ½-2 ½ with parent

Your child will enjoy this painting class that encourages self-expression and development. Kids and parents will enjoy using watercolors, printmaking, marbles, brushes, salad spinners and more to create fun art projects. Bring an old t-shirt or smock and leave the mess for us.

Activity	Day	Date	Time	Fee
110627A1	TU	Sep 26-Oct 17	9:30-10:00am	R\$35/NR\$52.50

Little Bakers

Ages 4-6 years

Baking allows children to create using math, measuring, science and language skills. They will practice following directions and bring you home some delicious recipes. There will be a holiday themed recipe in this session. At the end of the class, each baker will bring home a recipe book full of the exciting recipes made in class!

Activity	Day	Date	Time	Fee
110660A1	W	Oct 11-Nov 15	12:15-1:00pm	R\$55/NR\$75
110660B1	TH	Oct 12-Nov 16	2:45-3:30pm	R\$55/NR\$75

Calling All Math Wizards

Ages 4-6 years

Numbers will be the focus of this class. Children will learn hands on activities with all kinds of manipulatives to practice measuring, patterning, counting and more! This class will make math easier to understand!

Activity	Day	Date	Time	Fee
110602A1	M	Oct 16-Nov 20	1:15-2:00pm	R\$55/NR\$75

Alphabet Academy

Ages 4-6 years

Learn the alphabet through sight and sound. Activities such as cutting, gluing, painting and printing the alphabet are all encouraged to promote creativity and fine motor skills. Your child will enjoy the alphabet stories and songs. Sing-along is encouraged!

Activity	Day	Date	Time	Fee
110703A1	M	Oct 16-Nov 20	12:15-1:00pm	R\$55/NR\$75

Attention Non-Residents Do You Want To Save Some Money?

We offer a non-resident pass for an annual fee of \$125. This non-resident pass allows you one full year (from the date of purchase) to register for programs during the resident registration time period, pay the resident registration fee and receive our seasonal brochure mailed directly to your home three times per year. Non-resident passes can be purchased at the Palos Heights Recreation Center or call 708-361-1807 for more information.

***Non-Resident pass cannot be used for Fitness Center Membership or Seasonal Pool Pass.**



Mini Mad Scientists

Ages 3-5 years

Science is everywhere! In this class we will do many different science experiments to engage your child into the world of science. Experiments will be fun and easy to do!

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
110651A1	F	Oct 27-Nov 17	10:00-10:45am	R\$55/NR\$75

Disney Princess Party

Ages 3-5 years

In this class we will discover the wonderful world of Disney Princesses. During this one hour class we will sing, dance and become Disney Princesses. We will also be having a princess tea party to end the class. Dress up in your best princess costume.*No Class Nov 24

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
110660A1	F	Nov 3-Dec 1*	11:00-11:30am	R\$35/NR\$52.50

Superheroes Save the World

Ages 3-5 years

Oh no! The Palos Heights Parks and Recreation department needs your help! A villain has taken over our classroom and we need superheroes to save us! In this one-day class, we will all become our very own superheroes in order to save the city! Dress up as your favorite superhero and join us in the adventure of a lifetime!

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
110652A1	W	Dec 13	11:00-11:30am	R\$10/NR\$15

Baby Tunes

Ages 0-12 months

Music is one of the most fun and natural ways to bond a parent and child! Songs, poems, games, and playing of basic percussion instruments are all a part of this 35-minute class. Activities will increase your child's curiosity about music, develop listening skills and a sense of beat, and establish a foundation for singing and musical thought. Bouncing songs, rocking songs, and wiggle and peek-a-boo games are featured. Class is designed for child and adult to participate together. *No class Nov 22

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
110401A1	W	Sep 13-Oct 18	11:00-11:35am	R\$65/NR\$85
110401B1	W	Nov 1-Dec 13	11:00-11:35am	R\$65/NR\$85

Rockin' Tots

Ages 1-2 years

Participate with your toddler in singing, chanting, moving, dancing, listening and playing simple percussion instruments. Activities will bridge the natural connection between music and movement, improve listening abilities, and increase exposure and appreciation to different types of music. Class is designed for child and adult to participate in together. *No Class Nov 22.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
110404A1	W	Sep 13-Oct 18	9:00-9:45am	R\$70/NR\$90
110404B1	W	Sep 13-Oct 18	10:00-10:45am	R\$70/NR\$90
110404C1	W	Nov 1-Dec 13	9:00-9:45am	R\$70/NR\$90
110404D1	W	Nov 1-Dec 13	10:00-10:45am	R\$70/NR\$90



Mighty Music Makers

Ages 3-5 years

We will work on the child's attention and self-expression and include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement, and storytelling. A variety of musical types will be included to widen your child's exposure and appreciation of different musical styles. Class is designed for the child and adult to participate together. *No class Nov 22.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
110402A1	W	Sep 13-Oct 18	5:15-6:00pm	R\$70/NR\$90
110402B1	W	Nov 1-Dec 13	5:15-6:00pm	R\$70/NR\$90



POWER PLAY
THE PLACE TO BE AFTER SCHOOL
PALOS HEIGHTS PARKS & RECREATION DEPARTMENT

Power Play Before and After School Program is perfect for families who need care before or after regular school hours. Students participate in a wide variety of activities including homework assistance, structured games, arts and crafts, and social interaction with other children. Staff is always on hand to supervise, lead activities, and assist with homework. Power Play is offered through the Palos Heights Parks and Recreation Department and is partnered with School District 128.



Power Play Before and After School Program is held at Chippewa School and is open to all District 128 students from morning and afternoon pre-school to 5th grade. Buses will transport students to and from Navajo and Indian Hills Schools. The program will be available on early dismissal days but will not run on no-school days. The program runs the entire school year Monday-Friday.

Winter Break Camp

Ages Pre K-6th Grade

Get out of the cold and come join the Palos Heights Parks and Recreation Department for some winter break fun! We will be going on fun field trips each day of camp! Camp will also consist of crafts and games! Parents/Guardians must walk participant(s) into the recreation center and sign them in. Campers will also need to bring a sack lunch every day. All parents must fill out an emergency form for each participant at the time of registration. You must register one week before the camp starts! Space is limited so register early!

Activity 120330A1
Day M-F
Date Dec 26-Dec 30
Time 9:00am-4:00pm
Fee Per Day: R\$40/NR\$50
Week: R\$160/NR\$200

*Drop off for camp is between 8:30am-9:00am and pick up is between 4:00-4:30pm

Before School

6:45am-8:30am

Fees:

Monthly \$95
Daily Fee \$10

Ages:

Morning Preschool-5th Grade

After School

3:00pm-6:00pm

Fees:

Monthly \$170
Daily \$15

Ages:

Afternoon Preschool-5th Grade

Before and After School

Monthly Fee: \$239

Register Today!

We offer monthly payment plans as well as daily registration.

*Monthly fees will be automatically deducted via Electronic Funds Transfer

*Sign up by Thursday of the week prior to attend for daily registration

*No Before or After Care on the last day of school.

*Parents can register at the Palos Heights Recreation Center located at 6601 W. 127th Street!

For more information please call Megan McCauley at (708)361-1807.



Pre Ballet/Tap Combination

Age 3-4 years

Basic ballet and/or tap skills, terminology, rhythm, and coordination are taught, practiced, and developed through creative movement, and music. Our pre-ballet/tap classes also develop concentration and learning how to follow instructions. Offered by Ms. Candace. *No class Nov 21

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
120501A1	TU	Sep 26-Dec 5*	4:00-4:30pm	R\$70/NR\$90

Beginning Ballet/Jazz

Age 5-7 years

Ballet class will include more challenging barre exercises while emphasizing basic terminology. The jazz portion of class will begin to develop student's flexibility and balance skills adding beginning proper technique for turns and leaps to a fun upbeat tempo of music. Offered by Ms. Candace. *No class Nov 21

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
120513A1	TU	Sep 26-Dec 5*	4:30-5:15pm	R\$85/NR\$105

Tumbling/Acro I & II

Ages 5 years and up

This class will be focusing on combining gymnastics with jazz dancing. Proper technique of basic//intermediate tumbling skills, with the basics of jazz dancing will be taught. ** Tumbling/ Acro II students MUST have taken Tumbling/Acro I and/or Teacher Placement. See Ms.Candace for more info if needed. Offered by Ms. Candace. *No class Nov 21

<u>Activity</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
120504A1	5-7	TU	Sep 26-Dec 5*	5:15-6:00pm	R\$85/NR\$105
120504B1	8&up	TU	Sep 26-Dec 5*	6:45-7:00pm	R\$85/NR\$105



Ballet/Lyrical

8 years and up

Created through the fusion of ballet with jazz and contemporary dance techniques while performed to music with lyrics...the lyrics of the chosen song serve as inspiration for movements and expressions. Ballet technique, leaps, jumps and turns will be taught in this class. Prior dance classes strongly recommended. Offered by Ms. Candace. *No class Nov 21

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
120505A1	TU	Sep 26-Dec 5*	7:00-7:45pm	R\$85/NR\$105

Jazz/ Hip Hop

Age 6-10 years

Jazz Hip Hop is our popular class concept that infuses the funky style of hip hop with the technical side of jazz. Students will learn the fundamentals of each style such as isolations and flexibility. This class will encourage students to dance outside of the box and bring their own personality to each movement. We pride ourselves on being a family oriented dance studio and go out of our way to find clean age-appropriate music. Offered by Ms. Candace. *No class Nov 21

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
120506A1	TU	Sep 26-Dec 5*	6:00-6:45pm	R\$85/NR\$105

Mom & Me Ballet

Ages 2-4 years

This is a 30 min semi- structured class that introduces the basics of Ballet with Mom alongside for guidance and support. Offered by Ms. Carly *No Class Oct 9, Nov 20, 22, 25.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
110502A1	M	Sep 11-Dec 11*	10:30-11:00am	R\$70/NR\$90
110502B1	W	Sep 13-Dec 13*	6:00-6:30pm	R\$70/NR\$90
110502C1	SA	Sep 9-Dec 9*	2:00-2:30pm	R\$70/NR\$90

Baby Ballet

Ages 2½-4 years

This is a 30 min class that introduces the basics of Ballet. Children will begin to count music, and recognize the rhythm in music. Baby Ballet is a Fantastic introduction to Dance for the young Dancer. Children will attend this class without their Mom. Offered by Ms. Carly. *No class Oct 9, Nov 20, 22, 25

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
110522A1	M	Sep 11-Dec 11*	11:00-11:30am	R\$70/NR\$90
110522B1	W	Sep 13-Dec 13*	4:30-5:00pm	R\$70/NR\$90
110522C1	SA	Sep 9-Dec 9*	2:30-3:00pm	R\$70/NR\$90

Prima Preschoolers Ballet/ Prima Preschoolers Tap

Ages 4-5 years

This creative fun class is designed with your preschooler in mind. Familiar Songs that will keep your Child engaged. Your Child will learn basic dance technique, improve their coordination, increases self-esteem and most importantly have fun. Offered by Ms. Carly. *No class Oct 9, Nov 20, 22, 25. *Holiday Showcase Friday December 15th 6:30pm (more info will come during class)*

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
110525A1	M	Sep 11-Dec 11*	12:15-1:00pm	R\$85/NR\$105
110527A1	W	Sep 13-Dec 13*	5:15-6:00pm	R\$85/NR\$105
110529A1	SA	Sep 9-Dec 9*	3:00-3:45pm	R\$85/NR\$105

Mini Ballet/ Mini Tap

Ages 6-8 years

At this age we will continue to advance and improve our dance technique as well as Learning proper Dance terminology. We will work on flexibility, Strength, Agility and teamwork. Offered by Ms. Carly *No Class Nov 20, 22, 25 *Holiday Showcase Friday December 15th 6:30pm (more info will come during class)*

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
110530A1	W	Sep 13-Dec 13*	6:30-7:15pm	R\$85/NR\$105
110533A1	SA	Sep 9-Dec 9*	3:45-4:30pm	R\$85/NR\$105

Mini Ballet Jazz Tap Combo

Ages 7-9 years

A combination of ballet, tap, and jazz basics. This class is a great introduction to rhythm, tempo, and musicality in Tap while building on skills and foundations of Ballet and Jazz. Offered by Ms. Carly. *No Class Nov 23. *Holiday Showcase Friday December 15th 6:30pm (more info will come during class)*

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
110534A1	TH	Sep 14-Dec 14*	7:30-8:30pm	R\$95/NR\$115

Juniors Ballet/Juniors Tap

Age 9 years and up

At this age dance training will be taught at a more Intermediate-Advanced Level. We will continue on Strengthening our Flexibility, Work on Endurance and Teamwork. Lifts will be introduced and further Continuation of Leaps and Turns as well as Stamina will be the focus. Offered by Ms. Carly *No Class Nov 22. *Holiday Showcase Friday December 15th 6:30pm (more info will come during class)*

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
120524A1	W	Sep 13-Dec 13*	7:15-8:15pm	R\$95/NR\$115

Poms

Age 3-8 years

Ladies get your poms! The poms program focuses on teaching sharp, clean arm motions through across the floor and pom combinations. These classes also concentrate on the many "skills" such as jumps, leaps, and turns while incorporating rhythm and fluidity. Add a little style with some fun pom poms. Attire: Any color leotard, black jazz pants or any color wrap skirt and black jazz Shoes. Registration deadline is one week prior to the start of class. Offered by Chelsea Shorkey *No Class Nov 25. *Holiday Showcase Friday December 15th 6:30pm (more info will come during class)*

<u>Activity</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
120525A1	3-5	SA	Sep 9-Dec 9*	10:00-10:45am	R\$85/NR\$105
120525B1	6-8	SA	Sep 9-Dec 9*	11:00-11:45am	R\$85/NR\$105



**Palos Pool is Open Weekends
and Labor Day 12:00-5:00 pm**
Late Summer Dates:
August 25, 26 | September 1, 2, 3
The pool will be open 4-7pm on August 17th and 18th



Tada for Tots!

