



GENESEO PARK DISTRICT | WINTER | SPRING 2020 ACTIVITY GUIDE



HOURS

THE MISSION OF THE GENESEO PARK DISTRICT IS TO ENHANCE THE QUALITY OF LIFE IN OUR COMMUNITY BY PROVIDING A POSITIVE RECREATIONAL EXPERIENCE FOR ALL.

COMMUNITY CENTER *Hours*

FALL, WINTER & SPRING HOURS September 3, 2019 - May 22, 2020

	MEMBER ONLY	NON MEMBER
Monday - Thursday	5:00 am – 11:00 pm	8:00 am – 9:00 pm
Friday	5:00 am – 9:00 pm	8:00 am – 9:00 pm
Saturday	6:00 am – 5:00 pm	8:00 am – 5:00 pm
Sunday	8:00 am – 11:00 pm	8:00 am – 5:00 pm

COMMUNITY CENTER *Hours*

SUMMER HOURS May 23, 2020 - September 7, 2020

	MEMBER ONLY	NON MEMBER
Monday - Thursday	5:00 am – 11:00 pm	8:00 am – 8:00 pm
Friday	5:00 am – 8:00 pm	8:00 am – 8:00 pm
Saturday	6:00 am – 3:00 pm	8:00 am – 1:00 pm
Sunday	8:00 am – 1:00 pm & 5:00 - 11:00 pm	8:00 am – 1:00 pm

COMMUNITY CENTER DAILY ADMISSION

\$7.00 Youth/Senior | \$8.00 Adult

as of January 1, 2020

See page 1 for Membership Options

HOLIDAY CENTER *Closings*

- New Year's Day (Closed)
- Easter (Closed)
- Memorial Day (Closed)*
- Independence Day (Closed)*
- Labor Day (Closed)*
- Thanksgiving Day (Closed)
- Christmas Eve (Close at Noon)
- Christmas Day (Closed)
- New Year's Eve (Close at 5pm)

*The Aquatic Center will remain open

BABYSITTING SERVICES *Hours*

Monday - Friday	8:00 - 10:30 am
Monday - Thursday	5:00 - 7:30 pm

No babysitting offered March 23 - 27, 2020

Babysitting fees as of January 1, 2020

Walk-In Members: \$4.00/child per visit. 3rd and 4th child are \$2.00/child per visit. Maximum of \$10.00/visit per family.

Walk-In Non-Members: \$8.00/child per visit. 3rd and 4th child are \$4.00/child per visit. Maximum of \$20.00/visit per family.

Child must be a member to receive membership rates.

ASK US ABOUT THE BABYSITTING PUNCH CARD.

See page 30 for more information.

ON THE COVER

Family fun with the Park District!

Moms & their special man (or men) can have a fun night out together (learn more on page 5). Volunteer to coach your player in Girls Youth Basketball League (learn more on page 10). Or invite the whole family to watch Preschool Soccer (learn more on page 3).

FIND LOTS OF WINTER & SPRING FAMILY FUN THROUGHOUT THIS GUIDE.

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JOIN OUR ONLINE COMMUNITY



GeneseoParkDistrict
CentralTheaterGeneseo
GeneseoParkDistrictAquaticCenter



@GeneseoParkDist



geneseo_park_district

BECOME A MEMBER

COMMUNITY CENTER MEMBERSHIP

With a Community Center Membership you will find something for everyone with the large variety of amenities at The Center.

AMENITIES AT THE CENTER

Cardio/Weight Room
Indoor Pool
Sauna
Indoor Elevated Track
Cycling Room *during open Hours*
Activity Room Games/Activities
Gym, Racquetball & Pickleball courts

EVEN MORE AT THE CENTER...

Fitness on Demand
fitness classes at the touch of a button.
Member Only Hours
Member Only Lap Swim Times
Family/Open Swim Times
Free Equipment to check out
50% off Programs
excludes programs held at the Aquatic Center



AQUATIC CENTER MEMBERSHIP

With an Aquatic Center Membership you will have access to the large variety of amenities at the John & Carla Edwards Aquatic Center:

AMENITIES AT THE AQUATIC CENTER

Pool House
Splash Pad
6 Lane Lap Pool
with Drop Slide, 2 Diving Boards & Climbing Wall
Activity Pool
with Zero Depth Entry, Lily Pad Walk & Current Channel

EVEN MORE AT THE AQUATIC CENTER...

Member Only Lap Swim Times
Member Only Water Walking Times
Entry to all Discount Swims
includes Night Swim & Family Swim
50% off Aquatic Center Programs



PARK DISTRICT MEMBERSHIP *includes everything!*

Access to all the facilities and amenities listed above
Plus 50% off all programs



as of January 1, 2020

COMMUNITY CENTER MEMBERSHIP

AQUATIC CENTER MEMBERSHIP

PARK DISTRICT MEMBERSHIP

	\$175			\$150			\$295		
Youth <i>(6 mos. - 18 yrs)</i>	\$175.00 1-pay	\$61.67 3-pay*	\$16.59 12-pay*	\$150.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$295.00 1-pay	\$101.67 3-pay*	\$26.59 12-pay*
Adult <i>(19 - 64 yrs)</i>	\$225			\$150			\$345		
	\$225.00 1-pay	\$78.34 3-pay*	\$20.75 12-pay*	\$150.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$345.00 1-pay	\$118.34 3-pay*	\$30.75 12-pay*
Senior <i>(65+ yrs)</i>	\$200			\$150			\$320		
	\$200.00 1-pay	\$70.00 3-pay*	\$18.67 12-pay*	\$150.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$320.00 1-pay	\$110.00 3-pay*	\$28.67 12-pay*
Family <i>(1 or 2 adults w/their immediate unmarried dependent children [ages 0-25] residing at the same address)</i>	\$360			\$285			\$615		
	\$360.00 1-pay	\$123.34 3-pay*	\$32.00 12-pay*	\$285.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$615.00 1-pay	\$208.34 3-pay*	\$53.25 12-pay*

Non-Resident Fee: \$60 | Aquatic Center Non-Resident Fee: \$20

**Service Fees included. See Payment Plans on page 31 for details*

LOCKER RENTAL

as of January 1, 2020

Make it even easier to reach your fitness goals - have all your items on hand by renting locker space. 3 sizes available for annual rental.

Gym 1/3 Size...\$17/yr
Indoor Pool 1/2 Size...\$20/yr
Gym or Indoor Pool Full Size...\$35/yr

Memberships purchased under false pretenses will be terminated and no refunds will be given.

Do you offer any discounts?

The Geneseo Park District offers Business Membership Discounts.

If your employer has a Business Membership, you could be eligible for a **10% discount**.

Please see page 31 for more information or visit with a desk attendant at The Center.

STRATEGY SESSION FOR NEW MEMBERS & CURRENT MEMBERS

As part of a new membership, you get a STRATEGY SESSION that includes a Fitness Orientation, a Fitness Assessment and a Fitness Consultation. The Strategy Session will help you gain a full understanding of the Cardio/Weight Room and a fitness plan – *all intended to give you the tools you need to reach your goals.*

FEE: *FREE to new Members / \$25 for Current Members

OTHER MEMBERSHIP OPTIONS

The Geneseo Park District understands that a full year membership does not work for everyone. There are 2 short term membership options; 6-month and 1-month memberships. These memberships grant you access to the amenities at The Center on a shorter contract, giving you more flexibility and a better fit for your busy schedule.

Please note: *Payment plans are not applicable for 6-month or 1-month Memberships. Non-Resident Fees do not apply to 1-month memberships. 6-month or 1-month memberships are not eligible for program or Business Membership discounts.*

6 MONTH COMMUNITY CENTER MEMBERSHIP	\$170/person
1 MONTH COMMUNITY CENTER MEMBERSHIP	\$60/person



Bright Beginnings Preschool

Geneseo Park District



2020-2021 registration opens
March 9, 2020

2 - 3 year olds TWINKLEBRIGHTS

The only two year old independent preschool in Geneseo!

Two year olds love to feel like big kids, so why not let them go to school! This structured class will get little learners ready for preschool.

CLASS TIMES: 11:15 am - Noon | TU or
11:15 am - Noon | TH
FEE¹: \$243 per Year M / \$486 per Year NM
or \$27 per month M / \$54 per month NM

3 - 4 year olds STARBRIGHTS

Our second year preschool class offers a structured learning environment with lots of room for fun hands-on activities to help each student grow academically and socially.

CLASS TIMES: 8:30 - 11:00 am | TU TH or
12:30 - 3:00 pm | TU TH
FEE¹: \$810 per Year M / \$1,620 per Year NM
or \$90 per month M / \$180 per month NM

4 - 5 year olds KINDERBRIGHTS

The third year 3-day a week pre-kindergarten class builds on what students learned in Starbrights. In a structured setting, students will continue learning Letter Identification and Sounds, Math Principles, Science Projects and much, much more!

CLASS TIMES: 8:30 - 11:00 am | M W F or
12:30 - 3:00 pm | M W F
FEE¹: \$1,080 per Year M / \$2,160 per Year NM
or \$120 per month M / \$240 per month NM



Letters & Numbers



Science



Learning Fun



Playtime

¹Prices are based on Member (M) or Non-Member (NM) status. You can purchase a Family Membership or a Youth Membership to receive the discounted pricing. Preschool fees are based upon a yearly rate, but can be paid by the month for no additional fee. *See page 1 for Membership pricing.*

Preschool follows the Geneseo School District 228 calendar for full days off (does not include scheduled early dismissals or half days). On days when Geneseo School District releases early or cancels because of weather, Preschool is also cancelled. On days when the School District starts late Starbrights & Kinderbrights AM classes will be cancelled. Twinklebrights and Starbrights & Kinderbrights PM classes will be held as scheduled.

Preschool is located through the Gym in the 1st classroom in the Growth Inc. building. Bright Beginnings Preschool is not affiliated with Growth Inc. Child Care Center. Children from Growth Inc. are welcome to attend Bright Beginnings Preschool and will be picked up by the teacher on class days.



PARENT-LED PLAY GROUP

Your kids can run, jump or crawl in The Center's Program Gym. Let your kids play and burn off energy in a safe & warm environment under your supervision.

8:30 am - Noon | W F

AGES: up to 5 yrs

DATES: January 8 - May 22, 2020

No playgroup held March 25 & 27, 2020

FEE: FREE M / General Admission NM

Special Needs PARENT-LED PLAY GROUP

A special Parent-Led Play group just for kids with disabilities or sensory issues. Let your kids play in a safe & warm environment under your supervision. Families are welcome to attend too!



8:30 am - Noon | M

AGES: up to 5 yrs

DATES: January 6 - May 18, 2020

No playgroup held March 23, 2020

FEE: FREE M / General Admission NM

#31154 IT'S DINO-MITE

Sign up your budding paleontologist to go on a miniature dinosaur dig, to examine fossils and to learn about those prehistoric giants, the dinosaurs!

6:00 - 6:45 pm | M

DATE: January 13, 2020

FEES: \$7.50 M / \$15 NM

AGES: 3 - 5 yrs

#31163 BE MINE

Make a special valentine to take home. Give it to a special friend, family or anyone you love.

INSTRUCTOR: Rachel Bieneman



6:00 - 6:45 pm | M

DATES: February 10, 2020

FEE: \$7.50 M / \$15 NM

AGES: 2 - 3 yrs

tumbling & gymnastics

for all ages & all skill levels

See pages 10 - 11 for class details

#31141 SOCCER FOR STARTERS

An introduction to the sport of soccer. Kicking, dribbling and shooting will be the focus of this class for the youngest soccer players.

INSTRUCTOR: Rachel Bieneman

1:00 - 1:45 pm | W

DATES: February 5 - 26, 2020

FEE: \$30 M / \$60 NM

AGES: 2 - 3 yrs

#41106 LITTLE SLUGGERS

Let's Play Ball! Get your preschooler ready for summer tball with this indoor class. Throwing, catching and hitting will be the focus while modified games put it all together.

INSTRUCTOR: Rachel Bieneman

1:00 - 1:45 pm | W

DATES: April 1 - 22, 2020

FEE: \$30 M / \$60 NM

AGES: 3 - 5 yrs

PRESCHOOL SOCCER LEAGUE PASS, DRIBBLE, SHOOT, SCORE

Participants will learn the basic skills and rules of the game while also learning to work together as a team. Practices will be held weekly with games played on Sundays. *First game will be held Sunday, April 5th.* **Shin guards are required, cleats are optional.**

Volunteer Coaches are needed!

Mention your willingness to coach when you register your child.

*Children of volunteer coaches get the program **for free!***

#41138 Games held 1:00 - 2:00 pm | SU

DATES: April 5 - May 3, 2020

No games held Sunday April 12th

FEE: \$30 M / \$60 NM **AGES:** 3 - 5 yrs & not enrolled in Kindergarten*

***Must have turned 3 by March 15, 2020**



REGISTRATION DEADLINE IS SUNDAY MARCH 15TH!

Team Rosters will be provided to volunteer coaches **week of March 23rd**

Individuals will be contacted by their volunteer coach once team rosters are created.



SPRING BREAK CAMP

#33302 PARK DISTRICT SPRING BREAK CAMP

Need activities during Spring Break? Sign up for the Geneseo Park District Spring Break Camp. The Park District will offer a weeklong camp with games, activities, swimming and more.

Don't need the whole week?

Choose only the days you need during Spring Break with our "Pick-a-Day" option.

7:30 am - 5:30 pm | M - F **GRADES:** K - 6th
March 23 -27, 2020 (\$110 M / \$220 NM)
or **Pick-a-Day option** \$27 M / \$54 NM per day*

**Must pick your days 1-week prior to the start of camp*



SUMMER DAY CAMP



What are your kids doing this summer?

Let them enjoy all of the amenities of the Geneseo Park District at Summer Day Camp!

Day Camp at the Park District will include...

- Theme weeks
- Crafts and Games
- Drop off /pick up to Lessons
- Swimming at the Aquatic Center
- Field trips including a trip to Central Theater and much, much more!

Don't need the whole summer?

Join for a week when you need it with our "Pick-a-Week" option.

Your kids can participate in Summer Programs too...

Camp counselors will walk them to and from their programs.

Watch for more Summer Program information in the Geneseo Park District's Summer Activity Guide coming out in April.



BECOME A SUMMER CAMP COUNSELOR
Apply online today

Registration Opens April 1, 2020
Sign up for the entire session and receive \$25 off per week.
That's only **\$110 a week** for Summer Fun!

CAMP OPTIONS

#13301 EARLY BIRD

6:30 - 7:30 am | M - F

GRADES: K - 6th

Summer camp is open to those kids who need early drop off. Pay by the session to save \$2.50/week or select the Pick-a-Week option.

#13302 DAY CAMP

7:30 am - 5:30 pm | M - F

GRADES: K - 6th

Summer camp attendees receive a full day of fun events and activities. Pay by the session to save \$25/week or select the Pick-a-Week option.

