

# LIFESPORT—Libertyville

Located near downtown Libertyville, LifeSport—Libertyville has six indoor tennis courts, four outdoor courts, a fully stocked pro shop, a playroom, 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** 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, 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-FRI** 7AM-9PM  
**SAT-SUN** 7AM-5PM



**2022**  
**WINTER**  
**/SPRING**  
PROGRAMS

# 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 10-MAR 6	SPRING: MAR 7-JUN 10
MON 4-5PM	\$232	\$377
WED 4-5PM	\$232	\$406
SAT 9-10AM	\$232	\$348
SUN 9-10AM	\$232	\$319
LINCOLNSHIRE	MEMBER	MEMBER
THU 4:30-5:30PM	\$232	\$406
SAT 10-11AM	\$232	\$348

## ● 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 10-MAR 6	SPRING: MAR 7-JUN 10
MON 4-5PM	\$296 / \$320	\$481 / \$520
TUE 4-5PM	\$296 / \$320	\$518 / \$560
WED 4-5PM	\$296 / \$320	\$518 / \$560
SAT 9-10AM	\$296 / \$320	\$444 / \$480
SUN 10-11AM	\$296 / \$320	\$407 / \$440
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
THU 4:30-5:30PM	\$296 / \$320	\$518 / \$560
SAT 10-11AM	\$296 / \$320	\$444 / \$480
SAT 11AM-12PM	\$296 / \$320	\$444 / \$480

winter session  
**Jan 10-Mar 6**

spring session  
**Mar 7-Jun 10**

no class Apr 17;  
May 28-30

## BOOTCAMP

This 30-minute high intensity, results-oriented conditioning program trains the entire body with body utilizing intervals of cardio drills and strengthening exercises.

### SILVER complete

This class is 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.

MON WED FRI 11AM

### SILVER balance

This class will improve your balance, flexibility, and mobility. We also incorporate some hand-eye coordination to keep you quick for whatever life throws your way.

### SILVER circuit

This class incorporates low-impact moves to help build coordination, flexibility, and balance, as well as increase muscle endurance and build bone density. An orientation with a trainer is required before attending a class.

TUE THU 11AM-12:30PM (BY APPOINTMENT ONLY)

**Trying to find the right class for you?**

contact Angie 847 362-5553  
angied@lifesport.com

Our certified instructors teach safe, well-cued classes. **Experience one today!**

## POWER

Group Power® combines squats, lunges, presses, and curls with functional integrated exercises using an adjustable barbell, weight plates, and body weight.

TUE 6PM WED 8:30AM SAT 8:30AM

## RIDE

Group Ride® is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish!

## CENTERGY

Group Centergy® incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.

MON 6PM THU 8:30AM SAT 9:45AM

## CORE

Group Core® trains you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform.

SUN 9:30AM TUE 9AM TUE 5:30PM

## R30

R30® is a 30-minute cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will improve muscular endurance and build cardio fitness.

SUN 9AM TUE 8:30AM

## fight

Group Fight is a cardio workout that borrows training styles from mixed martial arts, kickboxing, Muay Thai, karate, functional athletic training, and more!

MON 8:30AM WED 6PM FRI 8:30AM

18 LifeSport—Libertyville 847 362-5553 lifesport.com

## 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 10-MAR 6	SPRING: MAR 7-JUN 10
MON 4-5PM	\$296 / \$320	\$481 / \$520
WED 4-5PM	\$296 / \$320	\$518 / \$560
SAT 10-11AM	\$296 / \$320	\$444 / \$480
SUN 11AM-12PM	\$296 / \$320	\$407 / \$440
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
SAT 10-11AM	\$296 / \$320	\$444 / \$480
SAT 11AM-12PM	\$296 / \$320	\$444 / \$480