Ages 3-4 years

These stars-to-be will learn to explore their creativity through music, storytelling, movement, and arts and crafts. Each week, they will be learning songs and lines to present a mini-musical program for the last class. Both fun and educational, the TADA! for Tots program is designed to provide a warm and nurturing environment, giving the youngest of children the opportunity to gain a wonderful introduction to the theatrical arts. Instructed by Aileen Rohan.

Activity	110408A1	110408B1
Day	TU	F
Date	Sep 19-Oct 24	Sep 22-Oct 27
Time	11:45-12:30pm	4:00-4:45pm
Fee	R\$55/NR\$75	R\$55/NR\$75



Holly Jolly Pirates of Pinataville

This hilarious holiday musical is set in the sweet little town of Piñataville where making piñatas is a happy way of life. That is, until one night when a band of pirates sneak into town and plunder the piñatas. When the townspeople discover the crime, they are horrified! They set out to discover the identity of the culprits by setting a trap, using the few piñatas they have left as bait, but filling them with hot peppers! What will be the fate of the pirates? Will Piñataville have enough piñatas for the upcoming holidays? Your child will have a blast singing fun and silly songs such as “¡Hola From Piñataville!,” “Arrr!,” and “Jolly Fiesta!



Sparks: Ages 4 years to Grade 2

Activity	Day	Date	Time	Fee
120408A1	F	Sep 8-Nov 17	5:00–6:00pm	R\$159/NR\$179

Auditions: Tuesday, September 5 OR Wednesday, September 6 drop in between 5 and 7

Dress Rehearsal: Wed, Nov 29 from 4:30 – 7:00pm

Performance: Friday, Dec 1, 7:00 pm and Saturday, Dec 2 at 4:30 pm

The Most EPIC Birthday Party Ever!

This new musical and winner of the 2014 Children’s Musical Theatre Festival is unlike any show the stars have ever tackled, but in a GOOD way! Let’s set the stage--Skyler is about to turn 12, and she’s planned the biggest celebration of the year. But in the middle of the party, all the adults suddenly vanish! The kids realize they must create a



brand new society and elect Skyler’s older brother, Charlie, as their ruler. Things begin to spin out of control, helping the kids to learn a big lesson in responsibility, while Skyler and Charlie develop a greater respect for one another. With contemporary songs, monologues, and lots of roles for many kids to shine, this is a show your child won’t want to miss being a part of!

Stars: Entering Grades 3-8

Activity	Day	Date	Time	Fee
130408A1	F	Sep 8- Nov 17	6:15–8:15pm	R\$179/NR\$199
	TH	Nov 30		

Auditions: Tuesday, September 5 OR Wednesday, September 6 drop in between 6 and 8

Dress Rehearsal: Wed, Dec 6 from 4:30-8:00 & Thurs, Dec 7 from 4:30-7:00

Performance: Fri, Dec 8, 7:00 pm and Sat, Dec 9, 1:00 pm

NEW! Stars Chorus

Does your child want to try out the “My Time to Shine” experience, or maybe they’re a little hesitant to be in the spotlight, or they don’t have the time to be at every Friday rehearsal? Then being part of the Chorus is the perfect fit! The chorus will play a meaningful role in the Stars division musical. They’ll learn and perform multiple songs with choreography, and play the part of guests at the birthday party. No speaking lines will be assigned to those in the Chorus.

Stars: Entering Grades 3-8

Activity	Day/Date	Time	Fee
130409A1	F-Sep 22, Oct 6, 13, Nov 3, 17 TH- Nov 30	6:15-8:15pm	R\$99/NR\$119

Dress Rehearsal: Wed, Dec 6 from 4:30-8:00 & Thurs, Dec 7 from 4:30-7:00

Performance: Fri, Dec 8 at 7:00 pm and Sat, Dec 9 at 1:00 pm

Holiday Cookie Decorating Class

Ages 5-12 years

Do you want to be the hit of the party? Diane from Dianes Place will teach you all you need to know for making delicious holiday cookies. Bring containers to bring home all your delicious cookies. Classes are held at the Recreation Center.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
120911A1	SA	Nov 11	9:00-10:00am	R\$30/NR\$35



Decorate a Boo House for Halloween

Ages 5-12 years

Come and bring your friends to a fun class that teaches you how to decorate a boo house for Halloween. Diane from Dianes place will supply all the house and candy decorations. Sign up soon, this will get filled up quick.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
120915A1	SA	Oct 21	9:00-10:00am	R\$30/NR\$35

Chess Scholars

For ages 6-13 years

Each class will consist of a fun interactive teaching period and guided practice time. Both new and returning participants are welcome and will get to the next level under the guidance of an experienced Chess Scholars Coach. Children will have an opportunity to test for a Chess Belt® under a unique Chess Scholars system patterned after martial arts belts. There will also be a chess competition with prizes! Each camper will take home a chess set and an award. Please bring your own snacks.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
130407A1	M	Sep 11-Oct 23	6:00-7:00pm	R\$85/NR\$105
130407B1	M	Oct 30-Dec 4	6:00-7:00pm	R\$85/NR\$105

Let's Build It Robotics! – Gears and Gizmos!

Ages 6-12 years

Design and build your own robots! Students will learn about mechanical engineering as they construct and use robots to complete tasks and engage in competitions. This course gives students the opportunity to experience the captivating world of robotics in an inviting and fun environment. No previous experience is necessary; both new and returning participants are welcome! Each participant will receive an award on the last day of the session, and will have the opportunity to earn Energy Belts by demonstrating their learned skills. *No Class 11/23

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
130915A1	TH	Sep 14-Oct 19	6:00-7:00pm	R\$95/NR\$115
130915B1	TH	Oct 26-Dec 7*	6:00-7:00pm	R\$95/NR\$115

Winter Break Camps!

Chess Scholars Winter Break Camp

Ages 6-13 years

This camp is great for both beginners and experienced young players. Each class will consist of a fun interactive teaching period and guided practice time. Both new and returning participants are welcome and will get to the next level under the guidance of an experienced Chess Scholars Coach. Children will have an opportunity to test for a Chess Belt® under a unique Chess Scholars system patterned after martial arts belts. There will also be a chess competition with prizes! Each camper will take home a chess set and an award. Please bring your own snacks.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
130307A1	TU-F	Dec 26-29	9:00am-12:00pm	R\$165/NR\$185

Let's Build It! Winter Break Camp

Ages 6-11 years

This class takes a hands-on approach to engineering, allowing students to directly engage with basic engineering concepts through a variety of fun and educational activities. Students will improve their problem solving, math, and physics skills – all while engaging in exciting building projects. Each trimester-long unit will focus on a specific area of engineering, like flight, bridge building, and tower construction. The unit will culminate in a testing of students' final projects and each student will receive an award for their progress during the unit.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
130314A1	TU-F	Dec 26-29	1:00-2:30pm	R\$165/NR\$185

Youth Programs

Guitar Lessons

Ages 2nd Grade & up

Whether you aspire to be a rock star or just want to play your favorite songs, guitar lessons are the way to go. These lessons are for beginners to advanced players, acoustic or electric, and may include all styles including rock, blues, jazz, country, classical and more. Instructor will structure progressive lessons based on students' individual needs and interests. Student must provide instrument. Time slots are available on a first come, first serve basis. Basic guitar fundamentals such as how to read music, basic chords and scales, and proper guitar maintenance will be covered. Adults are welcome to learn too!

NOTE: No make ups will be permitted. Registration deadline is one week prior to the start of class. Instructed by Kevin Branigan. *No Class Nov 20

Activity	Day	Date	Time	Fee
120403A1	M	Sep 11-Dec 4*	2:30-3:00pm	R\$135/NR\$155
120403A2	M	Sep 11-Dec 4*	3:00-3:30pm	R\$135/NR\$155
120403A3	M	Sep 11-Dec 4*	3:30-4:00pm	R\$135/NR\$155
120403A4	M	Sep 11-Dec 4*	4:00-4:30pm	R\$135/NR\$155
120403A5	M	Sep 11-Dec 4*	4:30-5:00pm	R\$135/NR\$155
120403A6	M	Sep 11-Dec 4*	5:00-5:30pm	R\$135/NR\$155
120403A7	M	Sep 11-Dec 4*	5:30-6:00pm	R\$135/NR\$155
120403A8	M	Sep 11-Dec 4*	6:00-6:30pm	R\$135/NR\$155
120403A9	M	Sep 11-Dec 4*	6:30-7:00pm	R\$135/NR\$155



Violin/Viola Lessons

Ages 5 & up

Does playing violin or viola seem magical? Violin is the only instrument that can play two notes at once, make sound with both a bow and plucking, and can play jazz, Celtic, classical, pop, hip hop... really, anything you like! Learn to play violin or viola using a combination of Suzuki and traditional styles. Adults make the best beginning violin/viola students; you will be playing music in no time. For more information on playing violin, viola and/or the instructor, visit palosheightsviolin.info.

Session 1 Sunday Sep 10-Oct 15

*Make up class will be held on Sunday Oct 22

Activity	Day	Date	Time	Fee
120405A1	SU	Sep 10-Oct 15	10:00-10:30am	R\$130/NR\$150
120405A2	SU	Sep 10-Oct 15	10:30-11:00am	R\$130/NR\$150
120405A3	SU	Sep 10-Oct 15	11:00-11:30am	R\$130/NR\$150
120405A4	SU	Sep 10-Oct 15	11:30-12:00pm	R\$130/NR\$150
120405A5	SU	Sep 10-Oct 15	12:00-12:30pm	R\$130/NR\$150
120405A6	SU	Sep 10-Oct 15	12:30-1:00pm	R\$130/NR\$150
120405A7	SU	Sep 10-Oct 15	1:00-1:30pm	R\$130/NR\$150
120405A8	SU	Sep 10-Oct 15	1:30-2:00pm	R\$130/NR\$150
120405A9	SU	Sep 10-Oct 15	2:00-2:30pm	R\$130/NR\$150
120405C1	SU	Sep 10-Oct 15	2:30-3:00pm	R\$130/NR\$150



Piano Lessons

Ages 7 & up

Have you or your child been considering learning piano? These private lessons are geared towards those with beginner to intermediate skills. Piano is available on site. Each lesson is 30 minutes long. Slots are assigned on a first come / first serve basis. Students should bring a spiral notebook; along with two #1 or #2 pencils (tote bag is suggested). Students must purchase Alfred's Basic Piano Library Lesson Book, Level 1A, plus Alfred's Basic Piano Library Theory Book, Level 1A. The best place to purchase these two books are at

www.amazon.com. NOTE: No make-ups will be permitted. Registration deadline is one week prior to the start of class. Class Instructed by Kevin Wood.*No Class Nov 22

Activity	Day	Date	Time	Fee
120404A1	W	Sep 13-Dec 6*	5:30-6:00 pm	R\$130/NR\$150
120404A2	W	Sep 13-Dec 6*	6:00-6:30 pm	R\$130/NR\$150
120404A3	W	Sep 13-Dec 6*	6:30-7:00 pm	R\$130/NR\$150
120404A4	W	Sep 13-Dec 6*	7:00-7:30 pm	R\$130/NR\$150
120404A5	W	Sep 13-Dec 6*	7:30-8:00 pm	R\$130/NR\$150
120404A6	W	Sep 13-Dec 6*	8:00-8:30 pm	R\$130/NR\$150
120404A7	W	Sep 13-Dec 6*	8:30-9:00 pm	R\$130/NR\$150



SibShop

This program is an exciting program for both children with disabilities and their siblings. SibShop gives the siblings a place to connect with peers who understand what each other are going through and experiencing at home. They can share advice and stories, work on crafts or other activities and connect with other kids who are experiencing the same things they are. They will also do activities together as a group. *Registration required through SWSRA. Call (708) 389-9423 to find out more about registration.

