

Winter 2022/2023 **ACTIVITY GUIDE**

REGISTER FOR PROGRAMS AT [STERLINGPARKS.ORG](https://sterlingparks.org)



Winter 2022/2023 ACTIVITY GUIDE

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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.

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.

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.

ACTIVITY GUIDE

Changes to the information in the Activity Guide may occur after publication. We attempt to keep information on our website as current as possible.

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.

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 information, visit sterlingparks.org.

REGISTRATION

ONLINE

Visit sterlingparks.org, and follow the "Click here to register now" icon to view available programs. New users will need to set up an account; returning users will need to log in to an existing account. No service fees applied. For questions regarding online registration, please call 815.622.6200.

WALK-IN

Visit Westwood or Duis Center in person to register for programs during regular facility hours. These registrations are processed on a first come first serve basis. You will receive immediate confirmation on your enrollment.

MAKE CHECKS PAYABLE TO STERLING PARK DISTRICT

BOARD OF COMMISSIONERS



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MAGGIE EGERT
Commissioner
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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
& DOOGWOOD
ACRES DOG PARK**
2301 12th Ave.

PARK DISTRICT STAFF



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Park Specialist



ERIC CASTRO
Park Specialist



JAKE BROOKS
Emerald Hill Superintendent
jbrooks@sterlingparks.org



BOB WATTS
Emerald Hill Assistant
Superintendent/Mechanic

WESTWOOD

FITNESS & SPORTS CENTER



1900 Westwood Drive, Sterling



815.622.6201



Westwood Fitness & Sports Center is the Sauk Valley's largest fitness facility. When it comes to meeting your fitness needs, Westwood is the only stop you need to make!

The three building complex features over 35,000 square feet of fitness equipment, including functional training space, boxing equipment, indoor turf and a 200-meter indoor track. The facility also features indoor basketball, volleyball, tennis and pickleball courts; plus an indoor batting cage, turf practice field and a 60-yard indoor soccer/football field.

Childcare is available while you workout for ages 3-months to 12-years-old. Round out your visit by refueling at the Westwood Smoothie Company, with recipes featuring whole fruits and veggies!

WESTWOOD AGE RESTRICTIONS*

TOTAL FITNESS MEMBERS

- 14+ yrs: Can utilize all fitness areas** and track building without an adult.
 - 14/15 year-olds must complete Introduction to Weightlifting (see page 11).
- 9-13 yrs: Can utilize all fitness areas** with an adult after completing a Park District offered Youth Fitness class (with a specially colored ID card).
- 13 & under: Can utilize the track building with an adult also in the track building.

DROP-INS

- 16+ yrs: Can utilize all fitness areas** and track building without an adult.
- 9-15 yrs: 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 acknowledgment that they are only allowed to do this until the next youth fitness class is offered.
- 15 & under: 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 a Park District program, or attending Kids Gym or a party.

WESTWOOD WELLNESS

- Age restrictions to be announced at a later date.

BUILDING #2

- Any age can play if an adult is in the building #2 lobby.
- Must be 14 to rent without a parent.

BUILDING #3

- 14+ yrs: Can utilize building #3 lower areas without an adult.
- 13 & under: Must have an adult present.

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

**Fitness areas include: cardio, upper/lower fitness, functional training, fitness turf, HIIT House, Warehouse & 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. - 8:00 p.m.

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.

WESTWOOD TENNIS CENTER HOURS (BUILDING #2)

Monday-Friday:

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.

BUILDING #3 HOURS

Rentals Only: Call ahead for availability.

HOLIDAY HOURS:

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

Christmas Eve & NY Eve: 6:00 a.m. - 4:00 p.m.

Christmas Day & NY Day: 6:00 a.m. - 12:00 p.m.

KIDS GYM:

Thanksgiving: 8:00 a.m. - 12:00 p.m.

Christmas Eve & NY Eve: 9:00 a.m. - 4:00 p.m.

Christmas Day: Closed

New Year's Day: 9:00 a.m. - 4:00 p.m.

WESTWOOD WELLNESS OPENING EARLY 2023

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, cryotherapy chamber and Alter-G (anti-gravity) treadmill.

WESTWOOD WELLNESS AMENITIES:

- 5 Infrared Saunas (one providing red light and halo/salt therapies)
- 4 Hydro Massage Loungers
- 2 Stand-Up Tanning Booths
- 1 Spray Tan Booth
- 1 Cryotherapy Chamber
- Compression/Recovery Lounge with Zero Gravity Chairs
- 1 Alter-G (Anti-Gravity) Treadmill



Westwood SMOOTHIE CO.

HEALTHY DRINKS THAT TASTE GOOD!

- 100% Whole, Real Fruits & Veggies
- Allergy Sensitive Recipes
- Performance Boosting Options



**1900 WESTWOOD DR., STERLING
BUILDING #1 | 815.622.6201**
OPEN SEVEN DAYS PER WEEK
6:00 A.M. - 8:00 P.M.

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

Dana Dietz, CMT, CPT
815 564 7352
M/T/W/F 9am-7pm
Sat 9am-12pm

Ryan Jandrey, LMT, CPT
815 631 4451
T/W/Th/F 2pm-8pm
Sat 7am-12pm

Cupping
Deep Tissue
Medical



Sports
Therapeutic
Deep Tissue

ProStrength.ClinicSense.com

DUIS CENTER

 211 East 23rd Street, Sterling

 815.622.6200



The Duis Center serves as home to our swimming and gymnastics programs. The facility also features group/party rental space.

SWIMMING POOL: Features include an indoor 25-yard, six lane lap pool with a separate diving well at a depth of 12-feet. The diving well also includes a 1-meter diving board. Swim lessons, water fitness classes, lap swim and open swim are available. The Duis Center is also home to the Sterling Stingrays swim team.

GYMNASTICS: The first floor gymnastics area features uneven bars, beams, vault and floor; plus tumbling features such as tumbl-trak and double mini trampoline. The second floor "Little Gym" area features a mini-mountain inflatable, suitable for ages 3-6 years old.

MULTI-PURPOSE ROOM: This space is available for party or event rentals starting at \$55/hr. The multi-purpose room is also utilized for Tae Kwon Do classes and board meetings.

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:

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

Christmas Eve: 9:00 a.m. - 4:00 p.m.

Christmas Day: Closed

New Year's Eve: 9:00 a.m. - 4:00 p.m.

New Year's Day: 12:00 p.m. - 4:00 p.m.

STERLING SCHOOLS OPEN SWIM

Dec. 22, 23, 26-30; Jan. 2-4, 16; Feb. 20

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

PARTY RENTAL

**KIDS GYM | TURF | SWIMMING | GYMNASTICS
TENNIS | BASKETBALL | VOLLEYBALL**

The Sterling Park District offers a variety of party rental options at Westwood and Duis Center. We offer Kids Gym party rental, turf field rental, pool parties, gymnastics rental, tennis parties, basketball and volleyball parties. Chairs and tables are available for use, and pre-packaged/store bought food may be served. Sports equipment may be provided depending on the selected party location.

The possibilities are endless when booking your next big bash with the Sterling Park District! Pricing varies. Check on availability by calling the appropriate facility. Learn more by visiting our website at sterlingparks.org.



