



Three easy steps for kids in Kinderearten through 8th grade to get started:

Step 1° Ask your teacher (or your PE teacher) for a fitness log and start keeping track of your exercise starting February 15th. Color in one item on the fitness log for every 30 minutes you exercise.

Step 28 After you have completed 25 hours of exercise, turn in your completed fitness log to your teacher by April 11th. Don't forget to have mom and dad sign it!

STOP 38 You will get your free Raging Waves Weekday Pass from your teacher before the end of May. Come out to Raging Waves on any open weekday and bring your parents, friends, brothers, sisters and grandparents.

Join the "Plunge Into Fitness" program today. It's simple... and funl



ILLINOIS





February 15 - April 11

Exercise 30 minutes per day for a total of 25 hours. You can do any kind of exercises walking, biking, playing team sports, swimming, skateboarding, jumping rope ...

ragingwaves.com

Located South of 1-88 on IL Rt. 47 in Yorkville