

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. **No basketball on April 4, 16 and May 28.** (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
410204-01	Sun	Mar 5 - May 21	8 - 10 am	\$55/\$69
Location: Prairie School				
410204-02	Tue	Mar 7 - May 30	6 - 8 pm	\$60/\$75
410204-03	Tue	Mar 7 - May 30	8 - 10 pm	\$60/\$75

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 April 3 and May 29.** (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
410213-01	Mon	Mar 6 - May 22	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. 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. (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
410209-01	Thu	Mar 2 - May 25	6:30 - 9:30 pm	\$65/\$81

Location: Ivy Hall School



Adult Summer Softball League

Registration for the Adult Summer Softball Leagues is open through April 22. The season begins in May. Captains can print registration packets off of the adult softball website at league lineup.com/buffalogrove. Additional information is available on the Park District's website at bgparks.org. (TWW)

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.



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
410205-01	Sat	Apr 8 - June 24	8 - 9 am	\$120/\$150
410205-02	Mon	Apr 10 - June 26	6 - 7 pm	\$120/\$150
410205-03	Wed	Apr 12 - June 28	6:30 - 7:30 pm	\$120/\$150

Instructor: BGMA Staff

Location: Buffalo Grove Martial Arts

Karate

Release tension, develop total body fitness, and build stamina and overall productivity. In addition to self-defense skills, karate increases flexibility, cardiovascular endurance and muscle tone, while improving core strength. 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
410201-01	Green - Purple	Wed	Apr 5 - June 7	7:30 - 8:30 pm	\$100/\$125
410201-02	Brown - Black	Wed	Apr 5 - June 7	7:30 - 9 pm	\$133/\$166

Instructor: ISKC

Location: Cooper Middle School

410201-03	White - Green	Thu	Apr 6 - June 8	7:30 - 8:30 pm	\$100/\$125
410201-04	Purple and up	Thu	Apr 6 - June 8	8:35 - 10 pm	\$133/\$166

Instructor: ISKC

Location: Frontier Park - Arlington Heights



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
410208-03	Sat	Apr 8 - June 24	9 - 10 am	\$120/\$150
410208-01	Mon	Apr 10 - June 26	6:30 - 7:30 pm	\$120/\$150
410208-02	Wed	Apr 12 - June 28	7 - 8 pm	\$120/\$150

Instructor: BGMA Staff

Location: Buffalo Grove Martial Arts

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 April 29.** (CE)

Age: 15 years and up

Code	Day	Date	Time	R/NR Fee
410220-01	Sat	Apr 1 - Apr 22	12:30 - 2 pm	\$50/\$63
410220-02	Sat	May 6 - May 27	12:30 - 2 pm	\$50/\$63
410220-03	Sat	Apr 1 - May 27	12:30 - 2 pm	\$100/\$125

Instructor: NCFA Staff

Location: Buffalo Grove Fitness Center