Westwood & Duis Center



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 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 (Coming Soon)
 - Batting cage (mezzanine level only)**

| | Monthly | Annual | Military: Monthly**** | Military: Annual**** |
|-------------------------|--------------------|---------------------|-----------------------|----------------------|
| Youth (13 yrs & under) | \$16 ⁴¹ | \$160 ⁰⁰ | — | — |
| Young Adult (14-20 yrs) | \$25 ⁵⁸ | \$270 ⁰⁰ | \$19 ³³ | \$205 ⁰⁰ |
| Adult (21-59 yrs) | \$39 ³³ | \$435 ⁰⁰ | \$31 ⁰⁸ | \$335 ⁰⁰ |
| Household | \$61 ⁹¹ | \$705 ⁰⁰ | \$49 ⁴¹ | \$555 ⁰⁰ |
| Single Household | \$54 ⁶⁶ | \$620 ⁰⁰ | \$44 ⁴¹ | \$495 ⁰⁰ |
| Couple | \$57 ¹⁶ | \$650 ⁰⁰ | \$46 ⁹¹ | \$525 ⁰⁰ |
| Senior Household | \$57 ¹⁶ | \$650 ⁰⁰ | \$46 ⁹¹ | \$525 ⁰⁰ |
| Senior (60+) | \$31 ⁸³ | \$345 ⁰⁰ | \$26 ⁰⁸ | \$275 ⁰⁰ |
| Senior Couple (60+) | \$54 ⁶⁶ | \$620 ⁰⁰ | \$41 ⁹¹ | \$465 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. **Military Pass:** 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 | \$105 | \$75 | \$75 |
| 15 Punch Youth/Senior* | \$95 | \$70 | \$70 |
| 30 Punch Adult | \$190 | \$125 | \$125 |
| 30 Punch Youth/Senior* | \$180 | \$120 | \$120 |
| 12 Punch Early Bird (4:30-7:00 a.m.) | — | — | \$38 |
| 12 Punch Early Bird/Noon Lap Swim | — | \$50 | — |

*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 ⁵⁰ |
| Open Track..... | \$6 ⁵⁰ |
| Open Soccer..... | \$6 ⁵⁰ |
| Pickleball..... | \$6 ⁵⁰ |

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

WESTWOOD RENTAL FEES

| | |
|--|------------------------|
| Basketball/Volleyball (B3)..... | \$24/hr |
| Entire Turf Ball Field (B3)..... | \$75/hr |
| Batting Cage (B3-Mezzanine)..... | \$24/hr |
| Entire Turf Field & Batting Cage (B3)..... | \$85/hr |
| Indoor Soccer/Football Field (B1)... | \$80/hr |
| Pickleball Court..... | \$13 ⁵⁰ /hr |

(Available for rental during Westwood Tennis Center hours)

| | |
|------------------------|---|
| Tennis Court (B2)..... | \$19 ⁵⁰ /hr; \$24/hr (M-F: 3-8 p.m.) |
|------------------------|---|

DUIS CENTER DROP-IN FEES

| | |
|--------------------|-------------------|
| Water Walking..... | \$5 ⁵⁰ |
|--------------------|-------------------|

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

| | |
|---------------|-------------------|
| Lap Swim..... | \$5 ⁵⁰ |
|---------------|-------------------|

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

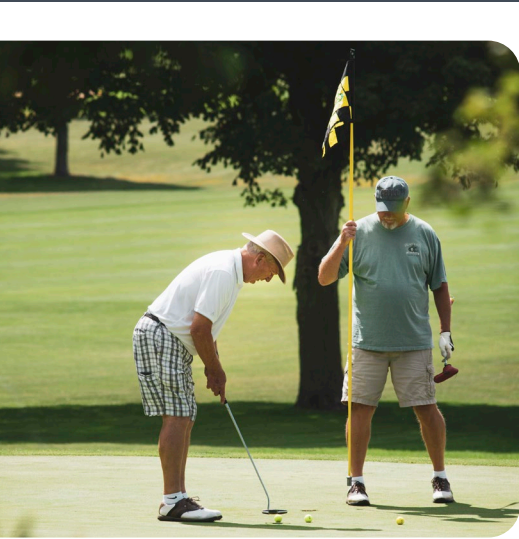
| | |
|----------------|-------------------------------|
| Open Swim..... | \$4 ⁰⁰ (5 & Under) |
| | \$6 ⁵⁰ (6 & Over) |

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

EMERALD HILL

 16802 Prairieville Rd., Sterling

 815.622.6204



GIFT CARD PRO SHOP HOURS:

Give the gift of golf this holiday season! The Pro Shop will be staffed on the following dates/times for in-person gift card purchases:

December 20 - 23, 2022

11:00 a.m. - 6:00 p.m.

DILLON HOME

 1005 E. 3rd Street, 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 its original furnishings. A tour through the Dillon Home is truly a step back in time, where 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

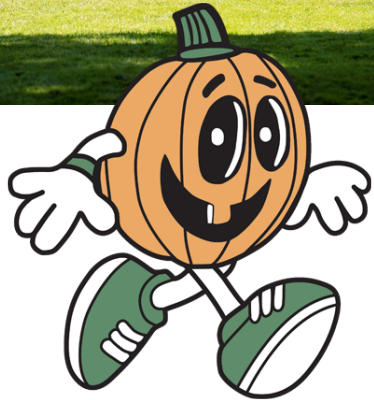
General Admission.....\$5⁵⁰

Seniors.....\$4⁵⁰

Ages 5 & Under.....Free

PUMPKIN DASH 2022

AGE GROUP WINNERS



The 30th Annual Pumpkin Dash Cross Country Festival was held on Saturday, October 1 at Hoover Park. The popular event is a Sterling tradition, featuring races that vary in distance for crawlers through 12-years-old. The first 1,000 participants received a small pumpkin and a goodie bag at the end of their race. Large pumpkins were awarded to the winning girl and boy of each heat (excluding the 2 yrs & under race).

This free event also featured bounce houses, a petting zoo, hayrack rides, face painting, activities with the Whiteside County Sheriff's Department and CGH ambulance tours! Concessions were provided by Sterling Optimists Club, including a free hot dog, bottle of water and chips for each participant.

Thank you to all of the volunteers who helped make this event a success once again!

3-YEAR-OLD GIRLS



Emerson Sly, Shae Russell & Nola Celestino

3-YEAR-OLD BOYS



Reid Holmes, Tristan Mack, Duncan Romero, Ivan Molina, Anu Sanchez & Ezekiel Mathew

4-YEAR-OLD GIRLS



Lennon Voss, Kinley Nailor & Nova Norton

4-YEAR-OLD BOYS



Dawson Porter, Azariah Mossholder, Daxton Richmond & Darrius Young

5-YEAR-OLD GIRLS



Emery Schneiderbauer, Rebecca Smith,
Aubrey Magana & Leddy Kness

5-YEAR-OLD BOYS



Ezra Williams, Finn Port, Beckham Sanchez,
Wyatt Fritz & Grayson Clevenger

6-YEAR-OLD GIRLS



Charlotte Drane, Adaline King, Baylor Parvin,
Analise Baker & Leila Lecaj

6-YEAR-OLD BOYS



Camden Lilly, Brycen Drane & King Neal

7-YEAR-OLD GIRLS



Reagan Yount, Aveyah Harris,
Pyper Wakely & Kinslee Guzzardo

7-YEAR-OLD BOYS



Jaxen Sturts, James Rodriguez,
Mason Smith & Logan Russell

8-YEAR-OLD GIRLS



Gracie Pettenger, Lana McMurtry
& Makynlee Shipma

8-YEAR-OLD BOYS



Declan Byrne, Connor Murphy & Zach Bohm

9-YEAR-OLD GIRLS



Hannah Blomstrand, Lyla Stage & Rylynn Hoffman

9-YEAR-OLD BOYS



Lucas Mammosser, Jionni Castaneda,
Wyatt Johnson & Octavius Taylor

10-YEAR-OLD GIRLS



Gretel Moreno & Brogann Peugh

10-YEAR-OLD BOYS



Adlai Hilty, Daniel Capriotti,
Braylyn Shirley & Wyatt Burger

11-YEAR-OLD GIRLS



Aubree Celestino & Yaretzi Ibarra

11-YEAR-OLD BOYS



Quinn Springman, Aiden McMurtry & Elijah Ward

12-YEAR-OLD GIRLS



Lil-Gee Hauck, Allison McMurtry & Gianna Campbell

12-YEAR-OLD BOYS



Jaykob Lehman, Noah Ross & Landon Peterson

FITNESS CLASSES

Classes are held at Westwood unless otherwise noted.

