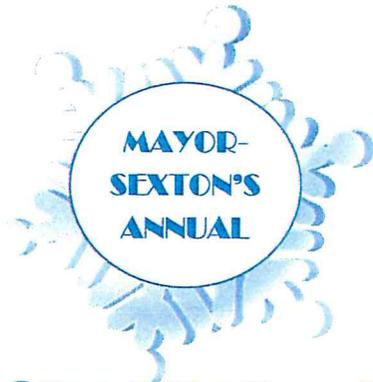


Evergreen Park Recreation Department

3450 W. 97th Street
708-229-3373

Winter/Spring Programs



**Family Flake Fest
Saturday,
February 4th, 2017**



Register now for all classes!



Registration is open for:

B.A.S.I.C.S.

Beyond the Arc Basketball

Cooking Class

Girls Night Out

Guitar

Ice Skate Lessons

Magic

Mom & Child

Nursery

Preschool Open Gym

Spring Soccer

Swim information

Tae Kwon Do

Tai Chi

Whiffle T-Ball

Yoga

Young Rembrandts Drawing

Swim Program

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

4/1—5/27
*no swim 4/15

Fee/#of weeks

\$55.00/8 weeks
Non-residents \$60.00

Private Lessons: 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

4/1—5/27
*no swim 4/15

Fee/# of weeks

\$45.00/8 weeks
Non-residents \$50.00

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: 4/1—5/27 *no swim 4/15

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
N/R \$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

3/28—5/23

Fee/# of week

\$80.00/8 weeks
\$90.00 Non-residents



Evergreen Park Recreation Department
3450 W. 97th 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



Health
Wellness

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: TBA (Mid to end of March)

Fee: \$60.00/ 8 weeks

SIGN UP NOW AT THE RECREATION DEPARTMENT!!

**EVERGREEN PARK RECREATION DEPARTMENT (708) 229-3373/74
BOYS AND GIRLS BASKETBALL DEVELOPMENT LEAGUE
(ages 6-9)**



**The Evergreen Park Recreation Department
&
Beyond the Arc Academy**

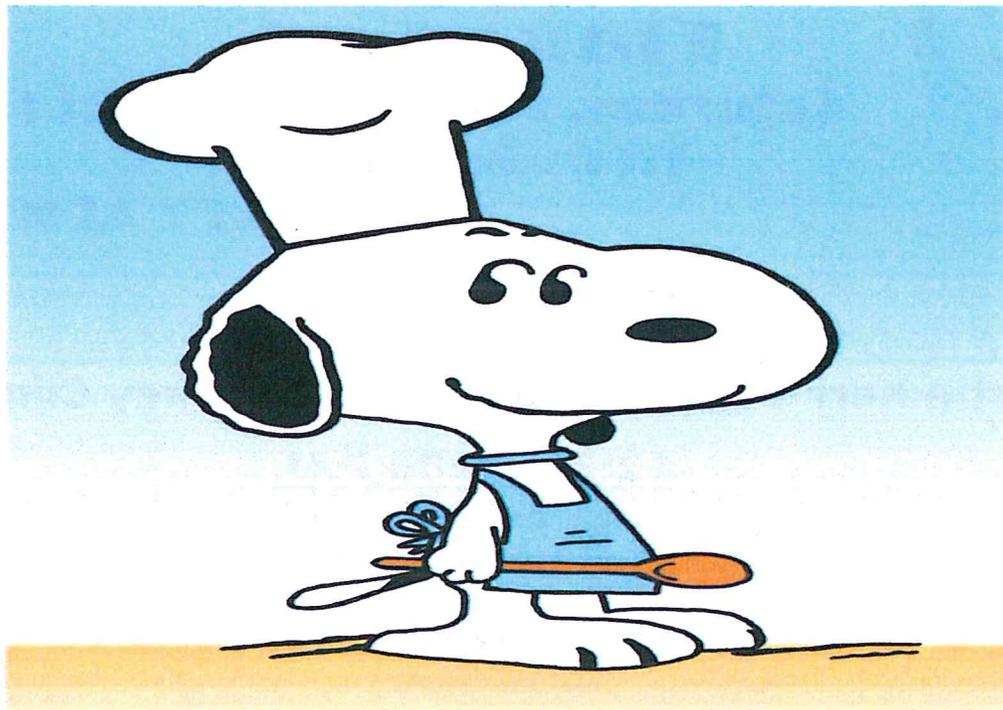
Beyond the Arc Academy will partner with the Evergreen Park Recreation Department for an instructional league. Players will receive a team shirt and play 40 minute games with equal playing time. Players will participate in 3 weeks of skills and drills, focusing on the fundamentals of individual and team play followed by 5 weeks of team play.

