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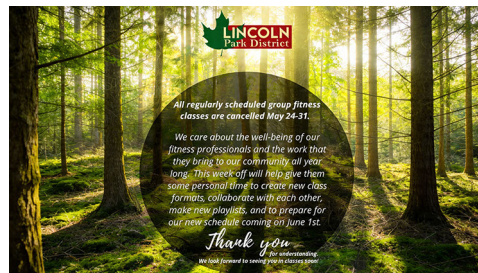
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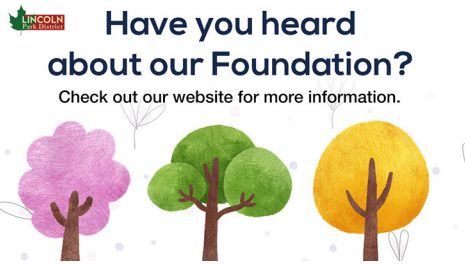
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Want to OWN this Ad Space?
Call Us
815-872-5040



Visual Solutions

Together we will grow your business!

19.jpg



HEAD START
 Birth to five educational based program; Free based on income eligibility.

- We offer full day & half day options
- Full day center based with nutritious lunch/snacks and transportation available.
- Now accepting applications for the 2024-2025 school year.
- Call 217.732.2159 or visit on the web at cpdcpd.org



20.jpg



TheraSauna
 Dry Infrared Health Sauna



Don't forget to try out our Sauna after your workout today!

21.jpg



Fit Zone Hours
Monday-Friday 5am-9pm
Saturday & Sunday 6am-9pm



22.jpg



ULTIMATE FITNESS TOUR 2020
VIP

The more Saturday classes you attend the bigger the prize!

- 1-20 Vibe Seeker
- 21-35 Dedicated Fan
- 36-49 Tour Junkie
- 50 TOUR LEGEND

23.jpg

Peasley Funeral Home



We offer funeral services to patrons of all colors, creeds, and religions.

(217) 732-8141
 401 Delavan Street | Lincoln

Services: Memorial Services, Cremation Services, Funeral Pre-Planning, Military Funerals

Peasley, Funeral Director
 Kristal Peasley, Funeral Director

Providing peace of mind to loved ones is our goal

24.jpg

Follow us!



Lincoln Park District Facebook Page
 Lincoln Park District Instagram Page
 Lincoln Park District Foundation Facebook Page

25.jpg

Check Out Our
NEW WEBSITE



For: **Spring/Summer Program Guide!**



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WATER FITNESS 2026

Water Aerobics are subject to cancellation due to inclement weather, cool air or water temperatures

DATES
 Classes start June 1st and will conclude July 30th.

Monday 9:15am
 Tuesday 9:15am
 Wednesday 8:45pm
 Thursday 9:15am - 6:45pm
 Saturday 9:15am




27.jpg

DEAN LEITH
Plumbing • Water Treatment

- Water Softeners
- Whole-House Filtration
- Reverse Osmosis Systems

(217) 732-8598
1112 Keokuk St, Lincoln, IL

Find us on **facebook** deanleithplumbing.com

DEAN LEITH
Plumbing & Water Treatment

FREE WATER TESTING

License #055-008171

WANT TO RUN A 5K?

PICK UP OUR TRAINING GUIDE TODAY!

8725 MARSHALL BLVD

LINCOLN Park District

(Located at our information station next to the water fountain)

If you notice one of our monitors not working or would like to see Your AD Here please,

Call Us 815-872-5040

Visual Solutions

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LINCOLN PARK DISTRICT

FAMILY FUN DAYS 2026

12-5:30 PM | GAMES @ 2PM

June 13, 2026
SPACE JAM

July
SHARK WEEK/UNDER THE SEA

August 8, 2026

BRING ONE NON-PERISHABLE, UNEXPIRED FOOD ITEM PER PERSON FOR FREE ADMISSION FOR THE DAY

LINCOLN Park District

BUILD UP YOUR STRENGTH

SOLID STRENGTH

THIS 6 WEEK COURSE IS DESIGNED TO HELP YOU TAKE YOUR FITNESS JOURNEY TO THE NEXT LEVEL. MEMBERS WILL BE OFFERING FRESH WORKOUTS 3 DAYS A WEEK. IF YOU ARE JUST GETTING STARTED OR LOOKING FOR ACCOUNTABILITY THIS COURSE IS JUST FOR YOU!

WHY? MORE TO:
FUN • SAFE • FUN • EFFECTIVE • MOTIVATING

LINCOLN Park District

Foam Roller Training

Learn basic self-myofascial release techniques and pinpoint specific trigger points on your body using the foam roller.

- ✓ Learn safe and effective foam rolling techniques
- ✓ Reduce muscle tightness and improve movement
- ✓ Personalized instruction in a relaxed setting

1 hour
\$50.00
for up to 2 participants

sessions will be scheduled between the trainer and the client.

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3RD FRIDAYS Downtown

Stop by and SEE US!

First Event of the Season!
MAY 15TH

EVERYDAY AMERICAN HEROES

Board of Commissioners:

Don Peasley President,
Gary Nodine, Bob Thomas,
Dave Perring, Sam White

LINCOLN Park District

LINCOLN Park District

REMEMBER WHEN POTLUCK 70s

WHEN: JUNE 12TH
WHERE: CRAFT ROOM
TIME: 11:00AM
WHAT TO BRING: A DISH TO SHARE

DRESS IN THE 70'S OR BRING A PHOTO OF YOU OR A LOVED ONE FROM THE 70'S.

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