



# GENESEO PARK DISTRICT | FALL 2019 ACTIVITY GUIDE

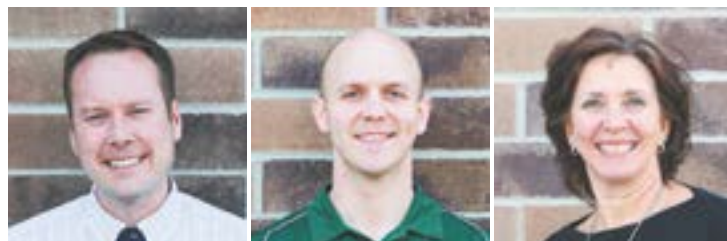


LOOK INSIDE TO LEARN MORE ABOUT  
FREE GAMES AT THE ATHLETIC FIELD



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.

ON THE COVER



Doug Bodeen President, Nate Vorac Vice-President, Kathleen Repass Secretary



Julia McAvoy Commissioner, Christina Zobrist Commissioner

Having fun in the sun has never been easier!

The Geneseo Park District offers a wide variety of Yard Games to play at the Athletic Field. Anyone can check these games out for FREE!

Visit page 21 for a complete list of available Yard Games for outdoor fun at the Athletic Field.

Upper left: Kiersten Hancock gets three in a row with Large Tic Tac Toe.  
 Middle: Nicole Werling, Luke Bedford & Ashlynn Werthmann playing Giant Connect 4.  
 Upper Right: Helo Castro picks the perfect piece while playing Giant Jenga.  
 Lower Left: Vance Hansen & Bennett Mickley playing Ping Pong on the permanent Ping Pong Table.  
 Lower Right: Jack Mickley & Lena Kempfer playing an exciting game of Bags on the permanent Bags Court.

JOIN OUR ONLINE COMMUNITY



GeneseoParkDistrict  
CentralTheaterGeneseo  
GeneseoParkDistrictAquaticCenter



@GeneseoParkDist



geneseo\_park\_district

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.



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

Exciting times at our Park District...

The Geneseo Park District is a huge part of what makes Geneseo an exciting community to live, work, play, grow up, raise families and retire in. The combination of up-to-date facilities staffed by dedicated & highly qualified individuals enhances our quality of life in many ways.

The Geneseo Park District offers a wide range of programs and activities for residents of all ages and abilities, and the Geneseo Park District Foundation works closely with the elected commissioners and staff to identify additional capital items and program areas in need of financial support. We live in a very generous community, where many people give financially to support major capital projects like the John & Carla Edwards Aquatic Center. The Foundation also supports many activities and events offered free seasonally to everyone in and around our community. There are many exciting, free, family events throughout the fall season.

Indoors, outdoors and all throughout our district there are numerous opportunities for you to donate or purchase items or make a cash contribution to reflect your personal interest in making a positive difference for the Geneseo Park District. Please check out the Park District Foundation Wish List of items on the Park District's website for a wide range of price points that will further enhance the positive recreational experiences of all.

The 5<sup>th</sup> annual Parktoberfest is coming up on Saturday, October 19<sup>th</sup> from 6 - 10 pm. As the largest fundraiser of the year, this night of fun in our community has quickly become a sellout experience. It is generously supported by businesses and individuals throughout our community. Funds raised support our financial assistance program as well as capital equipment purchases. Both of these strive to remove the financial barriers that may prevent residents from enjoying all the Geneseo Park District has to offer.

We invite you to join us in these exciting times at the Park District, where together we can make a positive difference and create memories that last a lifetime!

Erin & Todd

Todd Sieben  
 Geneseo Park District Foundation Board Vice-President

Erin Wyffels  
 Geneseo Park District Foundation Board Secretary



Picture taken at the Foundation's 2018 Parktoberfest courtesy of Sarah Sunstrom Photography.

Find out how you can purchase tickets for 2019 Parktoberfest on the back cover of this Activity Guide.

Check out the many free events sponsored in part by the Foundation on pages 2-3 of this Activity Guide.

Learn how the Foundation helps create lasting memories online at GeneseoParkDistrict.org.

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**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. 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.

# FREE FOUNDATION EVENTS

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

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## Friday August 9, 2019

Come out to the Athletic Field with the Geneseo Park District for one last Summer Bash before the new school year begins.

### Family Friendly Activities include...

- Park District Bounce House and NEW interactive Inflatables.
- Yard Games such as Ping Pong, Bags, Giant Connect 4, Giant Jenga, Large Yatzee, Giant Checkers, Large Tic Tac Toe and many more.
- Popcorn & Drinks will be provided.
- Complete your night with an outdoor family, friendly movie at dusk; *Spiderman: Into the Spider-verse*

Friday August 9, 2019 | Gates open at 5pm

AGES: All Ages

LOCATION: Athletic Field

*No make up rain date is scheduled. In case of inclement weather the movie will be shown at the Community Center.*



Free events are sponsored in part by the

## SPECIAL DAY FUN September - December

School is out and The Center is open! Join your friends for fun indoors on your day off.



### Swimming

1:00 - 3:00 pm | All Ages

Monday October 14, 2019  
Monday November 25, 2019  
Wednesday November 27, 2019

LOCATION: Indoor Pool

### Bounce House

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

10:00 am - Noon | All Ages  
Tuesday November 26, 2019  
Friday November 29, 2019  
Friday December 27, 2019  
Monday December 30, 2019

LOCATION: Gym

*New inflatables for indoor & outdoor fun!*



**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.

JOIN THE FOUNDATION'S  
ONLINE COMMUNITY



Help create lasting memories in our Community by giving to the Foundation.  
Find out how at [www.GeneseoParkDistrict.org](http://www.GeneseoParkDistrict.org)

*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.*

### 2019 FOUNDATION BOARD MEMBERS

- Doug Bodeen *President*
- Todd Sieben *Vice President*
- Erin Wyffels *Secretary*
- Paula Verbeck *Treasurer*
- Alex Cechowicz *Commissioner*

## Friday October 18, 2019

Bring your child to Anderson Memorial Park (located at 316 East Main Street) to enjoy seasonal stories and marshmallows around a cozy campfire.

