

YOUTH ATHLETICS

NEW! ZUMBA KIDS CLASS

Age: 4 - 10 years, girls & boys

Zumba Kids classes are rockin' high-energy parties packed with kid friendly routines based on original Zumba choreography. We break down the steps, add games and activities into a class structure. By making fitness fun, Zumba Kids allows kids to jam out. (TP)

| Age: | Code: | Day: | Date: | Time: |
|----------|---------|------|----------------|-------------|
| 4-6 yrs | 370003A | W | Apr. 25-May 30 | 4:30-5:15pm |
| 7-10 yrs | 370003B | W | Apr. 25-May 30 | 5:30-6:15pm |

Fee: \$78 R / \$97 NR
Location: Recreation Center Multi-Purpose Rooms
Min / Max: 6 / 20
Register By: Apr. 18



PEE WEE FLAG FOOTBALL

Age: 4 - 6 years, girls & boys

The younger player develops early football skills in this non-contact class while gaining confidence, coordination and motor skills. The program uses age appropriate drills and exercises to teach players proper stance, passing, catching, running and more. Each class is designed to develop endurance, promote good sportsmanship and teamwork. This is a contractual program. (TP)

| Code: | Day: | Date: | Time: | Fee (R/NR): |
|---------|------|-----------------|------------|-------------|
| 302078A | Sa | Apr. 28-June 2 | 10-10:45am | \$63/\$79 |
| 402078A | M | July 16-Aug. 20 | 4-4:45pm | \$63/\$79 |

Location: Central Park Aquatic Fields
Min / Max: 8 / 20
Register By: Apr. 21 & July 9



JUNIOR FLAG FOOTBALL

Age: 7 - 10 years, girls & boys

Players experience daily scrimmages with active instruction and tips from Hot Shots coaching staff. Coaches referee while emphasizing the fundamental skills and game strategies of football such as running pass routes, play calling, defensive positioning, pass coverage and blocking fundamentals. These skills and others are put to use in a "game time" environment while the players scrimmage each week. This is a contractual program. (TP)

| Code: | Day: | Date: | Time: | Fee (R/NR): |
|---------|------|-----------------|------------|-------------|
| 330048A | Sa | Apr. 28-June 2 | 11-11:45am | \$63/\$79 |
| 430048A | M | July 16-Aug. 20 | 5-5:45pm | \$63/\$79 |

Location: Central Park Aquatic Fields
Min / Max: 8 / 20
Register By: Apr. 21 & July 9

AFTER SCHOOL SPORTS MANIA

Age: 6 - 10 years, girls & boys

Join us for a variety of sports in a fun setting! One or two sports are played each week. Games are held indoors or outdoors depending on weather. Space is limited, so please register early! Students will meet in the gym when school is dismissed. Late pick ups will be charged \$10 for every 15 minutes. (TP)

Min / Max: 10 / 25
Register By: One week prior

MEADOWVIEW SCHOOL

| Code: | Day: | Date: | Time: | Fee: |
|---------|------|---------------|-------------|------|
| 330012A | M | Apr. 2-May 21 | 2:15-3:45pm | \$96 |

WOODVIEW SCHOOL

| Code: | Day: | Date: | Time: | Fee: |
|---------|------|---------------|-------------|------|
| 330012B | Tu | Apr. 3-May 22 | 2:15-3:45pm | \$96 |

PRAIRIEVIEW SCHOOL

| Code: | Day: | Date: | Time: | Fee: |
|---------|------|--|-------------|------|
| 330012C | Th | Apr. 5-May 24 (No Class Apr. 12, Apr. 26 & May 17) | 2:15-3:45pm | \$60 |

INTRODUCTION TO HORSEBACK RIDING

Age: 8 - 14 years, girls & boys

Five private lessons for first time riders. Schedule lessons on days and times within the session that fit your schedule. For additional information and to schedule your lessons, call Little Hunter Farm at (847) 302-1806. This is a contractual program. (TP)

| Code: | Day/Time: | Date: | Fee: |
|---------|-----------|-----------------|-------|
| 330023A | Varies | Apr. 30-May 31 | \$210 |
| 430023A | Varies | June 4-July 12 | \$210 |
| 430023B | Varies | July 30-Aug. 31 | \$210 |

Location: Little Hunter Farm
 29010 N Midlothian Rd, Mundelein
Min / Max: 1 / 2
Register By: One week prior

DID YOU KNOW...

