

WINTER 2023/2024



Activity GUIDE

REGISTER FOR PROGRAMS AT
STERLINGPARKS.ORG



Sterling | Wellness begins here.
PARK DISTRICT

General Information

FACILITIES

DILLON HOME MUSEUM

1005 E. 3rd St. | 815.622.6202

DUIS CENTER

211 E. 23rd St. | 815.622.6200

EMERALD HILL GOLF COURSE

16802 Prairieville Rd. | 815.622.6204

FRASOR ADMINISTRATIVE OFFICE

1913 3rd Ave. | 815.622.6200

WESTWOOD FITNESS & SPORTS CENTER

1900 Westwood Dr. | 815.622.6201

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.

OPPOLD MARINA

523 Stouffer Rd.

PROPHETER PARK

506 E. 6th St.

REDFIELD PARK

14th Ave. & 2nd St.

SCHEID PARK

1102 Woodburn Ave.

SINNISSIPPI PARK

Sinnissippi Rd.

THOMAS PARK & DOGWOOD ACRES DOG PARK

2301 12th Ave.



NOTICES & POLICIES

ONLINE REGISTRATION

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 REGISTRATION

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.

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.

BOARD OF COMMISSIONERS



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BOB WATTS
Emerald Hill Assistant
Superintendent/Mechanic



Westwood

1900 WESTWOOD DRIVE | 815.622.6201

WESTWOOD FACILITY HOURS

BUILDING 1

Open 24-hours:

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

Sat/Sun:

6:00 a.m. - 8:00 p.m.

WESTWOOD WELLNESS

Mon-Fri: 5:00 a.m. - 8:00 p.m.

Sat/Sun: 6:30 a.m. - 6:00 p.m.

WESTWOOD SMOOTHIE CO.

Mon-Fri: 6:00 a.m. - 8:00 p.m.

Sat/Sun: 6:00 a.m. - Facility Close

KIDS GYM

M-Th: 8:00 - 11:30 a.m. & 4:00 - 8:00 p.m.

Fri: 8:00 - 11:30 a.m. & 4:00 - 6:00 p.m.

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

TENNIS CENTER*

Mon-Fri: 8:00 a.m. - 8:00 p.m.

Sat: 8:00 a.m. - 5:00 p.m.

Sun: 12:00 p.m. - 5:00 p.m.

**Hours may be shortened or extended based on reservations. Please call ahead to reserve a court.*

BUILDING 3

Rentals Only.

Call ahead for availability. See Page 4.

WESTWOOD HOLIDAY HOURS

BUILDING 1

Thanksgiving:

Wed., Nov. 22: Close at 9:00 p.m.

Thurs., Nov. 23: 6:00 a.m. - 12:00 p.m.

Fri., Nov. 24: 6:00 a.m. - 9:00 p.m.

Christmas Eve & New Year's Eve:

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

Christmas Day & New Year's Day:

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

KIDS GYM

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

Christmas Eve, Christmas Day, NY Eve:

Closed

New Year's Day: 8:00 a.m. - 12:00 p.m.

TENNIS CENTER

All holidays: Closed

BUILDING 3

Rentals Only: Call ahead



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 40,000 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.

Kids Gym childcare is available while you workout for ages 3-months to 12-years-old. Round out your visit by refueling at the Westwood Smoothie Co., 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). **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: Open to ages 16+ (excluding stand up tanning booths, which are only available to ages 18+). Younger individuals may utilize Westwood Wellness if they have a doctor's note recommending one of our services to treat a medical condition.

Tennis Center (Building 2): Any age can play if an adult is in the building 2 lobby. Must be 14-years-old to utilize the Tennis Center 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 age restrictions. **Fitness areas include: Cardio, upper/lower fitness, functional training, fitness turf, boxing area, Warehouse, wood basketball courts & tennis courts.*

WESTWOOD WELLNESS

HydroMassage

- Temporary relief of minor aches & pains
- Increases circulation
- Reduces stress and anxiety
- Each session lasts up to 15-minutes

Stand Up Tanning Booth

- Superior tanning in 8-minutes or less
- Lots of room, with little to no sweating
- Tanning from every angle

Spray Tan

- No UV exposure
- Instant results with streak-free coverage
- You can choose your shade
- Each session lasts 5-minutes or less

Infrared Sauna

- Heats your body, not the air around you
- Better for detoxification, sore muscle relief, improved circulation, relief from joint pain
- Improves your sleep, promotes clean and tighter skin, and is relaxing to use
- Your 30-minute or less session is private... no sharing unless you want to

Salt Therapy

- Used in conjunction with our infrared sauna
- Can help to improve a variety of skin and respiratory conditions
- Each session lasts up to 20-minutes

Red Light Therapy

- Used in conjunction with our infrared sauna
- Treatment can help skin, muscle tissue and other parts of your body heal
- Can help reduce inflammation and pain while aiding workout recovery
- Each session lasts up to 25-minutes

Compression Therapy

- Aids recovery between training sessions and after a hard workout; as well as providing general muscle pain relief
- Used in conjunction with a zero-gravity chair, to help reduce back pain while improving circulation
- Each session lasts 5, 10, or 15-minutes

AlterG Treadmill

- Perfect for individuals recovering from surgery or injury... maximizing fitness retention during rehabilitation
- Ideal for athletes wanting to increase training volume, while minimizing stress on the body
- Reduces your weight by as much as 80%, which provides an ultra-low impact workout or physical therapy session

Cryotherapy (Coming Soon)

- 'Cold' therapy reduces pain and inflammation, improves joint function, and enhances exercise recovery and performance in 3-minutes or less
- Can help with weight loss, and helps reduce stress and anxiety

Westwood Wellness Online Booking

Book a session & pay online up to 24-hours in advance! Scan the QR Code and either create an account by clicking "join," or login to an existing account. If you've registered for our programs online, your login info will be the same. If you can't scan the QR code, visit sterlingparks.org and go to register online. From there, go to "reservations" and then to "Wellness." Proceed to create an account or login to an existing account. Bookmark the page for easy access in the future! If you need assistance, let us know!



WESTWOOD WELLNESS FEES

Drop-In (non-members)*	\$15 ⁰⁰
HydroMassage	No additional fee
Stand Up Tan	No additional fee
Spray Tan	\$6 ⁰⁰
Spray Tan Add-Ons	\$2 ⁵⁰
Infrared Sauna	No additional fee
Red Light Therapy	\$5 ⁰⁰
Salt Therapy	\$5 ⁰⁰
Red Light/Salt Punch Cards (Members Only)	
Blue (\$25)	Buy 5, get 1 free
Green (\$50)	Buy 10, get 3 free
Grey (\$75)	Buy 15, get 5 free
Compression Therapy	No additional fee
AlterG Treadmill	
15-Min Session	\$5 ⁰⁰
30-Min Session	\$7 ⁰⁰
45-Min Session	\$9 ⁰⁰
60-Min Session	\$11 ⁰⁰
5-Hour Package**	\$55 ⁰⁰
10-Hour Package**	\$90 ⁰⁰
Short Rental***	\$5/Session
Short Purchase***	\$70 ⁰⁰
Cryotherapy Chamber	TBD

*Includes fitness, wood basketball court, track, turf, and tennis court access. **Packages may be broken down into 15-min sessions. ***AlterG shorts are required while using the treadmill; rent per session or frequent users may purchase a pair.



