

# WAUKEGAN SPORTS & FITNESS

## Time to Spare Bowling



Do you have some time to spare for a friendly frame 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!

**NO PROGRAM MARCH 29, 2017**

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

**Fee:** \$79R (\$113 w/transportation) / \$119NR per session | **Min:** 10 | **Reg. Deadline:** February 8, 2017

CODE	DAY	DATE	TIME
11101303-1A	W	2/15-4/26	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 & Aquatics 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 | **Age:** 13 & Older | **Fee:** \$18R (\$46 w/transportation) / \$26NR

**Min:** 4 | **Reg. Deadline:** February 9, 2017

CODE	DAY	DATE	TIME
11101304-1A	Th	2/16-3/23	5:15pm-6:15pm

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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.

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**\*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.**

## Special Olympics Bowling Tournament



Show off your bowling skills at the Special Olympics Bowling Tournament in Lake Zurich. Lunches will be provided to athletes. To register for this program, participants must have registered for Time to Spare Bowling in either Fall 2016 or Winter/Spring 2017. **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: 4 | Fee: \$19R / \$29NR  
Reg. Deadline: April 18, 2017 **\*\*No exceptions\*\***

CODE	DAY	DATE	TIME
11101310-1A	Su	5/21	approx. 8:30am-3:30pm

## 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.**

## 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 and at the Special Olympics District Tournament and ITRS Tournament in May. The Skills program practices weekly and also competes in Special Olympics in May. Gold Medal winners proceed to the Special Olympics Illinois Summer Games in June. **A Medical**

## 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.**

**NO PROGRAM ON MAY 29, 2017**