

Fall 2022 ACTIVITY GUIDE

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Fall 2022 ACTIVITY GUIDE

TABLE OF CONTENTS



GENERAL INFORMATION & EVENTS

03 WESTWOOD
05 DUIS CENTER
06 MEMBERSHIPS & FEES
07 EMERALD HILL

08 DILLON HOME
09 PARTY RENTAL
10 PUMPKIN DASH
19 WESTWOOD SMOOTHIE CO.

FITNESS

11 GROUP FITNESS

12 YOUTH & ADULT CLASSES

PROGRAMS & ATHLETICS

13 AQUATICS
15 GYMNASTICS

17 TENNIS
18 YOUTH ATHLETICS

PARKS

DOUGLAS PARK
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.

GENERAL INFO

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. 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.

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.

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.

ACTIVITY GUIDE

Changes to the information in the Activity Guide may occur after publication.

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 assessed for all returned checks.

PHOTO POLICY

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

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).

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.

BOARD OF COMMISSIONERS



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Park Specialist



ERIC CASTRO
Park Specialist



JAKE BROOKS
Emerald Hill Superintendent
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BOB WATTS
Emerald Hill Assistant
Superintendent/Mechanic

PROGRAM/STAFF SPOTLIGHT

Check out page 5 to learn more about Duis Center recreation staff member, Ana Smith!

WESTWOOD

FITNESS & SPORTS CENTER

1900 Westwood Drive, Sterling | 815.622.6201

Westwood is the largest fitness facility in the Sauk Valley. When it comes to meeting your fitness and athletic needs, Westwood is the only stop you need to make!



NEW WESTWOOD AGE RESTRICTIONS*

TOTAL FITNESS MEMBERS

- 14+ years of age: Can utilize all fitness areas** and track building without an adult.
 - 14/15 year-olds must complete an approved Youth Fitness class.
- 9-13 years of age: Can utilize all fitness areas** with an adult after completing a Park District offered Youth Fitness class (with a specially colored ID card).
- 13 and younger: Can utilize the track building with an adult also in the track building.

DROP-INS

- 16+ years of age: Can utilize all fitness areas** and track building without an adult.
- 9-15 years of age: Can utilize all fitness areas** with an adult in the same area after completing a Park District offered Youth Fitness class. In an instance where a class has not been available, the drop ins can use the facility with an adult after signing an additional waiver and an acknowledgement that they are only allowed to do this until the next youth fitness class is offered.
- 15 and younger: Can utilize the track building with an adult also in the track building.

AGES 8-UNDER

- Not allowed in any fitness area** unless participating in the Park District program; or attending a rental, Kids Gym, or a party.

WESTWOOD WELLNESS

- Age restrictions to be announced closer to the November 14, 2022 grand opening.

BUILDING #3

- 14+ years of age: Can utilize Building #3 lower areas without an adult.
- 13 and younger: must have an adult present.

BUILDING #2

- Any age can play if an adult is in the B2 lobby.
- Must be 14 to rent without a parent.

*Westwood reserves the right to temporarily modify these age restrictions for special/specific reasons.

**Fitness areas include...Cardio Area, Upper/Lower fitness areas, Functional Training Area, Fitness Turf, HIIT House, Warehouse, and the Wood Basketball Courts.

FACILITY HOURS:

BUILDING #1 HOURS

Open 24-hours:

Monday at 4:00 a.m. through
9:00 p.m. on Friday

Saturday & Sunday:

6:00 a.m. - 6:00 p.m. (through Sep. 9)

6:00 a.m. - 8:00 p.m. (starting Sep. 10)

KIDS GYM HOURS

Monday-Thursday:

8:00 a.m. - 11:30 a.m.

4:00 p.m. - 7:30 p.m.

Friday:

8:00 a.m. - 11:30 a.m.

4:00 p.m. - 6:00 p.m.

Saturday:

7:45 a.m. - 12:00 p.m.

BUILDING #2 HOURS

Monday-Friday:

8:00 a.m. - 4:00 p.m. (through Sep. 2)

8:00 a.m. - 8:00 p.m. (starting Sep. 6)

Saturday:

Closed (through Sep. 3)

8:00 a.m. - 8:00 p.m. (starting Sep. 10)

Sunday:

Closed (through Sep. 4)

8:00 a.m. - 5:00 p.m. (starting Sep. 11)

BUILDING #3 HOURS

Monday-Friday:

8:00 a.m. - 1:00 p.m. (Rentals Only)

Tuesday/Thursday:

5:00 p.m. - 8:00 p.m. (Rentals Only)

HOLIDAY HOURS:

Labor Day & Thanksgiving:

6:00 a.m. - 12:00 p.m.

Westwood

Wellness begins here.

WESTWOOD WELLNESS OPENING NOV. 14

Westwood Wellness is a 3,500 square foot "addition" to building #1. The addition of Wellness enhances Westwood's already comprehensive health & fitness opportunities.

A Total Fitness Pass membership or Wellness drop-in fee will include free use of the saunas, hydro massage loungers, stand-up tanning booths and the compression/recovery lounge. A nominal fee will be assessed for spray tan, red light therapy, halo (salt) therapy and the cryotherapy chamber.



AMENITIES:

- 5 Infrared Saunas... one providing Red Light & Halo (Salt) Therapies
- 4 Hydro Massage Loungers
- 2 Stand-Up Tanning Booths
- 1 Spray Tan Booth
- 1 Cryotherapy Chamber
- Compression/Recovery Lounge with 4 Zero Gravity Chairs



DR. BOB WALSH

**ACCEPTING
NEW PATIENTS**

**CALL 815.626.7220
TO SCHEDULE AN
APPOINTMENT**



THE ROCK
CHIROPRACTIC HEALTH CENTER

LOCATED IN THE WESTWOOD
WELLNESS ANNEX



**PRO STRENGTH
MUSCLE THERAPY**

NOW LOCATED IN THE WESTWOOD WELLNESS ANNEX!

- DIGITAL POSTURE ANALYSIS
- FUNCTIONAL MOVEMENT ASSESSMENTS
- SPORTS & YOUTH MASSAGE
- FLEXIBILITY COACHING
- MEDICAL MASSAGE
- DEEP TISSUE MASSAGE
- MYOFASCIAL RELEASE
- IASTM & CUPPING

REAL BODIES. REAL PAIN RELIEF.

Dana Dietz, CMT



Pro Strength Online Booking

815.564.7352

DUIS CENTER

FITNESS & SPORTS CENTER

211 E. 23rd Street, Sterling | 815.622.6200

The Duis Center offers private, group and team lessons for gymnastics and swimming. The facility is also home to the Sterling Stingrays swim team.

In addition, the facility features a multipurpose room, which is available for party and event rental.



FACILITY HOURS:

Monday-Friday:

5:00 a.m. - 9:00 p.m.

Saturday:

9:00 a.m. - 6:00 p.m.

Sunday:

12:00 p.m. - 6:00 p.m.

HOLIDAY HOURS:

Labor Day & Thanksgiving:

7:00 a.m. - 12:00 p.m.

