



LONG GROVE

PARK DISTRICT

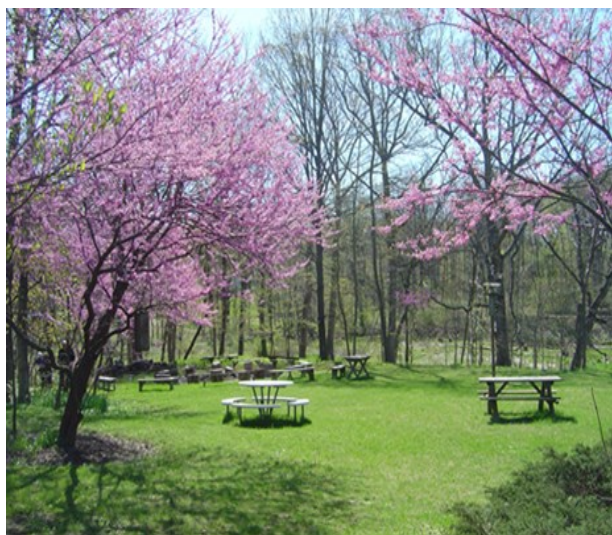
SPRING/SUMMER
PROGRAMS
2022

Long Grove Park District Spring/Summer 2022 Programs

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Come hike the Reed-Turner Woodland at 3849 Old McHenry Road in Long Grove. The gem of the Long Grove Park District, this preserve is a fun walk in the woods, passing a ravine, sedge meadow, creek, pond, wildflowers and wildlife. The preserve is open dawn to dusk.

Long Grove Park District 3849 Old McHenry Rd., Long Grove, IL 60047
Phone: 847-438-4743 - Fax: 847-719-1645 - E-mail: recreation@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 Spring/Summer 2022

Beginner Figure Skating

Beginning learn to skate classes are for 4-12 year olds 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 as makeup classes are not offered. Skate rental is included in figure skating class fee. Gloves or mittens, bicycle helmet and light-weight clothing are required.

Spring Mini Session Beginner Figure Skating May 9, 2022 to June 11, 2022 (No class 05/30)

| <u>Code</u> | <u>Age</u> | <u>Coach:Std</u> | <u>Day</u> | <u>Weeks</u> | <u>Time</u> | <u>Fee</u> |
|-------------|----------------------|------------------|------------|--------------|-----------------|------------|
| 3103 | Tot 1 Beg 4-6 Yrs | 1:6 | Mon | 4 | 4:40 - 5:10 pm | \$97 |
| 3104 | Tot 1 Beg 4-6 Yrs | 1:6 | Thu | 5 | 4:40 - 5:10 pm | \$119 |
| 3105 | Tot 1 Beg 4-6 Yrs | 1:6 | Sat | 5 | 9:20 - 9:50 am | \$119 |
| 3106 | Tot 1 Beg 4-6 Yrs | 1:6 | Sat | 5 | 10:00-10:30 am | \$119 |
| 3108 | Tot 1 Beg 4-6 Yrs | 1:6 | Sat | 5 | 11:05-11:35 am | \$119 |
| 3151 | Pre-Alpha 1 7-12 Yrs | 1:12 | Mon | 4 | 4:40 - 5:20 pm | \$101 |
| 3152 | Pre-Alpha 1 7-12 Yrs | 1:12 | Thu | 5 | 4:40 - 5:20 pm | \$124 |
| 3153 | Pre-Alpha 1 7-12 Yrs | 1:12 | Sat | 5 | 9:20 - 10:00 am | \$124 |
| 3154 | Pre-Alpha 1 7-12 Yrs | 1:12 | Sat | 5 | 11:05-11:45 am | \$124 |

Summer 2022 Beginner Figure Skating June 16, 2022 to August 20, 2022

| <u>Code</u> | <u>Age</u> | <u>Coach:Std</u> | <u>Day</u> | <u>Weeks</u> | <u>Time</u> | <u>Fee</u> |
|-------------|----------------------|------------------|------------|--------------|-----------------|------------|
| 0101 | Tot 1 Beg 4-6 Yrs | 1:6 | Thu | 10 | 5:10 - 5:40 pm | \$226 |
| 0102 | Tot 1 Beg 4-6 Yrs | 1:6 | Sat | 10 | 9:20 - 9:50 am | \$226 |
| 0151 | Pre-Alpha 1 7-12 Yrs | 1:12 | Thu | 10 | 5:10 - 5:50 pm | \$236 |
| 0152 | Pre-Alpha 1 7-12 Yrs | 1:12 | Sat | 10 | 9:20 - 10:00 am | \$236 |