#13303 DAY CAMP (3-days/week*)

7:30 am - 5:30 pm | 3 days/week*

GRADES: K - 6th

Looking for more flexibility? Choose the 3-days each week to attend camp that best fits your schedule.

**Must schedule at least 1 week in advance. 3-day/week option only available per session, not applicable along with 'Pick-a-Week' option.*

THE DETAILS:

- **Camp Session based on Geneseo School District 228's calendar¹**
- Day Camp will begin at 7:30 am everyday with an Early Bird option for a 6:30 am drop-off.
- Mornings will be full of activities and games centered around the theme for each week. Our afternoons will be filled with swimming at the Aquatic Center, crafts and fun!
- Summer Day Camp participants will take several Field Trips throughout the summer and also have special pizza lunch days.
- Children will be able to sign up for other Geneseo Park District programs. Camp Counselors will escort your child to and from their programs.
- Pick-up will be at 5:30 pm
- A mandatory parent meeting will be scheduled prior to the start of camp. Registered families will be notified.

¹Dates subject to change based on Geneseo School District 228's calendar. Camp will begin the day after school is released for summer session & end the day before school begins for the 2020 - 2021 year. **Fees will be prorated.** Summer Camp is not held on July 4th.



DADDY DAUGHTER DANCE

Friday February 7, 2020 | 6:30 - 8:00 pm

Your little girl (or girls) will jump at the chance to spend a fun night out with her Dad. The Geneseo Park District invites every father to take their little girls out on a date they will never forget! This magical evening will include **dancing, pictures and great music.**

Must register by January 31, 2020.

DADDY daughter DANCE

#33052 **LOCATION:** Geneseo Community Center
ADMISSION: \$35/couple | \$15 for each additional daughter

Mom + Son NIGHT OF FUN

MOM & SON NIGHT OF FUN

Friday March 13, 2020 | 6:30 - 8:00 pm

Hey Moms, have a night out with your special little man (or little men). Join us at the Geneseo Park District for a St. Patrick's Day themed party. This magical evening will include **dancing, pictures and great music.**

Must register by March 8, 2020.

#33070 **LOCATION:** Geneseo Community Center
ADMISSION: \$35/couple | \$15 for each additional son



COMMUNITY GARDEN

April - October



Community Gardens are beneficial to the environment, the health & wellbeing of community members and build a greater feeling of community. We are also creating an opportunity for kids to learn and grow through gardening, engaging their natural curiosity and wonder. The garden will be prepared by the Park District. All water provided by the City of Geneseo.

#13051 **FEE:** \$30 per 10 foot x 10 foot plot
The Community Garden is located east of the Geneseo Community Center.

The Geneseo Park District Community Garden opens April 11, 2020. Weather permitting.



GENESEO PARK DISTRICT Community Garden

Winter ROLLER-SKATING

SATURDAYS FEBRUARY 1 - APRIL 4, 2020

Saturday nights are for skating. Bring your own skates or rent skates from The Center.

A great way to exercise and have fun with your friends & family.

5:30 - 6:45 pm **AGES:** 3rd Grade & under
7:00 - 9:00 pm **AGES:** All Ages

ADMISSION: \$4 Members
\$8 Non-Members

SKATE RENTAL: \$4.00 *Limited skates and sizes available.*



BABYSITTING (CABS)

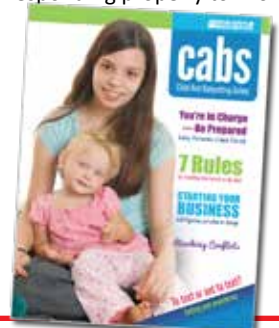
SATURDAY FEBRUARY 1, 2020

Babysitting is usually a teenager's first attempt at building and running a small business. The Child and Babysitting Safety (CABS) training program is designed to focus on supervising, caring for, and keeping children and infants safe in babysitting settings. The program provides fundamental information in the business of babysitting, proper supervision, basic care giving skills, and responding properly to ill or injured children or infants.

Become a Certified Babysitter today!

#33072
1:00 - 6:00 pm

FEE: \$40 / person
AGES: 11 & older



#33030 / #43030 MUSIC TIME FOR TODDLERS I

Come spend an enjoyable hour with your toddler singing, dancing, and playing rhythm instruments. Your child will develop coordination, balance and spatial relationship skills as well as communication and cooperation. *Come ready to play!*

Adults can participate with their child at no additional cost.

10:00 - 11:00 am | TH **DATES:** Session I - III
FEES: \$45 / child **AGES:** 1 ½-2 ½ yrs

#33031 / #43031 MUSIC TIME FOR TODDLERS II

Your toddler is ready to move and this is just the class! During this very active class, we will sing, dance, chant, and play rhythm instruments. We will work in large groups as well as small and begin early introductions to dynamics, tempo, pitch, beat, and rhythm. *Come join the fun!*

Adults can participate with their child at no additional cost.

11:00 am - Noon | TH **DATES:** Session I - III
FEES: \$45 / child **AGES:** 2 ½-3 ½ yrs

#33032 / #43032 MUSIC FOR SCHOOL READINESS

Music will be used to reinforce skills needed for school such as respect, communicating with others, sharing, numbers, colors, shapes, and the alphabet. Opposites, rhyming, and following one to several step directions will also be included and kids will learn to see, say, and play rhythms on percussion as well as melodied instruments.

Adults can participate with their child at no additional cost.

Noon - 1:00 pm | TH **DATES:** Session I - III
FEES: \$45 / child **AGES:** 3 ½ - 5 yrs

**#33033 / #43033 WEE KEYS**

In this introduction to keyboarding, your child will begin to familiarize themselves with the piano. They will begin learning the fundamentals of piano without the structure of formal lessons and have fun playing musical games, singing songs, & dancing. Your child will begin to learn how to see, say, and play simple musical rhythms and songs while distinguishing patterns and musical symbols. This is a great transition into formal lessons.

MUST have taken Session I to enroll in Session II

9:00 - 10:00 am | SA **DATES:** Session I - III
FEES: \$45 / child **AGES:** 4 - 6 yrs

SESSION I January 6 - February 15, 2020
SESSION II February 24 - April 4, 2020
SESSION III April 13 - May 23, 2020

MUSICAL MEMORIES PARTNERS WITH THE GENESEO PARK DISTRICT TO BRING YOU A VARIETY OF MUSIC CLASSES FOR CHILDREN OF ALL AGES.

Musical Memories

112 South State Street • Geneseo IL • 563-508-5296

Musical Class Details you need to know ...

- No musical experience is required of the child or adult.
- All activities are selected based on the developmental ages of the children.
- Classes will provide you as a parent with age appropriate songs and activities to enjoy at home with your toddler.
- Classes will help acquaint your child with a group experience that will promote listening skills, individual opportunities for exploration, and teamwork while being musically fun.

#33035 / #43035 UKE CAN DO IT!

In this fun introduction to playing the ukulele, your kids will familiarize themselves with the soprano ukulele. Kids will work on exercises to help increase finger strength and will work in a large group as they learn and play simple chords and songs. Singing is encouraged.

10:00 - 11:00 am | SA **DATES:** Session I - III
FEES: \$45 / child **AGES:** 7 yrs & older

#33039 / #43039 UKE FINGERPICKING

Are you a uke player that would like to take your music beyond the basics and into the next level? In this class, we will learn to read tablature, explore more chord melody, and fingerpicking techniques ranging from single-note picking patterns to arpeggio and melodic-based fingerstyle. Classical as well as modern pieces will be discussed and will build confidence in even a new player. We will start at the very beginning, so students gain a good foundation. The course will build on each lesson progressively. Jump into the new year with a new hobby! Uke-Can-Do-It!

MUST have taken Session I to enroll in Session II

5:00 - 6:00 pm | SA **DATES:** Session I - III
FEES: \$45 / child **AGES:** 8 yrs & older

#33036 / #43036 GUITAR / BARITONE UKULELE

Requirements: *Must have a playable 6 string guitar or 4 string baritone ukulele*

From the very first class, you will become more knowledgeable about the guitar and baritone ukulele. This is a perfect introduction for beginners to understand and explore their instruments. In this course we will learn how to tune your instrument, take care of your instrument, play songs with tabs, and strum full chords. Designed to create interest and confidence no matter what your level of play.

Note: *Class will not work with a tenor, concert or soprano ukulele. It will only work with baritone ukuleles and guitars.*

No music experience required.

MUST have taken Session I to enroll in Session II

5:00 - 6:00 pm | M **DATES:** Session I - III
FEES: \$60 / child **AGES:** 8 yrs & older

Smith

STUDIO AND GALLERY
Geneseo, IL

2020 Winter



and Spring

SATURDAY AFTERNOON ART CLASSES

Grades 1st thru 6th • 1:00 – 3:00

#33021 OIL PASTEL: ANIMALS AND PET

On Saturday each child will be guided on how to create a dramatic animal portrait using vivid colors. Oil pastels are a smooth and fluid media that has been shown to increase a child's creativity as it allows ideas to easily flow onto the paper. Students will be encouraged to bring in a photo of their pet or favorite animal in order to make their artwork a more personal statement.

1:00 - 3:00 pm | SA
FEES: \$15 / child

DATE: January 25, 2020
GRADES: 1st - 6th

#33022 ABSTRACT VALENTINE PAINTING

Our young artists will paint on a stretched canvas as they explore a variety of abstract painting techniques. Being the Saturday before Valentine's Day our participants will be guided towards patterns and designs that speak of this special day. Each student will start with "sketch paintings" as they work towards their final masterpiece on canvas.

1:00 - 3:00 pm | SA
FEES: \$15 / child

DATE: February 8, 2020
GRADES: 1st - 6th

#33023 MARDI GRAS MASK

Mardi Gras is just around the corner. With this festival in mind, each participant will have the supplies needed to create a spectacular Mardi Gras mask. Imaginations will explode as the students learn different ways to expand their original idea, while also exploring their use of color and composition.

1:00 - 3:00 pm | SA
FEES: \$15 / child

DATE: February 22, 2020
GRADES: 1st - 6th

#43021 CLAY- BUILD A BUNNY

This special class is the Saturday before Easter Sunday. Using air-dried clay each participant will sculpt a seasonal setting that includes a bunny and its' surroundings . . . this will all be done in miniature so that it fits in a small box! Families who are expecting children to visit for the weekend will find this to be a wonderful seasonal art class that all the children and grandchildren will enjoy.

1:00 - 3:00 pm | SA
FEES: \$15 / child

DATE: April 11, 2020
GRADES: 1st - 6th

#43022 ROBOTS IN SPRING

Building a 2-D collage is a fun and creative way to explore ideas while also experimenting with composition and design. Our young participants will use a variety of colorful construction papers, textured papers, metallic tape and small objects to depict their robots enjoying a warm spring day. Everyone will be challenged to create a science fiction art piece that tells a story.

1:00 - 3:00 pm | SA
FEES: \$15 / child

DATE: April 25, 2020
GRADES: 1st - 6th

SMITH STUDIO AND GALLERY PARTNERS WITH THE GENESEO PARK DISTRICT TO BRING YOU A VARIETY OF ART CLASSES AND EVENTS FOR CHILDREN, FAMILIES AND ADULTS.

All Art Classes are taught at **SMITH STUDIO AND GALLERY**
124 South State Street, Geneseo IL 61224 | (309) 945-5428

REGISTER YOUR BUDDING ARTIST ONLINE AT
GENESEOPARKDISTRICT.ORG, AT THE GENESEO COMMUNITY CENTER OR AT SMITH STUDIO AND GALLERY LOCATED IN THE HEART OF GENESEO'S HISTORIC DOWNTOWN DISTRICT.

Find Smith Studio and Gallery online at smithstudiogeneseo.com or on Facebook at Smith Studio and Gallery.

SPRING BREAK March 23 - 26 2020 Art CAMP



Grades 1st - 6th • Monday thru Thursday • 9:00 AM - 4:30 PM • Sign up for only the day/days you want.

#33027 SPRING BREAK ART CAMP

4 FUN FILLED DAYS OF CREATIVE ART ACTIVITIES AND FRIENDSHIP. Sign up for only one day and/or days that your child wants. Participants bring a lunch and enjoy a day of challenging, unusual and exciting art projects, both inside and outside as weather permits. We have extended hours for those who need it, at no additional cost.

9:00 am - 4:30 pm | M - TH

GRADES: 1st - 6th

DATE: March 23 - 26, 2020 (4 Day Camp)

FEES: \$65 per day / student or \$220 Full Camp/Student (\$40 savings!)

Sign up for only one day and/or days that you want. Each day this Camp has a theme for those parents-children looking for something unique.

MONDAY Art and Architecture
TUESDAY Art and Science
WEDNESDAY Art and Math
THURSDAY Art and Engineering

Note: Some of our activities take us outside as the spring weather permits. We may have to change certain planned activities, such as drawing in the City Park, depending on which day has the best weather prediction. We cannot know this more than a few days in advance.

GYMNASTICS

CLASS FEES: *Geneseo Community Center Member Pricing [M]*
Geneseo Community Center Non Member Pricing [NM]

#33201 / #43201 BEGINNING TUMBLE BUGS

Your child will learn basic tumbling, bars, beam, vaulting skills & movements associated with gymnastics at an appropriate level for their age. *This is for beginners who have not taken a class or cannot do a cartwheel.*

3:30 - 4:30 pm | M

AGES: 4 - 6 yrs

FEES: Session I (\$40 M / \$80 NM) | Session II (\$40 M / \$80 NM)
Session III (\$40 M / \$80 NM) | Session IV (\$40 M / \$80 NM)
Session V (\$30 M / \$60 NM)

#33202 / #43202 ADVANCED TUMBLE BUGS

Your child will learn basic tumbling, bars, beam, vaulting skills & movements associated with gymnastics at an appropriate level for their age. *This is for those that have mastered a cartwheel, can pull over on bars and have been approved by Chris Ward.*

No class held January 22, 2020

3:30 - 4:30 pm | W

AGES: 4 - 6 yrs

FEES: Session I (\$30 M / \$60 NM) | Session II (\$40 M / \$80 NM)
Session III (\$40 M / \$80 NM) | Session IV (\$40 M / \$80 NM)
Session V (\$30 M / \$60 NM)

#33203 / #43203 GIRLS RULE

Basic gymnastics skills for the four competitive USA Gymnastics events will be presented. Tumbling, strength and flexibility will be combined to start learning skills on the balance beam, uneven bars, floor exercise and vault.

No class held January 22, 2020

6:00 - 7:00 pm | W

AGES: 5 - 12 yrs

FEES: Session I (\$30 M / \$60 NM) | Session II (\$40 M / \$80 NM)
Session III (\$40 M / \$80 NM) | Session IV (\$40 M / \$80 NM)
Session V (\$30 M / \$60 NM)

#33210 / #43210 BOYS ONLY

Flip flops or back handsprings will be our goal in this class. Concentration will also be on back hip circles and basic routines on the beam and squat vault.

