

# Youth Programs

## Check out Our Birthday Parties!

Check out our NEW Birthday Parties for children ages 3-10! We have revamped and expanded our birthday parties to include even more excitement and fun! We now offer themed parties filled with exciting games, crafts and experiments. Stop by the Apollo Recreation Center for the all the details! Here is a quick highlight of each party. All parties are 2 hours in length and include party favors, treats and prizes for games for 12 children. Additional children are charged a fee of \$8.00 and final counts are due 1 week before the date of the party, a maximum of 15 children are allowed at the party. No additional food may be brought into the party and we require at least a 2 week notice for parties. You can add on the fun with crafts and balloon centerpieces. We can create a party to fit any theme and we will create a custom package just for you! Stop by the Main Office and complete a Birthday Party request form to begin the process! Call 708-389-1003 for details.

### Traditional Party: R\$155/NR\$175

Get ready for a good old-fashioned birthday party. Party includes several games such as hot potato, balloon volleyball, party bingo and musical chairs; prizes for the games are included! We will also enjoy cake and ice cream!

### Pirate Party: R\$175/NR\$195

We will enjoy cake and ice cream as we search for gold on a treasure hunt, X marks the spot! All the kids will receive a treasure chest filled with gifts worthy of a captain. Games such as pirate patch and walk the plank will be played.

### Gymnastics Party: R\$180/NR\$200

Have fun in the Gymnastics room. You can choose an Open Gym where one of our Gymnastics instructors will supervise your party guests, or an instructional party where the instructor will demonstrate and lead the party child and guests on the equipment. After the party guests are finished in the Gymnastics room, they will be led to a decorated room to enjoy cake and ice cream and receive a treat bag.

### Sports Galore: R\$175/NR\$195

Partygoers will compete in skills competitions; have relay races and other sports themed games for prizes. Some activities may be held outdoors or in our gymnasiums, space permitting.

### Princess Party: R\$175/NR\$195

Calling all princesses, join us for a special party in your honor. Crowns and wands are included as are princess games and activities. All young ladies will take home a purse filled with kid friendly make-up and glitter products. Princes welcome!

### Glamour Girl: R\$175/NR\$195

We will make our own lip gloss or other body products; you choose the scent and colors and design a cool label! We will also make a glamour craft, paint our nails and accessorize with jewel tattoos.

### Knights & Dragons: R\$175/NR\$195

Join King Arthur and his Knights for a royal birthday! The birthday child will be "Knighthood" before the royal refreshments are served. Play games such as "pin the flame on the dragon" and "pass the royal goblet." Creating a craft is also available.

## Age Limits and Why

In order to provide your child with the best possible recreational experience, all of our programs are designed according to specific age groups. Our instructors are sensitive to the needs of the individual age levels. Children must be the age listed in the brochure for each program by March 1st. Birth certificates may be requested to verify age.

## Apollo Comedy Club

Do you have a comedian in your family, or is your child nervous when it comes to speaking in front of people? This fun class is for both! Each class will start with a humorous poem or short story. Participants will then have a designated amount of time to memorize the piece, practice retelling the poem or short story, and then perform it for everyone. Participants will have the choice of staring alone or working with a partner for the last class when parents and family are invited to come and enjoy the show.

Activity: 338304  
Instructor: Laura Braden  
Location: ARC/Multipurpose Room II  
Day: Wednesday  
Time: 6:30-7:15 pm  
Age: 7-10  
Fee: R\$22/NR\$33  
Min/Max: 6/8  
Registration Deadline: One week before start of session  
**Session Dates**  
A March 17-April 21  
B April 28-June 2

## Chess Instruction

Learn one of the most popular games around the world! Chess is a wonderful game that anyone can learn, and the skills acquired will last a lifetime. Learn the basics of chess through hands-on play, in class instruction and study guides. Players of all skill levels welcome; all supplies included; classes' progress with student's abilities. Days and times will be arranged through the instructor once you are registered.

Activity: 343295-A  
Instructor: Denise Michalski  
Location: ARC/Multipurpose Room II  
Day/Time: Instructor Arranged  
Age: 7-17  
Fee: R\$80/NR\$100  
Min/Max: 2/10  
Registration Deadline: One week before start of session  
**Session Dates**  
A March 15-April 23  
B April 26-June 4



# Youth Programs

## Make Your Own Van Gogh

In this class, we will recreate great works by famous painters. Van Gogh, Monet and Hopper are just to name a few. At the end of the sessions, your child will receive their paintings in a portfolio to take home.

