

Calendar of Events

JANUARY

- 3** The Power & Value of Journaling begins, 18 & up
- 7** Resident Registration for Winter-Spring activities begins
- 9** Matteson Losers begins, 14 & older, 8:30 am - 9:30 am
- 9** Matteson Losers begins, 14 & older, 6:00 pm - 7:00 pm
- 9** Preschool begins, (3-5 years old)
- 10** Adult (Inter./Adv.) Ballet begins, (Sess. I) 15 & older
- 10** **FREE** Body Bootcamp begins, 14 & older
- 10** **FREE** Kenpo Bootcamp Free Trial, 17 & older
- 10** Matteson Losers begins, 14 & older, 8:30 am - 9:30 am
- 10** Matteson Losers begins, 14 & older, 6:00 pm - 7:00 pm
- 10** Preschool begins, (3-5 years old)
- 11** Matteson Losers begins, 14 & older, 6:00 pm - 7:00 pm
- 11** Non-resident Registration for Winter-Spring activities begins
- 11** Kids Cardio Blast, 5-11 years old
- 12** Adult Wado-Ki Karate begins, (Sess. I) 16 & older
- 12** **FREE** Line Dancing Workshop, 16 & older
- 12** "Little Dragons" Wado-Ki Pre-Karate begins, (Sess. I) 4 to 6 years old
- 12** Youth Wado-Ki Karate begins, (Sess. I) 7 to 15 years old
- 13** Adult (Inter./Adv.) Ballet begins, (Sess. VI) 15 & older
- 13** Cardboard Boat Race (making of boats)
- 13** Friday Night Open Basketball begins, 6 - 12 grade
- 14** **FREE** Kenpo Bootcamp Free Trial begins, 6 to 12 years old
- 16** **FREE** Blood Pressure Screenings, 18 & up
- 16** Chicago Southland Gymnastics begins, (Sess. I) 18 months to 16 years old
- 16** Tumbling begins, (Sess. I) 6 to 10 years old
- 16** Tumbling Tots begins, (Sess. I) 4 & 5 years old
- 17** **FREE** Creative Jewelry Design Workshop, 16 & older
- 17** Body Bootcamp begins, 14 & older
- 17** Kenpo Bootcamp begins, 17 & older
- 17** **FREE** Stepping With Style Workshop, (Workshop I) 16 & older
- 17** Young Entrepreneur's Program begins, (Sess. I) 6 to 14 years old
- 18** Adult Jazz begins, 15 & older
- 18** **FREE** Intro to Yoga begins, 14 & older
- 18** Jazz begins, 5 to 14 years old
- 18** Wednesday Night Adult Open Basketball begins, 18 & older
- 19** Adult Beginning African Dance begins, (Sess. I) 14 & older
- 19** Intro to Robotics Workshop, (Workshop I) 6 to 13 years old
- 19** Line Dancing begins, (Sess. I) 16 & older
- 20** Adult Beginning Ballet begins, 15 & older
- 20** **FREE** Balance Screening, 18 & up
- 20** Cardboard Boat Race (Race)
- 20** Children's African Dance begins, (Sess. I) 5 to 13 years old
- 21** Adult Beginning Tap begins, 15 & older
- 21** Kenpo Bootcamp begins, 6 to 12 years old
- 21** Tap Toe through the Tulips begins, 5 to 14 years old
- 21** **FREE** RC Car Racing Fundamentals Workshop, (Workshop I) 16 & older
- 21** "3 To Get Ready" begins, (Sess. I) 3 years old
- 23** Ballet III - Advanced begins, 7 to 15 years old
- 23** "Girls Rock" Basketball begins, (Sess. I) 7 to 14 years old
- 23** Line Dancing begins, (Sess. I) 16 & older
- 23** **FREE** LuuLuu's Belly Dance Fitness Workshop, (Workshop I) 18 & older
- 23** NFBCI Basketball League begins, 18 to 30 years old
- 24** Cardio Youth Fit begins, 12-17 years old
- 24** Beg. Creative Jewelry Design begins, (Sess. I) 16 & older

- 24** Inter. Creative Jewelry Design begins, (Sess. I) 16 & older
- 24** Stepping With Style begins, (Sess. I) 16 & older
- 25** Hatha Yoga begins, (Sess. I) 14 & older
- 25** **FREE** Injury Screening, (Sess. I) 18 & up
- 25** Yogalites begins, (Sess. I) 14 & older
- 26** Ballet I - Beginners begins, 5 to 14 years old
- 26** Ballet II - Intermediate begins, 7 to 15 years old
- 26** Intro to Robotics begins, (Sess. I) 6 to 13 years old
- 27** Fun Fridays begins, (Sess. I) 2-4 years/parent
- 28** ABC Come Learn With Me begins, (Sess. I) 2-4 years/parent
- 28** Giggles and Grace Charm School begins, (Sess. I) 4-12 years old
- 28** RC Car Racing Fundamentals begins, (Sess. I) 10-18 yrs.
- 28** 1, 2, 3, Count With Me! begins, (Sess. I) 2-4 years old/with parent
- 30** Boogie Babies (Girls) begins, 3-4 years old
- 30** Boogie Buddies (Boys) begins, 3-5 years old
- 30** LuuLuu's Belly Dance Fitness begins, (Sess. I) 16 & older
- 30** Rainbow of Colors begins, (Monday) 2-4 years/parent
- 31** **FREE** Flirty Girl Fitness Booty Beat begins, 14 & older
- 31** **FREE** Hip, Knee & Shoulder Pain Treatment Options, 18 & up
- 31** **FREE** Interval Sculpt Training begins, 14 & older

