

Sunday Family Twosome Bowling Club (Bumpers)

Parent and child can have fun and bowl together on a two-person team (1 adult with 1 child). Participants will bowl two games every other Sunday for 7 sessions. Each family member must be registered for the program. The \$15 program registration fee covers your first week of play, and is payable to the park district. Starting on the second week, and continuing through the entire 7 weeks, participants will pay the \$15 weekly fee directly to Orland Bowl. The program fee covers shoe rental and lineage fees. No instruction is provided.

103011-01

Ages: 5 - 10 (with participating adult over the age of 18)
Day/Dates: Sun, Jan 15 - Apr 22
 (Every other Sunday; no class Apr 8)
Time: 12:00 pm (practice begins at 11:50 am)
Fee: \$7.50 per person / 2 games
 Note: Each child and adult must register and pay the fee.
Location: Orland Bowl
 8601 W. 159th Street
 Orland Park, IL 60462

Sunday Family Twosome Bowling Club (Non Bumpers)

Parent and child can have fun and bowl together on a two-person team (1 adult with 1 child). Participants will bowl three games every other Sunday for 9 sessions. Each family member must be registered for the program. The \$18 program registration fee covers your first week of play, and is payable to the park district. Starting on the second week, and continuing through the entire 9 weeks, participants will pay the \$18 weekly fee directly to Orland Bowl. The program fee covers shoe rental and lineage fees. No instruction is provided.

103012-01

Ages: 5 - 17 (with participating adult over the age of 18)
Day/Dates: Sun, Jan 8 - Apr 29 (Every other Sunday)
Time: 12:00 pm (practice begins at 11:50 am)
Fee: \$9 per person / 3 games
 Note: Each child and adult must register and pay the fee.
Location: Orland Bowl
 8601 W. 159th Street
 Orland Park, IL 60462

Junior Beginner Tennis - New!

This junior beginner class will be taught under the direction of Wes Cooley and Mike Bacon, Lincoln-Way North Girls' and Boys' varsity tennis coaches. Students will learn how to play tennis with a game based approach using modified equipment and court size.

103151-01

Ages: 5 - 9
Day/Dates: Tues, Jan 17 - Feb 28
 (No class Feb 14)
Time: 6:00 - 7:00 pm
Fee: \$60 R / \$75 NR / 6 sessions
Location: Lincoln-Way North Field House
 Please use the Aquatic Center entrance

Hero School

A one-of-a-kind athletic class for future Super Heroes! In each class we will focus on developing a different heroic trait: Learn Spiderman's agility, fight like a ninja, gain the light-saber techniques of a Jedi, and build amazing strength and speed, like Superman. In addition to athletic activities, we will develop skills to deal with real-life emergencies like fire safety, stranger danger, injuries, and making the right choices. Children will learn confidence in life, sports, and extreme situations. Wear gym shoes and be ready to run, jump, and become a hero!

Fee: \$35 R / \$43.75 NR / 5 sessions
Location: Frankfort Square School

Ages: 4 - 6
Time: 6:00 - 6:45 pm

104110-01 Day/Dates: Fri, Feb 3 - Mar 2

104110-02 Day/Dates: Fri, Mar 16 - Apr 27
 (No class Apr 6 or 13)

Ages: 7 - 10
Time: 6:55 - 7:40 pm

104110-03 Day/Dates: Fri, Feb 3 - Mar 2

104110-04 Day/Dates: Fri, Mar 16 - Apr 27
 (No class Apr 6 or 13)

Little Ninjas

The Little Ninjas program follows a detailed curriculum that focuses on improving basic motor and listening skills. It helps lay the groundwork for the students' karate development by teaching them how to focus, concentrate, and be in control of their actions and behavior in a fun and motivating way. A variety of drills that are easy to follow and fun to do are used to teach each skill. At the end of every class we conduct a brief discussion/role playing session in which we review Personal Safety and Street Awareness issues. Constantly reinforcing these concepts will keep them in the forefront of the students' minds.

Ages: 4 - 7
 Time: 6:00 - 6:30 pm
 Location: Lincoln-Way North Wrestling Room
 Please use the Aquatic Center Entrance

Fee: \$40 R / \$50 NR / 6 sessions

103070-01 Day/Dates: Mon, Jan 23 - Feb 27

103070-02 Day/Dates: Mon, Mar 19 - Apr 30
 (No class Apr 9)

103070-03 Day/Dates: Fri, Jan 20 - Feb 24

103070-04 Day/Dates: Fri, Mar 9 - May 4
 (No class Mar 16,
 Apr 6, Apr 13)

Fee: \$65 R / \$81.25 NR / 12 sessions

103070-05 Day/Dates: Mon & Fri, Jan 20 - Feb 27

103070-06 Day/Dates: Mon & Fri, Mar 9 - May 4
 (No class Mar 12, Mar 16,
 Apr 6, Apr 9, Apr 13)

Child Safety and Preparedness - New!

Take a glimpse into our Little Ninjas program while learning what to do when approached by a stranger. This is a great way to teach your child about how to deal with strangers and sample the Little Ninjas program before committing to an entire session.