STERLING SCHOOLS OPEN SWIM

October 10, November 8, 21-23, 25:

1:00 p.m. - 3:00 p.m. | \$1/person

DOUBLE BUBBLE 2 FOR 1 OPEN SWIM

Sep. 16, Oct. 22, Nov. 18:

7:00 p.m. - 9:00 p.m.

PROGRAM SPOTLIGHT

RECREATIONAL & COMPETITIVE GYMNASTICS

The Sterling Park District offers recreational and competitive gymnastics at the Duis Center. The program is lead by head coach Ana Smith.

Ana began her coaching career in 2003 as a recreational gymnastics coach at Sokol Gymnastics in Omaha, Nebraska. Through Sokol she attended four years of intense two week trainings of advanced gymnastics coaching and has eight certificates through USA Gymnastics University. Ana began coaching competitive gymnastics in 2006. She has held several positions throughout her career including gymnastics coach, acro-dance instructor, tumbling coach and cheer coach.



Ana Smith

Gymnastics Head Coach

As the head coach of the Park District's gymnastics program, Ana's goal is to improve and expand all program levels, including recreational gymnastics, competitive gymnastics, tumbling, pre-school gymnastics and it's all-star recreational cheer program. In addition, Ana will be developing new programs and activities for boys and girls.

Learn more about our recreational and competitive gymnastics program on pages 15-16.



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 the of our fitness areas at Westwood, as well as the following perks and access to areas during open/drop-in hours:

- Over 40,000 sq. ft. of fitness equipment
 - Functional training space & fitness turf
 - 60-yard indoor turf field**
 - 200-meter indoor track**
 - Variety of aerobics classes*
 - Stretching areas & equipment
- 2-NBA size wood basketball courts
 - Kids Gym (Childcare while you workout)
 - Discounts at the Westwood Smoothie Co.
 - Indoor aquatics center (Duis Center)
 - Westwood Wellness Discounts (Nov. 2022)
 - Batting cage (mezzanine level only)***

	Monthly	Annual	Military: Monthly****	Military: Annual****
Youth (13 yrs & under)	\$16 ⁰⁰	\$155 ⁰⁰	—	—
Young Adult (14-20 yrs)	\$24 ⁷⁵	\$260 ⁰⁰	\$18 ⁵⁰	\$185 ⁰⁰
Adult (21-59 yrs)	\$38 ⁵⁰	\$425 ⁰⁰	\$30 ²⁵	\$325 ⁰⁰
Household	\$60 ²⁵	\$685 ⁰⁰	\$47 ⁷⁵	\$535 ⁰⁰
Single Household	\$53 ⁰⁰	\$600 ⁰⁰	\$42 ⁷⁵	\$475 ⁰⁰
Couple	\$55 ⁵⁰	\$630 ⁰⁰	\$45 ²⁵	\$505 ⁰⁰
Senior Household	\$55 ⁵⁰	\$630 ⁰⁰	\$45 ²⁵	\$505 ⁰⁰
Senior (60+)	\$31 ⁰⁰	\$335 ⁰⁰	\$25 ²⁵	\$265 ⁰⁰
Senior Couple (60+)	\$53 ⁰⁰	\$600 ⁰⁰	\$40 ²⁵	\$445 ⁰⁰

Members ages 14+ can utilize all fitness areas***** and track building without an adult. Ages 14 & 15 will need Youth Fitness. Ages 9-13 can utilize all fitness areas***** with an adult after completing Youth Fitness. Ages 13 & under can utilize the track building with an adult also in the track building. 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 Household 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. ***Members can reserve the mezzanine level batting cage up to 24 hours in advance. Normal rental charges apply for any rentals beyond 24 hours in advance. Batting cage rentals are only available during the published Building 3 open times. All batting cage participants must be Total Fitness Pass members. ****The Military Discount is available to eligible active, reserve and retired U.S. Military personnel, spouses and immediate family. *****Fitness areas include... Cardio area, upper/lower fitness areas, functional training area, fitness turf, HIIT House, Warehouse and the wood basketball courts.

FITNESS PUNCH CARDS

	Fitness & Turf	Open Bball & Open Swim	Track
15 Punch Adult	\$100	\$70	\$70
15 Punch Youth/Senior*	\$90	\$65	\$65
30 Punch Adult	\$185	\$120	\$120
30 Punch Youth/Senior*	\$175	\$115	\$115
12 Punch Early Bird (4:30-7:00 a.m.)	—	—	\$36
12 Punch Early Bird/Noon Lap Swim	—	\$48	—

*Senior Card - Adults 60+; Youth Card - 13 & Under. All cards expire five years from the date of purchase.

WESTWOOD DROP-IN FEES

Fitness/Wood Basketball Courts.....	\$8
Open Track.....	\$6
Open Soccer.....	\$6
Pickleball.....	\$6

(Located in Building #3 - T/Th: 8a-12p & 5p-9p; Sat: 8a-12p)

WESTWOOD RENTAL FEES

Basketball/Volleyball (B3).....	\$23/hr
Entire Turf Ball Field (B3).....	\$75/hr
Hitting/Throwing Cage.....	\$23/hr

DUIS CENTER DROP-IN FEES

Fitness.....	\$7
Water Walking.....	\$5

(Monday-Friday: 9:30 a.m. - 11:00 a.m.)

Lap Swim.....	\$5
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(M-F: 5 a.m. - 8:30 a.m. & 11 a.m. - 1 p.m.; Sat: 9 a.m. - 12 p.m.)

Open Swim.....	\$3 ⁵⁰ (5 & Under)
.....	\$6 ⁰⁰ (6 & Over)

(Friday: 7 p.m. - 9 p.m.; Sat/Sun: 12 p.m. - 6 p.m.)



EMERALD HILL

16802 Prairieville Road | 815.622.6204

Emerald Hill Golf Course features 18-holes, a self-service driving range, three practice greens and a practice chipping area. The course offers bentgrass greens with Kentucky bluegrass tees, fairways and rough. Book tee times online at emeraldhillgolf.com, and "like" us on Facebook to stay up-to-date with everything happening at the course!



2022 DAILY RATES

FALL SHOULDER SEASON:

• September 6 - Closing Day

18 holes w/ half-cart.....	\$22
9 holes w/ half-cart.....	\$17
18 holes walking.....	\$22
9 holes walking.....	\$17
Junior 9/18 holes walking.....	\$14

SUMMER SEASON WEEKDAYS:

• Through September 1

18 holes w/ half-cart.....	\$25
9 holes w/ half-cart.....	\$20
18 holes walking.....	\$20
9 holes walking.....	\$15
Junior 9/18 holes walking.....	\$14

SUMMER SEASON WEEKENDS:

• Through August 28

18 holes w/ half-cart.....	\$27
9 holes w/ half-cart.....	\$22
18 holes walking.....	\$24
9 holes walking.....	\$19
Junior 9/18 holes walking.....	\$14

HOLIDAY WEEKENDS:

• Sep. 2-5

18 holes w/ half-cart.....	\$32
9 holes w/ half-cart.....	\$27
18 holes walking.....	\$29
9 holes walking.....	\$25
Junior 9/18 holes walking.....	\$17

DILLON HOME

1005 E. 3rd St., Sterling | 815.622.6202

The Dillon Home is a work of Italianate architecture, built in 1858. The property ultimately became home to P.W. Dillon, President of Northwestern Steel & Wire.

