



WESTWOOD WELLNESS

Tanning

Infrared Sauna

HydroMassage

Red Light Therapy

Cryotherapy

Salt Therapy

and more!

See page 7 for more details

Winter 2024-25

Activity Guide

STEELES

General Information

STERLING PARK DISTRICT

Facilities

Dillon Home Museum

1005 E. 3rd St. | 815.622.6202

Duis Center

211 E. 23rd St. | 815.622.6200

Emerald Hill Golf Course

16802 Prairieville Rd. | 815.622.6204

Frasor Administrative Office

1913 3rd Ave. | 815.622.6200

Westwood Fitness & Sports Center

1900 Westwood Dr. | 815.622.6201

Parks

Douglas Park

2100 Chestnut Ave.

Eberley Park

2699 W. LeFevre Rd.

Gartner Park

2121 W. LeFevre Rd.

Harry Kidd Field

1219 W. 7th St.

Hoover Park

3807 Woodlawn Rd.

Kilgour Park

400 W. 15th St.

Lawrence Park

Avenue G Island

Martin's Landing & Sinnissippi Dam

Broadway Ave. & 2nd St.

Oppold Marina

523 Stouffer Rd.

Propheter Park

506 E. 6th St.

Redfield Park

14th Ave. & 2nd St.

Scheid Park

1102 Woodburn Ave.

Sinnissippi Park

Sinnissippi Rd.

Thomas Park &

Dogwood Acres Dog Park

2301 12th Ave.

Notices & Policies

ONLINE REGISTRATION

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

WALK-IN REGISTRATION

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

ACTIVITY GUIDE

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

HOURS OF OPERATION

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

CUSTOMER SATISFACTION

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

RETURNED CHECKS

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

PHOTO/VIDEO POLICY

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

REFUND POLICY

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

LOCKER ROOM/ RESTROOM POLICY

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

STERLING PARKS FOUNDATION

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

ADA COMPLIANCE

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

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

Service animals that have been trained individually to perform tasks benefiting a person with a disability are allowed in Park District facilities and parks.

All service animals must be under the control of the user. The work of service animals must be related to the disability of the person. Power-driven personal assistance mobility devices (EPAMDs), whose users must be persons with a disability, are also allowed in Park District facilities.

