



Summer Athletics

PROGRAMS

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: 4Y-6Y
Days: Wednesdays

Code	Dates	Times	R/NR
107211-01	06/05-06/26	5:15-6:00pm	\$26/\$32
107211-02	07/10-07/31	5:15-6:00pm	\$26/\$32
107211-03	08/07-08/28	5:15-6:00pm	\$26/\$32

Location: Gary Morava Recreation Center

Pee Wee Games

We are calling all young athletes. Don't let your little one miss out on this fun-filled class. Boys and girls will develop self-confidence, learn about teamwork and sportsmanship, and gain a variety of skills as they participate in soccer, tennis, T-ball, badminton, track and field, and other individual and team sports. Participants will get to apply the skills they learn to exciting activities and game situations and, finally, showcase their abilities in a mini international games tournament on the last day. This class will be instructed by SportsKids Inc.

Age: 4Y-6Y
Days: Saturdays

Code	Dates	Times	R/NR
107215-01	06/08-06/29	11:30am-12:15pm	\$26/\$32
107215-02	07/06-07/27	11:30am-12:15pm	\$26/\$32
107215-03	08/03-08/24	11:30am-12:15pm	\$26/\$32

Location: Gary Morava Recreation Center

Pee Wee Track Field & Fitness

Join us for a fun workout and to learn about a sport that is rich in tradition and history. 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, soft balls and frisbees, hurdles and other equipment will help us guide through fitness activities and track and field events in a safe environment. Boys and girls will work on body coordination, agility, balance, and self-confidence as they participate in Simon Says, Red Light-Green Light, Hoopers and other fitness games as well as sprints, relays, long-distance walking, hurdles, long jump, discus throw and other track and field events. Our fun approach will help little athletes develop a love of being active. The session will conclude with a fun-filled track and field meet on the last day of class. This class will be instructed by SportsKids Inc.

Age: 3Y-5Y
Days: Wednesdays

Code	Dates	Times	R/NR
107209-01	06/05-06/26	4:30-5:15pm	\$26/\$32
107209-02	07/10-07/31	4:30-5:15pm	\$26/\$32
107209-03	08/07-08/28	4:30-5:15pm	\$26/\$32

Location: Gary Morava Recreation Center

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: 4Y-6Y
Days: Thursdays

Code	Dates	Times	R/NR
107216-01	06/06-06/27	4:30-5:15pm	\$26/\$32
107216-02	07/11-08/01	4:30-5:15pm	\$26/\$32
107216-03	08/08-08/29	4:30-5:15pm	\$26/\$32

Location: Gary Morava Recreation Center



Prospect Heights Park District
 110 West Camp McDonald Road, Prospect Heights, IL 60070
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