

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.

Concussions 101

This is a free educational program for parents, coaches and athletes to come learn about the most up to date information regarding concussions. This program will provide relevant information to help you understand a concussion, signs and symptoms, how to respond, and potential consequences from the injury. You will also be taught the steps for returning to activities (play and school) after a concussion. At the completion of the program, participants will have the tools to help young athletes be healthy, active, and the steps required to return to their sport and everyday activities. **Please note:** Pre-registration is required to attend this program. (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
261256-01	Tue	Aug 28	7:30 - 9 pm	Free

Instructor: Stec
Location: Alcott Center

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 24.** (CE)

Age: 3 - 4 years

Code	Day	Date	Time	R/NR Fee
261233-01	Sat	Nov 3 - Dec 15	9 - 9:50 am	\$68/\$85

Instructor: Sports-RUs
Location: Alcott Center

Mini Athletic 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 athletic 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. **No class on November 22.** (BO)

Code	Age	Day	Date	Time	R/NR Fee
261221-02	2 - 3 years	Mon	Sept 17 - Oct 15	5:30 - 6:15 pm	\$38/\$48
		Instructor: SportsKids Inc.		Location: Wellington Park	
261221-03	2 - 3 years	Thu	Oct 25 - Nov 29	6 - 6:30 pm	\$25/\$31
		Instructor: SportsKids Inc.		Location: Cooper Middle School	
261221-01	4 - 6 years	Mon	Sept 17 - Oct 15	4 - 4:45 pm	\$38/\$48
		Instructor: SportsKids Inc.		Location: Wellington Park	

Let's Go Girls Sports

This camp is a great way to introduce basketball, soccer, hockey and tee ball in an all girls environment. Basic skills are taught, and games are played at the end of each class. The girls will do sports for the first half of the class, and do a fun craft for the second half. The last class will be a fun sport of their choice, and each participant will tie dye a t-shirt. **No class on November 23.** (CE)

Age: 4 - 6 years

Code	Day	Date	Time	R/NR Fee
261226-01	Fri	Sept 7 - Oct 19	4 - 4:50 pm	\$80/\$100
261226-02	Fri	Nov 2 - Dec 14	4 - 4:50 pm	\$68/\$85

Instructor: Sports-R-U's

Location: Alcott Center

Tot & Youth Track & Field

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
261223-01	3 - 6 years	Tue	Sept 11 - Oct 16	4 - 4:45 pm	\$45/\$56
261223-03	5 - 8 years	Tue	Sept 11 - Oct 16	4:45 - 5:30 pm	\$45/\$56
261223-02	7 - 10 years	Mon	Sept 17 - Oct 15	4:45 - 5:30 pm	\$38/\$48

Instructor: SportsKids Inc.

Location: Wellington 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. (CE)

Age: 3 - 4 years

Code	Day	Date	Time	R/NR Fee
261253-01	Sat	Sept 8 - Oct 20	9 - 9:50 am	\$80/\$100

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 November 22 and 24.** (CE)

Code	Age	Day	Date	Time	R/NR Fee
261228-01	3 - 4 years	Thu	Sept 6 - Oct 18	4 - 4:50 pm	\$80/\$100
261228-02	3 - 4 years	Thu	Nov 1 - Dec 13	4 - 4:50 pm	\$68/\$85
261228-03	4 - 6 years	Sat	Sept 8 - Oct 20	10 - 10:50 am	\$80/\$100
261228-04	4 - 6 years	Sat	Nov 3 - Dec 15	10 - 10:50 am	\$68/\$85

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 November 22.** (CE)

Age: 5 - 7 years

Code	Day	Date	Time	R/NR Fee
261224-01	Thu	Sept 6 - Oct 18	5 - 5:50 pm	\$80/\$100
261224-02	Thu	Nov 1 - Dec 13	5 - 5:50 pm	\$68/\$85

