



**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.

Code	Fall Session	Day	Time	Fee	Code	Holiday*	Day	Time	Fee
22942-1	8/30-11/8	T	9:00-9:30a	\$154	22942-A	11/15-12/20	T	9:00-9:30a	\$70
22942-4	8/30-11/8	T	4:30-5:00p	\$154	22942-D	11/15-12/20	T	4:30-5:00p	\$70
22943-4	8/31-11/9	W	1:10-1:40p	\$154	22943-D	11/16-12/21	W	1:10-1:40p	\$70
22946-2	9/1-11/10	Th	5:00-5:30p	\$154	22946-B	11/17-12/22	Th	5:00-5:30p	\$70
22943-2	9/2-11/11	F	11:00-11:30a	\$140	22943-B	11/18-12/23	F	11:00-11:30a	\$70
	No class 11/4				22946-A	11/19-12/17	S	9:20-9:50a	\$56
22946-1	9/3-11/12	S	9:20-9:50a	\$140	22946-B	11/19-12/17	S	10:40-11:10a	\$56
	No class 11/5								

\*No classes the week of Thanksgiving, 11/22-11/26

**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.

Code	Fall Session	Day	Time	Fee	Code	Holiday*	Day	Time	Fee
22942-2	8/29-11/7	M	4:20-5:50a	\$150	22942-B	11/15-12/20	T	9:30-10:00a	\$70
22942-5	8/30-11/8	T	4:30-5:00p	\$154	22942-E	11/15-12/20	T	4:30-5:00p	\$70
22943-5	8/31-11/9	W	1:10-1:40p	\$154	22943-E	11/16-12/21	W	1:10-1:40p	\$70
22946-3	9/2-11/11	F	11:00-11:30a	\$140	22946-C	11/19-12/17	S	10:00-10:30a	\$56
	No class 11/4								
22946-6	9/3-11/12	S	10:00-10:30a	\$140					
	No class 11/5								

\*No classes the week of Thanksgiving, 11/22-11/26

**LEARN TO SKATE - BASIC 1-4 (6+ years)** Basic 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.

Code	Fall Session	Day	Time	Fee	Code	Holiday*	Day	Time	Fee
22941-1	8/30-11/8	T	5:00-5:40p	\$165	22941-A	11/15-12/20	T	5:00-5:40p	\$70
22942-6	8/31-11/9	W	4:20-5:00p	\$165	22942-F	11/16-12/21	W	4:20-5:00p	\$70
22943-6	9/1-11/10	Th	5:00-5:40p	\$165	22943-F	11/17-12/22	Th	5:00-5:40p	\$70
22944-1	9/2-11/11	F	5:00-5:40p	\$150	22944-A	11/18-12/23	F	5:00-5:40p	\$70
	No class 11/4				22945-A	11/19-12/17	S	10:10-10:40a	\$56
22945-1	9/3-11/12	S	10:00-10:40a	\$150	22946-D	11/19-12/17	S	11:10-11:50a	\$56
	No class 11/5								
22946-4	9/3-11/12	S	11:10-11:50a	\$150					
	No class 11/5								

\*No classes the week of Thanksgiving, 11/22-11/26

**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.

Code	Fall Session	Day	Time	Fee	Code	Holiday*	Day	Time	Fee
22942-3	8/30-11/8	T	10:30-11:00a	\$154	22942-C	11/15-12/20	T	10:30-11:00a	\$70
22943-3	8/31-11/9	W	1:10-1:40p	\$154	22943-C	11/16-12/21	W	1:10-1:40p	\$70
22946-5	9/3-11/12	S	10:00-10:40a	\$140	22946-E	11/19-12/17	S	10:00-10:40a	\$56
	No class 11/5								

\*No classes the week of Thanksgiving, 11/22-11/26

# ATHLETICS

## BOYS & GIRLS 3RD & 4TH GRADE LEAGUES

Our 3rd and 4th grade basketball leagues are a great opportunity for young players to develop fundamental basketball skills in a fun team environment. Leagues will be divided by gender. If necessary, 3rd and 4th graders may be combined into one league. The emphasis in these leagues will be sportsmanship, skill development, participation and fun. A smaller court, lower hoops and a junior sized basketball will be used. At this level, we do not keep score. All players will receive a team jersey and participation trophy.

