

## Youth

### GROWING UP

#### Magic of Manners

Utilizing magic to present basic manners, topics will include the Golden Rule, magic words, hats, compliments, making introductions, meeting and greeting others, mealtime manners and putting your best foot forward. Objective is to assist young people to be confident and successful in school and social settings. Instructor: Jim Black MB

Program #	Day	Date	Time	Location
22405A1	W	Jun. 16-23	1:30-3 pm	STREA

Ages 6 & up  
R \$35/NR \$52.50  
Min. 8/Max. 15

#### Home By Myself

Want a class to help make your child feel safe and lessen the dangers of being alone? Here it is, the topics that will be discussed include having a plan for when by themselves, how to use the telephone correctly, posting emergency numbers, locking doors and windows, checking in with parents or a trusted neighbor, what to do in case of a fire, adopting a family code, what to do if followed and how to use and make a first aid kit. Please bring paper and pencil. You may bring a drink to class (no glass bottles). Instructor: Marylouise Kiefert. MB

Program #	Day	Date	Time	Location
22105A1	Sa	Jul. 17	9-11 am	STREA
22105B1	Sa	Aug. 21	9-11 am	STREA

Ages 7-11  
R \$20/NR \$30  
Min. 10/Max. 20

#### Babysitting Clinic

For the young babysitter, this class will teach the various aspects of babysitting and staying home alone. Each participant who attends the session, correctly demonstrates all skills, completes all course work sheets and quizzes is eligible to receive a certificate of completion. Please bring a sack lunch and a drink (no glass bottles) Instructor: Marylouise Kiefert. MB

Program #	Day	Date	Time	Location
22108A1	Sa	Jul. 10	9 am-3 pm	STREA
22108B1	Sa	Aug. 14	9 am-3 pm	STREA

Ages 11 & up  
R \$30/NR \$45  
Min. 10/Max. 20

### PERFORMING ARTS

#### Musical Theatre for Kids!

Does your child love to sing and dance and perform for others? Then join us for an intense yet entertaining program in musical theater for young boys and girls. We emphasize the journey toward producing a show from start to finish, creating a fun and non-competitive environment for kids to stretch their dramatic wings. The program also incorporates valuable life lessons like teamwork, commitment, conquering fear, being prepared, confidence, and theater etiquette. Unlike the "olden days," when fun was dependent on whatever was readily available, so much of today's youth leisure time is spent staying connected through technology such as video games, MP3s, cellular phones, and computers. What would happen if suddenly all that went away? This summer, the StagePlay production of "A Kid's Life" will explore that possibility, and that's where the fun and music all begin! On the last day of camp, our talented young stars perform for friends and relatives, showing off all that they have learned in only one week! Please bring a water bottle and lunch to class each day. Each participant will receive a souvenir camp t-shirt. The production will be held at 7pm on Thursday, July 29. Detailed information will be given to registered participants. KB

Program #	Day	Date	Time	Location
22301A1	M-Th	Jul. 26-29	10:30 am-2:30 pm	PNHS

Ages 6-12  
R \$112/NR \$168  
Min. 15/Max. 40

#### Magic Class

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided and each child receives a magic kit to take home. Children are grouped by age and will learn tricks that are age appropriate. Instructor: Magic Team of Gary Kantor. MB

Program #	Day	Date	Time	Location
22406A1	Tu	Jun. 22	6:45-7:40 pm	STREA
22406B1	Tu	Aug. 17	4-4:55 pm	STREA

Ages 5-12  
R \$20/NR \$30  
Min. 5/Max. 20

#### Youth Location Key

See page 47!

## Youth

### EDUCATION

#### Spanish 4 All - 6-8

For older children, Spanish classes include reading and writing and natural communication to reinforce Spanish learning. We will provide appropriate worksheets and activities based on vocabulary that parents can practice at home while they play with their children. For more information, please call 630-408-5500 or visit [www.Spanish4AllAges.com](http://www.Spanish4AllAges.com). Instructor: Lucia Armenta.

Program #	Day	Date	Time	Location
21112A1	Tu	Jun. 8-Aug. 10	4-5:15 pm	MUS
21112A2	W	Jun. 9-Aug. 11	4-5:15 pm	MUS
21112A3	Tu/W	Jun. 8-Aug. 11	4-5:15 pm	MUS

Ages 6-8

A1 & A2: R \$250/NR \$375  
R sibling \$238/NR sibling \$363

A3: R \$420/NR \$630  
R sibling \$399/NR sibling \$609

Min. 4/Max. 8

#### Science Activities for Youth: Adventurers

Conduct and observe interesting and exciting experiments! We'll explore many fundamental science concepts using scientific instruments. All materials provided. Topics include physical science, magnets, chemistry and more! Instructor: Cathy Gore. MB

Program #	Day	Date	Time	Location
22410A1	Tu/Th	Jul. 6-15	2-2:45 pm	RECAD

Ages 7-10

R \$40/NR \$60

Min. 4/Max. 10

#### Video Game Design

Dive into the world of video game animation by creating characters that dance, sing and interact with one another. Add sound effects and music clips to create a dynamic video animation game by using software created just for kids. Afterwards, you will receive a copy of your game so that your friends, your parents, even your grandmother can play! You will even be able to post it on-line if you choose. There are many possibilities, so creativity rules in this fun version of video game design! Instructor: Computer Explorers Staff. MB

Program #	Day	Date	Time	Location
22414A1	M-Th	Jul. 12-15	1-3 pm	RECAD

Ages 8-12

R \$96/NR \$144

Min. 4/Max. 10

#### Lights, Camera, Action - Intergalactic Moviemaking

Are you a Star Wars or Transformers fan? If so, join us and create your very own Star Wars and Transformers movies using special digital movie cameras and software. As directors and producers we will work in teams to create our own story and script, build various intergalactic scenes and film our own movies. We will use graphic editing techniques and stop motion animation, add background noise and music, and show our movies at a private screening on the last day of class. All students will get copies of the movies on a CD after class is complete. Instructor: Computer Explorers Staff. MB

Program #	Day	Date	Time	Location
22419A1	M-Th	Jun. 14-17	1-3 pm	RECAD

Ages 8-12

R \$96/NR \$144

Min. 4/Max. 12

#### Robotics Adventures - NEW!

Yes, we can learn about Robotics! With the LEGO WeDo Robotics System, young children can build and program their own robotic creations. Designed by the experts at MIT, this unique system teaches children about simple machines, engineering, programming and so much more. Young imaginations soar! Students will work together in teams of 2. Instructor: Computer Explorers Staff. MB