Instructor: Sports-R-U's

Location: Alcott Center

Challenger Minis

This is an introduction to soccer with Challenger Sports, where certified coaches/trainers will be teaching basic fundamentals of soccer, such as dribbling, passing, shooting and defending, in a noncompetitive environment. Teamwork, participation and good sportsmanship are the core values of the program. Boys and Girls are encouraged to join, which will include 1 practice on a Wednesday, and a game on Saturdays. Please be sure to bring a size #3 soccer ball, and wear shin guards; soccer cleats are optional. This is a great program for children preparing to participate in the Park District soccer program. **Please note:** Practices and games will be played on Putterman Field at Mike Rylko Community Park. **No practice on September 19.** (CE)

Age: 4 - 5 years

Code	Day	Date	Time	R/NR Fee
261218-01	Wed	Sept 5 - Oct 27	3:30 - 4:30 pm	\$110/\$138
	Sat		9:30 - 10:30 am	
261218-02	Wed	Sept 5 - Oct 27	4:30 - 5:30 pm	\$110/\$138
	Sat		9:30 - 10:30 am	
261218-03	Wed	Sept 5 - Oct 27	5:30 - 6:30 pm	\$110/\$138
	Sat		9:30 - 10:30 am	

Instructor: British Challenger Soccer

Location: Mike Rylko Community Park

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 20.** (CB)

Age: 7 - 10 years

Code	Day	Date	Time	Fee
261203-01	Tue	Sept 4 - Oct 16	7:30 - 8:30 pm	\$71
261203-02	Tue	Oct 30 - Dec 18	7:30 - 8:30 pm	\$71

Instructor: All Star Sports

Location: Twin Groves 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 22.** (CB)

Code	Age	Day	Date	Time	Fee
261205-01	6 - 8 years	Thu	Sept 6 - Oct 18	6:15 - 7:15 pm	\$71
261205-03	6 - 8 years	Thu	Nov 1 - Dec 20	6:15 - 7:15 pm	\$71
261205-02	9 - 12 years	Thu	Sept 6 - Oct 18	7:15 - 8:15 pm	\$71
261205-04	9 - 12 years	Thu	Nov 1 - Dec 20	7:15 - 8:15 pm	\$71

Instructor: All Star Sports

Location: Prairie School

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 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. **No class on November 22.** (JD)

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
261482-01	Tue	Sept 18 - Oct 23	5:30 - 6:30 pm	\$90/\$115
261482-02	Thu	Sept 20 - Oct 25	5:30 - 6:30 pm	\$90/\$115
261482-03	Tue	Oct 30 - Dec 4	5:30 - 6:30 pm	\$90/\$115
261482-04	Thu	Nov 1 - Dec 6	5:30 - 6:30 pm	\$75/\$84

Instructor: Personal Trainers

Location: Fitness Center

Youth Yoga

Practicing yoga helps children cultivate calm and kind behavior, increases their physical activity, fosters connection with their inner selves, makes them aware of their deep breathing, and promotes concentration in a fun and developmentally appropriate way. The noncompetitive aspect of yoga requires the practitioner, no matter how small, to work with his or her own body, and not compare. Your children will learn to cultivate self-love, acceptance and respect through the awareness of their own unique strengths. **No class on November 7 and 21.** (AC)

Code	Age	Day	Date	Time	R/NR Fee
261287-03	4 - 8 years	Wed	Sept 5 - Oct 17	4:30 - 5:20 pm	\$91/\$114
261287-04	4 - 8 years	Wed	Oct 24 - Dec 19	4:30 - 5:20 pm	\$91/\$114
261287-01	9 - 17 years	Wed	Sept 5 - Oct 17	5:30 - 6:20 pm	\$91/\$114
261287-02	9 - 17 years	Wed	Oct 24 - Dec 19	5:30 - 6:20 pm	\$91/\$114

Instructor: Nahar

Location: Alcott Center



Turbo Fitness 

This is a specialty youth fitness class, focused on weight loss exercises. This class will be instructed by certified personal trainers, specialized in youth fitness, body composition and weight loss training. The goal is to move, have fun, feel confident, and learn to love working out. **No class on November 21.** (JD)

