

Youth Basketball Association

The Bloomingdale Youth Basketball Association is a volunteer organization supported by the Bloomingdale Park District that provides a comprehensive basketball program for Bloomingdale and surrounding communities. Volunteer coaches are needed for all levels, and coaches may register the same dates and times as player registrations.

Benefits of youth basketball

- Fitness
- Coordination
- Strength Development
- Flexibility
- Social Skills
- Self Confidence
- Politeness/Sportsmanship
- Work Ethic
- Discipline
- Determination

Age Levels

| Age Levels | Code # |
|------------------------|-----------|
| 1/2 grade boys & girls | 102301-A4 |
| 3/4 grade boys | 102301-A1 |
| 3/4 grade girls | 102301-A2 |
| 5/6 grade girls | 102301-A3 |
| 5/6 grade boys | 102301-B1 |
| 7/8 grade boys | 102301-B2 |
| 7/8 grade girls | 102301-B3 |

*Register online or at the JRC Front Desk.

Timeline

Practices start 11/29

Games begin approximately 1/8/22

Season ends approximately 3/5/22

Fees

\$130R/\$150NR. Registration fee increases \$25 after 10/11.

Mandatory Coaches Meeting

| Day | Date | Time | Location |
|-----|------|------|----------|
| Tue | 11/9 | 6:30 | JRC |

Basketball Contacts

| Position | Name | Phone |
|---------------------|----------------|----------------|
| Athletic Manager | Chris Tompkins | (630) 529-3650 |
| Athletic Supervisor | Natalie Reed | (630) 529-3650 |
| President | Janet Sickler | (847) 204-6823 |
| Travel Coordinator | Tony Zakic | (630) 815-3720 |

Lancer Elite Travel Basketball Program

- Feeder program to Lake Park, Glenbard East and Glenbard North high schools.
- For players who wish to play in a more competitive atmosphere.
- All players interested in playing travel must attend tryouts.
- Coaches are needed for entry level teams starting at fourth-grade boys and fifth-grade girls.
- For more information on travel basketball or coaching, contact Tony Zakic at (630) 815-3720.



Martial Arts

Taekwondo

Taekwondo, one of the newest Olympic sports, is a 2,000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students improve concentration and self-esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of G.Master Ki Hong Kim* (9th Dan Kukkiwon World Taekwondo Headquarters). A \$45 uniform fee is required at the first class. Belt testing is offered through The KH Kim Taekwondo at an additional fee and is held twice a year. All colored-belt students are required to have complete sparring gear.

Little Dragons

This introductory class is designed to captivate the interest of the youngest Taekwondo students. Skills are developed through gentle instruction and appropriate games for their ability. Class focuses on developing balance, coordination and respect. Students improve concentration and self-esteem, achieve lifelong physical fitness and learn self-defense skills.

Location: JRC Lounge **Youth (ct)**
Instructor: KH KIM TAEKWONDO **MIN/MAX:** 5/12

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|-----|-----------|---------------|-------------|-----------|
| 4-5 | Sat | 10-10:40A | Sep 11-Dec 18 | \$147/\$167 | 102108-A1 |

NO CLASS 11/27

Early Taekwondo

Designed especially for young children of ages 6-7, this program develops conditioning, coordination, listening skills and self-confidence through creative activities. Students improve concentration and self-esteem, achieve lifelong physical fitness and learn self-defense skills.

Location: JRC Lounge **Youth (ct)**
Instructor: KH KIM TAEKWONDO **MIN/MAX:** 4/20

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|-----|--------------|---------------|-------------|-----------|
| 6-7 | Sat | 10:45-11:35A | Sep 11-Dec 18 | \$147/\$167 | 102109-A1 |

NO CLASS 11/27

Youth Taekwondo

This program for ages 8-13 includes a balanced cardiovascular workout including punching, kicking and blocking skills using Taekwondo tradition.

Location: JRC Lounge **Youth (ct)**
Instructor: KH KIM TAEKWONDO **MIN/MAX:** 4/10

| Age | Day | Time | Date | R/NR Fee | Code # |
|------|-----|--------------|---------------|-------------|-----------|
| 8-13 | Sat | 11:40-12:30P | Sep 11-Dec 18 | \$147/\$167 | 102110-A1 |

NO CLASS 11/27

Please adhere to the current CDC/IDPH mask guidance when participating in a program or event. Visit bloomingdaleparks.org for the most current information regarding programs, events and facilities in regard to COVID-19 restrictions and mask mandates.

Teen & Adult Taekwondo

Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms and stances and the skills of punching, kicking and blocking.

Location: JRC Lounge **Youth (ct)**
Instructor: KH KIM TAEKWONDO **MIN/MAX:** 4/10

| Age | Day | Time | Date | R/NR Fee | Code # |
|----------|-----|---------|---------------|-------------|-----------|
| 14-Adult | Sat | 9-9:55A | Sep 11-Dec 18 | \$147/\$167 | 103105-A1 |

NO CLASS 11/27

Parent & Child Taekwondo

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics and traditional Taekwondo techniques including punching, kicking and blocking. Students improve concentration and self-esteem, achieve lifelong physical fitness and learn self-defense skills.

Location: JRC Lounge **Youth (ct)**
Instructor: KH KIM TAEKWONDO **MIN/MAX:** 4/20

| Age | Day | Time | Date | R/NR Fee | Code # |
|---------|-----|---------|---------------|-------------|-----------|
| 7-Adult | Sat | 9-9:55A | Sep 11-Dec 18 | \$147/\$167 | 102111-A1 |

NO CLASS 11/27

Sullivan's Karate

Sullivan's Karate offers both mental and physical benefits. Physical strength, speed, agility and coordination are developed along with self-confidence, respect and a positive self-image. A1 and A2 are for Beginners (white and yellow belts), and A3 is for Advanced (green belts and above).

