

ADULT ACTIVITIES

Hatha Yoga

Hatha Yoga is about finding a balance between the body, mind, and spirit. Hatha yoga uses body poses, breathing techniques and meditation in hopes of bringing flexibility, and manage stress. It is always advisable, especially if pregnant, to consult a physician before undertaking any physical activity. **NOTE: No class July 5th or September 6th.**

Dates: June 7 - July 19 143120-01
August 2 - Sept 13 243220-01
Day: Tuesday
Time: 6:15 p.m. - 7:15 p.m.
Ages: 16 years & up
Instructor: Pam Lawrence
Location: Krueger Park Activity Room A&B
Min/Max: 8/14
Fee: \$49 Resident, \$54 Non-Resident

Wednesday Night Hoops

Play basketball with your friends or just come out to shoot around. Water bottles are allowed. A maximum of 20 players will be allowed in the gym at one time. No spectators. Anyone not following the rules will be asked to leave with no refund up to being suspended from the program. **NOTE: Pay at the door each night. No Class August 10 CASH ONLY**

Dates: May 18 - August 31 841875-05
Day: Wednesday
Time: 6:30 p.m. - 8:30 p.m.
Ages: 18 years & up
Location: Krueger Park Gym
Min/Max: 8/30 per session
Fee: \$5 Resident (each day - pay at the door)
\$7 Non-Resident (each day - pay at the door)

5 vs. 5 Outdoor Soccer League 141109-01

Are you a soccer player looking for new and fun ways to participate in soccer? Grab some friends and sign up for 5 vs. 5 soccer league, you can sign up individually or as a group. This is a fun way to compete with friends on our outdoor soccer courts. Each team will play a pool play style schedule and then have a playoff to determine the winning team. First place team will receive a prize.

Dates: June 4 - July 9
Day: Saturdays
Time: 10:00 a.m. or 11:00 a.m.
Ages: 18 & older
Location: Kasey Meadow Soccer Courts
Min/Max: 15/25
Fee: \$32 Resident, \$37 Non-Resident

Cardio, Core, and More

Cardio, Core, and More is a full body workout designed for young adults. It incorporates fierce, energetic, cardiovascular, core-strengthening, and muscular toning exercises to get the blood flowing and heart rate pumping. This class uses free weights, resistance bands, a step, and bodyweight exercises to condition your entire body. Cardio, Core, and More will have you smiling, sweating, and having fun! All levels are welcome. Materials needed: water bottle and fitness mat

Session I: May 25 - June 29 133100-01
Session II: July 13 - Aug 17 133100-02
Day: Wednesday
Time: 6:15 p.m. - 7:00 p.m.
Ages: 14 years and up
Instructor: Joi Conley
Location: Krueger Park Activity Room A& B
Min/Max: 8/15
Fee: \$42 Resident, \$47 Non-Resident

12" Summer Softball Tournament

Join us for this one day tournament where teams will be play in a single elimination tournament. Prize Money will be awarded to the winning team who wins the tournament. No Exceptions. All bases for 12" games are set at 65ft. Games may be played at Martin Park Ball field. Umpires and game balls will be provided for each game. All participants must be at least 18 years & older.

Date: June 12 141194-01
July 10 141194-02
August 14 141194-03
Day: Sunday
Time: 1st Game begins at 11:30 a.m.
Fee: \$100 per team (per session)
Min/Max: 12/12

Open Gym - Basketball (Unscheduled)

Any open gym for basketball (not designated) will require a small fee to play. Call 708-599-7337 for availability.
18 years & older.

Fee \$5 R / \$7 NR 841875-02

RENTALS AT THE PARK DISTRICT

The Hickory Hills Park District has limited activity room and field rentals available. We only allow rentals at Krueger Park picnic area and parks that have athletic fields for their corresponding sports. A permit is necessary for any use of 7 or more people using our fields. For more information including pricing and availability, call 708-598-1233.

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Bunco Blast **146174-01**

Enjoy an evening of Dice! Sign up to play this old parlor dice game at Krueger Park. You will be treated to **pizza, popcorn, refreshments**, and a chance to win some fabulous **gift certificates** and prizes. **NOTE: Beginners are welcome.**

Day/Date: Friday, July 29
Time: 7:00 p.m. - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/24
Fee: \$13 Resident, \$15 Non-Resident

Left, Center, Right **146121-01**

LCR, short for "Left, Center, Right", is a simple dice game to play. Participants roll three dice marked with 3 individual dots, Left, Center, and a Right. The point of the game is to roll a dot(s) in order to win the game. You will be treated to **pizza, popcorn, refreshments**, and a chance to win some fabulous prizes.

