

Gymnastics

Go for the Gold! We will be celebrating the 2012 Olympic Summer! Every child at the end of summer will be awarded an Olympic Medal at our Olympic Presentation. Comfortable clothing is required. Every child will be a winner!

Location: Darien Park District Community Center
7301 Fairview Ave.

Instructor: Staff from Tumblebear Gymnastics

Parent-n-Tot

This class is an interactive program for parent and child introducing you to the world of gymnastics. This class stimulates the development of strength, flexibility and basic locomotor/coordination skills through movement to music, group activities and body awareness. Age appropriate skills are taught on balance beam, vault, bars, tumbling and air equipment. Comfortable clothing for parent and child are required.

Age: Walking-2 year olds & an adult

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|---------------|-----------|
| 220125-A | F | May 4-June 8 | 11:15-11:55am | \$48/\$53 |
| 220125-B | F | June 15-July 20 | 11:15-11:55am | \$48/\$53 |
| 220125-C | F | July 27-Aug. 31 | 11:15-11:55am | \$48/\$53 |

Preschool Gymnastics

This class allows your child to interact with other children their age, become more coordinated, increase strength, self-esteem, and learn to follow directions in a structured but fun class setting. Your child will experience the four Olympic event, vault balance, bars and tumbling as well as air equipment. Skills are taught in a professional manner.

Age: 3-5 year olds

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|---------------|-----------|
| 220125-D | F | May 4-June 8 | 10:30-11:05am | \$48/\$53 |
| 220125-E | F | May 4-June 8 | 3:00-3:35pm | \$48/\$53 |
| 220125-F | F | June 15-July 20 | 10:30-11:05am | \$48/\$53 |
| 220125-G | F | July 27-Aug. 31 | 10:30-11:05am | \$48/\$53 |

School Age Gymnastics

Your beginner or experienced gymnast will enjoy these well rounded classes that are structured to bring out the most in your child. The skills are both challenging and obtainable. Self-esteem and fun come with each class. Students experience frequent success with a progressive curriculum. Your child will participate on the Olympic events vault, bars, balance beam as well as other equipment. Low student to instructor ratio allows one on one time with the instructor.

Age: 5-12

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|-------------|-----------|
| 220325-A | F | May 4-June 8 | 3:45-4:30pm | \$48/\$53 |
| 220325-B | F | May 4-June 8 | 4:30-5:15pm | \$48/\$53 |
| 220325-C | F | June 15-July 20 | 4:30-5:15pm | \$48/\$53 |
| 220325-D | F | July 27-Aug. 31 | 4:30-5:15pm | \$48/\$53 |

Gymnastic Camp

Go for the Gold! We will be celebrating the 2012 Olympic Summer! Every child at the end of summer will be awarded an Olympic Medal at our Olympic Presentation.

Your beginner or experienced gymnast will enjoy these well rounded classes that are structured to bring out the most in your child. The skills are both challenging and obtainable. Self-esteem and fun come with each class. Students experience frequent success with a progressive curriculum. Your child will participate on the Olympic events vault, bars, balance beam as well as other equipment. Low student to instructor ratio allows one on one time with the instructor. Comfortable clothing is required. Every child will be a winner!

Age: 5-12 year olds

Location: Darien Park District Community Center

Instructor: Staff from Tumblebear Gymnastics

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|--------------|-----------|
| 220324-A | F | June 15-Aug. 17 | 9:30-10:15am | \$72/\$77 |

Cheer Camp

Summer is a great time to learn some cheerleading. Students will learn cheers, chants, jumps, stunting and touch on tumbling needed for cheerleading. Students will pick a name for their squads and receive a pom-pom bag to decorate. A cheer show will be held on the last day of class for family and friends to attend where the students will have an Olympic style presentation and receive a medal.

Age: 8-12 year olds

Location: Darien Park District Community Center

Instructor: Staff from Tumblebear Gymnastics

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|-------------|-----------|
| 220327-A | F | June 15-Aug. 17 | 3:45-4:30pm | \$72/\$77 |

Youth Lacrosse

Join us in playing the oldest and fastest growing team sport in North America. Lacrosse is sweeping the nation and the northwest suburbs. Get in on this game that will continue to grow in schools. The program will cover various lacrosse techniques, including cradling, scooping, passing, catching, shooting, and goalie skills. Each child should bring a mouth guard to class. Lacrosse sticks will be provided.

Age: 7-9 year olds

Location: Darien Park District Community Center

Instructor: Staff from SportsKids

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|-------------|-----------|
| 220312-A | Th | June 21-July 26 | 4:15-5:00pm | \$45/\$50 |



Roller Skating Lessons

The USA Skate Center offers skating classes for any age, any skill level. Our comprehensive classes are taught by certified professionals with many years of experience. Learn a wide variety of maneuvers from the very basics of balance, to starting, stopping, crossovers, jumps, spins, backward skating and much more. Classes are designed to build coordination, enhance skating skills and to gain confidence, which in turn builds self-esteem and the desire to learn. Skate rental is included.

Age: 3 & up
 Location: USA Skate Center, 1303 Naperville Dr.
 Romeoville 630-759-1711
 Instructor: Staff from USA Skate Center

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------|--------------|-----------|
| 210311-D | Sa | Apr. 7-28 | 12:00-1:00pm | \$25/\$30 |
| 220311-A | Sa | May 5-26 | 12:00-1:00pm | \$25/\$30 |
| 220311-B | Sa | June 2-30 | 12:00-1:00pm | \$30/\$35 |
| 220311-C | Sa | July 7-28 | 12:00-1:00pm | \$25/\$30 |
| 220311-D | Sa | Aug. 4-25 | 12:00-1:00pm | \$25/\$30 |

Archery

This class covers the basics of a recurve bow in a safe environment. A nationally recognized 9-step program is taught. Technique and games will be part of every class. Blunt tip arrows, bows and targets will be provided.

Age: 7-14 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Staff from SportsKids

7-9 year olds

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|-------------|-----------|
| 220369-A | Th | June 21-July 26 | 1:30-2:15pm | \$45/\$50 |

10-14 year olds

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|-------------|-----------|
| 220369-B | Th | June 21-July 26 | 2:15-3:00pm | \$45/\$50 |

Cheer Clinic

Girls this is a chance to keep up with your cheerleading skills. We will improve on arm movements, cheers, stunting, jumps, dance and some gymnastics. Please wear comfortable clothes along with gym shoes. Sorry ladies you must have gym shoes on or you may not participate during that practice! We meet both evenings. We will walk in the Fourth of July Parade!!