Location: JRC Lounge **Youth (ct)**
Instructor: Matthew Sullivan **MIN/MAX:** 4/30

| Age | Day | Time | Date | R/NR Fee | Code # |
|------------------|-----|------------|---------------|-----------|-----------|
| Beginners | | | | | |
| 4-8 | Thu | 6-6:45P | Sep 30-Dec 16 | \$45/\$65 | 102107-A1 |
| 9-16 | Thu | 6:45-7:30P | Sep 30-Dec 16 | \$45/\$65 | 102107-A2 |
| Advanced | | | | | |
| 9-16 | Thu | 7:30-8:15P | Sep 30-Dec 16 | \$45/\$65 | 102107-A3 |



Gymnastics...anything but routine!

Sessions

Fall 1

6-Week Program
September 13 – October 23
Registration Deadline - 9/8/21

Fall 2

6-Week Program
November 1 – December 18
No classes 11/22-11/27
Registration Deadline - 10/25/21

Gymnastics at a Glance

Intro to Gymnastics

Age-appropriate tumbling skills introduced include forward and backward rolls, forward and backward straddle rolls, bridges, handstands and cartwheels. Children are introduced to basic skills on vault, bars, beam, floor and rings for boys. Skill circuits are introduced on all equipment.

| | |
|----------------------|----------------------------------------|
| Beanie Bears (co-ed) | 3 years – 3 years, 5 months |
| Teddy Bears (co-ed) | 3 years, 6 months – 3 years, 11 months |
| Koala Bears (girls) | Ages 4-5 (not in kindergarten) |
| Kodiak Bears (girls) | Kindergarten |
| Beginner 1 (girls) | First grade & up |

Advanced Level Gymnastics

Registration for consent classes will be taken at the front office only. With the basic skills learned in the intro classes, more difficult skills are introduced in the advanced levels, including handstands to handstand rolls, one-hand cartwheels to round-offs, back bends to back walkovers, front limbers and cartwheels on low beam. Advanced classes focus on technique, strength, flexibility and advancement of skills in tumbling and on gymnastics equipment. Skill circuits on all events are completed at each level. Instructor's consent required.

| | |
|-----------------------|------------------|
| Beginners 2 (girls) | First grade & up |
| Beginners 3 (girls) | First grade & up |
| Intermediates (girls) | First grade & up |

Competitive Travel Teams

The Beamer Teams are entering their 42nd year of competing in the Illinois Park District Gymnastics Conference (IPDGC). Competing teams include Tumbling Team, Prep Optional and Optional Team. Competitive teams require a year-round commitment. For more information please contact Miss Dawn at bgc.missdawn@gmail.com or Miss Jo at jo@bloomingdaleparks.org or call (630) 529-3650. Instructor's consent required.



General Information

- Gymnasts **MUST** be appropriate age by the first day of the class.
- A face mask is required for participants 2 years and older.
- Participants should bring their own water; no water fountains will be available.
- Participants are encouraged to bring a small personal hand sanitizer to class. Gymnasts are required to use hand sanitizer on both hands and feet before entering the Gymnastics Center.
- Only staff and gymnasts are permitted in the gym during class time.
- Gymnastics coaches reserve the right to place gymnasts into the class best-suited to their abilities. If the coach feels your child has been placed in the wrong class, he or she will notify you of the necessary change.
- No shoes, food and/or drink are allowed in the gym.
- Classes that require consent means that the gymnast has been approved by their instructor to move up to the next level.
- If your gymnast missed one or more sessions, they must be tested in order to re-enter the same level class.
- Please register ahead of time to avoid cancellations!
- With your child's best interest in mind, parents are asked not to attend their child's class unless invited by the instructor. We have found that quality of instruction is often affected by parent and/or sibling distractions and/or interruptions. It is of equal importance that the children have quality leisure time with their peers. Our instructors welcome the opportunity to discuss concerns with parents before or after class, time permitting. Thank you for your cooperation.

Yogi & Boo Boo Bear

Co-ed

Enjoy one-on-one time with your child in a setting that includes climbing, crawling, jumping, balls, parachutes and moving to music. Parental interaction helps your child develop both motor and social skills. Please wear comfortable clothes; no snaps, jeans or overalls.

Location: Gymnastic Center/Jr. Gym **Early Childhood (jp)**
Instructor: Gymnastics Staff **MIN/MAX: 4/10**

| Age | Day | Time | Date | R/NR Fee | Code # |
|----------|-----|------------|---------------|-----------|-----------|
| 12-27mos | Mon | 9-9:40A | Sep 13-Oct 18 | \$64/\$84 | 101204-A1 |
| 12-27mos | Mon | 5:45-6:25P | Sep 13-Oct 18 | \$64/\$84 | 101204-A2 |
| 12-27mos | Mon | 9-9:40A | Nov 1-Dec 13* | \$64/\$84 | 101204-B1 |
| 12-27mos | Mon | 5:45-6:25P | Nov 1-Dec 13* | \$64/\$84 | 101204-B2 |

Parent & Bearnastics

Co-ed

Experience the sport of gymnastics with your tot while also creating lasting memories. This program teaches parents how to spot the basics in gymnastics, as children develop gross motor skills, coordination and body awareness. Class attire: sweats, warm-up suit, shorts/shirts or leotard/shorts.

