

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.

Pee Wee Games

Calling all young athletes! Boys and girls jump, run, throw and develop a variety of other skills, as they participate in soccer, basketball, floor hockey, track and field, and other sports. Events made just for the smallest athletes include pool noodle javelin throw, the long jump, soccer ball kick, score a basket, and relay races. Children will participate in a mini games tournament during the last class of the session. Parents are required to participate with their children in the 2-3 year old class. Age-appropriate equipment will be provided. (BO)

Code	Age	Day	Date	Time	R/NR Fee
161278-01	2 - 3 years	Mon	June 11 - July 9	5:30 - 6:10 pm	\$34/\$43
161278-02	2 - 3 years	Mon	July 16 - Aug 13	5:30 - 6:10 pm	\$34/\$43
161278-03	4 - 6 years	Tue	June 12 - July 10	4 - 4:45 pm	\$38/\$48
161278-04	4 - 6 years	Tue	July 17 - Aug 14	4 - 4:45 pm	\$38/\$48

Instructor: SportsKids Inc.

Location: Wellington Park

Fit 'N Fun For Kids

Kids have a blast in this fun outdoor fitness class as they run, jump, hop, stretch and play to gain strength and flexibility, as well as improve motor development, body balance, cognitive ability and socialization skills. We do all sorts of activities, including cardio exercises, relay races, proper stretching and movement, circle games, obstacle courses, yoga poses, tagging games, catching balls, parachute play, hula hoop activities, and other fitness activities that safely challenge each child's abilities in a positive environment. Make sure to wear comfortable clothes and gym shoes for this action packed class, in which children develop a positive association with fitness. Parents are required to participate with their children in the 2 - 4 year old class. Age-appropriate equipment will be provided. (BO)

Code	Age	Day	Date	Time	R/NR Fee
161221-01	2 - 4 years	Tue	June 12 - July 10	4:45 - 5:25 pm	\$34/\$43
161221-02	2 - 4 years	Tue	July 17 - Aug 14	4:45 - 5:25 pm	\$34/\$43
161221-03	5 - 8 years	Tue	June 12 - July 10	5:30 - 6:15 pm	\$38/\$48
161221-04	5 - 8 years	Tue	July 17 - Aug 14	5:30 - 6:15 pm	\$38/\$48

Instructor: SportsKids Inc.

Location: Wellington Park

Go Girl Go - Sports & Craft Camp

This camp is a great way to introduce basketball, soccer, kickball and tball in an all-girl environment. Basic skills in all sports are taught; and, games are played at the end of each class. The girls will do sports for the first half of the camp, and do a fun craft for the second half. The last class will be a fun sport of their choice. The camp will be held outside, but will move to the gym in case of inclement weather. Please bring a water bottle to class. (CE)

Age: 4 - 7 years

Code	Day	Date	Time	R/NR Fee
161226-01	Tue	June 5 - June 26	10 - 11 am	\$45/\$56
161226-01	Tue	July 10 - Aug 7	10 - 11 am	\$57/\$71

Instructor: Sports-R-Us

Location: Alcott Center

Youth Track, Field & Fitness

Join us to learn about a sport that is rich in tradition and history. Boys and girls learn the jumping, running and throwing skills involved in the sport of track and field. They practice relay races, running hurdles, long jump, discus throw (using Frisbees®) and other track and field events, as well as participate in a fun-filled track and field meet on the last day of the class. Age-appropriate equipment will be used. (BO)

Code	Age	Day	Date	Time	R/NR Fee
161223-01	3 - 5 years	Mon	June 11 - July 9	4 - 4:45 pm	\$38/\$48
161223-02	3 - 5 years	Mon	July 16 - Aug 13	4 - 4:45 pm	\$38/\$48
161223-03	6 - 10 years	Mon	June 11 - July 9	4:45 - 5:30 pm	\$38/\$48
161223-04	6 - 10 years	Mon	July 16 - Aug 13	4:45 - 5:30 pm	\$38/\$48

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

Ultimate Games Camp

Discover the fun and challenges of a variety of games, as you join us for this exciting camp. Youngsters will play different versions of dodgeball, Frisbee®, Spikeball®, Whiffleball®, capture the flag, kickball, pickleball, European (field) handball, and other team games. They will also learn the throwing, spiking, dodging, serving as well as the other skills, agility and stamina needed to play these games. The focus is on having fun, staying fit, building character, and boosting self-esteem. Each participant should bring a nut-free snack and water bottle. (BO)

Age: 6 - 10 years

Code	Day	Date	Time	R/NR Fee
161274-01	M, T, W, Th, F	Aug 13 - Aug 17	9 am - 12 pm	\$135/\$165

