

# WAUKEGAN INCLUSIVE OPPORTUNITIES

\*Supervision of participants needs to be provided by guardians for all programs under this section\*

## 18th Annual Polar Bear Plunge

Tell us your "Reason for Freezin'," and join us as the Waukegan Park District and the City of Waukegan host the 18th Annual Polar Bear Plunge at the Waukegan Municipal Beach. Proceeds benefit Waukegan athletic and scholarship programs for the Special Recreation Services of Northern Lake County. Start the 2017 New Year off with a splash or watch from the sidelines! Anyone taking the plunge will receive an event shirt. SRSNLC is seeking volunteers to help host this event. Please call 847-360-4763 for more information and to find out how to join our Pledging Program and receive an event hooded sweatshirt. The first 100 people to join the pledging program will also receive an event souvenir. **Onsite registration begins at 9:00am.**

**Location:** Waukegan Municipal Beach  
**Fee:** \$15 pre-registration / \$20 day of event  
**Pre-registration Deadline:** December 29, 2016 at 4:00pm

CODE	DAY	DATE	TRANS. TIME
10101402-1A	Su	1/1	10:00am-11:00am

## Family Mardi Gras

Is your family 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 and register today!

**Location:** Belvidere Recreation Center  
**Age:** All  
**Fee:** FREE  
**Reg. Deadline:** February 20, 2017

CODE	DAY	DATE	TIME
10603411-1A	Sa	2/25	5:00pm-6:30pm

## Family Zumba

Make a commitment to get healthy with your family! Zumba combines Latin American music and dance to create one great class that feels more like a party than a work-out. We'll begin with the basics, so everyone can join with or without previous dance experience. At least one member of the family must have a disability. **One member of the family must be over 18 and not a regular SRSNLC participant.**

**Location:** Jane Addams Center | **Min:** 6 | **Age:** 10 & Older | **Fee:** \$5R / \$8NR per family member

CODE	DAY	DATE	TIME	REG. DEADLINE
11101402-1A	W	5/3 -5/31	6:00pm-6:45pm	4/26

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Para hablar con alguien en español por favor llame el número 847-360-4789 para dejar un mensaje y te regreso la llamada tan pronto como sea posible.