

Adult Sports

Men's Fall Softball League

This league will consist of a 12-game regular season with a post-season single elimination tournament. Teams will play twice a week. Teams with six or more non-resident players will be considered a non-resident team and must pay the non-resident fee. Full registration fee is due at time of registration. Registration is not accepted online. R/NR fees may be adjusted upon receipt of final roster. Please register the team captain only. AS

Program #	Day	Date	Time	Location
24202A1	Tu/Th	Sep. 7-Oct. 21	6:30-9:30 pm	FOURS

Ages 18 & up
R \$620/NR \$700
Min. 6/Max. 8

**Resident Registration Begins
Friday, Aug. 6, 6-8 p.m.
Online & In-Person!**

Coed Fall Softball League

This league will consist of a 12-game regular season with a post-season single elimination tournament. Teams will play twice a week. Teams with six or more non-resident players will be considered a non-resident team and must pay the non-resident fee. Full registration fee is due at time of registration. Registration is not accepted online. R/NR fees may be adjusted upon receipt of final roster. Please register the team captain only. AS

Program #	Day	Date	Time	Location
24203A1	W/F	Sep. 8-Oct. 22	6:30-9:30 pm	FOURS

Ages 18 & up
R \$620/NR \$700
Min. 6/Max. 8

Coed Adult Volleyball

Intended for casual pick-up games, this is a great way to have fun and stay in shape! Stop by the Recreation/Administration Center to purchase your daily admission passes. Each pass is good for one night of volleyball fun. Sorry, but passes must be purchased in advance. No payments will be taken at the door. Dates are subject to change. AS

Program #	Day	Date	Time	Location
14212a1	Tu/Th	Oct. 14-Dec. 16	7-9 pm	INDTR

No class Oct. 12, Nov. 2, Nov. 25.
Ages 18 & up
R \$4/NR \$8
Min. 0/Max. 30

Advanced Fencing

Advanced fencing will offer students a basic understanding of attacks and defenses in fencing. Students will have fun learning different moves and combinations of moves to help them develop their fencing game. Each class will have conditioning, drilling, and bouts (actual fencing). Time will be set aside during each class for individual instruction. This program is designed for all fitness levels. Fencing equipment will be provided. Instructor: Sergey Shevtsov. CK

Program #	Day	Date	Time	Location
17273A1	W	Sept. 1-Oct. 20	8-9 pm	WGES

Ages 13 & up
R \$96/NR \$144
Min. 6/Max. 12

Fencing Club

The fencing club is for participants with previous fencing experience who are looking to spar with other fencers on a regular basis and/or train for upcoming tournaments. Equipment will be provided. Time will be set aside each class for individual instruction. Instructor: Sergey Shevtsov. CK

Program #	Day	Date	Time	Location
17272A1	W	Sept. 1-Oct. 20	7-8 pm	WGES

Ages 8 & up
R \$96/NR \$144
Min. 6/Max. 12

Beginners Archery

Classes concentrate on range rules, safety rules and fundamentals of archery. Class covers eye dominance, archery safety rules, warm-up exercises, archery tackle sized to archer, proper shooting techniques "9 Steps", grouping and consistency, and scoring. The beginner session is appropriate for those who have never shot a bow or those with some previous experience that are seeking a refresher session. Participants should not wear baggy clothing. Recommend short sleeve shirts be worn. All safety gear and equipment will be provided (bow, arrows, arm guard). Master Instructor: Bill Burger. CK

Program #	Day	Date	Time	Location
17203B1	Tu	Sept. 8-28	6:30-7:30 pm	GLISS
17203D1	Tu	Oct. 12-Nov. 2	6:30-7:30 pm	GLISS

Ages 8 & up
R \$50/NR \$75
Min. 8/Max. 9

Adult Location Key

See page 46!

