



Pee Wee Sports

We have found this exciting class to be just what parents need in order to give their children a positive first step into athletics. We play a different sport each week, including soccer, baseball, hockey, basketball, and football. Participants will start developing socialization, teamwork, direction following, and key motor skills. Games will be played at the end of each class.

Code	Day	Time	Dates
212091A	M	4:30 – 5:20 pm	9/11 – 10/23
212091B	M	4:30 – 5:20 pm	11/06 – 12/18

NO CLASSES 10/09 & 11/20

Ages: 3 – 4 years
 Fee: \$50R/\$63NR
 Location: Madison School
 Min/Max 8/20

Baseball Fall Training Camp

Get ready for the upcoming season. 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
202085A	M	6:30 – 7:30 pm	9/11 – 10/23

NO CLASS 10/09

Ages: 7 – 9 years
 Fee: \$50R/\$63NR
 Location: Madison School
 Min/Max 8/20

Pee Wee Baseball

Bases will be loaded with incredible excitement and fun-filled activities to get your child on deck with the game of baseball. In this non-competitive environment, children will have a ball learning how to hit off a tee, running bases, playing catch, as well as having opportunity to learn various field positions. Participants should bring their own glove. A game will be played at the end of each class.

Code	Day	Time	Dates
212041A	TU	4:30 – 5:20 pm	9/12 – 10/17
212041B	TU	4:30 – 5:20 pm	11/07 – 12/19

NO CLASS 11/21

Ages: 3 – 4 years
 Fee: \$50R/\$63NR
 Location: Madison School
 Min/Max 8/16

Lil Pint Baseball

Tee up for some baseball fun! Join us for our skill enhancing, non-competitive class for all skill levels. We will practice throwing, catching, base running, hitting and fielding strategies. Equipment will be provided; however, each child will need to bring a glove. Soft baseballs will be used. Games will be played at the end of each class.

Code	Day	Time	Dates
212042A	TU	5:30 – 6:30 pm	9/12 – 10/17

Ages: 4 – 6 years
 Fee: \$50R/\$63NR
 Location: Madison School
 Min/Max 8/16

Lil Pint Basketball/T-Ball Combo

Slam some dunks and hit homeruns in this basketball/T-ball combo class. Participants will learn skills in passing, shooting, dribbling, throwing, catching and hitting. Teamwork, participation, and good sportsmanship are all stressed throughout the class. Games will be played at the end of each class.

Code	Day	Time	Dates
212193A	TU	5:30 – 6:30 pm	11/07 – 12/19

NO CLASS 11/21

Ages: 4 – 6 years
 Fee: \$50R/\$63NR
 Location: Madison School
 Min/Max: 8/16

Jr. Basketball

This is the perfect class to learn the game or expand your skills! All the basic skills of dribbling, passing, and shooting will be taught in a non-competitive environment. Teamwork, participation, and good sportsmanship are stressed. A game will be played at the end of each class.

Code	Day	Time	Dates
212190A	M	5:30 – 6:30 pm	9/11 – 10/23
212190B	M	5:30 – 6:30 pm	11/06 – 12/18

NO CLASSES 10/09 & 11/20

Ages: 5 – 6 years
 Fee: \$50R/\$63NR
 Location: Madison School
 Min/Max 8/20

Basketball Training Camp

This 6-week basketball class will help you to the next level. We will enhance the basics you may have learned, along with advancing your skills that will concentrate on more teamwork and game strategies. Our speed, agility, and jump training session is built to make our participants faster, stronger, and more agile athletes. Be the fastest kid on the court! A scrimmage game will be played at the end of each class.

Code	Day	Time	Dates
212043A	M	6:30 – 7:30 pm	11/06 – 12/18

NO CLASS 11/20

Ages: 7 – 9 years
 Fee: \$50R/\$63NR
 Location: Madison School
 Min/Max: 8/20

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. Players will learn the rules, positions on the field, and strategies for offense and defense. A game will be played at the end of each class.

Code	Day	Time	Dates
212093A	TH	5:30 – 6:20 pm	9/14 – 10/19

Ages: 5 – 7 years
 Fee: \$50R/\$63NR
 Location: Madison School
 Min/Max: 8/20

Floor Hockey

Calling all you hot-shots out there! All the action of hockey on a floor! This class is for both the experienced player and the beginner. This fast paced, low competition class will promote shooting, passing, teamwork, positions, and some game strategies. We provide the sticks and pucks; safety goggles and mouth guards are recommended but not necessary.

