

Athletics



PHILOSOPHY OF YOUTH PROGRAMS

The purpose of the Lake Forest Recreation Department's Youth Athletic Programs is to provide young people with a safe and enjoyable athletic experience with the emphasis on sportsmanship and fair play. All participants will be instructed in the fundamental skill of the sport including positioning, rules and basic strategy. Every player is given an equal opportunity to participate in games and practices as well as the chance to play various positions. No participant shall, based on race, sex, national origin, or disability, be denied equal access to programs, services or activities. All players will be assured of playing at least 50 % of each game with regular practice attendance (except tackle football). ***Practice = Play***

Participants and spectators are expected to always exhibit appropriate behavior. Guidelines have been established to ensure safe and enjoyable programs. Additional rules may be developed for particular programs as deemed necessary by staff. ***"We honor the game here"***

Lake Forest Parks & Recreation
CODE OF CONDUCT GUIDELINES for
Program Participants, Spectators and Employees

The goal of the Lake Forest Parks & Recreation Department is to provide positive experiences in which all individuals are welcome and treated with respect, sensitivity and fairness. The Lake Forest Parks & Recreation Department offers its programs and services to all individuals on an equal basis regardless of age, race, religion, sex, creed, sexual orientation, national origin or disability.

The Lake Forest Parks & Recreation Department reserves the right to restrict, suspend, expel or deny participation in any program or service to any person whose behavior materially interferes with or disrupts the quality or the enjoyment by other participants, or the ability of staff to conduct or manage the activity or facility.

SPECTATORS

Spectators play an important role in youth programs. Children learn best by example. Good sportsmanship and support by the spectators are expected. Spectators must follow the same Code of Behavior guidelines as participants. Failure to follow these guidelines will result in possible expulsion from the program area.

Unacceptable Behaviors include but are not limited to:

- Use of abusive language or language that is demeaning to others
- Use of physical force against participants or employees
- Disrespect towards other participants or employees
- Damage to or inappropriate use of property, equipment or facility
- Behavior that is disruptive or against the law
- Any other behavior that the Recreation Staff feels is inappropriate or dangerous

CONSEQUENCES:

1. First Incident: Verbal warning given
2. Second Incident: Written warning; if a minor, then parent or guardian is contacted and must sign written warning. Participant must sit out of the activity for a day.
3. Third Incident: Participant is suspended or expelled from the program or facility. If a minor, parent will be required to sign suspension notice.

If an employee, Personnel Guidelines will be enforced.

The severity of the incident or incidents, will dictate the severity of the consequences and the Lake Forest Parks & Recreation Department reserves the right to determine the amount of refund, if any.

Let's all try to keep the Recreation Department a safe environment for everyone!

We are looking for Baseball / Softball Sponsors and Coaches!

<u>Sponsorship / Coaching Form</u>	
<i>If interested please fill out this form:</i>	
Your Name _____	
Phone # (Home) _____ (Work) _____	E-mail _____
Address _____	
Name of son or daughter (if applicable) _____	Grade _____ Boys Team () Girls Team ()
<u>YOUTH ATHLETICS SPONSORSHIP APPLICATION FORM</u>	<u>COACHING INFORMATION FORM</u>
Business Name (to be put on back of shirts) _____	Program _____
If this is a family sponsorship would you like us to put the team name (i.e. Cubs) on the back of the shirt? Yes () No ()	Are you 16 years of age or older? ___ yes ___ no
Method of Payment (check one): Check() Visa() MC() Discover()	Drivers License# _____
Please Bill()	Have you had any previous coaching experience? If so, please briefly list: _____
Credit Card # _____ Expiration Date _____	_____
Signature _____	_____

SATELLITE

Satellite is a very popular afterschool program for kids in first through fourth grades where children stay after school in their school's gymnasium and play many of their favorite games. The Recreation Department's Satellite Staff will provide two hours of games, sports and other fun activities right in your own school gymnasium. Participants need to wear comfortable clothing and gym shoes and bring a nutritional snack. There will be no classes on 1/2 days or no school days. The schedule may change due to gym conflicts. A parent manual will be sent out one week prior to the program. For more information, contact Joe Mobile, Program Manager at 847-810-3941.