YOUTH FITNESS

Exploring Exercise

In our Exploring Exercise class, participants will learn a variety of exercises using their own body weight as well as equipment. Classes will utilize our ninja equipment, along with learning obstacle courses and the movements involved in the obstacle course. This class will incorporate a variety of agility and balance training, along with the general strength gain that comes with this kind of training. Participants will see themselves progress throughout each class session. For the final class of the session, we will put the skills together into one obstacle course. This only meets on Monday nights.

| Age | Day | Time | Dates | Fee | Barcode |
|-----|-----|------------|-----------------|------|---------|
| 6-8 | Mon | 5:30-6:15p | Dec 5 - Jan 9 | \$40 | 13207 |
| 6-8 | Mon | 5:30-6:15p | Jan 16 - Feb 20 | \$40 | 13208 |

Introduction to Youth Fitness

The goal for this class is to teach the general rules and guidelines that will help you feel safe, confident, and comfortable using our facilities. Our top priorities are to ensure your safety as you navigate the weight room and to instill respect for other members. You will learn about basic muscle groups and the exercises that work them, what makes a good warm up and cool down, and how to structure your workouts to get the most out of your time in the gym. Each class will consist of a classroom portion where we cover the information that we will then apply in the weight room/workout portion of the session. After successfully completing this class, participants will receive a specially colored ID giving them access to the fitness area with or without a parent depending upon their age. *FREE for members.

| Age | Day | Time | Date | Fee* | Barcode |
|------|-----|-------------|--------|------|---------|
| 9-11 | T | 5:30-7:30p | Dec 6 | \$25 | 13188 |
| 9-11 | Sat | 9:00-11:00a | Dec 10 | \$25 | 13191 |
| 9-11 | T | 5:30-7:30p | Jan 10 | \$25 | 13189 |
| 9-11 | Sat | 9:00-11:00a | Jan 14 | \$25 | 13192 |
| 9-11 | T | 5:30-7:30p | Feb 7 | \$25 | 13190 |
| 9-11 | Sat | 9:00-11:00a | Feb 11 | \$25 | 13194 |

Introduction to Weightlifting

This class will focus on proper lifting technique as well as program set up. We will also cover general weight room rules and etiquette that will help the participant in the fitness center. The goal for this class is to teach the general rules and guidelines that will help you feel safe, confident, and comfortable using our facilities. Our top priorities are to ensure your safety as you navigate the weight room and to instill respect for other members. After successfully completing this class, participants will receive a specially colored ID giving them access to the fitness area with or without a parent depending upon their age. Access to the fitness areas will not be allowed without this card. *FREE for members.

| Age | Day | Time | Date | Fee* | Barcode |
|-------|-----|--------------|--------|------|---------|
| 12-15 | Th | 5:30-7:30p | Dec 8 | \$25 | 13195 |
| 12-15 | Sat | 11:00a-1:00p | Dec 10 | \$25 | 13198 |
| 12-15 | Th | 5:30-7:30p | Jan 12 | \$25 | 13196 |
| 12-15 | Sat | 11:00a-1:00p | Jan 14 | \$25 | 13199 |
| 12-15 | Th | 5:30-7:30p | Feb 9 | \$25 | 13197 |
| 12-15 | Sat | 11:00a-1:00p | Feb 11 | \$25 | 13200 |

Ninja Beginners

Ninja Beginners is for participants that have completed Intro 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 | Dec 7 - Jan 11 | \$40 | 13201 |
| 9-14 | Wed | 5:30-6:30p | Jan 18 - Feb 22 | \$40 | 13202 |

Open Ninja Obstacles/Testing Day

Instructors will test the kids' abilities, while being a play day as well. Participants will be given a card to sign up for the Ninja Advanced class.

| Age | Day | Time | Date | Fee | Barcode |
|------|-----|------------|--------|-----|---------|
| 9-14 | Mon | 6:30-7:30p | Dec 5 | \$0 | 13205 |
| 9-14 | Mon | 6:30-7:30p | Jan 16 | \$0 | 13206 |

Ninja Advanced*

Ninja Advanced is for participants that are looking for a more challenging class. *Must attend an open obstacles day to qualify for class.

| Age | Day | Time | Dates | Fee | Barcode |
|------|-----|------------|-----------------|------|---------|
| 9-14 | Wed | 6:30-7:30p | Dec 7 - Jan 11 | \$40 | 13203 |
| 9-14 | Wed | 6:30-7:30p | Jan 18 - Feb 22 | \$40 | 13204 |

MARTIAL ARTS

Tae Kwon Do at Duis Center

Tae Kwon Do is offered for ages 8 and up in all levels at the Duis Center. TKD is one of the most widely practiced martial arts in the world. TKD is also a great form of fitness. New participants may try the first class for FREE!

| Age | Day | Time | Dates | Fee | Barcode |
|-----|-------|------------|----------------|------|---------|
| 4-7 | T, Th | 4:30-5:00p | Dec 1 - Dec 29 | \$30 | 13298 |
| 4-7 | T, Th | 4:30-5:00p | Jan 3 - Jan 31 | \$30 | 13299 |
| 4-7 | T, Th | 4:30-5:00p | Feb 2 - Feb 28 | \$30 | 13300 |
| 8+ | T, Th | 5:00-6:00p | Dec 1 - Dec 29 | \$45 | 13295 |
| 8+ | T, Th | 5:00-6:00p | Jan 3 - Jan 31 | \$45 | 13296 |
| 8+ | T, Th | 5:00-6:00p | Feb 2 - Feb 28 | \$45 | 13297 |



ADULT FITNESS



Westwood Fitness Orientations

This is an opportunity for both members and non-members to learn about exercise science, the importance of being active and prevention/control of disease and nutrition. Participants will also learn how to navigate our facility and equipment. Let us help you find your purpose on your fitness journey!

| Age | Day | Time | Dates | Fee | Barcode |
|-----|-------|--------------|------------|-----|---------|
| 15+ | T, Th | 10:00-11:00a | Dec 13, 15 | \$0 | 13209 |
| 15+ | T, Th | 5:30-6:30p | Dec 13, 15 | \$0 | 13210 |
| 15+ | T, Th | 10:00-11:00a | Jan 17, 19 | \$0 | 13211 |
| 15+ | T, Th | 5:30-6:30p | Jan 17, 19 | \$0 | 13213 |
| 15+ | T, Th | 10:00-11:00a | Feb 14, 16 | \$0 | 13212 |
| 15+ | T, Th | 5:30-6:30p | Feb 14, 16 | \$0 | 13214 |

Senior Fitness

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.

| Age | Day | Time | Dates |
|-----|---------------|------------|---------|
| 60+ | Mon, Wed, Fri | 8:30-9:15a | Ongoing |

Strength, Stretch & Balance at 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!

| Age | Day | Time | Dates |
|-----|------------------|------------|---------|
| 18+ | Tues, Wed, Thurs | 8:30-9:30a | Ongoing |

