

# Youth Sports

## 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 Youth 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](http://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](http://nays.org).

## Parent/Child Super Sports

It's time to team up with mom or dad in this pint sized sports class. This program is perfect for toddlers who are full of energy, and parents who are looking to introduce them to a variety of sports. Parents will help their children in developing socialization, teamwork, following directions, and key motor skills. Each week, participants will experience the game of such sports like soccer, baseball, basketball and football. A game will be played at the end of each class if time allows. Please bring a water bottle to class. **No class on November 25.** (CE)

Age: 3 - 4 years

| Code      | Day | Date           | Time        | R/NR Fee  |
|-----------|-----|----------------|-------------|-----------|
| 261233-01 | Sat | Nov 4 - Dec 16 | 9 - 9:50 am | \$60/\$75 |

Instructor: Sports-R-U's

Location: Alcott Center

## Tiny Tot Games

Join us for a fun workout, and to learn about a sport that is rich in tradition and history. This unique class will combine stretching, movement, and other fitness concepts with running, jumping, throwing and other skills used in track and field. Hula hoops, jump ropes, parachutes, soft balls, Frisbees, hurdles, and other equipment will help us guide through fitness activities, and track and field events in a safe environment. Boys and girls will work on body coordination, agility, balance and self-confidence as they participate in Simon Says, Red Light-Green Light, Hoopers, and other fitness games, as well as sprints, relays, long-distance walking, hurdles, long jump, discus throw, and other track and field events. Our fun approach will help little athletes develop a love of being active. The session will conclude with a fun-filled SportKids track and field meet on the last day of class. Each child should bring a water bottle. **No class on November 23.** (BO)

Age: 2 - 4 years

| Code      | Day | Date             | Time           | R/NR Fee  |
|-----------|-----|------------------|----------------|-----------|
| 261221-01 | Mon | Sept 11 - Oct 16 | 5:30 - 6:15 pm | \$77/\$96 |

Instructor: SportsKids Inc.

Location: Willow Stream Park

|           |     |                 |             |           |
|-----------|-----|-----------------|-------------|-----------|
| 261221-02 | Thu | Oct 26 - Nov 30 | 6 - 6:45 pm | \$64/\$80 |
|-----------|-----|-----------------|-------------|-----------|

Instructor: SportsKids Inc.

Location: Cooper Middle School



### 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, and showcase their abilities in a mini international games tournament on the last day. (BO)

Age: 4 - 6 years

| Code      | Day | Date             | Time        | R/NR Fee  |
|-----------|-----|------------------|-------------|-----------|
| 261278-01 | Mon | Sept 11 - Oct 16 | 4 - 4:45 pm | \$77/\$96 |

Instructor: SportsKids Inc. Location: Willow Stream Park

### Soccer & T-Ball With Parent

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 2 weeks of class will focus on tee ball, and the second 2 weeks we will work on soccer skills. The last 2 classes will be a fun game of each sport and a fun game will be played at the end of each class if time allows. Please bring a baseball glove and water bottle. **No class on September 30.** (CE)

Age: 3 - 4 years

| Code      | Day | Date            | Time        | R/NR Fee  |
|-----------|-----|-----------------|-------------|-----------|
| 261253-01 | Sat | Sept 9 - Oct 21 | 9 - 9:50 am | \$60/\$75 |

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

### Lil Pint Soccer

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. Please bring a water bottle. **No class on September 21, 30 and November 25.** (CE)

| Code      | Age         | Day | Date            | Time          | R/NR Fee  |
|-----------|-------------|-----|-----------------|---------------|-----------|
| 261228-01 | 3 - 4 years | Thu | Sept 7 - Oct 19 | 4:15 - 5 pm   | \$60/\$75 |
| 261228-02 | 4 - 6 years | Sat | Sept 9 - Oct 21 | 10 - 10:50 am | \$60/\$75 |
| 261228-03 | 4 - 6 years | Sat | Nov 4 - Dec 16  | 10 - 10:50 am | \$60/\$75 |

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

### Junior Soccer

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. Please bring a water bottle. **No class on September 21 and November 23.** (CE)

Age: 5 - 7 years

| Code      | Day | Date            | Time        | R/NR Fee  |
|-----------|-----|-----------------|-------------|-----------|
| 261224-01 | Thu | Sept 7 - Oct 19 | 5:15 - 6 pm | \$60/\$75 |
| 261224-02 | Thu | Nov 2 - Dec 14  | 5:15 - 6 pm | \$60/\$75 |

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

### 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 8, 2017. 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. The application must be submitted by Monday, July 31. (CE)

