

# WAUKEGAN PARK DISTRICT



## **HOLIDAY FREE-FOR-ALL AT THE FIELD HOUSE SPORTS AND FITNESS CENTER!**

**Waukegan, IL (December 9, 2013)** The Waukegan Park District's Field House Sports and Fitness Center invites the public to experience the Fitness Center and facility amenities including the gymnasium, climbing wall, and more for absolutely NO CHARGE for Waukegan Park District residents during the following dates and times:

<b>Monday, 12/23</b>	<b>12-9 pm</b>
<b>Thursday, 12/26 &amp; Friday, 12/27</b>	<b>12-9pm</b>
<b>Saturday, 12/28 &amp; Sunday, 12/29</b>	<b>12-7pm</b>
<b>Monday, 12/30</b>	<b>12-9 pm</b>
<b>Thursday, 1/2 &amp; Friday, 1/3</b>	<b>12-9pm</b>
<b>Saturday, 1/4 &amp; Sunday, 1/5</b>	<b>12-7pm</b>

The Field House Sports and Fitness Center has everything you need for fun and fitness this holiday season! Take advantage of this special week to try our cardio equipment with built in television screens, free weights, full line of selectorized strength equipment, group fitness classes, sauna and steam rooms, hardwood gymnasium, walking track, climbing wall and more!

Get back into a sports or fitness routine that will be enjoyable and produce results you can see and feel! Fitness Assessments, Personal Training Services and Specialized Sports

and Fitness Programs are also available. The Fitness Center is for ages 16 and older.

Please bring photo ID for access into the facility. For more information, call 847-782-

3300 or visit the Waukegan Park District website at [www.waukeganparks.org](http://www.waukeganparks.org).

### **About the Waukegan Park District**

Established on December 26, 1916, the district has 47 properties and 720 acres of land, including the 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. Properties are managed to the highest environmental and conservation standards. Facilities operated by the district include the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, the Waukegan SportsPark, the Waukegan Skate Park, the Waukegan BMX Track, recreational centers, an outdoor swimming pool, disc golf course, dog exercise area, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball and tennis. A full range of programs and services are offered year round for all ages, from infants to seniors as well as special needs populations. Healthy lifestyles, wellness initiatives, and a connection with the outdoors and nature are integrated throughout programs, services, and special events. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, the Bowen Park Theatre Company, and the Waukegan History Museum. There is something for everyone! The award-winning District employs 57 full-time and over 250 part-time, year round, seasonal, and temporary employees. The District is a member of the National Recreation and Park Association (NRPA), Illinois Association of Park Districts (IAPD), and Illinois Park and Recreation Association (IPRA). The district maintains national accreditation from the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), the Illinois Association of Park Districts' (IAPD) Distinguished Agency accreditation and the Park District Risk Management Agency (PDRMA) accreditation and sustains a Level A Loss Control Program. The district was a NRPA Gold Medal Finalist in 2012 and 2013, and awarded the NRPA National Gold Medal Award for Excellence in Park and Recreation Management in 2013.

### **Contact:**

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