Activity: 338235  
 Instructor: Denise Michalski  
 Location: ARC/Multipurpose Room II  
 Day: Tuesday  
 Fee: R\$30/NR\$45  
 Min/Max: 6/8  
 Registration Deadline: One week before start of session

| Session | Age  | Dates             | Time         |
|---------|------|-------------------|--------------|
| A       | 3-5  | March 16-April 20 | 4:30-5:30 pm |
| B       | 6-12 | March 16-April 20 | 5:45-6:45 pm |
| C       | 3-5  | April 27-June 1   | 4:30-5:30 pm |
| D       | 6-12 | April 27-June 1   | 5:45-6:45 pm |

## Private Tutoring

The Alsip Park District is proud to offer your child a little extra help in school. Sessions are private and instructed by a responsible college senior majoring in speech pathology. Once you enroll you will be contacted to arrange the day and time of your lessons. Lessons are taught at the Apollo Recreation Center. You can sign-up, as you need sessions.

Activity: 343314-A  
 Instructor: Alison Yurko  
 Location: ARC/Multipurpose Room II  
 Day/Time: Instructor Arranged  
 Age: 1st - 8th grade  
 Fee: 30 minute session R\$15/NR\$22  
 45 minute session R\$22/NR\$33  
 Min/Max: 2/10



## Illinois Shotokan Karate Club

We are very excited and proud to offer Karate instruction through the Illinois Shotokan Karate Club! The organization was established in 1978 and serves over 70 park districts for students, ages five years to adult. Well trained instructors, utilizing the principles of the American Coaching Effectiveness Program (ACEP), developed at the University of Illinois, teach ISKC classes. Through a variety of fun and creative activities, **Pre-Karate** will develop coordination, strength and preliminary karate skills in a safe and well supervised setting. This program will give your child the lead she/he needs in developing memory and agility skills necessary to be successful in school and other sports. The **Parent/Child program** is an excellent opportunity to share quality time while developing muscle tone, coordination, cardiovascular fitness and karate skills. Regardless of age, weight or current physical condition karate can put your family on the right track to physical well-being. **Youth Karate** will develop skills to release tension brought on by school and peers. The confidence gained will foster a strong positive self-image, build self-confidence, control and discipline. The **Adult Program** offers a variety of benefits, by releasing tension and developing cardiovascular fitness and the self-defense skills learned are invaluable if ever confronted with a dangerous situation that may involve you or a loved one. **Note:** Parent/Child, Youth and Adult classes will train together

Activity: 338257  
 Instructor: Illinois Shotokan Karate Club Staff  
 Location: ARC/Gymnasium II  
 Day/Dates: Wednesday, April 7-June 9  
 Fee: \$80 per person  
 Min/Max: 12/50  
 Registration Deadline: One week before start of session

| Session | Category     | Ages    | Time         |
|---------|--------------|---------|--------------|
| A       | Pre-Karate   | 5-7     | 4:30-5:15 pm |
| B       | Pre-Karate   | 5-7     | 5:20-6:05 pm |
| C       | Parent/Child | 7 & up  | 6:15-7:10 pm |
| D       | Youth        | 8-14    | 7:15-8:10 pm |
| E       | Adult        | 15 & up | 6:15-7:10 pm |

# Youth Programs

## Open Your Ears!

If you love music, you will love this class! Each week we will learn about musicians and the music that made them famous while listening to great music. We will learn about and enjoy the music of such greats from Mozart to Hannah Montana!

Activity: 338308  
Instructor: Denise Michalski  
Location: ARC/Multipurpose Room II  
Day: Thursday  
Fee: R\$30/NR\$45  
Min/Max: 6/8  
Registration Deadline: One week before start of session

| Session | Age  | Dates             | Time         |
|---------|------|-------------------|--------------|
| A       | 3-5  | March 18-April 22 | 4:30-5:30 pm |
| B       | 6-12 | March 18-April 22 | 5:45-6:45 pm |
| C       | 3-5  | April 29-June 3   | 4:30-5:30 pm |
| D       | 6-12 | April 29-June 3   | 5:45-6:45 pm |

## Songology

Each week a popular age appropriate and lyric appropriate song, will be featured, for the kids to discuss what they think the words to their favorite songs mean and about the instruments used in the song. The kids will put together a song book that will include the lyrics and their notes on what was discussed during the class. **Note:** There will be no class on Monday, May 31.