Day	Time	Fee
TH	5:00-6:00pm	R\$27/NR\$41

Dates: Sep 28, Oct 12, Oct 26, Nov 9

Location: Worth Community Center



Palos Heights Parks and Recreation Resident I.D.

To ensure that resident privileges are not abused, a Resident ID must be issued to all Palos Heights residents 3 years of age and older. Any resident 3 years of age and older who wishes to participate in a recreational activity must possess a Resident ID. This Resident ID will be required as proof of residency to receive the resident discount rate for any program or facility.

Resident ID cards are available at the Recreation Center free of charge. A driver license and current utility bill are required to obtain the Resident ID card. No other proof of residency will be accepted for drop-in activities. ID cards must be retained from year to year. Residents under 18 must obtain a parents signature on a waiver. ID's must be renewed annually by presenting a current driver's license and current utility bill. Regular rates will be charged to all participants without a Palos Heights Parks and Recreation Resident ID.

Did You Know?

Regular participation in physical activity during childhood and adolescence helps build and maintain healthy bones, muscles and joints; helps control weight, build lean muscle and reduce fat; and reduces feelings of depression and anxiety.

**Palos Pool is Open Weekends
and Labor Day 12:00-5:00 pm**
Late Summer Dates:
August 25, 26 | September 1, 2, 3

The pool will be open 4-7pm on August 17th and 18th

Ice Skating and Ice Hockey



Snowplow 1 (Ages 3-5yrs)

The Snowplow Sam 1 class is designed to help the preschool age skater develop preliminary coordination and strength necessary to maneuver on the ice.

Basic 1-2 (Ages 6-12yrs)

This program introduces the fundamental moves: forward skating, backward skating, stops, gliding and hopping.

Teen/Adult (Ages 13yrs and above)

Learn to Skate program is for skaters 13 years and up who wish to learn how to skate or improve their basic skating skills.

Basic Hockey Skating (Ages 6-12yrs)

Basic Hockey Skating Classes curriculum is designed to teach the fundamentals of hockey skating.

Southwest Ice arena (5505 W. 127th St., Crestwood) is offering instructional ice skating classes for all ages. Helmets with faced masks are required for all hockey classes. The instructor ratio is 15:1. All instructors are either I.S.I. (Illinois Ice Skating Institute) or U.S.F.S.A. (United States Figure Skating Association) certified. If you have any questions concerning classes or equipment, please call Southwest Ice Arena at (708)371-1344.

Session 1: Oct 14-Dec 15

Activity	Class	Age	Day	Time	Fee
110140A1	Snowplow	3-5	SA	11:30-12:00pm	R\$115/NR\$135
120140A1	Basic 1-2	6-12	SA	12:00-1:00pm	R\$129/NR\$149
110140B1	Snowplow	3-5	TU	4:30-5:00pm	R\$115/NR\$135
120140B1	Basic 1-2	6-12	TU	5:00-6:00pm	R\$129/NR\$149
130140A1	Teen/Adult	13+	W	8:00-9:00pm	R\$129/NR\$149
130141A1	Basic Hockey	6-12	TH	4:45-5:30pm	R\$129/NR\$149

Location: Southwest Ice Arena, 5505 W. 127th Street, Crestwood

All Star Sports

All Star Sports Instruction coaches and directors have an experienced background in sports and are trained through our own extensive coaching program, as well as being nationally certified. Our job is to provide quality sports instruction to children of all ages in a fun, safe, and instructional manner.

Jr. Soccer

Dribbling, passing, and shooting will be covered through fun games that keep everyone moving. This class is great for coordination and self-esteem. Registration deadline is one week prior to the start of class.

Jr. Multi-Sport

This fun filled class teaches the importance of teamwork and sportsmanship, while attempting to spark an interest in kids to play a variety of sports. Basketball, hockey, soccer, baseball, football, and others will be covered.

Jr. Basketball

This program will introduce your children to the game of basketball if they are beginners or if they need to know how to get to the next level. Basic skills of dribbling, passing, shooting, and defense will be taught. Games will also be played to show the importance of teamwork in game situations.

Activity	Program	Age	Day	Date	Time	Fee
110103A1	Soccer	3-4	F	Sep 8-Oct 20	3:15-4:00pm	R\$60/NR\$80
110103B1	Soccer	5-7	F	Sep 8-Oct 20	4:00-5:00pm	R\$60/NR\$80
110104A1	All-Stars	3-4	F	Sep 8-Oct 20	5:15-6:00pm	R\$60/NR\$80
110104B1	All-Stars	5-7	F	Sep 8-Oct 20	6:15-7:15pm	R\$60/NR\$80
110101A1	Basketball	3-4	F	Nov 3-Dec 22	3:15-4:00pm	R\$60/NR\$80
110101B1	Basketball	5-7	F	Nov 3-Dec 22	4:00-5:00pm	R\$60/NR\$80
110104A2	All-Stars	3-4	F	Nov 3-Dec 22	5:15-6:00pm	R\$60/NR\$80
110104B2	All-Stars	5-7	F	Nov 3-Dec 22	6:15-7:15pm	R\$60/NR\$80

Classes will be held at the Palos Heights Recreation Center (6601 W. 127th St.)
Registration deadline is one week prior to the start of class

Tumbling

Tumbling is a great athletic activity for boys and girls who are always on the move! The Recreation Department's primary objectives for this program are sound mechanical principles, innovative instructional techniques, enthusiastic leadership, and the safety and well-being of all participants. Children will practice skills and learn new progressions in creative formats that make learning fun. Children must be the correct age by the first day of the program and attend class without parents. **SUGGESTED ATTIRE:** Girls should wear leotards (no tights) or tee shirts and athletic shorts with hair neatly secured back. Boys should wear tee shirts and athletic shorts. All children will participate in their bare feet. Please, no jeans. **Registration deadline is one week prior to the start of class.**



Beginners Tumbling

Ages 4-6 years

This level is designed to introduce boys and girls to the wonderful world of tumbling. The emphasis is on the development of gross motor skills, coordination, self-confidence and listening skills. This 6 week class will teach your child basic tumbling skills that are age appropriate. Some skills that will be introduced include monkey crab and seal walks, log forward, backward, straddle rolls, bridges, cartwheels, pony kicks and many more.

Activity	Day	Date	Time	Fee
121001A1	TH	Sep 28-Nov 2	4:15-5:00pm	R\$40/NR\$60

Level 1 Tumbling

Ages 7-12 years

In this class, your child will learn age appropriate tumbling skills and will progress over the course of the class. No previous experience in tumbling is needed for this class. Some skills to be taught include: handstands, cartwheels, round offs, backbends, backhand springs, back tucks, and many more.

Activity	Day	Date	Time	Fee
121011A1	TH	Sep 28-Nov 2	5:15-6:15pm	R\$55/NR\$75



The Palos Heights Recreation Center will offer open gym several days a week. You can obtain an up-to-date schedule from the Recreation Center or on-line at www.palosheightsrec.org. Palos Heights Fitness Center members can use the gym whenever there are no scheduled programs or rentals. For non-members there is a daily drop in rate and yearly open gym pass sales available. Open gym is open to all age groups. Depending on space availability and daily admission basketball games may be limited to half court play only. Children must be 9 years and older to participate without a parent/guardian in the open gym.

Daily Drop In Fee:

Resident \$3 | Non-Resident \$10

Open Gym Memberships

Resident \$100 per year | Non-Resident \$250 per year

Pee Wee Open Gym

Basketball hoops will be lowered and other age appropriate equipment will be available in the gym. This is a great way to keep the little ones active and socialized while giving mom and dad a chance to be with other likeminded parents.

Schedule: Tuesdays from 9-11am (Free for Palos Heights Residents and fitness center members. Other guests must pay \$3 per child)

Free Resident Family Open Gym

Come to the Recreation Center Sundays September-December from 12:00-2:00pm for Free Family Open gym. Play pickup games of basketball, horse, 21, or maybe try pickleball! This is a great opportunity for parents and their kids to be active together. Families must be in the gym participating together.

Youth Basketball League

Our youth basketball league for 1st-8th Grade is designed for participants to utilize fundamental skills of basketball in game situations. Each team will be directed by a volunteer head coach who will provide instruction on basketball fundamentals in a positive and fun environment. Teams will have one practice during the week, starting the week of January 15 and one game every Saturday starting January 27. Teams will play an 8 game season. All games will be held at the Palos Heights Recreation Center Gymnasium.

Players will be notified by their coach when practice and game dates/times are finalized.



Registration Deadline is Saturday December 16. If space is available, additional registrations will be taken with a \$40 late fee attached. No more than 10 players will be allowed on a team.

Game Times: Game times vary from 8 am to 7 pm

Day/Date: SA | Jan 27-Mar 17 – Practice will begin the week of Jan 15

Registration: Drop Off Registration Only – No online registration

Boys Basketball League

Activity	Grade	Fee
121130A1	1st-2nd	R\$95/NR\$115
121131A1	3rd-4th	R\$95/NR\$115
121132A1	5th-6th	R\$120/NR\$140
121133A1	7th-8th	R\$120/NR\$140

Girls Basketball League

Activity	Grade	Fee
121120A1	1st-2nd	R\$95/NR\$115
121121A1	3rd-5th	R\$95/NR\$115
121122A1	6th-8th	R\$120/NR\$140

Volunteer coaches will be needed to guide and encourage the teams. Please sign up to coach when you register your child.

Indoor Soccer League



This soccer league will play games against Palos Park and Hickory Hills. All games are played at the Palos Heights Recreation Center Gymnasium in our inflatable soccer field. Game schedules will not be available until October 29th. Games will begin at 11:00am and will end at 5:00pm. The youngest age groups will play first. Each child will receive a t-shirt and participation award. Each team will practice twice followed by a 6 game season. Volunteer coaches will be needed to guide and encourage the teams. Registration deadline is October 22nd.

Activity	Age/Grade	Day	Date	Fee
121115A1	4-5	SU	Oct 29-Dec 17	R\$49/NR\$69
121116A1	1st-2nd	SU	Oct 29-Dec 17	R\$49/NR\$69
121117A1	3rd-4th	SU	Oct 29-Dec 17	R\$49/NR\$69

Junior Tennis

This 6-week session will include the following core coaching techniques: Creating a positive coaching environment in which everyone can learn to serve, rally and score as quickly as possible, ensure appropriate biomechanics for ball striking and install optimal footwork pattern, infusing 36' 60' and 78' courts with FOAM, RED, ORANGE and GREEN balls for optimal age appropriate development, provide friendly team and individual competition for different age group, and promote current information and tennis trends to foster positive engagement for a sport that lasts a lifetime.



