

Spring 2025
Activity Guide

STERLING'S

General Information

STERLING PARK DISTRICT

Facilities

Dillon Home Museum

1005 E. 3rd St. | 815.622.6202

Duis Center

211 E. 23rd St. | 815.622.6200

Emerald Hill Golf Course

16802 Prairieville Rd. | 815.622.6204

Frasor Administrative Office

1913 3rd Ave. | 815.622.6200

Westwood Fitness & Sports Center

1900 Westwood Dr. | 815.622.6201

Parks

Douglas Park

2100 Chestnut Ave.

Eberley Park

2699 W. LeFevre Rd.

Gartner Park

2121 W. LeFevre Rd.

Harry Kidd Field

1219 W. 7th St.

Hoover Park

3807 Woodlawn Rd.

Kilgour Park

400 W. 15th St.

Lawrence Park

Avenue G Island

Martin's Landing & Sinnissippi Dam

Broadway Ave. & 2nd St.

Oppold Marina

523 Stouffer Rd.

Propheter Park

506 E. 6th St.

Redfield Park

14th Ave. & 2nd St.

Scheid Park

1102 Woodburn Ave.

Sinnissippi Park

Sinnissippi Rd.

Thomas Park &

Dogwood Acres Dog Park

2301 12th Ave.

Notices & Policies

ONLINE REGISTRATION

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

WALK-IN REGISTRATION

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

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/VIDEO POLICY

Photos and video are periodically taken of participants in our programs and at our parks/facilities. These photos/videos 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.

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.

Board of Commissioners



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BOB SAWYER
Westwood Maintenance Supervisor



SCAN TO VISIT US ONLINE!

sterlingparks.org

Westwood

1900 WESTWOOD DRIVE • 815-622-6201

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

Encompassing three buildings with approximately 5 acres "under-roof", the facility features over 40,000 square feet of fitness equipment; functional training space; boxing equipment; fitness turf; and The Lab, a newly-opened performance training area for athletes and non-athletes alike. Westwood also features indoor basketball, volleyball, tennis, pickleball, and wallyball/racquetball courts; plus, a 200-meter track, indoor batting cage, turf baseball/softball practice field, and a 60-yard turf soccer/football field.

A 3,500 square foot Wellness Center is also available at Westwood featuring hydromassage beds, stand-up tanning, spray tanning, infrared saunas, red-light therapy, salt therapy, compression therapy and cryotherapy. There are also two Massage Therapists and one Chiropractor located on site at Westwood.

Kids Gym childcare for ages 3-months to 12 years is available while you work out. You can round out your visit by refueling at the Westwood Smoothie Co., with recipes featuring whole fruits and veggies as well as various "FitMeals", acai bowls, espressos, energy drinks, cookies and more that are available to-go.

Check out our Membership options on page 9!



Building 1

🕒 Facility Hours

Building 1

Open 24-hours:

4:00a Monday through 9:00p Friday

Sat/Sun: 6:00a-8:00p

Westwood Wellness

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

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

Westwood Smoothie Co.

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

Sat/Sun: 6:00a-Facility Close

Kids Gym

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

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

Sat: 7:45a-12:00p

🕒 Holiday Hours

Building 1

Easter: 6:00a-12:00p

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

Kids Gym

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

👤 Age Restrictions

Total Fitness Members—13+ yrs: Can utilize all fitness areas* and track building without an adult (13-15 year-olds must complete an approved Youth Fitness class and receive a special colored ID card).

9-12 yrs: Can utilize all fitness areas* and track building when accompanied and working directly with an adult and after completing a Park District approved Youth Fitness class (with special colored ID card).

6-8 yrs: Can utilize the functional training/fitness turf areas and track building and the wood basketball courts when accompanied and working directly with an adult and after completing a Park District approved Youth Fitness class (with special colored ID card).

Drop-ins—16+ yrs: Can utilize all fitness areas* and track building without an adult.

9-15 yrs: Can utilize all fitness areas* and the track building when accompanied and working directly with an adult and after completing a Park District approved Youth Fitness class.

Ages 5 & Under (Members): Not allowed in any fitness areas* or the track building unless participating in a Park District program; or attending Kids Gym.

Ages 8 & Under (Drop-ins): Not allowed in any fitness area* or the track building unless participating in the Park District program; or attending Kids Gym.

Westwood Wellness: Open to ages 16+ excluding stand up tanning booths (ages 18+).

Ages 16-17 may utilize the cryotherapy chamber with parental approval and the parent/guardian must remain in the Wellness area during the session. Younger individuals may utilize Westwood Wellness if they have a doctor's note recommending one of our services to treat a medical condition. Excludes stand-up tanning, cryotherapy and sauna (ages 12-U).

**Fitness areas include: Cardio, upper/lower fitness, functional training, fitness turf, boxing area, Warehouse, wood basketball courts & tennis courts.*

💰 Rental Fees

Indoor Soccer/Football Field (B1): \$90/hr

Racquetball/Wallyball (B1): \$23/hr

💰 Drop-In Fees

Fitness, Wood Basketball Courts, Track, Turf: \$9.50

Kids Gym: \$5.50 (parents must stay in facility)

Building 2—Tennis Center

🕒 Facility Hours

Mon-Thu: 8:00a-8:00p

Fri & Sat: 8:00a-4:00p

Sun: 12:00-4:00p

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

🕒 Holiday Hours

Closed on all holidays

👤 Age Restrictions

13+ yrs: May use/reserve a tennis court without a parent present.

12 & under: Can utilize a tennis court if an adult is in the lobby area.

💰 Drop-In Fees (includes tennis court)

\$9.50

Pickleball: \$7.50

Pickleball punch cards: 15 punches \$102
30 punches \$197

Building 3

🕒 Facility Hours

Rentals only; call ahead for availability.

Pickleball Drop-In Hours

Tu/Th: 8:00a-12:00p & 5:00-9:00p • Sat: 8:00a-12:00p

👤 Age Restrictions

13+ yrs: Can utilize Building 3 without an adult.

12 & under: Must be accompanied and working directly with an adult.

