

**Long Grove Park District
Summer 2019
Recreation Programs**



LONG GROVE PARK DISTRICT

**Located at:
Reed-Turner Woodland Nature Preserve
3849 Old McHenry Road
Long Grove, IL 60047**

**847.438.4743
Fax 847.719.1645
www.lgparks.org**

Long Grove Park District Summer 2019 Recreation Programs



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Parents:

Please register your children as early as possible for our classes. Due to late enrollments in the past, we have had to cancel classes. Our instructors often need time to prepare for their classes and need adequate notice if a class is going to be canceled.

Registrations must be received 3 days prior to the first day of class.

If your child has a favorite sport or activity, have them ask their friends if they would like to join their class. If a class will not have the minimum number of children registered the class cannot be held.

Thank you for your cooperation in this matter.

Long Grove Park District 3849 Old McHenry Rd., Long Grove, IL 60047
 Phone: 847-438-4743 - Fax: 847-719-1645 - E-mail: syoung@lgparks.org



Program Registration. Fill out this form completely.
 Mail, E-mail, or Fax the signed form to the Park District as listed above.

Contact/Family Information—PRINT CLEARLY.

This section is for basic contact information. Complete as needed for a youth (need parent/guardian/emergency information) or for an adult (need registrant and emergency contact information).

<i>Last Name (Adult/Parent/Guardian)</i>	<i>First Name</i>	<i>Name of other Adult/ Parent/Guardian</i>
<i>Street Address</i>	<i>City</i>	<i>State, Zip</i>
<i>Home Phone</i>	<i>Cell Phone (list whose phone)</i>	<i>Work Phone (list whose phone)</i>
<i>Email Address—Primary</i>		<i>Email Address—secondary</i>
<i>Other Emergency Contact Name</i>	<i>Other Emergency Phone</i>	<i>Other Emergency Contact Relationship</i>

■ In case of emergency, an attempt will be made to reach the contacts listed in the order listed above.

Individual Program Registration Information. To assure accuracy, please **print clearly** and complete all fields in the table for each program and registrant.

Code #	Program Name	Date/Time	Participant's First Name	Participant's Last Name	Age	Grade	Fee

Payment Information *Check One Method*

Total Fee _____
 Visa MasterCard Discover Cash Check

Information Needed for Credit Card Payment

Card # _____ - _____ - _____ - _____
 Cardholder Name _____
 Exp. Date _____ Security Code _____ Ttl. Amt. _____
 Authorized Signature _____

Waiver and Release of all Claims Against Long Grove Park District (LGPD). Be aware that by registering yourself, other adults, and/or your minor child(ren)/wards for any LGPD program(s) you are waiving and releasing all claims for injuries adults and/or your minor child(ren)/ward(s) might sustain arising out of the program(s). I recognize and acknowledge that there are certain risks of physical injury to participants in any of the program(s) and I agree to assume the full risk of any such injuries, damages, or loss regardless of severity which adults or my child(ren)/ward(s) may sustain as a result of participating in any of the programs. I hereby fully release and discharge the Long Grove Park District and its officers, agents, servants, employees and volunteers from any and all claims resulting from injuries, damages, and/or losses sustained by adults and/or my child(ren)/ward(s), arising out of, connected with, or in any way associated with the activities of any of the LGPD program(s).

I HAVE READ, FULLY UNDERSTAND AND ACCEPT THE CONDITIONS AS DESCRIBED ABOVE.

Signature of Adult/Parent/Guardian (signer must be 18 yr. or older) _____

Photo Release Photos and videos may be taken of participants in LGPD programs. All persons registered for LGPD programs or using LGPD property thereby agree that all photos and videos taken by LGPD may be used by LGPD for promotional purposes in any media form without additional prior notice or permission and without compensation to participant(s).

Youth Activities Summer 2019

Tot Rock & Kid Rock Classes

TOT ROCK (1 year olds with parent)

Maracas and clackers and tambourines too; it's musical fun just for you! Tot Rock is a unique music and learning program designed specifically for 1 year olds. Each session focuses on a new educational theme that incorporates hand-held instruments, play props, sensory integration, coordination exercises and socialization. Structured and unstructured time is included in each class. Sing, dance and play today! www.rockitkids.com



<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19-TR1	1 yr	Wed	6	06/12-07/24	9:30-10:10 am	\$50
<i>(No class 07/03)</i>						

Class minimum 4/max 8.