Loc: Everett School Gymnasium, Sheridan School Gymnasium, Cherokee School Gymnasium

Instr: K. Pierini, A. Anaszewicz, J. Olsen

Note: No class January 16, 27, February 17, 20, and March 1, 2.

Code	Day	Time	Date	Level	Location	Instructor	Fee
28767	Wed	3:00pm- 5:00pm	Jan 11-Mar 14	Cherokee1-2 Grade	Cherokee School Gymnasium	K. Pierini	R: \$123 NR: \$148
28768	Fri	3:00pm- 5:00pm	Jan 13-Mar 16	Cherokee 3-4 Grade	Cherokee School Gymnasium	J. Olsen	R: \$87 NR: \$105
28769	Mon	2:00pm- 4:00pm	Jan 09-Mar 12	Everett 1-2 Grade	Everett School Gymnasium	A. Anaszewicz	R: \$99 NR: \$119
28770	Wed	3:00pm- 5:00pm	Jan 11-Mar 14	Everett 3-4 Grade	Everett School Gymnasium	A. Anaszewicz	R: \$123 NR: \$148
28771	Tue	3:00pm- 5:00pm	Jan 10-Mar 13	Sheridan 1-2 Grade	Sheridan School Gymnasium	K. Pierini	R: \$123 NR: \$148
28772	Thu	3:00pm- 5:00pm	Jan 12-Mar 15	Sheridan 3-4 Grade	Sheridan School Gymnasium	K. Pierini	R: \$111 NR: \$134

CHEERLEADING

This brand new Cheerleading Program is a great way to introduce this sport to your potential cheerleader as well as a great opportunity to sharpen and develop already acquired skills. The Cheer-Tumble (Wednesday) portion is aimed to teach the fundamental skills and basic components of competitive cheerleading. We will teach motions, jumps, tumbling, and stunting on safety mats. The Cheer-Poms (Friday) portion is aimed to teach the girls sideline cheers and routines which will combine both sets of their technique skills from the two classes. All ladies should wear comfortable gym clothing and gym shoes to all practices. For further information contact Anthony Anaszewicz, Program Supervisor, at 847-810-3945.

Fee: R: \$200 NR: \$240

Instr: D. Schager

Code	Day	Time	Date	Age	Location
28950	Wed	4:00 pm- 5:00 pm	Apr 4-May 25	Gr 3 - 4	Deerpath Middle School, North Gym
	Fri	4:45 pm- 5:45 pm			Lake Forest Recreation Center, Studio E
28951	Wed	5:00 pm- 6:00 pm	Apr 4-May 25	Gr 5 - 8	Deerpath Middle School, North Gym
	Fri	5:45 pm- 6:45 pm			Lake Forest Recreation Center, Studio E



NEW PROGRAM

The 3rd-4th grade program will introduce the basic skills of cheer. Emphasis will be placed on motions, introductory tumbling and stunting, jumps, and dance on our brand new safety mats. These ladies will also learn a routine performed to cheer with music that may eventually be performed during the football fall season.

The 5th-8th grade program will focus more on intermediate skills of cheer including jumps, cheer, motions, stunting and tumbling to prepare them for competitive cheer on our brand new safety mats. We will continually work on a routine to cheer and dance which will be performed at football games during the fall season.

LEARN 2 SKATEBOARD

Learn 2 Skateboard is an opportunity to learn the xtreme sport of skateboarding. This class is for beginners and intermediate skaters. Participants must bring a skateboard. Helmets are included; knee, elbow, and wrist guards are strongly encouraged. Beginners will learn how to start, stop, drop in, ollies, basic ramp riding, balance, and tricks. While intermediate riders are taught skills and tricks based on their abilities. We offer drinks and food for purchase. For correct equipment and more information call the Pitch Bike Park at 847-241-4903.

