

Youth Sports & Fitness



Youth Sports in Buffalo Grove

There are thousands of children who 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. For more information, call 847.850.2100.

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) online clinic. This nationwide organization teaches parents that kids want to have fun and participate in all sports. The online 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 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.

Parent & Tot Sports

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Motor skill activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. Parent or caregiver participation is required. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 2 - 3 years

Code	Day	Date	Time	Fee
461300-01	Sat	Mar 2 - Apr 13	9:15 - 9:45 am	\$70
461300-02	Sat	Apr 20 - June 1	9:15 - 9:45 am	\$70

Instructor: Hot Shots Sports

Location: Kildeer School

Parent & Tot T-Ball

Young children will develop motor skills while having fun learning fielding, base running, and hitting off a tee. Parents and tots work together in this class, learning the basics of baseball. Teamwork and parent/child interaction will be emphasized, alongside basic motor functions and skills. A variety of activities will be played each week. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 2 - 3 years

Code	Day	Date	Time	Fee
461293-01	Sat	Mar 2 - Apr 13	11 - 11:30 am	\$70
461293-02	Sat	Apr 20 - June 1	11 - 11:30 am	\$70

Instructor: Hot Shots Sports

Location: Kildeer School



Spring Break Mini Total Sports Camp

Children are introduced to the fundamentals of sports, including basketball, floor hockey, football, kickball, soccer, T-ball, and other sports and group games. This camp provides an opportunity for each child to develop motor skills and nurture their growth socially and emotionally through teamwork and good sportsmanship. Campers should bring a water bottle each day. Every camper will receive a T-shirt. For more information, contact Megan Baird at 847.850.2146 or megan@bgparks.org.

Age: 3 - 4 years

Code	Day	Date	Time	Fee
461301-01	M, Tu, W, Th, F	Mar 25 - Mar 29	8 - 8:40 am	\$80

Instructor: Hot Shots Sports

Location: Kildeer School

Total Sports

This class features a new sport each week. Some of the sports taught and played include basketball, floor hockey, football, kickball, soccer, and baseball. In addition, participants play many popular running and group games. Children have the opportunity to acquire new skills, and develop confidence in games they have played in previous classes. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 4 - 6 years

Code	Day	Date	Time	Fee
461297-01	Sat	Mar 2 - Apr 13	10 - 10:45 am	\$75
461297-02	Sat	Apr 20 - June 1	10 - 10:45 am	\$75

Instructor: Hot Shots Sports

Location: Kildeer School

Spring Break Mini Total Sports Camp

This camp focuses on a variety of sports, including flag football, basketball, baseball, kickball, soccer, capture the flag, and other group games. Each day, campers focus on skill development and fundamentals for each respective sport followed by gameplay. Coaches ensure a fun and energetic atmosphere while promoting teamwork and good sportsmanship. Campers should bring a snack and water bottle each day. Every camper will receive a T-shirt. For more information, contact Megan Baird at 847.850.2146 or megan@bgparks.org.

Age: 5 - 7 years

Code	Day	Date	Time	Fee
461302-01	M, Tu, W, Th, F	Mar 25 - Mar 29	9 am - 12 pm	\$80

Age: 8 - 12 years

Code	Day	Date	Time	Fee
461302-02	M, Tu, W, Th, F	Mar 25 - Mar 29	9 am - 12 pm	\$80

Instructor: Hot Shots Sports

Location: Kildeer School



For more than 60 years, the Buffalo Grove Recreation Association (BGRA) has provided the Buffalo Grove community with a quality baseball experience for children age 5 and up. Registration for the 2024 spring/summer season is now officially open. Simply go to their website at bgrabaseball.org and register online. Complete information on the leagues they offer and pricing is available on their website. Teams are formed/drafted in March. Games start in late April and run through late June, with playoffs in most leagues running through mid-July.

Full-time travel programs are offered for ages 8 - 14 with tryouts held in July. BGRA offers 2 travel programs - Bearcats for players ages 8 - 13 and Bruins for players age 14.