CAGE SETUP & RULES

Batting Cage (Mezzanine Level) Rental Fee: \$25/hour (Free for members)

- Members can reserve the mezzanine level batting cage up to 24-hours in advance with no additional fee. Normal rental charges apply for any rentals beyond 24-hours in advance.
- Non-members can rent the cage at any time by paying the rental fee.
- Teams can rent the mezzanine level batting cage, but they do not get access to the 1st floor turf.

Turf and Cage (1st Floor) Rental Fee: \$80/hour

- The turf and cage (new this year) on the 1st floor are rented together. The cage on the 1st floor cannot be rented alone. The turf area is approximately 90'x90'.
- If a team rents the 1st floor cage and turf, they do not get access to the mezzanine level cage.

WESTWOOD DROP-IN FEES

Fitness, Wood Basketball Courts, Track, Turf and Tennis Courts	\$9 ⁰⁰
Pickleball (B3)*	\$7 ⁰⁰

*Pickleball Drop-In Times:
T/Th: 8a-12p & 5p-9p; Sat: 8a-12p

WESTWOOD RENTAL FEES

Indoor Soccer/Football Field (B1)	\$85/hr
Racquetball/Wallyball (B1)	\$22/hr
Basketball/Volleyball (B3)**	\$25/hr
Turf & Cage (B3-1 st Floor)**	\$80/hr
Batting Cage (B3-Mezzanine)**	\$25/hr
Pickleball Court (B3)	\$14/hr

**Call 815.622.6201 for availability.

Duis Center

211 EAST 23RD STREET | 815.622.6200

DUIS CENTER 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.

DUIS CENTER HOLIDAY HOURS

Christmas Eve: Closed

Christmas Day: Closed

New Year's Eve: 11:00 a.m. - 1:00 p.m.
(For "Noon" Year's Eve Party Only)

New Year's Day: 7:00 a.m. - 12:00 p.m.

DUIS CENTER DROP-IN FEES

Water Walking.....\$6⁰⁰

Lap Swim.....\$6⁰⁰

Open Swim.....\$4²⁵ (5 & Under)

.....\$6⁷⁵ (6 & Over)

DUIS CENTER DROP-IN HOURS

WATER WALKING

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

LAP SWIM

Monday-Thursday: 5:00 a.m. - 8:30 a.m.,
11:00 a.m. - 1:00 p.m., 7:00 p.m. - 9:00 p.m.

Friday: 5:00 a.m. - 8:30 a.m.,
11:00 a.m. - 1:00 p.m.

Saturday: 9:00 a.m. - 12:00 p.m.*

*Two lanes available

OPEN SWIM

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

Saturday & Sunday: 12:00 p.m. - 6:00 p.m.

STERLING DAYS OFF SCHOOL \$1⁰⁰ OPEN SWIM

Dec 26-29: 1:00 p.m. - 3:00 p.m.

January 2-5, 15: 1:00 p.m. - 3:00 p.m.

February 19: 1:00 p.m. - 3:00 p.m.



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 Wahoos 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. The multi-purpose room is also utilized for Tae Kwon Do classes and board meetings.

STRENGTH, STRETCH & BALANCE

This shallow water class is designed to increase flexibility, stability, strength and balance. We use Pilates and Yoga based resistance moves to increase muscle strength and improve range of motion. These non-impact exercises are joint-friendly and suitable for all levels. Participants do not need to know how to swim. 10-class punch card for \$30; 20-class punch card for \$60. Try your first class for FREE!

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



Memberships

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
- Indoor 60-yard turf field** & 200-meter 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 Access
- Batting cage (mezzanine level only)***
- Tennis Court Access (Building 2)

	Monthly	Annual	Military: Monthly****	Military: Annual****
Youth (13 yrs & under)	\$17 ²⁴	\$170 ⁰⁰	—	—
Young Adult (14-20 yrs)	\$26 ⁴¹	\$280 ⁰⁰	\$20 ¹⁶	\$215 ⁰⁰
Adult (21-59 yrs)	\$40 ⁵⁸	\$450 ⁰⁰	\$34 ³³	\$350 ⁰⁰
Household	\$63 ⁵⁸	\$725 ⁰⁰	\$51 ⁰⁸	\$575 ⁰⁰
Single Household	\$57 ¹⁶	\$650 ⁰⁰	\$46 ⁰⁸	\$515 ⁰⁰
Couple	\$59 ²⁴	\$675 ⁰⁰	\$48 ⁹⁹	\$550 ⁰⁰
Senior Household	\$59 ²⁴	\$675 ⁰⁰	\$48 ⁹⁹	\$550 ⁰⁰
Senior (60+)	\$33 ⁰⁸	\$360 ⁰⁰	\$26 ⁹¹	\$285 ⁰⁰
Senior Couple (60+)	\$57 ¹⁶	\$650 ⁰⁰	\$43 ¹⁶	\$480 ⁰⁰

See page 3 for Westwood age restrictions. 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 with no additional fee. Normal rental charges apply for any rentals beyond 24-hours in advance. 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, boxing area, Warehouse, wood basketball courts and tennis courts.



PUNCH CARDS

	Fitness/Turf/Track
15 Punch Adult	\$110
15 Punch Youth/Senior*	\$100
30 Punch Adult	\$200
30 Punch Youth/Senior*	\$190

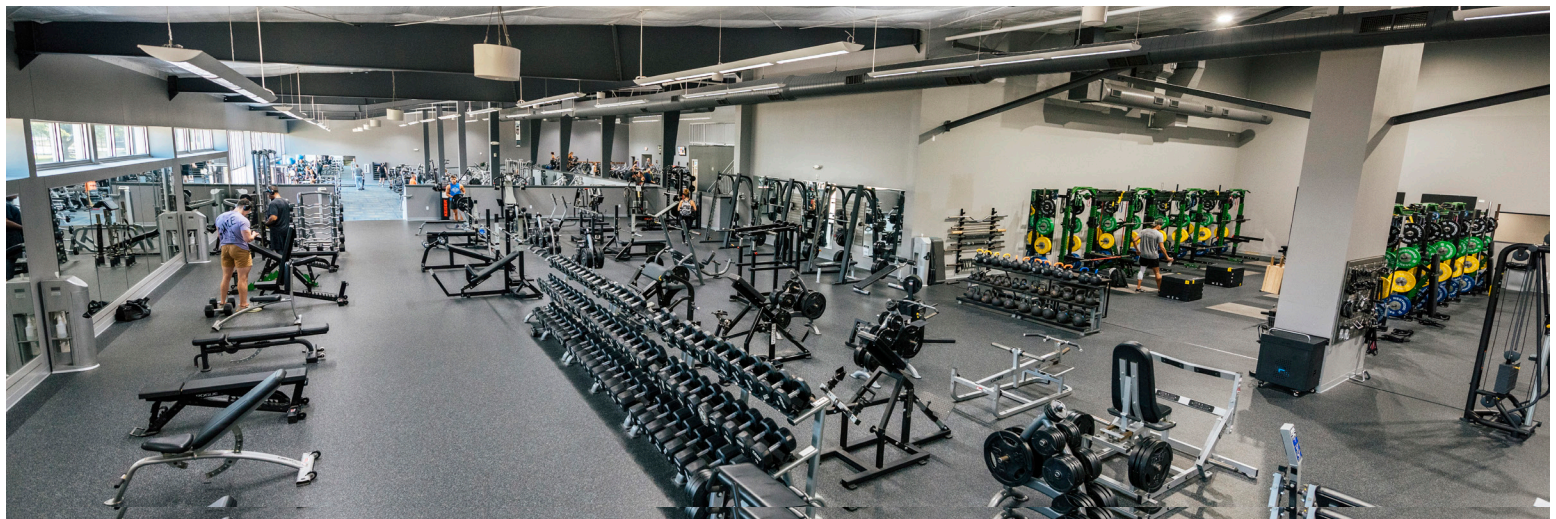
	Open Swim
15 Punch Adult	\$80
15 Punch Youth/Senior*	\$75
30 Punch Adult	\$130
30 Punch Youth/Senior*	\$125
12 Punch Early Bird/Noon Lap Swim	\$55

