

The mission of the Sugar Grove Park District is to provide residents and guests opportunities to experience the benefits of parks and recreation.





SUGAR GROVE PARK DISTRICT

BOARD OF COMMISSIONERS

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Steve Becker, Commissioner
Perry Clark, Commissioner
Dawn Eby, Commissioner
Chris Walker, Commissioner

STAFF

Karen Pritchard, Executive Director kpritchard@sgparks.org, 630-466-7436 x112

John Clayton, Superintendent of Parks jclayton@sgparks.org, 630-466-7436 x114

Kathi Malloy, Program Manager kmalloy@sgparks.org, 630-466-7436 x116

Tyler Lively, Athletic Manager tlively@sgparks.org, 630-466-7436 x115

Suzanne Serrurier, Business Manager sserrurier@sgparks.org, 630-466-7436 x110

Eric Smith, Marketing and Communications Manager esmith@sgparks.org, 630-466-7436 x117

Blake Mayerle, School Services Manager bmayerle@sgparks.org, 630-466-7436 x111

STAY CONNECTED

sgparks.org

Q 61 South Main Street Sugar Grove, IL 60554

2 (630) 466-7436

(630) 466-8675

fb.com/sgparkdistrict

Formed in 2003, the Sugar Grove Park District maintains more than 20 parks and facilities and offers a diverse range of year-round activities for all ages.

These services provide a foundation for the physical, social, economic and environmental viability and well-being of our community.



REGISTRATION

How do I register?

Use the registration form at the end of this brochure or online at **sgparks.org/register**.

Visit our office Monday-Friday, 9:00-4:00pm, or use the 24-hour Information Box and secure Drop Box outside our main entrance.

Mail your registration form and payment:

Sugar Grove Park District 61 S. Main St. Sugar Grove, IL 60554

Fax your registration form: 630-466-8675.

How do I request a refund?

Use the refund request form located at **sgparks.org/refund**. This form is due prior to a refund being issued.

Registration reminders:

- Registrations are accepted on a first-come, first-served basis after fees are paid in full.
- We accept cash, check, Visa or MasterCard.
- Post-dated checks for payment will not be accepted.
- Athletic league teams fill up quickly. Registration will close once the appropriate number of teams has been filled. We recommend registering as soon as possible.
- Waitlists are formed when programs are filled. Every attempt will be made to accommodate individuals on the lists.
- The deadline to register is three business days prior to the start date, unless the date is otherwise listed or maximums are met.
- Mailed and faxed registrations will be processed after 9:00am on the first day of registration.







5K Run and Walk

Saturday, July 28, 7:30am

Rain or shine, run or walk in this fast, flat 2-lap course. The 3.1 mile USATF-certified course on residential streets is electronically timed and features traffic control, splits at 1 and 2 miles and water stations.

Awards are presented to the first male and female finishers, as well as first, second and third place in each age division. Early packet pick-up is available at the Sugar Grove Park District office on Thursday, July 26 at 4:00-6:00pm. Race day check-in at the Sugar Grove Park District office on July 28 at 6:15-7:00am; race begins at 7:30am.

Code	Registration	Fee	Deadline
190100-01	Early Bird Registration w/ New Nike Tech Shirt (First 100 registrants)	\$25	7/3
190100-02	Early Bird Registration w/ Classic T-Shirt	\$20	7/3
190100-03	Registration w/ Classic T-Shirt (Limited quantity, Size not guaranteed)	\$23	7/23
On-Site	Registration w/ Classic T-shirt (If available, Size not quaranteed)	\$25	7/28

CPR/AED Certification

American Heart Association's Heartsaver CPR/AED teaches adult, child and infant CPR, AED use, and how to relieve choking in adults, children and infants. Participants will get hands-on practice on manikins with compression feedback and use an AED trainer. Team rescues are performed so all are confident in their skills. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory or other requirements. Successful completion of the course earns a 2-year certification.

Code	Age	Day	Date	Time	Deadline
170203-01	14+	Sa	5/19	1:00-3:30pm	5/16

Fee: \$45

Instructor: Second Chance Cardiac Solutions

Location: Harter Middle School - Community Room (Door #20)

Babysitting Safety

Attention tweens and teens: Are you ready to start a career in babysitting? This fun, interactive class teaches babysitting basics and safety for infants, toddlers, preschool and school-aged children. Participants practice hands-on child and infant CPR, relief of choking and basic first aid. Lessons include diapering, feeding, bedtime tips, selecting safe and suitable games/ activities and potential behavior issues. Price includes handouts detailing each lesson, portable first aid kit and certification of completion. This class is taught by an American Heart Association Basic Life Support Instructor.

Code	Age	Day	Date	Time	Deadline
150715-01	11-15	F	5/18	5:30-9:00pm	5/15

Fee: \$35

Instructor: Second Chance Cardiac Solutions

Location: Harter Middle School - Community Room (Door #20)

First Aid Certification

Heartsaver First Aid is a video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services can arrive. Students learn duties and responsibilities of first aid rescuers and first aid actions for medical emergencies. Topics covered include: severe choking, heart attack/stroke, external bleeding, broken bones/sprains, bites/stings, and skills to handle environmental emergencies. This course is for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory, or other requirements.

Code	Age	Day	Date	Time	Deadline
170207-01	14+	Sa	5/19	3:30-6:00pm	5/16

Fee: \$45

Instructor: Second Chance Cardiac Solutions

Location: Harter Middle School - Community Room (Door #20)

SGPARKS.ORG 2018 SPRING/SUMMER | 5

CLASSES & EVENTS

Introduction to Sewing

Students are introduced to the life skill of sewing. This skill helps build confidence and independence. Sewing machines and all supplies are provided.

Code	Age	Day	Date	Time	Deadline
160320-01	8-16	Th	5/31	4:00-5:30pm	5/28
160320-02	8-16	Th	5/31	6:30-8:00pm	5/28
160320-03	8-16	F	6/1	6:30-8:00pm	5/29
160320-05	8-16	Th	6/7	5:00-6:30pm	6/4
160320-06	8-16	Th	6/7	6:30-8:00pm	6/4

Fee: \$30

Instructor: Ellen Violet

Location: Ellen Violet Design Sewing Studios

Sewing Boot Camp

Students are introduced to the life skill of sewing. This skill helps build confidence and independence. New skills are introduced every day and student take home projects they make. Sewing machines and all supplies are provided.

Code	Age	Day	Date	Time	Deadline
160321-01	8-12	M-Th	6/4-6/7	10:00-12:00pm	5/30
160321-02	10-18	M-Th	6/11-6/14	10:00-12:00pm	6/6
160321-03	10-18	M-Th	7/9-7/12	10:00-12:00pm	7/4

Fee: \$120

Instructor: Ellen Violet

Location: Ellen Violet Design Sewing Studios

EASTER BASKET DELIVERY

Here comes the Easter Bunny!

We are helping our long-eared pal deliver a basket full of goodies. We'll drive him to your house on Saturday, March 31, between 9:00-1:00pm and take pictures on your front door step.

Code Fee Deadline Max 190300-01 \$20 3/22 25

BATTLE OF THE BANDS

Is your band ready to compete?

Your teen band can battle in a regional competition and have the opportunity to advance to the state finals in August at the Illinois State Fair. You can win prizes like studio time, a band makeover or a chance to play at future events. Are you ready? To learn more, visit:

WWW.ILLINOISBATTLEOFTHEBANDS.COM











Archery 1

Archery 1 is a fun and interactive way to discover archery. Learn fundamental skills by USA Archery certified instructors such as range safety, proper shooting form, and skills to become proficient at archery. All equipment is provided but you may bring your own. Instructors must inspect personal equipment and draw weight is limited to 40lbs. Parents of participants under 18 are asked to stay and observe.