We have Specialty Camps for baseball, soccer, volleyball, basketball and more! Check out pages 40-55 to find summer camps that will take your skills to the next level.

VOLLEYBALL SKILLS CLINIC



Age: 7 - 10 years, girls & boys

This clinic includes instruction on all major volleyball skills: serving, passing, setting and attacking. Players will receive a solid foundation of these fundamental skills through active drills, building up to team play. This class is for beginners looking to understand the game and learn new skills. Kneepads are recommended. This is a contractual program. (TP)

| Age: | Code: | Day: | Date: | Time: |
|----------|---------|------|-----------------|-------------|
| 7-10 yrs | 330041A | F | May 4-June 8 | 6:30-7:30pm |
| 7-8 yrs | 430041A | Sa | June 16-July 21 | 9-10am |
| 9-10 yrs | 430041B | Sa | June 16-July 21 | 10-11am |

Fee: \$84 R / \$105 NR
Location: Recreation Center Gyms
Min / Max: 8 / 20
Register By: One week prior

NEW! GAME TIME VOLLEYBALL



Age: 11 - 14 years, girls & boys

Players experience daily scrimmages with active instruction and tips from the coaching staff of Hot Shot Sports. Coaches will referee while emphasizing the volleyball fundamentals and game strategies. Players will use skills such as serving, passing, setting and attacking in a "game time" environment. This is a contractual program. (TP)

| Code: | Day: | Date: | Time: | Fee (R/NR): |
|---------|------|-----------------|-------------|-------------|
| 330049A | F | May 4-June 8 | 7:30-8:30pm | \$84/\$105 |
| 430049A | Sa | June 16-July 21 | 11am-12pm | \$84/\$105 |

Location: Recreation Center Gym
Min / Max: 8 / 20
Register By: Apr. 27 & June 9

VOLUNTEER COACHES CPR CLASS

Age: 16 years & up

This class is for anyone volunteering their time to coach Youth Volleyball for the Grayslake Park District. All Volunteer Coaches are required to have a current CPR Certification.

If you have any questions, please contact Brice Walsh at (847) 223-7529 or bwalsh@glpd.com.

| Code: | Day: | Date: | Time: | Fee: |
|---------|------|---------|-------|-------|
| 230102A | W | Mar. 14 | 6pm | FREE! |

Location: Recreation Center Multi-Purpose Room A
Register By: Mar. 7

CO-ED YOUTH VOLLEYBALL LEAGUE

Age: 3rd - 8th grade, girls & boys

With our parent volunteer coaches, this league offers girls and boys the opportunity to learn basic fundamentals, strategies and teamwork. Our league is designed so all teams are balanced and all athletes have a chance to play. Participants will practice one hour per week and have games on Saturdays. All players must attend **ONE** player evaluation day in order to join the league. **Pre-registration is required before attending evaluations.** (BW)

PLAYER EVALUATIONS

Monday, Mar. 5 or Thursday, Mar. 8

Players must pre-register and attend one date listed.

| Grade: | Code: | Time: | Location: |
|---------|---------|--------|------------------|
| 3rd/4th | 230015A | 6pm | Frederick School |
| 5th/6th | 230015B | 6:45pm | Frederick School |
| 7th/8th | 230015C | 7:30pm | Frederick School |

LEAGUE DETAILS

Practice: Practices begin the week of Mar. 19
No Practices Mar. 26-Mar. 30 (Spring Break)
Games: Saturday, Apr. 7-May 19
Fee: **On or before Mar. 4:** \$105 per person
After Mar. 4: \$125 per person
Location: Grayslake Middle School & Grayslake HS
Min / Max: 4 / 8 teams per age group
Register By: Mar. 4

Co-Ed Youth Volleyball League Coach Sign-Up Sheet

All coaches **must** complete a criminal background check and attend the Volunteer Coaches CPR Class (information to left).

