



Hot Shots Sports

Min/Max: 4/15
No. of Weeks: 8/7

Adult-Tot Sports

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Motor skills activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. *No class November 24.*

Age: 2-4 Yrs
Day: Wednesday
Location: PVCC - Gymnasium

Code#	Time	Dates	R/NR
1937-7	2:30-3:15pm	9/01-10/20	\$80/\$108
1936-8	2:30-3:15pm	10/27-12/15	\$70/\$95

Sports and More

Children are introduced to the fundamentals of such sports as soccer, T-ball, football, basketball, floor hockey and other sports and group games. The program provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship. *No class September 9 & November 25.*

Age: 3-5 Yrs
Day: Thursday
Location: PVCC-Gymnasium

Code#	Time	Dates	R/NR
1937-2	3:15-4:00pm	9/02-10/21	\$70/\$95
1936-0	3:15-4:00pm	10/28-12/16	\$70/\$95

Pee Wee Basketball

Develop early basketball skills such as shooting, dribbling and passing along with the basic rules of the game. A lower basket and a smaller ball are used. This class is for the basketball beginner looking to understand the game, learn new skills and have a ball! *No class November 26.*

Age: 4-6 Yrs
Day: Friday
Location: PVCC-Gymnasium

Code#	Time	Dates	R/NR
1937-4	2:00-2:45pm	9/03-10/22	\$80/\$108
1936-4	2:00-2:45pm	10/29-12/17	\$70/\$95

Did You Know?

*participation in athletics
teaches self-discipline,
independence and life-long skills*

Pee Wee Soccer

Let your child's early soccer experience be a great one. Players develop not only their soccer skills but also gain confidence, coordination, motor skills and communication. The program uses age-appropriate drills and exercises to teach players kicking, ball control, dribbling, shooting and more. Each class is designed to develop endurance, promote good sportsmanship and teamwork. *No class November 24 & 26.*

Age: 3-5 Yrs
Location: PVCC-Gymnasium

Day: Wednesday

Code#	Time	Dates	R/NR
1937-5	3:15-4:00pm	9/01-10/20	\$80/\$108
1936-9	3:15-4:00pm	10/27-12/15	\$70/\$95

Day: Friday

Code#	Time	Dates	R/NR
1937-6	2:45-3:30pm	9/03-10/22	\$80/\$108
1936-5	2:45-3:30pm	10/29-12/17	\$70/\$95

Age: 4-6 Yrs
Location: PVCC-Gymnasium

Day: Friday

Code#	Time	Dates	R/NR
1937-0	3:30-4:15pm	9/03-10/22	\$80/\$108
1937-1	3:30-4:15pm	10/29-12/17	\$70/\$95

Floor Hockey

Early fundamental hockey skills are developed including stick handling, passing and shooting. Basic offensive and defensive strategies are introduced. Game strategies are covered as well as safety rules. Children will have a chance to use these skills during in-class scrimmages. *No class September 9 & November 25.*

Age: 4-6 Yrs
Day: Thursday
Location: PVCC-Gymnasium

Code#	Time	Dates	R/NR
1938-2	4:00-4:45pm	9/02-10/21	\$70/\$95
1936-3	4:00-4:45pm	10/28-12/16	\$70/\$95

Intro to Flag Football

Participants learn the fundamentals of Football in this non-contact class. Fundamentals include stance, passing, catching, running as well as the basic rules and strategy of offense and defense. Children participate in skill enhancing drills and participate in class scrimmages.

Age: 4-6 Yrs
Day: Tuesday
Location: Harrer Park Field #3

Code#	Time	Dates	R/NR
1937-3	3:15-4:00pm	8/31-10/12	\$70/\$95

NEW! **Young Explorers**

Join Miss Donna as we explore science each week in a fun and creative way. This class is geared for 1st-3rd graders with an interest in learning the basics of scientific exploration. Each session will introduce several topics for discussion, investigation and experimentation. This class is hands-on learning! *No class November 24.*

Instructor: Donna Schutz
Age: Gr 1-3
Day: Wednesday
R/NR Fees: \$41/\$57 (includes a \$10 materials fee per person)
Min/Max: 6/10
No. of Weeks: 6
Location: Oketo Park Fieldhouse

Code#	Time	Dates
7185-2	7:00-8:00pm	9/15-10/20
7185-3	7:00-8:00pm	11/03-12/15

Art Explosion!

