

Youth Athletics Basketball

Youth Basketball

Our basketball program provides players with a progressively challenging level of play.

It's a great opportunity for players to socialize and interact with peers in a healthy and fun environment!

- Leagues are divided by gender and grade. Equal playing time will be allotted to each player. Teams are formed based on talent level to ensure balance throughout the league; no coach or teammate requests will be considered.
- Teams are assigned 1-2 weekday evening practices beginning November 30.
- Coaches will contact players with specific schedule information no later than November 19.

MANDATORY Parent Meeting - Friday, November 13. One parent from each household must attend.

Boys & Girls-Grade 3-4

These leagues provide fun while learning the fundamentals of basketball.

Games are played on Saturdays, December 12 to March 20. No games 12/26, 1/2

League	Code	R/NR Fee	
		Until 10/30	After 10/30
Boys, Grade 3	22018-1	\$115/144	\$165/194
Boys, Grade 4	22019-1	\$115/144	\$165/194
Girls, Grade 3	22010-1	\$115/144	\$165/194
Girls, Grade 4	22011-1	\$115/144	\$165/194

Boys & Girls - Grades 5-8

These leagues encourage players to test their skills in a semi-competitive league setting.

Games are played on Fridays and/or Saturdays, December 11 to March 20. No games 12/25, 12/26, 1/1, 1/2

League	Code	R/NR Fee	
		Until 10/30	After 10/30
Boys, Grade 5	22015-1	\$115/144	\$165/194
Boys, Grade 6	22016-1	\$115/144	\$165/194
Boys, Grade 7-8	22017-1	\$115/144	\$165/194
Girls, Grade 5	22012-1	\$115/144	\$165/194
Girls, Grade 6	22013-1	\$115/144	\$165/194
Girls, Grade 7-8	22014-1	\$115/144	\$165/194

MANDATORY Skill Evaluation Day at the Sullivan Community Center

Players should check in 15 minutes prior to their scheduled evaluation time.

Girls: Sunday, November 1

Grade	Time	Grade	Time
3	11:00 am	6	2:00 pm
4	12:00 pm	7-8	3:00 pm
5	1:00 pm		

Boys: Saturday, October 31

Grade	Time	Grade	Time
3	10:00 am	6	1:00 pm
4	11:00 am	7	2:00 pm
5	12:00 pm	8	3:00 pm

Volunteer Basketball Coaches Information Form

Name _____ Home phone _____

E-mail _____ Alternate Phone _____

Address _____ City _____ Zip _____

Circle one position & category:

Position: Head Coach Assistant Coach

Categories **Boys:** Grade 3 Grade 4 Grade 5 Grade 6 Grades 7&8

Girls: Grade 3 Grade 4 Grade 5 Grade 6 Grades 7&8

ASEP Certification: No Yes Date Certified: _____ All coaches must become ASEP-certified and must have a mandatory background check in order to coach.

I would like to coach with _____ (Only 2 coaches will be assigned to each team)

For more information, contact Joe Bruntmyer at 847-996-6800 or joeb@vhparkdistrict.org



North Shore Gymnastics
27825 Irma Lee Circle
Lake Forest (847) 367-6555

15,000 sq. foot facility with 2 in-ground trampolines, 3 foam pits, resipits, bars, beams, spring floor, vault, and obstacle course! Staff are USAG safety-certified.



**Gymnastics
Holiday Fun
Camp!**

See page 26
for details.

Fall Session I 8/31- 11/7 R/NR: \$145/181

The gym is closed on Labor Day, September 7.

Fall Session II 11/9- 1/23 R/NR: \$145/181

The gym is closed 11/26-28 and 12/21-1/3.

Parent & Tot (18 mos-3 yrs/parent)

Parents & toddlers aged 18 months to 3 years participate together. This program is designed to help develop gross motor skills by using our unique equipment, including an obstacle course, balance beam, trampoline, tumble trak, and pit play.

