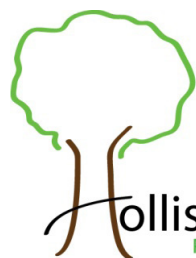


Hollis Happenings

March 2019



Hollis Park District
Parks and Recreational Services

Hollis Recreation Center
10107 S. Vine Street
Mapleton, IL 61547
Phone: 309-697-2929
Website: www.hollispark.org
Facebook: Hollis Park District

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** at 309.697.2929 or stop by during staffed hours.

Staffed Hours

Mon–Thu	8am–8pm
Fri	8am–4pm
Sat	8am–1pm



Hunter Safety Course

Hollis Park District and Randy Lox will be hosting a **FREE** hunter safety course. Anyone 8 years of age or older may take the class (*children 10 and under must be accompanied by a parent*).

ONLY 50 SEATS AVAILABLE THIS YEAR

You **MUST** attend **BOTH** days to receive certificate

When: April 5th and 6th
Where: Butler Haynes Pavilion
Time: April 5th: 6-10pm
April 6th: 9am-3pm
Cost: Free

*Please call the
Hollis Recreation Center
at 309.697.2929 to be
placed on the list.*



Youth Acting Workshop

This youth acting workshop, presented by Arc Light Productions, focuses on how using the voice and body add up to create a character on stage.

ARCLIGHT PRODUCTIONS Participants will engage in a series of exercises and tips on how to deliver a stand out audition.

When: Saturday, March 30th **Min:** 20 **Max:** 40
Where: Hollis Recreation Center
Time: 1-3pm
Cost: \$15 pre-registered
\$20 at the door



Senior Potluck

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

When: March 27th, April 24th
Where: Butler Haynes Pavilion
Time: 12-2pm
Cost: Free
Ages: 55 yrs and older

Remember to like our **Facebook** page at
Hollis Park District

to receive information on programs, special events, memberships, and possible closings due to weather.

Visit our website at www.hollispark.org
to register for our newsletter.

Unity Point Health

Wellmobile

Know your numbers and be proactive with your health! Get your bloodpressure, glucose/cholesterol*, and spirometry checked for **FREE**. You can have medications as prescribed.

12 hr. fast required for glucose and cholesterol testing

When: Saturday, March 16th
Where: Hollis Recreation Center
Time: 8-10:30am
Cost: Free



Wellmobile



UnityPoint Health

PUTTING YOU ON THE ROAD TO BETTER HEALTH



T-Ball, Baseball, and Softball

Register for the 2019 summer season. We participate in the KVL Leagues and travel to area communities. Check out our website for more information on each.

Registration February 18 - March 9

Late fee of \$15 added for registration taken March 11-30

Co-ed T-Ball

4-6 yrs (age as of May 1st)

Cost

\$35 Resident
\$40 Non-Resident

Boys Baseball

Leagues (age as of May 1st)

7-8 yrs Coaches Pitch
9-10 yrs Players Pitch
11-12 yrs Players Pitch

Cost

\$45 Resident
\$50 Non-Resident

Boys Baseball

13-14 yrs (age as of August 31st)

Cost

\$50 Resident
\$55 Non-Resident

Girls Softball

Leagues (age as of January 1st)

8 yrs & under Coaches Pitch
10 yrs & under Players Pitch
12 yrs & under Players Pitch

Cost

\$45 Resident
\$50 Non-Resident

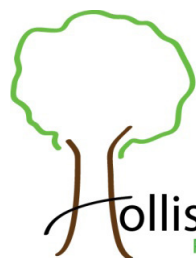
Fishing Permits

Reed City Park and Lake will be open for fishing starting April 1st. All fishermen need to have a valid State of Illinois Fishing License AND a permit issued by Hollis Park District. Please visit the Hollis Recreation Center for the rules and regulations and to purchase your permit.

Residents	Free for resident of Hollis
NonRes Adult/Couple	\$75/\$125
NonRes Senior/Veteran	\$50(55+; Vets or IL Class 2 Disability)
NonRes Senior/Vet Couple	\$75(one person 55+)
Guest Pass	\$25 Weekend \$10/\$5 Adult/Senior

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Aerobic Kickboxing

Join us in this high impact, aerobic kickboxing class where you can expect a full-body workout that engages every muscle group with a focus on your core.

Instructor - Jim Hartman

When: Wednesday

Where: Hollis Recreation Center

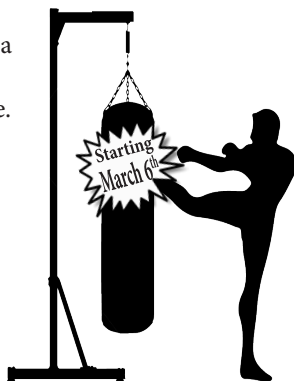
Time: 4:30-5:30pm

Cost: \$6 Daily

\$12.50/month Resident

\$15/month Non-Resident

Ages: 16 years and older



Shotokan Karate

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

Instructor - Jim Hartman 5th Degree Black Belt

When: Monday and Wednesday

Where: Hollis Recreation Center

Time: 6-8pm

Cost: \$6 Daily

\$23/month Resident

\$28/month Non-Resident



Jiu-Jitsu

An ancient form of martial arts from which Judo and Brazilian Jiu-Jitsu have evolved. The art involves throws, submission maneuvers, and ground play.

Instructor - David Bleeker Black Belt

When: Monday and Wednesday

Where: Hollis Recreation Center

Time: 6:30-8pm

Cost: \$6 Daily

\$23/month Resident

\$28/month Non-Resident



Judo

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

Instructor - George Weers

When: Tuesday and Thursday

Where: Hollis Recreation Center

Time: 8-9am *Competitive*

6-8pm *Adult and Kids*

Cost: \$6 Daily

\$23/month Resident

\$28/month Non-Resident



Walk Fit

Walk your way to better health with this low impact group exercise class for people of all ages.

Instructor - Nan Bontz

When: Monday, Wednesday, and Friday

Where: Hollis Recreation Center

Time: 9-10am

Cost: \$2 Daily

Free to Members



New You Fitness

This class will keep you on your toes. Each class has a variety of workouts to challenge and excite your brain and make your body sweat! This fun, energetic class will keep you coming back for more. Anyone can do it!

Instructor - Allisen Dubois

When: Monday and Wednesday

Where: Butler Haynes Pavilion

Time: 6-6:45pm

Cost: \$6 Daily

\$23/month Resident

\$28/month Non-Resident



Yoga

Explore the many benefits of Yoga tailored to fit you. Enjoy relaxation, rejuvenation healing, and strengthening all in one. No prior experience required. No equipment necessary but dress comfortably.

Instructor - Gayle Carrillo

When: Monday and Wednesday

Where: Butler Haynes Pavilion

Time: 7-8pm

Cost: \$6 Daily

\$23/month Resident

\$28/month Non-Resident



Open Pickleball

Open Pickleball is here! Come join us for this low impact exercise for all ages. We have paddles and balls available. It's easy to learn and fun to play!

When: Tuesday and Thursday

Where: Hollis Recreation Center

Time: 10am-12pm

Cost: \$2 Daily

Free to Members

