

ABOUT HOT SHOTS SPORTS

Hot Shots Sports was founded in 1994 by Steve Duman and has been bringing its message of positive, growth-focused coaching to the Midwest and beyond ever since. Our goal from the beginning has been to provide a place for passionate people to have careers coaching kids, and to help kids develop their passion for sports. We dedicate our lives to providing the absolute best instruction possible to you and your family. We pride ourselves at being the most professional organization both on and off the court. Coaching is a way of life for us, something that does not turn off when we leave the gym.



sportscamps

No School All Sports Camp

Campers are introduced to the fundamentals of sports, as this program provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship. Prizes and awards will be given. Campers are encouraged to bring a snack and water bottle.

Instructor: Hot Shots Sports

Ages: 4-6

Activity:	Date	Day	Time	M/NM
15663	9/7	Tu	9:00 AM-12:00 PM	\$49/\$65
15664	9/16	Th	9:00 AM-12:00 PM	\$49/\$65
15665	10/15	F	9:00 AM-12:00 PM	\$49/\$65
15666	11/1	M	9:00 AM-12:00 PM	\$49/\$65

Holiday Sports Camp-Thanksgiving

Join us for our annual Thanksgiving Holiday Camp where kids participate in a stimulating and competitive environment. Focus will be on helping the kids with teamwork and fundamentals while playing a variety of sports. Prizes and awards will be given out, and participants will be rewarded for effort and sportsmanship. Campers are encouraged to bring a snack and water bottle.

Instructor: Hot Shots Sports

Ages: 4-6

Activity:	Date	Day	Time	M/NM
15667	11/22-12/26	M Tu W F	9:00 AM-12:00 PM	\$199/\$265

No Class: 11/25

Winter Break Camp

Join us for our annual Winter Break Holiday Camp where kids participate in a stimulating and competitive environment. Focus will be on helping the kids with teamwork and fundamentals while playing a variety of sports. Prizes and awards will be given out, and participants will be rewarded for effort and sportsmanship. Campers are encouraged to bring a snack and water bottle.

Instructor: Hot Shots Sports

Ages: 4-6

Activity:	Date	Day	Time	M/NM
15669	12/20-12/23	M Tu W Th	9:00 AM-12:00 PM	\$199/\$265
15670	12/27-12/30	M Tu W Th	9:00 AM-12:00 PM	\$199/\$265

Adult-Tot Sports

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Motor skills activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports.

Adult participation is suggested.

Instructor: Hot Shots Sports

Ages: 2-3

Activity:	Date	Day	Time	M/NM
15661	9/11-10/30	Sa	9:00-9:45 AM	\$179/\$225
15699	11/6-12/18	Sa	9:00-9:45 AM	\$115/\$145

No Class: 11/20, 11/27



Pee Wee Soccer

Let your child's early soccer experience be a great one. The younger player develops their soccer skills and 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.

Instructor: Hot Shots Sports

Ages: 2-4

Activity:	Date	Day	Time	M/NM
15647	9/1-10/27	W	10:15-11:00 AM	\$199/\$225
15685	11/3-12/15	W	10:15-11:00 AM	\$135/\$169

No Class: 11/24



Lunch & Play

Children are introduced to a variety of sports including soccer, t-ball, basketball, football, kickball and other sports and group games. The goal is to provide the opportunity for each child to develop motor skills and nurture his or her growth socially through teamwork and good sportsmanship. Kids should bring a lunch and come and play. This class will also include curriculum from our Mini Ninja Warriors program! Winnetka Community Nursery School pick-up available @ 11:15am!

Instructor: Hot Shots Sports

Ages: 3-5

Activity:	Date	Day	Time	M/NM
15531	8/30-10/25	M	11:15 AM-12:45 PM	\$315/\$395
15644	8/31-10/26	Tu	10:15-11:45 AM	\$315/\$395
15648	9/1-10/27	W	11:30 AM-1:00 PM	\$355/\$445
15657	9/3-10/29	F	11:15 AM-12:45 PM	\$315/\$395
15682	11/2-12/14	Tu	10:15-11:45 AM	\$235/\$299
15686	11/3-12/15	W	11:30 AM-1:00 PM	\$235/\$295
15695	11/5-12/17	F	11:15 AM-12:45 PM	\$235/\$295
15678	11/8-12/13	M	11:15 AM-12:45 PM	\$195/\$245

No Class: 9/6, 9/7, 10/15, 11/22, 11/23, 11/24, 11/26



Sports & More

At Sports & More, children are introduced to basketball, floor hockey, football, kickball, soccer, t-ball, and more. Sports & More provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship.

