

# Field House Activities

## OPEN GYM

### Lunchtime Basketball & Volleyball

(All Ages) \$4/\$6 Youth or \$5/\$6 Adults

The Field House hosts Lunchtime Open Gym. The facility will be open every day for gym activities. Fitness center non-members can pay the daily fee of \$4/\$5 for residents or \$6 for non-residents. Call before you come...Gym Information Line 847-782-3300.

FH MO-FR Daily 10am-3pm Reg on-site

### Evening Open Gym Basketball & Volleyball

(All Ages) \$4/\$6 Youth or \$5/\$6 Adults

The Field House hosts the very popular evening open gym. The facility has open gym seven days a week. Non-members can pay the daily fee of \$4/\$5 for residents or \$6 for non-residents and participate in open gym games during posted hours. Call before you come...Gym Information Line 847-782-3300.

FH MO-FR 3pm -9pm Reg on-site

FH SA 7am -9pm Reg on-site

FH SU 7am -5pm Reg on-site

### Open Batting/Golf Cage

(All Ages) No Fee for Members/\$5 Non Members

Come in and take some swings to hone your baseball or golf swing.

Cages will be set up for members on Wednesday nights from 6-8pm.

We have slow and fast pitch machines for softball and baseball.

FH WE 6-8pm Reg on-site

FH SA\* 10-2pm Reg on-site

\*Based on gym availability. Please call 847-782-3300.

## CLIMBING WALL

### Learn To Climb (8-14 years)

\$30/\$36

The class is geared for children who want to learn more about climbing techniques. The techniques will allow the children to become better climbers. The class will meet one hour per week for four weeks.

FH MO 9/12-10/4 7-8pm Reg by 9/9 #8310

FH MO 10/24-11/14 7-8pm Reg by 10/21 #8311

### Learn To Climb (15 years & older)

\$30/\$36

This class will be instructed by an experienced climber who will teach you how to become a better climber. The techniques taught will allow you to learn the in's and out's of climbing from techniques to route climbing. The class will meet on Monday nights for one hour per week.

FH MO 9/12-10/3 8-9pm Reg by 9/9 #8312

FH MO 10/24-11/14 8-9pm Reg by 10/21 #8313

### CLIMBING WALL RENTALS

For more information, please call 847-782-3300.

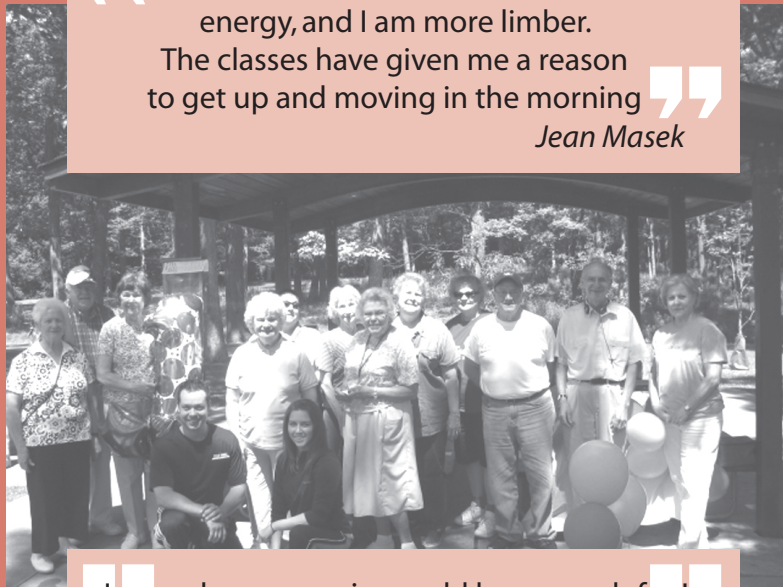
### OPEN CLIMB

Double climb \$5 Two Hours of Open Climb \$10

Fall Open Climb Hours (Free to Members):

MO: 4-7pm WE: 5-8pm SA: 10am-2pm

“ SilverSneakers has given me more energy, and I am more limber. The classes have given me a reason to get up and moving in the morning ”  
Jean Masek



“ I never knew exercise could be so much fun! ”  
Dorothy Murphy



Healthways

**SilverSneakers®**

Fitness Program

Now offered at

Waukegan Park District's

Field House

Sports & Fitness Center

Free fitness center membership and special classes for eligible persons ages 55 and up. Check with your health insurance provider to determine if you are eligible for the SilverSneakers program.

THE  
**FIELD HOUSE**

**SPORTS & FITNESS CENTER**

AT HINKSTON PARK

CALL 847-782-3300 OR VISIT WWW.WAUKEGANPARKS.ORG