



## Pint Size Pioneers

Pint Size Pioneers provides your child with an introduction to the fun of summer camp at a pace that is geared toward youngsters, ages 3 to 5. This summer camp is designed for preschool aged children. Campers will participate in a variety of games, arts and crafts, nature activities, playground time and structured activities. Our staff prides itself in making the camp experience fun and enriching as campers learn to play with each other and engage in large group activities.

Ages	3-5
Pint Size Time:	9AM - 12PM
Pint Size Fees:	\$18.00 Per Day Resident \$23.00 Per Day Non Resident \$90.00 Per Week Resident \$117.00 Per Week Non Resident

## All American Day Camp

Newly energized day camp! Boys and girls will participate in a wide variety of structured activities, including art, eco-adventures, cooking, instructional activities, and sports, such as softball, soccer, basketball, and tennis. Day Campers will be grouped by age (5-7 and 8-12), and every week, the entire camp will participate in a themed activity, including building sand castles and planting a camp garden. Every week, Day Campers will swim and go on a supervised field trip, including ventures to the Garfield Park Conservatory and a trip to the Museum of Science and Industry (older kids) and Oak Lawn Children's Museum (younger kids). Sign up for friendships, sports, adventures, and fun!

Registration begins April 1 and forms are available at Walker Park as well as on our website, [www.pleasantdaleparks.org](http://www.pleasantdaleparks.org)

Session I:	June 6-10
Session II:	June 13-17
Session III:	June 20-24
Session IV:	June 27-July 1
Session V:	July 5-8*
Session VI:	July 11-15
Session VII:	July 18-22
Session VIII:	July 25-July 29
Session IX:	August 1-5
Session X:	August 8-12

### Sessions I-X

Fee:	Resident	\$140.00
	Session V:	\$128.00
	Non Resident	\$182.00
	Session V:	\$166.00

Participants may also register for one-day camp sessions. Families receive a 10 percent discount for each additional child.

Daily Fees:	\$37.00 Resident
Field Trip day fee:	\$47.00 Resident
Daily Fees:	\$48.00 Non-Resident
Field Trip day fee:	\$61.00 Non-Resident

Registration for Summer Camp will begin April 1st. Registration forms are available at the Pleasant Dale Park District Recreation Center. Registration will only be taken at the Recreation Center.

Register and pay in full all 10 weeks prior to June 7, and receive a one week discount. You'll get ten weeks of day camp for the price of nine!

Before and After Camp care is available from 7 - 9 AM and 4 - 6 PM.

Fees: \$10 res/\$13 nr



## Challenger Tetrabrazil Soccer Camp

TetraBrazil Soccer Academy has been bringing Brazilian soccer expertise to American soccer players for more than 10 years. TetraBrazil provides US players with an insight into what makes Brazil the most successful soccer playing nation in the world. TetraBrazil camps and team clinics will inspire players to practice and improve their ball control, foot skills and moves that Brazilian soccer is famous for. With our unique programs combining learning and fun, players are grouped according to age and ability. From there we will challenge players to raise their game and reach new heights within an excellent learning environment. Free game jersey to participants that register online at [www.challengersports.com](http://www.challengersports.com) before April 29, 2011. There is a \$10 late fee if payment is received after June 3, 2011.

Code:	3621-0	3621-1
Ages:	6 - 9	10 - 14
Day(s):	Mon – Fri	Mon – Fri
Date(s):	6/13 -17	6/13 -17
Time:	9 AM -12 PM	1 PM – 4 PM
Location:	Walker Park	
Fee:	\$184 res/\$239 nr	
Instructor:	Brazilian Coaches	
Min/Max:	10/50	

## Challenger British Soccer Camp

Challenger Sports is the most popular soccer camp provider in the United States, Canada and Australia. This year, over 900 British soccer coaches will mentor more than 150,000 boys and girls on some 3,500 camps and clinics. This camp is a success because Challenger has developed an innovative way of delivering high quality coaching in a fun and educational format. Soccer skills will be taught within a framework of character development based on respect, responsibility, integrity and sportsmanship. Each staff member has a genuine interest in helping every player develop and in providing them with a memorable and positive experience.