Loc: Pitch Bikepark and Skate, Bike Park

Fee: R: \$42 NR: \$51

Instr: Pitch Bike Park & Skate Staff

Code	Day	Time	Date	Age
29328	Sat	12:00pm- 1:00pm	Jan 07-Jan 28	5-9 yrs
29329	Sun	2:00pm- 3:00pm	Jan 08-Jan 29	10-13 yrs
29330	Sat	12:00pm- 1:00pm	Feb 04-Feb 25	10-13 yrs
29331	Sun	2:00pm- 3:00pm	Feb 05-Feb 26	10-13 yrs
29332	Sat	12:00pm- 1:00pm	Mar 03-Mar 24	10-13 yrs



NEW PROGRAM

LEARN 2 BMX

Bring your kids to learn the basics of BMX Jumps! Professionals teach your child how to star, stop, turn, avoid obstacles and ride beginner ramps. Participants must bring a working 20' bike. Helmet is included and knee, elbow, and wrist guards are strongly encouraged. We offer food and drinks for purchase. For correct equipment and more information call The Pitch Bike Park at 847-241-4903.

Loc: Pitch Bikepark and Skate, Bike Park

Instr: Pitch Bike Park & Skate Staff

Code	Day	Time	Date	Age	Fee
29333	Sun	1:00pm- 2:00pm	Jan 08-Jan 29	6-9 yrs	R: \$42 NR: \$51
29334	Sun	1:00pm- 2:00pm	Feb 05-Feb 26	6-9 yrs	R: \$42 NR: \$51
29335	Sun	1:00pm- 3:00pm	Mar 04-Mar 25	10-13 yrs	R: \$84 NR: \$101

NEW PROGRAM



LAKE FOREST YOUTH RUGBY CLUB

NEW PROGRAM

The Lake Forest Rugby Football Club is dedicated to teaching high school and middle school age athletes one of the fastest growing sports in the country. The goal of the club is to provide the participants safe and proper instruction, basic rules and techniques of the game, and physical conditioning to excel and enjoy the competitive and physical game of rugby. This program will teach participants a sport found at many colleges and universities throughout the country, as well as foster a commitment to fitness and discipline that can be utilized for years to come. All players must have cleats, mouthguard and a water bottle.

The **Middle School** team will practice 2 days per week and play matches on the weekends. Game time and locations will vary depending upon the schedule.

The **High School** team will practice 2 or 3 days per week and play matches as scheduled by the league. Game time and locations will vary depending upon the schedule.

The Lake Forest Rugby Football Club will be a member of the Illinois Youth Rugby Club. The Illinois Youth Rugby Association (IYRA) is sanctioned by the International Rugby Board (IRB) to develop youth rugby in the State of Illinois. To find more information about the great sport of rugby visit www.usarugby.org. For further program information contact Anthony Anaszewicz, Program Supervisor at 847-810-3945.

Loc: Deer Path Middle School

Instr: J. Walker & T. Gaye

Code	Day	Time	Date	Age	Fee
28753	Sun	12:00pm-4:00pm	Apr 2-May 24	Gr 6-8	R: \$200 NR: \$240
	Mon, Thu	3:50pm-5:00pm			
28754	Mon-Fri	5:00pm-7:00pm	Apr 2-May 25	Gr 9-12	R: \$300 NR: \$360



LAKE FOREST YOUTH RUGBY CLUB PRE-SEASON CONDITIONING

Get in playing shape with the rugby pre-season conditioning program. Players will spend three days per week training with head rugby coach, John Walker. Training sessions will include conditioning and tactical rugby drills with a Saturday training session in actual rugby drills held indoors at Lake Forest College.

Loc: Lake Forest Recreation Center, Gymnasium

Age: Gr 9 - 12

Fee: R: \$100 NR: \$120

Instr: J. Walker

Code	Day	Time	Date
29326	Mon, Wed	6:00am-7:00am	Jan 4-Mar 21
	Sat	8:00am-9:30am	

LAKE FOREST YOUTH RUGBY CLUB SUMMER 7'S

This season Harrier Rugby will offer a summer 7's season at the end of the state playoffs for those boys interested in continuing their rugby experience. The summer 7's season will consist of five tournaments in the high school division. Practices will be coordinated with the boys after enrollment is complete. Seven's Rugby is the fastest growing part of rugby in the United States. It demands the best of the best as far as fitness and commitment. It is highly suggested and recommended if the rugby player wants to continue to grow with the sport. For further information contact Anthony Anaszewicz, Program Supervisor, at 847-810-3945.

