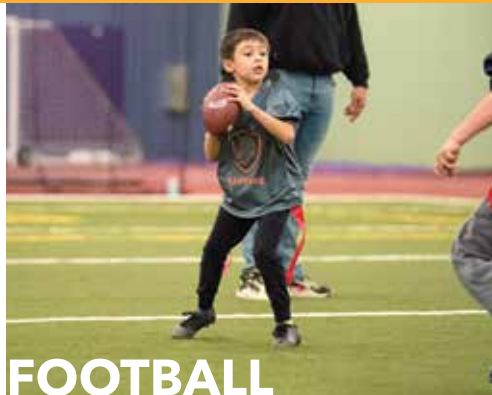




Your Olympic Training starts at  
**STERLING PARK DISTRICT!**



**GOLF**



**FOOTBALL**



**BASKETBALL**



**GYMNASICS**



**BOXING**



**SWIMMING**

PLUS  
**TAEKWONDO**  
**TENNIS**  
**TRACK**  
**VOLLEYBALL**  
**WEIGHTLIFTING**  
AND MORE!

# Activity GUIDE

REGISTER FOR PROGRAMS AT  
[STERLINGPARKS.ORG](http://STERLINGPARKS.ORG) |

**FALL 2024**

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

# GENERAL INFORMATION

## FACILITIES

### DILLON HOME MUSEUM

1005 E. 3<sup>rd</sup> St. | 815.622.6202

### 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.

### ADA COMPLIANCE

Should you or someone you know need support because of a disability to visit one of our parks or facilities, or to participate in one of our programs, contact us so that we may be of assistance.

People who are deaf, hard of hearing, deaf-blind or speech-disabled TTY users are encouraged to contact the Sterling Park District through Illinois Relay System by dialing 711.

Service animals that have been trained individually to perform tasks benefiting a person with a disability are allowed in Park District facilities and parks. All service animals must be under the control of the user. The work of service animals must be related to the disability of the person. Power-driven personal assistance mobility devices (EPAMDs), whose users must be persons with a disability, are also allowed in Park District facilities.

If you believe the Sterling Park District has treated you unfairly because of a disability, please contact us. The Sterling Park District Grievance Procedure is available online.

### ACTIVITY GUIDE

Changes to the information in the Activity Guide may occur after publication. We attempt to keep information on our website as current as possible.

### HOURS OF OPERATION

The Park District reserves the right to change and alter hours of our facilities. Any changes will be reflected on our website.

### CUSTOMER SATISFACTION

Your satisfaction is our top priority. If you are not 100% satisfied with any of our parks, programs or facilities, please do not hesitate to let us know.

### RETURNED CHECKS

There will be a \$25 fee assessed for all returned checks.

### PHOTO POLICY

Photos are periodically taken of participants in our programs and at our parks/facilities. These photos may be used in Park District marketing materials, including but not limited to: social media, brochures, flyers, advertisements and website.

### REFUND POLICY

A full refund will be given for the following reasons: If a program is canceled for any reason, if a refund is requested seven days prior to the start of the program, or in the case of illness or injury (we reserve the right to request a doctor's note).

### LOCKER ROOM/RESTROOM POLICY

Children over the age of two will not be permitted in the locker rooms/restrooms of the opposite sex. Children must be prepared to change their clothing or walk through the locker room/restroom on their own, if necessary. When possible, the Park District recommends that a parent or guardian of the same sex accompany the child through the locker rooms/restroom.

### STERLING PARKS FOUNDATION

The Sterling Parks Foundation was formed as a 501(c)(3) charitable organization to provide means for individuals and businesses to make tax deductible donations to an organization which supports parks and recreation. The Foundation supports parks and recreational activities not typically supported by property taxes, including financial assistance. For more information, visit [sterlingparks.org](http://sterlingparks.org).



# BOARD OF COMMISSIONERS



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President  
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**JEFF HIPPEN**  
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**MAGGIE EGERT**  
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**DOUG SCHRYVER**  
Park Specialist



**ERIC CASTRO**  
Park Specialist



**JAKE BROOKS**  
Emerald Hill Superintendent  
jbrooks@sterlingparks.org



**BOB WATTS**  
Emerald Hill Assistant  
Superintendent/Mechanic



**SCAN TO VISIT  
US ONLINE!**

<https://www.sterlingparks.org>

# WESTWOOD

1900 WESTWOOD DRIVE | 815.622.6201

## WESTWOOD FACILITY HOURS

### BUILDING 1

#### Open 24-hours:

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

#### Sat/Sun (through Sept. 6):

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

#### Sat/Sun (starting Sept. 7):

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

## WESTWOOD WELLNESS

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

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

## WESTWOOD SMOOTHIE CO.

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

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

## KIDS GYM

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

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

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

## TENNIS CENTER\*

### (BUILDING 2)

#### Starting September 9

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

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

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

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

## BUILDING 3

### Rentals Only.

Call ahead for availability. See Page 5.

## WESTWOOD HOLIDAY HOURS

### BUILDING 1

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

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

(closed at 9:00 p.m. on Nov. 27)

## KIDS GYM

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

**Thanksgiving:** 8:00 a.m. - 11:30 a.m.

## TENNIS CENTER

**Labor Day:** Closed

**Thanksgiving:** Closed

## BUILDING 3

**Rentals Only:** Call ahead



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

The three building complex features over 40,000 square feet of fitness equipment, including functional training space, boxing equipment, indoor turf and a 200-meter indoor track. The facility also features indoor basketball, volleyball, tennis and pickleball courts; plus an indoor batting cage, turf practice field and a 60-yard indoor soccer/football field.

Kids Gym childcare is available while you workout for ages 3-months to 12-years-old. Round out your visit by refueling at the Westwood Smoothie Co., with recipes featuring whole fruits and veggies!

## WESTWOOD AGE RESTRICTIONS\*

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

**Drop-ins - 16+ yrs:** Can utilize all fitness areas\*\* and track building without an adult. **9-15 yrs:** Can utilize all fitness areas\*\* with an adult in the same area after completing a Park District offered Youth Fitness class. In an instance where a class has not been available, the drop ins can use the facility with an adult after signing an additional waiver and an acknowledgment that they are only allowed to do this until the next youth fitness class is offered. **15 & under:** Can utilize the track building with an adult also in the track building.

