

# TEEN ACTIVITIES

## Counselor-In-Training

The C.I.T. Program is designed especially for 14 - 17 year olds who are interested in learning how to work with children. The program's goal is to teach C.I.T. skills necessary for leadership. The teen must be mature, self-confident, and reliable.

He/She must possess initiative and have a genuine interest in assisting counselors with the daily activities involved in an outdoor summer camp setting. To apply for this program, call 708-599-7337. You must meet the following requirements to be considered:

1. You must be 14 years of age by June 6<sup>th</sup>, 2022.
2. You must complete an application form and return it to Krueger Park Recreation Center before June 1<sup>st</sup>, 2022.
3. A permission form must be signed by your parent/guardian.
4. Available for the dates of June 6<sup>th</sup> - August 5<sup>th</sup>.

## Recreational Volleyball

**121176-01**

This instructional program for boys and girls will stress overhand serving, passing, setting, footwork and fun. Scrimmages will be held each week.

**Dates:** June 23 - August 4  
**Day:** Thursday  
**Time:** 4:30 p.m. - 5:45 p.m.  
**Ages:** 10-16 years  
**Location:** Krueger Park Gym  
**Min/Max:** 7/12  
**Fee:** \$40 Resident, \$45 Non-Resident

## Bags/Cornhole Tournament

Are you a bags/cornhole player and think you got what it takes to compete against others? If so, come join us for a day of competition and fun! This tournament will be a double elimination bracket to find our ultimate champion! Gift card prizes go to the top 2 finishers.

**Day/Dates:** Saturday, June 11 **135116-01**  
Saturday, July 16 **135116-02**  
**Time:** 10:00 a.m. - 2:00 p.m.  
**Ages:** 16 & older  
**Location:** Kasey Meadow Skate Park  
**Min/Max:** 8/16  
**Fee:** \$24 Resident, \$34 Non-Resident  
per team of 2 per tournament

## 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**

## The Go Ape Ziplining Trip

**124117-01**

Come join us for a trip to Go Ape at Bemis Woods Forest Preserves for zip lining and climbing. The perfect introduction to aerial adventure, taking you into a parallel world up in the trees. Live in the moment whilst navigating suspended bridges, obstacles and zip lines. Immerse yourself in nature for one hour and inspire a love for the outdoors. You can do it! Engage every sense in a fully immersive and visually stunning forest setting. A Hickory Hills Park District Employee will meet you at the Go Ape Cabin to check in and fill out waivers. Price includes experience and equipment. Transportation is on your own. Adults can purchase tickets on site to join in the adventure. Min Height is 3 ft 3 in.

**Date:** July 29  
**Day:** Friday  
**Time:** 4:00 p.m. - 5:15 p.m.  
**Ages:** 10-15 years  
**Location:** Go Ape-Bemis Woods Forest Preserves  
1100 Ogden Avenue,  
Western Springs, IL 60558  
**Min/Max:** 10/20  
**Fee:** \$43 Resident, \$48 Non-Resident

## Ultimate Frisbee Fundamentals

**121125-01**

Ultimate Frisbee is a fun and challenging team sport! This class is designed to introduce fundamental skills and strategies of Ultimate Frisbee in a fun, competitive game environment. Players will develop individual skills such as throwing, passing, catching and running. Bring a water bottle to class. As players improve in skill, games will be played and teams formed each week. Note: Participants will keep a frisbee after the duration of the class. **Note: No Class July 4**

**Date:** June 13 - July 18  
**Day:** Monday  
**Time:** 4:30 p.m. - 5:30 p.m.  
**Ages:** 10-14 years  
**Location:** Martin Park (89th Pl. & 78th Ave.)  
**Min/Max:** 6/12  
**Fee:** \$32 Resident, \$37 Non-Resident

## 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

### 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**

### 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)**

### 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**

### 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**

## 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.