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

Board of Commissioners



MARVIN REYES

President
mreyes@sterlingparks.org



JEFF HIPPEN

Vice President
jhippen@sterlingparks.org



DAVE STUTZKE

Treasurer
dstutzke@sterlingparks.org



KIP AITKEN

Commissioner
kaitken@sterlingparks.org



MAGGIE EGERT

Commissioner
megert@sterlingparks.org

Park District Staff



LARRY SCHULDT

Executive Director
lschuldt@sterlingparks.org



JANA JACOBS

Director of Parks & Planning
jjacobs@sterlingparks.org



MARGO DRAVIS

Business Services Manager
mdravis@sterlingparks.org



JANELL LOOS

Marketing Manager
jloos@sterlingparks.org



CHRIS DUDLEY

Tennis Director/Head Tennis Pro
cdudley@sterlingparks.org



MARY KATE GASSMAN

Westwood Manager
mgassman@sterlingparks.org



BRI MARTINEZ

Westwood Asst. Manager
bmartinez@sterlingparks.org



THALIA ARELLANO

Westwood Facility Supervisor
tarellano@sterlingparks.org



KEL BOND

Director of Human Performance
kbond@sterlingparks.org



BRIAN TOTEY

Athletics Manager
btotey@sterlingparks.org



JUSTIN CUTTER

Food Service & Catering Mgr.
jcutter@sterlingparks.org



STEPHANIE MILNES

Duis Center Manager
smilnes@sterlingparks.org



RILEIGH KINISON

Gymnastics Manager
rkinison@sterlingparks.org



RYAN STUTZKE

Maintenance Manager
rstutzke@sterlingparks.org



DOUG SCHRYVER

Park Specialist



ERIC CASTRO

Park Specialist



JAKE BROOKS

Emerald Hill Superintendent
jbrooks@sterlingparks.org



BOB WATTS

Emerald Hill Assistant
Superintendent/Mechanic



BOB SAWYER

Westwood Maintenance
Supervisor

Westwood

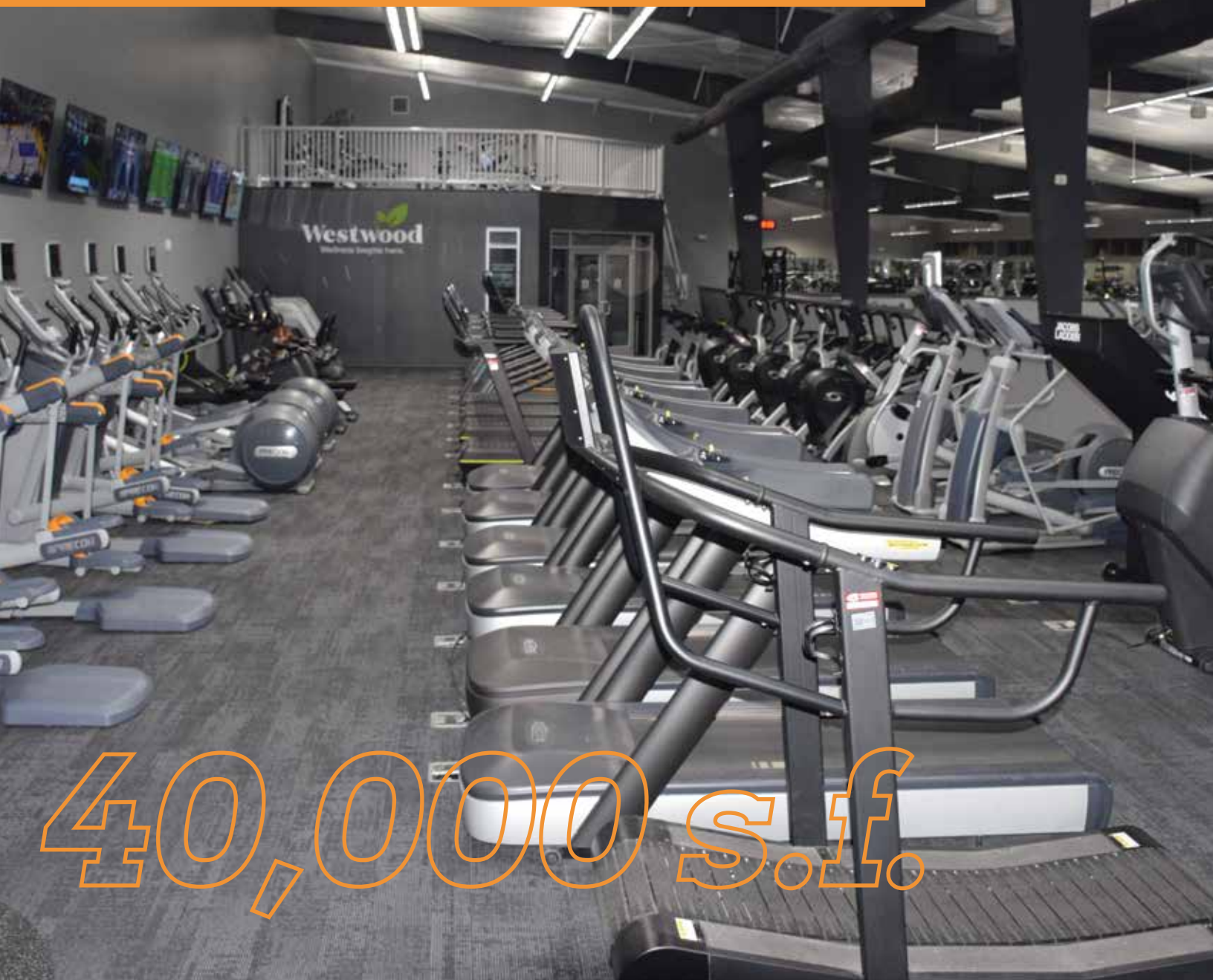
1900 WESTWOOD DRIVE • 815-622-6201

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!

Check out our Membership options on page 9!



40,000 S.F.

Building 1

🕒 Facility Hours

Building 1

Open 24-hours:

4:00a Monday through 9:00p Friday

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

Westwood Wellness

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

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

Westwood Smoothie Co.

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

Sat/Sun: 6:00a-Facility Close

Kids Gym

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

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

Sat: 7:45a-12:00p

🕒 Holiday Hours

Building 1

Nov. 27: Close at 9:00p

Nov. 28 (Thanksgiving): 6:00a-12:00p

Nov. 29: 6:00a-9:00p

Christmas Eve: 6:00a-4:00p

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

New Year's Eve: 6:00a-4:00p

New Year's Day: 6:00a-8:00p

Kids Gym

Thanksgiving: 8:00a-12:00p

Christmas Eve: 8:00a-12:00p

Christmas Day: Closed

New Year's Eve: 8:00a-12:00p

New Year's Day: 8:00a-2:00p

👤 Age Restrictions*

Total Fitness Members—13+ yrs: Can utilize all fitness areas** and track building without an adult (13-15 year-olds must complete 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). Younger individuals may utilize Westwood Wellness if they have a doctor's note recommending one of our services to treat a medical condition.

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

💰 Rental Fees

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

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

💰 Drop-In Fees

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

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

Building 2—Tennis Center

🕒 Facility Hours

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

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

Sun: 12:00-4:00p

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

🕒 Holiday Hours

Closed on all holidays

👤 Age Restrictions*

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.

💰 Drop-In Fees (includes tennis court)

\$9.50

Building 3

🕒 Facility Hours

Rentals only; call ahead for availability.

Pickleball Drop-In Hours

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

👤 Age Restrictions*

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

12 & under: Must have an adult present.

💰 Rental Fees

Basketball/Volleyball**: \$26/hr

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

Batting Cage (M)**: \$26/hr (FREE for members)

Pickleball Court: \$14.50/hr

**Call 815-622-6201 for availability

*Westwood reserves the right to temporarily modify age restrictions.

🎯 Cage Setup & Rules

Batting Cage (Mezzanine Level)

- Members can reserve mezzanine level batting cage up to 24 hours in advance with no additional fee. Normal rental charges apply for any rentals beyond 24 hours in advance. All batting cage participants must be Total Fitness Pass members.
- Non-members can rent the cage at any time.
- This rental does not allow access to 1st floor turf.

Turf and Cage (1st Floor)

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



Group Fitness

AT WESTWOOD

Members: FREE

Non-members: \$9.50 drop-in fee

No registration—just show up & sweat!