💰 Rental Fees

Basketball/Volleyball: \$26/hr

Turf & Cage (1st): \$85/hr

Batting Cage (M): \$26/hr (FREE for members within 24 hours)

Pickleball Court: \$14.50/hr

**Call 815-622-6201 for availability*

🏏 Cage Setup & Rules

Batting Cage (Mezzanine Level)

- Members can reserve 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.
- Non-members can rent the cage at any time.
- This rental does not allow access to 1st floor turf.

Turf and Cage (1st Floor)

- The turf and cage are rented together; the cage in the turf area cannot be rented alone.
- The turf area is approximately 90'x90'.
- This rental does not allow access to mezzanine level cage.

Group Fitness

AT WESTWOOD

Members: FREE

Non-members: \$9.50 drop-in fee

No registration—just show up & sweat!

Unicus Functional Fitness

M-F: 5:30-6:30a & 4:15-5:15p
M/W: 5:30-6:30p • T/TH: 6:45-7:45p
Sat: 8:00-9:00a
WAREHOUSE

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

Steps for Today

M/W/F: 8:00-9:00a
WAREHOUSE

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

Total Body Toning

M/W: 9:30-10:30a • *TRACK AREA*
TUE: 5:30-6:30p • *WAREHOUSE*

Participants are guided through a variety of exercises designed to increase heart rate and strengthen muscles throughout the body. This class is perfect for those who want balance between cardio and weight training.

Unicus Bodyweight & Dumbbells

M-F: 3:15-4:00p
WAREHOUSE

For those looking for a hard workout. You will be challenged based on your level, but you will be pushed beyond your limit. Our goal is for you to achieve things you never thought you could.

Fit for Life

T/TH: 7:00-8:00a
FUNCTIONAL TRAINING/WEIGHT ROOM

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

Olympic Lifting

FRI: 5:30-6:30p
WAREHOUSE

This an opportunity to improve your technique and maybe even set a few personal records (PRs) with the snatch, clean and jerk. Our Olympic Lifting class takes a slightly different approach from our functional fitness classes, but generally follows the same structure.

Hatha Yoga

MON: 6:45-7:45p
WAREHOUSE

Focus on the fundamentals with pranayama (breath work) and asanas (poses). Relax and unwind with this mindful, slowed down flow. This class is perfect for beginners wanting to improve their flexibility, balance and overall well being.

Vin/Yin Yoga

WED: 6:45-7:45p
WAREHOUSE

Energize your mind and body with a dynamic flow that sequences strength, flexibility, and balance. This flow keeps you moving and focusing on body alignment, incorporating more advanced poses and creating a safe space to challenge yourself.

Vinyasa Yoga

SAT: 11:15a-12:15p
WAREHOUSE

Power is a form of yoga that combines a flow sequence and high intensity movements. Students have the option to grab a light set of weights as you'll dynamically strengthen and lengthen the body to develop mobility strength. Come ready to sweat, detox, and connect.

Senior Fitness

M/W/F: 8:30-9:15p
FUNCTIONAL FITNESS TURF

If you are 60+ we have a program designed specifically for you! Work toward improving your health and fitness with a fun group of seniors at Westwood. Senior Fitness utilizes Dynabands and chairs to increase fitness and coordination. You may also walk our indoor track M/W/F from 7:00-10:00a (1 punch per class/track session). Purchase a 12-punch pass for \$13 or a 24-punch pass for \$26. ***Senior Fitness is not included with a Total Fitness Pass.**





Wellness

AT WESTWOOD

At Westwood Wellness, we want to provide the best tools to improve your overall health and wellness. We understand that it seems like there are not enough hours in the day, so we want to help you get the most out of those hours—giving you more energy and less pain.

Enjoy the following amenities:

HydroMassage (up to 15 mins.)

- Temporary relief of minor aches & pains
- Increases circulation
- Reduces stress and anxiety

Stand Up Tanning Booth (up to 8 mins.)

- Lots of room with little to no sweating
- Tanning from every angle

Spray Tan (up to 5 mins.)

- No UV exposure
- Instant results with streak-free coverage
- You choose your shade

Red Light Therapy (up to 30 mins.)

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

Infrared Sauna (up to 30 mins.)

- Heats your body, not the air around you
- Better for detoxification, sore muscle relief, improved circulation and relief from joint pain
- Improves sleep, promotes clean, tighter skin and provides relaxation
- Sessions are private—no sharing unless you want to

Salt Therapy (up to 20 mins.)

- Used in conjunction with our infrared sauna
- Can help improve a variety of skin and respiratory conditions

Compression Therapy (5, 10, 15 mins.)

- 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

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
- Helps reduce stress and anxiety



Fees

Drop-in (*non-members*)*: \$15

HydroMassage: No additional fee

Stand Up Tan: No additional fee

Spray Tan: \$6 • Spray Tan Add-Ons: \$2.50

Infrared Sauna: No additional fee

Red Light Therapy: No additional fee

Salt Therapy: \$5

Salt Punch Cards (*members only*)

- Buy 5, get 1 free: \$25

- Buy 10, get 3 free: \$50

- Buy 15, get 5 free: \$75

Cryotherapy Chamber: \$20

Cryotherapy Punch Cards (*members only*)

- 5 sessions: \$75

- 10 sessions: \$100

Compression Therapy: No additional fee

*Includes fitness, wood basketball court, track, turf, and tennis court access



Online Booking

Book a session & pay online up to 24-hours in advance! Scan the QR Code or visit sterlingparks.org and go to Register Online > Reservations > Wellness



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" features a mini-mountain inflatable, suitable for ages 3-6.

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.

Check out our Membership options on page 9!



