

SUMMER 2024



Meet our new Tennis Pro!



**tennis &
pickleball**

PAGES 18 & 19



Activity GUIDE

REGISTER FOR PROGRAMS AT
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

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

Sinissippi 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.

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Park Specialist



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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 (through May 26):

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

Sat/Sun (starting June 1):

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

WESTWOOD WELLNESS

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

Sat/Sun: 6:00 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*

(BUILDING 2)

Mon-Fri: 8:00 a.m. - 4:00 p.m.

Sat/Sun: Closed

**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

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

July 3: Closed at 9:00 p.m.

4th of July: 6:00 a.m. - 12:00 p.m.

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

KIDS GYM

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

4th of July: 8:00 a.m. - 11:30 a.m.

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

TENNIS CENTER

Memorial Day: Closed

4th of July: Closed

Labor 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.....\$9⁰⁰

WESTWOOD RENTAL FEES

Indoor Soccer/Football Field (B1).....\$85/hr
 Racquetball/Wallyball (B1)..... \$22/hr
 Basketball/Volleyball (B3)**.....\$25/hr
 Turf & Cage (B3-1stFloor)**.....\$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 CIRCUT 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		7:00-8:00P WOMEN'S KICKBOXING* Functional Training		

Scan here for fitness class descriptions:



*Last class June 6th





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.



Westwood SMOOTHIE CO.

Mon-Fri: 6:00 am - 8:00 pm
Sat/Sun: 6:00 am - Facility Close

 App Store

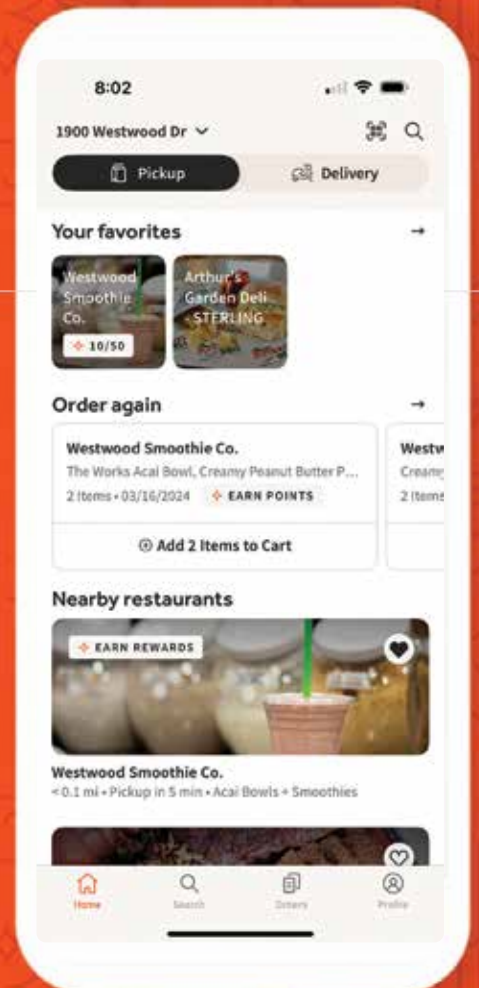
 Google Play



order ahead

ONLINE

Order from the best
local restaurants.



Food you love
without the wait.

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 a.m. - 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

Memorial Day: Closed
4th of July: Closed
Labor 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.

SUMMER OPEN SWIM

June 3-August 9

Monday-Friday: 1:00 p.m. - 3:00 p.m.

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

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

- 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 (Building 3 mezzanine level only)***
- Tennis Court Access (Building 2)

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.

	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

September 3 - Closing

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 28 - 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 w/half cart.....	\$1750
Adult w/half cart.....	\$1275
Adult Couple Military w/half cart.....	\$1500
Adult Single Military w/half cart.....	\$1100
College (18-23).....	\$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 \$40 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	\$45 (45 minutes)	Junior Single	\$40 (45 minutes)
Adult Double	\$65 (45 minutes)	Junior Double	\$55 (45 minutes)

JUNIOR GOLF CLINIC

The purpose of the Junior golf clinic is to instruct juniors on the fundamentals of golf, enabling them to begin their golf journey. Students will learn putting, chipping, pitching, full swing and basic rules. *Includes entry into Junior Golf Tournament.*

Age	Day	Date	Time	Fee
7-9	Tues, Thurs	May 21-June 6	4:30 p.m. - 5:30 p.m.	\$60
10-12	Tues, Thurs	May 21-June 6	5:45 p.m. - 6:45 p.m.	\$60

