

MINI NINJA WARRIORS

Age: 4 - 8 years, girls & boys

Mini Ninja Warriors leap, hop, skip, run your way through obstacles and put your Ninja skills to the test. This fun movement based class will challenge your Ninja to maneuver over and under objects. This is a contractual program. (TP)



Code:	Day:	Date:	Time:	Fee (R/NR):
630054A	W	Sept. 19-Oct. 24	3:30-4:15pm	\$63/\$79
630054B	W	Nov. 7-Dec. 19 (No class: Nov. 21)	3:30-4:15pm	\$63/\$79

Location: Recreation Center Gym
Min / Max: 8 / 20
Register By: Sept. 12 & Nov. 1

NERF ELITE BATTLE

Age: 4 - 12 years, girls & boys

Play many different Nerf Elite battle games each week, including an all-out battle. Experience this classic basement game in an arena style team game. All guns, ammo, and eye protection are provided. You can bring your own gun or eye wear if you want. There is a different theme every week. The first class is a school color's theme. This is a contractual program. (TP)



Code:	Day:	Date:	Time:	Fee (R/NR):
630053A	W	Sept. 19-Oct. 24	4:30-5:30pm	\$84/\$105
630053B	W	Nov. 7-Dec. 19 (No class: Nov. 21)	4:30-5:30pm	\$84/\$105

Location: Recreation Center Gym
Min / Max: 8 / 20
Register By: Sept. 12 & Nov. 1

ULTIMATE FRISBEE

Age: 10 - 14 years, girls & boys

Ultimate Frisbee combines all the best elements of Soccer, American Football, Basketball and tossing a Frisbee. "Ultimate" is a fun, competitive, and easy-to-learn game – and a good workout, too! All you need is a Frisbee, a field and some friends! This class will focus on the basics of throwing and catching the Frisbee, teaching the rules of the game, and playing some games of Ultimate! Please bring a water bottle and dress for the weather. (BW)

Code:	Day:	Date:	Time:	Fee (R/NR):
430033E	M/Tu/Th	Aug. 6-9	6-7:30pm	\$30/\$38
430033F	M/Tu/Th	Aug. 20-23	6-7:30pm	\$30/\$38

Location: Central Park Football Field
Min / Max: 8 / 28
Register By: July 31 & Aug. 13

ULTIMATE NERF TAG

Age: 6 - 13 years, girls & boys

Experience the awesome game of tag... street zone style! All equipment is provided. Please wear comfortable clothes and gym shoes and bring water. In the event of bad weather, please call the Grayslake Park District weather line at (847) 223-7246 for cancellations. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
630000A	Sa	Oct. 27	4-5:30pm	\$3/\$5
630000B	Sa	Nov. 17	4-5:30pm	\$3/\$5

Location: Recreation Center Gym
Min / Max: 12 / 36
Register By: Oct. 20 & Nov. 10

ULTIMATE NERF TAG - FAMILY STYLE!

Age: 6 & up, girls & boys

The whole family can experience the awesome game of tag... street zone style! Everyone 6 years old and up is invited to participate in a fun afternoon of nerf tag. All equipment is provided. Please wear comfortable clothes and gym shoes and bring water. In the event of bad weather, please call the Grayslake Park District weather line at (847) 223-7246 for cancellations. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
630000C	Sa	Dec. 8	4-5:30pm	\$3/\$5

Location: Recreation Center Gym
Min / Max: 12 / 36
Register By: Dec. 1

START SMART GOLF

Age: 4 - 9 years, girls & boys

Start Smart Golf teaches children the basic skills necessary to play golf. Utilizing the innovative line of Snag Golf Products, even children who have never picked up a club will discover how to play golf with fun activities and exciting equipment that is safe and developmentally appropriate. Start Smart Golf encourages children to learn at their own pace, while an instructor oversees and assists each child with the program.

