

PALOS PARK RECREATION



REGISTRATION DATES:

Aug. 18-Sept. 10

Office Hours:

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

Phone #: 671-3760



TOWN HALL OPEN MEETING

With State Representative
Kevin Joyce

Monday, Sept. 22
6:30-7:30 p.m.

Everyone is welcome to attend.

Kaptur Administrative Center
8999 West 123rd Street

RECREATION DIRECTOR

Marilyn Gorney

ASSISTANT DIRECTOR

Nicole Marxman

VILLAGE COMMISSIONER

Edward Marcyn

RECREATION COMMITTEE

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

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

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FALL 2003



CARRIER ROUTE PRE-SORT

RESIDENTIAL POSTAL CUSTOMER
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REGISTRATION FORM

LAST NAME: _____ PHONE #: _____

ADDRESS: _____ EMERGENCY PHONE #: _____

TOWN: _____ ZIP CODE: _____ VILLAGE RESIDENT? _____

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.
5. All classes, unless otherwise stated, are held at the Palos Park Recreation Center, 8901 West 123rd Street.

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.

The Younger Child

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. (No Class Nov. 28)

Instructor: Laura Braden
Ages: 6 months-30 months (with parent)
Fee: \$22R/\$27NR
Min./Max.: 5/10

Program #: 3F112
3F113
Dates: Sept. 15-Oct. 20 M
Nov. 7-Dec. 19 F



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 #: 3F110
Dates: Oct. 18
Oct. 25
Nov. 1
Day: Saturday
Time: 10:00-11:00 a.m.
Ages: 4-6
Fee: \$30R/\$36NR



LEARNING ABC'S

Introduce your child to the basics in a fun environment. This class builds on the foundation of the essential letters of the alphabet. Children will work on letter recognition and create art projects relating to the alphabet.

Program #: 3F120
Dates: Sept. 17-Oct. 22
Day: Wednesday
Time: 11:15 a.m.-12:00 p.m.
Ages: 30 months-3 years
Fee: \$25R/\$30NR

TINY TASTERS

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

Program #: 3F121
Dates: Sept. 19-Oct. 24
Day: Friday
Time: 11:30 a.m.-12:15 p.m.
Ages: 3 & 4
Fee: \$32R/\$38NR



PRESCHOOL DRAWING

Young Rembrandts provides a unique opportunity for your child, a drawing class for young children. Kids will learn to draw and color while developing fine motor skills, listening skills, spatial organization, and much more. Each week participants will not only draw but also learn about a new subject. Class is fun, positive, encouraging and skill building. One mounted drawing completed each week. All materials are supplied.

Day: Monday
Time: 4:00-4:45 p.m.
Ages: 3 1/2-5
Fee: \$48R/\$58NR

Program #: 3F115
3F116
Dates: Sept. 22-Oct. 27
Nov. 10-Dec. 15
(No class Nov. 27)

NUMBER MANIA

1, 2, 3... so much fun to see. Bring your child for some crafts and games relating to numbers. Each week activities will focus on different numbers.

Program #: 3F125
Dates: Nov. 5-Dec. 17
(No Class Nov. 26)
Day: Wednesday
Time: 11:15 a.m.-12:00 p.m.
Ages: 30 months-3 years



Fee: \$25R/\$30NR

HOLIDAY COOKIE CLUB

This class will feature a different holiday recipe each week. Children will come home with some baking ideas for the holidays.

Program #: 3F126
Dates: Nov. 7-Dec. 19
(No Class Nov. 28)
Day: Friday
Time: 11:45 a.m.-12:45 p.m.
Ages: 3 & 4
Fee: \$32R/\$38NR

HOLIDAY CRAFT TIME

Start celebrating the holidays! Participants will create a variety of holiday crafts. A special touch can be added to your home for the holidays. One project will be completed each week.

Program #: 3F127
Dates: Nov. 3-Dec. 15
(No Class Nov. 24)
Day: Monday
Time: 11:30 a.m.-12:15 p.m.
Ages: 3 & 4

MESSY ART

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

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.

Music & Dance

MUSICAL THEATER SKILLS

Bring your child to try this new 5-week program brought to you by StageCoach: Musical Theater for Kids! This class is specifically designed for children wishing to develop their interest and abilities in performance based areas of musical theater including: the Voice, the Body Onstage, Acting, and Improvisation. For more information, visit www.stagecoachkids.com.