Unicus Functional Fitness

M-F: 5:30-6:30a & 4:15-5:15p

M/W: 5:30-6:30p • T/TH: 6:45-7:45p

Sat: 8:00-9:00a

WAREHOUSE

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

Steps for Today

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

WAREHOUSE

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

Total Body Toning

M/W: 9:30-10:30a • *TRACK AREA*

TUE: 5:30-6:30p • *WAREHOUSE*

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

Unicus Bodyweight & Dumbbells

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

WAREHOUSE

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

Fit for Life

T/TH: 7:00-8:00a

FUNCTIONAL TRAINING/WEIGHT ROOM

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

Olympic Lifting

FRI: 5:30-6:30p

WAREHOUSE

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

Hatha Yoga

MON: 6:45-7:45p

WAREHOUSE

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

Vin/Yin Yoga

WED: 6:45-7:45p

WAREHOUSE

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

Vinyasa Yoga

SAT: 11:15a-12:15p

WAREHOUSE

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



Wellness

AT WESTWOOD

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

Enjoy the following amenities:

HydroMassage (up to 15 mins.)

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

Stand Up Tanning Booth (up to 8 mins.)

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

Spray Tan (up to 5 mins.)

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

Red Light Therapy (up to 30 mins.)

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

Infrared Sauna (up to 30 mins.)

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

Salt Therapy (up to 20 mins.)

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

Compression Therapy (5, 10, 15 mins.)

- Aids recovery between training sessions and after a hard workout as well as providing general muscle pain relief
- Used in conjunction with a zero-gravity chair to help reduce back pain while improving circulation

Cryotherapy (Coming Soon)

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



Fees

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

HydroMassage: No additional fee

Stand Up Tan: No additional fee

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

Infrared Sauna: No additional fee

Red Light Therapy: No additional fee

Salt Therapy: \$5

Salt Punch Cards (*members only*)

• Buy 5, get 1 free: \$25

• Buy 10, get 3 free: \$50

• Buy 15, get 5 free: \$75

Cryotherapy Punch Cards (*members only*)

• 5 sessions: \$75

• 10 sessions: \$100

Compression Therapy: No additional fee

Cryotherapy Chamber: \$20

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



Online Booking

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



Duis Center

211 EAST 23RD STREET • 815.622.6200

The Duis Center serves as home to our swimming and gymnastics programs. The facility also features group/party rental space.

Swimming Pool: Features include an indoor 25-yard, six lane lap pool with a separate diving well at a depth of 12-feet. The diving well also includes a 1-meter diving board. Swim lessons, water fitness classes, lap swim and open swim are available. The Duis Center is also home to the Wahoos swim team.

Gymnastics: The first floor gymnastics area features uneven bars, beams, vault and floor; plus tumbling features such as tumbl-trak and double mini trampoline. The second floor "Little Gym" features a mini-mountain inflatable, suitable for ages 3-6.

Multi-Purpose Room: This space is available for party or event rentals. The multi-purpose room is also utilized for Tae Kwon Do classes and board meetings.

Check out our Membership options on page 10!



Strength, Stretch & Balance

T/W/TH: 8:30-9:30a • ages 16+

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



🕒 Facility Hours

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

🕒 Holiday Hours

Christmas Eve: 5:00a-12:00p • Christmas Day: Closed •
New Year's Eve: 5:00a-1:00p (11:00a-1:00p "Noon" Year's Eve Pool Party only) • New Year's Day: 7:00a-12:00p

💰 Drop-In Fees

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

🕒 Drop-In Hours

Water Walking: Mon-Fri 9:30-11:00a

Lap Swim: Mon-Th 5:00-8:30a; 11:00a-1:00p; 7:00-9:00p •

Fri 5:00-8:30a; 11:00a-1:00p • Sat 9:00a-12:00p (two lanes available)

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

Fri 7:00-9:00p • Sat 12:00-6:00p • Sun 12:00-6:00p

Sterling Days Off Open Swim (1:00-3:00 pm • \$1):

December 23, 26-27, 30 • January 2-3, 20 • February 17, 26

Memberships

WITH STERLING PARK DISTRICT

Total Fitness Pass

Our Total Fitness Pass provides you with access to everything you need to reach your fitness goals. We offer a variety of affordable pass options to accommodate the needs of the community. All memberships provide unlimited access to fitness areas* at Westwood as well as the following perks and access to areas during open/drop-in hours:

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

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

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

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

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

Couple Pass: Two adults living in the same household

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

See page 5 for Westwood age restrictions.