### Flag Football Skills Class

Proper techniques on passing, receiving, blocking and kicking, as well as break-down of offensive and defensive strategies will be covered. Teamwork and positive play are highly stressed; but, our main objective is to have fun. Necessary equipment includes knee and elbow pads. **No class on November 24.** (CB)

| Code      | Age          | Day | Date            | Time           | Fee  |
|-----------|--------------|-----|-----------------|----------------|------|
| 261203-01 | 4 - 6 years  | Fri | Sept 8 - Oct 20 | 6 - 6:45 pm    | \$69 |
| 261203-02 | 4 - 6 years  | Fri | Nov 3 - Dec 22  | 6:45 - 7:30 pm | \$69 |
| 261203-03 | 7 - 10 years | Fri | Nov 3 - Dec 22  | 7:30 - 8:30 pm | \$69 |

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 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 September 20 and November 22.** (TW)

| Code      | Age         | Day | Date            | Time           | R/NR Fee  |
|-----------|-------------|-----|-----------------|----------------|-----------|
| 261220-03 | 2 - 3 years | Wed | Sept 6 - Oct 11 | 6 - 6:30 pm    | \$27/\$34 |
| 261220-04 | 2 - 3 years | Wed | Sept 6 - Oct 11 | 6:30 - 7 pm    | \$27/\$34 |
| 261220-07 | 2 - 3 years | Wed | Oct 25 - Nov 29 | 6 - 6:30 pm    | \$27/\$34 |
| 261220-08 | 2 - 3 years | Wed | Oct 25 - Nov 29 | 6:30 - 7 pm    | \$27/\$34 |
| 261220-02 | 4 - 5 years | Wed | Sept 6 - Oct 11 | 4:30 - 5:15 pm | \$39/\$49 |
| 261220-05 | 4 - 5 years | Wed | Oct 25 - Nov 29 | 4:30 - 5:15 pm | \$39/\$49 |
| 261220-01 | 5 - 7 years | Wed | Sept 6 - Oct 11 | 5:15 - 6 pm    | \$39/\$49 |
| 261220-06 | 5 - 7 years | Wed | Oct 25 - Nov 29 | 5:15 - 6 pm    | \$39/\$49 |

Instructor: Dance Techs Location: Alcott Center



### Musketeers & Fencing 1

This program is for beginners and continuing fencing students. Participants will play games that develop coordination, balance, speed, sportsmanship, along with blade and foot work, which are taught by Northwest Chicago Fencing Academy. Each weapon type will be introduced, and proper fencing techniques will be taught. Lots of exciting games are included to make this class fun for all involved. **Please note:** You will not be able to participate without tennis shoes; so, please be sure to bring tennis shoes with you to class. **No class on September 30 and November 25.** (CE)

| Code      | Age          | Day | Date             | Time          | R/NR Fee    |
|-----------|--------------|-----|------------------|---------------|-------------|
| 161268-01 | 5 - 7 years  | Sat | Sept 16 - Oct 14 | 11 - 11:45 am | \$100/\$125 |
| 161268-02 | 5 - 7 years  | Sat | Oct 21 - Nov 11  | 11 - 11:45 am | \$100/\$125 |
| 161268-03 | 5 - 7 years  | Sat | Nov 18 - Dec 16  | 11 - 11:45 am | \$100/\$125 |
| 161268-04 | 8 - 14 years | Sat | Sept 16 - Oct 14 | 12 - 12:50 pm | \$100/\$125 |
| 161268-05 | 8 - 14 years | Sat | Oct 21 - Nov 11  | 12 - 12:50 pm | \$100/\$125 |
| 161268-06 | 8 - 14 years | Sat | Nov 18 - Dec 16  | 12 - 12:50 pm | \$100/\$125 |

**Instructor:** NCFA Staff **Location:** Buffalo Grove 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. **No class on September 29 and November 24.** (CE)

**Age:** 8 - 14 years

| Code      | Day | Date             | Time           | R/NR Fee    |
|-----------|-----|------------------|----------------|-------------|
| 261286-01 | Fri | Sept 15 - Oct 13 | 6:30 - 7:20 pm | \$100/\$125 |
| 261286-02 | Fri | Oct 20 - Nov 10  | 6:30 - 7:20 pm | \$100/\$125 |
| 261286-03 | Fri | Nov 17 - Dec 15  | 6:30 - 7:20 pm | \$100/\$125 |

**Instructor:** NCFA Staff **Location:** Buffalo Grove 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. **No class on September 30, November 25 and 27.** (CE)