We welcome your school age child with an exciting art class designed just for them! Our own very talented Laura Frisch will indulge your child in a multi-media experience. Join us for sculpture, painting and drawing using a variety of themes and materials. Your child will expand their imagination each week as they explore new dimensions of art. *No class November 25.*

Instructor: Laura Frisch
Age: Gr 1-5
Day: Thursday
R/NR Fees: \$41/\$57
Min/Max: 6/10
No. of Weeks: 6
Location: PVCC - Community Room

Code#	Time	Dates
6345-0	4:45-5:45pm	9/16-10/21
6345-1	4:45-5:45pm	11/04-12/16

Checkmates Chess Academy

We will explore chess tactics such as pins, forks and skewers while playing chess related games such as "Take Me" and "Crazy Queens"! Skills such as mathematics, improved concentration, critical thinking, long-term planning and improved self-esteem are part of the benefits that your child will gain as a result of learning this game. Students will rise through 8 levels of skill, earning prizes all along the way! There is an end of session tournament where the child will be able to show off their new skills. Enrichment is offered through both workbook and online support to enhance each lesson.

Instructor: Checkmates Chess Academy Staff
Ages: K-6 Gr
Day: Tuesday
R/NR Fees: \$60/\$81
Min/Max: 6/12
No. of Weeks: 6
Location: PVCC - Activity Room



Code#	Time	Dates
6412-6	5:30-6:30pm	9/14-10/19
6412-7	5:30-6:30pm	11/09-12/14

NEW! **Cricket**

Join us as we partner up with Golf Maine Park District and the American Cricket Conference and now offer youth classes and clinics on Golf Maine's new pitch facility! Cricket is an ideal sport for all ages and abilities, improving hand-eye coordination and increased physical fitness. Cricket also has a strong strategy and thinking aspect.

Youth Cricket Class

Participants in this class will learn how the game is played; rules, terminology and strategy. This will also include learning the proper technique when batting, pitching and playing in the field.

Day: Thursday
Fee: \$30
Min/Max: 5/15
No. of Weeks: 6
Location: Dee Park, 9229 Emerson, Des Plaines

Age: 8-10 Yrs

Code#	Time	Dates
2035-0	5:00-6:00pm	9/09-10/14

Age: 11-14 Yrs

Code#	Time	Dates
2035-1	6:00-7:00pm	9/09-10/14

Youth Cricket Clinic

This is a one-day introductory clinic for those who are interested in seeing what the sport of cricket is all about. Participants will learn how to play cricket, game strategy and proper mechanics for playing the sport.

Day: Sunday
Fee: \$10
Min/Max: 5/15
No. of Weeks: 1
Location: Dee Park, 9229 Emerson, Des Plaines

Age: 8-14 Yrs

Code#	Time	Dates
2035-2	Noon-2:00pm	October 3

NEW! **Yoga for "Tweens"**

Mind Body Fun - Enjoy breathing techniques, movement, music and relaxation to increase your focus and confidence. This class will link breath with movement to ease you into beginning, moderate and advanced yoga poses. This is a great way to introduce you and your friends to a great workout and lifestyle. Feel free to bring your own mat, use one of ours or purchase one for \$10 from the instructor.

Instructor: Yoga Bash Staff
Age: Gr 5-8
Day: Wednesday
R/NR Fees: \$72/\$95
Min/Max: 5/12
No. of Weeks: 6
Location: PVCC - Activity Room



Code#	Time	Dates
2296-0	4:30-5:15pm	9/15-10/20
2296-1	4:30-5:15pm	11/03-12/15



Hot Shots Sports

Min/Max: 4/15
No. of Weeks: 8/7
Location: Prairie View Park/
 PVCC-Gymnasium

Soccer Skills Clinic 101

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.
No class November 24 & 26.

Age: 5-7 Yrs

Day: Friday

Code#	Time	Dates	R/NR
1936-2	4:15-5:15pm	9/03-10/22	\$80/\$108
1938-3	4:15-5:15pm	10/29-12/17	\$70/\$95

Age: 6-9 Yrs

Day: Wednesday

Code#	Time	Dates	R/NR
1938-4	5:00-6:00pm	9/01-10/20	\$80/\$108
1938-5	5:00-6:00pm	10/27-12/15	\$70/\$95

Total Sports

Total Sports not only teaches children the basic skills of playing a particular sport, it also teaches them skills needed to work with one another as teammates, and to accept each individual as a valuable player. Some of the sports taught and played include soccer, kickball, football, baseball, floor hockey, basketball and more.
No class November 24.