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

Archery & Sports Camp

This morning sports camp is a great way for your child to try new skills and achieve goals in a challenging, safe and exciting environment. Learning the fundamentals and safety rules of shooting target archery, practicing proper handling of a bow and arrow, shooting at different target faces, and participating in archery games will be the main focus of the camp; but, we will also develop skills and play games in other sports, including soccer, basketball, lacrosse and baseball. Organized games will emphasize sportsmanship, sharing and teamwork. Come join us, and be ready to use your energy and enthusiasm. This program will prove that kids can get more out of the summer. Each participant should bring a nut-free snack and water bottle. All equipment will be provided. (BO)

Age: 6 - 10 years

Code	Day	Date	Time	R/NR Fee
161275-01	M, T, W, Th, F	Aug 6 - Aug 10	9 am - 12 pm	\$135/\$165

Instructor: SportsKids Inc. **Location:** Willow Stream Park

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
161284-01	Mon	June 11 - July 9	6:15 - 7 pm	\$38/\$48
161284-02	Mon	July 16 - Aug 13	6:15 - 7 pm	\$38/\$48

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. **Please note:** The 6+ classes are parent/child classes. (BO)

Code	Age	Day	Date	Time	R/NR Fee
161270-01	6+ years	Thu	June 14 - July 12	6:30 - 7:15 pm	\$57/\$72
161270-02	6+ years	Thu	July 19 - Aug 16	6:30 - 7:15 pm	\$57/\$72
161270-03	7 - 10 years	Thu	June 14 - July 12	5 - 5:45 pm	\$38/\$48
161270-04	7 - 10 years	Thu	July 19 - Aug 16	5 - 5:45 pm	\$38/\$48
161270-05	11 - 15 years	Thu	June 14 - July 12	5:45 - 6:30 pm	\$38/\$48
161270-06	11 - 15 years	Thu	July 19 - Aug 16	5:45 - 6:30 pm	\$38/\$48
161270-07	16+ years	Thu	June 14 - July 12	7:15 - 8 pm	\$38/\$48
161270-08	16+ years	Thu	July 19 - Aug 16	7:15 - 8 pm	\$38/\$48

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

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. **No class on July 23.** (CE)

Age: 5 - 12 years

Code	Level	Day	Date	Time	R/NR Fee
161288-01	Introductory	Mon	June 4 - Aug 13	4 - 5 pm	\$70/\$88
161288-02	Continuing	Mon	June 4 - Aug 13	5 - 6 pm	\$50/\$63

Instructor: Doyle **Location:** Alcott Center



Lil Pint Soccer Camp

The fundamentals of this sport will be taught in this soccer camp. Your child will enhance their soccer skills, while learning teamwork. 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. A game will be played at the end of each camp. The camp will be held outside, but will move into the gym in case of inclement weather. Please bring a water bottle. (CE)

Code	Age	Day	Date	Time	R/NR Fee
161228-01	3 - 4 years	Thu	June 7 - June 28	4 - 4:50 pm	\$45/\$56
161228-02	3 - 4 years	Thu	July 12 - Aug 9	4 - 4:50 pm	\$57/\$71
161228-03	4 - 6 years	Sat	June 9 - June 30	11 - 11:50 am	\$45/\$56
161228-04	4 - 6 years	Sat	July 14 - Aug 11	11 - 11:50 am	\$57/\$71

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

Junior Soccer Camp

This is the perfect camp 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. The camp will be held outside, but will move into the gym in case of inclement weather. Please bring a water bottle. (CE)

Age: 5 - 7 years

Code	Day	Date	Time	R/NR Fee
161224-01	Tue	June 5 - June 26	11:15 am - 12:15 pm	\$45/\$56
161224-02	Tue	July 10 - Aug 7	11:15 am - 12:15 pm	\$57/\$71

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

Lil Pint Soccer & Basketball Camp

This program is perfect for your child full of energy, and parents who are looking for an introduction to soccer and basketball. Participants will be working on developing socialization, teamwork, direction following, and key motor skills. Dribbling, shooting and passing will be some of the skills that the children will learn. The first 2 weeks of class will focus on soccer; and, the next 2 weeks will focus on basketball. The last week of class will be a combination of both sports. Games will be played at the end of each class. Please bring a water bottle to camp. (CE)

Age: 4 - 6 years

Code	Day	Date	Time	R/NR Fee
161266-01	Fri	June 8 - June 29	5 - 5:50 pm	\$45/\$56
161266-02	Fri	July 13 - Aug 10	5 - 5:50 pm	\$57/\$71

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

Soccer & T-Ball Combo Camp

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
161248-01	Sat	June 9 - June 30	9 - 9:50 am	\$45/\$56
161248-02	Sat	June 9 - June 30	10 - 10:50 am	\$45/\$56
161248-03	Sat	July 14 - Aug 11	9 - 9:50 am	\$57/\$71
161248-04	Sat	July 14 - Aug 11	10 - 10:50 am	\$57/\$71

Instructor: Sports-R-U's **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. Full-day campers should also bring a packed lunch with a beverage and snacks 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. (CE)

Mini Soccer

Fun games, basic technical practices and small sided games.

