

Fitness & Wellness



The Facility

The Field House Sport, Fitness and Aquatics Center is an 103,000 square foot modern, state-of-the-art indoor sports and fitness facility. Amenities include a three-story climbing wall, six-court hardwood floor gymnasium, 1/7 of a mile indoor track, 14,000 square foot fitness center, batting/golf cages, meeting rooms, locker rooms and library branch. An eight lane lap pool, warm water therapy pool and a kid's splash area opened in November 2016. Included are new locker rooms, family changing rooms and additional meeting rooms.

The Fitness Center

The spacious Fitness Center is a two level facility overlooking beautiful Hinkston Park with a large selection of Technogym selectorized equipment, Hammer Strength plate loaded machines, free weights, and other equipment to help tighten and tone. The Technogym cardio equipment, located on the second floor, includes ellipticals, treadmills, upright bikes, recumbent bikes and arm ergometer. All Technogym cardio equipment is equipped with individual TV viewing screens with over 30 cable channels. The Group Fitness Studio is packed with bikes, bands, balls, mats and other equipment for engaging group fitness classes.

Fitness Equipment

- 50 Pieces of Cardio Equipment
- 17 Stations of Selectorized Equipment
- 16 Spin Bikes
- 19 Stations of Plate Loaded Equipment
- Free Weights
- Stability Balls
- Steps
- Bands, Mats and Ropes
- Anterior and Posterior Flexibility Machines



NEW! MEMBERSHIP RATES

Pick a plan that suits YOUR needs! No Contract, Enrollment or Annual Fees

BRONZE MEMBERSHIP	OPTION	RES	NR
Unlimited use of: • 2 Story Fitness Center with a Wide Variety of Cardio and Strength Equipment • Six Basketball/Volleyball Courts • Batting Cages • Climbing Wall & Indoor Track • Members Only Locker Rooms • Sauna and Steam Room • Orientation with Personal Trainer • Use of Aquatics Center thru January 1, 2017	Individual	\$29	\$33
	Plus One (14 & up)	\$20	\$23
	Plus Child (under 14)	\$10	\$11
	Family of 4+	\$69	\$78
	Monthly memberships are paid on a monthly basis through the member's credit card, checking, or savings account. Memberships are continuous until the member cancels in writing, giving 30 days notice prior to the cancellation date.		

GOLD MEMBERSHIP	OPTION	RES	NR
All Bronze Benefits PLUS: • Use of the Aquatics Center • Free Gold Fitness Classes such as Zumba and Boot Camp (excludes sports conditioning and supplemental classes) • Fitness On Demand • Child Center • Free Personal Training Session • Summer Swimming Pass for Ganster Pool	Individual	\$39	\$46
	Plus One (14 & up)	\$29	\$33
	Plus Child (under 14)	\$13	\$15
	Family of 4+	\$89	\$109

Pay in Full for One Year, and Receive 10% OFF!

See Field House front desk staff for details. • Platinum Classes have fees.

Field House Sports, Fitness and Aquatics Center Hours and Fees

Building Hours

Monday-Friday: 5am-10pm
 Saturday-Sunday: 7am-7pm

Special Hours

November 24	Thanksgiving	Closed
December 24	Christmas Eve	7am-1pm
December 25	Christmas	Closed
December 31	New Years Eve	7am-1pm
January 1	New Years Day	Closed

Fitness Center, Gym and Aquatics Center

Hours are the same as above. Unlimited use of Fitness Center and Gym is included in Bronze and Gold memberships. Unlimited use of Aquatics Center, Fitness Center and Gym is included in Gold membership. Daily Fitness Center Fees: \$9 resident/\$12 nonresident

Aquatics Center

Lap swim is offered during all hours for Gold members. Members under 16 will only be able to swim when lifeguards are available.