Age: Girls age 6-8
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Katie Stuckey
 Note: *No class 7/3, 7/4

| Code # | Day | Date | Time | R/NR Fee |
|----------|------|-----------------|-------------|-----------|
| 220314-A | Tu/W | May 29-July 25* | 4:00-5:00pm | \$50/\$55 |



Jr. Basketball Camp

Boys and Girls alike will enjoy learning the skills to advance them in the world of basketball. Even if you are trying it out for the first time, or you are a seasoned pro, you will have a ton of fun enhancing your skill level. Through games and drills we will practice dribbling, passing, shooting, positions and the importance of teamwork. Games will be played at the end of each class. Please bring a water bottle to class.

Age: 4-7 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Staff from Sports R Us

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|----------------|-------------|-----------|
| 220336-A | M | June 11-July 9 | 4:30-5:30pm | \$39/\$44 |

Youth Sports Camp

This sports camp is dedicated to providing skilled instructions and promoting sportsmanship. Each week the fundamentals of soccer, baseball and basketball will be taught during this noncompetitive program. Participants will be given instruction and skills in the each sport that we will be playing. Teamwork, sportsmanship and having fun playing sports will be stressed in this camp. Please bring a water bottle. All participants will receive a soccer ball. For liability purposes, the class is for registered participants only, siblings will not be allowed to participate.

Age: 5-7 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Staff from Sports R'Us

| Code # | Day | Date | Time | R/NR Fee |
|----------|------|-----------|---------------|-----------|
| 220318-A | M-Th | July 9-12 | 10:30-12:00pm | \$54/\$59 |

Sand Volleyball Camp

Bump, Set, SPIKE! These and other skills are learned in this camp for both boys and girls. This class starts off with the basic skills and will advance week to week accordingly. Game strategy is worked in and of course, teamwork, participation, and good sportsmanship are our top priorities! A game is played at the end of each class. Please bring a water bottle to class. All participants will receive a volleyball.

Age: 8-14 year olds
 Location: Westwood Park
 75th & Fairview Ave.
 Instructor: Staff from Sports R Us

| Code # | Day | Date | Time | R/NR Fee |
|----------|------|-----------|-------------|-----------|
| 220343-A | M-Th | July 9-12 | 1:00-2:30pm | \$54/\$59 |



Youth Golf Lessons

Emphasis will be on posture, grip and alignment, rules and etiquette. Please bring your own clubs if you have them.

Age: 8-12 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Randy Patterson
 Note: *No class 6/27, 7/4

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|---------------|-------------|-----------|
| 220321-A | W | June 6-Aug. 8 | 5:30-6:30pm | \$42/\$47 |

Youth Golf League

This league is for experienced golfers! Price includes 9 weeks of golf, and an end of the season party. There are NO make-ups or refunds for missed rounds. No metal spikes are allowed on the course. Space is limited!

Registration deadline June 6.

Age: 10-16 year olds
 Location: Twin Lakes Golf Course
 400 W. 59th Street
 Westmont 630-852-7167
 Note: *No class 7/4

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|------------------|--------|-------------|
| 220322-A | W | June 13-Aug. 15* | 3:00pm | \$150/\$160 |

Go Girl! Go-Sports

Life is tough, especially for girls trying to make it in the world of sports. This camp is a great way to introduce basketball, soccer, hockey, t-ball and much more in an all-girl environment. Basic skills in all sports are taught, and games are played at the end of each class. Please bring a water bottle. All participants will receive a soccer ball.

Age: Girls age 4-7 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Staff from Sports R Us

| Code # | Day | Date | Time | R/NR Fee |
|----------|------|-----------|--------------|-----------|
| 220333-A | M-Th | July 9-12 | 9:00-10:15am | \$54/\$59 |



Register Online
You're first in line
24 hours a day
7 days a week

Chicago Bulls Basketball Camp

No one can teach basketball better than the Chicago Bulls! This summer, learn from the best and let the Chicago Bulls teach you how to play like a Champion! Every Chicago Bulls summer camp participant receives an EXCLUSIVE UNITED CENTER EXPERIENCE!! Each camp participant, along with one guest, will be invited to the United Center, home of the Chicago Bulls, for a Q&A session with a Bulls personality and a current and or former Bulls player! Each camper will receive a Chicago Bulls duffel bag, Bulls indoor/outdoor basketball, t-shirt, evaluation report and graduation certificate.

Location: Darien Park District Community Center
7301 Fairview Ave.

Rookies (age 6-8)

The rookie camp is a beginner camp focused on building fundamentals and fun drills to get the kids to understand the game and improve their play.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|------------|--------------|-------------|
| 220331-A | M-F | Aug. 13-17 | 8:30-11:30am | \$199/\$209 |

Veterans (age 9-12)

Coaches work on the "team" concept and refining and advancing the skills for the serious or soon-to-be serious player. You are sure to improve your ball handling, passing, shooting, rebounding, and footwork! Student to instructor ratio will be 10:1 or less.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|------------|-------------|-------------|
| 220331-B | M-F | Aug. 13-17 | 1:00-4:00pm | \$199/\$209 |

Bolingbrook Mustang Youth Flag Football

Bolingbrook Mustang Youth Flag Football invites you to play the competitive, contact sport of football, without the tackling. You will be taught the fundamentals of football and will play regardless of experience. Teams compete from September to October, with the Bronco & Stallion teams qualifying for a single game elimination playoff tournament. After playoffs, the remaining two teams in each division play in the Flag Bowl. All players receive a League Tee-Shirt, Uniform, Individual & Team Picture, and a Participation Trophy.

Location: Flag Football Fields
(in back of Annerino Community Center)
201 Recreation Drive Bolingbrook, IL

Game Times: Saturdays, 9:00am, 10:30am or 12:15pm. There are a few weeknight games starting at 6:30pm. All weeknight games are played under the lights.

To register go to: www.bolingbrookflagfootball.com & click on "Darien Resident"

Register online before April 30:

Colts (5-6 year olds): \$90
Bronco (7-9 year olds): \$115
Stallion (10-13 year olds): \$115

Register online between May 1-July 13:

Colts (5-6 year olds): \$115
Bronco (7-9 year olds): \$140
Stallion (10-13 year olds): \$140

White Sox Baseball Camps

If you want to be the best, you've got to train with the best! For over 17 years, more than 50,000 youth baseball players have attended one of our White Sox summer camps to focus on essential individual baseball skills. Every summer camp participant receives an EXCLUSIVE U.S. CELLULAR FIELD EXPERIENCE!! This opportunity of a lifetime for each camp participant, along with one guest, will include a parade on the field and a Q&A session with a White Sox personality, coach and a current White Sox player! Also, during the camp each player will participate in a special Skills Competition. The Top 30 qualifiers in each age group throughout the summer will compete in the finals on U.S Cellular Field in September. On the final day all players will get the opportunity to judge their improvement by playing a game.

