

2024-2025

ATHLETICS & LEAGUES

THE GUIDE TO ATHLETICS & LEAGUES



SYNERGY SOCCER

SOCCER SHOTS

GENERAL ATHLETICS

PEEWEE PROGRAMS



PROGRAMS RUN FROM
MAY 2024-APRIL 2025

WINTER '24 SPRING '25

Games Galore 12626

In this class participants will enjoy many of their schoolyard favorites. Games will include tag, relays, capture the flag and much more. This class is designed to enhance your child's listening and communication skills in a fun and safe environment. *No Class 11/27

Ages: 3 - 5

Apr 9 - May 14 W 12:45 - 1:30pm \$50

Sports N' More 12624

Children will be introduced to the fundamentals of soccer, t-ball, football, basketball and group games. We provide an opportunity for each child to develop motor skills and grow socially and emotionally through teamwork and good sportsmanship, while exposing them to a variety of sporting activities.

Ages: 3 - 5

Jan 8 - Feb 12 W 12:45 - 1:30pm \$50

Preschool Gymsters 12625

If you want your preschooler up and moving, this class is perfect for you! In this class participants will get an introduction to a variety of preschool activities that include parachute games, scooters, tag and other fun exercises. This class is guaranteed to keep everyone busy and active!

Ages: 3 - 5

Feb 19-Mar 26 W 12:45 - 1:30pm \$50

Soccer Shots Classic: Ages 3-5

DUPAGE COUNTY'S PREMIER YOUTH SOCCER PROGRAM! OFFERED HERE FOR AGES 3-5. Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, communication and curriculum. Our coaches are the best-trained in the business. Our expert-approved curriculum is age-appropriate and aligns with childhood education standards. In addition we provide an exceptional customer experience and ongoing communication with parents. *No Class 11/26

Ages: 3 - 5

12615 Jan 7 - Mar 11 Tu 1
2:45 - 1:30pm \$183

12618 Jan 7 - Mar 11 Tu
5:05 - 5:40pm \$183

12619 Jan 7 - Mar 11 Tu
5:45 - 6:20pm \$183

12616 Apr 8 - May 20 Tu
12:45 - 1:30pm \$130

12621 Apr 8 - May 20 Tu
5:05 - 5:40pm \$130

12622 Apr 8 - May 20 Tu
5:45 - 6:20pm \$130

Soccer Shots Mini Ages 2-3

Ages: 2 - 3

12617 Jan 7 - Mar 11 Tu
4:30 - 5:00pm \$183

12620 Apr 8 - May 20 Tu
4:30 - 5:00pm \$183

Synergy Soccer Winter Clinic K-2

Synergy will be hosting a winter clinic that will improve skills for all levels of players training. The clinic is open to boys and girls that have an interest in furthering their soccer ability and love for the game. Participants work on the fundamentals of soccer skills such as, passing, offense, defense, and controlling the ball. Located at Butterfield Elementary School Gym. 2S500 Gray Ave, Lombard.

Ages: 5 - 7

12687 Jan 7 - Feb 4 Tu
4:30 - 5:30pm \$65

12689 Feb 18 - Mar 18 Tu
4:30 - 5:30pm \$65

Synergy Soccer Winter Clinic 3-5

Ages: 8 - 10

12688 Jan 7 - Feb 4 Tu
5:45 - 6:45pm \$65

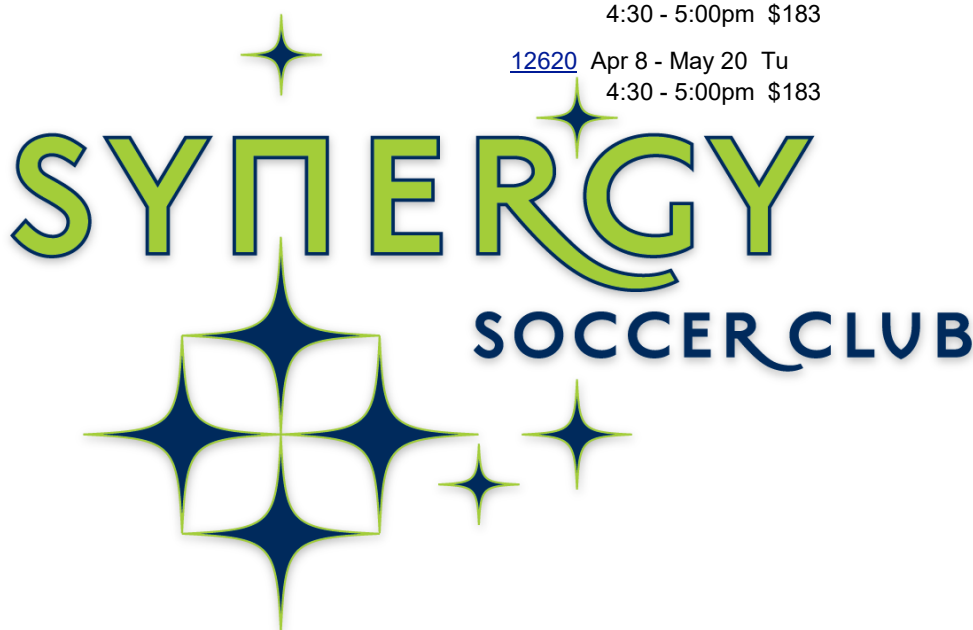
12690 Feb 18 - Mar 18 Tu
5:45 - 6:45pm \$65