Code	Age	Day	Date	Time	Deadline
171010-02	8+	Su	4/8-4/29	3:30-4:30pm	4/4
171010-03	8+	Su	5/6-5/27	3:30-4:30pm	5/2
171010-04	8+	Su	6/3-6/24	3:30-4:30pm	5/30
171010-05	8+	Su	7/1-7/22	3:30-4:30pm	6/27

Fee: \$50

Instructor: Kevin Helwig and Natalie Melchiori **Location:** The Archery Place, Montgomery

Archery 2

Build on previously learned skills and introduce new techniques as you continue to improve and work toward more advanced archery development. Eligible Archery 1 completions can enroll in Archery 2. All equipment is provided but you may bring your own. Instructors must inspect personal equipment and draw weight is limited to 40lbs. Parents of participants under 18 are asked to stay and observe.

Code	Age	Day	Date	Time	Deadline
171011-02	8+	Su	4/8-4/29	4:30-5:30pm	4/4
171011-03	8+	Su	5/6-5/27	4:30-5:30pm	5/2
171011-04	8+	Su	6/3-6/24	4:30-5:30pm	5/30
171011-05	8+	Su	7/1-7/22	4:30-5:30pm	6/27

Fee: \$50

Instructor: Kevin Helwig and Natalie Melchiori **Location:** The Archery Place, Montgomery





Date Night Archery NEW!

Looking for something different? Invite that special someone out for a fun new activity. Learn how to shoot a bow in The Archery Place's brand new indoor facility. All equipment is provided but you may bring your own. Instructors must inspect personal equipment and draw weight is limited

Code	Age	Day	Date	Time	Deadline
171020-01	18+	Sa	3/17	5:00-6:00pm	3/14

Fee: \$31 per couple

Instructor: Kevin Helwig and Natalie Melchiori Location: The Archery Place, Montgomery

Senior Archery NEW!

Enjoy a brand new activity and learn how to shoot a bow in The Archery Place's brand new indoor facility. All equipment is provided. We will then head over to Riverview Diner for lunch to laugh about our newly acquired skills. Lunch is on your own at Riverview Diner. Session 1 includes your one hour range time and round trip bus transportation from the Sugar Grove Park District office. Session 2 includes your one hour range time at The Archery Place.

Code	Age	Day	Date	Time	Fee	Deadline
171022-01	55+	W	5/9	9:30-1:30pm	\$29	5/6
171022-02	55+	W	5/9	10:00-11:30am	\$19	5/6

Instructor: Kevin Helwig and Natalie Melchiori

Location: The Archery Place and Riverview Diner, Montgomery

Ladies Night Archery NEW!

Gather your best Gal Pals and come to The Archery Place for Ladies Night Out Archery Class. All equipment is provided but you may bring your own. Instructors must inspect personal equipment and draw weight is limited to 40lbs.

Code	Age	Day	Date	Time	Deadline
171021-01	18+	Sa	4/14	6:00-7:00pm	4/11

Fee: \$19

Instructor: Kevin Helwig and Natalie Melchiori Location: The Archery Place, Montgomery

Archery Day Trip NEW!

Don't be bored sitting at home. Why not grab your friends and learn how to shoot a bow at The Archery Place indoor shooting range. We will follow it up with pizza and be back before your parents even know you were gone. Fee includes one slice of pizza and pop, or bring your own lunch. We leave from the park district office. Arrive 15 minutes prior to departure time. Return time is approximate due to traffic along the way.

Code	Age	Day	Date	Time	Deadline
171012-01	8-12	Tu	6/26	10:00-1:00pm	6/21

Fee: \$34

Instructor: Kevin Helwig and Natalie Melchiori Location: The Archery Place, Montgomery

ARCHERY CAMP

July 9-13, 1:00-4:00pm

This 5 day camp combines Archery 1 and 2-where campers participate in introductory lessons on range safety, proper shooting form and foundational skills-as well as introducing new tools and techniques.

In addition to this, archery camp adds activities from USA Archery's interactive program, Explore Archery, that involves fun, exciting, challenging individual and team-building activities-focusing on competitive edge and creativity-versus ability and scores.

Deadline Location Code Fee The Archery Place, Montgomery 171013-01 \$156



Musical Jam: Seuss Stories

Oh, the places you'll go and the thinks you will think! From Horton to Lorax, explore the creative characters from Dr. Seuss as inspiration to create wacky worlds and characters all your own. Learn acting and improv skills as we create a fun script to present at the end of camp week!

Code	Grade	Day	Date	Time	Deadline
150331-01	K-2	M-F	6/4-6/8	1:30-3:30pm	5/30

Fee: \$160

Instructor: Amber Mitchell, Stageworks

Location: Harter Middle School - Community Room (Door #20)

Acting: Process and Performance

Students create their acting "toolbox" through the exploration of objectives and playable action as well as physical and vocal characterization. Character development and acting choices utilizing scene study from contemporary plays are the main components of the class. We use improvisational activities to deepen your acting skills. We also cover audition skills. This class is acting only, no musical component. It is a perfect choice for students wanting to deepen their skills for community theatre work.

Code	Age	Day	Date	Time	Deadline
170703-01	14-Adult	Su	4/8-5/6	6:00-8:00pm	4/4

Fee: \$115

Instructor: Amber Mitchell, Stageworks

Location: Harter Middle School - Community Room (Door #20)

Actor's Lab: Improv

Make it up as you go! Learn to trust your instincts, make dynamic choices on the fly and spontaneously create original characters and storylines. This class helps you to develop your acting skills onstage.

Code	Grade	Day	Date	Time	Deadline
150337-01	3-8	M-F	7/9-7/13	1:30-3:30pm	7/4

Fee: \$160

Instructor: Amber Mitchell, Stageworks

Location: Harter Middle School - Community Room (Door #20)

Actor's Lab: Skills for the Young Performer

Learn the tools that are needed to create theatre! We incorporate improv and acting skills to create characters and build a script that we present at the end of camp week.

Code	Grade	Day	Date	Time	Deadline
150330-01	K-2	M-F	7/16-7/20	1:30-3:30pm	7/4

Fee: \$160

Instructor: Amber Mitchell, Stageworks

Location: Harter Middle School - Community Room (Door #20)

Showtime Broadway Right Now

Refine musical theatre acting, voice and dance skills by staging musical numbers from Broadway shows. Work on vocal health, breathing techniques and song delivery while singing some of your Broadway favorites!

Code	Grade	Day	Date	Time	Deadline
150332-01	3-8	M-F	6/11-6/15	1:30-3:30pm	6/6

Fee: \$160

Location: Amber Mitchell, Stageworks

Instructor: Harter Middle School - Community Room (Door #20)

Actor's Lab: Audition Workshop

Get a leg up on the competition! Learn the basics of auditioning, including monologue work, cold reading skills and presenting your best self for directors. Have an auditioning edge for the upcoming school year.

Code	Grade	Day	Date	Time	Deadline
150336-01	3-8	M-F	6/18-6/22	1:30-3:30pm	6/13

Fee: \$160

Instructor: Amber Mitchell, Stageworks

Location: Harter Middle School - Community Room (Door #20)

DESTINATION **SUMMER**

Summer Camp for Ages 3-6 May 29-August 17

With Disney characters as our guides-we'll embark on a new adventure every week! Travel with us as we make our own passports and maps to stamp at each destination while learning about other cultures around the world.

Spanish and sign language are also introduced.

