

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

## Bullying In Youth Sports

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

## Tiny Tot Games

Get in on the spirit of the international games with your child, as you join us for this fun class. Boys and girls will jump, run, throw and develop a variety of other skills, as they participate in soccer, basketball, floor hockey, track and field, and other sports played during the international games. Children, with the help of their parents, will participate in a pint-size games during the last class of the session. Events made just for the smallest athletes will include an obstacle course, pool noodle javelin throw, the long jump, soccer ball kick, and relay races. **No class on March 31.** (BO)

Age: 2 - 4 years

Code	Day	Date	Time	R/NR Fee
461273-01	Thu	Mar 9 - Apr 20	6 - 6:30 pm	\$35/\$44
<b>Instructor:</b> SportsKids Inc.			<b>Location:</b> Cooper Middle School	
461273-02	Mon	Apr 24 - May 22	5:30 - 6:15 pm	\$45/\$56
<b>Instructor:</b> SportsKids Inc.			<b>Location:</b> Willow Stream Park	

## Pee Wee Track, Field & Fitness

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 and 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. (BO)

Age: 4 - 6 years

Code	Day	Date	Time	R/NR Fee
461221-01	Mon	Apr 24 - May 22	4 - 4:45 pm	\$45/\$56
<b>Instructor:</b> SportsKids Inc.			<b>Location:</b> Willow Stream Park	

## Youth Track, Field & Fitness

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

Age: 7 - 10 years

Code	Day	Date	Time	R/NR Fee
461223-01	Thu	Mar 9 - Apr 20	6:30 - 7:15 pm	\$53/\$66
<b>Instructor:</b> SportsKids Inc.			<b>Location:</b> Cooper Middle School	
461223-02	Mon	Apr 24 - May 22	4:45 - 5:30 pm	\$45/\$56
<b>Instructor:</b> SportsKids Inc.			<b>Location:</b> Willow Stream Park	

## **NEW** Sports 'N Lunch Camp

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

Age: 5 - 7 years

Code	Day	Date	Time	R/NR Fee
461272-01	M, Tu, W, Th, F	Mar 27 - Mar 31	10 am - 12:30 pm	\$100/\$125
<b>Instructor:</b> SportsKids Inc.			<b>Location:</b> Alcott Center	



Grove United provides youth players from ages 7 - 18 a structured competitive program that helps build character and teaches sportsmanship, teamwork, individual responsibility and work ethic. Through the use of our highly regarded licensed professional coaching staff, Grove United develops and improves the skills of all participants, while stressing proper instruction at the appropriate age level. Grove United includes approximately 10 weeks of league play in the fall, 8 weeks in the spring, 10 weeks of indoor sessions in the winter, several tournaments, and associated camps, goalie, and skill training sessions. Teams practice a minimum of twice per week in Buffalo Grove and weekend league games are played in/around our surrounding community. Grove United also offers recreational programs, focused on skill development and fun for kids ages 4 - 6. Check out our website for more information at [groveunitedsoccer.com](http://groveunitedsoccer.com).

**Grove United, more than a soccer club!**

### 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 April 14.** (CE)

Age: 4 - 6 years

Code	Day	Date	Time	R/NR Fee
461266-01	Fri	Apr 7 - May 19	5 - 5:50 pm	\$60/\$75

Instructor: Sports-R-U's

Location: Alcott Center

### Lil Pint Soccer

This is the perfect class for first timers! All the basic skills of dribbling, passing, shooting and goaltending will be taught in a noncompetitive environment. Teamwork, participation and good sportsmanship are stressed. Both boys and girls are encouraged to join this class if they have an interest in soccer and plan to play in the future. Be just like big brother or sister! A game will be played at the end of each class. Please bring a water bottle. **No class on April 14 and 15.** (CE)

Code	Age	Day	Date	Time	R/NR Fee
461228-01	3 - 4 years	Fri	Apr 7 - May 19	4 - 4:50 pm	\$60/\$75
461228-02	4 - 6 years	Sat	Apr 8 - May 20	11 - 11:50 am	\$60/\$75