Location: Gymnastic Center/Jr. Gym **Early Childhood (jp)**
Instructor: Gymnastics Staff **MIN/MAX: 4/10**

| Age | Day | Time | Date | R/NR Fee | Code # |
|----------|-----|-----------|---------------|-----------|-----------|
| 28-35mos | Mon | 10-10:30A | Sep 13-Oct 18 | \$59/\$79 | 101205-A1 |
| 28-35mos | Mon | 6:30-7P | Sep 13-Oct 18 | \$59/\$79 | 101205-A2 |
| 28-35mos | Mon | 10-10:30A | Nov 1-Dec 13 | \$59/\$79 | 101205-B1 |
| 28-35mos | Mon | 6:30-7P | Nov 1-Dec 13 | \$59/\$79 | 101205-B2 |

NO CLASS 11/22

Beanies & Teddy Bears

Co-ed

This introduction to gymnastics class focuses on self-confidence, body awareness/gross motor skills, basic tumbling, and introduction to gymnastics equipment. You will be notified if the gymnastics instructor feels your child has been placed in the incorrect class. Our goal is to provide a fun and safe environment where your child can excel and build self-confidence.

Location: Gymnastic Center/Jr. Gym **Gymnastics (jp)**
Instructor: Gymnastics Staff **MIN/MAX: 4/6**

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|-----|--------------|---------------|-----------|-----------|
| 3 | Mon | 10:45-11:20A | Sep 13-Oct 18 | \$59/\$79 | 107102-A1 |
| 3 | Tue | 12:30-1:05P | Sep 14-Oct 19 | \$59/\$79 | 107102-A2 |
| 3 | Tue | 6-6:35P | Sep 14-Oct 19 | \$59/\$79 | 107102-A3 |
| 3 | Sat | 10:30-11:05A | Sep 18-Oct 23 | \$59/\$79 | 107102-A4 |
| 3 | Mon | 10:45-11:20A | Nov 1-Dec 13 | \$59/\$79 | 107102-B1 |
| 3 | Tue | 12:30-1:05P | Nov 2-Dec 14 | \$59/\$79 | 107102-B2 |
| 3 | Tue | 6-6:35P | Nov 2-Dec 21 | \$59/\$79 | 107102-B3 |
| 3 | Sat | 10:30-11:05A | Nov 13-Dec 18 | \$59/\$79 | 107102-B4 |

NO CLASS 11/22, 11/23, 11/27

Koala Bears

Girls

Intro classes are the first levels without parent participation. Focus is on gross motor skills, confidence and independence. Age-appropriate tumbling skills that are introduced include straddle rolls, front and back rolls, donkey kicks, and cartwheels. Children are also introduced to basic skills on vault, bars, beam and floor. Skill circuits are introduced on all equipment.

Location: Gymnastic Center **Gymnastics (jp)**
Instructor: Gymnastics Staff **MIN/MAX: 4/7**

| Age | Day | Time | Date | R/NR Fee | Code # |
|-------|-----|--------------|---------------|-----------|-----------|
| Pre K | Mon | 12:30-1:20P | Sep 13-Oct 18 | \$69/\$89 | 107104-A1 |
| Pre K | Thu | 10:30-11:20A | Sep 14-Oct 19 | \$69/\$89 | 107104-A2 |
| Pre K | Mon | 12:30-1:20P | Nov 1-Dec 13 | \$69/\$89 | 107104-B1 |
| Pre K | Thu | 10:30-11:20A | Nov 2-Dec 14 | \$69/\$89 | 107104-B2 |

NO CLASS 11/22,11/23

Koala & Kodiak Bears

Girls

Intro classes are the first levels without parent participation. Focus is on gross motor skills, confidence and independence. Age-appropriate tumbling skills that are introduced include straddle rolls, front & back rolls, donkey kicks, and cartwheels. Children are introduced to basic skills on vault, bars, beam and floor and rings for boys. Skill circuits are introduced on all equipment.

Location: Jr. Gym **Gymnastics (jp)**
Instructor: Gymnastics Staff **MIN/MAX: 4/6**

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----------|-----|---------------|---------------|-----------|-----------|
| Pre K & K | Tue | 6:45-7:35P | Sep 14-Oct 19 | \$69/\$89 | 107201-A1 |
| Pre K & K | Sat | 11:20A-12:10P | Sep 18-Oct 23 | \$69/\$89 | 107201-A2 |
| Pre K & K | Tue | 6:45-7:35P | Nov 2-Dec 14 | \$69/\$89 | 107201-B1 |
| Pre K & K | Sat | 11:20A-12:10P | Nov 6-Dec 18 | \$69/\$89 | 107201-B2 |

NO CLASS 11/23,11/27

Kodiak Bears

Girls

Intro classes are the first levels without parent participation. Focus is on gross motor skills, confidence and independence. Age appropriate tumbling skills that will be introduced include straddle rolls, front & back rolls, donkey kicks, and cartwheels. Children will be introduced to basic skills on vault, bars, beam and floor. Skill circuits will be introduced on all equipment.

