

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	FALL: AUG 12-OCT 22	FALL: OCT 23-JAN 8
MON 4-5PM	\$270	\$300
WED 4-5PM	\$300	\$300
SAT 9-10AM	\$300	\$240
SUN 9-10AM	\$300	\$240
LINCOLNSHIRE	FALL: AUG 12-OCT 22	FALL: OCT 23-JAN 8
TUE 5-6PM	\$300	\$300
THU 5-6PM	\$300	\$270
SAT 10-11AM	\$300	\$240

● 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	FALL: AUG 12-OCT 22	FALL: OCT 23-JAN 8
MON 4-5PM	\$351 / \$378	\$390 / \$420
TUE 4-5PM	\$390 / \$420	\$390 / \$420
WED 4-5PM	\$390 / \$420	\$390 / \$420
SAT 9-10AM	\$390 / \$420	\$312 / \$336
SUN 10-11AM	\$390 / \$420	\$312 / \$336
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
TUE 5-6PM	\$390 / \$420	\$390 / \$420
THU 5-6PM	\$390 / \$420	\$351 / \$378
SAT 10-11AM	\$390 / \$420	\$312 / \$336
SUN 10AM-11Am	\$390 / \$420	\$312 / \$336

● 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	FALL: AUG 12-OCT 22	FALL: OCT 23-JAN 8
MON 4-5PM	\$351 / \$378	\$390 / \$420
WED 4-5PM	\$390 / \$420	\$390 / \$420
SAT 10-11AM	\$390 / \$420	\$312 / \$336
SUN 11AM-12PM	\$390 / \$420	\$312 / \$336
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
MON 5-6PM	\$351 / \$378	\$390 / \$420
WED 5-6PM	\$390 / \$420	\$390 / \$420
FRI 5-6PM	\$390 / \$420	\$351 / \$378
SAT 11AM-12PM	\$390 / \$420	\$312 / \$336
SUN 11AM-12PM	\$390 / \$420	\$312 / \$336

● 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	FALL: AUG 12-OCT 22	FALL: OCT 23-JAN 8
FRI 4:30-6PM	\$585 / \$630	\$526.50 / \$567
SAT 9-10:30AM	\$585 / \$630	\$468 / \$504
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
TUE 4:30-6PM	\$585 / \$630	\$585 / \$630
THU 4:30-6PM	\$585 / \$630	\$526.50 / \$567
SAT 9AM-10:30AM	\$585 / \$630	\$468 / \$504

FALL SESSION 1

AUG 12 - OCT 22

NO CLASS SEP 2-4

FALL SESSION 2

OCT 23 - JAN 8

NO CLASS NOV 23-26, DEC 24-JAN 1

A 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	FALL: AUG 12-OCT 22	FALL: OCT 23-JAN 8
FRI 4:30-6PM	\$585 / \$630	\$526.50 / \$567
SUN 11AM-12:30PM	\$585 / \$630	\$468 / \$504

LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
MON 4:30-6PM	\$526.50 / \$567	\$585 / \$630
WED 4:30-6PM	\$585 / \$630	\$585 / \$630
FRI 4:30-6PM	\$585 / \$630	\$526.50 / \$567
SAT 10:30AM-12PM	\$585 / \$630	\$468 / \$504

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	FALL: AUG 12-OCT 22	FALL: OCT 23-JAN 8
TUE 4-5PM	\$390 / \$420	\$390 / \$420
THU 4-5PM	\$390 / \$420	\$342 / \$369
SAT 11AM-12PM	\$390 / \$420	\$312 / \$336
SUN 12-1PM	\$390 / \$420	\$312 / \$336
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
MON 5-6PM	\$351 / \$378	\$390 / \$420
WED 5-6PM	\$390 / \$420	\$390 / \$420
FRI 5-6PM	\$390 / \$420	\$351 / \$378
SAT 11AM-12PM	\$390 / \$420	\$312 / \$336
SUN 11AM-12PM	\$390 / \$420	\$312 / \$336

JR HIGH SCHOOL PLUS (Lincolnshire only)

This program strengthens basic skills needed for district level competition with emphasis on high school team tennis.

