

ZumbaKids #20204202

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 and shake to an exciting Latin beat. Workouts involve total body movement and helps children remain in shape and exercise while having fun dancing.

FH	TH	3/3-4/14	6-6:45pm	Reg by 2/26	\$44/\$52	-1A
FH	TH	4/28-6/9	6-6:45pm	Reg by 4/22	\$44/\$52	-2A

Kid Fitness and Fun! #20204203

Age 7-13

This fun new 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.

FH	TH	3/3-4/14	5:30-6:30pm	Reg by 2/26	\$44/\$52	-1A
FH	SA	3/5-4/16	12-1pm	Reg by 2/26	\$44/\$52	-1B
FH	TH	4/28-6/9	5:30-6:30pm	Reg by 4/22	\$44/\$52	-2A
FH	SA	4/30-6/11	12-1pm	Reg by 4/22	\$44/\$52	-2B

Girls on the Run—Coming Spring 2015! Grades 3-5

Professionally designed, award winning program was created exclusively for pre-teen girls. Meets after school twice a week for twelve weeks. Trained women coaches provide a challenging, encouraging and fun way for girls to interact and be healthy. Running workouts and games teach specific life skills such as how to make healthy decisions, resolve conflict, and get along with others. At the end of the program, the girls will be able to participate in the Girls on the Run 5k running event, with transportation provided by the Park District. Each girl will also receive a free program T-shirt, water bottle and a race goody bag. Healthy snacks are provided at each meeting. For more info on this program, go to www.gotrchicago.org or call Jamie Teichmann at 847-360-4706.



FH	TU/TH	TBD	4-5:15pm	Reg by TBD	\$40/\$40
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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.



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 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.

Age 13+

THE FIELD HOUSE

SPORTS & FITNESS CENTER

AT HINKSTON PARK

THE FIELD HOUSE Running Club



Wednesdays at 6pm
Saturdays at 8:30am

- For all running levels—beginner to marathon
- Earn incentive awards—t-shirts, socks, waterbottles
- 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 and Fitness Center at Hinkston Park
800 Baldwin Avenue | Waukegan, Illinois 60085 | www.waukeganparks.org
Call 847-782-3628 or e-mail smacdonald@waukeganparks.org for more information



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 Auto Belay System.

Climbing Wall Rentals

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

A Program
For Members

THE
FIELD HOUSE
SPORTS & FITNESS CENTER
AT HINKSTON PARK

The Mile Club



WALK



JOG



RUN

GET REWARDED EACH MONTH!

Record your mileage, date and time.
Prizes awarded monthly for most laps
and a random winner for participation.

Age Divisions

- Age 11-29
- Age 30-55
- Age 55+

I'M IN THE:
25 MILE CLUB
50 MILE CLUB
75 MILE CLUB
100 MILE CLUB



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800 Baldwin Avenue | Waukegan, Illinois 60085 | www.waukeganparks.org
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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