Daily Pool Passes

Youth 18 and under	\$4 resident/\$6 nonresident
Fitness and Pool age 14-18	\$9 resident/\$12 nonresident
Fitness and Pool Adults 19+	\$10 resident/\$15 nonresident

Monthly Pool Passes

	One Month	Three Months
Youth 18 and under	\$25 resident/\$30 nonresident	\$60 resident/\$70 nonresident
Adults 19+	\$30 resident/\$35 nonresident	\$70 resident/\$80 nonresident

Climbing Wall

Hours for Open Climbing: MO 4-7pm, WE 4-7pm, SA 10am-2pm
 Unlimited use of climbing wall during open climb hours is included in membership. Climbing Fees: \$5 per visit
 Participants must be five years old or weigh a minimum of 70 lbs. to use the Auto Belay System. Tennis shoes must be worn.

Open Gym

Hours are the same as building hours above, but may vary based on special events and programs. Please call 847-782-3300 for weekend hours. Unlimited use of the gym is included in memberships.

Daily Open Gym Fees

Youth 18 and under	\$4 resident/\$6 nonresident
Adults 19+	\$10 resident/\$10 nonresident

Open Gym Only Passes

One-Month Pass	
Youth 18 and under	\$25 resident/\$30 nonresident
Adults 19+	\$30 resident/\$35 nonresident
Three-Month Pass	
Youth 18 and under	\$60 resident/\$70 nonresident
Adults 19+	\$70 resident/\$80 nonresident

Indoor Track

Hours are the same as building hours. Unlimited use of the Indoor Track is included in membership.

Daily Indoor Track Only Pass \$3 resident/\$4 nonresident
Monthly Indoor Track Only Pass \$20 resident/\$25 nonresident
Resident Free Indoor Track Times: MO-FR, 9-11am, 2-4pm and 7:30-10pm
 SA & SU, 7-10am

Meet Our Personal Trainers

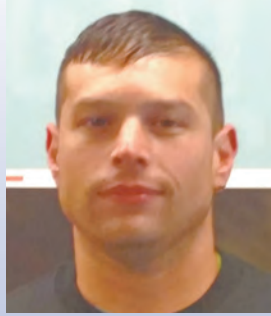


Jeremiah Johnson
MO-FR After 9am
Weekends by appointment

Education:
B.S. Exercise Science

Certifications:
ACE-Certified Personal Trainer
AFAA-Primary Group
Exercise Instructor
NSCA-Certified Strength and
Conditioning Specialist

Areas of Expertise:
Sport-Specific Conditioning
Weight Loss Management
Body Building



John Castillo
MO-FR After 4pm
Weekends by appointment

Certifications:
AFAA-Certified Personal Trainer
MFT- Army Master Fitness Trainer

Bios
MMA/Self Defense Training
for the Troops

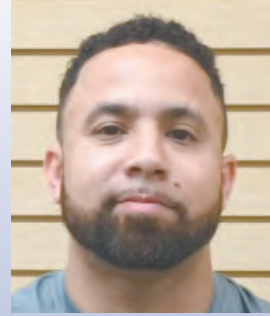
Areas of Expertise:
Strength Training
Group Training
Weight Loss
High Intensity Training
Combative/Boxing Style Cardio



Margaret Jackson-Brown
MO-FR 5am-4pm

Certifications:
AFAA- Certifield Personal Trainers
AFAA- Primary Group Exercise
Instructor
Keiser M3 Indoor Cycle
NETA Pilates Mat Specialty
SilverSneaker

Areas of Expertise:
Core & General Conditioning
Strength Training
Weight Loss
High Intensity Interval Training



Randi Dey
TU 8am-12pm
TH 8am-12pm
FR-SA by appointment

Certifications:
ACSM Certified

Areas of Expertise:
Sport-Specific Conditioning
Hypertrophy
Weight Loss Management
Toning & Sculpting



