

Parent/Tot Sports

Ages 3-4 years

This class will introduce your child to the wonderful world of sports. A different sport will be played each week including: floor hockey, soccer, t-ball, football, and basketball. This class is designed to create an interest in a variety of sports while developing listening and motor skills. Parents will participate and learn each class with their child. Classes will be taught in a fun, non-competitive environment. Scaled down equipment will be used to better fit the size of the children.

Location: Heritage Crossing Field House

Fee/ResDisc: \$57/\$45

Min/Max: 6/12

Date	Day	Time
Oct 14-Nov 18	M	5-5:45 PM
Oct 17-Nov 21	TH	5-5:45 PM
Dec 5-26**	TH	5-5:45 PM

Prorated fee is \$30/\$39 for 4 week session

Little Squirts Basketball

Ages 4-5 years

Your child will learn the basics of the game of basketball. We will practice dribbling, shooting, passing and defense while enhancing your child's coordination skills. Understand and build the concept of teamwork and working together while interacting socially in a team environment. These concepts will build self-esteem and enhance muscle growth.

Location: Heritage Crossing Field House

Fee/ResDisc: \$57/\$45

Min/Max: 6/12

Date	Day	Time
Oct 14-Nov 18	M	4-4:45 PM
Oct 14-Nov 18	M	6-6:45 PM
Oct 17-Nov 21	TH	4-4:45 PM

Little Squirts Football

Ages 4-5 years

Are you the next Peyton Manning or Cam Newton? Then get ready for a class that will start you on your journey towards the pros! Learn the basics like throwing, catching, and kicking. Understand and build the concept of teamwork and working together while interacting socially in a team environment. These concepts will build self-esteem and enhance muscle growth.

Location: Heritage Crossing Field House

Fee/ResDisc: \$39/\$30

Min/Max: 6/15

Date	Day	Time
Dec 5-26	TH	4-4:45 PM
Dec 5-26	TH	6-6:45 PM

Challenge Tennis Academy

Channahon Park District welcomes Challenge Fitness of Lockport to run tennis lessons. The tennis pros of Challenge Fitness are certified and teach tennis year-round to all levels and ages. Feel free to contact Challenge Fitness at 815-838-3621 for any questions.

Quick Start Tiny Tots

Ages 3-5 years

The primary focus is on fun, hand-eye coordination and games

Location: Central Park

Fee/ResDisc: \$33/\$24

Min/Max: 4/16

Date	Day	Time
Sept 18-Oct 9	W	4:30-5 PM

Parent Tot Tumbling

Age 2 years with adult

We will introduce your child to the world of tumbling in a safe and structured environment. While teaching gross motor skills such as rolling, jumping, crawling, climbing and balance, your child will also improve their coordination skills, improve social interaction with peers and build self-esteem.

Location: Heritage Crossing Field House

Fee/ResDisc: \$57/\$45

Min/Max: 5/12

Date	Day	Time
Oct 19-Nov 23	SA	9-9:45 AM

Preschool Tumbling Level I

Ages 3-4 years

This class is a great way to introduce your child to the exciting world of tumbling. Participants will learn to do forward and backward rolls, straddle rolls and cartwheels in a safe and structured environment. While learning tumbling skills participants will also improve their coordination, improve social interaction with peers and build self-esteem.

Location: Heritage Crossing Field House

Fee/ResDisc: \$57/\$45

Min/Max: 5/12

Date	Day	Time
Oct 19-Nov 23	SA	10-10:45 AM

Preschool Tumbling Level II

Ages 4-5 years

This class will further develop the participants tumbling skills such as forward and backward rolls, cartwheels and handstands. Participants will work more in-depth to focus on the specific skills related to each tumbling maneuver. Balance, coordination, strength and rhythm activities will be practiced in a safe and structured environment.

Location: Heritage Crossing Field House

Fee/ResDisc: \$57/\$45

Min/Max: 5/12

Date	Day	Time
Oct 19-Nov 23	SA	11-11:45 AM

Roller Skating/Blading Lessons

Ages 4-12 years (grouped based on ability)

Help your child learn to enjoy this healthy, lifelong activity by ensuring that they learn how to skate in a relaxed, encouraging environment. In just a few weeks, your child will be skating like a pro! Class is taught to match the pace of the students and will cover basic skating movements, the safest way to fall, and some fun games to get the kids excited. Free wifi available while parents wait.

Location: Skateland Recreation Center

Fee/ResDisc: \$39/\$27

Date	Day	Time	Deadline
Sept 20-Oct 25	F	5-5:45 PM	Sept 16
Nov 3-Dec 8	SU	11:30 AM-12:15 PM	Oct 28