FALL 2020

FIT

RECREATIONAL SERVICES PROGRAMS & ACTIVITIES

Registration begins August 27
Classes held September - December
southholland.org/recservices
SOUTH HOLLAND

FUN RUN

JOIN US FOR A FUN AND ENTERTAINING 5K RUN THROUGH THE STREETS OF SOUTH HOLLAND!

SATURDAY, SEPTEMBER 19
Veterans Memorial Park - 520 E 160th Place

• COSTUMES/ACCESSORIES ENCOURAGED
• FINISHER’S MEDAL
• CASH PRIZES
• GOODIE BAGS

STAGGERED START TIMES AND OTHER DISTANCING MEASURES WILL BE IN PLACE TO KEEP EVERYONE SAFE.

SIGN UP AT SOUTHHOLLAND.ORG
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis Classes</td>
<td>21</td>
</tr>
<tr>
<td>Basic Fundamentals of Basketball</td>
<td>12</td>
</tr>
<tr>
<td>Basketball Pass</td>
<td>28</td>
</tr>
<tr>
<td>Between Class Pass</td>
<td>25</td>
</tr>
<tr>
<td>Bitty Basketball</td>
<td>12</td>
</tr>
<tr>
<td>Boot Camp</td>
<td>20</td>
</tr>
<tr>
<td>Breast Cancer Walk</td>
<td>11</td>
</tr>
<tr>
<td>Chair Fitness</td>
<td>19</td>
</tr>
<tr>
<td>Chair Yoga Stretch &amp; Stability</td>
<td>18</td>
</tr>
<tr>
<td>Cheerleading (South Holland Stars)</td>
<td>14</td>
</tr>
<tr>
<td>Classic Yoga Health &amp; Strength</td>
<td>18</td>
</tr>
<tr>
<td>College Gym Pass</td>
<td>17</td>
</tr>
<tr>
<td>Competitive Swimming</td>
<td>9</td>
</tr>
<tr>
<td>Complimentary Class Pass</td>
<td>30</td>
</tr>
<tr>
<td>Core &amp; Kickboxing</td>
<td>20</td>
</tr>
<tr>
<td>Dance Aerobics</td>
<td>19</td>
</tr>
<tr>
<td>Family Day Pass</td>
<td>28</td>
</tr>
<tr>
<td>Family Shootaround</td>
<td>28</td>
</tr>
<tr>
<td>Fitness Center Information</td>
<td>34 - 35</td>
</tr>
<tr>
<td>Fitness Schedule</td>
<td>22 - 23</td>
</tr>
<tr>
<td>Flag Football Skills</td>
<td>13</td>
</tr>
<tr>
<td>Free Guest Days</td>
<td>34</td>
</tr>
<tr>
<td>General Information</td>
<td>3 + 29</td>
</tr>
<tr>
<td>Harvest Fest</td>
<td>15</td>
</tr>
<tr>
<td>Fun Run</td>
<td>Inside Cover</td>
</tr>
<tr>
<td>High School Workout Pass</td>
<td>14</td>
</tr>
<tr>
<td>Ingalls Blood Pressure Screening</td>
<td>18</td>
</tr>
<tr>
<td>Jr. Basketball</td>
<td>13</td>
</tr>
<tr>
<td>Jr. Soccer</td>
<td>13</td>
</tr>
<tr>
<td>Jr. High School Gym Pass</td>
<td>13</td>
</tr>
<tr>
<td>Jammin W/ Janelle</td>
<td>20</td>
</tr>
<tr>
<td>Karate</td>
<td>14</td>
</tr>
<tr>
<td>Ladies Exercise</td>
<td>18</td>
</tr>
<tr>
<td>Ladies Strength Training</td>
<td>18</td>
</tr>
<tr>
<td>Ladies Strength Training Plus</td>
<td>18</td>
</tr>
<tr>
<td>Little Dragons Karate</td>
<td>14</td>
</tr>
<tr>
<td>Live 4 Tennis</td>
<td>12</td>
</tr>
<tr>
<td>Men's 12&quot; Softball League (Tu/Thur)</td>
<td>24</td>
</tr>
<tr>
<td>Military Tribute Luncheon</td>
<td>26</td>
</tr>
<tr>
<td>New Star Recreation Services</td>
<td>10</td>
</tr>
<tr>
<td>One-On-One Personal Fitness Training</td>
<td>21</td>
</tr>
<tr>
<td>Parks</td>
<td>32</td>
</tr>
<tr>
<td>Pilates Body Conditioning</td>
<td>19</td>
</tr>
<tr>
<td>Pool Pass</td>
<td>28</td>
</tr>
<tr>
<td>Pool Rules</td>
<td>8</td>
</tr>
<tr>
<td>Pre-School</td>
<td>5</td>
</tr>
<tr>
<td>Room Rentals</td>
<td>31</td>
</tr>
<tr>
<td>Private/Semi-Private Swim Lessons</td>
<td>9</td>
</tr>
<tr>
<td>Senior Breakfast</td>
<td>30</td>
</tr>
<tr>
<td>Senior Chair Fitness</td>
<td>25</td>
</tr>
<tr>
<td>Sharks Swim Team</td>
<td>9</td>
</tr>
<tr>
<td>Step Aerobics</td>
<td>17</td>
</tr>
<tr>
<td>Tree of Life</td>
<td>33</td>
</tr>
<tr>
<td>Volleyball Skills</td>
<td>13</td>
</tr>
<tr>
<td>Wednesday Workout for Seniors</td>
<td>17</td>
</tr>
<tr>
<td>Water-Less Aerobic Workout</td>
<td>17</td>
</tr>
<tr>
<td>Winter Sports Showcase</td>
<td>6</td>
</tr>
<tr>
<td>Yoga Motion Management</td>
<td>19</td>
</tr>
<tr>
<td>Yoga Protection + Prevention</td>
<td>19</td>
</tr>
<tr>
<td>Youth Basketball League</td>
<td>12</td>
</tr>
</tbody>
</table>

