

A Tamarak/Lincolnshire Club Program



Thursdays

Fit Kids Tennis/Go! Kids Sports

For Afternoon Tamarak Students

(With Tamarak's Transportation, Lunch and Playtime)

Dear Parents,

The Lincolnshire Club and Tamarak, will be offering children **Fit Kids/Tennis** first semester and **Go! Kids Sports** second semester! These programs will take place down the road from Tamarak at The Lincolnshire Club, 96 Elm Road, Lincolnshire (847-913-2000.) Tamarak will also offer an optional transportation to Tamarak and a Stay and Play until the afternoon school day begins.

How It Works?

- *10:15 AM-Parents drop children at The Lincolnshire Club for the program.
- *11:45 AM-Tamarak Teacher Mary Batsford picks up the children in a Tamarak van, brings them back to Tamarak and supervises them during Stay and Play until their afternoon school day begins.

Attached is further information describing each program and registration forms. Please feel free to contact Mary if you have any questions:

Mary Batsford
847-634-3168 or msbatsford@aol.com

Thank You!



FIT Kids/Tennis Program and Go! Kids Sports

96 Elm Road, Lincolnshire IL
(847) 913-2000

Our Mission

To provide a safe and fun environment where kids can learn to play tennis, exercise, build relationships, gain nutritional information, and learn wellness strategies to live an overall healthy lifestyle.

FIT Kids (1st semester)

FIT Kids provides fitness training, nutritional information and FUN age-appropriate workouts and activities that are designed to increase self-esteem, strength, flexibility and wellness knowledge. The workouts are based around age appropriate skill sets and instructed by The Lincolnshire Clubs fitness specialists.

Kids will enjoy activities such as functional training, agility training, fitness challenges and flexibility training including Yoga and Pilates.

Tennis for Tots

The Tennis for Tots program focuses on learning tennis skills, introducing the rules of tennis and improving social/group interaction. Using oversized foam tennis balls to teach basic hand-eye coordination, stroke development for forehand and ground strokes. Classes are taught by certified Lincolnshire Club tennis professionals.

All class participants will be required to wear athletic/gym shoes (no crocs, boots or other non athletic shoes). Dress should be appropriate for gym activities.

Go! Kids Sports (2nd Semester)

GO! Kids Sports program will include soccer, tennis, and kickball. Students will learn the basic fundamentals and rules for each sport. Also, our fitness specialists will introduce students to fitness/exercise routines to compliment each sport (such as proper warm-up, stretching and footwork skills). All equipment for each sport program will be provided by The Lincolnshire Club.

Daily Program Summary:

***Students Arrive**

Tamarak will offer transportation to The Lincolnshire Club for all age participants (there will be an extra fee for transportation).

***FIT Kids class**

This class will run 40 minutes in our Group Exercise Studio. Kids will receive a daily class theme handout, lead through a FUN age appropriate workout, and be given a family homework assignment.

***Snack Time**

Students will have a 10 minute snack break.

***Tennis for Tots or Go! Kids Sports**

This class will run for 40 minutes on a tennis court. Tennis racquets will be provided.

***Students Depart**

Students will be picked up at the club by parents. Parents will be asked to come inside the club to check out the student.

Reservation Form for: _____



Thursdays

Fit Kids/Tennis and Go! Kids Sports

For those families wishing to reserve spots for one or more Fit Kids and Go! Kids Sports sessions for the 2015-16 school year, please check off the sessions below and return with the appropriate payments and forms to Tamarak by September 1st (minimum 6, maximum 12 per session.)

1st Semester Fit Kids/Tennis Sessions:

Session 1-Fit Kids 8 weeks
September 17-November 19
(No class 10/8, 11/5)

_____ \$198 payable to The Lincolnshire Club
_____ \$152 payable to Mary Batsford for supervision,
transportation, food. (If your child brings their own
lunch, the cost is \$120, payable to Mary Batsford.)

Session 2-Fit Kids
December 3-February 4 8 weeks
(No class 12/24, 12/31)

_____ \$198 payable to The Lincolnshire Club
_____ \$152 payable to Mary Batsford for supervision
transportation, food. (If your child brings their own
lunch, the cost is \$120, payable to Mary Batsford.)

2nd Semester Go! Kids Sports Sessions:

Session 1-Go! Kids Sports 7 weeks
February 11-April 7
(No class 3/17, 3/31)

_____ \$173 payable to The Lincolnshire Club
_____ \$133 payable to Mary Batsford for supervision,
transportation, food. (If your child brings their own
lunch, the cost is \$105, payable to Mary Bats)

Session 2-Go! Kids Sports 7 weeks
April 14-May 26

_____ \$173 payable to The Lincolnshire Club
_____ \$133 payable to Mary Batsford for supervision,
transportation, food. (If your child brings their own
lunch, the cost is \$105, payable to Mary Batsford.)

TOTAL Enclosed for The Lincolnshire Club \$ _____
(Please fill out The Lincolnshire Club Registration form attached.)

TOTAL Enclosed for Mary Batsford \$ _____
(Please fill out the Tamarak Lunch/Transportation form attached.)



96 Elm Road, Lincolnshire IL
(847) 913-2000

Thursday FIT Kids/Tennis & Go! Kids Sports Registration Form

Childs Name _____ Date of Birth _____

Address _____ Email _____

City _____ State _____ Zip Code _____

Home Phone _____ Cell/Work Phone _____

Fit Kids/Tennis Sessions, 1st Semester:

Session 1

September 17-November 19 8 weeks _____ \$198 payable to The Lincolnshire Club
(No class 10/8, 11/5)

Session 2

December 3-February 4 8 weeks _____ \$198 payable to The Lincolnshire Club
(No class 12/24, 12/31)

Go! Kids Sports Sessions, 2nd Semester:

Session 1

February 11-April 7 7 weeks _____ \$173 payable to the Lincolnshire Club
(No class 3/17, 3/31)

Session 2

April 14-May 26 7 weeks _____ \$173 payable to the Lincolnshire Club

Method of Payment

..... Check (Payable to Lincolnshire Club) or Credit Card
 Discover ... Visa ... Master card ... American Express
Card #VIN
Exp. date
Signature

Program Waiver and Release

(Please read this form carefully and be aware that in signing up and participating in this program, you will be waiving and releasing claims arising out of this program)

I agree that my child's participation in this program is without assumption of responsibility of any kind by The Lincolnshire Club, their officers, agents and employees. In consideration of the acceptance of my registration, I do hereby release and forever discharge said Association and organizations, their officers, representatives and successors from any and all damages, losses or injuries which I may sustain directly or indirectly in connection with this program from any and all claims of any kind which I may have or hereafter acquire, and all such claims are hereby waived and released and I covenant not to sue therefore.

Participants of lessons, programs, tournaments and special events permit the taking of photos and videos of themselves and their children during activities for publication in brochures, publications, websites, flyers, and related current and future materials. All photos and videos taken are for club use and become its sole property. Participants grant the club all rights and royalties for public and private use and release The Lincolnshire Club of and from any claims, costs, expenses or liability of and from the photos and video hereinbefore described.

Parent Name (Print) _____

Parent Signature _____



Thursday
Fit Kids/Tennis and Go! Kids Sports
Transportation and Lunch
Information

23970 N. Elm Road
Lincolnshire, IL 60069
847-634-3168

This program is open to students enrolled in Tamarak's Afternoon 3's and Pre-K classes. Please return this form and payment, check payable to Mary Batsford, to Tamarak by September 1st.

Please **print** all information. Thank you.

Child's Name _____

Parents' Names _____

Home Phone _____

Email _____

Cell Phone(s) Mom _____ Dad _____