

STRENGTH & CONDITIONING

Ages: 13 & 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	Date	Drop-off/Pick-up	R/NR Fee
33055-1	WE	2/20-3/20	6:30-7:30pm	\$67/\$84
33055-2	WE	4/10-5/8	6:30-7:30pm	\$67/\$84

Min/Max: 6/15

Location: The Oaks, 10847 LaPorte Rd., Mokena

Contact Person: Tami Pareti

Register by: 2/7 for session 1 || 3/28 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	Date	Drop-off/Pick-up	R/NR Fee
33056	TH	1/24-2/28	7:00-8:00pm	\$112/\$140

Min/Max: 8/10

Location: Lincoln-Way West High School Aquatic Center,
21701 Gougar Rd., New Lenox

Contact Person: Juanita Williams

Register by: 1/10

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 shoes and clothing.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
33057	WE	1/23-2/27	6:00-6:45pm	\$65/\$81

Min/Max: 6/10

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

Contact Person: Juanita Williams

Register by: 1/10

GYM WALKERS

Ages: 10 & up

The LWSRC gym 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 light weight and fitness training. This program will enhance socialization and gross motor skills.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
33058	TU	2/26-3/26	5:00-5:45pm	\$26/\$33

Min/Max: 6/10

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

Contact Person: Tami Pareti

Register by: 2/12

THERAPEUTIC HORSEBACK RIDING

2705 S. Farrell Rd., Lockport, IL 60441

REGISTER IN LWSRA's Winter/Spring 2019 BROCHURE

Experience therapeutic horseback riding at it's finest!

Ages 5-9

Registration Code: 33091-A
Day/Dates: Tuesdays - 3/12-4/16
Time: 4:30-5:30pm
Cost for 6-week session: \$300
Register by: 2/26

Ages 10-17

Registration Code: 33091-B
Day/Dates: Tuesdays - 3/12-4/16
Time: 6:00-7:00pm
Cost for 6-week session: \$300
Register by: 2/26

Ages 18 & up

Registration Code: 33091-C
Day/Dates: Tuesdays - 3/12-4/16
Time: 1:00-2:00pm
Cost for 6-week session: \$300
Register by: 2/26



For children under 5 years of age, please contact
Melissa Jensen for 30 minute private lessons.

mjensen@lwsra.org or 815.320.3505

For specific questions regarding the horseback riding
experience, please email Sandi Moleski:

sandi@thelegacyranch.org

THE LEGACY RANCH