Location: Reed-Turner Woodland Nature Center, 3849 Old McHenry Road, Long Grove.



KID ROCK (2-5 yrs)

Make it a musical day! Kid Rock is a music and movement program designed to stimulate development through interactive play. Fine and gross motor skills are improved through imagination exercises and by using rhythm instruments and movement props such as tambourines, maracas, scarves and a parachute. Presented in a structured format, Kid Rock encourages cooperation and following directions. Each session focuses on a new educational theme. Sing, dance and play today! www.rockitkids.com

Kid Rock I (2 & 3 yrs with parent)

Kid Rock II (3-5 yrs without parent)

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19-KR1	2-3	Wed	6	06/12-07/24	10:15-10:55 am	\$50
S19-KR2	3-5	Wed	6	06/12-07/24	11:00-11:40 am	\$50
<i>(No class 07/03)</i>						

Class minimum 4/max 8.

Location: Reed-Turner Woodland Nature Center, 3849 Old McHenry Road, Long Grove.

Youth Activities Summer 2019

Safe Sitter Babysitting Class

Our babysitting program, sponsored by **Safe Sitter**, is sure to get your teen on the right track to become a babysitter. Participants will learn how to care for a choking infant or child, basic first aid, personal safety for the babysitter, injury prevention, how to care for children, preventing problem behavior, behavior management, ethics and babysitting as a business. Program includes a babysitting manual and a completion card.

Participants should bring a baby-sized doll and lunch to class.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
S19-SS1	11-15	Sunday	06/02	10 am - 3 pm	\$45.00 (includes handbook).

Location: Reed-Turner Woodland Nature Center, 3849 Old McHenry Road, Long Grove.

Red Coat Riding Academy

Horse Crazy/Horse Lovers - Ages 5+

Learn all about horses and ponies and have tons of fun. Let your kids spend their days at Red Coat Riding Academy surrounded by what they love - horses! Pick the days that work with your schedule. Your child will not only have the time of their life, they will also learn to ride, groom and tack up their horses. They'll play horse games with and without the horse and learn horse facts too. All school-age children are welcome.

Children must know how to walk and trot on their own. Children who have participated in any of the programs last fall or spring are welcome. No experience? No problem! Schedule a lesson or two this summer to get the basics.

Classes run Monday through Thursday, 9:30 am to 3:00 pm, June 10th through August 1st. (Closed July 4th). \$110 per day, 2 day minimum. Bring a lunch and water bottles to class.

Program Dates:

June 10-13	M T W Th
June 17-20	M T W Th
June 24-27	M T W Th
July 1-3	M T W —
July 8-11	M T W Th
July 15-18	M T W Th
July 22-25	M T W Th
July 29-Aug 1	M T W Th



Location: Red Coat Farms, 24675 Gilmer Road, Hawthorn Woods, IL

*** For safety and comfort, riders and non-riders must wear long pants and sturdy, closed toe shoes. Riders shoes should have a 1/2"-1" heel. Helmets and a limited selection of riding boots will be provided. Also recommended is knee socks under your pants.

Youth Activities Summer 2019

Young Rembrandts Art Workshops

Pastel Workshop Culinary Mischief

Our domestic critters are up to no good in this 3-day pastel workshop! We'll use pastels to create amazing, "can't believe I drew this" masterpieces. A mouse making soup, a dog eyeing the spaghetti and silly birds on cakes are some of the mischievously-delicious drawings students will create every day. Pastels are an amazing medium that with good direction can make an artist out of any rookie. You won't believe the results from this fun-for-all, skill-enhancing workshop. No experience necessary. Please wear an old shirt or smock to class each day.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19-YR1	5-12	M, W, F	06/03, 06/05, 06/07	9:00-10:30 am	\$105.00

Class minimum 5/max 15

Location: Reed-Turner Woodland Nature Center, 3849 Old McHenry Road, Long Grove.

Cartoon Workshop - Character Creation

Learn the basics of cartooning and create your own characters! Each day students will learn techniques used in cartooning. Subjects like characteristics, features, exaggeration, action and personification will contribute to your child's artistic advancement! Young Rembrandts' students will immediately apply their new skills in every class to create their own original cartoon characters.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19-YR2	5-12	M, W, F	07/08, 07/10, 07/12	9:00-10:30 am	\$105.00

Class minimum 5/max 15

Location: Reed-Turner Woodland Nature Center, 3849 Old McHenry Road, Long Grove.

