

# 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 9-MAR 5	SPRING: MAR 6-JUN 9
MON 4-5PM	\$240	\$390
WED 4-5PM	\$240	\$420
SAT 9-10AM	\$240	\$360
SUN 9-10AM	\$240	\$330
LINCOLNSHIRE	WINTER: JAN 9-MAR 5	SPRING: MAR 6-JUN 9
TUE 5-6PM	\$240	\$420
THU 5-6PM	\$240	\$420
SAT 10-11AM	\$240	\$360

## ● 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 9-MAR 5	SPRING: MAR 6-JUN 9
MON 4-5PM	\$304 / \$328	\$494 / \$533
TUE 4-5PM	\$304 / \$328	\$532 / \$574
WED 4-5PM	\$304 / \$328	\$532 / \$574
SAT 9-10AM	\$304 / \$328	\$456 / \$492
SUN 10-11AM	\$304 / \$328	\$418 / \$451
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
TUE 5-6PM	\$304 / \$328	\$532 / \$574
THU 5-6PM	\$304 / \$328	\$532 / \$574
SAT 10-11AM	\$304 / \$328	\$456 / \$492
SUN 10AM-11PM	\$304 / \$328	\$418 / \$451

## ● 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 9-MAR 5	SPRING: MAR 6-JUN 9
MON 4-5PM	\$304 / \$328	\$494 / \$533
WED 4-5PM	\$304 / \$328	\$532 / \$574
SAT 10-11AM	\$304 / \$328	\$456 / \$492
SUN 11AM-12PM	\$304 / \$328	\$418 / \$451
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
MON 5-6PM	\$304 / \$328	\$494 / \$533
WED 5-6PM	\$304 / \$328	\$532 / \$574
FRI 5-6PM	\$304 / \$328	\$532 / \$574
SAT 11AM-12PM	\$304 / \$328	\$456 / \$492
SUN 11AM-12PM	\$304 / \$328	\$418 / \$451

## ⓐ 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 9-MAR 5	SPRING: MAR 6-JUN 9
FRI 4:30-6PM	\$456 / \$492	\$798 / \$861
SAT 9-10:30AM	\$456 / \$492	\$684 / \$738
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
TUE 4:30-6PM	\$456 / \$492	\$798 / \$861
THU 4:30-6PM	\$456 / \$492	\$798 / \$861
SAT 9AM-10:30AM	\$456 / \$492	\$684 / \$738

WINTER SESSION: Jan9-Mar 5

SPRING SESSION: Mar 6–Jun 9

NO CLASSES: Apr 9, May 28–30

## 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 9-MAR 5	SPRING: MAR 6-JUN 9
FRI	4:30-6PM	\$456 / \$492	\$798 / \$861
SUN	11AM-12:30PM	\$456 / \$492	\$627 / \$676. <sup>50</sup>
LINCOLNSHIRE		MEMBER / NON	MEMBER / NON
MON	4:30-6PM	\$456 / \$492	\$741 / \$799. <sup>50</sup>
WED	4:30-6PM	\$456 / \$492	\$798 / \$861
FRI	4:30-6PM	\$456 / \$492	\$798 / \$861
SAT	10:30AM-12PM	\$456 / \$492	\$684 / \$738

## 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 9-MAR 5	SPRING: MAR 6-JUN 9
TUE	4-5PM	\$304 / \$328	\$532 / \$574
THU	4-5PM	\$304 / \$328	\$532 / \$574
SAT	11AM-12PM	\$304 / \$328	\$456 / \$492
SUN	12-1PM	\$304 / \$328	\$418 / \$451
LINCOLNSHIRE		MEMBER / NON	MEMBER / NON
MON	5-6PM	\$304 / \$328	\$494 / \$533
WED	5-6PM	\$304 / \$328	\$532 / \$574
FRI	5-6PM	\$304 / \$328	\$532 / \$574
SAT	11AM-12PM	\$304 / \$328	\$456 / \$492
SUN	11AM-12PM	\$304 / \$328	\$418 / \$451

### silver sneakers

These classes are for members who are new to fitness, pregnant, recovering from an injury, or a senior. This low-impact class provides a total body workout with cardiovascular floor exercises, weights, and mat work. For more details about the classes visit our website at [www.lifesportlincolnshire.com](http://www.lifesportlincolnshire.com) or call us at **847 913-2000**.

