

# PALOS PARK RECREATION

## OFFICE HOURS:

Monday-Friday  
9:00 a.m.-5:00 p.m.  
Phone #: 671-3760

## REGISTRATION DATES:

February 28-March 30

## RECREATION DIRECTOR

Marilyn Gorney

## ASSISTANT DIRECTORS

Nicole Marxman  
Lee Barnes

## RECREATION COMMITTEE

Bob Hames  
Dawn Mannix  
Maureen Rita  
Nicole Milovich-Walters  
Charles Wells  
Dale Wudtke

## SENIOR VOLUNTEERS

Diane Farley  
Anna Giragosian  
Jean Vevers

## MARK YOUR CALENDAR...

Flashlight Egg Hunt	March 18
Easter Bunny Lunch	March 19
Easter Egg Hunt	March 20
Bunny Bash	March 24



Mother's Night Out	May 6
Spring Fun Run	May 8

**Look inside for our new  
activities for all ages!**

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

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**SPRING**



**2005**

**CARRIER ROUTE PRE-SORT**

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

# REGISTRATION FORM

LAST NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ TOWN: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

VILLAGE RESIDENT? \_\_\_\_\_ EMERGENCY PHONE: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

MAY WE CONTACT YOU THROUGH E-MAIL? (circle one)                      YES                      NO

HEALTH LIMITATIONS: \_\_\_\_\_

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

I do hereby fully release and discharge the Village of Palos Park and its officers, agents, and employees from any and all claims from injuries, including death, damage or loss which I or my minor child/ward may have or which may occur on account of participation in the program. Make checks payable to: Village of Palos Park.

\_\_\_\_\_  
Signature of Parent/Participant

**Registration Policies:**

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. A way to determine your resident status is to look at your tax bill. If you do not pay taxes to the Village of Palos Park, you are a non-resident.

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. 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. Refunds are issued by check.

**Withdraw:**

Participants may withdraw from a class prior to the beginning date of the class, less a \$5.00 processing fee.

**Minimum & Maximum:**

All classes have a minimum and maximum number of participants. Please register early! Programs may be cancelled due to low enrollment. A waitlist is formed once the registration has reached the maximum. Participants will be removed from the waitlist and enrolled if space becomes available or if an additional class is formed.

**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.



## PALOS PARK RECREATION MISSION STATEMENT

The Palos Park Recreation Department aims to provide quality recreational opportunities to all age groups through athletic, leisure, cultural, and community programs in an effort to enrich the quality of life and develop a united sense of community.

## Indoor Facility Rental

Type of Rental	Resident	Non-Resident
Gym (150 max.)	\$25/hour	\$30/hour
Multipurpose Room (75 max.)	\$20/hour	\$25/hour
Multipurpose Room + Kitchen	\$25/hour	\$30/hour
Multipurpose Room + Gym	\$40/hour	\$50/hour
Classroom/Council Room	\$15/hour	\$20/hour

### Rental Forms:

For an Indoor Facility Rental Form or Permit for Use of Outdoor Facilities and a complete copy of regulations visit the Recreation Department link on the Village website at [www.palospark.org](http://www.palospark.org) or come to the Recreation Center. Rentals are accepted upon availability of the date and approval of the Recreation Department Director. The facility will not be available until time stated on the rental agreement. If time is needed for decorating, it must be included in the scheduled time on the rental agreement.

### Set-up Fees:

There will be an additional one hour flat fee of \$15 for residents and \$20 for non-residents charged to the renter for the set-up and take down of a party rental. For the use of the sound system, there is a flat fee of \$20.

### Security Deposit:

In cases of the building being used for special events, parties, and fundraisers, a \$150 refundable security deposit is required with the rental request.

### Cancellation Policy:

The Recreation Department must be contacted within 48 hours of the scheduled event for cancellation of the rental request. The Village of Palos Park reserves the right to cancel the scheduled event in cases of emergency or hazardous situations.

*For more information or to inquire about the availability of the Palos Park Recreation Center, call 671-3760.*



## YOUR BUSINESS COULD BE HERE!!



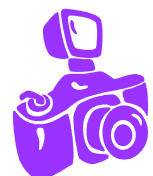
Our brochure is distributed quarterly to every resident in Palos Park, and beyond. Where else could you reach over 7000 people while benefiting the community's recreational opportunities? For more information to place an ad, please contact Palos Park Recreation at 708-671-3760.