Day: Monday
 Time: 4:00-5:30 p.m.
 Ages: 7-12
 Fee: \$42R/\$50NR
 Min./Max.: 8/12



Program #: Dates:
 3F150 Oct. 6-Nov. 3
 3F151 Nov. 10-Dec. 15 (No Class Nov. 24)

MUSICAL THEORY AND RHYTHM

Music lovers will enjoy this class relating to musical theory, rhythm, and ear training. Participants will develop sight reading, play different percussive instruments, and identify pitch and intervals. This class welcomes students that play a variety of musical instruments. Bring a three-ring binder. Those enrolled are required to have studied an instrument for a minimum of one year. (No Class Nov. 26)

Instructor: Irine Poulakis
 Day: Wednesday
 Fee: \$30R/\$36NR
 Min./Max.: 4/10



Program #:	Dates:	Time:
3F155	Sept. 17-Oct. 22 6:30-7:30 p.m.	9-11
3F156	Sept. 17-Oct. 22 7:30-8:30 p.m.	12-14
3F158	Nov. 5-Dec. 17 6:30-7:30 p.m.	9-11

CHILDREN'S CHOIR

Deck the halls with wonderful music! Join in on this new program under the instruction of Irine Poulakis. Students will learn popular Holiday music that will be performed on the final week for friends and family to enjoy. Those enrolled need to bring three-ring binder.

Program #: 3F160
 Dates: Oct. 15-Dec. 17
 (No Class Oct. 29 & Nov.

26)
 Day: Wednesday
 Time: 5:00-6:15 p.m.
 Ages: 7-10



PIANO LESSONS

Classical pianist, Irine Poulakis, is instructing private piano lessons on Tuesdays and Saturdays at the Palos Park Recreation Center. Ages range from 6 years old to adult. Each lesson can be 30 minutes or 60 minutes in length. Students that sign up for Musical Theory and Rhythm class receive a discount. For more information or to set-up a lesson contact:

Irine Poulakis
 (708) 212-6667



CLARINET AND SAXOPHONE LESSONS

Shari Heda is offering private clarinet and saxophone lessons at the Palos Park Recreation Center. Her credentials include: a B.A. in Music from St. Xavier University, experience in teaching private lessons for four years, and performance in many ensembles. Each lesson is 30 minutes in length and may be increased to an hour for a more advanced student.

For more information or to set-up a lesson contact:



Shari Heda
 (708) 422-7826

VIOLIN LESSONS

Violinist and certified Suzuki teacher, Kimberly Knickerbocker, is providing 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



DIAMOND DANCE

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

Dates: Sept. 16-Dec. 16 (No Class Oct. 14 & Nov. 25)
 Day: Tuesday
 Fee: \$75R/\$90NR
 Min./Max.: 6/12

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

Class:	Program #:	Time:
Ballet 1	3F165	5:00-5:30 p.m. 3 & 4
Tap 1	3F166	5:30-6:00 p.m. 4 & 5
Ballet 2	3F167	6:00-6:45 p.m. 5-7
Tap 2	3F168	6:45-7:15 p.m. 5-7
Ballet/Hip Hop	3F169	7:15-8:00 p.m. 8-11



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: \$32R/\$38NR



Session 1: Sept. 18-Oct. 23
Class: Program #:

Ages:	Time:	
Beg. 3F175	4:00-5:00 p.m.	5-7
Int. 3F176	5:15-6:15 p.m.	8-13

Session 2: Nov. 6-Dec. 18 (No Class Nov. 27)
Class: Program #:

Ages:

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 artwork. Students 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



Program #: 3F180
3F181
Dates: Sept. 18-Oct. 9
Oct. 16-Nov. 13 (No Class Oct. 30)

CARTOON DRAWING

New and experienced cartoon lovers are welcome! Each class will focus on a different element of cartooning from drawing expressions on different characters to sequencing a joke. Other subjects include: movement, cartoon sounds, fun new characters, and much more. Marker and sharpie techniques are taught. All materials are supplied. All new lessons each session!