Each camper also receives six (6) White Sox ticket vouchers*, Academy hat, t-shirt, evaluation report and graduation certificate. Our student-to-instructor ratio of 10:1 or less assures every player of getting the attention they deserve.

Location: Westwood Park (75th & Fairview Ave.)

Instructors: Collegiate Coaches & ex-pro players

Note: *Restrictions apply to ticket vouchers. Experience dates are to be determined, premium items subject to change.

Little Sluggers Camp (Age: 5-6 year olds)

The purpose of the Little Sluggers program is to introduce this age group to the game of baseball. We believe the most important thing we do is pass our knowledge and passion for the game to the players who are just discovering the magic of wearing a uniform, hat and glove. Little Sluggers allows player to work on throwing, hitting and beginner baseball fundamentals.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|------------|--------------|-------------|
| 220329-A | M-F | July 16-20 | 8:30-11:00am | \$179/\$189 |

Intermediate Camp (Age: 7-8 year olds)

Our intermediate camp includes fundamental skills work on throwing, hitting, bunting, fielding, pitching and base-running. Fundamentals will be reinforced by using fun skill games.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|------------|--------------|-------------|
| 220328-A | M-F | July 16-20 | 8:30-11:30am | \$199/\$209 |

Advanced Camp (Age: 9-12 year olds)

This Advanced Camp builds upon the basics and is just the ticket to advance your game to the next level. Depending on the skill level of the players, this camp will touch on advanced hitting and throwing techniques, as well as team play, advanced base running and other techniques that could be used on the field this season.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|------------|--------------|-------------|
| 220332-A | M-F | July 16-20 | 8:30-11:30am | \$199/\$209 |





Karate

Through a variety of fun and creative activities, young children will be able to develop coordination, strength and personal safety skills in a well-supervised setting. This program will give your child the edge he/she needs when it comes to developing memory and agility skills. The confidence gained through karate helps to foster a strong positive self-image. All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale. For all first time students there will be a parent meeting during your child's first class. Karate uniforms are not mandatory, but strongly encouraged. Forms will be available at the first class for ordering - cost is approximately \$50. Parents are encouraged to stay & observe your child's class, but any siblings must be seated & quiet.

Age: 4-14 year olds
 Location: **Tuesdays:** Darien Park District Community Center, 7301 Fairview Ave.
Fridays: The Chalet - 8300 S. Wolf Road, Willow Springs
 Instructor: Staff from Illinois Shotokan Karate Clubs, 847-359-0666

Pre-Karate (ages 4-7)

| Code # | | Day | Dates | Time | R/NR Fee |
|----------|---------------------------------|----------|-----------|-------------|------------|
| 210301-E | Beginner./Continuer | Tuesdays | 4/3-6/5 | 4:00-4:45pm | \$88/\$108 |
| 210301-F | Inter/Adv. (3 or more sessions) | Tuesdays | 4/3-6/5 | 4:50-5:35pm | \$88/\$108 |
| 210301-G | Beginner./Continuer | Fridays | 4/6-6/8 | 4:00-4:45pm | \$90/\$110 |
| 210301-H | Int/Adv. (2 or more sessions) | Fridays | 4/6-6/8 | 4:50-5:35pm | \$90/\$110 |
| 220301-A | Beginner./Continuer | Tuesdays | 6/12-8/21 | 4:00-4:45pm | \$96/\$116 |
| 220301-B | Inter/Adv. (3 or more sessions) | Tuesdays | 6/12-8/21 | 4:50-5:35pm | \$96/\$116 |
| 220301-C | Beginner./Continuer | Fridays | 6/15-8/24 | 4:00-4:45pm | \$99/\$119 |
| 220301-D | Int/Adv. (2 or more sessions) | Fridays | 6/15-8/24 | 4:50-5:35pm | \$99/\$119 |

Youth Karate (ages 8-14)

| Code # | | Day | Dates | Time | R/NR Fee |
|----------|-----------------------------------|----------|-----------|-------------|------------|
| 210302-G | Beg/Cont. (white -orange belts) | Tuesdays | 4/3-6/5 | 5:40-6:35pm | \$88/\$108 |
| 210302-H | Intermediate (yellow-green belts) | Tuesdays | 4/3-6/5 | 6:40-7:35pm | \$88/\$108 |
| 210302-I | Advanced (purple-black belts) | Tuesdays | 4/3-6/5 | 7:40-8:35pm | \$88/\$108 |
| 210302-J | Beg/Cont. (white-orange belts) | Fridays | 4/6-6/8 | 5:40-6:35pm | \$90/\$110 |
| 210302-K | Intermediate (yellow-green belts) | Fridays | 4/6-6/8 | 6:40-7:35pm | \$90/\$110 |
| 210302-L | Advanced (purple & up/Inst. Perm) | Fridays | 4/6-6/8 | 7:40-8:35pm | \$90/\$110 |
| 220302-A | Beg/Cont. (white -red belts) | Tuesdays | 6/12-8/21 | 5:40-6:35pm | \$96/\$116 |
| 220302-B | Intermediate (orange-blue belts) | Tuesdays | 6/12-8/21 | 6:40-7:35pm | \$96/\$116 |
| 220302-C | Advanced (green-black belts) | Tuesdays | 6/12-8/21 | 7:40-8:35pm | \$96/\$116 |
| 220302-D | Beg/Cont. (white-orange belts) | Fridays | 6/15-8/24 | 5:40-6:35pm | \$99/\$119 |
| 220302-E | Intermediate (yellow-green belts) | Fridays | 6/15-8/24 | 6:40-7:35pm | \$99/\$119 |
| 220302-F | Advanced (purple & up/Inst. Perm) | Fridays | 6/15-8/24 | 7:40-8:35pm | \$99/\$119 |

Parent/Child (ages 8 & up)

| Code # | | Day | Dates | Time | R/NR Fee |
|----------|--------------------------------|----------|-----------|-------------|-----------------------|
| 210303-B | Beg/Cont. (white-orange belts) | Tuesdays | 4/3-6/5 | 5:40-6:35pm | \$88/\$108 per person |
| 220303-A | Beg/Cont. (white-red belts) | Tuesdays | 6/12-8/21 | 5:40-6:35pm | \$96/\$116 per person |

Taekwondo

Taekwondo, one of the newest Olympic sports, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of G.Master Ki Hong Kim* (8th Dan World Taekwondo Federation.) A \$45.00 uniform fee is required at the first class. Belt testing is offered through The KH Kim Taekwondo at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gears.

