

**Long Grove Park District
Fall 2020
Recreation Programs**



LONG GROVE PARK DISTRICT

**Located at
Reed-Turner Woodland Nature Preserve
3849 Old McHenry Road
Long Grove, IL 60047**

**Office 847.438.4743
Fax 847.719.1645
www.lgparks.org**

Long Grove Park District Fall 2020 Recreation Programs



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Photos and video footage are periodically taken of people participating in a Park District program or activity, attending a class or event or using District facilities or property. Please be aware that by registering for a program or class, participating in an activity, attending an event or using District facilities or property, you authorize the District to use these photos and video footage for promotional purposes in District publications, advertising, marketing materials, brochures, event flyers, social media (including Facebook, YouTube, Instagram, Twitter and other social media sites operated by the District) and the District's website without additional prior notice or permission and without any compensation to you. All photos and videos are property of the District.

Fall is a wonderful time to take a stroll through Reed-Turner Woodland Nature Preserve. The trails are open every day from dawn until dusk for everyone to enjoy. Come and enjoy nature's beautiful color palette!



Long Grove Park District 3849 Old McHenry Rd., Long Grove, IL 60047
Phone: 847-438-4743 - Fax: 847-719-1645 - E-mail: syoung@lgparks.org



Program Registration. Fill out this form completely.

Mail, E-mail, or Fax the signed form to the Park District as listed above.

Contact/Family Information—PRINT CLEARLY.

This section is for basic contact information. Complete as needed for a youth (need parent/guardian/emergency information) or for an adult (need registrant and emergency contact information).

<i>Last Name (Adult/Parent/Guardian)</i>	<i>First Name</i>	<i>Name of other Adult/ Parent/Guardian</i>
<i>Street Address</i>	<i>City</i>	<i>State, Zip</i>
<i>Home Phone</i>	<i>Cell Phone (list whose phone)</i>	<i>Work Phone (list whose phone)</i>
<i>Email Address—Primary</i>		<i>Email Address—secondary</i>
<i>Other Emergency Contact Name</i>	<i>Other Emergency Phone</i>	<i>Other Emergency Contact Relationship</i>

■ In case of emergency, an attempt will be made to reach the contacts listed in the order listed above.

Individual Program Registration Information. To assure accuracy, please **print clearly** and complete all fields in the table for each program and registrant.

Code #	Program Name	Date/Time	Participant's First Name	Participant's Last Name	Age	Grade	Fee

Information Needed for Credit Card Payment

Card # _____ - _____ - _____ - _____
Cardholder Name _____
Exp. Date _____ **Security Code** _____ **Ttl. Amt.** _____
Authorized Signature _____

Payment Information: We accept credit/debit cards or checks made out to Long Grove Park District.

Please sign and return the program waiver/release form on page 4 and return it with the registration form. Both forms MUST be returned prior to the start of program to allow participation.

Program Waiver and Release of All Claims and Assumption of Risk

Warning of Risk: Recreational programs are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury when participating in any recreational program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers, and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defect, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances arising from indoor, outdoor, and water related recreational programs exist. In this regard, it must be recognized that it is impossible for the Long Grove Park District to guarantee absolute safety. You are solely responsible for determining if you or your minor child / ward are physically fit and / or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity, especially in light of the physical requirements related to the particular activity for which You are registering.

General Waiver and Release and Assumption of Risk: Please read this information carefully and be aware that in consideration for registering for and participating in this program, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program (including transportation services, when provided, and exposure to communicable disease). I recognize and acknowledge that there are certain risks of physical injury (including exposure to communicable disease) to participants in this program and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive, release and forever discharge all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program against the Long Grove Park District, including its officials, agents, volunteers, and employees (hereinafter collectively referred to as "Long Grove Park District").

Aquatics: I specifically recognize and acknowledge that there are certain inherent risks of physical injury to patrons of aquatic facilities or programs, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities and programs connected with or associated with use of aquatic facilities or participation in aquatic programs. I further recognize and agree that lifeguards and other aquatic staff are not responsible for supervising my activities or the activities of my minor child(ren) and I agree that I am solely responsible for supervising my minor children and/or assessing whether my children are physically fit and/or adequately skilled for aquatic activities. I additionally agree to supervise any children ages 7 and under at all times.

