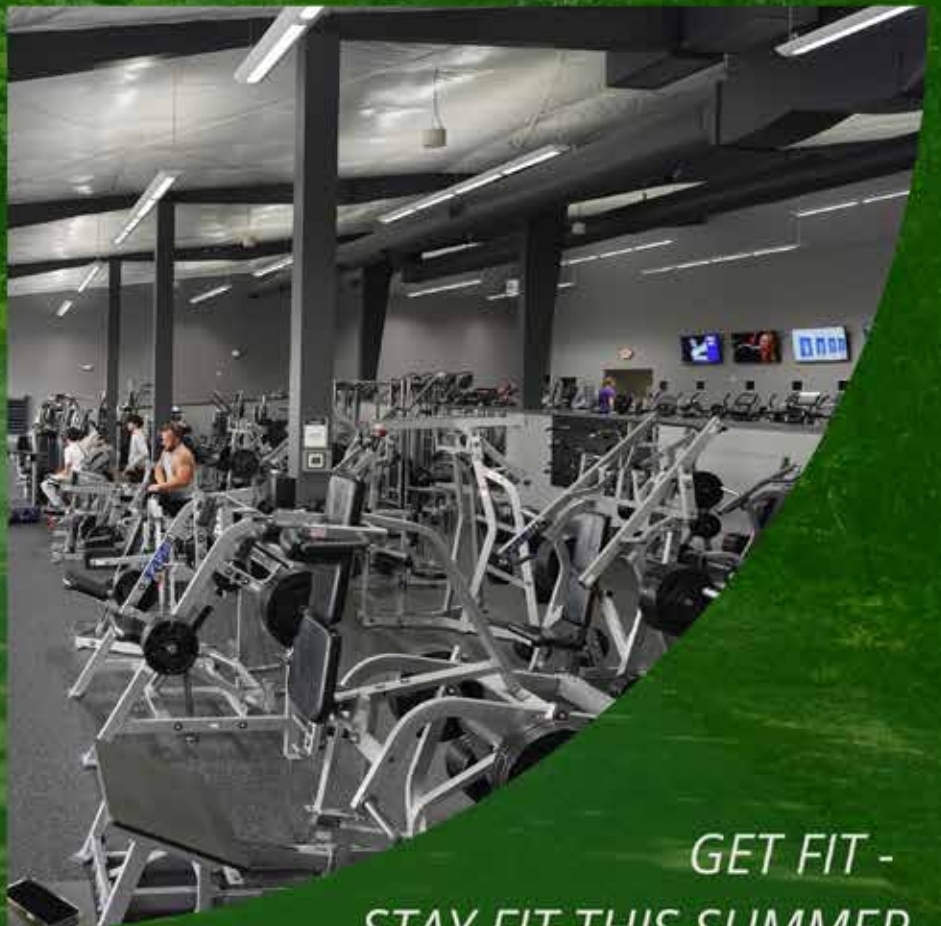
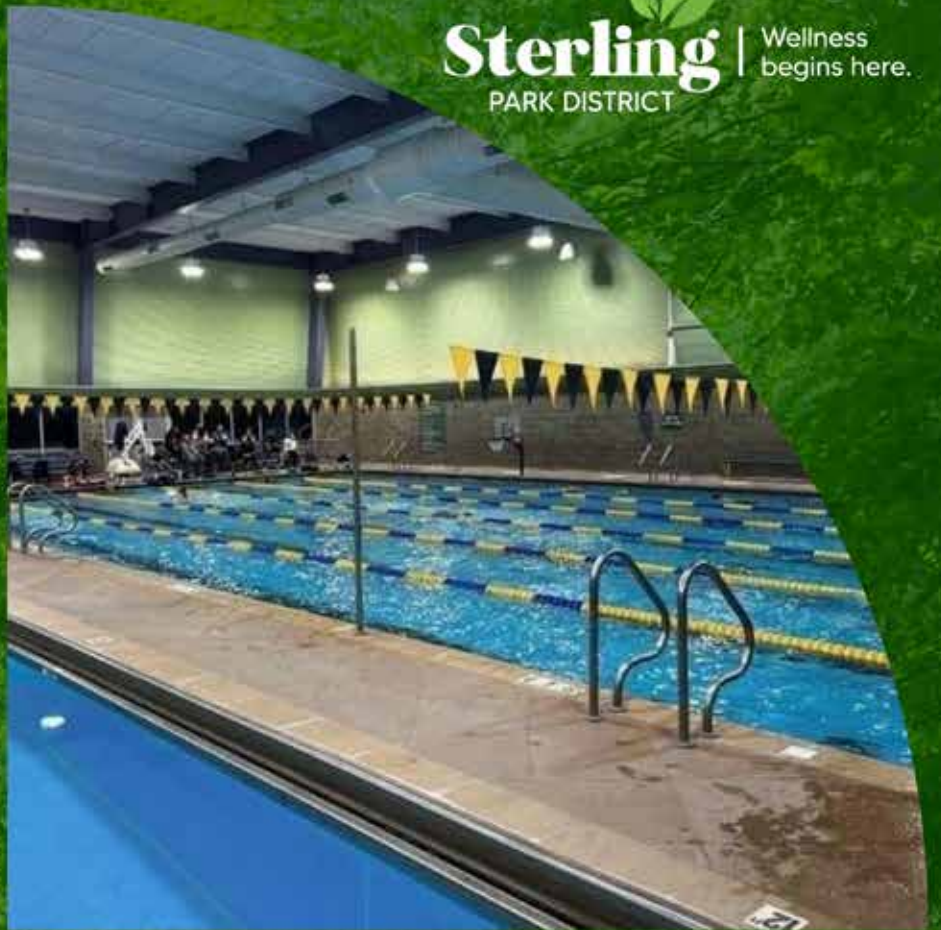


