

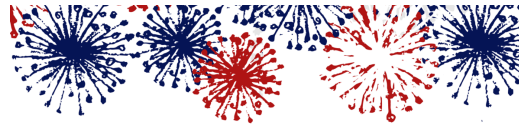
July Newsletter

 Wheaton Sport Center
*Refer a friend in July
and you'll receive*

One 10-Pack to

10 free classes to your choice of one of the Boutique Studios listed above.
Valid for new members only. New members must enroll by July 31st, 2023.



FOURTH OF JULY CLUB HOURS

July 3rd: 7:00am - 4:00pm

July 4th: Closed All Day



THE STUDIO

The Studio offers

Private Yoga with Jessica!

Private lessons are great for improving your yoga practice, no matter where you are starting. Advanced and beginner yogis alike can benefit from private, semiprivate or small group sessions with Jessica, an expert yoga instructor in The Studio. Work on your technique and perfect your poses so you can get the most from all the mental and physical benefits of yoga.

Interested in expanding your yoga practice?

Contact Karen Flynn
for more information.

Learn More!



The Studio SCHEDULE

MONDAY	WEDNESDAY	SATURDAY
9:30-10:30am STUDIO POWER [85] Jeannie	8:15-9:00am STUDIO SCULPT [85] PD (A) / Jen (B)	9:00-10:00am STUDIO FLOW 2 [85] Jeannie
11:00-12:00pm STUDIO HOT FUSION [105] Karen	9:30-10:30am STUDIO FLOW 2 [85] Heather	10:30-11:30am STUDIO SCULPT [85] Jen (A) / PD (B)
6:00-7:00pm STUDIO HOT [105] Jen	6:00-7:00pm STUDIO HOT [105] Corie	SUNDAY
7:30-8:30pm STUDIO RESTORE [75] Corie	7:30-8:30pm STUDIO RESTORE [75] Corie	9:30-10:45am STUDIO FLOW 1.5 W/ MUSIC MEDITATION [75] + Corie
TUESDAY	THURSDAY	3:30-4:00pm STUDIO HOT [105] Corie
5:30-6:15am STUDIO FLOW 2 [85] + Karen	6:30-7:45am STUDIO YIN [75] + Karen	4:15-5:00pm STUDIO RESTORE [75] + Corie
6:30-7:30am STUDIO YIN [75] Karen	9:30-10:30am STUDIO POWER [95] Heather (A) / PD (B)	
8:30-9:15am STUDIO BARRE FUSION + [85] + Beth	11:30am- 12:30pm [105] STUDIO HOT [105] Dawn	
9:30-10:30am STUDIO POWER [95] Jessica	4:30-5:30pm STUDIO FLOW 1.5 [75] Kirsten	
10:45- 11:45am STUDIO HOT [105] Jessica	6:30-7:30pm STUDIO FLOW 2 [85] Corie	
6:30-7:30pm STUDIO POWER [95] Karen	FRIDAY	
	7:30-8:30am STUDIO POWER [95] Karen	
	9:30-10:30am STUDIO HOT [105] Jessica	
	11:00am- 11:45pm [75] + STUDIO ROLLER RELEASE [85] Jessica	

KEY

- [85] EXPRESS CLASS (90 or 45 min)
- [75] 75 minute class
- [95] 75 degrees
- [85] 85 degrees
- [95] 95 degrees
- [105] 105 degrees

STUDIO MEMBERSHIP IS REQUIRED FOR CLASSES. 10-PACKS AVAILABLE FOR \$110, or Drop-in for \$15. Please reserve spot online. Effective 6/21/2023.

CLASS FORMATS

Studio Flow 1.5 (75°)

Skill Level: Intermediate

Building on foundational poses that you learned in Flow 1, Flow 1.5 will add some more challenging poses and sequencing to the mix to help you continue to develop your practice.

Studio YIN (75°)

Skill Level: All Levels

Develop physical and mental balance in this slow-paced (yet challenging) practice. Studio YIN is a series of mat-based poses held for longer periods of time to work deep into the connective tissue. Challenge your mind to find peace through the physical sensations of your practice.

