

Gift Certificates Available!

See page 6 for details!

Seniors On Weights

Seniors On Weights is a strength and resistance exercise class for those 55 years and over. As we age, we lose muscle. As we lose muscle, we lose strength. Declines in strength are linked with increased risk of falls, increased frailty, and loss of independence. Strength training can help you retain your independence and improve your quality of life. Some additional benefits of strength training include:

- Strengthens your bones
- Strengthens your heart
- Reduces hypertension
- Improves flexibility, joint range of motion, and functional movement
- Chases the blues away
- Helps you say "so long" to pain
- Will jump start your brain
- Will reduce your risk of diabetes
- And...it works at any age

Studies continue to indicate that regular strength and resistance exercise can deter what was once thought to be an inevitable decline as we age. New muscle development can be created at any time and the aging process dramatically slows.

Age: 55 years & over without assistance

Instructor: Barbara VanArsdale

Location: Birchwood Exercise Room

Min/Max: 8/20

Dates: June 15 - August 24 (10 weeks)
no class 8/10

Prog #	Day	Time	Fee
3031-2	Tue	10:30-11:30 am	\$60 R/\$90 NR

Dates: June 17 - August 26 (10 weeks)
no class 8/12

Prog #	Day	Time	Fee
3032-2	Thur	10:30-11:30 am	\$60 R/\$90 NR

EZ Movers

Designed for senior adults, this class combines all the elements of fitness — cardiovascular, muscular strength, and flexibility. The class consists of warm-up, 25-30 minutes of low impact aerobics, body conditioning exercises, stretching, and a relaxation cool-down. This class is also appropriate for beginners as well as those carrying excess weight.

Age: Adult

Dates: June 14 - August 25 (8 weeks)
no class 7/5, 8/9, 8/11

Instructor: Barbara VanArsdale

Location: Birchwood Exercise Room

Min/Max: 12/45

Prog #	Day	Time	Fee
3033-2	M/W	10:30-11:30 am	\$45 R/\$68 NR

Female Anti Abduction & Rape Seminar

We'll teach all female participants 7 easy and extremely effective self-defense tools they can use to escape from bigger and stronger opponents. Know what to do if someone grabs you from behind, tackles you down to the ground, or assaults you with a weapon — all through 7 simple moves! Every female must know this information as crime is back on the rise. Protect yourself and loved ones now! Questions call 630-837-7565.

Age: 12 years & over

Date: June 19

Instructor: Matt Numrich & Pete Juska

Location: Meineke Recreation Center
220 E. Weathersfield Way, Schaumburg

Min/Max: 1/50

Prog #	Day	Time	Fee
4575-2	Sat	9:00-11:00 am	\$19 R/\$39 NR

Bruce Lee's Jeet Kune Do

Adult Self-Defense

Most adults don't have years to dedicate to self-defense training. Against popular belief it is quick, very simple, and easy to learn. During this class we'll teach you about the "range" of self-defense few "martial arts masters" know about, in addition to weapons defense and other secrets of the American martial arts icon Bruce Lee taught through his art of Jeet Kune Do. Learn from an organization who is only 1 of 12 Midwest Academies certified to teach it. Absolutely no experience needed, as all participants will also realize what an incredible workout this is. Questions call 630-837-7565.

Age: 12 years & over

Dates: June 2 - June 23 (4 weeks)

Instructor: Matt Numrich & Pete Juska

Location: Meineke Recreation Center
220 E. Weathersfield Way, Schaumburg

Min/Max: 1/50

Prog #	Day	Time	Fee
4574-2	Wed	7:00-8:00 pm	\$39 R/\$59 NR

Disc Golf Course

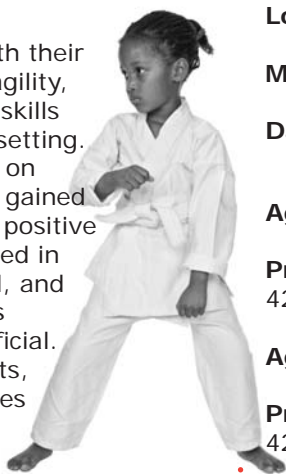
Margreth Riemer Reservoir, Quentin Road & Wood Street

The 2,768 ft, 9-hole, 34-par course is open 8:00 am to dusk daily, April 15 through October 15. All 9 holes include Mach 3 baskets and tee markers with signs indicating hole location, distance, and par. The course is unsupervised and no reservations are needed. Bring your own disc.

For a printable scorecard and game rules visit www.palatineparks.org - Parks & Facilities (Disc Golf Course). Email scores to ppd@palatineparks.org for posting of course records. Include name, age, date, and name of person who could verify score.

Youth Karate/Safety

Karate skills put children in touch with their bodies and help build coordination, agility, strength, and poise. Personal safety skills are also taught in a well supervised setting. Karate skills release tension brought on by school and peers. The confidence gained through karate helps foster a strong positive self image. The mental aspect involved in karate builds self-confidence, control, and discipline. The physical aspect of this program is both enjoyable and beneficial. Karate can improve your child's sports, school, and social activities. All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale, four time National Champion, former U.S. Karate National Coach, and National Faculty Member of ACEP (American Coaching Effectiveness Program).



Location: Birchwood Gym

Min/Max: 1/25

Dates: June 8 - August 24 (12 weeks)

Age: 7 - 14 years (Beginning/Continuing)
white belts

Prog #	Day	Time	Fee
4200-2	Tue	4:15-5:10 pm	\$99 R/\$149 NR

Age: 7 - 14 years (Novice)
orange - blue belts

Prog #	Day	Time	Fee
4201-2	Tue	5:15-6:10 pm	\$99 R/\$149 NR

Age: 7 - 14 years (Intermediate)
green & purple belts

Prog #	Day	Time	Fee
4202-2	Tue	5:15-6:10 pm	\$99 R/\$149 NR

Dates: June 9 - August 25 (12 weeks)

Age: 8 - 14 years (Beginning/Continuing)
white belts

Prog #	Day	Time	Fee
4203-2	Wed	5:15-6:10 pm	\$99 R/\$149 NR

Age: 6 - 14 years (Intermediate/Advanced)
orange belt & up/Instructor Permission

Prog #	Day	Time	Fee
4204-2	Wed	5:15-6:10 pm	\$99 R/\$149 NR

Location: ISKC DOJO
327 N. Eric Drive, Palatine

Min/Max: 1/20

Dates: June 8 - August 24 (12 weeks)

Age: 7 - 17 years (Advanced)
brown - black belts

Prog #	Day	Time	Fee
4205-2	Tue	6:45-8:00 pm	\$120 R/\$180 NR

Location: Frontier Park
1933 N. Kennicott, Arlington Heights

Min/Max: 1/10

Dates: June 17 - September 2 (11 weeks)
no class 8/26

Age: 7 - 14 years (Beginning/Continuing)
white belts only

Prog #	Day	Time	Fee
4206-2	Thur	4:00-4:55 pm	\$91 R/\$137 NR

Age: 7 - 14 years (Novice)
orange - blue belts

Prog #	Day	Time	Fee
4207-2	Thur	5:00-5:55 pm	\$91 R/\$137 NR

Age: 7 - 14 years (Intermediate/Advanced)
green - black belts

Prog #	Day	Time	Fee
4208-2	Thur	6:00-7:25 pm	\$124 R/\$186 NR

Location: ISKC DOJO
327 N. Eric Drive, Palatine

Min/Max: 1/15

Dates: June 12 - August 28 (12 weeks)

Age: 7 - 14 years (Beginning/Continuing)
white belts

Prog #	Day	Time	Fee
4209-2	Sat	10:00-11:00 am	\$99 R/\$149 NR

Age: 7 - 14 years (Novice)
white w/stripes - orange belts

Prog #	Day	Time	Fee
4210-2	Sat	11:10 am-12:10 pm	\$99 R/\$149 NR

Age: 7 - 14 years (Intermediate)
yellow - green belts

Prog #	Day	Time	Fee
4211-2	Sat	12:20-1:20 pm	\$99 R/\$149 NR

Age: 7 - 14 years (Advanced)
purple - black belts

Prog #	Day	Time	Fee
4212-2	Sat	1:30-2:30 pm	\$99 R/\$149 NR

Youth Bowling

If you have "spare" time and want to learn the proper techniques of bowling, this class is for you! Participants receive complete instruction as well as rental of a ball and shoes. Please note that participants may only take two sessions of this class.



Age: 8 - 12 years
Dates: June 16 - July 21 (6 weeks)

Location: Arlington Lanes
3435 N. Kennicott Avenue
Arlington Heights

Min/Max: 5/32

Prog #	Day	Time	Fee
4430-2	Wed	1:00-2:15 pm	\$70 R/\$105 NR

Volunteers Needed!

Give back to your community by volunteering your time and talents at a Park District special event. Visit www.palatineparks.org/jobs.html for details.

