



YOUTH SPORTS CLASSES

ISLAND LAKE RECREATION

SUMMER 2019 • JUNE 3 - AUGUST 29



LIL' DRIBBLERS

AGES 4-6

The Lil' Dribblers Basketball program introduces children to the game of basketball in a safe, fun and exciting environment. Our curriculum uses age appropriate activities and games specifically designed to increase balance, body awareness, motor skills, hand-eye coordination, listening skills and the ability to follow directions. **NO CLASS: 7/1.**

315-01 MON 6/3-7/15 5:00-5:45P 6 WKS R \$60/REG \$69
315-02 MON 7/22-8/26 5:00-5:45P 6 WKS R \$60/REG \$69

BASKETBALL CLINIC 101

AGES 7-10

Develop early basketball skills such as shooting, dribbling and passing, along with the basic rules of the game. All instruction is game/drill oriented with mini games and scrimmages played every week. This class is for the basketball beginner looking to understand the game, learn new skills, and have fun! **NO CLASS: 7/1.**

320-01 MON 6/3-7/15 6:00-6:45P 6 WKS R \$60/REG \$69
320-02 MON 7/22-8/26 6:00-6:45P 6 WKS R \$60/REG \$69

PEE WEE SOCCER

AGES 4-6

Let your child's early soccer experience be a great one. The younger player develops their soccer skills and also gains confidence, coordination, motor skills and communication. The program uses age appropriate drills and exercises to teach players kicking, ball control, dribbling, shooting and more. **NO CLASS: 7/2.**

325-01 TUE 6/4-7/16 5:00-5:45P 6 WKS R \$60/REG \$69
325-02 TUE 7/23-8/27 5:00-5:45P 6 WKS R \$60/REG \$69

SOCCER SKILLS CLINIC 101

AGES 7-10

Players are introduced to the fundamentals of soccer tactics such as passing the ball, offensive moves, defensive moves, keeping/controlling the ball and taking the ball away from the opposing team. Players learn to score and prevent goals. Physical endurance and fitness are emphasized while touching the ball. At this age, the focus starts to change from simple games to organized, tactical, competitive games. **NO CLASS: 7/2.**

326-01 TUE 6/4-7/16 6:00-6:45P 6 WKS R \$60/REG \$69
326-02 TUE 7/23-8/27 6:00-6:45P 6 WKS R \$60/REG \$69



BASEBALL CLINIC 101

AGES 7-9

This baseball class gives players an introduction to baseball. Players work on technique and enhancing form in this comprehensive skills clinic. This program teaches throwing mechanics as well as batting stance, bat positioning and speed, using both live pitching and hitting off the tee. Players learn various positions in the field through game play and basic in game strategy. Players should bring their own gloves, and be ready for a fun, fast paced learning environment. **NO CLASS 7/4.**

313-02 THU 6/6-7/18 7:00-8:00P 6 WKS R \$60/REG \$69



PEE WEE FLAG FOOTBALL

AGES 4-6

Come join in on the fun and start playing the nation's most loved game! Players are introduced to stance, receiving, rushing, blocking and defense. Each week ends with a scrimmage encouraging teamwork and sportsmanship. Players always get to play either receiver or running back each week. Games focus on fundamentals and field concepts, as well as positions and mechanics. No equipment necessary!

241-01 THU 8/1-8/29 5:00-5:45P 5 WKS R \$50/REG \$59



JUNIOR FLAG FOOTBALL

AGES 7-10

Players experience daily scrimmages with active instruction and tips from the coaching staff. Players are encouraged to employ skills used in football such as running pass routes, play calling, defensive positioning, the fundamentals of blocking and pass coverage. These skills and others will be put to use in a "game time" environment while the players scrimmage each week.

342-01 THU 8/1-8/29 6:00-6:45P 5 WKS R \$50/REG \$59



ISLAND LAKE RECREATION

VILLAGE HALL GYMNASIUM
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Visit hotshots4kids.com for more information.

For questions, contact Kevin Holtz @ kevin@hotshots4kids.com or 773-685-6902.