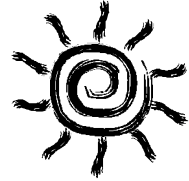


PALOS PARK RECREATION



REGISTRATION DATES:

April 14-May 23



Office Hours:

**Monday-Friday
9:00 a.m.-5:00 p.m.**

**Check out our
many camps**

Phone #: 671-3760

RECREATION COMMITTEE

Linda Kuhn
Dale Wudtke
Charles Wells
Bob Hames
Dawn Mannix
Maureen Rita

RECREATION DIRECTOR

Marilyn Gorney

ASSISTANT DIRECTOR

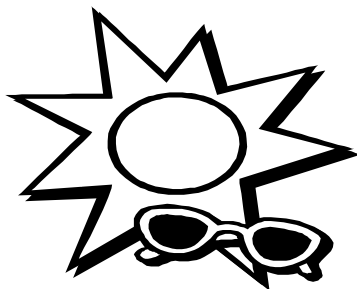
Nicole Marxman

VILLAGE COMMISSIONER

Edward Marcyn

PALOS PARK RECREATION
8901 West 123rd Street
Palos Park, Illinois 60464

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SUMMER 2003

CARRIER ROUTE PRE-SORT

**RESIDENTIAL POSTAL CUSTOMER
PALOS PARK, ILLINOIS 60464**

REGISTRATION FORM

LAST NAME: _____ PHONE: _____

ADDRESS: _____ TOWN: _____ ZIP CODE: _____

VILLAGE RESIDENT? _____ EMERGENCY PHONE: _____

HEALTH LIMITATIONS: _____

Program Number	Program Name	Participants First Name	Age	Birthdate	Grade Level	\$5 Tax Deductible Donation	Fee

I hereby waive all rights to hold the Village of Palos Park responsible for property damage and/or personal injury to above person. I further state that he/she is in good health and has no physical disability.

Make check payable to: Village of Palos Park, 8901 West 123rd Street, Palos Park, IL 60464

Signature of Parent/Participant

Registration Policies:

1. **Anyone residing outside the boundaries of the Village of Palos Park (in unincorporated Palos Park or in neighboring communities) must pay the non-resident fee for activities.**
2. **All in-person registration will take place at the Recreation Office during the posted office hours.**
3. **The Recreation Department of the Village of Palos Park assumes no responsibility for personal injuries or loss of personal property while attending a Recreation Department sponsored activity.**
4. **Programs may be cancelled due to low enrollment.**

Refund Policy

There will be a service charge of \$5.00 on all refunds except when the Recreation Department cancels the program, and then a full refund will be given. Any other refund given is less class time elapsed. There will be **NO REFUNDS** issued after the second class, no exceptions.

Withdraw

Participants may cancel prior to a class beginning, less a \$5.00 processing fee.

Senior Citizen Discount

Senior Citizens age 65 and older may receive a 10% discount on any adult activity excluding trips and special events.

Trips/Special Events

Participants who withdraw from a trip or special event at least 5 working days (M-F) prior to the trip will receive a refund. We will refund as much of your fee as possible. However, some charges paid in advance to agencies may not be refundable.



PARENT/TOT SOCIAL HOUR

You and your child will enjoy this special hour of music, stories, helpful parenting tips and fun. This is the perfect opportunity to meet other parents and for your child to socialize with other children. Handouts on a relevant topic will also be available each week.

Instructor: Laura Braden
Program #: 3S180
Dates: June 12-July 31 (No Class July 3)
Day: Thursday
Time: 6:30-7:30 p.m.
Ages: 6 months-30 months (with parent)
Fee: \$22R/\$27NR
Min./Max.: 5/10

TINY TASTERS

Yummy treats! Bring your child to make some tasty treats. Each class the children will have the chance to sample their creations. Participants will receive a recipe book at the end of the session.

Program #: 3S190
Dates: June 19-Aug. 7
Day: Thursday
Time: 11:45 a.m.-12:30 p.m.
Ages: 3 & 4
Fee: \$32R/\$38NR



GAMES GALORE

Bring your child to play with others in the same age group. Children will participate in various classic games and activities either indoor or outdoor.

Program #: 3S187
Dates: June 17-Aug. 5
Day: Tuesday
Time: 9:30-10:15 a.m.
Ages: 3 & 4
Fee: \$26R/\$31NR

MESSY ART

Have your child explore their artistic potential and socialize with other children. This class is filled with gooey and messy art projects.

Program #: 3S188
Dates: June 18-Aug. 6
Day: Wednesday
Time: 3:15-4:00 p.m.
Ages: 3 & 4
Fee: \$28R/\$33NR

YOUNG REMBRANDTS

PARENT/CHILD DRAWING CAMP

You and your child will each complete your own drawing using the Young Rembrandts technique. Have fun drawing together, while learning specific skills that continue to develop your child's fine motor skills at home.

Program #: 3S181
Dates: July 18-Aug. 1
Day: Friday
Ages: 4-6
Time: 10:30-11:30 a.m.
Fee: \$30R/\$36NR
Min./Max.: 6/10

KIDDIE ADVENTURES

Variety is the spice of life! Children will experience a new adventure each week including: outdoor play, stories and crafts, science experiments, and much more.

