



ADULT GOLF LESSONS

Age: 15 & up

Take time for fun this fall and continue to improve your game with personalized golf lessons. Mike Picciano and his staff keep it simple and work with all their students, developing individual techniques and abilities. Each class will consist of an introduction and instruction period, thirty (30) minutes of swing practice, and thirty (30) minutes of short game practice. Instructors will focus on correct stance, grip,

posture, aim, and swing. The proper rules and etiquette will also be covered. After these lessons, your game is sure to improve! The price includes unlimited practice balls! If you don't have clubs, they can be provided upon request.

5 Classes Min/Max: 3/20

Instructor: Mike Picciano and Staff
Location: Bull Valley Golf Club, 1311 Club Road

Day/Time: M/ 5:00- 6:00P
SESSION **PROGRAM #**
Sep 19-Oct 17 232011-A

Fee: \$79 Resident/\$99 Non-Resident
Fee as of Sep 13: \$84 Resident/\$104 Non-Resident

ADULT TAE KWON DO/KARATE

Age: 16 & 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 multiple 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 friendly people who want to get in shape and learn self-defense.

All levels are welcome. 11 Classes Min/Max: 12/20

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

Day/Time: M/ 6:45- 7:45P
SESSION **PROGRAM #**
Sep 19-Dec 12 232081-A
Exc. 10/31, 11/21

Fee: \$66 Resident/\$86 Non-Resident
Fee as of Sep 13: \$71 Resident/\$91 Non-Resident

ADULT HORSEBACK

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 #**
Sep 14-Oct 05 232331-A
Fee: \$135 Resident/\$155 Non-Resident
Fee as of Sep 6: \$140 Resident/\$160 Non-Resident

Day/Time: W/ 5:30- 6:30P
SESSION **PROGRAM #**
Oct 12-Nov 02 232331-B
Fee \$135 Resident/\$155 Non-Resident
Fee as of Oct 6: \$140 Resident/\$160 Non-Resident

Day/Time: W/ 5:30- 6:30P
SESSION **PROGRAM #**
Nov 09-30 232331-C
Fee: \$135 Resident/\$155 Non-Resident
Fee as of Nov 1: \$140 Resident/\$160 Non-Resident

Day/Time: W/ 5:30- 6:30P
SESSION **PROGRAM #**
Dec 07-28 232331-D
Fee: \$135 Resident/\$155 Non-Resident
Fee as of Dec 1: \$140 Resident/\$160 Non-Resident





MEN'S 5 ON 5 BASKETBALL LEAGUE

18 Years & Up
WEDNESDAYS

This is an officiated, full court basketball league. This league is governed primarily by IHSA rules. Games consist of two 20-minute halves. Season includes a 5 game regular season and a single elimination tournament based on league standings.

A mandatory captains meeting will be on Tuesday, October 11 at 7:00 pm at the Recreation Center. DEADLINE to register a team is Friday, October 7 by 5:00 pm.

Location: Creekside Middle School Gym,
3201 Hercules Road
Fee: \$320/Team plus \$10/Non-Resident player
Day/Time: Wed/6:30-9:30 pm
SEASON
Begins Oct 19

- All Captains from last year will get a team packet e-mailed to them. Information packets will also be available at the Woodstock Recreation Center.
- For additional questions on any of the leagues, contact Alan at adunker@woodstockil.gov or 815-338-4363.
- **REGISTER YOUR TEAM ON TIME! DEADLINES WILL BE ENFORCED.**
- **A \$50 LATE FEE WILL BE CHARGED FOR ANY TEAMS ADDED AFTER THE DEADLINE.**

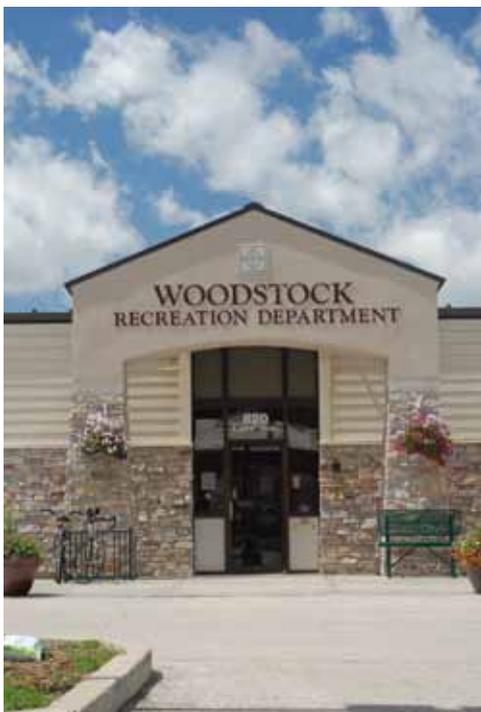


OPEN VOLLEYBALL

18 Years & Up
MONDAYS

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



WOODSTOCK RECREATION CENTER NOW HIRING!

The Woodstock Recreation Center looking for a certified personal trainer for one on one personal member consultations with a possibility of teaching fitness classes and assisting on the floor at various times during the week. We are seeking the right individual that will fit with our members who range from young adult to senior citizens. Applicant must be certified with a National Organization.

Becky Vidales, Program Coordinator
bvidales@woodstockil.gov
Woodstock Recreation Department • 815-338-4363
www.woodstockrecreationdepartment.com