



## WADO-KI KARATE TWO CLASSES

Little Dragons: AGES 4-6  
Karate: AGES 6-ADULT

Sensei Roger Jerome (9<sup>th</sup> Degree Black Belt) and Dotty Jerome (7<sup>th</sup> Degree Black Belt) have developed the Wado-Ki style of Karate for all ages to learn, master and enjoy. Improve your coordination, discipline and self-assurance while staying fit and strong. *This is a year-long program in 7 week sessions.*

SEE OUR WEB SITE FOR FULL DESCRIPTIONS OF CLASSES.

DATES: Nov. 15 to Jan. 3 [off 12/27]  
Jan. 10 to Feb. 21  
TIMES: Little Dragons: 6pm to 6:45pm  
Karate: 6pm to 6:45pm  
DAY: Tuesday [7 weeks]  
SITE: Schererville Community Center  
500 Joliet Street, Schererville  
MIN/MAX: UNLIMITED  
SESSION FEE: \$45 St. John Residents  
\$49 non-residents

## BABYSITTING CLASS

Learn proper skills of childcare, gain self-confidence, and learn basic first aid, how to handle phones, emergencies, and what is necessary to do a good and safe job while babysitting. Be more responsible for those you care for. Materials are provided for future reference. This popular class is for boys and girls in charge of younger children.

AGES: 8 to 14 years  
DATES: December 27  
DAYS: Tuesday  
SITE: Park & Recreation Office  
9350 Hack St. Bldg. 2  
TIME: 8:30am to 12:30pm  
MIN/MAX: 8/25  
FEE: \$12 St. John residents  
\$15 non-residents



*Bring snacks and drinks if wanted!*

## PLAYSCHOOL FOR GUARDIAN & CHILD

Mom, Dad, Grandparent, or adult sitter can come and interact with our new Playschool program. The class has interactive fun activities and are to help children learn to share and listen. Colors, numbers and the alphabet are all introduced. Above all, you and your child can spend time together and enjoy an hour of happy times for both of you. All materials will be provided.

6 weeks  
AGES: 2 to 4 years with Adult  
DATES: Nov. 9 to Dec. 14  
Jan. 11 to Feb. 15  
DAY: Wednesdays  
SITE: Park & Recreation Office  
9350 Hack St. Bldg. 2  
TIMES: 8:30am to 9:30am or  
9:45am to 10:45am  
MIN/MAX: 4/10  
FEE: \$18 St. John residents  
\$20 non-residents

## CSRI

### Cooperative Special Recreation Initiative For our special needs patrons only!

What is CSRI? The Cooperative Special Recreation Initiative is a partnership between the Parks and Recreation Departments of Hanover Key Club, Crown Point, Dyer, Highland, Hammond, Lake County, and Merrillville, Munster, Schererville, Whiting, St. John and several volunteers. CSRI is a cooperative venture seeking ways to increase recreational opportunities for individuals of all ages who have special needs and abilities. Watch for future emails from this account with information on more CSRI events.

Turkey Bowling & Games  
Hanover HS Key Club: 219-306-2919  
Sun. Nov. 20: 1-3pm **Free**

Holiday Festival Event  
Merrillville P & R 219-980-5911  
Sat. Dec. 3: 2-4pm **Fee: \$5**

Visit With Santa pre-registration required!  
St. John P & R 219-365-6236  
Wed. Dec. 7: 6:30 to 8:00pm **Free**

*Call for registration or information to department holding the event.*

## FIT MOMS [AND GALS]

FITMOMS (and gals) class is a great way to hang out with your friends and get a high energy, high intensity, full body circuit training workout. You will get upper body, lower body, core work...and plenty cardio as a bonus! Great for stay home moms and gals with flexible schedules. Start as a novice and work your way up with this exciting new program! 6 WEEK CLASSES 2 CHOICES

AGES: 18 and older  
DATES: Tuesdays: Nov.8 to Dec. 20  
Jan. 3 to Feb. 7  
Thursday: Nov. 10 to Dec. 22  
Jan. 5 to Feb. 9  
[Off Nov. 22 and Nov. 24]  
TIME: Noon to 12:45pm  
SITE: *INTENSE CONDITIONING*  
9564 N. INDUSTRIAL DRIVE  
MIN/MAX: 5/15  
FEE: \$48 St. John Residents  
\$53 Non-residents  
\$6 off for both days!

## BASIC SELF-DEFENSE TRAINING PROGRAM

This entry level program for individuals, family and friend's focuses on your personal safety and awareness at home, work and travel. Knowledge and basic "Hands On" self-defense skills will enhance your ability to avoid or help protect yourself against an attacker. This program offers important information for students, parents, medical professionals and more. Comfortable clothing and bottled water are recommended. Certificate of achievement obtained for the 6-week class.

AGES: 18 years and older  
DATES: January 5 to February 9  
DAYS: Thursdays  
TIMES: 7pm to 7:50pm  
SITES: Recreation office  
9350 Hack St.  
MIN/MAX: 4/12  
SESSION FEE: \$45 St. John residents:  
\$49 Non-residents:



## ST. JOHN PARK & RECREATION

### 2016-17 WINTER PROGRAM GUIDE

REGISTRATION for these programs is currently available at the Town Clerk Treasurers office during regular business hours Mon. – Fri. 8am to 4pm or by mail. Download form from website. Checks should be made payable to: "Town of St. John". For additional information on programs, call the Parks & Recreation office at: 365-6236. *PRE-REGISTRATION AT CLERK'S OFFICE IS REQUIRED FOR ALL CLASSES!*

Updated Park and Recreation Program, Pavilion Rental, and upcoming event information can also be found on our web site:

[www.stjohnin.com](http://www.stjohnin.com)

