

## Teens

### TRIPS

#### Starved Rock State Park

Put on your hiking boots and join us on a beautiful hike through 2,630 acres of thick forests, 18 lush canyons and sparkling waterfalls at Starved Rock State Park. We will hike together as a group and make lunch (hotdogs) over an open campfire! Drinks and snacks will be provided for lunch. Please bring a backpack with additional clothing, water and additional snacks to have while hiking. Gym shoes/hiking shoes are required. Co-op trip. KB

Program #	Day	Date	Time	Location
23510A1	Tu	Jun. 15	8 am-7 pm	RECAD

Ages 12-17

R \$25/NR \$25

Min. 6/Max. 6

Registration deadline is Friday, June 11.

#### West Beach, IN

Feeling hot, hot, hot! Come cool off this summer and put your toes in the water and your rear in the sand! Pack your suntan lotion, lunch and snacks and join us as we head for the Indiana Dunes. In addition to swimming and sunbathing we will bring items to play sand volleyball, Frisbee, badminton, and more on the beach! Onsite restrooms, bathroom with showers and lockers will be available. Please bring change for lockers if you wish to use them. Co-op trip. KB

Program #	Day	Date	Time	Location
23511A1	Th	Jul. 15	7:30 am-7 pm	RECAD

Ages 12-17

R \$18/NR \$18

Min. 6/Max. 6

Registration deadline is Monday, July 12.

#### Canoe the Kish

No experience necessary! We will take a 3-4 hour guided trip down the Kishwaukee River with Larsen's Landing Outfitters. Today, the Kish maintains a class "A" rating from the Illinois Department of Natural Resources making it one of the three highest water quality river systems in the state. Box lunch is included. Co-op trip. KB

Program #	Day	Date	Time	Location
23512A1	M	Aug. 2	8 am-5 pm	RECAD

Ages 12-17

R \$63/NR \$63

Min. 6/Max. 6

Registration deadline is Monday, July 19.

### SEASONAL FUN

#### Bonfire Night

Let's kick this summer off right! Come with friends and come to make new friends for this summer. We will have music, karaoke, dancing, bags, washers, ladder ball, smores and hayrack rides at Four Seasons Park. Don't be shy, come and meet other area teens that are looking to have fun this summer and may enjoy the same activities as you! KB

Program #	Day	Date	Time	Location
23513A1	W	Jun. 30	8-10 pm	FOURS

Ages 12-17

R \$9/NR \$9

Min. 24/Max. 75

Registration deadline is Monday, June 28.

#### Cook Out, Dance & Pool Party

Spend an evening with your friends enjoying hamburgers, hot dogs, and snacks while listening to today's hottest tunes! Dinner and dancing will be held under the pavilion at Boy Scout Park from 7-8:30pm. At 8:30pm we will go across the street to Ottawa Street Pool for a private pool party. Games and activities will be planned at the pool along with more music to enjoy! KB

Program #	Day	Date	Time	Location
23514A1	W	Jul. 28	7-10:30 pm	BOYSC/OSP

Ages 12-17

R \$17/NR \$17

Min. 24/Max. 75

Registration deadline is Monday, July 26.

#### Color Wars Challenge

Take the challenge. Don't be afraid. Cheer your team on as you compete in events such as dodge ball, kickball, relay races, fear factor type challenges and more! Red, yellow, blue, green - who will win this war? Prizes will be awarded to the team who not only scores the most points, but the team that shows the most spirit and the team that shows the most teamwork! Participants will begin the event by making a team banner, chant and strategy plan for the evening's events. All pre-registered participants will receive a "Color Wars Challenge" t-shirt. KB

Program #	Day	Date	Time	Location
23515A1	Th	Aug. 19	6-8 pm	BOYSC

Ages 12-17

R \$12/NR \$12

Min. 24/Max. 75

Registration deadline is Monday, August 9.

# Teens

## DARE Night Out Pool Party

Teen Pool Party is designed to heighten crime and drug prevention awareness, generate support for neighborhood spirit and police community partnerships, and send a message to criminals letting them know that neighborhoods are organized and fighting back. AS

Day	Date	Time
Th	Aug. 5	6:30-9:30 pm

Ages 11-15

FREE!

