

## TEEN &amp; ADULT ACTIVITIES

**Krueger Park Dodgeball 121186-01**

Get ready to rock your sweatband and gym shoes cause we're going to play dodgeball! Join us for a one-day program where we will be playing a variety of new and creative dodgeball games. This night is full of fun and excitement which will take place indoors. Come with your game face on and get ready to dodge, dip, and dive. Enjoy some pizza and refreshments at the end of the night.

**Date:** July 31  
**Day:** Wednesday  
**Time:** 6:30 p.m. - 8:00 p.m.  
**Ages:** 9-13 years  
**Location:** Krueger Park Gym  
**Min/Max:** 10/20  
**Fee:** \$12 Resident, \$14 Non-Resident

**Teen Open Gym Volleyball 131176-01**

Play pick up games, enjoy quality time with your friends or meet new people! Volleyball is a great way to stay active, be social & have fun. Participants of all skill levels are welcome to play. A net & balls will be set up & available for use. Everyone must pay at the door. A maximum of 15 players will be allowed in the gym at one time. No spectators. **No volleyball on July 4. CASH ONLY**

**Dates:** June 20 - August 8  
**Day:** Thursday  
**Time:** 6:00 p.m. - 8:00 p.m.  
**Ages:** 12-17 years  
**Location:** Krueger Park Gym North  
**Min/Max:** 5/15  
**Fee:** \$6 (each day, pay at the door)

**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 20 - August 8  
**Day:** Thursday  
**Time:** 4:30 p.m. - 5:45 p.m.  
**Ages:** 10-16 years  
**Location:** Krueger Park Gym  
**Min/Max:** 7/12  
**Fee:** \$48 Resident, \$53 Non-Resident

**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 3, 2024.
2. You must complete an application form and return it to Krueger Park Recreation Center before June 1, 2024.
3. A permission form must be signed by your parent/guardian.
4. Available for the dates of June 10 - August 9.

**Friday Hoops**

Play basketball with your friends or just come out to shoot around. Pay at the door and enjoy fast break games. A maximum of 30 players will be allowed in the gym at one time. No spectators. **NOTE: Must have a school ID. No hoops July 5<sup>th</sup> and July 26<sup>th</sup>. CASH ONLY**

**Dates & Date:** Fridays, June 14 - August 9  
**Grades:** 5<sup>th</sup>-8<sup>th</sup> Grade 121136-01  
**Location:** Krueger Park Gym South  
**Grades:** 9<sup>th</sup>-12<sup>th</sup> Grade 131136-01  
**Location:** Krueger Park Gym North  
**Time:** 6:00 p.m.- 8:30 p.m.  
**Min/Max:** 5/15  
**Fee:** \$6 (each day, pay at the door)

**Back to School Hoops 121136-02**

Come and join us for an end of the summer hoops program. We'll look forward to starting a new school year with some basketball fun with games and prizes. Pizza and refreshments will be served at the end of the evening.

**Date & Day:** Friday, August 16  
**Time:** 6:00 p.m. - 8:00 p.m.  
**Grades:** 5<sup>th</sup> - 8<sup>th</sup> Grade  
**Location:** Krueger Park Gym  
**Min/Max:** 18/24  
**Fee:** \$6 per participant

**MMA - Mixed Martial Arts (For Teens)**

Join us for the most effective styles of martial arts, infused with lessons on character development. Students 11 - 15 will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills. Students will focus on boxing and kickboxing techniques (kicking, footwork, and defense), judo/wrestling technique (take-downs and defending take-downs) and "Mat Chat" (the personal development topic of the program). **No Class July 4<sup>th</sup>.**

**Session I:** May 30 - July 25 141111-01  
**Session II:** Aug 8 - Sept 26 241211-01  
**Day:** Thursday  
**Time:** 7:00 p.m. - 8:00 p.m.  
**Ages:** 11 - 15 years  
**Instructor:** Victory Family MMA  
**Location:** Krueger Park Gym South  
**Min/Max:** 8/20  
**Fee:** \$114 Resident, \$119 Non-Resident

**Instructional Pickleball**

Have you ever thought of trying to play Pickleball but not sure how to play? Well now is the time to learn the popular trend called Pickleball. It's a little like badminton, a little like tennis and a little like table tennis. The rules are short and simple and the racquets and balls are light weight. Played on a badminton sized court (two on a side) with a low net, the first team to score 11 points wins. We will instruct you on the rules and how to play the game.

**Dates:** June 3 - July 1 **141140-02**  
**Day:** Monday  
**Time:** 6:30 p.m. - 7:30 p.m.  
**Ages:** 16 years & up  
**Location:** Krueger Park Rec. Center  
**Min/Max:** 8/16  
**Fee:** \$45 Resident, \$50 Non-Resident

**Wednesday Night Hoops** **641675-05**

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 Hoops July 31, August 21. CASH ONLY!**

**Dates:** May 15 - August 28  
**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:** \$6 Resident (each day - pay at the door)  
 \$8 Non-Resident (each day - pay at the door)

**Teen Kickball Tournament** **136120-01**

Get ready to play an organized game of kickball. We will form teams and play games to determine the winning team. The winning team will receive individual prizes. At the end of the game, everyone will get some pizza and refreshments to end the evening.

**Date:** August 15  
**Day:** Thursdays  
**Time:** 6:30 p.m. - 8:00 p.m.  
**Ages:** 13-17 years  
**Location:** Krueger Park Baseball Field  
**Min/Max:** 14/28  
**Fee:** \$15 Resident, \$20 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.

**Dates:** June 3 - July 8 **143120-01**  
 July 22 - August 26 **143120-02**  
**Day:** Monday  
**Time:** 6:30 p.m. - 7:30 p.m.  
**Ages:** 16 years & up  
**Instructor:** Pam Lawrence  
**Location:** Krueger Park Activity Room A&B  
**Min/Max:** 8/14  
**Fee:** \$54 Resident, \$59 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.

**Indoor Pickleball Open Gym** **141140-01**

Join this really fun and popular game! It's a little like badminton, a little like tennis and a little like table tennis. The rules are short and simple and the racquets and balls are light weight. Played on a badminton sized court (two on a side) with a low net, the first team to score 11 points wins. Please bring your own paddles and balls, if you have them.

**Dates:** May 13 - August 26  
**Ages:** 21 & Older  
**Day:** Monday  
**Location:** Krueger Park Rec. Center  
**Time:** 7:30 p.m. - 9:00 p.m.  
**Min/Max:** 8/20  
**Fee:** \$5 Resident, \$7 Non-Resident

**Open Gym - Basketball (Unscheduled)** **641675-02**

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