Program #	Day	Date	Time	Location
22424A1	M-F	Aug. 2-6	10-11:30 am	RECAD

Ages 6-8

R \$96/NR \$144

Min. 3/Max. 8

#### Rock & Roll Robotics - NEW!

Create robots that rock and robots that roll! Using the LEGO WeDo Robotics System your robots will include a monkey who plays a drum to a rock & roll beat, a lion that roars, a bird that flaps its' wings to create a big wind, a sleeping giant who will awaken on your command and a boat that will rock on the rough seas. This course builds knowledge of simple machines, engineering, programming, and teamwork in an environment full of Rockin' Fun! Students will work in teams of 2. Instructor: Computer Explorers Staff. MB

Program #	Day	Date	Time	Location
22425A1	M-F	Aug. 2-6	1-2:30 pm	RECAD

Ages 8-12

R \$96/NR \$144

Min. 3/Max. 8

## Youth

### Culinary Kids

We will create simple, yummy treats along with learning basic kitchen safety. Please bring an apron to class because we will be "cooking up" a great time! Instructor: Darlene Finck MB

Program #	Day	Date	Time	Location
22407A1	M	Jun. 7-28	10:45-11:30 am	STREA
22407B1	M	Jul. 12-Aug. 2	10:45-11:30 am	STREA

Ages 5-7  
R \$40/NR \$60  
Min. 6/Max. 8

### ART

#### Having Fun w/Art

Paint is pretty, chalk is cheerful, markers are marvelous, and glitter is glamorous! We will use all of these and more to create unique works of art. You will be amazed at the wonderful masterpieces you can create. Instructor: Caryn Dean. MB

#### Ages 6-9

Program #	Day	Date	Time	Location
22100A1	W	Jun. 9-30	11-11:45 am	STREA
22100B1	W	Jul. 14-Aug. 4	11-11:45 am	STREA

#### Ages 9-12

Program #	Day	Date	Time	Location
22100A2	W	Jun. 9-30	12:30-1:15 pm	STREA
22100B2	W	Jul. 14-Aug. 4	12:30-1:15 pm	STREA

R \$40/NR \$60  
Min. 6/Max. 10

#### Going Green in the Art Room - NEW!

Students will be using recycled materials to create unique works of art, all while still learning about important elements of art that can be used in his/her work. This is a guided learning activity and NOT a step-by-step approach, so your child's art work will not look like everyone else's work and there will be plenty of room for everyone to use their own imagination! During class, students will be working with recycled materials to make mosaics, rain sticks, homemade paper, and a sculpture. Your child can expect to take home a rain stick, paper mosaic, at least one sheet of homemade paper, and a sculpture. Instructor: Joanna Maas. MB

Program #	Day	Date	Time	Location
22408A1	Th	Jun. 17-Jul. 15	9:30-10:30 am	RECAD

Ages 6-11  
R \$50/NR \$75  
Min. 6/Max. 12

### Scrapbooking - Dance Theme

Want to capture some great moves? You will when you create a dazzling dance themed scrapbook. Each student will receive a themed kit containing 2 -12 x 12 sheets of fun patterned paper and/or cardstock, embellishments, and 1 do-it-yourself handmade card. We will also use die-cuts, stickers, markers, and much more to create our dance themed scrapbook. This class will help teach you the craft of scrapbooking and you will receive assistance while you create your scrapbook. We provide all the tools for your layout so all you have to do is bring your pictures. Instructor: Nancy Schuler. MB

Program #	Day	Date	Time	Location
22421A1	Th	Jul. 22	6-8 pm	STREA

Ages 6-12  
R \$20/NR \$30  
Min. 5/Max. 12

### Scrapbooking - Friends Forever

"Friends Forever", "BFF", "Together to the End"...however you say it, keep your memories close with your special scrapbook. Each student will receive a kit containing 2 - 12 x 12 fun patterned paper and/or cardstock, embellishments, and 1 do-it-yourself handmade card. We will also use die-cuts, stickers, markers, and much more. This class covers everything you need to know to begin scrapbooking. We will provide all the tools needed for your layout so all you have to do is bring your pictures. Instructor: Nancy Schuler. MB

Program #	Day	Date	Time	Location
22422A1	Th	Jun. 24	6-8 pm	STREA

Ages 6-12  
R \$20/NR \$30  
Min. 5/Max. 12

### Scrapbooking - Summer Fun

Wish that summer didn't have to end? The memories don't have to. You can remember your fun summer by scrapping photos of you, your friends, and your family. Each student will receive a themed kit containing 2 - 12x12 fun patterned paper and/or cardstock, embellishments, and 1 do-it-yourself handmade card. We will also use fun products like die-cuts, stickers, markers, and much more. We will provide the tools and guidance that you will need to make your scrapbook. All you need to do is bring your pictures. Instructor: Nancy Schuler. MB

Program #	Day	Date	Time	Location
22423A1	Th	Aug. 19	6-8 pm	STREA

Ages 6-12  
R \$20/NR \$30  
Min. 5/Max. 12

# Youth

## Art of Mask Making - NEW!

Your children will learn about the exciting art of mask-making and why different cultures might wear masks. We will look at variety of different types of masks and discuss some of the design elements used in these masks. Before creating their three-dimensional masks, planning and preparation will be emphasized and students will be creating at least two different mask designs (on paper) that incorporate pattern and some of the other elements discussed. Afterwards, students will use plastic face molds and plaster strips activated by water to create three-dimensional masks. After the masks have dried, students will draw their design onto their hardened mask and carefully paint, using tempera paint, onto their masks. Students can bring feathers, beads, cardboard and other natural materials to enhance their masks further. At the end of the mask-making camp, students can expect to bring home a colorful plaster mask and two 8x11 mask designs. Instructor: Joanna Maas. MB

Program #	Day	Date	Time	Location
22409A1	Th	Jun. 17-Jul. 15	10:45-11:45 am	RECAD

Ages 6-13  
R \$50/NR \$75  
Min. 6/Max. 12

**Resident Registration Begins  
Friday, May 14, 6-8 p.m.  
Online & In-Person!**

## Jr Cartoon Camp

Children love to watch cartoons and this drawing camp will teach kids how to draw some of their own cartoons. This special Jr. Cartoon Camp will teach expressions, sounds, simple movement and fun characters at the 5 to 7 year old level. Students will complete their many cartoons in black outline and colorful markers. Media used will include pencils, sharpies and markers. Instructor: Young Rembrandts Staff. MB

Program #	Day	Date	Time	Location
22426A1	Tu-Th	Jun. 15-17	2-3 pm	STREA

Ages 5-7  
R \$33/NR \$49.50  
Min. 6/Max. 12

**Youth Location Key**  
See page 47!

## Jr. Under the Sea Camp

Under the sea makes us think of mermaids, fish, shipwrecks and even sharks. All these will inspire our drawings as we draw many animal and human characters found under the sea. Our last day will be exciting as we combine the subject matter we have learned into one larger drawing with a story of its own. Media used includes: pencils, color pencils and markers. Instructor: Young Rembrandts Staff. MB