104181-01

Ages: 4 - 7
 Day/Date: Thurs, Jan 19
 Time: 6:30 - 8:30 pm
 Fee: \$20 R / \$25 NR
 Location: Park District Administration Building

Junior Karate

Karate teaches kids focus and self-discipline. In this class, students are motivated in a fun and invigorating way, using basic karate techniques and skills. Games, exercises, and contests will challenge the students to do their best, instilling a strong work ethic and a desire to excel. By working in a hands-on manner, the students will develop a respect for each other and for their own abilities as well. Students will learn to set goals which they prepare for and work toward, providing them with the pride of accomplishment and self-esteem. There will also be opportunities for the students to practice leadership skills.

Ages: 8 - 12
 Time: 6:45 - 7:45 pm
 Location: Lincoln-Way North Wrestling Room
 Please use the Aquatic Center Entrance

Fee: \$45 R / \$56.25 NR / 6 sessions

103072-01 Day/Dates: Mon, Jan 23 - Feb 27

103072-02 Day/Dates: Mon, Mar 19 - Apr 30
 (No class Apr 9)

103072-03 Day/Dates: Fri, Jan 20 - Feb 24

103072-04 Day/Dates: Fri, Mar 9 - May 4
 (No class Mar 16,
 Apr 6, Apr 13)

Fee: \$75 R / \$93.75 NR / 12 sessions

103072-05 Day/Dates: Mon & Fri, Jan 20 - Feb 27

103072-06 Day/Dates: Mon & Fri, Mar 9 - May 4
 (No class Mar 12, Mar 16,
 Apr 6, Apr 9, Apr 13)



Little Kickers

This program introduces the basic fundamentals of soccer. The emphasis is on instruction rather than competition, as players learn to control the soccer ball. Little Kickers is designed for someone who has little or no knowledge of soccer. Participants should dress in comfortable clothes and gym shoes. Shin guards are required for this program.

Day/Dates: Sat, Feb 4 - Mar 10

Fee: \$30 R / \$37.50 NR / 6 sessions

Location: Hilda Walker School Gym

103100-01 Ages: 4 - 5
Time: 9:00 - 9:35 am

103100-02 Ages: 4 - 5
Time: 9:45 - 10:20 am

103100-03 Ages: 6 - 7
Time: 10:30 - 11:05 am

Intermediate Soccer

Intermediate Soccer is an extension of the Little Kickers program. Players continue to learn the fundamentals while improving their skills and confidence. Participants must have taken Little Kickers to be eligible. Participants should dress in comfortable clothes and gym shoes. Shin guards are required for this program.

103110-01

Ages: 4 - 7

Day/Dates: Sat, Feb 4 - Mar 10

Time: 11:15 am - 12:05 pm

Fee: \$40 R / \$50 NR / 6 sessions

Location: Hilda Walker School Gym

Mother-Daughter Volleyball Night

The Frankfort Square Park District is hosting a Mother-Daughter Volleyball Night. This is a great opportunity for mothers and daughters to spend quality time together and meet others in the community. So show your mom how grateful you are for all she has done for you, and bring her out for a fun night of volleyball.

103010-01

Grades: 5th - 8th with female adult

Day/Date: Wed, Feb 15

Time: 7:00 - 8:30 pm

Fee: \$5 R / \$6.25 NR per person

Location: Lincoln-Way North High School

Please use the Aquatic Center entrance

Pee-Wee Sports

This class will introduce your child to the wonderful world of sports. A different sport will be played each week including basketball, soccer, t-ball, football and more. This program is designed to create an interest in a variety of sports, while developing listening and motor skills. These skills will be taught in a fun, non competitive learning environment. Appropriately sized equipment will be used.

Ages: 4 - 6

Fee: \$40 R / \$50 NR / 6 sessions

Location: Frankfort Square School

103020-01 Day/Dates: Tues, Feb 21 - Mar 27
Time: 6:00 - 6:45 pm

103020-02 Day/Dates: Tues, Apr 17 - May 22
Time: 6:00 - 6:45 pm

Little All-Stars

Throwing, catching, base running, fielding, and hitting will be taught in this introduction to t-ball. Skills will be taught in a fun and easy to learn environment. Non-competitive games will be played during each class, allowing all participants to get involved. Age-appropriate equipment will be used.

Note: Each participant must bring his or her own mitt.

103030-01

Ages: 4 - 6

Day/Dates: Tues, Feb 21 - Mar 27

Time: 6:50 - 7:40 pm

Fee: \$40 R / \$50 NR / 6 sessions

Location: Frankfort Square School

Little Bulls

Go Bulls! Dribbling, passing, shooting, and teamwork will be taught in this instructional basketball program. All skills will be taught in a fun and easy-to-learn environment. Non-competitive games will be played during each class, allowing all participants to get involved. Smaller basketballs and lower baskets will be used to help skill development.

103140-01

Grades: K - 2nd

Day/Dates: Tues, Apr 17 - May 22

Time: 6:50 - 7:40 pm

Fee: \$40 R / \$50 NR / 6 sessions

Location: Frankfort Square School