



JULY

CALENDAR OF EVENTS

FITNESS DEMOS—CRYSTAL LAKE

SMALL GROUP EXERCISES

Personal trainer Lisa Awrey will demonstrate how to choose and set up exercises for small groups. All ages and abilities are welcome.

Mon., July 9 • 5pm
Thurs., July 12 • 4:30pm
Tues., July 17 • 3:30pm

Wed., July 18 • 5:30pm
Thurs., July 26 • 4:30pm

PLANK VARIATIONS

Join personal trainer Denise Miklasz to learn about different variations of the plank to include in your workouts.

Mon., July 2 • 7am
Mon., July 2 • 5pm
Tues., July 3 • 8:30am
Thurs., July 5 • 7pm

Sun., July 8 • 9:30am
Mon., July 16 • 5pm
Tues., July 24 • 8:30am

FITNESS DEMOS—HUNTLEY

WORKOUT PROGRAM DESIGN

Are you getting the most out of your workouts? Personal trainer Josh Fick will show you how to create your own goal based program.

Sun., July 1 • 11:30am
Mon., July 2 • 9am
Mon., July 9 • 9am
Wed., July 11 • 4pm

Sun., July 15 • 11:30am
Tues., July 17 • 10am
Wed., July 18 • 4pm

GROUP FITNESS

AQUA JAM

Join our aqua group fitness instructors for a team-taught, patriotic-themed class at the outdoor pool, followed by light refreshments.

Sat., July 7 • 8-9am • Crystal Lake and Huntley

FRIDAY NIGHT DANCE PARTY

In observation of National Dance Day, we're having a dance party! Bring your friends, energy and dance moves to the studio. You will dance around the world with elements of Zumba, SH'BAM, WERQ and even freestyle. Light refreshments will be served afterwards.

Fri., July 27 • 6:30-8pm • Huntley

AQUATICS

FINTASTIC TAILS: A MERMAID CLASS

Class is held on Fridays at Crystal Lake only.

Session 1: July 6-Aug. 10 • Session 2: Aug. 17-Sept. 21
Member \$120 • Non-Member \$140

4-5pm • Ages 6-7
5-6pm • Ages 8-9
6-7pm • Ages 9-13

SUMMER SWIM INTENSIVES

Mon.-Thur. • 9am-Noon • Crystal Lake and Huntley
Intensive C: July 9-19 • Intensive D: July 23-August 2

HAMMERHEADS SWIM MEET

Sat., July 21 • Huntley only

CHILDREN'S SWIM LESSONS (SESSION 5)

Registration begins Mon., July 23.

Crystal Lake: August 6-September 24

Huntley: August 6-October 8

Mon.-Thur. • 4-7:30pm
Sat. • 9am-Noon

TENNIS—HUNTLEY

TENNIS, SWIM & ALL SPORT CAMPS • AGES 5-11

Full- or Half-Day • Monday-Friday

Full Day 9am-4:30pm • Half Day 9am-12:30pm or 1-4:30pm

July 2-6* • July 9-13 • July 16-20 • July 23-27 • July 30-Aug.3

(*No camp Wednesday, July 4)

ALL TENNIS CAMP • AGES 8-12

Mon., Wed., Fri. • 11am-1pm

July 9, 11, 13 • July 23, 25, 27

ORANGE BALL USTA 10U TOURNAMENT

Sat., July 28 • 1:30pm

GREEN BALL USTA 10U TOURNAMENT

Sat., July 28 • 3:30pm

PEE WEE TENNIS CAMP • AGES 5-7

Wed., July 18-August 8 • 10-11am

PARENT OR GRANDPARENT/CHILD TOURNAMENT

Fri., July 20 • 6pm

SINGLE-DAY SHOWDOWN USTA 14U TOURNAMENT

Sat., July 21 • 1:30pm



KIDZONE JULY CALENDAR OF EVENTS

KIDS' SUMMER CAMPS

Our fun-filled summer camps are in full swing! With full- and half-day options, children will participate in themed activities, crafts, swimming in our outdoor pool, field trips and more. Each week is different, so you can plan your adventures at KidZone accordingly. Flexible weekly plans are available for busy families. (Ages 4-13)

Weekly, July 2-August 17 • 8am-4:30pm • Huntley
 One-time registration fee: \$40
Includes a camp T-shirt, field trip fees, transportation and a daily snack.

RATES	MEMBER	NON-MEMBER
Full Day weekly	\$220	\$260
Full Day 3-day	\$165	\$185
Full Day drop-in	\$60	\$75
Half Day weekly	\$175	\$200
Extended Time	\$5/30 minutes per family	

GYMNASTICS FIELD TRIP

Join us for a fun day of gymnastics and swimming in the outdoor pool. Bring a sack lunch and water bottle. (Ages 4-11)

Friday, July 13 & July 27 • 9:30am-2:30pm • Crystal Lake
 Member: \$35 | Non-Member: \$45

KIDS' NIGHT OUT

Children will work on a craft, eat a pizza dinner and watch a movie. Popcorn is included. Children 4-11 wishing to swim should arrive wearing a swimsuit and bring pajamas to change into afterward. (Ages 1-11)

Friday, July 13 • 4:30-9:30pm • Huntley
 Friday, July 20 • 4:30-9:30pm • Crystal Lake
 Member: \$25 | Non-Member: \$38

PRESCHOOL ADVENTURE CAMP

Designed for our littlest campers, this three-day camp has a new theme each day. Kids will enjoy time outside, work on crafts and have snacks. Camp ends with a day of swimming and snow cones. (Ages 3-6; must be potty trained)

Tuesday-Thursday • July 17-19 • 9am-Noon • Huntley
 Member: \$55 | Non-Member: \$65

OUTDOOR FUN

It's an afternoon that can't be beat, including outside games, planned athletic activities, snack time and swimming at the outdoor pool. Bring a water bottle. (Ages 4-11)

Wednesday, July 18 • 12:30-3pm • Crystal Lake
 Member: \$15 | Non-Member: \$22

SLIP 'N SLIDE® & SCAVENGER HUNT

Enjoy outside fun on Slip 'N Slides®, have a pizza lunch and go on a scavenger hunt. (Ages 4-11)

Tuesday, July 31 • 11:30am-2:30pm • Crystal Lake
 Member: \$22 | Non-Member: \$32