



SPRING 2024

page 16



Activity GUIDE

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

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
12121 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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DOUG SCHRYVER
Park Specialist



ERIC CASTRO
Park Specialist



CHIP STAEHELL
Pickleball Instructor
cstaebell@sterlingparks.org



JAKE BROOKS
Emerald Hill Superintendent
jbrooks@sterlingparks.org



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 5.

WESTWOOD HOLIDAY HOURS

BUILDING 1

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

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

KIDS GYM

Easter: Closed

Memorial Day: 8:00 a.m. - 12:00 p.m.

TENNIS CENTER

Easter: Closed

Memorial Day: 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 - 13+ yrs: Can utilize all fitness areas** and track building without an adult (13-15 year-olds must complete Introduction to Weightlifting). **9-12 yrs:** Can utilize all fitness areas** with an adult after completing a Park District offered Youth Fitness class (with a specially colored ID card). **12 & 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 - 13+ yrs: Can utilize building 3 lower areas without an adult. **12 & 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.*

NEW STATE-OF-THE-ART RACQUETBALL/WALLYBALL COURT NOW OPEN AT WESTWOOD!



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.*

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	3:15-4:00P UNICUS BODYWEIGHT & DUMBBELLS 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	4:15-5:15P UNICUS 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	5:30-6:30P TOTAL BODY TONING Warehouse	4:15-5:15P UNICUS Warehouse	5:30-6:30P FULL BODY CIRCUIT TRAINING Warehouse	5:30-6:30P OLYMPIC LIFTING Warehouse	
5:30-6:30P UNICUS Warehouse	6:45-7:45P UNICUS Warehouse	5:30-6:30P UNICUS Warehouse	6:45-7:45P UNICUS Warehouse		
	7:00-8:00P WOMEN'S KICKBOXING* Functional Training/ weight room		7:00-8:00P WOMEN'S KICKBOXING* Functional Training/ weight room		
					<p>Scan here for fitness class descriptions:</p> 

*Class starting 3/19



WESTWOOD PERFORMANCE LAB OPENING SUMMER 2024

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.

Current Sports/Human Performance Manager Kel Bond will oversee the Lab's operations. Kel has worked in the fitness field for over 15 years. He is currently finishing his PhD in Health and Human Performance. Kel has trained individuals in a variety of areas including multiple levels of athletes, Navy Seals, physique competitors, and general populations with goals of weight loss, increased balance, general strength, and bone density. Kel's goal is to stay on top of current research that will help ensure the best route to each one's goals.

- **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



TOP GUN AWARD WINNERS

The "Top Gun" award is given to the most faithful gym-goers at Westwood and swimmers at Duis Center. Each are awarded a photo plaque, which is displayed at Westwood or Duis Center for the duration of the year. This year's Top Guns at Westwood averaged a total of 390 scans and 201 scans at Duis Center.

WESTWOOD

Jill Clark
Jeff Hippen
Cory Bradshaw
James Duffy
Joe Gennaro
Erica Camacho
Kris Hippen
Mateo Martinez
Kim Hegner
Noah Davis
Armando Garnica, Jr
Adam Anderson
Justin Allen

Robert Sawyer
Cory Olalde
Cole Moeller
Kala Allen
Dion Garcia
Meghan Ward
Joe Donna
Quentin Larson
Jesus Velazquez
Andrew Allison
Kainan Echebarria
Marcus Klavenga

DUIS CENTER

Tom Hacker
Mark Kowal
Kathleen Johnson
Harlene Hammett
Christine McNinch



Westwood

SMOOTHIE CO.

JOIN OUR LOYALTY PROGRAM & GET REWARDED!

Earn Points with Every Purchase

Sign up for our new Loyalty Program and start earning points with every dollar you spend! It's easy to join - simply ask our friendly staff at the register or sign up online with your phone number or email address.

How it works:

- Get 1 point for every \$5 reward to your account
- Reach 50 points and receive a \$5 reward to your account
- If eligible, you will be prompted to use the reward on your next purchase

Membership Benefits:

- Exclusive offers and promotions
- Birthday surprises
- Special rewards for our most loyal customers

**One-Time
25 point sign-
up bonus!**

Join today and let the rewards begin!

DUIS CENTER

211 EAST 23RD STREET | 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 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
16+	Tues, Wed, Thurs	8:30 - 9:30 a.m.

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

Easter: Closed
Memorial Day: Closed

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

Mar 18-22: 1:00 p.m. - 3:00 p.m.
Mar 29 & Apr 1: 1:00 p.m. - 3:00 p.m.
May 28-31: 1:00 p.m. - 3:00 p.m.