Instructor: Sports-R-U's

Location: Alcott Center

### Junior Soccer

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

Age: 5 - 7 years

Code	Day	Date	Time	R/NR Fee
461224-01	Thu	Apr 6 - May 18	5 - 5:50 pm	\$70/\$88

Instructor: Sports-R-U's

Location: Alcott Center

### Grove United Minis

This is an introduction to soccer by the Grove United Soccer Association, Buffalo Grove Park District's affiliated travel soccer club. Certified trainers from Grove United will be teaching basic fundamentals of dribbling, passing, shooting and defending, in a noncompetitive environment. Teamwork, participation and good sportsmanship are stressed. Boys and girls are encouraged to join Grove United Minis, which will include 1 practice on Wednesday or Thursday (your choice) and 1 game on Saturdays. Please be sure to bring a size #4 soccer ball and wear shin guards; soccer cleats are optional. **Please note:** Practices are held at Willow Stream Park; games are played at Putterman Field at Mike Rylko Community Park. **No game on April 15 and May 27.** (CE)

Age: 4 - 5 years

Code	Day	Date	Time	R/NR Fee
461218-01	Wed	Apr 12 - June 3	1 - 2 pm	\$110/\$138
	Sat		3 - 4 pm	
461218-02	Wed	Apr 12 - June 3	5 - 6 pm	\$110/\$138
	Sat		3 - 4 pm	
461218-03	Thu	Apr 13 - June 3	5:30 - 6:30 pm	\$110/\$138
	Sat		3 - 4 pm	

Instructor: Grove United

Location: Willow Stream Park

## Spring Soccer League

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

Registration is open until February 12.

### Soccer & T-Ball Combo

This class is perfect for a child who is full of energy, and parents who are looking for an introduction to tee ball and soccer. Socialization, teamwork, following directions, key motor skills, and having fun will be the focus in this noncompetitive environment. The first 3 weeks of class will focus on soccer, and the second 3 weeks we will work on tee ball skills. The last week will be a fun game of each sport; and, a fun game will be played at the end of each class if time allows. Parent participation is welcome. Please bring a baseball glove and water bottle. **No class on April 15.** (CE)

Age: 3 - 4 years

Code	Day	Date	Time	R/NR Fee
461248-01	Sat	Apr 8 - May 20	9 - 9:50 am	\$60/\$75
461248-02	Sat	Apr 8 - May 20	10 - 10:50 am	\$60/\$75

Instructor: Sports-R-U's

Location: Alcott Center

### Pee Wee 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. Participants should bring their own glove for familiarity; and, a game will be played at the end of class. (CE)

Age: 3 - 4 years

Code	Day	Date	Time	R/NR Fee
461230-01	Thu	Apr 6 - May 18	4 - 4:50 pm	\$70/\$88

Instructor: Sports-R-U's

Location: Alcott Center

### Baseball Skills

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

Code	Age	Day	Date	Time	Fee
461280-01	6 - 8 years	Thu	Apr 6 - May 18	6:15 - 7:15 pm	\$68
461280-02	8 - 11 years	Thu	Apr 6 - May 18	7:15 - 8:15 pm	\$68

Instructor: All Star Sports

Location: Twin Groves Middle School

### Pitcher & Catcher Techniques

Pitchers work on the form needed to increase the speed of the fastball, and protect their throwing arm. Boys will learn the rocker step for pitching, as well as various age appropriate grips. Girls will learn the windmill form of pitching and different grips. Catchers are taught how to help get strike calls for their team. Different techniques to throw out base runners are also included. Fielding pop-ups, balls in the dirt, and bunts with the proper form can catch any coach's attention. **No class on March 30.** (BO)

Age: 7 - 12 years

Code	Day	Date	Time	R/NR Fee
461275-01	Thu	Mar 9 - Apr 20	8 - 8:45 pm	\$53/\$66

Instructor: SportsKids Inc.

Location: Cooper Middle School

461275-02 Mon Apr 24 - May 22

7 - 7:45 pm \$45/\$56

Instructor: SportsKids Inc.

Location: Willow Stream Park

### Fundamentals Of Hitting

Improve your hitting skills for the baseball and softball seasons. Swing analysis, live pitching and other techniques are a part of this program. Boys will focus on the skills needed to become a successful hitter in baseball, and girls will learn techniques needed to excel as a softball hitter. The advanced, intermediate and beginner hitters can all benefit from this step-by-step approach to learning. **No class on March 30.** (BO)

Age: 7 - 12 years

Code	Day	Date	Time	R/NR Fee
461274-01	Thu	Mar 9 - Apr 20	7:15 - 8 pm	\$53/\$66

Instructor: SportsKids Inc.