Location: Downers Grove Park District Lincoln Center
925 Maple Ave.

Instructor: KH Kim Taekwondo Staff.

Little Dragons: 4-5 year olds

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|-------------|------------|
| 210356-B | W | Apr. 4-June 6 | 4:00-4:40pm | \$90/\$100 |
| 220356-A | W | June 13-Aug. 22 | 4:00-4:40pm | \$90/\$100 |

Little Dragons II: 4-5 year olds

This intermediate class is designed to captivate the interest of our youngest Taekwondo students. Skills are developed through gentle instruction and appropriate games for their ability. Class focuses on developing balance, coordination, and respect.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|-------------|------------|
| 210356-D | W | Apr. 4-June 6 | 4:45-5:25pm | \$90/\$100 |
| 220356-B | W | June 13-Aug. 22 | 4:45-5:25pm | \$90/\$100 |

Early Taekwondo: 6-7 year olds

Designed especially for the younger children of 6-7 years, this program helps kids develop conditioning, coordination, listening skill, and self-confidence through creative activities.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|-------------|------------|
| 210356-F | W | Apr. 4-June 6 | 5:30-6:15pm | \$90/\$100 |
| 220356-C | W | June 13-Aug. 22 | 5:30-6:15pm | \$90/\$100 |

Youth Taekwondo: 8-13 year olds

This program includes a balanced cardiovascular workout, including punching, kicking, and blocking skills, using the Taekwondo tradition, and self-control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|-------------|------------|
| 210356-H | W | Apr. 4-June 6 | 6:20-7:05pm | \$90/\$100 |
| 220356-D | W | June 13-Aug. 22 | 6:20-7:05pm | \$90/\$100 |

Parent/Child Taekwondo: Age 7 & up

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Taekwondo techniques including punching, kicking, and blocking.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|-------------|--------------------------|
| 210356-J | W | Apr. 4-June 6 | 7:10-8:00pm | \$90/\$100 |
| 220356-E | W | June 13-Aug. 22 | 7:10-8:00pm | \$90/\$100 per person |



Lil' Pint Tennis

Tennis is a tough sport at any age, let alone when you are just beginning. We provide scaled down rackets, a mini net, and hoppers to provide kids with the basic tennis abilities. We practice forehand, backhand, the volley, and serving. This is a non-competitive class that stresses participation for everyone. Come and watch the fun!

Age: 4-7 year olds
Instructor: Staff from Sports R'Us
Location: Darien Community Park
7100 Clarendon Hills Rd.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|-------------|-----------|
| 220319-A | M | July 30-Aug. 27 | 4:30-5:30pm | \$39/\$44 |

Jr. Tennis

Age: 8-14 year olds
Location: Darien Community Park
Director: Marcy Hendricks, USPTA Certified & a USTA regional Training Center Coach

Note: *No class 7/4

Rain make-ups will be held the Friday after any missed class. Make-ups are for rain-outs only.

Beginners

This class is designed for beginners. We will introduce proper form and technique along with footwork and movement. In addition we will cover how to keep score.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|----------------|--------------|-------------|
| 220371-A | M | June 11-Aug. 6 | 9:30-10:30am | \$108/\$113 |
| 220371-B | W | June 6-Aug. 8* | 9:30-10:30am | \$108/\$113 |
| 220371-C | M/W | June 6-Aug. *8 | 9:30-10:30am | \$180/\$185 |

Intermediates

This class is designed to develop consistency with proper form and technique while introducing different footwork and movement. In addition topspin and slice will be covered as well as serve and volley technique.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|----------------|---------------|-------------|
| 220371-D | M | June 11-Aug. 6 | 10:30-11:30am | \$108/\$113 |
| 220371-E | W | June 6-Aug. 8* | 10:30-11:30am | \$108/\$113 |
| 220371-F | M/W | June 6-Aug. *8 | 10:30-11:30am | \$180/\$185 |

Elite Soccer Academy

Our academy will focus on age appropriate training sessions designed specifically to enhance every player's overall skill and technique with the ball. Whether you are new to the game, a recreational player, or a competitive player; our sessions are guaranteed to take you to the next level of play. Remember, repetition makes you great.

Make sure to have plenty of water, shin guards with socks that cover the guards, and soccer cleats are recommended. Show up looking like a soccer player; ready to play, ready to learn, and most importantly ready to have a lot of fun. Every player in the Academy will receive an Elite Soccer Academy t-shirt.

Darien Sportsplex Head Trainer: Jordan Rossi

1. NSCAA National Diploma
2. USSF National "D" License
3. USSF U10/12 Youth Module
4. 10+ years of coaching experience
5. 20+ years of playing experience

Mini-Elite Academy

Focus: an introduction to the game of soccer; each session will focus on teaching proper technique, body coordination, and balance. The main goal is to get the kids better coordinated with their bodies and with a soccer ball at their feet, this will be taught through a series of fun games and activities that will conclude with a 3v3 or 4v4 game at the end of each session.

Age: 3-4 year olds
 Location: Darien Sportsplex, 451 Plainfield Road
 Instructor: Jordan Rossi

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|------------------|--------------|-----------|
| 729992-A | F | May 18-June 29* | 12:30-1:15pm | \$55/\$65 |
| 729992-B | F | July 27-Sept. 7* | 12:30-1:15pm | \$55/\$65 |

*No class 5/25, 8/31

Junior Elite Academy

Focus: a continued building of confidence with the ball; the class will start to introduce different turns with the ball and start to develop foot speed and quickness. Again, proper technique and balance will be stressed through a series of fun games and activities that will conclude with a 3v3 or 4v4 game at the end of each session.

Age: 5-7 year olds
 Location: Darien Sportsplex, 451 Plainfield Road
 Instructor: Jordan Rossi

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|------------------|-------------|-----------|
| 729991-A | F | May 18-June 29* | 4:00-4:55pm | \$60/\$70 |
| 729991-B | F | July 27-Sept. 7* | 4:00-4:55pm | \$60/\$70 |

*No class 5/25, 8/31

Elite Academy

Focus: a polishing of all the basic skills of the game, while also introducing individual attacking and defending principles. The individual attacking will focus on developing confidence on the ball, risk taking, and taking on defenders. This will introduce feints, moves to beat an opponent, and also focus on finishing the ball. The individual defending will focus on proper stance and balance, tackling technique, and closing down the space of an opponent. Each session will end with a 4v4 scrimmage game.

