



Chicago Fire Juniors – Fire Cadets

An alternative to traveling, Chicago Fire Juniors offers professional training without the travel commitment. The Cadet program is for players already playing nontraveling soccer. This program provides recreational players with professional training and supplements their current coaching with skill based training. These programs offer another opportunity for the nontraveling player/family. Boys and girls may be mixed as

players and grouped by ability. Participants should bring their own ball and wear shin guards.

Location: Community Center **Limit:** 30

Age	Dates	Day	Time	R/NR Fee	Class #
6-8	1/7-2/25	Th	5:30-6:30P	\$75/\$112	103310-01 😊

Indoor Soccer Camp

Ruben Stivan Soccer Training Camp, offered in conjunction with the Wheaton Park District, helps you tune up your skills during the indoor season. The camp for ages 5 to 8 deals with fundamental skills and games; the camp for ages 8 to 12 is more intense, stressing the skill accuracy in game situations.

Location: Community Center **Limit:** 40

Age	Dates	Day	Time	R/NR Fee	Class #
5-8	1/4-1/18	M	4-5P	\$45/\$55	103325-01 😊
9-12	1/4-1/18	M	5-6P	\$45/\$55	103325-02 😊

Overtime Recess **NEW!**

Can't get enough of recess? This wonderful opportunity keeps you playing those favorites including Capture the Flag, Steal the Bacon, Relay Races and many more! All the games focus on fair play and teamwork. Gym shoes are required.

Location: Community Center **Limit:** 20

Age	Dates	Day	Time	R/NR Fee	Class #
6-10	2/3-3/10	W	4-5P	\$36/\$54	103327-01 😊

Mini Hoopsters **NEW!**

This mini-clinic is designed for the basketball enthusiast. Mini-Hoopsters enjoy this wonderful game, learn vital motor skills and practice eye-hand coordination. This fun and skill-oriented clinic includes games and drills to introduce your Mini-Hoopster to the game.

Location: Community Center **Limit:** 20

Age	Dates	Day	Time	R/NR Fee	Class #
6-7	2/1-3/15*	M	4-4:45P	\$28/\$42	103324-01 😊
6-7	2/1-3/15*	M	4:50-5:35P	\$28/\$42	103324-02 😊

*No class 2/15.

Volleykidz

Volleykidz introduces the pass, set and spike using a very light volleyball. Volleykidz improves each child's hand/eye and left/right coordination through the use of fun drills and gross motor games. Lesson plans also incorporate short educational drills including spelling, math and science.

Location: Community Center **Limit:** 24

Age	Dates	Day	Time	R/NR Fee	Class #
5-8	1/5-2/23	Tu	4:30-5:15P	\$69/\$104	103303-01 😊

Teen Weight Training

Calling all teens! You'll learn weight training and cardiovascular techniques using state-of-the-art equipment at the Wheaton Warrenville South High School satellite fitness center. Our goal is to provide an individualized fitness program that meets your needs. This class is led by a certified personal trainer and is held at Wheaton Warrenville South High School satellite fitness center.

Location: Wheaton Warrenville South High School **Limit:** 12

Age	Dates	Day	Time	R/NR Fee	Class #
13-18	1/25-3/22*	M	7-8P	\$60/\$85	115302-01
13-18	1/27-3/17	W	7-8P	\$60/\$85	115302-02

*No class 2/15.



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Volley Club for Boys and Girls

The purpose of this club is to build a team that competes against other volleyball clubs in tournaments and league match formats. Club invitations are made possible through volleyball class experience and coach referral letters. Participants receive training with passing, setting, spiking and game situation experience.

Our goal is to teach young athletes to expand their volleyball skills, beyond drills, into the application-stage of the game. Drill application can only be achieved through game play which is the primary focus of the Volley Clubs 4 Parks Program. At the end of the season, our athletes have hopefully developed a deeper love of volleyball and a desire to learn more!

Note: All players must preregister to try-in.