No class held January 22, 2020

7:00 - 8:00 pm | W

AGES: 5 - 12 yrs

FEES: Session I (\$30 M / \$60 NM) | Session II (\$40 M / \$80 NM)
Session III (\$40 M / \$80 NM) | Session IV (\$40 M / \$80 NM)
Session V (\$30 M / \$60 NM)

#33204 / #43204 INTERMEDIATE GIRLS

The major focus of this class will be to develop strength, flexibility and hone skills in the four competitive women's gymnastic events with a firm foundation in tumbling. Back handsprings will be taught in progression as well as handstands, cartwheels, round offs and walk-overs.

Intermediate participants are encouraged to take Junior Prep Gymnastic in Session I

7:00 - 8:00 pm | TU

AGES: 9 - 12 yrs

FEES: Session II (\$40 M / \$80 NM) | Session III (\$40 M / \$80 NM)
Session IV (\$40 M / \$80 NM) | Session V (\$30 M / \$60 NM)

#33205 / #43205 JUNIOR PREP

Begin to learn Level 1 & 2 compulsory routine skills and practice all skills to prepare for competition. **Students must demonstrate a pullover on the bar to attend this class.**

No class held January 22, 2020

4:30 - 6:00 pm | W

AGES: 9 yrs or older

FEES: Session I (\$45 M / \$90 NM) | Session II (\$60 M / \$120 NM)
Session III (\$60 M / \$120 NM) | Session IV (\$60 M / \$120 NM)
Session V (\$45 M / \$90 NM)

#33218 / #43218 HIGH SCHOOL / MIDDLE SCHOOL OPTIONALS

Those 8th grade girls interested will combine with the Geneseo High School Gymnasts for this Non-Competitive Optionals class. In optional gymnastics there are a set of guidelines, or level requirements and routines are built around them. Each gymnast has her own music (on the Floor Exercise) and her routine is built to show off her strengths.

High School / Middle School Optionals participants are encouraged to take Junior Olympic Levels 3 - 6 in Session I

6:30 - 8:30 pm | M

GRADE: 8th & up

FEES: Session II (\$80 M / \$160 NM) | Session III (\$80 M / \$160 NM)
Session IV (\$80 M / \$160 NM) | Session V (\$60 M / \$120 NM)

6:30 - 8:30 pm | TU

GRADE: 8th & up

FEES: Session II (\$80 M / \$160 NM) | Session III (\$80 M / \$160 NM)
Session IV (\$80 M / \$160 NM) | Session V (\$60 M / \$120 NM)

6:30 - 8:30 pm | TH

GRADE: 8th & up

FEES: Session II (\$80 M / \$160 NM) | Session III (\$80 M / \$160 NM)
Session IV (\$80 M / \$160 NM) | Session V (\$60 M / \$120 NM)

Gymnastic Coaches

Larry & Chris Ward, *Certified GHS Gymnastic Coaches*
& Tara Koustas, *Certified Gymnastic Coach*



COMPETITIVE GYMNASTICS



#33213 / #43213 JUNIOR OLYMPIC LEVELS 3 - 6

Are you interested in competitive gymnastics? Then this is the program for you. Level 3, 4, 5 and 6 USA Gymnastics routines will be developed. **Highly recommended that gymnasts come to all weekly classes to compete.**
AGES: 7 yrs or older

4:30 - 7:00 pm | M
FEES: Session I (\$70M / \$140 NM) | Session II (\$70M / \$140 NM)
 Session III (\$70M / \$140 NM) | Session IV (\$70M / \$140 NM)
 Session V (\$52.50M / \$105 NM)

4:30 - 7:00 pm | TU
FEES: Session I (\$70M / \$140 NM) | Session II (\$70M / \$140 NM)
 Session III (\$70M / \$140 NM) | Session IV (\$70M / \$140 NM)
 Session V (\$52.50M / \$105 NM)

4:30 - 7:00 pm | TH
FEES: Session I (\$70M / \$140 NM) | Session II (\$70M / \$140 NM)
 Session III (\$70M / \$140 NM) | Session IV (\$70M / \$140 NM)
 Session V (\$52.50M / \$105 NM)

#33217 / #43217 JUNIOR OLYMPIC LEVEL 2 & New 3

Are you interested in competitive gymnastics? Participants new to competitive gymnastics and who want to learn the routines **this is the class for you!**

Junior Olympic Level 2 & New 3 participants are encouraged to take Junior Olympic Levels 3 - 6 in Session I

7:00 - 8:30 pm | TU **AGES:** 7 yrs or older
FEES: Session II (\$42 M / \$84 NM) | Session III (\$42 M / \$84 NM)
 Session IV (\$42 M / \$84 NM) | Session V (\$31.50 M / \$63 NM)

GYM CLOSED FOR GYMNASTIC MEETS & CLINICS

MONDAY DECEMBER 30, 2019 - THURSDAY JANUARY 23, 2020
 ALL GYMNASTICS CLASSES WILL BE HELD IN THE GYM DURING THIS TIME

North Gym **CLOSED**
 Racquetball Courts & Walking Track **OPEN**

The following exceptions apply...

SATURDAY JANUARY 4, 2020

Gym **CLOSED**
 9:00 am - Noon
 for Lil Leafs Gymnastics Clinic
 Racquetball Courts & Walking Track **OPEN**

SATURDAY JANUARY 18, 2020

Gym, Racquetball Courts & Walking Track **CLOSED**
 8:00 am - close
 for JO Gymnastics Meet

SATURDAY JANUARY 11, 2020

Gym, Racquetball Courts & Walking Track **CLOSED**
 8:00 am - close
 for GHS Gymnastics Meet

WEDNESDAY JANUARY 22, 2020

Gym, Racquetball Courts & Walking Track **CLOSED**
 3:00 pm - close
 for GHS Gymnastics Meet

Private Gymnastics for all ages

SEMI-PRIVATE GYMNASTICS LESSONS

Groups of 2 to 3 participants with similar skills.
FEE: \$60 M / \$120 NM

PRIVATE GYMNASTICS LESSONS

One-on-one instruction for all skill levels.
FEE: \$75 M / \$150 NM

CALL (309) 944-5695 TO SCHEDULE A PRIVATE GYMNASTIC LESSONS

Once requests are made, instructor & (4) 1/2 hour lesson times will be scheduled. Private & Semi-Private lessons will expire one year from date of purchase & must be paid prior to the first lesson. No Private or Semi-Private lessons will be held on Holidays.

Everyone is welcome to attend!

Come cheer on your favorite Geneseo Gymnasts!

JANUARY Session I

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY Session II

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MARCH Session III

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL Session IV

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY Session V

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

GYMNASTICS SESSION DATES

Center Closed no programs held
 No Gymnastics held



YOUTH ATHLETICS & LEAGUES

QUICKSTART™ TENNIS

Tennis is the perfect sport for your kids and is now easier to play! Quickstart Tennis is an innovative teaching system endorsed by the USTA. It uses modified equipment (*smaller racquets and lower compression tennis balls*) and smaller court sizes. The fundamentals of the game will be taught and participants will quickly be rallying and playing, creating a positive fun atmosphere to continue learning this lifetime sport.

#42050 4:30 - 5:30 pm | M **GRADES:** K - 2nd
#42051 4:30 - 5:30 pm | M **GRADES:** 3rd - 5th
DATES: April 6 - 27, 2020
FEE: \$32 M / \$64 NM
LOCATION: Athletic Field
COACH: Cody Mighell

INSTRUCTIONAL TENNIS

Come out and learn the fundamentals of the game and have fun! Qualified Instructors will teach ground strokes, volleys, lobs, and serving, while emphasizing team building, sportsmanship and cooperation. Individual and all-court challenges and games will allow participants to apply skills learned.

#42052 5:30 - 6:30 pm | M **GRADES:** 6th - 8th
DATES: April 6 - 27, 2020
FEE: \$32 M / \$64 NM
LOCATION: Athletic Field
COACH: Cody Mighell

INSTRUCTIONAL VOLLEYBALL

Players will learn the hitting techniques, footwork, positions, and rules of volleyball. Each session will focus on different facets of the game using drill and repetition followed by scrimmage games where coaches instruct during that time.

#32152 4:30 - 5:30 pm | M **GRADES:** 3rd - 5th
#32153 4:30 - 5:30 pm | M **GRADES:** 6th - 8th
DATES: March 2 - April 13, 2020 (6 weeks)
No class held March 23, 2020
FEE: \$48 M / \$96 NM
COACH: Casey Komel

FITNESS ACCESS CLASS

Middle school age students will gain access to all fitness areas including the Cardio/Weight Room, Life Fitness Room*, Spinning Room*, Sauna and Elevated Indoor Track. Participants will receive instruction on etiquette and how to safely and effectively use equipment in these areas. Taught by ACE certified personal trainer.

**Available for use when classes are not in session.*

INSTRUCTOR: Katie Carius, Hammond-Henry Personal Trainer

#34119 / #44119 4:00 - 5:00 pm | W **GRADES:** 6th - 8th
DATE (FEES): January 8 - 22, 2020 (\$30 M / \$60 NM)
 February 5 - 19, 2020 (\$30 M / \$60 NM)
 March 4 - 18, 2020 (\$30 M / \$60 NM)
 April 1 - 15, 2020 (\$30 M / \$60 NM)
 May 6 - 20, 2020 (\$30 M / \$60 NM)

Girls YOUTH BASKETBALL LEAGUE

#32105 GIRLS GRADES: 4th - 6th
DATES: January - March, 2020
FEE: \$50

New Player Tryouts

January 23, 2020 | 6:00 pm

*A team schedule will be published online the week of February 3, 2020.
 Games/practices start the week of February 3, 2020.*

GENESEO YOUTH BASKETBALL DETAILS

- Games/practices are 1 hour and will range between 5:30 & 8:30 pm, Monday - Thursdays.
- Participants will practice/play a game 2-3 times per week. Each team will play at least 6 games.
- Games are officiated, score is kept.
- Every attempt is made to reschedule games on snow days, we cannot guarantee that all games will be rescheduled.
- Each player is placed on a team and game jerseys will be provided.
- **No basketball held on February 17, 2020**

Volunteer Coaches are needed!

Mention your willingness to coach when you register your child.
*Children of volunteer coaches get the program **for free!***

Boys Youth Basketball League registration forms are available online or at The Center



YOUTH BASKETBALL

This program is focused on teaching the fundamentals of basketball in progression of levels. Players will learn the basic skills associated with stance, dribbling, passing, shooting, defending, screening and rebounding. This is done with a combination of individual and small group drill work.

All practices and games are held on Saturdays. The first two Saturdays will be group practices. *First game will be held Saturday February 15, 2020.*

Boys & Girls YOUTH BASKETBALL K - 1st Grades

#32100 8:30 - 9:30 am | SA
DATES: February 1 - March 7, 2020
FEE: \$48 M / \$96 NM

Girls YOUTH BASKETBALL 2nd - 3rd Grades

#32101 9:30 - 10:30 am | SA
DATES: February 1 - March 7, 2020
FEE: \$48 M / \$96 NM

ADULT LEAGUES

MEN'S BASKETBALL LEAGUE

Men's Recreational Basketball League. Games are officiated. Game results and teams standings posted online. Teams are guaranteed at least 10 games including the end-of-season tournament. Locker rooms and spectator seating available. *No games held February 2, 2020.*

#32110 5:00 - 9:00 pm | SU
DATES: January 26 - April 5, 2020
FEE: \$500 / team
AGES: 16 yrs or older

WOMEN'S VOLLEYBALL LEAGUES

Two leagues are available. The **Power League** is for serious, competitive teams/players. The **Recreational League** is a great way to exercise with your friends. *Rec League games are officiated. Power League referee their own games.*

No games held March 25, 2020

#32160 **RECREATIONAL LEAGUE** 6:00 - 9:00 pm | W
#32161 **POWER LEAGUE** 6:00 - 9:00 pm | W
DATES: January 29 - April 8, 2020
FEE: \$130 / team
AGES: 16 yrs or older



2019 Power League Winners SLAAKRS

SAND VOLLEYBALL LEAGUE THIS SUMMER!

Watch for more information in the 2020 Summer Activity Guide!

Visit www.GeneseoParkDistrict.org to download the League Registration Form or pick one up at The Center. *League Registration Deadline January 10, 2020. Guarantee your team's spot with payment and signed waiver.*

MARTIAL ARTS

TAE KWON DO

Tae Kwon Do is a Korean martial art, characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast kicking techniques. It focuses on self defense and promotes cardio fitness. The family atmosphere encourages students to gain self confidence while learning to treat others with courtesy and integrity. Through the perseverance of training we pursue self control and discipline. We facilitate a mentality to remove ourselves from confrontation and be aware of our surroundings.

INSTRUCTOR: Tami Waller

Uniforms & testing are strongly recommended and can be purchased for an additional cost. See your instructor for more information.



#33100 / #43100
 5:00 - 6:00 pm | W
DATES (FEES):

TKD FOR BEGINNERS

AGES: 6 yrs & up
 January 8 - 29, 2020 (\$30 M / \$60 NM)
 February 5 - 26, 2020 (\$30 M / \$60 NM)
 March 4 - April 1, 2020 (\$30 M / \$60 NM)
 April 8 - 29, 2020 (\$30 M / \$60 NM)
 May 6 - 27, 2020 (\$26.25.50 M / \$52.50 NM)
No TKD held March 23 & 25, 2020



#33101 / #43101
 6:00 - 7:00 pm | M W
DATES (FEES):

TKD ALL LEVELS

AGES: 6 yrs & up
 January 6 - 29, 2020 (\$60 M / \$120 NM)
 February 3 - 26, 2020 (\$60 M / \$120 NM)
 March 2 - April 1, 2020 (\$60 M / \$120 NM)
 April 6 - 29, 2020 (\$60 M / \$120 NM)
 May 4 - 27, 2020 (\$52.50 M / \$105 NM)
No TKD held March 23 & 25, 2020

BECOME A VOLUNTEER

Serve your community with your time and talents!

The Geneseo Park District relies on many different kinds of volunteers throughout the year to make its programs & events successful.

Volunteering with the Park District is a great way to meet and socialize with others, share your expertise, help kids in the community and have fun!

If you are looking for an opportunity to get involved in the community, please consider volunteering with us.

VOLUNTEER AS A COACH...

- Preschool Soccer
- Basketball
- Flag Football

VOLUNTEER AT ONE OF OUR MANY FREE PROGRAMS...

- Easter Egg Hunt
- Turkey Trot
- Jinglebell Obstacle Course
- Stories in the Park
- Outdoor Summer Movie Series
- Community Camp Out
- Environmental Day
- Pitch, Hit & Run
- Kayak & Canoeing/Water Safety



Did you know...

