

# Athletics



**The following classes are taught by Hot Shot Sports: Sports and More, Pee Wee Soccer, Lunch & Play and Lil Dribblers.**

## 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 & 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 3/26, 3/28 & 3/29.

**Age:** 3-5

**Location:** Weiss Community Center

**Tu 12-12:45 pm**

Jan 9-Feb 13 \$84R/\$101N

Feb 27-Apr 16 \$98R/\$118N

Apr 23-May 14 \$56R/\$68N

**Th 10-11:30 am**

Jan 11-Feb 15 \$120R/\$140N

Feb 29-Apr 18 \$140R/\$160N

Apr 25-May 16 \$80R/\$96N

**F 12:45-1:30 pm**

Jan 12-Feb 16 \$84R/\$101N

Mar 1-Apr 19 \$98R/\$118N

Apr 26-May 17 \$56R/\$68N

## 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. No class 3/29.

**Age:** 3-5

**Location:** Weiss Community Center

**F 11:45am-12:30pm**

Jan 12-Feb 16 \$84R/\$101N

Mar 1-Apr 19 \$98R/\$118N

Apr 26-May 17 \$56R/\$68N

## Lunch & Play

Children are introduced to a variety of sports including soccer, t-ball, basketball, football, kickball plus others as well as group games. Our goal is to provide the opportunity for each child to develop motor skills & nurture his/her growth socially through teamwork & good sportsmanship. Those attending pre-school at Weiss Community Center will be picked up for class. Children should bring lunch & water. No class 3/28.

**Age:** 3-5

**Location:** Weiss Community Center

**Th 11:30am-1pm**

Jan 11-Feb 15 \$120R/\$140N

Feb 29-Apr 18 \$140R/\$160N

Apr 25-May 16 \$80R/\$96N

## 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. No class 3/29.

**Age:** 3-5

**Location:** Weiss Community Center

**F 1:30-2:15pm**

Jan 12-Feb 16 \$84R/\$101N

Mar 1-Apr 19 \$98R/\$118N

Apr 26-May 17 \$56R/\$68N

# Athletics



## Heritage Tennis Club Lessons

Escape the cold with indoor tennis lessons! The Arlington Heights Park District is pleased to offer indoor tennis instruction at the Heritage Tennis Club in Arlington Heights. You do not need 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 membership benefits.

For more information about programs and rates, call 847-398-7780 or go to [www.ahpd.org/htc](http://www.ahpd.org/htc).



## Figure Skating

*River Trails Park District has joined with Mount Prospect Figure Skating Academy to offer our community figure skating lessons! Mount Prospect Figure Skating Academy's purpose is to teach individuals the fundamentals of ice skating in a safe, fun, and energetic manner while providing a curriculum that will advance skills in each and every lesson. The ratio is 6:1 student to coach.*

*Please arrive at the rink 10 minuets early so we can help with skates. Dress warm!*

**Location:** Mount Prospect Ice Arena, 1501 Feehanville Dr., Mt. Prospect

## Snowplow Sam

This class offers our younger skaters a chance to get out on the ice and learn in an age appropriate manner. No previous experience needed.

**Age:** 3-6

## The Basics

A fun and fast pace class to encourage skaters to grow and learn. This class is designed for children and adolescents that want to learn the fundamentals of ice skating. No previous experience needed.

**Age:** 6+

Please check  
our website  
for times  
and dates at  
[www.rtpd.org](http://www.rtpd.org).