

# Hollis Happenings Winter Programs 2018



Hollis Park District  
Parks and Recreational Services



Hollis Recreation Center  
10107 S. Vine Street  
Mapleton, IL 61547  
(309) 697-2929  
Web: [www.hollispark.org](http://www.hollispark.org)

**Hollis Park District** has programs and activities for children and adults. Registration dates are included in the information for each program. If you should have any questions please call the **Hollis Recreation Center** office at 697-2929 or stop by the office at **10107 S. Vine, Mapleton** during office hours: Mon-Thurs 8:00am-8:00pm; Friday 8:00am-4:00pm and Saturdays 8:00am-1:00pm. You may also check us out on **Facebook** and the web at [www.hollispark.org](http://www.hollispark.org)

## APL's Biggest Loser 2018



Alpha Park Library is offering their Biggest Loser 2018 program. Registration begins Saturday, January 20 thru February 3 for a total of 6 weeks with weekly weigh-ins. Weigh-

ins are on either Mon, Tues or Wed at the Library or the Hollis Recreation Center. To register or for more information call 697-3822 ext. 13 or check out their website at [www.alphapark.org](http://www.alphapark.org). Here is a listing of the upcoming programs:

- Kickoff Meeting:** Saturday, January 20 10am at Library
- Hula Hoop Class:** Tues, Feb 6 6pm at **Butler Haynes Pavilion**
- Learn to Waltz:** Thurs, Feb 8 7pm at Alpha Park Library
- WERQ Class:** Thurs, Feb 15 6pm at **Butler Haynes Pavilion**
- Yoga Class:** Thurs, Feb 22 7pm at Alpha Park Library
- Swing Dance:** Fri, March 2 7-8pm at **Butler Haynes Pavilion**

**Cost:** Free for classes above

## Swing Dance



Learn the basic moves of the East Coast Swing from the Roaring 20's & the Big Band Era. A fun easy dance to learn. Open to all ages: Singles, Couples, Besties and Families! DJ Dance music will be provided. **Enjoy the music, get some exercise and have some fun!!**

**Date:** Friday, March 2, 2018

**Time:** 7:00 - 8:00 pm Lessons are free  
8:00 -10:00pm Dance

**Location:** Butler Haynes Pavilion 9424 S. Mapleton Rd

**Cost:** \$5.00 per couple for the Dance  
Preregistration required.



## Volleyball Clinic:

**Register January 29-February 10**  
**(Late Fee of \$15 after February 11)**

A volleyball clinic to teach kids in Kindergarten -2<sup>nd</sup> grade about volleyball drills and fundamentals. Volunteer coaches needed.

**Min: 20 Max: 30**

**Ages:** Kindergarten – 2<sup>nd</sup> grade

**Dates:** March 1 – April 26, 2018 *(No clinic on March 29)*

**Days:** Thursday

**Time:** 5:00 – 6:00pm

**Location:** Illini Bluffs Elementary School Gym

**Cost:** \$30.00 resident \$35.00 non-resident

## Volleyball League:

**Register January 29-February 10**  
**(Late Fee of \$15 after February 11)**



A volleyball league for 3<sup>rd</sup>-6<sup>th</sup> grade kids which includes practices for learning drills & fundamentals. Practice and games times on Saturday may vary due to availability of the gym. Teams will play 2 games on Saturdays in April. **Volunteer Coaches Needed.**

**Min: 12 Max: 40**

**Ages:** 3<sup>rd</sup> – 6<sup>th</sup> grade

**Dates:** March 1 – April 26 *(No League on March 29 or 31)*

**Practice Days & Times:** Thursdays 6:15-7:30pm  
Saturdays 9:30-10:30am

**Saturday Games in April:** 9:30am, 10:15am and 11:00am

**Location:** Illini Bluffs Elementary School Gym

**Cost:** \$50.00 resident \$55.00 non-resident

## Youth Acting Workshop:



A Youth Acting workshop, presented by **Arc Light Productions**, that focuses on how using the voice and body add up to create a character on stage. Participants will engage in a series of exercises and tips to learn how to deliver a stand out audition. **Min: 20 Max: 40**