Children of volunteer coaches get the program for free!

HOW DO I BECOME A VOLUNTEER?

- Mention your willingness to coach when you register your child
- Contact Andrew Sigwalt at asigwalt@geneseoparkdistrict.org
- Or visit one of the desks at The Center for more information



WE OUR volunteers

THANK YOU FOR VOLUNTEERING AT OUR 2019 PROGRAMS OR EVENTS...



- JANELLE PETTIT
- KELLIE BARICKMAN
- EMILY LEHMAN
- JEREMY NORVILLE
- CHASE RUBY
- MICHAEL LOEHR
- MORGAN WASSEHNOVE
- THOMAS TAYLOR
- MINDY BROWN
- JAMIE ADAM
- SHARON RAUSCH
- BARBARA SIGWALT
- JARRED KING
- JOE WELLS

- RYAN VANMELKEBEKE
- JAMES RUSSELBURG
- WILL TAYLOR
- EMILY WILSHUSEN
- CRAIG ARNOLD
- DEANNA DAVIS
- CRAIG IVIE
- ROBERT (ANDY) MOORE
- DONOVAN SNELL
- DANIEL VONMOTZ
- CHRIS MOORE
- BART REED
- CONNOR SHIPMAN
- AVA WILLIAMS
- BRIAN SEALS

- JASON BRANDAU
- JASON SMITH
- KY VANKERREBROECK
- JUSTIN DARIN
- CHAD CLAUSON
- JEFF HASSON
- DUSTIN MOENS
- BRANDON GAINES
- JASON DICKEY
- CHRIS HINTGEN
- VICKIE KENNEY
- KATHLEEN REPASS
- CARYN VANDERSNICK
- JOANNE GERNANT



GENESEO PARK DISTRICT GATORS SWIM TEAM

The Geneseo Gators Swim Team (GGST) is for ages 5-21 who love to swim! **Goggles required, swim cap optional** both are available for purchase through The Center.

#35029 / #45029 STROKE DEVELOPMENT

This is the first level of swim team for swimmers to learn the technique of the four competitive swim strokes. Swimmers need to demonstrate a 25 freestyle with rhythmic breathing and ability to kick and float on the back. Instruction at this level will teach swimmers proper technique in the freestyle, backstroke, breaststroke, and butterfly.

Participation in swim meets is not required.

4:15 - 4:45 pm | M
 Session I (\$14 M/\$28 NM) | Session II (\$14 M/\$28 NM)
 Session III (\$14 M/\$28 NM) | Session IV (\$14 M/\$28 NM)
 Session V (\$10.50 M/\$21 NM)

4:15 - 4:45 pm | F
 Session I (\$14 M/\$28 NM) | Session II (\$14 M/\$28 NM)
 Session III (\$14 M/\$28 NM) | Session IV (\$10.50 M/\$21 NM)
 Session V (\$10.50 M/\$21 NM)

#35024 / #45024 PRE-COMPETITIVE LEVEL

This is the first level for members of swim team who can demonstrate a 25 yard freestyle, backstroke, and breaststroke. Focus will be on refining all four competitive strokes and learning introductory components of swimming. Swimmers will enhance their skills and have fun!

Participation in swim meets is not required.

4:15 - 5:00 pm | M 5:15 - 7:00 pm | TU¹
 4:15 - 5:00 pm | F 5:15 - 7:00 pm | TH¹

Each Session Fees* attend two days/week

Session I (\$98 M/\$196 NM) | Session II (\$98 M/\$196 NM)
 Session III (\$98 M/\$196 NM) | Session IV (\$98 M/\$196 NM)
 Session V (\$73.50 M/\$147 NM)

Entire Winter Season January 5 - April 3, 2020 (\$357 M / \$714 NM)

Entire Spring Season April 6 - May 22, 2020 (\$208.25 M / \$416.50 NM)

- *FEE DETAILS:** Pick from either option listed.
- **FEES** are listed as *Geneseo Community Center Member Pricing [M] / Geneseo Community Center Non-Member Pricing [NM]*
 - **Each Session Option** allows the participant to attend up to 2 practices each week from the days listed.
 - **Entire Season Option** allows the participant to attend 1 - 5 practices each week on any of the days listed.
 - **Goggles required, swim cap optional** both are available for purchase through The Center.

¹Dryland Training will be held 5:15 - 5:50 pm on Tuesdays & Thursdays at the Geneseo Community Center

#35026 / #45026 BLUE LEVEL

This level is for swimmers who can demonstrate a 50 yard freestyle, backstroke, and breaststroke and have knowledge of butterfly. Basic stroke and skill instruction is still the main emphasis with a focus on increasing endurance. Swimmers will learn how to complete specific training sets and work more on turns and starts.

Participation in swim meets is encouraged, but not mandatory.

3:30 - 4:45 pm | M 5:15 - 7:00 pm | TU¹
 3:30 - 4:45 pm | F 5:15 - 7:00 pm | TH¹

Each Session Fees* attend two days/week

Session I (\$91 M/\$182 NM) | Session II (\$91 M/\$182 NM)
 Session III (\$91 M/\$182 NM) | Session IV (\$91 M/\$182 NM)
 Session V (\$68.25 M/\$136.50 NM)

Entire Winter Season January 5 - April 3, 2020 (\$370.50 M / \$741 NM)

Entire Spring Season April 6 - May 22, 2020 (\$216 M / \$432 NM)

#35027 / #45027 BRONZE LEVEL

Bronze group is primarily for swimmers who can demonstrate a legal IM, a 50 freestyle under 45.99, and complete training sets over 200 yards. Pace clock and training knowledge will be introduced, and swimmers will learn how to complete training sets on specific repeats.

Participation in swim meets is encouraged to members of this group.

3:30 - 5:00 pm | M 5:15 - 7:00 pm | TU¹
 3:30 - 5:00 pm | F 5:15 - 7:00 pm | TH¹

Each Session Fees* attend two days/week

Session I (\$84 M/\$168 NM) | Session II (\$84 M/\$168 NM)
 Session III (\$84 M/\$168 NM) | Session IV (\$84 M/\$168 NM)
 Session V (\$63 M/\$126 NM)

Entire Winter Season January 5 - April 3, 2020 (\$360M / \$720 NM)

Entire Spring Season April 6 - May 22, 2020 (\$210 M / \$420 NM)

JANUARY Session I

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL Session IV

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

FEBRUARY Session II

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MAY Session V

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MARCH Session III

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



■ Center Closed no programs held
 □ No Swim Team practice held

LEARN TO SWIM

LEARN TO SWIM SESSION DATES

#35001 / #45001 CLOWNFISH (6 mos - 3 yrs w/parent)

A parent/child water exploration class that focuses on water enjoyment. The goal is to promote water safety, fun in the water adding participant socialization to encourage a lifetime of aquatic activity.

FEE: \$30 M / \$60 NM

10:00 - 10:30 am | SA

DATES: Session II

#35003 / #45003 LAKE EXPLORERS (4 yrs)

Lake Explorers will learn to enter & exit water independently using the steps or side, jump in assisted or independently, supported front & back floats, rhythmic bobbing on side and locomotion.

Participate with or without a parent.

FEE: \$30 M / \$60 NM

4:00 - 4:30 pm | TU

DATES: Sessions I - III

10:30 - 11:00 am | SA

DATES: Session II

#35004 / #45004 OCEAN EXPLORERS (5 yrs)

Participants will master face floats and back floats, jumping into the pool and bobbing independently by the end of class.

5yrs without a parent.

FEE: \$30 M / \$60 NM

4:30 - 5:00 pm | TU

DATES: Sessions I - III

11:00 - 11:30 am | SA

DATES: Session II

#35005 / #45005 TADPOLE

Class prerequisites: Must have passed Ocean Explorer or completed Kindergarten to take this class.

Participants work on submerging face and back floats, add on kicks and rhythmic breathing.

FEE: \$48 M / \$96 NM

4:00 - 5:00 pm | TH

DATES: Sessions I - III

11:30 am - 12:30 pm | SA

DATES: Session II

#35006 / #45006 MINNOW

Class prerequisites: Must have passed Tadpole to take this class.

Participants will work on skills to be able to swim 1/2 way across shallow end.

FEE: \$48 M / \$96 NM

5:00 - 6:00 pm | TH

DATES: Sessions I - III

11:30 am - 12:30 pm | SA

DATES: Session II



<< Find competitive swimming on page 13

#35007 / #45007 WHALES

Class prerequisites: Must have passed Minnow to take this class.

Participants will work on skills to swim front and back crawl one width in shallow and deep water.

FEE: \$48 M / \$96 NM

4:00 - 5:00 pm | TU

DATES: Sessions I - III

10:30 - 11:30 am | SA

DATES: Session II

SESSION I January 7 - February 13, 2020

SESSION II February 18 - April 4, 2020

SESSION III April 7 - May 14, 2020

No Learn to Swim classes held March 23 - 28, 2020

#35008 / #45008 SHARK & DOLPHIN

Class prerequisites: Must have passed Whales to take this class.

Combined classes with Barracuda, Stingray, Marlin, Mariner & S.E.A.L.S.

Participants will work on one & two lengths of the pool using the front and back crawl and demonstrate the scissors and whip kick.

FEE: \$48 M / \$96 NM

5:00 - 6:00 pm | TU

DATES: Sessions I - III

Noon - 1:00 pm | SA

DATES: Session II

#35008 / #45008 BARRACUDA & STINGRAY

Class prerequisites: Must have passed Dolphin to take this class.

Combined classes with Shark, Dolphin, Marlin, Mariner & S.E.A.L.S.

Must swim two lengths of front and back crawl, a width of sidestroke and breaststroke to move on to next class.

FEE: \$48 M / \$96 NM

5:00 - 6:00 pm | TU

DATES: Sessions I - III

Noon - 1:00 pm | SA

DATES: Session II

#35008 / #45008 MARLIN, MARINER, & S.E.A.L.S.

Class prerequisites: Must have passed Stingray to take this class.

Combined classes with Shark, Dolphin, Barracuda & Stingray

Increase endurance in front and back crawl, sidestroke, breaststroke and learn trudgen, trudgen crawl and double trudgen.

FEE: \$48 M / \$96 NM

5:00 - 6:00 pm | TU

DATES: Sessions I - III

Noon - 1:00 pm | SA

DATES: Session II

#35012 / #45012 STARFISH

Class prerequisites: Must have passed S.E.A.L.S. to take this class.

Combined classes with Shark, Dolphin, Barracuda & Stingray

Participants will work on skills to swim 14 lengths of front and back crawl, 10 lengths of breaststroke, 8 lengths of trudgen and 20 minutes of multiple survival skills.

FEE: \$48 M / \$96 NM

5:00 - 6:00 pm | TU

DATES: Sessions I - III

Noon - 1:00 pm | SA

DATES: Session II



#35021 STARGUARD LIFEGUARD CERTIFICATION

Class prerequisites: Completed S.E.A.L.S. level swim lessons or 16yrs and over. Learn the beginning skills required to be a lifeguard. After completion of the course you will shadow a lifeguard during their shift.

JANUARY 4 - 5, 2020

9:00 am - 4:00 pm | SA
9:00 am - 4:00 pm | SU

MARCH 28 - 29, 2020

9:00 am - 4:00 pm | SA
9:00 am - 4:00 pm | SU

Must attend all training days to receive lifeguard certification.

FEE: \$160 / person

NEED A SUMMER JOB?
work at the Aquatic Center
Apply online for Lifeguard or Concession Positions



SPECIAL ACCESSIBILITY Swimming
at the Geneseo Community Center

Saturday February 8th
10:00 am - Noon

A special swim just for swimmers with disabilities or sensory issues.

Special Accessibility Swimmer's Families are welcome to attend also!

FREE
with a Community Center or Park District Membership
\$5 / person or \$20 / family

Specialty Swim Lessons for ages 3 & over

PRIVATE SWIM LESSONS

FEE: \$75 M / \$150 NM

Private swimming lessons are one instructor to one student. Lessons are (4) thirty minute sessions.

SEMI-PRIVATE SWIM LESSONS

FEE: \$60 M / \$120 NM

Semi-Private swimming lessons are one instructor to two or three students at similar swimming levels. Lessons are thirty minutes.

SPECIAL SWIM

FEE: \$50 M / \$100 NM

A great one-on-one course for participants with disabilities. Times & instructors will be assigned when participants register.

CALL (309) 944-5695 TO SCHEDULE A SPECIALTY SWIM LESSON

Once requests are made, instructor & (4) 1/2 hour lesson times will be assigned. Private & Semi-Private lessons will expire 1 year from date of purchase & must be paid prior to the first lesson.

No Private, Semi-Private or Special Swim lessons will be held on Holidays.

Bring your Family for warm Indoor Fun!

A variety of Family & Open Swims are available at the Indoor Pool all year long & are included in your Membership. A great opportunity to try out those Swim Lessons! Watch for Special **FREE** Swims offered when school is not in session on page 32.

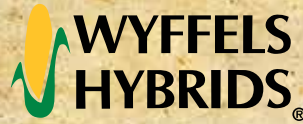
SEE PAGE 22 FOR A COMPLETE INDOOR POOL SCHEDULE (INCLUDING ADULT LAP SWIM TIMES)

MON	TUES	WED	THU	FRI	SAT	SUN
Family/Lap Swim** 1:00 - 2:00 pm		Family/Lap Swim** 1:00 - 2:00 pm		Family/Lap Swim** 1:00 - 2:00 pm	Public/Open Swim 1:00 - 4:30 pm 1/4 - 5/9	Public/Open Swim 1:00 - 4:30 pm 1/5 - 5/10
Family/Lap Swim** 7:00 - 8:00 pm	Family/Lap Swim** 7:00 - 8:00 pm	Family/Lap Swim** 7:00 - 8:00 pm	Family/Lap Swim** 7:00 - 8:00 pm	Public/Open Swim 6:00 - 8:00 pm 1/3 - 5/8		

**2 lanes reserved for Lap Swimmers, 2 lanes are reserved for family swim

Park District or Aquatic Center Memberships required or Aquatic Center Admission applies, unless otherwise denoted.

Thank you to our Sponsors for making this event possible



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JK LASER WORKS
JOHN DEERE CLASSIC
BOB JOHNSON
JUMER'S CASINO & HOTEL
JW'S SHOOTING PARLOR

KATSCH
KEWANEE DUNES GOLF CLUB
L & M CREATIONS
LAROMA PIZZA
LIONSTONE BREWING
LISA'S PLACE
LOCAL YOCALS -
John Puentes, Scott McAvoy, Mike Prenevost & special guest appearance by BenZavainga
LOVE'S LOCKER ROOM
MAGIC HOUSE
MARIMAN AUCTION CO.
ME & BILLY
MIVA
MUSICAL MEMORIES
NIABI-ZOO
NORWEX -
Georgjean Pitsoulakis
PANOPOLY DESIGN STUDIO
PARKTOBERFEST COMMITTEE -
Alex Cechowicz, Elizabeth George, Tricia Hull, Missy Jackson, Anne Lobdell, Julia McAvoy, Summer Sellman, Andrew Thurman, Paula Verbeck, Beth Winkleman, Erin Wyffels

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WACHTEL DENTISTRY



All proceeds from the 5th Annual Parktoberfest support the Geneseo Park District Foundation!