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

Punch Cards

All cards expire five years from the date of purchase

Fitness/Turf/Track

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

Open Swim

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

Track Only

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

Pickleball

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

PUMPKIN DASH 2024



AGE GROUP WINNERS

3-Year-Old Girls



Peyton Dravis & Hannah McMurtry

3-Year-Old Boys



Logan Johannsen, Everett Thomas, Luke Naftzger, Wyatt Young & Kaisen Jackson

4-Year-Old Girls



Shae Russell & Piper Jacobs

4-Year-Old Boys



Ariyann Caesar & Juan Alvarado

5-Year-Old Girls



Hendrix Hoffman, Ellie Naftzger & Callie Tionson

5-Year-Old Boys



Ivan Molina & Reid Holmes

6-Year-Old Girls



Ellyana Dibay & Gwendolyn Celestino

6-Year-Old Boys



Dawson Mitchell

7-Year-Old Girls



Eliana Whittaker & Macie Coward

7-Year-Old Boys



Benny Wells & Vincent Weber

8-Year-Old Girls



Baylor Parvin & Adaline King

8-Year-Old Boys



Brixx Folkers & Camden Lilly

9-Year-Old Girls



Stella Holmes & Raelyn Reyes

9-Year-Old Boys



Gabriel Capilla & Porfidio Celestino

10-Year-Old Girls



Oakley Sheppard & Luna Martinez

10-Year-Old Boys



Ares Sanchez & Riley Reyes

11 & 12-Year-Old Girls



Brogann Peugh, Marina Smith & Gretel Marino

11 & 12-Year-Old Boys



Octavius Taylor, Logan White & Connor Murphy

Presented by: Sterling Park District, CGH Medical Center, and Jeff Bright RV Center. Event Sponsors: Sauk Valley Bank; River Ridge Animal Hospital; R.T.S. Mulch Services, Inc.; 815 Porta Potty; Hooties Designs; Loescher Heating and Air Conditioning; and Regional Media.

The 32nd Annual Pumpkin Dash Cross Country Festival was held on Saturday, October 5 at Hoover Park. The popular event is a Sterling tradition, featuring races that vary in distance for crawlers through 12-years-old. There were 1,017 registered participants this year and each received a small pumpkin and a goodie bag at the end of their race. Large pumpkins were awarded to the winning girl and boy of each heat (excluding the 2 yrs & under race).

Dillon Home

1005 E. 3RD STREET • 815.622.6202

Tour Times

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

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

Tour Rates

General Admission: \$6.50

Seniors: \$5.50

Ages 5 & Under: FREE

42ND ANNUAL

Christmas Walk

AT THE
DILLON HOME MUSEUM

DECEMBER 6TH

4-8 PM

DECEMBER 7TH & 8TH

10 AM-4 PM

TOURS BEGIN EVERY 30 MINUTES

\$6.50 PER PERSON

\$5.50 AGES 60+

FREE AGES 5 & UNDER

save the date

EASTER EGG HUNT

 APRIL 12 AT 1:30PM

 WESTWOOD
SOCCER FIELDS



The soccer fields next to Building 3 at Westwood will be covered with candy filled eggs, and the Easter bunny will be hopping around for photos! The event is free for

children 8 and under. The hunt will be held rain or shine, and will only last a few minutes, so don't be late!



Emerald Hill GIFT CARDS

The pro shop will be open the following dates and times for in-person gift card purchases:

December 18-21 from 11:00a-6:00p

December 23 from 11:00a-6:00p

Gift cards may also be purchased at www.emeraldhillgolf.com.

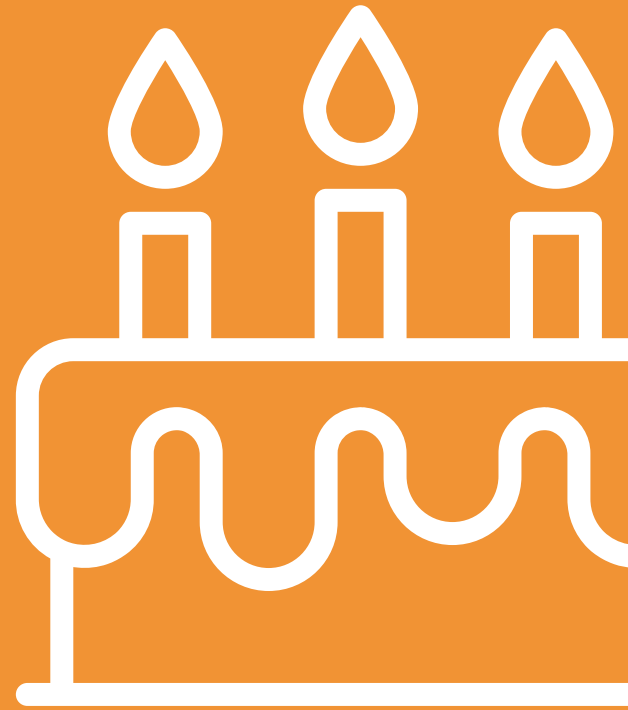


PARTY RENTAL



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!



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	Jan. 16-Feb. 27	\$48	15792
6m-3yrs	Th	6:00-6:25p	Jan. 16-Feb. 27	\$48	15793

Level 1

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

Age	Day	Time	Dates	Fee	Barcode
3-20	Th	5:30-5:55p	Jan. 16-Feb. 27	\$48	15765
3-20	Th	6:00-6:25p	Jan. 16-Feb. 27	\$48	15766
3-20	Sat	10:00-10:25a	Jan. 11-Mar. 1	\$53	15767
3-20	Sat	11:00-11:25a	Jan. 11-Mar. 1	\$53	15768

Level 2

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

Age	Day	Time	Dates	Fee	Barcode
3-20	Th	5:30-5:55p	Jan. 16-Feb. 27	\$48	15770
3-20	Th	6:00-6:25p	Jan. 16-Feb. 27	\$48	15771
3-20	Sat	10:00-10:25a	Jan. 11-Mar. 1	\$53	15772
3-20	Sat	11:00-11:25a	Jan. 11-Mar. 1	\$53	15773