The home's grandeur is a remarkable sight, as his wife, Crete, was an avid traveler, and collector of eclectic pieces and period furniture. Unlike many historic homes, the Dillon Home retains all of it's original furnishings. A tour through the Dillon Home is truly a step back in time, where all the stories of this family come back to life.

TOUR TIMES

Thursday & Friday:

10:00 a.m., 11:00 a.m., 1:00 p.m. & 2:00 p.m.,
or by appointment only from 3:00 - 5:00 p.m.

2nd Weekend of Each Month (Sat. & Sun.):

10:00 a.m., 11:00 a.m., 1:00 p.m. & 2:00 p.m.,
or by appointment only from 3:00 - 5:00 p.m.

RATES

General Admission.....	\$5
Seniors.....	\$4
Ages 5 & Under.....	Free



The Dillon Home's 5th Annual

HAUNTED TRAIN WALK

Saturday, October 22, 2022 • 6:30 to 8:30 p.m.

FREE FAMILY EVENT • OPEN TO THE PUBLIC

Can you brave a spooky stroll through the Dillon Home grounds? Bring a flashlight and watch as a skeleton crew brings the train to life! Decorations and photo opportunities with ghoulish creatures will make this an evening to remember. No one under 18 will be admitted without an adult. The first 500 children will receive a goodie bag at the end of the walk.

PARTY RENTAL

Westwood Rental Options (815-622-6201) :

Kids Gym \$200/2-hr block Available Friday - Sunday Call 815-622-6201 for available dates/times.

- Chairs & tables accommodate up to 50 guests.
- Staff member available to assist with set up/ clean up and games.
- Access to the entire space, including the megaplayground, climbing wall and interactive fitness equipment.
- This space has it's own entrance, restrooms and a kitchenette.

Turf Field - \$85/hr

- The possibilities are endless on the turf! We offer your choice of soccer, football, kickball and dodgeball. It's also a great space for nerf gun parties, ultimate frisbee parties, etc.
- Rental includes equipment for soccer, football, kickball and dodgeball; pinnies, flags for football, referee vests & access to the scoreboard.
- Food and gifts can be set up outside of the concession stand.

Tennis - \$75/hr

- Rental includes two courts, plus the lobby. The lobby can accommodate up to 30 guests. Additional courts can be reserved at regular rental rate.
- Smart court technology & the ball machine are available for use at no extra cost. Plus a staff member will be available for assistance.
- Tennis balls and tennis racquets for both adults and children are available for use at no extra charge.

Building 3 - \$75/hr

- Rental includes two courts set up for either volleyball or basketball. We provide the balls, or guests can bring their own sports equipment with prior approval if you would like to do something different.
- The mezzanine upstairs is available for food and gift table set up.
- Restrooms are conveniently located right off the courts.

Duis Center Rental Options (815-622-6200) :

Multi-Purpose Room \$50/hr

- This space accommodates up to 50 guests, with tables and chairs available for use. There's also a refrigerator, sink and serving area. Restrooms and an elevator are conveniently located.

Pool Party - \$70/hr

- Rental includes access to the multi-purpose room, plus 15 pool passes. Additional passes can be added at the regular drop-in rate.
- Children 8 & under must be accompanied in the water by an adult 16 years of age or older.

Gymnastics Party - \$100

- Rental includes one hour in the multi-purpose room, one hour in the gymnastics area (add extra MP room time for \$50/hr). A gymnastics coach will be available to lead your group through fun obstacles and our inflatable mini mountain!



Pumpkin Dash

CROSS COUNTRY FESTIVAL

SATURDAY, OCTOBER 1

HOOVER PARK • WOODLAWN ROAD, STERLING

30th
Annual



On-Site Registration:

9:00 a.m. - 11:30 a.m.

Registration required at least 15 minutes prior to race

Race Schedule (approximate times):

10:00 a.m. - 2 & under

10:15 a.m. - 3 Year Olds

10:30 a.m. - 4 & 5 Year Olds

11:00 a.m. - 6 & 7 Year Olds

11:30 a.m. - 8 & 9 Year Olds

12:00 p.m. - 10, 11 & 12 Year Olds

Free Activities & Features (starting at 10:00 a.m.):

Hot dog, chips, bottled water, candy and a small pumpkin for the first 1,000 runners. Large pumpkins will be awarded to the winning girl and boy of each heat (except Pee-Wees).

- Bounce Houses
- Petting Zoo
- Hayrack Rides
- Face Painting
- Whiteside County Sheriff's Dept.
- CGH Ambulance Tours



GROUP FITNESS

WESTWOOD FITNESS & SPORTS CENTER

1900 Westwood Drive, Building #1 | 815.622.6201

Group fitness classes are FREE for our Total Fitness Pass members. Non-members pay an \$8 fitness drop-in fee. There's no registration for group fitness classes. Just show up & sweat!

NEW CLASS! Women's Kickboxing

Monday & Wednesday: 7:00-8:00 p.m. (Beginning September 12)

A beginners kickboxing class teaching the basics of kickboxing and self-defense. Participants will learn the proper technique of basic punches and kicks. Classes will involve various drills focusing on cardio, strength, endurance, offense and defense. Class begins with a warmup and ends with core and stretching for a cooldown.



Spin

Monday, Wednesday & Friday: 6:15 - 6:45 a.m.

Using our stationary cycles, this class follows the instructor through varying levels of intensity using music and visualization for a motivating workout.

Cardio, Strength & Spin

Saturday (first & third Saturday of the month only): 8:30 - 9:30 a.m.

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

Olympic Lifting

Friday: 5:30 p.m. - 6:30 p.m.

Olympic Lifting consists of two movements performed with a barbell. These two movements are the snatch and the clean & jerk. Our Olympic Lifting class is an opportunity to improve your technique and maybe even set a few personal records (PRs) with the snatch, clean and jerk. Our Olympic Lifting class takes a slightly different approach from our functional fitness classes, but generally follows the same structure.

Each class will begin with a proper general warmup, followed by mobility and movement instruction with a PVC pipe for the lifts we're going to be working on that day. Then, all our athletes get out a barbell of their choice (15, 35 or 45 lbs) and we drill the movements with the empty bars. Finally, we complete the Olympic lifts, which always consists of specific movements performed on a set interval to allow for proper rest and quality lifting.

Total Body Toning

Monday, Wednesday & Friday: 9:30 - 10:30 a.m.; Tuesday & Thursday: 5:30 - 6:30 p.m.

Participants are guided 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.

Unicus Functional Fitness

M-F: 5:30 - 6:30 a.m., 4:15 - 5:15 p.m.; M/W: 5:30-6:30 p.m.; Sat: 8:00 - 9:00 a.m.