Age: 8-10 year olds
 Location: Darien Sportsplex, 451 Plainfield Road
 Instructor: Jordan Rossi

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|------------------|-------------|-----------|
| 729990-A | F | May 18-June 29* | 4:00-4:55pm | \$60/\$70 |
| 729990-B | F | July 27-Sept. 7* | 4:00-4:55pm | \$60/\$70 |

*No class 5/25, 8/31





Sportsplex Skate School

Skate School for Tots

Skate school classes for Tots is a great way for your child to learn the fundamentals of ice skating through this introductory class. They will learn the basic skills of skating taught to them through different techniques with fun and games. Please dress your child in comfortable warm clothing and gloves. If you don't have skates, Skate Rental is available for \$2 each class.

Come practice your skills. Practice Ice times are also included for Registered Students ONLY! Thursday, 10:55-11:15am, 4:30-4:50pm, 5:30-5:50pm and Saturday, 9:35-9:50am, 10:40-10:55am, 11:35-11:50 am.

Age: 3-4 year olds
Location: Darien Sportsplex, 451 Plainfield Road
Instructor: Skate School Staff

Note: **there will be a \$5 fee for late registrations. Any registrations taken after the deadline will start the 2nd week of the session.**

Summer Session Registration Deadline: 6/4/2012

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|----------------|---------------|------------|
| 729910-A | Th | June 7-July26 | 10:15-10:45am | \$90/\$100 |
| 729910-B | Th | June 7-July26 | 4:50-5:20pm | \$90/\$100 |
| 729910-C | Th | June 7-July26 | 5:50-6:20pm | \$90/\$100 |
| 729910-D | Sa | June 9-July 28 | 9:50-10:20am | \$90/\$100 |
| 729910-E | Sa | June 9-July 28 | 10:55-11:25am | \$90/\$100 |
| 729910-F | Sa | June 9-July 28 | 11:50-12:20pm | \$90/\$100 |

Back to School Session Registration Deadline: 8/20/2012

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|---------------|------------|
| 759910-A | Th | Aug. 23-Oct. 11 | 10:15-10:45am | \$90/\$100 |
| 759910-B | Th | Aug. 23-Oct. 11 | 4:50-5:20pm | \$90/\$100 |
| 759910-C | Th | Aug. 23-Oct. 11 | 5:50-6:20pm | \$90/\$100 |
| 759910-D | Sa | Aug. 25-Oct. 13 | 9:50-10:20am | \$90/\$100 |
| 759910-E | Sa | Aug. 25-Oct. 13 | 10:55-11:25am | \$90/\$100 |
| 759910-F | Sa | Aug. 25-Oct. 13 | 11:50-12:20pm | \$90/\$100 |

Skate School for 5 or Older

Skate school classes is a great way for your child to learn the fundamentals of ice skating. The Darien Sportsplex Skate School is an ISI program that offers a variety of Ice Skating classes for ALL ages and abilities. Skaters will receive an evaluation at the end of the session. Once a level is passed they will be placed into the next level. Please remember to wear comfortable warm clothing and gloves. If you don't have skates, Skate Rental is available for \$2 each class.

Come practice your skills. Practice Ice times are also included for Registered Students ONLY! Thursday, 10:55-11:15am, 4:30-4:50pm, 5:30-5:50pm and Saturday, 9:35-9:50am, 10:40-10:55am, 11:35-11:50 am.

Pre-Alpha: No prior class experience required. This class teaches basic forward and backward skills to those who have never taken skating lessons.

Alpha: Must have passed Pre-Alpha test. Class builds on Pre-Alpha skills, introduces forward stroking, crossovers and stops.

Beta: Must have passed Alpha test. Covers back stroking, back crossovers and t-stops.

Gamma: Must have passed Beta test. More advanced skills such as outside 3-turns, mohawk, turns and hockey stops.

Delta: Must have passed gamma test. Inside 3-turns, outside and inside edges, lunges and bunny hops.

Freestyle Levels 1-10: Advanced Skaters.

Edge Class: (Gamma & above levels) Students will work on Forward and Backward edges with emphasis on edge control.

Ages: 5 and up
Location: Darien Sportsplex, 451 Plainfield Road
Instructor: Skate School Staff

Note: **There will be a \$5 fee for late registrations. Any registrations taken after the deadline will start the 2nd week of the session.**

Summer Session Registration Deadline: 6/4/2012

| Code# | Pre-Alpha | Alpha | Beta | Gamma | Delta | Day | Date | Time | R/NR Fee |
|----------|-----------|----------|----------|----------|-------|----------------|---------------|-------------|----------|
| 729912-A | 729915-A | 729916-A | x | x | Th | June 7-July 26 | 10:15-10:55am | \$100/\$110 | |
| 729912-B | 729915-B | 729916-B | 729917-A | 729918-A | Th | June 7-July 26 | 4:50-5:30pm | \$100/\$110 | |
| 729912-C | 729915-C | 729916-C | 729917-B | 729918-B | Th | June 7-July 26 | 5:50-6:30pm | \$100/\$110 | |
| 729912-D | 729915-D | 729916-D | 729917-C | 729918-C | Sa | June 9-July 28 | 9:50-10:30am | \$100/\$110 | |
| 729912-E | 729915-E | 729916-E | 729917-D | 729918-D | Sa | June 9-July 28 | 10:55-11:35am | \$100/\$110 | |
| 729912-F | 729915-F | 729916-F | 729917-E | 729918-E | Sa | June 9-July 28 | 11:50-12:30pm | \$100/\$110 | |

Freestyle Levels 1-10

| Code# | Level 1 | Level 2 | Level 3 | Level 4 | Level 5-10 | Day | Date | Time | R/NR Fee |
|----------|----------|----------|----------|----------|------------|----------------|-------------|-------------|----------|
| 729927-A | 729928-A | 729929-A | 729930-A | 729931-A | Th | June 7-July 26 | 3:50-4:30pm | \$110/\$120 | |
| 729927-B | 729928-B | 729929-B | 729930-B | 729931-B | Sa | June 9-July 28 | 8:55-9:35am | \$110/\$120 | |

| Edge Class | Day | Date | Time | R/NR Fee |
|------------|-----|----------------|-------------|-----------|
| 729919-A | Th | June 7-July 26 | 3:30-3:50pm | \$50/\$55 |
| 729919-B | Sa | June 9-July 28 | 8:35-8:55am | \$50/\$55 |

