



VIRTUAL PROGRAMS

Stay Home & Play!

Register online at
www.paloshheightsrec.org



palos heights
PARKS & RECREATION

FAMILY ACTIVITIES!

Virtual Family BINGO Night!

Gather the family for a fun night of online BINGO! Event is FREE but please register so we know you are coming and we will email further instructions!

330220A1 M 6/8 2-3p Free
330220A1 TH 6/11 6:30-7:30pm Free



Family Yoga Night

This yoga class is geared for children ages 5-11 years with a parent/caregiver. Participants will experience a themed yoga class along with yoga games. All levels are welcome. Please have a yoga mat or space for class.

330221A1 TH 6/18 6-6:30pm \$10



Virtual Family Trivia Night!

Join us for a fun night of virtual trivia with your family! There will be a variety of questions and rounds that will appeal to everyone!

330222A1 Th 6/25 6:30-7:30pm FREE





EARLY CHILDHOOD!



Little Artist

Ages 1 ½-2 ½ years w/parent

Your child will enjoy this class with Ms. Jennifer, it encourages self-expression and development. Kids and parents will make fun art projects. Classes will be live on Zoom Password protected sessions. Upon registration, you will receive an email regarding supply pick up.

410627A1 M 9:45-10:15am 6/15-7/13 \$20

Little Chefs

Ages 3-5 years

Ms. Jennifer is stirring up recipes for fun! Each week children will measure, mix and stir their way through basic cooking instruction. Classes will be live on Zoom Password protected sessions. Supplies are not included!

410638A1 W 11:45am-12:30pm 6/17-7/8 \$15

Kick Start with Art

Ages 3-5 years

Painting with shaving cream and pudding are just some of the crazy activities in this art class with Ms. Jennifer! Classes will be live on Zoom Password protected sessions. Upon registration, you will receive an email regarding supply pick up.

410622A1 M 10:45-11:30am 6/15-7/13 \$25

Busy Bees

Ages 3-5 years

This class is all about the environment! They will build things from recycled materials and learn about bugs and other animals with Ms. Jennifer. Classes will be live on Zoom Password protected sessions. Upon registration, you will receive an email regarding supply pick up.

410612A1 F 10-10:45am 6/19-7/10 \$20

MISS ANGIE'S Music Classes!

Rockin' Tots

Ages 1-2 years

Participate with your toddler in singing, chanting, moving, dancing, listening and playing simple percussion instruments. Activities will bridge the natural connection between music and movement, improve listening abilities, and increase exposure and appreciation to different types of music. Class is designed for child and adult to participate in together. Instructor will host weekly Zoom Password protected Sessions during scheduled class time

410404A1 W 10-10:45am 6/17-7/22 \$80
410404B1 W 11-11:45am 6/17-7/22 \$80

Mighty Music Makers

Ages 3-5 years

Celebrate your child's growing independence through fun music and movement activities. This class will work on the child's attention and self-expression and include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement, and storytelling. A variety of musical types will be included to widen your child's exposure and appreciation of different musical styles. Class is designed for the child and adult to participate in together. Instructor will host weekly Zoom Password protected Sessions during scheduled class time

410402A1 W 9-9:45am 6/17-7/22 \$80



YOUTH ATHLETICS!



All Star Sports

All Star Sports will now be offering virtual classes at a reduced rate! We will email everyone the ZOOM information one day prior!