These leagues will play 12 games on Saturday morning/afternoon beginning December 17.

### SKILL DAY

Girls	Gr 3	10/29	8am
Girls	Gr 4	10/29	9am
Boys	Gr 3	10/29	10am
Boys	Gr 4	10/29	11am

10/19 .....Registration deadline  
11/21 .....Players will be contacted  
11/28 .....Practices begin

### REGISTRATION INFORMATION

<b>Girls</b>		thru 10/19	after 10/19
Gr Code	R/NR	R/NR	R/NR
3	22010-1	\$120/150	\$170/200
4	22011-1	\$120/150	\$170/200
<b>Boys</b>		thru 10/19	after 10/19
3	22018-1	\$120/150	\$170/200
4	22019-1	\$120/150	\$170/200

## BOYS 5TH & 6TH GRADE LEAGUES

The 5th and 6th Grade Leagues provide players an opportunity to continue their skill development while introducing the element of competition. At this level we will begin to keep score, but no standings are kept. The emphasis in these leagues will continue to be sportsmanship, skill development, participation and fun. Both leagues will use a full-size court and have two referees per game. The 5th graders will use an intermediate size ball while the 6th grade will move up to the regulation ball. All players will receive a team jersey and participation trophy.

These leagues will play 12 games on Friday evenings and/or Saturday morning/afternoon beginning Dec. 17.

### SKILL DAY

Boys	Gr 5	10/29	12pm
Boys	Gr 6	10/29	1pm

10/19 .....Registration deadline  
11/21 .....Players will be contacted  
11/28 .....Practices begin

### REGISTRATION INFORMATION

<b>Boys</b>		thru 10/19	after 10/19
5	22015-1	\$120/150	\$170/200
6	22016-1	\$120/150	\$170/200



## BOYS 7TH & 8TH GRADE LEAGUES

The 7th and 8th Grade League provides players an opportunity to continue developing their basketball skills and showcase what they have learned through the years of basketball. At this stage, game scores as well as league standings are kept. This will lead to a single elimination tournament to end the season. The emphasis in this league continues to be sportsmanship, skill development, participation and fun, but competition is embraced teaching players how to win and lose with grace. This league will use a full-size court and an official size basketball. Two referees will be assigned to each game. All players will receive a team jersey and participation trophy.

These league will play 10 games on Friday evenings and/or Saturday morning/afternoon beginning December 17 plus an end-of-season tournament.

### SKILL DAY

Boys	Gr 7	10/29	2pm
Boys	Gr 8	10/29	2pm

10/19 .....Registration deadline  
11/21 .....Players will be contacted  
11/28 .....Practices begin

### REGISTRATION INFORMATION

<b>Boys</b>		thru 10/19	after 10/19
7	22017-1	\$120/150	\$170/200
8	22017-1	\$120/150	\$170/200

### TEAM FORMATION

All teams are formed by a coach's draft. Players are measured for height and evaluated at the Skill Evaluation Day. This rating information is provided to coaches who then select their team. Because of the draft process, no coach or teammate requests will be considered. The only way to guarantee that two kids are placed on the same team is if their parents sign up to coach together.

### PRACTICE

Teams will practice 1-2 hours per week at various schools. Practice times can be as early as 6:00 pm and go as late as 9:00 pm (8:30 pm for 3rd & 4th grade teams). Practice schedules are dictated by coaches; Therefore, specific practice schedule requests can not be honored. (If there is ONE specific day of the week that your child will not be available to practice, please note on registration).

