



# Village of Elwood

• Established 1889 •

*Proud of our past, Building our future*

## Summer 2010 Recreation Programs

Please register for recreation programs at Elwood Village Hall, 401 E. Mississippi Ave. Programs are held at Elwood Village Hall. Registrations forms will be available at the village hall and on line at the [www.villageofelwood.com](http://www.villageofelwood.com). Additional programs will be posted as they become available. For more call the recreation coordinator, 815-424-1093

### Summer Art

This weekly art class offers fun and learning for children entering 1<sup>st</sup> through 5<sup>th</sup> grades in the 2010/11 school year. The cost is \$20 for the five-week class. Fee covers the cost of supplies. Class meets Thursdays, June 3 through July 1, 10:30-11:30 a.m. Register by June 1, (Min 10 students)

### Summer Reading

Weekly reading instruction and practice for children entering 1<sup>st</sup> through 3<sup>rd</sup> grades in the 2010/11 school year. The cost is \$20 for the five-week class. Class meets on Thursdays, June 3 through July 1, 9-10 a.m. Register by June 1 (Min 10 students)

### Cheer Camp

Students will learn basics cheerleading fundamentals, sideline cheers and a floor routine. Cost is \$25 for a five-class session and includes a camp tee shirt. There will be three summer sessions of this popular cheerleading camp. June 28-July 1; July 19-23 and August 16-20. Registration deadline is Friday before camp begins. Camp times for all three sessions are as follows. Entering 1<sup>st</sup> grade, 4:30-5:15; 2<sup>nd</sup>-3<sup>rd</sup> grade, 5:30-6:16; 4<sup>th</sup>-5<sup>th</sup> grade, 6:60-7:15; 6<sup>th</sup>-8<sup>th</sup> grade 7:30-8:15

### Starting Sports and Fitness

Give your child a head start on some of the sports that they will encounter in school and extracurricular activities. Some of the sports we will explore are: Dodge ball, Track and Field, Kickball, Ultimate Frisbee and The Presidential Fitness Challenge. The class is a great introduction to sports for children entering K-3<sup>rd</sup> grade. Class meets daily July 26-30 from 11 a.m.-noon. Cost is \$40 for the five-day class. Register by July 23 (min. 10 students)

### Hero School

This one-or-a-kind program is for children entering K-4<sup>th</sup> grade. Each class will develop a heroic trait, Spiderman's agility, Ninja moves, Jedi Lightsaber techniques, Superman's strength and speed and real-life emergency skills. Class meets daily July 26-30 from 10-11 a.m. Cost is \$40 for the five-day class. Register by July 23 (min 10 students)

### Sewing for beginners

This two-day class is designed for sewers age 9 to adult ready to learn basic pattern and sewing machine techniques. The class will design and sew a decorative pillow case begin a second, take-home project. Class fee is \$25 and includes materials for both projects. Participants are asked to bring their own

sewing machines and scissors. Class meets on July 13<sup>th</sup> & 15<sup>th</sup> from 5:30-7:30 p.m. Register by July 9 (min 6 students, max. 21)

### **Crafty Bags**

Make a crafty bag! Students entering 1<sup>st</sup> -5<sup>th</sup> grades will make cute and useful bags/purses from basic items. Cost is \$20 and all supplies are included. Class meets July 9 from 10 a.m.-noon. Register by July 7 (min 6 students, max. 26)

### **T-Shirt Craft**

Students age 9 & up will love these no-sew projects. Bring in your old favorite tee shirts and turn them into fun pieces. Participants will make bags and newly-designed shirts. Cost is \$10. Class meets July 30<sup>th</sup> from 10 a.m.-noon. Register by July 26<sup>th</sup> (min 6 students, max 26)

### **Photo Tote**

This one-day class is designed for intermediate sewers. Participants will make turn a special photo into a one-of-a-kind tote. The cost is \$30 and includes all supplies and a brown bag luncheon. Participants are asked to bring their won sewing machines and scissors. Class meets on June 29 from 9:30 a.m.-2 p.m. This is an adult-level class. Please bring in photo at the time of registration. (min 8 students, max 21)

### **Tai Chi**

Don't miss out on the benefits Tai Chi has to offer. This low-impact activity helps restore balance and improve basic muscle strength through repetitive movement. Class meets Mondays, May 24-June 28 from 10-11 a.m... Late registration is welcome. Cost is \$7.50 for 6-week session.

### **Turbo Slim in 8**

Burn calories and blast fat with Turbo Kick, a mix of kickboxing and simple dance moves with music that makes you want to move it! The unique Turbo Kick movement patterns, combinations and techniques work together for the ultimate cardiovascular workout that will melt fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down designed to maximize weight loss. Cost is \$240 per 8-week session. Register by June 9. (min 10 students) We're offering two separate sessions of Turbo Kick:

- Mon. & Wed. 5:30-6:30 p.m., June 14-Aug. 4
- Tues. & Thurs. 10-11 a.m., June 15-Aug. 5

### **Yoga-Fitness**

Discover the benefit of a workout that combines the physical and mental balance of yoga with the practical elements of a traditional fitness class. Cost is \$40 for the 8-week session or \$20 for 4 classes. Yoga-Fitness meets Tuesdays, June 15-August 3 from 5:30-6:30. (min. 4 students)

### **Volunteer Team**

Recreation volunteers can assist program instructors, soccer coaches and organizers. It's a great way to volunteer in your community.

### **Soccer Signs ups begin June 1**

Registration for 2010 Fall Soccer will be held June 1-30. Children age 4-14 are eligible to play. Cost is \$70, for one child, \$65 each for two children, and \$60 each for three or more children. See Website for additional details.