

# VIRTUAL YOUTH ENRICHMENTS

## CHESS SCHOLARS WITH CHESS SCHOLARS

Scholars will receive a 45-minute virtual private lesson facilitated by an experienced instructor. Teachers will reach out to parents to arrange a scheduled time to meet.

## GAME MAKING WITH ROBLOX WITH COMPUTER EXPLORERS

Roblox is one of the fastest-growing game creation platforms on the planet, with more than 60 million players per month and top developers making over \$1 million a year. In this course, you'll use Roblox's built-in editor to create 3D worlds and then use Lua to code game mechanics. Publish, share, and play games with friends on any platform from console to mobile. Students will need to have access to a laptop and Zoom to participate in this class.

## CODING WITH SCRATCH WITH COMPUTER EXPLORERS

In this coding adventure, aspiring coders will create fun animated stories and games while learning essential programming concepts using Scratch, a drag-and-drop platform developed by MIT. They will use sprites and code blocks to design and animate while learning about the foundation of computational thinking—an essential skill in today's tech-driven world — enhanced by bright visuals and engaging design. Students will need access to a laptop and Zoom to participate in this class.

## AMAZING MINDS WITH AMAZING MINDS

Travel around the world with amazing minds in this interactive Zoom class. Your kids will cross oceans and continents to Italy, China, Australia and Chicago to celebrate creativity and encourage imagination!

- Say “Ciao!” to fun with cultural games and activities while learning all about Italy.
- Yee, Uhr, Sahn (1, 2, 3)...it's off to China to explore its culture and traditions and take part in games played by kids in China!
- Hop, hop, hop down under to Australia and discover the animals from the outback to the Great Barrier Reef.
- Then it's home sweet home to Chicago. Explore all the landmarks you've been to in our lovely city and discover many others.

## ONLINE MAGIC CLASS WITH MAGIC BY GARY KANTOR

Professional magician Gary Kantor now teaches his popular magic class online! This 45-minute class teaches children how to perform a number of mind-boggling tricks using everyday household items. Gary will start by explaining the secrets to the tricks, and then both Gary and the children will practice. Since this class is online, it can be taken whenever it is convenient for your schedule and the videos can be watched again and again. Your entire family can even take this class together! New tricks are taught each session. When you register, you will be told the household items that are needed for the class.

## ONLINE BALLOON ANIMAL CLASS WITH MAGIC BY GARY KANTOR

Professional balloon artist Gary Kantor teaches this 45-minute online class that shows the techniques needed to take plain balloons and transform them into incredible balloon animals (like dogs, butterflies, fish, etc.). Children will be able to create their own balloon animals, with Gary walking them through each step. This class isn't just for the kids! Parents will have a blast if they join the experience. Each session will make different animals. When you register, you will be told the items needed to purchase for this class.

## STIR-CRAZY CREATIVE SNACKS

Oops, we couldn't resist — all puns intended here — ‘stir crazy’ will take on a tasty and fun new meaning as your child has a blast making and eating these delectable snack creations. Say good-bye to ordinary store bought snacks — and wonder which of these will be their new enticing favorite snack-time creations.

## BREAKFAST (OR DINNER) AROUND THE WORLD

Is there a better way to start the day than by making and enjoying a super delicious and healthy breakfast from around the world? Your kiddo will wholeheartedly relish making a fabulous new breakfast recipe every day as they learn why children around the world love to start (or end!) their day with these tasty fun recipes.

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
CHESS SCHOLARS	111401-03	GRADES K-4	6/9-6/23	TUESDAY	3:00-6:00 PM	\$143/157
STIR-CRAZY CREATIVE SNACKS	111430-04	GRADES K-5	6/15-6/19	MONDAY-FRIDAY	10:30-11 AM	\$114/125
BREAKFAST (OR DINNER?) AROUND THE WORLD	111430-05	GRADES K-5	6/15-6/19	MONDAY-FRIDAY	10:30-11 AM	\$114/125
GAME MAKING WITH ROBLOX	111605-04	AGE 9+	6/9-6/12	TUESDAY-FRIDAY	10-11 AM	\$100/110
CODING WITH SCRATCH	111606-02	AGE 7+	6/9-6/12	TUESDAY-FRIDAY	10-11 AM	\$100/110
AMAZING MINDS	111603-01	GRADES K-2	6/11-6/25	THURSDAY	3:30-4:10 PM	\$78/86
**ONLINE MAGIC CLASS	111607-03	AGES 5-12	6/8-6/30	ANY DAY	ANY TIME	\$13/15
**ONLINE BALLOON ANIMAL CLASS	111607-04	AGE 7+	6/8-6/30	ANY DAY	ANY TIME	\$13/15

\*\*These classes are pre-recorded and can be watched any date or time. Once registered, you will receive the link and password for the recorded videos.