---

**JOIN OUR MAILING LIST FOR VILLAGE EMAIL UPDATES**

**Text** SOUTHHOLLAND **to** 22828 **to get started.**
A MESSAGE FROM THE MAYOR

An ancient proverb reads, “Fall down seven times, get up eight.” These words hold a very powerful message as we move forward in our daily lives.

Just when we thought the New Year was off to a good start, we were all immersed in something we could have never expected, a pandemic that has affected life as we know it, possibly altering the way we perceive a sense of normalcy from this point forward. Such is life in that we are continually challenged to remain vigilant and determined in the face of adversity.

So, my message to you is simple...accept the challenge!

Our country and our village, by the grace of God, have continually risen to the occasion when faced with seemingly insurmountable obstacles or unfathomable enemies. Now is the time for us to rise again to prove to ourselves, our families, and our community, that we are resilient and ready to regain control of our mission to do good.

Let’s begin the process of refocusing our energies towards those entities that bring us joy and a sense of wellness...our families, our friends, our churches, our neighbors. In all of this, let’s not forget about ourselves. Don’t misconstrue self-preservation with selfishness. Understand that providing for our own well-being, living a healthy lifestyle, demonstrates responsibility and focus in a time when we need it most. After all, your ability to lead by positive example will only serve to motivate others to do the same.

Our SHRS staff has worked diligently to overcome challenges to once again provide our residents with opportunities and outlets to fulfill physical, mental, and spiritual needs. I encourage you to find something that helps you get back on track and ready to move forward towards a future filled with energy, excitement, and optimism.

Accept the challenge!

Don A. De Graff, Mayor
Village of South Holland

LOCATION:
South Holland Community Center
501 East 170th Street
South Holland, IL 60473

OFFICE HOURS:
MON-FRI 8AM-4PM
PHONE: 708.331.2940
SOUTHHOLLAND.ORG

BUILDING HOURS:
MON-FRI: 6AM-10PM
SAT: 7AM-3PM | SUN: 8AM-3PM
HOURS ARE SUBJECT TO CHANGE.
CALL FOR SPECIAL HOLIDAY HOURS.

DEPARTMENT OF RECREATIONAL SERVICES STAFF
FALL 2020

Ed Stewart ..........................................................Director
Wally Widelski.............................................Deputy Director
Dawn Stremplewski...... ......................Pre-School Director
Rich Hamilton ......................Facility Maintenance Manager
Nicole Mason..............................................Office Manager
Roger Crawford.........................Fitness Center Supervisor
Lorraine Wells-McKee...............Rental Division Manager
Cindy Copenhaver . ................Senior Recreation Supervisor
Janice Stroud .................Administrative Assistant
REGISTRATION & GENERAL INFORMATION

SOUTH HOLLAND RESIDENTS
WALK-IN REGISTRATION ONLY
Thursday, August 27
9:00am - 7:00pm

OPEN REGISTRATION
Online (7:00am)
& Non-Resident Walk-In
Registration Begins
Friday, August 28
9:00am - 7:00pm
Saturday, August 29
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.

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

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
November 26-28 due to the
Thanksgiving holiday.
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 lead 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 AVAILABLE FOR THOSE WHO WANT TO PAY IN FULL.

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
$80 / month August - June

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
$125 / month August - June

A COPY OF YOUR CHILD’S BIRTH CERTIFICATE IS REQUIRED FOR REGISTRATION!
2nd Annual
WINTER SPORTS SHOWCASE
Sunday, December 6 • 2:00-6:00pm

Learn skills in each of the following sports:

BASEBALL • BASKETBALL
FOOTBALL • SOCCER

* FREE * CHEER SESSION FROM 12:30 - 1:30 PM

For boys and girls ages 3-10.
Limited spots are available for both the cheer session and the showcase.
Pre-registration is required.