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

Youth Programs Spring/Summer 2022

Beginner Hockey

**Spring Session
April 5 to June 4, 2022**

| <u>Code</u> | <u>Age</u> | <u>Coach:Std</u> | <u>Day</u> | <u>Weeks</u> | <u>Time</u> | <u>Fee</u> |
|-------------|------------|------------------|------------|--------------|-----------------|------------|
| 4910 | 4-10 | 1:15 | Tues | 9 | 5:20 - 6:00 pm | \$233 |
| 4911 | 4-10 | 1:15 | Sat | 9 | 12:10 -12:50 pm | \$233 |

**Summer Session
June 7 to August 16, 2022**

| <u>Code</u> | <u>Age</u> | <u>Coach:Std</u> | <u>Day</u> | <u>Weeks</u> | <u>Time</u> | <u>Fee</u> |
|-------------|------------|------------------|------------|--------------|----------------|------------|
| 0910 | 4-10 | 1:15 | Tues | 11 | 5:10 - 5:50 pm | \$283 |

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

Hockey equipment rental is included in fee. (Skates, helmet, shin guards are required for classes). Call Scott @ 847-821-7465 x122 to arrange a fitting time before your first class.

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. Max # 6.

| <u>Code</u> | <u>Day</u> | <u>Weeks</u> | <u>Dates</u> | <u>Time</u> | <u>Fee</u> |
|-------------|------------|--------------|--------------|--------------|------------|
| S22-HCK1 | Wed | 6 | 05/04-06/08 | 5:00-6:30 pm | \$360 |
| S22-HCK2 | Sat | 6 | 05/07-06/11 | 1:30-3:00 pm | \$360 |
| S22-HCK3 | Wed | 6 | 07/06-08/10 | 5:00-6:30 pm | \$360 |
| S22-HCK4 | Sat | 6 | 07/09-08/13 | 1:30-3:00 pm | \$360 |

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

*** For safety and comfort, riders and non-riders must wear long pants and sturdy, closed toe shoes. Riders shoes should have a 1/2"-1" heel. Also recommended is knee socks under your pants. Men-compression or bike shorts recommended. Helmets and a limited selection of riding boots will be provided.

Youth Programs Spring/Summer 2022

Taekwondo

Our classes introduce and reinforces basic components of taekwondo to our students. It is designed to teach the art of taekwondo to children by instilling the five ancient tenets of taekwondo 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. Each program meets twice per week. Instructed by Ong Taekwondo Academy.

Little Jins (Ages 5-7)

April 6 - May 28

Wednesdays, 4:20 p.m. - 5:00 p.m.

Saturdays, 10:30 a.m. - 11:10 a.m.

Fee \$280

Kids & Family TKD (Ages 8+)

April 6 - May 28

Wednesdays, 5:05 p.m. - 5:50 p.m.

Saturdays, 11:15 a.m. - 12:00 p.m.

Fee \$280

***All participants must wear a uniform. A uniform includes a top, bottom and belt. Uniform fee is \$65 (separate from program fees).

Location: Ong Taekwondo Academy, 1174 McHenry Road, Buffalo Grove, IL

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. 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> |
|-------------|---------------|------------|--------------|--------------|--------------|------------|
| S22-F1 | 8+ (Advanced) | Wed | 6 | 04/27-06/01 | 6:30-8:00 pm | \$60 |
| S22-F2 | 8+ (Beginner) | Wed | 6 | 07/13-08/03 | 7:30-8:20 pm | \$60 |
| S22-F3 | 8+ (Advanced) | Wed | 4 | 04/27-06/01 | 6:30-8:00 pm | \$40 |
| S22-F4 | 8+ (Beginner) | Wed | 4 | 07/13-08/03 | 7:30-8:20 pm | \$40 |

*** Fencers must rent equipment for the session or purchase their own basic set. Contact the Fencing Sports Club @ 630-678-0035 for more information.

Location: Community Center, 3705 Pheasant Drive, Rolling Meadows

Youth Sports Spring/Summer 2022

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> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22PW1 | 4-6 | Fri | 5 | 04/29-05/27 | 5:00-5:45 pm | \$60 |
| S22PW2 | 4-6 | Fri | 5 | 06/10-07/08 | 5:00-5:45 pm | \$60 |

Location: Country Meadows School, outdoor playing field, 6360 Gilmer Rd, Long Grove.

