

FIELD HOUSE SPORTS & FITNESS CENTER

The Facility

The Field House Sports and Fitness Center is an 80,000 square foot modern, state-of-the-art indoor sports and fitness facility. Amenities include a three-story climbing wall, six-court hardwood gymnasium, 1/7 of a mile indoor track, 14,000 square foot fitness center, batting/golf cages, meeting rooms, locker rooms and library branch.

The Fitness Center

The spacious Fitness Center is a two level facility overlooking beautiful Hinkston Park with a large selection of Technogym selectorized equipment, Hammer Strength plate loaded machines, free weights, and other equipment to help tighten and tone. The Technogym cardio equipment, located on the second floor, includes ellipticals, treadmills, upright bikes, recumbent bikes and arm ergometer. All Technogym cardio equipment is equipped with individual TV viewing screens with over 30 cable channels. The Group Fitness Studio is packed with bikes, bands, balls, mats and other equipment for engaging group fitness classes.

Fitness Equipment

- 50 Pieces of Cardio Equipment
- 17 Stations of Selectorized Equipment
- 19 Stations of Plate Loaded Equipment
- Free Weights
- 25 Stability Balls
- 40 Steps
- Bands, Mats and Ropes
- 16 Spin Bikes
- Anterior and Posterior Flexibility Machines



MEMBERSHIP RATES

Pick a fitness plan that suits YOUR needs! No Contract or Enrollment Fees

BRONZE MEMBERSHIP	OPTION	RES	NR
Unlimited use of: • 2 Story Fitness Center with a Wide Variety of Cardio and Strength Equipment • Six Basketball/Volleyball Courts • Batting Cages • Climbing Wall • Indoor Track • Members Only Locker Rooms • Sauna and Steam Room	Individual	\$29	\$33
	Plus One (14 & up)	\$20	\$23
	Plus Child (under 14)	\$10	\$11
	Family of 4+	\$69	\$78
	Monthly memberships are paid on a monthly basis through the member's credit card, checking, or savings account. Memberships are continuous until the member cancels in writing, giving 30 days notice prior to the cancellation date.		

SILVER MEMBERSHIP	OPTION	RES	NR
All Bronze Benefits PLUS: • Free Silver Fitness Classes • Child Center Services • One Free Personal Training Session	Individual	\$35	\$40
	Plus One (14 & up)	\$25	\$29
	Plus Child (under 14)	\$12	\$14
	Family of 4+	\$84	\$97

GOLD MEMBERSHIP	OPTION	RES	NR
All Silver & Bronze Benefits PLUS: • Free Gold Fitness Classes such as Zumba and Boot Camp (excludes sports conditioning and supplemental classes) • Summer Swimming Pass for Ganster Pool	Individual	\$45	\$52
	Plus One (14 & up)	\$28	\$32
	Plus Child (under 14)	\$13	\$15
	Family of 4+	\$99	\$114

Pay in Full for One Year, and Receive 10% OFF!

See Field House front desk staff for details. • Platinum Classes have fees.

Field House Sports and Fitness Center Hours and Fees

Building Hours

Monday-Friday: 5am-9pm
 Saturday-Sunday: September-May: 7am-7pm
 June-August: 7am-5pm

Special Hours

Sept. 7 Labor Day Closed
 See below for annual cleaning and maintenance schedule

Fitness Center

Hours are the same as building hours above. Unlimited use of Fitness Center is included in membership.

Daily Fitness Center Fees: \$9 resident/\$12 nonresident

Climbing Wall

Hours for Open Climbing: MO 4-7pm, WE 4-7pm, SA 10am-2pm
 Unlimited use of climbing wall during open climb hours is included in membership.
 Climbing Fees: \$5 per visit
 Participants must be five years old or weigh a minimum of 70 lbs. to use the Auto Belay System.

Open Gym

Hours are the same as building hours above, but may vary based on special events and programs. Please call 847-782-3300 for weekend hours.
 Unlimited use of the gym is included in memberships.

Daily Open Gym Fees

Youth 17 and under \$4 resident/\$6 nonresident
 Adults 18+ \$5 resident/\$6 nonresident

Open Gym Only Passes

One-Month Pass

Youth 17 and under \$25 resident/\$30 nonresident
 Adults 18+ \$30 resident/\$35 nonresident

Three-Month Pass

Youth 17 and under \$60 resident/\$70 nonresident
 Adults 18+ \$70 resident/\$80 nonresident

Indoor Track

Hours are the same as building hours. Unlimited use of the Indoor Track is included in membership.

Daily Indoor Track Only Pass \$3 resident/\$4 nonresident

Monthly Indoor Track Only Pass \$20 resident/\$25 nonresident

Resident Free Indoor Track Times: MO-FR, 9-11am, 2-4pm and 7:30-9pm
 SA & SU, 7-10am

The Field House Sports & Fitness Center will be closed for annual cleaning and maintenance 9/4-9/7. We will reopen 9/8. The gymnasium will be closed 9/4-9/14.

PERSONAL TRAINING

Meet Our Personal Trainers



Jeremiah Johnson

MO-FR After 9am
Weekends by appointment

Education:

B.S. Exercise Science

Certifications:

ACE-Certified Personal Trainer
AFAA-Primary Group
Exercise Instructor
NSCA-Certified Strength and
Conditioning Specialist

Areas of Expertise:

Sport-Specific Conditioning
Weight Loss Management
Body Building



Margaret Jackson-Brown

MO-FR 5am-4pm

Certifications:

AFAA- Certified Personal Trainers
AFAA- Primary Group Exercise
Instructor
Keiser M3 Indoor Cycle
NETA Pilates Mat Specialty
Silver Sneaker

Areas of Expertise:

Core & General Conditioning
Strength Training
Weight Loss
High Intensity Interval Training



Chris Truex

Mornings by appointment.

Education:

B.S. Technical Management
M.B.A.

