

SPORTS PROGRAMS

ROLLER HOCKEY CLUB



AGES: Group 1: 6 to 12 years
Group 2: 13 years and up

WHERE: Gouwens Park

WHEN: September 8 through November 17

DAYS: Wednesdays (Group 1)
Saturdays (Group 2)

TIMES: Group 1: 4:15PM to 5:15PM
Group 2: 11:00AM to 12:00PM

MIN: 12 kids per group

FEE: \$30 SH Resident
\$40 Non-Resident



Come and play the fastest game on earth - ROLLER HOCKEY. Our non-contact program stresses fun and fundamentals in a learn-as-you-play atmosphere. Each player must possess some skating ability and provide their own **REQUIRED** equipment of skates, helmet with cage, hockey stick, mouth guard, and cup. In addition to the required equipment, gloves, knee, shin, and elbow pads are highly recommended.

You can register at Gouwens Park the first day of Roller Hockey!

HELP A HOCKEY PLAYER

Hockey is the fastest game on EARTH! Our Roller Hockey Club is no exception . . . It's fast and fun. Unfortunately, it's also quite costly to start up. That's where you can "HELP". If you have any equipment such as: in-line skates, sticks, gloves, pads, helmets, or etc. that you have outgrown or no longer use, please donate it and help a hockey player "play"*. **If you have any questions or need more information, please call the Community Center 331-2940 and ask for Dawn. * Our Roller Hockey Club will begin its season in September.**

YOUTH FALL SOCCER

AGES: Group 1: 4 and 5 years old
Group 2: 6 and 7 years old
Group 3: 8 thru 10 years old
Group 4: 11 thru 13 year old

WHERE: Veterans Park, 160th Place & South Park Avenue (3 fields)

DAYS: Saturdays (6 weeks)

WHEN: September 11 thru October 16

TIMES: Game times are 10:00AM, 11:00AM
12:00PM, 1:00PM

MIN/MAX: 6 Teams/8 Teams

FEES (per session):	Session 1 Until Sept. 1	
	Discount Price	Regular Price
SH Resident	\$30	\$40
Non Resident	\$35	\$45

This program is designed to teach children the techniques and skills necessary to take the next step in soccer. All children must be signed up in this program to be placed on a team. Coaches are needed for this program. If interested, please contact Martin Quiroga at 331-2940 or mquiroga@southholland.org

YOUTH INDOOR TENNIS

AGES: 5 to 11 years old

WHERE: Family Faith & Future Center

WHEN: Saturday (7 weeks)
Session 1: September 11 to October 23
Session 2: October 30 to December 11

TIME: 9:00AM to 10:00AM or
10:15AM to 11:15AM

MIN/MAX: 5/10

FEES: \$43 SH Resident
\$48 Non-Resident

Fit 4 Life Athletics is excited to bring "the fundamentals of Tennis" to the community of South Holland. Throughout the course of the session, participants will learn effective team building skills, be equipped with vital life skills and hone their athletic skills in a way that is innovative and fun through a variety of focused activities, team building exercises, creative sports drills and targeted weekly themes. Each participant will leave this program with a better understanding of who they are and how to better navigate through every aspect of their journey as an athlete.