330228A1 M 3-3:30pm 06/08-06/29 (Jr. Soccer Ages 3-5) \$32

330229A1 M 3:40-4:10pm 06/08-06/29 (Jr. T-Ball Ages 3-5) \$32

330231A1 F 11-11:30AM 06/05-06/26 (Jr. Basketball Ages 3-5) \$32

330228B1 F 11:40AM-12:10PM 06/05-06/26 (Jr. Soccer Ages 3-5) \$32

330229B1 F 12:20PM-12:50PM 06/05-06/26 (Jr. T-Ball Ages 3-5) \$32

330228C1 M 3-3:30pm 07/06-07/27 (Jr. Soccer Ages 3-5) \$32

330229C1 M 3:40-4:10pm 07/06-07/27 (Jr. T-Ball Ages 3-5) \$32

330231B1 F 11-11:30AM 07/10-07/31 (Jr. Basketball Ages 3-5) \$32

330228D1 F 11:40AM-12:10PM 07/10-07/31 (Jr. Soccer Ages 3-5) \$32

330229D1 F 12:20PM-12:50PM 07/10-07/31 (Jr. T-Ball Ages 3-5) \$32

Breakaway Basketball

Our focus will be building confidence dribbling the basketball as well as incorporating some at home conditioning. Basketball is no fun if you struggle to dribble and we want to make sure all our players are having fun. Fun starts happening when you work on the right skills the right way. When you GET BETTER, the game becomes a lot of fun. This program will be run virtually through ZOOM! We will email out the zoom information one day before the class starts!

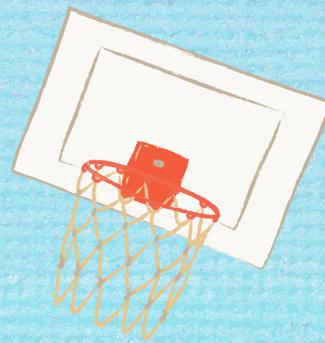
330110B1 TU 5-6 pm 06/09-06/30 (1st-3rd Graders) \$40

330110C1 TU 6-7 pm 06/09-06/30 (4th-8th Graders) \$40



Xbox One Madden 2020 Tournament

Code: 330114B1



Let's find out who the best Madden player is in the area! Please note the competition is specifically for Madden 2020 for the Xbox One and all participants must have an online membership to participate. The first place winner will receive a \$25 Game Stop gift card! Registration is open for kids between the ages of 9-14 and it will be \$10 to participate. Each game will take place at 6PM on Thursdays starting on June 18th. The format and duration of the tournament will be determined depending on the amount of registrations.

For more information please contact esloyan@palosheights.org

Register online at www.palosheightsrec.org



YOUTH ATHLETICS!



Track, Field & Fitness Stars @ Home Ages 6-10

Turn off the tv, stand up and get moving in this fun at home virtual class! Boys and girls will learn the jumping, running and throwing skills involved in the sport of track and field. We will also focus on everything from enhancing agility to strength training so that kids learn the importance of exercise for a happy, healthy lifestyle.

Instructor: SportsKids Inc. Online Zoom class.

- 330224A1 F 6/5-6/26 10-10:30 am \$25
- 330224B1 F 7/10-7/31 10-10:30 am \$25
- 330224C1 F 8/7-28 10-10:30 am \$25

Parent & Child Sports N' Stories @ Home Ages 3-5

Jump into the world of sports and literature through this exciting virtual class! Children, with the help of their parents, will enjoy a mind-awakening story, learn body challenging sports skills and enjoy some social time each week. Our curriculum helps families get active and have fun... at home!

Instructor: SportsKids Inc. Online Zoom class.

- 330227A1 Tu 6/2-6/23 2-2:30 pm \$25
- 330227B1 Tu 7/7-7/28 3:30-4:00 pm \$25
- 330227C1 Tu 8/4-8/25 3:30-4:00 pm \$25

Lacrosse Skills and Conditioning @ Home Ages 7-12

Staying at home doesn't mean you can't continue to hone your lacrosse skills! Join our virtual class to work on cradling, scooping, dodging, face-offs, and other offensive and defensive lacrosse fundamentals.

Players will also learn strength and conditioning exercises to help them develop proper mechanics to be effective lacrosse players

Instructor: SportsKids Inc. Online Zoom class.

- 330223A1 Th 6/4-6/25 6-6:30 pm \$25
- 330223B1 Th 7/9-7/30 6-6:30 pm \$25
- 330223C1 Th 8/6-8/27 6-6:30 pm \$25

Parent & Child Tracksters & Fitsters @ Home Ages 3-5

Run and jump into this unique class that will combine stretching, movement, and fitness concepts with jumping, running, throwing, and other skills used in track and field. Kids, with the help of their parents, can follow along with our instructors to learn to do jumping jacks, squats, stretches and other fitness activities while focusing on getting exercise and having fun as a family.

Instructor: SportsKids Inc. Online Zoom class.