**Ages 8 & Under:** Not allowed in any fitness area\*\* unless participating in a Park District program, or attending Kids Gym or a party.

**Westwood Wellness:** Open to ages 16+ (excluding stand up tanning booths, which are only available to ages 18+). Younger individuals may utilize Westwood Wellness if they have a doctor's note recommending one of our services to treat a medical condition.

**Tennis Center (Building 2):** Any age can play if an adult is in the building 2 lobby. Must be 14-years-old to utilize the Tennis Center without a parent.

**Building 3 - 13+ yrs:** Can utilize building 3 lower areas without an adult. **12 & under:** Must have an adult present.

*\*Westwood reserves the right to temporarily modify age restrictions. \*\*Fitness areas include: Cardio, upper/lower fitness, functional training, fitness turf, boxing area, Warehouse, wood basketball courts & tennis courts.*

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



## CAGE SETUP & RULES

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

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

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

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

## WESTWOOD DROP-IN FEES

Fitness, Wood Basketball Courts, Track, Turf and Tennis Courts.....\$9<sup>00</sup>

## WESTWOOD RENTAL FEES

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

\*\*Call 815.622.6201 for availability.



# WESTWOOD GROUP FITNESS SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30A <b>UNICUS</b> Warehouse	5:30-6:30A <b>UNICUS</b> Warehouse	5:30-6:30A <b>UNICUS</b> Warehouse	5:30-6:30A <b>UNICUS</b> Warehouse	5:30-6:30A <b>UNICUS</b> Warehouse	8:00-9:00A <b>UNICUS</b> Warehouse
8:00-9:00A <b>STEPS FOR TODAY</b> Warehouse	7:00-8:00A <b>FIT FOR LIFE</b> Functional training/ weight room	8:00-9:00A <b>STEPS FOR TODAY</b> Warehouse	7:00-8:00A <b>FIT FOR LIFE</b> Functional training/ weight room	8:00-9:00A <b>STEPS FOR TODAY</b> Warehouse	9:15-10:15A <b>POWER YOGA</b> Warehouse
9:30-10:30A <b>TOTAL BODY TONING</b> Track Area	3:15-4:00P <b>UNICUS BODYWEIGHT &amp; DUMBBELLS</b> Warehouse	9:30-10:30A <b>TOTAL BODY TONING</b> Track Area	3:15-4:00P <b>UNICUS BODYWEIGHT &amp; DUMBBELLS</b> Warehouse	3:15-4:00P <b>UNICUS BODYWEIGHT &amp; DUMBBELLS</b> Warehouse	
3:15-4:00P <b>UNICUS BODYWEIGHT &amp; DUMBBELLS</b> Warehouse	4:15-5:15P <b>UNICUS</b> Warehouse	3:15-4:00P <b>UNICUS BODYWEIGHT &amp; DUMBBELLS</b> Warehouse	4:15-5:15P <b>UNICUS</b> Warehouse	4:15-5:15P <b>UNICUS</b> Warehouse	
4:15-5:15P <b>UNICUS</b> Warehouse	5:30-6:30P <b>TOTAL BODY TONING</b> Warehouse	4:15-5:15P <b>UNICUS</b> Warehouse	6:45-7:45P <b>UNICUS</b> Warehouse	5:30-6:30P <b>OLYMPIC LIFTING</b> Warehouse	
5:30-6:30P <b>UNICUS</b> Warehouse	6:45-7:45P <b>UNICUS</b> Warehouse	5:30-6:30P <b>UNICUS</b> Warehouse			
5:30-6:30P <b>HATHA YOGA</b> Outdoor Soccer Field next to Building 3		6:45-7:45P <b>VINYASA YOGA</b> Warehouse			

Scan here  
for fitness class  
descriptions:



## CHECK OUT OUR NEW YOGA CLASSES!

### HATHA YOGA

Focus on the fundamentals of Yoga with pranayama (breath work) and asanas (poses). Relax and unwind with this mindful, slowed down flow. This is a peaceful journey for the mind and body. This class is perfect for beginners wanting to improve their flexibility, balance and overall well being. Allow your instructor to guide you into a deeper state of relaxation and peace.

### VINYASA YOGA

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

### POWER YOGA

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. Get ready to feel empowered and discover a new level of strength within.





# Westwood

Wellness begins here.

## WESTWOOD WELLNESS

### HydroMassage

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

### Stand Up Tanning Booth

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

### Spray Tan

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

### Red Light Therapy

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

### Infrared Sauna

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

### Salt Therapy

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

### Compression Therapy

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

### Cryotherapy (Coming Soon)

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

## WESTWOOD WELLNESS FEES

Drop-In (non-members)*.....	\$15 <sup>00</sup>
HydroMassage.....	No additional fee
Stand Up Tan.....	No additional fee
Spray Tan.....	\$6 <sup>00</sup>
Spray Tan Add-Ons.....	\$2 <sup>50</sup>
Infrared Sauna.....	No additional fee
Red Light Therapy.....	\$5 <sup>00</sup>
Salt Therapy.....	\$5 <sup>00</sup>
Red Light/Salt Punch Cards (Members Only)	
Blue (\$25).....	Buy 5, get 1 free
Green (\$50).....	Buy 10, get 3 free
Grey (\$75).....	Buy 15, get 5 free
Compression Therapy.....	No additional fee
Cryotherapy Chamber.....	TBD

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



### Westwood Wellness Online Booking

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



32ND ANNUAL

# Pumpkin Dash

## CROSS COUNTRY FESTIVAL



### ON-SITE REGISTRATION:

**9:00a - 11:45a**

*Registration required at least 15 minutes prior to race*

### RACE SCHEDULE (APPROXIMATE TIMES):

**10:00a - Pee Wees (2 & under)**

**10:15a - 3 Year Olds**

**10:30a - 4 & 5 Year Olds**

**11:00a - 6 & 7 Year Olds**

**11:30a - 8 & 9 Year Olds**

**12:00p - 10, 11 & 12 Year Olds**

### FREE ACTIVITIES & FEATURES (STARTING AT 10:00A):

Hot dog, chips, bottled water, candy and a small pumpkin for the first 1,000 runners. Large pumpkins will be awarded to the winning girl and boy of each heat (except Pee-Wees).

