

Youth Sports & Fitness

Youth Sports in Buffalo Grove

There are thousands of boys and girls that participate in youth sports every year in Buffalo Grove. One measure of success in these programs is the number of parents who volunteer as coaches and assistant coaches. Unfortunately, many parents do not get involved because they feel a lack of knowledge about that particular sport; however, if they did get involved, even more kids could participate. We conduct Park District programs on a "participation" philosophy, meaning that we feel it is more important for all youths to play and enjoy the sport, rather than to win at all costs. We never measure success in wins and losses. The Park District conducts training sessions for all new coaches with ideas to get them started. Youth sports coaches do not need experience, only the willingness and enthusiasm to coach. Kids and coaches alike should have fun. Coaching is a fulfilling aspect of any sport, especially youth sports. Call 847.850.2100 for more information.

National Youth Sports Coaches Association

The Buffalo Grove Park District requires all of its youth sports coaches to pass the National Youths Sports Coaches Association (NYSCA) on-line clinic. This nationwide organization teaches parents that kids want to have fun and participate in all sports. The on-line clinic is designed for parents who have never coached, as well as the seasoned veteran. With more youths registering for sports, the need for volunteer coaches grows more each season. NYSCA training makes it easy for all parents to become a coach. For more information about NYSCA visit their website at nays.org.

Bullying In Youth Sports

The Buffalo Grove Park District utilizes the National Youth Sports Coaches Association to provide volunteer coaches online training pertaining to bullying in youth sports by players and coaches. The online training will provide coaches the necessary educational tools to intervene and work with athletes. Coaches will also benefit by learning 3 types of bullying (physical, verbal and relational), their differences, and their warning signs. For more information about NYSCA, visit their website at nays.org.

Tiny Tot Games

Get in on the spirit of the international games with your child, as you join us for this fun class. Boys and girls will jump, run, throw and develop a variety of other skills, as they participate in soccer, basketball, floor hockey, track and field, and other sports played during the international games. Children, with the help of their parents, will participate in a pint-size games during the last class of the session. Events made just for the smallest athletes will include an obstacle course, pool noodle javelin throw, the long jump, soccer ball kick, and relay races. **No class on March 29.** (BO)

Age: 2 - 4 years

Code	Day	Date	Time	R/NR Fee
461273-01	Thu	Mar 8 - Apr 19	6 - 6:30 pm	\$30/\$38

Instructor: SportsKids Inc.

Location: Cooper Middle School

461273-02	Mon	Apr 23 - May 21	5:30 - 6 pm	\$25/\$31
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Instructor: SportsKids Inc.

Location: Wellington Park

Pee Wee Games

Calling all young athletes. Do not let your little one miss out on this fun-filled class. Boys and girls will develop self-confidence, learn about teamwork and sportsmanship, and gain a variety of skills as they participate in soccer, gymnastics, basketball, floor hockey, track and field, and other individual and team sports. Participants will get to apply the skills they learn to exciting activities and game situations, as well as showcase their abilities in a mini international games tournament on the last day. **No class on March 29.** (BO)

Age: 4 - 6 years

Code	Day	Date	Time	R/NR Fee
461278-02	Thu	Mar 8 - Apr 19	6:30 - 7:15 pm	\$45/\$56

Instructor: SportsKids Inc.

Location: Cooper Middle School

461278-01	Tue	Apr 24 - May 22	4 - 4:45 pm	\$38/\$48
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Instructor: SportsKids Inc.

Location: Wellington Park

Pee Wee Sports

We have found this exciting class to be just what parents need to give their children a positive first step into athletics. We play 3 different sports every 2 weeks, including soccer, baseball, basketball and football. Participants will start developing socialization, teamwork, direction following, and key motor skills. Parent participation is welcomed; and, the last class will be a fun game with the parents. Please bring a baseball glove and water bottle to class. (CE)

Age: 3 - 4 years

Code	Day	Date	Time	R/NR Fee
461202-01	Thu	Apr 5 - May 17	4 - 4:50 pm	\$70/\$88

Instructor: Sports-R-Us

Location: Alcott Center



Sports 'N Lunch Camp

Participants will learn the fundamentals of baseball, soccer, track and field, kick-ball, floor hockey, and many other sports and fun activities. Organized games will emphasize sportsmanship, sharing and teamwork. Our goal is to teach boys and girls the enjoyment of playing for the sake of the sport itself. Each participant should bring a water bottle and nut-free lunch. (BO)

Age: 5 - 7 years

Code	Day	Date	Time	R/NR Fee
461272-01	M, T, W, Th, F	Mar 26 - Mar 30	10 am - 12:30 pm	\$100/\$125

Instructor: SportsKids Inc.

Location: Alcott Center

Athletic Games Camp

Magnify your spirit as you bring your athletic dream to life in this exciting camp. Instructors will help young athletes develop individual skill sets, as well as good sportsmanship, respect, and team strategy, as they participate in games and activities throughout the week. Youngsters will play a variety of team and individual sports, such as track and field, soccer, basketball, volleyball and badminton in a safe and fun environment. Participants will put it all together in a tournament at the end of the week. This camp is designed and delivered in a way that respects and nurtures each child, and helps them to be the best they can be. Equipment will be provided. Each participant should bring a water bottle. (BO)

Age: 7 - 9 years

Code	Day	Date	Time	R/NR Fee
461281-01	M, T, W, Th, F	Mar 26 - Mar 30	1 - 3 pm	\$80/\$100

Instructor: SportsKids Inc.

