



QUICK START TOTS

Age: 3 - 6 years, girls & boys

The class focuses on learning tennis skills and improving social/group interaction. The parent accompanies the child on the court so both parent and Pro help the student have fun and learn in a relaxed atmosphere. This is a contractual program. (BW)

| Code: | Day: | Date: | Time: | Weeks: | Fee: |
|---------|------|--|--------|--------|-------|
| 140016A | M | Aug. 19-Oct. 14 (No class: Sept. 2) | 4-5pm | 8 | \$232 |
| 140016B | W | Aug. 21-Oct. 16 | 4-5pm | 9 | \$261 |
| 140016C | Sa | Aug. 17-Oct. 12 (No class: Aug. 31) | 9-10am | 8 | \$232 |
| 140016D | Su | Aug. 18-Oct. 13 (No class: Sept. 1) | 9-10am | 8 | \$232 |
| 140016E | M | Oct. 21-Dec. 16 | 4-5pm | 9 | \$261 |
| 140016F | W | Oct. 23-Dec. 18 | 4-5pm | 9 | \$261 |
| 140016G | Sa | Oct. 19-Dec. 21 (No class: Nov. 30) | 9-10am | 8 | \$232 |
| 140016H | Su | Oct. 20-Dec. 22 (No class: Dec. 1) | 9-10am | 8 | \$232 |

Location: Lifesport Tennis Club - Libertyville
1030 S 4th Avenue, Libertyville

Instructors: US Professional Tennis Assoc. Instructors

Min / Max: 4 / 7

Register By: One week prior



PEE WEE TENNIS

Age: 5 - 7 years, girls & boys

An introductory junior program. Basic hand-eye coordination, stroke development for the forehand and backhand ground strokes utilizing the Quick Start teaching format. This is a contractual program. (BW)

| Code: | Day: | Date: | Time: | Weeks: | Fee: |
|---------|------|--|----------|--------|-------|
| 140017A | W | Aug. 21-Oct. 16 | 3:15-4pm | 9 | \$196 |
| 140017B | F | Aug. 23-Oct. 18 | 3:15-4pm | 9 | \$196 |
| 140017C | W | Oct. 23-Dec. 18 | 3:15-4pm | 9 | \$196 |
| 140017D | F | Oct. 25-Dec. 20 (No class: Nov. 29) | 3:15-4pm | 8 | \$174 |

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JUNIOR DEVELOPMENT

Age: 8 - 13 years, girls & boys

A great program for 8-13 year olds who are just starting tennis. Emphasis will be placed on form and control. Students will be introduced to ground strokes, volleys, and serves utilizing the Quick Start teaching format. This is a contractual program. (BW)

| Code: | Day: | Date: | Time: | Weeks: | Fee: |
|---------|------|--|-------|--------|-------|
| 140018A | F | Aug. 23-Oct. 18 | 6-7pm | 9 | \$261 |
| 140018B | Sa | Aug. 17-Oct. 12 (No class: Aug. 31) | 4-5pm | 8 | \$232 |
| 140018C | Su | Aug. 18-Oct. 13 (No class: Sept. 1) | 4-5pm | 8 | \$232 |
| 140018D | F | Oct. 25-Dec. 20 (No class: Nov. 29) | 6-7pm | 8 | \$232 |
| 140018E | Sa | Oct. 19-Dec. 21 (No class: Nov. 30) | 5-6pm | 9 | \$261 |
| 140018F | Su | Oct. 20-Dec. 22 (No class: Dec. 1) | 4-5pm | 9 | \$261 |

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HIGH SCHOOL TENNIS

Age: 14 - 17 years, girls & boys

Designed for those students wishing to improve their playing skills in order to make their high school team or better themselves. Drills are used to imitate competitive game situations and improve their strokes. This is a contractual program. (BW)

| Code: | Day: | Date: | Time: | Weeks: | Fee: |
|---------|------|--|-------|--------|-------|
| 140019A | F | Aug. 23-Oct. 18 | 6-7pm | 9 | \$261 |
| 140019B | Sa | Aug. 17-Oct. 12 (No class: Aug. 31) | 4-5pm | 8 | \$232 |
| 140019C | F | Oct. 25-Dec. 20 (No class: Nov. 29) | 6-7pm | 8 | \$232 |
| 140019D | Sa | Oct. 19-Dec. 21 (No class: Nov. 30) | 4-5pm | 9 | \$261 |

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WHERE CAN I FIND TENNIS COURTS?

