

PRESCHOOL ATHLETICS

Sports and More

Children are introduced to the fundamentals of such sports as soccer, t-ball, football, hockey plus others as well as group games. We provide an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship. Those attending pre-school at Weiss Community Center will be picked up for class. No class 3/28, and 3/31.

Age: 3-5

Location: Weiss Community Center

Tu 12-12:45 pm

Jan 10-Feb 21 \$88R/\$106N

Feb 28-Apr 18 \$88R/\$106N

Apr 25-May 30 \$75R/\$90N

Age: 3-5

Location: Weiss Community Center

F 12:45-1:30 pm

Jan 13-Feb 24 \$88R/\$106N

Mar 3-Apr 21 \$88R/\$106N

Apr 28-Jun 2 \$75R/\$90N

Lil Dribblers: Rookies

The Rookie Dribblers program is designed to progress children through their early basketball experience. Simple skills acquired in the Junior Dribblers are reinforced, and other aspects of the game are introduced in a fun and supportive environment.

Age: 3-5

Location: Weiss Community Center

F 1:30-2:15 pm

Jan 13-Feb 24 \$88R/\$106N

Pee Wee Soccer

This class is designed to increase balance, body awareness, motor skills, and make soccer fun. Players will work on ball touches and controlling the ball. Class will work on balance and movements through games and challenges.

Age: 3-5

Location: Weiss Community Center

F 1:30-2:15pm

Apr 28-Jun 2 \$75R/\$90N

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! No class on 3/31.

Age: 3-5

Location: Weiss Community Center

F 1:30-2:15 pm

Mar 3-Apr 21 \$88R/\$106N



ATHLETICS

Grip It & Rip It Archery

Learn about the sport by a certified Archery Instructor with bows and arrows provided. For safety, tight-fitting clothing or short-sleeved shirts recommended and participants must wear closed-toed shoes. Classes may be combined if necessary.

- Level 1: Have fun learning terms, equipment and techniques while letting arrows rip in a safe setting.
- Level 1 Continuer: For archers who have completed a level 1 class.

Age: 9 & up

Location: Weiss Center/Wood Land Trails Park

W 5-6 pm Level 1

W 6:15-7:30 pm Level 1 Continuer

Apr 26-May 24 \$60R/\$72N



Heritage Tennis Club Lessons

Thanks to the Arlington Heights Park District, tennis instruction is offered indoors at Heritage Tennis Club in Arlington Heights. You do not have to be a resident of Arlington Heights or a member of the Club to participate. Non-member fees exist, but you can try the program before deciding to join and receive the membership benefits.

For more about programs and rates, call 847-398-7780 or go to www.ahpd.org/htc

