

A special registration form is required for each participant. Forms are available at the Community Center, Birchwood Recreation Center, or Falcon Park Recreation Center.

Youth Basketball Leagues

Our program emphasizes the fundamentals of basketball, sportsmanship, and teamwork while having fun through league play. Each team is allotted one hour of practice time per week at area school gyms. **Please note on the registration form one day your child cannot practice.**

Games are held on Saturdays during the time slot allotted for that league. Game times vary. For more information on basketball call 847-705-5123 ext. 238.

Rating Day: Rating day is held at Falcon Park Recreation Center gym and is required for **ALL PLAYERS** in the program. Players are evaluated on several skills and then teams will be formed.

See page 54 for 1st and 2nd grade leagues.

Boys	Grade 3	9/27	Monday, 5:00-6:30 pm
Boys	Grade 4	9/27	Monday, 6:45-8:30 pm
Boys	Grade 5	9/28	Tuesday, 5:00-6:30 pm
Boys	Grade 6	9/28	Tuesday, 6:45-8:30 pm
Boys	Grade 7	9/29	Wednesday, 5:00-6:45 pm
Boys	Grade 8	9/29	Wednesday, 7:00-9:00 pm
Girls	Grade 3	9/30	Thursday, 4:30-6:00 pm
Girls	Grade 4	9/30	Thursday, 4:30-6:00 pm
Girls	Grade 5	9/30	Thursday, 6:00-7:30 pm
Girls	Grade 6	9/30	Thursday, 6:00-7:30 pm
Girls	Grade 7	9/30	Thursday, 7:30-9:00 pm
Girls	Grade 8	9/30	Thursday, 7:30-9:00 pm

Player Placement and Refund Policy for Youth Basketball League

The goal of the Palatine Park District's Youth Basketball League is to provide a fun, fair, and safe experience for all to enjoy. The Park District has added this policy to ensure all teams will be competing fairly and evenly. Listed below are policies that pertain to the Youth Basketball League but differ from other park district programs.

1. The last day to apply for a refund for the Youth Basketball League is Saturday (10/02/10). This does not include wait list participants.
2. It is the responsibility of the person registering for the program to indicate one day during the week (M-F) the child cannot practice.
3. If the participant is not rated he/she will not be placed on a team.
4. If your child is unable to make the rating day assigned time, the make-up day will be Saturday, October 2, from 1:00-3:00 pm.
5. Players on the wait list at the time of the first game will be refunded.
6. Practices will start the week of October 25. Each team practices once a week for one hour.

Dates:	November 13 - March 12 <i>no basketball 12/18, 12/25, 1/1</i>		
Age:	girls 3rd - 4th grades		
Location:	Winston Campus Elementary Gym/ North Park Field House		
Min/Max:	40/60		
Prog #	Day Time	Fee	
4100-3	Sat 9:00 am-1:00 pm	\$115 R/\$173 NR	
Age:	girls 5th - 6th grades		
Location:	Birchwood Gym		
Min/Max:	40/60		
Prog #	Day Time	Fee	
4101-3	Sat 9:00 am-12:00 pm	\$115 R/\$173 NR	
Age:	girls 7th - 8th grades		
Location:	Plum Grove Junior High		
Min/Max:	40/60		
Prog #	Day	Time	Fee
4102-3	Sat/Sun	varies	\$115 R/\$173 NR
Dates:	November 13 - March 12 <i>no basketball 12/18, 12/25, 1/1</i>		
Age:	boys 3rd grade		
Location:	Winston Campus Elementary Gym		
Min/Max:	40/80		
Prog #	Day Time	Fee	
4103-3	Sat 1:00-5:00 pm	\$115 R/\$173 NR	
Age:	boys 4th grade		
Location:	Sundling Junior High		
Min/Max:	40/80		
Prog #	Day Time	Fee	
4104-3	Sat 8:00 am-2:00 pm	\$115 R/\$173 NR	
Age:	boys 5th grade		
Location:	Plum Grove Junior High		
Min/Max:	40/80		
Prog #	Day Time	Fee	
4105-3	Sat 9:00 am-3:00 pm	\$115 R/\$173 NR	
Age:	boys 6th grade		
Location:	Winston Campus Junior High		
Min/Max:	40/80		
Prog #	Day Time	Fee	
4106-3	Sat 9:00 am-3:00 pm	\$115 R/\$173 NR	
Age:	boys 7th grade		
Location:	Community Center Gym		
Min/Max:	40/80		
Prog #	Day Time	Fee	
4107-3	Sat 9:00 am-2:00 pm	\$115 R/\$173 NR	
Age:	boys 8th grade		
Location:	Community Center Gym		
Min/Max:	40/80		
Prog #	Day Time	Fee	
4108-3	Sat 2:00-7:00 pm	\$115 R/\$173 NR	



Volunteer coaches needed!

If you are interested in coaching please indicate so on the registration form or email tranum@palatineparks.org or vmanola@palatineparks.org.

REGISTER NOW! NOT PART OF THE LOTTERY.

Kinder Soccer League

This league will emphasize the fundamentals of soccer, sportsmanship, and teamwork. Children will be placed on teams and teams will practice one evening a week for one hour. Practice days and times will be determined once teams are formed. Games will be played on Sunday at 12:00 pm, 1:00 pm, or 2:00 pm.



Age: Kindergarten
Dates: September 12 - October 24
Location: Falcon Park Recreation Center
Min/Max: 40/80
Prog # **Day** **Game Times** **Fee**
 4259-2 Sun 12:00 pm, 1:00 pm \$80 R/120 NR
 or 2:00 pm

1st & 2nd Grade Basketball League

The league will emphasize the fundamentals of basketball, sportsmanship, and teamwork while having fun through league play. Teams will practice one evening a week and games will be played on Saturday.

Dates: January 9 - March 12
Location: Falcon Park Recreation Center
Min/Max: 40/100

Boys 1st Grade

Prog #	Day	Time	Fee
4109-3	Sat	9:00 am-3:00 pm	\$75 R/\$113 NR

Boys 2nd Grade

Prog #	Day	Time	Fee
4110-3	Sat	9:00 am-3:00 pm	\$75 R/\$113 NR

Girls 1st & 2nd Grade

Prog #	Day	Time	Fee
4111-3	Sat	9:00 am-3:00 pm	\$75 R/\$113 NR



3rd & 4th Grade All Skills Clinic

This clinic will develop participants skills through the use of fun drills and gross motor games. Athletes will work on the basic fundamentals of volleyball including overhand serve.