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BETHANY WINKLEMAN

309-944-5123 | 113 S STATE ST

BECOME A PARK PARTNER

Support the kids in your community by becoming a Geneseo Park District Partner

The Benefits of becoming a Park Partner may include a presence on Website - Center Monitors - Central Theater Pre-Show

Download the Park Partnership Brochure online at GeneseoParkDistrict.org
Detailed benefits are outlined in the partnership packages.



Dream Home. Dream Kitchen.

CONTACT A MEL FOSTER CO. AGENT



119 N. STATE ST. 309.944.6414
melfosterco.com



A partnership with the Geneseo Park District is an affordable & effective way to gain greater visibility within the community.

Find out more by contacting Anne at the Geneseo Park District
(309) 944-5695 | www.GeneseoParkDistrict.org

PERSONAL TRAINING

TRADITIONAL PERSONAL TRAINING with Hammond-Henry Rehab

Traditional Personal Training is one person working with a Certified Personal Trainer. One-on-one Personal Training allows you & your trainer to create a personalized program to help reach **all of your fitness goals**. Plus it offers the greatest flexibility to use the sessions when it is convenient for you.

1 session FEE: \$30 M / \$60 NM
5 Sessions FEE: \$125 M / \$250 NM

SEMI-PRIVATE PERSONAL TRAINING with Hammond-Henry Rehab

Semi-Private Personal Training is 2-3 friends or family members working with a Certified Personal Trainer at the same time. It offers support from your workout partners, the ability to utilize unique partner exercises to keep it fun as well as functional and a personalized program that meets the common goal of all individuals, but **at a reduced fee**.

1 session FEE: \$25 M / \$50 NM
5 Sessions FEE: \$110 M / \$220 NM

Certified Personal Trainers



Katie Carius
Hammond-Henry Rehab
katiecarius@hammondhenry.com



John Davis
Hammond-Henry Rehab
johndavis@hammondhenry.com

Start your personal training today!

Contact The Center at (309) 944-5695

Personal Training sessions will expire 1-year from date of purchase. This expiration date is designed to help you achieve your fitness goals in a timely manner.

FREE SEMINARS

with Hammond-Henry Hospital & Geneseo Park District

Free PICKY EATERS VS. PROBLEM FEEDERS

HOW TO HELP CHILDREN DEVELOP HEALTHY RELATIONSHIPS WITH FOOD

Parents and caregivers are invited to this presentation to learn more about picky eating in children ages birth to 5 years based on the Sequential Oral Sensory (SOS) approach to feeding developed by Dr. Kay Toomey. In this presentation you'll learn the major reasons why children won't eat and the necessary developmental skills for eating/feeding. Finally, participants will be able to identify at least 3 strategies for improving a child's eating and mealtime participation.

Presented by Courtney Mighell M.S. CCC-SLP, *Pediatric Speech-Language Pathologist & Early Intervention Specialist*

FREE Babysitting for Seminar attendees

Pre-registration recommended.

FRIDAY MARCH 20, 2020 | 10:00 - 11:00 AM
GENESEO COMMUNITY CENTER



Free VESTIBULAR REHAB SEMINAR

AKA BALANCE & DIZZINESS SEMINAR

Vestibular rehabilitation is an exercise-based therapy program to treat balance and dizziness disorders. These disorders can result from damage to the vestibular system (part of the inner ear that helps to control balance) as a result of disease or injury. A focused exercise program can strengthen the body's natural ability to compensate for balance problems and help patients improve their balance while decreasing their dizziness.

Presented by Hammond-Henry Hospital's therapy department.

Pre-registration recommended.

WEDNESDAY APRIL 15, 2020 | 11:00 AM - NOON
GENESEO COMMUNITY CENTER



Free LIVING WITH PARKINSON'S AND MAINTAINING QUALITY OF LIFE

Are you or a loved one having difficulty walking, swallowing, talking or performing tasks such as dressing & bathing due to Parkinson's Disease? If so, this is the educational session for you. A general overview of Parkinson's Disease will be covered and information on symptoms and treatment of the disease will be discussed by the team of physical, occupational and speech therapists from Hammond-Henry Hospital therapy department.

Presented by Hammond-Henry Hospital's therapy department.

Pre-registration recommended.

WEDNESDAY MAY 13, 2020 | 11:00 AM - NOON
GENESEO COMMUNITY CENTER



FITNESS & WATER FITNESS *at a glance*

MON	TUE	WED	THU	FRI
5:15 - 6:15 am EARLY BURN (H)	5:15 - 6:30 am CYCLE & STRENGTH (H)	5:15 - 6:15 am EARLY BURN (H)	5:15 - 6:30 am CYCLE & STRENGTH (H)	5:15 - 6:15 am EARLY BURN (H)
5:30 - 7:00 am IP MEMBER LAP SWIM*	5:30 - 7:00 am IP MEMBER LAP SWIM*	5:30 - 7:00 am IP MEMBER LAP SWIM*	5:30 - 7:00 am IP MEMBER LAP SWIM*	5:30 - 7:00 am IP MEMBER LAP SWIM*
5:45 - 6:45 am IP AQUA FIT (M)			5:45 - 6:45 am IP AQUA FIT (M)	
	7:00 - 8:00 am IP JUST THE GUYS (M)	7:00 - 8:00 am IP JUST THE GUYS (M)		7:00 - 8:00 am IP JUST THE GUYS (M)
	7:00 - 8:00 am*** TRX FOR YOGA FUSION (L)			
8:00 - 9:00 am IP AQUACISE (M)	8:00 - 9:15 am INTERMEDIATE YOGA (L)		8:00 - 9:00 am IP AQUACISE (M)	8:00 - 8:45 am IP FLOAT & FLOW (H)
			8:00 - 9:15 am INTERMEDIATE YOGA (L)	
8:30 - 9:30 am HIGH INTENSITY (H)	8:30 - 9:30 am MODERATE INTENSITY (M)	8:30 - 9:30 am HIGH INTENSITY (H)	8:30 - 9:30 am MODERATE INTENSITY (M)	8:30 - 9:30 am MORNING MIX (H)
9:00 - 10:00 am IP WALK THE WATER (M)	9:00 - 10:00 am IP FIT HAPPENS A.M. (H)	9:00 - 10:00 am IP FIT HAPPENS A.M. (H)	9:00 - 10:00 am IP WALK THE WATER (M)	9:00 - 10:00 am IP FIT HAPPENS A.M. (H)
	9:30 - 10:30 am YOGA FOR BEGINNERS (L)		9:30 - 10:30 am YOGA FOR BEGINNERS (L)	
9:45 - 10:45 am ZUMBA GOLD (H)	9:45 - 10:30 am LOW INTENSITY (L)	9:45 - 10:45 am ZUMBA GOLD (H)	9:45 - 10:30 am LOW INTENSITY (L)	9:45 - 10:45 am ZUMBA GOLD (H)
10:00 - 11:00 am IP FOR THE LOVE OF FIT (L)	10:00 - 11:00 am IP FIT BEGINNINGS (L)	10:00 - 11:00 am IP FOR THE LOVE OF FIT (L)	10:00 - 11:00 am IP FIT BEGINNINGS (L)	10:00 - 11:00 am IP FOR THE LOVE OF FIT (L)
11:00am - 1:00 pm IP ADULT LAP SWIM*	11:00am - 1:00 pm IP ADULT LAP SWIM*	11:00am - 1:00 pm IP ADULT LAP SWIM*	11:00am - 1:00 pm IP ADULT LAP SWIM*	11:00am - 1:00 pm IP ADULT LAP SWIM*
1:00 - 2:00 pm IP FAMILY/LAP SWIM**	1:00 - 2:00 pm IP GREAT START (L)	1:00 - 2:00 pm IP FAMILY/LAP SWIM**	1:00 - 2:00 pm IP GREAT START (L)	1:00 - 2:00 pm IP FAMILY/LAP SWIM**
				2:00 - 2:45 pm IP 3D WATER WALKING
5:45 - 6:45 pm IP FIT HAPPENS P.M. (H)		5:45 - 7:00 pm YOGA RESET (L) <small>new</small>		
		5:45 - 6:45 pm IP FIT HAPPENS P.M. (H)		
	6:00 - 7:00 pm HIP HOP SPIN (H)			
7:00 - 8:00 pm IP FAMILY/LAP SWIM**	7:00 - 8:00 pm IP FAMILY/LAP SWIM**	7:00 - 8:00 pm IP FAMILY/LAP SWIM**	7:00 - 8:00 pm IP FAMILY/LAP SWIM**	6:00 - 8:00 pm IP PUBLIC/OPEN SWIM <small>JANUARY 3 - MAY 8</small>
8:00 - 9:00 pm IP ADULT LAP SWIM*		8:00 - 9:00 pm IP ADULT LAP SWIM*		

SAT	SUN
8:00 - 10:00 am IP ADULT LAP SWIM*	Noon - 1:00 pm IP ADULT LAP SWIM* <small>JANUARY 5 - MAY 10</small>
1:00 - 4:30 pm IP PUBLIC/OPEN SWIM <small>JANUARY 4 - MAY 9</small>	1:00 - 4:30 pm IP PUBLIC/OPEN SWIM <small>JANUARY 5 - MAY 10</small>
	6:00 - 7:30 pm YOGA 90 (M) <small>new</small>

HEALTH & FITNESS *tips*



THE GENESEO PARK DISTRICT & HAMMOND-HENRY HOSPITAL WANT TO HELP YOU REACH YOUR WELLNESS GOALS WITH WEEKLY HEALTH & FITNESS TIPS.

Watch for helpful tips from qualified Personal Trainers & Nutritionists each Tuesday online, Facebook & Twitter or on the Fitness bulletin board at The Center!



GeneseoParkDistrict



@GeneseoParkDist



GeneseoParkDistrict.org

WATER FITNESS | YOGA | INDOOR POOL
CYCLING | AQUATIC CENTER | FITNESS

Find your favorite class...

*2 lanes reserved for Lap Swimmers, 2 lanes are reserved for water exercise
**2 lanes reserved for Lap Swimmers, 2 lanes are reserved for family swim
***TRX for Yoga Fusion meets twice each month. See page 20 for class dates.
IP: Held at the Indoor Pool AC: Held at the outdoor Aquatic Center

#34101/#44101 INTERMEDIATE YOGA (L)

An all level class where Iyengar influenced yoga alignment blends together with modifications to suit individual needs. Breathing and posture technique to enhance strength, balance, stamina, release of inner tension, and improved focus.

INSTRUCTOR: Susan Philhower
WALK-IN FEE: \$8 M / \$10 MG / \$16 NM

8:00 - 9:15 am | TU
 January (\$22.50 M/\$45 NM) February (\$22.50 M/\$45 NM)
 March (\$28 M/\$56 NM) April (\$22.50 M/\$45 NM)
 May (\$22.50 M/\$45 NM)

8:00 - 9:15 am | TH
 January (\$28 M/\$56 NM) February (\$22.50 M/\$45 NM)
 March (\$22.50 M/\$45 NM) | April (\$28 M/\$56 NM)
 May (\$22.50 M/\$45 NM)

#34129 / #44129 YOGA FOR BEGINNERS (L)

Full-body relaxation and balance are the goals. Increase or maintain your body's range of motion with standing postures, twists, backbends, forward folds, and hip openers. Breathing techniques and meditation are also integrated. Expect an emphasis on simplicity, repetition, and ease of movement

INSTRUCTOR: Susan Philhower
WALK-IN FEE: \$7 M / \$9 MG / \$14 NM

9:30 - 10:30 am | TU
 January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)
 March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)
 May (\$18 M/\$36 NM)

9:30 - 10:30 am | TH
 January (\$22.50 M/\$45 NM) | February (\$18 M/\$36 NM)
 March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM)
 May (\$18 M/\$36 NM)

#34108 / #44108 YOGA RESET (L)

Get back to the basics for health and life. Increase your mind body connection while gaining flexibility and strength with Iyengar yoga for every age.

INSTRUCTOR: Susan Philhower
WALK-IN FEE: \$8 M / \$10 MG / \$16 NM

5:45 - 7:00 pm | W
 January (\$22.50 M/\$45 NM) | February (\$22.50 M/\$45 NM)
 March (\$28 M/\$56 NM) | April (\$22.50 M/\$45 NM)
 May (\$22.50 M/\$45 NM)

#24125 TRX FOR YOGA FUSION (L)

This program blends the poses and mind-body benefits of Yoga with TRX Suspension Training principles for a full body workout. Expect challenges to flexibility, strength, balance and endurance.

INSTRUCTOR: Susan Philhower

7:00 - 7:45 am | TU
 January 7, 2020 (\$4 M/\$8 NM) January 21, 2020 (\$4 M/\$8 NM)
 February 4, 2020 (\$4 M/\$8 NM) February 18, 2020 (\$4 M/\$8 NM)
 March 3, 2020 (\$4 M/\$8 NM) March 17, 2020 (\$4 M/\$8 NM)
 April 7, 2020 (\$4 M/\$8 NM) April 21, 2020 (\$4 M/\$8 NM)
 May 5, 2020 (\$4 M/\$8 NM) May 19, 2020 (\$4 M/\$8 NM)



#34128 / #44128 YOGA 90 (M)

90 minutes 90 degrees... Yoga 90 is a powerful, energetic class linking conscious breath with a vigorous and mindful flow. It incorporates strength, flexibility, balance, cardio, physical and mental stamina in one session. Set to a fun playlist, this dynamic, flowing practice is the perfect combination of sweat and stillness as each class ends with an extended aromatherapy infused savasana.

INSTRUCTOR: Shannon Port
WALK-IN FEE: \$10 M / \$12 MG / \$20 NM

6:00 - 7:30 pm | SU
 January (\$27 M/\$54 NM) | February (\$13.50 M/\$27 NM)
 March (\$33.75 M/\$67.50 NM) | April (\$20.25 M/\$40.50 NM)
 May (\$33.75 M/\$67.50 NM)

No class held February 16 & 23, 2020



Individual attention with Personal Yoga

POSTNATAL ONE-ON-ONE YOGA

with Shannon Port

Pregnancy takes its toll on the body. Many women experience long-lasting "side effects" from their pregnancy and birth. Designed with moms in mind, we will focus on discovering a deep core connection postpartum (6 weeks or 60 years - postpartum is forever), improving diastasis recti, finding pelvic floor balance, and creating a more functional body.