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
261470-01	Mon	Sept 17 - Oct 22	5:30 - 6:30 pm	\$72/\$94
261470-02	Wed	Sept 26 - Oct 24	5:30 - 6:30 pm	\$60/\$78
261470-03	Mon	Oct 29 - Dec 3	5:30 - 6:30 pm	\$72/\$94
261470-04	Wed	Nov 7 - Dec 5	5:30 - 6:30 pm	\$60/\$78

Instructor: Personal Trainers

Location: Fitness Center

Lil Pint Soccer & Basketball

The fundamentals of these sports will be taught in this combination class. Your child will work on their soccer and basketball skills, while learning teamwork. All the basics skills of dribbling, passing and shooting will be taught. Teamwork, participation and good sportsmanship are stressed. Both boys and girls are encouraged to join the class if they have any interest in soccer and basketball. Please bring a water bottle to class. **No class on November 23.** (CE)

Age: 4 - 6 years

Code	Day	Date	Time	R/NR Fee
261266-01	Fri	Sept 7 - Oct 19	5 - 5:50 pm	\$80/\$100
261266-02	Fri	Nov 2 - Dec 14	5 - 5:50 pm	\$68/\$85

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, in level 1 we will practice dribbling, passing, shooting, positions, and the importance of teamwork. The level 2 class will help enhance the basics you have already learned, while advancing your skills and concentrating on more teamwork and game strategies. This program uses scaled down equipment; and, games will be played at the end of each class. Please bring a water bottle. **No class on November 23 and 24.** (CE)

Age: 5 - 8 years

Code	Level	Day	Date	Time	R/NR Fee
261252-01	1	Sat	Sept 8 - Oct 20	11 am - 12 pm	\$80/\$100
261252-02	1	Sat	Nov 3 - Dec 15	11 am - 12 pm	\$68/\$85
261252-03	2	Fri	Sept 7 - Oct 19	6 - 7 pm	\$80/\$100
261252-04	2	Fri	Nov 2 - Dec 14	6 - 7 pm	\$68/\$85

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

Age: 8 - 10 years

Code	Day	Date	Time	Fee
261263-01	Fri	Sept 7 - Oct 19	7 - 8 pm	\$71
261263-02	Fri	Nov 2 - Dec 21	7 - 8 pm	\$71

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 23 and 24.** (CB)

Code	Age	Day	Date	Time	Fee
261201-01	3 - 4 years	Fri	Sept 7 - Oct 19	6:15 - 7 pm	\$71
261201-02	3 - 4 years	Sat	Sept 8 - Oct 20	9 - 9:45 am	\$71
261201-04	3 - 4 years	Fri	Nov 2 - Dec 21	6:15 - 7 pm	\$71
261201-05	3 - 4 years	Sat	Nov 3 - Dec 22	9 - 9:45 am	\$71
261201-03	5 - 7 years	Sat	Sept 8 - Oct 20	9:45 - 10:45 am	\$71
261201-06	5 - 7 years	Sat	Nov 3 - Dec 22	9:45 - 10:45 am	\$71

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: 8 - 10 years

Code	Day	Date	Time	Fee
261257-01	Sat	Sept 8 - Oct 20	10:45 - 11:45 am	\$71

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: 10 - 12 years

Code	Day	Date	Time	Fee
261258-01	Sat	Sept 8 - Oct 20	11:45 am - 12:45 pm	\$71

Instructor: All Star Sports

Location: Twin Groves Middle School

Boys Winter Basketball House League

Registration for the Boys Winter Basketball House League begins on August 1. Detailed information is available in the summer program guide, and on the Park District's website at bgparks.org.

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 12	6-7:15 pm	\$0
		Sun	Sept 16	5-6:30 pm	
261236-20	Boys 5	Wed	Sept 12	7:30-8:45 pm	\$0
		Sun	Sept 16	7-8:30 pm	

Location: Twin Groves Middle School

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 8 - Oct 13	9 - 10 am	\$102/\$128
261241-02	7 - 10 years	Sat	Sept 8 - Oct 13	10 - 11 am	\$102/\$128
261241-03	10 - 17 years	Sat	Sept 8 - Oct 13	11 am - 12 pm	\$102/\$128

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. **No class on November 22.** (BO)

Age: 8 - 13 years

Code	Level	Day	Date	Time	R/NR Fee
261283-01	Beginner	Thu	Oct 25 - Nov 29	6:30 - 7:15 pm	\$38/\$48
261283-02	Intermediate	Thu	Oct 25 - Nov 29	7:15 - 8 pm	\$38/\$48

Instructor: SportsKids Inc.

