

Tiny Tots

Kinder Gym/ Tumbling

Kinder Gym classes are specially tailored for older preschool and kindergarten age children. Basic gymnastic skills are learned in a fun, innovative atmosphere that builds self esteem and provides the opportunity for students to establish quality work habits that will remain for the gymnasts' athletic career.

Age: 3 - 5	Limit: 6/8		
Fee: \$64	Location: Katy Cavins Center Lower Level		
Barcode:	Date	Day	Time
5139	Aug 22- Oct. 24	Monday	10:00AM – 11:00AM
5403	Oct 31-Dec 9	Monday	10:00AM-11:00AM

* There will be no class on Sept. 5th or Oct. 10th

Parent 'N' Tot Tumbling

Designed for children 18 months to 3 years old. Toddlers can explore the world of physical fitness, skill learning, and social development with a parent along side for comfort and support. A Parent 'n' Tot class provides quality motor skill development and a strong foundation for the child's athletic future in a fun, safe environment.

Age: 18M-3Y	Limit: 6/8		
Fee: \$48	Location: Katy Cavins Center Lower Level		
Barcode:	Date	Day	Time
5142	Aug. 22- Oct. 24	Monday	11:00 AM-11:45 AM
5143	Aug. 22-Oct. 24	Monday	11:45 AM-12:30 PM
5398	Oct 31-Dec 19	Monday	11:00AM-11:45AM
5401	Oct 31-Dec 19	Monday	11:45AM-12:30PM

* There will be no class on Sept. 5th or Oct. 10th

Mighty Ball Basketball

Mighty Ball Basketball is a non-competitive, safe approach to teaching the game of basketball to pre-school aged children. Teams consist of a maximum of 6 players playing in a 3 on 3 format. Each team will practice for the 1st 30 minutes and then will play a game against another team during the last 15 minutes. All players will receive a t-shirt. Registration Deadline is December 21. A \$10 late fee will be assessed to all registrations after December 28, if spots are available.

Age: 4-5 Limit: 100/200 Fee: \$30 R / \$40NR

[6 Weeks]

ID#	Date	Day	Time
5369	Jan. 21-Mar 10	Sat.	9:00 AM-12:00 PM

Location: Moye Elementary Gymnasium

Call of Duty Tournament

Teams of 2 can enter the Call of Duty Tournament at the Katy Cavins Community Center. This 2 on 2 tournament will feature pool play followed by a single elimination tournament. The top finishers will receive gift certificates. Pizza and soda will be provided.

Don't miss out, register today!

Age 12+ Fee: \$30 per team

Barcode:	Date	Day	Time
5408	Nov 4	Friday	6:30PM-10:00PM

Location: Katy Cavins Community Center

Pre registration is required

O & S Fall Baseball

New this year, O'Fallon and Shiloh Fall baseball. If you are trying to improve for next summer or just love the game of baseball sign up for the new fall instructional league. Games will be played on Monday's and Wednesday's at the O'Fallon Family Sports Park. Each team will have an 8 game schedule from Early September to the end of October.

Ages 7-10 Fee: \$45.00

Barcode	Dates	Time	Age
5322(Minors)	Sep 12	6:00PM	9 & 10
5323(Rookie)	Sep 12	6:00PM	7 & 8

Location: O'Fallon Family Sports Park

Eagle Fencing Academy Practice and Lessons

Prerequisite: Essential Fencing Techniques or Instructor Permission

Description: These sessions are for those who wish to continue to learn more about fencing. While emphasis is placed on the continued development of previously learned skills, additional techniques and movements will be taught. To develop the tactical and strategic aspects of bouts, members will practice competitive fencing during each session. Lessons are designed to enhance performance and increase expertise prior to entering competitive tournaments.

Age: 8-Adult	Limit: 5/10	Fee: \$50 per month payable to Eagle Fencing Academy
Barcode: Day	Time	
5339	Monday	6:30PM - 9:00PM
	Saturday	2:30PM - 4:30PM

Location: Katy Cavins Community Center Lower Level

Beginner Fencing and Beginner Fencing for Children

Provides an introduction to one of the most fascinating Olympic Sports. Fencing is a classical sport that combines, quick thinking and athletic movements to help build fitness, balance, coordination, discipline and sportsmanship. While fencing is a physically and mentally demanding sport, fencers come in all shapes, sizes and age groups. Physical strength and size are not major factors. Classes consist of stretching and fencing exercises, followed by footwork, blade work and practice bouts. All fencing equipment is provided.