REGISTRATION

- \$25 per day with the flexibility to choose the number of days each week, Monday-Friday.
- 12 weeks to choose from.
- In person at the Sugar Grove Park District, or view paperwork at sgparks.org/preschool.

sqparks.org/preschool

No class on 5/28 & 7/4



SUMMER PHOTO CONTEST

April 1-August 31, 2018

Grab your camera and capture you or your friends enjoying a park or activity!

Submit your best shots for a chance to win a \$40 Paisano's Pizza and Grill gift card and your winning photo featured on our website and social media.

All skill levels are encouraged to enter this FREE contest!

SUBMISSION GUIDELINES

- Photos must be taken at a Sugar Grove Park District park, facility, program or event.
- You may submit up to 5 entries into the contest.
- Only high-resolution digital photos will be accepted.
- Photos must be accompanied by a title, location, photographer's name, age and email.
- Entries must be submitted by August 31, 2018. Winners will be contacted via email by September 15.
- Submit photos at sgparks.org/photocontest

By submitting photos to this contest you are granting the Sugar Grove Park District permission to use your photograph(s) in any and all publications including print, website, social media, without payment or any other consideration in perpetuity. You are also certifying to the Park District that you are the sole copyright holder of the images.





WHAT IS YOGA? Need to de-stress from your day, gain more flexibility and reconnect with yourself? Yoga helps achieve these through different postures and breathing techniques. Bring a mat, water and a towel. All levels are welcome to experience these types of Yoga:

RESTORATIVE YOGA: Slow moving and static poses, along with breath control are used to promote flexibility in the body, peace in the mind and love in the heart. Restorative yoga classes include: Zen Yoga and Relaxation Yoga.

VINYASA FLOW YOGA: Linking each breath to a movement. Flow from pose to pose, engage different muscles, promote flexibility and distress the body. Vinyasa flow classes include Hour of Power, Early Bird Flow Yoga and Sunrise Yoga.

NOW AVAILABLE FOR ADULTS! Want to have the flexibility to jump between classes or come and go as you please? Punch cards are available directly through the instructor!

*All Yoga participants must bring a yoga mat. In the case that the instructor needs to cancel a class, make-ups will be scheduled. Contact Leah Richards, leah@360yoga.net, with any questions.

Zumba

Are you looking for a monthly morning workout? Rocky's Dojo and Gym offers Zumba on Monday, Wednesday and Friday mornings at the Dojo. No class on 5/28 & 7/4.

Code	Age	Day	Date	Time	Deadline
170511-01	18+	M/W/F	4/2-4/30	11:00-12:00pm	3/28
170511-02	18+	M/W/F	5/2-5/30	11:00-12:00pm	4/29
170511-03	18+	M/W/F	6/1-6/29	11:00-12:00pm	5/29
170511-04	18+	M/W/F	7/2-7/30	11:00-12:00pm	6/27

Fee: \$60

Instructor: Victoria Stapleton Location: Rocky's DoJo and Gym

Early Bird Flow Yoga

Start your morning bright and early with yoga. Early Bird Flow Yoga is designed to awaken the mind and body, while building and toning muscles and promoting flexibility. Be prepared to work the core, legs, arms, shoulders and knees during the hour of flow. No class on 7/28.*

Code	Age	Day	Date	Time	Deadline
170106-01	18+	Sa	3/24-4/21	6:45-7:45am	3/21
170106-02	18+	Sa	4/28-5/26	6:45-7:45am	4/25
170106-03	18+	Sa	6/2-6/30	6:45-7:45am	5/30
170106-04	18+	Sa	7/7-8/11	6:45-7:45am	7/4

Fee: \$50

Instructor: Leah Richards

Location: Sugar Grove Township Building

Sunrise Yoga

In Sunrise Yoga, we are flowing and engaging the body with each pose. Breath control is used to transition and target specific muscles in the body during each posture. No class on 7/28.*

Code	Age	Day	Date	Time	Deadline
170105-01	18+	Sa	3/24-4/21	8:00-9:00am	3/21
170105-02	18+	Sa	4/28-5/26	8:00-9:00am	4/25
170105-03	18+	Sa	6/2-6/30	8:00-9:00am	5/30
170105-04	18+	Sa	7/7-8/11	8:00-9:00am	7/4

Fee: \$50

Instructor: Leah Richards

Location: Sugar Grove Township Building

Relaxation Yoga

Bend, zen and stretch the body out with specific postures to promote flexibility and softly energize the body. With a combination of static and slow moving postures, the muscles and connective tissue stretch and relax. No class on 7/28.*

Code	Age	Day	Date	Time	Deadline
170104-01	18+	Sa	3/24-4/21	9:15-10:15am	3/21
170104-02	18+	Sa	4/28-5/26	9:15-10:15am	4/25
170104-03	18+	Sa	6/2-6/30	9:15-10:15am	5/30
170104-04	18+	Sa	7/7-8/11	9:15-10:15am	7/4

Fee: \$50

Instructor: Leah Richards

Location: Sugar Grove Township Building

Zen Yoga

Zen Yoga restores the body, calms the mind and promotes flexibility. Static poses are held for 1-3 minutes. Breathing is used to de-stress the entire body, clear the mind and create happiness in soul.*

Code	Age	Day	Date	Time	Deadline
170102-01	18+	M	3/26-4/23	7:00-8:00pm	3/21
170102-02	18+	М	4/30-5/28	7:00-8:00pm	4/25
170102-03	18+	M	6/4-7/2	7:00-8:00pm	5/30
170102-04	18+	М	7/9-8/13	7:00-8:00pm	7/4

Fee: \$50

Instructor: Leah Richards

Location: Sugar Grove Township Building

Hour Of Power Yoga

Get ready to work the muscles, increase the heart rate and melt away all the stress in the body. Hour of Power Yoga is all about engaging the muscles, flowing from pose to pose with each inhale and exhale while using your own body as resistance. Feel the power and energy surge through the body with each and every pose.*

Code	Age	Day	Date	Time	Deadline
170103-01	18+	Tu	3/27-4/24	4:30-5:30pm	3/22
170103-02	18+	Tu	5/1-5/29	4:30-5:30pm	4/26
170103-03	18+	Tu	6/5-7/10	4:30-5:30pm	5/31
170103-04	18+	Tu	7/17-8/14	4:30-5:30pm	7/12

Fee: \$50

Instructor: Leah Richards

Location: Sugar Grove Township Building



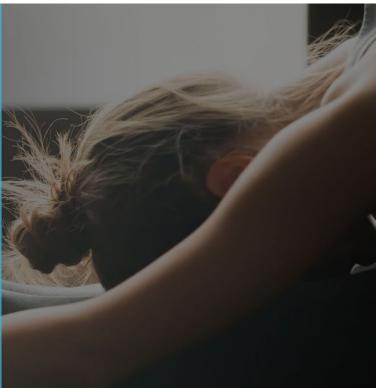
Schedule a private yoga session.

poses, work on difficult poses and gain flexibility through 30- or 60-minute sessions.

\$30 30 Minutes **\$40** 60 Minutes

Contact Leah Richards, leah@360yoga.net, to learn more and schedule your private session.

Leah





XPLORE TUMBLING AND GYMNASTICS Classes are held at the new Xplore Tumbling and Gymnastics facility (formerly known as Tumbling Tots Gymnastics), off of I-88 in North Aurora.

*An annual family registration fee of \$25 is due onsite at the first class that is taken. This fee applies to the entire household, not just an individual and is good for one fiscal year.