No pre-registration required.

Friday October 18, 2019 | 5:00 - 7:00 pm

AGES: 3 - 8 yrs

LOCATION: Anderson Memorial Park



## Spooktacular

### Saturday October 26, 2019

Wear your best costume for a Spooktacular Rollerskating at The Center! Prizes given out for best costumes. Bring your own or rent skates from The Center.

No pre-registration required.

Saturday October 26, 2019

5:30 - 6:45 pm | 3<sup>rd</sup> Grade & under

7:00 - 9:00 pm | All Ages

LOCATION: Geneseo Community Center Gym

SKATE RENTAL: \$3.00



## Sunday November 10, 2019

The Geneseo Park District brings you the 9<sup>th</sup> Annual Turkey Trot. Race against your friends for a chance to win a turkey! Participants are divided into 3 groups by grade...Boys/Girls Pre-K (100 yard dash), K-2<sup>nd</sup> (1 lap around the track) & 3<sup>rd</sup>-5<sup>th</sup> (2 laps around the track). 3 winners per age group.

Turkeys provided in part by: Fareway

Pre-registration is preferred by November 8, 2019 at The Center

Sunday November 10, 2019 | 2:00 pm

GRADES: Pre-K - 5<sup>th</sup>

LOCATION: Athletic Field



## Saturday December 7, 2019

The best holiday memories come from the annual trip to see Santa at the Geneseo Community Center. Children of all ages can share their holiday wish list and have their picture taken with Santa and his elves.

No pre-registration required.

Sponsored in part by:

Saturday December 7, 2019 | 6:00 - 8:00 pm

AGES: All Ages

LOCATION: Geneseo Community Center

**Modern Woodmen**  
FRATERNAL FINANCIAL  
Thomas M. Taylor



## Saturday December 14, 2019

The Geneseo Park District joins the Annual Christmas Walk with family friendly events:

### JINGLEBELL OBSTACLE COURSE

At the 8<sup>th</sup> Annual Obstacle Course participants will be timed while running through a winter wonderland.

No pre-registration required.

2:00 - 3:00 pm

GRADES: Pre-K to 5<sup>th</sup>

LOCATION: The Center's Gym

### JINGLEBELL SKATE

Complete your Christmas Walk experience with a special Skate Night. No pre-registration required.

5:30 - 6:45 pm | 3<sup>rd</sup> Grade & under

7:00 - 9:00 pm | All Ages

LOCATION: The Center's Gym

SKATE RENTAL: \$3.00

### 2 - 3 year olds

**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  
**FEE<sup>1</sup>:** \$225 per Year M / \$450 per Year NM  
or \$25 per month M / \$50 per month NM

### 3 - 4 year olds

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 *full* or 12:30 - 3:00 pm | TU TH *full*  
**FEE<sup>1</sup>:** \$720 per Year M / \$1,440 per Year NM  
or \$80 per month M / \$160 per month NM

### 4 - 5 year olds

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 *full* or 12:30 - 3:00 pm | M W F *full*  
**FEE<sup>1</sup>:** \$990 per Year M / \$1,980 per Year NM  
or \$110 per month M / \$220 per month NM



Registration for 2019 - 2020 School Year is closed for Starbrights & Kinderbrights

*2020-2021 registration opens in March 2020*

Watch our website, Facebook or Twitter for more information



Letters & Numbers

Science

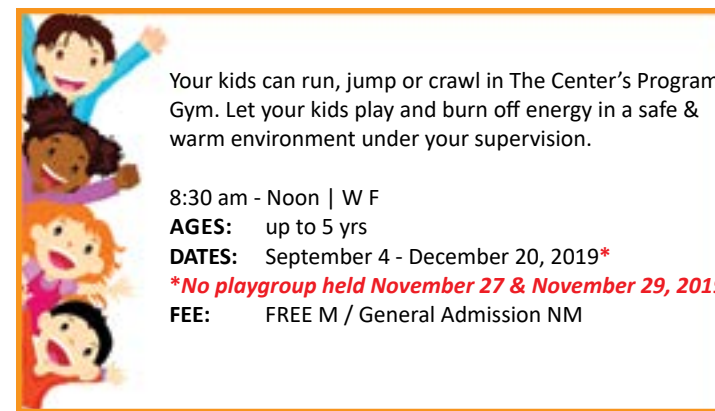
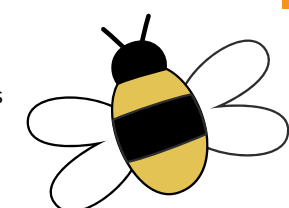
Learning Fun

Playtime

<sup>1</sup>Prices are based on Member (M) or Non-Member (NM) status. You can purchase a Household 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 22-23 for Membership pricing.

Preschool follows the Geneseo School District 228 calendar for full days off (does not include early dismissals or half days). On days when Geneseo Schools are cancelled because of weather, Preschool is also cancelled. No refunds will be given.

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.



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:** September 4 - December 20, 2019\*  
**\*No playgroup held November 27 & November 29, 2019**  
**FEE:** FREE M / General Admission NM

#21167

Bees are beautiful and busy creatures and so very important! We will learn about how bees help us and how we can help them.

6:00 - 6:45 pm | TU  
**DATE:** September 17, 2019  
**FEES:** \$7.50 M / \$15 NM **AGES:** 3 - 5 yrs

#21168

Little people are always on the go- We will try out something new each week to keep them busy and moving!

