

MULTI-AGE PROGRAMS

INTRODUCTION TO NORDIC WALKING

Learn how to turn a simple walk into a highly efficient, aerobic total body workout. Bring your water bottle and wear good walking shoes. Use of premium quality poles included.

WHO: Adult & Teens (Ages 14 & up)
WHEN: Thursday, April 28
8:30 am – 10:00 am
WHERE: Lions Park Shelter House
FEE: \$20 in district
\$25 out of district
MIN/MAX: 6/20
INSTR.: Carol Heinrich, Certified Nordic Walking Instructor

***Pre-requisite:
Stretch & Stride - Nordic Walking



STRETCH & STRIDE - NORDIC WALKING

Take what you have learned in Introduction to Nordic Walking and walk it out. Each session includes warm-up, walking and sport specific stretching.

WHO: Adult & Teens (Ages 14 & up)
WHEN: Thursdays
May 5 - June 2
8:30 am – 9:30 am
WHERE: Lions Park Shelter House
FEE: \$20 in district
\$25 out of district
MIN/MAX: 6/20
INSTR.: Carol Heinrich, Certified Nordic Walking Instructor

PROGRAM REGISTRATION DATES

LENA AMERICAN LEGION:
Saturday, April 30 from 9:00 am - 1:00 pm
Thursday, May 5 from 6:00 pm - 8:00 pm
Saturday, May 7 from 9:00 am - 11:00 am

PLEASE NOTE THAT REGISTRATION MUST BE COMPLETED ONE WEEK PRIOR TO THE PROGRAM START DATE. A \$5 SERVICE FEE WILL APPLY IF REGISTRATION IS NOT COMPLETED ON TIME.

If you have any questions, please call the Park District Office at (815) 369-5351.

WE'RE NOW ACCEPTING



Do you have an idea for a special event or a new program? Please contact the Lena Community Park District with your recommendations. We are always looking new ways to involve and interest the patrons in the Lena community.

PARK HOURS

Lions Park, Dodds Park, Schudt Park, Jaycees Park, and Polhill Park are open from 6:00 am to 10:00 pm. Anyone in the parks between 10:00 pm to 6:00 am will be subject to a fine.



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