

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. bring a yoga mat and water bottle to class
No class May 26, June 9.

Dates: May 12 - July 7 143120-01
July 14 - August 18 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

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 3rd.**

Session I: May 15 - July 10 141111-01
Session II: July 24 - Sept. 11 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

**Teen Thrill Adventure: The Forge (Lemont)**

Get ready for an action-packed day of excitement and adventure at The Forge! This teen trip takes you to an **adventure park** filled with thrilling **ropes courses, zip lines, and obstacle** fun. Whether you're conquering the heights or sliding down inflatable slides, this trip is all about **fun, teamwork, and unforgettable memories**. Please bring a bagged lunch. Transportation will be provided. (Must register by June 18th)

Date: June 25 134103-01
Day: Wednesday
Time: 9:30 p.m. - 3:00 p.m.
Ages: 13-17 years
Location: The Forge (Lemont)
Min/Max: 10/14
Fee: \$25 Resident, \$30 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 30, August 6, August 20. CASH ONLY!**

Dates: May 14 - August 27
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
\$8 Non-Resident
(each day - pay at the door)



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.
No Pickleball May 26.

Dates: May 12 - August 25
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) 741775-01**

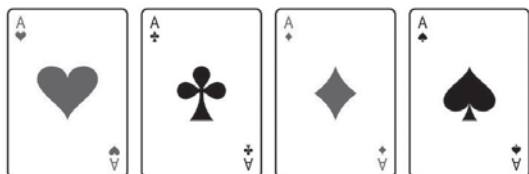
Any open gym for basketball (not designated) will require a small fee to play. Call 708-599-7337 for availability.

18 years & older.

Fee \$5 R/\$7 NR

Spades - 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. New players are welcome to play and learn while enjoying lunch and refreshments.

Day & Date: Tuesday, June 3**Time:** 11:30 a.m.- 2:00 p.m.**Ages:** 21 years & up**Location:** Krueger Park Activity Rooms C**Min/Max:** 8/16**Fee:** \$16 Resident, \$18 Non-Resident**Farkle****446436-01**

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, May 22**Time:** 11:30 a.m. – 2:00 p.m.**Ages:** 21 years & up**Location:** Krueger Park Activity Room C**Min/Max:** 10/24**Fee:** \$16 Resident, \$18 Non-Resident**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, August 8**Time:** 7:00 p.m. - 9:00 p.m.**Ages:** 21 years & up**Location:** Krueger Park Activity Room C**Min/Max:** 8/24**Fee:** \$16 Resident, \$18 Non-Resident**Phase 10****146120-01**

The goal of the game is to complete all ten phases, one round at a time. At the end of a round players will add up their score based on the number and type of cards left in their hand. The goal is to have the lowest score at the end of the game. Watch out, if you don't complete your phase in a round, you must repeat the phase in the next round! Gather some friends and play. Try different strategies to achieve the lowest score you can, but most of all have fun! You will be treated to dinner and refreshments and a chance to win some prizes.

Day & Date: Thursday, June 12**Time:** 7:00 p.m. - 9:00 p.m.**Ages:** 21 years & up**Location:** Krueger Park Activity Room C**Min/Max:** 10/24**Fee:** \$16 Resident, \$18 Non-Resident**Left, Center, Right****446421-01**

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. **NOTE: You will be treated to pizza, popcorn, refreshments, and a chance to win some fabulous prizes.**

Day & Date: Friday, May 30**Time:** 7:00 p.m. - 9:00 p.m.**Ages:** 21 years & Up**Location:** Krueger Park Activity Room C**Min/Max:** 10/24**Fee:** \$16 Resident, \$18 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 and 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 26**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:** \$21 Resident, \$23 Non-Resident

ADULT/MATURE ADULT ACTIVITIES

19

Texas Hold'em Poker

146106-01

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 lunch and refreshments.

Day & Date: Thursday, August 14

Time: 11:30 a.m. - 2:00 p.m.

Ages: 21 years & up

Location: Krueger Park Activity Room C

Min/Max: 12/16

Fee: \$17 Resident, \$19 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 17

Time: 11:30 a.m. - 2:00 p.m.

Ages: 21 years & up

Location: Cynthia Neal Center

Min/Max: 15/22

Fee: \$17 Resident, \$19 Non-Resident



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

Progressive Rummy

156145-01

Progressive Rummy is a very easy game to learn. Each hand has a different wild card. Register for this enjoyable day at Krueger Park.

Day & Date: Friday, July 18

Time: 11:00 a.m. - 2:30 p.m.

Ages: 50 years & up

Location: Cynthia Neal

Min/Max: 20/35

Fee: \$12 Resident, \$14 Non-Resident



Dominoes

This is an easy game with simple rules, but the fun is limitless. Lunch will be served around noon.

Day & Date: Friday, May 16

456416-02

Friday, August 22 **156116-01**

Time: 11:00 a.m. - 2:30 p.m.

Ages: 25 years & up

Location: Krueger Park Activity Rooms A & B

Min/Max: 20/35

Fee: \$12 Resident, \$14 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.

Day & Date: Tuesday, May 27

456402-02

Tuesday, August 19 **156102-01**

Time: 11:30 a.m. - 2:00 p.m.

Ages: 50 years & up

Location: Krueger Park Activity Room C

Min/Max: 8/30

Fee: \$12 Resident, \$14 Non-Resident

ADULT EXERCISE

Easy Does It

Easy Does It is an easy to follow total body workout that consists of medium to low-intensity interval training. It incorporates strength training with a cardio blend designed to improve your overall health, energy, balance, strength, and endurance. Easy Does It is for anybody and any body. You set your own pace — all are welcome to join. **NOTE: No class May 20, May 27, May 29. Instructor will teach class via zoom, participants will meet at Cynthia Neal Center for class.**

Dates: Session I: May 13 - July 1

153107-01

Session II: July 8 - August 14

153107-02

Day: Tuesday & Thursday

Time: 10:00 a.m. - 10:45 a.m.

Ages: 50 years & up

Location: Cynthia Neal Center

Min/Max: 12/20

Fee: \$70 Resident, \$75 Non-Resident