



T-N-T: Teens-n-Training: Teen Weight Training* (10-16 years old)

Whether you are trying to lose weight or bulk-up, need a general overall fitness program or something sports specific, our personal trainer can help you set goals and stay motivated to achieve them. Core fitness is established, and then changes are made in individuals' programs as they progress. This class runs continuously all year 'round. Student must be 12 years old and pass two sessions in order to be eligible to purchase a T-N-T Fitness Center membership. A certificate will be presented and 20% off Youth Membership will be honored.

8910-2	Tuesday	August 2-September 6	4:15-5 p.m.	R/NR Fee: \$35/\$52
8900-0	Thursday	September 8-October 13	4:15-5 p.m.	R/NR Fee: \$35/\$52
8900-1	Thursday	October 27-December 8*	4:15-5 p.m.	R/NR Fee: \$35/\$52

*No Class November 24

Location: Park Place Studio/Fitness Center

Min/Max: 5/12

Summer's End Concert Series

(12-19 years)

Don't miss this opportunity to enjoy some of Streamwood's finest local talent! What better way to have fun with friends, enjoy the remaining days of summer and listen to some great music. But that's not all, Bands are Needed! All bands will receive a portion of admission sales. In other words, the more people who come, the more you will get paid. This is an excellent opportunity for local bands to experience what it's like to play a legitimate gig.

Registration Deadline: August 2

3130-4 Saturday September 10 Time TBD Fee: \$7 Location: Hoosier Grove

Friday Night Dodgeball (12-18 years)

Join us for 6 weeks of dodgeball fun! Each week we will divide into new teams and play as many games as we can fit into the timeframe. A different variation of dodgeball will be played each week including army dodgeball, rescue dodgeball and capture the flag. Call (630) 483-3090 for more information.

Make sure to wear comfortable athletic clothing and shoes!

Registration Deadline: Minimum of 10 people must be enrolled by September 30.

3110-1 Friday October 7* 6-8 p.m. Fee: \$25

*No Dodgeball October 28

Location: Hoosier Grove

Tie-Dye Party

(9-14 years)

Far out man! Have you ever wanted to try making your own tie-dyed shirt? Join us for this groovy workshop where each person will tie-dye their own shirt. Participants can choose the colors and pattern, but it doesn't stop there. Feel free to bring up to four white linens (undergarments, shirts, tank-tops, washcloths, socks, etc.) to tie-dye. Additional items must be pre-approved before the workshop begins.

Pizza Will be Served!

Wear older clothes to this event - it can get messy!

Registration Deadline: Must have four (4) people enrolled by October 12

3110-3 Wednesday October 19 6 p.m. Fee: \$15

Location: Community Center

Min/Max: 4/10

Halloween Battle of the Bands

(12-19 years)

Rock out while dressed as something completely weird! Join us for the best battle of the bands and costume contest in Streamwood! We will need 6 bands willing to battle it out for the rock and roll crown. Bands will have 20 minute sets. A band meeting will be held on October 26 at 5:30 p.m. at the Community Center at 777 S. Bartlett Road to discuss load-in/load-out procedures, sound requirements, the judging/voting process, etc.

The Costume Contest is open to all BOB participants including band members. The contest will be held before the results of the BOB are announced at the end of the night. You must sign-up for the costume contest at the admission booth. Prizes will awarded to the best two costumes. For more details, call (630) 483-3090.

Note: Fee for Audience Only; Bands do not pay!



Registration Deadline: Three (3) bands must register by October 21

3110-2 Friday October 28 Doors open at 5:30; Music starts at 6 p.m. Fee: \$7 Audience Location: Hoosier Grove