Winter Spring 2020

FIT

Recreational Services Programs & Activities

Registration begins
Thursday, January 2

Classes held
January - May 2020

southholland.org/recservices
Join us for our first-ever Mother / Son Valentine Party. Mothers and sons (ages 3-14) are encouraged to come dressed to impress and will enjoy an evening that includes food, dancing, pictures and more. All sons must be accompanied by their mother or favorite lady for a spectacular evening.
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Take care of your body.
It’s the only place you
have to live.
- Jim Rohn
In the spirit of a famous 1970s song, “I just want to celebrate another day of living! I just want to celebrate another day of life!”

How blessed we are to welcome in a new decade and call one of the most beautiful towns in our great nation . . . home! Filled with dedicated families of faith, who work hard to create promising futures, South Holland encapsulates all that is good in the pursuit of the American dream. From our young schoolchildren to our wise elders, together we strive for greatness in all we do. From the classroom to the boardroom, and all places in between, our village seeks to provide bountiful opportunities for all residents to live a rewarding and prosperous life.

Now, it’s your turn to take advantage of the opportunities provided to you, to find a way to make a positive impact on our community, and in turn, yourself. It’s time to take the initiative, utilize plentiful resources, and share new ideas. Create. Inspire. Innovate. Lead. Make the 2020s your best decade yet, and set the bar for future generations to realize their potential.

You can start by getting involved . . . in church, community outreach, athletics, or whatever motivates you to be great. As you peruse the pages of this program book, and choose the activities in which you want to participate, think about how you can better yourself physically, mentally, and spiritually. The SHRS staff continues to provide ample opportunities across many platforms to meet the needs of our residents and guests. Find your passion, and go for it!

Enjoy the journey from good to great!

Don A. De Graff, Mayor
Village of South Holland
Adults ages 55 and over are welcome to attend the monthly Senior Breakfast Gatherings at the Community Center! Food provided by Jimboo’s.
REGISTRATION & GENERAL INFORMATION

SOUTH HOLLAND RESIDENTS
WALK-IN REGISTRATION ONLY
Thursday, January 2
9:00am - 7:00pm

OPEN REGISTRATION
Online (7:00am)
& Non-Resident Walk-In
Registration Begins
Friday, January 3
9:00am - 7:00pm
Saturday, January 4
9:00am - 2:30 pm

PROOF OF RESIDENCY IS REQUIRED
Registration will continue up until the start of that class. Year-round programs can be registered for at any time. Programs with insufficient attendance may be cancelled one week prior to the start. Early sign-up is suggested to prevent any cancellations.

REFUND POLICY
1. SHRS reserves the right to cancel, postpone or combine classes and/or change instructors. If insufficient enrollment causes a class to be cancelled, participants will receive either a full refund, credit, or the option to transfer into another class.
2. All program change requests, including online registration, must be made in person, at the Community Center.
3. If the class has begun, a prorated amount will be determined based on the date of program change form. Requests will be honored at the discretion of the supervisor.
4. Medical requests will result in a prorated refund based upon the number of classes held prior to the date listed on the physician’s excuse.
5. SHRS reserves the right to remove any program participant who demonstrates improper or potentially harmful behavior. No refund will be given.
6. Due to the demand for participation in programs and the limited number of spaces available, refunds will not be issued for classes that participants are unable to attend.
7. Please allow four to six weeks for the refund check to arrive.

There will be no classes on April 6-11 due to the Easter holiday.

ALL RECREATION PROGRAM FEES MAY BE PAID WITH CASH, VISA, MASTERCARD, OR DISCOVER. CHECKS ARE NOT ACCEPTED!
DADDY / DAUGHTER

Masquerade Ball

MARCH 6 • 6:30-9PM

SOUTH HOLLAND COMMUNITY CENTER

TICKETS: $30 PER DADDY / DAUGHTER PAIR
$10 PER ADDITIONAL DAUGHTER

Dads, bring your princess to this special night of dinner, dancing and photos, creating memories to last a lifetime. All daughters must be accompanied by their dad or favorite guy for a dazzling evening.
JR. DAY CAMP

Take advantage of this GREAT summer deal! Children will participate in activities such as arts and crafts, music, outdoor games, and special event days. The first day of camp a note will be sent home informing children and parents on what day and time your child’s age group will be in the pool. Camp will be held each day regardless of the weather. A weekly field trip is scheduled during regular camp time and is included in the fee as well as a T-shirt. Children will have fun and make many new friends interacting with kids his or her age. A payment plan is available. During registration, we will accept a non-refundable deposit of $150.

AGES: 3-6 years old as of June 1, 2020 (toilet trained)
WHERE: South Holland Community Center
WHEN: June 8-July 31 (8 weeks) - No class July 4
       June 15-July 31 (7 weeks) - No class July 4
DAYS: Monday thru Friday
TIME: 9:00 AM - 3:00 PM
FEES: $820 SH Resident / $870 Non-Resident (8w)
      $735 SH Resident / $785 Non-Resident (7w)

DAY CAMP

Enroll your child for Summer Day Camp! Kids can form new friendships and experience many different activities and special events. Both indoor and outdoor activities will provide your child with a full day of fun and excitement throughout the summer. The first day of camp a note will be sent home informing children and parents on what day and time your child’s age group will be in the pool. Camp will be held each day regardless of the weather. A weekly field trip is scheduled during regular camp time and is included in the fee as well as a T-shirt. Sign up for the best summer deal in town, which provides eight or seven weeks of planned, safe, and supervised activities for your child(ren). A payment plan is available. During registration, we will accept a non-refundable deposit of $150.

AGES: 6-14 years old as of June 1, 2020
WHERE: South Holland Community Center
WHEN: June 8-July 31 (8 weeks) - No class July 4
       June 15-July 31 (7 weeks) - No class July 4
DAYS: Monday thru Friday
TIME: 9:00 AM - 3:00 PM
FEES: $820 SH Resident / $870 Non-Resident (8w)
      $735 SH Resident / $785 Non-Resident (7w)

A PAYMENT PLAN IS AVAILABLE!

Residents: $150 deposit, $134 monthly payment due on the first of the month from February to June.
Non-Residents: $150 deposit, $144 monthly payment due on the first of the month from February to June.
**SUMMER DAY CAMPS**

A COPY OF YOUR CHILD’S BIRTH CERTIFICATE IS REQUIRED FOR ALL SUMMER CAMP REGISTRATIONS.

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**DAY CAMP EXTENSION**

Campers participating in Day Camp and Junior Day Camp have the opportunity to sign up for extended hours. During this time, campers will participate in “quiet” activities such as enjoying a movie, board games, puzzles, or arts and crafts. A payment plan is available. During registration, we will accept a non-refundable deposit of $50.

**AGES:** 3-14 years old as of June 1, 2020

**WHERE:** South Holland Community Center

**WHEN:**
- June 8-July 31 (8 weeks) - No class July 4
- June 15-July 31 (7 weeks) - No class July 4

**DAYS:** Monday thru Friday

**TIME:** 7:00-9:00 AM and/or 3:00-6:00 PM

**FEES:**
- $460 SH Resident / $510 Non-Resident (8w)
- $415 SH Resident / $465 Non-Resident (7w)

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**POST CAMP**

We have selected 2 weeks after camp for those who need extra time. These weeks will include playing games, arts and crafts, watching movies, etc. Children will be divided into 2 groups: 3-5 years old and 6-14 years old. We will not be going on any field trips. Children must bring lunch to camp each day. This is an extension class for the Day Camp programs; therefore only children registered for the Day Camp will be allowed to sign up.

**AGES:** 3-14 years old as of June 1, 2020

**WHERE:** South Holland Community Center

**WHEN:**
- August 3 thru August 7 (A)
- August 10 thru August 14 (B)

**DAYS:** Monday thru Friday

**TIME:** 9:00 AM - 3:00 PM

**FEES:**
- $160 per week SH Resident
- $170 per week Non-Resident
- $195 per week SH Resident extended hours (7-9am, 3-6pm)
- $205 per week Non-Resident extended hours (7-9am, 3-6pm)

### A PAYMENT PLAN IS AVAILABLE!

Residents: $50 deposit, $82 monthly payment due on the first of the month from February to June.

Non-Residents: $50 deposit, $83 monthly payment due on the first of the month from February to June.
YOUTH CLASSES
RULES TO REMEMBER

Children 5 years of age and younger are permitted to use the opposite gender locker room with a parent. Please use bathroom stalls or shower for changing.

Children 6 years or older MUST use same gender locker room. Boys use boys’ locker room and girls use girls’ locker room. If you are uncomfortable with this rule, please make arrangements with another adult of the same gender to accompany your child. Proof of age may be required. No exceptions!

1. Children are not allowed in the members’ locker room under any circumstance.
2. Children not enrolled in our classes are not allowed on deck unless they are 18 months or younger.
3. No one is allowed to remain in the pool after class or to enter the spa unless he or she is a member.
4. Children may not sit alone in the lobby or locker room while their parents are in class.
5. Children in diapers must wear a special swim diaper during every class.
6. Please do not allow your child to eat 2 hours before class starts.
7. No food or drink allowed on pool deck.
8. Children should be on the deck 5 minutes prior to class starting.
9. Children who are not on deck 15 minutes after the class starts may not participate that day.
10. Free time is a privilege, and may be taken away from a child who misbehaves or disrupts class.
11. Parents are responsible to drop off and pick up children ON TIME!
12. No refunds, exchanges, or make-ups are given if a child misses class.

CHILDREN WILL NOT ADVANCE TO THE NEXT LEVEL UNTIL ALL SKILLS ARE COMPLETED

PHOTO POLICY

The South Holland Department of Recreational Services reserves the right to periodically take photos of program participants for promotion or publication. Personal photos taken during class are permissible on the last day of class (No exceptions). Anyone found in violation of this rule, will be asked to leave the pool area.

SWIM PARENTS/GUARDIANS

IT HAS BECOME NECESSARY TO IMPLEMENT A PENALTY FOR PARENTS WHO DO NOT HONOR OUR RULES, AND CHILDREN WHO EAT PRIOR TO SWIM CLASS.

• If your child gets sick or is disruptive during swim class, your child will be suspended for the next 2 weeks. No refund or make up classes will be given.
• If the same child gets sick or is disruptive after returning to class, your child will be suspended from swim classes for 12 months. No refund or make up classes will be given.
• If the same child gets sick or is disruptive after the 12 month suspension, your child will be permanently suspended from our program. No refund or make up classes will be given.