Age: 3rd & 4th grade **Min/Max:** 10/50
Dates: September 8 - October 20 (6 weeks)
no class 9/29

Instructor: Top Flight Volleyball
Location: Falcon Park Recreation Center

Prog #	Day	Time	Fee
5103-3	Wed	6:30-7:30 pm	\$83 R/\$125 NR

Volunteer coaches needed!

If you are interested in coaching Kinder Soccer or 1st & 2nd Grade Basketball please contact Todd Ranum at 847-705-5123 ext. 238 or email tranum@palatineparks.org or vmanola@palatineparks.org.

3rd & 4th Grade Volleyball League

Recreational volleyball league open to both boys and girls. Practices will be held Monday nights and matches played on Saturday mornings. Each player is guaranteed playing time.

Age: 3rd & 4th grade
Dates: November 1 - December 13 (8 weeks)
Location: Falcon Park Recreation Center
Min/Max: 8/12 per team
Prog # **Day** **Time** **Fee***
 5101-3 Mon 6:00-7:30 pm \$175 R/\$263 NR

Matches

Dates	Day	Time
11/20, 12/4, 12/11	Sat	10:00-11:00 am

Tournament: Saturday, December 18, 10:00 am - 4:30 pm

*Includes t-shirt uniform and prizes for first and second place teams.

5th & 6th Grade Volleyball League

Volleyball league open to both boys and girls. Practices will be held Wednesday nights and matches played on Saturday. Each player is guaranteed playing time.

Age: 5th & 6th grade
Dates: November 3 - December 15 (8 weeks)
Location: Falcon Park Recreation Center
Min/Max: 8/12 per team
Prog # **Day** **Time** **Fee***
 5102-3 Wed 6:30-8:00 pm \$175 R/\$263 NR

Matches

Dates	Day	Time
11/20, 12/4, 12/11	Sat	11:30 am-12:30 pm

Tournament: Sunday, December 19, 10:00 am - 4:30 pm

*Includes coaching, referees, insurance, t-shirt uniform, and prizes for first and second place teams.

5th - 8th Volleyball Skills & Drills

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhead serving, and spiking. The lesson plan directs the use of self-mastery training and groups to help each student achieve a new level. All students receive a six-point evaluation and a Youth Volleyball rating. Instructors organize games at the end of each class. Lesson plan also incorporates short educational drills including spelling, math, and science.

Age: 5th - 8th grade **Min/Max:** 10/50
Dates: September 13 - October 25 (6 weeks)
no class 9/27

Instructor: Volleyball Pros
Location: Falcon Park Recreation Center

Prog #	Day	Time	Fee
5104-3	Mon	7:00-8:00 pm	\$72 R/\$108 NR

Volleykidz

Volleykidz is an introductory class for children K-2nd grade. The lesson plan introduces the pass, set, and spike using a very light volleyball. Volleykidz will improve each child's hand/eye coordination and left/right coordination through the use of fun drills and gross motor games. Lesson plan also incorporates short educational drills including spelling, math, and science, and a FREE camp t-shirt.

Age: Kindergarten - 2nd grade
Dates: September 13 - October 25 (6 weeks)
no class 9/27

Instructor: Volleyball Pros
Location: Falcon Park Recreation Center
Min/Max: 12/36

Prog #	Day	Time	Fee
5100-3	Mon	6:00-6:45 pm	\$68 R/\$102 NR



Holiday Volleyball Clinic

Register now for this popular volleyball clinic, held over the holidays.

Dates: December 20 - 23 (4 days)
Instructor: Joyce Richardson/Dan Garvin & Staff
Location: Community Center Gym
Min/Max: 20/70

Age:	7th - 8th grades
Prog #	Day Time Fee
4125-3	M-Th 12:00-2:00 pm \$27 R/\$41 NR

Age:	4th - 6th grades
Prog #	Day Time Fee
4126-3	M-Th 2:00-4:00 pm \$27 R/\$41 NR

Basketball Clinic Grades 1-8

The philosophy of this clinic is to introduce the fundamentals of basketball. Skills will be taught through drills, group games, and actual game situations. Palatine High School coaches and players will instruct this exciting clinic.

Dates: September 15 - October 13 (5 weeks)
Location: Palatine High School Gym
Min/Max: 15/75

Age:	3rd - 5th grades
Prog #	Day Time Fee
4112-3	Wed 6:00-7:00 pm \$50 R/\$75 NR

Age:	6th - 8th grades
Prog #	Day Time Fee
4113-3	Wed 7:00-8:00 pm \$50 R/\$75 NR

Girls Basketball Clinic

Join Palatine High School varsity girls basketball coach for a clinic focusing on shooting or fundamentals taught through drills and games.

Age: 1st - 8th grades
Dates: September 14 - October 5 (4 weeks)
Location: Community Center Gym
Min/Max: 10/75

Prog #	Day	Time	Fee
4116-3	Tue	5:00-6:00 pm	\$40 R/\$60 NR

Boy's High School Basketball League



These leagues are designed to offer league play to high school students who did not get the opportunity to play in school. Players on high school teams are ineligible to participate. Teams will play a round robin format and then a single elimination tournament. A parent of one of the players is required to be on the player's bench. Completed registration form, roster, and fee is due at the time of registration.

Dates: December 5 - March 13 (13 weeks)
no games 12/19, 12/26
Min/Max: 6 teams/12 teams

Age:	9th - 10th grades
Location:	Birchwood Gym
Prog #	Day Time Fee
4117-3	Sun 10:00 am-5:00 pm \$500 R/\$575 NR

Age:	11th - 12th grades
Location:	Community Center Gym
Prog #	Day Time Fee
4118-3	Sun 10:00 am-5:00 pm \$500 R/\$575 NR

Captain's Meeting will be held at the Community Center, 250 E. Wood Street, room 2A on Wednesday, November 17 at 6:00 pm.

Hot Shots Basketball Camp

Hot Shots Sports comes to Palatine with fundamental and advanced training in all aspects of the game of basketball. Hot Shots instructors will deliver expert advice to enhance basketball skills such as shooting, passing, dribbling, and conditioning. This camp includes instruction as well as structured games. Hot Shots Sports t-shirts and prizes will be included.

Dates: December 20 - 23 (4 days)
Location: Birchwood Gym
Fee: \$119 R/\$179 NR
Min/Max: 15/30

Age:	1st - 4th grades
Prog #	Day Time
4119-3	M-Th 10:00 am-12:00 pm

Age:	5th - 8th grades
Prog #	Day Time
4120-3	M-Th 10:00 am-12:00 pm



Basketball Shooting Clinic

Join TEAM MSL for this new and exciting SHOOTING CLINIC. Local area coaches will teach the fundamentals and mechanics of becoming a great shooter. Each participant will receive a comprehensive shooting evaluation upon completion of the clinic. For more information please visit www.teammsl.com.

