

# familyyoga!



## YogiB Mommy & Me Kids Yoga **NEW!**

YogiB Mommy & Me yoga classes can be a safe way to get moving and have deeper emotional and physical connections with your little one(s) while having fun at the same time! This class offers safe, gentle asana yoga flows in a supportive, non-judgmental environment. This class builds muscle tone, strength, flexibility, balance, and confidence in a safe, progressive way and can be individualized based on your own needs. We practice breathing techniques and meditation to create that balance in our minds and bodies. Mommy & Me classes don't have to be Mommy coming to class; it can be Daddy, Nannie, a Grandparent with a little one between the ages of three months to three years. Please register your child; the accompanying adult is included.

Instructor: Liz Macintosh

Ages: 3 months - 3 years (*accompanied by an adult*)

Activity:	Date	Day	Time	M/NM
16157	4/8-5/27	F	11:00-11:45 am	\$165/\$195

## YogiBees Kids Yoga **NEW!**

Kids Yoga will use music, movement, stories, and games. Children's imaginations will be engaged while learning yoga poses, simple breathing techniques, and meditation in these weekly classes. Classes will be interactive, have different weekly themes, and are a great introduction to yoga and mindfulness. All levels and abilities are welcome!

Instructor: Liz Macintosh

Ages: 3-5

Activity:	Date	Day	Time	M/NM
16192	4/8-5/27	F	9:30-10:00 am	\$205/\$245
16158	4/8-5/27	F	1:30-2:30 pm	\$205/\$245

## Yogi Fireflies Kids Yoga **NEW!**

Children enjoy progressing their yoga skills, strength, and balance alongside breathing techniques and meditation during these weekly classes. Children will learn to tune into their body's and mind's sensations and use breath, meditation, and movement to address these feelings. In addition, games and crafts with weekly themes help children explore their imaginations and creativity and develop their focus, patience, and problem-solving skills. All levels and abilities are welcome!

Instructor: Liz Macintosh

Ages: 5-11

Activity:	Date	Day	Time	M/NM
16159	4/8-5/27	F	4:00-5:00 pm	\$205/\$245

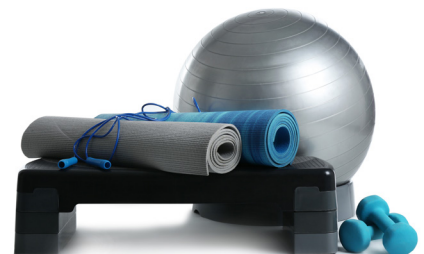
## Yogalates **NEW!**

Pilates/Yoga fusion combines the yogic focus on enhanced mind and body awareness, strength, stamina, flexibility, and balance with Pilates techniques to improve posture and create a strong, stable foundation for movement. Great for all fitness levels!

Instructor: Evelyn Levin

Ages: 18+

Activity:	Date	Day	Time	Fee
16072	5/2-6/27	M	9:00-10:00 am	\$144
No Class: 5/30				





Ever wish you could use a gymnasium to play basketball or have free play with your family or friends? Now you can at the Community House! Our gymnasium is available for rental on a weekly or one-time basis.

**Contact Jeff Wahl at 847-881-9305 or [jeffw@mywch.org](mailto:jeffw@mywch.org) for rates and availability.**



**tottime!**

Are you looking for a place to meet new friends and have your toddler exercise and run-off their energy? Tot Time is the place to do it! We have hula hoops, balls, scooters and much more for your child to use. Participants must wear gym shoes. No food allowed. Parents or caregivers must remain with children.

**April 6 – June 1**

**Wednesdays, 10:45 AM–12:15 PM**

**Ages: Infant - 5**

**\$5 per child**



**pickleball!**

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. Pickleball was invented in the mid-1960s as a children's backyard pastime but has become popular among adults as well.

**April 6 – June 1**

**Wednesdays, 8:30 – 10:30 AM**

**\$5/person drop-in fee**





## ABOUT HOOPS4HEALTH

Founded in 2010, Hoops4Health's aim is to better the lives of our students. Our goal is to make a positive impact on youth by providing them top notch training in the sport of basketball as well as teaching them how to live a healthy lifestyle off the court. We cater to kids of all ages and skill levels. Our four keys are mind, body, nutrition, and discipline.