## LOOKING FOR INSTRUCTORS

Do you have a special talent or skill to share? Palos Park Recreation Department is looking for knowledgeable and experienced instructors to provide new quality programs. If you are interested in teaching an activity for any age group, please contact Palos Park Recreation at 708-671-3760.

## SMILE, YOU'RE ON CANDID CAMERA!

While participating in our various programs, you may be photographed. These photographs are used in a variety of publications and advertising materials. Therefore, by registering for these programs, participants consent to the use of these pictures.





## FLASHLIGHT EGG HUNT

Here comes Peter Cottontail! Come join us for an EGG-citing hunt for eggs filled with goodies that will lie under the moonlight sky. Bring a flashlight, basket, and make sure to dress appropriately. Afterwards, enjoy hot cocoa, popcorn, and goodies in the lower level of the Recreation Center. *Pre-registration is required.*

Day/Date: Friday, March 18  
Fee: \$4R/\$6NR  
Location: Village Green  
(Behind Rec. Center)



Program #: 5S105  
Grades: 3rd-5th  
Time: 7:30 p.m.  
5S106  
Grades: 6th-8th  
Time: 8:00 p.m.

## LUNCH WITH THE EASTER BUNNY

Hop on over to the Palos Park Recreation Center for some Easter fun! Bring the family and celebrate Easter with lunch and various craft tables. The Easter Bunny will be here for pictures. *Pre-registration is required.*

Program #: 5S108  
Day/Date: Saturday, March 19  
Time: 11:30 a.m.-1:00 p.m.  
Ages: All  
Fee: 3 & under- Free  
4 to Adult- \$8R/\$12NR



\*Please note fee is per person attending. When registering, please include the name of parent and child/children.

## EASTER EGG HUNT

Bring a basket and collect some Easter Eggs. Special prizes from the Easter Bunny, if you can find the golden egg! Come and enjoy the fun. The Easter Bunny will arrive via a fire engine. Remember to bring your camera to take a picture with the Easter Bunny. *Advance registration not necessary.*

Day/Date: Sunday, March 20  
Time: 2:00 p.m.  
Ages: 3-8  
Fee: \$2.00 per child  
Location: Palos Woods  
8900 West 119th Street

## BUNNY BASH

Join us for an egg-citing day full of big time fun! Children will decorate cookies, listen to a story, color eggs and much more. Top off the day with a small Easter egg hunt. It is sure to be a hopping good time!

*Pre-registration is required.*



Instructor: Jill Long  
Program #: 5S112  
Day/Date: Thursday, March 24  
Time: 1:00-3:00 p.m.  
Ages: 3-5  
Fee: \$14R/\$18NR

Beginning February 28, stop by the Recreation Center to participate in our contests. All guesses for the Jelly Bean Contest and entries for the Coloring Contest must be turned in to the Recreation Department by 5:00 p.m. on March 16. Winners will be notified by phone after March 18.

## JELLY BEAN CONTEST



Can you guess how many jelly beans are in the jar? The person coming closest to the actual number will win the whole jar and a basket filled with goodies. In case of a tie, winner will be randomly chosen.

## EASTER BUNNY COLORING CONTEST

All entries must be colored with crayons, colored pencils, or markers ONLY. Contestants may only enter once. Winners will be selected from the following age groups: 2-5, 6-9, and 10-13. Coloring pages will be judged on creativity, neatness, and use of color.





## MOTHER'S NIGHT OUT



Fathers, take your wife out for an early Mother's Day celebration-babysitting's on us.

Members of Junior Girl Scout Troop 546, all from Palos South, have recently completed their babysitting badge and will be available to entertain your child with stories, games, and crafts. Each participant will also create a Mother's Day card that will be a special treat for mom. Now there's no excuse not to give your wife the Mother's Day she deserves!

Program #: 5S115  
Day/Date: Friday, May 6  
Time: 5:00-9:00 p.m.  
Ages: 3-9  
Fee: \$8R/\$12NR  
Min./Max.: 4/10

## SPRING FUN RUN

Get out those running/walking shoes! Join us for our annual race that will begin and finish at the Palos Park Recreation Center, 8901 West 123rd Street. This USATF certified course (number:IL-03074-JW) is entirely on paved streets which wind their way through Palos Park's scenic residential neighborhoods. The course features gently rolling hills and is an excellent challenge early in the running season. Runners and walkers are encouraged to participate. Several age divisions will be formed. Trophies will be awarded three deep in each age division for the 5K and 1-mile event. Refreshments are served at the conclusion of the race.

