

Adult Sports

Men's Informal Basketball



Informal pickup games with plenty of court time are a great way to work up a sweat and work off those office tensions. Be a part-time gym rat, but register early before the program fills up. Please bring both a white and a dark shirt to each session. **Please note:** Class #35260 will meet at Cooper Middle School thru August 26, and then switch locations to Buffalo Grove High School until the program ends on September 30. **No basketball on September 2.** (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
35260	Sun	July 1 - Sept 30	8 - 10 a.m.	\$65/\$81

Location: Buffalo Grove High School & Cooper Middle School

35261	Tue	July 3 - Sept 25	6 - 8 p.m.	\$52/\$65
35262	Tue	July 3 - Sept 25	8 - 10 p.m.	\$52/\$65

Location: Cooper Middle School

Co-Rec Volleyball



For noncompetitive and informal games, our co-rec volleyball is a great way to enjoy this fun sport. Register early for this popular program. **No volleyball on September 3.** (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
35263	Mon	July 2 - Sept 24	7:30 - 9:30 p.m.	\$48/\$60

Location: Cooper Middle School

35264	Wed	July 11 - Sept 26	7:30 - 9:30 p.m.	\$48/\$60
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Location: Ivy Hall School

Karate



The self-defense skills learned through karate are invaluable, and this program offers a variety of benefits for each student. For the businessperson, this is an ideal way of releasing tensions and developing cardiovascular fitness. This class is a must for the single parent wishing to learn protection skills for themselves and their families. Karate movements develop poise and agility, while improving muscle tone. All classes are taught by instructors of the Illinois Shotokan Karate Club, under the direction of John DiPasquale, 4-time National Champion and former U.S. Karate National Coach. Frontier Park is located at 1933 Kennicott in Arlington Heights. **No class on July 4.** (TW)

Age: 15 years and up

Code	Belt	Day	Date	Time	R/NR Fee
35551	White - Purple	Wed	June 13 - Aug 29	7:30 - 8:30 p.m.	\$96/\$120
35554	Brown - Black	Wed	June 13 - Aug 29	8:30 - 10 p.m.	\$129/\$161

Instructor: ISKC

Location: Cooper Middle School

35552	White - Green	Thu	June 21 - Aug 30	7:30 - 8:30 p.m.	\$96/\$120
35553	Purple and up	Thu	June 21 - Aug 30	8:35 - 10 p.m.	\$129/\$161

Instructor: ISKC

Location: Frontier Park - A.H.

Krav Maga



Krav Maga, led by Master George Buruian (Expert Level 5), is a street oriented self defense program that is the official self defense and fighting system of the Israeli Defense Forces, and is favored by federal, state, and local law enforcement agencies across the United States. The system has a broad-based appeal because of its simple, no-nonsense approach to personal safety. The system is characterized by a logical and coherent approach to self defense, which enables one to achieve a relatively high level of proficiency within a short period of time. Krav Maga is an ideal self defense system for men, women and children of all ages and physical abilities. The White Tiger Martial Arts Center is an official Krav Maga Worldwide Training Center, and is located at 286 W. Palatine Road in Wheeling. (TW)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
35582	Tue	June 26 - Sept 11	7:45 - 8:35 p.m.	\$120/\$150
35583	Thu	June 28 - Sept 13	10:30 - 11:30 a.m.	\$120/\$150
35584	Thu	June 28 - Sept 13	5:45 - 6:35 p.m.	\$120/\$150
35585	Sat	June 30 - Sept 15	10:30 - 11:20 a.m.	\$120/\$150