Certifications:

NASM-Certified Personal Trainer
NASM-Performance Enhancement
Specialist
NASM-Corrective Exercise Spec.
CrossFit-Level 1 Trainer

Areas of Expertise:

Sports Performance
Corrective Exercise
Group Training

PERSONAL TRAINING

Work with a Certified Personal Trainer who will design a program specifically to meet your needs and goals. We can help with weight loss, muscular and cardiovascular strength and endurance, sport-specific training, body building, and/or overall improvement of health and well being!



For more information, contact the Field House
Sports & Fitness Center at 847-782-3300.

THE FIELD HOUSE
SPORTS & FITNESS CENTER
AT HINKSON PARK

INDIVIDUAL PERSONAL TRAINING

ONE HOUR

1 SESSION: \$45
3 SESSIONS: \$115
6 SESSIONS: \$199

BUDDY TRAINING

ONE HOUR

1 SESSION: \$37pp
3 SESSIONS: \$95pp
6 SESSIONS: \$159pp

INDIVIDUAL PERSONAL TRAINING

30 MINUTES

4 SESSIONS: \$100
8 SESSIONS: \$160
12 SESSIONS: \$220

BUDDY TRAINING

45 MINUTES

4 SESSIONS: \$85
8 SESSIONS: \$140
12 SESSIONS: \$189

HIGH INTENSITY SMALL GROUP TRAINING

Times vary depending on groups
30 MINUTES
\$10pp with a minimum of four people

This new program features high intensity exercises implementing sled pulls and pushes, tire flips, kettlebells, running, jumping, squatting, pressing, lunging, lifting and sweating! This workout will leave you breathless, but result will be a stronger, slimmer and fitter YOU! For more information, or if you have four or more people and want to arrange a time that is not listed, call Jeremiah at 847-782-3624.

30 DAY FAST TRACK TO FITNESS

This 30 day kick start program is effective for people that are trying to revamp their body FAST! Whether you are just starting to work out, getting in shape for a trip, wedding or whatever your goal is, this is the program for you!

- Twelve one-hour sessions that have to be completed within the 30 days
- Diet plan
- Supplement plan
- Weekly weigh-in/body fat testing/measurements

Make an investment in yourself and commit to change and transform your body all for \$319!

GROUP FITNESS

GROUP FITNESS

Fitness classes are open to members and non-members. *Silver* and *Gold* members receive FREE Silver classes. *Gold* members also receive FREE Gold classes. These classes offer variety and flexibility for diverse scheduling needs. Please note that classes are subject to cancellation based upon enrollment and holiday hours.

Please stop by the Field House Sports and Fitness Center in Hinkston Park or go to www.waukeganparks.org to check out the latest group fitness schedule. You do not have to be a member of the Fitness Center to benefit from the great programs we offer!



NONMEMBER FEE STRUCTURE

Drop-in to Group Fitness

Don't want to commit to just one class? Drop in so you may pick and choose which class you would like to attend that day. Drop-ins are for Silver Classes only.

Silver Classes	Member/Resident \$9	Nonresident \$12
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Passport to Group Fitness

Buy a Passport to Group Fitness so you may pick and choose which class you would like to attend, while getting a better value than a drop-in. Looking to try several classes at the convenience of your busy schedule? Each passport allows up to ten visits and is good for up to 6 months from the date of purchase. Passports cannot be used for a daily Fitness Center visit and are for *Silver Classes* only.

10 Visit Passport	Resident \$50	Nonresident \$60
To redeem for class:	Silver classes=1 punch	
	SilverSneakers=1 punch	

Passports are accepted on a first-come, first-served basis. Please check in at the front desk prior to attending class. Fitness drop-ins and passports may only be used if the class does not meet the maximum number of registered participants.



These programs are low impact and build strength, flexibility and mobility. They are especially suitable for all ages and fitness levels including different levels of rehabilitation needs.

SILVER CLASSES

Silver classes are **FREE** to **Silver** and **Gold** members with limited availability. To secure your spot, please sign up at the Front Desk the day of the class prior to attending. Nonmembers and Bronze members may also attend Silver Classes by paying a **drop-in** fee, or purchasing a **Passport to Fitness**. Silver Classes include:

Six Pack Abs

All levels. Work on tightening and toning the mid-section through a variety of abdominal exercises on the floor, on a stability ball or with the help of other exercise equipment.

Butt and Gut

All levels. Tighten the glutes and abs! This class uses resistance and isometric type exercises to target and define those hard to reach places.

Group Cycle

All levels. 45 minute indoor stationary cycling class that incorporates hill climbs, sprints and jumps into an excellent cardio routine. Expose your inner athlete here!

Total Body Conditioning

All levels. This class will burn fat, tone your body and increase your metabolism. You will get a cardiovascular and strength training workout in one class! No wasting time here!

Mat Pilates

All levels. This Mat Pilates class is perfect for beginners but will challenge experienced exercisers as well. Pilates is a mind-body technique that focuses on core strength, flexibility and lengthening the muscles. You will gain tighter abs, a stronger back, and build upper and lower body strength, all while you learn to stabilize your body in a way that will keep you feeling younger longer!

Basic/Fundamentals Yoga

Beginner. This is a foundational class to give students of all levels an opportunity to learn or brush up on the fundamental poses of yoga. This class introduces breathing techniques and emphasizes proper alignment. It promotes balance, flexibility and body awareness.

Hatha Vinyasa Yoga

All levels. Hatha flow is a style that has a vinyasa flow with music but will also incorporate static poses and several breaths allowing the body to open and experience each asana. Appropriate for more advanced students or people who have been doing yoga for over six months.

Gentle Yoga

Beginner. This is a gentle, therapeutic style of yoga perfect for people recovering from back or other injuries (a doctor's note if recent please!) This class moves slowly and is designed to focus on specific areas of the body. You will increase relaxation and revitalize your energy while increasing your mental and physical health. This class is appropriate for beginners but ALL LEVELS will enjoy the gentle basics.









