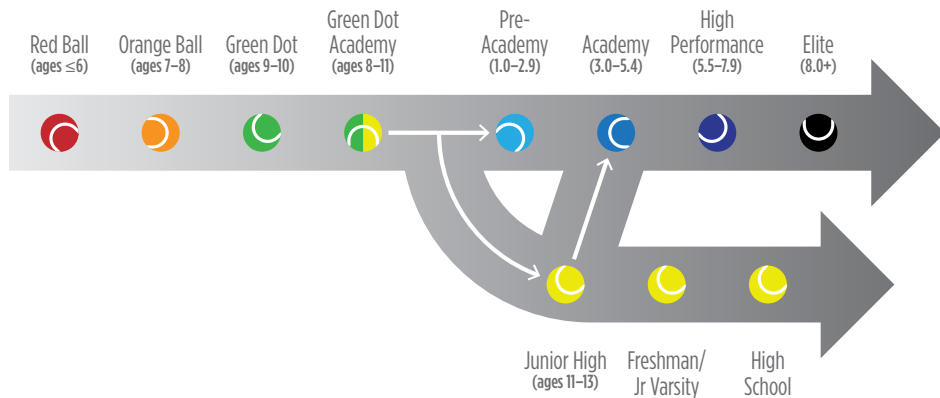
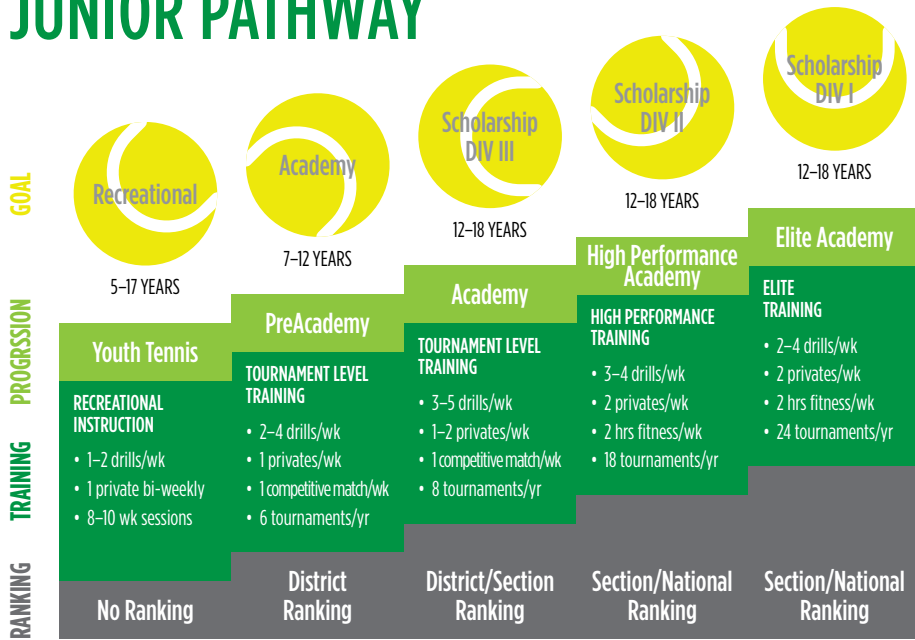


# JUNIOR PATHWAY



winter session  
**Jan 8-Mar 17**

spring session  
**Mar 18-Jun 7**

no class Mar 31;  
May 25-27

## 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 | WINTER: JAN 8-MAR 17 | SPRING: MAR 18-JUN 7 |
|--------------|----------------------|----------------------|
| MON 4-5PM    | \$300                | \$330                |
| WED 4-5PM    | \$300                | \$360                |
| SAT 9-10AM   | \$300                | \$300                |
| SUN 9-10AM   | \$300                | \$270                |
| LINCOLNSHIRE | MEMBER               | MEMBER               |
| TUE 5-6PM    | \$300                | \$360                |
| THU 5-6PM    | \$300                | \$360                |
| SAT 10-11AM  | \$300                | \$300                |