Teen Pool Party Registration Forms will be available around the week of July 6. Registration deadline is Friday, July 23. For more information, contact the Plainfield Park District at (815) 436-8812.

## MUSIC

### Beginning Guitar

This easy instruction for beginners will have you playing your favorite songs in no time! The goal of this course is to provide students with the ability to tune the instrument as well as play basic chords, strum patterns and finger-picking techniques. The course will focus on the fundamentals of the guitar so that students may enjoy playing as a life-long activity. Students will need to supply their own guitar. Instructor: Craig Cohen. KW

Program #	Day	Date	Time	Location
23300A1	W	Jun. 9-Jul. 28	6:30-7:30 pm	RECAD

Ages 13 & up

R \$60/NR \$90

Min. 4/Max. 12

### Intermediate Guitar

The focus of this course is learning strum patterns, scales, barre chords, picking methods and a bit of music theory for playing a variety of songs. Students should be familiar with open chords before enrolling in this class. There will be some extra tips and tricks as well! Students will need to supply their own guitar. Instructor: Craig Cohen. KW

Program #	Day	Date	Time	Location
23330A1	W	Jun. 9-Jul. 28	7:45-8:45 pm	RECAD

Ages 13 & up

R \$60/NR \$90

Min. 4/Max. 12

## GROWING UP

### Babysitting Clinic

For the young babysitter, this class will teach the various aspects of babysitting and staying home alone. Each participant who attends the session, correctly demonstrates all skills, completes all course work sheets and quizzes is eligible to receive a certificate of completion. Please bring a sack lunch and a drink (no glass bottles) Instructor: Marylouise Kiefert. MB

Program #	Day	Date	Time	Location
22108A1	Sa	Jul. 10	9 am-3 pm	STREA
22108B1	Sa	Aug. 14	9 am-3 pm	STREA

Ages 11 & up

R \$30/NR \$45

Min. 10/Max. 20

### Stable Kids Group B (Girls Only)

Specialized activities with our horses focus on common adolescent girls' issues including self-esteem, leadership skills, communication skills, and personal awareness. Please remember this is a non-riding class.

Program #	Day	Date	Time	Location
23778A1	M/Tu	June 21-22	10:30-11:30 am	NORM
23778B1	M/Tu	June 28-29	10:30-11:30 am	NORM
23778C1	M/Tu	July 19-20	10:30-11:30 am	NORM
23778D1	M/Tu	Aug. 16-17	10:30-11:30 am	NORM

Ages 13-18

R \$96/NR \$115

Min. 6/Max. 15

### Stable Kids Group C (Boys Only)

Specialized activities with our horses focus on common adolescent boys' issues including leadership skills, team work, communication skills, confidence, and personal awareness. Please remember this is a non-riding class.

Program #	Day	Date	Time	Location
23779A1	M/Tu	Jun. 21-22	4:30-5:30 pm	NORM
23779B1	M/Tu	Jun. 28-29	4:30-5:30 pm	NORM
23779C1	M/Tu	Jul. 19-20	4:30-5:30 pm	NORM
23779D1	M/Tu	Aug. 16-17	4:30-5:30 pm	NORM

Ages 13-18

R \$96/NR \$115

Min. 6/Max. 15

**Teen Location Key**  
See page 53!

## Teens

### FITNESS

#### Teen Spin at Wild Wheel

Stay in shape over the summer while having fun with other teens. Come "spinning" at Wild Wheel Cycling to new and current music. 35 minutes of spinning followed by 10 minutes of ab/core exercises. KW

Program #	Day	Date	Time	Location
22258A1	Th	Jun. 10-Jul. 29	11 am-12 pm	WILD

Ages 12-17  
R \$66/NR \$99  
Min. 7/Max. 20

#### Tweener Boot Camp

High energy, fun & safe. Circuit workout using calisthenics and training drills. No matter what your fitness level, this class is for those who want a no nonsense total body workout. Contracted service provided by Hometown Fitness. KW

Program #	Day	Date	Time	Location
22270A1	M/W/Sa	Jun. 7-July 3	MW 5-6pm, Sa 11am-12pm	HOME
22270B1	M/W/Sa	Aug. 2-28	MW 5-6pm, Sa 11am-12pm	HOME

