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# WAUKEGAN PARK DISTRICT

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FOR IMMEDIATE RELEASE

**To:** All Media

**Contact:**

Dayna Niemi  
Recreation Specialist- Fitness & Aquatics  
Waukegan Park District  
(847) 782-3625  
Dniemi@waukeganparks.org

**Families Get Fit with Parent/Child Pilates & FitKids  
Field House Sports & Fitness Center  
Waukegan Park District**

**Waukegan, IL (November 27, 2007)** – The Waukegan Park District's Field House Sports and Fitness Center is now offering fresh new approach to physical fitness! Registration is now open for two new youth fitness programs – Mommy/Daddy & Me Pilates and FitKids! These programs are specifically targeted to children ages 4 – 10 years old (Pilates) and 7 – 13 years old (FitKids), and they encourage a family's appreciation for the benefits of daily physical activity. All classes are held at the Field House and are taught by Certified Fitness Instructors.

**Mommy/Daddy and Me Pilates** is offered Thursday evenings from 6 – 7 PM for youth ages 4-10 years old and a parent. Children and parents together will learn Pilates exercises through various games and activities that will increase core strength and flexibility. Parents can enjoy some together time with their children and everyone gets to exercise and receive the benefits of physical fitness. Mommy/Daddy and Me Pilates starts on January 12 and ends February 21.

**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 will not 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 next FitKids session starts January 12 and ends February 23.

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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