



Ohana Martial Arts Academy
995 Progress Drive, Unit 104
Grayslake, 60030
www.ohanama.com

BULLY PROOF JIU-JITSU

Age: 7 - 13 years

In the Bully Proof program we don't just teach Jiu-Jitsu, we play Jiu-Jitsu. Using Martial Art related performance games, we teach children basic self-defense techniques while instilling the foundational principles of leverage and control. The Bully Proof program is designed to introduce children to the basic techniques and foundational principles of the "gentle art" of Jiu-Jitsu. We focus on a core set of non-aggressive self-defense techniques that teach children to "neutralize and negotiate" with the bullies. Our goal is to make the lessons fun so that the children want to keep coming back. **A \$55 uniform fee for new students will be collected at the first class.** This is a contractual program. **(BW)**

Location: Ohana Martial Arts Studio

Instructor: Chris Lund, Certified Brazilian Jiu-Jitsu Black Belt

Fee: Session A: \$58 Resident / \$73 Nonresident

Session B: \$69 Resident / \$86 Nonresident

Min / Max: 1 / 20

Register By: May 30 & July 18

Code:	Date:	Time:
940000A	Tues., June 6 - July 11 (No Class July 4)	6:15 - 7:00pm
940000B	Tues., July 25 - Aug. 29	6:15 - 7:00pm

INTRODUCTION TO BRAZILIAN JIU-JITSU

Age: 14 years and Up

Brazilian Jiu-Jitsu offers many personal benefits including stress-relief, a great full-body work out and confidence that transfers to other parts of your life. All the techniques in this program are purely defensive and utilize a less aggressive approach to personal safety. No experience is needed to begin. All classes are taught in a cooperative training environment and we are committed to ensuring that every new student has an enjoyable experience regardless of age or athletic ability. Beginning students are welcome. **A \$65 uniform fee for new students will be collected at the first class.** This is a contractual program. **(BW)**

Location: Ohana Martial Arts Studio

Instructor: Chris Lund, Certified Brazilian Jiu-Jitsu Black Belt

Fee: \$69 Resident / \$86 Nonresident

Min / Max: 1 / 20

Register By: May 31 & July 19

Code:	Date:	Time:
940001A	Wed., June 7 - July 12	7:15 - 8:15pm
940001B	Wed., July 26 - Aug. 30	7:15 - 8:15pm

Lions Martial Arts Academy

www.lionsmartialarts.com

KIDS MARTIAL ARTS

Age: 4 - 6 years

This class is a blend of traditional and modern martial arts. For the beginning student, we focus on basic kicks, self-defense and bully prevention. Includes cardiovascular workout and stretching routines. We mix in great fast muscle and coordination drills that build balance and coordination. Belt testing is conducted at the end of each session. This is a contractual program. **(BW)**

Location: Lions Martial Arts Studio, 155 Wick St.

Fee: \$65 Resident / \$81 Nonresident

Min / Max: 1 / 20

Register By: June 20 & Aug. 15

Code:	Date:	Time:
940002A	Tues & Thurs., June 27 - Aug. 8 (No Class July 4)	4:30 - 5:00pm
940002B	Tues & Thurs., Aug. 22 - Sept. 28	4:30 - 5:00pm

YOUTH MARTIAL ARTS

Age: 7 - 11 years

For the beginning student, we focus on basic kicks, self-defense and bully prevention. Includes cardiovascular workout and stretching routines. We mix in great fast paced drills and modern performance style martial arts. Belt testing is conducted at the end of each session. This is a contractual program. **(BW)**

Location: Lions Martial Arts Studio, 155 Wick St.