1 session **FEE:** \$30 M / \$60 NM
 5 Sessions **FEE:** \$125 M / \$250 NM

GOOD 4U YOGA PRACTICE

with Susan Philhower

One-on-one yoga sessions will focus on functional training in mobility, strength & balance for lifelong well-being that is created just for you.

1 session **FEE:** \$30 M / \$60 NM
 5 Sessions **FEE:** \$125 M / \$250 NM



#34104 / #44104 EARLY BURN (H)

A great way to start your day. For both men & women of all ages. You do what you can and modify where needed. This class is a total body muscle conditioning using dumbbells, weighted bar, bands, exercise balls, Bosu ball and your own body weight. With cardio mixed with strength, you will burn calories, build strength and increase endurance.

INSTRUCTOR: Carie Kreiner
WALK-IN FEE: \$7 M / \$9 MG / \$14 NM

5:15 - 6:15 am | M
 January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)
 March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)
 May (\$13.50 M/\$27 NM)

5:15 - 6:15 am | W
 January (\$15 M/\$30 NM) | February (\$12 M/\$24 NM)
 March (\$12 M/\$24 NM) | April (\$12 M/\$24 NM) | May (\$15 M/\$30 NM)

5:15 - 6:15 am | F
 January (\$15 M/\$30 NM) | February (\$12 M/\$24 NM)
 March (\$12 M/\$24 NM) | April (\$12 M/\$24 NM) | May (\$15 M/\$30 NM)

#34103 / #44103 LOW INTENSITY (L)

A low impact class incorporating aerobics, balance, flexibility and strength. A variety of fitness equipment is used to help you reach your fitness goal.

INSTRUCTOR: Katie Carius, *Hammond-Henry Rehab*

WALK-IN FEE: \$5 M / \$7 MG / \$10 NM

9:45 - 10:30 am | TU

January (\$13.50 M/\$27 NM) | February (\$13.50 M/\$27 NM)

March (\$16.75 M/\$33.50 NM) | April (\$13.50 M/\$27 NM)

May (\$13.50 M/\$27 NM)

9:45 - 10:30 am | TH

January (\$16.75 M/\$33.50 NM) | February (\$13.50 M/\$27 NM)

March (\$13.50 M/\$27 NM) | April (\$16.75 M/\$33.50 NM)

May (\$13.50 M/\$27 NM)

#34107 / #44107 MODERATE INTENSITY (M)

Moderate intensity strength training class combines upper and lower body and core strengthening exercises. A variety of fitness equipment is used to help you reach your fitness goal.

INSTRUCTOR: Katie Carius, *Hammond-Henry Rehab*

WALK-IN FEE: \$7 M / \$9 MG / \$14 NM

8:30 - 9:30 am | TU

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)

May (\$18 M/\$36 NM)

8:30 - 9:30 am | TH

January (\$22.50 M/\$45 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM)

May (\$18 M/\$36 NM)

#34109 / #44109 HIGH INTENSITY (H)

Resistance training, cardiorespiratory endurance training and flexibility training in a 60 minutes High Intensity class. Similar to HIIT classes.

INSTRUCTOR: Katie Carius, *Hammond-Henry Rehab*

WALK-IN FEE: \$7 M / \$9 MG / \$14 NM

8:30 - 9:30 am | M

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)

May (\$13.50 M/\$27 NM)

8:30 - 9:30 am | W

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM) | May (\$18 M/\$36 NM)

#34105 / #44105 MORNING MIX (H)

This class offers a blend of cardio and strength training that will burn calories and build muscle. Many different pieces of equipment will be utilized throughout the workout. Your hourly session will finish with core work to tone abs and stretching to enhance flexibility and balance.

INSTRUCTOR: Yvette Biddle

WALK-IN FEE: \$7 M / \$9 MG / \$14 NM

8:30 - 9:30 am | F

January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)

March (20 M/\$40 NM) | April (\$16 M/\$32 NM)

May (20 M/\$40 NM)

#34118 / #44118 ZUMBA® GOLD (M)

Low-impact Latin dance fitness specifically created for adults and active seniors. This class is fun for ALL levels. ZUMBA® Gold introduces easy-to-follow choreography that focuses on balance, range of motion, and coordination, as well as cardiovascular and muscular conditioning. Get active with great people at the dance party workout that moves at your pace!

No class held week of March 23 - 27, 2019

INSTRUCTOR: Katie Carius, *Hammond-Henry Rehab Personal Trainer*

WALK-IN FEE: \$7 M / \$9 MG / \$14 NM

9:45 - 10:45 am | M

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)

May (\$13.50 M/\$27 NM)

9:45 - 10:45 am | W

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM)

May (\$18 M/\$36 NM)

9:45 - 10:45 am | F

January (\$22.50 M/\$45 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$13.50 M/\$27 NM)

May (\$22.50 M/\$45 NM)

Fitness, Yoga & Cycling

Session Dates can be found on page 23

#34503 / #44503 CYCLE & STRENGTH (H)

This is a combination fitness class using half calorie torching cycling and half weighted strength training. A great cardio ride will be followed by a total body strength training workout. An ideal class for those looking to get a complete cardio & resistance workout.

INSTRUCTOR: Kelley Timmerman

WALK-IN FEE: \$10 M / \$12 MG / \$20 NM

5:15 - 6:30 am | TU

January (\$27.50 M/\$55 NM) | February (\$27.50 M/\$55 NM)

March (\$34.25 M/\$68.50 NM) | April (\$27.50 M/\$55 NM)

May (\$27.50 M/\$55 NM)

5:15 - 6:30 am | TH

January (\$34.25 M/\$68.50 NM) | February (\$27.50 M/\$55 NM)

March (\$27.50 M/\$55 NM) | April (\$34.25 M/\$68.50 NM)

May (\$27.50 M/\$55 NM)

#34504 / #44504 HIP HOP SPIN (H)

Get ready to cycle harder than you ever thought you could! Take every memory about every intense workout you've ever had, add a bike & high energy music, & you'll start to get the idea!

INSTRUCTOR: Shannon Port

WALK-IN FEE: \$8 M / \$10 MG / \$16 NM

6:00 - 7:00 pm | TU

January (\$22 M/\$44 NM) | February (\$16.50 M/\$33 NM)

March (\$27.50 M/\$55 NM) | April (\$22 M/\$44 NM)

May (\$22 M/\$44 NM)

No class held February 18, 2020

WATER FITNESS

CLASS FEES: *Geneseo Community Center Member Pricing [M]*
Geneseo Community Center Non Member Pricing [NM]

#35501 / #45501 FIT BEGINNINGS (L)

Participants experience a full body workout from the jaw down! A fun, low to moderate intensity class while visiting with new friends.

INSTRUCTOR: Theresa Bowton

10:00 - 11:00 am | TU

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)

May (\$18 M/\$36 NM)

10:00 - 11:00 am | TH

January (\$22.50 M/\$45 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM)

May (\$18 M/\$36 NM)

#35503 / #45503 AQUA FIT (M)

An excellent cardiovascular workout with minimal strain on your joints.

Enhance muscle tone and flexibility with a total body workout.

INSTRUCTOR: Karla Paxton

5:45 - 6:45 am | M

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)

May (\$13.50 M/\$27 NM)

5:45 - 6:45 am | TH

January (\$22.50 M/\$45 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM)

May (\$18 M/\$36 NM)

#35517 / #45517 FLOAT & FLOW (H)

Yoga on the water! Using floating fitness boards, this yoga class will be a dynamic alignment based blend of yoga styles that is slower, compassionate, sustainable, strong, introspective, and FUN.

No Walk-Ins due to the limited number of boards available.

INSTRUCTOR: Shannon Port

8:00 - 8:45 am | F

January (\$16.75 M/\$33.50 NM) | February (\$13.50 M/\$27 NM)

March (\$13.50 M/\$27 NM) | April (\$13.50 M/\$27 NM)

May (\$16.75 M/\$33.50 NM)

#35506 / #45506 JUST THE GUYS (M)

An exercise class that works on increasing muscular strength and cardiovascular endurance, plus core strengthening and balance work. A fun-filled hour for men of all ages.

INSTRUCTOR: Theresa Bowton

7:00 - 8:00 am | TU

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)

May (\$18 M/\$36 NM)

7:00 - 8:00 am | W

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM)

May (\$18 M/\$36 NM)

7:00 - 8:00 am | F

January (\$22.50 M/\$45 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$13.50 M/\$27 NM)

May (\$22.50 M/\$45 NM)

#35504 / #45504 FOR THE LOVE OF FIT (L)

Increases range of motion at the joints in order to improve posture, balance and mobility.

INSTRUCTOR: Laura Goetz

10:00 - 11:00 am | M

January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)

March (\$16 M/\$32 NM) | April (\$20 M/\$40 NM) | May (\$12 M/\$24 NM)

10:00 - 11:00 am | W

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM)

May (\$18 M/\$36 NM)

10:00 - 11:00 am | F

January (\$22.50 M/\$45 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$13.50 M/\$27 NM)

May (\$22.50 M/\$45 NM)



MON	TUES	WED	THU	FRI	SAT	SUN
MEMBERS ONLY 5:30 - 7:00 am*	MEMBERS ONLY 5:30 - 7:00 am*	MEMBERS ONLY 5:30 - 7:00 am*	MEMBERS ONLY 5:30 - 7:00 am*	MEMBERS ONLY 5:30 - 7:00 am*		
					Adult Lap Swim* 8:00 - 10:00 am	
Adult Lap Swim* 11:00 am - 1:00 pm	Adult Lap Swim* 11:00 am - 1:00 pm	Adult Lap Swim* 11:00 am - 1:00 pm	Adult Lap Swim* 11:00 am - 1:00 pm	Adult Lap Swim* 11:00 am - 1:00 pm		Adult Lap Swim* Noon - 1:00 pm 1/5 - 5/10
Family/Lap Swim** 1:00 - 2:00 pm		Family/Lap Swim** 1:00 - 2:00 pm		Family/Lap Swim** 1:00 - 2:00 pm	Public/Open Swim 1:00 - 4:30 pm 1/4 - 5/9	Public/Open Swim 1:00 - 4:30 pm 1/5 - 5/10
Family/Lap Swim** 7:00 - 8:00 pm	Family/Lap Swim** 7:00 - 8:00 pm	Family/Lap Swim** 7:00 - 8:00 pm	Family/Lap Swim** 7:00 - 8:00 pm	Public/Open Swim 6:00 - 8:00 pm 1/3 - 5/8		
Adult Lap Swim* 8:00 - 9:00 pm		Adult Lap Swim* 8:00 - 9:00 pm				

*2 lanes reserved for Lap Swimmers, 2 lanes are reserved for water exercise/**2 lanes reserved for Lap Swimmers, 2 lanes are reserved for family swim
 Park District or Aquatic Center Memberships required or Aquatic Center Admission applies, unless otherwise denoted.

#35505 / #45505 GREAT START (L)

Work at your own pace with this low impact routine which includes toning, strengthening, and balance. An afternoon energy boost.

INSTRUCTOR: Theresa Bowton

1:00 - 2:00 pm | TU

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)

May (\$18 M/\$36 NM)

1:00 - 2:00 pm | TH

January (\$22.50 M/\$45 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM)

May (\$18 M/\$36 NM)

#35507 / #45507 FIT HAPPENS A.M. (H)

This class combines high intensity rhythmic movements with resistance training. A class guaranteed to burn calories and get you into shape.

INSTRUCTOR: Laura Goetz

9:00 - 10:00 am | TU

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)

May (\$18 M/\$36 NM)

9:00 - 10:00 am | W

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM)

May (\$18 M/\$36 NM)

9:00 - 10:00 am | F

January (\$22.50 M/\$45 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$13.50 M/\$27 NM)

May (\$22.50 M/\$45 NM)

#35508 / #45508 FIT HAPPENS P.M. (H)

This high intensity, total body workout will utilize the entire pool.

INSTRUCTOR: Laura Goetz & Jill Neal

5:45 - 6:45 pm | M

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)

May (\$13.50 M/\$27 NM)

5:45 - 6:45 pm | W

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM)

May (\$18 M/\$36 NM)

#35520 / #45520 3D WATER WALKING (L)

Participants will receive instructions to increase mobility, flexibility, strength and endurance while in the water.

INSTRUCTORS: Julie Theill & Katie Carius
Hammond-Henry Rehab Trainers

2:00 - 2:45 pm | F

January (\$16.75 M/\$33.50 NM) | February (\$13.50 M/\$27 NM)

March (\$13.50 M/\$27 NM) | April (\$13.50 M/\$27 NM)

May (\$16.75 M/\$33.50 NM)

WALK-IN FEE: \$5 M / \$7 MG / \$10 NM

No class held January 3, 2020, March 27, 2020, April 10, 2020 & May 22, 2020

#35509 / #45509 WALK THE WATER (M)

Water walking burns calories, increases muscle tone and improves cardiovascular health. A variety of options are offered to achieve the level of intensity desired.

INSTRUCTOR: Yvonne Wayne

9:00 - 10:00 am | M

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)

May (\$13.50 M/\$27 NM)

9:00 - 10:00 am | TH

January (\$22.50 M/\$45 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM)

May (\$18 M/\$36 NM)

WATER FITNESS WALK-IN FEE:

\$7 M / \$9 MG / \$14 NM

#35510 / #45510 AQUACISE (M)

Moderate intensity, shallow water exercise class will improve aerobic conditioning as well as increase muscular strength, balance, flexibility and range of motion. Course is easily modified to all fitness levels.

INSTRUCTOR: Yvonne Wayne

8:00 - 9:00 am | M

January (\$18 M/\$36 NM) | February (\$18 M/\$36 NM)

March (\$22.50 M/\$45 NM) | April (\$18 M/\$36 NM)

May (\$13.50 M/\$27 NM)

8:00 - 9:00 am | TH

January (\$22.50 M/\$45 NM) | February (\$18 M/\$36 NM)

March (\$18 M/\$36 NM) | April (\$22.50 M/\$45 NM)

May (\$18 M/\$36 NM)

JANUARY Session I

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL Session IV

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

FEBRUARY Session II

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MAY Session V

SUN	MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MARCH Session III

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FITNESS & WATER FITNESS SESSION DATES

Center Closed no programs held

ACTIVE ADULT/SENIOR PROGRAMS

#37004 / #47004 CARDS & GAMES

Come join friends and neighbors in a friendly game of cards. There are people who are willing to teach you how to play so you can join the fun.

GAME	Manipulation	Hand & Foot	Euchre	500	Yahtzee
TIME	1:00 pm	1:00 pm	1:00 pm	1:00 pm	1:00 pm
DATE	Mondays	Tuesdays	Wednesdays	2 nd & 4 th Thursdays	1 st & 3 rd Fridays
FEE	Free	Free	Free	Free	Free



#37003 / #47003 EXERCISE CLASS

1 hour class includes some gentle yoga moves, chair and standing exercises and NO FLOOR exercises. Participants are encouraged to participate at their personal level of comfort. Talking and laughing together is a big part of the fun of this group. Attendance is not mandatory – come when you can.