Interval, Cardio, Upper-Body Attack

All levels. This class focuses on upper body strength training and interval training for an intense cardio workout!

Pilates Strength

All levels. Start your day off right by relaxing and strengthening your body for the day ahead. This class combines the calorie workout you need along with the deep muscle stretching afterwards, it's the best of both in one class setting. Charge your self for the stressful day to come!

GROUP FITNESS SCHEDULE

SU	MO	TU	WE	TH	FR	SA
Sunday Sunrise 7:15-8:15am	Boot Camp 5:45-6:30am	Gentle Yoga 8:30-9:30am 	Boot Camp 5:45-6:30am	Butt & Gut 9-10am	Boot Camp 5:45-6:30am	Zumba 8:30-9:30am
AM	Total Body Conditioning 9-10am		Interval, Cardio Upper Body Attack 9-10am		Pilates Strength 9-10am 	Gentle Yoga 9:45-11am 
	SilverSneakers 10:15-11am		SilverSneakers 10:15-11am		SilverSneakers 10:15-11am	Hatha Flow Yoga 11:15am-12:30pm 
	Six Pack Abs 5:15-5:45pm	Group Cycle 5:15-6pm	Cardio Kickboxing 5:30-6:15pm	Butt & Gut 5:15-6pm		Kid Fitness & Fun 12-1pm
PM	Mat Pilates 6-7pm 	Group Cycle 6:15-7pm	Intermediate Hatha Yoga 6:30-7:30pm	Group Cycle 6:15-7pm	Nonmember Options 7-Week Registration \$51/\$56 Drop-in Registration \$9/\$12 10-Punch Passport \$50/\$60 (Basic Class=1 punch)	
 Silver  Gold  Platinum	Zumba 7:15-8pm	WERQ 7:15-8pm	Zumba 7:45-8:30pm	Zumba 7:15-8pm		

Schedule subject to change without notice. All classes are open to ages 14 and up. Please preregister for [Platinum Classes](#). Purchase passports and drop-ins at Front Desk. [Platinum Classes](#) have an additional fee to join.

SilverSneakers™

Age 60+

This class is pioneered for adults ages 65 and older. In this class, you will increase strength, range of motion, agility, balance, and coordination. You will improve your functional capacities, physical fitness level, and sense of well-being. All exercises are conducted from a sitting position in a chair or standing directly next to the chair. Non-SilverSneakers members may pay drop-in fee or purchase Passport to Fitness.

FH **MO/WE/FR 10:15-11am** **Reg ongoing**



The Field House Sports & Fitness Center invites individuals with physical challenges to experience top-of-the-line fitness equipment designed to accommodate and adapt for individuals with physical impairments. A feature item at the Fitness Center is the Technogym

Excite Top, an arm bike with a removable seat for wheelchair access. Other pieces of equipment are wheelchair accessible or are stationed lower to the floor for easier transferring. The Fitness Center prides itself on offering personal trainers with national certifications and experience working with clients who have special needs.

If you are seeking competitive and recreational sport opportunities, contact the **Great Lakes Adaptive Sports Association (GLASA)**. GLASA provides a variety of sports and recreational programs for youth and adults who have a primary physical or visual impairment, such as swimming, wheelchair basketball, soccer for the blind and other recreational activities. Adaptive equipment is included. For further information, please contact Cindy Housener at 847-283-0908.



FREE
for Silver and Gold members

Child Center Service

Parents, be assured that your child is in good hands while you use the amenities at The Field House Sports and Fitness Center! Whether you are working out, in a volleyball league, or in a fitness class, you can use the Child Center while you are on site. The Child Center is for ages 3-11 and is offered on a first-come, first-served basis and does have a maximum capacity according to staff availability. All Bronze and nonmember payments for the Child Center must be made at the front desk and the receipt will serve as admittance to check-in.

Hours of Operation

MO-TH: 6-8:30pm TH: 9-11am SA: 8:30-11:30am

Fees

- FREE for children of Silver and Gold Fitness Center members.
- Bronze member and nonmember daily fee: \$5 for the first child and \$3 for each additional child in the same family.

GROUP FITNESS

GOLD CLASSES

Gold classes are **FREE** to **Gold** members with limited availability. Gold members do not need to pre-register, simply check-in up to two hours before scheduled class time. Non-members may also participate by pre-registering and paying the appropriate fee.

Gold Classes run continuously for Gold Members with no breaks (except Holidays). Class session dates and prices apply to Non-Gold members who wish to participate and register for classes. Non-Gold members have a bye week in between sessions to allow a make-up opportunity in the event the Park District has to cancel a class.

Please note that classes are subject to cancellation based upon enrollment and holiday hours.

Zumba ★

Age 14+

All levels. This class combines Latin American, international music and dance to create one great class that's both fun and an easy way to lose weight. Come learn how to shimmy, shake, and move your feet to the music for a fun workout that feels like a party. We begin with basic steps so that you can learn, have fun, and sweat even if you have never danced a day in your life! *No non-Gold Member drop ins/passports will be accepted.*

FH	MO	8/31-10/19*	7:15-8pm	Reg by 8/28	\$51/\$56	#8200
FH	WE	9/2-10/14	7:45-8:30pm	Reg by 8/28	\$51/\$56	#8201
FH	TH	9/3-10/15	7:15-8pm	Reg by 8/28	\$51/\$56	#8202
FH	SA	9/5-10/17	8:30-9:30 am	Reg by 8/28	\$51/\$56	#8203
FH	MO	11/2-12/14	7:15-8pm	Reg by 10/23	\$51/\$56	#8204
FH	WE	10/28-12/9	7:45-8:30pm	Reg by 10/23	\$51/\$56	#8205
FH	TH	10/29-12/17**	7:15-8pm	Reg by 10/23	\$43/\$48	#8206
FH	SA	10/31-12/19***	8:30-9:30 am	Reg by 10/23	\$51/\$56	#8207

*No class 9/7. **No class 11/26. ***Nodclass 11/28

★ Programs are free with a Gold Level Membership

Boot Camp ★

Age 14+

If you are serious about getting into peak shape, this class is for you! Boot camp workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises; the difference lies in the intensity. Beginner? Exercises are modified for beginners, but you'll still burn lots of calories. Advanced? You'll work your entire body - heart and muscles - with a higher intensity and without resting.