Budo Aikijutsu

This class provides training in:

- **Aikido** (control and redirection of attack)
- **Karate** (blocks, kicks, and punches)
- **Judo** (sweep & throws)
- **Jujitsu** (joint twisting & nerve centers)

Self-defense training that covers a wide variety of unarmed and armed attack simulations with emphasis on controlling the attacker, self-defense options, and prevention and awareness pointers. Defenses are based upon the principles of physics which allow a smaller and weaker person to overcome a larger and stronger attacker. No special athletic ability required. One beginning class is required before enrolling in the advanced class. Credit for training in comparable martial arts is given with instructor's consent.

SESSION I

Location: Community Center, Room 1E

Min/Max: 1/40

Dates: June 16 - September 3

Age: 7 - 14 years (Wednesday & Friday)

Level: Beginning (*no class 8/18, 8/25, 9/1*)

Prog #	Day	Time	Fee*
4231-2	Wed	5:15-6:00 pm	\$85 R/\$128 NR
	Fri	7:30-8:15 pm	

Level: Advanced (*no class 8/18, 8/25, 9/1*)

Prog #	Day	Time	Fee
4232-2	Wed	4:30-5:15 pm	\$83 R/\$125 NR
	Fri	6:45-7:30 pm	

Age: HS/Adult (*no class 7/2*)

Level: Beginning

Prog #	Day	Time	Fee*
4233-2	Wed	7:30-8:30 pm	\$83 R/\$125 NR
	Fri	7:30-8:30 pm	

Level: Advanced (*no class 7/2*)

Prog #	Day	Time	Fee
4234-2	Wed	6:30-8:00 pm	\$83 R/\$125 NR
	Fri	8:00-9:30 pm	

Dates: June 16 - September 1

Age: 7 - 14 years (Wednesday only)

Instructor: J. Peters

Level: Beginning (*no class 8/18, 8/25, 9/1*)

Prog #	Day	Time	Fee*
4235-2	Wed	5:15-6:00 pm	\$57 R/\$86 NR

Level: Advanced (*no class 8/18, 8/25, 9/1*)

Prog #	Day	Time	Fee
4236-2	Wed	4:30-5:15 pm	\$55 R/\$83 NR

Age: HS/Adult

Instructor: R. Huebner, G. Hoffman, W. Baker

Level: Beginning

Prog #	Day	Time	Fee*
4237-2	Wed	7:30-8:30 pm	\$75 R/\$113 NR

Level: Advanced

Prog #	Day	Time	Fee
4238-2	Wed	6:30-8:00 pm	\$73 R/\$110 NR

Dates: June 18 - September 3 (11 weeks)
no class 7/2

Instructor: G. Hoffman, M. Matsumoto, J. Munkacsy

Age: 7 - 14 years (Friday only)

Level: Beginning

Prog #	Day	Time	Fee*
4239-2	Fri	7:30-8:15 pm	\$75 R/\$113 NR

Level: Advanced

Prog #	Day	Time	Fee
4240-2	Fri	6:45-7:30 pm	\$73 R/\$110 NR

Age: HS/Adult

Level: Beginning

Prog #	Day	Time	Fee*
4241-2	Fri	7:30-8:30 pm	\$75 R/\$113 NR

Level: Advanced

Prog #	Day	Time	Fee
4242-2	Fri	8:00-9:30 pm	\$73 R/\$110 NR

*Free uniform in Advanced class after promotion to yellow belt.

Budo Aikijutsu for Preschoolers

This class is designed to make every preschooler feel successful while helping improve their attention span, memory, socialization skills, and other life skills such as courtesy, respect, and confidence. The physical skills taught during the class will enhance balance, flexibility, and coordination. In addition, they will learn about stranger danger, 911, fire safety, and bully awareness. Parents are welcome to stay. A parent will be required to stay if their child is not potty trained.

Age: 3 - 6 years

Level: Preschoolers

Dates: June 16 - August 11 (9 weeks)

Instructor: J. Peters

Location: Community Center, Room 1E

Min/Max: 1/25

Prog #	Day	Time	Fee*
4247-2	Wed	3:45-4:30 pm	\$67 R/\$101 NR

*A uniform can be earned by continuing students demonstrating the safety and skill requirements.

Youth Anti Bullying and Safety Course

This class will give youth the skills to defend themselves against bullies, help any of their classmates who are getting bullied, and focus on non-physical just as much as physical means of defusing an altercation. We'll also equip your child with tools to heighten their awareness against abductors and avoid predators. Character lessons such as building self-esteem and respect for others is also an added benefit. Questions call 630-837-7565.

Age: 4 - 12 years

Dates: June 2 - June 23 (4 weeks)

Instructor: Matt Numrich & Pete Juska

Location: Meineke Recreation Center
220 E. Weathersfield Way, Schaumburg

Min/Max: 1/50

Prog #	Day	Time	Fee
4577-2	Wed	6:45-7:45 pm	\$39 R/\$59 NR



Parent/Child Karate

This program is an excellent opportunity to share quality time with your children while developing muscle tone, coordination, cardio-vascular fitness, and karate skills.

Location: Frontier Park

1933 N. Kennicott, Arlington Heights

Age: 7 - 14 years & adult

Dates: June 17 - September 2 (11 weeks)
no class 8/26

Min/Max: 1/10

Level: Beginning/Continuing (white belts only)
no experience necessary

Prog #	Day	Time	Fee*
4213-2	Thur	4:00-4:55 pm	\$91 R/\$137 NR

Level: Novice (orange - blue belts)

Prog #	Day	Time	Fee*
4214-2	Thur	5:00-5:55 pm	\$91 R/\$137 NR

Level: Intermediate/Advanced
(green - black belts)

Prog #	Day	Time	Fee*
4215-2	Thur	6:00-7:25 pm	\$124 R/\$186 NR

Location: ISKC DOJO

327 N. Eric Drive, Palatine

Age: 7 - 14 years & adult

Dates: June 12 - August 28 (12 weeks)

Min/Max: 1/7

Level: Beginning/Continuing (white belts only)

Prog #	Day	Time	Fee*
4216-2	Sat	10:00-11:00 am	\$99 R/\$149 NR

Level: Novice (white w/stripes - orange belts)

Prog #	Day	Time	Fee*
4217-2	Sat	11:10 am-12:10 pm	\$99 R/\$149 NR

Level: Intermediate (yellow - green belts)

Prog #	Day	Time	Fee*
4218-2	Sat	12:20-1:20 pm	\$99 R/\$149 NR

Level: Advanced (purple - black belts)

Prog #	Day	Time	Fee*
4219-2	Sat	1:30-2:30 pm	\$99 R/\$149 NR

***Note:** Fees are per person.

Pre-Karate/Safety

Through a variety of fun and creative activities, young children develop coordination, strength, and personal safety skills in a well supervised setting. This program will give your child the lead he/she needs in developing memory and agility skills necessary to be successful in school and other sports. All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale, four time National Champion, former U.S. Karate National Coach, and National Faculty Member of ACEP (American Coaching Effectiveness Program).

Location: Birchwood Gym

Dates: June 9 - August 25 (12 weeks)

Min/Max: 1/25

Age: 5 - 7 years (Beginning)
no experience necessary

Prog #	Day	Time	Fee
4220-2	Wed	4:15-5:00 pm	\$99 R/\$149 NR

Age: 5 - 7 years (Continuing/Novice)
1 or more prior session

Prog #	Day	Time	Fee
4221-2	Wed	4:15-5:00 pm	\$99 R/\$149 NR

Location: ISKC DOJO

327 N. Eric Drive, Palatine

Dates: June 12 - August 28 (12 weeks)

Age: 5 - 7 years (Beginning/Continuing)
white belts

Min/Max: 1/15

Prog #	Day	Time	Fee
4222-2	Sat	9:00-9:45 am	\$99 R/\$149 NR

Adult Karate

This program offers a variety of benefits for participants. For the business person, the program is ideal for releasing tension and developing cardiovascular fitness. The self-defense skills learned through karate are invaluable if ever confronted with a dangerous situation that may involve you or a loved one. The class is recommended for the single parent wishing to protect himself/herself and family. Karate skills can be applied in any situation where a weapon may be taken and used against its owner. All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale, four time National Champion, former U.S. Karate National Coach, and National Faculty Member of ACEP (American Coaching Effectiveness Program).

Dates: June 17 - September 2 (11 weeks)
no class 8/26

Location: Frontier Park
1933 N. Kennicott, Arlington Heights

Min/Max: 1/10

Age: HS/Adult (Beginning/Novice)
white - green belts

Prog #	Day	Time	Fee
4223-2	Thur	7:30-8:30 pm	\$91 R/\$137 NR

Age: HS/Adult (Intermediate/Advanced)
purple - black belts

Prog #	Day	Time	Fee
4224-2	Thur	8:35-10:00 pm	\$124 R/\$186 NR

Martial Arts & Tae Kwon Do Family Class

This course is for beginners through advanced students. You can receive the benefits of fun, exciting, and challenging classes in the most popular martial art in America. You will learn and develop flexibility, strength, and overall health. You will be trained in basics, self-defense, sparring, and much more. As a first time student, you will receive your uniform for FREE. If you have any questions, please call Master Wood at 847-705-8714.