INSTRUCTORS: Sharon Rausch & Barb Sigwalt

TIME | DATE: 9:00 – 10:00 am | Thursdays
FEE: Free



#37001 / #470001 BINGO

Everyone is welcome. Various games of Bingo are played each time. Prizes for everyone!

TIME | DATE: 1:00 pm | 1st & 3rd Thursdays of every month
FEE: \$.50 / card



#37003 / #47003 WALKING GROUP

Walking is a wonderful way for energetic adults to be physically active! It's easy, it's free, and it doesn't require large equipment or training. Walking on a regular basis can offer benefits such as lowering the risk of high blood pressure, strengthening bones and muscles, burning calories, lifting your mood. Come join us to walk at your pace with old and new friends on the indoor track or down on the gym floor and enjoy the healthy benefits that come along with it.

TIME | DATE: 10:00 – 11:00 am | Tuesdays & Thursdays
FEE: Free



WALKING GROUP

#37003 / #47003 ACTIVE ADULT LUNCHEON

The Geneseo Park District would like to invite you to a *free* light luncheon.

HAPPY NEW YEAR LUNCHEON

Come celebrate the New Year at the Park District & enjoy some good food with good friends. We will reflect on the items that we have accomplished in 2019, and we will look forward to set goals to accomplish in 2020.

TIME | DATE: Noon | Friday January 10, 2020

FEE: Free

Sign up at the Geneseo Community Center by *Monday January 6th*.

ST. PATTY'S DAY LUNCHEON

Saint Patrick, the patron saint of Ireland, is celebrated every year on his feast day of March 17. Here at the Park District, we will celebrate St. Patrick's Day with good Irish food, good friends, songs, Irish related games, and lots of green everywhere.

TIME | DATE: Noon | Friday March 13, 2020

FEE: Free

Sign up at the Geneseo Community Center by *Monday March 9th*.

MEMORIAL DAY LUNCHEON

Memorial Day is a day for us to remember & honor those who have passed while serving in the U.S. Military. The Park District would like to invite our friends, family and veterans to a Flag-Raising and Moment of Remembrance celebration for those who have served our country. Afterward come join us for food, games and good times with friends.

TIME | DATE: Noon | Friday May 22, 2020

FEE: Free

Sign up at the Geneseo Community Center by *Monday May 18th*.



ACTIVITY ROOM

THE ACTIVITY ROOM IN THE CENTER IS NOW AVAILABLE TO MEMBERS & GUESTS



Come do your homework, play a game, challenge a friend to Foosball, Air Hockey, Ping Pong or Shuffleboard, or just relax and watch a show.

The Activity Room is available during The Center's regularly schedule hours and when Programs or Rentals are not in progress.

A complete room schedule is posted at The Center and online at GeneseoParkDistrict.org/community-center/#activity



THE ACTIVITY ROOM NOW INCLUDES...

- Ping Pong Table
- Shuffleboard Table
- Air Hockey Table
- Foosball Table
- Wii Console
- Cable TV
- Game Tables
- Cards & Board Games
- Lounge Area with New Furniture

Equipment can be signed out at the Front Desk

FREE to Members
General Admission for Non-Members

Plan your next event in the Activity Room!

The Activity Room is the perfect place to hold a meeting, party or family gathering.

All ages will be entertained during your celebration.

See page 26 for more information.



RENTAL INFORMATION

Plan your Special Event at the Geneseo Park District

The **GENESEO COMMUNITY CENTER** offers a wide variety of spaces to fit your rental needs.

Dedrick Room & Activity Room with full kitchen, Small Meeting Room, Main Gym with Basketball, Volleyball, Racquetball & Pickleball Courts, Program Gym, Indoor Pool & Lounge and the Life Fitness Room. **The Center has the space for your next event!**

Host a business meeting in the Dedrick Room, have your own basketball tournaments or throw that special someone a baby shower.

<i>as of January 1, 2020</i>	Regular	Nonprofit
ACTIVITY ROOM	\$30/hour	\$20/hour
DEDRICK ROOM	\$30/hour	\$20/hour
SMALL MEETING ROOM	\$15/hour	\$10/hour
MAIN GYM	\$70/hour	\$60/hour
HALF GYM <i>includes a Volleyball or Basketball Court</i>	\$50/hour	\$40/hour
PROGRAM GYM <i>spring floor only</i>	\$60/hour	\$50/hour
LIFEFITNESS ROOM	\$30/hour	\$20/hour
INDOOR POOL	\$90/hour	\$80/hour
INDOOR POOL LOUNGE	\$20/hour	
LIFE FITNESS ROOM	\$30/hour	\$20/hour
BOUNCE HOUSE OR INFLATABLE <i>on site</i>	\$135/hour	
BLOW UP MOVIE SCREEN <i>on site</i>	\$300/3 hours ²	



CENTRAL THEATER in downtown Geneseo is available to rent for your next event or meeting. Have a private viewing, hold a meeting, host a birthday party or play a video game on the big screen.

The theater has a stage (great for speaking engagements), a large screen (high resolution to display your presentation, home movie, DVD or current film), comfortable seating (enough for 177 friends, family or business associates) and surround sound. Ask about renting Central Theater for a private showing of the feature film just for you and your guests!

Excellent movie theater popcorn, candy and fountain drinks are available for purchase during your next event.

<i>as of January 1, 2020</i>	Regular	Nonprofit
CENTRAL THEATER	\$65/hour ¹	\$55/hour ¹

The **JOHN & CARLA EDWARDS AQUATIC CENTER** includes a Pool House, Splash Pad, Activity Pool with Zero Depth Entry, Play Feature, Lily Pad Walk & Current Channel and a 6 Lane Lap Pool with Drop Slide, 2 Diving Boards and Climbing Wall.

Located adjacent to the Pool House, the Poolside Room is open all year round. A perfect space for your next meeting or event with outside patio, tables, chairs, a refrigerator, microwave and sink. Bring everything you need to make your event a success or, during the summer months, purchase food from a full line of concession stand items.

Hosting a large group? Reserve the entire Aquatic Facility!

<i>as of January 1, 2020</i>	Regular	Nonprofit
POOLSIDE ROOM <i>open year round</i>	\$30/hour ¹	\$20/hour ¹
SPLASH PAD <i>after hours</i>	\$35/hour	
AQUATIC CENTER <i>after hours</i>	\$180/hour ¹	\$160/hour ¹



The **ATHLETIC FIELD**, located just one block east of the Geneseo Community Center, offers a wide variety of options for your next gathering. Stop by for Tennis, Pickleball, Basketball, Sand Volleyball, Ping Pong, Bags or Run/Walk on the Track.

Entertain your group with **FREE** games at the Athletic Field. Just bring an ID, Keys or another personal item to the Geneseo Community Center to exchange for fun games to play on Park District property.

<i>as of January 1, 2020</i>	Regular	Nonprofit
FOOTBALL FIELD <i>includes track</i>	\$20/hour	\$10/hour
OPEN GRASS FIELD	\$20/hour	\$10/hour
SAND VOLLEYBALL COURT	\$10/hour	\$5/hour
BASKETBALL COURT	\$10/hour	\$5/hour
TENNIS / PICKLEBALL COURTS	\$10/hour	\$5/hour
ATHLETIC FIELD SHELTER	\$25/day	
FOOTBALL FIELD LIGHTS	\$35/hour	
BLOW UP MOVIE SCREEN <i>on site</i>	\$300/3 hours ²	

Call to schedule your next event today! (309) 944-5695

All rentals are during regularly scheduled hours unless otherwise listed. Please contact The Center for After Hour Rental Pricing (additional charges may apply)

¹Additional charges apply for use of Concessions and/or Equipment

²Includes blow up movie screen, AV equipment and either Main Gym or Athletic Field Rental for up to 3 hours.



CELEBRATE YOUR BIRTHDAY

at the Geneseo Park District
Find the perfect Party Package for your celebration!

INDOOR POOL PARTY SPLASH

Come ready to swim, splash and slide for one hour at the Geneseo Community Center's Indoor Pool. Enjoy the second hour at our Indoor Pool Lounge enjoying cake, ice cream and birthday festivities.

Recommended Ages: 3 yrs and up

ROLLER-SKATING PARTY

Enjoy one hour of skating in the gym before your party. All equipment is included. Roll into the second hour of festivities with cake and ice cream in a party room.

Recommended Ages: 6 yrs and up

FLIP FLOP FUN PARTY

The Geneseo Park District Gymnastics Staff will organize a variety of age appropriate games, set up an obstacle course and teach basic tumbling and gymnastics. After flipping and flopping in the gym enjoy the rest of your festivities with cake and ice cream in a party room.

Recommended Ages: All Ages

INFLATABLE PARTY*

Birthdays are more fun with an Interactive Inflatable or jumping in a Bounce House in the Geneseo Community Center's Gym. Enjoy one hour of Inflatable Fun. Rest your legs and enjoy the rest of your festivities with cake and ice cream in a party room.

Recommended Ages: All Ages

Select either Bounce House, Soccer Darts or Basketball Connect 4 Inflatables at the time of reservation.

Additional inflatables can be included for \$100 / inflatable.

The Bounce House is limited to 12 jumpers at a time, minimum height is 36 inches.

HAVE A PARTY AT THE AQUATIC CENTER

The Poolside Room is a perfect space for your child's birthday party. Bring everything you need to make your party a success or, during the summer months, purchase food from a full line of concession stand items.

Learn more on page 26

EACH PARTY INCLUDES...

IT'S PARTY TIME. 2 hours of fun for 12 guests, plus the birthday boy or girl. Each additional guest is \$5.00. Of course, parents and chaperones are **FREE!**

PARTY COORDINATOR AT YOUR SERVICE. Our Party Coordinator will assist you with all your party needs, including set up, cleaning, decorating, games, serving and gift recording.

LOCATION LOCATION LOCATION. Party appropriate rooms for your special day and the birthday boy or girl's name on the Digital Marquee!

WE ALL SCREAM FOR ICE CREAM. Your party also includes a cake of choice with ice cream & punch to feed your party-goers and of course decorations with coordinating cups, plates, napkins and silverware to have the most festive party.

HOSTING YOUR CHILD'S NEXT BIRTHDAY PARTY HAS NEVER BEEN EASIER!

Call to schedule your party today!

(309) 944-5695

\$300 Members | \$350 Non-Member

**Additional \$50 for Inflatable Fun Birthday Parties*

2019 PARK DISTRICT UPDATES

THERE HAS BEEN A LOT HAPPENING AT THE PARK DISTRICT THIS FALL, AND WE ARE EXCITED ABOUT THE UPDATES TO THE FACILITY.

The Senior Room transition to a multi-use **Activity Room** is complete. We have added new furniture, card tables, ping-pong, shuffleboard, air hockey, foosball and a Nintendo Wii. In addition to being used for Active Adult cards and games, the room will be open to all patrons in the afternoons, evenings and weekends. We want the Community Center to be a safe and fun place for families to come and enjoy their time together.

In **September of 2019** we upgraded our registration software system, as our old version is no longer supported. As part of this upgrade, we will be updating our membership picture database starting in January. So please stop by either desk to get your picture taken.

The overwhelming response from the 2015 Community Wide Survey was **“maintain what you have”** and we have worked hard to fulfill this goal with many improvements shown below and on page 29. **Here are some of the other improvements that happened in 2019 that you don't necessarily see...**

- New Server, Computers, Internet Cable and Phone System
- New Projector for business presentations and Free Summer Movie Series
- New Gymnasium Speakers
- New Roof Top Units
- New Sauna Heating Element
- New Indoor Pool Circulation Pump & Heat Exchanger
- New Cinema Server at Central Theater
- New Downspouts
- New Security Cameras
- New Storage Container
- New ADA Detectable Warning Strips
- New Pool Drain Valves

You may still see improvements happening at the Park District in 2020. The improvements have been supported by grants and our annual rollover bond. This money cannot be used for operational expenses but must be used for capital projects. **We will continue to work hard at “maintaining what we have”.**

The Board & Staff work hard to maintain the tax rate along with fees, while offering the best service possible. Annually the fees, charges and expenses are reviewed and compared to similar facilities. Due mostly to the mandated minimum wage increases beginning January 1, 2020 there will be an increase in fees and charges throughout the Park District. Even after these increases the Geneseo Park District remains one of the best values in the area. In addition to the price increase the Park District will work diligently to reduce operational expenses.

Parktoberfest 2019 was another overwhelming success! We had almost 200 guests in attendance and raised **\$30,260 for the Geneseo Park District Foundation**. A portion of the funds raised from this year's event went towards the newly resurfaced pickleball & tennis courts at the Athletic Field, in addition to supporting the **FUNDing Positive Recreational Experiences Financial Assistance Program**. Look for a new twist on Parktoberfest and fund-raising from the Park District Foundation in 2020. More information about the Geneseo Park District Foundation can be found on page 33.

WE LOOK FORWARD TO SEEING YOU AT THE CENTER FOR INDOOR FAMILY FUN!



ACTIVITY ROOM

See page 25 for more information



Parktoberfest picture courtesy of Sarah Sunstrom Photography



Andy Thurman, Executive Director

playing with Soccer Darts, one of the new Interactive Inflatables. Come play on **FREE** Inflatable Fun days! Learn more on page 32.

2019 PARK DISTRICT UPDATES

2019 HAS BEEN A YEAR FOR FACILITY UPDATES AT THE GENESEO PARK DISTRICT

NEW STAIRS & RAILING



NEW CARDIO / WEIGHT ROOM EQUIPMENT



TENNIS COURT / PICKLEBALL COURT RESURFACING



INDOOR POOL LOUNGE FURNITURE



COMMUNITY GARDEN

DRINKING FOUNTAINS



LED LIGHTS, BLINDS, PAINT & CARPET

EQUIPMENT



SIGNS



FREQUENTLY ASKED QUESTIONS

MEET THE GENESEO PARK DISTRICT BOARD OF COMMISSIONERS?



Doug Bodeen
President



Nate Vorac
Vice-President



Kathleen Repass
Secretary



Julia McAvoy
Commissioner



Christina Zobrist
Commissioner

MEET THE GENESEO PARK DISTRICT LEADERSHIP TEAM

Andy Thurman Executive Director

Paula Verbeck Superintendent of Finance & Administration

Andrew Sigwalt Superintendent of Recreation

Scott Himmelman Superintendent of Facilities

Jackie Beach Recreation / Aquatics Supervisor

Jodie Olson Administrative Assistant

OOPS!

The Park District staff has made every effort to prepare this guide as accurately as possible. However, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Park District reserves the right to make any adjustments. The Park District apologizes for any inconvenience these errors or adjustments may cause.