### Tot Ballers

Our basketball clinic will teach the basics for any toddler looking to make a splash into basketball. Through the clinic players will learn the basics in areas such as shooting, dribbling, passing, rebounding, and defense. Focus will also be on motor skills, footwork, rules, and understanding the spots on the floor. Our professional staff has worked with kids of all ages and skill levels. We take great pride in personal attention and hands on teaching. There will be many fun games and prizes throughout the clinic. Our goal is that each player comes out with a better understanding of how to play the game and develop the fundamental basketball skills necessary to excel at basketball.

Instructor: Hoops4Health

Ages: 3-5

#### 1- Day Per Week

Activity:	Date	Day	Time	M/NM
15829	4/5-5/31	Tu	1:45-2:30 pm	\$199/\$245
15842	4/7-6/2	Th	1:45-2:30 pm	\$199/\$245
No Class: 2/17				

#### 2- Days Per Week

Activity:	Date	Day	Time	M/NM
15830	4/5-6/2	Tu, Th	1:45-2:30 pm	\$325/\$435

### Little Ballers

Our basketball clinic will help the beginner and advanced basketball player. Each week will cater to a different fundamental basketball skills, including shooting, dribbling, passing, rebounding, and defense. We will stress the importance of ball movement and sportsmanship which is vital to becoming a strong basketball player. Our professional staff has worked with kids of all ages and skill levels and we take great pride in personal attention and hands on teaching. There will be many fun games and prizes throughout the clinic. Rules of the game will be taught and we will also develop how to play in 5 on 5 games while using proper spacing and teamwork.

Instructor: Hoops4Health

Grades: Jk-1

#### 1 Day Per Week

Activity:	Date	Day	Time	M/NM
15831	4/5-5/31	Tu	4:00-5:00 pm	\$199/\$245
15844	4/7-6/2	Th	4:00-5:00 pm	\$199/\$245
15849	4/8-6/3	F	1:15-2:15 pm	\$199/\$245
15932	4/8-6/3	F	4:00-5:00 pm	\$199/\$245

#### 2 Days Per Week

Activity:	Date	Day	Time	M/NM
15832	4/5-6/2	Tu, Th	4:00-5:00 pm	\$325/\$435



### 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

## Spring Sports & More Camp

Campers are introduced to the fundamentals of sports including basketball, floor hockey, football, kickball, soccer, t-ball and other sports and group games. The program 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: 3-6

Activity#	Date	Day	Time	M/NM
15924	4/18-4/22	M-F	9:00 am-12:00 pm	\$245/\$325
15925	5/31-6/3	M-F	9:00 am-12:00 pm	\$245/\$325
15926	6/6-6/10	M-F	9:00 am-12:00 pm	\$245/\$325

## Total Sports Summer Camp

This camp focuses on a variety of sports including flag football, basketball, baseball, kickball, soccer, capture the flag, and other group games. Each day camper's focus on skill development and fundamentals for each respective sport, followed by game play. Coaches ensure a fun and energetic atmosphere while promoting teamwork and good sportsmanship.

Instructor: Hot Shots Sports

Ages: 3-6

Activity#	Date	Day	Time	M/NM
16144	6/13-6/17	M-F	9:00 am-12:00 pm	\$245/\$325
16145	6/20-6/24	M-F	9:00 am-12:00 pm	\$245/\$325
16146	6/27-7/1	M-F	9:00 am-12:00 pm	\$245/\$325
16147	7/5-7/8	T-F	9:00 am-12:00 pm	\$199/\$265
16148	7/11-7/15	M-F	9:00 am-12:00 pm	\$245/\$325
16149	7/18-7/22	M-F	9:00 am-12:00 pm	\$245/\$325
16150	7/25-7/29	M-F	9:00 am-12:00 pm	\$245/\$325
16151	8/1-8/5	M-F	9:00 am-12:00 pm	\$245/\$325
16152	8/8-8/12	M-F	9:00 am-12:00 pm	\$245/\$325
16153	8/15-8/19	M-F	9:00 am-12:00 pm	\$245/\$325



## 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. An adult must accompany each child. Please register your child; the accompanying adult is included.

