

## ADULT TENNIS

Age: 16 & up

Get fit and meet other players this summer in our tennis program. Beginners will learn the rules of the game, all the basic strokes, proper footwork, positioning, and participate in game play. Players with previous experience will refine their stroke mechanics, participate in drills, and learn positioning and strategy through game play. Players need to bring their racket and enthusiasm! 6 Classes Min/Max: 6/12

**Instructor:** Ana Fedmasu  
**Location:** Emricson Park, Tennis Courts

### JUNE SESSION

**Day/Time:** Tu, Th/ 7:00- 8:30P  
**SESSION** **PROGRAM #**  
Jun 07-23 132091-A

**Fee:** \$50 Resident/\$70 Non-Resident

**Fee as of Jun 1:** \$55 Resident/\$75 Non-Resident

### JULY SESSION

**Day/Time:** Tu, Th/ 7:00- 8:30P  
**SESSION** **PROGRAM #**  
Jul 12-28 132091-B

**Fee:** \$50 Resident/\$70 Non-Resident

**Fee as of Jul 5:** \$55 Resident/\$75 Non-Resident

## ADULT GOLF

Age: 15 & up

Take time for fun this spring and continue to improve your game with personalized golf lessons. Mike Picciano and his staff keep it simple and work with all their students, developing individual techniques and abilities. Each class will consist of an introduction and instruction period, forty-five (45) minutes of swing practice, and forty-five (45) minutes of short game practice. Instructors will focus on correct stance, grip, posture, aim, and swing. The proper rules and etiquette will also be covered. After these lessons, your game is sure to improve! The price includes unlimited practice balls! If you don't have clubs, they can be provided upon request. 5 Classes Min/Max: 3/20

**Instructor:** Mike Picciano and Staff  
**Location:** Bull Valley Golf Club, 1311 Club Road

### BEGINNER ADULT GOLF

**Day/Time:** Tu/ 6:00- 7:00P  
**SESSION** **PROGRAM #**  
May 31-Jun 28 132011-A

**Fee:** \$84 Resident/\$104 Non-Resident

**Fee as of May 25:** \$89 Resident/\$109 Non-Resident

### WOMEN'S GOLF

**Day/Time:** Tu/11:00A-12:00P  
**SESSION** **PROGRAM #**  
May 31-Jun 28 132011-B

**Fee:** \$84 Resident/\$104 Non-Resident

**Fee as of May 25:** \$89 Resident/\$109 Non-Resident

### SENIOR GOLF

**Day/Time:** Tu/10:00-11:00A  
**SESSION** **PROGRAM #**  
May 31-Jun 28 132011-C

**Fee:** \$84 Resident/\$104 Non-Resident

**Fee as of May 25:** \$89 Resident/\$109 Non-Resident

## HORSEBACK RIDING ADULT

Age: 18 & up

Are you an adult who always loved horses from a distance? Have you had a desire all your life to learn to ride or are you thinking about starting a new adventure? Whatever your reasons, John White Stables offers you a riding lesson program designed especially for adults. You can learn the basics of horsemanship and develop self confidence and a sense of achievement in a beautiful, safe, all weather environment. You have the opportunity to show at local academy shows, where you will ride a lesson horse and compete against other beginner adult riders. You can experience the thrill of competition or just the satisfaction of learning to ride. All adults must sign a release form. For additional information visit the website at [www.johnwhitestables.com](http://www.johnwhitestables.com) 4 Classes Min/Max: 2/5



**Instructor:** John White Stables Staff  
**Location:** John White Stables, 4319 McCauley Rd

**Day/Time:** W/ 5:30- 6:30P  
**SESSION** **PROGRAM #**  
May 11-Jun 01 132331-A

**Fee:** \$135 Resident/\$155 Non-Resident

**Fee as of May 5:** \$140 Resident/\$160 Non-Resident

**Day/Time:** W/ 5:30- 6:30P  
**SESSION** **PROGRAM #**  
Jun 08-29 132331-B

**Fee:** \$135 Resident/\$155 Non-Resident

**Fee as of Jun 2:** \$140 Resident/\$160 Non-Resident

**Day/Time:** W/ 5:30- 6:30P  
**SESSION** **PROGRAM #**  
Jul 06-27 132331-C

**Fee:** \$135 Resident/\$155 Non-Resident

**Fee as of Jun 30:** \$140 Resident/\$160 Non-Resident

**Day/Time:** W/ 5:30- 6:30P  
**SESSION** **PROGRAM #**  
Aug 03-24 132331-D

**Fee:** \$135 Resident/\$155 Non-Resident

**Fee as of Jul 28:** \$140 Resident/\$160 Non-Resident

## ADULT TAE KWON DO

Age: 13 & up

Adults of all ages and abilities will enjoy the benefits of Tae Kwon Do and Karate. You will gain a positive self-image, confidence, discipline and agility while improving overall fitness. Classes will consist of learning leg and hand techniques in a safe, controlled environment. The student will learn Martial Arts forms to simulate fighting off multiply attackers without contact in the class. Self-defense is also included in the lessons and in a very controlled and safe manner. Sparring is available with proper safety equipment but not required. This class is looking for friendly people who want to get in shape and learn self-defense. All levels are welcome. 10 Classes Min/Max: 8/12