## GIRLS

### 5TH - 8TH GRADE LEAGUES

Want to play feeder basketball in the winter? Now you still can! The Park District's Girl's 5th thru 8th Grade Leagues will play a shorter season earlier in the calendar year. These leagues will give girls the opportunity to continue their skill development while introducing the element of competition. At this level we will begin to keep score, but no standings are kept. 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 October 15.

#### SKILL DAY

Girls	Gr 5-6	9/11	1pm
Girls	Gr 7-8	9/11	2pm

9/7 .....Registration deadline  
 9/19 .....Players will be contacted  
 9/26 .....Practices begin

#### REGISTRATION INFORMATION

<b>Girls</b>		thru 9/7	after 9/7
5/6	22012-1	\$60/75	\$110/125
7/8	22014-1	\$60/75	\$110/125

## 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.

1/18 .....Registration deadline  
 1/23 .....Players will be contacted  
 1/30 .....Practices begin

#### REGISTRATION INFORMATION

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

#### VOLUNTEER BASKETBALL COACHES INFORMATION FORM

Name \_\_\_\_\_

Email \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Position: Head Coach Assistant Coach

Categories Boys: Gr 3 Gr 4 Gr 5 Gr 6 Gr 7/8 Gr 7/8 Winter  
 Girls: Gr 3 Gr 4 Gr 5/6 Gr 7/8 Gr 7/8 Winter

I would like to coach with \_\_\_\_\_

**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.

For boys trying out for VHCYAA Feeder basketball – The Park District realizes that tryouts and team selection for feeder basketball are after our registration deadline but before practices/games begin. Players are encouraged to register for the Park District league and attend Skill Evaluation day. If you make the feeder team, and decide not to play both feeder and Park District, as long as a refund is requested by November 14 you will receive a refund of the full league fee. Do not wait until after the feeder team has been selected or you will be subject to the late registration fee.

# ATHLETICS

**FLIPS GYMNASTICS NORTH SHORE** is a fully equipped gymnastics facility offering instruction for boys and girls (ages 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. It is our goal to encourage each child to learn at their own individual pace and have a blast while doing so!

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



See Flips  
Gymnastics  
Winter Break  
Camp on  
page 35

**Fall Session I 8/29- 11/5**

No class 9/5  
R/NR: \$150/188

**Fall Session II 11/7- 1/21**

No class 11/24-11/27, 12/24, 1/1  
R/NR: \$150/188

Classes that are missed due to gym closing can be made up in another equivalent class on a different day.

**BABY GYM (6-17 mos/parent)**

Classes that 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 all part of the 10 week program.

Day	Time	8/29- 11/5	11/7- 1/21
Friday	10:00-10:45a	22471-1	22471-2
Saturday	9:15-10:00a	22472-1	22472-2

**PARENT & TOT (18 -36 mos/parent)**

Classes designed to improve gross motor skills, as well as group participation. Each lesson begins with an obstacle course with age appropriate challenges. We then practice our stretches in a fun way! This is followed by trampoline, "Just For Kids" bars, balance beam, and pit play. Parent participation is required.

Day	Time	8/29- 11/5	11/7- 1/21
Monday	11:00-11:45a	22411-1	22411-2
Tuesday	10:00-10:45a	22412-1	22412-2
Tuesday	11:00-11:45a	22413-1	22413-2
Wednesday	11:00-11:45a	22414-1	22414-2
Thursday	11:00-11:45a	22415-1	22415-2
Friday	11:00-11:45a	22416-1	22416-2
Saturday	9:15-10:00a	22417-1	22417-2
Saturday	10:15-11:00a	22418-1	22418-2
Saturday	11:15-12:00p	22419-1	22419-2

**TUMBLIN' TWOS (2 years without parent)**

This class is structured the same way as our Parent/Tot class, however, the child participates without the help of a parent or caregiver. Before registering for this class, please be sure your child will be able to independently participate. Parents must remain in the viewing room during class.

