



WILMETTE PARK DISTRICT Youth Sports Classes



Fall 2017 • Session 2 • October 23 – December 23



ADULT-TOT SPORTS

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Motor skill activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. **No Class: 11/26.**

Boys & Girls Ages 2-4 w/parent **Location: CRC**
227105-01 Su 10/29-12/17 9:30-10:15A 7 wks R \$84 NR \$105

LUNCH & PLAY

Children are introduced to a variety of sports including basketball, floor hockey, football, kickball, soccer, t-ball and other sports and group games. The goal is to provide the opportunity for each child to develop motor skills and nurture his/her growth socially through teamwork and good sportsmanship. Children will eat lunch with the coaches, then play sports in the gym. **No Class: 11/23.**

Boys & Girls Ages 3-5 **Location: CRC**
227103-01 Tu 10/24-12/19 11:30A-1:00P 8 wks R \$186 NR \$232
227103-02 Th 10/26-12/21 11:30A-1:00P 8 wks R \$186 NR \$232
227103-03 Tu, Th 10/24-12/21 11:30A-1:00P 8 wks R \$315 NR \$394

GO FOR IT! GIRLS MULTI SPORT CLINIC

This multi-sport program allows participants to try new skills and achieve goals in an environment tailored for girls. Participants are taught fundamentals as well as basic skill development in a variety of sports. Games and scrimmages encourage team play and interaction in a safe and active setting encouraging physical fitness and teamwork. **No Class : 11/20 & 11/25.**

Girls Ages 3-6 w/parent **Location: McKenzie School**
227032-03 Sa 10/28-12/23 9:30-10:30A 8 wks R \$124 NR \$156

Girls Ages 4-6 **Location: Central School**
227032-01 M 10/23-12/18 4:30-5:30P 8 wks R \$124 NR \$156

Girls Ages 7-9 **Location: Central School**
227032-02 M 10/23-12/18 5:30-6:30P 8 wks R \$124 NR \$156

TRIPLE PLAY

This class features three sports – Basketball, Football and Dodgeball - that alternate each week. Participants develop skills associated with each sport and have opportunities to use these skills in game situations. Emphasis is placed on skill development, teamwork and sportsmanship. **No Class: 11/24 & 11/26.**

Boys & Girls Ages 7-10 **Location: CRC**
227102-01 F 10/27-12/22 4:00-5:00P 8 wks R \$124 NR \$156
227102-02 Su 10/29-12/17 11:00A-12:00P 7 wks R \$109 NR \$136

DODGEBALL LEAGUE

This league provides participants with an opportunity to play the popular game in a safe and supervised environment. The program uses super soft balls and safety is stressed during game play. Each week players learn new variations of the game, keeping class fresh and the kids having fun. The first week will be practice play and evaluations to select balanced teams. The season will conclude with playoffs. Each participant will receive a team t-shirt. **No Class : 11/22 & 11/23.**

Boys & Girls Ages 7-12 **Location: McKenzie School**
227033-01 W 10/25-12/20 5:30-6:30P 8 wks R \$124 NR \$156

Boys & Girls Ages 12-15 **Location: McKenzie School**
227033-02 Th 10/26-12/21 5:30-6:30P 8 wks R \$124 NR \$156

SPEED AND AGILITY CLINIC

This class is designed to improve overall coordination and athleticism. Each week will focus on introducing and developing basic and advanced kinetic movements. The progression program includes drills and activities aimed to improve; agility, speed, endurance and explosive power. This is the perfect program to supplement your child's other sport participation. Participants see improvements in coordination, speed, and reaction time. Our experienced instructors work hard to keep a fun, exciting and engaging atmosphere. **No Class: 11/22.**

Boys & Girls Ages 8-13 **Location: Central School**
227024-01 W 10/25-12/20 5:30-6:30P 8 wks R \$124 NR \$156

LEAGUE PLAY *NEW*

Join us for this unique League Play experience! During League play, participants will compete in a different sport each week, including Dodgeball, Basketball, Floor Hockey, and Soccer. The first week will be practice play and evaluations to provide balanced teams. Standing will be kept, and at the conclusion of the season the winning team will be awarded medals. Each participant will receive a team t-shirt. **No Class: 11/21.**

Boys & Girls Ages 8-12 **Location: McKenzie School**
227110-01 Tu 10/24-12/19 5:30-6:30P 7 wks R \$124 NR \$156

FIELD HOCKEY CLINIC *NEW*

Girls of all levels learn the fundamentals and techniques of what it takes to be a field hockey player. Basic skills will be taught, as well as offensive and defensive strategies. A field hockey stick, shin guards and mouth guard are mandatory equipment. **No Class: 11/21.**

Girls Ages 6-8 **Location: McKenzie School**
228012-01 Tu 10/24-12/19 4:30-5:30P 8 wks R \$124 NR \$156

