

Adult Activities

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** and prizes. **NOTE: Beginners are welcome.**

Day/Date: **Friday, June 15** **146174-01**
Friday, August 3 **146174-02**
Time: 7:00 - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/24
Fee: \$11 Resident; \$13 Non-Resident



Refunds for special events, one day program/events, and trips will be issued only if it is cancelled by the Park District.

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 July 5.**

Dates: **June 7 - July 19** **141106-01**
July 26 - August 30 **141106-02**
Day: Thursday
Time: 5:15 - 6:15 p.m.
Ages: 18 years & up
Instructor: Deb Sernus
Location: Krueger Park Activity Rooms A&B
Min/Max: 7/15
Fee: \$37 Resident; \$42 Non-Resident

"21" Double Down **156105-01**

Do you love the game of "Blackjack"? We will enjoy lunch, refreshments, and dessert before trying our luck in cards. Many prizes will be awarded after the competition. All levels are welcome!



Day & Date: **Wednesday, July 18**
Time: 4:30 - 7:00 p.m.
Ages: 21 years & up
Dealers: Dan Maier & Angel Sanchez
Location: Krueger Park Activity Room C
Min/Max: 15/22
Fee: \$12 Resident; \$14 Non-Resident

Bingo Night

Enjoy a refreshing beverage with snacks and dinner while you engage in a variety of bingo games (18-25). Prizes will be awarded for each game winner. 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 dinner.**

Day & Date: **Tuesday, June 19** **155175-01**
Thursday, August 9 **155175-02**
Time: 5:30 - 8:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 30/60
Fee: \$16 Resident; \$17 Non-Resident

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.



Day & Date: **Friday, July 20**
Time: 7:00 - 9:00 p.m.
Ages: 21 years & Up
Location: Krueger Park Activity Room C
Min/Max: 10/24
Fee: \$10 Resident; \$12 Non-Resident

Texas Hold'em **146106-01** Poker Tournament

Join us for this popular style of poker where prizes will be awarded after the competition. New players are welcome to play and learn while enjoying a boxed lunch and refreshments.

Day & Date: **Tuesday, August 14**
Time: 11:30 a.m. - 2:30 p.m.
Ages: 21 years & up
Dealers: Dan Maier & Angel Sanchez
Location: Krueger Park Activity Room C
Min/Max: 8/16
Fee: \$14 Resident; \$16 Non-Resident



Private Guitar Lessons - 30 Minutes

These lessons are for beginner to advanced (acoustic or electric guitar). Instructor will structure progressive lessons based on students' individual needs and interest.



NOTE: Each student will be placed in a 30-minute (private lesson) time slot. All students must bring a guitar to class. Call Frank at Palos Music Instruction at 708-974-8002 to set up day & time for lessons. This is a 6-week program (1 lesson per week).

Dates: **May 21 - June 30** **136195-01**
July 2 - August 11 **136195-02**
August 13 - September 22 **236295-01**

Day: Monday - Saturday
Time: 10:00 a.m. - 8:00 p.m. (30 minute time slot)
Ages: 5 years & up
Location: Palos Music Instruction
10604 S. Roberts Rd.
Min/Max: 6/10
Fee: \$97 Resident; \$102 Non-Resident
\$10 discount for each additional family member up to 3

Private Voice Lessons

Voice lessons will take place this summer at Palos Music Instruction. Enjoy personalized voice lessons on musical styles ranging from classical to pop. All voice lessons focus on developing vocal range, pitch, tone production, breath control, enunciation, ear training, stage presence, and more. All lessons include warm-up exercises to improve breath control and to avoid damaging the vocal chords. **NOTE: Each student will be placed in a 30-minute (private lesson) time slot. This is an 8-week program (1 lesson per week). Call Palos Music Instruction at 708-974-8002 to set up day & time for lessons.**

Dates: **May 14 - July 7** **106127-01**
July 9 - September 1 **106127-02**

Day: Monday - Saturday
Time: 10:00 a.m. - 8:00 p.m. (30 minute time slot)
Ages: 5 years & up
Location: Palos Music Instruction
10604 S. Roberts Rd.

