

SPORTS PROGRAMS

YOUTH BASKETBALL LEAGUE

AGES: Boys and Girls Grades 3 to 6
WHERE: Community Center Gymnasium
WHEN: October 23, 2010 thru February 26, 2011
DAYS: Saturdays (18 weeks)
TIME: Grades 3 & 4: 9:00AM to 11:00AM
 Grades 5 & 6: 11:00AM to 1:00PM
(No Class 12/25)
FEE: \$78 SH Resident \$88 Non-Resident

This basketball league will feature 10 weeks of basics & fundamentals followed by an 8-week basketball schedule. All children must be signed up in this program to be on a team.

VOLUNTEER COACHES NEEDED!
IF INTERESTED CALL
MARTIN QUIROGA
708-331-2940

ADULT BASKETBALL OPEN GYM PASS

AGES: 16 and Older
WHERE: Community Center
WHEN: September 14 to December 17
(No Open Gym 10/28, 11/25, 11/26)
DAYS & TIMES: Tuesday and Wednesday 6:00 to 9:30PM
 Friday- 7:30 PM to 9:30 PM
 Saturday - 1:00PM to 2:30PM
 Sunday - 11:00AM to 2:30PM

FEES (per session):	Session 1 Until Sept. 1	
	Discount Price	Regular Price
SH Resident	\$65	\$75
Non Resident	\$105	\$115

NEW

FITNESS CENTER MEMBER FAMILY SHOOTAROUND

AGES: 16 and under with Fitness Center Family Member
WHERE: Community Center Gym
WHEN: September 12 thru December 19
DAY: Every Sunday
TIME: 11:00AM to 2:30PM
MAX: 50
FEE: \$5 SH Resident
 \$7 Non-Resident

Come out and shoot some hoops with your family at the South Holland Community Center Gymnasium. Use of the lockers and showers is available. Bring your own lock and towels.

Note: A parent or guardian **MUST** be a Fitness Center Member and accompany children under the age of 17. This is not intended for pick up games, it's a day for families to play basketball together. Parents must accompany children at all times.

HIGH SCHOOL WORKOUT PASS

AGES: 14 to 18 Years
WHERE: Community Center
DAYS: Monday thru Friday
TIMES: 12:00PM to 6:00PM
 Saturday: 7:00AM to 3:00PM
 Sunday: 8:00AM to 3:00PM
FEE: \$25 SH Resident per month
 \$35 Non-Resident per month

By popular demand, the High School Workout Pass is designed to keep your teens active seven days a week. Whether you are looking for a serious workout or just want to stay in shape, then this is the pass for you.

BITTY BASKETBALL

AGES: 4 to 7 Years old
WHERE: Community Center
WHEN: September 11 to October 16
DAYS: Saturday
TIMES: Ages 4 & 5 - 12:15PM to 1:30PM
 Ages 6 & 7 - 1:30PM to 2:45PM
FEE: \$45 SH Residents / \$50 Non-Resident
MIN/MAX: 15/30

A fun introduction to basketball for early beginners. Learn to dribble, shoot and play defense using pint size equipment. You will be playing on our adjustable baskets.