Location: Alcott Center

Tot Track, Field & Fitness

Run and jump into this fun class. Tots will be introduced to throwing (noodles for javelin, tennis balls for shot-put, soft Frisbees for discus), jumping (low hurdles, long-jump), running (short distance, long distance, relay races), balance, body movement and stretches. The session will conclude with a basic mini track and field meet on the last day of class. This class will give kids a positive first step into the sport of track and field. (BO)

Age: 3 - 5 years

Code	Day	Date	Time	R/NR Fee
461221-01	Mon	Apr 23 - May 21	4 - 4:45 pm	\$38/\$48

Instructor: SportsKids Inc.

Location: Wellington Park

Youth Track, Field & Fitness

This class gets kids excited about exercise and learning about track and field, one of the oldest sports. Participants will learn the fundamentals involved with improving flexibility, proper stretching, body positioning, developing core-strength, improving balance, cool-down techniques, and other fitness concepts as they relate to exercising, as well as the jumping, running and throwing skills involved in the sport of track and field. Boys and girls will participate in Sharks and Minnows, Hot Lava, Capture the Cones, and other fitness games, as well as sprints, relays, long-distance walking, running hurdles, long jump, discus throw, and other track and field events. Children participate in a fun-filled track and field meet on the last day of class. Each child should bring a water bottle. (BO)

Age: 6 - 10 years

Code	Day	Date	Time	R/NR Fee
461223-01	Mon	Apr 23 - May 21	4:45 - 5:30 pm	\$38/\$48

Instructor: SportsKids Inc.

Location: Wellington Park

Adult & Tot Fitness Stars

Bond with your child, as you participate in obstacle courses, parachute play, yoga poses, hula hoop activities, circle games, stretching exercises, movement, and other activities and games in this fun outdoor class. Your child can experience a multitude of simple fitness activities that safely challenge his or her abilities in a positive environment. Children will be exposed to learning through trial and error in this class, and will therefore be better equipped for future learning. (BO)

Age: 2 - 4 years

Code	Day	Date	Time	R/NR Fee
461277-01	Tue	Apr 24 - May 22	4:45 - 5:15 pm	\$25/\$31

Instructor: SportsKids Inc.

Location: Wellington Park

Fit 'N Fun For Kids

Kids will have a blast in this fun outdoor fitness class, as they run, jump, hop, skip, stretch and play to gain strength, flexibility and cardio awareness, as well as improve motor development, body balance, cognitive ability, and socialization skills. We'll do all sorts of activities, including cardio exercises, relay races, proper stretching and movement, circle games, obstacle courses, yoga, tagging games, catching balls, parachute play, hula hoop activities, jump rope, and other fitness challenges and games. Make sure to wear comfortable clothes and gym shoes for this action packed class, in which children will develop a positive association with fitness. (BO)

Age: 5 - 8 years

Code	Day	Date	Time	R/NR Fee
461244-01	Mon	Apr 23 - May 21	6 - 6:45 pm	\$38/\$48

Instructor: SportsKids Inc.

Location: Wellington Park

Youth Sports Conditioning

The Fitness Center offers safe and effective training for young athletes. This class offers the foundation for their long-term athletic development. Developing bodies need training that increases performance at an appropriate rate, while decreasing the risk of injury. Each week will consist of a combination of strength training, core building, speed, agility and positive athletic conditioning. (JD)

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
461482-01	Tue	Apr 3 - May 1	5:30 - 6:30 pm	\$90/\$115
461482-02	Thu	Apr 5 - May 3	5:30 - 6:30 pm	\$90/\$115
461482-03	Tue	May 8 - June 5	5:30 - 6:30 pm	\$90/\$115
461482-04	Thu	May 10 - June 7	5:30 - 6:30 pm	\$90/\$115

Instructor: Personal Trainers

Location: Fitness Center

Spring Soccer League

Registration information for the spring soccer league is available at the Alcott Center, and can be found in our winter program guide, which is available on the seasonal catalog page of our website at bgparks.org.

Registration is open until February 11.

Youth Kick Boxing

This kickboxing class will move through kicks, punches, drills and skills with a master martial arts trainer. Proper warm ups, complimentary conditioning and cool downs will ensure safety and success. Students will gain strength, cardiovascular conditioning, self-awareness, discipline, coordination and quick responses in fitness, all while benefiting memory, attention and self-confidence. (JD)

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
461484-01	Thu	Apr 5 - May 31	5 - 5:55 pm	\$108/\$135

Instructor: Herrig Location: Fitness Center

Junior High Passport To Fitness

This is a fitness training class for middle school students, looking to experience all a fitness center has to offer in exercise. Each day will focus training on a variety of formats, such as body weight training, Pilates, yoga, light strength, cardio, video cycle, circuit training, TRX suspension training and boot camp. **No class on May 28.** (JD)

Grade: 6 - 8

Code	Day	Date	Time	R/NR Fee
461483-01	Mon	Apr 2 - June 4	4:30 - 5:30 pm	\$92/\$115
461483-02	Tue	Apr 3 - June 5	4:30 - 5:30 pm	\$102/\$127
461483-03	Wed	Apr 4 - June 6	4:30 - 5:30 pm	\$102/\$127
461483-04	Thu	Apr 5 - June 7	4:30 - 5:30 pm	\$102/\$127

Instructor: Group Fitness Instructors Location: Fitness Center

Youth Yoga

Practicing yoga helps children cultivate calm and kind behavior, increases their physical activity, fosters connection with their inner selves, makes them aware of their deep breathing, and promotes concentration in a fun and developmentally appropriate way. The noncompetitive aspect of yoga requires the practitioner, no matter how small, to work with his or her own body, and not compare. Your children will learn to cultivate self-love, acceptance and respect through the awareness of their own unique strengths. Please bring your yoga mat or beach towel with you to class. **No class on April 26.** (AC)