Activity: 338307  
Instructor: Laura Braden  
Location: ARC/Multipurpose II  
Day: Monday  
Time: 6:15-7:00 pm  
Age: 8-11  
Fee: R\$22/NR\$33  
Min/Max: 6/8  
Registration Deadline: One week before start of session

| Session | Dates             |
|---------|-------------------|
| A       | March 15-April 19 |
| B       | April 26-June 7   |

## Alsip Park District Bowling Club

Kids will learn the basics of bowling, such as what is a strike or a spare, proper footwork and releasing the ball. Skills will be taught and reinforced through a game of bowling each week. Fee includes instruction, shoes bowling, pizza party and award for all participants. **Note:** This will be one eight week session. There will be no class on Wednesday, April 7.

Activity: 338266-A  
Location: Oak Forest Bowl, 15240 Cicero  
Instructor: Mike Alexander  
Day/Dates: Wednesday, March 17-May 12  
Time: 4:00-5:30 pm  
Age: 4-9  
Fee: R\$44/NR\$66  
Min/Max: 6/8  
Registration Deadline: One week before start of session

## Guitar Lessons for Kids

Students will be introduced to the basics of guitar playing in these exciting, hands-on classes! Each week we will work on proper posture, guitar holding techniques, as well parts of the guitar and learning basic chords and strumming techniques. Instruction will also include understanding time signature, chord progressions, chord building, scales, keys, song structure, reading tablature and learning basic music theory that expands into musical styles and genres. Classes are 30 minutes long and twelve weeks in length. Lessons will be arranged through instructor after you are registered. Students are required to provide their own student guitar.

Activity: 343306-A  
Location: ARC/Multipurpose Room I  
Day/Time: Instructor arranged  
Dates: March 15-June 5  
Ages: 6 to 16  
Fee: R\$144/NR\$174  
Min/Max: 2/10  
Registration Deadline: One week before start of session

## Piano Lessons

Mozart, Bach and Beethoven move over!! Have you ever wanted to learn piano in a fun and relaxing way? Then come on over! You will learn the basics of note reading and musical theory. Musical pieces will progress with the student's abilities. All first time students must purchase the Alfred's Basic Piano Library Book Level 1A before coming to class. Your time and day of the lesson will be arranged after you register, you choose the most convenient time! Lessons are private and 30 minutes in length for twelve weeks. Piano is a great hobby that lasts a lifetime. Not sure if piano is right for you? Register for a four week mini session and give it a try!

Activity: 343305  
Instructor: Erica Jagust  
Location: ARC/Multipurpose Room I  
Day: Instructor arranged  
Time: 30 minute sessions  
Age: 7-Adult  
Min/Max: 2/10  
Registration Deadline: One week before start of session

| Session | Dates             | Fee            |
|---------|-------------------|----------------|
| A       | March 15-June 4   | R\$160/NR\$190 |
| B       | March 15-April 23 | R\$80/NR\$110  |
| C       | April 26-June 4   | R\$80/NR\$110  |

## Cheerleading

In this class participants will learn the fundamentals of cheerleading, study the latest cheers, chants, stunts, jumps and school tryout preparation all while learning discipline, respect, teamwork, gaining confidence and having fun. **Note:** Times coordinate with our brand new Hip-Hop program for those wishing to experience and participate in both. **BONUS: SIGN UP FOR HIP-HOP & CHEERLEADING AND RECEIVE \$10 OFF EACH CLASS!**

Activity: 338237  
Instructor: Kelly Mase  
Location: ARC/Dance Room  
Day/Dates: Tuesday, March 16-May 18  
Fee: R\$80/NR\$120  
Min/Max: 12/50  
Registration Deadline: One week before start of session

| Session | Age    | Time         |
|---------|--------|--------------|
| A       | 4-8    | 5:45-6:30 pm |
| B       | 9 & up | 6:45-7:30 pm |



# Youth Programs

Register for any Athletic class and receive a free t-shirt

## Jr. Olympics Skills Day

Jr. Olympic Skills is a free national skills competition that provides boys and girls ages 8 to 13, the opportunity to showcase their athletic abilities in four individually scored sports contests: basketball, soccer, tennis, and track & field. The competition is intended to encourage youth participation in sport and emphasize fair and friendly competition. Youngsters can participate in any or all of the individual sports and advance through three levels of competition, including the National Finals in Chicago, Illinois.