LINCOLNSHIRE	FALL: AUG 12-OCT 22	FALL: OCT 23-JAN 8
TUE 6-7PM	\$390/\$420	\$390/\$420
SAT 12-1PM	\$390/\$420	\$312/\$336

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	FALL: AUG 12-OCT 22	FALL: OCT 23-JAN 8
TUE 4-5PM	\$390	\$390
THU 4-5PM	\$390	\$351
SAT 10:30AM-12PM	\$585	\$468
SUN 12:30-2PM	\$585	\$468
LINCOLNSHIRE	MEMBER	MEMBER
SAT 2-3:30PM	\$585	\$468

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	FALL: AUG 12-OCT22	FALL: OCT 23-JAN 8
FRI 7-9PM	\$800	\$720
SUN 2-4PM	\$780	\$624
LIBERTYVILLE INVITATION ONLY		
TUE 5-7PM	\$800	\$800
THU 5-7PM	\$800	\$720
LINCOLNSHIRE	MEMBER	MEMBER
FRI 4:30-6PM	\$585	\$526.50
SAT 2-3:30PM	\$585	\$468

FALL SESSION 1

AUG 12 - OCT 22

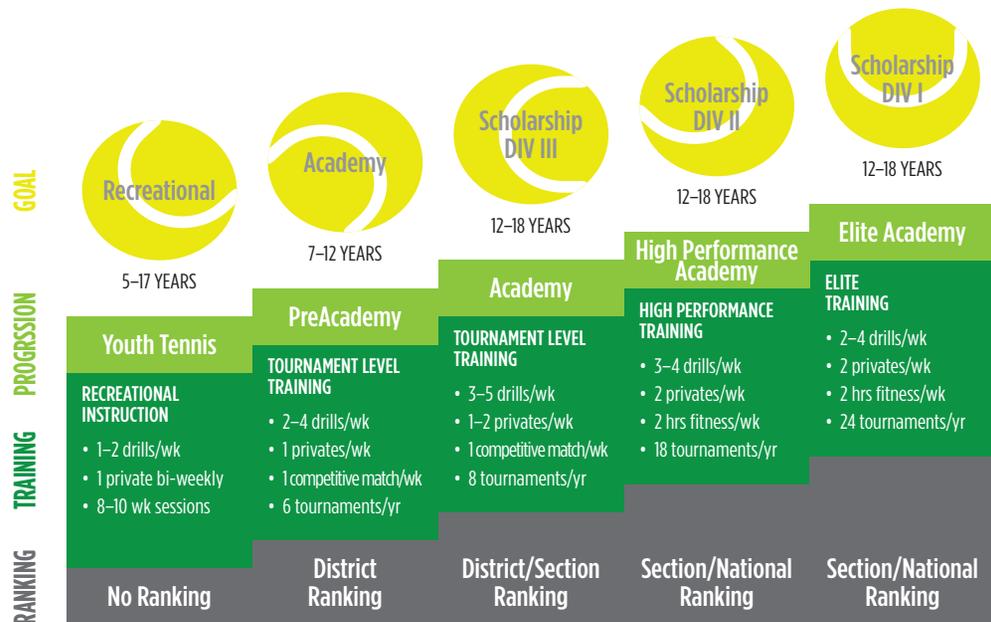
NO CLASS SEP 2-4

FALL SESSION 2

OCT 23 - JAN 8

NO CLASS NOV 23-26, DEC 23-JAN 1

JUNIOR PATHWAY



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 LTA HIGH PERFORMANCE

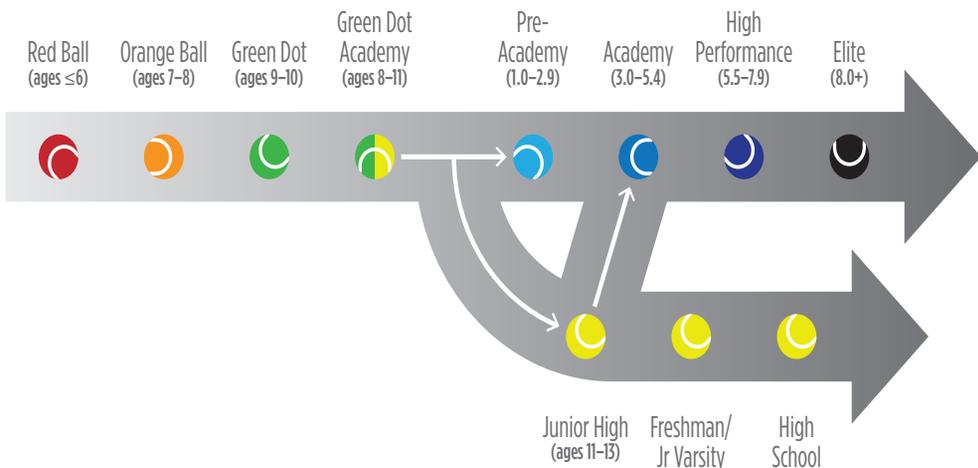
MON	5:00-7:00PM	MON	7:00-9:00PM
TUE	5:00-7:00PM	WED	7:00-9:00PM
WED	5:00-7:00PM		
THU	5:00-7:00PM		
FRI	7:00-9:00PM		
SAT	12:00-2:00PM		