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:

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.

- Over 40,000 sq. ft. of fitness equipment
- Functional training space & fitness turf
- Indoor 60-yard turf field** & 200-meter track**
- Variety of fitness classes*
- Stretching areas & equipment
- 2-NBA size wood basketball courts
- Kids Gym (Childcare while you workout)
- Westwood Smoothie Co. Member Specials
- 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.





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!

EMERALD HILL

16802 PRAIRIEVILLE ROAD | 815.622.6204

2024 DAILY RATES

SPRING SHOULDER SEASON

Opening Day - May 23

FALL SHOULDER SEASON

Closing Day - September 3

18 holes w/half cart	\$26
9 holes w/half cart.....	\$21
18 holes walking	\$21
9 holes walking	\$18
Junior 9/18 holes walking	\$18

SUMMER SEASON WEEKDAYS

May 24 - August 29

18 holes w/half cart	\$29
9 holes w/half cart.....	\$24
18 holes walking	\$24
9 holes walking	\$19
Junior 9/18 holes walking	\$18

SUMMER SEASON WEEKENDS

June 2 - August 27

18 holes w/half cart	\$31
9 holes w/half cart.....	\$26
18 holes walking	\$28
9 holes walking	\$23
Junior 9/18 holes walking	\$18

HOLIDAY WEEKENDS

May 24-27, July 4-7 & Aug. 30-Sept. 2

18 holes w/half cart	\$36
9 holes w/half cart.....	\$31
18 holes walking	\$33
9 holes walking	\$29
Junior 9/18 holes walking	\$21

2024 PASS FEES

Couple	\$1750
Adult.....	\$1275
College (18-23 w/half cart)	\$650
Intermediate (13-17)	\$270
Junior (6-12).....	\$200



PRIVATE GOLF LESSONS

Emerald Hill offers private golf lessons with Golf Pro Chip Staebell. Whether you're new to the sport, or a seasoned golfer looking to improve specific areas of your game, Chip can help! Chip believes everyone has the ability to learn the fundamentals and looks forward to helping players achieve their goals. Lessons are available for ages 9 through adult. Prices start at \$35 per lesson. Call 815-622-6204 or swing by the Emerald Hill Pro Shop to schedule lessons with Chip!

Adult Lessons - Ages 18+		Junior Lessons - Ages 9-17	
Adult Single	\$40 (45 minutes)	Junior Single	\$35 (45 minutes)
Adult Double	\$60 (45 minutes)	Junior Double	\$50 (45 minutes)

JUNIOR GOLF CLINIC (includes entry into Junior Golf Tournament)
\$40; Tuesdays & Thursdays, May 21 - June 13

EMERALD HILL TOURNAMENTS

2-Person Best Ball

May 5

Register by May 3

Junior Golf Tournament

June 20

Register by May 14

Emerald Hill Qualifier

Senior: June 15 & 16

Open: June 22 & 23

Register by June 12

Emerald Hill Club Championship

July 27 & 28

Register by July 24

Registration forms available in the Pro Shop.

DILLON HOME

1005 E. 3RD STREET | 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.

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 (Saturday & Sunday):

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..... \$6
Seniors \$5
Ages 5 & Under..... FREE

NORTHWESTERN STEEL & WIRE

2nd annual ice cream social

In honor of the NWS&W alumni and our community,
we invite you to join us for an afternoon of fun, laughs,
mill stories and a dish of Culver's custard.

Saturday, May 25
11am-2pm

RAIN DATE: MAY 26



Aquatics

Lessons are held at the Duis Center.

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	Mar. 7-Apr. 25	\$48	14922
6m-3yrs	Th	6:00-6:25p	Mar. 7-Apr. 25	\$48	14923
6m-3yrs	Th	5:30-5:55p	May 2-May 23	\$30	14968
6m-3yrs	Th	6:00-6:25p	May 2-May 23	\$30	14969



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
3-20	Th	5:30-5:55p	Mar. 7-Apr. 25	\$48	14896
3-20	Th	6:00-6:25p	Mar. 7-Apr. 25	\$48	14897
3-20	Sat	10:00-10:25a	Mar. 9-Apr. 27	\$48	14898
3-20	Sat	11:00-11:25a	Mar. 9-Apr. 27	\$48	14899
3-20	Th	5:30-5:55p	May 2-May 23	\$30	14946
3-20	Th	6:00-6:25p	May 2-May 23	\$30	14947
3-20	Sat	10:00-10:25a	May 4-May 25	\$30	14948
3-20	Sat	11:00-11:25a	May 4-May 25	\$30	14949

