

PALOS PARK RECREATION

OFFICE HOURS:



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

Phone #: 671-3760

RECREATION DIRECTOR

Marilyn Gorney

ASSISTANT DIRECTOR

Nicole Marxman

VILLAGE COMMISSIONER

Edward Marcyn

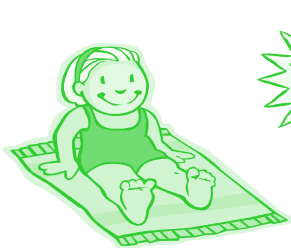
RECREATION COMMITTEE

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



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

SUMMER



2004

REGISTRATION DATES:

April 26-May 28

MARK YOUR CALENDAR...

Spring Fun Run	May 8
Junior High Dance	May 14
Concert in the Park	June 17
Treat Your Dad	June 18
Senior Picnic	July 14
Taste of Palos	Aug. 21

SUMMER CAMP DATES:

June 14-July 2
July 5-July 23
July 26-August 13

Check out our many new camps!

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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	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.

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.

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.

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.

RECREATION CENTER INFORMATION

INDOOR AND OUTDOOR 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
West Office	\$10/hour	\$12/hour
Outdoor Picnic Shelter (Including use of indoor bathrooms)		
0-50 people	\$15/hour	\$20/hour
50 + people	\$25/hour	\$30/hour

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. These charges will be added to the final payment that is due one week prior to the rental date. All checks should be made payable to the Village of Palos Park.

The building attendant will set-up your event according to the diagram drawn on the Indoor Facility Rental Form. There are 4 round tables, 4-8' long tables, 2-rolling 10' tables, and 1-6' long table available for use.

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. 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.

Security Deposit

In cases of the building being used for special events, parties, and fundraisers, a \$150 (cash or check) refundable security deposit is required with the rental request. The building attendant on duty is required to complete a rental checklist concerning the usage of the facility before and after the scheduled event. Security deposits will be refunded within 10 days after the scheduled event if the building is found in a reasonable and satisfactory condition.

The renter forfeits the security deposit or a portion thereof for any damage to the building, fixtures and equipment, or any excess Village staff time required due to clean up. If restoration costs incurred by the Village exceed the security deposit, the responsible party will be assessed further charges

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.

FARMER'S MARKET

Beginning June 25
Every Friday
8:00 a.m.-1:00 p.m.

Location:
Presbyterian Church

CONCERT IN THE PARK

Thursday, June 17
5:30 p.m. Picnic
7:00 p.m. Concert

Location:
On the Village Green

TASTE OF PALOS

Saturday, August 21
11:30 a.m.-8:00 p.m.

Location:
On the Village Green

CHILDREN'S ACTIVITIES

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 #: 4SU110
Dates: June 18-August 6
Day: Friday
Time: 11:00-11:45 a.m.
Ages: 3-5
Fee: \$35R/\$42NR
Min./Max.: 4/10



LITTLE CHEFS

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

Program #: 4SU112
Dates: June 16-August 4
Day: Wednesday
Time: 3:15-4:15 p.m.
Ages: 6-8
Fee: \$38R/\$45NR
Min./Max.: 5/12

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 #: 4S235
Day/Date: Saturday, June 5
Time: 9:00-11:00 a.m.
Ages: 5-9
Fee: \$15R/\$20NR
Min./Max.: 10/25



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.

Ages: 3-5
Fee: \$34R/\$41NR
(\$4 off for July 5)
Min./Max.: 5/15

Program #: 4SU100
4SU101
4SU102
4SU103
4SU104
4SU105

Dates: June 14-June 30
June 15-July 1
July 5-July 21
(No Class July 5)
July 6-July 22
July 26-August 11
July 27-August 12

Days: M, W
T, TH
M, W
T, TH
M, W
T, TH

Time: 9:30-11:00 a.m.
1:00-2:30 p.m.
9:30-11:00 a.m.
1:00-2:30 p.m.
9:30-11:30 a.m.
1:00-2:30 p.m.



GAMES GALORE

Children will experience a variety of games and activities each week. Your child will have the opportunity to play with others in the same age group.

