

WAUKEGAN FAMILY PROGRAMS

* SUPERVISION OF PARTICIPANTS NEEDS TO BE PROVIDED BY GUARDIANS FOR ALL PROGRAMS UNDER THIS SECTION*

Family Zumba

Make a commitment to get healthy with your family! Zumba combines Latin American music and dance to create one great class that feels more like a party than a work-out. We'll begin with the basics, so everyone can join with or without previous dance experience. At least one member of the family must have a disability. One member of the family must also be over 18 and not a regular SRSNLC participant.

Location: Jane Addams Center
Age: 10 & older
Fee: \$5R /\$8NR per family member
Reg. Deadline: January 10, 2018

CODE	DAY	DATE	TIME
41101402-1A	W	1/17/18-2/14/18	6:00pm-6:45pm

Turkey Trot

Fun races are organized by gender and age groups from toddlers up. Event registration takes place between 9-9:45am on the day of the event. Races start at 10am. You may also pre-register at JBC, BRC and FH. For more information, please call 847-360-4700 or visit www.waukeganparks.org. Parents must provide supervision.

Only Waukegan Park District residents are eligible to win a race turkey

Location: Belvidere Park | Age: All | Fee: FREE EVENT

CODE	DAY	DATE	TIME
FREE	Sa	11/11	7:30am-12:00pm

Halloween Fest

The Waukegan Park District will be hosting its Annual Halloweenfest at Bowen Park. There will be a house of terror, an enchanted walk for your children, bonfire filled with spooky stories and lots of games. Concession stands will be available. Parents must provide supervision.

Location: Bowen Park
Age: All
Fee: FREE EVENT

CODE	DAY	DATE	TIME
FREE	Sa	10/28	1:00pm-5:00pm

19th Annual Polar Bear Plunge

"What's your reason for freezin'?" Waukegan Park District will hold its 19th Annual Polar Bear Plunge at the Waukegan Municipal Beach. Start 2018 off wet or watch the action from the sidelines. Proceeds will benefit Waukegan Athletic and Scholarship programs for Special Recreation Services of Northern Lake County. The first four hundred participants will receive an event shirt. Be brave take the Plunge!

Location: Waukegan Municipal Beach
Registration begins at 9:30am
Time: 10:00am-11:00am

Contact 847-360-4760 in November for registration & sponsorship details



WAUKEGAN DAY PROGRAM

PROGRAM GUIDE KEY



BUS - Door to Door
Programs with this symbol offer door to door transportation with additional fee.



HOUSE - Transportation Home Only
Programs with this symbol offer transportation home only.



DOLLAR BILL - Bring Spending Money
Programs with this symbol require additional money be brought for the purchase of a meal or souvenirs.

TRANSPORTATION: To be eligible for transportation, you must live in Waukegan and be a Waukegan Park District Resident.

H.E.A.R.T. Program

SRSNLC-Waukegan has a HEART for adults with disabilities. The HEART Program is a new Day Program designed to offer adults with disabilities the opportunity to continue building relevant life skills while training them for transition into the community. This program's main areas of focus include: Health, Education, Art, Recreation, and Training. Structured programs are designed to improve its participants' quality of life through meaningful and educational experiences.

Applicants for the program must:

- Be 18 years and older
- Be a high school graduate
- Complete the intake process to determine eligibility and participant program needs
- Sign a release of information form
- Function at a ratio of 6 participants to 1 staff
- Submit a \$30 deposit at time of application. *Deposit is refunded if participant is not eligible for the program or program does not run.

**This program is ideal for adults who work part-time, are unemployed or who want something different from the traditional workshop environment.

Please contact Kari Robinson at call 847-360-4763 or email krobinson@waukeganparks.org if you are interested in this type of program. Watch for more information in August.

WAUKEGAN PARK DISTRICT
**GEORGE
BRIDGES
5K RUN**

/WALK

"Bridging the
gap between
mental and
physical fitness"



CARA
EMERGING RACE

CARA16041

Field House
Members
get HALF OFF October
payment if they run the 5K!

Saturday, October 14, 2017 • 9am

Medals awarded in multiple categories

Runners receive a race T-shirt (Must register prior to 9/1 to receive shirt)

Proceeds benefit scholarships for Special Recreation Programs

Registration Information

Registration Fee: \$29

Register online at

www.waukeganparks.org

Program #30307401-1A

Sponsor:



WAUKEGAN PARK DISTRICT

FIELD HOUSE

SPORTS, FITNESS & AQUATICS CENTER

AT HINKSTON PARK

STAY FOR MORE FUN AFTER YOU RUN!

FREE!

FITNESS EXP

9AM-12PM

The First 100 Individuals Receive a FREE T-Shirt

Come Enjoy a Day of Fitness

- Health Screenings & Free Giveaways
- Healthy Family Meal Planning
- Healthy Vendors & Fitness Assessments

Fitness Contests with Great Prizes

- King or Queen of the Mountain
- One-Minute Push Up, Sit Up and Chin Up Contests

Group Exercise Demos

- Zumba and Group Cycle
- SilverSneakers, Yoga and Pilates

And so much more...

FREE!

DAY OF PLAY

9AM-12PM

Fun For All Ages

- Experience Fun Sports
- Contests
- Games
- Crafts
- Healthy Snacks and More

Adults & Teens (14 and up)

- Free Fitness Center and Track Access
- Meet new friends and be active!

ATTENTION PARENTS: Feel free to stay and play with your child, or drop them off for a day of fun! Children under the age of 7 must be accompanied by an adult. All youth participants must have a parent sign them in at the front door before leaving. The event is fully supervised.



The Field House Sports and Fitness 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