Program #	Day	Date	Time	Location
22427A1	Tu-Th	Jul. 13-15	2-3 pm	STREA

Ages 5-7  
R \$33/NR \$49.50  
Min. 8/Max. 12

## Cartoon Zoo Camp

Do you love animals? Join us for a trip through the zoo as we learn to cartoon a variety of animals found in the zoo. We will learn cartoon expressions, movement, exaggeration, sequencing to tell a joke while drawing giraffes, elephants, bears, monkeys and more. Children will complete several cartoon drawings each. Materials used include: pencils, color pencils, sharpies and markers. Instructor: Young Rembrandts Staff. MB

Program #	Day	Date	Time	Location
22428A1	Tu-Th	Jul. 13-15	3:15-4:15 pm	STREA

Ages 7-13  
R \$33/NR \$49.50  
Min. 6/Max. 12

## African Safari Camp

Go on a Safari adventure with Young Rembrandts this summer! We will explore the exciting land and many animals that inhabit Africa. In three days we will draw a variety of animals in various scenes with different media. To keep things exciting, we will explore the African Safari through the fun technique of cartoon as well. We will even challenge our artistic talents by creating a large scene filled with a variety of animals. Our exploration through Africa allows for a bounty of adventure and creativity. Instructor: Young Rembrandts Staff. MB

Program #	Day	Date	Time	Location
22429A1	Tu-Th	Jun. 15-17	3:15-4:15 pm	STREA

Ages 7-13  
R \$33/NR \$49.50  
Min. 6/Max. 12

# Youth

## SPORTS

### Junior Golf

Boys and girls participate in fun drills and games as they learn the golf swing and the rules and proper etiquette of golf. Our main objective is focused on fun! Golf clubs are provided, but participants may bring their own clubs. Contracted service taught by All Star Sports Instruction, Inc. AS

#### Ages 4-6

Prog. #	Day	Date	Time	Loc.	
22203A3	F	Jun. 11-Jul. 30	2-2:45 pm	NWCP	R \$66/NR \$99
22203A4	Sa	Jun. 12-Jul. 31	3:30-4:15 pm	NWCP	R \$66/NR \$99
22203B2	M/W	Aug. 2-18	2-2:45 pm	RENWI	R \$56/NR \$84

#### Ages 5-7

Prog. #	Day	Date	Time	Loc.	
22203A1	Th	Jun. 17-Jul. 29	1:15-2 pm	NWCP	R \$66/NR \$99
22203A2	F	Jun. 11-Jul. 30	9-9:45 am	NWCP	R \$66/NR \$99
22203B1	M/W	Aug. 2-18	9-9:45 am	RENWI	R \$56/NR \$84

No class July 2, July 3.  
Min. 6/Max. 16

**DON'T DELAY!**  
**Programs that fail to reach minimum enrollment**  
**5 business days prior to the first class meeting**  
**will be canceled.**

### Youth Golf Lessons

In cooperation with the Lockport Township Park District, the Plainfield Park District is able to offer our residents golf lessons at Prairie Bluff Golf Course. These lessons are open to every level of golf from beginner to advanced, junior to senior golfer. Times are subject to change if classes do not meet minimum enrollment. AS

Program #	Day	Date	Time	Location
23202A1	W	Jul. 7-Aug. 11	4:30-5:30 pm	PRAIR
23202A2	Sa/Su	May 29-Jun. 13	2-3 pm	PRAIR
23202A3	Sa/Su	Jul. 10-25	2-3 pm	PRAIR

Ages 8-17  
R \$55/NR \$65  
Min. 8/Max. 18

### Jr. Golf Clinic - Ages 7-9

These clinics are for young golfers with little or no golfing experience. Students will learn the fundamentals of putting, chipping, bunker shots, full swing, rules and etiquette. AS

Program #	Day	Date	Time	Location
22260A1	Sa/Su	Jun. 12-20	11 am-12:30 pm	NAPR
22260A2	Sa/Su	Jul. 10-18	11 am-12:30 pm	NAPR
22260A3	M/W	Aug. 9-18	4-5:30 pm	NAPR
22260A4	Sa/Su	Sep. 4-12	11 am-12:30 pm	NAPR
22260A5	Tu-Th	Jun. 1-3	4:30-6:30 pm	NAPR

Ages 7-9  
R \$120/NR \$180  
Min. 0/Max. 4

### Jr. Golf Clinic - Ages 10-15

These clinics for young golfers with little or no golfing experience. Students will learn the fundamentals of putting, chipping, bunker shots, full swing, rules and etiquette. AS

Program #	Day	Date	Time	Location
22261A1	Sa/Su	Jun. 12-20	1-2:30 pm	NAPR
22261A2	Sa/Su	Jul. 10-18	9-10:30 am	NAPR
22261A3	Tu/Th	Aug. 10-19	4:30-6 pm	NAPR
22261A4	Sa/Su	Sep. 4-12	1-2:30 pm	NAPR

Ages 10-15  
R \$120/NR \$180  
Min. 0/Max. 4

### Jr. Developmental Golf League

A 7-week program for those with a minimum of two years of golf experience. All participants will be pre-screened for the proper skill level the first week of the program. Those who do not meet the requirements of this program will be given a full refund. Participants in this on-course program must know and display appropriate golf etiquette. The participants will receive instruction, limited on-course supervision, and a meal each week; participants will also receive a participation gift and are eligible for a 10% discount on club purchases. Participants must provide their own clubs. For rainout information, call the Naperbrook golf shop at 630-378-4215. AS

Program #	Day	Date	Time	Location
22262A1	M	Jun. 7-Aug. 2	1-4 pm	NAPR
22262A2	Tu	Jun. 8-Jul. 20	1-4 pm	NAPR
22262A3	Tu	Jun. 8-Jul. 20	5-8 pm	NAPR
22262A4	W	Jun. 9-Jul. 21	10 am-1 pm	NAPR
22262A5	Th	Jun. 10-Jul. 22	1-4 pm	NAPR
22262A6	Th	Jun. 10-Jul. 22	5-8 pm	NAPR

No class June 21, July 12.  
Ages 10-15  
R \$225/NR \$337.50  
Min. 0/Max. 6

# Youth

## Tennis Stars

Introduction to forehand/backhand and serving technique. Continued emphasis on hand eye coordination and ball and foot skills. Fun games and activities round out this junior beginner class. In case of inclement weather, please call the tennis weather hotline at (815)436-8812, ext. 40. Instructor: MTL Tennis Management Group. CK

Program #	Day	Date	Time	Location
22214A1	M/W	Jun. 7-30	10-11 am	NWCP
22214A2	Tu/Th	Jun. 8-Jul. 1	12-1 pm	NWCP
22214A3	M/W	Jun. 7-30	3-4 pm	NWCP
22214A4	Sa	Jun. 5-26	10-11 am	NWCP
22214B1	M/W	Jul. 5-28	10-11 am	NWCP
22214B2	Tu/Th	Jul. 6-29	12 am-1 pm	NWCP
22214B3	M/W	Jul. 5-28	3-4 pm	NWCP
22214B4	Sa	Jul. 10-31	10-11 am	NWCP

### Ages 6-7

R \$80/NR \$120 - Mon./Wed. and Tues./Thurs.

