

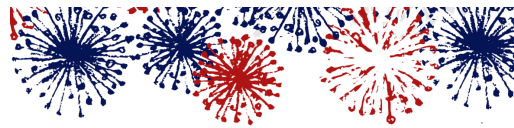
June Newsletter

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

One 10-Pack to

 The Studio  REACH  360 ZONE

10 free classes to your choice of one of the Boutique Studios listed above.
Valid for new members only. New members must enroll by June 30th, 2023.



FOURTH OF JULY CLUB HOURS

July 3rd: 5:00am - 4:00pm

July 4th: **Closed all day**



 **PICKLEBALL**

[View Our Pavilion Schedule Here](#)



NEW TO PICKLEBALL?

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

We'll teach you the game essentials so you can get started playing: rules of the game, scoring, basic strokes, coach-supervised game play & more.

[Register Here](#)

MEMBER PLAY OPPORTUNITIES

Join us in the Pickleball Pavilion for a variety of member play programs. This summer, all member play programs are free of charge for WSC Pickleball Members. Sign up below or in the WSC App. Players provide their own equipment and balls.

Paddle Up & Play

Players sign up as individuals and rotate 4 on and 4 off based on our paddle up system. All levels are welcome.

Round Robin

This program is skill-based and play schedule is organized by WSC. Play is continuous with no waiting.

Cream of the Crop

Players move up or down the courts based on wins and losses. Each round, the winning team splits and moves to a higher court, and the losing team moves down. This program is skill-based and play is continuous with no waiting.

[Click Here](#)

Get ready to take your game to the Next Level with



SA | **Suzee Anderson**
PICKLEBALL ACADEMY

It is time to embark on the path to pickleball greatness! The Suzee Anderson Pickleball Academy at Wheaton Sport Center will help you master the skills needed to progress to the next level. Former Top 10 Player, Suzee Anderson, has thoughtfully designed this progressive program that focuses on both technical and tactical development.



[Sign Up Here](#)

Pickleball for Teens and Juniors at WSC!

Join us on the court for Pickleball 101 and Open Play for Teens and Juniors! Kids 9 to 15 years old are invited to learn the basics of Pickleball and compete with their peers!

[View the Schedule](#)



NOW AVAILABLE FOR SALE

**Franklin X-40
Outdoor Pickleballs**

\$3 PER BALL

Inquire at the Front Desk.



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!](#)



WORKOUT WITH MASTERS SWIM

Tuesdays at 5:30am & 5:30pm
Thursdays at 5:30am & 5:30pm
Saturdays at 7:00am & 8:00am

Led by Masters Swim Coach David Doerr

If you are looking for a training group to help challenge you, and looking for tips and drills from a coach, come out and join us. This class is great for triathletes, former swimmers, and swimmers training for US Masters swim meets.



[Register Here](#)

Member 10-Pack: \$110 | Drop In: \$15
Guest 10-Pack: \$200 | Drop In: \$25



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 6/5/23

Monday

5am - 12pm
1pm - 4:30pm
7pm - 9pm

Tuesday

5am - 12pm
1pm - 4:30pm
7pm - 9pm

Wednesday

5am - 9:40am
10:45am - 12pm
1pm - 4:30pm
7pm - 9pm

Thursday

5am - 12pm
2:10pm - 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



Welcome



Nicole Juhl

Pilates Instructor

Nicole Juhl has been in the fitness and wellness industry since 1996. Nicole graduated from Western Illinois University with a bachelor's degree in exercise science and a dance minor and then, continued to Northern Illinois University to complete her master's degree in kinesiology and physical education with an emphasis on curriculum instruction. While attending NIU, she was a graduate assistant and taught several undergraduate level fitness, wellness, and dance classes. She also has over 30 hours past her master's degree in SEL, mindfulness, and trauma-informed studies. Currently, Nicole is a certified Pilates teacher, Barre teacher, 500 RYT, RCYT, 200 ERYT, MBSR-T, and a Trauma-Informed Educator. She is also an Integrated Corrective Exercise Specialist and holds certifications with Transformation Meditation and YOGABODY® in Breathwork and Yoga Trapeze®. She has completed 3 levels of the Usui Reiki training method and has held certifications in Zumba, Kickboxing, Spinning, Metabolic Training, and nutrition. Lastly, she is in training for her NASM Personal Trainer certification and her WSI.

