



SUMMER

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NORRIDGE RECREATION CENTER MAIN OFFICE

4631 N. Overhill Avenue
Norridge, IL 60706-4595
(708) 457-1244 | FAX: (708) 457-8385

Fitness Center
(708) 457-1244

NORRIDGE RECREATION CENTER - EAST

4652 N. Olcott Ave.
Harwood Heights, IL 60706
(708) 457-0961

EARLY CARE & PRESCHOOL ACADEMY

8151 W. Lawrence Ave.
Norridge, IL 60706
(located inside Leigh School)
(708) 453-2141 | FAX: (708) 453-6024

ADMINISTRATIVE STAFF

Annemarie Flaherty .. Executive Director
James Glaub Business Manager
Shannon Straughn Accounting/
HR Coordinator

RECREATION STAFF

Karyn Roth..... Superintendent
of Recreation
Angelo Alongi..... Recreation Supervisor
Brenna Bowers..... Recreation Supervisor
Denise Glennon..... Administrative Assistant/
Safety Coordinator
Danielle McCollum ... NRC East Facility
Coordinator

PARK SERVICES STAFF

Jerry Hernandez Superintendent of
Maintenance
Joe Annunzio Parks Laborer I

EARLY CARE & PRESCHOOL ACADEMY

Demetra Parashos Assistant Superintendent
Eileen Wright Co-Director Early Care

Registration OPEN for all programs

ON-LINE REGISTRATION

Visit "Register On-Line" portion on the Norridge Park District Home Page

- If you need to set up an on-line account, please follow the prompts "In Order to Register"
- All requests will be sent to info@norridgepk.com
- If you are a resident of the Norridge Park District, you will need to verify proof of residency: You will receive an email from info@norridgepk.com

MAIL-IN REGISTRATION

If you choose NOT to register online, we will accept registration forms to be mailed or emailed to the Norridge Park District.

OPTION #1: Send Completed Norridge Park District Registration Form to:
Norridge Park District, 4631 N. Overhill Avenue,
Norridge IL 60706 ATTN: Registration

OPTION #2: Save registration form to your computer and
send via email to info@norridgepk.com

If you are claiming residency, we will need verification of residency
if you are currently not in our registration system.

Patrons will need to provide a copy of at least TWO FORMS of Identification:

- Photo Identification (drivers license or state ID)
- Tax Bill
- Utility Bill
- Voter registration card
- Apartment / Home Lease

Once residency is confirmed you will be able to register online.

IMPORTANT: If you are registering a child that has previously not participated in Norridge Park District programs we will need confirmation of their date of birth. Customers can provide a copy of the birth certificate with the registration form, or send a Copy (PDF or screen shot) of child's birth certificate to info@norridgepk.com. We will not be able to take registration for child until the park district has verification of date of birth.

Field Rentals

The Norridge Park District is currently accepting group permit applications
for outdoor ball field rentals for beginning week of July 13.

Please contact info@norridgepk.com or visit website for field permit application

Updated COVID-19 updates

Due to COVID-19 pandemic, most park district facilities, playgrounds, and aquatic facility still remain closed. We are offering Summer Camp at limited capacity from previous seasons. We will be keeping the public informed through our website and other social media outlets on program and facility updates. Please sign up for our newsletters on main page of the website. We appreciate understanding and patience while our organization is transitioning to provide a fun but safe recreational environment for the community.

THE MISSION OF THE NORRIDGE PARK DISTRICT IS to unite and support an active community by promoting safe and healthy lifestyles for residents of all ages through quality recreational programming and events while maintaining a commitment to fiscal responsibility and excellence in our parks and facilities.

4TH OF JULY DECORATING CONTEST

AWARDS
will be given
to most "festive"
house – prizes
will be
delivered

Celebrate 4th of July Norridge Park District will be hosting a "Fourth of July Front Lawn / House Decorating Contest".