Loc: Deerpath Community Park

Age: Grade: 9-12

Instr: J. Walker

Code	Day	Time	Date
29327	M, T, W, TH	5:00pm-7:00pm	May 29-Jul 5



GIRLS LACROSSE

The Lake Forest Recreation Department and the IGLA have formed a partnership with Lakeshore Lacrosse to offer youth girls' lacrosse for grades 3rd - 8th this season. Be part of a youth lacrosse league exclusively for girls from Chicago, the North, Northwest, West and South suburbs. The emphasis of this program is to develop the girl within the sport of lacrosse. The goals of the program are to understand the rules of lacrosse, active teamwork, sportsmanship, and fostering personal development in a respectful environment led by positive coaching. All players will receive equal playing time. After registering visit www.iglax.org, registration tab for uniform sizing and participant information. For more information please contact Anthony Anaszewicz Program Supervisor at 847-810-3945.



GIRLS LACROSSE 3-4 GRADES

Loc: Deerpath Community Park, Lacrosse Fields

Age: Gr 3 - 4

Instr: Lakeshore Lacrosse

Code	Day	Time	Date	Fee
28953	Sun	12:30 pm- 5:30pm	Apr 16-Jun 10	R: \$180 NR: \$214
	Mon	5:30 pm- 7:00pm		

GIRLS LACROSSE 5-6 GRADES

Loc: Deerpath Community Park, Lacrosse Fields

Age: Gr 5 - 6

Instr: Lakeshore Lacrosse

Code	Day	Time	Date	Fee
28954	Sun	12:30pm- 5:30pm	Apr 18-Jun 10	R: \$180 NR: \$214
	Wed	5:30pm- 7:00pm		

GIRLS LACROSSE 7-8 GRADES

Loc: Deerpath Community Park, Lacrosse Fields

Instr: Lakeshore Lacrosse

Code	Day	Time	Date	Fee
28955	Sun	12:30pm- 5:30pm	Apr 16-Jun 10	R: \$180 NR: \$214
	Mon	5:30pm- 7:00pm		

GIRLS LACROSSE 7-8 GRADES ADVANCED

This level is for the experienced 7/8 grade players. Requirements can be found at www.iglax.org under the registration tab. Eligibility is determined by IGLA.

Code	Day	Time	Date	Fee
28956	Sun	12:30pm- 5:30pm	Apr 16-Jun 10	R: \$260 NR: \$310
	Mon	5:30pm- 7:00pm		
	Wed	5:30pm- 7:00pm		

IMPORTANT!

After you register for the program please go to www.iglax.org and click on the registration tab to submit uniform sizing and participant information. Each player must have goggles, a stick and a mouth guard for practices and games. Go to www.iglax.org for equipment recommendations, schedules and other important information. If you are interested in volunteering as a coach visit the web site also.

BOYS LACROSSE SPRING

The Lake Forest Recreation Department has partnered with Team One Lacrosse to offer a unique boys' lacrosse program for boys in grades K-8. This program will provide, 1) a Recreational level for beginners and players who player other sports, 2) a Competitive level for more experienced players, 3) a Tournament level for the top players in the U13-U15 divisions (there will be an extra charge to play on these teams. Players will be placed in age divisions which will follow the newly established US Lacrosse guidelines (U9, U11, U13 & U15). Players evaluations will be held after the registration deadline and the dates, location & times will be posted on www.T1lax.com after February 1st. All players must provide their own lacrosse equipment. Registration deadline is February 15th. All games will be held on Sunday afternoons with no games over Memorial Day weekend. For more information contact Anthony Anaszewicz, Program Supervisor, at 847-810-3945.