**Age:** 5 - 14 years

| Code      | Day | Date             | Time        | R/NR Fee  |
|-----------|-----|------------------|-------------|-----------|
| 261279-01 | Mon | Sept 11 - Oct 2  | 7:30 - 9 pm | \$50/\$63 |
| 261279-02 | Sat | Sept 16 - Oct 14 | 1 - 2:30 pm | \$50/\$63 |
| 261279-03 | Mon | Oct 9 - Oct 30   | 7:30 - 9 pm | \$50/\$63 |
| 261279-04 | Sat | Oct 21 - Nov 11  | 1 - 2:30 pm | \$50/\$63 |
| 261279-05 | Mon | Nov 6 - Dec 4    | 7:30 - 9 pm | \$50/\$63 |
| 261279-06 | Sat | Nov 18 - Dec 16  | 1 - 2:30 pm | \$50/\$63 |

**Instructor:** NCFA Staff **Location:** Buffalo Grove Fitness Center

### 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. **No class on September 21.** (BO)

| Code      | Age           | Day | Date            | Time           | R/NR Fee  |
|-----------|---------------|-----|-----------------|----------------|-----------|
| 261270-01 | 7 - 10 years  | Thu | Sept 7 - Oct 19 | 4 - 4:45 pm    | \$77/\$96 |
| 261270-02 | 11 - 13 years | Thu | Sept 7 - Oct 19 | 4:45 - 5:30 pm | \$77/\$96 |

**Instructor:** SportsKids Inc. **Location:** Willow Stream 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. **No class on September 21.** (BO)

**Age:** 6 - 16 years

| Code      | Day | Date            | Time           | R/NR Fee    |
|-----------|-----|-----------------|----------------|-------------|
| 261276-01 | Thu | Sept 7 - Oct 19 | 5:30 - 6:15 pm | \$116/\$145 |

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



### Dodgeball

Don't dodge the fun! Participants will learn the rules for playing dodgeball, as well as develop proper throwing techniques, strategy skills and teamwork. A variety of dodgeball games will be played, while using soft, spongy balls for the safety of all players. Please bring a water bottle to class. **No class on September 29.** (CE)

Age: 7 - 10 years

| Code      | Day | Date            | Time     | R/NR Fee  |
|-----------|-----|-----------------|----------|-----------|
| 261267-01 | Fri | Sept 8 - Oct 20 | 6 - 7 pm | \$60/\$75 |

Instructor: Sports-R-U's

Location: Alcott Center

### Youth Track, Field & Fitness

This class gets kids excited about exercise and learning about track and field, one of the oldest sports. Participants 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 and 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. **No class on November 23.** (BO)

Age: 6 - 10 years

| Code      | Day | Date             | Time           | R/NR Fee  |
|-----------|-----|------------------|----------------|-----------|
| 261223-01 | Mon | Sept 11 - Oct 16 | 4:45 - 5:30 pm | \$77/\$96 |

Instructor: SportsKids Inc.

Location: Willow Stream Park

|           |     |                 |                |           |
|-----------|-----|-----------------|----------------|-----------|
| 261223-02 | Thu | Oct 26 - Nov 30 | 6:45 - 7:30 pm | \$64/\$80 |
|-----------|-----|-----------------|----------------|-----------|

Instructor: SportsKids Inc.

Location: Cooper Middle School

### Youth Sports Conditioning

Buffalo Grove Fitness Center bridges the gap between strength training and sport conditioning to improve performance of young athletes by incorporating customized workouts with top personal trainers. Combined intense agility and plyometric workouts will enhance speed, coordination, strength and endurance. **No class on October 31.** (JD)

Age: 11 - 15 years

| Code      | Day | Date             | Time           | R/NR Fee   |
|-----------|-----|------------------|----------------|------------|
| 211482-01 | Tue | Sept 12 - Oct 10 | 5:30 - 6:30 pm | \$90/\$115 |
| 211482-02 | Thu | Sept 14 - Oct 12 | 5:30 - 6:30 pm | \$90/\$115 |
| 211482-03 | Tue | Oct 17 - Nov 14  | 5:30 - 6:30 pm | \$77/\$100 |
| 211482-04 | Thu | Oct 19 - Nov 16  | 5:30 - 6:30 pm | \$90/\$115 |

Instructor: Saper/Lee

Location: Buffalo Grove 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. **No class on September 20, 21, October 19, November 22 and 23.** (AC)

| Code      | Age           | Day | Date            | Time           | R/NR Fee   |
|-----------|---------------|-----|-----------------|----------------|------------|
| 261287-03 | 4 - 9 years   | Thu | Sept 7 - Oct 26 | 4:30 - 5:20 pm | \$72/\$90  |
| 261287-04 | 4 - 9 years   | Thu | Nov 9 - Dec 21  | 4:30 - 5:20 pm | \$72/\$90  |
| 261287-01 | 10 - 17 years | Wed | Sept 6 - Oct 25 | 5:30 - 6:20 pm | \$84/\$105 |
| 261287-02 | 10 - 17 years | Wed | Nov 1 - Dec 20  | 5:30 - 6:20 pm | \$84/\$105 |