### 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 | WINTER: JAN 8-MAR 17 | SPRING: MAR 18-JUN 7 |
|--------------|----------------------|----------------------|
| MON 4-5PM    | \$390 / \$420        | \$429 / \$462        |
| TUE 4-5PM    | \$390 / \$420        | \$468 / \$504        |
| WED 4-5PM    | \$390 / \$420        | \$468 / \$504        |
| SAT 9-10AM   | \$390 / \$420        | \$390 / \$420        |
| SUN 10-11AM  | \$390 / \$420        | \$351 / \$378        |
| LINCOLNSHIRE | MEMBER / NON         | MEMBER / NON         |
| TUE 5-6PM    | \$390 / \$420        | \$468 / \$504        |
| THU 5-6PM    | \$390 / \$420        | \$468 / \$504        |
| SAT 10-11AM  | \$390 / \$420        | \$390 / \$420        |
| SUN 10-11AM  | \$390 / \$420        | \$351 / \$378        |

**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  | WINTER: JAN 8-MAR 17 | SPRING: MAR 18-JUN 7 |
|---------------|----------------------|----------------------|
| MON 4-5PM     | \$390 / \$420        | \$429 / \$462        |
| WED 4-5PM     | \$390 / \$420        | \$468 / \$504        |
| SAT 10-11AM   | \$390 / \$420        | \$390 / \$420        |
| SUN 11AM-12PM | \$390 / \$420        | \$351 / \$378        |
| LINCOLNSHIRE  | MEMBER / NON         | MEMBER / NON         |
| MON 5-6PM     | \$390 / \$420        | \$429 / \$462        |
| WED 5-6PM     | \$390 / \$420        | \$468 / \$504        |
| SAT 11AM-12PM | \$390 / \$420        | \$390 / \$420        |
| SUN 11AM-12PM | \$390 / \$420        | \$351 / \$378        |

**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   | WINTER: JAN 8-MAR 17 | SPRING: MAR 18-JUN 7 |
|----------------|----------------------|----------------------|
| FRI 4:30-6PM   | \$585 / \$630        | \$702 / \$756        |
| SAT 9-10:30AM  | \$585 / \$630        | \$585 / \$630        |
| LINCOLNSHIRE   | MEMBER / NON         | MEMBER / NON         |
| TUE 4:30-6PM   | \$585 / \$630        | \$702 / \$756        |
| THU 4:30-6PM   | \$585 / \$630        | \$702 / \$756        |
| SAT 10-11:30AM | \$585 / \$630        | \$585 / \$630        |

**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     | WINTER: JAN 8-MAR 17 | SPRING: MAR 18-JUN 7         |
|------------------|----------------------|------------------------------|
| FRI 4:30-6PM     | \$585 / \$630        | \$702 / \$756                |
| SUN 11AM-12:30PM | \$585 / \$630        | \$526. <sup>50</sup> / \$567 |
| LINCOLNSHIRE     | MEMBER / NON         | MEMBER / NON                 |
| MON 4:30-6PM     | \$585 / \$630        | \$643. <sup>50</sup> / \$693 |
| WED 4:30-6PM     | \$585 / \$630        | \$702 / \$756                |
| FRI 4:30-6PM     | \$585 / \$630        | \$702 / \$756                |
| SAT 12-1:30PM    | \$585 / \$630        | \$585 / \$630                |

**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  | WINTER: JAN 8-MAR 17 | SPRING: MAR 18-JUN 7 |
|---------------|----------------------|----------------------|
| TUE 4-5PM     | \$390 / \$420        | \$468 / \$504        |
| THU 4-5PM     | \$390 / \$420        | \$468 / \$504        |
| SAT 11AM-12PM | \$390 / \$420        | \$390 / \$420        |
| SUN 12-1PM    | \$390 / \$420        | \$351 / \$378        |
| LINCOLNSHIRE  | MEMBER / NON         | MEMBER / NON         |
| MON 5-6PM     | \$390 / \$420        | \$429 / \$462        |
| WED 5-6PM     | \$390 / \$420        | \$468 / \$504        |
| FRI 5-6PM     | \$390 / \$420        | \$468 / \$504        |
| SAT 11AM-12PM | \$390 / \$420        | \$390 / \$420        |
| SUN 11AM-12PM | \$390 / \$420        | \$351 / \$378        |

winter session  
**Jan 8-Mar 17**

spring session  
**Mar 18-Jun 7**  
no class Mar 31; May 25-27

**FRESHMAN/JV** (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.

| LIBERTYVILLE     | WINTER: JAN 8-MAR 17 | SPRING: MAR 18-JUN 7 |
|------------------|----------------------|----------------------|
| TUE 4-5PM        | \$390                | \$468                |
| THU 4-5PM        | \$390                | \$468                |
| SAT 10:30AM-12PM | \$585                | \$585                |
| SUN 12:30-2PM    | \$585                | \$526.50             |
| LINCOLNSHIRE     | MEMBER               | MEMBER               |
| SAT 2-3:30PM     | \$585                | \$585                |