SWIM CLASSES FOR ALL AGES

The staff at the South Holland Community Center hopes that the parents and children enjoy the variety of swim classes that are available. Instructors who are American Red Cross water safety certified, lifeguard certified, and/or CPR certified, teach all courses. Registration at designated times is essential to reserve your place in class, along with avoiding an unnecessary cancellation due to lack of enrollment.

No one is admitted after the 2nd week of classes.

GENERAL SWIM RULES

• All those entering the pool must shower first.
• No running on the deck.
• Street shoes are not allowed on the pool deck: Bare foot or swim shoes.
• Everyone must supply their own towel and lock for class.
YOUTH SWIM

AQUA BABIES
This class is designed to acclimate your baby to the water at an early age and stimulate an interest for water learning. One parent must accompany the child in the water and the child must wear a swim diaper in the pool.

AGES: 6 Months - 2 years as of March 14, 2020
WHERE: South Holland Community Center
WHEN: Sess 2: March 14 thru May 9
DAYS: Saturdays - NO CLASS April 11
TIME: 9:00 AM - 9:45 AM
FEES: $55 SH Resident / $60 Non-Resident
MIN/MAX: 5/20

PRE-SCHOOL SWIM
This class is designed for the pre-school child who will learn to have fun in the water along with learning basic swim skills. Children need to be toilet trained.

AGES: Sess 1: 3-5 years old as of January 18, 2020
Sess 2: 3-5 years old as of March 19, 2020
WHERE: South Holland Community Center
FEES: $55 SH Resident / $60 Non-Resident
MIN/MAX: 5/20

BEGINNING YOUTH SWIM
This class is designed for the child with little or no swim experience to learn basic swim skills and have fun in a non-competitive atmosphere. Please note: Parents may observe children on deck the first and last days of class only.

AGES: Sess 1: 6-9 years old as of January 18, 2020
Sess 2: 6-9 years old as of March 17, 2020
WHERE: South Holland Community Center
FEES: $55 SH Resident / $60 Non-Resident
MIN/MAX: 5/20

Session 2: NO CLASS April 11

DAYS: Sess 1: Tuesdays, January 14 - March 3
Sess 2: Tuesdays, March 17 - May 5
TIME: 6:00 - 6:45 PM

DAYS: Sess 1: Thursdays, January 16 - March 5
Sess 2: Thursdays, March 17 - May 7
TIME: 5:00 - 5:45 PM

DAYS: Sess 1: Saturdays, January 18 - March 7
Sess 2: Saturdays, March 14 - May 9
TIME: 11:00 - 11:45 AM

DAYS: Sess 1: Saturdays, January 18 - March 7
Sess 2: Saturdays, March 14 - May 9
TIME: 12:00 - 12:45 PM

ADVANCED / JUNIOR SWIM
Junior: This class is designed for older children with little or no experience to learn basic swimming skills and have fun in a non-competitive atmosphere. (Levels 1-3)

Advanced: With the recommendation of the Headguard, this class is designed for the older child to advance their individual skills. A competition between participants will be held at the end of the session. Must know all 6 strokes and pass swim test. (Levels 4-5)

AGES: Sess 1: 9-14 years old as of January 18, 2020
Sess 2: 9-14 years old as of March 17, 2020
WHERE: South Holland Community Center
FEES: $55 SH Resident / $60 Non-Resident
MIN/MAX: 5/20

Session 2: NO CLASS April 11

DAYS: Sess 1: Tuesdays, January 14 - March 3
Sess 2: Tuesdays, March 17 - May 5
TIME: 7:00 - 7:45 PM

DAYS: Sess 1: Saturday, January 18 - March 7
Sess 2: Saturday, March 14 - May 9
TIME: 12:00 - 12:45 PM
PRIVATE OR SEMI-PRIVATE SWIM LESSONS

For those who are shy about being with a full class or just want the privacy of learning how to swim at their own pace, we provide both private and semi-private swim lessons. Our instructors can schedule children or adults by appointment only. Each session consists of four (4) classes lasting 45 minutes each. SEMI-PRIVATE lessons are limited to two (2) family members who will share the instruction time. Interested participants should call the SHRS office at (708) 331-2940. Additionally, NO REFUNDS WILL BE GIVEN FOR MISSED CLASSES.

PLEASE NOTE: Due to popular demand, space is very limited. Therefore, lessons are provided on a first scheduled, first served basis.

FEES: (PER STUDENT)

Private: $90 SH Resident / $95 Non-Resident
Semi-Private: $70 SH Resident / $75 Non-Resident

For your child’s safety, if your child is 16 years or younger, parents/guardians are required to check in your child with a lifeguard at the pool. SHRS is not responsible for children who are not escorted into the pool area.

SWIM TEAM TRAINING CLASS

This class is for swimmers who want to train to swim competitively. Swimmers must be able to swim a full length of freestyle and backstroke. Students should also be able to tread water for 1 minute. Parent meeting and tryouts Monday September 9, 2019 from 6:00-7:00pm at South Holland Community Center.

AGES: 5 - 17 years old as of April 27, 2020
WHEN: April 27 thru June 4, 2020
NO CLASS - May 25
DAYS: Monday - Wednesday
TIMES: 5:30 - 7:00 PM
COACHES: Melinda, Elliot and Kyndall
WHERE: Thornwood High School Pool
(17101 South Park Ave, South Holland)
FEES: $270 SH Resident / $280 Non-Resident
MIN/MAX: Min 7

*A PAYMENT PLAN IS AVAILABLE FOR THIS ACTIVITY.

COMPETITIVE SWIMMING

This is a competitive swim team where swimmers compete against other swim clubs. Students should have some swim team experience. Students must sign up for USA swim association (additional fee).

**Swim team held at Thornwood High School Pool.

AGES: 5 - 17 years as of April 27, 2020
WHEN: April 27 thru June 4, 2020
NO CLASS - May 25th
DAYS: Monday - Wednesday - 3 Days
      Monday - Thursday - 4 Days
TIMES: 5:30-7:30 PM
COACHES: Melinda, Elliot and Kyndall
WHERE: Thornwood High School Pool
(17101 South Park Ave, South Holland)
FEES: 3-Day: $480 Resident, $490 Non-Resident
      4-Day: $480 Resident, $490 Non-Resident
MIN/MAX: Min 10

*A PAYMENT PLAN IS AVAILABLE FOR THIS ACTIVITY.

PRIVATE OR SEMI-PRIVATE SWIM LESSONS

For those who are shy about being with a full class or just want the privacy of learning how to swim at their own pace, we provide both private and semi-private swim lessons. Our instructors can schedule children or adults by appointment only. Each session consists of four (4) classes lasting 45 minutes each. SEMI-PRIVATE lessons are limited to two (2) family members who will share the instruction time. Interested participants should call the SHRS office at (708) 331-2940. Additionally, NO REFUNDS WILL BE GIVEN FOR MISSED CLASSES.

PLEASE NOTE: Due to popular demand, space is very limited. Therefore, lessons are provided on a first scheduled, first served basis.

FEES: (PER STUDENT)

Private: $90 SH Resident / $95 Non-Resident
Semi-Private: $70 SH Resident / $75 Non-Resident

For your child’s safety, if your child is 16 years or younger, parents/guardians are required to check in your child with a lifeguard at the pool. SHRS is not responsible for children who are not escorted into the pool area.

SWIM TEAM TRAINING CLASS

This class is for swimmers who want to train to swim competitively. Swimmers must be able to swim a full length of freestyle and backstroke. Students should also be able to tread water for 1 minute. Parent meeting and tryouts Monday September 9, 2019 from 6:00-7:00pm at South Holland Community Center.

AGES: 5 - 17 years old as of April 27, 2020
WHEN: April 27 thru June 4, 2020
NO CLASS - May 25
DAYS: Monday - Wednesday
TIMES: 5:30 - 7:00 PM
COACHES: Melinda, Elliot and Kyndall
WHERE: Thornwood High School Pool
(17101 South Park Ave, South Holland)
FEES: $270 SH Resident / $280 Non-Resident
MIN/MAX: Min 7

*A PAYMENT PLAN IS AVAILABLE FOR THIS ACTIVITY.

COMPETITIVE SWIMMING

This is a competitive swim team where swimmers compete against other swim clubs. Students should have some swim team experience. Students must sign up for USA swim association (additional fee).

**Swim team held at Thornwood High School Pool.

AGES: 5 - 17 years as of April 27, 2020
WHEN: April 27 thru June 4, 2020
NO CLASS - May 25th
DAYS: Monday - Wednesday - 3 Days
      Monday - Thursday - 4 Days
TIMES: 5:30-7:30 PM
COACHES: Melinda, Elliot and Kyndall
WHERE: Thornwood High School Pool
(17101 South Park Ave, South Holland)
FEES: 3-Day: $480 Resident, $490 Non-Resident
      4-Day: $480 Resident, $490 Non-Resident
MIN/MAX: Min 10

*A PAYMENT PLAN IS AVAILABLE FOR THIS ACTIVITY.
### BITTY BASKETBALL

A fun introduction to basketball for early beginners. Learn to dribble, shoot and play defense using pint size equipment. Kids will be playing on our adjustable baskets.

**AGES:** 4 - 7 years old as of September 7, 2020  
**WHERE:** Community Center Gym  
**WHEN:** March 21 thru May 23  
**DAYS:** Saturdays  
**TIME:** 4 - 5 year olds: 12:15 - 1:30 PM  
6 - 7 year olds: 1:30 - 2:45 PM  
**FEES:** $54 SH Resident / $59 Non-Resident  
**MIN/MAX:** 15/30

### YOUTH BASKETBALL LEAGUE

This basketball league will feature 10 weeks of basics & fundamentals followed by an 8-week basketball schedule. All children must be signed up in this program to be on a team.

**AGES:**  
Group A: 3rd - 4th grade  
Group B: 5th - 6th grade  
**WHERE:** Community Center Gym  
**WHEN:** November 9, 2019 thru March 14  
**DAYS:** Saturdays  
**TIME:** Group A: 9:00 - 11:00 AM  
Group B: 11:00 AM - 1:00 PM  
**FEES:** $85 SH Resident / $95 Non-Resident  
**MIN/MAX:** 5/50

### 7TH & 8TH GRADE BASKETBALL

AGES: 7th and 8th graders  
**WHERE:** Community Center Gym  
**WHEN:** March 18 thru May 20  
**DAYS:** Wednesdays  
**TIME:** 6:30 - 7:30 PM  
**FEES:** $69 SH Resident / $75 Non-Resident  
**MIN/MAX:** 20/60

### INSTRUCTIONAL YOUTH BASKETBALL

Interested in being part of a team? Well this is just the class for you!! Join this class and learn the fundamentals of basketball. With the skills you will learn, you will compete against other teams in the area.

