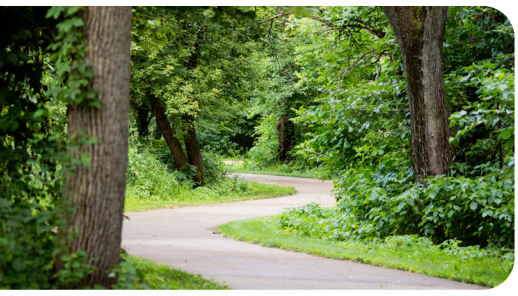
Sterling Park District

FALL

ACTIVITY GUIDE

REGISTER FOR PROGRAMS AT STERLINGPARKS.ORG

2020



General Information

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CHUCK TURNER
Park Specialist

PARKS

- **Douglas Avenue:** *2100 Chestnut Ave.*
- **Eberley Park:** *2699 W. LeFevre Rd.*
- **Gartner Park:** *2121 W. LeFevre Rd.*
- **Harry Kidd Field:** *1219 W. 7th St.*
- **Hoover Park:** *3807 Woodlawn Rd.*
- **Kilgour Park:** *400 W. 15th St.*
- **Lawrence Park:** *Avenue G Island*
- **Martin's Landing & Sinnissippi Dam:** *Broadway Ave. & 2nd St.*
- **Propheter Park:** *506 E. 6th St.*
- **Redfield Park:** *14th Ave. & 2nd St.*
- **Scheid Park:** *1102 Woodburn Ave.*
- **Sinnissippi Park:** *Sinnissippi Rd.*
- **Thomas Park:** *2301 12th Ave.*

Questions? Call 815.622.6200

COVID-19 UPDATE

The Sterling Park District will continue to monitor the current health situation closely and will adhere to the guidelines as provided by the Governor's Office, the Illinois Department of Commerce and Economic Opportunity, the Illinois Department of Public Health, the Centers for Disease Control and Prevention, the Park District Risk Management Agency and the Illinois Association of Park Districts.

COVID-19 has brought many changes and challenges. We are continuing to work to ensure that our facilities are clean and safe. Programming decisions have been made based upon our ability to provide safe environments for participants, families and staff. While most programs will continue this fall with modifications, a handful will not be offered at this time due to various factors In addition, some areas in the Park District, such as Kids Gym and the Juice Bar at Westwood are closed until further notice.

Please check the Park District's website and social media platforms for updates. Thank you for your continued patience and understanding as we strive to provide recreational opportunities in a thoughtful and responsible way. We look forward to a fun and active fall.

Fitness Memberships & Fees

TOTAL FITNESS PASS

Our Total Fitness Pass provides you with access to everything you need to reach your fitness goals. We offer a variety of affordable pass options to accommodate the needs of the community.

All of our memberships provide unlimited access to both of our fitness centers (Duis and Westwood), as well as the following perks and areas access during open/drop-in hours:

- Over 35,000 sq. ft. of equipment
- Functional training space
- Fitness turf
- 60-yard indoor turf field**
- 200-meter indoor track**
- Wide variety of aerobics classes*
- Stretching areas & equipment
- Cardio theatre
- 2-NBA size wood basketball courts
- Childcare while you workout
- Discounts at the Juice Bar
- Indoor aquatics center *(Duis)*

Youth *(14 yrs & under)*	Young Adult *(15-20 yrs)*	Adult *(21-59 yrs)*	Household	Single Household	Couple	Senior Household	Senior *(60+)*	Senior Couple *(60+)*
$14.50/mo $150/yr	$24/mo $250/yr	$35.50/mo $400/yr	$56.50/mo $650/yr	$50.25/mo $575/yr	$52.50/mo $600/yr	$52.50/mo $600/yr	$29/mo $320/yr	$50.50/mo $580/yr
	MILITARY DISCOUNT***							
	$17.00/mo $175/yr	$27/mo $300/yr	$44/mo $500/yr	$40/mo $450/yr	$42/mo $475/yr	$42/mo $475/yr	$23/mo $250/yr	$37/mo $425/yr

Members age 9-14 may use Duis Fitness and Westwood Fitness with parental supervision if they have completed the Youth Fitness class. A **Household Pass** consists of any two adults and dependent children (18-U/or a full-time college student 25/U with the same permanent residence) living in the same residence; a **Single Pass** consists on any one adult and dependent children (18-U/or a full-time college student 25-U with the same permanent address) living in the same residence; a **Senior Household Pass** has the same requirements as a Household Pass but is for adults 60 and over; and the **Couple Pass** consists of two adults living in the same household. Must present proof of service to receive discount.

*Excludes senior fitness and water fitness.

**During the months of February and March in the late afternoons/evenings, there is limited to no availability of the track/turf.

***The Military Discount is available to eligible active, reserve and retired U.S. Military personnel, spouses and immediate family.

FITNESS PUNCH CARDS*

PRICING EFFECTIVE SEPTEMBER 8

	Fitness & Turf	Open Basketball & Open Swim	Westwood Track
15 Punch Adult	$95	$70	$70
15 Punch Youth/Senior*	$85	$65	$65
30 Punch Adult	$175	$120	$120
30 Punch Youth/Senior*	$165	$115	$115
12 Punch Early Bird (4:30-7:00 a.m.)	-	-	$36
12 Punch Early Bird/Noon Lap Swim	-	$36	-

*Adults 60+ are eligible for the senior punch card. Those 15 & under are eligible for a youth punch card.

Facility Information

DUIS RECREATION CENTER

815.622.6200 | 211 E. 23rd Street, Sterling, IL 61081

HOURS

- **M - F:** *5:00 a.m. - 9:00 p.m.*
- **Sat:** *7:00 a.m. - 6:00 p.m.*
- **Sun:** *12:00 p.m. - 6:00 p.m.*

HOLIDAY HOURS

- **Labor Day:** *7:00 a.m. - 12:00 p.m.*
- **Thanksgiving:** *7:00 a.m. - 12:00 p.m.*

DROP-IN FEES*

***PRICING EFFECTIVE SEPTEMBER 8**

- **Fitness - $7.00**
  Available during all open hours
- **Lap Swim - $5.00**
  M - F: 5:00 a.m. - 8:30 a.m.
  11:00 a.m. - 1:00 p.m.
  Sat: 9:00 a.m. - 12:00 p.m.*
  **Only 2 lanes available.*
- **Open Swim** - $3.50 (5 & Under)**
  $6.00 (6 & Over)**
  Fri: 7:00 p.m. - 9:00 p.m.
  Sat/Sun: 12:00 p.m. - 6:00 p.m.
  ***Ages 8 and under must be accompanied in the water by an adult who is at least 16-years-old.*
- **Water Walking - $5.00**
  M - F: 9:30 a.m. - 11:00 a.m.

NEW

SENSORY SWIM SUNDAYS

The Sterling Park District is supporting individuals with special needs by offering sensory friendly open swim.

On Sensory Swim Sundays, the Duis Center will open 1.5 hours early just for you! Swimming pools can be loud and very stimulating for some, so our goal is to offer a quiet, comfortable atmosphere during this time.

The Park District will provide lifeguards and assistance getting in and out of the pool. All special needs swimmers must be accompanied in the water by a family member or guardian who is at least 16 years or older.

Date	Time	Fee
Sunday, September 20	10:00 - 11:30 a.m	$3/person
Sunday, October 18	10:00 - 11:30 a.m	$3/person
Sunday, November 15	10:00 - 11:30 a.m	$3/person

STERLING DAYS OFF SCHOOL OPEN SWIM

Date	Time	Fee
September 4	1:00 - 3:00 p.m	$1/person
October 2, 12	1:00 - 3:00 p.m	$1/person
November 6, 11, 23, 24, 25, 27	1:00 - 3:00 p.m	$1/person

WESTWOOD

FITNESS & SPORTS CENTER

815.622.6201 | 1900 Westwood Drive, Sterling, IL 61081

KIDS GYM AT WESTWOOD **CLOSED UNTIL FURTHER NOTICE**

Kids Gym is a childcare while you workout program, which is free for members. Drop-in patrons may utilize this service for $4/session.

