



Westlake Recreation Center

FALL 2011

Youth Classes/Clinics

**Dennis Clough,
Mayor
Michael Rump,
Director**

Demon Shooting/Skills Clinic (Grades 3-8)

Get ready for basketball season with Westlake High School Varsity Boy's coach Shawn Hood. Develop your shot and game skills with this fundamentally taught clinic. We will meet for 4 Saturdays to improve all areas of your game. Come and be a part of this exciting new program.

10/1-10/22 Saturdays
Grades 3-5 1:00pm
Grades 5-8 2:00pm

\$40 Members/\$45 Residents
\$50 Non Residents

For Information on any programs please go to our website:

www.wlrec.org

or

call us at:

440-808-5700 x 3426

Punt, Pass and Kick (ages 6-15)

The NFL Punt, Pass and Kick program will create a lively forum to compete in punting, passing and place-kicking skills. Contestants must come with a parent/guardian, complete a waiver form and show a valid birth certificate. Contest is free and all contestants must be at the field by 10:00am. Only tennis shoes may be worn, footballs are provided.

9/10/11 Sat 10:30am
FREE

Pass and Catch (ages 4-6)

Jumpstart kids to the sport of football. Boys and girls can learn how to hold, run, kick, pass and catch a football. Fun environment using soft footballs on a smaller field. Fee includes football, jersey and certificate of completion. Indicate shirt size at time of registration. Space is limited so register today.

9/10-10/8 Sat 9-10am
\$45 Resident/\$55 Non Res

Coed Youth Flag Football

(grades 1 & 2)
This coed non-contact league allows children to learn the game in a fun nature. Practice will be held on a weekday night with games on Saturdays. Fee includes jerseys and wristbands with supplies provided by the Westlake Recreation Dept.

Register by Sept. 2nd
Practices begin week of 9/5
Volunteer coaches needed

9/17-10/15 Sat 10-1pm
\$50 Resident/\$60 Non Res

Junior Spikers Volleyball (Grades K-2)

This instructional program is designed for children who want to learn the sport of volleyball. Players will learn bumping, setting and serving skills in a fun, relaxed environment.

9/22-10/20 Thursdays 4:00-4:45pm
\$25 Member/\$30 Resident/\$35 Non Resident

Hoopin it Up (Grades K-6)

Get ready for your basketball season. These preseason workouts will help you develop the skills to take your game to the next level. Ball handling, passing, shooting, footwork and defense will be the primary skills taught by coaches Jeff and Brianne Huber. Each player will be given drills to work on at the conclusion so that their improvements can continue.

10/2-10/30 Sundays
Grades K-3 12-12:45pm
Grades 4-6 12:45-1:30pm
\$95 Member/\$100 Res/\$105 Non Res

Lady Demons Shooting Clinic (Girls/Grades 3-8)

Need help with your shot? Improve your form and accuracy at this great clinic taught by Westlake High School Varsity Girls coaches Chip Weiss. Proper shooting form will be emphasized with techniques that will help improve your shot.

10/3-10/24 Mondays
Grades 3-5 6-7pm
Grades 6-8 7-8pm

\$40 Members/\$45 Res/\$50 Non Res

Junior Demons Skills Camp

(Grades K-2)/(Boys & Girls)

Westlake High School Varsity Boy's coach Shawn Hood want to teach your K-2 grader the mechanics of being a great basketball player. Children will learn to dribble, pass and shoot properly. Coach Hood's years of experience will make this an enjoyable and rewarding session for all involved.

10/22/11 *Saturday* 12-1pm

\$10Members/\$15Residents/\$20Non Residents

SKYHAWKS SPORTS ACADEMY

The Westlake Recreation Center is pleased to announce it's partnership with Skyhawks Sports Academy to offer several new sports programs for kids. SSA's philosophy is to teach the essentials of that sport in a safe, structured environment with lots of encouragement and a big focus on fun. The introductory ability level is a great opportunity to set the tone for a lifetime of athletic enjoyment. The primary focus is to begin to learn the basics by developing skills while continuing to refine their dexterity, balance and coordination. No prior experience is necessary.

Basketball and Soccer

(ages 5-6)

Our games and activities were designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace. Skyhawks staff is trained to handle the specific needs of young athletes.

9/12-9/28 *M/W* 4:45-5:30pm

10/3-10/19 *M/W* 4:45-5:30pm

\$55Member/\$65Resident

Multi-Sports Program

(ages 3-4)

Children will learn balance, body movement, hand/eye coordination and skill development through a series of sport-specific games tailored to their attention spans with our trained staff.

9/12-9/28 *M/W* 3:45-4:30pm

10/3-10/19 *M/W* 3:45-4:30pm

\$55Member/\$65Resident

Cheerleading

(Grades 1-2)

Campers will learn cheer, proper hand and body movements as well as jumping techniques. There is no stunting, just a big focus on fun while each cheerleader learns important life skills such as teambuilding and leadership.

The cheerleaders will also cheer at the Saturday morning

Flag Football games!

9/8-10/15 *TH 5-6pm & SAT 10-11am*

\$90Members/\$100Residents (includes shirt & poms)

Volleyball

(Grades 3-6)

This co-ed program is designed for the beginner and intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship in addition to all aspects of the game through drills and exercises that focus on passing, setting, hitting and serving.

9/13-10/18 *Tuesday's*

Grade 3/4 4:30-5:30pm Grade 5/6 5:45-6:45pm

\$70Member/\$80Resident

Fit N Fun After School Camp

(Grades 5-6)

Enroll in our NEW after school camp, taught by our trained staff where the emphasis will be on nutrition, fitness, D.E.N. training, sports, swimming and flexibility. Classes will meet weekdays except on no school days. If you attend Parkside Middle School transportation from school to the Rec Center will be provided.

For more info contact Anne Mitchell at 440-808-5700 x 3475.

9/29/-10/21 *M-F (No class 9/5,10/21)* 3:30-6:00pm \$342 per child

10/24-12/16 *M-F (No class 11/8,11/23-11/25)* 3:30-6:00pm \$324 per child