Code	Age	Day	Date	Time	R/NR Fee
461287-02	4 - 9 years	Thu	Apr 5 - May 24	5:30 - 6:20 pm	\$84/\$105
461287-01	10 - 17 years	Wed	Apr 4 - May 23	5:30 - 6:20 pm	\$96/\$120

Instructor: Nahar Location: Alcott Center

Lil Pint Soccer

This is the perfect class for first timers! All the basic skills of dribbling, passing, shooting and goaltending will be taught in a noncompetitive environment. Teamwork, participation and good sportsmanship are stressed. Both boys and girls are encouraged to join this class if they have an interest in soccer and plan to play in the future. Be just like big brother or sister! A game will be played at the end of each class. Please bring a water bottle. (CE)

Code	Age	Day	Date	Time	R/NR Fee
461228-01	3 - 4 years	Fri	Apr 6 - May 18	4 - 4:50 pm	\$70/\$88
461228-02	4 - 6 years	Sat	Apr 7 - May 19	11 - 11:50 am	\$70/\$88

Instructor: Sports-R-U's Location: Alcott Center

Junior Soccer

This is the perfect class to learn the game or expand your skills! All the basic skills of dribbling, passing, shooting and goaltending will be taught in a non-competitive environment. Teamwork, participation, and good sportsmanship are stressed. A game will be played at the end of each class. Please bring a water bottle. (CE)

Age: 5 - 7 years

Code	Day	Date	Time	R/NR Fee
461224-01	Thu	Apr 5 - May 17	5 - 5:50 pm	\$70/\$88

Instructor: Sports-R-U's Location: Alcott Center

Lil Pint Soccer & Basketball

The fundamentals of these sports will be taught in this combination class. Your child will work on their soccer and basketball skills while learning teamwork. All the basics skills of dribbling, passing and shooting will be taught. Teamwork, participation and good sportsmanship are stressed. Both boys and girls are encouraged to join the class if they have any interest in soccer and basketball. Please bring a water bottle to class. (CE)

Age: 4 - 6 years

Code	Day	Date	Time	R/NR Fee
461266-01	Fri	Apr 6 - May 18	5 - 5:50 pm	\$70/\$88

Instructor: Sports-R-U's Location: Alcott Center

Soccer & T-Ball Combo

This class is perfect for a child who is full of energy, and parents who are looking for an introduction to tee ball and soccer. Socialization, teamwork, following directions, key motor skills, and having fun will be the focus in this noncompetitive environment. The first 3 weeks of class will focus on soccer, and the second 3 weeks we will work on tee ball skills. The last week will be a fun game of each sport; and, a fun game will be played at the end of each class if time allows. Parent participation is welcome. Please bring a baseball glove and water bottle. (CE)

Age: 3 - 4 years

Code	Day	Date	Time	R/NR Fee
461248-01	Sat	Apr 7 - May 19	9 - 9:50 am	\$70/\$88
461248-02	Sat	Apr 7 - May 19	10 - 10:50 am	\$70/\$88

Instructor: Sports-R-U's Location: Alcott Center



Girls
Fast Pitch
Softball League

Registration information for girls softball is available at the Alcott Center, and can be found in our winter program guide, which is available on the seasonal catalog page of our website at bgparks.org. Registration is open until February 25.

Challenger Minis

This is an introduction to soccer with Challenger Sports, where certified coaches/trainers will be teaching basic fundamentals of soccer, such as dribbling, passing, shooting and defending, in a noncompetitive environment. Teamwork, participation and good sportsmanship are the core values of the program. Boys and Girls are encouraged to join, which will include 1 practice on a Wednesday, and a game on Saturdays. Please be sure to bring a size #3 soccer ball, and wear shin guards; soccer cleats are optional. This is a great program for children preparing to participate in the Park District soccer program. **Please note:** Practices and games will be played on Putterman Field at Mike Rylko Community Park. (CE)

Age: 4 - 5 years

Code	Day	Date	Time	R/NR Fee
461218-01	Wed	Apr 11 - June 2	3:30 - 4:30 pm	\$110/\$138
	Sat		9:30 - 11:30 am	
461218-02	Wed	Apr 11 - June 2	4:30 - 5:30 pm	\$110/\$138
	Sat		9:30 - 11:30 am	
461218-03	Wed	Apr 11 - June 2	5:30 - 6:30 pm	\$110/\$138
	Sat		9:30 - 11:30 am	

Instructor: British Challenger Soccer

Location: Willow Stream Park

Baseball Skills

Our top notch baseball trainers will teach the importance of proper skills technique as well as the fundamentals of the sport. Speed and agility training, as well as in-game strategies will taught in this class. (CB)

Code	Age	Day	Date	Time	Fee
461280-01	6 - 8 years	Tue	Apr 10 - May 29	6:15 - 7:15 pm	\$79
461280-02	8 - 11 years	Tue	Apr 10 - May 29	7:15 - 8:15 pm	\$79

Instructor: All Star Sports

Location: Twin Groves Middle School

Hitting & Pitcher/Catcher Techniques

Prepare for the upcoming baseball and softball seasons. Swing analysis, live pitching and other techniques are a part of this program. Hitters of all levels can all benefit from this step-by-step approach to learning. Pitchers work on the form needed to increase the speed of the fastball, and protect their throwing arm. Boys learn the rocker step for pitching, as well as various age appropriate grips. Girls learn the windmill form of pitching and different grips. Catchers are taught how to help get strike calls for their team. Different techniques to throw out base runners are also included. **No class on March 29.** (BO)

Age: 7 - 12 years

Code	Day	Date	Time	R/NR Fee
461275-01	Thu	Mar 8 - Apr 19	7:15 - 8 pm	\$45/\$56

Instructor: SportsKids Inc.