Back to School Session Registration Deadline: 8/20/2012

| Code# | Pre-Alpha | Alpha | Beta | Gamma | Delta | Day | Date | Time | R/NR Fee |
|----------|-----------|----------|----------|----------|-------|-----------------|---------------|-------------|----------|
| 759912-A | 759915-A | 759916-A | x | x | Th | Aug. 23-Oct. 11 | 10:15-10:55am | \$100/\$110 | |
| 759912-B | 759915-B | 759916-B | 759917-A | 759918-A | Th | Aug. 23-Oct. 11 | 4:50-5:30pm | \$100/\$110 | |
| 759912-C | 759915-C | 759916-C | 759917-B | 759918-B | Th | Aug. 23-Oct. 11 | 5:50-6:30pm | \$100/\$110 | |
| 759912-D | 759915-D | 759916-D | 759917-C | 759918-C | Sa | Aug. 25-Oct. 13 | 9:50-10:30am | \$100/\$110 | |
| 759912-E | 759915-E | 759916-E | 759917-D | 759918-D | Sa | Aug. 25-Oct. 13 | 10:55-11:35am | \$100/\$110 | |
| 759912-F | 759915-F | 759916-F | 759917-E | 759918-E | Sa | Aug. 25-Oct. 13 | 11:50-12:30pm | \$100/\$110 | |

Freestyle Levels 1-10

| Code# | Level 1 | Level 2 | Level 3 | Level 4 | Level 5-10 | Day | Date | Time | R/NR Fee |
|----------|----------|----------|----------|----------|------------|-----------------|-------------|-------------|----------|
| 759927-A | 759928-A | 759929-A | 759930-A | 759931-A | Th | Aug. 23-Oct. 11 | 3:50-4:30pm | \$110/\$120 | |
| 759927-B | 759928-B | 759929-B | 759930-B | 759931-B | Sa | Aug. 25-Oct. 13 | 8:55-9:35am | \$110/\$120 | |

| Edge Class | Day | Date | Time | R/NR Fee |
|------------|-----|-----------------|-------------|-----------|
| 759919-A | Th | Aug. 23-Oct. 11 | 3:30-3:50pm | \$50/\$55 |
| 759919-B | Sa | Aug. 25-Oct. 13 | 8:35-8:55am | \$50/\$55 |

**Public Skate Hours**

| | |
|------------------|---|
| Monday - Friday: | 1:00pm-3:00pm |
| Saturday | 1:00pm-3:00pm & 6:20pm-8:20pm |
| Sunday: | 1:00pm-3:00pm & 6:20pm-8:20pm |
| Cost: | \$5 - Residents of the Darien Park District |
| | \$7 - Non-Residents |
| | \$2 - Skate Rental |

10 Session Punch Card: \$40(R)/\$60(NR)

- Dates and Times subject to change without notice.
- Please call 630-789-6666 to verify dates and times.
- Visit www.dariensportsplex.com for monthly schedule.

Little Hawks Hockey

Location: Darien Sportsplex, 451 Plainfield Road
 Instructor: Chicago Hawks Hockey Club Coaches

USA Hockey Registration Fee

All participants must register on line with USA Hockey, www.usahockey.com. It is free to the participants who are under 6 years old. All skaters born before 1/1/2005 are required to pay the USA Hockey Registration Fee of \$43. The 2011-2012 season registration is valid from 9/1/2011 to 8/31/2012.



*Registration
open now for the
hockey programs
starting in April*



Learn to Skate - Ages: 3 to 12 years old

Classes are designed to give the inexperienced skater a solid foundation for developing their hockey skating abilities. Our goal is to develop the students skating abilities to be able to promote them towards the first steps of learning to play hockey. **Class instruction includes:** the basics for developing confidence in gaining balance and control of the young skater's abilities. The student will learn the art of a push and glide skating stride in a forward motion.

Equipment Requirements: USA approved hockey helmet, protective gloves, elbow pads, knee pads, hockey skates.

| Code # | Day | Date | Time | R/NR Fee |
|---|-----|--------------------|---------------|-------------|
| 729984-A | W | Apr. 11-May 30* | 3:30-4:20pm | \$100/\$110 |
| 729984-B | F | Apr. 13-June 1** | 3:40-4:30pm | \$100/\$110 |
| 729984-C | Su | Apr. 15-June 3*** | 8:00-8:50am | \$100/\$110 |
| 729984-D | Su | Apr. 15-June 3*** | 11:00-11:50am | \$100/\$110 |
| *No class 4/18, 5/23 **No class 4/20, 5/25 ***No class 4/22, 5/27 | | | | |
| 729984-E | W | June 6-July 18* | 3:30-4:20pm | \$100/\$110 |
| 729984-F | F | June 8-July 20** | 3:40-4:30pm | \$100/\$110 |
| 729984-G | Su | June 10-July 22*** | 8:00-8:50am | \$100/\$110 |
| 729984-H | Su | June 10-July 22*** | 11:00-11:50am | \$100/\$110 |
| *No class 7/4 **No class 7/6 ***No class 7/8 | | | | |
| 729984-I | W | July 25-Aug. 22 | 3:30-4:20pm | \$85/\$95* |
| 729984-J | F | July 27-Aug. 24 | 3:40-4:30pm | \$85/\$95* |
| 729984-K | Su | July 29-Aug. 26 | 8:00-8:50am | \$85/\$95* |
| 729984-L | Su | July 29-Aug. 26 | 11:00-11:50am | \$85/\$95* |
| *5 weeks session | | | | |

Learn to Play I - Ages: 4 to 10 years old

For the NOVICE Skater: the student in this class is a Novice Skater. His/Hers skating abilities do not have to be exceptional, but they must be able to stand with balance and perform Push & Glide Strides across the ice at a consistent rate. **Class Instruction includes:** the development of proper balance and stopping, the basics of backward skating and some puck control. A number of competition drills versus other students will be introduced to help enhance student's competitive skills. Cross ice games will be used to help promote skill development.

Equipment Requirements: USA Hockey approved helmet & face mask, hockey stick, shoulder pads, hockey pants, protective gloves, elbow pads, knee/shin pads, hockey skates and neck guard.

| Code # | Day | Date | Time | R/NR Fee |
|--|-----|-------------------|-------------|----------------|
| 729983-A | Su | Apr. 15-June 3* | 9:00-9:50am | \$135/\$150 |
| 729983-B | Su | June 10-July 22** | 9:00-9:50am | \$135/\$150 |
| 729983-C | Su | July 29-Aug. 26 | 9:00-9:50am | \$115/\$125*** |
| *No class 4/22, 5/27 **No class 7/8 ***5 weeks session | | | | |

Learn to Play II - Ages: 4 to 10 years old

For the INTERMEDIATE Skater: students in this class must have the skating ability to confidently perform Right & Left turns, Snowplow stops, and almost go from a forward to backward skating stride. **Class Instruction includes:** the further development of puck control, passing, shooting, and scoring. Skating skills for performing forward to backward pivots and lateral crossovers at quick speed are taught and developed. Skaters will be introduced to game like situations, through scrimmages and games. **In addition:** students in Learn to Play II can now participate in drills for skills and play on a "Scooter" Pond Hockey team.

