



CITY OF PALOS HILLS



BROCHURE



SPECIAL EVENTS INSIDE

CITY OF PALOS HILLS

HAUNTED HAYRIDE

SCARY HAYRIDES

OCTOBER 16 & 17
7:00 PM – 9:30 PM
BENNETT PARK

\$5/ADULT (10 YEARS & OLDER)
\$3/CHILD (9 YEARS & YOUNGER)

PRESALE TICKETS AVAILABLE AT THE COMMUNITY CENTER. TICKETS MAY BE PURCHASED AT EVENT UNTIL 8:45 PM (CASH ONLY). CALL 708-430-4500 WITH ANY QUESTIONS.



City of Palos Hills

HALLOWEEN HAPPENINGS

Non-Scary Hayrides, Kids Crafts, Concessions

OCTOBER 17
2 PM - 4 PM | Bennett Park
 Intended for young families

\$3 per person for ride

PRESALE TICKETS AVAILABLE AT THE COMMUNITY CENTER. TICKETS MAY BE PURCHASED AT EVENT UNTIL 3:30 PM (CASH ONLY). CALL 708-430-4500 WITH ANY QUESTIONS.



HONORING ALL WHO SERVED

VETERANS DAY

WEDNESDAY, NOVEMBER 11

6:00 PM PROMPT | **PALOS HILLS COMMUNITY CENTER**
8455 W. 103RD STREET

FOR QUESTIONS, PLEASE CALL 708-430-4500



LETTERS TO SANTA

DEC 1 TO DEC 16

Santa's mailbox is here! Drop off your letter and receive a response from Santa himself.

HOW TO SEND YOUR LETTER

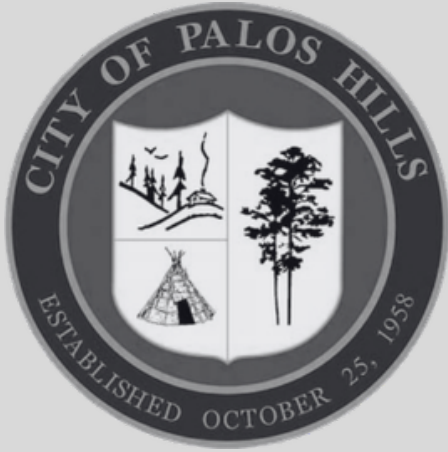
- WRITE YOUR LETTER
- INCLUDE AN ADDRESS ON YOUR ENVELOPE
- DROP OFF YOUR LETTER AT SANTA'S MAILBOX

8455 W. 103RD STREET
PALOS HILLS, IL 60465

For any questions, please call 708-430-4500

Palos Hills residents only





Community Resource & Recreation Department

8455 W. 103rd Street, Palos Hills, IL 60465

Phone: 708-430-4500

Fax: 708-430-8376

www.paloshillsweb.org

recreation@paloshillsweb.org



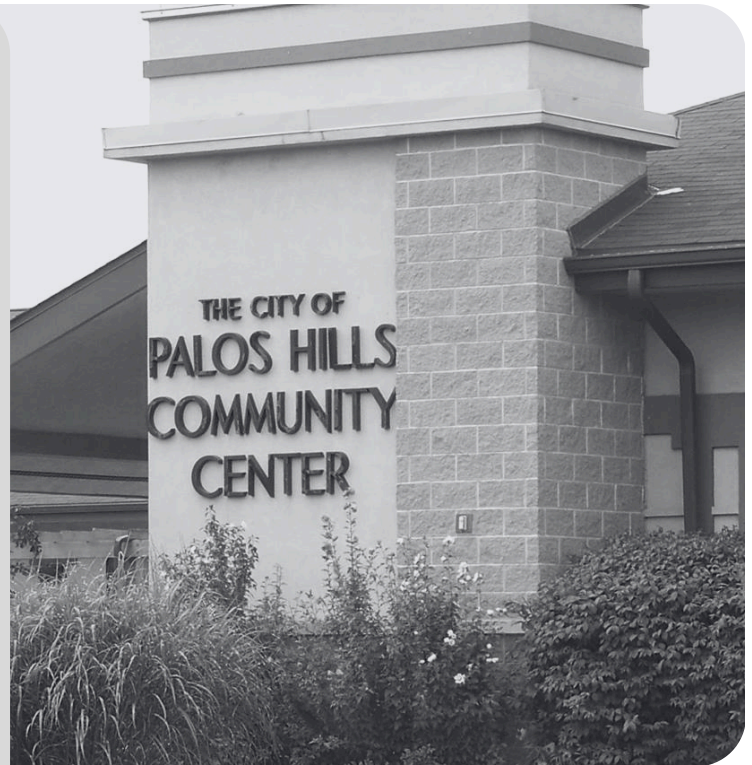
**City of Palos Hills Resource
and Recreation Department**



@paloshillscommunitycenter

Our Mission

The Palos Hills Community Resource & Recreation Department (CRRD) strives to maximize its resources to provide the community with high quality, diverse and economic leisure opportunities through open space preservation, park development, administration, and active and passive recreational program offerings.



Directory

Recreation Board

Mayor Gerald R. Bennett

Alderman Mike Price, *Chairman*

Alderman Pauline Stratton

Alderman Marty Kleefisch

Community Resources Board

Mayor Gerald R. Bennett

Alderman Mike Price, *Chairman*

Alderman Pauline Stratton

Alderman Marty Kleefisch

Staff

Kristin Violante

Commissioner

Kelly Schaefer

Youth Supervisor

Sophia Alfaro

Community Resources Supervisor

Selena Tomas

Administrative Coordinator

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Trick-or-Treating

Happy Halloween! Halloween is on Saturday, October 31st. Trick-or-treating hours will be held from 3:00 PM to 7:30 PM.



Registration

Because residents may receive this brochure at different times, please contact the Community Center at 708-430-4500 to inquire about resident and non-resident registration dates. Mail-in and drop-off registrations will be placed in open program slots in the order they are received. Registrants will be notified of any class or program conflicts at the time of registration.

ADA Statement

In compliance with the Americans with Disabilities Act, the City of Palos Hills Community Resource & Recreation Department will make reasonable accommodations for individuals with a disability when using facilities or programs to enable participation. If you have any questions about the CRRD's compliance, please contact the Community Center at 708-430-4500.

Special Recreation

The City of Palos Hills Community Resource & Recreation Department is a cooperative member of the Oak Lawn Park District Special Recreation Agency. Residents of Palos Hills with special needs can participate in programs at Oak Lawn for the resident rate. Oak Lawn Park District Special Recreation can be contacted at 708-857-2200.