Fee: \$75 Resident / \$93 Nonresident

Min / Max: 1 / 20

Register By: June 20 & Aug. 15

Code:	Date:	Time:
940003A	Tues & Thurs., June 27 - Aug. 8 (No Class July 4)	6:00 - 6:45pm
940003B	Tues & Thurs., Aug. 22 - Sept. 28	6:00 - 6:45pm

AIKIDO

Age: 15 years & up

This introductory class focuses on blending with an attacker's motion, rather than collide with it. Aikido is an art that develops strong core centering and unmatched fluidity through simple movements. We train in a traditional Japanese environment that is safe and fun for adults. This is a contractual program. **(BW)**

Location: Lions Martial Arts Studio, 155 Wick St.

Fee: \$45 Resident / \$57 Nonresident

Min / Max: 1 / 20

Register By: June 21 & Aug. 16

Code:	Date:	Time:
940004A	Wed., June 28 - Aug. 2	7:00 - 7:40pm
940004B	Wed., Aug. 23 - Sept. 27	7:00 - 7:40pm

Taekwondo, one of the newest Olympic sports, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self-esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of G.Master Ki Hong Kim* (9th Dan World Taekwondo Federation.) A \$45.00 uniform fee is required at the first class. Belt testing is offered through The KH Kim Taekwondo, at an additional fee, and is held twice a year. All colored-belt students are required to have complete sparring gears. **Refunds are not allowed after the second week of class. (BW)**

Little Dragons

This introductory class is designed to captivate the interest of our youngest students ages 4 - 5 years old. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training.

Early Taekwondo

Designed especially for the younger children of 6 - 7 years, this program helps kids develop conditioning, coordination, listening skill, and self-confidence through creative activities.

Youth Taekwondo

This program is for ages 8 - 13 years and includes a balanced cardiovascular workout, including: punching, kicking, and blocking skills, using the Taekwondo tradition, and self-control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline.

Parent/Child Taekwondo

This class provides families (7 years & up) with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Taekwondo techniques, including punching, kicking, and blocking.

Adult Taekwondo

Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms, stances, and the skills of punching, kicking, and blocking. This is a great program for those looking to maintain and improve their physical fitness.



Date: Tuesday, June 13 - August 22 (10 weeks)
(No Class July 4)
Location: Libertyville Sports Complex
 1950 N. US 45 Libertyville, IL 60048
Fee: \$120 per person
Instructor: KH Kim Taekwondo Staff

Code:	Course:	Level:	Time:	Min / Max:
940005A	Little Dragons	White to Green	4:00 - 4:40pm	2 / 8
940005B	Little Dragons	Purple & up	4:40 - 5:25pm	2 / 8
940005C	Early Taekwondo	Purple & up	4:40 - 5:25pm	2 / 10
940005D	Early Taekwondo	White to Green	5:25 - 6:10pm	2 / 10
940005E	Youth Taekwondo	White to Green	6:10 - 6:55pm	2 / 10
940005F	Youth Taekwondo	Purple & up	6:55 - 7:40pm	2 / 10
940005G	Parent / Child	All Belt	7:40 - 8:30pm	2 / 10
940005H	Adult Taekwondo	All Belt	7:40 - 8:30pm	2 / 10



For more information or any questions please call Marianne Puthenmadom, Program Director at KH Kim Taekwondo.
 khkimpark@gmail.com
 (847) 480-9224

SHOTOKAN KARATE

Join the program that has so much to offer - develop coordination, strength, personal safety skills, agility, self-confidence, discipline and more. This is a great program for adults to participate along side their child(ren). Taught by Illinois Shotokan Karate Club (ISKC) instructors that were trained by U.S. Team member and four-time National Champion, John DiPasquale. This program packs the right stuff - opportunities for beginners to advanced. If you have a specific karate question, contact ISKC at (847) 359-0666. **(BW)**

Uniforms and belt testing options are available through the ISKC for an additional fee. Students new to the program or who have taken one or two sessions, sign up for the Beginner/Continuer class.

Note: Parent/Child, Adult and Youth classes will train together.

Pre-Karate (4 - 7 years)

Young children will develop agility, strength and coordination skills through fun and creative activities. This program, specifically designed to work with growing minds and bodies, enhances memory and agility skills, too.