Instructor: Laura Braden
Program #: 3S185
Dates: June 16-Aug. 4
Day: Monday
Time: 10:15-11:00 a.m.
Ages: 3 & 4
Fee: \$26R/\$31NR

KIDDIE CAMP

It is never too early to make friends! Your little ones will spend time with arts and crafts, games, and stories. Developing socialization skills is very important for the younger child. There will be snack time, so have your child bring a snack. Children must be 3 years old by the start of class. Receive a \$10 discount if registering for Monday through Thursday in the same session.

Time: 9:00-11:30 a.m.
Ages: 3-5
Fee: \$42R/\$50NR

Session 1: June 16-July 3
Prgm #: Days:
3S170 M, W
3S171 T, TH

Session 2: July 7-July 25
Prgm #: Days:
3S172 M, W
3S173 T, TH

Session 3: July 28-Aug. 14
Prgm #: Days:
3S174 M, W
3S175 T, TH



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WE LOVE PARENTS BUT...

Please do not remain in the classroom after you have dropped your child off. Interruptions tend to affect participants' attention spans and inhibit the establishment of peer relationships. Parents are welcome to attend their child's first class. Thank you for your cooperation.

S U M M E R C A M P S

SUMMER CAMP

Sign up your children now for a summer filled with fun! Children between the ages of 6-10 will participate in a variety of activities including: arts and crafts, games, sports, special events, and field trips centered around theme weeks. Participants will be supervised by certified CPR/first aid staff. Field trips and a camp t-shirt are included in the fee. Don't let your child miss out on the chance to make new friendships or re-establish old ones. Camp is held rain or shine. Age divisions for camp are based on enrollment. Receive a \$10 discount for each additional child enrolled in the same camp session.



Please note: Field trip days may be extended days for half-day campers. Camp will not be held at the Recreation Center on field trip days. All day participants must bring a sack lunch. There is a pop machine on location.

<u>Session 1:</u> June 16-July 3			
Prgm #:	Days:	Time:	Fee:
3S100	Mon.-Fri.	9:00 a.m.-3:00 p.m.	\$180R/\$205NR
3S101	M, W, F	9:00 a.m.-3:00 p.m.	\$130R/\$150NR
3S102	Mon.-Fri.	9:00 a.m.-12:00 p.m.	\$115R/\$135NR
3S103	M, W, F	9:00 a.m.-12:00 p.m.	\$80R/\$100NR

<u>Session 2:</u> July 7-July 25			
Prgm #:	Days:	Time:	Fee:
3S105	Mon.-Fri.	9:00 a.m.-3:00 p.m.	\$200R/\$225NR
3S106	M, W, F	9:00 a.m.-3:00 p.m.	\$145R/\$165NR
3S107	Mon.-Fri.	9:00 a.m.-12:00 p.m.	\$125R/\$145NR
3S108	M, W, F	9:00 a.m.-12:00 p.m.	\$90R/\$110NR

<u>Session 3:</u> July 28-August 15			
Prgm #:	Days:	Time:	Fee:
3S110	Mon.-Fri.	9:00 a.m.-3:00 p.m.	\$200R/\$225NR
3S111	M, W, F	9:00 a.m.-3:00 p.m.	\$145R/\$165NR
3S112	Mon.-Fri.	9:00 a.m.-12:00 p.m.	\$125R/\$145NR
3S113	M, W, F	9:00 a.m.-12:00 p.m.	\$90R/\$110NR

STAGECOACH MUSICAL THEATER CAMP

Does your child love to sing, dance, and perform for others? Then climb aboard our StageCoach, and join us this summer for an intense yet entertaining program in musical theater for boys and girls ages 6-12. We emphasize the journey toward producing a show from start to finish, creating a fun and non-competitive environment for kids to stretch their creative wings! On the last day of camp our talented young stars will perform a show for friends and relatives, showing off all that they have learned in just four days! Please bring a bottled beverage and light snack to class each day. Souvenir t-shirt will be given to each participant. For more information about StageCoach visit info@stagecoachkids.com

Dates: June 23-June 26
Days: Monday-Thursday
Fee: \$70R/\$84NR

Prgm #:	Time:	Ages:
3S135	9:00 a.m.-12:00 p.m.	6-9
3S136	1:00 p.m.-4:00 p.m.	10-12

EARLY BIRDS

Drop off your child early for those enrolled in our camp.

Time: 8:00-9:00 a.m.
Min./Max.: 5/25
Fee: \$36 (M-F)
\$22 (M, W, F)

<u>Session 1:</u> June 16-July 3	
Prgm #:	Days:
3S115	Mon.-Fri.
3S116	M, W, F

<u>Session 2:</u> July 7-July 25	
Prgm #:	Days:
3S118	Mon.-Fri.
3S119	M, W, F

<u>Session 3:</u> July 28-August 15	
Prgm #:	Days:
3S121	Mon.-Fri.
3S122	M, W, F

LATER GATORS

Need a later pick-up time? Have your child extend the camp day. Children must be picked-up no later than 6:00 p.m.