Behavior Policy

The CRRD has an established behavior policy relative to inappropriate behavior. Inappropriate behavior is defined as that which disrupts a program and which requires a program leader to call for a stop of the behavior due to its effect on other participants or the leader's ability to conduct the program. Such behavior may call for immediate dismissal of the participant. Additional rules may be developed for individual programs and events as deemed necessary. **No refunds or credits will be given for a behavioral dismissal.**

Memorial Program

The City of Palos Hills offers an opportunity for you to honor a loved one in a special way through our park memorial program. Opportunities are available to display at Bennett Park: a tree with a plaque or a park bench with a plaque. For more information, please ask for Kristin Violante at 708-430-4500.



Credit Card Information

Registrants are able to pay fees with Discover, Visa, Mastercard, American Express, or Apple Pay. If paying by credit card, you may need to provide photo ID.

NSF Checks

Any individual or group which submits a non-sufficient funds check for payment of a registration fee will be charged \$25.



Waiting Lists

If a program is full, a waiting list will be started. When this is possible, individuals on the waiting list will be called in the order they were placed. However, due to schedule restrictions, it is not always possible to accommodate all individuals on waiting lists, and in such cases those individuals will not be called.

City Council Meetings

City Council meetings are 7:00 PM on the first and third Thursday of each month. Meetings are held within the Council Chambers of City Hall.

We Love Parents! But...

Please do not remain in the classroom or gym after dropping off your child. Continual interruptions tend to affect the children's participation levels. You are more than welcome to sit and relax in the lobby.

Typographical Errors

Our staff has made every effort to prepare this brochure as accurately as possible; however, errors can occur. Circumstances may require we make adjustments to programs, fees, schedules. etc. All typographical and printing errors are subject to correction.

Thank you to our 2026 Friendship Festival Sponsors!

**Allied Waste/Republic Services
Christopher B. Burke Engineering, Ltd.**

Mayor Jerry Bennett

Molson Coors Beverage Company

Collision Craft Automotive

Alderman Brachman Family

Angelika Kipta State Farm Agency

Louis F. Cainkar, LTD.

Moraine Valley Community College

Hills Chamber of Commerce

Third Ward Aldermen Mike LeBarre & Jen Frankowicz

Alderman Artur Krasowski

Jane Nolan—Clerk, Palos Township

Galway Tuckpointing

Monika Lesnicki—Realtor, Boutique Home Realty

Alderman Peter Donahue

Mica & Associates

Dawn M. Nowak-Hayes—Clerk, City of Palos Hills

Alderman Donna O'Connell

Class Act Travel

Alderman Pauline & George Stratton

2027 Dates July 8-11



Extended Playschool Programs

The City of Palos Hills offers enrichment classes for our 4 & 5 year olds after Tot Stuff Playschool. These classes are an excellent way to enhance kids' reading, fine & gross, and social skills. Kids not enrolled in Tot Stuff School are also invited to attend these classes, but must be preschool-aged. **These classes are without a parent**; supervision will be provided between Tot Stuff Playschool and the enrichment programs. Please note that we do not prorate for late registrations. **Please make sure to bring a lunch.**

PLEASE NOTE: Children enrolled in Tot Stuff Playschool will have priority registration. Children not enrolled in Tot Stuff Playschool may begin registering on **September 2nd**.

Big Bookworms

Ages: 4-5

You can never get enough of practicing letters, sounds, and putting them all together. In this class, we will work on different phonics techniques to help your child begin the process of reading and reinforce concepts taught in class.

Location: Community Center

No class: 10/12, 11/23

Min/Max: 4/12



Code	Day	Dates	Time	R/NR
220228-1	Mon	9/14 - 12/7	11:30 AM - 12:30 PM	\$55/ \$60



Alphabet Art

Ages: 4-5

Having fun with the alphabet! We are going to transform each letter of the alphabet into a wonderful piece of art. This class will follow along with our weekly letter pattern we are doing in Tot Stuff Playschool. During the weeks where we have letter review, we will have open-ended art projects planned.

Location: Community Center

No class: 11/11, 11/25

Min/Max: 4/12



Code	Day	Dates	Time	R/NR
230220-1	Wed	9/16 - 12/9	11:30 AM - 12:30 PM	\$66/ \$71



Sports Fanatics

Ages: 4-5

Learn a variety of sports such as basketball, soccer, t-ball, and more. The kids will receive instruction for each sport, while learning the importance of sportsmanship and teamwork.

Location: Community Center

No class: 11/27

Min/Max: 4/12



Code	Day	Dates	Time	R/NR
220227-A	Fri	9/18 - 12/11	11:30 AM - 12:30 PM	\$60/ \$65

Early Childhood



Pipsqueak Open Gym with Parent/Caregiver

Ages: Walking - 3

Parents, come join your child and have fun in the gym! The layout is altered regularly to provide new challenges. Mats are put out to climb on and balls are available to bounce and play catch with. Socialization is a positive aspect for both parent and child. This program requires adult supervision, and there will be no instructor for open gym. This is a drop-in program and fees are paid weekly.

Location: Community Center

No program: 11/27

Day	Dates	Time	R/NR
Fri	9/4 - 12/11	9:30 AM - 11:00 AM	\$2/\$3

Join us for **SMALLS**. This 90-minute class is perfect for those just beginning to leave mom, dad, and other caregivers for a short time, or are too young for preschool. We will introduce school skills, math, and reading readiness, plus have fun while doing it!

PLEASE NOTE: Children do not need to be potty-trained, but parents must be available by phone. Teachers cannot change diapers.

Tuesdays & Thursdays

Age: 2

Location: Community Center

No class: 11/24-26

Teacher: Ms. Liz & Ms. Wanessa

Min/Max: 4/8

Code	Dates	Time	R/NR
Session 1 (16 classes)			
220702-A	8/25 - 10/15	9:30 AM - 11 AM	\$144/ \$164
Session 2 (16 classes)			
220702-B	10/20 - 12/17	9:30 AM - 11 AM	\$144/ \$164

Wednesdays & Fridays

Age: 2

Location: Community Center

No class: 11/11, 11/25-27

Teacher: Ms. Liz & Ms. Wanessa

Min/Max: 4/8

Code	Dates	Time	R/NR
Session 1 (16 classes)			
220703-A	8/26 - 10/16	9:30 AM - 11 AM	\$144/ \$164
Session 2 (15 classes)			
220703-B	10/21 - 12/18	9:30 AM - 11 AM	\$135/ \$155

Early Childhood Sports

Soccer Stars Parent & Me Soccer

Ages: 12-24 months

Parent & Me Soccer is a parent-child, pre-soccer, music and movement program designed for toddlers between 12 and 24 months. Our program focuses on nurturing toddlers' physical, cognitive, and social skills through fun, engaging activities with our puppet friends, Mimi and Pepe. Dive into a world of stimulating play and physical engagement alongside your little one in our program.

Location: Glacier Park (Community Center in inclement weather)

Instructor: Soccer Stars **Min/Max:** 6/10

Note: Parent/caregiver must be in attendance.