Instructor: Laura Braden
Program #: 4SU113
Dates: June 15-August 3
Day: Tuesday
Time: 10:30-11:15 a.m.
Ages: 4 & 5
Fee: \$26R/\$31NR
Min./Max.: 4/10

UNDER THE SEA

Bring your child for a summer full of underwater adventures. Children will have fun exploring underwater life with stories, projects, crafts and more.

Instructor: Laura Braden
Program #: 4SU114
Dates: June 17-August 5
Day: Thursday
Time: 10:45-11:30 a.m.
Ages: 3 & 4
Fee: \$30R/\$36NR
Min./Max.: 4/10

YOGA FOR CHILDREN

These classes offer a safe and nurturing environment to explore yoga movements and relaxation techniques. Classes are enhanced through games, art, and music. Wear comfortable clothing and shoes. Yoga mat needed.

Instructor: Donna Furmanek
Day: Tuesday
Time: 4:45-5:45 p.m.
Ages: 5-10
Fee: \$30R/\$36NR
Min./Max.: 5/15

Program #: 4SU115
4SU116

Dates: June 8-July 13
July 20-August 24



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.

CHILDREN'S ACTIVITIES

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 soft baseballs. Teams will be formed and children will play games while learning the basics. Emphasis on fun!

Dates: June 10-July 15
 Days: Tuesdays & Thursdays
 Age: 3 & 4
 Fee: \$45R/\$54NR
 Instructor: Dennis Bentley (mornings only)

Program #: Time:
 4SU120 9:00-10:00 a.m.
 4SU121 5:30-6:30 p.m.



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 children will play games. A schedule will be distributed on the first day of class for the morning session.

Dates: June 10-July 15
 Days: Tuesdays & Thursdays
 Ages: 5 & 6
 Fee: \$45R/\$54NR
 Instructor: Dennis Bentley (mornings only)

Program #: Time:
 4SU123 Between 10:00 a.m.-12:00 p.m.
 4SU124 6:30-7:30 p.m.

CHILDREN'S SAFETY & SELF DEFENSE

T-USA Martial Arts and Instructor Mary Beth Toussaint will conduct this course relating to basic self-defense and personal safety. Students will learn basic life saving techniques, develop better awareness of potentially dangerous situations and strengthen self-confidence. Parents are welcome to watch the class. There will be opportunities for parents to participate in certain classes so that the techniques can be practiced and mastered during your own family time. Wear comfortable clothing and shoes.

Program #: 4SU140
 Dates: June 15-August 3
 Day: Tuesday
 Time: 11:00 a.m.-12:00 p.m.
 Ages: 6-12
 Fee: \$40R/\$48NR
 Location: Palos Park Recreation Center
 8901 West 123rd Street

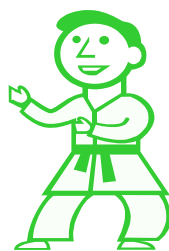
NEW

TAE KWON DO

Students will be introduced to Korean Tae Kwon Do, focusing on three main aspects of martial arts training: physical, mental and spiritual. This program is designed to develop coordination, concentration, memorization skills and teach the fundamental protocol of martial arts. Respect, self confidence and perseverance will be instilled in each participant. Korean master instructors will teach students that self defense and confidence start in the mind. Students will receive a T-USA t-shirt.

Time: 4:00-4:50 p.m.
 Ages: 6-12
 Fee: \$40R/\$48NR
 Location: T-USA Martial Arts Studio
 12041 South Harlem Avenue

Program #: Dates: Day:
 4SU135 June 16-August 4 W
 4SU136 June 18-August 6 F



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 play modified games.

Dates: June 15-August 3
 Day: Tuesday
 Fee: \$30R/\$36NR
 Min./Max.: 5/10

Class: Program #: Time: Ages:
 Pee Wee 4SU130 1:00-1:45 p.m. 4 & 5
 Junior 4SU131 1:45-2:30 p.m. 6-8



SOCCER

Bring your child to this fun activity for little boys and girls. Children will learn and practice soccer skills. Basic rules will be introduced. Junior soccer classes will reinforce skills and play scrimmage games. Lots of fun!!

Dates: June 17-August 5
 Day: Thursday
 Fee: \$30R/\$36NR
 Min./Max.: 5/10

Class: Program #: Time: Ages:
 Pee Wee 4SU132 1:00-1:45 p.m. 4 & 5
 Junior 4SU133 1:45-2:30 p.m. 6-8



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 enough to hold the class. Wait too long and the class may have been cancelled due to low enrollment.