Free game jersey to participants that register online at [www.challengersports.com](http://www.challengersports.com) before April 29, 2011. There is a \$10 late fee if payment is received after June 3, 2011.

Code:	3620-0	3620-1	3620-2	3620-3
Ages:	4 - 5	4 - 5	6 - 9	10 - 14
Day(s):	Mon. - Fri.			
Date(s):	6/13 - 6/17			
Time:	9 - 10:30 AM	10:40 AM-12:10 PM	9 AM-12 PM	1-4 PM
Location:	Walker Park			
Fee:	\$117 res/\$143 nr	\$117 res/\$143 nr	\$150 res/\$180 nr	\$150 res/\$180 nr
Instructor:	British Coaches			
Min/Max:	10/80			



**#1 Authentic Brazilian Soccer Camp in the USA!**  
BRINGING FLAIR AND PASSION TO AMERICA.

[www.challengersports.com](http://www.challengersports.com)

**SIGN-UP NOW!**

FREE Camp Ball  
FREE Camp T-Shirt  
FREE Replica Jersey  
FREE Giant Soccer Poster





## Speed and Agility Camp

Speed is a skill. And like any skill, speed can be taught by coaches who know how. In this camp, the degreed and certified coaches from Velocity Sports Performance will introduce athletes to fundamental movement and speed mechanics. These week long camps are designed for athletes that have not participated in this kind of training or that need to reinforce these movements. Athletes will participate in acceleration drills to improve starts and short bursts of acceleration, and multi-directional drills to improve agility and change of direction. General running form and basic speed related strength concepts will also be a part of this camp.

Code:	3651-0	3651-1	3651-2	3651-3
Grades:	3 - 5	3 - 5	6 - 8	6 - 8
Day(s):	Mon - Thurs	Mon - Thurs	Mon - Thurs	Mon - Thurs
Date(s):	6/13-6/16	6/20-6/23	6/13-6/16	6/20-6/23
Time:	12 PM – 1 PM	12 PM – 1 PM	1 PM – 2 PM	1 PM – 2 PM
Location:	Chalet			
Fee:	\$69 per session			
Instructor:	Velocity Staff			
Min/Max:	5/20			



## Football Preparation Camp

Improve conditioning levels before the start of summer practice while focusing on skills designed to improve performance. This camp will focus on providing athletes with a quicker first step, better overall speed, explosive change of direction and more efficient lateral movement, and gains in agility balance and flexibility. Learn to run better routes, explode off the line and close on a football. This camp is a perfect supplement to the flag football class also available through the park district.

Code:	3650-0	3650-1	3650-2	3650-3
Grades:	3 - 5	3 - 5	6 - 8	6 - 8
Day(s):	Mon. - Thur.			
Date(s):	7/11-7/14	7/18-7/21	7/11-7/14	7/18-7/21
Time:	12:30-1:30 PM	12:30-1:30 PM	1:30-2:30 PM	1:30-2:30 PM
Location:	Walker Park			
Fee:	\$69 per session			
Instructor:	Velocity Staff			
Min/Max:	5/20			



## Vertical Jump Training Camp

This higher intensity camp is designed for athletes 7th grade through high school who play volleyball, basketball or other sports demanding vertical power. This camp is a great way to add to your preparation for the volleyball and basketball fall and winter seasons. The focus will be on jumping and landing mechanics and strength exercises that will improve performance and reduce the likelihood of injury.

