

ADULT ACTIVITIES

Pinochle 256202-01

Do you like playing cards? How about Pinochle? The Recreation Director will teach you how to play the entertaining game of Pinochle. Once you learn, you will be hooked forever. **NOTE: Fee includes pizza, refreshments, and prizes for each table winner.**

Day & Date: Friday, September 22
Time: 11:30 a.m. - 2:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 6/12
Fee: \$8 Resident; \$9 Non-Resident

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 Sept. 4 & Nov. 23, open basketball will be available from 8:00 - 11:30 a.m.**



Dates: September - November
Day: Monday - Friday
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

Open Gym - Basketball (Unscheduled)

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

Wednesday Night Basketball 741775-07

Every player must show a picture I.D. with name, address, and age listed on I.D. **NOTE: Each night pay at the door.**

Dates: September 6 - December 20
Day: Wednesday
Time: 6:45 - 9:30 p.m.
Ages: 21 years & up
Location: Krueger Park Gym
Min/Max: 8/30
Fee: \$4 Resident; \$6 Non-Resident



Dominoes

This is an easy game with simple rules, but the fun is limitless. Lunch will be served around noon. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

Day & Date: Friday, September 1 256216-01
 Friday, October 6 256216-02
 Friday, November 3 256216-03
Time: 11:30 a.m. - 2:30 p.m.
Ages: 25 years & up
Location: Krueger Park Activity Rooms A&B
Min/Max: 20/35
Fee: \$8 Resident; \$9 Non-Resident

Women's Volleyball League 241238-01

This league has open registration. All teams will begin playing Thursday, Sept. 28. A maximum of 12 players will be allowed on each team. **NOTE: All players must be 18 years of age or older.**



Dates: September 28 - November 16
Day: Thursday
Time: 7:00 - 9:00 p.m.
Ages: 18 years & up
Location: Krueger Park Gym
Min/Max: 4/6 teams
Fee: \$140 Resident Team; \$155 Non-Resident

Zumba - Walk In 243219-01

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 for that evening. No class September 13 & November 22.**

Dates: September 6 - December 13
Day: Wednesday
Time: 6:15 - 7:15 p.m.
Ages: 14 years & up
Instructor: Anabel Volansky
Location: Krueger Park Activity Rooms A & B
Min/Max: 7/25
Fee: \$6 Res.; \$7 Non-Res. (Pay at the door)

Men's 16" Winter Softball Tournament 341307-01

The 2017 Softball season's not quite done yet. Come join us for this one day tournament where the winning team will receive prize money. Dress warm for all the games. **NOTE: Games will be played even if fields are covered in snow.**

Day/Date: Saturday, November 18
Time: 1:00 - 3:30 p.m.
Ages: 18 Years & Up
Location: Martin Park Ball Fields, 79th Ave. & 89th Pl.
Fee: \$100 per Team



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, September 9 206226-01
Saturday, November 11 206226-02
Saturday, January 13 306326-01
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

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.**

Dates: September 11 - October 9 243265-01
October 23 - November 20 243265-02
Day: Monday
Time: 8:15 - 9:10 p.m.
Ages: 16 years & up
Instructor: Ana Robledo
Location: Krueger Park Activity Rooms A&B
Min/Max: 6/14
Fee: \$37 Resident; \$42 Non-Resident

Forever Fit

If you're looking for a fun, energizing way to get moving and keep moving, this class is for you! The class incorporates motivating music, a variety of steps and stretches designed to get your heart pumping and your muscles strengthened. This program will combine cardio and enhance performance of daily activities. All fitness levels welcomed! **NOTE: No class November 23.**

Dates: September 21 - October 26 241206-01
November 9 - December 21 241206-02
Day: Thursday
Time: 5:00 - 6:00 p.m.
Ages: 18 years & up
Instructor: Deb Sernus
Location: Krueger Park Activity Rooms A&B
Min/Max: 7/15
Fee: \$36 Resident; \$41 Non-Resident



W.O.W - Wonderful Overall Workout

The title says it all! After a warm-up, the party begins! The program includes weight training, core strengthening interspersed with cardio formats such as low impact dance moves, kick boxing, step and cardio barre. It will get your heart pumping to burn calories and release stress. Work at your own pace and fitness level using a variety of equipment.

Dates: September 18 - October 23 241203-01
November 6 - December 11 241203-02
Day: Monday
Time: 6:30 - 7:30 p.m.
Ages: 18 years & up
Instructor: Deb Sernus
Location: Krueger Park Activity Rooms A&B
Min/Max: 7/15
Fee: \$36 Resident; \$41 Non-Resident

