



# YOUTH SPORTS CLASSES



**PLEASANT DALE PARK DISTRICT**

**SPRING I 2017 • FEBRUARY 28 – APRIL 21**



## LUNCH & PLAY

**Boys & Girls Ages: 3-5**

Children are introduced to such sports as basketball, floor hockey, football, kickball, soccer, t-ball and group games. The goal is to provide the opportunity for each child to develop motor skills and nurture his/her growth socially through teamwork and good sportsmanship. Children will eat lunch with the coaches, and then play sports in the gym.

**No Class Tuesday, 3/28 & Wednesday, 3/29.**

<b>Section 1</b>	34114-1	Tuesday	11:45A-1:00P	2/28-4/18	R/NR: <b>\$112/\$126</b>
<b>Section 2</b>	34114-2	Wednesday	11:45A-1:00P	3/1-4/19	R/NR: <b>\$112/\$126</b>

## SPORTS AND MORE

**Boys & Girls Ages: 3-5**

Learn the basic skills of America's most popular sports: Football, Soccer, Basketball, Baseball, and more. Players will learn how to work together and be good teammates, as well as learn discipline and build self-esteem.

**No Class Tuesday, 3/28 & Friday, 3/31.**

<b>Section 1</b>	34114-3	Tuesday	1:15-2:00P	2/28-4/18	R/NR: <b>\$77/\$93</b>
<b>Section 2</b>	34114-4	Friday	12:45-1:30P	3/3-4/21	R/NR: <b>\$77/\$93</b>

## LIL' DRIBBLERS

**Boys & Girls Ages: 3-5**

Children are introduced 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 and hand eye coordination. **No Class Tuesday, 3/28 & Wednesday, 3/29.**

<b>Section 1</b>	34114-5	Tuesday	2:00-2:45P	2/28-4/18	R/NR: <b>\$77/\$93</b>
<b>Section 2</b>	34114-6	Wednesday	11:00-11:45A	3/1-4/19	R/NR: <b>\$77/\$93</b>

## T-BALL SKILLS

**Boys & Girls Ages: 3-5**

This introductory t-ball program is perfect for your 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. **No Class Tuesday, 3/28.**

<b>Section 1</b>	34114-7	Tuesday	3:15-4:00P	2/28-4/18	R/NR: <b>\$77/\$93</b>
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## DODGEBALL

**Boys & Girls Ages: 8-11**

Our 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 will be formed and a different style of dodgeball will be played. **No Class Tuesday, 3/28.**

<b>Section 1</b>	34114-8	Tuesday	4:00-5:00P	2/28-4/18	R/NR: <b>\$77/\$93</b>
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## ADULT TOT SPORTS

**Boys & Girls Ages: 2-4**

Parents are integral parts 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 Wednesday, 3/29.**

<b>Section 1</b>	34114-9	Wednesday	9:00-9:45A	3/1-4/19	R/NR: <b>\$77/\$93</b>
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## JUNIOR SOCCER ACADEMY

**Boys & Girls Ages: 3-5**

Junior Soccer Academy (JSA) is for young players who are looking for the perfect early soccer experience. This developmental program has been created to help instill the love of the game in a professional setting surrounded by caring and qualified coaches. On and off the field, the program will provide a positive learning environment with the tools to create a memorable experience for everyone involved. 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 Wednesday, 3/29 & Friday, 3/31.**

<b>Section 1</b>	35115-1	Wednesday	10:00-10:45A	3/1-4/19	R/NR: <b>\$77/\$93</b>
<b>Section 2</b>	35115-2	Friday	1:45-2:30P	3/3-4/21	R/NR: <b>\$77/\$93</b>

## TRIPLE PLAY

**Boys & Girls Ages: 9-12**

This class features three sports: basketball, dodgeball and soccer. Participants develop skills associated with each sport and have opportunities to use these skills in game situations. Emphasis is placed on skill development, teamwork and sportsmanship. **No Class Thursday, 3/30.**

<b>Section 1</b>	35115-3	Thursday	3:30-4:30P	3/2-4/20	R/NR: <b>\$77/\$93</b>
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## BASKETBALL CLINIC I

**Boys & Girls Ages: 6-9**

Develop early basketball skills such as shooting, dribbling and passing, along with the basic rules of the game. Each class includes instruction as well as structured games. This class is for the basketball beginner looking to understand the game, learn new skills, and have a ball! **No Class Thursday, 3/30.**

<b>Section 1</b>	35115-4	Thursday	4:30-5:30P	3/2-4/20	R/NR: <b>\$77/\$93</b>
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## BASKETBALL CLINIC II

**Boys & Girls Ages: 7-10**

Players take their current shooting and dribbling skills and work them into offensive points of the game such as setting screens and moving without the ball. Participants are introduced to defense, learn proper defensive stance and understand concepts such as zone and man-to-man defense. Players spend time developing their shot using proper mechanics to be effective from further distance from the basket. Players will put their skills to use during scrimmages each week. **No Class Friday, 3/31.**

<b>Section 1</b>	35115-5	Friday	4:45-5:45P	3/3-4/21	R/NR: <b>\$77/\$93</b>
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## TOTAL SPORTS

**Boys & Girls Ages: 5-7**

Total Sports not only teaches children the basic skills of playing a particular sport, it also teaches them 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. **No Class Friday, 3/31.**

<b>Section 1</b>	35115-6	Friday	3:45-4:45P	3/3-4/21	R/NR: <b>\$77/\$93</b>
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**PLEASANT DALE PARK DISTRICT**

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