Day	Time	8/29- 11/5	11/7- 1/21
Monday	10:00-10:45a	22481-1	22481-2

**PRESCHOOL (3-4 years)**

This class introduces the very beginning skills of gymnastics. Jumps, fun stretches, balance beam, "Just for Kids" bars, donkey kicks, rolls, and swings all a part of our preschool lesson plan. Preschoolers will improve their strength and coordination as they prepare for our beginner classes. Our structured classes are jam packed with fun gymnastics activities suited for this age group.

Day	Time	8/29- 11/5	11/7- 1/21
Monday	11:00-11:45a	22420-1	22420-2
Tuesday	11:00-11:45a	22421-1	22421-2
Tuesday	4:00-4:45p	22422-1	22422-2
Wednesday	11:00-11:45a	22423-1	22423-2
Wednesday	1:00-1:45p	22424-1	22424-2
Thursday	11:00-11:45a	22425-1	22425-2
Thursday	4:00-4:45p	22426-1	22426-2
Friday	11:00-11:45a	22427-1	22427-2
Saturday	10:15-11:00a	22428-1	22428-2
Saturday	11:15-12:00p	22429-1	22429-2

## Fall Session I 8/29- 11/5

No class 9/5  
R/NR: \$150/188

## Fall Session II 11/7- 1/21

No class 11/24-11/27, 12/24, 1/1  
R/NR: \$150/188

Classes that are missed due to gym closing can be made up in another equivalent class on a different day.

### Kinder Gym (4.5 - 6 years)

This is a co-ed class for students who are too advanced for our preschool program, but not quite ready for our beginner program. This class will focus on basic gymnastics, in a fun way. This is a great energy release for Kindergarten students.

Day	Time	8/29- 11/5	11/7- 1/21
Monday	10:00-10:45a	22491-1	22491-2
Thursday	1:00-1:55p	22492-1	22492-2

### GIRLS BEGINNER (5 years & up)

Gymnasts will learn basic skills on vault, uneven bars, balance beam and floor exercise. Each week includes a floor rotation for practice of cartwheels, handstands, and rolls. Please remember to dress your gymnast in a leotard or biketard.

Day	Time	8/29- 11/5	11/7- 1/21
Monday	4:30-5:25p	22430-1	22430-2
Tuesday	1:00-1:55p	22433-1	22433-2
Tuesday	4:00-4:55p	22434-1	22434-2
Wednesday	4:00-4:55p	22435-1	22435-2
Thursday	4:00-4:55p	22436-1	22436-2
Saturday	9:15-10:10a	22437-1	22437-2
Saturday	10:15-11:10a	22438-1	22438-2
Saturday	11:15-12:10p	22439-1	22439-2

### BOYS BEGINNER (5 years & up)

Our boys classes are designed to improve strength and coordination through basic gymnastics. Lesson plans include instruction on all six men's events; Vault, High Bar, Parallel Bars, Rings, Pommel Horse, and Floor Exercise. Boys should dress in t-shirts and shorts or athletic pants. No jeans please.

Day	Time	8/29- 11/5	11/7- 1/21
Monday	1:00-1:55p	22441-1	22441-2
Monday	4:30-5:25p	22442-1	22442-2
Tuesday	4:00-4:55p	22443-1	22443-2
Wednesday	4:00-4:55p	22444-1	22444-2
Saturday	9:15-10:10a	22446-1	22446-2
Saturday	11:15-12:10p	22447-1	22447-2

### CHEER TUMBLE (8 years & up)

This class is designed to help girls improve their jump and tumbling skills required for cheer teams. Our instructors will help the girls work toward their goals while using our tumbling wedges and barrels, as well as our trampoline and tumble trak.

Day	Time	8/29- 11/5	11/7- 1/21
Monday	5:30-6:25p	22451-1	22451-2
Wednesday	5:30-6:25p	22452-1	22452-2

### FLIP FLOPS & MORE (7-12 years)

This class is strictly designed to help girls improve on their tumbling skills. This is open to all levels of girls. Coaches will guide each girl toward her goal using our floor, trampoline, tumble trak, wedge mats and barrels.