	Track Only
15 Punch Adult	\$80
15 Punch Youth/Senior*	\$75
30 Punch Adult	\$130
30 Punch Youth/Senior*	\$125
12 Punch Early Bird (4:30-7:00 a.m.)	\$40

	Pickleball
15 Punch (All ages)	\$98
30 Punch (All ages)	\$189

All cards expire five years from the date of purchase.

*Senior Card - Adults 60+; Youth Card - 13 & Under.



Dillon Home

1005 E. 3RD STREET | 815.622.6202

ANNUAL CHRISTMAS WALK

Join us Dec. 1, 2 and 3 for the Annual Christmas Walk at the Dillon Home Museum. Enjoy festive decorations and magical holiday cheer! Non-guided tours will be offered. Regular tour rates apply.

For those unable to make it during the Christmas Walk, the decorations will be up through Jan. 7. Please stop by during our regular tour times (listed to the right) and enjoy the festivities!

Christmas Walk Tours (on the half hour)

Fri., Dec. 1:

4:00 - 7:00 p.m.

Sat., Dec. 2 & Sun., Dec. 3:

10:00 a.m. - 4:00 p.m.



DILLON HOME 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.)

DILLON HOME TOUR RATES

General Admission.....\$6⁰⁰
Seniors.....\$5⁰⁰
Ages 5 & Under.....Free

Emerald Hill GIFT CARDS

The Pro Shop will be open the following dates and times for in-person gift card purchases:

Dec. 19 - 22: 11 a.m. - 6 p.m.

Dec. 23: 10 a.m. - 2 p.m.

Gift cards may also be purchased at www.emeraldhillgolf.com.



THE gift OF wellness

GIFT CARD USES

DROP-IN FEES
MEMBERSHIP FEES
PERSONAL TRAINING
YOUTH LESSONS
ADULT LESSONS
PRIVATE LESSONS
COURT RENTALS
PICKLEBALL
TENNIS



Give the gift of wellness this holiday season with Sterling Park District gift cards! Physical gift cards can only be obtained by purchasing in person at either facility.

Sterling Park District gift cards are not valid at Emerald Hill or the Westwood Smoothie Co.

Pumpkin Dash 2023

AGE GROUP WINNERS



Presented By: Sterling Park District, CGH Medical Center and Jeff Bright RV Center. **Event Sponsors:** Sauk Valley Bank, River Ridge Animal Hospital, CEC of the Sauk Valley, Inc., R.T.S. Mulch Services, Inc., 815 Porta Potty, Moore Tires and Hooties Designs

The 31st Annual Pumpkin Dash Cross Country Festival was held on Saturday, September 30 at Hoover Park. The popular event is a Sterling tradition, featuring races that vary in distance for crawlers through 12-years-old. There were 987 participants this year and each 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, 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 the volunteers from RFHS Junior Optimist, RFHS Art Club and RFMS Student Council.



Halle Clapper, Rafaela Alvarado,
Olivia Shepard & Layla Krone



Bentley Hey & Hudson Dieterle



London Teske, Briar Folkers,
Shae Russell & Ellie Naftzger



Kash Matthews, Camden Ewing,
Fynn timer Withrow & Reid Holmes

5-YEAR-OLD GIRLS



Lilly Smith, Rachel Catt & Geneva Kelly

5-YEAR-OLD BOYS



Bentley Hepker, Ryan Buckley & Cayson Benson

6-YEAR-OLD GIRLS



Macie Coward, Kinley Nailor,
Lennon Voss & Addilyn Bohm

6-YEAR-OLD BOYS



Dan Bishop, Ryder Snodgeroth & Benson Wells

7-YEAR-OLD GIRLS



Baylor Parvin, Addie King,
Avery Hopkins & Mae Kelly

7-YEAR-OLD BOYS



Landon Filo, Brixx Folkers & Jorge Smith

8-YEAR-OLD GIRLS



Remi Grimm, Pyper Wakeley & Camille Plotner

8-YEAR-OLD BOYS



Mason Smith, Beckett Warkins & Porfivio Celestino

9-YEAR-OLD GIRLS



Elly Tomman, Makynlee Shipma & Lana McMurtry

9-YEAR-OLD BOYS



James Catt, Camden Volz,
Ares Swearingen & Zach Bohm

10-YEAR-OLD GIRLS



Alexia Ibarra, Marian Smith & Rylynn Hoffman

10-YEAR-OLD BOYS



Octavious Taylor, Jaxon Warren & Benzon Parvin

11-YEAR-OLD GIRLS



Brogann Peugh, Gretal Moreno & Analeigh Porter

11-YEAR-OLD BOYS



Daniel Capriotti, Austin Butters & Logan White

12-YEAR-OLD GIRLS



Yaretzi Ibarra, Sophia Davis & Ily Sheldon

12-YEAR-OLD BOYS



Gage Steffes, James Hoffman & Quinn Springman

Aquatics

Lessons are held at the Duis Center.

No lessons January 18 or 27 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 March 4.

Age	Day	Time	Dates	Fee	Barcode
15+	Fri	5:00p-9:00p	Mar 8	\$175	14529
	Sat, Sun	10:00a-5:00p	Mar 9, 10		
15+	Sun	10:00a-5:00p	Mar 10	\$100	14530

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 and songs geared toward children under the age of 3.

