

# 2018 Village of Fox Lake Fall/Winter Sports

## Indoor Soccer/Speed & Agility Training

**Friday**  
**09/21-10/19**  
**6:30 to 7:30 p.m. 7-9 yr. olds**

**Cost: \$57.00**

**Min/ Max: 6/16**

**Location: Lakefront Park Building**

Join us for a non-competitive, skill development program. We will go over the basic skills of dribbling, passing, shooting, goal tending, and positions. There will be weekly progress on the technical aspects of the game. Our speed and agility training session is built to make our participants faster, stronger, and more agile athletes.  
- Games are played at the end of each class.

## Indoor Lil Pint Soccer

**Friday**  
**09/21-10/19**  
**4:30 to 5:20 p.m. - 3-4 yr. olds**  
**5:30 to 6:20 p.m. - 5-6 yr. olds**

**Cost \$57.00**

**Min/ Max: 6/16**

**Location: Lakefront Park Building**

Kick in some excitement with this instructional soccer program. With the use of smaller sized soccer balls, players will learn the basic skills of dribbling, passing, shooting, and goaltending. Instructors will work with participants on good sportsmanship, participation, and teamwork.

**This is a great class for both boys and girls!**

**- Games will be played at the end of each class**

## Indoor Iceless

### Hockey

**Wednesday**

**10/17-11/21**

**\* No class 10/31**

**5:00 to 5:50 p.m. - 4-6 yrs.old**

**6:00 to 7:00 p.m - 7-9 yrs. old**

**Cost \$57.00**

**Min/Max 6/16**

**Location: Lakefront Park Building**

**This class is for both experienced player and the beginner. This fast paced, low competition class will promote shooting, passing, teamwork, positions, and some strategies.**



**SPORTS R US**

*We put the "U" in Fun!*

**Pre-registration is required 2 weeks before program start date. Registration forms and payments should be turned into the Village Hall located at 66 Thillen Dr. Fox Lake, IL 60020**

**For questions or concerns, please call (847) 587 - 2151**

## **Lil Pint Hoops**

**Friday**

**11/09 -12/14**

**5:30p.m. -6:20p.m. 4-6 yrs. old**

**Cost \$57.00**

**Min/Max 6/20**

**\* No class on 11/23**

**Location: Lakefront Park Building**

**With the use of age appropriate equipment, participants will start building the fundamentals for simple drills. Participants will learn skills in passing, shooting, dribbling, and rules of the game. Teamwork, participation, and good sportsmanship are all stressed throughout class.**

**-Games will be played at the end of each class.**

## **Basketball/Speed & Agility**

**Friday**

**11/09 - 12/14**

**6:30p.m. -7:30p.m. 7-9 yrs. old**

**Cost \$57.00**

**Min/Max 6/20**

**\* No class 11/23**

**Location: Lakefront Park Building**

**We will enhance the basis you may have learned, along with advancing your skills that will concentrate on more teamwork and game strategies.**

**Our speed and agility training session is built to make our participants faster, stronger, and more agile athlete. We use SKLZ equipment, ladders, hurdles, and cones. Be the fastest kid on the court!**

**A scrimmage game will be played at the end of each game.**

**Pre-registration is required 2 weeks before program start date. Registration forms and payments should be turned into the Village Hall located at 66 Thillen Dr. Fox Lake, IL 60020**

**For questions or concerns, please call (847) 587 - 2151**