LADIES BEGINNER CLINIC

This 4 session program will introduce the fundamentals of golf: putting, chipping and full swing. Students will have a foundation going forward to continue to improve toward their golf goals. *Limited to 6 students per session.*

Session	Age	Day	Date	Time	Fee
1	18+	Fri	June 7-28	9:30 a.m. - 10:30 a.m.	\$60
2	18+	Fri	June 7-28	10:30 a.m. - 11:30 a.m.	\$60

EMERALD HILL TOURNAMENTS

Emerald Hill Qualifier
Senior: June 15 & 16
Open: June 22 & 23
Register by June 12

Junior Golf Tournament
June 20
Register by May 14

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



FREE!

TOUCH A TRUCK

DATE

Saturday, June 29th

TIME

10:00 a.m. - 12:00 p.m.

LOCATION

**Bethel Reformed Church
Parking Lot (across from
Duis Center)**

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	Jun. 6-Jun. 27	\$30	15170
6m-3yrs	Th	6:00-6:25p	Jun. 6-Jun. 27	\$30	15171
6m-3yrs	Th	5:30-5:55p	Jul. 11-Aug. 1	\$30	15172
6m-3yrs	Th	6:00-6:25p	Jul. 11-Aug. 1	\$30	15173
6m-3yrs	Th	5:30-5:55p	Aug. 8-Aug. 29	\$30	15331
6m-3yrs	Th	6:00-6:25p	Aug. 8-Aug. 29	\$30	15332

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	Tu	5:30-5:55p	Jun. 4-Jun. 25	\$30	15126
3-20	Tu	6:00-6:25p	Jun. 4-Jun. 25	\$30	15127
3-20	Th	5:30-5:55p	Jun. 6-Jun. 27	\$30	15128
3-20	Th	6:00-6:25p	Jun. 6-Jun. 27	\$30	15129
3-20	Tu	5:30-5:55p	Jul. 9-Jul. 30	\$30	15130
3-20	Tu	6:00-6:25p	Jul. 9-Jul. 30	\$30	15131
3-20	Th	5:30-5:55p	Jul. 11-Aug. 1	\$30	15132
3-20	Th	6:00-6:25p	Jul. 11-Aug. 1	\$30	15133
3-20	Tu	5:30-5:55p	Aug. 6-Aug. 27	\$30	15311
3-20	Tu	6:00-6:25p	Aug. 6-Aug. 27	\$30	15312
3-20	Th	5:30-5:55p	Aug. 8-Aug. 29	\$30	15313
3-20	Th	6:00-6:25p	Aug. 8-Aug. 29	\$30	15314

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	Tu	5:30-5:55p	Jun. 4-Jun. 25	\$30	15134
3-20	Tu	6:00-6:25p	Jun. 4-Jun. 25	\$30	15135
3-20	Th	5:30-5:55p	Jun. 6-Jun. 27	\$30	15136
3-20	Th	6:00-6:25p	Jun. 6-Jun. 27	\$30	15137
3-20	Tu	5:30-5:55p	Jul. 9-Jul. 30	\$30	15138
3-20	Tu	6:00-6:25p	Jul. 9-Jul. 30	\$30	15139
3-20	Th	5:30-5:55p	Jul. 11-Aug. 1	\$30	15140
3-20	Th	6:00-6:25p	Jul. 11-Aug. 1	\$30	15141
3-20	Tu	5:30-5:55p	Aug. 6-Aug. 27	\$30	15315
3-20	Tu	6:00-6:25p	Aug. 6-Aug. 27	\$30	15316
3-20	Th	5:30-5:55p	Aug. 8-Aug. 29	\$30	15317
3-20	Th	6:00-6:25p	Aug. 8-Aug. 29	\$30	15318



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	Tu	5:30-5:55p	Jun. 4-Jun. 25	\$30	15142
3-20	Tu	6:00-6:25p	Jun. 4-Jun. 25	\$30	15143
3-20	Th	5:30-5:55p	Jun. 6-Jun. 27	\$30	15144
3-20	Th	6:00-6:25p	Jun. 6-Jun. 27	\$30	15145
3-20	Tu	5:30-5:55p	Jul. 9-Jul. 30	\$30	15146
3-20	Tu	6:00-6:25p	Jul. 9-Jul. 30	\$30	15147
3-20	Th	5:30-5:55p	Jul. 11-Aug. 1	\$30	15148
3-20	Th	6:00-6:25p	Jul. 11-Aug. 1	\$30	15149
3-20	Tu	5:30-5:55p	Aug. 6-Aug. 27	\$30	15319
3-20	Tu	6:00-6:25p	Aug. 6-Aug. 27	\$30	15320
3-20	Th	5:30-5:55p	Aug. 8-Aug. 29	\$30	15321
3-20	Th	6:00-6:25p	Aug. 8-Aug. 29	\$30	15322