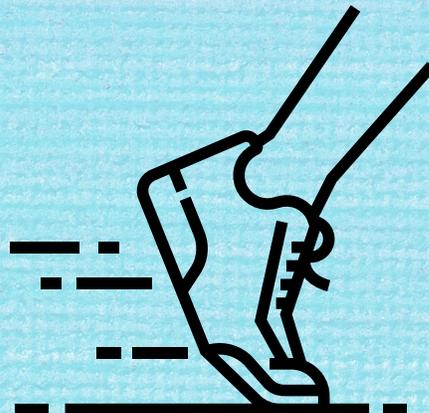
- 330225A1 F 6/5-6/26 11-11:30 am \$25
- 330225B1 F 7/10-7/31 11-11:30 am \$25
- 330225C1 F 8/7-8/28 11-11:30 am \$25

Parent & Me Pigskin Pals @ Home Ages 3-5

Pal around with dad or mom at home as you learn the basics of football such as throwing, hand-offs, center skills and catching as well as preschool fundamentals like counting, shapes, words, and colors. Activities help increase listening skills, coordination, self-esteem and confidence while focusing on being FUN!

Instructor: SportsKids Inc. Online Zoom class.

- 330226A1 S 6/6-6/27 11:15-11:45 am \$25
- 330226B1 S 7/11-8/1 11:15-11:45 am \$25
- 330226C1 S 8/8-8/29 11:15-11:45 am \$25



YOUTH PROGRAMS



Master Chef Jr Ages 6-10 years

This class with Ms. Jennifer teaches youth simple recipes! Kitchen safety tips will be taught along with basic kitchen tools. Classes will be live on Zoom Password protected sessions. Supplies are not included!

420700A1 W 1-1:45pm 6/17-7/8 \$15

Cookie Decorating Age 5-12 years

Ms. Kara will teach kids how to use their creative side with decorating cookies! Classes will be live on Zoom Password protected sessions. Upon registration, you will receive an email regarding supply pick up.

420911A1 W 3-4pm 6/10 \$12
420911B1 W 3-4pm 7/8 \$12



Got Slime? We do! Ages 6-12 years

It's always slime time! Classes will be live with Ms. Jennifer on Zoom Password protected sessions. Upon registration, you will receive an email regarding supply pick up.

420916A1 F 1pm-1:45pm 6/26 \$12

Cupcake Decorating Age 5-12 years

Ms. Kara will teach the kids how to use a piping bag and decorate 5 cupcakes! Classes will be live on Zoom Password protected sessions. Upon registration, you will receive an email regarding supply pick up.

420912A1 W 3-4pm 6/24 \$12
420912B1 W 3-4pm 7/15 \$12



Virtual School of Earning and Learning: Fiscal Responsibility for kids Ages 9 years and up

The best investment you can make is an investment in yourself! Brendan Houlihan, Financial Advisor Representative with BFH Wealth Management/FAN Advisors will hold a fiscal responsibility program for children. It's never too early to teach and review basic concepts about money and financial literacy. Classes will be live on Zoom Password protected sessions. Upon registration, you will receive zoom information

420905A1 W 4-5pm 6/10 \$15
420905B1 W 4-5pm 6/17 \$15
420905C1 W 4-5pm 6/24 \$15



YOUTH PROGRAMS



Hocus Pocus Magic Ages 5-12 years

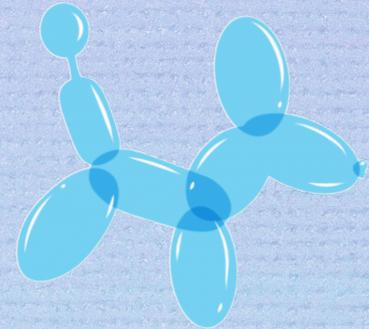
In this 45-minute online class teaches children how to perform a number of mind-boggling tricks using everyday household items. Gary will start by explaining the secrets to the tricks, and then both Gary and the children will practice everything in great detail. Since this class is online, it can be taken whenever it is convenient for your schedule. The videos can be watched again and again. Your entire family can even take this class together! Additionally, be sure to sign up for this class again since new tricks are taught each session. (When you register, you will be told the household items that are needed for the class.)

