

Adult Sports

Co-Rec Basketball

Informal pickup games with plenty of court time are a great way to work up a sweat, and work off those office tensions. Please bring both a white and a dark shirt to each session. Register early before the program fills up. Drop-in registration will be capped at 20 players. The drop-in fee is \$6. For more information, contact Jimmy Mix at 847.353.7529 or jmix@bgparks.org. **No basketball on March 31.**

Age: 18 years and up

Code	Day	Date	Time	ID/OD Fee
410204-01	Sun	Mar 17 - May 19	8 - 10 am	\$54/\$68

Location: Prairie School



Pickleball

Pickleball is a paddle 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. **Please note:** You must be registered in order to participate in this program. This is for open play only; no lessons are provided. For more information, contact Jimmy Mix at 847.353.7529 or jmix@bgparks.org.

Age: 18 years and up

Code	Day	Date	Time	ID/OD Fee
410209-01	Wed	Mar 20 - May 22	6:30 - 9:30 pm	\$60/\$75
410209-02	Thu	Mar 21 - May 23	6:30 - 9:30 pm	\$60/\$75

Location: Ivy Hall 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. **Please note:** You must be registered in order to participate in this program. For more information, contact Jimmy Mix at 847.353.7529 or jmix@bgparks.org. **No volleyball on April 22.**

Age: 18 years and up

Code	Day	Date	Time	ID/OD Fee
410213-01	Mon	Mar 18 - May 20	7 - 9 pm	\$54/\$68

Location: Cooper Middle School

Summer Softball League

Games for the summer softball league are played at Mike Rylko Community Park. These fields are located on McHenry Road (Rt. 83), in between the Golf Dome and Fitness Center. Games will begin in May, with all teams playing a 10-game season and a league tournament at the end of the season for the top 4 teams in each league. Captains can print information packets and can find additional information at teamsideline.com/bgparks. All players must fill out an online waiver in order to play. Registration is open to all teams from January 30 through April 1. Teams can either register online or fill out a registration form at the Alcott Center during normal business hours. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 18 years and up

Code	League	Day	Date	Time	Fee
410211-04	Recreational	Mon	May 6 - July 15	5 pm - 11 pm	\$700
410211-01	Competitive	Mon	May 6 - July 15	6 pm - 11 pm	\$750
410211-05	Recreational	Tue	May 7 - July 16	5 pm - 11 pm	\$700
410211-02	Competitive	Tue	May 7 - July 16	5 pm - 11 pm	\$750
410211-03	50+ Coed	Thu	May 9 - July 18	5 pm - 11 pm	\$700

Location: Mike Rylko Community Park

Karate

Release tension, develop total body fitness, and build stamina and overall productivity. In addition to self-defense skills, karate increases flexibility, cardiovascular endurance, and muscle tone, while improving core strength. All classes are taught by instructors of the Illinois Shotokan Karate Club, under the direction of John DiPasquale, 4-time national champion. Frontier Park is located at 1933 N. Kennicott Drive in Arlington Heights. For more information, contact TJ Wilkes at 847.850.2199 or twilkes@bgparks.org.

Age: 15 years and up

Code	Belt	Day	Date	Time	ID/OD Fee
410201-06	Red - Yellow	Wed	Apr 3 - June 5	5 - 5:55 pm	\$143/\$179
410201-01	Blue - Purple	Wed	Apr 3 - June 5	6 - 6:55 pm	\$143/\$179
410201-02	Brown - Black	Wed	Apr 3 - June 5	7 - 8:30 pm	\$180/\$225

Instructor: ISKC

Location: Emmerich Park

410201-04	Green - Black	Thu	Apr 4 - June 6	8:40 - 9:55 pm	\$163/\$204
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Instructor: ISKC

Location: Frontier Park

Illinois Fencer Club

The Buffalo Grove Park District's Fitness Center is now the home for the Illinois Fencer Club. They are the oldest fencing club in Illinois, having among their membership several national champions and an Olympic team member. If you learned to fence in high school or elsewhere and would like to reengage with this very safe sport, or if you are just curious about it, stop by the Fitness Center. Practice is Monday and Thursday evenings from 7 - 10 pm, offering open fencing for all 3 weapons - epee, saber, and foil. Illinois Fencer Club offers both monthly membership and drop-in fencing options. For more information, contact Jenay Gordon at 847.353.7577 or jgordon@bgparks.org.