

Indoor Tennis and Fencing . . .

2010 Fall/ Winter - Indoor Tennis Programs

WHERE: Roslyn Road School, 224 Roslyn Rd., Barrington, IL or Barrington High School

LENGTH: 6 weeks

No classes on Saturday, November 27, 2010



Youth Indoor Tennis Program

Fees: \$89./\$109. R/NR for 1 hour classes

\$131./\$161.R/NR for 1.5 hour classes

Program #	Dates	Day	Time	Level	Age
11-9112-1-2-1	Nov. 6-Dec 18	Saturday	10-11am	Parent/Child Tennis	3-5 years
11-9112-1-2-2	Nov. 6-Dec 18	Saturday	10-11am	Pee Wee Tennis	5-6 years
11-9212-1-2-1	Nov. 6-Dec 18	Saturday	11-12pm	Beginner Tennis	7-9 years
11-9212-1-2-2	Nov. 6-Dec 18	Saturday	12-1pm	Beg-Adv. Beg. Tennis	10+
11-9212-1-2-3	Nov. 6-Dec 18	Saturday	12-1pm	Adv. Beg.-Int. Tennis	10+
11-9212-1-2-4	Nov. 6-Dec 18	Saturday	1-2:30pm	Jr. Camp 1-2 Tennis	10+
11-9212-1-2-5	Nov. 6-Dec 18	Saturday	2:30-4pm	Tournament/HS Team Training Tennis	12+

No classes on Saturday, November 27, 2010

Adult Indoor Tennis Program

Fees: \$89./\$109. R/NR for 1 hour

\$131./\$161.R/NR for 1.5 hour classes

Program #	Dates	Day	Time	Level	Age
11-9322-1-2-1	Nov. 6-Dec 18	Saturday	9-10am	Cardio Tennis	16+
11-9322-1-2-2	Nov. 6-Dec 18	Saturday	4:00-5:30pm	Beg./Adv. Beg. Tennis	16+
11-9322-1-2-3	Nov. 6-Dec 18	Saturday	4:00-5:30pm	Int.1-Int. 2 Tennis	16+

No classes on Saturday, November 27, 2010

For more information, please contact Wendy McKinney, Rolling Meadows Park District at (847) 397-4800 or Frank Sacks USPTA/PTR, Frank Sacks Tennis Camps, Inc. at (847) 933-0002, www.franksackstennis.com. To register, please go to www.rmparks.org.

Fencing . . .

Fencing/Sword Play Beginner

Want to wield a sword? Fencing class offers students the basic understanding of attack and defense. Students will learn basic moves and strategies that create a solid foundation for developing their fencing game. All equipment is provided.

Code	Ages	Day	Dates	Time	R/NR Fee	Loc.
11-2460-1-1-13	8-13	Wed.	9/15-10/20	6:30-7:30pm	\$53/\$73	Com. Ctr.
11-2460-1-2-13	8-13	Wed.	10/27-12/15	6:30-7:30pm	\$61/\$81	Com. Ctr.

No Class: 11/24

Fencing/Sword Play Advanced

If you have taken a few beginner fencing classes and feel comfortable moving into a more open format, you are ready for continued fencing. Continue to improve your fencing game through practice of footwork, drilling and bouts.

Code	Ages	Day	Dates	Time	R/NR Fee	Loc.
11-2460-1-1-14	8-13	Wed.	9/15-10/20	7:30-8:30pm	\$53/\$73	Com. Ctr.
11-2460-1-2-14	8-13	Wed.	10/27-12/15	7:30-8:30pm	\$61/\$81	Com. Ctr.

No Class: 11/24

Fencing/Sword Play Adult

Want to wield a sword? Fencing class offers students the basic understanding of attack and defense. Students will learn basic moves and strategies that create a solid foundation for developing their fencing game. All equipment is provided. Each class will have conditioning, drilling, and bouts

Code	Ages	Day	Dates	Time	R/NR Fee	Loc.
11-2460-1-1-15	14+	Wed.	9/15-10/20	7:30-8:30pm	\$53/\$73	Com. Ctr.
11-2460-1-2-15	14+	Wed.	10/27-12/15	7:30-8:30pm	\$61/\$81	Com. Ctr.

No Class: 11/24



Karate

Pre-Karate - Resident Only

Through a variety of fun and creative activities, young children will develop coordination, strength and personal safety skills in a well supervised setting. This program will give your child the lead she/he needs in developing memory and agility skills necessary to be successful in school. All classes, except advanced, are 45 minutes in length. Advanced classes are 55 minutes.