Location: Cooper Middle School

461274-02 Mon Apr 24 - May 22

6:15 - 7 pm \$45/\$56

Instructor: SportsKids Inc.

Location: Willow Stream Park

## Girls Fast Pitch Softball League

Registration information for girls softball is available at the Alcott Center, and can be found in our winter program guide, which is available on the seasonal catalog page of our website at bgparks.org. Registration is open until February 26.

**BGRA**  
Buffalo Grove Baseball

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

### Speed & Agility

This class will help increase your child's speed and agility in their sport of preference. While participating in this program, we will be looking to help your child obtain that extra element to their game that helps them stand out on the field or court. We will focus on skills such as form, start and stop speeds, directional change/acceleration, and fun games to help improve their skills overall. (CB)

Code	Age	Day	Date	Time	Fee
461261-01	6 - 8 years	Tue	Apr 4 - May 16	6:15 - 7:15 pm	\$68
461261-02	8 - 11 years	Tue	Apr 4 - May 16	7:15 - 8:15 pm	\$68

**Instructor:** All Star Sports      **Location:** Twin Groves 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. (JD)

**Age:** 11 - 15 years

Code	Day	Date	Time	M/NM Fee
411482-01	Tue	Apr 4 - May 16	5:30 - 6:30 pm	\$90/\$115
411482-02	Thu	Apr 6 - May 18	5 - 6 pm	\$90/\$115

**Instructor:** Certified Personal Trainer      **Location:** Buffalo Grove Fitness Center

### Teen Video Spin

This class takes cardio to a new innovated level of fun. Ride to a music videos through hills and thrills. (JD)

**Age:** 11 - 16 years

Code	Day	Date	Time	M/NM Fee
413516-01	Tue	Apr 4 - May 16	4:30 - 5:30 pm	\$75/\$95

**Instructor:** Certified Personal Trainer      **Location:** Buffalo Grove Fitness 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. Participants will be using mini basketball hoops for kids. Please bring a water bottle. **No class on April 14.** (CE)

**Age:** 6 - 8 years

Code	Day	Date	Time	R/NR Fee
461252-01	Fri	Apr 7 - May 19	6 - 7 pm	\$60/\$75

**Instructor:** Sports-R-Us      **Location:** Alcott Center

### Girls All Star Basketball

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

**Age:** 7 - 10 years

Code	Day	Date	Time	Fee
461263-01	Fri	Apr 7 - May 19	7:15 - 8:15 pm	\$68

**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
461201-01	3 - 4 years	Sat	Apr 8 - May 20	9 - 9:45 am	\$68
461201-02	4 - 6 years	Sat	Apr 8 - May 20	9:45 - 10:45 am	\$68

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

### Basketball Level 2

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

**Age:** 6 - 8 years

Code	Day	Date	Time	Fee
461257-01	Sat	Apr 8 - May 20	10:45 - 11:45 am	\$68
461257-02	Sat	Apr 8 - May 20	11:45 am - 12:45 pm	\$68

**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
461258-01	Sat	Apr 8 - May 20	12:45 - 1:45 pm	\$68

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

### Flag Football Level 1

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

Age: 4 - 6 years

Code	Day	Date	Time	Fee
46120301	Fri	Apr 7 - May 19	6:15 - 7:15 pm	\$68

Instructor: All Star Sports

Location: Twin Groves Middle School

## Boys Lacrosse Spring League

Registration for the Boy's Lacrosse Spring League ends on February 28. Please check the Park District's website at [bgparks.org](http://bgparks.org) for additional information. (TW)

### Girls Lacrosse - IGLA

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

Grade: 3 - 8

Code	Level	Day	Date	Time	R/NR Fee
46124704	6U	Wed	Apr 12 - May 31	6-7 pm	\$130/\$140
46124701	8U	Sun Wed	Apr 9 - June 4	TBA 6-7 pm	\$200/\$210
46124702	10U	Sun Wed	Apr 9 - June 4	TBA 6-7 pm	\$200/\$210
46124703	12U	Sun Wed	Apr 9 - June 4	TBA 6-7:15 pm	\$200/\$210
46124708	14U	Sun Wed	Apr 9 - June 4	TBA 6-7:15 pm	\$200/\$210