Equipment Requirements: USA Hockey approved helmet & face mask, hockey stick, shoulder pads, hockey pants, protective gloves, elbow pads, knee/shin pads, hockey skates and neck guard.

| Code # | Day | Date | Time | R/NR Fee |
|--|-----|-------------------|---------------|----------------|
| 729982-A | Su | Apr. 15-June 3* | 10:00-10:50am | \$135/\$150 |
| 729982-B | Su | June 10-July 22** | 10:00-10:50am | \$135/\$150 |
| 729982-C | Su | July 29-Aug. 26 | 10:00-10:50am | \$115/\$125*** |
| *No class 4/22, 5/27 **No class 7/8 ***5 weeks session | | | | |

Scooter Pond Hockey - Ages: 14 years old & Younger

Scooter Pond Hockey Teams are beginning hockey teams created from the students of Little Hawks classes. These students are placed on a new Scooter team every week and emphasis is placed on skill development and fun rather than the score of the game. Our goal is to develop an understanding of team/game play, confidence in puck handling, shooting, passing, and checking skills at the team play level. Learning how to interact with other teammates and developing personalities is part of the learning curve of Scooter Pond Hockey. The basic rules of hockey are not yet taught at this level.

Equipment Requirements: USA Hockey approved helmet & face mask, hockey stick, shoulder pads, hockey pants, protective gloves, elbow pads, knee/shin pads, hockey skates and neck guard.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|------------------|-------------|--------------|
| 729980-A | W | Apr. 11-May 30* | 4:30-5:20pm | \$65/\$75 |
| 729980-B | W | June 6-July 18** | 4:30-5:20pm | \$65/\$75 |
| 729980-C | W | July 25-Aug. 22 | 4:30-5:20pm | \$55/\$65*** |

*No class 4/18, 5/23 **No class 7/4 ***5 weeks session

Drills for Skills & Power Skate - 14 years old & Younger

The Drills for Skills clinics are designed for both the aspiring House and Travel player. The clinics are high intensity one hour long practices, designed to develop and maintain the skills of the player. High repetition of all drills allows instructors to recognize the needs of each player and provide personalized direction for their further development.

The Re-enforcement of Skating, Stick-handling, Passing, Shooting, Checking, and Game skills are continuously taught in these clinics.

Equipment Requirements: USA Hockey approved helmet & face mask, hockey stick, shoulder pads, hockey pants, protective gloves, elbow pads, knee/shin pads, hockey skates and neck guard.

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|------------------|-------------|----------------|
| 729979-A | F | Apr. 13-June 1* | 4:40-5:30pm | \$135/\$150 |
| 729979-B | F | June 8-July 20** | 4:40-5:30pm | \$135/\$150 |
| 729979-C | F | July 27-Aug. 24 | 4:40-5:30pm | \$115/\$125*** |

*No class 4/20, 5/25 **No class 7/6 ***5 weeks session



3 on 3 Hockey League

Welcome to the Darien Sportsplex 3 on 3 Hockey League, the best place to play and have fun this spring and summer for all Mite, Squirts, Peewees, and Bantams! The game creates a much faster paced game and gives the players more opportunities with the puck. Decisions must be made quickly forcing the athlete to think and react at an accelerated pace. Goalies are not exempt from the increased speed of the game; they may see 50 to 70 shots a game. 3 on 3 is a fun way for the athletes to explore and improve their game all on their own!

We will divide the League into three divisions:

- Select - for the top players
- Championship - for the travel player
- Challenger - for the house player

Register at the www.dariensportsplex.com as an individual or get a group of teammates together and sign up as a team. All players must be of similar age and will skate in the age group of the oldest player. The league directors have the right to move players up or down in age group to make the league and team more competitive. We anticipate a large number of players wanting to participate so register early.

2012 Darien Sportsplex 3 on 3 Hockey League Features:

- 20 League Games plus Playoff Games
- Trophies for winning teams
- Team Jerseys

Contact Information:

Mike Bloome, 630-789-6666 x114, coachbloome@gmail.com

Equipment Requirements: USA Hockey approved helmet & face mask, hockey stick, shoulder pads, hockey pants, protective gloves, elbow pads, knee/shin pads, hockey skates and neck guard.

MITES: 2004 and younger birth years

SQUIRTS: 2003 and 2002 birth years

PEEWEEES: 2001 and 2000 birth years

BANTAMS: 1999 and 1998 birth years

Spring 2012 April 22 - June 17, 2012 (No games 5/26, 5/27)

| Code# | Level | Day | Fee |
|----------|----------------------------|-------------|---------|
| 729940-A | Mite - Team | Sat. & Sun. | \$1,170 |
| 729940-B | Mite - Individual | Sat. & Sun. | \$195 |
| 729940-C | Mite - Individual Goalie | Sat. & Sun. | \$75 |
| 729941-A | Squirt - Team | Sat. & Sun. | \$1,170 |
| 729941-B | Squirt - Individual | Sat. & Sun. | \$195 |
| 729941-C | Squirt - Individual Goalie | Sat. & Sun. | \$75 |
| 729942-A | PeeWee - Team | Sat. & Sun. | \$1,170 |
| 729942-B | PeeWee - Individual | Sat. & Sun. | \$195 |
| 729942-C | PeeWee - Individual Goalie | Sat. & Sun. | \$75 |
| 729943-A | Bantam - Team | Sat. & Sun. | \$1,170 |
| 729943-B | Bantam - Individual | Sat. & Sun. | \$195 |
| 729943-C | Bantam - Individual Goalie | Sat. & Sun. | \$75 |

Summer 2012 - June 23 - August 12, 2012

| Code# | Level | Day | Fee |
|----------|----------------------------|-------------|---------|
| 729940-D | Mite - Team | Sat. & Sun. | \$1,170 |
| 729940-E | Mite - Individual | Sat. & Sun. | \$195 |
| 729940-F | Mite - Individual Goalie | Sat. & Sun. | \$75 |
| 729941-D | Squirt - Team | Sat. & Sun. | \$1,170 |
| 729941-E | Squirt - Individual | Sat. & Sun. | \$195 |
| 729941-F | Squirt - Individual Goalie | Sat. & Sun. | \$75 |
| 729942-D | PeeWee - Team | Sat. & Sun. | \$1,170 |
| 729942-E | PeeWee - Individual | Sat. & Sun. | \$195 |
| 729942-F | PeeWee - Individual Goalie | Sat. & Sun. | \$75 |
| 729943-D | Bantam - Team | Sat. & Sun. | \$1,170 |
| 729943-E | Bantam - Individual | Sat. & Sun. | \$195 |
| 729943-F | Bantam - Individual Goalie | Sat. & Sun. | \$75 |

3 on 3 Frequently Asked Questions

Are there special rules? Yes. The intent of the 3 on 3 leagues is to have as much continuous play as possible with as little rules and stoppage play as reasonably possible.