Location: Cooper Middle School

Junior Basketball

Boys and girls alike will enjoy learning the skills needed to advance them in the world of basketball. Whether you are trying it out for the first time or are a seasoned pro, you will have a ton of fun enhancing your skill level. Through games and drills, we will practice dribbling, passing, shooting, positions, and the importance of teamwork. Games will be played at the end of each class. Participants will be using mini basketball hoops for kids. Please bring a water bottle. (CE)

Age: 6 - 8 years

Code	Day	Date	Time	R/NR Fee
461252-01	Fri	Apr 6 - May 18	6 - 7 pm	\$70/\$88

Instructor: Sports-R-U's

Location: Alcott Center

Girls All Star Basketball


This class for girls only will enhance basic skills such as dribbling, passing, shooting and defense, while also concentrating on teamwork and game situations. Man to man and zone defenses are both taught, along with offensive strategies that are guaranteed to keep the players moving. Equipment will be provided. (CB)

Age: 7 - 10 years

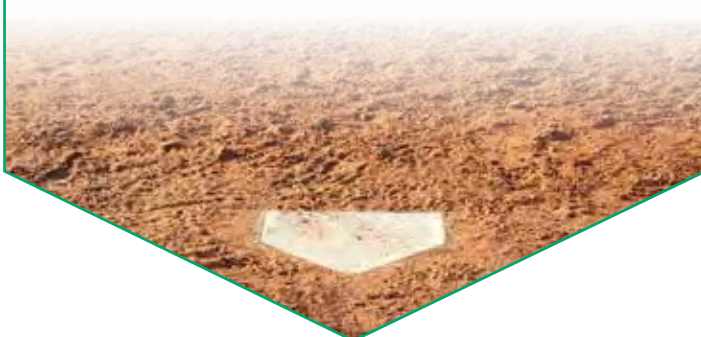
Code	Day	Date	Time	Fee
461263-01	Fri	Apr 6 - May 25	7:30 - 8:30 pm	\$79

Instructor: All Star Sports

Location: Twin Groves Middle School



House league registration is now open! The Buffalo Grove Recreation Association (BGRB) welcomes players ages 5 to 35 from Buffalo Grove and surrounding areas interested in learning and playing baseball. Games will be played starting the last week in April at fields throughout Buffalo Grove. The season is 18 games plus playoffs. The number of participants who register will determine the number of house teams. Teams generally practice twice per week before the season starts, and then one time per week. Fees start at \$185, based on age/level of play, and include all practices, games and uniform. Players in kindergarten and first grade can make friend requests! For information, contact registration@bgrabaseball.org. Register soon to avoid being put on a wait list! Registration is available now at the BGRB website at bgrabaseball.org.



Basketball Level 1

This program will introduce your children to the game of basketball if they are beginners or if they need the know how to get to the next level. Basic skills of dribbling, passing, shooting and defense will be taught. Equipment is provided; and, games will be played to show the importance of teamwork in game situations. (CB)

Code	Age	Day	Date	Time	Fee
461201-01	3 - 4 years	Sat	Apr 7 - May 19	9 - 9:45 am	\$70
461201-02	4 - 6 years	Sat	Apr 7 - May 19	9:45 - 10:45 am	\$70

Instructor: All Star Sports

Location: Twin Groves Middle School

Basketball Level 2

These classes enhance the basics already taught in our level 1 class. Level 2 concentrates more on teamwork and game situations. Man to man and zone defense are both taught, along with offensive strategies that are guaranteed to keep the players moving. Equipment is provided. (CB)

Age: 6 - 8 years

Code	Day	Date	Time	Fee
461257-01	Sat	Apr 7 - May 19	10:45 - 11:45 am	\$70

Instructor: All Star Sports

Location: Twin Groves Middle School

Basketball Level 3

This program is designed for the children to run the floor and play most of the time. Each position, along with offensive and defensive strategies will be covered thoroughly. Each child must be ready to learn and work. They will be challenged and their play will improve. Equipment is provided. (CB)

Age: 9 - 12 years

Code	Day	Date	Time	Fee
461258-01	Sat	Apr 7 - May 19	11:45 am - 12:45 pm	\$70

Instructor: All Star Sports

Location: Twin Groves Middle School

Flag Football Skills

Come indoors and enjoy the football season without getting too cold. Proper techniques on passing, receiving, blocking and kicking will be covered. Breakdown of offensive and defensive strategies will also be covered. Teamwork and positive play are highly stressed, but our main objective is to have fun. Necessary equipment includes knee and elbow pads. (CB)

Age: 7 - 10 years

Code	Day	Date	Time	Fee
461203-02	Fri	Apr 6 - May 25	6:15 - 7:15 pm	\$79

Instructor: All Star Sports

Location: Twin Groves Middle School

Volleyball Skills

Our volleyball program is designed to equip our boys and girls with the essential fundamentals that are needed to succeed in this fast paced game. Passing, setting, serving, defensive and offensive strategies are all covered. Join us as we work on improving our footwork, teamwork, and over all basics, as we take it to the next level. Participants need to bring knee and elbow pads. (CB)

Code	Age	Day	Date	Time	Fee
461205-01	6 - 8 years	Thu	Apr 5 - May 24	6:15 - 7:15 pm	\$79
461205-02	9 - 12 years	Thu	Apr 5 - May 24	7:15 - 8:15 pm	\$79

Instructor: All Star Sports

Location: Prairie School

Indoor Volleyball Camp

This volleyball camp is designed to equip players with the essential fundamentals that are needed to succeed in this fast paced sport. Passing, setting, serving, defensive and offensive strategies are all covered. Join us as we work on improving footwork, teamwork and the fundamentals of volleyball, so you can take it to the next level. (CB)