R \$40/NR \$60 - Saturday

Min. 4/Max. 12

## Tennis Champions

Volleys and overhead techniques are introduced in this class; with a continued emphasis on forehand and backhand stroke production. These players are beginning to understand the scoring system of tennis and beginning to rally while using their technique. In case of inclement weather, please call the tennis weather hotline at (815)436-8812, ext 40. Instructor: MTL Tennis Management Group. CK

Program #	Day	Date	Time	Location
22215A1	M/W	Jun. 7-30	11 am-12 pm	NWCP
22215A3	Tu/Th	Jun. 8-Jul. 1	1-2 pm	NWCP
22215A4	Sa	Jun. 5-26	11 am-12 pm	NWCP
22215B1	M/W	Jul. 5-28	11 am-12 pm	NWCP
22215B3	Tu/Th	Jul. 6-29	1-2 pm	NWCP
22215B4	Sa	Jul. 10-31	11 am-12 pm	NWCP

### Ages 8-9

R \$80/NR \$120 - Mon./Wed. and Tues./Thurs.

R \$40/NR \$60 - Saturday

Min. 4/Max. 12

## Tennis Masters

The Masters groups continue to work on all phases of the game of tennis using proper grips and technique. The Masters classes also focus on developing consistency and placement with their ground strokes. Singles and doubles match-play for the last 1/2 hour. In case of inclement weather, please call the tennis weather hotline at (815) 436-8812, ext. 40. Instructor: MTL Tennis Management Group. CK

Program #	Day	Date	Time	Location
22216A1	M/W	Jun. 7-30	1-2:30 pm	NWCP
22216A3	Tu/Th	Jun. 8-Jul. 1	9-10:30 am	NWCP
22216A4	Sa	Jun. 5-26	1-2:30 pm	NWCP
22216B1	M/W	Jul. 5-28	1-2:30 pm	NWCP
22216B3	Tu/Th	Jul. 6-29	9-10:30 am	NWCP
22216B4	Sa	Jul. 10-31	1-2:30 pm	NWCP

### Ages 10-13

R \$120/NR \$180 - Mon./Wed. and Tues./Thurs.

R \$60/NR \$90 - Saturday

Min. 4/Max. 12

**Resident Registration Begins  
Friday, May 14, 6-8 p.m.  
Online & In-Person!**

## USTA Youth Team Tennis

Is a program designed to provide youngsters with a training ground that encourages cooperation and team work. They will learn leadership and supportive roles as they come to enjoy the spirit of competition and socialization through the leaning and playing of the lifetime game of tennis. The Intermediate and advance division players will be provided with a clear pathway to team competition with the emphasis of match play. In case of inclement weather, please call the tennis weather hotline at (815) 436-8812 ext. 40. Instructor: MTL Tennis Management Group. CK

Program #	Day	Date	Time	Location
23212A1	F	Jun. 11-Jul. 2	10:30 am-12 pm	NWCP
23212B1	F	Jul. 9-30	10:30 am-12 pm	NWCP

### Ages 10-12

R \$60/NR \$90

Min. 4/Max. 12

**Youth Location Key**  
See page 47!

## Youth

### Skate Board Lessons Beginners

If you have no experience with the skate park and want to learn the basics this class is for you. Focus will be on the following areas: stance, pushing techniques, turning, stopping, skating terminology, board basics, beginning tricks, and safety. Included in the final class will be a free skate session and skater evaluations. All skaters are required to wear a helmet, pads and provide their own skateboard to participate. Instructor: Craig Loomis. AS

Program #	Day	Date	Time	Location
22220A1	Sa	May 29-Jun. 19	9:30-10:15 am	RENWI
22220A2	Sa	Jul. 10-31	9:30-10:15 am	RENWI

Ages 7-12  
R \$50/NR \$75  
Min. 6/Max. 12

### Skate Board Lessons Continuers

If you need to learn the basics and have some experience with the skate park this class is for you. We will focus on board control, board maintenance, balance, turning, speed control, introduction to ramps, and park safety. Included in the final class will be a free skate session and skater evaluations. All participants are required to wear a helmet and pads and provide their own skateboard. Instructor: Craig Loomis AS

Program #	Day	Date	Time	Location
22221A1	Sa	May 29-Jun. 19	10:30-11:15 am	RENWI
22221A2	Sa	Jul. 10-31	10:30-11:15 am	RENWI

Ages 7-12  
R \$50/NR \$75  
Min. 6/Max. 12

### Roller/Inline Skating

Skating can be fun and easy! With so many schools offering skating parties, this is the perfect opportunity to give your kids the confidence they need. Whether a beginner or a more advanced skater, we have something for everyone. We cover safety, starting, stopping, forward cross over, hockey stops, backward skating, skating with a partner, simple jumps and spins and basic jam moves. Parents may skate the warm up times with their kids for FREE! All Saturday class members may stay to skate the public session immediately following class for FREE! For more information, call Skate Aurora at (630) 898-5830. Skate rental is included in the price. Inline skates can be rented at the rink for \$2. AS

Program #	Day	Date	Time	Location
27202A1	Sa	Jun. 19-Jul. 31	12-1 pm	SKTAU
27202A2	Sa	Aug. 14-Sep. 25	12-1 pm	SKTAU

No class June 26, September 4.  
All Ages  
R \$44/NR \$66  
Min. 8/Max. 20

### Pre Hockey

Take your first step toward the exciting sport of ice hockey. There is no experience required. Concurrent enrollment in hockey skating is recommended for Pre Hockey participants. Required Equipment: Skates, gloves, elbow and knee pads, hockey helmet with facemask, and hockey stick. Equipment can be rented from the International Ice Centre for \$75. Participants can keep the equipment or return it and get \$60 back. AS