Try-ins (players are encouraged to attend both dates but are required to attend one):

Try-in Dates:

Tues., December 8, 7-8:30 pm

Thurs., December 10, 7-8:30 pm

Try-ins are held at the Wheaton Park District Community Center.

Tryin Fee: Free but you must preregister.

Age	Dates	Day	Time	Class #
Boys 11-14	1/12-5/4	Varies*	5-8:30P	403321-01
Boys 15-16	1/12-5/4	Varies*	5-8:30P	403321-02
Girls 11-14	1/12-5/4	Varies*	5-8:30P	403321-03
Girls 15-16	1/12-5/4	Varies*	5-8:30P	403321-04

*Practices are held on Tuesday nights. Each practice is an hour-and-a-half, between 5 and 8:30 p.m. at the Community Center. Game nights may vary. \$350/player due upon team selection

Youth Volleyball Skills & Drills

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhead serving and spiking. The lesson plan directs the use of self-mastery training and groups to help each student achieve a new level. All students receive a six-point evaluation and a Youth Volleyball rating. Instructors organize games at the end of each class. Lesson plan also incorporates short educational drills including spelling, math and science.

Location: Community Center **Limit:** 24

Age	Dates	Day	Time	R/NR Fee	Class #
8-10	1/5-2/23	Tu	5:15-6:15P	\$76/\$114	103304-01 😊
11-12	1/5-2/23	Tu	6:15-7:15P	\$76/\$114	103304-02



“Run for Fun” Youth Running Club

This beginning running program is for boys and girls (ages 6-12) at all fitness levels and provides an informal introduction to running both individually and with a group. Our mission is to promote the sport of running to our community youth by providing a fun, positive opportunity for all to develop fitness, self-discipline and a dedicated attitude to their endeavors. This club introduces and teaches the basic fundamentals of running including warmup, stretching, running technique and style. Fun running drills, games and relay races are also a part of this fun club led by Rick Frank who lives in Wheaton and has been an avid runner his entire life. He has completed multiple marathons and triathlons, coached youth football and volunteered with the Special Olympics.

Location: Wheaton North High School **Limit:** 30

Age	Dates	Day	Time	R/NR Fee	Class #
6-12	1/21-3/11	Th	6:30-7:30P	\$20/\$30	115301-01

Youth Bowling

This program teaches bowling basics to beginners and experienced bowlers, and each class is designed for a specific age group. Bumpers are used on some lanes for the younger bowlers. You'll even get a behind-the-scenes look at what happens after the ball hits the pins. Fee includes instruction, lane use, ball and shoe rental. Program is held at Wheaton Bowl, 2031 Gary Avenue.

Location: Wheaton Bowl **Limit:** 20

Age	Dates	Day	Time	R/NR Fee	Class #
4-7	1/7-2/25	Th	4-5P	\$30/\$45	103301-01
8-15	1/7-2/25	Th	4-5P	\$30/\$45	103301-02

Fox Bowl's Junior Learn to Bowl Class

This eight-week program is designed to develop skills and provide competitive fun. Certified coaches in a relaxed atmosphere utilize the “Dick Ritger” Teaching Method. Parents are welcome. The final week we'll have a fun pizza party! Fee includes bowling, shoe rental and party. Fox Bowl is located at 1101 Butterfield Rd. in Wheaton.

Location: Fox Bowl **Limit:** 20

Age	Dates	Day	Time	R/NR Fee	Class #
8-14	1/5-2/23	Tu	4-5:15P	\$50/\$75	103314-01
8-14	3/2-4/20	Tu	4-5:15P	\$50/\$75	103314-02

Arena Flag Football

Tired of taking winters off? This flag football experience helps you kick the winter blues! This is a class is held indoors. Players learn drills and techniques that teach them the great game of football. The instructors officiate the games. No tackling is allowed, and gym shoes are required.

Location: Community Center **Limit:** 20

Age	Dates	Day	Time	R/NR Fee	Class #
10-14	1/6-2/24	W	5-6P	\$40/\$60	103326-01 😊



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