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# WAUKEGAN PARK DISTRICT

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FOR IMMEDIATE RELEASE

To: All Media

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**Waukegan Park District Launches “FitKids!”  
A Fun Approach to Physical Fitness for Youth 7-13 yrs**

**Waukegan, IL (October 11, 2007)** – The Waukegan Park District’s Field House Sports and Fitness Center is offering a fresh approach to physical fitness with a new program called FitKids! This program will assist youth ages 7-13 in learning and appreciating the benefits of daily physical activity. FitKids is offered Saturday mornings from 9 -10 AM at the Field House. A Certified Fitness Instructor will guide participants through an hour-long variety of fun, physical activities that won’t seem like exercises. They will use balls, bands, hula hoops, jump ropes, games and much more to create a positive and supportive environment that focuses on physical movement and active play.

The class begins Nov 10 and runs for 6 weeks. The class will meet in the Field House. To register, go to [www.waukeganparks.org](http://www.waukeganparks.org) or visit the Field House Sports and Fitness Center, Belvidere Recreation Center, or Jack Benny Center for the Arts. More information call 847.782.3300

**About The Waukegan Park District**

Established December 26, 1916, the district has 47 properties and 720 acres of land, which includes the 18-hole Bonnie Brook Golf Course, 18-hole Orchard Hills Golf Courses, and the 9-hole Greenshire Golf Course. The District operates recreational centers, the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, an outdoor swimming pool, outdoor sports courts and fields, picnic areas, playgrounds, the Waukegan Skate Park and the Waukegan BMX track. A full range of programs and services are offered year round for all ages including special populations. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, the Bowen Park Theatre Company, the Bowen Park Opera Company and the Haines Historical Museum. Sixty-seven authorized full-time staff 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 IAPD Distinguished Agency accreditation and is also accredited with the Park District Risk Management Agency and maintains a Level A Loss Control Program.

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