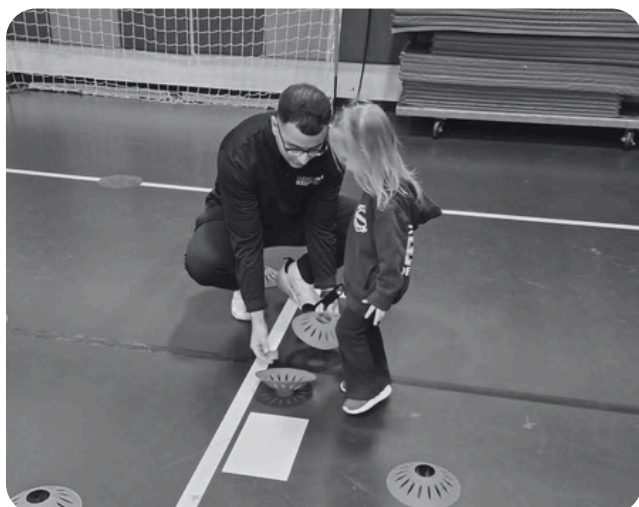
Code	Day	Dates	Time	R/NR
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Session 1

240090-1	Sat	9/5 - 10/24	10:00 AM - 10:45 AM	\$136
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Session 2

240090-2	Sat	11/7 - 12/19	10:00 AM - 10:45 AM	\$136
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Soccer Stars

Ages: 2-5

Soccer Stars introduces children to the fundamentals of soccer in a fun, educational, and non-competitive environment. Our philosophy emphasizes positive reinforcement, individualized attention, and a low child-to-coach ratio to ensure every player thrives. Each week, classes feature creative, imagery-based games built around engaging themes that promote ball awareness, balance, and coordination. Through playful dribbling and goal-scoring activities, children develop essential soccer skills while building confidence and positive social interactions.

Location: Glacier Park (Community Center in inclement weather)

Instructor: Soccer Stars

Min/Max: 6/10

Code	Day	Dates	Time	R/NR
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Session 1

Ages 2-3

240093-1	Sat	9/5 - 10/24	11:00 AM - 11:45 AM	\$136
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Ages 4-5

240094-1	Sat	9/5 - 10/24	12:00 PM - 12:45 PM	\$136
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Session 2

Ages 2-3

240093-2	Sat	11/7 - 12/19	11:00 AM - 11:45 AM	\$136
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Ages 4-5

240094-2	Sat	11/7 - 12/19	12:00 PM - 12:45 PM	\$136
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Early Childhood Sports

Parent & Tot Gymnastics

Ages: 2-3

Parents are an integral part of helping their tots participate in basic sports movements through gymnastics. Join a fun, nurturing environment, while exposing your child to a safe and challenging gymnastics experience. Gymnastics equipment in this class is downsized to benefit this age group. Please bring a labeled water bottle.

Location: Community Center

Instructor: SportsKids, Inc.

No class: 11/24

Min/Max: 5/8

Note: Parent must be in attendance.

Code	Day	Dates	Time	R/NR
Session 1				
211117-1	Tue	9/15 -	10:15 AM -	\$39/
		10/20	10:45 AM	\$49
Session 2				
211117-2	Tue	10/27 -	10:15 AM -	\$39/
		12/8	10:45 AM	\$49



Adult & Tot Multi-Sport Mania

Ages: 2-3

Sign up your little one for the ultimate first-time sports experience! Each week, adults will assist their tots as they play a body-challenging sport, improve listening skills, and learn how to follow directions. A variety of sports such as soccer, t-ball, basketball, and Nerf football will be explored through fun games and partner play. This is a great opportunity to get active with your child in a positive and controlled setting. Please bring a labeled water bottle.

Location: Community Center

Instructor: SportsKids, Inc.

No class: 11/24

Min/Max: 5/10

Note: Parent must be in attendance.

Code	Day	Dates	Time	R/NR
Session 1				
211122-1	Tue	9/15 -	10:45 AM -	\$59/
		10/20	11:30 AM	\$69
Session 2				
211122-2	Tue	10/27 -	10:45 AM -	\$59/
		12/8	11:30 AM	\$69

Early Childhood Sports

Mini Soccer

Ages: 3-5

This class is a great introduction to the sport of soccer. Basic soccer skills such as running, kicking, passing, and game play will be covered. Games are used to incorporate the skills taught during class in a fun and safe environment. Please bring a labeled water bottle.

Location: Community Center

Instructor: SportsKids, Inc.

No class: 11/24

Min/Max: 5/10

Code	Day	Dates	Time	R/NR
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Session 1

211127-1	Tue	9/15 -	11:45 AM -	\$59/
		10/20	12:30 PM	\$69

Session 2

211127-2	Tue	10/27 -	11:45 AM -	\$59/
		12/8	12:30 PM	\$69



Pee Wee Basketball

Ages: 4-6

Boys and girls will work on dribbling, passing, shooting, and rebounding, as well as learn about teamwork and sportsmanship. Participants will also be introduced to the proper defensive stance and experience defensive drills as they learn the game of basketball. Games will be played each week so that participants can apply the skills learned. Please bring a labeled water bottle.

Location: Community Center

Instructor: SportsKids, Inc.

No class: 11/25

Min/Max: 5/20

Code	Day	Dates	Time	R/NR
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Session 1

311119-1	Wed	9/16 -	4:15 PM -	\$59/
		10/21	5:00 PM	\$69

Session 2

311119-2	Wed	10/28 -	4:15 PM -	\$59/
		12/9	5:00 PM	\$69

Early Childhood Sports

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four-time National Champion and President of the American Shotokan Karate Association.

- Uniforms and Belt-Testing are options available through the ISKC instructor.
- **Please note that the Youth and Adult classes will train together.**
- Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required.
- Please visit www.ISKC.com or call 874-359-0666 for more information.

Pre-Karate

Ages: 4-6

In our Pre-Karate Safety classes, young children develop flexibility, strength, and coordination in fun, yet disciplined activities. This program is specifically designed for growing minds and bodies to enhance memory and agility. Watch your child's confidence blossom and their skills improve.

Location: Apollo Recreation Center, Gym 2
(12521 S. Kostner, Alsip)

No class: 11/27

Instructor: Illinois Shotokan Karate Club

Code	Day	Dates	Time	R/NR
Beginner (No prior experience)				

220220-1	Fri	9/4 - 12/11	4:30 PM - 5:15 PM	\$217
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Continuing (White w/ stripes & up)

220220-2	Fri	9/4 - 12/11	5:20 PM - 6:05 PM	\$217
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City of Palos Hills

PARENT'S NIGHT Out!

\$20/Child (#251011-A)
*Child must be 3+ and potty-trained

Friday, December 11th
6:00 PM - 9:00 PM

Drop off your kids with our experienced staff for pizza and a night in during your night out!