Age: 6th, 7th, & 8th grade BOYS only
Dates: October 3 - 31 (4 weeks)
Location: Birchwood Gym
Min/Max: 50/100

Prog #	Day	Time	Fee
4121-3	Sun	5:00-6:00 pm	\$45 R/\$68 NR

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Adult Coed Volleyball Leagues

Competitive and recreational divisions will be offered. Competitive level is for those teams who understand the game and would like to compete at a higher level. Recreational divisions will be divided into a B and C division. The B division is for the teams that know how to execute and understand the game. The C division is for teams that would like to have some fun while playing. Cash prizes will be awarded to the first and second place in each division. Referees will be provided.

Age: Adult (18 years & over)
Dates: September 10 - November 12 (10 weeks)
Day/Time: Friday/6:00-10:00 pm
Location: Falcon Park Recreation Center
Min/Max: 6/8 teams per level
Fee: \$300 per team + \$10 per non-res.
Division: Competitive A **Prog #:** 5105-3
 Recreational B **Prog #:** 5106-3
 Recreational C **Prog #:** 5107-3

Recreational Volleyball

Join other volleyball players in this informal drop-in program. This popular program fills up each night and the maximum is reached on a first-come, first-served basis.

Age: Adult (18 years & over)
Fee: \$5 Resident with ID/\$7 Non-resident
Dates: September 16 - December 30 (15 weeks)
no volleyball 11/25
Day/Time: Thursday/7:00-10:00 pm
Location: Community Center Gym
Dates: September 12 - December 19 (15 weeks)
Day/Time: Sunday/6:30-10:00 pm
Location: Falcon Park Recreation Center

Volleyball For Active Adults

This program is for those 50 years and up who want to come indoors to play volleyball. Come on in and have some fun!

Age: 50 years & over
Dates: October 12 - April 29 (29 weeks)
Location: Community Center Gym
Min/Max: 5/75
Prog # **Day** **Time** **Fee**
 4126-3 T/F 9:30-11:30 am \$30 R/\$45 NR

COMMUNITY SKATE PARK

Hours of Operation

Monday - Saturday
 9:00 am - 9:00 pm

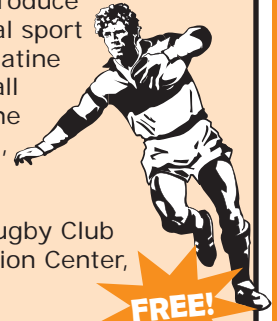
Sunday
 12:00 pm - 9:00 pm

Tuesday, Thursday, Saturday
 9:00 am - 2:00 pm
 Beginners Only (under 12 years old)

Skate Park rules and closing dates are posted at the site and are available online at www.palatineparks.org - Parks & Facilities (Skate Park).

Indoor Touch Rugby Clinic

This non-contact program will introduce 5-14 year olds to the international sport of rugby. Instructors from the Palatine Pioneers Rugby Club will teach ball handling, running, kicking, and the rules of rugby in this non-contact, coed program.



Date: November 6
Instructor: Palatine Pioneers Rugby Club
Location: Falcon Park Recreation Center, Turf Field

Min/Max: 10/60
Prog # **Age** **Day** **Time**
 5126-3 5-8 years Sat 9:00-10:00 am
 5127-3 9-14 years Sat 10:00-11:30 am

Pre-registration is required.

Rugby 101 - A Spectator's Introduction to Rugby

Designed for parents of players or other interested adults, this hands-on session will explain the scoring, terminology, basic rules, culture, and etiquette of Rugby Football. Local and Olympic variations will be reviewed. The session begins with one hour of video clips and explanation. Then coaches from the Palatine Pioneers Rugby Club will teach you to pass and kick a rugby ball indoors on Falcon's new turf field. Join us for a fun introduction to a great and growing sport.

Age: Adult (18 years & over)
Date: November 16
Instructor: Palatine Pioneers Rugby Club
Location: Falcon Park Recreation Center
Min/Max: 10/60
Prog # **Day** **Time** **Fee**
 5125-3 Tue 6:30-8:00 pm \$10 R/\$15 NR

Mom's Sports

Need to give something back to yourself? Here is your chance. Come out and enjoy some time with women who want to become or stay active. The indoor turf area and gym will be utilized for soccer, softball, kickball, basketball, and volleyball. Don't let the guys have all the fun. (You don't have to be a mom to participate in this class!)

Age: Adult (18 years & over)
Location: Falcon Park Recreation Center
Min/Max: 20/100
Dates: September 14 - October 28 (7 weeks)
Prog # **Day** **Time** **Fee**
 5123-3 T/Th 9:30-11:30 am \$28 R/\$42 NR
Dates: November 2 - December 16 (6 weeks)
no class 11/23, 11/25
Prog # **Day** **Time** **Fee**
 5124-3 T/Th 9:30-11:30 am \$24 R/\$36 NR

Volunteers Needed!

Give back to your community by volunteering your time and talents at a Park District special event. Visit www.palatineparks.org/jobs.html for details.



Archery

Join Ken Walther, National Archery Association Level II Regional High Performance Coach, to learn the exciting sport of archery. The instructor will follow the National Archery Association Junior Olympic Development program. This includes safety, shooting, and equipment. Parents are encouraged to register and participate with their child. All equipment for this program will be provided; however, you may use your own equipment with the approval of the instructor.

Age: 8 years & over

Instructor: Ken Walther

Location: Birchwood Gym

Min/Max: 7/16

Fee: \$40 R/\$60 NR

Dates: September 13 - October 4 (4 weeks)

Prog #	Day	Time	Level
4580-3	Mon	6:00-7:00 pm	Beginning
4581-3	Mon	7:00-8:00 pm	Intermediate*
4582-3	Mon	8:00-9:00 pm	Intermediate II*

Dates: October 11 - November 1 (4 weeks)

Prog #	Day	Time	Level
4583-3	Mon	6:00-7:00 pm	Beginning
4584-3	Mon	7:00-8:00 pm	Intermediate*
4585-3	Mon	8:00-9:00 pm	Intermediate II*

Dates: November 8 - November 29 (4 weeks)

Prog #	Day	Time	Level
4586-3	Mon	6:00-7:00 pm	Beginning
4587-3	Mon	7:00-8:00 pm	Intermediate*
4588-3	Mon	8:00-9:00 pm	Intermediate II*

Fee: \$30 R/\$45 NR

Dates: December 6 - December 20 (3 weeks)

Prog #	Day	Time	Level
4589-3	Mon	6:00-7:00 pm	Beginning
4590-3	Mon	7:00-8:00 pm	Intermediate*
4591-3	Mon	8:00-9:00 pm	Intermediate II*

*Must have taken previous level or have instructor's permission.