Location: Gymnastic Center **Gymnastics (jp)**
Instructor: Gymnastics Staff **MIN/MAX: 5/8**

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|-----|-------------|---------------|-----------|------------|
| K | Mon | 1:30-2:30P | Sep 13-Oct 18 | \$75/\$95 | 107202-A1 |
| K | Tue | 9:15-10:15A | Sep 14-Oct 19 | \$75/\$95 | 107202-A2 |
| K | Mon | 1:30-2:30P | Nov 1-Dec 13 | \$75/\$95 | 107202-B1 |
| K | Tue | 9:15-10:15A | Nov 2-Dec 14 | \$75/\$95 | s107202-B2 |

NO CLASS 11/22,11/23

Beginners 1

Girls

This intro class focuses on gross motor skills, confidence and independence. Age-appropriate tumbling skills introduced include straddle rolls, front & back rolls, donkey kicks, and cartwheels. Girls are introduced to basic skills on vault, bars, beam and floor. Skill circuits are introduced on all equipment.

Location: Gymnastics Center
Instructor: Gymnastics Staff

Gymnastics (jp)
MIN/MAX: 5/10

| Age | Day | Time | Date | R/NR Fee | Code # |
|------|-----|----------|---------------|------------|-----------|
| 6-13 | Mon | 4-5:30P | Sep 13-Oct 18 | \$89/\$109 | 107204-A1 |
| 6-13 | Tue | 7-8:30P | Sep 14-Oct 19 | \$89/\$109 | 107204-A2 |
| 6-13 | Sat | 9-10:30A | Sep 18-Oct 23 | \$89/\$109 | 107204-A3 |
| 6-13 | Mon | 4-5:30P | Nov 1-Dec 13 | \$89/\$109 | 107204-B1 |
| 6-13 | Tue | 7-8:30P | Nov 2-Dec 14 | \$89/\$109 | 107204-B2 |
| 6-13 | Sat | 9-10:30A | Nov 6-Dec 18 | \$89/\$109 | 107204-B3 |

NO CLASS 11/22, 11/23, 11/27

Beginners 2

Consent Required | Girls

With the basic skills learned in the intro classes, more difficult skills are introduced in the advanced levels, including handstands to handstand rolls, one-arm cartwheels to round-offs, back bends to back walkovers, front limbers, and cartwheels on low beam. Advanced classes focus on technique, strength, flexibility and advancement of skills in tumbling and on gymnastics equipment. Skill circuits on all equipment are completed in each level.

Location: Gymnastic Center
Instructor: Gymnastics Staff

Gymnastics (jp)
MIN/MAX: 5/10

| Age | Day | Time | Date | R/NR Fee | Code # |
|------|-----|---------|---------------|------------|-----------|
| 6-13 | Mon | 4-5:30P | Sep 13-Oct 18 | \$89/\$109 | 107205-A1 |
| 6-13 | Mon | 4-5:30P | Sep 13-Oct 18 | \$89/\$109 | 107205-A1 |

NO CLASS 11/22

Beginners 2/3

Consent Required | Girls

With the basic skills learned in the intro classes, more difficult skills are introduced in the advanced levels, including handstands to handstand rolls, one-arm cartwheels to round offs, back bends to back walkovers, front limbers and cartwheels on low beam. Advanced classes focus on technique, strength, flexibility and advancement of skills in tumbling and on gymnastics equipment. Skill circuits on all equipment are completed in each level.

Location: Gymnastic Center
Instructor: Gymnastics Staff

MIN/MAX: 5/10

| Age | Day | Time | Date | R/NR Fee | Code # |
|------|-----|-----------|---------------|------------|-----------|
| 6-13 | Tue | 7-8:30P | Sep 14-Oct 19 | \$89/\$109 | 107207-A1 |
| 6-13 | Sat | 9A-10:30P | Sep 18-Oct 23 | \$89/\$109 | 107207-A2 |
| 6-13 | Tue | 7-8:30P | Nov 2-Dec 14 | \$89/\$109 | 107207-B1 |
| 6-13 | Sat | 9-10:30A | Nov 6-Dec 18 | \$89/\$109 | 107207-B2 |

NO CLASS 11/23, 11/27



Tumbling Team

Co-Ed

This program is a competitive team and runs for 22 weeks. Children ages 4 through 8th grade compete with 10 other park districts. Team boosts self-esteem, teaches good sportsmanship and refines skills while having fun. Competing team follows the Illinois Park District Gymnastics Conference (IPDGC) tumbling rules. A1 & B1 are for the Newcomer Division, ages 4-6 years. A2 & B2 are for the Returning/Beginner levels and up.

Location: Gymnastic Center
Instructor: Gymnastics Staff

Gymnastics (jp)
MIN/MAX: 5/15

| Age | Day | Time | Date | R/NR Fee | Code # |
|------------------|-----|---------|--------------|-------------|-----------|
| Newcomers | | | | | |
| 4-6 | Thu | 4-5P | Sep 16-Dec 2 | \$115/\$125 | 107214-A1 |
| Beginners | | | | | |
| 6-14 | Thu | 4-5:30P | Sep 16-Dec 2 | \$145/\$155 | 107214-A2 |
| Newcomers | | | | | |
| 4-6 | Thu | 4-5P | Dec 9-Mar 3 | \$115/\$125 | 107214-B1 |
| Beginners | | | | | |
| 6-14 | Thu | 4-5:30P | Dec 9-Mar 3 | \$145/\$155 | 107214-B2 |

NO CLASS 11/25, 12/23, 12/30

Basketball 101

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!

Location: JRC Gym **Youth (nr)**
Instructor: Hot Shot Sports **MIN/MAX:** 6/12

| Age | Day | Time | Date | R/NR Fee | Code # |
|------|-----|-----------|---------------|-----------|-----------|
| 7-10 | Sat | 10-10:45A | Sep 18-Oct 23 | \$65/\$85 | 102354-A1 |
| 7-10 | Sat | 10-10:45A | Nov 6-Dec 18 | \$65/\$85 | 102354-B1 |

Game Time Basketball

One of the best ways to develop your basketball skills is through game play. Each week, basketball players are challenged through various games including 1-on-1, 3-on-3, and 5-on-5. Coaches referee and guide the class to enhance the players understanding of the game.

