

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.

Total Sports NEW

This class features a new sport each week. Some of the sports taught and played include basketball, floor hockey, football, kickball, soccer, and baseball. In addition, participants play many popular running and group games. Children have the opportunity to acquire new skills, and develop confidence in games they have played in previous classes. For more information, contact Megan Baird at 847.850.2119 or mbaird@bgparks.org. **No class on July 3.**

Code	Age	Day	Date	Time	R/NR Fee
161297-01	4 - 6 years	Sat	June 5 - July 17	10 - 10:45 am	\$65/\$81
161297-02	4 - 6 years	Sat	July 24 - Aug 28	10 - 10:45 am	\$65/\$81
161297-03	7 - 10 years	Sat	June 5 - July 17	11 - 11:45 am	\$65/\$81
161297-04	7 - 10 years	Sat	July 24 - Aug 28	11 - 11:45 am	\$65/\$81

Instructor: Hot Shots Sports **Location:** Alcott Center

Passport To Fitness

This is group fitness training for youth who are 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, light strength training, cardio fitness, group spin, and boot camp style circuits. Please bring a mask and water bottle. For more information, please contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
161483-03	Tue	June 1 - June 29	10 - 11 am	\$75/\$95
161483-01	Thu	June 3 - July 1	5:30 - 6:30 pm	\$75/\$95
161483-04	Tue	July 6 - Aug 3	10 - 11 am	\$75/\$95
161483-02	Thu	July 8 - Aug 5	5:30 - 6:30 pm	\$75/\$95

Instructor: Staff **Location:** Fitness Center

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. Classes will be held outdoors when the weather permits. Please bring water, a towel, and mask. For more information, please contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
161482-01	Tue	June 1 - June 29	5:30 - 6:30 pm	\$75/\$95
161482-03	Thu	June 3 - July 1	10 - 11 am	\$75/\$95
161482-02	Tue	July 6 - Aug 3	5:30 - 6:30 pm	\$75/\$95
161482-04	Thu	July 8 - Aug 5	10 - 11 am	\$75/\$95

Instructor: Staff **Location:** Fitness Center

Teen Fitness Orientation

Would you like your teen to belong to the Fitness Center at the Buffalo Grove Park District? Students ages 13 - 15 years old can become members of the Fitness Center by completing our Teen Fitness Orientation program. This is a 1-hour session, led by a fitness trainer, and will include a tour of the facility, a fitness and equipment orientation, and an overview of the facility rules, safety and etiquette. Once completed, participants will be eligible for one of our student pass options. Register in person at the Fitness Center. Proof of age required. For more information, contact Debra Saper at 847.353.7512.

Fee: \$50

Parent & Tot T-Ball

In this class, young children will develop motor skills, while having fun learning fielding, base running and hitting off a tee. Parents and tots work together learning the basics of baseball. Teamwork and parent/ child interaction will be emphasized, alongside basic motor functions and skills. A variety of activities will be played each week. **Please note:** This class will take place indoors; and, face masks will be required. For more information, contact Megan Baird at 847.850.2119 or mbaird@bgparks.org. **No class on July 2.**

Age: 2 - 3 years

Code	Day	Date	Time	R/NR Fee
161293-01	Fri	June 4 - July 16	4:30 - 5 pm	\$60/\$75
161293-02	Fri	July 23 - Aug 27	4:30 - 5 pm	\$60/\$75

Instructor: Hot Shots Sports

Location: Alcott Center

T-Ball Skills Clinic

This introductory tball program is perfect for a child who wants to have fun, make new friends, and be introduced to baseball. Participants enjoy learning the skills needed to play baseball, including offense and defense, as well as the rules and philosophies of the game. The program stresses teamwork over competition. All you need to bring is a glove. **Please note:** This class will take place indoors; and, face masks will be required. For more information, contact Megan Baird at 847.850.2119 or mbaird@bgparks.org. **No class on July 2.**

Age: 4 - 6 years

Code	Day	Date	Time	R/NR Fee
161294-01	Fri	June 4 - July 16	5:15 - 6 pm	\$65/\$81
161294-02	Fri	July 23 - Aug 27	5:15 - 6 pm	\$65/\$81

