

# Evergreen Park Recreation Department

3450 W. 97th Street  
708-229-3373

## Winter Programs



**Register now for all classes!**

Find Us On  
**facebook** 

**Registration is open for:**

**Artie Kerr Hockey Clinic**

**BASICS**

**Christmas Break Camp**

**Cooking Class**

**Family Flake Fest**

**Girls Night Out**

**Guitar**

**Ice Skate Lessons**

**Kids Fitness Class**

**Magic**

**Mom & Child**

**Nursery**

**Preschool Open Gym**

**Soccer**

**Step & Strength Training**

**Swim Information**

**Tae Kwon Do**

**Tai Chi**

**Tumbling/Cheer Tumbling**

**Yoga**

**Young Rembrandts Drawing**

**Zumba**

**Zumba Gold**

Evergreen Park Recreation Department

3450 W. 97th Street

708-229-3373

## Hockey clinic

Artie Kerr started "Learn to Skate" in 1988, he has extensive experience teaching hockey. Some of techniques/skills you can expect your children to try are; skating front and backwards, stops, pushing the puck, and some stick handling to shoot the puck. Equipment needed: helmet with mask, any kind of gloves, and a stick. Held at the Daniel V. Capuano Ice Rink, 8900 S. Kedzie. Register at the Recreation Department office.

### **For boys and girls, ages 3-13 years**

#### **Day/Time**

S/11:30—12:30

#### **Beg**

TBA

#### **Fee/# of weeks**

\$60.00/6 weeks

\$70.00 non-residents

### **For boys and girls, ages 13-18 years**

#### **Day/Time**

W/4:30—5:30 P.M.

#### **Beg**

TBA

#### **Fee/# of weeks**

\$60.00/6 weeks

\$70.00 non-residents



**Evergreen Park Recreation Department  
3450 W. 97<sup>th</sup> Street  
708-229-3373**

**Keep your New Years Resolutions!  
Join our New Class... "BASICS"  
Geared toward ladies 55 years and up.**

**B—Balance  
A—Aerobics  
S—Strength  
I—Inspiration  
C—Co-Ordination  
S—Stretch**



**Our class will feature light aerobics to the beat of fun music. Weight training, stretch, balance, co-ordination and meditation will follow, always with enjoyable sounds as well.**

**As we age, exercise is more important than ever. Regular activity helps you keep the basic skills needed for living well. The single most important thing you can do, is to engage regularly in physical activity!**

**Classes held at the Senior Center, 9547 S. Homan**

**Instructor: Barbara Kolenda**

**Days offered: Tuesdays and Thursdays**

**Times: 8:30—9:30 A.M. or 3:30 —4:30 P.M.**

**Beginning date: 1/31/2017**

**Fee: \$60.00/ 8 weeks**

**SIGN UP NOW AT THE RECREATION DEPARTMENT!!**

**Evergreen Park Recreation Department  
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## **Christmas Break Camp**

The winter camp will consist of a variety of activities including: ice skating, crafts, games, fitness, and field trips. Campers should look forward to making snow angels (if there's snow on the ground), and drinking hot cocoa during those cold winter days.



Held at the Community Center.

**RESIDENTS ONLY! (MUST show current report card)**

**For grades 1st—6th.**

<b>Day/Time</b>	<b>Beg/End</b>	<b>Fee</b>
M-F/9:00 A.M.—3:00 P.M.	12/26—1/6	\$140.00

Total fee must be paid at registration.