For more information or for an evaluation, contact
LIBERTYVILLE: Gian Remigio
gianr@lifesport.com
 847 362-5553

LINCOLNSHIRE CLUB LTA HIGH PERFORMANCE

MON	6:00-8:00PM	TUE	6:00-8:00PM (by invite)
TUE	6:00-8:00PM	THU	6:00-8:00PM (by invite)
WED	6:00-8:00PM		
THU	6:00-8:00PM		
FRI	6:00-8:00PM		
SAT	12:00-2:00PM		

For more information or for an evaluation, contact
LINCOLNSHIRE: Bartek Jozwiak
bartek@lifesport.com
 847 913-2000



adult tennis

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	AUG12-SEP10	SEP11-OCT8	OCT9-NOV5	NOV6-DEC3	DEC4-JAN7
WED 10:00-11:00AM	\$110/\$140	\$110/\$140	\$110/\$140	\$110/\$140	\$110/\$140
SUN 9-10AM	\$110/\$140	\$110/\$140	\$110/\$140	\$82.50/\$105	\$82.50/\$105
LINCOLNSHIRE	JAUG12-SEP10	SEP11-OCT8	OCT9-NOV5	NOV6-DEC3	DEC4-JAN7
MON 3-4PM	\$82.50/\$105	\$110/\$140	\$110/\$140	\$110/\$140	\$82.50/\$105
THU 8-9PM	\$110/\$140	\$110/\$140	\$110/\$140	\$82.50/\$105	\$110/\$140
THU 11AM-12PM	\$110/\$140	\$110/\$140	\$110/\$140	\$82.50/\$105	\$110/\$140
SAT 9-10AM	\$110/\$140	\$110/\$140	\$110/\$140	\$82.50/\$105	\$110/\$140
SUN 10-11AM	\$110/\$140	\$110/\$140	\$110/\$140	\$82.50/\$105	\$110/\$140

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	AUG 12-SEP 24	SEP 25-NOV 5	NOV 6-DEC 23
MON 8:30-10PM	\$262.50/\$315	\$315/\$378	\$367.50/\$441
TUE 7-8:30PM	\$315/\$378	\$315/\$378	\$367.50/\$441
WED 9-10:30AM	\$315/\$378	\$315/\$378	\$367.50/\$441
WED 7-8:30PM	\$315/\$378	\$315/\$378	\$367.50/\$441
SAT 9-10:30AM	\$315/\$378	\$315/\$378	\$315/\$378
SUN 10-11:30AM	\$315/\$378	\$315/\$378	\$262.50/\$315
LINCOLNSHIRE	AUG12-SEP 24	SEP 25-NOV5	NOV 6-DEC 23
MON 8-9PM	\$175/\$210	\$210 / \$252	\$245/\$294
MON 2:30-4PM	\$262.50/\$315	\$315 / \$378	\$367.50/\$441
TUE 12-1PM	\$210/\$252	\$210 / \$252	\$245/\$294
SUN 8:30-10AM	\$315/\$378	\$315 / \$378	\$262.50/\$315

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	COUPONBOOK(6)
MON 7-9PM	\$57	\$52	\$312
TUE 11AM-1PM	\$57	\$52	\$312
TUE 7-9PM	\$57	\$52	\$312

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	\$45

MEN'S DRILL LIBERTYVILLE

The LifeSport's longest running program for men

MEN'S DRILL 3.5-4.5	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
THU 7-9PM	\$57	\$52	\$312
MEN'S 4.5+	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
MON 7-9PM	\$57	\$52	\$312

COMPETITIVE DRILL (INVITATIONAL)

Weekly drill for the advanced player.

	PER TIME RATE
MON 7-8:30PM	\$45

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	\$41	\$36	\$360

CO-ED INTERMEDIATE DRILL

LINCOLNSHIRE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
TUE 7-9PM	\$57	\$52	\$312

WOMEN'S TEAM DRILLS 3.5+

These teams participate in weekly practices and matches both home and away.