**Saturday, May 7, 2005**

<b>1-Mile</b>	<b>8:00 a.m.</b>
Children	\$10 by 5/5
5S100	\$12 Race Day
<b>5-K</b>	<b>9:00 a.m.</b>
Individual	\$13 by 5/5
5S101	\$15 Race Day
Family	\$36 by 5/5
5S102	\$38 Race Day

\*Family must have same address.



## AMERICAN RED CROSS CLASSES



### FIRST AID AND PREPAREDNESS FOR TODAY'S FAMILIES

The purpose of this presentation is to teach families and children (ages 6-11) how to prevent and respond to emergencies that they are most likely to encounter. Families are also introduced to the concept of preparedness, including the need to plan for emergencies to stay safe and building a disaster supplies kit.

Participants will learn how to:

- Recognize emergencies and call 9-1-1
- Help someone who is choking
- Care for common household emergencies
- Control bleeding

This presentation does not offer certification in CPR or first aid.

Instructor: American Red Cross  
Day/Date: Saturday, April 9  
Time: 9:00-11:00 a.m.  
Ages: 6-11 (with parent/parents)  
Fee: \$15  
Location: Recreation Center Lower Level



### BABYSITTER'S TRAINING

Get the knowledge, skills, and confidence to care for infants and school-age children. Instruction will combine video, activities, hands-on skills training, and discussion for a complete learning experience.

Babysitter's Training shows you how to:

- Respond to emergencies with first aid, rescue breathing, and other appropriate care
- Make decisions under pressure
- Communicate with parents to learn household rules
- Manage young children
- Feed, diaper, and care for infants

Bring a sack lunch. There is a pop machine on location.

Instructor: American Red Cross  
Day/Date: Saturday, April 16  
Time: 9:00 a.m.-4:00 p.m.  
Ages: 11-15  
Fee: \$80  
Location: Recreation Center Lower Level

Register for these classes through the American Red Cross online at [chicagoredcross.org](http://chicagoredcross.org) or by phone at 800-337-2338.



## PARENT/TOT MOVEMENT MADNESS

Toddlers and parents explore gym equipment together by exercising to music, playing games, and practicing gross motor skills. Everyone has fun in a semi-structured environment great for first time students.

Instructor: Linda Robley  
Program #: 5S150  
Dates: April 4-May 23  
Day: Monday  
Time: 9:30-10:15 a.m.  
Ages: 18-36 months (with parent)  
Fee: \$28R/\$34NR



## MOVEMENT MADNESS

Tots will learn to play together while participating in a variety of exercises including songs, games, parachute play, and obstacle courses. Physical fitness is developed in a challenging, yet enjoyable atmosphere.

Instructor: Linda Robley  
Program #: 5S151  
Dates: April 4-May 23  
Day: Monday  
Time: 10:15-11:00 a.m.  
Ages: 3 & 4  
Fee: \$28R/\$34NR

## READING ROUND-UP



Children will be introduced to a variety of popular children's books presented as a theme for the day. Coloring, crafts, and crackers will round out this class building an early appreciation for exploring books in a relaxing atmosphere.

Instructor: Linda Robley  
Program #: 5S155  
Dates: April 4-May 23  
Day: Monday  
Time: 11:00-11:45 a.m.  
Ages: 3 & 4  
Fee: \$26R/\$31NR

## MUSIK MAKERS

The music is gonna get ya! Bring your child to experience the wonder of music and movement in a fun environment. Toddlers will catch the beat with exciting songs, dances, and more.

Instructor: Laura Braden  
Program #: 5S158  
Dates: April 8-May 27  
Day: Friday  
Time: 10:00-10:45 a.m.  
Ages: 18 mo.-2 years  
Fee: \$28R/\$34NR

## ALL ABOUT ME

Children will explore the world around them and learn more about themselves through stories, crafts, games, and more. Each child will create a scrapbook that will be sent home the last week.



Instructor: Laura Braden  
Program #: 5S159  
Dates: April 8-May 27  
Day: Friday  
Time: 11:00-11:45 a.m.  
Ages: 2 1/2-5 years  
Fee: \$28R/\$34NR



## A ZOO SAFARI AROUND THE WORLD

Get ready for your summer trips to the zoo! We'll learn about many of the animals you love to see when you visit the zoo. In the first class, children will learn about plants, animal groups, and the food chain while making crafts. Next, students find out about reptiles and other dessert creatures, as well as the culture of the people. Travel to Canada in our imagination, on the last day, as children are taught about bears, wolves, and more. Each week will be a different adventure!