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
3-20	Th	5:30-5:55p	Mar. 7-Apr. 25	\$48	14900
3-20	Th	6:00-6:25p	Mar. 7-Apr. 25	\$48	14901
3-20	Sat	10:00-10:25a	Mar. 9-Apr. 27	\$48	14902
3-20	Sat	11:00-11:25a	Mar. 9-Apr. 27	\$48	14903
3-20	Th	5:30-5:55p	May 2-May 23	\$30	14950
3-20	Th	6:00-6:25p	May 2-May 23	\$30	14951
3-20	Sat	10:00-10:25a	May 4-May 25	\$30	14952
3-20	Sat	11:00-11:25a	May 4-May 25	\$30	14953

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
3-20	Th	5:30-5:55p	Mar. 7-Apr. 25	\$48	14904
3-20	Th	6:00-6:25p	Mar. 7-Apr. 25	\$48	14905
3-20	Sat	10:30-10:55a	Mar. 9-Apr. 27	\$48	14906
3-20	Sat	11:30-11:55a	Mar. 9-Apr. 27	\$48	14907
3-20	Th	5:30-5:55p	May 2-May 23	\$30	14954
3-20	Th	6:00-6:25p	May 2-May 23	\$30	14955
3-20	Sat	10:30-10:55a	May 4-May 25	\$30	14956
3-20	Sat	11:30-11:55a	May 4-May 25	\$30	14957

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
3-20	Th	5:30-5:55p	Mar. 7-Apr. 25	\$48	14908
3-20	Th	6:00-6:25p	Mar. 7-Apr. 25	\$48	14909
3-20	Sat	10:30-10:55a	Mar. 9-Apr. 27	\$48	14910
3-20	Sat	11:30-11:55a	Mar. 9-Apr. 27	\$48	14911
3-20	Th	5:30-5:55p	May 2-May 23	\$30	14958
3-20	Th	6:00-6:25p	May 2-May 23	\$30	14959
3-20	Sat	10:30-10:55a	May 4-May 25	\$30	14960
3-20	Sat	11:30-11:55a	May 4-May 25	\$30	14961

spring break swim camp

March 18-21 • 3:30-5:00p

Ages 6-12 • \$48 • 15072

Hey Spring Breakers! Join us for fun-filled afternoons at the pool that includes swim and diving lessons, water safety skills and pool games. The swim camp is taught by our trained lifeguard staff and experienced instructors in all levels of swimming. We will also have a lesson taught by one of our Wahoo's coaches!

Register by March 15!

SCHOOL'S OUT

Swim Party

May 24th 6-9pm
All ages • Duis Center

School's out for summer!
 Take a dip in the pool with
 friends to celebrate no
 homework until August!
 Concessions will be
 available, plus music and
 fun for only \$5/person!
**Ages 8 and under must
 be accompanied in the
 water by an adult 16 years
 of age or older.**



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
3-20	Th	5:30-6:00p	Mar. 7-Apr. 25	\$112	14916
3-20	Th	6:00-6:30p	Mar. 7-Apr. 25	\$112	14917
3-20	Sat	10:00-10:30a	Mar. 9-Apr. 27	\$112	14918
3-20	Sat	10:30-11:00a	Mar. 9-Apr. 27	\$112	14919
3-20	Sat	11:00-11:30a	Mar. 9-Apr. 27	\$112	14920
3-20	Sat	11:30a-12:00p	Mar. 9-Apr. 27	\$112	14921
3-20	Th	5:30-6:00p	May 2-May 23	\$64	14962
3-20	Th	6:00-6:30p	May 2-May 23	\$64	14963
3-20	Sat	10:00-10:30a	May 4-May 25	\$64	14964
3-20	Sat	10:30-11:00a	May 4-May 25	\$64	14965
3-20	Sat	11:00-11:30a	May 4-May 25	\$64	14966
3-20	Sat	11:30a-12:00p	May 4-May 25	\$64	14967

Lifeguard Class

Those seeking the full certification must attend all dates in session. Those seeking recertification only need to attend Sunday. Register by June 9.