9:00 - 9:30 am | W **DATE:** October 2 - 23, 2019  
**FEES:** \$20 M / \$40 NM **AGES:** 2 yrs

## Tumbling & Gymnastics

for all ages & all skill levels  
See pages 10 - 11 for class details

#21166

Santa can't get everything ready on his own...he needs friends to help. We'll read stories about Santa and his helpers, and make a craft or two to take home.

6:00 - 6:45 pm | TU **DATE:** December 10, 2019  
**FEES:** \$7.50 M / \$15 NM **AGES:** 3 - 5 yrs

#21134

An introduction to sports for little athletes to be! Each week we will try out something new, from basketball to tennis and more.

9:00 - 9:30 am | F **DATE:** November 1 - 22, 2019  
**FEES:** \$20 M / \$40 NM **AGES:** 3 - 5 yrs

#21169

Fall is a great time to take a walk and find interesting things. We will walk down to the Athletic Field and collect leaves and other fall items.

1:00 - 1:45 pm | W **DATE:** October 16, 2019  
**FEES:** \$7.50 M / \$15 NM **AGES:** 3 - 5 yrs

#21120

Turkeys are a big part of Thanksgiving-we will make a turkey for the table and read fun stories about some really silly turkeys.

6:00 - 6:45 pm | TU **DATE:** November 19, 2019  
**FEES:** \$7.50 M / \$15 NM **AGES:** 3 - 5 yrs



## 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, September 8<sup>th</sup>.* **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!*

#21138 Games held 1:00 - 2:00 pm | SU  
**DATES:** September 8 - October 13, 2019  
**FEE:** \$40 M / \$80 NM **AGES:** 3 - 5 yrs & not enrolled in Kindergarten\*  
**\*Must have turned 3 by September 1, 2019**

### REGISTRATION DEADLINE IS FRIDAY, AUGUST 23<sup>RD</sup>!

**Team Rosters will be provided to volunteer coaches week of September 2<sup>nd</sup>**  
*Individuals will be contacted by their volunteer coach once team rosters are created.*



#23030

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 - II  
**FEES:** \$45 / child **AGES:** 1 ½-2 ½ yrs

#23031

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 - II  
**FEES:** \$45 / child **AGES:** 2 ½-3 ½ yrs

#23032

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 - II  
**FEES:** \$45 / child **AGES:** 3 ½ - 5 yrs

#23033

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 - II  
**FEES:** \$45 / child **AGES:** 4 - 6 yrs

#23035

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 - II  
**FEES:** \$45 / child **AGES:** 7 yrs & older



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

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

**Music 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.

**SESSION I** September 9 - October 19, 2019  
**SESSION II** October 28 - December 14, 2019

*No classes held week of November 25 - 30, 2019*



#23037

**Requirements:** *Must have a playable 6 string guitar*

From the very first class, you will become more knowledgeable with the guitar. This is a perfect introduction to learning the fundamentals for playing the guitar from tuning and basic maintenance to exercises in helping increase finger strength. Strumming and simple fingerpicking will be introduced as well as simple music theory, guitar chords, and reading tablature. Designed to create interest and confidence no matter what level of ability you are.

*No music experience required.*

*MUST have taken Session I to enroll in Session II*

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

#23039

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 - II  
**FEES:** \$45 / child **AGES:** 8 yrs & older



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.

REGISTER FOR ART CLASSES ONLINE AT [GENESEOPARKDISTRICT.ORG](http://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 online at [smithstudiogeneseo.com](http://smithstudiogeneseo.com) or on Facebook at Smith Studio and Gallery.

Smith STUDIO AND GALLERY Geneseo, IL  
**CHILDREN'S SATURDAY AFTERNOON FALL/WINTER ART CLASSES**  
 Grades 1<sup>st</sup> - 6<sup>th</sup> ♦ From 1:00 - 3:00 PM



All art class art taught at Smith Studio and Gallery ♦ 124 South State Street, Geneseo, IL 61254 ♦ 309-945-5428 ♦ [www.SmithStudioGeneseo.com](http://www.SmithStudioGeneseo.com)  
 Sign up for Saturday Art Classes and Art Camp at the Geneseo Community Center or Smith Studio and Gallery. Payment is due at registration

#23023

This class will help your children expand their understanding of what a painting might look like when you drastically alter the size and dimensions of the paper. Participants will explore new composition ideas as they have fun painting "LARGE". They will learn alternative techniques to apply paint in a more efficient and creative way.

1:00 - 3:00 pm | SA **DATE:** September 14, 2019  
**FEES:** \$15 / child **GRADES:** 1<sup>st</sup> - 6<sup>th</sup>

#23024

There are many different ways to develop a cartoon character that does not rely solely on your drawing skills. Our participants will develop a unique cartoon character using torn paper and their imagination. Everyone will then be encouraged to combine his or her language arts storytelling skills and visual art skills to create a storybook featuring their cartoon character.

1:00 - 3:00 pm | SA **DATE:** September 28, 2019  
**FEES:** \$15 / child **GRADES:** 1<sup>st</sup> - 6<sup>th</sup>

#23025

Children will be introduced to new ideas in "image based" and abstract concepts as they develop their paintings. Participants will also learn more about alternative non-paintbrush painting techniques that will enhance their understanding of a painting's development.

1:00 - 3:00 pm | SA **DATE:** October 19, 2019  
**FEES:** \$15 / child **GRADES:** 1<sup>st</sup> - 6<sup>th</sup>

#23026

This is the first time we are offering this art project as a children's class, that was originally created for a private family event. Each student will be supplied with a basic two-legged armature that they will develop into their own unique "Critter Character". Using an air-dried clay, and other craft media, each participant will develop a critter of their own design which will have a background story that distinguishes and dramatizes their sculpture.

