

**Long Grove Park District
Summer 2021
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 Summer 2021 Recreation Programs

Table of Contents

	Page #
Registration Form.....	3
Program Waiver/Release Form.....	4
Youth Programs.....	5-6
Youth Sports Programs.....	7-13
Adult Programs.....	14-17

Parents: Please register your children as early as possible for our classes. Due to late enrollments in the past, we have had to cancel classes. Our instructors often need time to prepare for their classes and need adequate notice if a class is going to be canceled.

Registrations must be received 3 days prior to the first day of class.

Thank you for your cooperation in this matter.

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.

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 Programs Summer 2021

The Long Grove Players - Theater and Music Program

Summer Intermediate and Beginner levels

May 15, 2021 to July 31, 2021

A "Live Outdoor Theater Production!"

A Midsummer Night's Dream

Musical Adaptation of the William Shakespeare Play

By John Jacobson, Audrey Snyder

"Greetings, lords and ladies! I, William Shakespeare, will be your host for this summer's musical, and I have a special treat for my thespian friends! You are about to be transported to a land of kings and queens, fairies and nymphs, music and madrigal, and most of all, trickery and love, for love can happen in the strangest ways, especially on a Midsummer Night!"

This version of Shakespeare's classic comedy is fresh, lively, accessible and fun for kids of all ages. Packed with colorful characters, from feisty Puck to foolish Bottom, this show is a fantastic introduction to Shakespeare. This full-length, 60-minute production features five acts with eight original songs in a variety of musical styles from madrigal to rap.

In this unique theatre program, our cast provides its own musical accompaniment, from the pit or from the stage. Student instrumental musicians with an active interest in theatre are also encouraged to audition. Throughout the year we offer theatrical productions with music, whether standard musicals or works, that includes music scenes, feature songs or accommodate incidental music. Auditions and classes this summer are held outside at the Reed-Turner Woodland Nature Center with an occasional Zoom. **Actors and/or show musicians must attend auditions.** Auditions are for the purpose of casting. All students will be cast.

Auditions: Saturday, May 15, 2021 at 9:00 am - 12:00 pm

Tech Rehearsals: July 26 - July 29, time TBD

Performance: Friday, July 30 at 6:30 pm and Saturday, July 31 at 6:30 p.m.

Location: Outdoors @ Reed-Turner Woodland Nature Preserve.

Long Grove Players Intermediate Theatre Troupe, ages 10-16

Troupe members expand their acting, creative thinking and team working experience while strengthening vocal technique, character development, essential dance and music skills needed for musical productions. Previous experience is recommended. All students will be cast.

Long Grove Players Beginner Theatre Troupe, ages 6-9

This troupe will join the Intermediate troupe to present our production. Beginner Troupe members develop basic skills in acting, singing and movement for the stage while at the same time developing and building self-confidence. During this class, students will rehearse for our summer musical production. All students will be cast.

Saturdays @ 9:00 am - 12:00 pm. Fee: \$250.00 Location: Reed-Turner Woodland Nature Preserve, 3849 Old McHenry Road, Long Grove. Instructors: Miss Colleen, Mr. Dvorak & Staff.

Youth Programs Summer 2021

Horseback Riding

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>
S21-HCK1	Mon	10	06/07-08/09	5:00-6:30 pm	\$550
S21-HCK2	Sat	10	06/12-08/14	3:00-4:30 pm	\$550

Max #6

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

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. Those interested in private lessons, more advanced riding lessons and home school groups, please contact On Course Riding Academy directly at (847) 826-6005.

