

Cheer Clinic

Girls this is a chance to keep up with your cheerleading skills. We will improve on arm movements, cheers, stunting, jumps, dance, and some gymnastics. Please wear comfortable clothes along with gym shoes!

Age: Girls age 6-10

Location: Darien Park District Community Center
7301 Fairview Ave.

Instructor: Katie Stuckey

Note: *No class 10/6, 11/24

Code #	Day	Date	Time	R/NR Fee
230327-A	W	Sept. 8-Oct. 20*	4:00-5:00pm	\$24/\$29
230327-B	W	Nov. 3-Dec. 15*	4:00-5:00pm	\$24/\$29

Chicago Bulls Shooting Camp

The Chicago Bulls Training Academy Shooting Sessions are designed to teach players the proper way of shooting a basketball. During each session all players will be taught the specifics skills necessary to become a better and more effective shooter. The session will focus on the essentials of becoming a good shooter: Concentration, knowing where you are at on the court, knowing when to shoot, control: balance and proper hand position, consistency: good rotation - shooting the basketball the same way each time, confidence: believing in your shot, variety of shot selections from different locations on the court, quality repetitions.

Age: 9-12 year olds

Location: Darien Park District Community Center
7301 Fairview Ave.

Instructor: Staff from Chicago Bulls Training Academy

Code #	Day	Date	Time	R/NR Fee
230355-A	Th	Sept. 9-30	7:00-8:30pm	\$100/\$110

Learn to Bowl

Suburbanite Bowl in Westmont is offering a fall program for anyone who is looking to learn how to bowl. Price includes shoe rental & instruction.

Age: 6-18 year olds

Location: Suburbanite Bowl
Ogden & Washington St.
Westmont 630-968-2200

Code #	Day	Date	Time	R/NR Fee
230309-A	M-F	Nov. 8-19	4:00-5:00pm	\$84/\$89

Let's Go Girls!

Life is tough, especially for girls trying to make it in the world of sports. This class is a great way to introduce basketball, soccer, hockey, t-ball and much more in an all-girl environment. Basic skills in all sports are taught, and games will be played at the end of each class.

Age: Girls age 4-7

Location: Darien Park District Community Center
7301 Fairview Ave.

Instructor: Staff from Sports R Us

Code #	Day	Date	Time	R/NR Fee
230334-A	M	Sept. 13-Oct. 18	4:30-5:15pm	\$43/\$48

Elite Soccer Academy

Location: Darien Sportsplex
451 Plainfield Road

Instructor: Jordan Rossi, Darien Sportsplex Head Trainer

Junior Elite

A continued building of confidence with the ball; the class will start to introduce different turns with the ball and start to develop foot speed and quickness. Again, proper technique and balance will be stressed through a series of fun games and activities that will conclude with a 3v3 or 4v4 game at the end of each session.

Ages: 6-9 year olds

Code #	Day	Date	Time	R/NR Fee
739991-A	M	Nov. 1-Dec. 20	4:00-4:55pm	\$80/\$90

Elite Academy

A polishing of all the basic skills of the game, while also introducing individual attacking and defending principles. The individual attacking will focus on developing confidence on the ball, risk taking, and taking on defenders. This will introduce feints, moves to beat an opponent, and also focus on finishing the ball. The individual defending will focus on proper stance and balance, tackling technique, and closing down the space of an opponent. Each session will end with a 4v4 scrimmage game.

Ages: 10-12 year olds

Code #	Day	Date	Time	R/NR Fee
739990-A	M	Nov. 1-Dec. 20	5:00-5:55pm	\$80/\$90

Jr. Basketball

Boys and Girls alike will enjoy learning the skills to advance them in the world of basketball. Even if you are trying it out for the first time, or you are a seasoned pro, you will have a ton of fun enhancing you skill level. Through games and drills we will practice dribbling, passing, shooting, positions and the importance of teamwork. Games will be played at the end of each class.

Age: 7-9 year olds

Location: Darien Park District Community Center
7301 Fairview Ave.

Instructor: Staff from Sports R'Us

Code #	Day	Date	Time	R/NR Fee
230336-A	M	Nov. 1-Dec. 6	5:15-6:15pm	\$43/\$48

Competitive Dodge Ball

Get off the couch and come play some fun dodge ball. In this competitive class you will play various dodge ball games. We use soft, spongy balls and safety issues will be enforced in each class.

Age: 7-14 year olds

Location: Darien Park District Community Center
7301 Fairview Ave.

Instructor: Staff from Sports R Us

Note: *No class 11/25

Code #	Day	Date	Time	R/NR Fee
230337-A	Th	Sept. 16-Oct. 21	5:30-6:30pm	\$43/\$48
230337-B	Th	Nov. 4-Dec. 16*	5:30-6:30pm	\$43/\$48





Karate

Through a variety of fun and creative activities, young children will be able to develop coordination, strength and personal safety skills in a well-supervised setting. This program will give your child the edge he/she needs when it comes to developing memory and agility skills. The confidence gained through karate helps to foster a strong positive self-image. All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale.

Age: 5-14 year olds

Location: **Tuesdays:**
Darien Park District Community Center 7301 Fairview Ave.

