

# Youth Fitness

## Kid Fitness and Fun! #30204203

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 without 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	6/23-7/14	5:30-6:30pm	Reg by 6/17	\$28/\$33	-1A
FH	SA	6/25-7/16	12-1pm	Reg by 6/17	\$28/\$33	-1B
FH	TH	7/28-8/18	5:30-6:30pm	Reg by 7/22	\$28/\$33	-2A
FH	SA	7/30-8/20	12-1pm	Reg by 7/22	\$28/\$33	-2B

All rentals are subject to availability

### Court Rentals

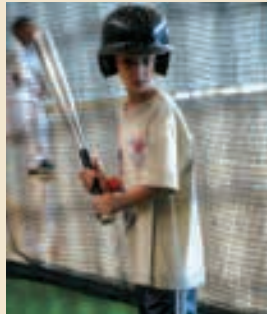
\$60/hour

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

**FREE**

# THE FIELD HOUSE Running Club

**Wednesdays at 6pm**  
**Saturdays at 8am**

- For all running levels—beginner to marathon
- Earn incentive awards—t-shirts, socks, water bottles
- Challenge yourself
- Meet new people and socialize
- Train for a 5K, 10K, half marathon or more!
- New Meeting Location: The Field House Front Lobby

## WE NEED YOUR SUPPORT!

Sponsors are needed for:

- American Independence Festivities
- Touch A Truck
- Worldwide Day of Play
- George Bridges 5K Run

To find out about these opportunities, please call Jennifer at 847-360-4705 or e-mail [jdumas@waukeganparks.org](mailto:jdumas@waukeganparks.org)



The Field House Sports and Fitness Center at Hinkston Park  
800 Baldwin Avenue | Waukegan, Illinois 60085 | [www.waukeganparks.org](http://www.waukeganparks.org)  
Call 847-782-3628 or e-mail [smcdonald@waukeganparks.org](mailto:smcdonald@waukeganparks.org) for more information



### NEW! Kids Rock #30317201

Age 6-14

Come learn techniques and strategies about the rock wall and engage in different rock wall activities. Preregistration is required and space is limited. All skill levels are welcome.

FH SA 6/11-7/9 9-10am Reg by 6/6 \$20/\$25 -1A

### 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 the 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 the most laps and to 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



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 smcdonald@waukeganparks.org for more information

## 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 Shelby McDonald at 847-782-3628

THE FIELD HOUSE  
SPORTS & FITNESS CENTER  
AT HINKSTON PARK