This class will be held at the Grayslake Golf Course at 2150 Drury Lane. This is a drop off program. Parents/siblings can wait in the clubhouse, but will not be permitted on the golf course. (TP)

Age:	Code:	Day:	Date:	Time:	Fee (R/NR):
4-6 yrs	630002A	F	Sept. 14- Oct. 19	3:30-4:15pm	\$55/\$69
7-9 yrs	630002B	F	Sept. 14- Oct. 19	4:30-5:15pm	\$55/\$69

Location: Grayslake Golf Course
Min / Max: 8 / 12
Register By: Sept. 7



ZUMBA KIDS CLASS

Age: 4 - 10 years, girls & boys

Zumba Kids classes are rockin' high-energy parties packed with kid friendly routines based on original Zumba choreography. We break down the steps, add games and activities into a class structure. By making fitness fun, Zumba Kids allows kids to jam out. No class Oct. 31 or Nov. 21. (TP)

Age:	Code:	Day:	Date:	Time:
4-6 yrs	670003A	W	Oct. 10-Nov. 28	4:30-5:15pm
7-10 yrs	670003B	W	Oct. 10-Nov. 28	5:30-6:15pm

Fee: \$78 R / \$97 NR
Location: Recreation Center Multi-Purpose Rooms
Min / Max: 6 / 20
Register By: Oct. 3



NEW! MOM & ME ZUMBA CLASS

Age: 4 - 10 years with adult

Let's dance with our little ones! This fun class is designed for moms and their little guy or girl to let loose, have fun and dance to special songs, and get a great workout all in one class. Both Moms and kids need to register. This is a contractual program. (TP)

Age:	Code:	Day:	Date:	Time:	Fee (R/NR):
Moms	670022A	Sa	Sept. 22	9:30-10:15am	\$10/\$13
4-10 yrs	670022B	Sa	Sept. 22	9:30-10:15am	\$5/\$7
Moms	670022C	Sa	Oct. 6	9:30-10:15am	\$10/\$13
4-10 yrs	670022D	Sa	Oct. 6	9:30-10:15am	\$5/\$7

Location: Recreation Center Multi-Purpose Rooms
Min / Max: 6 / 20
Register By: Sept. 15 & Sept. 29

MOTHER/DAUGHTER YOGA

Age: 6 years & up, girls, with adult

Mothers and daughters have a unique relationship. Yoga can help balance and strengthen that relationship through positive communication and trust. Enjoy time together in individual and partner poses, breathing, and laughing. No yoga experience is necessary. Please bring a water bottle, yoga mat, and towel to class. Please, no more than two children per parent. (TP)

Age:	Code:	Day:	Date:	Time:	Fee (R/NR):
Parent	600009A	Sa	Sept. 22	11am-12pm	\$10/\$13
6-17 yrs	600009B	Sa	Sept. 22	11am-12pm	\$5/\$7

Location: Recreation Center Multi-Purpose Rooms
Min / Max: 8 / 30
Register By: Sept. 15

PARENT/CHILD YOGA

Age: 6 years & up with adult

Enjoy quality time together in individual and partner poses, breathing and laughing in this fun yoga class! No yoga experience is necessary. Please bring a water bottle, yoga mat, and towel to class. Please, no more than two children per parent. Both parents and children must register. (TP)

Age:	Code:	Day:	Date:	Time:	Fee (R/NR):
Parent	600008A	Sa	Oct. 6	11am-12pm	\$10/\$13
6-17 yrs	600008B	Sa	Oct. 6	11am-12pm	\$5/\$7

Location: Recreation Center Multi-Purpose Rooms
Min / Max: 8 / 30
Register By: Sept. 29

NEW! PARENT/CHILD PILATES CLASS

Age: 4 - 12 years with adult

The cutest class to get in shape while bonding and connecting with your child. Share healthy habits during a unique exercise routine designed for the whole family. Class will involve Pilates suitable for the expanding age ranges to build strength, muscle tone, coordination, flexibility and improve posture and self-awareness. (TP)

Age:	Code:	Day:	Date:	Time:	Fee (R/NR):
Parent	670033A	F	Sept. 28	5:15-6:15pm	\$10/\$13
4-12 yrs	670033A	F	Sept. 28	5:15-6:15pm	\$5/\$7

Location: Recreation Center Multi-Purpose Rooms
Min / Max: 8 / 20
Register By: Sept. 21

Psst... there are more Zumba classes for adults!
 Turn to page 40 for details.