REGISTRATION FEE:
$10 BEFORE NOVEMBER 22, $15 AFTER NOVEMBER 22

South Holland Community Center
501 E 170th Street • South Holland, IL 60473
www.southholland.org • 708 331-2940
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.
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 September 3, 2020 from 5:30-6:30pm at South Holland Community Center.

AGES: 5 - 17 years old as of September 8, 2020
WHEN: September 14, 2020 thru March 4, 2021
NO CLASS - 10/12, 11/23-11/25, 12/23, 12/30, 1/18, 2/15
DAYS: Monday - Wednesday
TIMES: 5:30 - 7:00 PM
COACHES: Melinda, Elliot, James and Kyndall
WHERE: Thornwood High School Pool
(17101 South Park Ave, South Holland)
FEES: $450 SH Resident / $455 Non-Resident

*Question or concerns: Please contact Coach Melinda at the South Holland Community Center.
*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). Parent meeting and tryouts September 3, 2020 from 5:30-6:30pm at South Holland Community Center.

AGES: 5 - 17 years as of September 8, 2020
WHEN: September 14, 2020 thru March 4, 2021
NO CLASS - 10/12, 11/23-11/25, 12/23, 12/30, 1/18, 2/15
DAYS: Monday - Thursday
TIMES: 5:30-7:30 PM
COACHES: Melinda, Elliot, James and Kyndall
WHERE: Thornwood High School Pool
(17101 South Park Ave, South Holland)
FEES: $600 SH Resident / $605 Non-Resident

*Question or concerns: Please contact Coach Melinda at the South Holland Community Center.
*A PAYMENT PLAN IS AVAILABLE FOR THIS ACTIVITY.
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.
South Holland 3rd Annual

BREAST CANCER WALK

SATURDAY, OCTOBER 10 • 7:30AM

Men and Women

Driving “Walking” in Tandem

This year, in lieu of a 3K walk, we will drive to registrants’ homes and present a symbolic token as recognition for being a breast cancer survivor or supporter.

Register at southholland.org or at the South Holland Community Center, 501 E 170th St.
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 5, 2020

**WHERE:** Community Center Gym

**WHEN:** September 12 thru October 24

**DAYS:** Saturdays

**TIME:** 4 - 5 year olds: 12:15 - 1:30 PM
       6 - 7 year olds: 1:30 - 2:45 PM

**FEES:** $45 SH Resident / $50 Non-Resident

Fundamentals of High School Basketball
Teens will have the opportunity to develop their skill sets in order to excel at the high school level.

**AGES:** 7th - 10th grade

**WHERE:** Community Center Gym

**WHEN:** September 14 thru October 26

**DAYS:** Wednesdays

**TIME:** 6:00 - 8:00 PM

**FEES:** $65 SH Resident / $75 Non-Resident

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: Tiny Trotters: 4 - 8 years old
- Group B: Wee Serve: 9 - 12 years old
- Group C: Heavy Hitters: 13 years old - Adults

**WHERE:** Thornwood H.S. Tennis Courts

**DAYS:**
- Group A Sess 1: September 15 - October 27
- Group B Sess 1: September 15 - October 27
- Group C Sess 1: September 15 - October 27

**TIME:**
- Group A Sess 1: September 15 - October 27
- Group B Sess 1: September 15 - October 27
- Group C Sess 1: September 15 - October 27

**FEES:** $40 SH Resident / $45 Non-Resident

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 7, 2020 thru March 20, 2021

**DAYS:** Saturdays - NO CLASS Nov. 28

**TIME:**
- Group A: 9:00 - 10:45 AM
- Group B: 11:00 AM - 12:45 PM

**FEES:** $85 SH Resident / $95 Non-Resident
**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 players 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:**
- Group A: 3-4 years old
- Group B: 5-6 years old

**WHERE:**
South Holland Community Center Gym

**WHEN:**
September 9 - October 14

**DAYS:**
Wednesdays

**TIME:**
- Group A: 4:00 - 4:45 PM
- Group B: 4:45 - 5:45 PM

**FEES:**
$54 SH resident / $59 Non-Resident

**FLAG FOOTBALL SKILLS**

This program will be taught the All Star way by simplifying the jobs of each position and having the players understand the importance of teamwork. Each player will learn the main positions both offensive and defensively by having the opportunity to play the all!! CONTACT IS MINIMAL, THERE WILL BE NO TACKLEING! We will focus on the proper mechanics of running pass routes, receiving, line play, taking hand off and throwing. Basic rules and in the game know how will also be taught to prepare them for the game play. This program allows players to learn the game without the risk of major injuries in our fun and safe environment. All of our programs are based on learning.