Age: 6 years & over (Family Class)

Instructor: Master J.P. Wood/Diane Tom

Location: J.P. Wood Martial Arts America
249 E. Northwest Highway

Min/Max: 1/20

Dates: June 14 - August 9 (9 weeks)

Prog #	Day	Time	Fee*
4227-2	Mon	6:00-7:00 pm	\$99 R/\$149 NR

Dates: June 15 - August 10 (9 weeks)

Prog #	Day	Time	Fee*
4228-2	Tue	9:30-10:30 am	\$99 R/\$149 NR

*Fee is per person.

Samurang Sword Training Family Class

Learn this awesome sword martial art from Master John P. Wood, chairman of the World Koryo Gumdo Association. Classes include instruction in the basics of sword training and fundamental cutting skills, fencing, self-defense, and much more. Come join us in this exciting art! As a first time student, you will receive your uniform and training sword for FREE.

Age: 8 years & over

Instructor: Master J.P. Wood

Location: J.P. Wood Martial Arts America
249 E. Northwest Highway

Min/Max: 1/18

Dates: June 16 - August 11 (9 weeks)

Prog #	Day	Time	Fee*
4226-2	Wed	7:00-8:00 pm	\$99 R/\$149 NR

Dates: June 17 - August 12 (9 weeks)

Prog #	Day	Time	Fee*
4225-2	Thur	10:30-11:30 am	\$99 R/\$149 NR

*Fee is per person.

COMMUNITY SKATE PARK

Hours of Operation

Monday - Saturday

9:00 am - 9:00 pm

Sunday

12:00 pm - 9:00 pm

Tuesday, Thursday, Saturday

9:00 am - 2:00 pm

Beginners Only (under 12 years old)

Skate Park rules and closing dates are posted at the site and are available online at www.palatineparks.org - Parks & Facilities (Skate Park).

Con preguntas de los programas del Park District, llame 847-202-5111 y alguien devolverá su llamada dentro de 24 horas.

Martial Arts Sports Camp

NEW!

Your kids will have a fun and exciting time participating in martial arts games and contests while learning and improving their martial arts fundamentals and skills. Utilizing the field of competition as a backdrop, our staff will teach the rules of various competitions used in martial arts sports, and methods to excel and become a champion martial artist. These contests are designed to develop a sense of accomplishment in your child and present age based challenges. No experience needed. Some games have controlled physical contact. All supplies will be provided by J.P. Wood Martial Arts. Bring a packed lunch and drink each day.

Age: 6 - 13 years

Dates: June 28 - July 1 (4 days)

Location: J.P. Wood Martial Arts America
249 E. Northwest Highway

Min/Max: 5/20

Prog #	Day	Time	Fee
4229-2	M-Th	10:30 am-1:30 pm	\$85 R/\$128 NR

Martial Arts Camp

NEW!

Get a full martial arts experience in this four day martial arts training camp. Our instructors will incorporate many fun skill development activities that excite and motivate the kids to learn while having a great experience. Kids will familiarize themselves with a variety of empty handed and weapon martial arts styles. Topics include different styles of self defense, different sport contests, traditional martial arts weapons, and martial arts training. No experience needed. All supplies will be provided by J.P. Wood Martial Arts. Bring a packed lunch and drink each day.

Age: 6 - 13 years

Dates: August 9 - August 12 (4 days)

Location: J.P. Wood Martial Arts America
249 E. Northwest Highway

Min/Max: 5/20

Prog #	Day	Time	Fee
4230-2	M-Th	10:30 am-1:30 pm	\$85 R/\$128 NR

Stunt Action Hero Camp

Kids can live out their fantasy by starring in a stunt action hero movie at this fantastic one week camp. Campers will learn and practice martial arts, tumbling, stunt action adventure, and movie acting skills. Then they'll create, practice, and star in their own stunt action hero movie. No experience needed. Participants will be divided according to age. All participants will receive a DVD of their final movie. Bring a packed lunch and drink each day.

Age: 6 - 13 years

Dates: July 12 - July 16 (1 week)

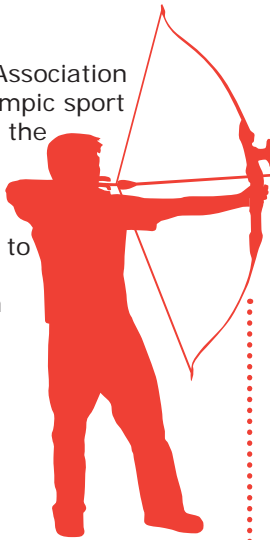
Location: J.P. Wood Martial Arts America
249 E. Northwest Highway

Min/Max: 5/20

Prog #	Day	Time	Fee
4268-2	M-Th	10:30 am-3:30 pm	\$149 R/\$224 NR
	Fri	9:30-11:30 am	

Archery Family Class

Join Ken Walther, National Archery Association Community Coach, to learn this Olympic sport of archery. The instructor will follow the National Archery Association Junior Olympic Development program. This includes safety, shooting, and equipment. Parents are encouraged to register and participate with their child. All equipment for this program will be provided; however, you may use your own equipment with the approval of the instructor.



Age: 8 years & over
Instructor: Ken Walther
Location: Birchwood Gym
Fee: \$40 R/\$60 NR
Min/Max: 7/20

Dates: June 14 - July 12 (4 weeks)
no class 7/5

Prog #	Day	Time	Level
4580-2	Mon	6:00-7:00 pm	Beginning
4581-2	Mon	7:00-8:00 pm	Intermediate*
4582-2	Mon	8:00-9:00 pm	Intermediate II*

Dates: July 19 - August 9 (4 weeks)

Prog #	Day	Time	Level
4584-2	Mon	6:00-7:00 pm	Beginning
4585-2	Mon	7:00-8:00 pm	Intermediate*
4586-2	Mon	8:00-9:00 pm	Intermediate II*

*Must have taken previous level or have instructor's permission.

Fencing

Fencing class offers students a basic understanding of attack and defense of fencing. Students will learn basic moves and strategies that create a solid foundation for developing their fencing game. Each class will have conditioning, drilling, and bouting (actual fencing). All equipment provided. This program is designed for all fitness levels.

Location: Rolling Meadows Park District
 3705 Pheasant Drive, Rolling Meadows
Min/Max: 6/18

Dates: June 2 - July 7 (6 weeks)
Age: 8 - 13 years

Prog #	Day	Time	Fee
4243-2	Wed	6:30-7:30 pm	\$42 R/\$63 NR

Age: 14 years & over

Prog #	Day	Time	Fee
4244-2	Wed	7:30-8:30 pm	\$42 R/\$63 NR

Dates: July 14 - August 11 (5 weeks)
Age: 8 - 13 years

Prog #	Day	Time	Fee
4245-2	Wed	6:00-7:00 pm	\$35 R/\$53 NR

Age: 14 years & over

Prog #	Day	Time	Fee
4246-2	Wed	7:30-8:30 pm	\$35 R/\$53 NR

Archery Camp



Whether you are new to the sport or an experienced archer, this camp will challenge you to new levels. Join Ken Walther, National Archery Association Community Coach, as we study safety, shooting, stance, and equipment. Camp meets rain or shine.

Age: 8 years & over
Instructor: Ken Walther
Location: Rose Park
 530 S. Williams Avenue, Palatine
Fee: \$33 R/\$50 NR
Min/Max: 8/10

Dates: July 10 - July 17 (2 weeks)

Prog #	Day	Time	Level
4591-2	Sat	9:00-10:30 am	Beginning
4592-2	Sat	10:30 am-12:00 pm	Intermediate*

Dates: August 7 - August 14 (2 weeks)

Prog #	Day	Time	Level
4596-2	Sat	9:00-10:30 am	Beginning
4597-2	Sat	10:30 am-12:00 pm	Intermediate*

*Must have taken previous level or have instructor's permission.

Team Skateboard Lessons

This class is for beginners and intermediate skaters. Participants must bring something to drink and a skateboard. Helmet, knee, elbow, and wrist guards are strongly encouraged. Beginners will learn how to start, stop, drop in, ollies, basic ramp riding, balance, and tricks. Intermediate riders are taught skills and tricks based on their abilities. For correct equipment call FA SKATES at 847-392-3377.

Instructor: Frank Pope
Location: Community Park Skate Park
Min/Max: 6/10

Age: 5 - 7 years (Beginner/Intermediate)
Dates: June 13 - July 11 (4 weeks)
no class 7/4

Prog #	Day	Time	Fee
4460-2	Sun	11:30 am-12:30 pm	\$50 R/\$75 NR

Dates: July 18 - August 8 (4 weeks)

Prog #	Day	Time	Fee
4461-2	Sun	11:30 am-12:30 pm	\$50 R/\$75 NR

Dates: August 15 - September 5 (4 weeks)

Prog #	Day	Time	Fee
4462-2	Sun	11:30 am-12:30 pm	\$50 R/\$75 NR

Age: 8 - 13 years (Beginner/Intermediate)
Dates: June 13 - July 11 (4 weeks)
no class 7/4

Prog #	Day	Time	Fee
4463-2	Sun	12:30-2:30 pm	\$100 R/\$150 NR

Dates: July 18 - August 8 (4 weeks)

Prog #	Day	Time	Fee
4464-2	Sun	12:30-2:30 pm	\$100 R/\$150 NR

Dates: August 15 - September 5 (4 weeks)

Prog #	Day	Time	Fee
4465-2	Sun	12:30-2:30 pm	\$100 R/\$150 NR



Early Bird Running Program

This is an organized training program involving running or walking for people of all ages who want to improve cardiovascular fitness. Past summers have had up to 100 participants, ages 10 through 75 years. The program emphasizes endurance, proper running form, and stretching techniques. One day each week focuses on track - utilizing Palatine High School facilities. Groups are formed based on experience and ability. Instruction and training is directed by Palatine High School cross country coaches and other professionals.

