

CITY OF PALOS HILLS RESOURCE & RECREATION

Summer 2022

This activity is not sponsored by Palos School District 118, any of its schools or groups officially associated with the District.

TOUCH A TRUCK



MOVIE NIGHT





**PALOS HILLS
FRIENDSHIP FEST 2022
107th and 88th Avenue**

**Thursday, July 7
6:00 - 10:30 pm**

Wilson Family Carnival - 6:00-10 pm
Pay One Price Day of \$30 from 6:00-10 pm
Food Court opens at 6:00 pm
**Free face painting by
Paint on Me Inc. - 6:30-8:30 pm**
Music Line-up - Beer Garden
One of these Nights - 7:30-10:30 pm
(Eagles cover band)

**Friday, July 8
6:00 - Midnight**

Special Needs Time - 3:00-5:00 pm
Wilson Family Carnival - 6:00-11:30 pm
Food Court Opens at 6:00 pm
BINGO 7 - 10:00 pm
Music Line-up - Beer Garden
Centerfold Band - 6:00-8:15 pm (Pop/Rock)
Infinity - 9:00-11:30 pm (Rock)

Mega Passes

\$50.00 if purchased - July 7th by Noon
\$60.00 at Friendship Festival
**Advanced purchase of Mega Passes available
only at Palos Hills Community Center.**
**Pay one price arm bands \$30.00 per person/
per day during these times only:**
Thursday 6:00 to 10:00 pm
Saturday 12:00 to 4:00 pm

**Saturday, July 9
Noon - Midnight**

Wilson Family Carnival - 12-11:30 pm
Pay One Price of \$30 from 12 - 4:00 pm
Food Court Opens at noon
Arts & Crafts Vendors - 12-8:00 pm
Palos Hills Horsemen Association - 1-4:00 pm
Free Pony Rides & Petting Zoo 1 - 5:00 pm
Magician Jeff Blake - 2:00-3:00 pm
BINGO 7:00-10:00 pm
**Kid's Entertainment -
Music Line-up - Beer Garden**
The Ron Burgundy's - 6:00-8:15 pm
(80's)
American English - 9:00-11:30 pm
(Beatles cover band)

**Sunday, July 10
1:00 - 10:30 pm**

Wilson Family Carnival - 1:00-10:30 pm
Food Court Opens at noon
Arts & Crafts Vendors - 1-10:00 pm
Palos Hills Horsemen Association - 1-4:00 pm
Free Pony Rides & Petting Zoo - 1 - 5:00 pm
Amazing Tim Adamz, Magician - 2:00-3:00 pm
BINGO 7-10:00 pm
Music Line-up - Beer Garden
Friday at 5 - 4:45-6:15 pm
(Pop/Rock)
Coverlicious - 7:00-10:30 pm
Fireworks at Dusk!

**DOUBLE K PRODUCTIONS
CLASSIC CAR SHOW**

Sunday, July 10
9:00 am - 4:00 pm
Registration - 9 am
\$25 day of the show
www.doublekproductions.com

Park Memorial Program

The City of Palos Hills offers an opportunity for you to honor a loved one in a special way through our park memorial program. Opportunities are available to purchase an oak tree with a plaque or park bench with a plaque at Bennett Park or an inscribed brick at Town Square Park. The inscribed brick is a particularly excellent way to remember and honor a deceased loved one who has served in the Armed Forces. For more information, please call Kristin at the Palos Hills Community Center, 708-430-4500.



2022 Beautification Contest

With the beautiful days of spring upon us, Alderman Kleefisch, the Beautification Committee and the Community Resource Department want to inform residents that we are preparing to conduct our annual beautification contest for residences, businesses, multiple family residences, churches and schools. Over the past 16 years, we have had many positive comments about this friendly competition, which encourages everyone to put their gardening and decorating talents to good use.

Last year Alderman nominated at least ten residents in their Ward. In addition, you can choose to nominate your neighbor or local business also. You can email your nomination to recreation@paloshillsweb.org or either mail or drop off your nomination to the Community Resource Department at 8455 W. 103rd Street, Palos Hills. If you are nominating someone or a business, please provide your name and phone number as well as that of the person or business you are nominating. A completed nomination form gives that property an opportunity to be judged as a possible winner. However, the judges must determine that the property rates highly in all or a majority of the categories. Upgrading your property from two years ago should improve your chances.

All judging will be conducted by local volunteers. Due to time constraints, the judges will focus solely on front and side yards. Our judges will be rating properties in these categories: **general appearance of buildings, fencing and edging, and overall landscaping including lawns, shrubs, evergreens, trees and color accents.**

All nominees will receive a certificate of recognition at an awards ceremony and a lawn sign. Each ward will also have a grand prize winner (multiple in each ward depending on scoring) whose name will be part of a raffle. The prize for this raffle will be donated by a local business.

Start sprucing up your property, and planting your spring annuals as you add to the overall beauty of our attractive city and enhance the quality of life for everyone in Palos Hills. Good Luck to All! **The contest entry form is on the next page.**



City of Palos Hills 2022 Beautification Contest Entry Form



Homeowner's Name: _____

Address: _____

Phone: _____ E-mail: _____

Nominator's Name: _____

Phone: _____ E-mail: _____

Please check the appropriate box:

- Home Townhome Condo Multi-family
 Retail Business Religious Building Banking Institution
 Service Station Commercial Building Restaurant

Our judges will be rating properties in these categories:

1. General appearance of buildings, fencing and edging
2. Overall landscaping
 - Lawns
 - Shrubs, evergreens and trees
 - Color accents
3. Only those properties who have completed an entry form will be judged.
4. Judging will focus solely on front and side yards.
5. Winners from the 2021 Beautification Contest are not eligible to enter until 2023.
6. Judging will take place from August 8 to 12, 2022.
7. **All entries must be received by July 29, 2022 at 5:00 pm.**

Please read carefully. I understand that by entering the 2022 Beautification contest I allow, should I be a winner, the City of Palos Hills to publish a photograph, my family name and the address of my home in published material, including City website in connection with the contest. I release and agree to hold the City of Palos Hills, its agents, and its contractors harmless from any and all claims, damages, or liabilities resulting from entry into the Beautification Contest and I agree not to bring any such claims against the released parties at any time in the future. If I am not the owner on record I am over 18 years of age and have the full right and authority to execute this Release and Waiver.

Signature

Date

Community Resource & Recreation Dept.
 8455 W. 103rd Street
 Palos Hills, IL 60465
 (708) 430-4500
 Fax (708) 430-8376
 Website: www.paloshillsweb.org
 Email: recreation@paloshillsweb.org

Staff

Kristin Violante, Commissioner
 Edward Jung, Superintendent of Recreation
 Sandy DeMoor, Community Resources Supervisor
 Lisa Kline, Office Clerk
 Kelly Schaefer, Playschool Teacher

City of Palos Hills Recreation Board

Mayor Gerald R. Bennett
 Alderman Dawn M Nowak, Chairman
 Alderman Marty Kleefisch
 Alderman Pauline Stratton

City of Palos Hills Community Resource Board

Mayor Gerald R. Bennett
 Alderman Mike Price, Chairman
 Alderman Pauline Stratton
 Alderman Phil Abed

Mission Statement

The Palos Hills Community Resource & Recreation Department (CRD) strives to maximize its resources to provide the community with high quality, diverse and economic leisure opportunities; through open space preservation, park development, administration and active and passive recreational program offerings.