Day: Monday
Time: 5:00-6:00 p.m.
Ages: 6-13
Fee: \$48R/\$58NR
Min./Max.: 6/15

Program #: 3F185
3F186
Dates: Sept. 22-Oct. 27
Nov. 10-Dec. 15
(No Class Nov. 27)

HOLIDAY ART CAMP

Is your child ready to ring in the holidays with fun? The holidays come to life in this camp! On day one children will create drawings relating to the holidays. Day two involves cartooning a variety of holiday themed characters and scenes. The last class, children will complete one large scene incorporating all the elements learned in this camp. All materials are supplied.



Program #: 3F188
Dates: Nov. 15, Nov. 22 & Dec. 6
Day: Saturday
Time: 10:00-11:30 a.m.
Ages: 7-13
Fee: \$38R/\$46NR

Palos Reads!
The Rich Part of Life
Meet the Author Jim Kokoris
Sunday, October 5, 2003
4:00 p.m.

Stagg Performing Arts Center

Palos Symphony Concert

Rev. Stanley Rudcki, Conductor
Moraine Valley Community College
Dorothy Menker Theater

Sunday, October 19, 2003
3:00 p.m.

For more information call 708-671-3755

MURAL PAINTING WORKSHOP

In celebration of the **25th Anniversary of Illinois Arts Week, October 12-18**, the Palos Fine Arts Association is pleased to join the Palos Park Recreation Department in offering a unique opportunity for children to create a permanent art mural at the Recreation Center. During this three day class, students will learn the steps of mural work from design to wall preparation and actively participate in painting the mural. All participants will sign the work and be involved in the unveiling at a reception during Illinois Arts Week at 1:00 p.m. on October 11, 2003.

Instructor: Margi Hafer
Dates: Sept. 6, 13, 20
Day: Saturday
Ages: 10-15
Fee: \$30R/\$36NR
Min./Max.: 4/8

Program #: 3F190
3F191
Time: 9:00 a.m.-12:00 p.m.
1:00 p.m.-4:00 p.m.

CALLING YOUNG ARTISTS!

Submit a drawing, sketch, painting, or photograph of your favorite Palos scene to the Recreation Department by October 6, 2003. All art work will be exhibited in the Recreation Center during **Illinois Arts Week, October 12-18**. Participants, who must be 6 years and older, are to label all art work with name, address, and phone number on back. Attachable items and chalk are not to be used. The Recreation Department is not responsible for the pieces on exhibit.

Children's Sports

GOLF CLINICS

Have fun and become skilled at the basic fundamentals of golf. Learn safety, etiquette, and the rules of golf. Each child will receive professional instruction while having the opportunity to hit balls at the driving range and learn to chip and putt at the putting green. Students are required to purchase at least a medium basket of balls for \$6.50 each session. Children ages 4-6 must be chaperoned. Junior Golfers will play nine holes of golf on the last day of class, which requires a \$10 green fee. If you need clubs, please let us know. Refunds will not be given for cancellation within seven days from the first class date. If inclement weather call Mid Iron Golf Course at 630-257-3340.

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



Class:	Program #:	Dates:	Time:	Ages:
Pee Wee	3F215	Sept. 13-Sept. 27	10:00 a.m.-12:00 p.m.	4-8
Junior	3F216	Sept. 13-Sept. 27	12:30 p.m.-2:30 p.m.	9-15

PEE WEE SOCCER

Join this fun activity for little boys and girls. Children will gain knowledge of and practice basic soccer skills. Simple rules will be introduced. Lots of fun!

Day: Wednesday
 Time: 4:00-4:45 p.m.
 Ages: 4 & 5
 Fee: \$25R/\$30NR



Program #:	Dates:
3F210	Sept. 17-Oct. 22
3F211	Nov. 5-Dec. 17

FLOOR HOCKEY

Shoot and score with this class designed to teach children the basics in hockey. Participants will learn shooting, passing, and stopping the puck. Emphasis will be placed on proper technique in handling of the hockey stick. Scrimmage games will be played.

Day: Wednesday
 Time: 5:00-5:45 p.m.
 Ages: 6-8
 Fee: \$25R/\$30NR

Program #:	Dates:
3F213	Sept. 17-Oct. 22
3F214	Nov. 5-Dec. 17 (No Class Nov. 26)



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.