FFH	MO	8/31-10/19*	5:45-6:30 am	Reg by 8/28	\$51/\$56	#8208
FH	WE	9/2-10/14	5:45-6:30 am	Reg by 8/28	\$51/\$56	#8209
FH	FR	9/4-10/16	5:45-6:30 am	Reg by 8/28	\$51/\$56	#8210
FH	MO	11/2-12/14	5:45-6:30 am	Reg by 10/23	\$51/\$56	#8211
FH	WE	10/28-12/9	5:45-6:30 am	Reg by 10/23	\$51/\$56	#8212
FH	FR	10/30-12/18**	5:45-6:30 am	Reg by 10/23	\$43/\$48	#8213

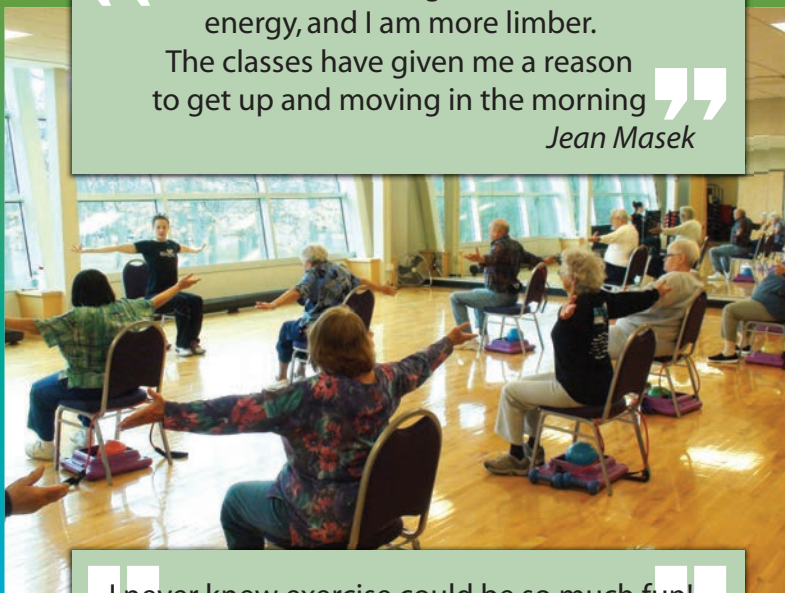
*No class 9/7. **No class 11/27.

Another Gold Membership Benefit
FITNESS ON DEMAND
Coming Winter 2015

WorkFit CORPORATE RATES

A Corporate Discount Program is now available for the Field House Fitness Center. Check out our website for the latest information, or call 847-782-3625 and ask about how to get a group discount for your business.

“ 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

PLATINUM CLASSES

Platinum classes are strictly **fee based** and are designed to complement Silver and Gold classes with additional classes and times. Platinum classes are available to everyone with limited availability. To secure your spot, please pre-register on-line or at the front desk before class.

S.C.O.R.E – Self-Defense Fitness

Age 14+

S.C.O.R.E. training combines self-defense and fitness training in one class! You will work at a high level of fitness while instilling practical and proven self-defense concepts. S.C.O.R.E. stands for Survive, Counter, Offensive Response and Escape – and will be taught by Dwight Davis, a police sergeant and ISSA personal trainer who has studied martial arts for more than 25 years and taught police tactics and self-defense for over 15 years. This self-defense fitness class addresses current real-world violence while incorporating an intense workout. If you want to get in shape and improve your personal safety, then S.C.O.R.E. self-defense fitness is for you.

FH	WE	9/2-10/14	5:15-6:15pm	Reg by 8/28	\$51/\$56	#8214
FH	WE	10/28-12/9	5:15-6:15pm	Reg by 10/23	\$51/\$56	#8215

Sunday Sunrise Circuit Training

Age 15+

Start your Sundays with calorie burning, muscle toning exercises while training to the hottest songs! Each 7-week session will cover a different modality of training. Classes will be taught by Kaneicia Brown, a certified personal trainer, corrective exercise specialist, yoga enthusiast and life coach. All fitness levels are welcome. What are you waiting for? Sign up now to spend the next seven Sundays slimming down at the Field House! Eight week class.

FH	SU	9/6-10/18	7:15-8am	Reg by 9/5	\$51/\$56	#8216
FH	SU	11/1-12/20*	7:15-8am	Reg by 10/31	\$57/\$64	#8217

Keep Calm & Stretch

Age 15+

Did you know that stretching is as important as cardio and strength training combined? Stretching increases range of motion, flexibility, blood and nutrient flow, decreases muscle soreness, corrects posture, reduces stress, and so much more! If you're tight, recovering from surgery, injury, have muscle imbalances, coordination and/or balance concerns, this is the class for you! Renew your body Sunday mornings with Kaneicia Brown, a yoga enthusiast, Corrective Exercise Specialist and Certified Personal Trainer. Ten week class.

FH	SU	9/6-10/18	8:15-9:15am	Reg by 9/5	\$70/\$80	#8218
FH	SU	10/25-12/27*	8:15-9:15am	Reg by 10/31	\$90/\$100	#8219

Body Fat Blast

Age 15+

The Bodyfat Blast is composed of concepts from The Body Fat Breakthrough by Ellington Darden, PhD, former bodybuilder and director of research for Nautilus Sports/Medical Industries. Decades of research has shown that negative accentuated training or focusing on the eccentric (lowering) phase of resistance training yields the greatest results. In this program you will lift heavy with focus on the eccentric phase, learn the importance of thermogenesis for fat loss, and follow a STRICT dietary regimen in order to yield the best results. A one hour orientation will be held October 8th at 6:30 pm. Want to lose 30 lbs. over the holiday season? Come try the Darden method at the Field House!

