

FALL 2020



Session 1: September 14 to October 9

Session 2: October 12 to November 6

YOUTH SPORTS

BASKETBALL I

This fun filled program is great for kids learning about the basics of the game of basketball. Kids will be learning the basics of the game through various drills and skill learning. Participants will be taught fundamentals of basketball such as passing, dribbling and shooting, while also working on listening skills and sportsmanship. The program is for beginners or kids looking to improve their skills.

Instructor: *Coach Kevin*

For over 18 years, he has played for several basketball programs around the area including: Wheatland Wizards, Paradise Basketball, and Naperville Tarheels. He has coached youth basketball camps and teams for 3 years. Kevin is excited to share his passion and knowledge of basketball at Rush Copley Healthplex.

Limit: 6 kids in a group with one instructor.

Ages 5-7 — \$36 M/\$44 NM

Mondays (4-week class) — 4 to 4:45 p.m.

Ages 8-10 — \$36 M/\$44 NM

Mondays (4-week class) — 5:15 to 6 p.m.

Itinerary:

Week 1: Welcome! Rules of the game and positions

Week 2: Dribbling

Week 3: Passing

Week 4: Shooting

SPORT FUSION

A fun and innovative class designed to teach the fundamentals of sports such as basketball, volleyball and soccer, while incorporating fun skill building games and challenges.

Limit: 6 kids to a group with one instructor.

Ages 4-6 — \$36 M/\$44 NM

Tuesdays (4-week class) — 4 to 4:45 p.m.

Ages 7-8 — \$36 M/\$44 NM

Tuesdays (4-week class) — 5:15 to 6 p.m.

Itinerary:

Week 1: Overview of all 3 Sports

Week 2: Basketball

Week 3: Soccer

Week 4: Volleyball

VOLLEYBALL FOR KIDS

Designed for first-time players and those wanting to improve fundamentals, this program includes skill development through drills and instruction. Schedule includes instructional practices and activities with a focus on basics. Limit: 6 kids to a group with one instructor.

Ages 7-9 — \$36 M/\$44 NM

Thursdays (4-week class) — 4 to 4:45 p.m.

Ages 10-12 — \$36 M/\$44 NM

Thursdays (4-week class) — 5:15 to 6 p.m.

Itinerary:

Week 1: Welcome-Overview and Rules

Week 2: Passing

Week 3: Serving

Week 4: Setting

YOUTH TENNIS (Rackets will be provided, *if needed.*)

Red Ball

Ages 4-7 — \$48 M/NM

Mondays (4-week class) — 3:30 to 4:30 p.m.

Players will develop agility, balance and coordination, movement patterns, forehand, backhand, serve, return, volleys, court positions and scoring.

Orange Ball

Ages 8-10 — \$48 M/NM

Tuesdays (4-week class) — 3:30 to 4:30 p.m.

Players will develop agility, dynamic balance, complex coordination, pace, spin and approach shot to volley and overhead patterns.

Competition 1

Ages 11-18 — \$48 M/NM

Thursdays (4-week class) — 3:30 to 4:30 p.m.

Players will develop agility, coordination, dynamic balance, movement pattern, court positioning, scoring and reliable technique on forehand, backhand, serve, return and volleys.



Rush Copley Healthplex Fitness Center