Strength, Stretch & Balance

T/W/TH: 8:30-9:30a • ages 16+

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!**
**Class not included in our Total Fitness membership.*



🕒 Facility Hours

Mon-Fri: 5:00a-9:00p • Sat: 9:00a-6:00p • Sun: 12:00-6:00p

🕒 Holiday Hours

Easter: Closed
Memorial Day: Closed

💰 Drop-In Fees

Water Walking: \$6.50 • Lap Swim (ages 16+): \$6.50 •
Open Swim: \$4.50 (ages 5 & under) • \$7.00 (ages 6 & over)

🕒 Drop-In Hours

Water Walking: Mon-Fri 9:30-11:00a
Lap Swim: Mon-Th 5:00-8:30a; 11:00a-1:00p; 7:00-9:00p •
Fri 5:00-8:30a; 11:00a-1:00p • Sat 9:00a-12:00p (two lanes available)
Open Swim (ages 8 and under must be accompanied in the water by an adult 16 years of age or older):
Fri 7:00-9:00p • Sat 12:00-6:00p • Sun 12:00-6:00p
Sterling Days Off Open Swim (1:00-3:00 pm • \$1):
March 10-14 • April 18, 21 • May 27-30

Memberships

WITH STERLING PARK DISTRICT

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 memberships provide unlimited access to 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 work out)
- Westwood Smoothie Co. member specials
- Duis Center (indoor aquatics center)
- Westwood Wellness
- Batting cage (Building 3 M level only)****
- Tennis court access (Building 2)
- Performance training discount

	Monthly	Annual	Military: Monthly	Military: Annual
Youth (13 yrs & under)	\$18.07	\$180	—	—
Young Adult (14-20 yrs)	\$27.24	\$290	\$20.99	\$225
Adult (21-59 yrs)	\$41.83	\$465	\$35.58	\$365
Household	\$66.24	\$745	\$52.74	\$595
Single Household	\$59.66	\$680	\$47.74	\$535
Couple	\$61.32	\$700	\$51.07	\$575
Senior Household	\$61.32	\$700	\$51.07	\$575
Senior (60+)	\$34.33	\$375	\$27.74	\$295
Senior Couple (60+)	\$59.66	\$680	\$44.41	\$495

Household Pass: Any two adults and dependent children (18-U or a full-time college student 25-U with proof of class schedule) living in the same residence

Single Household Pass: Any one adult and dependent children (18-U or a full-time college student 25-U with proof of class schedule) living in the same residence

Senior Household Pass: Same requirements as Household Pass but for adults ages 60+

Couple Pass: Two adults living in the same household

Military Pass: Available to eligible active, reserve and retired U.S. Military personnel, spouses and immediate family; must present proof of service

See page 5 for Westwood age restrictions.

*Fitness areas include cardio area, upper/lower fitness areas, functional training area, fitness turf, boxing area, warehouse, wood basketball courts and tennis courts. **During February and March in late afternoons/evenings, there is limited/no availability of the track/turf. ***Excludes senior fitness and water fitness. ****See page 5 for rules.

Punch Cards

All cards expire five years from the date of purchase

Fitness/Turf/Track

15 Punch Adult: \$115
 15 Punch Youth/Senior: \$105
 30 Punch Adult: \$210
 30 Punch Youth/Senior: \$200

Open Swim

15 Punch Adult: \$85
 15 Punch Youth/Senior: \$80
 30 Punch Adult: \$135
 30 Punch Youth/Senior: \$130
 12 Punch Early Bird/Noon Lap Swim: \$60

Track Only

15 Punch Adult: \$85
 15 Punch Youth/Senior: \$80
 30 Punch Adult: \$135
 30 Punch Youth/Senior: \$130
 12 Punch Early Bird (4:30-7:00 am): \$42

Pickleball

15 Punch All Ages: \$102
 30 Punch All Ages: \$197

Senior Fitness

12 Punch Senior: \$13
 24 Punch Senior: \$26



WESTWOOD PERFORMANCE

WESTWOOD PERFORMANCE

The Lab brings 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 current scientific research, The Lab will help individuals perform better both athletically and in everyday living.

Current Director of Human Performance Kel Bond oversees the Lab's operations. Kel has worked in the fitness field for over 15 years and 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 to ensure the best route to each one's goals.

- **Sports Performance:** Maximize athletic performance and minimize injuries
- **Performance Fitness:** Get in the best shape of your life by improving 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 Proteus, Perch Camera System, AlterG Treadmill, Vertimax, Synaptec, etc.
- **Individual/Team Performance Program Design:** Personalized programs designed for at-home and/or traditional gym workouts

The Lab contact:

kbond@sterlingparks.org

815.622.2216

\$ Pricing

Each session includes 55-minutes of instruction

MEMBERS:

- 1 session-\$40
- 3 sessions-\$110
- 6 sessions-\$200
- 12 sessions-\$385

Buddy Training (2 clients)

- 3 sessions-\$85/person
- 6 sessions-\$155/person
- 12 sessions-\$300/person

Small Group Training (3-6 clients)

- 3 sessions-\$75/person
- 6 sessions-\$135/person
- 12 sessions-\$260/person

Team Training (7+ clients)

Call for pricing

Runners (gait analysis with shoe recommendations)

\$50

Individual/Team Programs Design

Individual Initial Consultation-\$50

Individual Follow-up

Regular session cost

Team Initial & Follow-up Consultations

Call for pricing

FLAT PRICING:

Vo2 Test-\$75

Vo2 Test/Gait Analysis-\$100

Vo2 Test/Resting Metabolic-\$120

Vo2 Test/Resting Metabolic/Gait Analysis-\$140

Resting Metabolic-\$75

Lactate Test-\$75

Gait Analysis-\$45

NON-MEMBERS:

- 1 session -50
- 3 sessions-\$135
- 6 sessions-\$250
- 12 sessions-\$450

Buddy Training (2 clients)

- 3 sessions-\$110/person
- 6 sessions-\$200/person
- 12 sessions-\$365/person

Small Group Training (3-6 clients)

- 3 sessions-\$100/person
- 6 sessions-\$180/person
- 12 sessions-\$320/person

Team Training (7+ clients)

Call for pricing

Runners (gait analysis with shoe recommendations)

\$60

Individual/Team Programs Design

Individual Initial Consultation-\$60

Individual Follow-up

Regular session cost

Team Initial & Follow-up Consultations

Call for pricing

PARTY RENTAL



Book your next party with us!