REGISTER NOW!

SUMMER CAMPS

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. 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 are on Fridays and 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. Summer Camp packets with detailed information concerning camp activities will be available on May 3, 2004.

<u>Session 1:</u>	June 14-July 2		
Program #:	Days:	Time:	Fee:
4SU200	Mon.-Fri.	9:00 a.m.-3:00 p.m.	\$210R/\$230NR
4SU201	M, W, F	9:00 a.m.-3:00 p.m.	\$155R/\$175NR
4SU202	M, W, F	9:00 a.m.-12:00 p.m.	\$98R/\$118NR
*4SU203	T, TH	9:00 a.m.-3:00 p.m.	\$74R/\$89NR
*4SU204	T, TH	9:00 a.m.-12:00 p.m.	\$40R/\$48NR



<u>Session 2:</u>	July 5-July 23 (No Camp July 5)		
Program #:	Days:	Time:	Fee:
4SU205	Mon.-Fri.	9:00 a.m.-3:00 p.m.	\$197R/\$217NR
4SU206	M, W, F	9:00 a.m.-3:00 p.m.	\$142R/\$162NR
4SU207	M, W, F	9:00 a.m.-12:00 p.m.	\$92R/\$110NR
*4SU208	T, TH	9:00 a.m.-3:00 p.m.	\$74R/\$89NR
*4SU209	T, TH	9:00 a.m.-12:00 p.m.	\$40R/\$48NR



<u>Session 3:</u>	July 26-August 13		
Program #:	Days:	Time:	Fee:
4SU210	Mon.-Fri.	9:00 a.m.-3:00 p.m.	\$210R/\$230NR
4SU211	M, W, F	9:00 a.m.-3:00 p.m.	\$155R/\$175NR
4SU212	M, W, F	9:00 a.m.-12:00 p.m.	\$98R/\$118NR
*4SU213	T, TH	9:00 a.m.-3:00 p.m.	\$74R/\$89NR
*4SU214	T, TH	9:00 a.m.-12:00 p.m.	\$40R/\$48NR

*Participants registered for Tuesday and Thursday camp sessions will be given the opportunity to attend Friday field trips for an additional charge.

STAGECOACH CHILDREN'S 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. 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 their talents. Please bring a bottled beverage and light snack to class each day. For more information about StageCoach visit info@stagecoachkids.com

Program #:	4SU220
Dates:	July 6-8 and July 13-15
Days:	Tuesday-Thursday
Time:	9:00 a.m.-12:00 p.m.
Ages:	7-12
Fee:	\$82R/\$98NR
Min./Max.:	10/25



Cast of musical "Of Mice and Mozart":
 Jaclyn Carr, Caileen Casey, Corey Gallai, Andre and Antonio Gracias, Emma Husar, Athena Lekas, Lizzie Rapacz, and Frankie Zabilka.

SUMMER CAMPS

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. Classes are held at the tennis courts by the Palos Park Recreation Center.

Dates: June 16-July 21

Day: Wednesday

Class:	Program #:	Time:	Ages:	Fee:
Ankle Biters	4SU225	4:00-4:40 p.m.	5-8	\$32R/\$38NR
Junior	4SU226	4:45-5:45 p.m.	9-12	\$48R/\$58NR



TENNIS CAMP

Is your child interested in the game of tennis? Under the instruction SSTA, 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. Friday is make-up rain day.

Dates: July 19-July 23

Days: Monday-Thursday

Class:	Program #:	Time:	Ages:	Fee:
Ankle Biters	4SU230	9:00-9:40 a.m.	5-8	\$30R/\$36NR
Junior	4SU231	9:45-11:15 a.m.	9-12	\$48R/\$58NR



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 for \$5 per week 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.

Adv. Beginner: Designed for riders with limited experience.

Intermediate: Designed for riders with prior riding experience.

Days:	Monday-Friday
Time:	9:00 a.m.-4:00 p.m.
Ages:	8 & up (Teen Camp ages 13 & up)
Fee:	\$185R/\$210NR
Location:	Palos Hills Riding Stables, 10100 South Kean Ave.