Age	Day	Time	Dates	Fee	Barcode
15+	Fri	5:00-9:00p	Jun. 14	\$175	14893
	Sat, Sun	10:00a-5:00p	Jun. 15, 16		
15+	Sun	10:00a-5:00p	Jun. 16	\$100	14894

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	Mar. 4-27	\$53	14940
5+	M, W	6:00-6:45p	Apr. 1-29	\$53	14941
5+	M, W	6:00-6:45p	May 6-29	\$53	14945

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
6+	M-F	5:00-6:00p	Mar. 1-15	\$47.50	14934
6+	M-F	5:00-6:00p	Apr. 1-30	\$95	14935
6+	M-F	5:00-6:00p	May 1-31	\$95	14936

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
6+	M-F	5:00-6:30p	Mar. 1-15	\$55	14942
6+	M-F	5:00-6:30p	Apr. 1-30	\$110	14943
6+	M-F	5:00-6:30p	May 1-31	\$110	14944

Gold Wahoos

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

Age	Day	Time	Dates	Fee	Barcode
6+	M-F	5:00-7:00p	Mar. 1-15	\$65	14937
6+	M-F	5:00-7:00p	Apr. 1-30	\$130	14938
6+	M-F	5:00-7:00p	May 1-31	\$130	14939

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-4yrs	Tu	9:00-9:30a	Mar. 5-Apr. 9	\$38	14971
18m-4yrs	Tu	9:30-10:00a	Mar. 5-Apr. 9	\$38	14972
18m-4yrs	Th	9:00-9:30a	Mar. 7-Apr. 11	\$38	14973
18m-4yrs	Th	9:30-10:00a	Mar. 7-Apr. 11	\$38	14974
18m-4yrs	Sat	9:00-9:30a	Mar. 9-Apr. 13	\$38	14975
18m-4yrs	Sat	9:35-10:05a	Mar. 9-Apr. 13	\$38	14976
18m-4yrs	Sat	10:10-10:40a	Mar. 9-Apr. 13	\$38	14977
18m-4yrs	Tu	9:00-9:30a	Apr. 23-May 21	\$32	15044
18m-4yrs	Tu	9:30-10:00a	Apr. 23-May 21	\$32	15045
18m-4yrs	Th	9:00-9:30a	Apr. 25-May 23	\$32	15046
18m-4yrs	Th	9:30-10:00a	Apr. 25-May 23	\$32	15047
18m-4yrs	Sat	9:00-9:30a	Apr. 27-May 25	\$32	15048
18m-4yrs	Sat	9:35-10:05a	Apr. 27-May 25	\$32	15049
18m-4yrs	Sat	10:10-10:40a	Apr. 27-May 25	\$32	15050

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	Mar. 4-Apr. 8	\$66	14978
3-4	Tu	10:00-10:45a	Mar. 5-Apr. 9	\$66	14979
3-4	Tu	4:00-4:45p	Mar. 5-Apr. 9	\$66	14980
3-4	Wed	5:00-5:45p	Mar. 6-Apr. 10	\$66	14981
3-4	Th	10:00-10:45a	Mar. 7-Apr. 11	\$66	14982
3-4	Th	4:00-4:45p	Mar. 7-Apr. 11	\$66	14983
3-4	Mon	4:00-4:45p	Apr. 22-May 20	\$55	15056
3-4	Tu	10:00-10:45a	Apr. 23-May 21	\$55	15057
3-4	Tu	4:00-4:45p	Apr. 23-May 21	\$55	15058
3-4	Wed	5:00-5:45p	Apr. 24-May 22	\$55	15059
3-4	Th	10:00-10:45a	Apr. 25-May 23	\$55	15060
3-4	Th	4:00-4:45p	Apr. 25-May 23	\$55	15061

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	Mar. 4-Apr. 8	\$66	14984
5-6	Tu	5:00-5:45p	Mar. 5-Apr. 9	\$66	14985
5-6	Wed	4:00-4:45p	Mar. 6-Apr. 10	\$66	14986
5-6	Wed	6:00-6:45p	Mar. 6-Apr. 10	\$66	14987
5-6	Th	5:00-5:45p	Mar. 7-Apr. 11	\$66	14988
5-6	Mon	5:00-5:45p	Apr. 22-May 20	\$55	15051
5-6	Tu	5:00-5:45p	Apr. 23-May 21	\$55	15052
5-6	Wed	4:00-4:45p	Apr. 24-May 22	\$55	15053
5-6	Wed	6:00-6:45p	Apr. 24-May 22	\$55	15054
5-6	Th	5:00-5:45p	Apr. 25-May 23	\$55	15055

