



Highwood Rec Center **Program Contacts**

Fitness Programs:

-Zumba with Mercedes: Please contact at 847-571-0466 for days and times. Sunday and Wednesday classes available

-Powercore Pilates: Please contact Dave Sternshein @ Dave.cycle.pilates@gmail.com

Saturday morning classes available

Youth Baseball & Basketball:

-Finish Strong Athletics: Go to <http://teamfsa.com/> for league, travel, camp and private lesson information.

-Highwood Small Fry: Go to www.highwoodsmallfry.org or call 847-604-4355 for travel league information.

Martial Arts:

Brasa Jiu Jitsu of Highwood: Please contact Aditya at 630-335-3855 for more information.

Youth Soccer

-Little Legends: For ages 3-8. Go to www.ilsoccer.com or call 847-530-5386 to register. Contact Tony Youhanna with questions.

-Soccer Shots. Children 2-8 years old. Contact Erik Rozentals at 847-527-7401 Register at: <https://www.soccershots.org>

Creative Arts:

The Performer's School: All ages. For class schedules and descriptions visit www.theperformersschool.com

Private Events:

The Highwood Rec Center is available for private party rental throughout the year! Contact our office at 847-432-6633 for pricing and availability.



432 Green Bay Road Highwood, IL 60040 (847) 432-6633
