

TAE KWON DO

Ages: 6 & up

Family Martial Arts, a local business for 12 years, offers martial arts instruction to students of all ages, with a professionally trained staff that is dedicated to training and promoting all of the benefits that martial arts has to offer. Tae Kwon Do is a traditional martial art and method of self-defense which develops strength, speed, balance and flexibility to students of all ages. The ultimate goal of Tae Kwon Do is to develop the character and personality of the practitioner through physical, mental and spiritual discipline. Family Martial Arts offers a class for everyone! Our class is now open to all participants and siblings to register!! No program 10/21.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
29052	SA	9/9-11/18	11:30am-12:15pm	\$140/\$175

Min/Max: 7/12

Location: Family Martial Arts, 8537 W. 191st St., Mokena

Contact Person: Tami Pareti

Register by: 9/1

STRENGTH & CONDITIONING

Ages: 16 & up

This program focuses on health and wellness and is for all fitness levels. Are you looking to boost your cardiovascular endurance by walking and lifting light weights? Or are you looking to increase your fitness, flexibility and strength to prepare you better to compete in your favorite Special Olympics sport like basketball or track and field. Take time for fun and fitness, and it does a body good. Please wear gym shoes and athletic clothing, no jeans. This program is instructed by a licensed personal trainer.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
29053-1	MO	9/25-10/23	6:30pm-7:30pm	\$66/\$83
29053-2	MO	11/13-12/11	6:30pm-7:30pm	\$66/\$83

Min/Max: 5/10

Location: The Oaks, 10847 LaPorte Rd., Mokena

Contact Person: Tami Pareti

Register by: 9/11 for session 1 || 10/30 for session 2

ZUMBA! ZUMBA! ZUMBA!

Ages: 13 & up

Are you interested in dynamic fitness program that will blow you away! Try our ZUMBA class offered by a licensed instructor. Zumba is a Latin-inspired dance fitness program that's fun and easy. We'll concentrate on low-impact, high-energy routines that'll be perfect for a Zumba "newbie." We'll also work up a healthy "glow" so please bring a bottle of water and wear athletic or dance shoes (no stocking feet, please - too slippery).

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
29054	WE	10/4-11/8	6:00pm-6:45pm	\$65/\$82

Min/Max: 6/15

Location: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Juanita Williams

Register by: 9/20

KINGFISH

Ages: 16 & up

Join King Fish! Where you can socialize with peers, meet new friends and develop your comfort level in the water. Staff will utilize techniques and activities geared towards developing swim confidence.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
29055	TH	TBA	7:00pm-8:00pm	\$90/\$113

Min/Max: 8/10

Location: TBA

Contact Person: Juanita Williams

Register by: TBA

TRICK OR TROT 5K

OCTOBER 21, 2017 NEW LENOX, IL

LEARN MORE AT

lwsra.org/5k

Race Fee | Adults: \$30
Children \$15 (Age 14 & under)

Race Time | Registration: 6:30am
Race Starts: 8:00am

Race Location | Lincolnway Special Recreation Center
1900 Heather Glen Dr., New Lenox, IL 60451