Instructor: White Tiger Staff

Location: White Tiger Martial Arts Center

NEW White Tiger Boxing



White Tiger Boxing is led by Marco Aceituno, a world class boxer and coach, with over 20 years of boxing and competition experience under his belt. With 169 fights and a record of 153-16, Marco has brought his boxing talent and expertise to White Tiger Krav Maga with his very own boxing program. Students will punch focus mitts, hit heavy bags, train footwork and movement, spar, and learn the ins and outs of western style boxing. Technique and conditioning will be emphasized as students are run through the training regimens of professional boxers. The White Tiger Martial Arts Center is an official Krav Maga Worldwide Training Center, and is located at 286 W. Palatine Road in Wheeling. (TW)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
35891	Mon	June 25 - Sept 10	12:30 - 1:30 p.m.	\$120/\$150
35892	Tue	June 26 - Sept 11	5:45 - 6:45 p.m.	\$120/\$150
35893	Sat	June 30 - Sept 15	8:30 - 9:30 a.m.	\$120/\$150

Instructor: White Tiger Staff

Location: White Tiger Martial Arts Center



Tennis

Staff from the Heritage Tennis Club offers instruction for summer classes at Willow Stream Park. Adult tennis instruction first emphasizes the development of proper stroke mechanics for forehand, backhand, service, volley, lob and overhead shots. Basic positioning for singles and doubles, as well as scoring is introduced. Later instruction focuses on improving stroke mechanics consistency, control and accuracy. Drills will be used to learn positioning, footwork and play strategy to improve court coverage. Fall, winter and spring instruction will be offered indoors at the Heritage Tennis Club in Arlington Heights. You do not have to be a resident of Arlington Heights or a member of the Heritage Tennis Club to participate in the indoor lesson program. There are nonmember fees so participants can try the program before deciding to join and receive the benefits of the club's membership. For fall, winter and spring program and registration information, contact the Heritage Tennis Club at (847) 398-7780 or visit their website at aphd.org/htc. (CB)

Rain Policy

Classes will be cancelled if there is inclement weather. If an individual class is cancelled more than twice in a session, the instructor will arrange for a make-up class. If there is any doubt about the weather, please call the Heritage Tennis Club at (847) 398-7780.

Age: 18 years and up

Code	Level	Day	Date	Time	R/NR Fee
35265	Beginner	M, W	June 11 - July 2	6:30 - 7:30 p.m.	\$55/\$67
35267	Beginner	Tu, Th	June 12 - July 5	6:30 - 7:30 p.m.	\$62/\$76
35269	Beginner	M, W	July 9 - Aug 1	6:30 - 7:30 p.m.	\$62/\$76
35271	Beginner	Tu, Th	July 10 - Aug 2	6:30 - 7:30 p.m.	\$62/\$76
35266	Adv. Beginner	M, W	June 11 - July 2	7:30 - 9 p.m.	\$83/\$101
35268	Adv. Beginner	Tu, Th	June 12 - July 5	7:30 - 9 p.m.	\$93/\$114
35270	Adv. Beginner	M, W	July 9 - Aug 1	7:30 - 9 p.m.	\$93/\$114
35272	Adv. Beginner	Tu, Th	July 10 - Aug 2	7:30 - 9 p.m.	\$93/\$114

Instructor: Heritage Tennis Club Staff

Location: Willow Stream Park



NEW Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. It is played with a hard paddle and a wiffle ball on a court with the same dimensions as a doubles badminton court. The net is similar to a tennis net; however, it is 2 inches lower. Equipment is provided. For more information about Pickleball and its rules, visit usapa.org. Rules information and instruction will be provided the first 4 weeks by a local USAPA ambassador.

Please note: You may also just show up and pay a drop in fee of \$5. (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
35753	Thu	June 14 - Aug 30	6:30 - 9:30 p.m.	\$48/\$60

Location: Ivy Hall School

Fall Softball Leagues

Games for the fall softball league are played at Mike Rylko Community

Park. These fields are located on McHenry Road (Rt. 83) in between the Golf and Sports Center and the Buffalo Grove Fitness Center. Games will begin in August and all teams will play a 10-game season, with a league tournament at the end of the season. Captains should pick up complete registration information at the Alcott Center prior to registering for leagues. Additional information is available on the Park District's website at bgparks.org. (TW)

Registration

Early registration for returning teams, teams with 75% or more residents and corporate teams within Buffalo Grove is June 4 thru June 30.