How it works:

- ★ Pre-Registration required: on-line or email info @ info@norridgepk.com
- ★ Registration Deadline is Tuesday, June 30
- ★ Thursday, July 2 members of Norridge Park District team will schedule a drive by to take photos (feel free to have family dress up in your red/white and blue gear)



Friday, July 24

Celebrate Christmas this year with a special delivery from Kris Kringle (Summer style)

- Pre-Registration required: on-line through Activenet
- Registration deadline is Tuesday, July 21
- FEE: \$15 R/\$20 NR Fee includes a "special wrapped" Christmas in Box filled with activities and crafts for family and children.
Registration Fee covers cost per household

On Friday, July 24
– SANTA will be
delivering "Christmas
in a Box to your house"

Christmas
in July



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Kids Can Cook with Chef Ron Wells

AGES: 8 and older **\$35 R / \$40 NR per class**

Join accomplished chef, Ron Wells, for a series of hands-on cooking classes for kids, where basic techniques, cooking methods, kitchen skills and healthy eating will be taught. A variety of fruits, vegetables, herbs and spices will be used and a different menu will be created each class. Parents are welcome to join their children for class!

Jul 23, Aug 20th, September 24 5-7pm NRC Party Room



Magic Class

AGES 5-12 **\$21 R / \$26 NR** **Gary Kantor**

Children will amaze their family and friends with the tricks they learn from this class that involve cards, ropes, coins and more. Lessons are always age appropriate and never repeated in other sessions. Additionally, each child will receive their very own magic kit to take home.

Tue July 28 5:00-5:55 pm NRC Tot Room

Private Piano or Guitar Lessons

AGES 7 and older (for Piano) | AGES 8 and older (for Guitar)

Piano: Learn the basics of piano, including theory, technique and sight reading.

Guitar: Learn the basics of guitar with instruction on chords, songs, note reading, time signatures and scales. Styles taught include rock, alternative, blues, folk, jazz & classical.

An instructor will contact you to set up the date and time of your lesson. For further information or to rent a guitar, contact the Ultimate School of Music at (773) 508-9443.

Session 2:

\$232 R / \$240 NR 30-minute lessons

Wed (Piano or Guitar) Jun 17-Aug 12 (no class July 8)

Thu (Piano or Guitar) Jun 18-Aug 13 (no class July 9)

Rock 'n' Kids

Virtual until we get the okay to do in person classes

Monday, June 15-August 3

\$55 R / \$65 NR

Classes will be sent out on Mondays at 8 am from Rock 'n' Kids

Tot Rock - Virtual

AGE 1 with an adult 8:00 am

Enroll in this virtual class session to sing, dance, play and learn! Rock 'n' Kids provides the Tot Rock and Kid Rock music and creative movement programs for children ages 1-6. Registered participants will receive an email from Rock 'n' Kids with that week's pre-recorded, private 30-minute virtual class, and allowing families to participate on their own time. The session's musical activities will be based on the theme of "My Box of Crayons!" Each class will explore a different color through music and movement, and will include opening songs, weekly theme introduction, DIY instrument and prop ideas, 4-6 additional music activities, and closing songs. Class activities will involve rhythm, fine and gross motor, imaginative play, sensory integration and listening skills. Rock 'n' Kids has been enjoying children's wiggles and giggles for 25 years! You won't want to miss this chance for safe, musical fun and learning with your child! (Optional—Rockin' at Home Class Sets can be ordered directly at rockitkids.com)

Kid Rock - Virtual

AGES 2-6 8:00 am

Enroll in this virtual class session to sing, dance, play and learn! Rock 'n' Kids provides the Tot Rock and Kid Rock music and creative movement programs for children ages 1-6. Registered participants will receive an email from Rock 'n' Kids with that week's pre-recorded, private 30-minute virtual class, and allowing families to participate on their own time. The session's musical activities will be based on the theme of "My Box of Crayons!" Each class will explore a different color through music and movement, and will include opening songs, weekly theme introduction, DIY instrument and prop ideas, 4-6 additional music activities, and closing songs. Class activities will involve rhythm, fine and gross motor, imaginative play, sensory integration and listening skills. Rock 'n' Kids has been enjoying

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Dance

Monday, July 20 – Friday, August 21

All Dance classes take place at our School of Dance, located inside the
Norridge Recreation Center - East
4652 N. Olcott, Harwood Heights

All 1 hour classes are \$35 R / \$45 NR | All 2 hour classes are \$70 R / \$90 NR | 5-week classes