Girls Ages 9-12 **Location: McKenzie School**
228012-02 Tu 10/24-12/19 5:30-6:30P 8 wks R \$124 NR \$156

GAME TIME FLAG FOOTBALL *NEW*

Players experience daily scrimmages with active instruction and tips from the coaching staff. Players will be encouraged to employ skills used in football such as running pass routes, play calling, defensive positioning, the fundamentals of blocking and pass coverage. These skills and others will be put to use in a "game time" environment while the players scrimmage each week. **No Class : 11/23.**

Boys & Girls Ages 6-9 **Location: Central School**
227111-01 Th 10/26-12/21 4:30-5:30P 8 wks R \$124 NR \$156

SOFTBALL CLINIC LEVEL 1

This class is a complete introduction for the beginning softball star. Learn about the bases, field positions, and defensive mechanics while gaining skills in throwing and hitting. Live games are played every day with instructor pitching. Players will use 11" softie or indoor softball. Softball glove is required. **No Class: 11/23.**

Girls Ages 5-7 **Location: Central School**
227029-01 Th 10/26-12/21 4:30-5:30P 8 wks R \$124 NR \$156

SOFTBALL CLINIC LEVEL 2

Learn how to play each position effectively with instructional focus on base coverage and infield/outfield teamwork. Advance your offensive game by learning how to bunt and develop proper hitting techniques and bat swing. We will also cover base running and give instruction on how to steal and slide. **No Class : 11/23.**

Girls Ages 8-12 **Location: Central School**
227030-01 Th 10/26-12/21 5:30-6:30P 8 wks R \$124 NR \$156

HIP HOP AND SPORTS

Calling all active kids! Hip Hop and Sports is the perfect class for artistic and athletic kids. Spend the first 60 minutes in the gym playing everything from basketball to kickball, and then head down to the 45-minute hip hop class. Experience not required, and fun guaranteed! Wear comfortable athletic clothing and clean tennis shoes.

Boys & Girls Ages 8-12 **Location: CRC**
223231-01 F 10/27-12/22 4:00-5:45P 9 wks R \$234 NR \$293

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BASKETBALL CLINIC 101

Develop early basketball skills such as shooting, dribbling and passing, along with the basic rules of the game. All instruction is game/drill oriented with mini games and scrimmages played every week. This class is for the basketball beginner looking to understand the game, learn new skills, and have fun!
No Class : 11/20, 11/21 & 11/25.

Boys & Girls Ages 5-7 Location: McKenzie School
227022-02 Sa 10/28-12/23 10:30-11:30A 8 wks R \$124 NR \$156

Boys & Girls Ages 5-7 Location: Central School
227022-03 M 10/23-12/18 4:30-5:30P 8 wks R \$124 NR \$156

Girls only Ages 5-7 Location: Central School
227022-01 Tu 10/24-12/19 4:30-5:30P 8 wks R \$124 NR \$156

Boys only Ages 5-7 Location: Central School
227022-04 Tu 10/24-12/19 4:30-5:30P 8 wks R \$124 NR \$156

Boys only Ages 5-7 Location: McKenzie School
227022-05 Th 10/26-12/21 4:30-5:30P 8 wks R \$124 NR \$156

BASKETBALL CLINIC 102

The next step in basketball instruction, this class will build upon the fundamentals taught in the Basketball 101 class. A slightly faster paced environment will be geared around competitive play, encouraging tactics such as attacking the basket and aggressive defense. Players should have basic knowledge of the rules and be able to dribble comfortably in order to succeed in the class. **No Class : 11/10, 11/21 & 11/24.**

Boys & Girls Ages 6-8 Location: Central School
227104-02 Tu 10/24-12/19 5:30-6:30P 8 wks R \$124 NR \$156

Boys & Girls Ages 6-8 Location: McKenzie School
227104-01 F 10/27-12/22 4:30-5:30P 7 wks R \$109 NR \$136

BASKETBALL CLINIC 201

Players begin to develop more advanced skills such as various guard/post techniques, setting screens, moving without the ball, and offensive spacing. Defensive instruction includes man-to-man, denying the ball, help-line and boxing out. Players spend time developing their shot using proper mechanics to be effective further from the basket. Scrimmages are played every week. **No Class : 11/20, 11/21, 11/22 & 11/25.**

Boys & Girls Ages 8-10 Location: McKenzie School
227023-05 Sa 10/28-12/23 11:30A-12:30P 8 wks R \$124 NR \$156

Girls only Ages 8-10 Location: Central School
227023-01 Tu 10/24-12/19 5:30-6:30P 8 wks R \$124 NR \$156
227023-02 W 10/25-12/20 4:30-5:30P 8 wks R \$124 NR \$156

Boys only Ages 8-10 Location: Central School
227023-03 M 10/23-12/18 5:30-6:30P 8 wks R \$124 NR \$156

Boys only Ages 8-10 Location: McKenzie School
227023-04 W 10/25-12/20 4:30-5:30P 8 wks R \$124 NR \$156