Class Size: Maximum 8 Instructor: Xplore Staff

Location: Xplore Tumbling and Gymnastics, North Aurora

Evaluation: Students registering for Intermediate Tumbling and Advanced Tumbling must be evaluated at the gym prior to acceptance.

Beginning Tumbling

Learn tumbling skills safely and correctly in our tumbling classes. Students learn basic tumbling skills like handstands, forward and rolls, cartwheels and hurdles. This class is perfect for gymnasts, cheerleaders, or anyone interested in learning how to tumble.

interested in learning now to tumble.							
Code	Age	Day	Date	Time	Deadline		
150201-04	6-18	Tu	4/3-4/24	6:00-6:55pm	3/29		
150201-05	6-18	W	4/4-4/25	6:00-6:55pm	4/1		
150201-06	6-18	Sa	4/7-4/28	9:00-9:55am	4/4		
150201-07	6-18	Tu	5/1-5/29	6:00-6:55pm	4/26		
150201-08	6-18	W	5/2-5/30	6:00-6:55pm	4/29		
150201-09	6-18	Sa	5/5-5/26	9:00-9:55am	5/2		
150201-10	6-18	Sa	6/2-6/30	9:00-9:55am	5/30		
150201-11	6-18	Tu	6/5-6/26	6:00-6:55pm	5/31		
150201-12	6-18	W	6/6-6/27	6:00-6:55pm	6/3		
150201-13	6-18	Tu	7/3-7/31	6:00-6:55pm	6/28		
150201-14	6-18	Sa	7/7-7/28	9:00-9:55am	7/4		
150201-15	6-18	W	7/11-7/25	6:00-6:55pm	7/8		

Fee: \$65*

Advanced Tumbling

Tumblers learn and master both intermediate and advanced skills. Round-offs, front and back handsprings, aerials and back tucks are some of the skills taught at this level. Students are required to be able to do a proper round-off and a back walkover to enroll. No class on 7/4.

Code	Age	Day	Date	Time	Deadline
150205-04	6-18	W	4/4-4/25	5:00-5:55pm	4/1
150205-05	6-18	Th	4/5-4/26	5:00-5:55pm	4/2
150205-06	6-18	Sa	4/7-4/28	11:00-11:55am	4/4
150205-07	6-18	W	5/2-5/30	5:00-5:55pm	4/29
150205-08	6-18	Th	5/3-5/31	5:00-5:55pm	4/30
150205-09	6-18	Sa	5/5-5/26	11:00-11:55am	5/2
150205-10	6-18	Sa	6/2-6/30	11:00-11:55am	5/30
150205-11	6-18	W	6/6-6/27	5:00-5:55pm	6/3
150205-12	6-18	Th	6/7-6/28	5:00-5:55pm	6/4
150205-13	6-18	Th	7/5-7/26	5:00-5:55pm	7/2
150205-14	6-18	Sa	7/7-7/28	11:00-11:55am	7/4
150205-15	6-18	W	7/11-7/25	5:00-5:55pm	7/8

SUGAR GROVE PARK DISTRICT



Kinder Tots Gymnastics

Get ready to learn the basics of beam, bars, trampoline and even some vaulting.

Code	Age	Day	Date	Time	Deadline
140203-03	5-6	Sa	4/7-4/28	9:45-10:30am	4/4
140203-04	5-6	Sa	4/7-4/28	10:45-11:30am	4/4
140203-05	5-6	Sa	5/5-5/26	9:45-10:30am	5/2
140203-06	5-6	Sa	5/5-5/26	10:45-11:30am	5/2
140203-07	5-6	Sa	6/2-6/30	9:45-10:30am	5/30
140203-08	5-6	Sa	6/2-6/30	10:45-11:30am	5/30
140203-09	5-6	Sa	7/7-7/28	9:45-10:30am	7/4
140203-10	5-6	Sa	7/7-7/28	10:45-11:30am	7/4

Fee: \$65*

Beginning Gymnastics

Get ready to learn the basics of beam, bars, trampoline and even some vaulting.

Code	Age	Day	Date	Time	Deadline
150204-03	7-12	Th	4/5-4/26	5:00-5:55pm	4/2
150204-04	7-12	Sa	4/7-4/28	9:00-9:55am	4/4
150204-05	7-12	Th	5/3-5/31	5:00-5:55pm	4/30
150204-06	7-12	Sa	5/5-5/26	9:00-9:55am	5/2
150204-07	7-12	Sa	6/2-6/30	9:00-9:55am	5/30
150204-08	7-12	Th	6/7-6/28	5:00-5:55pm	6/4
150204-09	7-12	Th	7/5-7/26	5:00-5:55pm	7/2
150204-10	7-12	Sa	7/7-7/28	9:00-9:55am	7/4

Fee: \$70*

Intermediate Tumbling

Gymnasts build on tumbling skills in this class, which focuses on properly executing round-offs. Walkovers and back handsprings are some of the additional skills learned at this level. Students are required to be able to do a cartwheel with straight legs and a backbend with straight arms.

Code	Age	Day	Date	Time	Deadline
150206-03	6-18	Tu	4/3-4/24	5:00-5:55pm	3/29
150206-04	6-18	Sa	4/7-4/28	10:00-10:55am	4/4
150206-05	6-18	Tu	5/1-5/29	5:00-5:55pm	4/26
150206-06	6-18	Sa	5/5-5/26	10:00-10:55am	5/2
150206-07	6-18	Sa	6/2-6/30	10:00-10:55am	5/30
150206-08	6-18	Tu	6/5-6/26	5:00-5:55pm	5/31
150206-09	6-18	Tu	7/3-7/31	5:00-5:55pm	6/28
150206-10	6-18	Sa	7/7-7/28	10:00-10:55am	7/4
150206-09	6-18	Tu	7/3-7/31	5:00-5:55pm	6/28

Fee: \$65*

Tiny Tumblers

Tiny Tumblers is a class for a child to take with their parent to develop self-esteem, gross motor skills, and physical fitness. Instruction focuses on introductory gymnastics skills on the floor, balance beams and bars.

Code	Age	Day	Date	Time	Deadline
140201-03	18-36mo	Th	4/5-4/26	9:00-9:30am	4/2
140201-04	18-36mo	Sa	4/7-4/28	9:00-9:30am	4/4
140201-05	18-36mo	Th	5/3-5/31	9:00-9:30am	4/30
140201-06	18-36mo	Sa	5/5-5/26	9:00-9:30am	5/2
140201-07	18-36mo	Sa	6/2-6/30	9:00-9:30am	5/30
140201-08	18-36mo	Th	6/7-6/28	9:00-9:30am	6/4
140201-09	18-36mo	Th	7/5-7/26	9:00-9:30am	7/2
140201-10	18-36mo	Sa	7/7-7/28	9:00-9:30am	7/4

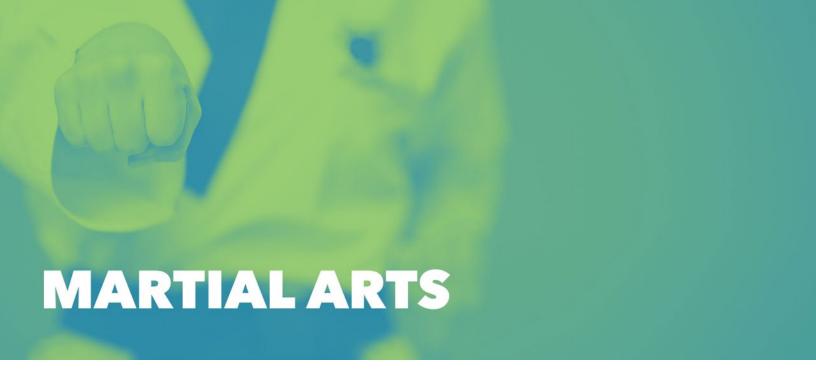
Fee: \$45*

Twister Tots

In Twister Tots, children continue to improve their gross motor skills while learning the basic gymnastics skills on floor, bars, beam and vault in a safe, age-appropriate environment.

