



## ARCHERY

### Youth Archery one night free trial #10320201 Age 8-15

This is your chance to try archery for free!!! We will go over the basics of safety, form and proper use of equipment. We will also have a chance to practice those skills with range time target practice. If you enjoy this session you will love our month long Saturday program.

**BRC WE 1/11 5:30-6:30pm Reg by 1/4 FREE -1A**

### Youth Beginner Archery Camp #10320202 Age 8-15

Beginner Archery will introduce you to the parts of a bow and arrow and build up to proper use and form. We will be using two different types of bows and working on accuracy, form, safety, and respect. This is a fun way to spend a Saturday afternoon!.

**BRC WE 1/18-2/8 5:30-6:30pm Reg by 1/11 \$20 -1A**

### Adult Beginner Archery #10320302 Age 15+

Beginner Archery will introduce you to the parts of a bow and arrow and build up to proper use and form. We will be using two different types of bows and working on accuracy, form, safety, and respect. This is a fun way to spend a Saturday afternoon!

**JAC SA 2/25-3/18 12-2pm Reg by 2/15 \$20 -2A**

**Attention Scouts: You can get their archery badge through our archery programs**

## BASKETBALL

### All-Around Basketball Skills #10304201 Age 5-15

Can you drive the lane like LeBron James or dribble through the defense like Chris Paul? Learn the fundamentals of basketball or sharpen your skills at the Field House Sports and Fitness Center in the All-Around Basketball Skills Class. This program will give you the tools to become a better basketball player. There will be a focus on dribbling, passing, shooting and overall understanding of the game of basketball.

**FH WE 11/23/12/28 5-6:30pm (Age 5-9) Reg by 11/16 \$40/\$45 -1A**

**FH TH 11/23/12/28 5-6:30pm (Age 10-15) Reg by 11/16 \$40/\$45 -1B**

### Basketball Shooting Contest #10304208 Age 7-16

Come show your shooting skills and join our basketball shooting contest. Participants will shoot from various spots to see how many shots will be made in a certain amount of time. See if you will be crowned the champ.

**FH WE 12/21-12/28 12-1pm FREE -1A**

### Knockout Basketball Game #10304209 Age 7-16

Come show your skills and join our basketball shooting game. The object of knockout basketball is to knock out the player in front of you and continue until you are the last player standing. See if you will be crowned the champ.

**FH FR 12/23-12/30 2-3pm FREE -1A**

### Junior Bulldogs Basketball League #10304202 Age 10-12

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. For more information on this event, please call Jerry at 847-782-3627. Two to three games may be on a different day of the week. For all schedules, scores, standings and free agent listings, please visit

[www.waukegansports.org](http://www.waukegansports.org)

**Player Evaluation**  
**FH TU 1/17 6-7pm**  
**Practice: 1hr/week MO, TU, WE, or TH 6-8pm**  
**Games**  
**FH FR 2/3-3/17 6-9pm Reg by 1/12 \$75/\$85 -1A**

### Junior Bulldogs Winter Basketball League #10304202 Age 13-15

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. For more information on this event please call Jerry at 847-782-3627. Two to three games may be on a different day of the week. For all schedules, scores, standings and free agent listings, please visit [www.waukegansports.org](http://www.waukegansports.org)

**Player Evaluation**  
**FH TH 1/19 6-7pm**  
**Practice**  
**1 hr/week MO, TU, WE or TH 6-8pm**  
**Games**  
**FH FR 2/3-3/17 6-9pm Reg by 1/12 \$75/\$85 -1B**

### Lady Bulldogs Basketball League #10304203 Age 9-12

If you're looking for a way to keep improving your skill set for the next basketball season this girls only league for you! All skill levels are welcomed. Each team will be balanced and coached by an adult. For more information on this event please call Jerry Banks 847-782-3627. Two to three games may be on a different day of the week. For all schedules, scores, standings and free agent listings please visit [www.waukegansports.org](http://www.waukegansports.org)

