

TABLE OF CONTENTS

Registration Information and Procedures	3
Registration Form	4
Camps at a Glance	5
Birthday Party Packages	6
All Sports Camp	7
“Little Kits” Sports & More Camp	8
All Day Camps	8
Dodgeball Camp	9
Flag Football Camp	9
Archery Camp	10
Jr. Gymnastics Camp	10
Cheer Tumbling Camp	10
Troy Myers’ Basketball Camps	11
Tom Chmela Ela Elite Soccer Camps	12-13
Batter’s Eye Baseball Camps	14
Baseball Basics Summer Classes	14
Let’s Play Ball Summer Classes	14
Women’s Summer Soccer League	15
Co-Ed Summer Soccer League	15
Yogilates	15
Boot Camp Body Burn	15

SPECIAL DISCOUNTS:

- * EARLY BIRD: 10% off all camps registered for before May 1st!**
- * \$5.00 off each half day camp if registering for 3 or more (anytime)**
- * Premier Members save 10% off all camps (excludes team league fees and birthday parties)**

REGISTRATION INFORMATION & PROCEDURES

There is a registration form included in this booklet. You may register anytime after receiving this book. We will accept camp registrations until the camp is full. Please call to check availability.

You can register for camps in one of three ways:

1. In person at Kits Sports Center. Office hours are Monday—Friday 8:30 AM—5:00 PM, Saturday and Sunday 11:00 AM—4:00 PM.
2. Complete the form including credit card information for payment and signature on waiver at bottom of form and fax to 847-726-9656.
3. Complete the form, including credit card information or check for payment and sign waiver at bottom of form and mail to Kits Sports Center, 325 Surryse Road, Lake Zurich, IL 60047.

PLEASE NOTE THE FOLLOWING:

- Registrations are accepted over the phone for Premier Family Membership holders only.
- No spaces will be held for camps without a completed registration form and payment
- To eliminate occurrences of double charging and excess paperwork, please do not: 1. fax registrations and mail hard copies, 2. fax registrations if you are planning to mail in a check for payment or pay in person.

Refund Policy: A \$10 administration fee is deducted from all refunds. If Kits cancels a camp due to lack of enrollment, you will be issued a full refund of the fees. If you withdraw from a camp once it has started, you will receive a pro-rated refund minus the administration fee.

Confirmations: We do not send out confirmation notices. Please mark your calendars for starting dates and times. We will call only in the case of camps being cancelled, to inform you of alternative choices or if a balance is due.

Returned Checks: A \$15 service charge will be assessed on all checks returned to Kits.

Make-Up & Transfers: There will be no make-up classes for any missed days unless caused by Kits Sports Center. If camp size permits, participants may transfer from one camp to another.

Registration Discounts: **Early Bird Discount of 10% off all camps you register for before May 1st!** Take \$5.00 off each camp if registering for 3 or more camps (can be multiple children for one camp or one child for multiple camps, etc...within the same family) Premier Family Members take 10% off all camp registrations, at time of registration.

KITS SPORTSCENTER CAMP REGISTRATION FORM / WAIVER

Mail this form with payment to:
 KITS SPORTS CENTER, 325 Surryse Road, Lake Zurich, IL 60047

OR Fax the registration form to:
 KITS SPORTS CENTER, 847-726-9656

Parents Name: _____

Address: _____

City / State / Zip: _____

Home Phone : _____ Work Phone: _____

Participant's Name	Age	Camp Name	Code	Fee	Discounted Fee

CIRCLE ONE: **Cash** **Check** **Charge** Make checks payable to KITS SPORTS CENTER

Amount of Payment: _____

For Charges: VISA MASTERCARD

Cardholder Name: _____

Cardholder Signature: _____

Account Number: _____

Expiration Date: _____

TOTAL		
--------------	--	--

If
 your camper has special
 needs that we should be aware
 or, please ask for a special
 needs registration.