Day	Time
M-Th	8:30-11:30 a.m. and 4:00-7:30 p.m.
Fri	8:30-11:30 a.m. and 4:00-6:00 p.m.
Sat	7:45 a.m. - 12:00 p.m.

RENTALS

Court/Area	Fee
Basketball/Volleyball (in B3)	$22/hr
Batting Cage	$20 per cage/hr
Hitting Cage/Throwing	$10/hr - Free to members w/o reservation
Entire Turf Cage Ball Field	$60/hr
Golf Cage	$10/hr, $7/half hr
Indoor Soccer/Football Field	$70/hr
Wallyball Court	$22/hr
Racquetball Court	M-F: 8a-3p ($18/hr), 3-9p ($22/hr), Sat/Sun ($18/hr)
Pickleball Court (in B2)	$8/hr (during regular Tennis Center hours)

HOURS

- **Open 24-Hours:** *Monday at 4:30 a.m. - Friday at 9:00 p.m.*
- **Sat/Sun*:** *6:00 a.m. - 6:00 p.m. until 9.6.20, 6:00 a.m. - 8:00 p.m. starting 9.12.20*

HOLIDAY HOURS

- **Labor Day:** *6:00 a.m. - 12:00 p.m.*
- **Thanksgiving:** *6:00 a.m. - 12:00 p.m.*

TENNIS CENTER

- **M - F:** *8:00 a.m. - 8:00 p.m.*
- **Saturday:** *8:00 a.m. - 5:00 p.m.*
- **Sunday:** *12:00 p.m. - 5:00 p.m.*

DROP-IN FEES*

***PRICING EFFECTIVE SEPTEMBER 8**

- **Fitness/Wood Basketball Courts - $8.00**
- **Open Track - $6.00**
- **Open Soccer - $6.00**
  F: 6:00 p.m. - 9:00 p.m.
- **Pickleball (Begins Oct. 26 in B3) - $5.00**
  M-F: 8:30 a.m. - 2:00 p.m.
  M-Th: 5:00 p.m. - 9:00 p.m.
  Sat: 8:30 a.m. - 2:00 p.m.
  Sun: 12:00 p.m. - 4:00 p.m.

EMERALD HILL

815.622.6204 | 16802 Prairieville Rd., Sterling, IL 61081

HOLIDAY RATES

- **Labor Day Weekend (Sep 4 - 7):**
  Adult - $23/9 holes | $25/9 holes w/cart
  $27/18 holes | $30/18 holes w/cart
  Junior - $15/9 holes | $15/18 holes

SUMMER RATES

May 26 - September 3

- **Adult Weekdays:**
  $13/9 holes | $18/9 holes w/cart
  $18/18 holes | $23/18 holes w/cart
- **Adult Weekends (Saturday & Sunday):**
  $17/9 holes | $20/9 holes w/cart
  $22/18 holes | $25/18 holes w/cart
- **Junior (No Cart Option):**
  $12/9 holes | $12/18 holes

FALL RATES

September 8 - October 4

- **Adult:**
  $12/9 holes | $15/9 holes w/cart
  $15/18 holes | $20/18 holes w/cart
- **Junior (No Cart Option):**
  $12/9 holes | $12/18 holes

JOIN US ON THE COURSE...

Emerald Hill is a pleasure for golfers of any skill level. The course will challenge you while providing a relaxing, picturesque backdrop. Test your accuracy with our fairways, water hazards and sand traps; we have everything you need to challenge you and improve your game.

The golf course and Pro Shop are open seven days per week. Tee times are recommended; to book yours go to emeraldhillgolf.com or call 815.622.6204. The clubhouse also features Mulligan's Bar & Grill, which is open daily from 11:00 a.m. to 3:00 p.m.

DILLON HOME

815.622.6202 | 1005 E. 3rd Street, Sterling, IL 61081

WHERE HISTORY COMES TO LIFE...

The Dillon Home is a work of Italianate Architecture, built in 1858. Filled with treasures and virtually un-touched by time, the home is a place you must visit to learn the local history. Home to P.W. Dillon, President of Northwestern Steel and Wire, the homes' grandeur is a remarkable sight, as his wife, Crete, was an avid traveler, and collector of eclectic pieces and period furniture.

GUIDED TOURS

- **Thurs/Fri/Sat:** *10 a.m., 11 a.m., 1 p.m., 2 p.m. & 3 p.m.*

TOUR FEES

12 & Under: *Free* • **Adults:** *$5* • **Seniors (60+):** *$4*

For more information, visit us on Facebook or email dillonhome@sterlingparks.org.

Special Events & Pickleball

Turkeytastic Swim & Gym Camp

Gobble up the fun at our Turkeytastic Swim & Gym Camp! We will spend the morning playing games and doing activities in the gymnastics area. After lunch we will do a craft and swim in the pool. All children will need a sack lunch, a swim suit and comfortable clothes. Please register by Wednesday, November 18.

AGE	DAY	TIME	DATES	FEE	BARCODE
5-12	M-W	10:00a-3:00p	Nov 23 - Nov 25	$60	10719

Beginner Pickleball Lessons

Interested in getting involved with the fastest growing sport in America? Join our beginner pickleball lessons for a fun, informative introduction to the sport! Classes involve on court activities, while incorporating general knowledge of the sport and its rules. The class is taught by Westwood Pickleball Pro Chip Staebell.

AGE	DAY	TIME	DATES	FEE	BARCODE
18+	Wed	5:30-6:30p	Oct 28 - Nov 18	$40	10736

Advanced Pickleball Lessons

This class will help you transition from beginner to advanced with more focus on strategy and shot selection. This class is taught by Westwood Pickleball Pro Chip Staebell.

AGE	DAY	TIME	DATES	FEE	BARCODE
18+	Wed	6:35-7:35p	Oct 28 - Nov 18	$40	10737

GENERAL INFORMATION

ADA Compliance

Should you or someone you know need support because of a disability to visit one of our parks or facilities, or to participate in one of our programs, contact us so that we may be of assistance.

If you believe the Sterling Park District has treated you unfairly because of a disability, please contact us. The Sterling Park District Grievance Procedure is available online at sterlingparks.org.

Service animals that have been trained individually to perform tasks benefiting a person with a disability are allowed in Park District facilities and parks. All service animals must be under the control of the user. The work of service animals must be related to the disability of the person. Power-driven personal assistance mobility devices (EPAMDs), whose users must be persons with a disability, are also allowed in Park District facilities.

People who are deaf, hard of hearing, deaf-blind or speech-disabled TTY users are encouraged to contact the Sterling Park District through Illinois Relay System by dialing 711.

Activity Guide Changes

Changes to the information in the Activity Guide may occur after publication. Information is kept up-to-date on our Facebook page regarding programs and facility hours.

Hours of Operation

The Park District reserves the right to change and alter hours of our facilities. Any changes will be reflected on our website.

Customer Satisfaction

Your satisfaction is our top priority. If you are not 100% satisfied with any of our parks, programs or facilities, please do not hesitate to let us know.

Returned Checks

There will be a $25 fee assesssed for all returned checks.

Refund Policy

A full refund will be given for the following reasons: If a program is canceled for any reason, if a refund is requested seven days prior to the start of the program, or in the case of illness or injury (we reserve the right to request a doctor's note).