**HIGH SCHOOL** (members only)

This program is designed for Juniors playing in local tournaments or on their high school team. This program strengthens basic skills needed for district level competition with emphasis on high school team tennis.

| LIBERTYVILLE                 | WINTER: JAN 8-MAR 17 | SPRING: MAR 18-JUN 7 |
|------------------------------|----------------------|----------------------|
| SUN 12-2PM                   | \$780                | \$702                |
| LIBERTYVILLE INVITATION ONLY |                      |                      |
| TUE 5-7PM                    | \$800                | \$960                |
| THU 5-7PM                    | \$800                | \$960                |
| FRI 7-9PM                    | \$800                | \$960                |
| LINCOLNSHIRE                 | MEMBER               | MEMBER               |
| FRI 4:30-6PM                 | \$585                | \$702                |
| SAT 2-3:30PM                 | \$585                | \$585                |

winter session  
**Jan 8-Mar 17**

spring session  
**Mar 18-Jun 7**  
no class Mar 31; May 25-27



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**

SAT 11:00AM-1:00PM  
FRI 6:00-7:30PM

**HIGH SCHOOL FENCING**

SAT 1:00-3:00PM

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

@ Libertyville



# junior tennis academy

LTA provides a challenging environment for committed players. The Academy is a full-service program offering on-court instruction, match play sessions, tournament scheduling, tournament coaching, fitness, and much more. Players in this program continue developing at a competitive level through high school and even college.

Players have group options seven days a week to accommodate school and tournament schedules. Our experienced pros will help your player achieve any goal set by designing a road-map for success.

## LIBERTYVILLE CLUB

MON 5:00-7:00PM  
TUE 5:00-7:00PM  
WED 5:00-7:00PM  
THU 5:00-7:00PM  
FRI 7:00-9:00PM

## LINCOLNSHIRE CLUB

MON 6:00-8:00PM  
TUE 6:00-8:00PM  
WED 6:00-8:00PM  
THU 6:00-8:00PM  
FRI 6:00-8:00PM  
SAT 12:00-2:00PM

## LTA HIGH PERFORMANCE

MON 7:00-9:00PM  
WED 7:00-9:00PM

For more information or for an evaluation, contact:

**Gian Remigio**

847 362-5553

[gianr@lifesport.com](mailto:gianr@lifesport.com)

**Bartek Jozwiak**

847 913-2000

[bartek@lifesport.com](mailto:bartek@lifesport.com)

# 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**

**Angie Daurer** 847 362-5553

[angied@lifesport.com](mailto:angied@lifesport.com)

**LifeSport—Lincolnshire**

**Liz McNamara** 847 913-2000

[liz@lifesport.com](mailto:liz@lifesport.com)

# GROUP FITNESS

FIND THE COMMUNITY THAT WILL INSPIRE YOU TO BE YOUR BEST

FOR MORE INFORMATION, VISIT OUR WEBSITE OR CALL [LIFESPORT.COM](http://LIFESPORT.COM)  
847 362-5553



**POWER**

**fight**



**CENTERGY**



**CORE**



**R30**

## adult tennis

### 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      | JAN 8-FEB 4 | FEB 5-MAR 3 | MAR 4-MAR 31 | APR 1-MAY 3  | MAY 4-JUN 7  |
|-------------------|-------------|-------------|--------------|--------------|--------------|
| SUN 9-10AM        | \$110/\$140 | \$110/\$140 | 82.50/\$105  | \$110/\$140  | \$110/\$140  |
| LINCOLNSHIRE      | MEM/NON     | MEM/NON     | MEM/NON      | MEM/NON      | MEM/NON      |
| THU 10:30-11:30AM | \$110/\$140 | \$110/\$140 | \$110/\$140  | 137.50/\$175 | 137.50/\$175 |
| THU 8-9PM         | \$110/\$140 | \$110/\$140 | \$110/\$140  | 137.50/\$175 | 137.50/\$175 |
| SAT 9-10AM        | \$110/\$140 | \$110/\$140 | \$110/\$140  | \$110/\$140  | \$110/\$140  |
| SUN 10-11AM       | \$110/\$140 | \$110/\$140 | 82.50/\$105  | \$110/\$140  | \$110/\$140  |