Youth Soccer

This class helps children learn the fundamentals of soccer in a noncompetitive setting. Dribbling, passing, shooting and defense will all be emphasized with good sportsmanship included. Basic skills are taught through games, drills and fun! Each class ends with a short scrimmage to allow the kids to work as teammates and use each of their skills. Please bring a face covering. 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> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22YS1 | 7-10 | Fri | 5 | 04/29-05/27 | 6:00-7:00 pm | \$65 |
| S22YS2 | 7-10 | Fri | 5 | 06/10-07/08 | 6:00-7:00 pm | \$65 |

Location: Country Meadows School, outdoor playing field, 6360 Gilmer Rd, Long Grove.

Track & Field

Discover all the fun you can have learning and competing in the variety of different events track and field has to offer. We will be working with the children to develop their knowledge, techniques and skill levels for each event. Many different distances are covered along events like hurdles, long jump, relays and shot put.

| <u>Code</u> | <u>Age</u> | <u>Day</u> | <u>Wks</u> | <u>Dates</u> | <u>Time</u> | <u>Fee</u> |
|-------------|------------|------------|------------|--------------|----------------|------------|
| S22TF1 | 5-7 | Sat | 5 | 04/30-05/28 | 12:00-12:45 pm | \$60 |
| S22TF2 | 8-12 | Sat | 5 | 04/30-05/28 | 1:00-1:45 pm | \$60 |
| S22TF3 | 5-7 | Sat | 5 | 06/11-07/09 | 12:00-12:45 pm | \$60 |
| S22TF4 | 8-12 | Sat | 5 | 06/11-07/09 | 1:00-1:45 pm | \$60 |

Location:

1st session: Kildeer Countryside School, outdoor playing field, 3100 Old McHenry Rd, Long Grove.

2nd session: Country Meadows School, outdoor playing field, 6360 Gilmer Rd, Long Grove

Youth Sports Spring/Summer 2022

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> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22TB1 | 4-6 | Sat | 5 | 04/30-05/28 | 2:00-2:45 pm | \$60 |
| S22TB2 | 4-6 | Sat | 5 | 06/11-07/09 | 2:00-2:45 pm | \$60 |

Location:

1st session: Kildeer Countryside School, outdoor playing field, 3100 Old McHenry Rd, Long Grove.

2nd session: Country Meadows School, outdoor playing field, 6360 Gilmer Rd, 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> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22BHC1 | 7-10 | Sat | 5 | 04/30-05/28 | 3:00-3:45 pm | \$60 |
| S22BHC2 | 7-10 | Sat | 5 | 06/11-07/09 | 3:00-3:45 pm | \$60 |

Location:

1st session: Kildeer Countryside School, outdoor playing field, 3100 Old McHenry Rd, Long Grove.

2nd session: Country Meadows School, outdoor playing field, 6360 Gilmer Rd, Long Grove

Youth Sports Spring/Summer 2022

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.

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 8-13) A great program for those 8-13 year olds 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.

Spring Session - March 28 to June 10 - (No class April 17 & May 28-30)

| <u>Class/Age</u> | <u>Day</u> | <u>Time</u> | <u>Weeks</u> | <u>Fee</u> |
|---------------------------|------------|----------------|--------------|------------|
| Pee Wee (5-7) | Thursday | 5:00-6:00 pm | 11 | \$319 |
| Pee Wee (5-7) | Saturday | 10:00-11:00 am | 9 | \$261 |
| Junior Development (8-13) | Sunday | 1:00-2:00 pm | 8 | \$232 |

Summer Session: June 11 to August 12 - (No class July 4)

| <u>Class/Age</u> | <u>Day</u> | <u>Time</u> | <u>Weeks</u> | <u>Fee</u> |
|---------------------------|------------|----------------|--------------|------------|
| Pee Wee (5-7) | Thursday | 4:30-5:30 pm | 9 | \$261 |
| Pee Wee (5-7) | Saturday | 10:00-11:00 am | 9 | \$261 |
| Junior Development (8-13) | Sunday | 1:00-2:00 pm | 9 | \$261 |