Day: Tuesday
 Time: 4:15-5:00 p.m.
 Ages: 4 & 5
 Fee: \$25R/\$30NR



Program #:	Dates:
3F205	Sept. 16-Oct. 21

JUNIOR BASKETBALL

Boys and girls will develop basic skills in basketball such as dribbling, shooting and guarding. Modified games will be played.

Day: Tuesday
 Time: 5:00-5:45 p.m.
 Ages: 6-8
 Fee: \$25R/\$30NR

Program #:	Dates:
3F208	Sept. 16-Oct. 21
3F209	Nov. 4-Dec. 16 (No Class Nov.)

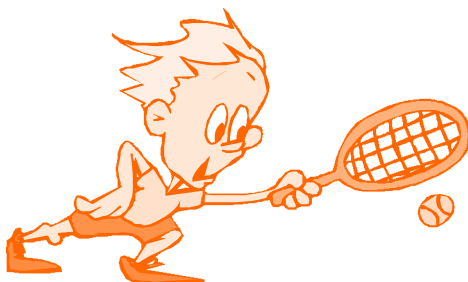
South Suburban Tennis Academy

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.

ANKLE BITERS TENNIS

Children will be taught 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 #: 3F220
 Dates: Sept. 17-Oct. 22
 Day: Wednesday
 Time: 4:15-5:00 p.m.
 Ages: 5-8
 Fee: \$32R/\$38NR



JUNIOR TENNIS

Your child will be trained in 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 #: 3F221
 Dates: Sept. 17-Oct. 22
 Day: Wednesday
 Time: 5:00-6:00 p.m.
 Ages: 9-12
 Fee: \$48R/\$58NR

Tae Kwon Do & Gymnastics

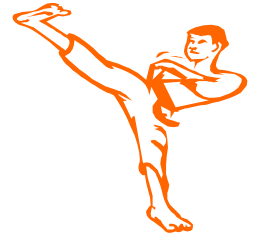
TAE KWON DO - THE ART OF SELF DEFENSE

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 as well as teach the fundamental protocol of martial arts. Respect, self confidence and perseverance will be instilled in each participant. Instructor Mary Beth Toussaint, a certified black belt in Korean 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.

Locations: T-USA Martial Arts Studio, 12041 South Harlem Avenue
Palos Park Recreation Center, 8901 West 123rd Street
Fee: \$40R/\$48NR

<u>Session 1:</u>		Sept. 15-Oct. 23					
Class:	Program #:	Dates:	Day:	Time:		Ages:	
Location:							
Tiny Tiger	3F225	Sept. 16-Oct. 21	T	10:30-11:15 a.m.	4-6		T-USA
Tiny Tiger	3F226	Sept. 17-Oct. 22	W	1:15-2:00 p.m.	4-6		T-USA
Children	3F227	Sept. 18-Oct. 23	TH	4:00-4:45 p.m.	5-12		Palos Park
Intro. for Adult	3F228	Sept. 15-Oct. 20	M	7:20-8:15 p.m.	13 & up		T-USA
Intro. for Adult	3F229	Sept. 17-Oct. 22	W	6:30-7:20 p.m.	13 & up		T-USA

<u>Session 2:</u>		Nov. 3-Dec. 18 (No Classes Nov. 24-Nov. 28)					
Class:	Program #:	Dates:	Day:	Time:		Ages:	
Location:							
Tiny Tiger	3F230	Nov. 4-Dec. 16	T	10:30-11:15 a.m.	4-6		T-USA
Tiny Tiger	3F231	Nov. 5-Dec. 17	W	1:15-2:00 p.m.	4-6		T-USA
Children	3F232	Nov. 6-Dec. 18	TH	4:00-4:45 p.m.	5-12		Palos Park



ARGO GYMNASTICS

This program is Romanian style gymnastics training taught by an experienced instructor who challenges each student to be the best. 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 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>		Sept. 18-Oct. 24					
Class:	Program #:	Dates:	Day:	Time:		Ages:	Fee:
Beginner	3F240	Sept. 18-Oct. 23	TH	5:00-5:45 p.m.	6-13		\$58R/\$70NR
Advanced	3F241	Sept. 18-Oct. 23	TH	5:45-6:30 p.m.	7-16		\$58R/\$70NR
Tots	3F242	Sept. 19-Oct. 24	F	9:00-9:40 a.m.	18 mo.-3 yr.		\$58R/\$70NR
Preschool	3F243	Sept. 19-Oct. 24	F	9:45-10:30 a.m.	3-5		\$58R/\$70NR

