

**YOUTH VOLLEYBALL****Grades 1-6**

Courtney DeBolt Slinko was an All-American and All-Big Ten setter for Michigan State University, trained with the U. S. National Team and played professionally. She has coached at both the high school and college levels. This class will teach the basic skills and techniques of serving, passing, setting, hitting, defense and blocking through drills and game-like situations. Younger players will play on a lower net and use lighter volleyballs to encourage proper technique. 8 Classes Min/Max: 10/20



**Instructor:** Courtney DeBolt-Slinko  
**Location:** Rec Center Gym

**GRADES 1-3 - WINTER**

**Day/Time:** M/4:30-5:30P

**Session** **Program #**  
Jan 19-Mar 09 323071-A

**Fee:** \$88 Resident/\$108 Non-Resident

**Fee as of Jan 15:** \$93 Resident/\$113 Non-Resident

**GRADES 1-3 - SPRING**

**Day/Time:** M/4:30-5:30P

**Session** **Program #**  
Mar 30-May 18 323071-B

**Fee:** \$88 Resident/\$108 Non-Resident

**Fee as of Mar 30:** \$93 Resident/\$113 Non-Resident

**GRADES 4-6 - WINTER**

**Day/Time:** M/5:30-6:30P

**Session** **Program #**  
Jan 19-Mar 09 323071-C

**Fee:** \$88 Resident/\$108 Non-Resident

**Fee as of Jan 15:** \$93 Resident/\$113 Non-Resident

**GRADES 4-6 - SPRING**

**Day/Time:** M/5:30-6:30P

**Session** **Program #**  
Mar 30-May 18 323071-D

**Fee:** \$88 Resident/\$108 Non-Resident

**Fee as of Mar 24:** \$93 Resident/\$113 Non-Resident

**TAE KWON DO/KARATE****Age: 5 & up**

Students of all ages will enjoy the benefits of Tae Kwon Do and Karate. You will gain positive self-image, confidence, discipline and agility while improving your overall fitness. 15/30 Classes Min/Max: 15/22

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

**BEGINNER - MONDAY**

**Day/Time:** M/4:45-5:30P

**Session** **Program #**  
Jan 19-May 04 323010-A  
Exc. 03/23

**Fee:** \$70 Resident/\$90 Non-Resident

**Fee as of Jan 13:** \$75 Resident/\$95 Non-Resident

**BEGINNER - WEDNESDAY**

**Day/Time:** W/4:45-5:30P

**Session** **Program #**  
Jan 21-May 06 323010-B  
Exc. 03/25

**Fee:** \$70 Resident/\$90 Non-Resident

**Fee as of Jan 15:** \$75 Resident/\$95 Non-Resident

**YELLOW BELT & UP - MONDAY & WEDNESDAY**

**Day/Time:** M,W/5:45-6:45P

**Session** **Program #**  
Jan 19-May 06 323010-C  
Exc. 03/23, 03/25

**Fee:** \$172 Resident/\$192 Non-Resident

**Fee as of Jan 13:** \$177 Resident/\$197 Non-Resident

**YELLOW BELT & UP - MONDAY**

**Day/Time:** M/6:45-7:45P

**Session** **Program #**  
Jan 19-May 04 323010-D  
Exc. 03/23

**Fee:** \$86 Resident/\$106 Non-Resident

**Fee as of Jan 13:** \$91 Resident/\$111 Non-Resident

**YOUTH FLOOR HOCKEY****Age: 7-11**

Come in out of the cold and join us for Floor Hockey. The first week will cover fundamentals and rules, the rest of the program will be supervised games. This is a no checking league. 5 Classes Min/Max: 10/14

**Instructor:** Bob Burg  
**Location:** Rec Center Gym

**7-8 YEARS**

**Day/Time:** Tu/4:30-5:20P

**Session** **Program #**  
Jan 20-Feb 17 323252-A

**Fee:** \$31 Resident/\$46 Non-Resident

**Fee as of Jan 14:** \$36 Resident/\$51 Non-Resident

**9-11 YEARS**

**Day/Time:** Tu/5:30-6:20P

**Session** **Program #**  
Jan 20-Feb 17 323252-B

**Fee:** \$31 Resident/\$46 Non-Resident

**Fee as of Jan 14:** \$36 Resident/\$51 Non-Resident

Children must be the age or grade listed by the first day of the program-no exceptions.

## BEGINNING GYMNASTICS

Age: 6-17

A beginner class for boys and girls that builds strength and power on the floor, balance on the beam, speed on the vault, and coordination on the bars. Also included is time on the TumbTrak, a long trampoline that provides all the benefits of tumbling with less wear and tear on the joints. A waiver must be signed by a parent/guardian on the first day of class.

