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# Adult Activities

## Early Morning Open Basketball 741775-01

All participants under 18 years of age must be supervised by a parent or guardian at all times. A ratio of 1 parent/guardian per 3 children is required. All children participating in open basketball must be at least 7 years of age. If you have any questions, please call the Recreation Director at 708-599-7337. **NOTE: All participants (18 yrs & up) must show a current picture I.D. (driver's license). No exceptions. Parent of guardian must accompany children ages 7 - 17. On May 29, July 4, and Sept. 4, open basketball will be available from 8:00 - 11:30 a.m.**

**Day/Date:** May - September  
**Time:** 6:00 - 8:00 a.m.  
**Ages:** 7 years & up (valid picture ID required)  
**Location:** Krueger Park Gym  
**Fee:** \$3 Resident; \$5 Non-Resident or  
Use your basketball punch card pass

### Basketball Punch Card 741775-02

A 12 pass basketball punch card can be used for any scheduled open basketball. (morning, day or evening)

**Fee:** \$39 Resident; \$44 Non-Resident

**No Refunds or Credits on Punch Cards**

## Monday Night Basketball 741775-05

Every player must show a picture I.D. with name, address, and age listed on I.D. **NOTE: Each night pay at the door or use your basketball punch card pass. No basketball July 3.**

**Dates:** June 5 - August 28  
**Day:** Monday  
**Time:** 7:00 - 9:00 p.m.  
**Ages:** 21 years & up  
**Location:** Krueger Park Gym  
**Min/Max:** 8/30  
**Fee:** \$3 Resident; \$5 Non-Resident or  
Use your basketball punch card pass



## Men's Fall Softball Leagues

All registration is taken at both centers (cash taken Monday - Friday, from 9-5 only). **NOTE: A non-refundable deposit of \$200 is needed to secure your team's spot. No exceptions. Call 598-1233 for more information. Register by August 25 to guarantee your spot. There are 8-9 games plus post season.**

### Monday 12": 241295-01

**Fee:** \$520 per team  
**Time:** 6:45, 7:45, or 8:45 p.m.

### Wednesday 12": 241297-01

**Fee:** \$520 per team  
**Time:** 6:45, 7:45, or 8:45 p.m.

### Thursday 16": 241298-01

**Fee:** \$560 per team  
**Time:** 6:45, 7:45, or 8:45 p.m.

### Sunday 16": 241299-01

**Fee:** \$560 per team  
**Time:** 10:00 or 11:00 a.m.  
**Location:** Martin Park, 79th Ave & 89th Pl.

**Leagues will begin the last week of August.**

## Adult Open Volleyball 101176-01

Enjoy open volleyball every Thursday evening at Krueger Park. No registration is required, pay at the door each week. Enjoy games each week and get a good cardio workout while having fun. **NOTE: One volleyball court will be set up each week for play.**

**Day/Date:** June 8 - August 10  
**Day:** Thursday  
**Time:** 6:30 - 8:30 p.m.  
**Ages:** 18 years & up  
**Location:** Krueger Park Gym  
**Min/Max:** 8/15  
**Fee:** \$4 Resident; \$6 Non-Resident



### Open Gym - Basketball (Unscheduled) 741775-03

Any open gym for basketball (not designated) will require a small fee to play. Call 708-599-7337 for availability.

**Fee:** \$2 Resident; \$5 Non-Resident

## Zumba - Walk In 143119-01

This dance and fitness based workout is fun, effective and easy to follow. It is a "feel-good" workout like no other that is great for the body and mind. Our master instructor will guide you through a series of unique moves and combinations providing you with a dynamic interval style workout. No dance experience is necessary and all fitness levels are welcome. This is a walk-in program! **NOTE: If under 6 participants are registered, the program will be cancelled that evening.**

**Dates:** May 31 - August 23  
**Day:** Wednesday  
**Time:** 6:30 - 7:30 p.m.  
**Ages:** 14 years & up  
**Instructor:** Anabel Volsansky  
**Location:** Krueger Park Activity Room A&B  
**Min/Max:** 6/24  
**Fee:** \$6 Res.; \$7 Non-Res. (Pay at the door)

### Zumba Punch Card 143119-02

This card (8 pass) can be used on Wednesdays only. Card will expire on August 31, 2017.

