

# WAUKEGAN SPORTS AND FITNESS

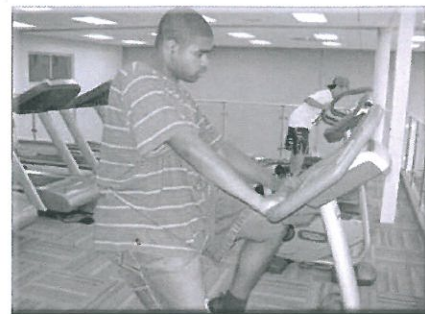
## Weekday Fitness



It's time to get fit! Each week we will head to the Hinkston Park to walk or use the fitness equipment in the Field House. Summer is the best time to catch up on the work-outs that you missed this winter! Increase strength, flexibility or endurance. Set your own goal and work to achieve it!

**Location:** The Field House Sports & Fitness Center | **Age:** 13 & Older  
**Min/Max:** 4/10 | **Fee:** \$15R (\$39 with transport) / \$23NR | **Reg. Deadline:** July 7, 2016

CODE	DAY	DATE	TIME
31101309-1A	Th	7/14-8/11	5:30pm-6:30pm



- \* Please note that if an athlete scratches after the Special Olympics scratch deadline date the penalty is \$50 per athlete. It will be the athlete's responsibility to pay the penalty.
- \* Any athlete under the age of 18 must stay with a parent for any overnight Special Olympic Events. Parents are responsible for securing and paying for their own hotel fees. Please see overnight trip policies for eligibility requirements for those 18 years and older on page 3.

## All-Star Softball

Put me in coach, I'm ready to play today! Grab your glove and bat, and head to the field! Softball is back in season. Athletes will practice batting, fielding and catching to improve their skills before competing against other teams in the area. The ITRS/PSD and Special Olympics Softball Tournaments will be in July. **A Medical Application for Special Olympics must be on file and current; see pages 29 & 30.**

**\*\* If we cannot get enough players for a team, we will conduct a Softball Skills program. \*\***

**Location:** Belvidere Park  
**Age:** 15 & Older  
**Fee:** \$60R / \$90NR  
**Min/Max:** 5/12  
**Reg. Deadline:** April 12, 2016

CODE	DAY	DATE	TIME
11101307-1A	Tu	5/10-7/19	6:30pm-8:00pm

## Special Olympics Bowling Tournament



Show off your bowling skills at the Special Olympics Bowling Tournament in Lake Zurich. Meals will be provided to athletes. To register for this program, participants must have registered for Time to Spare Bowling in either Fall 2015 or Winter/Spring 2016. **A Medical Application for Special Olympics must be on file and current; see pages 29 & 30.**

**Location:** The Brunswick Zone, Lake Zurich  
**Age:** 8 & Older  
**Min/Max:** 4 /10  
**Fee:** \$19R / \$29NR  
**Reg. Deadline:** April 19, 2016  
**\*\*No exceptions\*\***

CODE	DAY	DATE	TIME
31101310-1A	Su	5/22	8:30am-3:30pm

## Tennis

Serve your way into the summer, and join SRSNLC in a game or two. Whether you are a beginner or an old pro, this program will help you get ready to compete at the Special Olympics Tournament in July. **A Medical Application for Special Olympics must be on file and current; see pages 29 & 30.**

**Location:** Douglas House / Upton Park  
**Age:** 8 & Older  
**Fee:** \$60R / \$90NR  
**Min/Max:** 2/10  
**Reg. Deadline:** May 19, 2016

CODE	DAY	DATE	TIME
31101308-1A	Th	5/26-7/7	4:30pm-6:00pm



## All-Star Volleyball

Bump, Set, Spike! Grab your friends and get ready to compete. Practice your serve and improve your digging skills as we compete against other local Special Recreation Associations. Athletes are eligible for local competitions and the Special Olympics District Meet in September. The ITRS/PSD tournament will be held in October. **A Medical Application for Special Olympics must be on file and current; see pages 29 & 30.**

**Location:** The Field House | **Age:** 15 & Older | **Fee:** \$60 R / \$90 NR | **Min/Max:** 6/12 | **Reg. Deadline:** July 19, 2016

CODE	DAY	DATE	TIME
31101311-1A	Tu	8/2-10/4	7:00pm-8:30pm

# WAUKEGAN SPORTS AND FITNESS

## Time to Spare Bowling

Do you have time to spare for a friendly game or two? Bowling can help improve hand-eye coordination, strength, flexibility and gross motor skills. Socialize while you wait for your turn. Fee will include two games of bowling and rental shoes for 10 weeks. Bowlers will receive refreshments, snacks and a prize on the last day of class.

**NO TRANSPORTATION**

**Location:** Brunswick Zone  
**Age:** 8 & Older  
**Min/Max:** 6/24  
**Fee:** \$79R / \$119NR  
**Reg. Deadline:** June 15, 2016



CODE	DAY	DATE	TIME
31101303-1A	W	6/22-8/24	4:45pm-6:00pm

## Foot Golf



Foot Golf is a combination of golf & soccer played on a golf course. Players try to kick a ball and make it into the cup in the least amount of shots possible. This is a fun new sport that anyone of any skill level can play. **Please make sure to wear comfortable, weather appropriate clothing & gym shoes.**

**Location:** Meet at the Douglas House  
**Age:** 13 & Older  
**Min/Max:** 4/10  
**Fee:** \$25R / \$38NR  
**Reg. Deadline:** July 12, 2016

CODE	DAY	DATE	TIME
31101316-1A	Tu	8/2-9/6	5:00pm-6:30pm

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Para hablar con alguien en español por favor llame el número 847-360-4789 para dejar un mensaje y te regreso la llamada tan pronto como sea posible.