

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. (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38651	Tue	Oct 1 - Dec 17	6 - 8 pm	\$48/\$60
38652	Tue	Oct 1 - Dec 17	8 - 10 pm	\$48/\$60

Location: Cooper Middle School

38650	Sun	Oct 6 - Dec 22	8 - 10 am	\$60/\$75
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Location: Buffalo Grove High 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. (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38653	Mon	Oct 7 - Dec 16	7:30 - 9:30 pm	\$44/\$55

Location: Cooper Middle School

Co-Rec Soccer



In this pick-up league, games will be played on Saturday mornings and registration is accepted on an individual basis. League rules and registration information is available on the Park District website at bgparks.org. Games being played at Buffalo Grove High School may have a later start time than 7 pm on occasion due to school activities. For more information, please contact Chris Eckert at 847.850.2123 or chris@bgparks.org. **No game on September 14.**

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
39069	Sat	Sept 7 - Nov 2	9 - 10 am	\$35/\$44

Location: Willow Stream Park

39070	Tue	Sept 10 - Oct 29	7 - 8 pm	\$35/\$44
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Location: Buffalo Grove High School

Pickleball S



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. **Please note:** You may also just show up and pay a drop in fee of \$5. **No class on November 28.** (CB)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38654	Thu	Oct 3 - Dec 19	6:30 - 9:30 pm	\$44/\$55

Location: Ivy Hall School



Fall Mens Softball Leagues

Open registration for Fall Mens Softball Leagues has begun, and is open thru August 10. Information is available on the Park District's website at bgparks.org. (TW)

Adult Softball Field Supervisors

The Buffalo Grove Park District is looking for field supervisors for the adult fall softball season. Field supervisors are responsible for setting up fields and overseeing the adult softball leagues. Games start in late August and run thru October. High School students and adults are encouraged to apply. Call T.J. Wilkes at 847.850.2199 for more information.

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 November 27 and 28.** (TVV)

Age: 15 years and up

Code	Belt	Day	Date	Time	R/NR Fee
38788	White - Purple	Wed	Sept 11 - Dec 18	7:30 - 8:30 pm	\$126/\$158
38791	Brown - Black	Wed	Sept 11 - Dec 18	8:30 - 10 pm	\$172/\$215

Instructor: ISKC

Location: Cooper Middle School

38789	White - Green	Thu	Sept 12 - Dec 19	7:30 - 8:30 pm	\$126/\$158
38790	Purple and up	Thu	Sept 12 - Dec 19	8:35 - 10 pm	\$172/\$215

Instructor: ISKC

Location: Frontier Park - Arlington Heights

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. (TVV)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
38784	Mon	Sept 30 - Dec 16	12:30 - 1:30 pm	\$120/\$150
38785	Tue	Oct 1 - Dec 17	6 - 7 pm	\$120/\$150
38786	Sat	Oct 5 - Dec 21	8:30 - 9:30 am	\$120/\$150

Instructor: White Tiger Staff

Location: White Tiger Martial Arts Center



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. (TVV)

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
38780	Tue	Oct 1 - Dec 17	8 - 8:50 pm	\$120/\$150
38781	Thu	Oct 2 - Dec 18	6 - 6:50 pm	\$120/\$150
38782	Fri	Oct 4 - Dec 20	12:30 - 1:20 pm	\$120/\$150
38783	Sun	Oct 6 - Dec 22	11:30 am - 12:20 pm	\$120/\$150

Instructor: White Tiger Staff

Location: White Tiger Martial Arts Center

NEW Twin Rinks Ice Pavilion



Beginning learn to skate classes are held at Twin Rinks Ice Pavilion. Balance and basic forward skating skills are taught using the Ice Skating Institute program. Bring your own skates or skate rental is included. There are no other equipment requirements, although helmets and knee/shin pads are recommended. Twin Rinks Ice Pavilion is located 1.7 miles north of Lake Cook Road on Weiland. The address is 1500 Abbott Ct. in Buffalo Grove. Call 847.821.RINK for more information. (CB)

Age: 18 years and up

Code	Day	Date	Time	Fee
39071	Sat	Aug 31 - Oct 19	11:30 am - 12 pm	\$162
39072	Sat	Oct 26 - Dec 21	11:30 am - 12 pm	\$143

Instructor: Twin Rinks Staff

Location: Twin Rinks Ice Pavilion

SAVE 10%

First time participants, bring this coupon when you register for classes at Heritage Tennis Club. Coupon must be redeemed at registration. Limit one per participant.
Buffalo Grove Park District

In an effort to provide the highest quality program to our patrons, the Buffalo Grove Park District continues to work with the Arlington Heights Park District and their professional staff at the Heritage Tennis Club to offer tennis to you all year long. Staff from Heritage Tennis Club will offer indoor instruction for fall, winter, and spring at the Heritage Tennis Club in Arlington Heights. You do not have to be a resident of Arlington Heights or a member of 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. Contact the Heritage Tennis Club at 847.398.7780.

Heritage Tennis Club, 7 West College Drive, Arlington Heights, IL, 60004