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>
S21-F1	8+ (Advanced)	Wed	4	07/14-08/04	6:30-8:00 pm	\$40
S21-F2	8+ (Beginner)	Wed	4	07/14-08/04	7:30-8:20 pm	\$40
S21-F3	8+ (Advanced)	Wed	4	08/11-09/01	6:30-8:00 pm	\$40
S21-F4	8+ (Beginner)	Wed	4	08/11-09/01	7:30-8:20 pm	\$40

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

**** Fencers must rent equipment for the session or purchase their own basic set. Estimated cost \$111. To rent a personal set of equipment, contact Fencing Sports Club at 630-678-0035. If you prefer to purchase a personal beginner set, the Club is happy to quickly assist with ordering from Blue Gauntlet. Participant must attend the first class with their new set in hand. At the end of the session, you may have the Club buy your equipment at 75% of purchase price if no longer interested in owning.

Youth Sports Summer 2021

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>
S21PWS1	3-5	Thurs	5	06/24-07/22	5:15-6:00 pm	\$60
S21PWS2	3-5	Fri	5	08/06-09/03	5:15-6:00 pm	\$60

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>
S21YS1	6-10	Thurs	5	06/24-07/22	6:00-7:00 pm	\$65
S21YS2	6-10	Fri	5	08/06-09/03	6:00-7:00 pm	\$65

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

Summer Olympics Track & Field

New!! For five weeks kids will practice many of the same track & field events you would see in the Summer Olympics (shotput, long jump, hurdles, 100m dash, etc.). This program will culminate in a final day of events on the last weekend of the session. Kids will compete for medals! 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>
S21SO1	5-7	Fri	5	06/25-07/23	4:15-5:00 pm	\$60
S21SO2	8-12	Fri	5	06/25-07/23	5:00-5:45 pm	\$60

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

Youth Sports Summer 2021

Parent & Me T-Ball

It's never too early to fall in love with the game of baseball. This class allows parents to bring their kids out onto the baseball field to learn the basics of t-ball with them. Our coaches know the best ways to incorporate both kids and parents in drills that teach kids how to throw, field and hit. Parents help make the kids feel more comfortable and are a great source of encouragement for the young kids. 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>
S21PM1	2-3	Mon	5	06/28-07/26	4:00-4:45 pm	\$60
S21PM2	2-3	Mon	5	08/02-08/30	4:00-4:45 pm	\$60

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>
S21TB1	4-6	Mon	5	06/28-07/26	5:00-5:45 pm	\$60
S21TB2	4-6	Mon	5	08/02-08/30	5:00-5:45 pm	\$60

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>
S21BHC1	7-10	Mon	5	06/28-07/26	6:00-6:45 pm	\$60
S21BHC2	7-10	Mon	5	08/02-08/30	6:00-6:45 pm	\$60

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

Youth Sports Summer 2021

Multi-Sport Mania

Let's play! Your child explores the wide world of sports as they participate in a different sport each week such as t-ball, soccer, basketball and Nerf football. Children get a lot of practice with skills through creative and fun drills and games. Don't miss out on the fun! Please bring a labeled water bottle and face covering. 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>
S21MSM1	3-6	Mon	5	06/07-07/12	4:15-5:00 pm	\$38
(No class 07/05)						
S21MSM2	3-6	Mon	5	07/19-08/16	4:15-5:00 pm	\$38

Location: Mundelein Community Park, 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 with 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. Please bring a labeled water bottle and face covering. 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>
S21TTM1	2-3 w/adult	Tues	5	06/08-07/06	5:15-6:00 pm	\$38
S21TTM2	2-3 w/adult	Tues	5	07/13-08/10	5:15-6:00 pm	\$38

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

Parent & Me Fun With Football

Enjoy Nerf football with your child. You, along with our accomplished coaches, help the little athlete learn the proper form and technique of catching, throwing, center skills, hands-off, kick-offs and more in our fun and friendly setting. Please bring a labeled water bottle and face covering. 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>
S21PMF1	3-4 w/adult	Fri	5	06/11-07/09	5:30-6:15 pm	\$38
S21PMF2	3-4 w/adult	Fri	5	07/16-08/13	5:30-6:15 pm	\$38