AFTER SCHOOL SPORTS MANIA

Age: 5 - 10 years, girls & boys

Join us to play a variety of sports in a fun setting! This class provides an introduction to athletics by covering a new sport each week. Basic rules and skills are covered for badminton, basketball, dodgeball, football, baseball, floor hockey, soccer, spike ball, volleyball, and more. Games are held indoors or outdoors depending on weather. Space is limited, so please register early! Students will meet in the gym when school is dismissed. Late pick ups will be charged \$10 for every 15 minutes. (TP)

Min / Max: 10 / 30

Register By: One week prior

MEADOWVIEW SCHOOL

Code:	Day:	Date:	Time:	Fee:
630012A	M	Sept. 10-Dec. 17 (No class: Oct. 8 or Nov. 19)	2:15-3:45pm	\$156

WOODVIEW SCHOOL

Code:	Day:	Date:	Time:	Fee:
630012B	Tu	Sept. 11-Dec. 18 (No class: Nov. 20)	2:15-3:45pm	\$168

PRAIRIEVIEW SCHOOL

Code:	Day:	Date:	Time:	Fee:
630012C	Th	Sept. 13-Dec. 20 (No class: Oct. 18 or Nov. 22)	2:15-3:45pm	\$156



FIT KIDS BY A3 PERFORMANCE

Age: 6 - 12 years, girls & boys

Fit Kids program by A3 Performance is designed, programmed and coached to give kids a positive attitude towards fitness while also developing the disciplines and rewards of a healthy lifestyle. We take the natural energy of young kids and direct it towards fitness and athletic movements, while guiding them to move their bodies safely. (TP)

Code:	Day:	Date:	Time:	Fee:
670006A	Tu/Th	Sept. 11-Oct. 4	4:30-5:30pm	\$72
670006B	Tu/Th	Oct. 16-Nov. 8	4:30-5:30pm	\$72
670006C	Tu/Th	Nov. 27-Dec. 20	4:30-5:30pm	\$72

Location: A3 Performance, 1033 Progress Drive

Min / Max: 8 / 15

Register By: One week prior

T-BALL SKILLS CLINIC

Age: 4 - 6 years, girls & boys

This introductory t-ball program is perfect for the child who wants to have fun, make new friends and be introduced to baseball. Participants enjoy learning the skills needed to play baseball including offense and defense, as well as the rules and philosophies of the game. The program emphasizes teamwork over competition. All you need to bring is a glove and sports attire. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
602077A	Sa	Sept. 8-Oct. 13	9-9:45am	\$63/\$79

Location: Alleghany Park, Softball Field 6

Min / Max: 8 / 20

Register By: Sept. 1

BASEBALL 101

Age: 7 - 13 years, girls & boys

This beginner's baseball class gives players a full introduction to the great sport of baseball. Players are instructed on all aspects of the game in a fun and learning environment. This program teaches the fundamentals of stretching, base running, throwing and catching, hitting off a tee and from live pitching, playing various positions in the field, game play and strategy, and at home practice tips. Participants should bring their own bats and gloves. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
630047A	Sa	Sept. 8-Oct. 13	10-11am	\$84/\$105

Location: Alleghany Park, Baseball Field 6

Min / Max: 8 / 20

Register By: Sept. 1

SOFTBALL SKILLS CLINIC LEVEL 1 & II

Age: 5 - 13 years, girls & boys

This class is a complete introduction for the beginning softball star. Learn about the bases, field positions, and defensive mechanics while gaining skills in throwing and hitting. Live games are played every day with instructor pitching. Players will use 11" softie or indoor softball. Softball glove is required. This is a contractual program. (TP)

Age:	Code:	Day:	Date:	Time:	Fee (R/NR):
5-7 yrs	630050A	Sa	Sept. 8- Oct. 13	11:15am- 12pm	\$63/\$79
8-13 yrs	630050B	Sa	Sept. 8- Oct. 13	12:15- 1:15pm	\$84/\$105