Age: 9 - 12 years

Code	Day	Date	Time	Fee
461211-01	M, T, W, Th, F	Mar 26 - Mar 30	10 am - 12 pm	\$84

Instructor: All Star Sports

Location: Prairie School

Gymnastics & Tumbling

This is a wonderful way to introduce your child to gymnastics. All classes are noncompetitive, and cover warm ups, stretching, movement, balance and coordination. Skills that are introduced include forward rolls, cartwheels, balance beam walks, and more depending on class progression. **Please note:** Parents must participate with their child in the 2 - 3 year old class. (TW)

Code	Age	Day	Date	Time	R/NR Fee
461220-07	2 - 3 years	Wed	Apr 4 - May 2	6 - 6:30 pm	\$27/\$34
461220-08	2 - 3 years	Wed	Apr 4 - May 2	6:35 - 7:05 pm	\$27/\$34
461220-03	2 - 3 years	Wed	May 16 - June 13	6 - 6:30 pm	\$27/\$34
461220-04	2 - 3 years	Wed	May 16 - June 13	6:35 - 7:05 pm	\$27/\$34
461220-01	4 - 5 years	Wed	Apr 4 - May 2	4:30 - 5:10 pm	\$39/\$49
461220-05	4 - 5 years	Wed	May 16 - June 13	4:30 - 5:10 pm	\$39/\$49
461220-02	6 - 8 years	Wed	Apr 4 - May 2	5:15 - 5:55 pm	\$39/\$49
461220-06	6 - 8 years	Wed	May 16 - June 13	5:15 - 5:55 pm	\$39/\$49

Instructor: Dance Techs

Location: Alcott Center

Fencing 1

Do you want the sharp mind of a chess player, the face of a poker player, the flexibility of a gymnast, and the hand-eye coordination of a video game master? No prior knowledge is needed. In this program, you will learn the proper techniques, conditioning exercises, footwork and drills of the Olympic sport of fencing. **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: 8 - 14 years

Code	Day	Date	Time	R/NR Fee
461269-01	Sat	Apr 7 - Apr 28	11 am - 12 pm	\$100/\$125

Instructor: NCF A Staff

Location: Fitness Center

Fencing 2

This class is for fencers who have completed the Fencing I class, and are ready to learn more advanced and defense techniques. We will include fencing conditioning exercises, foot work and drills. **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: 8 - 14 years

Code	Day	Date	Time	R/NR Fee
461286-01	Fri	Apr 6 - Apr 27	6:30 - 7:30 pm	\$100/\$125
461286-02	Sat	Apr 7 - Apr 28	12 - 1 pm	\$100/\$125

Instructor: NCF A Staff

Location: Fitness Center

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: 5 - 14 years

Code	Day	Date	Time	R/NR Fee
461279-01	Sat	Apr 7 - Apr 28	1 - 2:30 pm	\$50/\$63

Instructor: NCF A Staff

Location: Fitness Center

Youth Field Hockey

Come play one of the oldest competitive sports seen in the Olympics. Participants will learn field hockey techniques, such as push passing, dribbling, hitting, trapping and goal keeping. Players will also learn offensive and defensive skills and strategies, and have the chance to apply them in game situations. Our goal is to teach fundamental field hockey skills in a positive learning environment. We will work with the children to increase their awareness of teamwork, further their positive sportsmanship, and build their enthusiasm for the sport. Each child should bring a mouth guard, shin guards and water bottle. Field hockey sticks and balls will be provided. (BO)

Age: 8 - 13 years

Code	Day	Date	Time	R/NR Fee
461274-01	Tue	Apr 24 - May 22	6:45 - 7:30 pm	\$38/\$48

Instructor: SportsKids Inc.

Location: Wellington Park

RISE Field Hockey

We're excited to bring the internationally popular sport of field hockey to Buffalo Grove! RISE Field Hockey's mission is to teach the game of field hockey, and give athletes opportunities in this exciting sport. We will work on fundamentals and game concepts in a competitive and fun environment. RISE coaches are former collegiate field hockey players who specialize in introducing the game to young athletes. Each participant will need their own field hockey stick, mouth guard, shin guards and protective eye wear. (LH)

Age: 9 - 14 years

Code	Day	Date	Time	R/NR Fee
461520-01	Thu	Apr 19 - May 31	5 - 6:30 pm	\$165/\$200

Instructor: RISE Field Hockey

Location: Golf Dome

Introductory & Continuing Baton Twirling

Baton twirling is a great way to develop grace, agility and athleticism, in a unique art form. In this class, students will learn the basics of baton twirling, including simple twirls and tosses, as well as proper marching technique. The skills learned in this session will be put together in a twirling routine to be performed for family members and friends on the last day of class. For those enrolled in the introductory class, the instructor will measure for proper baton sizing on the first day of class. Please wear athletic or dance clothing (shorts, leotard or sweat pants) and gym shoes or dance shoes. The introductory class fee includes the purchase of the baton. The continuing class is for those who have taken at least one session of baton lessons, and have a grasp of the basics. Students will continue to build on the foundation of skills that were learned in the introductory class. (CE)

Age: 5 - 12 years

Code	Level	Day	Date	Time	R/NR Fee
461288-01	Introductory	Mon	Apr 2 - May 21	4 - 5 pm	\$70/\$88
461288-02	Continuing	Mon	Apr 2 - May 21	5 - 6 pm	\$50/\$63

Instructor: Doyle

Location: Alcott Center

Badminton Skills & Games

This is not your backyard badminton. Learn the fundamental skills of this dynamic sport through drills and scrimmages in this fun camp. Players will focus on serving, receiving, smashing, clearing and dropping. Footwork, coordination, court movement, shot selection, strength, speed and accuracy will be emphasized. Instruction will also focus on the rules and game strategy used in both singles and doubles play. Our goal is for everyone to have a fun experience, and promote a lifelong relationship with exercise through the sport of badminton. Equipment will be provided. **No class on March 29.** (BO)

Age: 8 - 13 years

Code	Level	Day	Date	Time	R/NR Fee
461283-02	Beginner	Tue	Apr 24 - May 22	5:15 - 6 pm	\$38/\$48

Instructor: SportsKids Inc.