Age: 6-9 Yrs

Day: Wednesday

Location: PVCC-Gymnasium

Code#	Time	Dates	R/NR
1937-8	4:00-5:00pm	9/01-10/20	\$80/\$108
1937-9	4:00-5:00pm	10/27-12/15	\$70/\$95

Hot Shots Baseball

Min/Max: 6/15

No. of Weeks: 7

Location: Harrer Park Field #3

Baseball 101

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 safe 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.

Age: 6-8 Yrs

Day: Tuesday

Code#	Time	Dates	R/NR
1938-0	4:00-5:00pm	8/31-10/12	\$70/\$95

Baseball 202

This program is designed to allow players to build on their current skills. Our instructors provide all players with assessments of their current skills and offer each player tips and drills to improve their overall skills. This program features; stretching, running form, hitting mechanics, pitching mechanics, infield & outfield footwork, baserunning, game play & strategy. Participants should bring their own bats and gloves.

Age: 8-11 Yrs

Day: Tuesday

Code#	Time	Dates	R/NR
1938-1	5:00-6:00pm	8/31-10/12	\$70/\$95



CSL Youth Basketball Leagues

Skill development, competition and fun are the main features of this action-packed basketball program. If you are interested in signing up your child for this program contact Kevin

at 847-965-1200 or visit www.quickcores.com/csl

Registration Deadline is November 22.

Are you creative?

Love working with children ?

Have a really good idea you want to share?

The Morton Grove Park District is always looking for new ideas and experienced instructors.

Please contact Liz Goodwin at (847)965-0487 for additional information and requirements.

Gymnastics at PVCC

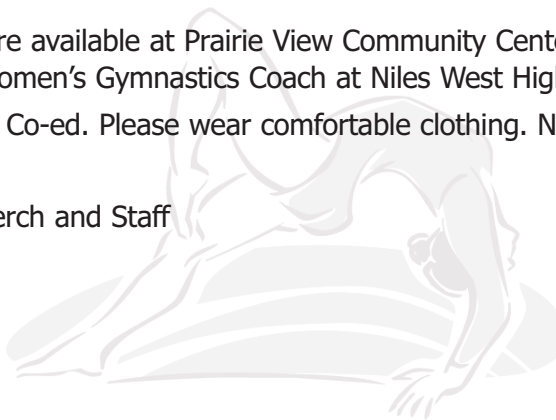
Gymnastics classes are available at Prairie View Community Center under the direction of Pam Foerch, Head Women's Gymnastics Coach at Niles West High School.

Note: All classes are Co-ed. Please wear comfortable clothing. No Jeans.

Instructor: Pam Foerch and Staff

Min/Max: 6/12

No. Weeks: 6



GYMNASTICS

<u>CLASS/LEVEL</u>	<u>CLASS #</u>	<u>DAY</u>	<u>TIME</u>	<u>DATE</u>	<u>R/NR</u>	<u>LOCATION</u>
Parent & Me 2-4 Yrs	2047-5	Sa	9:15-10:00am	8/21-10/09	\$43	PVCC
	2047-6	Sa	9:15-10:00am	10/23-12/04	\$43	PVCC
Tumbling Tots 4-5 Yrs	2047-7	Tu	5:30-6:30pm	8/17-9/21	\$43	PVCC
	2047-8	Sa	10:00-11:00am	8/21-10/09	\$43	PVCC
	2047-9	Tu	5:30-6:30pm	10/05-11/09	\$43	PVCC
	2048-0	Sa	10:00-11:00am	10/23-12/04	\$43	PVCC
Beginners 6-10 Yrs	2018-1	Tu	6:30-7:30pm	8/17-9/21	\$43	PVCC
	2018-2	Sa	11:00am-Noon	8/21-10/09	\$43	PVCC
	2018-4	Tu	6:30-7:30pm	10/05-11/09	\$43	PVCC
	2018-5	Sa	11:00am-Noon	10/23-12/04	\$43	PVCC
Intermediate II 8-12 Yrs	2018-9	Tu	7:30-8:30pm	8/17-9/21	\$43	PVCC
	2019-0	Sa	12:00-1:00pm	8/21-10/09	\$43	PVCC
	2019-4	Tu	7:30-8:30pm	10/05-11/09	\$43	PVCC
	2019-5	Sa	12:00-1:00pm	10/23-12/04	\$43	PVCC

No classes September 4 & 25, and November 27.