Class:	Program #:	Dates:
Teen	4SU240	June 14-June 18
Beginner	4SU241	June 21-June 25
Intermediate	4SU242	June 28-July 2
Adv. Beginner	4SU243	July 5-July 9
Beginner	4SU244	July 12-July 16
Beginner	4SU245	July 19-July 23
Intermediate	4SU246	July 26-July 30
Intermediate	4SU247	August 2-August 6
Teen	4SU248	August 2-August 6
Adv. Beginner	4SU249	August 9-August 13



ALEKS MIHAJLOVIC SOCCER CAMP

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.

Program #:	4SU235
Dates:	July 5-July 9
Days:	Monday-Friday
Time:	9:00 a.m.-12:00 p.m.
Ages:	5-17
Fee:	\$89 First Child \$75 Second Child \$49 Third Child



ELITE SOCCER CAMP

This camp offers a unique perspective from accomplished player, Willie Roy and experienced coach, John Rita. These resident gurus are offering a camp with technical and tactical training for all ability levels. If your child is just beginning, this camp will build a strong soccer foundation and for the more advanced player, they will be challenged to perform at a higher level.

Program #:	4SU236
Dates:	August 2-August 6
Days:	Monday-Friday
Time:	9:00 a.m.-12:00 p.m.
Ages:	5-17
Fee:	\$89 First Child \$75 Second Child \$49 Third Child

SUMMER CAMPS

AROUND THE WORLD

This summer vacation, bring your child for an exploration of countries around the world. Participants will learn more about the world around us through stories, crafts, projects, and food. A certified teacher will guide your child through this worldly adventure.

Instructor: Lisa McManus
 Dates: June 15-July 1
 Day: T, TH
 Fee: \$52R/\$62NR
 Min./Max.: 4/12



Program #:	Time:	Grades:
4SU332	9:00-10:15 a.m.	1st & 2nd
4SU333	10:30-11:45 a.m.	3rd & 4th

CREATIVE WRITING

Does your child have an active imagination? Writing is a creative journey. A certified teacher will help participants expand their writing skills through the development of stories. Bring a notebook, pens and pencils each class.

Instructor: Lisa McManus
 Dates: July 13-July 29
 Day: T, TH
 Fee: \$45R/\$54NR
 Min./Max.: 4/12



Program #:	Time:	Grades:
4SU330	9:00-10:15 a.m.	1st & 2nd
4SU331	10:30-11:45 a.m.	3rd & 4th

JUNIOR ZOO CAMP

Participants will learn to draw a variety of animals found at your local zoo. Under the instruction of Young Rembrandts, children will draw giraffes, zebras, lions, and more. The final day will result in one large scene of the zoo which will incorporate the animal friends created throughout the camp. Markers, sharpies and color pencils will be used.

Program #: 4SU325
 Dates: July 27-July 29
 Days: T, W, TH
 Time: 9:00-10:30 a.m.
 Ages: 5-7
 Fee: \$38R/\$45NR
 Min./Max.: 6/12



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 #: 4SU326
 Dates: July 27-July 29
 Days: T, W, TH
 Time: 10:45 a.m.-12:15 p.m.
 Ages: 8-13
 Fee: \$38R/\$45NR
 Min./Max.: 6/12



SPECIAL EVENTS

TREAT YOUR DAD

Come to the Great Harvest Bread Company where Sarah Corbin (owner) will assist children in making bow tie cookies for Father's Day. Participants will be involved in preparing and decorating cookies along with wrapping them for a special gift for your Dad.

Program #: 4SU280
 Day/Date: Friday, June 18
 Time: 4:30-6:00 p.m.
 Ages: 6-12
 Fee: \$6R/\$10NR
 Min./Max.: 5/15
 Location: Great Harvest Bread Co.
 9646 131st Street



MAGIC FOR MUGGLS

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 #: 4SU275
 Day/Date: Friday, July 16
 Time: 9:30-11:30 a.m.
 Ages: 7-12
 Fee: \$15R/\$20NR
 Min./Max.: 10/25



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: \$36R/\$43NR
 Min./Max.: 5/12



Session 1: June 10-July 15
 Class: Program #: Time: Ages:
 Beginning 4SU300 3:45-4:45 p.m. 5-7
 Intermediate 4SU301 5:00-6:00 p.m. 8-13

Session 2: July 22-August 26
 Class: Program #: Time: Ages:
 Beginning 4SU303 3:45-4:45 p.m. 5-7
 Intermediate 4SU304 5:00-6:00 p.m. 8-13

KIDZ INDEPENDENT PAINTING

Children will pick out their own subject matter to create a work of art. 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! Children will take home a beautiful masterpiece displaying their talent at the end of the session.

