

# Water BLAST

Age 8-15

**October 24-December 5  
Wednesdays • 5:15-5:45pm**



**This fun fitness aquatic class features:**

- Buoyant movements
- Intervals
- Circuit
- Plyometrics while standing and submerged
- Low-impact cardiovascular workout

This youth program gently builds muscle tone using the water's resistance. Each group class consists of 25 minutes of gradually intensifying cardio work. General activity format includes a warm up, cardio work, strengthening work and cool down.

WAUKEGAN PARK DISTRICT

**FIELD HOUSE**

**SPORTS, FITNESS & AQUATICS CENTER**

AT HINKSTON PARK

**Cost: \$39 Resident • \$45 Nonresident  
Program #10401303-1A • Register by 10/17.**



**The Field House Sports, Fitness and Aquatics Center at Hinkston Park**  
800 Baldwin Avenue | Waukegan, Illinois 60085 | [www.waukeganparks.org](http://www.waukeganparks.org)  
For more information, call Kaitlin at 847-782-3620 or e-mail [kfischer@waukeganparks.org](mailto:kfischer@waukeganparks.org)