



2024 SUMMER PROGRAMS

LIFESPORT—Libertyville

Located near downtown Libertyville, LifeSport—Libertyville has indoor and outdoor tennis courts, indoor and outdoor pickleball courts, a fully stocked pro shop, and a state of the art fitness facility with group exercise classes, a Pilates reformer studio, and Hydro massage. We offer full-service locker rooms, including towel service, with steam rooms.

1030 S 4th Ave
Libertyville, IL 60048

847 362-5553
lifesport.com

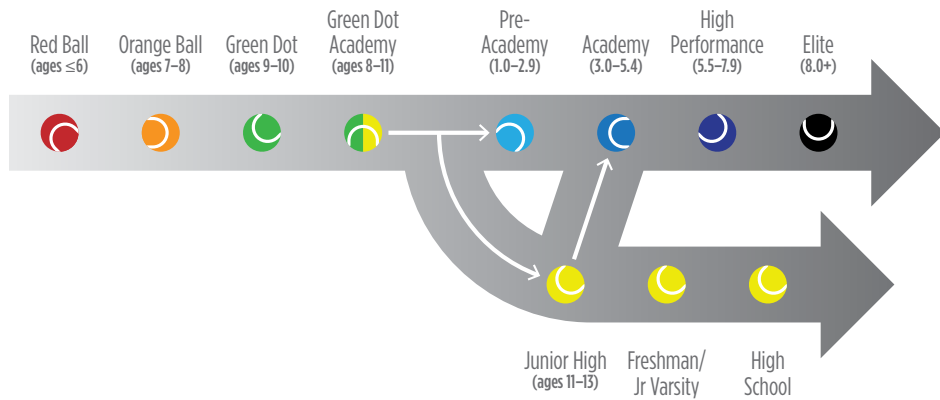
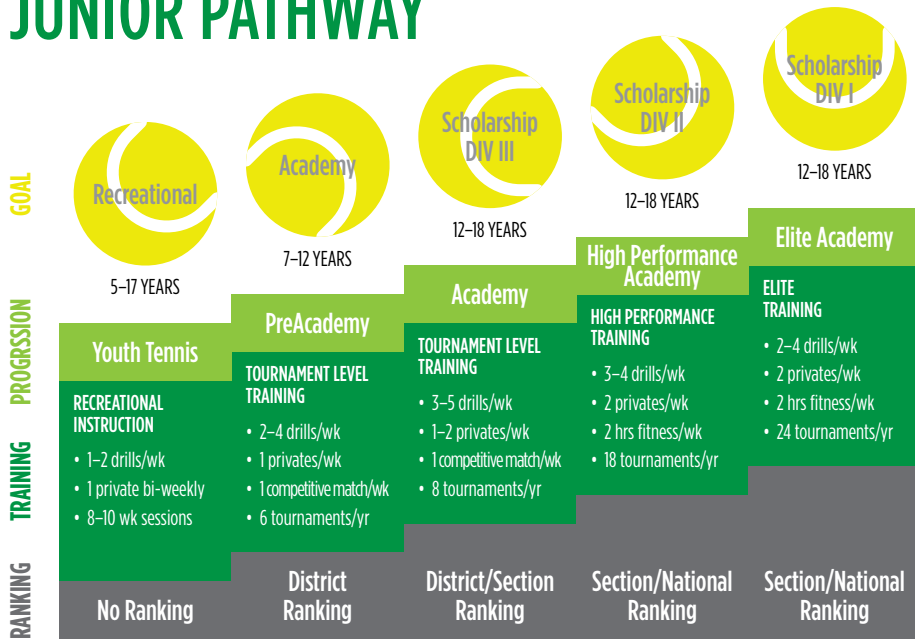
LIFESPORT—Lincolnshire

Located in a convenient location off of Half Day Road, LifeSport—Lincolnshire offers five indoor hard courts, four outdoor clay courts, Platform tennis courts, indoor Pickleball courts, and a fitness center with group exercise classes and fundamental training. We offer full-service locker rooms, including towel service, with saunas.