Preschool (3-4 years)

Children must be ready to separate from parent and able to follow instructions. The instructor uses equipment to help children learn jumping, skipping, climbing, balance, forward and backward rolls, as well as other gross motor skills. Classes that are ready for more advanced instruction will gradually begin to learn cartwheels and other gymnastics skills.

Girls Beginner (5 years & up)

Our progressive program offers complete gymnastics training on all apparatus. Gymnasts work and progress at individual rates, while keeping safety in mind at all times. Attire: Girls must wear leotards.

Boys Beginner (5 years & up)

Our progressive program offers complete gymnastics training on all apparatus. Gymnasts work and progress at individual rates, while keeping safety in mind at all times Attire: Boys must wear shorts or sweat pants with a T-shirt, sweatshirt or warm-up suit.

Cheer Tumble (9-14 years)

This class is designed for cheerleaders or any child interested in tumbling and trampoline only.

Flip Flops & More (5-8 years)

This class is to help participants with their back hand-springs, tumbling, jumps, dance moves and cheers.

Parent & Tot (18 mos - 3 yrs/parent)

Day	Time	Fall I	Fall II
Monday	11:00-11:45a	22411-1	22411-2
Tuesday	11:00-11:45a	22412-1	22412-2
Wednesday	11:00-11:45a	22413-1	22413-2
Wednesday	1:00-1:45p	22414-1	22414-2
Thursday	11:00-11:45a	22415-1	22415-2
Friday	11:00-11:45a	22416-1	22416-2
Saturday	11:15-noon	22417-1	22417-2

Preschool (3-4 years)

Monday	11:00-11:45a	22421-1	22421-2
Tuesday	11:00-11:45a	22422-1	22422-2
Tuesday	1:00-1:45p	22423-1	22423-2
Wednesday	11:00-11:45a	22424-1	22424-2
Wednesday	1:00-1:45p	22425-1	22425-2
Thursday	11:00-11:45a	22426-1	22426-2
Thursday	1:00-1:45p	22427-1	22427-2
Friday	11:00-11:45a	22428-1	22428-2
Saturday	11:15-noon	22429-1	22429-2

Girls Beginner (5 years & up)

Monday	4:50-5:45p	22431-1	22431-2
Tuesday	1:00-1:55p	22432-1	22432-2
Wednesday	3:50-4:45p	22433-1	22433-2
Friday	3:50-4:45p	22434-1	22434-2
Saturday	11:15-12:10p	22435-1	22435-2

Boys Beginner (5 years & up)

Monday	4:50-5:45p	22441-1	22441-2
Thursday	1:00-1:55p	22442-1	22442-2
Friday	3:50-4:45p	22443-1	22443-2
Saturday	9:15-10:10a	22444-1	22444-2

Cheer Tumble (9-14 years)

Wednesday	5:50-6:45p	22451-1	22451-2
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Flip Flops & More (5-8 years)

Wednesday	4:50-5:45p	22461-1	22461-2
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Youth/Adult Athletics Ice Skating & Hockey



Glacier Skating Academy

670 N. Lakeview Parkway
Vernon Hills, IL 60061
847-362-1222



Tot Skating Basic skating skills for children, 3-6 years old, using fun and excitement along with instructional techniques. Skates are included in the class fee. All skaters must wear gloves/mittens and a protective helmet.

Code I	Session I	Fee I	Day	Time	Code II	Session II	Fee II
22942-1	9/1-10/20	\$108	T	10:00-10:30a	22942-A	10/27-12/15	\$108
22942-4	9/1-10/20	\$108	T	4:00-4:30p	22942-D	10/27-12/15	\$108
22943-4	9/2-10/21	\$108	W	1:10-1:40p	22943-D	10/28-12/16	\$108
22945-2	9/4-10/23	\$108	F	10:00-10:30a	22945-B	10/30-12/18	\$81
						No class 11/6, 11/27	
22946-1	9/5-10/24	\$108	S	9:20-9:50a	22946-A	10/31-12/19	\$181
						No class 11/7, 11/28	
22946-2	9/5-10/24	\$108	S	10:40-11:10a	22946-B	10/31-12/19	\$181
						No class 11/7, 11/28	

Little Dogs 1 & 2 Hockey Learn to skate instruction for the future hockey player, 3-6 years old. Hockey helmet, elbow and knee protection, and gloves required for both levels. Completion of one session of Tot Skating is recommended before enrolling in Little Dogs Hockey.