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

Youth Sports Summer 2021

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. Please bring a labeled water bottle and face covering. 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>
S21YA1	7-12	Mon	5	06/07-07/12	5:15-6:00 pm	\$38
S21YA2	7-12	Mon	5	07/19-08/16	5:15-6:00 pm	\$38

(No class 07/05)

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

Family Archery

Bring the entire family each week for 45 minutes of archery fun! You and your family members will meet new friends while learning the parts of an arrow and recurve bow, the basics of using a recurve bow, a nationally recognized beginner's 9-step to the 10 ring progression method and fundamental shooting skills from an experienced instructor. All equipment is provided. Fee includes 1 adult and 1 child. Please bring a labeled water bottle and face covering. 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>
S21FA1	6+	Mon	5	06/07-07/12	6:15-7:00 pm	\$57
S21FA2	6+	Mon	5	07/19-08/01	5:15-6:00 pm	\$57

(No class 07/05)

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

Youth Lacrosse

Come join us to play the oldest and fastest growing team sport in North America. The class will cover various lacrosse techniques including cradling, scooping, passing, catching, shooting and goalie skills. Drills and games will be used to teach these fundamentals. Lacrosse sticks will be provided. Please bring a labeled water bottle and face covering. 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>
S21YL1	7-12	Sat	5	06/05-07/10	9:15-10:00 am	\$38
S21YL2	7-12	Sat	5	07/17-08/14	9:15-10:00 am	\$38

(No class 07/03)

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

Youth Sports Summer 2021

Little Blitzers Football

Nothing says outdoor fun like a good ol' game of football! Our outdoor football program will keep your child energized and physically active. Kids will learn skills including throwing, hiking, offense/defense and flag pulling. Equipment will be provided. Please bring a labeled water bottle and face covering. 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>
S21LBF1	5-7	Fri	5	06/11-07/09	4:30-5:15 pm	\$38
S21LBF2	5-7	Fri	5	07/16-08/13	4:30-5:15 pm	\$38

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

Flag Football Skills & Games

This youth flag football class is fun, age-appropriate and skill-packed! Players will learn the sound fundamental offensive and defensive football skills like passing, catching, defensive positioning and football formations. Athletes will be challenged mentally and physically in a positive and safe environment. Please bring a labeled water bottle and face covering. 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>
S21FF1	8-12	Fri	5	06/11-07/09	6:30-7:30 pm	\$50
S21FF2	8-12	Fri	5	07/16-08/13	6:30-7:30 pm	\$50

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

Beginning Tumbling & Rhythmic Gymnastics

Learn the proper way to perform rolls, cartwheels, backbends, handstands, walkovers and other tumbling tricks. Kids will also learn rhythmic gymnastics body elements, jumps, turns and leaps as well as techniques with apparatus like hoops, balls, ribbons and jump ropes. Please bring a labeled water bottle and face covering. 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>
S21BTR1	7-12	Sat	5	06/05-07/10	2:15-3:00 pm	\$38
S21BTR2	7-12	Sat	5	07/17-08/14	2:15-3:00 pm	\$38

(No class 07/03)

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

Youth Sports Summer 2021

Ice Skating & Hockey Classes

Ice Skating and Hockey Classes

- ◆ **Beginning learn to skate classes** are for ages 3 through 12 years with little or no ice experience. Balance and basic forward skating skills are taught using the Ice Skating Institute program. Please try to attend your assigned class, makeup classes are not offered.
- ◆ **Figure skating classes** (skate rental is included). Gloves or mittens, bicycle helmet and light-weight clothing are required.
- ◆ **Hockey classes** (equipment rental is included). Skates, helmet, shin guards are required for hockey classes and are included in the price. Ages 4-10.
- ◆ Call Scott @ (847) 821-7465, ext 122, to arrange a fitting time before your first class.

