



YOUTH SPORTS CLASSES



PLEASANT DALE PARK DISTRICT

FALL 2017 SESSION II • NOVEMBER 1 – DECEMBER 22



ADULT-TOT SPORTS

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Motor skill activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. **No Class: 11/22.**

35405-1 Wednesday 9:00-9:45A 11/1-12/20 7 weeks R/NR: **\$77/\$99**

Boys & Girls Ages 2-4 (Adult participation is required)

ADULT-TOT MOVEMENT & TUMBLING

Children are introduced to age-appropriate exercises specifically designed for balance and coordination of their large muscle groups. Through basic gymnastics and movement, participants experience their world in a whole new way and begin to understand how their bodies work. Wear loose fitting clothing, gym shoes and be prepared to have tons of fun! **No Class: 11/22.**

35405-2 Wednesday 10:00-10:45A 11/1-12/20 7 weeks R/NR: **\$77/\$99**

Boys & Girls Ages 2-4 (Adult participation is required)

SPORTS AND MORE

Children are introduced to the fundamentals of sports including basketball, floor hockey, football, kickball, soccer, t-ball and other sports and group games. The program provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship. **No Class: 11/22, 23 & 11/24.**

35405-3 Wednesday 11:00-11:45A 11/1-12/20 7 weeks R/NR: **\$77/\$99**

35405-4 Thursday 3:45-4:30P 11/2-12/21 7 weeks R/NR: **\$77/\$99**

35405-5 Friday 1:00-1:45P 11/3-12/22 7 weeks R/NR: **\$77/\$99**

Boys & Girls Ages 3-5

LIL' DRIBBLERS

The Lil' Dribblers Basketball program introduces children to the game of basketball in a safe, fun and exciting environment. Our curriculum uses age appropriate activities and games specifically designed to increase balance, body awareness, motor skills, hand eye coordination, listening skills and the ability to follow directions.

35405-6 Tuesday 2:00-2:45P 11/7-12/19 7 weeks R/NR: **\$77/\$99**

Boys & Girls Ages 3-5

STRIKER TOTS SOCCER

Striker Tots Soccer is for young players who are looking for the perfect early soccer experience. Our specially designed curriculum uses age appropriate activities and games specifically designed to increase balance, body awareness, motor skills, and make soccer fun. **No Class: 11/24.**

35405-7 Friday 1:45-2:30P 11/3-12/22 7 weeks R/NR: **\$77/\$99**

Boys & Girls Ages 3-5

T-BALL SKILLS CLINIC

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!

35405-8 Tuesday 3:45-4:30P 11/7-12/19 7 weeks R/NR: **\$77/\$99**

Boys & Girls Ages 3-5

More on reverse side ➡



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BASKETBALL CLINIC 101

Boys & Girls Ages 6-9

Develop early basketball skills such as shooting, dribbling and passing, along with the basic rules of the game. All instruction is game/drill oriented with mini games and scrimmages played every week. This class is for the basketball beginner looking to understand the game, learn new skills, and have fun!! **No Class: 11/24.**

35405-9 Friday 4:00-5:00P 11/3-12/22 7 weeks R/NR: \$77/\$99

BASKETBALL CLINIC 201

Boys & Girls Ages 9-12

Players begin to develop more advanced skills such as various guard/post techniques, setting screens, moving without the ball, and offensive spacing. Defensive instruction includes man-to-man, denying the ball, help-line and boxing out. Players spend time developing their shot using proper mechanics to be effective further from the basket. Scrimmages are played every week. **No Class: 11/24.**

35407-1 Friday 5:00-6:00P 11/3-12/22 7 weeks R/NR: \$77/\$99

GAME TIME BASKETBALL

Boys & Girls Ages 9-12

One of the best ways to develop your basketball skills is through game play, and in Game Time you do just that. Each week, basketball players are challenged through various games including 1-on-1, 3-on-3, and 5-on-5. Coaches referee and guide the class to enhance the players understanding of the game. **No Class: 11/23.**

35407-2 Thursday 4:30-5:30P 11/2-12/21 7 weeks R/NR: \$77/\$99

DODGEBALL

Boys & Girls Ages 8-11

The youth dodgeball class gives participants an opportunity to play the popular game in a safe and supervised environment. The program uses super soft balls with the safety of game play being an important factor. Each week, different teams are formed and a different style of dodgeball are played.

35407-3 Tuesday 4:30-5:30P 11/7/12/19 7 weeks R/NR: \$77/\$99

HOLIDAY TOTAL SPORTS CAMP

Boys & Girls Ages 6-9

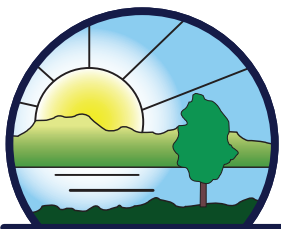
This camp focuses on a variety of sports including flag football, basketball, baseball, kickball, soccer, capture the flag, and other group games. Each day camper's focus on skill development and fundamentals for each respective sport, followed by game play. Coaches ensure a fun and energetic atmosphere while promoting teamwork and good sportsmanship. Bring a snack and water each day, and come ready to work hard while having fun!

35404-1 9:00A-12:00P 12/26-12/29 \$125

35404-2 12:30-3:30P 12/26-12/29 \$125

35404-3 9:00A-3:30P 12/26-12/29 \$210

*Supervision between camps at no additional fee. Please bring lunch and drink.



Pleasant Dale
Park District

PLEASANT DALE PARK DISTRICT

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For more information visit
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