Studio Restore (75°)

Skill Level: All Levels

Center your breath and your body in this restorative yoga class. Poses are held for an extended period of time with the aid of props to find your most comfortable expression of the pose. Practice stillness; allow the mind to quiet and body to rest.

Studio Sculpt (85°)

Skill Level: Intermediate

Build lean muscle mass, boost metabolism, and sweat it out in this high-energy strength training class. Combine familiar yoga poses with weights and cardio to work your whole body, mind, and spirit.

Studio Power (95°)

Skill Level: Intermediate

Challenge your strength, balance, and flexibility in this powerful vinyasa style class. Strong emphasis on breath to movement, building strength, and toning the whole body.

Studio Flow 2 (85°)

Skill Level: Intermediate/Advanced

Pick up the pace with this challenging vinyasa flow. Explore new sequences and poses that will push your practice to the next level. Check the class schedule for specific class temperature.

Studio Hot (105°)

Skill Level: All Levels

A distinct sequence of breathwork and poses, this class is a challenging practice for the body and the mind. Prepare to move slowly, hold steady, and sweat!

Studio Hot Fusion (105°)

Skill Level: All Levels

A fusion of traditional vinyasa flow and hot poses, this class challenges your strength, balance, and focus, all while providing opportunities to connect breath to movement.

Studio Barre Fusion (85°)

Skill Level: All Levels

Plates, yoga, core, dance and barre elements combined in an upbeat format using various pieces of state-of-the-art equipment.

Studio Roller Release (75°)

Skill Level: All Levels

A combination of myofascial massage and gentle yoga techniques. Together we will utilize the tool of a roller to release tension in the body and use a gentle yoga practice to release tension in the spirit. Every part of you will feel cared for and more relaxed after this class.



Come In and Try The New Classes in The Studio!

- Studio Hot with Corie on Sundays at 3:00pm
- Studio Restore Express with Corie on Sundays at 4:15pm

PICKLEBALL

View Our Pavilion Schedule Here



LEARN TO PLAY PICKLEBALL!

Are you new to pickleball? Join Pickleball 101 which is a free, one-day introductory class for individuals who are new to Pickleball and want to learn what it's all about.

[Register Here](#)

FREE PLAY OPPORTUNITIES for Pickleball Members

This summer, all member play programs are free of charge for WSC Pickleball Members. Boutique+, Boutique and Tennis Members also receive Pickleball Member privileges. Health Club Members can play for a daily fee. Players provide their own paddles and pickleballs.

JOIN US IN THE PICKLEBALL PAVILION!

- Paddle Up & Play
- Round Robin
- Cream of the Crop

[Click Here](#)

Get ready to take your game to the Next Level with

Suzee Anderson PICKLEBALL ACADEMY

Master your pickleball skills and strategy and increase your success on the court! Join our developmental pickleball classes today.

[Sign Up Here](#)



Family Pickleball

At WSC, we're all about family! Join us in our Pickleball Pavilion for these family and junior play opportunities:

- Sunday Afternoon Family Play
- Pickleball 101 Instructional Classes for Juniors and Teens
- Open Play for Juniors and Teens

[View the Schedule](#)



PICKLEBALL BALL MACHINE SKILLS & DRILLS FOR 3.0 & 3.5 PLAYERS

Join Pickleball Pro Anne Mache and learn to use the ball machine to improve your skills. The ball machine is a great tool for practicing the shots that you've learned in your Pickleball University class. This program will also include video analysis, live coaching, and match play. Each week will focus on a specific skill. **The next session begins July 26.** Sign up online or in the WSC app.