Her passion is helping her students and clients find joy and strength in breath and movement in order to help them lead a long and more enjoyable life. Her classes focus on integrating breath and alignment in each session and allows her clients to empower themselves with movement freedom. She infuses her energetic personality into each and every class. When she is not teaching, she is keeping busy by traveling, spending time outdoors, going to concerts, continuing her education in health and wellness, spending time with her husband, twin daughters, and son, and fitting in her own Pilates, yoga and strength training sessions!

Welcome



Katie Landahl

Pilates Instructor

Katie is a graduate of the University of Nevada Las Vegas with a Bachelor of Arts in Dance Performance and Choreography and a Minor in Pilates, which includes a certification in rehabilitation. Katie has worked with professional athletes in Las Vegas, including members of the Nevada Ballet, and team members from the MLB and NFL. She currently teaches Pilates classes locally that specialize in mixed equipment and apparatus, including Mat, Reformer, Chair, Cadillac, Springboard/Tower, Spine Corrector, Ladder Barrel.

Katie grew up in the dance competition world, which contributes to her knowledge of body awareness, alignment and athleticism. Whether you are looking to lean out, increase strength or improve your athletic personal goals, Katie is ready to take you to the next level!



Welcome



Jenna Rochel

Pilates Instructor

Jenna first fell in love with Pilates in March of 2021, after realizing that it was a sustainable low-impact, high-reward exercise that provided a full body and mind workout every time. She noticed the positive ways it was changing her body - not only from the outside, but also the way she felt on the inside. Above all else, Pilates helped her learn how to start listening to her body.

Jenna has been fortunate enough to be able to turn her passion for Pilates into a thriving profession that makes her feel fulfilled inside and out. She completed a comprehensive 500-hour Comprehensive Pilates Teacher Training, which includes Mat, Reformer, Chair, Cadillac, Springboard/Tower, Spine Corrector, Ladder Barrel, TRX, BoSu and other props. Her favorite part of teaching is being able to help her students achieve things they thought they could "never" do. She also enjoys helping students feel seen, heard, and challenged to their fullest individual potential in any given class. Her goal is to get you to fall in love with Pilates and find ways to incorporate it in your daily life!





There is still time to sign up for the June Group Reformer session.

Auto-enrollment for the July session will occur on June 15th. Contact Karen Flynn if you are interested in joining!

Email Karen Flynn

There are two new classes in the Precision Studio!

- **REACH with Dawn O.** on Tuesdays at 4:45pm
- **Pilates Foundation Flow with Katie** on Thursdays at 6:30pm
- **Pilates All Levels with Nicole** on Saturdays at 9:15am

Take a class today!



flexibility | strength | balance **SPRING 2023**

MONDAY	THURSDAY
5:30-6:25pm REACH	5:30-6:25am REACH PLUS Katie
	10:00-10:55am REACH Dawn O.
TUESDAY	FRIDAY
5:30-6:25am REACH PLUS Lia D.	9:00-9:55am REACH Karen
4:45-5:40pm REACH Dawn O.	
WEDNESDAY	KEY
10:30-11:25am REACH Karen	NEW INSTRUCTOR NEW TIME
5:00-5:55pm REACH Karen	NEW CLASS NEW FORMAT

REACH 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 5/10/2023




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 Intermediate	Gail	Wednesday 9:15-10:10am
Pilates Strong Flow Intermediate	Katie	Thursday 6:30-7:30am
Pilates Strong Flow Intermediate	Nicole	Thursday 8:15-9:10am
Pilates Foundation Flow	Katie	Thursday 6:30-7:25pm
Pilates Foundation Flow	Nicole	Friday 12:00-12:55pm
Pilates All Levels	Nicole	Saturday 9:15-10:10am

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

PILATES REFORMER
STRENGTHEN DEFINE ENERGIZE

TENNIS

JUN

Evolution Tennis, Pizza & Movie Night

2

Red, orange and green players, join your

Evolution Coaches for on-court games followed by pizza and a movie. Bring your friends for a night of fun!