# 2025 GET FIT SUMMER

**Sterling** | Wellness begins here.  
PARK DISTRICT



GET FIT -  
STAY FIT THIS SUMMER

# General Information

## STERLING PARK DISTRICT

### Facilities

#### Dillon Home Museum

1005 E. 3<sup>rd</sup> St. | 815.622.6200

#### Duis Center

211 E. 23<sup>rd</sup> St. | 815.622.6200

#### Emerald Hill Golf Course

16802 Prairieville Rd. | 815.622.6204

#### Frasor Administrative Office

1913 3<sup>rd</sup> 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. 7<sup>th</sup> St.

#### Hoover Park

3807 Woodlawn Rd.

#### Kilgour Park

400 W. 15<sup>th</sup> St.

#### Lawrence Park

Avenue G Island

#### Martin's Landing & Sinnissippi Dam

Broadway Ave. & 2<sup>nd</sup> St.

#### Oppold Marina

523 Stouffer Rd.

#### Propheter Park

506 E. 6<sup>th</sup> St.

#### Redfield Park

14<sup>th</sup> Ave. & 2<sup>nd</sup> St.

#### Scheid Park

1102 Woodburn Ave.

#### Sinnissippi Park

Sinnissippi Rd.

#### Thomas Park &

#### Dogwood Acres Dog Park

2301 12<sup>th</sup> Ave.

## Notices & Policies

### ONLINE REGISTRATION

Visit [sterlingparks.org](http://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](http://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



**MARVIN REYES**  
President  
[mreyes@sterlingparks.org](mailto:mreyes@sterlingparks.org)



**JEFF HIPPEN**  
Vice President  
[jhippen@sterlingparks.org](mailto:jhippen@sterlingparks.org)



**DAVE STUTZKE**  
Treasurer  
[dstutzke@sterlingparks.org](mailto:dstutzke@sterlingparks.org)



**KIP AITKEN**  
Commissioner  
[kaitken@sterlingparks.org](mailto:kaitken@sterlingparks.org)



**MAGGIE EGERT**  
Commissioner  
[megert@sterlingparks.org](mailto:megert@sterlingparks.org)

# Park District Staff



**RYAN STUTZKE**  
Maintenance Manager  
[rstutzke@sterlingparks.org](mailto:rstutzke@sterlingparks.org)



**DOUG SCHRYVER**  
Park Specialist



**JASON COX**  
Park Specialist



**MARCUS KLAVENGA**  
Park Specialist



**BOB SAWYER**  
Westwood Maintenance  
Supervisor



**JAKE BROOKS**  
Emerald Hill Superintendent  
[jbrooks@sterlingparks.org](mailto:jbrooks@sterlingparks.org)



**STEVE SCOTT**  
Emerald Hill Maintenance



**MARY KATE STONER**  
Westwood Manager  
[mstoner@sterlingparks.org](mailto:mstoner@sterlingparks.org)



**BRI MARTINEZ**  
Westwood Asst. Manager  
[bmartinez@sterlingparks.org](mailto:bmartinez@sterlingparks.org)



**FELICIA OLTMANNS**  
Westwood Facility Supervisor  
[foltmanns@sterlingparks.org](mailto:foltmanns@sterlingparks.org)



**KEL BOND**  
Director of Human Performance  
[kbond@sterlingparks.org](mailto:kbond@sterlingparks.org)



**BRIAN TOTEY**  
Athletics Manager  
[btotey@sterlingparks.org](mailto:btotey@sterlingparks.org)



**STEPHANIE MILNES**  
Duis Center Manager  
[smilnes@sterlingparks.org](mailto:smilnes@sterlingparks.org)



**RILEIGH KINISON**  
Gymnastics Manager  
[rkinson@sterlingparks.org](mailto:rkinson@sterlingparks.org)



**MARGO DRAVIS**  
Business Services Manager  
[mdravis@sterlingparks.org](mailto:mdravis@sterlingparks.org)



**LARRY SCHULTD**  
Executive Director  
[lschuldt@sterlingparks.org](mailto:lschuldt@sterlingparks.org)



**JANA JACOBS**  
Director of Parks & Planning  
[jjacobs@sterlingparks.org](mailto:jjacobs@sterlingparks.org)



**THALIA ARELLANO**  
Administrative Assistant  
[tarellano@sterlingparks.org](mailto:tarellano@sterlingparks.org)



**NORA REUTER**  
Graphic Design/Marketing Mgr.  
[nreuter@sterlingparks.org](mailto:nreuter@sterlingparks.org)



**CHRIS DUDLEY**  
Director of Racquet Sports  
[cdudley@sterlingparks.org](mailto:cdudley@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 (through May 25): 6:00a-8:00p  
Sat/Sun (starting May 31): 6:00a-6:00p