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	Tu	5:30-5:55p	Jun. 4-Jun. 25	\$30	15150
3-20	Tu	6:00-6:25p	Jun. 4-Jun. 25	\$30	15151
3-20	Th	5:30-5:55p	Jun. 6-Jun. 27	\$30	15152
3-20	Th	6:00-6:25p	Jun. 6-Jun. 27	\$30	15153
3-20	Tu	5:30-5:55p	Jul. 9-Jul. 30	\$30	15154
3-20	Tu	6:00-6:25p	Jul. 9-Jul. 30	\$30	15155
3-20	Th	5:30-5:55p	Jul. 11-Aug. 1	\$30	15156
3-20	Th	6:00-6:25p	Jul. 11-Aug. 1	\$30	15157
3-20	Tu	5:30-5:55p	Aug. 6-Aug. 27	\$30	15323
3-20	Tu	6:00-6:25p	Aug. 6-Aug. 27	\$30	15324
3-20	Th	5:30-5:55p	Aug. 8-Aug. 29	\$30	15325
3-20	Th	6:00-6:25p	Aug. 8-Aug. 29	\$30	15326

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	Tu	5:30-6:00p	Jun. 4-Jun. 25	\$64	15158
3-20	Tu	6:00-6:30p	Jun. 4-Jun. 25	\$64	15159
3-20	Th	5:30-6:00p	Jun. 6-Jun. 27	\$64	15160
3-20	Th	6:00-6:30p	Jun. 6-Jun. 27	\$64	15161
3-20	Tu	5:30-6:00p	Jul. 9-Jul. 30	\$64	15162
3-20	Tu	6:00-6:30p	Jul. 9-Jul. 30	\$64	15163
3-20	Th	5:30-6:00p	Jul. 11-Aug. 1	\$64	15164
3-20	Th	6:00-6:30p	Jul. 11-Aug. 1	\$64	15165
3-20	Tu	5:30-6:00p	Aug. 6-Aug. 27	\$64	15166
3-20	Tu	6:00-6:30p	Aug. 6-Aug. 27	\$64	15167
3-20	Th	5:30-6:00p	Aug. 8-Aug. 29	\$64	15168
3-20	Th	6:00-6:30p	Aug. 8-Aug. 29	\$64	15169

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	Jun. 3-Jun. 26	\$53	15188
5+	M, W	6:00-6:45p	Jul. 8-Jul. 31	\$53	15189
5+	M, W	6:00-6:45p	Aug. 5-Aug. 28	\$53	15190

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	Jun. 3-Jun. 28	\$95	15184
6+	M-F	5:00-6:00p	Jul. 1-Jul. 31	\$95	15185

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	Jun. 3-Jun. 28	\$110	15191
6+	M-F	5:00-6:30p	Jul. 1-Jul. 31	\$110	15192

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	Jun. 3-Jun. 28	\$130	15186
6+	M-F	5:00-7:00p	Jul. 1-Jul. 31	\$130	15187

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	Jun. 4-Jun. 25	\$26	15229
18m-4yrs	Tu	9:30-10:00a	Jun. 4-Jun. 25	\$26	15230
18m-4yrs	Th	9:00-9:30a	Jun. 6-Jun. 27	\$26	15231
18m-4yrs	Th	9:30-10:00a	Jun. 6-Jun. 27	\$26	15232
18m-4yrs	Sat	9:00-9:30a	Jun. 8-Jun. 29	\$26	15233
18m-4yrs	Sat	9:35-10:05a	Jun. 8-Jun. 29	\$26	15234
18m-4yrs	Sat	10:10-10:40a	Jun. 8-Jun. 29	\$26	15235
18m-4yrs	Tu	9:00-9:30a	Jul. 9-Jul. 30	\$26	15283
18m-4yrs	Tu	9:30-10:00a	Jul. 9-Jul. 30	\$26	15284
18m-4yrs	Th	9:00-9:30a	Jul. 11-Aug. 1	\$26	15285
18m-4yrs	Th	9:30-10:00a	Jul. 11-Aug. 1	\$26	15286
18m-4yrs	Sat	9:00-9:30a	Jul. 13-Aug. 3	\$26	15287
18m-4yrs	Sat	9:35-10:05a	Jul. 13-Aug. 3	\$26	15288
18m-4yrs	Sat	10:10-10:40a	Jul. 13-Aug. 3	\$26	15289