Age: 12 to adult Limit: 4/10 Fee: \$100

[8 Weeks]

Barcode:	Date	Day	Time
5350	Oct. 6-Dec. 1*	Thursday	6:30PM-8:00PM

*No class on Nov. 24

Location: Katy Cavins Community Center Lower Level

Age: 8-11 Limit: 4/10 Fee: \$95

[8 Weeks]

Barcode:	Date	Day	Time
5345	Oct. 6-Dec. 1*	Thursday	5:30Pm-6:30PM

*No class on Nov. 24

Location: Katy Cavins Community Center Lower Level

Essential Fencing Techniques/Essential Fencing Techniques for Children

Prerequisite: Beginner Fencing for Children or Instructor Permission

Builds on the foundation established in the beginning fencing class. While emphasis is placed on the continual development of previously learned skills, new techniques and movement will be taught and tactical aspects of competitive bouts are introduced. All fencing equipment is provided.

Ages: 12-Adult Limit: 4/10 Fee: \$100

[8 Weeks]

Barcode:	Date	Day	Time
5338	Oct. 5-Nov. 23	Wednesday	5:30PM-7:00PM

Location: Katy Cavins Community Center Assembly Hall

Prerequisite: Beginner Fencing for Children or Instructor Permission

Age: 8-11 Limit: 4/10 Fee: \$95

[8 Weeks]

Barcode:	Date	Day	Time
5334	Oct. 3-Nov. 21	Monday	5:30PM – 6:30PM

Location: Katy Cavins Community Center Lower Level

Fun and Games with Theatre

Do you enjoy acting and having fun with your friends? If so, then this camp is for you! Fun and Games with Theatre will teach you the fundamentals of acting through fun games in a group setting.

Ages: 5-12 Min/Max: 10/TBA Fee: \$40
[4 Weeks]
Barcode: Date Day Time
5331 Sept. 19 - Oct. 10 Monday 5:00PM-6:00PM

Glee Camp

Singing, dancing, and acting all in one great camp! If you enjoy watching Glee on TV, or even if you just want to see what it's all about, this camp is a must-go. Come join all your friends as you learn some of your favorite songs and dances! This camp also features a Friday Night performance, open to friends and family. Fee includes a camp t-shirt.

Ages: 5-12 Min/Max: 10/TBA Fee: \$75
[5 Weeks]
Barcode: Date Day Time
5332 Oct. 17 – Nov. 14 Monday 5:00PM-6:30PM

Audition Camp

Thinking about trying out for the plays and performances when you get older? Want to get a start on following that dream to Hollywood? This camp is designed to help you learn all of the basics for an audition. Whether you enjoy musicals, plays, or just acting in general, this camp promises to help you. Audition Camp will teach you how to sing, dance, memorize a monologue, and execute a mock audition.

Ages: 5-12 Min/Max: 10/TBA Fee: \$50
[4 Weeks]
Barcode: Date Day Time
5333 Nov. 28 – Dec. 21 Monday 5:00PM-6:30PM

O & S Youth Instructional Basketball League

KINDERGARTEN BASKETBALL LEAGUE

This league is designed for boys and girls who are looking for an instructional FUN league. The league practices 1 hour per week. Games are primarily on Friday evenings and Saturday mornings. The season consists of an 8 game schedule.

Limit: 40/120	Season:	Fee:
Barcode: 5312	Oct. – Dec.	\$50

BOYS BASKETBALL LEAGUE

(Grades 1st through 8th)

Designed for boys, this league practices 1 hour per week. Games are primarily on Friday evenings and Saturday mornings with an occasional week night game. The season consists of a 10 game schedule. All players 5th grade and above are required to attend a draft and evaluation to evenly disperse talent among the teams. Evaluation location TBA. A \$10 late fee will be assessed to all registration received after Sept. 28th for K-2 and December 5th for 3-8th if spots are available

Limit: 40/120	Grade:	Evaluation:	Season:	Fee:
Barcode: 5313	1 & 2	N/A	Oct. – Dec...	\$50
Barcode: 5314	3 & 4	N/A	Jan. - Mar.	\$50
Barcode: 5315	5 & 6	Thur, Dec. 15 @ 6pm	Jan. - Mar.	\$55
Barcode: 5316	7 & 8	Thur, Dec. 15 @ 6pm	Jan. - Mar.	\$55