Adult Sports

3rd Annual Bike Park Dirt Jam

MTB and BMX riders will ride the park for prizes including bikes, frames, parts, and other swag. There will also be food, music, entertainment, contests, raffles and giveaways. Participants must be registered for the Dirt Jam to ride the park that day and be eligible for the prizes and giveaways. This year's event will be used as a fundraiser for the bike park. The money raised will be used to fund operational expenses and future improvements. Riders bringing in more than \$50 in donations will receive free admission to the Dirt Jam and a chance to win free bikes and other prizes. Participants bringing less than \$50 in donations will need to pay the registration fee but are still eligible to win prizes. A Dirt Jam Fundraiser Packet can be downloaded from www.cambrwest.org. Those who register online will receive a free event t-shirt. Day-of-event registration will start at 10 a.m. Signed waivers and helmets are required for event participation, and the event will take place rain or shine. Spectators are free.

Day	Date	Time	Location
Sa	Oct. 2	10 am - 4 pm	VHWE

All Ages

\$25 for CAMBr members/\$30 for non-CAMBr members

Adult Taekwondo

Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms, stances, and the skills of punching, kicking, and blocking. Please note Parent/Child classes will train with Adult classes. A \$45 uniform fee is required at the first class. Instructor: classes taught under the direction of Grand Master Ki Hong Kim. CK

Program #	Day	Date	Time	Location
12243A1	Th	Sep. 9-Dec. 16	7:35-8:25 pm	EAGLE

Ages 18.99 & up

R \$140/NR \$210

Min. 5/Max. 20

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. Please note Parent/Child classes will train with Adult classes. A \$45 uniform fee is required at the first class. Instructor: classes taught under the direction of Grand Master Ki Hong Kim. CK

Program #	Day	Date	Time	Location
12242A1	Th	Sep. 9-Dec. 16	7:35-8:25 pm	EAGLE

Ages 7 & up

R \$140/NR \$210

Min. 5/Max. 20

Adult Karate

This program offers a variety of benefits for the student. This program is ideal for releasing tension and developing cardiovascular fitness. Karate movements develop poise and agility while improving overall muscle tone. Please note that Tuesday Parent/Child, Youth and Adult classes may train together. Instructor: Illinois Shotokan Karate Club. CK

Program #	Day	Date	Time	Level
12212A1	M	Sep. 13-Dec. 13	8-9 pm	Beg./Cont.
12212A3	Tu	Sep. 7-Dec. 14	6:50-7:45 pm	Beg./Cont.
12212A4	Tu	Sep. 7-Dec. 14	7:50-8:45 pm	Orng.&up
12212A7	W	Sep. 8-Dec. 15	8:30-9:30 pm	Beg./Cont.

Locations: M - CHARL, Tu - EAGLE, W - CENSQ

No class Oct. 11 & Nov. 2.

Ages 14 & up

R \$111/NR \$166.50 R \$119/NR \$178.50

R \$128/NR \$192

Min. 6/Max. 15

DON'T DELAY!

Programs that fail to reach minimum enrollment
5 business days prior to the first class meeting
will be canceled.

Youth Karate/Parent Child

Karate skills put children in touch with their bodies and help build coordination, agility, strength and poise, as well as personal safety skills all in a well-supervised setting. Karate skills release tension brought on by school and peers. The confidence gained through Karate helps foster a strong positive self-image. The mental aspect of this program is both enjoyable and beneficial. Karate can improve your child's sports, school and social activities. Please note that Parent/Child, Youth and Adult classes may train together. Contracted service taught by Illinois Shotokan Karate Club. Fees are per person. CK

Program #	Day	Date	Time	Level
12210A1	M	Sep. 13-Dec. 13	6:05-7 pm	White-Or.
12210A2	M	Sep. 13-Dec. 13	7-8 pm	Yellow&up
12210A3	Tu	Sep. 7-Dec. 14	6:50-7:45 pm	White
12210A4	Tu	Sep. 7-Dec. 14	7:50-8:45 pm	Orng.&up
12210A5	W	Sep. 8-Dec. 15	5:35-6:30 pm	1 session or less
12210A6	W	Sep. 8-Dec. 15	6:35-7:30 pm	Or./Yellow
12210A7	W	Sep. 8-Dec. 15	7:35-8:30 pm	Blue&up

Locations: M - CHARL, Tu - EAGLE, W - CENSQ

No class Oct. 11 & Nov. 2.

Ages 7 & up

R \$111/NR \$166.50 R \$119/NR \$178.50

R \$128/NR \$192

Min. 6/Max. 15