

WAUKEGAN SPORTS AND FITNESS

Rhythm in Motion

The rhythm is gonna get you! Pound your way to health in this interactive fitness program. Drumming is the newest craze in fitness. Participants will drum to the rhythm while getting a total body work-out. Leave your seat and get with the beat!

Location: Field House | **Age:** 13 & older | **Fee:** \$16R / \$24NR | **Min:** 4 | **Registration Deadline:** August 3, 2017

CODE	DAY	DATE	TIME
31101317-1A	Th	8/10-9/7	6:00pm-6:45pm

*** 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.**

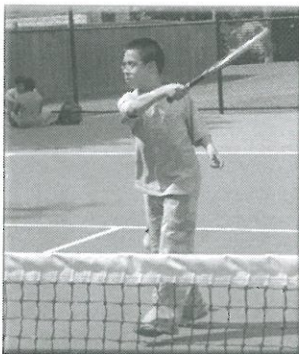
All-Star Tennis

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.**

No program on May 29, 2017

Location: Douglas House / Upton Park
Age: 8 & Older | **Fee:** \$60R / \$90 NR | **Min:** 4
Reg. Deadline: May 1, 2017

CODE	DAY	DATE	TIME
11101308-1A	M	5/8-7/3	4:30pm-5:30pm



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.**

If we do not receive enough registration for a team, we will continue as a Skills Program and try to play any games for fun.

NO PRACTICE ON JULY 4

Location: Belvidere Park, South Field
Age: 15 & Older | **Fee:** \$60R / \$90NR | **Min:** 5
Reg. Deadline: April 12, 2017

CODE	DAY	DATE	TIME
11101307-1A	Tu	5/16-7/18	6:30pm-8:00pm



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.**

***No Skills program on Monday, September 4, 2017**

Location: The Field House | **Min:** 7 | **Reg. Deadline:** July 12, 2017

PROGRAM	CODE	DAY	DATE	TIME	AGES	FEES
SKILLS	31101311-1A	M	7/31-9/11	5:00pm-6:00pm	8 & Older	\$45R / \$68NR
TEAM	31101311-2A	Tu	8/1-10/3	6:30pm-8:00pm	15 & Older	\$60R / \$90NR

WAUKEGAN SPORTS AND FITNESS

Time to Spare Bowling Adult & Junior

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. Bowlers will receive refreshments, snacks and a prize on the last day of class. **Transportation is NOT provided.**

Adults Fee will include two games of bowling and rental shoes for 10 weeks. Junior bowlers will bowl for 8 weeks, and the fee includes one game and shoe rental.

Location: Brunswick Zone | **Reg. Deadline:** May 31, 2017 | **Min:** 6
Adult Fee: \$63R / \$95NR | **Adult Age:** 13 & Older
Junior Fee: \$38R / \$57NR | **Juniors Age:** 6-12

AGE	CODE	DAY	DATE	TIME
ADULT	31101303-1A	W	6/7-8/9	4:45pm-6:00pm
JUNIOR	31101303-1B	W	6/7-7/26	5:00pm-5:45pm

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
Age: 13 & Older
Min: 4
Fee: \$18R (\$46 with transport) / \$27NR
Reg. Deadline: June 8, 2017

CODE	DAY	DATE	TIME
31101309-1A	Th	6/15-7/20	5:30pm-6:30pm

Water Blast

Blast off that extra winter weight! Water Blast is a fun fitness class in the pool. This aquatic session features: buoyant movements, intervals, circuit, plyometric exercise while standing and submerged. This effective low-impact cardiovascular work-out builds muscle tone using the water's resistance. Each group class consists of 45 minutes of gradually intensifying cardio work. Don't miss this exercise explosion!

NO TRANSPORTATION

* Participants can use locker rooms to change before and after activity. Please be dressed and ready for program to begin at 1:00pm. Participants should bring their own towel.

Location: The Field House: Aquatic Area | **Age:** 13 & Older | **Min:** 4 | **Fee:** \$18R / \$27NR
Reg. Deadline: July 22, 2017

CODE	DAY	DATE	TIME
31101319-1A	Sa	7/29-8/19	2:00pm-2:45pm