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	Jun. 3-Jun. 24	\$44	15241
3-4	Mon	6:00-6:45p	Jun. 3-Jun. 24	\$44	15247
3-4	Tu	10:00-10:45a	Jun. 4-Jun. 25	\$44	15242
3-4	Tu	4:00-4:45p	Jun. 4-Jun. 25	\$44	15243
3-4	Tu	6:00-6:45p	Jun. 4-Jun. 25	\$44	15248
3-4	Wed	5:00-5:45p	Jun. 5-Jun. 26	\$44	15244
3-4	Th	10:00-10:45a	Jun. 6-Jun. 27	\$44	15245
3-4	Th	4:00-4:45p	Jun. 6-Jun. 27	\$44	15246
3-4	Th	6:00-6:45p	Jun. 6-Jun. 27	\$44	15249
3-4	Mon	4:00-4:45p	Jul. 8-Jul. 29	\$44	15295
3-4	Tu	10:00-10:45a	Jul. 9-Jul. 30	\$44	15296
3-4	Tu	4:00-4:45p	Jul. 9-Jul. 30	\$44	15297
3-4	Wed	5:00-5:45p	Jul. 10-Jul. 31	\$44	15298
3-4	Th	10:00-10:45a	Jul. 11-Aug. 1	\$44	15299
3-4	Th	4:00-4:45p	Jul. 11-Aug. 1	\$44	15300

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	Jun. 3-Jun. 24	\$44	15236
5-6	Tu	5:00-5:45p	Jun. 4-Jun. 25	\$44	15237
5-6	Wed	4:00-4:45p	Jun. 5-Jun. 26	\$44	15238
5-6	Wed	6:00-6:45p	Jun. 5-Jun. 26	\$44	15239
5-6	Th	5:00-5:45p	Jun. 6-Jun. 27	\$44	15240
5-6	Mon	5:00-5:45p	Jul. 8-Jul. 29	\$44	15290
5-6	Tu	5:00-5:45p	Jul. 9-Jul. 30	\$44	15291
5-6	Wed	4:00-4:45p	Jul. 10-Jul. 31	\$44	15292
5-6	Wed	6:00-6:45p	Jul. 10-Jul. 31	\$44	15293
5-6	Th	5:00-5:45p	Jul. 11-Aug. 1	\$44	15294

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.

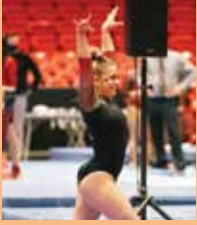
Age	Day	Time	Dates	Fee	Barcode
6-10	Mon	4:00-5:00p	Jun. 3-Jun. 24	\$60	15220
6-10	Mon	5:00-6:00p	Jun. 3-Jun. 24	\$60	15221
6-10	Mon	6:00-7:00p	Jun. 3-Jun. 24	\$60	15222
6-10	Tu	4:00-5:00p	Jun. 4-Jun. 25	\$60	15223
6-10	Tu	6:00-7:00p	Jun. 4-Jun. 25	\$60	15224
6-10	Wed	4:00-5:00p	Jun. 5-Jun. 26	\$60	15225
6-10	Wed	5:00-6:00p	Jun. 5-Jun. 26	\$60	15226
6-10	Th	4:00-5:00p	Jun. 6-Jun. 27	\$60	15227
6-10	Th	5:00-6:00p	Jun. 6-Jun. 27	\$60	15228
6-10	Mon	4:00-5:00p	Jul. 8-Jul. 29	\$60	15274
6-10	Mon	5:00-6:00p	Jul. 8-Jul. 29	\$60	15275
6-10	Mon	6:00-7:00p	Jul. 8-Jul. 29	\$60	15276
6-10	Tu	4:00-5:00p	Jul. 9-Jul. 30	\$60	15277
6-10	Tu	6:00-7:00p	Jul. 9-Jul. 30	\$60	15278
6-10	Wed	4:00-5:00p	Jul. 10-Jul. 31	\$60	15279
6-10	Wed	5:00-6:00p	Jul. 10-Jul. 31	\$60	15280
6-10	Th	4:00-5:00p	Jul. 11-Aug. 1	\$60	15281
6-10	Th	5:00-6:00p	Jul. 11-Aug. 1	\$60	15282