Code I	Session I	Fee I	Day	Time	Code II	Session II	Fee II
22942-2	9/1-10/20	\$108	T	10:00-10:30a	22942-B	10/27-12/15	\$108
22942-5	9/1-10/20	\$108	T	4:00-4:30p	22942-E	10/27-12/15	\$108
22943-5	9/2-10/21	\$108	W	1:10-1:40p	22943-E	10/28-12/16	\$108
22945-3	9/4-10/23	\$108	F	10:00-10:30a	22945-C	10/30-12/18	\$81
						No class 11/6, 11/27	
22946-3	9/5-10/24	\$108	S	10:00-10:30a	22946-C	10/31-12/19	\$81
						No class 11/7, 11/28	

Basic Skating - Learn to Skate 1-8 Skating fundamentals taught to children, 6 +years, including forward stroking, forward swizzles, snowplow stops, backward skating, backward gliding and more.

Code I	Session I	Fee I	Day	Time	Code II	Session II	Fee II
22941-1	8/31-10/19	\$116	M	4:00-4:40p	22941-A	10/26-12/14	\$116
22942-6	9/1-10/20	\$116	T	4:00-4:40p	22942-F	10/27-12/15	\$116
22943-6	9/2-10/21	\$116	W	4:20-5:00p	22943-F	10/28-12/16	\$116
22944-1	9/3-10/22	\$116	Th	5:00-5:40p	22944-A	10/29-12/17	\$101
						No class 11/26	
22945-1	9/4-10/23	\$116	F	4:10-4:50p	22945-A	10/30-12/18	\$87
						No class 11/6, 11/27	
22946-4	9/5-10/24	\$116	S	10:00-10:40a	22946-D	10/31-12/19	\$87
						No class 11/7, 11/28	

Adult Basic skills will be taught in a relaxed, skate at your own pace, atmosphere. Coaches will rotate instruction based on your skill level.

Code I	Session I	Fee I	Day	Time	Code II	Session II	Fee II
22942-3	9/1-10/20	\$108	T	10:30-11:00a	22942-C	10/27-12/15	\$108
22943-3	9/2-10/21	\$108	W	1:10-1:40p	22943-C	10/28-12/16	\$108
22946-5	9/5-10/24	\$108	S	10:00-10:40a	22946-E	10/31-12/19	\$81
						No class 11/7, 11/28	

Karate Youth/Adult Athletics



Children and adults will enjoy learning the art of Karate. Classes are taught by instructors from the Illinois Shotokan Karate Club under the direction of John DiPasquale, four-time National

Champion, former U.S. Karate Nat'l Team Coach and Nat'l Faculty Member of ASEP (American Sport Education Program).



Pre-Karate/Safety Ages 5-7

Young children develop coordination, strength and personal safety skills through fun and creative activities. This program also enhances memory and agility skills.

Parent/Child Karate Ages 7-Adult

An excellent opportunity to share quality time with your child while developing muscle tone, coordination, cardiovascular fitness and karate skills.

Youth Karate/Safety Ages 7-14

Karate skills put children in touch with their bodies and helps to build concentration, agility, strength, and poise, as well as personal safety skills.

Adult Karate Age 15 and up

Release tension and develop cardiovascular fitness! Karate develops poise and agility, improving overall muscle tone and teaching self-defense skills.