Code	Level	Ages	Days	Dates	Time	Fee	Location	Pre-Requisite
11-2401-1-1-1	Beg.	5-7	Wed.	9/8-12/15	4-4:45pm	\$129	Birchwood	No Exp.
11-2401-1-1-2	Con./Nov.	5-7	Wed.	9/8-12/15	4-4:45pm	\$129	Birchwood	1 Prior Class
11-2401-1-1-3	Beg./Cont.	5-7	Fri.	9/10-12/17	4:30-5:15pm	\$121	Her. Park	No Exp.
11-2401-1-1-4	Interm.	5-7	Fri.	9/10-12/17	5:20-6:05pm	\$121	Her. Park	Instr. Perm
11-2401-1-1-5	Beg./Cont.	5-7	Sat.	9/11-12/18	9-9:45am	\$129	ISKC Dojo	White Belt

No Class: 11/26

Youth Karate

Karate skills put children in touch with their bodies and helps build coordination, agility, strength and poise. Confidence gained through karate helps foster a strong positive self-image, self-confidence, control and discipline.

Code	Level	Ages	Days	Dates	Time	Fee	Location	Pre-Requisite
11-2401-1-1-6	Beg./Cont.	7-14	Tues.	9/7-12/14	4-5pm	\$129	Birchwood	White Belts
11-2401-1-1-7	Novice	7-14	Tues.	9/7-12/14	5-6pm	\$129	Birchwood	Orange-Blue belts
11-2401-1-1-8	Interm.	7-14	Tues.	9/7-12/14	5-6pm	\$129	Birchwood	Green-Purple Belts
11-2401-1-1-9	Adv.	7-17	Tues.	9/7-12/14	6:30-7:45pm	\$156	ISKC Dojo	Brown-Black
11-2401-1-1-10	Beg/Cont	8-14	Wed.	9/8-12/15	5-6pm	\$129	Birchwood	White Belts
11-2401-1-1-11	Inter./Adv.	6-14	Wed.	9/8-12/15	5-6pm	\$129	Birchwood	Orange
11-2401-1-1-12	Beg./Nov.	7-14	Fri.	9/10-12/17	6:10-7:05pm	\$121	Her. Park	White-Orange Belts
11-2401-1-1-13	Interm	7-14	Fri.	9/10-12/17	7:05-8:00pm	\$121	Her. Park	Yellow-Green Belts
11-2401-1-1-14	Adv.	7-14	Fri.	9/10-12/17	8:05-9:00pm	\$121	Her. Park	Purple Belt & up
11-2401-1-1-15	Beg./Cont.	7-14	Sat.	9/11-12/18	10-11am	\$129	ISKC Dojo	White Belts
11-2401-1-1-16	Novice	7-14	Sat.	9/11-12/18	11:10-12:10pm	\$129	ISKC Dojo	White w/ Stripes-Orange
11-2401-1-1-17	Interm.	7-14	Sat.	9/11-12/18	12:20-1:20pm	\$129	ISKC Dojo	Yellow-Green Belts
11-2401-1-1-18	Adv.	7-14	Sat.	9/11-12/18	1:30-2:30pm	\$129	ISKC Dojo	Purple-Black Belts

No Class: 11/26

Parent Child Karate

This program is an excellent opportunity to share quality time with your child while developing muscle tone, coordination, cardiovascular fitness and karate skills. Fee is per person.

Code	Level	Ages	Days	Dates	Time	Fee	Location	Pre-Requisite
11-2401-1-1-9	Beg./Cont.	7+	Thur.	9/9-12/16	4-4:55pm	\$121	Frontier Park	No Exp.
11-2401-1-1-20	Novice	7+	Thur.	9/9-12/16	5-5:55pm	\$121	Frontier Park	Orange-Blue Belts
11-2401-1-1-21	Int./Adv.	7+	Thur.	9/9-12/16	6-7:25pm	\$164	Frontier Park	Green-Black Belts
11-2401-1-1-22	Beg./Cont.	7+	Sat.	9/11-12/18	10-11am	\$129	ISKC Dojo	White Belts
11-2401-1-1-23	Novice	7+	Sat.	9/11-12/18	11:10am-12:10pm	\$129	ISKC Dojo	White w/ Stripes -Orange
11-2401-1-1-24	Int.	7+	Sat.	9/11-12/18	12:20-1:20pm	\$129	ISKC Dojo	Yellow-Green Belts
11-2401-1-1-25	Adv.	7+	Sat.	9/11-12/18	1:30-2:30pm	\$129	ISKC Dojo	Purple-Black Belts

No Class: 11/25

Adult Karate

This program offers a variety of benefits for the student. For the business person, the program is ideal for releasing tension and developing cardiovascular fitness. Self-Defense skill learned are invaluable if ever confronted with a dangerous situation.

Code	Level	Ages	Days	Dates	Time	Fee	Location	Pre-Requisite
11-3404-1-1-1	Beg./Cont.	15+	Thur.	9/9-12/16	7:30-8:30pm	\$121	Frontier Park	White-Green Belts
11-3404-1-1-2	Int./Adv.	15+	Thur.	9/9-12/16	8:35-10:00pm	\$164	Frontier Park	Purple-Black Belts

No Class: 11/25



Martial Arts- Tae Kwon Do . . .

Little Ninjas is designed for preschool and kindergarten kids, ages 4 and 5. The curriculum is a fun program that will keep your child excited with nonstop action. Class concentrates on developing coordination, balance, focus, respect and discipline of TKD training.

