

LOOK IN THE
ATHLETICS & CULTURAL
ACTIVITIES SECTIONS
FOR MORE GREAT ADULT
& SENIOR CLASSES!

SPANISH FOR SENIORS

Have you always wanted to learn a foreign language but never had the opportunity? Then this class is for you! In this small, relaxed class environment, you will learn practical Spanish which you can immediately begin using. Spanish grammar and phonetics will also be taught so that you can develop a strong basis for continued learning. No class April 8.

INSTRUCTOR: Language In Action

DAY: Wednesday

TIME: 9:30 AM to 10:30 AM

AGE: 55 & up **LIMIT**: 12

LOCATION: Cultural Center, Room 201
FEE: \$119.00(R)/\$178.00(N)

PROGRAM#: DATE:

76916 Jan 14 to Mar 11 76917 Mar 18 to May 20



MEN'S 12" (③) RECREATIONAL SOFTBALL

Each team will play at least 8 games. Everyone makes the playoffs. One umpire is assigned to each game and game balls are provided. Call or stop by the Recreation Department for a detailed information packet.

PROGRAM#: 76409

DATE: Apr 19 to Aug 2

DAY: Sunday

TIME: Games begin at 4:30 PM

AGE: 18 & up LIMIT: 16 teams

LOCATION: Centennial Park, Field #5 and

John Humphrey Complex, Field #2

FEE: \$475.00(R)/\$695.00(N) per team

SENIOR SOFTBALL

Haven't played softball in a while? The South Suburban Men's Senior Softball league is looking for a few good men. This is a 12" slow pitch league made up of 3 teams (two teams in the over 65 division, and one in the 60's division). Practices will start in April, and the season runs through the end of August. There will be two games played a week, one at Orland's home field, and one in a neighboring community. Other fees will apply for jerseys and umpires, not exceeding \$40. If interested, please call Eddie Kratovil (708) 333-8011 or Ray Arndt (708)478-0847 for additional details.

REGISTRATION DEADLINE: April 1

PROGRAM#: 76410

DATE: Apr 13 to Nov 6

DAY: Monday thru Friday pending schedule

TIME: Games begin at 6:00 PM

AGE: 60 & up **LIMIT**: 60

LOCATION: Eagle Ridge, Field #I, Centennial Park,

Field #6

FEE: \$15.00(R)/\$23.00(N)

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Adult-Seniors.indd 22

SENIOR MACHINES

NEW! Learn the technique and correct form on using weight machines in the gym. You will build coordination, improve balance, and develop stronger bones by adding weights to your daily routine. No class April 9.

INSTRUCTOR: Kelly Kenny DAY: Thursday

TIME: 10:00 AM to 10:50 AM

AGE: 55 & up LIMIT: 15

LOCATION: Sportsplex, Fitness Center FEE: \$38.00(R)/\$57.00(N)/\$33.00(M)

PROGRAM#:

Jan 8 to Feb 12 76324 76325 Feb 19 to Mar 26 76326 Apr 2 to May 14

WEIGHT TRAINING FOR MEN & WOMEN OVER 50

Don't be intimidated by free weights. A personal trainer will set up a program with your needs in mind that will help you build, tone, and streamline your muscles. These exercises can help prevent osteoporosis, build strength & stamina, tone and firm muscles while improving our daily living.

INSTRUCTOR: Laura Mulhall TIME: 7:00 PM to 7:55 PM

AGE: 50 & up LIMIT:

LOCATION: Sportsplex, Fitness Center FEE: \$55.00(R)/\$83.00(N)/\$50.00(M)

PROG#: COURSE: DATE: DAY: 76279 Jan 5 to Feb 9 Training for Men 76280 Training for Women Jan 8 to Feb 12 Th 76281 Training for Men Feb 16 to Mar 23 M 76282 Training for Women Feb 19 to Mar 26 Th 76285 Mar 30 to May 4 Training for Men M

Training for Women Apr 2 to May 7

STRENGTH & STRETCH **FOR SENIORS**

Need a little help with getting items into and out of those hard to reach places? Strengthening and stretching all those everyday muscles is key to a happy and healthy lifestyle. Participants will learn the techniques of safely lifting light weights and stretching the muscle groups as well. No class April 9.

INSTRUCTOR: Kelly Kenny DAY: Thursday

TIME: 11:00 AM to 11:55 AM

AGE: 55 & up LIMIT:

LOCATION: Sportsplex, Aerobics/Dance Studio \$73.00(R)/\$110.00(N)/\$68.00(M)

PROGRAM#: DATE:

76231 Jan 8 to Feb 26 76232 Mar 5 to Apr 30

SPORTSPLEX SENIOR CLUBS

Senior Clubs are open to those age 55 & better. Groups will meet each week at the Sportsplex to utilize the fitness center, track, play volleyball, bocce ball, pickle ball (upon request) and finish with some camaraderie with fellow Senior Club members. This is a great way to meet friends, be active and stay fit. Club enrollment includes use of locker rooms and towel service during the club meeting time.

SPORTSPLEX MEMBERS FREE | Registration is required.

WOMEN'S CLUB: Thursday | MEN'S CLUB: Friday 10:00 AM to 12:00 PM weekly TIME:

AGE: 55 & up LOCATION: Sportsplex

\$20.00(R)/\$30.00(N)semi-annually

Sportsplex Members Free

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