Location: Cooper Middle School

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 October 8.** (CE)

Age: 5 - 12 years

Code	Level	Day	Date	Time	R/NR Fee
261288-01	Introductory	Mon	Sept 17 - Oct 29	4 - 5 pm	\$55/\$69
261288-03	Introductory	Mon	Nov 5 - Dec 10	4 - 5 pm	\$55/\$69
261288-02	Continuing	Mon	Sept 17 - Oct 29	5 - 6 pm	\$40/\$50
261288-04	Continuing	Mon	Nov 5 - Dec 10	5 - 6 pm	\$40/\$50

Instructor: Doyle

Location: Alcott Center



Archery

Archery participants learn the parts of an arrow and recurve bow, the techniques of using a recurve bow, and fundamental shooting skills in an extremely safe environment. They also 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 are a part of each class. Blunt tipped arrows, bows and targets will be provided. **Please note:** Class #261270-03 is a parent/child class. (BO)

Code	Age	Day	Date	Time	R/NR Fee
261270-03	6+ Years	Thu	Sept 13 - Oct 18	5:30 - 6:15 pm	\$68/\$84
261270-01	7 - 10 years	Thu	Sept 13 - Oct 18	4 - 4:45 pm	\$45/\$56
261270-02	11 - 13 years	Thu	Sept 13 - Oct 18	4:45 - 5:30 pm	\$45/\$56

Instructor: SportsKids Inc.

Location: Wellington Park



Girls Lacrosse - IGLA

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

Leagues

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

Registration

Registration for all programs is a 2 step process. Pay at the Buffalo Grove Park District and register at igla.org (fall pink league or 6U league; purple players will register and pay the league fee at the Buffalo Grove Park District, but will receive their IGLA registration link directly through IGLA). All registrations at igla.org are due by August 30. A late fee will be assessed on any registrations received at igla.org after August 31.

6U League

Are you ready to start lacrosse? Join IGLA this fall for a weekly 1-hour session for the younger lacrosse player. This league is exclusively for girls in Kindergarten through 1st grade that want to learn the fundamentals of lacrosse. The goals of this program are to introduce and develop basic skills for our youngest players, using fun games and coaching techniques. Sticks are available, and soft balls will be provided. No goggles or mouth guards are required. For more information, please visit igla.org. Deerpath Park is located at 700 Lakeview Parkway in Vernon Hills. (TWW)

Code	Age	Day	Date	Time	R/NR Fee
261248-01	4-5	Wed	Sept 12 - Oct 17	5:30 - 6:30 pm	\$130/\$140
Instructor: IGLA			Location: Deerpath Park - Vernon Hills		

Pink League

Code	Level	Day	Date	Time	R/NR Fee
261247-01	8U	Sun Wed	Sept 9 - Oct 21	TBA 5:30 - 6:30 pm	\$185/\$195
261247-02	10U	Sun Wed	Sept 9 - Oct 21	TBA 5:30 - 6:30 pm	\$185/\$195
261247-03	12U	Sun Wed	Sept 9 - Oct 21	TBA 5:30 - 6:45 pm	\$185/\$195
261247-04	14U	Sun Wed	Sept 9 - Oct 21	TBA 5:30 - 6:45 pm	\$185/\$195
Instructor: IGLA			Location: Deerpath Park - Vernon Hills		

Purple League

Code	Level	Day	Date	Time	R/NR Fee
261247-06	10U	Sun Mon Wed	Sept 9 - Oct 21	TBA 5:30 - 6:30 pm 5:30 - 6:30 pm	\$285/\$295
261247-07	12U	Sun Mon Wed	Sept 9 - Oct 21	TBA 5:30 - 6:45 pm 5:30 - 6:45 pm	\$285/\$295
261247-08	14U	Sun Mon Wed	Sept 9 - Oct 21	TBA 5:30 - 6:45 pm 5:30 - 6:45 pm	\$285/\$295
Instructor: IGLA			Location: Deerpath Park - Vernon Hills		