Code	Age	Day	Date	Time	Deadline
140202-06	3-4	Tu	4/3-4/24	9:45-10:30am	3/29
140202-07	3-4	Tu	4/3-4/24	10:45-11:30am	3/29
140202-08	3-4	Th	4/5-4/26	9:45-10:30am	4/2
140202-09	3-4	Sa	4/7-4/28	9:45-10:30am	4/4
140202-10	3-4	Sa	4/7-4/28	10:45-11:30am	4/4
140202-11	3-4	Tu	5/1-5/29	9:45-10:30am	4/26
140202-12	3-4	Tu	5/1-5/29	10:45-11:30am	4/26
140202-13	3-4	Th	5/3-5/31	9:45-10:30am	4/30
140202-14	3-4	Sa	5/5-5/26	9:45-10:30am	5/2
140202-15	3-4	Sa	5/5-5/26	10:45-11:30am	5/2
140202-16	3-4	Sa	6/2-6/30	9:45-10:30am	5/30
140202-17	3-4	Sa	6/2-6/30	10:45-11:30am	5/30
140202-18	3-4	Tu	6/5-6/26	9:45-10:30am	5/31
140202-19	3-4	Tu	6/5-6/26	10:45-11:30am	5/31
140202-20	3-4	Th	6/7-6/28	9:45-10:30am	6/4
140202-23	3-4	Th	7/5-7/26	9:45-10:30am	7/2
140202-24	3-4	Sa	7/7-7/28	9:45-10:30am	7/4
140202-25	3-4	Sa	7/7-7/28	10:45-11:30am	7/4

Fee: \$55*



Little Dragons Karate

Little Dragons is a karate program specifically designed for children ages three and four. In this program children work on listening skills, focus, respect, courtesy to others, hand-eye coordination, and flexibility. Classes utilize effective and organized drills to keep your child's attention.

Code	Age	Day	Date	Time	Deadline
150404-01	3-4	Th	4/12-5/17	4:00-4:45pm	4/9
150404-02	3-4	Th	6/7-7/12	4:00-4:45pm	6/4
150404-03	3-4	Th	7/26-8/30	4:00-4:45pm	7/23

Fee: \$55

Instructor: Rocky Troutman Location: Rocky's DoJo and Gym

Adult Kickboxing

Learn kickboxing basics: punching, kicking, jump rope, stretching and flexibility routine, shadow boxing, bag work and focus mitts. Class is suited for beginner or advanced participants. Get conditioning, coordination, balance, focus and cardio workout.

Code	Age Day		Date	Time	Deadline					
Co-Ed										
170208-03	18+	M/W	4/9-4/25	7:00-8:00pm	4/4					
170208-05	18+	M/W	5/7-5/23	7:00-8:00pm	5/2					
170208-07	18+	M/W	6/11-6/27	7:00-8:00pm	6/6					
			Women							
170208-02	18+	T/Th	3/6-3/22	9:00-10:00am	3/1					
170208-04	18+	T/Th	4/10-4/26	9:00-10:00am	4/5					
170208-06	18+	T/Th	5/8-5/24	9:00-10:00am	5/3					
170208-08	18+	T/Th	6/12-6/28	9:00-10:00am	6/7					

Fee: \$55

Instructor: Rocky Troutman Location: Rocky's DoJo and Gym

Youth Introduction To Karate

Learn the basics of Isshin-Ryu Karate including both mental and physical discipline. As students learn the art of self defense, they acquire selfconfidence, serenity and the ability to concentrate.

Code	Age	Day	Date	Time	Deadline
150401-01	5-15	M	4/9-5/14	4:30-5:30pm	4/4
150401-02	5-15	Tu	4/10-5/15	4:00-5:00pm	4/5
150401-03	5-15	M	6/4-7/9	4:30-5:30pm	5/30
150401-04	5-15	Tu	6/5-7/10	4:00-5:00pm	5/31
150401-05	5-15	M	7/23-8/27	4:30-5:30pm	7/18
150401-06	5-15	Tu	7/24-8/28	4:00-5:00pm	7/19

Fee: \$55

Instructor: Rocky Troutman Location: Rocky's DoJo and Gym

Adult Beginning Karate

Learn the basics of Isshin-Ryu Karate including both mental and physical discipline. As students learn the art of self defense, they acquire selfconfidence, serenity and the ability to concentrate.

Code	Age	Day	Date	Time	Deadline
170101-02	18+	T/Th	4/10-4/26	7:00-8:00pm	4/5
170101-03	18+	T/Th	5/8-5/24	7:00-8:00pm	5/3
170101-04	18+	T/Th	6/12-6/28	7:00-8:00pm	6/7

Fee: \$55

Instructor: Rocky Troutman **Location:** Rocky's DoJo and Gym



Tiny Sluggers League

All Star Sports staff keeps your Tiny Slugger moving and learning in their All Star Sports T-Ball League. Three and four year olds learn the proper mechanics of catching, throwing, fielding, running bases and batting. Teamwork and sportsmanship are emphasized. Bring a water bottle and glove. Games either start at 9:30am or 10:30am–varying each week.

Code	Age	Day	Date	Time	Deadline
110401-01	3-4	Sa	6/9-7/28	9:30-11:30am	6/4

Fee: \$65

Location: Volunteer Park

Instructor: All Star Sports Instruction

T-Ball League

Children learn the fundamentals of t-ball, good sportsmanship and the importance of teamwork. Volunteer coaches teach the proper mechanics of throwing, catching, fielding, batting and running bases. Teams practice once during the week and play their games on Saturdays. Register by 4/20. No game on 5/26.

Code	Age	Day	Date	Time	Deadline
110402-01	5-6	Sa	5/12-7/14	9:00-2:00pm	4/20

Fee: \$70

Location: Keck Park

Baseball

Geared toward skill development, equal participation and fun, our baseball league competes against recreational teams from communities. Some levels participate in an end-of-season tournament. Teams practice on days determined by their coach. Volunteer coaches are needed at every level. Register based on age as of 4/30/18. Register by 3/9.

Code	Age	League	Fee	Deadline
110403-01	7-8	Instructional	\$100	3/9
110403-02	9-10	Minors	\$120	3/9
110403-03	11-12	Majors	\$130	3/9
110403-04	13-14	Pony	\$145	3/9

Season: May-July (Varies by league)

Location: Elburn, Kaneville, Maple Park, North Aurora, Sugar Grove,

West Chicago

Softball

Attention softball players! Come join our recreational softball league, geared toward skill development, equal participation and fun! Teams compete against recreational teams from other local communities. Volunteer coaches are needed at every level! Register based on age as of 12/31/17. Register by 3/9.

Code	Age	League	Fee	Deadline
110501-01	7-8	8U	\$100	3/9
110501-02	9-10	10U	\$110	3/9
110501-03	11-12	12U	\$110	3/9
110501-04	13-14	14U	\$110	3/9

Season: May-July (Varies by league)

Location: Batavia, Geneva, Sugar Grove, West Chicago

YOUTH ATHLETIC

Kindergarten Soccer - Co-Ed

Teams consist of 6 players per team. Games will be played 4 on 4. Teams practice for the first half hour and play a game against another team for the second half hour. Games consist of (2) 15 minute halves. Each player receives a jersey to be worn at the practices/games. Cleats and shin guards are not required but strongly recommended. If interested in volunteer coaching, contact Tyler Lively, (630) 446-7436.

