

YOUTH VOLLEYBALL

Grade: 3-5

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. 6 Classes Min/Max: 10/20



Instructor: Courtney DeBolt-Slinko
Location: Rec Center Gym

WINTER

Day/Time: M/ 4:30- 5:30P
SESSION **PROGRAM #**
Jan 18-Feb 29 323071-A
Exc. 02/15
Fee: \$67 Resident/\$87 Non-Resident
Fee as of Jan 14: \$72 Resident/\$92 Non-Resident

SPRING

Day/Time: M/ 4:30- 5:30P
SESSION **PROGRAM #**
Apr 11-May 16 323071-B
Fee: \$67 Resident/\$87 Non-Resident
Fee as of Apr 5: \$72 Resident/\$92 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: Mike Picciano and Staff
Location: Bull Valley Golf Club,
1311 Country Club Rd.

5-9 YEARS

Day/Time: M/ 4:00- 5:00P
SESSION **PROGRAM #**
Apr 25-May 23 323111-A
Fee: \$79 Resident/\$99 Non-Resident
Fee as of Apr 19: \$84 Resident/\$104 Non-Resident

10-14 YEARS

Day/Time: M/ 5:00- 6:00P
SESSION **PROGRAM #**
Apr 25-May 23 323111-B
Fee: \$79 Resident/\$99 Non-Resident
Fee as of Apr 19: \$84 Resident/\$104 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, 5th Degree Black Belt
Location: Rec Center MP Room A

BEGINNER - MONDAY

Day/Time: M/ 4:45- 5:30P
SESSION **PROGRAM #**
Jan 18-May 02 323010-A
Exc. 03/28
Fee: \$70 Resident/\$90 Non-Resident
Fee as of Jan 14: \$75 Resident/\$95 Non-Resident

BEGINNER - WEDNESDAY

Day/Time: W/ 4:45- 5:30P
SESSION **PROGRAM #**
Jan 20-May 04 323010-B
Exc. 03/30
Fee: \$70 Resident/\$90 Non-Resident
Fee as of Jan 14: \$75 Resident/\$95 Non-Resident

YELLOW BELT & UP - MONDAY & WEDNESDAY

Day/Time: M,W/ 5:45- 6:45P
SESSION **PROGRAM #**
Jan 18-May 04 323010-C
Exc. 03/28, 03/30
Fee: \$172 Resident/\$192 Non-Resident
Fee as of Jan 14: \$177 Resident/\$197 Non-Resident

YELLOW BELT & UP - MONDAY

Day/Time: M/ 6:45- 7:45P
SESSION **PROGRAM #**
Jan 18-May 02 323010-D
Exc. 03/28
Fee: \$86 Resident/\$106 Non-Resident
Fee as of Jan 14: \$91 Resident/\$111 Non-Resident



SEE PAGE 29 FOR
ADULT TAE KWON DO/KARATE



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 OLD

Day/Time: Tu/ 4:30- 5:20P
SESSION **PROGRAM #**
Jan 19-Feb 16 323252-A

Fee: \$31 Resident/\$46 Non-Resident
Fee as of Jan 13: \$36 Resident/\$51 Non-Resident

9-11 YEARS OLD

Day/Time: Tu/ 5:30- 6:20P
SESSION **PROGRAM #**
Jan 19-Feb 16 323252-B

Fee: \$31 Resident/\$46 Non-Resident
Fee as of Jan 13: \$36 Resident/\$51 Non-Resident



SOCCER ACADEMY

Age: 6-9

The academy is a progressive course that focuses on improving technical ball skills and building player's confidence so they can use the skills in real game environments. Students will learn to master moves to beat an opponent, turns to create space, shielding,

passing & receiving. Participants will learn how to use these techniques under pressure in 1 on 1 and 3 on 3 game situations. Students will be trained in a fun & friendly environment. Balls will be provided. Shin guards are optional.

6 Classes Min/Max: 8/15

Instructor: Super Striker Staff
Location: Rec Center Gym

Day/Time: Sa/11:00A-12:00P

SESSION **PROGRAM #**
Jan 23-Feb 27 323033-A

Fee: \$92 Resident/\$112 Non-Resident
Fee as of Jan 17: \$97 Resident/\$117 Non-Resident

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: 10/20

Instructor: Bob Burg
Location: Rec Center Gym

7-8 YEARS OLD

Day/Time: Tu/ 4:30- 5:20P
SESSION **PROGRAM #**
Feb 23-Mar 15 323251-A

Fee: \$25 Resident/\$37 Non-Resident
Fee as of Feb 17: \$30 Resident/\$42 Non-Resident

9-11 YEARS OLD

Day/Time: Tu/ 5:30- 6:20P
SESSION **PROGRAM #**
Feb 23-Mar 15 323251-B

Fee: \$25 Resident/\$37 Non-Resident
Fee as of Feb 17: \$30 Resident/\$42 Non-Resident



SEE PAGE 53 FOR SEASONAL EMPLOYMENT OPPORTUNITIES

The City of Woodstock is once again offering a limited number of seasonal employment opportunities for the summer of 2016!



BEGINNING GYMNASTICS

Age: 5-16

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. 6 Classes Min/Max: 4/8

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

WINTER

Day/Time: Tu/ 4:45- 5:45P
SESSION **PROGRAM #**
Jan 19-Feb 23 323171-A

Fee: \$95 Resident/\$115 Non-Resident
Fee as of Jan 15: \$100 Resident/\$120 Non-Resident

SPRING

Day/Time: Tu/ 4:45- 5:45P
SESSION **PROGRAM #**
Mar 15-Apr 19 323171-B

Fee: \$95 Resident/\$115 Non-Resident
Fee as of Mar 9: \$100 Resident/\$120 Non-Resident

INTERMEDIATE GYMNASTICS

Age: 6-16

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. 6 Classes Min/Max: 4/8

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

WINTER

Day/Time: Tu/ 5:40- 6:55P
SESSION **PROGRAM #**
Jan 19-Feb 23 323191-A

Fee: \$105 Resident/\$125 Non-Resident
Fee as of Jan 15: \$110 Resident/\$130 Non-Resident

SPRING

Day/Time: Tu/ 5:40- 6:55P
SESSION **PROGRAM #**
Mar 15-Apr 19 323191-B

Fee: \$105 Resident/\$125 Non-Resident
Fee as of Mar 9: \$110 Resident/\$130 Non-Resident



TUMBLING

Age: 6-16

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. 6 Classes Min/Max: 4/8

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

WINTER

Day/Time: M/ 7:30- 8:30P
SESSION **PROGRAM #**
Jan 18-Feb 22 323201-A

Fee: \$95 Resident/\$115 Non-Resident
Fee as of Jan 15: \$100 Resident/\$120 Non-Resident

SPRING

Day/Time: M/ 7:30- 8:30P
SESSION **PROGRAM #**
Mar 14-Apr 18 323201-B

Fee: \$95 Resident/\$115 Non-Resident
Fee as of Mar 8: \$100 Resident/\$120 Non-Resident

