



Nerf Wars – Capture the Flag!

Ages 6-12 years (Age as of January 1, 2020)

Bring out a group of friends and get ready to battle! Teams of 5 are encouraged to have creative battle gear in the quest for ultimate pride. Teams must be ready to start on time for their age bracket to go over safety rules of the tournament. Each match will be played to 5 points. Teams must bring their own nerf gun and ammo. One gun may be used per point. No automatic guns will be allowed. Safety glasses will be provided. Please register early because space is limited!

Location: Heritage Crossing Field House
Team Fee/ResDisc Fee: \$63/\$50
Min/Max: 4 teams/10 teams (per age group)
Deadline: January 16, 2020

Age	Date	Day	Time
6-8 years	Jan 20	M	10 AM-1 PM*
9-12 years	Jan 20	M	1:15 -4:15 PM*

*Nerf wars may end early depending on number of teams

Ryuku Kempo Karate

Ages 5-11 years

Let Sensei John Ventura of the Bob Golden School of Self Defense teach you the art of Ryuku-Kempo Karate using real life situations. Karate will not only help you defend yourself but will teach you self-respect, self-discipline, mental focusing, and physical development. Instructed by John Ventura, 7th Degree Black Belt.

Location: Arrowhead Community Center

Age	Date	Day	Time
Fee/ResDisc:	\$80/\$65		
5-8 years	Jan 7-Feb 27	TU/TH	6:30-7:30 PM
9-11 years	Jan 7-Feb 27	TU/TH	7:30-8:30 PM
5-8 years	Mar 3-Apr 23	TU/TH	6:30-7:30 PM
9-11 years	Mar 3-Apr 23	TU/TH	7:30-8:30 PM

Fee/ResDisc:	\$45/\$34		
5-8 years	Apr 28-May 21	TU/TH	6:30-7:30 PM
9-11 years	Apr 28-May 21	TU/TH	7:30-8:30 PM
5-8 years	May 26-June 18	TU/TH	6:30-7:30 PM
9-11 years	May 26-June 18	TU/TH	7:30-8:30 PM

Basketball

Jr. NBA Skills Challenge – FREE!

The Jr. NBA Skills Challenge provides boys and girls, ages 13 and younger, the opportunity to showcase their fitness through a dribbling, shooting, and rebounding skills competition in the sport of basketball. The program is free for all participants! Boys and girls compete separately in two different age groups: 11U and 13U. The top winners have the opportunity to move on and compete at the regional and sectional competitions.



The program is free for all participants! Boys and girls compete separately in two different age groups: 11U and 13U. The top winners have the opportunity to move on and compete at the regional and sectional competitions.

Location: Heritage Crossing Field House
Drop in program. No pre-registration required

Date	Day	Time:
Jan 11	SA	9-11 AM

Private Basketball Lessons

Are you looking to perfect your skills or take your game to the next level? Are you working towards becoming a starter on your current team? These one on one or group lessons (max 2), with a high school varsity coach and former college basketball player, can help you work towards and accomplish your goals! Email Kaitlyn at kstuder@channahonpark.org to set up your lesson today or check additional dates of availability!

Location: Heritage Crossing Field House
Fees: 30 minute session: \$35 per session
 60 minute session: \$65 per session

Date	Day	Time
Jan 6-May 20	SU	10 AM-12 PM

Basketball Fundamentals

– One Day Clinics

Ages 6-10 years

Looking for sharpen those basketball skills or pick up some new ones? These basketball skills clinics, for boys and girls, will teach fundamentals, skills and focus through drills and games. Athletes will get better through repetition of learned skills during this time!

Location: Heritage Crossing Field House
Fee/ResDisc: \$60/\$45
Min/Max: 6/30

Date	Day	Time
Jan 12	SU	9-11AM
Feb 9	SU	9-11AM
Mar 15	SU	9-11AM
Apr 5	SU	9-11AM

Girls Summer Softball League

The Channahon Park District is co-oping with the Minooka Softball Association for our girls softball league. For more information on sign-ups and registration please visit www.minookabsa.org.



Kids First Sports Safety, Inc.