[Register Here](#)

JUN

Ladies Summer Kick Off Tennis Camp

6 & 7

Join us on court for a combination of technical

and tactical instruction as well as fun on the court with your friends. Camp is open to all playing levels and will include both drills and competitive point play.

[Register Here](#)

JUN

Summer Tennis Camps & Jr. Classes Begin

12

Summer isn't complete without tennis at WSC!

Our flexible camp scheduling and weekly classes make it easy for you to make WSC Tennis part of your summer.

[Register Here](#)

JUN

Adult Summer Tennis Programs Begin

12

Tennis is a great way to stay in shape, meet new

friends, and have social or competitive fun. We offer lessons, drills and leagues for all levels of players!

[Register Here](#)



INTRODUCING

ARUN PRAKASH

Tennis Professional

aprakash@wheatonsportcenter.com

Arun is an accomplished tennis player who has extensive experience coaching players ages 4 to 65+ years, with skill levels ranging from beginners to ITF tour players. He looks forward to sharing his life-long passion for tennis with the WSC community and inspiring others to achieve their tennis goals.

- ITF Certified Level 1 Coach
- Previously a National Level Coach with Singapore Tennis Association
- Has coached players competing in the Singapore Davis Cup, Youth Olympic Games and ITF tournaments
- 6-year National Jr Champion in India with multiple junior titles team
- In Men's 18s, ranked in the top 5 players in Singapore
- Played University of Michigan club tennis & member of 2016 National Club Championship team

25% OFF PRIVATE LESSON WITH ARUN

[Click Here!](#)

Maximum one discounted lesson per person. Lesson must take place by June 30th, 2023.

FITNESS



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](#)

JUNE 2023

360ATHLETE

INEZ AND JAMIE LANE



Inez: "We joined ZONE360 at the start of the program. When I started, I was looking for a challenge because I had recently changed jobs and gotten away from a good, consistent workout routine. One of the things I have enjoyed the most about ZONE360 is by far our tight knit community. We have shared the highs and lows of life and have all laughed and cried together. Over the years, ZONE360 has lead to a lot of growth—we know our strengths and weaknesses. We have worked out together for so long, that now we have an unspoken communication. Each class is like a symphony with weights. Two things keep me coming back: our group and the coaches. Their dedication to our workouts is much appreciated."

Jamie: "What I enjoy the most about ZONE360 is it's variety and challenges. The workouts change every day, offering a diversified workout that keeps me motivated. We enjoy the friends we have made through each class and enjoy working out with them. ZONE360 is led by a variety of coaches who each bring a unique style to their workouts. Our trainers provide great coaching, guidance, feedback, and incentive. They know and appreciate each person's strengths and areas of improvement and will modify each class accordingly, making it effective and fun workout for everyone!"



Inez: "The ZONE360 coaches are amazing. They know every participants' abilities and they provide amazing guidance. Together, we work really hard. New members are always welcome. This is a very challenging class, so be prepared to work hard and be held accountable."

Jamie: "The trainers push us and it is not uncommon to burn 1,000 calories or more in an hour. Each exercise can be modified to fit an individual's abilities but nobody will walk away unchallenged. As new styles, equipment, and exercises develop, so do the classes and we like to see this great program continue to grow."



**** Additions to Schedule COMING MID JUNE!**

MONDAY	
5:45-6:45am	ZONE60 Leslie K.
7:00-7:30am	STRENGTH30 Megan F.
7:45-8:15am	STRENGTH30 Megan F.
8:30-9:00am	STRENGTH30 Megan F.
9:30-10:30am	ZONE60 Leslie K.

TUESDAY	
5:30-6:30am	ZONE60 Leslie K.
6:45-7:30am	ZONE45 Leslie K.
8:45-9:15am	STRENGTH30 Olivia E.
6:00-7:00pm	ZONE60 Tara L.