GROUP FITNESS CLASS SCHEDULE

Monday

| | | |
|---------------|--|------------|
| 5:30-6:30A | UNICUS | Warehouse |
| 6:15-6:45A | SPIN | HIIT House |
| 8:00-9:00A | STEPS FOR TODAY | Warehouse |
| 9:30-10:30A | TOTAL BODY TONING | Track Area |
| 11:00A-12:00P | UNICUS BODYWEIGHT & DUMBBELLS | Warehouse |
| 4:15-5:15P | UNICUS | Warehouse |
| 5:30-6:30P | UNICUS | Warehouse |
| 7:00-8:00P | WOMEN'S KICKBOXING | HIIT House |

Tuesday

| | | |
|------------|--------------------------|-------------------------------------|
| 5:30-6:30A | UNICUS | Warehouse |
| 7:00-8:00A | FIT FOR LIFE | Functional training/ weight room |
| 4:15-5:15P | UNICUS | Warehouse |
| 5:30-6:30P | TOTAL BODY TONING | Warehouse |
| 6:45-7:45P | UNICUS | Warehouse |

Wednesday

| | | |
|---------------|--|-------------------------------------|
| 5:30-6:30A | UNICUS | Warehouse |
| 6:15-6:45A | SPIN | HIIT House |
| 7:00-8:00A | FIT FOR LIFE | Functional training/ weight room |
| 8:00-9:00A | STEPS FOR TODAY | Warehouse |
| 9:30-10:30A | TOTAL BODY TONING | Track Area |
| 11:00A-12:00P | UNICUS BODYWEIGHT & DUMBBELLS | Warehouse |
| 4:15-5:15P | UNICUS | Warehouse |
| 5:30-6:30P | UNICUS | Warehouse |
| 7:00-8:00P | WOMEN'S KICKBOXING | HIIT House |

Thursday

| | | |
|------------|--------------------------|-------------------------------------|
| 5:30-6:30A | UNICUS | Warehouse |
| 7:00-8:00A | FIT FOR LIFE | Functional training/ weight room |
| 4:15-5:15P | UNICUS | Warehouse |
| 5:30-6:30P | TOTAL BODY TONING | Warehouse |
| 6:45-7:45P | UNICUS | Warehouse |

Friday

| | | |
|---------------|--|------------|
| 5:30-6:30A | UNICUS | Warehouse |
| 6:15-6:45A | SPIN | HIIT House |
| 8:00-9:00A | STEPS FOR TODAY | Warehouse |
| 9:30-10:30A | TOTAL BODY TONING | Track Area |
| 11:00A-12:00P | UNICUS BODYWEIGHT & DUMBBELLS | Warehouse |
| 4:15-5:15P | UNICUS | Warehouse |
| 5:30-6:30P | OLYMPIC LIFTING | Warehouse |

Saturday

| | | |
|------------|-------------------------------------|------------|
| 8:00-9:00A | UNICUS | Warehouse |
| 8:30-9:30A | CARDIO, STRENGTH & SPIN* | HIIT House |

*1st & 3rd Saturday of the month only

AQUATICS

DUIS CENTER: 211 E. 23rd Street | 815.622.6200

No lessons Jan. 12 or 28 due to high school swim meets.

Lifeguard Class

Those seeking the full certification must attend all dates in session. Those seeking recertification only need to attend Sunday. Register by February 22.

| Age | Day | Time | Dates | Fee | Barcode |
|-----|---------|--------------|------------|-------|---------|
| 15+ | Fri | 5:00p-9:00p | Feb 24 | \$175 | 13223 |
| | Sat/Sun | 10:00a-5:00p | Feb 25, 26 | | |
| 15+ | Sun | 10:00a-5:00p | Feb 26 | \$100 | 13224 |

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.

| Age | Day | Time | Dates | Fee | Barcode |
|---------|-----|------------|----------------|------|---------|
| 6m-3yrs | Th | 5:30-5:55p | Jan 5 - Feb 23 | \$44 | 13290 |
| 6m-3yrs | Th | 6:00-6:25p | Jan 5 - Feb 23 | \$44 | 13291 |

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 | Jan 5 - Feb 23 | \$44 | 13238 |
| 3+ | Th | 6:00-6:25p | Jan 5 - Feb 23 | \$44 | 13239 |
| 3+ | Sat | 10:00-10:25a | Jan 7 - Feb 25 | \$44 | 13240 |
| 3+ | Sat | 11:00-11:25a | Jan 7 - Feb 25 | \$44 | 13241 |

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 | Jan 5 - Feb 23 | \$44 | 13246 |
| 3+ | Th | 6:00-6:25p | Jan 5 - Feb 23 | \$44 | 13247 |
| 3+ | Sat | 10:00-10:25a | Jan 7 - Feb 25 | \$44 | 13248 |
| 3+ | Sat | 11:00-11:25a | Jan 7 - Feb 25 | \$44 | 13249 |

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 | Jan 5 - Feb 23 | \$44 | 13254 |
| 3+ | Th | 6:00-6:25p | Jan 5 - Feb 23 | \$44 | 13255 |
| 3+ | Sat | 10:30-10:55a | Jan 7 - Feb 25 | \$44 | 13256 |
| 3+ | Sat | 11:30-11:55a | Jan 7 - Feb 25 | \$44 | 13257 |

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 | Jan 5 - Feb 23 | \$44 | 13262 |
| 3+ | Th | 6:00-6:25p | Jan 5 - Feb 23 | \$44 | 13263 |
| 3+ | Sat | 10:30-10:55a | Jan 7 - Feb 25 | \$44 | 13264 |
| 3+ | Sat | 11:30-11:55a | Jan 7 - Feb 25 | \$44 | 13265 |

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 | Jan 5 - Feb 23 | \$44 | 13270 |
| 3+ | Th | 6:00-6:25p | Jan 5 - Feb 23 | \$44 | 13271 |
| 3+ | Sat | 10:30-10:55a | Jan 7 - Feb 25 | \$44 | 13272 |
| 3+ | Sat | 11:30-11:55a | Jan 7 - Feb 25 | \$44 | 13273 |

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 | Jan 5 - Feb 23 | \$105 | 13278 |
| 3+ | Th | 6:00-6:30p | Jan 5 - Feb 23 | \$105 | 13279 |
| 3+ | Sat | 10:00-10:30a | Jan 7 - Feb 25 | \$105 | 13280 |
| 3+ | Sat | 10:30-11:00a | Jan 7 - Feb 25 | \$105 | 13281 |
| 3+ | Sat | 11:00-11:30a | Jan 7 - Feb 25 | \$105 | 13282 |
| 3+ | Sat | 11:30a-12:00p | Jan 7 - Feb 25 | \$105 | 13283 |

STINGRAYS SWIM TEAM

Junior Stingrays - Beginner

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

| Age | Day | Time | Dates | Fee | Barcode |
|-----|------|------------|----------------|------|---------|
| 5+ | M, W | 6:00-6:45p | Dec 5 - Dec 28 | \$50 | 13234 |
| 5+ | M, W | 6:00-6:45p | Jan 2 - Jan 30 | \$50 | 13235 |
| 5+ | M, W | 6:00-6:45p | Feb 1 - Feb 27 | \$50 | 13236 |

10 & Under

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

| Age | Day | Time | Dates | Fee | Barcode |
|-----|--------|------------|----------------|------|---------|
| 10U | M-W, F | 5:00-6:00p | Dec 2 - Dec 30 | \$90 | 13228 |
| 10U | M-W, F | 5:00-6:00p | Jan 2 - Jan 31 | \$90 | 13229 |
| 10U | M-W, F | 5:00-6:00p | Feb 1 - Feb 28 | \$90 | 13230 |

11 & Up

The level of aerobic and anaerobic training will increase. This level is for committed athletes, focusing on technique, psychology, nutrition and race strategy. Open to those who can swim all four strokes, with coach's approval.