1:00 - 3:00 pm | SA **DATE:** November 9, 2019  
**FEES:** \$15 / child **GRADES:** 1<sup>st</sup> - 6<sup>th</sup>

THANKSGIVING BREAK 2-DAY Art CAMP ALL DAY  
 All art classes are taught at Smith Studio and Gallery.



Grades 1<sup>st</sup> - 6<sup>th</sup> ♦ Monday & Tuesday, November 25 - 26, 2019 ♦ 9:00 AM - 4:30 PM

THANKSGIVING BREAK 2-DAY ART CAMP

THE WEEK OF THANKSGIVING THERE IS NO SCHOOL! We are offering an educational opportunity for your child to be out of the house on Monday and Tuesday. Children bring their lunch and enjoy a day of challenging, unusual and exciting art projects and friendship. We supply a morning and afternoon snack. Also, we have extended hours for those who need it, at no additional cost.

Thanksgiving Break All Day Art Camp will feature a comprehensive puppetry program that spans both days. Each day will also include using various art materials to create additional 2-D and 3-D art projects, watching a short movie about an important artist, playing educational art games and MUCH MORE!

#23027

**The art of puppetry is not made to just look at . . . Puppets are made to perform!**

Our featured 2-day puppet program will start on Monday with everyone creating a special hand puppet made with a sculptured paper mâché head and cloth body. On Tuesday everyone will work to finish their puppet. Then the class will be divided into small teams, in which participants will work together to combine their talents in developing a short impromptu puppet play. Parents will be invited to come in to see our dramatic plays at the end of the afternoon.

9:00 am - 4:30 pm | M - TU **DATE:** 2 Day Camp; November 25 & 26, 2019  
**FEES:** \$120 / child **GRADES:** 1<sup>st</sup> - 6<sup>th</sup>

# ATHLETICS & LEAGUES

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.

**#22050** 4:30 - 5:30 pm | M **GRADES:** K - 2<sup>nd</sup>  
**#22051** 4:30 - 5:30 pm | M **GRADES:** 3<sup>rd</sup> - 5<sup>th</sup>  
**DATES:** September 9 - 30, 2019  
**FEE:** \$30 M / \$60 NM  
**LOCATION:** Athletic Field  
**COACH:** Cody Mighell

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.

**#22052** 5:30 - 6:30 pm | M **GRADES:** 6<sup>th</sup> - 8<sup>th</sup>  
**DATES:** September 9 - 30, 2019  
**FEE:** \$30 M / \$60 NM  
**LOCATION:** Athletic Field  
**COACH:** Cody Mighell

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.

**#22152** 4:30 - 5:30 pm | M **GRADES:** 3<sup>rd</sup> - 5<sup>th</sup>  
**#22153** 4:30 - 5:30 pm | M **GRADES:** 6<sup>th</sup> - 8<sup>th</sup>  
**DATES:** November 18 - December 9, 2019  
**FEE:** \$30 M / \$60 NM  
**COACH:** Casey Komel

Upon completion of four 1-hour classes, 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. During the four classes, 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

**#24119** 4:00 - 5:00 pm | W **GRADES:** 6<sup>th</sup> - 8<sup>th</sup>  
**DATE (FEES):** September 4 - 18, 2019 (\$30 M / \$60 NM)  
 October 2 - 16, 2019 (\$30 M / \$60 NM)  
 November 6 - 20, 2019 (\$30 M / \$60 NM)



The strong tradition of Geneseo Football continues! Coaches will teach or fine tune new and experienced players' basic skills of stance, throwing and catching a football, running routes and playing defense through a variety of station drills and informal play. Players will be divided into teams and have 2 weeks of practice followed with 4 weeks of games.

**#22201** 2:30 - 3:30 pm | SU **GRADES:** 1<sup>st</sup> - 2<sup>nd</sup>  
**#22202** 4:00 - 5:00 pm | SU **GRADES:** 3<sup>rd</sup> - 4<sup>th</sup>  
**DATES:** September 8 - October 13, 2019  
**FEE:** \$45 M / \$90 NM  
**LOCATION:** Athletic Field

**Note:** Players get to experience a game under the lights with **two night games held October 6, 2019 & October 13, 2019** at the times listed below.

### NIGHT GAME TIMES

6:30 - 7:30 pm **GRADES:** 1<sup>st</sup> - 2<sup>nd</sup>  
 8:00 - 9:00 pm **GRADES:** 3<sup>rd</sup> - 4<sup>th</sup>

### Volunteer Coaches are needed!

Mention your willingness to coach when you register your child. Children of volunteer coaches get the program [for free!](#)



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.

Practices will be held weekly with games played on Saturdays. The first two Saturdays will be group practices. *First game will be held Saturday November 16, 2019*

**\*No games held November 30, 2019**

### Boys & Girls YOUTH BASKETBALL K - 1<sup>st</sup> Grades

**#22100** 8:30 - 9:30 am | SA  
**DATES:** November 2 - December 14, 2019\*  
**FEE:** \$45M / \$90 NM

### Boys YOUTH BASKETBALL 2<sup>nd</sup> - 3<sup>rd</sup> Grades

**#22101** 9:30 - 10:30 am | SA  
**DATES:** November 2 - December 14, 2019\*  
**FEE:** \$45M / \$90 NM

**#22102 Boys**  
**BOYS GRADES:** 4<sup>th</sup> - 6<sup>th</sup>  
**DATES:** October - December 2019  
**FEE:** \$45

### Boys New Player Tryouts

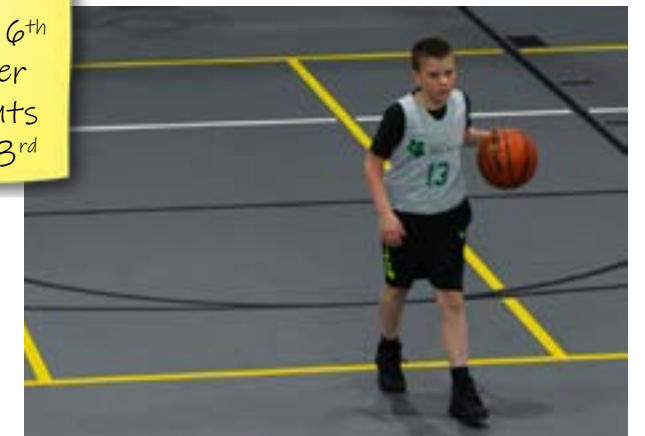
October 3, 2019 | 6:00 pm

**Attention Coaches:** League draft will immediately follow tryouts. A team schedule will be published online the week of October 7, 2019. Games/practices start the week of October 14, 2019.