Time: 3:00-6:00 p.m.
Min./Max.: 5/25
Fee: \$105 (M-F)
\$65 (M, W, F)

<u>Session 1:</u> June 16-July 3	
Prgm #:	Days:
3S125	Mon.-Fri.
3S126	M, W, F

<u>Session 2:</u> July 7-July 25	
Prgm #:	Days:
3S127	Mon.-Fri.
3S128	M, W, F

<u>Session 3:</u> July 28-August 15	
Prgm #:	Days:
3S129	Mon.-Fri.
3S130	M, W, F



PEE WEE SOCCER

Join this fun activity for little boys and girls. Children will learn and practice soccer skills. Basic rules will be introduced. Lots of fun!

Program #: 3S207
 Dates: June 16-July 28
 Day: Monday
 Time: 3:30-4:15 p.m.
 Ages: 4 & 5
 Fee: \$25R/\$30NR



ALEX MIHAIOVIC SOCCER MADE IN AMERICA

This camp is the ultimate training ground for the development of all soccer players. For five consecutive half-days the professional trainers work closely with small groups of players arranged according to age and abilities.

Days: Monday-Friday
 Time: 9:00 a.m.-12:00 p.m.
 Ages: 5-17
 Fee: \$89 First Child
 \$75 Second Child
 \$45 Third Child

Prgm #: Dates:
 3S145 July 7-July 11
 3S146 Aug. 4-Aug. 8

JUNIOR SOCCER

This fundamental class takes soccer one step further. Soccer skills will be reinforced along with team skills and scrimmage games.

Program #: 3S208
 Dates: June 16-July 28
 Day: Monday
 Time: 4:15-5:00 p.m.
 Ages: 6-8
 Fee: \$25R/\$30NR



HORSEBACK RIDING CAMP

Join this camp in conjunction with the Palos Hills Riding Stables which is guaranteed miles of smiles. All riders are required to wear a safety helmet, long pants, and closed-toed shoes at all times. Safety helmets can be rented at the stables. Each day riders must bring their own lunch, plenty of water, or change for pop machine. Campers will demonstrate their equestrian skills in a horse show at the end of each camp week.

Beginner: Designed for riders with little or no riding experience.
Intermediate: Designed for riders with prior riding experience.

Days: Monday-Friday
 Time: 9:00 a.m.-4:00 p.m.
 Ages: 8 & up
 Fee: \$185R/\$210NR
 Location: Palos Hills Riding Stables, 10100 South Kean Ave.

Class:	Prgm #:	Dates:
Beginner	3S150	June 9-June 13
Beginner	3S151	June 16-June 20
Intermediate	3S152	June 23-June 27
Beginner	3S153	July 7-July 11
Intermediate	3S154	July 14-July 18
Beginner	3S155	July 21-July 25
Intermediate	3S156	July 28-Aug. 1
Intermediate	3S157	Aug. 4-Aug. 8
Beginner	3S158	Aug. 11-Aug. 15



GOLF CLINICS

Have fun and learn some basic fundamentals to the game of golf. The classes consist of rules, etiquette, and safety. Each child will have professional instruction while having an opportunity to hit balls at the driving range and learning to chip and putt at the putting green. Everyone will be taught individually within the group at their own personal level. In the last class, participants play nine holes of golf with on course instruction. Students are required to purchase practice balls for \$6 each session and a \$10 green fee the last class. Children ages 4-6 must be chaperoned. If you need clubs, please note on registration form. There are no make-up classes or transfers into any future classes. Refunds will not be given for cancellation within seven days from the first class date.

Location: Mid Iron Golf Course, 12680 South Bell Road
 Instructor: Ken Malnar, Golf Professional
 Fee: \$80R/\$96NR

Class: Pee Wee
 Day: Monday
 Time: 3:45-5:45 p.m.
 Ages: 4-8

Prgm #: Dates:
 3S160 June 9-June 23
 3S161 July 7-July 21
 3S162 July 28-Aug. 11



Class: Junior
 Day: Monday
 Time: 1:30-3:30 p.m.
 Ages: 9-15

Prgm #: Dates:
 3S163 June 9-June 23
 3S164 July 7-July 21
 3S165 July 28-Aug. 11

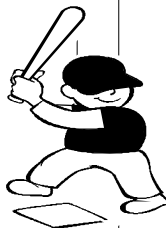
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SUMMER SPORTS

T-BALL

Join the best T-Ball program in the area! Boys and girls will learn the fundamentals of baseball while using a batting tee and softball. Teams will be formed and games will be played on weekday mornings starting when summer vacation begins. Emphasis on fun and learning.



Instructor: Dennis Bentley
 Program #: 3S200
 Dates: June 10-July 17 (No Class July 3)
 Days: Tuesdays & Thursdays
 Time: 9:00-10:00 a.m.
 Age: 4
 Fee: \$45R/\$54NR

COACH PITCH

Join our coach pitch program. Boys and girls will learn the fundamentals of baseball and softball. Coach will pitch, if needed a batting tee will be used. Teams will be formed and games played on weekday mornings. Use the child's exact age at the time of registration. A schedule will be distributed.

