WHILE THE TIMES MAY BE TOUGH, SOUTH HOLLAND IS TOUGHER.

We have all faced many obstacles in light of the recent pandemic, but collectively, we won’t be deterred when it comes to maintaining our fitness levels. The South Holland Recreational Services Department, in conjunction with the Village of South Holland, wants to do everything possible to assist you in reaching your health and wellness goals. Additionally, we remain diligent in following state of Illinois reopening guidelines. While we are unable to offer every originally planned program, we are pleased to be able to offer the following classes for the remainder of the summer.

Registration is currently open for all offered classes. Participants can register online at southholland.org or in person at the Community Center.

**INDOOR CLASS**

**SPINNING**
Spinning consists of helping you to build endurance and build muscle to lose fat, as well as gain a better understanding of how to have a better ride if you decide to head outdoors to ride. We showcase and build upon different riding styles each session that culminate and lead to our “Race Day” or final ride for the class series. We always ride indoors as a team. Come join our team.

**AGES:** 18 years and older  
**WHERE:** South Holland Community Center  
**WHEN:** July 13 - August 17  
**DAYS:** Mondays  
**TIME:** 7:00 PM  
**FEES:** $42 Mem / $47 SH Resident / $52 Non-Resident  
**MIN/MAX:** 7/8  
**INSTRUCTOR:** Riley Wimes Jr.
OUTDOOR CLASSES

We are embarking on a new adventure as we move several of our most popular classes to an outside venue to accommodate for health and safety guidelines as well as for additional participants. The following classes will be held in a designated area of the parking lot of the South Holland Community Center. In the event of rain, the class will be moved inside to the gymnasium.

PLEASE NOTE: Since the activities will be taking place outside, be certain to prepare for warm/humid conditions while following state reopening guidelines.

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 focus on meditative awareness will help bring harmony to your body, mind and soul. This is a perfect class that will introduce you to the never ending benefits of yoga. *Bring your own mat, blocks, and straps*

| AGES: | 18 years and older |
| WHERE: | South Holland Community Center |
| WHEN: | July 15 - August 19 |
| DAYS: | Wednesdays |
| TIME: | 12:00 PM |
| FEES: | $39 Mem / $44 SH Resident / $49 Non-Resident |
| MIN: | 7 |
| INSTRUCTOR: | Margaret Johnson |

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 modifies to protect the joints so vulnerable to wear and tear. Mats will be provided for participants to use during class. *Bring your own mat, blocks, and straps*

| AGES: | 18 years and older |
| WHERE: | South Holland Community Center |
| WHEN: | July 15 - August 19 |
| DAYS: | Wednesdays |
| TIME: | 5:00 PM |
| FEES: | $39 Mem / $44 SH Resident / $49 Non-Resident |
| MIN: | 7 |
| INSTRUCTOR: | Margaret Johnson |

HERE ARE SOME SUGGESTIONS:
• Wear weather-appropriate clothing.
• Stay hydrated: SHRS will have a water cooler on site for each class, but you are encouraged to bring your own water bottle.
• Bring a towel.
• Apply sunscreen.
• FACE COVERINGS AND APPROPRIATE SOCIAL DISTANCING ARE REQUIRED.

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**LINE DANCING**

The outdoor summer line dancing series serves to keep you physically active and boost your cognitive skills. We will teach beginner and intermediate level dances this series. Come on out, learn a few steps and bust a move.

- **AGES:** 18 years and older
- **WHERE:** South Holland Community Center
- **WHEN:** July 14 - August 18
- **DAYS:** Tuesdays
- **TIME:** 5:00 PM
- **FEES:** $39 Mem / $44 SH Res / $49 Non-Res
- **MIN:** 7
- **INSTRUCTOR:** Riley Wimes Jr.

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**ZUMBA - AM**

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.

- **AGES:** 18 years and older
- **WHERE:** South Holland Community Center
- **WHEN:** July 14 - August 18
- **TIME:** 7:45 PM
- **FEES:** $39 Mem / $44 SH Res / $49 Non-Res
- **MIN:** 7
- **INSTRUCTOR:** Riley Wimes Jr.