VIRTUAL CLASSES WILL BE HELD VIA ZOOM. A ZOOM LINK WILL BE EMAILED TO YOU 2 HOURS BEFORE YOUR SCHEDULED CLASS TIME.



# VIRTUAL ADULT ART CLASSES

## CERAMICS ADULT - ADVANCED WITH NATALIE STEINMETZ

This course is designed for our continuing students with a minimum of three years experience. We have modified our regular advanced studio class to accommodate working from home. Students will get a to-go box consisting of tools, 25lbs of clay, and plastic to store their pieces. The class will focus on primarily pinching and coiling with a new hand-building project demonstrated each week. Arrangements for glazing will be made after the first class. All materials and firings are included.

## WATERCOLOR WITH CHERYL STEIGER

Students will learn the basics of water coloring and more advanced painters will be shown new methods. Individual instruction will be provided in this virtual class, with attendees encouraged to progress at their own pace. Students may also send in pictures of their artwork to the instructor for a personalized video critique.

## DRAWING FOR EVERYONE WITH CHERYL STEIGER

Learn the fundamental skills of composition, proportion, values, and perspective using different techniques and mediums. Students may also send in pictures of their artwork to the instructor for a personalized video critique.

## THE ARTIST'S STUDIO WITH CHERYL STEIGER

Using photos, still life, and your imagination, work in the drawing or painting medium of your choice in this individualized class. Individual instruction will be given on techniques. Students may also send in pictures of artwork to the instructor for a personalized video critique.

**VIRTUAL CLASSES WILL BE HELD VIA ZOOM. A ZOOM LINK WILL BE EMAILED TO YOU 2 HOURS BEFORE YOUR SCHEDULED CLASS TIME.**

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
CERAMICS ADULT - ADVANCED	119516-09	AGE 18+	6/8-6/29	MONDAY	6-8 PM	\$115/130
CERAMICS ADULT - ADVANCED	119516-10	AGE 18+	6/10-7/1	WEDNESDAY	11:30 AM-1:30 PM	\$115/130
WATERCOLOR	119733-05	AGE 18+	6/9-6/30	TUESDAY	10 AM-12 PM	\$70/77
DRAWING FOR EVERYONE	119721-05	AGE 18+	6/10-7/1	WEDNESDAY	10 AM-12 PM	\$70/77
THE ARTISTS STUDIO	119737-05	AGE 18+	6/11-7/2	THURSDAY	10 AM-12 PM	\$70/77

# VIRTUAL CHILDRENS ART CLASSES

## CARTOONING FOR KIDS WITH CHERYL STEIGER

Students will learn to express their ideas through cartooning, and shown drawing techniques, characterizations, and how to develop storylines.

## SCULPTING WITH MODEL MAGIC WITH NATALIE STEINMETZ

Have fun creating sculptures with Model Magic, an air-drying, non-staining, easy-to-manipulate material! Our instructor will guide children with step-by-step instructions to make their own sculptures, with a new theme each week. All projects are age-appropriate, with no experience necessary or parent participation required. All materials provided, dropped off at your doorstep. Red, blue, yellow, white, and black colors will be provided. The instructor will demonstrate how to mix these primary colors to create a full range of shades.

## DRAWING FOR KIDS WITH CHERYL STEIGER

Learn drawing fundamentals, such as lines, shapes, forms, and composition while using different materials and techniques. Students will be drawing from both observations and their imaginations.

## DIY: RED, WHITE & BLUE CAMP WITH CIAO BELLA SEWING

Get ready for Independence Day with Ciao Bella! During this five day summer camp, your camper will love making all items red, white and blue. Kids will make a picnic blanket, design napkins, decorate a picnic bag, and create additional 4th of July accessories. All supplies, minus tape and hot glue, are provided. Returning students are welcome.

*Special note: Students should register at least one week in advance to receive their fashion DIY kits in the mail. Students need access to the Zoom app and a printer. Sewing machines are optional.*

## CLAY FOR TEENS WITH NATALIE STEINMETZ

We have modified our regular Ceramics class to accommodate working from home. Students will get a to-go-box consisting of tools, 25lbs of clay, and plastic to store their pieces. The class will focus on primarily pinching and coiling with a new hand-building project demonstrated each week. Arrangements for glazing will be made after the first class. All materials and firings are included.