Americans with Disabilities Act

In compliance with the Americans with Disabilities Act, the City of Palos Hills Community Resource & Recreation Department will make reasonable accommodations for individuals with a disability when using facilities or programs to enable participation. If you have any questions about the Park Department's compliance, please contact the Palos Hills Community Resource & Recreation Department at 430-4500.

Special Recreation

The Palos Hills Community Resource & Recreation Department is a cooperative member of the Oak Lawn Park District Special Recreation Agency. Residents of Palos Hills with special needs can participate in programs at Oak Lawn at the resident rate. Brochures for Oak Lawn Park District Special Recreation, 708-857-2200, programs are available at the Palos Hills Community Center, 8455 W. 103rd St.

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Registration

Because we cannot control when the post office delivers this publication to all of our residents, please call the Community Center to ask when resident and non-resident registration begins.

Visit us online at www.paloshillsweb.org
 or on Facebook at
**City of Palos Hills Resource and Recreation
 Department**

FALL TOT SCHOOL

TOT-STUFF PLAYSCHOOL

Tot Stuff Playschool is a balanced program designed to meet the educational, social, creative and emotional needs of children. Each class will include pre-academic reading skills; learning games for colors, shapes, and letters; circle time; songs; and play time. **Kids must be potty-trained in order to attend.**

Parents of first time registrants should bring a copy of their child's birth certificate along with their registration form. Due to purchasing supplies in advance, no refunds or credits will be given after the first day of class. In order to provide consistency to our students, no new students will be accepted after the first session. Your child will have to wait until the winter 2023 session to register. Students enrolled in playschool may come in and drop off supplies on Wednesday, August 17 from 10:00 am - noon. **Note: No class September 5, October 10, November 8, 11, 24, 25.**

A \$50.00 non-refundable, non-transferable deposit is required to hold your spot for the 2022/2023 school year. Full payment for at least the first session must be paid by July 15 or your spot may be given to the next child on the waiting list.

4 & 5 year olds

Location: Community Activity Center
Ages: 4 & 5 years old (**Must be 4 by September 1, 2022**)
Time: 9:00 - 11:30 am -
Days: Mondays, Wednesdays & Fridays
Dates: **Session 1** August 22 - October 14 (22 classes) #220704-A R:\$264.00/\$284.00
Session 2 October 17 - December 21 (27 classes) #220704-B R:\$324.00/\$344.00
Session 1 Balance #220704-C R:\$214.00/\$234.00
Session 1 Deposit #220704-D \$50.00
Maximum: 15 students

3 & 4 year olds

Ages: 3 years old (**Must be 3 by September 1, 2022**)
Time: 9:30 - 11:30 am
Dates: **Session 1** August 23 - October 13 (16 classes) #220705-A R:\$184.00/\$204.00
Session 2 October 18 - December 20 (17 classes) #220705-B R:\$196.00/\$216.00
Session 1 Balance #220705-C R:\$134.00/\$154.00
Session 1 Deposit #220705-D \$50.00
Maximum: 13 students

Time: Noon - 2:00 pm (*This class needs 5 students to run.)
Dates: **Session 1** August 23 - October 13 (16 classes) #220707-A R:\$184.00/\$204.00
Session 2 October 18 - December 20 (17 classes) #220707-B R:\$196.00/\$216.00
Session 1 Balance #220707-C R:\$134.00/\$154.00
Session 1 Deposit #220707-D \$50.00

Days: Tuesdays & Thursdays
Teacher: Ms. Kelly
Assistant: Mrs. Hearne

SMALLS & EARLY CHILDHOOD PROGRAMS

FALL START SMALL - PRE-PLAYSCHOOL CLASS

Join us for SMALLS. This 90 minute class is perfect for those just beginning to leave mom, dad, or other caregivers for a short time or are too young for preschool. We will introduce school skills, math and reading readiness, and have fun doing it. Kids do not need to be potty-trained but parents need to be available by phone. Teachers cannot change diapers.

Location: Community Activity Center
Time: 9:30-11:00 am
Day: Tuesdays & Thursdays
Dates: **Session 1:** August 30 - October 20 (16 classes) #220702-A
Session 2: October 25 - December 22 (16 classes) #220702-B
Not November 8 & 24
Cost: **Session 1:** Resident: \$128.00 Non-Resident: \$138.00
Session 2: Resident: \$128.00 Non-Resident: \$138.00
Day: Wednesdays & Fridays
Dates: **Session 1:** August 31 - October 21 (16 classes) #220703-A
Session 2: October 26 - December 23 (15 classes) #220703-B
Not November 11, 23, & 25
Cost: **Session 1:** Resident: \$128.00 Non-Resident: \$138.00
Session 2: Resident: \$120.00 Non-Resident: \$130.00
Age: 2 - 3 year olds
Min/Max: 4/9 **Teacher:** Ms. Anna

SNAPOLOGY CLASSES—NEW!

Animal Explorers

The animals living in our backyards or in our towns are very different from the animals in other parts of the world. In Snapology's Animal Explorers class, students will learn where animals live and why an animal's habitat is important for survival. Through stories, games, and building animals with DUPLO® blocks, your little learner will be busy exploring biomes of the world while gaining critical social and developmental skills without even realizing it!

Location: **Session 1:** Community Activity Center
Session 2: Worth Park District—11500 S. Beloit Avenue
Age: 3-5 years old
Time: 9:00-10:00 am
Day: Saturdays
Dates: **Session 1:** June 4—25 #130221-1
Session 2: July 16-August 6 #130222-1
Cost: \$70.00/session
Min/Max: 6/20

EARLY CHILDHOOD SPORTS

T-BALL CLINIC

This introductory T-ball program is perfect for a child who wants to have fun and learn about baseball. Participants will learn the skills needed to play baseball, including offense and defense, as well as the rules of the game. All you need to do is bring a glove.

Ages: 3-5 years old
Days: Tuesdays
Dates: July 12 - August 16 #121010-1
Time: 5:00 - 5:45pm
Cost: R:\$30.00/NR:\$35.00
Min/Max: 4/8

INTRO TO SPORTS

Each week we will feature a new sport. Some of the sports the students will learn include basketball, soccer, baseball and flag football. Children will have the opportunity to learn new skills and develop confidence in playing various sports.

Ages: 3-5 years old
Days: Thursdays
Dates: July 14 - August 18 #121011-1
Time: 5:00 - 5:45 pm
Cost: R:\$30.00/NR:\$35.00
Min/Max: 4/8

INTRO TO SOCCER

This introductory soccer program is perfect for a child who wants to have fun and learn about soccer. Participants will learn the skills needed to play soccer—including dribbling, passing and shooting and the rules of the game. Register quickly! These classes fill up fast!

