



# Springfield Park District

[www.springfieldparks.org](http://www.springfieldparks.org)

**FOR IMMEDIATE RELEASE**

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**SPRINGFIELD PARK DISTRICT ANNOUNCES “CABIN FEVER”: FREE EXERCISE AND ACTIVITY EVENT FOR SUPERVISED KIDS AGES 5-12. SATURDAY, FEBRUARY 6<sup>TH</sup> 2016 ERIN’S PAVILION**

[Springfield, IL] The Springfield Park District & 98.7 WNNS will be hosting Cabin Fever: a FREE exercise and activity event for supervised kids ages 5-12 at Erin’s Pavilion this coming Saturday (February 6<sup>th</sup>) from 1:00pm-4:00pm. Erin’s Pavilion is located in Southwind Park: 4965 South Second St. Springfield, IL 62703.

Kids will be able to participate in several forms of exercise the Springfield Park District offers through our programming such as Lacrosse, Swimming, Hockey, Golf, Special Recreation, Early Childhood Development and more. Our Henson Robinson Zoo will be on hand with educational information and activities.

In addition, local community businesses are partnering with the Springfield Park District to provide information and the following fun for the day:

There will be Kids Zumba demonstration, Chef Chip Kennedy from 5flavors Catering will be on hand showing children how they can make healthy snacks, partners like the YMCA and genHkids will host activities as well and we will give out prizes. Noonan’s Grand Rental will have their famous Baseball and Football toss inflatables on hand. Children will move through the exhibitors, participate in healthy, physical activity and receive a ribbon for completing the challenges. The Springfield Park District recognizes that during the winter months, it’s hard for kids to get outside and play.

Our goal is to take children away from the screens, keyboards and electronic devices for the afternoon and “*get kids moving!*” We hope you will join us this Saturday, February 6<sup>th</sup> as we kick off our 2<sup>nd</sup> Annual Cabin Fever at Erin’s Pavilion.

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For more information on this event and others going on within the Springfield Park District, please visit our website at [www.springfieldparks.org](http://www.springfieldparks.org).

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