By signing the waiver below as an adult participant or as a Parent/Legal Guardian (18+) of a participating child, I certify that myself or my child has permission to participate in athletic activities at Kits Sports Center. I understand and acknowledge that myself or my child may suffer serious injury including but not limited to sprains, fractures, brain damage, paralysis or even death by participating. I fully understand that neither Kits Sports Center nor its agents or employees, nor the owners of the facility take responsibility for injuries sustained within the facility or the area surrounding the facility. I hereby agree to release, indemnify and hold harmless Kits Sports Center, its officers, directors, agents, and employees from and against all claims, causes, suits, loss liability or damages to my child or his/her property arising from, because of, or in connection with participation of myself or my child in Kits Sports Center activities. This waiver statement is valid for all rostered players 18 years or older. All participants under 18 must receive a Parent/Legal Guardian's signature on this form.

PARENT OR LEGAL GUARDIAN'S SIGNATURE (18+) DATE

Camps at a Glance

Week of:	Camps Offered
June 9	All Sports Camp
June 14	All Sports Camp, All Skills Basketball Camp, General Skills Soccer Camp, Advanced Foot Skills & Individual Moves Soccer Camp
June 21	All Sports Camp, "Little Kits" Sports & More, All Day Camp, Dodgeball Camp, Flag Football Camp, All Skills Basketball Camp, Batter's Eye Baseball Camp
June 28	All Sports Camp, Archery Camp, Jr. Gymnastics Camp, Cheer Tumbling Camp, Basketball Shooting Camp, Strikers & Goalies Soccer Camp, Elite Advanced Skills Soccer Camp
July 5	All Sports Camp, "Little Kits" Sports & More, General Skills Soccer Camp
July 12	All Sports Camp, All Day Camp, Dodgeball Camp, Flag Football Camp, Advanced Travel Team Training Soccer Camp
July 19	All Sports Camp, Archery Camp, Jr. Gymnastics Camp, Cheer Tumbling Camp, Batter's Eye Baseball Camp
July 26	All Sports Camp, "Little Kits" Sports & More, All Skills Basketball Camp, Speed, Agility & Conditioning Camp, All Skills Soccer Camp
August 2	All Sports Camp, All Day Camp, Dodgeball Camp, Flag Football Camp, Ball Handling Basketball Camp
August 9	All Sports Camp, Archery Camp, Jr. Gymnastics Camp, Cheer Tumbling Camp, Batter's Eye Baseball Camp

Please double check dates of your particular camp...some camps do NOT run Monday through Friday!

Birthday Party Packages

Kits offers three birthday party packages to fit your every need!

All packages include:

- 1 hour on the field or in the gym playing the sport(s) or activity of your choice with a trainer/referee
- 45 minutes in party area with a host/hostess who will set up tables and help serve food, drink and cake
 - Invitations to your party

SPORTS AVAILABLE:

Soccer	Basketball
Floor Hockey	Wiffleball
Kickball	Flag Football
Relay Games	Dodgeball

Then pick from one of the three food/drink packages for your time in the party area:

PACKAGE #1

SPORTS SPECTACULAR

Includes: Pizza and soft drinks, plates, cups and napkins for food

You supply: Dessert, supplies for dessert, goody bags

Price: \$15 - \$17 per child depending on number of children (minimum 10 children)

PACKAGE #2

SPORTS CELEBRATION

Includes: Soft pretzel and small frozen drink, plates, cups and napkins for food

You supply: Dessert, supplies for dessert, goody bags

Price: \$15 - \$17 per child depending on number of children (minimum 10 children)

PACKAGE #3

SPORTS INVITATIONAL

Includes: Pitchers of soft drinks, cups and napkins

You supply: Dessert, supplies for dessert, goody bags

Price: \$13 - \$14.50 per child depending on number of children (minimum 10 children)

PLEASE NOTE: Outside food and beverages are not permitted at Kits.

Parties can be reserved over the phone, by calling Kits SportsCenter at 847-726-9650. A \$50 non-refundable deposit is required at time of booking to reserve a party time.

All Sports Camp

Children will participate in a variety of sports: soccer, basketball, flag football, floor hockey, kickball, wiffleball, relay races, scooter games and dodgeball. Different sports are rotated throughout the week. Children will be taught basic skills to play the sport and have an opportunity to practice their skills in a game.

