

FITNESS & TENNIS

Fit4Mom (Ages 18 & up w/ child)

Fit4Mom of Greater Northwest Chicago Suburbs offers fitness classes to moms of all ages and stages of motherhood right here in Hawthorn Woods. From Stroller Fitness classes to HIIT style classes, there is something for all parents with Fit4Mom. Fit4Mom not only offers you the opportunity to exercise, but also offers you a network of moms with common goals. Your first class is free! Visit greaternwchi.fit4mom.com to register for your free class now.



Sept. 3 - Dec. 20

Hawthorn Woods Aquatic Center - Community Room

Registration Information: greaternwchi.fit4mom.com

Class	Days	Times
Stroller Strides	Mon/Wed/Fri	9:30 a.m. - 10:30 p.m.
Body Back Membership	Sun	7:30 a.m. - 8:30 a.m.
Body Ignite	Tues/Thurs	7:30 p.m. - 8:30 p.m.



QuickStart Tennis (Ages 4 & up)

QuickStart Tennis is used to help develop skills and play tennis games utilizing smaller sized rackets, low compression tennis balls, and smaller court sizes. This program develops proper technique, skill and is fun for all ages. Students progress at a faster pace through each skill test using proper tennis balls and courts designed for their own unique abilities and needs. Please bring a tennis racket, gym shoes, and water. All tennis balls and other equipment will be provided. Instructed by Inspire Tennis Academy.

Thurs, Sept. 5 - Oct. 24

Heritage Oaks Park

Fees: \$136/Res; \$156/Non-Res

Level	Ages	Dates	Days	Times	Code
Pee Wee	4-6	Sept. 5 - Oct. 24	Thurs.	3:00 p.m. - 4:00 p.m.	2648
Beginner/ Advanced Beginner	6-8	Sept. 5 - Oct. 24	Thurs.	4:00 p.m. - 5:00 p.m.	2654
Beginner/ Advanced Beginner	8-10	Sept. 5 - Oct. 24	Thurs.	4:00 p.m. - 5:00 p.m.	2655
Advanced Beginner/ Intermediate	10 & up	Sept. 5 - Oct. 24	Thurs.	5:00 p.m. - 6:00 p.m.	2656
Advanced Beginner/ Intermediate	12 & up	Sept. 5 - Oct. 24	Thurs.	5:00 p.m. - 6:00 p.m.	2657



BASKETBALL & VOLLEYBALL

Jr. Basketball (Ages 5-7)

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. Instructed by Sports R Us.

Session 1: Sept. 16 – Oct. 21

Mon, 6:30 p.m. – 7:30 p.m.

Mundelein Community Center

Fees: \$60/res; \$68/non-res

Code: 2647

Session 2: Nov. 4 – Dec. 9

Mon, 6:30 p.m. – 7:30 p.m.

Mundelein Community Center

Fees: \$60/res; \$68/non-res

Code: 2658

Basketball Shooting (Ages 7-12)

Boys and girls learn jump shots, shots off the glass, lay-ups, shooting from a pass and shooting off the dribble. Shooting games are also a part of class. Instructed by SportsKids Inc.

Session 1: Sept. 14 – Oct. 19

Sat, 9:15 a.m. – 10:00 a.m.

Mundelein Community Center

Fees: \$45/res; \$54/non-res

Code: 2666

Session 2: Oct. 26 – Dec. 7 (no class 11/30)

Sat, 9:15 a.m. – 10:00 a.m.

Mundelein Community Center

Fees: \$45/res; \$54/non-res

Code: 2667



Volleyball Skills & Games (Ages 8-13)

This program is a must for players of all skill levels trying to improve on the fundamentals or learn the game for the first time. We will assist players with their skills and knowledge of passing, serving, defense, setting, blocking and hitting. Players will also work on technique, set location, play sets, footwork and overall knowledge of the game. They will learn offensive and defensive systems through team drills and game play. Instructed by SportsKids Inc.

Session 1: Sept. 12 – Oct. 17

Thurs, 7:15 p.m. – 8:00 p.m.

Mundelein Community Center

Fees: \$45/res; \$54/non-res

Code: 2649

Session 2: Oct. 25 – Dec. 6

Fri, 6:30 p.m. – 7:15 p.m. (no class 11/29)

Mundelein Community Center

Fees: \$45/res; \$54/non-res

Code: 2665

Parent/Child Super Sports (Ages 3-4 w/parent)

It's time to team up with mom or dad in this pint-sized sports class. This program is perfect for toddlers who are full of energy and parents who are looking for an introduction to a variety of sports. Parents will help their children in developing socialization, teamwork, direction following, and key motor skills. Each week, participants will experience the game of such sports like soccer, baseball, hockey, basketball, and football. Instructed by Sports R Us.