FH	TU/TH	10/13-12/30*	5-6 am	Reg by 10/10	\$200/\$225	#8220
FH	TU/TH	10/13-12/30*	8:15-9:15pm	Reg by 10/10	\$200/\$225	#8221
FH	FR**	10/16-12/18	5-6am	Reg by 10/10	\$50/\$55	#8222

*Last two weeks sessions will be on Mon/Wed

**Three day option. Must be registered for one of the two day sections above.



WERQ®

Age 14+

WERQ® is the fiercely fun dance fitness workout class based on pop, rock, and hip-hop music taught by Certified Fitness Professionals. The signature WERQ® warm-up previews the dance steps used in class and the signature WERQ® cool down includes balance and yoga inspired poses. Have fun building up cardiovascular endurance and strengthen your heart muscle dancing to today's hottest Top 40 Pop, Rock and Hip Hop Music! WERQ® up a sweat on the dance floor to all your favorite charting hits! Are you ready to WERQ®?

FH	TU	9/1-10/13	7:15-8pm	Reg by 8/26	\$51/\$56	#8223
FH	TU	10/27-12/8	7:15-8pm	Reg by 10/1	\$51/\$56	#8224

The Waukegan Park District and Synergized Coaching Presents

BODYFAT BLAST

Inch by Inch. Pound by Pound. Your fit transformation starts now.

COME TRAIN WITH ME

Kaneicia Brown, NASM CPT, CES

Nothing blasts fat like a body sculpting diet, extensive cardio and a negative accentuated strength training program. If you need to blast belly fat, thigh fat, arm fat or total body fat, this 12-week program is just for you. Come learn more at an informational session at The Field House. Limited space is available. Please call Sam Stevens at 847-782-3621 or email ssstevens@waukeganparks.org. To register online, go to waukeganparks.org reserve your spot.

SYNERGIZED
— COACHING —

FIELD HOUSE ACTIVITIES



Family Fun Climb – Fridays

Age 6+ with Parent

Bring the family in for an hour of climbing and a pizza dinner! Tackle the hard climbs, take the easier way up, or sit back and watch as your kids scurry up and down our 30ft wall. With eight different climbs, there will never be a dull moment! Class fees are per person for both adult and child participant.

FH	FR	9/25	6-7:30pm	Reg. by 9/22	\$3/\$5	#1250
FH	FR	10/16	6-7:30pm	Reg. by 10/13	\$3/\$5	#1251
FH	FR	11/20	6-7:30pm	Reg. by 11/17	\$3/\$5	#1252

Climbing Wall

Open Climb \$5 per visit (Free to Members)

Summer 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 Auto Belay System.

Climbing Wall Rentals

For more information, please call 847-782-3625.

Lunchtime Basketball & Volleyball

All Ages

The Field House will continue with lunchtime open gym. The facility will be open every day for gym activities. If you are not a fitness member, you can pay the daily fee of \$4 for residents or \$6 for non-residents. Call before you come... Gym Information Line 782-3300. Register on-site.

FH MO-FR Daily 10am -3pm \$4/\$6 Youth or \$5/\$6 Adults

Evening Open Gym Basketball & Volleyball

All Ages

The Field House will continue with the very popular evening open gym. The facility will have open gym running seven days a week. If you are not a fitness or gym member you can pay the daily fee of \$4 for residents or \$6 for non-residents and participate in open gym games during posted hours. Call before you come... Gym Information Line 782-3300. Register on-site.

FH MO-FR Daily 3 -9pm \$4/\$6 Youth or \$5/\$6 Adults
FH SA Daily 7am -7pm \$4/\$6 Youth or \$5/\$6 Adults
FH SU Daily 7am -7pm \$4/\$6 Youth or \$5/\$6 Adults

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

Have Your

Birthday Party

At The Field House Sports & Fitness Center

Three-Hour Special Package Includes:

- One hour at the climbing wall
- One hour in the gym
- One hour in the meeting room
- Admission for ten children (\$12 each additional child)
- Admission for two adults per ten children (\$12 per additional adult)

Party Rates:
Evening/Weekend: \$185
Weekday 9am-5pm: \$160



Extra hours of climbing, meeting room, Dance Dance Revolution or open gym can be added for an additional fee.
Batting cage can also be added.
Jimano's Pizzeria package available on request.
For more information, contact Kaitlin Fischer at 847-782-3620

THE FIELD HOUSE
SPORTS & FITNESS CENTER
AT HINKSTON PARK

Kid Fitness and Fun!

Age 7-13

This fun program will be an hour that kids can come out to the Field House and be active while learning the building blocks of fitness while not feeling like they're "working" out. The class is designed to be outside for 20 minutes of activity/game play followed by 20 minutes in the fitness center learning the proper exercises to strengthen and stretch their young muscles and gym etiquette, then finish with 20 minutes in the gym or back outside (weather permitting) for more games or further conditioning. Max 12 participants.

FH SA	9/5-10/17	12-1pm	Reg by 8/29	\$44/\$52	#8225
FH SA	10/31-12/19*	12-1pm	Reg by 10/24	\$44/\$52	#8226

*No class 11/28

Young Athlete Explosion

Age 10-13

This 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. Max 6 participants per class to ensure adequate individual coaching.

FH TH	9/10-10/22	5:30-6:30pm	Reg by 9/4	\$44/\$52	#8227
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ZumbaKids

Age 7-12

Are you looking for a new workout that is fun and gets your child involved in exercising? A workout that makes them swing their hips to a salsa rhythm? The new ZumbaKids workout rave is worth the time. Classes combine Latin dances like Flamenco, Salsa, Merengue and Cumbia with a fitness regimen that guarantees fun with a workout. Your child can twist their hips to a spicy Latin beat. Workouts involve total body movement and helps children remain in shape and exercise while having fun dancing.