Location: Alleghany Park, Baseball Field 6

Min / Max: 8 / 20

Register By: Sept. 1



YOUTH ATHLETICS - SOCCER



LITTLE LEAGUE SOCCER

Age: 4 - 7 years, girls & boys

The Grayslake Park District's Little League Soccer Program is a parent volunteer coached league that provides the opportunity for boys and girls to learn the skills of soccer in a low-key, non-competitive, and fun atmosphere. The league runs every Saturday and is set up so children practice for the first half hour and play games the second half hour. Please note this is **not** a drop off class. This class will meet unless there is heavy rain or storms, so dress for the weather and come on out to play! Please request coach or teammates when registering. Each player receives a t-shirt, so please also note shirt size at the time of registration. (TP)

Team Rosters and Game Schedules will be posted on www.glpd.com/little-league-soccer by Saturday, Sept. 1.

Division:	Age:	Code:	Day:	Date:
Division I	4-5 yrs	630021A	Sa	Sept. 8-Oct. 13
Division II	6-7 yrs	630021B	Sa	Sept. 8-Oct. 13

Time: 1-hour each week, varies between 9am-1pm
Fee: **On or before Aug. 31:** \$60 R /\$75 NR
After Aug. 31: \$75 R /\$93 NR
Location: Alleghany Park
Min / Max: 32 / 64 per division
Register By: Aug. 31

Little League Soccer Coach Sign-Up Sheet

Interested in coaching? Please fill out this form!

Coach Name: _____

Child's Name: _____

Cell Phone: _____

Email: _____

Coach Shirt Size: _____

Interested in Coaching:

Age Level: 4-5 years 6-7 years

Please return completed form to the
Grayslake Park District at 240 Commerce Drive.

SOCCER FOR TOTS

Age: 3 years, girls & boys

Learn the very basics of dribbling, passing and shooting in this 30 minute per week class. Your little one doesn't have to watch everyone else play anymore, he/she can play too! All skills are broken down into easy drills and fun games to keep everyone moving and having fun! Parents are invited to stay and play. All participants will receive a t-shirt, so please note child's shirt size when registering. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
602028A	Sa	Sept. 8-Oct. 13	8:30-9am	\$40/\$50

Location: Alleghany Park
Min / Max: 8 / 20
Register By: Sept. 1



PEE WEE SOCCER

Age: 4 - 6 years, girls & boys

Make your child's early soccer experience a great one. The younger player develops their soccer skills and also gains confidence, coordination, motor skills, and communication. The program uses age appropriate drills and exercises to teach players kicking, ball control, dribbling, shooting, and more. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
630013A	Th	Sept. 13-Oct. 18	3:45-4:30pm	\$84/\$105

Location: Alleghany Park Soccer Field 2
Min / Max: 8 / 20
Register By: Sept. 6



SOCCER SKILLS CLINIC 101

Age: 7 - 10 years, girls & boys

Children are introduced to the fundamentals of soccer tactics such as passing the ball, attack and defense moves, keeping the ball away from and taking the ball from the opposing team. Children learn to score and prevent goals. Physical endurance and fitness is emphasized while touching the ball. At this age the focus starts to change from simple games to organized, tactical, competitive games. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
630014A	Th	Sept. 13-Oct. 18	4:45-5:45pm	\$84/\$105

Location: Alleghany Park Soccer Field 2
Min / Max: 8 / 20
Register By: Sept. 6

For Youth Gymnastics, Martial Arts, Skating, and Tennis, see pages 51-55.

LITTLE DRIBBLERS BASKETBALL



Age: 4 - 6 years, girls & boys

The Little Dribblers Basketball program introduces children to the game of basketball in a safe, fun, and exciting environment. The curriculum uses age appropriate activities and games specifically designed to increase balance, body awareness, motor skills, hand eye coordination, listening skills, and the ability to follow directions. Little Dribblers includes exclusively designed equipment tailored to enhance the basketball experience for each participant. The program challenges children to develop new cognitive, physical, and social skills. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
630052A	Sa	Nov. 3-Dec. 15 (No class: Nov. 24)	9:45- 10:30am	\$63/\$79

