

**TAE KWON DO** *New 10 weeks!* 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! No program 4/22 or 5/27.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
27037-1	SA	1/7-3/11	11:30am-12:15pm	\$195/\$244
27037-2	SA	4/1-6/17	11:30am-12:15pm	\$195/\$244

Min/Max: 8/12  
 Location: Family Martial Arts, 8500 W. 191st St. #4, Mokena  
 Contact Person: Tami Pareti  
 Register by: 12/26 for session 1 || 3/20 for session 2

**KING FISH** 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
27038	TH	1/19-2/23	7:15pm-8:00pm	\$110/\$138

Min/Max: 5/8  
 Location: Lincoln-Way Central High School; Aquatic Center  
 1801 E. Lincoln Hwy., New Lenox  
 Contact Person: Juanita Williams  
 Register by: 1/5

**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
27039-1	MO	2/27-3/27	6:30pm-7:30pm	\$66/\$83
27039-2	MO	4/17-5/15	6:00pm-7:00pm	\$66/\$83

Min/Max: 5/12  
 Location: The Oaks Recreation Center, 10847 LaPorte Rd., Mokena  
 Contact Person: Tami Pareti  
 Register by: 2/13 for session 1 || 4/3 for session 2

**KIDS FITNESS CLUB** Ages: 7-12  
 Looking for a program to keep your child active? Try our new fitness club! This club will concentrate on health and wellness for your child. Please wear gym shoes and athletic clothing, no jeans.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
27010	TU	2/28-3/28	6:00pm-6:45pm	\$40/\$50

Min/Max: 5/12  
 Location: LWSRC, 1900 Heather Glen Dr., New Lenox  
 Contact Person: Melissa Jensen  
 Register by: 2/14

**GYM WALKERS** Ages: 10 & up  
 The gym and the fitness area at the LWSRC is a perfect place to release some energy. Have fun getting your bodies moving in a structured environment. We will warm-up, stretch and get started walking to music in the gym and then do some weight training in the fitness area. This program will enhance socialization and gross motor skills.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
27040	TU	3/7-4/4	5:00pm-5:45pm	\$25/\$32

Min/Max: 5/10  
 Location: LWSRC, 1900 Heather Glen Dr., New Lenox  
 Contact Person: Tami Pareti  
 Register by: 2/21

**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 program March 11.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
27041	WE	3/22-4/26	6:00pm-6:45pm	\$65/\$82

Min/Max: 6/15  
 Location: LWSRC, 1900 Heather Glen Dr., New Lenox  
 Contact Person: Juanita Williams  
 Register by: 3/8