Coach Name: _____

Child's Name: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Coach Shirt Size: _____

Interested in Coaching:

Grade Level: 3rd/4th 5th/6th 7th/8th

Position: Head Coach Assistant Coach

Practice Night Preference: _____

Please return completed form to the
Grayslake Park District at 240 Commerce Drive.

YOUTH ATHLETICS - SOCCER



LITTLE LEAGUE SOCCER

Age: 4 - 7 years, girls & boys

The Grayslake Park District's Little League Soccer Program is a parent volunteer coached league which provides the opportunity for boys and girls to learn the skills of soccer in a low-key, non-competitive and fun atmosphere. The league runs every Saturday and is set up so children practice for the first half hour and play games the second half hour. Please note this is **not** a drop off class. This class will meet unless there is heavy rain or storms, so dress for the weather and come on out to play! Please request coach or teammates when registering. Each player will receive a t-shirt, so please also note shirt size at the time of registration. (TP)

Team Rosters and Game Schedules will be posted on www.glpd.com/little-league-soccer by Friday, Apr. 13.

| Division: | Age: | Code: | Day: | Date: |
|-------------|---------|---------|------|----------------|
| Division I | 4-5 yrs | 330021A | Sa | Apr. 21-May 26 |
| Division II | 6-7 yrs | 330021B | Sa | Apr. 21-May 26 |

Time: 1-hour each week, varies between 9am-5pm
Fee: **On or before Apr. 12:** \$60 R /\$75 NR
After Apr. 12: \$75 R /\$93 NR
Location: Alleghany Park
Min / Max: 32 / 64 per division
Register By: Apr. 12

Little League Soccer Coach Sign-Up Sheet

Interested in coaching? Please fill out this form!

Coach Name: _____

Child's Name: _____

Cell Phone: _____

Email: _____

Coach Shirt Size: _____

Interested in Coaching:

Age Level: 4-5 years 6-7 years

**Please return completed form to the
Grayslake Park District at 240 Commerce Drive.**

SOCCER FOR TOTS

Age: 3 years, girls & boys

Your little one doesn't have to just watch everyone else play, he/she can play too! Learn the very basics of dribbling, passing and shooting in this 30 minute per week class. Skills will be broken down into easy drills and fun games to keep everyone moving and having fun! Parents are invited to stay and play. All participants receive a t-shirt, so please note child's shirt size at registration. (TP)

| Code: | Day: | Date: | Time: | Fee (R/NR): |
|---------|------|----------------|----------|-------------|
| 302028A | Sa | Apr. 21-May 26 | 8:30-9am | \$40/\$50 |

Location: Alleghany Park, Soccer Field 2
Min / Max: 8 / 20
Register By: Apr. 14

PEE WEE SOCCER

Age: 4 - 6 years, girls & boys

Let your child's early soccer experience be a great one. The younger player develops their soccer skills and also gains confidence, coordination, motor skills and communication. The program uses age appropriate drills and exercises to teach players kicking, ball control, dribbling, shooting and more. This is a contractual program. (TP)

| Code: | Day: | Date: | Time: | Fee (R/NR): |
|---------|------|-----------------|------------|-------------|
| 330013A | W | Apr. 25-May 30 | 4-4:45pm | \$63/\$79 |
| 430013A | Sa | July 21-Aug. 25 | 11-11:45am | \$63/\$79 |

Location: Alleghany Park, Soccer Field 2
Min / Max: 8 / 20
Register By: Apr. 18 & July 14

SOCCER SKILLS CLINIC 101

Age: 7 - 10 years, girls & boys

Children are introduced to the fundamentals of soccer tactics such as passing the ball, attack and defense moves, keeping the ball away from and taking the ball from the opposing team. Children learn to score and prevent goals. Physical endurance and fitness is emphasized while touching the ball. At this age the focus starts to change from simple games to organized, tactical, competitive games. This is a contractual program. (TP)

| Code: | Day: | Date: | Time: | Fee (R/NR): |
|---------|------|-----------------|-----------------|-------------|
| 330014A | W | Apr. 25-May 30 | 5-6pm | \$84/\$105 |
| 430014A | Sa | July 21-Aug. 25 | 11:45am-12:45pm | \$84/\$105 |