Note: Niles West High School Gymnastics area is under construction.
All classes will be held at the Prairie View Community Center.

Did You Know?

*gymnastics provides flexibility,
coordination and determination .*

Karate

All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale, four-time National Champion, U.S. Karate National Coach and former National Faculty Member of ASEP (American Sport Education Program).

Pre-Karate

Through a variety of fun and creative activities, young children will develop coordination, strength and personal safety skills in a well-supervised setting. This program will give your child the lead she/he needs in developing memory and agility skills necessary to be successful in school and other sports.

Youth Karate

Karate skills help build coordination, strength and poise as well as personal safety skills all in a well-supervised setting. The confidence gained through karate helps foster a strong positive self-image, builds self-confidence, control and discipline while the physical aspect is both enjoyable and beneficial. Karate can improve your child's sports, school and social activities.

Adult Karate

This program offers a variety of benefits for all. For the business person, the program is ideal for releasing tension and developing cardiovascular fitness. The self-defense skills learned through karate are invaluable. Karate movements develop poise and agility while improving overall muscle tone.

Location: Monday classes - National Park Fieldhouse, 9325 Marion
 Wednesday classes - Golf Middle School, 9401 Waukegan (Multi-Purpose Room)

Min/Max: 6/15

No. of Weeks: 15

Note: On 11/24 & 12/22 classes will meet at National Park Fieldhouse.
 On Monday, November 1 class will be held at Howard Leisure Center, 6676 W. Howard St., Niles

<u>CLASS/LEVEL</u>	<u>CLASS #</u>	<u>DAY</u>	<u>TIME</u>	<u>DATE</u>	<u>R/NR</u>
Pre-Karate 5-7 Yrs					
Beg	2126-0	W	4:00-4:45pm	9/15-12/22	\$124/\$167
Cont	2126-1	W	4:50-5:35pm	9/15-12/22	\$124/\$167
Int/Adv	2126-2	W	5:45-6:30pm	9/15-12/22	\$124/\$167
Youth Karate 7-14 Yrs					
Beg	2125-0	M	4:30-5:30pm	9/13-12/20	\$124/\$167
Cont/White	2125-1	M	5:30-6:30pm	9/13-12/20	\$124/\$167
Int/Org-Yell	2125-2	M	6:30-7:30pm	9/13-12/20	\$124/\$167
Adv/Blue+	2125-3	M	7:30-8:30pm	9/13-12/20	\$124/\$167
Youth Karate 8-14 Yrs					
Int/Org-Blue	2125-4	W	6:30-7:30pm	9/15-12/22	\$124/\$167
Adv/Grn+	2125-5	W	7:30-8:30pm	9/15-12/22	\$124/\$167
Adult Karate 15+ Yrs					
Beg/Cont	2125-6	M	8:30-9:30pm	9/13-12/20	\$124/\$167
Int/AdvYell+	2125-7	M	8:30-10:00pm	9/13-12/20	\$173/\$234
Note: Beginning students will not be permitted to register into the current session after the second class has met. Registration for Continuing through Advanced students will be accepted after the start date; however the full class fee will be required. Uniforms and Belt Testing are options available through the ISKC instructor.					

Park School Cooperative

Through a cooperative agreement between Morton Grove and Skokie Park Districts, and School District 219, a joint program has been formed to provide the very best swim learning experience in the Chicago area. Swim America is a national learn to swim program operated by the American Swimming Coaches Association. It's the state of the art learn to swim program in the world today and is brought to you by the same people who have brought you the most successful sport team on the planet, the USA Olympic Swimming Team. Registration begins August 15. Skokie Park District registration forms may be obtained off the website. Get on the mailing list for more information at Skokie Park District, Aquatics Mailing List, 9300 Weber Park Place, Skokie, IL 60077 or call 847-674-1500 Ext 2741 or contact the web site at www.skokieparkdistrict.org

Learn to Swim Program - Swim America - Niles West High School

What is taught teaching people to set world records is what we use to teach new swimmers to enjoy swimming with the best techniques in the world. Lessons will be taught at Niles West High School, September 13 - November 9 for a total of 8 weeks and cost of \$56 per class. Open to kids ages 5-14.

Update Information

Due to the nature of the venue, programs may be cancelled on short notice.

Phone: 1-847-674-1500 X3200

email address: www.skokieparkdistrict.org

to check availability 24 hours in advance.