All Classes * R/NR Fee: \$120/150

*Exception: Wed. Advanced R/NR fee: \$170/213

Wednesdays, Sept. 9 – Dec. 16

Cooper Jr. High, 1050 Plum Grove Circle, Buffalo Grove

Adult (15 years +)	Code	Time
Beg/Int (White-Purple)	22354-1	7:30-8:30p
Advanced* (Brown-Black)	22384-2	8:30-10:00p

*R/NR fee: \$170/213

Thursdays, Sept. 3 – Dec. 17 (No class 11/26)

Sullivan Community Center, 635 N. Aspen Drive, VH

Pre-Karate (5-7 years)	Code	Time
Beginner (no experience)	22351-1	4:00-4:45p
Continuer (1+ sessions)	22361-1	4:50-5:35p
Intermediate/Advanced*	22381-1	5:40-6:25p

*with Instructor's permission

Thursdays, Sept. 3 - Dec. 17 (No class 11/26)

Hawthorn Elementary North, 301 Hawthorn Parkway, VH

Youth (7-14 years)	Code	Time
Beg/Cont (White-Blue)	22353-2	6:35-7:30p
Advanced (Green belt & up)	22383-1	7:35-8:30p

Adult (15 years & up)	Code	Time
Beginner/Continuer	22354-2	8:35-9:35p

Saturdays, Sept. 12 – Dec. 19

Sullivan Community Center, 635 N. Aspen Drive, VH

Pre-Karate (5-7 years)	Code	Time
Beginner (no experience)	22311-1	11:35-12:20p
Continuer (1 + sessions)	22321-1	12:25-1:10p

Youth (7-14 years)	Code	Time
Beginner (White)	22313-1	9:30-10:25a
Continuer (Orange-Yellow)	22323-1	10:30-11:25a
Novice (Blue-Green)	22393-1	1:15-2:15p
Int (Low Purple-2nd Brown)	22363-2	2:15-3:15p
Advanced (1st Brown - Black)	22383-2	3:15-4:15p

Adult (15 years & up)	Code	Time
Beginner (White)	22314-1	9:30-10:25a
Continuer (Orange-Yellow)	22324-1	10:30-11:25a
Novice (Blue-Green belt)	22394-1	1:15-2:15p
Int (Low Purple-2nd Brown)	22364-1	2:15-3:15p
Advanced (1st Brown - Black)	22384-1	3:15-4:15p

Parent/Child (7 years & up)	Code	Time
Beg/Continuer* (White)	22355-1	9:30-10:25a

*R/NR fee is per person

Youth Athletics Tennis



The Lincolnshire Club
96 Elm Road, Lincolnshire
847-276-2559



Quick Start Tots (Ages 5 and under)

The class focuses on learning tennis skills and improving social/group interaction. The parent accompanies the child on the court so both parent and Pro help the student have fun and learn in a relaxed atmosphere.

Code	Date	Day	Time	No Class	Location	Fee
22211-3	8/26-12/23	W	2:00-2:45p		Libertyville	\$311
22211-5	8/28-12/18	F	2:00-2:45p	11/27	Libertyville	\$276
22211-6	8/22-12/19	S	9:00-9:45a	9/5, 11/21, 11/28	Libertyville	\$259
22211-A	8/24-12/21	M	1:45-2:30p	9/7	Lincolnshire	\$294
22211-B	8/25-12/22	T	1:45-2:30p		Lincolnshire	\$311
22211-D	8/27-12/17	Th	1:45-2:30p	11/26	Lincolnshire	\$276

Peewee Tennis (Ages 5-7)

An introductory junior program. Basic hand-eye coordination, stroke development for the forehand and backhand ground strokes utilizing a Quick Start format.

Code	Date	Day	Time	No Class	Location	Fee
22212-3	8/26-12/23	W	3:15-4:00p		Libertyville	\$311
22212-G	8/23-12/20	Su	12:15-1:00p	9/6, 11/29	Lincolnshire	\$276

Starter Tennis (Ages 6-8)

An introductory junior program. Basic hand-eye coordination and stroke development for the forehand and backhand ground strokes, volley and serve utilizing a quick start format.