Age: 3 - 6 years

Code	Day	Date	Time	R/NR Fee
161209-01	M, Tu, W, Th, F	Aug 6 - Aug 10	5 - 6:30 pm	\$130/\$163

Instructor: British Challenger Soccer **Location:** Willow Stream Park

Half-Day Player Development Camp

Emphasis is placed upon individual skill development, mastery of the core techniques and fundamental tactical awareness.

Age: 6 - 12 years

Code	Day	Date	Time	R/NR Fee
161209-02	M, Tu, W, Th, F	Aug 6 - Aug 10	1:30 - 4:30 pm	\$160/\$200

Instructor: British Challenger Soccer **Location:** Willow Stream Park



Fall Soccer

Grade: Kindergarten - 8

Fall Soccer is open to all boys and girls entering Kindergarten thru 8th grades this fall. Practice will begin in August/September, and the season will conclude in November. All teams will be scheduled for an 8 game season. (CE)

Registration

No mail in registration will be accepted. Participants may register online or complete a sports registration form at the Alcott Center and include full payment anytime between April 30 and June 24. If you haven't done so already, please visit the website to set up your account information before online registration begins on April 30. You will be required to fill out a sports registration form and attach full payment. Registering does not guarantee a spot in the program. A random drawing will begin after registration is completed. Nonresidents will be drawn after all residents have been either placed in divisions or on waiting lists. A receipt confirming your registration will be mailed to you. Anyone that misses the above lottery dates will be placed on a waiting list.

R/NR Fee

\$90/\$110 (plus uniform if needed)

All registrations are processed immediately; so, please pay by check or credit card. If a random drawing is conducted due to not having enough volunteer coaches, and your child was not admitted into the program, you will receive a full refund.

Uniforms

All players must wear a Buffalo Grove Park District issued uniform and all new players must purchase a uniform before the first game. You will be asked to place your order when you submit your registration form; and, a sample of all sizes will be available at the Alcott Center. Full uniforms (jersey, shorts and socks) are \$35. Jerseys alone are \$20, shorts alone are \$15, and socks alone are \$5.

Schedule

Game days for all divisions may include Saturday, Sunday and/or weekdays. If you are participating in another sport you will experience practice/game day conflicts.

Coaching

Parents that are interested in being a Head Coach should contact Chris Eckert at 847.850.2123 by June 25. You can visit the soccer page on our website at bgparks.org for additional information on becoming a youth soccer coach and to download the coach application.

Soccer Referees

The Buffalo Grove Park District is now accepting applications for soccer referees for the upcoming fall season. You can apply online at bgparks.org. You must be 14 years old by September 7, 2018. Playing experience and a thorough understanding of the game is highly recommended. Contact Beth Wanland at 847.850.2136 or bwanland@bgparks.org for details. High school students and adults are encouraged to apply. (CE)

Tetra Brazil Soccer Camp

The #1 Authentic Brazilian Soccer coaching program in the USA. We bring the flair and passion of Brazilian soccer to America. The Tetra Brazil curriculum has been designed by our professional coaches to provide teams, coaches and players with the same expert level of training received by professional clubs in Brazil. The Camp combines learning Brazilian techniques, footwork, moves and fun. Tetra Brazil camps feature professional, comprehensive, high quality soccer training from talented and experienced Brazilian coaches, teaching technical, tactical and conditioning aspects of the game. You will receive a t-shirt, ball, player evaluation, giant poster, and the official Tetra Brazil jersey if you sign up 45 days prior to camp. Do not miss out on the unique Brazilian soccer experience. Campers should bring plenty of water and a light snack 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). Please wear summer active wear, shin guards, and athletic shoes or soccer cleats. (CE)

Age: 7 - 16 years

Code	Day	Date	Time	R/NR Fee
161251-01	M, T, W, Th, F	Aug 6 - Aug 10	5 - 8 pm	\$160/\$200

Instructor: Tetra Brazil Staff **Location:** Willow Stream Park

Pee Wee T-Ball Camp

It's time to team up with Mom or Dad. In this class, we will use soft baseballs and scaled down equipment to begin developing your child's fine motor skills. Throwing, catching, base running and batting will be taught throughout the program. A fun game will be played at the end of each class. The camp will be held outside, but will move into the gym in the case of inclement weather. Please bring a baseball glove and water bottle. (CE)