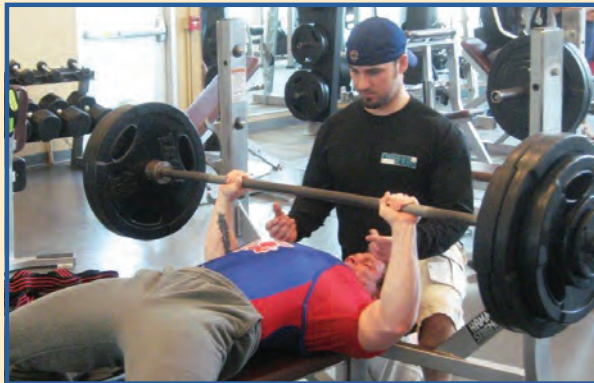
Kristy Nichols
MO-FR 10-11:30am, 5-7pm
Weekends by appointment

Certifications:
AFAA Certified

Areas of Expertise:
Strength Training
Interval Training
Weight Loss
Healthy Lifestyle Integration
TRX Training

PERSONAL TRAINING

Work with a Certified Personal Trainer who will design a program specifically to meet your needs and goals. We can help with weight loss, muscular and cardiovascular strength and endurance, sport-specific training, body building, and/or overall improvement of health and well being!



For more information, contact the Field House Sports & Fitness Center at 847-782-3300.

THE FIELD HOUSE
SPORTS & FITNESS CENTER
AT HINKSTON PARK

INDIVIDUAL PERSONAL TRAINING

ONE HOUR

1 SESSION: \$45
3 SESSIONS: \$115
6 SESSIONS: \$199

BUDDY TRAINING

ONE HOUR

1 SESSION: \$37pp
3 SESSIONS: \$95pp
6 SESSIONS: \$159pp

INDIVIDUAL PERSONAL TRAINING

30 MINUTES

4 SESSIONS: \$100
8 SESSIONS: \$160
12 SESSIONS: \$220

BUDDY TRAINING

45 MINUTES

4 SESSIONS: \$85
8 SESSIONS: \$140
12 SESSIONS: \$189

Group Fitness

Fitness classes are open to members and non-members. *Gold* members receive FREE Gold classes. These classes offer variety and flexibility for diverse scheduling needs. Please note that classes are subject to cancellation based upon enrollment and holiday hours.

Please stop by the Field House Sports and Fitness Center in Hinkston Park or go to www.waukeganparks.org to check out the latest group fitness schedule. You do not have to be a member of the Fitness Center to benefit from the great programs we offer!

NONMEMBER FEE STRUCTURE

Drop-in to Group Fitness

Don't want to commit to just one class? Drop in to pick and choose which class you would like to attend that day. Drop-ins are for Gold Classes only.

Gold Classes Member/Resident \$9 Nonresident \$12

Passport to Group Fitness

Buy a Passport to Group Fitness so you may pick and choose which class you would like to attend, while getting a better value than a drop-in. Looking to try several classes at the convenience of your busy schedule? Each passport allows up to ten visits and is good for up to 6 months from the date of purchase. Passports cannot be used for a daily Fitness Center visit and are for **Gold Classes only**.

10 Visit Passport Resident \$54 Nonresident \$64
To redeem for class: Gold Classes=1 punch

Passports are accepted on a first-come first-serve basis. Please check-in at the front desk prior to attending class. Fitness drop-ins and passports may only be used if the class does not meet the maximum number of registered participants.



These programs are low impact and build strength, flexibility and mobility. They are especially suitable for all ages and fitness levels including different levels of rehabilitation needs.



The Field House Sports & Fitness Center invites individuals with physical challenges to experience top-of-the-line fitness equipment designed to accommodate and adapt for individuals with physical impairments. A feature item at the Fitness Center is the Technogym

Excite Top, an arm bike with a removable seat for wheelchair access. Other pieces of equipment are wheelchair accessible or are stationed lower to the floor for easier transferring. The Fitness Center prides itself on offering personal trainers with national certifications and experience working with clients who have special needs.

If you are seeking competitive and recreational sport opportunities, contact the **Great Lakes Adaptive Sports Association (GLASA)**. GLASA provides a variety of sports and recreational programs for youth and adults who have a primary physical or visual impairment, such as swimming, wheelchair basketball, soccer for the blind and other recreational activities. Adaptive equipment is included. For further information, please contact Cindy Housener at 847-283-0908.