Age: entering 6th grade in fall 2010 - Adult
Dates: June 21 - July 30 (6 weeks)
Instructor: Chris Quick, Joe Parks, Matt Sheehan
Location: Palatine High School
Min/Max: 12/150
Prog # **Day** **Time** **Fee**
 4473-2 M-F 6:30-7:30 am \$37 R/\$56 NR

Road Warriors

Morning running program at Fremd High School

This program emphasizes endurance and strength training by using the latest techniques in running and core body strength training. The beginning "fitness" runner as well as the experienced "racer" will be able to benefit from this program. The training gains made through road runs, track runs, running technique drills, and various strength exercises will benefit all runners.

Age: entering 5th grade in fall 2010 - Adult
Dates: June 14 - July 23 (6 weeks)
Instructor: David Sobel & Meghan Sanchez
Location: Fremd High School Track
Min/Max: 12/125
Prog # **Day** **Time** **Fee**
 4470-2 M-F 7:00-8:30 am \$37 R/\$56 NR

Speed, Agility, Quickness, and Jump Training

It's time to get quicker, faster, stronger, and more explosive! **TEAM-SPEED** is a specially designed workout class that utilizes plyometric exercises to increase an athlete's speed, agility, quickness, and jumping ability. This is the same workout used to train 2004 Olympic Beach Volleyball Gold Medalists, Kerri Walsh and Misty May. In addition to training Olympic champions, our workout has been used to train numerous NBA players, college competitors, championship high school athletic teams, and over 1,000 Chicago-area athletes looking for that extra edge (20,000 nationwide). The **TEAM-SPEED** workout guarantees to drastically change the explosiveness of every athlete.

Age: 10 - 25 years
Dates: June 15 - August 5 (8 weeks)
Instructor: Ray Glassman
Location: Community Center Gym
Min/Max: 20/50
Prog # **Day** **Time** **Fee**
 4594-2 T/Th 4:30-5:30 pm \$149 R/\$224 NR

Grade School Track

This program offers track training for beginners. Form, coordination, and technique are taught with drills and games designed to encourage enjoyment of the sport. All participants will receive free entry into the Track and Field Night on Wednesday, July 7.

Age: entering 2nd - 6th grades in fall 2010
Dates: June 14 - July 14 (5 weeks)
Instructor: Palatine Track and Field Coaches
Location: Palatine High School Track
Min/Max: 15/130
Prog # **Day** **Time** **Fee**
 4472-2 M/W 6:00-7:00 pm \$30 R/\$45 NR

Junior High/High School Track

This program offers track training in coordination, strength, and technique in all field events, hurdles, and sprint training. All participants will receive free entry into the Track and Field Night on Wednesday, July 7.

Age: entering Jr. High - High School in fall 2010
Dates: June 14 - July 14 (5 weeks)
Instructor: Palatine Track and Field Coaches
Location: Palatine High School Track
Min/Max: 15/75
Prog # **Day** **Time** **Fee**
 4471-2 M/W 6:00-8:00 pm \$40 R/\$60 NR



PALATINE TRACK AND FIELD NIGHT

Date: Wednesday, July 14

Time: 5:15-6:00 pm - Registration and Warm-up Time
 6:00-8:00 pm - Field Events and Track Events

Location: Palatine High School Track

Fee: \$3 • 7 years & over (allows participation in 3 events)
 \$1 • 6 years & under (allows participation in the 50 meter dash)
 FREE for anyone registered for any of the Track and Field Camps

Divisions: Boys and Girls
 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, 19-29, 30-39, 40-49, 50-59, 60 & over

Events: **Field** - Long Jump, Triple Jump, High Jump, Shot Put, Discus
Track - 50, 100, 400, 800, 1600, 100/110 Hurdles, 400 Relay

Registration taken day of event ONLY at the Palatine High School Track.

Having trouble registering online?
 Call 847-705-5123 ext. 223.

Boys Basketball Camps

Join the head coaches of Palatine and Fremd High Schools in improving your basketball skills. Both camps work on developing fundamental skills through practice, drills, and scrimmages.

Min/Max: 20/100

Dates: June 21 - July 1 (2 weeks)

Instructor: Eric Millstone

Location: Palatine High School Gym

Age: entering 3rd - 5th grades in fall 2010
Prog # **Day** **Time** **Fee**
 4110-2 M-Th 9:30-11:00 am \$75 R/\$113 NR

Age: entering 6th - 8th grades in fall 2010
Prog # **Day** **Time** **Fee**
 4111-2 M-Th 8:00-9:30 am \$75 R/\$113 NR

Dates: June 14 - June 24 (2 weeks)

Instructor: Bob Widlowski

Location: Fremd High School Gym

Age: entering 7th - 8th grades in fall 2010
Prog # **Day** **Time** **Fee**
 4112-2 M-Th 8:00-9:30 am \$75 R/\$113 NR

Age: entering 5th - 6th grades in fall 2010
Prog # **Day** **Time** **Fee**
 4113-2 M-Th 9:30-11:00 am \$75 R/\$113 NR

Hot Shots Sports

Hot Shots Sports comes to Palatine with fundamental and advanced training in all aspects of the game of basketball. Hot Shots instructors will deliver expert advice to enhance basketball skills such as shooting, passing, dribbling, and conditioning. This camp includes instruction as well as structured games. Hot Shots Sports t-shirts and prizes are included.

Dates: August 9 - August 12 (4 days)

Location: Birchwood Gym

Min/Max: 15/80

Age: entering 1st - 4th grades in fall 2010
Prog # **Day** **Time** **Fee**
 4104-2 M-Th 1:30-4:00 pm \$119 R/\$179 NR

Age: entering 5th - 8th grades in fall 2010
Prog # **Day** **Time** **Fee**
 4105-2 M-Th 1:30-4:00 pm \$119 R/\$179 NR

Kinder Soccer League

This league will emphasize the fundamentals of soccer, sportsmanship, and teamwork.

Age: Kindergarten
Dates: September 12 - October 24
Time: 12:00-2:00 pm
Location: Falcon Park Recreation Center

Min/Max: 40/80
Fee: \$80 R/\$120 NR
Prog # **Day**
 4259-2 Sun



Girls Basketball Camp

The girls basketball camp is designed to develop fundamental skills such as dribbling, shooting, and passing. Scrimmage games will also be played.

Age: entering 1st - 8th grades in fall 2010

Dates: June 21 - June 24 (1 week)

Staff: Palatine High School Coaching Staff

Location: Palatine High School East Gym

Min/Max: 15/75

Prog #	Day	Time	Fee
4107-2	M-Th	2:30-4:00 pm	\$36 R/\$54 NR

Volleyball Clinic

This girls and boys clinic will focus on the fundamentals of volleyball.

Dates: June 14 - June 18 (1 week)

Instructors: Joyce Richardson, Dan Gavin, & Staff

Location: Community Center Gym

Min/Max: 20/60

Age: entering 7th & 8th grades in fall 2010
Prog # **Day** **Time** **Fee**
 4250-2 M-F 8:00-10:00 am \$45 R/\$68 NR

Age: entering 4th - 6th grades in fall 2010
Prog # **Day** **Time** **Fee**
 4251-2 M-F 10:00 am-12:00 pm \$45 R/\$68 NR

Youth EVP Volleyball Skills & Drills

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving, and spiking. The lesson plan directs the use of self-mastery training and groups that help each student reach a new level. All students will receive a 6-point evaluation and a Youth Volleyball Rating. Instructors organize games at the end of class. Lesson plan also incorporates short educational drills including spelling, math, and science.

Age: entering 3rd - 5th grades in fall 2010

Dates: June 16 - August 11 (8 weeks)
no class 6/30

Location: Community Center
 Sand Volleyball Courts

Min/Max: 8/24

Prog #	Day	Time	Fee
4261-2	Wed	4:00-5:00 pm	\$72 R/\$108 NR

Adult Skills & Drills

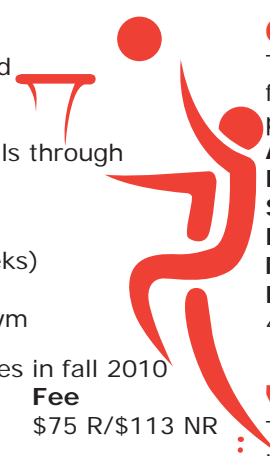
Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving, and spiking. You will learn to overhand serve and develop skills to play games. The lesson plan directs the use of self-mastery training and groups that help each student reach a new level. All students receive a 6-point evaluation and a Volleyball Rating. Instructors organize games at the end of each class.