Synergy Soccer Club Spring League 12691

Synergy will be hosting a Spring league that will improve skills for all levels of players. The league is open to boys and girls that have an interest in furthering their soccer ability and love for the game. Practices will be held on Tuesdays and Thursdays from 4:30 PM-5:30 PM for 6 weeks, participants will have the option of which practice they would like to attend, you may also attend both(Encouraged). Games will be on Sundays from 1:00 pm-2:30 pm for 5 weeks. Teams are newly formed each week according to age. If inclement weather call Rainout Line (630) 998-7499 ext. 4. If canceled makeup date will be added to end of session. *No Games 4/20 Final Games played on Sunday May 18. Location: Hoffman Park

Ages: 5 - 11

Apr 8 - May 18 Tu Th 4:30 - 5:30pm
Su 1:00 - 2:30pm \$120



WINTER '24 SPRING '25

Synergy Soccer Club Spring League 12691

Synergy will be hosting a Spring league that will improve skills for all levels of players. The league is open to boys and girls that have an interest in furthering their soccer ability and love for the game. Practices will be held on Tuesdays and Thursdays from 4:30 Pm-5:30 Pm for 6 weeks, participants will have the option of which practice they would like to attend, you may also attend both (Encouraged). Games will be on Sundays from 1:00 pm-2:30 pm for 5 weeks. Teams are newly formed each week according to age. If inclement weather call Rainout Line (630) 998-7499 ext. 4. If canceled makeup date will be added to end of session. *No Games 4/20 Final Games played on Sunday May 18. Location: Hoffman Park

Ages: 5 - 11

Apr 8 - May 18 Tu Th 4:30 - 5:30pm
Su 1:00 - 2:30pm
\$120

K-5 Dodgeball Games

This fast-paced class will get your child moving and dodging like never before. During the class we will teach the participants the rules of the game and strategies needed to be the ultimate dodgeball player. Come out and learn how to dodge, dip, duck and dive. *No Class November 28. Location: Butterfield School Gym

Ages: 5 - 11

12639 Jan 9 - Feb 13 Th
4:15 - 5:15pm \$40

12644 Apr 10 - May 15 Th
4:15 - 5:15pm \$40

K-5 Court Sports 12631

This program is focused on game play. Sports will include basketball, floor hockey and more! Each class will include skill development, games and competitions. This fast-paced class will have your child active and engaged. Teamwork and communication skills will be emphasized. Location: Butterfield School Gym

Grades: K - 5

Jan 8 - Feb 12 W 4:15 - 5:15pm \$40

K-5 Floor Hockey Games 12634

Floor Hockey is the complete hockey experience minus the ice! First week will teach the basics: passing, shooting, puck control, positions, and different offensive and defensive strategies, along with teamwork. Each week following participants will have a short warm-up followed by a full game. Our staff will help kids learn the basics of hockey in a competitive yet fun environment! Location: Butterfield School Gym

Ages: 5 - 11

Feb 19 - Mar 26 W 4:15 - 5:15pm \$40

K-5 Kickball 12641

Join us as we play some classic Kickball games! Learn each position and work on different techniques on fielding and kicking! Located at The Butterfield Park District back meadow next to the tennis courts.

Ages: 5 - 11

Apr 8 - May 13 Tu 4:15 - 5:15pm \$40

K-5 Sports Adventures 12640

Try new sports in this exciting class! Participants will play a new sport each week. Sports include soccer, hockey, basketball, football, and more. This class will enhance teamwork and communication skills. Location: Butterfield School Gym

Grades: K - 5

Apr 9 - May 14 W 4:15 - 5:15pm \$40

3-5 Basketball Games 12642

Participants will get the opportunity to play the game of basketball for the entire class. Basic basketball skills such as passing, shooting and dribbling will be learned. Participants will also learn offensive and defensive strategies, as well as the roles of each position on a basketball team. Teamwork and communication will be emphasized in this fast-paced class. *No Class November 27. Location: Butterfield School Gym

Ages: 8 - 11

Feb 20 - Mar 27 Th 4:15 - 5:15pm \$40

Dodgeball Night

If you like dodgeball, and pizza then you will love this hour and a half block of non stop dodgeball games and delicious pizza. Join us on a Friday night as we play multiple types of dodgeball games including jailbreak, medic, a classic game, and so many more.

