

YOUTH ATHLETICS



Parent Tot Gymnastics

Our ABC's of gymnastics is a full school year theme. Our program is designed to help your child physically, mentally, and socially. Our lessons include the gymnastic events of balance beam, bar, tumbling, and vaulting. We also incorporate hand eye coordination, colors, motor skills, and exploration. It is a great class to spend one on one time with your toddler with no interruptions. Join the fun!

Code	Day	Time	Dates
314030A	TU	3:15 - 3:50 pm	1/10 - 2/14
314030B	TU	3:15 - 3:50 pm	2/21 - 3/28
314030C	TU	3:15 - 3:50 pm	4/04 - 5/09

Fee: \$52R/\$58NR
Ages: Walking to 3 years with adult
Location: Westmont Comm. Ctr.
Min/Max: 2/5 {Co-Op}

School Age Gymnastics

These classes are designed to develop fitness, character, and self-esteem in children through the sport of gymnastics. We are a progressive program which allows the child to learn at an individual pace in a positive and safe environment. Our staff works individually with each student to bring out their best. Comfortable clothing and gym shoes are required. Join the fun!

Code	Day	Time	Dates
314032A	TU	4:35 - 5:20 pm	1/10 - 2/14
314032B	TU	4:35 - 5:20 pm	2/21 - 3/28
314032C	TU	4:35 - 5:20 pm	4/04 - 5/09

Fee: \$52R/\$58NR
Ages: 6 - 12 years
Location: Westmont Comm. Ctr.
Min/Max: 2/5 {Co-Op}

Preschool Gymnastics

This program is designed so your child will enjoy the sport of gymnastics through letters, skills, and positive words. Each week we focus on one tumbling skill, one letter, and one positive word all associated with that letter. A coloring sheet will be sent home to help the child work on what was learned in class. The children will still experience the other events of gymnastics such as bars, balance beam, and vaulting. Comfortable clothing and gym shoes are required. Join the fun!

Code	Day	Time	Dates
314031A	TU	3:55 - 4:30 pm	1/10 - 2/14
314031B	TU	3:55 - 4:30 pm	2/21 - 3/28
314031C	TU	3:55 - 4:30 pm	4/04 - 5/09

Fee: \$52R/\$58NR
Ages: 3 - 5 years
Location: Westmont Comm. Ctr.
Min/Max: 2/5 {Co-Op}



YOUTH ATHLETIC PROGRAMS

Pee Wee Sports Camp

Introduce your child to the world of sports with this class. We play a different sport each week including; basketball, soccer, floor hockey, t-ball, and more, all while using only scaled down equipment. We go over the basic skills and rules of each sport, and play fun games at the end of each class.

Code	Day	Time	Dates
312036A	TU	4:00 – 4:50 pm	4/04 – 4/25
312036B	TU	4:00 – 4:50 pm	5/09 – 5/30

Ages: 3 - 4 years
Fee: \$40R/\$49NR
Location: Madison School
Min/Max: 8/16 {Co-Op}

Lil Pint Soccer & Basketball

This program is perfect for your child who is full of energy and parents who are looking for an introduction to soccer and basketball. Parents will be working with their children on developing socialization, teamwork, direction following, and key motor skills. Dribbling, shooting and passing will be some of the skills that the children will learn. The first weeks of class will focus on soccer, while the later weeks will focus on basketball. The last week of class will include a combination of both sports. *Games will be played at the end of each class.*

Code	Day	Time	Dates
312035A	TU	5:00 – 5:50 pm	4/04 – 4/25
312035B	TU	5:00 – 5:50 pm	5/09 – 5/30

Ages: 4 - 6 years
Fee: \$40R/\$49NR
Location: Madison School
Min/Max: 8/16 {Co-Op}

Basketball

Boys and girls alike will enjoy learning the skills to advance them in the world of basketball. Even if you are trying it out for the first time, or you are a seasoned pro, you will have a ton of fun enhancing your skill level. Through games and drills we will practice dribbling, passing, shooting, positions and the importance of teamwork. *Games will be played at the end of each class.*