Program #	Day	Date	Time	Location
21227A1	F	Jun. 18-Aug. 13	4:40-5:30 pm	INTNL

Ages 4-12  
R \$125/NR \$187.50  
Min. 5/Max. 15

### International Ice Pre Alpha

The International Ice Centre has an excellent Learn to Skate programs that can accommodate the beginner skater to the advanced level skater through a variety of classes. The Learn to Skate program curriculum is designed to keep skaters enthusiastic about learning and achieving his or her skating goals. Free Learn to Skate Practices: Thursday 5:40-6pm and Saturday 9:20-9:40am and 10:30-10:50am. AS

Program #	Day	Date	Time	Location
22224A1	W	Jun. 16-Aug. 11	10-10:40 am	INTNL
22224A2	W	Jun. 16-Aug. 11	1-1:40 pm	INTNL
22224A3	Th	Jun. 17-Aug. 12	5-5:40 pm	INTNL
22224A4	Th	Jun. 17-Aug. 12	6-6:40 pm	INTNL
22224A5	Sa	Jun. 19-Aug. 14	8:40-9:20 am	INTNL
22224A6	Sa	Jun. 19-Aug. 14	9:50-10:30 am	INTNL
22224A7	Sa	Jun. 19-Aug. 14	10:50-11:30 am	INTNL

Ages 5 & up  
R \$100/NR \$150  
Min. 5/Max. 15

### Hockey Skating

Our Hockey 1 class is designed to teach the fundamentals of forward skating with an introduction to backward movement. In the completion of our Hockey 1 class you will progress through to Hockey 2, 3 & 4. Required Equipment: Hockey skates and helmet with facemask. AS

Program #	Day	Date	Time	Location
21228A1	W	Jun. 16-Aug. 11	5:30-6:15 pm	INTNL
21228A2	Sa	Jun. 19-Aug. 14	11:40 am-12:30 pm	INTNL

Ages 6 & up  
R \$125/NR \$187.50  
Min. 5/Max. 15

# Youth

## Bulls Rookie Camp

The Chicago Bulls Basketball School covers every aspect of the game including dribbling, shooting, passing, individual offensive/defensive moves and rebounding with a heavy emphasis on team play. Camp is open to both boys and girls. In addition to the daily premier instruction, each student will receive a player evaluation, basketball, gym bag, t-shirt and graduation certificate. AS

Program #	Day	Date	Time	Location
22225A1	M-Th	Jul. 26-30	8-11:45 am	PNHS

Ages 5-8  
R \$199/NR \$199  
Min. 1/Max. 50

## Bulls Veteran Camp

The Chicago Bulls Basketball School covers every aspect of the game including dribbling, shooting, passing, individual offensive/defensive moves and rebounding with a heavy emphasis on team play. Camp is open to both boys and girls. In addition to the daily premier instruction, each student will receive a player evaluation, basketball, gym bag, t-shirt and graduation certificate. AS

Program #	Day	Date	Time	Location
22226A1	M-Th	Jul. 26-30	1-4:45 pm	PNHS

Ages 9-12  
R \$199/NR \$199  
Min. 1/Max. 50

## Basketball II

Take it to the next level with the level II Basketball classes. These classes enhance the basics already taught in level I. Level II concentrates more on teamwork and game situations. Man to man, and zone defense is both taught along with offensive strategies that are guaranteed to keep the players moving. Contracted service taught by All Star Sports Instruction, Inc. AS

Program #	Day	Date	Time	Location
22233A1	Tu/Th	Aug. 3-19	4:30-5:15 pm	NWCP

Ages 5-7  
R \$56/NR \$84  
Min. 6/Max. 16

## Basketball III

If you are looking to learn more about basketball this class is for you. Your child will learn each position along with offensive and defensive strategies.. Each child must be ready to learn and ready to work. Each child will be challenged and their play will improve. Equipment Provided. Contracted service taught by All Star Sports Instruction, Inc. AS

Program #	Day	Date	Time	Location
22234A1	Th	Jun. 17-Jul. 29	9-10 am	NWCP

Ages 6-8  
R \$66/NR \$99  
Min. 6/Max. 16

**Resident Registration Begins  
Friday, May 14, 6-8 p.m.  
Online & In-Person!**

## Basketball Camp All Star Sport

All-Star Sports Instruction camps are designed to keep everyone moving and learning at all times. Every part of the game will be covered and broken down into detail. The weakness of each player will be strengthened from day one. Not only will their skills be advanced but we also stress the importance of teamwork and a positive mental attitude. The camp will run for 1 week, 2 hours a day. Each day will consists of stretching and warm ups, drills and skills, strategy session, and then games. Equipment provided. Contracted service taught by All Star Sports Instruction, Inc. and held indoors at Eichs Sports Gym. AS

### Ages 5-8

Program #	Day	Date	Time	Gender
22250C1	M-F	Jun. 21-25	2:15-4:15 pm	Co-Ed

### Ages 9-12

Program #	Day	Date	Time	Location
22250A1	M-F	Jun. 21-25	9-11 am	Boys
22250B1	M-F	Jun. 21-25	11:15 am-1:15 pm	Girls

Location: EICHS  
R \$110/NR \$165  
Min. 10/Max. 40

**Youth Location Key**  
See page 47!

## Youth

### White Sox Little Sluggers Camp

This beginner program will introduce kids to the game of baseball. In addition to focusing on the basics of the game, players will learn practice leads to improvement and the best way to have more fun playing baseball. Our student-to-instructor ratio of 10:1 or less assures every player will get the attention they deserve. AS

Program #	Day	Date	Time	Location
22227A1	M-F	Jul. 12-16	8:30-11 am	PNHS

Ages 5-6  
R \$159/NR \$159  
Min. 1/Max. 40

### White Sox Training Center 1

More than 50,000 youth baseball players have attended one of four Training Centers to focus on essential individual aspects of baseball including throwing, hitting, bunting, fielding, pitching, and running. Throughout the week, fundamentals will be reinforced by using fun skill games. On the final day, all players will get the opportunity to judge their improvement by playing a game. Student to instructor ratio will be 10:1 or less. White Sox Training Centers will be taught by the best in the business; primarily collegiate coaches, ex-professional players, high school coaches, and full time private instructors. AS

Program #	Day	Date	Time	Location
22228A1	M-F	Jul. 12-16	8:30-11:30 am	PNHS

Ages 7-8  
R \$199/NR \$199  
Min. 1/Max. 40

### White Sox Advanced Camp

Attention players! This Advanced Camp from the White Sox is just for you. You have special, more advanced needs, and the Advanced Camp is just the ticket to prepare you for trying out for a travel team someday. This camp will build on the basics taught in our STC 1 camps. Depending on the skill level of the players, this camp will touch on advanced hitting and throwing techniques, as well as team play, advanced base running and other techniques that could be used on the field this season. Just because you are in-season doesn't mean that you can stop learning the game. White Sox Training Centers will be taught by the best in the business; primarily collegiate coaches, ex-professional players, high school coaches, and full time private instructors. AS