Code	Age	Day	Date	Time	Deadline
110200-01	K	Sa	5/19-6/30	1:00-3:00pm	5/11
110200-02	K	Sa	7/14-8/18	1:00-3:00pm	7/6

Fee: \$35

Location: Keck Park

Tennis Camp

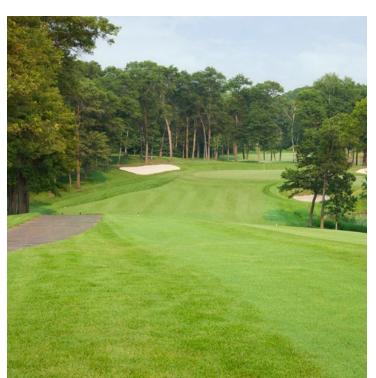
Enjoy some fun in the sun this summer and come play tennis! Our tennis program is geared toward beginners and advanced beginners. Participants are taught basic tennis skills including forehands, backhands, volleys and serves. Don't wait! Get an early start on this exciting sport today! Rain dates are the Friday the week of class.

Code	Age	Day	Date	Time	Deadline
150816-01	7-10	M-Th	6/11-6/14	9:00-9:45am	6/6
150816-02	11-15	M-Th	6/11-6/14	10:00-10:45am	6/6
150816-03	7-10	M-Th	8/6-8/9	9:00-9:45am	8/1
150816-04	11-15	M-Th	8/6-8/9	10:00-10:45am	8/1

Fee: \$40

Location: Harter Middle School - Tennis Courts

Instructor: Sugar Grove Park District



Parent/Child Golf Instruction

We are excited to offer golf lessons for parents/grandparents and children to take together. These are small group lessons for all level players. Instruction includes swing fundamentals, short game instruction, drills and practice techniques. Bring your clubs to each class. If raining, call Valley Green, (630) 897-3000.

Code	Age	Day	Date	Time	Deadline
190201-01	7+	F	5/18-6/8	6:00-7:00pm	5/15
190201-02	7+	Th	6/21-7/12	6:45-7:45pm	6/18

Fee: \$75 per person (register one adult and at least one child)

Location: Valley Green Golf Course

Instructor: Larry Venzon

Junior Golf School

Get into the swing by learning golf swing fundamentals, short game instruction as well as safety, rules and course etiquette. Enjoy small group lessons and improve your approach to the game of golf. Students should bring all clubs to all classes. If raining, call Valley Green, (630) 897-3000.

Code	Age	Day	Date	Time	Deadline
150814-01	7-15	Th	5/3-5/24	4:30-5:30pm	4/30
150814-02	7-11	M-F	6/18-6/22	8:30-9:15am	6/13
150814-03	12-15	M-F	6/18-6/22	9:30-10:15am	6/13

Fee: \$96

Location: Valley Green Golf Course

Instructor: Larry Venzon

Golf Lessons

Small group lessons for all level players. Continue and improve your current season swing if successful or make correct changes prior to the seasons end. All aspects of the game are covered including swing fundamentals as well as short game instruction and practice techniques to improve all aspects of the game. Bring your clubs to each class. If raining, call Valley Green, (630) 897-3000.

Code	Age	Day	Date	Time	Deadline
170213-01	16+	Th	5/3-5/24	5:45-6:45pm	4/30
170213-02	16+	Th	6/21-7/12	5:30-6:30pm	6/18

Fee: \$96

Location: Valley Green Golf Course

Instructor: Larry Venzon

YOUTH ATHLETICS

Code	Program	Age	Day	Date	Time	Location	Fee	Deadline	No Class
All Sports									
150810-01	Jr. All Star All Sports	3-4	Sa	4/7-5/5	1:30-2:15pm	Keck Park	\$48	4/4	
150810-02	Jr. All Star All Sports	3-4	М	6/11-7/9	2:00-2:45pm	Keck Park	\$48	6/6	
150810-03	Jr. All Star All Sports	3-4	W	6/13-7/18	11:45-12:30pm	Keck Park	\$48	6/10	7/4
150810-04	Jr. All Star All Sports	4-6	M	6/11-7/9	2:45-3:45pm	Keck Park	\$48	6/6	
150810-05	Jr. All Star All Sports	4-6	M/W	7/23-8/6	1:00-2:00pm	Harter Park	\$48	7/18	
				Golf					
150813-01	Jr. Golf	4-6	M	6/11-7/9	1:00-1:45pm	Keck Park	\$48	6/6	
150813-02	Jr. Golf	4-6	W	6/13-7/18	9:15-10:00am	Keck Park	\$48	6/10	7/4
				Hock	≘y				
150822-01	Jr. Floor Hockey	6-8	Th	4/5-5/3	6:00-7:00pm	Harter Park	\$48	4/2	
150821-02	Roller Hockey	Grades 1-2	W	6/13-7/18	2:00-3:00pm	Harter Park	\$48	6/10	7/4
150821-03	Roller Hockey	Grades 1-2	M/W	7/23-8/6	2:00-3:00pm	Harter Park	\$48	7/18	
150821-04	Roller Hockey	Grades 3-5	W	6/13-7/18	3:00-4:00pm	Harter Park	\$48	6/10	7/4
150821-05	Roller Hockey	Grades 3-5	M/W	7/23-8/6	3:00-4:00pm	Harter Park	\$48	7/18	
				Socci	er				
140409-01	Jr. Soccer	3-4	Sa	4/7-5/5	2:15-3:00pm	Keck Park	\$48	4/4	
140409-02	Jr. Soccer	3-4	M	4/9-5/7	5:00-5:45pm	Keck Park	\$48	4/4	A
140409-03	Jr. Soccer	3-4	Sa	6/9-7/28	11:30-12:15pm	Keck Park	\$66	6/6	- 4
140409-04	Jr. Soccer	3-4	М	6/11-7/9	10:15-11:00am	Keck Park	\$48	6/6	
140409-05	Jr. Soccer	3-4	M/W	7/23-8/6	10:15-11:00am	Keck Park	\$48	7/18	
140409-06	Jr. Soccer	4-6	Th	4/5-5/3	4:00-5:00pm	Harter Park	\$48	4/2	
140409-07	Jr. Soccer	4-6	Sa	4/7-5/3	3:00-4:00pm	Keck Park	\$48	4/4	
140409-08	Jr. Soccer	4-6	M	4/9-5/7	4:00-5:00pm	Keck Park	\$48	4/4	
140409-09	Jr. Soccer	4-6	Sa	6/9-7/28	12:15-1:15pm	Keck Park	\$66	6/6	
140409-10	Jr. Soccer	4-6	M	6/11-7/9	11:00-12:00pm	Keck Park	\$48	6/6	
140409-11	Jr. Soccer	4-6	M/W	7/23-8/6	11:00-12:00pm	Keck Park	\$48	7/18	
1			◢	T-Ba	II .				
140410-01	Jr. T-Ball	3-4	W	6/13-7/18	11:00-11:45am	Keck Park	\$48	6/10	7/4
140410-02	Jr. T-Ball	4-6	Th	4/5-5/3	5:00-6:00pm	Harter Park	\$48	4/2	
140410-03	Jr. T-Ball	4-6	M	4/9-5/7	5:45-6:45pm	Keck Park	\$48	4/4	
140410-04	Jr. T-Ball	4-6	W	6/13-7/18	10:00-11:00am	Keck Park	\$48	6/10	7/4
				Summer (Camps				
130200-01	Baseball Camp	Grades 1-2	M-F	6/18-6/22	9:00-11:00am	Volunteer Park	\$84	6/13	
130200-02	Basketball Camp	6-8	M-F	7/23-7/27	9:30-11:30am	Shields	\$84	7/18	
130200-03	Basketball Camp	9-12	M-F	7/23-7/27	11:30-1:30pm	Shields	\$84	7/18	
130200-04	Soccer Camp	4-6	M-F	6/25-6/29	12:00-2:00pm	Keck Park	\$84	6/20	
130200-05	Soccer Camp	7-9	M-F	6/25-6/29	2:00-4:00pm	Keck Park	\$84	6/20	
	Softball Camp	Grades 3-5	M-F	6/18-6/22	11:00-1:00pm	Volunteer Park	\$84	6/13	
	Volleyball Camp	Grades 1-2		7/9-7/13	9:30-11:30am	Shields	\$84	7/3	
130200-08	Volleyball Camp	Grades 3-5	M-F	7/9-7/13	11:30-1:30pm	Shields	\$84	7/3	