Level 3

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

Age	Day	Time	Dates	Fee	Barcode
3-20	Th	5:30-5:55p	Jan. 16-Feb. 27	\$48	15774
3-20	Th	6:00-6:25p	Jan. 16-Feb. 27	\$48	15775
3-20	Sat	10:30-10:55a	Jan. 11-Mar. 1	\$53	15776
3-20	Sat	11:30-11:55a	Jan. 11-Mar. 1	\$53	15777

Level 4

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

Age	Day	Time	Dates	Fee	Barcode
3-20	Th	5:30-5:55p	Jan. 16-Feb. 27	\$48	15778
3-20	Th	6:00-6:25p	Jan. 16-Feb. 27	\$48	15779
3-20	Sat	10:30-10:55a	Jan. 11-Mar. 1	\$53	15780
3-20	Sat	11:30-11:55a	Jan. 11-Mar. 1	\$53	15781

Lifeguard Class

Those seeking the full certification must attend all dates in session. Those seeking recertification only need to attend Sunday. Register by 2/17/25.

Age	Day	Time	Dates	Fee	Barcode
15+	Fri	5:00-9:00p	Feb. 21	\$175	15761
	Sat, Sun	10:00a-5:00p	Feb. 22 & 23		
15+	Sun	10:00a-5:00p	Feb. 23	\$100	15762

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	Jan. 16-Feb. 27	\$112	15786
3-20	Th	6:00-6:30p	Jan. 16-Feb. 27	\$112	15787
3-20	Sat	10:00-10:30a	Jan. 11-Mar. 1	\$128	15788
3-20	Sat	10:30-11:00a	Jan. 11-Mar. 1	\$128	15789
3-20	Sat	11:00-11:30a	Jan. 11-Mar. 1	\$128	15790
3-20	Sat	11:30a-12:00p	Jan. 11-Mar. 1	\$128	15791

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	Dec. 2-Dec. 30	\$95	15794
6+	M-F	5:00-6:00p	Jan. 6-Jan. 31	\$95	15795
6+	M-F	5:00-6:00p	Feb. 3-Feb. 28	\$95	15796



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	Dec. 2-Dec. 30	\$110	15803
6+	M-F	5:00-6:30p	Jan. 6-Jan. 31	\$110	15804
6+	M-F	5:00-6:30p	Feb. 3-Feb. 28	\$110	15805

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	Dec. 2-Dec. 30	\$130	15797
6+	M-F	5:00-7:00p	Jan. 6-Jan. 31	\$130	15798
6+	M-F	5:00-7:00p	Feb. 3-Feb. 28	\$130	15799

NOON YEAR'S EVE POOL PARTY!

Kids have a hard time staying awake to celebrate the New Year? Count down to 12 pm instead of 12 am for our Family "Noon Year's Eve" Pool Party!

Enjoy swimming from 11 am-1 pm. We will have a beach ball drop at 12 pm. Music, FREE party favors, and fun!

Register by December 30. Children ages 8 and under must be accompanied in the water by an adult 16 years of age or older.

Tuesday, December 31st from 11 am-1 pm
\$5/family of 4, \$1/each additional family member • Code 15763



Gymnastics

Lessons held at the Duis Center.

Parent & Tot Little Explorers

This is a parent participation class. Classes allow your child to explore the gym at their own pace. Parents assist children through obstacle courses, circuits and stations. Activities are designed to enhance your child's body awareness, coordination, agility, balance, flexibility and strength.

Age	Day	Time	Dates	Fee	Barcode
18m-4yrs	Tu	9:00-9:30a	Jan. 7-Feb. 25	\$38	15853
18m-4yrs	Tu	9:30-10:00a	Jan. 7-Feb. 25	\$38	15854
18m-4yrs	Th	9:00-9:30a	Jan. 9-Feb. 27	\$38	15855
18m-4yrs	Th	9:30-10:00a	Jan. 9-Feb. 27	\$38	15856
18m-4yrs	Sat	9:00-9:30a	Jan. 11-Mar. 1	\$38	15857
18m-4yrs	Sat	9:35-10:05a	Jan. 11-Mar. 1	\$38	15858
18m-4yrs	Sat	10:10-10:40a	Jan. 11-Mar. 1	\$38	15859

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	Jan. 6-Feb. 24	\$66	15865
3-4	Mon	6:00-6:45p	Jan. 6-Feb. 24	\$66	15866
3-4	Tu	10:00-10:45a	Jan. 7-Feb. 25	\$66	15867
3-4	Tu	4:00-4:45p	Jan. 7-Feb. 25	\$66	15868
3-4	Tu	6:00-6:45p	Jan. 7-Feb. 25	\$66	15869
3-4	Wed	5:00-5:45p	Jan. 8-Feb. 26	\$66	15870
3-4	Th	10:00-10:45 a	Jan. 9-Feb. 27	\$66	15871
3-4	Th	4:00-4:45p	Jan. 9-Feb. 27	\$66	15872
3-4	Th	6:00-6:45p	Jan. 9-Feb. 27	\$66	15873