Day	Time	8/29- 11/5	11/7- 1/21
Thursday	5:00-5:55p	22461-1	22461-2

### JUMP/TUMBLE (12 years & up)

This class is designed for Jr. High and High School girls who want to learn new skills or refresh their old ones. This class is great for poms, cheer, or just for the fun of learning jumps and tumbling.

Day	Time	8/29- 11/5	11/7- 1/21
Thursday	6:00-6:55p	22462-1	22462-2

### Parent's Night Out

FLIPS GYMNASTICS NORTH SHORE

October 29 from 4 - 9 pm

Games, obstacle course, pit block building, trampoline, tumble trak, craft and movie on the big screen! Bring sleeping bag or blanket, along with a pillow for the movie!

Ages: 4-12 years

Fee: \$45 first child

\$25 each additional sibling

Code: 22481-1

# ATHLETICS

## FALL SESSION (September - December)

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

<b>ADULT</b> (15 years +)	<u>9/7-12/14</u>	Time	R/NR Fee
Beg/Int (White-Purple)	22354-1	7:30-8:30p	\$119/149
Advanced (Brown-Black)	22384-2	8:30-10:00p	\$161/201

**THURSDAYS** Sullivan Community Center, 635 N. Aspen Drive

<b>PRE-KARATE</b> (4-7 years)	<u>9/1-12/15</u> (no class 11/24)	R/NR Fee
Beginner (no experience)	22351-1	4:00-4:45p \$128/160
Continuer (1+ sessions)	22361-1	4:50-5:35p \$128/160
Intermediate/Advanced*	22381-1	5:40-6:25p \$128/160

\*with Instructor's permission

**THURSDAYS** Hawthorn Middle North, 201 Hawthorn Pkwy (9/29 at Sullivan)

<b>YOUTH</b> (7-14 years)*	<u>9/1-12/15</u> (no class 11/24)	R/NR Fee
Beg/Cont (White-Blue)	22353-2	6:35-7:30p \$128/160
Advanced (Green belt & up)	22383-1	7:35-8:30p \$128/160

<b>ADULT</b> (15 years & up)*	<u>9/1-12/15</u>	Time	R/NR Fee
Beginner/Continuer	22354-2	8:35-9:35p	\$128/160

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

<b>PRE-KARATE</b> (4-7 years)	<u>9/10-12/17</u>	Time	R/NR Fee
Beginner (no experience)	22311-1	11:35-12:20p	\$128/160
Continuer (1 + sessions)	22321-1	12:25-1:10p	\$128/160

<b>YOUTH</b> (7-14 years)	<u>9/10-12/17</u>	Time	R/NR Fee
Beginner (White-Red)	22313-1	9:30-10:25a	\$128/160
Continuer (Orange-Yellow)	22323-1	10:30-11:25a	\$128/160
Novice (Blue-Green)	22393-1	1:15-2:15p	\$128/160
Int (Low Purple-High Purple)	22363-2	2:15-3:15p	\$128/160
Advanced (Brown - Black)	22383-2	3:15-4:15p	\$128/160

<b>ADULT</b> (15 years & up)	<u>9/10-12/17</u>	Time	R/NR Fee
Beginner (White-Red)	22314-1	9:30-10:25a	\$128/160
Continuer (Orange-Yellow)	22324-1	10:30-11:25a	\$128/160
Novice (Blue-Green belt)	22394-1	1:15-2:15p	\$128/160
Int (Low Purple-High Purple)	22364-1	2:15-3:15p	\$128/160
Advanced (Brown - Black)	22384-1	3:15-4:15p	\$128/160

<b>PARENT/CHILD</b> (7 years & up)			
Beg/Continuer* (White-Red)	22355-1	9:30-10:25a	\$128/160

\*R/NR fee is per person



All ages will enjoy learning the art of Karate. Classes are taught by instructors from the ILShotokan 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 (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.