Instructor: Hot Shots Sports

Location: Alcott Center



Baseball 101

In this introduction to baseball, players will work on technique and enhancing form. This comprehensive skills clinic teaches throwing mechanics, as well as batting stance, bat positioning and speed, using both live pitching and hitting off the tee. Players learn various positions in the field through game play and basic in-game strategy. Participants should bring their own gloves, and be ready for a fun, fast paced learning environment. **Please note:** This class will take place indoors; and, face masks will be required. For more information, contact Megan Baird at 847.850.2119 or mbaird@bgparks.org. **No class on July 2.**

Age: 7 - 10 years

Code	Day	Date	Time	R/NR Fee
161295-01	Fri	June 4 - July 16	6:15 - 7 pm	\$65/\$81
161295-02	Fri	July 23 - Aug 27	6:15 - 7 pm	\$65/\$81

Instructor: Hot Shots Sports

Location: Alcott Center

Parent & Tot Soccer

In this class, young children will develop motor skills, while having fun running and kicking. Parents and tots work together learning the basics of soccer. Dribbling, passing, shooting and kicking will all be emphasized, with a variety of activities each week. For more information, contact Megan Baird at 847.850.2119 or mbaird@bgparks.org. **No class on July 3.**

Age: 2 - 3 years

Code	Day	Date	Time	R/NR Fee
161296-01	Sat	June 5 - July 17	9:15 - 9:45 am	\$60/\$75
161296-02	Sat	July 24 - Aug 28	9:15 - 9:45 am	\$60/\$75

Instructor: Hot Shots Sports

Location: Alcott Center

British Challenger Soccer Camps

Challenger Sports' British Soccer Camps provide young players of all abilities with the rare opportunity to receive high-level soccer coaching from a team of international experts, right in the heart of their own community. Campers will be exposed to individual foot skills, technical drills, tactical practices, small-sided games and scrimmages. Soccer skills are coached within a framework of character development, based on respect, responsibility, integrity, leadership and sportsmanship. We offer a cultural education too! Our ever-popular Camp World Cup Tournament allows us to introduce players to the geography, traditions and culture of other great soccer-playing countries. Simply put, amazing coaches, awesome accents and cultural ingredients combine for a one-of-a-kind camp experience. With each week-long camp, your child will receive a free t-shirt, soccer ball, giant fold-out poster and a personal player evaluation. Campers should bring plenty of water each day. All campers should arrive at camp with sunscreen already applied, as well as with additional sunscreen to apply as needed (we recommend an SPF of at least 30). Wear summer active wear, shin guards, and athletic shoes or soccer cleats. For more information, contact Megan Baird at 847.850.2119 or mbaird@bgparks.org.

Age: 7 - 10 years

Code	Day	Date	Time	R/NR Fee
161209-01	M, Tu, W, Th, F	Aug 9 - Aug 13	1:30 - 4:30 pm	\$171/\$214

Instructor: British Challenger Soccer

Location: Mike Rylko Community Park

Age: 11 - 16 years

Code	Day	Date	Time	R/NR Fee
161209-02	M, Tu, W, Th, F	Aug 9 - Aug 13	1:30 - 4:30 pm	\$171/\$214

Instructor: British Challenger Soccer

Location: Mike Rylko Community Park



Fall Soccer

Grade: Kindergarten - 8

Spring Soccer is open to all boys and girls currently enrolled in grades Kindergarten through 8. All teams will be scheduled for an 8-game season.

Registration

Participants may register online, or complete a sports registration form at the Alcott Center, and include full payment anytime between May 3 and July 11. If you haven't done so already, please visit the website to set up your account information before online registration begins.

Season

The season will begin in August, and will be played on Saturdays, and on Sundays if necessary. Teams will meet once a week for practice, and on Saturdays for games. Changes to the league format may occur if necessary to meet any changes to COVID-19 guidelines.

Coaching

Parents that are interested in being a head coach should contact Megan Baird at 847.850.2119 or mbaird@bgparks.org.

Code	Grade	Fee
161234-09	Kindergarten	\$95/\$119
161234-01	1	\$95/\$119
161234-02	2	\$95/\$119
161234-03	3	\$95/\$119
161234-04	4	\$95/\$119
161234-05	5	\$95/\$119
161234-06	6	\$95/\$119
161234-07	7	\$95/\$119
161234-08	8	\$95/\$119

Locations: Willow Stream Park



Flag Football

Grade: 1 - 8

This 5 on 5 flag football league offers non-contact continuous action, with a minimal amount of equipment. The game emphasizes the basic football skills of throwing, catching, running and defending. Participants will also learn formations, pass patterns and types of defense. For more information, please contact TJ Wilkes at 847.850.2199 or twilkes@bgparks.org.