**Player Evaluation**  
**FH WE 1/18 6-7pm**  
**Practice**  
**1 hr/week MO, TU, WE or TH 6-8pm**  
**Games**  
**FH FR 2/3-3/17 6-9pm Reg by 1/12 \$75/\$85 -1A**

### Lady Bulldogs Basketball Clinic #10304204 Age 9-12

Come out to this FREE Girls Basketball Clinic to learn the basic fundamental skills of dribbling, passing and shooting. This is a great opportunity to practice before the Lady Bulldogs Basketball season starts. All skill levels are welcome! Preregistration is required and is open to the first 30 people to register. For more information on this event please call Jerry Banks 847-782-3627.

**FH FR 1/13 6-7:30pm Reg by 1/6 FREE -1A**

## CHEERLEADING

### Girls Cheer and Dance #10314202 Age 5-11

This program will focus on the basic fundamentals of cheerleading with an emphasis on teamwork and sportsmanship. Participants will learn basic jumps, cheers and dances. The cheerleaders will get the opportunity to cheer at the Jr. Bulldogs Basketball games.

**FH MO 1/23-2/24 6-7pm Reg by 1/16 \$40/\$45 -1A**

## DODGEBALL

### Coed Adult Indoor Dodgeball #10325301 Age 18+

Remember the golden days of dodgeball every Friday in grade school then you're in luck! Dodge Ball not only remains popular on the playground at school, but has recently resurfaced as a popular adult pastime. If you can dodge traffic, you can dodge a ball. No experience necessary! Games are played at The Field House Sports and Fitness Center and the playing conditions are excellent, with hardwood courts and high ceilings and great play for all leagues.

**FH FR 2/10-4/21 9-11am Reg by 2/3 \$200/Team -1A**

## GYMNASTICS

Attend a number of parent assisted and individual classes at Ultimate Gymnastic. Equipment, including ground trampolines, bars, beams, foam block pits and tumble tracks, will be used in each class. Come out and experience the fun and skill building! For questions, please call 847-856-8573 or email info@ultigym.com.

ALL CLASSES ARE HELD AT: ULTIMATE GYMNASTICS GYM IN GURNEE • 1018 TRISTATE PKWY • GURNEE, IL 60031

### Winter I (November 2, 2016-January 23, 2016) 11 Weeks

#### Baby Gym #10310106

Age 1-2

FR	11/4-1/20	9-9:40am	Reg by 10/26	\$165/\$175	-1A
FR	11/4-1/20	10-10:40am	Reg by 10/26	\$165/\$175	-1B

#### Parent and Mite #10310101

Age 2-3

UG	MO	10/31-1/16	9-9:40am	Reg by 10/26	\$165/\$175	-1A
UG	TH	11/3-1/19	9-9:40am	Reg by 10/26	\$165/\$175	-1B
UG	TH	11/3-1/19	11-11:40am	Reg by 10/26	\$165/\$175	-1C

#### Tiny Mite #10310102

Age 3-4

UG	MO	10/31-1/16	9-9:50am	Reg by 10/26	\$170/\$180	-1A
UG	TH	11/3-1/19	9-9:50am	Reg by 10/26	\$170/\$180	-1B
UG	TH	11/3-1/19	11-11:50am	Reg by 10/26	\$170/\$180	-1C
UG	TH	11/3-1/19	2-2:50pm	Reg by 10/26	\$170/\$180	-1D
UG	FR	11/4-1/20	11-11:40am	Reg by 10/26	\$170/\$180	-1E

#### Ulti Mite #10310103

Age 4-5

UG	MO	10/31-1/16	9-9:50am	Reg by 10/26	\$170/\$180	-1A
UG	TH	11/3-1/19	9-9:50am	Reg by 10/26	\$170/\$180	-1B
UG	TH	11/3-1/19	11-11:50am	Reg by 10/26	\$170/\$180	-1C
UG	TH	11/3-1/19	2-2:50pm	Reg by 10/26	\$170/\$180	-1D
UG	FR	11/4-1/20	11-11:50am	Reg by 10/26	\$170/\$180	-1E