## BOYS FALL LACROSSE CAMPS Grades 3-8

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 information call (847) 412-5LAX (5529), or visit [www.lacrosseamerica.com](http://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. All players must have their own stick, water and mouth guard. This equipment can be purchased or rented at any Chicago Lacrosse Company location - [www.chicagolacrossecompany.com](http://www.chicagolacrossecompany.com)

Code	Grade	Date	Day	Time	R/NR Fee
22912-1	3-4	9/10-10/15	S	2:00-3:30p	\$125/156
22912-2	5-6	9/10-10/15	S	2:00-3:30p	\$125/156
22912-3	7-8	9/10-10/15	S	2:00-3:30p	\$125/156

Canterbury Park, Libertyville

For advanced players, Lacrosse America offers fall league play, as well as many other options. Visit [www.lacrosseamerica.com](http://www.lacrosseamerica.com) for more information.



## GIRLS LACROSSE LEAGUES

Be a part of a youth lacrosse league exclusively for girls from Chicago and the north, northwest, west and south suburbs. 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.

Practices will be held on Wednesdays at Deerpath Park from 5:30-7:30pm. Games will be played on Sunday afternoons. Practice locations and schedules will be posted on [www.iglax.org](http://www.iglax.org).

Each player must have goggles, a stick and a mouth guard for practices and games. Go to [www.iglax.org](http://www.iglax.org) for general equipment information and recommendations. Equipment packages are available for purchase; choose the “equipment” link to view options.

Grades: 3 -9

Code	Grade	Dates*	Fee
22915-1	3-4	9/6-10/16	\$160
22916-1	5-6	9/6-10/16	\$160
22917-1	7-9	9/6-10/16	\$160
22918-1	7-9*	9/6-10/16	\$245

Level 4 Grades 7-9: This level is for the experienced 7th-9th grade players. This level will practice 2x per week. Requirements can be found at [www.iglax.org](http://www.iglax.org) under the registration tab. Level eligibility will be determined by IGLA.



## GIRLS LACROSSE REGISTRATION

1. Register through the Vernon Hills Park District.
2. Visit [www.iglax.org](http://www.iglax.org) and click on the registration tab for uniform sizing and participant information.

If you have an interest in being a ‘Parent Volunteer Coach’ please let us know during the website registration. No experience is necessary. Training is provided.


**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
22211-5	8/26-12/23	F	2:00-2:45p	11/25	Libertyville	\$300
22211-6	8/20-12/17	Sa	9:00-9:45a	9/3, 11/19, 11/26	Libertyville	\$282
22211-E	8/20-12/17	Sa	11:00-12:00p	9/3, 11/19, 11/26	Lincolnshire	\$375
22211-F	8/21-12/18	Su	4:00-5:00p	9/4, 11/27	Lincolnshire	\$400

**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.

42212-A	8/20-12/17	Sa	11:00-12:00p	9/3, 11/19, 11/26	Lincolnshire	\$375
42212-B	8/21-12/18	Su	4:00-5:00p	9/4, 11/27	Lincolnshire	\$400

**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.

42212-3	8/24-12/21	W	3:15-4:00p		Libertyville	\$338
42212-5	8/26-12/23	F	3:15-4:00p	11/25	Libertyville	\$300

**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.

42212-C	8/20-12/17	Sa	11:00-12:00p	9/3, 11/19, 11/26	Lincolnshire	\$375
42212-D	8/21-12/18	Su	4:00-5:00p	9/4, 11/27	Lincolnshire	\$400

**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.

42212-E	8/20-12/17	Sa	12:00-1:00p	9/3, 11/19, 11/26	Lincolnshire	\$375
42212-F	8/21-12/18	Su	4:00-5:00p	9/4, 11/27	Lincolnshire	\$400



## 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
22213-5	8/26-12/23	F	6:00-7:00p	11/25	Libertyville	\$400
22213-6	8/20-12/17	Sa	5:00-6:00p	9/3, 11/19, 11/26	Libertyville	\$375
22213-7	8/21-12/18	Su	4:00-5:00p	9/4, 11/27	Libertyville	\$400
22213-F*	8/20-12/17	Sa	12:00-1:00p	9/3, 11/19, 11/26	Lincolnshire	\$375
22213-G*	8/21-12/18	Su	4:00-5:00p	9/4, 11/27	Lincolnshire	\$400

\*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.