Fantasy Forest

Magical, mythical, marvelous art is coming your way in this new Young Rembrandts drawing workshop. Join us for 3 days filled with fun and creative thought as we explore deep in the Fantasy Forest. Students will tap into their imagination while learning to draw otherworldly creatures like fairies, trolls and a forest queen. Your child's talent will truly enchant you as they create beautiful scenery and new masterpieces every day.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19-YR3	5-12	M, W, F	08/05, 08/07, 08/09	9:00-10:30 am	\$105.00

Class minimum 5/max 15

Location: Reed-Turner Woodland Nature Center, 3849 Old McHenry Road, Long Grove.

Youth Sports Summer 2019

Tae Kwon Do

Little Jins (Ages 4-6)

This program meets two days a week (Wed & Sat) to introduce our youngest students to Tae Kwon Do. It is designed to teach children how to build a strong, healthy body and provides the foundational elements for improved motor skills, better ability to pay attention and follow directions, practice courtesy and discipline and gain self-confidence. Instructed by Master Ong/OTA.

<u>Code</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
LJ1	Wed/Sat	8	06/12-08/10	Wed 4:30-5:00 pm/Sat 10:00-10:30 am	\$214.00
(No class 07/03 & 07/06)					

Location: Hawthorn Woods Village Hall Barn, 2 Lagoon Drive, Hawthorn Woods.

Kids Tae Kwon Do (Ages 7-9)

This program reinforces the basic components of Tae Kwon Do to children. Class meets twice a week (Wed & Sat). It is designed to introduce the art of Tae Kwon Do to children by instilling the five ancient tenets of Tae Kwon Do in them as a way of life; courtesy, integrity, perseverance, self-control, and indomitable spirit. This program provides the foundation for physical and psychological training; increasing their strength, fitness, flexibility, confidence, focus and discipline. Instructed by Master Ong/OTA.

<u>Code</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
KTKD1	Wed/Sat	8	06/12-08/10	Wed 5:00-5:45 pm/Sat 10:30-11:15 am	\$214.00
(No class 07/03 & 07/06)					

Location: Hawthorn Woods Village Hall Barn, 2 Lagoon Drive, Hawthorn Woods.

Teen/Adult Tae Kwon Do (Ages 13 & up)

Teens and adults will improve their physical and mental condition by learning the practice of Tae Kwon Do. This class meets twice a week and is for all levels and abilities. Instructed by Master Ong/OTA.

<u>Code</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
TATKD1	Wed/Sat	8	06/12-08/10	Wed 6:00-6:45 pm/Sat 11:15 am-12 noon	\$214.00
(No class 07/03 & 07/06)					

Location: Hawthorn Woods Village Hall Barn, 2 Lagoon Drive, Hawthorn Woods.

UNIFORMS: All participants must wear a uniform. A uniform includes a top, bottom and belt. Uniform fee is \$60 (separate from program fees).

Youth Sports Summer 2019

Pee Wee Soccer Stars

This class helps children learn the fundamentals of soccer in a noncompetitive setting. Dribbling, passing, shooting and kicking will all be emphasized with good sportsmanship included. Basic skills are taught through games, drills and fun! Instructed by 5 Star Sports staff.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19PWS1	2-3 w/parent	Mon	5	06/10-07/08	1:00-1:45 pm	\$60
S19PWS2	3-5	Mon	5	06/10-07/08	2:00-2:45 pm	\$60
S19PWS3	2-3 w/parent	Mon	5	07/15-08/12	1:00-1:45 pm	\$60
S19PWS4	3-5	Mon	5	07/15-08/12	2:00-2:45 pm	\$60

Location: Kildeer Countryside School, playing fields, 3100 Old McHenry Road, Long Grove.

Soccer Skills & Drills

Looking to up your game for an upcoming season? This program will cover ball control, shooting, passing and defense through drills and scrimmages. This is a must-attend program to help accelerate your soccer skills on the field. Instructed by 5 Star Sports staff.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19SSD1	6-9	Mon	5	06/10-07/08	3:00-3:45 pm	\$60
S19SSD2	6-9	Mon	5	07/15-08/12	3:00-3:45 pm	\$60

Location: Kildeer Countryside School, playing fields, 3100 Old McHenry Road, Long Grove.