#### Girl's Junior Beginner #10310104

Age 5-6

UG	MO	10/31-1/16	4-4:50pm	Reg by 10/26	\$170/\$180	-1A
UG	SA	11/5-1/21	12:30-1:20pm	Reg by 10/26	\$170/\$180	-1B

#### Girl's Beginner #10310201

Age 7+

UG	MO	10/31-1/16	4-4:55pm	Reg by 10/26	\$170/\$180	-1A
UG	SA	11/5-1/21	12:30-1:25pm	Reg by 10/26	\$170/\$180	-1B

#### Beginner Cheer #10310202

Age 5+

UG	WE	11/2-1/18	6:30-7:25pm	Reg by 10/26	\$175/\$185	-1A
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#### Boys Rec #10310105

Age 5-6

UG	TH	11/3-1/19	5-5:50am	Reg by 10/26	\$170/\$180	-1A
UG	FR	11/4-1/20	1-1:50pm	Reg by 10/26	\$170/\$180	-1B

### Winter II (January 25, 2016-April 9, 2016) 11 Week

#### Baby Gym #1

Ages 12 months- 2 years

FR	1/27-4/7	9-9:40am	Reg by 1/18	\$165/\$175	-2A
FR	1/27-4/7	10-10:40am	Reg by 1/18	\$165/\$175	-2B

#### Parent and Mite #10310101

Ages 2-3

MO	1/23-4/3	9-9:40am	Reg by 1/18	\$165/\$175	-2A
TH	1/26-4/6	9-9:40am	Reg by 1/18	\$165/\$175	-2B
TH	1/26-4/6	11-11:40am	Reg by 1/18	\$165/\$175	-2C

#### Tiny Mite #103101012

Ages 3-4

MO	1/23-4/3	9-9:50am	Reg by 1/18	\$170/\$180	-2A
TH	1/26-4/6	9-9:50am	Reg by 1/18	\$170/\$180	-2B
TH	1/26-4/6	11-11:50am	Reg by 1/18	\$170/\$180	-2C
TH	1/26-4/6	2-2:50pm	Reg by 1/18	\$170/\$180	-2D
FR	1/27-4/7	11-11:40am	Reg by 1/18	\$170/\$180	-2E

#### Ulti Mite #10310103

Ages 4-5

MO	1/23-4/3	9-9:50am	Reg by 1/18	\$170/\$180	-2A
TH	1/26-4/6	9-9:50am	Reg by 1/18	\$170/\$180	-2B
TH	1/26-4/6	11-11:50am	Reg by 1/18	\$170/\$180	-2C
TH	1/26-4/6	2-2:50pm	Reg by 1/18	\$170/\$180	-2D
FR	1/27-4/7	11-11:50am	Reg by 1/18	\$170/\$180	-2#

#### Girl's Junior Beginner #10310104

Ages 5-6

MO	1/23-4/3	4-4:50pm	Reg by 1/18	\$170/\$180	-2A
SA	1/28-4/8	12:30-1:20pm	Reg by 1/18	\$170/\$180	-2B

#### Girl's Beginner #10310201

Ages 7+

MO	1/23-4/3	4-4:55pm	Reg by 1/18	\$170/\$180	-2A
SA	1/28-4/8	12:30-1:25pm	Reg by 1/18	\$170/\$180	-2B

#### Beginner Cheer #10310202

Ages 5+

WE	1/25-4/5	6:30-7:25pm	Reg by 1/18	\$175/\$185	-2A
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#### Boys Rec #10310105

Ages 5-6

TH	1/26-4/6	5-5:50am	Reg by 1/18	\$170/\$180	-2A
FR	1/27-4/7	1-1:50pm	Reg by 1/18	\$170/\$180	-2B

NOTE: The Gym will be CLOSED on Thursday 11/24 & Friday 11/25 for Thanksgiving (Open 11/26) and 12/24-1/1 for winter break

### WaukeganSports Affiliates

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

#### Adult Soccer Leagues

If you are interested in putting a team into the men's adult soccer league, please call Jesus Martinez (USL) at 847-406-9916.