22214-5	8/26-12/23	F	6:00-7:00p	11/25	Libertyville	\$400
22214-6	8/20-12/17	Sa	4:00-5:00p	9/3, 11/19, 11/26	Libertyville	\$375
22214-E	8/26-12/23	F	5:00-6:00p	11/25	Lincolnshire	\$400
22214-F	8/20-12/17	Sa	3:00-4:00p	9/3, 11/19, 11/26	Lincolnshire	\$375
22214-G	8/21-12/18	Su	5:00-6:00p	9/4, 11/27	Lincolnshire	\$400

### 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.

22215-2	8/23-12/20	T	9:00-10:00a		Libertyville	\$450
22215-6	8/20-12/17	Sa	4:00-5:00p	9/3, 11/19, 11/26	Libertyville	\$375
22215-7	8/21-12/18	Su	5:00-6:00p	9/4, 11/27	Libertyville	\$400
22215-F	8/20-12/17	Sa	4:00-5:00p	9/3, 11/19, 11/26	Lincolnshire	\$375
22215-G	8/21-12/18	Su	5:00-6:00p	9/4, 11/27	Lincolnshire	\$400

### ADULT STROKE PRODUCTION

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

22216-6	8/20-12/17	Sa	4:00-5:00p	9/3, 11/19, 11/26	Libertyville	\$375
22216-7	8/21-12/18	Su	5:00-6:00p	9/4, 11/27	Libertyville	\$400
22216-4	8/25-12/22	Th	11:00-Noon	11/24	Libertyville	\$425
22216-F	8/20-12/17	Sa	4:00-5:30p	9/3, 11/19, 11/26	Lincolnshire	\$563
22216-G	8/21-12/18	Su	5:00-6:30p	9/4, 11/27	Lincolnshire	\$600

# ATHLETICS

## YOUTH & ADULT

### 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.

Ages: All

Code	Dates	Day	Time	Fee
22991-1	9/20-11/8	T	6:00-7:00p	\$99
22991-2	9/23-11/18	F	6:00-7:00p	\$99
No class 10/28				

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 9/2, 10/28

Drop-in fee: \$5

No membership fees

### NON-CONTACT 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.



Grades: 1 - 6

Code	Dates	Day	Time	Fee
<b>Grades 1-2</b>				
27346-1	10/1-11/15	S	10:00-11:00a	\$105
<b>Grades 3-6</b>				
27346-2	10/1-11/15	S	11:00-12:00p	\$105

Sullivan Community Center Gym



### 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	Dates	Day	Time	Fee
<b>Grades 3-5</b>				
22961-1	9/12-10/24	M	6:30-7:30p	\$105
No class 10/10				
22961-3	11/7-12/19	M	6:30-7:30p	\$105
No class 11/21				
<b>Grades 6-8</b>				
22961-2	9/12-10/24	M	7:30-8:30p	\$105
No class 10/10				
22961-4	11/7-12/19	M	7:30-8:30p	\$105
No class 11/21				

Hawthorn Middle School-South



## CRICKET - Youth Instructional

Learn the exciting sport of cricket.

This sport, with similarities to baseball, is played all over the world. In this instructional class, participants will learn all aspects of the game from experienced cricket players. The class will be broken into small groups to focus on individual skills including batting, fielding, bowling and wicket-keeping. Some game play will be incorporated in the program. All equipment will be provided and participants will receive a Park District cricket shirt.

