

Teen Activities

Futsal Soccer

131102-01

Futsal soccer is fast becoming one of the most popular forms of playing soccer. This game is played 5 vs. 5 in a small court setting. The futsal ball is smaller than a normal soccer ball and involves more ball control to maneuver and score goals. Teams will be formed each week and play games while improving their dribbling skills.

Dates: July 10 - August 7
Day: Tuesday
Time: 6:30 - 7:30 p.m.
Ages: 13 - 17 years
Location: Kasey Meadow In-Line Court
Min/Max: 10/15
Fee: \$34 Resident; \$39 Non-Resident



Recreational Volleyball

121176-01

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

Dates: June 28 - August 9
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



Between The Pipes

126102-01

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: June 18 - July 23
Day: Monday
Time: 5:45 - 6:45 p.m.
Ages: 9 - 13 years
Location: Krueger Park Gym
Min/Max: 8/24
Fee: \$34 Resident; \$39 Non-Resident

Club Friday Night

132168-01

This Friday night party at Krueger Park is open to students attending St. Patricia, Conrady, Oak Ridge, Brodnicki, Glen Oaks and Wilkins Jr. High. Students are welcomed to participate in open gym with music provided by the park district. All students must have a new application on file at the Park District and must show a school I.D. (if available) to attend the event. We will raffle off a \$25 gift card for participants who attend. This program is chaperoned by 5-6 adult volunteers. **NOTE: Volunteer adult chaperones needed. Call 708-599-7337 if interested.**

Day/Date: Friday, August 31
Time: 7:00 - 9:00 p.m.
Ages: 5th - 7th Grade
Location: Krueger Park Gym
Fee: \$5 (pay at the door)

First Annual Dance Lock In

Come one, come all to our first annual dance lock in! Enjoy a night with just the girls. We will make up dances with friends to create our own recital, braid our hair, paint our nails, do our make up, and watch old movies. We will also go over some stretching and toning exercises to improve your current dance skills. This event is a great way to bond with your fellow classmates and have fun! Students should bring their own hair and make up supplies. **NOTE: Fee includes refreshments and supervision.**

Day/Dates: Friday, July 20 102106-01
Time: 6:00 - 10:00 p.m.
Ages: 3rd - 5th Grade
Fee: \$20 Resident; \$25 Non-Resident

Dates: July 27 - 28 102106-02
Days: Friday - Saturday
Time: 6:00 p.m. - 9:00 a.m.
Ages: 6th Grade and Up
Fee: \$35 Resident; \$40 Non-Resident
Instructor: Miss Liz
Location: Cynthia Neal Center Dance Room
Min/Max: 10/20



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

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



"Knockout" Competition 121116-01

Enjoy playing "Knockout" with your friends on the basketball court? Well join us for our first ever Knockout competition where players will compete against one another for chance to be crowned champion. Participants will compete for a chance to win fabulous prizes. **NOTE: Water bottle included for all participants.**

Day/Date: Friday, July 20
Time: 5:15 - 6:15 p.m.
Ages: 8 - 14 years
Location: Krueger Park Gym
Min/Max: 10/24
Fee: \$4 Resident; \$5 Non-Resident



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

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

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 30 players will be allowed in the gym at one time. No spectators.

NOTE: Must have a school ID.

Dates: June 15 - August 17
Day: Friday
Grades: 5th - 8th Grade 121136-01
Location: Krueger Park Gym South
Grades: 9th - 12th Grade 131136-01
Location: Krueger Park Gym North
Time: 6:15 - 8:45 p.m.
Min/Max: 5/15 - 5th-8th Grade
5/15 - 9th-12th Grade
Fee: \$4 (each day, pay at the door)

Late Night Basketball Lock In 131103-01

At this lock-in, everyone will enjoy basketball, music and contest to compete in to win gift cards to local restaurants in the area. Perfect date night for the parents to enjoy! **NOTE: Fee includes supervision, open gym, pizza, refreshments, music and contest prizes. A minimum number must be registered or the program may be cancelled.**

Day/Date: Friday, August 24
Time: 6:00 - 11:00 p.m.
Ages: 5th - 8th grade
Location: Krueger Park Gym
Min/Max: 20/35
Fee: \$13



Dodgeball Days Tournament 124121-01

Attention 7th and 8th grade students... interested in playing competitive dodgeball? Sign up for this one day tournament against other players from the Chicagoland area at the Schaumburg Park District. Compete for a chance to win the championship and receive prizes. All participants will receive a t-shirt. We will chaperone the trip and provide snacks and refreshments for each participant.

Day/Date: Friday, July 13
Time: 9:00 a.m. - 2:00 p.m.
Ages: 7th and 8th Grade
Instructor: National Amateur Dodgeball Association
Location: Bus departs from Krueger Park
Min/Max: 10/10
Fee: \$31 Resident; \$36 Non-Resident



S.P.Y

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, June 20 126101-01
Thursday, August 2 126101-02
Time: 4:00 - 5:30 p.m.
Ages: 8 - 13 years
Location: Krueger Park Activity Room C
Min/Max: 12/24
Fee: \$6 Resident; \$7 Non-Resident

PGN Play Day 124117-01

Join in on the fun for this one day of play at PGN Hickory Hills. We will provide a staff member to chaperone the participants during their stay at PGN. Activities include Mini Golf, Playland entrance, 12 play tokens, a slice of pizza and refreshment. Participants must be dropped off and picked up from PGN once program has ended.

Day/Date: Wednesday, June 6
Time: 11:00 a.m. - 2:00 p.m.
Ages: 8 - 13 years
Location: PGN; 8125 W. 95th St.
Min/Max: 10/14
Fee: \$16 Resident; \$17 Non-Resident



Rim Seekers 121178-01

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. No class July 4.**

Dates: June 13 - August 1
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