Photo Policy

Photos are periodically taken of participants in our programs, and at our parks and facilities. These photos may be used in Park District advertising materials, including but not limited to the following: social media, brochures, pamphlets, flyers, advertisements and website use.

Locker Room/ Restroom Policy

Children over the age of two will not be permitted in the locker rooms/restrooms of the opposite sex. Children must be prepared to change their clothing or walk through the locker room/ restroom on their own, if necessary. When possible, the Park District recommends that a parent or guardian of the same sex accompany the child through the locker rooms/restroom.

Sterling Parks Foundation

The Sterling Parks Foundation was formed as a 501(c)(3) charitable organization to provide means for individuals and businesses to make tax deductible donations to an organization which supports parks and recreation. The Foundation supports parks and recreational activities not typically supported by property taxes, including financial assistance. For more info, visit sterlingparks.org.

Aquatics

All lessons are held at the Duis Center.
No lessons Oct. 22 due to a high school swim meet.

Lifeguard Class

Participants learn CPR, first aid and how to use an AED and emergency oxygen. Attendance is required for all three days. Register by Sep. 9.

AGE	DAY	TIME	DATES	FEE	BARCODE
15+	Fri	5:00-9:00p	Sep 11	$150	10440
-	Sat/Sun	10:00a-5:00p	Sep 12 - 13		

Water Exploration

Parents, join your little ones in the pool as we help them become more comfortable in and around the water. Activities include games, songs and activities geared toward children under the age of 3-years-old.

AGE	DAY	TIME	DATES	FEE	BARCODE
6m-4yrs	Th	6:00-6:25p	Sep 10 - Oct 29	$44	10494
6m-4yrs	Th	6:00-6:25p	Nov 5 - Dec 17	$38	10495

Level 1

Level 1 swim lessons focus on trust and submersion. Participants will become comfortable in and around the water while learning the basics of floating on the front and back with support from the instructor. Participants will also be encouraged to submerge their face underwater.

AGE	DAY	TIME	DATES	FEE	BARCODE
3+	Th	5:30-5:55p	Sep 10 - Oct 29	$44	10442
3+	Th	6:00-6:25p	Sep 10 - Oct 29	$44	10443
3+	Sat	10:00-10:25a	Sep 12 - Oct 24	$44	10444
3+	Sat	11:00-11:25a	Sep 12 - Oct 24	$44	10445
3+	Th	5:30-5:55p	Nov 5 - Dec 17	$38	10446
3+	Th	6:00-6:25p	Nov 5 - Dec 17	$38	10447
3+	Sat	10:00-10:25a	Nov 7 - Dec 19	$38	10448
3+	Sat	11:00-11:25a	Nov 7 - Dec 19	$38	10449

Level 3

Level 3 swim lessons focus on forward movement and direction change. Participants will retrieve objects from the bottom of a 3-foot pool and improve techniques of the free style and backstroke. Participants will also begin learning rotary breathing. Jumping off the diving board will be encouraged.

AGE	DAY	TIME	DATES	FEE	BARCODE
3+	Th	5:30-5:55p	Sep 10 - Oct 29	$44	10458
3+	Th	6:00-6:25p	Sep 10 - Oct 29	$44	10459
3+	Sat	10:00-10:25a	Sep 12 - Oct 24	$44	10460
3+	Sat	11:00-11:25a	Sep 12 - Oct 24	$44	10461
3+	Th	5:30-5:55p	Nov 5 - Dec 17	$38	10462
3+	Th	6:00-6:25p	Nov 5 - Dec 17	$38	10463
3+	Sat	10:00-10:25a	Nov 7 - Dec 19	$38	10464
3+	Sat	11:00-11:25a	Nov 7 - Dec 19	$38	10465

Level 2

Level 2 swim lessons focus on body position and air recovery. Participants will learn the basics of floating on the front and back without support from the instructor. Participants will also practice submerging under water and recovering for air in the diving well.

AGE	DAY	TIME	DATES	FEE	BARCODE
3+	Th	5:30-5:55p	Sep 10 - Oct 29	$44	10450
3+	Th	6:00-6:25p	Sep 10 - Oct 29	$44	10451
3+	Sat	10:00-10:25a	Sep 12 - Oct 24	$44	10452
3+	Sat	11:00-11:25a	Sep 12 - Oct 24	$44	10453
3+	Th	5:30-5:55p	Nov 5 - Dec 17	$38	10454
3+	Th	6:00-6:25p	Nov 5 - Dec 17	$38	10455
3+	Sat	10:00-10:25a	Nov 7 - Dec 19	$38	10456
3+	Sat	11:00-11:25a	Nov 7 - Dec 19	$38	10457

Level 4

Level 4 swim lessons focus on rotary movement. Participants will be introduced to the elementary backstroke, sidestroke and breaststroke techniques and taught how to tread water. Participants will also improve on their freestyle techniques and rotary breathing.

AGE	DAY	TIME	DATES	FEE	BARCODE
3+	Th	5:30-5:55p	Sep 10 - Oct 29	$44	10466
3+	Th	6:00-6:25p	Sep 10 - Oct 29	$44	10467
3+	Sat	10:00-10:25a	Sep 12 - Oct 24	$44	10468
3+	Sat	11:00-11:25a	Sep 12 - Oct 24	$44	10469
3+	Th	5:30-5:55p	Nov 5 - Dec 17	$38	10470
3+	Th	6:00-6:25p	Nov 5 - Dec 17	$38	10471
3+	Sat	10:00-10:25a	Nov 7 - Dec 19	$38	10472
3+	Sat	11:00-11:25a	Nov 7 - Dec 19	$38	10473

Level 5

Level 5 swim lessons focus on integrated movement. Participants will learn the breaststroke, sidestroke and standing dives, as well as work on endurance in the water.

AGE	DAY	TIME	DATES	FEE	BARCODE
3+	Th	5:30-5:55p	Sep 10 - Oct 29	$44	10474
3+	Th	6:00-6:25p	Sep 10 - Oct 29	$44	10475
3+	Sat	10:00-10:25a	Sep 12 - Oct 24	$44	10476
3+	Sat	11:00-11:25a	Sep 12 - Oct 24	$44	10477
3+	Th	5:30-5:55p	Nov 5 - Dec 17	$38	10478
3+	Th	6:00-6:25p	Nov 5 - Dec 17	$38	10479
3+	Sat	10:00-10:25a	Nov 7 - Dec 19	$38	10480
3+	Sat	11:00-11:25a	Nov 7 - Dec 19	$38	10481

Private Lessons

Private swim lessons are a great way for your child to get individual attention. We will create a lesson plan to meet each participant's individual goals.

