

WAUKEGAN SPORTS & FITNESS

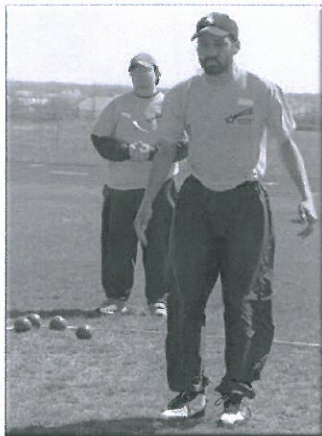
***Please note that if an athlete scratches after the Special Olympics scratch deadline date the penalty is \$50 per athlete. It will be the athlete's responsibility to pay the penalty.** Athletes may compete in multiple sports; however, they must commit to their team sport if they qualify for state in multiple sports. ***Any athlete under the age of 18 must stay with a parent for any overnight Special Olympic Events. Please see overnight trip policies for those 18 years and older on page 3. Parents are responsible for paying for their own hotel fees.**

Bocce Ball

This is a lifelong sport where everyone can participate. Athletes may compete in singles or doubles. No experience necessary, just a desire to play. Gold medal winners from the Special Olympics Tournament in April will proceed to the Special Olympics Illinois Summer Games in June. **A Medical Application for Special Olympics must be on file and current, see pages 29 & 30.**

Location: Belvidere Recreation Center
Age: 8 & Older
Fee: \$60R / \$90NR
Min/Max: 4/8
Reg. Deadline: February 16, 2016

CODE	DAY	DATE	TIME
11101305-1A	Tu	2/23-4/12	4:00pm-5:00pm

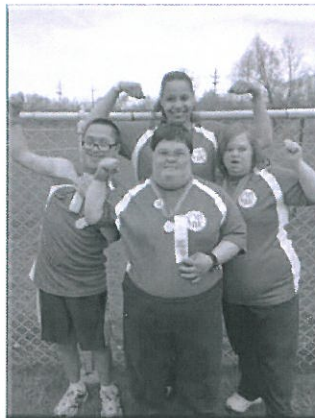


Track & Field

Lace up those athletic shoes and meet us at the track. Athletes can choose from a variety of events in which to compete and will train for the District Meet. Gold Medal Winners from the Special Olympics Tournament in April will proceed to the Special Olympics Summer Games in June. **A Medical Application for Special Olympics must be on file and current, see pages 29 & 30.**

Location: The Field House Sports & Fitness Center
Age: 8 & Older
Fee: \$60R / \$90NR
Min/Max: 3/10
Reg. Deadline: March 1, 2016

CODE	DAY	DATE	TIME
11101306-1A	Tu	3/8-4/26	5:30pm-6:30pm



All-Star Soccer

Goood! Kick off the spring with a new sport. SRSNLC will help you learn soccer skills or improve the ones you have. The Team program competes against local SRA's, at the Special Olympics District Tournament and ITRS Tournament in May. The Skills program practices weekly and also competes in Special Olympics in April. Gold Medal winners proceed to the Special Olympics Illinois Summer Games in June. **A Medical Application for Special Olympics must be on file and current, see pages 29 & 30. Don't get a yellow card for missing this program.**

Location: Round Lake Sports Center
Program Time: 6:00-7:00PM
Team Age: 15 & Older
Team Fee: \$60R / \$90NR
Skills Age: 8 & older
Skills Fee: \$45R / \$68NR
Min/Max: 6/10
Reg. Deadline: February 17, 2016

TEAM	CODE	DAY	DATE	TRANS. TIME
	11101301-1A	W	3/2-5/11	5:15pm-7:30pm

SKILLS	CODE	DAY	DATE	TRANS. TIME
	11101301-1B	W	3/2-4/20	5:15pm-7:30pm



All-Stars 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 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: TBA | **Age:** 15 & Older
Fee: \$60R / \$90NR | **Min/Max:** 5/12 | **Reg. Deadline:** April 26, 2016

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

WAUKEGAN SPORTS & FITNESS

Jazzercise



Experience a new way to exercise to today's latest music. Complete a total body work out in only 45 minutes, followed by a taste test of healthy foods to help maintain a healthy lifestyle. No experience necessary, just a night for beginner exercisers!

Location: Meet at the Douglas House

Age: 13 & Older

Min/Max: 4/10

Fee: \$15R / \$23NR

Reg. Deadline: January 8, 2016

CODE	DAY	DATE	TIME
11101315-1A	F	1/22	4:45pm-7:00pm

Time to Spare Bowling



Do you have some 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 includes two games of bowling and rental shoes. Bowlers will receive refreshments, snacks, and a prize on the last day of class. Sign up for one or both sessions!

Location: Brunswick Zone Fountain Square | **Age:** 8 & Older

Fee: \$79R (\$113 w/transportation) / \$119NR per session ***New 10 week sessions!**

Min/Max: 10/24 | **Reg. Deadline:** February 17, 2016

CODE	DAY	DATE	TIME
11101303-1A	W	2/24-4/27	4:45pm-6:00pm

Shake It Up



Did you stick with your New Year's resolution to lose weight? Let SRSNLC help! At the Field House Sports & Fitness Center there are plenty of ways to exercise. Come learn about the fitness equipment, use the walking track, or get an aerobic work-out.

Location: The Field House Sports & Fitness Center

Age: 13 & Older | **Fee:** \$18R (\$46 w/transportation) / \$26NR

Min/Max: 4/10

CODE	DAY	DATE	TIME	REG. DEADLINE
11101304-1A	Th	1/28-3/3	5:15pm-6:15pm	1/21
11101304-2A	Th	4/14-5/19	5:15pm-6:15pm	4/7