## 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 9-MAR 5	SPRING: MAR 6-JUN 9
TUE	4-5PM	\$304	\$532
THU	4-5PM	\$304	\$532
SAT	10:30AM-12PM	\$456	\$684
SUN	12:30-2PM	\$456	\$627
LINCOLNSHIRE		MEMBER	MEMBER
SAT	2-3:30PM	\$456	\$684

## 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 9-MAR 5	SPRING: MAR 6-JUN 9
FRI	7-9PM	\$608	\$1,064
SUN	2-4PM	\$608	\$836
LIBERTYVILLE INVITATION ONLY			
TUE	5-7PM	\$608	\$1,064
THU	5-7PM	\$608	\$1,064
LINCOLNSHIRE		MEMBER	MEMBER
FRI	4:30-6PM	\$456	\$798
SAT	2-3:30PM	\$456	\$684

## PILATES

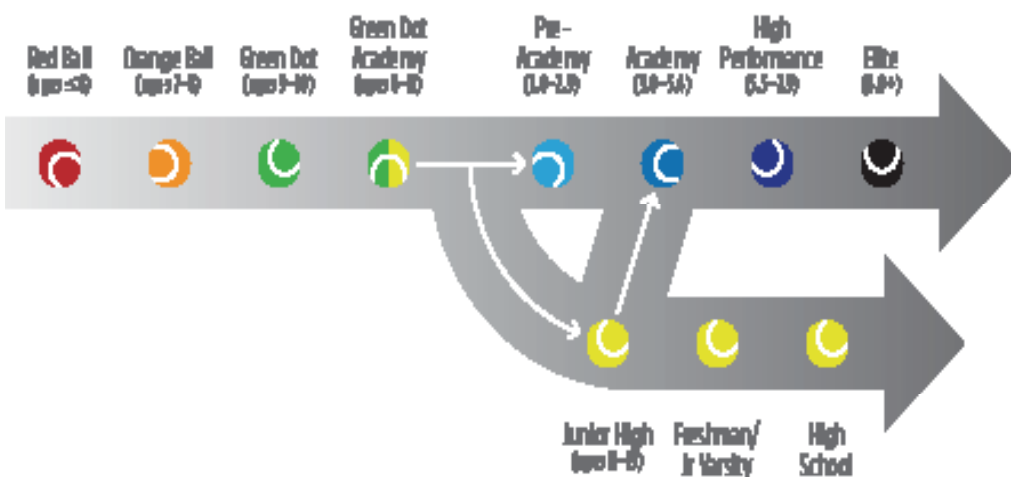
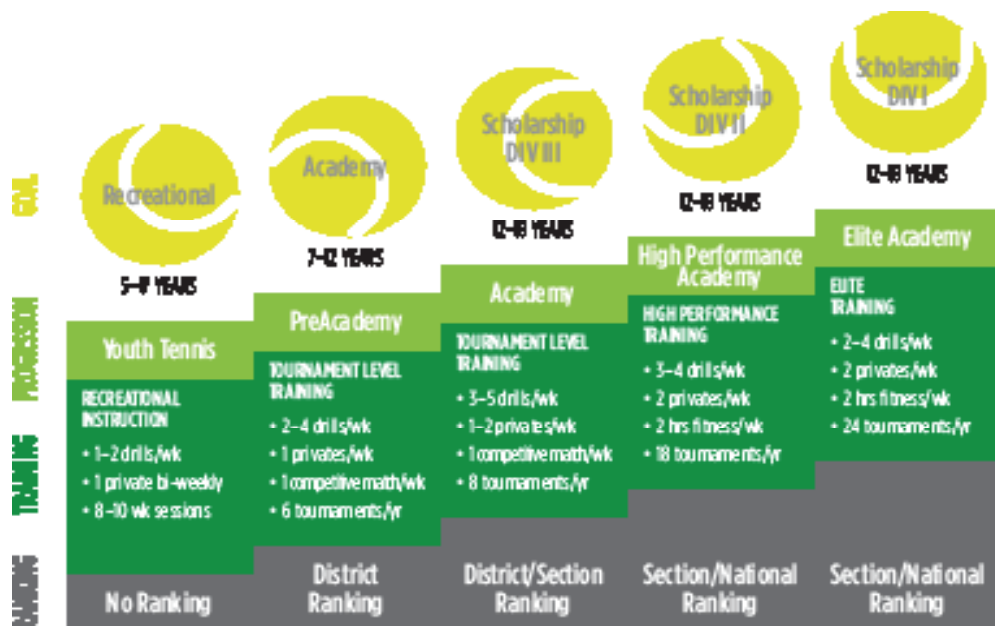
Visit our website at [www.lifesport.com](http://www.lifesport.com) to find the best class suitable for you or call and speak to one of our experts at LifeSport Libertyville to help you get started.