Location: JRC Gym **Youth (nr)**
Instructor: Hot Shot Sports **MIN/MAX:** 6/12

| Age | Day | Time | Date | R/NR Fee | Code # |
|------|-----|---------|---------------|-----------|-----------|
| 9-12 | Sat | 11A-12P | Sep 18-Oct 23 | \$65/\$85 | 102330-A1 |
| 9-12 | Sat | 11A-12P | Nov 6-Dec 18 | \$65/\$85 | 102330-B1 |



Hot Shots Basketball

Boys and girls enjoy learning the skills to advance in the world of basketball. Through games and drills, participants practice dribbling, passing, shooting and positions while learning the importance of teamwork. Kids have a ton of fun enhancing their skill level!

Location: Westfield Gym **Youth (nr)**
Instructor: Sports R Us **MIN/MAX:** 8/20

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|-----|------|---------------|-----------|-----------|
| 6-8 | Tue | 5-6P | Sep 21-Oct 26 | \$69/\$89 | 102351-A1 |
| 6-8 | Tue | 5-6P | Nov 9-Dec 14 | \$69/\$89 | 102351-B1 |

Basketball Speed & Agility

The basic skills of dribbling, passing, shooting, goal tending and positions are taught in this non-competitive program. The speed and agility training session is built-in to make participants faster, stronger and more agile. Class uses SKLZ equipment, which is highly recommended by multiple coaches and trainers. Games are played at the end of each class.

Location: Westfield Gym **Youth (nr)**
Instructor: Sports R Us **MIN/MAX:** 8/12

| Age | Day | Time | Date | R/NR Fee | Code # |
|------|-----|------|---------------|-----------|-----------|
| 9-11 | Tue | 6-7P | Sep 21-Oct 26 | \$69/\$89 | 102333-A1 |
| 9-11 | Tue | 6-7P | Nov 9-Dec 14 | \$69/\$89 | 102333-A2 |

Lil Dribblers

The Lil Dribblers Basketball program introduces children to the game of basketball in a safe, fun and exciting environment. Our 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.

Location: JRC Gym **Early Childhood (nr)**
Instructor: Hot Shot Sports **MIN/MAX:** 6/12

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|-----|---------|---------------|-----------|-----------|
| 4-6 | Sat | 9-9:45A | Sep 18-Oct 23 | \$65/\$85 | 101328-B1 |
| 4-6 | Sat | 9-9:45A | Nov 6-Dec 18 | \$65/\$85 | 101328-C1 |

Jr Basketball League

This specially designed program is for kindergarten. It features game play on an 8-foot basket. This program takes place for 45 minutes between 6-8:15 p.m. Program focuses on fun, skill development and team play. All little athletes receive a participation medal or trophy.

Location: JRC Gym **Youth (nr)**
Instructor: **MIN/MAX:** 12/20

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|---------|---------|---------------|-----------|-----------|
| KDG | Mon-Thu | 6-8:15P | Jan 24-Mar 10 | \$69/\$89 | 102370-A1 |

Please adhere to the current CDC/IDPH mask guidance when participating in a program or event. Visit bloomingdaleparks.org for the most current information regarding programs, events and facilities in regard to COVID-19 restrictions and mask mandates.

Lil Kicks Soccer

In this instructional program designed for first-timers, players learn the basic skills of dribbling, passing, shooting and goaltending with smaller-sized soccer balls. Instructors work with participants on good sportsmanship, participation and teamwork. This is a great class for both boys and girls. Games are played at the end of each class.

Location: Westfield Gym
Instructor: Sports R Us

Early Childhood (nr)
MIN/MAX: 8/16

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|-----|---------|--------------|-----------|-----------|
| 3-5 | Tue | 4-4:50P | Nov 9-Dec 14 | \$69/\$89 | 101305-A1 |

Soccer / T-Ball Combo

This class is perfect for children who are full of energy and parents who are looking for an introduction to soccer and T-ball. Socialization, teamwork, following directions, key motor skills and having fun is the focus in this non-competitive environment. Focus is on soccer the first two weeks, and T-ball skills the second two weeks. The last class is a fun game of each sport.

Location: Westfield Gym
Instructor: Sports R Us

Early Childhood (nr)
MIN/MAX: 6/20

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|-----|---------|---------------|-----------|-----------|
| 3-5 | Tue | 4-4:50P | Sep 21-Oct 26 | \$69/\$89 | 101308-A1 |

Fencing-Swordplay

This class offers students the basic understanding of attack and defense in fencing. Register with family members or friends to increase the fun! Additional family members can receive a 50% discount when registering together. Instructor considers the height and ability of each fencer. Fencing is one of the few sports that already practices social distancing. However, due to the contagious and asymptomatic nature of coronavirus, fencers must choose to rent personal equipment for the session or to purchase their own basic set (est. \$140). This is also true for additional family members who received a 50% discount on registration fees. To rent a personal set of equipment, contact Fencing Sports Club on voice only number 630-678-0035 to share body size and then you will simply attend the first class of the beginner session. When you rent a set, no one is guaranteed perfect fitting club equipment. The set given to our fencer is at the discretion of the instructor. If you prefer to purchase a personal beginner set, the club is happy to quickly assist with ordering from Blue Gauntlet. Participant must attend first class with their new set in hand. At the end of session, you may have the club buy your equipment at 50% of purchase price.

