

# Health & Wellness FAMILY CHALLENGE



A unique health and wellness challenge that invites families to think outside of the box when it comes to being “fit”. Enhancing your quality of life through behavioral, mental, emotional, physical, and/or cognitive health and wellness activities is our primary goal.

December 26, 2016, kicks off the Waukegan Park Districts’ 100th birthday year. As part of this Centennial celebration year, we challenge you and your family to track program participation by completing 100 hours of recreation in the 360 days of the Centennial year. Each season will be considered a “quarter” or season, with a 25 hour minimum goal for each.

*Simply register each family member for the challenge at any one of our facilities and obtain a time sheet for the winter season of this challenge.*

### IMPORTANT INFORMATION!

1. Quarterly goals are set at 25 hours of recreation participation from a family, as a whole. Participation in programs or events must be documented and initialed by park district staff.
2. Ongoing programs do not count! (i. e.:B.A.S.E, W.H.O trips, summer camp) If you are questioning if the program will be counted, please ask!
3. Each family member’s name will be entered into a quarterly raffle upon completion of 25 hours or more! Only those families who complete at least 25 hours will be entered into the raffle.
4. If you do NOT complete the minimum 25 hours for the raffle before the quarter end date- NO WORRIES! You should still turn in your time sheet by the intended due date and have your hours added to your total! (Families will need to participate in more programs in future quarters to try and reach 100!)
5. Remember to pick up your new hours sheet after you turn in your previous quarter time sheet.
6. You do not need to complete 25 hours each quarter. The 25 hours per quarter is a good way to stay on track. However, be sure to bump up your hours of participation in other quarters if you are under hours in other quarters.
7. Families who complete 100 hours by December 26, 2017 will be entered into the final raffle. Three prizes will be up for raffle.
8. Only family member names listed on the time sheet will be entered into the quarterly and final raffles.
9. Prizes are TBD—Keep your time sheet in a safe and accessible place. Lost sheets with staff initials cannot be replaced. Please submit all completed time sheets to any of our locations with ATTN: JAMIE TEICHMANN.

## WAUKEGAN PARK DISTRICT OUR COMMITMENT TO YOU

### MISSION STATEMENT

The Waukegan Park District is committed to providing parks, facilities and leisure opportunities to our culturally diverse population through leadership with community involvement, dedicated staff and sound management.

### VISION STATEMENT

An innovative park district that creatively adapts to our evolving community and provides exceptional parks, recreation and cultural arts that benefit all.

### VALUES STATEMENT

- **Accountability...** We will work to achieve the most effective and efficient use of our financial resources while striving for the best return on the use of our assets.
- **Excellence...** We will strive for the best in everything we do.
- **Integrity...** We will practice steadfast adherence to a high moral and ethical code, and we will reliably deliver on what we say we are going to do.
- **Service Oriented...** We will focus our efforts on our customers and will operate the District based on the needs of the community.
- **Working Together...** We will work WITH one another.
- **Sustainability...** The Board and staff will use a collaborative and cooperative team based approach that results in the best possible decisions for the long term greater good of the entire community.



9.6.16

# WAUKEGAN PARK DISTRICT



## Hablamos Español



**Carlos Valentin**  
Lunes-Viernes 8am-5pm  
847-360-4789



# Ice Skating Programs

## Belvidere Park Outdoor Ice Rink

The Waukegan Park District has several outdoor ice rink locations. The Belvidere Park Outdoor Ice Rink is available for skating during the months of January and February, weather permitting, and dependent on ice rink conditions. On-site bathrooms, close parking, and picnic tables add to the comfort and convenience for an enjoyable skating experience. Ice Skate programs are offered through the park district for free, thanks to generous financial support from NRG Energy. Additional rink locations include Victory Park and Arbor Park. For ice rink information and conditions, please call: 847-360-4700 (during operating hours only)

### Don't have your own skates?

BRC Site Only: A limited supply of ice skates in a variety of sizes are available for check out at the Belvidere Recreation Center to use on-site. A valid Driver's License or State ID is required by an adult 18 years or older to check out skates. Skates may be checked out on a first come first served basis after 4pm Wednesday through Friday and on Saturday until 1pm.