Instructor: IGLA

Location: Deerpath Park - Vernon Hills

### 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. (CE)

Code	Age	Day	Date	Time	R/NR Fee
46126801	5-7 years	Sat	Apr 1 - Apr 22	11 am - 12 pm	\$100/\$125
46126802	5-7 years	Sat	May 6 - May 27	11 am - 12 pm	\$100/\$125
46126803	8-14 years	Sat	Apr 1 - Apr 22	11 am - 12 pm	\$100/\$125
46126804	8-14 years	Sat	May 6 - May 27	11 am - 12 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 April 29.** (CE)

Age: 5 - 14 years

Code	Day	Date	Time	R/NR Fee
46127901	Sat	Apr 1 - Apr 22	12:30 - 2 pm	\$50/\$63
46127902	Sat	May 6 - May 27	12:30 - 2 pm	\$50/\$63
46127903	Sat	Apr 1 - May 27	12:30 - 2 pm	\$100/\$125

Instructor: NCFA Staff

Location: Buffalo Grove Fitness Center

### Gymnastics & Tumbling

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

Code	Age	Day	Date	Time	R/NR Fee
46122007	2-3 years	Wed	Apr 5 - May 3	6 - 6:30 pm	\$27/\$34
46122008	2-3 years	Wed	Apr 5 - May 3	6:30 - 7 pm	\$27/\$34
46122003	2-3 years	Wed	May 10 - June 7	6 - 6:30 pm	\$27/\$34
46122004	2-3 years	Wed	May 10 - June 7	6:30 - 7 pm	\$27/\$34
46122002	4-5 years	Wed	Apr 5 - May 3	4:30 - 5:15 pm	\$39/\$49
46122005	4-5 years	Wed	May 10 - June 7	4:30 - 5:15 pm	\$39/\$49
46122001	6-9 years	Wed	Apr 5 - May 3	5:15 - 6 pm	\$39/\$49
46122006	6-9 years	Wed	May 10 - June 7	5:15 - 6 pm	\$39/\$49

Instructor: Dance Techs

Location: Alcott Center



### 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. For more information, call 847.821.RINK. **No class on May 29.** (CB)

#### Toddler Beginner

Age: 3 years

Code	Day	Date	Time	Fee
461237-01	Mon	Mar 6 - May 1	9:30 - 10 am	\$177
461237-02	Mon	Mar 6 - May 1	12:40 - 1:10 pm	\$177
461237-22	Mon	May 8 - June 5	9:30 - 10 am	\$84
461237-23	Mon	May 8 - June 5	12:40 - 1:10 pm	\$84

#### Tot 1 Beginner

Age: 4 - 6 years

Code	Day	Date	Time	Fee
461237-03	Mon	Mar 6 - May 1	9:30 - 10 am	\$177
461237-04	Mon	Mar 6 - May 1	12:40 - 1:10 pm	\$177
461237-05	Mon	Mar 6 - April 24	4:40 - 5:10 pm	\$158
461237-08	Thu	Mar 9 - Apr 27	4:40 - 5:10 pm	\$158
461237-09	Sat	Mar 11 - Apr 29	9:20 - 9:50 am	\$158
461237-10	Sat	Mar 11 - Apr 29	10 - 10:30 am	\$158
461237-11	Sat	Mar 11 - Apr 29	11:05 - 11:35 am	\$158
461237-24	Mon	May 8 - June 5	9:30 - 10 am	\$84
461237-25	Mon	May 8 - June 5	12:40 - 1:10 pm	\$84
461237-26	Mon	May 8 - June 5	4:40 - 5:10 pm	\$84
461237-28	Thu	May 11 - June 8	4:40 - 5:10 pm	\$103
461237-29	Sat	May 13 - June 10	9:20 - 9:50 am	\$103
461237-30	Sat	May 13 - June 10	10 - 10:30 am	\$103
461237-31	Sat	May 13 - June 10	10:30 - 11 am	\$103
461237-36	Sat	May 13 - June 10	11:05 - 11:35 am	\$103

