



Park Post

Buffalo Grove Park District School Newsletter

Winter 2019

Spring Soccer

Grades K - 8
R/NR Fee \$95/\$119
(plus uniform if needed)



Spring Soccer is open to all boys and girls currently enrolled in Kindergarten through 8th grades. The soccer season (practice and games) will begin in March/April and conclude in May/June. All teams will be scheduled for an 8 game season.

Registration

No mail in registration will be accepted. Participants may register online or complete a sports registration form at the Alcott Center and include full payment anytime between January 2 and February 10. If you haven't done so already, please visit the website to set up your account information before online registration begins on January 2. You will be required to fill out a sports registration form and attach full payment if registering at the Alcott Center. Registering does not guarantee a spot in the program. A random drawing will begin after registration is completed. Nonresidents will be drawn after all residents have been either placed in divisions or on waiting lists. A random drawing will only occur if we do not have enough parent volunteer head coaches for the number of children registered for the program. A receipt confirming your registration will be mailed to you. Anyone that misses the above lottery dates will be placed on a waiting list. All registrations are processed immediately, so please pay by check or credit card. If a random drawing is conducted due to not having enough volunteer coaches and your child was not admitted into the program, you will receive a full refund.

Uniforms

All players must wear a Buffalo Grove Park District issued uniform, and all new players must purchase a uniform before the first game. You will be asked to place your order when you submit your registration form, and a sample of all sizes will be available at that time. Full uniforms (jersey, shorts and socks) are \$35. Jerseys alone are \$20, shorts alone are \$15, and socks alone are \$5.

Schedule

Game days for all divisions may include Saturday, Sunday and/or weekdays. If you are participating in another sport, you will experience practice/game day conflicts.

Parents that are interested in being a Head Coach should contact Megan Kile at 847.850.2119 or mkile@bgparks.org by February 10. You can visit our website at bgparks.org for additional information on becoming a youth soccer coach and to download the coach application.

Youth Sports Conditioning

The Fitness Center offers safe and effective training for young athletes. This class offers the foundation for their long-term athletic development. Developing bodies need training that increases performance at an appropriate rate while decreasing the risk of injury. Each week will consist of a combination of strength training, core building, speed, agility and positive athletic conditioning.

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
361482-01	Tue	Jan 8 - Feb 5	5:30 - 6:30 pm	\$75/\$94
361482-02	Thu	Jan 10 - Feb 7	5:30 - 6:30 pm	\$75/\$94
361482-03	Tue	Feb 12 - Mar 12	5:30 - 6:30 pm	\$75/\$94
361482-04	Thu	Feb 14 - Mar 14	5:30 - 6:30 pm	\$75/\$94

Instructor: Personal Trainers

Turbo Fitness

This is a specialty youth fitness class focused on weight loss exercises and will be instructed by certified personal trainers specialized in youth fitness, body composition and weight loss training.

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
361470-01	Mon	Jan 7 - Feb 4	5:30 - 6:30 pm	\$75/\$94
361470-02	Wed	Jan 9 - Feb 6	5:30 - 6:30 pm	\$75/\$94
361470-03	Mon	Feb 11 - Mar 11	5:30 - 6:30 pm	\$75/\$94
361470-04	Wed	Feb 13 - Mar 13	5:30 - 6:30 pm	\$75/\$94

Instructor: Personal Trainers

Youth Kickboxing

This kickboxing class will move through kicks, punches, drills and skills with a master martial arts trainer. Proper warm ups, complimentary conditioning and cool downs will ensure safety and success. Students will gain strength, cardiovascular conditioning, self-awareness, discipline, coordination and quick responses in fitness all while benefiting memory, attention and self-confidence.

Age: 10 - 14 years

Code	Day	Date	Time	R/NR Fee
361484-01	Fri	Jan 11 - Feb 8	5 - 6 pm	\$50/\$63
361484-02	Fri	Feb 15 - Mar 15	5 - 6 pm	\$50/\$63

Instructor: Kirk Herring

Students Can Enjoy the Fitness Center, too!

Students, ages 13-15 years old, can become members of the Fitness Center by completing our Teen Fitness Orientation. This 1-hour session is led by one of our Personal Trainers or Fitness Specialists, and once completed, participants are eligible to purchase a Student Pass. There is a one time \$50 fee. Ask for details at the Fitness Center, or go to bgfitness.org.



