

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
30052-1	WE	2/21-3/21	6:30pm-7:30pm	\$66/\$83
30052-2	WE	4/11-5/9	6:30pm-7:30pm	\$66/\$83

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

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	Dates	Drop-off/Pick-up	R/NR Fee
30053	TU	3/6-4/3	5:00pm-5:45pm	\$25/\$32

Min/Max: 6/10

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

Contact Person: Tami Pareti

Register by: 2/20

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
30054	WE	1/24-2/28	6:00pm-6:45pm	\$60/\$75

Min/Max: 6/15

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

Contact Person: Juanita Williams

Register by: 1/10

KINGFISH

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
30055	TH	2/22-3/22	7:00pm-8:00pm	\$90/\$113

Min/Max: 8/10

Location: Lincoln-Way Central High School; Aquatic Center

1801 E. Lincoln Hwy., New Lenox

Contact Person: Juanita Williams

Register by: 2/8

Discover something **New**

CHEERLEADING SQUAD

New!

Ages: 13 & up

LWSRA is starting a cheerleading squad. This program will be led by Debbie House. Debbie House began the Hunterdon Huskies Contender Cheer Squad; a squad for kids with special needs. Over a span of 6 years, the team exhibitioner at local high school cheer competitions, Regional and National youth cheer competitions, was featured on the Today Show, and most recently honored by the New York Yankees as one of their Hope Week honorees. Deb wants to bring that same spirit here to LWSRA! Please wear comfortable clothing for this program.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
30056	TU, TH	1/16-3/15	6:30pm-8:30pm	\$50/\$63

Min/Max: 6/15

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

Contact Person: Juanita Williams

Register by: 12/2

Save time! Fill out your Annual Information Form online and email it back to us! Visit lwsra.org/forms

Remember: The AIF form is good for the calendar year. All registrants must complete the 2018 form with this registration.