Beginner

<u>Activity</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
120143A1	5-7	M	Sep 11- Oct 23	3:30-4:30pm	R\$60/NR\$80
120143B1	5-7	W	Sep 13- Oct 25	3:30-4:30pm	R\$60/NR\$80
120144A1	8-10	M	Sep 11- Oct 23	4:30-6:00pm	R\$80/NR\$100
120145A1	11-13	T	Sep 12- Oct 24	4:30-6:00pm	R\$80/NR\$100

Intermediate and Advanced

<u>Activity</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
120144B1	8-10	W	Sep 13- Oct 25	4:30-6:00pm	R\$80/NR\$100
120143C1	5-7	SA	Sep 16- Oct 28	8:30-9:30am	R\$60/NR\$80
120144C1	8-10	SA	Sep 16- Oct 28	9:30-11:00am	R\$80/NR\$100
120145B1	11-13	SA	Sep 16-Oct 28	11:00am-12:00pm	R\$80/NR\$100

Coach Karen Avery

Karen is a native of Palos Heights and played Varsity tennis for Shepard HS. She competed as a Division 1 collegiate athlete at University of Illinois and semi-professional levels and has over 25 years of experience and certifications teaching and marketing to the tennis, health and wellness industries. With a Master's degree in Biomechanics of Sport, Karen prides herself on a classic teaching style and guarantees all her students will be playing and having fun in just three weeks.

Coach Dominique Aramburu

Dominique played volleyball at Mother McAuley High School where she was a three time captain and received the MVP and all-conference honors as a senior. She played one year of Division 1 at UIC then finished her career at Saint Xavier University. She has coaching experience with children from 6-18 years old and has been a club coach for Elite Volleyball and Michio Volleyball since 2010.

Instructional Volleyball

Grades 1st -8th

Get ready for the upcoming school or travel season! The Recreation Center serves up a new 6 week instructional volleyball class for beginners and athletes that want to improve on their skills. Participants will learn passing, setting, serving, jumping, proper rotation, and proper footwork for each skill. Skill development and correct techniques of each skill will be broken down and reinforced through fun drills and competition.

<u>Activity</u>	<u>Grade</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
120345A1	1-2	TH	Oct 5-Nov 9	4:00-5:00pm	R\$45/NR\$65
120346A1	3-5	TH	Oct 5-Nov 9	5:15-6:15pm	\$45/NR\$65
130347A1	6-8	TH	Oct 5-Nov 9	6:30-7:30pm	R\$45/NR\$65

Meet Coach Dave Estercamp

Dave played high school basketball and won a state championship in Ohio, he went on to play four years at Bowling Green and graduated in 2000. After college he played 13 years professionally in Europe. Dave played in France, Germany, Austria and Switzerland and won several championships and MVP titles. Since retiring, he runs camps and does individual training for basketball players in the south suburbs.

Basketball Clinic

Grades 1st -8th

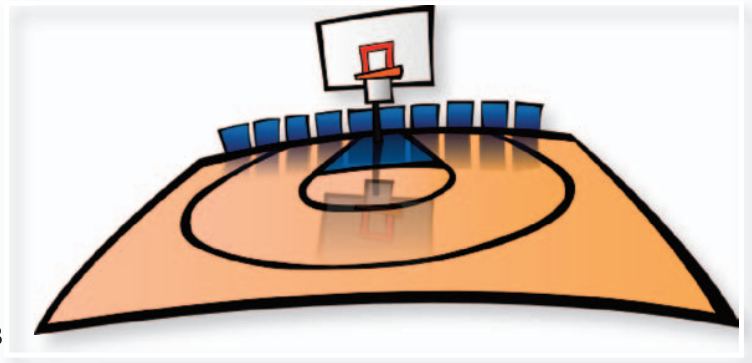
Spend time each week working on a different aspect of basketball. This clinic is for players that want to get ready for the basketball season or keep their skills sharp doing more intensive drills. We will focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals. Each week, we will focus on a specific skill, and workouts will be directed for the individual player to get as much work and reps in as they can.

<u>Activity</u>	<u>Grade</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
130120A1	1-4	M	Nov 27-Dec 18	5:00-6:15pm	R\$45/NR\$65
130126B1	5-8	M	Nov 27-Dec 18	6:30-7:45pm	R\$45/NR\$65

3 on 3 Basketball Tournament

Ages 10-15 years

Get your friends together on your day off and play in our new 3 on 3 basketball tournament just for teens! This 3 on 3 tournament will be a fun way to compete against people your age! Prizes will be awarded to the top teams so get your team together and register at the Recreation Center today. Registration deadline is October 2nd.



<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
131121A1	M	Oct 9	10 am	\$30 per team

Gravity Ropes & Bowling

Ages 10-15 years

Hook your rig to the zip line and you're off to conquer sky treks and brave rope bridges. The law of gravity doesn't apply here at Main Event in Warrenville, just your skills, agility and precision. Among the challenges you will face on the course: A swaying bridge, balancing planks and a tight rope, all while suspended high above our Games Gallery. This package also includes a game of bowling, an arcade card, and lunch! *Must be 48 inches tall to participate in Gravity Ropes.



<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
131503A1	TH	Nov 9	9:00am-2:00pm	\$30

Winter WonderFest Navy Pier

Ages 10-15 years

Get in the holiday spirit downtown at Navy Piers Winter WonderFest! This Fest is Chicago's biggest and best indoor winter playground and features more than 170,000 squares of fun. This includes unlimited access to more than 25 rides, slides, activities, and the Chicago Blackhawks Ice Skating Rink. Lunch will not be provided. Teens should bring money or pack a lunch.



<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
131503A1	TH	Dec 21	9:00am-4:00pm	R\$40/NR\$60



Craig Moore Agency

Providing Insurance & Financial Services

Craig Moore Agency Owner



Office
708-460-0404

Fax
708-460-0596

craig@craigmooreagency.com

12726 S. Harlem Ave
Palos Heights, IL 60463

New! Scrapbooking Crop!

Ages 20 years & up

Stop, Drop and Crop! Palos Heights Rec. Center's first ever - Scrapbooking Crop! Load up all your scrapbook supplies and come to the Recreation Center for a fun filled day! Electricity and WiFi will be available. Each scrapper will be given 3 feet of scrapping space. This crop promises you will catch up on your albums, finish some pages, organize your photos and make all kinds of new friends! Goodie bags upon your arrival and raffles will be held throughout the day! Lunch will be included. Vendors from Stampin Up, Creative Memories and Close to my Heart will be available

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
140911A1	SA	Oct 21	9:00am-6:00pm	R\$28/NR\$42

Beginning and Intermediate Ballroom

Ages 16 years & up

Have you always wanted to learn how to ballroom dance? Enjoy the basics of ballroom dance as you learn the elegant waltz, smooth fox trot, fiery tango, swing, latin, cha cha, and romantic rumba. Learn how to dance effortlessly for your wedding, anniversary, or any occasion. Class taught by John and Maria Bell. Registration deadline is on week prior to the start of class. Classes are 10 weeks. No Class 10/9

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
140503A1	M	Sep 25-Nov 27	7:00-8:00 pm	\$68/NR\$88

Private Dance Lessons with Cherie Bennett

Ages 18 years and up

If you love to tap and want more one on one time to learn the ins and outs of dancing try taking a private lesson with Cherie Bennett. If you are interested please contact instructor to set up a time and day that works best for you. Lessons will start the week of September 18th and run through the week of November 6th. Lessons will be ½ hour, one day a week, for 8 weeks.

<u>Day</u>	<u>Date/Time</u>	<u>Fee</u>
M or TH	*Arrange with Instructor	R\$75/NR\$95

Crockpot Cooking

Ages 18 years and up

Join Diane from Diane's Place in Palos Heights for an informative, hands on workshop about making healthy delicious meals in a crockpot. All participants will get to go home with a prepped crock pot meal ready for the freezer or to go straight in the crock pot. Instructor Diane from Diane's Place in Palos Heights.

<u>Activity</u>	<u>Meal</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
140910A1	Chicken Dinner	SA	Sep 22	9:00-10:00am	R\$35/NR\$35
140910B1	Beef Dinner	SA	Sep 30	9:00-10:00am	R\$35/NR\$35

Watercolors

Ages 18 years & up

Learn the basics of water media painting from the very talented Graydon Cafarella. Landscapes will be the primary focus for both beginner and intermediate students as you paint along with the instructor while he demonstrates mixing color, basic design, understanding of perspective and more. A class supply list is available at the counter at the time of registration. Registration deadline is one week prior to the start of the class. *No Class 11/24

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
140400A1	F	Sep 8-Dec 1*	1:30-3:30pm	R\$68/NR\$88

Adult Programs

Beginner Mah Jongg

Ages 18 and up

Are you interested in learning all about the “hype” for Mah Jongg, an ancient Chinese tile game? Would you like to keep your mind active and keep dementia at a distance? Then this is the game for you. Come and learn how to play this ancient game the American Standard Way, according to the National Mah Jongg League.

In just eight weeks, you will be able to play this game with ease and comfort in your home, clubhouse or even a local restaurant with friends, family, co-workers or even strangers with the same common interests. This course may be taken more than once depending on your comfort level with the learning process. The game itself consists of 144 tiles, smaller than domino tiles, racks, and the ability to read a card. That’s all it takes! Class will be taught by Vivian Zimmerman a Mah Jongg instructor with over 40 years of playing experience.



<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
140710A1	W	Sep 20-Oct 11	10:00-12:00pm	R\$88/NR\$98

Intermediate Mah Jongg

Ages 18 and up

Calling all Mah Jongg Players beyond the beginner’s level wanting to learn the 3T’s: Tricks, Techniques, and Tracking! You must know how to play the game. The names of all the tiles, and the ability to find hands quickly. This six week class is just for you. You know how to play the game, now learn the skill of switching hands, knowing what’s on the table, and playing defensively. Class will be taught by Vivian Zimmerman a Mah Jongg instructor with over 40 years of playing experience.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
140711A1	W	Sep 20-Oct 11	1:00-3:00pm	R\$88/NR\$98

Drop in Bridge - Mondays & Thursdays

Ages 18 years & up

Come engage with others as questions regarding bidding and play will be covered in an informal setting. This is a great way to get back into play with others who share the love of the game.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
W	Sep-Dec	1:00-3:00pm	\$5 payable at front desk

AARP Smart Driver Course

Ages 55 years & up

This course is the first and most recognized comprehensive course designed especially for the older driver. It takes into consideration physical changes and advances in educational curriculum which enables drivers to compensate for those changes. Those drivers who successfully complete this course will receive a certificate which may qualify them for a discount on their auto insurance premium. Please bring a current driver’s license. Registration deadline is one week prior to the start of class.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>AARP Mbr</u>	<u>Non-Mbr</u>
140700A1	W-TH	Oct 18-19	9:00am-1:00pm	\$15	\$20

PALOS HEIGHTS SENIORS

The Palos Heights Senior Citizen’s Club meets in the Orchard Room located inside the Recreation Center 6601 W. 127th Street in Palos Heights. Meetings are held on the second Wednesday of every month from 1:00 – 3:00 pm. Guest speakers, movies and monthly trips are only a part of the club’s function. Anyone 55 years of age or older with a Palos Heights mailing address is welcome. For more information or if you are interested in becoming a member please call Edna Craig at 448-7498.



Open Pickle Ball

Ages 18 years & up
Pickleball combines tennis, badminton and ping pong for a fun game. Pickleball is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball similar to a whiffle ball and composite paddles. The game is EASY for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. 3 courts are offered during each session!

<u>Day</u>	<u>Time</u>	<u>Fee</u>
M-W-TH	6:00-11:30am	R\$3/NR\$5
TU	12:30-2:00pm	R\$3/NR\$5
F	12:30-3:00pm	R\$3/NR\$5

Introduction to Pickleball Class for Beginners

Ages 18 & up
Have you seen or heard of pickleball but never knew how to start playing? Well this is your chance! The 6 week class will introduce this ! Proper footwear for players is suggested. Instructed by Pickleball Ambassador Bill Voigt.

<u>Session 1</u>	
140130A1	
<u>Day</u>	TU
<u>Date</u>	Sep 5-Sep 26
<u>Time</u>	3:00-4:00pm
<u>Fee</u>	R\$40/NR\$60

<u>Session 2</u>	
140130B1	
<u>Day</u>	TU
<u>Date</u>	Oct 17-Nov 14*
<u>Time</u>	3:00-4:00pm
<u>Fee</u>	R\$40/NR\$60

*No class October 31st

<u>Session 3</u>	
140130C1	
<u>Day</u>	TU
<u>Date</u>	Nov 28-Dec 19
<u>Time</u>	3:00-4:00pm
<u>Fee</u>	R\$40/NR\$60

Pickleball Skills and Strategy

Ages 18 & up
Palos Heights Parks & Recreation will host a Pickleball instruction class for intermediate and advanced players that want to improve their game. This 6 week long class is a fun way to learn skills, strategy, and more about the game. Instructed by Pickleball Ambassador Bill Voigt.

