



Glacier Skating Academy

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

Tot Skating Fee: \$168

Code	Dates	Day	Time
32942-1	1/3-3/20	T	10:00-10:30a
32942-4	1/3-3/20	T	4:20-4:50p
32943-4	1/4-3/21	W	10:00-10:30a
32943-5	1/4-3/21	W	1:10-1:40p
32943-6	1/4-3/21	W	4:20-4:50p
32943-2	1/6-3/23	F	10:00-10:30a
32946-1	1/7-3/24	S	9:20-9:50a
32946-2	1/7-3/24	S	10:40-11:10a

Little Dogs Hockey Fee: \$168

Code	Dates	Day	Time
32942-2	1/3-3/20	T	9:30-10:00a
32942-5	1/3-3/20	T	4:20-4:50p
32943-5	1/4-3/21	W	1:10-1:40p
32946-3	1/7-3/24	S	10:00-10:30a

Learn to Skate - Basic 1-4 Fee: \$180

Code	Dates	Day	Time
32942-6	1/3-3/20	T	5:00-5:30p *\$135
32943-6	1/4-3/21	W	4:10-4:50p
32944-1	1/5-3/22	Th	5:00-5:40p
32945-1	1/6-3/23	F	5:00-5:40p
32946-4	1/7-3/24	S	10:00-10:40a
00046-4	1/7-3/24	S	11:10-11:50a

Adult Fee: \$168

Code	Dates	Day	Time
32942-3	1/3-3/20	T	10:30-11:10a
32943-3	1/4-3/21	W	12:20-1:00p
32946-5	1/7-3/24	S	10:00-10:40a



Tot Skating (3-6 years)

These classes teach the very basic of skating skills by using fun and excitement along with instructional techniques. All skaters must wear gloves/mittens and a protective helmet. Skates included in fee.

Little Dogs Hockey (3-6 years)

Learn to skate instruction for the future hockey player. Hockey helmet, elbow and knee protection, and gloves required. Completion of one session of tot skating is recommended before enrolling in Little Dogs Hockey.

Learn to Skate (6 years & older)

Basic skating skills will teach the skater the fundamentals of skating. The skater will learn skills such as forward stroking, forward swizzles, snowplow stops, backward skating, backward gliding and more.

Adult

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



Questions

Questions about Youth & Adult Athletics? Contact Joe Bruntmyer, Athletics Supervisor, at 847.996.6804 or joeb@vhparkdistrict.org

Mini Cougar Academy Soccer

The Mini Cougar Academy, presented by the Vernon Hills Soccer Club, is designed to introduce the three to eleven year old beginning or recreational player to professional coaching and advanced training ideas. The Mini Cougar Academy curriculum is designed around the core concept of teaching players basic foot skills leading to mastery of the ball - the foundation of all success and creative problem solving in the world's most popular game. All participants should wear gym shoes (no cleats) and soccer shin guards. Participants will need to provide their own soccer ball (recommended sizes: ages 3-6, size 3; ages 7-11, size 4).



Ages: 3-11 years

Code	Age	Dates	Day	Time	R/NR Fee
32815-1	3-5	1/6-2/10	F	5:30-6:30p	\$69/86
32815-2	6-7	1/6-2/10	F	6:30-7:30p	\$69/86
32815-3	8-11	1/6-2/10	F	7:30-8:30p	\$69/86
32815-4	3-5	2/17-3/23	F	5:30-6:30p	\$69/86
32815-5	6-7	2/17-3/23	F	6:30-7:30p	\$69/86
32815-6	8-11	2/17-3/23	F	7:30-8:30p	\$69/86

Sullivan Community Center Gym

Fastpitch Softball Pitching Clinics

This fastpitch softball clinic will be taught by former Northwestern player and Lake Forest College pitching coach Lindsey Shifley and VH Stingers coaches. The clinic will teach beginning to advanced pitching techniques, and is an excellent opportunity for all players to improve their skills. In order to promote safety and devote time to each player, clinic size may be limited. Individuals must bring their own glove and catcher to each session. Please bring \$10 to the first class to purchase indoor softballs. Catchers are not required to pay a registration fee.