Flag Football

You are invited to play the competitive sport of football without the tackling. You will be taught the fundamentals of football in this instructional and fun class. This class will consist of a flag football-style scrimmage where regular football gear will not be used. All equipment is provided and games will be played at the end of most classes. Instructed by 5 Star Sports staff.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19FF1	5-7	Mon	5	06/10-07/08	4:00-4:45 pm	\$60
S19FF2	5-7	Mon	5	07/15-08/12	4:00-4:45 pm	\$60

Location: Kildeer Countryside School, playing fields, 3100 Old McHenry Road, Long Grove.

Youth Sports Summer 2019

T-Ball

Introduce your child to America's favorite past time in a fun and creative way. While the basic skills such as fielding, catching and batting will be covered your child will never be bored as we make sure all kids stay moving and involved. Balls and bats are provided so just bring your glove and let's play ball! Games will be played. Instructed by 5 Star Sports staff.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19TB1	3-4 w/parent	Sat	5	06/01-06/29	10:00-10:45 am	\$60
S19TB2	4-6	Sat	5	06/01-06/29	11:00-11:45 am	\$60
S19TB3	3-4 w/parent	Sat	5	07/13-08/10	10:00-10:45 am	\$60
S18TB4	4-6	Sat	5	07/13-08/10	11:00-11:45 am	\$60

Location: Kildeer Countryside School, playing fields, 3100 Old McHenry Road, Long Grove.

Baseball Hitting Clinic

Hitting is arguably the best part about baseball. With our new hitting clinic, your kids will be able to work alongside some of the best coaches to master the fundamentals of hitting. Instructed by 5 Star Sports staff.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19BHC1	7-10	Sat	5	06/01-06/29	12-12:45 pm	\$60
S19BHC2	7-10	Sat	5	07/13-08/10	12-12:45 pm	\$60

Location: Kildeer Countryside School, playing fields, 3100 Old McHenry Road, Long Grove.

Track & Field

Discover all the diverse fun you can have learning and competing in all the different events track has to offer. We will be working with the children to develop their knowledge, technique and skill level for each and every event. Many different distances like the 100m, 200m, 400m and 800m are covered along with events like hurdles, long jump, relays and shot put. If there is anything special that your young athlete wants to learn or cover specifically we will work with them. Instructed by 5 Star Sports staff.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19TF1	6-10	Sat	5	06/01-06/29	1:00-1:45 pm	\$60
S19TF2	6-10	Sat	5	07/13-08/10	1:00-1:45 pm	\$60

Location: Kildeer Countryside School, playing fields, 3100 Old McHenry Road, Long Grove.

Youth Sports Summer 2019

Tot Tumbling & Rhythmic Gymnastics

Children are introduced to tumbling positions, drills and movements such as tuck, straddle, bridge, forward roll and cartwheel. Leaps, jumps, stretching, running and balancing are taught as part of the rhythmic gymnastics movements that also involve using hoops, ribbons and other hand apparatus. This class promotes the development of balance, strength, motor skills and flexibility in a safe, fun and progressive setting. Instructed by SportsKids Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19TTRG1	3-5	Tues	5	06/04-07/09	5:00-5:45 pm	\$38
S19TTRG2	3-5	Tues	5	07/16-08/13	5:00-5:45 pm	\$38

(No class 07/02)

Location: Mundelein Community Center Gym, 1401 N. Midlothian Road, Mundelein.

Adult & Tot Tumbling & Rhythmic Gymnastics

Bond with your child as you help them develop body awareness, coordination, flexibility and balance while having fun learning and practicing movement, rolls and other tumbling exercises. Toddlers also use balls, hoops and ribbons to try simple rhythmic movements that stimulate growing muscles and build concentration. Instructed by SportsKids Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19ATT1	2-3 w/adult	Tues	5	06/04-07/09	5:45-6:15 pm	\$25
S19ATT2	2-3 w/adult	Tues	5	07/16-08/13	5:45-6:15 pm	\$25

(No class 07/02)

Location: Mundelein Community Center Gym, 1401 N. Midlothian Road, Mundelein.