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	Mar. 4-Apr. 8	\$88	14993
6-10	Mon	5:00-6:00p	Mar. 4-Apr. 8	\$88	14994
6-10	Mon	6:00-7:00p	Mar. 4-Apr. 8	\$88	14995
6-10	Tu	4:00-5:00p	Mar. 5-Apr. 9	\$88	14996
6-10	Tu	6:00-7:00p	Mar. 5-Apr. 9	\$88	14997
6-10	Wed	4:00-5:00p	Mar. 6-Apr. 10	\$88	14998
6-10	Wed	5:00-6:00p	Mar. 6-Apr. 10	\$88	14999
6-10	Th	4:00-5:00p	Mar. 7-Apr. 11	\$88	15000
6-10	Th	5:00-6:00p	Mar. 7-Apr. 11	\$88	15001
6-10	Mon	4:00-5:00p	Apr. 22-May 20	\$74	15035
6-10	Mon	5:00-6:00p	Apr. 22-May 20	\$74	15036
6-10	Mon	6:00-7:00p	Apr. 22-May 20	\$74	15037
6-10	Tu	4:00-5:00p	Apr. 23-May 21	\$74	15038
6-10	Tu	6:00-7:00p	Apr. 23-May 21	\$74	15039
6-10	Wed	4:00-5:00p	Apr. 24-May 22	\$74	15040
6-10	Wed	5:00-6:00p	Apr. 24-May 22	\$74	15041
6-10	Th	4:00-5:00p	Apr. 25-May 23	\$74	15042
6-10	Th	5:00-6:00p	Apr. 25-May 23	\$74	15043

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 or call Raleigh, gymnastics manager at 815-622-6200.

VAULT - UNEVEN BARS - BALANCE BEAM - FLOOR

Bronze - Levels 1 & 2

This class is for graduates of our introduction class. In this level, gymnasts will perfect the basic skills learned in our introduction class, while learning skills that are required to move up to Silver.

Age	Day	Time	Dates	Fee	Barcode
7-17	Mon	4:00-5:00p	Mar. 4-Apr. 8	\$88	15002
7-17	Mon	5:00-6:00p	Mar. 4-Apr. 8	\$88	15003
7-17	Mon	6:00-7:00p	Mar. 4-Apr. 8	\$88	15004
7-17	Mon	7:00-8:00p	Mar. 4-Apr. 8	\$88	15005
7-17	Tu	5:00-6:00p	Mar. 5-Apr. 9	\$88	15006
7-17	Tu	6:00-7:00p	Mar. 5-Apr. 9	\$88	15007
7-17	Wed	5:00-6:00p	Mar. 6-Apr. 10	\$88	15008
7-17	Th	6:00-7:00p	Mar. 7-Apr. 11	\$88	15009
7-17	Mon	4:00-5:00p	Apr. 22-May 20	\$74	15024
7-17	Mon	5:00-6:00p	Apr. 22-May 20	\$74	15025
7-17	Mon	6:00-7:00p	Apr. 22-May 20	\$74	15026
7-17	Mon	7:00-8:00p	Apr. 22-May 20	\$74	15027
7-17	Tu	5:00-6:00p	Apr. 23-May 21	\$74	15028
7-17	Tu	6:00-7:00p	Apr. 23-May 21	\$74	15029
7-17	Wed	5:00-6:00p	Apr. 24-May 22	\$74	15030
7-17	Th	6:00-7:00p	Apr. 25-May 23	\$74	15031

Silver - Level 3

This class is for graduates of our Bronze class. In this class, gymnasts who have perfected the basic skills will begin learning more challenging skills on vault, bars, beam and floor. **Instructor recommendation required.*

Age	Day	Time	Dates	Fee	Barcode
7-17	Tu	6:00-7:00p	Mar. 5-Apr. 9	\$88	15010
7-17	Wed	7:00-8:00p	Mar. 6-Apr. 10	\$88	15011
7-17	Tu	6:00-7:00p	Apr. 23-May 21	\$74	15062
7-17	Wed	7:00-8:00p	Apr. 24-May 22	\$74	15063

Gold - Levels 4 & 5

This class is for graduates of our Silver class. In this class, gymnasts will begin learning higher level skills on vault, bars, beam and floor. Our Gold level bridges the gap between foundational skills and higher-level gymnastics maneuvers. **Instructor recommendation required.*

Age	Day	Time	Dates	Fee	Barcode
7-17	Tu	7:00-8:00p	Mar. 5-Apr. 9	\$88	15012
7-17	Tu	7:00-8:00p	Apr. 23-May 21	\$74	15034