Instructor: Dennis Bentley
 Program #: 3S201
 Dates: June 10-July 17 (No Class July 3)
 Days: Tuesdays & Thursdays
 Time: Between 10:00 a.m.-12:00 p.m.
 Ages: 5 & 6
 Fee: \$45R/\$54NR

PEE WEE BASKETBALL

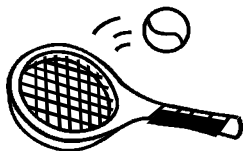
Learn to dribble and shoot using small basketballs and a short hoop. Excellent for hand-eye coordination. Children will have fun while learning the basic fundamentals of basketball.

Program #: 3S205
 Dates: June 11-July 30
 Day: Wednesday
 Time: 4:00-4:45 p.m.
 Ages: 4 & 5
 Fee: \$25R/\$30NR

JUNIOR BASKETBALL

Boys and girls will learn the basic skills of basketball such as dribbling, shooting and guarding. Modified games will be played.

Program #: 3S206
 Dates: June 11-July 30
 Day: Wednesday
 Time: 4:45-5:30 p.m.
 Ages: 6-8
 Fee: \$25R/\$30NR



TENNIS LESSON INFORMATION

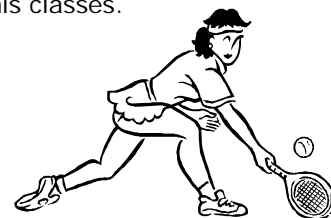
Instruction for tennis lessons will be provided by South Suburban Tennis Academy (SSTA), who offer tennis programs throughout the southwest suburbs. SSTA directors Andy Ventress, Steve Yates, and Mike Maratea are certified professionals. All participants must bring their own supply of drinking water. Tennis balls will be supplied.

RECREATIONAL TENNIS CAMP

Is your child interested in the game of tennis? Under the instruction of South Suburban Tennis Academy, this camp will help participants improve their games through the use of drills. For individuals with no experience interested in learning the game of tennis, check out our tennis classes.

Dates: July 21-July 24
 Days: Monday-Thursday

Class:	Program #:	Time:	Ages:	Fee:
Ankle Biters	3S140	9:00-9:40 a.m.	5-8	\$30R/\$36NR
Youth	3S141	9:45-11:15 a.m.	9-12	\$48R/\$58NR
Teen	3S142	11:15-12:45 p.m.	13-17	\$48R/\$58NR



PEE WEE TENNIS

Children will learn the basic skills of tennis through drills to improve hand-eye coordination. Forehand, backhand, serve and volley will be introduced. Participants must bring their own tennis racquet.

Program #: 3S210
 Dates: June 17-July 29
 (No Class July 2)
 Day: Tuesday
 Time: 4:00-4:40 p.m.
 Ages: 5-8
 Fee: \$32R/\$38NR

JUNIOR TENNIS

Your child will learn the proper technique, basic scoring and the rules of the game. Students will advance at their own pace. Participants must bring their own tennis racquet.

Program #: 3S211
 Dates: June 17-July 29
 (No Class July 2)
 Day: Tuesday
 Time: 4:45-5:45 p.m.
 Ages: 9-12
 Fee: \$48R/\$58NR

TEEN/ADULT TENNIS

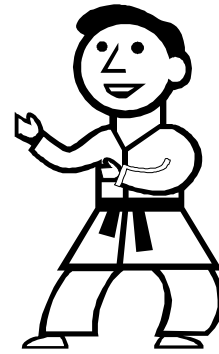
These lessons will combine formal lessons with guided play for both singles and doubles. A racquet is required.

Program #: 3S212
 Dates: June 17-July 29
 (No Class July 2)
 Day: Tuesday
 Time: 5:45-6:45 p.m.
 Ages: 13 & up
 Fee: \$48R/\$58NR

TAE KWON DO - THE ART OF SELF DEFENSE

Students will learn a basic introduction of self-defense in Korean Tae Kwon Do, focusing on the three main aspects of martial arts training: physical, mental and spiritual. This program is designed to develop coordination, concentration, memorization skills and the fundamental protocol of martial arts. This course will instill respect, self confidence and perseverance. Instructor Mary Beth Toussaint, a certified black belt in Tae Kwon Do, a State Certified Teacher and a Mother of Four, will teach students that self defense and self confidence start in the mind. In the Introduction to Tae Kwon Do for Adults, students participate in an existing class with master instructors. No Classes June 30-July 4.

Location: T-USA Martial Arts Studio, 12041 South Harlem Avenue
 Fee: \$40R/\$48NR



Class:	Prgm #:	Dates:	Day:	Time:	Ages:
Tiny Tiger	3S221	June 25-Aug. 20	W	1:15-2:00 p.m.	4-6
Children	3S222	June 24-Aug. 19	T	10:00-11:00 a.m.	5-12
Adult	3S223	June 23-Aug. 18	M	7:20-8:15 p.m.	13 & up
Adult	3S224	June 25-Aug. 20	W	6:30-7:20 p.m.	13 & up



ARGO GYMNASTICS

This program is Romanian style gymnastics training taught by an experienced instructor who challenges each student to be the best they can be. Gymnastics training builds coordination, physical strength, and self-confidence in each child. Tots will learn fundamental skills, music, and games. Preschoolers learn basic gymnastic skills, coordination, conditioning and gross motor skills. Beginners level will focus on floor exercise, vault, and balance beam. Advanced should have one year experience and will be taught on floor, vault, and balance beam.