96 Elm Road
Lincolnshire, IL 60069

847 913-2000
lifesport.com

JUNIOR PATHWAY



summer session

Jun 8-Aug 9

no class July 4

junior tennis

● RED BALL (ages 6 & under)

Players in this class will work on their motor skills, athletic development, agility, balance, and hand-eye coordination. Players participate in drills in a fun and friendly environment on a 36' court. Racket skills are introduced along with the concept of cooperative drills.

LIBERTYVILLE	MEMBER	LINCOLNSHIRE	MEMBER
TUE 4-5PM	\$270.00	TUE 4-5PM	\$270.00
THU 4-5PM	\$240.00	THU 4-5PM	\$240.00
FRI 9-10AM	\$270.00	SAT 10-11AM	\$270.00
SAT 9-10AM	\$270.00		
SUN 9-10AM	\$270.00		

● ORANGE BALL (ages 8 & under)

This class is formatted around footwork and technique based drills on a 60' court. Rally skills, cooperative drills, point play, and fitness are implemented into the class time.

LIBERTYVILLE	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
TUE 5-6PM	\$351.00 / \$378.00	TUE 5-6PM	\$351.00 / \$378.00
THU 5-6PM	\$312.00 / \$336.00	THU 5-6PM	\$312.00 / \$336.00
FRI 10-11AM	\$351.00 / \$378.00	SAT 11AM-12PM	\$351.00 / \$378.00
SAT 10-11AM	\$351.00 / \$378.00		
SUN 9-10AM	\$351.00 / \$378.00		

ⓐ ORANGE BALL ACADEMY (ages 8-11, by invitation)

Players in this class are expected to have basic technique, footwork, and be self-motivated. Advanced point play scenarios, technique concepts, and strategy are introduced to the players on a 60' court. This class is meant to prepare kids for USTA Orange Ball Tournaments.

LIBERTYVILLE	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
TUE 4-5:30PM	\$526.50 / \$567.00	TUE 5-6:30PM	\$526.50 / \$567.00
THU 4-5:30PM	\$468.00 / \$504.00	THU 5-6:30PM	\$468.00 / \$504.00
		SAT 9-10:30AM	\$526.50 / \$567.00

GREEN BALL (ages 10 & under)

Players at this level graduate to a full 78' court. Rally skills, cooperative drills, point play, and fitness are emphasized.

LIBERTYVILLE		MEMBER / NON	LINCOLNSHIRE		MEMBER / NON
TUE	5-6PM	\$351.00 / \$378.00	TUE	5-6PM	\$351.00 / \$378.00
THU	5-6PM	\$312.00 / \$336.00	THU	5-6PM	\$312.00 / \$336.00
FRI	11AM-12PM	\$351.00 / \$378.00	SAT	11AM-12PM	\$351.00 / \$378.00
SAT	11AM-12PM	\$351.00 / \$378.00			
SUN	10-11AM	\$351.00 / \$378.00			

GREEN BALL ACADEMY (by invitation)

Players in this class will possess full court rally skills, more advanced footwork, and an understanding of the game. Players are expected to have good endurance and focus.

LIBERTYVILLE		MEMBER / NON	LINCOLNSHIRE		MEMBER / NON
MON	4-5:30PM	\$526.50 / \$567.00	MON	5-6:30PM	\$526.50 / \$567.00
WED	4-5:30PM	\$526.50 / \$567.00	WED	5-6:30PM	\$526.50 / \$567.00
			SAT	10:30AM-12PM	\$526.50 / \$567.00

JUNIOR HIGH (ages 11-13)

An excellent program for 11-13 year-olds who are just starting tennis. Students will be introduced to volleys, serves and ground strokes with an emphasis on form and control.