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 3, November 3, 22, 24, December 10, 13, 15, 25, 29 and January 1.** (CB)

Toddler Beginner

Age: 3 years

Code	Day	Date	Time	Fee
261237-01	Mon	Aug 20 - Oct 8	12:40 - 1:10 pm	\$147
261237-15	Mon	Oct 15 - Dec 17	12:40 - 1:10 pm	\$205

Tot 1 Beginner

Age: 4 - 6 years

Code	Day	Date	Time	Fee
261237-04	Mon	Aug 20 - Oct 8	12:40 - 1:10 pm	\$147
261237-05	Mon	Aug 20 - Oct 8	4:40 - 5:10 pm	\$147
261237-06	Thu	Aug 23 - Oct 11	4:40 - 5:10 pm	\$166
261237-07	Sat	Aug 25 - Oct 13	9:20 - 9:50 am	\$166
261237-08	Sat	Aug 25 - Oct 13	10 - 10:30 am	\$166
261237-09	Sat	Aug 25 - Oct 13	11:05 - 11:35 am	\$166
261237-17	Mon	Oct 15 - Dec 17	12:40 - 1:10 pm	\$205
261237-18	Mon	Oct 15 - Dec 17	4:40 - 5:10 pm	\$186
261237-19	Thu	Oct 18 - Dec 20	4:40 - 5:10 pm	\$166
261237-20	Sat	Oct 20 - Dec 22	9:20 - 9:50 am	\$147
261237-21	Sat	Oct 20 - Dec 22	10 - 10:30 am	\$147
261237-22	Sat	Oct 20 - Dec 22	11:05 - 11:35 am	\$147

Pre Alpha 1

Age: 6 - 12 years

Code	Day	Date	Time	Fee
261237-10	Mon	Aug 20 - Oct 8	4:40 - 5:20 pm	\$154
261237-11	Thu	Aug 23 - Oct 11	4:40 - 5:20 pm	\$174
261237-12	Sat	Aug 25 - Oct 13	9:20 - 10 am	\$174
261237-13	Sat	Aug 25 - Oct 13	11:05 - 11:45 am	\$174
261237-23	Mon	Oct 15 - Dec 17	4:40 - 5:20 pm	\$195
261237-24	Thu	Oct 18 - Dec 20	4:40 - 5:20 pm	\$174
261237-25	Sat	Oct 20 - Dec 22	9:20 - 10 am	\$154
261237-26	Sat	Oct 20 - Dec 22	11:05 - 11:45 am	\$154



Hockey Beginner

Age: 4 - 12 years

Code	Day	Date	Time	Fee
261237-35	Tue	Aug 21 - Oct 30	5:10 - 5:50 pm	\$258
261237-36	Sat	Aug 25 - Oct 27	12:10 - 12:50 pm	\$235
261237-37	Tue	Nov 6 - Jan 15	5:10 - 5:50 pm	\$213
261237-38	Sat	Nov 10 - Jan 19	12:10 - 12:50 pm	\$213

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 20.** (CB)

Age: 7 - 10 years

Code	Day	Date	Time	Fee
261204-01	Tue	Sept 4 - Oct 16	6:15 - 7:15 pm	\$71
261204-02	Tue	Oct 30 - Dec 18	6:15 - 7:15 pm	\$71

Instructor: All Star Sports

Location: Twin Groves Middle School

Baseball Skills

Our top notch baseball trainers will teach the importance of proper skills technique as well as the fundamentals of the sport. Speed and agility training as well as in-game strategies will taught in this class. **No class on November 24.** (CB)

Code	Age	Day	Date	Time	Fee
261280-01	6 - 8 years	Sat	Nov 3 - Dec 22	10:45 - 11:45 am	\$71
261280-02	9 - 11 years	Sat	Nov 3 - Dec 22	11:45 - 12:45 pm	\$71