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
CARTOONING FOR KIDS	112420-02	AGE 9-13	6/8-6/29	MONDAY	10 AM-12 PM	\$90/99
SCULPTING WITH MODEL MAGIC	111302-11	GRADES K-2	6/8-6/29	MONDAY	3-4:30 PM	\$100/110
SCULPTING WITH MODEL MAGIC	111302-12	GRADES 3-4	6/9-6/30	TUESDAY	1-2:30 PM	\$100/110
CLAY FOR TEENS	112503-07	GRADES 5-12	6/10-7/1	WEDNESDAY	3-5 PM	\$115/130
SCULPTING WITH MODEL MAGIC	111302-13	GRADES 5-8	6/9-6/30	TUESDAY	3-4:30 PM	\$100/110
SCULPTING WITH MODEL MAGIC	111302-14	GRADES K-2	6/11-7/2	THURSDAY	1-2:30 PM	\$100/110
SCULPTING WITH MODEL MAGIC	111302-15	GRADES 3-4	6/11-7/2	THURSDAY	3-4:30 PM	\$100/110
SCULPTING WITH MODEL MAGIC	111302-16	GRADES K-2	6/12-7/3	FRIDAY	3-4:30 PM	\$100/110
DRAWING FOR KIDS	112421-01	AGES 9-13	6/12-7/3	FRIDAY	10 AM-12 PM	\$90/99
DIY: RED, WHITE & BLUE CAMP WITH CIAO BELLA SEWING	111504-07	GRADES 2-6	6/22-6/26	MONDAY-FRIDAY	1:30-3:30 PM	\$180/198

# VIRTUAL SPORTS

## SPEED AND AGILITY WITH REDLINE ATHLETICS

Train like a pro, with the pros! Have you ever wondered what it is like to train like your favorite professional athlete? Learn proper movement mechanics to run faster, jump higher, and move more efficiently in whatever sport you play. RedLine Sports and their sports performance specialists combine their passion and knowledge to mentor young athletes and help them achieve their goals, maximize their potential, and make them better athletes.

## KARATE - BEGINNERS WITH PRIDE DOJO

Join us for a 30-minute karate class via Zoom! Learn and fine-tune basic karate skills and get in a workout from home!

## KARATE- INTERMEDIATE/ADVANCED WITH PRIDE DOJO

Join us for a 30-minute karate class via Zoom! Learn and fine-tune basic karate skills and get in a workout from home!

## SPORTS ENRICHMENT WITH HOT SHOT SPORTS

This class is filled with fun activities and sports! Children will include games and challenges to work on balancing, jumping, movements, as well as introducing skills like kicking, throwing, and catching. Equipment needed includes four to six place markers and any kind of ball.

## TOT MOVEMENT WITH HOT SHOT SPORTS

Children are introduced to age-appropriate exercises specifically designed for balance and coordination of their large muscle groups. Through basic movement, participants experience their world in a whole new way and begin to understand how their bodies work. Equipment needed include four to six place markers and any kind of ball.

## PEE WEE SOCCER WITH HOT SHOT SPORTS

Hot Shots Sports designed this class to increase balance, body awareness, motor skills, and make soccer fun. Players will work on ball touches, controlling the ball, and improving balance through games and challenges. A soccer ball and four to six place markers are needed.

## TOTAL SPORTS WITH HOT SHOT SPORTS

Children will be introduced to the fundamentals of sports including basketball, soccer, and t-ball. This class will be active and fun, with games and challenges working on balancing, jumping, and movement. Equipment needed includes a basketball, soccer ball, baseball, a multi-purpose ball (varies each week), and four to six place markers.

## ADVANCED BASKETBALL SKILLS WITH HOT SHOT SPORTS

Work on individual skills and improve on ball handling, footwork, and conditioning. This class is for the more advanced player that has already developed some fundamental skills. Two basketballs and four to six place markers are needed.

## DOUBLE PLAY: SOCCER & BASKETBALL WITH HOT SHOT SPORTS

Play both of your favorites sports each week! This class will introduce fundamentals of each sport, along with emphasizing physical endurance and fitness. Equipment needed includes a basketball, soccer ball, and six to eight place markers.

## MINI NINJA WARRIOR BOOTCAMP TRAINING WITH PULSE FITNESS

This fun, high-energy class is designed to challenge and empower our younger kids. Built to encourage our kids to stay active, the training also emphasizes the power of a positive attitude. Our motivating and passionate coaches will create an engaging class filled with fitness challenges, drills, (friendly) competition using body weight, and everyday "equipment" you can find around the house. Be prepared to train like a warrior!

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
SPEED AND AGILITY	114600-04	GRADES 1-6	6/9-6/25	TUESDAY & THURSDAY	3:30-4 PM	\$66/73
KARATE- BEGINNERS	116801-24	AGES 5-12	6/4-6/25	THURSDAY	5-5:30 PM	\$78/86
KARATE- INTERMEDIATE/ADVANCED	116801-25	AGES 5-12	6/4-6/25	THURSDAY	5:45-6:15 PM	\$78/86
SPORTS ENRICHMENT	114507-07	AGES 3-6	6/8-6/22	MONDAY	10:30-11:00 AM	\$27/30
TOT MOVEMENT	114507-08	AGES 3-6	6/9-6/23	TUESDAY	3:00-3:30 PM	\$27/30
PEE WEE SOCCER	114507-09	AGES 3-6	6/10-6/24	WEDNESDAY	1:00-1:30 PM	\$27/30
TOTAL SPORTS	114507-10	AGES 6-9	6/8-6/22	MONDAY	3:00-3:30 PM	\$27/30
ADVANCED BASKETBALL SKILLS	114507-11	AGES 9-14	6/10-6/24	WEDNESDAY	3:15-3:45 PM	\$27/30
DOUBLE PLAY: SOCCER & BASKETBALL	114507-12	AGES 6-9	6/11-6/25	THURSDAY	10:30-11:00 AM	\$27/30
MINI NINJA WARRIOR BOOTCAMP TRAINING	111410-05	GRADES K-3	6/10-6/24	WEDNESDAY	3:00-3:35 PM	\$42/46