Ages: 9-18 years (as of 1/1/12)

Session I: No class January 16 (make-up Jan.17)

Code	Dates	Days	Time	Fee
32131-1	1/4-1/30	M,W	6:30-7:00p	\$90
32132-1	1/4-1/30	M,W	7:10-7:40p	\$90
32133-1	1/4-1/30	M,W	7:50-8:20p	\$90
32134-1	1/4-1/30	M,W	8:30-9:00p	\$90

Session II: No Class February 20 (make-up Feb.21)

Code	Dates	Days	Time	Fee
32131-2	2/1-2/27	M,W	6:30-7:00p	\$90
32132-2	2/1-2/27	M,W	7:10-7:40p	\$90
32133-2	2/1-2/27	M,W	7:50-8:20p	\$90
32134-2	2/1-2/27	M,W	8:30-9:00p	\$90

Hawthorn Elementary-North Gym & MP Room

Fliptastic Camps Spring Break Camp

Gymnastics, games, obstacle course, trampoline, tumble trak, pit play, craft, snack and more!



Ages: 4-12 years

Code	Dates	Days	Time	Fee
32491-1	3/29	T	12:30-4:30p	\$40
32491-2	3/30	W	12:30-4:30p	\$40
32491-3	3/31	Th	12:30-4:30p	\$40
32491-4	3 days	T/W/Th	12:30-4:30p	\$110

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



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. 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
32961-1	3-5	1/23-3/12	M	6:30-7:30p	\$105
No class 2/20, 3/5					
32961-2	6-8	1/23-3/12	M	7:30-8:30p	\$105
No class 2/20, 3/5					

Hawthorn Middle School South



Flips Gymnastics North Shore is a fully equipped gymnastics facility offering instruction for boys and girls, 6 months to 17 years. There are two inground trampolines, an inground tumble trak, three loose foam pits, a separate bar gym, and a large viewing room.

27825 Irma Lee Circle, Lake Forest (847) 367-6555

Baby Gym (6-17 mos/parent)

Classes help nurture babies' development and coordination in a safe and fun-loving environment. Activities include crawling, bouncing, rolling, sliding, climbing and tunneling all done on our baby equipment! Music, color of the week and a field trip to our "big gym" are included.

Friday	10:00-10:45a	32471-1
Saturday	9:15-10:00a	32472-1

Parent & Tot (18 -36 mos/parent)

Classes improve gross motor skills, as well as group participation. Lessons begin with an obstacle course with age appropriate challenges and stretches in a fun way! This is followed by trampoline, "Just For Kids" bars, balance beam, and pit play. Parent participation is required.

Monday	11:00-11:45a	32411-1
Tuesday	10:00-10:45a	32412-1
Tuesday	11:00-11:45a	32413-1
Wednesday	11:00-11:45a	32414-1
Thursday	11:00-11:45a	32415-1
Friday	11:00-11:45a	32416-1
Saturday	9:15-10:00a	32417-1
Saturday	10:15-11:00a	32418-1
Saturday	11:15-12:00p	32419-1

Preschool (3-4 years)

This introductory class includes jumps, fun stretches, balance beam, "Just for Kids" bars, donkey kicks, rolls, and swings. Preschoolers will improve their strength and coordination as they prepare for our beginner classes.

Monday	11:00-11:45a	32420-1
Tuesday	11:00-11:45a	32421-1
Tuesday	4:00-4:45p	32422-1
Wednesday	11:00-11:45a	32423-1
Wednesday	1:00-1:45p	32424-1
Thursday	11:00-11:45a	32425-1
Thursday	4:00-4:55p	32426-1
Friday	11:00-11:45a	32427-1
Saturday	10:15-11:00a	32428-1
Saturday	11:15-12:00p	32429-1

Winter Session 1/23-3/25 • R/NR: \$150/188

Girls Beginner (5 years & up)

Girls will learn basic skills on vault, uneven bars, balance beam and floor exercise including cartwheels, handstands, and rolls. Dress: leotard or biketard.