Photo/Video Policy and Warning: Photos and video footage are periodically taken of people participating in a Park District program or activity, attending a class or event, or using District facilities or property. Please be aware that by registering for a program or class, participating in an activity, attending an event, or using District facilities or property, you authorize the District to use these photos and video footage for promotional purposes in District publications, advertising, marketing materials, brochures, event flyers, social media (including Facebook, YouTube, Instagram, Twitter, and other social media sites operated by the District), and the District's website without additional prior notice or permission and without any compensation to you. All photos and videos are property of the District.

By registering for this activity I have read and fully understand the above, warning of risk, assumption of risk, waiver and release of all claims, photo/video policy and warning, and behavior code of conduct. If registered online, my online signature will be substituted for and have the same legal effect as an original hard copy signature. **PARTICIPATION WILL BE DENIED** if the signature of adult participant or parent/guardian and date are not included.

Signature _____

Printed Name _____

Date _____

Youth Activities Fall 2020

Nature Presentations

Reptiles and Amphibians

Eeekk!! It's slimy and slithery - or is it? Students compare and contrast reptiles and amphibians through activities and discover how specialized body parts help our local reptiles and amphibians grow and survive. **Adult supervision is required.** A Zoom link will be provided prior to the start of the program.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
F20-RA	6-12 yrs	Mon	Sept 28	2:00-2:30 pm	N/C

Max #50

Please contact Long Grove Park District @ 847-438-4743 or syoung@lgparks.org to register.

Virtual Owl Prowl for Families/Adults

Join us for this virtual program to learn more about the unique adaptations and life history of the owls that live in Lake County. **Adult supervision is required.** A Zoom link will be provided prior to the start of the program.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
F20-VOP	6 yrs and older	Fri	Nov 20	7:00-7:45 pm	N/C

Max #75

Please contact Long Grove Park District @ 847-438-4743 or syoung@lgparks.org to register.

Virtual Chess

Join Checkmates Chess Academy for online Chess classes. This is not a video and a workbook. There will be an instructor to teach you just like in years prior, just online now. Chess is something that can be done safely online while still encouraging your children to push their brains to the limit and then expand it!

<u>Code</u>	<u>Grade</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20-VCC	1st-6th	Tues	7	09/01-10/13	3:30-4:30pm	\$75.00

Virtual Yoga

Join After School Yoga for our online Kids Yoga classes. Participants will be guided through poses, breathing exercises and help them remain balanced (it's never been more important!). All this while still being able to participate in an activity with friends. Don't miss out!

<u>Code</u>	<u>Grade</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20VY	1st-6th	Wed	7	09/02-10/14	3:30-4:30 pm	\$75.00

Youth Activities Fall 2020

Horseback Riding

On Course Riding Academy partners in the American Horse Council's Time To Ride ® pilot program, sharing a passion for horses with the next generation. The Time To Ride ® program holds high standards for safety, physical facility requirements and professional experience of all participating facilities. Instructors have passed criminal background checks and SafeSport training through US Equestrian and the US Center for SafeSport. This fall we are offering 8-week sessions for all school age children/teens. Those interested in private lessons, more advanced riding lessons and home school groups, please contact On Course Riding Academy directly at (847) 826-6005.

Horse Crazy Kids – All school-age children welcome

Learn horse care and riding! Spend time grooming, tacking up (saddling and bridling a horse) and learning riding basics. Each session includes time on horseback. Children who attended the previous session can add to their skills. Parents are welcome to stay and help with grooming and tacking if they wish.

<u>Code</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20-HCK1	Sat	8	Sept 12, 19, Oct 3, 10, 24, Nov 14, 21	11:30-1:00 pm	\$440.00
F20-HCK2	Sun	8	Sept 13, 20, Oct 4, 11, Nov 1, 8, 15, 22	2:00-3:30 pm	\$440.00

Max #6

Location: On Course Riding Academy, 29031 N Garland Road, Wauconda

Equestrian Acrobats - Ages 6 and up

Want to ride with the grace of a Circus Rider? Try equestrian vaulting! Combining acrobatics and gymnastics with the power and grace of the horse, equestrian vaulting is an adventure! Each session includes time on horseback and practice on a special vaulting barrel. One session trial \$50.