Ages 11-15  
R \$119/NR \$178  
Min. 5/Max. 25

#### Speed & Agility Training

Become an explosive athlete with a personalized strength and conditioning sport specific program. An 8 week, once a week 60 minute session that consist of speed, agility, and plyometric drills to help you become an agile player on the field or court. The drills will not only help your feet skills but also space awareness on the field or court. We are able to design a lifting program that is sport specific with power lifting, strength training and endurance training. Strength training can help reduce future injuries and become a more powerful athlete. Train one on one, train with a group or train as a team once or multiple times a week to enhance your game. Train in an unconditional motivating environment that consistently keeps athletes mentally and physically prepared to work hard and determined. We demand perfection at HomeTown Fitness and will push athletes to their full potential. Contracted service provided by Hometown Fitness. A Hometown Fitness Staff member will contact with more information, including dates and times. KW

Program #	Day	Date	Time	Location
22259A1	Varies	Varies	Varies	HOME

Ages 12-22  
R \$160/NR \$240  
Min. 5/Max. 20

### SPORTS

#### Hershey's Track & Field Games

Hershey's Track & Field Program was created over 30 years ago to promote youth physical fitness and provide fun learning experiences for children 9 to 14 years old. Track & field meets take place in every state and every province in North America. Hundreds of athletes make it to the grand finale - the North American Final in Hershey, Pennsylvania. Join us as we help kids discover their potential, make new friends, and gain newfound self confidence. Every child is a winner with the Hershey's Track & Field Games!

#### Hershey's Track Meet Registration Procedures:

Registration will no longer be accepted at the event. Registration Deadline is now Thursday, May 27th. Individuals may register on-line or in-person, however, a COPY of your child's birth certificate and Hershey's Track & Field Games local entry form MUST be submitted prior to the Registration Deadline (Thursday, May 27th). Completed forms may be dropped off or mailed in to the Recreation/Administration Center (23729 W. Ottawa Street, Plainfield, IL 60544) Attn: Cody Kamp. If you have questions or are interested in volunteering, please contact Cody Kamp at 815/436-8812. Ext. 17.

Program #	Day	Date	Time	Location
27220A1	Th	Jun. 3	5:30-9 pm	PCHS

Ages 9-14  
R \$0/NR \$0  
Min. 20/Max. 150

#### White Sox Fastpitch Softball 2

The fastpitch camp 2 is geared toward the experienced fastpitch softball payer who is passionate about the game and ready to learn position specific play. Fastpitch camp 2 curriculum includes agility drills, throwing progression, bunting, specific infield and outfield defensive play, hitting, pitching and base running. White Sox Training Centers will be taught by the best in the business; primarily collegiate coaches, ex-professional players, high school coaches, and full time private instructors. AS

Program #	Day	Date	Time	Location
22236A1	M-Th	Jul. 12-15	8:30-11:30 am	PNHS

Ages 10-13  
R \$159/NR \$159  
Min. 0/Max. 40

## Teens

### Youth Golf Lessons

In cooperation with the Lockport Township Park District, the Plainfield Park District is able to offer our residents golf lessons at Prairie Bluff Golf Course. These lessons are open to every level of golf from beginner to advanced, junior to senior golfer. Times are subject to change if classes do not meet minimum enrollment. AS

Program #	Day	Date	Time	Location
23202A1	W	Jul. 7-Aug. 11	4:30-5:30 pm	PRAIR
23202A2	Sa/Su	May 29-Jun. 13	2-3 pm	PRAIR
23202A3	Sa/Su	Jul. 10-25	2-3 pm	PRAIR

Ages 8-17  
R \$55/NR \$65  
Min. 8/Max. 18

### Jr. Golf Clinic - Ages 10-15

These clinics for young golfers with little or no golfing experience. Students will learn the fundamentals of putting, chipping, bunker shots, full swing, rules and etiquette. AS

Program #	Day	Date	Time	Location
22261A1	Sa/Su	Jun. 12-20	1-2:30 pm	NAPR
22261A2	Sa/Su	Jul. 10-18	9-10:30 am	NAPR
22261A3	Tu/Th	Aug. 10-19	4:30-6 pm	NAPR
22261A4	Sa/Su	Sep. 4-12	1-2:30 pm	NAPR