Unicus Functional Fitness caters to all ages and skill levels. Our coach led workouts include everything from strength training, to high intensity cardio, long distance cardio and mobility work. This approach ensures participants are moving in the safest way possible.

Steps for Today

Monday, Wednesday & Friday: 8:00 a.m. - 9:00 a.m.

This class incorporates all aspects of exercise with lunges and squats as well as with upper body strength utilizing dumbbells and weight bars. You will also be able to challenge yourself with mixed with short step aerobics routines and core exercises.

Fit for Life

Tuesday, Wednesday & Thursday: 7:00 a.m. - 8:00 a.m.

Our Senior Fitness Specialist leads participants (ages 50+) through a resistance based training class designed to improve strength, balance and cardiovascular fitness. You'll burn calories and leave feeling accomplished!

Kettlebell

Monday, Wednesday & Friday: 12:00 p.m. - 12:45 p.m.

Movements in this class can be easily scaled to accommodate any individual regardless of age, experience or goals! Bodyweight calisthenics and medicine ball movements are incorporated to add variety.

FITNESS CLASSES

YOUTH FITNESS

Exploring Exercise

Participants learn movements using their own body weight as well as equipment. Classes utilize our ninja equipment for agility & balance training.

Age	Day	Time	Dates	Fee	Barcode
6-8	Mon	5:30-6:15p	Sep 12 - Oct 17	\$40	12839
6-8	Mon	5:30-6:15p	Oct 24 - Nov 28	\$40	12840

Introduction to Youth Fitness*

Participants will learn about fitness in a classroom setting, and complete a training session. *Completion of this class fulfills the Westwood age restriction requirement.

Age	Day	Time	Dates	Fee	Barcode
9-11	T	5:30-7:30p	Sep 6	\$25	12832
9-11	Sat	9:00-11:00a	Sep 10	\$25	12831
9-11	T	5:30-7:30p	Oct 4	\$25	12834
9-11	Sat	9:00-11:00a	Oct 8	\$25	12833
9-11	T	5:30-7:30p	Nov 1	\$25	12836
9-11	Sat	9:00-11:00a	Nov 5	\$25	12835

Introduction to Weightlifting*

The class focuses on proper lifting technique and program set up. We will also cover general weight room rules and etiquette. The goal is to provide participants with the information necessary to be productive in the gym. *Completion of this class fulfills the Westwood age restriction requirement.

Age	Day	Time	Date	Fee	Barcode
12-15	Th	5:30-7:30p	Sep 8	\$25	13119
12-15	Sat	11:00a-1:00p	Sep 10	\$25	13120
12-15	Th	5:30-7:30p	Oct 6	\$25	13121
12-15	Sat	11:00a-1:00p	Oct 8	\$25	13123
12-15	Th	5:30-7:30p	Nov 3	\$25	13122
12-15	Sat	11:00a-1:00p	Nov 5	\$25	13124

ADULT FITNESS

Westwood Fitness Orientations

Whether you're new to the gym or a longtime member, Fitness Orientations offer valuable material! Topics of discussion include nutrition, goal setting, prevention/control of disease, equipment demonstrations and more!

Age	Day	Time	Dates	Fee	Barcode
15+	T, Th	10:00-11:00a	Sep 13, 15	\$0	13109
15+	T, Th	5:30-6:30p	Sep 13, 15	\$0	13112
15+	T, Th	10:00-11:00a	Oct 11, 13	\$0	13110
15+	T, Th	5:30-6:30p	Oct 11, 13	\$0	13113
15+	T, Th	10:00-11:00a	Nov 8, 10	\$0	13111
15+	T, Th	5:30-6:30p	Nov 8, 10	\$0	13114

Open Ninja Obstacles/Testing Day

Instructors will test the kids' abilities for the ninja course during this open play day. Kids will be issued a card to sign up for Ninja Advanced.

Age	Day	Time	Date	Fee	Barcode
9-14	Wed	6:30-7:30p	Aug 31	\$0	13125
9-14	Wed	6:30-7:30p	Oct 19	\$0	13126

Ninja Beginners

This class is for participants that have completed Introduction to Youth Fitness and want to progress their skills and abilities with obstacle training.

Age	Day	Time	Dates	Fee	Barcode
9-14	Wed	5:30-6:30p	Sep 7 - Oct 12	\$40	12841
9-14	Wed	5:30-6:30p	Oct 26 - Nov 30	\$40	12863

Ninja Advanced*

Participants will work on the learning new skills to complete more complicated obstacle courses. *Must attend an Open Ninja Day to qualify.

Age	Day	Time	Dates	Fee	Barcode
9-14	Wed	6:30-7:30p	Sep 7 - Oct 12	\$40	12862
9-14	Wed	6:30-7:30p	Oct 26 - Nov 30	\$40	12864

MARTIAL ARTS

Tae Kwon Do

TKD is offered for all levels. It is one of the most widely practiced martial arts in the world. First class is FREE! Classes are held at the Duis Center.

Age	Day	Time	Dates	Fee	Barcode
4-7	T, Th	4:30-5:00p	Sep 1 - Sep 29	\$30	13011
4-7	T, Th	4:30-5:00p	Oct 4 - Oct 27	\$30	13010
4-7	T, Th	4:30-5:00p	Nov 1 - Nov 29	\$30	13009
8+	T, Th	5:00-6:00p	Sep 1 - Sep 29	\$45	13008
8+	T, Th	5:00-6:00p	Oct 4 - Oct 27	\$45	13007
8+	T, Th	5:00-6:00p	Nov 1 - Nov 29	\$45	13006

Senior Fitness

Monday, Wednesday & Friday: 8:30 a.m. - 9:15 a.m. at Westwood

If you are 60+ we have a program designed specifically for you! Improve your health and fitness with a fun group of seniors. Senior Fitness utilizes Dynabands and chairs to increase fitness and coordination. You may also walk our indoor track M/W/F from 7-10 a.m. (one punch per class/track session). 12-punch pass: \$12; 24-punch pass: \$24.

Swimnastics

Tuesday, Wednesday & Thursday: 8:30 a.m. - 9:30 a.m. at the Duis Center

Get energized and increase flexibility! This class targets/tones your hips, thighs, legs and arms. Classes are held in warm, shallow water. You do not need to know how to swim. 10-class punch card: \$28; 20-class punch card: \$56. First class is FREE!

AQUATICS

DUIS RECREATION CENTER

211 E. 23rd Street | 815.622.6200

There will be no lessons Oct. 20 due to a high school swim meet, and no lessons Nov. 24 or 26 due to Thanksgiving.

Water Exploration

Parents, join your little ones in the pool as we help them become more comfortable in and around the water. Each class includes games, songs and fun activities.