FH TH	8/27-10/8	6-6:45pm	Reg by 8/21	\$44/\$52	#8228
FH TH	10/22-12/10*	6-6:45pm	Reg by 10/16	\$39/\$44	#8229

*No class 11/26

Elite Athlete Training

Age 14+

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 full 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.*



MARTIAL ARTS

Participants should wear comfortable clothing and may discuss uniform with instructors the first meeting. Parents must remain at the facility during Tiny Tigers class time; children should not be dropped off alone.

Tiny Tigers

Age 3-6

We can help your preschooler develop and improve motor skills, coordination, social and emotional skills in this class. We place an emphasis on building attention and cognitive development. Our reward system helps build self-esteem and confidence as we teach "every kid is a winner" and "every kid is special."

BRC SA	9/5-11/28*	8:45-9:30am	Reg by 9/2	\$33/\$39	#0710
BRC SA	9/5-11/28*	9:35-10:20am	Reg by 9/2	\$33/\$39	#0712

*No class 9/26, 10/24 and 11/14. BGCLC 10/10, 11/7 and 11/21.

Youth Tae Kwon Do

Age 7-13

Improve your self-confidence, coordination, concentration, self-esteem and get a good physical workout too. This Korean martial art involves kicking techniques, jumping, spinning, and balance. Our traditional teaching style covers self-defense, sparring, pressure points and more. Please be sure to register based off your child's ability group. The 10:25 session is for beginners and the 11:30 session should be for camouflage belts and higher.

BRC SA	9/5-11/28*	10:25-11:25am	Reg by 9/2	\$47/\$55	#0713
BRC SA	9/5-11/28*	11:30-12:30pm	Reg by 9/2	\$47/\$55	#0714

*No class 9/26, 10/24 and 11/14. BGCLC 10/10, 11/7 and 11/21.

Tae Kwon Do

Age 14+

You are never too old to learn new skills! High School age and older students can improve their self-confidence, coordination and concentration skills. This Korean martial art involves kicking techniques, jumping and balance. Our traditional approach teaches self-defense, sparring, pressure points and more.

BRC SA	9/5-11/28*	12:35-2pm	Reg by 9/2	\$47/\$55	#0716
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*No class 9/26, 10/24 and 11/14. BGCLC 10/10, 11/7 and 11/21.

BASKEBALL

All-Around Basketball Skills

Age 5-15

Can you drive the lane like LeBron James or dribble through the defense like Chris Paul? Learn the fundamentals of basketball and sharpen your skills at the Field House Sports and Fitness Center in the All-Around Basketball Skills Class. This program will give you the tools to become a better basketball player. There will be a focus on dribbling, passing, shooting and overall understanding of the game of basketball. No practices Thanksgiving week.

FH WE 10/21-12/2 5-6:30pm Reg by 10/14
\$40/\$45

Age 5-9

#8800

Age 10-15

FH TH 10/22-12/3 5-6:30pm Reg by 10/15
\$40/\$45

#8801

Junior Bulldogs Fall Basketball League

Age 6-7

Come play in a low-pressure developmental league for kids who want to play basketball and keep improving. Teams will be balanced by skill level and height and coached by adults whose main objective is the child's basketball development. There will be no scoring record; kids can have fun without any pressure. For more information on this event please call Kaitlin Fischer at 847-782-3620. Two to three games may be on a different day of the week. For all schedules, scores and standings please visit www.waukegansports.org. Volunteer Coaches Needed!

Player Evaluation

FH TU 10/13 6-7pm

Practice

1hr/wk MO, TU, WE, or TH 6-8pm

Games

FH FR 10/30-12/11 6-9pm Reg by 10/6 \$73/\$85 #8732

Junior Bulldogs Fall Basketball League

Age 8-9

If you're looking for a way to keep improving your skill set this is the league for you! All skill levels are welcomed. Each team will be balanced and coached by an adult. For more information, please call Kaitlin Fischer at 847-782-3620. Two to three games may be on a different day of the week. For all schedules, scores, standings and free agent listings please visit www.waukegansports.org. Volunteer Coaches Needed!

Player Evaluation

FH TH 10/15 6-7pm

Practice

1 hr/wk MO, TU, WE or TH 6-8pm

Games

FH FR 10/30-12/11 6-9pm Reg by 10/6 \$73/\$85 #8733

VOLLEYTOTS

Volleytots

Age 4-8

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving and spiking. You will learn to overhand serve and develop skills to play games. The lesson plan directs the use of self-mastery training and groups that help each student reach a new level. Instructors organize games at the end of each class.

FH TU 10/13-11/17 5-6pm Reg by 10/6 \$55/\$66 #8793

Volleykids

Age 9-16

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving, and spiking. Learn to overhand serve and develop skills to play games. The lesson plan directs the use of self-mastery training and groups that help each student reach a new level. Instructors organize games at the end of each class.

FH TU 10/13-11/17 5-6pm Reg by 10/6 \$55/\$66 #8791

WANTED

Sports Officials & Volunteer Coaches

Please call 847-782-3620

Waukegan Youth Sports Affiliates

NOTE: The Youth Sports Affiliates are independent agencies that are neither an agent for nor under the direction of the Waukegan Park District.

Waukegan Junior Bulldogs Youth Football

The Waukegan Youth Football Association offers a youth tackle football program. The association offers Waukegan youngsters the chance to learn the fundamentals of the grid-iron game, along with sportsmanship and teamwork. For more information, call Desiree Martines at 847-815-6139. Youth Football also offers cheerleading for ages 7-14. www.waukeganfootball.org

Waukegan Youth Baseball

The Waukegan Youth Baseball provides baseball for ages 7 to 17 years of age. For more information contact Charles Paddock at 847-366-7654..

Girls Fastpitch Softball

Now under the direction of the Waukegan Park District. We are looking for qualified coaches and players of all levels. Please call Kaitlin Fischer 847-782-3620 kfischer@waukeganparks.org for more information.