**AGES:**
- Group A: 5-7 years old
- Group B: 8-10 years old

**WHERE:**
South Holland Community Center Gym

**WHEN:**
September 9 - October 14

**DAYS:**
Wednesdays

**TIME:**
- Group A: 6:00 - 7:00 PM
- Group B: 7:00 - 8:00 PM

**FEES:**
$54 SH resident / $59 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 both each hand, passing and shooting technique, and understanding basic offense and defense. All of our programs are based on learning teamwork and sportsmanship.

**AGES:**
- Group A: 3-4 years old
- Group B: 5-6 years old

**WHERE:**
South Holland Community Center Gym

**WHEN:**
October 28 - December 16

**DAYS:**
Wednesdays - NO CLASS Nov. 25

**TIME:**
- Group A: 4:00 - 4:45 PM
- Group B: 4:45 - 5:45 PM

**FEES:**
$63 SH resident / $68 Non-Resident

**VOLLEYBALL SKILLS**

To play competitive level of volleyball, players must learn to perfect their skills and continue to improve speed, coordination, and balance. Speed and agility drills will help increase short area quickness, improve defensive range, explosiveness to elevate and finish points and increases power and balance. All skills are covered in detail and games will be played defensive and offensive strategies.

**AGES:**
- Group A: 8-10 years old
- Group B: 11-13 years old

**WHERE:**
South Holland Community Center Gym

**WHEN:**
October 28 - December 16

**DAYS:**
Wednesdays

**TIME:**
- Group A: 6:00 - 7:00 PM
- Group B: 7:00 - 8:00 PM

**FEES:**
$63 SH resident / $68 Non-Resident

**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
**YOUTH SPORTS**

**LITTLE DRAGONS KARATE**

**Virtual Class Also Available!**

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:**  
Sess 1: 4 - 6 years old as of August 7, 2020  
Sess 2: 4 - 6 years old as of October 2, 2020  

**WHERE:**  
South Holland Community Center  

**WHEN:**  
Sess 1: September 11 thru October 23  
Sess 2: October 30 thru December 18  

**DAYS:**  
Fridays - NO CLASS November 27  

**TIME:**  
5:30 - 6:15 PM  

**FEES:**  
$45 SH Resident / $50 Non-Resident

**KARATE**

**Virtual Class Also Available!**

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: September 11 thru October 23  
Sess 2: October 30 thru December 18  

**DAYS:**  
Fridays - NO CLASS October 16  

**TIME:**  
5:30 - 6:15 PM  

**FEES:**  
$45 SH Resident / $50 Non-Resident

**SOUTH HOLLAND STARS CHEER FUNDAMENTAL**

This program introduces athletes to the basics of the sport: mentally, athletically, spiritually and socially. Athletes will learn the skills of cheerleading including: motions, voice, jumps, basic stunts, flexibility and confidence. Participants will become skilled at a basic cheer routine/dance and learn to engage and excite the crowd. There are no tryouts that both girls and boys are welcome. Attire: Plain black t-shirt and shorts with white gym shoes. For safety concerns, no jewelry or hair accessories including beads and barrettes. **Athlete has completed 1st grade for 2019-2020 school year.**

**AGES:**  
6 - 14 years old as of September 7, 2020  

**WHERE:**  
South Holland Community Center  

**WHEN:**  
September 14 thru October 26  

**DAYS:**  
Mondays  

**TIME:**  
6:30 - 7:15 PM  

**FEES:**  
$31 SH Resident / $36 Non-Resident  

**INSTRUCTOR:**  
Dazzling Diamonds Cheer Assoc.

**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
HARVEST FEST
Thursday, October 29
6:30-8:00pm
South Holland Community Center parking lot

Village of South Holland employees will decorate their vehicles and hand out candy to families driving through the parking lot!

SOUTH HOLLAND RESIDENTS ONLY. REGISTER IN ADVANCE AT THE COMMUNITY CENTER.
ADULT PROGRAMS - SWIM 

ADULT CLASSES
NEW! WEDNESDAY WORKOUT FOR SENIORS
Virtual Class Also Available!

Join our instructor to work out those aches and pains with this low impact, complete body workout. Attend an in person class or sign in to the virtual class and work out from home. Exercise tubing available for purchase when registering in person at SHRS.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: September 16 thru October 28
       Sess 2: November 4 thru December 16
DAYS: Wednesdays
TIME: 9:00 - 9:50 AM
FEES: $45 Mem / $50 SH Res / $55 Non-Res
INSTRUCTOR: Riley Wimes Jr.

NEW! WATER-LESS AEROBIC WORKOUT
Virtual Class Also Available!