Palos Hills Community Center
8455 W. 103rd Street

For questions, please call 708-430-4500

Youth Sports

Junior High Open Gym

The Community Center will be available for supervised open gym. Participants must be eligible to attend school in District 117, 118, 230 or be a resident of Palos Hills. **Each participant must have a completed and signed waived prior to their first open gym session. Gym shoes and school ID are required.** Open gym may be canceled for other programs or events, so hours are subject to change. The CRRD reserves the right to dismiss and/or suspend an individual's open gym privileges if they are unable to follow rules and/or are disrespectful to staff. **Children may come at 2:00 PM on early dismissal days.**

Location: Community Center

No program: 11/11, 11/25

Day	Dates	Time	R/NR
Wed	9/2 - 12/16	3:30 PM - 5:30 PM	\$3

CITY OF PALOS HILLS

Paper Shred Event

Sponsored by Mayor Jerry Bennett and the Palos Hills City Council.

Saturday, September 26 - 9-11am
Palos Hills Community Center
8455 W. 103rd Street

- ✓ 2 copy paper size boxes per vehicle.
- ✓ Remain in your car.
- ✓ Palos Hills residents only!
- ✓ No plastic bags, flammables, electronics or batteries.

Work done by Shark Shredding

Enter off of Alta Drive and proceed through parking lot.

Police personnel will be on hand to direct traffic.



Youth Basketball

Ages: 7-12

Break a sweat and sharpen your skills! Boys and girls get skill instruction in the offensive points of basketball such as ball handling, shooting, passing, and setting screens. They are also introduced to defensive aspects including proper defensive stance and concepts such as zone and man-to-man defense. Players develop their shot using proper form and mechanics to be effective from various distances from the basket. Don't miss out on the opportunity to learn new skills and develop a more thorough understanding of basketball in this exciting program. Please bring a labeled water bottle.

Location: Community Center

No class: 11/25

Instructor: SportsKids, Inc.

Min/Max (7-9): 4/8

Min/Max (10-12): 4/14



Code	Day	Dates	Time	R/NR
Session 1				
Ages 7-9				
211113-1	Wed	9/16 - 10/21	5:00 PM - 6:00 PM	\$78/ \$88
Ages 10-12				
211114-1	Wed	9/16 - 10/21	6:00 PM - 7:00 PM	\$78/ \$88
Session 2				
Ages 7-9				
211113-2	Wed	10/28 - 12/9	5:00 PM - 6:00 PM	\$78/ \$88
Ages 10-12				
211114-2	Wed	10/28 - 12/9	6:00 PM - 7:00 PM	\$78/ \$88

Youth Sports

Soccer w/ No. 23 Futbol

Ages: 6-11

The Recreation Department has partnered with No. 23 Futbol and owner/player/coach Michal Szaflarski to provide elite soccer training for area youth. Michal is a professional soccer player, as well as coach at Benedictine University in Lisle. He is very excited to partner up with us to provide the Palos Hills area with expert training. The first week will include fun games related to the sport and then each week after will include passing, dribbling, and shooting drills. Wear gym shoes and shin guards.

Please note that these classes are intended for kids who have previous soccer training and can handle a more structured, intense practice. If your child is younger than 5 years of age, we encourage you to register for the Saturday Soccer Stars program to get training before beginning this class. More information on page 7.

Location: Glacier Park (Community Center in inclement weather)

Instructor: No. 23 Futbol **Min/Max:** 4/10

Code	Dates	Time	R/NR
Tuesdays			
Ages 6-9			
221014-1	9/1 - 11/10	4:30 PM - 5:30 PM	\$143/ \$165
Ages 9-11			
221015-1	9/1 - 11/10	5:40 PM - 6:55 PM	\$143/ \$165
Thursdays			
Ages 6-9			
221014-2	9/3 - 11/12	4:30 PM - 5:30 PM	\$143/ \$165
Ages 9-11			
221015-2	9/3 - 11/12	5:40 PM - 6:55 PM	\$143/ \$165

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four-time National Champion and President of the American Shotokan Karate Association.

- Uniforms and Belt-Testing are options available through the ISKC instructor.
- **Please note that the Youth and Adult classes will train together.**
- Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required.
- Please visit www.ISKC.com or call 874-359-0666 for more information.

Youth/Adult Karate

Ages: 7+ to adult

ISKC's karate classes offers a good mix of strength training, with cardiovascular and flexibility exercises. Students increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules. Please note that the Youth and Adult classes will train together.

Location: Apollo Recreation Center, Gym 2 (12521 S. Kostner, Alsip)

No class: 11/27

Instructor: Illinois Shotokan Karate Club

Note: Youth and adult classes will train together.

Code	Day	Dates	Time	R/NR
Beginner/Continuer (White-red belts)				
230241-1	Fri	9/4 - 12/11	6:15 PM - 7:10 PM	\$217
Inter/Advanced (Orange belts & up)				
230241-2	Fri	9/4 - 12/11	7:15 PM - 8:10 PM	\$217

Music Instruction

We are happy to be collaborating with Palos Music Instruction in Palos Hills for piano, voice, and guitar lessons. **All lessons take place at their store located at 10604 S. Roberts Road. After registration, please call Frank at 708-974-8002 to schedule lessons. These are 8-week programs (1 lesson/week).** Make-up classes are available only during the 8-week program. 24-hour advance notice policy for lesson cancellations. No make-up lessons for no-shows. Classes begin the last week of August.

Piano

Ages: 3+ to adult

Learn fundamentals of sight reading, technique, theory and most of all, play songs! Lesson books are sold separately through Palos Music Instruction for any given age and skill level. **Time slots available for Monday-Thursday: 2:00 PM - 8:00 PM; Friday: 2:00 PM - 6:00 PM; Saturday: 8:00 AM - 2:00 PM.**

Code

240202-1

R/NR

\$192/\$202



Voice

Ages: 8+ to adult

Learn fundamentals of breathing, posture, tone, diction, intonation, and most of all, sing songs! Sheet music is sold separately through Palos Music Instruction for your song of choice. **Time slots available for Monday-Thursday: 2:00 PM - 8:00 PM; Friday: 2:00 PM - 6:00 PM; Saturday: 8:00 AM - 2:00 PM.**

Code

240203-1

R/NR

\$192/\$202



Guitar

Ages: 7+ to adult

Learn fundamentals of sight-reading, tablature, technique, theory, rhythm, and learn to play songs of choice from a variety of styles! Books and sheet music are sold separately through Palos Music Instruction. **Time slots available for Monday-Thursday: 10:00 AM - 8:00 PM; Friday: 10:00 AM - 6:00 PM; Saturday: 8:00 AM - 2:00 PM.**

Code

240204-1

R/NR

\$192/\$202



Yoga

Senior Chair Yoga

Ages: 50+

A gentle class where most poses are done seated or standing with the assistance of a chair. Increase strength and range of motion as well as regain balance. Please bring a small pillow or blanket to class. Wear clothing that allows movement. It is recommended, but not mandatory, that you wear footwear that can be easily removed for class (you can keep your socks on). Even the muscles and tendons of the feet and toes need yoga! Breathing techniques increase awareness and relax the nervous system.