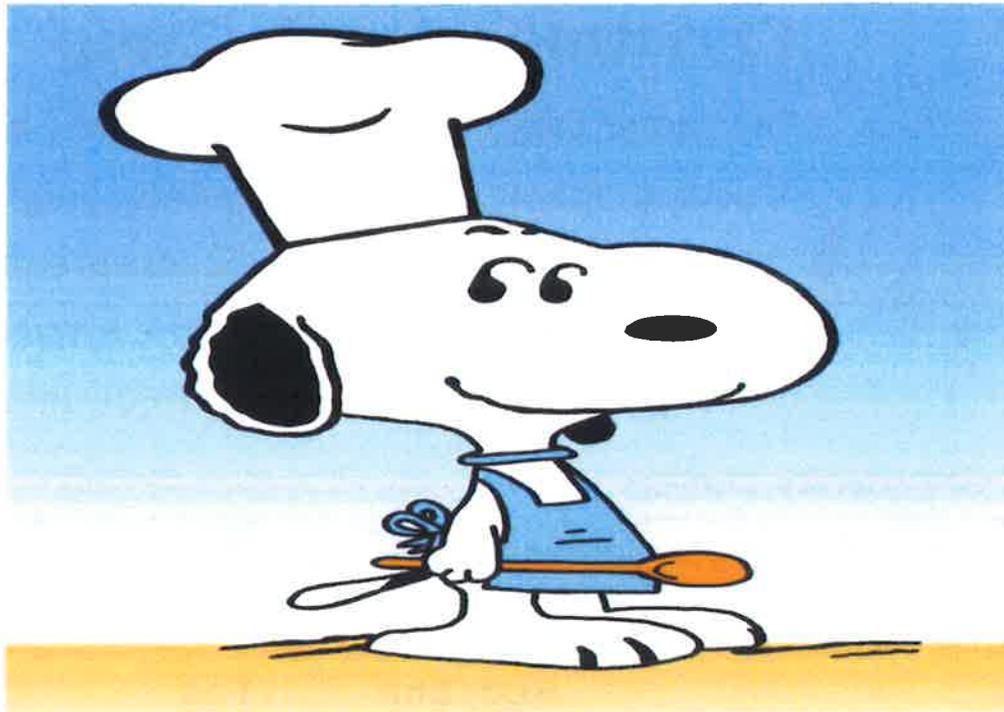
Early drop off (8:00 A.M.) is available for an additional fee of \$10.00 per week, per child.

Late pick up (3:00—6:00 P.M.) is \$30.00 per week, per child.

**REGISTRATION DEADLINE IS FRIDAY, DECEMBER 9, 2016.**



**Evergreen Park Recreation Department  
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## **Cooking Classes**

Join in on the fun at our culinary classes for kids! We will be learning the basics of cooking as well as baking.

We will be able to eat all that we make in class!!

Please let us know about any food allergies.

Head Chef: Ms. Allie

Both classes held at the Community Center, 3450 W. 97th St.

### **For Kdg.—2nd grade**

Saturday, January 21, 9:30—11:00

Fee: \$20.00

### **For 3rd—6th Grades**

Saturday, January 14, 9:30—11:30

Fee: \$25.00



Evergreen Park Recreation Department  
Presents:

# Family Flake Fest

Saturday, February 4th, 2017

1:00 - 6:00 P.M.

**FREE ADMISSION**

## Tentative Schedule

11:30 A.M.—12:30 P.M.

**Artie Kerr's Learn to Skate/Pre-hockey Clinic**

12:30—1:00 P.M.

**Youth Speed Skating Classic—helmet required; all receive a shirt.  
Registration takes place at noon**

1:00—3:00 P.M. (or until gone)

**Bake Sale**

**Cookie Decorating**

**Face Painting**

**Flake Fest Crafts**

**Home Depot crafts**

**Jim Long Ice sculpting**

**Mother Butters Popcorn**

**Oberweis Cocoa**

1:00—6:00 P.M.

**Free Open Skate**

2:00—3:00 P.M.

**Little Company of Mary Hospital Education Station  
EPCHS Snow Queen & Court**

**All festivities are held outside or at the  
Firehouse garage.**

**Please enter on the west side of the building.**

***Yukich Fields—89th & Kedzie***

**Sponsored by The Village of Evergreen Park**

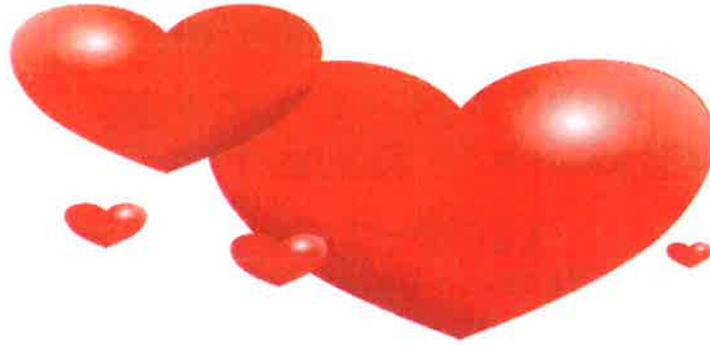
**For more information call: 708.229.3373**