Code	Day	Time	Dates
312030A	TU	6:00 – 7:00 pm	4/04 – 4/25

Ages: 6 - 8 years
Fee: \$40R/\$49NR
Location: Madison School
Min/Max: 8/16 {Co-Op}

Soccer/T-Ball Combo

This class is a perfect for toddlers who are full of energy and parents who are looking for an introduction to t-ball and soccer. Socialization, teamwork, following directions, key motor skills and having fun will be the focus in this non-competitive environment. For the two weeks of class we will focus on t-ball and the second two weeks we will work on soccer skills. The last class will be a fun game of each sport. Games will be played at the end of each class. **Parent participation welcomed.**

Code	Day	Time	Dates	Fee
312084A	W	4:10 – 4:50 pm	4/05 – 4/26	\$40R/\$49NR
312084B	W	4:10 – 4:50 pm	5/10 – 5/31	\$40R/\$49NR

Location: Madison School

312084C	F	11:30 am – 12:15 pm	2/10 – 3/17	\$60R/\$69NR
312084D	F	11:30 am – 12:15 pm	4/07 – 5/19*	\$60R/\$69NR

Location: The Community House ***No class 4/14**

Ages: 3 - 4 years
Min/Max: 8/10 {Co-Op}



EZ Tennis

Come see what all the excitement is about. Learn to play tennis quickly and easier than on a regular court. With EZ tennis, kids will learn the basics of the game as well as technique, form and strategy without the frustration of playing on a full-size court. EZ Tennis uses a smaller, more manageable racquet; a larger nerf-like ball and an undersized court and net system that allow kids to succeed at the game of tennis while serving as a platform to learning the game on a full-size court.

Code	Day	Time	Dates
312111A	W	3:00 – 4:00 pm	4/12 – 5/24
312111B	W	4:00 – 5:00 pm	4/12 – 5/24

Ages: 3 – 5 years
Fee: \$80R/\$89NR
Location: The Community House
Min/Max: 3/6 {Co-Op}

Flag Football

Tackle the fun with this instructional, non-contact class. Using mini-sized footballs along with the introduction of flags, players will learn the skills to get them started in football. Along with the core skills of passing and catching, players will learn the rules, positions on the field, as well as strategies for both offense and defense. Games will be played at the end of each class

Code	Day	Time	Dates
312093A	W	5:00 – 6:00 pm	4/05 – 4/26
312093B	W	5:00 – 6:00 pm	5/10 – 5/31

Ages: 5 - 7 years
Fee: \$40R/\$49NR
Location: Madison School
Min/Max: 8/12 {Co-Op}

Check out the **WEBTRAC ON-LINE REGISTRATION SYSTEM** at www.villageofhinsdale.org for any changes to class dates or times

YOUTH ATHLETIC PROGRAMS

Pee Wee & Lil Pint Soccer

Kick in some excitement with this instructional program perfect for the first timer. With the use of smaller sized soccer balls, players will learn the basic skills of dribbling, passing, shooting, and goaltending. Instructors will work with participants on good sportsmanship, participation, and teamwork. This is a great class for both boys and girls! Games will be played at the end of each class.

Code	Day	Time	Dates	Ages
312081A	TH	4:00 – 5:00 pm	4/06 – 4/27	3 – 4 years
312081B	TH	5:00 – 5:50 pm	4/06 – 4/27	4 – 6 years
312081C	TH	4:00 – 5:00 pm	5/11 – 6/01	3 – 4 years
312081D	TH	5:00 – 5:50 pm	5/11 – 6/01	4 – 6 years

Fee: \$40R/\$49NR
Location: Madison School
Min/Max: 8/16

Soccer

Love the game of soccer? Join us for a non-competitive, skill development program. We will go over the basic skills of dribbling, passing, shooting, goal tending, and positions. There will be weekly progress on the technical aspects of the game. At the end of each class different teams will be formed and a game will be played.