BGRA also offers an award-winning Buddy Baseball program for physically and mentally challenged children. See their website at bgrabaseball.org for more details.

T-Ball Skills Clinic

This introductory T-ball program is perfect for a child who wants to have fun, make new friends, and be introduced to baseball. Participants enjoy learning the skills needed to play baseball, including offense and defense, as well as the rules and philosophies of the game. The program stresses teamwork over competition. All you need to bring is a glove. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 4 - 5 years

Code	Day	Date	Time	Fee
461294-01	Sat	Mar 2 - Apr 13	11:45 am - 12:30 pm	\$75
461294-02	Sat	Apr 20 - June 1	11:45 am - 12:30 pm	\$75

Instructor: Hot Shots Sports

Location: Kildeer School



Rookie Baseball

This class gives players an introduction to baseball. We will work on technique and enhancing form in this comprehensive skills clinic. This program teaches throwing mechanics as well as batting stance, bat positioning, and speed, using both live pitching and hitting off the tee. Players learn various positions in the field through gameplay and basic in-game strategy. Players should bring their own gloves and be ready for a fun, fast paced learning environment. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 6 - 7 years

Code	Day	Date	Time	Fee
461290-02	Sat	Mar 2 - Apr 13	12:30 - 1:15 pm	\$75
461290-03	Sat	Apr 21 - May 31	12:30 - 1:15 pm	\$75

Instructor: Hot Shots Sports

Location: Kildeer School

Parent & Tot Soccer

In this class, young children will develop motor skills while having fun running and kicking. Parents and tots work together learning the basics of soccer. Dribbling, passing, shooting, and kicking will all be emphasized with a variety of activities each week. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 2 - 3 years

Code	Day	Date	Time	Fee
461296-01	Fri	Mar 1 - Apr 12	4:30 - 5 pm	\$70
461296-02	Fri	Apr 19 - May 31	4:30 - 5 pm	\$70

Instructor: Hot Shots Sports

Location: Kildeer School

Pee Wee Soccer

Let your child's early soccer experience be a great one. The younger player develops their soccer skills and also gains confidence, coordination, motor skills, and communication. The program uses age-appropriate drills and exercises to teach players kicking, ball control, dribbling, and shooting. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 4 - 6 years

Code	Day	Date	Time	Fee
461298-01	Fri	Mar 1 - Apr 12	5 - 5:45 pm	\$75
461298-02	Fri	Apr 19 - May 31	5 - 5:45 pm	\$75

Instructor: Hot Shots Sports

Location: Kildeer School

Junior Soccer

Players develop their soccer skills and gain confidence, coordination, motor skills, and communication. The program uses age-appropriate drills and exercises to teach players kicking, ball control, dribbling and shooting. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 6 - 7 years

Code	Day	Date	Time	Fee
461295-01	Fri	Mar 1 - Apr 12	5:45 - 6:30 pm	\$75
461295-02	Fri	Apr 19 - May 31	5:45 - 6:30 pm	\$75

Instructor: Hot Shots Sports

Location: Kildeer School

Soccer Skills Clinic 101

Players are introduced to the fundamentals of soccer tactics, such as passing the ball, offensive moves, defensive moves, keeping/controlling the ball, and taking the ball away from the opposing team. Players learn to score and prevent goals. Physical endurance and fitness are emphasized while touching the ball. At this age, the focus starts to change from simple games to organized, tactical, competitive games. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 8 - 10 years

Code	Day	Date	Time	Fee
461299-01	Fri	Mar 1 - Apr 12	6:30 - 7:30 pm	\$80
461299-02	Fri	Apr 19 - May 31	6:30 - 7:30 pm	\$80

Instructor: Hot Shots Sports

Location: Kildeer School



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. For more information, contact Mike Pfeiffer at 847.850.2108 or mikep@bgparks.org.