<u>Session 1:</u> June 5-July 18 (No Classes July 3 and July 4)					
Class:	Prgm #:	Day:	Time:	Ages:	Fee:
Beginner	3S235	TH	5:00-5:45 p.m.	6-13	\$50R/\$60NR
Advanced	3S236	TH	5:45-6:30 p.m.	7-16	\$50R/\$60NR
Tots	3S237	F	9:00-9:40 a.m.	18 mo.-3 yr.	\$50R/\$60NR
Preschool	3S238	F	9:45-10:30 a.m.	3-5	\$50R/\$60NR

<u>Session 2:</u> July 24-August 29					
Class:	Prgm #:	Day:	Time:	Ages:	Fee:
Beginner	3S240	TH	5:00-5:45 p.m.	6-13	\$50R/\$60NR
Advanced	3S241	TH	5:45-6:30 p.m.	7-16	\$50R/\$60NR
Tots	3S242	F	9:00-9:40 a.m.	18 mo.-3 yr.	\$50R/\$60NR
Preschool	3S243	F	9:45-10:30 a.m.	3-5	\$50R/\$60NR



DIAMOND DANCE WORKSHOP

The art of dance promotes coordination, strength, self confidence, and flexibility. Under the instruction of Finale Dance Studio, dance workshops for a variety of age groups will be offered that will not only incorporate these attributes but also instill grace and poise.

Dates: July 28-August 8
 Day: Monday-Friday
 Fee: \$70R/\$84NR
 Min./Max.: 6/12



Dance Attire:
 Black, white, or pink leotard with pink tights
 Ballet classes- pink ballet shoes

Ballet
 Skills include positions and poise.

Tap
 Skills include timing and rhythm.

Ballet/Jazz
 Skills focus on technique accompanied by music while learning basic tricks and jumps.

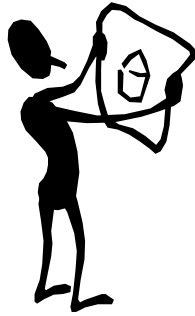
Class:	Prgm #:	Time:	Ages:
Ballet	3S320	1:00-1:30 p.m.	3 & 4
Ballet	3S321	1:30-2:00 p.m.	Kindergarten
Ballet/Tap	3S322	2:00-2:45 p.m.	1st-2nd
Ballet/Jazz	3S323	2:45-3:30 p.m.	3rd-5th

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ARTISTIC EXPRESSIONS

SKETCH AND PAINT

This class will introduce a simplified mixture of drawing, painting, and cartooning. Various art media will be used including colored pencils, markers and crayons. Please bring a medium sized sketch pad (no newsprint) to class. Subject matter will change each session.



Instructor: Dawn Poulakis
Day: Thursday
Fee: \$30R/\$36NR

Session 1: June 5-July 17 (No Class July 3)
Class: Prgm #: Time: Ages:
Beginner 3S300 4:00-5:00 p.m. 5-7
Intermediate 3S301 5:15-6:15 p.m. 8-13

Session 2: July 24-Aug. 28
Class: Prgm #: Time: Ages:
Beginner 3S302 4:00-5:00 p.m. 5-7
Intermediate 3S303 5:15-6:15 p.m. 8-13

KIDZ INDEPENDENT PAINTING

Children will pick out their own subject matter from either the teacher's magazine or bring in their own picture. Learn to paint independently as the teacher circulates to critique their artwork. They will paint on canvas board, using a water-based oil paint. All supplies are included! Subject matter will change each session. Children will take home a beautiful masterpiece displaying their talent at the end of the session.

Instructor: Dawn Poulakis
Day: Thursday
Time: 6:30-7:30 p.m.
Ages: 7-14
Fee: \$43R/\$52NR
Min./Max.: 3/6



Prgm #: Dates:
3S305 June 5-June 26
3S306 July 10-July 31
3S307 Aug. 7-Aug. 28

JUNIOR CARTOON CAMP

Children love to watch cartoons! This drawing camp from Young Rembrandts will teach children how to draw some of their own cartoons. Participants will be taught expressions, sounds, simple movement and fun characters. Students will complete their many cartoons in black outline and colorful markers.

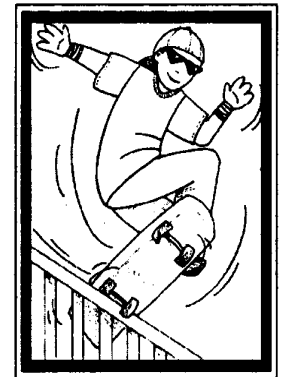
Program #: 3S311
Dates: July 15-July 17
Days: T, W, TH
Time: 9:00-10:30 a.m.
Ages: 5-7
Fee: \$38R/\$45NR



CARTOON ACTION CAMP

Turn the sports you love into cartoons! Children will learn to cartoon their favorite popular action sports like skateboarding, scooters, and biking. Young Rembrandts will teach simple cartoon characters, how to show movement, action lines, sounds, sequencing a joke and expressions.