Age: 3 - 4 years

Code	Day	Date	Time	R/NR Fee
161229-01	Fri	June 8 - June 29	4 - 4:50 pm	\$45/\$56
161229-02	Fri	July 13 - Aug 10	4 - 4:50 pm	\$57/\$71

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

Lil Pint Baseball Camp

Our Lil Pint Summer Baseball Camp is a great introduction to baseball. Children will learn base running, catching, throwing and hitting from a tee. Our goal is for each child to have fun, experience success, and understand the fundamentals of baseball. Equipment will be provided; however, each child will need to bring a glove. Soft baseballs will be used. The camp will be held outside, but will move into the gym in case of inclement weather. Please bring a baseball glove and water bottle to class. (CE)

Age: 4 - 6 years

Code	Day	Date	Time	R/NR Fee
161230-01	Thu	June 7 - June 28	5 - 5:50 pm	\$45/\$56
161230-02	Thu	July 12 - Aug 9	5 - 5:50 pm	\$57/\$71

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

Flag Football Level 1

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)

Code	Age	Day	Date	Time	Fee
161203-01	4 - 6 years	Fri	June 8 - July 27	6 - 7 pm	\$80
161203-02	7 - 10 years	Fri	June 8 - July 27	7 - 8 pm	\$80

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

Flag Football Skills Camp NEW

Come enjoy a week of action packed football, in a fun and safe environment. Our football camp is designed to teach everyone. Beginners and little pros are all welcome; we will be able to advance their play. This is a great chance for children to learn the game without pads and helmets. There is no tackling allowed. We will cover positioning, catching, throwing, patterns, footwork, and offensive and defensive strategies that keep every one thinking and moving. Necessary equipment includes knee and elbow pads if we have to move indoors. (CB)

Age: 7 - 10 years

Code	Day	Date	Time	Fee
161289-01	M, T, W, Th, F	Aug 6 - Aug 10	10 am - 12 pm	\$86

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

NFL 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. (TVV)

Registration

No mail in registration will be accepted. Participants may register online or complete a sports registration form at the Alcott Center and include full payment anytime between May 14 thru June 30. If you haven't done so already, please visit the website to set up your account information before online registration begins on May 14.

Season

Games begin in September and will be played on Saturdays. Grades 5 - 8 will play at least one weeknight night game during the season. The season will consist of 8 games and teams will practice once a week. Jerseys, flags and balls will be provided to teams.

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
16121401	\$110/\$135

Bills Tackle Football & Cheerleading

Bills Football and Cheerleading serves children of Buffalo Grove and all surrounding towns in grades 1 thru 8. The Bills are a member of the Chicagoland Youth Football League and play various teams from the north and western suburbs. Open registration are Saturdays, May 5, 12 and 19 from 9 - 11 am at Emmerich East Park, 151 E. Raupp Blvd. in Buffalo Grove.

The Bills are traveling football teams with games played on Saturdays and Sundays, beginning the weekend before Labor Day. Home games are played at Emmerich East Park. To maximize safety and competition, all players are placed on teams based on age and weight.

The fee for football is \$450 (\$250 for cheerleading) and all players must include their birth certificate with their registration. A family discount is available when more than one participating player is in the same household. For more information, call the Bills Hotline at 847.452.8677 or view their website at bgbills.org.

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	Age	Day	Date	Time	R/NR Fee
161252-01	5 - 7 years	Fri	June 8 - June 29	6 - 7 pm	\$45/\$56
161252-02	5 - 7 years	Fri	July 13 - Aug 10	6 - 7 pm	\$57/\$71
161252-03	6 - 8 years	Sat	June 9 - June 30	12 - 1 pm	\$45/\$56
161252-04	6 - 8 years	Sat	July 14 - Aug 11	12 - 1 pm	\$57/\$71

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
161263-01	Tue	June 12 - July 24	7:30 - 8:30 pm	\$70

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



All Star Basketball Camp NEW

This morning sports camp is a great way for your child to try new skills and achieve goals in a challenging, safe and exciting environment. Learning the fundamentals and safety rules of shooting target archery, practicing proper handling of a bow and arrow, shooting at different target faces, and participating in archery games will be the main focus of the camp; but, we will also develop skills and play games in other sports, including soccer, basketball, lacrosse and baseball. Organized games will emphasize sportsmanship, sharing and teamwork. Come join us, and be ready to use your energy and enthusiasm. This program will prove that kids can get more out of the summer. Each participant should bring a nut-free snack and water bottle. All equipment will be provided. (CB)

Age: 5 - 7 years

Code	Day	Date	Time	Fee
161290-01	M, T, W, Th, F	Aug 6 - Aug 10	12 - 2 pm	\$86

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. (CB)

Code	Age	Day	Date	Time	Fee
161201-01	3 - 4 years	Sat	June 9 - July 28	9 - 9:45 am	\$80
161201-02	4 - 6 years	Sat	June 9 - July 28	9:45 - 10:45 am	\$80