#### Youth Baseball [www.waukegan youthbaseball.com](http://www.waukegan youthbaseball.com)

The Waukegan Youth Baseball provides baseball for ages 7 to 17 years of age. For more information please call Charles Paddock at 847-366-7654 or e-mail [charleswkgn@yahoo.com](mailto:charleswkgn@yahoo.com)

#### Youth Football [www.waukegan youthfootball.org](http://www.waukegan youthfootball.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 gridiron game, along with sportsmanship and teamwork. For more information call Desiree Martinez [coachdthead@gmail.com](mailto:coachdthead@gmail.com) 847-530-1738. Youth Football also offers cheerleading for ages 7-14.

#### Youth Soccer Leagues\*

Waukegan Association for Youth Soccer (WAYS) will be offering Spring Summer, & Fall leagues for boys and girls. For more information call Jesus Martinez at 847-406-9916. Visit [www.waysoccerleague.com](http://www.waysoccerleague.com) for information.

## MARTIAL ARTS

Participants should wear comfortable clothing and may discuss uniform with instructors the first meeting. Parents must remain at the facility during Tiny Tigers class time; children should not be dropped off alone.

### Tiny Tigers #10309101

Age 3-6

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 "every kid is a winner" and "every kid is special." All children should be three at the start of the program. Class held at BG on 2/18.

BRC SA 12/3-3/4\* 8:45-9:30am Reg by 11/30 \$33/\$39 -1A  
 BRC SA 12/3-3/4\* 9:35-10:20am Reg by 11/30 \$33/\$39 -1B

\*No class 12/24, 12/31, 1/21, 2/11

### Youth Tae Kwon Do #10309202

Age 7-13

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. The 10:25am session is for first time TKD students. Class held at BG on 2/18.

BRC SA 12/3-3/4\* 10:25-11:25am Reg by 11/30 \$47/\$55 -1A  
 BRC SA 12/3-3/4\* 11:30-12:30pm Reg by 11/30 \$47/\$55 -1B

\*NO class 12/24, 12/31, 1/21, 2/11

### Tae Kwon Do #10309201

Age 14+

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. Class held at BG on 2/18.

BRC SA 12/3-3/4\* 12:35-2pm Reg by 11/30 \$47/\$55 -1A  
 \*No class 12/24, 12/31, 1/21, 2/11

### Tai Chi Chuan

Adult

An introduction to Tai Chi Chuan, a Chinese martial art, and ancient system of movement and meditation. Slow stretching and gentle exercises will bring increased strength, flexibility, deep sense of serenity and helps relieve stress and promotes a sense of physical and mental well-being. Instructor Bob Schwartz

JBC MO 9/12-12/12\* 7-8:30pm Reg by 9/5 \$104/\$110 #40309301-1A  
 JBC MO 1/23-5/22\*\* 7-8:30pm Reg by 1/16 \$136/\$145 #10309301-1A

\*Class has started call 847-360-4740 for prorated fees. No class 10/17.