### GENESEO YOUTH BASKETBALL DETAILS

- Games/practices are 1 hour and will range between 5:30 & 8:30 pm, M to TH.
- 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 November 24 - 30, 2019**

Note:  
 Girls 4<sup>th</sup> - 6<sup>th</sup>  
 New Player  
 GYB Tryouts  
 January 23<sup>rd</sup>



### 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**



Looking for a workout the whole family can enjoy? Anyone 6 years and older who knows left from right can participate!

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.*

**#23101** 6:00 - 7:00 pm | M W **AGES:** 6 yrs & up **ALL LEVELS**  
**DATES (FEES):** September 9 - October 2, 2019 (\$60 M / \$120 NM) | October 7 - 30, 2019 (\$60 M / \$120 NM)  
 November 4 - 20, 2019 (\$45 M / \$90 NM) | December 2 - 18, 2019 (\$45 M / \$90 NM)



### You better not pout, You better not cry...SANTA'S COMING TO GENESEO!

**#23065**

Santa will visit your house with a special surprise for the whole family. This is a chance to tell him personally about your holiday wish list! Because of his heavy schedule, Santa will only stay for 5 minutes. Once registered, Santa's elves will call with the approximate time of his arrival. *Santa visits are open to Geneseo Park District residents only. Limited availability.*

**Pre-registration is required by December 6, 2019 or until full.**

5:00 - 8:00 pm **DATE:** Sunday December 15, 2019  
**LOCATION:** Your Home **FEE:** \$60 per house

**#23072**

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!*

**FEE:** \$35 / person  
**AGES:** 11 & older

1:00 - 6:00 pm  
 October 12, 2019  
 or  
 1:00 - 6:00 pm  
 November 23, 2019



#23201

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 (\$30 M / \$60 NM) | Session IV (\$30 M / \$60 NM)

#23202

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.*

3:30 - 4:30 pm | W AGES: 4 - 6 yrs  
FEES: Session I (\$40 M / \$80 NM) | Session II (\$40 M / \$80 NM)  
Session III (\$30 M / \$60 NM) | Session IV (\$30 M / \$60 NM)

#23203

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.

3:30 - 4:30 pm | TU AGES: 5 - 12 yrs  
FEES: Session I (\$40 M / \$80 NM) | Session II (\$40 M / \$80 NM)  
Session III (\$30 M / \$60 NM) | Session IV (\$30 M / \$60 NM)

6:00 - 7:00 pm | W AGES: 5 - 12 yrs  
FEES: Session I (\$40 M / \$80 NM) | Session II (\$40 M / \$80 NM)  
Session III (\$30 M / \$60 NM) | Session IV (\$30 M / \$60 NM)

#23210

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.

7:00 - 8:00 pm | W AGES: 5 - 12 yrs  
FEES: Session I (\$40 M / \$80 NM) | Session II (\$40 M / \$80 NM)  
Session III (\$30 M / \$60 NM) | Session IV (\$30 M / \$60 NM)

#23204

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.

7:00 - 8:00 pm | TU AGES: 9 - 12 yrs  
FEES: Session I (\$40 M / \$80 NM) | Session II (\$40 M / \$80 NM)  
Session III (\$30 M / \$60 NM) | Session IV (\$30 M / \$60 NM)

Private Gymnastics for all ages

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

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.

#23205

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.**

4:30 - 6:00 pm | W AGES: 9 yrs or older  
FEES: Session I (\$60 M / \$120 NM) | Session II (\$60 M / \$120 NM)  
Session III (\$45 M / \$90 NM) | Session IV (\$45 M / \$90 NM)

#23218

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.

7:00 - 8:30 pm | M GRADE: 8<sup>th</sup> & up  
FEES: Session I (\$60 M / \$120 NM) | Session II (\$60 M / \$120 NM)  
Session III (\$45 M / \$90 NM) | Session IV (\$45 M / \$90 NM)

7:00 - 8:30 pm | TH GRADE: 8<sup>th</sup> & up  
FEES: Session I (\$60 M / \$120 NM) | Session II (\$45 M / \$90 NM)  
Session III (\$45 M / \$90 NM) | Session IV (\$45 M / \$90 NM)  
*No class held Thursday October 31, 2019*



#23217

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

7:00 - 8:30 pm | TU AGES: 7 yrs or older  
FEES: Session I (\$36 M / \$72 NM) | Session II (\$36 M / \$72 NM)  
Session III (\$27 M / \$54 NM) | Session IV (\$27 M / \$54 NM)



Geneseo High School Gymnastics Team

Geneseo High School Gymnastics Team will be held Monday, Tuesday & Thursday 7:00 - 9:00 pm at the Geneseo Community Center.  
Further information, including how to register, will be made available from GHS Athletic Office.