| Age | Day | Time | Dates | Fee | Barcode |
|-----|-----|------------|----------------|-------|---------|
| 11+ | M-W | 5:00-7:00p | Dec 1 - Dec 30 | \$125 | 13231 |
| | Th | 6:30-8:00p | | | |
| | Fri | 3:00-5:00p | | | |
| 11+ | M-F | 5:00-7:00p | Jan 2 - Jan 31 | \$125 | 13232 |
| | Th | 6:30-8:00p | | | |
| | Fri | 3:00-5:00p | | | |
| 11+ | M-F | 5:00-7:00p | Feb 1 - Feb 28 | \$125 | 13233 |
| | Th | 6:30-8:00p | | | |
| | Fri | 3:00-5:00p | | | |

Masters

Whether you want to swim for fun, fitness, triathlons or to compete, our coaches can help. All levels of swimmers are welcome.

| Age | Day | Time | Dates | Fee | Barcode |
|-----|------|------------|----------------|------|---------|
| 18+ | M, W | 7:00-8:00p | Dec 5 - Dec 28 | \$35 | 13225 |
| 18+ | M, W | 7:00-8:00p | Jan 2 - Jan 30 | \$35 | 13226 |
| 18+ | M, W | 7:00-8:00p | Feb 1 - Feb 27 | \$35 | 13227 |

ATHLETICS

WESTWOOD: 1900 Westwood Dr. | 815.622.6201

Youth Indoor Soccer

Participants will learn the fundamentals of soccer in an enjoyable environment. Team orientation day will be Jan. 7 from 8:30a-12:30p. Third grade and up will have a tryout followed by a coaches draft to split up teams. No teammate or coach requests allowed for third grade and up. Games will start on Jan. 14. Register by Dec. 12.

| Grade | Day | Time | Dates | Fee | Barcode |
|-----------------|-----|-------------|----------------|------|---------|
| PreK | Sat | 8:30-11:30a | Jan 7 - Feb 25 | \$65 | 13387 |
| K | Sat | 8:30-11:30a | Jan 7 - Feb 25 | \$65 | 13386 |
| 1 st | Sat | 8:30-11:30a | Jan 7 - Feb 25 | \$65 | 13382 |
| 2 nd | Sat | 8:30-11:30a | Jan 7 - Feb 25 | \$65 | 13383 |
| 3 rd | Sat | 8:30-11:30a | Jan 7 - Feb 25 | \$65 | 13384 |
| 4 th | Sat | 8:30-11:30a | Jan 7 - Feb 25 | \$65 | 13385 |
| 5 th | Sat | 8:30-11:30a | Jan 7 - Feb 25 | \$65 | 13388 |

Youth Basketball League

This league is designed to teach the fundamentals of the game in a fun and instructional environment. Basket heights vary by age. Meet the coach day will be Dec. 10 from 9:00a-12:00p. Register by Nov. 14.

| Grade | Day | Time | Dates | Fee | Barcode |
|-----------------|-----|-------------|----------------|------|---------|
| K | Sat | 9:00a-1:00p | Dec 10 - Feb 4 | \$70 | 13106 |
| 1 st | Sat | 9:00a-1:00p | Dec 10 - Feb 4 | \$70 | 13101 |
| 2 nd | Sat | 9:00a-1:00p | Dec 10 - Feb 4 | \$70 | 13102 |
| 3 rd | Sat | 9:00a-1:00p | Dec 10 - Feb 4 | \$70 | 13103 |
| 4 th | Sat | 9:00a-1:00p | Dec 10 - Feb 4 | \$70 | 13104 |
| 5 th | Sat | 9:00a-1:00p | Dec 10 - Feb 4 | \$70 | 13105 |
| 6 th | Sat | 9:00a-1:00p | Dec 10 - Feb 4 | \$70 | 13108 |

Winter Soccer Clinic

This weekend clinic will provide individual focus on touching, passing and shooting to enhance technique with and without the ball. Learn from Coach Gabe Ocampo and family! Register by Jan. 2 to receive a t-shirt.

| Grade | Day | Time | Dates | Fee | Barcode |
|-----------------------------------|---------|------------|-----------|------|---------|
| 3 rd -5 th | Sat/Sun | 2:00-4:00p | Jan 21-22 | \$55 | 13572 |
| 6 th -8 th | Sat/Sun | 4:00-6:00p | Jan 21-22 | \$55 | 13576 |
| 9 th -12 th | Sat/Sun | 6:00-8:00p | Jan 21-22 | \$55 | 13577 |

Youth Indoor Soccer: 6-8th Grade

This league will be designed with all participants practicing together with experienced soccer coach Gabe Ocampo. Teams will be split based on number of participants and games will be played on Saturdays.

| Grade | Day | Time | Dates | Fee | Barcode |
|----------------------------------|-----|--------------|----------------|------|---------|
| 6 th -8 th | Sat | 11:30a-4:30p | Jan 7 - Feb 11 | \$65 | 13568 |

Sprints, Jumps, Hurdles Training

Join local track coaches for a pre-season tune up. Sessions will focus on skill development as well as strength and speed. Coaches will use modern technology to analyze movement. Sessions will include time on the track and skill specific drills, as well as weight room training.

| Age | Day | Time | Dates | Fee | Barcode |
|-------|------|-------------|-----------------|-------|---------|
| 11-18 | Tues | 5:30-7:30p | Nov 29 - Jan 15 | \$100 | 13432 |
| | Sun | 9:00-11:00a | | | |

Sunday Vault Sessions

Open pole vault sessions will be set up for athletes to get extra practice as well as tips and pointers from local track coaches. Modern technology will be used to analyze vault technique. Vaulters will need to provide their own poles, but the poles can be stored at Westwood during the program.

| Age | Day | Time | Dates | Fee | Barcode |
|-------|-----|-------------|----------------|------|---------|
| 13-18 | Sun | 9:00-11:00a | Feb 26 - Apr 2 | \$50 | 13450 |

Winter Throws Training

Local track coaches will help athletes with skill development using modern technology to analyze movements. Sessions will consist of throwing, conditioning and weightlifting.

| Age | Day | Time | Dates | Fee | Barcode |
|-------|-----|-------------|----------------|-------|---------|
| 11-18 | Th | 6:00-8:00p | Dec 1 - Jan 15 | \$100 | 13445 |
| | Sun | 9:30-11:30a | | | |

Youth Track

Interested in learning about track events? This program will be set up as an introduction to various events in track. Participants will learn about the various events and start learning the skills needed for those events.

| Age | Day | Time | Dates | Fee | Barcode |
|------|------|------------|-----------------|------|---------|
| 6-11 | Tues | 4:30-5:30p | Nov 29 - Jan 10 | \$40 | 13571 |

Adult Volleyball League - Teams of 4

This recreational non-officiated league will be held in late winter/early spring. Play will be best out of three games per night. Schedules will be based on the number of teams, and there will be an end of season tournament. A maximum of 16 teams will be allowed. Teams of fours only!

| Age | Day | Time | Dates | Fee | Barcode |
|-----|-----|------------|-------|-------|---------|
| 16+ | Th | 6:30-8:30p | TBD | \$180 | 13391 |

GYMNASTICS

DUIS CENTER: 211 E. 23rd Street | 815.622.6200

COMING SOON TO DUIS: "LITTLE GYM"

The Little Gym will be an additional space for our gymnastics program, serving as a development center for kids ages 3-6. In this area, we will focus on introducing students to basic gymnastics skills. Our preschool beginner and preschool advanced classes will be held in the Little Gym.

This new area will be open in early January 2023, and will be located upstairs in the old multi-purpose room.