LINCOLNSHIRE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
MON 9:30-11:30AM	\$57	\$52	\$312

FALL SESSION 1

AUG 12 - OCT 22

NO CLASS SEP 2-4

FALL SESSION 2

OCT 23 - JAN 8

NO CLASS NOV 23-26, DEC 23-JAN 1

cita travel team

LifeSport fields men's and women's teams that participate in the Chicago Indoor Tennis Association (CITA). These teams participate in weekly practices and matches both home and away.

WOMEN TRAVEL TEAM DRILLS (Libertyville)

WOMEN'S 4.0	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
MON 11:00AM-1PM	\$57	\$52	\$312
WOMEN'S 3.5/3.0	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
MON 9:00-11:00AM	\$57	\$52	\$312
WOMEN'S 4.5	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
TUE 9-11AM	\$57	\$52	\$312
WED 7-9PM	\$57	\$52	\$312
WOMEN'S MULTI LEVEL	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
SUN 11:30-1:30PM	\$57	\$52	\$312
WOMEN 3.0	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
THU 11AM-1PM	\$57	\$52	\$312

WOMEN SINGLES

LIBERTYVILLE		PER TIME RATE
WOMEN'S 4.0-4.5	THU 9AM-10:30AM	\$45
WOMEN'S 3.0-3.5	THU 10:30AM-12PM	\$45

DOUBLES MATCH (Libertyville/Lincolnshire)

PER PERSON/PER MATCH \$33

SINGLES MATCH (Libertyville/Lincolnshire)

PER PERSON/PER MATCH \$28



PERSONAL TRAINING

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.

For evaluation, contact 847-362-5553 for Libertyville or 847-913-2000 for Lincolnshire.



silver sneakers

These classes are 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. For more details about the classes visit our website at www.lifesportlincolnshire.com or call us at 847 913-2000.



Are you ready?

Join us today to get fit!

The Tribe Team welcomes all ages. Explore the different levels of training that will make you feel good and healthier.

Visit www.lifesport.com or call us at 847 362-5553.

For evaluation or to sign up for fitness classes, contact:

LIBERTYVILLE

Angie Daurer
angi.daurer@lifesport.com
847 362-5553

LINCOLNSHIRE

Liz Balter McNamara
liz@lifesport.com
847 913-2000

**We are one body, one unit, one team -
one TRIBE**

adult tennis programs



GROUP FITNESS

centergym **fight30** **powercore**

Find the community that will inspire you to be your best

for more information visit our website at www.lifesportlibertyville.com or call 847 362-5553

pickleball

PICKLEBALL 123

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

LIBERTYVILLE	AU12-SEP10	SEP11-OCT8	OCT9-NOV5	NOV6-DEC3	DEC4-JAN7
TUE 11AM-12PM	\$100/\$124	\$100/\$124	\$100/\$124	\$100/\$124	\$100/\$124
THU 9-10AM	\$100/\$124	\$100/\$124	\$100/\$124	\$75/\$93	\$100/\$124
LINCOLNSHIRE	AUG12-SEP10	SEP11-OCT8	OCT9-NOV5	NOV6-DEC3	DEC4-JAN7
MON 9:30-10:30AM	\$75/\$93	\$100/\$124	\$100/\$124	\$100/\$124	\$75/\$93
MON 4-5PM	\$75/\$93	\$100/\$124	\$100/\$124	\$100/\$124	\$75/\$93
MON 8-9PM	\$75/\$93	\$100/\$124	\$100/\$124	\$100/\$124	\$75/\$93
TUE 2-3PM	\$100/\$124	\$100/\$124	\$100/\$124	\$100/\$124	\$100/\$124
TUE 6-7PM	\$100/\$124	\$100/\$124	\$100/\$124	\$100/\$124	\$100/\$124
THU 9-10AM	\$100/\$124	\$100/\$124	\$100/\$124	\$75/\$93	\$100/\$124

PICKLEBALL 456

In this class, the players who have completed Pickleball 123 will start enhancing their techniques in groundstrokes, strengths, serves, and volleys within the 6-week session.