BASKETBALL CLINIC 301

Class will be conducted with various guard/post techniques to develop passing, shooting and dribbling in game situations. Defensive instruction includes man-to-man, denying the ball, help-line and boxing out. Athletes qualified for Basketball 202 should possess intermediate shooting and dribbling skills, a basic understanding of the game and are looking for a more competitive basketball experience. **No Class : 11/20, 11/21, 11/22 & 11/25.**

Boys & Girls Ages 10-13 Location: McKenzie School
227044-04 Sa 10/28-12/23 11:30A-12:30P 8 wks R \$124 NR \$156

Girls only Ages 10-13 Location: Central School
227044-01 Tu 10/24-12/19 5:30-6:30P 8 wks R \$124 NR \$156
227044-02 W 10/25-12/20 4:30-5:30P 8 wks R \$124 NR \$156

Boys only Ages 10-13 Location: Central School
227044-03 M 10/23-12/18 5:30-6:30P 8 wks R \$124 NR \$156

ADVANCED BASKETBALL SKILLS TRAINING

These clinics will help players develop their basketball skills by focusing on each specific area of their game that they would like to improve and enhance. Each section will provide an in depth focus and development of each skill through instruction and repetition. Instruction will be tailored to each player's ability and goals. **No Class : 11/22.**

Boys & Girls Ages 9-14 Location: McKenzie School

SHOOTING
227027-01 F 10/27-11/3 5:30-6:30P 2 wks R \$36 NR \$45

POINT GUARD
227027-02 F 11/17-12/1 5:30-6:30P 2 wks R \$36 NR \$45

POST PLAY
227027-03 F 12/8-12/15 5:30-6:30P 2 wks R \$36 NR \$45

DEFENSE/REBOUNDING
227027-04 F 12/22 5:30-6:30P 1 day R \$18 NR \$23

GAME TIME BASKETBALL

One of the best ways to develop your basketball skills is through game play, and in Game Time you do just that. Each week, basketball players are challenged through various games including 1-on-1, 3-on-3, and 5-on-5. Coaches referee and guide the class to enhance the players understanding of the game. **No Class : 11/22.**

Boys & Girls Ages 10-14 Location: CRC
227025-02 W 10/25-12/20 6:00-7:00P 8 wks R \$124 NR \$156

Boys & Girls Ages 8-11 Location: McKenzie School
227025-01 Th 10/26-12/21 5:30-6:30P 8 wks R \$124 NR \$156

TOT BASKETBALL

Children are introduced to the game of basketball in a safe, fun and exciting environment. This class uses age appropriate activities and games specifically designed to increase balance, body awareness, motor skills, hand eye coordination, listening skills and the ability to follow directions. Basketball fundamentals covered include shooting, passing and dribbling. **No Class : 11/26.**

Boys & Girls Ages 4-6 Location: CRC
227109-01 Su 10/29-12/17 10:15-11:00A 7 wks R \$84 NR \$105

TOT VOLLEYBALL *NEW*

This introductory volleyball program is designed to introduce your child to the sport of volleyball. Players will develop motor skills, hand-eye coordination and improve listening skills and teamwork in a fun environment. **No Class : 11/23.**

Boys & Girls Ages 4-6 Location: CRC
228006-04 Th 10/26-12/21 5:30-6:30P 8 wks R \$124 NR \$156

VOLLEYBALL SKILLS CLINIC 1

This clinic includes instruction on all major volleyball skills; serving, passing, setting and attacking. Players receive a solid foundation of these fundamental skills through fun and active drills, building up to team play. This class is for the volleyball beginner looking to understand the game and learn new skills. Kneepads are recommended. **No Class : 11/23.**

Boys & Girls Ages 7-9 Location: CRC
228006-01 Th 10/26-12/21 6:30-7:30P 8 wks R \$124 NR \$156

VOLLEYBALL SKILLS CLINIC 2

This clinic will focus on progressing all skills including, transitioning from free ball, offense, defense, and developing specific positions. This is a great opportunity for players to progress their skill level and knowledge of the game. Kneepads are recommended. **No Class : 11/23.**

Boys & Girls Ages 10-13 Location: CRC
228006-03 Th 10/26-12/21 7:30-8:30P 8 wks R \$124 NR \$156

GAME TIME VOLLEYBALL

Players experience daily scrimmages with active instruction and tips from the coaching staff of Hot Shots Sports. Coaches referee while emphasizing the fundamentals and game strategies of volleyball. Players use skills such as serving, passing, setting and attacking in a "game time" environment. **No Class : 11/20.**

Boys & Girls Ages 11-15 Location: CRC
228006-02 M 10/23-12/18 7:00-8:00P 8 wks R \$124 NR \$156



WILMETTE PARK DISTRICT

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Register now @ wilmettepark.org.

For questions contact Hot Shots Sports @ 773-685-6902 or anna@hotshots4kids.com

