

# TEEN & ADULT WEEKLY PROGRAMS

## THUNDER BOWLERS

Ages: 13 & up

NEW TIME!



Join us for some fun as we bowl some strikes! Fee includes two games or 1.5 hours of bowling, whichever comes first.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
35001	MO	9/9-11/25	4:45-6:15pm	\$140/\$175

Min/Max: 15/30

Location: Thunder Bowl, 18700 Old Lagrange Rd, Mokena

Contact Person: Juanita Williams

Register by: 8/26

## LARAWAY BOWLERS

Ages: 3 & up



Bowl with friends as we aim for strikes! Fee includes two games or 1.5 hours of bowling, whichever comes first.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
35002	WE	9/11-11/27	4:00-5:30pm	\$140/\$175

Min/Max: 15/30

Location: Laraway Lanes, 1009 W. Laraway Rd., New Lenox

Contact Person: Juanita Williams

Register by: 8/28

## FAST FOOD AND FLICKS

Ages: 18 & up



Join your friends as we head out to dinner followed by a trip to the local movie theater to see one of the many movies! Movie will be chosen beforehand. Please bring money for snacks and drinks at the theater. Dinner and admission included. The program leader will let parents know pick up time the day of event.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
35018	MO	see below	5:30-9:45pm	\$200/\$250

Min/Max: 4/10

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Juanita Williams

Register by: 8/27

### MOVIE DATES

9/9 | 9/23 | 10/7 | 10/21 | 11/4 | 11/18

## 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).

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
35020-1	WE	9/11-10/9	6:30-7:30pm	\$68/\$85
35020-2	WE	10/30-11/27	6:30-7:30pm	\$68/\$85

Min/Max: 5/10

Location: The Oaks, 10847 LaPorte Rd., Mokena

Contact Person: Juanita Williams

Register by: 8/28 for session 1 | 10/16 for session 2

## TUESDAY TREKKERS

Ages: 21 & up



Spend Tuesdays with your friends from LWSRA. We will participate in a variety of fun and engaging recreational activities, all our activities place a strong emphasis on socialization and community integration. Participants must be able to work successfully in a 1:4 staff to participant ratio.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
35019	TU	see below	9:00am-3:00pm	\$200/\$250

Min/Max: 4/10

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Juanita Williams

Register by: 8/27

### SCHEDULE OF EVENTS

9/10 - Shopping and lunch at Bolingbrook Promenade  
*Lunch provided. Bring money for shopping.*

9/24 - Lincoln Park Zoo - *Bring a sack lunch.*

10/1 - Siegel's Cottonwood Pumpkin Farm - *Bring a sack lunch.*

10/15 - Movie & Lunch - *Movie & lunch provided. Bring money for snack.*

10/29 - Dave & Buster's - *Lunch and game card provided.*

11/5 - Bowling & Lunch - *Lunch and two games provided.*

## MASTERPIECES AND MORE

Ages: 13 & up

Do you like arts and crafts? If so, Masterpieces and More is the class for you! We will work together to create different crafts. Please wear old clothing. We will use paint and different material.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
35021	TH	9/12-10/17	5:00-6:30pm	\$80/\$100

Min/Max: 6/10

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

Contact Person: Juanita Williams

Register by: 8/29



# TEEN & ADULT WEEKLY PROGRAMS

## TEEN SCENE

Ages: 13-18

This Saturday program provides socialization and fun to our participants who need a structured day. Whether we are doing crafts, baking, or enjoying gym time we will stay busy with our friends. A detailed schedule will be sent out to all participants before program begins. Some days we will travel to the local high school to enjoy some pool time. Please bring a sack lunch to this program. No program 9/21, 10/26 & 11/23.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
35022-1	SA	9/14-10/19	11:30am-2:45pm	\$195/\$244
35022-2	SA	11/2-12/7	11:30am-2:45pm	\$195/\$244

Min/Max: 5/10

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

Contact Person: Melissa Jensen

Register by: 9/1 for session 1 | 10/19 for session 2

## SWIM LESSONS

Ages: 4-15



Be proactive when it comes to water safety. Staff will use techniques and activities to develop swimming skills while emphasizing water safety. We will maintain a small staff to participant ratio. Each participant will work at their own level or ability.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
35006-1	TH	TBD	5:55-6:25pm	\$120/\$150
35006-2	TH	TBD	6:30-7:00pm	\$120/\$150

Min/Max: 4/6

Locations: Lincoln-Way East High School; Aquatic Center  
201 Colorado Ave., Frankfort

Contact Person: Melissa Jensen

Register by: TBD

*Official dates will be announced once pool dates are finalized with the high school.*

## DRAMA KINGS & QUEENS

Ages: 6-15

Calling all actors and actresses! Don't be shy! Get in the spotlight and become a star! Express yourself through singing and dancing. Participants will spend 10 weeks learning their singing and dancing parts then perform for an audience of over 200 people on 11/22 and 11/23. Registered individuals will be assigned to a practice time slot (practice time frame is 5:00pm-8:30pm). Contact Nadine Kahl for registration code.

Day	Date	Drop-off/Pick-up	R/NR Fee
WE	9/18-11/20	5:00-8:30pm	\$100/\$125

Min/Max: 12/40

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

Contact Person: Nadine Kahl

Register by: 8/23

## ZUMBA! ZUMBA! ZUMBA!

Ages: 13 & up

Are you interested in a 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). No program 11/27.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
35024	WE	10/30-12/11	6:00-6:45pm	\$68/\$85

Min/Max: 6/10

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

Contact Person: Juanita Williams

Register by: 10/16

## 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	Date	Drop-off/Pick-up	R/NR Fee
35023	TH	TBD	7:15-8:00pm	\$112/\$140

Min/Max: 8/10

Locations: Lincoln-Way East High School; Aquatic Center  
201 Colorado Ave., Frankfort

Contact Person: Juanita Williams

Register by: TBD

*Official dates will be announced once pool dates are finalized with the high school.*

## WINTER WONDERLAND

Ages: 4-15

Stay busy this winter once Saturday Fun Club and Teen Scene are finished with winter fun! We will be participating in crafts, baking, and gym activities to keep us excited for the holidays and away from having the winter blues, plus a trip to the New Lenox Commons!

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
35010	SA	12/21 & 12/28	10:00am-2:00pm	\$65/\$81

Min/Max: 5/12

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

Contact Person: Melissa Jensen

Register by: 12/7