

SHOTOKAN KARATE*Arodans Martial Arts Worldwide*

Learn the art of self-defense through drills in kicking, punching, and blocking in this martial art called Shotokan Karate. The course will help develop flexibility, self-discipline, stamina, concentration, and courage.

- Master Espiritu is a 9th degree blackbelt
- Three time All-Philippines National Champion
- Head instructor of eight Karate Chapters in the Philippines
- Illinois Forms Champion
- Master Espiritu has taught colleges, high schools, and physical education classes
- Master Espiritu has taught self-defense to police and security organizations.

For: Ages 6 & Up

DATE: Monthly

DAY/TIME: Arnis Stick Fighting * Saturdays 11:30am-1:00pm

Shotokan Karate * Saturdays 1:00-3:00pm

Advanced Class * Sundays 2:00-4:00

CODE # Jan/2750.401 Feb/2750.402 Mar/2750.403 Apr/2750.101 May/2750.102

FEE: \$45 per month/\$70 for both classes (20% discount for siblings)

Red Unicorn Chapter 151 Illinois 800-626-2787 FAX 800-400-5485

KARATE

LACROSSE
America

NEW

Lacrosse America is proud to announce its partnership with the Butterfield Park District. Starting in the spring of 2010, we will be offering camps, clinics, and leagues for all levels of experience.

Lacrosse America is an organization that has been dedicated to promoting and expanding lacrosse in the Chicago area for over 18 years.

Our spring youth league consists of over 100 teams, and provides a fun and exciting playing environment for everyone from the beginner to the elite lacrosse player. If you are interested in getting started right away, check out our indoor lacrosse programs at the Darien Sportsplex. We offer programs for beginners to the seasoned player for 4th-12th grades, and even a men's league. For more information on indoor lacrosse and our organization please visit www.lacrosseamerica.com, or contact Mike Black at 630-437-5550, ext. 112.

OPEN HOUSE

*Swing
Into Spring*

Saturday, March 20

Join the Lombard Park District as they welcome Spring and the opening of the Western Acres Golf Course

Prizes	Club Fitting
Contests	Games
"Sticks for Kids"	Fun
Raffles	All ages Practice
Workshops	Driving Range
Refreshments	Putting Greens
Etiquette	Tours
Rules	Learn about Leagues

630-469-6768

www.westernacres.com

WESTERN ACRES

Golf Course

CHESS FOR THE IMPROVING PLAYER

Have fun playing and getting better at chess by taking this Chess-Now Ltd. Class. Designed for beginning to intermediate players of all ages, including parents and coaches of students. Looking at strategy and tactics of Opening, Middlegame, and Endgame play from classic games will help all players improve. Enrollment is limited so this class is designed for previous as well as new students. The material will be updated and adapted to the level of players who enroll. Classes will consist of instruction along with time dedicated for play between students. Students must know the pieces, how they move, and have some chess experience before enrolling.

Age: 2nd grade through Adult
Day: Tuesdays
Dates: January 19-February 23
Time: 5:00-6:00pm
Fee: \$70
Location: BPD Rec Center
Min/Max: 6/15
Deadline: January 8
Code: 2400.401



Seven Bridges Ice Arena
 6690 S. Route 53
 Woodridge, IL 60517
 630-271-4400
www.sevenbridgesicearena.com

Butterfield Park District & Seven Bridges Ice Arena are partnering on Learn-to-Skate classes. For the Winter 2 (January 4-February 20) classes below, you may sign up prior to December 31, 2009, at the Butterfield Park District or Seven Bridges. Seven Bridges, the premier ice arena in the Chicagoland area, is only 12 minutes away, on Route 53. Any questions, please call Butterfield Park District at 630-858-2229 or Seven Bridges Ice Arena at 630-271-4400. (Call Seven Bridges for a complete list of classes, public skating, hockey, and birthday information)



FIGURE SKATING

Class	Age	Requirement
Tots 1	4-5	Beginners with no previous instruction
Tots 2	4-5	Tot 1 or equivalent
Par/Tot	3-5	Beginners with no previous instruction
Level 1	6-12	Beginners with no previous instruction
Level 2	6-12	Passed Level 1
Adult Beg	All	Beginners with no previous instruction
Adult Int All	All	Previous instruction