Location: Recreation Center Gym
Min / Max: 8 / 20
Register By: Oct. 27

BASKETBALL SKILL CLINIC 101



Age: 7 - 12 years, girls & boys

Develop early basketball skills such as shooting, dribbling and passing, along with the basic rules of the game. All instruction is game/drill oriented with mini games and scrimmages played every week. This class is for the basketball beginner looking to understand the game, learn new skills, and have fun! This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
602075A	Sa	Nov. 3-Dec. 15 (No class: Nov. 24)	10:45- 11:45am	\$84/\$105

Location: Recreation Center Gym
Min / Max: 8 / 20
Register By: Oct. 27

BASKETBALL CLINIC LEVEL III



Age: 9 - 14 years, girls & boys

Class is conducted with various guard/post work to develop passing, shooting and dribbling in game situations. Defense instruction will include man-to-man defense including denying the ball, help-line, and boxing out. Athletes qualified for Basketball III should possess basic shooting skills, dribbling skills, a basic understanding of the game and be looking for a more competitive basketball experience. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
630045A	Sa	Nov. 3-Dec. 15 (No class: Nov. 24)	12-1pm	\$84/\$105

Location: Recreation Center Gym
Min / Max: 8 / 20
Register By: Oct. 27

LITTLE HOOPSTERS BASKETBALL LEAGUE

Age: 5 - 7 years, girls & boys

This fundamental league provides an opportunity to learn the skills of basketball in a low key, non-competitive, and fun atmosphere. Little Hoopsters is set up so participants work on skills and drills, then play a fun game each week. Parent volunteers coach this league. If you're interested in coaching, please fill out the form below and return it to the Park District office. Each player receives a t-shirt, so please also note shirt size at the time of registration.

For more information on Little Hoopsters Basketball, please contact Tracy Putkonen at (847) 223-7529 or tputkonen@glpd.com. (TP)

Age:	Code:	Day:	Date:	Time:
5-6 years	630017A	F	Nov. 2-Dec. 14 (No class: Nov. 23)	5-6pm
6-7 years	630017B	F	Nov. 2-Dec. 14 (No class: Nov. 23)	6:15-7:15pm

Fee: \$68 R / \$85 NR
Location: Woodview School Gym
Min / Max: 16 / 32 per division
Register By: Oct. 26

Little Hoopsters Basketball League Coach Sign-Up Sheet

*Thank you for your interest in coaching! Please fill out this form. All coaches **must** complete a criminal background check.*

Coach Name: _____

Child's Name: _____

Home Phone: _____

Cell Phone: _____

Address: _____

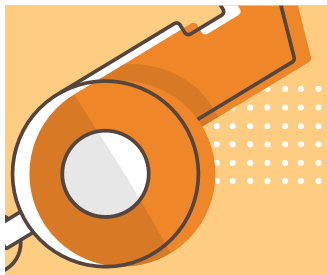
Email: _____

Coach Shirt Size: _____

Interested in Coaching:

Age Level: 5-6 years 6-7 years

**Please return completed form to the
Grayslake Park District at 240 Commerce Drive.**



In-House Youth Basketball League



ABOUT THE LEAGUE

The Grayslake Park District's Youth Basketball League is for girls and boys ages 2nd-8th grade. Volunteer parent coaches teach basketball fundamentals, strategies, and teamwork. The league is designed so all athletes have a chance to play! To avoid stacked teams, players can only have one friend request. Both friends must request each other or the request will be denied. Age groups may be combined, depending on the number of participants enrolled.

LEAGUE DETAILS

- Practices:** Begin the week of Nov. 26 - each team practices for one hour one day per week (No practice: Dec. 24-Jan. 4 for winter vacation)
- Games:** Saturdays, Jan. 12-Mar. 9 (weather permitting)
- Fee:** **On or before Nov. 4:** \$150
After Nov. 5: \$180
- Location:** District 46 Schools (varies)
- Register By:** Nov. 4

PLAYER EVALUATIONS - AT THE RECREATION CENTER

Saturday, Oct. 27 or Sunday, Nov. 4

All participants must attend **one** player evaluation. Player evaluations are held at the Recreation Center (240 Commerce Drive). Each player must turn in an Emergency Medical Form and Code of Ethics. To make your evaluation day go quickly, complete forms in advance at www.glpd.com/in-house-basketball and bring the printed forms to evaluations.