VIRTUAL CLASSES WILL BE HELD VIA ZOOM. A ZOOM LINK WILL BE EMAILED TO YOU 2 HOURS BEFORE YOUR SCHEDULED CLASS TIME.



# IN-PERSON SPORTS

## SPEED & AGILITY WITH REDLINE ATHLETICS

Train like a pro, with the pros! Have you ever wondered what it is like to train like your favorite professional athlete? Learn proper movement mechanics to run faster, jump higher, and move more efficiently in whatever sport you play. RedLine Sports and their Sports Performance Specialists combine their passion and knowledge to mentor young athletes through training programs that will help them achieve their goals and maximize their potential, while making them all around better athletes.

## SOFTBALL SKILLS CLINIC 1 WITH HOT SHOTS SPORTS

This class is an introduction for the beginning softball star. Learn about the bases, field positions, and defensive mechanics while gaining skills in throwing and hitting. Players will use 11" softie or indoor softball. Players should bring their own bat, tee, and glove.

## SOFTBALL SKILLS CLINIC 2 WITH HOT SHOTS SPORTS

Learn how to play each position effectively with instructional focus on base coverage and infield/outfield teamwork. Advance your offensive game by developing proper hitting techniques and bat swing. The clinic will also cover base running. Players should bring their own bat, tee, and glove.

## SOFTBALL SKILLS CLINIC 3 WITH HOT SHOTS SPORTS

This clinic will continue to develop skills such as throwing, catching, hitting, stealing, and sliding, as well as more advanced skills. New skills introduced include bunting, windmill pitching, stealing, and sliding. Players should bring their own bat, tee, and glove.

## BASKETBALL SKILLS 101 WITH HOT SHOTS SPORTS

Develop early basketball skills such as shooting, dribbling, and passing, along with the basic rules of the game. Instruction will focus on individual skills and players will be social distanced throughout the class. This class is for the basketball beginner looking to understand the game, learn new skills, and have fun!

## BASKETBALL SKILLS 201 WITH HOT SHOTS SPORTS

Players will continue to develop more advanced skills such as ball handling, shooting, and offensive moves. Instruction will focus on individual skills with an emphasis on proper footwork. All players will be social distanced throughout the class. This class is for beginners and continuing players!

## BASKETBALL SKILLS 301 WITH HOT SHOTS SPORTS

Class will be conducted with advanced ball handling and footwork drills. Instruction will focus on individual skill development and advanced ball handling and shooting drills. All players will be social distanced throughout the class. This class is for players that already possess intermediate shooting and dribbling skills, a basic understanding of the game, and are looking for a more challenging basketball experience.

## DOUBLE PLAY: BASKETBALL AND SOCCER WITH HOT SHOTS SPORTS

In this program, participants alternate each week between basketball and soccer. Players develop skills and fundamentals while playing fun games. All players will be social distanced throughout the class.

## STORM GIRLS TRAVEL BASKETBALL CLINIC WITH HOT SHOTS SPORTS

These clinics are designed for the competitive basketball player looking to advance and learn new skills in the off-season. Instruction will focus on advancing ball handling skills, offensive moves, and proper shooting footwork.

## FIRE BOYS TRAVEL BASKETBALL CLINIC WITH HOT SHOTS SPORTS

These clinics are designed for the competitive basketball player looking to advance and learn new skills in the off-season. Instruction will focus on advancing ball handling skills, offensive moves, and proper footwork.

## SOCCER SKILLS 101 WITH HOT SHOTS SPORTS

Players are introduced to the fundamentals of soccer tactics such as passing the ball, offensive moves, defensive moves, and keeping/controlling the ball. Players learn to score and prevent goals. Physical endurance and fitness are emphasized while touching the ball. No class July 3.

## SOCCER SKILLS 201 WITH HOT SHOTS SPORTS

In the next stage of their progression, players increase their playing stamina and fitness while touching the ball. The clinic's specific technique training involves strength and placement shooting, landing on the shooting foot, precision passing, settling the ball with various body parts, and advanced fundamentals and skill maneuvers. No class July 3.

## BASKETBALL SHOOTING CLINIC WITH HOT SHOTS SPORTS

The Shooting Clinic will help you improve shooting technique, confidence, range, speed of release, accuracy, footwork, and your overall shooting percentage! Players also learn how to work at home, develop mental toughness, practice smarter, and other intangibles to become a great shooter. No class July 3.