Location: Wellington Park

461283-01	Beginner	Thu	Mar 8 - Apr 19	8 - 8:45 pm	\$45/\$56
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Instructor: SportsKids Inc.

Location: Cooper Middle School

461283-03	Intermediate	Tue	Apr 24 - May 22	6 - 6:45 pm	\$38/\$48
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Instructor: SportsKids Inc.

Location: Wellington Park

Archery

Archery participants will learn the parts of an arrow and recurve bow, the basics of using a recurve bow, and fundamental shooting skills in an extremely safe environment. Participants also will learn an excellent, nationally recognized beginner's 9-step to the 10 ring progression, which was created by the Coaches Development Committee of the National Archery Association. Both technique and games will be a part of this class. Blunt tipped arrows, bows and targets are provided. Each participant should bring a water bottle. (BO)

Code	Age	Day	Date	Time	R/NR Fee
461270-01	7 - 10 years	Thu	Apr 26 - May 24	4 - 4:45 pm	\$64/\$80
461270-02	11 - 15 years	Thu	Apr 26 - May 24	4:45 - 5:30 pm	\$64/\$80

Instructor: SportsKids Inc.

Location: Wellington Park

Family Archery

Enjoy family bonding time and archery fun. You and your family members will meet new friends, while learning the parts of an arrow and recurve bow, the basics of using a recurve bow, a nationally recognized beginner's 9-step to the 10 ring progression method, and fundamental shooting skills from an experienced instructor. Bows, arrows and targets are furnished. Each participant should bring a water bottle. The price listed is for one adult and one child; please register the child only. (BO)

Age: 6 years and up

Code	Day	Date	Time	R/NR Fee
461276-01	Thu	Apr 26 - May 24	5:30 - 6:15 pm	\$96/\$120

Instructor: SportsKids Inc.

Location: Wellington Park

Beginners SNAG Golf

Looking to introduce your child to the game of golf? In this beginner's class, children will use special equipment (SNAG) that is much easier to handle and allows for play indoors. Children will learn the basics of the complete swing, putting, and chipping in a safe and stress free atmosphere. So come on out and join us in a fun and easy game of golf. (CE)

Age: 4 - 7 years

Code	Day	Date	Time	R/NR Fee
461235-01	Sat	Apr 7 - May 19	12 - 12:50 pm	\$70/\$88

Instructor: Sports-R-U's

Location: Alcott Center

Frisbee Skills & Games

Get in on some Frisbee® fun. Youngsters will learn the different ways to throw and catch a Frisbee, as well as develop other skills, such as speed, stamina and agility. They will have the opportunity to practice these skills as they play Frisbee games, such as Frisbee toss back, Frisbee baseball, Frisbee golf, and Ultimate Frisbee. (BO)

Age: 7 - 12 years

Code	Day	Date	Time	R/NR Fee
461284-01	Mon	Apr 23 - May 21	6:45 - 7:30 pm	\$38/\$48

Instructor: SportsKids Inc. **Location:** Wellington Park

Tennis

Spring is a perfect time to finally get back outside to play tennis and enjoy the weather! This spring, the certified trained tennis professionals of the Heritage Tennis Club look forward to seeing you on the court. Quick Start Tennis is designed for children 10 years and younger, who are new to the game or who need additional instruction to rally using groundstrokes, volleys and serve. Quick Start Tennis takes a new approach to introducing kids to the game by using fun sized courts, nets, racquets and balls. The lighter low compression balls bounce lower which helps to develop proper techniques. **No class on May 26.** (CB)

Code	Age	Day	Date	Time	R/NR Fee
461241-01	4 - 6 years	Sat	Apr 21 - June 2	9 - 10 am	\$96/\$120
461241-02	7 - 10 years	Sat	Apr 21 - June 2	10 - 11 am	\$96/\$120
461241-03	10 - 17 years	Sat	Apr 21 - June 2	11 am - 12 pm	\$96/\$120

Instructor: Heritage Tennis Club **Location:** Willow Stream Park

Girls Lacrosse - IGLA

Be part of a youth lacrosse league exclusively for girls from Chicago and the north, northwest, west and south suburbs. The emphasis of this program is to develop the girl within the sport of lacrosse. The goals of the program are to understand the rules of lacrosse, active teamwork, sportsmanship, and foster personal development in a respectful environment, led by positive coaching. IGLA has adopted the U.S. Lacrosse Players First Athlete Development Model, which means smaller fields and a smaller number of players. Kids are more engaged, get more touches on the ball, and further develop their skills. An IGLA pinny is required, and may be purchased during registration at igla.org. Games will be played on Sundays, and game locations will rotate within the team division. All participants must have their own stick, goggles and mouth guard for all practices and games. Practices for the pink league are on Wednesdays; they are 1 hour for the 8U and 10U levels, and 75 minutes for the 12U and 14U levels. Practices for the purple league are on Mondays and Wednesdays; they are 1 hour for the 10U levels, and 75 minutes for the 12U and 14U levels. Games will be played on Sunday afternoons between 12 - 5 pm. For more information, please visit igla.org. Deerpath Park is located at 700 Lakeview Parkway in Vernon Hills. (TW)

Leagues

IGLA offers 2 levels of league play - pink and purple. Both are recreational, community lacrosse. Pink teams practice once a week. Purple teams practice twice a week, and may travel more for games. If considering purple, players must first attend an assessment (visit igla.org for dates and locations), where participants are assessed on stick skills and game play. Current purple players do not need to attend an assessment, and can register directly for the league.