Instructor: Hot Shots Sports

Ages: 2-3

Activity:	Date	Day	Time	M/NM
15906	4/5-5/24	Tu	10:15-11:00 am	\$179/\$229
15913	4/7-5/26	Th	10:15-11:00 am	\$179/\$229
15921	4/9-5/21	Sa	9:00-9:45 am	\$139/\$169

No Class: 4/16

## Tiny Tots Sports

This class features a new sport each week. Some of the sports taught and played include basketball, floor hockey, football, kickball, soccer, and baseball. In addition, participants play many popular running and group games. Children have the opportunity to acquire new skills and develop confidence in games they have played in previous classes.

Instructor: Hot Shots Sports

Ages: 3-5

Activity:	Date	Day	Time	M/NM
15922	4/9-5/21	Sa	9:45-10:30 am	\$139/\$169

No Class: 4/16



## 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/N
15909	4/6-5/25	W	10:00-10:45 am	\$179/\$229



## All Sports

Participants 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.

Instructor: Hot Shots Sports

Ages: 3-6

Activity:	Date	Day	Time	M/NM
15923	4/9-5/21	Sa	10:30-11:15 am	\$139/\$169

No Class: 4/16

## 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
15902	4/4-5/23	M	11:15 am-12:45 pm	\$319/\$395
15910	4/6-5/25	W	11:15 am-12:45 pm	\$319/\$395
15917	4/8-5/27	F	11:15 am-12:45 pm	\$319/\$395

## 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
15903	4/4-5/23	M	1:00-2:30 pm	\$319/\$395
15911	4/6-5/25	W	1:00-2:30 pm	\$319/\$395
15918	4/8-5/27	F	1:00-2:30 pm	\$319/\$395

No Class: 1/17, 2/21

## 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: 4-6

Activity:	Date	Day	Time	M/NM
15904	4/4-5/23	M	4:00-5:00 pm	\$259/\$325
15912	4/6-5/25	W	4:00-5:00 pm	\$259/\$325





## 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
15907	4/5-5/24	Tu	4:00-5:00 pm	\$259/\$325
15914	4/7-5/26	Th	4:00-5:00 pm	\$259/\$325
15919	4/8-5/27	F	4:00-5:00 pm	\$259/\$325

## 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: 7-9

Activity:	Date	Day	Time	M/NM
15908	4/5-5/24	Tu	5:00-6:00 pm	\$259/\$325
15915	4/7-5/26	Th	5:00-6:00 pm	\$259/\$325
15920	4/8-5/27	F	5:00-6:00 pm	\$259/\$325

## Elite Nerf Battle

Each week we will play many different Nerf games, including an all-out battle. Come experience this classic basement game in an arena style, team driven environment. All gear and eye protection will be provided, though you can bring your own equipment or eye wear if you want. There will be a different theme every week!

Instructor: Hot Shots Sports

Ages: 7-9

Activity:	Date	Day	Time	M/NM
15905	4/4-5/23	M	5:30-6:30 pm	\$259/\$325



## 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.

Instructor: Hot Shots Sports

Ages: 2-4

Activity:	Date	Day	Time	M/NM
15916	4/8-5/27	F	10:00-10:45 am	\$179/\$229



## Single A Baseball **NEW!**

This 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: 2-3

Activity:	Date	Day	Time	M/NM
15901	4/4-5/23	M	10:00-10:45 am	\$179/\$229

## 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
15864	4/6-5/4	W	4:15-5:15 pm	\$205/\$265
15868	5/11-6/8	W	4:15-5:15 pm	\$205/\$265
16085	6/15-7/20	W	4:15-5:15 pm	\$249/\$319
16096	7/27-8/31	W	4:15-5:15 pm	\$249/\$319