Subject matter will change each session.

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

Program #: Dates:
 4SU305 June 10-July 8
 (No Class June 17)
 4SU306 July 22-August 12



TUMBLING FOR CHEERLEADERS

Calling all beginner through advanced cheerleaders or tumblers. ARGO Gymnastics introduces this class, which is a great opportunity to learn and improve your tumbling skills and routines for cheerleading.

Day: Thursday
 Time: 6:30-8:00 p.m.
 Ages: 6-13
 Fee: \$78R/\$92NR

Program #: Dates:
 4SU310 June 3-July 15
 (No Class June 17)
 4SU311 July 22-August 26



PRIVATE MUSIC LESSONS

Take private violin lessons with a violinist and certified Suzuki teacher at the Palos Park Recreation Center. For beginner Suzuki violin students, group classes are required which are offered in Tinley Park. For more information or to set-up a lesson contact: Kimberly Knickerbocker at (630) 292-6302.

Private clarinet and saxophone lessons are offered at the Palos Park Recreation Center. The instructors credentials include: a B.A. in Music from St. Xavier University and teaching private lessons for four years. For more information or to set-up a lesson contact Shari Heda at (708) 422-7826.

ARGO GYMNASTICS

Join this Romanian style 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.

Session 1: June 3-July 15 (No Class June 17)
 Class: Program #: Day: Time: Ages: Fee:
 Beginner 4SU315 TH 5:00-5:45 p.m. 6-13 \$52R/\$62NR
 Advanced 4SU316 TH 5:45-6:30 p.m. 7-16 \$52R/\$62NR
 Tots 4SU317 F 9:00-9:40 a.m. 18 mo.-3 yr. \$52R/\$62NR
 Preschool 4SU318 F 9:45-10:30 a.m. 3-5 \$52R/\$62NR

Session 2: July 22-August 26
 Class: Program #: Day: Time: Ages: Fee:
 Beginner 4SU320 TH 5:00-5:45 p.m. 6-13 \$52R/\$62NR
 Advanced 4SU321 TH 5:45-6:30 p.m. 7-16 \$52R/\$62NR
 Tots 4SU322 F 9:00-9:40 a.m. 18 mo.-3 yr. \$52R/\$62NR
 Preschool 4SU323 F 9:45-10:30 a.m. 3-5 \$52R/\$62NR



GOLF CLINICS

PEE WEE GOLF

Have fun and learn the game of golf with others while receiving professional instruction in a group setting. Children will learn the fundamentals of the golf swing, putting, and chipping. Everyone will be taught individually within the group at their own personal level. Throughout the class we introduce safety, etiquette, and the rules of golf. Children ages 4-6 must be chaperoned.



Ages: 4-7
 Fee: \$75R/\$85NR

Program #:	Dates:	Day:	Time:
4SU350	June 9-June 23	W	3:45-5:45 p.m.
4SU351	June 10-June 24	TH	3:30-5:30 p.m.
4SU352	June 14-June 28	M	4:00-6:00 p.m.
4SU353	July 6-July 20	TU	3:30-5:30 p.m.
4SU354	July 26-August 9	M	1:30-3:30 p.m.
4SU355	July 28-August 11	W	3:45-5:45 p.m.

PARENT/CHILD GOLF

Spend some quality time with your child while playing and learning the game of golf. Receive professional and individual instruction in a group setting. Classes will focus on ball striking, putting, and chipping. The last day provides on course instruction while you play golf. Rules, etiquette, and safety of golf are introduced throughout the classes.



