

# Athletics Youth

## 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	Jan 6-Feb 24	Sa	9-10A	\$45/\$60	192122 B3
18-35 months	Jan 6-Feb 24	Sa	10:15-11:15A	\$45/\$60	192122 B4
18-35 months	Mar 3-Apr 21	Sa	9-10A	\$45/\$60	192122 B5
18-35 months	Mar 3-Apr 21	Sa	10:15-11:15A	\$45/\$60	192122 B6

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	Jan 6-Feb 24	Sa	11:30A-12:30P	\$45/\$60	192122 B6
4-8	Jan 6-Feb 24	Sa	12:45-1:45P	\$45/\$60	192122 B7
4-8	Mar 3-Apr 21	Sa	11:30A-12:30P	\$45/\$60	192122 B8
4-8	Mar 3-Apr 21	Sa	12:45-1:45P	\$45/\$60	192122 B9

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	Jan 7-Feb 25	Su	11A-12P	\$45/\$60	192122 C1
8-12	Jan 7-Feb 25	Su	12:15-1:15P	\$45/\$60	192122 C2
8-12	Mar 4-Apr 22	Su	11A-12P	\$45/\$60	192122 C3
8-12	Mar 4-Apr 22	Su	12:15-1:15P	\$45/\$60	192122 C3

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	Jan 4-Feb 8	Th	6-7P	\$35/\$50	196163
10-15	Feb 22-May 29	Th	6-7P	\$35/\$50	196163

Location: Grant Park Recreation Center Gym Min/Max: 6/20





## Beginner Soccer

Bring your children out and let them get introduced to the wonderful game of soccer. Participants are taught the basic skills of ball control, passing and shooting! Fun games will also be incorporated in the class. Parent-participation is encouraged!

Age	Date	Day	Time	R/N Fee	Code #
3-4	Jan 2-Feb 6	Tu	4-5P	\$45/\$60	196163
3-4	Feb 20-Mar 27	Tu	4-5P	\$45/\$60	196163
3-4	Apr 10-May 15	Tu	4-5P	\$45/\$60	196163
3-4	May 29-Jul 10	Tu	4-5P	\$45/\$60	196163

Location: George A. Leoni Complex

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	Jan 3-Feb 7	W	5-6P	\$35/\$50	196163
4-6	Feb 21-Mar 28	W	5-6P	\$35/\$50	196163
4-6	Apr 11-May 16	W	5-6P	\$35/\$50	196163
4-6	May 30-Jul 11	W	5-6P	\$35/\$50	196163

Location: George A. Leoni Complex Turf

Min/Max: 5/16

## VPD Soccer 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 you improve your overall understanding of the game, having a blast at the same time! Each class lasts for one hour and the children will rotate through different stations and drills. Smaller sided games will be used to bring everything together at the end of each class.

Age	Date	Day	Time	R/N Fee	Code #
5-6	Jan 25-Feb 9	F	4-5P	\$45/\$60	196163
7-9	Jan 25-Feb 9	F	5-6P	\$45/\$60	196163
5-6	Feb 23-Mar 30	F	4-5P	\$45/\$60	196163
7-9	Feb 23-Mar 30	F	5-6P	\$45/\$60	196163
5-6	Apr 13-May 18	F	4-5P	\$45/\$60	196163
7-9	Apr 13-May 18	F	5-6P	\$45/\$60	196163
5-6	May 31-Jul 13	F	4-5P	\$45/\$60	196163
7-9	May 31-Jul 13	F	5-6P	\$45/\$60	196163

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	Jan 3-Feb 7	W	6-7P	\$35/\$50	196163
6-12	Feb 21-Mar 28	W	6-7P	\$35/\$50	196163
6-12	Apr 11-May 16	W	6-7P	\$35/\$50	196163
6-12	May 30-Jul 11	W	6-7P	\$35/\$50	196163

Location: George A. Leoni Complex Turf

Min/Max: 5/16

## VENOM TRAVEL BASKETBALL TEAM

The mission of these travel teams is to provide a fun, safe and positive environment for competitive basketball. We will provide the development of each player's skills, knowledge and appreciation for competitive basketball, as well as good sportsmanship and teamwork.