Youth sports educator teaching fundamentals & safety directly to kids throughout the Chicago-land area through a hired/trained/certified Kids First Coaching Staff.

Kids First has grown each year by having highly skilled Coaches teaching sport fundamentals through proven safety practices. The programs/camps have a fun spirited environment that teaches kids the best approach to learn and understand a sport. Kids Love It!

Contact: staff@kidsfirstsports.net PH: 630-257-5438

Kids First Basketball Program

Fundamentals

Let's Hoop it up! This Basketball Program focuses on fundamentals. Basketball Games & Preparation; Parents have called Kids First Sports Safety Mandatory before playing the most injury prone youth sport. Players will be fulfilled with new basketball skills and safety techniques to make them game ready. Kids Love It!

Program offers: Skills contest & championship basketball game. PLUS techniques on shooting, dribbling, passing, floor spacing, basketball safety awareness and sportsmanship. Please direct all questions to staff@kidsfirstsports.net

Instructor: Staff from Kids First Sports Safety, Inc.
Location: Heritage Crossing Field House
Fee: \$55
Min/Max: 6/28

Age	Date	Day	Time	Series #
6-8 years	Mar 16-Apr 6	M	4:15-5:15 PM	1
9-14 years	Mar 16-Apr 6	M	5:15-6:15 PM	1
6-8 years	Apr 13-May 4	M	4:15-5:15 PM	2
9-14 years	Apr 13-May 4	M	5:15-6:15 PM	2
6-8 years	May 11-June 8	M	4:15-5:15 PM	3
9-14 years	May 11-June 8	M	5:15-6:15 PM	3

No class May 25

Kids First Dodgeball Program

Dodge This! Dodge Ball Games every day ending with a competitive Championship Game on the last day. This Fun moving sport will provide team competition and individual challenge matches on the court. Kids will have a blast running, throwing, dodging and ducking their way to victory; while getting their bodies in shape. Kids Love It! Please direct all questions to staff@kidsfirstsports.net

Instructor: Staff from Kids First Sports Safety, Inc.
Location: Heritage Crossing Field House
Fee: \$55
Min/Max: 8/30

Age	Date	Day	Time	Series #
6-12 years*	Mar 16-Apr 6	M	6:15-7:15 PM	1
6-12 years*	Apr 13-May 4	M	6:15-7:15 PM	2
6-12 years*	May 11-June 8	M	6:15-7:15 PM	3

*Children will be divided by 6-8 year olds and 9-12 year olds
 No class May 25

Kids First Baseball Program

Fundamentals

Baseball preparation it's a HIT! Fundamental instruction for games. This program prepares and challenges all players through fun competitive baseball drills to develop skills that will maximum player potential: Players experience: Batting, fielding, pitching, base running, and throwing, through proven baseball techniques. Parents have called Kids First baseball mandatory for fundamentals, safety, and skills training. Kids Love It!

Program teaches: Batting, fielding, pitching, base running, and throwing, through proven baseball techniques. Body balance, and first step directional movements will aid in strengthening their play in the field and in the batter's box. Please direct all questions to staff@kidsfirstsports.net

Instructor: Staff from Kids First Sports Safety, Inc.
Location: Heritage Crossing Field House
Fee: \$55
Min/Max: 6/28

Age	Date	Day	Time	Series #
5-7 years	Mar 19-Apr 9	TH	4:15-5:15 PM	1
8-13 years	Mar 19-Apr 9	TH	5:15-6:15 PM	1
5-7 years	Apr 16-May 7	TH	4:15-5:15 PM	2
8-13 years	Apr 16-May 7	TH	5:15-6:15 PM	2
5-7 years	May 14-June 4	TH	4:15-5:15 PM	3
8-13 years	May 14-June 4	TH	5:15-6:15 PM	3



Stay Social!

There's know better way to know what's going on at the Channahon Park District then to stay connected with us on Social Media.

Connect with us today!