LIBERTYVILLE		MEMBER / NON	LINCOLNSHIRE		MEMBER / NON
TUE	6-7PM	\$351.00 / \$378.00	TUE	6-7PM	\$351.00 / \$378.00
THU	6-7PM	\$312.00 / \$336.00	THU	6-7PM	\$312.00 / \$336.00
FRI	12-1PM	\$351.00 / \$378.00	SAT	12-1PM	\$351.00 / \$378.00
SAT	11-12:30PM	\$526.50 / \$567.00			
SUN	10-11:30AM	\$526.50 / \$567.00			

summer session
Jun 8-Aug 9
 no class July 4

FRESHMAN/JV/HIGH SCHOOL (members only)

For those who have excelled through the Junior High class and have been recognized for their exceptional attitude, desire, and stroke development. This class emphasizes more competitive skill building by learning basic patterns and strategies.

LINCOLNSHIRE		MEMBER
MON	6:30-8PM	\$526.50
WED	6:30-8PM	\$526.50
SAT	12-1:30PM	\$526.50

GREEN/YELLOW MATCH PLAY (by invitation)

THIS PROGRAM NEEDS A DESCRIPTION

LIBERTYVILLE	PER TIME RATE
MON 4-6PM	\$35

HIGH SCHOOL MATCH PLAY (by invitation)

THIS PROGRAM NEEDS A DESCRIPTION

LIBERTYVILLE	PER TIME RATE
MON 4-6PM	\$35
FRI 4-6PM	\$35



check out our
 junior summer
 catalogue for
camps & LTA

GROUP FITNESS

FIND THE COMMUNITY
THAT WILL INSPIRE
YOU TO BE YOUR BEST

FOR MORE
INFORMATION, VISIT
OUR WEBSITE OR CALL
LIFESPORT.COM
847 362-5553



POWER



fight



CENTERGY



CORE



R30

personal training



Our trainers will help you:

- Address your current health and fitness concerns
- Learn proper technique and form to reduce the risk of injury
- Maximize your workout to fit your schedule
- Improve your fitness level
- Enhance your overall health and wellness
- Get the results you've always wanted

Contact us to set up an initial consultation:

LifeSport—Libertyville

Angi Daurer 847 362-5553

angied@lifesport.com

LifeSport—Lincolnshire

Liz McNamara 847 913-2000

liz@lifesport.com

adult tennis

no class
July 4

TENNIS 123 (introductory tennis)

Transforming novices into players, our four week classes are perfect for learning the fundamentals of the game and getting a great workout while practicing On-court instruction, no equipment needed. Grab your friends and start playing tennis ASAP!

LIBERTYVILLE	JUN 8-JUL 12	JUL 13-AUG 9
WED 6-7PM	\$131.25/\$168.75	\$105/\$135
THU 9-10AM	\$105/\$135	\$105/\$135
THU 6-7PM	\$105/\$135	\$105/\$135
SAT 9-10AM	\$131.25/\$168.75	\$105/\$135
LINCOLNSHIRE	MEM/NON	MEM/NON
MON 3-4PM	\$131.25/\$168.75	\$105/\$135
SAT 9-10AM	\$131.25/\$168.75	\$105/\$135
SUN 10-11AM	\$131.25/\$168.75	\$105/\$135

TENNIS 456 (introductory tennis)

An introductory program for those who have played tennis but haven't picked up a racket in years or have advanced beyond Tennis 123.

LIBERTYVILLE	JUN 8-JUL 12	JUL 13-AUG 9
MON 7-8:30PM	\$262.50/\$315	\$210/\$252
TUE 7-8:30PM	\$262.50/\$315	\$210/\$252
WED 9-10:30AM	\$262.50/\$315	\$210/\$252
SAT 9-10:30AM	\$262.50/\$315	\$210/\$252
SUN 11:30AM-1PM	\$262.50/\$315	\$210/\$252
LINCOLNSHIRE	MEM/NON	MEM/NON
MON 4-5PM	\$175/\$210	\$140/\$168
MON 11AM-12:30PM	\$262.50/\$315	\$210/\$252
SUN 8:30-10AM	\$262.50/\$315	\$210/\$252

SHOT OF THE WEEK

This program is for men and women rated 3.0 to 4.5. In fast-paced drills, the class will focus on a specific tennis shot and explain how and when to use it in play.