Code	Date	Day	Time	No Class	Location	Fee
22219-G	8/23-12/20	Su	1:00-2:00p	9/6, 11/29	Lincolnshire	\$368

Junior Development (Ages 8-13)

A great program for those 8-13 years old who are just starting tennis. Emphasis will be placed on form and control. Students will be introduced to ground strokes, volleys and serves utilizing a Quick Start format.

Code	Date	Day	Time	No Class	Location	Fee
22213-5	8/28-12/18	F	6:00-7:00p	11/27	Libertyville	\$368
22213-6	8/22-12/19	S	5:00-6:00p	9/5, 11/21, 11/28	Libertyville	\$345
22213-7	8/23-12/20	Su	4:00-5:00p	9/6, 11/29	Libertyville	\$368
22213-F	8/22-12/19	S	4:00-5:00p	9/5, 11/21, 11/28	Lincolnshire	\$345
22213-G	8/23-12/20	Su	2:00-3:00p	9/6, 11/29	Lincolnshire	\$368

High School Program

Designed for students wishing to improve their playing skills in order to make their school team or to better themselves. Drills are used to imitate competitive game situations and improve students' strokes.

Code	Date	Day	Time	No Class	Location	Fee
22214-5	8/28-12/18	F	6:00-7:00p	11/27	Libertyville	\$368



The Libertyville Club
 1030 S. Fourth Ave., Libertyville
 847-362-5553



Adult Instant Tennis

Learn to play tennis in a few short weeks. Even if you've never held a racquet, we can get you started playing and enjoying this great sport in no time at all! The program is also an excellent refresher course for those who have played before.

Code	Date	Day	Time	No Class	Location	Fee
22215-2	8/25-12/22	T	9:00-10:00a		Libertyville	\$414
22215-6	8/22-12/19	S	4:00-5:00p	9/5, 11/21, 11/28	Libertyville	\$345
22215-7	8/23-12/20	Su	5:00-6:00p	9/6, 11/29	Libertyville	\$368

Adult Tennis 123

An introductory instructional program for adults. The classes are designed to teach tennis skills to new players in a group environment. Perfect for the player who has not played in years.

Code	Date	Day	Time	No Class	Location	Fee
22217-A	9/7-10/26	M	9:00-10:00a		Lincolnshire	\$210
22217-B	9/8-10/27	T	7:00-8:00p		Lincolnshire	\$240
22217-G	9/13-11/1	Su	12:00-1:00p		Lincolnshire	\$240
22217-C	11/2-12/21	M	9:00-10:00a		Lincolnshire	\$240
22217-D	11/3-12/22	T	7:00-8:00p		Lincolnshire	\$240
22217-E	11/8-12/20	Su	12:00-1:00p		Lincolnshire	\$180

Adult Tennis 456

A program that focuses on tightening up your tennis nuts and bolts, including volleys, forehand and backhand ground strokes, and the serve.

Code	Date	Day	Time	No Class	Location	Fee
22218-A	9/7-10/26	M	10:00-11:30a		Lincolnshire	\$315
22218-B	9/8-10/27	T	8:00-9:30p		Lincolnshire	\$360
22218-H	9/13-11/1	Su	1:00-2:30p		Lincolnshire	\$360
22218-C	11/2-12/21	M	10:00-11:30a		Lincolnshire	\$360
22218-D	11/3-12/22	T	8:00-9:30p		Lincolnshire	\$360
22218-E	11/8-12/20	Su	1:00-2:30p		Lincolnshire	\$270

Adult Stroke Production

Emphasis is placed on reinforcing the tennis basics; forehand and backhand ground strokes, volleys, and serves.