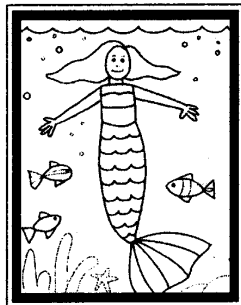
Program #: 3S316
Dates: July 15-July 17
Days: T, W, TH
Time: 10:45 a.m.-12:15 p.m.
Ages: 7-13
Fee: \$38R/\$45NR



JUNIOR UNDER THE SEA CAMP

Do your children enjoy mermaids, fish, shipwrecks, and sharks? Under the instruction of Young Rembrandts, children will create drawings of animals and human characters found under the sea. The last day all subject matter will be combined into one large drawing with a story of its own.

Program #: 3S310
Dates: July 29-July 31
Days: T, W, TH
Time: 9:00-10:30 a.m.
Ages: 5-7
Fee: \$38R/\$45NR



SUMMER ART CAMP

Join this popular Young Rembrandts camp! Day one will emphasize drawing skills, day two will involve cartooning techniques, and day three children will learn pastel techniques. The step-by-step teaching method insures success and fun with all media. Please wear an old shirt or smock to class on day three.

Program #: 3S315
Dates: July 29-July 31
Days: T, W, TH
Time: 10:45 a.m.-12:15 p.m.
Ages: 7-13
Fee: \$38R/\$45NR

**PALOS PARK
FALL SOCCER LEAGUES**

Join our soccer program that will begin in late August and last throughout the fall. Children will be organized in teams. Parents are encouraged to volunteer to coach. All children will receive a team shirt.

Dates: August-October
Day: Saturdays
Time: Afternoons, TBA
Fee: \$60R/\$72NR



<u>Girls</u>		<u>Boys</u>	
Program #:	Grades:	Program #:	Grades:
3S250	1st & 2nd	3S252	1st & 2nd

VIOLIN LESSONS

Violinist and certified Suzuki teacher, Kimberly Knickerbocker, is offering private violin lessons at the Palos Park Recreation Center. Each lesson is 30 minutes in length. For beginner Suzuki violin students, group classes are required which are offered in Tinley Park, 17313 Oak Park Avenue. For more information or to set-up a lesson contact:

Kimberly Knickerbocker
(312) 494-9155



FIRST AID FOR LITTLE PEOPLE

Sponsored by the American Red Cross, this class is a safety and first aid program for children. Participants are taught to respond to some emergency situations...always with the child's safety in mind.

Program #: 3S337
Day/Date: Saturday, June 7
Time: 9:00-10:00 a.m.
Ages: 6-10
Fee: \$7R/\$12NR



MAGIC FOR MUGGLES WORKSHOPS

Harry Potter fans, this workshop is just for you! Professional magician, John "Doc" Morrissy, will teach children how to make objects appear and vanish, move inanimate objects by wiggling their fingers, read minds and foretell the future. Every participant receives their own magic wand, a bag of tricks, and a certificate of wizardry. New tricks are taught at each class. Bring your child to join in the Harry Potter craze.

Instructor: John Morrissy
Ages: 7-12
Fee: \$18R/\$23NR

Program #:	Date:	Time:
3W351	May 7	4:00-6:00 p.m.
3S340	July 18	9:30-11:30 a.m.



AYSO REGION 733

Boys and girls grades 3rd-8th are encouraged to register for AYSO Soccer. This is a coed program encompassing the Palos area. There are 3 divisions formed based on age. Practices start mid-August and games are played on Saturdays. For more information call Jim Belluomini at 448-0119.

Registration Dates:

Wednesday, April 16 from 6:00-9:00 p.m.
Palos Heights Recreation Center
6601 West 127th Street

Tuesday, April 29 from 6:00-9:00 p.m.
Palos Park Recreation Center
8901 West 123rd Street

LITTLE CHEFS

If your child loves to cook and try new things, then this is the class to take. Each week will feature a new recipe. Participants will enjoy tasting their creations and will take home a cook book with the recipes at the end of the session.

Program #: 3S330
Dates: June 12-Aug. 7
(No Class July 3)
Day: Thursday
Time: 5:00-6:00 p.m.
Ages: 5-7
Fee: \$35R/\$42NR



HOME ALONE

Children will learn simple rules and procedures for responsible self care from a representative of the American Red Cross. Topics deal with proper use of house keys, use of phone, answering the door, dealing with strangers and fire emergencies.

Program #: 3S336
Day/Date: Saturday, June 7
Time: 10:15-11:15 a.m.
Ages: 8-12
Fee: \$7R/\$12NR

BABY-SITTING COURSE

This course is sponsored by The American Red Cross. Participants will learn the issues involved with the responsibility of baby-sitting other children. Some of the topics covered include rescue breathing, first aid, animal bites, bleeding, and much more. Your child will be issued a certificate upon completion. Bring a doll with movable arms and legs and a sack lunch. There is a pop machine on location.

Program #: 3S335
Date: May 31
Day: Saturday
Time: 9:00 a.m.-3:30 p.m.
Ages: 10-15
Fee: \$15R/\$20NR

A D U L T A C T I V I T I E S

HATHA YOGA

Stressed Out!? Discover the unique way to shape your body and your mind. This yoga class introduces yoga postures, breathing and relaxation. Participants will also develop flexibility and build strength and balance. Please bring a mat and a towel to class. Wear comfortable and loose fitting clothing. Participants must register before the start of class.