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	Jan. 6-Feb. 24	\$66	15860
5-6	Tu	5:00-5:45p	Jan. 7-Feb. 25	\$66	15861
5-6	Wed	4:00-4:45p	Jan. 8-Feb. 26	\$66	15862
5-6	Wed	6:00-6:45p	Jan. 8-Feb. 26	\$66	15863
5-6	Th	5:00-5:45p	Jan. 9-Feb. 27	\$66	15864

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	Jan. 6-Feb. 24	\$88	15844
6-10	Mon	5:00-6:00p	Jan. 6-Feb. 24	\$88	15845
6-10	Mon	6:00-7:00p	Jan. 6-Feb. 24	\$88	15846
6-10	Tu	4:00-5:00p	Jan. 7-Feb. 25	\$88	15847
6-10	Tu	6:00-7:00p	Jan. 7-Feb. 25	\$88	15848
6-10	Wed	4:00-5:00p	Jan. 8-Feb. 26	\$88	15849
6-10	Wed	5:00-6:00p	Jan. 8-Feb. 26	\$88	15850
6-10	Th	4:00-5:00p	Jan. 9-Feb. 27	\$88	15851
6-10	Th	5:00-6:00p	Jan. 9-Feb. 27	\$88	15852

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	Jan. 7-Feb. 25	\$66	15831
6-10	Th	5:00-5:45p	Jan. 9-Feb. 27	\$66	15832

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	Jan. 6-Feb. 24	\$88	15833
7-17	Mon	5:00-6:00p	Jan. 6-Feb. 24	\$88	15834
7-17	Mon	6:00-7:00p	Jan. 6-Feb. 24	\$88	15835
7-17	Mon	7:00-8:00p	Jan. 6-Feb. 24	\$88	15836
7-17	Tu	5:00-6:00p	Jan. 7-Feb. 25	\$88	15837
7-17	Tu	6:00-7:00p	Jan. 7-Feb. 25	\$88	15838
7-17	Wed	5:00-6:00p	Jan. 8-Feb. 26	\$88	15839
7-17	Th	6:00-7:00p	Jan. 9-Feb. 27	\$88	15840

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	Jan. 7-Feb. 25	\$88	15874
7-17	Wed	7:00-8:00p	Jan. 8-Feb. 26	\$88	15875

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	Jan. 7-Feb. 25	\$88	15843



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**

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	Jan. 11-Mar. 1	\$45	15841
7-12	Sat	11:15a-12:15p	Jan. 11-Mar. 1	\$88	15842

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	Jan. 7-Feb. 25	\$88	15876
7-17	Wed	4:00-5:00p	Jan. 8-Feb. 26	\$88	15877
7-17	Wed	6:00-7:00p	Jan. 8-Feb. 26	\$88	15878
7-17	Th	5:00-6:00p	Jan. 9-Feb. 27	\$88	15879

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	Jan. 8-Feb. 26	\$88	15880
7-17	Th	6:00-7:00p	Jan. 9-Feb. 27	\$88	15881

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	Jan. 6-Feb. 24	\$88	15882

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	Jan. 6-Feb. 24	\$88	15883



**SCAN TO VISIT
US ONLINE!**

sterlingparks.org

Athletics

Programs are held at Westwood.

Tennis-Youth

Lessons are held at the Westwood Tennis Center.

Parent Tot

This program is for children ages 2-4 interested in beginning tennis. 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	Nov. 2-Nov. 16	\$45	15707
2-4	Sat	8:30-9:00a	Jan. 11-Jan. 25	\$45	15956
2-4	Sat	8:30-9:00a	Feb. 1-Feb. 15	\$45	15957

Red Ball

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

Age	Day	Time	Dates	Fee	Barcode
5-6	Mon	3:45-4:30p	Nov. 18-Dec. 16	\$70	15712
5-6	Sat	9:00-10:00a	Nov. 23-Dec. 21	\$70	15713
5-6	Mon	3:45-4:30p	Jan. 6-Feb. 3	\$70	15959
5-6	Sat	9:00-10:00a	Jan. 11-Feb. 8	\$70	15960
5-6	Mon	3:45-4:30p	Feb. 10-Mar. 10	\$70	15961
5-6	Sat	9:00-10:00a	Feb. 15-Mar. 15	\$70	15962

Orange Ball

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

Age	Day	Time	Dates	Fee	Barcode
7-10	Mon	4:30-5:30p	Nov. 18-Dec. 16	\$70	15704
7-10	Mon	4:30-5:30p	Jan. 6-Feb. 3	\$70	15953
7-10	Mon	4:30-5:30p	Feb. 10-Mar. 10	\$70	15954

Green Ball

This is the last stage of development before taking on the yellow ball. This class will work on developing topspin while learning the importance of working a point. Placement and point play will be emphasized as well.

Age	Day	Time	Dates	Fee	Barcode
11-14	Mon	5:30-6:30p	Nov. 18-Dec. 16	\$70	15695
11-14	Mon	5:30-6:30p	Jan. 6-Feb. 3	\$70	15944
11-14	Mon	5:30-6:30p	Feb. 10-Mar. 10	\$70	15945

Intro to High Performance

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

Age	Day	Time	Dates	Fee	Barcode
14-18	Tu	5:00-6:30p	Nov. 19-Dec. 17	\$80	15701
14-18	Tu	5:00-6:30p	Jan. 7-Feb. 4	\$80	15950
14-18	Tu	5:00-6:30p	Feb. 11-Mar. 11	\$80	15951

High Performance

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

Age	Day	Time	Dates	Fee	Barcode
14-18	Wed	5:00-6:30p	Nov. 20-Dec. 18	\$80	15698
14-18	Wed	5:00-6:30p	Jan. 8-Feb. 5	\$80	15947
14-18	Wed	5:00-6:30p	Feb. 12-Mar. 12	\$80	15948

Tennis-Adult

Apprentice/Beginner - Adult

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	Nov. 30-Dec. 28	\$75	15717
18+	Sat	10:00-11:30a	Jan. 11-Feb. 8	\$75	15941
18+	Sat	10:00-11:30a	Feb. 15-Mar. 15	\$75	15942

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
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/members \$5/non-members

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/members \$20/non-members

Private Tennis Lessons

Coach Chris is available at 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.



