

NEW! E-Town Tennis

E-Town Tennis is directed by the staff of Mr. Ken Hermann. Their vision and philosophy is to provide each player the best coaching/training environment to exceed their individual goals with their tennis career. The goal of E-Town Tennis is that through hard work, self-discipline, and dedication, all individuals participating in classes will succeed both on the tennis court and with their future endeavors.

Beginner: Players are introduced to the game in a fun learning atmosphere, focusing primarily on stroke production. Players will be introduced to all strokes and begin fundamental muscle memory for each. Toss and Catch, hand-eye coordination and other related skills (footwork) will also be introduced.

Intermediate: Players will be introduced to all shots and begin or continue focus on development of strokes. In addition, players will begin to rally balls from the baseline, begin to develop the muscle memory for the serve, keep score, and begin to know the positions on the court.

Advanced: Greater emphasis will be placed on beginning the rally with a feed, rallying back and forth with some consistency. Players will learn positions of court, how to keep score, terminology of specific shots and areas of the court.

Participants must wear clothes they can move around freely in and bring their own racquet.

Min/Max: 6/15

No. of Weeks: 6

Location: PVCC - Tennis Courts

FREE TENNIS OPEN HOUSE

On Saturday August 30 from 9:30am-11am E-town Tennis will have an open house event at the Prairie View Tennis Courts. At this event participants will learn about our new Tennis Program and how the programs offered will meet your tennis needs!

Pre-registration is required to attend this free event.

To pre-register, contact Kevin at 847-965-1200.

Juniors 7-14 Yrs

Level: Beginner

CODE#	DAY	TIME	DATE	R/NR FEE
1651-0	M	4:00-5:00pm	9/08-10/20	\$72/\$82
1651-1	W	4:00-5:00pm	9/10-10/22	\$72/\$82
1651-2	Sa	9:30-10:30am	9/13-10/18	\$72/\$82

Level: Int/Adv

CODE#	DAY	TIME	DATE	R/NR FEE
1651-3	M	5:00-6:30pm	9/08-10/20	\$108/\$118
1651-4	W	5:00-6:30pm	9/10-10/22	\$108/\$118
1651-5	Sa	10:30am-Noon	9/13-10/18	\$108/\$118

Adults 14+ Yrs

Level: Beginner

CODE#	DAY	TIME	DATE	R/NR FEE
1651-6	M	6:30-7:30pm	9/08-10/20	\$72/\$82
1651-8	Sa	1:00-2:00pm	9/13-10/18	\$72/\$82
1652-0	Su	1:00-2:00pm	9/14-10/19	\$72/\$82

Level: Int/Adv

CODE#	DAY	TIME	DATE	R/NR FEE
1651-7	W	6:30-8:00pm	9/10-10/22	\$108/\$118
1651-9	Sa	2:00-3:30pm	9/13-10/18	\$108/\$118
1652-1	Su	2:00-3:30pm	9/14-10/19	\$108/\$118

No class October 8 and 13

Gymnastics at PVCC and Niles West

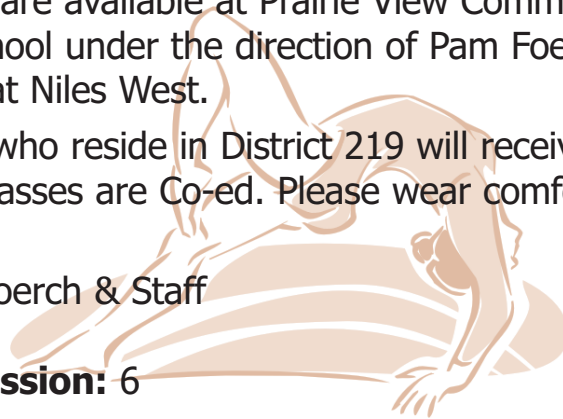
Gymnastics classes are available at Prairie View Community Center and Niles West High School under the direction of Pam Foerch, Head Women's Gymnastics Coach at Niles West.

Note: Participants who reside in District 219 will receive the resident rate for all classes. All classes are Co-ed. Please wear comfortable clothing. No jeans.

