

ADULT BEGINNER GOLF

Age: 15 & up

Students will be introduced to the basic fundamentals of golf (grip, posture, ball position, alignment), basic skills of swinging a club, short game, etiquette and safety. Adult students will practice developing a simple, powerful, repeatable swing at the range and will finish with a short game. Women students will learn the basic skills and etiquette needed to play in social golf outing and fundraiser. Seniors classes will be built around individual needs. Price includes practice balls during class and a voucher for one bucket of practice balls at the end of the program. Students are encouraged to bring their own clubs (driver, 7 iron, pitching or sand wedge and putter). Contact the Golf Academy at Terra Cotta if you need to borrow clubs at 815.355.4225. Classes will no longer be cancelled due to weather as the Golf Academy at Terra Cotta has an indoor facility. The student-teacher ratio is approximately 4:1 in the winter sessions and 10:1 in the spring session.

5 Classes Min/Max: 3/10

Instructor: Jim Buenzli and Staff
Location: The Golf Academy,
5200 Pleasant Hill Road, Prairie Ridge

WINTER - ADULTS

Day/Time: W/7:00-8:00P
Session **Program #**
Feb 04-Mar 04 332011-A
Fee: \$94 Resident/\$114 Non-Resident
Fee as of Jan 29: \$99 Resident/\$119 Non-Resident



SPRING - ADULTS

Day/Time: W/7:00-8:00P
Session **Program #**
Apr 08-May 06 332011-C
Fee: \$94 Resident/\$114 Non-Resident
Fee as of Apr 3: \$99 Resident/\$119 Non-Resident

WINTER - WOMENS

Day/Time: M/10:00-11:00A
Session **Program #**
Feb 02-Mar 02 332011-D
Fee: \$87 Resident/\$107 Non-Resident
Fee as of Jan 27: \$92 Resident/\$112 Non-Resident

SPRING - WOMENS

Day/Time: M/10:00-11:00A
Session **Program #**
Apr 06-May 04 332011-E
Fee: \$87 Resident/\$107 Non-Resident
Fee as of Mar 31: \$92 Resident/\$112 Non-Resident

WINTER - SENIORS

Day/Time: M/9:00-10:00A
Session **Program #**
Feb 02-Mar 02 332011-F
Fee: \$87 Resident/\$107 Non-Resident
Fee as of Jan 27: \$92 Resident/\$112 Non-Resident

SPRING - SENIORS

Day/Time: M/9:00-10:00A
Session **Program #**
Apr 06-May 04 332011-G
Fee: \$87 Resident/\$107 Non-Resident
Fee as of Mar 31: \$92 Resident/\$112 Non-Resident

TAE KWON DO

Age: 13 & up

Adults of all ages and abilities will enjoy the benefits of Tae Kwon Do and Karate. You will gain a positive self-image, confidence, discipline and agility while improving overall fitness. Classes will consist of learning leg and hand techniques in a safe, controlled environment. The student will learn Martial Arts forms to simulate fighting off multiply attackers without contact in the class. Self-defense is also included in the lessons and in a very controlled and safe manner. Sparring is available with proper safety equipment but not required. This class is looking for people who want to get in shape and learn self-defense. All levels are welcome. 15 Classes Min/Max: 10/15

Instructor: John Byard, 5th Degree Black Belt
Location: Rec Center MP Room A

Day/Time: M/6:45-7:45P
Session **Program #**
Jan 19-May 04 332081-A
Exc. 03/23

Fee: \$86 Resident/\$106 Non-Resident
Fee as of Jan 15: \$91 Resident/\$111 Non-Resident



INFANT MASSAGE

Age: 18 & up



Join Tina Nebergall of Motherwise Wellness for an Infant Massage Training class series. Tina is a Licensed Massage Therapist certified in Infant Massage instruction. She has an extensive background in maternal child health and wellness education. Intended participants are Moms,

Dads, Grandparents, Primary Caregivers, & Expectant Parents. Babies should be three weeks old to crawling age. Benefits include calming and relaxing both infant and person giving the massage, improves sleep patterns, promotes bonding, and relieves gas, colic, constipation and teething pain. Participants should bring a regular bed size pillow to lay the baby on. Those without an infant will practice on a doll. Min/Max: 2/10

Instructor: Tina Nebergall, LMT
Location: Rec Center MP Room A

MARCH

Day/Time: Sa/10:00-11:30A
Date **Program #**
Mar 07 332391-A
Fee: \$22 Resident/\$33 Non-Resident
Fee as of Mar 1: \$27 Resident/\$38 Non-Resident

MAY

Day/Time: Th/12:30-2:00P
Date **Program #**
May 07 332391-B
Fee: \$22 Resident/\$33 Non-Resident
Fee as of May 1: \$27 Resident/\$38 Non-Resident