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	Jun. 3-Jun. 24	\$60	15209
7-17	Mon	5:00-6:00p	Jun. 3-Jun. 24	\$60	15210
7-17	Mon	6:00-7:00p	Jun. 3-Jun. 24	\$60	15211
7-17	Mon	7:00-8:00p	Jun. 3-Jun. 24	\$60	15212
7-17	Tu	5:00-6:00p	Jun. 4-Jun. 25	\$60	15213
7-17	Tu	6:00-7:00p	Jun. 4-Jun. 25	\$60	15214
7-17	Wed	5:00-6:00p	Jun. 5-Jun. 26	\$60	15215
7-17	Th	6:00-7:00p	Jun. 6-Jun. 27	\$60	15216
7-17	Mon	4:00-5:00p	Jul. 8-Jul. 29	\$60	15263
7-17	Mon	5:00-6:00p	Jul. 8-Jul. 29	\$60	15264
7-17	Mon	6:00-7:00p	Jul. 8-Jul. 29	\$60	15265
7-17	Mon	7:00-8:00p	Jul. 8-Jul. 29	\$60	15266
7-17	Tu	5:00-6:00p	Jul. 9-Jul. 30	\$60	15267
7-17	Tu	6:00-7:00p	Jul. 9-Jul. 30	\$60	15268
7-17	Wed	5:00-6:00p	Jul. 10-Jul. 31	\$60	15269
7-17	Th	6:00-7:00p	Jul. 11-Aug. 1	\$60	15270

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

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	Jun. 4-Jun. 25	\$60	15250
7-17	Wed	7:00-8:00p	Jun. 5-Jun. 26	\$60	15251
7-17	Tu	6:00-7:00p	Jul. 9-Jul. 30	\$60	15301
7-17	Wed	7:00-8:00p	Jul. 10-Jul. 31	\$60	15302

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	Jun. 4-Jun. 25	\$60	15219
7-17	Tu	7:00-8:00p	Jul. 9-Jul. 30	\$60	15273

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	Jun. 4-Jun. 25	\$44	15207
6-10	Th	5:00-5:45p	Jun. 6-Jun. 27	\$44	15208
6-10	Tu	5:00-5:45p	Jul. 9-Jul. 30	\$44	15261
6-10	Th	5:00-5:45p	Jul. 11-Aug. 1	\$44	15262

CHEER

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	Jun. 8-Jun. 29	\$32	15217
4-6	Sat	10:45-11:15a	Jul. 13-Aug. 3	\$32	15271
7-12	Sat	11:15a-12:15p	Jun. 8-Jun. 29	\$60	15218
7-12	Sat	11:15a-12:15p	Jul. 13-Aug. 3	\$60	15272

Cheerleading Camp

Our cheer camp teaches stunts, pyramids, cheers, chants, dance routines, and tumbling. Each cheerleader will learn a cheer and dance routine that they will perform for everyone on the last day of camp.

Age	Day	Time	Dates	Fee	Barcode
6-12	M-Th	10:00-11:00a	Jun. 3-Jun. 6	\$45	15355
6-12	M-Th	10:00-11:00a	Jul. 8-Jul. 11	\$45	15358

TUMBLING

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	Jun. 4-Jun. 25	\$60	15252
7-17	Wed	4:00-5:00p	Jun. 5-Jun. 26	\$60	15253
7-17	Wed	6:00-7:00p	Jun. 5-Jun. 26	\$60	15254
7-17	Th	5:00-6:00p	Jun. 6-Jun. 27	\$60	15255
7-17	Tu	4:00-5:00p	Jul. 9-Jul. 30	\$60	15303
7-17	Wed	4:00-5:00p	Jul. 10-Jul. 31	\$60	15304
7-17	Wed	6:00-7:00p	Jul. 10-Jul. 31	\$60	15305
7-17	Th	5:00-6:00p	Jul. 11-Aug. 1	\$60	15306

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	Jun. 5-Jun. 26	\$60	15256
7-17	Th	6:00-7:00p	Jun. 6-Jun. 27	\$60	15257
7-17	Wed	7:00-8:00p	Jul. 10-Jul. 31	\$60	15307
7-17	Th	6:00-7:00p	Jul. 11-Aug. 1	\$60	15308

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	Jun. 3-Jun. 24	\$60	15258
7-17	Mon	7:00-8:00p	Jul. 8-Jul. 29	\$60	15309

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	Jun. 3-Jun. 24	\$60	15259
10-14	Mon	7:00-8:00p	Jul. 8-Jul. 29	\$60	15310

Tumbling Camp

Our tumbling camp is designed to develop the fundamentals while focusing on skills such as rolls, cartwheels, handstands and back handsprings. Coaches will provide aerobic warm-up, skill instruction, and cool down.