**Date & Time:** Saturday, March 17, 2018 1:00-3:00pm

**Ages:** 7 – 16 years

**Location:** Hollis Recreation Center

**Cost:** \$15.00 pre- registered \$20.00 at the door

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## Watercolor Art Workshop



Instructor George Weers will be leading a workshop to help participants learn various brushstrokes & techniques which create texture, mood & excitement. Plus how to make a rainbow of colors by mixing colors. Preregister by April 14<sup>th</sup>. For a list of supplies go to our website.

**Ages:** 10 years - Adult

**Date:** Saturday, April 21, 2018 **Time:** 9am – Noon

**Location:** Butler Haynes Pavilion 9424 S. Mapleton Rd

**Cost:** \$10.00 Resident \$15.00 Non-Resident

## Walk Fit

Join Nan Bontz and walk your way to better health with this low impact group exercise class for people of all ages.



**Days:** Monday, Wednesday, Friday

**Time:** 9:00-10:00am

**Location:** Hollis Recreation Center

**Cost:** Free to Members \$2.00 Daily

**NEW YOU Exercise** This class will keep you on your toes. Each class will have a variety of workouts to challenge and excite your brain and make your body sweat! Join us to get your abs, arms, legs, and back strong again. You can expect crunches, muscle conditioning, and stretching. This fun, energetic class will keep you coming back for more! Anyone can do it! Instructor: Allisen DuBois



**Days:** Tuesday and Thursdays

**Time:** 6:00-7:00pm

**Location:** Butler Haynes Pavilion, 9424 S. Mapleton Road

**Monthly Fee:** \$23.00 Resident \$28.00 Non Resident

## Senior Citizens Potluck

Come join the Seniors each month for food, stories and Bingo. The park district provides the main dish and we ask that everyone bring a dish to share.



**Ages:** 55 yrs. and over

**Dates:** Jan 31, Feb 28 and March 28

**Days:** Wednesday **Times:** Noon – 2:00pm

**Location:** Butler Haynes Pavilion **Cost:** Free

## Ju Jitsu



An ancient form of martial arts from which Judo and Brazilian Jujitsu have evolved. The art involves throws, submissions maneuvers and ground play. Instructor: Black Belt David Bleeker

**Days:** Monday & Wednesday

**Time:** 6:30-8:00pm

**Location:** Hollis Recreation Center

**Cost:** Daily \$6.00

Monthly \$23.00 Resident \$28.00 Non Resident

## Judo

Judo classes offer fitness, fun and self-confidence. Participants will develop basic principles of coordination, balance, falling safely & techniques. Instructor: George Weers

**Days:** Tues & Thurs 6:30-8:00pm (*Adult & Kids*)

Tues & Thurs 8:00-9:00am (*Competitive*)

**Location:** Hollis Recreation Center

**Cost:** Daily \$6.00

Monthly \$23.00 Resident \$28.00 Non Resident

## Shotokan Karate



Improve your physical & mental strength, health & fitness, stress management and self-esteem.

Instructor: Jim Hartman 5<sup>th</sup> Degree Black Belt

**Days:** Monday & Wednesday

**Time:** 6:00-8:00pm

**Location:** Hollis Recreation Center

**Cost:** Daily \$6.00

Monthly \$23.00 Resident \$28.00 Non Resident

## UPCOMING EVENTS

Baseball/Softball Registration March 5-17, 2018

YOGA returns March 5

Fishing Permits Registration March 19, 2018

Easter Egg Hunt March 24, 2018

2018-19 Preschool Registration April 2, 2018

Ron Draper Fishing Derby June 2, 2018

Wizard of Oz Festival August 11, 2018