Loc: Townline Community Park

Instr: Team One Lacrosse

Code	Day	Time	Date	Age	Level	Fee
28844	Sun	12:00pm-6:00pm	Apr 10-Jun 10	6Y-8Y	Bantams - U9	R: \$261 NR: \$311
	Tue, Thu	6:30pm-8:00pm				
28845	Sun	12:00pm-6:00pm	Apr 10-Jun 10	8Y-10Y	Lightning - U11	R: \$261 NR: \$311
	Tue, Thu	6:30pm-8:00pm				
28846	Sun	12:00pm-6:00pm	Apr 11-Jun 10	10Y-12Y	Juniors - U13	R: \$261 NR: \$311
	Wed, Fri	6:30pm-8:00pm				
28847	Sun	12:00pm-6:00pm	Apr 11-Jun 10	12Y-14Y	Seniors - U15	R: \$261 NR: \$311
	Wed, Fri	6:30pm-8:00pm				
29361	Tue	6:30pm-8:00pm	Apr 10-Jun 5	GrK-2	Pee Wee	R: \$141 NR: \$167



Teams will practice twice a week and play games on the weekends. The game schedule will begin after the first two Saturday practices and will be held on either Saturday or Sunday. **Bantam and Lightning level** players will be organized into teams based on **equal strength**. **Juniors & Senior level** players will be organized into teams based on **ability**.



DODGEBALL CLASSIC

Dodge, Dip, Duck, Dive & Dodge. Everyone's favorite playground game is now an annual tournament. Grab your friends and spend your day off of school playing dodgeball. Teams are guaranteed 3 games in a round robin tournament. The top teams in each of the divisions will play for the Championship. First and Second place teams will receive prizes if registration allows. Games will run approximately 15 minutes each. Registration will not be accepted after January 11, 2012 at 4:30 p.m. For more information contact Program Supervisor, Anthony Anaszewicz at 847-810-3945.

Loc: Deer Path Middle School, Gymnasiums

Date: Jan. 16

Fee: R: \$180 NR: \$216

Instr: A. Anaszewicz

Note: Registration will not be accepted after January 11, 2012 at 4:30 p.m.

Code	Day	Time	Level
28785	Mon	9:00am-11:00am	1st/2nd Grade Boys
28786	Mon	9:00am-11:00am	1st/2nd Grade CoEd
28775	Mon	9:00am-11:00am	3rd/4th Grade CoEd
28776	Mon	9:00am-11:00am	3rd/4th Grade Boys
28777	Mon	11:00am-1:00pm	5th/6th Grade Boys
28778	Mon	11:00am-1:00pm	5th/6th Grade CoEd
28779	Mon	1:30pm-3:30pm	7th/8th Grade Boys
28780	Mon	1:30pm-3:30pm	7th/8th Grade CoEd
28781	Mon	3:30pm-5:30pm	High School Boys
28782	Mon	3:30pm-5:30pm	High School CoEd

VOLLEYBALL - YOUTH SKILLS AND DRILLS

Volleyball Professionals brings a volleyball program that is educational, exciting and features all of the latest drills and training techniques to Lake Forest. Learn from former collegiate and professional players as you improve upon your existing skill level. This program will provide training in four separate programs based on the players age and ability. For more information contact Anthony Anaszewicz Program Supervisor at 847-810-3945.

Loc: Everett School or Lake Forest Rec. Center

Age: Grade: 3-8

Instr: Volleyball Professionals

Note: No class March 1

Code	Day	Time	Date	Level	Location	Fee
28788	Thu	5:00pm-6:00pm	Jan 19-Mar 15	3rd-5th Grade	Everett	R: \$96 NR: \$115
28789	Thu	6:00pm-7:00pm	Jan 19-Mar 15	6th-8th Grade	Everett	R: \$96 NR: \$115
28790	Thu	7:00pm-8:00pm	Jan 19-Mar 15	7th-8th Grade Advanced	Everett	R: \$96 NR: \$115
29252	Thu	5:00pm-6:00pm	Apr 12-May 24	3rd-5th Grade	LFRC	R: \$84 NR: \$100
29253	Thu	6:00pm-7:00pm	Apr 12-May 24	6th-8th Grade	LFRC	R: \$84 NR: \$100
29254	Thu	7:00pm-8:00pm	Apr 12-May 24	7th-8th Grade Advanced	LFRC	R: \$84 NR: \$100

VOLLEYKIDZ

Volleyball Professionals brings a volleyball program that is educational, exciting and features all of the latest drills and training techniques to Lake Forest. Learn from former collegiate and professional players as you improve upon your existing skill level. Volleykids is an introductory class for children Kindergarten - 2nd grade. The lesson plan introduces the pass, set and spike using a very light volleyball. This program will provide training in four separate programs based on the players age and ability. Volleykids will improve each child's hand/eye coordination through the use of fun drills and group games. For more information contact Anthony Anaszewicz Program Supervisor at 847-810-3945.