Ages: 3-5 years
Days: Saturdays
Dates: July 16-August 20 #121013-1
Time: 9:00 - 9:45 pm
Cost: R:\$30.00/NR:\$35.00
Min/Max: 4/8

LIBRARY PROGRAMS AT BENNETT PARK

The Green Hills Public Library District will be providing some summer programming at Bennett Park located at 10801 S. Roberts Road, Palos Hills. For more information and to register, please visit www.greenhillslibrary.org. Registration takes place at the Green Hills Public Library.

Read to the Dogs - May 10 - 4:30-5:30pm—Sharpen your reading skills by reading to the cutest therapy dogs! Once you complete your book, we will take your picture and hang it up in the Library. Limit 20.

Zumba - May 23 - 6pm - Let's get moving! Come to the Park and try out Zumba! Zumba is a workout that combines dancing and fun! Limit 10. Ages 6 years and older.

Summer Reading Kick off - Monday, June 13—3-7pm - Join us to start off the Library's Summer Reading Program!

SUMMER CAMP

FULL DAY CAMP

(Entering Kindergarten - 7th Grade)

Spend the day participating in a variety of events. Each day will be filled with something different to do: games, crafts, sports, theme days and more. Campers will participate in a special event each session. Those events are listed by session. **No camp June 28 ** July 4 or 11.**

Location: Community Activity Center

Days: Monday - Friday

Dates: **Session 1** June 6 - June 17 - Inflatable Obstacle Course #130651-A

Session 2 June 20 - July 1 - Snapology, In House Field Trip #130651-B

Session 3 July 5 - July 15 - Friendship Fest #130651-C

Session 4 July 18 - July 29 - The Zone, Bus Field Trip #130651-D

Session 5 August 1 - August 5 - End of summer Bash #130651-E

Whole Summer June 6 - August 5 #130651-G

Cost: **Session 1** R:\$225.00/NR:\$235.00

Session 2 R:\$202.00/NR:\$222.00

Session 3 R:\$180.00/NR:\$190.00

Session 4 R:\$225.00/NR:\$235.00

Session 5 R:\$112.00/NR:\$132.00

Whole Summer R:\$792.00/NR:\$837.00

Time: 9:00 am - 4:00 pm

Note: Kids entering kindergarten in the fall are eligible for this camp. Those entering 4/5 year old preschool in the fall should enroll in tot camp.

Maximum/Session: 50 campers

****** On June 28 the Community Center will be a site for local elections, as a result, we have to limit the amount of campers who come to camp that day. We will take a maximum of 30 campers on that day. You will need to register separately. First come, first serve.

#120646-A Fee: \$22.50 per camper

TOT CAMP

(3 - 4 years old)

This camp is for those who are 3 - 4 years old. It is taught by our Playschool teachers who have years of experience in the preschool setting. Come and play the summer away with us. This camp runs Monday - Thursday in the mornings. We will play, make crafts, listen to stories, and play with our friends. An in house activity with Snapology is scheduled for Session 1. **No camp July 4 or 11.**

Location: Community Activity Center

Day: Monday—Thursday

Dates: **Session 1** June 6 - July 7 #120645-1

Session 2 July 12 - Aug. 4 #120645-2

Time: 9:00-11:00 am

Cost: **Session 1** R:\$174.00/NR:\$184.00

Session 2 R:\$128.00/NR:\$138.00

Ages: 3 - 4 years old

Min/Max: 8/12

Note: Those kids still in preschool in the fall are eligible for this camp. Those kids entering kindergarten in the fall should register for full day camp. This camp fills quickly!

YOUTH PROGRAMS

CULINARY CREATORS

Join us for an hour of fun in the kitchen. We will spend the first class searching for fun recipes to make throughout the summer. Let your creativity wander. Please let staff know about any food allergies. **Perfect after camp program!**

Location: Community Activity Center
Dates: June 7 - August 2, Not July 5
Day: Tuesdays #130927-1
Time: 4:00 - 5:00 pm
Ages: 5 - 12 years old
Cost: R:\$48.00/NR:\$68.00
Min/Max: 4/10

SNAPOLOGY CLASSES—NEW!

MINECRAFT®

Travel to the nether with Snapology, but watch for those creepers! Come join us as we bring Minecraft® to life using LEGO® bricks. Create your world, including animals, creepers, and your very own Minecraft® character.

This program takes fun Minecraft® gameplay and makes it super-educational. Not only do children learn valuable architectural design and spatial building skills, but they participate in team projects to enhance communication skills, teamwork, and problem-solving skills.

Your child will accompany us into the limitless world of Minecraft® and become a master of every domain! This program has it all, from teaching your child how to navigate in the world using coordinates and the sun, to exploring architectural design, and even using circuits to create machines that respond to your coding! Collaboration is key as they communicate and plan together for the larger designs. You won't believe how much this virtual world can teach you!

Location: **Session 1:** Community Activity Center
Session 2: Worth Park District - 11500 S. Beloit Avenue
Age: 6-10 years old
Time: 10:15-11:15 am
Day: Saturdays
Dates: **Session 1:** June 4–25 #130231-1
Session 2: July 16-August 6 #130234-1
Cost: \$70.00/session
Min/Max: 6/20

YOUTH SPORT PROGRAMS

BASKETBALL CLINIC

This introductory basketball program is perfect for anyone who wants to have fun and learn about basketball. Participants will learn the skills needed to play basketball - including dribbling, passing, shooting and the rules of the game. Games will be played at the end of class each week.

Days: Tuesdays
Dates: July 12 - August 16
Time: 6:00 pm - 6:45 pm #130207-1
Cost: R:\$30.00/NR:\$50.00
Ages: 6 - 10 years old
Min/Max: 4/10

INTRO TO SPORTS

Each week will feature a new sport. Some of the sports students will learn include, basketball, soccer, baseball and more. Children will have the opportunity to learn new skills and develop confidence in games they have played in past classes.

Days: Thursdays
Dates: July 14 - August 18
Time: 6:00 pm - 6:45 pm #130201-A
Cost: R:\$30.00/NR:\$35.00
Ages: 6 - 10 years old
Min/Max: 4/10

INTRO TO SOCCER

This introductory soccer program is perfect for a child who wants to have fun and learn about soccer. Participants will learn the skills needed to play soccer—including dribbling, passing and shooting and the rules of the game. Register quickly! These classes fill up fast!

Days: Saturdays
Ages: 6-10 years old
Dates: July 16-August 20 #130205-1
Time: 10:00 - 10:45 pm
Cost: R:\$30.00/NR:\$35.00
Min/Max: 4/8

YOUTH KARATE

ILLINOIS SHOTOKAN KARATE - NEW!

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four-time National Champion and President of the American Shotokan Karate Association.

In our **Pre-Karate** Safety classes, young children develop flexibility, strength, and coordination in fun, yet disciplined activities. This program is specifically designed for growing minds and bodies to enhance memory and agility. Watch your child's confidence blossom and their skills improve.