Age	Day	Time	Dates	Fee	Barcode
6-12	M-Th	11:00a-12:00p	Jun. 3-Jun. 6	\$45	15356
6-12	M-Th	11:00a-12:00p	Jul. 8-Jul. 11	\$45	15360



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 of our Tennis Pro.

Age	Day	Time	Dates	Fee	Barcode
2-4	Fri	8:30-9:00a	Jun. 7-Jun. 21	\$40	15388
2-4	Fri	8:30-9:00a	Jul. 12-Jul. 26	\$40	15389
2-4	Fri	8:30-9:00a	Aug. 2-Aug. 16	\$40	15390

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
5-6	M/W	9:00-9:55a	Jun. 3-Jun. 19	\$70	15382
5-6	T/Th	9:00-9:55a	Jun. 4-Jun. 20	\$70	15383
5-6	M/W	9:00-9:55a	Jul. 8-Jul. 24	\$70	15384
5-6	T/Th	9:00-9:55a	Jul. 9-Jul. 25	\$70	15385
5-6	M/W	9:00-9:55a	Jul. 29-Aug. 14	\$70	15386
5-6	T/Th	9:00-9:55a	Jul. 30-Aug. 15	\$70	15387

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
7-10	M/W	10:00-10:55a	Jun. 3-Jun. 19	\$70	15376
7-10	T/Th	10:00-10:55a	Jun. 4-Jun. 20	\$70	15377
7-10	M/W	10:00-10:55a	Jul. 8-Jul. 24	\$70	15378
7-10	T/Th	10:00-10:55a	Jul. 9-Jul. 25	\$70	15379
7-10	M/W	10:00-10:55a	Jul. 29-Aug. 14	\$70	15380
7-10	T/Th	10:00-10:55a	Jul. 30-Aug. 15	\$70	15381

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
11-14	M/W	11:00-11:55a	Jun. 3-Jun. 19	\$70	15365
11-14	T/Th	11:00-11:55a	Jun. 4-Jun. 20	\$70	15366
11-14	M/W	11:00-11:55a	Jul. 8-Jul. 24	\$70	15367
11-14	T/Th	11:00-11:55a	Jul. 9-Jul. 25	\$70	15368
11-14	M/W	11:00-11:55a	Jul. 29-Aug. 14	\$70	15369
11-14	T/Th	11:00-11:55a	Jul. 30-Aug. 15	\$70	15370

FREE TENNIS WEEK!



This program is entirely FREE for kids aged 7-14! Each student will receive a free t-shirt, racquet and player gift along with four action-packed days of tennis fun with our Westwood staff. Deadline to register is June 14th. Any registration after this date will not guarantee a goodie bag or t-shirt. In the event of rain, we will move indoors to the Westwood Tennis Center. If you have any questions, please contact Chris Dudley at 815-622-6063.

Age	Day	Time	Dates	Fee	Barcode
7-14	M-Th	9:30-10:30a	Jun. 24-Jun. 27	FREE	15364

Intro for High Schoolers

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
14-18	Tu/Th	12:00-2:00p	Jun. 11-Jun. 27	\$80	15372
14-18	Tu/Th	12:00-2:00p	Jul. 9-Jul. 25	\$80	15373

High School Girls Tune-Up

NEW TO WESTWOOD! This weeklong camp is for any girl entering their high school season this fall. Our Head Pro Chris Dudley will work with the girls on match play and strategy to get them set for their upcoming season.

Age	Day	Time	Dates	Fee	Barcode
14-18	Tu-Fri	1:00-3:00p	Jul. 30-Aug. 2	\$65	15371

High Performance Camp

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. Single day/single week options may be available based on registration numbers. Please contact Chris Dudley for more information at 815-622-6063.

Age	Day	Time	Dates	Fee	Barcode
14-18	Tu-Fri	1:00-3:00p	Aug. 6-Aug. 9	\$50	15362

Private Tennis Lessons

Coach Chris is available during certain times throughout the week and Saturdays. \$50 per hour for private lessons. 2-player semi-private lesson at \$30 each. Make amazing memories with your group of friends by signing up for a larger semi-private lesson! Call for pricing.



Tennis 101

This 6-week session is a SUPER FUN introduction to the greatest sport in the world! Players will get a crash course in learning all of the shots, the rules of play and will be able to play real matches by the end of the first six sessions.

