Youth Fitness

Fit Kids #20204205 — Age 7-13

Fit Kids is a new program that will be an hour that kids can be active at the Field House. They will be learning the building blocks of fitness while not feeling like they're "working out". The class is designed to be inside and/or outside for 50 minutes of activity/game play beginning with a good 10 minute stretch. Kids will use stability balls, resistant bands, agility equipment, jump ropes and more to create enthusiasm in a fun setting. The kids will meet each week without even realizing they are exercising!

FH	SA	3/4-4/15	11-12pm	Reg by 3/2	$39/$45	-1A
FH	SA	4/29-6/10	11-12pm	Reg by 3/2	$39/$45	-2A

Water Blast #20401303 — Age 9-15

Water Blast is a fun fitness class in the pool for children ages 9-15. This fun aquatic session features: buoyant movements, intervals, circuit, plyometrics while standing and submerged. This youth program is an effective low-impact cardiovascular workout, and it can help gently build muscle tone using the water's resistance. Each group class consists of 20 minutes of gradually intensifying cardio work. General activity format includes a warm up, cardio work, strengthening work, and cool down.

FH	WE	3/1-4/12	5:15-5:45pm	Reg by 2/28	$39/45	-1A
FH	WE	4/26-6/7	5:15-5:45pm	Reg by 2/28	$39/45	-2A

Youth Sports Conditioning #20204204 — Age 10-13

This new program is designed for young aspiring athletes that want to improve their athleticism. The hour will consist of exercises designed to build speed, strength, agility and flexibility which is often an overlooked component to being an explosive athlete. Programs will be designed based on the sport or goals of the athlete. Maximum six participants per class to ensure adequate individual coaching.

FH	WE	3/1-4/12	6:15-7:00pm	Reg by 2/28	$44/$52	-1A

ELITE ATHLETE TRAINING

Does your sports team want to increase stamina, coordination, speed, vertical jumping, power and more? We have certified Trainers available to help your team achieve their athletic potential. Plyometrics, Weight Lifting, Core Exercises, and Cardio Training will all be incorporated based on your specific sport. Minimum 6, maximum 12 athletes to participate. Training is based on facility and instructor availability. Call 847-782-3624 for pricing and availability. Age 14+

WAUKEGAN PARK DISTRICT
FIELD HOUSE
SPORTS, FITNESS & AQUATICS CENTER
AT HINKSTON PARK

Wednesdays at 6pm
Saturdays at 8am

- For all running levels–beginner to marathon
- Earn incentive awards–t-shirts, socks, water bottles
- Challenge yourself
- Meet new people and socialize
- Train for a 5K, 10K, half marathon or more!
- New Meeting Location: The Field House Front Lobby

The Field House Sports, Fitness and Aquatics Center at Hinkston Park
800 Baldwin Avenue | Waukegan, Illinois 60085 | www.waukeganparks.org
Call 847-782-3628 or e-mail smcdonald@waukeganparks.org for more information

Gym, Batting, & Golf Cage Rentals

All rentals are subject to availability

Court Rentals — $60/hour

The Field House has six full-size basketball/volleyball courts, all with hardwood floors. All six courts are together so you can rent multiple courts at once if you need more space. Courts can also be curtained off to provide privacy if needed.

Cage Rentals — $50/hour

Inside the gymnasium area, there are two drop down cage tunnels that can be used for batting or practicing your golf swing. Batting cage rentals include a pitching machine, which can be used for softball/ baseball and fast pitch/slow pitch options. Golf rentals will come with a mat to practice your swing and balls, which can be hit into a catch net. Please come into the Field House to complete an application for court rentals.

Run Like Me #20307204 Age 5-12

Run Like Me is designed for children ages 5-12 who want to have fun and learn the sport of running. We will start off walking and running on our first day, building up to further distances, depending on age group. Running is a proven self-esteem booster, mood booster, can improve social skills and school-based study habits! The club will meet for two days per week. What's not to love!