Instructor: Gail Morris  
Kaleidoscope Children's Center  
Program #: 5S156  
Dates: April 7-April 21  
Day: Thursday  
Time: 1:00-2:30 p.m.  
Ages: 4-6  
Fee: \$42R/\$50NR



## KIDDIE ADVENTURES

Variety is the spice of life! Children will be surprised each week with a new adventure including: games, stories and crafts, science experiments, and much more. It will be an entertaining experience.

Instructor: Jill Long  
Program #: 5S157  
Dates: April 5-May 24  
Day: Tuesday  
Time: 11:45 a.m.-12:30 p.m.  
Ages: 3 & 4  
Fee: \$26R/\$31NR

## WE LOVE PARENTS BUT...

Unless otherwise stated, 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.



## MESSY ART PROJECTS

Bring your child to express his or her creativity without you having to clean up the mess. A variety of ooey goey and messy activities will take place in this exciting class. The kids have fun and the mess stays with us.

Instructor: Dawn Poulakis  
Program #: 5S300  
Dates: April 14-May 19  
Day: Thursday  
Time: 4:15-5:00 p.m.  
Ages: 4-6  
Fee: \$25R/\$30NR  
Min./Max.: 5/10



## 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. Children will take home a masterpiece displaying their talent at the end of the session. All supplies are included!

Subject matter will change each session.

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

Program #:	Dates:	Time:
5S302	April 7-April 28	5:15-6:15 p.m.
5S303	April 7-April 28	6:30-7:30 p.m.
5S305	May 5-May 26	5:15-6:15 p.m.
5S306	May 5-May 26	6:30-7:30 p.m.

## DANCE CLASSES

Each of the classes will cover the fundamentals of the art while encouraging self-confidence, coordination, and flexibility. Children who enroll in the classes will need to wear a leotard, pink tights, and ballet shoes. Students in the tap classes will need to wear black tap shoes.

Instructor: Miss April  
Dates: April 8-May 27  
Day: Friday  
Fee: \$56R/\$67NR

Class:	Program #:	Time:	Ages:
Ballet	5S315	4:30-5:15 p.m.	4-6
Tap	5S316	5:15-6:00 p.m.	4-6
Ballet/Jazz	5S317	6:00-6:45 p.m.	7-9

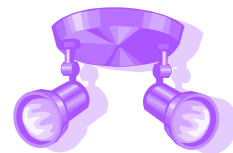


## STAGECOACH KIDS MUSICAL THEATER

Does your child love to sing and dance and perform for others? Climb aboard our StageCoach, and join us for an entertaining program in musical theater for boys and girls. We emphasize the journey toward producing a show from start to finish, creating a fun and non-competitive environment for kids to stretch their dramatic wings! On the last day of class our talented young stars perform a show for friends and family, showing off all that they have learned!

Questions about the program can be e-mailed to [monica@stagecoachkids.com](mailto:monica@stagecoachkids.com).

Instructor: Monica Minogue  
Program #: 5S310  
Dates: March 17-May 26  
(No Class March 31)  
Day: Thursday  
Time: 4:30-6:00 p.m.  
Ages: 7-12  
Fee: \$74R/\$88NR



*Performance on May 26 @ 7:00 p.m.*



## LET'S EXPERIMENT

Join these unique classes exploring a different theme each week. Students will expand their knowledge of science through performing experiments and solving mysteries together. Take one class at a time or register for the whole series.

Instructor: Gail Morris  
Kaleidoscope Children's Center  
Dates: April 5 (Dinosaur Cooking)  
April 12 (Science in the Kitchen)  
April 19 (Spring Garden)  
Day: Tuesday  
Time: 4:00-5:30 p.m.  
Ages: 6-9  
Fee: \$14R/\$18NR (per class)  
\$42R/\$50NR (for all classes)  
Location: Recreation Center

Dinosaur Cooking Program #: 5S320  
Become paleontologists and dig for fossilized bones! Children will create their own edible fossils to eat while learning about dinosaurs and their world.

Science in the Kitchen Program #: 5S321  
Perform simple and safe experiments using materials from the kitchen cupboard. Join us for some crazy concoctions.