Age	Day	Time	Dates	Fee	Barcode
6m-3yrs	Th	5:30-5:55p	Sep 8 - Oct 27	\$44	13001
6m-3yrs	Th	6:00-6:25p	Sep 8 - Oct 27	\$44	13002
6m-3yrs	Th	5:30-5:55p	Nov 3 - Dec 15	\$38	13003
6m-3yrs	Th	6:00-6:25p	Nov 3 - Dec 15	\$38	13004

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 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 8 - Oct 27	\$44	12953
3+	Th	6:00-6:25p	Sep 8 - Oct 27	\$44	12954
3+	Sat	10:00-10:25a	Sep 10 - Oct 22	\$44	12955
3+	Sat	11:00-11:25a	Sep 10 - Oct 22	\$44	12956
3+	Th	5:30-5:55p	Nov 3 - Dec 15	\$38	12957
3+	Th	6:00-6:25p	Nov 3 - Dec 15	\$38	12958
3+	Sat	10:00-10:25a	Nov 5 - Dec 17	\$38	12959
3+	Sat	11:00-11:25a	Nov 5 - Dec 17	\$38	12960

Level 2

Level 2 swim lessons focus on body position and air recovery. Participants will learn the basics of floating on 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 8 - Oct 27	\$44	12961
3+	Th	6:00-6:25p	Sep 8 - Oct 27	\$44	12962
3+	Sat	10:00-10:25a	Sep 10 - Oct 22	\$44	12963
3+	Sat	11:00-11:25a	Sep 10 - Oct 22	\$44	12964
3+	Th	5:30-5:55p	Nov 3 - Dec 15	\$38	12965
3+	Th	6:00-6:25p	Nov 3 - Dec 15	\$38	12966
3+	Sat	10:00-10:25a	Nov 5 - Dec 17	\$38	12967
3+	Sat	11:00-11:25a	Nov 5 - Dec 17	\$38	12968



Level 3

Level 3 swim lessons focus on forward movement and direction change. Participants 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 8 - Oct 27	\$44	12969
3+	Th	6:00-6:25p	Sep 8 - Oct 27	\$44	12970
3+	Sat	10:30-10:55a	Sep 10 - Oct 22	\$44	12971
3+	Sat	11:30-11:55a	Sep 10 - Oct 22	\$44	12972
3+	Th	5:30-5:55p	Nov 3 - Dec 15	\$38	12973
3+	Th	6:00-6:25p	Nov 3 - Dec 15	\$38	12974
3+	Sat	10:30-10:55a	Nov 5 - Dec 17	\$38	12975
3+	Sat	11:30-11:55a	Nov 5 - Dec 17	\$38	12976

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 8 - Oct 27	\$44	12977
3+	Th	6:00-6:25p	Sep 8 - Oct 27	\$44	12978
3+	Sat	10:30-10:55a	Sep 10 - Oct 22	\$44	12979
3+	Sat	11:30-11:55a	Sep 10 - Oct 22	\$44	12980
3+	Th	5:30-5:55p	Nov 3 - Dec 15	\$38	12981
3+	Th	6:00-6:25p	Nov 3 - Dec 15	\$38	12982
3+	Sat	10:30-10:55a	Nov 5 - Dec 17	\$38	12983
3+	Sat	11:30-11:55a	Nov 5 - Dec 17	\$38	12984

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 8 - Oct 27	\$44	12985
3+	Th	6:00-6:25p	Sep 8 - Oct 27	\$44	12986
3+	Sat	10:30-10:55a	Sep 10 - Oct 22	\$44	12987
3+	Sat	11:30-11:55a	Sep 10 - Oct 22	\$44	12988
3+	Th	5:30-5:55p	Nov 3 - Dec 15	\$38	12989
3+	Th	6:00-6:25p	Nov 3 - Dec 15	\$38	12990
3+	Sat	10:30-10:55a	Nov 5 - Dec 17	\$38	12991
3+	Sat	11:30-11:55a	Nov 5 - Dec 17	\$38	12992

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. Each lesson is 30 minutes in length.

Age	Day	Time	Dates	Fee	Barcode
3+	Th	5:30-6:00p	Sep 8 - Oct 27	\$105	12993
3+	Th	6:00-6:30p	Sep 8 - Oct 27	\$105	12994
3+	Sat	10:00-10:30a	Sep 10 - Oct 22	\$105	12995
3+	Sat	10:30-11:00a	Sep 10 - Oct 22	\$105	12996
3+	Sat	11:00-11:30a	Sep 10 - Oct 22	\$105	13030
3+	Sat	11:30a-12:00p	Sep 10 - Oct 22	\$105	13031
3+	Th	5:30-6:00p	Nov 3 - Dec 15	\$90	12997
3+	Th	6:00-6:30p	Nov 3 - Dec 17	\$90	12998
3+	Sat	10:00-10:30a	Nov 5 - Dec 17	\$90	12999
3+	Sat	10:30-11:00a	Nov 5 - Dec 17	\$90	12300
3+	Sat	11:00-11:30a	Nov 5 - Dec 17	\$90	13032
3+	Sat	11:30a-12:00p	Nov 5 - Dec 17	\$90	13033

Lifeguard Class

Those seeking the full certification must attend all dates in session. Those seeking recertification only need to attend Sunday. Register by October 10.

Age	Day	Time	Dates	Fee	Barcode
15+	Fri	5:00p-9:00p	Oct 14	\$175	12942
	Sat	10:00a-5:00p	Oct 15		
15+	Sun	10:00a-5:00p	Oct 16	\$100	12943



STINGRAYS SWIM TEAM

Masters

Whether you want to swim for fun, fitness, triathlons or to compete, our coaches can help. This is for adults only! Come out and have some fun swimming! All levels of swimmers are welcome

Age	Day	Time	Dates	Fee	Barcode
18+	M, W	7:00-8:00p	Sep 7 - Sep 28	\$35	12944
18+	M, W	7:00-8:00p	Oct 3 - Oct 31	\$35	12945
18+	M, W	7:00-8:00p	Nov 2 - Nov 30	\$35	13096



Junior Stingrays - Beginner

Come out and join the Junior Stingrays! Learn all four strokes, how to dive, and get ready to advance to the Stingrays Swim Club! Swimmers should be able to complete one length of the pool freestyle and backstroke.

Age	Day	Time	Dates	Fee	Barcode
5+	M, W	6:00-6:30p	Sep 7 - Sep 28	\$50	12950
5+	M, W	6:00-6:30p	Oct 3 - Oct 31	\$50	12951
5+	M, W	6:00-6:30p	Nov 2 - Nov 30	\$50	13095

10 & Under

For those interested in competitive advancement through training, stroke, skill refinement and team commitment. All swimmers must have coaches approval.

Age	Day	Time	Dates	Fee	Barcode
10U	M-W, F	5:00-6:00p	Sep 6 - Sep 30	\$90	12946
10U	M-W, F	5:00-6:00p	Oct 3 - Oct 28	\$90	12947
10U	M-W, F	5:00-6:00p	Nov 1 - Nov 30	\$90	13097

11 & Up

The level of aerobic and anaerobic training will increase. This team is for committed athletes, and continues to focus on all aspects of the sport, including technique, psychology, nutrition, and race strategy. Open to those who can swim all four strokes, with coaches approval.