Code:	3652-0	3652-1	3652-2	3652-3
Grades:	7 - 8	7 - 8	9 - 12	9 - 12
Day(s):	Mon - Thurs	Mon - Thurs	Mon - Thurs	Mon - Thurs
Date(s):	7/25-7/28	8/1-8/4	7/25-7/28	8/1-8/4
Time:	1 – 2 PM	1 – 2 PM	12 – 1 PM	12 – 1 PM
Location:	Chalet			
Fee:	\$69 per session			
Instructor:	Velocity Staff			
Min/Max:	5/20			

Check us out on FaceBook



## All American Basketball Academy Camp

The All American Basketball Academy is a high intensity basketball training school designed to develop the peak mental and physical performance abilities of dedicated basketball players who aspire to reach their maximum potential. The ultimate goal of the Academy is to equip boys and girls, ages 7-14, with the theoretical and practical knowledge and skills of the game and "Develop the Complete Player."

Join former Duke All American Phil Henderson at the All American Basketball Academy for basketball and shooting drills, games and contests. Learn how to improve your overall knowledge of the game and how to shoot game shots at game spots at game speed. Participants must bring a sack lunch and snacks each day. Basketballs are provided. All participants will receive a t-shirt and certificate of achievement. Phil Henderson will only be present for a limited duration of the camp schedule however he trains and certifies all camp staff based on a professional coaching curriculum. Boys and girls will be grouped based on age, size and ability.

Code:	3630-0	3630-1	3630-2
Camp:	3 day skills	2 day shooting	Both Camps
Ages:	7-14	7-14	7-14
Day(s):	Mon. - Wed.	Thurs. & Fri.	
Date(s):	7/11 - 7/13	7/14 & 7/15	
Time:	9 AM - 3 PM	9 AM - 12 PM	
Location:	The Chalet		

Fee:	
3630-0	\$150 (register before 5/1) \$200 (register after 5/1)
3630-1	\$80 (if registered for 3 day camp) \$100 (for 2 day camp alone)
3630-2	\$230 (before 5/1) \$280 (after 5/1)

Instructor: All American Basketball Academy Staff  
Min/Max: 15/50

## British Sports Camp

A sports camp with a difference! Each day is packed with a great mix of traditional British Sports and games. Challenger's team of British coaches will provide your children with a week of non-stop action, fun and competition. The camp will include: **Tag Rugby** - similar to flag football, using a rugby ball - you can only pass backwards! **Cricket** - your child will play variations of the famous English sport, with lots of hitting the ball, making runs (points) and catching. **Rounders** - the British version of softball. Get to first, second, then third.... **ROUNDER!** **Five-a-side Football** (soccer)-small sided scrimmage games with lots of shooting & scoring. **Kick ball** - a combo of soccer and softball = lots of fun and action! **British Bull Dogs** - a schoolyard game that involves an inflatable Brit-ball....The **'Robin Hood Run'** Obstacle Course and much, much more!! Each player receives a camp T-shirt and certificate.

Free replica sports jersey to participants that register online at [www.challengersports.com](http://www.challengersports.com) before May 13, 2011.

Code:	3622-0	3622-1
Ages:	5 - 9	10 - 14
Day(s):	Mon - Fri	Mon - Fri
Date(s):	6/27 - 7/1	6/27 - 7/1
Time:	9 AM - 12 PM	1 PM - 4 PM
Location:	Walker Park	
Fee:	\$150 res/\$195 nr	
Instructor:	British Coaches	
Min/Max:	10/50	

[Check us out on Facebook](#)

## Skyhawks Sports

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. The programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Their patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. Since 1979, Skyhawks has taught more than one million boys and girls life lessons through sports. Please view the website at [www.skyhawks.com](http://www.skyhawks.com) for further details



### Skyhawks T-Ball

Skyhawks baseball is designed to teach and refine the fundamental skills of the game—fielding, catching, throwing, hitting, and base running—while infusing each athlete with the exciting spirit of the game. Each athlete will learn basic skills in exercises tailored to individuals through tee hitting, soft toss, and live pitching. These athletes will be equipped with the opportunity to succeed and will have fun all the way through. All participants will be challenged to take their skills to the next level!