Spring Garden Program #: 5S322  
Get a start on the growing season! Participants will learn about germination and photosynthesis, along with bringing home a windowsill garden in a cup.



## BASKETBALL

Children will 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. Junior participants will play modified games.

Dates: April 4-May 23  
 Day: Monday  
 Fee: \$32R/\$38NR  
 Min./Max.: 5/15



Class:	Program #:	Time:	Ages:
Pee Wee	5S200	4:15-5:00 p.m.	4 & 5
Junior	5S201	5:00-5:45 p.m.	6-8

## PEE WEE SOCCER

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

Program #: 5S205  
 Dates: April 7-May 26  
 Day: Thursday  
 Time: 4:15-5:00 p.m.  
 Ages: 4 & 5  
 Fee: \$32R/\$38NR  
 Min./Max.: 5/15



## SPRING SMALL-SIDED SOCCER LEAGUE

Boys and girls are encouraged to register for this exciting soccer program featuring six-on-six games played on smaller fields. This league will give players maximum quality playing time. Everyone plays and teams will be balanced. Elite soccer trainers, Willie Roy and John Rita, along with voluntary parent coaches will work with the children in this unique approach to soccer. Shin guards required and t-shirts are provided to each player.

Program #: 5S215 (1st & 2nd grades)  
 5S216 (3rd & 4th grades)  
 Games: April 16-May 21  
 Fee: \$60R/\$72NR

### Practice Schedule

Grades:	Day:	Time:
1st & 2nd	FR	4:30-5:30 p.m.
3rd & 4th	FR	5:30-6:30 p.m.

### Game Schedule

Grades:	Day:	Time:
1st & 2nd	SA	9:00-10:00 a.m.
3rd & 4th	SA	10:0-11:00 a.m.

*Evaluation Day: Wednesday, April 13  
 1st & 2nd grades @ 4:30 p.m.  
 3rd & 4th grades @ 5:30 p.m.*

## PALOS GIRLS SOFTBALL LEAGUE

This is a fast pitch 12" league in conjunction with the Palos Heights Recreation Department. Parent coaches will work with the girls. Everyone plays. Games will be held in Palos Park and Palos Heights on weekday evenings. Fee includes shirt, pants, socks, hat, trophy, and picture. Register your child for the grade they are completing.

Dates: April-June  
 Days: Monday  
 Wednesday  
 Time: Evenings, TBA  
 Fee: \$60R/\$72NR

### Peanut Division

Program #: 5S210  
 Grades: 1st & 2nd

### Petite Division

Program #: 5S211  
 Grades: 3rd & 4th

### Junior Division

Program #: 5S212  
 Grades: 5th & 6th

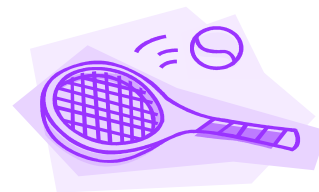


## SOUTH SUBURBAN TENNIS ACADEMY

The SSTA offers tennis programs throughout the southwest suburbs. SSTA Directors Andy Ventress, Steve Yates, and Mike Maratea are certified professionals. Each child will learn the basic skills of tennis in a fun atmosphere. Ankle Biters will be taught through drills to improve hand-eye coordination. Junior tennis players will be trained in the proper technique, basic scoring, and the rules of the game. Participants must bring their own tennis racquet and supply of drinking water. Tennis balls will be supplied.

Dates: April 13-May 18  
 Day: Wednesday

Class:	Program #:	Time:	Ages:	Fee:
Ankle Biters	5S220	4:15-5:00 p.m.	5-8	\$32R/\$38NR
Juniors	5S221	5:00-6:00 p.m.	9-12	\$48R/\$58NR





# YOUTH ACTIVITIES

## ARGO GYMNASTICS

Join this gymnastics program 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. Preschoolers learn basic gymnastic skills along with coordination, conditioning, and gross motor skills. Beginner and advanced students will be taught on floor exercise and on the balance beam. Advanced gymnasts should have at least one year of experience. *No classes March 31 and April 1.*

Class:	Program #:	Dates:	Day:	Time:	Ages:	Fee:
Beginner	5S250	March 24-May 19	TH	5:00-5:45 p.m.	6-13	\$60R/\$72NR
Advanced	5S251	March 24-May 19	TH	5:45-6:30 p.m.	7-16	\$60R/\$72NR
Tots	5S252	March 25-May 20	F	9:00-9:40 a.m.	18 mo.-3 yr.	\$60R/\$72NR
Preschool	5S253	March 25-May 20	F	9:45-10:30 a.m.	3-5	\$60R/\$72NR

## MARTIAL ARTS



Grandmaster Cameron teaches a course that combines a number of different styles of martial art, but relies primarily on Tae Kwon Do. Students will learn how to stop common attacks and keep safe while gaining flexibility, strength, and coordination. Respect, discipline, and focus will be instilled in each participant. This program will truly benefit each individual for a lifetime.