<u>Code</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20-EA	Sun	8	Sept 13, 20, Oct 4, 11, Nov 1, 8, 15, 22	4:30-6:00 pm	\$330.00

Max #6

Location: On Course Riding Academy, 23815 Milton Road, Wauconda

*** For safety and comfort, riders and non-riders must wear long pants and sturdy, closed toe shoes. For vaulting wear close-fitting clothes with stretch and soft-soled shoes (gym shoes are ok; dance or gymnastic shoes are preferred). Helmets and a limited selection of riding boots will be provided. Due to CV-19, cotton riding gloves are recommended

Please note: The status of in-person programs is currently pending. We will follow the orders and guidelines of state and local health agencies to ensure the safety and well-being of participants and staff. Registrations will be accepted but no charges will be processed until we confirm that the program will run.

Youth Sports Fall 2020

Pee Wee Soccer

This class helps children learn the fundamentals of soccer in a noncompetitive setting. Dribbling, passing, shooting and kicking will all be emphasized with good sportsmanship included. Basic skills are taught through games, drills and fun! Instructed by 5 Star Sports staff.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20PWS	3-5	Fri	5	08/28-10/02	5:15-6:00 pm	\$60
(No class 09/04)						

Max #8

Location: Kildeer Countryside School, playing fields, 3100 Old McHenry Road, Long Grove.

Youth Soccer

Every child should experience the world's most popular game in a way that will put "fun" in the fundamental. All the necessary skills will be covered that will enhance their confidence and prepare them for future play. Dribbling, passing, shooting and teamwork will be priorities during every class. Instructed by 5 Star Sports staff.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20YS	6-9	Fri	5	08/28-10/02	6:00-7:00 pm	\$65
(No class 09/04)						

Max #8

Location: Kildeer Countryside School, playing fields, 3100 Old McHenry Road, Long Grove.

Youth Sports Fall 2020

Flag Football

You are invited to play the competitive sport of football without the tackling. You will be taught the fundamentals of football in this instructional and fun class. The class will consist of a flag football-style scrimmage where regular football gear will not be used. Instructed by 5 Star Sports.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20FF	5-7	Tues	5	08/25-09/22	6:00-7:00 pm	\$65

Max #8

Location: Kildeer Countryside School, playing fields, 3100 Old McHenry Road, Long Grove.

T-Ball

Introduce your child to America's favorite past time in a fun and creative way. While the basic skills such as fielding, catching and batting will be covered your child will never be bored as we make sure all kids stay moving and involved. Balls and bats are provided so just bring your glove and let's play ball! Games will be played. Instructed by 5 Star Sports staff.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20TB	4-6	Thurs	5	08/27-09/24	5:15-6:00 pm	\$60

Max #8

Location: Kildeer Countryside School, playing fields, 3100 Old McHenry Road, Long Grove.

Baseball Hitting Clinic

Hitting is arguably the best part about baseball. With our new hitting clinic, your kids will be able to work alongside some of the best coaches to master the fundamentals of hitting. Each participant will receive a large number of repetitions both off a tee and with live pitching. We will also teach and practice many small ball plays such as bunting and base running skills. Instructed by 5 Star Sports.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20BHC	7-10	Thurs	5	08/27-09/24	6:00-7:00 pm	\$65

Max #8

Location: Kildeer Countryside School, playing fields, 3100 Old McHenry Road, Long Grove.

Youth Sports Fall 2020

Tae Kwon Do

Little Jins & Kids Taekwondo (Ages 5-13)

This program introduces and reinforces basic components of taekwondo to our students. It is designed to introduce the art of taekwondo to children by instilling the five ancient tenets of taekwondo in them as a way of life - courtesy, integrity, perseverance, self-control and indomitable spirit. This program provides the foundation for physical and psychological training; increasing their strength, fitness, flexibility, confidence, focus and discipline. It teaches children how to build a strong, healthy body and provides the foundational elements for improved motor skills, better ability to pay attention and follow directions, practice courtesy and discipline and gain self-confidence. Instructed by Ong Taekwondo Academy.