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	Tu	5:00-5:45p	Mar. 5-Apr. 9	\$66	14989
6-10	Th	5:00-5:45p	Mar. 7-Apr. 11	\$66	14990
6-10	Tu	5:00-5:45p	Apr. 23-May 21	\$55	15022
6-10	Th	5:00-5:45p	Apr. 25-May 23	\$55	15023

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
7-17	Tu	4:00-5:00p	Mar. 5-Apr. 9	\$88	15013
7-17	Wed	4:00-5:00p	Mar. 6-Apr. 10	\$88	15014
7-17	Wed	6:00-7:00p	Mar. 6-Apr. 10	\$88	15015
7-17	Th	5:00-6:00p	Mar. 7-Apr. 11	\$88	15016
7-17	Tu	4:00-5:00p	Apr. 23-May 21	\$74	15064
7-17	Wed	4:00-5:00p	Apr. 24-May 22	\$74	15065
7-17	Wed	6:00-7:00p	Apr. 24-May 22	\$74	15066
7-17	Th	5:00-6:00p	Apr. 25-May 23	\$74	15067

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
7-17	Wed	7:00-8:00p	Mar. 6-Apr. 10	\$88	15017
7-17	Th	6:00-7:00p	Mar. 7-Apr. 11	\$88	15018
7-17	Wed	7:00-8:00p	Apr. 24-May 22	\$74	15068
7-17	Th	6:00-7:00p	Apr. 25-May 23	\$74	15069

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
7-17	Mon	7:00-8:00p	Mar. 4-Apr. 8	\$88	15019
7-17	Mon	7:00-8:00p	Apr. 22-May 20	\$74	15070

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
10-14	Mon	7:00-8:00p	Mar. 4-Apr. 8	\$88	15020
10-14	Mon	7:00-8:00p	Apr. 22-May 20	\$74	15071

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	10:45-11:15a	Mar. 9-Apr. 13	\$45	14991
4-6	Sat	10:45-11:15a	Apr. 27-May 25	\$38	15032
7-12	Sat	11:15a-12:15p	Mar. 9-Apr. 13	\$88	14992
7-12	Sat	11:15a-12:15p	Apr. 27-May 25	\$74	15033

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	Mar. 9-23	\$45	14845
2-4	Sat	8:30-9:00a	Apr. 13-27	\$45	14846
2-4	Sat	8:30-9:00a	May 4-18	\$45	14847



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	Mar. 4-Mar. 25	\$65	14848
4-8	Sat	9:00-10:00a	Mar. 9-Mar. 23	\$45	14849
4-8	Mon	3:45-4:30p	Apr. 1-Apr. 22	\$65	14850
4-8	Sat	9:00-10:00a	Apr. 13-Apr. 27	\$45	14851
4-8	Mon	3:45-4:30p	Apr. 29-May 20	\$65	14852
4-8	Sat	9:00-10:00a	May 4-May 18	\$45	14853

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	Mar. 4-Mar. 25	\$65	14841
7-11	Mon	4:30-5:30p	Apr. 1-Apr. 22	\$65	14842
7-11	Mon	4:30-5:30p	Apr. 29-May 20	\$65	14843

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	Mar. 4-Mar. 25	\$65	14832
9-12	Mon	5:30-6:30p	Apr. 1-Apr. 22	\$65	14833
9-12	Mon	5:30-6:30p	Apr. 29-May 20	\$65	14834

Saturday Youth

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.

Age	Day	Time	Dates	Fee	Barcode
4-8	Sat	10:00-11:00a	Mar. 9-23	\$45	14854
4-8	Sat	10:00-11:00a	Apr. 13-27	\$45	14855
4-8	Sat	10:00-11:00a	May 4-18	\$45	14856

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	Tu	5:00-6:30p	Mar. 5-Mar. 26	\$80	14838
12-18	Tu	5:00-6:30p	Apr. 2-Apr. 23	\$80	14839
12-18	Tu	5:00-6:30p	Apr. 30-May 21	\$80	14840

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	Mar. 6-27	\$80	14835
12-18	Wed	5:00-6:30p	Apr. 3-24	\$80	14836
12-18	Wed	5:00-6:30p	May 1-22	\$80	14837





Adult Beginner

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

Age	Day	Time	Dates	Fee	Barcode
18+	Wed	6:30-7:30p	Mar. 6-27	\$50	14829
18+	Wed	6:30-7:30p	Apr. 3-24	\$50	14830
18+	Wed	6:30-7:30p	May 1-22	\$50	14831

Adult Advanced Drills

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+	Tu/W	9:00-10:30a	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+	Tu/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	Mar. 14-May 30	\$15/member \$20/non-member

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 spring!**

Private Tennis Lessons

Want to learn the game? Contact us to schedule a private lesson and get started today! Up to three participants may attend any one lesson at a time.