**Family Flake Fest times and events are tentative  
and subject to change without notice**



Evergreen Park Recreation Department  
3450 W 97th Street  
708-229-3373

# Girls Night Out



**When: Friday, 2/10, 6:30—8:00 pm**

**Who: Girls 2nd—5th grade**

**Where: Community Center,  
3450 W. 97th St.**

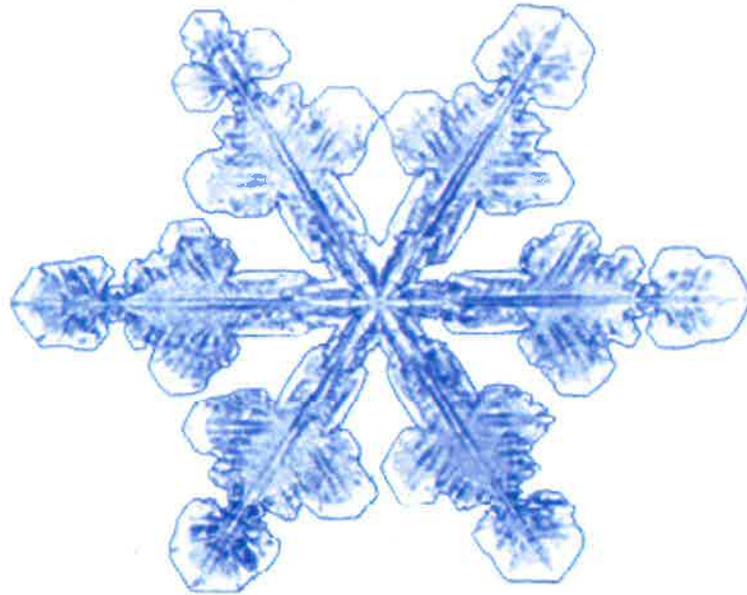
**Fee: \$20.00 per person**

**Gather your gal pals for lots of fun!  
We will make a Valentine day themed  
craft, play some games, have a snack,  
and much more!!**

**Please register at the Recreation  
Department Office, limited space available**

Evergreen Park Recreation Department  
3450 W 97th Street  
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# Girls Night Out



**When: Friday, 1/13, 6:30—8:00 pm**

**Who: Girls 2nd—5th grade**

**Where: Community Center,  
3450 W. 97th St.**

**Fee: \$20.00 per person**

**Gather your gal pals for lots of fun!  
We will make a winter themed craft,  
play some games, have a snack, and  
much more!!**

**Please register at the Recreation  
Department Office, limited space available**

**Evergreen Park Recreation Department  
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**Guitar**

This class is for beginner/intermediate learners. You will learn positions, technique, scales, chords, and sight reading. You may bring either an acoustic or electric guitar.

Held at the Community Center.

Instructor: Larry Kahn

**For ages 9 and up.**

**Day/Time**

W/TBA

**Beg/End**

1/11-/3/1

**Fee/# of weeks**

\$55.00/8 weeks

**Daniel V. Capuano Ice Rink**

The Ice Rink is located at 8900 S. Kedzie Ave. It is an outdoor rink. The opening day is dependent on the weather, as are the daily hours of operation. Please check our Facebook page (evergreen park recreation), or call the Recreation Department office for daily open skate and hockey hours.

**Figure Skating Lessons**

**Moms, Pops, & Tots**

For young children to learn beginning skating skills, and an adult has to be on the ice with his/her child.

**For ages 3 to 5 years**

**Day/Time**

S/9:30—10:00 A.M.

**Beg**

TBA

**Fee/#of weeks**

\$45.00/6 weeks

\$50.00 non-residents

**Youth Lessons**

This class is for children who have never had lessons and for those with a basic knowledge of skating, looking to improve their skills.

**For ages 6 and up**

**Day/Time**

S/10:15—11:00 A.M.