Youth / Adult Karate (7yrs & up)

These classes help develop flexibility, strength, and coordination in fun, yet disciplined activities. It offers a good mix of strength training, with cardiovascular and flexibility exercises. Students increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules.

Parent/Child (7 years & up)

An excellent opportunity to spend quality time with your child, while conditioning muscles, developing coordination, and improving cardiovascular fitness.

***Fees are per person.**

MONDAYS

Date: June 19 - August 28

Location: Rec Center, 240 Commerce Dr., Grayslake

Fee: \$110 Res. / \$137 Nonres.

Pre-Karate (4 - 7 years)

Code:	Level:	Time:
940006A	Beginner / Continuer	4:00 - 4:45pm
940006B	Novice (white w/stripes & up)	4:50 - 5:35pm

Youth/Adult Karate (7 yrs. & up)

Code:	Level:	Time:
940007A	Beginner / Continuer (white-red belts)	6:00 - 6:55pm
940007B	Novice (Orange & Yellow Belt)	7:00 - 7:55pm
940007C	Inter / Adv. (Blue belt & up)	8:00 - 8:55pm

Parent/Child Karate (7 yrs. & up)

Code:	Level:	Time:
940008A	Beginner / Continuer (white-red belts)	6:00 - 6:55pm
940008B	Novice (Orange & Yellow Belt)	7:00 - 7:55pm
940008C	Inter / Adv. (Blue belt & up)	8:00 - 8:55pm

FRIDAYS

Date: June 16 - August 25

Location: FitNation, 1655 Nations Drive, Gurnee

Fee: \$110 Res. / \$137 Nonres.

Pre-Karate (4 - 7 years)

Code:	Level:	Time:
940006C	Beginner / Continuer	4:30 - 5:15pm
940006D	Novice (3 or more prior sess.)	5:15 - 6:00pm

Youth Karate (8 - 14 years)

Code:	Level:	Time:
940007D	Beginner / Continuer (white-orange)	6:00 - 6:55pm
940007E	Novice (yellow - green belts)	7:00 - 7:55pm
940007F	Inter / Adv. (Purple belt & up)	8:00 - 8:55pm

Parent/Child Karate (7 yrs. & up)

Code:	Level:	Time:
940008D	Beginner / Continuer (white-orange)	6:00 - 6:55pm
940008E	Novice (yellow - green belts)	7:00 - 7:55pm
940008F	Inter / Adv. (Purple belt & up)	8:00 - 8:55pm

Adult Karate (15 yrs. & up)

Code:	Level:	Time:
940009A	Beginner / Continuer (white-orange)	6:00 - 6:55pm
940009B	Novice (yellow - green belts)	7:00 - 7:55pm
940009C	Inter / Adv. (Purple belt & up)	8:00 - 8:55pm

Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but full payment is required.



KIDS BOXING

Age: 6 - 15 years, Boys & Girls

Join this fun class and learn a new sport. This class will teach your child the basic fundamentals of boxing using proper form and technique in an exciting and safe environment. The instructor will use fun games and non-contact exercises on different types of bags and in the ring to teach your child that this sport is not only fun but great exercise as well. Grab a friend and try something new this winter. Equipment will be provided. This is a contractual program.

Location: Conquer Boxing Gym-Libertyville Sports Complex
Fee: \$99.00 per person
Register By: June 12

Code:	Date:	Time:
970027A	Mon & Wed., June 19 - July 26	5:00 - 6:00pm
970027B	Tues & Thurs., June 20 - Aug. 1	5:00 - 6:00pm
(No Class July 4)		

SPEED & AGILITY / SPORTS CONDITIONING

Age: 12 - 18 years, Boys & Girls

This class is specifically for teens who want to improve their game by getting faster, stronger, and tougher by improving their endurance, agility, balance and power. This program will help with reaction time, running mechanics, injury prevention, strength, power, explosiveness and speed. This is a contractual program.