[Register Here](#)



PICKLEBALL RATING CLINICS **FREE!**

Tuesdays at 7:30pm-8:30pm

Wednesdays at 1:00pm-2:00pm

We encourage all adult WSC pickleball players to participate in one of our rating clinics. Knowing your rating will allow you to sign up for the correct level for our skill-based programs and help you have a positive and successful pickleball experience at WSC. The WSC Pickleball coaches use the Professional Pickleball Registry's rating system to provide consistency among players and help facilitate more effective programming. Players sign up for one, 1-hour clinic. Clinics are held on a weekly basis. Registration closes 24 hours prior to clinic start time.



[Register Here](#)

AQUATICS

MASTERS SWIM UNLIMITED



Membership \$59/month

Add Masters Swim Unlimited to your membership for unlimited access to all of our Masters Swim classes!

Non-Masters Swim Unlimited Drop In Classes: \$20 per class

WANT TO
LEARN
MORE?

[Click Here!](#)



SUMMER CANNONBALL CAMPS

Register Today!

Looking to tune up your child's swimming skills before your next vacation? WSC Cannonball Camps are the perfect way to get a complete session of swim lessons in one week, so you and your family are ready to hit the beach!

Choose which week(s) fit your schedule and register today!

June 26 - June 29 July 17 - July 20
July 10 - July 13 July 24 - July 27

Level 5 & Level 4	10:00-10:30am
Level 4 & Level 3	10:30-11:00am
Level 3 & Level 2	11:00-11:30am
Level 2 & Level 1	11:30-12:00pm

[Sign Up Here!](#)

*WSC Member \$68
Guest \$100*



SPEND
SUMMER
AT THE
POOL!

Join our
**GROUP SWIM
LESSONS!**

Everyone is welcome to learn to swim with our expert instructors!

[Register Here](#)



THERAPY POOL OPEN SWIM SCHEDULE

Starting 6/26/23

Monday

5am - 9am
1pm - 4:30pm
7pm - 9pm

Tuesday

5am - 9am
1pm - 4:30pm
7pm - 9pm

Wednesday

5am - 9am
1pm - 4:30pm
7pm - 9pm

Thursday

5am - 9am
2pm - 4:30pm
7pm - 9pm

Friday

5am - 12pm
1pm - 9pm

Saturday

6am - 8:30am
12pm - 6pm

Sunday

6am - 6pm

All other times, open swim in the Therapy Pool is unavailable due to WSC programs.

Questions about Aquatics?

Email aquatics@wheatonsportcenter.com to learn more!

PILATES

Check out the new classes in the Precision Studio!

- **REACH with Corie** on Wednesdays at 6:00am
- **Pilates Strong Flow Intermediate with Katie** on Thursdays at 6:30pm
- **Pilates Strong Flow Intermediate with Corie** on Saturdays at 7:00am
- **Pilates Foundation Flow with Corie** on Saturdays at 10:00am

Take a class today!



MONDAY
5:00-5:55pm REACH Corie

TUESDAY
5:30-6:25am REACH PLUS Lisa D.
4:30-4:55pm REACH Corie

WEDNESDAY
6:00-6:55am REACH Corie
10:30-11:25am REACH Karen
5:00-5:55pm REACH Karen

THURSDAY
5:30-6:25am REACH PLUS Katie
10:00-10:55am REACH Corie

FRIDAY
9:00-9:55am REACH PLUS Karen

KEY
NEW INSTRUCTOR NEW TIME
NEW CLASS NEW FORMAT

REACH 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 6/21/2023

SMALL GROUP PILATES REFORMER CLASS SCHEDULE

CLASS DESCRIPTION	INSTRUCTOR	DAY AND TIME
Pilates All Levels	Gail	Monday 8:00-8:55am
Pilates Foundation Flow	Katie	Monday 9:30-10:25am
Pilates Strong Flow Intermediate	Nicole	Tuesday 8:15-9:10am
Pilates Strong Flow Intermediate	Katie	Tuesday 10:00-10:55am
Pilates Strong Flow Intermediate	Jenna	Tuesday 6:00-6:55pm
Pilates Foundation Flow	Jenna	Tuesday 7:00-7:55pm
Pilates Intermediate	Gail	Wednesday 9:15-10:10am
Pilates Strong Flow Intermediate	Katie	Thursday 6:30-7:25am
Pilates Strong Flow Intermediate	Nicole	Thursday 8:15-9:10am
Pilates Foundation Flow	Katie	Thursday 6:30-7:25pm
Pilates Foundation Flow	Corie	Friday 12:00-12:55pm
Pilates Strong Flow Intermediate	Corie	Saturday 7:00-7:55am
Pilates All Levels	Corie	Saturday 10:00-10:55am

