

## TUMBLING

### Beginner Tumbling

Beginner tumblers will learn forward rolls, cartwheels, bridges, and jumps. Strength and flexibility are also needed to progress into the higher level classes. Children will be evaluated at the end of each session and advised when to move to the next level.

Age	Date	Day	Time	R/N Fee	Code #
18-35 months	May 2-Jun 20	W	5-6P	\$45/\$60	192123
18-35 months	Jul 11-Aug 29	W	5-6P	\$45/\$60	192123

Location: Cimbalo Fitness Center

Min/Max: 3/12

### Intermediate Tumbling

This class is designed to perfect your child's beginner skills and add new skills. Skills to be taught are: backbends, handstand forward rolls, and round-offs. Children will be evaluated at the end of each session and advised when to move to the next level.

Age	Date	Day	Time	R/N Fee	Code #
4-8	May 2-Jun 20	W	6-7P	\$45/\$60	192123
4-8	Jul 11-Aug 29	W	6-7P	\$45/\$60	192123

Location: Cimbalo Fitness Center

Min/Max: 3/12



### Advanced Tumbling

This class is designed take your child's skills to the next level and learn new skills. Children must be able to safely execute the following skills before attending this class: backbends, handstand forward rolls, and round-offs. Children will be evaluated at the end of each session.

Age	Date	Day	Time	R/N Fee	Code #
8-12	May 2-Jun 20	W	7-8P	\$45/\$60	192123
8-12	Jul 11-Aug 29	W	7-8P	\$45/\$60	192123

Location: Cimbalo Fitness Center

Min/Max: 3/12



### Volleyball Camp

Fun and instructional program prepares players to succeed in volleyball. Excellent coaches plan strategic, fun preparation drills and games that will increase skills and safety through fundamentals. Kids love it! Program offers volleyball skills challenge contest and championship volleyball game. Plus competitive drills for skills training, serving, bumping, setting, spiking, techniques on speed and quickness, body balance, first step directional movements, volleyball safety awareness and sportsmanship.

Age	Date	Day	Time	R/N Fee	Code #
10-15	Jun 7-Jul 12	Th	6-7P	\$45/\$60	192123

Location: Grant Park Recreation Center Gym

Min/Max: 6/12

**Note:**

*No experience necessary, each series works on different skill sets.*



## VPD Soccer Beginner Drills and Skills

Are you looking for a class to have a lot of fun while learning soccer skills? We have the perfect class for you. Our Veterans Park District staff will lead you and your friends in specific drills while will improve your overall understanding of the game while having a blast! Each class lasts for one hour and the children will rotate through different stations and drills. Smaller sided games will be used to bring every-thing together at the end of each class as well.

Age	Date	Day	Time	R/N Fee	Code #
5-6	Jun 1-Jul 6	F	4-5P	\$45/\$60	192123
7-9	Jun 1-Jul 6	F	5-6P	\$45/\$60	192123
5-6	Jul 20-Aug 24	F	4-5P	\$45/\$60	192123
7-9	Jul 20-Aug 24	F	5-6P	\$45/\$60	192123

Location: George A. Leoni Complex Turf      Min/Max: 5/16

## VPD Soccer Advanced Drills and Skills

Looking to take your soccer training to the next level? Our very own VPD athletic staff will assist you by running you through specific skills and drills which are designed to give you that extra edge. During the one hour session you will rotate through stations and play small sided games to enhance your abilities all while having a great time.

Age	Date	Day	Time	R/N Fee	Code #
9-13	Jun 4-Jul 9	M	4-5P	\$45/\$50	192123
9-13	Jul 23-Aug 27	M	4-5P	\$45/\$50	192123

Location: George A. Leoni Complex Turf      Min/Max: 5/16

## Beginner Baseball

Batter up! This program is a great introduction for kids to develop baseball/softball skills and have fun. Offense and defense skills, as well as the rules of the game and teamwork are taught and incorporated in fun games. You must provide your own glove.

Age	Date	Day	Time	R/N Fee	Code #
4-6	Apr 11-May 16	W	5-6P	\$35/\$50	192123
4-6	May 30-Jul 11	W	5-6P	\$35/\$50	192123

Location: George A. Leoni Complex Turf      Min/Max: 5/16

## VPD Hitting & Fielding Class

Calling all baseball and softball players! Individual players can sign up for this program and show us their stuff in this instructor lead baseball class. Participants will improve their fielding and batting skills while also improving their knowledge of the game. We will have our batting cages set up and tees lined up for you. Please bring your own bat and glove. We will run you through rapid rotations in the cage and drills outside of it all with the aim of improving your skills.

Age	Date	Day	Time	R/N Fee	Code #
6-12	Apr 11-May 16	W	6-7P	\$35/\$50	192123
6-12	May 30-Jul 11	W	6-7P	\$35/\$50	192123

Location: George A. Leoni Complex Turf      Min/Max: 5/16



## Tennis Camp

In this eight-week (8) class we will learn the skills and knowledge of tennis. Learn how to properly serve, lob, slam and spike. This class is perfect for first-timers or for children that have been in our previous tennis classes. We will provide balls and racquets.



Age	Date	Day	Time	R/N Fee	Code #
7-14	Jun 4-Jul 9	M	5-6P	\$40/\$45	192123
7-14	Jul 23-Aug 27	M	5-6P	\$40/\$45	192123

Location: Gouin Tennis Courts  
 (In case of inclement weather classes will be moved to the Grant Park Gym.)  
 Min/Max: 6/16

## Family / Individual Archery Camp

The whole family can join now in this fun-filled Archery program. If you want to have fun learning a new sport or simply want to improve your hand-eye coordination, this eight-week camp is guaranteed to be fun and challenging. Watch your accuracy improve every week! Archery supplies will be provided for everyone.

Advanced Class is for participants who have taken our Archery class two (2) times or more!

Age	Date	Day	Time	R/N Fee	Code #	Instructor
7-Adult	Jun 1-Jul 6	F	5-6:30P (Beginners)	\$50/\$65	192123	Andy Ferraro

Location: Grant Park Recreation Center Gym      Min/Max: 5/16

**Discount: \$10 off the 3rd family member to sign up!**





## American Basketball Academy Clinic

This is a four (4) week clinic led by former USBA's Annie Roberts and other former college players. These clinics will focus on developing ball handling, offensive/defensive skills, passing, shooting and positioning. All players will improve greatly with this class, from beginner to AAU players.

Age	Date	Day	Time	R/N Fee	Code #
7-14	Apr 24-May 15	Tu	6:30-7:30P	\$40/\$55	192123
7-14	May 29-Jun 19	Tu	6:30-7:30P	\$40/\$55	192123

Location: Grant Park Recreation Center      Min/Max: 10/20

## Beginner Basketball

This program is our introductory class for future all-star basketball players. Participants will be instructed on the very basics of the game. Girls and boys will have fun working on their dribbling, passing, shooting, rebounding and defense with drills and fun games incorporating these basic skills. Age appropriate hoops will be provided.

Age	Date	Day	Time	R/N Fee	Code #
4-6	Jun 5-Jul 10	Tu	5-6P	\$40/\$45	192123

Location: Grant Park Recreation Center Gym      Min/Max: 5/16