<u>Session 1</u>	
140131A1	
<u>Day</u>	TU
<u>Date</u>	Sep 5-Sep 26
<u>Time</u>	2:00-3:00pm
<u>Fee</u>	R\$40/NR\$60

<u>Session 2</u>	
140131B1	
<u>Day</u>	TU
<u>Date</u>	Oct 17-Nov 14
<u>Time</u>	2:00-3:00pm
<u>Fee</u>	R\$40/NR\$60

*No class October 31st



New!

Cardio-Tennis/Point Play

Ages 18 years & up
Cardio Tennis and Point Play are Pro Fed high energy fast paced games that combine the best features of the sport of tennis with cardiovascular exercise. It is a very social and fun class for players of ALL ability levels! If you've never played tennis before it is a great way to be introduced to the sport and if you are an experienced high level tennis player, it is the best way to train for tennis. One time and you'll be hooked.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
140120A1	TU	Sep 12- Oct 24	6:30-7:30PM	R\$60/NR\$80

Meet Coach Karen Avery

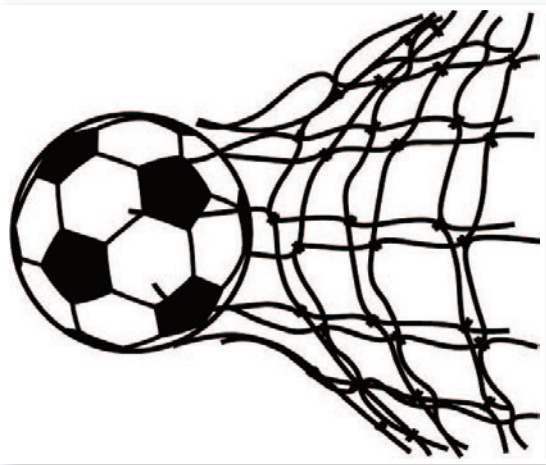
Karen is a native of Palos Heights and played Varsity tennis for Shepard HS. She competed as a Division 1 collegiate athlete at University of Illinois and semi-professional levels and has over 25 years of experience and certifications teaching and marketing to the tennis, health and wellness industries.

Co-Ed Volleyball League

Ages 18 years & up

Looking for a way to be with your friends and play indoor Palos Heights volleyball? The Rec Department serves up a new Indoor Volleyball League at the Recreation Center. Our indoor volleyball league includes 6 regular season matches, tournament playoffs for top teams and cash awards. Teams may roster up to 10 players. League officials will be provided.

<u>Activity</u>	<u>Day</u>	<u>Start Date</u>	<u>Time</u>	<u>Fee</u>
141101A1	TH	Sep 19-Nov 28	6:30-10:00 pm	\$275 per team



Adult 3 vs. 3 Indoor Soccer Tournament

Ages 18 years & up

Palos Heights Parks and Recreation will host its first Adult 3 vs. 3 indoor soccer tournament in our new inflatable field. Teams can roster up to 6 players. Scorekeepers will be provided, but games will be self-officiated. Tournament format will be based on the team registrations. Prize money will be awarded to the top team.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
140101A1	SA	Nov 4	9:00am	\$30 per team

New! Men's Open Basketball

Ages 18 & up

Thursday nights from 7:00-10:00PM we will offer Men's Open Basketball. Both courts will be reserved for full-court pick-up games between informal teams. Have some fun playing basketball and this is a great way to get ready for the Men's Basketball League this winter. League will fill up so register early.

<u>Day</u>	TH
<u>Date</u>	Sep 21-Dec 21
<u>Time</u>	7:00-10:00 pm
<u>Fee</u>	R\$3/NR\$10



Men's Basketball League

Keep an eye out for the Men's Basketball League starting in mid-January. Start getting your team together now and make sure to check out the Men's Open Gym on Thursday nights for some extra practice. Registration for the Men's Basketball League will begin in early December. League will fill up so register early.

Jackson Square Mall

Age 18 years & up

Join us for a day filled with antiquing at the #1 Antique Shop, according to West Suburban Living! Jackson Square Mall houses over 50 dealers with a wide variety of items including home décor, antiques, collectibles, jewelry and clothing. The beautiful building Jackson Square is located in is over 100 years old, and there is an authentic, antique feel in the shop. The day will also entail lunch at Palmer Place in downtown La Grange, another family owned and operated restaurant that is over 30 years old. Lunch and shopping is on your own. Fee includes transportation only.

Location: La Grange, IL.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
141520A1	TH	Sept 14	9:30am-2:30pm	\$15



Rock of Ages

Ages 18 years & up

We can't fight this feelin' anymore! Join us and rock back to a time of big egos, big guitar solos, and even bigger hair with Rock of Ages this fall at Drury Lane. Nominated for five Tony Awards, Rock of Ages features a mix of 28 classic 80s

hits by Bon Jovi, Journey, Styx, and more including "Don't Stop Believin'" "We Built This City," and "The Final Countdown." Rock of Ages follows aspiring rock star Drew and his sweetheart, Sherri as they fight to save Hollywood's Sunset Strip. Don't miss a musical so awesome, you'll want to rock out again! This fee includes a special lunch at 11:30 am-soda is not included. The show will begin at 1:30 pm. Location: Oakbrook Terrace, IL.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
141521A1	W	Oct 4	10:45am-4:30pm	\$70

Thornton Quarry Tour

Age 18 years & up

We are in for a really unique treat! This exciting trip includes a guided, narrative tour of the Thornton area including ties to Capone, Native tribes, early settlers in the area and the location of a WWII POW camp. At the Quarry, we will have a rare opportunity to head to the floor of the Quarry to see the operations and dig for fossils from a 400 million year old coral reef. Other trip details include a local history museum, lunch at Glenwood-Oaks and a guided tour of the Nathan Manilow Sculpture Park at Governors State University. Location: Thornton, IL.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
141513A1	SA	Oct 7	8:15am-4:45pm	\$110 per person

Holiday Lights Tour

Travel to Chicago to see the fabulous holiday lights! Tour includes stops at the Planetarium to see panoramic views of the city, Lincoln Park, Michigan Avenue and more. We will include time for you to explore Millennium Park and see the city's Christmas tree, the Bean and other points of interest: a stop at the Christkindlmarket at Daley Plaza for shopping, eating and holiday cheer, plus your just steps from viewing the windows at Macy's! Location: Chicago, IL.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
141514A1	TU	Nov 28	3:30-9:00pm	

Victorian Holiday Traditions & Tea

Celebrate the holiday season in style. We will begin at Naper Settlement for a guided tour of the Martin Mitchell Mansion. Following the tour we will head to the 1834 Tavern and a costumed docent will lead a presentation on Victorian holiday customs including trees, ornaments, peppermint pigs and more. Then it's off to the Pinecone Cottage Tea House for a 4 course holiday themed Afternoon Tea. Location: Naperville, IL.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
141515A1	W	Dec 13	8:15am-3:00pm	\$115





Join our group as we experience the different flavors the Chicagoland area has to offer. Fee includes transportation only and may be by bus, van or car depending on the number of people enrolled.

Time: 10:30-2:30pm

Age: 18 years & older

Cost: \$10

Min/Max: 8/14

Register by: One week prior to trip

Parkers' Restaurant and Bar

www.parkersamerican.com

Thursday September 21

Activity 141516A1

Parker's has a unique, direct relationship with the American farmer and the American fisherman and prides itself on fresh fish and fresh ingredients. Parkers' is located in a transformed New England-style freestanding building with a sophisticated ambiance. Their menu includes appetizing salmon, Lake Superior whitefish, and creatively designed wraps, burgers, and more. Parkers' relationship with fisherman and farmers provides a vast array of high quality resources that result in dishes that present beautifully and taste delightful.

Location - Downers Grove, IL

Schnitzel Platz

www.schnitzelplatz.com

Thursday October 12

Activity 141517A1

Schnitzel Platz is home to renowned, worldly Chef Wolfgang who was trained in Germany. Chef Wolfgang spent the earlier part of his career in Europe preparing meals in some of the finest resorts and hotels. Schnitzel Platz offers delectable schnitzel, sausages, and other German dishes. Schnitzel Platz is also home to unique German gifts and curios such as authentic cuckoo clocks and nutcrackers, so get ready for some shopping as well!

Location - Glendale Heights, IL

Reel Club

www.reel-club.com

Thursday November 16

Activity 141518A1

Located in the heart of Oak Brook, Reel Club is a modern, elegant restaurant featuring fresh fish and made-to-order sushi rolls! Reel Club also offers sandwiches, greens, and more. House specialties include Greek vegetable skewers, Maine lobster roll, and the signature seafood salad. Reel Club is an experience you won't be forgetting any time soon!

Location - Oakbrook, IL

Rosebud

www.rosebudrestaurants.com

Thursday December 14

Activity 141519A1

The iconic Rosebud offers a fresh approach to traditional Italian cuisine in a vibrant and stunning atmosphere. From artisanal pizzas, specialty pasta dishes, or chicken vesuvio, Rosebud in Naperville has all the Italian dishes you can ask for. Rosebud will always hold itself to the highest standards with the freshest ingredients, most attentive staff, and happiest customers!

Location - Naperville, IL

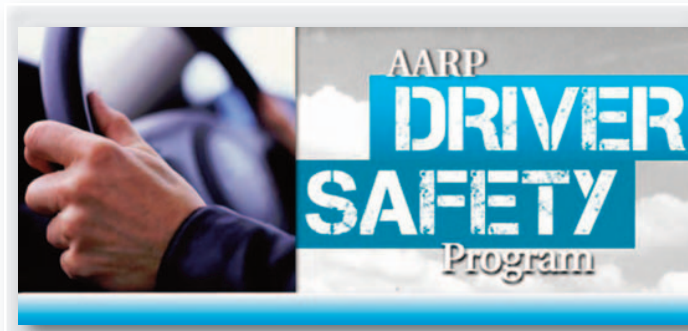
This will be a special lunch bunch, after lunch we will continue on to the Suburban Christkindlmarket located at Naper Settlement and be returning to the Recreation Center at 4:00pm

Drop in Bridge - Mondays & Thursdays

Ages 18 years & up

Come engage with others as questions regarding bidding and play will be covered in an informal setting. This is a great way to get back into play with others who share the love of the game.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
M & TH	Sep-Dec	1:00-3:00 pm	*\$5 payable at front desk



AARP Driver Safety Program

Ages 55 years & up

This course is the first and most recognized comprehensive course designed especially for the older driver. It takes into consideration physical changes and advances in educational curriculum which enables drivers to compensate for those changes. Those drivers who successfully complete this course will receive a certificate which may qualify them for a discount on their auto insurance premium. Please bring a current driver's license. Registration deadline is one week prior to the start of class..

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
140700A1	W-TH	Oct 18-19	9:00am-1:00pm	\$15
			Non-Member	\$20

MEMORIES MATTER CLUB



SWSRA and the Palos Heights

Parks & Recreation Department are excited to present the first ever "Dementia Friendly Program" - and what better way to do it then over a cup of coffee in a great venue! After all, who doesn't like coffee and meeting new people? The Cafe is being started so those who are experiencing dementia related symptoms can have an opportunity to continue to experience life! During the Cafe, there will be a limited agenda as we want to focus on bringing together people who are experiencing memory loss to promote self-confidence while engaging with others who can understand and relate. Please know that Caregivers are welcomed, as well! This program will be located at the beautiful and relaxing Bootsma Bookstore Café on Trinity Christian's College Campus. SWSRA staff and students from the college will help facilitate the new program! ***Registration required through SWSRA. Call (708) 389-9423 to find out more about registration**

<u>Day</u>	TU
<u>Date</u>	Sep 19-Nov 14
<u>Time</u>	10:00-11:00am
<u>Fee</u>	R\$36/NR\$54
<u>Location:</u>	Bootsma Bookstore Cafe, Palos Heights

Walking Club

Walking is a simple, effective way to incorporate fitness into your daily routine. We will encourage the social aspect of walking and incorporate some mat work and stretching at the end. Each member of the walking club will receive a free pedometer and water bottle along with fun prizes during the session. We will track how far members walk and post it on a map of the United States! Each week, the club will meet at the Recreation Center and either walk outside or around the new indoor walking track. Walking club members will get a free walking track membership.