Fridays:
The Chalet 8300 S. Wolf Road - Willow Springs
Instructor: Staff from Illinois Shotokan Karate Clubs
847-359-0666

Note: *No class 11/26

Pre-Karate (ages 5- 7)

Code #	Day	Dates	Time	R/NR Fee	
230301-A	Beginner./Continuer	Tuesdays	9/7-12/14	4:00-4:45pm	\$132/\$152
230301-B	Inter/Adv. (3 or more sessions)	Tuesdays	9/7-12/14	4:50-5:35pm	\$132/\$152
230301-C	Beginner./Continuer	Fridays	9/10-12/17*	4:00-4:45pm	\$123/\$143
230301-D	Int/Adv. (2 or more sessions)	Fridays	9/10-12/17*	4:50-5:35pm	\$123/\$143

Youth Karate (ages 8- 14)

230302-A	Beg/Cont. (white -orange belts)	Tuesdays	9/7-12/14	5:40-6:35pm	\$132/\$152
230302-B	Intermediate (yellow-green belts)	Tuesdays	9/7-12/14	6:40-7:35pm	\$132/\$152
230302-C	Advanced (purple-black belts)	Tuesdays	9/7-12/14	7:40-8:35pm	\$132/\$152
230302-D	Beg/Cont. (white-yellow belts)	Fridays	9/10-12/17*	5:40-6:35pm	\$123/\$143
230302-E	Intermediate (blue-green belts)	Fridays	9/10-12/17*	6:40-7:35pm	\$123/\$143
230302-F	Advanced (purple & up/Inst. Perm)	Fridays	9/10-12/17*	7:40-8:35pm	\$123/\$143

Parent/Child (ages 8 & up)

230303-A	Beg/Cont. (white-orange belts)	Tuesdays	9/7-12/14	5:40-6:35pm	\$132/\$152 each
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New!

White Sox Hitting Club

Baseball is a wonderful game but it can be frustrating if you don't hit well. The White Sox Hitting Club will present your hitter with a step-by-step approach to hitting like a Major League player...exactly like Sox Hitting Coach, Greg Walker teaches. There are hitting "absolutes" that must be present in each at bat to be successful. From Konerko to Swisher to Rodriguez to Pujols, these "absolutes" make all the difference. We know them and we will teach them to you. It's never too early to learn to hit correctly before bad habits become difficult to unlearn. Softball players will greatly benefit from this class as well. Student to instructor ratio will be 10:1 or less.

Age: 6-11 year olds

Location: Darien Park District Community Center
7301 Fairview Ave.

Instructors: Staff from White Sox Training Academy

Note: Fee includes a Hitting Club T-shirt & instruction manual.
Participants should wear gym shoes, sweatpants or baseball pants & bring their bat if they have one.

6-8 year olds

Code #	Day	Date	Time	R/NR Fee
230328-A	W	Sept. 29-Oct. 20	4:00-5:15pm	\$95/\$100

9-11 year olds

Code #	Day	Date	Time	R/NR Fee
230328-B	W	Sept. 29-Oct. 20	5:15-6:30pm	\$95/\$100

New!

White Sox Pitching Club

The White Sox Pitching Club will give you a first hand look at the pitching mechanics that all great pitchers use! Pitching with accuracy, velocity and minimal arm strain is no accident. There is a process that should be followed from the Big Leagues to Little League and is exactly what White Sox Pitching Coach, Don Cooper teaches. The White Sox Pitching Club will teach you that process. Even if pitching isn't in your plans, throwing correctly is critical to becoming a good baseball player. Get on the mound and get on the right track with the White Sox Pitching Club.

Age: 6-11 year olds

Location: Darien Park District Community Center
7301 Fairview Ave.

Instructors: Staff from White Sox Training Academy

Note: Fee includes a Pitching Club T-shirt & instruction manual.
Participants should wear gym shoes, sweatpants or baseball pants & glove.

6-8 year olds

Code #	Day	Date	Time	R/NR Fee
230329-A	W	Oct. 27-Nov. 17	4:00-5:15pm	\$95/\$100

9-11 year olds

Code #	Day	Date	Time	R/NR Fee
230329-B	W	Oct. 27-Nov. 17	5:15-6:30pm	\$95/\$100

New! Chicago Team Spirit Camp

This is a 4 day camp focusing on our amazing sports teams of Chicago!!! Each day we will focus on a team and play the sport. Stanley Cup winners... Blackhawks, we'll be playing floor hockey, rival teams, Cubs and White Sox, we'll play some form of baseball, Bear down Chicago Bears, hello flag football!!! We'll pay tribute to the Chicago Bulls with a free-throw contest. We'll also have a tailgate on the last day of camp and celebrate being a fan of an amazing city of sports!! Make sure to wear comfortable clothes, gym shoes and bring a water bottle.

Age: 6-9 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.
 Instructor: Katie Stuckey
 Note: **Deadline to register 12/22**

Code #	Day	Date	Time	R/NR Fee
230330-A	M-Th	Dec. 27-30	10:00-11:30am	\$30/\$35



Holiday Bulls Skill Camp

The Bulls Academy Skills Camp has been created to bring championship level instruction to young players on a weekly basis. Boys and girls, Kindergarten thru 8th grade, are invited to become part of this fundamental skills camp.

The focus of the Bulls Academy Skills camp will be on improving the individual skills necessary for a player to become an integral part of a team.

As is the case with all Chicago Bulls Training Academy programs, a team of coaches, trained by the Chicago Bulls Training Academy staff, will teach the Bulls Academy Skills Camp. Our staff is expert at teaching the game of basketball, while also emphasizing the importance of discipline, respect, and teamwork.

Age: 6-14 year olds
 Location: Darien Park District Community Center
 7301 Fairview Ave.

Code #	Day	Date	Time	R/NR Fee
230331-A	W-Th	Dec. 29-30	1:00-4:00pm	\$120/\$130

DON'T DELAY...REGISTER TODAY!
 PLEASE REMEMBER TO REGISTER AT LEAST ONE WEEK PRIOR TO THE START DATE OF YOUR CLASS TO AVOID CLASS CANCELLATIONS DUE TO LOW ENROLLMENT.