

VOLLEYBALL CONDITIONING

Ages: 8 & up

Summer is in full swing! Current and future volleyball athletes, it is time to prepare for the upcoming volleyball season. Athletes will work on volleyball skills as well as basic game understanding. Please wear volleyball appropriate clothing and bring a water bottle. No program 7/3.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
28043	MO	6/19-7/24	6:00pm-7:00pm	\$40/\$50

Min/Max: 6/10

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

Contact Person: Tami Pareti

Register by: 6/5

TAE KWON DO

Ages: 6 & up

Family Martial Arts offers martial arts instruction to students of all ages with a professionally trained staff dedicated to training and promoting all the benefits 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. The ultimate goal is to develop the character and personality of the practitioner through physical, mental and spiritual discipline.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
28044	SA	7/8-8/26	11:30am-12:15pm	\$140/\$175

Min/Max: 8/12

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

Contact Person: Tami Pareti

Register by: 6/23

STRENGTH & CONDITIONING

Ages: 16 & up

Looking to boost your cardiovascular endurance by walking and lifting light weights? Or are you looking to increase your fitness, flexibility and strength to compete in one of your favorite sports? 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. No program 7/3.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
28046	MO	7/10-8/7	6:00pm-7:00pm	\$66/\$83

Min/Max: 6/10

Location: The Oaks, 10847 LaPorte Rd., Mokena

Contact Person: Tami Pareti

Register by: 6/26

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
28047	WE	7/26-8/30	6:00pm-6:45pm	\$65/\$82

Min/Max: 6/15

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

Contact Person: Juanita Williams

Register by: 7/5

BASKETBALL CONDITIONING

Ages: 8 & up

Our focus will be to improve each athlete's skill level and basketball knowledge. Program includes fundamental instruction, skill development, and competitive drills that can be utilized on the court. Please wear basketball appropriate clothing and bring a water bottle. No program 9/4.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
	MO	8/28-10/9	varies by age	
28048-1	Juniors (8-15)		5:15pm-6:00pm	\$50/\$63
28048-2	High School (14-22)		6:00pm-7:00pm	\$50/\$63
28048-3	Senior (18 & up)		7:00pm-8:00pm	\$50/\$63

Min/Max: 6/10

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

Contact Person: Tami Pareti

Register by: 8/14

OPEN GYM AT THE LWSRC

\$5 PER PERSON

CHECK OUT THE SCHEDULE AT LWSRA.ORG/OPENGYM