

# ADULT / TEEN ATHLETICS

## CO-REC SOCCER LEAGUE

**Age: 18 years & up**

This is a great pickup league for adults 18 years and older! This 8-game season will be played on Sundays at Alleghany Park. Registration is accepted on a team basis. Schedules and rules will be posted one week prior to the first game at: [www.glpd.com/adult-soccer](http://www.glpd.com/adult-soccer). (BW)

Code:	Day:	Date:	Time:	Team Fee:
430101A	Su	June 10-Aug. 12	Afternoons	\$310/\$360
<b>No Games: July 1</b>			(time varies)	

**Location:** Alleghany Park  
**Min / Max:** 24 / 48  
**Register By:** June 1

## 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. Grayslake 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 the swimwear (or appropriate clothes for getting wet) and a sense of fun! This is a contractual program. (BW)

Code:	Day:	Date:	Time:	Fee (R/NR):
430103A	Su	June 3	3-5pm	\$69/\$85
430103B	Su	July 8	3-5pm	\$69/\$85

**Location:** Jones Island Beach  
**Min / Max:** 5 / 12  
**Register By:** May 27 & July 1

## BASIC KAYAK CLASS

**Age: 12 years & up**

This 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)

Code:	Day:	Date:	Time:	Fee (R/NR):
430104A	Su	Aug. 19	3-6pm	\$99/\$119

**Location:** Jones Island Beach  
**Min / Max:** 6 / 12  
**Register By:** Aug. 12



## CO-ED SAND VOLLEYBALL LEAGUE

**Age: 18 years & up**

It's summer, which means it's time for sand volleyball! Grab your volleyballs and get your teams together. Play a minimum 8-game season with a play-off tournament. Teams will officiate their own matches. League and days may vary, depending on interest. If you have any questions, please contact Brice Walsh at (847) 223-7529 or [bwalsh@glpd.com](mailto:bwalsh@glpd.com). (BW)

Code:	Day:	Date:	Time:	Team Fee:
430100A	F	June 15-Aug. 17	Evenings	\$50/\$70
			(time varies)	

**Location:** Jones Island Beach  
**Min / Max:** 4 / 10 teams  
**Register By:** June 4

## FALL 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 8-week season will be played including play-offs (extra weeks built in for rain makeup dates). Team awards will be given to the top finishing teams. For more information, please contact Brice Walsh at (847) 223-7529 or [bwalsh@glpd.com](mailto:bwalsh@glpd.com). (BW)

### Men's 14" Mush

Code:	Day:	Date:	Game Times:	Team Fee:
630107A	W	Aug. 8- Oct. 31	6pm, 7pm, 8pm & 9pm *	\$450 R/ \$500 NR

### Co-Rec 14" Mush

Code:	Day:	Date:	Game Times:	Team Fee:
630107B	F	Aug. 10- Nov. 2	6pm, 7pm, 8pm & 9pm *	\$450 R/ \$500 NR

\* Game times pending number of teams

**Location:** Alleghany Park, Fields 1 & 5  
**Min / Max:** 4 / 8 teams per league  
**Register By:** Aug. 1