

FITNESS FUN FAIR FOR KIDS, SATURDAY, FEBRUARY 18TH

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The annual Fitness Fun Fair for Kids, sponsored by the Fox Valley Park District, takes place Saturday, February 18th at the Vaughan Athletic Center, 2121 West Indian Trail in Aurora. The educational and interactive event, free to all families and children in attendance, runs from 11 AM to 2 PM.



“We encourage kids to be active by introducing them to forms of exercise they will find fun and invigorating,” said Stevie Michell, supervisor of the event. “By making exercise enjoyable, they are much more likely to develop healthy habits they will carry into adulthood,” she added.



Activities to get kids moving will include an obstacle course, basketball toss and age-divided bounce houses, among others.

There will be entertainment throughout the event including a demonstration by the Kids Karate Club (which meets at Vaughan Center on Tuesday evenings from 6-6:45 for beginners, White or Yellow Belt, and from 6:45 – 7:30 for Orange and above belts), Kid-Fit instruction by Vaughan personal trainers, and WBIG Fox Sports Radio that will be on hand with giveaways and continuous music by a live DJ. New this year is the Baby Crawl Contest.

Vendors and local businesses will also participate, including Sports Camps and Health & Fitness

professionals, the Kids' Golf Foundation (a junior golf association that has introduced over 200,000 children to the sport of golf and the life lessons it teaches since its inception in 1998), Boys Baseball of Aurora (now taking registrations for its 2017 Summer Session and a new Pitch, Hit & Run Competition), Plexus Worldwide (providing supplements for nutrition, weight management, personal care and fitness) and Do or Dye Design Hair Salon, among others.

The purpose of the Fitness Fun Fair is to promote an active, healthy lifestyle, coupled with the fun and benefits of fitness at an early age, for children. You are invited to come and participate in this unique event.