

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 December 24 and 31.**

Age: 18 years and up

Code	Day	Date	Time	ID/OD Fee
310204-01	Sun	Dec 3 - Feb 25	8 - 10 am	\$66/\$83

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. **No Pickleball on December 27, 28, January 3 and 4.**

Age: 18 years and up

Code	Day	Date	Time	ID/OD Fee
310209-01	Wed	Dec 6 - Feb 28	6:30 - 9:30 pm	\$66/\$83
310209-02	Thu	Dec 7 - Feb 29	6:30 - 9:30 pm	\$66/\$83

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 December 25 and January 1.**

Age: 18 years and up

Code	Day	Date	Time	ID/OD Fee
310213-01	Mon	Dec 4 - Feb 26	7 - 9 pm	\$66/\$83

Location: Cooper Middle School



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
310201-06	Red - Yellow	Wed	Jan 10 - Mar 27	5 - 5:55 pm	\$171/\$214
310201-01	Blue - Purple	Wed	Jan 10 - Mar 27	6 - 6:55 pm	\$171/\$214
310201-02	Brown - Black	Wed	Jan 10 - Mar 27	7 - 8:30 pm	\$216/\$270

Instructor: ISKC

Location: Emmerich Park

310201-04	Green - Black	Thu	Jan 11 - Mar 28	8:40 - 9:55 pm	\$195/\$244
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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.