### 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: 8:00a-11:30a & 4:00p-8:00p  
Fri: 8:00a-11:30a & 4:00p-6:00p  
Sat: 7:45a-12:00p

## 🕒 Holiday Hours

### Building 1

Memorial Day, July 4th & Labor Day:  
6:00a-12:00p  
July 3rd: Close at 9:00p

### Kids Gym

Memorial Day, July 4th & Labor Day:  
8:00a-11:30a

## 👤 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  
**Wellness:** \$15.00 (includes Fitness, Wood Basketball Courts, Track, Turf & Wellness)  
**Kids Gym:** \$5.50 (parents must stay in facility)

# Building 2—Tennis Center

## 🕒 Facility Hours

Mon-Fri: 8:00a-4:00p  
Sat/Sun: Closed

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

## 🕒 Holiday Hours

Closed Memorial Day, July 4th & Labor Day

## 👤 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 punch cards:** 15 punches \$102  
30 punches \$197

# Building 3

## 🕒 Facility Hours

Rentals only; call ahead for availability.

## 👤 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/F: 9:30-10:30a • *WAREHOUSE*

WED: 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 FITNESS TURF/*

*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.

### Senior Fitness

M/W/F: 8:30-9:15a

*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.

# 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 (up to 3 mins.)

- "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

#### Theraguns (up to 30 mins.)

- Increase blood flow – Enhancing oxygen and nutrient delivery to the muscles
- Reduce muscle soreness – Breaking up lactic acid buildup after intense exercise
- Improve flexibility and mobility – Loosening tight muscles for better movement
- Speed up recovery – Helping muscles heal faster after workouts or long days



### Fees

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

HydroMassage: No additional fee

Theraguns: 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](https://sterlingparks.org) and go to Register Online > Reservations > Wellness



**Westwood**  
Wellness begins here.



# Duis Center

211 EAST 23<sup>RD</sup> 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.

Water fitness class is now **FREE** with your Total Fitness Membership!



### 🕒 Facility Hours

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

### 🕒 Holiday Hours

Closed Memorial Day, July 4th & Labor Day

### 💰 Drop-In Fees

Water Walking: \$6.50 • Lap Swim: \$6.50 •

Open Swim: \$4.50 (ages 5 & under) • \$7.00 (ages 6 & over)

### 🕒 Drop-In Hours

Water Walking (ages 16+): Mon-Fri 9:30a-11:00a

Lap Swim (ages 16+): Mon-Thu 5:00a-8:30a; 11:00a-1:00p;  
7:00p-9:00p • Fri 5:00a-8:30a; 11:00a-1:00p • Sat 9:00a-12:00p

Open Swim (ages 8 and under must be accompanied in the water by an adult 16 years of age or older):

Mon-Fri 1:00p-3:00p (June 2-Aug. 8) • Fri 7:00p-9:00p • Sat  
12:00p-6:00p • Sun 12:00p-6:00p

Sterling Days Off Open Swim (ages 8 and under must be accompanied in the water by an adult 16 years of age or older):  
May 27-30 (1:00p-3:00p • \$1)



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

### Senior Fitness

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

### 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

### 'Have a Ball' with Diana

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



## 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, Synaptex, etc.
- **Individual/Team Performance Program Design:** Personalized programs designed for at-home and/or traditional gym workouts

### The Lab contact:

[kbond@sterlingparks.org](mailto: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](http://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 Weekends: 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



## Jr. Golf Clinic

### Jr. Golf Clinic

June 10th, 12th, 17th and 19th

### Jr. Golf Tournament

June 23rd: \$35

## Tournaments

### Emerald Hill Qualifier 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

Wed-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

## 🕒 Holiday Hours

Closed Memorial Day, July 4th & Labor Day

## 💰 Tour Rates

General Admission: \$6.50  
Seniors (60+): \$5.50  
Ages 5 & Under: FREE



## 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



# 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	June 5-June 26	\$32	16515
6m-3yrs	Th	6:00-6:25p	June 5-June 26	\$32	16516
6m-3yrs	Th	5:30-5:55p	July 10-July 31	\$32	16517
6m-3yrs	Th	6:00-6:25p	July 10-July 31	\$32	16518
6m-3yrs	Th	5:30-5:55p	Aug. 7-Aug. 28	\$32	16519
6m-3yrs	Th	6:00-6:25p	Aug. 7-Aug. 28	\$32	16520