<u>Session 2:</u>		Nov. 6-Dec. 19 (No Classes Nov. 27 & Nov. 28)					
Class:	Program #:	Dates:	Day:	Time:		Ages:	Fee:
Beginner	3F245	Nov. 6-Dec. 18	TH	5:00-5:45 p.m.	6-13		\$58R/\$70NR
Advanced	3F246	Nov. 6-Dec. 18	TH	5:45-6:30 p.m.	7-16		\$58R/\$70NR
Tots	3F247	Nov. 7-Dec. 19	F	9:00-9:40 a.m.	18 mo.-3 yr.		\$58R/\$70NR
Preschool	3F248	Nov. 7-Dec. 19	F	9:45-10:30 a.m.	3-5		\$58R/\$70NR

Athletic Activities

ICE SKATING LESSONS

Ice Skating Lessons are being offered at Southwest Ice Arena, 5505 West 127th Street, in Crestwood. Participants will learn to ice skate along with other children their age. Gloves and hats are recommended. Skates may be rented for \$2.00. Helmets with full face masks are required for the Pre-Hockey class.



Class:	Program #:	Dates:	Day:	Time:	Ages:
Fee:					
Tot	3F250	Oct. 25-Dec. 13	SA	12:00-12:30 p.m.	3-5
	\$65R/\$78NR				
Tot	3F251	Oct. 27-Dec. 15	M	4:30-5:00 p.m.	3-5
\$78NR					\$65R/



BUMP, SET, AND SPIKE

An excellent opportunity for youth to develop and practice volleyball skills and play scrimmage games. This class is great for junior high players to get ready for their try-outs or for new players to acquire skills and strategies. Check out our junior high volleyball league.

Program #: 3F260
 Dates: Sept. 24-Oct. 29
 Day: Wednesday
 Time: 6:30-7:30 p.m.
 Ages: 6th-8th grades
 Fee: \$25R/\$30NR

JUNIOR HIGH VOLLEYBALL LEAGUE

Get in the groove-spike, set and volley. Join this coed volleyball league that will begin in early November, after the soccer season. Beginners and experienced players are encouraged to register. The players will be placed on teams and will practice once a week in the evening. It is recommended that beginners take the Bump, Set, and Spike class offered prior to this league.

Program #: 3F262
 Dates: November-December
 Day: Saturday
 Time: Afternoons, TBA
 Ages: 6th-8th grades
 Fee: \$50R/\$60NR

INDOOR SOCCER LEAGUE

The Village of Palos Park, City of Palos Heights, City of Palos Hills, and Hickory Hills will jointly offer an indoor soccer league. Parent volunteer coaches will work with the teams. Games will be played at the park facilities on Sunday afternoons. All children will receive a team shirt. Shin guards are recommended. Everyone Plays!

Program #: 3F265 (1st & 2nd)
 3F266 (3rd & 4th)
 Dates: November-January
 Day: Sunday
 Time: Afternoon, TBA
 Ages: 6-9
 Fee: \$30R/\$36NR



WINTER BASKETBALL LEAGUE

Register for the best Basketball League around that begins in January. Boys and girls, 3rd grade through 8th grade, are eligible to play. Divisions will be 3rd & 4th, 5th & 6th, and 7th & 8th. (Boys and girls are placed in separate leagues). Players will have one practice a week, and one game a week on Saturday afternoons. Everyone Plays! Parent coaches will coach the teams. All teams are balanced to ensure that teams are competitive. The fee for the league is \$65 for residents and \$78 for non-residents. A team shirt, picture, and trophy is included in the fee.

Special registration: November 18, 6:00-9:00 p.m.
November 22, 9:00 a.m.-12:00 p.m.

Youth Activities

BABY-SITTING CLASS

Baby-sitting children is a responsibility that involves many issues. Not only will participants learn methods in handling behavioral problems in children but also first aid procedures. Some of the first aid areas discussed include rescue breathing, first aid, animal bites, bleeding, and much more. Your child will be issued a certificate upon completion. Bring a pen, a doll or stuffed animal, and a sack lunch. There is a pop machine on location.