### 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     | JAN 2-FEB 11 | FEB 12-MAR 24 | MAR 25-APR 28 | APR 29-JUN 7 |
|------------------|--------------|---------------|---------------|--------------|
| MON 8:30-10PM    | 262.50/\$315 | \$315/\$378   | 262.50/\$315  | 262.50/\$315 |
| TUE 7-8:30PM     | \$315/\$378  | \$315/\$378   | 262.50/\$315  | \$315/\$378  |
| WED 9-10:30AM    | \$315/\$378  | \$315/\$378   | 262.50/\$315  | \$315/\$378  |
| WED 7-8:30PM     | \$315/\$378  | \$315/\$378   | 262.50/\$315  | \$315/\$378  |
| SAT 9-10:30AM    | \$315/\$378  | \$315/\$378   | 262.50/\$315  | \$210/\$252  |
| SUN 10-11:30AM   | \$315/\$378  | \$315/\$378   | \$210/\$252   | \$210/\$252  |
| LINCOLNSHIRE     | MEM/NON      | MEM/NON       | MEM/NON       | MEM/NON      |
| MON 8-9PM        | \$175/\$210  | \$210/\$252   | \$175/\$210   | \$175/\$210  |
| MON 11AM-12:30PM | 262.50/\$315 | \$315/\$378   | 262.50/\$315  | 262.50/\$315 |
| MON 2:30-4PM     | 262.50/\$315 | \$315/\$378   | 262.50/\$315  | 262.50/\$315 |
| TUE 12-1PM       | \$210/\$252  | \$210/\$252   | \$175/\$210   | \$210/\$252  |
| THU 11:30AM-1PM  | \$315/\$378  | \$315/\$378   | 262.50/\$315  | \$315/\$378  |
| SUN 8:30-10AM    | \$315/\$378  | \$315/\$378   | \$210/\$252   | \$210/\$252  |

**no class**

Mar 31; May 25-27



## 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           |

## 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 |
|--------------|---------------|
| WED 1:30-3PM | \$45          |

## 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 | 7-9PM | \$57          | \$52        | \$312           |

## WOMEN'S DRILLS

| LIBERTYVILLE | DAY | TIME  | PER TIME RATE | COUPON RATE | COUPON BOOK (6) |
|--------------|-----|-------|---------------|-------------|-----------------|
| WOMEN'S 4.0+ | TUE | 7-9PM | \$57          | \$52        | \$312           |

## no class

Mar 31; May 25-27

## 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 4.5/MULTI | TUE | 9-11AM   | \$57          | \$52        | \$312           |
| WOMEN'S 4.0       | MON | 11AM-1PM | \$57          | \$52        | \$312           |
| WOMEN'S 3.5/3.0   | MON | 9-11AM   | \$57          | \$52        | \$312           |
| WOMEN'S 3.0       | THU | 11AM-1PM | \$57          | \$52        | \$312           |

### SINGLES

|                 |     |              |      |
|-----------------|-----|--------------|------|
| WOMEN'S 4.0/4.5 | THU | 9-10:30AM    | \$45 |
| WOMEN'S 3.0/3.5 | THU | 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           |
| WMN'S PRO AM 3.5+ | WED | 9-11AM | \$51          |             |                 |