**Instructor:** John Byard, 5<sup>th</sup> Degree Black Belt  
**Location:** Rec Center MP Room A

**Day/Time:** M/ 6:45- 7:45P  
**SESSION** **PROGRAM #**  
Jun 13-Aug 22 132081-A

**Fee:** \$63 Resident/\$83 Non-Resident

**Fee as of Jun 7:** \$68 Resident/\$88 Non-Resident



## DRUM FIT

Age: 12 & up

Drumfit is good for the brain, great for the body and really FUN! Participants will drum and dance to choreographed routines for a great cardiovascular workout. Drumsticks, exercise balls and stands are provided. Come give it a try! 6 Classes Min/Max: 10/25

**Instructor:** Cindy Ridley, ACSM Certified Personal Trainer  
**Location:** Rec Center Gym  
**Day/Time:** W/ 6:30- 7:20A  
**SESSION** **PROGRAM #**  
 Jun 01-Jul 20 132021-A  
 Exc. 07/02  
**Fee:** \$50 Resident/\$70 Non-Resident  
**Fee as of May 26:** \$55 Resident/\$75 Non-Resident

## ADULT BEGINNING SWIM

Age: 16 & up

This class is designed for beginning level participants who are comfortable in shallow water and can float without assistance, but have very little or no instruction performing swimming strokes. The course is intended to provide participants the ability to swim a distance of 25 yards using one or more defined swimming strokes. Participants will be introduced to performing skills in deep water. 4 Classes Min/Max: 4/10

**Instructor:** Melissa Canto  
**Location:** Woodstock Water Works  
**Day/Time:** W/ 7:15- 8:15P  
**SESSION** **PROGRAM #**  
 Jun 08-29 131071-A  
**Fee** \$45 Resident/\$60 Non-Resident  
**Fee as of Jun 2:** \$50 Resident/\$65 Non-Resident



SEE PAGE 27 FOR EVENT INFO

## we.CAN.tri TRAINING

Age: 14 & up

If this is your 1st triathlon or your 100th, we.can.tri is a great family triathlon for all levels. Take this opportunity to train for the triathlon in a group setting and practice on the actual course that will challenge you on race day. The instructors have all completed the we.CAN.tri and numerous other races. They are all specialized in the event that they are training and will be available to answer any questions or concerns. Instructors will rotate week to week and the last 3 weeks the group will train 2 of the 3 events. Schedule is as follows, weather permitting;

June 7 & 28- swim	July 19-swim and bike
June 14 & July 5-bike	July 26-bike and run
June 21 & July 12-run	August 2-run and swim

On the combination days we will also briefly cover transitions and the transition area. 9 Classes Min/Max: 10/20

**Registration for we.CAN.tri on August 7 is open at [www.signmeup.com/111554](http://www.signmeup.com/111554).**

**Instructor:** Melissa Canto, Molly O'Connor, Kimberly Thomas  
**Location:** Woodstock Water Works  
**Day/Time:** Tu/ 7:15- 7:45P  
**SESSION** **PROGRAM #**  
 Jun 07-Aug 02 132031-A  
**Fee:** \$5

## ADULT LEAGUES

### CO-ED FALL SOFTBALL LEAGUES

18 Years & Up / MONDAYS

This league is governed by U.S.S.S.A. rules. Teams must field an equal number or more females than males. Completed roster, signed waiver and full payment are required in order to secure a spot in the league. The fee includes a round robin league format and a single elimination tournament with seeds based on the league standings. **DEADLINE to register a team is Friday, August 12 by 5:00 pm.**

**A mandatory captain/coach's meeting will be held on Tuesday, August 16 at 7:00 pm the Recreation Center.**

**Location:** Bigelow B & C Fields-Emricson Park  
**Fee:** \$300/Team plus \$10/Non-Resident player  
**Day/Time:** Mon/6:30, 7:30 & 8:30 pm  
**Season**  
 Begins Aug 22

- Information packets for all Leagues will be available Monday, July 18 at the Woodstock Recreation Center. Packets will be e-mailed to all past captains. For additional questions on any of the leagues, email Alan at [adunker@woodstockil.gov](mailto:adunker@woodstockil.gov) or call at 815-338-4363.
- REGISTER YOUR TEAM BY FRIDAY, AUGUST 12.
- A \$50 LATE FEE WILL BE CHARGED FOR ANY TEAMS ADDED AFTER THE DEADLINE.

### MEN'S FALL 12" SOFTBALL LEAGUES

18 Years & Up / TUESDAYS or THURSDAYS

This league is governed by U.S.S.S.A. rules. Completed roster, signed waiver and full payment are required in order to secure a spot in the league. The fees include a round robin league format and a single elimination tournament with seeds based on the league standings. **DEADLINE to register a team is Friday, August 12 by 5:00 pm.**

**A mandatory captain/coach's meeting will be held on Tuesday, August 16 at the Recreation Center.**  
**"C" League 7:30 pm, "D" League 8:00 pm**

**Location:** Bigelow B & C Fields-Emricson Park  
**Fee:** \$300/Team plus \$10/Non-Resident player

#### MEN'S "C" LEAGUE

**Day/Time:** Tue/6:30, 7:30 & 8:30 pm  
**Season**  
 Begins Aug 23

#### MEN'S "D" LEAGUE

**Day/Time:** Thu/6:30, 7:30 & 8:30 pm  
**Season**  
 Begins Aug 25