

Welcome

Welcome to Home Front Health Presented by SEASPAR and the Downers Grove Park District Recreation Center!

I would like to take this opportunity to thank you for your interest in the program and share the qualifications and membership benefits. Our mission is to provide dynamic recreation programs and quality services for its residents with disabilities. As a member you have the opportunity to get fit, reduce stress, follow a healthy lifestyle, and have fun. Also included in the program you will have the opportunity to enjoy the benefits of free childcare, Veterans camaraderie, and a yearly family event. Our staff is committed to making your experience rewarding and is happy to assist you. Before proceeding any further please look at the requirements for the program.

Requirements for Home Front Health

- 1) Veteran of any branch from the U.S. Armed Services, who has a disability rating of 10% or higher
- 2) Honorably discharged
- 3) Resident of the Downers Grove Park District

Membership Services

4500 Fitness - Personal Health

- One free 4500 Fitness annual pass
- Second free 4500 Fitness annual pass for a companion to be used with member
- Eight free personal training sessions, with a trainer that is a Certified Inclusive Trainer
- Four additional personal training sessions for referrals to the program

Veterans Night Out - Personal Relationships

- Monthly Free child care for members (minimum of 6 children required)
- First Friday of the month from 7:00 – 10:00 p.m.

Recreational Muster – Camaraderie

- Monthly social (minimum of 4 veterans required)
- Veterans only
- Second Saturday of the month

Home Front Fun - Family

- Free annual event for members and their families
- Weekend before Veteran’s Day

4500 Fitness Center – Hours of Operation

4500 Fitness Center – Hours

Monday – Friday.....	5:00 am -10:00 pm
Saturday.....	6:00 am – 7:00 pm
Sunday.....	7:00 am – 6:00 pm

4500 Fitness Center – Holiday Hours

Please visit our website at www.dgparks.org for updated Holiday Hours.

Registration Desk – Hours of Operation

Monday – Friday.....8:00 am – 8:00 pm

Saturday & Sunday.....8:00 am – 3:00 pm

Hours of Operation and holiday hours are subject to change.

* Companions of the Home Front Health program must be with the member of the program to gain admittance.