BLACKBERRY CREEK ELEMENTARY SCHOOL

Intramurals

Join us after school for an array of athletic activities. New teams are formed each week. Skills are reviewed, and safety is stressed at the beginning of each class. There is time for students to change clothes or have a quick snack before we begin. Following class, please pick up your student outside Door #11. Net Games include volleyball and badminton.

Cod	е	Grade	Day	Date	Time	Fee	Deadline
				All Things Ho	ckey		
150	835-03	1-3	Tu	4/10-4/24	3:35-4:30pm	\$24	4/5
150	835-04	4-5	W	4/11-4/25	3:35-4:30pm	\$24	4/8
				Net Game			
150	835-05	1-3	Tu	5/8-5/22	3:35-4:30pm	\$24	5/3
150	835-06	4-5	W	5/9-5/23	3:35-4:30pm	\$24	5/6

Instructor: Ms. Holubecki

Location: Blackberry Creek Elementary School - Gym

Running Club

Get ready to run. Blackberry Creek Running Club is ready for you to join in the fun this spring. Never ran before? No problem! We are teaching you all the basics of running as well as promoting fitness and sportsmanship. We even cover winning, losing and developing a positive mental attitude. And if that wasn't enough, you also get a t-shirt. If raining, we meet in the gym. See you there!

Code	Grade	Day	Date	Time	Deadline
150831-01	3-5	M/W	4/4-5/23	3:40-4:45pm	4/1

Fee: \$15

Instructor: Mr. Herron and Mr. Barth

Location: Blackberry Creek Elementary School - Outdoor Basketball Crt.

Math Club

Do you like math? Playing math games or solving puzzles? Well if you do, Math Club is for you! We will explore a variety of math games, logic puzzles, and even take on some math challenges with coding Dash and Dot robots! Come join the math fun! All activities are appropriate for students in grades 3-5. No class on 3/27.

Code	Grade	Day	Date	Time	Deadline
150704-02	3-5	Tu	4/17-5/15	3:35-4:35pm	4/12

Fee: \$40

Instructor: Mrs. Doranski

Location: Blackberry Creek Elementary School - Room 211



HARTER MIDDLE SCHOOL

Jr. Mathletes

Do you love math? Do you want to test your math skills in a competitive environment? The Harter Jr. Mathletes after-school math enrichment club is designed to engage students with a deep passion and motivation for math. The members engage in challenging, higher-level thinking math questions designed to test their math problem-solving skills. No class on 3/27.

Code	Grade	Day	Date	Time	Deadline
160110-01	6-8	Tu	3/6-5/8	2:45-3:45pm	3/1

Fee: \$50

Instructor: Mrs. Huettemann and Miss Self Location: Harter Middle School - Room 210

JOHN STEWART ELEMENTARY SCHOOL

Floor Hockey

In this class, students get to play floor hockey in the gym. We work on hand-eye coordination, passing, communication and sportsmanship. Games emphasize teamwork, offensive and defensive strategy while having fun.

Code	Grade	Day	Date	Time	Deadline
150824-01	2-5	M	4/9-4/30	3:30-4:30pm	4/4

Fee: \$20

Instructor: Mr. Biddle

Location: John Stewart Elementary School - Gym

Capture This

A fun and exciting way to play capture the flag. This great game emphasizes teamwork, offense, defense and strategy, while having fun. The object of the game is to capture all the items on the other team's side and bring them to your side before the other team can capture your items. This game deals with dodging, tagging, communication and saving teammates from jail.

Code	Grade	Day	Date	Time	Deadline
150801-01	1-5	Tu	4/10-5/1	3:30-4:30pm	4/5

Fee: \$20

Instructor: Mr. Biddle

Location: John Stewart Elementary School - Gym

Running Club

Learn to run 5K distances by pacing yourself to get the best time for you. Running takes place outside the school unless the weather is inclement.

Code	Grade	Day	Date	Time	Deadline
150834-01	3-5	W	5/2-5/23	3:30-4:30pm	4/29

Fee: \$20

Instructor: Mr. Biddle

Location: John Stewart Elementary School - Gym

MCDOLE ELEMENTARY **SCHOOL**

Intramurals

Stay after school for an array of athletic activities. New teams are formed each week. There is time for students to change clothes or have a guick snack before class starts. Following class, please pick up your student outside Door #11.

Code	Grade	Day	Date	Time	Fee	Deadline		
	Floor Hockey							
150837-03	3-5	Tu	4/10-4/24	3:40-4:40pm	\$24	4/5		
150837-04	K-2	W	4/11-4/25	3:40-4:30pm	\$24	4/8		
			Dodgebal					
150837-05	3-5	Tu	5/1-5/15	3:40-4:40pm	\$24	4/26		
150837-06	K-2	W	5/2-5/16	3:40-4:30pm	\$24	4/29		

Instructor: Mrs. Vistine

Location: McDole Elementary School - Gym

Running Club

Run for your life! Or, at least, be happy and healthy. Join us for a spring running club where you learn about proper running form, pacing, stretching and race etiquette. We are training to run a mile run or 5K. There are surprise guests and practice fun runs to help prepare for a successful race experience. Dates are subject to change with at least a week's notice.

Code	Grade	Day	Date	Time	Deadline
150830-01	2-5	M/Th	4/16-5/17	3:30-4:30pm	4/11

Fee: \$15

Instructor: Sue Bird

Location: McDole Elementary School - Gym



JOHN SHIELDS ELEMENTARY SCHOOL

Intramurals

Join us after school for an array of athletic activities. New teams are formed each week. Skills are reviewed, and safety is stressed at the beginning of each class. There is time for students to change clothes or have a quick snack before we begin. Following class, please pick up your student outside Door #11. No class on 3/15, 4/19, 5/10.

Code	ode Grade Day		Date	Time	Fee	Deadline
			Floor Hock	еу		
150820-02	3-5	Th	4/5-4/26	3:35-4:35pm	\$24	4/2
150820-03	3-5	Th	5/3-5/24	3:35-4:35pm	\$24	4/30
Team Games						
150820-06	K-2	M	4/9-4/23	3:35-4:35pm	\$24	4/4
150820-07	3-5	W	4/4-4/25	3:35-4:35pm	\$32	4/1
			Kickball			
150820-08	K-2	М	5/7-5/14	3:35-4:35pm	\$16	5/2
150820-09	3-5	W	5/2-5/16	3:35-4:35pm	\$24	4/29

Instructor: Lorrie Hamblen

Location: John Shields Elementary School - Gym

Spring Clay

Create unique clay projects that make perfect decorations as the weather warms up. Children learn to use coils, slabs, and pinch pots to build pottery and sculptures in this guided step by step hand building class. All projects are glazed and kiln fired. Each session offers different projects, so students can sign up for more than one.