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>Class Week</u> | Fees: 1 day \$99, 1 week \$450, 2 weeks \$750 |
|-------------------|-------------------|--|
| June 13-17 | July 18-22 | |
| June 20-24 | July 25-29 | |
| June 27-July 1 | August 1-5 | |
| July 5-8 | August 8-12 | |
| July 11-15 | | |

Location: LifeSport Lincolnshire, 96 Elm Street, Lincolnshire

Youth Sports Summer 2022

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. Led by SportsKids.

| <u>Code</u> | <u>Age</u> | <u>Day</u> | <u>Wks</u> | <u>Dates</u> | <u>Time</u> | <u>Fee</u> |
|-------------|-------------|------------|------------|--------------|--------------|------------|
| S22TTM1 | 2-3 w/adult | Tues | 5 | 06/07-07/05 | 5:15-6:00 pm | \$39 |
| S22TTM1 | 2-3 w/adult | Tues | 5 | 07/12-08/09 | 5:15-6:00 pm | \$39 |

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

Mini Movers

We assist parents to guide their children through exploratory movement, large motor play and interactive activities. Through obstacle courses, balloons and paddles, ball skills, parachute time, creative exercises, free time play and sports games, children develop body awareness, build social skills and expand their imagination. This fun class will set the stage for an active, healthy lifestyle. 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> |
|-------------|-------------|------------|------------|--------------|-------------------|------------|
| S22MM1 | 2-3 w/adult | Sat | 5 | 06/04-07/09 | 11:15 am-12:00 pm | \$39 |
| S22MM2 | 2-3 w/adult | Sat | 5 | 07/16-08/13 | 11:15 am-12:00 pm | \$39 |

(No class 07/04)

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

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. 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> |
|-------------|------------|------------|------------|--------------|----------------|------------|
| S22MSM1 | 3-6 | Sat | 5 | 06/04-07/09 | 10:15-11:00 am | \$39 |
| S22MSM2 | 3-6 | Sat | 5 | 07/16-08/13 | 10:15-11:00 am | \$39 |

(No class 07/04)

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

Youth Sports Summer 2022

Little Blitzers Football

Nothing says outdoor fun like a good ol' game of football. Children will learn skills including throwing, hiking, offense/defense and flag pulling. We will play a variety of fun games to introduce kids to the sport of football. Equipment will be 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> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22LBF1 | 5-7 | Fri | 5 | 06/10-07/08 | 4:15-5:00 pm | \$39 |
| S22LBF2 | 5-7 | Fri | 5 | 07/15-08/12 | 4:15-5:00 pm | \$39 |

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

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 a 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> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22YA1 | 7-12 | Mon | 5 | 06/06-07/11 | 5:15-6:00 pm | \$45 |
| S22YA2 | 7-12 | Mon | 5 | 07/18-08/15 | 5:15-6:00 pm | \$45 |

(No class 07/04)

Location: Mundelein Community Park Athletic Fields, 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. The fee includes 1 child and 1 adult. 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> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S2FA1 | 6+ w/adult | Mon | 5 | 06/06-07/11 | 6:15-7:00 pm | \$65 |
| S2FA2 | 6+ w/adult | Mon | 5 | 07/18-08/15 | 6:15-7:00 pm | \$65 |

(No class 07/04)

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

Youth Sports Summer 2022

Volleyball Skills & Games

This program is a must for players of all skill levels trying to improve on the fundamentals or learn the game for the first time. We will assist players with their skills & knowledge of passing, serving, defense, setting, blocking and hitting. Players will also work on technique, set location, play sets, footwork and overall knowledge of the game. 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> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22VSG1 | 8-13 | Wed | 5 | 06/08-07/06 | 7:00-8:00 pm | \$55 |
| S22VSG2 | 8-13 | Wed | 5 | 07/13-08/10 | 7:00-8:00 pm | \$55 |

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

Flag Football Skills & Games

This youth football class is fun, age-appropriate and skill-packed! Players will learn sound fundamental offensive and defensive football skills like passing, catching, defensive positioning and football formations. 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> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22FF1 | 8-12 | Fri | 5 | 06/10-07/08 | 5:00-6:00 pm | \$55 |
| S22FF2 | 8-12 | Fri | 5 | 07/15-08/12 | 5:00-6:00 pm | \$55 |

