

Youth Sports

T-Ball Tune Up (4-7 years) \$20/\$24

Time to break out the bat and glove and get ready to learn the game of baseball! This interactive parent-child program is spring training for T-ball players. Participants will practice batting, catching, running the bases, and throwing in this indoor/outdoor setting. If your child is planning to play this season, sign up soon due to limited space.

Ages 4-5

BD TU 5/1-5/29 6-7pm Reg by 4/27 #5028

Ages 6-7

BD WE 5/2-5/30 6-7pm Reg by 4/27 #5029

Goofy Foot Skateboarding (5-12 years) \$46/55

Are you ready to learn how to ride a skateboard the way Tony Hawk does? Our instructor will start you rolling by teaching you the basic skills of balance, stance, turning, pumping, braking, and stopping in addition to basic park riding and park etiquette. Classes will take place at the Waukegan Park District's Skate Park located in Bowen Park.

Ages 5-8

BSP Tue 4/3-4/24 4:30-6pm Reg by 3/31 #5590

BSP Tue 5/8-5/29 4:30-6pm Reg by 5/4 #5591

Ages 9-12

BSP Thu 4/5-4/26 4:30-6pm Reg by 3/31 #5592

BSP Thu 5/10-5/31 4:30-6pm Reg by 5/4 #5593

Dodgeball Mania (6-14 years) \$25/\$30

Come play dodge ball on a weekly basis, not just in gym class. Sign up for one of these class where you will come in and play on a different assigned team every week. Teams are always changing. Sign up for this high flying exciting sport.

Ages 6-10

FH TH 4/5-5/10 5:30-6:30pm Reg by 3/30 #8700

Ages 11-14

FH TH 4/5-5/10 6:30-7:30pm Reg by 3/30 #8701

Youth Volleyball Skills & Drills (6-10 years) \$44/\$53

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving, and spiking. The lesson plan directs the use of self-mastery training and groups that help each student reach a new level. Instructors organize games at the end of each class.

FH WE 2/22-4/4 4:30-5:30pm Reg by 2/18 #8794

FH WE 4/11-5/16 4:30-5:30pm Reg by 4/6 #8798

Junior Volleyball Skills & Drills (11-14 years) \$42/\$50

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving and spiking. You will learn to overhand serve and develop skills to play games. The lesson plan directs the use of self-mastery training and groups that help each student reach a new level. Instructors organize games at the end of each class.

FH WE 2/22-4/4 3:30-4:30pm Reg by 2/18 #8796

FH WE 4/11-5/16 3:30-4:30pm Reg by 4/6 #8799

Junior Bulldogs Spring Basketball League (6-7 years) \$73/\$85

Come play in a low-pressure developmental league for kids who want to play basketball and keep improving over the spring and summer. Teams will be balanced by skill level and height and coached by adults whose main objective is the child's basketball development. There will be no scoring record; kids can have fun without any pressure.

Player Evaluation

FH TU 4/3 6-8pm

Practice

1hr/wk MO,TU,WE or TH 5:30-8pm

Games

FH FR 4/20-5/25 6-9pm Reg by 3/30 #8733

Jr. Bulldogs Spring Basketball League (8-9 years) \$73/\$85

If you're looking for a way to keep improving your skill set for the next basketball season this is the league for you! All skill levels are welcomed. Each team will be balanced and coached by an adult.

Player Evaluation

FH Thu 4/5 6-8pm

Practice

1hr/wk MO,TU,WE or TH 5:30-8:30pm

Games

FH Fri 4/20-6/1 6-9pm Reg by 4/7 #8734

Youth Tennis Lessons (8-15 years) \$46/55

It is spring time once again and time to break out the racquets. Learn the fundamentals of tennis or sharpen your skills. All skill levels welcomed!

Ages 8-11

BEV SA 4/14-5/19 10-11am Reg by 4/12 #5250

Ages 12-15

BEV SA 4/14-5/19 11-12pm Reg by 4/12 #5251

New! Table Tennis (8-14 years) \$15/\$18

Join us at the Field House Sports & Fitness Center for some ping pong. Participants will learn the basic rules and fundamentals of ping pong. Develop and improve your hand to eye coordination while having fun and making new friends.