Bruce Lee's Jeet Kune Do Adult Self-Defense

Most adults don't have years to dedicate to self-defense training. Against popular belief it is quick, very simple, and easy to learn. During this class we'll teach you about the "range" of self-defense few "martial arts masters" know about, in addition to weapons defense and other secrets of the American martial arts icon Bruce Lee taught through his art of Jeet Kune Do. Learn from an organization that is the only 1 of 12 Midwest Academies certified to teach it. Absolutely no experience needed, as all participants will also realize what an incredible workout this is. Questions call 630-837-7565.

Age: 12 years & over

Dates: October 5 - 26 (4 weeks)

Instructor: Matt Numrich & Pete Juska

Location: Meineke Recreation Center
220 E. Weathersfield Way, Schaumburg

Min/Max: 1/50

Prog #	Day	Time	Fee
4576-3	Tue	7:00-8:00 pm	\$39 R/\$59 NR

Girls Fall Lacrosse Leagues

Be part of a youth lacrosse league exclusively for girls from Palatine, Barrington, Lake Zurich, Buffalo Grove, Libertyville, Vernon Hills, Lake Bluff, Lake Forest, Mundelein, and Lincolnshire. 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 are one day a week for 1.5 hours and games will be played on Sunday afternoons in various north/north-west locations.

Dates: September 7 - October 17 (7 weeks)

Instructor: Illinois Girls Lacrosse Association Staff

Min/Max: 10/75

Fee: \$155 R/\$233 NR
(team jersey included)

Level: 3rd - 4th grade **Prog #:** 4127-3

Level: 5th - 6th grade **Prog #:** 4128-3

Level: 7th - 9th grade **Prog #:** 4129-3

Level*: 7th - 9th grade

*This level is for experienced 7th-9th grade players. Requirements can be found at www.iglax.org under registration tab.

Each player must have goggles, a stick, and a mouth guard for practices and games. Visit www.iglax.org for general equipment information and recommendations. Equipment packages are available for purchase under our tab: *Get Ready To Play; Equipment* link at www.iglax.org.

Practice locations and schedules will be determined and posted at www.iglax.org. All important information during the lacrosse session is posted at www.iglax.org - visit our web site periodically for updates.

Seven Defense Moves Women Should Know

We'll teach all female participants 7 easy and extremely effective self-defense tools they can use to escape from bigger and stronger opponents. Know what to do if someone grabs you from behind, tackles you down to the ground, or assaults you with a weapon — all through 7 simple moves! Every female must know this information as crime is back on the rise. Protect yourself and loved ones now! Questions call 630-837-7565.

Age: 12 years & over

Instructor: Matt Numrich & Pete Juska

Location: Meineke Recreation Center
220 E. Weathersfield Way, Schaumburg

Min/Max: 1/50

Date: October 2

Prog #	Day	Time	Fee
4577-3	Sat	9:00-11:00 am	\$19 R/\$39 NR

Date: November 6

Prog #	Day	Time	Fee
4578-3	Sat	9:00-11:00 am	\$19 R/\$39 NR

Gift Certificates Available!

See page 6 for details!

Fencing

Fencing class offers students a basic understanding of attack and defense of fencing. Students will learn basic moves and strategies that create a solid foundation for developing their fencing game. Each class will have conditioning, drilling, and bouts (actual fencing). All equipment provided. This program is designed for all fitness levels.

Location: Rolling Meadows Park District
3705 Pheasant Drive, Rolling Meadows
Min/Max: 6/18

Dates: September 15 - October 20 (6 weeks)

Age: 8 - 13 years

Prog #	Day	Time	Fee
4592-3	Wed	6:30-7:30 pm	\$42 R/\$63 NR

Age: 14 years & over

Prog #	Day	Time	Fee
4593-3	Wed	7:30-8:30 pm	\$42 R/\$63 NR

Dates: October 27 - December 15 (7 weeks)
no class 11/24

Age: 8 - 13 years

Prog #	Day	Time	Fee
4594-3	Wed	6:30-7:30 pm	\$49 R/\$74 NR

Age: 14 years & over

Prog #	Day	Time	Fee
4595-3	Wed	7:30-8:30 pm	\$49 R/\$74 NR

Panther Wrestling Club

Under the leadership of Ralph Cortez, Fremd High School Wrestling Coach, this program provides kids the opportunity to learn more about this popular sport. Kids of all levels from beginner to advanced are welcome to participate and will have the opportunity to compete in various weekend tournaments. Weekly practices will stress the fundamentals of the sport. Everyone will get the opportunity to wrestle during the season. Headgear, singlets, and t-shirts will be provided. There will be a parent meeting on the first night of practice. For more information about the club, contact Panther Club President Bill LaShiva at 847-560-3239.

Age: 7 - 14 years at the beginning of the program (children under age 7 must have a coach's consent)

Dates: November 3 - March 2 (14 weeks)
no class 11/24, 12/20, 12/22, 12/27, 12/29, 1/10, 2/14

Location: Fremd High School Wrestling Room

Min/Max: 20/125

Prog #	Day	Time	Fee
4596-3	M/W	6:30-8:00 pm	\$100 R/\$150 NR*

*\$125 NR within PHS/FHS boundaries, \$25 off for second child

Speed, Agility, Quickness, and Jump Training

It's time to get quicker, faster, stronger, and more explosive! **TEAM-SPEED** is a specially designed workout class that utilizes plyometric exercises to increase an athlete's speed, agility, quickness, and jumping ability. This is the same workout used to train 2004 Olympic Beach Volleyball Gold Medalists, Kerri Walsh and Misty May. In addition to training Olympic champions, our workout has been used to train numerous NBA players, college competitors, championship high school athletic teams, and over 1,000 Chicago-area athletes looking for that extra edge (20,000 nationwide). The **TEAM-SPEED** workout guarantees to drastically change the explosiveness of every athlete.