AGE	DAY	TIME	DATES	FEE	BARCODE
3+	Th	5:30-6:00p	Sep 10 - Oct 29	$105	10482
3+	Th	6:00-6:30p	Sep 10 - Oct 29	$105	10483
3+	Sat	10:00-10:30a	Sep 12 - Oct 24	$105	10484
3+	Sat	10:30-11:00a	Sep 12 - Oct 24	$105	10485
3+	Sat	11:00-11:30a	Sep 12 - Oct 24	$105	10486
3+	Sat	11:30a-12:00p	Sep 12 - Oct 24	$105	10487
3+	Th	5:30-6:00p	Nov 5 - Dec 17	$90	10488
3+	Th	6:00-6:30p	Nov 5 - Dec 17	$90	10489
3+	Sat	10:00-10:30a	Nov 7 - Dec 19	$90	10490
3+	Sat	10:30-11:00a	Nov 7 - Dec 19	$90	10491
3+	Sat	11:00-11:30a	Nov 7 - Dec 19	$90	10492
3+	Sat	11:30a-12:00p	Nov 7 - Dec 19	$90	10493

STERLING STINGRAYS SWIM TEAM

Jr. Stingrays* - Beginner

AGE	DAY	TIME	DATES	FEE	BARCODE
5+	T, Th	5:30-6:00p	Sep 8 - Oct 1	$30	10561
5+	T, Th	5:30-6:00p	Oct 6 - Oct 29	$30	10562
5+	T, Th	5:30-6:00p	Nov 3 - Nov 24	$30	10563

Jr. Stingrays* - Intermediate

AGE	DAY	TIME	DATES	FEE	BARCODE
5+	T, Th	6:00-6:30p	Sep 8 - Oct 1	$30	10564
5+	T, Th	6:00-6:30p	Oct 6 - Oct 29	$30	10565
5+	T, Th	6:00-6:30p	Nov 3 - Nov 24	$30	10566

**No Jr. Stingrays on October 6 & 22 due to a high school swim meet.*

10 & Under

AGE	DAY	TIME	DATES	FEE	BARCODE
10U	M-W, F	5:15-6:30p	Sep 8 - Sep 30	$88	10564
10U	M-W, F	5:15-6:30p	Oct 2 - Oct 30	$88	10565
10U	M-W, F	5:15-6:30p	Nov 2 - Nov 30	$88	10566

11-12

AGE	DAY	TIME	DATES	FEE	BARCODE
11-12	M-Th	6:30-8:00p	Sep 8 - Sep 30	$100	10551
	Sat	7:00-9:00a			
11-12	M-Th	6:30-8:00p	Oct 1 - Oct 31	$100	10552
	Sat	7:00-9:00a			
11-12	M-Th	6:30-8:00p	Nov 2 - Nov 30	$100	10553
	Sat	7:00-9:00a			

13 & Up

AGE	DAY	TIME	DATES	FEE	BARCODE
13+	M-Fri	6:15-8:00p	Sep 8 - Sep 30	$120	10554
	Sat	7:00-9:00a			
13+	M-Th	6:15-8:00p	Oct 1 - Oct 31	$120	10555
	Sat	7:00-9:00a			
13+	M-Th	6:15-8:00p	Nov 2 - Nov 30	$120	10556
	Sat	7:00-9:00a			

Tennis

WESTWOOD TENNIS CENTER

815.622.6201 | 1900 Westwood Drive, Building #2, Sterling, IL 61081

Fall lessons will be indoors at the Westwood Tennis Center, and will move outside weather permitting. For those interested in private lessons, please call 815.622.6063 to inquire about availability. Private sessions are available for $45/hr with Head Pro Jake Lipka, or $40/hr with Assistant Pro Carolyn Allen.

Red

This class introduces your child through a fun and exciting approach. Your up-and-coming tennis player will work on developing hand-eye coordination along with movement skills. Students grow comfortable with the age-appropriate equipment and learn the parts of the tennis court. Basic tennis fundamentals and shots are taught through games and drills.

AGE	DAY	TIME	DATES	FEE	BARCODE
4-8	M	3:45-4:30p	Sep 14 - Oct 12	$67	10524
4-8	M	3:45-4:30p	Oct 19 - Nov 16	$67	10525

Orange

This class is for players continuing on from red ball, or beginners looking to try something new! Points of emphasis will be rallying the ball and completing shots with a follow through. The serve will be introduced as well.

AGE	DAY	TIME	DATES	FEE	BARCODE
7-11	M	4:30-5:30p	Sep 14 - Oct 12	$67	10526
7-11	M	4:30-5:30p	Oct 19 - Nov 16	$67	10527

Green

This is the last stage of development before taking on the yellow ball. This class will work on developing topspin while learning the importance of working a point. Placement and point play will be emphasized.

AGE	DAY	TIME	DATES	FEE	BARCODE
9-12	W	4:00-5:00p	Sep 16 - Oct 14	$67	10528
9-12	W	4:00-5:00p	Oct 21 - Nov 18	$67	10529

Saturday Youth Tennis

This program focuses little on instruction and more on fun and games! All skill levels are welcome. Sessions are only three weeks long to limit your weekend commitments.

AGE	DAY	TIME	DATES	FEE	BARCODE
4-9	Sat	9:00-10:00a	Sep 12 - Sep 26	$35	10536
4-9	Sat	9:00-10:00a	Oct 10 - Oct 24	$35	10537
4-9	Sat	9:00-10:00a	Nov 7 - Nov 21	$35	10538

After School Youth Tennis

This class is for children ages 5-11 who are looking to play some fun tennis games after school! All skill levels are welcome.

AGE	DAY	TIME	DATES	FEE	BARCODE
5-11	T, Th	4:00-5:00p	Aug 25 - Sep 10	$67	10523

Into to High Performance

This is a transitional class for middle school and High School JV players looking to progress to our highest class. We will focus on rallying, constructing a point, stroke refinement and much more!

AGE	DAY	TIME	DATES	FEE	BARCODE
12-18	Th	6:00-7:00p	Sep 17 - Oct 15	$98	10530
12-18	Th	6:00-7:00p	Oct 22 - Nov 19	$98	10531

High Performance

High Performance works with the most advanced players at the Westwood Tennis Center. Stroke refinement, patterns of play and match play are the primary focuses. Participants are expected to play in USTA tournaments, as well as Junior Team Tennis.

Those interested in High Performance must be approved by head tennis pro Jake Lipka to register. For more information, contact Jake at 815.622.6063.

AGE	DAY	TIME	DATES	FEE	BARCODE
12-18	M	5:30-7:00p	Sep 14 - Oct 12	$98	10532
12-18	Th	4:30-6:00p	Sep 17 - Oct 15	$98	10534
12-18	M	5:30-7:00p	Oct 19 - Nov 16	$98	10533
12-18	Th	4:30-6:00p	Oct 22 - Nov 19	$98	10535

Adult Beginner

New to the game or looking to dust off your racquet? Come on out to our beginner program and have some fun. Class will focus primarily on stroke production and giving each participant as many balls to hit as they can handle!

AGE	DAY	TIME	DATES	FEE	BARCODE
18+	W	5:00-6:00p	Sep 16 - Oct 7	$46	10539
18+	W	5:00-6:00p	Oct 14 - Nov 4	$46	10540

Cardio Tennis

Get your heart pumping with Cardio Tennis, a fun group activity that will push your fitness to a new level and improve your tennis skills. Cardio passes are available for purchase.

AGE	DAY	TIME	DATES	FEE
18+	T/Th	12:00-1:00p	Ongoing (Starting Oct 1)	$9/class

Adult Drills

Classes are open to players of all abilities and will consist of fun drills, games and match play scenarios. These are drop-in sessions with a maximum of eight spots available per class. You must call ahead to reserve your space!

AGE	DAY	TIME	DATES	FEE
18+	T/F	9:30-11:00a	Ongoing (Starting Sep 8)	$15/class

RACQUET STRINGING

Racquet stringing is available at the Westwood Tennis Center with Head Pro Jake Lipka! It is important to restring your racquet a few times per year (or more, depending on how regularly you play) in order to maintain tension, control, comfort, feel and power.

The fee is $15 per racquet, string not included. String is available for purchase in the Pro Shop. Contact Jake Lipka at 815.622.6063 for more information.