Age	Day	Time	Dates	Fee	Barcode
11+	M-W	5:00-7:00p	Sep 6 - Sep 30	\$125	12948
	Th	6:30-8:00p			
	Fri	3:00-5:00p			
11+	M-F	5:00-7:00p	Oct 3 - Oct 28	\$125	12949
	Th	6:30-8:00p			
	Fri	3:00-5:00p			
11+	M-F	5:00-7:00p	Nov 1 - Nov 30	\$125	13099
	Th	6:30-8:00p			
	Fri	3:00-5:00p			

GYMNASTICS

DUIS RECREATION CENTER

211 E. 23rd Street | 815.622.6200

There will be no lessons Sep. 5 due to Labor Day, and no lessons Nov. 21-26 due to the Thanksgiving holiday.

Team Gymnastics

Open to students ages 6+ who meet the requirements through a coaches recommendation or evaluation. Our team participants compete in AAU & USAG meets. For more info, please speak with your child's coach.

2 & 3 Yr. Olds

This is a parent participation class. Classes allow your child to explore the gym at their own pace. Parents assist children 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	Tues	9:00-9:30a	Aug 30 - Oct 4	\$36	12866
2-3	Tues	9:30-10:00a	Aug 30 - Oct 4	\$36	12867
2-3	Th	9:00-9:30a	Sep 1 - Oct 6	\$36	12868
2-3	Th	9:30-10:00a	Sep 1 - Oct 6	\$36	12869
2-3	Sat	9:00-9:30a	Sep 3 - Oct 8	\$36	12870
2-3	Sat	9:30-10:00a	Sep 3 - Oct 8	\$36	12871
2-3	Sat	10:00-10:30a	Sep 3 - Oct 8	\$36	12872
2-3	Tues	9:00-9:30a	Oct 18 - Dec 13	\$48	12873
2-3	Tues	9:30-10:00a	Oct 18 - Dec 13	\$48	13052
2-3	Th	9:00-9:30a	Oct 20 - Dec 15	\$48	13053
2-3	Th	9:30-10:00a	Oct 20 - Dec 15	\$48	13054
2-3	Sat	9:00-9:30a	Oct 22 - Dec 17	\$48	13055
2-3	Sat	9:30-10:00a	Oct 22 - Dec 17	\$48	13056
2-3	Sat	10:00-10:30a	Oct 22 - Dec 17	\$48	13057

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.

Age	Day	Time	Dates	Fee	Barcode
4	Mon	4:00-4:45p	Aug 29 - Oct 3	\$53	12874
4	Tues	4:00-4:45p	Aug 30 - Oct 4	\$63	12875
4	Wed	4:00-4:45p	Aug 31 - Oct 5	\$63	12876
4	Wed	5:00-5:45p	Aug 31 - Oct 5	\$63	12877
4	Th	4:00-4:45p	Sep 1 - Oct 6	\$63	12878
4	Mon	4:00-4:45p	Oct 17 - Dec 12	\$84	12879
4	Tues	4:00-4:45p	Oct 18 - Dec 13	\$84	12880
4	Wed	4:00-4:45p	Oct 19 - Dec 14	\$84	12881
4	Wed	5:00-5:45p	Oct 19 - Dec 14	\$84	13058
4	Th	4:00-4:45p	Oct 20 - Dec 15	\$84	13059

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.

Age	Day	Time	Dates	Fee	Barcode
5	Mon	4:30-5:30p	Aug 29 - Oct 3	\$70	12882
5	Tues	5:00-6:00p	Aug 30 - Oct 4	\$84	12883
5	Wed	4:30-5:30p	Aug 31 - Oct 5	\$84	12884
5	Wed	5:30-6:30p	Aug 31 - Oct 5	\$84	12885
5	Wed	6:00-7:00p	Aug 31 - Oct 5	\$84	12886
5	Th	5:00-6:00p	Sep 1 - Oct 6	\$84	12887
5	Mon	4:30-5:30p	Oct 17 - Dec 12	\$112	12888
5	Tues	5:00-6:00p	Oct 18 - Dec 13	\$112	12889
5	Wed	4:30-5:30p	Oct 19 - Dec 14	\$112	13060
5	Wed	5:30-6:30p	Oct 19 - Dec 14	\$112	13061
5	Wed	6:00-7:00p	Oct 19 - Dec 14	\$112	13062
5	Th	5:00-6:00p	Oct 20 - Dec 15	\$112	13063

Introduction to Gymnastics

This class is for graduates from our 5-year-old class and those brand new to gymnastics. Students will learn fundamental gymnastics skills, improve coordination, flexibility, strength, balance, agility and air-awareness.

Age	Day	Time	Dates	Fee	Barcode
5-9	Mon	4:00-5:00p	Aug 29 - Oct 3	\$70	12904
5-9	Mon	5:00-6:00p	Aug 29 - Oct 3	\$70	12905
5-9	Mon	6:00-7:00p	Aug 29 - Oct 3	\$70	12906
5-9	Tues	4:00-5:00p	Aug 30 - Oct 4	\$84	12907
5-9	Wed	4:00-5:00p	Aug 31 - Oct 5	\$84	12908
5-9	Wed	6:30-7:30p	Aug 31 - Oct 5	\$84	12909
5-9	Th	6:00-7:00p	Sep 1 - Oct 6	\$84	12910
5-9	Mon	4:00-5:00p	Oct 17 - Dec 12	\$112	12911
5-9	Mon	5:00-6:00p	Oct 17 - Dec 12	\$112	12912
5-9	Mon	6:00-7:00p	Oct 17 - Dec 12	\$112	13066
5-9	Tues	4:00-5:00p	Oct 18 - Dec 13	\$112	13067
5-9	Wed	4:00-5:00p	Oct 19 - Dec 14	\$112	13068
5-9	Wed	6:30-7:30p	Oct 19 - Dec 14	\$112	13069
5-9	Th	6:00-7:00p	Oct 20 - Dec 15	\$112	13070

Level 1

In this class, students continue to build beginning gymnastics skills on vault, bars, beam, floor and trampolines. Each class we challenge students both mentally and physically. We want your child to leave feeling confident and excited to return the following week!

Age	Day	Time	Dates	Fee	Barcode
7+	Mon	5:00-6:00p	Aug 29 - Oct 3	\$70	12913
7+	Tues	5:00-6:00p	Aug 30 - Oct 4	\$84	12914
7+	Tues	6:00-7:00p	Aug 30 - Oct 4	\$84	12915
7+	Th	7:00-8:00p	Sep 1 - Oct 6	\$84	12916
7+	Mon	5:00-6:00p	Oct 17 - Dec 12	\$112	12917
7+	Tues	5:00-6:00p	Oct 18 - Dec 13	\$112	12918
7+	Tues	6:00-7:00p	Oct 18 - Dec 13	\$112	13071
7+	Th	7:00-8:00p	Oct 20 - Dec 15	\$112	13072

Level 1.5

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

Age	Day	Time	Dates	Fee	Barcode
7+	Tues	6:00-7:00p	Aug 30 - Oct 4	\$84	12919
7+	Th	4:00-5:00p	Sep 1 - Oct 6	\$84	12920
7+	Tues	6:00-7:00p	Oct 18 - Dec 13	\$112	12921
7+	Th	4:00-5:00p	Oct 20 - Dec 15	\$112	13073

Level 2

This class is for students that have successfully met the skill requirements for Level 1 and Level 1.5. We will emphasize overall fitness, flexibility and strength as to ensure athletes are prepared for higher level skills. *Instructor recommendation required.