**Fee:** \$44 Resident; \$49 Non-Resident

**No Refunds or Credits on Punch Cards**

## 5,000 Step Challenge 101150-01

Come and join the challenge at the "NEW" trail at Kasey Meadow Park. This one day event will help promote healthy habits by encouraging others to walk and reach daily goals. Participants will use pedometers to count their steps on this day to reach the 5,000 step goal. **NOTE: Water stations will be set up on the trail. Bring out the entire family! Reach the 5,000 step goal and receive a prize! Fee includes a pedometer.**

**Day/Date:** Saturday, August 26  
**Time:** 10:00 a.m. - 12 Noon  
**Ages:** All Ages (Under 16 must be accompanied by an adult)  
**Location:** Kasey Meadow Park Trail  
**Min/Max:** 20/50  
**Fee:** \$12 (16 years & up); \$8 (6-15 years); Free (Under 5 years)



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# Adult Activities

## Left, Center, Right

146121-01

LCR, short for "Left, Center, Right", is a simple dice game to play. Participants roll three dice marked with 3 individual dots, Left, Center, and a Right. The point of the game is to roll a dot(s) in order to win the game. You will be treated to pizza, popcorn, refreshments, and a chance to win some fabulous prizes. **NOTE: Beginners are welcome.**



**Day & Date:** Friday, July 21

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

**Ages:** 21 Years and Up

**Location:** Krueger Park Activity Room C

**Min/Max:** 10/24

**Fee:** \$9 Resident (per person);  
\$11 Non-Resident (per person)

## Bingo Night

Enjoy a refreshing beverage with snacks and box dinner while you engage in a variety of bingo games (18-25). Prizes will be awarded for each game winner. The last game will be a "Cover All" for a chance to win a fabulous "Grand Prize". Sit down & enjoy the company of your friends as we'll do the rest. Every player will get to create their own Bingo card for the grand prize game! **NOTE: Every player will receive multiple cards. Fee includes prizes, snacks, cookies, refreshments (coffee, pop, & water), and a box dinner.**



**Day & Date:** Tuesday, June 20

155175-01

Tuesday, August 8

155175-02

**Time:** 6:00 - 8:00 p.m.

**Ages:** 21 years & up

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

**Min/Max:** 30/70

**Fee:** \$16 Resident; \$17 Non-Resident

## Dominoes

This is an easy game with simple rules, but the fun is limitless. Lunch/dinner will be served and tournament play will begin after the meal. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

**Day & Date:** Friday, June 30

156116-01

**Time:** 4:00 - 7:00 p.m.

**Day & Date:** Thursday, July 27

156116-02

Thursday, August 17

156116-03

**Time:** 11:30 a.m. - 2:30 p.m.

**Ages:** 25 years & up

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

**Min/Max:** 20/35

**Fee:** \$8 Resident; \$9 Non-Resident

## Bunco Blast

Enjoy an evening of Dice! Sign up to play this old parlor dice game at Krueger Park. You will be treated to pizza, popcorn, refreshments, and a chance to win some fabulous gift certificates. **NOTE: Beginners are welcome.**

**Day/Date:** Friday, June 16

146174-01

Friday, August 11

146174-02

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

**Ages:** 21 years & up

**Location:** Krueger Park Activity Room C

**Min/Max:** 10/24

**Fee:** \$10 Resident; \$11 Non-Resident



## PiYo

Who says you have to jump, grunt, strain and punish your body to get amazing results from your workout? Not with PiYo... PiYo combines the muscle - sculpting, core forming benefits of Pilates with the strength and flexibility advantages of Yoga. And, we crank up the speed to deliver a true fat-burning, low impact workout, that leaves your body looking long, lean, and incredibly defined. **NOTE: This exercise class can be performed at any fitness level. No class July 3.**

**Dates:** June 5 - July 10 143165-01

July 24 - August 21 143165-02

**Day:** Monday

**Time:** 8:15 - 9:10 p.m.

**Ages:** 16 years & up

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

**Min/Max:** 6/14

**Fee:** \$37 Resident; \$42 Non-Resident

## CPR For Health Care Providers

This class offers training to individuals to respond calmly and appropriately in emergency situations. Through video presentations and practice sessions, participants will be taught adult, child, and infant CPR. The techniques of mouth-to-mouth resuscitation and external heart compressions to restore breathing and heartbeat to heart attack victims will be covered. A representative of the Roberts Park Fire Department will conduct the one day class. **NOTE: Please bring your receipt with you.**

**Day/Date:** Saturday, July 8 106126-01

Saturday, September 9 206226-01

**Time:** 9:00 a.m. - 1:00 p.m.

**Ages:** 16 years & up

**Location:** Roberts Park Fire Department  
8611 S. Roberts Rd., Justice

**Min/Max:** 5/10

**Fee:** \$50 Resident; \$65 Non-Resident