Pickleball

Lessons are held in Building 3 at Westwood.

Intro to Pickleball - Adult

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	Jan. 9-Feb. 6	\$90	15940
18+	Th	6:00-7:30p	Feb. 13-Mar. 13	\$90	15968

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**

Online Registration

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

Quick • Easy • Free
Scan to register today!



Basketball

Youth Basketball League

PREK-2ND GRADE CO-ED; 3RD-6TH GRADE BOYS

Our youth basketball program is designed to teach your child the fundamentals of the game in a fun and instructional environment. Participants will have one game and one practice each week at Westwood. Basket heights will vary by age group. Registering on or by the November 17 deadline does not guarantee a spot in the program as it fills fast. Age groups will be created based on registration numbers. 3rd grade and up will have a skills assessment followed by a coaches draft to split up teams on December 7 at 10am in Building 3. There will be no teammate and/or coach requests allowed for 3rd grade and up. If you are interested in being a volunteer coach, please indicate it on your child's registration form. Volunteer coaches will be contacted when a meeting date and time are set. There will be a \$25 late fee if the program has openings after the deadline.

Grade	Day	Time	Dates	Fee	Barcode
PreK-Kinder	Sat	9:00a-1:00p	Dec. 14-Jan. 25	\$90	15755
1st	Sat	9:00a-1:00p	Dec. 14-Jan. 25	\$90	15750
2nd	Sat	9:00a-1:00p	Dec. 14-Jan. 25	\$90	15751
3rd	Sat	9:00a-1:00p	Dec. 14-Jan. 25	\$90	15752
4th	Sat	9:00a-1:00p	Dec. 14-Jan. 25	\$90	15753
5th	Sat	9:00a-1:00p	Dec. 14-Jan. 25	\$90	15754
6th	Sat	9:00a-1:00p	Dec. 14-Jan. 25	\$90	15756

Youth Girls Basketball

Our Youth Girls Basketball League will be for grades 3rd through 6th. Participants will play one game each week on Saturday mornings and have one practice during the week. Specific age groups will be determined based on grade level enrollment. Spots are limited and fill up fast! Registration closes on November 17. Registering on or by the deadline date does not guarantee a spot in the program. There will be a Basketball Skills Combine on December 7 at 12pm in Building 3. If you are interested in being a volunteer coach please indicate it on your child's registration form. Register today to get in on the fun! There will be a \$25 late fee if the program has openings after the deadline.

Grade	Day	Time	Dates	Fee	Barcode
3rd	Sat	9:30a-1:30p	Dec. 14-Jan. 25	\$90	15970
4th	Sat	9:30a-1:30p	Dec. 14-Jan. 25	\$90	15971
5th	Sat	9:30a-1:30p	Dec. 14-Jan. 25	\$90	15972
6th	Sat	9:30a-1:30p	Dec. 14-Jan. 25	\$90	15973

Soccer

Winter Soccer Clinic

Looking to hone your skills and learn the technical aspects of soccer? This weekend clinic will provide individual focus on touching, passing and shooting to enhance technique with and without the ball. Learn from Gabe Ocampo and his family. Register by December 15 to receive a t-shirt.

Grade	Day	Time	Dates	Fee	Barcode
3rd-5th	Sat/Sun	2:00-3:30p	Jan. 18-Jan. 19	\$75	15898
6th-8th	Sat/Sun	3:30-5:00p	Jan. 18-Jan. 19	\$75	15899
9th-12th	Sat/Sun	5:00-6:30p	Jan. 18-Jan. 19	\$75	15900

Youth Indoor Soccer

This league will be played on Westwood's indoor AstroTurf field. Participants will learn the fundamentals of soccer in an enjoyable environment. Practices will be either Monday, Wednesday, or Friday evenings with games on Saturday mornings. There will be a soccer skills assessment for grades 3rd-5th on January 4 at 2pm. There will be no teammate and/or coach requests allowed for 3rd grade and up. Games start on January 11. Registering on or before the December 15 deadline does not guarantee a spot in the program as it fills fast. There will be a \$25 late fee if the program has openings after the deadline.