420900A1 Anytime 6/1-6/30 \$17

On Demand Drawing Classes with Young Rembrandts Ages 5-12 years

Hungry for more art? Young Rembrandts students will be drawing expressive Pizza Cartoon characters and a funny Ice Cream joke sequence. Students will also enjoy two art history lessons, learning all about the iconic Taj Mahal and a different art style featured in the Pop Art Desert lesson. Can't wait to draw with you! Supplies needed: "8.5 x11" paper, pencil, Crayola Broad Tip Markers, Eraser, Black Sharpie Marker. Participants will be emailed with information regarding classes.

330115A1 M 10am 6/1-6/22 \$35



Balloon Animal Ages 7 and up!

Professional balloon artist Gary Kantor introduces a 45-minute online class that teaches children the techniques needed to take plain balloons and transform them into incredible balloon animals (like dogs, butterflies, fish, etc.). By watching these online videos children will create their own balloon animals, with Gary walking them through each step in the process. And this class isn't just for the kids; parents will have a blast if they join the experience. Additionally, you can sign up again since each session makes different animals. (Note: you will need your own balloons and balloon pump. The pump and balloons cost about \$13, and when you register you will be given information on places to purchase these.)

330230A1 Anytime 6/1-6/30 \$17



Anime Manga Workshop Ages 5-12

Calling all otaku kids! Join the Anime Manga workshop and learn to draw your favorite Japanese style art. This five-day workshop will tap into everyone's imagination while learning to draw cute manga inspired characters, accessories and costumes. Your child's talent is about to take off - register now to save your child's spot in this kawaii workshop focused on technique and creativity! Supplies needed: "8.5 x11" paper, pencil, Crayola Broad Tip Markers, Eraser, Black Sharpie Marker.

330116A1 M-F Anytime 6/8-6/12 \$55



FINE ARTS



Virtual Dance

Mom & Me Ballet

Ages 1.5-3

This is a 30 minute semi-structured class that introduces the basics of ballet with mom alongside for guidance and support.

410502A1 M 4:30-5pm 6/17-7/29 \$60

Pre Ballet/Tap

Ages 6-8

Your child will learn basic dance technique, improve their coordination, increase self-esteem, and most importantly, have fun.

410525A1 M 5-5:45pm 6/15-7/27 \$60



Mini Jazz/Ballet

Ages 6-8

This class focuses on the basics of tap dance styling in combination with ballet techniques. We will learn the foundations of both genres of dance and work on several combinations and techniques.

410530A1 M 5:45-6:30pm 6/15-7/27 \$60

Junior Jazz/Tap

Ages 9+

Juniors Jazz/Tap encompasses all techniques and styles of jazz and tap. In this class, students will learn more intricate jazz combinations as well as styling of jazz and tap movements from their roots

420524A1 M 6:30-7:15pm 6/15-7/27 \$60

Poms

Ages 6-8

The Poms program focuses on teaching sharp, clean arm motions through across the floor and Poms combinations. This class also concentrates on the many skills such as jumps, leaps, and turns while incorporating rhythm and fluidity.

420532A1 M 5-5:45pm 6/17-7/29 \$60



Contemporary/Lyrical

Ages 10+

Contemporary dance focuses on intricate and electric dance styling. Dancers will be dancing at a higher level, and learning new dance styling.

420533A1 M 7:15- 8:15pm 6/15-7/27 \$60

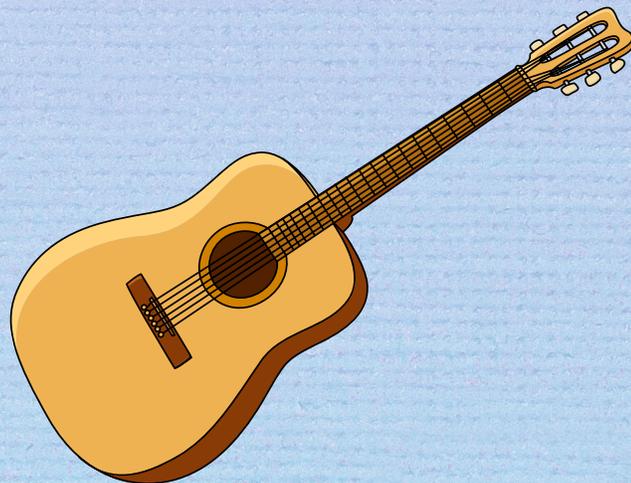


FINE ARTS

Virtual Guitar Lessons Ages 5 & up

Instructor will provide private 30- minute virtual Violin-Viola lessons. Fee includes seven lessons, violin/viola will not be provided. Instructor connects with students via zoom and instructions will be provided upon registering. Must have guitar to participate.