- 📍 **WESTWOOD:**
Kids Gym Party - \$235/2 hrs
- 📍 **DUIS CENTER:**
Pool Party - \$85/hr
Multi-Purpose Room - \$65/hr
Gymnastics Party - \$115/hr



Visit Westwood or Duis Center to book your party!



Emerald Hill

16802 PRAIRIEVILLE ROAD • 815.622.6204

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

\$ 2025 Daily Rates

Spring Shoulder Season: Opening Day-May 22

18 holes w/half-cart: \$28
9 holes w/half-cart: \$23
18 holes walking: \$23
9 holes walking: \$20
Junior 9/18 holes walking: \$20

Summer Season Weekdays: May 27-August 28

18 holes w/half-cart: \$31
9 holes w/half-cart: \$26
18 holes walking: \$26
9 holes walking: \$21
Junior 9/18 holes walking: \$20

Summer Season Weekdays: May 31-August 24

18 holes w/half-cart: \$33
9 holes w/half-cart: \$28
18 holes walking: \$30
9 holes walking: \$25
Junior 9/18 holes walking: \$20

Holiday Weekends: May 23-26 • July 4-6 • August 29-September 1

18 holes w/half-cart: \$38
9 holes w/half-cart: \$33
18 holes walking: \$35
9 holes walking: \$31
Junior 9/18 holes walking: \$23

\$ 2025 Pass Fees

Couple: \$1,850
Adult: \$1,350
Military Couple: \$1,575
Military Adult: \$1,150
College (18-23; w/half-cart): \$700
Intermediate (13-17): \$290
Junior (6-12): \$215



Tournaments

Emerald Hill Qualifier

Senior

May 3rd & 4th (register by 5/1)

Open

June 21st & 22nd (register by 6/19)

2-Person Best Ball

June 1st (register by 5/30)

Emerald Hill Club Championship

July 26th & 27th (register by 7/23)

3-Person Best Ball

October 4th (register by 10/2)

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.

🕒 Tour Times

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

2nd Weekend of Each Month (Sat & Sun): 10:00a, 11:00a, 1:00p, 2:00p or by appointment only from 3:00-5:00p

💰 Tour Rates

General Admission: \$6.50

Seniors (60+): \$5.50

Ages 5 & Under: FREE

NORTHWESTERN STEEL & WIRE 3rd 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 17
11am-2pm

RAIN DATE: MAY 18





Aquatics

Lessons 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. 20-Apr. 24	\$42	16054
6m-3yrs	Th	6:00-6:25p	Mar. 20-Apr. 24	\$42	16055
6m-3yrs	Th	5:30-5:55p	May 8-May 29	\$30	16056
6m-3yrs	Th	6:00-6:25p	May 8-May 29	\$30	16057

Level 1

A 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. 20-Apr. 24	\$42	16010
3-20	Th	6:00-6:25p	Mar. 20-Apr. 24	\$42	16011
3-20	Sat	10:00-10:25a	Mar. 22-Apr. 26	\$42	16012
3-20	Sat	11:00-11:25a	Mar. 22-Apr. 26	\$42	16013
3-20	Th	5:30-5:55p	May 8-May 29	\$30	16014
3-20	Th	6:00-6:25p	May 8-May 29	\$30	16015
3-20	Sat	10:00-10:25a	May 10-May 31	\$30	16016
3-20	Sat	11:00-11:25a	May 10-May 31	\$30	16017

Level 2

A 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. 20-Apr. 24	\$42	16018
3-20	Th	6:00-6:25p	Mar. 20-Apr. 24	\$42	16019
3-20	Sat	10:00-10:25a	Mar. 22-Apr. 26	\$42	16020
3-20	Sat	11:00-11:25a	Mar. 22-Apr. 26	\$42	16021
3-20	Th	5:30-5:55p	May 8-May 29	\$30	16022
3-20	Th	6:00-6:25p	May 8-May 29	\$30	16023
3-20	Sat	10:00-10:25a	May 10-May 31	\$30	16024
3-20	Sat	11:00-11:25a	May 10-May 31	\$30	16025

Level 3

A 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. 20-Apr. 24	\$42	16026
3-20	Th	6:00-6:25p	Mar. 20-Apr. 24	\$42	16027
3-20	Sat	10:30-10:55a	Mar. 22-Apr. 26	\$42	16028
3-20	Sat	11:30-11:55a	Mar. 22-Apr. 26	\$42	16029
3-20	Th	5:30-5:55p	May 8-May 29	\$30	16030
3-20	Th	6:00-6:25p	May 8-May 29	\$30	16031
3-20	Sat	10:30-10:55a	May 10-May 31	\$30	16032
3-20	Sat	11:30-11:55a	May 10-May 31	\$30	16033

Level 4

A 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. 20-Apr. 24	\$42	16034
3-20	Th	6:00-6:25p	Mar. 20-Apr. 24	\$42	16035
3-20	Sat	10:30-10:55a	Mar. 22-Apr. 26	\$42	16036
3-20	Sat	11:30-11:55a	Mar. 22-Apr. 26	\$42	16037
3-20	Th	5:30-5:55p	May 8-May 29	\$30	16038
3-20	Th	6:00-6:25p	May 8-May 29	\$30	16039
3-20	Sat	10:30-10:55a	May 10-May 31	\$30	16040
3-20	Sat	11:30-11:55a	May 10-May 31	\$30	16041

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. 20-Apr. 24	\$102	16042
3-20	Th	6:00-6:30p	Mar. 20-Apr. 24	\$102	16043
3-20	Sat	10:00-10:30a	Mar. 22-Apr. 26	\$102	16044
3-20	Sat	10:30-11:00a	Mar. 22-Apr. 26	\$102	16045
3-20	Sat	11:00-11:30a	Mar. 22-Apr. 26	\$102	16046
3-20	Sat	11:30a-12:00p	Mar. 22-Apr. 26	\$102	16047
3-20	Th	5:30-6:00p	May 8-May 29	\$68	16048
3-20	Th	6:00-6:30p	May 8-May 29	\$68	16049
3-20	Sat	10:00-10:30a	May 10-May 31	\$68	16050
3-20	Sat	10:30-11:00a	May 10-May 31	\$68	16051
3-20	Sat	11:00-11:30a	May 10-May 31	\$68	16052
3-20	Sat	11:30a-12:00p	May 10-May 31	\$68	16053

SPRING BREAK SWIM CAMP

Hey Spring Breakers!