### 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	Tu	5:30-5:55p	June 3-June 24	\$32	16455
3-20	Tu	6:00-6:25p	June 3-June 24	\$32	16456
3-20	Th	5:30-5:55p	June 5-June 26	\$32	16457
3-20	Th	6:00-6:25p	June 5-June 26	\$32	16458
3-20	Tu	5:30-5:55p	July 8-July 29	\$32	16459
3-20	Tu	6:00-6:25p	July 8-July 29	\$32	16460
3-20	Th	5:30-5:55p	July 10-July 31	\$32	16461
3-20	Th	6:00-6:25p	July 10-July 31	\$32	16462
3-20	Tu	5:30-5:55p	Aug. 5-Aug. 26	\$32	16463
3-20	Tu	6:00-6:25p	Aug. 5-Aug. 26	\$32	16464
3-20	Th	5:30-5:55p	Aug. 7-Aug. 28	\$32	16465
3-20	Th	6:00-6:25p	Aug. 7-Aug. 28	\$32	16466

### 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	Tu	5:30-5:55p	June 3-June 24	\$32	16467
3-20	Tu	6:00-6:25p	June 3-June 24	\$32	16468
3-20	Th	5:30-5:55p	June 5-June 26	\$32	16469
3-20	Th	6:00-6:25p	June 5-June 26	\$32	16470
3-20	Tu	5:30-5:55p	July 8-July 29	\$32	16471
3-20	Tu	6:00-6:25p	July 8-July 29	\$32	16472
3-20	Th	5:30-5:55p	July 10-July 31	\$32	16473
3-20	Th	6:00-6:25p	July 10-July 31	\$32	16474
3-20	Tu	5:30-5:55p	Aug. 5-Aug. 26	\$32	16475
3-20	Tu	6:00-6:25p	Aug. 5-Aug. 26	\$32	16476
3-20	Th	5:30-5:55p	Aug. 7-Aug. 28	\$32	16477
3-20	Th	6:00-6:25p	Aug. 7-Aug. 28	\$32	16478

### 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	Tu	5:30-5:55p	June 3-June 24	\$32	16479
3-20	Tu	6:00-6:25p	June 3-June 24	\$32	16480
3-20	Th	5:30-5:55p	June 5-June 26	\$32	16481
3-20	Th	6:00-6:25p	June 5-June 26	\$32	16482
3-20	Tu	5:30-5:55p	July 8-July 29	\$32	16483
3-20	Tu	6:00-6:25p	July 8-July 29	\$32	16484
3-20	Th	5:30-5:55p	July 10-July 31	\$32	16485
3-20	Th	6:00-6:25p	July 10-July 31	\$32	16486
3-20	Tu	5:30-5:55p	Aug. 5-Aug. 26	\$32	16487
3-20	Tu	6:00-6:25p	Aug. 5-Aug. 26	\$32	16488
3-20	Th	5:30-5:55p	Aug. 7-Aug. 28	\$32	16489
3-20	Th	6:00-6:25p	Aug. 7-Aug. 28	\$32	16490

## 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	Tu	5:30-5:55p	June 3-June 24	\$32	16491
3-20	Tu	6:00-6:25p	June 3-June 24	\$32	16492
3-20	Th	5:30-5:55p	June 5-June 26	\$32	16493
3-20	Th	6:00-6:25p	June 5-June 26	\$32	16494
3-20	Tu	5:30-5:55p	July 8-July 29	\$32	16495
3-20	Tu	6:00-6:25p	July 8-July 29	\$32	16496
3-20	Th	5:30-5:55p	July 10-July 31	\$32	16497
3-20	Th	6:00-6:25p	July 10-July 31	\$32	16498
3-20	Tu	5:30-5:55p	Aug. 5-Aug. 26	\$32	16499
3-20	Tu	6:00-6:25p	Aug. 5-Aug. 26	\$32	16500
3-20	Th	5:30-5:55p	Aug. 7-Aug. 28	\$32	16501
3-20	Th	6:00-6:25p	Aug. 7-Aug. 28	\$32	16502

## 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	June 3-June 24	\$68	16503
3-20	Tu	6:00-6:30p	June 3-June 24	\$68	16504
3-20	Th	5:30-6:00p	June 5-June 26	\$68	16505
3-20	Th	6:00-6:30p	June 5-June 26	\$68	16506
3-20	Tu	5:30-6:00p	July 8-July 29	\$68	16507
3-20	Tu	6:00-6:30p	July 8-July 29	\$68	16508
3-20	Th	5:30-6:00p	July 8-July 29	\$68	16509
3-20	Th	6:00-6:30p	July 8-July 29	\$68	16510
3-20	Tu	5:30-6:00p	Aug. 5-Aug. 26	\$68	16511
3-20	Tu	6:00-6:30p	Aug. 5-Aug. 26	\$68	16512
3-20	Th	5:30-6:00p	Aug. 7-Aug. 28	\$68	16513
3-20	Th	6:00-6:30p	Aug. 7-Aug. 28	\$68	16514

**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.

## DIVE CAMP

This dive camp will teach the beginning diving principles including approach, basic dives and rules of diving utilizing both pool and gym settings to maximize learning. No previous diving experience necessary. This is a great opportunity for young athletes to gain confidence diving.

