

TEEN ACTIVITIES

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 29
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

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 September 21 & 28, & November 23.

Dates: September 7 - November 30
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)

Hatha Yoga

243220-02

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. **NOTE: No class November 6.**

Dates: October 2 - November 27
Day: Tuesday
Time: 6:15 - 7:15 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

Between The Pipes

326302-01

This indoor ball hockey league will welcome players to enjoy exciting and entertaining games. Each day, players will enjoy 30 minutes of drills (shooting, stick handling, defense & positioning) different teams will be formed and exciting games will be played. **NOTE: All equipment will be supplied (goals, sticks, mask, pinnies and pucks). All players will receive a ball hockey t-shirt.**

Dates: November 6 - December 11
Day: Tuesday
Time: 4:30 - 5:30 p.m.
Ages: 9 - 13 years
Location: Krueger Park Gym
Min/Max: 8/24
Fee: \$34 Resident; \$39 Non-Resident

Wickedball Bubble Soccer

231240-01

Prepare for the craziest sports day of your life! Get ready for non-stop action-packed fun with 2 hours of Wickedball Bubble Soccer. We loosely follow the rules of soccer, with the exception that you will be encapsulated in a great bubble under the lights at Martin Park. Teams of 5 go head-to-head to score as many goals as they can. **NOTE: Refreshments will be served during and after play.**

Day/Date: Friday, September 28
Time: 6:45 - 9:00 p.m.
Ages: 13 - 18 years
Location: Martin Park, 89th Pl. & 78th Ave.
Min/Max: 13/16
Fee: \$33 Resident; \$35 Non-Resident



Essential Oils 101 Workshop

Join us for this workshop covering the who, what, where, when, when & how of essential oils! Take Charge of your health and the products you allow in your home. Join us to learn how easy it is to use oils to support every system in your body. You will also learn how you can start swapping out the expensive, toxic chemicals in your home for pennies on the dollar! **NOTE: Refreshments will be served**

Day/Date: Wednesday, September 26 236201-01
Thursday, October 18 236201-02
Time: 7:00 - 8:00 p.m.
Ages: 16 Years & Up
Location: Krueger Park Activity Room
Instructor: Dawn Graves
Min/Max: 5/10
Fee: \$5 Resident; \$7 Non-Resident



Recreational Volleyball

221276-01

This instructional program for boys and girls will stress overhand serving, passing, setting, footwork and fun. Games will be held each week.

Dates: September 27 - November 8
Day: Thursday
Time: 4:30 - 5:45 p.m.
Ages: 10 - 16 years
Location: Krueger Park Gym
Min/Max: 7/12
Fee: \$36 Resident; \$41 Non-Resident



Back to School with Essential Oils

236201-03

Come learn the many ways you can incorporate essential oils into your back to school routine. Some of us can't wait, but we are all dreading the germs, the waking up early and homework time. Let's talk about how essential oils can be used to help us get better rest, stay focused longer, and boost our immune systems. Everyone will make and take some essential oil goodies for a healthy and successful year!

Day/Date: Wednesday, October 3
Time: 6:00 - 8:00 p.m.
Ages: 16 Years & Up
Location: Krueger Park Activity Room C
Instructor: Dawn Graves
Min/Max: 5/10
Fee: \$20 Resident; \$25 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 8 206226-01
Saturday, November 10 206226-02
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

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 3 - November 14
Day: Wednesday
Time: 5:30 - 6:30 p.m.
Ages: 9 - 13 years
Location: Krueger Park Gym North
Min/Max: 8/15
Fee: \$38 Resident; \$43 Non-Resident