Grade	Day	Time	Dates	Fee	Barcode
PreK	Sat	8:30a-2:30p	Jan. 11-Feb. 15	\$80	15894
Kinder	Sat	8:30a-2:30p	Jan. 11-Feb. 15	\$80	15893
1st	Sat	8:30a-2:30p	Jan. 11-Feb. 15	\$80	15889
2nd	Sat	8:30a-2:30p	Jan. 11-Feb. 15	\$80	15890
3rd	Sat	8:30a-2:30p	Jan. 11-Feb. 15	\$80	15891
4th	Sat	8:30a-2:30p	Jan. 11-Feb. 15	\$80	15892
5th	Sat	8:30a-2:30p	Jan. 11-Feb. 15	\$80	15895

Middle School Indoor Soccer

This middle school-aged league is designed with all participants practicing together with experienced soccer coach Gabe Ocampo. Teams will be split based on number of participants and games will be played on Saturdays on the indoor turf in Building 1. **There will be an introduction with Coach Gabe on Saturday, January 4 at 12:00p. Use this opportunity to learn from Gabe and gear up for the upcoming spring seasons.**

Grade	Day	Time	Dates	Fee	Barcode
6th-8th	Sat	11:30a-12:30p	Jan. 11-Feb. 15	\$80	15896

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.)

Track

Sprints Jumps Hurdles Training

Join local track coaches for a pre-season tune-up before the upcoming track season. Sessions will focus on skill development as well as strength and speed. Coaches will use modern technology to analyze movement. Sessions will include time on the track and skill-specific drills as well as weight room training. Training will be Sunday mornings & Thursday evenings.

Age	Day	Time	Dates	Fee	Barcode
12-18	Sun Th	9:00-11:00a 5:30-7:00p	Dec. 1-Jan. 19	\$120	15936

Youth Track

Interested in learning about track events? This program is an introduction to various events in track. Participants will learn about the events and the skills needed for those events. **We will have 10 practice days.** There will also be an option to travel to two Saturday meets.

Age	Day	Time	Dates	Fee	Barcode
6-12	Tu	5:00-6:00p	Dec. 3-Jan. 14	\$50/members \$65/non-members	15935



Fitness

Classes are held at Westwood unless otherwise noted.

Youth Fitness

Exploring Exercise

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

Age	Day	Time	Dates	Fee	Barcode
6-8	Mon	5:30-6:15p	Dec. 2-Jan. 6	\$43	15931
6-8	Mon	5:30-6:15p	Jan. 27-Mar. 3	\$43	15932

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	Dec. 3	\$28	15910
9-11	Sat	9:00-10:00a	Dec. 7	\$28	15911
9-11	Tu	5:30-6:30p	Jan. 7	\$28	15912
9-11	Sat	9:00-10:00a	Jan. 11	\$28	15913
9-11	Tu	5:30-6:30p	Feb. 4	\$28	15914
9-11	Sat	9:00-10:00a	Feb. 8	\$28	15915

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	Dec. 4-Jan. 22	\$43	15933
9-14	Wed	5:30-6:30p	Jan. 29-Mar. 5	\$43	15934

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	Dec. 5	\$28	15916
12-15	Sat	10:00-11:00a	Dec. 7	\$28	15917
12-15	Th	5:30-6:30p	Jan. 9	\$28	15918
12-15	Sat	10:00-11:00a	Jan. 11	\$28	15922
12-15	Th	5:30-6:30p	Feb. 6	\$28	15923
12-15	Sat	10:00-11:00a	Feb. 8	\$28	15924



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	Dec. 3-Dec. 19	\$24	15814
4-7	Tu/Th	4:30-5:00p	Jan. 7-Jan. 30	\$32	15815
4-7	Tu/Th	4:30-5:00p	Feb. 4-Feb. 27	\$32	15816
8+ Beginner	Tu/Th	5:00-6:00p	Dec. 3-Dec. 19	\$36	15811
8+ Beginner	Tu/Th	5:00-6:00p	Jan. 7-Jan. 30	\$48	15812
8+ Beginner	Tu/Th	5:00-6:00p	Feb. 4-Feb. 27	\$48	15813
8+ Advanced	Tu/Th	6:00-7:00p	Dec. 3-Dec. 19	\$36	15808
8+ Advanced	Tu/Th	6:00-7:00p	Jan. 7-Jan. 30	\$48	15809
8+ Advanced	Tu/Th	6:00-7:00p	Feb. 4-Feb. 27	\$48	15810

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	Dec. 10	FREE	15925
15+	Th	5:30-6:30p	Dec. 12	FREE	15926
15+	Tu	10:00-11:00a	Jan. 14	FREE	15927
15+	Th	5:30-6:30p	Jan. 16	FREE	15928
15+	Tu	10:00-11:00a	Feb. 11	FREE	15929
15+	Th	5:30-6:30p	Feb. 13	FREE	15930



WESTWOOD PERFORMANCE OPENING SOON!

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

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

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

The Lab contact:

kbond@sterlingparks.org
815.622.2216

\$ Pricing

Each session includes 55-minutes of instruction

MEMBERS:

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

Buddy Training (2 clients)

3 sessions-\$85/person

Small Group Training (3-6 clients)

3 sessions-\$75/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

NON-MEMBERS:

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

Buddy Training (2 clients)

3 sessions-\$110/person

Small Group Training (3-6 clients)

3 sessions-\$100/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



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

**December 10 & 12
January 14 & 16
February 11 & 13**

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

SMOOTHIES



HOURS

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

Sat/Sun: 6:00a-Facility Close



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

Pickleball

LESSONS AVAILABLE NOW!

- Intro to Pickleball for adults
- Individual Pickleball Lessons
- Small Group Pickleball Lessons

SIGN UP TODAY!

LESSONS HELD IN WESTWOOD BUILDING 3

