

Adult Sports

Fall Softball Leagues

Games for the fall 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 August and all teams will play a 10-game season, with a league tournament at the end of the season. Captains should pick up complete registration information at the Alcott Center prior to registering for leagues. 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 June 5 thru June 25.

Open registration for all teams is June 26 thru August 19.

Players that claim residency must show proof of residency to avoid paying the nonresident fee.

Fee

All leagues are \$625. 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 August 19.

Leagues will play on the following days:

Monday	Men's 12"
Tuesday	Men's 12" C League
Wednesday	Men's 12"
Thursday	Men's 12"
Friday	Co-Rec

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.

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. **No basketball on August 15.** (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
110204-01	Sun	June 4 - Aug 27	8 - 10 am	\$65/\$81

Location: Prairie School

110204-02	Tue	June 6 - Aug 29	7 - 10 pm	\$60/\$75
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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 July 3 and August 14.** (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
110213-01	Mon	June 5 - Aug 28	7:30 - 9:30 pm	\$55/\$69

Location: Cooper Middle School

Pickleball Skills & Drills

Are you new to the sport of Pickleball? Do you want to improve your game? If you said yes to either of these questions and you're a beginner/intermediate player, then grab your paddle and come join the craze that is Pickleball on Monday nights from around 6 pm until dark at Woodland Park (Twin Groves Middle School). This will typically be held June thru August. This is not an official class or clinic offered through the Park District, but is run by an area USAPA Ambassador. There is no fee/registration for this activity. Since this is held outdoors, it is weather dependent. For more information, please contact Chuck Burgess at 847.850.2125 or chuck@bgparks.org.

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. (TW)

Age: 15 years and up

Code	Belt	Day	Date	Time	R/NR Fee
110201-01	Green - Purple	Wed	June 14 - Aug 23	7:30 - 8:30 pm	\$113/\$141
110201-02	Brown - Black	Wed	June 14 - Aug 23	7:30 - 9 pm	\$149/\$186

Instructor: ISKC

Location: Cooper Middle School

110201-03	White - Green	Thu	June 15 - Aug 24	7:30 - 8:30 pm	\$113/\$141
110201-04	Purple and up	Thu	June 15 - Aug 24	8:35 - 10 pm	\$149/\$186

Instructor: ISKC

Location: Frontier Park - Arlington Heights

Fitness Kickboxing

Fitness Kickboxing classes combine the aspects of western boxing, kicks from the martial arts, and body weight exercises into a fun and exciting exercise class that will knock you out. Paced at the speed you can handle by individually working out to the combinations will give you a workout like no other. This class is for the beginner to the advanced athlete. Classes are held at Buffalo Grove Martial Arts, located at 700 Armstrong Drive in Buffalo Grove. (TW)

Age: 14 years and up

Code	Day	Date	Time	R/NR Fee
110205-03	Sat	July 1 - Sept 16	8 - 9 am	\$120/\$150
110205-01	Mon	July 3 - Sept 18	6 - 7 pm	\$120/\$150
110205-02	Wed	July 5 - Sept 20	6:30 - 7:30 pm	\$120/\$150

Instructor: BGMA Staff

Location: Buffalo Grove Martial Arts

Krav Maga

Krav Maga is the official self-defense and hand to hand fighting program of the Israeli Defense Forces. Local, state and federal law enforcement agencies across the country have adopted this self-defense system. Alpha Krav Maga Master Black Belt Instructor Bert Witte leads these classes, in what is considered one of the most street effective self-defense systems being taught today. This is not a sport oriented martial arts class; students are taught to utilize common sense, reflexive and instinctual responses to situations requiring someone to defend themselves. Alpha Krav Maga is a system that allows all practitioners to realize that they do not have to be a superior athlete to defend themselves. Individuals of all abilities are able to learn Krav Maga. Classes are taught at Buffalo Grove Martial Arts, located at 700 Armstrong Drive in Buffalo Grove. (TW)