Join us for fun-filled afternoons at the pool that include 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 Wahoos coaches! **Registration deadline is March 8.**

Ages 6-12
March 10-13 from 3:30-5:00 pm
\$48 • Barcode 16008

Lifeguard Class

Those seeking the full certification must attend all dates in session. Those seeking recertification only need to attend Thursday. Register by 3/8/25.

Age	Day	Time	Dates	Fee	Barcode
15+	Tu-Th	10:00a-3:00p	Mar. 11-Mar. 13	\$175	16006
15+	Th	10:00a-3:00p	Mar. 13	\$100	16007



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 wahoocoach@gmail.com (Freeport).

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. 3-Mar. 31	\$95	16068
6+	M-F	5:00-6:00p	Apr. 1-Apr. 30	\$95	16069
6+	M-F	5:00-6:00p	May 1-May 30	\$95	16070

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. 3-Mar. 31	\$110	16074
6+	M-F	5:00-6:30p	Apr. 1-Apr. 30	\$110	16075
6+	M-F	5:00-6:30p	May 1-May 30	\$110	16076

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. 3-Mar. 31	\$130	16071
6+	M-F	5:00-7:00p	Apr. 1-Apr. 30	\$130	16072
6+	M-F	5:00-7:00p	May 1-May 30	\$130	16073



Gymnastics

Lessons 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. 11-Apr. 8	\$30	16168
18m-4yrs	Tu	9:30-10:00a	Mar. 11-Apr. 8	\$30	16169
18m-4yrs	Th	9:00-9:30a	Mar. 13-Apr. 10	\$30	16170
18m-4yrs	Th	9:30-10:00a	Mar. 13-Apr. 10	\$30	16171
18m-4yrs	Sat	9:00-9:30a	Mar. 15-Apr. 12	\$30	16172
18m-4yrs	Sat	9:35-10:05a	Mar. 15-Apr. 12	\$30	16173
18m-4yrs	Sat	10:10-10:40a	Mar. 15-Apr. 12	\$30	16174
18m-4yrs	Tu	9:00-9:30a	Apr. 22-May 20	\$30	16222
18m-4yrs	Tu	9:30-10:00a	Apr. 22-May 20	\$30	16223
18m-4yrs	Th	9:00-9:30a	Apr. 24-May 22	\$30	16224
18m-4yrs	Th	9:30-10:00a	Apr. 24-May 22	\$30	16225
18m-4yrs	Sat	9:00-9:30a	Apr. 26-May 24	\$30	16226
18m-4yrs	Sat	9:35-10:05a	Apr. 26-May 24	\$30	16227
18m-4yrs	Sat	10:10-10:40a	Apr. 26-May 24	\$30	16228

Preschool Beginner

Classes are structured to introduce basic gymnastics skills. We also focus on Kindergarten readiness skills like hopping, skipping, galloping, 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. 10-Apr. 7	\$48	16180
3-4	Mon	6:00-6:45p	Mar. 10-Apr. 7	\$48	16181
3-4	Tu	10:00-10:45a	Mar. 11-Apr. 8	\$48	16182
3-4	Tu	4:00-4:45p	Mar. 11-Apr. 8	\$48	16183
3-4	Tu	6:00-6:45p	Mar. 11-Apr. 8	\$48	16184
3-4	Wed	5:00-5:45p	Mar. 12-Apr. 9	\$48	16185
3-4	Th	10:00-10:45a	Mar. 13-Apr. 10	\$48	16186
3-4	Th	4:00-4:45p	Mar. 13-Apr. 10	\$48	16187
3-4	Th	6:00-6:45p	Mar. 13-Apr. 10	\$48	16188
3-4	Mon	4:00-4:45p	Apr. 21-May 19	\$48	16234
3-4	Mon	6:00-6:45p	Apr. 21-May 19	\$48	16235
3-4	Tu	10:00-10:45a	Apr. 22-May 20	\$48	16236
3-4	Tu	4:00-4:45p	Apr. 22-May 20	\$48	16237
3-4	Tu	6:00-6:45p	Apr. 22-May 20	\$48	16238
3-4	Wed	5:00-5:45p	Apr. 23-May 21	\$48	16239
3-4	Th	10:00-10:45a	Apr. 24-May 22	\$48	16240
3-4	Th	4:00-4:45p	Apr. 24-May 22	\$48	16241
3-4	Th	6:00-6:45p	Apr. 24-May 22	\$48	16242

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.



Scan to register today!

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. 10-Apr. 7	\$48	16175
5-6	Tu	5:00-5:45p	Mar. 11-Apr. 8	\$48	16176
5-6	Wed	4:00-4:45p	Mar. 12-Apr. 9	\$48	16177
5-6	Wed	6:00-6:45p	Mar. 12-Apr. 9	\$48	16178
5-6	Th	5:00-5:45p	Mar. 13-Apr. 10	\$48	16179
5-6	Mon	5:00-5:45p	Apr. 21-May 19	\$48	16229
5-6	Tu	5:00-5:45p	Apr. 22-May 20	\$48	16230
5-6	Wed	4:00-4:45p	Apr. 23-May 21	\$48	16231
5-6	Wed	6:00-6:45p	Apr. 23-May 21	\$48	16232
5-6	Th	5:00-5:45p	Apr. 24-May 22	\$48	16233