Monday	4:30-5:25p	32430-1
Tuesday	1:00-1:55p	32431-1
Tuesday	4:00-4:55p	32432-1
Wednesday	4:00-4:55p	32433-1
Thursday	4:00-4:55p	32434-1
Saturday	9:15-10:10a	32435-1
Saturday	10:15-11:10a	32436-1
Saturday	11:15-12:10p	32437-1

Boys Beginner (5 years & up)

Improve strength and coordination through basic gymnastics. Lesson plans include instruction on vault, high bar, parallel bars, rings, pommel horse, and floor exercise. Dress: t-shirts and shorts or athletic pants. No jeans.

Monday	1:00-1:55p	32441-1
Monday	4:30-5:25p	32442-1
Tuesday	4:00-4:55p	32443-1
Wednesday	4:00-4:55p	32444-1
Saturday	9:15-10:10a	32445-1
Saturday	11:15-12:10p	32446-1

Cheer Tumble (8 years & up)

Improve jump and tumbling skills required for cheer teams. Instructors will utilize tumbling wedges and barrels, trampoline and tumble trak to help girls reach their goals.

Monday	5:30-6:25p	32451-1
Wednesday	5:30-6:25p	32452-1

Flip Flops & More (7-12 years)

Girls of all levels will improve their tumbling skills. Coaches will guide each girl toward her goal using our floor, trampoline, tumble trak, wedge mats and barrels.

Thursday	5:00-5:55p	32461-1
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Jump/Tumble (12 years & up)

This class is great for poms, cheer, or just for the fun of learning jumps and tumbling.

Thursday	6:00-6:55p	32462-1
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Boys Tumble/Tramp (6 years & up)

Boys will learn cartwheels, roundoffs, handsprings, and saltos using our floor, tumble trak, trampoline, barrels and wedges.

Monday	5:30-6:25p	32463-1
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All Classes: R/NR Fee: \$105/131

Exception:

Wed. Advanced R/NR Fee: \$141/176

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 President of the National Karate Federation of the USOC.

Pre-Karate/Safety (4-7 years)

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 (7 years & up)

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

Youth Karate/Safety (7-14 years)

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 (15 years & up)

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

Wednesdays 1/4-3/21

Adult (15 years +)

Beg/Int (White-Purple)	32354-1	7:30-8:30p
Advanced (Brown-Black)	32384-2*	8:30-10:00p

*R/NR fee: \$141/175

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

Thursdays 1/5-3/22

Pre-Karate (4-7 years)

Beginner (no experience)	32351-1	4:00-4:45p
Continuer (1+ sessions)	32361-1	4:50-5:35p
Intermediate/Advanced**	32381-1	5:40-6:25p

**with Instructor's permission

Sullivan Community Center, 635 N. Aspen Drive, Vernon Hills

Youth (7-14 years)

Beg/Cont (White-Blue)	32353-2	6:35-7:30p
Advanced (Green belt & up)	32383-1	7:35-8:30p

Middle School N., 201 Hawthorn Pkwy.

Adult (15 years +)

Beginner/Continuer	32354-2	8:35-9:35p
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Middle School North, 201 Hawthorn Pkwy.

Saturdays 1/7-3/24

Pre-Karate (4-7 years)

Beginner (no experience)	32311-1	11:35-12:20p
Continuer (1 + sessions)	32321-1	12:25-1:10p

Youth (7-14 years)

Beginner (White-Red)	32313-1	9:30-10:25a
Continuer (Orange-Yellow)	32323-1	10:30-11:25a
Novice (Blue-Green)	32393-1	1:15-2:15p
Int (Low Purple-High Purple)	32363-2	2:15-3:15p
Advanced (Brown - Black)	32383-2	3:15-4:15p

Adult (15 years +)

Beginner (White-Red)	32314-1	9:30-10:25a
Continuer (Orange-Yellow)	32324-1	10:30-11:25a
Novice (Blue-Green belt)	32394-1	1:15-2:15p
Int (Low Purple-High Purple)	32364-1	2:15-3:15p
Advanced (Brown - Black)	32384-1	3:15-4:15p

Parent/Child (7 years & up)

Beg/Continuer*** (White-Red)	32355-1	9:30-10:25a
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***R/NR fee is per person

Sullivan Community Center, 635 N. Aspen Drive, Vernon Hills

The Lincolnshire Club
96 Elm Road, Lincolnshire
847-913-2000



Quick Start Tots - Level 1 (Ages 5 and under)

This level is to begin the familiarity with tennis and all the motor skills needed to develop in their tennis journey. Parents are welcomed on the court to help facilitate the instructor's lesson plans. The focus will be on starting the motor skills process, throwing, catching, running, and all the hand eye coordination skills that will be developed in a relaxed and fun atmosphere.