Now is the time to try this virtual Water-Less Aerobic Workout. Our instructor will lead you through all the phases of a complete workout: warm up, cardio, strength, cool down, balance, stretch and relaxation. You don’t want to miss out on this class. Exercise tubing available for purchase when registering in person at SHRS.

AGES: 18 years and older
WHERE: South Holland Community Center
FEES: $39 Mem / $44 SH Resident / $49 Non-Resident
INSTRUCTOR: Vera Friloux

WHEN: Sess 1: Tuesdays, September 15 - October 27
       Sess 2: Tuesdays, November 3 - December 15
TIME: 7:00 - 7:50 PM
       NO CLASS Sept. 26

WHEN: Sess 1: Thursdays, September 10 - October 22
       Sess 2: Thursdays, October 29 - December 17
TIME: 7:00 - 7:50 PM
       NO CLASS Nov. 26

WHEN: Sess 1: Saturdays, September 12 - October 24
       Sess 2: Saturdays, October 31 - December 19
TIME: 8:00 - 8:50 AM
       NO CLASS Nov. 28

STEP AEROBICS
Virtual Class Also Available!

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.

(7 weeks)

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: September 15 thru October 27
       Sess 2: November 3 thru December 15
DAYS: Tuesdays
TIME: 7:00 - 7:50 PM
FEES: $45 Mem / $50 SH Res / $55 Non-Res
INSTRUCTOR: Shirley Hunter

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 PM
           Saturday 7:00 AM - 2:45 PM
           Sunday 8:00 AM - 2:45 PM
FEES: $40 SH Resident / $45 Non-Resident
LADIES EXERCISE

Virtual Class Also Available!
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: September 14 thru October 30  
Sess 2: November 2 thru December 18  
DAYS: Mondays, Wednesdays, Fridays  
TIME: 8:00 - 8:50 AM  
FEES: $65 Mem / $70 SH Res / $75 Non-Res  
INSTRUCTOR: Evette Ghezzi

LADIES STRENGTH TRAINING

Virtual Class Also Available!
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. You may want to bring towel and water bottle to class.

AGES: 18 years and older  
WHERE: South Holland Community Center  
WHEN: Sess 1: September 14 thru October 26  
Sess 2: November 2 thru December 14  
DAYS: Mondays  
TIME: 11:00 - 11:50 AM  
FEES: $44 Mem / $49 SH Res / $54 Non-Res  
INSTRUCTOR: Nancy Boomsma

LADIES STRENGTH TRAINING PLUS

Virtual Class Also Available!
If you 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: September 10 thru October 22  
Sess 2: October 29 thru December 17  
DAYS: Thursdays - NO CLASS Nov. 26  
TIME: 11:00 - 11:50 AM  
FEES: $44 Mem / $49 SH Res / $54 Non-Res  
INSTRUCTOR: Nancy Boomsma

CLASSIC YOGA HEALTH & STRENGTH

Virtual Class Also Available!
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.

AGES: 18 years and older  
WHERE: South Holland Community Center  
WHEN: Sess 1: September 14 thru October 28  
Sess 2: November 4 thru December 16  
DAYS: Wednesdays  
TIME: 12:00 - 12:50 PM  
FEES: $46 Mem / $51 SH Res / $56 Non-Res  
INSTRUCTOR: Margaret Johnson

CHAIR YOGA STRETCH + STABILITY

Virtual Class Also Available!
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: September 10 thru October 22  
Sess 2: October 29 thru December 17  
DAYS: Thursdays - NO CLASS Nov. 26  
TIME: 9:00 - 9:50 AM  
FEES: $46 Mem / $51 SH Res / $56 Non-Res  
INSTRUCTOR: Margaret Johnson

INGALLS BLOOD PRESSURE SCREENING

Tuesdays:  
Sept 15, Oct 20, Nov 17, Dec 15  
Now, 2 hours!  
10:00 - 12:00 PM  
Community Center Lobby
YOGA MOTION MANAGEMENT

Virtual Class Also Available!
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: September 15 thru October 27
       Sess 2: November 3 thru December 15
DAYS: Tuesdays
TIME: 5:00 - 6:00 PM
FEES: $46 Mem / $51 SH Res / $56 Non-Res
INSTRUCTOR: Margaret Johnson

YOGA IN A CHAIR PROTECTION & PREVENTION

Virtual Class Also Available!
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: September 14 thru October 26
       Sess 2: November 2 thru December 14
DAYS: Mondays
TIME: 9:00 - 9:50 AM
FEES: $46 Mem / $51 SH Res / $56 Non-Res
INSTRUCTOR: Margaret Johnson

PILATES BODY CONDITIONING

Virtual Class Also Available!
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: September 16 thru October 28
       Sess 2: November 4 thru December 16
DAYS: Wednesdays
TIME: 10:00 - 10:50 AM
FEES: $44 Mem / $49 SH Res / $54 Non-Res
INSTRUCTOR: Nancy Boomsma