Location: Alleghany Park, Soccer Field 2
Min / Max: 8 / 20
Register By: Apr. 18 & July 14

T-BALL FOR TOTS WITH PARENT

Age: 3 - 4 years with adult, girls & boys

Okay little guys and gals, no more watching big brother or sister play – now it's your turn! Learn the very basic fundamentals of base running, fielding, throwing and batting. Parent involvement is encouraged in this class. Players should bring a baseball glove to class. (TP)

| Age: | Code: | Day: | Date: | Time: |
|-------|---------|------|----------------|------------|
| 3 yrs | 302027A | Sa | Apr. 21-May 26 | 9-9:45am |
| 4 yrs | 302027B | Sa | Apr. 21-May 26 | 10-10:45am |

Fee: \$45 R / \$56 NR
Location: Alleghany Park, Baseball Field 3
Min / Max: 8 / 20
Register By: Apr. 14

T-BALL SPRING TRAINING

Age: 5 - 6 years, girls & boys

Okay little guys and gals, no more watching big brother or sister play – now it's your turn! Learn the very basic fundamentals of base running, fielding, throwing and batting. Parent involvement is encouraged in this class. Players should bring a baseball glove to class. (TP)

| Code: | Day: | Date: | Time: | Fee (R/NR): |
|---------|------|----------------|------------|-------------|
| 330019A | Sa | Apr. 21-May 26 | 11-11:45am | \$45/\$56 |
| 330019B | Sa | Apr. 21-May 26 | 12-12:45pm | \$45/\$56 |

Location: Alleghany Park, Baseball Field 3
Min / Max: 8 / 20
Register By: Apr. 14

T-BALL SKILLS CLINIC

Age: 4 - 6 years, girls & boys

This introductory t-ball program is perfect for a child who wants to have fun, make new friends and be introduced to baseball. Participants enjoy learning the skills needed to play baseball including offense and defense, as well as the rules and philosophies of the game. The program stresses teamwork over competition. All you need to bring is a glove and sports attire. This is a contractual program. (TP)

| Code: | Day: | Date: | Time: | Fee (R/NR): |
|---------|------|-----------------|----------|-------------|
| 302077A | F | Apr. 27-June 1 | 4-4:45pm | \$63/\$79 |
| 402077A | Sa | July 21-Aug. 25 | 9-9:45am | \$63/\$79 |

Location: Alleghany Park, Baseball Field 3
Min / Max: 8 / 20
Register By: Apr. 20 & July 14



SUMMER T-BALL LEAGUE

Age: 4 - 7 years, girls & boys

Come enjoy the summer while learning the basics of baseball, with the help of a tee (older division will have option of tee or coach pitch). Teams will practice one night per week and play games on Saturdays. Also, each team will have just two weekday evening games, making a total of 8 games for the season. Volunteer parents serve as coaches. Please request coach or teammates at time of registration. All players and coaches will receive replica Major League Baseball Jerseys and Caps as uniforms.

If you're interested in coaching, please fill out the form below and return it to the Park District. All coaches must go through a background check prior to the season start. **There will be a Coaches Meeting on Monday, May 14 at 6pm at the Recreation Center.** (BW)

| Age: | Code: | Day/Time/Location |
|---------|---------|--------------------------|
| 4-5 yrs | 430025A | Varies from week to week |
| 6-7 yrs | 430025B | Varies from week to week |

Fee: **On or Before May 6:** \$90 R / \$112 NR
After May 6: \$115 R / \$143 NR
Date: Practices begin week of May 21
 Games: June 2-July 21
(No games June 30)
Min / Max: 20 / 312

Summer T-Ball League Coach Sign-Up Sheet

*Interested in coaching? Please fill out this form! All coaches **must** complete a criminal background check and attend a Coaches Meeting on Monday, May 14 at 6pm at the Rec Center.*