## PARENT/TOT SPORTS WITH HOT SHOTS 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. Parent participation is required. No class July 4.

## PARENT/CHILD SPORTS AND MORE WITH HOT SHOTS SPORTS

Children are introduced to the fundamentals of sports including basketball, floor hockey, football, kickball, soccer, t-ball, and other sports. 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. Parent participation is required. No class July 4.

## PARENT/CHILD TOTAL SPORTS WITH HOT SHOTS SPORTS

This class features a new sport each week. Some of the sports taught and played include basketball, floor hockey, football, kickball, soccer, and baseball. Children have the opportunity to acquire new skills and develop confidence. Parent participation is required. No class July 4.

## SUMMER BASKETBALL CLINICS WITH HOT SHOTS SPORTS

The Summer Basketball Clinic focuses on improving the basic fundamental skills of individual play. Throughout the week campers will improve on these skills, while also working towards more advanced skills. Ball handling, offensive moves, offensive and defensive footwork are areas that will be developed. Players will be social distanced throughout the clinics. Bring a snack and drink each day and come ready to work hard while having fun! Multiple clinics available. Please register for each week you'd like to participate.

## YOUTH/TEEN ROWING WITH SANDY CULVER

Whether you see a future on the crew team, or you are just looking for a fun and challenging way to stay active, this class is for you. Instructors will focus on individual attention and proper form to ensure safety as well as a good workout.

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
SPEED & AGILITY	TAKIFF CENTER	114600-05	GRADE 3-6	6/10-7/1	WEDNESDAY	3:30-4:45 PM	120/132
SOFTBALL SKILLS CLINIC 1	TBD	114507-13	AGES 7-8	6/15-8/3	MONDAY	4:45-5:45 PM	\$116/128
SOFTBALL SKILLS CLINIC 2	TBD	114507-14	AGES 9-10	6/15-8/3	MONDAY	6-7 PM	\$116/128
SOFTBALL SKILLS CLINIC 3	TBD	114507-15	AGES 11-12	6/15-8/3	MONDAY	7:15-8:15 PM	\$116/128
BASKETBALL SKILLS 101	WATTS CENTER	114507-16	AGES 7-8	6/16-8/4	TUESDAY	4:45-5:45 PM	\$116/128
BASKETBALL SKILLS 101	WATTS CENTER	114507-17	AGES 7-8	6/18-8/6	THURSDAY	4:45-5:45 PM	\$116/128
BASKETBALL SKILLS 201	WATTS CENTER	114507-18	AGES 9-10	6/16-8/4	TUESDAY	6-7 PM	\$116/128
BASKETBALL SKILLS 201	WATTS CENTER	114507-19	AGES 9-10	6/18-8/6	THURSDAY	6-7 PM	\$116/128
BASKETBALL SKILLS 301	WATTS CENTER	114507-20	AGES 11-12	6/16-8/4	TUESDAY	7:15-8:15 PM	\$116/128
BASKETBALL SKILLS 301	WATTS CENTER	114507-21	AGES 11-12	6/18-8/6	THURSDAY	7:15-8:15 PM	\$116/128
DOUBLE PLAY: BASKETBALL & SOCCER	WATTS CENTER	114507-22	AGES 7-9	6/17-8/5	WEDNESDAY	4:45-5:45 PM	\$116/128
STORM GIRLS TRAVEL BASKETBALL CLINIC	WATTS CENTER	114440-01	AGES 9-12	6/17-8/5	WEDNESDAY	6-7 PM	\$116/128
FIRE BOYS TRAVEL BASKETBALL CLINIC	WATTS CENTER	114440-02	AGES 9-12	6/17-8/5	WEDNESDAY	7:15-8:15 PM	\$116/128
SOCCER SKILLS 101	WATTS CENTER	114507-23	AGES 7-9	6/19-8/7	FRIDAY	4:45-5:45 PM	\$102/112
SOCCER SKILLS 201	WATTS CENTER	114507-24	AGES 9-12	6/19-8/7	FRIDAY	6-7 PM	\$102/112
BASKETBALL SHOOTING CLINIC	WATTS CENTER	114507-25	AGES 10-12	6/19-8/7	FRIDAY	7:15-8:15 PM	\$102/112
PARENT/TOT SPORTS	WATTS CENTER	114507-26	AGES 2-3	6/20-8/8	SATURDAY	9-9:45 AM	\$102/112
PARENT/CHILD SPORTS AND MORE	WATTS CENTER	114507-27	AGES 4-5	6/20-8/8	SATURDAY	10-10:45 AM	\$102/112
PARENT/CHILD TOTAL SPORTS	WATTS CENTER	114507-28	AGES 6-7	6/20-8/8	SATURDAY	11-11:45 AM	\$102/112
SUMMER BASKETBALL CLINICS	WATTS CENTER	120830	GRADES 4-7	6/15-8/7	MONDAY-FRIDAY	9 AM-12 PM	\$162/178
YOUTH ROWING	TAKIFF CENTER	117609-01	AGES 8-12	6/10-7/1	WEDNESDAY	4-4:45 PM	\$76/84
TEEN ROWING	TAKIFF CENTER	117609-02	AGES 13-17	6/10-7/1	WEDNESDAY	5-6 PM	\$92/101
YOUTH ROWING	TAKIFF CENTER	117609-03	AGES 8-12	7/8-7/29	WEDNESDAY	4-4:45 PM	\$76/84
TEEN ROWING	TAKIFF CENTER	117609-04	AGES 13-17	7/8-7/29	WEDNESDAY	5-6 PM	\$92/101