Age	Day	Time	Dates	Fee	Barcode
6m-3yrs	Th	5:30-5:55p	Jan 11 - Feb 22	\$40	14559
6m-3yrs	Th	6:00-6:25p	Jan 11 - Feb 22	\$40	14560

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 11 - Feb 22	\$40	14533
3+	Th	6:00-6:25p	Jan 11 - Feb 22	\$40	14534
3+	Sat	10:00-10:25a	Jan 13 - Feb 24	\$40	14535
3+	Sat	11:00-11:25a	Jan 13 - Feb 24	\$40	14536

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 11 - Feb 22	\$40	14537
3+	Th	6:00-6:25p	Jan 11 - Feb 22	\$40	14538
3+	Sat	10:00-10:25a	Jan 13 - Feb 24	\$40	14539
3+	Sat	11:00-11:25a	Jan 13 - Feb 24	\$40	14540

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 freestyle 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 11 - Feb 22	\$40	14541
3+	Th	6:00-6:25p	Jan 11 - Feb 22	\$40	14542
3+	Sat	10:30-10:55a	Jan 13 - Feb 24	\$40	14543
3+	Sat	11:30-11:55a	Jan 13 - Feb 24	\$40	14544

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 11 - Feb 22	\$40	14545
3+	Th	6:00-6:25p	Jan 11 - Feb 22	\$40	14546
3+	Sat	10:30-10:55a	Jan 13 - Feb 24	\$40	14547
3+	Sat	11:30-11:55a	Jan 13 - Feb 24	\$40	14548

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 11 - Feb 22	\$40	14549
3+	Th	6:00-6:25p	Jan 11 - Feb 22	\$40	14550
3+	Sat	10:30-10:55a	Jan 13 - Feb 24	\$40	14551
3+	Sat	11:30-11:55a	Jan 13 - Feb 24	\$40	14552

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 11 - Feb 22	\$102	14553
3+	Th	6:00-6:30p	Jan 11 - Feb 22	\$102	14554
3+	Sat	10:00-10:30a	Jan 13 - Feb 24	\$102	14555
3+	Sat	10:30-11:00a	Jan 13 - Feb 24	\$102	14556
3+	Sat	11:00-11:30a	Jan 13 - Feb 24	\$102	14557
3+	Sat	11:30a-12:00p	Jan 13 - Feb 24	\$102	14558

WAHOOS SWIM TEAM

Wahoo Aquatic Club is a multiple site USA swimming team in Freeport and Sterling. For more information, please contact Stephanie at 815-622-6200 (Sterling) or Mike at 815-291-7882 (Freeport).

Junior Wahoos

Come out and join the Junior Wahoos! This noncompetitive group is designed to teach the basic rules and techniques needed to be on a swim team. Swim requirements include the ability to swim the length of the pool and retrieve a dive ring in 4'8" of water.

Age	Day	Time	Dates	Fee	Barcode
5+	M, W	6:00-6:45p	Dec 4 - 27	\$47	14634
5+	M, W	6:00-6:45p	Jan 8 - 31	\$53	14635
5+	M, W	6:00-6:45p	Feb 5 - 28	\$53	14636

Bronze Wahoos

This training group continues to reinforce basic skills and technique. The swimmers are introduced to racing, training and stroke development. Must be able to do flip turns and dive. Travel to Freeport on Thursdays.

Age	Day	Time	Dates	Fee	Barcode
5+	M-W, F	5:00-6:00p	Dec 1 - 29	\$95	14628
	Th	5:00-9:00p			
5+	M-W, F	5:00-6:00p	Jan 2 - 30	\$95	14629
	Th	5:00-9:00p			
5+	M-W, F	5:00-6:00p	Feb 1 - 29	\$95	14630
	Th	5:00-9:00p			

Silver Wahoos

At this level, practices begin leaning towards more conditioning, with less focus on technique. All aspects of competitive swimming are covered from streamlining to breakdown of energy systems. Travel to Freeport on Thursdays.

Age	Day	Time	Dates	Fee	Barcode
5+	M-W	5:00-6:30p	Dec 1 - 29	\$110	14637
	Th	5:00-9:00p			
	Fri	4:30-6:00p			
5+	M-W	5:00-6:30p	Jan 8 - 31	\$110	14638
	Th	5:00-9:00p			
	Fri	4:30-6:00p			
5+	M-W	5:00-6:30p	Feb 1 - 29	\$110	14639
	Th	5:00-9:00p			
	Fri	4:30-6:00p			

Gold Wahoos

This group is for our advanced, senior age & master age swimmers. Participants will be exposed to a full training plan. Travel to Freeport on Thursdays.

Age	Day	Time	Dates	Fee	Barcode
5+	M-W	5:00-7:00p	Dec 1 - 29	\$130	14631
	Th	5:00-9:00p			
	Fri	4:00-6:00p			
5+	M-W	5:00-7:00p	Jan 8 - 31	\$130	14632
	Th	5:00-9:00p			
	Fri	4:00-6:00p			
5+	M-W	5:00-7:00p	Feb 1 - 29	\$130	14633
	Th	5:00-9:00p			
	Fri	4:00-6:00p			

DUIS CENTER

Noon Year's Eve POOL PARTY

Do your kids have a hard time staying awake to celebrate the New Year? Count down to 12 p.m. with us instead of 12 a.m. at our family "Noon Year's Eve" Pool Party!

Enjoy swimming from 11:00 a.m. to 1:00 p.m., and a beach ball drop at 12:00 p.m. Concessions will be available, plus music, FREE party favors & lots of fun! Register by December 30. ^{\$}5 for a family of 4, ^{\$}1 for each additional family member. Barcode 14531.

Children 8 & under must be accompanied in the water by an adult 16 years of age or older.

SUNDAY, DEC. 31: 11:00 A.M. - 1:00 P.M.



Gymnastics

Lessons are held at the Duis Center.

Parent & Tot Little Explorers

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 16 - Feb 20	\$38	14600
18m+	Th	9:00-9:30a	Jan 18 - Feb 22	\$38	14601
18m+	Sat	9:00-9:30a	Jan 20 - Feb 24	\$38	14602
18m+	Sat	9:30-10:00a	Jan 20 - Feb 24	\$38	14603
18m+	Sat	10:00-10:30a	Jan 20 - Feb 24	\$38	14604

Preschool Beginner

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 the Little Gym.

Age	Day	Time	Dates	Fee	Barcode
3-4	Mon	4:00-4:45p	Jan 15 - Feb 19	\$66	14610
3-4	Tues	10:00-10:45a	Jan 16 - Feb 20	\$66	14611
3-4	Tues	4:00-4:45p	Jan 16 - Feb 20	\$66	14612
3-4	Wed	5:00-5:45p	Jan 17 - Feb 21	\$66	14613
3-4	Th	10:00-10:45a	Jan 18 - Feb 22	\$66	14614
3-4	Th	4:00-4:45p	Jan 18 - Feb 22	\$66	14615



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. Classes are held in the Little Gym.

Age	Day	Time	Dates	Fee	Barcode
5-6	Mon	5:00-5:45p	Jan 15 - Feb 19	\$66	14605
5-6	Tues	5:00-5:45p	Jan 16 - Feb 20	\$66	14606
5-6	Wed	4:00-4:45p	Jan 17 - Feb 21	\$66	14607
5-6	Wed	6:00-6:45p	Jan 17 - Feb 21	\$66	14608
5-6	Th	5:00-5:45p	Jan 18 - Feb 22	\$66	14609

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 15 - Feb 19	\$88	14579
6-10	Mon	5:00-6:00p	Jan 15 - Feb 19	\$88	14580
6-10	Mon	6:00-7:00p	Jan 15 - Feb 19	\$88	14581
6-10	Tues	4:00-5:00p	Jan 16 - Feb 20	\$88	14582
6-10	Tues	6:00-7:00p	Jan 16 - Feb 20	\$88	14583
6-10	Wed	4:00-5:00p	Jan 17 - Feb 21	\$88	14584
6-10	Wed	5:00-6:00p	Jan 17 - Feb 21	\$88	14585
6-10	Th	4:00-5:00p	Jan 18 - Feb 22	\$88	14586
6-10	Th	5:00-6:00p	Jan 18 - Feb 22	\$88	14587

Boys Gymnastics

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

Age	Day	Time	Dates	Fee	Barcode
6-10	Tues	5:00-5:45p	Jan 16 - Feb 20	\$66	14575
6-10	Th	5:00-5:45p	Jan 18 - Feb 22	\$66	14576

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	5:00-6:00p	Jan 15 - Feb 19	\$88	14588
7+	Tues	6:00-7:00p	Jan 16 - Feb 20	\$88	14589
7+	Wed	5:00-6:00p	Jan 17 - Feb 21	\$88	14590
7+	Th	6:00-7:00p	Jan 18 - Feb 22	\$88	14591

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+	Mon	4:00-5:00p	Jan 15 - Feb 19	\$88	14592
7+	Th	6:00-7:00p	Jan 18 - Feb 22	\$88	14593

Friday Open Gym

Keep your gymnastics or tumbling skills fresh! Participants must be enrolled in a current session or on competitive team. Coaches will be available.