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
161257-01	Sat	June 9 - July 28	10:45 - 11:45 am	\$80

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
161258-01	Sat	June 9 - July 28	11:45 am - 12:45 pm	\$80

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

House League Basketball

Grade: 1 - 8

House League Basketball 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. Practice begins in November; and, the season starts in early December and ends in mid March. Each team will play 15 games. Games could be played at Cooper Middle School, Willow Grove School, Prairie School or Twin Groves School on Saturdays between 9 am - 6 pm, and on Sundays between 1 - 6 pm. There is a possibility you will be scheduled to play on both days. If your child cannot be available for these days during the season, then we suggest that you consider not participating in this program. (CB)

Registration

No mail in registration will be accepted. Participants may register online or complete a sports registration form at the Alcott Center and include full payment between August 1 and September 30. If you haven't done so already, please visit the website to set up your account information before online registration begins on August 1. Registering does not guarantee a spot in the program. A Random drawing for residents will begin on October 1. Nonresidents will be drawn after all residents have been drawn and placed in a division or on a waiting list. An email receipt will be sent confirming that your registration form was processed. Anyone that misses the above registration dates will be placed on the waiting list.

Fee

\$135 (Does not include jersey)
\$14 - Jersey

Uniform

All players must wear a Buffalo Grove Park District issued jersey. Returning players with a yellow/black jersey do not need to purchase a new one. All new players will need to purchase a jersey for \$14. Sample sizes will be in the Alcott lobby during normal front desk hours.

Coaching

Parents that are interested in being a Head Coach should contact Chuck Burgess at 847.850.2125 or chuck@bgparks.org by August 17. 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 at the 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 presentation for the golf course. There will be instructional materials provided, along with practical instruction. Juniors will be evaluated at the end of each session on performance, in order to continue on to the next level. 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 and 6.** (LH)

Age: 7 - 12 years

Code	Day	Date	Time	R/NR Fee
161503-03	Mon	June 11 - July 16	4 - 4:45 pm	\$100/\$125
161503-04	Fri	June 15 - July 20	4 - 4:45 pm	\$100/\$125
161503-05	Mon	July 30 - Aug 27	4 - 4:45 pm	\$100/\$125
161503-06	Fri	Aug 3 - Aug 31	4 - 4:45 pm	\$100/\$125

Instructor: Takamura

Location: Buffalo Grove Golf Club

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. Golf clubs will be provided if needed; and, all participants must have completed Level 1. Classes will be held on the driving range of the Buffalo Grove Golf Course, located at 48 Raupp Boulevard in Buffalo Grove. (LH)

Age: 7 - 12 years

Code	Day	Date	Time	R/NR Fee
161505-03	Mon	June 11 - July 16	5 - 5:45 pm	\$100/\$125
161505-04	Fri	June 15 - July 20	5 - 5:45 pm	\$100/\$125
161505-05	Mon	July 30 - Aug 27	5 - 5:45 pm	\$100/\$125
161505-06	Fri	Aug 3 - Aug 31	5 - 5:45 pm	\$100/\$125

Instructor: Takamura

Location: Buffalo Grove Golf Club

Junior On The Course Golf Lessons NEW

This new instructional class is for intermediate to advanced junior 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 the 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 in Arlington Heights. (LH)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
161507-01	Wed	June 13 - June 27	4 - 5:45 pm	\$165/\$220
161507-02	Wed	Aug 1 - Aug 15	4 - 5:45 pm	\$165/\$220

Instructor: Takamura

Location: Nickol Knoll Golf Club

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. (CB)

Code	Age	Day	Date	Time	Fee
161205-01	6 - 8 years	Thu	June 7 - July 26	6:15 - 7:15 pm	\$80
161205-02	9 - 12 years	Thu	June 7 - July 26	7:15 - 8:15 pm	\$80

Instructor: All Star Sports

Location: Prairie School

Floor Hockey

Learn and play the fastest game in the world. This action packed class will emphasize the importance of teamwork and sportsmanship, while teaching the basic skills of passing, shooting and stick handling before the skates go on. Mandatory equipment needed includes a bike helmet and any type of full finger gloves. Optional equipment includes shin pads, knee pads and elbow pads. (CB)

Age: 7 - 10 years

Code	Day	Date	Time	Fee
161204-01	Tue	June 12 - July 24	6:45 - 7:30 pm	\$70

Instructor: All Star Sports

Location: Twin Groves Middle 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 to participants 4 years and older 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. **No class on July 4.** (TW)