<u>Code</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
TKD	Sat	8	08/22-10/10	10:30-11:10 am	\$115.00

Location: Heritage Oaks Park, 310 Fairfield Road, Hawthorn Woods. Located at the pavilion near the soccer fields.

UNIFORMS: All participants must wear a uniform. A uniform includes a top, bottom and belt. Uniform fee is \$60 (separate from program fees).

Fencing

This class helps develop balance and improve concentration while staying fit. Our fun and informative fencing classes teach students the basics from beginner to expert. Students can continue to improve by signing up for multiple classes. Safety is stressed and each participant handles a foil in every session. Students will learn moves and strategies that create the foundation for their fencing game. Each class features instructions and competition. Class is instructed by Tracy Lapshin.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20-F1	8+ (Advanced)	Wed	4	08/19-09/09	6:30-8:00 pm	\$40
F20-F2	8+ (Beginner)	Wed	4	08/19-09/09	7:30-8:20 pm	\$40
F20-F3	8+ (Advanced)	Wed	6	09/16-10/21	6:30-8:00 pm	\$60
F20-F4	8+ (Beginner)	Wed	6	09/16-10/21	7:30-8:20 pm	\$60
F20-F5	8+ (Advanced)	Wed	6	10/28-12/09	6:30-8:00 pm	\$60
F20-F6	8+ (Beginner)	Wed	6	10/28-12/09	7:30-8:20 pm	\$60

(No class 11/27)

Location: Community Center, 3705 Pheasant Drive, Rolling Meadows.

****** Participants may rent equipment for the session or purchase their own beginner set. To rent a personal set of equipment simply attend the first class of the beginner session. The instructor will be prepared with fencing sets. Fee is \$100 to be paid by check or cash at first class. Upon completion of the session return the full set and \$75 will be refunded. Participants may also bring their own equipment to the first class. If you have any questions, please contact the fencing sports club @ 630-678-0035.**

Youth Sports Fall 2020

Tot Track & Field

This unique class will combine stretching, movement and other fitness concepts with running, jumping, throwing and other skills used in track and field. Children will work on body coordination, agility, balance and self-confidence. On the last day, they will participate in a fun-filled track and field meet. Led by SportsKids Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20TTF	3-6	Mon	6	08/31-10/12	4:15-5:00 pm	\$45

(No class 09/07)

Location: Mundelein Park District, Community Park Soccer Fields, 1401 N. Midlothian Road, Mundelein.

Tiny Tot Multi-Sport Mania

Sign up your little one for the ultimate first time sports experience! Each week adults will assist their tots as they play a body-challenging sport, improve listening skills and learn how to follow directions. A variety of sports such as soccer, t-ball, basketball and kickball will be explored through fun games and partner play. This is a great opportunity to get active with your child in a positive and controlled setting. Led by SportsKids Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20TTMM1	2-3 w/adult	Wed	6	09/09-10/14	5:45-6:30 pm	\$45
F20TTMM2	2-3 w/adult	Wed	6	10/21-12/02	5:45-6:30 pm	\$45

(No class 11/25)

Location: Mundelein Park District, Community Center Gym, 1401 N. Midlothian Road, Mundelein.

Tot Dribblers

An introduction to basketball, this class offers simple drills to teach players the rules of the game, ball handling, passing and defense. Instructors emphasize team play and sportsmanship. Led by SportsKids Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20TD1	3-6	Sat	6	09/12-10/17	10:45-11:30 am	\$45
F20TD2	3-6	Sat	6	10/24-12/05	10:45-11:30 am	\$45

(No class 11/28)

Location: Mundelein Park District, Community Center Gym, 1401 N. Midlothian Road, Mundelein.

Youth Sports Fall 2020

Youth Archery

Archery participants will learn the parts of an arrow and recurve bow, the basics of using a bow and fundamentals of shooting in a safe manner. Both technique and games will be part of this class. All equipment is provided. Led by SportsKids Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20YA	7-12	Mon	6	08/31-10/12	5:45-6:30 pm	\$45

(No class 09/07)

Location: Mundelein Community Park Soccer Fields, 1401 N. Midlothian Road, Mundelein.