Ages 8-10

FH TH 3/8- 3/29 5:30-6:30pm Reg by 3/1 #8758

Ages 11-14

FH TH 3/8- 3/29 5:30-6:30pm Reg by 3/1 #8759

New! First Swing Golf (5-10 years) \$36/\$43

Check out this new youth program! First Swing Golf contains all the elements of golf but in a modified form. The game has its own simplified rules and terminology that adds fun to the learning and playing experience. Falling somewhere between miniature golf and regulation golf, First Swing Golf allows for full shots, pitching, chipping, and putting. Participants will enjoy this new fun program while meeting new friends in a safe environment.

Ages 5-7

FH TU/TH 3/6-4/10 4-5pm Reg by 2/29 #8408

Ages 8-10

FH TU/TH 3/6-4/10 5-6pm Reg by 2/29 #8409

MARTIAL ARTS

Tiny Tigers (3-6 years) \$30/\$36

We can help your preschooler develop and improve motor skills, coordination, social and emotional skills in this class. We place an emphasis on building attention and cognitive development. Our reward system helps build self-esteem and confidence as we teach that "every kid is a winner" and "every kid is special."

BRC SA 2/4-4/14* 8:45-9:30am Reg by 2/1 #5512

BRC SA 2/4-4/14* 9:35-10:20am Reg by 2/1 #5513

*No class 2/25, 3/17 & 3/24

BRC SA 4/21-6/16* 8:45-9:30am Reg by 4/7 #8335

BRC SA 4/21-6/16* 9:35-10:20am Reg by 4/7 #8336

*No class 5/5

Youth Tae Kwon Do (7-13 years) \$44/\$52

Improve your self-confidence, coordination, concentration, self-esteem and get a good physical work out, too. This Korean martial art involves kicking techniques, jumping, spinning and balance. Our traditional teaching style covers self-defense, sparring, pressure points and more. Wear comfortable clothes.

BRC SA 2/4-4/14* 10:25-11:25am Reg by 2/1 #5514

*No class 2/25, 3/17 & 3/24

BRC SA 4/21-6/16* 11:30am-1:30pm Reg by 4/7 #8337

*No class 5/5



Tae Kwon Do (14 years & older) \$44/\$52

You are never too old to learn new skills! High School age and older students can improve their self-confidence, coordination and concentration skills. This Korean martial art involves kicking techniques, jumping and balance. Our traditional approach teaches self-defense, sparring, pressure points and more. Wear comfortable clothes.

BRC SA 2/4-4/7* 12:35-2:05pm Reg by 2/1 #5515

*No class 2/25, 3/17 & 3/24

BRC SA 4/21-6/16* 12:35-2:05pm Reg by 4/7 #8338

*No class 5/5

Waukegan Youth Sports Affiliates

NOTE: The Youth Sports Affiliates are independent agencies that are neither an agent for nor under the direction of the Waukegan Park District.

Baseball & Girl Softball www.waukeganbaseball.com

The Waukegan Youth Baseball Association and Girl's Softball Association have merged together! The WBA/WGS provide baseball and softball for ages 7-17 years of age. For more information call Rich Rodriguez at 847-662-6886 for youth baseball and Miranda Laffredi at 224-419-9116 for girls softball. Registration dates for boys and girls are 2/25-2/27, 3/25-3/27 at the Field House Sports and Fitness Center.

Football www.waukeganfootball.org

The Waukegan Youth Football Association offers a youth tackle football program. The association offers Waukegan-area youngsters the chance to learn the fundamentals of the grid-iron game, along with sportsmanship and teamwork. For more information call Keith Grissett at 847-505-5916. Youth Football also offers cheerleading for ages 7-14.

Soccer www.wayssoccerleague.com

Keep your hands to yourself and start using your head! It's time once again for a kick in the grass with the Waukegan Association for Youth Soccer. Spring and fall leagues offers boys and girls the opportunity to learn the game, as well as what it takes to play fair and work as a team. For more information call Rodger Fajardo at 847-336-8259, please call between 3-8pm. Register at Fajardo Sports, 351 Oakwood St between 3-8pm.

Waukegan BMX www.waukeganbmx.com

For more information call the track number 224-656-4178, which is turned on for practice days and race days only. Visit our website or email waukeganBMX@yahoo.com