\*\*No class 2/20

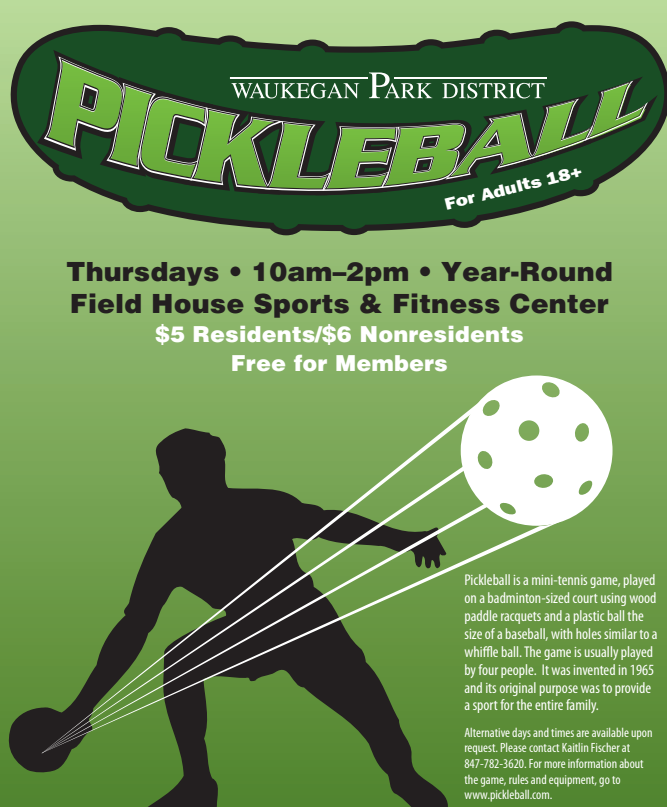
## PICKLEBALL

### Adult Pickleball #10311301

Age 18+

Pickleball is a mini-tennis game, played on a badminton-sized court using paddle racquets and a plastic ball the size of a baseball, with holes (similar to a wiffle ball). The game is usually played by four people. It was invented in 1965 and its original purpose was to provide a sport for the entire family. For more information about the game, rules and equipment go to [www.pickleball.com](http://www.pickleball.com). Free for members. Please call 847-782-3627 to inquire about other available days of the week.

FH Year-Round 10am-2pm \$5/\$6 -1A



**WAUKEGAN PARK DISTRICT**  
**PICKLEBALL**  
 For Adults 18+

**Thursdays • 10am-2pm • Year-Round**  
**Field House Sports & Fitness Center**  
**\$5 Residents/\$6 Nonresidents**  
**Free for Members**

Pickleball is a mini-tennis game, played on a badminton-sized court using wood paddle racquets and a plastic ball the size of a baseball, with holes similar to a wiffle ball. The game is usually played by four people. It was invented in 1965 and its original purpose was to provide a sport for the entire family.

Alternative days and times are available upon request. Please contact Kaitlin Fischer at 847-782-3620. For more information about the game, rules and equipment, go to [www.pickleball.com](http://www.pickleball.com).

**THE FIELD HOUSE**  
 SPORTS & FITNESS CENTER  
 AT HINXTON PARK

Call 847-782-3620 | Visit [www.waukeganparks.org](http://www.waukeganparks.org)  
 800 Baldwin Avenue | Waukegan, IL 60085

## SOFTBALL

### Softball Skills and Drills #10301201

Age 4-12

This program focuses on the basic fundamentals of softball. The basic mechanics of throwing, catching, and swinging a bat will be taught and practiced. Participants will improve hand-eye coordination and softball related skill set in the program. Participants will have an opportunity to utilize the batting cage during this indoor program.

Ages 4-8

FH MO 11/14-12/19 5-6:30p Reg by 11/7 \$20/\$25 -1A

Ages 9-12

FH MO 11/14-12/19 5-6:30p Reg by 11/7 \$20/\$25 -1B

### Field Rental Rates at the Waukegan SportsPark

Rates listed below are for hourly rentals. Groups interested in renting fields for multiple hours and dates will receive a discount. Please call 847-782-3300 for field reservations.

SportsPark Synthetic Turf Field	\$125/hour + \$40/hour for lights
SportsPark Grass Soccer Fields	\$45/hour
SportsPark Ball Diamonds	\$45/hour + \$30 for lights

The Waukegan SportsPark features 14 soccer/football fields including a Championship Field with synthetic turf and lights and 4 ball diamonds with lights. On the weekends and special events there will be a parking fee of \$5 will be charged for each vehicle coming into the park but NO fee on weeknights unless it's a special event.