- Bounce Houses
- Petting Zoo
- Hayrack Rides
- Face Painting
- Whiteside County Sheriff's Dept.
- CGH Ambulance Tours



# SATURDAY, OCTOBER 5TH

HOOVER PARK • WOODLAWN ROAD, STERLING



# 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" area features a mini-mountain inflatable, suitable for ages 3-6 years old.

**MULTI-PURPOSE ROOM:** This space is available for party or event rentals. The multi-purpose room is also utilized for Tae Kwon Do classes and board meetings.

## STRENGTH, STRETCH & BALANCE



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

Age	Day	Time
16+	Tues, Wed, Thurs	8:30 - 9:30 a.m.

## DUIS CENTER FACILITY HOURS

**Monday-Friday:**  
5:00 a.m. - 9:00 p.m.  
**Saturday:**  
9:00 a.m. - 6:00 p.m.  
**Sunday:**  
12:00 - 6:00 p.m.

## DUIS CENTER HOLIDAY HOURS

**Labor Day:** Closed  
**Thanksgiving:** Closed

## DUIS CENTER DROP-IN FEES

Water Walking.....\$6<sup>00</sup>  
Lap Swim.....\$6<sup>00</sup>  
Open Swim.....\$4<sup>25</sup> (5 & Under)  
.....\$6<sup>75</sup> (6 & Over)

## DUIS CENTER DROP-IN HOURS

### WATER WALKING

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

### LAP SWIM

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

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

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

## STERLING PUBLIC SCHOOLS OPEN SWIM

**1:00 - 3:00 p.m. • \$1.00**

September 25  
October 14, 30  
November 5, 25, 26, 27, 29

# Memberships

## TOTAL FITNESS PASS

Our Total Fitness Pass provides you with access to everything you need to reach your fitness goals. We offer a variety of affordable pass options to accommodate the needs of the community.

All of our memberships provide unlimited access to the fitness areas at Westwood, as well as the following perks and access to areas during open/drop-in hours:

- Over 40,000 sq. ft. of fitness equipment
- Functional training space & fitness turf
- Indoor 60-yard turf field\*\* & 200-meter track\*\*
- Variety of fitness classes\*
- Stretching areas & equipment
- 2-NBA size wood basketball courts
- Kids Gym (Childcare while you workout)
- Westwood Smoothie Co. Member Specials
- Indoor aquatics center (Duis Center)
- Westwood Wellness Access
- Batting cage (Building 3 mezzanine level only)\*\*\*
- Tennis Court Access (Building 2)



## PUNCH CARDS

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

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

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

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

All cards expire five years from the date of purchase.

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

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

See page 3 for Westwood age restrictions. A **Household Pass** consists of any two adults and dependent children (18-U/or a full-time college student 25-U with proof of class schedule) living in the same residence; a **Single Household Pass** consists on any one adult and dependent children (18-U/or a full-time college student 25-U with proof of class schedule) living in the same residence; a **Senior Household Pass** has the same requirements as a Household Pass but is for adults 60 and over; and the **Couple Pass** consists of two adults living in the same household. **Military Pass:** Must present proof of service to receive discount.

*\*Excludes senior fitness and water fitness. \*\*During the months of February and March in the late afternoons/evenings, there is limited to no availability of the track/turf. \*\*\*Members can reserve the mezzanine level batting cage up to 24-hours in advance with no additional fee. Normal rental charges apply for any rentals beyond 24-hours in advance. All batting cage participants must be Total Fitness Pass members. \*\*\*\*The Military Discount is available to eligible active, reserve and retired U.S. Military personnel, spouses and immediate family. \*\*\*\*\*Fitness areas include... Cardio area, upper/lower fitness areas, functional training area, fitness turf, boxing area, Warehouse, wood basketball courts and tennis courts.*







# PARTY RENTAL

Book your next party with us!

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

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

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

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

**VISIT WESTWOOD OR DUIS TO BOOK YOUR PARTY!**

# EMERALD HILL

16802 PRAIRIEVILLE ROAD | 815.622.6204

## 2024 DAILY RATES

### FALL SHOULDER SEASON

September 3 - Closing

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

### SUMMER SEASON WEEKDAYS

May 28 - August 29

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

### SUMMER SEASON WEEKENDS

June 2 - August 27

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

### HOLIDAY WEEKENDS

Aug. 30-Sept. 2

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



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 [emeraldhill.com](http://emeraldhill.com), and "like" us on Facebook to stay up-to-date with everything at the course!



## MEET OUR NEW PROSHOP MANAGER, TIM MORGAN!

Tim is a lifelong resident of Sterling, other than seven years spent serving in the US Army. Following his return to Sterling, he worked for the Sterling Police Department for 27 years, retiring in 2020 as the Chief of Police. Tim has played golf at Emerald Hill for the past 31 years and is looking forward to making your golf experience at Emerald Hill as pleasurable as possible.





# DILLON HOME

1005 E. 3<sup>RD</sup> STREET | 815.622.6202



The Dillon Home is a work of Italianate architecture, built in 1858. The property ultimately became home to P.W. Dillon, President of Northwestern Steel & Wire. The home's grandeur is a remarkable sight, as his wife, Crete, was an avid traveler and collector of eclectic pieces and period furniture. Unlike many historic homes, the Dillon Home retains all of its original furnishings. A tour through the Dillon Home is truly a step back in time, where the stories of this family come back to life.

## DILLON HOME TOUR TIMES

### Thursday & Friday:

10:00 a.m.  
11:00 a.m.  
1:00 p.m.  
2:00 p.m.

Or by appointment only  
from 3:00 - 5:00 p.m.

### 2nd Weekend of Each Month (Saturday & Sunday):

10:00 a.m.  
11:00 a.m.  
1:00 p.m.  
2:00 p.m.

Or by appointment only  
from 3:00 - 5:00 p.m.

## DILLON HOME TOUR RATES

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

**7<sup>TH</sup> ANNUAL  
HAUNTED TRAIN WALK**

**SATURDAY, OCTOBER 19TH  
6:30-8:30PM AT THE  
DILLON HOME**

**1005 E. 3rd Street, Sterling**

A promotional graphic for the 7th Annual Haunted Train Walk. The background is dark and atmospheric, featuring a skeleton in a hooded cloak (the Grim Reaper) on the left, holding a lantern. The text is in a white, dripping, horror-style font. The event is scheduled for Saturday, October 19th, from 6:30 PM to 8:30 PM at the Dillon Home, located at 1005 E. 3rd Street, Sterling.