Youth Track & Field

This class will teach kids about track and field, one of the oldest sports that continues to grow and is highlighted by the Olympics every 4 years. Girls and boys will learn the jumping, running and throwing skills involved in the sport of track and field. They will practice sprints, relays, long-distance walking, running hurdles, long jump, discus throw and other track and field events as well as participate in a fun-filled SportsKids track and field meet on the last day of the class. Led by SportsKids Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20YTF	7-12	Mon	6	08/31-10/12	5:00-5:45 pm	\$45

(No class 09/07)

Location: Mundelein Community Park Soccer Fields, 1401 N. Midlothian Road, Mundelein.

Basketball Shooting

Girls and boys will learn jump shots, shots off the glass, lay-ups, shooting from a pass and shooting off the dribble. Shooting games are also a part of the class. Led by SportsKids Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Wks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20BBS1	7-12	Sat	6	09/12-10/17	9:15-10:00 am	\$45
F20BBS2	7-12	Sat	6	10/24-12/05	9:15-10:00 am	\$45

(No class 11/28)

Location: Mundelein Community Center Gym, 1401 N. Midlothian Road, Mundelein.

Youth Sports Fall 2020

Beginner Figure Skating

Beginning learn to skate classes are for ages 4 through 12 years with little or no ice experience. Balance and basic forward skating skills are taught using the Ice Skating Institute program. Skate rental is included. Gloves or mittens, bicycle helmet and lightweight clothing are required.

*****Please try to attend your assigned class - makeup classes are not offered.*****

Fall A 2020 Beginner Figure Skating August 17, 2020 to October 10, 2020

Coach:

<u>Code</u>	<u>Age</u>	<u>Std</u>	<u>Day</u>	<u>Weeks</u>	<u>Time</u>	<u>Fee</u>
1101A	Tot 1 Beg 4-6 yrs	1:6	Mon	7	4:40-5:10 pm	\$157
1102A	Tot 1 Beg 4-6 yrs	1:6	Sat	8	9:20-9:50 am	\$178
1151A	Pre-Alpha 1 7-12 yrs	1:10	Mon	7	4:40-5:20 pm	\$165
1152A	Pre-Alpha 1 7-12 yrs	1:10	Sat	8	9:20-10:00 am	\$187

(No class 09/07)

Fall B 2020 Beginner Figure Skating October 12, 2020 to December 19, 2020

Coach:

<u>Code</u>	<u>Age</u>	<u>Std</u>	<u>Day</u>	<u>Weeks</u>	<u>Time</u>	<u>Fee</u>
1101B	Tot 1 Beg 4-6 yrs	1:6	Mon	10	4:40-5:10 pm	\$220
1102B	Tot 1 Beg 4-6 yrs	1:6	Sat	8	9:20-9:50 am	\$178
1151B	Pre-Alpha 1 7-12 yrs	1:10	Mon	10	4:40-5:20 pm	\$231
1152B	Pre-Alpha 1 7-12 yrs	1:10	Sat	8	9:20-10:00 am	\$187

(No class 11/07, 11/28)

Beginner Hockey

Fall A 2020 Beginner Hockey August 18, 2020 to October 31, 2020

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Time</u>	<u>Fee</u>
1910	Hockey Beginner 4-10 yrs	Tue	11	5:10-5:50 pm	\$263
1911	Hockey Beginner 4-10 yrs	Sat	11	12:10-12:50 pm	\$263

Fall B 2020 Beginner Hockey November 3, 2020 to January 23, 2021

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Time</u>	<u>Fee</u>
2910	Hockey Beginner 4-10 yrs	Tue	11	5:10-5:50 pm	\$263
2911	Hockey Beginner 4-10 yrs	Sat	9	12:10-12:50 pm	\$217

(No class 11/07, 11/28, 12/26, 12/29)

Hockey equipment rental is included. (Skates, helmet, shin guards are required for hockey classes and are included in fee). Call Scott @ 847-821-7465 x122 to arrange a fitting time before your first class. Location: Twin Rinks Ice Pavilion, 1500 Abbott Court, Buffalo Grove

Youth Sports Fall 2020

Tennis Programs

Introductory Program: These classes will allow you to try out the tennis program without becoming a club member. Classes are taught by United States Professional Tennis Association (USPTA) instructors.