PILATES REFORMER
STRENGTHEN DEFINE ENERGIZE

Small Group Pilates Group Reformer Sessions will run on a monthly basis.

TENNIS

JUL

8

**Cardio Tennis Breakfast
at Wimbledon Social**

Wear your Wimbledon
Whites and join us

Cardio Tennis followed by socializing
with strawberries & cream and
Wimbledon match viewing.

[Register Here](#)

JUL

14

**Evolution Court
Warriors Tournament**

Red, Orange and Green
players, join us for

tournament fun that will have some
tricks and challenges along the way to
keep it interesting!

[Register Here](#)

JUL

18

Adult Tennis Session 2 Begins

There's still time to sharpen your tennis skills this summer!
We offer lessons and drills for all levels – see you on the court!

[Register Here](#)



There is still time to sign up for

**SUMMER JR. TENNIS
CAMPS AND CLASSES**

It's not too late to register your junior for tennis at
Wheaton Sport Center. Our daytime camps with
flexible scheduling and evening & weekend class
options make it easy to make WSC Tennis a part of your
summer schedule. Our experienced Tennis Pros look
forward to sharing their passion and expertise for this
lifetime sport in a fun learning environment!

[Click Here](#)

FITNESS



INTRODUCING:
VIKTOR RUSENAS
 PERSONAL TRAINER

Choose from his personalized training options, including one-on-one sessions, group workouts, and ZONE360 classes. Join Viktor on this transformative fitness journey and unleash your potential.

PERSONAL TRAINING SPECIAL!

25% OFF Five 30-minute Sessions with Viktor!

[Learn More](#)

Sale Price: \$168.75; Original value: \$225. First-time Personal Training clients only. Must purchase by July 31, 2023. Other discounts do not apply. Sessions expire six weeks from date of purchase.

SIZZLING SUMMER CHALLENGE: JULY 1 - AUGUST 31

myzone CHALLENGE

- Earn 2,400 MEPs = 1 raffle entry
- Earn 5,000 MEPs = 2 total raffle entries
- Earn 12,000 MEPs = 3 total raffle entries
- Earn 15,000+ MEPs = 4 total raffle entries
- ZONE360 MEP workout = 1 raffle entry (max 4)

MEPs must be in the Blue, Green, Yellow, or Red zone to apply.

New to MyZone?
 You can purchase one of the two models we carry at the Front Desk!



THREE GRAND PRIZE WINNERS!

Club Cash can be used anywhere in WSC and The Spa, with the exception of membership dues. Participants must be active WSC members.

- 1st place: \$100 Club Cash**
- 2nd place: \$75 Club Cash**
- 3rd place: \$50 Club Cash**

[Get Started!](#)



PERSONAL TRAINING

Reach Your Goals

- ✔ Workouts that fit your schedule
- ✔ Motivation and accountability
- ✔ New workout ideas
- ✔ Learn proper and safe technique

Our Personal Trainers are available 7 days a week for 30-minute and 60-minute sessions!
Book Your Session Today!

[Contact Us](#)

Youth Certification

FOR CHILDREN AGES 10-13

We encourage all WSC Members ages 10-13 to get Youth Certified, so that they are able to safely and effectively use the fitness floor with parental supervision. This certification can be achieved with two 45-minute sessions with a WSC Personal Trainer.

Our goal is to educate children on the essentials of fitness and weight training, as well as proper technique and machine safety to empower them to stay active AND safe.



SCHEDULE YOUR FIRST SESSION!