Spring 2021 Beginner Hockey - May 4 to June 12, 2021

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Time</u>	<u>Fee</u>
4910	Hockey Beginner 4-10 yrs	Tues	6	5:10-5:50 pm	\$156
4911	Hockey Beginner 4-10 yrs	Sat	6	12:10-12:50 pm	\$156

Summer 2021 Beginner Hockey - June 15 to August 8, 2021

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Time</u>	<u>Fee</u>
0910	Hockey Beginner 4-10 yrs	Tues	10	5:10-5:50 pm	\$252

Summer 2021 Beginner Figure Skating - June 10 to August 19, 2021

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Weeks</u>	<u>Time</u>	<u>Fee</u>
0101	Tot 1 Beg 4-6 Yrs	Thurs	11	5:10-5:40 pm	\$241
0102	Tot 1 Beg 4-6 Yrs	Sat	11	9:20-9:50 am	\$241
0151	Pre Alpha 1 7-12 Yrs	Thurs	11	5:10-5:50 pm	\$253
0152	Pre Alpha 1 7-12 Yrs	Sat	11	9:20-10:00 am	\$253

Location: Twin Rinks Ice Pavilion, 1500 Abbott Court, Buffalo Grove

Youth Sports Summer 2021

Tennis Lessons

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.

Red Ball 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 8-13

A great program for those 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.

Summer 2021 Session - June 12 to August 13

(No class July 4)

<u>Program:</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Fee</u>
<u>Red Ball Tennis</u>	Thursday	5:00-6:00 pm	9	\$261
	Saturday	10:00-11:00 am	8	\$232
<u>Junior Development</u>	Sunday	1:00-2:00 pm	8	\$232

Tennis Camp June 14 - August 13, 9:00 am - 12:00 pm Ages 6-14

This camp focuses on the fundamentals necessary for campers to grow into confident and proficient tennis players. This camp combines a talented year-round tennis professional teaching staff and the Quick Start method of tennis instruction which enables your child to have an enjoyable and comprehensive learning experience. The goal is to facilitate fun, friendship, technique and skill development in an engaging environment.

<u>Class Week</u>	<u>Fee Per Day</u>	<u>Per Week</u>
June 14-18	\$99	\$480
June 21-25	\$99	\$480
June 28-July 2	\$99	\$480
July 5-9	\$99	\$480
July 12-16	\$99	\$480
July 19-23	\$99	\$480
July 26-30	\$99	\$480
August 2-6	\$99	\$480
August 9-13	\$99	\$480

Location: LifeSport Lincolnshire, 96 Elm Street, Lincolnshire

Adult Programs Summer 2021

IL Extension Master Gardener Programs

Container Gardening

Incredible container gardens are within your grasp. Whether you want to accent your entryway, put in a gorgeous focal point or grow vegetables, this program can meet your expectations. Of course the basics are covered from selecting a container to maintaining your container for season-long enjoyment, but this program goes beyond fundamentals by sharing many inspiring combinations and design tips. If your past containers have been ho-hum, boost your creativity by fashioning containers spilling over with lushness.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
S21-CG	16+	Wed	June 2	1:00-2:00 pm	N/C

Shade Gardening

Are you new to shade gardening and wondering what plants (other than hostas and lily-of-the-valley) would do well in your garden? Shade gardening has its own challenges and opportunities. This presentation will help you to assess and care for your shady garden areas and determine the best plants to use including ground covers, ferns, annuals, perennials, vines, grasses, shrubs and trees. Wildflowers are not included in this program.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
S21-SG	16+	Wed	July 14	1:00-2:00 pm	N/C

Spring Flowering Bulbs

With a variety of bloom color, flowering time, plant height and shape, spring bulbs can bring much interest to your landscape. This presentation focuses on designing, selecting, planting and caring for spring bulbs. A number of bulbs are discussed in detail; old favorites, as well as some of the less well-known bulbs. Learn where bulbs come from and why some disappear after a season or two and which ones multiply season after season. Since spring bulbs are planted in early fall, this makes a timely program in late summer.