Instructor: Nahar

Location: Alcott Center

### Youth Pilates Core Reformer

Build your core and the strength base for all activities. This is a safe and very efficient training for all youth. Pilates Reformer training will also improve posture and flexibility, which will benefit the younger generation. **No class on November 23.** (JD)

Age: 13 - 17 years

| Code      | Day | Date             | Time        | R/NR Fee    |
|-----------|-----|------------------|-------------|-------------|
| 261413-01 | Thu | Sept 14 - Oct 26 | 5 - 5:55 pm | \$105/\$140 |
| 261413-02 | Thu | Nov 2 - Dec 14   | 5 - 5:55 pm | \$90/\$115  |

Instructor: Gordon

Location: Buffalo Grove Fitness Center



### Junior High 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 training, Pilates, yoga, light strength, cardio, video cycle, circuit training, TRX suspension training and boot camp. **No class on October 31.** (JD)

Age: 10 - 14 years

| Code      | Day    | Date             | Time     | R/NR Fee  |
|-----------|--------|------------------|----------|-----------|
| 261483-01 | M, W   | Sept 11 - Oct 11 | 3 - 4 pm | \$65/\$80 |
| 261483-02 | Tu, Th | Sept 12 - Oct 12 | 3 - 4 pm | \$65/\$80 |
| 261483-03 | M, W   | Oct 16 - Nov 15  | 3 - 4 pm | \$59/\$72 |
| 261483-04 | Tu, Th | Oct 17 - Nov 16  | 3 - 4 pm | \$65/\$80 |

Instructor: Staff

Location: Buffalo Grove Fitness Center



### Lil Pint Baseball

Bases will be loaded with incredible excitement and fun-filled activities to get your child on deck with the game of baseball. In this non-competitive environment, children will have a ball learning how to hit off a tee, run the bases, play catch, as well as having the opportunity to learn various field positions. A game will be played at the end of class. Participants should bring their own baseball glove for familiarity, and a water bottle. **No class on November 23.** (CE)

Age: 3 - 4 years

| Code      | Day | Date           | Time        | R/NR Fee  |
|-----------|-----|----------------|-------------|-----------|
| 261230-01 | Thu | Nov 2 - Dec 14 | 4:15 - 5 pm | \$60/\$75 |

Instructor: Sports-R-U's

Location: Alcott Center

### 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 be taught in this class. **No class on November 21 and 25.** (CB)

| Code      | Age          | Day | Date            | Time           | Fee  |
|-----------|--------------|-----|-----------------|----------------|------|
| 261280-02 | 6 - 8 years  | Sat | Oct 28 - Dec 16 | 11 am - 12 pm  | \$69 |
| 261280-01 | 7 - 10 years | Tue | Oct 31 - Dec 19 | 7:30 - 8:30 pm | \$69 |
| 261280-03 | 8 - 11 years | Sat | Oct 28 - Dec 16 | 12 - 1 pm      | \$69 |

Instructor: All Star Sports

Location: Twin Groves Middle School

### 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. **No class on September 29 and November 24.** (CE)

Age: 4 - 6 years

| Code      | Day | Date            | Time        | R/NR Fee  |
|-----------|-----|-----------------|-------------|-----------|
| 261266-01 | Fri | Sept 8 - Oct 20 | 5 - 5:50 pm | \$60/\$75 |
| 261266-02 | Fri | Nov 3 - Dec 15  | 5 - 5:50 pm | \$60/\$75 |

Instructor: Sports-R-U's

Location: Alcott Center

### 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. Please bring a water bottle. **No class on September 30, November 24 and 25.** (CE)

| Code      | Age         | Day | Date            | Time          | R/NR Fee  |
|-----------|-------------|-----|-----------------|---------------|-----------|
| 261252-01 | 5 - 7 years | Sat | Sept 9 - Oct 21 | 11 am - 12 pm | \$60/\$75 |
| 261252-03 | 5 - 7 years | Sat | Nov 4 - Dec 16  | 11 am - 12 pm | \$60/\$75 |
| 261252-02 | 6 - 8 years | Fri | Nov 3 - Dec 15  | 6 - 7 pm      | \$60/\$75 |

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  |
|-----------|-----|-----------------|----------------|------|
| 261263-01 | Fri | Sept 8 - Oct 20 | 7:30 - 8:30 pm | \$69 |