Registration

Registration for all programs is a 2 step process. Pay at the Buffalo Grove Park District and register at igla.org (Spring 2018 pink league or 6U FUNdamentals clinic; purple players will register and pay the league fee at the Buffalo Grove Park District, but will receive their IGLA registration link directly through IGLA). All registrations at igla.org are due by March 30. A late fee will be assessed on any registrations received at igla.org after March 30.

6U Clinic

Are you ready to start lacrosse? Join the IGLA this spring for a weekly 1-hour clinic for the younger lacrosse player. These clinics are exclusively for girls in kindergarten through 1st grade, that want to learn the FUNdamentals of lacrosse. The goals of this program are to introduce and develop basic skills for our youngest players, using fun games and coaching techniques. Sticks are available, and soft balls are provided. No goggles or mouth guard are required. After you register for this program, please go to igla.com to fill out a player information form. (TW)

Code	Age	Day	Date	Time	R/NR Fee
461247-04	4 - 5	Wed	Apr 18 - May 23	6 - 7 pm	\$130/\$140

Instructor: IGLA **Location:** Deerpath Park - Vernon Hills

Pink League

Code	Level	Day	Date	Time	R/NR Fee
461247-01	8U	Sun Wed	Apr 8 - June 3	TBA 6 - 7 pm	\$200/\$210
461247-02	10U	Sun Wed	Apr 8 - June 3	TBA 6 - 7 pm	\$200/\$210
461247-03	12U	Sun Wed	Apr 8 - June 3	TBA 6 - 7:15 pm	\$200/\$210
461247-08	14U	Sun Wed	Apr 8 - June 3	TBA 6 - 7:15 pm	\$200/\$210

Instructor: IGLA **Location:** Deerpath Park - Vernon Hills

Purple League

Code	Level	Day	Date	Time	R/NR Fee
461247-05	10U	Sun Mon Wed	Apr 8 - June 3	TBA 6 - 7 pm 6 - 7 pm	\$300/\$320
461247-06	12U	Sun Mon Wed	Apr 8 - June 3	TBA 6 - 7:15 pm 6 - 7:15 pm	\$300/\$320
461247-07	14U	Sun Mon Wed	Apr 8 - June 3	TBA 6 - 7:15 pm 6 - 7:15 pm	\$300/\$320

Instructor: IGLA **Location:** Deerpath Park - Vernon Hills

Boys Lacrosse Spring League

Registration for the Boys Lacrosse Spring League ends on February 26. Please check the Park District's website at bgparks.org for additional information. (TW)

Twin Rinks Ice Pavilion

Beginning learn to skate classes are held at Twin Rinks Ice Pavilion for 4 - 12 year olds with little or no ice experience. Balance and basic forward skating skills are taught using the Ice Skating Institute program. For figure skating classes, skate rental is included. Gloves or mittens, knit hat or bicycle helmet, and light-weight clothing are required. For hockey classes, equipment rental is included (skates, helmet, shin guards are required for hockey classes and are included in the price). Call Scott at 847.821.7465 extension 122 to arrange a fitting time before your first class. Twin Rinks Ice Pavilion is located at 1500 Abbott Court in Buffalo Grove, 1.7 miles north of Lake Cook Road on Weiland Road. Call 847.821.RINK for more information. (CB)

Toddler Beginner

The main focus of this program is to improve balance, confidence and agility. Skating skills such as 2-foot glides, marching on 2 skates, forward swizzles, forward scooters, inside edge slides, 2-foot jumps, and backward wiggles are taught. **No class on May 28.**

Age: 3 years

Code	Day	Date	Time	Fee
461237-23	Mon	May 7 - June 4	12:40 - 1:10 pm	\$86

Instructor: Twin Rinks Staff Location: Twin Rinks Ice Pavilion

Tot 1 Beginner

This beginner level program teaches basic skating skills, such as standing, falling, marching, 2-foot glide, 2-foot dip, beginner 1 foot glide, and beginner backwards glide. **No class on May 28.**

Age: 4 - 6 years

Code	Day	Date	Time	Fee
461237-25	Mon	May 7 - June 4	12:40 - 1:10 pm	\$86
461237-26	Mon	May 7 - June 4	4:40 - 5:10 pm	\$86
461237-28	Thu	May 10 - June 7	4:40 - 5:10 pm	\$105
461237-29	Sat	May 12 - June 9	9:20 - 9:50 am	\$105
461237-30	Sat	May 12 - June 9	10 - 10:30 am	\$105
461237-31	Sat	May 12 - June 9	11:05 - 11:35 am	\$105

Instructor: Twin Rinks Staff Location: Twin Rinks Ice Pavilion

Pre Alpha 1

This beginner level program teaches basic skating skills, such as forward skating, beginner 1-foot glide, forward swizzle, forward pump, back wiggle, snow plow stop, beginner crossovers, and backward pumps. **No class on May 28.**

Age: 6 - 12 years

Code	Day	Date	Time	Fee
461237-32	Mon	May 7 - June 4	4:40 - 5:20 pm	\$90
461237-33	Thu	May 10 - June 7	4:40 - 5:20 pm	\$110
461237-34	Sat	May 12 - June 9	9:20 - 10 am	\$110
461237-35	Sat	May 12 - June 9	11:05 - 11:45 am	\$110

Instructor: Twin Rinks Staff Location: Twin Rinks Ice Pavilion

Hockey Beginner

The main focus of this program is to improve balance, confidence and agility. Skating skills such as 2-foot glides, marching on 2 skates, forward swizzles, forward scooters, inside edge slides, 2-foot jumps, and backward wiggles are taught.