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. 10-Apr. 7	\$64	16159
6-10	Mon	5:00-6:00p	Mar. 10-Apr. 7	\$64	16160
6-10	Mon	6:00-7:00p	Mar. 10-Apr. 7	\$64	16161
6-10	Tu	4:00-5:00p	Mar. 11-Apr. 8	\$64	16162
6-10	Tu	6:00-7:00p	Mar. 11-Apr. 8	\$64	16163
6-10	Wed	4:00-5:00p	Mar. 12-Apr. 9	\$64	16164
6-10	Wed	5:00-6:00p	Mar. 12-Apr. 9	\$64	16165
6-10	Th	4:00-5:00p	Mar. 13-Apr. 10	\$64	16166
6-10	Th	5:00-6:00p	Mar. 13-Apr. 10	\$64	16167
6-10	Mon	4:00-5:00p	Apr. 21-May 19	\$64	16213
6-10	Mon	5:00-6:00p	Apr. 21-May 19	\$64	16214
6-10	Mon	6:00-7:00p	Apr. 21-May 19	\$64	16215
6-10	Tu	4:00-5:00p	Apr. 22-May 20	\$64	16216
6-10	Tu	6:00-7:00p	Apr. 22-May 20	\$64	16217
6-10	Wed	4:00-5:00p	Apr. 23-May 21	\$64	16218
6-10	Wed	5:00-6:00p	Apr. 23-May 21	\$64	16219
6-10	Th	4:00-5:00p	Apr. 24-May 22	\$64	16220
6-10	Th	5:00-6:00p	Apr. 24-May 22	\$64	16221

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. 11-Apr. 8	\$48	16146
6-10	Th	5:00-5:45p	Mar. 13-Apr. 10	\$48	16147
6-10	Tu	5:00-5:45p	Apr. 22-May 20	\$48	16200
6-10	Th	5:00-5:45p	Apr. 24-May 22	\$48	16201



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. 10-Apr. 7	\$64	16148
7-17	Mon	5:00-6:00p	Mar. 10-Apr. 7	\$64	16149
7-17	Mon	6:00-7:00p	Mar. 10-Apr. 7	\$64	16150
7-17	Mon	7:00-8:00p	Mar. 10-Apr. 7	\$64	16151
7-17	Tu	5:00-6:00p	Mar. 11-Apr. 8	\$64	16152
7-17	Tu	6:00-7:00p	Mar. 11-Apr. 8	\$64	16153
7-17	Wed	5:00-6:00p	Mar. 12-Apr. 9	\$64	16154
7-17	Th	6:00-7:00p	Mar. 13-Apr. 10	\$64	16155
7-17	Mon	4:00-5:00p	Apr. 21-May 19	\$64	16202
7-17	Mon	5:00-6:00p	Apr. 21-May 19	\$64	16203
7-17	Mon	6:00-7:00p	Apr. 21-May 19	\$64	16204
7-17	Mon	7:00-8:00p	Apr. 21-May 19	\$64	16205
7-17	Tu	5:00-6:00p	Apr. 22-May 20	\$64	16206
7-17	Tu	6:00-7:00p	Apr. 22-May 20	\$64	16207
7-17	Wed	5:00-6:00p	Apr. 23-May 21	\$64	16208
7-17	Th	6:00-7:00p	Apr. 24-May 22	\$64	16209

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. 11-Apr. 8	\$64	16189
7-17	Wed	7:00-8:00p	Mar. 12-Apr. 9	\$64	16190
7-17	Tu	6:00-7:00p	Apr. 22-May 20	\$64	16243
7-17	Wed	7:00-8:00p	Apr. 23-May 21	\$64	16244

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. 11-Apr. 8	\$64	16158
7-17	Tu	7:00-8:00p	Apr. 22-May 20	\$64	16212

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	Mar. 11-Apr. 8	\$64	16191
7-17	Wed	4:00-5:00p	Mar. 12-Apr. 9	\$64	16192
7-17	Wed	6:00-7:00p	Mar. 12-Apr. 9	\$64	16193
7-17	Th	5:00-6:00p	Mar. 13-Apr. 10	\$64	16194
7-17	Tu	4:00-5:00p	Apr. 22-May 20	\$64	16245
7-17	Wed	4:00-5:00p	Apr. 23-May 21	\$64	16246
7-17	Wed	6:00-7:00p	Apr. 23-May 21	\$64	16247
7-17	Th	5:00-6:00p	Apr. 24-May 22	\$64	16248

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. 12-Apr. 9	\$64	16195
7-17	Th	6:00-7:00p	Mar. 13-Apr. 10	\$64	16196
7-17	Wed	7:00-8:00p	Apr. 23-May 21	\$64	16249
7-17	Th	6:00-7:00p	Apr. 24-May 22	\$64	16250

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. 10-Apr. 7	\$64	16197
7-17	Mon	7:00-8:00p	Apr. 21-May 19	\$64	16251

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. 10-Apr. 7	\$64	16198
10-14	Mon	7:00-8:00p	Apr. 21-May 19	\$64	16252

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	Mar. 15-Apr. 12	\$36	16156
4-6	Sat	10:45-11:15a	Apr. 26-May 24	\$36	16210
7-12	Sat	11:15a-12:15p	Mar. 15-Apr. 12	\$64	16157
7-12	Sat	11:15a-12:15p	Apr. 26-May 24	\$64	16211



Soccer

Middle School Outdoor Soccer

Our Spring outdoor youth soccer program is open to 6th thru 8th graders. This league 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. While the registration deadline is March 23rd, registering on or by the deadline does not guarantee a spot as the program fills up quickly. Spots are limited. Coach Gabe will be running this age group. Register today to get in on the fun!

Grade	Day	Time	Dates	Fee	Barcode
6th-8th	Sat	Noon-1:30p	Apr. 19-May 25	\$80	16289

Youth Outdoor Soccer

Our Spring outdoor youth soccer program is open to PreK all the way up to 5th graders. This league 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 23rd, registering on or by the deadline does not guarantee a spot as the program fills up quickly. There will be a late fee of \$25 in effect on March 24th, if the program is allowing late registration. 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. Register today to get in on the fun!