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. **No class on November 24 and 25.** (CB)

| Code      | Age         | Day | Date            | Time            | Fee  |
|-----------|-------------|-----|-----------------|-----------------|------|
| 261201-01 | 3 - 4 years | Tue | Sept 5 - Oct 17 | 6 - 6:45 pm     | \$69 |
| 261201-02 | 3 - 4 years | Sat | Sept 9 - Oct 21 | 9 - 9:45 am     | \$69 |
| 261201-05 | 3 - 4 years | Sat | Oct 28 - Dec 16 | 9 - 9:45 am     | \$69 |
| 261201-04 | 3 - 4 years | Fri | Nov 3 - Dec 22  | 6 - 6:45 pm     | \$69 |
| 261201-03 | 4 - 6 years | Sat | Sept 9 - Oct 21 | 9:45 - 10:45 am | \$69 |
| 261201-06 | 4 - 6 years | Sat | Oct 28 - Dec 16 | 9:45 - 10:45 am | \$69 |

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  |
|-----------|-----|-----------------|------------------|------|
| 261257-01 | Sat | Sept 9 - Oct 21 | 10:45 - 11:45 am | \$69 |

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: 8 - 11 years

| Code      | Day | Date            | Time                | Fee  |
|-----------|-----|-----------------|---------------------|------|
| 261258-01 | Sat | Sept 9 - Oct 21 | 11:45 am - 12:45 pm | \$69 |

Instructor: All Star Sports

Location: Twin Groves Middle School

### Travel Basketball Tryouts

We are members of the North Suburban Basketball League. League rules state that players must reside within the town they are representing, or reside in a town that directly borders, that is otherwise not represented in the league to play for Buffalo Grove. Players selected for traveling teams will be competing in a competitive environment. Players should have established skills and will be selected by Park District and coaching staff. Players and parents should understand that this is a more focused, intense program, involving multiple practices per week, and travel to and from locations in the greater Chicagoland area for games and tournaments. Players should be able to make a full commitment for the entire season without interruption or distraction from other sports or activities. Travel basketball does not operate as other travel programs in regards to the under a certain age system (ex. U-11 or U-12). Players must tryout for their specific grade level. Participants are encouraged to attend all scheduled tryouts for the appropriate team. We will seek to hire coaches this season. There is no fee to tryout; however, registration is required. If you make the team, the fee is \$570. (CB)

| Code      | Grade  | Day | Date    | Time         | Fee |
|-----------|--------|-----|---------|--------------|-----|
| 261236-10 | Boys 4 | Wed | Sept 6  | 6-7:15 pm    | \$0 |
|           |        | Sun | Sept 10 | 5-6:30 pm    |     |
| 261236-20 | Boys 5 | Wed | Sept 6  | 7:30-8:45 pm | \$0 |
|           |        | Sun | Sept 10 | 7-8:30 pm    |     |

**Location:** Twin Groves Middle School

### Girls Lacrosse - IGLA

Be part of a youth lacrosse league exclusively for girls from Chicago and the surrounding 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 is adopting 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 iglax.org. Games will be played on Sundays starting September 17, and game locations will rotate within the team division. A stick and soft ball are required, but goggles and mouth guard are optional for the 8U league only. A stick, hard ball, goggles and mouth guard is required for 10U - 14U leagues. Deerpath Park is located at 700 Lakeview Parkway in Vernon Hills. (TW)

| Code      | Age | Day | Date             | Time           | R/NR Fee    |
|-----------|-----|-----|------------------|----------------|-------------|
| 261247-01 | 8U  | Sun | Sept 10 - Oct 22 | 12 - 2 pm      | \$185/\$195 |
|           |     | Mon |                  | 5:30 - 6:30 pm |             |
| 261247-02 | 10U | Sun | Sept 10 - Oct 22 | 12 - 3 pm      | \$185/\$195 |
|           |     | Mon |                  | 5:30 - 6:30 pm |             |
| 261247-03 | 12U | Sun | Sept 10 - Oct 22 | 1 - 4 pm       | \$185/\$195 |
|           |     | Mon |                  | 5:30 - 6:45 pm |             |
| 261247-04 | 14U | Sun | Sept 10 - Oct 22 | 2 - 5 pm       | \$185/\$195 |
|           |     | Mon |                  | 5:30 - 6:45 pm |             |

**Instructor:** IGLA

**Location:** Deerpath Park - Vernon Hills

### IGLA - Girls Lacrosse Clinic

Are you ready to start lacrosse? Join IGLA this fall for a weekly 1-hour clinic for the younger lacrosse player. These clinics are exclusively for girls in Kindergarten through 2nd 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 will be provided. No goggles or mouth guards are required. For more information, please visit iglax.org. Deerpath Park is located at 700 Lakeview Parkway in Vernon Hills. (TW)