CHAIR FITNESS

Virtual Class Option Only!
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. Any adult can join this Fitness class. equipment provided. Give it a try! Taught by certified Arthritis Foundation instructors.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: September 14 thru October 28
       Sess 2: November 2 thru December 16
DAYS: Mondays & Wednesdays
TIME: 10:00 - 10:45 AM
FEES: $42 Mem / $47 SH Res /$52 Non-Res
INSTRUCTOR: Dyanne Elzia

DANCE AEROBICS

Virtual Class Also Available!
What a great way to enjoy exercise: great music, dancing, and traditional aerobics all in one class. Participants will work on improving muscle tone, strength, balance and coordination while having lots of fun.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: September 10 thru October 22
       Sess 2: October 29 thru December 17
DAYS: Thursdays - NO CLASS Nov. 26
TIME: 7:00 - 7:50 PM
FEES: $45 Mem / $50 SH Resident / $55 Non-Resident
INSTRUCTOR: Shirley Hunter
**CORE + KICKBOXING**

**Virtual Class Also Available!**

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  
**FEES:** $45 Mem / $50 SH Res / $55 Non-Res  
**INSTRUCTOR:** Craig Bowman

**WHEN:** Sess 1: Fridays, Sept. 11 - Oct. 23  
Sess 2: Fridays, Oct. 30 - Dec. 18  
**TIME:** 7:00 - 7:50 PM - **NO CLASS Nov. 27**

**WHEN:** Sess 1: Saturdays, Sept. 12 thru Oct. 24  
Sess 2: Saturdays, Oct. 31 thru Dec. 19  
**TIME:** 9:00 - 9:50 AM - **NO CLASS Nov. 28**

**JAMMIN W/ JANELLE & COMPANY**

**Virtual Class Also Available!**

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  
**INSTRUCTOR:** Janelle McGee

**WHEN:** Sess 1: Mondays, Sept. 14 - Oct. 26  
**NO CLASS - Sept. 21**  
Sess 2: Mondays, Nov. 2 - Dec. 21  
**TIME:** 7:00 - 7:50 PM

**WHEN:** Sess 1: Wednesdays, Sept. 16 - Oct. 28  
Sess 2: Wednesdays, Nov. 4 - Dec. 23  
**NO CLASS - Nov. 25**  
**TIME:** 7:00 - 7:50 PM
ARTHRITIS CLASSES

CINDY COPENHAVER LMT
- 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
- 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)
- Patient Presenter at AF-OREF (Orthopaedic Research and Education Foundation) Innovative Educational Workshop with Patients Inaugural Fellows in Training (FIT) Bootcamp

DYANNE ELSIA - Certified in Land Fitness
VERA FRILOUX - Certified in Aquatic Fitness
CINDY COPENHAVER - Certified in Both Land & Aquatic Fitness

INSTRUCTORS HAVE BEEN ARTHRITIS FOUNDATION CERTIFIED SINCE 2002.

ABOUT THE INSTRUCTORS:

CHAIR FITNESS

Virtual Class Option Only!
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. Any adult can join this Fitness class. Equipment provided. Give it a try! Taught by certified Arthritis Foundation instructors.

AGES: 18 years and older
WHERE: South Holland Community Center
WHEN: Sess 1: September 14 thru October 28
       Sess 2: November 2 thru December 16
DAYS: Mondays & Wednesdays
TIME: 10:00 - 10:45 AM
FEES: $42 Mem / $47 SH Res / $52 Non-Res
INSTRUCTOR: Dyanne Elzia

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!)
      Create or Critique your Workout

Please be aware that an additional release from a doctor may be required to participate in program.