<u>Code</u>	<u>Age</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
S21-SFB	16+	Wed	August 25	1:00-2:00 pm	N/C

******* A Zoom link will be sent out prior to each program. Contact Stephanie Young @ syoung@lgparks.org or 847-438-4743 to register.**

Adult Virtual Programs Summer 2021

Senior Programs

Lincoln & Waukegan: The Waukegan Historical Society will present on Abraham Lincoln and the time he spent in Waukegan, IL. Monday, June 7 @ 10:00 a.m.

Online Safety: This 3-week program will focus on different online safety topics; gift card scams, catfish/romance scams, charity scams, phone safety and social media. These are all topics that target older adults. Mondays starting June 14 @ 1:00 p.m.

Color Me Happy Coloring Group: Let's listen to calm music and color. RSVP to receive a packet of coloring pages or feel free to use coloring pages that you already have. Tuesday, June 22 @ 2:00 p.m.

Tai Chi with Mary: This is a 4-week Tai Chi class that will cover some of the basic forms of Tai Chi. Tuesdays starting July 6 @ 10:00 a.m.

Bingocize: A 10-week exercise program with Bingo! This program meets twice a week. Each meeting you will play bingo (with bingo cards provided) and exercise between the number calls. The exercises are fun, easy and help build strength, stamina and flexibility. Mondays and Wednesdays starting July 12 & July 14 @ 10:00 a.m.

Matter of Balance: This 9-week fall prevention program focuses on thinking about falls in a different way. Exercises begin the 4th week of the session. Fridays starting July 16 @ 10:00 a.m.

Fireside with the Author: Each month we invite an author to read from their novel or short story. This month, Pat Spencer will be reading from her novel. Discussion and questions to follow the reading. Friday, August 13 @ 1:00 p.m.

Dance Party: Grab your water, chair and dancing shoes. We'll listen to some music and you can dance. It doesn't matter if you dance while sitting or standing (or even how good you are at dancing). It's important to move! Friday, August 20 @ 1:00 p.m.

These programs are brought to the community by a partnership between the Long Grove Park District & Catholic Charities Lake County Senior Services and are offered at no charge.

Please contact Kari Pohar @ 847-740-6708 to register or with any questions regarding programs.

Adult Programs Summer 2021

Tennis Programs

Adult Instant Tennis: Learn to play tennis in just a few short weeks. Even if you have never held a racquet, we can get you started playing and enjoying a great sport. The program is also excellent for those 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.

Session 1: June 13-July 19

(No class 07/04)

<u>Program</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Fee</u>
<u>Adult Instant Tennis</u>	Monday	3:00-4:00 pm	6	\$174
<u>Adult Stroke Production</u>	Sunday	8:30-10:00 am	5	\$218

Session 2: July 25-August 30

<u>Program</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Fee</u>
<u>Adult Instant Tennis</u>	Monday	3:00-4:00 pm	6	\$174
<u>Adult Stroke Production</u>	Sunday	8:30-10:00 am	6	\$261

Location: LifeSport Lincolnshire, 96 Elm Street, Lincolnshire

Adult Programs Summer 2021

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. Please bring a face covering. 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>
S21BP1	55+	Wed	5	06/09-07/07	9:30-10:30 am	\$50.00
S21BP2	55+	Wed	5	07/14-08/11	9:30-10:30 am	\$50.00
S21BP3	18+	Thurs	5	06/10-07/08	6:00-7:00 pm	\$50.00
S21BP4	18+	Thurs	5	07/15-08/12	6:00-7:00 pm	\$50.00

Min/Max: 6/12.

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. Please bring a face covering. 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>
S20ABP1	55+	Wed	5	06/09-07/07	10:30-11:30 am	\$50.00
S20ABP2	55+	Wed	5	07/14-08/11	10:30-11:30 am	\$50.00

Min/Max: 6/12.

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