GIRLS BASKETBALL LEAGUE

(Grades 1st through 8th)

Designed specifically for girls, this league practices 1 hour per week. Games are primarily on Saturday mornings with an occasional week night game. The season consists of a 10 game schedule. All players 5th grade and above are required to attend a draft and evaluation to evenly disperse talent among the teams. Evaluation will be at OTHS Main Gymnasium. A \$10 late fee will be assessed to all registration received after Sept. 28th for K-2 and December 5th for 3-8th if spots are available

Limit: 40/120	Grade:	Evaluation:	Season:	Fee:
Barcode: 5317	1 & 2	N/A	Oct. – Dec...	\$50
Barcode: 5318	3 & 4	N/A	Jan. - Mar.	\$50
Barcode: 5319	5 & 6	Thur, Dec. 15 @ 6pm	Jan. - Mar.	\$55
Barcode: 5320	7 & 8	Thur, Dec. 15 @ 6pm	Jan. - Mar.	\$55

KiXX Soccer Developmental Team

Is your child really taking to the game of soccer? So much to the point that he or she might be interested in taking their game to the Club level in the next couple of years? Maybe your family is undecided about what the future holds, but you're curious and would like to test the waters and bridge that gap between recreational and competitive sports. Whatever it might be, O'Fallon Parks and Recreation and the KiXX Soccer Club are proud to announce the creation of a newly revamped, better than ever KiXX Developmental team.

For just \$195, you can sign up for the O&S Recreational League AND the KiXX Developmental team; this option will ensure you get plenty of games. OR for \$145, you get the Developmental team only. The Developmental team will include a training session every Monday night at 7:00 for 12 weeks with sessions being run by trainer Tom Fischer and Coach Ryan Martin. Fee includes an Under Armour training shirt and one indoor league session at Vetta Sports this winter.

Age: 5-7 Limit: 10/30

Fee: \$145

[12 Weeks]

ID#	Date	Day	Time
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5167	Aug. 16- Nov. 1 (Vetta Indoor Session this winter)	Mondays	7:00PM-8:00PM
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Location: Three Springs Park

KiXX Soccer Club

O'Fallon KiXX Soccer club has limited availability at certain age groups throughout the season. The club is always looking for experienced and talented players, especially those that are new to the area. Pro-rated fees are available. For additional information or to inquire about availability on a particular team, please contact Nick Heiar at nheiar@ofallon.org or call the Parks and Recreation office.

Jr. Panther Basketball Camp

The O'Fallon Parks and Recreation Department is once again offering a basketball camp for boys and girls in the 3rd through 6th grades! The camp will teach the fundamentals of basketball including, shooting, dribbling, and defense. Use this camp to get ready for Junior Panther tryouts or just to have fun in general!

Grade: 3rd-6th Limit: TBA Fee: \$50

[4 Days]

Barcode: Girls	Date	Day	Time
5354	3 rd -6 th	Oct 3- Oct 6	Monday-Thursday 6:30-PM-8:00PM

Barcode: Boys	Date	Day	Time
5345	3 rd -6 th	Oct 3- Oct 6	Monday-Thursday 6:30PM-8:00PM

Location: Monday, Wednesday, and Thursday's camps will be in the High School Panther Dome. Tuesday's camp will be in the High School South Gym

Jr. Panther Competitive Basketball Team Tryouts

The O'Fallon Parks and Recreation Department will be offering competitive basketball for 3rd graders through 6th graders this winter. The program runs from early November through late February with NO guaranteed playing time. Practice is approximately two times a week with games falling on any day of the week and away games being played at schools in St. Clair, Madison, Clinton and Monroe counties. Fee includes two tournaments, a uniform and shooting shirt, and around 25-30 total games. Kids will keep their uniforms this season. Pre-registration is required for tryouts, but it is FREE TO TRYOUT. Fee is \$230 if you make the team ONLY.

