



SOFTBALL PITCHING 101

GIRLS 3-8TH GRADE

FASTPITCH

The Skokie Park District is offering pitching lessons for youth girls who want to learn basic pitching skills. This introductory class will emphasize proper grip, wrist flip, footwork, the windmill motion, release and follow through.

The instruction will be provided by a Niles North Varsity Softball Coach.

Details

- Dates: Wednesdays
January 11th – February 22nd (7 classes total)
- Time: 5:30 p.m.-6:30 p.m.
- Location: Weber Center Gymnasium
- Cost: \$40 resident, \$50 non-resident
- Registration Code: 450545-01
- Class size: Minimum 4

Parents! You are encouraged to attend and catch for your daughter.

Please register on-line at www.skokieparks.org or in person at the Weber Center, 9300 Weber Park Pl., Skokie, IL 60077. Please direct questions to Coach Karin Wick at 847-626-2950 or John Frake, D219 Youth Softball Development Coordinator at 847-254-7104.