BOYS AGE GROUPS

Code:	Team:	Evaluation Time:
630030A	2nd Grade Boys	1:30pm
630030B	3rd Grade Boys	1:45pm
630030C	4th Grade Boys	2pm
630030D	5th Grade Boys	2:45pm
630030E	6th Grade Boys	3pm
630030F	7th Grade Boys	3:15pm
630030G	8th Grade Boys	3:30pm

GIRLS AGE GROUPS

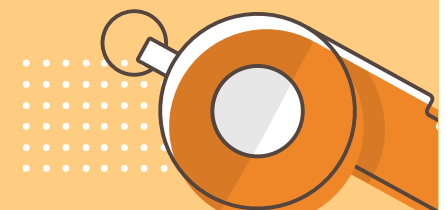
Code:	Team:	Evaluation Time:
630030H	2nd Grade Girls	1pm
630030I	3rd Grade Girls	1pm
630030J	4th Grade Girls	1:15pm
630030K	5th Grade Girls	2:15pm
630030L	6th Grade Girls	2:15pm
630030M	7th Grade Girls	2:30pm
630030N	8th Grade Girls	2:30pm

VOLUNTEER COACHES NEEDED

Interested in coaching Youth Basketball? Please fill out the Coach Sign Up Form and Required Paperwork at www.glpd.com/in-house-basketball.

QUESTIONS?

If you have any questions about In-House Youth Basketball, please contact Tracy Putkonen at tputkonen@glpd.com or (847) 223-7529.



GRAYSLAKE FEEDER BASKETBALL

ABOUT THE LEAGUES

Tryout to play competitive basketball through the Grayslake Park District's feeder programs! Designed for 5th-8th grade girls and boys who reside within the Grayslake High School District 127 boundaries, this program provides players with the opportunity to participate in a competitive basketball league while continuing to learn basketball skills. The Feeder Basketball Program differs from other programs by having team selection through tryouts and a competitive level of practice and games.

TRYOUTS

Participants must attend at least one tryout to be considered for the team, but the Park District strongly encourages players to attend both dates. Season runs November through mid-March. If you make the team, the league fee is \$450 plus a uniform fee of \$100.

GRAYSLAKE CENTRAL RAMS FEEDER BASKETBALL

Interested players must reside in GCHS attendance boundaries

Tryouts held at Grayslake Central High School

Tryout Fee: \$20 on or before Sept. 28 / \$30 after Sept. 29



GRAYSLAKE CENTRAL
HIGH SCHOOL

BOYS	5th Grade Boys Code: 630032A	6th Grade Boys Code: 630032B	7th Grade Boys Code: 630032C	8th Grade Boys Code: 630032D
	First Tryout: Sept. 29, 4:45-6pm	First Tryout: Sept. 29, 4:45-6pm	First Tryout: Sept. 29, 5:45-7pm	First Tryout: Sept. 29, 5:45-7pm
	Second Tryout: Oct. 2, 7-8pm	Second Tryout: Oct. 2, 7-8pm	Second Tryout: Oct. 2, 8-9pm	Second Tryout: Oct. 2, 8-9pm
GIRLS	5th Grade Girls Code: 630032E	6th Grade Girls Code: 630032F	7th Grade Girls Code: 630032G	8th Grade Girls Code: 630032H
	First Tryout: Sept. 29, 5:15-6:30pm	First Tryout: Sept. 29, 5:15-6:30pm	First Tryout: Sept. 29, 6:15-7:30pm	First Tryout: Sept. 29, 6:15-7:30pm
	Second Tryout: Oct. 2, 6:30-7:30pm	Second Tryout: Oct. 2, 6:30-7:30pm	Second Tryout: Oct. 2, 7:30-8:30pm	Second Tryout: Oct. 2, 7:30-8:30pm

