

ZION - Sports and Fitness

Softball

One, Two, Three strikes YOU'RE OUT! Come join the SRSNLC Northstars softball team. The team is for any level of player. We work on hitting, catching, fielding the ball, and all the other basic skills needed to play softball.

Location: Shiloh Center

Minimum/Maximum: 5/15

Fee: \$35 resident / \$52 non-resident

CODE:	DAY:	DATE:	TIME:	AGES:
Z7034	Tues.	5/4-7/10	6:00 - 7:00 pm	8 & Older

Golf

SRSNLC is back in full swing. Join us for a great season of golf. We will be providing partners for unified golf for anyone interested. Anyone can join from beginners to experienced golfers. **Special Olympics Golf tournament will be held 7/26 (Unified) and 8/2 (5 & 9 Hole).**

****Must have a current Special Olympics application on file****

Location: Shiloh Golf Course

Minimum/Maximum: 4/12

Fee: \$45 resident / \$67 non-resident

CODE:	DAY:	DATE:	TIME:	AGES:
Z7030	Tues.	5/4-8/2	3:30 pm	8 & Older

Bowling

Come join a great group of people once a week for a fun, non-competitive evening of bowling. Bowling includes 2 games of bowling and shoes.

Location: Pinsters Bowl & Bar, Zion

Minimum/Maximum: 10/50

Fee: \$6.50 per day resident / \$75 per session non-resident
\$9.75 per day resident / \$112.50 per session non-resident

CODE:	DAY:	DATE:	TIME:	AGES:
Z7040	Thurs.	5/6-7/22	4:00 - 5:30 pm	All

Bocce Ball

This ancient game, whose modern adaptation most closely resembles bowling, requires skill, strategy and just a little luck. Bocce ball is a great game to play outside on a beautiful day.

Location: Shiloh Park

Minimum/Maximum: 4/16

Fee: \$20 resident / \$30 non-resident

CODE:	DAY:	DATE:	TIME:	AGES:
Z7032	Mon.	6/14-7/26	5:30 - 6:30 pm	All

SPECIAL OLYMPICS AREA BOWLING TOURNAMENT

Come on out to Brunswick Zone in Naperville to test your bowling skills and see if you can move on to the sectional Tournament in Rockford.

You must bowl in Summer bowling league to participate in this tournament.

****Must have a current Special Olympics application on file****

Location: Special Recreation Activity Room, Leisure Center

Minimum/Maximum: 3/12

Fee: \$5

CODE:	DAY:	DATE:	TIME:	AGES:
Z7010	Sun.	6/6	TBA	8 & Older

Walk-N-Fit

Walk-N-Fit is a wonderful program for those people who would like to get off of that couch, out of the house and get a little exercise. There is a variety of different exercise equipment. There is a variety of different exercise equipment, free weights, treadmills, and outdoor walking trails that you can work out on.

****NO WALK-N-FIT ON 7/3****

Location: Hermon Park, Zion Park District

Minimum/Maximum: 5/15

Fee: \$20 resident / \$30 non-resident

CODE:	DAY:	DATE:	TIME:	AGES:
Z7095	Sat.	6/5-8/14	9:00 - 10:00 am	13 & Older

Volleyball

Bump, Set, Spike! Come out for an exciting season of volleyball with the Northstars! We will work on basic skills and rules of the game.

****Must have a current Special Olympics application on file****

Location: Leisure Center, Gym

Minimum/Maximum: 6/12

Fee: \$45 resident / \$67 non-resident

CODE:	DAY:	DATE:	TIME:	AGES:
Z7039	Tues.	7/27-10/3	6:00 - 7:00 pm	15 & Older