# TENNIS & PICKLEBALL

## BEGINNER PICKLEBALL WITH CARL ROSENTHAL

Come and learn the fastest growing racket sport in America! Pickleball is a combination of tennis and ping pong played with a whiffle ball on a badminton size court. Our beginners Pickleball workshop will allow you to learn about the game, understand the rules and scoring, and develop the skills needed to play. These 90-minute lessons are taught by an experienced player and all equipment is provided. No drop-in allowed.

## ADVANCED BEGINNER/INTERMEDIATE PICKLEBALL WITH CARL ROSENTHAL

Come and learn the fastest growing racket sport in America! Pickleball is a combination of tennis and ping pong played with a whiffle ball on a badminton size court. Intermediate workshops are designed for picklers who know how to play the game and are looking to learn new strategies and techniques to enhance their game play. These 90-minute lessons are taught by an experienced player and all equipment is provided. No drop-in allowed.

## PEE WEE TENNIS

### AGES 3-4

Learn how to hold a racket, hand-eye coordination, balance, and the beginning of stroke development in a fun environment!

### AGES 4-5

Take your basic knowledge of tennis and expand it! Learn the beginning of stroke development, tracking the ball, self-feed, and start hitting.

## YOUTH TENNIS

### AGES 5-6

Our main focus is learning primary tennis skill, such as movement, balance, and hand-eye coordination. Individual or team games accompany fun activities to help develop basic swing techniques and tactics.

### AGES 7-8

Fine-tune your tennis skills in this advanced class. You will learn proper techniques of swings and serves, as well as basic tactics, regular scoring systems, and match play.

### AGES 9-10

Now you know the primary skills, let's further stroke development. Learn skills to be able to hit the ball to different areas of the court, as well as how to serve and volley. This class will also begin match play.

### AGES 11-14

Prepare yourself to play competitive tennis! We will work on developing strokes, spin, and power. Participants will learn through match play and drills.

## BEGINNER

Students are introduced to the game of tennis and receive basic instruction of forehand, backhand, serve, volley, rules, scoring, and proper tennis etiquette.

## ADVANCED BEGINNER

For students who have progressed past the beginner program, this class emphasizes stroke refinement and match play.

## DRILL & PLAY

Forty-five minutes of drills start each session. The emphasis is on organized match play with the intent of putting in to effect what has been mastered from previous practice. Varied competition, with tips from the pros, strengthens your game skills. The level of play is advanced, so acceptance into the group play situation is set up at the teaching pro's discretion.

Intermediate Drill/Play: Participants must have an NTRP rating of 3.0-3.5

Advanced Drill/Play: Participants must have an NTRP rating of 3.5 or higher.

## TENNIS ON-DEMAND CLASSES

Have a group of friends that would like to take a tennis class together? Tennis schedule doesn't work with your busy schedule? No problem! Our tennis instructors can teach private, semi-private, and family lessons at a time that works for you! To build your class, please contact Shannon Stevens at [sstevens@glencoeParkDistrict.com](mailto:sstevens@glencoeParkDistrict.com).



## PICKLEBALL

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
BEGINNER PICKLEBALL	WATTS PARK	115600-03	AGE 40+	6/8-7/13	MONDAY	6-7:30 PM	\$125/140
BEGINNER PICKLEBALL	WATTS PARK	115600-05	AGE 40+	7/20-8/24	MONDAY	6-7:30 PM	\$125/140
ADVANCED BEGINNER/INTERMEDIATE PICKLEBALL	WATTS PARK	115600-06	AGE 40+	7/23-8/27	THURSDAY	6-7:30 PM	\$125/140