Registration

Participants may register online or complete a sports registration form at the Alcott Center and include full payment anytime between May 10 thru July 4. If you haven't done so already, please visit the website to set up your account information before registration begins.

Season

Games begin in September and will be played on Saturdays. A couple of games may be played on Sunday if necessary. Grades 5 - 8 will play at least one weekday night game during the season. The season will consist of 8 games, and practice once a week. Flags and balls will be provided to teams.

Jerseys

Jerseys are not included in the cost. If you did not participate in the flag football program last fall or spring, you will need to purchase a jersey. If you participated in the flag football program in the fall of 2020 or the spring of 2021, and have a reversible black and gold jersey that still fits your child, you do not need to order a new jersey. However, if you need a different size, you would need to order one.

Coaching

Parents that are interested in being a head coach should contact T.J. Wilkes at 847.850.2199 or twilkes@bgparks.org.

	Code	R/NR Fee
League Fee	161214-01	\$95/\$119
Jersey	161214-02	\$25

Bills Tackle Football & Cheerleading



Founded in 1972, Bills Youth Football and Cheerleading is a non profit community focused organization dedicated to providing a fun and competitive atmosphere for all kids interested in playing football or cheerleading. Their program is affiliated with the Buffalo Grove Park District, and is designed to bring the love of football, cheer and community to you. Players can expect to

learn age appropriate drills and life lessons in order to foster growth on and off the field, all while having fun! At the Bills there is a place for everyone. For registration, please email bgbillsyouth@gmail.com. The Bills are a member of the Chicagoland Youth Football League (TCYFL), and play various teams from the north and western suburbs.

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. Face coverings must be worn at all times. For more information, contact Jimmy Mix at 847.850.2108 or jmix@bgparks.org.

Code	Age	Day	Date	Time	Fee
161263-01	7 - 9 years	Tue	June 15 - Aug 3	7 - 8 pm	\$101
161263-02	10 - 13 years	Tue	June 15 - Aug 3	8 - 9 pm	\$101

Instructor: All Star Sports **Location:** Twin Groves Middle School

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. A face covering must be worn at all times. For more information, contact Jimmy Mix at 847.850.2108 or jmix@bgparks.org. **No class on July 3.**

Code	Age	Day	Date	Time	Fee
161201-01	3 - 4 years	Sat	June 12 - July 31	9 - 9:45 am	\$89
161201-02	4 - 6 years	Sat	June 12 - July 31	9:50 - 10:45 am	\$89
161201-03	6 - 8 years	Sat	June 12 - July 31	11 - 11:45 am	\$89

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. A face covering must be worn at all times. For more information, contact Jimmy Mix at 847.850.2108 or jmix@bgparks.org. **No class on July 3.**

Age: 9 - 12 years

Code	Day	Date	Time	Fee
161258-06	Sat	June 12 - July 31	11:50 am - 12:45 pm	\$89

Instructor: All Star Sports **Location:** Twin Groves Middle School

House League Outdoor Basketball - new

Grade: K - 8

This is a recreational/instructional league designed to provide each player, regardless of ability, with a positive sports experience. We stress learning, safety, sportsmanship and fun! Parents, please support your young athlete with encouragement and good sportsmanship at all games and practices. There will be a 4 game season, with games and practice starting on June 29, and the season ending on July 20. Teams will have a 30-minute practice, with a 30-minute game immediately following. Grade levels will be combined, if necessary, to make teams. Games will be played at a variety of parks throughout Buffalo Grove. Locations of the parks are to be determined. Face coverings must be worn by all players and coaches. For more information, contact Jimmy Mix at 847.850.2108 or jmix@bgparks.org.

Registration

Participants may register online or complete a sports registration form at the Alcott Center and include full payment between May 3 and June 8. If you haven't done so already, please visit the website to set up your account information before registration begins. Please note: We do not offer or honor friend requests for this program.

Coaching

Parents that are interested in being a head coach should contact Jimmy Mix at 847.850.2108 or jmix@bgparks.org by June 4. You can visit the youth basketball page on our website at bgparks.org for additional information on becoming a youth basketball coach, and to download the coach application. Applications are also available in the Alcott Center lobby.