Location: Conquer Boxing Gym-Libertyville Sports Complex
Fee: \$149.00 per person
Register By: June 12

Code:	Date:	Time:
970028A	Mon & Wed., June 19 - July 26	6:00 - 7:00pm

FIGHT CLUB FOR LADIES

Age: 16 years - adults

Total body workout specifically designed for women. Focus will be on those hard to tone areas including abs, butt, legs and arms in an intense 45-minute cardio / resistance workout using a variety of boxing moves and different types of bags. Taught by professional boxer Ryan Hill. Get your friends together and spend every Friday with us! This is a contractual program.

Location: Conquer Boxing Gym-Libertyville Sports Complex
Fee: \$49.00 per person
Register By: June 16

Code:	Date:	Time:
970029A	Friday, June 23 - July 28	5:00 - 5:45pm

GYMNASTICS FACTORY CLASSES

888 E. Belvidere Rd. - Suite 202
 Grayslake, 60030
 (847) 223-1555
www.thegymnasticsfactory.com

Programs teach skills to various age levels. Participants from other Park Districts may be added with an actual class maximum of 10 kids. The staff to participants ratio is 1:10. Children must be the appropriate age by the first day of class. **Contracted through the Gymnastics Factory whose coaches are U.S.G.A. Safety Certified.**

Moms & Minis (12 mos.-3 yrs.) You and your toddler will play on the mats and work on your child's physical coordination.

Code:	Date:	Time:	Res/NR Fee:
940010A	Wed., 5/31 - 7/19	10:00 - 10:40am	\$96 / \$110
940010B	Wed., 7/26 - 9/13	10:00 - 10:40am	\$96 / \$110

Pee Wee Gymnastics (3-4 yrs.) Children develop large motor skills using various pieces of equipment like balls, planks, beams, trampoline and the bars.

Code:	Date:	Time:	Res/NR Fee:
940011A	Fri., 6/2 - 7/21	9:30 - 10:20am	\$96 / \$110
940011B	Fri., 7/28 - 9/15	9:30 - 10:20am	\$96 / \$110

Tiny Tot Gymnastics (4-5 yrs.) Children develop large motor skills using various pieces of equipment like balls, planks, beams, trampoline and the bars.

Code:	Date:	Time:	Res/NR Fee:
940012A	Fri., 6/2 - 7/21	10:30 - 11:20am	\$96 / \$110
940012B	Fri., 7/28 - 9/15	10:30 - 11:20am	\$96 / \$110

Youth Girls Gymnastics (6-8 yrs. & 9-12 yrs.) Students learn the basic skills to become good at gymnastics such as tumbling, trampoline, bars, beam and the pit.

Code:	Date:	Time:	Res/NR Fee:
940013A	Fri., 6/2 - 7/21	4:00 - 5:00pm	\$101 / \$115
940013B	Fri., 6/2 - 7/21	5:00 - 6:00pm	\$101 / \$115
940013C	Fri., 7/28 - 9/15	4:00 - 5:00pm	\$101 / \$115
940013D	Fri., 7/28 - 9/15	5:00 - 6:00pm	\$101 / \$115

Youth Boys Gymnastics (6-12 yrs.) Students learn the basic skills to become good at gymnastics such as tumbling, trampoline, bars, beam and the pit.

Code:	Date:	Time:	Res/NR Fee:
940014A	Thur., 6/1 - 7/20	4:00 - 5:00pm	\$101 / \$115
940014B	Thur., 7/27 - 9/14	4:00 - 5:00pm	\$101 / \$115

Cheerleading Tumbling (8-12 yrs.) Cheerleaders will learn back handsprings, leaps and body positions for safe cheerleading techniques.

Code:	Date:	Time:	Res/NR Fee:
940015A	Mon., 6/5 - 7/17	5:00 - 6:00pm	\$91 / \$105
940015B	Mon., 7/24 - 9/18	5:00 - 6:00pm	\$104 / \$118
(No Class Sept. 4)			