DAY	TIME	AGE	CLASS	INSTRUCTOR	LOCATION	LEVEL
Mon	1:00-3:00 pm	8-10	Future Ballerinas Camp	AR	Studio 1	Levels 1 & 2
Mon	3:15-5:15 pm	6-8	Dance Pioneer Camp	AR	Studio 1	Beginner & Level 1
Mon	5:30-6:30 pm	Adult (16+)	Hip Hop Funk / Jazz	AR	Studio 1	Beginner & Level 1
Mon	1:00-3:00 pm	8-9	Dance Explorers Camp	AR	Studio 2	Beginner & Level 1
Mon	3:15-5:15 pm	10 and older	Dance Explorers Camp	AR	Studio 2	Levels 1 & 2
Mon	5:30-6:30 pm	7-10	Boys Hip Hop	AR	Studio 2	Beginner
Tue	1:00-3:00 pm	8-10	Mini Movers & Shakers	SG	Studio 1	Intermediate
Tue	3:00-5:00 pm	10 & older	Junior Movers & Shakers	SG	Studio 1	Intermediate
Tue	5:00-7:00 pm	11 & older	Senior Movers & Shakers	SG	Studio 1	Advanced
Tue	1:00-2:00 pm	3-5	Fairytale Ballet	AR	Studio 2	Beginner
Tue	2:15-3:15 pm	18mo.-3yrs.	Parent / Tot	AR	Studio 2	Beginner
Tue	3:30-4:30 pm	3-5	Hip Hop Babies	AR	Studio 2	Beginner
Tue	4:45-5:45 pm	8-10	Hip Hop Jam	AR	Studio 2	Beginner
Tue	6:00-7:00 pm	11 & older	Hip Hop Jam	AR	Studio 2	Beginner & Level 1
Wed	1:00-3:00 pm	6-8	Future Ballerinas Camp	AR	Studio 1	Beginner
Wed	3:15-5:15 pm	8-10	Dance Pioneer Camp	AR	Studio 1	Beginner & Level 1
Wed	6:00-7:00 pm	Teen & Adult	Dance Strength & Conditioning	AR	Studio 1	Beginner
Wed	1:00-3:00 pm	6-8	Dance Explorers Camp	JA	Studio 2	Beginner
Wed	3:15-5:15 pm	8-10	Dance Explorers Camp	JA	Studio 2	Beginner & Level 1
Wed	5:30-6:30 pm	11 and older	Boys Hip Hop	JA	Studio 2	All Levels
Thu	1:00-2:00 pm	8-10	Modern / Contemporary	GB	Studio 1	Beginner & Level 1
Thu	2:15-3:15 pm	Pre-teen & Teen	Modern / Contemporary	GB	Studio 1	Levels 1 & 2
Thu	3:30-4:30 pm	18 and older	Adult Tap	JA	Studio 1	All Levels
Thu	4:45-5:45 pm	6-8	Jazz	GB	Studio 1	Beginner
Thu	6:00-7:00 pm	9-11	Jazz	GB	Studio 1	All Levels
Thu	1:00-2:00 pm	Adult (50+)	Adult Line Dancing	JM	Studio 2	Beginner
Thu	2:15-3:15 pm	3-5	Creative Movement	JM	Studio 2	Beginner
Thu	3:30-4:30 pm	3-5	Hip Hop Babies	JM	Studio 2	Beginner
Thu	4:45-5:45 pm	8-10	POMS	JM	Studio 2	Beginner
Thu	6:00-7:00 pm	11 & older	POMS	JM	Studio 2	Beginner
Fri	2:15-3:15 pm	9-11	Jazz	AR	Studio 1	Beginner & Level 1
Fri	3:30-4:30 pm	3-5	Fairytale Ballet	AR	Studio 1	Beginner
Fri	4:45-5:45 pm	10 and older	Tap	AR	Studio 1	Level 1
Fri	1:00-2:00 pm	8-10	Pre-Pointe Ballet	GB	Studio 2	Beginner
Fri	2:15-3:15 pm	Pre-teen & Teen	Beginning Pointe Ballet	GB	Studio 2	Beginner
Fri	3:30-4:30 pm	6-8	Combo Class	GB	Studio 2	Beginner & Level 1
Fri	4:45-5:45 pm	9-11	Combo Class	GB	Studio 2	All Levels

SG = Sharon Girtlen
JM = Jennifer Matthews

AR = Alexis Rohde
JA = Josie Alfano

GB = Gena Brady
TBD = To Be Determined

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DANCE CLASS DESCRIPTIONS

BALLET

The basic ballet positions and techniques will be taught as students learn to appreciate the grace and beauty of the dance.