**AGES:** 9 - 16 years old as of March 20, 2020  
**WHERE:** Community Center Gym  
**WHEN:** March 20 thru May 8  
**DAYS:** Fridays  
**TIME:** 6:30 PM  
**FEES:** $54 SH Resident / $59 Non-Resident  
**MIN/MAX:** 10/50

### KARATE

As with the Little Dragon program, Karate places an emphasis on proper attitude, discipline coordination, and flexibility. Students are separated after stretching according to their rank. Uniforms (Gi's) and rank certifications are available through the instructor for an additional fee. This program is designed to take the students all the way to black belt and is multi-generational (It is centered on family participation). Classes are under the supervision of Master Roger Jerome, 10th Degree Black Belt.

**AGES:** 7 years old - Adult  
**WHERE:** South Holland Community Center  
**WHEN:**  
Sess 1: January 10 thru March 6  
Sess 2: March 13 thru May 8  
**DAYS:** Fridays - NO CLASS Feb. 21, April 10  
**TIME:** 5:30 - 6:15 PM  
**FEES:** $45 SH Resident / $50 Non-Resident  
**MIN/MAX:** 5/50
LITTLE DRAGONS KARATE
This Pre-Karate class is designed to encourage and build self-confidence, focus, attention span, coordination, and flexibility while learning basic Karate techniques and escapes for the 4 through 6 year old. Uniforms (Gi’s) are not required, but are available through the instructor at an additional fee. Classes are under the supervision of Master Roger Jerome, 10th Degree Black Belt.

**AGES:** 4 - 6 years old as of March 24, 2020
**WHERE:** South Holland Community Center
**WHEN:** Sess 1: January 10 thru March 6
Sess 2: March 13 thru May 8
**DAYS:** Fridays - NO CLASS Feb. 21, April 10
**TIME:** 5:30 - 6:15 PM
**FEES:** $45 SH Resident / $50 Non-Resident

**MIN/MAX:** 5/50

LIVE 4 TENNIS
Wouldn’t you love to play tennis? Live 4 Tennis features 8 weeks of exercise and fun. You will learn and master tennis skills through physical and mental training. Instruction will include the proper strokes (e.g. forehand, backhand, overheads, and volleys), proper footwork, hand-eye coordination and fitness. Join us in helping to make tennis your life-long sport. Come join the fun!

**AGES:**
- Group A: 4 - 6 years old
- Group B: 7 - 10 years old
- Group C: 11-13 years old
- Group D: 14 - Adults

**WHERE:** Faith Family Future Building
**DAYS:** Tuesdays
**FEES:** $40 SH Resident / $45 Non-Resident

**MIN/MAX:** 5/10

**Session 2: NO CLASS April 12**

**WHEN:**
- Group A Sess 1: January 14 - March 3
- Group A Sess 2: March 24 - May 19
**TIME:** 4:00 - 4:50 PM

**WHEN:**
- Group B Sess 1: January 14 - March 3
- Group B Sess 2: March 24 - May 19
**TIME:** 5:00 - 5:50PM

**WHEN:**
- Group C Sess 1: January 14 - March 3
- Group C Sess 2: March 24 - May 19
**TIME:** 6:00 - 6:50 PM

**WHEN:**
- Group D Sess 1: January 14 - March 3
- Group D Sess 2: March 24 - May 19
**TIME:** 6:00 - 6:50 PM

JR HIGH SCHOOL GYM PASS
The Junior High School Workout Pass is designed to keep your teens active. Whether you are looking for a serious workout or just want to stay in shape, then this is the pass for you. This pass will allow teens to access the gym only. (This pass is also valid starting at 9 am on "No School" days.)

**AGES:** 6th - 8th Grade
**WHERE:** South Holland Community Center
**DAYS & TIMES:**
- Monday - Friday 12:00 - 6:00 PM
- Saturday 7:00 AM - 2:45 PM
- Sunday 8:00 AM - 2:45 PM
**FEES:** $25 SH Res / $35 Non-Res per month

HIGH SCHOOL WORKOUT PASS
The High School Workout Pass is designed to keep your teens active seven 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 allows you to access the gym and fitness center only. (This pass is also valid starting at 9 am on "No School" days.)

**AGES:** 9th - 12th Grade
**WHERE:** South Holland Community Center
**DAYS & TIMES:**
- Monday - Friday 12:00 - 6:00 PM
- Saturday 7:00 AM - 2:45 PM
- Sunday 8:00 AM - 2:45 PM
**FEES:** $25 SH Res / $35 Non-Res per month

DRAMA CLASS
LET’S ACT IT OUT
New at SHRS, a youth drama class!
The purpose of this class is to create a positive high energy atmosphere that focuses on the many different talents, abilities and skill, while also establishing high(er) self esteem and confidence. The only requirement for participants is an “Imagination and willing to learn basic acting techniques”.

**AGES:** 8 - 13 years old
**WHERE:** Community Center Gym
**WHEN:**
- Sess 1: Jan.14 thru Mar. 10
- Sess 2: Mar. 17 thru May 19
**DAYS:**
- Tuesdays - NO CLASS April 14
**TIME:** 5:00 PM - 6:00 PM
**FEES:** $40 SH Resident / $45 Non-Resident

**MIN/MAX:** 8/15

**INSTRUCTOR:** Rose Morris
JR. SOCCER

Taught the All Star way, this program will keep everyone active and engaged both mentally and physically! Our lesson plan is designed to teach the game by hiding drills in fun games and using association techniques that get down to the player’s level. Soccer is a game that is action-packed so there will be no sitting and waiting! Engaging the players at all times, we will cover simple foot skills, dribbling, passing, shooting, basic rules and even work on spreading the field. This class will not only keep the players active but will be a great base to prepare them for the next level of play. All of our programs will focus on teamwork and sportsmanship.

AGES: 3 to 5 years old
WHERE: South Holland Community Center Gym
WHEN: Sess 1: January 15 - February 13
      Sess 2: February 26 - March 25
DAYS: Wednesdays
TIME: 4:00 - 4:45 PM
FEES: $50 SH resident / $60 Non-Resident

SOCCER SKILLS

This program is designed with speed and agility drills to improve each player’s game by allowing for a more powerful shot, increased range on the field and efficient change of direction. All basic skills of dribbling, shooting, passing and spacing will be covered and expanded upon. Players will also learn the importance of movement away from the ball and the importance of each position through game situations.

AGES: 6 to 8 years old
WHERE: South Holland Community Center Gym
WHEN: Sess 1: January 15 - February 13
      Sess 2: February 26 - March 25
DAYS: Wednesdays
TIME: 4:45 - 5:45 PM
FEES: $50 SH resident / $60 Non-Resident

JR. BASKETBALL

Our instructional program is designed to teach the game of basketball at a basic level while making sure the players stay active and engaged the entire class! Fun basketball-like games will be played to teach the importance of each skill learned. Our foundation technique focuses on basic mechanics to build confidence, then adding larger challenges as we progress. Footwork is an extremely important aspect of the game. This means no players will be sitting! We will work on dribbling with each hand, passing and shooting technique, and understanding basic offense and defense. All of our programs are based on learning teamwork and sportsmanship.

AGES: 3 to 5 years old
WHERE: South Holland Community Center Gym
WHEN: Sess 1: January 15 - February 13
      Sess 2: February 26 - March 25
DAYS: Wednesdays
TIME: 6:00 - 6:45 PM
FEES: $50 SH resident / $60 Non-Resident

BASKETBALL SKILLS

The All Star Basketball trainers will focus on individual skills as well as team play. Each session will begin with speed and agility drills that will enhance each player’s ability to get up and down the court quickly, generate rapid change of direction, and create explosion to the basket. These sessions will cover ball handling, proper shooting technique, footwork, and defensive/offensive strategies. Small-sided competitions and game play will enable each player to focus and work on learned skills.

AGES: 6 to 8 years old
WHERE: South Holland Community Center Gym
WHEN: Sess 1: January 15 - February 13
      Sess 2: February 26 - March 25
DAYS: Wednesdays
TIME: 6:45 - 7:45 PM
FEES: $50 SH resident / $60 Non-Resident
JR. T-BALL

T-Ball can be a boring game if taught the wrong way! The All Star approach to baseball is one that will engage all players no matter their skill level. Our coaching technique will provide basic building blocks in a fun, safe environment. We have created a system that keeps the players moving and learning even while in the dugout! Mechanics and hand eye coordination are the keys to early success. Players in this program will be more confident in this active class as we work on the proper mechanics of catching, throwing, fielding, base running and batting. This fun and exciting program will prepare each player for the level II, t-ball or coach pitch leagues. All of our programs are based on learning teamwork and sportsmanship.

AGES:
- 3 to 4 years old
- 4 to 6 years old

WHERE:
South Holland Community Center Gym

WHEN:
April 8 - May 20, 2020

DAYS:
Wednesdays

TIME:
3-4 yrs: 4:00 - 4:45 PM
4-6 yrs: 4:45 - 5:45 PM

FEES:
$70 SH resident / $80 Non-Resident

THE HISTORY OF AFRO AMERICAN MUSIC

February 13
11:15am
$10

African American music has touched our souls for decades. Come and meet local resident, Art “Turk” Burton for this informative discussion. Art is a member of the Association for the Advancement of Creative Musicians since 1973. He taught the History of Jazz at Governor’s State University and African American Arts at South Suburban College along with lectures at Northwestern University on African Music in the Caribbean. Art will bring to life the concepts and characteristics as he shares the history. As a special addition, he will also do a demonstration on the bongos. Registration is required but walk-ins are welcome if space is available.
RECREATION AND LEISURE FOR INDIVIDUALS WITH DISABILITIES

New Star Recreation Services (NSRS) is a special recreation cooperative of New Star, the Calumet Memorial, Dolton & Riverdale Park Districts, as well as the Village of South Holland Recreational Services Department. NSRS was organized to provide recreation and leisure based activities for children and adults with disabilities in South Cook County.

Please refer to the NSRS Fall Brochure for a complete list of programs and descriptions. For additional information, please call (708) 801-9966

In order to provide reasonable accommodations to individuals with disabilities into the recreation services program, the South Holland Department of Recreational Services reserves the right to request special recreation services to determine at what level the individual may participate within the program and what modifications if any will be required.
AMERICANS WITH DISABILITIES ACT - No one will be discriminated against on the basis of disability. The SHRS has made reasonable accommodations in recreation programs, facilities, parks, and leisure services for those who meet the essential requirements for activities provided.