NEW! Soccer Skills and Drills

Age 5-12

This program will focus on the basic fundamentals of soccer with an emphasis on teamwork and sportsmanship. Players will be exposed to individual foot skills, technical drills, tactical practices, small-side games and scrimmages throughout the program. All skill levels are welcome!

WSP TU 9/15-10/20 5-6:30pm Reg by 9/8 \$50/\$55 #5595

NEW! Girls Cheer and Dance

Age 5-12

This program will focus on the basic fundamentals of cheerleading with an emphasis on teamwork and sportsmanship. Participants will learn basic jumps, cheers and dances. The cheerleaders will get the opportunity to cheer at the Jr. Bulldogs Basketball games.

FH MO 10/26-11/5 6-7pm Reg by 10/19 \$20/\$25 #8980

Girls^{on} the run





For Girls Grades 3-5

Trained women coaches provide challenging, encouraging and fun ways for girls to interact and be healthy. Running workouts and games teach life skills:

- Making healthy decisions
- Resolving conflict
- Getting along with others

Class meets Tuesdays and Thursdays from September 8 through November 21 from 4-5:15pm at the Field House Sports & Fitness Center. Cost is \$40. Register for program #8235 by 9/4. Call Jeremiah at 847-782-3624 for more information.

www.waukeganparks.org Established 1916

GYMNASTICS

Attend a number of parent assisted and individual classes at Ultimate Gymnastic. Equipment, including ground trampolines, bars, beams, foam block pits and tumble tracks, will be used in each class. Come out and experience the fun and skill building! For questions please call 847-856-8573 or email info@ultigym.com.

ALL CLASSES ARE HELD AT: **ULTIMATE GYMNASTICS GYM IN GURNEE**
1018 TRISTATE PKWY, GURNEE, IL 60031

Parent and Mite

Age 2-3

MO 8/17-10/26	9-9:40am	Reg by 8/11	\$155/\$160 #8982
TH 8/20-10/29	9-9:40am	Reg by 8/11	\$155/\$160 #8983
TH 8/20-10/29	11-11:40am	Reg by 8/11	\$155/\$160 #8984

Tiny Mite

Age 3-4

MO 8/17-10/26	9-9:50am	Reg by 8/11	\$155/\$160 #8985
TH 8/20-10/29	9-9:50am	Reg by 8/11	\$155/\$160 #8986
TH 8/20-10/29	11-11:50am	Reg by 8/11	\$155/\$160 #8987
TH 8/20-10/29	2-2:50pm	Reg by 8/11	\$155/\$160 #8988
FR 8/21-10/30	11-11:40am	Reg by 8/11	\$155/\$160 #8989

Ulti Mite

Age 4-5

MO 8/17-10/26	9-9:50am	Reg by 8/11	\$155/\$160 #8990
TH 8/20-10/29	9-9:50am	Reg by 8/11	\$155/\$160 #8991
TH 8/20-10/29	11-11:50am	Reg by 8/11	\$155/\$160 #8992
TH 8/20-10/29	2-2:50pm	Reg by 8/11	\$155/\$160 #8993
FR 8/21-10/30	11-11:50am	Reg by 8/11	\$155/\$160 #8994

Girl's Junior Beginner

Age 5-6

MO 8/17-10/26	4-4:50pm	Reg by 8/11	\$155/\$160 #8995
SA 8/22-10/31	12:30-1:20pm	Reg by 8/11	\$155/\$160 #8996

Girl's Beginner

Age 7+

MO 8/17-10/26	4-4:55pm	Reg by 8/11	\$155/\$160 #8997
SA 8/22-10/31	12:30-1:25pm	Reg by 8/11	\$155/\$160 #8998

Beginner Cheer

Age 5+

WE 8/19-10/28	6:30-7:25pm	Reg by 8/11	\$155/\$160 #8999
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Baby Gym

Age 12 months-2 years

FR 8/21-10/30	9-9:40am	Reg by 8/11	\$155/\$160 #9000
FR 8/21-10/30	10-10:40am	Reg by 8/11	\$155/\$160 #9001

Boys Rec

Age 5-6

TH 8/20-10/29	5-5:50am	Reg by 8/11	\$155/\$160 #9002
FR 8/21-10/30	1-1:50pm	Reg by 8/11	\$155/\$160 #9003

The Gym will be CLOSED on Monday 9/7 for Labor Day



ADULT SPORTS

SOFTBALL

Mens and Womens Adult Softball Fall Leagues

Just finished a great summer of softball and wondering what to do with your evenings? Well, we have an answer... how about a little fall ball? The SportsPark has four ball diamonds with great amenities and playing surfaces. The district offers doubleheaders each night for Mens and Coed leagues. Leagues will play six weeks and (12) games total. Game balls will be furnished. Registration is accepted at the Field House Sports & Fitness Center beginning on July 20 through August 7. For more information on this event please call Richard Fibish at 847-782-3627. For all schedules, scores, standings and free agent listings please visit www.waukegansports.org.

MEN'S

WSP	MO	8/17	6:15 or 8:15pm	Reg by 8/7	Varies	#5811
WSP	TU	8/18	6:15 or 8:15pm	Reg by 8/7	Varies	#5812
WSP	WE	8/19	6:15 or 8:15pm	Reg by 8/7	Varies	#5813
WSP	TH	8/20	6:15 or 8:15pm	Reg by 8/7	Varies	#5814

COED

WSP	FR	8/21	6:15 or 8:15pm	Reg by 8/7	Varies	#5815
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Waukegan Adult Softball Tournament Series

NEW! Adult Softball Tournament

If you enjoyed our Spring Tune-up last May, then you will love our fall tournaments series. Waukegan Park District is offering a minimum three game guarantee (possible four game with pool play) as well as cash and/or prizes. Balls and umpires are provided. For more information, please call Richard Fibish at 847-782-3627.

