



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: \$69 Res. / \$86 Nonres.
Min / Max: 1 / 20
Register By: Aug. 31 & Oct. 19

Code:	Date:	Time:
140000A	Thurs., Sept. 7 - Oct. 12	6:15 - 7:00pm
140000B	Thurs., Oct. 26 - Dec. 7	6:15 - 7:00pm

(No Class Nov. 23)

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 Res. / \$86 Nonres.
Min / Max: 1 / 20
Register By: Sept. 41 & Oct. 16

Code:	Date:	Time:
140001A	Mon., Sept. 11 - Oct. 16	7:15 - 8:15pm
140001B	Mon., Oct. 23 - Dec. 4	7:15 - 8:15pm

Lions Martial Arts Academy
 www.lionsmartialarts.com

BEGINNING MARTIAL ARTS

Age: 4 years - Adults

This class is a blend of traditional and modern martial arts. It focuses 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: Session 1: \$75 Res. / \$93 Nonres.
 Session 2: \$67 Res. / \$85 Nonres.
Min / Max: 1 / 20
Register By: Sept. 26 & Oct. 31

Code:	Date:	Time:
140002A (4-7 yrs)	T & TH, Oct. 3 - Nov. 2	5:00 - 5:45pm
140002B (8-13 yrs)	T & TH, Oct. 3 - Nov. 2	6:00 - 6:45pm
140002C (14 & up)	T & TH, Oct. 3 - Nov. 2	7:00 - 7:45pm
140002D (4-7 yrs)	T & TH, Nov. 7 - Dec. 7	5:00 - 5:45pm
140002E (8-13 yrs)	T & TH, Nov. 7 - Dec. 7	6:00 - 6:45pm
140002F (14 & up)	T & TH, Nov. 7 - Dec. 7	7:00 - 7:45pm

(No Class Nov. 23)

INTRO TO KICKBOXING

Age: 11 years & up

This is a mix of cardio kick boxing and sport karate that provides a high energy, stress reducing fun workout. Be inspired by all the latest music mixes. This is a contractual program.

Location: Lions Martial Arts Studio, 155 Wick St.
Fee: \$95 Res. / \$118 Nonres.
Min / Max: 1 / 20
Register By: Sept. 1

Code:	Date:	Time:
140027A	Friday, Sept. 8 - Nov. 10	7:00 - 7:45pm

AIKIDO

Age: 12 years & up

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 Res. / \$57 Nonres.
Min / Max: 1 / 20
Register By: Sept. 27 & Nov. 1

Code:	Date:	Time:
140004A	Wed., Oct. 4 - Nov. 1	7:00 - 7:45pm
140004B	Wed., Nov. 8 - Dec. 6	7:00 - 7:45pm

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, Sept. 5 - Dec. 19 (16 weeks)
Location: Libertyville Sports Complex
 1950 N. US 45 Libertyville, IL 60048
Fee: \$192 per person
Instructor: KH Kim Taekwondo Staff

Code:	Course:	Level:	Time:	Min / Max:
140005A	Little Dragons	White to Green	4:00 - 4:40pm	2 / 8
140005B	Little Dragons	Purple & up	4:40 - 5:25pm	2 / 8
140005C	Early Taekwondo	Purple & up	4:40 - 5:25pm	2 / 10
140005D	Early Taekwondo	White to Green	5:25 - 6:10pm	2 / 10
140005E	Youth Taekwondo	White to Green	6:10 - 6:55pm	2 / 10
140005F	Youth Taekwondo	Purple & up	6:55 - 7:40pm	2 / 10
140005G	Parent / Child	All Belt	7:40 - 8:30pm	2 / 10
140005H	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: Sept. 11 - Dec. 18

Location: Rec Center, 240 Commerce Dr., Grayslake

Fee: \$150 Res. / \$185 Nonres.

Pre-Karate (4 - 7 years)

Code:	Level:	Time:
140006A	Beginner / Continuer	4:00 - 4:45pm
140006B	Novice (white w/stripes & up)	4:50 - 5:35pm

Youth/Adult Karate (7 yrs. & up)

Code:	Level:	Time:
140007A	Beginner / Continuer (white-red belts)	6:00 - 6:55pm
140007B	Novice (Orange & Yellow Belt)	7:00 - 7:55pm
140007C	Inter / Adv. (Blue belt & up)	8:00 - 8:55pm

Parent/Child Karate (7 yrs. & up)

Code:	Level:	Time:
140008A	Beginner / Continuer (white-red belts)	6:00 - 6:55pm
140008B	Novice (Orange & Yellow Belt)	7:00 - 7:55pm
140008C	Inter / Adv. (Blue belt & up)	8:00 - 8:55pm

FRIDAYS

Date: Sept. 8 - Dec. 15 **(No Class Nov. 24)**

Location: FitNation, 1655 Nations Drive, Gurnee

Fee: \$140 Res. / \$175 Nonres.

Pre-Karate (4 - 7 years)

Code:	Level:	Time:
140006C	Beginner / Continuer	4:30 - 5:15pm
140006D	Novice (3 or more prior sess.)	5:15 - 6:00pm

Youth Karate (8 - 14 years)

Code:	Level:	Time:
140007D	Beginner / Continuer (white-orange)	6:00 - 6:55pm
140007E	Novice (yellow - green belts)	7:00 - 7:55pm
140007F	Inter / Adv. (Purple belt & up)	8:00 - 8:55pm

Parent/Child Karate (7 yrs. & up)

Code:	Level:	Time:
140008D	Beginner / Continuer (white-orange)	6:00 - 6:55pm
140008E	Novice (yellow - green belts)	7:00 - 7:55pm
140008F	Inter / Adv. (Purple belt & up)	8:00 - 8:55pm

Adult Karate (15 yrs. & up)

Code:	Level:	Time:
140009A	Beginner / Continuer (white-orange)	6:00 - 6:55pm
140009B	Novice (yellow - green belts)	7:00 - 7:55pm
140009C	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: Sept. 4

Code:	Date:	Time:
170027A	Mon & Wed., Sept. 11 - Oct. 18	5:00 - 6:00pm
170027B	Tues & Thurs., Sept. 12 - Oct. 19	5:00 - 6:00pm

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: Sept. 4

Code:	Date:	Time:
170028A	Mon & Wed., Sept. 11 - Oct. 18	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: Sept. 8

Code:	Date:	Time:
170029A	Friday, Sept. 15 - Oct. 20	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:
140010A	Wed., 9/20 - 11/22	10:00 - 10:40am	\$120 / \$150

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:
140011A	Fri., 9/22 - 11/24	9:30 - 10:20am	\$120 / \$150

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:
140012A	Fri., 9/22 - 11/24	10:30 - 11:20am	\$125 / \$156

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:
140013A	Fri., 9/22 - 11/24	4:00 - 5:00pm	\$125 / \$156
140013B	Fri., 9/22 - 11/24	5:00 - 6:00pm	\$125 / \$156

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:
140014A	Thur., 9/21 - 11/16	4:00 - 5:00pm	\$125 / \$156

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

Code:	Date:	Time:	Res/NR Fee:
140015A	Mon., 9/18 - 11/20	5:00 - 6:00pm	\$125 / \$156