

TROTting TOTS

Age: 3-6



Horseback Riding, especially for young children, opens developmental doorways that can lead to a happy and balanced life. This program is designed for 3-6 year olds and builds on the benefits of horseback riding to sharpen focus, instill confidence and improve muscle coordination, core strength, balance and flexibility. Your young child will learn how to communicate with the horse through body signals and cues. They will learn how to groom

and saddle a horse as well. Games, songs and body movement in the saddle help develop not only the mechanics of horseback riding but also your child's listening skills, sense of responsibility and creative expression. This class will be one on one within an instructor for 40 minutes. Time slots are available Monday-Saturday. Register with the Recreation Department and then contact John White Stables to set up your time slot. 4 Classes Min/Max: 1/10

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

Day/Time: M-Sa/10:00A- 6:00P
SESSION **PROGRAM #**
Jan 11-May 01 316041-A

Schedule the four classes

directly with JWS

Phone: 815.245.2585

Email: whitelisa@aol.com

Fee: \$135 Resident/\$155 Non-Resident

SEE PAGE 38 FOR
CHALLENGE ROAD RUN
INFORMATION

LITTLE SPORTSTARS

Age: 2-4 with Parent

Are you ready to learn how to swing a bat, hockey stick or golf club? How about learning to run and jump, throw or kick a ball? During this parent/child program learn basic skills that develop fundamental motor skills, hand-eye coordination and listening skills. 6 Classes. Min/Max: 8/12

Instructor: Courtney DeBolt-Slinko
Location: Rec Center Gym

WINTER

Day/Time: M/10:00-10:45A
SESSION **PROGRAM #**
Jan 18-Feb 29 316063-A
Exc. 02/15
Fee: \$35 Resident/\$52 Non-Resident
Fee as of Jan 14: \$40 Resident/\$57 Non-Resident

SPRING

Day/Time: M/10:00-10:45A
SESSION **PROGRAM #**
Apr 11-May 16 316063-B
Fee: \$35 Resident/\$52 Non-Resident
Fee as of Apr 5: \$40 Resident/\$57 Non-Resident



LITTLE DRAGONS KARATE

Age: 3-4 with Parent

This karate class is designed to teach kids the very basics with the parents help. The kids will learn basic kicks, basic hand techniques, stances, balance and very basic karate form. Most of the interaction in class will be the parents learning with their kids so the parents can help their child at home. The class will help improve each student with Focus, Memory, Teamwork, Discipline, Self Control, Fitness, Balance and Coordination. This class is designed to have fun but also learn as much martial arts as possible for the child's ability. No uniform required-wear long pants and loose clothing. 15 Classes Min/Max: 7/10

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

Day/Time: W/ 6:45- 7:15P
SESSION **PROGRAM #**
Jan 20-May 04 316101-A
Exc. 03/30

Fee: \$95 Resident/\$115 Non-Resident
Fee as of Jan 14: \$100 Resident/\$120 Non-Resident





TOT ROCK

Age: 1-2 with Parent

Musical fun for everyone! Tot Rock is a unique combination of music and movement, sensory stimulation and socialization. Tot Rock provides structured and unstructured time for tots to improve fine motor skills and coordination, and work on newly-acquired gross motor skills. Activities involve a variety of manipulatives, including maracas, tambourines, bean bags, bubbles, parachute play and much more! New curriculum presented each session. Sing, dance and play with us today! www.rockitkids.com
8 Classes Min/Max: 4/12

Instructor: Kid Rock Staff
Location: Rec Center MP Room A

WINTER

Day/Time: W/ 9:15- 9:55A
SESSION **PROGRAM #**
Jan 20-Mar 09 316071-A
Fee: \$78 Resident/\$98 Non-Resident
Fee as of Jan 14: \$83 Resident/\$103 Non-Resident

SPRING

Day/Time: W/ 9:15- 9:55A
SESSION **PROGRAM #**
Apr 06-May 25 316071-B
Fee: \$78 Resident/\$98 Non-Resident
Fee as of Mar 31: \$83 Resident/\$103 Non-Resident