Instructor: Hot Shots Sports

Ages: 3-5

Activity:	Date	Day	Time	M/NM
15525	8/30-10/25	M	3:00-3:45 PM	\$179/\$225
15653	9/2-10/28	Th	2:45-3:30 PM	\$179/\$225
15691	11/4-12/16	Th	2:45-3:30 PM	\$135/\$169
15680	11/8-12/13	M	3:00-3:45 PM	\$115/\$145

No Class: 9/6, 9/16, 11/22, 11/23, 11/25, 11/27

Ages: 4-6

Activity:	Date	Day	Time	M/NM
15652	9/2-10/28	Th	9:30-11:00 AM	\$315/\$395
15662	9/11-10/30	Sa	9:45-10:30 PM	\$179/\$225
15690	11/4-12/16	Th	9:30-11:00 AM	\$235/\$295
15700	11/6-12/18	Sa	9:45-10:30 AM	\$115/\$145

No Class: 9/6, 9/16, 11/22, 11/23, 11/25, 11/27

More Sports & More

More Sports & More offers a longer class, giving participants more time to learn skills and enjoy team play. **A 90-minute class = more sports fun!**

Instructor: Hot Shots Sports

Ages: 3-5

Activity:	Date	Day	Time	M/NM
15524	8/30-10/25	M	1:15-2:45 PM	\$315/\$395
15649	9/1-10/27	W	1:15-2:45 PM	\$355/\$445
15658	9/3-10/29	F	1:15-2:45 PM	\$315/\$395
15687	11/3-12/15	W	1:15-2:45 PM	\$235/\$295
15696	11/5-12/17	F	1:15-2:45 PM	\$235/\$295
15679	11/8-12/13	M	1:15-2:45 PM	\$195/\$245

No Class: 9/6, 10/15, 11/22, 11/24, 11/26



Total Sports

Total Sports features a new sport each week! Participants will play basketball, floor hockey, football, kickball, soccer, and baseball. In addition, participants play popular running and group games. Children will acquire new skills and develop confidence in games they have played in previous classes.

Instructor: Hot Shots Sports

Ages: 6-9

Activity:	Date	Day	Time	M/NM
15643	8/30-10/25	M	4:00-5:00 PM	\$259/\$325
15681	11/8-12/13	M	4:00-5:00 PM	\$259/\$325

No Class: 9/6, 11/22

Jr. Mini Ninja Warriors

Leap, hop, skip, run your way through obstacles and put your Ninja skills to the test. This fun movement-based class uses age-appropriate activities and equipment to enhance the child's physical, mental, emotional and social development. In addition, participants acquire listening skills and have a fun introduction to following directions.

Instructor: Hot Shots Sports

Ages: 4-6

Activity:	Date	Day	Time	M/NM
15645	8/31-10/26	Tu	4:00-5:00 PM	\$259/\$325
15654	9/2-10/28	Th	4:00-5:00 PM	\$259/\$325
15659	9/3-10/29	F	4:00-5:00 PM	\$259/\$325
15683	11/2-12/14	Tu	4:00-5:00 PM	\$195/\$245
15692	11/4-12/16	Th	4:00-5:00 PM	\$195/\$245
15697	11/5-12/17	F	4:00-5:00 PM	\$195/\$245

No Class: 9/7, 9/16, 10/15, 11/23, 11/25, 11/26

Mini Ninja Warriors

Take everything you learned from Jr. Ninja Warriors and test your skills with even more difficult obstacles and exercises specifically designed for balance and coordination, as well as physical and emotional development. Put your Ninja skills to the test in this fun movement-based class.