Location: Westfield Gym
Instructor: Tracy Lapshin

Youth (ct)
MIN/MAX: 4/15

| Age | Day | Time | Date | R/NR Fee | Code # |
|----------------------------|-----|---------|---------------|-----------|-----------|
| 8-99 | Thu | 5-5:45P | Sep 9-Oct 21 | \$60/\$80 | 102382-A2 |
| 8-99 | Thu | 5-5:45P | Oct 28-Dec 16 | \$60/\$80 | 102382-A3 |
| Add'l Family Member | | | | | |
| 8-99 | Thu | 5-5:45P | Sep 9-Oct 21 | \$30/\$40 | 102382-A5 |
| 8-99 | Thu | 5-5:45P | Oct 28-Dec 16 | \$30/\$40 | 102382-A6 |

Volleykidz

Volleykidz is an introductory class for children in first through third grade. The lesson plan introduces the pass, set and spike using a very light volleyball. Volleykidz improves each child's hand-eye coordination and left-right coordination through the use of fun drills and games. Lesson plan also incorporates short educational drills including spelling, math and science.

Location: JRC Gym
Instructor: EVP Staff

Youth (ct)
MIN/MAX: 8/24

| Age | Day | Time | Date | R/NR Fee | Code # |
|------|-----|---------|----------|------------|-----------|
| 8-10 | Wed | 4:30-6P | Sep 8-29 | \$99/\$119 | 102388-A1 |
| 8-10 | Wed | 4:30-6P | Oct 6-27 | \$99/\$119 | 102388-A2 |
| 8-10 | Wed | 4:30-6P | Nov 3-24 | \$99/\$119 | 102388-A3 |
| 8-10 | Wed | 4:30-6P | Dec 1-22 | \$99/\$119 | 102388-A4 |

Volleyball Performance

Improve your vertical with 15 minutes of Volley Performance training with the final 75 minutes of spiking drills from the left, middle and right side of the court. Learning to spike transition sets from the 10-foot line is introduced. Class drills keep players focused on reach and power while plyometric training enhances vertical jump and game performance.

Location: JRC Gym
Instructor: EVP Staff

Youth (ct)
MIN/MAX: 6/8

| Age | Day | Time | Date | R/NR Fee | Code # |
|-------|-----|---------|----------|------------|-----------|
| 11-14 | Wed | 6-7:30P | Sep 8-29 | \$99/\$119 | 102392-A1 |
| 11-14 | Wed | 6-7:30P | Oct 6-27 | \$99/\$119 | 102392-B1 |
| 11-14 | Wed | 6-7:30P | Nov 3-24 | \$99/\$119 | 102392-C1 |



Indoor Tennis **New!**

Through a cooperative agreement, tennis lessons are available at Centre Court Athletic, 1919 Walnut Ave., in Hanover Park. Call (630) 837-6300 or contact chris@bloomingdaleparks.org for additional information.

Tennis Red Ball 4-6

Learn all the fundamentals of tennis with the certified tennis instructors of Centre Court Athletic Club! Whether you are new to tennis or have taken lessons before, you will have a blast. Participants learn all the fundamentals of tennis including volleys, ground strokes and serve. Students should wear closed toe shoes, and bring water and a tennis racket.

Location: Hanover Park District Centre Court **Youth (ct)**
Instructor: Centre Court Staff **MIN/MAX: 4/6**

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|-----|---------|---------------|-------------|-----------|
| 4-6 | Wed | 5-6P | Aug 25-Oct 20 | \$227/\$247 | 102302-A1 |
| 4-6 | Wed | 5-6P | Oct 27-Jan 12 | \$282/\$302 | 102302-A6 |
| 4-6 | Thu | 4-5P | Aug 26-Oct 21 | \$227/\$247 | 102302-B1 |
| 4-6 | Thu | 4-5P | Oct 28-Jan 13 | \$264/\$284 | 102302-B2 |
| 4-6 | Sat | 9-10A | Oct 30-Jan 15 | \$245/\$265 | 102302-B3 |
| 4-6 | Sat | 9-10A | Aug 28-Oct 23 | \$227/\$247 | 102302-C1 |
| 4-6 | Sun | 11A-12P | Aug 29-Oct 24 | \$227/\$247 | 102302-D1 |
| 4-6 | Sun | 11A-12P | Nov 7-Jan 16 | \$227/\$247 | 102302-D2 |

Tennis Red Ball 7-9

Whether you are new to tennis or looking to continue to improve your overall game, this class teaches participants all the tennis fundamentals. Players learn proper technique on volleys, ground strokes and serves.

Location: Hanover Park District Centre Court **Youth (ct)**
Instructor: Centre Court Staff **MIN/MAX: 4/6**

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|-----|--------|---------------|-------------|-----------|
| 7-9 | Tue | 5-6P | Aug 24-Oct 19 | \$227/\$247 | 102307-A1 |
| 7-9 | Wed | 4-5P | Aug 25-Oct 20 | \$227/\$247 | 102307-B1 |
| 7-9 | Sat | 10-11A | Aug 28-Oct 23 | \$227/\$247 | 102307-C1 |
| 7-9 | Sun | 12-1P | Aug 29-Oct 24 | \$227/\$247 | 102307-D1 |
| 7-9 | Tue | 5-6P | Oct 26-Jan 11 | \$282/\$302 | 102307-E1 |
| 7-9 | Wed | 4-5P | Oct 27-Jan 12 | \$282/\$302 | 102307-F1 |
| 7-9 | Sat | 10-11A | Oct 30-Jan 15 | \$245/\$265 | 102307-F2 |
| 7-9 | Sun | 12-1P | Nov 7-Jan 16 | \$245/\$265 | 102307-F3 |

Youth Strength and Conditioning **New!**

This class is geared toward middle and high school-aged students. It teaches participants safe and effective exercises for building strength and improving endurance, coordination, balance and overall athleticism. All levels are welcome! Exercises involve free weights, resistance bands, medicine balls and body weight exercises that help support a functional strength and conditioning routine.