GOLD CLASSES

Gold classes are **FREE** to **Gold** members with limited availability. To secure your spot, please check-in at the front desk before class. Please note that classes are subject to cancellation based upon enrollment and holiday hours.

No drop-ins for Fitness on Demand classes.

Fitness on Demand

Enjoy many different fitness classes all day! Even during non-peak times, the Field House can now offer virtual fitness classes.

Zumba

All levels. This class combines Latin American music and dance to create one great class that's both fun and an easy way to lose weight. Come learn how to shimmy, shake, and move your feet to the music for a fun workout that feels like a party. We begin with basic steps so that you can learn, have fun, and sweat even if you have never danced a day in your life!

Boot Camp

If you are serious about getting into peak shape, this class is for you! Boot camp workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity. Beginner? Exercises are modified for beginners, but you'll still burn lots of calories. Advanced? You'll work your entire body - heart and muscles - with a higher intensity and without resting.

Six Pack Abs

All levels. Think you've got what it takes? Join us for a tightening and toning workout. Work your abdominals, obliques and lower back in this 30 minute absolute core attack. We'll help you succeed in your desire of core definition; a variety of abdominal exercises on the floor, on a stability ball or with other exercise equipment will be used.

Bunz N' Gunz

All levels. Work and tighten those glutes, arms and abs! This class uses resistance and isometric type exercises to target and define those hard to reach places.

Butt N' Gut

All levels. Uses squats, lunges and many floor based exercises to tighten and strengthen your glutes, thighs and core. This 30 minute, fast-paced workout will get you sweating in no time and give you results in all of the right places!

Arms N' Back

All levels. This high intensity class will sculpt your arms, back and shoulders with dumbbell, barbell and body weight exercises. The exercises are laid out in such a form that gives you minimal rest and maximum results!

Group Cycle

All levels. Ready to take indoor cycle to the next level? This 45 minute indoor stationary cycling class incorporates hill climbs, sprints, jumps and high intensity drills that will push you to your limit while working in different heart rate zones. Get your cycle session in while experiencing an excellent cardio routine. Expose your inner athlete here!

Total Body Conditioning

All levels. An entire class of total body conditioning will help you get your sweat on and keep your body guessing. This class will burn fat, tone your body and increase your metabolism. You will get a cardiovascular and strength training workout in one class! There is no wasting time here!

Mat Pilates

All levels. This Mat Pilates class is perfect for beginners but will challenge experienced exercisers as well. Pilates is a mind-body technique that focuses on core strength, flexibility and lengthening the muscles. You will gain tighter abs, a stronger back and build upper and lower body strength, all while you learn to stabilize your body in a way that will keep you feeling younger longer!

Basic/Fundamentals Yoga

Beginner. This is a foundational class to give students of all levels an opportunity to learn or brush up on the fundamental poses of yoga. This class introduces breathing techniques and emphasizes proper alignment. It promotes balance, flexibility and body awareness.