PARTNER TRAINING - 2 people - $60 Hourly
Certified Personal Trainers:
Craig Bowman, NASM / 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.
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 AM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 AM</td>
<td></td>
<td><strong>Boot Camp</strong></td>
<td></td>
</tr>
<tr>
<td>8 AM</td>
<td><strong>Ladies Exercise</strong></td>
<td><strong>Ladies Exercise</strong></td>
<td><strong>Wednesday Workout for Seniors</strong></td>
</tr>
<tr>
<td>9 AM</td>
<td><strong>Yoga in a Chair Protection &amp; Prevention</strong></td>
<td><strong>Wednesday Workout for Seniors</strong></td>
<td><strong>Chair Fitness</strong></td>
</tr>
<tr>
<td>10 AM</td>
<td><strong>Chair Fitness</strong></td>
<td><strong>Chair Fitness</strong></td>
<td><strong>Pilates Body Conditioning</strong></td>
</tr>
<tr>
<td>11 AM</td>
<td><strong>Ladies Strength Training</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 PM</td>
<td></td>
<td><strong>Classic Yoga Health &amp; Strength</strong></td>
<td></td>
</tr>
<tr>
<td>1 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 PM</td>
<td></td>
<td><strong>Yoga Motion Management</strong></td>
<td></td>
</tr>
<tr>
<td>6 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 PM</td>
<td><strong>Jammin with Janelle</strong></td>
<td><strong>Water-Less Aerobics</strong></td>
<td><strong>Jammin with Janelle</strong></td>
</tr>
<tr>
<td>8 PM</td>
<td><strong>Step Aerobics</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Fitness Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 AM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 AM</td>
<td>Boot Camp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 AM</td>
<td>Ladies Exercise</td>
<td>Water-Less Aerobics</td>
<td></td>
</tr>
<tr>
<td>9 AM</td>
<td>Chair Yoga Stretch &amp; Stability</td>
<td>Core &amp; Kickboxing</td>
<td></td>
</tr>
<tr>
<td>10 AM</td>
<td></td>
<td>Senior Chair Fitness</td>
<td></td>
</tr>
<tr>
<td>11 AM</td>
<td>Ladies Strength Training PLUS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 PM</td>
<td>Water-Less Aerobics</td>
<td>Dance Aerobics</td>
<td>Core &amp; Kickboxing</td>
</tr>
<tr>
<td>8 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
MEN’S 12 INCH FALL SOFTBALL LEAGUE

Looking for your own version of the Fall Classic?

* Tuesday night and Thursday night leagues
* Sept. 10 – Oct. 17 regular season (6 weeks / 12 games)
* Double Headers each night (6:40/7:40pm or 8:40/9:40pm)
* Cash prizes for 1st, 2nd, & 3rd place playoff finishers
* ASA sanctioned
* 5 home run limit
* $450 per team
* All games played at Gouwens Park...located directly west of I-94 expressway, north of Route 6 / 162nd St.

To REGISTER your team:
SH Community Center   |   (708) 331-2940

For MORE INFORMATION about the league:
Brandon Polk   |   (312) 487-1803
bpolksoftball@gmail.com
SENIOR CHAIR FITNESS
Virtual Class Option Only!
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: September 18 thru December 18
DAYS: Fridays - NO CLASS Nov. 27
TIME: 10:00 - 10:50 AM
FEES: $5 SH Resident / $10 Non-Resident
INSTRUCTOR: Dyanne Elzia

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 Aug. 15th to Sept. 13th. This pass is limited to the use of the Fitness Center and Pool during regular facility hours.

FEES: $18 SH Resident / $23 Non-Resident
6TH ANNUAL
MILITARY TRIBUTE
WE THANK OUR VETERANS

WEDNESDAY, NOVEMBER 4, 2020
SOUTH HOLLAND COMMUNITY CENTER
501 E. 170TH STREET
708.331.2940 • SOUTHHOLLAND.ORG

Due to COVID-19, this year we are thanking our veterans with a complimentary certificate, souvenir, veteran booklet, and T-shirt.

Please bring a toy for the South Holland Fire Department’s Annual Toy Drive!

DRIVE BY THANK YOU PACKAGE PICKUP
BETWEEN 11:00AM AND 1:00PM

Veterans: Please return the following form by October 5, 2020 to order your complimentary T-Shirt.

Veteran Name: ___________________________ Phone: ________________________________
Address: _______________________________ City: _________ State: _____ Zip: _________
Branch of Service: __________________________ Served During: _______________________

T-SHIRT SIZE  S _____ M _____ L _____ XL _____ 2XL _____ 3XL _____

Return the form to the Community Center, 501 E. 170th Street, South Holland, IL
www.southholland.org
Contact Cindy at 708.331.2940 for additional information.
FAMILY FITNESS CENTER MEMBER FAMILY SHOOT AROUND
Come out and shoot some hoops with your family at the South Holland Community Center. Use of the lockers and showers are available. Bring your own lock and towels. ** Note: A parent or guardian MUST be a Fitness Center Member and accompany children under the age of 17. This is not intended for pick up games, it’s a day for families to play basketball together. Parents must accompany children at all times.
AGES: 16 & younger with Fitness Center Family Member
WHERE: Community Center Gym
WHEN: September 1 thru December 31
DAY: Every Sunday
TIME: 11:00 AM - 2:30 PM
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
TIME: Saturday 7:00 AM - 2:45 PM
Sunday 8:00 AM - 2:45 PM
FEES: $80 SH Resident / $100 Non-Resident

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
WHEN: September 1 thru December 31
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

FITNESS CENTER MEMBER FAMILY SHOOT AROUND
Come out and shoot some hoops with your family at the South Holland Community Center. Use of the lockers and showers are available. Bring your own lock and towels. ** Note: A parent or guardian MUST be a Fitness Center Member and accompany children under the age of 17. This is not intended for pick up games, it’s a day for families to play basketball together. Parents must accompany children at all times.
AGES: 16 & younger with Fitness Center Family Member
WHERE: Community Center Gym
WHEN: September 1 thru December 31
DAY: Every Sunday
TIME: 11:00 AM - 2:30 PM
FEES: $4 SH Resident / $7 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)
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.