Program #:	5S255
Dates:	April 6-May 25
Day:	Wednesday
Time:	4:00-5:00 p.m.
Ages:	5-12
Fee:	\$42R/\$50NR

## YOGA FOR YOUTH

This class offers a safe and nurturing environment to explore yoga movements and relaxation techniques. Participants will build self-confidence and increase balance and flexibility. Classes are enhanced through games, art, and music. Wear comfortable clothing and shoes. Yoga mat needed.

Instructor:	Donna Furmanek
Program #:	5S256
Dates:	April 5-May 24
Day:	Tuesday
Time:	5:15-6:00 p.m.
Ages:	6-12
Fee:	\$30R/\$36NR



## JUNIOR GOLF CLINICS

Participants will learn the fundamentals of the golf swing, putting, chipping, and pitching. Throughout the class students will be introduced to safety, etiquette, and the rules of golf while having fun. Everyone will be taught individually within the group at their own personal level. Students are required to purchase a medium basket of balls for \$7.00. If you need clubs, please let us know. Refunds will not be given for cancellation within seven days from the first class date.



Instructor:	Ken Malnar, Golf Professional
Fee:	\$82R/\$96NR
Location:	Mid Iron Golf Club 12680 South Bell Road

Prgm #:	Dates:	Day:	Time:	Ages:
5S265	April 11- April 25	M	4:15-5:45 p.m.	5-8
5S266	April 16-April 30	SA	1:00-2:30 p.m.	9-14
5S267	May 7-May 21	SA	2:45-4:15 p.m.	5-8
5S268	May 5-May 19	TH	4:30-6:00 p.m.	9-14

## JUST A REMINDER...

If you wait until the last minute 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!**

## 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	5S260	March 5-April 23	SA	12:00-12:30 p.m.	3-5	\$65R/\$78NR
Tot	5S261	March 7-April 25	M	4:30-5:00 p.m.	3-5	\$65R/\$78NR
Pre-Alpha	5S262	March 5-April 23	SA	1:00-2:00 p.m.	6-11	\$75R/\$90NR
Pre-Hockey	5S263	March 10-April 28	TH	5:30-6:30 p.m.	4-12	\$75R/\$90NR





## SPRING BREAK OPEN GYM

Feeling cooped up over Spring Break? Grab a friend and come to the Recreation Center for a pick-up game of basketball. Limit of 25 participants per time slot.

Dates: March 28-April 1  
Fee: \$2 (at the door)

Grades: Times:  
3rd-5th 10:00-11:00 a.m.  
6th-8th 11:00 a.m.-12:00 p.m.  
High School 1:00-2:00 p.m.



## JUNIOR HIGH DODGEBALL

“Always remember the five d’s of dodgeball: dodge, duck, dip, dive, and dodge!” - Patches O’Houlihan, *Dodgeball: A True Underdog Story*. So you’ve seen the movie and you’re ready to give your own shot at this classic school-yard game. Players will be organized into different teams each week. Just don’t forget to dodge, duck, dip, dive, and dodge.

Program #: 5S332  
Dates: April 13-May 25  
(No Class May 11)

Day: Wednesday  
Time: 5:15-6:15 p.m.  
Grades: 6th-8th  
Fee: \$25R/\$30NR  
Min./Max.: 10/25



## BOYS HIGH SCHOOL BASKETBALL LEAGUE

Come and play basketball in our High School League. Players will practice a few times early in the season. Exact days and times will be arranged. Parent coaches will coach teams. Emphasis on fun and exercise. Teams will be formed by the Recreation Department to balance teams. Everyone plays! Fee includes team shirt.

