

Children must be the age or grade listed by the first day of the program-no exceptions.
When grade is listed, grade level applies to the 2016-2017 school year.

TROTting TOTS

Age: 3-6



Horseback riding, especially for young children, opens developmental doorways that can lead to a happy and balanced life. This program is designed for 3-6 year olds and builds on the benefits of horseback riding to sharpen focus, instill confidence and improve muscle coordination, core strength, balance and flexibility. Your young child will learn how to communicate with the horse through body signals and cues. They will learn how to groom and saddle a

horse as well. Games, songs and body movement in the saddle help develop not only the mechanics of horseback riding but also your child's listening skills, sense of responsibility and creative expression. This class will be one on one with an instructor for 40 minutes for 4 classes. Time slots are available Monday-Saturday. Register with the Recreation Department and then contact John White Stables to set up your time slot. 4 Classes Min/Max: 1/15

Instructor: John White Stables Staff
Location: John White Stables, 4319 McCauley Road

Day/Time: M-Sa/10:00A- 6:00P
SESSION **PROGRAM #**
May 02-Aug 31 116041-A
Schedule the 4 classes directly with JWS
Phone: 815.245.2585
Email: whitelisajo@aol.com

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

LITTLE DRAGONS KARATE

Age: 3-4 with Parent

This class is designed to teach kids the very basics with the parents help. The kids will learn basic kicks, basic hand techniques, stances, balance and very basic karate form. Most of the interaction in class will be the parents learning with their kids so the parents can help their child at home. The class will help improve each student with Focus, Memory, Teamwork, Discipline, Self Control, Fitness, Balance and Coordination. This class is designed to be fun but also to teach as much martial arts as possible for the child's ability. No uniform required-wear long pants and loose clothing. 10 Classes Min/Max: 6/10

Instructor: John Byard, 5th Degree Black Belt
Location: Rec Center MP Room A

Day/Time: W/ 6:45- 7:15P
SESSION **PROGRAM #**
Jun 15-Aug 24 116101-A
Exc. 07/06

Fee: \$70 Resident/\$90 Non-Resident
Fee as of Jun 9: \$75 Resident/\$95 Non-Resident

LITTLE SPORTSTARS

Age: 2-4 with Parent

Are you ready to learn how to swing a bat, hockey stick or golf club? How about learning to run and jump or throw or kick a ball? During this parent/child program, learn basic skills that develop fundamental motor skills, hand-eye coordination and listening skills.
4 Classes
Min/Max: 8/12



Instructor: Courtney DeBolt-Slinko
Location: Rec Center Gym

Day/Time: M/10:45-11:30A
SESSION **PROGRAM #**
Jun 06-27 116063-A

Fee: \$25 Resident/\$37 Non-Resident
Fee as of May 31: \$30 Resident/\$42 Non-Resident

Day/Time: M/10:45-11:30A
SESSION **PROGRAM #**
Jul 11-Aug 01 116063-B

Fee: \$25 Resident/\$37 Non-Resident
Fee as of Jul 5: \$30 Resident/\$42 Non-Resident

SAVE THE DATE
**TOUCH
A TRUCK**
SUNDAY, AUGUST 28
10:00 AM - 2:00 PM



Contact Becky at bvidales@woodstockil.gov if your company would like to feature a vehicle in this year's event.

TOT ROCK

Age: 1-2 with Parent

Musical fun for everyone! Tot Rock is a unique combination of music and movement, sensory stimulation and socialization. Tot Rock provides structured and unstructured time for tots to improve fine motor skills and coordination, and work on newly-acquired gross motor skills. Activities involve a variety of manipulatives, including maracas, tambourines, bean bags, bubbles, parachute play and much more! New curriculum presented each session. Sing, dance and play with us today! www.rockitkids.com
8 Classes Min/Max: 4/12

Instructor: Kid Rock Staff
Location: Rec Center MP Room A

Day/Time: W/ 9:15- 9:55A

SESSION **PROGRAM #**
Jun 15-Aug 10 116071-A
Exc. 07/06

Fee: \$78 Resident/\$98 Non-Resident
Fee as of Jun 9: \$83 Resident/\$103 Non-Resident



