

Family Days

Join the West Chicago Park District for a couple of hours of family fun. Once a month bring the family out for games and activities for the whole family. Activities will be geared towards families with kids in middle school and younger. Funding is provided by the 21st Century Community Learning Center.

Fitness Station

Date: January 30

Time: 1-3pm

Location: Fitness Station 103 W Washington

The event is designed to promote family involvement in physical activity. Highlights will include health screenings, nutritional information, a jump rope competition, a hula hoop competition, Wii games, and more! There will also be prizes, snacks and other freebies. Join us to celebrate our one year anniversary and learn how to make Fit Happen! Call or stop by the Fitness Station for more information.

Health & Nutrition

Date: February 20

Time: 9-11am

Location: West Chicago Middle School

This month will focus on health and nutrition. A flyer will be sent home with your child from school with more information.

Martial Arts

Date: March 20, 2010

Time: 10-noon

Location: Middle School

Title: martial arts overview

We will demonstrate 4 different styles of martial arts practiced at the West Chicago Park District, Tai Chi Chuan(moving meditation), Jujitsu(using opponents force against themselves), Tang Soo Do(empty Hand way) combination of Foot and hand blocks and strikes, with direct applications on self defense and Judo the Olympic sport of mastering a single opponent through joint locks, throws, reaps, wheels, sweeps.

Kite Flying

Date: April 10

Time: 9-11am

Location: Reed Kepler Park

Join us for a day of kite flying and kite making. The first 200 youth will receive a kite to fly. Kite flying demonstrations will also be presented.