Grade	Day	Time	Dates	Fee	Barcode
PreK	Sat	9:00a-3:00p	Apr. 19-May 25	\$80	16296
Kinder	Sat	9:00a-3:00p	Apr. 19-May 25	\$80	16295
1st	Sat	9:00a-3:00p	Apr. 19-May 25	\$80	16291
2nd	Sat	9:00a-3:00p	Apr. 19-May 25	\$80	16292
3rd	Sat	9:00a-3:00p	Apr. 19-May 25	\$80	16293
4th	Sat	9:00a-3:00p	Apr. 19-May 25	\$80	16294
5th	Sat	9:00a-3:00p	Apr. 19-May 25	\$80	16297

Private Soccer Lessons with Gabe Ocampo

This is an opportunity for hands-on training to teach and improve one's soccer skills, both solo and in a group setting.

\$50 for one 1-hour private session

\$40/person for one 1-hour group session (3 player max.)

Training Packages:

\$225 for five 1-hour private sessions

\$175/person for five 1-hour group sessions (3 player max.)

Tennis-Youth

Lessons are held at the Westwood Tennis Center.

Red Ball

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	Mon	3:45-4:30p	Mar. 17-Apr. 14	\$70	16125
5-6	Mon	3:45-4:30p	Apr. 21-May 19	\$70	16126

Orange Ball

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	Mon	4:30-5:30p	Mar. 17-Apr. 14	\$70	16121
7-10	Mon	4:30-5:30p	Apr. 21-May 19	\$70	16122

Green Ball

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	Mon	5:30-6:30p	Mar. 17-Apr. 14	\$70	16115
11-14	Mon	5:30-6:30p	Apr. 21-May 19	\$70	16116

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
14-18	Tu	5:00-6:30p	Mar. 18-Apr. 15	\$95	16119
14-18	Tu	5:00-6:30p	Apr. 22-May 20	\$95	16120

High Performance

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

Age	Day	Time	Dates	Fee	Barcode
14-18	Wed	5:00-6:30p	Mar. 19-Apr. 16	\$95	16117
14-18	Wed	5:00-6:30p	Apr. 23-May 21	\$95	16118



Private Tennis Lessons



Coach Chris is available at certain times throughout the week. **\$50 per hour for private lessons. 2-player semi-private lesson at \$30 each.** Want to learn tennis with your own small group? **Cost is just \$60/hour, shared among the group members.** Make amazing memories with your group of friends by signing up for a larger semi-private lesson! **Call for pricing.**

Tennis-Adult

The REAL Cardio Tennis

Cardio Tennis is a high-energy group fitness experience which uses the sport of tennis to deliver the ultimate full body, calorie-burning aerobic workout. You do not need to be a tennis player to have a great time.

Age	Day	Time	Dates	Fee	Barcode
18+	M/W	12:00-1:00p	Ongoing	\$5	Drop-in

Coach Carolyn's Drills

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

Age	Day	Time	Dates	Fee
18+	Tu/Th	12:00-1:00p	Ongoing	FREE/members \$5/non-members

Adult Drills

These drills are 90 minutes of fast-paced fun with lots of drills and touches on the ball.

Age	Day	Time	Dates	Fee
18+	Tu	8:30-10:00a	Ongoing	\$15/members \$20/non-members

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**

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! **(5) 90-minute sessions for \$120 per player**



Fitness

Classes are held at Westwood unless otherwise noted.

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 general strength gain. **No class Memorial Day*

Age	Day	Time	Dates	Fee	Barcode
6-8	Mon	5:30-6:15p	Mar. 10-Apr. 14	\$43	16279
6-8	Mon	5:30-6:15p	Apr. 21-Jun. 2*	\$43	16280

Introduction to Youth Fitness

This class teaches the general rules and guidelines that will help you feel safe, confident, and comfortable using our facilities. You will learn about basic muscle groups and the exercises that work them, what makes a good warm up and cool down, and how to structure your workouts. Class is required to get a membership card. ***FREE for members.**

Age	Day	Time	Date	Fee*	Barcode
6-10	Tu	5:30-6:30p	Mar. 4	\$28	16255
6-10	Sat	9:00-10:00a	Mar. 8	\$28	16256
6-10	Tu	5:30-6:30p	Mar. 18	\$28	16257
6-10	Sat	9:00-10:00a	Mar. 22	\$28	16258
6-10	Tu	5:30-6:30p	Apr. 8	\$28	16259
6-10	Sat	9:00-10:00a	Apr. 12	\$28	16260
6-10	Tu	5:30-6:30p	Apr. 22	\$28	16261
6-10	Sat	9:00-10:00a	Apr. 26	\$28	16262
6-10	Tu	5:30-6:30p	May 6	\$28	16263
6-10	Sat	9:00-10:00a	May 10	\$28	16264
6-10	Tu	5:30-6:30p	May 20	\$28	16265
6-10	Sat	9:00-10:00a	May 24	\$28	16266

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	Mar. 12-Apr. 16	\$43	16281
9-14	Wed	5:30-6:30p	Apr. 23-May 28	\$43	16282

Introduction to Weightlifting

This class will focus on proper lifting technique as well as program set up. We will also cover general weight room rules and etiquette that will help the participant feel safe, confident, and comfortable using our facilities. Class is required to get a membership card. ***FREE for members.**

Age	Day	Time	Date	Fee*	Barcode
11-15	Th	5:30-6:30p	Mar. 6	\$28	16267
11-15	Sat	10:00-11:00a	Mar. 8	\$28	16268
11-15	Th	5:30-6:30p	Mar. 20	\$28	16269
11-15	Sat	10:00-11:00a	Mar. 22	\$28	16270
11-15	Th	5:30-6:30p	Apr. 10	\$28	16271
11-15	Sat	10:00-11:00a	Apr. 12	\$28	16272
11-15	Th	5:30-6:30p	Apr. 24	\$28	16273
11-15	Sat	10:00-11:00a	Apr. 26	\$28	16274
11-15	Th	5:30-6:30p	May 8	\$28	16275
11-15	Sat	10:00-11:00a	May 10	\$28	16276
11-15	Th	5:30-6:30p	May 22	\$28	16277
11-15	Sat	10:00-11:00a	May 24	\$28	16278