TENNIS MEMBERSHIPS

Membership Type	Tier 1*	Tier 2*	Tier 3*
Individual	$25	$50	$100
Couple	$40	$75	$150
Family	$50	$100	$200

**19 or older. Those who are 18 and under are automatically considered Tier 2 members. Annual Total Fitness members receive 50% off Tennis Membership fees.*

Tier 1 Benefits

- *Ability to book non-prime time permanent time.*
- *No guest fees for members. There is a $4/player fee assessed for non-members, in addition to regular court rates. Guest fees are not charged for programs (i.e. lessons, cardio tennis, etc).*
- *48-hour advanced booking privileges.*
- *Member only programs and special events.*

Tier 2 Benefits

- *Includes all Tier 1 benefits.*
- *Ability to book prime-time permanent time.*
- *72-hour advanced booking privileges.*

Tier 3 Benefits

- *Includes all Tier 2 benefits.*
- *One week advanced booking privileges.*
- *Free use of PlaySite (court time not included).*
- *Free use of the ball machine (court time not included).*
- *Five free guest passes.*
- *Court specials & discounts.*
- *Pro-Shop specials & discounts.*

"Purchasing a Westwood Tennis Center membership is more than a formality, it is a sense of belonging. We want you to consider the facility your escape from the grind of every day life.

In my past experience with club environments, membership was a privilege. Member only events provide you with an opportunity to socialize with your peers through a sport you both love.

If you're going to call a tennis club home, why not us? Come join today!" - Jake Lipka, Head Pro

Stop by the Westwood Tennis Center to purchase a facility membership, or give us a call at 815.622.6201.

Gymnastics

Closed Sep. 5-7, Oct. 18-25 & Nov. 22-29.

Parent/Child Gymnastics

This is a parent participation class. Classes are gently structured to allow your child to explore the gym at his/her own pace. Parents participate with their child, assisting them through obstacle courses, circuits, and stations. Activities are designed to enhance your child's body awareness, coordination, agility, balance, flexibility, and strength.

AGE	DAY	TIME	DATES	FEE	BARCODE
2-3	Wed	9:15-9:45a	Sep 2 - Oct 14	$49	10572
2-3	Wed	10:00-10:30a	Sep 2 - Oct 14	$49	10573
2-3	Sat	9:15-9:45a	Sep 12 - Oct 17	$42	10574
2-3	Sat	10:00-10:30a	Sep 12 - Oct 17	$42	10575
2-3	Wed	9:15-9:45a	Oct 28 - Dec 16	$49	10642
2-3	Wed	10:00-10:30a	Oct 28 - Dec 16	$49	10643
2-3	Sat	9:15-9:45a	Oct 31 - Dec 19	$49	10644
2-3	Sat	10:00-10:30a	Oct 31 - Dec 19	$49	10645

4-Year-Olds

In this class, preschoolers are introduced to fundamental gymnastics. Classes are structured to introduce basic gymnastics skills. We also focus on Kindergarten readiness skills, like hopping, skipping, and galloping, as well as, following directions, taking turns and counting. Classes will challenge and entertain your little one.

AGE	DAY	TIME	DATES	FEE	BARCODE
4 yrs	Mon	3:30-4:15p	Aug 31 - Oct 12	$64	10576
4 yrs	Tues	5:55-6:40p	Sep 1 - Oct 13	$74	10577
4 yrs	Wed	5:10-5:55p	Sep 2 - Oct 14	$74	10578
4 yrs	Thurs	4:00-4:45p	Sep 3 - Oct 15	$74	10579
4 yrs	Thurs	6:10-6:55p	Sep 3 - Oct 15	$74	10580
4 yrs	Sat	10:45-11:30a	Sep 12 - Oct 17	$64	10581
4 yrs	Mon	3:30-4:15p	Oct 26 - Dec 14	$74	10647
4 yrs	Tues	5:55-6:40p	Oct 27 - Dec 15	$74	10648
4 yrs	Wed	5:10-5:55p	Oct 28 - Dec 16	$74	10649
4 yrs	Thurs	4:00-4:45p	Oct 29 - Dec 17	$74	10650
4 yrs	Thurs	6:10-6:55p	Oct 29 - Dec 17	$74	10651
4 yrs	Sat	10:45-11:30a	Oct 31 - Dec 19	$74	10652

5-Year-Olds

This program is a stepping-stone into our recreational classes. This class focuses on building a strong gymnastics foundation. We emphasize coordination, flexibility and building strength on all the apparatus. These classes will challenge students and promote their self-esteem.

AGE	DAY	TIME	DATES	FEE	BARCODE
5 yrs	Mon	3:45-4:40p	Aug 31 - Oct 12	$84	10582
5 yrs	Tues	3:30-4:25p	Sep 1 - Oct 13	$98	10583
5 yrs	Tues	4:50-5:45p	Sep 1 - Oct 13	$98	10584
5 yrs	Wed	4:10-5:05p	Sep 2 - Oct 14	$98	10585
5 yrs	Wed	5:15-6:10p	Sep 2 - Oct 14	$98	10586
5 yrs	Thurs	6:15-7:10p	Sep 3 - Oct 15	$98	10587
5 yrs	Sat	10:55-11:50a	Sep 12 - Oct 17	$84	10588
5 yrs	Mon	3:45-4:40p	Oct 26 - Dec 14	$98	10654
5 yrs	Tues	3:30-4:25p	Oct 27 - Dec 15	$98	10655
5 yrs	Tues	4:50-5:45p	Oct 27 - Dec 15	$98	10656
5 yrs	Wed	4:10-5:05p	Oct 28 - Dec 16	$98	10657
5 yrs	Wed	5:15-6:10p	Oct 28 - Dec 16	$98	10658
5 yrs	Thurs	6:15-7:10p	Oct 29 - Dec 17	$98	10659
5 yrs	Sat	10:55-11:50a	Oct 31 - Dec 19	$98	10660

Boys Only

The ultimate blend of boot camp, ninja and obstacle course training - the perfect way to burn leftover energy from the school week!

AGE	DAY	TIME	DATES	FEE	BARCODE
6-10	Fri	4:30-5:15p	Sep 4 - Oct 16	$74	10623
6-10	Fri	4:30-5:15p	Oct 30 - Dec 18	$74	10662
8-12	Fri	5:30-6:15p	Sep 4 - Oct 16	$74	10624
8-12	Fri	5:30-6:15p	Oct 30 - Dec 18	$74	10663

Introduction to Gymnastics

This class is for graduates from our 5-year-old class and students who are new to gymnastics. We focus on the basics for each event, as well as our bounce stations. Your budding gymnast will master fundamental gymnastics skills, improve coordination, flexibility, strength, balance, agility and air-awareness. These classes are challenging and fun!

AGE	DAY	TIME	DATES	FEE	BARCODE
6-10	Mon	4:30-5:30p	Aug 31 - Oct 12	$84	10589
6-10	Tues	4:40-5:40p	Sep 1 - Oct 13	$98	10590
6-10	Tues	6:05-7:05p	Sep 1 - Oct 13	$98	10591
6-10	Wed	6:15-7:15p	Sep 2 - Oct 14	$98	10592
6-10	Wed	6:25-7:25p	Sep 2 - Oct 14	$98	10593
6-10	Sat	11:45a-12:45p	Sep 12 - Oct 17	$84	10594
6-10	Mon	4:30-5:30p	Oct 26 - Dec 14	$98	10665
6-10	Tues	4:40-5:40p	Oct 27 - Dec 15	$98	10666
6-10	Tues	6:05-7:05p	Oct 27 - Dec 15	$98	10667
6-10	Wed	6:15-7:15p	Oct 28 - Dec 16	$98	10668
6-10	Wed	6:25-7:25p	Oct 28 - Dec 16	$98	10669
6-10	Sat	11:45a-12:45p	Oct 31 - Dec 19	$98	10670

Bronze - Level 1

Students continue to build beginning gymnastics skills on vault, bars, beam, floor and trampolines.