Program #: 5S330  
Dates: April-June  
Days: Wednesday  
Sunday  
Time: Evenings, TBA  
Grades: 9th-12th  
Fee: \$42R/\$50NR  
Min./Max.: 20/50



## WATERWORKS

Get an early taste of summer during your spring break. Come join us at WaterWorks, Illinois’ Premier Indoor Water Park. Spend the day lounging in the lazy river, sliding down any of the park’s three slides, and splashing around in the water playground. So many aquatic choices, you won’t know what to do. Break out your swimsuits early and you may almost forget that it’s still March! Bring extra money for food. Fee includes entry into water park and transportation.

Program #: 5S335  
Day/Date: Thursday, March 31  
Time: 11:00 a.m.-6:00 p.m.  
Ages: 11-16  
Fee: \$20R/\$25NR  
Min./Max.: 8/14



## GAMEWORKS

Join us for a trip with the total entertainment experience you can ever imagine at Gameworks in Schaumburg. Enjoy three hours of unlimited game play on over 200 state-of-the-art and one of a kind interactive video games. Bring extra money to grab a bite to eat. Fee includes play card and transportation.

Program #: 5S336  
Day/Date: Saturday, April 23  
Time: 10:00 a.m.-4:00 p.m.  
Ages: 11-16  
Fee: \$32R/\$38NR  
Min./Max.: 8/14



## GET INVOLVED!

Now is your chance to plan trips and activities for your peers. Join the Junior High Committee. Participation includes assisting the Recreation Department in deciding on trip locations and activities, along with promoting activities by creating posters and flyers to hang in your school. All Junior High students are welcome to participate. If interested call the Recreation Department at 671-3760.



## STRENGTH AND STAMINA

This fitness class combines light cardiovascular conditioning, strengthening, stretching, and relaxation exercises. You will start your day energized and strong! Whether beginner or advanced, this class is appropriate for all fitness levels. Not only will this class increase muscle definition but also posture, flexibility, and endurance. Bring a towel and exercise mat to class.

Instructor: Barb Cachey  
Certified Aerobic Instructor  
Time: 10:05-10:50 a.m.  
Fee: \$36R/\$43NR



Program #: Dates: Day:  
5S350 April 5-May 24 TU  
5S351 April 7-May 26 TH

Baby-sitting is available for children ages 6 months to 10 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 per child, per class.

## SENIOR WELLNESS

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

Instructor: Charles Wells  
Program #: 5S360  
Dates: March 29-May 31  
Days: Tuesdays, Thursdays, & Saturdays  
Time: 9:00-10:00 a.m.  
Fee: \$5R/\$10NR

## ADULT GOLF CLINICS

Receive professional, individual instruction in a group setting while enjoying the game of golf and having fun with other new to intermediate golfers. This class focuses on the fundamentals of the full swing, putting, chipping, pitching, and the sand bunker. The last day provides on course instruction. Each student is required to purchase a medium basket of balls at \$7.00. Please let us know if you need clubs. Refunds will not be given for cancellation within seven days from the first class date.

Instructor: Ken Malnar,  
Golf Professional  
Fee: \$95R/\$105NR  
Location: Mid Iron Golf Course  
12680 South Bell Road



Program #: Dates: Day: Time:  
5S370 April 11-April 25 M 6:00-7:30 p.m.  
5S371 May 5-May 19 TH 6:15-7:45 p.m.

## YOGA WITH DONNA

Unfold into a harmonious, fulfilling, and healthy life by discovering the unique way to shape your body and mind. This class introduces you to yoga postures, breathing, and relaxation techniques. Participants will also increase flexibility through gentle movement and build strength and balance. Please bring a mat and towel to class. Wear comfortable and loose-fitting clothing.

Instructor: Donna Furmanek  
Dates: April 5-May 24  
Day: Tuesday  
Fee: \$38R/\$46NR

Class: Program #: Time:  
Beginning 5S352 6:00-7:00 p.m.  
Intermediate 5S353 7:00-8:00 p.m.

## LET'S DANCE



If you like to dance and would like to learn classic dance steps, this is the class for you. You may have a partner that is not interested in taking a formal class. Come and learn dance steps so you can develop the ability to dance at any type of social dancing event. This class will prepare you to dance to many different tempos of music such as the cha-cha, rumba, swing, salsa, and much more. This is NOT a partner class. No previous dance experience is required.



Instructor: Linda Bosack  
Program #: 5S356  
Dates: April 6-May 25  
Day: Wednesday  
Time: 7:30-8:30 p.m.  
Fee: \$36R/\$43NR

## "SHALL WE DANCE?"

Pull out those dancing shoes! This class is designed for couples who want to learn to dance with a partner for social dance events. You will learn classic ballroom steps improvised to dance to a variety of music. Contemporary music as well as music from the 60's, 70's, 80's, and 90's will be used. This is a beginner's class. Join the class, you are sure to enjoy it!



