

Come Out
& Play

spring
Athletics
PROGRAMS

Tennis Lessons

Young players concentrate on stroke development, rallying skills, and learning to play matches at a faster pace. Ball receiving and placement, court movement, and overall tennis strategy will be emphasized. Players will focus on their power and accuracy to improve their performance. Players must bring their own rackets. Tennis balls will be supplied. This class will be instructed by SportsKids Inc.

Dates: 04/27-05/18

Code	Times	Days	R/NR	Age
PEE WEE TENNIS				
407009-04	9:00-9:45am	Sa	\$26/\$32	4Y-6Y
JUNIOR TENNIS				
407009-05	9:45-10:45am	Sa	\$34/\$40	7Y-9Y
YOUTH TENNIS				
407009-03	10:45-11:45am	Sa	\$34/\$40	10Y-12Y

Location: Gary Morava Recreation Center - Tennis Courts

Track & Field/Fitness

This unique class will combine stretching, movement, and other fitness concepts with running, jumping, throwing and other skills used in track and field. Hula hoops, jump ropes, parachutes, softballs, frisbees, hurdles and other equipment will help us guide through fitness activities and track and field events in a safe environment. The session will conclude with a fun-filled SportsKids track and field meet on the last day of class. This class will be instructed by SportsKids Inc.

Pee Wee Track Field & Fitness

Age: 3Y-6Y

Code	Dates	Days	Times	R/NR
407014-02	05/01-05/22	W	5:00pm-5:45pm	\$26/\$32

Location: Lion's Field

Youth Track Field & Fitness

Age: 6Y-10Y

Code	Dates	Days	Times	R/NR
407016-02	05/01-05/22	W	6:30-7:15pm	\$26/\$32

Location: Lion's Field

Youth Archery

Archery participants will learn the parts of an arrow and recurve bow, the basics of using a recurve bow, and fundamental shooting skills in an extremely safe environment. They will also learn an excellent, nationally recognized beginner's 9-step to the 10 ring progression which was created by the Coaches Development Committee of the National Archery Association. Blunt topped arrows, bows, and targets are provided. This class will be instructed by SportsKids Inc.

Dates: 05/02-05/23

Code	Times	Days	R/NR	Age
407008-05	5:00pm-5:45pm	Th	\$26/\$32	7Y-10Y
407008-06	5:45pm-6:30pm	Th	\$26/\$32	11Y-14y
407008-07	6:30pm-7:15pm	Th	\$26/\$32	Family*

* Family must be an Adult with child 6Y and older

Location: Gary Morava Recreation Center



Prospect Heights Park District

110 West Camp McDonald Road, Prospect Heights, IL 60070
847.394.2848 • www.phparks.org



@prospectheightsparkdistrict