Age	Day	Time	Dates	Fee
6+	Fri	6:30-8:30p	Ongoing	\$14/drop-in

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	6:00-7:00p	Jan 15 - Feb 19	\$88	14594
7+	Tues	5:00-6:00p	Jan 16 - Feb 20	\$88	14595

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+	Mon	7:00-8:00p	Jan 15 - Feb 19	\$88	14596
7+	Tues	5:00-6:00p	Jan 16 - Feb 20	\$88	14597

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+	Tues	6:00-7:00p	Jan 16 - Feb 20	\$88	14598
7+	Wed	7:00-8:00p	Jan 17 - Feb 21	\$88	14599



COMPETITIVE GYMNASTICS

Our competitive gymnastics program is open to students ages 6+ who meet the requirements through coach's recommendation or evaluation. Our team participants compete in USAG meets.

For more information, please speak with your child's coach.

VAULT • UNEVEN BARS • BALANCE BEAM • FLOOR

TUMBLING & CHEER

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+	Tues	4:00-5:00p	Jan 16 - Feb 20	\$88	14616
7+	Wed	4:00-5:00p	Jan 17 - Feb 21	\$88	14617
7+	Wed	6:00-7:00p	Jan 17 - Feb 21	\$88	14618
7+	Th	5:00-6:00p	Jan 18 - Feb 22	\$88	14619

Tumbling 2 - Intermediate

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

Age	Day	Time	Dates	Fee	Barcode
7+	Wed	7:00-8:00p	Jan 17 - Feb 21	\$88	14620
7+	Th	6:00-7:00p	Jan 18 - Feb 22	\$88	14621

Tumbling 3 - Advanced

This class is for students that have mastered the requirements for Beginner and Intermediate Tumbling. *Instructor recommendation required.

Age	Day	Time	Dates	Fee	Barcode
7+	Mon	7:00-8:00p	Jan 15 - Feb 19	\$88	14622

Middle School Tumbling

This class covers a wide range of skills, from basic tumbling fundamentals (rolls, handstands and cartwheels) to advanced skills (round-offs, back handsprings, flips and aerials). 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
7+	Mon	7:00-8:00p	Jan 15 - Feb 19	\$88	14623

Cheerleading

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

Age	Day	Time	Dates	Fee	Barcode
4-6	Sat	10:30-11:00a	Jan 20 - Feb 24	\$45	14577
7-12	Sat	11:00a-12:00p	Jan 20 - Feb 24	\$88	14578

Athletics

Programs are held at Westwood.

Youth Track

Interested in learning about track events? The youth track 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. We will have 10 practice days. There will also be an option to travel to two Saturday meets during this program.

Age	Day	Time	Dates	Fee	Barcode
6-12	Tues	5:00-6:00p	Nov 28 - Jan 9	\$100	14522

Sprints Jumps Hurdles Training

Join local track coaches for a pre season tune up for the upcoming track season. 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
12-18	Sun	9:00-11:00a	Nov 26 - Jan 14	\$100	14625
	Thurs	5:30-7:00p			

Youth Basketball League

Our youth basketball program is designed to teach your child the fundamentals of the game in a fun and instructional environment. Participants will have one game and one practice each week. Basket heights will vary by age group. If you are interested in being a volunteer coach, please indicate it on your child's registration form. To guarantee your child a spot in the program, please register by November 14. Age groups will be created based on registration numbers. 3rd grade and older will have a tryout followed by a coaches draft to split up teams. There will be no teammate and/or coach requests allowed for 3rd grade and up. Our Meet The Coach Day is Saturday December 2 from 9a to 12p. Volunteer coaches will be contacted when a meeting date and time are set.

Grade	Day	Time	Dates	Fee	Barcode
PreK - K	Sat	9:00a-1:00p	Dec 2 - Jan 20	\$80	14699
1 st	Sat	9:00a-1:00p	Dec 2 - Jan 20	\$80	14694
2 nd	Sat	9:00a-1:00p	Dec 2 - Jan 20	\$80	14695
3 rd	Sat	9:00a-1:00p	Dec 2 - Jan 20	\$80	14696
4 th	Sat	9:00a-1:00p	Dec 2 - Jan 20	\$80	14697
5 th	Sat	9:00a-1:00p	Dec 2 - Jan 20	\$80	14698
6 th	Sat	9:00a-1:00p	Dec 2 - Jan 20	\$80	14700

Online Registration Quick • Easy • Free

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.



Youth Indoor Soccer

This league will be played on Westwood's indoor AstroTurf field. Participants will learn the fundamentals of soccer in an enjoyable environment. Practices will be on Monday, Wednesday and Friday evenings with games on Saturday mornings. Team orientation day will be Saturday January 6 from 8:30-12:30pm. Grades 3rd and older will have a tryout followed by a coaches draft to split up teams. There will be no teammate and/or coach requests allowed for 3rd grade and up. Games will start on January 13. To guarantee a spot in the program please register by December 22.

Grade	Day	Time	Dates	Fee	Barcode
PreK	Sat	8:30-11:30a	Jan 6 - Feb 17	\$70	14687
K	Sat	8:30-11:30a	Jan 6 - Feb 17	\$70	14686
1 st	Sat	8:30-11:30a	Jan 6 - Feb 17	\$70	14682
2 nd	Sat	8:30-11:30a	Jan 6 - Feb 17	\$70	14683
3 rd	Sat	8:30-11:30a	Jan 6 - Feb 17	\$70	14684
4 th	Sat	8:30-11:30a	Jan 6 - Feb 17	\$70	14685
5 th	Sat	8:30-11:30a	Jan 6 - Feb 17	\$70	14688

Middle School Indoor Soccer

All participants will practice together with experienced soccer coach Gabe Ocampo. Teams will be split based on number of participants and games will be played on Saturdays. Use this opportunity to learn from Gabe and gear up for the upcoming spring season.

Age	Day	Time	Dates	Fee	Barcode
10-13	Sat	11:30a-12:30p	Jan 6 - Feb 17	\$70	14689



NEW THIS YEAR

Competitive Indoor Soccer Team League For 6th - 8th grades

Games played on Mondays and Thursday evenings at Westwood. Teams can call Athletics Manager Brian Totey at 815-622-2219 for further information.

