

OPEN BADMINTON

January 6-April 7



Fridays
7:30-10:30pm

Location: Grayslake Rec Center
Door Fee: \$6 Res/\$10 Non Res
OPEN AGES 16 YEARS AND UP
Please bring your own racket

GLPD WALKING CLUB

Age: 50 years & up

Walking is one of the most aerobic sports and is widely promoted for its cardiovascular benefits, improved circulation, stress release, calorie burning (weight loss) and overall boost to mental and physical energy levels, while improving your health and self-esteem. Participants can get an aerobic workout by simply putting one foot in front of the other. In this walking club, all participants will walk at their own pace in the Recreation Center Gym. Registration/Release Waiver Forms must be completed and turned into the participating facility coordinator. Participants are encouraged to seek the advice of their physician before beginning any exercise program.

The GLPD Walking Club is free to all walkers. This is available on Monday, Wednesday & Fridays beginning January 4th - April 14th from 11:45 - 12:45pm.

Please check the open gym schedule on the website at www.glpd.com for exact dates. Days and times are subject to change.

MEN'S WINTER BASKETBALL LEAGUES

Age: 18 years & up

Get your teams together and let's play some basketball! Teams will play a minimum 10 game season with a season ending tournament. IHSA rules will be used and all games will be officiated. Game times will vary each week. All teams interested in playing must send a representative. For more information, call Brice Walsh at (847) 223-7529 or email him at bwalsh@glpd.com (BW)

Players can register as an individual and we will put team(s) together based on the number of individuals registered. A minimum of 8 players must sign up as individuals to form a team.

Code:	League:	Fee:
730108A	Individual Competitive	\$80 Res. / \$95 Non.
730108B	Individual Recreational	\$80 Res. / \$95 Non.
730108C	Team Competitive	\$645 Res. / \$695 Non.
730108D	Team Recreational	\$645 Res. / \$695 Non.

Date:	Sunday, January 8 - April 2
No Games:	Superbowl Sunday
Time:	Between 1:00 - 8:00pm
Location:	Grayslake HS / Grayslake Middle School
Limit:	4 / 10 per division
Register By:	December 30

INDOOR CO-ED RECREATIONAL VOLLEYBALL LEAGUE

Age: 14 years & up

It's volleyball time, so get your teams together! We will play a minimum 8 game season with an end of year tournament. During the season, games will be officiated by your own teams. There will be an IHSA officiated referee for the playoff games. Each team must have two girls on court at all times for play. A maximum of 6 players on the court at a time. You are eligible to have more girls on the court than guys. League and days may vary, depending on interest. For more information, call Brice Walsh at (847) 223-7529 or email him at bwalsh@glpd.com

Code:	Date:
730100A	Saturday, January 7 - March 4

Location:	Recreation Center Gym
Time:	Game times vary each week between 12:00 - 6:00pm
Fee:	\$100 per team
Min / Max:	4 / 8 Teams
Register By:	Two weeks prior