Age: 7 - 9 years

Code	Day	Date	Time	Fee
461263-01	Tue	Apr 9 - May 21	7:15 - 8:15 pm	\$89

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. For more information, contact Mike Pfeiffer at 847.850.2108 or mikep@bgparks.org.

Code	Age	Day	Date	Time	Fee
461201-01	3 - 4 years	Sat	Apr 6 - May 18	9 - 9:45 am	\$89
461201-02	4 - 6 years	Sat	Apr 6 - May 18	9:45 - 10:45 am	\$89

Instructor: All Star Sports

Location: Prairie School

1st & 2nd Grade Basketball League

This instructional league is designed to prepare each player for future seasons. Play will be stopped to focus on certain aspects of the game. Skills such as ball handling, shooting, and passing will be the focus, while players work on understanding the importance of using those skills in an offensive setting. Plays and strategies are taught at the appropriate age level for easy comprehension to ensure confidence and success. Teams will be formed, and each player will receive a team jersey and participation award. For more information, contact Mike Pfeiffer at 847.850.2108 or mikep@bgparks.org.

Age: 6 - 8 years

Code	Day	Date	Time	Fee
461257-01	Sat	Apr 6 - May 18	11 am - 1:15 pm	\$100

Instructor: All Star Sports

Location: Prairie 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. For more information, contact Mike Pfeiffer at 847.850.2108 or mikep@bgparks.org.

Age: 9 - 12 years

Code	Day	Date	Time	Fee
461258-01	Tue	Apr 9 - May 21	6:15 - 7:15 pm	\$89

Instructor: All Star Sports

Location: Twin Groves Middle School

Tennis

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. In the event of bad weather, classes will be held indoors at Heritage Tennis Club. For more information, contact TJ Wilkes at 847.850.2199 or twilkes@bgparks.org.

Code	Age	Day	Date	Time	ID/OD Fee
461241-01	4 - 6 years	Sat	Apr 13 - May 18	9 - 10 am	\$126/\$158
461241-02	7 - 10 years	Sat	Apr 13 - May 18	10 - 11 am	\$126/\$158
461241-03	10 - 17 years	Sat	Apr 13 - May 18	11 am - 12 pm	\$126/\$158

Instructor: Heritage Tennis Club Staff

Location: Willow Stream Park



Volleyball Skills

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, and defensive and offensive strategies are all covered. Join us as we work on improving our footwork, teamwork, and overall basics as we take it to the next level. Participants need to bring knee and elbow pads. For more information, contact Mike Pfeiffer at 847.850.2108 or mikep@bgparks.org.

Code	Age	Day	Date	Time	Fee
461205-01	7 - 9 years	Thu	Apr 4 - May 16	6:15 - 7:15 pm	\$89
461205-03	7 - 9 years	Fri	Apr 5 - May 17	6:15 - 7:15 pm	\$89
461205-02	10 - 12 years	Thu	Apr 4 - May 16	7:15 - 8:15 pm	\$89
461205-04	10 - 12 years	Fri	Apr 5 - May 17	7:15 - 8:15 pm	\$89

Instructor: All Star Sports

Location: Twin Groves Middle School

Gymnastics & Tumbling

Introduce your child to gymnastics and tumbling. Students stretch, jump, and tumble while progressing from somersault to cartwheels and round-offs in this fun class. **Please note:** Parents will participate with their child in the 2½- to 4-year-old class. For more information, contact TJ Wilkes at 847.850.2199 or twilkes@bgparks.org. **No class on May 25.**

Code	Age	Day	Date	Time	ID/OD Fee
461220-02	2½ - 4 years	Sat	Apr 13 - June 8	10 - 10:45 am	\$120/\$150
461220-03	4 - 6 years	Sat	Apr 13 - June 8	10:45 - 11:45 am	\$120/\$150
461220-01	5 - 9 years	Wed	Apr 10 - May 29	4:30 - 5:30 pm	\$120/\$150
461220-04	7 - 10 years	Sat	Apr 13 - June 8	11:45 am - 12:45 pm	\$120/\$150