Code	Day	Time	Dates
312042A	TH	6:00 – 7:00 pm	4/06 – 4/27
312042B	TH	6:00 – 7:00 pm	5/11 – 6/01

Ages: 6 - 8 years
Fee: \$40R/\$49NR
Location: Madison School
Min/Max: 8/16

NEW! Baseball Spring Training Camp

Join us for our skill enhancing, competitive class for all skill levels. We will practice throwing, catching, base running, hitting, pitching and fielding strategies.

Our speed and agility training session is built to make our participants faster, stronger, and more agile athletes. We use SKLZ equipment for our class which is highly recommended by multiple coaches and trainers. Games are played at the end of each class.

Code	Day	Time	Dates
312037A	TU	6:00 – 7:00 pm	5/09 – 5/30

Ages: 6 - 8 years
Fee: \$40R/\$49NR
Location: Madison School
Min/Max: 8/16

Fencing

Want to wield a sword? This class teaches students the basics of attack and defense in fencing. Students will learn moves and strategies that create the foundation for their fencing game. Each class will have instruction and bouting (actual fencing). All equipment provided. This class is for beginners and advanced fencers, and is family friendly.

Fencing is statistically the most safe and least injurious sport as dictated by the Olympic Committee. So come as a family and have a surprisingly fun and memorable time!

ADVANCED

Code	Day	Time	Dates
313100A	M	4:45 – 5:45 pm	1/09 – 2/13
313100B	M	4:45 – 5:45 pm	2/20 – 4/03*
313100C	M	4:45 – 5:45 pm	4/10 – 5/15

***No class 3/27**

BEGINNER

Code	Day	Time	Dates
313100D	M	5:45 – 6:45 pm	1/09 – 2/13
313100E	M	5:45 – 6:45 pm	2/20 – 4/03*
313100F	M	5:45 – 6:45 pm	4/10 – 5/15

***No class 3/27**

Fee: \$60R/\$76NR first family member
 \$30R/\$38NR additional family members
Ages: 8 years and older
Location: Katherine Legge Memorial Lodge {Co-op}



Check out the WEBTRAC ON-LINE REGISTRATION SYSTEM at www.villageofhinsdale.org for any changes to class dates or times

YOUTH ATHLETIC PROGRAMS



Spring Youth T-Ball League

Everyone's favorite childhood sport, back by popular demand! This is our second season! Give your child the opportunity to learn T-Ball in this beginner T-Ball League! The league will consist of 2 weeks of practice, followed by 3 weeks with games. Teams will consist of approximately 10 players and 2 volunteer coaches. Teams will attempt to be formed based on the child's school or class. **Please provide the name of the school your child attends on the registration form. Registration deadline is March 10.**

Code	Day	Time	Dates
312045A	W	5:30 – 6:30 pm	4/05 – 5/03

Ages: 4 - 5 year olds
Fee: \$55R/\$75NR
Location: Robbins Park
Max 50 {Co-Op}

All equipment is provided including t-shirts and hats! Players must have their own glove. We need volunteer coaches to help this league be successful! If you are interested in coaching please contact Heather at parkrec@villageofhinsdale.org. Thank You!



where every girl plays!

U7 Fundamentals Clinic

Ready to start lacrosse? Join IGLA this spring for a weekly one hour clinic for the younger lacrosse player. These clinics are exclusively for girls in Kindergarten through 1st grade that want to learn the FUNdamentals of lacrosse. The goals of this program are to introduce and develop basic skills for our youngest players using fun games and coaching techniques. {Co-Op}

Code	Grades	Day	Time
317099G	K – 1 st	SUN	5:30 – 6:30 pm

Fee: \$130

Equipment: Sticks available and soft balls provided. No goggles or mouth guard required.

Location for all ages: KLM Park lacrosse field



IGLA Girls Spring Lacrosse League

April 9 – June 4

Games held Sundays between 12 & 5 pm

Be part of a youth lacrosse league exclusively for girls. The emphasis of this program is to develop the girl within the sport of lacrosse. The goals of the program are to understand the rules of lacrosse, active teamwork, sportsmanship, and foster personal development in a respectful environment led by positive coaching. IGLA has adopted the US Lacrosse **"PLAYERS FIRST" ATHLETE DEVELOPMENT MODEL** which means smaller fields and a smaller number of players. Kids are more engaged, get more touches on the ball, and further develop their skills.