Alleghany Park, Cambridge Park, Jaycee Park,
and Meadowview Woods Park
See page 70-71 for details!



BALANCE & STRENGTH FOR ACTIVE ADULTS

Age: 55 years & up

All levels welcome! This class will focus on exercises to help improve balance, build strength, and improve flexibility. Majority of the class is standing, but chairs are available. Please bring a water bottle to each class. (TP)

| Code: | Day: | Date: | Time: | Fee (R/NR): |
|---------|------|---------------------------------------|------------|-------------|
| 170038A | Th | Sept. 19-Oct. 24 | 10-10:45am | \$49/\$61 |
| 170038B | Th | Nov. 7-Dec. 19 (No class: Nov. 28) | 10-10:45am | \$49/\$61 |

Location: Recreation Center Multi-Purpose Room A
Min / Max: 8 / 12
Register By: Sept. 12 & Oct. 31

PWR!4LIFE (PARKINSON'S WELLNESS RECOVERY)

Age: 18 years & up

PWR Moves is a research-based, integrated exercise and wellness program that counteract the inactivity, motor deterioration, and symptoms of Parkinson's Disease. PWR Moves was developed by Dr. Becky Farley, a leading researcher and instructor in exercise for Parkinson's Disease. The program includes building blocks of fundamental motions, performed with high effort and attention to technique, designed to target symptoms of Parkinson's Disease. (TP)

| Code: | Day: | Date: | Time: | Fee (R/NR): |
|---------|------|---------------------------------------|------------|-------------|
| 170023A | Tu | Sept. 17-Oct. 22 | 10-10:45am | \$49/\$61 |
| 170023B | Tu | Nov. 5-Dec. 17 (No class: Nov. 26) | 10-10:45am | \$49/\$61 |

Location: Recreation Center Multi-Purpose Room A
Min / Max: 8 / 12
Register By: Sept. 10 & Oct. 29

ADULT STROKE PRODUCTION



Age: 18 years & up

Emphasis is placed on reinforcing the tennis basics: forehand and backhand ground strokes, volleys, and serves. This is a contractual program. (BW)

| Code: | Day: | Date: | Time: | Weeks: | Fee: |
|---------|------|--|-----------|--------|-------|
| 140021A | Tu | Aug. 20-Oct. 15 | 9-10am | 9 | \$261 |
| 140021B | Th | Aug. 22-Oct. 17 | 11am-12pm | 9 | \$261 |
| 140021C | Sa | Aug. 17-Oct. 12 (No class: Aug. 31) | 4-5pm | 8 | \$232 |
| 140021D | Su | Aug. 18-Oct. 13 (No class: Sept. 1) | 4-5pm | 8 | \$232 |
| 140021E | Tu | Oct. 22-Dec. 17 | 9-10am | 9 | \$261 |
| 140021F | Th | Oct. 24-Dec. 19 (No class: Nov. 28) | 9-10am | 8 | \$232 |
| 140021G | Sa | Oct. 19-Dec. 21 (No class: Nov. 30) | 4-5pm | 9 | \$261 |
| 140021H | Su | Oct. 20-Dec. 22 (No class: Dec. 1) | 5-6pm | 9 | \$261 |

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ADULT INSTANT TENNIS



Age: 18 years & up

Learn to play tennis in just a few short weeks. Even if you've never held a racquet, we can get you started playing and enjoying a great sport. This program is also excellent for people who played or took lessons years ago and need a refresher. This is a contractual program. (BW)

| Code: | Day: | Date: | Time: | Weeks: | Fee: |
|---------|------|--|-------|--------|-------|
| 140020A | Sa | Aug. 17-Oct. 12 (No class: Aug. 31) | 4-5pm | 8 | \$232 |
| 140020B | Su | Aug. 18-Oct. 13 (No class: Sept. 1) | 4-5pm | 8 | \$232 |
| 140020C | Sa | Oct. 19-Dec. 21 (No class: Nov. 30) | 4-5pm | 9 | \$261 |
| 140020D | Su | Oct. 20-Dec. 22 (No class: Dec. 1) | 5-6pm | 9 | \$261 |

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