



Cheerleading Summer Camp

Ready, set, shout... it's time to bring the pom pons out! Children will learn choreographed dances and cheers that encourage rhythm and coordination. Learn fundamentals, skills and cheerleading safety in this fun camp. Parents are invited to a special performance at the end of the camp.

Age	Date	Day	Time	R/N Fee	Code #
4-6	Jun 10-21	M-F	9-10:30 AM	\$120/135	192124 C1
7-13	Jun 10-21	M-F	10:45 AM-12:45 PM	\$150/165	192124 C2
4-6	Jul 8-19	M-F	9-10:30 AM	\$120/135	192124 C3
7-13	Jul 8-19	M-F	10:45 AM-12:45 PM	\$150/165	192124 C4

Location: George A. Leoni Complex Min/Max: 8/24

Cheerleading Stunting Clinic



This class is designed for flyer technique and hands on stunting. There will be a focus as well on stretches for the back, shoulders, hips, hamstrings and quadriceps. Flyers will have stunt groups and stunt simulating equipment in class to have the full experience of using their skills in the air. It's an all-around flyers dream come true to build your skills safely! You must have taken Advanced Tumbling to enroll in this class.

Age	Date	Day	Time	R/N Fee	Code #
8-12	Jun 3-Jul 22	M	6-7PM	\$50/65	192124 T4

Location: George A. Leoni Complex Min/Max: 3/12

Yoga for Kids



This innovative program combines yoga and movement to create an environment of imagination and creativity in a nurturing and friendly setting. Using yoga style games and activities, participants build strength, confidence, increase self-esteem and body awareness. This class provides a fun filled way for your child to be introduced to Yoga. This program is a partnership with Hot Shots Sports.

(7 week program)

Age	Date	Day	Time	R/N Fee	Code #
3-6	Jun 6-Jul 25*	Th	4:30-5:15 PM	\$67/82	192124 Y1

* No class Jul 4

Location: Grant Park

Min/Max: 5/16



Junior Golf



This introductory course teaches kids the love of golf. Players learn basic golf techniques including proper grip, stance and swing mechanics. Using safe equipment tailored to fit the age group, players learn proper swing and stance mechanics in a fun and entertaining environment. No clubs necessary. This program is a partnership with Hot Shots Sports and their coaches.

(7 week program)

Age	Date	Day	Time	R/N Fee	Code #
4-7	Jun 5-Jul 24*	W	5-5:45 PM	67/82	192124 G1

* No class on July 3

Location: George A. Leoni Complex

Min/Max:4/15



Athletics Children/Youth

Gridiron Tots Flag Football



Using basic football games and activities, players develop early football skills in this non-contact class while gaining confidence, coordination and motor skills with a focus on having fun! The program uses age appropriate drills and exercises to teach players proper stance, passing, catching, running and more. Each class is designed to develop endurance, promote good sportsmanship and teamwork. This program is a partnership with Hot Shots Sports and their coaches.

(8 week program)

Age	Date	Day	Time	R/N Fee	Code #
4-6	Jun 4-Jul 23	Tu	5-5:45 PM	\$76/91	192124 F1

Location: George A. Leoni Complex Min/Max: 4/15



Game Time Flag Football



Players experience daily scrimmages with active instruction and tips from 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. This program is a partnership with Hot Shots Sports and their coaches.

(8 week program)

Age	Date	Day	Time	R/N Fee	Code #
8-11	Jun 4-Jul 23	Tu	5:45-6:45 PM	\$76/91	192124 F2

Location: George A. Leoni Complex Min/Max: 4/18

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. This 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. This program is a partnership with Hot Shots Sports and their coaches.

(7 week program)

Age	Date	Day	Time	R/N Fee	Code #
7-11	Jun 5-Jul 24	W	5:45-6:45 PM	\$67/82	192124 A1

* No class Jul 3

Location: George A. Leoni Complex Min/Max: 4/15

Family/Individual Archery

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 times or more.

Age	Date	Day	Time	R/N Fee	Code #
7+	Jul 12-Aug 16	F	5:30-6:30 PM (beginner)	\$50/65	192124 A2

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

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



Beginner Soccer

The basic fundamentals of soccer are introduced, as players learn to control the soccer ball. Beginner Soccer is designed for someone who has little or no knowledge of soccer. Fun games will also be incorporated in this class. Participants should dress in comfortable clothes.

(8 week program)

Age	Date	Day	Time	R/N Fee	Code #
4-6	Jun 5-Jul 31*	W	5-5:35 PM	\$47/62	192124 S1

* No class Jul 3

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

Advanced Soccer

Players continue to learn the fundamentals while improving their skills and confidence. Each class will be approximately 30% instruction and 70% structured game play. Participants should dress in comfortable clothing. Shin guards are required for this program.