Code	Grade	Fee
161271-01	Coed K - 1	\$70
161271-02	Coed 2 - 3	\$70
161271-04	Boys 4	\$70
161271-05	Boys 5	\$70
161271-06	Boys 6	\$70
161271-07	Boys 7	\$70
161271-08	Boys 8	\$70
161271-09	Girls 4 - 5	\$70
161271-10	Girls 6 - 8	\$70

Location: To Be Determined



Gymnastics & Tumbling

This is a wonderful way to introduce your child to gymnastics. All classes are noncompetitive; but, each child is encouraged to set goals, and follow through by achieving them. We can bring them from their first somersault to their first flip. For more information, please contact TJ Wilkes at 847.850.2199 or twilkes@bgparks.org.

Code	Age	Day	Date	Time	R/NR Fee
161220-01	4 - 5 years	Wed	June 9 - July 7	4:30 - 5:10 pm	\$46/\$58
161220-02	6 - 8 years	Wed	June 9 - July 7	5:40 - 6:20 pm	\$46/\$58

Instructor: Dance Techs **Location:** Alcott Center

Junior Golf Level 1

Our junior golf program is designed to present the fundamentals of the sport, including the physical skills, rules, etiquette and preparation for the golf course. Juniors will be evaluated at the end of each session on performance, in order to continue on to the next level. Participants must wear a face covering at all times during the class. For more information, please contact Brian O'Malley at 847.353.7529 or brian@bgparks.org.

Age: 7 - 12 years

Code	Day	Date	Time	R/NR Fee
161503-01	Mon	June 7 - July 5	5 - 6 pm	\$125/\$156
161503-02	Mon	July 12 - Aug 9	5 - 6 pm	\$125/\$156
161503-03	Mon	Aug 16 - Sept 13	5 - 6 pm	\$125/\$156

Instructor: Takamura **Location:** Golf Dome

Junior Golf Level 2

This class is designed to continue advancing the student by improving swing mechanics, posture, grip and alignment. The finer points of the short game (chipping and pitching) will also be explored. Participants must wear a face covering at all times during the class. For more information, please contact Brian O'Malley at 847.353.7529 or brian@bgparks.org.

Age: 7 - 12 years

Code	Day	Date	Time	R/NR Fee
161505-01	Mon	June 7 - July 5	6 - 7 pm	\$125/\$156
161505-02	Mon	July 12 - Aug 9	6 - 7 pm	\$125/\$156
161505-03	Mon	Aug 16 - Sept 13	6 - 7 pm	\$125/\$156

Instructor: Takamura **Location:** Golf Dome



Mini Ninja Warriors

Leap, hop, skip, run your way through obstacles, and put your Ninja skills to the test. This fun movement-based class will challenge your Ninja to maneuver over and under objects. We will also play many large group games to further challenge their Ninja skills. **Please note:** This class will take place indoors; and, face masks will be required. For more information, please contact Megan Baird at 847.850.2119 or mbaird@bgparks.org. **No class on July 1.**

Age: 5 - 8 years

Code	Day	Date	Time	R/NR Fee
161291-01	Thu	June 3 - July 15	5 - 5:45 pm	\$65/\$81
161291-02	Thu	July 22 - Aug 26	5 - 5:45 pm	\$65/\$81

Instructor: Hot Shots Sports **Location:** Alcott Center

Nerf Elite Battle

Come experience this classic basement game in an arena-style team game. Each week, we will play many different Nerf Elite battle games, including an all-out battle. All guns, ammo and eye protection will be provided. **Please note:** This class will take place indoors; and, face masks will be required. For more information, please contact Megan Baird at 847.850.2119 or mbaird@bgparks.org. **No class on July 1.**

Age: 5 - 8 years

Code	Day	Date	Time	R/NR Fee
161292-01	Thu	June 3 - July 15	6 - 7 pm	\$65/\$81
161292-02	Thu	July 22 - Aug 26	6 - 7 pm	\$65/\$81

Instructor: Hot Shots Sports **Location:** Alcott Center



Tennis

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, as well as at outdoor lessons at Willow Stream Park in the fall and spring. 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. For more information, contact Jimmy Mix at 847.850.2108 or jmix@bgparks.org.

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 youth classes.

