

# 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](http://bgparks.org). (TW)

### Registration

Early registration for returning teams, teams with 75% or more residents and corporate teams within Buffalo Grove is June 4 thru June 24.

Open registration for all teams is June 25 thru August 18.

**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. The drop-in fee is \$6. (CB)

**Age:** 18 years and up

Code	Day	Date	Time	R/NR Fee
110204-01	Sun	June 3 - Aug 26	8 - 10 am	\$55/\$69

**Location:** Prairie School

110204-02	Tue	June 5 - Aug 28	7 - 10 pm	\$65/\$81
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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. (CB)

**Age:** 18 years and up

Code	Day	Date	Time	R/NR Fee
110213-01	Mon	June 4 - Aug 27	7:30 - 9:30 pm	\$65/\$81

**Location:** Cooper Middle 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 July 4.** (TW)

**Age:** 15 years and up

Code	Belt	Day	Date	Time	R/NR Fee
410201-01	Green - Purple	Wed	June 13 - Aug 29	7:30 - 8:30 pm	\$116/\$145
410201-02	Brown - Black	Wed	June 13 - Aug 29	7:30 - 9 pm	\$151/\$189

**Instructor:** ISKC

**Location:** Cooper Middle School

410201-03	White - Green	Thu	June 14 - Aug 23	7:30 - 8:30 pm	\$116/\$145
410201-04	Purple and up	Thu	June 14 - Aug 23	8:35 - 10 pm	\$151/\$189

**Instructor:** ISKC

**Location:** Frontier Park - Arlington Heights



### 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 tennis program and registration information, contact Madeline Paler at the Heritage Tennis Club at 847.398.7780, mpaler@ahpd.org, or visit their website at ahpd.org/tennis. The Heritage Tennis Club is located at 7 West College Drive in Arlington Heights. **No class on July 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. Please speak to the instructor for make-up class information. If there is any doubt about the weather, please call their rain hotline at 847.574.2233, and press 17#.

Age: 18 years and up

Code	Level	Day	Date	Time	R/NR Fee
110212-01	Beginner	M, W	June 11 - July 11	6:30 - 7:30 pm	\$120/\$150
110212-04	Beginner	M, W	July 16 - Aug 8	7 - 8:30 pm	\$135/\$169
110212-03	Adv Beg	T, Th	June 12 - July 12	7:30 - 9 pm	\$175/\$219
110212-02	Adv Beg Int	M, W	June 11 - July 11	7:30 - 9 pm	\$155/\$194
110212-05	Adv Beg Int	T, Th	July 17 - Aug 9	7:30 - 9 pm	\$135/\$169

Instructor: Heritage Tennis Club Staff

Location: Willow Stream Park

### 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.

### 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. Golf clubs will be provided if needed. Classes will be held on the driving range of the Buffalo Grove Golf Course, located at 48 Raupp Boulevard in Buffalo Grove. **No class on July 2, 7 and September 1.** (LH)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
111501-53	Mon	June 11 - July 16	6 - 7 pm	\$115/\$143
111501-54	Sat	June 16 - July 21	8 - 9 am	\$115/\$143
111501-55	Mon	July 30 - Aug 27	6 - 7 pm	\$115/\$143
111501-56	Sat	Aug 4 - Sept 8	8 - 9 am	\$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. Golf clubs will be provided if needed. Classes will be held on the driving range of the Buffalo Grove Golf Course, located at 48 Raupp Boulevard in Buffalo Grove. **No class on July 2, 7 and September 1.** (LH)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
111504-53	Mon	June 11 - July 16	7 - 8 pm	\$115/\$143
111504-54	Sat	June 16 - July 21	9 - 10 am	\$115/\$143
111504-55	Mon	July 30 - Aug 27	7 - 8 pm	\$115/\$143
111504-56	Sat	Aug 4 - Sept 8	9 - 10 am	\$115/\$143

Instructor: Takamura

Location: Buffalo Grove Golf Club

### On The Course Golf Lessons NEW

This new instructional class is for intermediate to advanced golfers looking for game style instruction, while playing the course. This class will include tee time at Nickol Knoll Golf Club and real time guidance on club selection, strategy and etiquette through the par 3 course. Participants must have their own clubs and bag, as well as ability to walk up to 9 holes of the course. Classes will meet at the clubhouse of Nickol Knoll Golf Club, located at 3800 N. Kennicott Avenue Arlington Heights. (LH)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
111507-01	Wed	June 13 - June 27	5:45 - 7:45 pm	\$165/\$220
111507-02	Wed	Aug 1 - Aug 15	5:45 - 7:45 pm	\$165/\$220

Instructor: Takamura

Location: Nickol Knoll Golf Club