Age: 4 - 12 years

Code	Day	Date	Time	Fee
461237-19	Tue	Apr 3 - June 5	5:10 - 5:50 pm	\$230
461237-20	Sat	Apr 7 - June 9	12:10 - 12:50 pm	\$230

Instructor: Twin Rinks Staff Location: Twin Rinks Ice Pavilion



Ice Skating & Sledding

The Willow Stream Park winter sports area will be open until February 15, depending on snow and freeze conditions.

The unsupervised sled hill is located at the north end of the park. The most convenient place to park is at the north entrance (Farrington Drive) near the pool. The sledding hill is lighted at the top.

The park also has a large ice skating area. The rink is located on the south side of the park off of Old Checker Road. The sled hill and rinks are lighted until 10:30 pm.

By using the sledding hill and skating areas, you assume responsibility for injury and for determining that all conditions are safe.

Parents are responsible for the supervision of their own children. Supervision is not provided by the Park District. Please be careful and considerate of others.

Sledding and ice skating are hazardous recreational activities and can involve substantial personal risk.

Ice skating is permitted in the designated area only. No one is permitted on any lake or pond.



Karate

Illinois Shotokan Karate Club (ISKC) is Chicagoland's premier karate school, taught under the instruction of John DiPasquale, a 4-time National Champion, U.S. National Coach, and president of the U.S. National Karate Federation. ISKC's karate classes help develop flexibility, strength and coordination in fun, yet disciplined activities. This program offers a good mix of strength training, with cardiovascular and flexibility exercises. Students increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules. Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuing through advanced students will be accepted after the start date; but, the full class fee is required. Frontier Park is located at 1933 N. Kennittcott Drive in Arlington Heights. **Please note:** Uniforms and belt testing are options available through the instructor. Youth, Parent/Child and Adult classes may train together. All fees listed are per person. (TWW)

Code	Age	Belt	Day	Date	Time	Location	R/NR Fee
Pre-Karate Beginner (No Experience)							
461245-01	4 - 7		Thu	Apr 5 - June 7	4 - 4:45 pm	Frontier Park - A.H.	\$105/\$131
461245-04	4 - 7		Fri	Apr 6 - June 8	4 - 4:45 pm	Emmerich Park	\$105/\$131
Pre-Karate Continuing (1 or more prior sessions)							
461245-02	4 - 7		Thu	Apr 5 - June 7	4:55 - 5:40 pm	Frontier Park - A.H.	\$105/\$131
461245-05	4 - 7		Fri	Apr 6 - June 8	4:50 - 5:35 pm	Emmerich Park	\$105/\$131
Pre-Karate Intermediate							
461245-07	6 - 10	Orange - Green	Fri	Apr 6 - June 8	6:30 - 7:30 pm	Emmerich Park	\$118/\$148
Pre-Karate Teacher Permission							
461245-03	4 - 7		Thu	Apr 5 - June 7	5:45 - 6:30 pm	Frontier Park - A.H.	\$105/\$131
461245-06	4 - 7		Fri	Apr 6 - June 8	5:45 - 6:30 pm	Emmerich Park	\$105/\$131
Youth Karate Beginning/Continuing							
461240-01	7 - 14	White - Yellow	Tue	Apr 3 - June 5	4 - 5 pm	Alcott Center	\$105/\$131
461240-03	7 - 15	White - Orange	Wed	Apr 4 - June 6	4 - 5 pm	Alcott Center	\$105/\$131
461240-07	7 - 14	White Only	Sat	Apr 7 - June 9	9 - 10 am	Frontier Park - A.H.	\$105/\$131
Youth Karate Novice							
461240-04	7 - 15	Yellow - Blue	Wed	Apr 4 - June 6	5 - 6 pm	Alcott Center	\$105/\$131
461240-08	7 - 14	White w/ stripes - Orange	Sat	Apr 7 - June 9	10:10 - 11:10 am	Frontier Park - A.H.	\$105/\$131
Youth Karate Intermediate							
461240-05	7 - 15	Green - Low Purple	Wed	Apr 4 - June 6	6:30 - 7:30 pm	Cooper Middle School	\$105/\$131
461240-09	7 - 14	Yellow - Purple	Sat	Apr 7 - June 9	11:20 am - 12:20 pm	Frontier Park - A.H.	\$105/\$131
Youth Karate Intermediate/Advanced							
461240-02	7 - 15	Blue & up	Tue	Apr 3 - June 5	5 - 6 pm	Alcott Center	\$105/\$131
Youth Karate Advanced							
461240-06	7 - 14	High Purple - Black	Wed	Apr 4 - June 6	6:30 - 7:30 pm	Cooper Middle School	\$105/\$131
461240-10	7 - 14	Brown - Black	Sat	Apr 7 - June 9	12:30 - 1:30 pm	Frontier Park - A.H.	\$105/\$131
Parent/Child Beginning/Continuing							
461246-01	7 +	White Only	Sat	Apr 7 - June 9	9 - 10 am	Frontier Park - A.H.	\$105/\$131
Parent/Child Novice							
461246-02	7 +	White w/ stripes - Orange	Sat	Apr 7 - June 9	10:10 - 11:10 am	Frontier Park - A.H.	\$105/\$131
Parent/Child Intermediate							
461246-03	7 +	Yellow - Purple	Sat	Apr 7 - June 9	11:20 am - 12:20 pm	Frontier Park - A.H.	\$105/\$131
Parent/Child Advanced							
461246-04	7 +	Brown - Black	Sat	Apr 7 - June 9	12:30 - 1:30 pm	Frontier Park - A.H.	\$105/\$131

Instructor: Illinois Shotokan Karate Club



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