# Aquatics

Lessons are held at the Duis Center.

No lessons November 28 or 30 due to the Thanksgiving Holiday.



## 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	Sept. 12-Oct. 24	\$48	15543
6m-3yrs	Th	6:00-6:25p	Sept. 12-Oct. 24	\$48	15544
6m-3yrs	Th	5:30-5:55p	Nov. 7-Dec. 12	\$36	15545
6m-3yrs	Th	6:00-6:25p	Nov. 7-Dec. 12	\$36	15546

## Level 1

Level 1 swim lessons focus on trust and submersion. Participants will become comfortable in and around the water while learning the basics of floating on the front and back with support from the instructor. Participants will also be encouraged to submerge their face underwater.

Age	Day	Time	Dates	Fee	Barcode
3-20	Th	5:30-5:55p	Sept. 12-Oct. 24	\$48	15489
3-20	Th	6:00-6:25p	Sept. 12-Oct. 24	\$48	15490
3-20	Sat	10:00-10:25a	Sept. 14-Oct. 26	\$48	15491
3-20	Sat	11:00-11:25a	Sept. 14-Oct. 26	\$48	15492
3-20	Th	5:30-5:55p	Nov. 7-Dec. 12	\$36	15493
3-20	Th	6:00-6:25p	Nov. 7-Dec. 12	\$36	15494
3-20	Sat	10:00-10:25a	Nov. 9-Dec. 14	\$36	15495
3-20	Sat	11:00-11:25a	Nov. 9-Dec. 14	\$36	15496

Want to have a pool party for your next birthday? See page 11 for details on how to make a splash at the Duis Center!

## Level 2

Level 2 swim lessons focus on body position and air recovery. Participants will learn the basics of floating on the front and back without support from the instructor. Participants will also practice submerging under water and recovering for air in the diving well.

Age	Day	Time	Dates	Fee	Barcode
3-20	Th	5:30-5:55p	Sept. 12-Oct. 24	\$48	15499
3-20	Th	6:00-6:25p	Sept. 12-Oct. 24	\$48	15500
3-20	Sat	10:00-10:25a	Sept. 14-Oct. 26	\$48	15501
3-20	Sat	11:00-11:25a	Sept. 14-Oct. 26	\$48	15502
3-20	Th	5:30-5:55p	Nov. 7-Dec. 12	\$36	15503
3-20	Th	6:00-6:25p	Nov. 7-Dec. 12	\$36	15504
3-20	Sat	10:00-10:25a	Nov. 9-Dec. 14	\$36	15505
3-20	Sat	11:00-11:25a	Nov. 9-Dec. 14	\$36	15506

## Level 3

Level 3 swim lessons focus on forward movement and direction change. Participants will retrieve objects from the bottom of a 3-foot pool and improve techniques of the freestyle and backstroke. Participants will also begin learning rotary breathing. Jumping off the diving board will be encouraged.

Age	Day	Time	Dates	Fee	Barcode
3-20	Th	5:30-5:55p	Sept. 12-Oct. 24	\$48	15507
3-20	Th	6:00-6:25p	Sept. 12-Oct. 24	\$48	15508
3-20	Sat	10:30-10:55a	Sept. 14-Oct. 26	\$48	15509
3-20	Sat	11:30-11:55a	Sept. 14-Oct. 26	\$48	15510
3-20	Th	5:30-5:55p	Nov. 7-Dec. 12	\$36	15511
3-20	Th	6:00-6:25p	Nov. 7-Dec. 12	\$36	15512
3-20	Sat	10:30-10:55a	Nov. 9-Dec. 14	\$36	15513
3-20	Sat	11:30-11:55a	Nov. 9-Dec. 14	\$36	15514

## Level 4

Level 4 swim lessons focus on rotary movement. Participants will be introduced to the elementary backstroke, sidestroke and breaststroke techniques and taught how to tread water. Participants will also improve on their freestyle techniques and rotary breathing.

Age	Day	Time	Dates	Fee	Barcode
3-20	Th	5:30-5:55p	Sept. 12-Oct. 24	\$48	15515
3-20	Th	6:00-6:25p	Sept. 12-Oct. 24	\$48	15516
3-20	Sat	10:30-10:55a	Sept. 14-Oct. 26	\$48	15517
3-20	Sat	11:30-11:55a	Sept. 14-Oct. 26	\$48	15518
3-20	Th	5:30-5:55p	Nov. 7-Dec. 12	\$36	15519
3-20	Th	6:00-6:25p	Nov. 7-Dec. 12	\$36	15520
3-20	Sat	10:30-10:55a	Nov. 9-Dec. 14	\$36	15521
3-20	Sat	11:30-11:55a	Nov. 9-Dec. 14	\$36	15522





## 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	Sept. 12-Oct. 24	\$112	15531
3-20	Th	6:00-6:30p	Sept. 12-Oct. 24	\$112	15532
3-20	Sat	10:00-10:30a	Sept. 14-Oct. 26	\$112	15533
3-20	Sat	10:30-11:00a	Sept. 14-Oct. 26	\$112	15534
3-20	Sat	11:00-11:30a	Sept. 14-Oct. 26	\$112	15535
3-20	Sat	11:30a-12:00p	Sept. 14-Oct. 26	\$112	15536
3-20	Th	5:30-6:00p	Nov. 7-Dec. 12	\$80	15537
3-20	Th	6:00-6:30p	Nov. 7-Dec. 12	\$80	15538
3-20	Sat	10:00-10:30a	Nov. 9-Dec. 14	\$80	15539
3-20	Sat	10:30-11:00a	Nov. 9-Dec. 14	\$80	15540
3-20	Sat	11:00-11:30a	Nov. 9-Dec. 14	\$80	15541
3-20	Sat	11:30a-12:00p	Nov. 9-Dec. 14	\$80	15542



## Lifeguard Class

Those seeking the full certification must attend all dates in session. Those seeking recertification only need to attend Sunday. Register by October 11.