Pitch & Putt Golf

This class is a fun way for children to learn the lifelong game of golf. Boys and girls will receive golf swing instruction for all aspects of the game including full swing, pitching, chipping and putting. Creative games played in a non-competitive and safe environment make this a super fun class for young golfers. Equipment will be provided. Instructed by SportsKids Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19PPG1	4-6	Wed	5	06/05-07/10	4:15-5:00 pm	\$38
S19PPG2	4-6	Wed	5	07/17-08/14	4:15-5:00 pm	\$38

(No class 07/03)

Location: Mundelein Community Park Soccer Fields, 1401 N. Midlothian Road, Mundelein.

Youth Sports Summer 2019

Youth Archery

Archery participants will learn the parts of an arrow and recurve bow, the basics of using a bow and fundamentals of shooting in a safe manner. Both technique and games will be part of this class. All equipment is provided. Instructed by SportsKids Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19YA1	7-12	Mon	5	06/03-07/08	6:15-7:00 pm	\$50
S19YA2	7-12	Mon	5	07/15-08/12	6:15-7:00 pm	\$50

(No class 07/01)

Location: Mundelein Community Park Soccer Fields, 1401 N. Midlothian Road, Mundelein.

Volleyball Skills & Games

This program is a must for players of all skill levels trying to improve on the fundamentals or learn the game for the first time. We will assist players with their skills and knowledge of passing, serving, defense, setting, blocking and hitting. Players will also work on technique, set location, play sets, footwork and overall knowledge of the game. They will learn offensive and defensive systems through team drills and game play. Instructed by SportsKids Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19VSG1	8-13	Tues	5	06/04-07/09	7:00-8:00 pm	\$50
S19VSG2	8-13	Tues	5	07/16-08/13	7:00-8:00 pm	\$50

(No class 07/02)

Location: Mundelein Community Center Gym, 1401 N. Midlothian Road, Mundelein.

Basketball Skills & Games

Come join us for a fun and instructional basketball experience. This program will help boys and girls to improve their basketball skills such as dribbling, passing, shooting and rebounding. Participants also will learn the proper defensive stance, practice zone defense and experience man-to-man defense through challenging drills and structured games. Youngsters will have the opportunity to enhance their individual skills as well as become effective team players. Instructed by SportsKids Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19BBS1	6-8	Thurs	5	06/06-07/11	6:30-7:30 pm	\$50
S18BBS2	9-12	Thurs	5	06/06-07/11	7:30-8:30 pm	\$50
S19BBS3	6-8	Thurs	5	07/18-08/15	6:30-7:30 pm	\$50
S19BBS4	9-12	Thurs	5	07/18-08/15	7:30-8:30 pm	\$50

(No class 07/04)

Location: Mundelein Community Center Gym, 1401 N. Midlothian Road, Mundelein.

Youth Sports Summer 2019

Ice Skating & Hockey Classes @ Twin Rinks Ice Pavilion 1500 Abbott Ct., Buffalo Grove

Ice Skating and Hockey Classes

- ◆ **Beginning learn to skate classes** are for ages 3 through 12 years with little or no ice experience. Balance and basic forward skating skills are taught using the Ice Skating Institute program. Please try to attend your assigned class - we do not offer makeup classes.
- ◆ **Figure skating classes** (skate rental is included). Gloves or mittens, bicycle helmet and light-weight clothing are required.
- ◆ **Hockey classes** (equipment rental is included). Skates, helmet, shin guards are required for hockey classes and are included in the price. Call Scott (847) 821-7465 ext 122 to arrange a fitting time before your first class. Ages 4-10.

Twin Rinks Ice Pavilion is located 1.7 miles north of Lake Cook Road on Weiland. The address is 1500 Abbott Ct. in Buffalo Grove. Call (847) 821-RINK for more information.

Summer 2019 Beginner Figure Skating - June 13 to August 10, 2019.

(No class 07/04)

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Time</u>	<u>Fee</u>
0101	Tot 1 Beg 4-6 Yrs	Thurs	8	5:15-5:45 pm	\$166
0102	Tot 1 Beg 4-6 Yrs	Sat	9	9:20-9:50 am	\$186
0151	Pre Alpha 1 7-12 Yrs	Thurs	8	5:15- 5:55 pm	\$174
0152	Pre Alpha 1 7-12 Yrs	Sat	9	9:20-10:00 am	\$195

Summer 2019 Beginner Hockey - June 11 to August 6, 2019.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Time</u>	<u>Fee</u>
0910	Hockey Beginner 4-10 yrs	Tues	9	5:20 -6:00 pm	\$213



Youth Sports Summer 2019

Tennis Programs - LifeSport Lincolnshire
96 Elm Street, Lincolnshire

Introductory Program: These classes will allow you to try out the tennis program without becoming a club member. Classes are taught by United States Professional Tennis Association (USPTA) instructors.