**Grade:** K - 1

| Code      | Day | Date             | Time           | R/NR Fee    |
|-----------|-----|------------------|----------------|-------------|
| 261248-01 | Wed | Sept 13 - Oct 25 | 5:30 - 6:30 pm | \$130/\$140 |

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

### Tennis

Fall is a perfect time to stay outdoors and enjoy the warm weather! This fall, the certified trained tennis professionals of the Heritage Tennis Club look forward to seeing you on the court. Quick Start Tennis (ages 4 - 10) 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 develop proper techniques. Junior Tennis (ages 10 - 17) is designed for players 10 and older who want to learn and improve their tennis game. Junior Tennis classes will focus on improving all basic strokes, including forehand, backhand, volleys, serve, lobs and overheads. (CB)

| Code      | Age           | Day | Date            | Time          | R/NR Fee   |
|-----------|---------------|-----|-----------------|---------------|------------|
| 261241-01 | 4 - 6 years   | Sat | Sept 9 - Oct 14 | 9 - 10 am     | \$99/\$124 |
| 261241-02 | 7 - 10 years  | Sat | Sept 9 - Oct 14 | 10 - 11 am    | \$99/\$124 |
| 261241-03 | 10 - 17 years | Sat | Sept 9 - Oct 14 | 11 am - 12 pm | \$99/\$124 |

**Instructor:** Heritage Tennis Club      **Location:** Emmerich Park

### **NEW** 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 September 12.** (BO)

**Age:** 8 - 12 years

| Code      | Day | Date            | Time           | M/NM Fee  |
|-----------|-----|-----------------|----------------|-----------|
| 261283-01 | Tue | Sept 5 - Oct 17 | 5:30 - 6:15 pm | \$77/\$96 |

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

|           |     |                 |                |           |
|-----------|-----|-----------------|----------------|-----------|
| 261283-02 | Thu | Oct 26 - Nov 30 | 7:30 - 8:15 pm | \$64/\$80 |
|-----------|-----|-----------------|----------------|-----------|

**Instructor:** SportsKids Inc.      **Location:** Cooper Middle School

### Volleyball Skills Level 1

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. **No class on November 23.** (CB)

| Code      | Age          | Day | Date            | Time           | Fee  |
|-----------|--------------|-----|-----------------|----------------|------|
| 261205-01 | 6 - 8 years  | Thu | Sept 7 - Oct 19 | 6:15 - 7:15 pm | \$69 |
| 261205-03 | 6 - 8 years  | Thu | Nov 2 - Dec 21  | 6:15 - 7:15 pm | \$69 |
| 261205-02 | 9 - 12 years | Thu | Sept 7 - Oct 19 | 7:15 - 8:15 pm | \$69 |
| 261205-04 | 9 - 12 years | Thu | Nov 2 - Dec 21  | 7:15 - 8:15 pm | \$69 |

**Instructor:** All Star Sports **Location:** Prairie School

### Twin Rinks Ice Pavilion

Beginning learn to skate classes are held at Twin Rinks Ice Pavilion for 3 - 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. **No class on September 4, November 4, 23, 24, 25, December 11, 14, 16 and 25.** (CB)

### Toddler Beginner

**Age:** 3 years

| Code      | Day | Date            | Time            | Fee   |
|-----------|-----|-----------------|-----------------|-------|
| 261237-01 | Mon | Aug 21 - Oct 9  | 12:40 - 1:10 pm | \$143 |
| 261237-15 | Mon | Oct 16 - Dec 18 | 12:40 - 1:10 pm | \$200 |

### Tot 1 Beginner

**Age:** 4 - 6 years

| Code      | Day | Date            | Time             | Fee   |
|-----------|-----|-----------------|------------------|-------|
| 261237-04 | Mon | Aug 21 - Oct 9  | 12:40 - 1:10 pm  | \$143 |
| 261237-05 | Mon | Aug 21 - Oct 9  | 4:40 - 5:10 pm   | \$143 |
| 261237-06 | Thu | Aug 24 - Oct 12 | 4:40 - 5:10 pm   | \$162 |
| 261237-07 | Sat | Aug 26 - Oct 14 | 9:20 - 9:50 am   | \$162 |
| 261237-08 | Sat | Aug 26 - Oct 14 | 10 - 10:30 am    | \$162 |
| 261237-09 | Sat | Aug 26 - Oct 14 | 11:05 - 11:35 am | \$162 |
| 261237-17 | Mon | Oct 16 - Dec 18 | 12:40 - 1:10 pm  | \$200 |
| 261237-18 | Mon | Oct 16 - Dec 18 | 4:40 - 5:10 pm   | \$181 |
| 261237-19 | Thu | Oct 19 - Dec 21 | 4:40 - 5:10 pm   | \$162 |
| 261237-20 | Sat | Oct 21 - Dec 23 | 9:20 - 9:50 am   | \$143 |
| 261237-21 | Sat | Oct 21 - Dec 23 | 10 - 10:30 am    | \$143 |
| 261237-22 | Sat | Oct 21 - Dec 23 | 11:05 - 11:35 am | \$143 |