WEDNESDAY	
5:30-6:30am	ZONE60 Megan F.
7:00-7:30am	STRENGTH30 Megan F.
8:30-9:15am	TRX45 Olivia E.
9:30-10:30am	ZONE60 Leslie K.

THURSDAY	
5:30-6:30am	ZONE60 Stephanie B.
6:45-7:30am	ZONE45 Stephanie B.
9:00-9:30am	STRENGTH30 Megan F.
9:45-10:30am	TREAD/ROW45 Megan F.
6:00-7:00pm	ZONE60 Tara L.

SATURDAY	
6:30-7:30am	ZONE60 Leslie/Stephanie
8:00-9:00am	ZONE60 Stephanie (every other Saturday)

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

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

Updated 05/24/2023



GROUP FITNESS CLASS UPDATES

Check out the new classes on our Spring Schedule!

NEW CLASS!

Mondays at 5:30am
Circuits with Kellie

NEW TIME!

Wednesdays at 9:00am
Aquatic Circuits with Julie

NEW CLASS!

Fridays at 8:30am
Strength Endurance with Sue

THANK YOU TO THOSE WHO SUPPORTED AND PARTICIPATED IN

**»»»CYCLE
FOR SURVIVAL**

MEMORIAL SLOAN KETTERING | EQUINOX



TOGETHER WE RAISED

\$12,680

FOR RESEARCH AND LIFESAVING CLINICAL TRIALS FOR THE TREATMENT OF RARE CANCERS.

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	8:00-9:00am BOX N BURN 10:00-11:00am BOX N BURN	FRIDAY	8:00-9:00am BOX N BURN 10:00-11:00am BOX N BURN
TUESDAY	8:00-9:00am BOX N BURN 10:00-11:00am BOX N BURN	SATURDAY	8:00-9:00am BOX N BURN 10:00-11:00am BOX N BURN
WEDNESDAY	8:00-9:00am BOX N BURN 10:00-11:00am BOX N BURN	SUNDAY	8:00-9:00am BOX N BURN 10:00-11:00am BOX N BURN
THURSDAY	8:00-9:00am BOX N BURN 10:00-11:00am BOX N BURN		

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 www.wscfitnesscenter.com

ASCEND CYCLE STUDIO SPRING 2023 Effective 4/03/23

MONDAY	8:00-9:00am CYCLE 9:00-10:00am CYCLE 10:00-11:00am CYCLE	THURSDAY	8:00-9:00am CYCLE 9:00-10:00am CYCLE 10:00-11:00am CYCLE
TUESDAY	8:00-9:00am CYCLE 9:00-10:00am CYCLE 10:00-11:00am CYCLE	FRIDAY	8:00-9:00am CYCLE 9:00-10:00am CYCLE 10:00-11:00am CYCLE
WEDNESDAY	8:00-9:00am CYCLE 9:00-10:00am CYCLE 10:00-11:00am CYCLE	SATURDAY	8:00-9:00am CYCLE 9:00-10:00am CYCLE 10:00-11:00am CYCLE
THURSDAY	8:00-9:00am CYCLE 9:00-10:00am CYCLE 10:00-11:00am CYCLE	SUNDAY	8:00-9:00am CYCLE 9:00-10:00am CYCLE 10:00-11:00am CYCLE

KEY
NEW INSTRUCTOR NEW TIME

Updated 3/23/23

STUDIO 4 Group Fitness Classes

MONDAY	8:00-9:00am YOGA 1.2 9:00-10:00am YOGA 1.2 10:00-11:00am YOGA 1.2	WEDNESDAY	8:00-9:00am MATT PLATES 9:00-10:00am YOGA 1.2 10:00-11:00am YOGA 1.2	FRIDAY	8:00-9:00am YOGA 1.2 9:00-10:00am YOGA 1.2 10:00-11:00am YOGA 1.2
TUESDAY	8:00-9:00am CORE CONNECTION 9:00-10:00am YOGA LEVEL 1.2 10:00-11:00am MATT PLATES	THURSDAY	8:00-9:00am YOGA LEVEL 1.2 9:00-10:00am YOGA LEVEL 1.2 10:00-11:00am MATT PLATES	SATURDAY	8:00-9:00am YOGA LEVEL 1.2 9:00-10:00am YOGA LEVEL 1.2 10:00-11:00am YOGA LEVEL 1.2

LOCATION KEY
(B) STUDIO 3
(D) STUDIO 2
(H) STUDIO 4
(M) STUDIO 4

View More Schedules

THE SPA

June Specialty Facial!