Name	Class #	Day	Time	Practice	Cost	BPD Code
Tots 1	101	Monday	1:15-1:45pm	1:45-2:00pm	\$129	9301.401
Tots 1	102	Thursday	9:45-10:15am	9:30-9:45am	\$129	9302.401
Tots 1	104	Friday	4:00-4:30pm	4:30-4:45pm	\$129	9303.401
Tots 1	105	Saturday	10:20-10:50am	10:00-10:20am	\$129	9304.401
Tots 2	106	Monday	1:15-1:45pm	1:45-2:00pm	\$129	9305.401
Tots 2	107	Thursday	9:45-10:15am	9:30-9:45am	\$129	9306.401
Tots 2	109	Friday	4:00-4:30pm	4:30-4:45pm	\$129	9307.401
Tots 2	110	Saturday	10:20-10:50am	10:00-10:20am	\$129	9308.401
Par/Tot	117	Saturday	10:20-10:50am	10:00-10:20am	\$129	9309.401
Basic 1	120	Monday	5:50-6:30pm	6:30-6:50pm	\$149	9310.401
Basic 1	122	Friday	4:45-5:25pm	5:25-5:40pm	\$149	9311.401
Basic 1	124	Saturday	9:20-10:00am	10:00-10:20am	\$149	9312.401
Basic 2	125	Monday	5:50-6:30pm	6:30-6:50pm	\$149	9313.401
Basic 2	127	Friday	4:45-5:25pm	5:25-5:40pm	\$149	9314.401
Basic 2	129	Saturday	9:20-10:00am	10:00-10:20am	\$149	9315.401
Adult	151	Saturday	8:30-9:10am	8:10-8:30am	\$159	9316.401



HOCKEY

Class	Age	Descriptions
Pre-Hockey	4-12	Beginners with no previous instruction



**SEVEN BRIDGES
 ICE ARENA**

Name	Class #	Day	Time	Level	Cost	BPD Code
Pre-Hockey	302	Monday	5:50-6:30pm	Beg	\$169	9317.401
Pre-Hockey	303	Friday	4:45-5:25pm	Beg	\$169	9317.401

Recommended for all skaters:
 Gloves or Mittens
 Helmets
 All classes are non-refundable
 Buddy passes \$2.00 (skate rental not included)
 Skate rentals \$3.00 each or 10 for \$20.00

OVERNIGHT TEEN SKI TRIP

Have you ever wanted to ski all night long? If so, join us on the slopes for a great time. Stay up all night long skiing, snowboarding, sitting around the bonfire, and meeting new people. This is a chaperoned event. There will be staff in the lodge as well as on the slopes. So come on out and enjoy skiing under the lights at this great event!

Age: Grades 6-12

Day: Friday-Saturday

Dates: February 19-20

Time: 6:30pm-8:00am

Location: Chestnut Mountain

Min/Max: 6/42

Deadline: January 29

Preference

Lift/Lesson

Lift/Lesson/Ski Rental

Lift/Lesson/Board Rental

Fee

\$65

\$80

\$80

Code

3150.401

3150.402

3150.403

**ACT PREPARATION**

A practice test is crucial to ward off those test day jitters and to reveal how you may score on the real thing. Don't be surprised! Come and experience first-hand what test day will be like. A representative from Kaplan will provide a proctored ACT practice test and return scores with analyzed results. Give yourself every opportunity of score success and of attending the college or university of your choice by enrolling in this program today! Remember to bring a supply of sharpened #2 pencils, an approved calculator and a healthy snack.

Age: Grades 9-12

Day: Sunday

Date: January 17

Time: 1:00-5:00pm

Fee: \$10

Location: BPD Recreation Center

Min/Max: 10/15

Deadline: January 8

Code: 3125.401

GOLF RULES & ETIQUETTE WORKSHOP FOR TEENS

Warm up, replace your divot, where to enter the bunker, five most common rules of Golf. These are just a few of the many aspects of the game that will be stressed as we learn the rules and etiquette of golf. Join us for a detailed program that will help you more fully understand the game and Western Acres. (1 class)

Residents of the Butterfield Park District and Lombard Park District may register for classes at either location.

Instructor: Mark Heading, Golf Pro

Min/Max: 8/12

Sites: BPD/Butterfield Park District WA/Western Acres Golf Course

Age	Day	Date	Time	Fee	Location	Code
11-15	Thursday	Jan 28	8-9pm	\$15	WA	3900.401

GOLF CONDITIONING

Are you ready for the upcoming golf season? Join our golf pro, Mark Heading, as he assesses your grip, swing, and stance in preparation for the coming golf season. He will give you pointers that will improve your game, making golf more enjoyable for you. He will teach you stretching and strengthening exercises that will help protect you from injury. Residents of Butterfield Park District and Lombard Park District may register for classes at either location.

Instructor: Mark Heading, Golf Pro

Min/Max: 8/20

Sites: BPD/Butterfield Park District WA/Western Acres Golf Course

Age	Day	Date	Time	Fee	Location	Code
15+	Tue	Feb 3	8-9pm	\$15	BPD	4900.401
15+	Tue	Feb 10	8-9pm	\$15	BPD	4900.402
15+	Thu	Feb 5	7-8pm	\$15	WA	4900.403
15+	Thu	Feb 12	7-8pm	\$15	WA	4900.404

SPORTS CAMPS 2010

Whether you're looking to develop skills, prepare yourself for the next level, or just be active, these athletic camps are what you need!

Programs range from badminton, band, baseball, basketball, cheerleading, cross country, football, golf, soccer, softball, tennis, volleyball, and wrestling. There is something for everyone.

Watch our website for further information and the Glenbard South website to link to our registration information.

Registration will begin on February 5, 2010.

Programs are varied for 1st-12th grades.