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

Beginning Tumbling & Rhythmic Gymnastics

Learn the proper way to perform rolls, cartwheels, backbends, handstands, walkovers and other tumbling tricks. Youngsters also learn rhythmic gymnastics body elements, jumps, turns and leaps as well as techniques with apparatus like hoops, balls, ribbons and jump ropes. Kids improve flexibility, gain strength and develop coordination, all of which help them in any sport. This class is a great introduction to tumbling and it opens the door to gymnastics possibilities. 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> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22BTRG1 | 7-12 | Sat | 5 | 06/04-07/09 | 1:45-2:30 pm | \$39 |
| S22BTRG2 | 7-12 | Sat | 5 | 07/16-08/13 | 1:45-2:30 pm | \$39 |

(No class 07/2)

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

Adult Programs Spring 2022

Wildflower Walk

Spring Wildflower Walk

Learn about native wildflowers while enjoying the beauty of Reed-Turner Woodland Preserve in Long Grove. The diverse habitat of this Illinois nature preserve presents an opportunity to see a wide variety of blooms as we hike the trails. Dress for the weather, closed-toe shoes are recommended. This is a moderate hike that includes up and down trails and steps.

| <u>Code</u> | <u>Age</u> | <u>Day</u> | <u>Date</u> | <u>Time</u> |
|--------------------|-------------------|-------------------|--------------------|--------------------|
| S22-SWW | 16+ | Tues | May 3 | 1:00-2:30 pm |

**Please note: Space is limited, pre-registration is required. Max #15.

There is no charge for this program. Donations are welcome.

Location: Reed-Turner Woodland Nature Center, 3849 Old McHenry Road, Long Grove.

Senior Programs

Bingocize: Hybrid & In-Person. Bingocize is a fun way to exercise while playing a few rounds of bingo! This program meets twice a week; Mondays & Wednesdays @ 10:00 a.m., starting April 11 & 13. Location: Hawthorn Woods Aquatic Center, Main Activity Room, 94 Midlothian, Hawthorn Woods.

Name That Tune: Virtual. Let's play some music and guess the song (or just sing along)! Friday, April 22 @ 10:00 a.m.

Fireside with the Author: Virtual. Author Pat Spencer will return to give us a preview of her novel in progress! "Rise, Young Heart" is inspired by her mother's experience in the 1930s as an orphan at Sacred Heart Orphanage in Pueblo. Friday, April 22 @ 1:00 p.m.

Woodpeckers of Lake County: In-person. Our friends from Lake County Forest Preserves are back! We'll learn about woodpeckers that can be found around Lake County. Friday, April 29 @ 2:00 p.m. Location: Fremont Township, 22835 W. Route 60, Mundelein.

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 2022

Photography Classes

Photo 1 Digital SLR and Mirrorless Photography - Beginner:

You'll start with the basics to give you a good foundation. You'll learn about your camera modes, learn your aperture, shutter speed, depth of field, close-up flower photo, methods of focus and ISO then taking pictures in Manual Mode. At the end of this class, you will have an understanding of your camera and gear so you can use them to their fullest potential. No specific camera customization. Please look for Canon, Nikon, Sony specific classes to learn how to customize your camera in addition to specific controls and functions. NOTE: Participants must bring Mirrorless or digital SLR (removable lens). Min #2, Max #12.

| <u>Code</u> | <u>Age</u> | <u>Day</u> | <u>Wks</u> | <u>Dates</u> | <u>Time</u> | <u>Fee</u> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22PC1 | 16+ | Wed | 5 | 06/01-06/29 | 4:00-5:00 pm | \$90 |

Learning Your Compact Digital Camera (Point & Shoot) and Camera Phone Photography:

Are you still wondering about all the features of your newly purchased digital camera or iPhone? This class will teach you digital camera basics including pictures as pixels, memory, resolution, choosing your digital camera and exposure control. Soon you will be taking photos digitally and emailing them to friends and family as well as creating beautiful memories to come. NOTE: Participants must bring a digital camera with media card or camera phone. Min #2, Max #12.

| <u>Code</u> | <u>Age</u> | <u>Day</u> | <u>Wks</u> | <u>Dates</u> | <u>Time</u> | <u>Fee</u> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22PC2 | 16+ | Wed | 5 | 06/01-06/29 | 8:00-9:00 pm | \$90 |

Macro and Close-Up Photography:

