

Winter/Spring  
2011-2012  
Classes/Clinics

## Lockport Township High School District 205 COMMUNITY WELLNESS CENTER

1333 E. 7th Street, Lockport, IL 60441  
Phone(815)588-8400 FAX(815)588-8409  
Check out our programs on [www.lths.org](http://www.lths.org)



### YOUTH DANCE CLASSES

#### 5–11 Year Ballet and Jazz

Youth Dance will culminate with a rehearsal and recital with a total of 13 meetings.

Price: \$100 CWC Member Discount Rate  
\$100 District 205 Resident Discount Rate  
\$110 Out of District

Days: Sundays

Dates: January 8 – March 25

Location: CWC Dance Studio

Min/Max: 8/12

Instructor: Crystal Poska, of Turning Point Dance Studio



Age / Level	Time	Code
5–7 Beg Ballet	11:30am – 12:15pm	610602C
5 -7 Beg Jazz	12:15pm – 1:00pm	610602D
8–11 Beg Ballet	1:30pm – 2:15pm	610602E
8 - 11 Beg Jazz	2:15pm – 3:00pm	610602F

### 3 - 4 Year Old Pre-Ballet

Youth Dance will culminate with a rehearsal and recital with a total of 13 meetings.

Price: \$90 CWC Member Discount Rate  
\$90 District 205 Resident Discount Rate  
\$100 Out of District

Days: Sundays

Dates: January 8 – March 25

Location: CWC Dance Studio

Min/Max: 8/12

Instructor: Crystal Poska, of Turning Point Dance Studio

Age / Level	Time	Code
3-4 year Pre-Ballet	11:00am - 11:30am	610602A
3-4 year Pre-Ballet	1:00pm - 1:30pm	610602B

The recital and rehearsal will be at the end of March.



For more info on further classes contact Gina Miranda,  
815-836-3970 of Turning Point Dance Company.  
[gina@dance.com](mailto:gina@dance.com)



**Turbo Kick** is the hottest exercise program around! You'll kick, punch and groove the calories away in this action-packed, super fun and effective cardiovascular workout.

Turbo Kick mixes kickboxing and simple dance moves with music that makes you want to move it!

**Have fun while losing weight and toning up.**

**CLASSES AT LTHS DANCE STUDIO**  
**MONDAYS AND WEDNESDAYS 6:30pm—7:30pm**  
Fee: \$24.00 for 3 Mondays  
\$24.00 for 3 Wednesdays

**Mondays next set of dates are Dec 19, Jan 9 & 16th**  
**Wednesdays next set if dates are Dec 21, 28, & Jan 4th**  
**Dates: see brochure online for on-going dates**  
**Instructors: Shannon Ewonaitis and Tina Basinger**

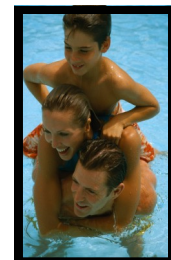
### Family Night

**Open Swim:** Come splish-splash in our indoor pool. LTHS East Pool has 2 one meter diving boards, water basketball and is handicapped accessible. Bring the family for a fun time. \*\*\*Must have a parent present in pool area. **Pool when available is 8pm—9:45pm.**

**Open Gym:** Basketball, volleyball and badminton etc... will be available for family night.  
Time: 6:00pm - 9:50pm

**Fees:** \$3.00 Adults  
\$2.00 Children & Seniors  
Must live in the  
LTHS District 205

**Must check CWC monthly open gym calendar and swim calendar for dates.**





## PORTER SOFTBALL CAMP

LTHS Head Softball Coach, Marissa Chovanec, assisted by LTHS softball staff, along with the current 2011 team will cover offensive and defensive aspects of the game.

**Pitching instruction** will be headed by former professional pitcher and All-American at the University of St. Francis, **Ali (Franzen) VanderTuuk**.

Participants should bring a bat, glove and gym shoes. Participants signing up for the pitching instruction, try to provide your own catcher. Fee includes a T-shirt. Fee includes a T-shirt.