#23213

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.**

4:30 - 7:00 pm | M AGES: 7 yrs or older  
FEES: Session I (\$60M / \$120 NM)  
Session II (\$60 M / \$120 NM)  
Session III (\$45 M / \$90 NM)  
Session IV (\$45 M / \$90 NM)

4:30 - 7:00 pm | TU  
FEES: Session I (\$60M / \$120 NM)  
Session II (\$60 M / \$120NM)  
Session III (\$45 M / \$90 NM)  
Session IV (\$45 M / \$90 NM)

4:30 - 7:00 pm | TH  
FEES: Session I (\$60M / \$120 NM)  
Session II (\$45 M / \$90 NM)  
Session III (\$45 M / \$90 NM)  
Session IV (\$45 M / \$90 NM)



No class held October 31<sup>st</sup>

**CELEBRATE YOUR BIRTHDAY**  
at the Geneseo Park District  
Find the perfect Party Package for your celebration!

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

Center Closed no programs held (Red box)  
No Gymnastics held (White box)

**TRADITIONAL PERSONAL TRAINING**

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**

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 & FITNESS TIPS**

with Hammond-Henry Hospital & Geneseo Park District

*The Importance of Tummy Time*

Friday September 20, 2019  
9:30 - 10:30 am  
Geneseo Community Center  
*Pre-registration is recommended*

You know your kids should play outside but what is the equivalent for babies? Parents and caregivers are invited to this presentation to learn the importance of tummy time in the overall development of your baby's movement, vision, hand play, and sensory exploration. This program will teach the why and how of making tummy time successful for your infant. Audience intended for expectant parents, parents of children 0-5, or caregivers of young children.



*Free Babysitting for seminar attendees. Children must be 6 mos. & older*

Speaker: Janelle Trapkus, PT, MPT, C/NDT  
Pediatric Physical Therapist/Early Intervention Specialist



**CONCUSSION 101**  
THURSDAY AUGUST 8, 2019  
NOON - 1:00 PM  
Learn more online at [GeneseoParkDistrict.org](http://GeneseoParkDistrict.org)

**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 and Nutritionists each Tuesday online, Facebook & Twitter or on the Fitness bulletin board at the Geneseo Community Center!



GeneseoParkDistrict



@GeneseoParkDist



GeneseoParkDistrict.org



**#27004 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.



<b>GAME</b>	Manipulation	Hand & Foot	500	Yatzee
<b>TIME</b>	1:00 pm	1:00 pm	1:00 pm	1:00 pm
<b>DATE</b>	Mondays	Tuesdays	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	1 <sup>st</sup> & 3 <sup>rd</sup> Fridays
<b>FEE</b>	Free	Free	Free	Free

**#27002 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

**#27001 BINGO**

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

**TIME | DATE:** 1:00 pm | 1<sup>st</sup> & 3<sup>rd</sup> Thursdays  
**FEE:** \$0.50 / card

**Family Entertainment at an affordable price**



**Great movies shown Daily at 7:10pm**  
with Digital Cinema Projections & Digital Sound

**BYOB Mondays!**

Bring your own lap size bowl & have filled for only \$2!

**Ticket Tuesdays!**

One lucky winner will win a prize on Ticket Tuesday!

**Affordable Tickets!**

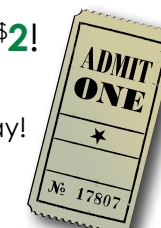
Adult \$7.00 | Youth/Senior \$6.00

(309)944-3603 | 111 North State Street



To find out what's showing tonight visit [www.GeneseoParkDistrict.org](http://www.GeneseoParkDistrict.org)

*Rent the theater for your next event or party!*  
See page 24 for Rental Information



**FREE MOVIE SATURDAYS**

Join Central Bank for a **FREE** Matinee  
**1:30pm at Central Theater** on the following days:  
Saturday September 21, 2019  
Saturday October 26, 2019  
Saturday November 16, 2019  
(Movie titles to be announced)





**LEARN TO SWIM  
SESSION DATES**

**EXPLORE YOUR LOVE FOR THE WATER IN A FUN FILLED AND HEALTHY ENVIRONMENT.**

**INDOOR POOL SHUTDOWN**  
The Indoor Pool will be shutdown  
**December 22, 2019 - January 1, 2020**  
for Annual Maintenance.

(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

**#25001** 10:00 - 10:30 am | SA **DATES:** Session II

(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

**#25003** 4:00 - 4:30 pm | TU **DATES:** Sessions I - II  
**#25003** 10:30 - 11:00 am | SA **DATES:** Session II

(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

**#25004** 4:30 - 5:00 pm | TU **DATES:** Sessions I - II  
**#25004** 11:00 - 11:30 am | SA **DATES:** Session II

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:** \$45 M / \$90 NM

**#25005** 4:00 - 5:00 pm | TH **DATES:** Sessions I - II  
**#25005** 11:30 am - 12:30 pm | SA **DATES:** Session II

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:** \$45 M / \$90 NM

**#25006** 5:00 - 6:00 pm | TH **DATES:** Sessions I - II  
**#25006** 11:30 am - 12:30 pm | SA **DATES:** Session II

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:** \$45 M / \$90 NM

**#25007** 4:00 - 5:00 pm | TU **DATES:** Sessions I - II  
**#25007** 10:30 - 11:30 am | SA **DATES:** Session II

Class prerequisites: Must have passed Whales to take this class.  
Participants will work on skills to swim front and back crawl one length.  
**FEE:** \$45 M / \$90 NM

**#25008** 5:00 - 6:00 pm | TU **DATES:** Sessions I - II  
**#25008** Noon - 1:00 pm | SA **DATES:** Session II

**SESSION I** September 10 - October 17, 2019  
**SESSION II (TU & SA)** October 22 - December 7, 2019  
**SESSION II (TH)** October 22 - December 12, 2019  
**No Swim Lessons October 31, 2019 & November 25 - 30, 2019**