Quick Start Tennis

Quick Start Tennis is designed for children 10 years and younger who are looking to learn and improve their tennis fundamentals of groundstrokes, volleys and serves. 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 and helps develop proper techniques. Everyone will have a blast this summer with all the fun games and drills in each lesson. By the end of each session, all classes 7 years and older will be rallying and playing real matches. All participants 10 years and younger are advised to purchase a 21" - 25" tennis racquet (typically 4 - 6 years = 21", 7 - 8 years = 23", 9 - 10 years = 25"). **No class on July 3 and 4.**

Code	Age	Day	Date	Time	R/NR Fee
161241-05	4-6 years	Sat	June 12 - Aug 7	9-10 am	\$100/\$125
161241-31	4-6 years	Sun	June 13 - Aug 8	9-10 am	\$100/\$125
161241-01	4-6 years	Mon, Wed	June 14 - July 7	9-10 am	\$100/\$125
161241-02	4-6 years	Mon, Wed	June 14 - July 7	3:30 - 4:30 pm	\$100/\$125
161241-22	4-6 years	Tue, Thu	June 15 - July 8	4:30 - 5:30 pm	\$100/\$125
161241-13	4-6 years	Mon, Wed	July 12 - Aug 4	9-10 am	\$100/\$125
161241-25	4-6 years	Mon, Wed	July 12 - Aug 4	3:30 - 4:30 pm	\$100/\$125
161241-27	4-6 years	Tue, Thu	July 13 - Aug 5	4:30 - 5:30 pm	\$100/\$125
161241-11	7-10 years	Sat	June 12 - Aug 7	10-11 am	\$100/\$125
161241-33	7-10 years	Sun	June 13 - Aug 8	10-11 am	\$100/\$125
161241-07	7-10 years	Mon, Wed	June 14 - July 7	10-11 am	\$100/\$125
161241-08	7-10 years	Mon, Wed	June 14 - July 7	4:30 - 5:30 pm	\$100/\$125
161241-10	7-10 years	Tue, Thu	June 15 - July 8	5:30 - 6:30 pm	\$100/\$125
161241-17	7-10 years	Mon, Wed	July 12 - Aug 4	10-11 am	\$100/\$125
161241-18	7-10 years	Mon, Wed	July 12 - Aug 4	4:30 - 5:30 pm	\$100/\$125
161241-29	7-10 years	Tue, Thu	July 13 - Aug 5	5:30 - 6:30 pm	\$100/\$125

Instructor: Heritage Tennis Club Staff

Location: Willow Stream Park



Junior Tennis

Junior Tennis is designed for players 10 and older who want to learn and improve their tennis game. Advanced Beginner classes will focus on improving all basic strokes, including forehand, backhand, volleys, serve, lobs and overheads. Our Advanced Beginner Intermediate classes are for those who are looking to get the most out of their game and are ready for match play. **No class on July 3 and 4.**

Advanced Beginner

Age: 10 - 17 years

Code	Day	Date	Time	R/NR Fee
161241-23	Sat	June 12 - Aug 7	11 am - 12 pm	\$100/\$125
161241-35	Sun	June 13 - Aug 8	11 am - 12 pm	\$100/\$125
161241-19	Mon, Wed	June 14 - July 7	11 am - 12 pm	\$100/\$125
161241-04	Tue, Thu	June 15 - July 8	6:30 - 7:30 pm	\$100/\$125
161241-24	Mon, Wed	July 12 - Aug 4	11 am - 12 pm	\$100/\$125
161241-14	Mon, Wed	July 12 - Aug 4	5:30 - 6:30 pm	\$100/\$125

Instructor: Heritage Tennis Club Staff

Location: Willow Stream Park

Advanced Beginner Intermediate

Age: 10 - 17 years

Code	Day	Date	Time	R/NR Fee
161241-20	Mon, Wed	June 14 - July 7	5:30 - 6:30 pm	\$100/\$125
161241-16	Tue, Thu	July 13 - Aug 5	6:30 - 7:30 pm	\$100/\$125

Instructor: Heritage Tennis Club Staff

Location: Willow Stream Park

Volleyball

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. Face coverings must be worn at all times. For more information, contact Jimmy Mix at 847.850.2108 or jmix@bgparks.org.

Code	Age	Day	Date	Time	Fee
161205-03	7 - 9 years	Thu	June 10 - July 29	6:15 - 7:15 pm	\$101
161205-04	10 - 13 years	Thu	June 10 - July 29	7:15 - 8:15 pm	\$101

Instructor: All Star Sports **Location:** Twin Groves Middle School



Boxing

Taught by our certified master trainer, youth boxing focuses on technique and discipline, while building strength, endurance, flexibility and mental strength. Please bring water, a towel, and mask. For more information, please contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 10 - 15 years

Code	Day	Date	Time	R/NR Fee
161470-01	Fri	June 4 - July 9	5:30 - 6:30 pm	\$90/\$114

Instructor: Staff **Location:** Fitness Center

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. For more information, contact Jimmy Mix at 847.850.2108 or jmix@bgparks.org.