#### Pre Alpha 1

Age: 6 - 12 years

Code	Day	Date	Time	Fee
461237-13	Mon	Mar 6 - May 1	4:40 - 5:20 pm	\$166
461237-15	Thu	Mar 9 - Apr 27	4:40 - 5:20 pm	\$166
461237-16	Sat	Mar 11 - Apr 29	9:20 - 10 am	\$166
461237-17	Sat	Mar 11 - Apr 29	11:05 - 11:45 am	\$166
461237-32	Mon	May 8 - June 5	4:40 - 5:20 pm	\$88
461237-33	Thu	May 11 - June 8	4:40 - 5:20 pm	\$108
461237-34	Sat	May 13 - June 10	9:20 - 10 am	\$108
461237-35	Sat	May 13 - June 10	11:05 - 11:45 am	\$108

#### Hockey Beginner

Age: 4 - 12 years

Code	Day	Date	Time	Fee
461237-18	Tue	Mar 28 - May 30	5:10 - 5:50 pm	\$225
461237-19	Sat	Apr 1 - June 3	12:10 - 12:50 pm	\$225

Instructor: Twin Rinks Staff Location: Twin Rinks Ice Pavilion



### 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 March 30.** (BO)

Code	Age	Day	Date	Time	R/NR Fee
46127001	7 - 10 years	Thu	Apr 27 - May 25	4 - 4:45 pm	\$53/\$66
46127002	11 - 13 years	Thu	Apr 27 - May 25	4:45 - 5:30 pm	\$53/\$66

**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 March 30.** (BO)

**Age:** 6 - 16 years

Code	Day	Date	Time	R/NR Fee
461276-01	Thu	Apr 27 - May 25	5:30 - 6:15 pm	\$80/\$100

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

### Tennis

Spring is a perfect time to finally get back outside to play tennis and enjoy the weather! This spring, the certified trained tennis professionals of the Heritage Tennis Club look forward to seeing you on the court. Quick Start Tennis is designed for children 10 years and younger, who are new to the game or who need additional instruction to rally using groundstrokes, volleys and serve. Quick Start Tennis takes a new approach to introducing kids to the game by using fun sized courts, nets, racquets and balls. The lighter low compression balls bounce lower which helps to develop proper techniques. Junior Tennis is designed for players 10 and older who want to learn and improve their tennis game. Classes will focus on improving all basic strokes, including forehand, backhand, volleys, serve, lobs and overheads. **No class on May 27.** (CB)

Code	Age	Day	Date	Time	R/NR Fee
461241-01	4 - 6 years	Sat	Apr 22 - June 3	9 - 10 am	\$96/\$120
461241-02	7 - 10 years	Sat	Apr 22 - June 3	10 - 11 am	\$96/\$120
461241-03	10 - 17 years	Sat	Apr 22 - June 3	11 am - 12 pm	\$96/\$120

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

### Beginners SNAG Golf

Looking to introduce your child to the game of golf? In this beginner's class, children will use special equipment (SNAG) that is much easier to handle and allows for play indoors. Children will learn the basics of the complete swing, putting, and chipping in a safe and stress free atmosphere. So come on out and join us in a fun and easy game of golf. **No class on April 15.** (CE)

**Age:** 4 - 7 years

Code	Day	Date	Time	R/NR Fee
461235-01	Sat	Apr 8 - May 20	12 - 12:50 pm	\$60/\$75

**Instructor:** Sports-R-Us **Location:** Alcott Center



### Taekwondo

We teach official Taekwondo Pomsae, as well as kicking and boxing combinations, consisting of techniques developed in house by our instructors. Monthly themes vary from scenario based self-defense methods, utilizing techniques from various martial arts to weapons training or group demonstrations. Our training also provides children with an environment that helps foster character building qualities, such as courtesy, respect and discipline, as well as developing an acute awareness of bullying behavior and stranger danger. Qualities that a child needs to succeed socially and academically are reinforced through the progression of the program. The uniform, belt and shirt are purchased separately for all new students. (LT)

**Age:** 6 years and up

Code	Day	Date	Time	M/NM Fee
421471-01	Sat	Apr 1 - June 10	9:40 - 10:30 am	\$154/\$193
421471-02	Sat	Apr 1 - June 10	10:40 - 11:30 am	\$154/\$193

