

## Join Us for Jr. Olympic Skills

Jr. Olympic Skills is a free program for 8-13 year old boys and girls. The Illinois Association of Park Districts is partnering with the Jr. Olympic Skills National Headquarters in promoting health **and fitness in today's** youth.

The Watseka Park District will be hosting a Jr. Olympic Skills competition on Saturday, March 7th at the Woodland Grade School. The event will begin at 9:00 a.m. Interested youth will be competing in basketball skills

as well as soccer skills. Girls will compete against girls and boys will compete against boys. In the basketball skills challenge participants will have 45 seconds to score as many points possible from designated shooting areas. Contestants will follow up with two free throws for additional points.

The soccer competition will test the contestants ability to dribble, shoot and score in the fastest time possible. There is no fee to

participate in these events.

Jr. Olympics Skills Competition is intended to encourage youth participation in sports and emphasize fair and friendly competition. Youngsters can participate in just one or both of the skills and advance through the three levels of competition including the National Finals in Chicago.

Anyone interested in participating may call the park district office for registration sheets and more details. Hope to see you competing in this first time ever opportunity!

### Inside this issue:

Quilt Show Trip	2
Tumbling/Stunts and Flips	2
Fitball	2
ASPA Program	3
Calendar	3
Note from ED	4

**Don't forget to visit** the ice skating rink at Lakeview Park as weather permits. The rink is great for beginners, intermediates and advanced skaters!



Dust off those skates and have a family day out!

### Coming in the next issue:

- Mary Poppins Bus Trip
- Mom and Me Itty Bitty Bakers
- American Girl Party



## Soup Swap Set



Calling all Soup Makers! January is cold and what could possibly help warm up those cold winter days but a bowl of hot soup. Ta da enter Soup Swap. Soup Swap at the park district will be on

Thursday, January 22 at 6:00 p.m. at the park district office. Here are the rules :

1. Bring 6 quarts of frozen soup with you with the same amount in the same size con-

tainers.

2. List the ingredients in your soup. Consider soups that freeze well.
3. Be prepared to tell about your soup.

Join us at 6:00 p.m. for chit chat and snacks. At 6:30 we

will start the swap and everything should be over by 8:00 p.m. There is no fee for this event. Join us for a wonderful opportunity to exchange soups and recipes and wintertime fun! Call for more details.



## Travel to the Quilt Show

The park district and Travel Discoveries are working together to bring you another traveling opportunity. This time the bus will be cruising to the Rosemont Horizon for the International Quilt Festival.

The bus will leave Watseka at 8:00 a.m. on

Saturday, April 18, 2009 to arrive as soon as the doors open. The day will feature incredible shopping opportunities, exciting classes, lectures and special events as well as a wide array of amazing quilts and garments on display. The bus will then leave at 4:00 p.m. and arrive

back in Watseka by 6:00 p.m.

Young and old alike will marvel at the wonders of the quilts and the history rich stories they tell. For more information about the trip contact the park district or Travel Discoveries at 815-432-6121.

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## Tumbling and Stunts and Flips Classes

Cathy Carter will be back in action at the park district with her Tumbling and Stunts and Flips classes. Cathy has been teaching regularly for the park district and is always warmly welcomed back.

Classes will begin on Saturday, January 24th

with Tumbling classes for K-3rd graders beginning at 9:00 a.m. Stunts and Flips will follow for 4th-6th graders from 10:00 to 10:45 a.m. Classes run on Saturdays for 5 week intervals.

The park district recently purchased additional mats for these programs

which will allow more practice per child.

In-district fees for this program are \$55 (\$11 per session) and \$65 for out-of-district (\$13 per session). Space is limited early registration is recommended.



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## Fitball Classes Return

Fitball Classes will be returning to the park district in March. Lynn Canady, instructor will be bringing back the Fitball and all of her workout routines to get interested participants back

into shape just as the weather starts to break into spring (hopefully). Fitball is a great way to have fun and work all of those muscle groups, large and small, to improve not only muscle tone

but increase stamina and balance. This is an adults only class which will meet on Mondays and Thursdays from 6:15-7:00 p.m. beginning March 9 and ending April 16th.



## After School Project Adventure Program

The After School Project Adventure Program is off and running and gaining new participants. The new park district program is available after school for children in K-5th grades. Currently there are eight children involved in the after school adventures.

Everyday is different. Some days are project days, some days are game days and some days are random

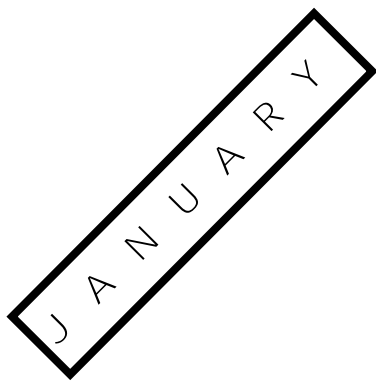
activity days. Children have the opportunity to do homework if they need to. Snacks are provided each day.

Melinda Torbet is currently responsible for the program. She has been working in daycare and childcare for the past ten years. Melinda is outgoing and friendly and we welcome her to our program.

Anyone interested in learning more about the After School Project Adventure Program may contact the park district office. Children may attend the program daily or on a drop-in basis. In the event of unplanned early dismissals such as weather emergencies the ASPA program will be in session.