Age: 14 years and up

Code	Day	Date	Time	R/NR Fee
110208-03	Wed	July 5 - Sept 20	7 - 8 pm	\$120/\$150
110208-01	Mon	July 3 - Sept 18	6:30 - 7:30 pm	\$120/\$150
110208-02	Tue	July 11 - Sept 26	7 - 8 pm	\$120/\$150
110208-04	Thu	July 6 - Sept 21	7 - 8 pm	\$120/\$150

Instructor: BGMA Staff

Location: Buffalo Grove Martial Arts

Tennis

Adult Tennis instruction first emphasizes the development of proper stroke mechanics for volleys, groundstrokes, serve, lob and overhead. Positioning and strategy for singles and doubles is covered, including match play. Staff from the Heritage Tennis Club will offer instruction for summer classes at Willow Stream Park. Fall, winter and spring instruction will be offered indoors at the Heritage Tennis Club in Arlington Heights. You do not have to be a resident of Arlington Heights or a member of the Heritage Tennis Club to participate in the indoor lesson program. There are nonmember fees, so participants can try the program before deciding to join and receive the benefits of the club's membership. For fall, winter and spring indoor tennis program and registration information, contact the Heritage Tennis Club at 847.398.7780, or visit their website at aphd.org/htc. The Heritage Tennis Club is located at 7 West College Drive in Arlington Heights. **No class on July 3 and 4.** (CB)

Rain Policy

Classes will be cancelled due to inclement weather (rain or excessive heat). If an individual class is cancelled more than once, the instructor will arrange for a make-up class. If there is any doubt about the weather, please call their rain hotline at 847.574.2233, and press 17# for adult classes. For adult make-up classes, press 27#.

Age: 18 years and up

Code	Level	Day	Date	Time	R/NR Fee
110212-01	Beginner	M, W	June 12 - July 12	6:30 - 7:30 pm	\$119/\$149
110212-04	Beginner	M, W	July 17 - Aug 9	7 - 8:30 pm	\$134/\$168
110212-03	Adv Beg	T, Th	June 13 - July 13	7:30 - 9 pm	\$154/\$193
110212-02	Adv Beg Int	M, W	June 12 - July 12	7:30 - 9 pm	\$154/\$193
110212-05	Adv Beg Int	T, Th	July 18 - Aug 10	7:30 - 9 pm	\$154/\$193

Instructor: Heritage Tennis Club Staff

Location: Willow Stream Park

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. **No class on July 1, 8 and September 2.** (CE)

Age: 15 years and up

Code	Day	Date	Time	R/NR Fee
110220-01	Sat	June 3 - June 24	2 - 3:30 pm	\$50/\$63
110220-02	Mon	June 5 - June 26	7:30 - 9 pm	\$50/\$63
110220-03	Mon	July 10 - July 31	7:30 - 9 pm	\$50/\$63
110220-04	Sat	July 15 - Aug 5	2 - 3:30 pm	\$50/\$63
110220-05	Mon	Aug 7 - Aug 28	7:30 - 9 pm	\$50/\$63
110220-06	Sat	Aug 12 - Sept 9	2 - 3:30 pm	\$50/\$63
110220-07	Sat	June 3 - Sept 9	2 - 3:30 pm	\$150/\$188
110220-08	Mon	June 5 - Aug 28	7:30 - 9 pm	\$150/\$188

Instructor: NCFE Staff

Location: Buffalo Grove Fitness Center



SAVE 10%
First time participants, bring this coupon when you register for classes at the Heritage Tennis Club.

VALID FOR INDOOR SEASON: FALL, WINTER, OR SPRING

In an effort to provide the highest quality program to our patrons, the Buffalo Grove Park District continues to work with the Heritage Tennis Club and their professional staff to offer tennis year round. You do not need to live in Arlington Heights or be a member of the Heritage Tennis Club to participate in the indoor lesson program. For additional information regarding classes and benefits of membership, please contact the Heritage Tennis Club at 847-398-7780.