Session 1: Sept. 14 – Oct. 19

Sat, 9:00 a.m. – 9:50 a.m.

Carl Sandburg School

Fees: \$60/res; \$68/non-res

Code: 2659

Session 2: Nov. 2 – Dec. 14 (no class 11/30)

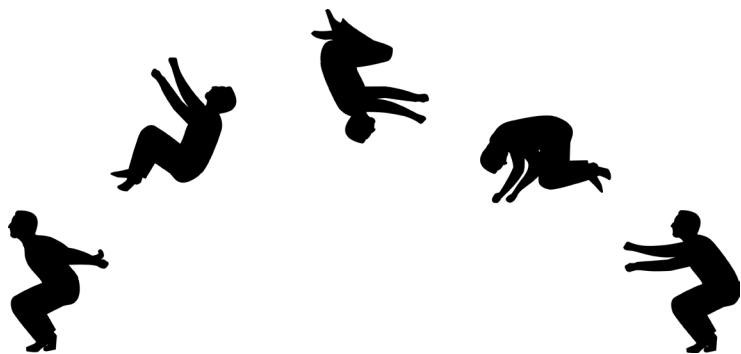
Sat, 10:00 a.m. – 10:50 a.m.

Carl Sandburg School

Fees: \$60/res; \$68/non-res

Code: 2660

TUMBLING, TRACK & FENCING



Adult & Tot Tumbling & Rhythmic Gymnastics (Ages 2-3 w/adult)

Bond with your child as you help them develop body awareness, coordination, flexibility and balance while having fun learning and practicing movement, rolls, and other tumbling exercises. Toddlers also use balls, hoops and ribbons to try simple rhythmic gymnastics movements that stimulate growing muscles and build concentration. Instructed by SportsKids Inc.

Oct. 23 – Dec. 4 (no class 11/27)

Wed, 5:45 p.m. – 6:15 p.m.

Mundelein Community Center

Fees: \$30/res; \$36/non-res

Code: 2651

Tot Tumbling & Rhythmic Gymnastics (Ages 3-5)

Children are introduced to tumbling positions, drills and movements, such as tuck, straddle, bridge, forward roll and cartwheel. Leaps, jumps, stretching, running and balancing are taught as part of rhythmic gymnastics movements that also involve using hoops, ribbons and other hand apparatus. This class promotes the development of balance, strength, motor skills, and flexibility in a safe, fun and progressive setting. Instructed by SportsKids Inc.

Oct. 23 – Dec. 4 (no class 11/27)

Wed, 5:00 p.m. – 5:45 p.m.

Mundelein Community Center

Fees: \$45/res; \$54/non-res

Code: 2652

Youth Track & Field (Ages 7-12)

This class will teach kids about track and field, one of the oldest sports that continues to grow and is highlighted by the Olympics every 4 years. Boys and girls will learn the jumping, running and throwing skills involved in the sport of track and field. They will practice sprints, relays, long-distance walking, running hurdles, long jump, discus throw and other track and field events as well as participate in a fun-filled SportsKids track and field meet on the last day of the class. Instructed by SportsKids

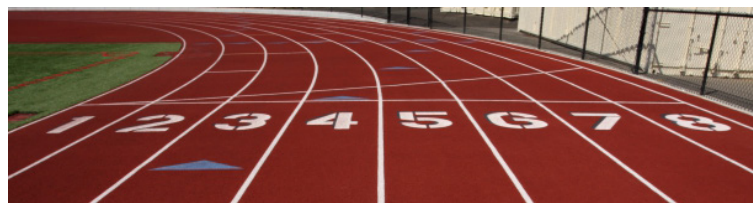
Sept. 9 – Oct. 14

Mon, 5:00 p.m. – 5:45 p.m.

Mundelein Community Park Soccer Fields

Fees: \$45/res; \$54/non-res

Code: 2653



Fencing (Ages 8-15)

Our fun and informative classes teach students the basics from beginner to expert. Safety is stressed and each participant handles a foil in every session. Students will learn moves and strategies that create the foundation for their fencing game. Each class features instructions and competition. All equipment provided. Instructed by Vladimir Lapshin.

Session 1: Sept. 12 - Oct. 24

Thurs, 5:30 p.m. - 6:30 p.m.

Hawthorn Woods Aquatic Center - Community Room

Fees: \$98/Res; \$112/Non-Res

Code: 2638

Session 2: Nov. 7 - Dec. 19 (no class 11/28)

Thurs, 5:30 p.m. - 6:30 p.m.

Hawthorn Woods Aquatic Center - Community Room

Fees: \$84/Res; \$97/Non-Res

Code: 2639