## BELVIDERE PARK SKATING PROGRAMS

### Family Night Skate Nights

All Ages

Bring your skates or borrow ours (limited supply) and chill with us at the Belvidere Park Outdoor Ice Rink! This January and February, bring the whole family for some skating fun. Family friendly music will fill the air. Hot chocolate will be served compliments of the park district! Please dress for the weather. Skating is based on rink conditions. Call (847) 360-4700 to find out if the rink is open if weather is questionable.

**BRC FR 1/13-2/24 6-7:30pm Drop-in FREE**

### New! Tuesday Night Hockey

All Ages

We saw you playing hockey last season and want you to have designated rink time. You bring the equipment and we will set up nets to play. This is recreation time, not intended to be anything other than an opportunity for you to have fun with friends. The time is open to all ages and play needs to be considerate of all those on the rink. Skate check out is available on first come first served limited basis. Rules apply as stated above. Rink is not a full-size hockey rink.

**BRC TU 1/17-2/21 6-7:30pm Drop in FREE**

**Rink Hours Open for Public Skating:** When programs are not scheduled, the Belvidere Park Rink will have evening lighting until 7:30pm Tuesday-Friday. Tuesday is Hockey Night.

**Following a heavy snow, all rinks will be maintained after Waukegan Park District roads and lots are cleared. Please be sure to adhere to the open and closed signs that are posted at each rink. Walking on rinks when they are slightly melted will result in uneven rink conditions when the ice refreezes. Please do not walk on the rink if they are starting to melt!**

**Ice rinks will not be maintained on the following federal holidays:** December 23, 24, 25, 30, 31 and January 1, 2, 16 and February 13

### Centennial Celebration – Family Skate Night!

Join us on Monday, December 26 at 4:30pm for the Waukegan Park District's first day of its 100th Year Celebration. Ice rink will be available for skating weather and rink conditions permitting. For more information about this exciting evening, see page 6.



# Seasonal & Special Activities

## New! Happy, Healthy, Me

#10204103

Ages 5-8+Parent

Join us for an evening of fun activities that will include making healthy choices, the importance of water for a healthy diet and learning how to maintain a healthy weight. Not only will we incorporate a learning aspect within this class, but we will also take time to work out our bodies! With fun games and group fitness, this class will help to keep your family happy and healthy even in the winter months. This program is also a part of our NEW Health and Wellness Challenge.

BRC WE 11/30-12/14 5-6pm Reg by 1/27 \$5/\$7 -1A

## New! BINGO! Grandparent & Grandchild Night Out!

#10611403

All Ages+Grandparent

Enjoy a night out with grandma or grandpa for a fun game of B-I-N-G-O! During this hour long program we will play a variety of bingo card patterns, and hopefully everyone will go home with a prize! We will also have pizza for sale for \$1. Don't miss out!

BRC FR 12/2 6-7pm Reg by 11/25 FREE -1A

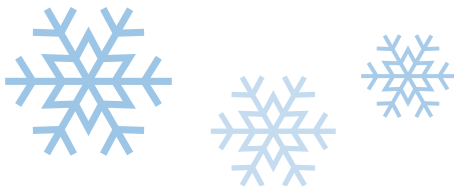
## New! Bounce House Days #10204104

Ages 6+Parent

Need a place to escape from the winter blues? Join us at the Field House for some FREE bouncing. We will provide an indoor bounce house for children 6 and older. A small craft will also be provided on a first come first served basis. So get crafty and bounce around with us! All children must be accompanied by a parent/guardian.

FH WE 12/21 12-3pm Drop-In FREE -1A

FH WE 2/21 12-3pm Drop-In FREE -2A



## Holiday Cookie Decorating and Letter Writing to Santa!

#10603409

All Ages+Parent

Join us for a Saturday afternoon filled with sugar cookies, frosting and writing! We will provide the cookies, frosting, sprinkles, and writing materials; you just bring your creativity. Children will be able to decorate both their letter and an envelope before they leave. \*Please note: Parents will be responsible for deciding how and when to mail out the letters after the children bring letters home.