Instructor: Laurie Siegel
 Program #: 3F271
 Date: Oct. 18
 Day: Saturday
 Time: 9:00 a.m.-2:00 p.m.
 Ages: 10-15



FIRST AID AND HOME ALONE

Children will gain knowledge of simple rules and procedures for responsible self care. Topics will focus on proper use of the phone, answering the door, dealing with strangers and fire emergencies. Response to emergency situations and simple first aid techniques concerning bleeding, burning, etc., will be taught with the child's safety in mind. Bring a doll or stuffed animal to class.

Instructor: Laurie Siegel
 Program #: 3F270
 Date: Nov. 22
 Day: Saturday
 Time: 9:00-11:00 a.m.
 Ages: 5-9
 Fee: \$15R/\$20NR



MAGIC FOR MUGGLES

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
 Program #: 3F275
 Date: Oct. 13
 Day: Monday
 Time: 2:00-4:00 p.m.
 Ages: 7-12
 Fee: \$18R/ \$23NR



JUNIOR HIGH DANCE

Dance, hang out with your friends or just come to listen to cool music! A concession stand will offer pop, candy, and popcorn in the lower level. There must be a minimum of 30 participants pre-registered for dances to be held.

Program #: 3F280
 Date: Oct. 17
 Day: Friday
 Time: 7:00-9:00 p.m.
 Ages: Grades 6th-8th
 (Must bring a school ID)
 Fee: \$3 pre-register, \$5 at the door
 Min./Max.: 30/150



JUNIOR HIGH DANCE RULES

- Once you enter the dance you may not leave until the dance is over or a parent picks you up. Have your ride pick you up on time.
- Clothing must be appropriate.
- We are not responsible for personal items.
- Cell phones and pagers are not allowed.
- No horseplay, running, swearing, or fighting.
- No hats or visors may be worn.

FRIGHTFEST AT GREAT AMERICA

Join in on the haunted fun full of ghouls, goblins, and frightening creatures at Great America's Frightfest. Experience the new Superman Ultimate Flight roller coaster and much more at this popular amusement park. Fee includes transportation and gate fee. Bring extra cash for meals and remember to dress for the chilly weather.



Program #: 3F282
 Date: Oct. 13
 Day: Monday
 Time: 4:00-11:00 p.m.
 Ages: 6th-8th grades
 Fee: \$45R/\$50NR

GAMEWORKS

Join us for a trip to "Gameworks" the ultimate destination with over 200 of the hottest video games. The play cards will allow each participant three hours of unlimited play time. Bring extra money for food. Fee includes play card and transportation.

Program #: 3F283
 Date: Nov. 23
 Day: Sunday
 Time: 12:30-6:00 p.m.
 Ages: 6th-8th grades
 Fee: \$32R/\$38NR



Teen Trips

Adult Activities

CORE FITNESS

Want a good work-out in a short amount of time? This 30 minute class will focus on your "core" muscles incorporating activities for the abdominal and lower back muscles. Participants will increase total body strength, endurance, coordination and joint flexibility. Various pieces of equipment will be used. Bring a towel and exercise mat to class.

(No Classes on Nov. 24 & Nov. 26)
 Instructor: Kathy Rowe
 Time: 11:15-11:45 a.m.
 Fee: \$23R/\$28NR

Program #:	Dates:	Day:
3F320	Sept. 15-Oct. 20	M
3F321	Sept. 17-Oct. 22	W
3F322	Nov. 3-Dec. 15	M
3F323	Nov. 5-Dec. 17	W

YOGA

Join this yoga class for new or experienced students who want to reconnect with the key elements of yoga. Emphasis is placed on technique and alignment with the use of yoga props to assist the accurate alignment of the body. Bring a towel and exercise mat to class. Wear comfortable and loose fitting clothing.

Instructor: Denyse Cholewa
 Day: Thursday
 Fee: \$32R/\$38NR

Session 1: Sept. 18-Oct. 23
 Program #: 3F310
 Time: 10:15-11:30 a.m.
 3F311 6:45-8:00 p.m.

Session 2: Nov. 6-Dec. 18 (No Class Nov. 27)



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. Bring a towel and exercise mat to class. Wear comfortable and loose fitting clothing. Participants must register before the start of class.