LIBERTYVILLE	PER TIME RATE
THU 11AM-12:30PM	\$45

ORGANIZED PRACTICE

This program is for men and women rated 2.5 to 3.5. It is a fast-paced learning experience drill group with each session highlighting new shots as well as reviewing the "bread and butter" shots.

LIBERTYVILLE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
TUE 7-9PM	\$57	\$52	\$312

MEN'S INVITATIONAL

LINCOLNSHIRE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
TUE 12-2PM	\$40	\$33	\$330

MEN'S DRILLS

Our longest running program for men. Come see why the guys love our drills!

LIBERTYVILLE	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
MEN'S 3.5-4.5	THU	7-9PM	\$57	\$52	\$312

CO-ED DRILLS (membership required)

Join our weekly, high-intensity Co-ed Drill. Sessions will include warm-ups, singles drills and point play, and doubles drills and point play.

LINCOLNSHIRE	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
INTERMEDIATE	TUE	6-8PM	\$57	\$52	\$312

WOMEN'S TEAM DRILLS (membership required)

These teams participate in weekly practices and/or matches.

LIBERTYVILLE	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
WOMEN'S 4.0 & UP	TUE	7-9PM	\$57	\$52	\$312
WOMEN'S 4.5	TUE	9-11AM	\$57	\$52	\$312
WOMEN'S 4.0	THU	9-11AM	\$57	\$52	\$312
WOMEN'S 3.5	WED	9-11AM	\$57	\$52	\$312

SINGLES

WOMEN'S 4.0/4.5	FRI	9-10:30AM	\$45
WOMEN'S 3.0/3.5	FRI	10:30AM-12PM	\$45

LINCOLNSHIRE	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
WOMEN'S 3.5+	MON	9-11AM	\$57	\$52	\$312

junior pickleball

PICKLEBALL JUNIOR

Learn the rules, scoring, and basic strategy of Pickleball for junior players.

LINCOLNSHIRE	DAY	TIME	JUN 8–JUL 12	JUL 13–AUG 9
YOUTH (ages 8-13)	SAT	12-1PM	\$125/\$155	\$100/\$124
TEEN (ages 14-17)	SAT	1-2PM	\$125/\$155	\$100/\$124

adult pickleball

PICKLEBALL 123

Learn the rules, scoring, and basic strategy of Pickleball.

LIBERTYVILLE	JUN 8–JUL 12	JUL 13–AUG 9
MON 9-10PM	\$125/\$155	\$100/\$124
MON 5:30-6:30PM	\$125/\$155	\$100/\$124
WED 11AM-12PM	\$125/\$155	\$100/\$124
LINCOLNSHIRE	MEM/NON	MEM/NON
MON 6-7PM	\$125/\$155	\$100/\$124
TUE 12:30-1:30PM	\$125/\$155	\$100/\$124
SAT 12-1PM	\$125/\$155	\$100/\$124

PICKLEBALL 456

This class enhances techniques in groundstrokes, strength, serves, and volleys beyond Pickleball 123.

LIBERTYVILLE	JUN 8–JUL 12	JUL 13–AUG 9
MON 10-11PM	\$125/\$155	\$100/\$124
WED 5:30-6:30PM	\$125/\$155	\$100/\$124
LINCOLNSHIRE	MEM/NON	MEM/NON
MON 7-8PM	\$125/\$155	\$100/\$124
TUE 1:30-2:30PM	\$125/\$155	\$100/\$124
SAT 1-2PM	\$125/\$155	\$100/\$124

DRILL & PLAY (SESSIONS)

LINCOLNSHIRE	DAY	TIME	JUN 8–JUL 12	JUL 13–AUG 9
WOMEN 3.0	MON	12:30-2PM	\$75/\$100	\$60/\$80
WOMEN 3.5	MON	2-3:30PM	\$75/\$100	\$60/\$80
MEN 3.0	THU	12:30-2PM	\$60/\$80	\$60/\$80
MEN 3.5	THU	2-3:30PM	\$60/\$80	\$60/\$80
MEN 3.5-4.0	SUN	10AM-12PM	\$75/\$100	\$60/\$80