LIBERTYVILLE	AUG12-SEP24	SEP25-NOV5	NOV6-DEC23
TUE 1PM-2PM	\$150 / \$186	\$150 / \$186	\$175 / \$217
THUR 10-11AM	\$150 / \$186	\$150 / \$186	\$150 / \$186
LINCOLNSHIRE	AUG12-SEP24	SEP25-NOV5	NOV6-DEC23
MON 10:30-11:30AM	\$125 / \$155	\$150 / \$186	\$175 / \$217
MON 4-5PM	\$125 / \$155	\$150 / \$186	\$175 / \$217
TUE 6-7PM	\$150 / \$186	\$150 / \$186	\$175 / \$217
WED 8-9PM	\$150 / \$186	\$150 / \$186	\$175 / \$217
THUR 10-11AM	\$150 / \$188	\$150 / \$186	\$150 / \$186
THUR 2-3PM	\$150 / \$186	\$150 / \$186	\$150 / \$186

For more information or to book a Pickleball party or event, contact:

Liz Balter McNamara
847 913-2000

PICKLEBALL LEAGUE

The Pickleball league is a competition for all members. It is laidback, but competitive for intermediate or advanced players.

*LIBERTYVILLE/LINCOLNSHIRE PICKLEBALL LEAGUE - Registration will begin Aug & Sep. For more information, call the Libertyville at 847-362-5553 or Lincolnshire at 847-913-2000.

DROP-IN MATCH PLAY

LIBERTYVILLE	
MON 8:30-11AM	\$12.50
WED 8:30-11AM	\$12.50
LINCOLNSHIRE	
FRI 12:30-2PM	\$12.50

* Non-members are welcome and will be required to pay a guest fee.

SESSION MATCH PLAY

LINCOLNSHIRE	AUG12-SEP24	SEP 25-NOV	NOV 6-DEC 23
TUE 8:00-10:00PM	\$75	\$75	\$87.50
THUR 8:00-10:00PM	\$75	\$75	\$75

*Looking for open or permanent pickleball court time? Contact Libertyville (847-362-5553) or Lincolnshire (847-913-2000) for availability and information.



platform tennis

Platform Tennis is an outdoor racquet sport generally played in cool or cold weather. The court is smaller than a tennis court and is surrounded by tightly strung wire fencing that lets players keep the ball in play after the ball hits the court and bounces off the screens. Platform Tennis is a game of finesse, patience, and strategy, but it is an easy sport for all players of all ages and skill levels to learn and enjoy. It can be highly competitive or just plain social and fosters camaraderie and good sportsmanship.

To participate in any of the team drills, players must be members of LifeSport Athletic Club and rostered on a team.

JR PLATFORM

LINCOLNSHIRE	AUG 12-SEP 17	SEP 18-OCT 22	NOV 6-DEC 23
MON 5-6PM	\$137.50 / \$175	\$165 / \$210	\$192.50 / \$245
SAT 9-10Am	\$165 / \$210	\$165 / \$210	\$165 / \$210

PLATFORM 123

LINCOLNSHIRE	AUG 12-SEP 17	SEP 18-OCT 22	NOV 6-DEC 23
MON 6-7PM	\$137.50 / \$175	\$165 / \$210	\$192.50 / \$245
SAT 10-11AM	\$165 / \$210	\$165 / \$210	\$165 / \$210

PLATFORM 456

LINCOLNSHIRE	AUG 12-SEP 17	SEP 18-OCT 22	NOV 6-DEC 23
MON 7-8PM	\$137.50 / \$175	\$165 / \$210	\$192.50 / \$245
SAT 11AM-12PM	\$165 / \$210	\$165 / \$210	\$165 / \$210

*1 HOUR & 1 1/2 HOUR DRILLS (all drills are per time)
(DRILLS ARE AVAILABLE, PLEASE CONTACT 847.913.2000 FOR DAYS & TIMES)

	PER TIME RATE	MEM	NON MEM
1 HOUR DRILL		\$30	\$40
1 1/2 HOUR DRILL		\$45	\$55

FENCING

Challenge your mind and body with this quick-thinking sport for all ages



Visit our website www.lifesportlibertyville.com to find out more about the Fencing class or call the club at 847-362-5553 today.



For more information about the Platform, contact LifeSport Lincolnshire at: 847 913-2000 or reach out to Ben Ashford at bashford@lifesport.com

LIFESPORT—Libertyville

Located near downtown Libertyville, LifeSport-Libertyville has six indoor tennis courts, four outdoor tennis courts, six indoor pickleball courts, a fully stocked pro shop, a state-of-the-art fitness facility with group exercise classes, a Pilates Reformer studio and Hydro massage. 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 6AM-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, Platform Tennis courts, indoor Pickleball 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 7AM-10PM
TUE-THU 7AM-11PM
FRI 7AM-9PM



2023 FALL PROGRAMS