Date: March 11  
Days: Sunday  
Min/Max: 20/60  
Location: Field House  
Fee: \$35 per session/per camper  
\$55 for two sessions/per camper

<u>Class</u>	<u>Ages</u>	<u>Time</u>	<u>Code</u>
Fundamentals	6–14 years	10:30am–12:30pm	610204-A
Pitching Only	6–14 years	1:00pm–2:00pm	610204-B



## VOLLEYBALL CLINIC K–8TH GRADE

This clinic will emphasize the fundamentals of the game (passing, setting, hitting, serving, and defense.) The clinic will be instructed by LTHS Girl's Varsity Coach Julia Hudson, current coaches and players.

Date: January 14, 21, 28  
Days: Saturday  
Time: 5:00pm–7:00pm  
Location: Field House  
Fee: \$5.00 per date (Pay at the Door)

Please call Coach Hudson at 815-588-8479  
for more information  
[www.jhudson@lths.org](mailto:www.jhudson@lths.org)



## SOCCER CLINIC



This camp is designed to enhance and develop the fundamental components of the game. The camp will emphasize skill development through individual, small group tactics and small sided games. Contact Head Soccer Coach, Chris Beal @ [cbeal@lths.org](mailto:cbeal@lths.org)

Date: TBA  
Days: TBA  
Time: TBA  
Ages: 5–12 years old  
Min/Max: 15/40  
Location: Fieldhouse  
Fee: TBA  
Code: 610203-A



## PORTER BASEBALL CAMP SUNDAY MARCH 4TH K-5 GRADE AND 6TH–8TH

Come have a great time and tune-up the PORTER WAY!

Camp will include hitting, throwing, catching, fielding and base running. Camp will be taught by Head Coach Andy Satunas, Coaching Staff and Varsity players.



Date: March 4th  
Day: Sunday  
Time: 8:00am - 11:00am K–5  
12:00pm – 3:00pm 6th – 8th  
Min/Max: 20/60  
Location: Field House  
Fee: \$60  
Code: 610209-A K-5  
610209-B–6th–8th

What to bring: gym shoes, glove, bat, catching equipment (if applicable).

Includes:

- Camp T-shirt
- Porters Player Manual
- Family Pass to Lockport Baseball Night on Saturday, April 14th rain date available on [www.porterbaseball.org](http://www.porterbaseball.org)
- Each camper will “take the field with the Porters” prior to the Porter Varsity versus Minooka game

Questions contact Coach Satunas at [asatunas@lths.org](mailto:asatunas@lths.org)  
or 815-588-8597



## Get Toned with the Toninator

Basic boot camp basic results. This is not basic boot camp!!!! If you are looking for a high intensity high interval workout which will tone every part of your body this camp is for you.

Beginner, intermediate, and advanced fitness levels welcome. Every exercise can be modified to challenge any level! Results Guaranteed!!

**Min 8 Max 15**

**Mondays and Wednesdays**  
**No class on all school holidays**

Dates: 1/09, 1/11, 1/18, 1/23, 1/25, 1/30, 2/1, 2/6, 2/8  
Time: 5:30AM—6:30AM or 7PM—8PM  
Code for AM 610304A Code for PM 610304B  
Fee for 9 classes: \$70Resident and \$78 Non-Resident

Dates: 2/13, 2/15, 2/22, 2/27, 2/29, 3/7, 3/12, 3/14  
Time: 5:30AM—6:30AM or 7PM—8PM  
Code for AM 610304C Code for PM 610304D  
Fee: for 8 classes: \$62Resident and \$70 Non-Resident

Dates: 4/2, 4/4, 4/11, 4/16, 4/18, 4/23, 4/25, 4/30, 5/2  
Times: 5:30AM—6:50AM or 7PM—8PM  
Code for AM 610304E Code for PM 610304F  
Fees for 9 classes: \$70Resident and \$78 Non-Resident

Dates: 5/7, 5/9, 5/14, 5/16, 5/21, 5/23, 5/30  
Times: 5:30AM—6:50AM or 7PM—8PM  
Code for AM 610304G Code for PM 610304H  
Fees for 7 classes: \$54Resident and \$62 Non-Resident



Recommendation: Good shoes, exercise mat, water bottle as always seek your doctors permission before starting any exercise program.

