

Youth Athletics Variety



SPORTSKIDS YOUTH LACROSSE (6-8 Years) NEW

NEW! Sullivan Community Center, Gym A*

Join us in playing the oldest and fastest growing team sport in North America. This class will cover various lacrosse techniques, including cradling, scooping, passing, catching, shooting and goalie skills. Each child should bring a mouth guard to class. Lacrosse sticks will be provided.

CODE	DATES	DAY	TIME	R/NR
222204-1	8/29 - 9/19	Tu	6:15-7:00p	\$30/36
222204-2	10/2 - 10/23	M	6:15-7:00p	\$30/36
222204-3	11/6 - 12/4	M	6:15-7:00p	\$30/36

No class 11/20.

*Session I will meet at Deerpath Park, Field B.

SPORTSKIDS YOUTH TRACK AND FIELD (7-10 Years) NEW

NEW! Sullivan Community Center, Gym A*

This class will get kids excited about exercise and teach them about track and field, one of the oldest sports that continues to grow and is highlighted by the Olympics every 4 years. Participants will learn the fundamentals involved with improving flexibility, proper stretching, body positioning, developing core-strength, improving balance, cool-down techniques and other fitness concepts as they relate to exercise. Youngsters will participate in a fun-filled SportsKids track and field meet on the last day of class.

CODE	DATES	DAY	TIME	R/NR
222202-1	8/29 - 9/19	Tu	4:45-5:30p	\$30/36
222202-2	10/2 - 10/23	M	4:45-5:30p	\$30/37
222202-3	11/6 - 12/4	M	4:45-5:30p	\$30/38

No class 11/20.

*Session I will meet at Deerpath Park, Field B.

FLOOR HOCKEY LEAGUE (Grades 1-4)

NEW! Sullivan Community Center Gym

This program is a great opportunity for young players to develop their skills in a fun team environment. The emphasis of this league is on skill development, participation and fun. Games are held on a half court at the Sullivan Community Center on Friday evenings.



Sessions consist of a half hour practice and a half hour game time. The teams are parent coached. Please contact Jay Bullman at jasonb@vhparkdistrict.org if you are interested in coaching.

Goggles and mouth guard are required. All other equipment is provided. You may bring your own stick but it must be a floor hockey stick with a plastic blade. No ice hockey sticks will be permitted.

CODE	GRADE	DATES	DAY	TIME	R/NR
221901-1	1-2	9/22 - 10/27	F	6:00-9:00p	\$89/111
221901-2	3-4	9/22 - 10/27	F	6:00-9:00p	\$89/111



KIDS CO-ED VOLLEYBALL (Grades 4-8)

Hawthorn Middle School North

Learn the basics of volleyball: passing, setting, spiking, serving and blocking. Our clinic will stress the importance of discipline and teamwork as it equates to success on the court. Participants will be grouped according to playing skill set and instruction will be built around the abilities of those involved. We will cover individual skill training in order to be more effective players. Additionally, the clinic will focus on skill set enhancement including: foot speed, body control, hitting, faster tempo sets, arm swing, wrist snap, ball placement and blocking footwork with eye awareness.

CODE	DATES	DAY	TIME	FEE
220902-1	9/11 - 10/23	M	6:30-7:30p	\$150
220902-2	11/6 - 12/18	M	6:30-7:30p	\$150

No class 10/9 and 11/20.

DODGE BALL (Grades 1-4) NEW

NEW! Sullivan Community Center, Gym A

This clinic gives all participants an opportunity to play this popular game in a safe and controlled environment with responsible supervision. The class helps to develop: footwork, movement skill, hand eye coordination and anticipation. It also increases: mobility, balance, and flexibility. Come out and have a blast in a very safe, fun and energetic atmosphere! The class will be divided by age group.

CODE	GRADE	DATES	DAY	TIME	FEE
222101-1	1-2	9/13 - 10/18	W	5:00-6:00p	\$150
222101-2	3-4	9/13 - 10/18	W	6:00-7:00p	\$150
222101-3	1-2	11/8 - 12/20	W	5:00-6:00p	\$150
222101-4	3-4	11/8 - 12/20	W	6:00-7:00p	\$150

No class 11/22.

Early Childhood Classes

See page 14 for SportsKids Pee Wee and Jelly Bean Sports classes.



GREAT LAKES FENCING ACADEMY

FENCING (9-15 Years)

NEW LEVEL! Libertyville Tennis Club

The Great Lakes Fencing Academy is a fencing club serving youth and young adult fencers. The Great Lakes Fencing Academy is also the official home of the championship Libertyville and Vernon Hills High School fencing team (Thunder Cats), during the off-season. Weekly classes are intended for fencers of all ages and skill levels, including beginning, intermediate and advanced fencers. Students learn basic footwork, simple attacks, simple parries and ripostes. Training equipment will be provided.

CODE	LEVEL	DATES	DAY	TIME	FEE
220710-1	Beginner	9/15 - 11/10	F	4:30-6:00p	\$160
220710-2	Beginner	11/17 - 1/12	F	4:30-6:00p	\$140
220711-1	Foil Jr. Advanced	9/15 - 11/10	F	6:00-7:30p	\$160
220711-2	Foil Jr. Advanced	11/17 - 1/12	F	6:00-7:30p	\$140

No class 11/24.

TABLE TENNIS LESSONS (All Ages)

Sullivan Community Center, Gym A

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
220801-1	9/22 - 11/10	F	6:00-7:00p	\$99

DROP-IN PROGRAMS

OPEN GYM

Sullivan Community Center
Visit our website to view the complete schedule.



Fees

Lakeview Fitness Center Members: Free
Adult 19+ Years R/NR: \$5/7
Youth 5-18 Years R/NR: \$4/6

TABLE TENNIS

Sullivan Community Center
Tuesdays & Fridays
6:00-9:00 pm



Drop-In Fee: \$5

All ages and skill levels are welcome!

PICKLEBALL

Ages 18+
Sullivan Community Center



MONDAYS
1:00-3:00 pm
6:00-9:00 pm

WEDNESDAYS
1:00-3:00 pm

Fees
Drop-In: \$5
Lakeview Fitness Center Members: \$3
Resident Seniors (62+): \$3