In the spring, IGLA offers two levels of league play: Pink and Purple. Both are recreational, community lacrosse. Pink teams practice once a week. Purple teams practice twice a week and may travel more for games. If considering Purple, players must first attend an assessment at Fall Fest on October 16th (or at another regularly scheduled assessment) where participants are assessed on stick skills and game play. {Co-Op}

PINK LEVEL

Code	Level	Grades	Day	Time
317099A	U9	2 nd & 3 rd	TU	5:30 – 6:30 pm
317099B	U11	4 th & 5 th	TH	5:30 – 6:30 pm
317099C	U13 & U15	6 th - 8 th	TH	5:30 – 6:45 pm

Fee: \$200 (plus pinny fee paid to IGLA)

PURPLE LEVEL

Code	Level	Grades	Day	Time
317099D	U9 & U11	2 nd – 5 th	TU & TH	5:30 – 6:30 pm
317099E	U13 & U15	6 th - 8 th	TU & TH	5:30 – 6:45 pm

Fee: \$300 (plus pinny fee paid to IGLA)

Equipment: A stick, hard ball, goggles and mouth guard required.

YOUTH ATHLETIC PROGRAMS

Introduction To Boys Lacrosse

This is a great way to learn how to play lacrosse. Coaches will teach fundamentals of lacrosse with a focus on teamwork, sportsmanship, and learning game play through scrimmages. **This class is for beginners only.**

Any registrations after April 3 will incur a \$25 late fee. NO EXCEPTIONS.

Code	Day	Time	Dates
317100A	SUN	12:30 – 1:45 pm	4/02 – 5/21 No class 4/16

Grades: K – 2nd

Fee: \$90

Location: Spring Rock Park, Western Springs

Min/Max: 10/50

Boys House League

We teach lacrosse with a focus on teamwork, sportsmanship and skill development led by positive coaching. The goals of the lacrosse league are to make a beginner an experienced player and an experienced player a better player. Our coaches will instruct boys on stick handling, passing, shooting, defense and offense, and will learn game play. All kids will be placed on a team and will compete against other teams in our league. Some travel to western suburbs.



Practices are on Wednesdays or Sunday and games will be either Saturday OR Sunday. Games times TBD, game location may vary

Code	Grades	Days	Time	Dates
317100B	K – 8 th	SU OR W	2:00 – 3:30 pm 6:30 – 8:00 pm	4/02 – 5/21 4/05 – 5/17 No class 4/16

Practice Locations:

Spring Rock Park (SUN)

Lyons Township High School South Campus (WED)

Fee: \$175R/\$195NR

Min/Max: 10/50

Any registrations after March 28th will incur a \$50 late fee. NO EXCEPTIONS.

REQUIRED EQUIPMENT for BOYS: Lacrosse stick, mouthpiece, lacrosse helmet with face guard, shoulder pads, elbow pads, lacrosse gloves, cup, and cleats. Rental equipment is available.

Travel Teams: 1/17 – 6/12

1 to 2 years' experience is required for travel team. Contact Mlambert@wsprings.com for more information.



Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. Since 1979 Skyhawks has taught over one million boys and girls life lessons through sports. Please view our website at www.skyhawks.com for further information.

Soccer Tots Teddies

This parent participation class uses a variety of props and games to engage toddlers in activities. Toddlers will explore balance, hand/eye coordination, and motor skill development. **Parent involvement is encouraged.**

Code	Day	Time	Dates
312031A	TH	5:00 – 5:45 pm	4/06 – 5/04

Ages: 27 – 36 months

Fee: \$69R/\$86NR

Location: The Lane School

Min/Max: 6/8 {Co-Op}

Soccer Tot Koalas

This camp introduces the essentials of soccer. Through games and activities, kids will explore balance, coordination, and skill development. Parent participation is encouraged.

Code	Day	Time	Dates
312031B	TH	5:45 – 6:30 pm	4/06 – 5/04

Ages: 3 – 4 years

Fee: \$69R/\$86NR

Location: The Lane School

Min/Max: 6/8 {Co-Op}

YOUTH ATHLETIC PROGRAMS

Hoopster Tots

This parent participation class uses a variety of props and games to engage toddlers in activities. Toddlers will explore balance, hand/eye coordination, and motor skill development.