CAMP DATES	CAMP TIME	CAMP AGES	CODE	COST
June 9 - 11	9:00 AM - 12:00 PM	7 - 10 years old	0802-A	\$81.00
June 14 - 18	9:00 AM - 12:00 PM	9 - 13 years old	0802-B	\$135.00
June 14 - 18	1:00 - 4:00 PM	7 - 10 years old	0802-C	\$135.00
June 21 - 25	9:00 AM - 12:00 PM	7 - 10 years old	0802-D	\$135.00
June 21 - 25	1:00 - 3:00 PM	5 & 6 years old	0802-E	\$90.00
June 28 - July 1	9:00 AM - 12:00 PM	7 - 10 years old	0802-F	\$108.00
June 28 - July 1	1:00 - 3:00 PM	5 & 6 years old	0802-G	\$72.00
July 6 - 9	9:00 AM - 12:00 PM	9 - 13 years old	0802-H	\$108.00
July 6 - 9	1:00 - 4:00 PM	7 - 10 years old	0802-I	\$108.00
July 12 - 16	9:00 AM - 12:00 PM	7 - 10 years old	0802-J	\$135.00
July 12 - 16	10:00 AM - 12:00 PM	5 & 6 years old	0802-K	\$90.00
July 19 - 23	9:00 AM - 12:00 PM	7 - 10 years old	0802-L	\$135.00
July 19 - 23	1:00 - 4:00 PM	9 - 13 years old	0802-M	\$135.00
July 26 - 30	9:00 AM - 12:00 PM	7 - 10 years old	0802-N	\$135.00
July 26 - 30	1:00 - 3:00 PM	5 & 6 years old	0802-O	\$90.00
August 2 - 6	9:00 AM - 12:00 PM	9 - 13 years old	0802-P	\$135.00
August 2 - 6	1:00 - 4:00 PM	7 - 10 years old	0802-Q	\$135.00
August 9 - 13	10:00 AM - 12:00 PM	5 & 6 years old	0802-R	\$90.00
August 9 - 13	1:00 - 4:00 PM	7 - 10 years old	0802-S	\$135.00

Little Kits & All Day Camps

"LITTLE KITS" SPORTS & MORE CAMPS

This camp will introduce some of the following sports to the preschool age camper: soccer, hockey, wiffleball, track and field, kickball and football. Campers will also participate in games, arts and crafts and other fun "themed" activities. Camp will be held on Monday, Wednesday and Fridays (except for week of July 6-camp will be Tuesday, Wednesday and Friday. A mid-morning snack and drink will be provided for each camper. Please make us aware of any food allergies or restrictions.

Code: 1922-A June 21, 23, 25

Theme: **ANIMALS**

Time: 10:00 - 11:30 AM

Ages: 3 & 4 years old

Fee: \$60.00

Code: 1922-B July 6, 7, 9

Theme: **SCIENCE ROCKS**

Time: 10:00 - 11:30 AM

Ages: 3 & 4 years old

Fee: \$60.00

Code: 1922-C July 26, 28, 30

Theme: **OOEY, GOOEY ART**

Time: 10:00 - 11:30 AM

Ages: 3 & 4 years old

Fee: \$60.00

ALL DAY CAMPS

Looking for a way to keep your child active for a full day? Our All Day Camps are the perfect solution! Campers will participate in 3 different mini-camps per day and will have a 30 minute lunch break as well (lunch is not provided and should be brought with each day). A great way to keep your kids busy and happy all day!

Code: 0872-A

Dates: June 21 - 25

Time: 9:00 AM - 4:00 PM

Ages: 7 - 10 years old

Fee: \$275.00

Code: 0872-B

Dates: July 12 - 16

Time: 9:00 AM - 4:00 PM

Ages: 7 - 10 years old

Fee: \$275.00

Code: 0872-C

Dates: August 2 - 6

Time: 9:00 AM - 4:00 PM

Ages: 9 - 13 years old

Fee: \$275.00

Activities for All Day Camp include: All Sports, Dodgeball and Flag Football Camps. Campers will have a lunch break each day from 12:00 - 12:30 PM. **Lunch is NOT provided, so please send your child with a sack lunch!**

Dodgeball & Flag Football Camps

DODGEBALL CAMP

Be a part of the hottest sports craze and sign up for a dodgeball camp! Fun drills working on throwing, catching and dodging will be incorporated into camp. Campers will learn the rules of and participate in several variations of dodgeball, including medic, army and jailbreak. Space is limited, so don't delay in signing up for these camps!