Pee Wee Tennis:
(ages 5-7) An introductory junior program. Basic hand-eye coordination, stroke development for the forehand and backhand ground strokes utilizing the Quick Start teaching format.

Junior Development:
(ages 8-14) A great program for those 8-13 years old who are just starting tennis. Emphasis will be placed on form and control. Students will be introduced to ground strokes, volleys and serves utilizing the Quick Start teaching format.

Fall Session 1 - August 15 to October 16, 2020

(No class 09/05, 09/06, 09/07)

<u>Class/Age</u>	<u>Day</u>	<u>Time</u>	<u># of Weeks</u>	<u>Session fee</u>
Pee Wee (5-7)	Thursday	5:00-6:00 pm	9	\$261.00
Pee Wee (5-7)	Saturday	10:00-11:00 am	8	\$232.00
Pee Wee (5-7)	Saturday	11:00 am-12:00 pm	8	\$232.00
Pee Wee (5-7)	Sunday	1:00-2:00 pm	8	\$232.00
Junior Development (8-10)	Saturday	10:00-11:00 am	8	\$232.00
Junior Development (8-10)	Saturday	11:00 am-12:00 pm	8	\$232.00
Junior Development (11-14)	Sunday	1:00-2:00 pm	8	\$232.00

Location: LifeSport Lincolnshire, 96 Elm Street, Lincolnshire, IL

Fall Session 2 - October 19 to December 23, 2020

(No class 11/26, 11/27, 11/28, 11/29)

<u>Class/Age</u>	<u>Day</u>	<u>Time</u>	<u># of Weeks</u>	<u>Session fee</u>
Pee Wee (5-7)	Thursday	5:00-6:00 pm	8	\$232.00
Pee Wee (5-7)	Saturday	10:00-11:00 am	9	\$261.00
Pee Wee (5-7)	Saturday	11:00 am-12:00 pm	9	\$261.00
Pee Wee (5-7)	Sunday	1:00-2:00 pm	9	\$261.00
Junior Development (8-10)	Saturday	10:00-11:00 am	9	\$261.00
Junior Development (8-10)	Saturday	11:00 am-12:00 pm	9	\$261.00
Junior Development (11-14)	Sunday	1:00-2:00 pm	9	\$261.00

Location: LifeSport Lincolnshire, 96 Elm Street, Lincolnshire, IL

Adult/Senior Virtual Programs Fall 2020

Explore Livecams

Let's get together and watch live camera feeds from all over the world. Depending on what animals are on camera, we can tune in to see elephants in South Africa, bald eagles in Iowa, manatees in Florida or birds in Panama.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
F20-EL1	60+	Wed	Sept 2	10-11 am	N/C
<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
F20-EL2	60+	Fri	Oct 9	10-11 am	N/C

Medicare Basics - Open Enrollment is Coming

Medicare can be confusing and it can be overwhelming to figure out. Open enrollment starts October 15th-December 7th. Join us for a presentation by a Catholic Charities Lake County Senior Services SHIP counselor. SHIP stands for Senior Health Insurance Program and they are trained by the state to sign seniors up for Medicare supplemental plans.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
F20-MB	60+	Wed	Sept 30	10 am-12 pm	N/C

How to Focus: A Meditation

Life can be stressful and it can be difficult to focus on what we need to. Meditation can help calm the mind and allow us to focus better. We will try several short meditations (5-6 minutes each) to display the variety that are available.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
F20-HTF	60+	Thurs	Oct 1	10-11 am	N/C

There is no charge for these programs - donations are welcome.

For information & to sign up contact Kari Pohar @ 847-740-6708 or Stephanie Young @ 847-438-4743 or email syoung@lgparks.org. A Zoom link will be sent prior to each program.

These programs are brought to the community through a partnership between Long Grove Park District & Catholic Charities Lake County Senior Services.