Ages 10-15  
R \$120/NR \$180  
Min. 0/Max. 4

### Jr. Developmental Golf League

A 7-week program for those with a minimum of two years of golf experience. All participants will be pre-screened for the proper skill level the first week of the program. Those who do not meet the requirements of this program will be given a full refund. Participants in this on-course program must know and display appropriate golf etiquette. The participants will receive instruction, limited on-course supervision, and a meal each week; participants will also receive a participation gift and are eligible for a 10% discount on club purchases. Participants must provide their own clubs. For rainout information, call the Naperbrook golf shop at 630-378-4215. AS

Program #	Day	Date	Time	Location
22262A1	M	Jun. 7-Aug. 2	1-4 pm	NAPR
22262A2	Tu	Jun. 8-Jul. 20	1-4 pm	NAPR
22262A3	Tu	Jun. 8-Jul. 20	5-8 pm	NAPR
22262A4	W	Jun. 9-Jul. 21	10 am-1 pm	NAPR
22262A5	Th	Jun. 10-Jul. 22	1-4 pm	NAPR
22262A6	Th	Jun. 10-Jul. 22	5-8 pm	NAPR

No class June 21, July 12.  
Ages 10-15  
R \$225/NR \$337.50  
Min. 0/Max. 6

### Jr. Golf League

For those with a minimum of 2 years of golf experience. Players will be pre-screened the first week of the program, and refunds will be issued to those not meeting the requirements. Participants must know and display proper golf etiquette. Participants will play 9 holes and receive a meal each week. Students also will receive a golf rules book and are eligible for a 10% discount on club purchases. Participants must provide their own clubs. All participants will be required to attend a registration and etiquette meeting prior to the first week of play. For rain out info., call the Springbrook Golf Shop, 630-848-5060 or the Naperbrook Golf Shop, 630-378-4215. AS

Program #	Day	Date	Time	Location
22263A1	Tu	Jun. 8-Jul. 20	11 am-4:30 pm	NAPR
22263A2	Tu	Jun. 8-Jul. 20	11 am-4:30 pm	NAPR

Ages 11-15  
R \$165/NR \$247.50  
Min. 0/Max. 6

### Junior Prep League

This 18-hole league is for players preparing to play in high school. Players will be prescreened, and refunds will be issued to those not meeting the requirements. Focus is on continued development. Each player will receive a season performance summary, daily range balls, rules book, and a meal. All players will also receive 10% discounts on club purchases. No class July 12. AS

Program #	Day	Date	Time	Location
22264A1	M	Jun. 7-Aug. 2	10 am-2 pm	NAPR

Ages 14-17  
R \$275/NR \$412.50  
Min. 0/Max. 20

### Teen Location Key

BOYSC	Boy Scout Park * 23729 W. Ottawa St.
CENSQ	Central Square Gym * 222 E. 9th St., Lockport
EATON	Eaton Preserve * 135th St. east of Rt. 59
FOURS	Four Seasons Park * Lockport St. west of I-55
GLISS	Glisson's Archery * 22900 E. Main St. (Rt. 126)
HOME	Hometown Fitness * 16108 S. Rt. 59
NAPR	Naperbrook Golf Course * 22204 Hassert Blvd.
NORM	Normantown Trails * 12151 S. Normantown Rd.
NWCP	Northwest Park * 127th St. west of Rt. 30
OSP	Ottawa Street Pool * 23820 W. Ottawa St.
PCHS	Plainfield Central H.S. * 24120 W. Fort Beggs Dr.
PNHS	Plainfield North H.S. * 12005 S. 248th St.
PSHS	Plainfield South H.S. * 7800 W. Caton Farm Rd.
PRAIR	Prairie Bluff Golf * 19433 Renwick Rd., Lockport
RECAD	Rec./Admin. Center * 23729 W. Ottawa St.
STREA	Streams Rec. Center * 24319 Cedar Creek Ln.
WILD	Wild Wheel Cycling * 24026 Lockport St., Ste. 200