**Ages 8+**  
**Tue & Thu, June 17-26 from 6:00-7:30p**  
**\$40 • Barcode 16547**

## Lifeguard Class

Those seeking the full certification must attend all dates in session. Those seeking recertification only need to attend Thursday. Register by 6/13/25.

Age	Day	Time	Dates	Fee	Barcode
15+	Tu-Th	10:00a-3:00p	June 17-June 19	\$175	16548
15+	Th	10:00a-3:00p	June 19	\$100	16549

## 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	June 2-June 30	\$95	16531
6+	M-F	5:00-6:00p	July 1-July 31	\$95	16532

### 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	June 1-June 30	\$110	16535
6+	M-F	5:00-6:30p	July 1-July 31	\$110	16536

### 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	June 1-June 30	\$130	16533
6+	M-F	5:00-7:00p	July 1-July 31	\$130	16534

# Gymnastics

## Lessons held at the Duis Center.

If classes are canceled by the Sterling Park District, makeup classes will be held June 30th - July 5th for the first session and August 4th - August 9th for the second session. The makeup class will be held on the same day and time of the week as the original class, during the assigned makeup week.

### 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	June 3-June 24	\$26	16350
18m-4yrs	Tu	9:30-10:00a	June 3-June 24	\$26	16351
18m-4yrs	Th	9:00-9:30a	June 5-June 26	\$26	16352
18m-4yrs	Th	9:30-10:00a	June 5-June 26	\$26	16353
18m-4yrs	Sat	9:00-9:30a	June 7-June 28	\$26	16354
18m-4yrs	Sat	9:35-10:05a	June 7-June 28	\$26	16355
18m-4yrs	Sat	10:10-10:40a	June 7-June 28	\$26	16356
18m-4yrs	Tu	9:00-9:30a	July 8-July 29	\$26	16414
18m-4yrs	Tu	9:30-10:00a	July 8-July 29	\$26	16415
18m-4yrs	Th	9:00-9:30a	July 10-July 31	\$26	16416
18m-4yrs	Th	9:30-10:00a	July 10-July 31	\$26	16417
18m-4yrs	Sat	9:00-9:30a	July 12-Aug. 2	\$26	16418
18m-4yrs	Sat	9:35-10:05a	July 12-Aug. 2	\$26	16419
18m-4yrs	Sat	10:10-10:40a	July 12-Aug. 2	\$26	16420

### 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	June 2-June 23	\$44	16362
3-4	Mon	6:00-6:45p	June 2-June 23	\$44	16363
3-4	Tu	10:00-10:45a	June 3-June 24	\$44	16364
3-4	Tu	4:00-4:45p	June 3-June 24	\$44	16365
3-4	Tu	6:00-6:45p	June 3-June 24	\$44	16366
3-4	Wed	5:00-5:45p	June 4-June 25	\$44	16367
3-4	Th	10:00-10:45a	June 5-June 26	\$44	16368
3-4	Th	4:00-4:45p	June 5-June 26	\$44	16369
3-4	Th	6:00-6:45p	June 5-June 26	\$44	16370
3-4	Mon	4:00-4:45p	July 7-July 28	\$44	16426
3-4	Mon	6:00-6:45p	July 7-July 28	\$44	16427
3-4	Tu	10:00-10:45a	July 8-July 29	\$44	16364
3-4	Tu	4:00-4:45p	July 8-July 29	\$44	16365
3-4	Tu	6:00-6:45p	July 8-July 29	\$44	16366
3-4	Wed	5:00-5:45p	July 9-July 30	\$44	16367
3-4	Th	10:00-10:45a	July 10-July 31	\$44	16368
3-4	Th	4:00-4:45p	July 10-July 31	\$44	16369
3-4	Th	6:00-6:45p	July 10-July 31	\$44	16370

## Online Registration | QUICK • EASY • FREE

Visit [sterlingparks.org](http://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	June 2-June 23	\$44	16357
5-6	Tu	5:00-5:45p	June 3-June 24	\$44	16358
5-6	Wed	4:00-4:45p	June 4-June 25	\$44	16359
5-6	Wed	6:00-6:45p	June 4-June 25	\$44	16360
5-6	Th	5:00-5:45p	June 5-June 26	\$44	16361
5-6	Mon	5:00-5:45p	July 7-July 28	\$44	16421
5-6	Tu	5:00-5:45p	July 8-July 29	\$44	16422
5-6	Wed	4:00-4:45p	July 9-July 30	\$44	16423
5-6	Wed	6:00-6:45p	July 9-July 30	\$44	16424
5-6	Th	5:00-5:45p	July 10-July 31	\$44	16425