Day & Date: Friday, June 3
Time: 7:00 p.m. - 9:00 p.m.
Ages: 21 years & Up
Location: Krueger Park Activity Room C
Min/Max: 10/24
Fee: \$13 Resident, \$15 Non-Resident

Tenzi **146137-01**

Tenzi is the fast-paced dice rolling game for any number of players. The rules are simple. This game is played as fast as you roll and the fun is immediate. Be the first to roll all 10 of your dice to the same number to win. The person with the most wins at the end will win a prize! All levels are welcomed.

Day & Date: Thursday, June 16
Time: 7:00 p.m. - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/20
Fee: \$13 Resident, \$15 Non-Resident

"21" Double Down **156105-01**

Do you love the game of "Blackjack"? We will enjoy lunch, refreshments, and dessert before trying our luck in cards. Many prizes will be awarded after the competition. All levels are welcome!

Day & Date: Thursday, July 21
Time: 11:30 a.m. - 2:00 p.m.
Ages: 21 years & up
Dealer: Angel Sanchez
Location: Cynthia Neal Center Dance Room
Min/Max: 15/22
Fee: \$16 Resident, \$18 Non-Resident

Farkle **146136-01**

Enjoy an evening of Dice! Farkle is a dice game in which the goal is to get the highest score on the highest round of play. You will be treated to dinner and refreshments and a chance to win some fabulous gift certificates. Note: If you do not know how to play, come early and we will teach you before we get started. Dinner and refreshments will be served.

Day & Date: Thursday, July 7
Time: 7:00 p.m. - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 10/24
Fee: \$13 Resident, \$15 Non-Resident

Bingo Night **155175-02**

Enjoy a refreshing beverage with snacks and dinner while you engage in a variety of bingo games (18-25). Prizes will be awarded for each game winner. Sit down & enjoy the company of your friends as we'll do the rest. Every player will get to create their own Bingo card for the grand prize game! **NOTE: Every player will receive multiple cards. Fee includes prizes, snacks, dessert, refreshments (coffee, pop, & water), and dinner.**

Day & Date: Tuesday, August 16
Time: 5:30 p.m. - 8:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Rooms A & B
Min/Max: 30/50
Fee: \$18 Resident, \$20 Non-Resident

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Spades Night - Card Game 146130-01

The game of Spades is a partner game that is easy to learn. This is a partner game that involves strategy in working together to win. Making friends with the Ace of Spades as it's the High trump card and is always a winner. Register for this enjoyable day at Krueger Park. **NOTE: Fee includes dinner, pop, and popcorn. Prizes will be awarded to the winners. Beginners are welcome.**

Day & Date: Thursday, July 28
Time: 7:00 p.m. - 9:00 p.m.
Ages: 21 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/20
Fee: \$13 Resident, \$15 Non-Resident

Pinochle

Do you like playing cards? How about Pinochle? The other participants will teach you how to play the entertaining game of Pinochle. Once you learn, you'll be hooked forever. **NOTE: Fee includes dinner, refreshments, and prizes for each table winner.**

Day & Date: Friday, May 27 156102-01
Tuesday, August 9 156102-02
Time: 11:30 a.m. - 2:00 p.m.
Ages: 50 years & up
Location: Krueger Park Activity Room C
Min/Max: 8/30
Fee: \$11 Resident, \$13 Non-Resident

Progressive Rummy

Progressive Rummy is a very easy game to learn. Each hand has a different wild card. Register for this enjoyable day at Krueger Park. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

Day & Date: Friday, June 10 (CN) 156145-01
Friday, August 19 (KP) 156145-02
Time: 11:30 a.m. - 2:30 p.m.
Ages: 50 years & up
Location: Cynthia Neal Center Dance Room (CN)
Krueger Park Activity Room (KP)
Min/Max: 20/35
Fee: \$11 Resident, \$13 Non-Resident

Texas Hold'em 146106-01 Poker Tournament

Join us for this popular style of poker where prizes will be awarded after the competition. New players are welcome to play and learn while enjoying a boxed lunch and refreshments.

Day & Date: Thursday, August 18
Time: 11:30 a.m. - 2:00 p.m.
Ages: 21 years & up
Dealer: Angel Sanchez
Location: Krueger Park Activity Room C
Min/Max: 12/16
Fee: \$16 Resident, \$18 Non-Resident



Dominoes

This is an easy game with simple rules, but the fun is limitless. Lunch will be served around noon. **NOTE: Fee includes coffee, soda, lunch, & prizes.**

Day & Date: Friday, May 20 (KP) 156116-01
Friday, July 15 (CN) 156116-02
Time: 11:30 a.m. - 2:30 p.m.
Ages: 25 years & up
Location: Krueger Park Activity Rooms (KP)
Cynthia Neal Center Dance Room (CN)
Min/Max: 20/35
Fee: \$11 Resident, \$13 Non-Resident

REFUNDS FOR SPECIAL EVENTS, ONE DAY PROGRAM/EVENTS, AND TRIPS WILL BE ISSUED ONLY IF IT IS CANCELLED BY THE PARK DISTRICT.