Instructor: Pam Foerch & Staff

Min/Max: 6/12

No. Weeks per session: 6



GYMNASTICS

<u>CLASS/LEVEL</u>	<u>CLASS #</u>	<u>DAY</u>	<u>TIME</u>	<u>DATE</u>	<u>R/NR</u>	<u>LOCATION</u>
Tumbling Tots 4-5 Yrs	2047-7	Tu	5:30-6:30pm	9/09-10/21	\$43/\$57	PVCC
	2047-8	W	6:00-7:00pm	9/10-10/22	\$43/\$57	NW
	2047-9	Sa	10:00-11:00am	9/13-10/25	\$43/\$57	PVCC
	2048-0	Tu	5:30-6:30pm	11/04-12/09	\$43/\$57	PVCC
	2048-1	W	6:00-7:00pm	11/05-12/10	\$43/\$57	NW
	2048-2	Sa	10:00-11:00am	11/08-12/20	\$43/\$57	PVCC
Beginners 6-10 Yrs	2018-0	M	6:00-7:00pm	9/08-10/20	\$43/\$57	NW
	2018-1	Tu	6:30-7:30pm	9/09-10/21	\$43/\$57	PVCC
	2018-2	Sa	11:00am-Noon	9/13-10/25	\$43/\$57	PVCC
	2018-3	M	6:00-7:00pm	11/03-12/08	\$43/\$57	NW
	2018-4	Tu	6:30-7:30pm	11/04-12/09	\$43/\$57	PVCC
	2018-5	Sa	11:00am-Noon	11/08-12/20	\$43/\$57	PVCC
Intermediate II 8-12 Yrs	2018-6	M/W	6:00-7:00pm	9/08-10/22	\$83/\$111	NW
	2018-7	Tu	7:30-8:30pm	9/09-10/21	\$43/\$57	PVCC
	2018-8	Sa	Noon-1:00pm	9/13-10/25	\$43/\$57	PVCC
	2018-9	M/W	6:00-7:00pm	11/03-12/10	\$83/\$111	NW
	2019-0	Tu	7:30-8:30pm	11/04-12/09	\$43/\$57	PVCC
	2019-1	Sa	Noon-1:00pm	11/08-12/20	\$43/\$57	PVCC
Adv III/IV 10-18 Yrs	2019-2	M/W	7:00-8:30pm	9/08-10/22	\$120/\$163	NW
	2019-3	M/W	7:00-8:30pm	11/03-12/10	\$120/\$163	NW
High School 14-18 Yrs	2019-4	M/W	7:00-9:00pm	9/08-10/22	\$159/\$213	NW
	2019-5	M/W	7:00-9:00pm	11/03-12/10	\$159/\$213	NW

No class September 27, 29 & 30, October 8 & November 29.

Youth Programs

Biddy Basketball Class with One-on-One Basketball

Our dedicated instructors will help prepare young players for the upcoming basketball season by working on ball handling, passing, shooting, footwork and defense. Instructors use positive reinforcement to instill confidence and a positive attitude in each player. Each day will be mixed with games, contests and competitions for an enjoyable experience for everyone.

Day: Wednesday
R/NR Fees: \$65/\$87
Min/Max: 8/30
No. of Weeks: 6
Location: PVCC - Gymnasium

Code#	Grade	Time	Dates
1027-0	Gr 2-3	4:00-4:50pm	9/03-10/08
1027-1	Gr 3-4	5:00-5:50pm	9/03-10/08
1027-2	Gr 2-3	4:00-4:50pm	10/22-11/26
1027-3	Gr 3-4	5:00-5:50pm	10/22-11/26

Tiger Sharks Swim Club

Where do TJ Moran and Leonore Pagsanjan go when summer is over?

TJ is an Assistant coach for the Leaning Tower YMCA Sharks Swim Team with primary focus on Developmental swimming and the Age Group I program. He is pursuing his degree at Northeastern Illinois University and in his "spare" time has been an Assistant Coach for the Niles North Viking Boys and Girls Swimming and Diving Team.

Leonore can also be found coaching at the Leaning Tower YMCA working with the developmental swimmers (*Little Sharks, Developmental I and II, and occasionally helping out with Age Group I*). She just completed her Bachelors Degree in Music Education at Northeastern and is searching for her first teaching position with emphasis on instrumental music for junior high and high school bands.

So even though the summer is over - Tiger Shark coaches are in the area. If interested in swimming during the "off season", contact the Leaning Tower YMCA for information. Tiger Sharks will be back at Oriole Pool next summer!



Winter Youth Basketball Leagues



Skill development, competition and fun are the main features of this action-packed basketball program.