Loc: Everett School or Lake Forest Recreation Center

Age: Gr K-2

Instr: Volleyball Professionals

Note: No class March 1

Code	Day	Time	Date	Loc	Fee
28782	Thu	4:00-5:00pm	Jan 19-Mar 15	Everett	R: \$96 NR: \$115
29251	Thu	4:00-5:00pm	Apr 12-May 24	LFRC	R: \$84 NR: \$100





HORSEBACK RIDING LESSONS AT LIBERTY FARM

Come learn the exciting sport of horseback riding at the convenient location of Liberty Farm! First class instruction on a one-on-one basis is sure to spark your interest! Horseback riding is a unique activity for building self-confidence and discipline. Learn the basics of care, control and English style riding skills. The health and wellness of the horse and rider is of the highest priority at Liberty Farm. All students must wear long pants, hard soled shoes, and riding helmets are required (ASTM helmets provided). These classes are designed for beginners or already experienced riders looking to get back in the saddle. Director of the program, Stephen Foran, has been a professional trainer for 25 years of current and past national, regional and state championship horses and riders. For more information, contact Joe Mobile, Program Manager at 847-810-3941.

YOUTH HORSEBACK RIDING LESSONS

Loc: Liberty Farms, Arena
Age: 4Y - 16Y
Fee: R: \$350 NR: \$420
Time: 5:30pm- 6:15pm
Instr: Liberty Farm Staff

Code	Day	Date
28822	Tue	Jan 03-Jan 24
28823	Wed	Jan 04-Jan 25
28824	Thu	Jan 05-Jan 26
28825	Fri	Jan 06-Jan 27
28826	Tue	Jan 31-Feb 21
28827	Wed	Feb 01-Feb 22
28828	Thu	Feb 02-Feb 23
28829	Fri	Feb 03-Feb 24
28830	Tue	Feb 28-Mar 20
28831	Wed	Feb 29-Mar 21
28832	Thu	Mar 01-Mar 22
28833	Fri	Mar 02-Mar 23
29271	Tue	Apr 10-May 01
29272	Wed	Apr 11-May 02
29273	Thu	Apr 12-May 03
29274	Fri	Apr 13-May 04
29275	Tue	May 08-May 29
29276	Wed	May 09-May 30
29277	Thu	May 10-May 31
29278	Fri	May 11-Jun 01
29279	Tue	Jun 05-Jun 26
29280	Wed	Jun 06-Jun 27
29281	Thu	Jun 07-Jun 28
29282	Fri	Jun 08-Jun 29

ADULT HORSEBACK RIDING LESSONS

ADULTS!

Loc: Liberty Farms, Arena
Age: 17Y and up
Fee: R: \$350 NR: \$420
Time: 1:15pm- 2:00pm
Instr: Liberty Farm Staff

Code	Day	Date
28810	Tue	Jan 03-Jan 24
28811	Wed	Jan 04-Jan 25
28812	Thu	Jan 05-Jan 26
28813	Fri	Jan 06-Jan 27
28814	Tue	Jan 31-Feb 21
28815	Wed	Feb 01-Feb 22
28816	Thu	Feb 02-Feb 23
28817	Fri	Feb 03-Feb 24
28818	Tue	Feb 28-Mar 20
28819	Wed	Feb 29-Mar 21
28820	Thu	Mar 01-Mar 22
28821	Fri	Mar 02-Mar 23
29255	Tue	Apr 10-May 01
29256	Wed	Apr 11-May 02
29257	Thu	Apr 12-May 03
29258	Fri	Apr 13-May 04
29259	Tue	May 08-May 29
29260	Wed	May 09-May 30
29261	Thu	May 10-May 31
29262	Fri	May 11-Jun 01
29263	Tue	Jun 05-Jun 26
29264	Wed	Jun 06-Jun 27
29265	Thu	Jun 07-Jun 28
29266	Fri	Jun 08-Jun 29



YOUTH FLOOR HOCKEY

Leave the skates at home and enjoy this fast paced game. Floor Hockey is a sport that provides athletes with vigorous exercise, improved hand and eye coordination and an enormous amount of fun. Floor hockey is a fun and exciting game played on a gym floor wearing gym shoes. Sport safety goggles are required to play. For more information contact Ken Pierini, Program Supervisor at 847-810-3943.