Age: 16 years & over
Dates: June 16 - August 11 (8 weeks)
no class 6/30

Location: Community Center
 Sand Volleyball Courts

Min/Max: 8/24

Prog #	Day	Time	Fee
4258-2	Wed	6:30-8:00 pm	\$94 R/\$141 NR



14th Annual EVP Beach Volleyball Camps

A camp hosted by the Volleyball Professionals features all the latest drills and training techniques that build your skills for the next level. Lots of volleyball games too, with fun and active instructors. The camp will concentrate on the fundamentals of passing, setting, and spiking. You will learn to overhand serve and play organized games. The knowledge of the instructors will give the participants a head start on their skills in preparation for the next upcoming volleyball season. All students will receive a "Volleyball Pro" evaluation, a 6-point test certificate, and a camp t-shirt. Cancelled classes are made up on Friday.

Location: Community Center
Sand Volleyball Courts

Min/Max: 8/24

Dates: July 19 - July 22 (4 days)
Age: entering 3rd - 5th grades in fall 2010
Prog # **Day** **Time** **Fee**
4252-2 M-Th 9:00-10:30 am \$84 R/\$126 NR

Age: entering 6th - 8th grades in fall 2010
Prog # **Day** **Time** **Fee**
4253-2 M-Th 11:00 am-1:00 pm \$84 R/\$126 NR

Age: entering 8th - 10th grades in fall 2010
Prog # **Day** **Time** **Fee**
4254-2 M-Th 3:00-5:00 pm \$84 R/\$126 NR

Dates: August 16 - August 19 (4 days)
Age: entering 3rd - 5th grades in fall 2010
Prog # **Day** **Time** **Fee**
4255-2 M-Th 1:00-2:30 pm \$84 R/\$126 NR

Age: entering 6th - 8th grades in fall 2010
Prog # **Day** **Time** **Fee**
4256-2 M-Th 2:30-4:30 pm \$84 R/\$126 NR

Age: entering 8th - 10th grades in fall 2010
Prog # **Day** **Time** **Fee**
4257-2 M-Th 2:30-4:30 pm \$84 R/\$126 NR

Outdoor Volleyball League for Juniors

The grass volleyball league is for young athletes who have game experience and enjoy the challenge of playing outside. Organized games and skill competitions will make up the majority of volleyball program. This is an excellent opportunity to play in a volleyball league format. The coach will set up teams to create league balance and run 30-minute team practices before 90-minutes of league play. This volleyball league will have only one volleyball coach. Each athlete will receive an EVP volleyball.

Age: entering 6th - 8th grades in fall 2010

Dates: June 7 - June 28 (4 weeks)

Location: Community Park

Min/Max: 12/36 per grade

Prog # **Day** **Time** **Fee**
4260-2 Mon 4:30 pm \$70 R/\$105 NR

Junior EVP Volleyball Skills & Drills

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving, and spiking. You will learn to overhand serve and develop skills to play games. The lesson plan directs the use of self-mastery training and groups that help each student reach a new level. All students will receive a 6-point evaluation and a Youth Volleyball Rating. Instructors organize games at the end of each class. Lesson plan also incorporates short educational drills including spelling, math, and science.

Age: entering 6th - 8th grades in fall 2010

Dates: June 16 - August 11 (8 weeks)
no class 6/30

Location: Community Center
Sand Volleyball Courts

Min/Max: 8/24

Prog # **Day** **Time** **Fee**
4262-2 Wed 5:00-6:00 pm \$72 R/\$108 NR

Summer Volleyball Camps 2010

Volleykidz® Beach Camp

Volleykidz® is an introductory class for children in grades K-2. The lesson plan introduces the pass, set, and spike using a very light volleyball. Volleykidz® will improve each child's hand/eye coordination through the use of fun drills and gross motor games. Lesson plan also incorporates short educational drills including spelling, math, and science. Cancelled classes are made up on Friday.

Age: entering Kindergarten - 2nd grade in fall 2010

Location: Community Center
Sand Volleyball Courts

Min/Max: 8/24

Dates: July 19 - July 22 (4 days)
Prog # **Day** **Time** **Fee**
4263-2 M-Th 8:30-9:15 am \$55 R/\$83 NR

Dates: August 16 - August 19 (4 days)
Prog # **Day** **Time** **Fee**
4264-2 M-Th 12:15-1:00 pm \$55 R/\$83 NR

Recreational Volleyball

Join other volleyball players in this informal drop-in program. This popular program fills up each night and the maximum is reached on a first-come, first-serve basis.

Age: Adults (18 years & over)
Fee: \$5 Resident with ID/\$7 Non-resident

Dates: June 17 - August 5 (10 weeks)
no volleyball 8/12, 8/19, 8/26

Day/Time: Thursday/7:00-10:00 pm

Location: Community Center Gym

Dates: June 20 - August 29 (10 weeks)
no volleyball 7/4

Day/Time: Sunday/6:30-10:00 pm

Location: Falcon Park Recreation Center



Join our Email List at

www.palatineparks.org

Get updates on registration dates, events, special programs, and more!

Touch Rugby Clinic

FREE!

Monday, June 21
6:00 - 7:30 pm
 Community Park



This non-contact program will introduce 8-13 year olds to the international sport of rugby. Ballhandling, running, kicking, and rules of the game will be covered.

Prog #: 4115-2 **Pre-registration is required.**

Rugby Camp

This non-contact program will introduce boys and girls to the international sport of rugby. Ball handling, running, kicking, and rules of the game will be covered. Each participant will receive an official rugby ball.

Age: 8 - 13 years
Dates: June 28 - July 26 (4 weeks)
no class 7/5
Location: Pebble Park, 1855 Westbury Drive
 Hoffman Estates
Min/Max: 10/75

Prog #	Day	Time	Fee
4114-2	M/Th	6:00-7:30 pm	\$65 per child

Boys Lacrosse America Camp

Lacrosse, the "fastest sport on two feet", combines the best of basketball, hockey, and soccer. Lacrosse America staff and special guests will instruct boys in stick handling, dodging, shooting, and defense. The emphasis for camp will be on individual skill development, learning the rules, sportsmanship and fun contests, and scrimmages. FREE loaner equipment is available. Players should bring their own water bottles. All participants will get a camp shirt. For more information, call Lacrosse America at 847-412-5529, or visit the website at lacrosseamerica.com.

Age: entering 3rd - 9th grades in fall 2010
Min/Max: 20/80
Fee: \$150 R/\$225 NR

Location: Falcon Park Recreation Center
Dates: June 21 - June 25 (1 week)
Prog # **Day** **Time**
 4100-2 M-F 6:00-8:00 pm

Location: Cardinal Park
Dates: July 26 - July 30 (1 week)
Prog # **Day** **Time**
 4102-2 M-F 6:00-8:00 pm



Summer Football Camp

Learn the basics of football from the Fremd High School football staff. This will be a non-padded/non-contact camp presented in a "fun-first" safe environment. Age appropriate skills and concepts will be emphasized. Molded rubber spikes are recommended but not required.

Age: entering 3rd - 6th grades in fall 2010
Dates: June 14 - June 24 (2 weeks)
Instructor: Mike Donatucci & Fremd Coaching Staff
Location: Fremd High School
Min/Max: 15/90

Prog #	Day	Time	Fee
4551-2	M-Th	11:00 am-1:00 pm	\$135 R/\$203 NR

Youth Pee Wee **NEW!** Flag Football League

Our program emphasizes the fundamentals of flag football, sportsmanship, and teamwork while having fun through league play. Each team is allotted two practices per week at Falcon Park Recreation Center. Practices will be scheduled for Monday-Thursday at various times starting at 5:30 pm beginning the week of August 30. Games will be on Saturdays.

Age: 5 - 7 years **Min/Max:** 60/120
Dates: September 11 - October 23
Location: Falcon Park Recreation Center

Prog #	Day	Time	Fee
5046-9	Sat	9:00 am-2:00 pm	\$155 R/\$233 NR

Note: A special registration form is required for each participant. Forms are available at the Community Center, Birchwood Recreation Center, Falcon Park Recreation Center, or can be downloaded at www.palatineparks.org/forms.html.

Pro Youth Football Camp **NEW!**

Join NFL Pro-Bowl nominee Tommy Zbikowski (Safety, Baltimore Ravens) and former Chicago Bears quarterback and NFL-record holder Bobby Douglass as they teach interactive, instructional youth football camps. The camp will focus on skill training for passing, running, receiving, blocking, and defending. Instructional 7 on 7 games will be played with emphasis on sportsmanship and teamwork.

Dates: July 6 - July 9
Location: Ost Field

Age	Day	Time	Fee
7-10 yrs	T-F	8:30 am-12:30 pm	\$150 per child
10-14 yrs	T-F	12:30-3:30 pm	\$150 per child
HS	Fri	9:00 am-3:00 pm	\$100 per child

Registration will be taken through Bobby Douglass camps at BobbyDouglassCamps.com. For more information call 847-283-9922 or email BobbyDouglass@mac.com.