## 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	June 2-June 23	\$60	16341
6-10	Mon	5:00-6:00p	June 2-June 23	\$60	16342
6-10	Mon	6:00-7:00p	June 2-June 23	\$60	16343
6-10	Tu	4:00-5:00p	June 4-June 25	\$60	16344
6-10	Tu	6:00-7:00p	June 4-June 25	\$60	16345
6-10	Wed	4:00-5:00p	June 5-June 26	\$60	16346
6-10	Wed	5:00-6:00p	June 5-June 26	\$60	16347
6-10	Th	4:00-5:00p	June 5-June 26	\$60	16348
6-10	Th	5:00-6:00p	June 5-June 26	\$60	16349
6-10	Mon	4:00-5:00p	July 7-July 28	\$60	16405
6-10	Mon	5:00-6:00p	July 7-July 28	\$60	16406
6-10	Mon	6:00-7:00p	July 7-July 28	\$60	16407
6-10	Tu	4:00-5:00p	July 8-July 29	\$60	16408
6-10	Tu	6:00-7:00p	July 8-July 29	\$60	16409
6-10	Wed	4:00-5:00p	July 9-July 30	\$60	16410
6-10	Wed	5:00-6:00p	July 9-July 30	\$60	16411
6-10	Th	4:00-5:00p	July 10-July 31	\$60	16412
6-10	Th	5:00-6:00p	July 10-July 31	\$60	16413

## 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	June 3-June 24	\$44	16327
6-10	Th	5:00-5:45p	June 5-June 26	\$44	16328
6-10	Tu	5:00-5:45p	July 8-July 29	\$44	16391
6-10	Th	5:00-5:45p	July 10-July 31	\$44	16392



## 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	June 2-June 23	\$60	16329
7-17	Mon	5:00-6:00p	June 2-June 23	\$60	16330
7-17	Mon	6:00-7:00p	June 2-June 23	\$60	16331
7-17	Mon	7:00-8:00p	June 2-June 23	\$60	16332
7-17	Tu	5:00-6:00p	June 3-June 24	\$60	16333
7-17	Tu	6:00-7:00p	June 3-June 24	\$60	16334
7-17	Wed	5:00-6:00p	June 4-June 25	\$60	16335
7-17	Th	6:00-7:00p	June 5-June 26	\$60	16336
7-17	Mon	4:00-5:00p	July 7-July 28	\$60	16393
7-17	Mon	5:00-6:00p	July 7-July 28	\$60	16394
7-17	Mon	6:00-7:00p	July 7-July 28	\$60	16395
7-17	Tu	5:00-6:00p	July 8-July 29	\$60	16397
7-17	Tu	6:00-7:00p	July 8-July 29	\$60	16398
7-17	Wed	5:00-6:00p	July 9-July 30	\$60	16399
7-17	Th	6:00-7:00p	July 10-July 31	\$60	16400

## 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	June 3-June 24	\$60	16373
7-17	Wed	7:00-8:00p	June 4-June 25	\$60	16374
7-17	Tu	6:00-7:00p	July 8-July 29	\$60	16432
7-17	Wed	7:00-8:00p	July 9-July 30	\$60	16433

## 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	June 3-June 24	\$60	16340
7-17	Tu	7:00-8:00p	July 8-July 29	\$60	16404

# 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	June 3-June 24	\$60	16381
7-17	Wed	4:00-5:00p	June 4-June 25	\$60	16382
7-17	Wed	6:00-7:00p	June 4-June 25	\$60	16383
7-17	Th	5:00-6:00p	June 5-June 26	\$60	16384
7-17	Tu	4:00-5:00p	July 8-July 29	\$60	16434
7-17	Wed	4:00-5:00p	July 9-July 30	\$60	16435
7-17	Wed	6:00-7:00p	July 9-July 30	\$60	16436
7-17	Th	5:00-6:00p	July 10-July 31	\$60	16437

## 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	June 4-June 25	\$60	16385
7-17	Th	6:00-7:00p	June 5-June 26	\$60	16386
7-17	Wed	7:00-8:00p	July 9-July 30	\$60	16438
7-17	Th	6:00-7:00p	July 10-July 31	\$60	16439

## 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	June 2-June 23	\$60	16387
7-17	Mon	7:00-8:00p	July 7-July 28	\$60	16440

## 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	June 2-June 23	\$60	16389
10-14	Mon	7:00-8:00p	July 7-July 28	\$60	16442

# 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	June 7-June 28	\$32	16337
4-6	Sat	10:45-11:15a	July 12-Aug. 2	\$32	16401
7-12	Sat	11:15a-12:15p	June 7-June 28	\$60	16338
7-12	Sat	11:15a-12:15p	July 12-Aug. 2	\$60	16402

# CHEER CAMP

Learn the proper technique for motions, jumps, stunting and tumbling. Showcase your cheers at the end of camp!