BALLET TECHNIQUE

This class will help dancers perfect their ballet positions and techniques with the goal of enhancing overall dance skill level and ability. (This class is a required class for Movers and Shakers Competition groups but available to other students that may be interested. Inquire with the Park District regarding age and skill level requirements if interested in signing up for this class and are not a participant of the Movers and Shakers performing groups.)

CHOREOGRAPHY

In order to participate in Choreography class, students must be enrolled in at least one other dance class with Norridge Park District. Teachers will guide students in creating a dance piece for the recital using improvisational, structured and teamwork exercises.

CONTEMPORARY DANCE

This class takes elements from many dance forms and combines them to create an expressive form of dance unique to our time. Ballet, jazz and modern dance technique are learned in combination with fun choreography to popular music.

DANCE CLUB

In order to participate in Dance Club, students must be enrolled in at least one other dance class with Norridge Park District. Dance Club is for dancers who want more performance experience and does not require an audition. Dance Club is a fun way for dancers to gain valuable performance experience and build confidence in order to take their dancing to the next level.

DANCE STRENGTH & CONDITIONING

This fun and structured class combines yoga, core work and barre' to stretch, strengthen and refine your body. It can be taken in conjunction with other dance classes to round out an athletic dancer's education or it may be taken as a stand alone class as part of a healthy and balanced lifestyle.

FAIRYTALE BALLET

This imaginative pre-ballet class combines ballet fundamentals and creative movement with fairytale stories.

HIP HOP BABIES

This class will introduce young students' to the basic vocabulary and style of hip hop movement. Hip Hop is about personal style and expression. This high energy class can be taught to anyone with a passion to move, so no dance experience is required.

HIP HOP

A fun, energetic style of dance in which students will learn a variety of freestyle dancing and the latest dance moves.

JAZZ

This class will focus on learning, applying and perfecting dance technique and increased flexibility through the use of floor, barre, and center exercises. Students will learn routines for which they will apply and practice the fundamentals and more advanced movements as skills are perfected.

MOVERS AND SHAKERS

Students must audition for Mini, Jr. and Sr. level Movers and Shakers performing groups. The Movers and Shakers typically participate in one competition per month during the months of January – May. Competitions typically take place in various locations around the Chicagoland area. All Movers and Shakers are required to participate in a Ballet Technique class as well.

PARENT / TOT DANCE CLASS

This class is specifically designed for the young child that loves to move and dance with music. Emphasis is placed on motor skill development, coordination and balance in a safe, nurturing environment that encourages parent involvement.

TAP

A fun and exhilarating class that will focus on coordination and learning a variety of rhythms and tempos which will build every week.

POMS

POMS class focuses on sharpness and timing along with showmanship. In this class you will use pom-poms and combine skills from dance and cheer to learn high energy crowd pleasing routines.

MUSICAL THEATRE

Love Broadway shows? In this upbeat class, you will learn to use your acting skills in conjunction with dance to portray a character. You will learn choreography from industry shows along with new original dances that are sure to light up any stage.

PRIVATE DANCE LESSONS

Brush up on your skills, improve your technique or learn a choreographed routine to perform at a later date. Lessons are available in several dance styles including jazz, tap, ballet, lyrical and contemporary. After you register a dance instructor will contact you to set up your private lesson.

Private Dance Lessons | \$31 R/\$41 NR - PER HOUR

Brush up on your skills, improve your technique, or learn a choreographed routine to perform at a later date. Lessons are available in several dance styles, including jazz, tap, ballet, lyrical and contemporary. After you register, a dance instructor will contact you to set up your private lesson.

Summer Mini Dance & Arts Mini Camp

M/W/F | \$64 R/\$74 NR

Ages 4-6 10:00 am-12:00 pm

Ages 7-9 12:15-2:15 pm

Mini Camp offers Jazz, Tap, Ballet and Hip Hop lessons for the child who loves to dance. Young dancers will explore each genre of dance and begin to understand its place in our culture. Classical ballet stories, dance video viewing and craft projects will round out a fun and exciting Mini Camp experience.