Coach Name: _____

Child's Name: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Coach Shirt Size: _____

Interested in Coaching:

Age Level: 4-5 years 6-7 years

Position: Head Coach Assistant Coach

Practice Night Preference: _____

**Please return completed form to the
Grayslake Park District at 240 Commerce Drive.**

YOUTH ATHLETICS - SOFTBALL

2018 GIRLS SOFTBALL LEAGUE

Age: 7 - 15 years, girls

Join the Grayslake Park District Girls Softball League and play on some of the nicest fields in the area at Alleghany Park! Players and volunteer coaches will receive replica College Jerseys and Visors for uniforms. Practices begin the week of May 21 with games beginning June 2 and ending July 20 (pending rainouts) with no games June 30. Teams will also play a few weekday evening games. Age groups will be combined as needed.

All players must attend **one** player evaluation day. **Pre-registration is required before attending evaluations.** Players need to bring a glove to evaluations.

Please note: Carpool requests must be given at evaluations and be reciprocal. Sorry, no coach requests! (BW)

PLAYER EVALUATIONS

Monday, Apr. 30 or Thursday, May 3

Players must pre-register and attend one evaluation.

| Division: | Time: | Location: |
|-------------------|--------|-------------------------|
| 7 & 8 year olds | 5:45pm | Alleghany Park, Field 1 |
| 9 & 10 year olds | 6:15pm | Alleghany Park, Field 1 |
| 11 & 12 year olds | 6:45pm | Alleghany Park, Field 1 |
| 13 - 15 year olds | 7:15pm | Alleghany Park, Field 1 |

LEAGUE DETAILS

Location: Alleghany Park, Fields TBD

Practices: Begin the week of May 21

Games: The weeks of June 2-July 20 (pending rainouts)

(No Games June 30)

Age restriction: A player's age category is determined by the age the player will be as of June 1, 2018.

| Division: | Code: | Fee on or before Apr. 29: | Fee after Apr. 29: |
|----------------|---------|---------------------------|--------------------|
| 7 year olds | 430022A | \$110 R / \$137 NR | \$135 R / \$169 NR |
| 8 year olds | 430022B | \$110 R / \$137 NR | \$135 R / \$169 NR |
| 9 year olds | 430022C | \$110 R / \$137 NR | \$135 R / \$169 NR |
| 10 year olds | 430022D | \$110 R / \$137 NR | \$135 R / \$169 NR |
| 11 year olds | 430022E | \$110 R / \$137 NR | \$135 R / \$169 NR |
| 12 year olds | 430022F | \$110 R / \$137 NR | \$135 R / \$169 NR |
| 13 year olds | 430022G | \$110 R / \$137 NR | \$135 R / \$169 NR |
| 14 year olds | 430022H | \$110 R / \$137 NR | \$135 R / \$169 NR |
| 15 year olds * | 430022I | \$110 R / \$137 NR | \$135 R / \$169 NR |

* 15 year olds that play high school softball will join teams once their high school season is completed.

In-House Girls Softball League Coach Sign-Up Sheet

Interested in coaching? Fill out this form! Save the date for a Coaches Meeting on Tuesday, May 15 at 6pm at the Rec Center.

Coach Name: _____

Child's Name: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Coach Shirt Size: _____

Interested in Coaching:

Age Level: 7-8 9-10 11-12 13-15

Position: Head Coach Assistant Coach

Coaching With: _____

Practice Night Preference: _____

Please return completed form to Brice Walsh at the Grayslake Park District (240 Commerce Drive).