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 July 3.**

Age: 4 - 6 years

Code	Day	Date	Time	Fee
161237-01	Thu	June 10 - Aug 19	5:10 - 5:40 pm	\$241
161237-02	Sat	June 12 - Aug 14	9:20 - 9:50 am	\$241

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 July 3.**

Age: 7 - 12 years

Code	Day	Date	Time	Fee
161237-04	Thu	June 10 - Aug 19	5:10 - 5:50 pm	\$253
161237-05	Sat	June 12 - Aug 14	9:20 - 10 am	\$253

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
161237-06	Tue	June 15 - Aug 17	5:10 - 5:50 pm	\$252

Instructor: Twin Rinks Staff **Location:** Twin Rinks Ice Pavilion

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. Camelot Park is located at 1005 E. Suffield Drive in Arlington Heights. Frontier Park is located at 1933 N. Kennicott 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. For more information, please contact TJ Wilkes at 847.850.2199 or twilkes@bgparks.org.

Code	Age	Belt	Day	Date	Time	Location	R/NR Fee
Pre-Karate Beginner/Continuing							
161245-01	4 - 7		Thu	June 10 - Aug 26	4 - 4:45 pm	Frontier Park - A.H.	\$144/\$180
161245-04	4 - 7		Fri	June 11 - Aug 27	4 - 4:45 pm	Emmerich Park	\$144/\$180
Pre-Karate Intermediate							
161245-07	6 - 10 years	Orange - Green	Fri	June 11 - Aug 27	5:45 - 6:45 pm	Emmerich Park	\$159/\$199
Pre-Karate Teacher Permission							
161245-06	6 - 10 years		Fri	June 11 - Aug 27	4:50 - 5:35 pm	Emmerich Park	\$144/\$180
Youth Karate Beginning/Continuing							
161240-03	7 - 15 years	White - Orange	Wed	June 9 - Aug 25	4 - 4:55 pm	Emmerich Park	\$144/\$180
161240-07	7 - 14 years	White Only	Sat	June 12 - Aug 28	9 - 10 am	Frontier Park - A.H.	\$144/\$180
Youth Karate Novice							
161240-04	7 - 15 years	Yellow - Blue	Wed	June 9 - Aug 25	5 - 5:55 pm	Emmerich Park	\$144/\$180
161240-08	7 - 14 years	White w/stripes - Orange	Sat	June 12 - Aug 28	10:10 - 11:10 am	Frontier Park - A.H.	\$144/\$180
Youth Karate Intermediate							
161240-05	7 - 14 years	Green - Purple	Wed	June 9 - Aug 25	6 - 6:55 pm	Emmerich Park	\$144/\$180
161240-09	7 - 14 years	Yellow - Purple	Sat	June 12 - Aug 28	11:20 am - 12:20 pm	Frontier Park - A.H.	\$144/\$180
Youth Karate Advanced							
161240-06	7 - 14 years	Brown Only	Wed	June 9 - Aug 25	7 - 8:10 pm	Emmerich Park	\$165/\$206
161240-11	7 - 14 years	Black Only	Wed	June 9 - Aug 25	8:15 - 9:45 pm	Emmerich Park	\$183/\$229
161240-10	7 - 14 years	Brown - Black	Sat	June 12 - Aug 28	12:30 - 1:30 pm	Frontier Park - A.H.	\$144/\$180
Parent/Child Beginning/Continuing							
161246-01	7 years and up	White Only	Sat	June 12 - Aug 28	9 - 10 am	Frontier Park - A.H.	\$144/\$180
Parent/Child Novice							
161246-02	7 years and up	White w/stripes - Orange	Sat	June 12 - Aug 28	10:10 - 11:10 am	Frontier Park - A.H.	\$144/\$180
Parent/Child Intermediate							
161246-03	7 years and up	Yellow - Purple	Sat	June 12 - Aug 28	11:20 am - 12:20 pm	Frontier Park - A.H.	\$144/\$180
Parent/Child Advanced							
161246-04	7 years and up	Brown - Black	Sat	June 12 - Aug 28	12:30 - 1:30 pm	Frontier Park - A.H.	\$144/\$180

Instructor: Illinois Shotokan Karate Club