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Bingocize

Bingocize is a 10-week health promotion program that combines the game of bingo with fall prevention exercises. Come play bingo and meet new people while learning about techniques to reduce falls. This program meets every Monday & Tuesday.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
F20-BC	60+	Mon & Tues	Oct 5/6-Dec 7/8	10-11 am	N/C

Max #: 20

Virtual campfire storytelling

It's that time of the year where campfires and spooky stories come together. Let's join around a virtual campfire and tell stories! Do you have a spooky, incredible or unbelievable story that you want to share? Everyone will get a chance to share a story to the group.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
F20-VCS	60+	Fri	Oct 30	1-3 pm	N/C

There is no charge for these programs - donations are welcome.

For information & to sign up contact Kari Pohar @ 847-740-6708 or Stephanie Young @ 847-438-4743 or email syoung@lgparks.org. A Zoom link will be sent prior to each program.

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Virtual Owl Prowl for adults/families

Join us for this virtual program to learn more about the unique adaptations and life history of the owls that live in Lake County. Adult supervision is required for children signed up. A Zoom link will be provided prior to the start of the program. Presented by Lake County Forest Preserves.

<u>Code</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
F20-VOP	Fri	Nov 20	7:00-7:45 pm	N/C

Max #: 75

Please contact Long Grove Park District @ 847-438-4743 or syoung@lgparks.org to register.

Please note: The status of in-person programs is currently pending. We will follow the orders and guidelines of state and local health agencies to ensure the safety and well-being of participants and staff. Registrations will be accepted but no charges will be processed until we confirm that the program will run.

Adult Programs Fall 2020

Beginner Pickleball

This class is for those who have never played pickleball before or who have very limited experience with the sport. It will focus on pickleball basics such as forehand and backhand shots, serving and court positioning. Players will also learn scoring and the rules of the game through drills and playing time. The slower pace of this class will give players the opportunity to develop the skills needed to play this fun and energetic game. All equipment will be provided. Led by SportsKids, Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20PB1	55+	Wed	6	09/09-10/14	9:30-10:30 am	\$60.00
F20PB2	55+	Wed	6	10/21-12/02	9:30-10:30 am	\$60.00

(No class 11/25)

Location: Mundelein Community Center Gym, 1401 N. Midlothian Road, Mundelein.

Advanced Beginner Pickleball

This class is for advancing beginners who have some experience and want to move at a faster pace to improve their basic shots and strategy. Players will participate in challenging drills to work on consistency in forehand and backhand shots, serving, volleying, dinks and lobs. Through matches played each week, players will get the chance to take their game to the next level by learning how to play smarter, not harder. All equipment will be provided. Led by SportsKids, Inc.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
F20PB3	55+	Wed	6	09/09-10/14	10:30-11:30 am	\$60.00
F20PB4	55+	Wed	6	10/21-12/02	10:30-11:30 am	\$60.00

(No class 11/25)

Location: Mundelein Community Center Gym, 1401 N. Midlothian Road, Mundelein.

Adult Sports Fall 2020

Tennis Programs

Adult Instant Tennis:

Learn to play tennis in just a few short weeks. Even if you've never held a racquet, we can get you started playing and enjoying a great sport. The program is also excellent for those people who have played or taken lessons years ago and need a "refresher."

Adult Stroke Production:

Emphasis is placed on reinforcing the tennis basics; forehand and backhand ground strokes, volleys and serves.

Fall Session 1

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Weeks</u>	<u>Fee</u>
Adult Instant Tennis	Monday	2:00-3:00 pm	7	\$203.00
Adult Instant Tennis	Thursday	7:30-8:30 pm	8	\$232.00
September 14-November 1				
Adult Stroke Production	Friday	7:00-8:30 pm	6	\$261.00
Adult Stroke Production	Saturday	8:30-10:00 am	6	\$261.00
September 14-October 18				

Fall Session 2

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Weeks</u>	<u>Fee</u>
Adult Instant Tennis	Monday	2:00-3:00 pm	10	\$290.00
Adult Instant Tennis	Thursday	7:30-8:30 pm	8	\$232.00
November 2-January 14 (No class Nov 26-29 & Dec 24-Jan 1)				
Adult Stroke Production	Friday	7:00-8:30 pm	6	\$261.00
Adult Stroke Production	Saturday	8:30-10:00 am	7	\$305.00
October 23-December 6 December 7-January 31 (No class Dec 24-Jan 1)				

Location: LifeSport Athletic Club, 96 Elm Street, Lincolnshire