FEBRUARY

- 3** Cheerleading begins, Girls 7 to 12 years old
- 3** Jump Rope 101 begins, 5 to 12 years old
- 3** 34th Annual Daddy-Daughter Date Night, Dads & Daughters 4-12 years old
- 4** Rainbow of Colors begins, (Saturday) 2-4 years/parent
- 4** **FREE** Scholarship Strategy Workshop, Grades 8-11
- 7** Adult (Inter./Adv.) Ballet begins, (Sess. II) 15 & older
- 7** Flirty Girl Fitness Booty Beat begins, (Sess. I) 14 & older
- 7** Interval Sculpt Training begins, 14 & older
- 8** Learn What Makes Relationships Prosper, (Workshop I) 17 & older
- 8** **FREE** Meal Planning Tips, 18 & up
- 10** Adult (Inter./Adv.) Ballet begins, (Sess. VII) 15 & older
- 11** Kid's Cardio Blast begins, 5 to 11 years old
- 12** Baseball Coaches Clinic
- 14** **FREE** Power Yoga begins, 18 & up
- 14** **FREE** Weekday R N R, 18 & older
- 16** **FREE** Back Pain Screening, 18 & up
- 17** Power Yoga begins, 18 & up
- 17** Sweethearts' Aqua Challenge
- 18** Coupon Madness Workshop, (Sess. I) 18 & older
- 21** **FREE** Hip, Knee & Shoulder Pain Treatment Options, 18 & up
- 21** Weekday R N R begins, 18 & older
- 24** Splash-N-Movie Night, Family
- 27** "Girls Rock" Basketball begins, (Sess. II) 7 to 14 years old
- 28** **FREE** Kenpo Bootcamp Free Trial, 17 & older
- 28** **FREE** Overhead Throwing: Common Injuries and Prevention, 18 & up
- 28** Young Entrepreneur's Program begins, (Sess. II) 6 to 14 years old
- 29** Life Line Screening, 40 year s and older

MARCH

- 1** Adult Beginning African Dance begins, (Sess. II) 14 & older
- 2** Children's African Dance begins, (Sess. II) 5 to 13 years old
- 2** Fun Fridays begins, (Sess. II) 2-4 years/parent
- 3** **FREE** Kenpo Bootcamp Free Trial, 6 - 12 years old
- 3** ABC Come Learn With Me begins, (Sess. II) 2-4 years/parent
- 3** 1, 2, 3, Count With Me! begins, (Sess. I) 2-4 years/parent