Open registration for all teams is July 2 thru August 11. Once registration begins, packets will be available at the Alcott Center or on-line at league lineup.com/buffalogrove. Captains must turn in a team roster. **Players that claim residency must show proof of residency to avoid paying the nonresident fee.**

Fee

All leagues are \$625. A \$200 nonrefundable deposit must be turned in with your registration. Teams must pay \$10 per nonresident (not to exceed \$100). Final payment is due August 17.

Leagues will play on the following days:

Monday	Men's 12"
Tuesday	Men's 12" C League
Wednesday	Men's 12"
Thursday	Men's 12"
Friday	Men's 12"

Adult Softball Field Supervisors

The Buffalo Grove Park District is looking for field supervisors for the adult summer softball season. Field supervisors are responsible for setting up fields and overseeing the adult softball leagues. Games start in late April and run thru July. High School students and adults are encouraged to apply. Call T.J. Wilkes at (847) 850-2199 for more information.

S Indicates there is a senior discount available.



FRIENDS OF THE PARKS FOUNDATION



The Friends of the Parks Foundation is a charitable organization that supports Buffalo Grove Park District programs and events throughout the year. The Friends of the Parks Foundation sponsors events such as National Night Out and Camping Under the Stars. They also host events like the Buffalo Grove Soccer Classic, the Stampede 5K/10K Race, Battle of the Bands, and the Doubles Disc Golf Tournament (During the weekend of BG Days).



Buffalo Grove Park District Environmental Action Team

The Buffalo Grove Environmental Action Team is a group of environmentally conscious local citizens eager to improve Buffalo Grove's natural environment and encourage sound and sustainable practices. Please join us - you can make a difference! For more information, please visit our page on the Park District's website at bgeat.org, or call Jeff Weiss at (847) 224-0965.

Bring your family out to Buffalo Grove's first Green Fair

Find out how you can make your home and our world more eco-friendly for today and future generations through education, demonstrations, activities and entertainment. Learn how to Reduce, Reuse, Recycle at Mike Ryko Community Park (next to the Farmers Market) on Sunday June 24, from 8 a.m. - 12:30 p.m. More information is available at bgeat.org.



Golf Level 1 - Beginning

This instructional class is designed to introduce students to grip, posture, alignment and the fundamentals of the game. All aspects of golf will be covered, including the full swing, short game and putting. Classes will be held at Sunset Meadows Driving Range, located at 700 South Dwyer Avenue in Arlington Heights. **No class on July 4 and September 3.** (KV)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
35785	Sat	June 2 - June 30	8 - 9 a.m.	\$70/\$90
35786	Sun	June 3 - July 1	8 - 9 a.m.	\$70/\$90
35787	Mon	June 4 - July 2	6 - 7 p.m.	\$70/\$90
35788	Wed	June 6 - June 27	6 - 7 a.m.	\$56/\$72
35789	Sat	July 7 - Aug 4	8 - 9 a.m.	\$70/\$90
35790	Sun	July 8 - Aug 5	8 - 9 a.m.	\$70/\$90
35791	Mon	July 9 - Aug 6	6 - 7 p.m.	\$70/\$90
35792	Wed	July 11 - Aug 8	6 - 7 p.m.	\$70/\$90
35793	Sat	Aug 11 - Sept 8	8 - 9 a.m.	\$70/\$90
35794	Sun	Aug 12 - Sept 9	8 - 9 a.m.	\$70/\$90
35795	Mon	Aug 13 - Sept 10	6 - 7 p.m.	\$56/\$72
35796	Wed	Aug 15 - Sept 12	6 - 7 p.m.	\$70/\$90