## Teens

### EVP Tour Beach Volleyball Camp

It's time to take your volleyball GAME to the beach. A camp hosted by the Volleyball Professionals, features all the latest drills and training techniques that build your skills for the next level. Lots of contests and games too, with fun and active instructors! The camp will concentrate on the fundamentals of passing, setting, serving and spiking. You will learn to overhand serve and play organized games. The lesson plan directs individual training that helps each student reach a new level. Instructor: Volleyball Professionals. CK

Program #	Day	Date	Time	Location
22204A2	M-Th	Jun. 7-10	3:30-5:30 pm	EATON
22204B2	M-Th	Jul. 19-22	3:30-5:30 pm	EATON

Ages 11-14  
R \$92/NR \$138  
Min. 8/Max. 24

### EVP Spiking 101 Beach Camp

For players who wish to learn proper arm swing, footwork, and development of jumping skills. Drills keep the player focused on reach and power. The lesson plan directs the use of self-mastery training that helps each student reach a new level. The knowledge of the instructors will give the participants a head start on their skills in preparation for the next upcoming volleyball season. Instructor: Volleyball Professionals. CK

Program #	Day	Date	Time	Location
23206A1	M-Th	Jun. 7-10	5:30-7 pm	EATON
23206B1	M-Th	Jul. 19-22	5:30-7 pm	EATON

Ages 11-14  
R \$74/NR \$111  
Min. 8/Max. 24

### Shark's Swim Team

The Sharks Swim Team offers fun and exciting opportunities for competition and increased skill development to all swimmers. New members are always welcome to join. However, those considering joining the team are strongly advised to have completed all levels of swim lessons or continue with swim lessons simultaneously while swimming on the team. The Plainfield Park District is entering its 9th season as a member of the South Suburban Swim Conference, an association of age 18 and under swim clubs in the south and west suburbs. Fielding 24 teams totaling 3,500 swimmers, some of the best swimmers in Illinois swim in the SSSC. AS

### Ages 13-18

Program #	Day	Date	Time	Location
29638A1	M-F	Jun. 7-Jul. 30	6-7 am	OSP

R \$130/NR \$195  
Min. 21/Max. 120

### Tennis Satellite I

This program is designed to introduce the game of tennis to new high school players. Building blocks: grips, stroke production and movement. In case of inclement weather, please call the tennis weather hotline at (815) 436-8812, ext. 40. Instructor: MTL Tennis Management Group. CK

Program #	Day	Date	Time	Location
23210A1	M/W	Jun. 7-30	5-6 pm	NWCP
23210A4	Sa	Jun. 5-26	12-1 pm	NWCP
23210B1	M/W	Jul. 5-28	5-6 pm	NWCP
23210B4	Sa	Jul. 10-31	12-1 pm	NWCP

Ages 14-18  
R \$80/NR \$120 - M/W  
R \$40/NR \$60 - Sa  
Min. 4/Max. 12 - M/W, Min. 4/Max. 6 - Sa

### Tennis Satellite II

This program is for the middle school beginner player. Learn proper technique for the ground strokes, volley and serve. Learn basic body movement and footwork. Learn how to track, judge the bounce of the ball and rules of tennis. In case of inclement weather, please call the tennis weather hotline at (815) 436-8812, ext. 40. Instructor: MTL Tennis Management Group. CK

Program #	Day	Date	Time	Location
23211A1	M/W	Jun. 7-30	12-1 pm	NWCP
23211A3	Tu/Th	Jun. 8-Jul. 1	2-3 pm	NWCP
23211A4	Sa	Jun. 5-26	12-1 pm	NWCP
23211B1	M/W	Jul. 5-28	12-1 pm	NWCP
23211B3	Tu/Th	Jul. 6-29	2-3 pm	NWCP
23211B4	Sa	Jul. 10-31	12-1 pm	NWCP

Ages 11-13  
R \$80/NR \$120 - M/W & Tu/Th  
R \$40/NR \$60 - Sa  
Min. 4/Max. 12 - M/W & Tu/Th, Min. 4/Max. 6 - Sa

### LOOKING FOR A GREAT SUMMER JOB?

**CHECK OUT OUR LIFEGUARD TRAINING & OTHER INSTRUCTOR CLASSES ON PAGE 15!**

## Teens

### Tennis Masters

The Masters group continues work on all phases of the game using proper grips and technique. Also focus on developing consistency and placement with ground strokes. Singles and doubles match-play for the last 1/2 hour. In case of inclement weather, call the tennis weather hotline at (815) 436-8812 x40. Instructor: MTL Tennis Management Group. CK