Code	Date	Day	Time	No Class	Location	Fee
32211-5	1/6-3/23	F	2:00-2:45p		Libertyville	\$225
32211-6	1/7-3/25	Sa	9:00-9:45a	3/3	Libertyville	\$207
32211-E	1/7-3/24	Sa	11:00-12:00p	3/3	Lincolnshire	\$275
32211-F	1/8-3/25	Su	4:00-5:00p	3/4	Lincolnshire	\$275

Quick Start - Level 2 (Ages 6 and under)

The lesson plans and overall theme is the same as level 1. Level 2 is more serious with the motor skill learning. The ability to pay attention, follow directions without parents on court is key. Raquet skills, serving, drop hits, and rallying become more emphasized now that motor skills have been developing.

32212-A	1/7-3/27	Sa	11:00-12:00p	3/3	Lincolnshire	\$275
32212-B	1/8-3/25	Su	4:00-5:00p	3/4	Lincolnshire	\$275

Pee Wee 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.

32212-3	1/4-3/21	W	3:15-4:00p		Libertyville	\$225
32212-5	1/6-3/25	F	3:15-4:00p		Libertyville	\$225

Quick Start - Level 3 (Ages 8 and under)

This level intensely reviews skills from levels 1 & 2 and introduces fundamental tennis tactics and strategy. Moving away from the foam ball and smaller 36" court, this level switches to low compression balls and a 60" court and larger raquets. Emphasis is on full swing mechanics, rallying, and footwork.

32212-C	1/7-3/24	Sa	11:00-12:00p	3/3	Lincolnshire	\$275
32212-D	1/8-3/25	Su	4:00-5:00p	3/4	Lincolnshire	\$275

Quick Start - Level 4 (Ages 10 and under)

Still focusing on tactics and strategies, this level switches to a different low compression ball and ends with the regulation all court ball. At this level, the students should be more competitive and playing as such. Serving, returning, hitting ground strokes, and having the desire to become a more serious player.

32212-E	1/7-3/26	Sa	12:00-1:00p	3/3	Lincolnshire	\$275
32212-F	1/8-3/27	Su	4:00-5:00p	3/4	Lincolnshire	\$275



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

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
32213-5	1/6-3/23	F	6:00-7:00p		Libertyville	\$300
32213-6	1/7-3/24	Sa	5:00-6:00p	3/3	Libertyville	\$275
32213-7	1/8-3/25	Su	4:00-5:00p		Libertyville	\$300
32213-F*	1/7-3/24	Sa	12:00-1:00p	3/3	Lincolnshire	\$275
32213-G*	1/8-3/25	Su	4:00-5:00p	3/4	Lincolnshire	\$275

*Ages 11-13

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.

32214-5	1/6-3/23	F	6:00-7:00p		Libertyville	\$300
32214-6	1/7-3/24	Sa	4:00-5:00p	3/3	Libertyville	\$275
32214-F	1/7-3/24	Sa	3:00-4:00p	3/3	Lincolnshire	\$275
32214-G	1/8-3/25	Su	5:00-6:00p	3/4	Lincolnshire	\$275

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.

32215-2	1/3-3/20	T	9:00-10:00a		Libertyville	\$300
32215-6	1/7-3/24	Sa	4:00-5:00p	3/3	Libertyville	\$275
32215-7	1/8-3/25	Su	5:00-6:00p		Libertyville	\$300
32215-F	1/7-3/24	Sa	4:00-5:00p	3/3	Lincolnshire	\$275
32215-G	1/8-3/25	Su	5:00-6:00p	3/4	Lincolnshire	\$275