Class prerequisites: Must have passed Shark to take this class.  
Participants will work on two lengths of the pool using the front and back crawl and demonstrate the scissors and whip kick.  
**FEE:** \$45 M / \$90 NM

**#25008** 5:00 - 6:00 pm | TU **DATES:** Sessions I - II  
**#25008** Noon - 1:00 pm | SA **DATES:** Session II

Class prerequisites: Must have passed Dolphin to take this class.  
Must swim two lengths of front and back crawl, a width of sidestroke and breaststroke to move on to next class.  
**FEE:** \$45 M / \$90 NM

**#25010** 5:00 - 6:00 pm | TU **DATES:** Sessions I - II  
**#25008** Noon - 1:00 pm | SA **DATES:** Session II

Class prerequisites: Must have passed Stingray to take this class.  
Increase endurance in front and back crawl, sidestroke, breaststroke and learn trudgen, trudgen crawl and double trudgen.  
**FEE:** \$45 M / \$90 NM

**#25010** 5:00 - 6:00 pm | TU **DATES:** Sessions I - II  
**#25008** Noon - 1:00 pm | SA **DATES:** Session II

Class prerequisites: Must have passed S.E.A.L.S. to take this class.  
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:** \$45 M / \$90 NM

**#25012** 5:00 - 6:00 pm | TU **DATES:** Sessions I - II  
**#25012** Noon - 1:00 pm | SA **DATES:** Session II

**for ages 3 & over**

**PRIVATE SWIM LESSONS** Private swimming lessons are one instructor to one student. Lessons are (4) thirty minute sessions.  
**FEE:** \$75 M / \$150 NM

**SEMI-PRIVATE SWIM LESSONS** Semi-Private swimming lessons are one instructor to two or three students at similar swimming levels. Lessons are thirty minutes.  
**FEE:** \$60 M / \$120 NM

**SPECIAL SWIM** A great one-on-one course for participants with disabilities. Times & instructors will be assigned when participants register.  
**FEE:** \$40 M / \$80 NM

**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 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.

**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.**

**#25029 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  
September (\$10.50 M/\$21 NM) | October (\$14 M/\$28 NM)  
November (\$10.50 M/\$21 NM) | December (\$10.50 M/\$21 NM)

4:15 - 4:45 pm | F  
September (\$14 M/\$28 NM) | October (\$14 M/\$35 NM)  
November (\$10.50 M/\$21 NM) | December (\$10.50 M/\$21 NM)

**#25024 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 | TU<sup>1</sup>  
4:15 - 5:00 pm | F 5:15 - 7:00 pm | TH<sup>1</sup>

**Each Session Fees\* attend two days/week**  
September (\$98 M/\$196 NM) | October (\$122.50 M/\$245 NM)  
November (\$73.50 M/\$147 NM) | December (\$73.50 M/\$147 NM)

**Entire\* Fall Season Fee September 3 - December 20, 2019**  
\$446.25 M / \$892.50 NM



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

**SWIM TEAM SESSION DATES**  
 Center Closed no programs held  
 No Swim Team practice held

**#25501 (L)**  
Participants experience a full body workout from the jaw down! A fun, low to moderate intensity class while visiting with new friends.  
**INSTRUCTOR:** Therresa Bowton

10:00 - 11:00 am | TU  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

10:00 - 11:00am | TH  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$12 M/\$24 NM) | December (\$12 M/\$24 NM)

**#25503 (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  
September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

5:45 - 6:45 am | TH  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$12 M/\$24 NM) | December (\$12 M/\$24 NM)

**WATER FITNESS WALK-IN FEE:**  
\$6 M / \$8 MG / \$12 NM

**#25504 (L)**  
Increases range of motion at the joints in order to improve posture, balance and mobility.  
**INSTRUCTOR:** Laura Goetz-Arnold

10:00 - 11:00 am | M  
September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

10:00 - 11:00 am | W  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

10:00 - 11:00 am | F  
September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

**#25506 (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:** Therresa Bowton

7:00 - 8:00 am | TU  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

7:00 - 8:00 am | W  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

7:00 - 8:00 am | F  
September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

**#25505 (L)**  
Work at your own pace with this low impact routine which includes toning, strengthening, and balance. An afternoon energy boost.  
**INSTRUCTOR:** Therresa Bowton

1:00 - 2:00 pm | TU  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

1:00 - 2:00 pm | TH  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$12 M/\$24 NM) | December (\$12 M/\$24 NM)

**#25507 (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-Arnold

9:00 - 10:00 am | TU  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

9:00 - 10:00 am | W  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

9:00 - 10:00 am | F  
September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

**#25520 (L)**  
Participants will receive instructions to increase mobility, flexibility, strength and endurance while in the water.  
**WALK-IN FEE:** \$5 M / \$8 MG / \$10 NM  
**INSTRUCTORS:** Julie Theill & Katie Carius  
*Hammond-Henry Rehab Trainers*

2:00 - 2:45 pm | F  
September (\$12 M/\$24 NM) | October (\$12 M/\$24 NM)  
November (\$12 M/\$24 NM)

**#25509 (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  
September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

9:00 - 10:00 am | TH  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$12 M/\$24 NM) | December (\$12 M/\$24 NM)

**#25510 (M/H)**  
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  
September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

8:00 - 9:00 am | TH  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$12 M/\$24 NM) | December (\$12 M/\$24 NM)

**#25517 (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.  
**INSTRUCTOR:** Shannon Port  
*No Walk-Ins due to the limited number of boards available.*

8:00 - 8:45 am | F  
September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

*Need help reaching your Fitness Goals?*  
Try Personal Training with Hammond-Henry Rehab  
see page 12 for details

**#25508 (H)**  
This high intensity, total body workout will utilize the entire pool.  
**INSTRUCTOR:** Laura Goetz-Arnold, Jill Neal