Code	Age	Day	Date	Time	R/NR Fee
161220-03	2 - 3 years	Wed	June 20 - July 25	6 - 6:30 pm	\$27/\$34
161220-04	2 - 3 years	Wed	June 20 - July 25	6:35 - 7:05 pm	\$27/\$34
161220-01	4 - 5 years	Wed	June 20 - July 25	4:30 - 5:10 pm	\$39/\$49
161220-02	6 - 8 years	Wed	June 20 - July 25	5:15 - 5:55 pm	\$39/\$49

Instructor: Dance Techs

Location: Alcott Center



IGLA Girls Summer Lacrosse - Purple League NEW

IGLA summer lacrosse league is for advanced-level Purple League players, looking for practices and games, but at a lighter schedule than spring season. Practices are on Mondays, starting June 4, and games are on Wednesdays starting June 6. The summer program ends with a game on Wednesday June 27. All IGLA programs focus on teamwork, sportsmanship and personal development in a respectful environment, led by positive coaching. Players receive equal playing time, and play in all positions. Coaches are high school players and parent volunteers. A stick, hard ball, goggles and mouth guard are required. Register at igla.org for an assessment. Summer league practices and games will take place at Deerpath Park in Vernon Hills. Deerpath Park is located at 700 Lakeview Parkway in Vernon Hills. (TWW)

Code	Level	Day	Date	Time	R/NR Fee
161244-01	10U	M, W	June 4 - June 27	6 - 7:15 pm	\$150/\$160
161244-02	12U	M, W	June 4 - June 27	6 - 7:15 pm	\$150/\$160
161244-03	14U	M, W	June 4 - June 27	6 - 7:15 pm	\$150/\$160

Instructor: IGLA

Location: Deerpath Park - Vernon Hills

IGLA Girls Summer Lacrosse Camp

IGLA offers summer camps to players with any experience level. Beginners learn the basics of lacrosse, and focus on fundamental skills, such as catching, throwing, shooting, and ground balls. Experienced players are taught advanced skills and techniques, such as defensive positioning, non-dominant stick work, advanced ground ball pick-up "in traffic" and shooting around a defensive target. Campers are grouped by age and experience. Instructors are high school and college-age players, and adult coaches. Players must have a lacrosse stick, goggles and a mouth guard. All campers receive a free t-shirt. For more information, please visit igla.org. Vernon Hills Athletic Complex Field #8 is located at 300 Nike Parkway in Vernon Hills. (TWW)

Age: 5 - 15 years

Code	Day	Date	Time	R/NR Fee
161247-01	M, T, W, Th	June 25 - June 28	1 - 3 pm	\$130/\$140

Instructor: IGLA

Location: Vernon Hills Athletic Complex

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
161482-01	Tue	June 19 - July 10	5:30 - 6:30 pm	\$90/\$115
161482-02	Thu	June 21 - July 12	5:30 - 6:30 pm	\$90/\$115
161482-03	Tue	July 17 - Aug 7	5:30 - 6:30 pm	\$90/\$115
161482-04	Thu	July 19 - Aug 9	5:30 - 6:30 pm	\$90/\$115

Instructor: Personal Trainers

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 Jodi DiTomasso at 847.353.7517.

Fee: \$50

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. (AC)

Code	Age	Day	Date	Time	R/NR Fee
161287-03	4 - 9 years	Thu	June 7 - July 5	4:30 - 5:20 pm	\$60/\$75
161287-01	10 - 17 years	Wed	June 6 - June 27	5:30 - 6:20 pm	\$48/\$60

Instructor: Nahar

Location: Alcott 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. 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.

Age: 3 years

Code	Day	Date	Time	Fee
161237-10	Mon	Aug 20 - Oct 8	12:40 - 1:10 pm	\$147

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 September 3.**

Age: 4 - 6 years

Code	Day	Date	Time	Fee
161237-01	Thu	June 14 - Aug 9	5:15 - 5:45 pm	\$181
161237-02	Sat	June 16 - Aug 11	9:20 - 9:50 am	\$181
161237-13	Thu	Aug 23 - Oct 11	4:40 - 5:10 pm	\$166
161237-14	Sat	Aug 25 - Oct 13	9:20 - 9:50 am	\$166
161237-15	Sat	Aug 25 - Oct 13	10 - 10:30 am	\$166
161237-16	Sat	Aug 25 - Oct 13	11:05 - 11:35 am	\$166
161237-11	Mon	Aug 27 - Oct 8	12:40 - 1:10 pm	\$147
161237-12	Mon	Aug 27 - Oct 8	4:40 - 5:10 pm	\$147

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 September 3.**

Age: 6 - 12 years

Code	Day	Date	Time	Fee
161237-04	Thu	June 14 - Aug 9	5:15 - 5:55 pm	\$190
161237-05	Sat	June 16 - Aug 11	9:20 - 10 am	\$190
161237-17	Mon	Aug 20 - Oct 8	4:40 - 5:20 pm	\$154
161237-18	Thu	Aug 23 - Oct 11	4:40 - 5:20 pm	\$174
161237-19	Sat	Aug 25 - Oct 13	9:20 - 10 am	\$174
161237-20	Sat	Aug 25 - Oct 13	11:05 - 11:35 am	\$174

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 12 - Aug 14	5:20 - 6 pm	\$230
161237-08	Tue	Aug 21 - Oct 30	5:10 - 5:50 pm	\$258
161237-09	Sat	Aug 25 - Oct 27	12:10 - 12:50 pm	\$235

Instructor: Twin Rinks Staff Location: Twin Rinks Ice Pavilion



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. **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. 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").