Kids TKD will affect your child in a powerful way, providing benefits that will last a lifetime. The program focuses on improving basic motor skills, as well as challenging the student by adding more of the traditional martial arts training and increasing the level of intensity. Program consists of a balanced cardiovascular workout, including punching, kicking and blocking skills while using self control and the TKD tradition.

Junior TKD students will become better pupils at school, stronger listeners at home, and more ambitious about their future. They will develop their focus, teamwork, control, balance, memory, discipline, coordination, confidence, self-esteem, and an outlet to channel their energy.

Adult TKD will improve flexibility, balance, strength, endurance, and overall health, while reducing stress and increasing confidence and self-esteem. Whether you are interested in physical fitness, self-defense, or even just an athletic social outlet, TKD is a safe and positive environment.

Tae Kwon Do FALL SESSION 1

Name	Code	Ages	Days	Dates	Time	R/NR Fee	Location
Little Ninjas	11-2401-1-1-25	4-6	Mon.	9/13-10/25	5:15-6pm	\$60/\$80	Com. Center
Kids TKD	11-2401-1-1-26	7-10	Mon.	9/13-10/25	6-6:45pm	\$60/\$80	Com. Center
Junior TKD	11-2401-1-1-27	11-13	Mon.	9/13-10/25	6:45-7:30pm	\$60/\$80	Com. Center
Adult TKD	11-3404-1-1-3	14+	Mon.	9/13-10/25	7:30-8:15pm	\$60/\$80	Com. Center

Tae Kwon Do FALL SESSION 2

Name	Code	Ages	Days	Dates	Time	R/NR Fee	Location
Little Ninjas	11-2401-1-2-25	4-6	Mon.	11/1-12/13	5:15-6pm	\$60/\$80	Com. Center
Kids TKD	11-2401-1-2-26	7-10	Mon.	11/1-12/13	6-6:45pm	\$60/\$80	Com. Center
Junior TKD	11-2401-1-2-27	11-13	Mon.	11/1-12/13	6:45-7:30pm	\$60/\$80	Com. Center
Adult TKD	11-3404-1-2-3	14+	Mon.	11/1-12/13	7:30-8:15pm	\$60/\$80	Com. Center

Adult Crafts . . .



Craft Club

Craft Club is a great place to work on UFO's (unfinished objects), christmas gifts, adult conversation or just a place to get away from the phone & family demands & concentrate on your craft. We are a group of knowledgeable crafters, willing to help others learn or advance in their crafts! Plus it's a chance for all of us to share our crafts with like minded people! We have a great craft space to offer with long tables for spreading out. Come any time after 7:00 and stay as long as you want. (10pm) We meet at the RM Community Center on the 1st and third Thursdays. The cost is \$5 for each drop in or a \$25 membership for the whole 9 months (Sept.-June). First drop in is free

Craft Fair

Come in from the cold and get ready for the holidays. You won't want to miss the Rolling Meadows Park District Annual Craft Fair. It will be held at the Rolling Meadows Community Center. You can shop from a variety of crafters selling all different types of crafts and goodies. Concessions will also be sold. Free admission to craft fair.

Loc: RM Community Center 3705 Pheasant Dr.

Days	Date	Time	R/NR Fee
Sat.	11/6	9:00am-4:00pm	Free

If you are a crafter and would like to purchase a 10 x 10 space to sell your crafts, please call Teri 847-818-3200 x222 ttoenjes@rmparks.org.

SEWING CLASSES

Sewing 101

Have you ever wanted to learn how to sew! Well, here is your chance. During this 4 week class you will start off with a bus trip to the fabric store to purchase your supplies, learn how to pick out an "easy to sew" pattern, and how to read the pattern back. Throughout the rest of the classes you will learn how to follow the pattern instructions, how to cut out your pattern, different types of stitches and finally how to sew with your machine to complete your project. You need to bring your own machine to class. Cost of fabric and supplies is not included in class fee.

The instructor, Mary Moran, will call you after registration to go over details. Ages: 18+

Loc: Community Center

Code	Dates	Time	R/NR Fee
11-3700-1-1-1	9/28, 10/5, 10/12 and 10/19	7-9:00pm	\$60/\$80

Tree Skirt

Get ready for the holidays and sign up for this two day class that will teach you how to make a patchwork Christmas tree skirt. This class is for beginners and intermediate sewers. The cost of fabric is not included in the class fee.

The instructor will call you after registration to go over details.

Bring your machine to class. Ages: 18+

Code	Day	Dates	Time	R/NR Fee
11-3700-1-1-2	Tues.	11/2, 11/16	7-9:00pm	\$33/\$53

Table Runner

If you can sew a straight line you can make this beautiful table runner for your Thanksgiving table. Bring your own fabric and machine to class and complete this project in one evening. Ages: 18+

Code	Day	Date	Time	R/NR Fee
11-3700-1-2-1	Tues.	11/9	7-9:00pm	\$15/\$22