6 Classes Min/Max: 4/8

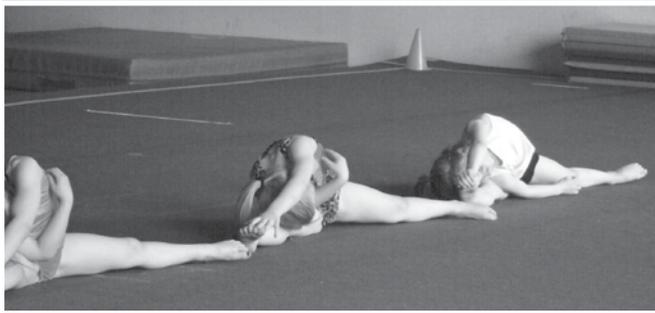
**Instructor:** Corkscrew Staff  
**Location:** Corkscrew Gymnastics,  
2309 N Ringwood Rd Suite Q, McHenry IL

### WINTER

**Day/Time:** Tu/4:45-5:45P  
**Session** **Program #**  
Jan 27-Mar 03 323171-A  
**Fee:** \$95 Resident/\$115 Non-Resident  
**Fee as of Jan 21:** \$100 Resident/\$120 Non-Resident

### SPRING

**Day/Time:** Tu/4:45-5:45P  
**Session** **Program #**  
Mar 10-Apr 14 323171-B  
Exc. 3/24  
**Fee:** \$95 Resident/\$115 Non-Resident  
**Fee as of Mar 4:** \$100 Resident/\$120 Non-Resident



## INTERMEDIATE GYMNASTICS

Age: 6-17

Intermediate classes are for ages 6 years old and up and have been approved for the class by the instructor. This class will build upon the skills mastered in the Beginner class. The gymnasts will continue to work on the four Olympic events: Vault, Uneven Bars, Balance Beam and Floor in addition to trampoline. This class runs 1x per week for 75 minutes. 6 Classes Min/Max: 4/8

**Instructor:** Corkscrew Staff  
**Location:** Corkscrew Gymnastics,  
2309 N Ringwood Rd Suite Q, McHenry IL

### WINTER

**Day/Time:** W/4:30-5:45P  
**Session** **Program #**  
Jan 28-Mar 04 323191-A  
**Fee:** \$105 Resident/\$125 Non-Resident  
**Fee as of Jan 22:** \$110 Resident/\$130 Non-Resident

### SPRING

**Day/Time:** W/4:30-5:45P  
**Session** **Program #**  
Mar 11-Apr 15 323191-B  
Exc. 3/25  
**Fee:** \$105 Resident/\$125 Non-Resident  
**Fee as of Mar 5:** \$110 Resident/\$130 Non-Resident

## TUMBLING

Age: 6-17

This class is designed for boys and girls to learn basic through advanced tumbling skills. Skills include handstands, cartwheels, round-offs, back handsprings, back tucks, etc. A waiver must be signed by a parent/guardian on the first day of class. 6 Classes Min/Max: 4/8

**Instructor:** Corkscrew Staff  
**Location:** Corkscrew Gymnastics,  
2309 N Ringwood Rd Suite Q, McHenry IL

### WINTER

**Day/Time:** M/4:30-5:30P  
**Session** **Program #**  
Jan 26-Mar 02 323201-A  
**Fee:** \$95 Resident/\$115 Non-Resident  
**Fee as of Jan 20:** \$100 Resident/\$120 Non-Resident

### SPRING

**Day/Time:** M/4:30-5:30P  
**Session** **Program #**  
Mar 09-Apr 13 323201-B  
Exc. 3/23  
**Fee:** \$95 Resident/\$115 Non-Resident  
**Fee as of Mar 3:** \$100 Resident/\$120 Non-Resident

**YOUTH GOLF****Age:** 5-14

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. Students will begin building a basic swing emphasizing safety. 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 & Staff  
**Location:** The Golf Academy, 5200 Pleasant Hill Road, Prairie Ridge  
Phone: 815.355.4225

**5-9 YEARS, WINTER**

**Day/Time:** M/6:00-7:00P  
**Session** **Program #**  
Feb 02-Mar 02 323111-A  
**Fee:** \$75 Resident/\$95 Non-Resident  
**Fee as of Jan 27:** \$80 Resident/\$100 Non-Resident

**5-9 YEARS, SPRING**

**Day/Time:** M/6:00-7:00P  
**Session** **Program #**  
Apr 06-May 04 323111-B  
**Fee:** \$75 Resident/\$95 Non-Resident  
**Fee as of Mar 31:** \$80 Resident/\$100 Non-Resident

**10-14 YEARS, WINTER**

**Day/Time:** W/6:00-7:00P  
**Session** **Program #**  
Feb 04-Mar 04 323111-C  
**Fee:** \$75 Resident/\$95 Non-Resident  
**Fee as of Jan 29:** \$80 Resident/\$100 Non-Resident

**10-14 YEARS, SPRING**

**Day/Time:** W/5:30-6:30P  
**Session** **Program #**  
Apr 08-May 06 323111-D  
**Fee:** \$75 Resident/\$95 Non-Resident  
**Fee as of Apr 2:** \$80 Resident/\$100 Non-Resident

**SEE PAGE 30 FOR  
ADULT GOLF LESSONS**

**DODGEBALL CLUB****Age:** 7-11

It's Dodgeball time! Join us as we meet every Tuesday for this classic game of hit and miss. We will form teams at random and play different styles of the game. Head hits are not allowed. 4 Classes Min/Max: 10/14

**Instructor:** Bob Burg  
**Location:** Rec Center Gym

**7-8 YEARS**

**Day/Time:** Tu/4:30-5:20P  
**Session** **Program #**  
Feb 24-Mar 17 323251-A  
**Fee:** \$25 Resident/\$37 Non-Resident  
**Fee as of Feb 18:** \$30 Resident/\$42 Non-Resident

**9-11 YEARS**

**Day/Time:** Tu/5:30-6:20P  
**Session** **Program #**  
Feb 24-Mar 17 323251-B  
**Fee:** \$25 Resident/\$37 Non-Resident  
**Fee as of Feb 18:** \$30 Resident/\$42 Non-Resident