Preschool Beginner

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 are held in our Little Gym.

| Age | Day | Time | Dates | Fee | Barcode |
|-----|------|--------------|-----------------|------|---------|
| 3-6 | Mon | 4:00-4:45p | Jan 9 - Feb 13 | \$63 | 13318 |
| 3-6 | Tues | 10:00-10:45a | Jan 10 - Feb 14 | \$63 | 13323 |
| 3-6 | Tues | 4:00-4:45p | Jan 10 - Feb 14 | \$63 | 13319 |
| 3-6 | Wed | 3:00-3:45p | Jan 11 - Feb 15 | \$63 | 13320 |
| 3-6 | Wed | 5:00-5:45p | Jan 11 - Feb 15 | \$63 | 13321 |
| 3-6 | Th | 10:00-10:45a | Jan 12 - Feb 16 | \$63 | 13324 |
| 3-6 | Th | 4:00-4:45p | Jan 12 - Feb 16 | \$63 | 13322 |
| 3-6 | Mon | 4:00-4:45p | Feb 27 - Apr 3 | \$63 | 13420 |
| 3-6 | Tues | 10:00-10:45a | Feb 28 - Apr 4 | \$63 | 13427 |
| 3-6 | Tues | 4:00-4:45p | Feb 28 - Apr 4 | \$63 | 13422 |
| 3-6 | Wed | 3:00-3:45p | Mar 1 - Apr 5 | \$63 | 13424 |
| 3-6 | Wed | 5:00-5:45p | Mar 1 - Apr 5 | \$63 | 13425 |
| 3-6 | Th | 10:00-10:45a | Mar 2 - Apr 6 | \$63 | 13428 |
| 3-6 | Th | 4:00-4:45p | Mar 2 - Apr 6 | \$63 | 13426 |

Preschool Advanced

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. These classes will challenge students and promote their self-esteem. Classes are held in our Little Gym.

| Age | Day | Time | Dates | Fee | Barcode |
|-----|------|------------|-----------------|------|---------|
| 4-6 | Mon | 5:00-5:45p | Jan 9 - Feb 13 | \$63 | 13325 |
| 4-6 | Tues | 5:00-5:45p | Jan 10 - Feb 14 | \$63 | 13326 |
| 4-6 | Wed | 4:00-4:45p | Jan 11 - Feb 15 | \$63 | 13327 |
| 4-6 | Wed | 6:00-6:45p | Jan 11 - Feb 15 | \$63 | 13328 |
| 4-6 | Th | 5:00-5:45p | Jan 12 - Feb 16 | \$63 | 13329 |
| 4-6 | Mon | 5:00-5:45p | Feb 27 - Apr 3 | \$63 | 13415 |
| 4-6 | Tues | 5:00-5:45p | Feb 28 - Apr 4 | \$63 | 13416 |
| 4-6 | Wed | 4:00-4:45p | Mar 1 - Apr 5 | \$63 | 13417 |
| 4-6 | Wed | 6:00-6:45p | Mar 1 - Apr 5 | \$63 | 13418 |
| 4-6 | Th | 5:00-5:45p | Mar 2 - Apr 6 | \$63 | 13419 |

Parent & Tot

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 |
|------|------|--------------|-----------------|------|---------|
| 18m+ | Tues | 9:00-9:30a | Jan 10 - Feb 14 | \$36 | 13311 |
| 18m+ | Tues | 9:30-10:00a | Jan 10 - Feb 14 | \$36 | 13312 |
| 18m+ | Th | 9:00-9:30a | Jan 12 - Feb 16 | \$36 | 13313 |
| 18m+ | Th | 9:30-10:00a | Jan 12 - Feb 16 | \$36 | 13314 |
| 18m+ | Sat | 9:00-9:30a | Jan 14 - Feb 18 | \$36 | 13315 |
| 18m+ | Sat | 9:30-10:00a | Jan 14 - Feb 18 | \$36 | 13316 |
| 18m+ | Sat | 10:00-10:30a | Jan 14 - Feb 18 | \$36 | 13317 |
| 18m+ | Tues | 9:00-9:30a | Feb 28 - Apr 4 | \$36 | 13479 |
| 18m+ | Tues | 9:30-10:00a | Feb 28 - Apr 4 | \$36 | 13482 |
| 18m+ | Th | 9:00-9:30a | Mar 2 - Apr 6 | \$36 | 13484 |
| 18m+ | Th | 9:30-10:00a | Mar 2 - Apr 6 | \$36 | 13485 |
| 18m+ | Sat | 9:00-9:30a | Mar 4 - Apr 8 | \$36 | 13487 |
| 18m+ | Sat | 9:30-10:00a | Mar 4 - Apr 8 | \$36 | 13489 |
| 18m+ | Sat | 10:00-10:30a | Mar 4 - Apr 8 | \$36 | 13491 |

Introduction to Gymnastics

This class is for graduates from our Preschool Advanced class and students who are brand new to gymnastics. We will focus on the basics of each event, and our bounce stations. Students will master fundamental gymnastics skills, improve coordination, flexibility, strength, balance, agility and air-awareness.

| Age | Day | Time | Dates | Fee | Barcode |
|------|------|------------|-----------------|------|---------|
| 6-10 | Mon | 4:00-5:00p | Jan 9 - Feb 13 | \$84 | 13335 |
| 6-10 | Mon | 5:00-6:00p | Jan 9 - Feb 13 | \$84 | 13336 |
| 6-10 | Mon | 6:00-7:00p | Jan 9 - Feb 13 | \$84 | 13337 |
| 6-10 | Tues | 4:00-5:00p | Jan 10 - Feb 14 | \$84 | 13338 |
| 6-10 | Wed | 4:00-5:00p | Jan 11 - Feb 15 | \$84 | 13339 |
| 6-10 | Wed | 4:30-5:30p | Jan 11 - Feb 15 | \$84 | 13340 |
| 6-10 | Wed | 6:30-7:30p | Jan 11 - Feb 15 | \$84 | 13341 |
| 6-10 | Th | 5:00-6:00p | Jan 12 - Feb 16 | \$84 | 13342 |
| 6-10 | Th | 6:00-7:00p | Jan 12 - Feb 16 | \$84 | 13343 |
| 6-10 | Mon | 4:00-5:00p | Feb 27 - Apr 3 | \$84 | 13429 |
| 6-10 | Mon | 5:00-6:00p | Feb 27 - Apr 3 | \$84 | 13430 |
| 6-10 | Mon | 6:00-7:00p | Feb 27 - Apr 3 | \$84 | 13431 |
| 6-10 | Tues | 4:00-5:00p | Feb 28 - Apr 4 | \$84 | 13433 |
| 6-10 | Wed | 4:00-5:00p | Mar 1 - Apr 5 | \$84 | 13434 |
| 6-10 | Wed | 4:30-5:30p | Mar 1 - Apr 5 | \$84 | 13436 |
| 6-10 | Wed | 6:30-7:30p | Mar 1 - Apr 5 | \$84 | 13437 |
| 6-10 | Th | 5:00-6:00p | Mar 2 - Apr 6 | \$84 | 13439 |
| 6-10 | Th | 6:00-7:00p | Mar 2 - Apr 6 | \$84 | 13441 |

Level 1

In this class, students continue to build beginning gymnastics skills on vault, bars, beam, floor and trampolines.

| Age | Day | Time | Dates | Fee | Barcode |
|-----|------|------------|-----------------|------|---------|
| 7+ | Mon | 4:30-5:30p | Jan 9 - Feb 13 | \$84 | 13345 |
| 7+ | Tues | 5:00-6:00p | Jan 10 - Feb 14 | \$84 | 13346 |
| 7+ | Tues | 6:00-7:00p | Jan 10 - Feb 14 | \$84 | 13347 |
| 7+ | Wed | 5:30-6:30p | Jan 11 - Feb 15 | \$84 | 13344 |
| 7+ | Th | 7:00-8:00p | Jan 12 - Feb 16 | \$84 | 13348 |
| 7+ | Mon | 4:30-5:30p | Feb 27 - Apr 3 | \$84 | 13448 |
| 7+ | Tues | 5:00-6:00p | Feb 28 - Apr 4 | \$84 | 13451 |
| 7+ | Tues | 6:00-7:00p | Feb 28 - Apr 4 | \$84 | 13453 |
| 7+ | Wed | 5:30-6:30p | Mar 1 - Apr 5 | \$84 | 13447 |
| 7+ | Th | 7:00-8:00p | Mar 2 - Apr 6 | \$84 | 13456 |