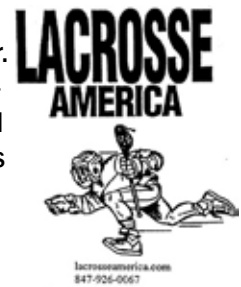
Code	Date	Day	Time	No Class	Location	Fee
22216-6	8/22-12/19	S	4:00-5:00p	9/5, 11/21, 11/28	Libertyville	\$345
22216-7	8/23-12/20	Su	5:00-6:00p	9/6, 11/29	Libertyville	\$368
22216-4	8/27-12/17	Th	11:00-Noon	11/26	Libertyville	\$368

Youth Athletics Lacrosse

Boys Fall Lacrosse Camps

Lacrosse, “the fastest sport on two feet,” combines the best attributes of basketball, hockey, and soccer. Lacrosse America directors and experienced staff will instruct campers in stick handling, dodging, passing, shooting, offense and defense, while emphasizing skill development and sportsmanship. Individual and game situation drills will progress into competitive scrimmages. Beginners and experienced players find this program challenging and fun as they gain experience in one of the country’s fastest growing sports. All campers receive a t-shirt.

For more information call (847) 412-5LAX (5529), or visit www.lacrosseamerica.com



NOTE: Boys must wear protective equipment consisting of a helmet, shoulder pads, arm pads, and gloves. Hockey helmets and pads may be used in place of lacrosse equipment. This equipment can be rented or purchased at any Lacrosse America location. All players must have their own stick, water and mouth guard.

Grades: 3-8

Code	Grade	Dates	Day	Time	R/NR Fee
22912-1	3-4	9/12-10/17	S	2:00-3:30p	\$125/156
22912-2	5-6	9/12-10/17	S	2:00-3:30p	\$125/156
22912-3	7-8	9/12-10/17	S	2:00-3:30p	\$125/156

Vernon Hills Athletic Complex

For advanced players, Lacrosse America offers fall league play. Visit www.lacrosseamerica.com for more information.

Girls Fall Lacrosse League

Be a part of a youth lacrosse league exclusively for girls from Vernon Hills, Barrington, Lake Zurich, Libertyville, Lake Forest, Northbrook, Glenview, Highland Park, Barrington, Lake Zurich, Libertyville, Kenilworth, Glencoe, Wilmette, Winnetka and Northfield. The emphasis of this program is to develop the girl within the sport of lacrosse. The goals of the program are to understand the rules of lacrosse, active teamwork, sportsmanship, and fostering personal development in a respectful environment led by positive coaching. All players will receive equal playing time and will be played in all positions. Practices will be one day per week for 1 ½ hours. Games will be played on Sunday afternoons.



NOTE: Each player must have goggles, a stick, and a mouth guard for practices and games. Go to www.iglax.org for general equipment information and recommendations. Equipment packages are available for purchase. Choose the ‘equipment’ link and view the options through www.QCLax.com

Grades: 3-8

Code	Grade	Dates	Fee*
22912-4	3-4	9/14-10/25	\$155
22912-5	5-6	9/14-10/25	\$155
22912-6	7-8	9/14-10/25	\$155

*Team jersey included in fee.

Vernon Hills Athletic Complex

Illinois Girls Lacrosse Association in partnership with Lakeshore Lacrosse



Girls Lacrosse Registration

1. Register through the Vernon Hills Park District
2. Visit www.iglax.org for uniform sizing, participant information and equipment loaner requests.
3. The practice locations and schedules will be determined and posted on the www.iglax.org website.

If you have an interest in being a ‘Parent Volunteer Coach’ please let us know during the website registration
NO EXPERIENCE NECESSARY!

Volleyball/Football Youth Athletics

Nerf Football Clinic

Learn football from athletes who have played on a collegiate or semi-professional level! This high-energy non-contact football clinic, presented by On-The-Go Sports, teaches the fundamentals of football including passing, receiving, blocking, routes and more! Participants will receive top notch instruction. The clinic will include a scrimmage. Registration is limited, so please register early.