KID ROCK

20 Months - 3 Years
with Parent

At Kid Rock, it's always a musical day! Kid Rock is a multi-faceted music and movement program that focuses on song and dance, rhythm and rhyme, imaginative play, fine and gross motor skills, and following directions. Instruments and props include hand bells, maracas, tambourines, scarves, bean bags, parachute play and much more! New curriculum presented each session. It's music and fun rolled into one! www.rockitkids.com. 8 Classes Min/Max: 4/12

Instructor: Kid Rock Staff
Location: Rec Center MP Room A

Day/Time: W/10:00-10:40A

SESSION **PROGRAM #**
Jun 15-Aug 10 116081-A
Exc. 07/06

Fee: \$78 Resident/\$98 Non-Resident
Fee as of Jun 9: \$83 Resident/\$103 Non-Resident

KID ROCK II

Age: 3-4

At Kid Rock, it's always a musical day! Kid Rock is a multi-faceted music and movement program that focuses on song and dance, rhythm and rhyme, imaginative play, fine and gross motor skills, and following directions. Instruments and props include hand bells, maracas, tambourines, scarves, bean bags, parachute play and much more! New curriculum presented each Session. It's music and fun rolled into one! www.rockitkids.com. 8 Classes Min/Max: 4/12



Instructor: Kid Rock Staff
Location: Rec Center MP Room A

Day/Time: W/10:45-11:25A

SESSION **PROGRAM #**
Jun 15-Aug 10 116091-A
Exc. 07/06

Fee: \$78 Resident/\$98 Non-Resident
Fee as of Jun 9: \$83 Resident/\$103 Non-Resident

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FOR ADULT PROGRAMS



MIGHTY TWISTERS

Age: 3-4

An introduction to basic gymnastic skills that includes tumbling, low bar, floor beam and motor skills. Children must be potty trained and able to attend class without parent assistance. 6 Classes Min/Max: 4/8

Instructor: Corkscrew Staff
Location: Corkscrew Gymnastics,
 2309 N Ringwood Road, Suite Q, McHenry
Day/Time: Tu/ 9:15-10:15A

SESSION **PROGRAM #**
 May 10-Jun 14 116161-A
Fee: \$95 Resident/\$115 Non-Resident
Fee as of May 4: \$100 Resident/\$120 Non-Resident

Day/Time: Th/ 4:30- 5:30P
SESSION **PROGRAM #**
 May 12-Jun 16 116161-B

Fee: \$95 Resident/\$115 Non-Resident
Fee as of May 6: \$100 Resident/\$120 Non-Resident



PARENT TOT GYMNASTICS

Age: 1-2 with Parent

This class is designed to enhance motor, listening and social skills through fun gymnastics oriented activities. An adult is expected to actively participate with their child. 6 Classes Min/Max: 4/8

Instructor: Corkscrew Staff
Location: Corkscrew Gymnastics,
 2309 N Ringwood Road,
 Suite Q, McHenry

Day/Time: M/ 9:15-10:00A
SESSION **PROGRAM #**
 May 09-Jun 13 116141-A

Fee: \$90 Resident/\$105 Non-Resident
Fee as of May 4: \$95 Resident/\$110 Non-Resident



SUPER STRIKER SOCCER

Age: 3-6

This class teaches fundamental soccer skills through a series of fun games such as Sponge Bob and Scooby Doo. Skills taught will include dribbling, turning, stopping the ball, running with the ball, passing and shooting. Players will have so much fun they won't even realize they are learning! Students will be taught in a fun and friendly environment. Balls will be provided. Shin guards are optional. 5 Classes Min/Max: 8/20

Instructor: Super Striker Staff
Location: Davis Road Field #4

3-4 YEARS OLD

Day/Time: M-F/ 9:00- 9:45A
SESSION **PROGRAM #**
 Jul 11-15 116191-A
Fee: \$68 Resident/\$88 Non-Resident
Fee as of Jul 5: \$73 Resident/\$93 Non-Resident

5-6 YEARS OLD

Day/Time: M-F/10:00-11:00A
SESSION **PROGRAM #**
 Jul 11-15 116191-B
Fee: \$75 Resident/\$95 Non-Resident
Fee as of Jul 5: \$80 Resident/\$100 Non-Resident