

# ATHLETICS

**NO CLASS**  
5/28, 7/4, 9/3

Registration deadline is ten days before class begins

## Tennis

Romeoville Recreation Department is once again happy to have Challenge Fitness of Lockport run tennis lessons and programs this summer. The tennis pros of Challenge Fitness are certified and teach tennis year-round to all levels and ages. Feel free to contact Challenge Fitness with any questions at (815) 838-3621. The Romeoville Recreation Department reserves the right to postpone do to weather or court conditions.

Supervisor: Noel Maldonado

Min/Max: 4/8

Fee: \$45/R - \$60/NR

### Quick Start Beginner

Included in this program is the new Quick Start Tennis for junior players. The program utilizes smaller courts, lighter balls, and shorter nets for younger players to learn tennis easier and quicker just as other sports use different equipment and supplies given the ages of the participants. The program was created by the USTA and all staff are highly trained in the new format.

Age: 6 to 8

Code	Date	Time	Day
12S725	6/13 – 6/27	4:00pm-5:00pm	Wed
12S726	7/11 – 7/25	4:00pm-5:00pm	Wed
12S727	8/1 – 8/15	4:00pm-5:00pm	Wed

### Rising Stars

Players at the Rising Stars level will focus on hand eye coordination, games, and learning to rally.

Age: 9 to 13

Code	Date	Time	Day
12S728	6/13 – 6/27	5:00pm-6:00pm	Wed
12S729	7/11 – 7/25	5:00pm-6:00pm	Wed
12S730	8/1 – 8/15	5:00pm-6:00pm	Wed

### Teenage Beginner

This class is for students who want to make their high school team or just want to learn how to play for fun.

Age: 13 to 18

Code	Date	Time	Day
12S731	6/13 – 6/27	6:00pm-7:00pm	Wed
12S732	7/11 – 7/25	6:00pm-7:00pm	Wed
12S733	8/1 – 8/15	6:00pm-7:00pm	Wed

### Adult

This class is for participants who are just learning the game or coming back to play.

Age: 18 and up

Code	Date	Time	Day
12S830	6/13 – 6/27	7:00pm-8:00pm	Wed
12S831	7/11 – 7/25	7:00pm-8:00pm	Wed
12S832	8/1 – 8/15	7:00pm-8:00pm	Wed

### Tennis Fundamentals Camp

Serve it! Experience the competition of tennis! It's fun. Certified coaches teach the skills of tennis through a tennis process that is easy to learn the game. Tennis camp challenges beginners to advanced players through competitive instructional drills, including singles and doubles matches. Your future tennis star will love this camp. Participants should bring a racket to camp.

Supervisor: Noel Maldonado

Age: 6 to 14

Min/Max: 6/50

Fee: \$109/R - \$120/NR

Register by: 6/8

Code	Date	Time	Day
12S700	6/11 – 6/15	9:00am-12:00pm	M-F
12S701	6/18 – 6/22	9:00am-12:00pm	M-F
12S702	6/25 – 6/29	9:00am-12:00pm	M-F

# ATHLETICS

**NO CLASS**  
5/28, 7/4, 9/3

**Registration deadline is five days before class begins**

## Girl's Volleyball League

Girl's volleyball is back at the Recreation Center! For all girls going into 4th and 5th grade this league is just up your alley. We will practice for two weeks to learn the fundamentals of the game like passing, setting, and serving. Then we will play a 10 to 12 game season. Practices will start the week of July 16th with player evaluations happening Saturday, July 14th at 10am. We will again need volunteer coaches to run the great new league. A coaches meeting will be held for all volunteer coaches on Tuesday, July 10th at 6:15pm.

Supervisor: Noel Maldonado

Min/Max: 24/48

Fee: \$76/R - \$89/NR

Register by: 7/6

Grade	Code	Date	Time	Day
4 to 5	12S751	7/16 – 10/20	5:00am-9:00pm	M/W/F
			9:00am-2:00pm	Sat
6 to 8	12S752	7/16 – 10/20	5:00am-9:00pm	M/W/F
			9:00am-2:00pm	Sat

## Adult Self-Defense

Learn to protect yourself using practical and effective self-defense techniques. This class is for adults who wish to learn self-defense but are not interested in a formal martial arts class. You will learn essential hand strikes, kicks, joint locks, takedowns and throws. You will learn how to use these techniques versus unarmed and armed attacks, standing and on the ground. Please wear gym shoes and comfortable clothing. No class 8/3.

Supervisor: Jason Buckholtz

Age: 18 and up

Min/Max: 7/20

Fee: \$60/R - \$90/NR

Register by: 6/1

Code	Date	Time	Day
12S436	6/15 – 8/10	6:30pm-7:30pm	Fri

## Men's League Basketball

Bring your team and see how you stack up against other teams in the Romeoville area. Games will be played on Sundays. Trophies will be awarded to top finishers in the league and tournament. Same colored shirts with a number on the back are required for all teams. A captains meeting will be held on Monday, June 11th at 6:15pm at the Recreation Center.

Supervisor: Noel Maldonado

Age: 18 and up

Min/Max: 4/9

Fee: \$625/R - \$725/NR

Register by: 6/11

Code	Date	Time	Day
12S820	6/17 – 8/26	11:00am-3:00pm	Sun

## Adult Softball Leagues

The softball season is upon us so bring your team and see how you stack up against the rest of the teams in the Romeoville area. We have leagues to match your skill levels. First time teams are strongly encouraged to join one of the B leagues being offered. A captain's meeting will take place on Monday, August 20th at 6:15pm at the Recreation Center. A \$150 non-refundable deposit will hold a spot for your team. Team balances will need to be paid by the captain's meeting.

Supervisor: Noel Maldonado

Age: 18 and up

Min/Max: 4/8

Fee: \$525/R - \$625/NR

Register by: 8/24

League	Code	Date	Time	Day
Men's Softball A	12S801	8/30 – 10/25	6:30pm-10:30pm	Thu
Men's Softball B	12S800	8/28 – 10/23	6:30pm-10:30pm	Tue
Men's Softball B	12S805	8/30 – 10/25	6:30pm-10:30pm	Thu
Men's Softball B	12S803	8/31 – 10/26	6:30pm-10:30pm	Fri
Co-Rec Softball	12S804	8/31 – 10/26	6:30pm-10:30pm	Fri