## 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 10-MAR 6	SPRING: MAR 7-JUN 10
FRI 4:30-6PM	\$444 / \$480	\$777 / \$840
SAT 9-10:30AM	\$444 / \$480	\$666 / \$720
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
THU 5:30-7PM	\$444 / \$480	\$777 / \$840
SAT 10AM-12PM	\$592 / \$640	\$888 / \$960

## 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 10-MAR 6	SPRING: MAR 7-JUN 10
FRI 4:30-6PM	\$444 / \$480	\$777 / \$840
SUN 11AM-12:30PM	\$444 / \$480	\$610. <sup>50</sup> / \$660
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
THU 5:30-7PM	\$444 / \$480	\$777 / \$840

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**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 10-MAR 6	SPRING: MAR 7-JUN 10
TUE 4-5PM	\$296 / \$320	\$518 / \$560
THU 4-5PM	\$296 / \$320	\$518 / \$560
SAT 11AM-12PM	\$296 / \$320	\$444 / \$480
SUN 12-1PM	\$296 / \$320	\$407 / \$440
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
TUE 4:30-5:30PM	\$296 / \$320	\$518 / \$560
SAT 12-1PM	\$296 / \$320	\$444 / \$480

**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 10-MAR 6	SPRING: MAR 7-JUN 10
TUE 4-5PM	\$296	\$518
THU 4-5PM	\$296	\$518
SAT 10:30AM-12PM	\$444	\$666
SUN 12:30-2PM	\$444	\$610. <sup>50</sup>

**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 10-MAR 6	SPRING: MAR 7-JUN 10
FRI 7-9PM	\$592	\$1,036
SUN 12-2PM	\$592	\$814
LIBERTYVILLE INVITATION ONLY		
TUE 5-7PM	\$592	\$1,036
THU 5-7PM	\$592	\$1,036
LINCOLNSHIRE	MEMBER	MEMBER
TUE 5:30-7PM	\$444	\$777
SAT 1-2:30PM	\$444	\$666



**TRIBE TEAM TRAINING**

TRIBE Team Training® members will experience fun, belonging, control, support, reassurance, and challenges all in a dynamic motivating environment that will respect their individuality so they can achieve more. Same small team, same coach, eight weeks.

**TRIBE FIT**

2x/wk \$239

High intensity functional fitness that covers strength, power, mobility, agility, endurance, and full functional conditioning. Never repeat a workout and get to a new level of fitness.

**TRIBE PUNCH**

2x/wk \$239

Get fighting fit without getting hit! Learn the sport of boxing and kickboxing while making you fit, lean, and strong with body conditioning.

**TRIBE KIDS**

1x/wk \$129

Kids participate in exercises that are fundamental to all things that kids need to do as their bodies grow: pull, push, run, jump, throw, climb, and lift. Athletic drills help facilitate coordination, agility, strength and stamina. Coaching encourages new levels of fitness, strength, and confidence thru teamwork games and challenges that highlight the benefits of a healthy lifestyle.

*30 minute strength*

One-on-one training with a Certified Personal Trainer concentrating on strength by using slow and controlled movement in a 30 minute format on our Med X equipment. All fitness levels are welcome!

\$450 for 10 sessions. **SUGGESTED 2 TIMES PER WEEK PROGRAM**

# *pilates* @ Libertyville

Pilates dramatically transforms the way your body looks, feels, and performs. It builds strength without excess bulk, creating a sleek, toned body while improving flexibility, agility, and range of motion. It can even help alleviate back pain.