Activity: 274075-A  
Location: Apollo Recreation Center  
Day/Date: Saturday, April 17  
Time: 10:00 am-4:00 pm  
Fee: Free  
Age: 8-13  
Min/Max: 20/100

## Pee Wee Soccer

Introduce your preschooler to this popular sport. Children in this class will learn and practice the fundamentals of soccer. Skills introduced will enhance your Childs foot-eye and large muscle coordination. Children should dress in comfortable clothing and gym shoes.

Activity: 374110-A  
Instructor: Erica Jagust  
Location: ARC/Gymnasium  
Day/Dates: Wednesday, March 17-May19  
Time: 4:45-5:30 pm  
Age: 3-5  
Fee: R\$16/NR\$24  
Min/Max: 8/14  
Registration Deadline: One week before start of session



## Pee Wee Basketball

This class will help your child learn the strategies of the game and work on the skills of passing, dribbling, and shooting. Participants will do repetitive drills to develop coordination and improve their game. Teamwork and sportsmanship will also be stressed during this program. Children should dress in comfortable clothing and gym shoes.

Activity: 374108-A  
Instructor: Laura Braden  
Location: ARC/Gymnasium  
Day/Dates: Wednesday, March 17-April 21  
Time: 5:30-6:15 pm  
Age: 3-5  
Fee: R\$14/NR\$21  
Min./Max: 8/14  
Registration Deadline: One week before start of session

## Junior Basketball

This class will introduce children to strategies of the game. The class will also improve their passing, dribbling, and shooting skills. It will involve drills, and a game at the end of each class. Children should dress in comfortable clothing and gym shoes.

Activity: 374015-A  
Instructor: Laura Braden  
Location: ARC/Gymnasium  
Day/Dates: Wednesday, April 28-June 2  
Time: 5:30-6:15  
Age: 6-10  
Fee: R\$14/NR\$21  
Min./Max: 8/14  
Registration Deadline: One week before start of session

## Volunteers Needed!

The Alsip Park District hosts a variety of special events throughout the year. In order to make these events possible, we need dedicated volunteers to assist us. If you are interested in any events, or to be notified when volunteers are needed, please call the main office at 708-389-1003 and leave your name and phone number. Volunteers should be at least 12 years of age and are needed throughout the year. We look forward to hearing from you!

# Youth Programs



## Pee Wee Floor Hockey

Your little one will have fun running and learning the fundamentals of floor hockey. Holding the hockey stick, shooting drills, rules, regulations, positions and practicing good sportsmanship and teamwork are stressed in this class. Children need to wear comfortable clothes and gym shoes.

Activity: 338115-A  
Instructor: Laura Braden  
Location: ARC/Gymnasium  
Day/Dates: Wednesday, March 17-April 21  
Time: 4:30-5:15 pm  
Age: 3-5  
Fee: R\$18/NR\$27  
Min/Max: 8/14  
Registration Deadline: One week before start of session

## Jr. Floor Hockey

This class is for older children to continue to develop their skills, while still maintaining good sportsmanship and teamwork. Don't forget to wear comfortable clothes and gym shoes.

Activity: 338205-A  
Instructor: Laura Braden  
Location: ARC/Gymnasium  
Day/Dates: Wednesday, April 28-June 2  
Time: 4:30-5:15 pm  
Age: 6-10  
Fee: R\$18/NR\$27  
Min/Max: 8/14  
Registration Deadline: One week before start of session

## Indoor Touch Football

Hey Kids! If you love football, this class is for you. In this class, we will learn the basic football fundamentals, sportsmanship and how to play as a team. We will have a lot of fun playing scrimmage games. This is two-hand touch. For your safety, no tackling will be permitted. Children should dress in comfortable clothing.

Activity: 374013-A  
Instructor: Laura Braden  
Location: ARC/Gymnasium II  
Day/Dates: Monday, March 15-April 19  
Time: 5:15-6:00 pm  
Age: 4-5  
Fee: R\$14/NR\$21  
Min/Max: 12/14  
Registration Deadline: One week before start of session

## Youth Flag Football

Hey Kids! If you love football, this class is for you. In this class, we will learn the basic football fundamentals, sportsmanship and how to play as a team. We will have a lot of fun playing scrimmage games. This will be played with flags worn on your waist. For your safety, no tackling will be permitted. Children should dress in comfortable clothing. **Note:** There will be no class on Monday, May 31.

Activity: 374016-A  
Instructor: Laura Braden  
Location: ARC/Gymnasium II  
Day/Dates: Monday, April 26-June 7  
Time: 5:15-6:00 pm  
Age: 4-5  
Fee: R\$14/NR\$21  
Min/Max: 12/14  
Registration Deadline: One week before start of session