Instructor: Chicago Loves Dance

Location: Alcott Center



Teen Fitness Orientation

Would you like your teen to belong to the Fitness Center at the Buffalo Grove Park District? Students 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. **Please note:** A parent must accompany 14- and 15-year-olds for the session. A cancellation notice must be received no less than 24 hours in advance of the orientation or there will be an additional \$25 fee to reschedule the session. Once completed, participants will be eligible for one of our student pass options. Register in person at the Fitness Center. Proof of age is required. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 14 - 15 years

Fee: \$50

Youth Fitness

In this small-group boot camp, trainers will design programs using our indoor track, spin bikes, light strength equipment, and outside trail (when weather permits). Please bring a water bottle. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 10 - 14 years

Code	Day	Date	Time	ID/OD Fee
461483-01	Tue	Mar 12 - Apr 16	5:30 - 6:30 pm	\$108/\$132
461483-02	Tue	May 7 - May 28	5:30 - 6:30 pm	\$72/\$88

Instructor: Staff

Location: Fitness Center

Mini Ninja Warriors

Leap, hop, skip, and run your way through obstacles, and put your ninja skills to the test. This fun movement-based class will challenge your ninja to maneuver over and under objects. We will also play many large-group games to further challenge their ninja skills. **Please note:** The class for 2 - 4- year-olds requires parent participation. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Code	Age	Day	Date	Time	Fee
461291-02	2 - 4 years	Thu	Feb 29 - Apr 11	4:30 - 5 pm	\$70
461291-04	2 - 4 years	Thu	Apr 18 - May 30	4:30 - 5 pm	\$70
461291-01	5 - 8 years	Thu	Feb 29 - Apr 11	5:15 - 6 pm	\$70
461291-03	5 - 8 years	Thu	Apr 18 - May 30	5:15 - 6 pm	\$70

Instructor: Hot Shots Sports

Location: Kildeer School

Nerf Elite Battle

Come experience this classic basement game in an arena-style team game. Each week, we will play many different Nerf Elite battle games, including an all-out battle. All equipment, including eye protection will be provided. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 5 - 8 years

Code	Day	Date	Time	Fee
461292-01	Thu	Feb 29 - Apr 11	6:15 - 7:15 pm	\$80
461292-02	Thu	Apr 18 - May 30	6:15 - 7:15 pm	\$80

Instructor: Hot Shots Sports

Location: Kildeer School

Flag Football

Grade: 1 - 8

This 5-on-5 flag football league offers noncontact continuous action, with a minimal amount of equipment. The game emphasizes the basic football skills of throwing, catching, running, and defending. Participants will also learn formations, pass patterns, and types of defense.

Registration

Participants may register online, or complete a sports registration form at the Alcott Center and include full payment anytime between January 11 and February 28. If you haven't done so already, visit the website to set up your account information before online registration begins on January 11. You will be required to fill out a sports registration form and attach full payment.

Season

Games begin in April and will be played on Saturdays. A couple of games may be played on Sunday if necessary. The season will consist of 8 games, and teams will practice once a week. Jerseys, flags, and balls will be provided to teams.

Coaching

Parents who are interested in being a head coach should contact TJ Wilkes at 847.850.2199 or twilkes@bgparks.org.

Code **ID/OD Fee**

461214-01 \$150/\$188



Sledding

The Willow Stream Park winter sports area will be open until February 15, depending on snow conditions.

The unsupervised sled hill is located at the north end of the park. The most convenient place to park is at the north entrance (Farrington Drive) near the pool. The sled hill is lighted at the top until 10:30 pm.

By using the sled hill, you assume responsibility for injury and for determining that all conditions are safe.

Parents are responsible for the supervision of their own children. Supervision is not provided by the Park District. Please be careful and considerate of others.

Sledding is a hazardous recreational activity and can involve substantial personal risk.