Code	Ages	Day	Time	Dates
312032A	27 – 36 mths	TU	5:00 – 5:45 pm	4/04 – 5/02
312032B	3 – 4 years	TU	5:45 – 6:30 pm	4/04 – 5/02

Fee: \$69R/\$86NR
Location: The Lane School
Min/Max: 6/8 {Co-Op}

Pre-K Golf

To assist in this training, Skyhawk’s has adopted the SNAG (Starting New at Golf) technology to its curriculum. SNAG utilizes a set of equipment designed for beginning golfers, including oversized plastic club heads and “mini-tennis balls” to help build confidence. Holes are constructed with preset tee boxes or launching pads and are finished off with Velcro targets for greens. This program is perfect for developing a love for the game of golf! **Parent involvement is encouraged.**

Code	Day	Time	Dates
312118A	F	5:00 – 5:45 pm	4/07 – 5/12 No class 4/14

Ages: 3 – 4 years
Fee: \$69R/\$86NR
Location: Monroe School
Min/Max: 6/8 {Co-Op}

Beginning Golf

Skyhawk’s Golf focuses on building the confidence of young athletes through training in proper technique and foundational skills. Golf is a challenging and lifelong sport, so young athletes need proper focus on the essentials of a good swing, putting, and body positioning. To assist in this training, Skyhawk’s has adopted the SNAG (Starting New at Golf) technology to its curriculum. SNAG utilizes a set of equipment designed for beginning golfers, including oversized plastic club heads and “mini-tennis balls” to help build confidence. Holes are constructed with preset tee boxes or launching pads and are finished off with Velcro targets for greens. This program is perfect for developing a love for the game of golf! Emphasis is on fun and participation.

Code	Day	Time	Dates
312117A	F	5:45 – 6:30 pm	4/07 – 5/12 No class 4/14

Ages: 5 – 9 years
Fee: \$69R/\$86NR
Location: Monroe School
Min/Max: 6/8 {Co-Op}

Cheerleading

Skyhawk’s Cheerleading teaches young athletes the essential skills to lead crowds and support the home team! This entry-level cheer program ensures that each camper learns cheers, proper hand and body movements, and jumping techniques. There is no stunting—just a big focus on fun while each cheerleader learns important life skills such as teambuilding and leadership.

Code	Day	Time	Dates
312089A	W	5:00 – 5:45 pm	4/05 – 5/03

Ages: 5 – 9 years
Fee: \$69R/\$86NR
Location: The Lane School
Min/Max: 8/12 {Co-Op}

NEW!

Skyhawk’s Multi-Sport Camp

Our winter break camps are designed to introduce young athletes to a variety of different sports. For these camps we offer a selection of basketball and multi-sports for various ages. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of camp, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.

Participants should bring appropriate clothing, two snacks, a water bottle, and running shoes. Mini-Hawk participants need to bring a baseball glove.

Code	Days	Time	Dates
312062A	TU - F	9:00 am – 12:00 pm	1/03 – 1/06

Ages: 5 – 12 years
Fee: \$119R/\$169NR
Location: Clarendon Hills Middle School
Min/Max: 8/24 {Co-Op}



YOUTH ATHLETIC PROGRAMS



Twitter:
@HinsdaleParks



Instagram:
@hinsdaleparks

Soccer Made In America Winter Camp

Soccer Made in America offers a fully integrated program of soccer techniques and tactics. Camp is designed to teach players proper technical skills while enjoying playing soccer. Players will be challenged to improve on a daily basis.

Participants must bring their own soccer ball, shin guards and a water bottle to camp. Each participant receives a camp T-shirt, Certificate of Achievement, participation in contests with awards given to winners on "Awards Day".