WSP	SA/SU	8/8-8/9	"Bash at the Beach"	Reg by 8/6	\$125	#5818
WSP	SA/SU	8/29-8/30	"Shake by the Lake"	Reg by 8/27	\$125	#5817
WSP	SA/SU	10/10-10/11	"Great Lakes Shootout"	Reg by 10/8	\$125	#5819

ADULT KICKBALL LEAGUES

NEW! Adult Coed Kickball

Age 18+

Adult kickball leagues take place at the Waukegan SportsPark. The playing conditions are excellent, sharing the same fields as adult softball. Awards will be given to first and second place teams. Minimum six teams and maximum eight team/league. For additional information, please contact Richard Fibish, 847-782-3627. For all schedules, scores, standings and free agent listings, please visit www.waukegansports.org.

WSP	MO	8/17-9/21	6-9pm	Reg by 8/7	\$200 team	#5816
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PICKLEBALL

NEW! Adult Pickleball

Age 18+

Pickleball is a mini-tennis game, played on a badminton-sized court using wood paddle racquets and a plastic ball the size of a baseball, with holes (similar to a whiffle ball). The game is usually played by four people. It was invented in 1965 and its original purpose was to provide a sport for the entire family. For more information about the game, rules and equipment go to www.pickleball.com. Free for members. Please contact Richard Fibish at 847-782-3627.

FH	Call for availability	Year-Round	\$5/\$6
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BASKETBALL

Men's Semi & Competitive Leagues

Age 18+

The Waukegan Park District will be offering weeknight Men's basketball leagues for the semi-competitive players and the competitive players. The Field House is home to the Men's Basketball Leagues. The leagues will offer a double-round robin schedule including playoffs with teams playing twice a week. All teams pay the entry fee as well as the nightly referee fee of \$30/team. Cash awards will be given to first and second place teams for season and playoffs. Minimum six teams and maximum eight team/league. For additional information, please contact Richard Fibish, 847-782-3627 For all schedules, scores, standings and free agent listings, please visit www.waukegansports.org.

FH	MO/WE	9/7	6-9pm	Reg by 8/28	\$400/team	#8680
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BASKETBALL

Waukegan Fall Basketball Tournament

Age 18+

The Waukegan Park District will be offering a one night Waukegan Fall Ball Basketball Tournament. Get your squad together and compete against top players in the area. This tournament will be a one day evening double elimination tournament at the Field House. Cash Awards will be given to first and second place teams for tournament. Referees will be provided for the tournament. All players will receive a Waukegan Fall Ball Tournament T-shirt. For additional information, please contact Richard Fibish, 847-782-3627. Minimum six teams and maximum 16 teams. For all schedules, scores, standings and free agent listings please visit www.waukegansports.org.

FH	FR	9/18	6-10pm	Reg by 9/11	\$200/team	#8682
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Field Rental Rates at the Waukegan SportsPark

Rates listed below are for hourly rentals. Groups interested in renting fields for multiple hours and dates will receive a discount. Please call 847-782-3300 for field reservations.

WSP	Synthetic Turf Field	\$125/hour+\$40/hour for lights
WSP	Grass Soccer Fields	\$40/hour
WSP	Ball Diamonds	\$40/hour+\$30 for lights

The Waukegan SportsPark features 14 soccer/football fields including a Championship Field with synthetic turf and lights and 4 ball diamonds with lights. On the weekends and during special events, there will be a parking fee of \$5 charged for each vehicle coming into the park but NO fee on weeknights unless it's a special event.



Adult Soccer Leagues

If you are interested in putting a team into the men's adult soccer league, call Jesus Martinez at 847-406-9919 for USL.

Youth Soccer Leagues*

Waukegan Association for Youth Soccer will be offering Fall and Spring leagues for boys and girls. For more information call Jesus Martinez at 847-406-9919. Visit www.waysoccerleague.com for information.

*Waukegan Park District youth affiliate

SIGN UP NOW!

Adult Softball Tournament Series

- Minimum Three Game Guarantee
- Cash and/or Prizes
- Umpires and Game Balls Provided
- Cost is \$125/Team

August 8 & 9
Bash at the Beach
Register by 8/6 • #5818

August 29 & 30
Shake by the Lake
Register by 8/27 • #5817

October 10 & 11
Great Lakes Shootout
Register by 10/8 • #5819

Waukegan SportsPark
3391 W. Beach Road • Waukegan, Illinois

Call Richard at 847-782-3627 | Visit www.waukeganparks.org
800 Baldwin Avenue | Waukegan, IL 60085

Waukegan Park District

2015 Fall Adult Softball Leagues

12" SLOW PITCH

Waukegan SportsPark
3391 W. Beach Road, Waukegan, IL

MONDAY Mens "Jack Brickhouse" League Class #5811 Varied skilled level includes municipal, local business and pick-up teams	<p>ALL 12" MEN'S LEAGUES PLAY DOUBLEHEADERS AT WAUKEGAN SPORTSPARK (12 games) Entry Fee is \$575/team (in-district \$475)</p> <p>COED LEAGUES PLAY DOUBLEHEADERS AT WAUKEGAN SPORTSPARK (12 games) Entry Fee is \$305/team (in-district \$450)</p> <p>• First-come, first-served • Registration deadline August 7, 2015 • First week of games start August 17, 2015 • We will follow NSA rules and NSA approved bat list • All bats must pass compression test prior to play</p>
TUESDAY Mens "Harry Caray" League Class #5812 Varied skilled level includes municipal, local business and pick-up teams	
WEDNESDAY Mens "Byrne Sandberg" League Class #5813 Varied skilled level includes municipal, local business and pick-up teams	
THURSDAY Mens "Frank Thomas" League Class #5814 Varied skilled level includes municipal, local business and pick-up teams	
FRIDAY Coed Class #5815 Varied skilled level includes municipal, local business and pick-up teams	

Register Online: www.waukeganparks.org
For more information, contact Richard Fibish at 847-782-3627

Register in Person:
The Field House at Hinkston Park
800 N. Baldwin Avenue
Waukegan, IL 60085

Boydere Recreation Center
412 S. Lewis Avenue
Waukegan, IL 60085