Twin Rinks Ice Pavilion

Beginning learn-to-skate classes are held at Twin Rinks Ice Pavilion for children age 4 - 10 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, and 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, contact TJ Wilkes at 847.850.2199 or twilkes@bgparks.org.

Beginner 1

This beginner-level program teaches basic skating skills, such as standing, falling, marching, 2-foot glide, 2-foot dip, beginner 1-foot glide, and beginner backward glide. **No class on May 27.**

Age: 4 - 6 years

Code	Day	Date	Time	Fee
461237-05	Mon	Mar 4 - Apr 22	4:40 - 5:10 pm	\$199
461237-06	Thu	Mar 7 - Apr 25	4:40 - 5:10 pm	\$199
461237-07	Sat	Mar 9 - Apr 27	9:20 - 9:50 am	\$199
461237-08	Sat	Mar 9 - Apr 27	10 - 10:30 am	\$199
461237-09	Sat	Mar 9 - Apr 27	11:05 - 11:35 am	\$199
461237-26	Mon	May 6 - June 3	4:40 - 5:10 pm	\$105
461237-28	Thu	May 9 - June 6	4:40 - 5:10 pm	\$129
461237-29	Sat	May 11 - June 8	9:20 - 9:50 am	\$129
461237-30	Sat	May 11 - June 8	10 - 10:30 am	\$129
461237-31	Sat	May 11 - June 8	11:05 - 11:35 am	\$129

Instructor: Twin Rinks Staff

Location: Twin Rinks Ice Pavilion

Beginner 2

This beginner-level program teaches basic skating skills, such as forward skating, beginner 1-foot glide, forward swizzle, forward pump, back wiggle, snow plow stop, beginner crossovers, and backward pumps. **No class on May 27.**

Age: 7 - 12 years

Code	Day	Date	Time	Fee
461237-13	Mon	Mar 4 - Apr 22	4:40 - 5:20 pm	\$208
461237-14	Thu	Mar 7 - Apr 25	4:40 - 5:20 pm	\$208
461237-15	Sat	Mar 9 - Apr 27	9:20 - 10 am	\$208
461237-16	Sat	Mar 9 - Apr 27	11:05 - 11:45 am	\$208
461237-32	Mon	May 6 - June 3	4:40 - 5:20 pm	\$109
461237-33	Thu	May 9 - June 6	4:40 - 5:20 pm	\$134
461237-34	Sat	May 11 - June 8	9:20 - 10 am	\$134
461237-35	Sat	May 11 - June 8	11:05 - 11:45 am	\$134

Instructor: Twin Rinks Staff

Location: Twin Rinks Ice Pavilion

Hockey Beginner

The main focus of this program is to improve balance, confidence, and agility. Skating skills such as 2-foot glides, marching on 2 skates, forward swizzles, forward scooters, inside edge slides, 2-foot jumps, and backward wiggles are taught.

Age: 4 - 12 years

Code	Day	Date	Time	Fee
461237-18	Tue	Apr 2 - June 4	5:20 - 6 pm	\$278
461237-19	Sat	Apr 6 - June 8	12:10 - 12:50 pm	\$278

Instructor: Twin Rinks Staff

Location: Twin Rinks Ice Pavilion

Youth Boxing Basics

Youth boxing focuses on technique and discipline while building strength, endurance, flexibility, and mental strength. Please bring water. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 10 - 15 years

Code	Day	Date	Time	ID/OD Fee
461470-01	Fri	Mar 15 - Apr 19	5:30 - 6:30 pm	\$108/\$132
461470-02	Fri	May 10 - May 31	5:30 - 6:30 pm	\$72/\$88

Instructor: Staff

Location: Fitness Center

Teen Boxing

Students who have mastered boxing basics may advance a level to continue challenging themselves mentally and physically. The instructor may suggest going back to boxing basics if you're not ready for the advanced level. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 13 - 16 years

Code	Day	Date	Time	ID/OD Fee
461484-01	Wed	Mar 13 - Apr 17	6:30 - 7:30 pm	\$108/\$132
461484-02	Wed	May 8 - May 29	6:30 - 7:30 pm	\$90/\$110

Instructor: Staff

Location: Fitness Center



Fencing

The Fitness Center has a variety of fencing options available, including a starter pack that offers 5 private 30-minute sessions and 2 group classes. For details on the fencing program at the Fitness Center, visit bgfitness.org and click on Specialty Programs, or scan the QR code below.