Age: 4 th grade and under-6 th grade and under	Limit: TBA	Fee: Free to tryout	Location: Moye School	
ID#	Age Group	Date	Day	Time
5370	Boys 4 th grade and under	10/17-10/18	M/T	6:00-7:00
5371	Boys 5 th grade and under	10/17-10/18	M/T	6:00-7:00
5372	Boys 6 th grade and under	10/17-10/18	M/T	6:00-7:00
5373	Girls 4 th grade and under	10/19-10/20	W/Th	6:00-7:00
5374	Girls 5 th grade and under	10/19-10/20	W/Th	6:00-7:00
5375	Girls 6 th grade and under	10/19-10/20	W/Th	6:00-7:00

Youth Bowling League

Calling all bowlers! Come join us as we partner with St. Clair Bowl for another great youth bowling league this fall. Players will be assigned to a team with 3 other bowlers and can also request friends as teammates. League will take place on Saturdays from 12:00-2:00. This fee includes 2 games and 4 arcade tokens each week, shoe and ball rental, and a team-colored t-shirt.

Age: 5-12	Limit: 15/100	Fee: \$65	
[8 Weeks]			
ID#	Date	Day	Time
5550	Oct. 8-Dec. 3*	Sat.	12PM-2:00pm

*No League play on November 26

Location: St. Clair Bowling Center

Nerf Wars

Come to the Katy Cavins Community Center for a night of action packed fun. Nerf Wars will feature several short games such as capture the flag and other favorites. Players will be divided into groups according to age. Pizza and lemonade will be provided.

Bring protective eye wear

Age: 7-12

Limit: 8/15	Fee: \$10	
Barcode: Date	Day	Time
5360	Nov. 4	Friday 7:00PM - 9:00PM

Location: Katy Cavins Community Center Lower Level

Babysitting Clinic

This American Red Cross course teaches basic childcare, safe play, first aid, and critical emergency action skills. Those completing the course receive an American Red Cross Babysitter Training card. Please bring a sack lunch.

Date	Time	Location	
October 10	9:00AM	Katy Cavins Community Center Media Room	
ID #:	Ages:	Limit:	Fees:
****	11Y and up	6/10	\$65.00

Hong Martial Arts – Karate/TKD/Jiu-Jitsu

This Martial Arts program has been designed and is taught by the Hong brothers, two master black belt instructors. The Hong brothers have a combined teaching experience of over 30 years. They have altered the traditional training methods and practice a combination of martial arts including Karate, Tae Kwon Do and basic Brazilian Jiu-Jitsu.

The Children's Program, perfect for ages 6 and up, focuses on improving both the physical and mental aspects of your child. Some of the benefits you'll notice include discipline, self confidence, coordination, strength, flexibility, and overall sports performance.

The Adult Program includes a variety of martial arts to provide well rounded standing and ground skills for self-defense. This program is ideal for those interested in getting into shape, relieving stress and losing weight.

CLASS SCHEDULE:

Tuesday 5:45PM-6:30PM – Children/Adults: focus on Karate/TKD

Tuesday 5:45PM-6:30PM – Adults: focus on Karate/TKD

Thursday 5:45PM-6:30PM – Children/Adults: focus on Karate/TKD

Thursday 5:45PM-6:30PM – Adults: focus on Brazilian Jiu-Jitsu

3 MONTH Introductory Program

\$175 + FREE uniform (\$40 value)

6 MONTH Program

\$300 – 2 days a week

1 YEAR Program

\$500 – 2 days a week (\$100 savings*)

BLACK BELT PROGRAM - 3.5 Years

\$1750 – Tue/Thur (\$1000 savings*)

*Savings based on 6 month program

LOCATION: KCCC Lower Level

You may sign up and begin training at any time. New students receive a FREE uniform (\$40 value) with any program. Testing fees not included in prices above. Family rates are available. For more information, please visit www.hongmartialarts.com

Barcode:

5420	September	5436	November
5435	October	5437	December

O & S Volleyball

Designed for children in grades 4, 5 & 6, the O & S volleyball league will play a 10 game season from late September until Christmas Break. All teams will have two weeks prior to the season dedicated for practice. All games and practices will be held on Monday & Thursday nights at 6:00, 7:00 & 8:00.

Barcode	Ages	Time	Day
5415	10-12	6:00	Mon & Thur

School's Out Days

Couldn't get enough of camp this summer? Need somewhere for your kids to go while you're at work and school is out of session during the upcoming year? O'Fallon Parks and Recreation's School's Out Days are just for you!