\$40 per hour • \$20 per half hour

Pickleball

Lessons are held in Building 3 at Westwood.



Individual Pickleball Lessons

Learn and drill 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)

Athletics

Programs are held at Westwood.



Spring Speed

Work on speed training leading in to the summer with these spring speed sessions. All sessions will focus on sprint development and top end speed. Sprinting mechanics and sprinting drills will be a focus of the program.

Age	Day	Time	Dates	Fee	Barcode
6-12	Sun	3:30-4:30p	Apr. 7-May 26	\$40	14891

Youth Girls Basketball League

Our Youth Girls Basketball League will be for grades 3rd through 6th. Participants will play one game each week on Saturday mornings and have one practice during the week. Specific age groups will be determined based on grade level enrollment. Spots are limited and fill up fast! Registration closes on March 17th. Registering on or by the deadline date does not guarantee a spot in the program. "Meet The Coach" day will be Saturday March 23rd with games starting on March 30th. If you are interested in being a volunteer coach please indicate it on your child's registration form. Register today to get in on the fun! Located in Building 3.

Age	Day	Time	Dates	Fee	Barcode
3rd grade	Sat	9:30a-1:30p	Mar. 23-May 4	\$70	15087
4th grade	Sat	9:30a-1:30p	Mar. 23-May 4	\$70	15088
5th grade	Sat	9:30a-1:30p	Mar. 23-May 4	\$70	15089
6th grade	Sat	9:30a-1:30p	Mar. 23-May 4	\$70	15090

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 Outdoor Soccer

This program is open to PreK-5th graders and allows your child to learn the game of soccer in a fun and educational environment. Participants will play one game each week on Saturday mornings and have one practice during the week. Specific age groups will be determined based on grade level enrollment. While the registration deadline is March 17, registering on or by the deadline does not guarantee a spot as the program fills up quickly. "Meet The Coach" day will be Saturday April 6th with games starting on Saturday April 13th. There will be a skills assessment followed by a draft to better evenly split teams for the 3rd-5th grade group. There will be no coaching requests for the 3rd-5th grade group. If you are interested in being a volunteer coach please indicate it on your child's registration form.

Age	Day	Time	Dates	Fee	Barcode
PreK	Sat	9:00a-3:00p	Apr. 6-May 25	\$70	15080
Kinder	Sat	9:00a-3:00p	Apr. 6-May 25	\$70	15079
1st grade	Sat	9:00a-3:00p	Apr. 6-May 25	\$70	15075
2nd grade	Sat	9:00a-3:00p	Apr. 6-May 25	\$70	15076
3rd grade	Sat	9:00a-3:00p	Apr. 6-May 25	\$70	15077
4th grade	Sat	9:00a-3:00p	Apr. 6-May 25	\$70	15078
5th grade	Sat	9:00a-3:00p	Apr. 6-May 25	\$70	15081

Middle School Outdoor Soccer

This program is open to 6th-8th graders and allows your child to learn the game of soccer in a fun and educational environment. Participants will play one game each week on Saturday mornings and have one practice during the week. This will be ran as team(s) that scrimmages on Saturday. Spots are limited. Coach Gabe will be running this age group. While the registration deadline is March 17, registering on or by the deadline does not guarantee a spot as the program fills up quickly.

Age	Day	Time	Dates	Fee	Barcode
11-14	Sat	12:00-1:30p	Apr. 6-May 25	\$70	15073

Adult Flag Football

Games will be played indoors on the turf in building 1 on Sundays between 9:00 a.m. and 1:00 p.m. on the indoor AstroTurf field at Westwood. Registration will be accepted for complete teams only and all participants must be 18 years of age. A maximum of 16 teams will be allowed in the league. The registration deadline is March 31st or when the league fills. Team captains will be contacted prior to the first game with a meeting date and time.