| | | | | |
|----------|----|--------------|-----------|----------------|
| 420405A2 | Su | 10:30-11am | 5/31-7/19 | RD \$138/\$158 |
| 420405A3 | Su | 11-11:30am | 5/31-7/19 | RD \$138/\$158 |
| 420405A4 | Su | 11:30am-12pm | 5/31-7/19 | RD \$138/\$158 |
| 420405A5 | Su | 12-12:30pm | 5/31-7/19 | RD \$138/\$158 |
| 420405A6 | Su | 12:30-1pm | 5/31-7/19 | RD \$138/\$158 |
| 420405A7 | Su | 1-1:30pm | 5/31-7/19 | RD \$138/\$158 |
| 420405A8 | Su | 1:30-2pm | 5/31-7/19 | RD \$138/\$158 |
| 420405A9 | Su | 2-2:30pm | 5/31-7/19 | RD \$138/\$158 |
| 420405C1 | Su | 2:30-3pm | 5/31-7/19 | RD \$138/\$158 |



Virtual Violin/Viola Lessons Ages 5 & up

Instructor will provide private 30- minute virtual Violin-Viola lessons. Fee includes seven lessons, violin/viola will not be provided. Instructor connects with students via Zoom and instructions will be provided upon registering. Must have violin/viola to participate.



| | | | | |
|----------|----|--------------|-----------|----------------|
| 420405A2 | Su | 10:30-11am | 5/31-7/19 | RD \$138/\$158 |
| 420405A3 | Su | 11-11:30am | 5/31-7/19 | RD \$138/\$158 |
| 420405A4 | Su | 11:30am-12pm | 5/31-7/19 | RD \$138/\$158 |
| 420405A5 | Su | 12-12:30pm | 5/31-7/19 | RD \$138/\$158 |
| 420405A6 | Su | 12:30-1pm | 5/31-7/19 | RD \$138/\$158 |
| 420405A7 | Su | 1-1:30pm | 5/31-7/19 | RD \$138/\$158 |
| 420405A8 | Su | 1:30-2pm | 5/31-7/19 | RD \$138/\$158 |
| 420405A9 | Su | 2-2:30pm | 5/31-7/19 | RD \$138/\$158 |
| 420405C1 | Su | 2:30-3pm | 5/31-7/19 | RD \$138/\$158 |

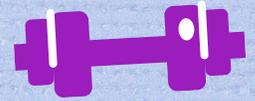
Virtual Group Fitness Pass

The (Virtual Group Fitness Pass) is valid for 6/1-6/26. All fitness classes will range from 30-60 minutes long! A different class is offered each day. Experience six great classes each week.

Participants will receive Zoom invite each day of each class.

33811A1 M-F 6/1-6/26 \$38

Monday 5pm Five O'Clock Work Out



This class is a full body interval training of cardio, strength, and core movements. Work out at your own intensity!



Instructor Trudy W.

Tuesday 9am Gentle Yoga

This class is ideal for anyone wanting to work on stress release, flexibility, and balance. Ease into a variety of yoga postures, breath work, and focused relaxation.

Instructor Qi H.



Tuesday 5pm NEW! Zumba Gold!

Make your next fitness move virtually with Zumba. We'll see you on the dance floor! All levels welcome.

Instructor Sharon D.

Wednesday 5pm Kettlebell

Using kettlebells (or weights or cans, be creative) you will work both upper and lower body. This class will build strength, cardio endurance, and POWER!



Instructor Penny S.

Thursday 10:30am Tai Chi

Experience Qigong with mindful slow movement flowing one step into the next as you wake up your own Chi.

Instructor Diane R.



Friday 9am Complete Body Conditioning

Complex total body movements to burn fat, gain muscle, and increase your circulation using light weights or just your body.

Instructor Joyce S.