We are looking to get three teams to attend multiple NAYS tournaments in 2018. The levels would be a combined 5th/6th grade team, 7th and 8th grade team, and 9th and 10th grade team. A team will consist of 8-10 players. We will have tryouts for each team in each grade level. A mandatory parent/player meeting (for those children who have made the team) will be held to have uniform try-on and fee collection after try-outs. Cost per child will go to payment of uniforms, payment of tournaments and any other items for the team to succeed.

### TRYOUT SCHEDULE

Level	Date	Time
5th/6th	Mar 20, Mar 22	5:30-7:30P
7th-8th	Mar 20, Mar 22	7:30-9P
9th/10th	Mar 21, Mar 22	7:30-9P

Location: Grant Park Recreation Center Gym

Fee: \$125

**Preregistration Form is required for this program.**



## Basketball Post-Season Intramural Camp

Veterans Park District will be having a post-season camp for anyone who wants to keep enhancing their basketball skills and keep learning the game of basketball. The staff will run participants through a series of fundamental drills including shooting, ball handling, passing, defense and much more.

Grade	Date	Day	Time	Fee	Code #
1-8	Apr 7	Sa	2-4P	\$10	196163

Location: Grant Park Recreation Center      Min/Max: 20/60

**Registration deadline: Saturday, March 24.**

## 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	196163
7-14	May 29-Jun 19	Tu	6:30-7:30P	\$40/\$55	196163

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

## Biddy 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 #
3-6	Jan 2-Feb 6	Tu	5-6P	\$35/\$50	196163
3-6	Feb 20-Mar 27	Tu	5-6P	\$35/\$50	196163
3-6	Apr 10-May 15	Tu	5-6P	\$35/\$50	196163
3-6	May 29-Jul 10	Tu	5-6P	\$35/\$50	196163

Location: Grant Park Recreation Center Gym

Min/Max: 5/16



## Karate Academy

Get your kid(s) involved in the best martial arts program in the area to learn self-defense, self-confidence and self-discipline. From basic techniques to sparring drills, Karate Academy helps students achieve leadership skills and everyday self-defense. Beginners package, uniform and gloves \$65. This program is run by the highly successful Karate Academy based out of Chicago and Texas.

Dates: Jan-Jun / Jul-Dec

Time: 5-5:45P (White belts, 1 stripe)  
5:45-6:30P (White belts with 2 stripes or higher)

Age	Day	Time	Fee
6-15	M, Th	5-5:45P	\$53/month

Location: George A. Leoni Complex

Instructor: Karate Academy

**Registration will be taken by Karate Academy.**



## 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 #
7-Adult	Apr 6-May 25	F	5-6:30P (Beginners)	\$50/\$65	19616
7-Adult	Apr 6-May 25	F	6:30-7:30P (Advanced)	\$50/\$65	19616

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

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



# After School Programs

AT GEORGE A. LEONI COMPLEX



## Time to Chill/ Homework Hangout

Our VPD staff will help students with their homework assignments. After homework is completed VPD chill time will provide students with fun activities, such as cooking, Lego building, and holiday specific crafts. We have created a place where children can have fun and feel safe after school. A snack will be provided each day.

**Grades: K-8**

**Day: M-F**

**Time: 4:30-6PM / 90 minutes**

**Fees: \$4.50 per day**

**Monthly payments due in advance.**

## Sports & Fitness

After the school bell rings children can participate in a variety of structured and unstructured activities. Featuring fun recreational activities, such as group exercise, group games and sporting activities. Children can burn off their classroom energy on our soccer turf or walking track.

**Grades: K-8**

**Day: M-F**

**Time: 3-4:30PM / 90 minutes**  
(2:30PM on early dismissal days)

**Fees: \$4.50 per day**

**Monthly payments due in advance.**

**SIGN UP FOR BOTH SESSIONS NOW! PREREGISTRATION IS REQUIRED.**  
*Sessions run monthly; full month payment due in advance each month. Any students from Melrose Park Elementary School or Scared Heart will be escorted to the program at Leoni Complex by a VPD staff member each day.*