Code	Age	Day	Date	Time	R/NR Fee
161241-01	4-6 years	Mon, Wed	June 11 - July 11	9-10 am	\$100/\$125
161241-02	4-6 years	Mon, Wed	June 11 - July 11	5:30-6:30 pm	\$100/\$125
161241-03	4-6 years	Tue, Thu	June 12 - July 12	9-10 am	\$110/\$138
161241-04	4-6 years	Tue, Thu	June 12 - July 12	6:30-7:30 pm	\$110/\$138
161241-05	4-6 years	Sat	June 16 - Aug 11	9-10 am	\$100/\$125
161241-06	4-6 years	Sat	June 16 - Aug 11	2-3 pm	\$100/\$125
161241-31	4-6 years	Sun	June 17 - Aug 12	9-10 am	\$100/\$125
161241-32	4-6 years	Sun	June 17 - Aug 12	2-3 pm	\$100/\$125
161241-13	4-6 years	Mon, Wed	July 16 - Aug 8	9-10 am	\$90/\$113
161241-14	4-6 years	Mon, Wed	July 16 - Aug 8	5:30-6:30 pm	\$90/\$113
161241-15	4-6 years	Tue, Thu	July 17 - Aug 9	9-10 am	\$90/\$113
161241-16	4-6 years	Tue, Thu	July 17 - Aug 9	6:30-7:30 pm	\$90/\$113
161241-07	7-10 years	Mon, Wed	June 11 - July 11	10-11 am	\$100/\$125
161241-08	7-10 years	Mon, Wed	June 11 - July 11	4:30-5:30 pm	\$100/\$125
161241-09	7-10 years	Tue, Thu	June 12 - July 12	10-11 am	\$110/\$138
161241-10	7-10 years	Tue, Thu	June 12 - July 12	5:30-6:30 pm	\$110/\$138
161241-11	7-10 years	Sat	June 16 - Aug 11	10-11 am	\$100/\$125
161241-12	7-10 years	Sat	June 16 - Aug 11	3-4:30 pm	\$140/\$175
161241-33	7-10 years	Sun	June 17 - Aug 12	10-11 am	\$100/\$125
161241-34	7-10 years	Sun	June 17 - Aug 12	3-4:30 pm	\$140/\$175
161241-17	7-10 years	Mon, Wed	July 16 - Aug 8	10-11 am	\$90/\$113
161241-18	7-10 years	Mon, Wed	July 16 - Aug 8	4:30-5:30 pm	\$90/\$113
161241-28	7-10 years	Tue, Thu	July 17 - Aug 9	10-11 am	\$90/\$113
161241-29	7-10 years	Tue, Thu	July 17 - Aug 9	5:30-6:30 pm	\$90/\$113

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 over-heads. 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.

Advanced Beginner

Age: 10 - 17 years

Code	Day	Date	Time	R/NR Fee
161241-19	Mon, Wed	June 11 - July 11	11 am - 12 pm	\$100/\$125
161241-21	Tue, Thu	June 12 - July 12	11 am - 12 pm	\$110/\$138
161241-22	Tue, Thu	June 12 - July 12	4:30 - 5:30 pm	\$110/\$138
161241-23	Sat	June 16 - Aug 11	11 am - 12 pm	\$100/\$125
161241-35	Sun	June 17 - Aug 12	11 am - 12 pm	\$100/\$125
161241-24	Mon, Wed	July 16 - Aug 8	11 am - 12 pm	\$90/\$113
161241-26	Tue, Thu	July 17 - Aug 9	11 am - 12 pm	\$90/\$113
161241-27	Tue, Thu	July 17 - Aug 9	4:30 - 5:30 pm	\$90/\$113

Instructor: Heritage Tennis Club Staff

Location: Willow Stream Park

Advanced Beginner Intermediate

Age: 12 - 17 years

Code	Day	Date	Time	R/NR Fee
161241-20	Mon, Wed	June 11 - July 11	3:30 - 4:30 pm	\$100/\$125
161241-30	Sat	June 16 - Aug 11	12:30 - 2 pm	\$140/\$175
161241-36	Sun	June 17 - Aug 12	12:30 - 2 pm	\$140/\$175
161241-25	Mon, Wed	July 16 - Aug 8	3:30 - 4:30 pm	\$90/\$113