Calendar of Events

- 3** "3 To Get Ready" begins, (Sess. II) 3 years old
- 4** Aim for the Fences! Girls Softball Clinic, 7 to 13 years old
- 4** Spring Baseball Clinics begins, 7 to 14 years old
- 5** Tumbling begins, (Sess. II) 6 to 10 years old
- 5** Tumbling Tots begins, (Sess. II) 4 & 5 years old
- 6** Adult (Inter./Adv.) Ballet begins, (Sess. III) 15 & older
- 6** Beg. Creative Jewelry Design begins, (Sess. II) 16 & older
- 6** Inter. Creative Jewelry Design begins, (Sess. II) 16 & older
- 6** Kenpo Bootcamp, begins, 17 & older
- 6** **FREE** Stepping With Style Workshop, (Workshop II) 16 & older
- 7** **FREE** Dealing with Incontinence, 18 & up
- 7** Hatha Yoga begins, (Sess. II) 14 & older
- 7** Learn What Makes Relationships Prosper, (Workshop II) 17 & older
- 7** Yoyalites begins, (Sess. II) 14 & older
- 8** Adult Wado-Ki Karate begins, (Sess. II) 16 & older
- 8** "Little Dragons" Wado-Ki Pre-Karate begins, (Sess. II) 4 to 6 years old
- 8** Line Dancing begins, (Sess. II) 16 & older
- 8** Youth Wado-Ki Karate begins, (Sess. II) 7 to 15 years old
- 9** Adult (Inter./Adv.) Ballet begins, (Sess. VIII) 15 & older
- 10** Kenpo Bootcamp, begins, 6 to 12 years old
- 12** Chicago Southland Gymnastics begins, (Sess. II) 18 months to 16 years old
- 12** Line Dancing begins, (Sess. II) 16 & older
- 12** **FREE** LuuLuu's Belly Dance Fitness Workshop, (Workshop II) 18 & older
- 13** **FREE** Get out there and Run!, 18 & up
- 13** Stepping With Style begins, (Sess. II) 16 & older
- 15** **FREE** Balance Screening, 18 & up
- 15** Intro to Robotics Workshop, (Workshop II) 6 to 13 years old
- 16** Shamrock Swim
- 17** Calling All Youth! Workshop, (Sess. I) 8-12 and 13-17 years old
- 17** Coupon Madness Workshop, (Sess. II) 18 & older
- 17** Giggles and Grace Charm School begins, (Sess. II) 4 to 12 years old
- 17** **FREE** RC Car Racing Fundamentals Workshop, (Workshop II) 16 & older
- 17** Springtime Fun begins, (Saturday) 2-4 years/parent
- 19** Springtime Fun begins, (Monday) 2-4 years/parent
- 19** **FREE** Blood Pressure Screenings, 18 & up
- 19** KidFit Camp (8 to 12 years old)
- 19** LuuLuu's Belly Dance Fitness begins, (Sess. II) 16 & older
- 22** Intro to Robotics begins, (Sess. II) 6 to 13 years old
- 23** 25th Annual Mom-Son Spring Dance, Moms & Sons 4-12 years old
- 24** Cardio Youth Fit begins, 12 to 17 years old
- 24** Importance of You!!!, 18 & up
- 24** RC Car Racing Fundamentals begins, (Sess. II) 10 to 18 years
- 24** Underwater Easter Egg Hunt
- 27** Flirty Girl Fitness Booty Beat begins, (Sess. II) 14 & older
- 27** **FREE** Hip, Knee & Shoulder Pain Treatment Options, 18 & up
- 31** Easter Egg Hunt, 1 1/2 to 9 years old
- 10** **FREE** Injury Screening, (Sess. II) 18 & up
- 11** **FREE** Dynamic Stretching vs Static Stretching? What's the Difference? begins, 18 & up
- 13** **FREE** The McNabb Challenge Pro Style Football Clinic Workshop, 10 to 14 years old
- 14** "Itty Bitty" Basketball begins, 4 to 8 years old
- 14** The McNabb Challenge Pro Style Football Clinic begins, 10 to 14 years old
- 17** **FREE** Kenpo Bootcamp Free Trial, 17 & older
- 17** Recreational Volleyball Clinic begins, 6 to 14 years old
- 18** Hatha Yoga begins, (Sess. III) 14 & older
- 18** Learn What Makes Relationships Prosper Workshop, (Workshop III) 17 & older
- 18** Yoyalites begins, (Sess. III) 14 & older
- 19** **FREE** Back Pain Screening, 18 & up
- 20** Splash-N-Movie Night, Family
- 21** Calling All Youth! Workshop, (Sess. II) 8-12 and 13-17 years old
- 21** Coupon Madness Workshop, (Sess. III) 18 & older
- 21** **FREE** Kenpo Bootcamp Free Trial, 6 - 12 years old
- 21** The McNabb Pro Style High School Football Camp begins, 14 to 18 years old
- 23** Line Dancing begins, (Sess. III) 16 & older
- 24** **FREE** Diabetes Education, 18 & up
- 24** Kenpo Bootcamp, begins, 17 & older
- 26** Line Dancing begins, (Sess. III) 16 & older
- 28** April Pool's Day
- 28** Kenpo Bootcamp, begins, 6 to 12 yr olds
- 30** LuuLuu's Belly Dance Fitness begins, (Sess. III) 16 & older

MAY

- 1** Adult (Inter./Adv.) Ballet begins, (Sess. V) 15 & older
- 1** Stepping With Style begins, (Sess. III) 16 & older
- 3** Adult Wado-Ki Karate begins, (Sess. III) 16 & older
- 3** "Little Dragons" Wado-Ki Pre-Karate begins, (Sess. III) 4 to 6 years old
- 3** Youth Wado-Ki Karate begins, (Sess. III) 7 to 15 years old
- 4** Adult (Inter./Adv.) Ballet begins, (Sess. X) 15 & older
- 5** Saturday Tennis Lessons begins, (Sess. II) 7 to adult
- 7** Chicago Southland Gymnastics begins, (Sess. III) 18 months to 16 years old
- 12** Guns & Hoses Basketball Tournament
- 21** **FREE** Blood Pressure Screenings, 18 & up
- 26** Memorial Day Splash Picnic

APRIL

- 2** Egg-Citement! begins, 3 to 8 years old
- 2** "Girls Rock" Basketball begins, (Sess. III) 7 to 14 years old
- 3** Adult (Inter./Adv.) Ballet begins, (Sess. IV) 15 & older
- 6** Adult (Inter./Adv.) Ballet begins, (Sess. IX) 15 & older
- 7** Saturday Tennis Lessons begins, (Sess. I) 7 to adult
- 9** Youth Recreational Soccer League begins, 4 to 14 years old