Location: Community Center

No class: 11/23

Instructor: Kathy Ruiter **Min/Max:** 8/30

Code	Day	Dates	Time	R/NR
Session 1				
250908-A	Mon	9/14 - 11/2	4:45 PM - 5:45 PM	\$64/ \$69
Session 2				
250908-B	Mon	11/9 - 12/14	4:45 PM - 5:45 PM	\$40/ \$45



Strong, Stretched & Serene Yoga

Ages: 16+

This class is for those with (but not exclusive to) previous yoga experience. As you progress, more strenuous postures will gradually increase muscle power and longer holds will increase strength and flexibility. Focus will be on relaxation and meditation in each pose by way of proper breathing.

Location: Community Center

No class: 11/23

Instructor: Kathy Ruiter **Min/Max:** 8/30

Code	Day	Dates	Time	R/NR
Session 1				
250917-A	Mon	9/14 - 11/2	6:00 PM - 7:00 PM	\$64/ \$69
Session 2				
250917-B	Mon	11/9 - 12/14	6:00 PM - 7:00 PM	\$40/ \$45

Yoga for Everyone

Ages: 18+

Rejuvenate and relax! No previous experience in yoga is required. This class will address flexibility, strength, mental focus and most importantly, relaxation. Proper breathing and posture will be emphasized. Please bring a yoga mat and a yoga strap to class.

Location: Community Center

No class: 11/23

Instructor: Kathy Ruiter **Min/Max:** 8/30

Code	Day	Dates	Time	R/NR
Session 1				
250916-A	Mon	9/14 - 11/2	7:15 PM - 8:15 PM	\$64/ \$69
Session 2				
250916-B	Mon	11/9 - 12/14	7:15 PM - 8:15 PM	\$40/ \$45

Yoga & Adult General Interest

Gentle Yoga

Ages: 18+

Gentle but effective movements in a chair to increase range of motion, build strength, and increase overall well-being. Wonderful for those with arthritis or knee/hip replacements, or those who cannot otherwise get on the floor for traditional poses. Bring a small, firm pillow or blanket for back support.

Location: Community Center

No class: 11/27

Instructor: Kathy Ruiter **Min/Max:** 8/30

Code	Day	Dates	Time	R/NR
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Session 1

250920-A	Fri	9/18 -	10:30 AM -	\$64/
		11/6	11:30 AM	\$69

Session 2

250920-B	Fri	11/13 -	10:30 AM -	\$40/
		12/18	11:30 AM	\$45

55+ Open Gym

The Community Center will be available for 55+ year old individuals to have open gym. Sports equipment will be available for use, or individuals may bring their own. Each adult must complete a waiver prior to participating. Reservations may be made ahead of time by calling the Community Center at 708-430-4500, but it is not required. Come enjoy our latest open gym program!

Location: Community Center

Day	Dates	Time	R/NR
Mon	9/14 -	10:00 AM -	\$3
	12/14	12:00 PM	
Fri	9/18 -	2:30 PM -	\$3
	12/18	4:30 PM	

Good Dog! Dog Obedience

Ages: 18+ with dog

How would you like to have a better trained dog in just a few weeks? Learn training techniques in this affordable class. Dog obedience classes include instruction in basic obedience, manners, socialization, and tips on general health. Dog obedience is for dogs ages 6 months and up. The class can also serve as a refresher course for dogs with previous training, and include some tricks and the opportunity to earn the AKC Canine Good Citizen Certificate. The class is designed for adults; children may participate in class with their parents, but an adult must be the primary trainer. Proof of vaccinations is required. Please bring a dog waste bag. **Everyone attending this class must sign a participant waiver.**

Location: Community Center

Instructor: Monica Whang **Min/Max:** 5/8

Code	Day	Dates	Time	R/NR
250815-1	Wed	10/14 -	7:30 PM -	\$70/
		11/18	8:30 PM	\$75



Adult Trips

Chicago Premium Outlets

Ages: 18+

Come explore the 160+ shops at Chicago Premium Outlets! Maybe you want to start early on some holiday shopping, or maybe you want to try the latest trends. In between stores, take a seat by one of the outdoor fireplaces, or admire one of the art installations. This trip includes transportation in the CRRD vehicle only. Lunch and shopping are paid for on your own.

Location: Chicago Premium Outlets (Aurora, IL)

Depart/Return: Community Center

Min/Max: 6/14

Note: The shopping portion of this trip may require a lot of walking.



Code	Day	Date	Time	R/NR
250320-1	Thur	09/24	9:30 AM – 3:30 PM	\$10/ \$15

A Christmas Carol

Ages: 21+

Join the ghosts of Christmas Past, Present, and Future as they take Ebenezer Scrooge on a transformative journey in this classic Dickens tale. Metropolis Performing Arts Center's adaptation is sure to warm your hearts and holiday spirit! This show is 90-minutes and has no intermission. Afterward, we will walk across the street to Peggy Kinnane's Irish Restaurant & Pub for lunch. This trip includes transportation in the CRRD vehicle and a show. Lunch is paid for on your own.

Location: Metropolis Performing Arts Center (Arlington Heights, IL)

Depart/Return: Community Center

Min/Max: 7/14



Code	Day	Date	Time	R/NR
250309-1	Fri	12/18	8:30 AM – 2:15 PM	\$35R/ \$40NR

Autumn Painting Adventure...

With Goats!

Ages: 18+

Picture this: a cozy painting studio on 5 acres of farmland, paintbrush in hand, and a goat at your side! Follow the guidance of an experienced paint instructor while the therapeutic goats of Nature's Trail Yoga cheer you on. This class is 2.5 hours, with half dedicated to painting and half dedicated to goat playtime. Afterward, we will travel to P.F. Chang's for a late lunch. This trip includes transportation in the CRRD vehicle, art supplies, and painting instructions. Lunch is paid for on your own.

Location: Nature Trails Yoga (Orland Park, IL)

Depart/Return: Community Center

Min/Max: 9/14



Code	Day	Date	Time	R/NR
250307-1	Mon	10/26	10:30 AM – 4:00 PM	\$70/ \$75

Game Show Battle Rooms

Ages: 18+

Have you ever wanted to be on your favorite game show? Now is your chance! Play classics like Family Feud, Wheel of Fortune, and The Price is Right all in one day. Who will be crowned the Game Show Battle Rooms Champion? Put your skills to the test and find out! Afterward, we will travel to GIA MIA for lunch. This trip includes transportation in the CRRD vehicle and the battle room ticket. Lunch is paid for on your own.

