

**ADULT BEGINNER (1.0-2.0)**

(18+ years)

This player has limited experience and is still working primarily on getting the ball into play. Focus will be on the fundamentals of hitting consistent ground strokes and sound footwork that will enhance the players' growth. Adults will gain basic tennis skills while learning to enjoy the game.

Min/Max: 2/4

Prog #	Day	Date	Time	Location	R/NR
403030-01	W	8/31-10/5	7:30-8:30pm	PH	\$108/\$135
403030-02	Sa	9/10-10/8	9:00-10:00am	E	\$90/\$113

**ADULT INTERMEDIATE (2.5)**

(18+ years)

This player has some tennis experience and is still developing their basic skills and tactics. Focus will be on sustaining rally while incorporating court positioning and consistency. This player can also play singles and doubles, but needs to improve net play and serve.

Min/Max: 2/4

Prog #	Day	Date	Time	Location	R/NR
403031-01	Th	9/1-10/6	6:30-8:00pm	PH	\$162/\$203

**ADULT ADVANCED 1 (3.0)**

(18+ years)

This player has dependable strokes, but lacks depth and variety. This player lacks consistency when trying for power. Focus will be on developing power and strategy in both singles and doubles.

Min/Max: 2/4

Prog #	Day	Date	Time	Location	R/NR
403032-01	Tu	8/30-10/4	7:00-8:30pm	PH	\$162/\$203

**ADULT ADVANCED 2 (3.5)**

(18+ years)

This player is developing the use of lobs, overheads, approach shots and volleys, and is seldom out of position in singles or doubles.

Min/Max: 2/4

Prog #	Day	Date	Time	Location	R/NR
403033-01	M	8/29-10/3*	6:30-8:00pm	PH	\$135/\$169

\*No class 9/5

**WINDY CITY DIVING**

**BEGINNING DIVING LESSONS - LEVEL 1**

(8+ years)

These classes are an introduction on to the sport of spring board diving. The class sessions are designed to teach the safe and proper way to use the spring board. Any individual age 8 and older who has an interest in diving, can comfortably swim in deep water, and do a head first entry dive off the side of the pool can join this class. Students will be taught a forward approach and a back press. They will progress to forward and backward dives as well as other skills as time and ability permit. This group is limited to eight divers per session.

Location: Fremd High School Min/Max: 3/8

Prog #	Day	Date	Time	R/D211/NR
402230-01	Su	9/11-10/23	12:00-12:55pm	\$84/\$93/\$105
402230-02	Su	11/6-12/4*	12:00-12:55pm	\$60/\$66/\$75

\*No class 11/27

**INTERMEDIATE/FUTURE CHAMPIONS - LEVEL 2**

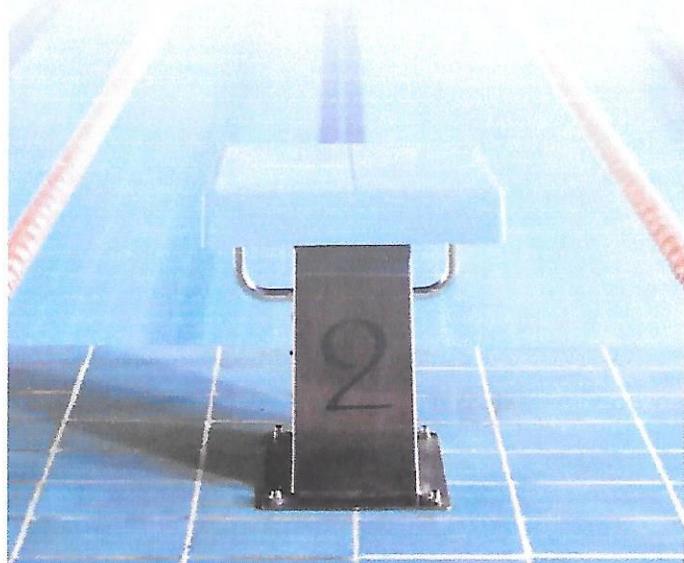
(8+ years)

Level 2 is designed for the diver who has been recommended to move up from the beginning diving lessons. If the diver has come from a different diving program, or has no formal diving instruction, the diver should be able to successfully execute a forward approach, back press, forward dive, and back dive without assistance. Level 2 divers are enthused about diving and need just a few more dives to become a part of the team. This class will move at a quicker pace than the beginning lessons. This group is limited to eight divers per session.

Location: Fremd High School Min/Max: 3/8

Prog #	Day	Date	Time	R/D211/NR
402240-01	Su	9/11-10/23	1:00-2:00pm	\$87/\$100/\$109
402230-02	Su	11/6-12/4*	1:00-2:00pm	\$63/\$72/\$79

\*No class 11/27



**Tennis Locations:**

- B = Birchwood Park, 435 W. Illinois Avenue
- E = Eagle Park, 1425 N. Oak Street
- PH = Palatine Hills, 512 W. Northwest Hwy.

**CUSTOMER APPRECIATION**

see page  
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for details