SOFTBALL CLINIC LEVEL I & II

Age: 5 - 13 years, girls

This class is a complete introduction for the beginning softball star. Learn about the bases, field positions, and defensive mechanics while gaining skills in throwing and hitting. Live games are played every day with instructor pitching. Players will use 11" softie or indoor softball. Softball glove is required. This is a contractual program. (TP)



| Age: | Code: | Day: | Date: | Time: | Fee (R/NR): |
|----------|---------|------|--------------------|----------------|-------------|
| 5-7 yrs | 330050A | Sa | Apr. 28- June 2 | 12- 12:45pm | \$63/\$79 |
| 8-13 yrs | 330050B | Sa | Apr. 28- June 2 | 1-2pm | \$84/\$105 |

Location: Central Park Aquatics Field
Min / Max: 8 / 20
Register By: Apr. 21

FASTPITCH SOFTBALL PITCHING LESSONS

Age: 9 - 16 years, girls

Join Lea Corcoran for these great fastpitch softball lessons! Lea finished her high school pitching career at Grayslake Central High School as the GCHS record holder and 20th all-time IHSA history with 1,058 career strikeouts. Lea went on to play Division 1 softball at LaSalle University and IUPUI. These lessons are for beginner to advanced level players, ages 9-16 years old. The lessons will be done in a small group setting. Players need to supply their own catcher. Please contact Lea at Lea_corcoran@yahoo.com with any questions. This is a contractual program. (BW)

| Code: | Day: | Date: | Time: | Fee: |
|---------|------|----------------|-----------------|-------|
| 230018J | Su | Apr. 8-Apr. 29 | 9:30-10:30am | \$100 |
| 230018K | Su | Apr. 8-Apr. 29 | 10:30-11:30am | \$100 |
| 230018L | Su | Apr. 8-Apr. 29 | 11:30am-12:30pm | \$100 |

Location: Recreation Center Gym
Min / Max: 3 / 4
Register By: Mar. 31

BASEBALL 101

Age: 8 - 13 years, girls & boys

This beginner's baseball class gives players a full introduction to the great sport of baseball. Players are instructed on all aspects of the game in a fun and learning environment. Participants should bring their own bats and gloves. This is a contractual program. (TP)



| Code: | Day: | Date: | Time: | Fee (R/NR): |
|---------|------|-----------------|--------------|-------------|
| 330047A | F | Apr. 27-June 1 | 5-6pm | \$84/\$105 |
| 430047A | Sa | July 21-Aug. 25 | 9:45-10:45am | \$84/\$105 |

Location: Alleghany Park, Baseball Field 3
Min / Max: 8 / 20
Register By: Apr. 20 & July 14

TOTAL SPORTS

Age: 4 - 10 years, girls & boys

Total Sports not only teaches children the basic skills of playing different sports, it also teaches the skills needed to work with one another as teammates, and to accept each individual as a valuable player. Some of the sports taught and played include basketball, floor hockey, football, kickball, soccer, t-ball and more. This is a contractual program. (TP)



| Age: | Code: | Day: | Date: | Time: | Fee (R/NR): |
|----------|---------|------|--------------------|-----------------|-------------|
| 4-6 yrs | 302076A | Tu | Apr. 24- May 29 | 3:30- 4:15pm | \$63/\$79 |
| 7-10 yrs | 302076B | Tu | Apr. 24- May 29 | 4:30- 5:30pm | \$84/\$105 |

Location: Recreation Center Gym
Min / Max: 8 / 20
Register By: Apr. 17

SPRING BREAK TOTAL SPORTS CAMP

Age: 4 - 12 years, girls & boys

Total Sports Spring Break Camp focuses on a variety of sports including flag football, basketball, baseball, kickball, soccer, capture the flag and other fun group games! Each day campers' focus on skill development and fundamentals for each respective sport, followed by game play. Bring a snack and water each day and come ready to work hard while having fun! This is a contractual program. (TP)



| Age: | Code: | Day: | Date: | Time: | Fee (R/NR): |
|----------|---------|------|---------------------|--------------------|-------------|
| 4-6 yrs | 230055A | M-Th | Mar. 26- Mar. 29 | 10:30am- 1:30pm | \$110/\$138 |
| 7-12 yrs | 230055B | M-Th | Mar. 26- Mar. 29 | 1:45- 4:45pm | \$110/\$138 |

Location: Recreation Center Gym
Min / Max: 8 / 24
Register By: Mar. 19

4TH ANNUAL GEORGE WEINERT FISHING DERBY

Saturday, June 2 from 8-10am

Jones Island Beach

Free and open to all ages!