Code	Days	Time	Dates
212060A	M - F	1:00 - 3:30 pm	12/26 - 12/30

Ages: 4 - 17 years
Fee: \$107R/\$139NR first family member
 \$86R/\$111NR additional family members
Location: Oak Brook Park District Gym
 1450 Forest Gate Rd, Oak Brook

Hinsdale Soccer Academy

The Hinsdale Soccer Academy 2017, created by Hinsdale Central Soccer Head Coach Michael Wiggins and presented by 5 Star Soccer Camps, Inc., provides the youth player of any ability a place to develop individual touch and technique through the use of futsal balls, for improved control. This weekly training program offered during the winter months is ideal for the youth player looking to stay in touch with the ball and continue to improve skill. This training program is focused on foot skills, intended to improve each player's comfort level with the ball.

Code	Days	Time	Dates
312063A	SUN	12:00 - 1:00 pm	1/08 - 2/26
312063B	SUN	1:00 - 2:00 pm	1/08 - 2/26

Ages: 5 - 12 years
Fee: \$110 each
Location: Hinsdale Central High School Gym
Min/Max: 12/36

Hinsdale Soccer Academy

The **Hinsdale 5-Star Winter Camp** is the ultimate winter mini-camp to participate in for kids looking to have FUN in the winter season! This mini-camp presents a curriculum focused on developing fundamental technique, while creating an atmosphere that unlocks the game within each child. FUN is the name of the game as this mini-camp sets the tone for the very reason kids will want to come back again and again! Open to boys and girls. *All participants need to bring a ball.*

Code	Days	Time	Dates
212064C	TU - TH	1:00 - 3:00 pm	1/03 - 1/05

Ages: 5 - 12 years
Fee: \$80/participant
Location: Hinsdale Central High School Fieldhouse
Min/Max: 12/100



YOUTH ATHLETIC PROGRAMS

Illinois Shokokan Karate Club is Chicagoland's premier Karate school taught under the instruction of John DiPasquale, a four-time National champion, US National Coach and President of the US National Karate Federation.



- Uniforms and belt-testing are options available through the ISKC Instructor
- Please note that the Youth, Parent/Child and Adult classes may train together
- Beginner students will not be permitted to register into the current session after the second class has met. Registration for Continuers through Advanced students will be accepted after the start date, but the full class fee is required.
- Please visit WWW.ISKC.COM for more information or call 847/359-0666.

Pre-Karate: 4 - 7 Years

Young children will develop agility, strength and coordination skills through fun and creative activities. This program is specifically designed to work with growing minds and bodies to enhance memory and agility. Watch your child's confidence blossom and their skills improve.

Code	Level	Day	Times	Dates	Fee	Session
312010A	Beginner	TU	4:15 - 5:00 pm	1/03 - 3/21	\$120	Winter
312010B	Continuer (2+ sessions)	TU	5:00 - 5:45 pm	1/03 - 3/21	\$120	Winter
312010F	Beginner	TU	4:15 - 5:00 pm	4/04 - 6/13*	\$100	Spring
312010G	Continuer (2+ sessions)	TU	5:00 - 5:45 pm	4/04 - 6/13*	\$100	Spring

***No class 4/11**

Location: Clarendon Hills Community Center, 315 Chicago Ave, Clarendon Hills

Max: 12 {Co-Op}

Code	Level	Day	Times	Dates	Fee	Session
312011A	Beginner/Continuer	F	4:00 - 4:45 pm	1/06 - 3/24	\$120	Winter
312011B	Int/Adv (2+ sessions)	F	4:50 - 5:35 pm	1/06 - 3/24	\$120	Winter
312011F	Beginner/Continuer	F	4:00 - 4:45 pm	4/07 - 6/09*	\$90	Spring
312011G	Int/Adv (2+ sessions)	F	4:50 - 5:35 pm	4/07 - 6/09*	\$90	Spring

***No class 4/14**

Location: Burr Ridge Community Center, 15W400 Harvester Dr, Burr Ridge

Max: 5 {Co-Op}

Youth Karate: 7 - 14 Years

ISKC's Youth karate classes will put children in touch with their bodies and offers a good mix of strength training, with cardiovascular and flexibility exercises. Children increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules.