If you are interested in signing up your child for this program specific details will be listed in the Winter Brochure out to residents on Monday, November 3rd.

For more information or to get on our mailing list please call Kevin at 847-965-1200.

It's Magic!

Children are guaranteed to have a great time as they learn fascinating tricks from a professional magician! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided and each child receives a magic kit to take home. **Children always learn tricks that are appropriate for their age, and they can sign up for this class again and again since brand new tricks are taught at each session!**



Instructor: Magic Team of Gary Kantor

Age: 5-12 Yrs

R/NR Fees: \$17/\$23

Min/Max: 5/30

No. of Weeks: 1

Location: PVCC - Activity Room

Code#	Day	Time	Date
8405-0	W	6:45-7:40pm	September 3



Hot Shots Sports

Min/Max: 4/15

Hot Shots Soccer Skills Clinic 101

Children are introduced to the fundamentals of soccer tactics such as passing the ball, attack and defense moves, keeping the ball away from and taking the ball from the opposing team. Children learn to score and prevent goals. Physical endurance and fitness is emphasized while touching the ball. At this age the focus starts to change from simple games to organized, tactical, competitive games. *No class October 9, 24, 31 and November 27 & 28.*

Location: Prairie View Park/PVCC - Gymnasium

Age: 4-6 Yrs

No. of Weeks: 14

Day: Thursday

Code#	Time	Dates	R/NR
1937-0	3:15-4:00pm	9/04-12/18	\$140/\$150

Age: 5-7 Yrs

No. of Weeks: 13

Day: Friday

Code#	Time	Dates	R/NR
1938-4	4:15-5:00pm	9/05-12/19	\$130/\$140

Hot Shots Girls Can Do It Too!

Girls Basketball Skills Clinic

This program is developed specifically for girls ages 8-12. Active, athletic girls have been found to have higher self-esteem, greater confidence and a positive body image. This program will allow the female participant to try new skills and achieve goals in an environment exclusively for girls. *No class October 9 and November 27.*

Age: 8-12 Yrs

Min/Max: 6/15

No. of Weeks: 14

Location: PVCC/Gymnasium

Day: Thursday

Code#	Time	Dates	R/NR
1937-1	4:00-5:00pm	9/04-12/18	\$140/\$150



**Ice Cream Social
in the Park
Wednesday, August 13
Overhill Park
9345 Overhill
6:00-7:00pm**

Sponsored by mb financial bank.

NEW! Hot Shots Baseball

Min/Max: 6/15

No. of Weeks: 6

Hot Shots Baseball 101

This beginner's baseball class gives players a full introduction to the great sport of baseball. During this class, players are instructed on all aspects of the game in a fun and learning environment. This program teaches the fundamentals of stretching, base running, throwing and catching, hitting off a tee and from live pitching, playing various positions in the field, game play strategy, and at home practice tips. Participants should bring their own bats and gloves. *No Class September 30.*

Age: 6-8 Yrs

Location: Harrer Park

Day: Tuesday

Code#	Time	Dates	R/NR
1938-0	4:00-5:00pm	9/02-10/14	\$60/\$70

Hot Shots Baseball 202

This program is designed to allow players to build on their current skills. Our instructors provide all players with assessments of their current skills, and offer each player tips and drills to improve their overall skills. This program features: stretching, running form, hitting mechanics, pitching mechanics, infield & outfield footwork, base running, game play & strategy. Participants should bring their own bats and gloves. *No Class September 30.*

Age: 8-11 Yrs

Location: Harrer Park

Day: Tuesday

Code#	Time	Dates	R/NR
1938-1	5:00-6:00pm	9/02-10/14	\$60/\$70

NEW! Hot Shots Tennis Skills Clinic

The perfect class for the beginning tennis player. This program is designed to introduce young players to the game of tennis in a fun and energetic environment. Participants will learn correct grip, proper form, basic strokes, rules of the game and more in a fun and supportive environment. Participants must bring their own racquet. *No class September 30 and October 9.*

Age: 6-8 Yrs

Min/Max: 4/15

No. of Weeks: 6

Location: Prairie View Park Tennis Courts

Day: Tuesday

Code#	Time	Dates	R/NR
1938-2	5:30-6:30pm	9/02-10/14	\$60/\$70

Day: Thursday

Code#	Time	Dates	R/NR
1938-3	5:30-6:30pm	9/04-10/16	\$60/\$70