**Ages 6-12**

**Mon-Thu, June 2-5 from 10:00-11:00a**

**\$45 • Barcode 16339**

# 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.

**Ages 6-12**

**Mon-Thu, June 2-5 from 11:00a-12:00p**

**\$45 • Barcode 16388**

# Athletics

## FREE TENNIS WEEK

This program is entirely FREE for kids aged 7-14! Each student will receive a gift bag along with four action packed days of tennis fun with our Westwood staff. Deadline to register by is July 3rd. Any registration after this date will not guarantee a gift bag. In the event of rain, we will move indoors to the Westwood Tennis Center. If you have questions, please contact Chris Dudley at 815-622-6063.



**Ages 7-14**

**Mon-Thu, July 14-July 17 from 10:30-11:30a**

**Yes! It's FREE! • Barcode 16453**

# 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	M/W	9:00-10:00a	June 2-June 18	\$80	16323
5-6	M/W	9:00-10:00a	June 23-July 9	\$80	16324
5-6	M/W	9:00-10:00a	July 21-Aug. 6	\$80	16444

## 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	M/W	10:00-11:00a	June 2-June 18	\$80	16321
7-10	M/W	10:00-11:00a	June 23-July 9	\$80	16322
7-10	M/W	10:00-11:00a	July 21-Aug. 6	\$80	16443

## 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	M/W	11:00a-12:00p	June 2-June 18	\$80	16315
11-14	M/W	11:00a-12:00p	June 23-July 9	\$80	16316
11-14	M/W	11:00a-12:00p	July 21-Aug. 6	\$80	16325

## Intro to Middle School & High School 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/Th	2:00-4:00p	June 3-June 19	\$125	16319
14-18	Tu/Th	2:00-4:00p	June 24-July 10	\$125	16320
14-18	Tu/Th	2:00-4:00p	July 22-Aug. 7	\$125	16445

## 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	Tu/Th	10:00a-12:00p	June 3-June 19	\$125	16317
14-18	Tu/Th	10:00a-12:00p	June 24-July 10	\$125	16318
14-18	Tu/Th	10:00a-12:00p	July 22-Aug. 7	\$125	16446

FOLLOW US ON SOCIAL MEDIA!




## 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**

# Soccer

## Youth Soccer Camps

Wanting something fun for your child to do? Our Youth Soccer Camp will keep your child entertained while learning the basic fundamentals of soccer while 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 15th to receive a camp t-shirt!

Grade	Day	Time	Dates	Fee	Barcode
PreK-2nd	Mon-Thu	5:30-7:30p	July 7-July 10	\$85	16452
3rd-5th	Mon-Thu	5:30-7:30p	July 7-July 10	\$85	16450
6th-8th	Fri-Sun	5:30-7:30p	July 11-July 13	\$85	16451

### 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.)**



# Football

## Flag Football Camps

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. This camp will be for grades 1st-5th Grade. Coach Brian can't wait to get things started. Make sure to register before June 29th to receive a camp t-shirt!

Grade	Day	Time	Dates	Fee	Barcode
1st-2nd	Tue-Sat	5:30-7:00p	Aug. 26-Aug. 30	\$75	16543
3rd-5th	Tue-Sat	5:30-7:00p	Aug. 26-Aug. 30	\$75	16544



# Basketball

## Basketball Skills Clinics

This basketball Clinic is for children in grades 4th-9th. 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 June 15th to receive a Basketball Skills Clinic T-Shirt and a spot in the program.

Grade	Day	Time	Dates	Fee	Barcode
Boys 4th, 5th 6th	Mon-Thu	10:00a-12:00p	July 14-July 18	\$75	16545
Boys 7th, 8th, 9th	Mon-Thu	1:00-4:00p	July 14-July 18	\$75	16586
Girls 4th, 5th, 6th	Mon-Thu	10:00a-12:00p	July 21-July 25	\$75	16546
Girls 7th, 8th, 9th	Mon-Thu	1:00-4:00p	July 21-July 25	\$75	16587



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.

Age	Day	Time	Dates	Fee	Barcode
6-8	Mon	5:30-6:15p	June 9-July 14	\$43	16550
6-8	Mon	5:30-6:15p	July 21-Aug. 25	\$43	16551

### 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	June 3	\$28	16560
6-10	Sat	9:00-10:00a	June 7	\$28	16561
6-10	Tu	5:30-6:30p	June 17	\$28	16562
6-10	Sat	9:00-10:00a	June 21	\$28	16563
6-10	Tu	5:30-6:30p	July 8	\$28	16564
6-10	Sat	9:00-10:00a	July 12	\$28	16565
6-10	Tu	5:30-6:30p	July 22	\$28	16566
6-10	Sat	9:00-10:00a	July 26	\$28	16571
6-10	Tu	5:30-6:30p	Aug. 5	\$28	16567
6-10	Sat	9:00-10:00a	Aug. 9	\$28	16568
6-10	Tu	5:30-6:30p	Aug. 19	\$28	16569
6-10	Sat	9:00-10:00a	Aug. 23	\$28	16570