Beginning Fly Fishing **NEW!**

Join this class to learn the basics of fly fishing. If you are a beginner or need to refresh your knowledge, this is the program for you. Participants will learn about equipment, lures, casting, and terminology of fly fishing. If you have a fly rod and reel, feel free to bring it to class.

Location: Falcon Park Recreation Center, Turf Field
Min/Max: 10/20

Age: Adults - 18 years & over
Date: June 14

Prog #	Day	Time	Fee
4431-2	Wed	6:30-8:00 pm	\$15 R/\$23 NR

Age: Parent & Child
Date: June 30

Prog #	Day	Time	Fee
4432-2	Wed	6:30-8:00 pm	\$15 R/\$23 NR

Age: Children - 10 years & over
Date: July 28

Prog #	Day	Time	Fee
4433-2	Wed	6:30-8:00 pm	\$15 R/\$23 NR

Baseball Instructional Skills and Drills Camp

This camp is designed to develop hitting, fielding, and throwing skills. Drills and game type situations will be used to develop these skills in an intense, but fun training environment. **Please include t-shirt size on the registration form.**

Instructor: Fremd Head Baseball Coach, Chris Piggott, Assistant Coach, Jason Jetel, and current and former Fremd baseball players

Location: Fremd High School Varsity Baseball Field

Min/Max: 10/60

Age: entering 5th & 6th grades in fall 2010
Dates: June 14 - June 24 (2 weeks)
Prog # **Day** **Time** **Fee**
 4000-2 M-Th 8:00-9:30 am \$110 R/\$165 NR

Age: entering 7th & 8th grades in fall 2010
Dates: June 14 - June 24 (2 weeks)
Prog # **Day** **Time** **Fee**
 4001-2 M-Th 9:30-11:00 am \$110 R/\$165 NR

British Sports Camp



British coaches will provide boys and girls with a week of non-stop action, fun, and competition, all with a British twist. Children will play tag rugby, Cricket, rounders, five-a-side soccer, kick ball, British bull dogs, team relays, and obstacle courses. Children will not only learn some new British sports and develop some new skills, but will also enjoy a week of teambuilding activities. Children will learn respect, responsibility, integrity, sportsmanship, and leadership.

Age: 6 - 13 years
Dates: June 28 - July 2 (1 week)
Location: Falcon Park Recreation Center
Min/Max: 6/100
Prog # **Day** **Time** **Fee***
 4116-2 M-F 9:00 am-12:00 pm \$132 R/\$198 NR

*Fee will include a British Sports Camp t-shirt. **Please indicate t-shirt size on the registration form.**

Youth Wrestling Camp

Join Ralph Cortez, Head Wrestling Coach at Fremd High School, and his staff for a camp geared toward the youth wrestler. The camp is designed to give the athletes basic, intermediate, or advanced skills depending on their age and experience. Athletes will also condition, learn the rules of wrestling, and have fun. Participants may take trips to Birchwood pool.

Age: 7 - 14 years
Dates: June 14 - June 25 (2 weeks)
Location: Fremd High School Wrestling Room
Min/Max: 15/50
Prog # **Day** **Time** **Fee**
 4595-2 M-F 11:00 am-1:00 pm \$100 R/\$150 NR

Chicago White Sox Training Camps

Young players who are interested in improving their skills will be given a chance to learn basic and advanced baseball skills from some of the most gifted teachers in the game.

Location: Community Park
Min/Max: 90/100

Dates: June 14 - June 17 (4 days)

Fastpitch Softball Camp 1 - NEW!

This camp is for girls who are playing fastpitch softball in an in-house league or community organization. Areas of instruction will include: throwing, infield and outfield play, pitching, hitting, and base running.

Age: 7 - 9 years
Prog # **Day** **Time** **Fee**
 4002-2 M-Th 8:30-11:30 am \$159 per child

Fastpitch Softball Camp 2 - NEW!

This camp is geared toward the experienced fastpitch softball player. The curriculum will include: agility drills, throwing progressions, bunting, specific infield and outfield defensive play, hitting, pitching, and base running.

Age: 10 - 13 years
Prog # **Day** **Time** **Fee**
 4003-2 M-Th 8:30-11:30 am \$159 per child

Dates: June 21 - June 25 (1 week)

Little Sluggers Camp

This camp will focus on the basics of the game. Players will also learn practice leads to improvement and the best way to have more fun playing baseball.

Age: 5 - 6 years
Prog # **Day** **Time** **Fee**
 4004-2 M-F 1:00-3:30 pm \$159 per child

Training Center Camp

This camp will focus on essential individual aspects of baseball including: throwing, hitting, bunting, fielding, pitching, and base-running.

Age: 5 - 6 years
Prog # **Day** **Time** **Fee**
 4005-2 M-F 8:30-11:30 am \$199 per child

Advanced Camp

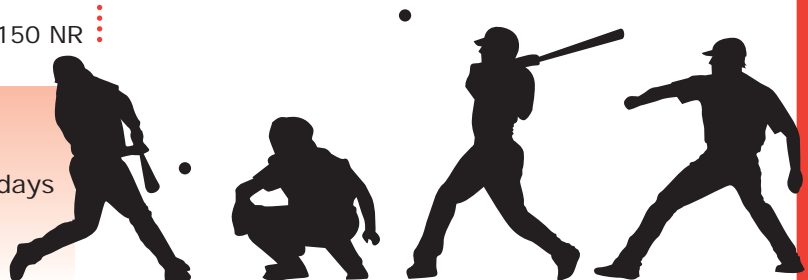
This camp will touch on advanced hitting and throwing techniques, as well as team play, advanced base-running, and other techniques that could be used on the field.

Age: 9 - 12 years
Prog # **Day** **Time** **Fee**
 4006-2 M-F 1:00-4:00 pm \$199 per child

Every player will receive six ticket vouchers to a White Sox game, hat, and a t-shirt. (premiums subject to change)

DON'T WAIT to register!

If a program does not reach its minimum 7 days prior to the starting date of class, it may be cancelled.



Nike Recreational Player Camp

Celtic Soccer's Director of Coaching, Paul Thomas, is offering a fun based soccer camp that offers players the chance to develop their soccer skills in an educational, safe, and fun environment. For more details visit www.palatinecelticsc.com under the camp section.

Dates: July 26 - July 30 (1 week)

Location: Cardinal Park

Min/Max: 15/300

Junior Celtics

Age: 4 & 5 years

Prog #	Day	Time	Fee*
9700-2	M-F	6:00-7:15 pm	\$80 R/\$120 NR

Beginner Camp

Age: 6 & 7 years

Prog #	Day	Time	Fee*
9701-2	M-F	6:00-8:00 pm	\$100 R/\$150 NR

Intermediate Camp

Age: 8 & 9 years

Prog #	Day	Time	Fee*
9702-2	M-F	6:00-8:00 pm	\$100 R/\$150 NR

Advanced Camp

Age: 10 - 14 years

Prog #	Day	Time	Fee*
9703-2	M-F	6:00-8:00 pm	\$100 R/\$150 NR

*Fee includes a Nike Camp t-shirt.

Chicago Red Stars Professional Camp

Red Stars camp offers soccer players of all skill levels the unique opportunity to participate in training sessions designed by professional women's coaches and players in a fun and welcoming environment. All campers will receive a t-shirt, written player evaluation (Little Stars participants will receive a certificate), and a ticket to a Red Stars home game. Lunch is provided to full-day campers for an additional \$5 per day.

Dates: July 5 - July 8 (4 days)

Location: Cardinal Park

Min/Max: 15/300

Little Stars Boys & Girls Camp: 4 - 6 years

Prog #	Day	Time	Fee
4500-2	M-Th	9:00 am-12:00 pm	\$130 R/\$195 NR

Half-day Girls Camp: 7 - 16 years

Prog #	Day	Time	Fee
4505-2	M-Th	9:00 am-12:00 pm	\$130 R/\$195 NR

Full-day Girls Camp: 7 - 16 years

Prog #	Day	Time	Fee
4506-2	M-Th	9:00 am-3:00 pm	\$200 R/\$300 NR

Nike Elite Player Camp

Celtic Soccer's Director of Coaching, Paul Thomas, is offering an elite individual player camp. The camp will offer players a chance to develop their individual soccer skills in a competitive, challenging, and educational environment. For more details visit www.palatinecelticsc.com under the camp section.

Dates: July 26 - July 30 (1 week)

Location: Cardinal Park

Min/Max: 15/300

Age: 6 & 7 years

Prog #	Day	Time	Fee*
9704-2	M-F	9:00-11:00 am	\$100 R/\$150 NR

Age: 8 - 14 years

Prog #	Day	Time	Fee*
9705-2	M-F	9:00 am-12:00 pm	\$135 R/\$203 NR

*Fee includes a Nike Camp t-shirt.

Nike Elite Goalkeeper/Striker Camp

Celtic Soccer's Director of Coaching, Paul Thomas, and Goalkeeper Coach Doug Cardosi are offering this camp. The goalkeeper camp will focus on improving each player's technical, tactical, physical, and psychological skills. The striker camp will help players improve their overall technique with a specific focus on first touch, turns, move, dribbling, and finishing. For more details visit www.palatinecelticsc.com under the camp section.