### Calendar at a Glance...

<p>6th-2/5 Tai Chi</p> <p style="padding-left: 20px;">5:30-6:15 p.m.</p> <p style="padding-left: 20px;">Ages Adult Register by Jan. 2</p> <p style="padding-left: 20px;">\$25 in-district</p> <p style="padding-left: 20px;">\$30 out-of-district</p> <p>10th-2/28 Youth Basketball/Cheer Time</p> <p>22nd Soup Swap</p> <p style="padding-left: 20px;">Ages Adult Register by Jan. 19</p> <p style="padding-left: 20px;">No fee</p> <p>24th-3/21 Tumbling/Stunts</p> <p style="padding-left: 20px;">1:30-3:00 p.m.</p> <p style="padding-left: 20px;">Ages K-6th Register by Jan.22</p> <p style="padding-left: 20px;">\$55 in-district</p> <p style="padding-left: 20px;">\$65 out-of-district</p>	<p>4th Snow White Bear Party</p> <p style="padding-left: 20px;">2-4 p.m. (space limited)</p> <p style="padding-left: 20px;">Ages 6-12 Register by Jan. 26</p> <p style="padding-left: 20px;">\$16 in-district</p> <p style="padding-left: 20px;">\$20 out-of-district</p> <p>19th Enchanting Ensembles Fashion Show</p> <p style="padding-left: 20px;">Adult luncheon 12-2 p.m. (space limited)</p> <p style="padding-left: 20px;">Tickets \$20</p> <p>22nd Warm Up to Alaska</p> <p style="padding-left: 20px;">1-2:30 p.m.</p> <p style="padding-left: 20px;">Family program No registration needed</p> <p style="padding-left: 20px;">Free program</p> <p>26th Family Sock Hop</p> <p style="padding-left: 20px;">6:00-9:00 p.m.</p> <p style="padding-left: 20px;">Family program Register by Feb. 20</p> <p style="padding-left: 20px;">\$2/per person in-district</p> <p style="padding-left: 20px;">\$3/per person out-of-district</p> <p>28th Adult Computers</p> <p style="padding-left: 20px;">9-11 a.m. Basic Computers</p> <p style="padding-left: 20px;">12-2 p.m. Beginning Excel</p> <p style="padding-left: 20px;">\$10/per class in-district</p> <p style="padding-left: 20px;">\$15/per class out-of-district</p>	<p>2nd-30th Mom and Me Little Artist</p> <p style="padding-left: 20px;">10-11:30 a.m. (space limited) <b>Monday's</b></p> <p style="padding-left: 20px;">Ages 3-5 Register by Feb. 16</p> <p style="padding-left: 20px;">\$75 in-district (all classes)</p> <p style="padding-left: 20px;">\$85 out-of-district (all classes)</p> <p>7th Jr. Olympics</p> <p style="padding-left: 20px;">9:00-11:00 a.m.</p> <p style="padding-left: 20px;">Ages 8-13</p> <p style="padding-left: 20px;">No fee for this event</p> <p>7th Little Tykes Craft Time</p> <p style="padding-left: 20px;">10:00 -11:30 a.m.</p> <p style="padding-left: 20px;">Ages 4-6 Register by Feb. 26</p> <p style="padding-left: 20px;">\$7 in-district</p> <p style="padding-left: 20px;">\$10 out-of-district</p> <p>9th-4/16 Fitball</p> <p style="padding-left: 20px;">6:15-7:00 p.m. Mon. and Thurs.</p> <p style="padding-left: 20px;">Ages Adult Register by March 4</p> <p style="padding-left: 20px;">\$35 in-district</p> <p style="padding-left: 20px;">\$42 out-of-district</p> <p>14th Crafty Kids</p> <p style="padding-left: 20px;">11:00-12:30 p.m.</p> <p style="padding-left: 20px;">Ages 7 to 12 Register by March 6</p> <p style="padding-left: 20px;">\$7 in-district</p> <p style="padding-left: 20px;">\$10 out-of-district</p> <p>22nd <b>Lunch with the Lincoln's</b></p> <p style="padding-left: 20px;">1:00-2:00 p.m.</p> <p style="padding-left: 20px;">Family event (Space is limited)</p> <p style="padding-left: 20px;">Tickets Adults \$15 Children \$10</p> <p>22nd Living History Program</p> <p style="padding-left: 20px;">2:30-4:00 p.m.</p> <p style="padding-left: 20px;">Family Event/museum</p> <p style="padding-left: 20px;">\$2 per person</p>
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## A Note from ED...

Happy Holidays!

Another year has passed and what a year it has been at the Watseka Park District. A new building, a lot of moving and here we are.

We have a lot of things planned for 2009! The Watseka Park District will be celebrating its 10th Anniversary. Ten years calls for a celebration so keep that thought in the back of your mind and watch for more details.

We have had several successful programs this year and introduced many new programs. We presented The Orphan Train, a family theater project, as a first in our new home. We worked with the Iroquois County Historical Society to bring all of you **Dorrance's Dungeon, and even though Dorrance didn't get to**

attend, I think in spirit he was with us! We played soccer on our new grass fields, some of your children have been a part of history in the making with every new activity that you allow them to take with us.

We have an after school program, a huge multi-purpose room and oh so much more to do.

Thank you again for supporting the Watseka Park District. Share with us your ideas and help us keep growing! Again, have a Happy Holiday Season!

Sherry Johnson, ED



## Warm Up to Alaska

Travel Discoveries and the park district want you to join us for some history, some entertainment and most of all some fun! Mark the calendar for Sunday, Feb. 22 from 1-2:30 p.m. We will introduce you to Mr. Steve Hites, performer **extraordinaire. Dressed in 1890's** fashion, he will educate us through stories and songs about the history of Alaska. Steve is the operator of Skagway Streetcar Co. and will tell us about Gold Rush Cemetery and much more with his high-octane mix of everything from historic melodrama to nudges and winks and local Gold Rush Era gossip. Learn **about his "theater without walls"** and warm up to Alaska compliments of Travel Discoveries and Holland **America's Alaska Showcase. There is no fee for this event...just fun!**