GROUP FITNESS SCHEDULE

SU	MO	TU	WE	TH	FR	SA
Sunday Sunrise 7:15-8:15am	Boot Camp 5:45-6:30am	Body Fat Blast 5-6am	Boot Camp 5:45-6:30am	Body Fat Blast 5-6am	Body Fat Blast 5-6am	Zumba 8:30-9:30am
Keep Calm & Stretch 8:15-9:15am	Total Body Conditioning 9-10am	Gentle Yoga 8:15-9:30am 	Interval, Cardio Attack 9-9:45am	Butt n Gut 9:30-10am	Boot Camp 5:45-6:30am	Basic Yoga 9:45-11am
AM	SilverSneakers 10:15-11am	Arms n Back 10-10:30am	SilverSneakers 10:-10:45am		Pilates Strength 9-10am 	Hatha Vinyasa Yoga 11:15am-12:30pm
PM	Six Pack Abs 5:15-5:45pm	Group Cycle 5:15-6pm	Cardio Kickboxing 5:30-6:15pm	Bunz n Gunz 5:15-6pm	S.C.O.R.E 5:15-6:15pm	Kid Fitness & Fun 12-1pm
	Mat Pilates 6-7pm 	Group Cycle 6:15-7pm	Intermediate Hatha Yoga 6:30-7:30pm	Group Cycle 6:15-7pm	Kickboxing Club 7-8:30pm	
Gold Platinum	Tai Chi Chuan @JBC 7-8:30pm Zumba 7:15-8pm	Kickboxing Club 7:10-8:05pm	Ballet for Fitness @JBC 7:30-8:30pm	Yoga @ JBC 7-8:15pm Zumba 7:15-8pm	Nonmember Options	
	Kickboxing Club 8:15-9:15pm	Body Fat Blast 8:15-9:15pm	Zumba 7:45-8:30pm	Body Fat Blast 8:15-9:15pm	7-Week Registration \$51/\$56 Drop-in Registration \$9/\$12 10-Punch Passport \$50/\$60 (Class=1 punch) <i>Drop-in/Passport for Silver Classes Only</i>	

Schedule subject to change without notice. All classes are open to ages 14 and up. Please preregister for **Platinum Classes**.

Purchase passports and drop-ins at Field House Front Desk. **Platinum Classes** have an additional fee to participate.

Hatha Vinyasa Yoga (Seasonal)

Advanced. Hatha flow is a style that has a vinyasa flow with music but will also incorporate static poses and several breaths allowing the body to open and experience each asana. Appropriate for more advanced students or people who have been doing yoga for over six months.

Gentle Yoga

Beginner. This is a gentle, therapeutic style of yoga perfect for people recovering from back or other injuries (Please bring a doctor's note if recent). This class moves slowly and is designed to focus on specific areas of the body. You will increase relaxation and revitalize your energy while increasing your mental and physical health. Appropriate for beginners, but ALL LEVELS will enjoy the gentle basics.

Interval, Cardio, Upper-body Attack

All levels. This class focuses on upper body strength training and interval training for an intense cardio workout!

Pilates Strength

All levels. Start your day off right by relaxing and strengthening your body for the day ahead. This class combines the calorie workout you need along with the deep muscle stretching afterwards, it's the best of both in one class setting. Charge yourself for the stressful day to come!

New! Tai Chi Chuan

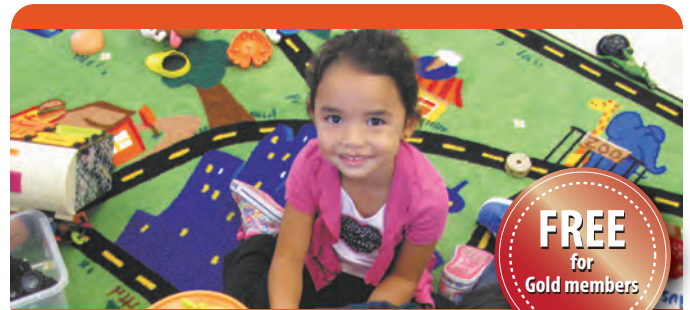
Tai chi is a practice with slow martial art movements that focus on breathing and balance. Often used as therapy, it calms the nerves and increases balance and strength. Many people practice Thai Chi daily for better health and to increase flexibility and strength.

SilverSneakers™

Age 65+

In this class, you will increase strength, range of motion, agility, balance and coordination. You will improve your functional capacities, physical fitness level and sense of well-being. All exercises are conducted from a sitting position in a chair or standing directly next to the chair. Non-SilverSneakers members may pay the drop-in fee or purchase Passport to Fitness.

FH **MO/WE/FR 10:15-11am** **Reg ongoing** **-1A**



Child Center Service

Parents, be assured that your child is in good hands while you use the amenities at The Field House Sports, Fitness and Aquatics Center! Whether you are working out, in a volleyball league or in a fitness class, you can use the Child Center while you are on site. The Child Center is for ages 3-11 and is offered on a first-come, first-served basis and does have a maximum capacity according to staff availability. All children must be potty trained. All Bronze and nonmember payments for the Child Center must be made at the front desk and the receipt will serve as admittance to check-in.