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

Hitting & Pitcher/Catcher Techniques

Prepare for the upcoming baseball and softball seasons. Swing analysis, live pitching and other techniques are a part of this program. Advanced, intermediate and beginner hitters can all benefit from this step-by-step approach to learning. Pitchers work on the form needed to increase the speed of the fastball, and protect their throwing arm. Boys learn the rocker step for pitching, as well as various age appropriate grips. Girls learn the windmill form of pitching, and different grips. Catchers are taught how to help get strike calls for their team. Different techniques to throw out base runners are also included. Fielding pop-ups, balls in the dirt, and bunts with the proper form can catch any coach's attention. (BO)

Age: 7 - 12 years

Code	Day	Date	Time	R/NR Fee
261275-01	Tue	Sept 11 - Oct 16	5:30 - 6:15 pm	\$45/\$56

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



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 October 31.** (TVV)

Code	Age	Day	Date	Time	R/NR Fee
261220-03	2 - 3 years	Wed	Sept 12 - Oct 10	6 - 6:30 pm	\$27/\$34
261220-04	2 - 3 years	Wed	Sept 12 - Oct 10	6:35 - 7:05 pm	\$27/\$34
261220-07	2 - 3 years	Wed	Oct 17 - Nov 21	6 - 6:30 pm	\$27/\$34
261220-08	2 - 3 years	Wed	Oct 17 - Nov 21	6:35 - 7:05 pm	\$27/\$34
261220-02	4 - 5 years	Wed	Sept 12 - Oct 10	4:30 - 5:10 pm	\$39/\$49
261220-05	4 - 5 years	Wed	Oct 17 - Nov 21	4:30 - 5:10 pm	\$39/\$49
261220-01	5 - 7 years	Wed	Sept 12 - Oct 10	5:15 - 5:55 pm	\$39/\$49
261220-06	5 - 7 years	Wed	Oct 17 - Nov 21	5:15 - 5:55 pm	\$39/\$49

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

Brazilian Jiu Jitsu NEW

This is the #1 fastest growing martial art contact sport that provides a very challenging yet safe and caring environment for children ages 4 - 15. Our classes inspire students to experience and understand core values, like focus, technique, discipline, persistence, cooperation and respect. The outcome of continued childhood practice of Brazilian Jiu-Jitsu goes far beyond the accomplishments on the mats, as we seek to promote Jiu-Jitsu as an individual life style, through physical activity in a balanced manner. Our resolution is to promote health, well-being, self-confidence and mental toughness in a safe, encouraging and inspirational atmosphere. Classes are taught at Lionize Training Center, located at 516 W. Campus Drive Unit B in Arlington Heights. (TW)

Age: 8 - 13 years

Code	Day	Date	Time	R/NR Fee
261289-01	Tue	Sept 11 - Nov 13	5 - 6 pm	\$145/\$181

Instructor: Lionize Training **Location:** Lionize Training Center

Boxing NEW

Put on some gloves, jump some rope, and learn the fundamentals and footwork of boxing, in a safe, fun and challenging environment that educates our students on self-defense and fitness principles. Youth boxing focuses on technique, discipline and conditioning that fosters communication and teamwork among their peers. The class will increase endurance, strength, agility, flexibility and mental toughness. Classes are taught at Lionize Training Center, located at 516 W Campus Drive Unit B in Arlington Heights. (TW)

Age: 8 - 13 years

Code	Day	Date	Time	R/NR Fee
261206-01	Wed	Sept 12 - Nov 14	4:30 - 5:30 pm	\$85/\$106

Instructor: Lionize Training **Location:** Lionize Training Center

Youth Kickboxing NEW

This kickboxing class will move through kicks, punches, drills and skills with a master martial arts trainer. Proper warm ups, complimentary conditioning and cool downs will ensure safety and success. Students will gain strength, cardiovascular conditioning, self-awareness, discipline, coordination, and quick responses in fitness, all while benefiting memory, attention and self-confidence. **No class on November 23.** (JD)

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
261484-01	Fri	Sept 21 - Oct 26	5 - 6 pm	\$60/\$78
261484-02	Fri	Nov 2 - Dec 7	5 - 6 pm	\$50/\$68