**Beg**

TBA

**Fee/# of weeks**

\$50.00/6 weeks

\$55.00 non-resident

**Evergreen Park Recreation Department's  
TENTATIVE Ice Rink Hours 2016 – 2017 season  
 8900 S. Kedzie Ave**

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**Open Skate**

**Fees for 2 hours open skate**

	<b>Resident</b>	<b>Non-resident</b>	
<b>Tuesday – Friday</b>			
5:00 – 7:00 PM	\$4.00	\$5.00	17 & under fee
<b>Saturday &amp; Sunday</b>	\$5.00	\$6.00	Adult fee
2:00 – 4:00 PM	\$3.00	\$4.00	Senior (65+) fee
4:00 – 6:00 PM			

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**Hockey (All players must wear a hockey helmet)**

**Resident      Non-resident**

<b>Mon., Tue., &amp; Fri.</b>	\$6.00	\$7.00
7:00 – 9:00 P.M.		
<b>Saturday &amp; Sunday</b>		
6:00 – 8:00 P.M.		

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**Holiday Ice Rink Hours:**

December 23, 26, 27, 28, 29, 30, January 2, 3, 4, 5, 6, 9, 16, February 28

**Open Skate**

**Fees for 2 hours open skate**

	<b>Resident</b>	<b>Non-resident</b>	
12:00 – 2:00	\$4.00	\$5.00	17 & under fee
2:00 – 4:00	\$5.00	\$6.00	Adult fee
4:00 – 6:00	\$3.00	\$4.00	Senior fee

**Hockey**

**Fees for 2 hours hockey**

6:00 – 8:00	\$6.00	\$7.00
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December 24, 25, 31, and January 1

**Open Skate** 12:00 – 2:00

**Hockey** 2:00 – 4:00

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**Skate rental fees**

**Resident      Non-resident**

2 hour sessions	\$4.00	\$5.00
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The rink is available for rental, the cost is \$175.00 per hour, please call the office for availability .

**\*These times are tentative, for rink closings, please check our face book page; evergreen park recreation, or call the office, 708-229-3373.**

**Evergreen Park Recreation Dept.**

**(708) 229-3373**

**KIDS FITNESS CLASS**

**FOR AGES – PRESCHOOL-3<sup>RD</sup> GRADE**

It's hard in the cold weather months to find movement activities for your children. This is the perfect class for gaining a little exercise, running off some energy (not in your house), and giving you a break for an hour each week. The first half hour your child will learn about a healthy lifestyle and exercise. The second half hour they will play a games like tag, dodge ball, soccer, basketball, etc.

**Location: Activity Center – Time: 4-5 p.m.**

**Instructor Jen Harmon**

**Beginning: Wednesday, January 11, 2017**

**Fee:\$60/8 weeks – res. \$65/8 weeks – non-res.**



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## Magic Classes

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks from the "Magic Team of Gary Kantor"! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. All materials are provided, and each child receives a magic kit to take home. Held at the Community Center.



**For ages 5–12 years.**

**Fee: \$20.00/class**

### Dates

M/1/9

F 4/28

### Times:

6:45—7:40 P.M.

5:00—5:55 P.M.

## Mom & Tots classes (Dads always welcome!)

A comprehensive gym and movement experience designed to allow the child, with the help of the parent, to learn basic stretching and flexibility exercises. Also, movement education principles to increase balance, coordination and body awareness. These classes include songs, finger exercises, equipment exploration, as well as socialization for the children.



Classes held at the Community Center.

Instructor: Kathy Janulis

**Classes begin the week of January 23**

**Fee: \$50.00/8 weeks**

**\$55.00 non-residents**

**For ages 3-12 months**

### Day/Time

M/10:15—11:00 A.M.

**For ages 13 (must be walking) - 27 months**

### Day/Time

T/10:15—11:00 A.M.

W/10:15-11:00 A.M.

W/ 6:00—6:45 P.M.

**For ages 28–48 months**

### Day/Time

M/11:00—11:45 A.M.

T/11:00—11:45 A.M.

S/10:15—11:00 A.M.

**Nursery** is available for parents who are attending these classes and need nursery service for their other children on M & W A.M. classes. **Fee: \$4.00—1 child**

**\$6.50—2 children**

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### Parents seeking quality childcare

Drop your child off in our fully equipped playroom, supervised by two experienced staff members. We will provide a safe environment for your child to play and a small snack.

Held in room 109 at the Community Center.