É ÉMINENCE ORGANIC SKIN CARE

STRAWBERRY RHUBARB HYALURONIC SUMMER FACIAL

at The Spa

Featuring Botanical Hyaluronic Acid Complex to naturally boost hydration & replenish the skin's moisture barrier for smooth, glowing, and radiant skin.

Book Now

Stop into The Spa for these

Summer Must-Haves

from **É ÉMINENCE ORGANIC SKIN CARE**

and save 15% when you purchase in June!

- ☀ Superfood Booster Powder
- ☀ Yuzu Body Oil
- ☀ Strawberry Rhubarb Hyaluronic Hydrator
- ☀ Translucent Sun Defense Mineral SPF

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!](#)



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: Intermediate

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°)

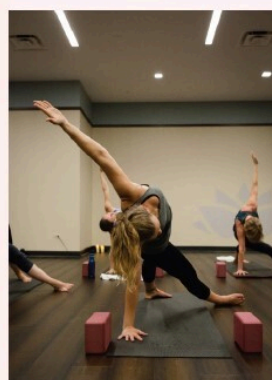
Skill Level: All Levels

Pilates, yoga, core, 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.



The Studio SCHEDULE



MONDAY	
9:30-10:30am [95]	STUDIO POWER Jeannie
11:00-12:00pm [105]	STUDIO HOT FUSION Karen
6:00-7:00pm [105]	STUDIO HOT Jen
7:30-8:30pm [75]	STUDIO RESTORE Kirsten

WEDNESDAY	
8:15-9:10am [85]	STUDIO SCULPT PD (A) / Jen (B)
9:30-10:30am [85]	STUDIO FLOW 2 Heather
6:00-7:00pm [105]	STUDIO HOT FUSION Dawn
7:30-8:30pm [75]	STUDIO RESTORE Dawn

SATURDAY	
9:00-10:00am [85]	STUDIO FLOW 2 Jeannie
10:30-11:30am [85]	STUDIO SCULPT Jen (A) / PD (B)

TUESDAY	
5:30-6:15am [85] xP	STUDIO FLOW 2 Karen
6:30-7:30am [75]	STUDIO YIN Karen
8:30-9:15am [85] xP	STUDIO BARRE FUSION xP Beth
9:30-10:30am [95]	STUDIO POWER Jessica
10.45-11:34Am [105]	STUDIO HOT Jessica
6:30-7:30pm [95]	STUDIO POWER Karen

THURSDAY	
6:30-7:45am [75] +	STUDIO YIN Karen
9:30-10:30am [95]	STUDIO POWER Heather (A) / PD (B)
11:30am-12:30pm [105]	STUDIO HOT Dawn
4:30-5:30pm [75]	STUDIO FLOW 1.5 Kirsten

SUNDAY	
9:30-10:45am [75] +	STUDIO FLOW 1.5 W/ MUSIC MEDITATION Carrie
11:45am-12:45pm [105]	STUDIO HOT

KEY	
xP	EXPRESS CLASS (30 or 45 min)
+	75 minute class
[75]	75 degrees
[85]	85 degrees
[95]	95 degrees
[105]	105 degrees

FRIDAY	
7:30-8:30am [95]	STUDIO POWER Karen
9:30-10:30am [105]	STUDIO HOT Jessica
11:00AM-11:45pm [75]xP	STUDIO ROLLER RELEASE Jessica

Studio Membership is required for classes. 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 6/5/2023.

CHILD CARE



WSC Child Care Summer Hours

begin Monday, June 5th.