Code: 0822-A June 21 - 25

Time: 12:30 - 2:00 PM

Ages: 7 - 10 years old

Fee: \$75.00

Code: 0822-B July 12 - 16

Time: 12:30 - 2:00 PM

Ages: 7 - 10 years old

Fee: \$75.00

Code: 0822-C August 2 - 6

Time: 12:30 - 2:00 PM

Ages: 9 - 13 years old

Fee: \$75.00

MULTIPLE REGISTRATION DISCOUNT:

If you are registering for 3 or more camps (can be multiple children for one camp or one child for multiple camps) in the same family, take \$5.00 off each camp!

REMEMBER!
PREMIER FAMILY MEMBERSHIP
HOLDERS RECEIVE AN ADDITIONAL
10% OFF ALL REGISTERED CAMPS
AND PROGRAMS

(excludes team league fees and
birthday parties)

FLAG FOOTBALL CAMP

In this camp, campers will learn basic football instruction including rules of the game and different positions in the game. Positions to be covered include: quarterback, wide receiver and defensive backs. Fun drills, skill competitions and camp scrimmages will be included.

Code: 0852-A June 21 - 25

Time: 2:00 - 4:00 PM

Ages: 7—10 years old

Fee: \$110.00

Code: 0852-B July 12 - 16

Time: 2:00 - 4:00 PM

Ages: 7 - 10 years old

Fee: \$110.00

Code: 0852-C August 2 - 6

Time: 2:00 - 4:00 PM

Ages: 9 - 13 years old

Fee: \$110.00

Archery, Gymnastics & Cheer Tumbling Camps

These camps will be run by staff of SportsKids, Inc. All necessary equipment will be provided!

ARCHERY CAMP

This camp will teach kids the basics of archery using a recurve bow in a safe environment. Targets and blunt-tipped arrows are used for instructing this class and **all bows, arrows and targets are provided**. A nationally recognized nine-step progression is taught to the campers. Archery games designed to let the students use their skills will be part of the camp!

Code: 0891-A

Dates: June 29 - July 2

Time: 2:30 - 3:45 PM

Ages: 8 - 12 years old

Fee: \$70.00

Code: 0891-B

Dates: July 20 - 23

Time: 2:30 - 3:45 PM

Ages: 8 - 12 years old

Fee: \$70.00

Code: 0891-C

Dates: August 10 - 13

Time: 2:30 - 3:45 PM

Ages: 8 - 12 years old

Fee: \$70.00

JR. GYMNASTICS CAMP

In this camp, children will learn basic gymnastics skills using the balance beam, bar, tumbling and vault. Campers will also learn proper warmups and exercises and use special equipment such as ribbons and hoops! This camp is a great way to get your child moving!

Code: 0851-A June 29 - July 2

Time: 1:00 - 2:15 PM

Ages: 4 - 6 years old

Fee: \$70.00

Code: 0851-B July 20 - 23

Time: 1:00 - 2:15 PM

Ages: 4 - 6 years old

Fee: \$70.00

Code: 0851-C August 10 - 13

Time: 1:00 - 2:15 PM

Ages: 4 - 6 years old

Fee: \$70.00

CHEER TUMBLING CAMP

This camp focuses on tumbling skills used specifically for cheerleading: round-offs, flip-flops, standing back tucks and running tumbling. Students must have basic tumbling skills; bridges, cartwheels and handstands, prior to enrolling in camp. Coaches will work with students in groups and individually based on skill level from beginner to advanced.