ISKC's **Youth Karate** classes will put children in touch with their bodies and offers a good mix of strength training, with cardiovascular and flexibility exercises. Children increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to class rules.

- Uniforms and Belt-Testing are options available through the ISKC instructor.
- Please note that the Youth, Parent/Child and Adult classes may train together.
- Beginner students will not be permitted to register into the current session after the second class has met.
- Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required.

Location: Apollo Recreation Center (12521 S. Kostner, Alsip) - Gym #2

Day: Fridays

Date: June 17–August 26

Cost: \$135.00

Age: Pre-Karate - 4 - 7 years

Youth Karate - 8 - 14 years

Times:

Pre-Karate

4:30 - 5:15 pm

Beginner (no prior experience)

#120220-1

5:20 - 6:05 pm

Continuing (White w/stripes & up)

#120220-2

Youth*

6:15 - 7:10 pm

Beginner/Continuer (White-Red Belts)

#130241-1

7:15 - 8:10 pm

Inter/Advanced (Orange belts & up)

#130241-2

*Please note that Parent/Child, Youth and Adult classes will train together.

TAEKWONDO & MAGIC CLASS

NEW INTRODUCTORY PROGRAM OPTIONS FROM T-USA MARTIAL ARTS
FLEXIBLE SCHEDULE—REGISTER WEEKLY FOR YOUR CLASSES! TWO CLASSES PER WEEK RECOMMENDED
AFTERNOON AND EVENING OPTIONS FOR ALL AGES
8 CLASS INTRODUCTORY PROGRAM INCLUDES A T-USA UNIFORM AND BELT PROGRAMS FOR ALL AGES—PRE-SCHOOL, SCHOOL AGERS, TEEN & ADULT

**All classes are held at
T-USA Martial Arts, 12041 S. Harlem Ave., Palos Heights - 708-361-5657**

1. Class times range from 2:30-6:20 pm, Monday—Friday.
2. After registration, T-USA will contact you with class options and weekly scheduling routine via email.
3. Parents are welcome to view classes with safety protocols in place.
4. Safety protocol includes masks for all students and parents, temperature screening at the door and limited class sizes.

**FLEX-BLOCK: 8 CLASSES INCLUDING UNIFORM
STUDENTS WILL BE FITTED FOR UNIFORM AFTER FIRST CLASS
FEE: \$99.00 #140907-1**

TINY TIGER TAEKWONDO

Ages: 4 - 5 years old

It's never too early to offer your pre-school age child the benefits of martial arts education. Tae Kwon Do above all else builds focus and attention; confidence and discipline. T-USA instructors guide your child through the fundamental physical techniques in a fun and engaging class developed just for the young child.

JUNIOR/CHILD BEGINNER TAEKWONDO

Ages: 6 - 12 years old

Learn the fundamental techniques of the Korean art of Tae Kwon Do. Taught by T-USA's master instructors, this class introduces the student to introductory elements of this internationally known martial art. This program also builds focus, concentration, discipline and respect.

TEEN/ADULT BEGINNER TAEKWONDO

Ages: 12 years and older

Tae Kwon Do is a unique martial art incorporating quick, straight-line movements in a highly cardio vascular exercise routine of self-defense. Tae Kwon Do is especially known for its varied and uniquely powerful kicking techniques. Tae Kwon Do embraces self-esteem, builds confidence and develops discipline in its students as it teaches self-defense. An Olympic gold medal sport, Tae Kwon Do enjoys increasing popularity internationally with children and adults alike.

MAGIC CLASS

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze family and friends with tricks that involve cards, ropes, coins, mind reading, and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided, and each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are age-appropriate. Additionally, you can sign up for this class again and again since brand new tricks are always taught at each class!

Location: Palos Heights Recreation Center (6601 W. 127th St.)

Day/Date: Tuesday, June 7

#130431-1

Time: 6:45 - 7:40 pm

Ages: 5 - 12 years old

Cost: \$20.00

Min/Max: 5/30

Instructor: Gary Kantor

HORSEBACK RIDING LESSONS & CAMPS

HORSEBACK RIDING LESSONS
PALOS HILLS NEW TRADITIONS RIDING ACADEMY
10100 S. KEAN AVE. PALOS HILLS
708 598-7718

New Traditions Riding Academy, LLC is dedicated to provide you with the highest level of horsemanship. Classes for all experience levels, beginner to advanced. Classes available year round (January–December)

- Please Note:
1. Classes are offered for children & adults. Minimum Age: 7 years
 2. All riders must wear long pants and a shoe with a heel no higher than 1 1/2 inches.
 3. All riders must sign a release waiver and wear an ASTM/SEI Certified Riding Helmet. Helmet rental is two dollars per lesson and are available for purchase for \$39.95. SALES ON HEADGEAR ARE FINAL!
 4. All lessons are supervised, but riders are reminded that all riding is done at your own risk.
 5. Each participant will register at the Community Center but will need to set up their own riding dates with the academy. Call 598-7718 for lessons.
 6. For more information on all class schedules, go to newtraditionridingacademy.com Riding levels are assigned at the discretion of the instructor.

Beginners Horseback Riding Lessons

Mon. 4:30pm #170215-A (5) / B (10)
Wed. 4:30 pm #170215-C (5) / D (10)
Sat. 2:30 pm #170215-E (5) / F (10)
COST: (5 Lessons) \$260.00
(10 Lessons) \$470.00

CAMP

Riding Camps (ALL CAMPS ARE ONE WEEK IN DURATION MONDAY-THURSDAY)

Location: Palos Hills New Traditions Riding Academy 10100 S. Kean Ave., Palos Hills

BEGINNER Riding camp for riders with little to no riding experience. All riders will ride one hour per day, as well as have lessons on horse handling techniques. Riders will learn basic control of the horse in the saddle of their choice; exercises in moving the horse forward and stopping, turning and circling, and riding the sitting and posting trot. Participants will develop correct riding positions through guided explanations, exercise techniques and demonstrations. Stable management will also be discussed. Please bring a lunch and water bottle daily!

June 13 - 16 #170204-A June 20 - 23 #170204-B June 27 - 30 #170204-C

July 25 - 28 #170204-D

Time: 10:00 am - 3:00 pm, Monday-Thursday Cost: \$400.00

PONY camp is the pride of our riding academy. A way for the wee ones to get a positive experience on our wonderful ponies and small horses. Riders will have pony rides for the first hour of camp, then to the barn for grooming and brushing. The third hour is lunch (woohoo!) and a special art project each day. Please bring a lunch and water bottle daily!

July 11 - 14 #170206-A August 1 - 4 #170206-B

Time: 10:00 am - 1:00 pm, Monday-Thursday Cost: \$225.00

New Traditions Riding Academy through the New Beginnings Therapeutic Riding Foundation is offering therapeutic riding lessons. Lessons are offered at Palos Hills Riding Stables by a PATH, International Certified Instructor. For more detailed information, please call 598-7718.