**For ages 6 weeks and up**

**Day/Time**

M, W, or F/ 9:00 A.M.—Noon

**Fee**

**\$5.00 per hour—1 child**

**\$7.50 per hour—2 children**

**\$10.00 per hour—3 children**



### Preschool Open Gym



This structured class will include stretching, climbing in and around our obstacle course, playing t-ball, football, soccer, basketball, and more!

Held at the Community Center.

Instructor: Kathy Janulis

**For ages 3 to 5 years**

**Day/Time**

T/12:30—1:30 P.M.

**Beg**

1/24

**Fee/#of weeks**

\$60.00/8 weeks

\$65.00 non-residents



EVERGREEN PARK RECREATION DEPARTMENT

**SPRING SOCCER LEAGUE FOR AGES 4YEARS- 8TH GRADE REGISTRATION**  
**NO REGISTRATION WILL BE TAKEN AFTER 4/14/2017**  
**SOCCER SEASON—5/13—6/24 (6 WEEK PROGRAM)**

**NAME** \_\_\_\_\_ **AGE AS OF 2/27/2017** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **CELL PHONE** \_\_\_\_\_

**EMERGENCY PHONE** \_\_\_\_\_ **E-MAIL** \_\_\_\_\_

**SHIRT SIZE (CHECK ONE)**

- Youth Xtra Small (4 -6)
- Youth Small (size 6-8)
- Youth Medium (size 10-12)
- Youth Large (size 14-16)
- Adult Small
- Adult Medium
- Adult Large
- Adult X-Large

**FEE: \$65.00 RES/\$75.00 NON RES**

(Includes jersey, shorts, and socks)

**FEE WAIVED FOR ONE PLAYER PER FAMILY IF ADULT COACHES.**



I, the undersigned parent or guardian of the above named child consent to the attendance of said child and do hereby release and discharge Evergreen Park Recreation Department and/ or its employees/volunteers from any and all liabilities for any injuries sustained by said child while in attendance of the Evergreen Park Recreation Department Soccer program. I, also consent to my child being photographed for use on the Evergreen Park Soccer website.

\_\_\_\_\_  
**PARENT OR GUARDIAN (PRINT NAME AND SIGN)**

**DATE** \_\_\_\_\_ **PLAYERS YEARS OF EXPERIENCE** \_\_\_\_\_

**I WOULD LIKE TO VOLUNTEER TO COACH- PLEASE FILL OUT**  
**(THIS WILL REQUIRE YOU TO ATTEND A MANDATORY MEETING (TBD)**  
**REGISTRATION FEE WAIVED FOR ONE PLAYER PER FAMILY.**

**COACH'S NAME** \_\_\_\_\_

**PHONE & E-MAIL** \_\_\_\_\_

**DIVISION TO COACH** \_\_\_\_\_ **YEARS OF SOCCER EXPERIENCE** \_\_\_\_\_ **SHIRT SIZE** \_\_\_\_\_

**Evergreen Park Recreation Department  
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**Step & Strength**

Class taught by a certified fitness instructor. You will work all the major muscle groups using weights and tubing. Please bring handheld weights to class. Held at the Community Center.

Instructor: Kathy Janulis.

Child care is available for Mon. & Wed. classes only.

<b>Day/Time</b>	<b>Beg</b>	<b>Fee/ # of weeks</b>
M/9:00-10:00 A.M.	1/23	\$40.00/8 weeks

**Step & Abs**

<b>Day/Time</b>	<b>Beg</b>	<b>Fee/ #of weeks</b>
W/9:15—10:00 A.M.	1/25	\$35.00/8 weeks

**Strength Only**

<b>Day/time</b>	<b>Beg</b>	<b>Fee/ # of weeks</b>
TH/9:15—10:00 A.M.	1/26	\$35.00/8 weeks



# Swim Programs

All swim programs are held at Evergreen Park High School.



## Group Swim Lesson

Students must be able to dress/undress themselves and toilet independently. Children are placed into small group stations according to their ability and advance to the next station after passing skills tests. Sessions will be limited to 24 students, so enroll early. Parents are welcome to watch all lessons from the balcony viewing area.

**For ages 4 and up**

### Day/Time

S/11:00—11:45 A.M. or  
12:00—12:45 P.M.