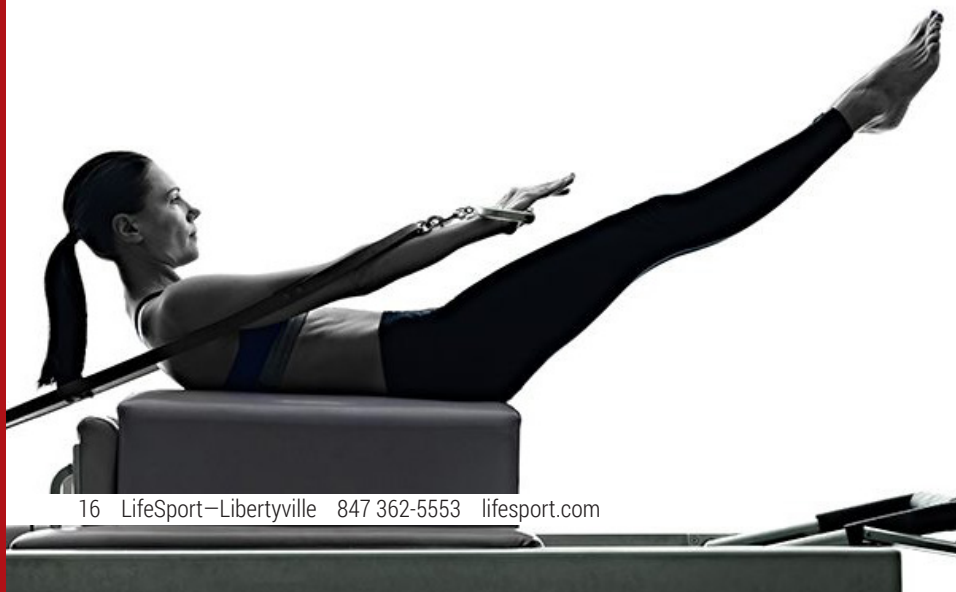
*Classes are led by a certified Pilates instructor who uses both technique and apparatus to lengthen the body, align the spine, and improve deep core strength.*

LESSONS	SINGLE	CPN BOOK (5)	CPN BOOK (10)
PRIVATE	\$75 / \$85	\$350 / -	\$650 / -
SEMI-PRIVATE	\$40 / \$50	\$175 / -	-
	MEM / NON	MEM / NON	MEM / NON
CLASSES	\$30 / \$35	-	\$250 / \$300

### CLASS TIMES

TUE	9:00-10:00AM	3:30-4:30PM
THU	10:00-11:00AM	
SAT	8:30-9:30AM	9:30-10:30AM

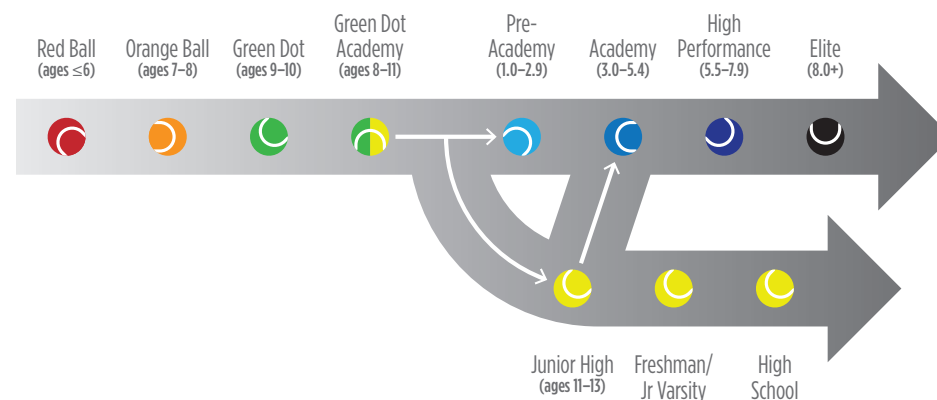
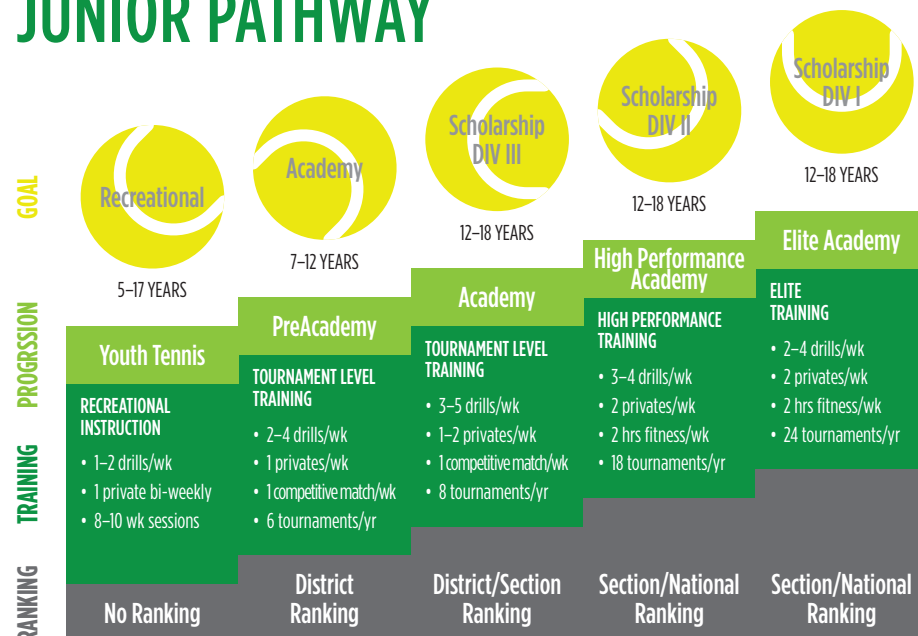
group fitness