### Pre Alpha 1

**Age:** 6 - 12 years

| Code      | Day | Date            | Time             | Fee   |
|-----------|-----|-----------------|------------------|-------|
| 261237-10 | Mon | Aug 21 - Oct 9  | 4:40 - 5:20 pm   | \$150 |
| 261237-11 | Thu | Aug 24 - Oct 12 | 4:40 - 5:20 pm   | \$170 |
| 261237-12 | Sat | Aug 26 - Oct 14 | 9:20 - 10 am     | \$170 |
| 261237-13 | Sat | Aug 26 - Oct 14 | 11:05 - 11:45 am | \$170 |
| 261237-23 | Mon | Oct 16 - Dec 18 | 4:40 - 5:20 pm   | \$190 |
| 261237-24 | Thu | Oct 19 - Dec 21 | 4:40 - 5:20 pm   | \$170 |
| 261237-25 | Sat | Oct 21 - Dec 23 | 9:20 - 10 am     | \$150 |
| 261237-26 | Sat | Oct 21 - Dec 23 | 11:05 - 11:45 am | \$150 |

### Hockey Beginner

**Age:** 4 - 12 years

| Code      | Day | Date            | Time             | Fee   |
|-----------|-----|-----------------|------------------|-------|
| 261237-35 | Tue | Aug 22 - Oct 24 | 5:10 - 5:50 pm   | \$230 |
| 261237-36 | Sat | Aug 26 - Oct 28 | 12:10 - 12:50 pm | \$230 |

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

### 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. **No class on November 21.** (CB)

| Code      | Age          | Day | Date            | Time           | Fee  |
|-----------|--------------|-----|-----------------|----------------|------|
| 261204-01 | 4 - 6 years  | Tue | Sept 5 - Oct 17 | 6:45 - 7:30 pm | \$69 |
| 261204-03 | 4 - 6 years  | Fri | Sept 8 - Oct 20 | 6:45 - 7:30 pm | \$69 |
| 261204-04 | 4 - 6 years  | Tue | Oct 31 - Dec 19 | 6 - 6:45 pm    | \$69 |
| 261204-02 | 7 - 10 years | Tue | Sept 5 - Oct 17 | 7:30 - 8:30 pm | \$69 |
| 261204-05 | 7 - 10 years | Tue | Oct 31 - Dec 19 | 6:45 - 7:30 pm | \$69 |

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

### 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. **No class on September 12.** (BO)

| Code      | Age          | Day | Date            | Time           | R/NR Fee  |
|-----------|--------------|-----|-----------------|----------------|-----------|
| 261275-01 | 6 - 8 years  | Tue | Sept 5 - Oct 17 | 4 - 4:45 pm    | \$77/\$96 |
| 261275-02 | 9 - 12 years | Tue | Sept 5 - Oct 17 | 4:45 - 5:30 pm | \$77/\$96 |

**Instructor:** SportsKids Inc. **Location:** Willow Stream 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. Kennittcote 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 September 20, 29, November 23, 24 and December 12.** (TV)