Age	Day	Time	Dates	Fee	Barcode
18+	Sun	9:00a-1:00p	Apr. 14-May 26	\$600	15082

SAVE THE DATE! Basketball Skills Camp

3rd-8th grades
Boys: Jun. 10-13 • Girls: Jun. 17-20

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	Tu, Th	4:30-5:00p	Mar. 5-28	\$32	14931
4-7	Tu, Th	4:30-5:00p	Apr. 2-30	\$32	14932
4-7	Tu, Th	4:30-5:00p	May 2-30	\$32	14933
8+ Beginner	Tu, Th	5:00-6:00p	Mar. 5-28	\$48	14928
8+ Beginner	Tu, Th	5:00-6:00p	Apr. 2-30	\$48	14929
8+ Beginner	Tu, Th	5:00-6:00p	May 2-30	\$48	14930
8+ Advanced	Tu, Th	6:00-7:00p	Mar. 5-28	\$48	14925
8+ Advanced	Tu, Th	6:00-7:00p	Apr. 2-30	\$48	14926
8+ Advanced	Tu, Th	6:00-7:00p	May 2-30	\$48	14927

ADULT FITNESS



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+	Tu	10:00-11:00a	Mar. 12	FREE	14885
15+	Th	5:30-6:30p	Mar. 14	FREE	14888
15+	Tu	10:00-11:00a	Apr. 9	FREE	14886
15+	Th	5:30-6:30p	Apr. 11	FREE	14889
15+	Tu	10:00-11:00a	May 14	FREE	14887
15+	Th	5:30-6:30p	May 16	FREE	14890

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 on Memorial Day.

Age	Day	Time	Dates	Fee	Barcode
6-8	Mon	5:30-6:15p	Mar. 11-Apr. 15	\$43	14867
6-8	Mon	5:30-6:15p	Apr. 22-Jun. 3	\$43	14868

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	Dates	Fee*	Barcode
9-11	Tu	5:30-6:30p	Mar. 5	\$28	14873
9-11	Sat	9:00-10:00a	Mar. 9	\$28	14876
9-11	Tu	5:30-6:30p	Apr. 2	\$28	14874
9-11	Sat	9:00-10:00a	Apr. 6	\$28	14877
9-11	Tu	5:30-6:30p	May 7	\$28	14875
9-11	Sat	9:00-10:00a	May 11	\$28	14878

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	Dates	Fee*	Barcode
12-15	Th	5:30-6:30p	Mar. 7	\$28	14879
12-15	Sat.	10:00-11:00a	Mar. 9	\$28	14882
12-15	Th	5:30-6:30p	Apr. 4	\$28	14880
12-15	Sat.	10:00-11:00a	Apr. 6	\$28	14883
12-15	Th	5:30-6:30p	May 9	\$28	14881
12-15	Sat.	10:00-11:00a	May 11	\$28	14884

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	Mar. 6-Apr. 10	\$43	14871
9-14	Wed	5:30-6:30p	Apr. 17-May 22	\$43	14872

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	Mar. 6-Apr. 10	\$43	14869
9-14	Wed	6:30-7:30p	Apr. 17-May 22	\$43	14870



GRAND OPENING

Kilgour Park Disc Golf Course
April 27th • 11am-1pm

**DISC GIVEAWAYS,
DISTANCE THROW CONTEST
AND MORE!**



Easter Egg Hunt

MARCH 23RD AT 1:30 P.M.

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

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



INTRODUCING: **BODYWORX**

"PRESSURE WITH A PURPOSE"
Ryan Jandrey, LMT, CPT

SERVICES OFFERED:

Relaxation Massage
Deep Tissue Massage
Sports Massage
Myofascial Release
Postural Assessment
Corrective Exercise
Personal Training



SCAN THE QR CODE TO BOOK YOUR SESSION

For more information, contact Ryan at 815-631-4451.

Ryan's office is located upstairs at Westwood in Building 1.
(Stairwell access located adjacent to the women's restroom)



WESTWOOD FITNESS ORIENTATIONS with Larry Ybarra



Our orientations include information about:

- Exercise Science
- Importance of being Active
- Prevention/Control of Disease and Nutrition
- Navigating our Facility & Equipment

FREE for
members &
non-members!

MARCH 12 & 14
APRIL 9 & 11
MAY 14 & 16

Registration required

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



DANA DIETZ

LICENSED MASSAGE THERAPIST
NASM CERTIFIED PERSONAL TRAINER



SPORTS MASSAGE • DEEP TISSUE • MEDICAL MASSAGE
MYOFASCIAL RELEASE • THERAPUTIC MASSAGE • HOT STONES
THERAGUN • CUPPING • HOT/COLD THERAPY • RED/INFRARED LIGHT
POSTURE CORRECTION • MOBILITY ASSESSMENTS • STRETCH THERAPY

CALL/TEXT 815.564.7352
PROSTRENGTH.CLINICSENSE.COM

Westwood

Wellness begins here.

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

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

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

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.