



## TAE KWON DO/KARATE

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, 5<sup>th</sup> Degree Black Belt  
**Location:** Rec Center MP Room A

**Day/Time:** M/ 6:45- 7:45P  
**SESSION** **PROGRAM #**  
Jan 18-May 02 332081-A  
Exc. 03/28

**Fee:** \$86 Resident/\$106 Non-Resident  
**Fee as of Jan 14:** \$91 Resident/\$111 Non-Resident

## BRIDGE SEVEN ESSENTIAL BRIDGE CONVENTIONS

Age: 18 & up

Of the hundreds of conventions used in bridge there are only seven that are used so frequently that every bridge player must know them - whether they play them with their partner or not. Stayman, Jacoby Transfers, Ace Asking (Blackwood & Gerber), Negative Doubles, and the weak twos which carry with them the two club monster bid are used and misused at every bridge session you attend. The misuse usually comes from the rebid after the convention was initiated. This is what we will concentrate on in these sessions using discussion and play of hands 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:** Th/ 9:30A-12:00P  
**SESSION** **PROGRAM #**  
Mar 17-Apr 21 332271-A

**Fee:** \$52 Resident/\$72 Non-Resident  
**Fee as of Mar 11:** \$57 Resident/\$77 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](http://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 13-Feb 03 332331-A  
**Fee:** \$135 Resident/\$155 Non-Resident  
**Fee as of Jan 13:** \$140 Resident/\$160 Non-Resident

**Day/Time:** W/ 5:30- 6:30P  
**SESSION** **PROGRAM #**  
Feb 10-Mar 02 332331-B  
**Fee:** \$135 Resident/\$15 Non-Resident  
**Fee as of Feb 2:** \$140 Resident/\$20 Non-Resident

**Day/Time:** W/ 5:30- 6:30P  
**SESSION** **PROGRAM #**  
Mar 09-30 332331-C  
**Fee:** \$135 Resident/\$155 Non-Resident  
**Fee as of Mar 3:** \$140 Resident/\$160 Non-Resident

**Day/Time:** W/ 5:30- 6:30P  
**SESSION** **PROGRAM #**  
Apr 06-27 332331-D  
**Fee:** \$135 Resident/\$155 Non-Resident  
**Fee as of Mar 31:** \$140 Resident/\$160 Non-Resident



## 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:** Rec Center Gym  
**Fee:** Free for Recreation Center Members  
\$4 Non-Members  
Recreation Center

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

## ADULT GOLF

Age: 18 & 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:** Mike Picciano and Staff  
**Location:** Bull Valley Golf Club, 1311 Country Club Rd.

### ADULT BEGINNER

**Day/Time:** M/ 6:00 - 7:00P  
**SESSION** **PROGRAM #**  
Apr 25-May 23 332011-A  
**Fee:** \$79 Resident/\$99 Non-Resident  
**Fee as of Apr 19:** \$84 Resident/\$104 Non-Resident

### WOMENS GOLF

**Day/Time:** M/ 3:00 - 4:00P  
**SESSION** **PROGRAM #**  
Apr 25-May 23 332011-B  
**Fee:** \$79 Resident/\$99 Non-Resident  
**Fee as of Apr 19:** \$84 Resident/\$104 Non-Resident

### SENIOR GOLF

**Day/Time:** W/ 2:00 - 3:00P  
**SESSION** **PROGRAM #**  
Apr 25-May 23 332011-C  
**Fee:** \$79 Resident/\$99 Non-Resident  
**Fee as of Apr 19:** \$84 Resident/\$104 Non-Resident

SEE PAGE 22 FOR  
YOUTH GOLF LESSONS

## DARE CARD MAKING FUNDRAISER

Age: 15 & up

Come have fun paper crafting while raising funds for the DARE program in Woodstock. There are 3 wonderfully designed cards and each participant will make 2 of each card, envelopes included. BONUS-participants will make 2 adorable 3D projects! All supplies will be cut, packaged and ready for you to stamp and assemble. Worried you aren't crafty enough? No need to stress-there will be helpers! Each year, Officer Gustis, must find new and innovative ways to meet his budget to continue the DARE program. DARE helps to give children the life skills they need to avoid involvement with drugs, gangs and bullying. Let's pull together and help him meet his goal! As a 911 dispatcher for the Woodstock Police Dept for the last 25 years, Robin has witnessed the DARE Officers' struggle with funding. As a Stampin UP! Demonstrator by night ([www.robinkarol.stampinup.net](http://www.robinkarol.stampinup.net)), Robin has come up with a new and creative way to help. "DARE" to join us for a fun night out and a GREAT cause! REGISTRATION DEADLINE is JANUARY 22.  
Min/Max: 10/100

**Instructor:** Robin Karolewicz  
**Location:** WPD Community Room  
**Day/Time:** W/ 6:30- 8:30P  
**SESSION** **PROGRAM #**  
Feb 24 332281-A  
**Fee:** \$25

*(\$20 will go directly to D.A.R.E. Program)*

# D.A.R.E.®



- 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](mailto: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 15 by 5:00 pm.** A mandatory captains meeting will be on Tuesday, January 19 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 27

## 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 22 by 5:00 pm.** Min/Max: 6/12 teams per league.

A mandatory captains meeting will be held on Tuesday, May 3 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  
 Co-Ed 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/Co-Ed 12" Rec League

**Season**  
Begins May 19

# WOODSTOCK CHALLENGE



## SATURDAY JUNE 11, 2016

Volunteers Needed!

For more information regarding the Woodstock Challenge, contact the Recreation Department at 815.338.4363 or [dzinnen@woodstockil.gov](mailto:dzinnen@woodstockil.gov).

Registration Available at  
[www.signmeupsports.com/111917](http://www.signmeupsports.com/111917)



## The 6th Annual we.CAN.tri TRIATHLON

## SUNDAY AUGUST 7, 2016

Registration Available at  
[www.signmeupsports.com/111554](http://www.signmeupsports.com/111554)