

BRAIN & BODY TAI CHI AND YOGA

Body & Brain Yoga/Tai Chi

Ages: 18+

Awaken energy and quiet the mind through a mix of stretching, movement, and breathing exercises with Body and Brain Yoga/Tai Chi. Great for all ages and fitness levels. Min/Max: 4/20.

Location: Community Center

Code	Day	Dates	Time	Fee R/NR
510100-01	Tu	1/9	7:30-8:30pm	Free demo
510100-02	W	1/10	10-11am	Free demo
510100-03	Tu	1/16-2/6	7:30-8:30pm	\$48/\$60
510100-04	W	1/17-2/7	10-11am	\$48/\$60
510100-05	Tu	2/20-3/12	7:30-8:30pm	\$48/\$60
510100-06	W	2/21-3/13	10-11am	\$48/\$60
510100-07	Tu	3/26-4/16	7:30-8:30pm	\$48/\$60
510100-08	W	3/27-4/17	10-11am	\$48/\$60

get fit... stay fit!

Clarendon Hills residents receive the Resident Rate at both local fitness centers. Visit either the Westmont or Darien Fitness Center for more information.



424 Plaza Dr., Westmont
(630) 789-2673
WestmontParks.org



7301 Fairview Ave., Darien
(630) 968-6400
DarienParks.com

Adult Open Gym Basketball

Full court for 1-15 players and two short courts for more than 15 players. Schedule changes will be posted on Facebook and lobby front doors. Min/Max: 6/20.

No open gym 3/19.

Location: Clarendon Hills Middle School Gym*



Day	Dates	Time	Drop-in Fee R/NR
Tu	1/9-4/26	7-9pm	\$4/\$5

*Players are required to enter through the Community Center lobby.



Spring Pickleball Doubles League

Ages: 18+

Think you are the best Pickleball player around? Come prove it at the Clarendon Hills Park District Pickleball League. We have Men's, Women's, and Co-ed divisions. The season is 5 weeks long and culminates at the end of the season with a single-elimination tournament. Each match is the best two out of three games, with game three being played to 5 points, win by 2. Min/Max: 4/4 teams. **No games Memorial Day week.**

Location: Prospect Park Pickleball Courts

Beginner: Co-ed

Code	Day	Dates	Time	Fee R/NR
143100-22	Tu	4/30-6/11	6 or 7:15pm	\$81/\$102

Beginner: Women

Code	Day	Dates	Time	Fee R/NR
143100-23	W	5/1-6/12	6 or 7:15pm	\$81/\$102

Beginner: Men

Code	Day	Dates	Time	Fee R/NR
143100-24	Th	5/2-6/13	6 or 7:15pm	\$81/\$102

Intermediate/Advanced: Co-ed

Code	Day	Dates	Time	Fee R/NR
143100-25	Tu	4/30-6/11	6 or 7:15pm	\$81/\$102

Intermediate/Advanced: Women

Code	Day	Dates	Time	Fee R/NR
143100-26	W	5/1-6/12	6 or 7:15pm	\$81/\$102

Intermediate/Advanced: Men

Code	Day	Dates	Time	Fee R/NR
143100-27	Th	5/2-6/13	6 or 7:15pm	\$81/\$102