ADULT & PARENT/CHILD KARATE & DOG OBEDIENCE

ADULT & PARENT/CHILD KARATE

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four-time National Champion and President of the American Shotokan Karate Association.

Our Adult classes release tension, develop total body fitness and build stamina and overall productivity! In addition to self-defense skills, karate increases flexibility, cardiovascular endurance, and muscle tone, while improving core strength.

Parent/Child classes are a great way to spend quality time with your child, while conditioning muscles, developing coordination and improving cardiovascular fitness.

- Uniforms and Belt-Testing are options available through the ISKC instructor.
- Please note that the Youth, Parent/Child and Adult classes may train together.
- Beginner students will not be permitted to register into the current session after the second class has met.
- Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required.

Location: Apollo Recreation Center (12521 S. Kostner, Alsip) - Gym #2
Day: Fridays
Dates: June 17 - August 26
Time: **Parent/Child (7 years & up)* Parent & child must both register.**
6:15 - 7:10 pm Beginner/Continuer (White-Red Belts) #130252-1
7:15 - 8:10 pm Inter/Advanced (Orange belts & up) #130252-2
Adult (15 years & up)*
6:15 - 7:10 pm Beginner/Continuer (White-Red Belts) #150902-1
7:15 - 8:10 pm Inter/Advanced (Orange belts & up) #150902-2
Cost: \$127.00/per person (if signing up for parent/child, each individual must pay)
***Please note that Parent/Child, Youth and Adult classes will train together.**

GOOD DOG! DOG OBEDIENCE

How would you like to have a better dog in just a few weeks? Learn training techniques in this affordable class. Dog obedience classes include instruction in basic obedience, manners, socialization and tips on general health. Dog obedience is for dogs ages 6 months and up. The class can also serve as a refresher course for dogs with previous training, and include some tricks and the opportunity to earn the AKC Canine Good Citizen Certificate. The class is designed for adults and while the children may participate in the class with their parents, an adult must be the primary trainer. Proof of vaccinations is required. Also, please bring a dog waste bag. The names of all individuals attending the class must be listed on the registration form.

Location: Community Activity Center
Dates: July 19-August 23 #150815-1
Day: Tuesdays
Time: 7:30 - 8:30 pm
Ages: 18 years and older with dog
Cost: R:\$60.00/NR:\$65.00 **Min/Max:** 5/8
Instructor: Tommy Whang

ADULT YOGA

SENIOR CHAIR YOGA

A gentle class where most poses are done seated or standing with the assistance of a chair. Increase strength and range of motion as well as regain balance. Please bring a small pillow or blanket to class. Wear clothing that allows movement. It is recommended but not mandatory that you wear footwear (you may keep your socks on) that can be easily removed and replaced for class. Even the muscles and tendons of the feet and toes need yoga! Breathing techniques to increase awareness and relax the nervous system. **No class May 30.**

Location: Community Activity Center
Dates: **Session 1** May 9 - June 27 #150912-A
Session 2 July 11 - August 29 #150912-B
Day: Mondays
Time: 4:45 - 5:45 pm
Cost: R:\$44.00/NR:\$49.00 each session
Ages: 50 years old and up
Min/Max: 8/30

STRONG, STRETCHED & SERENE YOGA

This class is for those (but not exclusive to) previous yoga experience. As you progress, more strenuous postures will gradually increase muscle power and longer holds will increase strength and flexibility. Focus will be on relaxation and meditation in each pose by way of proper breathing. Note: Previous Yoga experience is recommended, but is not required. **No class May 30.**

Location: Community Activity Center
Dates: **Session 1** May 9 - June 27 #150917-A
Session 2 July 11 - August 29 #150917-B
Day: Mondays
Time: 6:00 - 7:00 pm
Cost: R:\$44.00/NR:\$49.00 each session
Ages: 16 years old and up
Min/Max: 8/30

YOGA FOR EVERYONE

Rejuvenate and Relax! No previous experience in yoga is necessary. This class will address flexibility, strength, mental focus and most importantly, relaxation. Proper breathing and posture will be emphasized. Bring a yoga mat and a yoga strap to class. **No class May 30.**

Location: Community Activity Center
Dates: **Session 1** May 9 - June 27 #150916-A
Session 2 July 11 - August 29 #150916-B
Day: Mondays
Time: 7:15 - 8:15 pm
Cost: R:\$44.00/NR:\$49.00 each session
Ages: 16 years old and up
Min/Max: 8/30

ADULT PROGRAMS

COOKING WITH DIANE

Come learn how to make some fun dishes with Chef Diane. Please bring a container along to take home your goodies! Diane will supply all of the ingredients.

Location: Palos Hills Community Center Kitchen

Time: 5:30-7:00 pm

Cost: \$40.00/Class

Min./Max.: 4/10

Homemade Pierogi - June 9

#150018-A

Learn how to make traditional potato and onion pierogi from scratch. In our live cooking class, Chef Diane will share her tips and techniques for making unleavened dough, preparing the filling, wrapping and sealing properly, and cooking to a golden brown. As an accompaniment, you will make a sour cream and scallion dressing to enjoy with this national dish of Poland.

Homemade Egg Rolls - July 14

#150043-1

Get ready to learn the basics of making egg rolls. You will learn how to prepare better than take out egg rolls. Diane will teach you step by step instructions on making the perfect appetizers for your next party. Diane will begin by teaching you how to prepare various fillings to tuck into your egg roll wrappers.

Lasagna—August 11

#150056-1

This class is for anyone that wants to learn how to make a full-flavored, delicious lasagna. From creating fresh pasta dough to rolling out and shaping the lasagna noodles, we'll teach you pasta-making techniques that you can apply to many other recipes. Plus, we'll even show you how to create a versatile tomato sauce. At the end of the class, you'll have a prepared lasagna to take home with instructions on how to reheat or freeze.

JAZZERCISE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am	9:15 am	9:15 am		9:15 am	9:00 am
6:15 pm	6:15 pm		6:15 pm		

20% off for 2 months of unlimited classes—offer valid May 15-June 6!

\$59.00 Monthly Unlimited classes or \$20 per class.

10 classes available for \$160.00. **All prices subject to change.**

Sign up before class or online @jazzercise.com

Contact Aggie Lubon at Lubonki@aol.com

ADULT SUMMER TRIPS

LUNCH BUNCH

Stay Active, Stay Social!

Don't miss the Lunch Bunch! Join your friends for a monthly lunch date. Perhaps you want to check out a new restaurant, but are looking for a lunch buddy to go with you. We will explore new restaurants and enjoy some old time favorites. You are welcome to join us. Spots are limited, don't wait to sign up. The fee includes transportation only; lunch is on your own. **Note: Please bring cash on the trips.**

Location: Depart from Community Activity Center

Day: Thursdays

Time: 11:00 am - 2:30 pm

Cost: R:\$10.00/NR:\$15.00

Ages: 18 years old and up

Min/Max: 6/14

May 19 - Mo's #2 Chinese Kitchen, Orland Park

#150423-1

Mo's Chinese Kitchen features traditional Chinese cuisines and some Japanese flair on the menu.

