

WAUKEGAN FAMILY PROGRAMS


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 workout. 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 SRSNLC participant.**


Location: JAC | Min/Max: 5/20 | Age: 10 & Older
 Fee: \$5R / \$10NR per family member
 Reg. Deadline: August 24, 2016

CODE	DAY	DATE	TIME
31101402-1A	W	8/31-10/5	6:00pm-6:45pm

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.

Fitness Fair - Family

No more lazy bones! This is your opportunity to check out fitness programs as a family without making week long commitments. Join us for two new fitness classes. Relax and stretch into the first night with yoga. Then break a sweat and dance your way to health with Zumba. **Family members are encouraged to register and join in the fun but are not required.** At least one member of the family must have a disability. Get off the couch to find out which fitness classes are your favorite.

***Participants should wear clothes appropriate for working out.
 Tennis shoes are a must!**

Location: Varies | Age: 10 & Older
 Fee No Transportation: \$15R / \$22NR per family member
 Fee With Transportation - no family member joining: \$25R
 Reg. Deadline: August 1, 2016

CODE	DAY	DATE	TIME
31104312-1A	M & F	8/15 & 8/19	6:00pm-7:00pm