LAND FITNESS PEOPLE WITH DISABILITIES - NO EXCUSES

It's time to start exercising! Join this fun class for a great workout. The class will include chair exercise, light weight training, flexibility, endurance, and balance and posture exercises, along with a floor mat segment. The music will get you going and friends will keep you coming. Our certified group fitness instructor and personal trainer will get you in shape! The class is offered through an agreement with New Star Recreation Services (NSRS).

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 13 thru March 9
       Sess 2: March 16 thru May 18
DAYS: Mondays - NO CLASS April 13
TIME: 4:15 - 5:15 PM
FEES: $40 SH Resident / $40 Non-Resident
MIN/MAX: 10/20
INSTRUCTOR: Joanne Schutt

AQUATIC FITNESS PEOPLE WITH DISABILITIES - NO EXCUSES

Come exercise in the pool with your peers. Swimming is not necessary as your head will be above water and your feet on the bottom! Increasing your range of motion improves your balance and coordination as you burn calories in this water friendly environment. Join certified group fitness instructor and personal trainer for lots of fun! A waiver must be signed by every one participating. This class is offered through an agreement with New Star Recreation Services (NSRS). Please note: The participant’s health care provider is expected to assist throughout the entire class with their clients. Registration is through SHRS.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 15 thru March 11
       Sess 2: March 18 thru May 20
DAYS: Wednesdays - NO CLASS April 15
TIME: 4:15 - 5:15 PM
FEES: $40 SH Resident / $40 Non-Resident
MIN/MAX: 10/20
INSTRUCTOR: Joanne Schutt

BETWEEN CLASS PASS

“KEEP IT GOING! DON'T LOSE YOUR MOMENTUM”

This Between Class Pass is offered exclusively to those who have registered and participated in a SHRS Spring Fitness Class. This 4 week pass is valid from May 16 to June 13, 2020. This pass is limited to the use of the Fitness Center and Pool during regular facility hours.

FEES:
$18 SH Resident / $23 Non-Resident
ADULT CLASSES
AQUA YOGA
Aqua yoga performed in a pool has all the benefits of yoga and more. Although it is suitable for all ages and physical abilities, those with chronic pain syndromes such as fibromyalgia, arthritis, and injuries can really benefit from this class. Postures supported by water relieve stress on the joints.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 13 thru March 9
Sess 2: March 16 thru May 18
DAYS: Mondays NO CLASS - April 13
TIME: 10:00 - 10:50 AM
FEES: $59 Mem / $64 SH Res / $69 Non-Res
MIN/MAX: 8/20
INSTRUCTOR: Margaret Johnson

WATER AEROBICS
You can now choose your own workout schedule, Join 1, 2, 3, or 4 days a week. It’s up to you. Come in and feel the warm water rush through your fingers and toes as you increase muscle tone and drop pounds in this exhilarating class. This popular class is for all ages and all abilities. Please remember to bring your own towel and lock to class. Locks are available for purchase at the front desk.

AGES: 18 years and older
WHERE: South Holland Community Center
FEES: $49 Mem. / $54 SH Res / $59 Non-Res
MIN/ MAX: 8/25

AQUA ZUMBA
Cool off with Zumba in the Pool. Come exercise in water while dancing to lively music. Please wear a swimsuit and bring a towel and lock. Street clothes cannot be worn in the pool. Postures supported by water relieve stress on the joints.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 14 - Mar. 10
Sess 2: Tuesdays, Mar. 17 - May 19
DAYS: Mondays NO CLASS - April 14
TIME: 8:00 - 8:50 PM - NO CLASS April 14
INSTRUCTOR: Joanne Schutt

INSTRUCTOR: Vera Friloux

WHEN: Sess 1: Tuesdays, Jan. 15 - Mar. 11
Sess 2: Wednesdays, March 18 - May 20
TIME: 9:00 - 9:50 AM - NO CLASS April 15
INSTRUCTOR: Joanne Schutt

WHEN: Sess 1: Thursdays, Jan. 16 - Mar. 12
Sess 2: Thursdays, Mar. 19 - May 21
TIME: 8:00 - 8:50 PM - NO CLASS April 16
INSTRUCTOR: Vera Friloux

WHEN: Sess 1: Fridays, Jan. 10 - Mar. 6
Sess 2: Fridays, Mar. 13 - May 15
TIME: 9:00 - 9:50 AM - NO CLASS April 10
INSTRUCTOR: Joanne Schutt
ADULT/TEEN SWIM
This class is for teens and adults wishing to learn to swim or to improve their techniques.

AGES: 15 years and older
WHERE: South Holland Community Center
WHEN: Thurs, Sess 1: January 16 thru March 5
Sat, Sess 1: January 18 thru March 7
Sess 2: March 19 thru May 7
DAYS: Thursdays & Saturdays
TIME: TH 7:00 - 7:45 PM ; S 9:00 - 9:45 AM
FEES: $55 SH Resident / $60 Non-Res
MIN/MAX: 5/20

AQUATICS JUST FRIDAYS
If your schedule allows you to only workout once a week, join this great class. Increase range of motion without putting additional stress on your joints. Deep water segment added at the end of class.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 10 thru March 6
Sess 2: March 13 thru May 15
DAYS: Fridays - NO CLASS April 10
TIME: 10:00 - 10:45 AM
FEES: $49 Mem / $54 SH Res / $59 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Joanne Schutt

WEEKEND WATER WORKOUT
Start your Saturday with this beneficial class where you can adjust your workout to your fitness level. If you are just starting out, have a chronic condition such as arthritis or you want to kick it up a little, this class is for you. The instructor is experienced in both Arthritis Aquatics and Water Aerobics. All ages and fitness levels are welcome. You do not have to swim but need to be comfortable in waist deep water. A swimsuit, lock, towel and a desire to workout is all you need.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 11 thru March 7
Sess 2: March 14 thru May 16
DAYS: Saturdays - NO CLASS April 11
TIME: 8:00 - 8:45 AM
FEES: $49 Mem / $54 SH Res / $59 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Vera Friloux

DEEP WATER WORKOUT
This class is a non weight bearing, cross training option to increase strength and muscle tone without additional stress on the joints. Deep Water will consist of wearing a flotation belt to suspend participants off the bottom of the pool for a no-impact workout of advanced aquatic exercises and water jogging. This Deep Water Workout is for those who are comfortable in the deep end of the pool and know how to swim. This class is included in the fee of Arthritis Aquatics Mid Day for Monday’s participants at no additional charge.

AGES: 15 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 13 thru March 9
Sess 2: March 16 thru May 18
DAYS: Mondays - NO CLASS April 13
TIME: 12:00 - 12:30 PM
FEES: $21 SH Resident / $26 Non-Resident
MIN/MAX: 8/12
INSTRUCTOR: Cindy Copenhaver

CHAIR YOGA STRETCH + STABILITY
Improved posture, increased flexibility and strength training along with balance and stability are just some of the benefits of Yoga Stretch. Decrease tension and improve your mood as you follow the poses in this enjoyable class. Learn the benefits of meditation. Participants do not need a mat for this class.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 16 thru March 12
Sess 2: March 19 thru May 21
DAYS: Thursdays - NO CLASS April 16
TIME: 8:30 - 9:20 AM
FEES: $59 Mem / $64 SH Res / $69 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Margaret Johnson
CLASSIC YOGA HEALTH + STRENGTH
Classic Yoga combines a variety of traditional postures that will help improve your physical strength and flexibility. Proper breathing techniques with proper focus on meditative awareness will help bring harmony to your body, mind and soul. Yoga has been shown to provide positive benefits for those with a chronic physical condition such as cancer or various forms of arthritis. Enhance your physical and mental strength and increase your personal spirituality to help relieve pain and stress.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 15 thru March 11
Sess 2: March 18 thru May 20
DAYS: Wednesdays - NO CLASS April 15
TIME: 12:00 - 12:50 PM
FEES: $59 Mem / $64 SH Res / $69 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Margaret Johnson

GENTLE YOGA
In this gentle morning class, we will slowly warm our bodies, strengthen and lengthen our muscles, and awaken our energy for the day. We will take our time with postures and focus on breath and alignment. We will also explore techniques for calming the mind and for developing stability and agility in our bodies. This class is suitable for beginners and is accessible to those with physical challenges.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 11 thru March 7
Sess 2: March 14 thru May 16
DAYS: Saturdays - NO CLASS April 11
TIME: 9:00 - 9:50 AM
FEES: $66 Mem / $71 SH Res / $76 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Liz Moran

YOGA IN A CHAIR PROTECTION & PREVENTION
Are you concerned about osteoporosis or osteopenia? Thin and weak bones, inevitabilities with age, can lead to fractures and poor posture. Gentle yoga poses can help build and maintain bone mass in order to prevent injury. In this class, participants will enjoy gentle yoga poses emphasizing a neutral spine with support such as chairs and the wall. You will leave this class standing tall and strong. Your instructor will guide you through this beneficial and informative class. This class is perfect for beginners, post surgery or rehab participants.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 13 thru March 9
Sess 2: March 16 thru May 18
DAYS: Mondays - NO CLASS April 13
TIME: 9:00 - 9:50 AM
FEES: $59 Mem / $64 SH Res/ $69 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Margaret Johnson

SHRS is committed to improving the lives of those in our community by encouraging individuals to work out. Fitness is one of the non-invasive ways to improve strength and endurance with the added bonus of possible weight loss, and less stress on the joints. Join SHRS fitness instructors for this weekly commitment to "you!" Please contact Cindy Copenhaver for details.
WHERE: South Holland Community Center
WHEN: MONTH OF FEBRUARY
Easter EGG HUNT

SATURDAY, APRIL 4, 2020 • 11:00 AM

Veterans Memorial Park,
500 E 160th Place - Rain or Shine!
FREE to South Holland Children (ages 1-10 years)

Children are divided into five age groups and will hunt for eggs filled with candy. Bring a basket or paper bag to collect your goodies.