Code	Day	Time	Dates
212105A	TH	5:30 – 6:20 pm	11/02 – 12/14 NO CLASS 11/23

Ages: 5 – 7 years
 Fee: \$50R/\$63NR
 Location: Madison School
 Min/Max: 8/20

Fencing

Fencing class teaches students the basics of attack and defense as well as strategies that create the foundation for their fencing game. Each class will have instruction and bouting (actual fencing). All equipment is provided. This class is family friendly.

Code	Level	Day	Time	Dates
212250A	Adv	M	4:45 – 5:45 pm	9/11 – 10/23
212250B	Beg	M	5:45 – 6:40 pm	9/11 – 10/23
212250C	Adv	M	4:45 – 5:45 pm	10/30 – 12/18*
212250D	Beg	M	5:45 – 6:40 pm	10/30 – 12/18* *NO CLASS 11/20

Ages: 8 years and up
 Fee: \$70R/\$85NR | \$35 add'l family member
 Location: KLM Lodge
 Min/Max: 4/10

Pee Wee Soccer

With the use of smaller 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! A game will be played at the end of each class.

Code	Day	Time	Dates
212192A	TH	4:30 – 5:20 pm	9/14 – 10/19
212192B	TH	4:30 – 5:20 pm	11/02 – 12/14* *NO CLASS 11/23

Ages: 3 – 4 years
 Fee: \$50R/\$63NR
 Location: Madison School
 Min/Max: 8/20

5-Star Winter Soccer Camp

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	W - F	12:00 – 1:00 pm	1/03 – 1/05

Ages: 5 – 12 years
 Fee: \$80/participant (t-shirt included)
 Location: Hinsdale Central High School Fieldhouse
 Min/Max: 12/100

5-Star Weekly Skills Sessions

This camp, 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
212164G	Sun	12:00 – 1:00 pm	1/07 – 2/25
212164H	Sun	1:00 – 2:00 pm	1/07 – 2/25

Ages: 5 – 12 years
 Fee: \$110/participant
 Location: Hinsdale Central Main Gym
 Min/Max: 12/36

NEW!

Knockerball Chicago: Bubble Open Play

Knockerball, the #1 Bubble Ball Party is coming to Hinsdale! Get ready to defy gravity. You may have seen videos or heard kids asking about Bubble Soccer and now is your chance to GET IN THE BALL. Just sign up and meet us at the park. We will organize 5-10 minute games onsite with appropriate age groups. Grab your friends and we'll group you all together.



Code	Days	Time	Dates
212040A	Sat	3:00 – 5:00 pm	9/23 (rain date 9/30)
212040B	Sun	1:00 – 3:00 pm	10/08 (rain date 10/15)

Ages: 7 – 15 years
 Fee: Pre-registration \$20/person
 On-Site Registration \$25/person
 Location: Burns Field





where every girl plays!



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 "Player's 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. For more information visit www.iglax.org or email info@iglax.org.

Registration: for all programs, registration is a two-step process...

Step 1: Register and pay the Hinsdale Parks and Rec. Dept.

Step 2: Fill out the player information form on iglax.org (late fees will be assessed after 9/1 by IGLA)

Lacrosse Clinic for 6U

Ready to start lacrosse? Join IGLA this Fall for a weekly one hour clinic exclusively for 1st and 2nd Grade girls who want to learn the fundamentals of the game. The goals of this program are to introduce and develop basic skills using fun games and coaching techniques. IGLA will use soft balls so only a stick is required to play. A parent meeting will be held after the first clinic. After registering for this program, please go to www.iglax.org and fill out a player information form.

IGLA pinny is required and may be purchased during registration at www.iglax.org

Code	Grades	Day	Time	Dates
212215D	K – 1 st	TU	5:30-6:30 pm	9/12 – 10/17

Fee: \$130 per player

Location: KLM Park

We need parent volunteers (coaches and team support) click on our volunteer tab at iglax.org - NO LACROSSE EXPERIENCE NECESSARY!

