



# TOTS SPORTS CLASSES

## DES PLAINES PARK DISTRICT

FALL 2017 • SESSION 2 • OCTOBER 30 – DECEMBER 22

### 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: 11/25.**

**Ages 2-4 with an adult** Leisure Center Gym  
341335-1 Sat 11/4-12/16 11:00-11:45A 6 WKS R/NR: \$60/72

### PARENT TOT SOCCER

Young children develop motor skills while having fun running and kicking. Parents and tots work together in this class, learning the basics of soccer. Dribbling, passing, shooting and kicking will all be emphasized. A variety of activities will be played each week. **No Class: 11/23.**

**Ages 2-3** Prairie Lakes, North Gym  
parent participation required  
341347-1 Thu 11/2-12/21 11:15A-12:00P 7 WKS R/NR: \$70/88

### T-BALL SKILLS CLINIC

This introductory T-ball program is perfect for your child who wants to have fun, make new friends and be introduced to baseball. Participants enjoy learning the skills needed to play baseball including offense and defense, as well as the rules of the game. All you need to bring is a glove! **No Class: 11/22.**

**Ages 3-5** Prairie Lakes, North Gym  
341339-1 Wed 11/1-12/20 4:15-5:00P 7 WKS R/NR: \$70/88

### TRIPLE PLAY

This class features three sports – Basketball, Football, and Soccer – 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: 11/23.**

**Ages 3-5** Prairie Lakes, North Gym  
341348-1 Thu 11/2-12/21 10:30-11:15A 7 WKS R/NR: \$70/88

### PEE WEE SOCCER

Young children develop motor skills while having fun running and kicking. Parents and tots work together in this class, learning the basics of soccer. Dribbling, passing, shooting and kicking will all be emphasized. A variety of activities will be played each week. **No Class: 11/22 & 11/25.**

**Ages 4-6** Prairie Lakes, North Gym  
341333-1 Wed 11/1-12/20 5:45-6:30P 7 WKS R/NR: \$70/88  
341333-2 Sat 11/4-12/16 11:45A-12:30P 6 WKS R/NR: \$60/72

### LUNCH AND 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 eat lunch with the coaches, then play sports in the gym. **No Class: 11/24.**

**Ages 3-5** Leisure Center Gym  
341144-1 Fri 11/3-12/22 12:00-1:15P 7 WKS R/NR: \$88/110

### SPORTS AND MORE

Children are introduced to the fundamentals of sports including basketball, floor hockey, football, kickball, soccer, t-ball and other sports and group games. The program provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship. **No Class: 11/24.**

**Ages 3-5** Leisure Center Gym  
341332-1 Fri 11/3-12/22 1:15-2:00P 7 WKS R/NR: \$70/88

### LIL' DRIBBLERS

The Lil' Dribblers Basketball program introduces children to the game of basketball in a safe, fun and exciting environment. Our curriculum 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. **No Class: 11/22 & 11/23.**

**Ages 3-5** Prairie Lakes, North Gym  
341337-1 Wed 11/1-12/20 3:30-4:15P 7 WKS R/NR: \$80/96  
341337-2 Thu 11/2-12/21 12:00-12:45P 7 WKS R/NR: \$80/96

### PEE WEE FLAG FOOTBALL

The Pee Wee Flag Football program includes exclusively designed equipment tailored to enhance the early football experience for each participant. The program challenges children to develop new cognitive, physical and social skills. In addition, each child will experience social interaction with children and adults in a fun environment. **No Class: 11/20.**

**Ages 4-6** Prairie Lakes, North Gym  
341355-1 Mon 10/30-12/18 4:15-5:00P 6 WKS R/NR: \$60/72

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# YOUTH SPORTS CLASSES



## DES PLAINES PARK DISTRICT

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### BASEBALL SKILLS CLINIC 101

Players work on technique and enhancing form in this comprehensive skills clinic. This program teaches throwing mechanics as well as batting stance, bat positioning and speed, using both live pitching and hitting off the tee. Players learn various positions in the field through game play and basic in game strategy. Players should bring their own gloves.

**No Class: 12/22.**

**Ages 6-9**

**Prairie Lakes, North Gym**

341336-1 Wed 11/1-12/20 5:00-5:45P 7 WKS R/NR: \$70/88

### GAME TIME FLAG FOOTBALL

Players experience daily scrimmages with active instruction and tips from the coaching staff. Players are 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: 11/20.**

**Ages 7-10**

**Prairie Lakes, North Gym**

341348-1 Mon 10/30-12/18 5:00-6:00P 6 WKS R/NR: \$60/72

## BOYS & GIRLS SATURDAY BASKETBALL LEAGUE GRADES K-2

The focus of the K-2 Basketball League is for the participants to have fun while learning the game of basketball! Parents coach in this league and games are refereed by the coaches of Hot Shots Sports. The first week consists of a skills clinic run by the Hot Shots Sports coaches. All other weeks consist of a practice followed by game play. Hot Shots Sports coaches assist parent coaches during practice time, and provide instruction while refereeing to ensure all players understand the rules of the game and are advancing their skills each week. Score will not be kept during weeks 2-5 to ensure the focus is on the development of the players and the team. Age groups may be combined based upon enrollment and player skill level. All players will receive a reversible jersey. Parents interested in coaching a team should contact Hot Shots Sports at 773-685-6902 or [anna@hotshots4kids.com](mailto:anna@hotshots4kids.com).

### Location: Prairie Lakes, Gym

Kindergarten (Age 5)	348101-1	Saturdays	11/11-2/17*	8:30-9:30AM	R: \$80 / NR: \$96
1st Grade (Age 5-6)	348101-2	Saturdays	11/11-2/17*	9:30-10:45AM	R: \$80 / NR: \$96
2nd Grade (Age 6-7)	348101-3	Saturdays	11/11-2/17*	10:45AM-12:00PM	R: \$80 / NR: \$96

**\*No Class: 11/25, 12/2, 12/23, 12/30, 2/3**



For more information visit [DPParks.org](http://DPParks.org) or contact  
**Joshua Cantres @ 847-391-5711** or [JC@dpparks.org](mailto:JC@dpparks.org)

For questions contact **Hot Shots Sports @**  
**773-685-6902** or [anna@hotshots4kids.com](mailto:anna@hotshots4kids.com)



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