Instructor: Donna Furmanek
 Day: Tuesday
 Fee: \$32R/\$38NR

Session 1: Sept. 16-Oct. 21
 Nov. 25)

Class: Program #: Time:

Time:



Session 2: Nov. 4-Dec. 16 (No Class

Class: Program #:

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. Bring a towel and exercise mat to class.

(No Classes Nov. 25 & Nov. 27)

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

Program #:	Dates:
Day:	
3F330	Sept. 16-Oct. 21 TU
3F331	Sept. 18-Oct. 23 TH

3F333	Nov. 4-Dec. 16 TU
3F334	Nov. 6-Dec. 18 TH



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 Nov. 24-Nov. 28)

Location: T-USA Martial Arts Studio
 12041 Harlem Avenue
 Time: 7:00-8:00 p.m.
 9:00-10:00 a.m. (Saturday morning only)
 Fee: \$40R/\$48NR

Program #:	Dates:
Day:	
3F335	Sept. 15-Oct. 20 M
3F336	Sept. 17-Oct. 22 W
3F337	Sept. 18-Oct. 23 TH
3F338	Sept. 20-Oct. 25 SA

Program #:	Dates:
Day:	
3F340	Nov. 3-Dec. 15 M
3F341	Nov. 5-Dec. 17 W



Baby-sitting is available for children between the ages of 6 months and ten years during these class times. Upon registering, the recreation staff must be informed 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

Adult Activities

FAMILY SELF-DEFENSE & SAFETY NIGHT

T-USA Martial Arts is offering a continuing series of workshops, which will focus on basic self-defense and safety training for your entire family. The workshops will empower parents and children with self-defense techniques including: personal space response, escape techniques, striking, and pressure point release. Instructors Mary Beth Toussaint and Robert Schwenn will educate the family to assess risk factors and offer tools to minimize potential victimization. The workshop welcomes all family members over the age of five years. Participants should wear comfortable clothing and soft gym shoes.

Day: Wednesday
Time: 7:00-9:00 p.m. (15 minute break)
Fee: \$25R/\$30NR per family
Location: Palos Park Recreation Center

Program #: 3F310
Date: Sept. 17



SECRET TO SMART ACCESSORIZING

Are you accessory challenged? Do you fall in love with accessories while shopping, only to bring them home and not know what to do with them? Or are you too fearful to buy? Then this is the seminar for you! This two hour class will help you break your shopping fear, teach you how to shop and where to shop. The class will teach you how to pull the accessories together,

give you the 11 essential elements to every room, and perhaps even validate your existing treasures.

Program #: 3F365
Day/Date: Monday, Sept. 22
Time: 7:00-9:00 p.m.
Fee: \$20R/\$25NR
Room: Old Council Room



FABULOUS HOLIDAY DECORATING

Wow 'em this year with quick and easy decorating tips, seasonal trends, and how to refresh your existing holiday décor. Learn how to use "Good Bones" pieces that can instantly transform blah and predictable to fabulous and unexpected. Showcase family heirlooms, and shop for fun new pieces to continue your holiday collection.

Program #: 3F366
Day/Date: Saturday, Nov. 15
Time: 10:00 a.m.-12:00 p.m.
Fee: \$20R/\$25NR
Room: Old Council Room



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: Sept. 3-Dec. 17
Day: Wednesday
Time: Starting at 12:30 p.m.
Fee: Free

ADULT GOLF CLINIC

Have fun with other beginning to intermediate golfers. Learn proper etiquette, safety, and rules of golf. Professional instruction will help you learn the irons and woods while hitting at the driving range. Your skills in putting, chipping, and pitching will improve at the short game area. The last class plays nine holes of golf with on course instruction. If you need clubs; please let us know. Participants are required to purchase at least a medium basket of balls for \$6.50 each session and a \$10 green fee the last class. Refunds will not be given for cancellation within seven days from the first class date. If inclement weather call Mid Iron Golf Course at 630-257-3340.

