

YOUTH PROGRAMS



ROLLER SKATING

Come learn how to roller skate! Lessons will occur first, followed by free skating time to practice. Bring your parents to join you during lessons for no additional charge. The skate rental is included in the price.

WHO: Ages 5 & up
WHEN: Mondays
Session 1
June 6, 13, 20, 27
7:00 pm - 8:00 pm
Session 2
July 18, 25; Aug. 1, 8
7:00 pm - 8:00 pm
FEE: \$20 in district each session
\$25 out of district each session
WHERE: Skate Station
INSTR: Linda Simler

CHEER DANCE CAMP

Learn basic cheerleader motions, jumps and dance routine. This camp is for youth entering 1st-3rd grades. Fee includes a t-shirt.

WHO: Youth entering 1st - 3rd grade
WHEN: Thursday - Sunday
July 18 - 21
6:00 pm - 7:30 pm
FEE: \$25 in district
\$30 out of district
WHERE: Le-Win Junior High School Gym
INSTR: Pat Adkins &
the Le-Win Cheerleaders

SOCCER KIDS

Come join us for this exciting soccer program. Learn the basic skills of soccer or improve on the skills you already have. The first two weeks will be practice and the rest of the time will be playing games. Each child must bring their own shin guards and soccer ball. Fee includes a t-shirt.

WHO: Ages 7 - 12
WHEN: Tuesday & Thursday
July 11 - August 17
6:00 pm - 7:00 pm
FEE: \$25 in district
\$30 out of district
INSTR: Rich and Marianne Janicke



LITTLE KICKERS

Introduce your child to the popular game of soccer. Basic skills such as dribbling, kicking and passing will be taught along with the rules of the game. The first two weeks will be practice and the rest of the time will be playing games. Each child must bring their own shin guards and soccer ball to practice. Fee includes a t-shirt.

WHO: Ages 4 - 7
WHEN: Monday & Wednesday
July 11 - August 15
6:00 pm - 7:00 pm
FEE: \$25 in district
\$30 out of district
WHERE: Lions Park
INSTR: Rich and Marianne Janicke

YOUTH PROGRAMS

JUNIOR GOLFERS

Come learn a challenging sport, get exercise and have fun while enjoying the outdoors. In this class you will be taught the proper stance, grip, swing, rules and course manners of golf. Participants should have a basic set of clubs. Lessons will depend on the weather. Fee includes one session.

WHO: Ages 8 - 17
WHEN: Thursdays
 June 16 - July 14
 Session I 10:00 am - 10:45 am
 Session II 11:00 am - 11:45 am
FEE: \$55 in district
 \$60 out of district
WHERE: Wolf Hollow Course
INSTR: Doral Reining



BABYSITTER'S TRAINING CLASS



**American
Red Cross**

The American Red Cross is offering a babysitter's training class. This class will cover basics of childcare and CPR. By the end of the day you will earn a certificate and handbook. Please bring a sack lunch and a life-sized doll.

WHO: Ages 11 - 15
WHEN: TBA
MIN/MAX: 6/15
FEE: \$45
WHERE: TBA
INSTR: American Red Cross Staff

Please sign-up at registration
 Date will be available.

TUMBLING

Learn how to tumble! This course will cover basic tumbling skills and safety, appropriate for both beginners and intermediates.

WHO: Ages 3½ and up
WHEN: Tuesdays & Thursdays
 June 8 - 24
 1:00 pm - 2:00 pm
FEE: \$35 in district
 \$40 out of district
WHERE: Fitness on Main - 2nd Floor
INSTR: Rae Ann Mokros



JAYCEES BICYCLE RODEO



Spend the day with the Jaycees as they teach you important bike safety lessons. Lessons to include class instruction and obstacle course. Lunch will be provided for all participants at Lena Fire Station.

WHO: Ages 5 - 12
WHEN: Saturday, May 1
 8:30 am - 12:00 pm
FEE: FREE
WHERE: Lena Fire Station
INSTR: Todd Welch, Chief Deputy of Stephenson County Sheriff's Dept.



YOUTH PROGRAMS



MODIFIED BASEBALL

This class is designed for young ball players to learn the basics of baseball. Batters will start off hitting from a tee and will advance to an underhand pitch. Practice will take place for the first two weeks, with league play the last four weeks. Please bring your own glove. Fee includes a team t-shirt. (Little Cubs Field Game will be in the evening.)

WHO: Ages 6 - 8
WHEN: Mondays & Wednesdays
 June 1 - July 13
 (July 7 Little Cubs Field)
 8:30 am - 9:30 am
FEE: \$30 in district
 \$35 out of district
WHERE: Dodds Park
INSTR: Kevin Milder

TEE BALL

Come learn the fundamentals of baseball using a tee stand instead of a pitcher. Throwing, catching and hitting will be taught in a safe environment. Practice will be held for the first two weeks, with league play the last four weeks. Please bring your own glove. Fee includes a team t-shirt. (Little Cubs Field Game will be in the evening.)