June 16 - Rosemary & Jeans, Lombard

#150425-1

Rosemary & Jeans sits in a white colonial style house located in downtown Lombard and serves great Italian food.

July 21 - Public Landing, Lockport

150427-1

Public Landing is an upscale casual eatery housed in the historic Gaylord Building. The Gaylord Building is one of 29 National Trust Historic sites and is on the National Register of Historic Places.

August 18 - Redstone American Grill, Oak Brook Terrace

#150428-1

Redstone Grill features a wood burning rotisserie and open flame grill where their signature chicken, seasonal fish and steaks are prepared.

LUNCH & LINGER

Don't miss this fun new program! Join us as we head to local locations to eat & shop. We will explore new restaurants and then shop nearby. **Please note that this program involves walking.** The fee includes transportation only; lunch is on your own. **Note: Please bring cash on the trips.**

Location: Depart from Community Center

Day: Fridays

Time: 11:00 am - 4:00 pm

Cost: R:\$10.00/NR:\$15.00

Ages: 18 years old and up

Min/Max: 4/6

July 29—Downtown Geneva

#150055-1

Lunch will be at Riganato. Riganato uses fresh, natural ingredients to create great sandwiches, pasta and meat dishes.

August 26 - Oakbrook Mall

#150246-1

Lunch will be at Antico Posto. This Italian trattoria serves up brick-oven pizzas and seasonal pasta dishes.

ADULT SUMMER TRIPS-cont.

LILACIA PARK TOUR & LUNCH, Lombard

The sweet scent of lilacs is one of the definitive scents of spring in the Midwest! The western town of Lombard takes advantage of the Lilacs in full bloom during the first two weeks of May. Lilacia Park located in the town of Lombard is a world-renowned horticultural showcase that features over 700 lilacs and 35,000 tulips annually. In 2019, the park was named to the National Register of Historic Places for its significant contribution to the horticultural history in the United States. The park has numerous benches, walking paths, commemorative historic brick structures, scenic lookout areas and more. We will stop in at the historic Coach House's Lilac Country Store, where you can shop for hand-crafted items. Lunch will be at Billy Bricks Wood Fired Pizza in downtown Lombard. Lunch is paid for on your own.

Depart/Return: Community Activity Center (Transportation in CRRD Bus)
Day/Date: Thursday, May 5 #150224-1
Time: 9:30 am - 3:00 pm (approx.)
Cost: R:\$15.00/NR:\$20.00 (transportation only, lunch on own)
Ages: 18 years old and older
Min/Max: 6/14

SISTER ACT THE MUSICAL, Metropolis Performing Arts Center, Arlington Heights

Based on the hit film, Sister Act is the musical smash that has audiences jumping to their feet! Featuring music by Tony and Oscar winner Alan Menken, this uplifting comedy was nominated for five Tony Awards. When wannabe diva Deloris Van Cartier witnesses a crime, she's put in protective custody where she won't be found: a convent! Disguised as a nun, Deloris finds herself at odds with her rigid new lifestyle. Sister Act brings a unique mix of Motown, soul, funk and disco to the stage. A sparkling tribute to the power of friendship with glorious music and dazzling dance numbers, Sister Act is a reason to rejoice! We will stop for lunch by the theatre before the show. Lunch is on your own. Sunday matinee, show at 3:00 pm. This is a shared trip with the Worth Park District. *Please note that there may be COVID protocols that are involved. We will communicate those upon registration.*

Depart/Return: Community Activity Center (Transportation in CRRD Bus)
Day/Date: Sunday, July 31 #150904-1
Time: 10:30 am - 6:00 pm (approx.)
Cost: R:\$50.00/NR:\$55.00 (transportation only, lunch on own)
Ages: 18 years old and older
Min/Max: 10/10

HOLLYWOOD CASINO DAY TRIP, Joliet

Join us for a fun and exciting day at Hollywood Casino, Joliet. There you will find the latest casino games and all of your favorites you love to play. Lunch will be at 99 Hops House located in the casino lobby, or choose the Grab N Go, Take Two Deli located downstairs in the casino.

Depart/Return: Community Activity Center (Transportation in CRRD Bus)
Day/Date: Tuesday, June 28 #150924-1
Time: 10:30 am - 3:30 pm (approx.)
Cost: R:\$10.00/NR:\$15.00 (transportation only, lunch on own)
Ages: 18 years old and older
Min/Max: 6/14

SENIORS

HOME SAFETY PRESENTATION sponsored by PATHLIGHTS

Join us for practical tips on aging safely in your home. Physiological changes occurring in our aging bodies impact daily activities and mobility. Common changes include an increased fall risk, decreased vision, and incontinence episodes. Experts from FOX Rehabilitation will give a room by room tour to learn about simple modifications to your movement and physical space to help adjust to all of these changes. Program co-host, Pathlights, will provide information about the low and no-cost services available to older adults and caregivers throughout our community. **Please call the Palos Community Center to register, 708-430-4500.**

Palos Hills Community Center
Thursday, June 2, 2022
11:00 am

SUPER SENIORS

A program administered through the Illinois Secretary of State's Office, Super Seniors brings the State of Illinois' driving resources and services into your community, offering a convenient way for people to renew their driver's license. Participate in the Rules of the Road review course and receive a complementary vision screening exam, courtesy of the Secretary of State's Mobile Driver Services Unit. Also at this time, all qualifying senior citizens 65 years and over can obtain a free, non expiring Illinois State photo ID card. Road tests will not be offered during this event. Rules of the Road requires advance registration. Class begins at 10:00 am. This is a free event. For more information or to register for Rules of the Road, contact the Palos Hills Community Center at 708-430-4500. To learn more about the Rules of the Road review course for senior citizens and Super Seniors, and to download a copy of the Illinois Rules of the Road Review Course Workbook, visit the Illinois Secretary of State and click on services for seniors. **Note: you will not be able to get your Real ID through this program.**

Palos Hills Community Center
Thursday, September 15, 2022
10:00 am - 2:00 pm

PATSE BUS SERVICE

The PATSE Bus services provides bus service for individuals 60 and older who live within the Palos Township. The service is open Monday - Friday from 8:00 am - 2:00 pm for rides to doctors, medical appointments, stores and beauty shops. For more information about PATSE bus please call 430-3822.



39'ers SENIOR CLUB

Come join the fun! The Palos Hills Seniors Club is looking for new members. There is always something exciting happening at the Palos Hills Community Center for seniors. It's a place to meet new people and get together with old friends. The laughs and fun will keep you feeling young. Luncheons, Entertainment and Bingo are offered. Activities are held at the Community Center located at 8455 W. 103rd Street, 12:00 - 2:00 pm on the 2nd and 4th Wednesdays of the month to Palos Hills residents, age 55+. Non-resident seniors are welcome for an additional fee. If you can't make every event, that's ok, we would love to see you when you do. Activity Fee for events and luncheons must be paid at least one week in advance. Sorry no walk-ins or refunds. If you have any questions, or would like a list of upcoming activities call the Community Center at 708-430-4500.