SA BRC 12/3 1-2:30pm Reg by 11/28 \$7/\$9 -1A

# Make It Take It Nights

New! #10603410 Age 5+and Parent

Each week we will provide a different project, craft, recipe, science experiment, etc. for each parent and child to complete together and take home! Take a look below and pick out what you would like to "make and take".

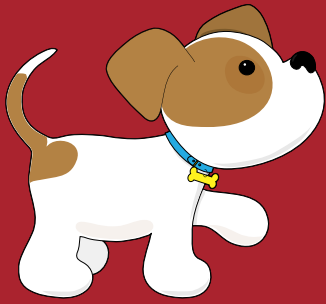
<b>Make Your Own Game</b>					
BRC	FR 1/6	6-7pm	Reg by 1/3	FREE	-1A
<b>Make Your Own Volcano</b>					
BRC	FR 1/13	6-7pm	Reg by 1/10	FREE	-2A
<b>Make Your Own Pizza Night</b>					
BRC	FR 1/27	6-7pm	Reg by 1/17	FREE	-3A

# Family Mardi Gras Night

FREE!

Saturday, February 25 • 5-6:30pm  
Belvidere Recreation Center

Are you and your family members fans of Fat Tuesday, a good party, beaded necklaces, crazy masks and loud music? Then come on out to our first ever Family Mardi Gras Night. During this program families will be able to complete different Mardi Gras themed activities and crafts. We will also have different foods available to try that are typical of Mardi Gras, and of course, plenty of CANDY! Don't miss out, register today!  
Register by 2/20 • Program #10603411-1A



# FOOD FOR PAWS

November 14–December 16

This is a great cause for youth groups and businesses to participate in as a give back to the community.

See page 53 for more information.

## ★ Christmas with ★ THE CLAUSES

Family with  
Children Age 2+



Saturday, December 10 • 10:30am & 1:30pm • Jane Addams Center

Santa has just announced that he will be stopping by for a Christmas holiday visit on December 10 with Mrs. Claus and his lead Elf. In honor of this special day, we invite you to join us for this magical experience. Children will have the opportunity to personally talk with Santa and tell him what they would like for Christmas.

Each child will also:

- \* Receive a wrapped present from Santa with the child's name.\*
- \* Make a special Christmas ornament to hang on the tree at home.
- \* Enjoy a delicious snack of milk or hot chocolate and a Chocolate Chip cookie.
- \* Enjoy a festive Christmas holiday atmosphere.

**\*Parents please drop off a wrapped present wanted by your child at the Belvidere Recreation Center no later than December 7.** Santa will give it to your child on the day of the program. Don't forget to bring your camera! Children under two are welcome to attend but will not receive a present, cookie, or craft.

**Cost: Child \$7/\$9 and Adult \$3/\$4.**

Seating 1 JAC	SA	12/10	10:30am-12pm	Reg by 12/2 -1A
Seating 2 JAC	SA	12/10	1:30-3pm	Reg by 12/2 -1B

Due to the popularity of this program there are two seating choices. If one seating option is filled, you must register for the alternate choice. A waitlist will only be taken after both seating options have been filled. All those attending must register.

Program #40603401

## Mariachi Christmas

DECEMBER 16  
BELVIDERE PARK  
6:30-8PM

A free  
evening  
of music  
and dance

Free  
Family  
Fun



Enjoy a festive night with the family as the Andrew Cooke Magnet's youth Mariachi Band presents the sounds of Christmas in Mexico followed by mariachi music and folkloric dancing. The swirling dresses and lively entertainment ring in the season like no other show. This free program will also provide children a chance to create and take home a small craft and for families to dance and have a festive night together. Mariachi Christmas is sure to provide each family with holiday spirit. There are only 150 Seats available – please register early. Ages 3 and older must register for a seat. Younger children may be seated on a parents lap. Register by 12/9 • Program #10602401-1A