Age	Day	Time	Dates	Fee	Barcode
15+	Fri	5:00-9:00p	Oct. 18	\$175	15486
	Sat, Sun	10:00a-5:00p	Oct. 19, 20		
15+	Sun	10:00a-5:00p	Oct. 20	\$100	15487

# WAHOOS SWIM TEAM

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



## Junior Wahoos

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

Age	Day	Time	Dates	Fee	Barcode
5+	M, W	6:00-6:45p	Sept. 4-Sept. 30	\$53	15563
5+	M, W	6:00-6:45p	Oct. 2-Oct. 30	\$53	15564
5+	M, W	6:00-6:45p	Nov. 4-Nov. 27	\$53	15565

## 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	Sept. 3-Sept. 30	\$95	15557
6+	M-F	5:00-6:00p	Oct. 1-Oct. 30	\$95	15558
6+	M-F	5:00-6:00p	Nov. 1-Nov. 29	\$95	15559

## 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	Sept. 3-Sept. 30	\$110	15566
6+	M-F	5:00-6:30p	Oct. 1-Oct. 30	\$110	15567
6+	M-F	5:00-6:30p	Nov. 1-Nov. 29	\$110	15568

## 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	Sept. 3-Sept. 30	\$130	15560
6+	M-F	5:00-7:00p	Oct. 1-Oct. 30	\$130	15561
6+	M-F	5:00-7:00p	Nov. 1-Nov. 29	\$130	15562

# Gymnastics

Lessons are held at the Duis Center.

No classes September 2, October 31, and November 28 due to holidays.



## 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	Aug. 27-Oct. 15	\$38	15605
18m-4yrs	Tu	9:30-10:00a	Aug. 27-Oct. 15	\$38	15606
18m-4yrs	Th	9:00-9:30a	Aug. 29-Oct. 17	\$38	15607
18m-4yrs	Th	9:30-10:00a	Aug. 29-Oct. 17	\$38	15608
18m-4yrs	Sat	9:00-9:30a	Aug. 31-Oct. 19	\$38	15609
18m-4yrs	Sat	9:35-10:05a	Aug. 31-Oct. 19	\$38	15610
18m-4yrs	Sat	10:10-10:40a	Aug. 31-Oct. 19	\$38	15611
18m-4yrs	Tu	9:00-9:30a	Oct. 29-Dec. 10	\$32	15659
18m-4yrs	Tu	9:30-10:00a	Oct. 29-Dec. 10	\$32	15660
18m-4yrs	Th	9:00-9:30a	Nov. 7-Dec. 12	\$28	15661
18m-4yrs	Th	9:30-10:00a	Nov. 7-Dec. 12	\$28	15662
18m-4yrs	Sat	9:00-9:30a	Nov. 2-Dec. 14	\$32	15663
18m-4yrs	Sat	9:35-10:05a	Nov. 2-Dec. 14	\$32	15664
18m-4yrs	Sat	10:10-10:40a	Nov. 2-Dec. 14	\$32	15665

## Preschool Beginner

Classes are structured to introduce basic gymnastics skills. We also focus on Kindergarten readiness skills like hopping, skipping and galloping, as well as following directions, taking turns and counting. Classes are held in the Little Gym.

Age	Day	Time	Dates	Fee	Barcode
3-4	Mon	4:00-4:45p	Aug. 26-Oct. 14	\$57	15617
3-4	Mon	6:00-6:45p	Aug. 26-Oct. 14	\$57	15623
3-4	Tu	10:00-10:45a	Aug. 27-Oct. 15	\$66	15618
3-4	Tu	4:00-4:45p	Aug. 27-Oct. 15	\$66	15619
3-4	Tu	6:00-6:45p	Aug. 27-Oct. 15	\$66	15624
3-4	Wed	5:00-5:45p	Aug. 28-Oct. 16	\$66	15620
3-4	Th	10:00-10:45a	Aug. 29-Oct. 17	\$66	15621
3-4	Th	4:00-4:45p	Aug. 29-Oct. 17	\$66	15622
3-4	Th	6:00-6:45p	Aug. 29-Oct. 17	\$66	15625
3-4	Mon	4:00-4:45p	Oct. 28-Dec. 9	\$57	15671
3-4	Tu	10:00-10:45a	Oct. 29-Dec. 10	\$57	15672
3-4	Tu	4:00-4:45p	Oct. 29-Dec. 10	\$57	15673
3-4	Tu	6:00-6:45p	Oct. 29-Dec. 10	\$57	15732
3-4	Wed	5:00-5:45p	Oct. 30-Dec. 11	\$57	15674
3-4	Th	10:00-10:45a	Nov. 7-Dec. 12	\$48	15675
3-4	Th	4:00-4:45p	Nov. 7-Dec. 12	\$48	15676
3-4	Th	6:00-6:45p	Nov. 7-Dec. 12	\$48	15733



## 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	Aug. 26-Oct. 14	\$57	15612
5-6	Tu	5:00-5:45p	Aug. 27-Oct. 15	\$66	15613
5-6	Wed	4:00-4:45p	Aug. 28-Oct. 16	\$66	15614
5-6	Wed	6:00-6:45p	Aug. 28-Oct. 16	\$66	15615
5-6	Th	5:00-5:45p	Aug. 29-Oct. 17	\$66	15616
5-6	Mon	5:00-5:45p	Oct. 28-Dec. 9	\$57	15666
5-6	Tu	5:00-5:45p	Oct. 29-Dec. 10	\$57	15667
5-6	Wed	4:00-4:45p	Oct. 30-Dec. 11	\$57	15668
5-6	Wed	6:00-6:45p	Oct. 30-Dec. 11	\$57	15669
5-6	Th	5:00-5:45p	Nov. 7-Dec. 12	\$48	15670

## 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	Aug. 26-Oct. 14	\$77	15596
6-10	Mon	5:00-6:00p	Aug. 26-Oct. 14	\$77	15597
6-10	Mon	6:00-7:00p	Aug. 26-Oct. 14	\$77	15598
6-10	Tu	4:00-5:00p	Aug. 27-Oct. 15	\$88	15599
6-10	Tu	6:00-7:00p	Aug. 27-Oct. 15	\$88	15600
6-10	Wed	4:00-5:00p	Aug. 28-Oct. 16	\$88	15601
6-10	Wed	5:00-6:00p	Aug. 28-Oct. 16	\$88	15602
6-10	Th	4:00-5:00p	Aug. 29-Oct. 17	\$88	15603
6-10	Th	5:00-6:00p	Aug. 29-Oct. 17	\$88	15604
6-10	Mon	4:00-5:00p	Oct. 28-Dec. 9	\$77	15650
6-10	Mon	5:00-6:00p	Oct. 28-Dec. 9	\$77	15651
6-10	Mon	6:00-7:00p	Oct. 28-Dec. 9	\$77	15652
6-10	Tu	4:00-5:00p	Oct. 29-Dec. 10	\$77	15653
6-10	Tu	6:00-7:00p	Oct. 29-Dec. 10	\$77	15654
6-10	Wed	4:00-5:00p	Oct. 30-Dec. 11	\$77	15655
6-10	Wed	5:00-6:00p	Oct. 30-Dec. 11	\$77	15656
6-10	Th	4:00-5:00p	Nov. 7-Dec. 12	\$68	15657
6-10	Th	5:00-6:00p	Nov. 7-Dec. 12	\$68	15658