Golf Cooperative

Through a cooperative agreement between the Morton Grove Park District and the Skokie Park District, Morton Grove residents will be allowed to sign up for golf lessons advertised at the Skokie Park District's Sports Park at the resident rate. To view the golf programs and other features of the Skokie sports Park please visit: www.skokieparkdistrict.org or contact Marc Rita at 847-674-1500 x 3125.



Indoor Tennis Lessons

Through a cooperative agreement with the Skokie Park District, Morton Grove residents are able to register for indoor tennis lessons at the resident rate. For more information please contact Bob DeLeonardis at 847-674-1500.

Central Suburban Youth Flag Football League (CSL)

Join us for our 2nd season of the Central Suburban Youth Flag Football League (CSL). This instructional program is led by trained coaches who will develop players' flag football skills. The co-ed fall program is scheduled to begin the weekend of September 4 and run through November 6. This program is affiliated with the following agencies:

- | | |
|------------------------------|--------------------------|
| Morton Grove Park District | |
| Maine East High School #207 | Golf-Maine Park District |
| Niles North High School #219 | Skokie Park District |
| Niles West High School #219 | Village of Lincolnwood |

Free Players Clinic
Sunday, August 22
2:00-4:00pm
Niles North High School
9800 N. Lawler, Skokie

The last day to register for this program will be Friday, August 27th.

Code#: 1215-0
Fee: \$85 per child
Dates: 9/04-11/06
Location: Oakton Park
 7800 Kenneth Ave., Skokie

For more information on the Central Suburban Youth Flag Football League, please call Kevin at 847-965-1200.

Adult Leagues

Fall Softball (Co-Rec 14" or Men's 12")

Fall Softball Leagues include:

Men's 12" - Wednesdays

Co-Rec 14" - Fridays

Date: Begins tentatively week of August 23

***Fees:** All League fees are due in full at time of registration. Fees include a \$50 refundable forfeit fee. **Registration Deadline:** August 9.

\$530 - 12"

\$650 - 14"

Call Kevin at 847-965-1200 for information.

Sunday Winter Basketball Leagues

Men's 6 ft and Under

(10:00am, 11:00am, Noon Games)

Women's League

(1:00pm, 2:00pm, 3:00pm Games)

Men's "B" League

(4:00pm, 5:00pm, 6:00pm Games)

Men's "Open" League

(7:00pm, 8:00pm, 9:00pm Games)

Minimum # of teams: 6

Date: Begins December 5

Fees: \$874 (includes \$50 refundable forfeit fee)

All leagues feature: Double Round Robin Schedule + Playoffs for top 4 teams.

Deadline: for returning teams - September 9
for new teams - September 20
for all teams - November 11

Competitive Athletic League Application Forms may be picked up at the Prairie View Community Center or on-line.

***Payments may be made by cash, check, Visa, Mastercard or Discover.**

Co-Rec Volleyball

Enjoy an evening of non-competitive recreational volleyball. Teams and games will be formed at the start of each class depending on present players.

Coordinator: Bruce Tarpey

Age: 18+ Yrs

Day: Tuesday

R/NR Fees: \$37/\$55

Min/Max: 12/20

No. of Weeks: 14

Location: Park View School, 6200 Lake Street

Code#	Time	Dates
1918-0	7:00-9:00pm	9/14-12/14

Co-Rec Volleyball Passes

5 class passes are available for our Co-Rec Volleyball program. Call Kevin at 847-965-1200 for more information.

Chicago Table Tennis Club

Drop-In Table Tennis



Join us at the Prairie View Community Center for an evening of Table Tennis! Eight tables will be available for drop in play and information about local tournaments will be available.

This program is open to ALL ages. Children under 8 yrs must be accompanied by an adult. *No class on September 6.*

Instructor: Englebert Solis
2001 Illinois State Champion

Location: PVCC - Gymnasium

Fall Pass:

Code#/Resident Fee: 2135-2 \$45

Code#/Non-Res Fee: 2135-3 \$60

Daily Drop-In Fee: \$5

Monday

Dates: 8/16-11/05

Time: 5:00-10:00pm

Thursday

Dates: 8/19-10/28

Time: 5:30-10:00pm

Sunday

Dates: 8/22-11/21

Time: 2:00-7:00pm



The Morton Grove Park District is now posting all League Applications, Adult League Schedules and League Standings online! Just go to our website at www.mortongrovecparks.com.

Click on the link at the bottom of the page that says Adult Athletic League Standings/Schedules. Information regarding all adult leagues will be posted on this site as well as to notify captains of registration deadlines and captain meeting dates.