Code: 0841-A June 29 - July 2

Time: 4:00 - 5:30 PM

Ages: 9 - 13 years old

Fee: \$80.00

Code: 0841-B July 20 - 23

Time: 4:00 - 5:30 PM

Ages: 9 - 13 years old

Fee: \$80.00

Code: 0841-C August 10 - 13

Time: 4:00 - 5:30 PM

Ages: 9 - 13 years old

Fee: \$80.00

Basketball Camps

ALL SKILLS CAMP

This camp will focus on developing the essential aspects of basketball: **Offense, defense, speed and agility.**

Campers will have the opportunity to learn the different fundamentals, skills and techniques, and then apply them to real game situations. Skill contests and plenty of scrimmage time will give the players opportunity to showcase their skills. If you're looking to be an all around skilled basketball player, then this is the camp for you!

BEGINNER/INTERMEDIATE

Code: 0932-A

Dates: June 14 - 17

Time: 1:00 - 3:00 PM

Ages: 7 - 11 years old

Fee: \$85.00

Code: 0932-C

Dates: July 26 - 29

Time: 10:00 AM - 12:00 PM

Ages: 7 - 11 years old

Fee: \$85.00

ADVANCED (Travel/AAU)

Code: 0932-B

Dates: June 21 - 24

Time: 1:00 - 3:00 PM

Ages: 9 - 13 years old

Fee: \$85.00

GIRLS ONLY SKILL CAMP

Code: 0932-D

Dates: July 26 - 29

Time: 2:30 - 4:30 PM

Ages: 7 - 11 years old

Fee: \$85.00

BALL HANDLING CAMP

This camp will teach and develop ball handling and shooting basics essential to the game, including **passing, rebounding, dribbling and shooting.** Various techniques in how to move and manipulate the ball down the court will be covered, including the cross-over and between the legs.

Campers will also work on developing their free throw technique, three point shot and lay ups.

Code: 0952-A

BEGINNER/INTERMEDIATE

Dates: August 2 - 5

Time: 10:00 AM - 12:00 PM

Ages: 7 - 11 years old

Fee: \$85.00

Code: 0952-B

ADVANCED

Dates: August 2 - 5

Time: 12:30 - 2:30 PM

Ages: 9 - 13 years old

Fee: \$85.00

All basketball camps will be

taught by Troy Myers, who played 4 years of Division III basketball at Tri-State University in Indiana and earned several All Tournament recognitions. Troy has been coaching at John Hersey High School in Arlington Heights for 6 years and running the basketball camps here at Kits for the last 11 years. Troy stresses teamwork, dedication and good sportsmanship in all his programs to help players become outstanding athletes!

SHOOTING CAMP

Looking to perfect your technique in all aspects of shooting? This is the camp for you! This camp will focus on **form, technique and overall shooting ability,** from lay ups to three point shots. This camp will help players assess their strengths and weaknesses as a shooter.

Code: 0912-A

BEGINNER/INTERMEDIATE

Dates: June 28 - July 1

Time: 1:00 - 2:30 PM

Ages: 7 - 11 years old

Fee: \$65.00

Code: 0912-B

ADVANCED

Dates: June 28 - July 1

Time: 2:30 - 4:00 PM

Ages: 9 - 13 years old

Fee: \$65.00

SPEED, AGILITY & CONDITIONING

This camp focuses on increasing a players speed and agility as it relates to the game of basketball. The program is designed to introduce drills and competitive games for building speed, coordination, balance and teamwork. Activities will include stretching, ladders, jumping, cone drills and many other fun activities to build overall skill. This is a great camp for players looking to become the best athlete possible!

Code: 0992

Dates: July 26 - 29

Time: 12:30 - 2:00 PM

Ages: 7 - 13 years old

Fee: \$65.00

Tom Chmela Ela Elite

IYSA 2007 Girls Soccer Coach of the Year

Tom Chmela is the camp director of all outdoor soccer camps. Tom is currently the head trainer of the Ela Elite soccer program. In 2007, Coach Chmela's U-16 team advanced to the National Championship Final Four. The amazing success of this team culminated in Tom Chmela being named the IYSA Girls Soccer Coach of the Year and the team being invited to play in the Inaugural National League. This new league contains the top 8 teams in the country! Tom's Ela Elite teams have won two State Cup Championships along with many 1st place finishes at prestigious tournaments across the country.

This year, TWELVE of Tom's Ela Elite players received scholarships to play soccer at Division I schools throughout the country!