Age	Day	Time	Dates	Fee	Barcode
7+	Mon	7:00-8:00p	Aug 29 - Oct 3	\$70	12922
7+	Tues	7:00-8:00p	Aug 30 - Oct 4	\$84	12923
7+	Wed	5:00-6:00p	Aug 31 - Oct 5	\$84	12924
7+	Wed	7:00-8:00p	Aug 31 - Oct 5	\$84	13074
7+	Th	6:00-7:00p	Sep 1 - Oct 6	\$84	13075
7+	Mon	7:00-8:00p	Oct 17 - Dec 12	\$112	13076
7+	Tues	7:00-8:00p	Oct 18 - Dec 13	\$112	13077
7+	Wed	5:00-6:00p	Oct 19 - Dec 14	\$112	13078
7+	Wed	7:00-8:00p	Oct 19 - Dec 14	\$112	13079
7+	Th	6:00-7:00p	Oct 20 - Dec 15	\$112	13080

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. As in all our recreational classes, flexibility, strength and coordination are important elements of each class. These are essential to safety and progression in the sport. *Instructor recommendation required.

Age	Day	Time	Dates	Fee	Barcode
7+	Wed	7:00-8:00p	Aug 31 - Oct 5	\$84	12925
7+	Th	5:00-6:00p	Sep 1 - Oct 6	\$84	12926
7+	Wed	7:00-8:00p	Oct 19 - Dec 14	\$112	13081
7+	Th	5:00-6:00p	Oct 20 - Dec 15	\$112	13082

Level 3

This class is for students that have successfully met the skill requirements for all previous levels. In this challenging program students will be working on Level 3 skills on all the events. *Instructor recommendation required.

Age	Day	Time	Dates	Fee	Barcode
7+	Mon	6:00-7:00p	Aug 29 - Oct 3	\$70	12927
7+	Wed	6:00-7:00p	Aug 31 - Oct 5	\$70	13083
7+	Mon	6:00-7:00p	Oct 17 - Dec 12	\$112	13085
7+	Wed	6:00-7:00p	Oct 19 - Dec 14	\$112	13086

Level 4

This class is for students that have successfully met the skill requirements for all previous levels. In this challenging program students will be working on Level 4 skills on all the events. *Instructor recommendation required.

Age	Day	Time	Dates	Fee	Barcode
7+	Th	7:00-8:00p	Sep 1 - Oct 6	\$84	13087
7+	Th	7:00-8:00p	Oct 20 - Dec 15	\$112	13088

All Star Cheer

All Star Cheer is a high energy, team-based, performance sport. Athletes compete with a 2 and a 1/2 minute routine composed of tumbling, stunting, pyramids and dance segments. Routines will be showcased at the end.

Age	Day	Time	Dates	Fee	Barcode
4-6	Wed	6:30-7:00p	Aug 31 - Oct 5	\$42	12902
4-6	Wed	6:30-7:00p	Oct 19 - Dec 14	\$56	13064
7-12	Wed	7:00-8:00p	Aug 31 - Oct 5	\$84	12903
7-12	Wed	7:00-8:00p	Oct 19 - Dec 14	\$112	13065

Middle School Tumbling

This class will focus on a broad range of skills, from basic tumbling fundamentals (rolls, handstands cartwheels) to advanced skills (round-offs, back handsprings, flips and aerials). We will emphasize overall fitness, flexibility and strength. Participants will spend time on tumbling, jumps, and motions for cheer, as well as, leaps and turns for dancers.

Age	Day	Time	Dates	Fee	Barcode
11-14	Mon	7:00-8:00p	Aug 29 - Oct 3	\$70	12928
11-14	Mon	7:00-8:00p	Oct 17 - Dec 12	\$112	13092

Tumbling 1 - Beginner

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

Age	Day	Time	Dates	Fee	Barcode
7+	Mon	5:30-6:30p	Aug 29 - Oct 3	\$70	12931
7+	Tues	7:00-8:00p	Aug 30 - Oct 4	\$84	12932
7+	Mon	5:30-6:30p	Oct 17 - Dec 12	\$112	13089
7+	Tues	7:00-8:00p	Oct 18 - Dec 13	\$112	13090

Tumbling 2 - Intermediate

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

Age	Day	Time	Dates	Fee	Barcode
7+	Mon	6:30-7:30p	Aug 29 - Oct 3	\$70	12933
7+	Mon	6:30-7:30p	Oct 17 - Dec 12	\$112	12934

Tumbling 3 - Advanced

This class is for students that have successfully mastered the requirements for both Beginning and Intermediate Tumbling. Instructors work with tumblers to develop a strong work ethic as they learn new and exciting skills. *Instructor recommendation required.

Age	Day	Time	Dates	Fee	Barcode
7+	Mon	7:00-8:00p	Aug 29 - Oct 3	\$70	12935
7+	Mon	7:00-8:00p	Oct 17 - Dec 12	\$112	13091



TENNIS

WESTWOOD TENNIS CENTER

1900 Westwood Drive, Building #2 | 815.622.6201

Saturday Youth

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

Age	Day	Time	Dates	Fee	Barcode
4-8	Sat	9:00-10:00a	Sep 10 - Sep 24	\$40	12855
4-8	Sat	9:00-10:00a	Oct 15 - Oct 29	\$40	12856
4-8	Sat	9:00-10:00a	Nov 5 - Nov 19	\$40	12857
9-13	Sat	10:00-11:00a	Sep 10 - Sep 24	\$40	12858
9-13	Sat	10:00-11:00a	Oct 15 - Oct 29	\$40	12859
9-13	Sat	10:00-11:00a	Nov 5 - Nov 19	\$40	12860

Red

This class introduces tennis to your child through a fun and exciting approach. In this class we will work on hand eye coordination drills along with developing movement and basic tennis skills. Students grow comfortable with the game through use of age appropriate equipment.

Age	Day	Time	Dates	Fee	Barcode
4-8	Mon	3:45-4:30p	Sep 12 - Oct 10	\$67	12843
4-8	Mon	3:45-4:30p	Oct 17 - Nov 14	\$67	12844

Orange

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

Age	Day	Time	Dates	Fee	Barcode
7-11	Mon	4:30-5:30p	Sep 12 - Oct 10	\$70	12845
7-11	Mon	4:30-5:30p	Oct 17 - Nov 14	\$70	12846

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 as well.

Age	Day	Time	Dates	Fee	Barcode
9-12	Tues	4:00-5:00p	Sep 13 - Oct 11	\$70	12847
9-12	Tues	4:00-5:00p	Oct 18 - Nov 15	\$70	12848

Intro 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 and stroke refinement.