| Code  | Age    | Belt                      | Day | Date             | Time                | Location             | R/NR Fee    |
|---|--------|---------------------------|-----|------------------|---------------------|----------------------|-------------|
| <b>Pre-Karate Beginner (No Experience)</b>              |        |                           |     |                  |                     |                      |             |
| 261245-01   | 4 - 7  |                           | Thu | Sept 7 - Dec 21  | 4 - 4:45 pm         | Frontier Park - A.H. | \$154/\$193 |
| 261245-04   | 4 - 7  |                           | Fri | Sept 8 - Dec 22  | 4 - 4:45 pm         | Emmerich Park        | \$144/\$180 |
| <b>Pre-Karate Continuing (1 or more prior sessions)</b> |        |                           |     |                  |                     |                      |             |
| 261245-02   | 4 - 7  |                           | Thu | Sept 7 - Dec 21  | 4:55 - 5:40 pm      | Frontier Park - A.H. | \$154/\$193 |
| 261245-05   | 4 - 7  |                           | Fri | Sept 8 - Dec 22  | 4:50 - 5:35 pm      | Emmerich Park        | \$144/\$180 |
| <b>Pre-Karate Intermediate</b>                          |        |                           |     |                  |                     |                      |             |
| 261245-07   | 6 - 10 | Orange - Green            | Fri | Sept 8 - Dec 22  | 6:30 - 7:30 pm      | Emmerich Park        | \$161/\$201 |
| <b>Pre-Karate Teacher Permission</b>                    |        |                           |     |                  |                     |                      |             |
| 261245-03   | 4 - 7  |                           | Thu | Sept 7 - Dec 21  | 5:45 - 6:30 pm      | Frontier Park - A.H. | \$154/\$193 |
| 261245-06   | 4 - 7  |                           | Fri | Sept 8 - Dec 22  | 5:45 - 6:30 pm      | Emmerich Park        | \$144/\$180 |
| <b>Youth Karate Beginning/Continuing</b>                |        |                           |     |                  |                     |                      |             |
| 261240-07   | 7 - 14 | White Only                | Sat | Sept 9 - Dec 16  | 9 - 10 am           | Frontier Park - A.H. | \$154/\$193 |
| 261240-01   | 7 - 14 | White - Yellow            | Tue | Sept 12 - Dec 19 | 4 - 4:50 pm         | Alcott Center        | \$140/\$175 |
| 261240-03   | 7 - 15 | White - Orange            | Wed | Sept 6 - Dec 20  | 4 - 5 pm            | Alcott Center        | \$154/\$193 |
| <b>Youth Karate Novice</b>                              |        |                           |     |                  |                     |                      |             |
| 261240-08   | 7 - 14 | White w/ stripes - Orange | Sat | Sept 9 - Dec 16  | 10:10 - 11:10 am    | Frontier Park - A.H. | \$154/\$193 |
| 261240-04   | 7 - 15 | Yellow - Blue             | Wed | Sept 6 - Dec 20  | 5 - 6 pm            | Alcott Center        | \$154/\$193 |
| <b>Youth Karate Intermediate</b>                        |        |                           |     |                  |                     |                      |             |
| 261240-09   | 7 - 14 | Yellow - Purple           | Sat | Sept 9 - Dec 16  | 11:20 am - 12:20 pm | Frontier Park - A.H. | \$154/\$193 |
| 261240-05   | 7 - 15 | Green - Low Purple        | Wed | Sept 6 - Dec 20  | 6:30 - 7:30 pm      | Cooper Middle School | \$154/\$193 |
| <b>Youth Karate Intermediate/Advanced</b>               |        |                           |     |                  |                     |                      |             |
| 261240-02   | 7 - 15 | Blue & up                 | Tue | Sept 12 - Dec 19 | 4:50 - 5:50 pm      | Alcott Center        | \$144/\$180 |
| <b>Youth Karate Advanced</b>                            |        |                           |     |                  |                     |                      |             |
| 261240-10   | 7 - 14 | Brown - Black             | Sat | Sept 9 - Dec 16  | 12:30 - 1:30 pm     | Frontier Park - A.H. | \$154/\$193 |
| 261240-06   | 7 - 15 | High Purple - Black       | Wed | Sept 6 - Dec 20  | 6:30 - 7:30 pm      | Cooper Middle School | \$154/\$193 |
| <b>Parent/Child Beginning/Continuing</b>                |        |                           |     |                  |                     |                      |             |
| 261246-01   | 7 +    | White Only                | Sat | Sept 9 - Dec 16  | 9 - 10 am           | Frontier Park - A.H. | \$154/\$193 |
| <b>Parent/Child Novice</b>                              |        |                           |     |                  |                     |                      |             |
| 261246-02   | 7 +    | White w/ stripes - Orange | Sat | Sept 9 - Dec 16  | 10:10 - 11:10 am    | Frontier Park - A.H. | \$154/\$193 |
| <b>Parent/Child Intermediate</b>                        |        |                           |     |                  |                     |                      |             |
| 261246-03   | 7 +    | Yellow - Purple           | Sat | Sept 9 - Dec 16  | 11:20 am - 12:20 pm | Frontier Park - A.H. | \$154/\$193 |
| <b>Parent/Child Advanced</b>                            |        |                           |     |                  |                     |                      |             |
| 261246-04   | 7 +    | Brown - Black             | Sat | Sept 9 - Dec 16  | 12:30 - 1:30 pm     | Frontier Park - A.H. | \$154/\$193 |

Instructor: Illinois Shotokan Karate Club