Kids First Speed Training Program

Run, Run, Run! Speed, Quickness, Agility Program thru Track & Field Events

Excellent Coaches will focus on teaching indoor sprints, hurdles, jumps, running, and

throws in a safe and fundamental way. The program consists of Body Balance Techniques; speed, quickness and agility drills, producing a quicker, safer more powerful performer. A series of team relay races makes indoor Track & Field fun and entertaining. Program concludes with an event Championship Series. Kids Love It! Please direct all questions to staff@kidsfirstsports.net

Instructor: Staff from Kids First Sports Safety, Inc.
Location: Heritage Crossing Field House
Fee: \$55
Min/Max: 6/28

Age	Date	Day	Time	Series #
6-13 years	Mar 19-Apr 9	TH	6:15-7:15 PM	1
6-13 years	Apr 16-May 7	TH	6:15-7:15 PM	2
6-13 years	May 14-June 4	TH	6:15-7:15 PM	3

Kids First Track & Field Program Fundamentals

Run with a SMILE! Speed, Quickness, Agility Program thru Track & Field Events. Excellent Coaches will focus on teaching sprints, hurdles, umps, distance running, and throws in a safe and fundamental way. The program consists of Body Balance Techniques; speed, quickness and agility drills, producing a quicker, safer more powerful performer. A wide variety of timed events will take place during each day, concluding with an event Championship Series on the final day. Please direct all questions to staff@kidsfirstsports.net

Instructor: Staff from Kids First Sports Safety, Inc.
Location: Central Park (off of Sunset Drive)
Fee: \$79
Min/Max: 6/24

Age	Date	Day	Time
6-13 years	Apr 4-May 16	SA	9:45-11 AM

No class April 11

Rain Cancellations: Time will be equally added to remaining days of camp

Kids First Flag Football Fundamentals 7 on 7 Program

Flag FOOTBALL 7 on 7! Enjoy the touchdowns...

Flag Football 7 on 7 Games played throughout the program. Kids First Coaches will teach passing and catching fundamentals. Including receiver endzone techniques, with a focus of player separation making it easier to score touchdowns.

Program offers: Punt-Pass-Kick Contest & Championship Flag Football game. PLUS: Techniques on speed & quickness, body balance, first step directional movements, football safety awareness and sportsmanship. Kids Love It!

Kids First Certified Coaches the leader in youth sports preparation. Please direct all questions to staff@kidsfirstsports.net

Instructor: Staff from Kids First Sports Safety, Inc.
Location: Central Park (off of Sunset Drive)
Fee: \$79
Min/Max: 6/24

Age	Date	Day	Time
6-12 years	Apr 4-May 16	SA	8:30-9:45 AM

No class April 11

Rain Cancellations: Time will be equally added to remaining days of camp

Kids First Ultimate Frisbee Program - NEW! Let's Flip it!

Kids First Certified Coaches prepare players how to play, enjoy, and win in a team concept for Ultimate Frisbee. This is one of the fastest growing youth sports in the country. The sport can be described as a combination of soccer, football, balloon ball, and basketball, in that it's a simple yet demanding game. Kids First Coaches teach how to throw and score points offensively, and how to defend their goal defensively. Kids Love it! Once they have tried it! Please direct all questions to staff@kidsfirstsports.net

Instructor: Staff from Kids First Sports Safety, Inc.
Location: Central Park (off of Sunset Drive)
Fee: \$74
Min/Max: 6/24

Age	Date	Day	Time
7-15 years	Apr 4-May 16	SA	11 AM-12:15 PM

No class April 11

Rain Cancellations: Time will be equally added to remaining days of camp



#PlayItForward Channahon A Strategic Initiative

A Comprehensive Master Plan is currently being developed through a community-driven process. The Master Plan will provide the District with action items and key steps necessary to meet the community's parks and recreation future needs.

Follow the process at PlayItForwardChannahon.com

Co-Ed Youth Spring Soccer

Ages 4-14 years (age as of April 18, 2020)

The league is designed for participants to utilize fundamental skills of soccer in game situations. Records will not be kept and winning and losing are not the nature of the game.