GRAYSLAKE NORTH KNIGHTS FEEDER BASKETBALL

Interested players must reside in GNHS attendance boundaries

Tryouts held at Grayslake North High School

Tryout Fee: \$20 on or before Sept. 29 / \$30 after Sept. 29



GRAYSLAKE NORTH
HIGH SCHOOL

BOYS	5th Grade Boys Code: 630031A	6th Grade Boys Code: 630031B	7th Grade Boys Code: 630031C	8th Grade Boys Code: 630031D
	First Tryout: Sept. 30, 4:45-6pm	First Tryout: Sept. 30, 4:45-6pm	First Tryout: Sept. 30, 5:45-7pm	First Tryout: Sept. 30, 5:45-7pm
	Second Tryout: Oct. 1, 7-8pm	Second Tryout: Oct. 1, 7-8pm	Second Tryout: Oct. 1, 8-9pm	Second Tryout: Oct. 1, 8-9pm
GIRLS	5th Grade Girls Code: 630031E	6th Grade Girls Code: 630031F	7th Grade Girls Code: 630031G	8th Grade Girls Code: 630031H
	First Tryout: Sept. 30, 5:15-6:30pm	First Tryout: Sept. 30, 5:15-6:30pm	First Tryout: Sept. 30, 6:15-7:30pm	First Tryout: Sept. 30, 6:15-7:30pm
	Second Tryout: Oct. 1, 6:30-7:30pm	Second Tryout: Oct. 1, 6:30-7:30pm	Second Tryout: Oct. 1, 7:30-8:30pm	Second Tryout: Oct. 1, 7:30-8:30pm

YOUTH ATHLETICS - FLAG FOOTBALL

PONIES FLAG FOOTBALL LEAGUE

Age: 5 - 10 years, girls & boys

Learn the basics of football in this instructional and fun league! This is a flag football style league with no gear. Teams practice one night per week with games on Saturdays. Parent volunteers coach the teams. All coaches need to complete a background check prior to the first day of the season. All players must attend **one** player evaluation day in order to join the league. **Pre-registration is required before attending evaluations.** (BW)

PLAYER EVALUATIONS

Monday, Aug. 6 or Thursday, Aug. 9

Players must pre-register and attend one date listed.

Grade:	Code:	Time:	Location:
5-7 years	630026A	6pm	Alleghany Park
8-10 years	630026B	6:30pm	Alleghany Park

LEAGUE DETAILS

Practice: Practices begin the week of Aug. 27
Games: Saturday, Sept. 8-Oct. 13
Fee: **On or before Aug. 5:** \$75 R / \$94 NR
After Aug. 5: \$89 R / \$109 NR
Location: Varies each week
Min / Max: 40 / 160 per age group
Register By: Aug. 5

Flag Football Coach Sign-Up Sheet

All coaches **must** complete a criminal background check and attend a Coaches Meeting on Thursday, Aug. 23 at 6pm at the Recreation Center.

Coach Name: _____

Child's Name: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Coach Shirt Size: _____

Interested in Coaching:

Age Level: 5-7 years 8-10 years

Position: Head Coach Assistant Coach

Coaching with: _____

Practice Night Preference: _____

Please return completed form to the
Grayslake Park District at 240 Commerce Drive.

PEE WEE FLOOR HOCKEY

Age: 4 - 6 years, girls & boys

Make your child's first hockey experience a blast! To ensure a safe environment, Pee Wee Floor Hockey players play with pillow polo sticks, which have a soft-cushion end. Participants learn the basics of the game and experience the thrills of being a hockey player! This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
602074A	F	Sept. 21-Oct. 26	4:30-5:15pm	\$63/\$79
602074B	F	Nov. 2-Dec. 14	3-3:45pm	\$63/\$79
(No class: Nov. 23)				

Location: Recreation Center Gym
Min / Max: 8 / 20
Register By: Sept. 14 & Oct. 26

FLOOR HOCKEY

Age: 7 - 12 years, girls & boys

This clinic provides participants the opportunity to learn and play floor hockey in a safe and fun environment. Players learn positions, stick handling and ball control in this fun, fast-paced class. In addition, players develop teamwork and sportsmanship while having fun competitive gameplay each week. Safety and having fun is a must when you step on the floor. Come ready to play! This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
630004A	F	Sept. 21-Oct. 26	5:30-6:30pm	\$84/\$105
630004B	F	Nov. 2-Dec. 14	3:45-4:45pm	\$84/\$105
(No class: Nov. 23)				