Karate

Illinois Shotokan Karate Club (ISKC) is Chicagoland's premier karate school, taught under the instruction of John DiPasquale, a 4-time national champion and president of the American Shotokan Karate Association. 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. For more information, contact TJ Wilkes at 847.850.2199 or twilkes@bgparks.org.

Code	Age	Belt/Level	Day	Date	Time	Location	ID/OD Fee
Pre Karate							
461245-01	4 - 6 years	No Experience	Thu	Apr 4 - June 6	4 - 4:45 pm	Frontier Park - A.H.	\$143/\$179
461245-04	4 - 6 years	Beginning/Continuing	Fri	Apr 5 - June 7	4 - 4:45 pm	Emmerich Park	\$143/\$179
461245-02	4 - 6 years	Continuing	Thu	Apr 4 - June 6	4:50 - 5:35 pm	Frontier Park - A.H.	\$143/\$179
Youth Karate Teacher Permission							
461240-12	6 - 14 years		Fri	Apr 5 - June 7	4:50 - 5:35 pm	Emmerich Park	\$143/\$179
Youth Karate Beginning/Continuing							
461240-07	7 - 14 years	White Only	Sat	Apr 6 - June 8	9 - 9:55 am	Frontier Park - A.H.	\$143/\$179
461240-03	7 - 15 years	White Only	Wed	Apr 3 - June 5	4 - 4:55 pm	Emmerich Park	\$143/\$179
Youth Karate Novice							
461240-08	7 - 14 years	Red - Orange	Sat	Apr 6 - June 8	10 - 10:55 am	Frontier Park - A.H.	\$143/\$179
461240-04	7 - 15 years	Red - Yellow	Wed	Apr 3 - June 5	5 - 5:55 pm	Emmerich Park	\$143/\$179
Youth Karate Intermediate							
461240-13	6 - 14 years	Orange - Green	Fri	Apr 5 - June 7	5:45 - 6:45 pm	Emmerich Park	\$163/\$204
461240-09	7 - 14 years	Yellow - Purple	Sat	Apr 6 - June 8	11 - 11:55 am	Frontier Park - A.H.	\$143/\$179
461240-05	7 - 15 years	Blue - Purple	Wed	Apr 3 - June 5	6 - 6:55 pm	Emmerich Park	\$143/\$179
Youth Karate Advanced							
461240-10	7 - 14 years	Brown - Black	Sat	Apr 6 - June 8	12 - 12:55 pm	Frontier Park - A.H.	\$143/\$179
461240-06	7 - 15 years	Brown - Black	Wed	Apr 3 - June 5	7 - 8:30 pm	Emmerich Park	\$180/\$225
Parent/Child Beginning/Continuing							
461246-01	7 years and up	White Only	Sat	Apr 6 - June 8	9 - 9:55 am	Frontier Park - A.H.	\$143/\$179
Parent/Child Novice							
461246-02	7 years and up	Red - Orange	Sat	Apr 6 - June 8	10 - 10:55 am	Frontier Park - A.H.	\$143/\$179
Parent/Child Intermediate							
461246-03	7 years and up	Yellow - Purple	Sat	Apr 6 - June 8	11 - 11:55 am	Frontier Park - A.H.	\$143/\$179
Parent/Child Advanced							
461246-04	7 years and up	Brown - Black	Sat	Apr 6 - June 8	12 - 12:55 pm	Frontier Park - A.H.	\$143/\$179

Instructor: Illinois Shotokan Karate Club