Program #	Day	Date	Time	Location
22216A1	M/W	Jun. 7-30	1-2:30 pm	NWCP
22216A3	Tu/Th	Jun. 8-Jul. 1	9-10:30 am	NWCP
22216A4	Sa	Jun. 5-26	1-2:30 pm	NWCP
22216B1	M/W	Jul. 5-28	1-2:30 pm	NWCP
22216B3	Tu/Th	Jul. 6-29	9-10:30 am	NWCP
22216B4	Sa	Jul. 10-31	1-2:30 pm	NWCP

Ages 10-13

R \$120/NR \$180 - M/W & Tu/Th

R \$60/NR \$90 - Sa

Min. 4/Max. 12

### Advanced Fencing

Advanced fencing will offer students the basic understanding of attacks and defenses in fencing. Students will have fun learning different moves and combination of moves that will help them develop their fencing game. Each class will have conditioning, drilling, and bouting (actual fencing). Time will be set aside during each class for individual instruction. This program is designed for all fitness levels. Fencing equipment will be provided. Instructor: Sergey Shevtsov. CK

Program #	Day	Date	Time	Location
27273A1	W	Jun. 30-Aug. 18	8-9 pm	STREA

Ages 13 & up

R \$96/NR \$144

Min. 6/Max. 12

### Fencing Club

The fencing club is for participants with previous fencing experience and who are looking to spar with other fencers on a regular basis and/or train for upcoming tournaments. Equipment will be provided. Time will be set aside each class for individual instruction. Instructor: Sergey Shevtsov. CK

Program #	Day	Date	Time	Location
27272A1	W	Jun. 30-Aug. 18	7-8 pm	STREA

Ages 8 & up

R \$96/NR \$144

Min. 6/Max. 12

### Adult Karate

This program offers a variety of benefits for the student. This program is ideal for releasing tension and developing cardiovascular fitness. Karate movements develop poise and agility while improving overall muscle tone. Please note that Parent/Child, Youth and Adult classes may train together. Instructor: Illinois Shotokan Karate Club. CK

Program #	Day	Date	Time	Levels
22212A1	M	Jun. 7-Aug. 16	8-9 pm	All
22212A3	Tu	Jun. 8-Aug. 17	6:50-7:45 pm	Beg/Cont/Wht
22212A4	Tu	Jun. 8-Aug. 17	7:50-8:45 pm	Orange & Up
22212A7	W	Jun. 16-Aug. 25	8:30-9:30 pm	All

Locations: M - PNHS, Tu - PSHS, W - CENSQ

Ages 14 & up

R \$91/NR \$136.50

Min. 6/Max. 15

### Early Taekwondo

Designed especially for the younger children of 6-7 years, this program helps kids develop conditioning, coordination, listening skill, and self-confidence through creative activities. A \$45.00 uniform fee is required at the first class. Classes taught under the direction of Grand Master Ki Hong Kim. CK

Program #	Day	Date	Time	Location
22240A1	Th	Jun. 10-Aug. 19	5:15-6 pm	PNHS

Ages 7 & up

R \$99/NR \$148.50

Min. 5/Max. 20

### Beginners Archery

Classes concentrate on range rules, safety rules and fundamentals of archery. Class covers: eye dominance, archery safety rules, warm-up exercises, archery tackle sized to archer, proper shooting techniques "9 Steps", grouping & consistency, scoring. The beginner session is appropriate for those who have never shot a bow, or those with some previous experience that are seeking a refresher session. Participants should not wear baggy clothing. Recommend short sleeve shirts be worn. All safety gear and equipment will be provided (Bow, arrows, arm guard). Master Instructor: Bill Burger. CK

Program #	Day	Date	Time	Location
27203A1	Tu	Jun. 1-22	6:30-7:30 pm	GLISS
27203B1	Tu	Jul. 6-27	6:30-7:30 pm	GLISS
27203C1	Tu	Aug. 10-31	6:30-7:30 pm	GLISS

Ages 8 & up

R \$50/NR \$75

Min. 8/Max. 12

#### Teen Location Key

See page 53!