During summer break, the Windy City Lounge will be open the same operational hours as Child Care.

Child  Care

WSC CHILD CARE

FRIDAY, JUNE 16TH
8:30AM-12:30PM

SPECIAL GUEST

WSC Childcare Welcomes:
SAM SCHMIDT, RMHC HOUSE DIRECTOR

Sam Schmidt, RMHC House Director from RMHC Near Central DuPage Hospital will be kicking off our summer Pop tab drive.

Please stop by the WSC Lounge on Friday, June 15th from 8:30am-12:30pm and pick up your "free" recycling container and help us reach our million pop tab goal again this year!

When you turn in pop tabs for RMHC, the charity will receive the market value of the metal in the tabs, plus a charitable match from their recycling partner, United Scrap Metal. Thanks a million!



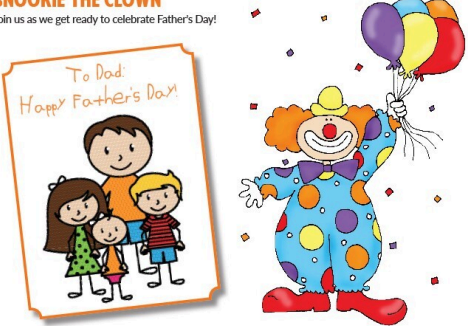

WSC CHILD CARE

FRIDAY, JUNE 16TH
10:00AM

SPECIAL GUEST

WSC Childcare Welcomes:
SNOOKIE THE CLOWN

Join us as we get ready to celebrate Father's Day!

WSC CHILD CARE

2023 SUMMER BOOK FAIR

Friday, June 16th & Saturday, June 17th

8:30am-12:30pm In the WSC Member Lounge

SOLE UNIQUE

IMPORTANT UPCOMING DATES

DRESS REHEARSAL
JUNE 8

WEST AURORA HIGH SCHOOL

RECITAL
JUNE 9 AT 6:30PM

WEST AURORA HIGH SCHOOL

Recital newsletters
have been sent!

Looking for the email?
Find the newsletters
online!

[View Here](#)

THE SUMMER SCHEDULE IS POSTED AND REGISTRATION IS OPEN!

[Register Here](#)



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 - 11:00AM
AT SOLEUNIQUE DANCE COMPLEX

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

EXCITING NEW THEMES FOR EACH DAY OF
THE WEEK - ADD ON THE "LUNCH BUNCH
FOR A LITTLE BONUS TREAT!"

*Lunch Bunch: The fun continues for 45 minutes exclusively
at our Aurora event. Bring a lunch and enjoy read-aloud stories
and additional game-time!

(630) 340 4336 : soleunique.com

SOLEUNIQUE DANCE COMPLEX 



TOTALLY Tubular dance party

AGES 7-10
BACK TO THE BO'S!

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

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

july 24-25
100-300
@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 BO'S!
BRING YOUR FRIENDS
BE THERE OR BE SQUARE


 WHEATON Sport Center
SOLEUNIQUE DANCE COMPLEX soleunique.com

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 5:15-6:00
- pre-teens & teens 6:00-7:00
- 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
SOLEUNIQUE.COM

SOLEUNIQUE.COM/PERFORMINGCOMPANIES

The poster features a group of young dancers in various colored outfits (pink, blue, yellow) performing on a stage. The background is dark with some stage lights visible.

VOLLEYBALL

VOLLEYBALL SUMMER CAMP

With Coach Mike Lynch



JUNIOR CAMPS

Register by
June 3rd!

JUNE 5TH - JUNE 9TH

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

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.



C2 connect → community

C2 PARTNER



covenant living

at WINDSOR PARK

We define retirement living not only by the exceptional level of services, amenities and residential choices we offer, but also by who we are and where we are. With several entrance fee choices, including refundable options, a wellness center and a full continuum of care, we're a Continuing Care Retirement Community (CCRC) that can offer you a more secure future. **Contact us today to learn more and schedule your personal visit.**

877-332-8417 | CovLivingWindsorPark.org

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