Location: Game Show Battle Rooms (Lombard, IL)

Depart/Return: Community Center

Min/Max: 7/14



Code	Day	Date	Time	R/NR
250321-1	Mon	11/16	11:15 AM – 4:00 PM	\$60/ \$65

Adult Trips

Lunch Bunch

Ages: 18+

Stay active, stay social, and don't miss the Lunch Bunch! Join us as we head to different lunch locations. Maybe you want to try a new restaurant but are looking for a lunch buddy to go with you! We will explore new restaurants and enjoy some old favorites. Fee includes transportation only; lunch is paid for on your own. **Please bring cash on trips so it is easier to pay on one check.**

Day: Thur **Time:** 11:00 AM - 2:00 PM

Depart/Return: Community Center

R/NR: \$10/\$15 per trip **Min/Max:** 6/11

Waffle House Kafe

Code	Date	Location
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250344-1	9/17	Frankfort, IL
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Endless carafes of classic, medium-roast coffee, eggs cooked to order (over-easy is a staple), sizzling bacon, sausage links, and toasted bread that arrives simultaneously crunchy and steamed. Thick stacks of buttermilk pancakes, French toast dusted generously with powdered sugar and waffles... not to mention their huge lunch menu!

Sawa's Old Warsaw Restaurant

Code	Date	Location
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250345-1	10/22	Broadview, IL
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Sawa's Old Warsaw has been serving the best Polish American cuisine for over 50 years from the original location in Broadview, IL. Come enjoy hearty favorites like pierogi, kielbasa, stuffed cabbage rolls, and many more.

Wu House

Code	Date	Location
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250348-1	11/19	Palos Park, IL
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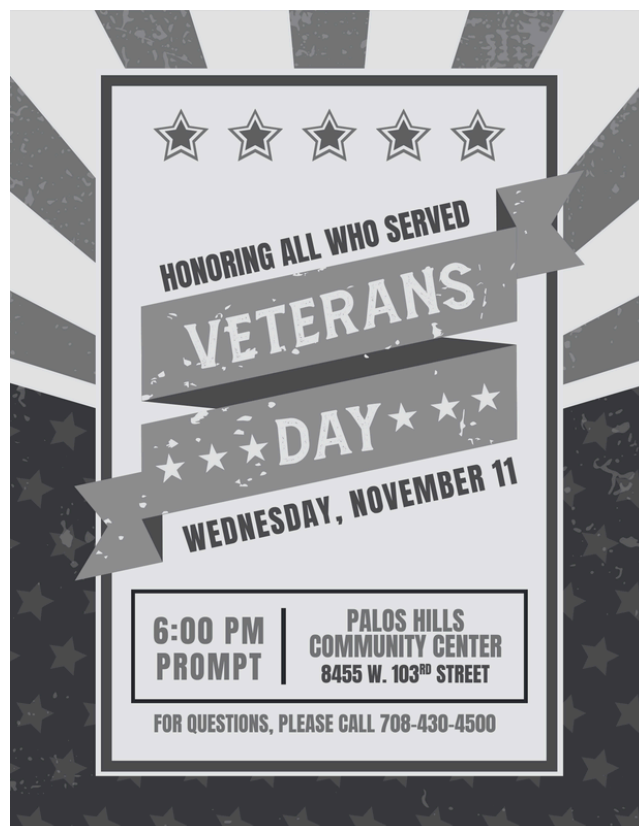
Come watch chefs prepare your Japanese-inspired meal on a large, flat grill right in front of you with table-side entertainment. Gather around and enjoy sizzling chicken, shrimp, seafood, fresh vegetables, fried rice, and noodles. Join us for a memorable experience.

The Dock on the Front

Code	Date	Location
------	------	----------

250349-1	12/17	Mokena, IL
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If you are adventurous and like to try new and exciting cuisines, then this is the place for you. From amazing burgers, fish tacos, jalapeno chicken, flatbreads, to soups and salads. Starters so good, you might not want to share with your friends.



Adult Trips

Mix n' Mingle

Ages: 18+

Looking for a place during the week for an early dinner? We are thrilled to invite you to an evening of exciting new restaurants and their special offers. Join us as we have picked restaurants that will feature a variety of foods and great ambiance at special prices. Whether you are winding down from a busy day or looking to make new friends, this is the perfect opportunity to kick back and enjoy some time together. **Please bring cash on trips so it is easier to pay on one check.**

Day: Thur **Time:** 3:15 PM - 6:00 PM

Depart/Return: Community Center

R/NR: \$10/\$15 per trip **Min/Max:** 6/8

Pappadeaux

Code	Date	Location
250428-1	10/01	Westmont, IL

Inspired by the New Orleans French Quarter, Pappadeaux offers an array of cuisine to satisfy your cravings. From their fried calamari in spicy pomodoro sauce to the crispy crawfish beignets, this seafood restaurant will have you imagining yourself on Bourbon Street.

Brook's Kitchen & Tap

Code	Date	Location
250429-1	11/05	Oakbrook Terrace, IL

Come pair some classic dishes with a modern interior design. Try one of their craft cocktails or browse their extensive wine list. Brook's changes their menu seasonally, so let's see what they're serving this fall!



39ers Senior Club

The Palos Hills 39ers Senior Club is looking for new members. Join us for some fun! It's a place to meet new people and get together with old friends. Laughter is the best medicine, and this group loves to laugh and have a good time. There is always something exciting happening at the Palos Hills Community Center for seniors: luncheons, entertainment, BINGO, and informational workshops. **Meetings are held at the Community Center (8455 W. 103rd Street) from 12:00 PM - 2:00 PM on the 2nd and 4th Wednesday of the month for Palos Hills residents aged 55+.** If you can't make every meeting, that's ok; we would love to see you when you do! **Registration and activity fees for meetings must be completed at least one week in advance.** Sorry, no walk-ins or refunds! For any questions and additional information, please ask for Sophia at 708-430-4500.

September 9th - \$3.00 Mark Hoffman Tunes of today and roaring 20's, including Frank Sinatra, Neil Diamond, and Elvis Presley. You don't want to miss out! Lunch: Pizza	September 23rd - \$3.00 Welcome Fall Fall is here and we welcome it with open arms. Joining us today for a talk is Rojean Kope with United Health Insure. Lunch: Salad & toppings	October 14th - \$5.00 Dave Rudolf Join Gold and Grammy nominated, 47 album recording artist for a trip through the British Invasion with songs by The Beatles, Stones, Kinks, Cat Stevens, and more. Lunch: Polish food
October 28th - \$3.00 Happy Halloween Dress up and enjoy some great food and Bingo. There's a big prize for the best costume! Let's have a ghoulish old time. Lunch: Homemade chili	November 11th - \$3.00 Friendsgiving Potluck day! Come share your favorite dish and play Bingo for Thanksgiving prizes. Lunch: Ham and chicken	December 9th - \$10.00 Holiday Party TBA Lunch: TBA

New Horizons Senior Club

Membership is open to adults and their guests ages 60+ residing in Palos Hills. Enjoy BINGO, casino trips, and parties. **Meetings are held the 1st and 3rd Wednesday of the month at 6:00 PM inside the Community Center (8455 W. 103rd Street).** New members can join anytime! Yearly dues are \$3 payable at the start of the first meeting. Contact the Community Center at 708-430-4500 and a club member will return your call.

