

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 play on November 25.** (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
210204-02	Tue	Sept 4 - Nov 27	7 - 10 pm	\$65/\$81

Location: Cooper Middle School

210204-01	Sun	Sept 9 - Nov 18	8 - 10 am	\$55/\$69
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Location: Prairie 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; it usually fills up quickly. (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
210213-01	Mon	Sept 10 - Nov 26	7:30 - 9:30 pm	\$60/\$75

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. Bring a group of friends out, and give this addictive game a try. 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 play on November 22.** (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
210209-01	Wed	Sept 5 - Nov 28	6:30 - 9:30 pm	\$65/\$81

210209-02	Thu	Sept 6 - Nov 29	6:30 - 9:30 pm	\$60/\$75
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Location: Ivy Hall School

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. **No class on November 22.** (TW)

Age: 15 years and up

Code	Belt	Day	Date	Time	R/NR Fee
210201-01	Green - Purple	Wed	Sept 5 - Dec 12	7:30 - 8:30 pm	\$158/\$198

210201-02	Brown - Black	Wed	Sept 5 - Dec 12	7:30 - 9 pm	\$206/\$258
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Instructor: ISKC

Location: Cooper Middle School

210201-03	White - Green	Thu	Sept 6 - Dec 20	7:30 - 8:30 pm	\$158/\$198
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210201-04	Purple and up	Thu	Sept 6 - Dec 20	8:35 - 10 pm	\$206/\$258
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Instructor: ISKC

Location: Frontier Park - Arlington Heights

Brazilian Jiu Jitsu

Brazilian Jiu-Jitsu is more than just a sport, more than a martial art; it's a way to change to your life. Brazilian Jiu-Jitsu differs from other martial arts fundamentally. While other martial arts rely heavily on strength and speed, this relies on superior technique and leverage. It teaches you how to use your body as one unit, while you increase in improved strength and general physical conditioning. During the class, you will develop stress release, improved concentration and self-confidence. Brazilian Jiu-Jitsu addresses all 4 parameters for total fitness - aerobics, flexibility, muscular strength and muscular endurance. No Gi/uniform is necessary. Classes are taught at Lionize Training Center, located at 516 W. Campus Drive Unit B, in Arlington Heights. (TW)

Age: 14 years and up

Code	Day	Date	Time	R/NR Fee
210208-01	Wed	Sept 12 - Nov 14	7:30 - 8:30 pm	\$145/\$181

Instructor: Lionize Training

Location: Lionize Training Center

Fall Mens Softball Leagues

Open registration for Fall Mens Softball Leagues has begun, and is open thru August 18. Information is available on the Park District's website at bgparks.org. (TW)

Adult Softball Field Supervisors

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