16 LifeSport—Libertyville 847 362-5553 lifesport.com

## LifeSport Athletic Club

# JUNIOR PATHWAY



winter session  
**Jan 10-Mar 6**

spring session  
**Mar 7-Jun 10**

no class Apr 17;  
May 28-30

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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

### OPEN FENCING PRACTICE

WED 7:00-9:00PM

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

@ Libertyville

6 Lifesport—Libertyville 847 362-5553 lifesport.com

## Everyone can benefit from personal training

**Adults & Seniors:** We can accommodate the needs of individuals ages 18–80 with general weight loss and fitness needs using a combination of exercise equipment. For those age 55 and up, we will assist with general weight loss, fitness needs, and age-related health concerns.

**Children & Teens:** Our programs are designed especially for kids, to improve their cardiovascular fitness, sport performance, overall strength, and flexibility. The concepts of these programs are based on current research conducted by the American Academy of Pediatrics in childhood and adolescent care.

**Athletes:** Services are available for athletes of all ages and sports. Our training is specially designed to increase speed, strength, agility and endurance. We have programs for our junior tennis members that take place on-court to improve tennis-specific movements. We work to improve athletic performance for all sports while decreasing the risk of injury by balancing out muscle strength and enhancing core stability.

**Partner/Small Group Training:** Another great option! It's always great having a friend around! So why not team together with a friend or two to push, challenge, and motivate each other. Your Personal Trainer will be there to guide you all the way.

Contact us to set up an initial consultation:

**LifeSport—Libertyville**

**Angie Daurer 847 362-5553**

**angied@lifesport.com**

**LifeSport—Lincolnshire**

**Jeff Clark 847 913-2000**

**jpc@lifesport.com**

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personal training

# personal training

Our mission is to provide you with an efficient, customized program that is based on your fitness goals, needs, and abilities. Our certified personal trainers are committed to offering the highest level of service, individual guidance, and motivation to keep you on track and focused.

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

## Superior Training Services— raising the bar for fitness training

**Getting Started:** The initial consultation with a certified personal trainer consists of gathering baseline information about you. This includes your health history questionnaire as well as evaluations of your strength, flexibility, and endurance. These evaluations, combined with your specific goals, will be used to effectively organize your personalized fitness program.