Session 1: June 3-July 8

Class:	Prgm #:	Day:	Time:	Fee:
Beginner	3S400	TU	6:00-7:00 p.m.	\$30R/\$36NR
Intermediate	3S401	TU	7:00-8:00 p.m.	\$30R/\$36NR

Session 2: July 22-Aug. 26

Class:	Prgm #:	Day:	Time:	Fee:
Beginner	3S402	TU	6:00-7:00 p.m.	\$30R/\$36NR
Intermediate	3S403	TU	7:00-8:00 p.m.	\$30R/\$36NR

MIND/BODY SYNERGY

Set to Asian music, this class will relax and strengthen your muscles improving overall flexibility and coordination. Korean style "dan jon", deep breathing exercises, will increase the blood supply to vital organs allowing better concentration and overall sense of well-being. The majority of the class is floor and mat work. Please wear loose comfortable clothing and stocking feet, or very soft workout shoes.

Program #: 3S405
 Dates: June 25-Aug. 20
 (No Class July 2)
 Day: Wednesday
 Time: 10:00-11:00 a.m.
 Fee: \$40R/\$48NR
 Location: T-USA Martial Arts Studio
 12041 Harlem Avenue



ADULT GOLF CLINIC

Have fun with other beginner to intermediate golfers. Our professional instruction will help you learn the irons and the woods while hitting at our driving range. Your skills in putting, chipping, and pitching will improve at our short game area. In the last class, participants will play nine holes of golf with on course instruction. Learn proper etiquette, safety, and the rules of golf. Everyone will be taught individually within the group at their own personal level. Each student is required to purchase the practice balls for \$6 each session and a \$10 green fee for the last class. If you need clubs, please note on the registration form. There are no make-up classes or transfers into future classes. Refunds will not be given for cancellation within seven days from the first class date.

Location: Mid Iron Golf Course
 12680 South Bell Road

Instructor: Ken Malnar,
 Golf Professional

Time: 6:30-8:30 p.m.
 Fee: \$80R/\$96NR

Prgm #:	Dates:	Day:
3S410	June 11-June 25	W
3S411	July 7-July 21	M
3S412	July 30-Aug. 13	W



ADULT VOLLEYBALL

Come and join in co-ed volleyball with other area residents. We will organize teams and play games.

Program #: 3S406
 Dates: June 4-Sept. 3
 Day: Wednesday
 Time: 8:00-10:00 p.m.
 Fee: \$20R/\$25NR
 Location: Stagg H.S.



MEN'S BASKETBALL

Join other adult men interested in the fast paced game of basketball. We will organize teams and play games.

Program #: 3S407
 Dates: June 5-Sept. 4
 (No Class July 4)
 Day: Thursday
 Time: 8:00-10:00 p.m.
 Fee: \$20R/\$25NR
 Location: Sandburg H.S.

BODY SCULPTING

This class provides a non-aerobic workout designed to focus on strength training using weights and bands. Time will be spent sculpting your upper and lower body. Not only will this class increase muscle definition but also posture, flexibility, and endurance. Train your body to burn calories and fat more efficiently. Please bring a towel and exercise mat to class.

Instructor: Kathy Rowe
 Day: Wednesday
 Time: 9:15-10:00 a.m.
 Fee: \$28R/\$34NR

Prgm #:	Dates:
3S415	June 4-July 16 (No Class July 2)
3S416	July 23-Aug. 27



Baby-sitting is available for children between the ages of 6 months and ten years during these class times. Please inform the recreation staff upon registering if you intend on using this service. Baby-sitting will not be available the remainder of the session if no children are present the first day. The fee is \$2.00 per child, per class.



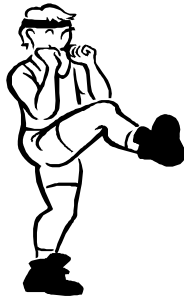
PERSONALIZED FITNESS PLAN

Do you want to get started on an exercise program but don't know where to begin? Sign up for personalized fitness with AFFA certified fitness instructor, Kathy Rowe. You will design a plan to meet your goals and get energized. All sessions are one hour in length. This program is offered for one to four members at a time. Training with multiple people is less expensive, so grab some friends and get fit! Prices listed are per person and groups signing up together must train together. For more information or to set-up a schedule contact Kathy Rowe at (708) 349-7729.

	1 Session	Five Sessions	Ten Sessions	Fifteen Sessions
Individual	\$30.00	\$135.00	\$250.00	\$335.00
Two people	\$25.00	\$110.00	\$200.00	\$260.00
Three people	\$20.00	\$90.00	\$150.00	\$185.00
Four people	\$15.00	\$65.00	\$100.00	\$115.00

CARDIO TAE KWON DO

In association with T-USA Martial Arts, you will learn the art of self-defense through a cardio aerobic workout guaranteed to strengthen your body and increase your self confidence in potentially dangerous situations. This class teaches basic martial art movements with practical self defense instruction in a fun, musically formatted program. This unique program offers authentic martial arts training unlike any cardio class you've ever seen! No Classes June 30-July 4.