[Contact Us](#)

JULY 2023

360 **ATHLETE**

PEGGY PRINKE



"After my husband and I got married, we joined the Wheaton Sport Center in 1983 because it seemed like the best place to belong and raise a family. My husband has always trained with weights and we raised our two daughters through the ranks of swim lessons, youth certification and personal training (all of which they continue to love to this day).

I enjoyed the Group Fitness classes and attended the 5:30am sessions for many years prior to my retirement. I knew I needed to continue with weight training and was thrilled when ZONE360 was announced. I attended the first month at no charge and was hooked. It was the perfect answer to cardio and weight training, with a disciplined approach that I enjoyed. I knew I wouldn't keep up with anything I had to do on my own and the accountability in the ZONE360 community makes all the difference.

Over the years ZONE360 has reinvented itself. Today, two of my favorite classes are STRENGTH30 and TRX45. STRENGTH30 incorporates both slow and fast-paced strength moves using a variety of equipment. Each month, a new series of classes is created with the goal of increasing one's strength during that month. Monday classes are the same throughout the month, etc. so you can see how well you are improving as the month progresses. I try to attend four classes a week which helps me work pretty much every muscle group. The format is great too—work hard for 30 minutes and then it's over! TRX45 is also a fun option to build up core strength using the TRX straps. There are so many ways to exercise with a TRX strap, and the instructors are very knowledgeable and encouraging. I like the 45-minute format which also goes by quickly."



"The ZONE360 instructors are great. The best way I can describe it is personal training in a group setting. Form is stressed, and all abilities are encouraged. There is a lot of heavy breathing and audible sounds of hard work and progress being made. Not only are the instructors encouraging but so are the other members who attend the classes. It's nice to be held accountable for regular attendance.

I would encourage anyone who is thinking about ZONE360 to give it a try. It is a fun, non-intimidating way to fit weight training into whatever fitness plan you follow. I know I need to up my cardio so I've set a goal to attend the TREAD/ROW45 class which is a great way to learn proper technique on both machines and get a cardio and core workout in 45 minutes."



2023 SCHEDULE

MONDAY	
5:45-6:45am	ZONE60
7:00-7:30am	STRENGTH30
7:45-8:15am	STRENGTH30
8:30-9:00am	STRENGTH30
9:30-10:30am	ZONE60

TUESDAY	
5:30-6:30am	ZONE60
6:45-7:30am	ZONE45
8:45-9:15am	STRENGTH30

WEDNESDAY	
5:30-6:30am	ZONE60
7:00-7:30am	STRENGTH30
8:30-9:15am	TRX45
9:30-10:30am	ZONE60

THURSDAY	
5:30-6:30am	ZONE60
6:45-7:15am	STRENGTH30
9:00-9:30am	STRENGTH30
9:45-10:30am	TREAD/ ROW45

FRIDAY	
5:30-6:30am	ZONE60
8:45-9:15am	STRENGTH30
9:30-10:30am	ZONE60

SATURDAY	
6:30-7:30am	ZONE60
8:00-9:00am	ZONE60

SUNDAY	
7:30-8:30am	ZONE60
8:45-9:15am	STRENGTH30

Schedule effective 07.01.23

Unlimited = \$59/month
 Additional family = \$49/month
 Drop-in = \$15

Updated 06.29.23



For limited time only,
Z³⁶⁰ NE 10-PACKS
are available for purchase July through August!
Purchase your 10-Pack at the Front Desk today!

GROUP FITNESS

Group Fitness offers over 100 workout classes every week at no additional cost, including classes in three of our Boutique Studios:
Box N Burn, Ascend Cycle, and Studio 4

ALL OF THESE FUN AND INCLUSIVE FITNESS CLASSES ARE OPEN TO ALL MEMBERS!
Register online or on the WSC App—with so many great options, there is a class for everyone!

Questions? [Click Here](#) Class registration is required and opens at 12pm the day prior. Class offerings and instructor scheduling are subject to change.