# 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
SAT	12:00-2:00PM

### LINCOLNSHIRE CLUB

MON	5:00-7:00PM
TUE	5:00-7:00PM
WED	5:00-7:00PM
FRI	5:00-7:00PM
SAT	12:00-2:00PM

### LTA HIGH PERFORMANCE

TUE	7:00-9:00PM
WED	7:00-9:00PM

### LTA BY INVITATION

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

For more information or for an evaluation, contact:

**Matt Gordon**

847 362-5553

matt@lifesport.com

**Bartek Jozwiak**

847 913-2000

bartek@lifesport.com

# adult tennis

## TENNIS ASAP (introductory tennis, previously 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	JAN 2–JAN 30	JAN 31–FEB 27	FEB 28–MAR 27	MAR 28–APR 24	APR 25–MAY 22	MAY 23–JUN 19
WED 9:30-10:30AM	\$99/\$129	\$99/\$129	\$99/\$129	\$99/\$129	\$99/\$129	\$99/\$129
WED 8:30-9:30PM	\$99/\$129	\$99/\$129	\$99/\$129	\$99/\$129	\$99/\$129	\$99/\$129
SUN 9-10AM	\$124/\$161	\$99/\$129	\$99/\$129	\$79/\$97	\$99/\$129	\$79/\$97
LINCOLNSHIRE	DROP IN MEM	DROP IN NON		DROP IN MEM	DROP IN NON	
* MON 9:30-10:30AM	\$30	\$40	WED 9-10AM	\$30	\$40	
MON 3-4PM	\$30	\$40	FRI 9-10AM	\$30	\$40	

\* \$150 for 5 week session. See Front desk for dates

## 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 17–FEB 27	FEB 28–APR 10	APR 11–MAY 22	MAY 23–JUL 3
MON 8:30-10PM	\$306/\$360	\$306/\$360	\$306/\$360	\$255/\$300
TUE 7-8:30PM	\$306/\$360	\$306/\$360	\$306/\$360	\$306/\$360
WED 9-10:30AM	\$306/\$360	\$306/\$360	\$306/\$360	\$306/\$360
WED 7-8:30PM	\$306/\$360	\$306/\$360	\$306/\$360	\$306/\$360
SUN 10-11:30AM	\$255/\$300	\$255/\$300	\$255/\$300	\$255/\$300
LINCOLNSHIRE	MEM/NON	MEM/NON	MEM/NON	MEM/NON
SUN 8:30-10AM	\$306/\$360	\$306/\$360	\$255/\$300	\$255/\$300
MEMBERSHIP REQUIRED	PER TIME RATE			
MON 10-11:30AM	\$45			
FRI 10-11:30AM	\$45			

**no class**

Apr 17

May 28–30

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	MEMBER WINTER	MEMBER SPRING
MON 7-8PM	\$296	\$370.00

## MEN'S TEAM DRILLS (members only)

LINCOLNSHIRE	DAY	TIME	PER TIME RATE
MEN'S TEAM DRILL	MON	8-9PM	\$27
MEN'S TEAM DRILL	MON	9-10PM	\$27
MATCH PLAY DRILL	WED	10-11:30AM	\$40.50
MEN'S DRILL	SAT	8-9AM	\$27

## OPEN TEAM DRILLS (members only)

LINCOLNSHIRE	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
LADIES' OPEN	SAT	11AM-1PM	\$54	\$49	\$294
MEN'S OPEN	SAT	9-11AM	no fee	-	-

## MEN'S DAY DRILLS

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

LINCOLNSHIRE	PER TIME RATE
TUE 12-1PM	\$27

## SCREEN MACHINE

Become a screen expert! How do you do that? Come to our weekly Screen Machine drill and learn all the techniques, strategies, and tricks to become a screen playing expert.