Code	Grades	Dates	Day	Time	Fee
27346-1	1-2	9/12-10/24	S	10:00-11:00a	\$105
27346-2	3-6	9/12-10/24	S	11:00-Noon	\$105
		No class 10/10			
27346-3	1-2	11/7-12/19	S	10:00-11:00a	\$105
27346-4	3-6	11/7-12/19	S	11:00-Noon	\$105
		No class 11/28			

Hawthorn Middle School-North

Co-ed Volleyball Clinic

Ready, set, spike! This energizing co-ed class, presented by On-The-Go Sports, teaches participants the fundamentals of volleyball in a fun team setting. Volleyball stars will teach young players techniques to improve their game. Instruction will focus on passing, setting, spiking, serving and blocking, while stressing the importance of discipline and teamwork as it equates to success on the court. Participants will be grouped according to playing skill. All instructors have played volleyball at the collegiate or semi-professional level, virtually guaranteeing positive results. Everyone walks away a winner and receives a surprise giveaway!



Code	Grades	Dates	Day	Time	Fee
22961-1	3-5	9/14-11/2	M	6:30-7:30p	\$105
22961-2	6-8	9/14-11/2	M	7:30-8:30p	\$105
		No class 9/28, 10/12			
22961-3	3-5	11/9-12/14	M	6:30-7:30p	\$105
22961-4	6-8	11/9-12/14	M	7:30-8:30p	\$105

Hawthorn Middle School-South



Middle School Volleyball League

The Park District is pleased to announce the inaugural season of middle school volleyball. This is a great opportunity for players to socialize and interact with peers in a healthy, fun environment while developing their volleyball skills.

Practices will begin the week of September 14. During the pre-season (9/14-9/25) teams will be scheduled for two 1-hour practices per week on weeknights. When matches begin, practice will be reduced to one practice per week as teams will also play a match every Thursday. Eight matches will be played Thursday evenings, October 1 to November 19.

Grades: 6-8, Boys & Girls

R/NR Fee: \$80/100 by 9/4
\$130/150 after 9/4

Code: 22999-1



Middle School Volunteer Volleyball Coaches Information Form

Name: _____ Home Phone: _____

E-Mail: _____ Alternate Phone: _____

Address: _____ City: _____ Zip: _____

I would like to coach with: _____ (only 2 coaches will be assigned to each team)

For more information, contact Joe Bruntmyer at joeb@vhparkdistrict.org or 847-996-6800

Youth Athletics

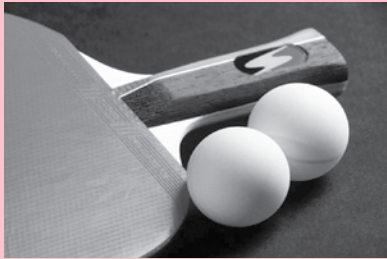


Table Tennis Lessons

Learn table tennis from the pros! 2001 Illinois State Champion Engelbert Solis is teaching an 8 week course on the fundamentals of this fast paced sport.

Get hands-on training in a class setting with coaches and a table tennis robot. Lessons include the basic forehand/backhand stroke, pushing, blocking, smash, serving and advanced techniques such as looping, footwork, proper body mechanics and serve returns. After your lesson, feel free to stay for open table tennis at no additional fee. All ages welcome.

Code	Dates	Day	Time	Fee
22991-1	9/22-11/10	T	6:00-7:00p	\$99
22991-2	9/25-11/20	F	6:00-7:00p	\$99
No class 10/30				

Sullivan Community Center Gym



Play ping pong with the Vernon Hills Park District Table Tennis Club!

All ages, all skill levels welcome

Tuesdays, 6:00-9:00 pm

Fridays, 6:00-9:00 pm

No table tennis 10/30

Drop-in fee: \$5

No membership fees



Gymnastics Holiday Fun Camp

Enjoy your days off with this fun gymnastics camp! This session will feature age appropriate activities for all levels, including trampoline, tumble trak, rope swing, floor games, mini tramp, huge obstacle course and much more!