AGE	DAY	TIME	DATES	FEE	BARCODE
7+	Mon	4:55-5:55p	Aug 31 - Oct 12	$84	10595
7+	Tues	6:00-7:00p	Sep 1 - Oct 13	$98	10596
7+	Tues	6:55-7:55p	Sep 1 - Oct 13	$98	10597
7+	Wed	3:55-4:55p	Sep 2 - Oct 14	$98	10598
7+	Wed	6:35-7:35p	Sep 2 - Oct 14	$98	10599
7+	Thurs	7:05-8:05p	Sep 3 - Oct 15	$98	10600
7+	Sat	12:00-1:00p	Sep 12 - Oct 17	$84	10601
7+	Mon	4:55-5:55p	Oct 26 - Dec 14	$98	10672
7+	Tues	6:00-7:00p	Oct 27 - Dec 15	$98	10679
7+	Tues	6:55-7:55p	Oct 27 - Dec 15	$98	10680
7+	Wed	3:55-4:55p	Oct 28 - Dec 16	$98	10681
7+	Wed	6:35-7:35p	Oct 28 - Dec 16	$98	10683
7+	Thurs	7:05-8:05p	Oct 29 - Dec 17	$98	10684
7+	Sat	12:00-1:00p	Oct 31 - Dec 19	$98	10685

Silver - Level 1.5

Students will work towards mastering the skills needed to move up to the next class. Teacher recommendation required.

AGE	DAY	TIME	DATES	FEE	BARCODE
7+	Mon	5:45-7:00p	Aug 31 - Oct 12	$106	10602
7+	Tues	6:15-7:30p	Sep 1 - Oct 13	$123	10603
7+	Wed	3:45-5:00p	Sep 2 - Oct 14	$123	10604
7+	Thurs	4:15-5:30p	Sep 3 - Oct 15	$123	10605
7+	Thurs	7:00-8:15p	Sep 3 - Oct 15	$123	10606
7+	Sat	11:05a-12:20p	Sep 12 - Oct 17	$106	10607
7+	Mon	5:45-7:00p	Oct 26 - Dec 14	$123	10687
7+	Tues	6:15-7:30p	Oct 27 - Dec 15	$123	10688
7+	Wed	3:45-5:00p	Oct 28 - Dec 16	$123	10689
7+	Thurs	4:15-5:30p	Oct 29 - Dec 17	$123	10690
7+	Thurs	7:00-8:15p	Oct 29 - Dec 17	$123	10691
7+	Sat	11:05a-12:20p	Oct 31 - Dec 19	$123	10692

Gold - Level 2

This class is for students that have successfully met the skill requirements for Bronze and Silver. Students will continue to build gymnastics skills on all the events. We will emphasize overall fitness, flexibility and strength. Teacher recommendation required.

AGE	DAY	TIME	DATES	FEE	BARCODE
7+	Mon	5:55-7:10p	Aug 31 - Oct 12	$106	10608
7+	Tues	6:20-7:35p	Sep 1 - Oct 13	$123	10609
7+	Thurs	7:15-8:30p	Sep 3 - Oct 15	$123	10610
7+	Fri	4:15-5:30p	Sep 4 - Oct 16	$123	10611
7+	Mon	5:55-7:10p	Oct 26 - Dec 14	$123	10694
7+	Tues	6:20-7:35p	Oct 27 - Dec 15	$123	10695
7+	Thurs	7:15-8:30p	Oct 29 - Dec 17	$123	10696
7+	Fri	4:15-5:30p	Oct 30 - Dec 18	$123	10698

Platinum - Level 2.5

This class is for students that have successfully met the skill requirements for all previous levels. Students will continue to build gymnastics skills on all the events. Teacher recommendation required.

AGE	DAY	TIME	DATES	FEE	BARCODE
7+	Thurs	6:35-8:05p	Sep 3 - Oct 15	$147	10612
7+	Fri	5:45-7:15p	Sep 4 - Oct 16	$147	10613
7+	Thurs	6:35p-8:05p	Oct 29 - Dec 17	$147	10702
7+	Fri	5:45-7:15p	Oct 30 - Dec 18	$147	10703

Diamond - Level 3 & Up

This class is for students that have met the skill requirements for Bronze through Platinum. In this challenging program students will work on Level 3 and 4 skills on all the events. Teacher recommendation required.

AGE	DAY	TIME	DATES	FEE	BARCODE
7+	W	5:30-7:30p	Sep 2 - Oct 14	$160	10614
7+	W	5:30-7:30p	Oct 28 - Dec 16	$160	10705

Tumbling 1 - Beginner

This class focuses on beginner skills, such as rolls, handstand, and cartwheels, to harder skills like round-offs and walkovers.

AGE	DAY	TIME	DATES	FEE	BARCODE
7+	Mon	7:15-8:15p	Aug 31 - Oct 12	$84	10615
7+	Tues	3:35-4:35p	Sep 1 - Oct 13	$98	10616
7+	Thurs	5:45-6:45p	Sep 3 - Oct 15	$98	10617
7+	Mon	7:15-8:15p	Oct 26 - Dec 14	$98	10707
7+	Tues	3:35-4:35p	Oct 27 - Dec 15	$98	10708
7+	Thurs	5:45-6:45p	Oct 29 - Dec 17	$98	10709

Tumbling 2 - Intermediate

This class is for students that have completed the skill requirements for Tumbling 1 and are ready to learn more challenging skills. Teacher recommendation required.

AGE	DAY	TIME	DATES	FEE	BARCODE
7+	Mon	7:20-8:20p	Aug 31 - Oct 12	$88	10618
7+	Tues	7:45-8:45p	Sep 1 - Oct 13	$103	10619
7+	Mon	7:20-8:20p	Oct 26 - Dec 14	$103	10711
7+	Tues	7:45-8:45p	Oct 27 - Dec 15	$103	10712

Tumbling 3 - Advanced

This class is for students that have successfully mastered the requirements for Tumbling 1 & 2. Teacher recommendation required.

AGE	DAY	TIME	DATES	FEE	BARCODE
7+	Mon	7:25-8:25p	Aug 31 - Oct 12	$93	10620
7+	Tues	7:45-8:45p	Sep 1 - Oct 13	$108	10621
7+	Mon	7:25-8:25p	Oct 26 - Dec 14	$108	10714
7+	Tues	7:45-8:45p	Oct 27 - Dec 15	$108	10715

Youth Sports

Youth Flag Football

This program is designed to introduce your child to the basic fundamentals of football. Practices are held once during the week, and games will be played on Saturday mornings. All games are held on the fields next to Building #3. Younger age groups will be created based on enrollment numbers, and older age groups will be divided based on a player tryout/ draft. Special requests will not be considered. Interested participants must register by Sunday, August 9.

GRADE	DAY	TIME	DATES	FEE	BARCODE
Pre-K	Sat	9:00a-1:00p	Aug 22 - Oct 24	$57	10428
K	Sat	9:00a-1:00p	Aug 22 - Oct 24	$57	10427
1st	Sat	9:00a-1:00p	Aug 22 - Oct 24	$57	10421
2nd	Sat	9:00a-1:00p	Aug 22 - Oct 24	$57	10422
3rd	Sat	9:00a-1:00p	Aug 22 - Oct 24	$57	10423
4th	Sat	9:00a-1:00p	Aug 22 - Oct 24	$57	10424
5th	Sat	9:00a-1:00p	Aug 22 - Oct 24	$57	10425
6th	Sat	9:00a-1:00p	Aug 22 - Oct 24	$57	10426

Youth Outdoor Soccer

This league allows your child to learn the game of soccer in a fun and educational environment. Participants will play one game each week on Saturday mornings, and have one practice during the week. Specific age groups will be determined based on grade level enrollment. Interested participants must register by Tuesday, August 11.

If you are interested in being a volunteer coach, please indicate so on your child's registration form.