Instructor: Mary Beth Toussaint
 Time: 7:00-8:00 p.m.
 Fee: \$40R/\$48NR
 Location: T-USA Martial Arts Studio
 12041 Harlem Avenue

Prgm #:	Dates:	Day:
3S420	June 23-Aug. 18	M
3S421	June 24-Aug. 19	TU
3S422	June 25-Aug. 20	W
3S423	June 26-Aug. 21	TH

SENIOR WELLNESS

Life is motion and motion is life! Charles Wells, Community Representative for Seniors, will conduct this class that will include strength training, low impact aerobic exercise and healthy lifestyle tips. Exercises are done sitting and standing. Everyone will work at their own pace.

Program #: 3S450
 Dates: June 10-Sept. 6
 Days: Tuesday, Thursday, & Saturday
 Time: 9:00-10:00 a.m.
 Fee: \$5R/\$10NR

OPEN BRIDGE

Do you like to play bridge? Come and join our open bridge group that meets on Wednesdays. If you already have an established bridge group that is looking for a room-give us a call at 671-3760.



Dates: May 14-Aug. 27
 Day: Wednesday
 Time: Starting at 12:30 p.m.
 Fee: Free

SOUTH LAND SENIOR GAMES



These games are athletic events for men and women 50 years of age and older, novice to expert. Athletes will compete in the games that will be held August 7 through August 13, 2003. The events are held throughout the south suburbs.

A wide variety of competition areas are offered, too many to list. A few of the active sports include track and field, golf, tennis, swimming, softball, and volleyball. For those who are more relaxed there is table tennis, billiards, bocce ball and horseshoes. No previous athletic qualifications are required for participation. If you are not an athlete but would like to volunteer for this event, please contact the number listed. Informational materials are available at our office or by contacting Gina Hassett or Teena Mackey at 708/403-7275 or 708/645-PLAY.

D A Y T R I P S & T O U R S

SHIPSHEWANA

Put on your walking shoes and join us on our Annual Shopping Extravaganza! We will travel to Amish Acres and visit the largest flea market with over 1500 vendors. Afterwards, we will dine at Das Essenhausen. You are in for a special treat! Fee includes lunch and transportation.

Program #: 3W463
Date: **May 15**
Day: Thursday
Time: 7:30 a.m.-4:30 p.m.
Fee: \$52R/\$62NR



CHICAGO BOTANICAL GARDENS

Take a trip to the Chicago Botanical Gardens to view the beautiful gardens brimming with plants. We will take a tram on a tour of the garden followed by high tea featuring pastries and canapés. Fee includes tour, high tea, and transportation.

Program #: 3W465
Date: **June 3**
Day: Tuesday
Time: 11:30 a.m.-5:00 p.m.
Fee: \$43R/\$52NR
Limit: 20 (Must register by May 13)

SWEDISH DAYS IN GENEVA MIDSOMMAR FESTIVAL

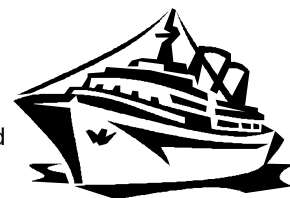
Join us for a trip to Geneva, Illinois for the 54th Annual Midsommar Festival, a celebration of its Swedish heritage. Grab a friend and enjoy browsing through the craft fair or the many sale items at the quaint stores in the historic district. There are brightly colored food booths offering Swedish and American food along with treats for your sweet tooth. Lunch is on your own. Fee includes transportation.



Program #: 3S470
Date: **June 18**
Day: Wednesday
Time: 9:00 a.m.-4:00 p.m.
Fee: \$20R/\$25NR

NAVY PIER CABARET LUNCH CRUISE

Climb aboard the newest dining cruise ship at Navy Pier, Mystic Blue Cruises. This 600-passenger vessel with three enclosed decks and an open-air sky deck will provide an interactive entertainment experience. While dining on a fabulous luncheon buffet, we will be delighted with a dynamic duo with a broad repertoire from sing-along show tunes to jazz. Fee includes transportation and cruise.



Program #: 3S471
Date: **July 22**
Day: Tuesday
Time: 10:00 a.m.-4:00 p.m.
Fee: \$50R/\$60NR

A CHORUS LINE AT THEATRE AT THE CENTER

This one and only "singular sensation" at the Theatre at the Center in Indiana will bring you to your feet. Winner of the Pulitzer Prize and Tony Award for Best Musical, "A Chorus Line" is a crowning jewel on Broadway. The triumphant and heartfelt story of a group of performers is a brilliant fusion of compelling drama, song and dance. Prior to the show we will dine at the popular Phil Smidt's on your choice of orange roughly, fried chicken, or rib eye steak. Fee includes lunch, show, and transportation. Upon registering, please specify your choice of entrée.

Program #: 3S472
Date: **August 20**
Day: Wednesday
Time: 10:30 a.m.-5:00 p.m.
Fee: \$58R/\$70NR
Limit: 20 (Must register by July 23)



FARMER'S MARKET

Beginning June 27
Every Friday
8:00 a.m.-1:00 p.m.

Location:
Presbyterian Church

CONCERT IN THE PARK

Thursday, June 19
5:30 p.m. Picnic
7:00 p.m. Concert

Location:
On the Village Green

TASTE OF PALOS

Sunday, August 17
11:30 a.m.-8:00 p.m.

Location:
On the Village Green