

# Teen Programs

## NEW • Mind-Full: A Workshop for Teen Girls

### by Longevity Nutrition

This course is an exciting partnership between two local business women passionate about empowering the physical and emotional health of our girls. At Plate28 in Hinsdale, Barbie Boules, RDN, LDN, CHWC will lead an afternoon of dynamic, interactive discussions on nourishing foods, quality sleep, joyful movement, self-care skills, tools for managing stress, body confidence, self-compassion, and the power of mindfulness. Girls walk away with a wealth of easy-to-implement, evidence-based, nutrition and wellness knowledge they won't forget (and a swag bag).



See [www.barbieboules.com](http://www.barbieboules.com) to learn more about Barbie, and [www.plate28.co](http://www.plate28.co) to learn more about Katie and the event location. Snacks will be served.

Code	Day	Time	Date
115296-A	SUN	Noon-2:30pm	5/17

**Ages:** 12-16 years  
**Fee:** \$97R/NR  
**Location:** Plate28, 5819 S. Madison, Hinsdale  
**Min/Max:** 7/17

## NEW • Lake Geneva Zip Line Tour

Venture into Lake Geneva's favorite backyard with us, as we zip through the trees, and experience the beauty of Wisconsin. You'll have the time of your life, and go home with a story to tell. Everyone must complete a waiver and wear closed toed shoes on the trip. Bring your own lunch.

Code	Day	Time	Date	Register By
115297-A	F	9:00am-4:00pm	6/5	5/25

**Ages:** 12-16 years  
**Fee:** \$90R/\$100NR  
**Location:** Drop off at Westmont Park District Community Center  
**Min/Max:** 2/4 {co-op}

## Hinsdale Humane Society Volunteer Trip

Work on a volunteer project, tour Hinsdale Humane Society's new Pet Rescue and Resource Center and meet some of our animals. If you plan on receiving service hours for this trip, please bring any forms that need to be signed. This is a drop-off and pick-up at location trip.

Code	Day	Time	Date	Register By
114178-A	TH	1:30-3:30pm	6/18	6/11
114178-B	TH	1:30-3:30pm	7/23	7/16

**Ages:** 12-17 years  
**Location:** Hinsdale Humane Society  
 21 Salt Creek Lane, Hinsdale  
**Fee:** \$5R/\$8NR  
**Min/Max:** 2/4 {Co-Op}



## NEW • Northern Illinois Food Bank

Join us for Food Sort and Pack at the Northern Illinois Food Bank. Duties will vary based on the product, but it typically includes assembling boxes, evaluating, sorting, labeling, and boxing product for distribution to the community. Volunteers assist with evaluating, sorting, labeling, and packing items such as canned foods, toiletries, cereal, produce, etc. With this help, we are able to distribute the product to our network partners. Closed-toed shoes (sneakers or work boots) are required. Long shorts or pants and a t-shirt or sweatshirt are recommended. Volunteers wearing open-toed shoes will not be allowed in the warehouse and cannot stay with the group.

Code	Day	Time	Date	Register By
114179-A	TH	12:45-3:30pm	6/25	6/17

**Ages:** 11-17 years  
**Fee:** \$5R/\$8NR  
**Location:** Northern Illinois Food Bank  
 171 S. Larkin Ave, Joliet, 60436  
**Min/Max:** 2/4 {Co-Op}

## NEW • Spike and Swim Co-Ed Beach Volleyball League

Come to Lions Park Pool with your friends and compete in our NEW beach volleyball league. The league will run on Fridays in July and each team will play at least one game each night (5:30 & 6:30pm). Fee includes 4 week league and open swim (before or after game depending on game time). There are 4 players on the court at a time (minimum 2 females). Maximum team roster of 8 players. Final night playoff includes pizza party. Registration is by team, individuals interested in playing should contact Vince at [vinced@clarendonhillsparkdistrict.org](mailto:vinced@clarendonhillsparkdistrict.org) and he can connect you with a team. Call 630-789-7090 to register a team of 8.

Code	Day	Time	Date	Register By
115295-A	F	5:30-8:00pm	7/10-7/31	6/24

**Ages:** 11-14 years  
**Fee:** \$40R/\$50NR per person  
 or Team Fee of \$200 (max 8 players)  
**Location:** Lions Park Pool  
 100 Byrd Ct., Clarendon Hills  
**Min/Max:** 8 players or 1 team {co-op}

## NEW • Darien Sportsplex Teen Open Skate

Come cool off from the summer heat and join your friends at the Darien Sportsplex for a teen open skate. Two hours of skate time just for you, which includes your skate rental. Come join the fun!

Code	Day	Time	Date
115178-A	F	6:00-8:00pm	7/17

**Ages:** 11-17 years  
**Fee:** \$10R/NR (includes skate rental)  
**Location:** Darien Sportsplex  
 451 Plainfield Rd, Darien  
**Min/Max:** 10/50 {Co-Op}