(8 week program)

Age	Date	Day	Time	R/N Fee	Code #
8-13	Jun 5-Jul 31*	W	5:45-6:45 PM	\$60/75	192124 S5

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

Soccer Skills Clinic 101



Players are introduced to the fundamentals of soccer tactics such as passing the ball, offensive moves, defensive moves, keeping/controlling the ball and taking the ball away from the opposing team. Players learn to score and prevent goals. Physical endurance and fitness are emphasized while touching the ball. At this age, the focus starts to change from simple games to organized, tactical, competitive games. This program is a partnership with Hot Shots Sports and their coaches.

(8 week program)

Age	Date	Day	Time	R/N Fee	Code #
6-9	Jun 3-Jul 22	M	5:45-6:45 PM	\$76/91	192124 S7

Location: George A. Leoni Complex Min/Max: 4/15



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 29-Jul 24*	W	5-6 PM	\$45/60	192124 T1

* No class Jul 3

Location: Cimbaló 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 29-Jul 24*	W	6-7 PM	\$45/60	192124 T2

* No class Jul 3

Location: Cimbaló Fitness Center Min/Max: 3/12

Advanced Tumbling

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

Age	Date	Day	Time	R/N Fee	Code #
8-12	May 29-Jul 24*	W	7-8 PM	\$45/60	192124 T3

* No class Jul 3

Location: Cimbaló Fitness Center Min/Max: 3/12

Athletics Children/Youth



Beach 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. This program is a partnership with Hot Shots Sports and their coaches.

(7 week program)

Age	Date	Day	Time	R/N Fee	Code #
7-10	Jun 6-Jul 25*	Th	5:45-6:45 PM	\$67/82	192124 V2

* No class Jul 4

Location: Gouin Park Sand Volleyball Courts Min/Max: 4/15

Game Time Beach 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. This program is a partnership with Hot Shots Sports and their coaches.

(7 week program)

Age	Date	Day	Time	R/N Fee	Code #
11-15	Jun 6-Jul 25*	Th	6:45-7:45 PM	\$67/82	192124 V1

* No class Jul 4

Location: Gouin Park Sand Volleyball Courts Min/Max: 4/18

American Basketball Academy Clinic

In this four-week clinic led by former USBA's Annie Roberts and other former college athletes' players will learn to develop their ball handling, passing, shooting and defensive positioning. This is the perfect class for anyone new to basketball or anyone looking to keep their skills fresh during the offseason.

Age	Date	Day	Time	R/N Fee	Code #
7-14	Jul 9-30	Tu	6:30-7:30 PM	\$45/60	192124 B3
7-14	Aug 13-Sep 3	Tu	6:30-7:30 PM	\$45/60	192124 B4

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

Little Bulls

Go Bulls! Dribbling, passing, shooting and teamwork will be taught in this instructional basketball program. All skills will be taught in a fun and easy to learn environment. Non-competitive games will be played during each class, allowing all participants to get involved. Smaller basketballs and age appropriate hoops will be used to help skill development.

(8 week program)

Age	Date	Day	Time	R/N Fee	Code #
4-6	Jun 3-Jul 22	M	5:30-6:15 PM	\$50/65	192124 B1

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



Fielding Clinic

This class is for the player looking to improve their infield and outfield skills. Students will enhance their skills by being put through several fielding drills each class. Depending on the skill level of the players this class will cover receiving, routine ground-ball footwork, backhands, forehands, exchanges, double plays, non-routine plays, and advanced outfield techniques. Hard baseballs will be used, gloves are required.

Age	Date	Day	Time	R/N Fee	Code #
7-9	Aug 6-Sep 10	Tu	4-4:45 PM	\$45/60	192124 F3
10-12	Aug 6-Sep 10	Tu	5-5:45 PM	\$45/60	192124 F4

Location: Bulger Park Ball Fields

Min/Max: 5/16

Sports and More!



Children are introduced to the fundamentals of sports including 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. This program is a partnership with Hot Shots Sports and their coaches.

(8 week program)

Age	Date	Day	Time	R/N Fee	Code #
3-5	Jun 3-Jul 22	M	5-5:45 PM	\$76/91	192124 P1

Location: George A. Leoni Complex

Min/Max: 4/15



Hitting Clinic

This class is for the student looking to improve their hitting skills. In this class we will cover plate coverage, stance, hitting position, bat path, and lower body mechanics. Students will enhance their skills hitting in our batting cage, and being involved in hitting drills outside our batting cages. Feel free to bring your bats and all your baseball equipment. Bats will be available for use at our facility.

Age	Date	Day	Time	R/N Fee	Code #
7-9	Aug 5-Sep 16*	M	4-4:45 PM	\$45/60	192124 H1
10-12	Aug 5-Sep 16*	M	5:5:45 PM	\$45/60	192124 H2

* No class Sep 2

Location: Bulger Park Ball Fields

Min/Max: 5/16

INDOOR TRACK IN THE GRANT PARK GYM

44 W. GOLFOVIEW DRIVE
NORTHLAKE



Come enjoy our temperature controlled indoor track. Get your recommended daily exercise.

14 laps around the track equals one mile.