Location: Mid Iron Golf Course
12680 South Bell Road
Instructor: Ken Malnar, Golf Professional
Day: Thursday
Time: 5:00-7:00 p.m.
Fee: \$80R/\$96NR

Program #: 3F355
3F356
Dates: Sept. 11-Sept. 25
Oct. 2-Oct. 16



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 #: 3F360
Dates: Sept. 9-Dec. 20
Days: Tuesday, Thursday, & Saturday
Time: 9:00-10:00 a.m.
Fee: \$5R/\$10NR

55-ALIVE

This comprehensive course is designed especially for the older driver. It takes into consideration physical changes and advances in educational curriculum which enables drivers to compensate for those changes. A certificate of completion will be issued at the end of this 2-day course. Both classes must be attended. Most insurance companies offer a discounted premium upon completion. Class is held at Palos Park Recreation Center.

Instructor: Joe Kwain
Program #: 3F362
Dates: Oct. 15 & Oct. 22
Day: Wednesday
Time: 9:00 a.m.-1:00 p.m.
Fee: \$10 per person
(Check Made Out To AARP)



Day Trips

MAMMA MIA!

It's the hottest show in town at the Oriental Theatre. This electrifying musical features ABBA's greatest hits woven into three wonderful love stories: young girl about to be married, her mother about to confront the past, and the audience jumping out of their seats with joy! Fee includes show and transportation.



Program #: 3F400
 Date: September 24
 Day: Wednesday
 Time: 12:30 p.m.-6:00 p.m.
 Fee: \$70R/\$82NR
 Min./Max.: 20/40
 (Must register by Sept.)

ART INSTITUTE OF CHICAGO

Enjoy this visit to the Art Institute of Chicago which houses more than 300,000 works. Some of the exhibits include Faces, Places, and Inner Spaces, Photography, Chicago and the Art of the New Frontier, and much more. We will also dine on a fabulous lunch at the Restaurant on the Park overlooking Grant Park. Fee includes admission, lunch, and transportation.

Program #: 3F405
 Date: October 7
 Day: Tuesday
 Time: 9:00 a.m.-3:30 p.m.
 Fee: \$38R/\$45NR
 Min./Max.: 10/25



SINGING IN THE RAIN

Come and enjoy this musical spoof of frantic Hollywood at the Theatre at the Center in Indiana. "Singing in the Rain" boasts some of America's best loved routines, dance numbers and love songs. 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 #: 3F410
 Date: November 6
 Day: Thursday
 Time: 10:30 a.m.-5:00 p.m.
 Fee: \$58R/\$70NR
 Min./Max.: 15/20
 (Must register by Oct.)

LUNCHEON BUDDIES

Join us for good times and great food as we dine on lunch at various restaurants. The cost for lunch is on your own. Fee includes transportation only.

Day: Wednesday
 Time: 10:00 a.m.-3:00 p.m.
 Fee: \$10R/\$15NR
 Min./Max.: 8/14



Program #: Date: Place:
 3F412 Oct. 22 Chef Klaus Bier Stube
 3F413 Nov. 19 Cheesecake Factory

Special Events

HALLOWEEN PARTY

Join us in the gymnasium of the Palos Park Recreation Center for our annual Halloween Party. This area will be transformed into a Halloween paradise. Your little ghost or goblin will play many wonderful games and win prizes. The stage area will be transformed into a spook house tailored toward the younger child. Hot dogs, chips, pop and popcorn will be available downstairs.

Date: Thursday
 Day: October 30
 Time: 6:30-8:00 p.m.
 Ages: 3-10
 Fee: \$2.00 Per Child
 (pay at door)



PALOS PARK TURKEY TROT

This annual event will begin and finish at the Palos Park Recreation Center, 8901 West 123rd Street. The course is through scenic areas of the Village with rolling terrain. Runners and walkers are encouraged to participate in this popular event. Again this year, we will offer a 3-mile run and a 1-mile run for children. Several age divisions will be formed. Trophies will be awarded three deep in each age division for the 3-mile and 1-mile event. T-shirts will be distributed to the first 150 participants.

Saturday, November 8

1-Mile 8:00 a.m.

Children \$10 by 11/4
 3F100 \$12 Race



Day

3-Mile 9:00 a.m.

Individual \$13 by 11/4
 3F101 \$15 Race Day



*Family \$36 by 11/4
 3F102 \$38 Race Day
 (Maximum of 2 adults)
 (Total of 4 family

members)

JUST A REMINDER...

If you wait until the last minute to register, the program or class you want may not be there. At some point, we have to determine if enrollment is sufficient to hold the class. Wait too long and the class may have been cancelled due to low enrollment.

REGISTER NOW!