Age: 10 - 25 years

Dates: September 13 - November 3 (8 weeks)

Instructor: Ray Glassman

Location: Community Center Gym

Min/Max: 20/50

Prog #	Day	Time	Fee
4130-3	M/W	4:30-5:30 pm	\$149 R/\$224 NR

Team Skateboard Lessons

This class is for beginners and intermediate skaters. Participants must bring something to drink, a skateboard and helmet, knee, elbow, and wrist guards are strongly encouraged. Beginners will learn how to start, stop, drop in, ollies, basic ramp riding, balance, and tricks. Intermediate riders are taught skills and tricks based on their abilities. Fa Skateboards in Mount Prospect has correct equipment for this class. Questions about equipment please email Frank at fpteamskateboard@yahoo.com.

Instructor: Frank Pope

Location: Community Park Skate Park

Min/Max: 5/25

Dates: September 12 - October 3 (4 weeks)

Age: 5 - 7 years (Beginner/Intermediate)

Prog #	Day	Time	Fee
4460-3	Sun	11:30 am-12:30 pm	\$50 R/\$75 NR

Age: 8 - 13 years (Beginner)

Prog #	Day	Time	Fee
4461-3	Sun	12:30-2:30 pm	\$100 R/\$150 NR



Disc Golf Course

Margreth Riemer Reservoir, Quentin Road & Wood Street

The 2,768 ft, 9-hole, 34-par course is open 8:00 am to dusk daily, April 15 through October 15. All 9 holes include Mach 3 baskets and tee markers with signs indicating hole location, distance, and par. The course is unsupervised and no reservations are needed. Bring your own disc.

For a printable scorecard and game rules visit www.palatineparks.org - Parks & Facilities (Disc Golf Course). Email scores to ppd@palatineparks.org for posting of course records. Include name, age, date, and name of person who could verify score.

Youth Karate/Safety

Karate skills put children in touch with their bodies and help build coordination, agility, strength, and poise. Personal safety skills are also taught in a well supervised setting. Karate skills release tension brought on by school and peers. The confidence gained through karate helps foster a strong positive self image. The mental aspect involved in karate builds self-confidence, control, and discipline. The physical aspect of this program is both enjoyable and beneficial. Karate can improve your child's sports, school, and social activities. All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale, four time National Champion, former U.S. Karate National Coach, and National Faculty Member of ACEP (American Coaching Effectiveness Program).

Location: Birchwood Gym

Min/Max: 1/25

Dates: September 7 - December 14 (15 weeks)

Age: 7 - 14 years (Beginning/Continuing)
white belts

Prog #	Day	Time	Fee
4200-3	Tue	4:00-5:00 pm	\$124 R/\$186 NR

Age: 7 - 14 years (Novice)
orange - blue belts

Prog #	Day	Time	Fee
4201-3	Tue	5:00-6:00 pm	\$124 R/\$186 NR

Age: 7 - 14 years (Intermediate)
green & purple belts

Prog #	Day	Time	Fee
4202-3	Tue	5:00-6:00 pm	\$124 R/\$186 NR

Dates: September 8 - December 15 (15 weeks)

Age: 8 - 14 years (Beginning/Continuing)
white belts

Prog #	Day	Time	Fee
4203-3	Wed	5:00-6:00 pm	\$124 R/\$186 NR

Age: 6 - 14 years (Intermediate/Advanced)
orange belt & up/Instructor Permission

Prog #	Day	Time	Fee
4204-3	Wed	5:00-6:00 pm	\$124 R/\$186 NR

Location: Frontier Park

1933 N. Kennicott, Arlington Heights

Min/Max: 1/10

Dates: September 9 - December 16 (14 weeks)
no class 11/25

Age: 7 - 14 years (Beginning/Continuing)
white belts only

Prog #	Day	Time	Fee
4205-3	Thur	4:00-4:55 pm	\$116 R/\$174 NR

Age: 7 - 14 years (Novice)
orange - blue belts

Prog #	Day	Time	Fee
4206-3	Thur	5:00-5:55 pm	\$116 R/\$174 NR

Age: 7 - 14 years (Intermediate/Advanced)
green - black belts

Prog #	Day	Time	Fee
4207-3	Thur	6:00-7:25 pm	\$158 R/\$237 NR

Location: ISKC DOJO

327 N. Eric Drive, Palatine

Min/Max: 1/15

Dates: September 11 - December 18 (15 weeks)

Age: 7 - 14 years (Beginning/Continuing)
white belts

Prog #	Day	Time	Fee
4208-3	Sat	10:00-11:00 am	\$124 R/\$186 NR

Age: 7 - 14 years (Novice)
white w/stripes - orange belts

Prog #	Day	Time	Fee
4209-3	Sat	11:10 am-12:10 pm	\$124 R/\$186 NR

Age: 7 - 14 years (Intermediate)
yellow - green belts

Prog #	Day	Time	Fee
4210-3	Sat	12:20-1:20 pm	\$124 R/\$186 NR

Age: 7 - 14 years (Advanced)
purple - black belts

Prog #	Day	Time	Fee
4211-3	Sat	1:30-2:30 pm	\$124 R/\$186 NR

Dates: September 7 - December 14 (15 weeks)

Age: 7 - 17 years (Advanced)
brown - black belts

Prog #	Day	Time	Fee
4212-3	Tue	6:30-7:45 pm	\$150 R/\$225 NR



Youth Brazilian Jiu Jitsu

This is a martial art specifically designed to teach children how to develop genuine self defense skills. The techniques taught do not require strength, speed, or size. The techniques involve leverage, balance, and coordination. Students will learn offensive and defensive submissions, positions, and escapes from their feet and most importantly, on the ground. This class is taught by 7 time world Jiu-Jitsu Champion Rodrigo "Comprido" Medeiros. He will help the children build the same mental and physical skills that made him one of the world's all-time best Brazilian Jiu-Jitsu practitioners. At Flo Mixed Martial Arts, we train children to increase confidence and to have a healthy expression of energy.

Age: 7 - 12 years

Dates: September 13 - November 19 (10 weeks)

Instructor: Rodrigo "Comprido" Medeiros

Location: Flo Mixed Martial Arts
709 S. Vermont Street, Palatine

Min/Max: 1/15

Prog #	Day	Time	Fee
4230-3	M-F	4:45-5:30 pm	\$99 R/\$149 NR

Parent/Child Karate

This program is an excellent opportunity to share quality time with your children while developing muscle tone, coordination, cardio-vascular fitness, and karate skills.