Hours of Operation

MO-TH: 6-8:30pm TH: 9-11am SA: 8:30-11:30am

Fees

- FREE for children of Gold Fitness Center members.
- Bronze member and nonmember daily fee: \$5 for the first child and \$3 for each additional child in the same family.

Group Fitness

GOLD CLASSES

Gold classes are **FREE** to **Gold** members with limited availability. To secure your spot, please check-in at the front desk before class. Please note that classes are subject to cancellation based upon enrollment and holiday hours. *No drop-ins for Fitness on Demand classes.*

Zumba

Age 14+

All levels. This class combines Latin American, international music and dance to create one great class that's both fun and an easy way to lose weight. Come learn how to shimmy, shake, and move your feet to the music for a fun workout that feels like a party. We begin with basic steps so that you can learn, have fun, and sweat even if you have never danced a day in your life

Boot Camp

Age 14+

If you are serious about getting into peak shape, this class is for you! Boot camp workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises; the difference lies in the intensity. Beginner? Exercises are modified for beginners, but you'll still burn lots of calories. Advanced? You'll work your entire body - heart and muscles - with a higher intensity and without resting.

Cardio Kickboxing

Age 14+

Join us for the best fitness workout of your life. Whether you are a beginner or experienced, work with our trainers to get you in the best shape possible. Burn up to 600 calories a session; this class will push you physically and mentally to be your best while burning fat, building lean muscle, and increasing cardio endurance.

Fitness on Demand

Age 14+

Enjoy many different fitness classes all day! Even during non-peak times, the Field House can now offer virtual fitness classes. Visit our website at www.waukeganparks.org for an updated schedule. **Fitness on Demand is a GOLD Member only benefit.**



Did you know that your health insurance may pay for your fitness membership?

Check with your provider or call the Field House at

847-782-3300 for more information.



Women's Weight Loss Program

Waukegan Park District and Synergized Coaching invites you to take the 180 in 180 Days Weight Loss Challenge, a comprehensive exercise program designed to help you lose up to 50 lbs. in 6 months! You DO NOT have to be a member of The Field House and you DO NOT have to sign a contract. You DO have to register as soon as possible, as space is limited. All ages (14+) and fitness levels are encouraged to join.

The winning participant will receive three free in-gym or in-home personal training sessions with Kaneicia Brown, a NASM certified personal trainer, former women's blue-chip semi-pro basketball player, nutrition and yoga enthusiast. Come to a free information session to learn more. Are you up for the challenge?

Sign Up Today!

THE
FIELD HOUSE

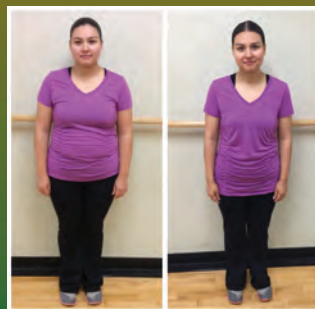
SPORTS & FITNESS CENTER

AT HINKSTON PARK

Call 847-782-3300 or visit www.waukeganparks.org



Winner: Astra D.
Pounds Lost - 46
Body Fat Lost - 22.5%



Runner-Up: Rebecca T.
Pounds Lost - 44
Body Fat Lost - 23%



Runner-Up: Jelisa D.
Pounds Lost - 45
Body Fat Lost - 19%



Runner-Up: Norma R.
Pounds Lost - 54
Body Fat Lost - 13%

PLATINUM CLASSES

Platinum classes are strictly **fee based** and are designed to complement Silver and Gold classes with additional classes and times. Platinum classes are available to everyone with limited availability. To secure your spot, please pre-register online or at the front desk before class.