Have you always wanted to get more detail in your flower or close-up pictures but struggle trying to accomplish it? Join our class to discuss and practice how to accomplish sharply focused flowers, bugs and other small objects. After learning focusing techniques, we will discuss how to control the lighting and exposure to really make your images pop. Explore new techniques to see the small world you will be taking photos of. Learn about different lenses and filters to help you accomplish your small world photography. NOTE: Participants must bring a DSLR or mirrorless camera to class including lenses. The use of a tripod is highly recommended for this class. Min #2, Max #12.

| <u>Code</u> | <u>Age</u> | <u>Day</u> | <u>Wks</u> | <u>Dates</u> | <u>Time</u> | <u>Fee</u> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22PC3 | 16+ | Wed | 5 | 07/06-08/03 | 4:00-5:00 pm | \$90 |

Low Light Composition:

This course introduces the creative side of photography. Topics include use of color, improving use of texture in the photo and lighting. Participants will have an opportunity to practice taking pictures during class. If you are looking to improve your picture taking skills, this is the one class you won't want to miss. NOTE: Participants must bring a digital camera to class. Min #2, Max #12.

| <u>Code</u> | <u>Age</u> | <u>Day</u> | <u>Wks</u> | <u>Dates</u> | <u>Time</u> | <u>Fee</u> |
|-------------|------------|------------|------------|--------------|--------------|------------|
| S22PC4 | 16+ | Wed | 5 | 07/06-08/03 | 8:00-9:00 pm | \$90 |

Instructor: Laurie Piton, Laurie Piton's Photo Classes

Location: Reed-Turner Woodland Nature Center, 3849 Old McHenry Road, Long Grove.

Adult Sports Spring/Summer 2022

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.

Cardio Tennis: Cardio tennis is a fun group activity and a great way for players to enjoy the game. In about an hour, you can get an amazing workout, socialize and enjoy tennis.

**** Make-up classes are not guaranteed and must be approved by a manager PRIOR to missing a class.****

Spring 2022 Session - March 7 to June 10

(No class 04/17, 05/28, 05/29, 05/30)

| <u>Class</u> | <u>Day</u> | <u>Time</u> | <u>Weeks</u> | <u>Fee</u> |
|-------------------------|------------|---------------|--------------|------------|
| Adult Instant Tennis | Monday | 9:00-10:00 am | 13 | \$377 |
| Adult Instant Tennis | Monday | 2:00-3:00 pm | 13 | \$377 |
| Adult Instant Tennis | Wednesday | 9:00-10:00 am | 14 | \$406 |
| Adult Instant Tennis | Friday | 9:00-10:00 am | 14 | \$406 |
| Adult Stroke Production | Sunday | 8:30-10:00 am | 11 | \$478 |
| Cardio Tennis | Thursday | 8:30-9:30 am | 14 | \$420 |

Summer 2022 Session - June 11 to August 12

(No class 07/04)

| <u>Class</u> | <u>Day</u> | <u>Time</u> | <u>Weeks</u> | <u>Fee</u> |
|-------------------------|------------|---------------|--------------|------------|
| Adult Instant Tennis | Monday | 9:30-10:30 am | 9 | \$261 |
| Adult Instant Tennis | Monday | 3:00-4:00 pm | 9 | \$261 |
| Adult Stroke Production | Sunday | 8:30-10:00 am | 9 | \$391 |

Location: LifeSport Lincolnshire, 96 Elm Street, Lincolnshire

Adult Sports Summer 2022

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> |
|-------------|------------|------------|--------------|--------------|---------------|------------|
| S22BP1 | 18+ | Wed | 5 | 06/08-07/06 | 9:30-10:30 am | \$55 |
| S22BP2 | 18+ | Thurs | 5 | 06/09-07/07 | 6:00-7:00 pm | \$55 |
| S22BP3 | 18+ | Wed | 5 | 07/13-08/10 | 9:30-10:30 am | \$55 |
| S22BP4 | 18+ | Thurs | 5 | 07/14-08/11 | 6:00-7:00 pm | \$55 |

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> |
|-------------|------------|------------|--------------|--------------|----------------|------------|
| S22ABP1 | 18+ | Wed | 5 | 06/08-07/06 | 10:30-11:30 am | \$55 |
| S22ABP2 | 18+ | Thurs | 5 | 06/09-07/07 | 7:00-8:00 pm | \$55 |
| S22ABP3 | 18+ | Wed | 5 | 07/13-08/10 | 10:30-11:30 am | \$55 |
| S22ABP4 | 18+ | Thurs | 5 | 07/14-08/11 | 7:00-8:00 pm | \$55 |

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