Age: Kindergarten-12 years old Limit: 15/60 Fee: \$35 per day Time: 7:00AM-6:00PM

Sports Extravaganza (Teacher's Institute) October 7

Barcode: 5377

Sports Extravaganza promises to offer your active child everything they need to have a blast all day long. Weather permitting we will be taking a trip to Centerfield for all kids of sporting fun!

Fall Fling (Columbus Day) October 10

Barcode: 5378

As the leaves begin to change color, come celebrate the changing of seasons on Columbus Day with Fall Fling! In addition to some great fun around our own park, we will be exploring the awesome features the O'Fallon area has to offer that relate to fall!

Minute to Win It (Day before Veteran's Day) November 10

Barcode: 5379

If you were lucky enough to participate in "Minute to Win It" this summer, you surely won't want to miss the sequel this winter! This day will feature a variety of activities from the popular game show "Minute to Win It." It promises to be a blast!

Celebrate Summer in December! (December 21-22)

December 21 Barcode: 5380

December 22 Barcode: 5381

Winter blues got you down? Warm up with "Celebrate Summer in December," where it's July all over again! These two days will feature a beach party/luau, a "drive-in" movie, sno-cones, and maybe a special trip or two...

Winter Fun-lympics (December 27-30)

December 27 Barcode: 5382

December 28 Barcode: 5383

December 29 Barcode: 5384

December 30 Barcode: 5385

Let's make the most of this winter! Snow or no snow, come on out and compete in our own unique version of the Winter Olympics. Kids will begin by designing their own country flags. Then we'll compete in a variety of winter style sports, even including some Wii Events. Awards will be provided to the top finishing countries! Please have the kids dress appropriately; if the weather cooperates we will head outside. Also, be on the lookout for some special trips during this wild week!

STYX Lacrosse Camp - Fall

Whether you're new to the game or been playing your whole life, this fall's Lacrosse camp promises to offer something for everyone. This camp is for those in the 3rd through 8th grades. If you're interested in doing Styx Lacrosse in the spring, this might be a good way to get started! Gear is available for check out upon request - please contact Tamara Boots at styxlax@earthlink.net.

Dates	Time	Location	
October 29-30	1:00PM-4:00PM	STYX Public Safety Building Fields	
ID #:	Ages:	Min/Max:	Fees:
5146	3 rd -8 th Grade	20/50	\$50.00

Family and Adult

Fantastic Fall Celebration

Nine out of ten people will say that Fall is their favorite time of year. They love the crisp cool nights, the falling leaves, bonfires, hot coco, cuddling up with a special someone and watching a movie. This year the O'Fallon Parks and Recreation Department will be celebrating fall with these special activities in mind. On Saturday, October 22nd we will be hosting the fourth annual fall celebration at Rock Springs Park with a bonfire, smores, a fun fair and a scary Halloween movie. Everyone is welcome to attend and all activities are free! So, bring your lawn chair and blankets and a healthy appetite for smores and anything else you would like to roast on a fire.

Date	Day	Time
October 22	Saturday	6:00PM Fun Fair
		7:00PM Lighting of the bonfire
		8:00PM Movie; <i>How to Train you Dragon</i>

Location: Rock Springs Park located at 1428 E. Third Street

Mother/Son Bash: The Amazing Race

Calling all mothers and sons! Do you love hearing about how much fun everyone has at our Daddy/Daughter Dance every year? Now is your chance to get in on the fun, as this year we will be hosting our first ever Mother/Son Bash! On this evening, each mother and her son (or sons) will compete as a team in an Amazing Race style competition throughout Community Park and parts of O'Fallon. After the race is over, we will feature a 'Flick and Float' in Memorial Pool with a movie being played simultaneously with open swim. Pizza and soft drinks will be provided.

Age: Mother and Child (Children 3 and up)

Min/Max: 20/50 couples

Fee: \$40/couple, \$20 for each additional child

Barcode:	Date	Day	Time
5404	Sept. 16	Friday	6:30PM

Location: Community Park/Memorial Pool

***Remember to bring your swimsuits!**

***Each participating Amazing Race team must have access to a vehicle as we will be traveling short distances out of the park during the competition**

Poker/Euchre Night

Come on out, relax, and play some good old fashioned Texas Hold em or Euchre on Wednesdays this fall. It's the perfect way to kick back after a long day at work. Course fee is your buy-in for each night and a local gift certificate is awarded to the winning team on a weekly basis. Pre registration is required. Fee is per team. Soft drinks will be provided.