<u>Activity</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
140845A1	TH	Sep 7-Nov 30	10:00-11:00am	R\$20/NR\$30



Palos Heights



Have you been to the Palos Heights Fitness Center? Palos Heights Fitness Center opened in the fall of 2016 and is a state of the art fitness center. This space is intimidation free and set up to welcome people of all exercise ability. Our cardio equipment is fully set up to track your individual goals and allows you to get lost in your workout by watching you favorite TV show or sports team on Direct TV, or even surf the web while getting you heart rate up.

The fitness center has 6 treadmills, 6 ellipticals, 4 bikes, and 2 Adaptive Motion Trainers. For those looking to get toned we have a full line of strength machines and a nice selection of free weights.

Our welcoming staff will make you feel at home, and our clean atmosphere is a relaxing place to get in a good sweat.

Membership Includes

PALOS HEIGHTS
FITNESS CENTER
CREATING A HEALTHY, CONNECTED COMMUNITY THROUGH FITNESS

FULL ACCESS TO FITNESS CENTER-TRACK USE-OPEN GYM-TOWEL SERVICE-LOCKER ROOMS WITH SHOWERS-DISCOUNTED PERSONAL TRAINING-FITNESS CENTER ORIENTATION

Palos Heights Fitness Center Track

Keep walking and running year-round with our indoor track. The three lane suspended walking/running track is 1/12 of a mile and available for Palos Heights residents to use for free. Non-Resident track memberships are available or you can pay a daily drop in rate to use the track. Use of the indoor track is included with any fitness center membership.

Joining the Fitness Center

Becoming a fitness center member is easy! Just stop at the registration desk at the Recreation Center to request a tour, or just let the staff know you are ready to join us as a fitness center member. You can always try us out for free as well. Come ready to work out and check in at the fitness center desk for a free guest pass. Limited to 2 guest pass visits per calendar year.



Student Membership Special

Sign Up Today!

Purchase a student memberships and your second payment is on us! Palos Heights Fitness Center offers great rates for high school and college students! Your membership includes full access to the fitness center and all open basketball play without having to pay additional drop in fees! Students must bring in a current school schedule in order to receive rates and must be a full time student.

Referral Program

Do you have a friend or family member you would to refer to the fitness center? Refer someone to purchase a membership of equal or a greater tier receive a free month! If you refer someone who purchases a membership below your tier and receive \$10 off you next month's payment!

Fitness Center

Personal Training

Members or Non-Members can get a customized training plan with one of our certified Personal Trainers. Training packages are available in blocks of four 1-hour sessions and the more sessions you commit to, the lower the fee. Group personal training is for 2 people and will save you and a friend money.

Personal Training Special!

Purchase any PT package through September 30th and take 15% off!



Training Packages (1 hour sessions, fee per person)

<u># of sessions</u>	<u>Individual Member/Non-Member</u>	<u>Group Package (2 people) *Member/Non Member</u>
1 session	\$40 / \$52	\$60 / \$78
4 sessions	\$144 / \$187	\$216 / \$281
8 sessions	\$264 / \$343	\$400 / \$520
12 sessions	\$360 / \$468	\$540 / \$810

**In order to receive the member rate on group training, both clients must be a member of the Palos Heights Fitness Center.*

Terms & Conditions

- Signed agreement required for all training packages
- Payment must be paid in full prior to the start of training package
- A payment plan is available for the 12 session package
- Only Palos Heights Certified Personal Trainers are allowed to counsel at Palos Heights Fitness.



CHILDCARE CENTER

Childcare will be available for fitness center members and group exercise participants during the times posted below. Childcare is for ages 9 months to 12 years old. Parents or caregiver must remain in the recreation center while children are in the childcare room. Childcare reservations are not required. Availability is on a first-come, first served basis. Anyone paying the daily drop in rate must pre-pay at the Recreation Center front desk and submit the receipt to the childcare attendant. Parent/Adult will sign the child in at the childcare room. There is a 2-hour maximum for childcare.

Hours

Monday - Friday

8:00-11:30 am

4:30-7:30 pm

Saturday

8:00-11:00 am

Childcare Plans

- 1) \$15 per month for Unlimited Childcare. \$8.00 per month for each additional child. **Monthly fees will be automatically charged each month.*
- 2) \$180 per year for Unlimited Childcare. \$96 per year for each additional child
- 3) \$3 per child for the Daily Drop In Rate

Membership Rates

Play Package

Membership includes the fitness center, walking track, and open gym.

<u>MEMBERSHIP TYPES</u>	<u>RESIDENT DISCOUNT RATE</u>	<u>STANDARD RATE</u>
INDIVIDUAL	\$26/MONTH	\$37/MONTH
COUPLE*	\$42/MONTH	\$60/MONTH
SENIOR/STUDENT*	\$21/MONTH	\$35/MONTH
FAMILY*	\$52/MONTH	\$74/MONTH
WALKING TRACK ONLY	FREE	\$150/YEAR

Play Package PLUS

Membership includes the fitness center, walking track, and open gym.
PLUS 50% OFF GROUP FITNESS CLASSES AND 12 GUEST PASSES PER YEAR!

<u>MEMBERSHIP TYPES</u>	<u>RESIDENT DISCOUNT RATE</u>	<u>STANDARD RATE</u>
INDIVIDUAL	\$35/MONTH	\$50/MONTH
COUPLE*	\$50/MONTH	\$72/MONTH
SENIOR/STUDENT*	\$30/MONTH	\$50/MONTH
FAMILY*	\$60/MONTH	\$85/MONTH

*To be eligible for the couple or family membership all members must live in the same household and each must have proof of residency. Family Memberships have a maximum of 2 adults and dependent children under the age of 24.

YOUTH FITNESS REQUIREMENT:

Participants must be 14 years or older to use the fitness center. 12 and 13 year olds may use the track when they are accompanied by a parent on the track.

SCHOOL BREAK MEMBERSHIPS AVAILBLE NOV 1-JAN 15!

<u>PASS LENGTH</u>	<u>RESIDENT DISCOUNT RATE</u>	<u>STANDARD RATE</u>
10 DAY PASS**	\$17.50	\$25
ONE MONTH PASS	\$28	\$39

**The 10 day pass is good for 10 consecutive operation days and the one month pass is good for 1 month after purchase date.



Thank You!

The Palos Heights Parks & Recreation Department would like to thank all of our Independence Day sponsors!

Our sponsors made generous donations which help keep our celebration going strong!

We would also like to thank
Independence Day Celebration Chair:

Janet Campion,

July 4th Parade Chairs:

Jenn Case and Kara Mintle,

and all of the committee members, staff, and volunteers who work together to make this event a huge success.

**Thank You to
the Residents
of Palos
Heights!**

**Thank You to the
Kiwanis Club
of Palos Heights!**



Components of Fitness

How do we know when we are "strong" or "physically fit"? Definitions and performance standards of physical fitness vary. However, most experts agree on the five basic components of fitness:



1. Cardio-respiratory Endurance

The ability to do moderately strenuous activity over a period of time. It reflects how well your heart and lungs work together to supply oxygen to your body during exertion and exercise, also called aerobic fitness.

2. Muscular Endurance

The ability to hold a particular position for a sustained period of time or repeat a movement many times. This could be the capability required to hold a two-pound weight above your head for five minutes or the effort required to lift that weight 20 consecutive times.

3. Muscular Strength

The ability to exert maximum force one time, such as lifting the heaviest weight you can budge. It is possible to have muscular strength in one area, say your arms, while lacking strength in another area such as your legs.

4. Flexibility

The ability to move a joint through its full range of motion; the elasticity of the muscle. This is how limber you are.

5. Body Composition

The proportion of fat in your body compared to your bone and muscle. It does not refer to your weight in pounds or your "figure-type."



Palos Heights Group Exercise

Welcome! Palos Heights Group Exercise is here to Rock Your World: mind, body and spirit. Our instructors and programs are here to help you discover your personal best.



Fall Fitness Calendar

Session I

August 21-October 14 (8 weeks) no class September 4

Session II:

October 16-December 9 (8 weeks) no class November 23

Punch Cards Good for Entire 16 Week Session

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30am Outdoor Boot Camp	5:30-6:30am Spinning		5:30-6:30am Spinning		7:30-8:30am Spinning
9:15-10:15am Ride, Resist, Relax	9:00-10:00am Intro to Pilates	9:00-10:00am Gentle Yoga	9:00-10:00am Pilates Fusion	9:00-10:00am Fit & Active Yoga	9:00-10:00am Weekend Workout
		9:15-10:15am Ride, Relax, Resist			
10:30-11:30am Forever Fit	10:30-11:30am Total Body Blast	10:15-11:15am Hatha Level 1 & 2	10:30-11:30pm Tai Chi for Arthritis	10:30-11:30am Total Body Blast	
	2:30-4:00pm Lake Katherine Yoga with Pat	10:30-11:30am Forever Fit	11:30am-12:30pm Chair Tai Chi		
4:00-4:45pm Zumba Gold	4:00-4:45pm 4 O'clock Fitness	4:30-5:30pm Get Fit	4:00-4:45pm 4 O'clock Fitness		
5:00-6:00pm Get Fit	4:30-5:15pm BLT		4:30-5:15pm Express Kettlebell		
5:00-5:45pm Express Kettlebell	5:30-6:30pm 20X3	5:30-6:30pm 20 x 3	4:55-5:55pm Get Toned		
	6:00-7:30pm Yoga-Lake Katherine	6:30-7:30pm Pound Fit	6:00-7:30pm Yoga at Lake Katherine		
7:00-8:15pm Fitness Yoga	6:45-7:45am Fit 4 Baby		6:00-7:00pm Tai Chi		
			8:00-9:00pm Total Body Blast		

Palos Heights Circle Fitness Instructors:

Coordinator: Joyce Schaeffer * Trudy Walta * Nancy Segal * Penny Siwinski * Diane Ryan * Shelby Lukasik
Vanessa Jeziorski * Qi Hokens * Sharon Camp * Kim Sytsma * Pat Coffey

GROUP EXERCISE PUNCH CARDS

Group Exercise Punch Cards give you the flexibility in attending group exercise classes. Punch cards are good for the entire 16 week session and are sold in 5, 10 or 20 punches. Please note: punch cards are color coded and expire at the end of the session. We are not responsible for lost cards. Punch cards are valid for all group exercise classes except for Yoga at Lake Katherine. Most programs are 1 punch per class. Specialty Classes are 1 ½ punches per classes. Specialty classes include Tai Chi, Pilates and Yoga with Qi. There are NO REFUNDS on punch cards.

<u>Activity</u>	<u>Fee</u>
Drop In	R\$7/NR\$10
Specialty Drop in	R\$10/NR\$15
5 Punch Pass	R\$35/NR\$50
10 Punch Pass	R\$60/NR\$75
20 Punch Pass	R\$110/NR\$125

Fitness Guidelines

- All participants must be a minimum of 16 years (unless noted) and registered for the program
- Monday - Wednesday classes not meeting their minimum will be cancelled on the Friday at the end of the first week
- Thursday - Saturday classes not meeting their minimum will be cancelled on the Monday at the beginning of the second week
- If the Parks & Recreation Department cancels a class, participants will receive a full refund or the option to transfer into another class
- Ongoing programs that have a class cancellation will result in a household credit unless a refund is requested
- No make-ups for classes due to participant absence

CHILDCARE CENTER

Childcare will be available for fitness center members and group fitness participants during the times posted below. Childcare is for ages 9 months to 12 years old. Parents or caregiver must remain in the recreation center while children are in the childcare room. Childcare reservations are not required: availability is on a first-come, first served basis. Anyone paying the daily drop in rate must pre-pay at the Recreation Center front desk and submit the receipt to the childcare attendant. Parent/Adult will sign the child in at the childcare room. There is a 2-hour maximum for childcare.