## 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	Aug. 27-Oct. 15	\$66	15583
6-10	Th	5:00-5:45p	Aug. 29-Oct. 17	\$66	15584
6-10	Tu	5:00-5:45p	Oct. 29-Dec. 10	\$57	15637
6-10	Th	5:00-5:45p	Nov. 7-Dec. 12	\$48	15638



# 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 Rileigh, 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	Aug. 26-Oct. 14	\$77	15585
7-17	Mon	5:00-6:00p	Aug. 26-Oct. 14	\$77	15586
7-17	Mon	6:00-7:00p	Aug. 26-Oct. 14	\$77	15587
7-17	Mon	7:00-8:00p	Aug. 26-Oct. 14	\$77	15588
7-17	Tu	5:00-6:00p	Aug. 27-Oct. 15	\$88	15589
7-17	Tu	6:00-7:00p	Aug. 27-Oct. 15	\$88	15590
7-17	Wed	5:00-6:00p	Aug. 28-Oct. 16	\$88	15591
7-17	Th	6:00-7:00p	Aug. 29-Oct. 17	\$88	15592
7-17	Mon	4:00-5:00p	Oct. 28-Dec. 9	\$77	15639
7-17	Mon	5:00-6:00p	Oct. 28-Dec. 9	\$77	15640
7-17	Mon	6:00-7:00p	Oct. 28-Dec. 9	\$77	15641
7-17	Mon	7:00-8:00p	Oct. 28-Dec. 9	\$77	15642
7-17	Tu	5:00-6:00p	Oct. 29-Dec. 10	\$77	15643
7-17	Tu	6:00-7:00p	Oct. 29-Dec. 10	\$77	15644
7-17	Wed	5:00-6:00p	Oct. 30-Dec. 11	\$77	15645
7-17	Th	6:00-7:00p	Nov. 7-Dec. 12	\$68	15646

## 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	Aug. 27-Oct. 15	\$88	15626
7-17	Wed	7:00-8:00p	Aug. 28-Oct. 16	\$88	15627
7-17	Tu	6:00-7:00p	Oct. 29-Dec. 10	\$77	15677
7-17	Wed	7:00-8:00p	Oct. 30-Dec. 11	\$77	15678

## 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	Aug. 27-Oct. 15	\$88	15595
7-17	Tu	7:00-8:00p	Oct. 29-Dec. 10	\$77	15649

# 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	Aug. 27-Oct. 15	\$88	15628
7-17	Wed	4:00-5:00p	Aug. 28-Oct. 16	\$88	15629
7-17	Wed	6:00-7:00p	Aug. 28-Oct. 16	\$88	15630
7-17	Th	5:00-6:00p	Aug. 29-Oct. 17	\$88	15631
7-17	Tu	4:00-5:00p	Oct. 29-Dec. 10	\$77	15679
7-17	Wed	4:00-5:00p	Oct. 30-Dec. 11	\$77	15680
7-17	Wed	6:00-7:00p	Oct. 30-Dec. 11	\$77	15681
7-17	Th	5:00-6:00p	Nov. 7-Dec. 12	\$68	15682

## 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	Aug. 28-Oct. 16	\$88	15632
7-17	Th	6:00-7:00p	Aug. 29-Oct. 17	\$88	15633
7-17	Wed	7:00-8:00p	Oct. 30-Dec. 11	\$77	15683
7-17	Th	6:00-7:00p	Nov. 7-Dec. 12	\$68	15684

## 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	Aug. 26-Oct. 14	\$77	15634
7-17	Mon	7:00-8:00p	Oct. 28-Dec. 9	\$77	15685

## 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	Aug. 26-Oct. 14	\$77	15635
10-14	Mon	7:00-8:00p	Oct. 28-Dec. 9	\$77	15686

# 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	Aug. 31-Oct. 19	\$45	15593
4-6	Sat	10:45-11:15a	Nov. 2-Dec. 14	\$38	15647
7-12	Sat	11:15a-12:15p	Aug. 31-Oct. 19	\$88	15594
7-12	Sat	11:15a-12:15p	Nov. 2-Dec. 14	\$77	15648

# Tennis

Lessons are held at the Westwood Tennis Center.



## Parent Tot

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

Age	Day	Time	Dates	Fee	Barcode
2-4	Sat	8:30-9:00a	Sept. 7-Sept. 21	\$45	15705
2-4	Sat	8:30-9:00a	Oct. 12-Oct. 26	\$45	15706
2-4	Sat	8:30-9:00a	Nov. 2-Nov. 16	\$45	15707

## Red

This class introduces tennis to your child through a fun and exciting approach. In this class we will work on hand eye coordination drills, along with developing movement and basic tennis skills. Students grow comfortable with the game through use of age-appropriate equipment.

Age	Day	Time	Dates	Fee	Barcode
5-8	Mon	3:45-4:30p	Sept. 9-Oct. 7	\$70	15708
5-8	Sat	9:00-10:00a	Sept. 14-Oct. 12	\$70	15709
5-8	Mon	3:45-4:30p	Oct. 14-Nov. 11	\$70	15710
5-8	Sat	9:00-10:00a	Oct. 19-Nov. 16	\$70	15711
5-8	Mon	3:45-4:30p	Nov. 18-Dec. 16	\$70	15712
5-8	Sat	9:00-10:00a	Nov. 23-Dec. 21	\$70	15713

## Orange

This class is for players looking to continue on from red ball, or beginners looking to try something new! Points of emphasis will be rallying the ball over the net and completing shots with a follow through. The serve will be introduced in this program.