### Beg/End

1/21—3/11

### Fee/# of weeks

\$55.00/8 weeks

Non-residents \$60.00/8 weeks

**Private Lessons: [ep\\_privatelessons@outlook.com](mailto:ep_privatelessons@outlook.com)**

## Moms, Pops, & Tots Swim Classes

An instructor will be present to lead all group lessons. This class will help your child develop a positive attitude at **an early age. Both the child and parent participate. Child must wear a swim diaper** and plastic pants. One adult must attend with each registered child.

**For ages 6 to 48 months + an adult**

### Day/Time

S/2:00—2:30 P.M.

### Beg/End

1/21—3/11

### Fee/# of weeks

\$45.00/8 weeks

\$50.00 Non-resid.

## Open Swim

If a child is 12 years or younger and is attending open swim, a parent must fill out an emergency contact form and sign the child in and out.

Session 2: 1/21—3/8

### Day/Time

M&W/7:30-8:30 P.M.

S/1:00—3:00 P.M.

### Fee

\$60.00 individual pass, \$100.00 family pass,

\$ 5.00 pay as you go

Non-residents: \$70.00 individual pass, \$110.00 family pass,

\$ 7.00 pay as you go

## Water Aerobics

Workout to fun, aerobic routines while staying cool. This low impact cardiovascular workout is great for anyone. Shallow end. Held at Evergreen Park High School Pool.

**Ages 18 yrs. and up**

### Day/Time

T&Th/7:30—8:30 P.M.

### Beg/End

1/24—3/9

### Fee/# of weeks

\$65.00/7 weeks

\$75.00 Non-resid.



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## Taekwondo



Classes are taught under the direction of G. Master Ki Hong Kim (9th Dan World Taekwondo Federation). Students have the opportunity to improve concentration and self-esteem, achieve life-long fitness, and learn self-defense skills. Classes are age level appropriate. A \$45.00 uniform fee is required at the first class of the 2nd session. Belt testing is offered 2x per year through KH Kim Taekwondo for an additional fee of \$70.00 per test. All colored belt students are required to have complete sparring gear.

### **Little Dragons (Age 4-5) 3:35-4:15 P.M.**

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training.

### **Early Taekwondo (Age 6-7) 4:20-5:05 P.M.**

Designed especially for the younger children of 6-7 years, this program helps kids develop conditioning, coordination, listening skill, and self-confidence through creative activities.

### **Youth Taekwondo (Age 8-13) 5:10-5:55 P.M.**

This program offers a balanced cardiovascular workout including punching, kicking, and blocking skills, using the Taekwondo tradition and self-control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline. All classes are held at the Community Center.

<b>Day</b>	<b>Beg/End</b>	<b>Fee/# of weeks</b>
M	1/16-3/13	\$64.00/8 weeks

## Tai Chi for Arthritis and Fall Prevention

Tai Chi is a program designed by a medical doctor and based on the easy-to-learn Sun style Tai Chi. It increases flexibility, muscle strength, and heart/lung activity. Can be done standing, seated, or with a chair for support.

Held at the Senior Center. Instructor: Diane Ryan

<b>Day/Time</b>	<b>Beg/End</b>	<b>Fee/# of weeks</b>
F/10:00-11:00 A.M.	1/6-2/24	\$65.00/8weeks



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## Tumbling

We will introduce some basic movements such as tuck, and straddle rolls, bridges, handstand, and cartwheels to our beginners. We will work on improving these basic skills and adding more advanced skills such as running round offs, front and back walkovers, and front and back handsprings for our returning students.

Held at the Activity Center on Tuesdays.

Time based on registration, earliest time will be 4:00 P.M.

**For ages 4 and up**

**Day/Time**

T/TBA

**Beg/End**

1/10—3/14

**Fee**

45 minute class is \$73.00

60 minute class is \$75.00

+ \$5.00 non- residents



## Cheer Tumbling

The cheer/tumbling combo class is a great way for students to get started if they are interested in trying out for cheerleading or to enhance their skills! These classes will provide instruction on basic tumbling skills as well as cheer fundamentals such as: cheers, chants, motions, jumps, dances, and exercises.

Held at the Activity Center on Tuesdays.