<p>April 13 - \$2.00 per person Spring on over! Movie and popcorn today!</p> <p>We will play movie charades before the film. Film TBA See you there!</p> <p>Popcorn & Dips</p>	<p>April 27 - \$3.00 per person Kentucky Derby Party & Bingo</p> <p>Derby Day (Run for the Roses) is on May 7. Plan on plenty of laughter and horsing around when you cheer your group on to victory in the Palos Hills 39ers Derby.</p> <p>Sloppy Joes and sweet tea</p>	<p>May 11 - \$3.00 per person Garden Party Bingo</p> <p>Spring has sprung. If you have a green thumb join the 39ers today! We will be planting a spring flower to take home.</p> <p>Garden Party Lunch Sandwich and Salad and Tea</p>
<p>May 25 - \$3.00 per person Memorial Day - Remembrance Day</p> <p>Wear Red, White and Blue. Fun & Games Join the fun as we compete in a variety of fun picnic games.</p> <p>Fried Chicken, Potato Salad & Lemonade.</p>	<p>June 8 - \$3.00 per person White Elephant Sale & Auction</p> <p>Clean out those closets! Bring your gently used items to the sale. Get ready for a fun filled afternoon with lots of laughs and bargains.</p> <p>Tickets to buy items 10 tickets for \$1.00 Jack & Pat's Boxed Lunch</p>	<p>June 22 - \$3.00 Entertainment: James Libera</p> <p>James sings a variety of music from Sinatra, Motown, Dean Martin and more.</p> <p>Chicken Salad Sandwich & Fruit</p>
<p>July 13 - No meeting</p> <p>We will be back on July 27. Come out to the Friendship Festival.</p> <p>Mark your calendar for: National Night Out in the Park Tuesday, August 2.</p>	<p>July 27 - \$3.00 per person Summer Bash Trivia</p> <p>Summer is heating up! Join us for the summer bash trivia. Each table will make up a team and will battle it out for 1st place by answering some fun trivia questions.</p> <p>Hamburgers for lunch</p>	

Palos Hills New Horizons Senior Club

Membership is open to adults and their guests 60 years of age and older residing in Palos Hills. Enjoy BINGO, Casino Trips and Parties. Meetings are held on the 1st and 3rd Wednesday of the month at 6:00 pm at the Community Center, 8455 W. 103rd St. New members can join anytime. Yearly dues are \$3.00 payable at the start of the 1st meeting.

Call the Community Center at 430-4500. A club member will return your call.

REGISTRATION INFORMATION

How to Register

1. Complete the registration form; be sure to include the program number and signatures. Please read all registration instructions carefully because some programs have special registration requirements.
2. Include the registration form with a check or credit card number for the correct total fee. Please include your phone number on the check and make check payable to the Palos Hills Community Resource & Recreation Department.
3. Mail in, drop off, or fax your completed registration along with your check or credit card number to the Palos Hills Community Resource & Recreation Department, 8455 W. 103rd Street, Palos Hills, IL 60465.
4. The Community Resource & Recreation Department will check proof of residency.
5. The Palos Hills Community Resource & Recreation Department does not mail confirmation cards to confirm program registration. You may assume that you are enrolled in your first choice of programs for which you have registered unless you receive a phone call from our staff.
6. Telephone registration is not accepted.
7. Proof of residency must be shown at time of registration. Non-Residents may enroll in any program for an extra fee.

Mail In/Drop off Registration

Resident registration will begin immediately upon receipt of this brochure. Non-resident registration will begin one week following resident registration. Mail in and drop off registrations will be placed in open program slots in the order they are received. Registrants will be notified of any class conflicts at the time of registration.

Registration Dates

Call the office for the registration dates for residents and non-residents.

Registration Policies

1. Fees for late registration will not be prorated.
2. The Palos Hills Community Resource & Recreation Department reserves the right to cancel or postpone programs due to insufficient participation numbers.
3. Registration fees are transferable if requested prior to the first day of class.
4. It is the registrant's responsibility to record times and locations of programs they are enrolled in.
5. The Palos Community Resource & Recreation Department is not responsible for lost or late mail or drop off registrations.
6. By registering for Community Resource & Recreation Department programs, each registrant realizes the inherent risks involved in the program and appreciates the nature of these risks. The applicant holds the Palos Hills Resource & Recreation Department harmless for any damages caused by participation in these programs.
7. Participants or their parents (if participant is under 18) permit the taking of photos, audio and videotapes during Palos Hills Community Resource & Recreation Department activities for publication and use as the department deems necessary.
8. Participants registering for activities of a strenuous nature are encouraged to seek a physician's approval.
9. Signatures on registration forms are mandatory. Forms without signatures will be returned to registrant thereby jeopardizing their registration.
10. Individuals registering for other family member and friends or neighbors must complete a separate registration form and make sure it is signed by the person who is participating in the program.

Typographical Errors

Our staff has made every effort to prepare this brochure as accurately as possible; however errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. All typographical and printing errors are subject to correction.

Program Registration Form

**8455 West 103rd Street
 Palos Hills, IL 60465
 Phone (708) 430-4500
 Fax (708) 430-8376
 Website: www.paloshillsweb.org**

Late Pick Up Policy

We realize that there are times where parents may be late to pick up their child(ren). If it is determined that kids are getting picked up more than ten minutes on a consistent basis, Administration reserves the right to charge parents/guardians \$1.00 for every minute the child is not picked up after ten minutes. All fees must be paid in cash before your child(ren) can continue in the class or register for any future classes. If you are running late, we ask that you contact the front office to ensure your child is adequately supervised.

Last Name: _____ Adult First Name: _____

Email: _____

Street Address: _____

City: _____ Zip: _____ Emergency Name: _____

Home() _____ Work/Cell() _____ Emergency() _____

Please read this form carefully and be aware that signing up and participating in this program you will be waiving and releasing all claims for injuries you might sustain arising out of this program. As a participant in the Palos Hills Community Resource & Recreation Dept. program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages, or loss which I may sustain as a result of participating in any and all activities connected with or associated with such Programs. I agree to waive and relinquish all claims I may have as a result of participating in the program against the Palos Hills Resource & Recreation Dept. and its offers, agents, servants, local sponsors, and employees. I agree to allow the Palos Hills Resource & Recreation Dept. to use my family and I in any photo, audio and/or videotape for any publicity used by the City of Palos Hills. I do hereby fully release and discharge the Palos Hills Resource & Recreation Dept. and its officers, agents, servants, and employees from any and all claims sustained by me and arising out of, connected with, or in any way associated with the activities of the program. I understand that no refunds can be made for any reason unless a program or event was canceled by the Palos Hills Resource & Recreation Dept. Any individual or group, which submits a non-sufficient check for payment of a registration fee, will be charged a \$15.00 processing fee. I have read and fully understand the Program details on the reverse side. I have read and fully understand the Waiver and Release of all claims information.

