

TEEN PROGRAMS

TEEN WEIGHT LIFTING

AGES: 13 to 15 years old
WHERE: Fitness Center
WHEN: *Session 1:*
 September 16 to October 30, 2008
Session 2:
 November 4 to December 18, 2008
DAYS: Tuesday and Friday
TIME: 6:45PM to 7:30PM
MIN/MAX: 6/12
FEE:

	Until Sept 7	After
SH Resident	\$25	\$35
Non Resident	\$35	\$45

Are you hoping to make your school's sport team? Do you want to look and feel your best for the next dance? Do you want to lift weights? Do you know how to lift weights? If you answered yes to any of these questions, this class is for you. Join this class to help you achieve the results you're looking for. All fitness levels are welcome.

HIGH SCHOOL WORKOUT PASS

AGES: 14 to 18 Years
WHERE: Community Center
DAYS: Monday, Wednesday, Friday
TIMES: 12:00PM to 5:00PM
 (Fitness Center Only)
 4:30PM to 5:30PM
 (Basketball Open Gym)
FEE: \$25 SH Resident per month
 \$35 Non-Resident per month

You asked for it and now you've got it! By popular demand, the High School Workout Pass is designed to keep your teens active three days a week. Whether you are looking for a serious workout or just want to stay in shape, then this is the pass for you. This pass is only valid for one month.

HIRE-A-TEEN

With fall on the way, there are sure to be plenty of jobs for local teens. If you can rake leaves, mow grass, babysit, and do housework, this job is for you. So come in and fill out an application at the South Holland Parks and Recreation Department. Qualified applicants 13 to 18 years old will be placed on the hire-a-teen call sheet. With this information we can refer you to employers. This is a good way to earn extra money. The hire-a-teen program is year round. Sign up today.

South Holland Parents/Residents

If you are looking for a local responsible teen 13-18 years old to rake leaves, baby sit or do housework call the South Holland Parks and Recreation Department. We will refer you to one of our pre-interviewed teens that we feel qualified for the job. For more information call Lisa Wilson at (708) 331-2940.