Location: **Frontier Park**
1933 N. Kennicott, Arlington Heights

Age: 7 - 14 years & adult
Dates: September 9 - December 16 (14 weeks)
no class 11/25

Min/Max: 1/10

Level: Beginning/Continuing (white belts only)
no experience necessary

Prog #	Day	Time	Fee*
4213-3	Thur	4:00-4:55 pm	\$116 R/\$174 NR

Level: Novice (orange - blue belts)

Prog #	Day	Time	Fee*
4214-3	Thur	5:00-5:55 pm	\$116 R/\$174 NR

Level: Intermediate/Advanced
(green - black belts)

Prog #	Day	Time	Fee*
4215-3	Thur	6:00-7:25 pm	\$158 R/\$237 NR

Location: **ISKC DOJO**
327 N. Eric Drive, Palatine

Age: 7 - 14 years & adult
Dates: September 11 - December 18 (15 weeks)
Min/Max: 1/15

Prog #	Day	Time	Fee*
4216-3	Sat	10:00-11:00 am	\$124 R/\$186 NR

Prog #	Day	Time	Fee*
4217-3	Sat	11:10 am-12:10 pm	\$124 R/\$186 NR

Prog #	Day	Time	Fee*
4218-3	Sat	12:20-1:20 pm	\$124 R/\$186 NR

Prog #	Day	Time	Fee*
4219-3	Sat	1:30-2:30 pm	\$124 R/\$186 NR

***Note:** Fees are per person.

Youth Anti Bullying and Safety Course

This class will give youth the skills to defend themselves against bullies, help any of their classmates who are getting bullied, and focus on non-physical just as much as physical means of defusing an altercation. We'll also equip your child with tools to heighten their awareness against abductors and avoid predators. Character lessons such as building self-esteem and respect for others is also an added benefit. Questions call 630-837-7565.

Age: 4 - 12 years
Dates: October 5 - 26 (4 weeks)
Instructor: Matt Numrich & Pete Juska
Location: Meineke Recreation Center
220 E. Weathersfield Way, Schaumburg

Prog #	Day	Time	Fee
4578-3	Wed	6:00-6:45 pm	\$39 R/\$59 NR

Con preguntas de los programas del Park District, llame 847-202-5111 y alguien devolverá su llamada dentro de 24 horas.

Pre-Karate/Safety

Through a variety of fun and creative activities, young children develop coordination, strength, and personal safety skills in a well supervised setting. This program will give your child the lead he/she needs in developing memory and agility skills necessary to be successful in school and other sports. All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale, four time National Champion, former U.S. Karate National Coach, and National Faculty Member of ACEP (American Coaching Effectiveness Program).

Dates: September 8 - December 15 (15 weeks)

Location: Birchwood Gym

Min/Max: 1/25

Age: 5 - 7 years (Beginning)
no experience necessary

Prog #	Day	Time	Fee
4220-3	Wed	4:00-4:45 pm	\$124 R/\$186 NR

Age: 5 - 7 years (Continuing/Novice)
1 or more prior session

Prog #	Day	Time	Fee
4221-3	Wed	4:00-4:45 pm	\$124 R/\$186 NR

Dates: September 11 - December 18 (15 weeks)

Location: ISKC DOJO
327 N. Eric Drive, Palatine

Age: 5 - 7 years (Beginning/Continuing)
white belts

Prog #	Day	Time	Fee
4222-3	Sat	9:00-9:45 am	\$124 R/\$186 NR

Note: New students will not be permitted to register into the current session after the second class has met. Registration for Continuing through Advanced students will be accepted after the start date, but full class fee will be required. **Special Note:** Uniforms and Belt Testing are options available through the ISKC instructor.

Samurang Sword Training Family Class

Learn this awesome sword martial art from Master John P. Wood, chairman of the World Koryo Gumdo Association. Classes include instruction in the basics of sword training and fundamental cutting skills, fencing, self-defense, and much more. Come join us in this exciting art! As a first time student, you will receive your uniform for FREE.

Age: 8 years & over
Dates: September 15 - November 17 (10 weeks)

Instructor: Master J.P. Wood

Location: J.P. Wood Martial Arts America
249 E. Northwest Highway

Prog #	Day	Time	Fee*
4231-3	Wed	7:00-8:00 pm	\$109 R/\$164 NR

*Fee is per person.

Budo Aikijutsu

This class provides training in:

- **Aikido** (control and redirection of attack)
- **Karate** (blocks, kicks, and punches)
- **Judo** (sweep & throws)
- **Jujitsu** (joint twisting & nerve centers)

Self-defense training that covers a wide variety of unarmed and armed attack simulations with emphasis on controlling the attacker, self-defense options, and prevention and awareness pointers. Defenses are based upon the principles of physics which allow a smaller and weaker person to overcome a larger and stronger attacker. No special athletic ability required. One beginning class is required before enrolling in the advanced class. Credit for training in comparable martial arts is given with instructor's consent.

SESSION I

Location: Community Center, Room 1E
Min/Max: 1/40
Dates: September 15 - October 27 (6 1/2 weeks)
 Class ends on Wednesday 10/27

Age: 7 - 14 years (Wednesday & Friday)
Level: Beginning
Prog # **Day Time** **Fee***
 4232-3 Wed 5:15-6:00 pm \$55 R/\$83 NR
 Fri 7:30-8:15 pm

Level: Advanced
Prog # **Day Time** **Fee**
 4233-3 Wed 4:30-5:15 pm \$53 R/\$80 NR
 Fri 6:45-7:30 pm

Age: HS/Adult
Level: Beginning
Prog # **Day Time** **Fee***
 4234-3 Wed 7:30-8:30 pm \$55 R/\$83 NR
 Fri 7:30-8:30 pm

Level: Advanced
Prog # **Day Time** **Fee**
 4245-3 Wed 6:30-8:00 pm \$53 R/\$80 NR
 Fri 8:00-9:30 pm

Dates: September 15 - October 27 (7 weeks)
Age: 7 - 14 years (Wednesday only)
Instructor: C. Ballian

Level: Beginning
Prog # **Day Time** **Fee***
 4236-3 Wed 5:15-6:00 pm \$45 R/\$68 NR

Level: Advanced
Prog # **Day Time** **Fee**
 4237-3 Wed 4:30-5:15 pm \$43 R/\$65 NR

Age: HS/Adult
Instructor: R. Huebner, G. Hoffman, W. Baker

Level: Beginning
Prog # **Day Time** **Fee***
 4238-3 Wed 7:30-8:30 pm \$45 R/\$68 NR

Level: Advanced
Prog # **Day Time** **Fee**
 4239-3 Wed 6:30-8:00 pm \$43 R/\$65 NR

*Free uniform in Advanced class after promotion to yellow belt.