Gerry Cook's Kickboxing Club #10203310 Age 14+

Burn up to 900 calories in just one hour while becoming stronger, more flexible and increasing speed of movement. Class will warm up through stretching, slow motion exercise and then move into an intense workout. Learn meditation and how to protect yourself in this Kickboxing Club! Participants may come to one, two or all three classes per week. It is encouraged to attend at least twice per week to gain the most benefit. **Classes are held TU 7:10-8:05, FR 7-8:30p and SA 2-3:30p**
FH TU/FR/SA 1/2-2/24 Varies* Reg by 1/1 \$99/\$114 -1A
FH TU/FR/SA 2/27-4/21 Varies* Reg by 2/26 \$99/\$114 -1B
 *Classes are held TU 7:10-8:05am, FR 7-8:30pm and SA 2-3:30pm

Yoga #10604310 Adult

Jacquelyn Cotey is a certified yoga instructor who will guide students in a program that is a combination of Eastern tradition-Hatha Yoga and contemporary western exercise physiology. It is designed to offer a relaxing environment and instruction will help you meet the demands of your busy lifestyle and your changing needs. Please wear loose, comfortable clothing and bring along a yoga mat to each class.
JBC TH 11/10-12/22* 7-8:15pm Reg by 11/3 \$60/\$70 #40604310-2A
JBC TH 1/5-2/23 7-8:15pm Reg by 12/29 \$80/\$90 #10604310-1A
 *No class 11/24

Ballet for Fitness #10604316 Adult

Ballet for Fitness uses classic ballet poses and postures to help you stay fit while improving your balance and coordination. Students should wear yoga pants or similar and ballet shoes. FDWright
JBC WE 1/11-2/15 7:30-8:30pm Reg by 1/4 \$59/\$65 -1A



Women's Weight Loss 180/180 #10203302 Age 14+

Want to lose 60 lbs. in 6 months while getting in the best physical shape of your life? Join the 180° - 180 Weight Loss Challenge, a comprehensive diet and exercise program designed to help you reach your weight loss goals. Need more information? Come to a free information session to learn more on Thursday, December 8 from 7-8pm in the Field House Meeting Room or visit www.waukeganparks.org for full program flyer. Payment plans are available. **Times and dates to be determined. Please check www.waukeganparks.org in December.**

Tai Chi Chuan Adult

An introduction to Tai Chi Chuan, a Chinese martial art, and ancient system of movement and meditation. Slow stretching and gentle exercises will bring increased strength, flexibility, deep sense of serenity and helps relieve stress and promotes a sense of physical and mental well-being. Instructor Bob Schwartz
JBC MO 9/12-12/12* 7-8:30pm Reg by 9/5 \$104/\$110 #40309301-1A
JBC MO 1/23-5/22 7-8:30pm Reg by 1/16 \$136/\$145 #10309301-1A**
 *Class has started call 847-360-4740 for prorated fees. No class 10/17.
 **No class 2/20



WorkFit
CORPORATE RATES

A Corporate Discount Program is now available for the Field House Fitness Center. Check out our website for the latest information, or call 847-782-3625 and ask about how to get a group discount for your business.



Youth Fitness

Fit Kids #10204205

Age 7-13

Fit Kids is a new program that will be an hour that kids can be active at the Field House. They will be learning the building blocks of fitness while not feeling like they're "working out". The class is designed to be inside and/or outside for 50 minutes of activity/game play beginning with a good 10 minute stretch. Kids will use stability balls, resistant bands, agility equipment, jump ropes and more to create enthusiasm in a fun setting. The kids will meet each week without even realizing they are exercising!

FH SA 1/7-2/18 10-11am Reg by 1/5 \$39/\$45 -1A

NEW! Water Blast #10401303

Age 9-15

Water Blast is a fun fitness class in the pool for children ages 9-15. This fun aquatic session features: buoyant movements, intervals, circuit, plyometrics while standing and submerged. This youth program is an effective low-impact cardiovascular workout, and it can help gently build muscle tone using the water's resistance. Each group class consists of 25 minutes of gradually intensifying cardio work. General activity format includes a warm up, cardio work, strengthening work, and cool down.