Loc: Lake Forest Recreation Center
Date: Jan 8-Feb 26
Fee: R: \$72 NR: \$87
Instr: K. Pierini

Code	Day	Time	Date	Level
28774	Sun	2:30pm-4:30pm	Jan 8-Feb 26	GK-2
28966	Sun	4:30pm-6:30pm	Jan 8-Feb 26	Gr 3-4

ARCHERY FUN SHOOT

The FUN of Archery returns to the Lake Forest Parks and Recreation Department! Archery is an Olympic Sport with more than 140 countries participating. We will engage you in Olympic Style Target Archery that is shot indoors or outdoors while standing on the shooting line alone or with others, shooting in the same direction at a row of targets using Recurve or Compound bows. The National Safety Council rates archery more accident free than every popular ball sport. Archery is safe because, as a shooting sport, both the field of play and the curriculum are designed with safety in mind. Classes will be taught by LFHS alum, Lead Archery Instructor Michelle Bentley. This 5th generation Lake Forester's love for the sport began at the early age of eight with an archery range in her backyard. Bentley brings archery back home - to Lake Forest. For additional information please contact, Program Manager, Joe Mobile at 847-810-3941.

Fee: R: \$150 NR: \$180
Instr: M. Bentley

Code	Day	Time	Date	Age	Location
28791	Tue	4:00pm-5:00pm	Jan 3-Feb 7	8Y-12Y	Everett School Gym
28792	Tue	5:15pm-6:15pm	Jan 3-Feb 7	13Y-17Y	Everett School Gym
28793	Tue	6:30pm-7:30pm	Jan 3-Feb 7	18Y and up	Everett School Gym
28794	Tue	4:00pm-5:00pm	Feb 14-Mar 20	8Y-12Y	Everett School Gym
28795	Tue	5:15pm-6:15pm	Feb 14-Mar 20	13Y-17Y	Everett School Gym
28796	Tue	6:30pm-7:30pm	Feb 14-Mar 20	18Y and up	Everett School Gym
29245	Tue	4:00pm-5:00pm	Apr 17-May 22	8Y-12Y	Lake Forest Recreation Center Gym
29246	Tue	5:15pm-6:15pm	Apr 17-May 22	13Y-17Y	Lake Forest Recreation Center Gym
29247	Tue	6:30pm-7:30pm	Apr 17-May 22	18Y and up	Lake Forest Recreation Center Gym





Bring Us Your Smile PHOTO CONTEST!



Let Lake Forest Parks and Recreation bring a smile to your face! Bring your camera to our programs, capture a happy memory, and submit the photo to us and you could win a prize! There is no limit to the number of photos submitted. Good luck to all who enter!

Prizes

- 1st place \$250 Recreation Program Gift Certificate
- 2nd place \$100 Recreation Program Gift Certificate
- 3rd place \$50 Recreation Program Gift Certificate

You must be 18 years old to enter. More details available on the entry form, which must accompany submission and is available at the Recreation Center. Contest ends 12/31/11.

LFRec.com

Register On-Line
Anytime.....
Anywhere...

Interested in Field Hockey?

More information on our Field Hockey programs will be available in March. Please contact Anthony Anaszewicz, Program Supervisor, at 847-810-3945 for more information.

BATTING CAGE RENTAL

The Recreation Center's batting cage is available during the winter months to the public for ½ hour and 1-hour rentals on Sunday mornings. Adult supervision is required for all participants' 16 years of age and under. Rental fees include the use of balls, bats, helmets and the cage. Pitching machines for both baseball and softball are available at an additional charge. Pre-registration is required at least 48 hours in advance. For more information or to reserve time in the batting cage contact Ken Pierini, Program Supervisor, at 847-810-3943.