Seniors

AARP Driver Safety Course

If you are in need of a refresher of the rules of the road, then this course is for you! Registration may be done in person (8455 W. 103rd Street, Palos Hills, IL 60465) or by calling the Community Center at 708-430-4500. Payment is due at the time of the class, and may be done through cash or check (please make checks payable to AARP).

Location: Community Center

Days	Dates	Time	AARP
Thur-	10/8-	11:30 AM -	Member/
Fri	10/9	12:30 PM	Non-Member \$2/\$3

PATSE Bus Service

The PATSE Bus Service provides transportation service for individuals 60+ and/or physically disabled who live within the Palos Township. Services are available Monday through Friday from 8:00 AM to 1:30 PM for rides to doctors, medical appointments, stores and beauty shops. For questions and additional information, please call 708-430-3822.



Caring for the Caregiver Why Taking Care of Yourself is Essential

Caregiving for an older loved one is one of the most meaningful gifts you can give. But for many caregivers - particularly those caring for someone living with Alzheimer's disease or another dementia related disorder - the emotional, physical, and mental demands can be overwhelming.

It's easy to focus entirely on the person you love, but your own health and well-being are just as important. The truth is simple: when caregivers take care of themselves, they can provide better, safer, and more compassionate care for those who depend on them.

Self-care isn't selfish - it is necessary.

How Can We Help?

Our Caregiver Resource Center offers a range of supports and services designed to help you care for yourself while caring for others:

- One-on-One Supportive Counseling
- Memory Café
- Respite Services
- Educational Events
- Support Groups

Call us at 708.361.0219
Visit us at www.pathlights.org

Jazzercise

Jazzercise is the original dance party workout. We are an inclusive, woman-owned fitness company dedicated to helping people of all ages, sizes, and fitness levels to live healthier, happier lives through fitness. We believe that working out is about more than looking great; it should make you feel great! The program fuses dance cardio and strength training in a 55-minute sweat session that burns up to 800 calories per class. You'll leave feeling re-energized and ready to take on the world. **For more information, check our website at www.Jazzercise.com (the Palos Hills location) or email Aggie Lubon at Lubonki@aol.com.**

FALL SALE (8/24-9/14)

2 months for \$99. Unlimited classes (in-person). Classes expire 2 months after purchase.

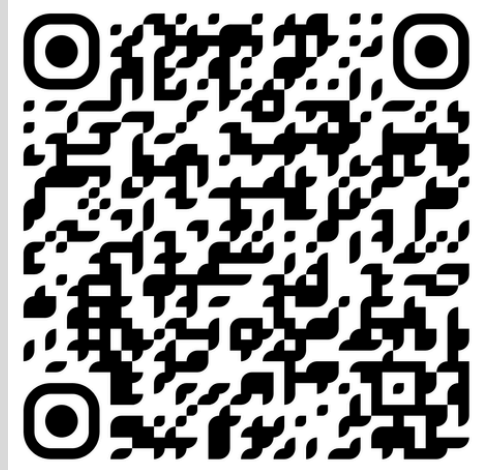
FREE CLASS FOR ALL (9/12, 9:00 AM)

Fundraiser for Suicide Prevention

BEST DEAL OF THE YEAR (11/1-12/31)

40% off 12 months (payment up front). For customers not attending after 3+ months.

Scan me!



Jazzercise Palos Hills
Community Center
Dance Fitness Classes
www.jazzercise.com



Mon	Tues	Wed	Thurs	Fri	Sat
9:15 AM	9:15 AM	9:15 AM		9:15 AM	9:00 AM
4:50 PM		4:00 PM	4:50 PM		
6:15 PM	6:15 PM	4:30 PM	6:15 PM		

Parks & Facilities

Location Information

City of Palos Hills City Hall

10335 S. Roberts Road

Palos Hills, IL 60465

708-598-3400

Palos Hills Community Center

8455 W. 103rd Street

Palos Hills, IL 60465

708-430-4500

Palos Hills Municipal Golf Course

7301 W. 105th Street

Palos Hills, IL 60465

708-599-0202

Apollo Recreation Center

12521 S. Kostner

Alsip, IL 60803

708-389-1003

Park Guidelines

City of Palos Hills Ordinance Section 2.48.070 For a complete list of rules, please visit www.paloshillswb.org.

For all parks

- All dogs must be on a leash.
- Dog waste must be picked up and removed by the owner.
- No person shall be allowed to swim, bathe, wade, or enter into any water feature located on any city property. A water feature includes any pond, lake, retention/detention pond, or waterfall.
- Ice skating is allowed on city-made ice skating areas only.
- No person may sleep overnight or camp in any park.
- No person shall enter any area posted as "Closed to the Public," nor shall any person use any area in violation of posted notices, included but not limited to parking areas designated for the handicapped.
- The City of Palos Hills reserves the right to close a park for city-held benefits.

For Bennett Park

- No swimming, boating, ice skating, or camping.
- Fishing is catch-and-release only.

Palos Hills Parks

Town Square Park

8500 W. 103rd Street

Indian Woods Park

100th Street & 82nd Avenue

Michael Park

Michael Drive & 105th Street

Loveland Park

8500 W. 106th Street

Aspen Park

105th Street & Aspen

Calvary Park

111th Street & Roberts

Krasowski Park

104th Place & Tod Drive

Volunteer Park

99th Street & 88th Avenue

Bennett Park

10801 Roberts Road

Glacier Park

101st Street & 78th Avenue

Program Registration Form

8455 West 103rd Street
Palos Hills, IL 60465
Phone (708) 430-4500
Fax (708) 430-8376
Website: www.paloshillsweb.org

Assistance Required

If you or your child require some type of physical assistance due to a special need or condition, please indicate special need and the assistance and/or accommodation needed:

Last Name: _____ Adult First Name: _____

Email: _____

Street Address: _____

City: _____ Zip: _____ Emergency Name: _____

Home(____) _____ Work/Cell(____) _____ Emergency(____) _____

Please read this form carefully and be aware that signing up and participating in this program you will be waiving and releasing all claims for injuries you might sustain arising out of this program. As a participant in the Palos Hills Community Resource & Recreation Dept. program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages, or loss which I may sustain as a result of participating in any and all activities connected with or associated with such Programs. I agree to waive and relinquish all claims I may have as a result of participating in the program against the Palos Hills Resource & Recreation Dept. and its officers, agents, servants, local sponsors, and employees. I agree to allow the Palos Hills Resource & Recreation Dept. to use my family and I in any photo, audio and/or videotape for any publicity used by the City of Palos Hills. I do hereby fully release and discharge the Palos Hills Resource & Recreation Dept. and its officers, agents, servants, and employees from any and all claims sustained by me and arising out of, connected with, or in any way associated with the activities of the program. I understand that no refunds can be made for any reason unless a program or event was canceled by the Palos Hills Resource & Recreation Dept. Any individual or group, which submits a non-sufficient check for payment of a registration fee, will be charged a \$25.00 processing fee. I have read and fully understand the Program details on the reverse side. I have read and fully understand the Waiver and Release of all claims information.