FH TH 1/5-2/16 5-5:45pm Reg by 1/4 \$39/45 -1A

Youth Sports Conditioning #10204204

Age 10-13

This new program is designed for young aspiring athletes that want to improve their athleticism. The hour will consist of exercises designed to build speed, strength, agility and flexibility which is often an overlooked component to being an explosive athlete. Programs will be designed based on the sport or goals of the athlete. Maximum six participants per class to ensure adequate individual coaching.

FH TH 1/5-2/16 6:15-7:15pm Reg by 1/2 \$44/\$52 -1A

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 their 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 14+

WAUKEGAN PARK DISTRICT
FIELD HOUSE
SPORTS, FITNESS & AQUATICS CENTER
AT HINKSTON PARK



THE FIELD HOUSE
Running Club
FREE

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



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

Gym, Batting, & Golf Cage Rentals

All rentals are subject to availability

Court Rentals

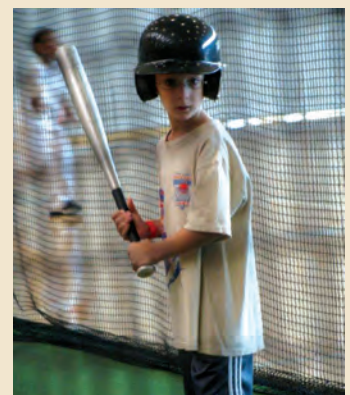
\$60/hour

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.



HOLIDAY FREE FOR ALL

New! Free For All Rock Wall #10317403 Age 6+

Bored sitting at home on winter break? Take advantage of our special hours at the rock wall during Free For All. All skills levels are welcome

FH TU/TH 12/22-1/3 1-4pm **FREE** -1A

New! Basketball Shooting Contest #10304208 Age 7-16

Come show your shooting skills and join our basketball shooting contest. Participants will shoot from various spots to see how many shots will be made in a certain amount of time. See if you will be crowned the champ.

FH WE 12/21-12/28 12-1pm **FREE** -1A

New! Knockout Basketball Game #10304209 Age 7-16

Come show your skills and join our basketball shooting game. The object of knockout basketball is to knock out the player in front of you and continue until you are the last player standing. See if you will be crowned the champ.

FH FR 12/23-12/30 2-3pm **FREE** -1A



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

Kids Rock #10317201

Age 6-14

This program is a series of four weeks. It will be every Saturday from 9am-10am. Kids ages six and up are welcome! Come learn techniques and strategies about the rock wall and engage in different rock wall activities. Pre-registration is required and space is limited. All skill levels are welcome.

FH SA 11/19-12/10 9-10am **Reg by 11/2 \$20/\$30** -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.

Parents' Night Out

Parents' Night Out #10304205

Age 3-14

Make it a date night! Parents' Night Out is a wonderful opportunity for parents to get away for the evening. Drop your child off at the Field House where they will be able to participate in open play in the gym, watch a movie and engage in activities and crafts. Children six years and older can also enjoy the rock climbing wall. Preregistration is required and space is limited. Please sign up for your night on the town today! Children must be potty trained. Free for members and \$10 for nonmembers.

FH FR 11/18 5:30-9pm **Reg by 11/14 FREE/\$10** -1A
FH FR 1/20 5:30-9pm **Reg by 1/16 FREE/\$10** -2A

Family Night Out #10611408

Come out and enjoy a night at the Field House Sports and Fitness Center with your family. Engage in a variety of different activities and games that are fun for the entire family! Get out of the house and have some fun! Pre-registration is required and space is limited. Please contact Shelby at 847-782-3628 or smcdonald@waukeganparks.org for more information. Free for members and \$10 for nonmembers.

FH FR 12/2 5:30-8:30pm **Reg by 11/28 FREE/\$10** -1A
FH FR 1/27 5:30-8:30pm **Reg by 1/23 FREE/\$10** -1B