KID ROCK

20 Months - 3 Years
with Parent

At Kid Rock, it's always a musical day! Kid Rock is a multi-faceted music and movement program that focuses on song and dance, rhythm and rhyme, imaginative play, fine and gross motor skills, and following directions. Instruments and props include hand bells, maracas, tambourines, scarves, bean bags, parachute play and much more! New curriculum presented each session. www.rockitkids.com.
8 Classes Min/Max: 4/12

Instructor: Kid Rock Staff
Location: Rec Center MP Room A

WINTER

Day/Time: W/10:00-10:40A
SESSION **PROGRAM #**
Jan 20-Mar 09 316081-A
Fee: \$78 Resident/\$98 Non-Resident
Fee as of Jan 14: \$83 Resident/\$103 Non-Resident

SPRING

Day/Time: W/10:00-10:40A
SESSION **PROGRAM #**
Apr 06-May 25 316081-B
Fee: \$78 Resident/\$98 Non-Resident
Fee as of March 31: \$83 Resident/\$103 Non-Resident

KID ROCK II

Age: 3-4

At Kid Rock, it's always a musical day! Kid Rock is a multi-faceted music and movement program that focuses on song and dance, rhythm and rhyme, imaginative play, fine and gross motor skills, and following directions. Instruments and props include hand bells, maracas, tambourines, scarves, bean bags, parachute play and much more! New curriculum presented each Session. It's music and fun rolled into one! www.rockitkids.com. 8 Classes Min/Max: 4/12

Instructor: Kid Rock Staff
Location: Rec Center MP Room A



WINTER

Day/Time: W/10:45-11:25A
SESSION **PROGRAM #**
Jan 20-Mar 09 316091-A
Fee: \$78 Resident/\$98 Non-Resident
Fee as of Jan 14: \$83 Resident/\$103 Non-Resident

SPRING

Day/Time: W/10:45-11:25A
SESSION **PROGRAM #**
Apr 06-May 25 316091-B
Fee: \$78 Resident/\$98 Non-Resident
Fee as of March 31: \$83 Resident/\$103 Non-Resident



PARENT TOT GYMNASTICS

Age: 1-2 with Parent

This class is designed to enhance motor, listening and social skills through fun gymnastics oriented activities. An adult is expected to actively participate with their child. 6 Classes Min/Max: 4/8

Instructor: Corkscrew Staff
Location: Corkscrew Gymnastics,
2309 N Ringwood Road,
Suite Q, McHenry

WINTER

Day/Time: M/ 9:15-10:00A
SESSION **PROGRAM #**
Jan 18-Feb 22 316141-A
Fee: \$85 Resident/\$105 Non-Resident
Fee as of Jan 15: \$90 Resident/\$110 Non-Resident

SPRING

Day/Time: M/ 9:15-10:00A
SESSION **PROGRAM #**
Mar 14-Apr 18 316141-B
Fee: \$85 Resident/\$105 Non-Resident
Fee as of Mar 8: \$90 Resident/\$110 Non-Resident

MIGHTY TWISTERS

Age: 3-4

An introduction to basic gymnastic skills that includes tumbling, low bar, floor beam and motor skills. Children must be potty trained and able to attend class without parent assistance. 6 Classes Min/Max: 4/8

Instructor: Corkscrew Staff
Location: Corkscrew Gymnastics,
2309 N Ringwood Road, Suite Q, McHenry

WINTER

Day/Time: Tu/ 9:15-10:00A
SESSION **PROGRAM #**
Jan 19-Feb 23 316161-A
Fee: \$95 Resident/\$115 Non-Resident
Fee as of Jan 15: \$100 Resident/\$120 Non-Resident

Day/Time: Th/ 4:30- 5:30P
SESSION **PROGRAM #**
Jan 21-Feb 25 316162-A
Fee: \$95 Resident/\$115 Non-Resident
Fee as of Jan 15: \$100 Resident/\$120 Non-Resident

SPRING

Day/Time: Tu/ 9:15-10:15A
SESSION **PROGRAM #**
Mar 15-Apr 19 316161-B
Fee: \$95 Resident/\$115 Non-Resident
Fee as of Mar 9: \$100 Resident/\$120 Non-Resident

Day/Time: Th/ 4:30- 5:30P
SESSION **PROGRAM #**
Mar 17-Apr 21 316162-B
Fee: \$95 Resident/\$115 Non-Resident
Fee as of Mar 11: \$100 Resident/\$120 Non-Resident