Instructor: Heritage Tennis Club Staff

Location: Willow Stream Park

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. (BO)

Age: 8 - 13 years

Code	Level	Day	Date	Time	R/NR Fee
161283-01	Beginner	Tue	June 12 - July 10	6:15 - 7 pm	\$38/\$48
161283-03	Beginner	Tue	July 17 - Aug 14	6:15 - 7 pm	\$38/\$48
161283-02	Intermediate	Tue	June 12 - July 10	7 - 7:45 pm	\$38/\$48
161283-04	Intermediate	Tue	July 17 - Aug 14	7 - 7:45 pm	\$38/\$48

Instructor: SportsKids Inc.

Location: Wellington Park

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. **No class on July 4.** (TVV)

Code	Age	Belt	Day	Date	Time	Location	R/NR Fee
Pre-Karate Beginner (No Experience)							
161245-01	4 - 7		Thu	June 14 - Aug 23	4 - 4:45 pm	Frontier Park - A.H.	\$116/\$145
161245-04	4 - 7		Fri	June 15 - Aug 24	4 - 4:45 pm	Emmerich Park	\$116/\$145
Pre-Karate Continuing (1 or more prior sessions)							
161245-02	4 - 7		Thu	June 14 - Aug 23	4:55 - 5:40 pm	Frontier Park - A.H.	\$116/\$145
161245-05	4 - 7		Fri	June 15 - Aug 24	4:50 - 5:35 pm	Emmerich Park	\$116/\$145
Pre-Karate Intermediate							
161245-07	6 - 10	Orange - Green	Fri	June 15 - Aug 24	6:30 - 7:30 pm	Emmerich Park	\$129/\$161
Pre-Karate Teacher Permission							
161245-03	4 - 7		Thu	June 14 - Aug 23	5:45 - 6:30 pm	Frontier Park - A.H.	\$116/\$145
161245-06	4 - 7		Fri	June 15 - Aug 24	5:45 - 6:30 pm	Emmerich Park	\$116/\$145
Youth Karate Beginning/Continuing							
161240-01	7 - 14	White - Yellow	Tue	June 12 - Aug 28	4 - 5 pm	Alcott Center	\$126/\$158
161240-03	7 - 15	White - Orange	Wed	June 13 - Aug 29	4 - 5 pm	Alcott Center	\$116/\$145
161240-07	7 - 14	White Only	Sat	June 16 - Aug 25	9 - 10 am	Frontier Park - A.H.	\$116/\$145
Youth Karate Novice							
161240-04	7 - 15	Yellow - Blue	Wed	June 13 - Aug 29	5 - 6 pm	Alcott Center	\$116/\$145
161240-08	7 - 14	White w/ stripes - Orange	Sat	June 16 - Aug 25	10:10 - 11:10 am	Frontier Park - A.H.	\$116/\$145
Youth Karate Intermediate							
161240-05	7 - 15	Green - Low Purple	Wed	June 13 - Aug 29	6:30 - 7:30 pm	Cooper Middle School	\$116/\$145
161240-09	7 - 14	Yellow - Purple	Sat	June 16 - Aug 25	11:20 am - 12:20 pm	Frontier Park - A.H.	\$116/\$145
Youth Karate Intermediate/Advanced							
161240-02	7 - 15	Blue & up	Tue	June 12 - Aug 28	5 - 6 pm	Alcott Center	\$126/\$158
Youth Karate Advanced							
161240-06	7 - 14	High Purple - Black	Wed	June 13 - Aug 29	6:30 - 7:30 pm	Cooper Middle School	\$116/\$145
161240-10	7 - 14	Brown - Black	Sat	June 16 - Aug 25	12:30 - 1:30 pm	Frontier Park - A.H.	\$116/\$145
Parent/Child Beginning/Continuing							
161246-01	7 +	White Only	Sat	June 16 - Aug 25	9 - 10 am	Frontier Park - A.H.	\$116/\$145
Parent/Child Novice							
161246-02	7 +	White w/ stripes - Orange	Sat	June 16 - Aug 25	10:10 - 11:10 am	Frontier Park - A.H.	\$116/\$145
Parent/Child Intermediate							
161246-03	7 +	Yellow - Purple	Sat	June 16 - Aug 25	11:20 am - 12:20 pm	Frontier Park - A.H.	\$116/\$145
Parent/Child Advanced							
161246-04	7 +	Brown - Black	Sat	June 16 - Aug 25	12:30 - 1:30 pm	Frontier Park - A.H.	\$116/\$145

Instructor: Illinois Shotokan Karate Club