Will there be offside's? There are no off-side's in the 3 on 3 leagues or tournaments.

Is this a no check league? Yes. Absolutely no checking will be allowed!

What division should my team or child play in? All the 3 on 3 league divisions are age specific. Please view the requirements before registering an individual or team. We reserve the right to move teams or individuals to a level more suited for their skill level.

How many players per team? You are required to roster a minimum of 6 skaters plus 1 goalie.

Will the goalies be used? Yes. Each team is required to have 1 goalie with an option of a 2nd at all levels.

What is the format for each game? Each 3 on 3 game is 26 minutes running time for all levels. There will be two 13 minute halves.

How long are the shifts? All shifts will be sixty (60) second shifts.

Do we need coaches/parents on the bench? Yes. All teams will be required to have at least one coach/parent on the bench.



Darien Dash Running Club

Come join us as we train for the upcoming Darien Dash 5K! You will be participating in conditioning drills that will prepare you for the 3.1 mile race on May 20. We will also be running as a group during the race itself so all the participants can stay motivated to do their best. Fee includes 5K registration fee and running club t-shirt.

Age: 8-12 year olds

Location: Darien Community Park
7100 Clarendon Hills Rd.

Instructor: Laura Tanouye, ACE Certified Personal Trainer and
Tim O'Brien, Fitness Supervisor

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|-----------------|-------------|-----------|
| 220364-A | Tu | April 24-May 15 | 3:30-4:30pm | \$40/\$50 |



12th Annual Darien Dash 10K, 5K & 1-Mile Run/Walk

Darien Community Park
Sunday, May 20, 2012

7:00am Registration, 8:30am Race Starts

visit www.DarienDash.com for more information

Code#: 220800

To register, complete in full

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Payment Type: Master Card Visa American Express Check

Credit Card #: _____ Exp. Date: _____ Security Code (3 or 4 digits): _____

Cardholder Signature: _____

Sex: Male Female T-Shirt Size: Child Large Small Medium Large X-Large XX-Large

Event (pre registry/same day): 10K Run \$40/\$45 5K Run \$30/\$35 1 Mile Walk/Run \$25/\$30 Age on Race Day: _____

Would you like to receive future information about the Darien Dash? Y / N Email: _____

School Name: _____ Organization: _____

**Make checks payable and mail to Darien Park District, 7301 Fairview Ave., Darien, IL 60561
or register online at www.dariendash.com. Advanced entry by mail must be postmarked by May 8th.**

Waiver: I know that running/walking a road race is a potentially hazardous activity. I should not enter and run or walk unless I agree to abide by any decisions of a race official relative to my ability to safely complete the course. I assume all risk associated with running and walking in this event, including but not limited to: falls, contact with other participants, the effects of weather, including high heat and or humidity, traffic and conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of this entry, I hereby waive for myself, heirs, executors and administrators any and all claims I have against the Darien Chamber of Commerce, the city of Darien, the Darien Park District, contributors, event contributor sponsors, donors, and their representatives and successors for any and all damages and any and all injuries suffered by me in connection with this event, including pre and post race activities. I hereby grant permission to the Darien Chamber of Commerce and its authorized agents to use my name and photographs, videotapes, motion pictures, recording or any other record of my participation in the event for any purpose. Race results for all participants will be posted on the Internet.

Participant Signature: _____

Parent/Guardian Signature (if under 18): _____

*Please note that this is not a school sponsored event.



Private Softball Lessons

These lessons are perfect for any girl looking to improve their softball skills! All lessons are one hour and are individualized towards your ability. Lessons can focus entirely on hitting, pitching, or defense, or can be a combination of all three. Players must bring their own glove and bat.

Coach Tanouye is a former NCAA Player, MIAA All-Area Player, ACE certified ASA Softball Coach and an ACE Certified Personal Trainer

Age: Girls age 8-14
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Coach: Laura Tanouye

To schedule a lesson call Laura at 630-968-6400 x127.

5 Sessions \$100 (R)/\$110 (NR)
 10 Sessions \$180 (R)/\$190 (NR)



Youth Personal Training

Looking for an individualized workout catered towards your exact needs? We are pleased to now offer youth personal training. Get a full and comprehensive workout with a certified personal trainer! All sessions are one hour and will be scheduled through our training staff 630-968-6400 x127.

Age: 10-18 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Trainer: Laura Tanouye, ACE Certified Personal Trainer,
 AFPA Certified Children's Fitness Specialist

5 Sessions \$100 (R)/\$110 (NR)
 10 Sessions \$180 (R)/\$190 (NR)

The Buddy System

You and a friend can now workout together! By joining The Buddy System, you both will get a total body workout in together. In one short hour, you and a friend will work up a sweat, gain strength and flexibility, and of course have a lot of fun. For more information on The Buddy System call Laura at (630)968-6400 x 127.

Age: 10-18 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Trainer: Laura Tanouye, ACE Certified Personal Trainer,
 AFPA Certified Children's Fitness Specialist

5 Sessions \$150 (R)/\$160 (NR)
 10 Sessions \$230 (R)/\$240 (NR)



Pre-Teen Yoga

A mix of postures and fun yoga games will help kids improve strength, coordination and balance while promoting self esteem and providing them with an alternative way to redirect their energy. With encouragement to explore poses they will develop a sense of achievement gaining confidence and developing a positive outlook. Please bring a mat or towel to lie on.

Age: 8-12 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Jill Kuehn
 Note: *No class 6/5, 7/3

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|------------------|-------------|-----------|
| 220361-A | Tu | Apr. 24-June 19* | 5:00-5:55pm | \$48/\$56 |
| 220361-B | Tu | June 26-Aug. 21* | 5:00-5:55pm | \$48/\$56 |

Youth Fitness Frenzy

Stay active this summer by being a part of our new Youth Fitness Frenzy Class! The class will be filled with active games and exercises that keep your bodies moving. This fun class will leave you feeling energized!

Age: 8-14 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Laura Tanouye, ACE Certified Personal Trainer,
 AFPA Certified Children's Fitness Specialist

| Code # | Day | Date | Time | R/NR Fee |
|----------|-----|----------------|-------------|-----------|
| 220348-A | Tu | June 26-Aug. 7 | 4:15-5:00pm | \$42/\$49 |