GRADE	DAY	TIME	DATES	FEE	BARCODE
Pre-K	Sat	9:00a-1:00p	Aug 29 - Oct 24	$57	10436
K	Sat	9:00a-1:00p	Aug 29 - Oct 24	$57	10435
1st	Sat	9:00a-1:00p	Aug 29 - Oct 24	$57	10430
2nd	Sat	9:00a-1:00p	Aug 29 - Oct 24	$57	10431
3rd	Sat	9:00a-1:00p	Aug 29 - Oct 24	$57	10432
4th	Sat	9:00a-1:00p	Aug 29 - Oct 24	$57	10433
5th	Sat	9:00a-1:00p	Aug 29 - Oct 24	$57	10434

Middle School Basketball

Participants will play one game each week on Sunday evenings. Registration will be accepted for complete teams only. This is a great opportunity for quality competition with IHSA officials. Interested teams must register by September 15.

GRADE	DAY	TIME	DATES	FEE	BARCODE
Girls - 3rd/4th	Sun	4:00-8:00p	Sep 27 - Nov 8	$375	10725
Boys - 3rd/4th	Sun	4:00-8:00p	Sep 27 - Nov 8	$375	10721
Girls - 5th/6th	Sun	4:00-8:00p	Sep 27 - Nov 8	$375	10726
Boys - 5th/6th	Sun	4:00-8:00p	Sep 27 - Nov 8	$375	10722
Girls - 7th/8th	Sun	4:00-8:00p	Sep 27 - Nov 8	$375	10727
Boys - 7th/8th	Sun	4:00-8:00p	Sep 27 - Nov 8	$375	10723

Youth Volleyball League

This league will be run like a clinic, with one main coach leading drills. Games will be held in Building #3. Register by August 24.

AGE	DAY	TIME	DATES	FEE	BARCODE
9-12	Sat	9:00-10:00a	Sep 5 - Oct 24	$57	10437

Tae Kwon Do

Tae Kwon Do is offered at the Duis Center for ages 8 and up. Classes are offered at three levels: beginner (0-3 months experience), intermediate (3-12 months experience) and advanced (12+ months experience). New participants may try the first class for free!

Beginner

AGE	DAY	TIME	DATES	FEE	BARCODE
8+	T	5:00-6:00p	Sep 1 - Sep 29	$25	10505
8+	T	5:00-6:00p	Oct 6 - Oct 27	$25	10507
8+	T	5:00-6:00p	Nov 3 - Nov 24	$25	10509
8+	Th	5:00-6:00p	Sep 3 - Sep 24	$25	10506
8+	Th	5:00-6:00p	Oct 1 - Oct 29	$25	10508
8+	Th	5:00-6:00p	Nov 5 - Nov 19	$19	10510
8+	T, Th	5:00-6:00p	Sep 1 - Sep 29	$37	10511
8+	T, Th	5:00-6:00p	Oct 1 - Oct 29	$37	10512
8+	T, Th	5:00-6:00p	Nov 3 - Nov 24	$33	10717

Intermediate

AGE	DAY	TIME	DATES	FEE	BARCODE
8+	T	6:00-7:00p	Sep 1 - Sep 29	$25	10513
8+	T	6:00-7:00p	Oct 6 - Oct 27	$25	10515
8+	T	6:00-7:00p	Nov 3 - Nov 24	$25	10517
8+	Th	6:00-7:00p	Sep 8 - Sep 22	$25	10514
8+	Th	6:00-7:00p	Oct 1 - Oct 29	$25	10516
8+	Th	6:00-7:00p	Nov 5 - Nov 19	$19	10718
8+	T, Th	6:00-7:00p	Sep 1 - Sep 29	$37	10518
8+	T, Th	6:00-7:00p	Oct 1 - Oct 29	$37	10519
8+	T, Th	6:00-7:00p	Nov 3 - Nov 24	$33	10520

Advanced

AGE	DAY	TIME	DATES	FEE	BARCODE
8+	T	7:00-8:00p	Sep 1 - Sep 29	$25	10497
8+	T	7:00-8:00p	Oct 6 - Oct 27	$25	10499
8+	T	7:00-8:00p	Nov 3 - Nov 24	$25	10501
8+	Th	7:00-8:00p	Sep 3 - Sep 24	$25	10498
8+	Th	7:00-8:00p	Oct 1 - Oct 29	$25	1500
8+	Th	7:00-8:00p	Nov 5 - Nov 19	$19	10716
8+	T, Th	7:00-8:00p	Sep 1 - Sep 29	$37	10502
8+	T, Th	7:00-8:00p	Oct 1 - Oct 29	$37	10503
8+	T, Th	7:00-8:00p	Nov 3 - Nov 26	$33	10504

CrossFit Unicus

815.622.6201 | 1900 Westwood Drive, Building #1, Sterling, IL 61081

CrossFit Unicus redefines fitness. Catering to all ages and skill levels, our program focuses on every aspect of fitness. Our coach led workouts include everything from strength training, to high intensity cardio, long distance cardio and mobility work. This approach ensures our members are moving in the safest way possible. Our goal is to help people realize their potential through exercise!

Day	Time
M-Th	5:30-6:30a, 4:15-5:15p and 5:30-6:30p
Fri	5:30-6:30a and 4:15-5:15p
Sat	8:00-9:00a

Pricing	
3x Weekly	$75/mo
Unlimited (Includes Total Fitness Pass)	$100/mo
10 Visit Punch Card	$80
20 Visit Punch Card	$150
Single Visit Drop-In	$10

Fitness Classes

All classes are held at Westwood unless otherwise noted.

HIIT

Push yourself to the edge! Utilizing everything from battle ropes, sandbags, medicine balls and more to shed pounds, build muscle and get lean.

Fit for Life

Our NASM certified Senior Fitness Specialist will lead participants (ages 50+) through a resistance based training class designed to improve strength, balance and cardiovascular fitness. In this class you will burn calories, and leave feeling accomplished and empowered to do more!

Step & Strength

This is a great cardiovascular workout with steps, slides and core development, followed by stretching and toning.

High Intensity Spin & Spinning

Using our stationary cycles, these classes follow an instructor through a ride of varying levels of intensity using music and visualization for a motivating workout. Our regular spin class is a little more laid back!

Kettlebell

The kettlebell is an extremely versatile piece of training equipment and movements can be scaled to any individual regardless of age, experience or goals. The class will also incorporate bodyweight calisthenics and medicine ball movements to add variety.

Body Sculpt

This class is the perfect mix of total body conditioning, strength training and core work. Using body bars, hand weights, steps, medicine balls and mats, this workout is guaranteed to leave you feeling good!

Step Aerobics

This class targets the lower body for firmer buttocks, hips and thighs, while helping strengthen and condition the upper body.

Total Body Toning

Participants will be led through a variety of exercises designed to increase heart rate and strengthen muscles throughout the body. This class is perfect for those who want balance between cardio and weight training.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30a-6:00a *HIIT*	**7:00a-8:00a** *Fit for Life*	**5:30a-6:00a** *HIIT*	**7:00a-8:00a** *Fit for Life*	**6:30a-7:00a** *Spinning*
6:30a-7:00a *Spinning*	**8:00a-8:45a** *High Intensity Spin*	**6:30a-7:00a** *Spinning*	**8:00a-8:45a** *High Intensity Spin*	**8:00a-8:45a** *Step Aerobics*
8:00a-8:45a *Step Aerobics*	**5:15p-6:00p** *High Intensity Spin*	**8:00a-8:45a** *Step Aerobics*	**5:15p-6:00p** *High Intensity Spin*	**9:30a-10:15a** *Total Body Toning*
9:30a-10:15a *Total Body Toning*	**6:15-6:45p** *HIIT*	**9:30a-10:15a** *Total Body Toning*	**6:15-6:45p** *HIIT*	**12:00p-12:45p** *Kettlebell*
12:00p-12:45p *Kettlebell*	**6:45p-7:30p** *Cardio & Strength*	**12:00p-12:45p** *Kettlebell*		**4:30p-5:15p** *Kettlebell*
4:30p-5:15p *Kettlebell*	**7:45p-8:15p** *Spinning*	**4:30p-5:15p** *Kettlebell*		**5:00p-5:45p** *Body Sculpt*
5:00p-5:45p *Body Sculpt*		**5:00p-5:45p** *Body Sculpt*		

SENIOR FITNESS

If you are 60+, we have a healthy and social program designed specifically for you! With the purchase of a Senior Fitness punch card, you can work toward improving your health and fitness with a fun group of seniors at Westwood.