LINCOLNSHIRE	PER TIME RATE
WED 11:30AM-12:30PM	\$27.00

## PLATFORM ASAP (two week sessions, dates available at the front desk)

LINCOLNSHIRE	MEMBER / NON
MON/THU 12-1PM	\$99 / \$129
TUE/THU 6-7PM	\$99 / \$129



# junior platform

## JUNIOR BEGINNER PADDLE

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

LINCOLNSHIRE	JAN 10–MAR 6	MAR 7–APR 24	APR 24–JUNE 10
MON 5-6PM	\$296 / \$320	\$259 / \$280	\$220 / \$240
TUE 5-6PM	\$296 / \$320	\$259 / \$280	\$259 / \$280
THU 4-5PM	\$296 / \$320	\$259 / \$280	\$259 / \$280

## 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	DROP IN NON
1 <sup>ST</sup> Fri 5:30-7PM	\$36	\$40

# adult platform

## ADULT BEGINNER PADDLE

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

LINCOLNSHIRE	JAN 10–MAR 6	MAR 7–APR 24	APR 24–JUNE 10
MON 11AM-12PM	\$296 / \$320	\$259 / \$280	\$222 / \$240
TUE 6-7PM	\$296 / \$320	\$259 / \$280	\$259 / \$280
WED 9-10AM	\$296 / \$320	\$259 / \$280	\$259 / \$280
THU 5-6PM	\$296 / \$320	\$259 / \$280	\$259 / \$280
SAT 1-2PM	\$296 / \$320	\$259 / \$280	\$185 / \$200
SAT 2-3PM	\$296 / \$320	\$259 / \$280	\$185 / \$200

## COMPETITIVE DRILL

LINCOLNSHIRE	PER TIME RATE
FRI 1-2:30PM	\$44.00

## CARDIO TENNIS

Cardio Tennis is a fun group activity and a great way for players to enjoy the game in about an hour, you can get an amazing workout, socialize, and enjoy tennis.

LINCOLNSHIRE	DROP IN MEM	DROP IN NON
THU 8:30-9:30AM	\$20	\$30

## 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)
MON 7-9PM	\$54	\$49	\$294
TUE 11AM-1PM	\$54	\$49	\$294
TUE 7-9PM	\$54	\$49	\$294

## 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	\$44

## 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	COUPON BOOK (10)
TUE 12-2PM	\$38	\$33	\$330

## “41” CHALLENGE (multiple of 4 required)

A creative-scoring doubles competition that encourages high energy and intelligent shot selection. Coaches will make initial pairings (that will adjust after each game) and teams will compete 4-5 games throughout the hour.

LINCOLNSHIRE	DROP IN MEM	DROP IN NON
THU 12-1PM	\$20	\$30

### 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 4.5+	WED	7-9PM	\$54	\$49	\$294
MEN'S 3.5-4.5	THU	7-9PM	\$54	\$49	\$294

### 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)
BEGINNER	SAT	8:30-10AM	\$54		
INTERMEDIATE	TUE	7-9PM	\$54	\$49	\$294

### 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+/OPEN	TUE	9-11AM	\$54	\$49	\$294
WOMEN'S 4.0	MON	11AM-1PM	\$54	\$49	\$294
WOMEN'S 3.5/3.0	MON	9-11AM	\$54	\$49	\$294
WOMEN'S 3.0	THU	11AM-1PM	\$54	\$49	\$294
WOMEN'S MULTI	SUN	11:30AM-1:30PM	\$54	\$49	\$294
<b>SINGLES</b>					
WOMEN'S 4.0/4.5	THU	1:30-3PM	\$44		
WOMEN'S 3.0/3.5	THU	9-10:30AM	\$44		

LINCOLNSHIRE	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
WOMEN'S 3.5+	TUE	9:30-11:30AM	\$54	\$49	\$294
WMN'S PRO AM 3.5+	WED	10AM-12PM	\$36		

### COMPETITIVE INVITATIONAL DRILL

LIBERTYVILLE	PER TIME RATE
MON 7-8:30PM	\$44

**no class**

Apr 17

May 28-30

# pickle ball

### PICKLE ASAP (two week sessions, dates available at the front desk)

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

LINCOLNSHIRE	MEMBER / NON
MON/THU 11AM-12PM	\$99 / \$129
<b>MATCH PLAY</b>	
SAT 3-4PM	included

**coming soon to Libertyville**  
 contact the front desk for details  
 847 362-5553

pickle ball