

# Earn a FREE Weekday Pass to Raging Waves Waterpark this summer!



## Three easy steps for kids in Kindergarten thru 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 16th. Color in one item on the fitness log for every 30 minutes you exercise.

**Step 2:** After you have completed 25 hours of exercise, turn in your completed fitness log to your teacher by April 13th. Don't forget to have mom and dad sign it!

**Step 3:** 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 fun!**



**February 16 - April 10**

**Exercise 30 minutes per day for a total of 25 hours.**

**You can do any kind of exercise: walking, biking, playing team sports, swimming, skateboarding, jumping rope ...**



[ragingwaves.com](http://ragingwaves.com)

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