## VOLLEYBALL

### Volleytots #10303101

Age 4-8

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 TU 1/10-2/14 5-6pm Reg by 1/3 \$55/\$66 -1A

### Volleykids #10303201

Age 9-16

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving, and spiking. 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 TU 1/10-2/14 5-6pm Reg by 1/3 \$55/\$66 -1A



### Volleyball Leagues #10303301

Age 16+

The Waukegan Park District follows up the fall season of volleyball with a winter/spring session of Women's Volleyball at The Field House Sports and Fitness Center. Women's volleyball leagues are the most popular league at The Field House Sports and Fitness Center so join the action. The playing conditions are excellent, with hardwood courts and high ceilings and great play for all leagues. Awards will be given to first and second place teams. Minimum six teams and maximum ten team/league. For additional information please call 847-782-3627. For all schedules, scores, standings and free agent listings please visit [www.waukegansports.org](http://www.waukegansports.org). \$335/\$385 Team

#### Women's A

FH MO 2/6-4/17 6:15-9pm Reg by 1/27 Varies -1A

#### Women's B

FH MO 2/6-4/17 6:15-9pm Reg by 1/27 Varies -1B

#### Men's B

FH TU 2/7-4/18 6:15-9pm Reg by 1/27 Varies -1C

#### Coed "A/B"

FH TU 2/7-4/18 6:15-9pm Reg by 1/27 Varies -1D

## VOLLEYBALL & BASKETBALL

### Evening Open Gym Basketball & Volleyball All Ages

The Field House will continue with the very popular evening open gym. The facility will have open gym running seven days a week. If you are not a fitness or gym member you can pay the daily fee (see below) and participate in open gym games during posted hours. Call before you come: The Gym Information Line 782-3300. Reg on-site.

FH MO-FR Daily 3-9pm \$4/\$6 Youth or \$10 Adults 19+

FH SA Daily 7am-7pm \$4/\$6 Youth or \$10 Adults 19+

FH SU Daily 7am-7pm \$4/\$6 Youth or \$10 Adults 19+

## WIFFLEBALL

### Coed Indoor Wiffleball #10326301

Age 18+

Wiff it, wiff it real good! No gloves are needed. Played just like softball, only indoors. No experience necessary! Games are played at The Field House and the playing conditions are excellent, with hardwood courts and high ceilings and great play for all leagues.

FH FR 2/10-4/21 9-11am Reg by 2/3 \$200 team -1A



## WAUKEGAN PARK DISTRICT



**WIFF IT,  
WIFF IT  
REAL GOOD!**

- No gloves are needed.
- Played just like softball, only indoors.
- No experience necessary!

**DIVISIONS:**  
THURSDAY NIGHTS 7:00-10:00PM  
CHECK WITH ATHLETICS SUPERVISOR FOR OTHER DAYS

**FORMAT:**  
NINE PLAYERS ON THE FIELD AT A TIME, AT LEAST FOUR MUST BE FEMALE. BATTING ORDER CANNOT HAVE TWO MALES HIT CONSECUTIVELY.

**INCLUDED:**  
EACH TEAM PLAYS EIGHT REGULAR SEASON GAMES. PLAYOFFS START THE WEEK AFTER THE END OF THE REGULAR SEASON. REFEREES AND EQUIPMENT ARE INCLUDED.

**FEE:**  
\$200 FOR A TEAM OF UP TO 12 PLAYERS.



THE  
**FIELD HOUSE**  
SPORTS & FITNESS CENTER  
AT HENNINGTON PARK

The Field House Sports & Fitness Center  
800 Baldwin Avenue • Waukegan, Illinois 60085  
Contact Kaitlin Fischer at 847-782-3620 • [kfischer@waukeganparks.org](mailto:kfischer@waukeganparks.org)  
[www.waukeganparks.org](http://www.waukeganparks.org)