Fitness

Classes are held at Westwood unless otherwise noted.

MARTIAL ARTS

Tae Kwon Do at Duis Center

Tae Kwon Do is offered for ages 4+ in all levels. 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 5 - Dec 28	\$32	14565
4-7	T, Th	4:30-5:00p	Jan 2 - Jan 30	\$32	14567
4-7	T, Th	4:30-5:00p	Feb 1 - Feb 29	\$32	14566
Beginner					
8+	T, Th	5:00-6:00p	Dec 5 - Dec 28	\$48	14562
8+	T, Th	5:00-6:00p	Jan 2 - Jan 30	\$48	14564
8+	T, Th	5:00-6:00p	Feb 1 - Feb 29	\$48	14563
Advanced					
8+	T, Th	6:00-7:00p	Dec 5 - Dec 28	\$48	14568
8+	T, Th	6:00-7:00p	Jan 2 - Jan 30	\$48	14569
8+	T, Th	6:00-7:00p	Feb 1 - Feb 29	\$48	14570

YOUTH FITNESS

Exploring Exercise

Participants will learn a variety of exercises using their own body weight as well as equipment. This class will incorporate a variety of agility and balance training, along with the general strength gain. This class only meets on Monday nights. No class Christmas Day or New Year's Day.

Age	Day	Time	Dates	Fee	Barcode
6-8	Mon	5:30-6:15p	Dec 4 - Jan 22	\$43	14716
6-8	Mon	5:30-6:15p	Jan 29 - Mar 4	\$43	14717

Introduction to Youth Fitness

This class teaches the general rules and guidelines that will help you feel safe, confident, and comfortable using our facilities. 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. Class is required to get a membership card. *FREE for members.

Age	Day	Time	Date	Fee*	Barcode
9-11	Tues	5:30-6:30p	Dec 5	\$28	14673
9-11	Sat	9:00-10:00a	Dec 9	\$28	14674
9-11	Tues	5:30-6:30p	Jan 2	\$28	14675
9-11	Sat	9:00-10:00a	Jan 6	\$28	14676
9-11	Tues	5:30-6:30p	Feb 6	\$28	14703
9-11	Sat	9:00-10:00a	Feb 10	\$28	14705

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 feel safe, confident, and comfortable using our facilities. Class is required to get a membership card.*FREE for members.

Age	Day	Time	Date	Fee*	Barcode
12-15	Th	5:30-6:30p	Dec 7	\$28	14690
12-15	Sat	10:00-11:00a	Dec 9	\$28	14691
12-15	Th	5:30-6:30p	Jan 4	\$28	14692
12-15	Sat	10:00-11:00a	Jan 6	\$28	14701
12-15	Th	5:30-6:30p	Feb 8	\$28	14702
12-15	Sat	10:00-11:00a	Feb 10	\$28	14704

Ninja Beginners

Ninja Beginners is for participants that have completed Intro to Youth Fitness or Intro to Weightlifting, 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 13 - Jan 17	\$43	14714
9-14	Wed	5:30-6:30p	Jan 24 - Feb 28	\$43	14715

Ninja Advanced

This class is for participants that are looking for a more challenging class, following successful completion of Ninja Beginners. In this class, students will learn more advanced skills such as how to navigate through challenging obstacle courses, while improving agility and building endurance.



Age	Day	Time	Dates	Fee	Barcode
9-14	Wed	6:30-7:30p	Dec 13 - Jan 17	\$43	14712
9-14	Wed	6:30-7:30p	Jan 24 - Feb 28	\$43	14713

ADULT FITNESS

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: \$13; 24-punch pass: \$26.

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

Westwood Fitness Orientations


Free for members & non-members! 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.

Age	Day	Time	Dates	Fee	Barcode
15+	Tues	10:00-11:00a	Dec 12	\$0	14706
15+	Th	5:30-6:30p	Dec 14	\$0	14707
15+	Tues	10:00-11:00a	Jan 9	\$0	14708
15+	Th	5:30-6:30p	Jan 11	\$0	14709
15+	Tues	10:00-11:00a	Feb 13	\$0	14710
15+	Th	5:30-6:30p	Feb 15	\$0	14711

WESTWOOD GROUP FITNESS SCHEDULE

These classes are FREE for our members. Non-members pay the \$9 fitness drop-in fee. Visit our website for class descriptions.
Class meeting locations are noted below each class. No registration - just show up & sweat!


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30A UNICUS Warehouse	5:30-6:30A UNICUS Warehouse	5:30-6:30A UNICUS Warehouse	5:30-6:30A UNICUS Warehouse	5:30-6:30A UNICUS Warehouse	8:00-9:00A UNICUS Warehouse
8:00-9:00A STEPS FOR TODAY Warehouse	7:00-8:00A FIT FOR LIFE Functional training/weight room	8:00-9:00A STEPS FOR TODAY Warehouse	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	9:30-10:30A TOTAL BODY TONING Warehouse	9:30-10:30A TOTAL BODY TONING Track Area	9:30-10:30A TOTAL BODY TONING Warehouse	9:30-10:30A TOTAL BODY TONING Track Area	
3:15-4:00P UNICUS BODYWEIGHT & DUMBBELLS Warehouse	3:15-4:00P UNICUS BODYWEIGHT & DUMBBELLS Warehouse	3:15-4:00P UNICUS BODYWEIGHT & DUMBBELLS Warehouse	3:15-4:00P UNICUS BODYWEIGHT & DUMBBELLS Warehouse	3:15-4:00P UNICUS BODYWEIGHT & DUMBBELLS Warehouse	
4:15-5:15P UNICUS Warehouse	4:15-5:15P UNICUS Warehouse	4:15-5:15P UNICUS Warehouse	4:15-5:15P UNICUS Warehouse	4:15-5:15P UNICUS Warehouse	
5:30-6:30P UNICUS Warehouse	5:30-6:30P TOTAL BODY TONING Warehouse	5:30-6:30P UNICUS Warehouse	5:30-6:30P TOTAL BODY TONING Warehouse	5:30-6:30P OLYMPIC LIFTING Warehouse	
	6:45-7:45P UNICUS Warehouse		6:45-7:45P UNICUS Warehouse		
					<p>Scan here for fitness class descriptions:</p> 



DR. BOB WALSH

ACCEPTING NEW PATIENTS

CALL 815.626.7220 TO SCHEDULE AN APPOINTMENT



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Dana Dietz, CMT 815-564-7352
PROSTRENGTH.CLINICSENSE.COM

WESTWOOD PERFORMANCE LAB

Experience the Performance Lab Difference: Lab opening in 2024 - training available now!

The Westwood Performance Lab will bring modern exercise and testing equipment to the forefront with different application techniques to help individuals achieve their goals. Through the use of this equipment and the use of current scientific research, the Westwood Performance Lab will be able to help individuals to perform better, whether that be athletically, or those activities associated with everyday living.