Instructor: Herrig **Location:** Fitness Center



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 September 18, November 22 and 23.** (TW)

Code	Age	Belt	Day	Date	Time	Location	R/NR Fee
Pre-Karate Beginner (No Experience)							
261245-01	4 - 7		Thu	Sept 6 - Dec 20	4 - 4:45 pm	Frontier Park - A.H.	\$158/\$198
261245-04	4 - 7		Fri	Sept 7 - Dec 21	4 - 4:45 pm	Emmerich Park	\$158/\$198
Pre-Karate Continuing (1 or more prior sessions)							
261245-02	4 - 7		Thu	Sep 6 - Dec 20	4:55 - 5:40 pm	Frontier Park - A.H.	\$158/\$198
261245-05	4 - 7		Fri	Sept 7 - Dec 21	4:50 - 5:35 pm	Emmerich Park	\$158/\$198
Pre-Karate Intermediate							
261245-07	6 - 10	Orange - Green	Fri	Sept 7 - Dec 21	6:30 - 7:30 pm	Emmerich Park	\$176/\$220
Pre-Karate Teacher Permission							
261245-03	4 - 7		Thu	Sep 6 - Dec 20	5:45 - 6:30 pm	Frontier Park - A.H.	\$158/\$198
261245-06	4 - 7		Fri	Sept 7 - Dec 21	5:45 - 6:30 pm	Emmerich Park	\$158/\$198
Youth Karate Beginning/Continuing							
261240-01	7 - 14	White - Yellow	Tue	Sept 4 - Dec 11	4 - 5 pm	Alcott Center	\$147/\$184
261240-03	7 - 15	White - Orange	Wed	Sept 5 - Dec 12	4 - 5 pm	Alcott Center	\$158/\$198
261240-07	7 - 14	White Only	Sat	Sept 8 - Dec 15	9 - 10 am	Frontier Park - A.H.	\$158/\$198
Youth Karate Novice							
261240-04	7 - 15	Yellow - Blue	Wed	Sept 5 - Dec 12	5 - 6 pm	Alcott Center	\$158/\$198
261240-08	7 - 14	White w/ stripes - Orange	Sat	Sept 8 - Dec 15	10:10 - 11:10 am	Frontier Park - A.H.	\$158/\$198
Youth Karate Intermediate							
261240-05	7 - 15	Green - Low Purple	Wed	Sept 5 - Dec 12	6:30 - 7:30 pm	Cooper Middle School	\$158/\$198
261240-09	7 - 14	Yellow - Purple	Sat	Sept 8 - Dec 15	11:20 am - 12:20 pm	Frontier Park - A.H.	\$158/\$198
Youth Karate Intermediate/Advanced							
261240-02	7 - 15	Blue & up	Tue	Sept 4 - Dec 11	5 - 6 pm	Alcott Center	\$147/\$184
Youth Karate Advanced							
261240-06	7 - 14	High Purple - Black	Wed	Sept 5 - Dec 12	6:30 - 7:30 pm	Cooper Middle School	\$158/\$198
261240-10	7 - 14	Brown - Black	Sat	Sept 8 - Dec 15	12:30 - 1:30 pm	Frontier Park - A.H.	\$158/\$198
Parent/Child Beginning/Continuing							
261246-01	7 +	White Only	Sat	Sept 8 - Dec 15	9 - 10 am	Frontier Park - A.H.	\$158/\$198
Parent/Child Novice							
261246-02	7 +	White w/ stripes - Orange	Sat	Sept 8 - Dec 15	10:10 - 11:10 am	Frontier Park - A.H.	\$158/\$198
Parent/Child Intermediate							
261246-03	7 +	Yellow - Purple	Sat	Sept 8 - Dec 15	11:20 am - 12:20 pm	Frontier Park - A.H.	\$158/\$198
Parent/Child Advanced							
261246-04	7 +	Brown - Black	Sat	Sept 8 - Dec 15	12:30 - 1:30 pm	Frontier Park - A.H.	\$158/\$198

Instructor: Illinois Shotokan Karate Club