Location: Recreation Center Gymnasium
Day/Time: Sunday - 9:00 am - 12:00 noon
Dates: January 8 - March 4
Contact: Ken Pierini, Program Supervisor



Fee	Resident	Non-Res.
½ hour rental only	\$30	\$36
1 hour rental only	\$40	\$48
1 hour rental w/ pitching machine	\$50	\$60



KEEP THEM ACTIVE DURING THE BREAK!



SPRING BREAK SPORTS CAMP

Do you look forward to spending your summers at camp? Join us for a camp experience over Spring Break. Boys and girls in kindergarten through fourth grades are encouraged to join this camp geared especially for their active minds and bodies. Emphasis in this camp will be on skill development, sportsmanship, teamwork and lots of fun! Campers will participate in a different sport each day and play their favorite games. For more information, contact Anthony Anaszewicz, Program Supervisor at 847-810-3945.

Loc: Deer Path Middle School, Braves Gym

Date: Mar 26-Mar 30

Fee: R: \$121 NR: \$145

Instr: K. Pierini & A. Anaszewicz

Code	Day	Time	Age/Grade
28805	M-F	9:00am-12:00 pm	Gr K
28806	M-F	9:00am-12:00 pm	Gr 1
28807	M-F	9:00am-12:00 pm	Gr 2
28808	M-F	9:00am-12:00 pm	Gr 3
28809	M-F	9:00am-12:00 pm	Gr 4

BASKETBALL CIRCUIT TRAINING CAMP

Learn from the same people who teach college athletes. Full Package Athletics brings their basketball expertise to the Recreation Department. This two-hour comprehensive camp will be broken into three parts:

- Shooting and offensive skills
- Instructional pickup and game development
- Basketball specific speed & quickness training

Develop your game with FPA's diverse training program. This camp will be led by Matt Truding, FPA's Director of Basketball Development. For more information contact Joe Mobile, Program Manager at 847-810-3941.

Loc: Deer Path Middle School, North Gym

Time: 6:30pm- 8:30 pm

Age: Gr 3 - 8

Instr: Full Package Athletics

Note: No class January 17

Code	Day	Date	Fee
28797	Tue	Jan 10-Feb 14	R: \$170 NR: \$204
28798	Tue	Feb 21-Mar 20	R: \$170 NR: \$204
29071	Tue	Apr 10-May 1	R: \$204 NR: \$245



BASEBALL PITCHING CAMP

Have you ever wanted to pitch for your team but weren't sure how? Do you want to improve your mechanics and technique? The pitching camp is for the baseball player who wants to concentrate on the proper mechanics of pitching. Class size is limited to ensure safety and individualized instruction. For more information, contact Anthony Anaszewicz, Program Supervisor, at 847-810-3945.

Loc: Lake Forest Recreation Center, Gymnasium

Date: Mar 06-Mar 20

Fee: R: \$53 NR: \$64

Instr: A. Anaszewicz

Code	Day	Time	Age/Grade
28799	Tue	4:30pm- 5:25 pm	Gr 3 - 4
28800	Tue	5:30pm- 6:25 pm	Gr 5 - 6



BASEBALL/SOFTBALL BATTING CAMPS

Whether you want to hit for average or for power this season you need to have the proper fundamentals. This camp is for the baseball/softball player who wants to concentrate on the batting aspect of the game, concentrating on the proper mechanics of hitting. Class size is limited to ensure safety and individualized instruction. For more information, contact Anthony Anaszewicz, Program Supervisor at 847-810-3945.

Loc: Lake Forest Recreation Center, Batting Cage

Date: Mar 08-Mar 22

Fee: R: \$53 NR: \$64

Instr: A. Anaszewicz

Code	Day	Time	Age/Grade
28801	Thu	4:30pm- 5:25 pm	Gr 3 - 4 Boys
28802	Thu	5:30pm- 6:25 pm	Gr 5 - 6 Boys
28803	Thu	6:30pm- 7:25 pm	Gr 3 - 6 Girls