**CALL NOW! 847 362-5553**



# LifeSport Athletic Club

## JUNIOR PATHWAY



## 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

For more information or for an evaluation, contact  
**LIBERTYVILLE:** **Gian Remigio**  
[gianr@lifesport.com](mailto:gianr@lifesport.com)  
**847 362-5553**

### LINCOLNSHIRE CLUB LTA HIGH PERFORMANCE

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

For more information or for an evaluation, contact  
**LINCOLNSHIRE:** **Bartek Jozwiak**  
[bartek@lifesport.com](mailto:bartek@lifesport.com)  
**847 913-2000**  
**Milos Mihajlovic**  
[milos@lifesport.com](mailto:milos@lifesport.com)  
**847 913-2000**



**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.  
 For evaluation, contact 847-362-5553 for Libertyville or 847-913-2000 for Lincolnshire.

# adult tennis

## TENNIS 123

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, pick a day and time, and start playing tennis ASAP!

LIBERTYVILLE	DEC5-JAN8	JAN9-FEB5	FEB6-MAR5	MAR6-APR2	APR3-MAY5	MAY6-JUN9
WED 10:00-11:00AM	\$105/\$135	\$105/\$135	\$105/\$135	\$105/\$135	\$131.25/\$168.75	\$131.25/\$168.75
SUN 9-10AM	\$78.75/\$101.25	\$105/\$135	\$105/\$135	\$105/\$135	\$78.75/\$101.25	\$105/\$135
LINCOLNSHIRE	JAN9-FEB5	FEB6-MAR5	MAR6-APR2	APR3-MAY5	MAY6-JUN6	
MON 3-4PM	\$105/\$135	\$105/\$135	\$105/\$135	\$131.25/\$168.75	\$105/\$135	
THU 8-9PM	\$105/\$135	\$105/\$135	\$105/\$135	\$131.25/\$168.75	\$131.25/\$168.75	
THU 11AM-12PM	\$105/\$135	\$105/\$135	\$105/\$135	\$131.25/\$168.75	\$131.25/\$168.75	
SAT 9-10AM	\$105/\$135	\$105/\$135	\$105/\$135	\$105/\$135	\$105/\$135	
SUN 10-11AM	\$105/\$135	\$105/\$135	\$105/\$135	\$78.75/\$101.25	\$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	JAN2-FEB12	FEB13-MAR26	MAR27-APR30	MAY1-JUN9
MON 8:30-10PM	\$315/\$369	\$315/\$369	\$262.50/\$307.50	\$262.50/\$307.50
TUE 7:30-8:30PM	\$315/\$369	\$315/\$369	\$262.50/\$307.50	\$315/\$369
WED 9-10:30AM	\$315/\$369	\$315/\$369	\$262.50/\$307.50	\$315/\$369
WED 7-8:30PM	\$315/\$369	\$315/\$369	\$262.50/\$307.50	\$315/\$369
SUN 10-11:30AM	\$315/\$369	\$315/\$369	\$210/\$246	\$210/\$246
LINCOLNSHIRE	JAN2-FEB12	FEB13-MAR26	MAR27-APR30	MAY1-JUN9
MON 8-9PM	\$210/\$246	\$210/\$246	\$175/\$205	\$175/\$205
TUE 12-1PM	\$210/\$246	\$210/\$246	\$175/\$205	\$210/\$246
TUE 1:30-2:30PM	\$210/\$246	\$210/\$246	\$175/\$205	\$210/\$246
SUN 8:30-10AM	\$315/\$369	\$315/\$369	\$210/\$246	\$210/\$246

## 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	COUPONBOOK(6)
TUE 7-9PM	\$56	\$51	\$306

## 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 DRILL LIBERTYVILLE

The LifeSport's longest running program for men

MEN'S DRILL 3.5-4.5	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
THU 7-9PM	\$56	\$51	\$306
MEN'S 4.5+	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
MON 7-9PM	\$56	\$51	\$306

## MEN'S INVITATIONAL

Spend the afternoon playing tennis with the area's top players! The Men's Invitational group was created for players at the 4.0+ level to participate in an organized daytime play group featuring play baseline games, serve/volley, etc.

LINCOLNSHIRE	PER TIME RATE	COUPON RATE	COUPONBOOK(10)
TUE 12-2PM	\$40	\$35	\$350

## CO-ED INTERMEDIATE DRILL

LINCOLNSHIRE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
TUE 7-9PM	\$56	\$51	\$306

## WOMEN'S TEAM DRILLS 3.5+

These teams participate in weekly practices and matches both home and away.