Town Radio info: WQGT – 1670 AM

### CONTACT INFORMATION

St. John Parks and Recreation Department  
9350 Hack Street Bldg. #2  
St. John, Indiana 46373

Voice: 219-365-6236  
Fax: 219-558-2032

Web Site: [www.stjohnin.com](http://www.stjohnin.com)  
Office Hours: 7:30am to 3pm  
*Chip Sobek, Superintendent*  
*Parks and Recreation*  
Email: [csobek@stjohnin.com](mailto:csobek@stjohnin.com)

## **YOGA-YOGA-YOGA** **Adult Yoga Classes**

All Yoga for Adults ages 16 and older held at the recreation office 9350 Hack St.  
**6 WEEK SESSIONS FEES: ALL CLASSES:**

St. John Resident: \$48

Non-resident: Add \$5

*Bring a mat, towel and water*



## **YOGALATES**

*Certified instructor Beth Ann Foster*

Sculpt and tone with a Pilates moves and a dynamic Vinyasa Yoga flow to get the heart pumping. Add the benefit of relaxation at the end of the session with some breath and meditation to complete your workout. Join now and bring a friend.

**DATES:** Nov. 15 to Dec. 20  
Jan. 3 to Feb. 7

**DAYS:** Tuesdays

**TIMES:** 5:30pm to 6:30pm

**MIN/MAX:** 5/12

## **VINYASA YOGA**

*Certified instructor Lisa Knott*

All levels for winter practice of Yin and Restorative Yoga to Flow and Let Go will stretch you out, create space in the body and leave you feeling blissfully awake. Warm up, to get the heart pumping and the blood moving. Play, explore and create, then stretch out and slip into a long, relaxing Savasana. You will reawaken with a fresh outlook, mind, body and spirit.

### **2 SEPARATE NIGHTS**

**DAYS:** Mondays Nov. 28 to Jan 2  
Jan. 9 to Feb. 13

**DATES:** Wednesdays Nov. 30 to Jan. 4  
Jan 11 to Feb. 15

**TIMES:** 6pm to 7:15pm

**MIN/MAX:** 5/12

**NOTE: \$6 OFF: SIGN UP BOTH DAYS**

## **GENTLE YOGA**

*Advanced Certified and Adaptive Yoga Specialist  
Tracy Caracciolo*

Reduce pain, increase mobility and relax strained muscles with this slower paced yoga class designed for all body types, abilities and ages. Practice modified and supported yoga poses with a focus on body awareness, improved posture and better balance. Learn how to bring yoga into your daily life with short, easy and effective movements that can be practiced in between classes for greater results. Got questions? Call Tracy at 815-354-5552.

**DATES:** Nov. 1 to Dec. 20 [off 11/8 & 22]  
Jan. 3 to Feb. 7  
Feb. 14 to March 28 [off 2/28]  
**DAY:** Tuesdays  
**TIME:** 7:15pm to 8:30pm  
**MIN/MAX:** 5/10

## **YOGA FOR YOU**

*Advanced Certified and Adaptive Yoga Specialist  
Tracy Caracciolo*

Enhance your everyday activities with alignment-based yoga. Learn proper alignment of classic yoga poses in a fun and safe atmosphere appropriate for both healthy beginners and experienced students. Individual modifications are offered to meet everyone's ability. Got questions? Call Tracy at 815-354-5552

**DATES:** Nov. 3 to Dec. 22 [off 11/10 & 24]  
Jan 5 to Feb. 9  
Feb. 16 to March 30 [off 3/2]  
**DAY:** Thursdays  
**TIME:** 9:15am to 10:30am  
**MIN/MAX:** 5/10

# **Happy Holiday's!**

## **FESTIVAL OF LIGHTS TREE SPONSOR APPLICATION INFORMATION**



You or your group can become a Tree Sponsor; decorate your tree and be a part of the Festival of Lights! Stop by the Town Clerk's office or download an application from the Town website and send in a \$50 donation to sponsor your own tree this year. Be a part of the Holiday Spirit and decorate a tree to be displayed at Prairie West Park the whole holiday season. For more information, call the Town Clerk's office: 219-365-4800 ex. 4.

**Deadline is Saturday, November 12.**

## **FESTIVAL OF LIGHTS**



The Town of St. John proudly presents the Annual Festival of Lights. Come out to Prairie West Park and stroll along the paths viewing the beautifully decorated trees sponsored by local merchants, clubs, churches, and neighbors. Enjoy some hot chocolate and a cookie! Santa will arrive opening Friday night, November 25 at 7pm, and visit each Saturday through December 17 from 4pm to 7pm.



## **ST. JOHN CHAMBER OF COMMERCE BREAKFAST WITH SANTA**

*Santa has set time in his busy schedule to stop in at St. John's VFW on Saturday Morning, for TWO seating's, December 10. The St. John Chamber of Commerce is hosting the event. For more information on times, ticket prices and how to order, visit the Chamber website: [stjohnchamber.com](http://stjohnchamber.com) or call 365-4686.*

## **CPR CLASSES**

Classes are now offered through the The American Heart Association on the 2<sup>nd</sup> Saturday of each month.

Time: 8 am to Noon at the St. John Public Safety Bldg.

Fee: \$20 donation payable to:

St. John Volunteer Fire Department

To register for a class or additional information visit the Town of St. John Website: [www.stjohnin.com](http://www.stjohnin.com)



**Wiggley Field is open for registration for the 2017 season. Resident fee is only \$25. Information and fees payable at the town hall Clerk's office. Call 365-4800 Prompt #4. Dog licenses and proof of shots must accompany your registration. Look on our town website: [www.stjohnin.com](http://www.stjohnin.com) for details.**