

**SUMMER SOFTBALL LEAGUES****Age:** 18 years & up

Get the bats out, let's play ball! All games will be officiated using A.S.A. rules. A minimum 10 week season will be played including play-offs. Team awards will be given to the top finishing teams. Call Brice Walsh at (847) 223-7529 for more information or email him at [bwalsh@glpd.com](mailto:bwalsh@glpd.com) (BW)

**Date:** Games begin May 3rd & May 5th**Time:** Game times - 6:00, 7:00, 8:00 & 9:00pm**Location:** Alleghany Park - Fields 1 & 5**Team Fee:** \$525 Resident / \$595 Nonresident**Min / Max:** 4 / 8 per league**Register By:** April 26

<b>Code:</b>	<b>League:</b>	<b>Day:</b>
830105A	Men's 14" Mush	Wednesdays
830105B	Co-Rec 14" Mush	Fridays

**STAND UP PADDLE BOARD CLASS****Age:** 12 years & up

Stand Up Paddle boarding is one of the fastest-growing sports in the country, offering a great low-stress core workout. Gray's Lake is an ideal paddling spot, with calm waves and warm water and this basic skills class will get you up and paddling (literally!) in next to no time. We provide the board and paddle, you provide swimwear (or appropriate clothes for getting wet) and a sense of fun! This is a contractual program. (BW)

**Location:** Jones Island Beach**Fee:** \$69 Res. / \$85 Nonres.**Min / Max:** 5 / 12**Register By:** May 28 & July 2

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>
930103A	Sunday, June 4	3:00 - 5:00pm
930103B	Sunday, July 9	3:00 - 5:00pm

**BASIC KAYAK CLASS****Age:** 12 years & up

Our basic three-hour kayaking class will teach you what you need to know to take a kayak and get the maximum of SAFE enjoyment from the boat. We start with the basic elements (how to properly get into a kayak, the forward paddle stroke, steering techniques) and build out from there to include bracing techniques to help provide more stability on the water, and solo and partnered rescue techniques, so you know how to get back in the boat from the water. The class includes all equipment. This is a contractual program. (BW)

**Location:** Jones Island Beach**Fee:** \$99 Res. / \$119 Nonres.**Min / Max:** 5 / 12**Register By:** August 13

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>
930104A	Sunday, August 20	3:00 - 6:00pm

# OPEN BADMINTON

March 3rd- April 28th



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 February 22nd - April 14th from 11:45 - 12:45pm.**

**Please check the open gym schedule on the website at [www.glpd.com](http://www.glpd.com) for exact dates. Days and times are subject to change.**