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. 4-Mar. 27	\$32	16066
4-7	Tu/Th	4:30-5:00p	Apr. 1-Apr. 29	\$32	16065
4-7	Tu/Th	4:30-5:00p	May 1-May 29	\$32	16067
8+ Beginner	Tu/Th	5:00-6:00p	Mar. 4-Mar. 27	\$48	16063
8+ Beginner	Tu/Th	5:00-6:00p	Apr. 1-Apr. 29	\$48	16062
8+ Beginner	Tu/Th	5:00-6:00p	May 1-May 29	\$48	16064
8+ Advanced	Tu/Th	6:00-7:00p	Mar. 4-Mar. 27	\$48	16060
8+ Advanced	Tu/Th	6:00-7:00p	Apr. 1-Apr. 29	\$48	16059
8+ Advanced	Tu/Th	6:00-7:00p	May 1-May 29	\$48	16061

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. 11	FREE	16283
15+	Th	5:30-6:30p	Mar. 13	FREE	16284
15+	Tu	10:00-11:00a	Apr. 15	FREE	16285
15+	Th	5:30-6:30p	Apr. 17	FREE	16286
15+	Tu	10:00-11:00a	May 13	FREE	16287
15+	Th	5:30-6:30p	May 15	FREE	16288

Childcare while you work out!

WESTWOOD KIDS GYM

For toddlers and above, Kids Gym is not like your typical babysitting service offered at other facilities. Kids Gym provides the opportunity for kids to have a healthy yet playful option while their parents visit Westwood. In addition to a mega playground, Kids Gym features interactive fitness equipment that combines technology, fun and fitness to motivate kids to stay active.



Children, whose parents/legal guardians have a valid Total Fitness Pass, may utilize Kids Gym with no additional fee. The children of drop-in and punch card users may utilize Kids Gym for an additional fee of \$5.50 per session. Children may be in Kids Gym for a maximum of two hours per day.

As an unlicensed childcare facility in a fitness and sports club, Kids Gym exists to provide interim child care for children of patrons who are visiting the Westwood Fitness and Sports Center. For this reason, only a parent or legal guardian may drop off his/her child in Kids Gym (i.e. you may not check in anyone's child but your own) and the parent/guardian must stay on our premises throughout the child's stay in Kids Gym.

Prior to your child's first visit, you will need to complete and sign our child information sheet, sign the Kids Gym child care policies form and set-up your child care account.

🕒 HOURS OF OPERATION

Mon-Thu: 8:00-11:30a & 4:00-8:00p

Fridays: 8:00-11:30a & 4:00-6:00p

Saturdays: 7:45a-12:00p

👶 AGES

3 months to 12 years old

💰 FEE

Total Fitness Pass
Members: FREE

Daily Drop-Ins/Punch Card
Holders: \$5.50/session

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

James Duffy	Thalia Arellano
Jeff Hippen	Adam Anderson
Jill Clark	Mateo Martinez
Cory Bradshaw	Olivia Spooner
Quentin Larson	Collin Jones
Joe Gennaro	Jason Johnson
Erica Camacho	Robert Sawyer
Dion Garcia	Kevin Torres
Kim Hegner	Cole Moeller
Sam Twining	Andie Engelkens
Armando Garnica Jr.	Christine Elston
Kris Hippen	Justin Allen
Jesus Velazquez	

Duis Center

Tom Hacker
Harlene Hammett
Andrew Elston
Christine McNinch
Deb Wallingford

EASTER Egg Hunt

**1:30 PM ON APRIL 12TH
AT WESTWOOD SOCCER FIELDS**

THE SOCCER FIELDS NEXT TO BUILDING 3 AT WESTWOOD
WILL BE COVERED WITH CANDY FILLED EASTER EGGS.
***THE EVENT ONLY LASTS A FEW MINUTES, SO DON'T BE LATE!



SCHOOL'S OUT SWIM PARTY!

**FRIDAY, MAY 23RD FROM 6-9PM
ALL AGES • \$5/PERSON**

School's out for summer! Take a dip in the pool with friends to celebrate no homework until August! 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.



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

March 11 & 13

April 15 & 17

May 13 & 15

Registration required

FREE for members & non-members!



DR. BOB WALSH

ACCEPTING NEW PATIENTS

**CALL 815.626.7220
TO SCHEDULE AN
APPOINTMENT**



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SMOOTHIES

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SMOOTHIE CO.

HOURS

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

Sat/Sun: 6:00a-Facility Close



Scan the QR code to **order ahead online** or download the app!

STERLING PARK DISTRICT | NEEDS & INTEREST SURVEY

Your input is needed!

The Sterling Park District is working with the Office of Recreation and Park Resources (ORPR) at the University of Illinois (UIUC) to conduct a survey to better understand the opinions, needs, and interests of our parks, facilities, and programs. We would also like your input of potential future capital projects such as potentially adding an outdoor aquatic facility. **This survey will take you about 10-minutes (on average) to complete.** Your input is vital to the Park District's planning process.

Please complete this survey using the link or QR code below. For a paper copy of the survey, or if you have any questions, please call the Sterling Park District at 815-622-6200. Your answers are anonymous and only grouped responses are reported in the results. **In appreciation for completing the survey, you are eligible for a free drop-in pass (a \$15 value) to the Westwood Fitness/Wellness Center.** You may use this pass yourself or give it to someone else. Survey results will be posted on the Park District's website later this spring.

Note- Here's how to use the QR code: Put your smart phone on "camera mode" and hold the phone up to the QR code below, as if you plan to take a photo of it. Hold your phone still and then a banner will appear on your phone screen to click on, which will take you to the survey in mobile phone format. **Thank you for your input!**



ENGLISH

tinyurl.com/Sterling-RecSurvey-Public



ESPAÑOL

tinyurl.com/Sterling-RecSurvey-Public-SP

**Sterling**
PARK DISTRICT

**I** UNIVERSITY OF
ILLINOIS
URBANA-CHAMPAIGN

Please give your feedback by **Wednesday, March 12th.**