LINCOLNSHIRE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
MON 9:30-11:30AM	\$56	\$51	\$306



# cita travel team

LifeSport fields men's and women's teams that participate in the Chicago Indoor Tennis Association (CITA). These teams participate in weekly practices and matches both home and away.

## WOMEN TRAVEL TEAM DRILLS (Libertyville)

WOMEN'S 4.0	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
MON 11:00AM-1PM	\$56	\$51	\$306
WOMEN'S 3.5/3.0	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
MON 9:00-11:00AM	\$56	\$51	\$306
WOMEN'S 4.5	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
TUE 9-11AM	\$56	\$51	\$306
WOMEN'S MULTI LEVEL	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
SUN 11:30-1:30PM	\$56	\$51	\$306
WOMEN 4.5 DRILL	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
WED 7-9PM	\$56	\$51	\$306

## WOMEN SINGLES

LIBERTYVILLE		PER TIME RATE
WOMEN'S 4.0-4.5	THU 9AM-10:30AM	\$45
WOMEN'S 3.0-3.5	THU 10:30AM-12PM	\$45

## DOUBLES MATCH (Libertyville/Lincolnshire)

PER PERSON/PER MATCH \$32

## SINGLES MATCH (Libertyville/Lincolnshire)

PER PERSON/PER MATCH \$27



**TRIBE**

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# Are you ready?

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

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For evaluation or to sign up for fitness classes, contact:

## LIBERTYVILLE

**Angie Daurer**

[angi.daurer@lifesport.com](mailto:angi.daurer@lifesport.com)

847 362-5553

## LINCOLNSHIRE

**Liz Balter McNamara**

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

847 913-2000

# GROUP FITNESS

Find the community that will inspire you to be your best

centergym fight30 powercore

for more information visit our website at [www.lifesportlibertyville.com](http://www.lifesportlibertyville.com) or call 847 362-5553

# pickleball

## PICKLEBALL 123

Learn the rules, scoring, and basic strategy of Pickle Ball.

LIBERTYVILLE	JAN2-JAN29	JAN30-FEB26	FEB27-MAR26	MAR27-APR23	APR24-MAY21	MAY22-JUN9
TUE 11AM-12PM	\$99/\$120	\$99/\$120	\$99/\$120	\$99/\$120	\$99/\$120	\$74.25/\$90
THUR 9:00-10:00AM	\$99/\$120	\$99/\$120	\$99/\$120	\$99/\$120	\$99/\$120	\$74.25/\$90
LINCOLNSHIRE	JAN2-JAN29	JAN30-FEB26	FEB27-MAR26	MAR27-APR23	APR24-MAY14	MAY15-JUN9
MON 9:30-10:30AM	\$99/\$120	\$99/\$120	\$99/\$120	\$99/\$120	\$74.25/\$90	\$74.25/\$90
MON 4:00-5:00PM	\$99/\$120	\$99/\$120	\$99/\$120	\$99/\$120	\$74.25/\$90	\$74.25/\$90
MON 8:00-9:00PM	\$99/\$120	\$99/\$120	\$99/\$120	\$99/\$120	\$74.25/\$90	\$74.25/\$90
TUE 2:00-3:00PM	\$99/\$120	\$99/\$120	\$99/\$120	\$99/\$120	\$74.25/\$90	\$99/\$120
TUE 6:00-7:00PM	\$99/\$120	\$99/\$120	\$99/\$120	\$99/\$120	\$74.25/\$90	\$99/\$120
THUR 9:00-10:00AM	\$99/\$120	\$99/\$120	\$99/\$120	\$99/\$120	\$74.25/\$90	\$99/\$120

## PICKLEBALL 456

In this class, the players who have completed Pickleball 123 will start enhancing their techniques in groundstrokes, strengths, serves, and volleys within the 6-week session.