Ages: 4-11 years

Fee: \$110/138

Code	Dates	Days	Time
22491-1	12/28-12/30	M-W	12:00-3:00p

North Shore Gymnastics



Track

Ready to maximize your speed and improve your fitness in a fun atmosphere? This six-week clinic, presented by On-The-Go Sports, features instruction from a track star, and is guaranteed to get your heart pumping! This co-ed class will focus on skill-enhancing drills for maximum speed, performance and cardio endurance. Stretching, light resistance training speed and agility drills are stressed. Perfect for those who wish to compete in track, cross-country or other speed sports like soccer and basketball.

Code	Grades	Dates	Day	Time	Fee
22971-1	4-8	9/17-10/22	Th	6:30-7:30p	\$105

Hawthorn Middle School-North



Cohen's Judo Club, 108 Terrace Dr., Mundelein

Judo

Adults and children will enjoy learning the sport of Judo. Cohen's Judo is one of the only clubs in the country that is taught & coached by former Olympians. The coaching staff consists of former athletes, coaches and current and former elite athletes.



What is Judo?

Judo (the gentle way) is throwing techniques and groundwork. It is using timing and leverage to bring his/her opponent off balance to execute a throw. It is getting you opponent to the ground for a hold down for the opponent to submit or until pinned. Judo has evolved into an international sport. It is the second most practiced sport worldwide. People do judo for many reasons such as exercise, self-defense, speed, coordination, cardiovascular and muscle development. For many, judo is a way of life.

Junior Program

Children will develop good listening skills, coordination, great work ethics, self-discipline and respect for oneself and also respect for their opponent. This makes Judo more than a sport, but rather a training ground for life's successes and failures.

Ages: 4-11 year olds
R/NR Fee: \$180/225

Code	Day	Dates	Time
22981-1	M	9/7-10/19	6:30-8:00p
22982-1	Th	9/10-10/22	6:30-8:00p
22983-1	S	9/12-10/24	10:30-11:30a
22981-2	M	10/26-12/7	6:30-8:00p
22982-2	Th	10/29-12/10	6:30-8:00p
22983-2	S	10/31-12/12	10:30-11:30a

Senior Program

Our senior program is an excellent workout and will dramatically improve your cardiovascular health; a great way to lose weight, build self-confidence, and become very goal oriented. In Judo you will learn self-defense skills by controlling yourself and your opponent at the same time.

Ages: 12+ year olds
R/NR Fee: \$180/225

Code	Day	Dates	Time
22984-1	M	9/7-10/19	8:00-9:30p
22985-1	Th	9/10-10/22	8:00-9:30p
22986-1	S	9/12-10/24	11:00-1:00p
22984-2	M	10/26-12/7	8:00-9:30p
22985-2	Th	10/29-12/10	8:00-9:30p
22986-2	S	10/31-12/12	11:00-1:00p



Brave Way Self Defense Class

The Brave Way has been taught to thousands of students, family members and professionals. This class is for anyone 8 to 80 years old! In just 2 hours, we will teach you how to defend yourself and help your family be safer and more secure at home, work, school, while shopping, dating, jogging, babysitting, traveling, and away at college.

The Brave Way Self Defense System is not a martial art, and no previous self-defense training is required to master the moves taught in class. The techniques are easy to learn, extremely effective, based on instinctive principles that don't require constant practice or years of training to use, and work regardless of your size, strength, speed, or skill. The program includes lecture, demonstration, hands-on instruction, scenario based training, defense against armed and unarmed and single and multiple attackers; standing, sitting, ground techniques and rape prevention. Upon completion of The Brave Way Program, students will possess the confidence and skills necessary to help them properly defend themselves and protect others. *Sign up with a friend or family member and train together!*

Ages: 8 years and older

Code	Date	Day	Time	R/NR Fee
20311-1	9/23	W	7:00-9:00p	\$30/38
20311-2	10/24	S	10:00-12:00p	\$30/38
20311-3	11/9	M	7:00-9:00p	\$30/38

Sullivan Community Center
The Brave Way, LLC