Athletic Games Camp

Magnify your spirit as you bring your athletic dream to life in this exciting camp. Instructors will help young athletes develop individual skill sets, as well as good sportsmanship, respect, and team strategy, as they participate in games and activities throughout the week. Youngsters will play a variety of team and individual sports, such as track and field, soccer, basketball, volleyball and badminton in a safe and fun environment. Participants will put it all together in a tournament at the end of the week. This camp is designed and delivered in a way that respects and nurtures each child, and helps them to be the best they can be. Equipment will be provided. Each participant should bring a water bottle.

Age: 7 - 9 years

Code	Day	Date	Time	R/NR Fee
361278-01	W, Th, F	Dec 26 - Dec 28	1 - 3 pm	\$48/\$60
361278-02	T, W, Th, F	Jan 2 - Jan 4	1 - 3 pm	\$64/\$80

Instructor: SportsKids Inc. Location: Alcott Center

Sports 'N Lunch Camp

Participants will learn the fundamentals of baseball, soccer, track and field, kickball, floor hockey, and many other sports and fun activities. Organized games will emphasize sportsmanship, sharing and teamwork. Our goal is to teach boys and girls the enjoyment of playing for the sake of the sport itself. Each participant should bring a water bottle and nut-free lunch.

Age: 5 - 7 years

Code	Day	Date	Time	R/NR Fee
361272-01	W, Th, F	Dec 26 - Dec 28	10 am - 12:30pm	\$60/\$75
361272-02	W, Th, F	Jan 2 - Jan 4	10 am - 12:30pm	\$60/\$75

Instructor: SportsKids Inc. Location: Alcott Center

Cinderella's Royal Ball

Saturday, February 9
 3:30 - 5 pm or 6 - 7:30 pm
 R/NR Fee: \$15/\$19
 Community Arts Center



Calling all princesses and princes! Come join us for a magical evening of enchantment, songs and dancing. Cinderella and her princess friends will be performing, and will then be available to meet and greet all of their guests throughout the evening. A royal dessert buffet will be provided by Culver's of Buffalo Grove, and entertainment provided by Charizma will add to the festivities. Each princess or prince must be accompanied by one adult, and each couple will receive a party favor upon departure. Be sure to dress in your favorite royal attire. There is a fee for each couple of \$15 for residents and \$19 for nonresidents; however, additional children may attend for a reduced fee of \$7/\$9. There are 2 times available to join the festivities. You may join us from 3:30 - 5 pm or from 6 - 7:30 pm. To register for this program, please contact Jessi Hersman at 847.850.2152 or jessi@bgparks.org. Limited spots are available for this event, and registration ends on February 1. There will be no registration taken at the event.



Chili Cook Off

Saturday, February 16
 12 - 2 pm

Code: 311009-01 (Guests)
 Code: 311009-02 (Cooks)
 Fee: \$5 (Guests Only)
 Community Arts Center

Do your family and friends say that you have the best chili around? If so, this is the perfect event to put your skills to the test. Prizes will be awarded for people's choice and judges' choice. Participants must bring 1 gallon of chili, serving utensils, and a crock pot to keep your chili warm. Electricity, tables, chairs, tasting cups and spoons will be provided. This event will be open to the public. Pre-registration is required for cooks, and highly recommended to guests. Guest registration will be accepted on the day of the event, as long as the maximum has not been reached. Beer and wine will be available for purchase.

Family Movie Night

Friday, March 8
 7 - 9 pm
 Code: 331027-01
 \$2 per person
 Community Arts Center



Grab your friends and family, and join us for a special screening of *Despicable Me!* Dress up as your favorite Minion, and join us for a night of laughs and family fun. Bring your chairs and blankets to lounge in the multipurpose room, and enjoy the film (seating is not provided). There will be candy and drinks available for purchase. Doors will open at 6:15 pm; the movie will begin at 7 pm. There is limited space, so register today!



Registration will open to the general public on January 21.
 From 2-year-olds to 8th-graders, we have the right camp for you. Before and after camp care options are available.

Swimming Arts & Crafts Games Fun Field Trips	Friendship Socialization Healthy Activity Life Long Memories
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Before and after camp care options are available.
 For more information, call 847.850.2100.