Age: 7 - 18 years

Dates: August 2 - August 6 (1 week)

Location: Cardinal Park

Min/Max: 15/300

Prog #	Day	Time	Fee*
9706-2	M-F	9:00-11:00 am	\$120 R/\$180 NR

*Fee includes a Nike Camp t-shirt.

Coerver Coaching Soccer Academy

Players will be taught ball mastery, receiving and passing, moves, speed, finishing, and group attack in a fast paced, exciting, and challenging environment using the Coerver Method, the world's number one soccer teaching method.

Age: 6 - 18 years

Dates: June 28 - July 2 (1 week)

Location: Cardinal Park

Min/Max: 15/300

Fee: \$195 R/\$293 NR

Prog #	Day	Time
4507-2	M-F	9:00 am-12:00 pm



2 Week Intensive Tennis Program

Learn to play tennis — the lifetime sport — in almost no time. Classes meet at convenient times Monday-Thursday for two weeks. Students are encouraged to register for more than one session to achieve maximum progress and results.

Fee: \$109 R/\$164 NR **Min/Max:** 5/24

Dates: June 14 - June 24 (2 weeks)

Location: Eagle Park Tennis Courts

Prog #	Day	Time	Level/Age
4366-2	M-Th	8:00-9:00 am	Pee Wee/4-6 yrs
4367-2	M-Th	12:15-1:15 pm	Beg./7-10 yrs
4368-2	M-Th	1:15-2:15 pm	Beg.-Adv. Beg./10 yrs+
4369-2	M-Th	2:15-3:15 pm	Adv. Beg.-Int./10 yrs+

Dates: July 12 - July 22 (2 weeks)

Location: Sycamore Park Tennis Courts

Prog #	Day	Time	Level/Age
4370-2	M-Th	8:00-9:00 am	Pee Wee/4-6 yrs
4371-2	M-Th	12:15-1:15 pm	Beg./7-9 yrs
4372-2	M-Th	1:15-2:15 pm	Beg.-Adv. Beg./10 yrs+
4373-2	M-Th	2:15-3:15 pm	Adv. Beg.-Int./10 yrs+

Dates: August 9 - August 19 (2 weeks)

Location: Community Center Tennis Courts

Prog #	Day	Time	Level/Age
4374-2	M-Th	2:00-3:00 pm	Pee Wee/4-6 yrs
4375-2	M-Th	3:00-4:00 pm	Beg./7-9 yrs
4376-2	M-Th	4:00-5:00 pm	Beg.-Adv. Beg./10 yrs+
4377-2	M-Th	4:00-5:00 pm	Adv. Beg.-Int./10 yrs+

Dates: August 9 - August 19 (2 weeks)

Location: Birchwood Tennis Courts

Prog #	Day	Time	Level/Age
4378-2	M-Th	9:00-10:00 am	Pee Wee/4-6 yrs
4379-2	M-Th	10:00-11:00 am	Beg./7-9 yrs
4380-2	M-Th	11:00-12:00 pm	Beg.-Adv. Beg./10 yrs+
4381-2	M-Th	12:00-1:00 pm	Adv. Beg.-Int./10 yrs+

Junior Davis Camp

This program provides youth the opportunity to test their skills and experience the fun of tennis games and friendly competition. Tennis games using the Quick Start format allow youth to play actual singles and doubles matches geared to age and ability levels. Quick Start tennis begins on 36 foot courts. Players progress to 60 foot tennis courts, and then on to the full tennis court.

Dates: June 18 - August 6 (7 weeks)
no class 7/2

Instructor: Frank Sacks, USPTA/PTR and Staff

Location: Eagle Park Tennis Courts

Fee: \$109 R/\$164 NR

Min/Max: 8/32

Prog #	Day	Time	Age
4400-2	Fri	1:00-3:00 pm	6-9 years
4401-2	Fri	1:00-3:00 pm	10-17 years



OnLine Registration is not available for this program.

Free Tennis Clinic & Open House

Saturday, May 8 • 4:00 - 5:30 pm

Palatine Hills Tennis Courts

All levels welcome!

Prog #: 4399-2

Pre-registration is required.



Frank Sacks High School Tennis Camp

This program is designed for high school tennis team members and those who aspire to play on their teams and in tournaments. Intensive professional instruction includes stroke development, footwork, conditioning, strength and agility training, singles and doubles strategy, shot selection, mental training, and competitive play. An individualized stroke analysis and player profile, and a camp t-shirt are included in the fee.

Age: 12 - 18 years (boys and girls)

Instructor: Frank Sacks, USPTA/PTR

Location: Birchwood Tennis Courts

Fee: \$224 R/\$324 NR

Min/Max: 5/12

Session I

Prog #	Dates	Day	Time
4382-2	6/14-6/24	M-Th	2:00-4:00 pm

Session II

Prog #	Dates	Day	Time
4383-2	7/12-7/22	M-Th	2:00-4:00 pm

Session III

Prog #	Dates	Day	Time
4384-2	7/26-8/5	M-Th	2:00-4:00 pm

Private and Semi-Private Tennis Lessons

Staff will help you find the proper instructor to meet your individual needs and goals. Group fees are listed. **All participants must complete a registration form.**

Age: 5 years & over

Location: Various Tennis Courts

Private Instruction

Prog #	Lesson	Fee
4403-2	1-one hour lesson	\$53 R/\$80 NR
4404-2	5-one hour lessons	\$235 R/\$335 NR

Semi-Private Instruction - 2 participants

Prog #	Lesson	Fee
4405-2	1-one hour lesson	\$55 R/\$83 NR
4406-2	5-one hour lessons	\$260 R/\$360 NR

Semi-Private Instruction - 3 participants

Prog #	Lesson	Fee
4407-2	1-one hour lesson	\$60 R/\$90 NR
4408-2	5-one hour lessons	\$285 R/\$385 NR

Semi-Private Instruction - 4 participants

Prog #	Lesson	Fee
4409-2	1-one hour lesson	\$65 R/\$98 NR
4410-2	5-one hour lessons	\$310 R/\$410 NR

Youth Tennis Lessons

This class provides a solid foundation to maximize skill improvement and enjoyment. All classes are taught by top area collegiate tennis players selected and trained by Director of Tennis, Frank Sacks.

Fee: \$109 R/\$164 NR **Min/Max:** 5/12
Length: 4 weeks

Location: Birchwood Park Tennis Courts

Prog #	Dates	Day	Time	Level/Age
4300-2	6/14-7/7*	M/W	9:00-10:00 am	3-5 yrs with parent**
4301-2	6/14-7/7*	M/W	9:00-10:00 am	Pee Wee/4-6 yrs
4302-2	6/14-7/7*	M/W	10:00-11:00 am	Beg.-Adv. Beg./7-9 yrs
4303-2	6/14-7/7*	M/W	11:00-12:00 pm	Beg.-Adv. Beg./9-12 yrs
4304-2	6/14-7/7*	M/W	12:00-1:00 pm	Adv. Beg.-Int./10 yrs+
4305-2	6/15-7/8	T/Th	9:00-10:00 am	Pee Wee/4-6 yrs
4306-2	6/15-7/8	T/Th	10:00-11:00 am	Beg.-Adv. Beg./7-9 yrs
4307-2	6/15-7/8	T/Th	11:00-12:00 pm	Beg. I/10 yrs+
4308-2	6/15-7/8	T/Th	12:00-1:00 pm	Beg.-Adv. Beg./10 yrs+
4309-2	7/12-8/4	M/W	9:00-10:00 am	3-5 yrs with parent**
4310-2	7/12-8/4	M/W	9:00-10:00 am	Pee Wee/4-6 yrs
4311-2	7/12-8/4	M/W	10:00-11:00 am	Beg.-Adv. Beg./7-9 yrs
4312-2	7/12-8/4	M/W	11:00-12:00 pm	Beg.-Adv. Beg./9-12 yrs
4313-2	7/12-8/4	M/W	12:00-1:00 pm	Adv. Beg.-Int./10 yrs+
4314-2	7/13-8/5	T/Th	9:00-10:00 am	Pee Wee/4-6 yrs
4315-2	7/13-8/5	T/Th	10:00-11:00 am	Beg./6-8 yrs
4316-2	7/13-8/5	T/Th	11:00-12:00 pm	Beg.-Adv. Beg./9-11 yrs
4317-2	7/13-8/5	T/Th	12:00-1:00 pm	Beg.-Adv. Beg./12 yrs+

*no class 7/5, make-up 6/18; **Register child's name only.

