



PRESS RELEASE

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[LisleParkDistrict.org/PressRelease](https://www.lisleparkdistrict.org/PressRelease)

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Outdoor Recreation to Keep You Active

Photo: [Community Park Fitness is offering a number of outdoor fitness classes this month](#)

Lisle, IL – As the state moves into Phase 3 of the Restore Illinois plan, Lisle Park District has adapted a variety of recreational programs, camps, and fitness classes for safe, healthy participation.

While many programs and events had to be canceled due to the pandemic, we've been working hard to create flexible, in-person and virtual opportunities for the community to enjoy. The Senior Center has transitioned a number of their programs to virtual, including "Staying Safe During the Pandemic" and a "Hooray For Hollywood" series, as well as activities like a garden stone painting kit and Senior Center 252 piece puzzle. Though currently closed, all their current offerings, activities, and available services are listed in the virtual Beyond Bingo catalog at [lisleparkdistrict.org/seniorcenter](https://www.lisleparkdistrict.org/seniorcenter).

Early Childhood Camps have also made the switch to virtual. With 4-week sessions in June and July, preschoolers can stay busy all summer with fun games, art and cooking activities, science and STEM experiences, and virtual adventures. Zoom meet-ups with teacher Mrs. Jehs will also be held throughout the program. Participants will be supplied with a kit including all of the science and craft materials needed at the beginning of the session, with very few printable activities. For details on the virtual camps and to register, go to [lisleparkdistrict.org/virtualclasses](https://www.lisleparkdistrict.org/virtualclasses).

For ages 7-12, our Recreation staff has created CORE; Contact-less Outdoor Recreation & Exercise. This fun program provides a blend of active recreation that closely follows all social distancing and safety guidelines. All programs are designed to provide a safe environment for physical and mental wellness, like Nature Adventures, Sports with a Kick, Energy Burn, and Running Wild. Classes begin June 16. To learn more about our CORE classes and to register, visit [lisleparkdistrict.org/core](https://www.lisleparkdistrict.org/core).

In addition to the virtual and in-person classes through the Recreation Center, Community Park Fitness (1825 Short St.) is able to hold some outdoor fitness classes, limited to 10 participants. With the closure of Sea Lion Aquatic Park this summer, fitness classes will take advantage of the enclosed, outdoor space and hold

classes on the pool deck. The classes being offered include yoga, cycle mix, cardio and strength interval training, and more. Some will also still be available virtually via Zoom for those who are uncomfortable or unable to attend in-person. For more information and to register, visit lisleparkdistrict.org/cpf.

The Lisle Park District provides a variety of leisure activities for people of all ages throughout the year. Park district facilities include Lisle Community Park; the Recreation Center which houses Gentle Learning Preschool, SEASPAR, the Senior Center, and multipurpose rooms; Sea Lion Aquatic Park; River Bend Golf Course; Wheatstack – A Midwestern Eatery & Tap and numerous neighborhood playgrounds and parks offering amenities such as tennis courts, ball fields, walking paths and picnic areas totaling close to 400 acres. It is the mission of the Lisle Park District to enrich the quality of life for people of all ages by providing constructive and creative leisure opportunities. For more information about the Lisle Park District, please call 630-964-3410 or visit lisleparkdistrict.org.

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