# adult pickleball

## PICKLEBALL 123

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

| LIBERTYVILLE     | JAN 8-FEB 4 | FEB 5-MAR 3 | MAR 4-MAR 31 | APR 1-MAY 3 | MAY 4-JUN 7 |
|------------------|-------------|-------------|--------------|-------------|-------------|
| MON 11AM-12PM    | \$100/\$124 | \$100/\$124 | \$100/\$124  | \$125/\$155 | \$100/\$124 |
| TUE 11AM-12PM    | \$100/\$124 | \$100/\$124 | \$100/\$124  | \$125/\$155 | \$125/\$155 |
| THU 9-10AM       | \$100/\$124 | \$100/\$124 | \$100/\$124  | \$125/\$155 | \$125/\$155 |
| LINCOLNSHIRE     | MEM/NON     | MEM/NON     | MEM/NON      | MEM/NON     | MEM/NON     |
| MON 9:30-10:30AM | \$100/\$124 | \$100/\$124 | \$100/\$124  | \$125/\$155 | \$100/\$124 |
| MON 4-5PM        | \$100/\$124 | \$100/\$124 | \$100/\$124  | \$125/\$155 | \$100/\$124 |
| MON 8-9PM        | \$100/\$124 | \$100/\$124 | \$100/\$124  | \$125/\$155 | \$100/\$124 |
| TUE 2-3PM        | \$100/\$124 | \$100/\$124 | \$100/\$124  | \$125/\$155 | \$125/\$155 |
| THU 9-10AM       | \$100/\$124 | \$100/\$124 | \$100/\$124  | \$125/\$155 | \$125/\$155 |

## PICKLEBALL 456

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

| LIBERTYVILLE      | JAN 2-FEB 11 | FEB 12-MAR 24 | MAR 25-APR 28 | APR 29-JUN 7 |
|-------------------|--------------|---------------|---------------|--------------|
| MON 12-1PM        | \$125/\$155  | \$150/\$186   | \$125/\$155   | \$125/\$155  |
| TUE 1-2PM         | \$150/\$186  | \$150/\$186   | \$125/\$155   | \$150/\$186  |
| THU 10-11AM       | \$150/\$186  | \$150/\$186   | \$125/\$155   | \$150/\$186  |
| LINCOLNSHIRE      | MEM/NON      | MEM/NON       | MEM/NON       | MEM/NON      |
| MON 10:30-11:30AM | \$125/\$155  | \$150/\$186   | \$125/\$155   | \$125/\$155  |
| MON 4-5PM         | \$125/\$155  | \$150/\$186   | \$125/\$155   | \$125/\$155  |
| WED 8-9PM         | \$150/\$186  | \$150/\$186   | \$125/\$155   | \$150/\$186  |
| THU 10-11AM       | \$150/\$186  | \$150/\$186   | \$125/\$155   | \$150/\$186  |
| THU 2-3PM         | \$150/\$186  | \$150/\$186   | \$125/\$155   | \$150/\$186  |

## no class

Mar 31; May 25-27

## DRILL & PLAY

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

## PICKLEBALL MATCH PLAY

| LIBERTYVILLE                                       | DAY        | TIME         | PER TIME RATE |               |              |
|--|------------|--------------|---------------|---------------|--------------|
| OPEN MATCH PLAY                                    | MON        | 8:30-11AM    | \$7           |               |              |
| INTER/ADV  | WED        | 8:30-11AM    | \$7           |               |              |
| ADVANCED 4.0+                                      | FRI        | 8-10AM       | \$7           |               |              |
| <b>NONMEMBERS PAY AN ADDITIONAL \$10 GUEST FEE</b> |            |              |               |               |              |
| LINCOLNSHIRE                                       | 2 HOUR     | JAN 2-FEB 11 | FEB 12-MAR 24 | MAR 25-APR 28 | APR 29-JUN 7 |
| MON 8-10PM   |            | \$78         | \$78          | \$65          | \$65         |
| TUE 8-10PM   |            | \$78         | \$78          | \$65          | \$78         |
| THU 8-10PM   |            | \$78         | \$78          | \$65          | \$78         |
| LINCOLNSHIRE                                       | 1 1/2 HOUR | JAN 5-FEB 26 | MAR 1-APR 19  | APR 26-JUN 7  |              |
| MON 11:30AM-1PM                                    |            | \$104        | \$104         | \$78          |              |
| WED 8:30-10PM                                      |            | \$104        | \$104         | \$91          |              |
| FRI 9:30-11AM                                      |            | \$104        | \$104         | \$91          |              |
| FRI 11AM-12:30PM                                   |            | \$104        | \$104         | \$91          |              |