The goal of the camps are to build on the player's soccer skills, style of play and individual and team tactics. The players will participate in scrimmages and a small tournament. All other camp instructors are current travel team trainers and current or former college players.

There will be one coach to every 15 campers. The players will be grouped with their individual teams. If not enough team members are able to participate, the players will be grouped with other players of similar age, size and athletic ability. Our purpose in grouping the campers will always be to ensure each player's opportunity to develop confidence through a successful camp experience.

Each camper should wear proper soccer training attire, shin-guards and bring a soccer ball and water bottle daily. Campers will receive a T-SHIRT and POWERADE will be served daily.

In the case of inclement weather, camp will be moved indoors to Kits Sports Center. Kits staff will call if camp is being moved indoors. If there are any questions about weather related issues, please call the Kits office at 847-726-9650. The office opens at 7:30AM.

Outdoor Soccer Camps

STRIKERS AND GOALIES CAMP

Location: Hawthorn Woods Community Park
(Old McHenry Rd. & Quentin Rd.)
Travel Players Only

Code: 1622 **June 29 - July 1**
Time: 9:00 - 11:00 AM
Ages: 8 - 13 years old
Fee: \$65.00

GENERAL SKILLS CAMP

Location: Hawthorn Woods Community Park
(Old McHenry Rd & Quentin Rd.)

Code: 1602-A
Date: June 15 - 17
Time: 11:30 AM - 1:00 PM
Ages: 5 - 7 years old
Fee: \$50.00

Code: 1602-B
Date: July 6 - 9
Time: 8:30 - 11:00 AM
Ages: 7 - 11 years old
Fee: \$110.00

Code: 1602-C
Date: July 6 - 9
Time: 11:30 AM - 2:00 PM
Ages: 10 - 13 years old
Fee: \$110.00

Code: 1602-D
Date: July 26 - 30
Time: 8:30 - 11:00 AM
Ages: 7 - 11 years old
Fee: \$135.00

Code: 1602-E
Date: July 26 - 30
Time: 11:30 AM - 2:00 PM
Ages: 10 - 13 years old
Fee: \$135.00

ADVANCED FOOT SKILLS AND INDIVIDUAL MOVES CAMP

Location: Hawthorn Woods Community Park
(Old McHenry Rd. & Quentin Rd.)

Code: 1612 **June 15 - 17**
Time: 9:00 - 11:00 AM
Ages: 8 - 13 years old
Fee: \$65.00

ADVANCED TRAVEL TEAM

TRAINING CAMP

Location: Hawthorn Woods Community Park
(Old McHenry Rd. & Quentin Rd.)

Code: 1652 **July 12 - 16**
Time: 8:30 - 2:00 PM
Ages: 8 - 13 years old
Fee: \$230.00

Camp Schedule

8:30—9:00: Warm Up Skills
9:00—10:00: Advanced Skill Development
10:00—11:15: Team Tactics
11:15—11:30: Warm Down
11:30—12:10: Lunch (please bring a sack lunch with you to camp)
12:10—12:30: Warm Up Individual Skills
12:30—2:00: Games

ELITE ADVANCED SKILLS CAMP

Location: Hawthorn Woods Community Park
(Old McHenry Rd. & Quentin Rd.)

Code: 1612 **June 29 - July 1**
Time: 11:30 AM - 1:30 PM
Ages: 14 - 18 years old
Fee: \$65.00



Batter's Eye Baseball, Summer Youth Classes

BATTER'S EYE BASEBALL CAMPS

These camps will provide players with an opportunity to have some fun in-the-sun along with learning and developing all aspects of the game. Hitting, fielding and throwing fundamentals along with fun camp scrimmages will be incorporated into the camp routine. Campers should bring a water bottle to camp each day.

The baseball camps will be instructed by Jimmy Karr, Tony Feo and Phil Marchinski of Batter's Eye. For more information about the instructors or other programs, please visit www.gohardball.com

Camps will be held outdoors, but the field location is still to be determined. In case of inclement weather, camp will be held indoors at Kits Sports Center.