Code	Grade	Day	Date	Time	Deadline
150304-02	K-5	W	4/18-4/25	3:30-5:00pm	4/15

Fee: \$35

Instructor: Mrs. Grigg

Location: John Shields Elementary School - Art Room

Running Club

Run for your life! Do you want be in track or cross country in middle school or be healthy? If so, join us for a running club. Learn about proper running form, pacing, stretching, and race etiquette. Also, you will be able to participate in a food tasting! During our food tasting, you will be able to try different types of fruits and vegetables you may have never seen or heard of. Dates are subject to change with at least a week's notice.

Code	Grade	Day	Date	Time	Deadline
150823-01	2-5	M/W	4/9-5/16	3:35-4:30pm	4/4

Fee: \$15

Instructor: Miss Jurgens and Miss Bergman

Location: John Shields Elementary School - Gym and Outside

Young Athletes

Young Athletes features skills, drills, conditioning, and fun and competitive games to inspire kids to live an active lifestyle and become better young athletes along their journey. The activities target various components of fitness and athletic performance including: endurance, strength, flexibility, speed, quickness, and agility.

Code	Grade	Day	Date	Time	Deadline	
150836-01	4-5	М	4/9-5/7	3:35-4:35pm	4/4	

Fee: \$40

Instructor: Mr. Easley

Location: John Shields Elementary School - Gym

Programming in Scratch

In this class, participants get an introduction to computer science by doing projects using the Scratch programming language developed by MIT. Scratch is the computer programming language that makes it easy and fun to create games, animations, and interactive stories and share them online.

Code	Grade	Day	Date	Time	Deadline
150701-01	4-5	W	4/11-5/9	3:35-4:35pm	4/8

Fee: \$50

Instructor: Mr. Easley

Location: John Shields Elementary School - Computer Room #168

Yoga Kids

Shields Yoga Kids provides benefits such as increased body awareness, flexibility, confidence, compassion, focus and effective breathing. In this after-school program, students exercise their minds and bodies through various activities incorporating poses, dance, interactive games, crafts and relaxation. On the last class date, parents are invited to join for a family flow. All materials are provided. Please pick up your student outside Door #5 on back side of school.

Code	Grade	Day	Date	Time	Deadline	Fee: \$65
150103-01	1-5	147	4/40 5/22	7.70 4.70	4/15	Instructor: Megan Filip
150103-01	1-5	W	4/18-5/23	3:30-4:30pm	4/16	Location: John Shields Flementary School - Room 129



Provide a safe and supervised environment for your child to explore extracurricular activities and more!

ENROLLMENT OPENS MAY 1!

JOHN SHIELDS ELEMENTARY SCHOOL
MCDOLE ELEMENTARY SCHOOL
JOHN STEWART ELEMENTARY SCHOOL
BLACKBERRY CREEK ELEMENTARY SCHOOL

APPLY BY: August 1, 2018

SGPARKS.ORG/CARE







Enjoy a one-acre park for dogs to run, train and socialize. Located at the **Sugar Grove Sports Complex**.

SPONSORED BY:

Critter Sitters Pet Sitting Service 630-844-9554 • www.alltopcrittersitters.com

Dogs R Angels Pet Sitting and Dog Walking 630-466-4246 • www.dogsrangels.com

Lucky Dog Grooming Co. 815-517-6916 • www.fb.com/luckydoggroomingcompany

SignFX 630-466-7446 • www.signfxdesigns.com

Sugar Grove Animal Hospital 630-466-7387 • www.sugargroveanimalhospital.com Sugar Grove Pet Supply 630-409-6868 • www.fb.com/sugargrovepetsupply

SGPARKS.ORG/DOGPARK





Annual Woof Run Dog Park Permit

Sugar Grove Park District
61 Main Street
Sugar Grove, IL 60554
Phone:630.466-7436 Fax:630.466-8675



www.sgparks.org

Owner's Name:		
Address:	City:	Zip:
Home Phone #:	Ce	ell Phone #
Email Address:		
First Dog Name:		Rabies Tag#:
		1 Year: or 3 Year:
Second Dog Name:		_ Rabies Tag #:
		1 Year: or 3 Year:
Veterinarian's Name:		Phone #
		eir dog up to date on all vaccinations,
including rables, distempt	er, or a positive liter test. I rabies tag on its co	Please make sure your dog is wearing i ollar.
damages or loss which I, my dog or my associated with such programs. I agree the program against the Park District a and its officers, agents, servants and en minor child may have or which may acc date on all vaccinations, including but n	winnor child may sustain as a result of partic to waive and relinquish all claims I, my dog and its officers, agents, servants and employe inployees from any and all claims from injurie crue to me, my dog or my minor child on ac not limited to rabies.	ree to assume the full risk of any injuries, including death, icipating in any and all activities connected with and or my minor child may have as a result of participating in ees. I do hereby fully release and discharge the Park Distries, including death, damages or loss which I, my dog or miccount of participation. I also agree to keep my dog up to isk, assumption of risk and waiver and release of all claims
Please Print Name	Signature	Date
	Fees April 1st thru November \$15.00 for 1st dog, \$10.00 for	
	Office Use Only	,
Amount Paid:	Che	eck #:

Permit is Valid from April 1st through November 30th. Woof Run Dog Park is closed from December 1st through March 31st.



Sugar Grove Park District Registration Form

www.sgparks.org Phone: 630.466.7436 Fax: 630.466.8675

First Name	Last N	Name	E-m	ail	
Street Address	Last I	varrie	City	Zip	
Home Phone		Emergency Phone	City	Cell	
_		zmergeney rmene			
Participant Informa Participant's Name		rth Date Grade	Class Code/Session	Program Name	Fee
T ar despaire 3 Marrie		Ten Date Grade	Class Code/session	110grain Name	100
Important Informat	ion	onnel or other accon	nodation you need to partic		nave
Important Informat You are solely responsible for determ always advisable, especially if the parti- undertaking any physical activity. You Waiver and release of al Please read this form carefully and be injuries you or your minor child might the program, I recognize and acknow or loss which I or my minor child may claims I or my minor child may have a hereby fully release and discharge the	ining if you or your cipant is pregnant, of are responsible for claims and aware that in signing out ledge that there are sustain as a result of a result of particip Park District and it:	minor child/ward are placed is abled in any way or reviewing our refund assumption of the activities of this electrain risks of physicof participating in any abating in the program as officers, agents, serva	physically fit and/or skilled for trecently suffered an illness, injurpolicies. Tisk In the use of the above program program (including transportate al injury and I agree to assume and all activities connected with gainst the Park District and its ants and employees from any and and and and amployees from any and and and employees from any and and and employees from any employees fr	the activities contemplated by this agreery or impairment, to consult a physician you will be waiving and releasing all cion services, when provided). "As a pathe full risk of any injuries, including desuch program." "I agree to waive and officers, agents, servants and employed all claims from injuries, including deal claims from injuries, including deal claims from injuries, including deal	ement. It is n before laims for articipant in eath, damage relinquish a
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Our mission is to enrich the lives of people with disabilities through a diverse range of year round recreational activities to enable residents with disabilities to experience active, healthy and playful lifestyles.

Discover What's Possible

Fox Valley Special Recreation Association

Serving individuals with special needs in your community

What's Happening This Spring

BBQ & Basket Raffle iCan Bike

Special Olympics Spring Formal

Camp Courageous Day Programs

Ways to get involved

Participate Donate
Volunteer/Part-Time Positions





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