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FOR ADULT PROGRAMS

SUPER STRIKER SOCCER

Age: 3-6



This class teaches fundamental soccer skills through a series of fun games such as Sponge Bob and Scooby Doo. Skills taught will include dribbling, turning, stopping the ball, running with the ball, passing and shooting. Players will have so much fun they won't even realize they are learning! Students will be taught in a fun and friendly environment. Balls will be provided. Shin guards are optional. 6 Classes Min/Max: 8/20

Instructor: Super Striker Staff
Location: Rec Center Gym

3-4 YEARS OLD

Day/Time: Sa/ 9:00- 9:45A
SESSION **PROGRAM #**
Jan 23-Feb 27 316191-A
Fee: \$67 Resident/\$87 Non-Resident
Fee as of Jan 17: \$72 Resident/\$92 Non-Resident

5-6 YEARS OLD

Day/Time: Sa/10:00-10:45A
SESSION **PROGRAM #**
Jan 23-Feb 27 316191-B
Fee: \$73 Resident/\$93 Non-Resident
Fee as of Jan 17: \$78 Resident/\$98 Non-Resident

A Night in the Garden

DADDY/DAUGHTER DANCE

FEBRUARY 27, 2016
6 PM - 8 PM
(3 YEARS AND UP)

Program # 327081-A
Fee: \$35 per couple,
\$20 each additional child
Fee as of Feb 22: \$40 per couple

Dads, uncles, grandfathers are invited to fly with your little one to a bright night where the two of you can dance through the garden! Snacks and treats and lots of fun! A picture of the couple is included in the fee.
Min/Max: 40/85 Couples

HORSEBACK RIDING

Age: 6-18

John White Stables offers a lesson program for all ages. The focus of our program is to provide our riders with confidence, self esteem, a sense of achievement, and an understanding of horses and horsemanship in a safe environment. As their skills develop, riders will be encouraged to participate in local academy shows where they will ride one of our horses and compete against other beginning riders. Helmets are provided and must be worn, along with long pants and leather tie-on shoes or pull up boots (no tennis shoes). The child's parent/guardian must sign a release form. For more information visit the website www.johnwhitestables.com . 4 Classes Min/Max: 2/5

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



MONDAY

Day/Time: M/ 4:00- 5:00P
SESSION **PROGRAM #**
Jan 11-Feb 01 327011-A
Fee: \$135 Resident/\$155 Non-Resident

Day/Time: M/ 4:00- 5:00P
SESSION **PROGRAM #**
Feb 08-29 327011-B
Fee: \$135 Resident/\$155 Non-Resident
Fee as of Feb 2: \$140 Resident/\$160 Non-Resident

Day/Time: M/ 4:00- 5:00P
SESSION **PROGRAM #**
Mar 07-28 327011-C
Fee: \$135 Resident/\$155 Non-Resident
Fee as of Mar 1: \$140 Resident/\$160 Non-Resident

Day/Time: M/ 4:00- 5:00P
SESSION **PROGRAM #**
Apr 04-25 327011-D
Fee: \$135 Resident/\$155 Non-Resident
Fee as of Mar 29: \$140 Resident/\$160 Non-Resident

TUESDAY

Day/Time: Tu/ 5:15- 6:15P
SESSION **PROGRAM #**
Jan 12-Feb 02 327012-A
Fee: \$135 Resident/\$155 Non-Resident

Day/Time: Tu/ 5:15- 6:15P
SESSION **PROGRAM #**
Feb 09-Mar 01 327012-B
Fee: \$135 Resident/\$155 Non-Resident
Fee as of Feb 3: \$140 Resident/\$160 Non-Resident

Day/Time: Tu/ 5:15- 6:15P
SESSION **PROGRAM #**
Mar 08-29 327012-C
Fee: \$135 Resident/\$155 Non-Resident
Fee as of Mar 2: \$140 Resident/\$160 Non-Resident

Day/Time: Tu/ 5:15- 6:15P
SESSION **PROGRAM #**
Apr 05-26 327012-D
Fee: \$135 Resident/\$155 Non-Resident
Fee as of Mar 30: \$140 Resident/\$160 Non-Resident