Children Ages: 5-15
 Fee: \$165R/\$175NR
 (Parent and Child)

Program #:	Dates:	Day:	Time:
4SU360	May 28-June 11	F	6:00-8:00 p.m.
4SU361	June 18-July 2	F	6:00-8:00 p.m.
4SU362	June 29-July 13	T	6:30-8:30 p.m.
4SU363	July 17-July 31	SA	3:30-5:30 p.m.
4SU364	Aug. 7-Aug. 21	SA	3:30-5:30 p.m.

JUNIOR GOLF

Calling all beginner to intermediate golfers that would like to have fun and develop their game with others. Receive professional and individual instruction in a group setting. Participants will focus on improving skills on ball striking, putting, chipping, and pitching. Rules, etiquette, and safety of golf will be introduced throughout the classes.

Ages: 8-15
 Fee: \$90R/\$100NR

Program #:	Dates:	Day:	Time:
4SU370	June 10-June 24	TH	3:30-5:30 p.m.
4SU371	June 18-July 2	F	1:30-3:30 p.m.
4SU372	July 5-July 19	M	3:45-5:45 p.m.
4SU373	July 9-July 23	F	1:30-3:30 p.m.
4SU374	July 26-August 9	M	3:45-5:45 p.m.

FALL SPORTS

PALOS PARK SOCCER LEAGUES

Join our soccer program that will begin in late August and last throughout the fall. Children will be organized on small teams and play 5 on 5 games. 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

Girls

Program #:	Grades:
4SU375	1st & 2nd
4SU376	3rd & 4th



Boys

Program #:	Grades:
4SU378	1st & 2nd
4SU379	3rd & 4th

COED FLAG FOOTBALL

Come and join this no-contact football league for boys and girls 3rd through 8th grade. Everyone plays! Parent are encouraged to volunteer to coach. All children will receive a team shirt.

Dates: September-October
 Day: Sundays
 Time: Afternoons, TBA
 Fee: \$50R/\$60NR

Program #:	Grades:
4SU380	3rd & 4th
4SU381	5th & 6th
4SU382	7th & 8th



GOLF CLINIC INFORMATION

Golf clinics are held at Mid Iron Golf Club at 12680 South Bell Road in Lemont under the instruction of Ken Malnar, golf professional. If you need clubs, please inform the recreation department upon registering for a clinic. Each student is required to purchase a medium basket of balls at \$6.50 for each session or a green fee of \$10.

Refunds will not be granted within seven days from class date. Rainouts will have a make-up class. If inclement weather call the golf shop at (630) 257-3340.

TEEN ACTIVITIES

JUNIOR HIGH DANCE

Dance, hang out with your friends or just come and listen to cool music! A concession stand will offer pop, candy, and popcorn in the lower level.

Program #: 4S285
 Day/Date: Friday, May 14
 Time: 7:00-9:00 p.m.
 Grades: 6th-8th
 Fee: \$3 pre-register,
 \$5 payable at the door



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.

GREAT AMERICA TRIP

Attention thrill seekers! Are you ready for non-stop action and entertainment? We'll join teens from other south suburban areas at this popular amusement park. Spend the day on a variety of rides from thrilling roller coasters to splashing water rides. Fee includes admission and transportation. Lunch and dinner are on your own.

Program #: 4SU415
 Date: June 24
 Day: Thursday
 Time: 8:00 a.m.-11:00 p.m.
 Ages: 12-16
 Fee: \$48R/\$56NR
 Min./Max.: 5/15



TEEN TRIP THURSDAYS

Grab a friend and join other teens in the area to travel to fun destinations. Bring a lunch, snack, beverage or spending money for the concessions and back pack on each trip. Also come prepared for the water activities with a swim suit, towel, blanket, and sunscreen.

Day: Thursdays
 Time: 9:00 a.m.-5:00 p.m.
 Ages: 12-16
 Min./Max.: 5/15



INDIANA DUNES STATE PARK

We will travel to beautiful Lake Michigan to enjoy a fun-filled day in the sun. Bring a football, Frisbee and anything else that can be used at the beach that fits into your back pack.

Program #: 4SU420
 Date: July 8
 Fee: \$15R/\$20NR

SWIM/SKATE AT CHANNAHON

Skate at Channahon Park District's indoor roller rink and swim or bask in the sun at the Tomahawk Aquatic Center. Bring your own roller blades or skates (or you will be supplied with them).