- **Sports Performance:** Maximize athletic performance and minimize injuries
- **Performance Fitness:** Get in the shape of your life... improve strength, mobility and/or endurance
- **Private Performance Training:** Personalized training for those with specific needs. Accommodation for specific/unique goals and/or physical limitations
- **Team Training:** Sport specific workouts customized to the needs of each team
- **Sport Science:** Using the latest sports science technology to assess/improve bio-mechanical, performance and health metrics such as Dartfish 2/3D Analysis, Perch Camera System, AlterG Treadmill, Vertimax, Synaptec, etc.
- **Individual/Team Performance Program Design:** Personalized programs designed for at-home and/or traditional gym workouts

PERFORMANCE TRAINING PRICING:

Each session includes 55-minutes of instruction

Members

1 Session	\$40
3 Sessions	\$110
6 Sessions	\$200
12 Sessions	\$385

Non-Members

1 Session	\$50
3 Sessions	\$135
6 Sessions	\$250
12 Sessions	\$450

Small Group Training (4-6 clients)

3 Sessions	\$75/each (Members)
	\$100/each (Non-Members)

Team Training (7+ clients) Call for Pricing

Runners (Gait analysis with shoe recommendations)

\$50 (Members)
\$60 (Non-Members)

Individual/Team Programs Design

Individual Initial Consultation	\$50 (Members)
	\$60 (Non-Members)
Individual Follow-up	Same as regular session cost
Team Initial Consultation	Call for Pricing
Team Follow-up Consultation	Call for Pricing

PERFORMANCE LAB CONTACT: KBOND@STERLINGPARKS.ORG

COMING SOON TO WESTWOOD BUILDING #1

New state-of-the-art
racquetball/wallyball court.



SAVE THE DATE!

EASTER EGG HUNT

WESTWOOD SOCCER FIELDS
SATURDAY, MARCH 23
1:30 P.M. SHARP!

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!

Tennis

Lessons are held at the Westwood Tennis Center.



Parent Tot

Age appropriate equipment including smaller racquets, balls and nets will be used. One parent per child is required for this class. Parents will help their child swing their racquet through the instruction from our Tennis Pro.

Age	Day	Time	Dates	Fee	Barcode
2-4	Sat	8:30-9:00a	Dec 2 - Dec 16	\$45	14670
2-4	Sat	8:30-9:00a	Jan 13 - Jan 27	\$45	14671
2-4	Sat	8:30-9:00a	Feb 10 - Feb 24	\$45	14672

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 27 - Dec 18	\$65	14643
4-8	Sat	9:00-10:00a	Dec 2 - Dec 16	\$45	14646
4-8	Mon	3:45-4:30p	Jan 8 - Jan 29	\$65	14644
4-8	Sat	9:00-10:00a	Jan 13 - Jan 27	\$45	14647
4-8	Mon	3:45-4:30p	Feb 5 - Feb 26	\$65	14645
4-8	Sat	9:00-10:00a	Feb 10 - Feb 24	\$45	14648

Saturday Youth

This program is focused less on instruction, and more on fun and games! All skill levels are welcome, and appropriate balls will be used. Sessions are only three weeks long to limit weekend commitment.

Age	Day	Time	Dates	Fee	Barcode
7-13	Sat	10:00-11:00a	Dec 2 - Dec 16	\$45	14664
7-13	Sat	10:00-11:00a	Jan 13 - Jan 27	\$45	14665
7-13	Sat	10:00-11:00a	Feb 10 - Feb 24	\$45	14666

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 27 - Dec 18	\$65	14649
7-11	Mon	4:30-5:30p	Jan 8 - Jan 29	\$65	14650
7-11	Mon	4:30-5:30p	Feb 5 - Feb 26	\$65	14651

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	Mon	5:30-6:30p	Nov 27 - Dec 18	\$65	14652
9-12	Mon	5:30-6:30p	Jan 8 - Jan 29	\$65	14653
9-12	Mon	5:30-6:30p	Feb 5 - Feb 26	\$65	14654

Intro to High Performance

This class is 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. This program is a fit for any student who is not yet at the varsity level but aspiring to be soon.

Age	Day	Time	Dates	Fee	Barcode
12-18	Tues	5:00-6:30p	Nov 28 - Dec 19	\$80	14655
12-18	Tues	5:00-6:30p	Jan 9 - Jan 30	\$80	14656
12-18	Tues	5:00-6:30p	Feb 6 - Feb 27	\$80	14657



High Performance

This program is for students at or near the varsity level for high school tennis. Our staff divides the kids based on their skill level to place them in the appropriate group for the session. Classes will focus on point play, along with challenging drills to bring out the best in each student.

Age	Day	Time	Dates	Fee	Barcode
12-18	Wed	5:00-6:30p	Nov 29 - Dec 20	\$80	14658
12-18	Wed	5:00-6:30p	Jan 10 - Jan 31	\$80	14659
12-18	Wed	5:00-6:30p	Feb 7 - Feb 28	\$80	14660

Winter Classic

Show off your skills in our Winter Classic! This is a singles tournament with divisions in Boys 14&U, Boys 18&U, Girls 14&U, Girls 18&U and Coed 10&U. Divisions will be played across Friday and Saturday, with the larger draws beginning first. Each participant is guaranteed three matches.

Age	Day	Time	Date	Fee	Barcode
6+	F-Sat	9:00a	Jan 5 - Jan 6	\$20	14667

Westwood Tennis Center Pro Shop

Did you know the Westwood Tennis Center has a full service Wilson Pro Shop? Racquets, strings and stringing services, grips, etc.

Members receive
15% off purchases
at the Pro Shop
this winter!



Private Tennis Lessons

Want to learn the game? Contact Jake Lipka at 815-622-6063 to schedule a private lesson and get started today! Up to three participants may attend any one lesson at a time.

\$45 per hour • \$30 per half hour

Adult Beginner

Give something new a try this winter! This program is for adults new to the sport or returning players looking to get more insight on their game.

Age	Day	Time	Date	Fee	Barcode
18+	Wed	6:30-7:30p	Nov 29 - Dec 20	\$50	14661
18+	Wed	6:30-7:30p	Jan 10 - Jan 31	\$50	14662
18+	Wed	6:30-7:30p	Feb 7 - Feb 28	\$50	14663

Adult Advanced Drills

Taught by Head Pro Jake Lipka. These drills are fast paced and require advanced tennis experience. Drills prioritize doubles strategy. Must call ahead to reserve your spot.

Age	Day	Time	Dates	Fee
18+	T/W	8:30-10:00a	Ongoing	\$15/member \$20/non-member
18+	Fri	9:00-10:30a	Ongoing	\$15/member \$20/non-member

Cardio Tennis

Taught by Carolyn Allen. FREE for members. Class focuses on point play drills that keep your feet moving and your heart pumping. Some tennis experience required.

Age	Day	Time	Dates	Fee
18+	T/Th	12:00-1:00p	Ongoing	Free for members

Thursday Night Men's League

Must call ahead of time to sign up. Players will be randomly paired with a partner and opponent twice per evening playing an 8 game pro set in both matches. Scores are recorded and used for an end of season tournament.

Age	Day	Time	Dates	Fee
18+	Th	6:00-8:00p	Jan 4 - Mar 7	\$15/member \$20/non-member

Pickleball

Lessons are held in Building 3 at Westwood.



Beginner Clinic

What is Pickleball? In this program you will learn the basic rules, scoring, skills and strategy to play Pickleball. Designed for the person that wants to explore the fastest growing game in the world.