Location: GROUP X **Youth**
Instructor: Eric Bando **MIN/MAX: 5/10**

| Age | Day | Time | Date | R/NR Fee | Code # |
|-------|-----|--------|---------------|-----------|-----------|
| 11-18 | Sat | 10-11A | Sep 18-Oct 16 | \$65/\$85 | 102471-A1 |
| 11-18 | Sat | 10-11A | Oct 30-Nov 27 | \$65/\$85 | 102471-A2 |

Youth Tennis Lessons

Orange Ball classes continue to improve all volleys, ground strokes, serves, match play, and players are introduced to lobs, overheads, and proper footwork.

Location: Hanover Park District Centre Court **Youth (ct)**
Instructor: Centre Court Staff **MIN/MAX: 4/6**

| Age | Day | Time | Date | R/NR Fee | Code # |
|------|-----|---------|---------------|-------------|-----------|
| 9-11 | Tue | 4-5P | Aug 24-Oct 19 | \$227/\$247 | 102309-G1 |
| 9-11 | Tue | 4-5P | Oct 26-Jan 11 | \$282/\$302 | 102309-G2 |
| 9-11 | Thu | 5-6P | Aug 26-Oct 21 | \$227/\$247 | 102309-H1 |
| 9-11 | Thu | 5-6P | Oct 28-Jan 13 | \$264/\$284 | 102309-H2 |
| 9-11 | Sat | 11A-12P | Aug 28-Oct 23 | \$227/\$247 | 102309-I1 |
| 9-11 | Sat | 11A-12P | Oct 30-Jan 15 | \$245/\$265 | 102309-I2 |
| 9-11 | Sun | 1-2P | Aug 29-Oct 24 | \$227/\$247 | 102309-J1 |
| 9-11 | Sun | 1-2P | Nov 7-Jan 16 | \$227/\$247 | 102309-J2 |

Youth Tennis Lessons

This class is for students who are new to tennis or need more development on their volleys, ground strokes and serves. Stroke development, proper footwork, and match play are a major emphasis.

Location: Hanover Park District Centre Court **Youth (ct)**
Instructor: Centre Court Staff **MIN/MAX: 4/6**

| Age | Day | Time | Date | R/NR Fee | Code # |
|-------|-----|-------|---------------|-------------|-----------|
| 10-12 | Sat | 12-1P | Aug 28-Oct 23 | \$227/\$247 | 102310-J1 |
| 10-12 | Sun | 2-3P | Aug 29-Oct 24 | \$227/\$247 | 102310-J2 |
| 10-12 | Sat | 12-1P | Oct 30-Jan 15 | \$245/\$265 | 102310-J3 |
| 10-12 | Sun | 2-3P | Nov 7-Jan 16 | \$227/\$247 | 102310-J4 |

Beginner Tennis Lessons

This class is a great for those who are new to tennis, may not have had professional instructions before or have only been playing tennis for a short period of time. Participants learn all the fundamentals of tennis including volleys, ground strokes, serves, footwork and match play.

Location: Hanover Park District Centre Court **Youth (ct)**
Instructor: Centre Court Staff **MIN/MAX: 4/6**

| Age | Day | Time | Date | R/NR Fee | Code # |
|-------|-----|------|---------------|-------------|-----------|
| 13-18 | Tue | 6-7P | Aug 24-Oct 19 | \$227/\$247 | 102311-A2 |
| 13-18 | Tue | 6-7P | Oct 26-Jan 11 | \$282/\$302 | 102311-B2 |

Intermediate Tennis Lessons

This class is designed for someone who already knows the basics of tennis, can rally with ease, and is proficient with match play. Participants continue to develop all facets of the game including consistency, power, strategy, footwork and adding more advanced shots into their repertoire.

Location: Hanover Park District Centre Court **Youth (ct)**
Instructor: Centre Court Staff **MIN/MAX: 4/6**

| Age | Day | Time | Date | R/NR Fee | Code # |
|-------|-----|---------|---------------|-------------|-----------|
| 13-18 | Tue | 7-8:30P | Aug 24-Oct 19 | \$330/\$350 | 102312-A2 |
| 13-18 | Tue | 7-8:30P | Oct 26-Jan 11 | \$413/\$433 | 102312-B2 |

Score 6 – Pursuing Victory with Honor



Pursuing Victory with Honor®

Score 6 is the CHARACTER COUNTS!-based certification program for coaches, parents, officials and children. This program incorporates the six pillars of character: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship into youth sports. The primary goal of the program is to build character through these six pillars while teaching the fundamentals of the sport. Please visit www.bloomingtondaleparks.org for more information and to register online.