Pre-registration (with proof of residency) is required. Registration begins on February 1 and ends on March 30, or whenever spots are filled.
YOGA FLOW CHALLENGE
This class is suitable for everyone who enjoys flowing movement and who wants to emphasize core strength, overall flexibility, and cardiovascular endurance. Participants can expect to learn several variation of the Sun Salutation, the Moon Salutation, and a Dancing Warrior series, among other possible sequences. In this class, we link movement to breath to create a flowing meditation in motion. Some prior experience with yoga is very helpful, as is the ability to do a pushup.
AGES: 18 years and older
WHERE: South Holland Community Center
FEES: $66 Mem / $71 SH Res / $76 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Liz Moran

WHEN: Sess 1: Thursdays, Jan. 16 - Mar. 12
    Sess 2: Thursdays, Mar. 19 - May 21
    TIME: 7:00 - 8:00 PM - NO CLASS April 16

WHEN: Sess 1: Saturdays, Jan. 11 - Mar. 7
    Sess 2: Saturdays, Mar. 14 - May 16
    TIME: 10:00 - 11:00 AM - NO CLASS April 11

HATHA YOGA FOR EVERY BODY
This class is perfect for those who are new to yoga or those who enjoy a slower pace. We will explore a wide range of postures that challenge our bodies and help us to gradually and safely build strength and flexibility. We will also explore breathing techniques that help calm our minds. We will focus primarily on breath and alignment, each of us finding our own body's unique expression of the postures.
AGES: 18 years and older
WHERE: South Holland Community Center
 WHEN: Sess 1: January 16 thru March 12
     Sess 2: March 19 thru May 21
DAYS: Thursdays - NO CLASS April 16
TIME: 5:30 - 6:30 PM
FEES: $66 Mem / $71 SH Res / $76 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Liz Moran

MINDFULNESS MEDITATION
In mindfulness meditation, we practice being present with ourselves as we focus on the breath. We observe our breathing and return our attention to the breath when we discover that our minds have wandered. The benefits of mindfulness meditation include mental and emotional strength, stability, clarity. Sign up for the full session or take this class on a drop in basis. No prior experience with meditation is needed, and chairs and other props will be provided. Daily Drop in Daily Pass $6.00 per visit.
AGES: 18 years and older
WHERE: South Holland Community Center
FEES: $35 Mem / $40 SH Res / $45 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Liz Moran

WHEN: Sess 1: Thursdays, Jan. 16 - Mar. 12
    Sess 2: Thursdays, Mar. 19 - May 21
    TIME: 8:00 - 8:30 PM NO CLASS April 16

WHEN: Sess 1: Saturdays, Jan. 11 - Mar. 7
    Sess 2: Saturdays, Mar. 14 - May 16
    TIME: 8:00 - 8:30 AM - NO CLASS April 11

YOGA MOTION MANAGEMENT
The more you move, the more you can move. This class is designed for those who have arthritis and osteoarthritis with the goal to lengthen the muscles and increase joint flexibility. Yoga poses will be modified to protect the joints so vulnerable to wear and tear. Mats will be provided for participants to use during class.
AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 14 thru March 10
     Sess 2: March 17 thru May 19
DAYS: Thursdays - NO CLASS April 14
TIME: 5:00 - 6:00 PM
FEES: $59 Mem / $64 SH Res / $69 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Margaret Johnson
# Arthritis Classes

## Arthritis Aquatics Mid Day
Feel as good as a summer day... Have you thought about this class but haven't tried it yet? Here is your chance. Water offers gentle resistance, while you are exercising through a range of motion workout. This class is non-strenuous, yet beneficial and easy on the joints. Certified instructors will keep you moving during these classes. Please bring your own towel and lock to class. Deep water segment added at the end of Monday's class.

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| FEES:         | $54 Mem / $59 SH Res / $64 Non-Res |
| MIN/MAX:      | 8/25 |
| INSTRUCTOR:   | Joanne Schutt |

## Senior Fitness Plus
It’s time to kick it up a notch... Challenge your body as we revise this chair fitness class. Any adult can join this fitness class especially if your doctor has advised you to get moving. The exercises offered are evidenced based by research from the Arthritis Foundation to improve Strength, Flexibility, Endurance, Balance and posture. In addition, help decrease pain caused by arthritis, inactivity, or recent surgeries. Exercises will be offered while using the assistance of the chair, and when you’re ready, stay for the floor mat segment of class. Equipment will be provided. You will be so happy you joined! Taught by certified Arthritis Foundation

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| MIN/MAX:      | 10/25 |
| INSTRUCTOR:   | Dyanne Elsia |

## About the Instructors:

<table>
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<tr>
<th>Cindy Copenhaver</th>
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<td>Serves on the Arthritis Foundation Chicago Leadership Board</td>
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<td>Illinois Advocacy Chair</td>
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<td>Served as a Consumer Reviewer for the Department of Defense (DOD) Congressionally Directed Medical Research Program (CDMRP) for research applications submitted for the 2019 Peer Reviewed Medical Research Program (PRMRP)</td>
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<td>Patient Presenter at AF-OREF (Orthopaedic Research and Education Foundation) Innovative Educational Workshop with Patients Inaugural Fellows In Training (FIT) Bootcamp</td>
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<td>SHRS would like to start offering the Arthritis Foundation’s Live Yes-Support Network program. Please contact Cindy for details by January 31, if you are interested in becoming a co-leader. The group will meet four times yearly.</td>
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<th>Joanne Schutt</th>
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<tr>
<td>Certified in both Land and Aquatic Fitness</td>
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<tr>
<td>Dyanne Elsia</td>
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<td>Vera Friloux</td>
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<tr>
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| Instructors have been Arthritis Foundation Certified since 2002. |

## Chair Fitness
Increase your Range of Motion and strength by doing gentle, beneficial exercises which will keep you moving and independent. These exercises will improve your flexibility, posture, balance, strength and endurance plus help decrease pain caused by arthritis, inactivity, or recent surgeries. Participants will begin exercises with the assistance of a chair for balance or until endurance increases. Taught by certified Arthritis Foundation instructors.

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| MIN/MAX:      | 8/25 |
| INSTRUCTOR:   | Joanne Schutt |

## Also recommended for those just starting a fitness program, post surgery and post rehab

## About the Instructors:

| Instructors have been Arthritis Foundation Certified since 2002. |}

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**ADULT HEALTH + WELLNESS**

**ARTHRITIS CLASSES**

**CINDY COPENHAVER**
- Serves on the Arthritis Foundation Chicago Leadership Board
- Illinois Advocacy Chair
- Co-Author of the 2019 American College of Rheumatology/Arthritis Foundation Guideline for the Management of Osteoarthritis of the Hand, Hip and Knee
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                | Sess 2: March 16 thru May 20  
| DAYS:         | Mondays & Wednesdays |
| TIME:         | NO CLASS - April 13, 15  
                | 11:15 AM - 12:00 PM |
| FEES:         | $62 Mem / $67 SH Res / $72 Non-Res |
| MIN/MAX:      | 8/25 |
| INSTRUCTOR:   | Mon. Cindy / Wed. Joanne Schutt |
ARThRITIS AQuATICS AM
If you are looking for a fitness class that is non strenuous, beneficial and easy on the joints, this is it. Water offers gentle resistance, while you are exercising through a total range of motion workout. Arthritis Foundation certified instructors will keep you moving. Please bring your own towel and lock to class.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 14 thru March 12
Sess 2: March 17 thru May 21
DAYS: Tuesdays & Thursdays - NO CLASS April 14, 16
TIME: 9:00 - 9:45 AM
FEES: $62 Mem / $67 SH Res / $72 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Tues. Joanne Schutt / Thurs. Cindy

4TH ANNUAL ARTHRITIS 101 HEALTHCARE PANEL DISCUSSION
Rheumatologist Dr. Veena Nayak will lead a discussion on arthritis, with colleagues from Orthopedics and Physical Therapy. This program is offered in partnership with the Arthritis Foundation and South Holland Recreational Services.
WHERE: South Holland Community Center
WHEN: April 15
TIME: Doors open 5:30pm
Dinner served 5:30-6pm
Discussion to start following dinner
MIN/MAX: 50/150

PILATES
Do you want to define your abdominals while you sculpt your body? Do you want to increase flexibility, muscle definition, muscle strength, and endurance? Then this class is for you. Pilates is a total body conditioning routine. Our certified instructor will help you achieve these goals along with emphasis on spinal and pelvic alignment.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 15 thru March 11
Sess 2: March 18 thru May 20
DAYS: Wednesdays - NO CLASS April 15
TIME: 10:00 - 10:50 AM
FEES: $52 Mem / $57 SH Res / $62 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Nancy Boomsma

LADIES STRENGTH TRAINING
Are you looking to increase your strength and define your muscle tone? This class will offer exercises for your upper body, lower body and core. It is very important to increase muscle mass and tone to increase metabolism and calorie burn, achieved by the variety of strength training-resistance exercises this class offers.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 16 thru March 12
Sess 2: March 19 thru May 21
DAYS: Thursdays - NO CLASS April 16
TIME: 11:00 - 11:50 AM
FEES: $52 Mem / $57 SH Res / $62 Non-Res
MIN/MAX: 8/20
INSTRUCTOR: Nancy Boomsma

STEP AEROBICS
Step back into the past for this "get down to it" class. All components of fitness will be covered along with an emphasis on burning calories to improve body composition and challenging the cardiovascular system to improve heart health. Be sure you wear comfortable yet stable fitness shoes.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: Jan. 14 thru Mar. 10
Sess 2: Mar. 17 thru May 19
DAYS: Tuesdays - NO CLASS April 14
TIME: 7:00 - 7:50 PM
FEES: $56 Mem / $61 SH Res / $66 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Shirley Hunter

LADIES STRENGTH TRAINING PLUS
If your are looking for a little more challenge, this class is the one. A combination of strength training: exercise for upper and lower body, with a special emphasis on the abdominal muscles, plus burst of cardio. Increase muscle mass, burn loads of calories and develop core strength.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 16 thru March 12
Sess 2: March 19 thru May 21
DAYS: Thursdays - NO CLASS April 16
TIME: 11:00 - 11:50 AM
FEES: $52 Mem / $57 SH Res / $62 Non-Res
MIN/MAX: 8/20
INSTRUCTOR: Nancy Boomsma

SHRS FIT BOOK 25
LADIES EXERCISE
This class meets 3 days a week, for this total fitness class with: warm-up, strength training, aerobics, abdominal work and cool down followed by stretching to increase flexibility.
AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 13 thru March 13
Sess 2: March 16 thru May 22
DAYS: Mondays, Wednesdays, Fridays
NO CLASS - April 10, 13, 15
TIME: Sess 1: 8:00 - 8:50 AM
Sess 2: 8:30 - 9:20 AM
FEES: $74 Mem / $79 SH Res / $84 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Evette Ghezzi

CORE + KICKBOXING
This aerobic kickboxing workout will produce increased muscle Endurance, Strength, and Power. This, combined with a sensible diet, produces unbelievable weight loss. With energetic music, kickboxing drills, and functional core fitness coaching, we create a high-energy studio workout. This is the recipe for a workout that produces big and lasting results. Individual results will vary, based on the client’s fitness level. Pads for training used in class will be provided. Boxing or MMA gloves recommended.
AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 11 thru March 7
Sess 2: March 14 thru May 16
DAYS: Saturdays - NO CLASS April 11
TIME: 9:00 - 9:50 AM
FEES: $55 Mem / $60 SH Res / $65 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Craig Bowman

SPINNING
Spinning is an indoor exercise that helps you build endurance, gain muscle, and lose fat. Also spinning helps you understand how to have a better ride outdoors. We showcase and build upon different riding styles that culminate to our "Race Day" or final ride for the class series. Come join our team.
AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 13 thru March 9
Sess 2: March 16 thru May 18
DAYS: Mondays - NO CLASS April 13
TIME: 7:00 - 7:50 PM
FEES: $63 Mem / $68 SH Res / $73 Non-Res
MIN/MAX: 8/14
INSTRUCTOR: Riley Wimes Jr.