# junior pickleball

## PICKLEBALL JUNIOR

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

| LINCOLNSHIRE | JAN 2-FEB 11 | FEB 12-MAR 24 | MAR 25-APR 28 | APR 29-JUN 7 |
|--------------|--------------|---------------|---------------|--------------|
| THU 5-6PM    | \$150/\$186  | \$150/\$186   | \$125/\$155   | \$150/\$186  |
| FRI 4-5PM    | \$150/\$186  | \$150/\$186   | \$125/\$155   | \$150/\$186  |

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

Liz McNamara  
847 913-2000 [liz@lifesport.com](mailto:liz@lifesport.com)

# junior platform

## JUNIOR PADDLE & PIZZA

A great intro to the amazing world of Platform Tennis. We learn basic shots, tactics, point play, fun games, and matchplay. We then head into the hut for pizza and some hot chocolate during the cold months.

| LINCOLNSHIRE                 | DROP IN MEM |
|------------------------------|-------------|
| 1 <sup>ST</sup> Fri 8-9:30PM | \$25        |

# adult platform

## 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     | DEC 4-JAN 20             | JAN 22-MAR 2 | MAR 4-APR 13 | APR 15-MAY 25 |
|------------------|--------------------------|--------------|--------------|---------------|
| MON 9:30-10:30AM | 137 <sup>50</sup> /\$175 | \$165/\$210  | \$165/\$210  | \$165/\$210   |
| WED 12-1PM       | \$165/\$210              | \$165/\$210  | \$165/\$210  | \$165/\$210   |
| SAT 1-2PM        | \$165/\$210              | \$165/\$210  | \$165/\$210  | \$165/\$210   |

## 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 | DEC 4-JAN 20 | JAN 22-MAR 2 | MAR 4-APR 13 | APR 15-MAY 25 |
|--------------|--------------|--------------|--------------|---------------|
| WED 1-2PM    | \$165/\$210  | \$165/\$210  | \$165/\$210  | \$165/\$210   |
| SAT 2-3PM    | \$165/\$210  | \$165/\$210  | \$165/\$210  | \$165/\$210   |

## PLATFORM 789

For those that have taken platform 456 or have match play experience. This fun, fast-paced class will work on doubles strategy, fine-tuning technique, and match scenarios while providing a nice workout.

| LINCOLNSHIRE | DEC 4-JAN 20 | JAN 22-MAR 2 | MAR 4-APR 13 | APR 15-MAY 25 |
|--------------|--------------|--------------|--------------|---------------|
| WED 2-3PM    | \$165/\$210  | \$165/\$210  | \$165/\$210  | \$165/\$210   |

To participate in any of the team drills, players must be members of LifeSport Athletic Club and rostered on a team.

## MEN'S TEAM DRILL

| LINCOLNSHIRE    | PER TIME MEM | PER TIME NON |
|-----------------|--------------|--------------|
| SAT 8:30-10AM   | \$45         | \$55         |
| SAT 10-11:30PM  | \$45         | \$55         |
| SAT 11:30AM-1PM | \$45         | \$55         |

## LADIES' TEAM DRILL

| LINCOLNSHIRE     | PER TIME MEM | PER TIME NON |
|------------------|--------------|--------------|
| MON 10:30AM-12PM | \$45         | \$55         |
| TUE 9:30-11AM    | \$45         | \$55         |
| WED 11AM-12:30PM | \$45         | \$55         |
| WED 12:30-2PM    | \$45         | \$55         |
| THU 1:15-2:15PM  | \$30         | \$40         |

## MEN'S OPEN PLAY (members only)

| LINCOLNSHIRE    |
|-----------------|
| SAT 7:30-9:30AM |

**no class**

*Dec 24-Jan 1; Mar 31; May 25-27*

# 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.



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](https://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](https://lifesport.com) 847 913-2000

# 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

**HOURS:**  
**MON-FRI** 6:00AM-10PM  
**SAT-SUN** 6AM-7PM



# 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

**HOURS:**  
**MON** 7AM-10PM    **FRI** 7AM-9PM  
**TUE-THU** 7AM-11PM    **SAT-SUN** 7AM-7PM

**2024**  
**WINTER**  
**SPRING**  
PROGRAMS

