



## Mundelein Park & Recreation District

<http://www.mundeleinparks.org>

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# NEWS RELEASE

**FOR IMMEDIATE USE**

**May 23, 2018**

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**FREE BEACH BASH BRINGS A DAY OF FUN IN THE SUN**

*Plus Ninja Warrior competition for even more delight!*

**Mundelein, Illinois**—Mark your calendar for full day of free fun at Mundelein Park & Recreation District's ([www.mundeleinparks.org](http://www.mundeleinparks.org)) Beach Bash (formerly the Community Picnic) on Saturday, June 16. This community get-together runs from 10 am to 8 pm at Diamond Lake Beach (1016 Diamond Lake Road), and is packed full of good old fashioned fun. Start the day off with free admission to the beach, where you can go for a swim in the lake, take a spin on a paddle boat, cruise the lake on a kayak, traverse around on a paddleboard, play a game of beach volleyball, or just relax and soak up the sunshine. You can even give the historic American sport of Log Rolling a try with the new Key Log at the beach. It's a low impact activity with high rewards like improving balance, footwork and core

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strength.

Instructors from Mundelein Park District's Park View Health & Fitness will be offering two free fitness classes on the beach with a 30 minute Partner Tabata strength class at 10 am and an all-level family yoga class at 10:30 am. Children 14 and under must be accompanied by an adult.

Build a sand castle to showcase and compete for prizes at 11 am. Children ages 6 – 12 can enter to be a contestant in our new youth Ninja Warrior Competition at 1 pm. Medals will be awarded to the winners.

At 3 pm you can cheer on competitors in the Cardboard Regatta. Boats made only of cardboard, duct tape and paint compete for a variety of awards including the fastest boat in each class, the best sink (and there will be many) as well as a host of other awards based on creativity, enthusiasm and more. Registration to participate in the Cardboard Regatta is through June 9 at [www.mundeleinparks.org/CardboardRegatta](http://www.mundeleinparks.org/CardboardRegatta). Proceeds from the Cardboard Regatta benefit the Mundelein Parks Foundation. For more information, contact Kelli at 847.388.5447.

Top the day off with an exciting water ski performance by the Wonder Lake Water Ski Show Team ([www.wonderlakeskiteam.org](http://www.wonderlakeskiteam.org)) at 6 pm. The show features tricks, freestyle jumps, fast-paced barefoot skiing and those famous pyramid formations. There are great viewing areas from both the beach and grassy area and guests are encouraged to bring a blanket or lawn chair.

Mundelein Park District is able to bring this free fun to all with the help of Ski Show Partner & Parks Foundation Partner, Knauz Auto Group of Lake Bluff and to our Beach Comber Partner,

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Chiro One Wellness Center.

All are welcome to this all-day event, so call your neighbors, family and friends, and meet them at Diamond Lake Beach on Saturday, June 16! Free lemonade will be available throughout the day.

Diamond Lake Beach is located in Mundelein on Diamond Lake Road, between IL Route 60/83 and Route 45/Lake Street. Free parking is available. For more information, call 847-566-0650 or visit [www.mundeleinparks.org](http://www.mundeleinparks.org).

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