Age	Day	Time	Dates	Fee	Barcode
16+	Mon	6:00-7:30p	Jun. 3-Jul. 8	\$90	15391

Doubles is a Different Game

Learn doubles instructions, tips and drills. Do you love doubles but feel you aren't improving, or are you a singles player who wants to learn doubles? This is for YOU!

Age	Day	Time	Dates	Fee	Barcode
16+	Tu	6:00-7:30p	Jul. 16-Aug. 20	\$90	15392

Orange Ball Triples

Teams play 3 on 3 and rotate after every point. The Orange Ball is used for safety, but the game is great fun and a great work-out!

Age	Day	Time	Dates	Fee	Barcode
16+	Mon	6:00-7:00p	Jun. 3-Jul. 8	\$60	15395

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

Adult Drills (3.0 Level & Up)

For more experienced players, drills are a great way to improve your game while getting a great workout in a fun, social setting.

Age	Day	Time	Dates	Fee	Barcode
16+	Wed	6:00-7:30p	Jun. 5-Jul. 10	\$90	15393
16+	Sat	9:00-10:30a	Jun. 8-Jul. 13	\$90	15394

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 Chris at 815-622-6063.

\$50 for 1 hour • \$135 for 3 hours

Group Pickleball Lessons

Intro to Pickleball for New Players! Come and learn the fastest growing game around! This fun group will learn the game of Pickleball and be ready to play real matches after just a couple of sessions! Price is per player.

Age	Day	Time	Dates	Fee	Barcode
18+	Sat	11:00a-12:30p	Jun. 8-Jul. 13	\$90	15418
18+	Sat	11:00a-12:30p	Jul. 20-Aug. 24	\$90	15419

Form Your Own Small Group!

Wanting to play and learn Pickleball with a small group of friends? Form your own group of 3 or 4 players to work with Coach Chris! **(6) 90-minute sessions for \$120 per player**



Athletics

Programs are held at Westwood.

Basketball Skills Clinic—3rd-8th Grades

This basketball clinic is for children in grades 3rd-8th. The camp will be held at Westwood Fitness and Sports Center in building #3. Instructors will focus on teaching the fundamentals of basketball while emphasizing proper techniques that are required to be successful in this sport. Players of all ability levels are invited to attend. Make sure to register by May 26th to receive a Basketball Skills Clinic T-Shirt and a spot in the program.

Program	Day	Time	Dates	Fee	Barcode
Boys	Tu-Th	5:00-7:30p	Jun. 11-Jun. 13	\$65	15401
Girls	Tu-Th	5:00-7:30p	Jun. 18-Jun. 20	\$65	15409

Flag Football Camp

Flag Football camp is the perfect way to gear up for the fall season. Whether your child is a first time player or a veteran of several flag or tackle football seasons, he or she will learn more about the game of football through exciting drills and scrimmages. Coach Brian can't wait to get things started! Make sure to register before July 10th to receive a Camp t-shirt.

Save the date: Youth Flag Football League - September 7

Grade	Day	Time	Dates	Fee	Barcode
1st-2nd	W-Sa	3:00-4:00p	Jul. 24-Jul. 27	\$65	15403
3rd-5th	W-Sa	4:00-5:30p	Jul. 24-Jul. 27	\$65	15404

Youth Soccer Camp

Wanting something fun for your child to do? Our Youth Soccer Camp will keep your child entertained while learning the basic fundamentals of soccer and emphasizing proper technique in a fun environment! Coach Gabe can't wait to get started! Players of all skill levels are invited to attend. Register by June 23rd to receive a Camp t-shirt!

Save the date: Youth Soccer League - August 24

Grade	Day	Time	Dates	Fee	Barcode
PreK-2nd	M-Th	5:00-6:30p	Jul. 8-Jul. 11	\$75	15408
3rd-5th	M-Th	5:00-8:00p	Jul. 8-Jul. 11	\$75	15406
6th-8th	F-Sun	5:00-8:00p	Jul. 12-Jul. 14	\$75	15407

Adult Flag Football

Games will be played at the outdoor fields at Westwood, east of Building #3 on Sundays between 8:30 am and 1:00 pm. Registration will be accepted for complete teams only and all participants must be 18 years of age or older. A maximum of 16 teams will be allowed in the league. The registration deadline is May 19 or when the league fills. Team Captains will meet prior to the first game to discuss the rules and the schedule.