Location: Community Center Tennis Courts

Prog #	Dates	Day	Time	Level/Age
4318-2	6/14-7/7*	M/W	3:30-4:30 pm	Pee Wee/4-6 yrs
4319-2	6/14-7/7*	M/W	4:30-5:30 pm	Beg./7-9 yrs
4320-2	6/14-7/7*	M/W	5:30-6:30 pm	Beg.-Adv. Beg./10 yrs+
4321-2	6/14-7/7*	M/W	5:30-6:30 pm	Adv. Beg.- Int./12 yrs+
4322-2	6/15-7/8	T/Th	2:30-3:30 pm	3-5 yrs with parent**
4323-2	6/15-7/8	T/Th	2:30-3:30 pm	Pee Wee/4-6 yrs
4324-2	6/15-7/8	T/Th	3:30-4:30 pm	Beg.-Adv. Beg./7-9 yrs
4325-2	6/15-7/8	T/Th	4:30-5:30 pm	Beg.-Adv. Beg./9-12 yrs
4326-2	6/15-7/8	T/Th	5:30-6:30 pm	Adv. Beg.-Int./10 yrs+
4327-2	7/12-8/4	M/W	3:30-4:30 pm	Pee Wee/4-6 yrs
4328-2	7/12-8/4	M/W	4:30-5:30 pm	Beg./7-9 yrs
4329-2	7/12-8/4	M/W	5:30-6:30 pm	Beg.-Adv. Beg./10 yrs+
4330-2	7/12-8/4	M/W	5:30-6:30 pm	Adv. Beg.-Int./10 yrs+
4331-2	7/13-8/5	T/Th	2:30-3:30 pm	3-5 yrs with parent**
4332-2	7/13-8/5	T/Th	2:30-3:30 pm	Pee Wee/4-6 yrs
4333-2	7/13-8/5	T/Th	3:30-4:30 pm	Beg.-Adv. Beg./7-9 yrs
4334-2	7/13-8/5	T/Th	4:30-5:30 pm	Beg.-Adv. Beg./9-12 yrs
4335-2	7/13-8/5	T/Th	5:30-6:30 pm	Adv. Beg.-Int./10 yrs+

*no class 7/5, make-up 6/18; **Register child's name only.

Location: Eagle Park Tennis Courts

Fee: \$109 R/\$164 NR
Length: 8 weeks

Prog #	Dates	Day	Time	Level/Age
4336-2	6/19-8/14	Sat	1:30-2:30 pm	3-5 yrs with parent**
4337-2	6/19-8/14	Sat	1:30-2:30 pm	Pee Wee I-II/4-6 yrs
4338-2	6/19-8/14	Sat	2:30-3:30 pm	Beg./7-9 yrs
4339-2	6/19-8/14	Sat	3:30-4:30 pm	Beg.-Adv. Beg./10 yrs+
4340-2	6/19-8/14	Sat	3:30-4:30 pm	Adv. Beg.-Int./12 yrs+

**Register child's name only.

Youth Tennis Levels

Pee Wee (NTRP 1.0) - Introduction to tennis with emphasis on fun and development of motor skills. This program utilizes specialized reduced size and age specific equipment and teaching aids.

Youth Beginner (NTRP 1.0-1.9)

Instruction includes hand-eye coordination, racket skills, stroke production with emphasis on ground strokes, serve, return, and volleys. Youth Advanced Beginner (NTRP 2.0-2.5) Class is for those who have had basic instruction but need further review of fundamentals.

Youth Intermediate (NTRP 2.5-2.9)

Class is for those who have developed more dependable strokes but are still working to keep the ball in play with others of the same ability and need to develop court coverage and judgement of ball.



**REGISTER NOW!
 NOT PART OF THE LOTTERY.**

Tennis Leagues

Leagues will meet at Palatine Hills and Eagle Park. When filling out the registration form be sure to indicate your level of play (beginner, intermediate, advanced), what days of the week you can play, what time (day or evening), and what format you wish (singles, doubles, etc.). Registration deadline is June 5. Pick-up special form at Birchwood Recreation Center, Community Center, Falcon Park Recreation Center, or download a form online at www.palatineparks.org. Dates, times, and locations will be announced once registration is complete. Play is scheduled to begin the week of June 14.

Min/Max: 8/24

Fee*: \$28 R/\$42 NR

Prog #: 4450-2
Age: Men's Singles - Adult

Prog #: 4451-2
Age: Women's Singles - Adult

Prog #: 4452-2
Age: Women's Doubles - Adult*

Prog #: 4453-2
Age: Mixed Doubles - Adult*

*Registration fee is per person. Both teammates need to register individually.

Junior Tennis Camp

This program offers professional instruction and gives students the opportunity to progress in tennis at a much faster rate than in the regular lesson setting. All aspects of the game will be covered.

Age: 8 - 16 years
Length: 2 weeks
Min/Max: 5/24

Location: Birchwood Tennis Courts
Fee: \$219 R/\$319 NR

Prog #	Date	Day	Time
4386-2	6/14-6/24	M-Th	4:00-6:00 pm
4387-2	6/28-7/8	M-Th	4:00-6:00 pm
4388-2	7/12-7/22	M-Th	4:00-6:00 pm

Location: Eagle Tennis Courts
Fee: \$329 R/\$429 NR

Prog #	Date	Day	Time
4390-2	7/26-8/5	M-Th	4:00-6:00 pm
4391-2	8/9-8/19	M-Th	9:00 am-12:00 pm

Location: Eagle Tennis Courts
Fee: \$84 R/\$126 NR

Prog #	Date	Day	Time
4392-2	6/19-6/20	Sat/Sun	9:00 am-12:00 pm
4393-2	7/17-7/18	Sat/Sun	9:00 am-12:00 pm

Adult Cardio Tennis

This program provides an excellent cardio-vascular workout using music, tennis drills, and fitness related warm-up and cool down exercises. The program is designed for all levels of play.

Age: Adult
Instructor: Mir Rahim, USPTA
Min/Max: 5/24

Dates: June 5 - July 10 (5 weeks)
no class 7/3

Location: Eagle Park Tennis Courts

Prog #	Day	Time	Fee
4396-2	Sat	11:00 am-12:00 pm	\$69 R/\$104 NR

Dates: June 15 - July 13 (5 weeks)

Location: Birchwood Tennis Courts

Prog #	Day	Time	Fee
4397-2	Tue	8:00-9:00 am	\$69 R/\$104 NR

Dates: July 20 - August 17 (5 weeks)

Location: Birchwood Tennis Courts

Prog #	Day	Time	Fee
4398-2	Tue	8:00-9:00 am	\$69 R/\$104 NR

Adult Tennis Lessons

Improve your game and enjoy a full outdoor season of fun on the courts. Tennis programs are under the direction of Frank Sacks Tennis Camps Inc. Frank Sacks is a certified USPTA/PTR Professional and former Head Tennis Coach for the men's and women's tennis teams at Northeastern University.

Age: 16 years & over
Fee: \$104 R/\$156 NR
Length: 5 weeks
Min/Max: 5/12

Location: Palatine Hills Tennis Courts

Prog #	Dates	Day	Time	Level
4345-2	6/14-7/12*	Mon	7:00-8:30 pm	Beg.-Adv. Beg.
4346-2	6/14-7/12*	Mon	8:30-10:00 pm	Int. I & II
4347-2	6/15-7/6	Tue	7:00-8:30 pm	Adv. Beg.-Int. I
4348-2	6/15-7/6	Tue	8:30-10:00 pm	Int. III-IV
4349-2	7/19-8/16	Mon	7:00-8:30 pm	Beg.-Adv. Beg.
4350-2	7/19-8/16	Mon	8:30-10:00 pm	Int. I-II
4351-2	7/20-8/17	Tue	7:00-8:30 pm	Adv. Beg.-Int. I
4352-2	7/20-8/17	Tue	8:30-10:00 pm	Int. III-IV

*no class 7/5 (Participants will be contacted for make-up)

Location: Community Center Tennis Courts

Prog #	Dates	Day	Time	Level
4353-2	6/10-7/8	Thur	6:30-8:00 pm	Int. II-III
4354-2	7/15-8/12	Thur	6:30-8:00 pm	Int. II-III

Location: Birchwood Tennis Courts

Prog #	Dates	Day	Time	Level
4355-2	6/8-7/6	Tue	1:00-2:30 pm	Beg.-Adv. Beg.
4356-2	7/13-8/10	Tue	1:00-2:30 pm	Beg.-Adv. Beg.
4357-2	6/17-7/8	Thur	1:00-2:30 pm	Int. II-III
4358-2	7/15-8/12	Thur	1:00-2:30 pm	Int. II-III

Location: Eagle Park Tennis Courts

Fee: \$149 R/\$224 NR
Length: 8 weeks

Prog #	Dates	Day	Time	Level
4359-2	6/19-8/14	Sat	12:00-1:30 pm	Adv. Beg.-Int.
4360-2	6/19-8/14	Sat	12:00-1:30 pm	Int. II-III

For adult class levels visit www.franksackstennis.com.

Adult Tennis Camp (NTRP 1.0-5.0)

The instruction includes stroke development, footwork, cooperative consistency drills, competitive play action drills, and controlled match play.

Age: 16 years & over
Instructor: Frank Sacks, USPTA/PTR & Staff
Location: Eagle Park Tennis Courts
Min/Max: 5/24
Fee: \$79 R/\$119 NR

Beginner - Intermediate (NTRP 1.0-2.9)

Prog #	Dates	Day	Time
4394-2	6/19-6/20	Sat/Sun	9:00 am-12:00 pm

Intermediate (NTRP 3.0 and above)

Prog #	Dates	Day	Time
4395-2	7/17-7/18	Sat/Sun	9:00 am-12:00 pm