Dates: September 17 - October 22 (6 weeks)
Instructor: G. Hoffman, M. Matsumoto

Age: 7 - 14 years (Friday only)
Level: Beginning
Prog # **Day Time** **Fee***
 4240-3 Fri 7:30-8:15 pm \$39 R/\$59 NR

Level: Advanced
Prog # **Day Time** **Fee**
 4241-3 Fri 6:45-7:30 pm \$37 R/\$56 NR

Age: HS/Adult
Level: Beginning
Prog # **Day Time** **Fee***
 4242-3 Fri 7:30-8:30 pm \$39 R/\$59 NR

Level: Advanced
Prog # **Day Time** **Fee**
 4243-3 Fri 8:00-9:30 pm \$37 R/\$56 NR

SESSION II

Location: Community Center, Room 1E
Min/Max: 1/40

Dates: November 3 - January 7 (7 weeks)
no class 11/24, 11/26, 12/22, 12/24, 12/29, 12/31

Age: 7 - 14 years (Wednesday & Friday)
Level: Beginning
Prog # **Day Time** **Fee***
 4244-3 Wed 5:15-6:00 pm \$55 R/\$83 NR
 Fri 7:30-8:15 pm

Level: Advanced
Prog # **Day Time** **Fee**
 4245-3 Wed 4:30-5:15 pm \$53 R/\$80 NR
 Fri 6:45-7:30 pm

Age: HS/Adult
Level: Beginning
Prog # **Day Time** **Fee***
 4246-3 Wed 7:30-8:30 pm \$55 R/\$83 NR
 Fri 7:30-8:30 pm

Level: Advanced
Prog # **Day Time** **Fee**
 4247-3 Wed 6:30-8:00 pm \$53 R/\$80 NR
 Fri 8:00-9:30 pm

Dates: November 3 - January 5 (7 weeks)

Age: 7 - 14 years (Wednesday only)
Instructor: C. Ballian

Level: Beginning
Prog # **Day Time** **Fee***
 4248-3 Wed 5:15-6:00 pm \$45 R/\$68 NR

Level: Advanced
Prog # **Day Time** **Fee**
 4249-3 Wed 4:30-5:15 pm \$43 R/\$65 NR

Age: HS/Adult
Instructor: R. Huebner, G. Hoffman, W. Baker

Level: Beginning
Prog # **Day Time** **Fee***
 4250-3 Wed 7:30-8:30 pm \$45 R/\$68 NR

Level: Advanced
Prog # **Day Time** **Fee**
 4251-3 Wed 6:30-8:00 pm \$43 R/\$65 NR

Budo Aikijutsu

SESSION II

Dates: November 5 - January 7 (7 weeks)
Instructor: G. Hoffman, M. Matsumoto, J. Munkacsy
Location: Community Center, Room 1E
Min/Max: 1/40

Age: 7 - 14 years (Friday only)
Level: Beginning Youth
Prog # **Day** **Time** **Fee***
 4252-3 Fri 7:30-8:15 pm \$45 R/\$68 NR

Level: Advanced Youth
Prog # **Day** **Time** **Fee**
 4253-3 Fri 6:45-7:30 pm \$43 R/\$65 NR

Age: HS/Adult
Level: Beginning
Prog # **Day** **Time** **Fee***
 4254-3 Fri 7:30-8:30 pm \$45 R/\$68 NR

Level: Advanced
Prog # **Day** **Time** **Fee***
 4255-3 Fri 8:00-9:30 pm \$43 R/\$65 NR

*Free uniform in Advanced class after promotion to yellow belt.

Adult Karate

This program offers a variety of benefits for participants. For the business person, the program is ideal for releasing tension and developing cardiovascular fitness. The self-defense skills learned through karate are invaluable if ever confronted with a dangerous situation that may involve you or a loved one. The class is recommended for the single parent wishing to protect himself/herself and family. Karate skills can be applied in any situation where a weapon may be taken and used against its owner. All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale, four time National Champion, former U.S. Karate National Coach, and National Faculty Member of ACEP (American Coaching Effectiveness Program).

Dates: September 9 - December 16 (14 weeks)
no class 11/25

Location: Frontier Park
 1933 N. Kennicott, Arlington Heights
Min/Max: 1/10

Age: HS/Adult (Beginning/Novice)
 white - green belts
Prog # **Day** **Time** **Fee**
 4223-3 Thur 7:30-8:30 pm \$116 R/\$174 NR

Age: HS/Adult (Intermediate/Advanced)
 purple - black belts
Prog # **Day** **Time** **Fee**
 4224-3 Thur 8:35-10:00 pm \$158 R/\$237 NR

DON'T WAIT to register!

If a program does not reach its minimum 7 days prior to the starting date of class, it may be cancelled.



Budo Aikijutsu for Preschoolers

This class is designed to make every preschooler feel successful while helping improve their attention span, memory, socialization skills, and other life skills such as courtesy, respect, and confidence. The physical skills taught during the class will enhance balance, flexibility, and coordination. In addition, they will learn about stranger danger, 911, fire safety, and bully awareness. Parents are welcome to stay. A parent will be required to stay if their child is not potty trained.

Age: 3 - 6 years
Level: Preschoolers
Instructor: C. Ballian
Location: Community Center, Room 1E
Min/Max: 1/40

Dates: September 15 - October 27 (7 weeks)
Prog # **Day** **Time** **Fee***
 4256-3 Wed 3:45-4:30 pm \$53 R/\$80 NR

Dates: November 3 - December 15 (6 weeks)
no class 11/24
Prog # **Day** **Time** **Fee***
 4257-3 Wed 3:45-4:30 pm \$46 R/\$69 NR

*A uniform can be earned by continuing students demonstrating the safety and skill requirements.

Martial Arts & Tae Kwon Do Family Class

This course is for beginners through advanced students. You can receive the benefits of fun, exciting and challenging classes in the most popular martial art in America. You will learn and develop flexibility, strength, and overall health. You will be trained in basics, self-defense, sparring, and much more. As a first time student, you will receive your uniform for FREE. If you have any questions, please call Master Wood at 847-705-8714.

Age: 6 years & over (Family Class)
Dates: September 13 - November 15 (10 weeks)
Instructor: Master J.P. Wood/Johnna Brant
Location: J.P. Wood Martial Arts America
 249 E. Northwest Highway

Min/Max: 1/18
Prog # **Day** **Time** **Fee***
 4258-3 Mon 6:00-7:00 pm \$109 R/\$164 NR

*Fee is per person.

USA 1-2-3 Youth Tennis Program

USA Tennis is an accelerated program that is specifically designed by the United States Tennis Association (USTA). Frank Sacks Tennis Camps help youths learn the skills necessary to play better tennis with an emphasis on fitness and friendship.