Age: 18+ Limit 6/30 Fee: \$10.00 per person

Location: Katy Cavins Community Center

Poker

Barcode	Date	Day	Time
5409	Sep 29	Wednesday	6:30
5410	Oct 5	Wednesday	6:30
5411	Oct 12	Wednesday	6:30
5412	Oct 19	Wednesday	6:30
5413	Oct 26	Wednesday	6:30
5414	Nov 2	Wednesday	6:30

Euchre

Barcode	Date	Day	Time
5386	Sep 29	Wednesday	6:30
5392	Oct 5	Wednesday	6:30
5393	Oct 12	Wednesday	6:30
5394	Oct 19	Wednesday	6:30
5395	Oct 26	Wednesday	6:30
5396	Nov 2	Wednesday	6:30

Freaky Friday House Decorating Contest

If you enjoy decorating your home in the fall enter the Freak Friday House Decorating Contest. Houses will be judged on Friday October 21. Houses will be judged based on creativity, uniqueness and overall display. The best display will receive a gift card along with the ability to proudly say their house is the best on the block

Date	Day	Time
Oct 21	Friday	7:00PM-9:00PM

Barcode: 5407

Light up O'Fallon: Decorate Your Home

For all you Tim the Tool man Taylor's or Clark Griswald's out there, enter your home into the Christmas Light House Decorating Contest and show the rest of O'Fallon your Holiday Spirit! Houses will be judged by the best overall holiday display. First through third place will receive prizes. You must register by Friday, Dec. 5. Houses will be judged between 6pm and 8pm Dec 7-9. Please be sure to have your lights on during those times.

Age: All Ages	Fee: \$5.00
ID#	Date
5368	Register by Dec. 7th

Letters to Santa

The O'Fallon Parks & Recreation Department has made special arrangements with Santa Claus. Share the excitement of opening a personalized letter from Santa at the North Pole! Santa provides this great opportunity to communicate with your child, grandchild, niece, nephew or friend. Let Santa tell your children they've been good, but need to clean their room. Watch as your little one tears open Santa's letter and reads as glitter spills out.

Age: All Ages	Fee: \$5.00
ID#	Date
5364	Sign up by Dec. 11th

Fishing Derby

Come out to the O'Fallon Family Sports Park for a fun day of fishing. The fishing derby will feature a short presentation of safety, and several informational brochures about different types of fish. Fishing poles and bait will be provided

Age:6-10 Limit: 8/50 Fee: Free

Barcode: Date Day Time
5366 Oct 1 Saturday 9AM

Location: O'Fallon Sports Park (South Pond)

Punt Pass & Kick

The NFL developed the PUNT, PASS & KICK program specifically for physical education teachers and coaches so that they may better teach the fundamentals of punting, passing and kicking a football, as well as the teamwork needed to successfully play sports.

Regardless of a player's ability, we encourage you to promote fun and appreciation of the game while teaching and developing important skills. The NFL thanks you for your interest and participation in the PUNT, PASS & KICK program!

Age:6-12 Limit: 8/15 Fee: Free

Barcode: Date Day Time
5367 Sept. 24 Saturday 1:00pm

Location: Three Springs Park

Family Camp Out

Enjoy a campfire, s'mores and a night under the stars with your family. Bring your tent and sleeping bag for this over night campout at Rock Springs Park. Marshmallows, graham crackers and chocolate will be provided.

Restrooms will be accessible at the Rock Springs Nature Center

Ages: 18+ Limit 5/12 Fee: \$5.00

Barcode Date Day Time
5405 Oct 22 Saturday 10:00PM-8:00AM

Location: Rock Springs Park

Mini Boot Challenge!

Boot Camp Challenge is a group personal training program created for all levels of fitness. The program includes assessments at the beginning of and end of the program. Food journaling and ongoing nutritional guidance is offered. There are cardio and strength training workouts that will challenge each client within their own personal fitness level. Men and Women of all fitness levels welcome. Beth Baughan of Fitness in Motion runs the program. Boot Camp Challenge. Invest in Yourself. Hoo-Aah!

What to bring: Water and a yoga mat. Wear supportive, athletic shoes.