All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 8:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes, a baseball glove and sunscreen.

Code: 3642-0  
 Ages: 4 - 7  
 Day(s): Mon – Fri  
 Date(s): 6/20 - 6/24  
 Time: 9 AM -12 PM  
 Location: Walker Park  
 Fee: \$119 res/\$155 nr  
 Instructor: Skyhawks Staff  
 Min/Max: 12/32



### Skyhawks Beginning Golf

Skyhawks Golf focuses on building the confidence of young athletes by teaching proper techniques to refine essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG utilizes a set of equipment designed for beginning golfers, including oversized plastic club heads and “mini tennis balls” to help build confidence and to have fun. Developed by PGA professionals, SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs—all equipment is provided. For safety reasons, we utilize special helmets for campers and keep the instructor-to-camper ratio low.

All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 8:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

Code: 3641-0  
 Ages: 5 - 9  
 Day(s): Mon – Fri  
 Date(s): 7/25 - 7/29  
 Time: 9 AM -12 PM  
 Location: Walker Park  
 Fee: \$119 res/\$155 nr  
 Instructor: Skyhawks Staff  
 Min/Max: 12/32



## Skyhawks Tennis Quickstart

Skyhawks Tennis with Quickstart is a new format to help kids 10 and under learn and play tennis. To create a successful learning environment, we have made modifications to our traditional tennis program. The court is smaller and has shorter nets, and the racquets are smaller, and the balls are foam. With these modifications, any child between the ages of four and ten can immediately begin playing tennis, even if they have never picked up a racquet. Quickstart is the fast, fun way to get kids into tennis-and keep them playing. In addition to developing a love for tennis, athletes will learn the rules and etiquette that makes tennis such an exciting game to play. All coaches are trained by USTA professionals. Enrollment in the Quickstart program entitles participants to become Junior Members of the USTA for one year. Perks of membership include a USTA membership card, a 1-year subscription to SMASH Magazine, access to USTA leagues and tournaments, preferred ticket access to member events and special tournaments, member savings on dining/travel/entertainment, and merchandise and apparel discounts.

All participants receive a t-shirt, merit award and 1-year USTA Junior Membership. The participant to coach ratio is approximately 8:1. Participants should bring a tennis racquet, appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

Code: 3640-0  
Ages: 4 - 10  
Day(s): Mon – Fri  
Date(s): 7/18 – 7/22  
Time: 10 AM -12 PM  
Location: Walker Park  
Fee: \$79 res/\$103 nr  
Instructor: Skyhawks Staff  
Min/Max: 12/24





## Girls Lacrosse

Our camps will be run by an experienced coaching staff that know how to make learning fun! Quality coaching is our #1 priority at IGLA Summer Camps.

### **BEGINNERS:**

Our highly skilled and experienced coaches are made up of women with high school, collegiate, and post collegiate playing experience, current college athletes, and current varsity high school athletes. They will teach players the building blocks of girl's lacrosse: Fundamentals! Girls will learn the skills of the game in a fun, fast-paced, and dynamic environment with drills and games. There is also opportunity for more advanced skill development such as offensive and defensive positioning and simulated game play.

### **EXPERIENCED:**

Our highly skilled and experienced coaches are made up of women with high school, collegiate, and post collegiate playing experience, current college athletes, and current varsity high school athletes. They will work with the experienced player to fine tune skills, correct positioning, and learn advanced techniques for improving her game. With small group instruction, there will be much opportunity for one on one personal expertise sharing. Experienced players will engage in game play with instruction--all in a fast paced and dynamic environment.



Participants will be divided by experience and grade level.

Code Number: 3610-0  
Grades: 3 - 9  
Date: 6/20-24  
Day(s): Mon. - Fri.  
Time: 1 - 3 PM  
Fee: \$140  
Location: Spring Rock Park, Western Springs  
Instructor: IGLA Staff  
Min/Max: 5/20

