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SPORTS & FITNESS Weekly Programs

TAE KWON DO



Ages: 6-16

Prepare to enjoy a good workout with all your senses engaged. Tae Kwon Do focuses on challenging your mind and body to improve your confidence, power of concentration, endurance, coordination and flexibility. This program is taught by Master Adams of Spire Martial Arts Academy. Uniforms are required and are available for purchase from Master Adams on the first day of class for \$45.

Session

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12036-A	WE	1/18-2/22	4:00pm – 5:00pm*	\$80/\$160
12036-B	WE	3/7-4/11	4:00pm – 5:00pm*	\$80/\$160
12036-C	WE	4/25-5/30	4:00pm – 5:00pm*	\$80/\$160

Min/Max: 3/8

***Location:** Frankfort Founders Center, 140 Oak St., Frankfort

Contact Person: Tami Pareti

GYMNASTICS

Ages: 8 & up

Gymnastics is a great sport that helps boost flexibility, increase concentration, and enrich lives. LWSRA has teamed up with Gym-Kinetics to offer this program. A certified instructor from Gym-Kinetics will lead with the help of LWSRA staff.

Session

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12037	TH	1/26-3/29	4:15pm-5:00pm*	\$130/\$260

Min/Max: 4/6

***Location:** Gym-Kinetics Gymnastics, 19220 Ridge Rd, Mokena

Contact Person: Tami Pareti

T-BALL

Ages: 6-8

Boys and girls will get an introduction to softball. Our focus will be on batting from a tee, throwing, and fielding. Good sportsmanship and teamwork are emphasized.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12038	TH	5/17-6/14	5:00pm-5:45pm*	\$50/\$100

Min/Max: 5/12

***Location:** Stonebridge Park, 1669 Nelson Road, New Lenox

Contact Person: Tami Pareti

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 better prepare you for competition in your favorite Special Olympics sports like softball or track and field. Take time for fun and fitness, 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	Date	Drop-off/Pick-up	R/NR Fee
12039	MO	2/27-4/23	6:00pm-7:00pm*	\$55/\$110

Min/Max: 4/10

***Location:** Lincoln-Way East High School; Fitness Center
201 Colorado Ave., Frankfort

Contact Person: Tami Pareti

CHALLENGER LITTLE LEAGUE

Ages: 9-15

Here's your chance to play ball. The Challenger Little League is open to individuals ages 9 to 15 years old. Players will learn basic skills of softball. Each player will receive a uniform. Please bring a baseball mitt. The team plays weekly games against other Special Recreation Associations, both home and away. PLAY BALL!!

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12040	TH	5/17-7/26	6:00pm-7:00pm*	\$85/\$170

Min/Max: 6/12

***Location:** Stonebridge Park, 1669 Nelson Road, New Lenox

Contact Person: Tami Pareti

SPORTS & FITNESS Special Events

SWSRA'S WALK, RUN OR ROLL ½ MILE RACE

Ages: 8 & up

This race is specifically designed so that individuals with special needs can participate with friends and family in an event held in conjunction with the First Midwest Bank Southwest Half Marathon. Athletes must be able to walk, run or "roll" the ½ mile distance independently within 45 minutes. Participants may use assisted mobility devices (walker, cane, or manual/motorized wheelchair). Athletes will receive t-shirt and medal. Buddies are welcome to assist athletes! Buddies are "free" and may purchase a t-shirt for \$5.00. Transportation from the LWSRA office is available for LWSRA participants and a limit of 2 immediate family members. A Portion of the proceeds will be donated to LWSRA based upon number of athletes who attend the ½ mile race.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12041	SU	5/6	6:30am-11:30am*	\$45/\$90

Min/Max: 3/15

***Location:** Palos Heights City Hall, 7607 W. College Dr., Palos Heights

Actual Event Time: 7:00am-11:00am

Contact Person: Tami Pareti

Interested in Special Olympics? See page 19 & 20 for all our Special Olympics Illinois programs. Winter/Spring programs: Swim Team, Power Lifting, Young Athletes, Bocce, Track & Field, Tennis & Softball.



SPORTS & FITNESS Aquatics Programs

SCUBA

Ages: 13 & up

Don't miss out on this awesome class to learn the basics of scuba diving. LWSRA is teaming up with certified staff from DiveHeart to offer the exciting and safe opportunity. The first week we will begin to feel comfortable in the water, while learning the basics needed to scuba dive. Divers will continue to move ahead at their own pace. Note: waivers will need to be completed before the first program date.

Session

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12042-A	SA	1/28, 2/4, 3/17, 3/24	1:00pm-2:00pm ¹	\$20/\$40
12042-B	TH	5/3, 5/10, 5/17, 5/24	6:00pm-7:00pm ²	\$20/\$40

Min/Max: 10/30

¹Saturday Location: Lincoln-Way East High School; Aquatic Center
201 Colorado Ave., Frankfort

²Thursday Location: Lincoln-Way Central High School; Aquatic Center
1801 E. Lincoln Hwy., New Lenox

Contact Person: Tami Pareti

SWIM LESSONS

Ages: 5-15

Be proactive when it comes to water safety. Staff will utilize techniques and activities geared towards developing swim skills while emphasizing water safety. A small staff to participant ratio will be kept for this program. Participants work at their own level of ability.

Session

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12043-A	TH	2/2-3/15	6:00pm-6:30pm*	\$75/\$150
12043-B	TH	2/2-3/15	6:35pm-7:05pm*	\$75/\$150

Min/Max: 4/6 (per session)

***Location:** Lincoln-Way Central High School; Aquatic Center
1801 E. Lincoln Highway, New Lenox

Contact Person: Tami Pareti

KING FISH

Ages: 16 & older

Too old for swim lessons but still want to be proactive when it comes to water safety? Join King Fish! Our staff will utilize techniques and activities geared towards developing swim confidence while emphasizing water safety. We will keep a very small staff to participant ratio for this program as we engage in a variety of swim activities to enhance swimmers comfort level in the pool.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12044	TH	2/2-3/15	7:15pm-8:00pm*	\$80/\$160

Min/Max: 4/6

***Location:** Lincoln-Way Central High School; Aquatic Center
1801 E. Lincoln Highway, New Lenox

Contact Person: Tami Pareti

Fall Flashback



2011