Code	Level	Day	Times	Dates	Fee	Session
312010C	Beg/Cont (White belt)	TU	5:50 - 6:45 pm	1/03 - 3/21	\$120	Winter
312010D	Intermediate (Red-Yellow)	TU	6:45 - 7:40 pm	1/03 - 3/21	\$120	Winter
312010E	Advanced (Blue & Up)	TU	7:45 - 8:45 pm	1/03 - 3/21	\$120	Winter
312010H	Beg/Cont (White belts)	TU	5:50 - 6:45 pm	4/04 - 6/13*	\$100	Spring
312010I	Intermediate (Red-Yellow)	TU	6:45 - 7:40 pm	4/04 - 6/13*	\$100	Spring
312010J	Advanced (Blue & Up)	TU	7:45 - 8:45 pm	4/04 - 6/13*	\$100	Spring

***No class 4/11**

Location: Clarendon Hills Community Center, 315 Chicago Ave, Clarendon Hills

Max: 12 {Co-Op}

Code	Level	Day	Times	Dates	Fee	Session
312011C	Beg/Cont (White-Orange)	F	5:40 - 6:35 pm	1/06 - 3/24	\$120	Winter
312011D	Interm (Yellow-Green)	F	6:40 - 7:35 pm	1/06 - 3/24	\$120	Winter
312011E	Advanced (Purple-Black)	F	7:40 - 8:35 pm	1/06 - 3/24	\$120	Winter
312011H	Beg/Cont (White-Orange)	F	5:40 - 6:35 pm	4/07 - 6/09*	\$90	Spring
312011I	Interm (Yellow-Green)	F	6:40 - 7:35 pm	4/07 - 6/09*	\$90	Spring
312011J	Advanced (Purple-Black)	F	7:40 - 8:35 pm	4/07 - 6/09*	\$90	Spring

***No class 4/14**

Location: Burr Ridge Community Center, 15W400 Harvester Dr, Burr Ridge

Max: 5 {Co-Op}

YOUTH ATHLETIC PROGRAMS



Classes are taught under the direction of Grand Master Ki Hong Kim* (8th Dan World Taekwondo Federation.)



Taekwondo

Taekwondo, one of the newest Olympic sports, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self-esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of G.Master Ki Hong Kim (9th Dan Kukkiwon World Taekwondo Headquarters.) A \$45.00 uniform fee is required at the first class. Belt testing is offered through KH Kim Taekwondo at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gears.

Little Dragons I

Age: 4-5 • White Belts/Beginners

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training.

Code	Day	Time	Dates	Min/Max
312020A	W	4:00 – 4:40 pm	1/04 – 3/22	3/8
312020B	W	4:00 – 4:40 pm	4/05 – 6/07	3/8

Little Dragons II

Age: 4-5 • Yellow/White Stripe Belts and Higher

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training.

Code	Day	Time	Dates	Min/Max
312020C	W	4:45 – 5:25 pm	1/04 – 3/22	3/8
312020D	W	4:45 – 5:25 pm	4/05 – 6/07	3/8

Early Taekwondo

Age: 6-7 • All Belt Levels

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.

Code	Day	Time	Dates	Min/Max
312021A	W	5:30 – 6:15 pm	1/04 – 3/22	4/15
312021B	W	5:30 – 6:15 pm	4/05 – 6/07	4/15

Youth Taekwondo

Age: 8-13 • All Belt Levels

This program includes a balanced cardiovascular workout that includes 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.

Code	Day	Time	Dates	Min/Max
312022A	W	6:20 – 7:05 pm	1/04 – 3/22	4/15
312022B	W	6:20 – 7:05 pm	4/05 – 6/07	4/15

Parent/Child Taekwondo

Age: 7 and up with parent • All Belt Levels • Fee is per person.

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional the Taekwondo techniques including punching, kicking, and blocking.

Code	Day	Time	Dates	Min/Max
312023A	W	7:10 – 8:00 pm	1/04 – 3/22	4/15
312023B	W	7:10 – 8:00 pm	4/05 – 6/07	4/15

Fee winter session: \$121R/\$132NR

Fee spring session: \$110R/\$120NR

Location for all classes: KLM Lodge



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