

Adult Sports

Men's Informal Basketball

Informal pickup games with plenty of court time are a great way to work up a sweat and work off those office tensions. Be a part-time gym rat, but register early before the program fills up. Please bring both a white and a dark shirt to each session. The drop-in fee is \$6. **No basketball on December 24 and 31.** (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
310204-01	Sun	Dec 3 - Feb 25	8 - 10 am	\$55/\$69

Location: Prairie School

310204-02	Tue	Dec 5 - Feb 27	7 - 10 pm	\$55/\$69
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Location: Cooper Middle School

Co-Rec Volleyball

For noncompetitive and informal games, our co-rec volleyball is a great way to enjoy this fun sport. Register early for this popular program. **No volleyball on December 25 and January 1.** (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
310213-01	Mon	Dec 4 - Feb 26	7:30 - 9:30 pm	\$55/\$69

Location: Cooper Middle School

Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. It is played with a hard paddle and a wiffle ball on a court, with the same dimensions as a doubles badminton court. The net is similar to a tennis net; however, it is 2 inches lower. Equipment is provided. For more information about Pickleball and its rules, visit usapa.org. **Please note:** You may also just show up and pay a drop in fee of \$5. **No pickleball on December 26, 27, 28, January 2, 3, 4 and February 8.** (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
310209-01	Wed	Dec 6 - Feb 28	6:30 - 9:30 pm	\$55/\$69
310209-02	Thu	Dec 7 - Feb 22	6:30 - 9:30 pm	\$45/\$56

Location: Ivy Hall School

Summer Softball Leagues

Games for the summer softball league are played at Mike Rylko Community Park. These fields are located on McHenry Road (Rt. 83) in between the Golf and Sports Center and the Buffalo Grove Fitness Center. Games will begin in May, and all leagues will play a 10-game season, except for the Wednesday doubleheader league, which plays an 18-game season. All leagues will have league tournament at the end of the season. Captains can print registration packets off of the adult softball website at leaguelineup.com/buffalogrove. Additional information is available on the Park District's website at bgparks.org. (TW)

Registration

Early registration for returning teams, teams with 75% or more residents and corporate teams within Buffalo Grove is January 9 thru February 17.

Open registration for all teams is February 18 thru April 21. Once registration begins, packets will be available at the Alcott Center or online at leaguelineup.com/buffalogrove. Captains must turn in a team roster. **Players that claim residency must show proof of residency to avoid paying the nonresident fee.** All players must fill out an online waiver in order to play.

Fee

All leagues are \$625, except for the Wednesday doubleheader league which is \$1000. A \$200 nonrefundable deposit must be turned in with your registration. Teams must pay \$10 per nonresident (not to exceed \$100). Final payment is due April 21.

Leagues will play on the following days:

Monday	Men's 12" Level B Men's 12" Level C
Tuesday	Co-Rec 14" Men's 12" Level C
Wednesday	Men's 12" Doubleheader League Men's 12" Level B Men's 12" Level C
Thursday	Men's 12" Level A Men's 12" Level B Men's 12" Level C
Friday	Men's 12" 45 and up Men's 12" Level B Men's 12" Level C

Adult Softball Field Supervisors

The Buffalo Grove Park District is looking for field supervisors for the adult summer softball season. Field supervisors are responsible for setting up fields and overseeing the adult softball leagues. Games start in late April and run thru July. High School students and adults are encouraged to apply. Call T.J. Wilkes at 847.850.2199 for more information.

Open Fencing Club

This class is designed for advanced fencers who have been invited by Coach Emara; however, registration is open for all fencers in the Chicago metropolitan area to come and fence under Northwest Chicago Fencing Academy coach's instructions and supervision. The session you register for are the dates you must attend. Registrants will not be able to do make-up classes. **Please note:** You will not be able to participate without tennis shoes; so, please be sure to bring tennis shoes with you to class. (CE)

Age: 15 years and up

Code	Day	Date	Time	R/NR Fee
310220-01	Sat	Jan 6 - Jan 27	2 - 3:30 pm	\$50/\$63
310220-02	Mon	Jan 8 - Jan 29	7:30 - 9 pm	\$50/\$63
310220-03	Sat	Feb 3 - Feb 24	2 - 3:30 pm	\$50/\$63
310220-04	Mon	Feb 5 - Feb 26	7:30 - 9 pm	\$50/\$63
310220-05	Sat	Mar 3 - Mar 24	2 - 3:30 pm	\$50/\$63
310220-06	Mon	Mar 5 - Mar 26	7:30 - 9 pm	\$50/\$63

Instructor: NCFA Staff

Location: Fitness Center

Karate

Release tension and develop total body fitness! In addition to self-defense skills, karate develops flexibility and muscle tone, all while improving core strength. From work to home, the benefits of karate can be felt in all aspects of life. All classes are taught by instructors of the Illinois Shotokan Karate Club, under the direction of John DiPasquale, 4-time National Champion and former U.S. Karate National Coach. Frontier Park is located at 1933 Kennicott in Arlington Heights. (TV)

Age: 15 years and up

Code	Belt	Day	Date	Time	R/NR Fee
310201-01	Green - Purple	Wed	Jan 3 - Mar 21	7:30 - 8:30 pm	\$126/\$158
310201-02	Brown - Black	Wed	Jan 3 - Mar 21	7:30 - 9 pm	\$165/\$206
310201-03	White - Green	Thu	Jan 4 - Mar 22	7:30 - 8:30 pm	\$126/\$158
310201-04	Purple and up	Thu	Jan 4 - Mar 22	8:35 - 10 pm	\$165/\$206

Instructor: ISKC

Location: Frontier Park - Arlington Heights



TEEN FITNESS ORIENTATION

BUY ONE GET ONE

For a limited time get a Teen Fitness Orientation Free. Complete this 1 hour session with a friend or a sibling and save \$50.

Students, ages 13-15 years old, can become members of the Fitness Center by completing our Teen Fitness Orientation. This 1-hour session, led by one of our Personal Trainers or Fitness Specialists, will include a tour of our facility, a fitness equipment orientation and an overview of our facility rules and etiquette. Once completed, participants will be eligible for one of our Student Pass options.

- + State-of-the-art cardio and weight equipment
- + Indoor running track and basketball courts
- + Free access to 100+ Group Exercise classes



FITNESS CENTER
At the Buffalo Grove Park District

601 West Deerfield Parkway • Buffalo Grove, IL 60089
847.353.7500 • bgfitness.org

Join us on Facebook Follow us on Twitter @BGFitnessCenter

Parent or Guardian must be present at time of purchase for students 17 years of age and younger. Student must be 13 - 24 years of age to qualify for a student membership. Students 13 - 15 years of age are required to complete our Teen Fitness Orientation program prior to obtaining a new membership. Student passes automatically expire when the applicable number of days has passed. Unused days cannot be carried over to the next pass. No reactivation fee. Buy One Get One offer excludes a single session Teen Fitness Orientation. Session must be completed as a buddy session in order to qualify for the offer. Exclusions apply.