**Instructor:** Staff **Location:** Emmerich 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. Kennicott Drive in Arlington Heights. **Please note:** Uniforms and belt testing are options available through the instructor. Youth, Parent/Child and Adult classes may train together. All fees listed are per person. (TVW)

Code	Age	Belt	Day	Date	Time	Location	R/NR Fee
<b>Pre-Karate Beginner (No Experience)</b>							
461245-01	4 - 7		Thu	Apr 6 - June 8	4 - 4:45 pm	Frontier Park - A.H.	\$100/\$125
461245-04	4 - 7		Fri	Apr 7 - June 9	4 - 4:45 pm	Emmerich Park	\$100/\$125
<b>Pre-Karate Continuing (1 or more prior sessions)</b>							
461245-02	4 - 7		Thu	Apr 6 - June 8	4:55 - 5:40 pm	Frontier Park - A.H.	\$100/\$125
461245-05	4 - 7		Fri	Apr 7 - June 9	4:50 - 5:35 pm	Emmerich Park	\$100/\$125
<b>Pre-Karate Intermediate</b>							
461245-07	6 - 10	Orange - Green	Fri	Apr 7 - June 9	6:30 - 7:30 pm	Emmerich Park	\$113/\$141
<b>Pre-Karate Teacher Permission</b>							
461245-03	4 - 7		Thu	Apr 6 - June 8	5:45 - 6:30 pm	Frontier Park - A.H.	\$100/\$125
461245-06	4 - 7		Fri	Apr 7 - June 9	5:45 - 6:30 pm	Emmerich Park	\$100/\$125
<b>Youth Karate Beginning/Continuing</b>							
461240-07	7 - 14	White Only	Sat	Apr 1 - June 3	9 - 10 am	Frontier Park - A.H.	\$100/\$125
461240-01	7 - 14	White - Yellow	Tue	Apr 4 - June 13	4 - 4:50 pm	Alcott Center	\$98/\$123
461240-03	7 - 15	White - Orange	Wed	Apr 5 - June 7	4 - 5 pm	Alcott Center	\$100/\$125
<b>Youth Karate Novice</b>							
461240-08	7 - 14	White w/ stripes - Orange	Sat	Apr 1 - June 3	10:10 - 11:10 am	Frontier Park - A.H.	\$100/\$125
461240-04	7 - 15	Yellow - Blue	Wed	Apr 5 - June 7	5 - 6 pm	Alcott Center	\$100/\$125
<b>Youth Karate Intermediate</b>							
461240-09	7 - 14	Yellow - Purple	Sat	Apr 1 - June 3	11:20 am - 12:20 pm	Frontier Park - A.H.	\$100/\$125
461240-05	7 - 15	Green - Low Purple	Wed	Apr 5 - June 7	6:30 - 7:30 pm	Cooper Middle School	\$100/\$125
<b>Youth Karate Intermediate/Advanced</b>							
461240-02	7 - 15	Blue & up	Tue	Apr 4 - June 13	4:50 - 5:50 pm	Alcott Center	\$100/\$125
<b>Youth Karate Advanced</b>							
461240-10	7 - 14	Brown - Black	Sat	Apr 1 - June 3	12:30 - 1:30 pm	Frontier Park - A.H.	\$100/\$125
461240-06	7 - 15	High Purple - Black	Wed	Apr 5 - June 7	6:30 - 7:30 pm	Cooper Middle School	\$100/\$125
<b>Parent/Child Beginning/Continuing</b>							
461246-01	7 +	White Only	Sat	Apr 1 - June 3	9 - 10 am	Frontier Park - A.H.	\$100/\$125
<b>Parent/Child Novice</b>							
461246-02	7 +	White w/ stripes - Orange	Sat	Apr 1 - June 3	10:10 - 11:10 am	Frontier Park - A.H.	\$100/\$125
<b>Parent/Child Intermediate</b>							
461246-03	7 +	Yellow - Purple	Sat	Apr 1 - June 3	11:20 am - 12:20 pm	Frontier Park - A.H.	\$100/\$125
<b>Parent/Child Advanced</b>							
461246-04	7 +	Brown - Black	Sat	Apr 1 - June 3	12:30 - 1:30 pm	Frontier Park - A.H.	\$100/\$125

**Instructor:** Illinois Shotokan Karate Club