BOOT CAMP
This class is the real thing based on actual Army Basic Training Techniques. Prepare yourself for an almost nonstop hour-long muscle endurance/body sculpting class. You will use various fitness equipment along with exercises that uses your own body weight. The class is progressive in intensity however; all abilities and fitness levels are encouraged to join. The class will be adapted to your own personal needs.
AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 14 thru March 12
Sess 2: March 17 thru May 21
DAYS: Tuesdays & Thursdays
NO CLASS - April 14, 16
TIME: 6:10 - 7:00 AM
FEES: $72 Mem / $77 SH Res / $82 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Riley Wimes Jr.

COLLEGE PASS
College Workout Pass. 30 visits or 1 year
AGES: 18 and Older
WHERE: SHCC
WHEN: Valid one year from date of registration
DAYS & TIMES: Monday - Friday 6:00 AM - 10:00 AM
Saturday 7:00 AM - 2:45 PM
Sunday 8:00 AM - 2:45 PM
FEES: $40 SH Resident / $45 Non-Resident

**ZUMBA**

Join certified Zumba® instructors for a combination of hypnotic Latin rhythms and easy-to-follow moves, creating a one-of-a-kind fitness program. Achieve long-term benefits of calorie burning, body energizing, and awesome movements. The routines feature interval training sessions of fast and slow rhythms and resistance training to tone and sculpt your body while burning fat. Zumba Gold is a bit slower pace than the traditional Zumba Fitness.

**WHERE:** South Holland Community Center  
**FEES:** $59 Mem / $64 SH Res / $69 Non-Res  
**MIN/MAX:** 8/25

**LATIN DANCING**

Come and enjoy learning Latin dancing. Just bring your favorite shoes to dance in (smooth soles preferred-no sneakers) No partner is needed. We will rotate partners if necessary which help you be a better leader and follower. You can use this as part of your exercise regimen.

**AGES:** 18 years and older  
**WHERE:** South Holland Community Center  
**WHEN:**  
Sess 1: Tuesdays, Jan. 14 - Mar. 3  
Sess 2: Tuesdays, Mar. 17 - May 12  
NO CLASS - April 7  
**TIME:** 6:00 - 6:50 PM  
**FEES:** $38 SH Res / $43 Non-Res  
**INSTRUCTOR:** Will Roberson  
**MIN/MAX:** 5/20

**JAMMIN W/ JANELLE & COMPANY**

Just Jammin' with Janelle & Company!

I am Janelle & YOU are my company. This line dance class is formed for anyone who wants to dance, have lots of fun, boost their metabolism, and enjoy the company of others who want to do the same. You will learn the newest line dances as well as visit some of those oldies that you thought were forgotten. Expect to have a great time. See you there!

**AGES:** 18 years and older  
**WHERE:** South Holland Community Center  
**FEES:** $55 SH Res / $60 Non-Res  
**MIN/MAX:** 7/30  
**INSTRUCTOR:** Janelle McGee

**KNITTING & CROCHETING**

The art of Knitting and Crocheting is increasing in popularity. They are portable and can be taken just about anywhere - train, plane, or automobile. Instruction is one on one, with each student advancing at their own pace and skill. Beginners will learn the basic stitches to make a sweater. Advanced students may make anything they choose. Anyone can learn, and just like riding a bike, you will never forget.  

*Supply list for Beginners available at registration.

**AGES:** 18 years and older  
**WHERE:** South Holland Community Center  
**WHEN:** January 16 thru April 16  
**DAYS:** Thursdays  
**TIME:** 9:30 - 11:30 AM  
**FEES:** $70 SH Res / $77 Non-Res  
**MIN/MAX:** 12/30  
**INSTRUCTOR:** Sonia Vincent & Bobbie Cosby

**INGALLS BLOOD PRESSURE SCREENING**

Tuesdays:  
Jan 21, Feb 18, Mar 17,  
April 21, May 19  
11:00 - 12:00 PM  
Community Center Lobby
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>6 AM</td>
<td>Boot Camp</td>
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<tr>
<td>7 AM</td>
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<tr>
<td>8 AM</td>
<td>Ladies Exercise</td>
<td>Water Aerobics</td>
<td>Ladies Exercise</td>
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<tr>
<td>9 AM</td>
<td>Yoga in a Chair Protection &amp;</td>
<td>Arthritis Aquatics</td>
<td>Water Aerobics</td>
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<td></td>
<td>Prevention</td>
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<tr>
<td>10 AM</td>
<td>Chair Fitness</td>
<td>Small Group Personal Training</td>
<td>Chair Fitness</td>
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<tr>
<td></td>
<td>Zumba Gold</td>
<td>Senior Cardio</td>
<td>Pilates</td>
</tr>
<tr>
<td>11 AM</td>
<td>Ladies Strength Training</td>
<td>Senior Cardio Plus</td>
<td>Senior Fitness Plus</td>
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<tr>
<td>12 PM</td>
<td>Deep Water Workout</td>
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<td>3 PM</td>
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<tr>
<td>4 PM</td>
<td>Land Fitness People with Disabilities</td>
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<td>Aquatic Fitness People with Disabilities</td>
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<tr>
<td>5 PM</td>
<td>Yoga Management Motion</td>
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<tr>
<td>6 PM</td>
<td>Qigong/Tai Chi</td>
<td>Latin Dancing</td>
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<tr>
<td>7 PM</td>
<td>Jammin' with Janelle</td>
<td>Step Aerobics</td>
<td>Jammin with Janelle</td>
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<tr>
<td>8 PM</td>
<td>Spinning</td>
<td>Water Aerobics</td>
<td>Step Aerobics</td>
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<tr>
<td>9 PM</td>
<td>Aqua Zumba</td>
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<td>10 PM</td>
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SHRS FIT BOOK
# Fitness Schedule

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<thead>
<tr>
<th>Time</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>6 AM</td>
<td>Boot Camp</td>
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<td>7 AM</td>
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<tr>
<td>8 AM</td>
<td>Chair Yoga&lt;br&gt;Stretch &amp; Stability</td>
<td>Ladies Exercise</td>
<td>Mindfulness Meditation&lt;br&gt;Weekend Water Workout&lt;br&gt;Weekend Warrior&lt;br&gt;Gentle Yoga</td>
</tr>
<tr>
<td>9 AM</td>
<td>Arthritis Aquatics&lt;br&gt;Water Aerobics&lt;br&gt;Senior Chair Fitness</td>
<td>Core &amp; Kickboxing</td>
<td>Yoga Flow Challenge&lt;br&gt;Core &amp; Body Weight Training</td>
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<tr>
<td>10 AM</td>
<td>Senior Cardio</td>
<td>Zumba Gold&lt;br&gt;Aquatics Just Fridays&lt;br&gt;Senior Chair Fitness</td>
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<tr>
<td>11 AM</td>
<td>Ladies Strength Training&lt;br&gt;PLUS</td>
<td>Mindfulness Meditation&lt;br&gt;Weekend Water Workout&lt;br&gt;Weekend Warrior&lt;br&gt;Gentle Yoga</td>
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<td>12 PM</td>
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<td>4 PM</td>
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<tr>
<td>5 PM</td>
<td>Qigong/Tai Chi</td>
<td>Mid-Eastern Dance&lt;br&gt;Yoga Flow Challenge</td>
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<tr>
<td>6 PM</td>
<td>Mid-Eastern Dance&lt;br&gt;Yoga Flow Challenge</td>
<td>Senior Chair&lt;br&gt;Fitness&lt;br&gt;Arthritis&lt;br&gt;Aquatics</td>
<td>Core &amp; Body Weight Training</td>
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<tr>
<td>7 PM</td>
<td>Zumba Trad.&lt;br&gt;Yoga Flow Challenge</td>
<td>Senior Chair&lt;br&gt;Fitness</td>
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<tr>
<td>8 PM</td>
<td>Mindfulness Meditation&lt;br&gt;Water Aerobics</td>
<td>Senior Chair&lt;br&gt;Fitness&lt;br&gt;Arthritis&lt;br&gt;Aquatics&lt;br&gt;Yoga Flow Challenge</td>
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**MID-EASTERN DANCE**

Are you looking for a lil’ fun, a stress relief, a lil’ waist exercise? Come and join our Mid Eastern Dance instructor Denise Caver for this great workout. This course is designed to enhance your physical fitness while developing an aesthetic and cross-cultural appreciation for Middle Eastern Dance. You will study various isolation movements; work with veils (available for purchase) which will also enhance your femininity. Please wear comfortable tops with tights/leggings, and soft shoes or non skid socks. No dance experience is necessary to join this class. Bring a friend along and enjoy.

**AGES:** 18 years and older  
**WHERE:** South Holland Community Center  
**WHEN:**  
Sess 1: January 16 thru March 12  
Sess 2: March 19 thru May 21  
**DAYS:** Thursdays - NO CLASS April 16  
**TIME:** 6:00 - 6:50 PM  
**FEES:** $50 Mem / $55 SH Res / $60 Non-Res  
**MIN/MAX:** 8/20  
**INSTRUCTOR:** Denise Caver

**QIGONG / TAI CHI**

Qigong is also known as Tai Chi. This gentle moving class is a method of cultivating the energy of life through integrating breath, gentle movement and posture. Benefits include lowering blood pressure, stress, anxiety and depression, while increasing muscle strength and tone, improving balance, agility and flexibility. All fitness levels are welcome to join this class, and those with chronic medical conditions including Parkinson’s disease, heart condition and Fibromyalgia will especially benefit.