S1: Jun 29 | Jul 1 | July 3

S2: Jul 6 | Jul 8 | July 10

S3: Jul 13 | Jul 15 | Jul 17

S4: Jul 27 | Jul 29 | Jul 31

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OUTDOOR FITNESS CLASSES

Yoga Ages 18+

Norridge Park District and Evolve Yoga & Fitness Chicago are partnering this summer for Yoga in the park! Join us Saturday mornings 8:30 am at Norridge Park. This Yoga class is for everyone from beginners to more experience Yogis. Yoga practice reduces your stress and tension and improves your balance, flexibility, and core strength. This class will focus on postures to relieve lower back pain, release muscle tension and soreness. You must bring your own Yoga Mat, Towel & Water. Clients will be space at least 10 feet apart per IDPH social distancing guidelines. Weather Permitting (Please check or call website to confirm if class is cancelled) Pre-registration required/No Walk-ups.

DUE TO LIMITED CLASSES SIZES:

All cancellations must be made 24 Hours in advance

No Shows will be charged a \$10 No Show fee

DAY	DATE	TIME	FEE PER CLASS
Sa	Jun 13-Jun 27	8:30-9:30 am	\$12R/\$15NR
Su	Jun 14-Jun 28	8:30-9:30 am	\$12R/\$15NR

LOCATION: Outside NPD

INSTRUCTOR: Curt w/ Evolve Yoga & Fitness

Thinking Outside of the Gym! Outdoor Training!

Ages 18+

This Unique class will be incorporating whatever we can find outside. It can include park benches, inclines, sand, grassy areas, steps, pull-up bars, curbs, or large open spaces. We will get creative at NPD and turn it into a fun circuit workout!

DAY	DATE	TIME	FEE
M	Jun 15-Jul 13	12-12:45 pm	\$45R/\$50NR
W	Jun 17-Jul 15	4:30-5:15 pm	\$45R/\$50NR
F	Jun 19-Jul 17		

LOCATION: Outside NPD

INSTRUCTOR: Linda H

Fitness Bootcamp Classes Ages 18+

Norridge Park District and Evolve Yoga & Fitness Chicago are partnering this summer for Yoga in the park! Join us Thursday evenings 6:30 pm at Norridge Park. This class will include a combination of cardiovascular, and calisthenics to help increase cardio endurance, and strength. We will work in intervals, varying from 1-3 minutes alternating between strength and cardio. Cardio work can include quick runs, jumping jacks, step, Hi/Low Aerobics. Strength work can include bodyweight exercises, and more. No matter what a sweat is always guaranteed! Please bring your own Towel & Water. Clients will be space at least 10 feet apart per IDPH social distancing guidelines. Weather Permitting (Please check or call website to confirm if class is cancelled) Pre-registration required/No Walk-ups.

DUE TO LIMITED CLASSES SIZES:

All cancellations must be made 24 Hours in advance

No Shows will be charged a \$10 No Show fee

DAY	DATE	TIME	FEE PER CLASS
Th	Jun 11-June 25	6:30-7:30 am	\$12R/\$15NR
F	Jun 12-Jun 26	7-8 am	

LOCATION: Outside NPD

INSTRUCTOR: Curt w/ Evolve Yoga & Fitness

Muscle Flex Ages 18+

This total body workout is perfect for every fitness level! Use light to moderate weights with high amounts of repetition, which will help to tone and your shape your body without adding bulky muscles. Leave feeling motivated and ready to come back for more! This exciting class will be ran outside on the pool deck!

DAY	DATE	TIME	FEE
Tu	Jun 16-Jul 14	10-10:45 am	\$45R/\$50NR
Th	Jun 18-Jul 16	10-10:45 am	

LOCATION: Outside NPD

INSTRUCTOR: Linda H

Personal Training NOW Available Ages 18+

Train one on one at NPD with a certified personal trainer! Our personal trainers will help develop a customized workout plan for your specific fitness goal(s) and needs. Become more motivated and focused whether your goal is to lose weight, increase muscle strength, improve endurance, or have more energy to do things you love. Training Sessions are 1 hour long and are non-refundable. Please add Contact Angelo a aalongi@norridgepk.com for details.

FEE: 40-60 Member / 45-65 Non-member

INSTRUCTOR: Linda H

Zumba, Zumba Toning, and Barre Body COMBO! Ages 18+

FREE DEMO CLASS

This class the perfect TRIO! It will include a combination of Zumba, Zumba Toning, and Barre Body. Zumba is perfect for everyone and everybody, and will have a mix of low and high intensity moves for an interval-style, calorie burning dance fitness party! Zumba Toning is included and perfect for those who want to party but put extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance with light weights to focus on specific muscle groups such as arms, core, and lower body. Barre is another great way to tone muscles and burn calories. Movements are typically small and easy on the joints, and helping to increase strength and flexibility.