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**ZUMBA - PM**

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.

- **AGES:** 18 years and older
- **WHERE:** South Holland Community Center
- **WHEN:** July 15 - August 19
- **TIME:** 9:00 AM
- **FEES:** $39 Mem / $44 SH Res / $49 Non-Res
- **MIN:** 7
- **INSTRUCTOR:** Riley Wimes Jr.

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**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. This class is intended to encourage fitness so alternate exercises will be given until you reach “your” ultimate fitness level. No one will feel left out.

- **AGES:** 18 years and older
- **WHERE:** South Holland Community Center
- **WHEN:** July 14 - August 20
- **DAYS:** Tuesdays & Thursdays
- **TIME:** 6:10 AM
- **FEES:** $38 Mem / $53 SH Resident / $58 Non-Resident
- **MIN:** 10
- **INSTRUCTOR:** Riley Wimes Jr.
NEW! PRE-SCHOOL NEW!

42 WEEK SCHEDULE
August 17, 2020 - June 4, 2021

$366 / month SH Resident • $369 / month Non-Resident

Payment Plan August - June

The South Holland Department of Recreational Services Pre-School is based on the recreation philosophy "Learning Through Play." Age appropriate activities are provided in game form to develop skills while having fun!

As educators, the Pre-School staff understands the need for quality early childhood programs. The curriculum is well-rounded. It provides each student with the opportunity to develop socially, emotionally, academically, and physically. Pre-planned activities offer a variety of learning techniques which include teacher-directed (teacher leads the lesson), student-directed (students leads the lesson), cooperative learning (students teach each other), and independent learning (students complete activities on their own). The daily activities include, but are not limited to, math concepts, science exploration, story time, art, music, gym play, social studies, free play, snack time, computer skills and an introduction to Spanish. Field trips and outdoor activities are also part of the educational development.

In addition, you will have the opportunity to purchase a lunch or bring your own.

*A MONTHLY PAYMENT PLAN IS AVAILABLE FOR THIS ACTIVITY.
*ONLINE REGISTRATION IS FOR THOSE WHO WANT TO PAY IN FULL.

5 DAY PRE-SCHOOL : FULL DAYS

AGES: 3 - 5 years as of September 1, 2020
WHERE: South Holland Community Center
WHEN: August 17 thru June 4, 2021 (42 weeks)
DAYS: Monday - Friday
TIME: 8:45 AM - 3:15 PM
FEES: $4,025 SH Resident / $4,050 Non-Resident

Meet the Pre-School staff and visit the classroom during the OPEN HOUSE
Wednesday, June 3, 2020
6:30pm-7:30pm

PRE-SCHOOL EXTENSIONS

Children participating in Pre-School have the opportunity to sign up for extended hours. This program will help all working Parents who need extra time in the morning and/or the afternoon. Children will participate in "quiet" activities such as enjoying a movie, board games, puzzles, arts and crafts, and a snack.

*A MONTHLY PAYMENT PLAN IS AVAILABLE FOR THIS ACTIVITY.
*ONLINE REGISTRATION IS AVAILABLE FOR THOSE WHO WANT TO PAY IN FULL.

PRE-SCHOOL EXTENSION AM

AGES: 3 - 5 years as of September 1, 2020
WHERE: South Holland Community Center
WHEN: August 17 thru June 4, 2021 (42 weeks)
DAYS: Monday - Friday
TIME: 7:00 AM - 8:45 AM
FEES: $865

PRE-SCHOOL EXTENSION PM

AGES: 3 - 5 years as of September 1, 2020
WHERE: South Holland Community Center
WHEN: August 17 thru June 4, 2021 (42 weeks)
DAYS: Monday - Friday
TIME: 3:15 PM - 6:00 PM
FEES: $1,370

A COPY OF YOUR CHILD’S BIRTH CERTIFICATE IS REQUIRED FOR REGISTRATION!
Community Center REOPENING PLAN

July 6
Pool

July 11
Rentals for groups of 50 people or less

July 13
Fitness Center and Outdoor Recreation Classes

July 20
Gym

July 27
Walking Track and Juice Bar

A list of safety guidelines for each phase is available at southholland.org.