Hours:

Monday - Friday: 8:00-11:30 am | 4:30-7:30 pm
Saturday: 8:00-11:00 am

Childcare Plans:

- 1) \$15.00 per month for Unlimited Childcare \$8.00 per month for each additional child. *Your monthly membership will automatically be deducted from your account.
- 2) \$180.00 per year for Unlimited Childcare \$96.00 per year for each additional child
- 3) \$3.00 per child for the Daily Drop In Rate

Senior Fitness Pricing

Anyone 60 years and better qualifies for the Senior Fitness Discount. The Senior Fitness Discount will get you 15% off the Resident or Non-Resident fee (depending on where you live). Please let the staff know when registering that you are 60 years or above and they will be happy to apply the discount. Participants who are PLAY Package Plus Members are not able to get the 15% discount on top of the 50% discount.

FREE FITNESS CLASSES!

Palos Heights Parks & Recreation will be offering free fitness classes

MONDAY – SATURDAY, JANUARY 8-13

This is your chance to come and try all the great fitness classes we offer. Try as many classes as you want during the week and after you try them receive a \$5 off coupon when you sign up for the 8 week session starting January 15.

Let us help you reach your fitness goals!

20X3

Get your heart pumping using our indoor cycles. Tone and strengthen your muscles using a variety of equipment. Finish your workout with core/ab work including balance and flexibility work and a nice relaxing stretch. This class is for all fitness levels and will give you that toned, healthy body you deserve. Come with a towel, and water. *Components 1 & 2*

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
140803A1/B1	TU	5:30-6:30pm	R\$40/NR\$60
140803A2/B2	W	5:30-6:30pm	R\$40/NR\$60
<u>Instructor</u>	Penny Siwinski		

4 O'Clock Fitness

This afternoon class will energize you all the way into the night. Think of this as a whole body work out. Both high and low aerobic exercise, abs, legs, arms and stretching will be incorporated. Carve some time out for you! *Skip November 23 in Session 2. *Components 1 & 2*

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
140805A1/B1	TU	4:00-4:45pm	R\$32/NR\$48
140806A1	TH	4:00-4:45pm	R\$32/NR\$48
140806B1	TH	4:00-4:45pm	R\$28/NR\$42*
<u>Instructor</u>	Trudy Walta		

BLT

This isn't a cooking class, but you will be sizzling when you finish this 45 minute toning workout. Concentration will be on your butt, legs and tummy (hence BLT). We'll be burning some fat together with toning these problem areas!!

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
140846A1/B1	TU	4:30-5:15 pm	R\$32/NR\$48
<u>Instructor</u>	Sharon Camp		

Express Kettlebell

Want to burn 20 calories per minute? Then Express Kettlebell is what you need. This introductory class will teach the basic moves of Kettlebell exercises that build strength, cardiovascular endurance, power and increase grip strength that engage the entire body all at one time to give you a full body conditioning all within a quick 45 minute workout! *Skip September 4 in Session 1.

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
140816A1	M	5:00-5:45 pm	R\$28/NR\$42*
140816B1	M	5:00-5:45 pm	R\$32/NR\$48
140816A2	TH	4:30-5:15 pm	R\$32/NR\$48
140816B2	TH	4:30-5:15 pm	R\$28/NR\$42
<u>Instructor</u>	Sharon Camp		

Fit and Active Yoga (Specialty Class)

This class will provide a safe and peaceful environment for beginning and experienced students. We will practice basic yoga postures to improve our stability, flexibility, and balance while relaxing our whole body. Please bring a yoga mat, yoga strap, and towel. *Components 4*

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
140832A1/B1	F	9:00-10:00am	R\$48/NR\$68
<u>Instructor</u>	Vanessa Jeziorski		

Fit4Baby

Fit4Baby is a prenatal fitness program that helps women exercise safely and effectively throughout their pregnancy. The 60-minute class is interval based, combining elements of strength training, cardiovascular exercises and stretching and balancing exercises. This class will be first session only.

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
140847A1/B1	TU	6:45-7:45pm	R\$79/NR\$99
<u>Instructor</u>	Mandy Dunne		

Fitness Yoga (Specialty Class)

A blend of stretches, openers, postures, balance poses and yoga flow to actively encourage flexibility throughout the body. We will be working in a warm room. Please bring a towel and yoga mat. *Skip September 4 in Session 1.

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
140811A1	M	7:00-8:15pm	R\$52.50/NR\$72.50*
140811B1	M	7:00-8:15pm	R\$60/NR\$80
<u>Instructor</u>	Joyce Schaeffer		

Forever Fit

The more you move, the more you are able to move, so what are you waiting for? Build bones, work cardiovascular systems, balance, and strength in a friendly environment. Come with great workout shoes and a smile! *Skip September 4 in Session 1. *Components 1 & 2.*

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
140812A1	M	10:30-11:30am	\$35/NR\$52.50*
140812B1	M	10:30-11:30am	R\$40/NR\$60
140813A1/B1	W	10:30-11:30am	R\$40/NR\$60
<u>Instructor</u>	Joyce Schaeffer		

Gentle Yoga (Specialty Class)

This yoga class is designed to help students slowly stretch tight muscles and loosen stiff joints. It is ideal for anyone wanting to work on stress-release, flexibility and balance both gradually and comfortably. Students will ease into a variety of yoga postures, breath work and focused relaxation and come out feeling great! Please bring your own yoga mat. Blocks will be provided.

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
140839A1/B1	W	9:00-10:00am	R\$66/NR\$86
<u>Instructor</u>	Qi Hokens		

Get Fit

Class combines cardio with strength training and rigorous abdominal toning. Free weights and step used every class. Resistance bands, tubes, medicine ball, big ball exercise, and disks alternated weekly. Work at your own pace...great for beginners and seasoned work-out buffs. *Skip September 4 in Session 1. *Components 2 & 5*

Activity	Day	Time	Fee
140814A1	M	5:00-6:00pm	R\$35/NR\$52.50*
140814B1	M	5:00-6:00 pm	R\$40/NR\$60
140814A2/B2	W	4:30-5:30 pm	R\$40/NR\$60
Instructor	Trudy Walta		

Get Toned

Strengthen and firm up muscles from head to toe...concentration on abs, glutes and arms. Add to the warm up and cool down stretches, a touch of cardio to burn calories. Each week, varied equipment is highlighted, from weights, to medicine balls, to resistance bands and tubes, to big exercise balls and even the chair. This class is for you...work at your own pace. *Skip November 23 in Session 2. *Components 2 & 5*

Activity	Day	Time	Fee
140815A1	TH	4:55-5:55pm	R\$40/NR\$60
140815B1	TH	4:55-5:55pm	R\$35/NR\$52.50*
Instructor	Trudy Walta		

Hatha Level 1-2

For students who have a basic understanding of the fundamental poses and breath work. Ha, means Sun, Tha, means moon, which is apply to the Balance of Life. Hatha prepares you for deeper physical and mental work by spending additional time on Sun Salutations, standing postures, backbends, balance, hip openers and prep work for inversions. Expect to practice classic yoga postures, building on strength, flexibility and balance. Bring your own yoga mat, blocks and blankets provided.

Activity	Day	Time	Fee
140841A1/B1	W	10:15-11:15am	R\$66/NR\$86
Instructor	Qi Hokens		

Intro to Pilates (Specialty Class)

What's a Powerhouse? Imprinted spine? Centerline? How do we breath thoracically? Learn these things and more as we explore the fundamentals of Pilate movements. Understand how lengthening the spine, and strengthening your Powerhouse will give you better posture and help in day to day living. Love the new way of feeling your muscles like never before. Prepare to be long, and strong!

Activity	Day	Time	Fee
140850A1/B1	TU	9:00-10:00am	R\$48/NR\$68
Instructor	Joyce Schaeffer		

Outdoor Boot Camp

Come out and enjoy the weather while getting fit! When the weather doesn't cooperate we will be inside the Recreation Center. Explore exercises in a new way. The sky is the limit. *Skip September 4 in Session 1

Activity	Day	Time	Fee
140817A1	M	5:30-6:30am	R\$35/NR\$52.50*
140807B1	M	5:30-6:30am	R\$40/NR\$60
Instructor	Nancy Segal		

Pilates Fusion (Specialty Class)

Pilates matwork with tabatas and yoga stretches. Experience a mindful approach to movement emphasizing spine and pelvic alignment in relationship to stability, strength, and mobility. Using ballet barre, weights, magic circles, gliding discs and more for variety and fun. Experience better posture and core strength today! Not recommended for expectant moms or individuals with osteoporosis. *Skip November 23 in Session 2. *Components 2 & 4*

Activity	Day	Time	Fee
140819A1	TH	9:00-10:00am	R\$48/NR\$68
140819B1	TH	9:00-10:00am	R\$42/NR\$62*
Instructor	Joyce Schaeffer		

Pound Fit

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. This, easy to follow, workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 30-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite rock and pop music!

Activity	Day	Time	Fee
140843A1/B1	W	6:30-7:30pm	R\$40/NR\$60
Instructor	Shelby		

Candlelight Restorative Yoga

Join Joyce for Candlelight Restorative Yoga using essential oils to reach an even deeper level of surrender. All postures will be seated or lying down, using bolsters, blankets and yoga blocks as needed. All levels welcome. We will have an hour of restorative, then a 10-15 minute Q and A about how essential oils are useful in everyday living. There will be an essential oil infused treat to experience at the end. Breath, feel, change. Please bring your own mat, all else will be supplied. Pamper yourself.

Day	Fridays
Date	Sep 29, Oct 27, Nov 17, Dec 15
Time	7:30-8:45pm
Fee	\$20 (cost includes a special essential oil take home item, different each month)

Ride-Resist-Relax

Get your whole workout in with this hour of cardio/ strength! We will use tabata training on the bikes for the first half of class. Work to strengthen arms and abs for 15 minutes. We will use the last 15 minutes for yoga based stretching. Start your day with balance for your body and your mind. *Skip September 4 in Session 1. *Components 1, 2 & 4*

Activity	Day	Time	Fee
140820A1	M	9:15-10:15am	R\$35/NR\$52.50*
140820B1	M	9:15-10:15am	R\$40/NR\$60
140821A1/B1	W	9:15-10:15am	R\$40/NR\$60

Instructor Joyce Schaeffer

Chair Tai Chi for Health (Specialty Class)

Explore the time-honored balanced movements and internal benefits of Tai Chi while seated in a chair or using a chair for support. We will be using programs and sets of movements devised for their effect with many health conditions. *Skip November 23 in Session 2. *Component 4*

Activity	Day	Time	Fee
140849A1	TH	11:30 am-12:30 pm	R\$48/NR\$68
140849B1	TH	11:30 am-12:30 pm	R\$42/NR\$62*

Instructor Diane Ryan

Tai Chi (Specialty Class)

This is an ancient form of slow and continuous movement. We'll begin with Ch Kung: a series of exercises that enhance breathing and mental focus. Then we will experience Qigong, which increases your coordination, strength, flexibility and endurance. Relieve your stress while achieving tranquility for perfect health. *Skip November 23 in Session 2 *Component 4*

Activity	Day	Time	Fee
140826A1	TH	6:00-7:00pm	R\$48/NR\$68
140826B1	TH	6:00-7:00pm	R\$42/NR\$62*

Instructor Diane Ryan

Tai Chi for Arthritis & Fall Prevention

A clinically Proven Program available in Palos Heights (Specialty Class)

This form has been modified by Tai Chi and medical experts to be a safe, effective exercise for all participants. It uses gentle warm-ups, stationary exercises to improve breathing and physical energy, and 12 continuous flowing movements to improve the conditions associated with arthritis and imbalance. This program has been endorsed by the Arthritis Foundation for its safety and results. Movements may be done seated or standing. *Skip November 23 in Session 2.