**AGES:** 18 years and older  
**WHERE:** South Holland Community Center  
**FEES:** $59 Mem / $64 SH Res / $69 Non-Res  
**MIN/MAX:** 8/20  
**INSTRUCTOR:** Shannon Cates

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**ONE-ON-ONE PERSONAL FITNESS TRAINING**

**AGES:** 16 and Older (Fitness Center Members Only)  
**WHERE:** Community Center Fitness Center  
**DAY:** Monday - Saturday  
**WHEN:** By Appointment  
**TIME:** By Appointment  
**FEE:** $35 Hourly (Pay as you go!)  
**CERTIFIED PERSONAL TRAINERS:**  
Craig Bowman, NASM / Joanne Schutt, AFAA  
Vera Friloux, AFAA Aquatics

Training sessions can only be scheduled in person with a 24 hour advanced notification. If you need to cancel or reschedule, please notify the front desk 24 hours in advance. NO Refunds or make-ups will granted for sessions canceled less than 24 hours.

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**SMALL GROUP PERSONAL TRAINING**

Join a certified personal trainer for a small group personal training session in the fitness center. The group will meet one day a week with the instructor and then workout independently the second day of the week. The session will include warm-up with cardiovascular machines, advancing to strength training machines followed by free weights. The class will conclude with stretching to cool down. You will learn the proper way to use the equipment in the fitness center. The first class will include a basic fitness assessment. Please bring a notebook and a pen to class to take notes.

**AGES:** 18 years and older  
**WHERE:** South Holland Community Center  
**WHEN:**  
Sess 1: January 14 thru March 10  
Sess 2: March 17 thru May 19  
**DAYS:** Tuesdays - NO CLASS April 14  
**TIME:** 10:00 AM - 11:00 AM  
**FEES:** $80 SH Res / $85 Non-Res  
**MIN/MAX:** 6/8  
**INSTRUCTOR:** Joanne Schutt
**Core & Body Weight Training**
A strong core helps you move better and avoid injury. There are many techniques to build a strong core that include more than just holding the plank. Keep things interesting with this new core and body weight work out that will help you shed pounds and strengthen your entire body.

**Ages:** 18 years and older  
**Where:** South Holland Community Center  
**When:**  
Sess 1: January 11 thru March 17  
Sess 2: March 14 thru May 16  
**Days:** Saturdays - NO CLASS April 11  
**Time:** 10:00 AM - 10:50 AM  
**Fees:** $55 Mem / $60 SH Res / $65 Non-Res  
**Min/Max:** 8/25  
**Instructor:** Craig Bowman

**Essential Steps to Heart Health**
Join UChicago Medicine Ingalls Memorial and South Holland Recreational Services for this interactive event to learn, taste, move and take simple steps toward a healthier heart. Featuring blood pressure checks, medication tips, exercise classes, education stations, and a cooking demo. The event is free but registration is required. Please register by calling 708.915.2273.

**When:** Saturday, February 29  
**Time:** 10:00 AM - Noon  
**Fees:** FREE

**Therapeutic Techniques for Your Health and Well Being**
Massage is not only for relaxation and stress-relief by releasing feel-good endorphins but offers several therapeutic benefits, such as improved circulation, pain relief, enhanced immune system by stimulating lymph flow, joint flexibility, increased Range of Motion, lessened depression and anxiety, reduced post-surgery adhesions and swelling and reduced spasms and cramping. The list goes on and on.

**Table and Chair Massage available** (Swedish or Deep Tissue)  
**Table:** 60 minutes $60.00  
**Other Modalities Available:** Please discuss with your massage therapist.

**Licensed Massage Therapists:**  
Jasmine Liscic, LMT  
Marcia Cutright, BSN.RN.LMT

**Policy:** Massages are scheduled by appointment only with 24-48 Hour Notice

**Please Note:** If you need to cancel or reschedule, please notify the front desk by 7:30 AM the day of the massage. Appointments will be rescheduled at the earliest convenience of the therapist. There are no refunds or make up appointments for massages cancelled after 7:30 AM. There are no refunds or make up appointments for missed appointments. Please Note: A physician’s release may be required prior to massage for certain medical conditions.

**Art Class**
This class is designed for both the beginning student as well as those with advanced skills. Professional instruction in both disciplines is offered. Choose which talent you want to develop as a supply list is available at the front desk. You may purchase supplies prior to the beginning of class.

**Ages:** 18 years and older  
**Where:** South Holland Community Center  
**When:** January 16 thru May 21  
**Days:** Thursdays - NO CLASS April 16  
**Time:** 4:00 - 6:00 PM  
**Fees:** $75 SH Resident / $85 Non-Resident  
**Min/Max:** 6 /15  
**Instructor:** Fred Holly
**MEN'S 12-IN SOFTBALL**

WHEN: Tues: April 28 - June 16  
Thurs: April 30 - June 18  
DAYS: Tuesdays & Thursdays  
TIME: 6:40 PM  
FEE: $700/_team

The 12" Men’s Softball League at Gouwens Park is held on Tuesdays and Thursdays. Please visit South Holland Community Center for more information.

**CO-ED 12-IN SOFTBALL**

WHEN: April 27 - June 15  
DAYS: Mondays  
TIME: 6:40 PM  
TIME: $700/_team

The 12" Co-Ed Softball League at Gouwens Park is held on Monday. Please visit South Holland Community Center for more information.
SENIOR WATER FITNESS
Start your day out with a relaxing and refreshing workout in the pool. You can move with less stress on your body in this water fitness class. Your instructor will lead the class so you can enjoy exercise and fun with your peers. Please bring a towel and lock to class.

AGES: 50 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 13 thru March 9
Sess 2: March 16 thru May 18
DAYS: Mondays - NO CLASS April 13
TIME: 9:00 - 9:50 AM
FEES: $44 Mem / $49 SH Res / $54 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Joanne Schutt

SENIOR CHAIR FITNESS
Exercise is fun and safe for seniors. Start your day out with getting your body in motion. We'll do range of motion, balance, and start stretching exercises with the aid of a chair, along with "moving to the music". Then exercise with tubing to increase upper body strength. Resistance tubing will be provided.

AGES: 55 years and older
WHERE: South Holland Community Center
WHEN: January 17 thru May 15
DAYS: Fridays - NO CLASS April 10
TIME: 9:00 - 9:50 AM
10:00 - 10:50 AM
FEES: $5 SH Resident / $10 Non-Resident
MIN/MAX: 10/50
INSTRUCTOR: Dyanne Elzia

SENIOR CARDIO
Join this class full of fun, including exercise and weight training. Appropriate music will be used to get your body going. Weights and mats will be provided. Come and join us, improve your health and meet new friends.

AGES: 55 years and older
WHERE: South Holland Community Center
WHEN: January 14 thru May 21
DAYS: Tuesdays & Thursdays
NO CLASS April 14, 16
TIME: 10:00 - 10:50 AM
FEES: $70 Mem / $75 SH Res / $80 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Cindy Copenhaver

SENIOR CARDIO PLUS
Sometimes we need just a little more of a challenge. Join us after the Senior Cardio Class, compliment your Fitness Center Workout, or just come in for 30 minutes of a more advanced senior workout. Ankle weights, bars, bands and stability balls will be used. All equipment is provided and all fitness levels are welcome to join in.

AGES: 55 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: January 14 thru March 10
Sess 2: March 17 thru May 19
DAYS: Tuesdays - NO CLASS April 14
TIME: 11:00 - 11:30 AM
FEES: $20 Mem / $25 SH Res / $30 Non-Res
MIN/MAX: 8/25
INSTRUCTOR: Cindy Copenhaver
**FAMILY SWIM NIGHTS**

**AGES:** All  
**WHERE:** Community Center Pool  
**WHEN:** January 10, January 24, February 7, February 21, March 6, March 20, April 3, April 17, May 1, May 15  
**TIME:** 7:00-9:00 PM*  
*No one admitted after 8 PM  
**FEES:** $4 SH Resident / $7 Non-Resident  
Under 2 years Free

**THERE IS A MAXIMUM CAPACITY OF 80 PARTICIPANTS. ALL FAMILY MEMBERS MUST BE REGISTERED BY THE THURSDAY PRIOR TO FAMILY SWIM. LATE REGISTRATION MAY BE AVAILABLE AND IS LIMITED TO SPACE AVAILABLE.**

Come out and splash and swim with your family at the South Holland Community Center Pool. Use of Showers and locker room available. Bring your own lock and towels.

All Swim Rules apply to this class. Please note:

- Each person must take a soapy shower before entering the pool.
- Parents must accompany children at all times.
- Swim suit only. No shirt, jean shorts or street clothes are allowed in the pool.
- The following are not allowed: Food, beverages, glass containers, sharp objects, fins, snorkels, balls or diving rings.
- No flotation toys allowed (water wings and life jackets are allowed).
- No running or pushing.
- Any child unable to swim must be accompanied by a parent or guardian in the water.
- The whirlpool is not available during family swim.
- Street shoes are not allowed on deck, only flip flops, water shoes or barefoot.

Violation of any of the above rules is reason to be asked to leave the pool area and the building without receiving a refund.

**FAMILY DAY PASS**

This pass will allow parents to bring in their son or daughter to come in and enjoy family time together while working out. Children ages 10 to 15 years of age will have access to the gym only. Children 16 to 17 will be able to utilize the gym, fitness center, and the pool. This is a great opportunity to work on that jump shot or share some time together jogging on the treadmill. To utilize this pass parents must be members of the facility. All children must remain with their parents during the entire time of the visit. There is a limit of two passes per member.

**AGES:** 10 to 17 Years Old  
**WHERE:** Community Center Gym  
**DAYS & TIMES:** Monday - Friday 6:00 AM - 9:45 PM  
Saturday: 7:00 AM - 2:45 PM  
Sunday: 8:00 AM - 2:45 PM  
**MAX:** 2 Youth per 1 Adult  
**FEES:** $4 SH Resident / $7 Non-Resident
POOL PASS
Join the millions of people who exercise in the water. You can swim, walk, or do a little of both. Passes are good for four months. Use the pools, lockers, showers and whirlpool. Pool is handicap accessible. Bring your own towel and lock. We reserve the right to close the pool at any given time or day. No refunds or membership exchanges with any Pool Pass. All Pool Passes are non-refundable.

AGES: 18 and Older
WHERE: Community Center Pool
WHEN: 4 month pool pass
DAYS: Monday - Friday 6:00 AM - 9:45 PM
      Saturday 7:00 AM - 2:45 PM
      Sunday 8:00 AM - 2:45 PM
FEES: $80 SH Resident / $100 Non-Resident

BASKETBALL PASS
Teens ages 16 & 17 must provide a photo ID (driver's license, school ID or birth certificate).* a waiver must be signed with all daily basketball passes.