DRILL & PLAY (DROP-IN)

LINCOLNSHIRE	PER TIME MEM	PER TIME NON
WED 12:30-2PM	\$15	\$20
WED 2-3:30PM	\$15	\$20
FRI 12:30-2PM	\$15	\$20
FRI 2-3:30PM	\$15	\$20

PICKLEBALL MATCH PLAY

LIBERTYVILLE	DAY	TIME	JUN 8–JUL 12	JUL 13–AUG 9
BEG/INTER	WED	6:30-8:30PM	\$65	\$52
INTER/ADV	MON	6:30-8:30PM	\$65	\$52
LINCOLNSHIRE 2 HOUR	JUN 8–JUL 12	JUL 15–AUG 9		
MON 12-2PM	\$65	\$52		
WED 12-2PM	\$65	\$52		
LINCOLNSHIRE 1 1/2 HOUR	JUN 8–JUL 12	JUL 15–AUG 9		
TUE 12:30AM-2PM	\$65	\$52		
TUE 2:30-4PM	\$65	\$52		
THU 12-1:30PM	\$52	\$52		
FRI 12-1:30PM	\$65	\$52		

no class
July 4

For more information or to book a Pickleball Party or Event, contact:

Liz McNamara
847 913-2000 liz@lifesport.com



Fencing is a competitive sport of strategy, skill, finesse and endurance. Fencing offers children and teens physical activity in a structured format and teaches life skills such as confidence, focus, decision making, and respect.

FOR JRS. AGES 8 THRU HIGH SCHOOL

BEGINNER FENCING

THU 7:00-8:30PM

FRI 4:30-6:00PM

JUNIOR ADVANCED FENCING

FRI 6:00-7:30PM

HIGH SCHOOL FENCING

SAT 1:00-3:00PM

FENCING CAMP MON JULY 22–WED JULY 24

12–3 PM \$60 per day \$135 all 3 days

LFA provides the fencing equipment in our beginner classes. As skills improve and knowledge deepens, participants may purchase their own gear and weapons.

@ Libertyville

platform tennis

Platform Tennis is an outdoor racquet sport played in cool or cold weather. The court is smaller than a tennis court and is surrounded by fencing that lets players keep the ball in play after the ball hits the court and bounces off the screens. It is a game of finesse, patience, and strategy, but is an easy sport for all ages and skill levels to learn and enjoy. It can be competitive or social and fosters camaraderie.

adult platform tennis @ Lincolnshire

PLATFORM 123

Welcome to the fun, addictive, and great world of Platform Tennis! Students learn the basic mechanics of all shots, scoring, etiquette, and strategy.

LINCOLNSHIRE	MAY 6–MAY 20	JUN 1–JUN 24	JUN 29–JUL 22	JUL 27–AUG 19
MON 6-7PM	\$78.75/\$101.25	\$105/\$135	\$105/\$135	\$105/\$135

PLATFORM 456

An introductory program for those who have passed thru Platform 123. Students learn the basic mechanics of all shots, scoring, etiquette, and strategy.

LINCOLNSHIRE	MAY 6–MAY 20	JUN 1–JUN 24	JUN 29–JUL 22	JUL 27–AUG 19
MON 7-8PM	\$78.75/\$101.25	\$105/\$135	\$105/\$135	\$105/\$135

no class July 4

We are one body, one unit, one team—one tribe



TRIBE

TEAM TRAINING

The Tribe Team welcomes members of all ages. Explore the different levels of training that will make you feel healthier.

lifesport.com 847 362 5553

SILVER *sneakers*

Our Silver Sneakers classes are for members who are new to fitness, pregnant, recovering from an injury, or a senior. Our low-impact classes provide a total body workout with cardiovascular floor exercises, weights, and mat work to improve balance, flexibility, and mobility.



Contact us for more class details:

lifesport.com 847 913-2000