Age	Day	Time	Dates	Fee	Barcode
18+	Sun	8:30a-1:00p	Jun. 2-Jul. 7	\$600	15417

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.



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	Jun. 4-Jun. 27	\$32	15181
4-7	Tu, Th	4:30-5:00p	Jul. 2-Jul. 30	\$32	15182
4-7	Tu, Th	4:30-5:00p	Aug. 1-Aug. 29	\$32	15183
8+ Beginner	Tu, Th	5:00-6:00p	Jun. 4-Jun. 27	\$48	15178
8+ Beginner	Tu, Th	5:00-6:00p	Jul. 2-Jul. 30	\$48	15179
8+ Beginner	Tu, Th	5:00-6:00p	Aug. 1-Aug. 29	\$48	15180
8+ Advanced	Tu, Th	6:00-7:00p	Jun. 4-Jun. 27	\$48	15175
8+ Advanced	Tu, Th	6:00-7:00p	Jul. 2-Jul. 30	\$48	15176
8+ Advanced	Tu, Th	6:00-7:00p	Aug. 1-Aug. 29	\$48	15177

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	Jun. 11	FREE	15351
15+	Th	5:30-6:30p	Jun. 13	FREE	15352
15+	Tu	10:00-11:00a	Jul. 9	FREE	15353
15+	Th	5:30-6:30p	Jul. 11	FREE	15354
15+	Tu	10:00-11:00a	Aug. 13	FREE	15415
15+	Th	5:30-6:30p	Aug. 15	FREE	15416

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.

Age	Day	Time	Dates	Fee	Barcode
6-8	Mon	5:30-6:15p	Jun. 10-Jul. 15	\$43	15333
6-8	Mon	5:30-6:15p	Jul. 22-Aug. 26	\$43	15334

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	Jun. 4	\$28	15335
9-11	Sat	9:00-10:00a	Jun. 8	\$28	15336
9-11	Tu	5:30-6:30p	Jul. 9	\$28	15337
9-11	Sat	9:00-10:00a	Jul. 13	\$28	15338
9-11	Tu	5:30-6:30p	Aug. 6	\$28	15339
9-11	Sat	9:00-10:00a	Aug. 10	\$28	15340

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	Jun. 6	\$28	15341
12-15	Sat	9:00-10:00a	Jun. 8	\$28	15342
12-15	Th	5:30-6:30p	Jul. 11	\$28	15343
12-15	Sat	9:00-10:00a	Jul. 13	\$28	15344
12-15	Th	5:30-6:30p	Aug. 8	\$28	15345
12-15	Sat	9:00-10:00a	Aug. 10	\$28	15346

Ninja

Ninja is for participants that have completed Introduction to Youth Fitness and want to progress their skills and abilities with obstacle training. Participants will learn the different movements and obstacles all designed to challenge the individual. We will teach a movement, then practice that movement. The following classes will build off the original movement, to ultimately create a course with multiple stages.

Age	Day	Time	Dates	Fee	Barcode
9-14	Wed	5:30-6:30p	Jun. 5-Jul. 10	\$43	15347
9-14	Wed	5:30-6:30p	Jul. 24-Aug. 28	\$43	15348

PERSONAL TRAINING

Personal training is available at Westwood. Learn more about our personal trainers:



LARRY YBARRA

-HIIT TRAINING
-SENIOR FITNESS

Larry has certifications in senior fitness, corrective exercise, nutrition, weight loss, performance enhancement and group fitness. He emphasizes the importance of improving fitness and strengthening muscles to help individuals remain independent as they age.



RYAN JANDREY

-FUNCTIONAL MOVEMENT
-SPORTS SPECIFIC TRAINING

Ryan is a ACSM certified personal trainer and massage therapist. Ryan believes training should reflect the way we evolve to move, prioritizing walking, running and throwing. He helps individuals learn to align themselves with natural movement.

LEARN MORE & BOOK TRAINING SESSIONS AT THE WESTWOOD FRONT DESK!



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

Check out the progress we've made on the performance lab!





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



JUNE 11 & 13
JULY 9 & 11
AUGUST 13 & 15
Registration required



DR. BOB WALSH

ACCEPTING NEW PATIENTS

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DANA DIETZ

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Summer Swimming

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Classes offered for ages 6 months and up!
Water Exploration • Levels 1-4 • Private Lessons



WAHOOS SWIM TEAM

Do you enjoy swimming and want to train and compete with a team? **New swimmers welcome!**
Levels range from Junior to Gold.

LEARN MORE ON PAGES 14 & 15!