Age	Day	Time	Dates	Fee	Barcode
18+	Mon	5:15-6:15p	Jan 8 - Jan 29	\$80	14640

Level Up Skills & Drills

Designed for the advanced beginner and intermediate player. Levels 2.5 and above. You already know how to score, basic rules and position yourself in a doubles game. This program is designed for those players that desire to up their game to a higher level. Skills covered through drilling: Serves, serve returns, drops, drives, blocking, dinking and more. Learn the purpose and technique behind each shot to win more points and games. This program will focus on drilling skills. Some live game simulation will take place.

Age	Day	Time	Dates	Fee	Barcode
18+	Mon	5:15-7:00p	Feb 5 - Feb 26	\$100	14641

Individual Pickleball Lessons

Learn and drill specific pickleball skills. Serves, returns, drops, drives, etc. Specific techniques in blocking and dinking.
Skill levels beginner and intermediate.

Schedule at your convenience by calling Chip at 815-441-7035.

\$40 for 1 session • \$110 for 3 sessions

Group Pickleball Lessons

Learn as a group! Sign up with 3-4 friends and learn the game together. We will focus on basic serving, returning, dropping and dinking.
Basic strategy and positioning for winning pickleball.

Schedule at your convenience by calling Chip at 815-441-7035.

\$100 for a 2-hour session (per group of 3-4)

Celebrating 100 Years

ESTABLISHED OCTOBER 26, 1923

1980s

1980: Indoor track building at Westwood was donated to the Sterling Park District.

Dillon Home property was donated to the Sterling Park District.

1981: Baldwin Steam Engine #73 was retired and moved to the south lawn of the Dillon Home Museum. Until its retirement, the engine was operational at Northwestern Steel & Wire, and was the last steam engine working in the United States in an industrial application.

1982: Disc golf course added at Sinnissippi Park.

1984: Fire in the Westwood track building caused nearly \$1,000,000 in damage.

1985: Won for the second time, the National Park and Recreation Association's National Gold Medal Award.

1985-1994: Westwood Buildings #1 and #2, along with the surrounding property, were purchased/donated to the Sterling Park District.

1986: Propheter Park (the old Central School property) donated to the Sterling Park District by Bob Propheter.

1990s

1992: First Pumpkin Dash held at Hoover Park.

1994: Imagination Station constructed at Kilgour Park.

Emerald Hill Golf Course was purchased by the Sterling Park District.

2000s

2002: Acquired jointly with the local school district, a 24,000 square foot warehouse/maintenance facility located off Lynn Blvd. This facility was donated to the Park and School Districts.

Acquired a 45,000 square foot athletic facility located just north of the original Westwood buildings, now referred to as Building #3. This facility, including all equipment was donated to the Sterling Park District.

2004: First of many phases to complete a community-wide bike path system started, beginning with the bike path from Hoover Park to Sinnissippi Park.

2000s

Continued

2006: Sterling Park District wins the Sports Illustrated Community of the Year Award for being a "Good Sports Community".

Lincoln statue dedication at Propheter Park.

Lynn Boulevard trail constructed.

2007-2013: Sinnissippi Park to Martin's Landing bike path constructed.

2008: Acquired Redfield Park from Dennis and Brad Redfield.

Sinnissippi Dam walkway & Martin's Landing opened.

2009: Westwood Building #2 closed to the public. Area used for storage.

2010s

2010: Bike path located behind Westwood and continuing to the corner of Lynn Boulevard and LeFevre was constructed.

Lawrence Park pool permanently closed.

Duis Center re-opened after a 7-month \$4.4 million renovation project.

2013: Fire in Building #1 at Westwood caused nearly \$2,000,000 in damage.

2014: Artificial turf was added in the Westwood track building (Building #1).

2015: Indoor pickleball begins at Westwood. First in Building #1, then in Building #3 (2019).

2016: Westwood Building #3 vestibule/elevator project completed.

2017: Lynn Boulevard to Franklin School bike path constructed.

2018: Westwood Tennis Center (Building #2) opened.

2019: Outdoor pickleball courts constructed at Thomas Park.

Westwood's Kids Gym, functional training area, fitness turf area, batting cages, wood basketball courts, and juice bar opens.

Visit Westwood to view the full timeline of our history!



PARTY RENTAL

Book your next party with us!

WESTWOOD: Kids Gym Party - \$225/2-hr

**DUIS CENTER:
Pool Party
\$80/hr**

**DUIS CENTER:
Multi-Purpose Room
\$60/hr**

**DUIS CENTER:
Gymnastics Party
\$110/hr**

VISIT WESTWOOD OR DUIS TO BOOK YOUR PARTY!

Winter Menu

Westwood FitMeals



SCAN TO ORDER



SALADS: \$9.99*

Chicken Bacon Cobb Salad

Romaine and spinach blend, grilled chicken breast, bacon chunks, hardboiled egg, cherry tomato, carrot and red cabbage shreds, feta cheese and ranch dressing

Berry Chicken and Feta

Romaine and spinach blend, grilled chicken breast, fresh strawberry, dried cranberry, toasted walnut, cherry tomato, sundried tomato, feta cheese and poppy seed dressing

Chicken Caesar Salad

Romaine and spinach blend, grilled chicken breast, cherry tomato, croutons, shaved parmesan and Caesar dressing.

Mango and Jackfruit Salad (*\$2 extra for jackfruit)

Romaine and spinach blend, grilled jackfruit, black beans, jalapeno, mango salsa, cilantro and lime

BOWLS: \$9.99*

Baked Chicken Mac

Mac and cheese bake, grilled chicken breast, mixed vegetable side

Pulled Pork Mac

Mac and cheese bake, slow roasted pulled pork, mixed vegetable side

Quinoa Burger Bowl

Lean ground beef, olive oil, onion, garlic, quinoa, spinach, cherry tomato, sweet potato, shredded cheese

Jackfruit Burrito Bowl (*\$2 extra for jackfruit)

Grilled Jackfruit, Spanish rice, refried beans, onions, bell pepper, jalapeno, cilantro, lime and mango salsa

WRAPS: \$9.99*

Chicken Fajita Burrito

Grilled chicken breast, roasted corn, onion and pepper, Spanish rice, refried beans, sour cream, shredded cheese and salsa in a flour tortilla

Pulled Pork and Bean Burrito

Slow roasted pork, Spanish rice, refried bean, sour cream, shredded cheese and salsa in a flour tortilla

Jackfruit Burrito (*\$2 extra for jackfruit)

Grilled Jackfruit, Spanish rice, refried beans, onions, bell pepper, jalapeno, cilantro, lime, plant based cheese and mango salsa in a flour tortilla

BBQ Jackfruit Burrito (*\$2 extra for jackfruit)

Grilled jackfruit, shredded carrot, sliced red cabbage, spinach, plant based cheese, rice and bbq sauce

Jackfruit Quesadilla (*\$2 extra for jackfruit)

Grilled Jackfruit, refried bean, plant based cheese in a flour tortilla

Pulled Pork Quesadilla

Slow roasted pulled pork, refried bean, shredded cheese in a flour tortilla

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Treat yourself or a fellow sports enthusiast to the ultimate refreshment. Grab a Smoothie Co. gift card and sip your way to health and energy. Don't miss out - get your gift card today and drink up the energy of champions!