X _____
 Participant SIGNATURE (All Adults 18 Years and Older) _____
 Date

Activity Number	Activity Name	Registrants Last Name	Registrants First Name	Sex	Birth Date Mo./Day/Yr..	Fee

See Registration Information on the back of this form

TOTAL FEE _____
 CHECK # _____

REGISTRATION INFORMATION

Refund Procedures

1. All requests for refunds must be made on an official refund application available at the Community Center. The date the form is stamped by the office is the date for refund consideration. A copy of the date stamped application will be your proof of request.
2. Once any class begins, no refunds will be given. All requested refunds will be assessed a service charge of \$10.00. Refunds will only be issued if the refund dollar amount is greater than \$10.00. Dollar amounts less than \$10.00 will be credited to the family household account which can be used for future registration purposes.
3. The Community Resource & Recreation Department reserves the right to cancel or consolidate any program(s) if registration is deemed inadequate. Classes will be canceled if the minimum enrollment is not met 3 business days before the start date of the program. If any program has been canceled by the department, participants will receive a refund or credit to be used for another program.
4. There will be no telephone refunds.
5. Medical credit situations will be handled individually on a case by case basis and must be accompanied with a doctor's note. After the first week of class, no medical credits will be given.
6. All field trips have a non-refundable fee unless canceled by the Palos Hills Community Resource & Recreation Dept.
7. Refunds will be processed the day they are submitted in writing. Processing takes three to four weeks. All refunds will be given by a check no matter how you originally paid for a program.
8. Cancellations for day camp or playschool must be received in writing on the Resource & Recreation Refund form two (2) weeks prior to the beginning of the session. No refunds/credits will be given after that date.
9. Credits must be used within 6 months of issued date.
10. There will be no prorating of programs due to late starts, early withdrawals or failure to attend classes.

Behavior Policy

The Palos Hills Community Resource & Recreation Department has an established behavior policy relative to inappropriate behavior. Inappropriate behavior is defined as that which disrupts a recreation program and which requires a program leader to call for a stop of the behavior due to its effect on other participants or on the leader's ability to conduct the program. Such behavior may call for an immediate and/or permanent dismissal of the participant. Additional rules may be developed for individual programs and athletic events as deemed necessary by staff. No credits or refunds will be given for behavior dismissal.

Waiting Lists

If a program is full, a waiting list will be started. When this is possible, individuals on the waiting list will be called in the order they are placed on the waiting list. However due to schedule restrictions, it is not always possible to accommodate all individuals on waiting lists and in such cases those individuals will not be called.

Credit Card Information

Program registrants are able to pay for program fees with a Visa, Master Card or Discover Card. If paying by credit card, you must provide photo identification.

NSF Checks

Any individual or group which submits a non-sufficient funds check for payment of a registration fee will be charged \$15.00.

We Love Parents But...

Please do not remain in the classroom or gym after dropping off your child. Continual interruptions tend to affect the children's participation levels. You are more than welcome to sit and relax in the lobby.

PALOS HILLS PARK SITES & FACILITIES

LOCATION INFORMATION

City of Palos Hills - City Hall
10335 S. Roberts Road
Palos Hills, IL 60465
(708) 598-3400

Community Activity Center
8455 W. 103rd Street
Palos Hills, IL 60465
(708) 430-4500

Palos Hills Municipal Golf Course
7301 W. 105th Street
Palos Hills, IL 60465
(708) 599-0202

Palos Hills Riding Stables
10100 Kean Avenue
Palos Hills, IL 60465
(708) 598-7718

Apollo Recreation Center
12521 S. Kostner
Alsip, IL 60803
(708) 389-1003

Palos Park Recreation Center
8901 W. 123rd Street
Palos Park, IL 60464
(708) 671-3760

T-USA Martial Arts
12041 S. Harlem Avenue
Palos Heights, IL 60463
(708) 361-5657

Worth Park District
11500 S. Beloit Avenue
Worth, IL 60482
(708) 448-7080

GUIDELINE FOR PARKS

City of Palos Hills Ordinance Section 2.48.070
For a complete list of rules visit our website at
www.paloshillsweb.org

For All Parks

1. All Dogs Must be on a leash.
2. Dog Waste - must be picked up and removed by the owner.
3. No person shall be allowed to swim, bathe, wade or enter into any water feature located on any City property. A water feature is any pond, lake, retention/detention pond or waterfall.
4. Ice skating is allowed on City made ice skating areas only.
5. No person may sleep overnight or camp in any park.
6. No person shall enter an area posted as "Closed to the Public" nor shall any person use any area in violation of posted notices, included but not limited to parking areas designated for the handicapped.
7. The City of Palos Hills reserves the right to close a park for City held functions.

Bennett Park Lake Rules

No Swimming, Boating, Ice Skating, or Camping.
Fishing is catch and release only.

PALOS HILLS PARKS

Town Square - 8500 W. 103rd Street

Indian Woods - 100th Street & 82nd Avenue

Michael Park - Michael Drive & 105th Street

Loveland Park - 8500 W. 106th Street

Aspen Park - 105th Street & Aspen

Calvary Park - 111th Street & Roberts Road

Krasowski Park - 104th Place & Tod Drive

Volunteer Park - 99th Street & 88th Avenue

Bennett Park - 10801 Roberts Road

Glacier Park - 101st Street & 78th Avenue

Check Our Website for Additional Information at
www.paloshillsweb.org



Summer Bash In Bennett Park

Saturday, June 25

12:00 –2:00 pm

East end of the park, near the lake

FREE

Acoustic Singer * Inflatable * Hot Dogs * Corn Hole

(food while supplies last)

**Free
Event!**

5th Annual



**CELEBRATING
LOCAL LAW**

ENFORCEMENT!

Tuesday, August 2 - 6:30-8:30 pm

Town Square Park

Inflatable * Police Vehicles * Bingo * Face Painting * DJ * Giveaways **

(** while supplies last)

Organizers:

City of Palos Hills Police Department

City of Palos Hills Community Resource & Recreation Department

Green Hills Public Library District

North Palos Fire Protection District

Palos Hills Community Resource & Recreation Department
8455 W. 103rd Street
Palos Hills, IL 60465

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PERMIT #254
Worth, IL 60482

ECRWSS
POSTAL CUSTOMER
PALOS HILLS, IL 60465

Providing a Healing Experience

Palos-Gaidas

FUNERAL HOME

The Gaidas family has been serving families for over two generations in the Chicago land area. With humble beginnings in Chicago's Back of the Yards and Brighton Park communities, we have been taking care of families by providing a "healing experience."

Over the years, Palos-Gaidas Funeral Home has continually provided dignified and compassionate service to the many families who call upon us. Our commitment to our family and community is reflected in our involvement with various organizations. We support many community endeavors, including church and civic groups, schools, and charitable organizations.



Let us show you how our commitment to excellent care
can help your family when you need it most.
We look forward to hearing from you.

Dave and Loretta Gaidas

11028 Southwest Highway, Palos Hills, IL 60465

Phone: 708-974-4410

www.palosgaidasfh.com • palosfh@comcast.net

