



YOUTH KARATE (7-14 Years)

ISKC's Youth karate classes will put children in touch with their bodies and offers a good mix of strength training, with cardiovascular and flexibility exercises. Children increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules.

Spring	CODE	DATES	DAY	TIME
Beg/Cont (White-Orange)	420210-1	4/6 - 6/8	Th	5:30-6:30p
Intermediate (Yellow-Green)	420211-1	4/6 - 6/8	Th	6:30-7:30p
Advanced (Purple & Up)	420212-1	4/6 - 6/8	Th	7:30-8:30p
Beginner (White)	420213-1	4/1 - 6/3	Sa	9:30-10:25a
Continuer (Red-Orange)	420214-1	4/1 - 6/3	Sa	10:30-11:25a
Novice (Yellow-Blue)	420215-1	4/1 - 6/3	Sa	1:15-2:15p
Int (Green-Purple)	420216-1	4/1 - 6/3	Sa	2:15-3:15p
Advanced (Brown-Black)	420217-1	4/1 - 6/3	Sa	3:15-4:15p

Summer

Beg/Cont (White-Orange)	120210-1	6/15 - 8/31	Th	5:30-6:30p
Intermediate (Yellow-Green)	120211-1	6/15 - 8/31	Th	6:30-7:30p
Advanced (Purple & Up)	120212-1	6/15 - 8/31	Th	7:30-8:30p
Beginner (White)	120213-1	6/10 - 8/26	Sa	9:30-10:25a
Continuer (Red-Orange)	120214-1	6/10 - 8/26	Sa	10:30-11:25a
Novice (Yellow-Blue)	120215-1	6/10 - 8/26	Sa	1:15-2:15p
Int (Green-Purple)	120216-1	6/10 - 8/26	Sa	2:15-3:15p
Advanced (Brown-Black)	120217-1	6/10 - 8/26	Sa	3:15-4:15p

ADULT KARATE (15+ Years)

Our Adult classes release tension, develop total body fitness and build stamina and overall productivity! In addition to self-defense skills, karate increases flexibility, cardiovascular endurance, and muscle tone, while improving core strength.

Spring	CODE	DATES	DAY	TIME
All Levels	420220-1	4/6 - 6/8	Th	8:30-9:30p
Beginner (White)	420221-1	4/1 - 6/3	Sa	9:30-10:25a
Continuer (Red-Orange)	420222-1	4/1 - 6/3	Sa	10:30-11:25a
Novice (Yellow-Blue)	420223-1	4/1 - 6/3	Sa	1:15-2:15p
Int (Green-Purple)	420224-1	4/1 - 6/3	Sa	2:15-3:15p
Advanced (Brown-Black)	420225-1	4/1 - 6/3	Sa	3:15-4:15p

Summer

All Levels	120220-1	6/15 - 8/31	Th	8:30-9:30p
Beginner (White)	120221-1	6/10 - 8/26	Sa	9:30-10:25a
Continuer (Red-Orange)	120222-1	6/10 - 8/26	Sa	10:30-11:25a
Novice (Yellow-Blue)	120223-1	6/10 - 8/26	Sa	1:15-2:15p
Int (Green-Purple)	120224-1	6/10 - 8/26	Sa	2:15-3:15p
Advanced (Brown-Black)	120225-1	6/10 - 8/26	Sa	3:15-4:15p



VERNON HILLS SOCCER CLUB FALL LEAGUE

The Park District is accepting registration on behalf of the Vernon Hills Soccer Club.

The Vernon Hills Soccer Club has its basis and its roots in the Vernon Hills Community. The VHSC Recreational Program is both a vital service to the community, providing a platform for any and all interested soccer players to compete at a recreational level, and the fundamental building block of the club. The VHSC strives to provide a fair and professionally run community program with focus on foot skills and player development. As part of the VHSC plan for player development, our professional coaching staff provides on-going instruction and training to all recreational coaches.

Important: Volunteering to be a coach is the only way to ensure that your child receives the most accommodating practice day of the week and time. In addition, friend and coach requests are not considered during roster compilation.

- Separate boys and girls programs/divisions available for age 4 (by 8/1/17) through 5th grade.
- Roster positions are filled on a first-come, first-served basis until the roster maximums are reached.
- Coach will contact the parent/player by August 23rd.
- Fee: \$110, \$150 on or after 7/16/17.
- Practice will begin the week of August 28th. A seven game schedule will begin on September 9th.
- See website for additional information: www.vhsc.org

GRADE	BOYS	GIRLS
Pre-K	20101-PB	20101-PG
Kindergarten	20101-KB	20101-KG
1st Grade	20101-1B	20101-1G
2nd Grade	20101-2B	20101-2G
3rd Grade	20101-3B	20101-3G
4th Grade	20101-4B	20101-4G
5th Grade	20101-5B	20101-5G