Fee: \$60 for 8 weeks

Days & times: Sun. 3:00-4:00 P.M. – Feb. 26 – April 16, 2017

Location: Activity Center, 3220 W. 98th St.

REGISTRATION IS ONGOING AT THE COMMUNITY CENTER 9:00 A.M.-5:00 MONDAY THRU FRIDAY AND SATURDAYS 9:00 A.M. - NOON AND WILL CONTINUE UNTIL CLASSES START – CALL (708) 229-3373 IF YOU HAVE ANY QUESTIONS!!!



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.

Register for one or both classes!

Head Chef: Ms. Allie

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

For Kdg.—2nd grade

Saturday, February 11, and March 25, 9:30—11:00 A.M.

Fee: \$20.00 per class

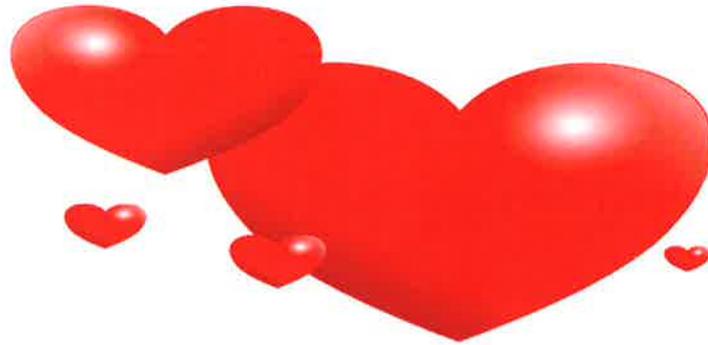
For 3rd—6th Grades

Saturday, February 25, and March 11, 9:30—11:30 A.M.

Fee: \$25.00 per class

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

Girls Night Out



When: Friday, 2/24, 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
708-229-3373

Girls Night Out



When: Friday, 3/10, 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 St. Patrick's 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
708-229-3373**



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 (after 5:00 P.M.)

Beg

4/5

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

2/4

Fee/ #of weeks

\$45.00/6 weeks

\$50.00 non-resident

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

2/4

Fee/ # of weeks

\$50.00/6 weeks

\$55.00 non-resident

Evergreen Park Recreation Department
3450 W. 97th Street
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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

F 4/28

Times:

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 30

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

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

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

1/31

Fee/ #of weeks

\$60.00/8 weeks

\$65.00 non-residents



**Evergreen Park Recreation Department Soccer
2017 Spring Registration Ends on 4/14/17
Fee: \$65 Res/\$75 Non Res**

Player Information

Name: _____

Date of Birth: _____ **Sex: Male or Female**

Years of Soccer Experience: _____

Uniform Size (Circle): YXS YS YM YL AS AM AL AXL

Guardian Information

Name: _____

Address: _____

Cell Phone: _____

Email: _____



Emergency Contact

Name: _____ **Phone:** _____

I, the undersigned parent or guardian of the above named player consent to the attendance of said player 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 player while in attendance of the Evergreen Park Recreation Department Soccer Program. I, also consent to my player being photographed for use on all Evergreen Park Recreation Department Platforms.

Guardian Signature: _____ **Date:** _____

Coach Volunteer

Coaches Name: _____

Cell Phone & Email: _____

Age Group: _____ **Years of Experience** _____ **Jersey Size** _____

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

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.

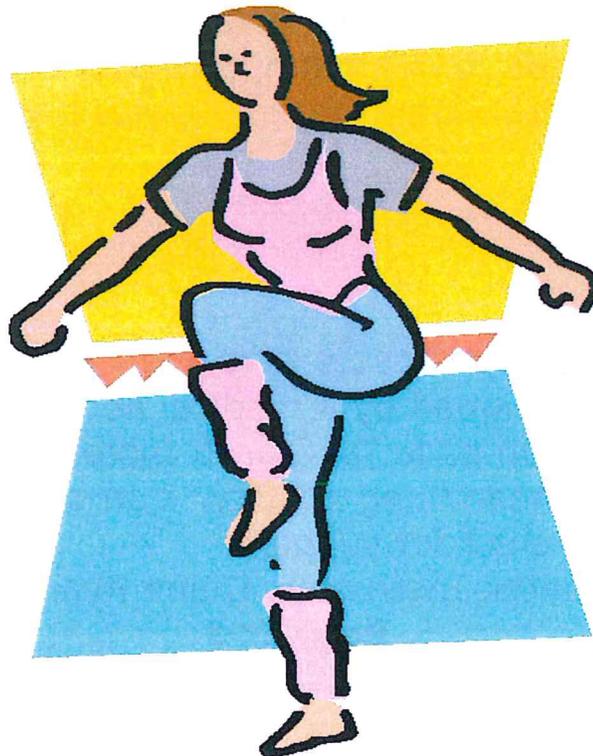
Day/Time	Beg	Fee/# of weeks
M/9:00-10:00 A.M.	1/23	\$40.00/8 weeks