Instructor: Hot Shots Sports

Ages: 6-9

Activity:	Date	Day	Time	M/NM
15646	8/31-10/26	Tu	5:00-6:00 PM	\$259/\$325
15655	9/2-10/28	Th	5:00-6:00 PM	\$259/\$325
15660	9/3-10/29	F	5:00-6:00 PM	\$259/\$325
15684	11/2-12/14	Tu	5:00-6:00 PM	\$195/\$245
15693	11/4-12/16	Th	5:00-6:00 PM	\$195/\$245
15698	11/5-12/17	F	5:00-6:00 PM	\$195/\$245

No Class: 9/7, 9/16, 10/15, 11/23, 11/25, 11/26





Go For It! Girls Multi-Sport Clinic

This multi-sport program allows participants to try new skills and achieve goals in an environment tailored for girls. Young girls derive many benefits from participating in sports, such as confidence, higher self-esteem, and a positive body image. Participants are taught fundamentals as well as basic skill development in a variety of sports. Games and scrimmages encourage team play and interaction in a safe and active setting encouraging physical fitness and teamwork.

Instructor: Hot Shots Sports

Ages: 3-5

Activity:	Date	Day	Time	M/NM
15650	9/1-10/27	W	3:00-3:45 PM	\$199/\$255
15688	11/3-12/15	W	3:00-3:45 PM	\$135/\$169

Ages: 6-9

Activity:	Date	Day	Time	M/NM
15651	9/1-10/27	W	4:00-5:00 PM	\$289/\$365
15689	11/3-12/15	W	4:00-5:00 PM	\$195/\$245

No Class: 11/24



Game On! Sports 4 Girls Multi-Sport NEW!

Explore and learn a different sport every 1-3 weeks. We may cover basketball, soccer, tennis, softball, lacrosse, volleyball, and more in a FUN, nurturing, and positive environment! As always, attention to teamwork, sportsmanship, self-esteem, respect, giving, and goal setting are incorporated into our program. Please come dressed, ready to play! Gym shoes and socks required.

On your mark, get set, Game On!

Instructor: Game On Sports

Grades: JK/K-2nd

Activity:	Date	Day	Time	M/NM
15456	9/15-12/1	M	3:00-4:00 PM	\$185/\$219

No Class: 11/3, 11/24



Gridiron Tot Football NEW!

The Gridiron Tots Football program includes exclusively designed equipment tailored to enhance the early football experience for each participant. The program challenges children to develop new cognitive, physical, and social skills. In addition, each child will experience social interaction with children and adults in a fun environment.

Instructor: Hot Shots Sports

Ages: 2-4

Activity:	Date	Day	Time	M/NM
15656	9/3-10/29	F	10:15-11:00 AM	\$179/\$225
15694	11/5-12/17	F	10:15-11:00 AM	\$135/\$169

No Class: 10/15, 11/26

Minor League Baseball

Minor League Baseball is an introductory t-ball program that is perfect for a child who wants to have fun, make new friends, and be introduced to baseball. Each participant will hit, field, throw, catch and run bases in this fun-filled skills clinic. Participants are also introduced to the basic rules of the game. The program stresses teamwork over competition. All you need to bring is a glove!

Instructor: Hot Shots Sports

Ages: 2-4

Activity:	Date	Day	Time	M/NM
15642	8/30-10/25	M	10:15-11:00 AM	\$179/\$225
15677	11/8-12/13	M	10:15-11:00 AM	\$115/\$145

No Class: 9/6, 11/22



Youth Sports Performance Training

The Community House personal trainer, Patryk Ruta, provides sports performance training for athletes aged 11-14. The focus will be on strength, speed, agility, and coordination! This program is designed for athletes of all sports and skill levels.

Instructor: Patryk Ruta

Ages: 11-14

Activity:	Date	Day	Time	Fee
15431	9/9-9/30	Th	6:00-7:00 PM	\$69

Fencing

The Olympic sport of fencing demands a blend of tactical and strategic thought and a physical execution of those decisions. This has led many to describe the sport as "physical chess." Fencing also teaches balance and discipline and even more than this, it's fun! This class is for those new to fencing or those who would like to work on the basic skills. This class will cover basic rules, etiquette, basic footwork, attacks and defenses. Classes will consist of warm up time, footwork time, group lesson and bouting. All equipment is provided.

Instructor: Midwest Fencing Academy

Ages: 7 & Up

Activity:	Date	Day	Time	M/NM
15457	9/1-9/29	W	4:30-5:30 PM	\$205/\$265
15458	10/6-11/10	W	4:30-5:30 PM	\$205/\$265
15459	11/17-12/15	W	4:30-5:30 PM	\$165/\$209

No Class: 11/24