Group Fitness Schedules

BOX N BURN SPRING 2023

MONDAY	FRIDAY
6:00-7:00am [A] 1 7:00-8:00am [A] 1	6:00-7:00am [A] 1 7:00-8:00am [A] 1
TUESDAY	SATURDAY
6:00-7:00am [A] 1 7:00-8:00am [A] 1	6:00-7:00am [A] 1 7:00-8:00am [A] 1
WEDNESDAY	SUNDAY
6:00-7:00am [A] 1 7:00-8:00am [A] 1	6:00-7:00am [A] 1 7:00-8:00am [A] 1
THURSDAY	
6:00-7:00am [A] 1 7:00-8:00am [A] 1	

Boxing and Fitness Class that helps:

- Weight & fat loss
- Increase muscle
- Increase overall strength
- Increase your confidence
- Reduce stress
- Improve your focus

** GLOVES ARE AVAILABLE TO BORROW! **

Sign up on the WSC App or
visit us at www.wscgymcenter.com

ASCEND CYCLE STUDIO

2023 Effective 07.01.23

MONDAY	THURSDAY
6:00-7:00am [A] 1 7:00-8:00am [A] 1	6:00-7:00am [A] 1 7:00-8:00am [A] 1
TUESDAY	FRIDAY
6:00-7:00am [A] 1 7:00-8:00am [A] 1	6:00-7:00am [A] 1 7:00-8:00am [A] 1
WEDNESDAY	SATURDAY
6:00-7:00am [A] 1 7:00-8:00am [A] 1	6:00-7:00am [A] 1 7:00-8:00am [A] 1
THURSDAY	SUNDAY
6:00-7:00am [A] 1 7:00-8:00am [A] 1	6:00-7:00am [A] 1 7:00-8:00am [A] 1

KEY
NEW INSTRUCTOR NEW TIME

Updated 6/29/23

STUDIO 4 Group Fitness Classes

MONDAY	WEDNESDAY	FRIDAY
6:00-7:00am [A] 1 7:00-8:00am [A] 1 8:00-9:00am [A] 1 9:00-10:00am [A] 1 10:00-11:00am [A] 1 11:00-12:00pm [A] 1	6:00-7:00am [A] 1 7:00-8:00am [A] 1 8:00-9:00am [A] 1 9:00-10:00am [A] 1 10:00-11:00am [A] 1 11:00-12:00pm [A] 1	6:00-7:00am [A] 1 7:00-8:00am [A] 1 8:00-9:00am [A] 1 9:00-10:00am [A] 1 10:00-11:00am [A] 1 11:00-12:00pm [A] 1
TUESDAY	THURSDAY	SATURDAY
6:00-7:00am [A] 1 7:00-8:00am [A] 1 8:00-9:00am [A] 1 9:00-10:00am [A] 1 10:00-11:00am [A] 1 11:00-12:00pm [A] 1	6:00-7:00am [A] 1 7:00-8:00am [A] 1 8:00-9:00am [A] 1 9:00-10:00am [A] 1 10:00-11:00am [A] 1 11:00-12:00pm [A] 1	6:00-7:00am [A] 1 7:00-8:00am [A] 1 8:00-9:00am [A] 1 9:00-10:00am [A] 1 10:00-11:00am [A] 1 11:00-12:00pm [A] 1

LOCATION KEY
[A] STUDIO 1
[B] STUDIO 2
[C] STUDIO 3
[D] STUDIO 4

View More Schedules

THE SPA



Karen Cantu
Esthetician at The Spa

"My goal in the treatment room is to educate my clients about their skin care goals. Everybody deserves to feel confident in their skin!"

Book an appointment with Karen today!

[Book Here](#)



Denise Mele
Hairstylist at The Spa

"The best thing about being a stylist is the happiness I see on my clients' faces and the gratitude for making them feel better about themselves."

Book an appointment with Denise today!

[Book Here](#)



★ ★ ★
FOURTH OF JULY
SALE
 JULY 5-8
20% OFF ALL PRODUCTS AT
 The  Spa
Offer valid July 5th-July 8th, 2023. While supplies last.