Heritage Tennis Club | 7 W. College Dr. | Arlington Heights
847-398-7780 | www.ahpd.org/htc

Fencing 1

Our professional instructors will introduce Foil and Epee weapons, and the proper techniques of fencing skills. The class also includes fencing conditioning exercises, footwork and drills. Fencing will help you develop strength, speed and thinking skills, but most importantly it is fun. No fencing knowledge or experience is needed. Please be sure to bring tennis shoes with you to this class. 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
110221-01	Fri	July 14 - Aug 4	7:30 - 8:30 pm	\$100/\$125
110221-02	Fri	Aug 11 - Sept 1	7:30 - 8:30 pm	\$100/\$125

Instructor: NCFA Staff

Location: Buffalo Grove Fitness Center

Golf Level 1

This instructional class is designed to introduce students to grip, posture, alignment and the fundamentals of the game. All aspects of golf will be covered, including the full swing, short game and putting. Classes will be held on the driving range at the Buffalo Grove Golf Club, located at 48 Raupp Boulevard in Buffalo Grove. (LH)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
111501-51	Wed	June 21 - July 19	6 - 7 pm	\$115/\$143
111501-54	Sat	June 24 - July 22	8 - 9 am	\$115/\$143
111501-53	Mon	June 26 - July 24	6 - 7 pm	\$115/\$143
111501-52	Wed	July 26 - Aug 23	6 - 7 pm	\$115/\$143
111501-56	Sat	July 29 - Aug 26	8 - 9 am	\$115/\$143
111501-55	Mon	July 31 - Aug 28	6 - 7 pm	\$115/\$143

Instructor: Takamura

Location: Buffalo Grove Golf Club

Golf Level 2

This instructional class is designed for the experienced golfer interested in improving swing mechanics. The fundamentals (grip, posture and alignment) will be reviewed and the finer points of the short game (chipping and pitching) will be worked on in detail. Classes will be held on the driving range at the Buffalo Grove Golf Club, located at 48 Raupp Boulevard in Buffalo Grove. (LH)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
111504-51	Wed	June 21 - July 19	7 - 8 pm	\$115/\$143
111504-54	Sat	June 24 - July 22	9 - 10 am	\$115/\$143
111504-53	Mon	June 26 - July 24	7 - 8 pm	\$115/\$143
111504-52	Wed	July 26 - Aug 23	7 - 8 pm	\$115/\$143
111504-56	Sat	July 29 - Aug 26	9 - 10 am	\$115/\$143
111504-55	Mon	July 31 - Aug 28	7 - 8 pm	\$115/\$143

Instructor: Takamura

Location: Buffalo Grove Golf Club

Golf Clinics

Choose from any of our single session golf clinics to improve specific components of your game. In each clinic you will learn the dynamics of the skill as well as proper club selection, how to set up, and how to execute the shot.

Tee Shot Clinic

If you want to get rid of your slice or gain yardage, this is the perfect clinic for you. This class will cover grip posture and alignment for the driver, as well as ball position and how to set yourself up for the next shot. Class will be held at the Buffalo Grove Golf Club, located at 48 Raupp Boulevard in Buffalo Grove. (LH)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
111582-01	Fri	June 23	6 - 7 pm	\$32/\$40
111582-02	Fri	July 7	6 - 7 pm	\$32/\$40

Instructor: Takamura

Location: Buffalo Grove Golf Club

Pitching Clinic

To really lower your score, you need a good understanding of the execution of the pitch shot. The pitch shot should be maximum air time, minimum ground time. This is the perfect clinic for those who have a difficult time getting the ball higher. Class will be held at the Buffalo Grove Golf Club, located at 48 Raupp Boulevard in Buffalo Grove. (LH)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
111580-01	Fri	June 30	6 - 7 pm	\$32/\$40
111580-02	Fri	July 14	6 - 7 pm	\$32/\$40

Instructor: Takamura

Location: Buffalo Grove Golf Club

Chipping Clinic

The chip shot is maximum ground time, minimum air time. This shot is typically used within 30 yards of the pin. Learning how to chip the ball close will save you many strokes. Class will be held at the Buffalo Grove Golf Club, located at 48 Raupp Boulevard in Buffalo Grove. (LH)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
111581-01	Fri	June 30	6 - 7 pm	\$32/\$40
111581-02	Fri	July 21	6 - 7 pm	\$32/\$40

Instructor: Takamura

Location: Buffalo Grove Golf Club