**For grades 4th and up**

**Day/Time**

T/TBA

**Beg/End**

1/10—3/14

**Fee/ #weeks**

\$75.00/10 weeks



**Evergreen Park Recreation Department**  
**3450 W. 97<sup>th</sup> Street**  
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**Yoga dates/times**

Come and revitalize and refresh your body and mind with Yoga classes guided by a certified yoga instructor from the Temple of Kriya Yoga with years of experience. Instructor: Mary Ann Zellmann

**Fee: \$48.00 for 6 week session**

**Beginning/Continuing Yoga:** Enjoy yoga postures and breath awareness. Pace of class will be adapted according to the students' needs!

**All Tuesday classes,( beginning/continuing) 5:45 – 6:45 P.M. & 7:00 – 8:00 P.M. held at the Community Center, 3450 W. 97<sup>th</sup> Street**

**Tuesday dates:**

**January 17, 24, 31**

**February 7, 14, 21**

**Following session:**

**February 28**

**March 7, 14, 21, 28**

**April 4**

**Gentle Yoga:** Postures will be modified to accommodate your needs. Weight bearing in the knees and wrists will be minimal. Learn yoga breathing and relaxation techniques.

**Wednesdays, (gentle) 10:00 – 11:15 A.M., held at the Senior Center, 9547 S. Homan.**

**Power Vinyasa Yoga:** Some knowledge of yoga postures and a basic fitness level recommended for this class which will provide an intense body-mind workout.

**Wednesdays, (power/ all level Vinyasa) 8:00 – 9:15 P.M., held at the Community Center**

**Wednesday dates:**

**January 18, 25**

**February 1, 8, 15, 22**

**Following session:**

**March 1, 8, 15, 22, 29**

**April 5**

**P.S. As a courtesy to your fellow students, please refrain from wearing scents, and remember to turn off or silence your cellphones.**



EVERGREEN PARK RECREATION DEPARTMENT  
(708) 229-3373

## YOUNG REMBRANDT'S DRAWING CLASSES

Young Rembrandt's teaches drawing in an entertaining and positive setting that ensures success for every child. Each season we offer classes that enhance basic drawing techniques, train students in color theory and boost self-confidence.

New drawings are based on seasonal themes. Insure your child's imaginative spirit and bolster education skills that will benefit them all year long. Don't miss out, enroll now!!

**DRAWING/CARTOONING**

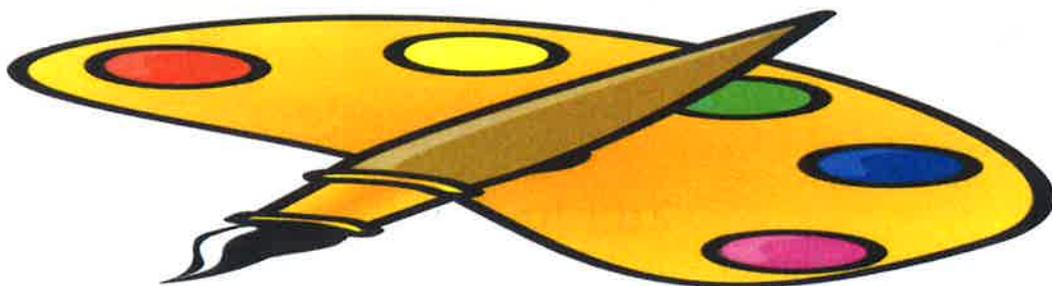
**AGE: 5-12 YEARS**

**DAY: SATURDAYS**

**TIME: 10:30 – 11:15 A.M.**

**SESSION 2 – STARTING 1/14/2017**

**FEE: \$41 – 4WEEKS**



Evergreen Park Recreation Department  
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### Zumba

Classes create a party-like atmosphere that is incredibly fun, different, and so easy to follow that EVERYONE of any age can do it!!

Held at the Community Center.

Instructor: Kathy Janulis

**Day/time**

S/9:00-10:00 A.M.

**Beg**

1/28

**Fee/#of weeks**

\$50.00/8 weeks



### Zumba Gold

Move and Groove to a better you. Zumba Gold is for beginners and active adults—a slower paced, low impact version of Zumba that's just as fun!!

Held at the Community Center.

Instructor: Kathy Janulis

**Day/Time**

M/6:30—7:30 P.M.

**Beg/End**

1/30

**Fee/#of weeks**

\$50.00/8 weeks