Receive a Free Travel Size Gift from Eminence
When You Spend \$75 or More on Products at The Spa
 Select your choice of the Eminence Snow Mushroom & Reishi Masque, Rosehip Triple C & E Firming Oil, or Arctic Berry Peptide Radiance Cream.



While supplies last. Qualifying purchases must value \$75 or more and be purchased at the same time. Offer valid through July 31st, 2023.

CHILD CARE

PIZZA & POPCORN MOVIE NIGHT
FRIDAY, JULY 7TH | 5:30PM - 8:30PM
AGES 3-13 (All children must be fully potty trained)

THE SUPER MARIO BROS MOVIE

RATED PG

[Register Here](#)




WSC Members: \$15 per child
 Sponsored Guests: \$20 per child

WSC CHILD CARE

MONDAY, JULY 10TH
10:00-11:30AM

SPECIAL GUESTS

WSC Childcare Welcomes:

**WHEATON POLICE DEPARTMENT
& SNOOKIE THE CLOWN**

Hosting our annual "Police Officers Care for You & Your Community" event!
Educating Wheaton Sport Center children about the importance of safety
around traffic, on your bicycle, and in your home & neighborhood.



For further information: contact WSC Child Care at (630) 315-5315
or go online to www.wheatonsportcenter.com

WSC CHILD CARE

TUESDAY, JULY 18TH
10:00-11:30AM

SPECIAL GUEST

WSC Child Care Welcomes:

**KARENE LOGALBO,
JERRY EVANS SCHOOL OF MUSIC**

**JERRY EVANS
SCHOOL OF MUSIC**

Educating WSC children through the use of puppets, rhythmic literature, and movement activities.
Featuring Mini Musicians for the following age groups and time frames:

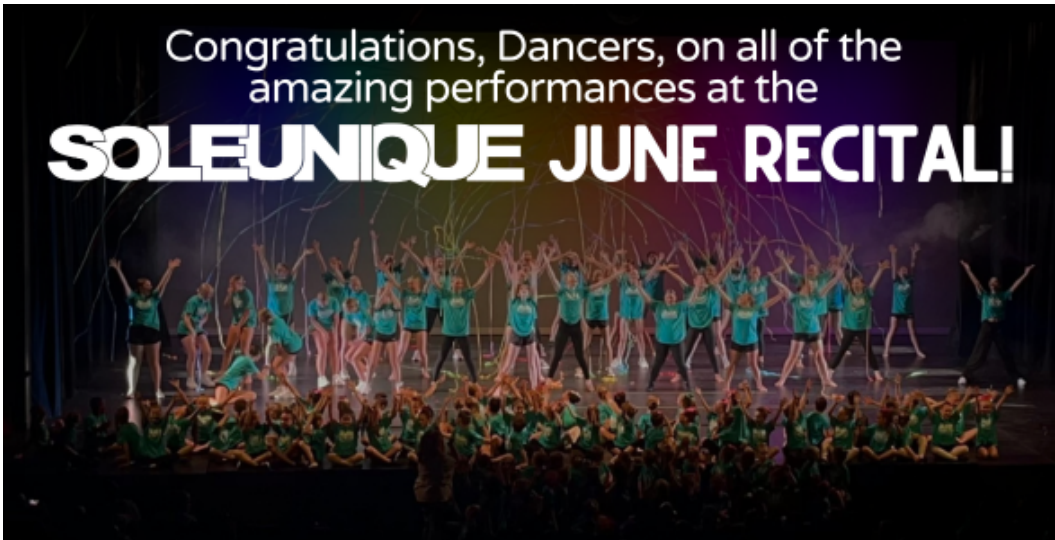
- | | |
|---------------------------------------|-----------------|
| • Tot Lot (toddlers to 2 years old) | 10:00am-10:30am |
| • Main Room (2 & 3 year old children) | 10:30am-11:00am |
| • Kids Club (4-7 year old children) | 11:00am-11:30am |



For further information: contact WSC Child Care at (630) 315-5313
or go online to www.wheatonsportcenter.com

SOLE UNIQUE

Congratulations, Dancers, on all of the
amazing performances at the
SOLEUNIQUE JUNE RECITAL!