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 | Jan 10 - Feb 14 | \$84 | 13349 |
| 7+ | Th | 4:00-5:00p | Jan 12 - Feb 16 | \$84 | 13350 |
| 7+ | Tues | 6:00-7:00p | Feb 28 - Apr 4 | \$84 | 13461 |
| 7+ | Th | 4:00-5:00p | Mar 2 - Apr 6 | \$84 | 13463 |

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 | Jan 9 - Feb 13 | \$84 | 13351 |
| 7+ | Wed | 5:00-6:00p | Jan 11 - Feb 15 | \$84 | 13352 |
| 7+ | Wed | 7:00-8:00p | Jan 11 - Feb 15 | \$84 | 13353 |
| 7+ | Th | 6:00-7:00p | Jan 12 - Feb 16 | \$84 | 13378 |
| 7+ | Mon | 7:00-8:00p | Feb 27 - Apr 3 | \$84 | 13465 |
| 7+ | Wed | 5:00-6:00p | Mar 1 - Apr 5 | \$84 | 13467 |
| 7+ | Wed | 7:00-8:00p | Mar 1 - Apr 5 | \$84 | 13468 |
| 7+ | Th | 6:00-7:00p | Mar 2 - Apr 6 | \$84 | 13470 |

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. *Instructor recommendation required.

| Age | Day | Time | Dates | Fee | Barcode |
|-----|-----|------------|-----------------|------|---------|
| 7+ | Wed | 7:00-8:00p | Jan 11 - Feb 15 | \$84 | 13354 |
| 7+ | Wed | 7:00-8:00p | Mar 1 - Apr 5 | \$84 | 13474 |

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 | Jan 9 - Feb 13 | \$84 | 13379 |
| 7+ | Wed | 6:00-7:00p | Jan 11 - Feb 15 | \$84 | 13380 |
| 7+ | Mon | 6:00-7:00p | Feb 27 - Apr 3 | \$84 | 13476 |
| 7+ | Wed | 6:00-7:00p | Mar 1 - Apr 5 | \$84 | 13477 |

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 | Jan 12 - Feb 16 | \$84 | 13355 |
| 7+ | Th | 7:00-8:00p | Mar 2 - Apr 6 | \$84 | 13478 |

Competition Gymnastics

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

TUMBLING & CHEER

Cheerleading

This class will teach your cheerleader the proper technique for motions, jumps, stunting and tumbling. We will be showcasing our cheers at the end of the session.

| Age | Day | Time | Dates | Fee | Barcode |
|------|-----|---------------|-----------------|------|---------|
| 4-6 | Wed | 6:30-7:00p | Jan 11 - Feb 15 | \$42 | 13333 |
| 4-6 | Wed | 6:30-7:00p | Mar 1 - Apr 5 | \$42 | 13411 |
| 4-6 | Sat | 10:30-11:00a | Jan 14 - Feb 18 | \$42 | 13330 |
| 4-6 | Sat | 10:30-11:00a | Mar 4 - Apr 8 | \$42 | 13412 |
| 7-12 | Wed | 7:00-8:00p | Jan 11 - Feb 15 | \$84 | 13334 |
| 7-12 | Wed | 7:00-8:00p | Mar 1 - Apr 5 | \$84 | 13413 |
| 7-12 | Sat | 11:00a-12:00p | Jan 14 - Feb 18 | \$84 | 13331 |
| 7-12 | Sat | 11:00a-12:00p | Mar 4 - Apr 8 | \$84 | 13414 |

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 | Jan 9 - Feb 13 | \$84 | 13362 |
| 7+ | Tues | 7:00-8:00p | Jan 10 - Feb 14 | \$84 | 13361 |
| 7+ | Mon | 5:30-6:30p | Feb 27 - Apr 3 | \$84 | 13494 |
| 7+ | Tues | 7:00-8:00p | Feb 28 - Apr 4 | \$84 | 13492 |

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 | Jan 9 - Feb 13 | \$84 | 13590 |
| 7+ | Mon | 6:30-7:30p | Feb 27 - Apr 3 | \$84 | 13363 |

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 | Jan 9 - Feb 13 | \$84 | 13364 |
| 7+ | Mon | 7:00-8:00p | Feb 27 - Apr 3 | \$84 | 13500 |

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 | Jan 9 - Feb 13 | \$84 | 13356 |
| 11-14 | Mon | 7:00-8:00p | Feb 27 - Apr 3 | \$84 | 13501 |

TENNIS

WESTWOOD TENNIS CENTER:

1900 Westwood Drive, Building #2 | 815.622.6201

Saturday Youth

This program focuses less 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 | Dec 3 - Dec 17 | \$40 | 13493 |
| 4-8 | Sat | 9:00-10:00a | Jan 14 - Jan 28 | \$40 | 13496 |
| 4-8 | Sat | 9:00-10:00a | Feb 11 - Feb 25 | \$40 | 13498 |
| 9-13 | Sat | 10:00-11:00a | Dec 3 - Dec 17 | \$40 | 13495 |
| 9-13 | Sat | 10:00-11:00a | Jan 14 - Jan 28 | \$40 | 13497 |
| 9-13 | Sat | 10:00-11:00a | Feb 11 - Feb 25 | \$40 | 13499 |

Parent Tot

This program is for children ages 2-4 interested in beginning tennis. Age appropriate equipment including smaller racquets, balls and nets will be used. One guardian 18+ per child is required for this class. Parents will help their child swing their racquet through the instruction of our Tennis Pro.

| Age | Day | Time | Dates | Fee | Barcode |
|-----|-----|------------|-----------------|------|---------|
| 2-4 | Fri | 3:15-3:45p | Dec 2 - Dec 16 | \$30 | 13502 |
| 2-4 | Sat | 8:30-9:00a | Dec 3 - Dec 17 | \$30 | 13503 |
| 2-4 | Fri | 3:15-3:45p | Jan 13 - Jan 27 | \$30 | 13504 |
| 2-4 | Sat | 8:30-9:00a | Jan 14 - Jan 28 | \$30 | 13505 |
| 2-4 | Fri | 3:15-3:45p | Feb 10 - Feb 24 | \$30 | 13506 |
| 2-4 | Sat | 8:30-9:00a | Feb 11 - Feb 25 | \$30 | 13507 |

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 | Nov 28 - Dec 19 | \$55 | 13435 |
| 4-8 | Th | 5:15-6:00p | Dec 1 - Dec 22 | \$55 | 13442 |
| 4-8 | Mon | 3:45-4:30p | Jan 9 - Jan 30 | \$55 | 13438 |
| 4-8 | Th | 5:15-6:00p | Jan 12 - Feb 2 | \$55 | 13443 |
| 4-8 | Mon | 3:45-4:30p | Feb 6 - Feb 27 | \$55 | 13440 |
| 4-8 | Th | 5:15-6:00p | Feb 9 - Mar 2 | \$55 | 13444 |

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 | Nov 28 - Dec 19 | \$55 | 13446 |
| 7-11 | Mon | 4:30-5:30p | Jan 9 - Jan 30 | \$55 | 13449 |
| 7-11 | Mon | 4:30-5:30p | Feb 6 - Feb 27 | \$55 | 13452 |