Adult Stroke Production

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

32216-6	1/7-3/24	Sa	4:00-5:00p	3/3	Libertyville	\$300
32216-7	1/8-3/25	Su	5:00-6:00p		Libertyville	\$275
32216-4	1/5-3/22	Th	11:00-Noon		Libertyville	\$300
32216-F	1/7-3/24	Sa	4:00-5:30p	3/3	Lincolnshire	\$413
32216-G	1/8-3/25	Su	5:00-6:30p	3/4	Lincolnshire	\$413



Lacrosse America, The Vernon Hills Park District and the Libertyville Park District are

joining forces this spring to coordinate youth travel lacrosse teams in the area. Teams will participate in the [Northwest Chicago Youth Lacrosse Federation Travel League](#). This league provides a fun and exciting playing environment for everyone from the beginner to the elite lacrosse player. Teams will be grouped by grade and ability level. Try-outs are required for upper level teams. Program emphasis will be on skill development, teamwork, and sportsmanship. All programs are ideal for beginning and experienced players. All players receive a custom team jersey and team shorts.



Level	Code	Birth Date	Dates*	Day	Time	Fee
Bantams	32911-1	9/1/02-8/31/04	4/17-6/17	Su T	3:00-4:30p 6:00-7:30p	\$230
Lightning	32912-1	9/1/00-8/31/02	4/4-6/17	Su M/W	12:00-1:30p 6:00-7:30p	\$275
Juniors	32913-1	9/1/98-8/31/00	4/2-6/17	Su M/W	2:00-3:30p 6:00-7:30p	\$275
Seniors	32914-1	9/1/96-8/31/98	4/3-6/17	Su T/Th	4:00-5:30p 6:00-7:30p	\$275

* No Lacrosse 4/8

Informational Parent Meeting
March 22 at 7:00pm at the Libertyville Sports Complex

Registration

1. Register and pay at the Vernon Hills Park District.
2. Register (Free!) at www.lacrosseamerica.com to receive program information updates. You will not receive any communications from Lacrosse America until you are registered.

Note: All players must rent/purchase all equipment prior to the first practice, equipment WILL NOT be available at the field. Rental/purchase information can be found at chicagolacrossecompany.com.

Coaching: Program coaching involves a group effort between Lacrosse America directors and coaches, local high school coaches, varsity high school players and most importantly, YOU! No experience necessary, but all coaches must complete a lacrosse America training course. You will be provided with all necessary equipment, practice plans and support. Details at www.lacrosseamerica.com.



Girls 5th - 8th Grade Winter Program

Not playing feeder basketball this winter? This program will give girls an opportunity to continue their basketball season through the winter. All of the girls will practice together for one hour per week. The coaches will then divide the girls into "teams" to play games on Saturdays. The emphasis in these leagues will continue to be sportsmanship, skill development, participation and fun. Both leagues will use a full-size court, a women's official size ball and have two referees per game. All players will receive a team jersey and participation trophy.

These leagues will play 6 games on Saturday morning/afternoon beginning February 11.

1/18Registration deadline

1/23Players will be contacted

1/30Practices begin

Registration Information

		thru 1/18	after 1/18
5/6	22012-2	\$60/75	\$110/125
7/8	22014-2	\$60/75	\$110/125

Parent's Code of Ethics -

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parent's Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.
- I will place the emotional and physical well being of my child ahead of my personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and will refrain from their use at all youth sports events.
- I will remember that the game is for youth - not adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will read the NYSCA National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

VOLUNTEER BASKETBALL COACHES INFORMATION FORM

Name _____

Email _____

Day Phone: _____ Evening Phone: _____

Position: Head Coach Assistant Coach

Categories Girls 5/6 Winter Girls 7/8 Winter

I would like to coach with _____



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
32991-1	2/28-4/24	T	6:00-7:00p	\$99
	No class 3/28			

Sullivan Community Center Gym

Table Tennis Club!
All ages, all skill levels welcome!

December

Tuesdays, 6:00-9:00 pm
Fridays, 6:00-9:00 pm

January, February, March

Tuesdays, 6:00-9:00 pm
Thursdays, 6:00-9:00 pm

April

Tuesdays, 6:00-9:00 pm
Fridays, 6:00-9:00 pm

Drop-in fee: \$5
Sullivan Community Center