Age: 18+	Limit: 6/20	Fee: \$216	
Barcode:	Date	Day	Time
5448	Oct. 10-Nov. 18	M W F	5:30AM-6:30AM

Location: O'Fallon Community Park

Ballroom & Swing Dance

Put on your dancing shoes and fall in love with ballroom dancing. Instructor Bill Trent, who has trained at Arthur Murray Dance Studio, Fredastire Dance Studio and Scott International Dance Studio for over 40 years will be teaching this course that will feature dance instruction for ballroom favorites such as the Cha Cha, Mango, Samba and Tango. Wear comfortable clothes and smooth soled shoes. You may register as a couple or as a solo student, the course fee is \$65.00.

Age: 16+	Limit: 4/30	Fee: \$65R
Barcode:	Date	Time
5215	Sep 8	6:30PM (Cha Cha)
5216	Oct 20	6:30PM (Mango & Samba)
5217	Jan 12	6:30PM (Tango)

Location: Katy Cavins Community Center - Assembly Hall

Irish Dance Class

The St. Louis O'Faolain Academy of Irish Dance now provides Metro-east residents a total Irish Dance experience! Learn how to dance like the Lord of the Dance, and move your feet to the timeless jigs and reels of Ireland. Get yourself in shape while having a great time, gather a group of friends for a new hobby, or enjoy some mommy-daughter time while both learning this timeless dance steeped in heritage. Join us in a unique Irish Dance class catered to beginners and all ages, 4-Adult, at the O'Fallon Rock Springs Rotary Nature Center Tuesdays from 4:30-5:30 for beginners and 5:30-6:30 for advanced. Cost: \$50/month or Family rate (2 or more family members) \$40/month/pp

Age:4-99 Limit: 8/15 Fee: \$50

[4 Weeks]

Barcode:	Date	Day	Time
5270	Aug 9	Tuesday	4:30PM – 5:30PM (Beginner)
5271	Sep 6	Tuesday	4:30PM – 5:30PM (Beginner)
5272	Oct 4	Tuesday	4:30PM – 5:30PM (Beginner)
5267	Aug 9	Tuesday	5:30PM-6:30PM (Advanced)
5268	Sep 6	Tuesday	5:30PM-6:30PM (Advanced)
5269	Oct 4	Tuesday	5:30PM-6:30Pm (Advanced)

Location: Rotary Nature Center

Coed Adult Sand Volleyball League

The sun is shining, the weather is beautiful and the game is on! As the weather cools off a bit, this fall is the perfect time to play sand volleyball at the newly renovated Three Springs Park Sand Volleyball Courts! The season will consist of a 6 week regular season plus 1 week for playoffs. All teams will make the playoffs. Each match will consist of 3 games using rally scoring to 25. Teams are Co-ed and at least 3 females must be on the court at all times. Games will be played 6v6. Bringing your own beverages is strongly encouraged. This season, get your friends together and serve up some fun!

Age: 18+ Limit: 6/12 Fee: \$90

Barcode:	Date	Day	Time
5406	Sept. 23-Nov. 4	Friday	6:00PM, 7:00PM

Location: Three Springs Park

Fall Adult Flag Football Leagues

New this fall we will be offering an 18 and over flag football league. We will play on Tuesday nights at the new HS turf field and community park. We will play 8 v 8 utilizing USFTL rules. The season will start August 25th. We will play a 10 game regular season and then a playoff for the top 4 teams. Registration deadline is August 14th and a captains meeting is August 18th.

Age: 18 and up

Fees: \$600 (10 Games)

Days: Tuesday

Location: OTHS and O'Fallon Community Park

Barcode: ****

Adult Kickball League

Come join us this fall for O'Fallon Parks and Recreation's inaugural recreational kickball league! Teams will be guaranteed 13 games with a 6 week regular season schedule and a single elimination tournament on the final week. Each regular season week will be a doubleheader. Players can be male or female with 9 players on the field at one time. Games will be played on Wednesday evenings. All games will be played at O'Fallon Community Park and teams will play many of their games on the turf at Blazier Field. Please feel free to bring beverages of your choice. Don't miss this great opportunity as this league is less than \$20 per team per game!