Program #	Day	Date	Time	Location
22229A1	M-F	Jul. 12-16	8:30-11:30 am	PNHS

Ages 9-12  
R \$199/NR \$199  
Min. 1/Max. 40

### Baseball Camp

This is the perfect opportunity to extend the baseball season. All Little Leaguers are welcome, whether they're just beginning, or already superstars. The All-Star Sports Instruction staff promises to enhance their play. The staff knows what it takes to play at all levels. They believe in passing on the knowledge and skills they have learned from playing and coaching. This camp is designed to equip our ball players with the proper attitude, mechanics, and know-how of the game to ensure confidence in their future endeavors with the game of baseball. The camp runs for 1 week, 2 hours a day. Equipment needed: Baseball Glove. Contracted service taught by All Star Sports Instruction, Inc. AS

Program #	Day	Date	Time	Location
22253A1	M-F	Jul. 19-23	1-3 pm	NWCP

Ages 6-10  
R \$92/NR \$138  
Min. 10/Max. 40

### Hershey's Track & Field Games

Hershey's Track & Field Program was created over 30 years ago to promote youth physical fitness and provide fun learning experiences for children 9 to 14 years old. Track & field meets take place in every state and every province in North America. Hundreds of athletes make it to the grand finale - the North American Final in Hershey, Pennsylvania. Join us as we help kids discover their potential, make new friends, and gain newfound self confidence. Every child is a winner with the Hershey's Track & Field Games!

### Hershey's Track Meet Registration Procedures:

Registration will no longer be accepted at the event. Registration Deadline is now Thursday, May 27th. Individuals may register on-line or in-person, however, a COPY of your child's birth certificate and Hershey's Track & Field Games local entry form MUST be submitted prior to the Registration Deadline (Thursday, May 27th). Completed forms may be dropped off or mailed in to the Recreation/Administration Center (23729 W. Ottawa Street, Plainfield, IL 60544) Attn: Cody Kamp. If you have questions or are interested in volunteering, please contact Cody Kamp at 815/436-8812. Ext. 17.

Program #	Day	Date	Time	Location
27220A1	Th	Jun. 3	5:30-9 pm	PCHS

Ages 9-14  
R \$0/NR \$0  
Min. 20/Max. 150

### Youth Location Key

See page 47!

## Youth

### White Sox Fastpitch Softball

The Fastpitch Training Camp is for girls who are playing fastpitch softball in an in-house league or community organization. The curriculum is designed to teach players how to play the game using proper fundamentals. Areas of instruction include: throwing, infield and outfield play, pitching, hitting and base running. Each day is filled with fun and competitive skills and drills. White Sox Training Centers will be taught by the best in the business; primarily collegiate coaches, ex-professional players, high school coaches, and full time private instructors. AS

Program #	Day	Date	Time	Location
22235A1	M-Th	Jul. 12-15	8:30-11:30 am	PNHS

Ages 7-9

R \$159/NR \$159

Min. 0/Max. 40

### White Sox Fastpitch Softball 2

The fastpitch camp 2 is geared toward the experienced fastpitch softball payer who is passionate about the game and ready to learn position specific play. Fastpitch camp 2 curriculum includes agility drills, throwing progression, bunting, specific infield and outfield defensive play, hitting, pitching and base running. White Sox Training Centers will be taught by the best in the business; primarily collegiate coaches, ex-professional players, high school coaches, and full time private instructors. AS

Program #	Day	Date	Time	Location
22236A1	M-Th	Jul. 12-15	8:30-11:30 am	PNHS

Ages 10-13

R \$159/NR \$159

Min. 0/Max. 40

### Softball Camp

Our softball camps are designed to teach the girls basic fundamentals along with the know how of the game to move to the next level with confidence. All aspects of the game will be covered. Pitching techniques, hitting, bunting, base running, infield, outfield, and catching will all be covered in detail. Both offense and defensive strategies will be taught through games and individual instruction. Equipment: Softball Glove. Contracted service taught by All Star Sports Instruction, Inc. AS

Program #	Day	Date	Time	Location
22254A1	M-F	Jul. 19-23	1-3 pm	NWCP

Ages 6-10

R \$92/NR \$138

Min. 10/Max. 40

### Volleykidz Beach Camp

Volleykidz introduces the pass, set and spike using a very light volleyball. Volleykidz will improve each child's hand/eye coordination and left/right coordination through the use of fun drills and gross motor games. Lesson plan also incorporates short educational drills including spelling, math and science. Instructor: Volleyball Professionals. CK

Program #	Day	Date	Time	Location
22202A1	M-Th	Jun. 7-10	1-2 pm	EATON
22202B1	M-Th	Jul. 19-22	1-2 pm	EATON

Ages 5-8

R \$60/NR \$90

Min. 8/Max. 24

### EVP Tour Beach Volleyball Camp

It's time to take your volleyball game to the beach. This camp features the latest drills and training techniques to build your skills for the next level. Lots of contests and games too, with fun and active instructors! The camp will concentrate on the fundamentals of passing, setting, serving and spiking. You will learn to overhand serve and play organized games. The lesson plan directs individual training to help each student reach a new level. Instructor: Volleyball Professionals. CK

**Ages 8-11 - R \$74/NR \$111**

Program #	Day	Date	Time	Location
22204A1	M-Th	Jun. 7-10	2-3:30 pm	EATON
22204B1	M-Th	Jul. 19-22	2-3:30 pm	EATON

**Ages 11-14 - R \$92/NR \$138**

Program #	Day	Date	Time	Location
22204A2	M-Th	Jun. 7-10	3:30-5:30 pm	EATON
22204B2	M-Th	Jul. 19-22	3:30-5:30 pm	EATON

Min. 8/Max. 24

### EVP Spiking 101 Beach Camp

For players who wish to learn proper arm swing, footwork, and develop jumping skills. Drills keep players focused on reach and power and the use of self-mastery training to help each student reach a new level. Get a head start on your skills in preparation for the upcoming volleyball season. Instructor: Volleyball Professionals. CK

Program #	Day	Date	Time	Location
23206A1	M-Th	Jun. 7-10	5:30-7 pm	EATON
23206B1	M-Th	Jul. 19-22	5:30-7 pm	EATON

Ages 11-14

R \$74/NR \$111

Min. 8/Max. 24

## Youth

### Color Guard - NEW!

Want to know what makes a marching band show exciting? Then try Color Guard! Color Guard uses flag, rifle and dance to portray music. Color Guards perform along side marching bands and in parades to bring music to life. All are welcome, regardless of experience. Equipment will be provided. Instructor: Nicholas Benz. MB