Each team will be directed by one or two coaches who will provide instruction on soccer fundamentals in a positive and fun environment. Teams will have either one or two practices a week. Practices begin the week of April 6 and one game every Saturday, starting April 18. Practices will be held at various parks around the park district area. All games will be played at Central Park located off Rt. 6 behind Arrowhead Community Center and Tomahawk Aquatic Center. Game times will vary between the times of 9am and 3pm based on size of the league.

Please note jerseys are not included. They may be purchased at the Arrowhead Community Center for \$20. They are a white/red reversible jersey that has been used in the past so if your jersey still fits it can be used for multiple seasons!

Location: Central Park
Fee/ResDisc: On or Before February 16: \$99/\$77
 On or After February 17: \$116/\$92
 Registration Must be Done in Person

Registration Deadline: Space is limited and registration will end February 16 or when program is filled, whichever comes first.

Age	Date	Day	Game Time
4-5 years	Apr 18-June 13	SA	9 AM-3 PM
6-7 years	Apr 18-June 13	SA	9 AM-3 PM
8-9 years	Apr 18-June 13	SA	9 AM-3 PM
10-11 years*	Apr 18-June 13	SA	9 AM-3 PM
12-14 years*	Apr 18-June 13	SA	9 AM-3 PM

*10-11 year old and 12-14 year old Co-ed league will play home and away games against other Joliet Park District Teams

Volunteer Coaches Needed!

Volunteer coaches are needed for our youth sports leagues. Our youth leagues continue to be a great experience for the children in the community. Volunteer coaches are a big reason these leagues have been so successful. Please support your son or daughter, get involved and sign up to be coach! **Volunteers receive a \$25 Park District credit to be used towards future programs or activities.** Coaches clinics available!

Please Note: Due to the size and nature of sports leagues, requests to accommodate individual schedules and preferences cannot be honored. Please be sure that your child will be available for practices and games according to the schedule given by coaches.

Youth Sports Blind-Draft Policy

In order to provide every child with fair and equal treatment, a blind draft process will form the teams. Due to the large number of registrants in our youth sports programs and the attempt to keep teams equal, we cannot accommodate special requests for specific coaches or teammates. Only the head coach and one assistant coach will be allowed to request that their children be placed on the same team.

Co-Ed Instructional Volleyball

Grades 2nd-5th

Caroline Smith will focus on teaching the fundamental skills of volleyball while emphasizing teamwork and sportsmanship. Instruction will be given at the beginning, intermediate and advanced levels. Players will be divided by grade and or ability. All participants will learn new skills, practice old skills and play volleyball games during every class session.

Location: Heritage Crossing Field House
Fee/ResDisc: \$68/\$55
Min/Max: 10/40
Date **Day** **Time**
 Apr 7-May 19 TU 6-7 PM
 No class May 12

Volleyball Private Instruction

Grades 3rd-8th

If you are looking to fine tune your volleyball skills this is the class for you. Those looking to sign up can sign up 1-3 players for the 30 mins. The small class size will help give your child an individualized experience. Sessions are a one-time 30 minute session but you are able to sign up for both classes on the day or multiple weeks if space is still open. You also can choose Serving, Setting or Passing for your emphasis on the sessions, just note that at sign up. Classes are instructed by Caroline Smith.

Location: Heritage Crossing Field House
Fee/ResDisc: \$39/\$30 (For each 30 minute session)
Date **Day** **Time**
 Apr 7-May 19 TU 7-7:30 PM
 Apr 7-May 19 TU 7:30-8 PM
 First come first serve on the 30 min sessions

Challenge Tennis Academy

Channahon Park District welcomes Challenge Fitness of Lockport to run tennis lessons and programs. 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 with any questions.

Quick Start Tennis Lessons

Ages 5-12 years

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 this format of tennis.

Location: Central Park Tennis Courts
Fee/ResDisc: \$52/\$40
Min/Max: 4/16
Date **Day** **Time**
 Apr 15-May 6 W 5:30-6:30 PM

Roller Skating/Blading Lessons

Ages 4-12 years (will be 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**
 Jan 12-Feb 16 SU 11:30 AM-12:15 PM Jan 8
 Mar 6-Apr 17 F 5-5:45 PM Mar 4
 No class March 27