

TEEN & ADULT WEEKLY PROGRAMS

THUNDER BOWLERS

Ages: 13 & up



Join us for some fun as we bowl some strikes! Fee includes two games or 1 1/2 hours of bowling, whichever comes first.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34001	MO	6/10-8/5	5:00-6:30pm	\$137/\$171

Min/Max: 15/30

Location: Thunder Bowl, 18700 Old Lagrange Rd, Mokena

Contact Person: Juanita Williams

Register by: 5/27

LARAWAY BOWLERS

Ages: 3 & up



Bowl with friends as we aim for strikes! Fee includes two games or 1 1/2 hours of bowling, whichever comes first.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34002	WE	6/12-8/7	4:00-5:30pm	\$137/\$171

Min/Max: 15/30

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

Contact Person: Juanita Williams

Register by: 5/29

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 7/3.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34005	WE	6/12-7/17	6:00-6:45pm	\$68/\$85

Min/Max: 6/15

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

Contact Person: Juanita Williams

Register by: 5/29

2019 ANNUAL INFORMATION FORM

This form is required for all participants. Once completed it is good for the calendar year.

Visit lwsra.org/forms

Remember: If information changes before the 2020 form is available, please notify the office.

STRENGTH & CONDITIONING

Ages: 16 & up

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 volleyball or basketball. 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
34006	MO	7/8-8/12	6:00-7:00pm	\$67/\$84

Min/Max: 5/10

Location: The Oaks, 10847 LaPorte Rd., Mokena

Contact Person: Juanita Williams

Register by: 7/1

STIR IT UP! COOKING CLASSES

Ages: 13 & up



Tickle your palette with a culinary delight each week as we explore the world of cooking. Each week we will follow a different theme as we learn, hands-on, how to create, present and enjoy a variety of dishes. Measuring, nutrition, safety in the kitchen and more will be emphasized as part of the learning experience.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34007	TH	7/11-8/15	5:30-7:00pm	\$133/\$167

Min/Max: 4/8

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

Contact Person: Juanita Williams

Register by: 6/27

MOVIES ON THE GREEN

Ages: 13 & up

Lights, Camera, Action! Grab a blanket or bring a lawn chair as we have a fun night under the stars at Breidert Green in downtown Frankfort. Feature film will start at 8:30pm. We will meet at Breidert Green in downtown Frankfort for these summer flicks. The fee for Movies on the Green covers staffing for this program and program. In case of weather, rain date is one week from the original movie date. In case of inclement weather on rain date, movie will be held at Founders Center, 140 Oak St. in Frankfort.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34008	TU	6/11, 7/9, 8/13	8:30-9:45pm	\$22/\$28

Min/Max: 5/15

Location: Breidert Green, White St. and Kansas St., Frankfort

Contact Person: Juanita Williams

Register by: 5/28