Age	Day	Time	Dates	Fee	Barcode
7-11	Mon	4:30-5:30p	Sept. 9-Oct. 7	\$70	15702
7-11	Mon	4:30-5:30p	Oct. 14-Nov. 11	\$70	15703
7-11	Mon	4:30-5:30p	Nov. 18-Dec. 16	\$70	15704

## 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
9-12	Mon	5:30-6:30p	Sept. 9-Oct. 7	\$70	15693
9-12	Mon	5:30-6:30p	Oct. 14-Nov. 11	\$70	15694
9-12	Mon	5:30-6:30p	Nov. 18-Dec. 16	\$70	15695

## Intro to High Performance

This class is for middle school and high school JV players looking to progress to our highest class. We will focus on rallying, constructing a point and stroke refinement. This program is a fit for any student who is not yet at the Varsity level but aspiring to be soon.

Age	Day	Time	Dates	Fee	Barcode
12-16	Tu	5:00-6:30p	Sept. 10-Oct. 8	\$80	15699
12-16	Tu	5:00-6:30p	Oct. 15-Nov. 12	\$80	15700
12-16	Tu	5:00-6:30p	Nov. 19-Dec. 17	\$80	15701

## High Performance

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

Age	Day	Time	Dates	Fee	Barcode
14-18	Wed	5:00-6:30p	Sept. 11-Oct. 9	\$80	15696
14-18	Wed	5:00-6:30p	Oct. 16-Nov. 13	\$80	15697
14-18	Wed	5:00-6:30p	Nov. 20-Dec. 18	\$80	15698



## Tennis Apprentice/Adult Beginners

This program is for adults new to the sport or returning players looking to get more insight on their game.

Age	Day	Time	Dates	Fee	Barcode
18+	Sat	10:00-11:30a	Sept. 14-Oct. 12	\$75	15690
18+	Sat	10:00-11:30a	Oct. 19-Nov. 23	\$75	15691
18+	Sat	10:00-11:30a	Nov. 30-Dec. 28	\$75	15717

## 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. This is a FITNESS class; 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
18+	Mon	6:30-7:30p	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/member \$5/non-member

## Adult Advanced Drills

These drills are fast paced and require advanced tennis experience. Drills prioritize doubles strategy. Must call ahead to reserve your spot.

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



## PRIVATE TENNIS LESSONS

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



# Athletics

Programs are held at Westwood.



# 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**

## Adult Intro to Pickleball

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

Age	Day	Time	Dates	Fee	Barcode
18+	Th	6:00-7:30p	Sept. 12-Oct. 10	\$90	15715
18+	Th	6:00-7:30p	Oct. 17-Nov. 14	\$90	15716
18+	Tu/Th	10:00-11:00a	Nov. 21-Dec. 19	\$90	15714

## Form Your Own Small Group!

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

## 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.)**

## Youth Fall Outdoor Soccer League

Our fall soccer league is a great way for your child to learn the game of soccer in a fun and educational environment. Games are played every Saturday with practices held once per week starting Monday August 26. Participants will receive a call from their coach the week of August 19- 23 to inform them of the practice day and time. Participants will receive their uniform and game schedule at their first practice. Age groups will be formed based on registration numbers. For grades 3rd-5th there will be a skills assessment followed by a draft on Saturday August 24 at 9am in building 1 on the indoor track turf. There will be no coach requests for grades 3rd-5th. **Registration closes August 18.** Registering on or by the deadline does not guarantee a spot since this program fills up quickly!

Grade	Day	Time	Dates	Fee	Barcode
PreK	Sat	8:00a-12:00p	Aug. 31-Oct. 12	\$80	15466
Kinder	Sat	8:00a-12:00p	Aug. 31-Oct. 12	\$80	15465
1st	Sat	8:00a-12:00p	Aug. 31-Oct. 12	\$80	15460
2nd	Sat	8:00a-12:00p	Aug. 31-Oct. 12	\$80	15461
3rd	Sat	8:00a-12:00p	Aug. 24-Oct. 12	\$80	15462
4th	Sat	8:00a-12:00p	Aug. 24-Oct. 12	\$80	15463
5th	Sat	8:00a-12:00p	Aug. 24-Oct. 12	\$80	15464

## Middle School Soccer

Supervised by Coach Gabe Ocampo, practices will be held Mondays at 6:00 pm. Each Saturday players will be divided into different teams for scrimmages. **Registration closes August 18.** Registering by the deadline does not guarantee a spot as this program fills up quickly.

Age	Day	Time	Dates	Fee	Barcode
11-14	Sat	12:00-1:00p	Aug. 31-Oct. 12	\$85	15458



## Youth Flag Football Leagues-Girls & Boys

Are you ready for football? Flag football that is! **For the first time at Westwood, there will also be a Girls Flag Football League!** Learn the basics and harness your skill in this instructional and fun league. Games are played every Saturday and practices are held twice a week. As available, games will be officiated by IHSA Certified Officials. Age groups will be formed based on registration numbers. For grades 3rd-5th there will be a Flag Football Combine followed by a draft on Sunday September 1 at 1pm in Building 1 on the indoor track turf. Participants will receive their jersey and game schedule at their first practice. Practices will begin the week of September 2nd. **Registration closes August 18.** Registering on or by the deadline does not guarantee a spot since this program fills up quickly!

Grade	Day	Time	Dates	Fee	Barcode
<b>BOYS</b>					
1st	Sat	9:00a-1:00p	Sept. 7-Oct. 26	\$90	15473
2nd	Sat	9:00a-1:00p	Sept. 7-Oct. 26	\$90	15474
3rd	Sat	9:00a-1:00p	Sept. 7-Oct. 26	\$90	15475
4th	Sat	9:00a-1:00p	Sept. 7-Oct. 26	\$90	15476
5th	Sat	9:00a-1:00p	Sept. 7-Oct. 26	\$90	15477
<b>GIRLS</b>					
3rd	Sat	9:00a-1:00p	Sept. 7-Oct. 26	\$90	15724
4th	Sat	9:00a-1:00p	Sept. 7-Oct. 26	\$90	15725
5th	Sat	9:00a-1:00p	Sept. 7-Oct. 26	\$90	15726

## SAVE THE DATE! Winter Youth Basketball

Starting December 7 • Register by November 17

## 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.



# Fitness

Classes are held at Westwood unless otherwise noted.