LIBERTYVILLE	JAN2-FEB12	FEB12-MAR26	MAR27-MAY7	MAY8-JUN9
TUE 1:00PM-2PM	\$148.50/\$180	\$148.50/\$180	\$148.50/\$180	\$123.75/\$150
THUR 10:00-11:00AM	\$148.50/\$180	\$148.50/\$180	\$148.50/\$180	\$123.75/\$150
LINCOLNSHIRE	JAN2-FEB12	FEB13-MAR26	MAR27-MAY7	MAY8-JUN9
MON 10:30-11:30AM	\$148.50/\$180	\$148.50/\$180	\$148.50/\$180	\$123.75/\$150
WED 8:00-9:00PM	\$148.50/\$180	\$148.50/\$180	\$148.50/\$180	\$123.75/\$150
THUR 10:00-11:00AM	\$148.50/\$180	\$148.50/\$180	\$148.50/\$180	\$123.75/\$150
THUR 2:00-3:00PM	\$148.50/\$180	\$148.50/\$180	\$148.50/\$180	\$123.75/\$150

For more information or to book a Pickleball party or event, contact:

Liz Balter McNamara

847 913-2000

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

## PICKLEBALL LEAGUE

The Pickleball league is a competition for all members. It is laidback, but competitive for intermediate or advanced players.

### 2.5 & UNDER DOUBLES CO-ED (no class 12/26, 1/2)

LIBERTYVILLE	NOV18-JAN27	JAN30-APR7
MON 9:00AM-12:00PM	\$135/\$162	\$150/\$180

### 3.0 DOUBLES CO-ED (no class 12/28)

LIBERTYVILLE	NOV18-JAN27	JAN30-APR7
WED 9:00AM-12:00PM	\$150/\$180	\$150/\$180

### 3.5+ ADVANCED DOUBLES CO-ED (no class 11/25, 12/23, 12/30)

LIBERTYVILLE	NOV18-JAN27	JAN30-APR7
FRI 9:00AM-12:00PM	\$120/\$144	\$150/\$180

### DRILL & PLAY

LINCOLNSHIRE	MEMBER / NON
FRI 12:30-2PM	\$15 / \$20

### MATCH PLAY

LINCOLNSHIRE	JAN2-FEB12	FEB13-MAR26	MAR27-MAY7	MAY8-JUN9
TUE 8:00-10:00PM	\$75/\$84	\$75/\$84	\$75/\$84	\$63/\$70
THUR 8:00-10:00PM	\$75/\$84	\$75/\$84	\$75/\$84	\$63/\$70

### DROP IN COURT

LIBERTYVILLE	MEMBER / NON (PER PERSON)
MON 8:30AM-11AM	\$5 / \$10
TUE 9-11AM	\$5 / \$10
WED 8:30AM-11AM	\$5 / \$10
LINCOLNSHIRE	MEMBER / NON (PER PERSON)
TUE 11:00AM-2PM	\$5 / \$10
WED 11:00AM-2PM	\$5 / \$10
THUR 11:00AM-2PM	\$5 / \$10

Court reservations Monday-Friday 6am-3pm. COURT FEE: MEM \$10, NON-MEM \$20

\*Divide court fee when it is being used by four people.

May register Drop In/Court Reservations: MEM - five days in advance, NON-MEM - two days in advance.





## platform tennis

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

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

### LADIES' TEAM DRILL (members only)

LINCOLNSHIRE	PER TIME RATE
TUE 9:15-10:45AM	\$45

### LADIES' 1 HOUR DRILL

LINCOLNSHIRE	PER TIME RATE	MEM	NON MEM
MON 7-8:00PM	\$30		\$40

### PLATFORM 1.5 HOUR LADIES DRILL

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

### MEN'S OPEN PLAY (members only)

LINCOLNSHIRE	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
MEN'S OPEN PADDLE	SAT	8-11AM	no fee	-	-

### PLATFORM 1.5 HOUR MEN'S DRILL

Drills are four players max and have a different strategy-based theme each week.

LINCOLNSHIRE	PER TIME RATE
FRI 11AM-12:30PM	\$45

### LADIES TEAM MATCH PLAY

THU 9AM-1PM

### MEN MATCHES

TUE 7PM-10PM

WED 7PM-10PM

THU 7PM-10PM

For more information about the Platform, contact LifeSport Lincolnshire at:

**847 913-2000 or reach out to Ben Ashford at [bashford@lifesport.com](mailto:bashford@lifesport.com)**

## FENCING

Challenge your mind and body with this quick-thinking sport for all ages

Visit our website [www.lifesportlibertyville.com](http://www.lifesportlibertyville.com) to find out more about the Fencing class or call the club at 847-362-5553 today.





# LIFESPORT–Libertyville

Located near downtown Libertyville, LifeSport–Libertyville has six indoor tennis courts, four outdoor courts, a fully stocked pro shop, and a state of the art fitness facility with group exercise classes. 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 6AM–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  
TUE–THUR 7AM–11PM  
FRI 7AM–9PM  
SAT–SUN 7AM–7PM



**2022-2023  
WINTER/SPRING  
PROGRAMS**