Length: 6 weeks
Fee: \$84 R/\$126 NR
Min/Max: 5/12

Location: Palatine Hills Tennis Courts

Prog #	Dates	Day Time	Level/Age
4300-3	9/13-10/18	Mon 3:45-4:30 pm	Pee Wee/4-6 yrs
4301-3	9/13-10/18	Mon 4:30-5:30 pm	Beg./7-10 yrs
4302-3	9/13-10/18	Mon 5:30-6:30 pm	Beg.-Adv. Beg./10 yrs+

4303-3	9/15-10/20	Wed 3:45-4:30 pm	Pee Wee/4-6 yrs
4304-3	9/15-10/20	Wed 4:30-5:30 pm	Beg.-Adv. Beg./7-10 yrs
4305-3	9/15-10/20	Wed 5:30-6:30 pm	Adv. Beg.-Int./10 yrs+

Location: Eagle Park Tennis Courts

Prog #	Dates	Day Time	Level/Age
4306-3	9/11-10/23*	Sat 1:00-2:00 pm	Parent-Child/3-5 yrs
4307-3	9/11-10/23*	Sat 1:00-2:00 pm	Pee Wee I-II/4-6 yrs
4308-3	9/11-10/23*	Sat 2:00-3:00 pm	Beg./7-10 yrs
4309-3	9/11-10/23*	Sat 3:00-4:00 pm	Beg.-Adv. Beg./10 yrs+
4310-3	9/11-10/23*	Sat 4:00-5:00 pm	Adv. Beg.-Int./12 yrs+

* No class 9/18

Location: Birchwood Tennis Courts

Prog #	Dates	Day Time	Level/Age
4311-3	9/14-10/19	Tue 3:45-4:30 pm	Parent-Child/3-5 yrs
4312-3	9/14-10/19	Tue 3:45-4:30 pm	Pee Wee/4-6 yrs
4313-3	9/14-10/19	Tue 4:30-5:30 pm	Beg./7-9 yrs
4314-3	9/14-10/19	Tue 5:30-6:30 pm	Beg.-Adv. Beg./10 yrs+
4315-3	9/16-10/21	Thur 3:45-4:30 pm	Pee Wee/4-6 yrs
4316-3	9/16-10/21	Thur 4:30-5:30 pm	Beg.-Adv. Beg./7-10 yrs
4317-3	9/16-10/21	Thur 5:30-6:30 pm	Adv. Beg.-Int./10 yrs+

Indoor Tennis

Enjoy playing tennis year round. Come indoors for the fall and winter and continue building your skills.

Dates: November 6 - December 18 (6 weeks)
no class 11/27

Location: Roslyn Road School
 224 Roslyn Road, Barrington
Fee: \$84 R/\$126 NR (1 hour class)
 \$126 R/\$189 NR (1 1/2 hour class)
Min/Max: 5/12

Prog #	Day	Time	Level/Age
4318-3	Sat	9:00-10:00 am	Cardio Tennis/Adult
4319-3	Sat	10:00-11:00 am	Parent-Child/3-5 yrs
4320-3	Sat	10:00-11:00 am	Pee Wee/5-6 yrs
4321-3	Sat	11:00-12:00 pm	Beg./7-9 yrs
4322-3	Sat	12:00-1:00 pm	Beg.-Adv. Beg./10 yrs+
4323-3	Sat	12:00-1:00 pm	Adv. Beg.-Int./10 yrs+
4324-3	Sat	1:00-2:30 pm	Jr. Camp 1-2/10 yrs+
4325-3	Sat	2:30-4:00 pm	Tournament/HS Team Training/12 yrs+
4326-3	Sat	4:00-5:30 pm	Beg.-Adv. Beg./Adult

Fall Adult USA 1-2-3 Tennis Program

USA Tennis is an accelerated program that is specifically designed by the United States Tennis Association (USTA). Frank Sacks Tennis Camps help adults learn the skills necessary to play better tennis with an emphasis on fitness and friendship.

Age: 16 years & over
Min/Max: 5/12

Location: Palatine Hills Tennis Courts

Prog #	Dates	Day Time	Level/Age
4327-3	9/13-10/18	Mon 7:00-8:30 pm	Beg.
4328-3	9/13-10/18	Mon 8:30-10:00 pm	Adv. Beg.-Int. I
4329-3	9/15-10/20	Wed 7:00-8:30 pm	Int. II-Int. III
4330-3	9/15-10/20	Wed 8:30-10:00 pm	Int. IV-Adv.

Location: Eagle Park Tennis Courts

Prog #	Dates	Day Time	Level/Age
4331-3	9/11-10/23	Sat 11:00-12:30 pm	Adv. Beg.-Int. I
4332-3	9/11-10/23	Sat 4:00-5:30 pm	Int. II-Int. III
4333-3	9/11-10/23	Sat 4:00-5:30 pm	Int. IV-Adv.

Location: Birchwood Tennis Courts

Prog #	Dates	Day Time	Level/Age
4334-3	9/16-10/21	Thur 9:30-11:00 am	Int. II-Int. III
4335-3	9/16-10/21	Thur 11:00-12:30 pm	Adv. Beg.-Int. II

Fall Junior Tennis Camp

This program offers professional instruction and gives students the opportunity to progress in tennis at a much faster rate than in the regular tennis setting. All aspects of the game are covered: stroke production, singles and doubles strategy, conditioning, and sportsmanship. Junior Tennis Camp I is designed for Beginners (NTRP 1.0) to Intermediate (NTRP 2.5). Junior Tennis Camp II is designed for Intermediate (NTRP 2.5) to Intermediate (NTRP 3.5 and above). Tournament Training is designed for Intermediate (3.5) to Advanced (NTRP 5.0 and above).

Dates: September 11 - October 23 (6 weeks)
no camp 9/18

Instructor: Frank Sack USPTA/USPTR and staff

Location: Eagle Park Tennis Courts

Fee: \$169 R/\$254 NR

Min/Max: 5/12

Junior Camp I

Prog #	Day	Time	Age
4336-3	Sat	9:00-11:00 am	8 years+

Junior Camp II

Prog #	Day	Time	Age
4337-3	Sat	11:00 am-1:00 pm	10 years+

Tournament Training

Prog #	Day	Time	Age
4338-3	Sat	11:00 am-1:00 pm	12 years+

High School Team Training

Prog #	Day	Time	Age
4339-3	Sat	11:00 am-1:00 pm	10 years+