DANCE ADVENTURE

AURORA & WHEATON **CAMP** Ages 3 to 6

JUNE 26 - 29
10:00AM - 12:00PM
AT WHEATON SPORT CENTER

JULY 24 - 27
9:00AM - 11:30AM
AT SOLEUNIQUE DANCE COMPLEX

DANCING. CRAFTS. GAMES. THEMES AND MORE
IT'S WHAT YOUR TINY DANCER
HAS BEEN WAITING FOR!

HAVE FUN WITH OUR ONLY THEMES!

MONDAY- ANIMAL ADVENTURE
TUESDAY- ISLAND PRINCESS
WEDNESDAY- FANCY FEET
THURSDAY- SOLEUNIQUE UNICORN

(630) 340 4336 : soleunique.com

SOLEUNIQUE DANCE COMPLEX | Wheaton Sport Center



TOTALLY Tubular dance party

AGES 7-10
BACK TO THE BOYS!

GRAB YOUR LEG WARMERS AND GRIMP YOUR HAIR! WE CAN'T WAIT TO SEE YOU THERE!

june 26-27
12:30 - 2:30
@WHEATON SPORT CENTER

july 24-25
1:00 - 3:00
@SOLEUNIQUE DANCE COMPLEX

THIS TWO DAY CAMP IS TOTALLY RAD! ALONG WITH GAMES AND CRAFTS, YOUR DANCER WILL LEARN THE COOLEST DANCE MOVES FROM THE BOYS! BRING YOUR FRIENDS! BE THERE OR BE SQUARE!

soleunique.com

Wheaton Sport Center | SOLEUNIQUE DANCE COMPLEX

DOES YOUR KIDDO LOVE TO DANCE?

Coming to WSC this fall: Two SoleSquad Dance Team Age Divisions!

Petites (ages 6-8) and Pre-Teens (ages 9-11)

For more information and to register for auditions, please email Heather Klaus, Director of SoleSquad Dance Team at heather@soleunique.com



SoleSquad dance team

AUDITIONS

june 21
petites 6:15-8:00
pre-teens & teens 8:00-7:00
seniors 7:00-8:00

july 29
petites 9:15-10:00
pre-teens & teens 10:00-11:00
seniors 11:00-12:00

ONLINE REGISTRATION **now open**
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SOLEUNIQUE.COM/PERFORMINGCOMPANIES

FALL REGISTRATION IS OPEN!

View the Season at a Glance Schedule

[View Here](#)

VOLLEYBALL

VOLLEYBALL SUMMER CAMP

With Coach Mike Lynch



JUNIOR CAMPS

JULY 24TH- JULY 28TH

Co-ed Grades 4-6 8:30am-10am
Co-ed Grades 7-8 10am-11:30am

\$120 WSC Members | \$145 WSC Guests

HIGH SCHOOL CAMP

JULY 31ST - AUGUST 3RD

Girls Grades 9-12 9am-11am

\$160 WSC Members | \$190 WSC Guests

For more information, contact Mike Lynch
at mlynch@wheatonsportcenter.com
Sign up online or on the WSC App.



ABOUT COACH LYNCH

Coach Mike Lynch has more than 35 years of experience coaching boys and girls from grade school through high school age.

He is currently in his 25th year as the Boys' Varsity Volleyball Coach at St. Francis High School. Under Coach Lynch's leadership, the St. Francis Boys' Varsity Volleyball Team has a record of 600+ wins.

Coach Lynch brings his expertise, knowledge and enthusiasm for the game to our popular volleyball program in addition to private year-round lessons. Students are instructed in the basic fundamentals of volleyball including setting, passing, serving, spiking, footwork and jump training. Drills and game play will be incorporated into each class.



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