NEW! FOCUSED FITNESS BY HAIRY TAILS PET EDUCATION, LLC

Age: 18 years & up

Balanced workouts which provide both mental and physical exercise are a major benefit to all living creatures, humans included. Bringing fitness into an animal's life is proven to provide better health benefits then just walking alone. Canine total health includes these 5 aspects: mental, balance, strength, cardiorespiratory fitness, as well as flexibility. Pets should be cleared by the veterinarian prior to physical activity if pet shows signs of fatigue. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
170037A	Sa	Sept. 7-28	10-10:45am	$120
170037B	Sa	Oct. 5-26	10-10:45am	$120
170037C	Sa	Nov. 2-23	10-10:45am	$120

Location: Recreation Center Multi-Purpose Room B
Instructor: Hairy Tails Pet Education, LLC
Min / Max: 1 / 1
Register By: One week prior

NEW! AUTUMN DECORATED PUMPKIN CENTERPIECE

Age: 16 years & up

Experienced crafters from the Grayslake Greenery Garden Club will help you create a long-lasting, custom decorated pumpkin centerpiece. Participants will use natural, replica, and seasonal decorations with real pumpkins. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
120118A	Th	Oct. 10	7-8:30pm	$18/$22
120118B	Tu	Oct. 15	9:30-11am	$18/$22

Location: Recreation Center Multi-Purpose Room A
Min / Max: 6 / 12
Register By: Oct. 3 & Oct. 8

BRAVE WAY SELF DEFENSE

Age: 12 years & up

Originally certified by the State of Illinois to teach police officers, this is one of the easiest to learn and most effective self-defense classes that you can take. The techniques don't require constant practice or years of training to master. Learn to anticipate and avoid potentially dangerous situations and how to defend yourself against a physical attack including; grabs, punches, chokes, bear hugs, headlocks, kicks, knives, guns, and more from a much bigger and stronger attacker. Participants will also receive a take home Personal Safety Guide to help make you safer in all areas of your lives. The class is targeted at teens and adults, but 8-11 year olds can also take the class with an adult. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
120103A	W	Sept. 11	6-8pm	$26/$33
120103B	W	Oct. 9	6-8pm	$26/$33
120103C	W	Nov. 6	6-8pm	$26/$33
120103D	Sa	Dec. 14	9:15-11:15am	$26/$33

Location: Recreation Center Multi-Purpose Room A
Min / Max: 6 / 12
Register By: One week prior

NEW! CO-ED KICKBALL LEAGUE

Age: 18 years & up

Get some friends together and come play kickball with the Grayslake Park District! Kickball isn't just for the playground, it's a great game for all ages that combines components of baseball and soccer. Teams will play 7 regular games followed by a single elimination tournament. There is no maximum amount of players for a team. However, there must be an equal amount of men and women on a team. For more information, please contact Brice Walsh at (847) 223-7529 or bwalsh@glpd.com. (BW)

Code:	Day:	Date:	Time:	Team Fee:
130103A	Th	Sept. 12-Oct. 31	Evenings (varies)	$325 R/ $375 NR

Location: Alleghany Park Field TBD
Min / Max: 4 / 8 teams
Register By: Sept. 6

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. (BW)

Men's 16" Mush

Code:	Day:	Date:	Time:	Team Fee:
130107A	W	Aug. 7-Oct. 30	Evenings (varies)	$475 R/ $525 NR

Location: Alleghany Park Softball Fields 1 & 5
Min / Max: 4 / 8 per league
Register By: Aug. 3

Co-Rec 14" Mush

Code:	Day:	Date:	Time:	Team Fee:
130107B	F	Aug. 9-Nov. 1	Evenings (varies)	$475 R/ $525 NR

Location: Alleghany Par Softball Fields 1 & 5
Min / Max: 4 / 8 per league
Register By: Aug. 3

INDOOR CO-ED VOLLEYBALL LEAGUE

Age: 14 years & up

It's volleyball time, so get your teams together! Play a minimum 8 game season with an end of the year tournament. During the season, games will be officiated by your own teams. Each team must have two girls on the court at all times for play with a maximum of 6 players on the court at a time. You are eligible to have more girls on the court then guys. League and days may vary, depending on the interest. For more information, contact Brice Walsh at (847) 223-7529 or bwalsh@glpd.com. (BW)

Code:	Day:	Date:	Time:	Fee:
130100A	Sa	Sept. 21-Nov. 16	Varies	$200 per team

Location: Recreation Center Gym
Min / Max: 4 / 10 teams
Register By: Sept. 16

NEW! NIPPERSINK CREEK WATER VOYAGE BY CANOE OR KAYAK

Age: 18 years & up

Want to wrap up the summer with a canoe or kayak trip? This trip is for participants with canoe or kayak experience who are able to paddle the entire 6.7 mile trip. Don't have a vessel? Don't worry – it's included! Transportation, boats, paddles, and PFDs are provided. Make sure you register for the program code for the type of boat you want to travel in. You will need to sign a paddling waiver at time of registration. The trip involves prolonged time sitting in a boat, along with moving over riffles in the creek. You may need to get out of the boat to go over riffles, so dress accordingly. Bring a lunch and water as we'll stop midway for a 30 minute break. This is a contractual program. (BW)

Boat:	Code:	Day:	Date:	Time:	Fee:
Canoe	930106A	Su	Aug. 25	9:30am-4:30pm	$65
Kayak	930106B	Su	Aug. 25	9:30am-4:30pm	$65

Location: Rolek Community Center 814 Hart Rd, Round Lake
Min / Max: 2 / 4 per boat type
Register By: Aug. 17

MEN'S WINTER BASKETBALL LEAGUE

Age: 18 years & up

Get your team together and play some basketball! Teams play a minimum 10 game season with a season ending tournament. IHSA rules are used and all games are officiated. Game times will vary each week. Interested in playing but don't have a team? Individuals should contact Brice Walsh to be placed on an existing team. For more information, contact Brice Walsh at (847) 223-7529 or bwalsh@glpd.com. (BW)

Code:	League:	Fee (R/NR):
230108A	Team Competitive	$695/$745
230108B	Team Recreational	$695/$745

Date: Sunday, Jan. 5-Apr. 5
No Games: Superbowl Sunday
Time: Varies between 10am-6pm
Location: Grayslake High Schools / Grayslake Middle School
Min / Max: 4 / 10 per division
Register By: Dec. 30

LOOKING FOR OPEN GYMS?
Turn to page 47 or visit www.glpd.com/open-gyms for days/times you can drop in to play in the Rec Center Gym!