

# TEEN ACTIVITIES

## 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

## 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

## Recreational Volleyball

221276-01

This instructional program for boys and girls will stress overhand serving, passing, setting, footwork, and fun. Players will gain an over-all knowledge of team strategy. Games will be held each week.

**Dates:** September 28 - November 9  
**Day:** Thursday  
**Time:** 4:30 - 5:45 p.m.  
**Ages:** 10 - 16 Years  
**Instructor:** Patricia Wheeler  
**Location:** Krueger Park Gym  
**Min/Max:** 7/12  
**Fee:** \$36 Resident; \$41 Non-Resident



## Halloween Egg Hunt

236291-01

Join us for the first of its kind at Hickory Hills, our Halloween Egg Hunt. We will hide glow in the dark Easter Eggs in our field filled with various treats and prizes. Afterwards, join us inside the building for some pizza and refreshments. Note: Participants can bring a flashlight to this event.

**Day/Date:** Friday, October 27  
**Time:** 7:00 - 8:30 p.m.  
**Ages:** 11 - 16 years  
**Location:** Krueger Park Recreation Center  
**Min/Max:** 15/50  
**Fee:** \$9 Resident; \$10 Non-Resident



## Boys Volleyball League

221277-01

Sign up for this recreational league at Krueger Park Recreation Center. Each week players will be placed on teams and games will be played. **NOTE: No games October 9.**

**Dates:** September 25 - November 27  
**Day:** Monday  
**Time:** 7:00 - 8:30 p.m.  
**Ages:** 10 - 14 Years  
**Location:** Krueger Park Gym  
**Min/Max:** 10/20  
**Fee:** \$38 Resident; \$43 Non-Resident



## Six Flags "Fright Fest"

234231-01

We will provide the transportation while Six Flags will provide all the screams for this fun trip. A chaperoned adult(s) will be present during this trip. Admission is included with this trip and all meals are on your own. This trip is for those who enjoy the tricks and treats of Six Flags Great America.

**Day/Date:** Saturday, September 30  
**Time:** Depart 10:00 a.m.; Return 9:30 p.m.  
**Ages:** 12 - 17 years  
**Location:** Departs from Krueger Park  
**Min/Max:** 15/24  
**Fee:** \$72 Resident; \$77 Non-Resident



### S.P.Y (Shopkins, Pokemon, & Yu-Gi-Oh) 226201-01

Love collecting Shopkins, Pokemon, or Yu-Gi-Oh Cards? Well it is time to come meet other kids that love to do the same. Time will be set to duel, trade, or just see what other kids have. Afterwards we will provide pizza and refreshments to everyone. Participants will get a chance to be in a raffle to win magnificent prizes. **NOTE: Park District is not responsible for any items being lost during the program.**



**Day/Date:** Wednesday, November 8  
**Time:** 4:30 - 6:00 p.m.  
**Ages:** 8 - 13 years  
**Location:** Krueger Park Activity Room C  
**Min/Max:** 12/24  
**Fee:** \$5 Resident; \$6 Non-Resident

### Friday Hoops

Play basketball with your friends or just come out to shoot around. Pay at the door and enjoy fast break games. A maximum of 25 players will be allowed in the gym at one time. No spectators. **NOTE: No hoops on October 13, November 10, and November 24.**

**Dates:** September 8 - December 1  
**Day:** Friday  
**Grades/Time:** 5th - 8th Grade 221236-01  
4:00 - 6:00 p.m.  
**Grades/Time:** 9th - 12th Grade 231236-01  
6:30 - 9:00 p.m.  
**Location:** Krueger Park Gym  
**Min/Max:** 12/25  
**Fee:** \$3 (each day, pay at the door, 5th-8th)  
\$5 (each day, pay at the door, 9th-12th)

### 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)

### Between the Pipes 226202-01

This indoor Floor Hockey Ball League will welcome children with a ton of energy to develop skills in a positive learning environment. Each week players will participate in shooting and passing drills and play a 30 minute game. Players will be on a different team each week. **NOTE: Each player will receive a ball hockey t-shirt.**

**Dates:** September 12 - October 17  
**Day:** Tuesday  
**Time:** 4:45 - 5:45 p.m.  
**Ages:** 9 - 13 years  
**Location:** Krueger Park Gym  
**Min/Max:** 16/22  
**Fee:** \$34 Resident; \$39 Non-Resident

### Rim Seekers 221278-01

This 7 week class is the perfect class for the future basketball star. By doing simple drills, kids will become familiar with passing, dribbling, shooting and the basic rules of the game. Team work, good sportsmanship, and fun are all stressed in this exciting class. **NOTE: Fee includes a t-shirt.**

**Dates:** October 4 - November 15  
**Day:** Wednesday  
**Time:** 5:30 - 6:30 p.m.  
**Ages:** 9 - 13 years  
**Location:** Krueger Park Gym North  
**Min/Max:** 10/15  
**Fee:** \$37 Resident; \$42 Non-Resident



### Babysitter's Training 226205-01

Ready to earn a little extra money? Take this class to show your dedication and expertise on babysitting! During this hands-on seminar you will learn valuable safety tips as well as how to properly care for infants and toddlers. Topics being covered include how to change a diaper, safety hazard observation, making your job safer, and more. Participants will receive a certificate upon completion.

**Day/Date:** Saturday, September 30  
**Time:** 9:00 a.m. - 12 Noon  
**Ages:** 11 years & Up  
**Location:** Roberts Park Fire Department  
8611 S. Roberts Rd., Justice  
**Min/Max:** 5/10  
**Fee:** \$10 Resident; \$11 Non-Resident