Program #: 4SU421
 Date: July 15
 Fee: \$20R/\$25NR



DEEP RIVER WATER PARK

End our Thursday trips with a splashtastic day in Merrillville, Indiana at the Deep River Water Park. Swish down your choice of water slides or relax in the lazy river.

Program #: 4SU422
 Date: July 22
 Fee: \$26R/\$31NR

ADULT GOLF CLINICS

Receive professional and individual instruction in a group setting while enjoying the game of golf and having fun with other golfers. This class will develop and improve your skills in: ball striking, putting, chipping, and pitching. The last day provides on course instruction while you play golf.

Fee: \$90R/\$100NR
 Min./Max.: 6/8



Program #:	Dates:	Day:	Time:
4SU430	May 13-May 29	TH	6:00-8:00 p.m.
4SU431	June 3-June 17	TH	6:30-8:30 p.m.
4SU432	June 16-June 30	W	6:30-8:30 p.m.
4SU433	July 7-July 21	W	6:30-8:30 p.m.
4SU434	July 23-August 6	F	6:00-8:00 p.m.
4SU435	July 28-August 11	W	6:00-8:00 p.m.
4SU436	Aug. 13-Aug. 27	F	5:30-7:30 p.m.

SELF-DEFENSE FOR COLLEGE WOMEN

T-USA will conduct a safety and self-defense course for college age women. The class will cover important issues for women's safety on campus and will include information on avoiding dangerous situations. Participants will develop basic life-saving techniques and strengthen awareness and self-confidence. Handouts and self defense tools will be provided.

Program #: 4SU440
 Dates: June 16-August 4
 Day: Wednesday
 Time: 6:00-7:00 p.m.
 Ages: College students
 Fee: \$50R/\$60NR
 Location: T-USA Martial Arts Studio
 12041 South Harlem Avenue

ADULT ACTIVITIES

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
Time: 10:05-10:50 a.m.
Fee: \$35R/\$42NR

Program #: Dates: Days:
4SU400 June 15-Aug. 3 TU
4SU401 June 17-Aug. 5 TH



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 child, per class.

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.

Instructor: Donna Furmanek
Day: Tuesday
Fee: \$30R/\$36NR

Session 1: June 8-July 13
Class: Program #: Time:
Beginning 4SU405 6:00-7:00 p.m.
Intermediate 4SU406 7:00-8:00 p.m.

Session 2: July 20-August 24
Class: Program #: Time:
Beginning 4SU408 6:00-7:00 p.m.
Intermediate 4SU409 7:00-8:00 p.m.



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.

Program #: 4SU410
Dates: June 3-September 2
Days: Tuesdays, Thursdays, & Saturdays
Time: 9:00-10:00 a.m.
Fee: \$5R/\$10NR

DAY TRIPS

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 #: 4SU450
Date: May 18
Day: Tuesday
Time: 7:30 a.m.-4:30 p.m.
Fee: \$42R/\$50NR
Min./Max.: 10/14
Deadline: May 12

STRAWBERRY FEST

It is strawberry season, so why not celebrate the wonderful world of strawberries. Take time for yourself and bring a friend to enjoy the day shopping in historic Long Grove. Grab a quick bite or enjoy dining in one of the restaurants. Fee includes transportation only.

Program #: 4SU451
Date: June 25
Day: Friday
Time: 9:00 a.m.-3:30 p.m.
Fee: \$20R/\$25NR
Min./Max.: 10/25
Deadline: June 11



IT HAD TO BE YOU

Enjoy a trip to the North Shore Center in Skokie for this sweet, funny, and sassy Broadway hit comedy starring husband and wife comedy team Renee Taylor and Joe Bologna. A struggling actress searches for love and success in New York. Fee includes show and transportation.

Program #: 4SU455
Date: July 21
Day: Wednesday
Time: 12:30 p.m.-5:30 p.m.
Fee: \$45R/\$54NR
Min./Max.: 10/14
Deadline: June 2

SENIOR PICNIC

Ready for some summer fun? Grab a friend and join us for some food, games, and good times. Picnic will be held at the gazebo. If inclement weather, event will be held in the lower level of the Recreation Center.

Day/Date: Wednesday, July 14
Time: 4:00-6:00 p.m.
Fee: \$2