Each player must have their own stick, goggles, and a mouth guard for all practices and games. You can find more information about equipment at iglax.org (found under the "Get Ready to Play" tab) Find more information at www.iglax.org or email info@iglax.org.

Pink Level

Code	Level	Day	Time	Dates
212215A	U8 & 10	TU	5:30 – 6:30 pm	9/12 - 10/17
212215B	U12 & 14	TU	5:30 – 6:45 pm	9/12 – 10/17

Fee: \$185 per player | **\$20 late fee after 9/01**

Purple Level

Code	Level	Days	Time	Dates
212215C	U8 & 10	TU & TH	5:30 – 6:30 pm	9/12 - 10/19
212215E	U12 & 14	TU & TH	5:30 – 6:45 pm	9/12 – 10/19

Fee: \$285 per player | **\$20 late fee after 9/01**

Location: KLM Park

Pink and Purple Level League games played on Sundays

FALL BOYS LACROSSE

Beginners and experienced from K – 8th grade. Lacrosse focus will be on learning lacrosse skills in offense, defense and game strategies. Emphasis in scrimmages will be on skill development, teamwork, and sportsmanship.

Code	Grade	Day	Time	Dates
212217A	K-3 rd	SUN	1:00 – 2:30 pm	9/10 – 10/22
212217B	4 th & 5 th	SUN	1:00 – 2:30 pm	9/10 – 10/22
212217C	6 th – 8 th	SUN	1:00 – 2:30 pm	9/10 – 10/22

Fee: \$115

Location: Lyons Township High School South campus

BOYS WINTER INDOOR LACROSSE

Beginners and experienced from K – 8th grade. Focus will be on learning lacrosse skills in offense, defense and game strategies. Emphasis in scrimmages will be on skill development, teamwork, and sportsmanship.

Code	Grade	Day	Time	Dates
212218A	K – 4 th	SUN	1:00 – 2:30 pm	11/05 – 12/17
212218B	5 th - 8 th	SUN	1:00 – 2:30 pm	11/05 – 12/17

NO CLASS 11/26

Fee: \$160

Location: Westmont Yard

REQUIRED EQUIPMENT: Lacrosse stick, mouth-piece, lacrosse or hockey helmet with face guard; shoulder pads, elbow pads, lacrosse gloves, and cup.



Basketball Clinic

This fun, skill-intensive program is designed for beginning to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will learn vital life lessons such as respect, teamwork and responsibility.

Code	Day	Time	Dates
212306A	W	10:00 – 10:45 am	9/13 – 10/11
212306B	W	10:45 – 11:30 am	9/13 – 10/11
212306C	TH	10:00 – 10:45 am	10/19 – 11/16
212306D	TH	10:45 – 11:30 am	10/19 – 11/16

Ages: 3 - 4 years
 Fee: \$69R/\$86NR
 Location: The Community House
 Min/Max: 6/8 {Co-Op}

Multi - Sport Camp

(Soccer, Baseball, Basketball & Flag Football)

This multi-sport camp is designed to introduce young athletes to a variety of different sports. This program combines soccer, baseball, basketball & football into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports and with vital life lessons such as respect, teamwork and self-discipline.

Code	Days	Time	Dates	Ages
212256A	TU – F	1:00 – 4:00 pm	12/26 – 12/29	4-7 years
212256B	W – F	9:00 am – 3:00 pm	1/03 – 1/05	6-12 years

Fee: \$119R/\$146NR (Section A)
 \$109R/\$130NR (Section B)
 Location: Clarendon Hills Middle School
 Min/Max: 6/16

Golf Clinic

To assist in this training, Skyhawks 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. **Parent involvement is encouraged.**

Code	Day	Time	Dates	Ages
212305A	F	5:00 – 5:45 pm	9/15 – 10/13	3-4 years
212305B	F	5:00 – 5:45 pm	10/20 – 11/17	3-4 years

Code	Day	Time	Dates	Ages
212305C	F	5:45 – 6:30 pm	9/15 – 10/13	5-9 years
212305D	F	5:45 – 6:30 pm	10/20 – 11/17	5-9 years

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

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
212200A	M	9:30 – 10:10 am	9/11 – 10/09
212200B	M	9:00 – 9:45 am	10/16 – 11/13

Ages: 27 – 36 months
 Fee: \$69R/\$86NR
 Location: The Community House
 Min/Max: 6/8 {Co-Op}