BRIDGE COMMON BRIDGE SITUATIONS

Age: 18 & up

There are common situations that come up in the bidding of a bridge hand that seem to perplex most of us. We will look at a number of these and discuss the options that seem to be available and why the "book" answer makes sense. We will bid and play hands after a general discussion to reinforce the learning. You do not need a partner to attend, but what better way to win more frequently at the bridge table. 6 classes Min/Max: 3/24

Instructor: Ray Parnell
Location: Rec Center MP Room B

Day/Time: W/9:30A-12:00P
Session **Program #**
Jan 28-Mar 04 332271-A
Fee: \$45 Resident/\$65 Non-Resident
Fee as of Jan 22: \$50 Resident/\$70 Non-Resident

ADULT HORSEBACK RIDING

Age: 18 & up

Are you an adult who always loved horses from a distance? Have you had a desire all your life to learn to ride or are you thinking about starting a new adventure? Whatever your reasons, John White Stables offers you a riding lesson program designed especially for adults. You can learn the basics of horsemanship and develop self confidence and a sense of achievement in a beautiful, safe, all weather environment. You have the opportunity to show at local academy shows, where you will ride a lesson horse and compete against other beginner adult riders. You can experience the thrill of competition or just the satisfaction of learning to ride. All adults must sign a release form. For additional information visit the website at www.johnwhitestables.com
4 Classes Min/Max: 2/5



Instructor: John White Stables Staff
Location: John White Stables, 4319 McCauley Rd

Day/Time: W/5:30-6:30P
Session **Program #**
Jan 21-Feb 11 332331-A
Fee: \$120 Resident/\$140 Non-Resident
Fee as of Jan 15: \$125 Resident/\$145 Non-Resident

Day/Time: W/5:30-6:30P
Session **Program #**
Feb 18-Mar 11 332331-B
Fee: \$120 Resident/\$140 Non-Resident
Fee as of Feb 12: \$125 Resident/\$145 Non-Resident

Day/Time: W/5:30-6:30P
Session **Program #**
Mar 18-Apr 08 332331-C
Fee: \$120 Resident/\$140 Non-Resident
Fee as of Mar 12: \$125 Resident/\$145 Non-Resident

Day/Time: W/5:30-6:30P
Session **Program #**
Apr 15-May 06 332331-D
Fee: \$120 Resident/\$140 Non-Resident
Fee as of Apr 9: \$125 Resident/\$145 Non-Resident

SEE PAGE 20 FOR
KIDS HORSEBACK

OPEN VOLLEYBALL

18 Years & Up

Love to play volleyball but don't know where to play? Join us at the Recreation Center! This is a drop in program where teams are formed at random each night.

Location: Recreation Center Gym
Fee: Free for Recreation Center Members
\$4 Non-Members
Recreation Center

Day/Time: Mon/6:45-9:00 pm



- Information packets for all Leagues will be available at the Woodstock Recreation Center. For additional questions on any of the leagues, contact Alan at adunker@woodstockil.gov.
- **REGISTER YOUR TEAM ON TIME!**
- **DEADLINES WILL BE ENFORCED.**
- **A \$50 LATE FEE WILL BE CHARGED FOR ANY TEAMS ADDED AFTER THE DEADLINE.**



MEN'S 5 ON 5 BASKETBALL LEAGUE

18 Years & Up /WEDNESDAY

This is an officiated, full court basketball league. This league is governed primarily by IHSA rules, and games consist of two 20-minute halves. Season includes a single elimination tournament based on league standings. **DEADLINE to register a team is Friday, January 16 by 5:00 pm. A mandatory captains meeting will be on Tuesday, January 20 at 7:00 pm at the Recreation Center.** Max 6 teams

Location: Creekside Middle School Gym,
3201 Hercules Road
Fee: \$400/Team plus \$10/Non-Resident player
Day/Time: Wed/6:30-9:30 pm
Season
Begins Jan 28

SUMMER SLO-PITCH SOFTBALL LEAGUES

18 Years & Up /MONDAY-THURSDAY

Get ready for some bat cracking, ball whizzing, base running and sliding action at Emricson Park this summer! Team packets will be available in the Recreation Department after March 1. **ROSTER, WAIVER, AND PAYMENT IS REQUIRED IN FULL in order to secure a spot in the league.** Fee includes a regular season and a double elimination tournament. The men's "C" league is the most competitive league we offer. **DEADLINE to register is Friday, April 24 by 5:00 pm. Min/Max: 6/12 teams per league.**

A mandatory captains meeting will be held on Tuesday, May 5 at the Recreation Center at the times listed below.

Meeting Times

Men's Monday "C" League	7:00 pm
Men's Tuesday "D" League	7:30 pm
Men's Wednesday Rec League	8:00 pm
Women's Thursday League	8:30 pm

Location: Bigelow Softball Fields-Emricson Park
Fee: \$450/Team plus \$10/Non-Resident player
Game Times: 6:30, 7:30, 8:30 & 9:30 pm games

Day/League

Mon/Men	12" "C" League
Tue/Men	12" "D" League
Wed/Men	12" Rec League
Thu/Women	11"

Season

Begins May 11