

To: Lyons Township High School Students and Staff

From: John Grundke

Re: Intramural Program Schedule for 2009-2010

The following schedule is our attempt to provide each LT student with the current listing of Intramural offerings for the school year. Please take advantage of these opportunities. Intramurals is not a formal sport or activity, there are no practices and you may come and go as you wish. All activities are CO-ED, so come out and enjoy yourself and meet new friends. If you have any questions about any of the Intramural activities, please see Mr. Grundke, Mr. Stickels or Ms. Pyritz, or the sponsor listed below.

<u>FALL</u>					
ACTIVITY	DAY (s)	DATES	TIME	LOCATION	SPONSOR
Archery/Ping Pong	M T Th	09/02 to 10/30	3:15 to 4:25	Corral	Semaan
Badminton	Thursdays	09/25 to 02/19	6:30 to 8:00	SC Gym 3-4	Meyer
Basketball	M T W Th F	09/02 to 10/31	3:15 to 4:25	NC Upper Gyms	Stamas
Floor Hockey	Thursday	09/25 to 12/11	6:30 to 8:00	SC Gym 1-2	DePina
Foosball/Pool	M T Th	09/02 to 10/30	3:15 to 4:25	Corral	Corral Staff
Gymnastics	M T W Th	09/02 to 10/30	3:15 to 5:00	SC Gymnastics Gym	Karubas/Sandor
Rock Climbing	M W	09/03 to 10/29	3:15 to 4:25	NC Field House	Conway
Ultimate Frisbee	T Th	09/02 to 10/30	3:15 to 4:25	SC South Fields	Meuer
Weightlifting – AM	M W F	09/02 to 10/31	6:00 to 7:15am	SC Weight Room	Adamovic/Petrik
Weightlifting – PM	M T W Th F	09/02 to 10/31	3:15 to 4:25	NC Weight Room	Johnson
Weightlifting – PM	M T W Th F	09/02 to 10/31	3:15 to 4:25	SC Weight Room	Falli
<u>WINTER</u>					
ACTIVITY	DAY (s)	DATES	TIME	LOCATION	SPONSOR
Badminton	Thursday	09/25 to 02/19	6:30 to 8:00	SC Gym 3-4	Meyer
Basketball	Monday	11/03 to 01/26	6:30 to 8:00	NC Field House	DePina
Archery/Ping Pong	M T Th	11/03 to 03/18	3:15 to 4:25	Corral	Semaan
Floor Hockey	Thursday	09/25 to 12/18	6:30 to 8:00	SC Gym 1-2	DePina
Gymnastics	M T W Th	11/03 to 02/05	3:15 to 5:00	SC Gymnastics Gym	Stamas
Hitting (BB & SB)	M Th	10/27 to 02/19	6:30 to 8:00	SC Upper Gym	Ushela/Cabaj
Foosball/Pool	M T Th	11/03 to 03/19	3:15 to 4:25	Corral	Corral Staff
Lacrosse	M	11/03 to 12/17	3:30 to 5:00	SC Field House	Nuss / Moy
Lacrosse	W	11/05 to 02/18	6:30 to 8:00	SC Field House	Nuss / Moy
Rock Climbing	M W	11/03 to 01/07	3:15 to 4:25	NC Field House	Conway
Soccer (Indoor)	T W Th	11/04 to 02/12	6:15 to 9:30	NC Field House	Labbatto/Newcomb/ Lanspeary
Volleyball	Thursday	01/08 to 03/19	6:30 to 8:00	SC Gyms 1-2	DePina
Weightlifting – AM	M W F	11/03 to 03/20	6:00 to 7:15am	NC Weight Room	Adamovic/Petrik
Weightlifting – PM	M T W Th F	11/03 to 03/20	3:15 to 4:25	SC Weight Room	Weinberg
Weightlifting – PM	M T W Th F	11/03 to 03/20	3:15 to 4:25	NC Weight Room	Derning
<u>SPRING</u>					
ACTIVITY	DAY (s)	DATES	TIME	LOCATION	SPONSOR
3 on 3 Basketball	M T W Th F	03/30 to 05/29	3:15 to 5:15	SC Gym 3-4	Stamas
Archery/Ping Pong	M T Th	03/30 to 05/28	3:15 to 4:25	Corral	Semaan
Foosball/Pool	M T Th	03/30 to 05/28	3:15 to 4:25	Corral	Corral Staff
Weightlifting – AM	M W F	03/30 to 05/29	6:00 to 7:15am	SC Weight Room	Adamovic/Petrik
Weightlifting – PM	M T W Th F	03/30 to 05/29	3:15 to 4:25	SC Weight Room	Weinberg
Weightlifting – PM	M T W Th F	03/30 to 05/29	3:15 to 4:25	NC Weight Room	Powell