Activity	Day	Time	Fee
140827A1	TH	10:30-11:30am	R\$48/NR\$68
140827B1	TH	10:30-11:30am	R\$42/NR\$62*

Instructor Diane Ryan, Certified Inst. Tai Chi for Health Institute

Total Body Blast

Ready to get strong? This class will work all the major muscle groups with various equipment paying special attention to the core. Weights, bands, medicine balls and more will get you fit for life! *Skip November 23 in Session 2. *Components 2 & 5*

Activity	Day	Time	Fee
140818A1/B1	TU	10:30-11:30am	R\$40/NR\$60
140818A2	TH	8:00-9:00pm	R\$40/NR\$60
140818B2	TH	8:00-9:00pm	R\$35/NR\$52.50*
140818A3/B3	F	10:30-11:30am	R\$40/NR\$60

Instructor Kim Sytsma

Weekend Workout

Get energized for the weekend. Step and weights used in combination with resistance bands, tubes and balls. Always focus on abdominal toning. Warm up and cool down included. *Components 1 & 2*

Activity	Day	Time	Fee
140828A1/B1	SA	9:00-10:00am	R\$40/NR\$60

Instructor Trudy Walta

Lake Katherine Yoga

Beginners or Pros can enjoy this class created so that any adult of any level of flexibility or fitness can begin to experience the many benefits of Yoga. Yoga nurtures a positive and balanced self image, promotes mental and physical calm and aids in concentration. Bring a mat, a towel and an attitude of "let's have fun". Class meets at the EG Simpson Clubhouse. *Skip November 23 in Session 2. *Component 4.*

Activity	Day	Time	Fee
140830A1/B1	TU	6:00-7:30pm	R\$72/NR\$92
140831A1	TH	6:00-7:30pm	R\$72/NR\$92
140931B1	TH	6:00-7:00pm	R\$63/NR\$83*

Instructor Yoga Teachers' Group

Yoga at Lake Katherine with Pat

Vanessa welcomes all levels of yogis. Build your yoga practice from the ground up. Standing postures, hip and shoulder openers, wall assists, balanced and seated, deep stretches and meditation are all included in our 90 minute practice. Bring your yoga mat and water. Come ready to be grounded and lifted up. *Component 4.*

Activity	Day	Time	Fee
140829A1/B1	TU	2:30-4:00pm	R\$72/NR\$92

Instructor Pat Coffey

Zumba Gold

Like the original Zumba Fitness Party, Zumba Gold includes zesty Latin music, easy to follow dance moves and an invigorating party-like atmosphere. With Zumba Gold, however, the moves and pacing are modified to suit the needs of beginner exercisers and older participants. Dance your way to into fitness! The last 15 minutes of class will focus on strength training and balance. This class is easy, effective and exhilarating! *Skip September 4 in Session 1 and November 23 in Session 2. *Components 1 & 5.*

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
140808A1	M	4:00-4:45 pm	R\$28/NR\$42*
140808B1	M	4:00-4:45 pm	R\$32/NR\$48
Instructor	Sharon Camp		



Spinning is a great way to train indoors year round. Instructors use intervals to get your heart pumping and to challenge your comfort zone. There is no pressure in a cycling class as you control the level of resistance you are pedaling against. Cycling classes can help you tone your legs, arms and abdominals. Instructors will incorporate pedal resistance for your legs, push-up motions on the handlebars for your arms, and will encourage you to engage your core muscles as you ride. *Skip November 23 in Session 2. *Components 1 & 2.*

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
140822A1/B1	TU	5:30-6:30am	R\$40/NR\$60
140824A1	TH	5:30-6:30am	R\$40/NR\$60
140824B1	TH	5:30-6:30am	R\$35/NR\$52.50*
140825A1/B1	SA	7:30-8:30am	R\$40/NR\$60
Instructor	Nancy Segal		

Private/Semi-Private Training With Joyce

Get a fitness evaluation, body fat testing, and exercises that will meet your specific goals. Let our ACE certified personal trainer assist you. Limited hours by appointment only. Fees are \$55.00 per hour private and \$35.00 per person semi-private (please note, if you want semi-private training sign up must be with at least one other person). Please leave your hours of availability and preferred days with a phone number with the registration desk.



Set Goals. See Results.

Unlimited Holiday Group Exercise Pass

Don't let all your hard work go to waste over the holidays, sign up for the unlimited holiday group exercise pass and take as many classes as you can during the holiday break. Register at the recreation center to receive your pass, check out the schedule of available classes and start burning those holiday calories.

**Unlimited classes available
December 11-16, December 18-23 and January 2-6.**

Classes available include Yoga, Pilates, Spinning, and Cardio/Strength. Please check at the front desk for the class listing and times. **As a special bonus anyone who purchases an unlimited holiday group exercise pass will also receive free use of the Palos Heights Fitness Center from December 26-31!**

Unlimited Holiday Group Exercise Pass
\$15 per person Resident
\$25 per person Non-Resident

Registration is on a first-come, first-served basis and processed immediately at the office window. All information with regard to filled and waitlist will be shared with you at the time of registration.

- A receipt will be processed and given to the registrant.
- Registration is accepted at the Palos Heights Recreation Center and the Palos Heights Pool when in season.
- Proof of residency will be requested at the first registration to set up household.
- To be included in the household, members must actually reside at that address on a permanent basis.
- Mailed or drop-off registration received prior to the registration date will be held until 5pm on the first day of registration. Where there are class limits, there is no guarantee of placement for the registered activity.
- Each registrant can sign up an additional family; however this rule may be suspended for specific trips or shows.
- Any person who substitutes for another on a trip must be transferred and pay the \$3.00 transfer fee prior to the trip.
- Drop off registration is checked daily and will be processed in the morning during open registration times, otherwise resident and nonresident registration rules apply.
- No phone or fax registration accepted as credit card payments and waivers must have original signatures, unless otherwise stated.
- When a class limit is reached, a waiting list will be started. If enough interest is shown, instructor availability and space needs met, additional classes will be added. The Parks & Recreation Department reserves the right to cancel any program or trip due to insufficient registration.

REFUND POLICY

The Palos Heights Parks & Recreation Department understands that schedules change and things come up that prevent participation in programs that have been registered for. It is our intent to refund your money whenever possible. We ask that you understand that in order to maintain the integrity of our programs that the following guidelines have been developed:

1. Patrons requesting a refund must contact the Recreation Center so the appropriate forms can be filled out.
2. All refunds are assessed a \$5.00 processing fee. The fee is waived if you choose to have the credit put on your household account.
3. Please allow 2-3 weeks for your refund to be processed.
4. Refund requests must be turned in to the office 2 business days prior to the program start date unless otherwise specified within the program description.
5. Requests for refunds made after the deadline or after the class has started will be considered on an individual basis and are subject to approval. Refunds issued after the program start date will be prorated accordingly. Participants will be charged for classes that have passed, attended or not attended, based on the date the refund request is received.
6. No refunds will be granted after the third class meeting with the exception of a medical reason. Refunds for medical reasons must be requested within 10 days following completion of the program or activity and a doctor's note will be required along with the refund request.
7. Refunds will not be issued for the portion of the program fees paid for un-recoverable expenses such as contractual instructor fees, tickets, trips, t-shirts, books and other expenses after the program registration refund deadline (if specified) or less than 2 business days prior to the program start date.
8. All adult athletic league deposits are non-refundable. There are no refunds on adult leagues once the team schedules are made. **Full refunds will be granted without penalty for any refund that is initiated by the Parks & Recreation Department (i.e. cancelled class/low enrollment)**

SENIOR CITIZEN DISCOUNT

All individuals age 60 years and older qualify for the Senior discount on activities where specifically noted, once proof of age (driver's license, birth certificate) is established. Only those programs in which senior fees are indicated are eligible for the discount.

RETURNED CHECKS

There will be a \$20.00 fee assessed for a returned or NSF check.

AGE REQUIREMENT

All children under 3 years of age must be the appropriate age prior to the first day of class. All other participants must be the appropriate age within the dates of the program. Exceptions are Little Learners Preschool, Early Childhood and certain League programs that must follow stated guidelines.

PHOTO/VIDEO POLICY AND WARNING

Photos and videos are periodically taken of people participating in a Parks and Recreation program or activity, attending a class or event, or using facilities and parks. Please be aware that by registering for a program or class, participating in an activity, attending an event, or using facilities or parks, you hereby consent the Parks and Recreation Department to use these photos and video footage for promotional purposes in publications, advertising, marketing materials, brochures, event flyers, social media and on the website without additional prior notice or permission and without any compensation to you. All photos and videos are property of the Palos Heights Parks and Recreation Department. If you prefer to not have your likeness used for these purposes, please let our staff know at the time pictures/video footage are taken or contact us at 708-361-1807.

WAIVER REQUIRED

For insurance purposes, Recreation Department programs and activities require a signed waiver. Please sign the waiver section on the registration form. Patrons WILL NOT be able to participate in classes or programs if the waiver is not signed. Refunds cannot be given for failure to sign the waiver.

NON-RESIDENT FEE

The non-resident fee for programs will be \$20 or 50% more than the resident rate, whichever is less. Co-operative programs and trips may be listed at a different rate. The non-resident fee is charged to offset the costs charged to residents in the form of property taxes.

CLASS LOCATIONS

All classes are at the Palos Heights Recreation Center, 6601 W. 127th Street, unless otherwise noted.

REGISTRATION BY/CANCELLATION DEADLINE

This date is when a class will be cancelled if enrollment is insufficient. Registration will be accepted after this date if the class has not been cancelled and space is available.

CODE OF CONDUCT

Participants will:

1. Show respect to all participants & staff, take direction from staff.
2. Refrain from using abusive or foul language.
3. Refrain from causing bodily harm to self, other participants or staff.
4. Show respect to equipment, supplies, and facilities.
 - **First problem:** Participant will receive a verbal warning.
 - **Second problem:** Participant will sit out of group activity for a short time.
 - **Third problem:** Participant will be brought down to the Recreation Coordinator and will remain in the office.
 - **Fourth problem:** Dismissal.

Parents will be notified if any of these steps are taken. If a behavior is severe enough and the participant caused harm to themselves or others, he/she can be immediately taken to the Recreation Coordinator or be released from the program. Palos Heights Recreation Department reserves the right to dismiss a participant whose behavior endangers the safety of him/herself or others.

BIRTH CERTIFICATES

If a birth certificate is required, it is required at the time of registration. No registration will be processed without a copy of the certificate. If mailing or dropping off registration, a copy of the birth certificate should be sent along with the registration form.



South West Special Recreation Association

12521 S. Kostner Ave.

Alsip, IL 60803

708-389-9423

Fax: 708-389-6458

Office Hours:

Monday-Friday | 9am – 5pm

www.swsra.com

SWSRA Staff

Lori Chesna, CPRP
Executive Director

Dawn Kehoe
Business Manager

Susan Prieboy,CTRS
Superintendent

Jessica McNeilly, CTRS
Recreation Specialist

Rae Woodard
Office Clerk

Paula Marr
Office Clerk & PR/Volunteer Coordinator

John Bedore
Vehicle & Facilities Coordinator

Fall 2017:

Fall Program Registration:

August 21st – September 1st

Fall Program Dates:

September 18 – November 10

Fall Programs:

Bowling, Bowling Bonanza, Basketball Skills & Drills, Special Olympics Basketball, Open Swim, Group Swim Lessons, Out on the Town, Sunshine Through Golf, Learning Through the Arts, Socialites, Walking Club, Memories Matter Club, Night Owls, Petland's Pet Play, and SibShop.

Fall Special Trips & Special Events

September:

23- Apple Picking & Lunch
30- Hollywood BLVD.

October:

1 – Pumpkin Painting Party
6 – 80's Flash Dance
14 – Let's Have a Ball!
10 – 14 Wisconsin 5 Day Trip
21 – Crazy Costume Celebration
27- Halloween Hip Hop Dance
28 – Lights on Haunted House

November:

3 – LWSRA Hoedown
5 - Making Masterpieces!
11 – Palos Heights Story Time
17 – Turkey Trot
18 – BINGO & Game Night

December:

1 – Feed the Hungry Dance
2 – Santa's Landing
8 – Christmas Ball
9 – Holiday Magic!



Palos Heights is a member of South West Special Recreation Association (SWSRA). What is SWSRA? Their agency assists us by providing year round, quality recreation programs and inclusion services for children and adults with disabilities or special needs. SWSRA programs are designed to increase independence and enhance the quality of life for each individual.

If you or your child, teen or adult have a disability, and want to know more about how SWSRA can be of service, please contact them! SWSRA can guide you through the services and programs they offer. SWSRA assist's our staff with inclusion services so that an individual can successfully participate in our programs here at Palos Heights. If you prefer, SWSRA also offers a wide variety of programs geared specifically for individuals with disabilities, including weekly programs, non- team sports, Special Olympics team sports, special events, trips, social clubs, summer camps and more! Participants of SWSRA not only have fun, but also make friends, increase physical activity, enjoy new experiences and refine their social and life skills.

For more information, please contact SWSRA at (708) 389.9423 or online at www.swsra.com