Age: 18+ Limit: 6/8 Fee: \$250
Barcode: Date Day Time
5336 Sept. 21 – Nov. 2 Wednesday 6:30PM, 7:15PM, 8:00PM, 8:45PM
Location: Community Park (Blazier Field, Field 2)

Yoga for Beginners

Hatha yoga (basic meditation and postures) held at Rock Springs Park Cabin every Thur 530-630pm. 4 visits for \$32 or Drop in for \$10. Improve your balance, flexibility, strength, and meditation skills with a practice built for your body, mind, and soul. Namaste, Jana Jimenez (certified yoga instructor)
janajimenez30@yahoo.com

Age:14+ Limit: 8/15 Fee: \$32
[4 Weeks]
Barcode: Date Day Time
5304 Aug 18 Thursday 4:30PM-5:30PM
5305 Sept 15 Thursday 4:30PM-5:30PM
5306 Oct 13 Thursday 4:30PM-5:30PM

Location: Rotary Nature Center

Zumba

Ditch the workout-join the party! Zumba fuses hypnotic Latin rhythms with easy to follow moves creating a one of a kind fitness program that will blow you away. No prior dance or aerobic experience necessary. Wear your workout attire and make sure to bring water and a towel. Shoes with minimal tread and increased support are best, however athletic shoes are appropriate. Get ready to join the party!

Age:18+ Limit: 8/15 Fee: \$50
[8 Weeks]
Barcode: Date Day Time
5242 Aug 15 Monday 7:00pm
**** Oct 17 Monday 7:00pm
**** Oct 20 Thursday 7:00pm

Location: Shiloh Senior Center

Stained Glass for Beginners

The traditional lead cane method is taught. The panel we will do is approximately 11" X 19" in size. Participants will learn how to cut glass as well as all the steps necessary to finish the project in 4 weeks. Tools will be provided, however, students must purchase their consumable supplies (\$50-\$75). A supply list and patterns will be given out the first night of class. Three or four different designs are available to choose from.

Barcode:	Date	Day	Time	Fee: \$80
****	Aug. 22-Oct. 24	Monday	7:00PM - 9:00PM	Location: Katy Cavins
5096	Oct 27-Jan 12	Thursday	7:00PM-9:00PM	Location: Katy Cavins

Community Center
No Class Sept. 12 and Oct. 10
No Class Nov 17 and Nov 24
No Class Dec 15 and Dec 22

Intermediate Stained Glass

This class will focus on the copper foil method. Students will work to make a flat project piece like a fan-light. Students must have completed the beginner class or have experience working with lead and cutting glass. Tools are provided, but students will be responsible for purchasing their glass and other supplies.

Age: 14+ Limit: 4/9 Fee: \$48R
[4 Weeks]
Barcode: Date Day Time
**** Jan. 28 - Feb. 25* Thursday 7:00PM - 9:00PM
** No Class Dec. 8th*

Location: Katy Cavins Community Center

Advanced Stained Glass

This class will focus on the copper foil method. Students will work to make a dimensional project piece like a Kleenex or Jewelry Box, or a small panel lampshade. Students must have completed the intermediate class or have experience working with lead and cutting glass. Tools are provided, but students will be responsible for purchasing their glass and other supplies.

Age: 14+ Limit: 4/10 Fee: \$60R
[4 Weeks]
Barcode: Date Day Time
**** Aug. 25 – Sept. 29* Thursday 7:00PM - 9:00PM

Location: Katy Cavins Community Center

* No class Sept. 15

Garden Club

Join the Garden Club to share your passion for gardening, learn a few things and to have some fun. This past year, we designed and cared for several landscape beds in the Family Sports Park, worked in a vegetable garden to provide fresh produce to the O'Fallon food pantry, toured several garden centers and other community gardens, and we worked on a couple of small projects. We also had several interesting speakers share their experiences with the group. It was a fantastic year and we look forward to another fun year as we move forward! We would love to see more people join and become active in the group. All are welcome, from novices to the Master Gardeners. We look forward to meeting you!

This program will be run in conjunction with the University of Illinois Extension, Master Gardener program.

Age: No age limit

Fees: No charge!

Day: Meetings on the first Tuesday of the month, 6:30 p.m.

Gardening dates are variable, as members are available

Location: Meetings will take place at the Katy Cavins Community Center

Beginning Genealogy

Beginning Genealogy: Who do you think you are? Learn how to trace, organize and record your family tree. This course will help you trace out your extend family tree and learn how to research your ancestors.

Age: 18+ 5/15 Fee \$40R

Barcode: Date Day

5308 Sep 27 Tuesday

Location: Katy Cavins Community Center-Media Room

*****Laptop Required**