	AGES	DAY	DATES	TIME	LOCATION	R/NR FEE	ACTIVITY
<b>PEE WEE TENNIS</b>	3-4	M	6/8-8/10	3:15-4 PM	WATTS	\$150/165	118510-08
	3-4	SA	6/13-8/8	10-10:45 AM	WATTS	\$120/132	118510-15
	4-5	M	6/8-8/10	4-5 PM	WATTS	\$180/198	118510-09
	4-5	SA	6/13-8/8	11:30-12:30 PM	WATTS	\$144/158	118510-16
<b>YOUTH TENNIS</b>	5-6	TU	6/9-8/11	3:15-4:15 PM	WATTS	\$180/198	118510-10
	5-6	TH	6/11-8/13	3:15-4:15 PM	WATTS	\$180/198	118510-12
	5-6	SA	6/13-8/8	12:30-1:30 PM	WATTS	\$144/158	118510-17
	7-8	TU	6/9-8/11	4:15-4:30 PM	WATTS	\$180/198	118510-11
	7-8	TH	6/11-8/13	4:15-4:30 PM	WATTS	\$180/198	118510-13
	7-8	SA	6/13-8/8	1:30-2:30 PM	WATTS	\$144/158	118510-18
	9-10	SA	6/13-8/8	2:30-3:30 PM	WATTS	\$144/158	118510-19
	11-14	SA	6/13-8/8	3:30-4:30 PM	WATTS	\$144/158	118510-20

NO CLASSES: JULY 4

## ADULT TENNIS

LEVEL	AGE	DAY	DATES	TIME	LOCATION	R/NR FEE	ACTIVITY
SUMMER SESSION 1							
ADVANCED DRILL & PLAY	18+	M/W	6/8-7/8	9:30-11 AM	CENTRAL	\$240/264	118710-09
BEGINNER	18+	M/W	6/8-7/8	11-12 PM	CENTRAL	\$180/198	118710-10
INTERMEDIATE DRILL & PLAY	18+	TU	6/9-7/7	9:30-11 AM	CENTRAL	\$120/132	118710-11
ADVANCED BEGINNER	18+	TU	6/9-7/7	11-12 PM	CENTRAL	\$90/99	118710-12
INTERMEDIATE DRILL & PLAY	18+	TH	6/11-7/9	9:30-11 AM	CENTRAL	\$120/132	118710-13
ADVANCED BEGINNER	18+	TH	6/11-7/9	11-12 PM	CENTRAL	\$90/99	118710-14
ADVANCED DRILL & PLAY	18+	SA	6/13-7/11	9:30-11 AM	CENTRAL	\$96/106	118710-15
BEGINNER	18+	SA	6/13-7/11	11-12 PM	CENTRAL	\$72/79	118710-16
SUMMER SESSION 2							
ADVANCED DRILL & PLAY	18+	M/W	7/13-8/12	9:30-11 AM	CENTRAL	\$240/264	118710-17
BEGINNER	18+	M/W	7/13-8/12	11-12 PM	CENTRAL	\$180/198	118710-18
INTERMEDIATE DRILL & PLAY	18+	TU	7/14-8/11	9:30-11 AM	CENTRAL	\$120/132	118710-19
ADVANCED BEGINNER	18+	TU	7/14-8/11	11-12 PM	CENTRAL	\$90/99	118710-20
INTERMEDIATE DRILL & PLAY	18+	TH	7/16-8/13	9:30-11 AM	CENTRAL	\$120/132	118710-21
ADVANCED BEGINNER	18+	TH	7/16-8/13	11-12 PM	CENTRAL	\$90/99	118710-22

NO CLASSES JULY 4

# FITNESS

## ALL LEVELS YOGA WITH SILVIA SHAW

This varied yoga practice helps link movement and breathing through short sequences, offering variations for all practice levels. Instructions are repeated in Spanish and Italian. All levels are welcome. No drop-in allowed. Must pre-register.

## PILATES FUSION WITH SILVIA SHAW

An all levels practice adding the benefits of yoga to Pilates mat work. Working around core strength with classic Pilates sequences, we will move to short yoga moments to add flexibility and mobility. Exercise the body from the core outwards, with added challenges for those who want it. No drop-in allowed. Must pre-register.

## CARDIO KICKBOXING WITH KAREN CAMPION

This fun, high-energy workout focuses on a full range of motion and core strength by utilizing kickboxing techniques. This easy-to-follow class offers choreographed punches, kicks, and knee strikes while teaching proper form and burning calories. No drop-ins allowed. Must pre-register.

## FITRX WITH KAREN CAMPION

A total body conditioning workout performed with body weight exercises and light weights. This class incorporates classic exercises for the lower and upper body by compounding the moves to get the most out of the strength of your core and balance. The class is divided into three blocks with planks/core exercises and brief cardio in between. The music and energy from your body movement make for a fun and seemingly quick workout! No drop-in allowed. Must pre-register.

## MOVING WITH WEIGHTS WITH MARIANNE NICOLOSI

This low-impact, progressive cardio and weights program strengthens, improves muscle tone, and increases bone density. Using various weights plus simple step moves, this workout increases upper and lower body strength and burns calories. No drop-in allowed. Must pre-register.