WE WANT TO HEAR FROM YOU

Take a few moments and tell us what you think about Park District Programs by filling out the Activity Evaluation at www.GeneseoParkDistrict.org/Voice-Your-Opinion.

Your feedback will help guide us so we can better reflect your interests and desires in future programming and events. We value your input.

PHOTO / VIDEO DISCLOSURE

By registering for, participating in or attending Park District programs, events, or other activities, the participant agrees to the use and distribution by the Park District of his or her image. *If you do not wish your household to be photographed, you will need to complete & sign the Photo Waiver form at the Geneseo Community Center.*

USING THE ACTIVITY GUIDE

LOCATION, LOCATION, LOCATION. All programs are held at the Geneseo Community Center unless otherwise denoted.

CLASS FEES. Class fees are listed as *Member Pricing [M] / Non-Member Pricing [NM]*

FITNESS & WATER FITNESS CLASS WALK-IN FEES. (M) Member / (MG) Member Guest¹ / (NM) Non-Member

¹Members can bring a Non-Member Guest at a reduced Walk-In Fee

FITNESS & WATER FITNESS CLASS INTENSITY LEVELS. (L) = Low | (M) = Moderate | (H) = High

VISITING THE BABYSITTING ROOM

The Geneseo Park District Babysitting Service is available for children of our patrons. Parents or guardians must remain in the Community Center building while the child is in the babysitting room. Children must be at least 6 months of age and care items must be provided by the parent and labeled with child's name. Bottles and sippy cups of juice are permissible. Food items are not to be brought into the room, crackers are provided.

Babysitting fees as of January 1, 2020

Walk-In Members: \$4.00/child per visit. 3rd and 4th child are \$2.00/child per visit. Maximum of \$10.00/visit per family.

Walk-In Non-Members: \$8.00/child per visit. 3rd and 4th child are \$4.00/child per visit. Maximum of \$20.00/visit per family.

Members Only Babysitting Punch Cards¹

10 punch card | \$35.00

25 punch card | \$75.00

50 punch card | \$125.00

¹Punch Cards can be purchased at the Geneseo Community Center.

Punch cards are not transferable. Any refund requests will be handled on a case by case basis. Child must be a member to receive membership rates.

CLOSINGS & CANCELLATIONS

The Park District and/or its independent contractors reserve the right to consolidate, postpone or cancel any activity or program that has not met the established minimum.

PROGRAM CANCELLATIONS: On days when the Geneseo School District releases early or cancels due to weather, our programs are also cancelled and Babysitting is closed. If the Geneseo School District has a late start all Adult Programs and Babysitting will run as scheduled. All other programs scheduled after school would run as scheduled. Make-up classes will be scheduled if facility and instructor resources are available.

See page 2 for Bright Beginnings Preschool closings & cancellations. **Visit our website for the most up-to-date closings and cancellations.**

WHAT DISCOUNTS DO YOU OFFER?

The Geneseo Park District offers Business Membership Discounts. If your employer has a Business Membership, you could be eligible for a 10% discount off your annual Membership fee. Please see desk attendant for a list of current participating employers.

Your employer is not part of this program? Talk to them today about helping you and your coworkers receive a discount to get fit and healthy. Healthy employees are more productive and can reduce employer expenses. Call (309) 944-5695 for more details.

CAN I USE THE CENTER OR AQUATIC CENTER IF I AM NOT A MEMBER?

Yes, anyone can use The Center, John & Carla Edwards Aquatic Center or sign up for programs.

DAILY ADMISSION AT THE CENTER

as of January 1, 2020
\$7.00 Youth/Senior
\$8.00 Adult

DAILY ADMISSION AT THE AQUATIC CENTER

as of January 1, 2020
\$8.00 / person
\$25 / Family on Family Swims (or \$7/person if under 4 people)
\$6 / person on Night Swims
For special group rates contact Jackie Beach (309) 944-5695

WHAT IF I AM NOT A RESIDENT OF THE GENESEO PARK DISTRICT?

NON-RESIDENT: Non-residents are persons who do not reside within the corporate boundaries of the Park District or do not pay taxes for the Park District. A \$60 non-resident fee will be applied to Community Center & Park District membership purchases or renewals. A \$20 non-resident fee will be applied to Aquatic Center memberships. (Not applicable to 1-month memberships).

HOW CAN I PAY FOR A MEMBERSHIP?

The Geneseo Park District offers three easy payment plan options...

1 - PAY Pay the full amount owed at time of purchase. All major credit cards are accepted.



3 - PAY (3 CONSECUTIVE MONTHLY PAYMENTS) The membership rate is divided into 3 equal payments, which are paid the first three months of your membership plus a \$10.00 service fee. If monthly payments are not paid by due dates, a late fee of \$10.00 per month will be charged. Future memberships may not be obtained until complete balances are paid in full. Only available on annual membership purchase. The \$10 service fee is reflected in the listed 3-pay price.

12 - PAY (AUTOMATIC ELECTRONIC WITHDRAWAL) 12-pay is the only way that the Geneseo Park District can accept monthly payments for annual membership dues. An initial down payment is required at time of purchase, fulfilling your first and last month's payment obligation. A monthly service fee of \$2.00 will be included in the monthly payment. **Monthly dues will be withdrawn for a minimum of 10 months and will automatically continue until we receive a 30 day written notice of termination.**

FINANCIAL ASSISTANCE IS AVAILABLE For more information call (309) 944-5695 or visit www.GeneseoParkDistrict.org

HOW DO I REGISTER FOR A PROGRAM OR CLASS?

Register for programs or classes by visiting the Geneseo Community Center, by mail sent to 541 E. North Street in Geneseo or by using our online registration at www.GeneseoParkDistrict.org.

- Programs may not be transferred from one person to another.
- Telephone registration will not be accepted.
- The Park District does not provide accident insurance. Each person participates at his or her own risk.
- The Park District reserves the right to consolidate, postpone or cancel any activity or program.
- On days when Geneseo Schools are cancelled due to weather, our programs are also cancelled.
- The Park District will not issue a refund for the difference in the program fee if a Membership is purchased after the first day of the program.

We want to include you, yes you... The Park District believes each participant should be provided with leisure services to allow for his/her highest level of performance. **Inclusion Services** are designed to facilitate and ensure opportunities are available in the least restrictive environment and to make certain residents are given the opportunity to choose the services they desire.

The Geneseo Park District will make reasonable accommodations in recreation programs to enable participation by an individual with a disability that meets essential eligibility requirements for that leisure program and facility. *If you have any special needs, please contact Scott Himmelman or Jackie Beach at (309) 944-5695.*

WHAT IF I WANT TO CANCEL OR UPGRADE MY MEMBERSHIP OR PROGRAM?

UPGRADING MY MEMBERSHIP: When upgrading your membership you will receive 100% credit of the unused portion on the existing membership which is deducted from the new membership price. A new expiration date is established at the time of upgrade. New payment plan forms will be completed at this time. No refunds are applied on 12-pay option.

MEMBERSHIP CANCELLATION POLICY: Annual memberships discontinued before the year is completed will be refunded on the basis of 1/2 of the unused balance plus a \$5.00 service fee (not applicable on 12-pay option).

MEMBERSHIPS ARE NOT TRANSFERABLE. *Memberships purchased under false pretenses will be terminated and no refunds will be given.*

PROGRAM CANCELLATION POLICY: Full refunds will be given to a registrant for any program, provided that the refund is requested of the Park District before the class starts. Refunds after a class begins will be at a rate of 1/2 of the unused portion at the time of the request.

FREE EVENTS

THESE FREE SEASONAL COMMUNITY EVENTS ARE SPONSORED IN PART BY THE GENESEO PARK DISTRICT FOUNDATION!

SPECIAL DAY FUN AT THE CENTER

Special Day Swims

Join us for **FREE** swimming at The Center's Indoor Pool.

1:00 - 3:00 pm

Monday January 20, 2020
Monday February 17, 2020
Monday March 23, 2020
Wednesday March 25, 2020

1:00 - 4:30 pm

Saturday January 11, 2020
Saturday January 18, 2020

ADMISSION: FREE
AGES: All Ages
LOCATION: Indoor Pool



Inflatable Fun

Join your friends for **FREE** inflatable fun at The Center.

9:30 - 10:00 am | 4 yrs & under
10:00 am - Noon | All Ages

Saturday January 11, 2020
Saturday January 18, 2020
Monday February 17, 2020
Tuesday March 24, 2020
Thursday March 26, 2020
Friday April 10, 2020
Monday April 13, 2020

ADMISSION: FREE
LOCATION: Gym

St. Patrick's Day ROLLER-SKATING

SATURDAY MARCH 14, 2020



A great way to exercise and have fun with your friends & family. Bring your own skates or rent skates from The Center. *Limited number of skates available.*

5:30 - 6:45 pm

AGES: 3rd Grade & under

7:00 - 9:00 pm

AGES: All Ages

SEE PAGE 5 FOR MORE WINTER ROLLER-SKATING DATES



ADMISSION: FREE
SKATE RENTAL: \$4.00
Limited skates and sizes available.



Annual EASTER EGG HUNT

SUNDAY APRIL 5, 2020 | 3:00 PM



A fun family tradition! Join us at the Athletic Field for the 14th Annual Easter Egg Hunt. The Easter Egg Hunt is set up so your little bunny can find candy or toy filled eggs with children of the same age. Find one of the Golden Eggs and receive a special prize. *This is a free event, pre-registration is preferred.*
AGES: 2 yrs - 11 yrs. Children are separated into the following age groups: 2 & 3 yr olds, 4 & 5 yr olds, K-2nd grades and 3rd - 5th grades.

#43057 LOCATION: Athletic Field*
ADMISSION: **FREE**

**If spring weather has not sprung by the scheduled date, an indoor hunt will be organized, watch our website at www.GeneseoParkDistrict.org, Facebook and/or Twitter for location updates.*



MLB PITCH, HIT & RUN Competition

SUNDAY APRIL 26, 2020 | 1:00 PM



Pitch, Hit, and Run is an exciting skills competition for boys and girls ages 7 – 14. Participants have 6 attempts to throw at a target, 3 attempts to hit a ball off a tee, and will be timed for running from 2nd base to home plate. All participants receive a certificate and winners advance to a sectional competition held 1:00 pm Sunday May 17, 2020 at Bollen Field. *This is a free event, pre-registration is preferred.*

#42350 LOCATION: Bollen Field
ADMISSION: **FREE**

Field provided by



KAYAK & CANOEING Water Safety

SUNDAY MAY 17, 2020 | NOON - 3:00 PM



The month of May is National Water Safety Month! Come learn more about water-related recreational activities as well as boat safety. There will be a 1-hour educational session on the dry land, followed by a 2-hour session on the water. Bring your own kayak or canoe. A limited number are available on a first come first serve basis. *This is a free event, pre-registration is preferred.*

#43081 LOCATION: Izaak Walton League located on Route 82
ADMISSION: **FREE**

Equipment provided by:
Geneseo Campground



It's about providing a POSITIVE RECREATIONAL EXPERIENCE for all!

Geneseo Park District Foundation

The Foundation is an IRS 501(c)(3) organization and all donations to the Foundation are tax deductible to the fullest extent of the law.

OUR MISSION The Foundation's mission is to promote and cultivate stewardship along with financial support empowering the Geneseo Park District to enhance the quality of life in our community by providing a positive recreational experience for all.

The Foundation cooperatively works with the Park District Board & Staff in selecting and funding capital improvement projects for the Geneseo Park District.

ABOUT US The Geneseo Park District Foundation was founded in 2014 primarily to help raise capital funds for a new Aquatic Center. The Foundation has since broadened its focus to continue to support and promote the mission of the Geneseo Park District.

FUNDING POSITIVE RECREATIONAL EXPERIENCES A Financial Assistance Program that strives to remove the financial barriers that may prevent Park District residents from enjoying a Positive Recreational Experience.

WISH BOOK Pick up a booklet to choose from a variety of items to help create lasting memories.



Making a Difference Due to the community's support, the Foundation has been able to help the Park District...

offer a Hot Drink Bar
at the Geneseo Community Center

You can get Coffee, Tea and Hot Chocolate courtesy of the Geneseo Park District Foundation! Remember - bring your own cup to help reduce waste.

offer FREE Community Events
all year long!

A variety of **FREE** annual community events can be found in the seasonal Activity Guides.

Look for Free Swims, Easter Egg Hunt, Rollerskating & much more on page 32!

complete Capital Projects
at Park District properties & facilities

such as Tennis Court & Pickleball Court Resurfacing at the Athletic Field and the John & Carla Edwards Aquatic Center.

purchase Capital Equipment
for Park District programs & facilities

such as Indoor Pool Lounge Furniture & Digital Marquee at the Community Center and Equipment for **FREE** play at the Athletic Field.

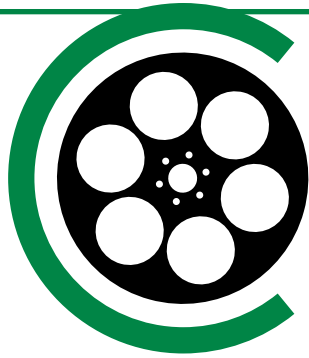


CREATING MEMORIES that last a lifetime

Help create lasting memories in our Community by giving to the Geneseo Park District Foundation.

Find out how at www.GeneseoParkDistrict.org

ECRWSS
RESIDENTIAL CUSTOMER



CENTRAL THEATER

your hometown theater

GREAT MOVIES SHOWN DAILY

Monday - Saturday at 7:10 pm & Sunday at 3:10 pm*

with Digital Cinema Projections & Digital Sound

*Showtimes subject to change. Visit our website for movie titles & showtimes.

FAMILY ENTERTAINMENT AT AN AFFORDABLE PRICE!

Adult \$7.00 | Youth/Senior \$6.00

BYOB MONDAYS

Bring your own lap size popcorn bowls to Central Theater on Mondays & have it filled for only

\$2



TICKET TUESDAYS!

One lucky winner will win a prize on Ticket Tuesdays*.

*Only available on tickets purchased on Tuesdays. Must be present to win.



EQUIPPED WITH

CLOSED CAPTIONING & ASSISTIVE LISTENING SYSTEMS

Visit the Concession Stand to request your listening device.



FREE MOVIE SATURDAYS

Join Central Bank for a **FREE** Matinee
9:30 am at Central Theater on the following days:

Saturday January 18, 2020
Saturday February 15, 2020
Saturday March 21, 2020
Saturday April 18, 2020
Saturday May 16, 2020

(Movie titles to be announced)



Rent the theater for your next event or party!

See page 26 for Rental Information



(309) 944-3603 | 111 North State Street

Be the first to find out what is showing at your local movie theater.

Sign up for Weekly Showtime Emails today at

www.GeneseoParkDistrict.org



CentralTheaterGeneseo