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 | Nov 29 - Dec 20 | \$55 | 13455 |
| 9-12 | Tues | 4:00-5:00p | Jan 10 - Jan 31 | \$55 | 13457 |
| 9-12 | Tues | 4:00-5:00p | Feb 7 - Feb 28 | \$55 | 13458 |

NEW PROGRAM - Jr. Matchplay

This program is for students aged 8-12 interested in learning how to play a match! Each class will consist of 30 minutes of matchplay drills and instruction, followed by 45 minutes of live matchplay.

| Age | Day | Time | Dates | Fee | Barcode |
|------|-----|------------|-----------------|------|---------|
| 8-12 | Th | 4:00-5:15p | Jan 12 - Feb 16 | \$80 | 13518 |

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 | Nov 29 - Dec 20 | \$80 | 13462 |
| 12-18 | Tues | 5:00-6:30p | Jan 10 - Jan 31 | \$80 | 13464 |
| 12-18 | Tues | 5:00-6:30p | Feb 7 - Feb 28 | \$80 | 13466 |

5th Annual Holiday Classic

Come on out and compete at this years Westwood Tennis Center Holiday Classic. Tournament will feature singles divisions in boys and girls 14U, as well as doubles divisions at the 18U level. Register by December 20.

| Age | Day | Time | Date | Fee | Barcode |
|------|-----|-------------|--------|------|---------|
| 8-18 | Th | 8:30a-4:30p | Dec 22 | \$20 | 13534 |

High Performance

High Performance works with our most advanced players 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 | Nov 28 - Dec 19 | \$80 | 13469 |
| 12-18 | Mon | 5:30-7:00p | Jan 9 - Jan 30 | \$80 | 13471 |
| 12-18 | Mon | 5:30-7:00p | Feb 6 - Feb 27 | \$80 | 13473 |

High School Matchplay

This program is specifically for match play at the high school level. After a brief warm-up our staff will mix and match the students in various singles and doubles matches. Staff members, current/former collegiate athletes and other members of the community will periodically join this program to stiffen the competition! Drop ins are available for this program at \$20 per class. Give us a call and let us know you're coming!

| Age | Day | Time | Dates | Fee | Barcode |
|-------|-----|------------|----------------|------|---------|
| 12-18 | Th | 6:00-8:00p | Dec 1 - Dec 22 | \$65 | 13513 |
| 12-18 | Th | 6:00-8:00p | Jan 12 - Feb 2 | \$65 | 13515 |
| 12-18 | Th | 6:00-8:00p | Feb 9 - Mar 2 | \$65 | 13516 |

\$5 Open Hit

On Monday evenings from 7:00-9:00p and Fridays 4:00-8:00p, any student with a current school ID can drop-in and play for only \$5. Courts are filled on a first come first serve basis. Players are encouraged to come with friends as this is unsupervised (meaning no instructor on the court with them).

| Day | Time | Dates | Fee |
|-----|------------|---------|-----|
| Mon | 7:00-9:00p | Ongoing | \$5 |
| Fri | 4:00-8:00p | Ongoing | \$5 |

Mixed Doubles Showdown

Don't miss out on our mixed doubles showdown! Teams must consist of one male and one female. Medals will be awarded to 1st-3rd as well as prizes for the best dressed doubles pairings. Whether playing with a friend or family member, come on out for a morning of fun mixed doubles!

| Age | Day | Time | Date | Fee | Barcode |
|-----|-----|-------------|-------|------|---------|
| 14+ | Sat | 8:30a-2:30p | Jan 7 | \$20 | 13524 |

FREE Members Only* Holiday Mixer

Come on out for a free 90 minute drill from 5:00-6:30pm, then enjoy games, giveaways, snacks and refreshments in the lobby! This is a 21+ event as alcoholic beverages will be served. This event is for Westwood Tennis Center Members only. Register online before December 15 to join in on the fun. *Memberships are available for purchase at the Westwood Tennis Center starting at only \$30 a year.

| Age | Day | Time | Date | Fee | Barcode |
|-----|-----|------------|--------|-----|---------|
| 21+ | Fri | 5:00-8:00p | Dec 16 | \$0 | 13511 |

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 |

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 | Nov 30 - Dec 21 | \$50 | 13480 |
| 18+ | Fri | 10:00-11:00a | Dec 2 - Dec 23 | \$50 | 13486 |
| 18+ | Wed | 5:00-6:00p | Jan 11 - Feb 1 | \$50 | 13481 |
| 18+ | Fri | 10:00-11:00a | Jan 13 - Feb 3 | \$50 | 13488 |
| 18+ | Wed | 5:00-6:00p | Feb 8 - Mar 1 | \$50 | 13483 |
| 18+ | Fri | 10:00-11:00a | Feb 10 - Mar 3 | \$50 | 13490 |

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.

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



Men's League

Plan to attend most nights of our Men's League? Utilize our League pass and save \$60 in registration fees! Drop-in for this program is \$15 per evening. Register ahead of time by contacting Jake at 815-622-6063.

| Age | Day | Time | Dates | Fee | Barcode |
|-----|-----|------------|----------------|-------|---------|
| 18+ | Wed | 6:00-8:00p | Nov 2 - Feb 22 | \$180 | 13521 |

Senior Round Robin

| Age | Day | Time | Date | Fee |
|-----|-------------|---------------|---------|-----|
| 55+ | Mon/Wed/Fri | 10:30a-12:30p | Ongoing | \$5 |

DILLON HOME

Christmas Walk

Join us December 2, 3 and 4 for the Annual Christmas Walk at the Dillon Home. Enjoy festive decorations and magical holiday cheer! It's also the perfect opportunity to check out our new Northwestern Steel & Wire display (pictured on page 7). Guided tour times are listed below. Regular tour rates apply: General - \$5⁵⁰, Seniors - \$4⁵⁰, 5 & Under - FREE.

Dec. 2 (Guided Tours)
2:00p, 3:00p, 4:00p, 5:00p, 6:00p
(SHS Madrigals will perform)

Dec. 3 & 4
(Guided Tours)
10:00a, 11:00a, 1:00p,
2:00p, 3:00p



1005 E. 3rd Street



NOON YEAR'S EVE

Pool Party

Dec. 31: 11a-1p
All ages welcome!

Kids having a hard time staying awake to celebrate the New Year? Count down to 12:00p instead of 12:00a at our family "Noon Year's Eve" Pool Party! Enjoy swimming from 11:00 a.m. to 1:00 p.m. We will have a beach ball drop at noon. Concessions available, music, FREE party favors and fun! Register with barcode 13366 by December 30. Fee for a family of four is \$5, plus \$1 for each additional family member.



Duis Center



INDOOR TRIATHLON

Sunday, February 19, 2023 at 8:00 a.m.

Ages 8+ | Team of four or individual

Shape up for the New Year with our Indoor Triathlon! Individuals (barcode 13367) or teams of four (barcode 13368) will compete in 15 minutes of rowing, 20 minutes on a spin bike and a 3200 meter run on the indoor track.

The event will take place in building #1 at Westwood. Awards will be based on registration. Each participant will receive a t-shirt. \$30 fee for individuals, or a \$85 fee for a team of four. Deadline to register is February 11, 2023.



Westwood: Building #1 - Indoor Track Area



SAVE THE DATE

Easter Egg Hunt

April 1, 2023 at 1:30 p.m.

Age groups: 0-2, 3-4, 5-6, 7-8

The soccer fields next to building #3 at Westwood will be covered with candy filled eggs, and the Easter bunny will be wandering around for photos! The event is free for children 8 & under. The hunt will be held rain or shine, and it will only last a few minutes, so don't be late!



Westwood: Soccer Fields