## PADDLEBOARD YOGA WITH STEPH METZ

SUP (stand up paddle) and yoga is a fun way to challenge your practice and paddle skills. Each session will involve active paddling along with strengthening and restorative yoga postures on the board. Work on your balance and core strength as you float on Lake Michigan. No prior paddling or yoga experience is required. Basic paddling techniques will be covered and options for yoga postures will be provided. We start with a short yoga sequence on land to practice in the water. All levels are welcome. No drop-in allowed. Must pre-register.

## ROW & GO INTERVAL WITH SANDY CULVER

Instructors will combine rowing intervals with dynamics sculpting exercises for the perfect balance of cardio and strength training. This heart-pumping, sweat-drenched, total body burn is as fun as it is effective. New to rowing? Don't sweat it - we'll teach you everything you need to know. No drop-ins allowed.

## SUMMER BOOT CAMP WITH SANDY CULVER

Start your morning at the lakefront park with a fun and challenging workout! Using the open space of the park, the bootcamp will incorporate a variety of cardio, plyometric, bodyweight, and core exercises that can be modified to all fitness levels. Bring a water bottle and mat (optional) for stretching and any core work that will otherwise be done on the grass.

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
ALL LEVELS YOGA	LAKEFRONT PARK	117708-01	AGE 18+	6/12-7/3	FRIDAY	8:30-9:30 AM	\$60/66
PILATES FUSION	TAKIFF CENTER	117709-01	AGE 18+	6/11-7/2	THURSDAY	10:30-11:30 AM	\$60/66
CARDIO KICKBOXING	TAKIFF CENTER	117701-01	AGE 18+	6/15-6/29	MONDAY	6-7 PM	\$45/50
CARDIO KICKBOXING	TAKIFF CENTER	117701-02	AGE 18+	6/18-7/2	THURSDAY	9:30-10:30 AM	\$45/50
FITRX	TAKIFF CENTER	117702-01	AGE 18+	6/16-6/30	TUESDAY	6-7 PM	\$45/50
FITRX	TAKIFF CENTER	117702-02	AGE 18+	6/17-7/1	WEDNESDAY	10:30-11:30 AM	\$45/50
MOVING WITH WEIGHTS	TAKIFF CENTER	117703-01	AGE 18+	6/9-6/30	TUESDAY	8:30-9:30 AM	\$60/66
MOVING WITH WEIGHTS	TAKIFF CENTER	117703-02	AGE 18+	6/11-7/2	THURSDAY	8:30-9:30 AM	\$60/66
PADDLEBOARD YOGA	GLENCOE BEACH	101801-01	AGE 18+	6/20-8/15	SATURDAY	7:45-8:45 AM	\$256/282
PADDLEBOARD YOGA	GLENCOE BEACH	101801-02	AGE 18+	6/21-8/16	SUNDAY	7:45-8:45 AM	\$256/282
ROW & GO INTERVAL	TAKIFF CENTER	117705-01	AGE 18+	6/10-7/1	WEDNESDAY	7:30-8:30 AM	\$60/66
ROW & GO INTERVAL	TAKIFF CENTER	117705-02	AGE 18+	6/13-6/27	SATURDAY	9-10 AM	\$45/50
SUMMER BOOT CAMP	LAKEFRONT PARK	117706-01	AGE 18+	6/8-6/29	MONDAY	7:30-8:30 AM	\$60/66



# DEKHOCKEY

## DEKHOCKEY CLINICS WITH JOHN SCULLY

Learn the fundamentals of Dekhockey, Glencoe's newest sport! Stickhandling, shooting, and team play will be taught by former professional hockey player, John Scully. These clinics will help provide a solid foundation for the upcoming Dekhockey season.

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
DEKHOCKEY CLINICS	WATTS CENTER	102401-05	AGES 3-5	6/8-6/29	MONDAY	4-4:45 PM	\$60/66
DEKHOCKEY CLINICS	WATTS CENTER	102401-06	AGES 3-5	6/10-7/1	WEDNESDAY	4-4:45 PM	\$60/66
DEKHOCKEY CLINICS	WATTS CENTER	102401-07	GRADES K-2	6/8-6/29	MONDAY	5-5:45 PM	\$60/66
DEKHOCKEY CLINICS	WATTS CENTER	102401-08	GRADES K-2	6/10-7/1	WEDNESDAY	5-5:45 PM	\$60/66
DEKHOCKEY CLINICS	WATTS CENTER	102401-09	GRADES 3-5	6/9-6/30	TUESDAY	4-4:45 PM	\$60/66
DEKHOCKEY CLINICS	WATTS CENTER	102401-10	GRADES 3-5	6/11-7/2	THURSDAY	4-4:45 PM	\$60/66
DEKHOCKEY CLINICS	WATTS CENTER	102401-11	GRADES 6-8	6/9-6/30	TUESDAY	5-5:45 PM	\$60/66
DEKHOCKEY CLINICS	WATTS CENTER	102401-12	GRADES 6-8	6/11-7/2	THURSDAY	5-5:45 PM	\$60/66