Quick Start Tots: Ages 5 and under

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

Pee Wee Tennis: Ages 5-7

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

Junior Development: Ages 8-13

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

2019 Summer Session - June 3 to August 9, 2019
(No class 07/04)

<u>Program:</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Fee</u>
<u>Quick Start Tots</u>				
Ages 5 and under	Monday	5:00-6:00 pm	10	\$285
	Saturday	10:00-11:00 am	9	\$257
	Sunday	9:00-10:00 am	9	\$257
<u>Pee Wee Tennis</u>				
Ages 5-7	Monday	5:00-6:00 pm	10	\$350
	Saturday	10:00-11:00 am	9	\$315
	Sunday	9:00-10:00 am	9	\$315
<u>Junior Development</u>				
Ages 8-13	Thursday	5:00-6:00 pm	9	\$315
	Sunday	10:00-11:00 am	9	\$315

Youth Camps Summer 2019

**Tennis/Swim Camp - LifeSport Lincolnshire
96 Elm Street, Lincolnshire**

Summer 2019: June 3 - August 9 (No class July 4)

Full Day Camp Ages 5-13, 9am-4pm, lunch 12-1pm, bring lunch

This camp focuses on the fundamentals necessary for campers to grow into confident and proficient tennis players. This camp combines a talented year-round tennis professional teaching staff and the Quick Start method of tennis instruction which enables your child to have an enjoyable and comprehensive learning experience. The goal is to facilitate fun, friendship, technique and skill development in an engaging environment.

Supervised open, fun swim time will occur daily only during the afternoon session (weather permitting). Participants will be transported from Lincolnshire to the Riverside Pool in Libertyville, after lunch and will be brought back to Lincolnshire before the 4 p.m. pick up time. Full day campers should bring lunch, swimsuit and towel.

Class Week	# of Classes <u>Please circle days</u>	<u>Fee Per Day</u>	<u>1 week</u>	<u>2 weeks</u>
June 3-7	M, Tu, W, Th, F	\$138	\$600	\$960
June 10-14	M, Tu, W, Th, F	\$138	\$600	\$960
June 17 - 21	M, Tu, W, Th, F	\$138	\$600	\$960
June 24-28	M, Tu, W, Th, F	\$138	\$600	\$960
July 1-5	M, Tu, W — F	\$138	\$504	\$918
July 8-12	M, Tu, W, Th, F	\$138	\$600	\$960
July 15-19	M, Tu, W, Th, F	\$138	\$600	\$960
July 22-26	M, Tu, W, Th, F	\$138	\$600	\$960
July 29-Aug 2	M, Tu, W, Th, F	\$138	\$600	\$960
Aug 5-9	M, Tu, W, Th, F	\$138	\$600	\$960

Youth Camps Summer 2019

**Tennis/Swim Camp - LifeSport Lincolnshire
96 Elm Street, Lincolnshire**

Summer 2019: June 3 - August 9 (No class July 4)

Half Day Camp Ages 5-13 AM: (9am-12pm) PM: (1pm-4pm)

This camp focuses on the fundamentals necessary for campers to grow into confident and proficient tennis players. This camp combines a talented year-round tennis professional teaching staff and the Quick Start method of tennis instruction which enables your child to have an enjoyable and comprehensive learning experience. The goal is to facilitate fun, friendship, technique and skill development in an engaging environment.

Supervised open, fun swim time will occur daily only during the afternoon session (weather permitting). Participants will be transported from Lincolnshire to the Riverside Pool in Libertyville after lunch and will be brought back to Lincolnshire before the 4 p.m. pick up time. Afternoon campers should bring lunch, swimsuit and towel.