Score 6 Meeting Dates/Times

| Date | Day | StartTime | Location | Code Number |
|--------------|-----|-----------|----------|-------------|
| September 15 | W | 6:30PM | JRC | 103313-A1 |
| October 13 | W | 6:30PM | JRC | 103313-A2 |
| November 10 | W | 6:30PM | JRC | 103313-A3 |
| December 8 | W | 6:30PM | JRC | 103313-A4 |

Athletic Association Contacts

If you would like any information on any of the athletic organizations in Bloomingtondale, please feel free to call the respective contacts:

Bloomingtondale Park District Manager of Facilities and Recreation

Chris Tompkins: 630-339-3547, chris@bloomingtondaleparks.org

Barracuda Swim & Dive Team

Bryen Travis: 630-246-0063, brtravis@aol.com

Bloomingtondale Athletic Club (Football & Cheer)

Frank Bucaro: 630-400-9141 chicago273@aol.com

Bloomingtondale Baseball & Softball Association

Tom Ciccone: 630-802-3294, tciccone1@gmail.com

Bloomingtondale Basketball Association

Janet Sickler: 847-204-6823, mrssicki@yahoo.com

Bloomingtondale Lightning FC (Travel Soccer)

Mary Donato: 847-840-6231, mtonato08@gmail.com

Bloomingtondale Beamers

Jo Peterson: 630-529-3650, jo@bloomingtondaleparks.org

The Bloomingtondale Athletic Club, Bloomingtondale Baseball & Softball Association, and Bloomingtondale Lightning FC Travel are affiliate groups and are separate organizations from the Park District. The Park District works cooperatively with these organizations to provide and maintain fields and facilities.

Adult-Tot Ninja Warriors

Leap, hop, skip or run your way through obstacles and put your ninja skills to the test. Parents and tots have fun in this movement-based class that challenges your ninja to maneuver over and under objects. Many large group games are played to further challenge ninja skills.

Location: JRC Gym

Instructor: Hot Shot Sports

Early Childhood (nr)

MIN/MAX: 5/12

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|-----|--------------|---------------|-----------|-----------|
| 2-3 | Mon | 10:45-11:30A | Sep 13-Oct 18 | \$60/\$80 | 101323-A1 |
| 2-3 | Mon | 10:45-11:30A | Nov 1-Dec 13 | \$60/\$80 | 101323-A2 |

Open Gym

Dates valid September 13 - December 30

- Participants 12 years and older who fully vaccinated are highly encouraged to wear a mask. Individuals not fully vaccinated are required to wear mask.
- Schedule may change to accommodate Bloomingtondale Park District programs. For more information, call (630) 529-3650.
- COVID protocols enforced.

Westfield Gymnasium

Youth Open Gym

Grades 6-8

Monday - Friday 7-8:15AM

\$4 per day

Johnston Recreation Center

Youth Open Gym

Grades 6-12

Monday - Friday 3:30-5:30PM

\$4/\$6 residents/non-residents

All persons MUST show proof of residency with ID or they will be charged the \$6 daily rate.

Punch Card

Punch card option available for residents. Purchase 10 punches for \$35. Participants are responsible for bringing the card to the program. Card is redeemable at JRC Youth Open Gym Mondays, Wednesdays and Fridays and at Westfield Open Gym Monday through Friday mornings. Cards may be purchased at the JRC Front Desk. Unused punches are not refundable. Misplaced cards may be replaced at purchaser's expense.

School's Out! Open Gym

Contact Bloomingtondale Park District regarding School's Out! schedule.

\$3/\$6 residents/non-residents

Mini Ninja Warrior

Leap, hop, skip, run your way through obstacles and put your ninja skills to the test. This fun movement-based class challenges ninjas to maneuver over and under objects. Participants also play large group games to further challenge ninja skills.

Location: JRC Gym

Instructor: Hot Shot Sports

Early Childhood (nr)

MIN/MAX: 5/12

| Age | Day | Time | Date | R/NR Fee | Code # |
|-----|-----|---------------|---------------|-----------|-----------|
| 4-6 | Mon | 11:45A-12:30P | Sep 13-Oct 18 | \$60/\$80 | 101324-A1 |
| 4-6 | Mon | 11:45A-12:30P | Nov 1-Dec 13 | \$60/\$80 | 101324-A2 |

At Home Entertainment eSports

New!

The Bloomingdale Park District is offering an opportunity for players of all ages to participate in esports! Multiple games are available now in partnership with GGLeagues, a recreational esports league based in Chicago.

GGLeagues is an esports tournament platform that specializes in working with organizations to set up and run esports leagues. GGLeagues provides esports leagues and infrastructure to empower communities with the goal of connecting gamers with each other. GGLeagues has worked with universities, park districts and cities across the U.S. and is proud to be partnering with the Bloomingdale Park District to offer esports leagues to its community.

Fall Season

Registration Opens: July 31

Registration Closes: September 29

League Launch: October 4

League End: November 8

Cost: \$30 per person per league

What you will need:

- Players need to own a console (PlayStation, Xbox, Nintendo, or PC).
- Players need to purchase their own gaming console being used for the league.
- Players need access to the game they chose, as well as wireless internet.

Games Offered

- Madden21
- Rocket League 1v1
- Rocket League 3v3
- Fortnite 1v1
- Fortnite 2v2
- Super Smash Bros



Age Divisions

- Youth: 8-12
- Teen: 13-17
- Adult: 18 years and older

Prizes

Winners of each tournament will be mailed a medal and t-shirt.

Registration:

Register at <https://www.ggleagues.com/organization/bloomingdale-park-district>. Follow the registration steps to create your account. Then select the league you wish to join, choose the Bloomingdale Park District as your organization, pay, and start gaming! Email info@ggleagues.com with questions.