Ages: 5 - 11

12483 Nov 22 F 6:30 - 8:00pm \$20

12610 Jan 17 F 6:30 - 8:00pm \$20

12611 Feb 21 F 6:30 - 8:00pm \$20

12612 Mar 21 F 6:30 - 8:00pm \$20

12613 Apr 25 F 6:30 - 8:00pm \$20

12614 May 16 F 6:30 - 8:00pm \$20

Karate

Learn the art of self-defense through drills in kicking, punching, and blocking in this martial art called Shotokan Karate. The course will help develop flexibility, self-discipline, stamina, concentration, and courage. Classes are taught by Master Espiritu, who is a 9 degree black belt, three-time All-Philippines National Champion, and Illinois Forms Champion. Feel free to observe or try a class for free!

Ages: 5+

12604 Dec 5 - Dec 28 Th F 5:00 - 6:30pm

Sa 1:00 4:00pm \$80

12605 Jan 2 - Jan 31 Th F 5:00 - 6:30pm

Sa 1:00 - 4:00pm \$80

12606 Feb 1 - Feb 28 Th F 5:00pm - 6:30pm

Sa 1:00 - 4:00pm \$80

12607 Mar 1 - Mar 29 Th F 5:00pm - 6:30pm

Sa 1:00 - 4:00pm \$80

12608 Apr 3 - Apr 26 Th F 5:00pm - 6:30pm

Sa 1:00 - 4:00pm \$80

12609 May 1 - May 31 Th F 5:00pm - 6:30pm

Sa 1:00 - 4:00pm \$80



WINTER '24 SPRING '25

Tennis - Red Ball (5-7) 12682

Red Class is an introduction to the basic strokes of tennis and emphasizes having fun and continuing athletic development. Red classes are for children ages 5-7. Classes are played with an oversized, lower compression red ball with a lower bounce that is easier to hit. A 19-23 inch racquet is recommended. Taught by HealthTrack Tennis Pros! *No Class 4/19
Ages: 5 - 7

Apr 12 - May 24 Sa
9:00 - 10:00am \$180

Tennis - Orange Ball (8-10) 12683

Orange Classes are designed to teach students the strokes and strategies of tennis on a modified court. Classes are for children ages 8-10 and are played with an orange ball that is 50% slower than regular tennis balls. These tennis balls bounce lower and are easier to hit, allowing kids to learn faster and have more fun! A 23-25 inch racquet is recommended. Taught by HealthTrack Tennis Pros! *No Class 4/19
Ages: 8 - 10

Apr 12 - May 24 Sa
9:00 - 10:30am \$180

Tennis - Green Ball (9-12) 12684

Green Class is a class designed to teach students the strokes and strategies of tennis. Green Classes are for those ages 9-12 and are played with a green-dot ball that is about 25% slower than regular tennis balls. These tennis balls are more forgiving which allow continued development of technique, movement, and strategy. A 26-inch racquet is recommended. Taught by HealthTrack Tennis Pros! *No Class 4/19
Ages: 9 - 12

Apr 12 - May 24 Sa
10:30am - 12:00pm \$180

**Tennis - Teen Beginner (12-18) 12685**

Teen Beginner is an introductory tennis class. This class equips players with the fundamentals of tennis, and is designed to prepare them for entry into high school teams. *No Class 4/19
Ages: 12 - 18

Apr 12 - May 24 Sa
10:30am - 12:00pm \$180

Adult Recreational Tennis 12686

This tennis program consists of drills and instruction on Monday evening plus open game play. Taught by HealthTrack Tennis Pros!
Ages: 16+

Apr 7 - May 12 M
6:00 - 7:30pm \$150

Pickleball Johnny Learn to Play

This 2-hr clinic is for anyone that wants to learn to play pickleball. We cover all the strokes, how to score, basic court positioning, and you'll play a game to practice what you learned. Our goal is to have you leave the clinic feeling comfortable enough to play recreational pickleball games with family, friends, or at open play. Paddles and balls will be provided. Please bring a water bottle and tennis shoes.

Ages: 18+

12695 Jan 5 Su
10:00am - 12:00pm \$60

12696 Jan 12 Su
10:00am - 12:00pm \$60

12697 Jan 19 Su
10:00am - 12:00pm \$60

12698 Jan 26 Su
10:00am - 12:00pm \$60

12699 Feb 2 Su
10:00am - 12:00pm \$60

12700 Feb 9 Su
10:00am - 12:00pm \$60

12701 Feb 16 Su
10:00am - 12:00pm \$60

12702 Feb 23 Su
10:00am - 12:00pm \$60

Pickleball Johnny Learn to Play 2 12703

This class is designed for those who have already completed our learn to play beginner class or have been taught the basic pickleball shots. We will focus on reviewing all the shots so that you can continue to develop consistency in executing the serve, return of serve, dinking, drop shots, and volleys. This clinic is all about shot development.

Mar 2 - Mar 23 Su
10:00 - 11:30am \$200

Pickleball Johnny Skills & Drills

Work on your game by improving your stroke technique. Each week, we'll focus on a different shot to help you get the correct technique, build muscle memory, and develop consistency. These drills are for all skill levels.

Ages: 18+

12692 Jan 5 - Jan 26 Su
9:00 - 10:00am \$80

12693 Feb 2 - Feb 23 Su
9:00 - 10:00am \$80

12694 Mar 2 - Mar 23 Su
9:00 - 10:00am \$80