Ages: 8 - 12 years

Code	Dates	Day	Time	R/NR Fee
22611-1	9/7-10/12	W	5:30-6:30p	\$68/85
	9/11-10/16	Su	1:00-3:00p	

Century Park Cricket Pitch



## PEE WEE BASKETBALL

In this exciting program, boys and girls are guided through the fundamentals of basketball. Our professional coaches will help kids develop their dribbling, passing, and shooting skills in a fun environment. Controlled scrimmages will allow players an opportunity to show their new skills while they learn the importance of teamwork and good sportsmanship. All participants receive a t-shirt and basketball!

Grades: K-2

Code	Dates	Days	Time	R/NR Fee
<b>Grade K</b>				
22041-1	10/24-12/19	M,W	4:00-4:45p	\$55/69
	No class 11/23			
<b>Grades 1-2</b>				
22042-1	10/24-12/19	M,W	5:00-6:00p	\$70/88
	No class 11/23			

Sullivan Community Center

## FLIPTASTIC CAMPS WINTER BREAK CAMP

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

Ages: 4 - 12 years

Code	Dates	Days	Time	Fee
22491-1	12/27	T	12:30-4:30p	\$40
22491-2	12/28	W	12:30-4:30p	\$40
22491-3	12/29	Th	12:30-4:30p	\$40
22491-4	12/30	F	12:30-4:30p	\$40
22491-5	4 days	T-F	12:30-4:30p	\$145

Flips Gymnastics North Shore

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



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

# Thank you to our volunteer youth basketball coaches

### BOY'S 3RD GRADE

Greg Gerken  
Mike Polisky  
Dustin Epstein  
Len Koren  
Mike Diesen  
Steve Newland  
Joel Jacobson  
David Hampton  
Scott Gates

### BOY'S 4TH GRADE

Michael Whelan  
BG Wharton  
Jim Olive  
Jim Kaigh  
Jamie Morris  
Steve Sweeny  
Dan Doczi  
Bill Sepka  
Bill Zadell  
Joel Reyes  
Eric Wampler  
Jon Guillaume

### BOY'S 5TH GRADE

Barry Alpert  
Barry Halperin  
Steve Less  
Steve Lemme  
Jay Palizzi  
Brad Schawel  
Jeff Peterson

### BOY'S 6TH GRADE

Doug Kieft  
Mike Ferrara  
Jon Guillaume  
Kevin Adkisson

### BOY'S 7TH & 8TH GRADE

Jim Olive  
Bill Bucsa  
Gene Schnar  
John Brandl  
Jeff Finley  
David Edler  
Jim Smith  
Mike Duffley  
Steve Peck  
Randy Weinberg  
Larry Glover  
Rob Powell  
Scott Daniel  
Brian Stern

### GIRL'S 3RD & 4TH GRADE

Steve Eitel  
Jeff Bard  
Sue Behling  
Mark Bowen  
Mark Lutgens  
Jim Schofield  
Brian Mahler  
Brian Walker  
Vicki Kieft  
Debbie Ziemke  
Michael Trevino  
Terry Newman  
Jordan Fullett  
Earl Stuart  
Sergio Ochoa  
Craig Schumacher  
Bob Pieper

### GIRL'S 5TH & 6TH GRADE

Barry Lieberman  
Derek Demas  
Drew Moisant  
Glenn Spence  
Jean Viviano  
Kathi Ball  
Mike Ripes  
Randy Levy  
Michael Helfand  
Kate Tenuta



THE SPORTS SHED - [www.thesportshed.org](http://www.thesportshed.org)

The Sports Shed is a local non-profit organization that began a partnership with the Park District two years ago. The Sullivan Community Center is a collection site on behalf of the Sports Shed for new and gently used sports equipment. The Sports Shed redistributes the equipment to other non-profit organizations that provide programs for kids who wouldn't otherwise have the opportunities to play sports. If you are a family in need without the resources to purchase sports equipment for your children, please contact Tom Ritter, Superintendent of Recreation, at [tomr@vhparkdistrict.org](mailto:tomr@vhparkdistrict.org).