Working out can be lots of things, but it's never been known to be exhilarating...UNTIL NOW...



The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. **Dawn Pierson, Instructor**

Dates: **Thursdays**  
Time: 6:30pm—7:30pm  
Location LTHS Dance Studio

[More dates and times available at Elite Dance Studio Dawn@piersonfitness.com](#)

## American Red Cross Lifeguard Certification



This class will give you training in water rescue skills and also CPR for the Professional Rescuer that you will need to become a Certified Lifeguard.

Mandatory attendance is expected for all classes. The first day you will be expected to complete a 300 yd swim and 10lb brick retrieval to enter the class. No refunds after the class begins.

Dates: 2/19, 2/26, 3/4, 3/11, 3/17, 3/18  
Days: Sundays  
Location: LTHS East Pool  
Instructor: Kathy Valcich  
Fee: \$225.00  
Code: 610104A  
Deadline for registration is: February 6th



- ↔ International Elite Athletic development
- ↔ Personal Training (active adults)
- ↔ Nutritional counseling
- ↔ Programs designed for teams and Individuals interested in training with a high intensity and purpose.

For more information contact Nick Setta

[nsetta@settaperformance.com](mailto:nsetta@settaperformance.com)

708-990-1587

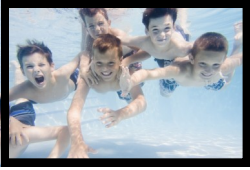
[www.settaperformance.com](http://www.settaperformance.com)

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**American Red Cross Swim Lessons**

The six week learn to swim program is open to children four to thirteen years old. Increase your child's skill and safety in the water with this renowned program.

**Sunday Winter Lessons— 6 weeks**

**Dates:** Sundays, January 8—February 12  
**Where:** LTHS East Campus Pool  
**Min/Max:** 25/30 per class

<u>Time</u>		<u>Code</u>
9:10am	- 9:50am	610101-A
10:00am	- 10:40am	610101-B
10:50am	- 11:30am	610101-C
11:40am	- 12:20pm	610101-D

Fee: \$42— CWC Member Discount Rate  
\$44— District 205 Resident Discount Rate  
\$51— Non-Residents

**Saturday Spring Lessons— 6 weeks**

**Dates:** March 24—May 5  
**Where:** LTHS East Campus Pool  
**Min/Max:** 20/25per class

**No Class on April 28**

<u>Time</u>	<u>Code</u>
12:10pm - 12:50pm	610102-A
1:00pm - 1:40pm	610102-B
1:50pm - 2:30pm	610102-C

Fee: \$42— CWC Member Discount Rate  
\$44— District 205 Resident Discount Rate  
\$51— Non-Residents

**Spring Infant Parent Aquatic Program**

The six week program is designed for Infants six months to three years old. **Parent Participation in the Water with your child is Mandatory.** This program is a great way for parents to learn how to introduce their children to water entry, bubble blowing, front kicking, back floating and water exploration. Come and have fun in the water... moms, dads and kids!

**Dates:** March 24—May 5 **No class April 28**  
**Days:** Saturdays  
**Where:** LTHS East Campus Pool  
**Min/Max:** 10/15 per class  
**Instructor:** Kate Johnson

<u>Time</u>	<u>Code</u>
11:30am - 12:00pm	610102-D

Fee: \$30— CWC Member Discount Rate  
\$32— District 205 Resident Discount Rate  
\$36— Non-Residents

**Adult Lap Swim**

Looking for a great fitness activity? Lap Swimming provides cardiovascular fitness as well as strength improvement without the impact of traditional fitness activities.

**Days:** Monday— Friday  
**Time:** 5:30AM-7:30 AM  
**Days:** Monday - Friday  
**Time:** 8:00PM - 9:45 PM

Limited time starting in March.  
Refer to monthly calendar.

**Fee:** \$5 CWC Members— FREE