Location: Recreation Center Gym
Min / Max: 8 / 20
Register By: Sept. 14 & Oct. 26

GRAYSLAKE PARK DISTRICT ICE RINKS

When the conditions are safe, skating is allowed in designated plowed areas on the following Grayslake Park District ponds:

- Jones Island Park
- Molly's Pond in Haryan Farms
- Cambridge Pond in College Trail
- Chesapeake Landing in Chesapeake Farms
- Lexington Woods Park in English Meadows

A flag is flown to indicate if the ice is safe. The red flag means unsafe conditions and green flag means safe conditions.

For updated ice conditions for the parks above, please call (847) 223-7529 or visit www.glpd.com/ice-rinks.



VOLLEYBALL SKILLS CLINIC



Age: 7 - 10 years, girls & boys

This clinic includes instruction on all major volleyball skills: serving, passing, setting, and attacking. Players receive a solid foundation of these fundamental skills through active drills, building up to team play. This class is for beginners looking to understand the game and learn new skills. Kneepads are recommended. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
630041A	F	Nov. 2-Dec. 14 (No class: Nov. 23)	5-6pm	\$84/\$105

Location: Recreation Center Gyms
Min / Max: 8 / 20
Register By: Oct. 26

GAME TIME VOLLEYBALL



Age: 11 - 14 years, girls & boys

Players experience daily scrimmages with active instruction and tips from the coaching staff of Hot Shot Sports. Coaches referee while emphasizing volleyball fundamentals and game strategies. Players use skills such as serving, passing, setting, and attacking in a "game time" environment. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
630049A	F	Nov. 2-Dec. 14 (No class: Nov. 23)	6:15-7:15pm	\$84/\$105

Location: Recreation Center Gym
Min / Max: 8 / 20
Register By: Oct. 26

VOLUNTEER COACHES CPR CLASS

Age: 16 years & up

This class is for anyone volunteering their time to coach Youth Volleyball for the Grayslake Park District. All Volunteer Coaches are required to have a current CPR Certification.

If you have any questions, please contact Brice Walsh at (847) 223-7529 or bwalsh@glpd.com.

Code:	Day:	Date:	Time:	Fee:
430102A	Tu	Aug. 28	6:30pm	FREE!

Location: Recreation Center Multi-Purpose Room A
Register By: Aug. 21

FALL CO-ED YOUTH VOLLEYBALL LEAGUE

Age: 3rd - 8th grade, girls & boys

With our parent volunteer coaches, this league offers girls and boys the opportunity to learn basic fundamentals, strategies and teamwork. Our league is designed so all teams are balanced and all athletes have a chance to play. Participants will practice one hour per week and have games on Saturdays. All players must attend **one** player evaluation day in order to join the league. **Pre-registration is required before attending evaluations.** (BW)

PLAYER EVALUATIONS

Monday, Aug. 13 or Thursday, Aug. 16

Players must pre-register and attend one date listed.

Grade:	Code:	Time:	Location:
3rd/4th	630015A	6pm	Frederick School
5th/6th	630015B	6:45pm	Frederick School
7th/8th	630015C	7:30pm	Frederick School

LEAGUE DETAILS

Practice: Practices begin the week of Sept. 3
Games: Saturday, Sept. 15-Oct. 27
Fee: **On or before Aug. 12:** \$105 per person
After Aug. 12: \$125 per person
Location: District 46 and District 127 School Gyms
Min / Max: 4 / 8 teams per age group
Register By: Aug. 12

Co-Ed Youth Volleyball League Coach Sign-Up Sheet

*All coaches **must** complete a criminal background check and attend the Volunteer Coaches CPR Class on Tuesday, Aug. 28 at 6:30pm at the Recreation Center.*

Coach Name: _____

Child's Name: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Coach Shirt Size: _____

Interested in Coaching:

Grade Level: 3rd/4th 5th/6th 7th/8th

Position: Head Coach Assistant Coach

Practice Night Preference: _____

**Please return completed form to the
Grayslake Park District at 240 Commerce Drive.**