Senior Fitness includes the use of Dynabands and chairs to increase your fitness level. Exercise improves your strength, flexibility and posture, which in turn will help with balance, coordination, and reducing the risk of falls. Strength training also helps alleviate the symptoms of chronic conditions such as arthritis.

With the Senior Fitness punch card, you may also walk our indoor track Monday, Wednesday and Friday between 7:00 - 10:00 a.m. (1 punch per class or track session). Dynabands may be purchased at the front desk.

The fee for Senior Fitness is $12 for 12 punches or $24 for 24 punches. Senior Fitness is not included with a Total Fitness Pass.

AGE	DAYS	TIME	DATES
60+	Monday, Wednesday, Friday	8:30-9:15a	Ongoing

SWIMNASTICS

At the Duis Center

Get energized and increase flexibility! This class will target and tone your hips, thighs, legs and arms. Classes are held in warm, shallow water and you do not need to know how to swim. Purchase a 10 class punch card for $28 or a 20 class punch card for $56. Try your first class for FREE!

AGE	DAYS	TIME	DATES
18+	Mon-Fri	8:30-9:30a	Ongoing (Begins August 17)

YOUTH FITNESS

Exploring Exercise

Participants will learn a variety of exercises using their own body weight as well as equipment. Classes will utilize our ninja equipment, along with obstacle courses. This class involves agility and balance training, along with the general strength gain that comes with this kind of training. Participants will see themselves progress throughout the session. For the final class, we will put the skills together into one obstacle course.

AGE	DAY	TIME	DATES	FEE	BARCODE
6-8	M	5:30-6:15p	Sep 14 - Oct 19	$37	10626
6-8	W	5:30-6:15p	Sep 2 - Oct 7	$37	10628
6-8	M	5:30-6:15p	Oct 26 - Nov 30	$37	10627
6-8	W	5:30-6:15p	Oct 14 - Nov 18	$37	10629

Introduction to Youth Fitness

This class begins in a classroom setting, followed by HIIT, ninja/obstacle, weight lifting and cardio sessions to address the different areas of the facility. After completing this class participants will receive a yellow ID card. This card will allow them access, with a parent/guardian, into Westwood and Duis fitness. This class is required to enroll in Ninja classes. ***This class is FREE with a Household Total Fitness Pass.***

AGE	DAY	TIME	DATES	FEE	BARCODE
8-14	T, Th	5:30-7:00p	Sep 1 - Nov 5	$20	10673
8-14	T, Th	5:30-7:00p	Sep 1 - Sep 3	$20	10674
8-14	Sat	9:00a-12:00p	Sep 5	$20	10697
8-14	Sat	9:00a-12:00p	Oct 3	$20	10676
8-14	T, Th	5:30-7:00p	Oct 6 - Oct 8	$20	10675
8-14	Sat	9:00a-12:00p	Oct 10	$20	10699
8-14	T, Th	5:30-7:00p	Nov 3 - Nov 5	$20	10682
8-14	Sat	9:00a-12:00p	Nov 7	$20	10701

Level 1 - Ninja

Level 1 Ninja is for participants that have completed Introduction to Youth Fitness and want to progress their skills and abilities with obstacle training. Participants will learn new movements and obstacles. We will teach a movement, practice that movement and build from there.

AGE	DAY	TIME	DATES	FEE	BARCODE
9-14	W	5:30-6:30p	Sep 9 - Oct 14	$37	10631
9-14	W	5:30-6:30p	Oct 21 - Nov 25	$37	10632

Level 2 - Ninja

This class is for participants that have completed Level 1 Ninja. Participants will progress toward competing in obstacle races. More time will be spent on specific skills and the abilities needed to accomplish these skills.

AGE	DAY	TIME	DATES	FEE	BARCODE
9-14	W	6:30-7:30p	Sep 9 - Oct 14	$37	10636
9-14	W	6:30-7:30p	Oct 21 - Nov 25	$37	10637

WESTWOOD juice bar

RE-OPENING LATER THIS FALL!

FEATURED DRINKS

Strawberry Slam:
Strawberries, banana & more strawberries!

Java Jolt:
Choice of liquid, Colombian coffee, and the perfect mix of dark & milk chocolate.

Berry, Berry Good:
Strawberries, blueberries, blackberries, raspberries & banana.

Hawaiian Harvest:
Pineapple, coconut & banana.

Peanut Butter Cup:
Your choice of liquid, mixed with chocolate & peanut butter.

All drinks include whey protein. Substitute with plant protein for an extra fee.

Personal Training

IN HIS OWN WORDS...

About Ryan:

I was born and raised in Dixon and have never strayed too far from the area. I began training clients at Westwood in October of 2017. I am certified as a personal trainer through the American College of Sports Medicine and also hold an SFG level 1 kettlebell certification through the StrongFirst organization. I also recently attended the Functional Patterns Human Foundation Course.

Having cultivated an interest in physical fitness at a young age, I have experience with everything from powerlifting to boxing. I love to watch my clients become competent at new skills and make fitness gains as well as character gains.

Ryan's Training Philosophy:

My approach to training is quite simple yet there are many layers to peel back for those willing to put in the time and effort. I believe training should be based around the things that we, as humans, evolved to do best including the gait cycle (walking and running) and throwing.

Moving from a structurally sound and well integrated posture is essential before jumping into more complex movements. If we can improve upon these foundations of human movement we will notice a drastic improvement in quality of life. Once you learn the base level movements and the theory behind them you will have the tools and knowledge to come up with your own combinations as you increase the intensity and complexity of these exercises. My goal is to get you to train with intention every time you step foot into the gym rather than mindlessly running through your routine.

What can you gain from personal training?

I've worked with clients of all ages from middle schoolers to senior citizens and they have all taken something away from our sessions together. Whether you're a high level athlete looking to improve your game, a newcomer to physical fitness who feels unsure of where to start, or even someone who just wants to regain lost mobility, you have something to gain from working with a trainer.

The gym can be an overwhelming place for a newcomer, and a personal training can help to get you started on the right foot and make sure you're headed down the right path towards your goals.

BASIC SESSIONS

- **1 Session:** *$25*
- **4 Sessions:** *$100*
- **8 Sessions:** *$180*
- **12 Sessions:** *$240*

PACKAGES

- **Slim:** *$100*
  Fitness assessment + 3 sessions
- **Bulk:** *$160*
  Fitness assessment + 6 sessions
- **Kickstarter:** *$125*
  Fitness assessment + 2 sessions + 1 month training plan
- **Buddy System:** *$80/person*
  Fitness assessment for two + 3 partner sessions
- **Sustain:** *$30*
  1 month training plan (must have completed Kickstarter first)

CALL RYAN AT 815.631.4451 FOR MORE INFORMATION!

COMING SOON

8.17.20 AT WESTWOOD

VIRTUAL FITNESS ON YOUR SCHEDULE

BODY FLOW • BODY PUMP • GRIT • SPRINT • RPM