DAY	DATE	TIME	FEE
Sa	Jun 13 & Jun 27	9-10:15 am	FREE

LOCATION: Outside NPD

INSTRUCTOR: Reina, Debbie, Sandy

Zumba, Zumba Toning, and Strong 30 COMBO! Ages 18+

FREE DEMO CLASS

This class is the perfect TRIO! It will include a combination of Zumba, Zumba Toning, and Barre Body. Zumba is perfect for everyone and everybody, and will have a mix of low and high intensity moves for an interval-style, calorie burning dance fitness party! Zumba Toning is included and perfect for those who want to party but put extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance with light weights to focus on specific muscle groups such as arms, core, and lower body. Strong 30 is another great way to tone muscles and burn calories, and is designed to give you the ultimate challenge and total body workout. It will target all major muscles and will utilize free weights, resistance bands, med balls, weighted bars, and gliding discs!

DAY	DATE	TIME	FEE
Sa	Jun 20	9-10:15 am	FREE

LOCATION: Outside NPD

INSTRUCTOR: Reina, Debbie, Sandy

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Basketball Contests! new

AGES 7-12 \$79 R/\$86 NR Anthony Zullo

This program is for individuals looking to further develop their overall basketball skills and to compete in fun and challenging contests! The first few weeks, the classes will focus on the basic fundamentals such as; dribbling, shooting, and passing as well as getting introduced to the four contest which they will compete in at the second half. The contests are the free-throw contest, knockout, 3-point shootout, and the most lay-ups in a minute. The second half, is where the challenges will go live, and players will compete and have fun!

DAY	DATE	AGES	TIME
Sat	July 18-September 5	7-9	10:30-11:30 am
		10-12	11:30 am-12:30 pm

Lil' Kickers

AGES 3-4 \$42 R/\$48 NR Rocco DiCintio

Participants learn the fundamentals of soccer through fun, exciting, and innovative activities. Passing, receiving, shooting, balance, and coordination will be the main focus of the program. Teamwork and fair play will be taught throughout the program. No equipment is required.

DAY	DATE	TIME
Wed	July 22-August 26	4:45-5:30 pm



Kids Karate Club

AGES 4-14 \$66 R/\$76 NR Pat Swieton

This program focuses on safety, avoiding strangers and protecting oneself, while teaching respect, self-esteem, confidence, leadership, and how to make good choices. Students will learn the basics of Karate, self-defense, sparring, kata, and children's safety. This is a year-round progressive martial arts program with belt progression through Black Belt. Uniforms are required and are available at www.kidskarate.com or from the instructor for \$42.

LOCATION: NRC Wheat Room

DAY	DATE
Mon	August 17-September 28 (no class Sept. 7) (double class on August 31 and Sept 21)
	Belt Testing Date: October 5

Beginner: 5:30-6:15 pm / Intermediate: 6:15-7:00 pm

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Parent-Tot Multi-Sports

AGES 18 months-3 years \$65 R/\$75 NR Skyline Athletics
Parents play an active role in this fun program which focuses on teamwork, socialization and motor skills development. Children will be introduced to a variety of sports, including soccer, basketball and football!

DAY	DATE	TIME
Wed	July 22-August 26	5:00-5:30 pm
Sat	July 25-August 29	9:45-10:15 am

T-Ball

AGES 3-5 \$65 R/\$75 NR Skyline Athletics
Learn the fundamentals of baseball in a fun, safe environment. This class will focus on the basics of throwing, catching, hitting, fielding and base running. This introductory class is a great way to start your future ballplayer out on the right track! Players must bring a baseball mitt.

DAY	DATE	TIME
Sat	July 18-August 29	10:15-11:00 am
Wed	July 22-August 26	5:30-6:15 pm

Basketball

AGES 3-12 \$65 R/\$75 NR Skyline Athletics
Introduce your child to basketball or take their game to the next level! Fundamentals of dribbling, passing, shooting and defense will be taught; with younger players working on coordination and motor skills, and older players concentrating on teamwork and game situations.