Program #	Day	Date	Time	Location
22430A1	Th	Jun. 10-Jul. 1	9-11 am	STREA
22430B1	Th	Jul. 8-29	9-11 am	STREA

Ages 7-14  
R \$20/NR \$30  
Min. 6/Max. 20

### Victory Poms Camp

Basic cheerleading and dance moves will be taught in a fun, non-competitive environment. Participants will learn motion techniques, jumps, sideline cheers and a short, choreographed dance. Wear comfortable clothing and gym shoes. Pom-poms will be provided. Instructors: Danielle Nowicki & Kim Brown. MB

Program #	Day	Date	Time	Location
22200A1	M-F	Jun. 21-25	5:30-6:15 pm	RECAD
22200B1	M-F	Aug. 2-6	5:30-6:15 pm	RECAD

Ages 6-8  
R \$45/NR \$67.50  
Min. 8/Max. 15

### Multi Sport Camp All Star Sport

All-Star Sports Instruction camps are designed to keep everyone moving and learning at all times. Multiple sports like soccer, basketball, hockey, football, and baseball will be taught in detail. The main focal point of this camp is teamwork and sportsmanship. Each sport is covered in a way so that every participant can contribute to his or her team's success. This camp is not about winning or losing, it's about having FUN and learning. The camp runs for 1 week, 2 hours a day. Equipment: Changes daily with each sport. Contracted service taught by All Star Sports Instruction, Inc. AS

#### Ages 4-6

Program #	Day	Date	Time	Location
22251A1	M-F	Jul. 5-9	1-3 pm	NWCP

#### Ages 7-9

Program #	Day	Date	Time	Location
22251A2	M-F	Jul. 5-9	3-5 pm	NWCP

R \$92/NR \$138  
Min. 10/Max. 40

### Flag Football

Designed to teach and enhance the skills of our future football stars. Proper techniques on passing, receiving, blocking, and kicking will be covered. Breakdown of offensive and defensive strategies will also be covered. Teamwork and positive play are highly stressed, but our main objective is to have fun. Equipment Needed: Knee pads and elbow pads. Contracted Service taught by All Star Sports Instruction. AS

#### Ages 6-8

Program #	Day	Date	Time	Location
22232A1	Tu	Jun. 15-Jul. 27	4:30-5:30 pm	NWCP

#### Ages 9-10

Program #	Day	Date	Time	Location
22232B1	F	Jun. 11-Jul. 30	4:45-5:45 pm	NWCP

No class July 2.  
R \$66/NR \$99  
Min. 8/Max. 16

**DON'T DELAY!**  
Programs that fail to reach minimum enrollment  
5 business days prior to the first class meeting  
will be canceled.

### Flag Football Camp

Come enjoy a week of action packed football in a fun and safe environment. Our football camps are designed to teach everyone. Beginners and little pro's are all welcome; we will be able to advance their play. This is a great chance for children to learn the game without pads and helmets. There is no tackling allowed! We will cover positioning, catching, throwing, patterns, footwork, and offensive and defensive strategies that keep every one thinking and moving. Equipment provided. Contracted service taught by All Star Sports Instruction, Inc. AS

#### Ages 6-8

Program #	Day	Date	Time	Location
22252A1	M-F	Jul. 12-16	9-11 am	RENWI

#### Ages 9-12

Program #	Day	Date	Time	Location
22252A2	M-F	Jul. 12-16	11 am-1 pm	RENWI

R \$92/NR \$138  
Min. 10/Max. 40

# Youth

## Soccer II

We will learn more about game situations and how to spread out and call for the ball. Positioning and teamwork is our main focus. Fun games are played to keep everyone learning and moving. Equipment: Shin pads, Soccer Ball. Contracted service taught by All Star Sports Instruction, Inc. AS

Prog. #	Day	Date	Time	Loc.	Price
22230A1	M	Jun. 14-Jul. 26	9-10 am	RENWI	R \$66/NR \$99
22230A2	M	Jun. 14-Jul. 26	2:45-3:45 pm	RENWI	R \$66/NR \$99
22230A3	Th	Jun. 17-Jul. 29	4:15-5:15 pm	NWCP	R \$66/NR \$99
22230A4	F	Jun. 11-Jul. 30	11:45am-12:45pm	NWCP	R \$66/NR \$99
22230B1	M/W	Aug. 2-18	11:45am-12:45pm	RENWI	R \$56/NR \$84
22230B2	T/Th	Aug. 3-19	5:30-6:30 pm	NWCP	R \$56/NR \$84

No class July 2.  
Ages 5-7  
Min. 6/Max. 16

## Soccer III

This training is designed for children who are ready to work on team drills and be challenged as an individual. Offensive and defensive strategies, ball control, passing and shooting are all covered thoroughly as we change the way children play soccer. Equipment: Shin pads, Soccer Ball. Contracted service taught by All Star Sports Instruction, Inc. AS

Program #	Day	Date	Time	Location
22231A1	M	Jun. 14-Jul. 26	10-11 am	RENWI
22231A2	Th	Jun. 17-Jul. 29	10-11 am	NWCP

Ages 6-8  
R \$66/NR \$99  
Min. 6/Max. 16

## Soccer Camp

Be prepared for the upcoming soccer season. The Professional staff of All- Star Sports Instruction will cover every aspect of the world's most popular game. Boys and Girls will build confidence and self-esteem as they are challenged with many short-term goals over a week. The trained staff will be able to enhance everyone's play, whether they are just beginners or have played on travel teams. The camp runs for 1 week, 2 hours a day. Each day consists of stretching and warm-ups, drills and skills, fun competitions, and a strategy session all leading up to a game. Equipment needed: Must bring your own soccer ball and wear shin guards. Contracted service taught by All Star Sports Instruction, Inc. AS

### Ages 5-7

Program #	Day	Date	Time	Location
22255A2	M-F	Jul. 26-30	11:15 am-1:15 pm	RENWI

### Ages 7-10

Program #	Day	Date	Time	Location
22255A1	M-F	Jul. 26-30	9-11 am	RENWI

R \$92/NR \$138  
Min. 10/Max. 40

**Resident Registration Begins  
Friday, May 14, 6-8 p.m.  
Online & In-Person!**

## Shark's Swim Team

The Sharks Swim Team offers fun and exciting opportunities for competition and increased skill development to all swimmers. New members are always welcome to join. However, those considering joining the team are strongly advised to have completed all levels of swim lessons or continue with swim lessons simultaneously while swimming on the team. The Plainfield Park District is entering it 9th season as a member of the South Suburban Swim Conference, an association of age 18 and under swim clubs in the south and west suburbs. Fielding 24 teams totaling 3,500 swimmers, some of the best swimmers in Illinois swim in the SSSC. AS