### 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	June 11-July 16	\$43	16552
9-14	Wed	5:30-6:30p	July 23-Aug. 27	\$43	16553

### 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	June 5	\$28	16572
11-15	Sat	10:00-11:00a	June 7	\$28	16573
11-15	Th	5:30-6:30p	June 19	\$28	16574
11-15	Sat	10:00-11:00a	June 21	\$28	16575
11-15	Th	5:30-6:30p	July 10	\$28	16576
11-15	Sat	10:00-11:00a	July 12	\$28	16577
11-15	Th	5:30-6:30p	July 24	\$28	16578
11-15	Sat	10:00-11:00a	July 26	\$28	16579
11-15	Th	5:30-6:30p	Aug. 7	\$28	16580
11-15	Sat	10:00-11:00a	Aug. 9	\$28	16581
11-15	Th	5:30-6:30p	Aug. 21	\$28	16582
11-15	Sat	10:00-11:00a	Aug. 23	\$28	16583



# SPEED & AGILITY

Designed to challenge the athlete's ability to move in multiple directions, this class will focus on top-end speed as well as cognition related to agility.

**Ages 8-14**

**Mon & Wed, June 16-July 23**

**Mondays 5:45-6:45p**

**Wednesdays 10:30-11:30a**

**\$60 • Barcode 16584**

## 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	June 3-June 26	\$32	16530
4-7	Tu/Th	4:30-5:00p	July 8-July 31	\$32	16529
4-7	Tu/Th	4:30-5:00p	Aug. 5-Aug. 28	\$32	16528
8+ Beginner	Tu/Th	5:00-6:00p	June 3-June 26	\$48	16527
8+ Beginner	Tu/Th	5:00-6:00p	July 8-July 31	\$48	16526
8+ Beginner	Tu/Th	5:00-6:00p	Aug. 5-Aug. 28	\$48	16525
8+ Advanced	Tu/Th	6:00-7:00p	June 3-June 26	\$48	16524
8+ Advanced	Tu/Th	6:00-7:00p	July 8-July 31	\$48	16523
8+ Advanced	Tu/Th	6:00-7:00p	Aug. 5-Aug. 28	\$48	16522

## 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	June 10	FREE	16554
15+	Th	5:30-6:30p	June 12	FREE	16555
15+	Tu	10:00-11:00a	July 15	FREE	16556
15+	Th	5:30-6:30p	July 17	FREE	16557
15+	Tu	10:00-11:00a	Aug. 12	FREE	16558
15+	Th	5:30-6:30p	Aug. 14	FREE	16559

## 'Have a Ball' with Diana!

**TH: 10:45-11:45a • ages 16+**

This stability ball class will focus on balance and core strengthening. Class is held at the Duis Center in our gymnastics area on the cushioned floor. Exercise balls are provided or you can bring your own. Recommended to bring a water bottle and hand towel.

**12-punch pass for \$13; 24-punch pass for \$26.**

**Exercise ball class is now FREE with your Total Fitness Membership!**



### Functional Movements

Work with Ryan in The Lab to improve functional movements and patterns. This class will focus on movements used in exercise and daily life with the goal of improving core strength and stability while performing the movements.

Age	Day	Time	Dates	Fee	Barcode
18+	Tu/Th	5:00-6:00p	June 17-July 24	\$75	16585



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 10 & 12**  
**July 15 & 17**  
**August 12 & 14**  
*Registration required*

**FREE for members & non-members!**



**DR. BOB WALSH**

## ACCEPTING NEW PATIENTS

**CALL 815.626.7220  
TO SCHEDULE AN  
APPOINTMENT**



**THE ROCK**  
CHIROPRACTIC HEALTH CENTER

LOCATED IN THE  
WESTWOOD  
WELLNESS ANNEX

## DANA DIETZ

**LICENSED MASSAGE THERAPIST  
NASM CERTIFIED PERSONAL TRAINER**



**PRO STRENGTH  
MUSCLE THERAPY**

**815.564.7352**



**MASSAGE THERAPY IS HEALTHCARE**

**PROSTRENGTH.CLINICSENSE.COM**



16802 PRAIRIEVILLE ROAD - STERLING, ILLINOIS

Book your tee time online.  
Check out our daily rates, season passes,  
and Clubhouse Grill hours of operation.

[WWW.EMERALDHILLGOLF.COM](http://WWW.EMERALDHILLGOLF.COM)

Try the  
**NEW**



- Beer
- Seltzers
- Burgers
- Hot Dogs
- Pork Chop
- Sandwiches
- Deli Sandwiches
- Giant Pretzels
- Nachos
- Pizzas
- ....and more!

STERLING PARK DISTRICT - SUMMER ACTIVITY GUIDE



- Smoothies
- Coffee
- Acai Bowls
- Breakfast Burritos
- Cookies

NOW

FEATURING

Pure. Real. Food. Made by us. Standing by our belief that food should contain nothing but... food.



**Westwood**  
SMOOTHIE CO.