Age	Day	Time	Dates	Fee	Barcode
12-18	Tues	5:00-6:30p	Sep 13 - Oct 11	\$98	12849
12-18	Tues	5:00-6:30p	Oct 18 - Nov 15	\$98	12850



High Performance

High Performance works with our most advanced players here at Westwood. Stroke refinement, patterns of play and match play are all primary focuses. Participants are expected to play in USTA tournaments, as well as Junior Team Tennis. Your child MUST be approved through our head pro Jake Lipka to register.

Age	Day	Time	Dates	Fee	Barcode
12-18	Mon	5:30-7:00p	Sep 12 - Oct 10	\$98	12851
12-18	Mon	5:30-7:00p	Oct 17 - Nov 14	\$98	12852

Fall Tournament

Come on out for one of our single day tournaments at Westwood this fall. Tournaments will be formatted to be completed in the same morning they start. All skill levels welcome. A great way to get stronger at match play is to try a low pressure single day tournament!

Division	Date	Time	Fee	Barcode
Boys 18U	Oct 8	8:00a	\$20	13129
Boys 14U	Oct 15	8:00a	\$20	13130
Girls 14U	Oct 29	8:00a	\$20	13131
Girls 18U	Nov 5	8:00a	\$20	13132

US Open Party

Come on out Friday, September 9 from 6-9 p.m. We will have pizza, snacks, open courts and of course the US Open on TV! Try and serve like the pros on our Playsight Technology Smart Court and see how fast you can strike the ball. Cost is \$15 per adult; free for ages 17 & under. Kids 13 and under must be supervised during this event. You must register everyone ahead of time. Deadline to register is Wednesday, September 7.

Age	Day	Time	Date	Fee	Barcode
4-17	Fri	6:00-9:00p	Sep 9	\$0	13094
18+	Fri	6:00-9:00p	Sep 9	\$15	13133

Adult Beginner

Give something new a try! This program is for adults returning to the sport, new to the sport or simply looking for more insight on their game.

Age	Day	Time	Dates	Fee	Barcode
18+	Wed	5:00-6:00p	Sep 14 - Oct 12	\$60	12853
18+	Wed	5:00-6:00p	Oct 19 - Nov 16	\$60	12854

Adult Advanced Drills

These drills are for advanced players and focus on doubles strategy and stroke refinement. Must have three participants for each date to run. Adult Advanced Drills are posted online every Monday morning for the week. Contact Jake Lipka if you have questions at 815-622-6063. Drills begin Tuesday, September 6.

Age	Day	Time	Dates	Fee
18+	T, W	8:30-10:00a	Ongoing	\$15/class
18+	Fri	8:00-9:30a	Ongoing	\$15/class

Cardio Tennis

Get your blood flowing with Cardio Tennis at the Westwood Tennis Center! Cardio Tennis features games and drills that keep your feet moving and the sweat pouring. Prior tennis experience not required, tennis racquets can be provided if needed. If you're a frequent player be sure to Ask about our cardio punch cards today!

Age	Day	Time	Dates	Fee
18+	T, Th	12:00-1:00p	Ongoing	\$9/class

Men's Drills

Start your Saturday off right with a Mens Tennis drill at Westwood. Mens drill includes various doubles games focusing on strategy and formations. Participants MUST call ahead by noon on the Friday prior to reserve their space. Call Jake Lipka at 815-622-6063 to register.

Age	Day	Time	Dates	Fee
18+	Sat	10:00-11:30a	Ongoing	\$15/class

YOUTH ATHLETICS

WESTWOOD FITNESS & SPORTS CENTER

1900 Westwood Drive | 815.622.6201

Youth Flag Football

Are you ready for football? Flag football that is! Learn the basics in this instructional and fun league. Games are played every Saturday, and practices are held once per week. Age groups will be formed based on registration numbers. To guarantee your child a spot in the program make sure to register by August 15. If you are interested in being a volunteer coach, please indicate so on your child's registration form.

Grade	Day	Time	Dates	Fee	Barcode
PreK	Sat	9:00a-1:00p	Sep 3 - Nov 5	\$60	13020
K	Sat	9:00a-1:00p	Sep 3 - Nov 5	\$60	13028
1 st	Sat	9:00a-1:00p	Sep 3 - Nov 5	\$60	13022
2 nd	Sat	9:00a-1:00p	Sep 3 - Nov 5	\$60	13023
3 rd	Sat	9:00a-1:00p	Sep 3 - Nov 5	\$60	13024
4 th	Sat	9:00a-1:00p	Sep 3 - Nov 5	\$60	13025
5 th	Sat	9:00a-1:00p	Sep 3 - Nov 5	\$60	13026
6 th	Sat	9:00a-1:00p	Sep 3 - Nov 5	\$60	13027



YOUTH WINTER BASKETBALL

Registration will open on October 1 for this PreK through 6th grade league. Details will be posted on Facebook.

Youth Outdoor Soccer

Our fall soccer league is a great way for your child to learn the game of soccer in a fun and educational environment. Games are played every Saturday with practices held once per week. Age groups will be formed based on registration numbers. Register by August 12 to ensure your child a spot in the program. If you are interested in being a volunteer coach, please indicate so on your child's registration form.

Grade	Day	Time	Dates	Fee	Barcode
PreK	Sat	8:30a-12:30p	Aug 27 - Oct 29	\$60	13041
K	Sat	8:30a-12:30p	Aug 27 - Oct 29	\$60	13040
1 st	Sat	8:30a-12:30p	Aug 27 - Oct 29	\$60	13035
2 nd	Sat	8:30a-12:30p	Aug 27 - Oct 29	\$60	13036
3 rd	Sat	8:30a-12:30p	Aug 27 - Oct 29	\$60	13037
4 th	Sat	8:30a-12:30p	Aug 27 - Oct 29	\$60	13038
5 th	Sat	8:30a-12:30p	Aug 27 - Oct 29	\$60	13039

Middle School Soccer

Coach Gabe Ocampo returns to share his expertise and passion for the game with middle school players. Games are played every Saturday, and practices are held once per week. Be sure to register by August 12 to ensure a spot.

Grade	Day	Time	Dates	Fee	Barcode
6 th -8 th	Sat	11:30a-1:30p	Aug 27 - Oct 29	\$60	13050



Westwood

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1900 WESTWOOD DR., STERLING, IL
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1. Fresh smoothies are loaded with vitamins A, C, fiber, antioxidants and vital micronutrients.
2. Fruit is a great natural source of sugar to fight cravings.
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4. Fiber and raw fruit promote a healthy metabolism.
5. Flexible recipes allow for adding in extra nutrient sources and superfoods you may not normally eat.
6. Fresh smoothies are great at masking the flavor of spinach, leafy greens and other common vegetables added to smoothies.
7. Smoothies can be a great source of protein or a meal replacement with your favorite supplements.
8. Smoothies can be keto, plant-based, vegan, allergy sensitive and low calorie.
9. Smoothies are a great pre or post workout energy boost.
10. Perfect treat while you're busy and on the go!



HOURS OF OPERATION:

M-F: 6 a.m. - 8 p.m. | Sat/Sun: 6 a.m. - Facility Close