Soccer Tot Koalas

Designed for children ages 3-4 years old, this camp introduces the essentials of soccer. Through games and activities, kids will explore balance, coordination, and skill development. **Parent involvement is encouraged.**

Code	Day	Time	Dates
212200C	M	10:10 – 10:50 am	9/11 – 10/09
212200D	M	9:45 – 10:30 am	10/16 – 11/13

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

EZ Tennis

With EZ tennis kids will learn the basics of the game as well as techniques, form and strategy without the frustration of playing on a full-size court. EZ Tennis uses a smaller, more manageable racquet; a larger, nerf-life 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
212307A	W	4:00 – 5:00 pm	9/13 – 10/11
212307B	W	5:00 – 6:00 pm	9/13 – 10/11
212307C	W	4:00 – 5:00 pm	10/18 – 11/15
212307D	W	5:00 – 6:00 pm	10/18 – 11/15

Ages: 3 - 5 years
 Fee: \$79R/\$96NR
 Location: The Lane School
 Min/Max: 6/12 {Co-Op}

Basketball Winter Break Camp

This fun, skill-intensive program is designed for beginning to intermediate athletes. An active time of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will learn vital life lessons such as respect, teamwork and responsibility.

Code	Days	Time	Dates
212257A	TU – F	9:00 am – Noon	12/26 – 12/29

Ages: 6 -12 years
 Fee: \$119R/\$146NR
 Location: Clarendon Hills Middle School
 Min/Max: 8/24



Illinois Shotokan 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 instructor. Youth, parent/child and adult classes may train together. Please visit www.iskc.com for more information or call 847/359-0666

Pre-Karate - 4 - 7 Years

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

Youth Karate - 7 - 14 Years

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	Age	Time
212010A	Beginner	4 - 7 yrs	4:15 - 5:00 pm
212011A	Continuer (2 or more sess)	4 - 7 yrs	5:00 - 5:45 pm
212012A	Beg/Cont (White belts)	7 - 14 yrs	5:50 - 6:45 pm
212013A	Inter (Red-Yellow)	7 - 14 yrs	6:45 - 7:40 pm
212014A	Advanced (Blue & Up)	7 - 14 yrs	7:45 - 8:45 pm

Day: Tuesday
 Dates: 9/05 – 12/19 **NO CLASS 10/31**
 Fee: \$154
 Location: Clarendon Hills Community Center, 315 Chicago Ave., Clarendon Hills
 Max: 12 {Co-Op}

Code	Level	Age	Time
212030A	Beginner/Continuer	4 - 7 yrs	4:00 - 4:45 pm
212031A	Int/Adv (2 or more sess)	4 - 7 yrs	4:50 - 5:35 pm
212032A	Beg/Cont (White-Orange)	8 - 14 yrs	5:40 - 6:35 pm
212033A	Intermediate (Yellow-Green)	8 - 14 yrs	6:40 - 7:35 pm
212034A	Advanced (Purple-Black)	8 - 14 yrs	7:40 - 8:35 pm

Day: Friday
 Dates: 9/08 – 12/15 **NO CLASS 10/27 & 11/24**
 Fee: \$133
 Location: Burr Ridge Community Center, 15W400 Harvester DR, Burr Ridge
 Max: 5 {Co-Op}

NOTE: Beginning students will not be permitted to register into the current season after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but full class fees will be required.



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. 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.

Instructor: KH Kim Taekwondo Staff

Little Dragons I: Ages 4-5 • All Belt Levels

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
222010A	W	4:45 – 5:25 pm	9/06 – 12/20	3/8

Early Taekwondo: Ages 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
222010B	W	5:30 – 6:15 pm	9/06 – 12/20	4/15

Youth Taekwondo: Ages 8-13 • All Belt Levels

This program includes a balanced cardiovascular workout, including 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
222010C	W	6:20 – 7:05 pm	9/06 – 12/20	4/15

Parent/Child Taekwondo: Ages 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 Taekwondo techniques including punching, kicking, and blocking. **Fee is per person.**

Code	Day	Time	Dates	Min/Max
222010D	W	7:10 – 8:00 pm	9/06 – 12/20	4/15

Fee per session: \$176R/\$192NR

Location for all classes: KLM Lodge