



GO GURNEE

SPRING PROGRAMMING

FREE PROGRAM

Walking Club - 14 and over

You know it: walking is good for you. It's easy, fun and, best of all, free! So it's time to start walking - and join the **GO GURNEE** walking club! Walks are on Saturday throughout the year at various locations throughout Lake County and southern Wisconsin. Location information and time of walk will be sent via email each week to those who are registered. Everyone who registers receives a **GO GURNEE** t-shirt. Set a goal and reward yourself when you reach it. You'll look and feel better as each step brings you closer to overall health and wellness. Preregistration is required for this Free program. (RD)

Viking Park Community Center Classes are ongoing

Dates	Day	Time	ID#	Fee (R/NR)
1/6-12/29	Sa	9:00-9:01a	502605-01	Free



2018 GO GURNEE Kick-off Event

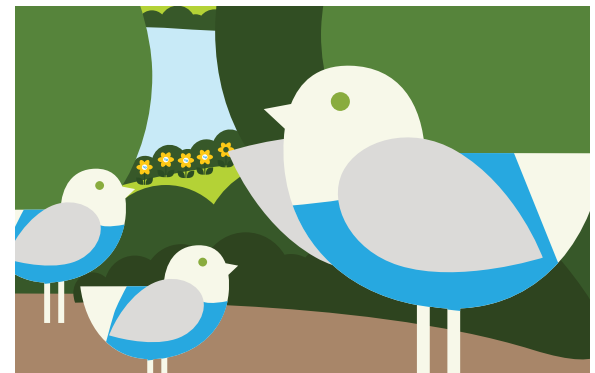
Sunday April 29th, at 4:00p
Viking Park by the band shell

Join us for an exciting afternoon including motivational messages, giveaways and a 30 minute group walk to start the summer moving right. You can sign up to be a champion, register for **GO GURNEE** walking club and join the **GO the Distance** tracker.

GO the Distance - Youth walking challenge

Saturday April 29-July 15, at 4:00p
Children ages 5-12 years
Viking Park Band Shell

Kick-off at the **GO GURNEE** Kickoff, look for more information on [Facebook.com/GOGURNEE](https://www.facebook.com/GOGURNEE) for more information about activities.



Nature Walk with the Lake County Audubon Society

Saturday May 12, at 9:00a
14 years old and over
ID# 102901-01, FREE

Sedge Meadow Forest Preserve, 15615 West Wadsworth Road, Wadsworth, IL. Add to the benefits of walking - walk in nature. Lake County Audubon Society representatives will be at the walk to highlight plants, animals and nature features encountered along the walk. Pre-registration required.

Keep Gurnee Clean

GO GURNEE walk and trail clean up
 NHS Sanctioned Volunteer Event
 Spring Event
 10 years old and over

Start location TBD, look for more information on [Facebook.com/GOGURNEE](https://www.facebook.com/GOGURNEE).



Don't let cold or wet keep you from getting in your steps!

Wear your **GO GURNEE** champion shirt to FitNation inside the Hunt Club Park Community Center to walk the indoor track from free. Check online for facility hours. Don't have a champion shirt? Sign up to be a champion at GurneeParkDistrict.com