## MARTIAL ARTS

### Tae Kwon Do at Duis Center

Tae Kwon Do is offered for ages 4+ in all levels. TKD is one of the most widely practiced martial arts in the world. TKD is also a great form of fitness. New participants may try the first class for FREE!

Age	Day	Time	Dates	Fee	Barcode
4-7	Tu/Th	4:30-5:00p	Sept. 3-Sept. 26	\$32	15556
4-7	Tu/Th	4:30-5:00p	Oct. 1-Oct. 29	\$32	15555
4-7	Tu/Th	4:30-5:00p	Nov. 5-Nov. 26	\$32	15554
8+ Beginner	Tu/Th	5:00-6:00p	Sept. 3-Sept. 26	\$48	15553
8+ Beginner	Tu/Th	5:00-6:00p	Oct. 1-Oct. 29	\$48	15552
8+ Beginner	Tu/Th	5:00-6:00p	Nov. 5-Nov. 26	\$48	15551
8+ Advanced	Tu/Th	6:00-7:00p	Sept. 3-Sept. 26	\$48	15550
8+ Advanced	Tu/Th	6:00-7:00p	Oct. 1-Oct. 29	\$48	15549
8+ Advanced	Tu/Th	6:00-7:00p	Nov. 5-Nov. 26	\$48	15548

## 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	Sept. 10	FREE	15450
15+	Th	5:30-6:30p	Sept. 12	FREE	15451
15+	Tu	10:00-11:00a	Oct. 15	FREE	15452
15+	Th	5:30-6:30p	Oct. 17	FREE	15453
15+	Tu	10:00-11:00a	Nov. 12	FREE	15454
15+	Th	5:30-6:30p	Nov. 14	FREE	15455



# YOUTH FITNESS



## Exploring Exercise

Participants will learn a variety of exercises using their own body weight as well as equipment. This class will incorporate a variety of agility and balance training, along with the general strength gain. This class only meets on Monday nights.

Age	Day	Time	Dates	Fee	Barcode
6-8	Mon	5:30-6:15p	Sept. 9-Oct. 14	\$43	15436
6-8	Mon	5:30-6:15p	Oct. 21-Nov. 25	\$43	15437

## Introduction to Youth Fitness

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

Age	Day	Time	Dates	Fee*	Barcode
9-11	Tu	5:30-6:30p	Sept. 3	\$28	15438
9-11	Sat	9:00-10:00a	Sept. 7	\$28	15439
9-11	Tu	5:30-6:30p	Oct. 8	\$28	15440
9-11	Sat	9:00-10:00a	Oct. 12	\$28	15441
9-11	Tu	5:30-6:30p	Nov. 5	\$28	15442
9-11	Sat	9:00-10:00a	Nov. 9	\$28	15443

## 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	Sept. 11-Oct. 16	\$43	15434
9-14	Wed	5:30-6:30p	Oct. 23-Nov. 27	\$43	15435

## Introduction to Weightlifting

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

Age	Day	Time	Dates	Fee*	Barcode
12-15	Th	5:30-6:30p	Sept. 5	\$28	15444
12-15	Sat	10:00-11:00a	Sept. 7	\$28	15445
12-15	Th	5:30-6:30p	Oct. 10	\$28	15446
12-15	Sat	10:00-11:00a	Oct. 12	\$28	15447
12-15	Th	5:30-6:30p	Nov. 7	\$28	15448
12-15	Sat	10:00-11:00a	Nov. 9	\$28	15449

# NEW! USTA CARDIO TENNIS

Cardio Tennis is a high-energy group fitness experience which uses the sport of tennis in a structured games-based format to deliver the ultimate full body, calorie-burning aerobic workout.

**Ages 18+ • Ongoing • \$5 Drop-in**  
**All fitness and ability levels welcome!**

**M/W • 12:00-1:00 p.m.**  
**Mon • 6:30-7:30 p.m.**

**Check out page 18 for more tennis offerings!**



# WESTWOOD PERFORMANCE LAB OPENING SOON!

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

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

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



## PERFORMANCE TRAINING PRICING: Each session includes 55-minutes of instruction

### Members

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

### Non-Members

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

### Small Group Training (4-6 clients)

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

### Team Training (7+ clients)

Call for Pricing

### Runners (Gait analysis with shoe recommendations)

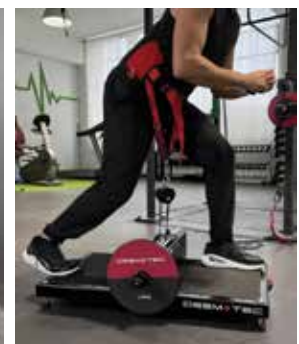
	\$50 (Members)
	\$60 (Non-Members)

### Individual/Team Programs Design

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

**PERFORMANCE LAB CONTACT: KBOND@STERLINGPARKS.ORG**

Check out our construction progress as well as some of the equipment we'll be featuring:







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



**SEPT. 10 & 12**  
**OCT. 15 & 17**  
**NOV. 12 & 14**

*Registration required*



**DR. BOB WALSH**

**ACCEPTING  
NEW PATIENTS**

**CALL 815.626.7220  
TO SCHEDULE AN  
APPOINTMENT**



**THE ROCK**  
CHIROPRACTIC HEALTH CENTER

LOCATED IN THE  
WESTWOOD  
WELLNESS ANNEX

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LICENSED MASSAGE THERAPIST  
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POSTURE CORRECTION • MOBILITY ASSESSMENTS • STRETCH THERAPY

CALL/TEXT 815.564.7352  
PROSTRENGTH.CLINICSENSE.COM

# SIMPLIFY YOUR LIFE

# FIT MEALS



Healthy eating starts with healthy food choices. For many, getting take out is a part of our weekly meals. The question that you need to ask yourself, "Is the food that I'm picking up healthy?"

Westwood Smoothie Co. helps support a healthier lifestyle with our selections of delicious Fitmeals To Go. Whether you're a dedicated athlete, a fitness enthusiast, or someone seeking a well-rounded wellness routine, our menu is tailored to meet your specific needs.



## ORDER AHEAD

2 PICK-UP OPTIONS TO CHOOSE FROM!

- Check out our current inventory on [toast](#) or visit us at Westwood to find out what's currently available, then pick up same day
- Stop by and order your meals up to 14 days in advance

