



PRESS RELEASE

Lisle Park District

Contact: Rachel Staats, Marketing and Communications Specialist
1825 Short Street, Lisle, IL 60532 Phone: (630) 964-3410 x4309

FOR IMMEDIATE RELEASE – January 10, 2011

8 Great Ways to Keep Kids Active This Winter

The Lisle Park District features eight great activities to keep your children active this winter. With a long snowy season ahead why not take advantage of the following affordable events:

1. Snowflake, Snowball, Snowman

Want to get rid of those winter blues and have some fun? On Tuesday, January 25, come join us for an afternoon of fun winter games, a special snowman craft and some hot cocoa and s'mores. Kids ages 3-6 will meet from 12:30pm – 2pm, a sure way to melt the winter blues away. Cost is \$15 for park district residents.

2. Lisle Sled Hills

Grab your sled, bundle up and head to Kingston or Community Park in Lisle! The park district has two sled hills open to all this winter, but unsupervised. Kingston Park has a softer slope and may be more appropriate for younger children.

3. Kids Unplugged

No need for animated TV shows or computer games! Kids ages 3-6 are going to play board games, tag, and have relay races all afternoon on Fri., Feb. 4 from 11:30-3pm! Kids Unplugged is \$16 for park district residents.

4. Motor Room: Lisle Park District's Indoor Playground

Get out of the cold and energize your spirits! Come to the motor room and climb, crawl and slide. Adults can bring children ages 1-5 at the Lisle Park District's indoor playground, located at the Meadows Center, 5801 Westview Lane in Lisle. This program requires no pre-registration and is available on a drop-in basis. The playground is open every Thursday from 3:30-4:30pm through March 24. Cost: \$1 per child for Lisle Park District residents, \$2 per child for nonresidents.

5. Youth Basketball Open Gym

The Lisle Park District provides supervised gym time for grades 3-6 and 7-12 at the Lisle Junior High gym. This is a great opportunity for kids to practice their skills! Sunday sessions, Jan. 9 – Feb. 20, grades 3-6 from 1-2:30pm and grades 7-12 from 2:30-4pm. The cost is \$3 for park district residents and \$5 for nonresidents. Register on site at Lisle Junior High.

6. Snowboarding Lessons

Let the Lisle Park District staff introduce your children ages 9-18 to snowboarding basics at Four Lakes Ski Hill. The ski hill is open until 7:00pm for your use after your lesson. Saturdays, Jan. 22 – Feb. 23 from 3-4pm. Only \$125 for the 4 week session, \$225 with rental.

7. Jazz and Hip Hop Dancing

Children ages 7-12 can learn the fundamental techniques of Jazz and Hip-Hop with an emphasis on physical fitness. Monday evenings, beginning Jan. 24 for 16 weeks, only \$140 for residents.

8. Tae Kwon Do

Tae Kwon Do teaches self-defense as well as improves each student's self-confidence, discipline, coordination, physical and mental capabilities. Experienced instructors teach under the direction of Master Chung M. Kim, a 7th Degree Black Belt of Lions Tae Kwon Do. Saturday classes offered to ages 6-14, available for both Beginners and Advanced students in a 10 week session. The cost is \$50 for Lisle residents.

For more information on these and other great opportunities at the Lisle Park District, please call 630-964-3410 or visit www.lisleparkdistrict.org.

###