DAY	DATE	LEVEL	AGES	TIME
Thu	July 23-August 27	Level 1	3-5	5:45-6:30 pm
		Level 1	6-12	6:30-7:15 pm
		Level 2	6-12	7:15-8:00 pm

Soccer / Basketball Combo

AGES 3-12 \$65 R/\$75 NR Skyline Athletics
Learn the basics of soccer and basketball-dribbling, passing, and kicking-through fun games that keep everyone moving! Younger groups will work on coordination and motor skills, while older groups will concentrate on teamwork and game situations.

DAY	DATE	AGE	TIME
Fri	July 24-August 28	3-5	5:45-6:30 pm
		6-12	6:30-7:15 pm

Soccer

AGES 3-12 \$65 R/\$75 NR Skyline Athletics
Learn the basics of soccer while having fun at the same time. Fundamentals of dribbling, passing and kicking will be covered through fun games that keep everyone moving! Younger groups will work on coordination and motor skills, while older groups will concentrate on teamwork and game situations.

DAY	DATE	LEVEL	AGES	TIME
Tue	July 21-August 25	Level 1	3-5	5:45-6:30 pm
		Level 2	6-12	6:30-7:15 pm
				7:15-8:00 pm

DAY	DATE	AGES	TIME
Sun	July 26-August 30 (no class May 24)	3-5	9:30-10:15 am
		6-12	10:15-11:00 am



Volleyball

AGES 7-15 \$65 R/\$75 NR Skyline Athletics
Learn the fundamentals of volleyball, including setting, passing, blocking, spiking and more; all while taking your game to the next level.

DAY	DATE	LEVEL	AGES	TIME
Wed	July 22-Aug 26	Beginner	7-10	6:30-7:15 pm
		Advanced	11-15	7:15-8:00 pm

Tennis

AGES 3-12 Skyline Athletics
Learn the fundamentals of tennis in a fun group setting. Younger groups will focus on proper grip and basic strokes, while others focus on racquet face control, ball judgment, serving, receiving and rallying skills. Tennis racquets are provided for 3-5 year olds; player's age 6-12 years old must bring their own racquets (tennis balls will be provided for all ages).

DAY	DATE	SESSION	FEE
Mon	June 15-July 20 (no class July 6)	S1	\$40 R/\$50 NR
	July 27-August 31	S2	\$65 R/\$75 NR

AGES	TIME
3-5	5:45-6:30 pm
6-8	6:30-7:15 pm
9-12	7:15-8:00 pm

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Adult-Tot Movement and Tumbling

AGES 2-4 \$50 R/\$60 NR Hot Shots Sports Green Room

Children are introduced to age-appropriate exercises specifically designed for balance and coordination of their large muscle groups. Through basic gymnastics and movement, participants experience their world in a whole new way and begin to understand how their bodies work. **Wear loose fitting clothing, gym shoes and be prepared to have tons of fun! Parent or caregiver participation is required.**

DAY	DATE	TIME
Thu	July 23-August 20	4:45-5:30 pm

Tots Movement and Tumbling

AGES 3-5 \$50 R/\$60 NR Hot Shots Sports Green Room

Your child's physical, mental, emotional and social skills are developed through this fun and challenging class. Boys and girls are introduced to age-appropriate exercises specifically designed for balance and coordination of their large muscle groups. Through basic gymnastics and movement, participants experience their world in a whole new way and begin to understand how their bodies work. **Wear loose fitting clothing, gym shoes and be prepared to have tons of fun!**

DAY	DATE	TIME
Thu	July 23-August 20	4:00-4:45 pm

Nerf Elite Battle

AGES 6-9 \$50 R/\$60 NR Hot Shots Sports Green Room

Each week boys and girls will play many different Nerf Elite battle games, including an all-out battle. Come experience this Classic basement game in an arena style team game. All guns, ammo and eye protection will be provided. You can bring your own gun or eye wear if you want. There will be a different theme every week.

DAY	DATE	TIME
Fri	July 24-August 21	4:30-5:30 pm

Chicago Men's Fall 16" Softball League

AGES 18 and older \$450/team

Enjoy a true Chicago classic! Enjoy a 10-game regular season and structured playoff, with cash payouts awarded to the League's top teams. Leagues are SSA sanctioned and include online score and standings tracking. Teams are responsible for making a one-time payment, in full, at the time of registration.

Season starts on June 28 and ends on August 2

Registration Deadline: July 27

DAY	DATE
Sun	June 28-July 29



Enjoy the
SUMMER!