



Tae Kwon Do Beginner

This is a great opportunity to improve concentration and self-esteem while learning self-defense. This learn at your own pace class will teach hand and foot techniques in a safe and well supervised setting. Please come to the first class in loose fitting clothes. No Class 12/26.

Times: 6:00-7:00pm

Age: 5Y-18Y

Code	Dates	Days	Fee
307009-03	12/04-03/05	Tu	\$69
307009-02	03/19-06/11	Tu	\$69

Tae Kwon Do Intermediate

This class is for the slightly more advanced martial arts enthusiasts. Participants will learn to improve their overall coordination, power of concentration, balance, physical and mental discipline. No Class 12/26.

Times: 7:00-8:00pm

Age: 5Y-18Y

Code	Dates	Days	Fee
307010-03	12/04-03/05	Tu	\$69
307010-02	03/19-06/11	Tu	\$69

All classes are held at Gary Morava Recreation Center

T-Ball Training

Learn the basics of batting, base running, catching and throwing. We will concentrate on the fundamentals of game play while having a good time too! Remember to bring a glove to each class. This class will be instructed by SportsKids Inc.

Age: 5Y-6Y

Fee: \$34 R/ \$40 NR

Code	Dates	Days	Times
#307008-02	1/15-2/5	Tu	4:00-5:00pm
#307008-03	2/12-3/5	Tu	3:00-4:00pm
#407101-02	4/2-4/23	Tu	4:00-5:00pm
#407101-03	4/30-5/21	Tu	3:00-4:00pm

Mini Soccer

This class is a great introduction to soccer. Basic soccer skills such as running, kicking, passing, and game play are covered. Games are used to incorporate the skills taught during class in a fun and safe environment. This class will be instructed by SportsKids Inc.

Age: 5Y-6Y

Fee: \$34 R/\$40 NR

Code	Dates	Days	Times
307019-02	01/15-02/05	Tu	3:00pm-4:00pm
307019-03	02/12-03/05	Tu	4:00pm-5:00pm
407200-02	04/2-04/23	Tu	3:00pm-4:00pm
407200-03	04/30-05/21	Tu	4:00pm-5:00pm



Prospect Heights Park District

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