### Ages 6-12

Program #	Day	Date	Time	Location
29638A2	M-F	Jun. 7-Jul. 30	7-8 am	OSP

R \$130/NR \$195  
Min. 21/Max. 120

### Youth Location Key

- CEN SQ Central Square Gym \* 222 E. 9th St., Lockport
- EATON Eaton Preserve \* 135th St. east of Rt. 59
- EICHS Eich's Indoor Sports Complex \* 24316 W. 143rd St.
- GLISS Glisson's Archery \* 22900 E. Main St. (Rt. 126)
- INTNL International Ice \* 1581 W. Frontage Rd., Romeovll.
- MUS Studio 59 \* 13242 S. Rt. 59
- NAPR Naperbrook Golf Course \* 22204 Hassert Blvd.
- NWCP Northwest Park \* 127th St. west of Rt. 30
- OSP Ottawa Street Pool \* 23820 W. Ottawa St.
- PCHS Plainfield Central H.S. \* 24120 W. Fort Beggs Dr.
- PNHS Plainfield North H.S. \* 12005 S. 248th St.
- PSHS Plainfield South H.S. \* 7800 W. Caton Farm Rd.
- PRAIR Prairie Bluff Golf \* 19433 Renwick Rd., Lockport
- RECAD Rec./Admin. Center \* 23729 W. Ottawa St.
- RENWI Renwick Park \* Renwick Rd. west of Rt. 59
- SKTAU Skate Aurora \* 34W113 Montgomery Rd., Aurora
- STREA Streams Rec. Center \* 24319 Cedar Creek Ln.

## Youth

### Beginners Archery

Classes concentrate on range rules, safety rules and fundamentals of archery. Class covers: eye dominance, archery safety rules, warm-up exercises, archery tackle sized to archer, proper shooting techniques "9 Steps", grouping & consistency, scoring. The beginner session is appropriate for those who have never shot a bow, or those with some previous experience that are seeking a refresher session. Participants should not wear baggy clothing. Recommend short sleeve shirts be worn. All safety gear and equipment will be provided (Bow, arrows, arm guard). Master Instructor: Bill Burger. CK

Program #	Day	Date	Time	Location
27203A1	Tu	Jun. 1-22	6:30-7:30 pm	GLISS
27203B1	Tu	Jul. 6-27	6:30-7:30 pm	GLISS
27203C1	Tu	Aug. 10-31	6:30-7:30 pm	GLISS

Ages 8 & up  
R \$50/NR \$75  
Min. 8/Max. 12

### Fencing Club

The fencing club is for participants with previous fencing experience and who are looking to spar with other fencers on a regular basis and/or train for upcoming tournaments. Equipment will be provided. Time will be set aside each class for individual instruction. Instructor: Sergey Shevtsov. CK

Program #	Day	Date	Time	Location
27272A1	W	Jun. 30-Aug. 18	7-8 pm	STREA

Ages 8 & up  
R \$96/NR \$144  
Min. 6/Max. 12

### Pre-Karate

Through fun and creative activities, children will develop coordination, strength and personal safety skills in a well-supervised setting. This program will give your child the lead they need in developing the memory and agility skills necessary to be successful in school and other sports. Instructor: Illinois Shotokan Karate Club. CK

Program #	Day	Date	Time	Level
22209A1	M	Jun. 7-Aug. 16	4:30-5:15 pm	Beg.
22209A2	M	Jun. 7-Aug. 16	5:15-6 pm	Cont.
22209A3	Tu	Jun. 8-Aug. 17	4:15-5 pm	Beg.
22209A4	Tu	Jun. 8-Aug. 17	5:05-5:50 pm	Cont.
22209A5	Tu	Jun. 8-Aug. 17	6-6:45 pm	Instr. Per.
22209A6	W	Jun. 16-Aug. 25	4-4:45 pm	Beg./Cont.
22209A7	W	Jun. 16-Aug. 25	4:45-5:30 pm	Novice

Locations: M - PNHS, Tu - PSHS, W - CENSQ  
Ages 5-7  
R \$91/NR \$136.50  
Min. 12/Max. 30

### Youth Karate

Karate skills put children in touch with their bodies and helps build coordination, agility, strength and poise, as well as personal safety skills all in a well-supervised setting. Karate skills release tension brought on by school and peers. The confidence gained through Karate helps foster a strong positive self-image. The mental aspect of this program is both enjoyable and beneficial. Karate can improve your child's sports, school and social activities. Please note that Parent/Child, Youth and Adult classes may train together. Contracted service taught by Illinois Shotokan Karate Club. Fees are per person. CK

Prog. #	Day	Date	Time	Level
22210A1	M	Jun. 7-Aug. 16	6:05-7 pm	White-Orange
22210A2	M	Jun. 7-Aug. 16	7-8 pm	Yellow & Up
22210A3	Tu	Jun. 8-Aug. 17	6:50-7:45 pm	Beg/Cont/Wht
22210A4	Tu	Jun. 8-Aug. 17	7:50-8:45 pm	Orange & Up
22210A5	W	Jun. 16-Aug. 25	5:35-6:30 pm	Beg./Cont.
22210A6	W	Jun. 16-Aug. 25	6:35-7:30 pm	Orange-Yellow
22210A7	W	Jun. 16-Aug. 25	7:35-8:30 pm	Blue & Up

Locations: M - PNHS, Tu - PSHS, W - CENSQ  
Ages 7 & up  
R \$91/NR \$136.50  
Min. 6/Max. 15

### Early Taekwondo

Designed especially for the younger children of 6-7 years, this program helps kids develop conditioning, coordination, listening skill, and self-confidence through creative activities. A \$45.00 uniform fee is required at the first class. Classes taught under the direction of Grand Master Ki Hong Kim. CK

Program #	Day	Date	Time	Location
22240A1	Th	Jun. 10-Aug. 19	5:15-6 pm	PNHS

Ages 7 & up  
R \$99/NR \$148.50  
Min. 5/Max. 20

### Youth Taekwondo

This program includes a balanced cardiovascular workout, including punching, kicking, and blocking skills, using the Taekwondo tradition, and self control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline. A \$45.00 uniform fee is required at the first class. Classes taught under the direction of Grand Master Ki Hong Kim. CK

Program #	Day	Date	Time	Location
22241A1	Th	Jun. 10-Aug. 19	6:05-6:50 pm	PNHS

Ages 8-13  
R \$99/NR \$148.50  
Min. 5/Max. 20