Min/Max: 6/10
Fee: \$149 Resident; \$154 Non-Resident
\$10 discount for each additional family member up to 3



Piano for All Ages

These 30-minute private lessons are designed for beginners and intermediate level learners. Children and adults are welcome to learn fundamentals of note reading, hand positioning, and fingering techniques while learning holiday music they enjoy. Lessons are taught by an experienced instructor at Palos Music Instruction that will focus on the student's needs and ability level. Upon registration the instructor will contact you to arrange the lesson time and discuss current music levels in order to determine the appropriate method book that will begin your piano lessons. **NOTE: Books may be purchased from instructor directly as needed. Students must have a piano or electric keyboard at home for practice purposes. This is an 8 week program (1 lesson per week).**



Dates: **May 14 - July 7** **126194-01**
July 9 - September 1 **126194-02**

Day: Monday - Saturday
Time: 10:00 a.m. - 8:00 p.m. (30 minute time slot)
Ages: 5 years & up
Location: Palos Music Instruction
10604 S. Roberts Rd.
Min/Max: 6/10
Fee: \$149 Resident; \$154 Non-Resident
\$10 discount for each additional family member up to 3

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. **NOTE: No class July 2 & 5.**

Day: Monday
Dates: **June 4 - July 16** **141103-01**
July 23 - August 27 **141103-02**

Day: Thursday
Dates: **June 7 - July 19** **141103-03**
July 26 - August 30 **141103-04**

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



Men & Women'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 24 to guarantee your spot. There are 8-9 games plus post season.**

Women's Monday 16":	241295-01
Fee:	\$520 per team
Time:	6:45, 7:45, or 8:45 p.m.
Men's Wednesday 12":	241297-01
Fee:	\$520 per team
Time:	6:45, 7:45, or 8:45 p.m.
Men's Thursday 16":	241298-01
Fee:	\$560 per team
Time:	6:45, 7:45, or 8:45 p.m.
Men's 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.

New!!

Texas Hold'em Poker Tournament
See page 20 for details.

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 14	106126-01
	Saturday, September 8	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	

The Hickory Hills Park District has a reciprocating residency agreement with the Palos Hills Municipal Golf Course, which allows Hickory Hills residents to have access to the golf course at the Palos Hills resident rate. This agreement applies strictly to the golf course and in no way pertains to other park department programs.

Community Link

Palos Hills Municipal Golf Course; 7301 W. 105th Street,
 Palos Hills, IL 60465
 Call (708)599-0202 for 2018 Golf Fees

Monday Night Basketball

841875-05

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.**

Dates:	June 11 - August 27
Day:	Monday
Time:	7:00 - 9:00 p.m.
Ages:	21 years & up
Location:	Krueger Park Gym
Min/Max:	8/30
Fee:	\$4 Resident; \$6 Non-Resident or Use your basketball punch card pass



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: \$3 Resident; \$5 Non-Resident



Hatha Yoga

Hatha Yoga is about finding a balance between the body, mind, and spirit. Hatha yoga uses body poses, breathing techniques and meditation in hopes of bringing flexibility, and manage stress.

Dates:	June 12 - July 31	143120-01
	August 7 - September 25	243220-01
Day:	Tuesday	
Time:	6:00 - 7:00 p.m.	
Ages:	16 years & up	
Instructor:	Demi Spyropoulos	
Location:	Krueger Park Activity Room A & B	
Min/Max:	8/14	
Fee:	\$45 Resident; \$50 Non-Resident	



Zumba Class

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. **NOTE: No class July 4.**

Dates:	June 13 - July 25	143119-01
	August 1 - September 5	243219-01
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:	\$42 Resident; \$47 Non-Resident	