WHO: Ages 4 - 6
WHEN: Tuesdays & Thursdays
 June 3 - July 15
 (July 6 Little Cubs Field)
 8:30 am - 9:30 am
FEE: \$30 in district
 \$35 out of district
WHERE: Dodds Park
INSTR: Kevin Milder



CHILDREN'S FISHING CLINIC AT LAKE LE-AQUA-NA

Would you like to learn how to fish? Or have questions about bait, fish and poles? The Department of Natural Resources is holding a fishing clinic at the new children fishing pond at Lake Le-Aqua-Na. Please bring a sack lunch.

WHO: Ages 6 & up
WHEN: Friday, July 8th
 10:00 am - 2:00 pm
FEE: \$5
WHERE: Lake Le-Aqua-Na
INSTR: Staff from the Department of Natural Resources



YOUTH PROGRAMS

CHRISTMAS IN JULY **CERAMICS WORKSHOP**

Get a head start on Christmas gifts or make something for yourself. The fee includes a ceramic piece (or pieces depending on size) and all paints, brushes, sprays, etc. necessary to finish the piece(s) completely. Every participant will receive a free Christmas ornament to paint. Come for all or part of the day, but new projects must be started no later than 2:00 pm. Please bring a sack lunch, beverages will be available.

WHO: Ages 6 & up
MAX: 15 participants
WHEN: Saturday, July 9
10:00 am - 4:00 pm
FEE: \$10 in district
\$15 out of district
WHERE: Slip Shape Ceramics in Lena
INSTR: David Gerbode

KITE FLYING

Come have some fun and learn about kites! In this class you will have the opportunity to build and fly your own kite. Don't miss out on the fun!

WHO: Ages 6 & up
WHEN: Saturday, June 25
10:00 am - 12:00 pm
FEE: \$6
WHERE: Shelter House at Lions Park
INSTR: Dennis Roe

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



TENNIS

Come have fun and make new friends while learning how to play tennis! Basic strokes, rules and game strategies will be taught in this class. Bring your racquet and a can of initialed tennis balls.

WHO: Beginner: 5 - 8 yrs old
Intermediate: 8 yrs & up
WHEN: Mon, Tues, Wed & Thurs (Two Weeks)
July 11, 12, 13, 14
July 18, 19, 20, 21
Beginner: 2:00 pm - 3:00 pm
Intermediate: 3:00 pm - 4:00 pm
FEE: \$20 in district
\$25 out of district
WHERE: Dodds Park Courts
INSTR: Randal Paisley, Asst. Coach
Freeport Pretzel Tennis Team

BUSY BEES

This fun and creative class is for little minds and bodies. The class will meet twice a week and will include stories, music, movement, crafts and structured play time. All materials are included in class fee.

WHO: Ages 3 - 4
WHEN: Mondays & Wednesdays
June 1 - June 22
8:30 am - 10:30 am
FEE: \$25 in district
\$30 out of district
WHERE: Polhill Shelter House
INSTR: Maddie Parks



YOUTH & ADULT PROGRAMS

KARATE KAMP

Join Sensei David Funk and his associate instructors in this exciting and educational sneak preview ! Kids, teens and adults will be introduced to Karate and Self-Defense for the all new Karate Program coming July 2011...

Kid Kamp(s)

Basics in Karate and Self-Defense along with team building exercises will be taught. In addition to promoting the following values: Respect & Courtesy, Attitude, Confidence & Self-Esteem, and Environmental Awareness, energy-packed drills and skills building will be sure to make this an exciting opportunity you WON'T want to miss! Each participant will receive a certificate of completion following the class.

Teen/Adult Kamp

Basics in Karate and Self-Defense will be taught in addition to environmental awareness and critical everyday items that everyone should have to help defend themselves. An introduction to our 3 phase Women's Self-Defense Program will also be presented. Each participant will receive a certificate of completion following the class.

Lil' Lions Kamp:

WHO: Ages 5 - 7
TIME: 9:00 am - 9:45 am

Youth Kamp:

WHO: Ages 8 - 12
TIME: 10:00 am - 11:00 am

Teens/Adult Kamp:

WHO: Ages 14 & up
TIME: 11:15 am - 12:30 pm

WHEN: Friday
June 17th

WHERE: Le -Win Junior High School Gym

FEE: \$10

INSTR: Sensei David Funk & Associates

Wear comfortable clothing.

Arrive 10 min. prior to your class time.



ADULT GOLFERS

Have you ever wanted to know how to golf? Now is the time to learn the sport! In this class you will be taught the proper stance, grip, swing, rules and course manners. Participants should have a basic set of clubs. Lessons will depend on the weather.

WHO: Ages 18 & up

WHEN: Wednesdays

June 1 - June 29

6:00 pm - 7:00 pm

WHERE: Wolf Hollow Golf Course

FEE: \$55 in district

\$60 out of district

INSTR: Doral Reining

LENA HORSESHOE LEAGUE

Horseshoes are a great way to get out of the house, meet new people and have some fun. Although there is no fee required to play, a \$25 contribution from all pitchers is necessary to cover the cost of the year end banquet and prizes.

WHO: Men and women ages 18 & up

WHEN: Tuesdays

May - Aug

7:00 pm

WHERE: Dodds Park

FEE: No Fee required to play

\$25 contribution from all pitchers

INFO: Mark Jordan at (815) 369-4052

Jim Arnold at (815) 369-5308

WE'RE NOW ACCEPTING