Please circle days and time: AM or PM

Class	# of Classes	Fee Per Day	1 week	2 weeks
Week				
June 3-7	M, Tu, W, Th, F	\$81	\$330	\$600
June 10-14	M, Tu, W, Th, F	\$81	\$330	\$600
June 17-21	M, Tu, W, Th, F	\$81	\$330	\$600
June 24-28	M, Tu, W, Th, F	\$81	\$330	\$600
July 1-5	M, Tu, W — F	\$81	\$276	\$567
July 8-12	M, Tu, W, Th, F	\$81	\$330	\$600
July 15-19	M, Tu, W, Th, F	\$81	\$330	\$600
July 22-26	M, Tu, W, Th, F	\$81	\$330	\$600
July 29-Aug 2	M, Tu, W, Th, F	\$81	\$330	\$600
Aug 5-9	M, Tu, W, Th, F	\$81	\$330	\$600

Adult Programs Summer 2019

Nature Presentations by Lake County Forest Preserves

Native Plants

Learn the difference between native and non-native plants and the benefits of using native plants in your landscape. Discover the wide variety of native trees, shrubs, grasses and wildflowers for use in the home landscape.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
S19-NP	18+	Thurs	June 13	1:00-2:00 pm	\$5.00

Location: Reed-Turner Woodland Nature Center, 3849 Old McHenry Road, Long Grove.

Habitat Guide to Birding

You can find bobolink, cranes and warblers if you know where to look. This presentation reveals the lives of birds, how habitat is important and why your Lake County Forest Preserves are crucial to their continued success in our area.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
S19-HGB	16+	Mon	July 29	1:00-2:00 pm	\$5.00

Location: Reed-Turner Woodland Nature Center, 3849 Old McHenry Road, Long Grove.

Owls of Lake County

There are eight different types of owls that can be found in Lake County throughout the year. Learn about special adaptations these nocturnal animals have to survive in the wild through pictures and hands-on exploration of owl artifacts.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
S19-OLC	16+	Mon	August 12	1:00-2:00 pm	\$5.00

Location: Reed-Turner Woodland Nature Center, 3849 Old McHenry Road, Long Grove.

Adult Programs Summer 2019

Beginner Pickleball

This class is for those who have never played pickleball before or who have very limited experience with the sport. It will focus on pickleball basics such as forehand and backhand shots, serving and court positioning. Players will also learn scoring and the rules of the game through drills and playing time. The slower pace of this class will give players the opportunity to develop the skills needed to play this fun and energetic game. All equipment will be provided. Led by SportsKids, Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19BP1	55+	Tues	5	06/04-07/09	9:30-10:30 am	\$50.00
S19BP2	55+	Tues	5	07/16-08/13	9:30-10:30 am	\$50.00

(No class 07/02)

Min/Max: 6/12.

Location: Location: Mundelein Community Park, 1401 N. Midlothian Road, Mundelein.

Advanced Beginner Pickleball

This class is for advancing beginners who have some experience and want to move at a faster pace to improve their basic shots and strategy. Players will participate in challenging drills to work on consistency in forehand and backhand shots, serving, volleying, dinks and lobs. Through matches played each week, players will get the chance to take their game to the next level by learning how to play smarter, not harder. All equipment will be provided. Led by SportsKids, Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
S19BP3	55+	Tues	5	06/04-07/09	10:30-11:30 am	\$50.00
S19BP4	55+	Tues	5	07/16-08/13	10:30-11:30 am	\$50.00

(No class 07/02)

Min/Max: 6/12.

Location: Location: Mundelein Community Park, 1401 N. Midlothian Road, Mundelein.

Adult Programs Summer 2019

**Adult Tennis Programs– LifeSport Lincolnshire
96 Elm Street, Lincolnshire**

Tennis ASAP: Transforming novices into players, our 4-week classes are perfect for learning the fundamentals of the game and getting a great workout while practicing. On-court instruction, no equipment needed. Grab your friends, pick a day and time and start playing tennis ASAP.

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

2019 Summer Session June 3 - August 9, 2019 (No class 07/04)

<u>Program</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Fee</u>
<u>Tennis ASAP</u>				
June 3-June 30	Wednesday	7:00-8:00 pm	4	\$129
	Thursday	7:00-8:00 pm	4	\$129
	Saturday	9:00-10:00 am	4	\$129
<u>Tennis ASAP</u>				
July 1-July 28	Wednesday	7:00-8:00 pm	4	\$129
	Thursday	7:00-8:00 pm	4	\$129
	Saturday	9:00-10:00 am	4	\$129
<u>Adult Stroke Production</u>				
	Wednesday	7:00-8:30 pm	10	\$480
	Saturday	8:30-10:00 am	9	\$432