Instructor: Takamura Location: Sunset Meadows Driving Range

Golf Level 2 - Intermediate

This instructional class is designed for the experienced golfer interested in improving swing mechanics. The fundamentals (grip, posture and alignment) will be reviewed and the finer points of the short game (chipping and pitching) will be worked on in detail. Classes will be held at Sunset Meadows Driving Range, located at 700 South Dwyer Avenue in Arlington Heights. **No class on July 4 and September 3.** (KV)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
35797	Mon	June 4 - July 2	7 - 8 p.m.	\$70/\$90
35798	Wed	June 6 - June 27	7 - 8 p.m.	\$56/\$72
35799	Mon	July 9 - Aug 6	7 - 8 p.m.	\$70/\$90
35800	Wed	July 11 - Aug 8	7 - 8 p.m.	\$70/\$90
35801	Mon	Aug 13 - Sept 10	7 - 8 p.m.	\$56/\$72
35802	Wed	Aug 15 - Sept 12	7 - 8 p.m.	\$70/\$90

Instructor: Takamura Location: Sunset Meadows Driving Range

Golf Level 3 - Advanced Techniques

This is a class for the more experienced golfer who has at least 2 years of experience, plays at least 18 holes of golf once a week, and can shoot a score of 99 or better per round. These classes go beyond the basics and entail more advanced golf shots and playing strategies. Classes will be held at Sunset Meadows Driving Range, located at 700 South Dwyer Avenue in Arlington Heights. (KV)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
35803	Sun	June 3 - July 1	9 - 10 a.m.	\$70/\$90
35804	Sat	June 9 - July 7	9 - 10 a.m.	\$70/\$90
35806	Sun	July 8 - Aug 5	9 - 10 a.m.	\$70/\$90
35807	Sat	July 14 - Aug 11	9 - 10 a.m.	\$70/\$90
35809	Sun	Aug 12 - Sept 9	9 - 10 a.m.	\$70/\$90
35810	Sat	Aug 18 - Sept 15	9 - 10 a.m.	\$70/\$90

Instructor: Takamura Location: Sunset Meadows Driving Range

Ladies Golf Lessons - Level 1

This instructional class is for women who are new to golf and want to learn golf fundamentals. It is designed to introduce ladies to grip, posture, alignment and the fundamentals of the game. All aspects of golf will be covered, including the full swing, short game and putting. This is a perfect class to take with your friends. Classes will be held at Sunset Meadows Driving Range, located at 700 South Dwyer Avenue in Arlington Heights. (KV)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
35811	Tue	June 5 - July 3	10 - 11 a.m.	\$70/\$90
35812	Thu	June 7 - July 5	10 - 11 a.m.	\$70/\$90
35813	Tue	July 10 - Aug 7	10 - 11 a.m.	\$70/\$90
35814	Thu	July 12 - Aug 9	10 - 11 a.m.	\$70/\$90
35815	Tue	Aug 14 - Sept 11	10 - 11 a.m.	\$70/\$90

Instructor: Takamura Location: Sunset Meadows Driving Range

Ladies Golf Lessons - Level 2

This class is for women who have some experience with golf. Focus will be placed on improving swing mechanics. The fundamentals (grip, posture and alignment) will be reviewed and the finer points of the short game (chipping and pitching) will be worked on in detail. Classes will be held at Sunset Meadows Driving Range, located at 700 South Dwyer Avenue in Arlington Heights. (KV)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
35816	Tue	June 5 - July 3	11 a.m. - 12 p.m.	\$70/\$90
35817	Thu	June 7 - July 5	11 a.m. - 12 p.m.	\$70/\$90
35818	Tue	July 10 - Aug 7	11 a.m. - 12 p.m.	\$70/\$90
35819	Thu	July 12 - Aug 9	11 a.m. - 12 p.m.	\$70/\$90
35820	Tue	Aug 14 - Sept 11	11 a.m. - 12 p.m.	\$70/\$90

Instructor: Takamura Location: Sunset Meadows Driving Range