Code: 0211-A July 19 - 23
0211-B August 9 - 13

Time: 9:00 - 10:30 AM
Ages: 5 & 6 years old
Fee: \$110.00

Code: 0251-A June 21 - 25
0251-B July 19 - 23
0251-C August 9 - 13

Time: 11:00 AM - 1:00 PM
Ages: 7 - 9 years old
Fee: \$150.00

Code: 0271-A June 21 - 25
0271-B July 19 - 23
0271-C August 9 - 13

Time: 1:30 - 3:30 PM
Ages: 10 - 12 years old
Fee: \$150.00

BASEBALL BASICS

Children will be taught the basics of playing baseball utilizing foam and wiffleballs-running bases, throwing and catching, hitting with and without a tee and basic rules. Children will get to practice their skills and knowledge of the game in fun class scrimmages. **Please bring an appropriately sized glove to class.**

Code: 1921-A Tuesdays, June 8 - July 6 (5 weeks)

Time: 12:00 - 12:50 PM
Ages: 5 & 6 years old
Fee: \$50.00

Code: 1921-B Fridays, June 4 - July 9 (5 weeks)
*** No class on July 2nd ***

Time: 12:00 - 12:50 PM
Ages: 5 & 6 years old
Fee: \$50.00

LET'S PLAY BALL

This class is designed for older children who have been introduced to some basic sports skills. The children will play soccer, kickball, wiffleball, football and floor hockey. Let's Play Ball offers children the opportunity to experience playing a variety of sports and games.

Code: 1981-A Wednesdays, June 9 - July 7 (5 weeks)

Time: 12:00 - 12:50 PM
Ages: 5 - 7 years old
Fee: \$50.00

Code: 1921-B Thursdays, June 10 - July 8 (5 weeks)

Time: 12:00 - 12:50 PM
Ages: 5 - 7 years old
Fee: \$50.00

Adult Programs

\$250 NON-REFUNDABLE DEPOSIT FOR SUMMER SOCCER LEAGUES ARE DUE BY MAY 31ST

WOMEN'S SUMMER SOCCER LEAGUE

Each game will have two 20 minute halves plus a goalkeeper on the field. The maximum roster per team is 18 players. Registration is taken on a team basis-if you are looking to join a team, call Kits at 847-726-9650. Kits has an "orphan" list to help teams needing additional players.

Code: 1501-A Women's Over 25 Competitive
1501-B Women's Over 30 Recreational
Dates: Wednesdays, June 16 - August 18 (10 weeks)
Time: 7:00, 7:45, 8:30, 9:15 PM
Fee: \$1250/team

CO-ED SUMMER SOCCER LEAGUE

Each game will have two 20 minute halves plus a goalkeeper on the field. Teams must always have a minimum of 3 women on the field. The maximum roster per team is 18 players. Registration is taken on a team basis-if you are looking to join a team, call Kits at 847-726-9650. Kits has an "orphan" list to help teams needing additional players.

Code: 1551-A Co-Ed Recreational
1551-B Co-Ed Competitive
Dates: Sundays, June 13 - August 15 (9 weeks)
No games on July 4th
Time: 5:15, 6:00, 6:45, 7:30, 8:15 PM
Fee: \$1125/team

YOGILATES

This class integrates the techniques of Pilates and Hatha yoga for a complete and enjoyable mind-body workout. Develop long, lean muscles while connecting the body with the breath through slow, flowing movements. Learn to improve your focus, balance, strength and flexibility.

This class will be led by Kate Mitchum, who is an ACE certified personal trainer.

Please Note: Participants need to bring a mat to class.

Code: 1062 Tuesdays, June 8 - August 10 (10 weeks)
Time: 10:30 - 11:20 AM
Ages: 18 and over
Fee: \$125.00

BOOT CAMP BODY BURN

This multi-level class is for anyone who wants to develop muscular strength and endurance. We'll tackle basic resistance training exercises using traditional, strategic principals. This simple, easy-to-follow workout challenges every major muscle using a variety of equipment. This class will be led by Kate Mitchum who is an ACE certified personal trainer.

Code: 1012 Thursdays, June 3 - August 5 (10 weeks)
Time: 10:30 - 11:20 AM
Ages: 18 and over
Fee: \$125.00