AGES: 16 and Older
WHERE: Community Center Gym
WHEN: 4 month Basketball pass
DAYS & TIMES: Monday - Friday 6:00 AM - 10:00 PM
            Saturday 7:00 AM - 2:45 PM
            Sunday 8:00 AM - 2:45 PM
FEES: $80 SH Resident / $100 Non-Resident
DAILY: $10 (Gym access only)

2019 COMPLIMENTARY CLASS PASS

Name of class __________________________________________ Date __________________________

Print Participant Name ______________________________________________________________

Participant Signature _______________________________________________________________

Instructor Signature _______________________________________________________________

A maximum of 2 free classes per participant.

NOTE: Guest Pass cannot be used for classes filled to capacity. Guest pass does not guarantee enrollment in classes filled to capacity.
Please give this pass to the instructor. Valid January 10-18, 2020.

Participants must be at least 18 years of age and fill out a waiver at the front desk before attending a complimentary class.
CONDUCT
The South Holland Department of Recreational Services reserves the right to remove, suspend and/or ban from the Community Center or any park property, any person/patron/participant for abusive conduct and/or the abuse of any Park Department rules, regulations, policies, equipment or employee while on such premises.

GLENWOODIE GOLF COURSE
The Village of South Holland and the Village of Glenwood have reached an agreement whereby South Holland residents are able to use the Glenwoodie Golf Course at Glenwood resident rates.

LIABILITY
The South Holland Parks Department of Recreational Services assumes no responsibility for personal injury or loss of personal property while participating in or attending programs or at any facilities or parks. No medical or accident insurance is provided.

PHOTO POLICY
The South Holland Parks Department of Recreational Services reserves the right to periodically take photos of program participants for promotion or publication. Personal photos are taken during class with the permission of instructor and participants.

PET POLICY
The South Holland Department of Recreational Services and the South Holland Police Department are reminding residents that pets (on or off a leash) are NOT permitted in any South Holland Park. Help keep our parks safe, healthy, in good condition, and absent of offensive odors by doing your part. Do not allow your animals in the parks and call the South Holland Police Department, 708.331.3131, if you observe anyone violating the Village Ordinance. Your call can remain anonymous.

SPECIAL ACCOMMODATIONS
We ask individuals with special needs for inclusion into programs to notify us of their needs at least two weeks in advance. This will allow us time to make sure that proper staffing, equipment, and facilities are in place for a successful and safe program. By informing us early, you are helping us to work toward a smooth inclusion for everyone’s benefit.

VANDALISM
Our parks are a pride of this Department and the community and should be respected by all. Your assistance is appreciated by reporting any criminal acts of vandalism or misuse of park properties. Please notify your police at 331-3131 or dial 911 for emergencies.

Mayor’s Coffee

Tuesday, March 10 • 7am

South Holland Community Center
501 E. 170th Street

Come meet Mayor Don De Graff and enjoy coffee and refreshments!
PARK PERMITS
All groups of 30 or more are required to have a park permit. Only South Holland Residents 21 and older may obtain Park Permits. A $75* fee (via cash, Visa, Master Card, or Discover) plus a $200 refundable deposit are required at the time the reservation and permit are issued. South Holland Recreational Services reserves the right to refuse any permit and set limits for occupancy at each individual park. Permit will be revoked for violation of any park regulation.

*Veterans Park permit fee is $150.

Memorial Tree Program

The Village of South Holland is pleased to offer the Memorial Tree Program. This program allows individuals or families to honor an individual or event through the planting of a tree in one of the Village’s parks.

The following is included in the $500 program cost:
* Tree purchase
* Tree planting
* Maintenance of the tree by the Village
* 1-year warranty

If interested, please call the Department of Public Works at (708) 339-2323 for more information.
We invite you to...

speak to our rental staff for more detailed information
and book your special event.

Our Event Planner will help you with the details of your special event and can customize an event package to meet your specific desires and requirements to include: catering, bakery items (cake, cupcakes, cookies, etc.) and even balloons... (Centerpieces, arches, special balloon designs, etc).

Call today for an appointment and let us assist you in becoming a "Guest at Your Own Event".

Our beautiful and spacious Event/Party Rooms can each comfortably seat 72 guests, but can easily be expanded to hold as many as 250 guests (with the use of our optional stage) for events such as:

**Family**
- Baby Showers - Family Reunions - Anniversary Dinners
- Birthday/Graduation & Trunk Parties - Retirement Celebrations
- Repast/Funeral Luncheons

**Weddings**
- Bridal Showers – Rehearsal Dinners
- Weddings and Receptions & MORE...

**Children & Teens Parties**
- Pool and/or Gym Parties

**Church & Business**
- Anniversaries - Birthdays - Banquets - Conferences
- Expos - Luncheons & Meetings - Trainings & Workshops

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**MAY - SEPTEMBER 2019**

**Rental Specials**

**FRIDAY & SUNDAY ONLY**
(excludes pool, gym & conference rooms)

- Residential Rate - $55 / hr
- Non-Residential Rate - $75 /hr
  *Rates are per room

Purchase any package and get ONE ADDITIONAL HOUR FREE or $79 OFF PACKAGE PRICE!
In 2000, the Community Center Endowment Committee was originally established to allow residents and businesses the opportunity to be a part of the village’s recreational crown jewel. Initial participation helped to underwrite part of the cost of individual rooms within the Community Center. Today, the lobby of the Community Center showcases the beautiful 12’x12’ “Tree of Life.” This display is a visual representation of the generosity and commitment to the relentless pursuit of improvement desired by South Holland’s residents and businesses. If you would like to learn more about the “Tree of Life,” or if you are interested in being a part of the legacy by making a donation, please call the South Holland Village Administration office at (708) 210-2900.
FITNESS CENTER

FITNESS CENTER GUEST DAYS

Only current members in good standing are eligible to bring a guest for this promotion. Each member is allowed 1 guest pass per day on designated guest days. Member must be present for guest to use the pass.

January 8
January 24
February 4
February 19
March 4
March 20
April 2
April 17
May 7
May 22

ANNUAL MEMBERSHIP INCLUDES

- Exercise Equipment Orientation (by Appointment)
- Use of all Exercise Equipment
- Use of Swimming Pool (when available)
- Use of Whirlpool Spa
- Use of Sauna
- Private Locker Rooms
- Use of Gym (when available)
- Friendly, Knowledgeable Staff
- Limited Membership to Allow More Access to Equipment

COMMUNITY CENTER ALSO INCLUDES

- Indoor Cushioned Walking/Running Track
- Multi-Sport Gymnasium (when available)
- Meeting Rooms

SERVICES AVAILABLE AT AN ADDITIONAL CHARGE

- Aerobic Classes
- Water Fitness Classes
- Senior Exercise and Water Fitness Classes
- Pro Shop Merchandise
- Health and Wellness Seminars and Classes
- Individual Personal Trainer

HOURS:
Monday thru Friday....................6:00 AM to 9:45 PM
Saturday....................................7:00 AM to 2:45 PM
Sunday.........................................8:00 AM to 2:45 PM

HOURS ARE SUBJECT TO CHANGE. CALL FOR SPECIAL HOLIDAY HOURS.

Enrollment forms are available at the Community Center.
501 E. 170th Street.

For more information, call (708) 331-2940.
MEMBERSHIP PRICE LIST

INITIAL ENROLLMENT FEE - $50 per person

The nonrefundable fee is based on continuous regular membership. If you cancel and decide to rejoin at a later date, you will be subject to another enrollment fee upon rejoining.

NOTE: ANNUAL FEES PAID IN ADVANCE REFLECT YEARLY SAVINGS

12 MONTH CONTRACT FEES

RESIDENT Monthly Annual
INDIVIDUAL ...................... $30/month $335
SENIOR CITIZEN (over 60) .... $20/month $225
FAMILY PACKAGE:
    First Member........................ $25/month $280
    Additional Adult................. $20/month* $225*
    Additional Child.............. $15/month* $175*
    30-Day Trial........................ $40*

NON-RESIDENT Monthly Annual
INDIVIDUAL ...................... $35/month $395
SENIOR CITIZEN (over 60) .... $25/month $285
FAMILY PACKAGE:
    First Member........................ $30/month $340
    Additional Adult................. $25/month* $285*
    Additional Child.............. $20/month* $235*
    30-Day Trial........................ $50*

*Applies to spouse or unmarried children (16 to 24 years old) residing at the same address. Enrollments must be completed at the same time. Must be 18 years or older for 30-Day Trial.

SPECIAL CORPORATE RATES

Number of Employees MEMBER FEE Monthly Annual
10 or More ...................... $25/month $280
25 or More ...................... $20/month $225
50 or More ...................... $15/month $175

• Non-resident corporate family members are NOW eligible for resident family rates.

FOR YOUR CONVENIENCE, ANNUAL MEMBERSHIP MAY BE PAID BY CASH, VISA, MASTER CARD, OR DISCOVER. MONTHLY PAYMENTS MAY ONLY BE MADE BY CREDIT CARD OR DIRECT DEBIT FROM YOUR CHECKING ACCOUNT.

THE SOUTH HOLLAND DEPARTMENT OF RECREATIONAL SERVICES RESERVES THE RIGHT TO TERMINATE THE MEMBERSHIP OF ANY FITNESS CENTER MEMBER WHO DEMONSTRATES IMPROPER OR POTENTIALLY HARMFUL BEHAVIOR. NO REFUND WILL BE GIVEN.
Monday, May 25, 2020

Take time to honor veterans of the United States Armed Forces by participating in South Holland’s Annual Memorial Day Parade and Remembrance Ceremony! We encourage all schools, churches, businesses, and civic groups to participate in the parade.

To enter the parade, email cmarshall@southholland.org or call 708.210.2904.
New Resident Breakfast

APRIL 4 - 9:00AM
South Holland Community Center, 501 E. 170th St.

Call 708.210.2904
or email cmarshall@southholland.org
to add your name to the guest list.
Village of South Holland’s

MARTIN LUTHER KING CELEBRATION
“A Love That Unites”

Saturday, January 11
10:00am

First Reformed Church
Historic Underground Railroad Site
15924 South Park Ave,
South Holland

Honoring Dr. Martin Luther King, Jr.,
through song, dance,
art, film, and more!

Reception to follow.

southholland.org

Cover art by South Holland artist DaJuan Marshall