Instructor: Linda Bosack  
Program #: 5S355  
Dates: April 6-May 25  
Day: Wednesday  
Time: 6:30-7:15 p.m.  
Fee: \$58R/\$70NR (per couple)





## DECOUPAGE FRAME

Be creative with decoupage! Who knew you could make so many fun things with just paper, decoupe, and a few embellishments. In this class you will create a wood frame using scrapbook paper while gaining various ideas to use at home. Bring photos to complete one 12 x 12 layout to match your frame. Fee includes a white or ivory painted frame and supplies to complete your page.

Program #: 5S375  
Day/Date: Wednesday, April 6  
Time: 7:00-9:00 p.m.  
Fee: \$24R/\$28NR  
Location: Paper Creations  
9622 West 143rd Street



## “CULTURAL SIGHTS of the NORTH SHORE”

The Palos Fine Arts Association is sponsoring this trip focusing on Evanston and Wilmette. The full day bus tour, led by Bill Hinchliff, will include visits to the Dawes Mansion, the new Evanston Public Library, the Block Museum of Art at Northwestern University, and the Bah'a'i Temple. Lunch is included. Bus will depart from the Palos Park Recreation Center.

Day/Date: Wednesday, May 4  
Time: 9:00 a.m.-5:00 p.m.  
Fee: \$65 PFAA member  
\$70 non-member



\*For more information or to register for this trip, visit [www.palosfinearts.com](http://www.palosfinearts.com) or call 671-3755.

## SCRAPBOOKING 101

Time to get out those boxes of old photographs! If you've been thinking about starting to scrapbook, this is the class for you. Learn the basics, the lingo, and ways to make quick, easy, and beautiful pages. You'll learn not only to make a scrapbook but also how to create a keepsake. Bring 6-8 photos of the same theme. Fee includes instruction and supplies to make two pages.

Program #: 5S376  
Day/Date: Tuesday, April 26  
Time: 7:00-9:00 p.m.  
Fee: \$18R/\$22NR  
Location: Paper Creations  
9622 West 143rd Street



*\*Participants will have the opportunity to tour Paper Creations and will receive 15% off of purchases for that evening.*

## FUNDAMENTALS OF FENG SHUI

Feng Shui is the system by which people learn to manipulate the energy that exists all around us to beneficial ends. It is believed that by adding, removing, or changing the location of items, one can dramatically change the life course of those in the environment. This seminar will discuss the basis of the practice and offer some demonstrations that the energy actually exists.

Instructor: Tom Cameron  
Program #: 5S380  
Day/Date: Thursday, April 14  
Time: 7:00-9:00 p.m.  
Ages: Adult  
Fee: \$10R/\$12NR



## TWO KINDS OF SWEETNESS



### CHOCOLATY SWEETNESS

Got an insatiable sweet-tooth? Join us for a chocolate-filled day. We'll spend the morning at Morkes Chocolates where you will have the opportunity to make your own chocolate creation to bring home with you! Follow that up with lunch in downtown Long Grove at Enzo & Lucia's Ristorante. Homemade pasta is the specialty at this Italian restaurant housed in a former Victorian-style home. Cap off your lunch with a chocolate-lover's cannoli or tiramisu. Fee includes class, lunch, and transportation.

Program #: 5S400  
Day/Date: Wednesday, March 30  
Time: 9:00 a.m.-3:00 p.m.  
Fee: \$48R/\$56NR  
Register By: Friday, March 25

### FOOTBALL SWEETNESS

Have fond memories of the Bears' Super Bowl victory over the New England Patriots or Walter Payton's 40 rushes for a record 275 yards? Relive those memories on this trip to view *Sweetness: The Walter Payton Story* at The Discovery Museum. This exhibit features one-of-a-kind memorabilia from the life and career of the great Walter Payton, including his Super Bowl ring, last game jersey, and never-before seen highlight clips. Prior to the tour we will enjoy lunch where you can reminisce about one of Chicago's most beloved football players. Fee includes tour, lunch, and transportation.

Program #: 5S405  
Day/Date: Thursday, April 21  
Time: 11:30 a.m.-5:00 p.m.  
Fee: \$38R/\$45NR  
Register By: Friday, April 15