Step & Abs

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

Strength Only

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



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

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.

Day	Beg/End	Fee/# of weeks
M	3/20—5/15	\$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

Day/Time	Beg/End	Fee/# of weeks
F/10:00—11:00 A.M.	1/27	\$65.00/8weeks



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

Whiffle T-Ball

This instructional, non-competitive, outdoor league will begin in the spring of 2017. The teams meet once a week, on either Wednesday or Saturday. The last game will be a night game played at Klein Park, on a Wednesday.

All players will receive a t-shirt, and baseball hat.

Mitts are optional.

Held at the Activity Center T-ball fields.

For ages 3 to 5 years

Day/Time

W/6:00—7:00 P.M.

S/10:00—11:00 A.M.

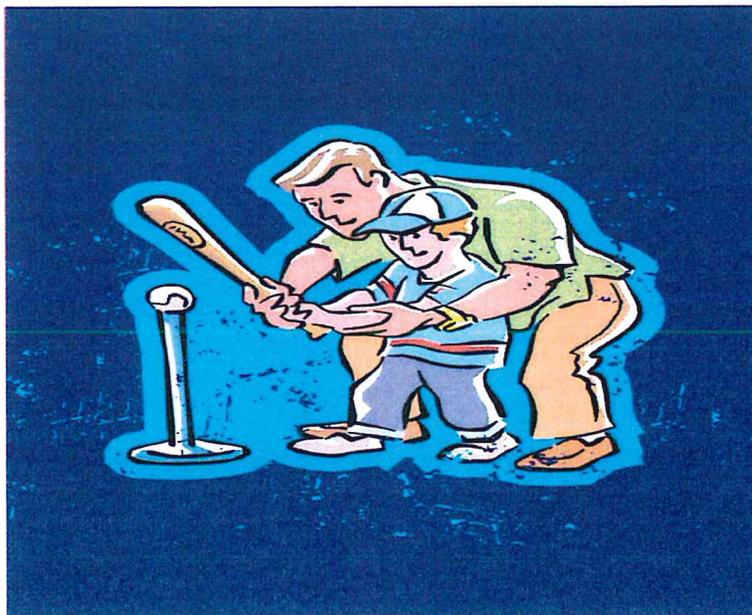
Beg

April

Fee/# of weeks

\$55.00/6 weeks

\$60.00 non-residents





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

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. 97th 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

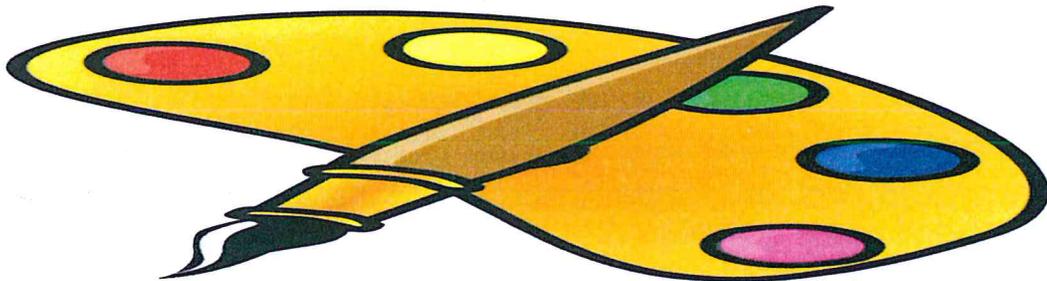
AGE: 5-12 YEARS

DAY: SATURDAYS

TIME: 10:30 – 11:15 A.M.

SESSION 2 – STARTING 2/25/2017

FEE: \$41 – 4WEEKS



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

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