5-8 Years

This age is designed to run no longer than two miles. Excessive, systematic training may interfere with normal growth and cause injury in a child. Between the ages of 3 and 8, encourage regular exercise. Running games will be incorporated into the fun. All the hard work pays off with a Fun Run

FH TU/TH 2/28-4/20 5:30-6:15pm Reg by 2/24 $29/$35 -1A

9-12 Years

This age group will enjoy participation in a more organized running program that has a more systematic training environment that lasts two months. All this hard work pays off with a 5k race. Fee includes 5k registration and shirt. (Friends and family 5k registration not included) We are not racing, just running at our own paces.3

FH TU/TH 2/28-5/11 6:15-7:30pm Reg by 2/24 $49/$55 -1B

Kids Rock #20317201 Age 6-14

This program is a series of four weeks. It will be every Saturday from 9am-10am. Kids ages six and up are welcome! Come learn techniques and strategies about the rock wall and engage in different rock wall activities. Pre-registration is required and space is limited. All skill levels are welcome.

FH SA 3/11-4/8 9-10am Reg by 3/1 $20/$30 -1A

Open Batting/Golf Cage All Ages

Come in and take some swings before your baseball or golf season begins. The cages will be set up for members on Wednesday nights from 6-8pm. We have slow and fast pitch machines for softball and baseball. Register on-site.

FH WE Daily 6-8pm Free Members/$5 Nonmembers

Climbing Wall

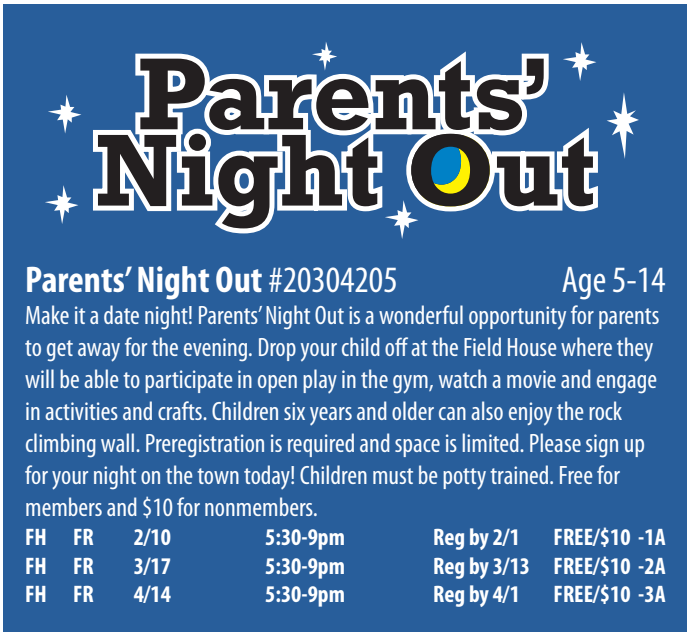
Open Climb	$5 per visit (Free to Members)
Open Climb Hours:	MO & WE: 4-7pm SA: 10am-2pm

Please Remember

Daily waiver sheet must be signed by all participants. Tennis shoes must be worn. Participants must be five years or older and weigh a minimum of 70 lbs. to use the Auto Belay System.

Climbing Wall Rentals

For more information, please call 847-782-3628.



Parents' Night Out #20304205 Age 5-14

Make it a date night! Parents' Night Out is a wonderful opportunity for parents to get away for the evening. Drop your child off at the Field House where they will be able to participate in open play in the gym, watch a movie and engage in activities and crafts. Children six years and older can also enjoy the rock climbing wall. Preregistration is required and space is limited. Please sign up for your night on the town today! Children must be potty trained. Free for members and $10 for nonmembers.

FH	**FR**	**2/10**	**5:30-9pm**	**Reg by 2/1**	**FREE/$10 -1A**
FH	**FR**	**3/17**	**5:30-9pm**	**Reg by 3/13**	**FREE/$10 -2A**
FH	**FR**	**4/14**	**5:30-9pm**	**Reg by 4/1**	**FREE/$10 -3A**