We wish all students a safe, happy and successful school year!
2020 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 September 10 - September 19, 2020.**

Participants must be at least 18 years of age and fill out a waiver at the front desk before attending a complimentary class.

WEDNESDAY, SEPTEMBER 30
Sign up between August 29 and September 20

WEDNESDAY, OCTOBER 28
Sign up between September 25 and October 25

8:30 AM - 10:30 AM
Held at the Community Center
For ages 55 and Older - Maximum of 75 attendees
$6.00 per person per breakfast (NO REFUNDS)

Breakfast will be ordered by the Community Center and provided by Jimboo’s. Complete breakfast served buffet style: Including eggs, meats, toast, and many other breakfast surprises. Coffee, Tea, Juice, and Milk included.
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

---

**MAY - SEPTEMBER**

**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!
**GENERAL INFORMATION**

**VISIT OUR BEAUTIFUL PARKS**

**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.

**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.

- Dalenberg
  - 168th Pl. & Louis

- DeYoung’s
  - 158th & Michigan

- Gouwens
  - 16170 Seton Drive

- Hollandale
  - 164th & Michigan

- Lamp Lighter
  - 152nd & Naughton

- Little Calumet
  - 158th & Kenwood

- MacArthur
  - 168th Pl. & Langley

- Maicach
  - 164-165th & Drexel

- Municipal
  - 164th & South Park

- Paarlberg
  - 172nd & Paxton

- Pacesetter
  - 159th & Avalon

- Papoose
  - 170th & Wausau

- Pioneer
  - 165th & Kimbark

- Pow Wow
  - 164th & School

- Riverside
  - 152nd & Riverside

- Riverview
  - Cottage & Riverview

- Roosevelt Park
  - 160th & Louis

- Tepee
  - 157th & Calumet

- Terrace View
  - 168th & Woodlawn E

- Thorn creek
  - 172nd & Ingleside

- Thorndale
  - 172nd & Langley

- Thornwood
  - 171st Place & Louis

- Tomahawk
  - 155th & Dearborn

- Van’O
  - 157th & Orchid

- Veterans
  - 160th & South Park

- Vollbrecht
  - 172nd & Everett

- Wigwam
  - 158th & Wabash

- Willowbrook
  - 166th & Thornton
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

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

<table>
<thead>
<tr>
<th>RESIDENT</th>
<th>Monthly</th>
<th>Annual</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIVIDUAL</td>
<td>$30/month</td>
<td>$335</td>
</tr>
<tr>
<td>SENIOR CITIZEN (over 60)</td>
<td>$20/month</td>
<td>$225</td>
</tr>
<tr>
<td>FAMILY PACKAGE:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>First Member</td>
<td>$25/month</td>
<td>$280</td>
</tr>
<tr>
<td>Additional Adult</td>
<td>$20/month*</td>
<td>$225*</td>
</tr>
<tr>
<td>Additional Child</td>
<td>$15/month*</td>
<td>$175*</td>
</tr>
<tr>
<td>30-Day Trial</td>
<td></td>
<td>$40*</td>
</tr>
</tbody>
</table>

Resident rate is limited to South Holland residents, business owners, and/or individuals employed in South Holland. Proof of residency or employment is required. Each contract signed will be for a minimum of one year.

<table>
<thead>
<tr>
<th>NON-RESIDENT</th>
<th>Monthly</th>
<th>Annual</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIVIDUAL</td>
<td>$35/month</td>
<td>$395</td>
</tr>
<tr>
<td>SENIOR CITIZEN (over 60)</td>
<td>$25/month</td>
<td>$285</td>
</tr>
<tr>
<td>FAMILY PACKAGE:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>First Member</td>
<td>$30/month</td>
<td>$340</td>
</tr>
<tr>
<td>Additional Adult</td>
<td>$25/month*</td>
<td>$285*</td>
</tr>
<tr>
<td>Additional Child</td>
<td>$20/month*</td>
<td>$235*</td>
</tr>
<tr>
<td>30-Day Trial</td>
<td></td>
<td>$50*</td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>Number of Employees</th>
<th>MEMBER FEE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10 or More</td>
<td>$25/month$280</td>
<td></td>
</tr>
<tr>
<td>25 or More</td>
<td>$20/month$225</td>
<td></td>
</tr>
<tr>
<td>50 or More</td>
<td>$15/month$175</td>
<td></td>
</tr>
</tbody>
</table>

• 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.