X _____

Activity Number	Activity Name	Registrants Last Name	Registrants First Name	Sex	Birth Date Mo./Day/Yr..	Fee

See Registration Information on the back of this form.

TOTAL FEE _____
CHECK # _____

Registration Policies

Registration Dates

Because residents may receive this brochure at different times, please contact the Community Center at 708-430-4500 to inquire about resident and non-resident registration dates. Mail-in and drop-off registrations will be placed in open program slots in the order they are received. Registrants will be notified of any class or program conflicts at the time of registration.

How to Register

- **All registration is done in person at the Community Center (8455 W. 103rd Street).** Telephone registration is not accepted. We accept cash, check, charge, or Apply Pay. A registration form must be completed each time; be sure to include program numbers and signatures. Please read all registration instructions carefully as some programs have special requirements.
- If mailing in and paying by check, please include the registration form with a check for the correct total fee. Checks may be made payable to City of Palos Hills or Palos Hills Community Resource & Recreation Department.
- The CRRD does not mail confirmation cards to confirm program registration. Unless you are contacted by staff, you may assume you are enrolled in your first choice of programs you have registered for.
- The CRRD may ask for proof of residency at time of registration. Non-residents may face additional fees.

Registration Policies

- Fees for late registration will not be prorated.
- The CRRD reserves the right to postpone or cancel programs due to insufficient participation numbers.
- Registration fees are transferable if requested prior to the first day of class.
- The registrant is responsible for recording times and locations of programs they are enrolled in.
- The CRRD is not responsible for lost or late mail or drop off forms.
- By registering for CRRD programs, each registrant realizes the inherent risks involved in the program and understands the nature of these risks. The applicant holds the CRRD harmless for any damages caused by participation in these programs.

Note: Information continued on next column

- Participants or their parents permit the taking of photos, audio, and videotapes during CRRD activities for publication and use as the department deems necessary.
- Participants registering for activities of strenuous nature are encouraged to seek a physician's approval.
- Signatures on registration forms are mandatory. Forms without signatures will be returned thereby jeopardizing registration.
- Individuals registering for family, friends, or neighbors must ensure the registration form is signed by the person who is participating in the program or their parent.

Refund Procedures

- All requests for refunds must be made through an official refund/credit application form.
- Any cash or credit refunds issued after the start of class will be up to the discretion of the Commissioner.
- A prorated in-house credit will be issued to the household account if the application for the refund/credit is received prior to the start of the third class.
- Refunds typically take two to three weeks to process if the original payment was by cash or check. All other refunds will be processed after they are approved by the Commissioner.
- There may be an \$8 administrative fee added to each refund.
- Telephone and email refunds are not accepted.
- **No refunds will be given for failure to attend a class/trip/program. It is the responsibility of the participant to attend. No refunds for missing a trip will be given unless a replacement is found.**
- Medical credit situations will be handled individually with a doctor's note.
- All Day Camp field trips have a non-refundable fee unless cancelled by the department.
- Credits must be used within six months of issue date.
- Cancellations for Day Camp and Playschool must be received in writing with a form two weeks prior to the beginning of the session. No refunds will be given after.
- All other contracted camps and classes will follow the policy of Day Camp.
- **There will be no prorating of programs due to late registration, early withdrawals, or failure to attend class(es).**



First Responder's Christmas Party & Tree Lighting

December 2nd | 6:00 PM
Town Square Park
8455 W. 103rd Street

Santa will arrive on a firetruck as Mayor Bennett lights up the park!

Join us in the Community Center afterward for:
 Stag Choir
 The Grinch
 Refreshments
 Meeting First Responders

Donate an ornament to hang on the indoor tree

In partnership with:
 The City of Palos Hills
 Palos Township

Please RSVP to:
mlebarre@paloshillswest.org
 or dconnell@paloshillswest.org

For questions, call 708-430-4500



Daddy & Daughter Dance

\$45 / R Couple OR \$50 / NR Couple
#230420-1

\$20 / Additional Child
#230420-C

\$10 / Additional Adult
#230420-A

4 Dec 2026 | **Community Center**
6:30 - 8:30 PM | **8455 W. 103rd Street**
Ages 3-12 years

Live DJ
Light Dinner
Souvenir

For questions, please call 708-430-4500

City of Palos Hills

PARENT'S NIGHT Out!

\$20/Child (#251011-A)
 *Child must be 3+ and potty-trained

Friday, December 11th
6:00 PM - 9:00 PM

Drop off your kids with our experienced staff for pizza and a night in during your night out!

Palos Hills Community Center
8455 W. 103rd Street

For questions, please call 708-430-4500

CITY OF PALOS HILLS



SANTA AROUND PALOS

SUNDAY, DECEMBER 20TH
3:00 - 4:30 PM

VISIT PALOSHILLSWEB.ORG IN EARLY-DECEMBER FOR THE ROUTE. THIS IS A SIGHTING, NOT A PARADE.



Palos Hills Community Resource & Recreation Department
8455 W. 103rd Street
Palos Hills, IL 60465

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Worth, IL 60482

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POSTAL CUSTOMER
PALOS HILLS, IL 60465

Providing a Healing Experience

Palos-Gaidas

FUNERAL HOME

The Gaidas family has been serving families for over two generations in the Chicago land area. With humble beginnings in Chicago's Back of the Yards and Brighton Park communities, we have been taking care of families by providing a "healing experience."

Over the years, Palos-Gaidas Funeral Home has continually provided dignified and compassionate service to the many families who call upon us. Our commitment to our family and community is reflected in our involvement with various organizations. We support many community endeavors, including church and civic groups, schools, and charitable organizations.



Let us show you how our commitment to excellent care
can help your family when you need it most.
We look forward to hearing from you.

Dave and Loretta Gaidas

11028 Southwest Highway, Palos Hills, IL 60465

Phone: 708-974-4410

www.palosgaidasfh.com • palosfh@comcast.net

