

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: \$35 R / \$43.75 NR / 6 sessions

303005-01 Day/Dates: Mon, Aug 23 - Oct 4
 (No class Sept 6)

303005-02 Day/Dates: Mon, Oct 18 - Nov 22

303005-03 Day/Dates: Fri, Aug 27 - Oct 1

303005-04 Day/Dates: Fri, Oct 15 - Nov 19

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

303005-05 Days/Dates: Mon & Fri, Aug 23 - Oct 4
 (No class Sept 6)

303005-06 Days/Dates: Mon & Fri, Oct 18 - Nov 29
 (No class Nov 26)

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, Oct 2 - Nov 6
 Fee: \$25 R / \$31.25 NR / 6 sessions
 Location: Hilda Walker School Gym

303002-01 Ages: 4 - 5
 Time: 9:00 - 9:35 am

303002-02 Ages: 4 - 5
 Time: 9:45 - 10:20 am

303002-03 Ages: 6 - 7
 Time: 10:30 - 11:05 am

Junior Karate

Karate teaches children 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: \$40 R / \$50 NR / 6 sessions

303006-01 Day/Dates: Mon, Aug 23 - Oct 4
 (No class Sept 6)

303006-02 Day/Dates: Mon, Oct 18 - Nov 22

303006-03 Day/Dates: Fri, Aug 27 - Oct 1

303006-04 Day/Dates: Fri, Oct 15 - Nov 19

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

303006-05 Days/Dates: Mon & Fri, Aug 23 - Oct 4
 (No class Sept 6)

303006-06 Days/Dates: Mon & Fri, Oct 18 - Nov 29
 (No class Nov 26)

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 for this program. Participants should dress in comfortable clothes and gym shoes. Shin guards are required for this program.

303001-01
 Ages: 4 - 7
 Day/Dates: Sat, Oct 2 - Nov 6
 Time: 11:15 am - 12:05 pm
 Fee: \$35 R / \$43.75 NR / 6 sessions
 Location: Hilda Walker School Gym

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 8 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 8 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.

305071-01

Ages: 5 - 10 (with participating adult over the age of 18)
Day/Dates: Sun, Sept 12 - Dec 19 (Every other Sunday)
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 7 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 7 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.

305071-02

Ages: 5 - 17 (with participating adult over the age of 18)
Day/Dates: Sun, Sept 19 - Dec 12 (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

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. Besides the athletic activities, we will also 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!

Ages: 4 - 8
Fee: \$35 R / \$43.75 NR / 5 sessions
Location: Frankfort Square School
Day/Dates: Fri, Sept 24 - Oct 22

305080-01 Time: 6:00 - 6:45 pm

305080-02 Time: 6:55 - 7:40 pm

Day/Dates: Fri, Nov 5 - Dec 10 (No class Nov 26)

305080-03 Time: 6:00 - 6:45 pm

305080-04 Time: 6:55 - 7:40 pm

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 lowered baskets will be used to help skill development.

Day/Dates: Sat, Oct 2 - Nov 6
Fee: \$40 R / \$50 NR / 6 sessions
Location: Frankfort Square School

303000-01 Grades: K - 1
 Time: 9:00 - 9:50 am

303000-02 Grades: 2 - 3
 Time: 10:00 - 10:50 am

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.

303003-01

Ages: 4 - 6
 Day/Dates: Sat, Oct 2 - Nov 6
 Time: 11:00 - 11:45 am
 Fee: \$40 R / \$50 NR / 6 sessions
 Location: Frankfort Square School

Victory Ball/Dodgeball

Teamwork and strategy are more valuable factors in dodgeball than athletic skill and individual competitiveness. Anyone can play! Experience is countered by enthusiasm. Dodgeball promotes maximum social enjoyment. Dodgeball is now safe and more enjoyable with rubber coated foam balls, safety conscious rules, and a festive atmosphere. Join Coach Kohlbacher for fun dodgeball activities. He will lead games using different variations of dodgeball such as Scatter, Gauntlet, Doctor/Spy, Paintball, etc. and choosing teams. Don't miss out on all the fun!

303004-01

Grades: Entering 5th - 8th
 Day/Dates: Mon, Oct 18 - Nov 22
 Time: 5:00 - 6:00 pm
 Fee: \$35 R / 43.75 NR / 6 sessions
 Location: Hilda Walker Gym

Winter Break Bowling Camp

Sharpen your bowling skills through this learn to bowl program. Turn those misses and gutter balls into strikes. Each session includes bowling instruction and practice time. Shoe rental is included in the program fee. On Wednesday, there will be color pin bowling, prize giveaways, and a pizza party. At the end of the program, all bowlers will receive a certificate of completion. Parents are encouraged to stay and watch the fun.

305070-01

Ages: 5 - 12
 Days/Dates: Mon - Wed, Dec 27 - 29
 Time: 12:00 - 1:30 pm
 Fee: \$35 R / \$43.75 NR / 3 sessions
 Location: Orland Bowl
 8601 W. 159th Street
 Orland Park, IL 60462

Winter Break Basketball Skills Clinic

Join clinic director Phil Henderson for basketball drills, games, contests, and fun during the winter break from school. Learn how to improve your basketball skills. Full day participants must bring a sack lunch each day. Basketballs are provided. Do not bring your own. All participants will receive a certificate of achievement and a t-shirt. Please indicate size when registering.

Ages: 7 - 17
 Location: TBA

Days/Dates: Mon - Wed, Dec 20 - 22

303007-01 Time: 9:00 am - 12:00 pm

303007-02 Time: 1:00 - 4:00 pm

303007-03 Time: 9:00 am - 4:00 pm

Days/Dates: Mon - Wed, Dec 27 - 29

303007-04 Time: 9:00 am - 12:00 pm

303007-05 Time: 1:00 - 4:00 pm

303007-06 Time: 9:00 am - 4:00 pm

Fee: Morning Clinic Only
 \$60 R / \$65 NR / 3 sessions
 Fee: Afternoon Clinic Only
 \$60 R / \$65 NR / 3 sessions
 Fee: Full Day Clinic
 \$100 R / \$105 NR / 3 sessions

Note: Register by Nov 22 and save 10%