5:45 - 6:45 pm | M  
September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

5:45 - 6:45 pm | W  
September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
November (\$12 M/\$24 NM) | December (\$12 M/\$24 NM)  
*Not held Wednesday November 27, 2019*

**FALL LAP SWIM SCHEDULE BEGINS TUESDAY FOLLOWING LABOR DAY**

MON	TUES	WED	THU	FRI	SAT	SUN
<b>MEMBERS ONLY</b> 5:30 - 7:00 am*	<b>MEMBERS ONLY</b> 5:30 - 7:00 am*	<b>MEMBERS ONLY</b> 5:30 - 7:00 am*	<b>MEMBERS ONLY</b> 5:30 - 7:00 am*	<b>MEMBERS ONLY</b> 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
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	Public/Open Swim 1:00 - 4:30 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	Family/Lap Swim** 7:00 - 8:00 pm	Public/Open Swim 6:00 - 8:00 pm <i>starting 11/01</i>		
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.

**INDOOR POOL SHUTDOWN**  
The Indoor Pool will be shutdown **December 22, 2019 - January 1, 2020** for Annual Maintenance.

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

**WATER FITNESS SESSION DATES**

☐ Indoor Pool Shut-Down  
☑ Center Closed  
*no programs held*



**#24101 (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:** \$7 M / \$9 MG / \$14 NM

8:00 - 9:15 am | TU  
 September (\$20 M/\$40 NM) | October (\$25 M/\$50 NM)  
 November (\$20 M/\$40 NM) | December (\$15 M/\$30 NM)

8:00 - 9:15 am | TH  
 September (\$20 M/\$40 NM) | October (\$25 M/\$50 NM)  
 November (\$15 M/\$30 NM) | December (\$15 M/\$30 NM)

**#24128 (M)**  
 Need some fresh inspiration for your yoga practice? Then Turn It Up Dog is for you. In this class we turn up the heat, we turn up the music, and get funky with power vinyasa sequence. It is equal parts strength and flexibility, with some flair added to the transitions to get you exploring familiar postures in playful and unique ways.

**INSTRUCTOR:** Shannon Port  
**WALK-IN FEE:** \$6 M / \$8 MG / \$12 NM

6:15 - 7:15 pm | TU  
 September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
 November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

**#24129 (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:** \$6 M / \$8 MG / \$12 NM

9:30 - 10:30 am | TU  
 September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
 November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

9:30 - 10:30 am | TH  
 September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
 November (\$12 M/\$24 NM) | December (\$12 M/\$24 NM)

**September - December**

Where all are welcome to discover their true selves, empower muscle and mind through motion and method, and unite with the body, soul and community.

**INSTRUCTOR:** Shannon Port  
**ADMISSION:** FREE  
**AGES:** All Ages

5:00 -6:00 pm  
 Sunday September 8, 2019 | Anderson Memorial Park  
 Sunday October 13, 2019 | Anderson Memorial Park  
 Sunday November 10, 2019 | Geneseo Community Center  
 Sunday December 8, 2019 | Geneseo Community Center



**#24108 (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:** Dena Ross  
**WALK-IN FEE:** \$8 M / \$10 MG / \$16 NM

5:30 - 7:00 pm | W  
 September (\$24 M/\$48 NM) | October (\$30 M/\$60 NM)  
 November (\$18 M/\$36 NM) | December (\$18 M/\$36 NM)  
 Not held Wednesday November 27, 2019

**#24125 (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 - 8:00 am | TU  
 September 3, 2019 (\$4 M / \$8 NM) September 17, 2019 (\$4 M / \$8 NM)  
 October 1, 2019 (\$4 M / \$8 NM) October 15, 2019 (\$4 M / \$8 NM)  
 November 5, 2019 (\$4 M / \$8 NM) November 19, 2019 (\$4 M / \$8 NM)  
 December 3, 2019 (\$4 M / \$8 NM) December 17, 2019 (\$4 M / \$8 NM)

**#24115 (L)**  
 Experience the ab-chiseling, total body defining moves of Pilates, choreographed to your favorite Top 40 hits. This 55 minute mat-based workout challenges you to flow from one exercise to the next, developing a rock-solid core and lean, strong muscles.

**INSTRUCTOR:** Shannon Port  
**WALK-IN FEE:** \$6 M / \$8 MG / \$12 NM

5:15 - 6:15 pm | TU  
 September (\$16 M / \$32 NM) | October (\$20 M / \$40 NM)  
 November (\$16 M / \$32 NM) | December (\$12 M/\$24 NM)

5:15 - 6:15 pm | TH  
 September (\$16 M / \$32 NM) | October (\$20 M / \$40 NM)  
 November (\$12 M/\$24 NM) | December (\$12 M/\$24 NM)

**#24118 (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!

**INSTRUCTOR:** Katie Carius, *Hammond-Henry Rehab Personal Trainer*  
**WALK-IN FEE:** \$6 M / \$8 MG / \$12 NM

9:45 - 10:45 am | M  
 September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
 November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

9:45 - 10:45 am | W  
 September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
 November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

9:45 - 10:45 am | F  
 September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
 November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

**#24103 (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  
 September (\$12 M / \$24 NM) | October (\$15 M / \$30 NM)  
 November (\$12 M / \$24 NM) | December (\$9 M/\$18 NM)

9:45 - 10:30 am | TH  
 September (\$12 M/\$24 NM) | October (\$15 M/\$30 NM)  
 November (\$9 M/\$18 NM) | December (\$9 M/\$18 NM)

**#24107 (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:** \$6 M / \$8 MG / \$12 NM

8:30 - 9:30 am | TU  
 September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
 November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

8:30 - 9:30 am | TH  
 September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
 November (\$12 M/\$24 NM) | December (\$12 M/\$24 NM)

**#24109 (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:** \$6 M / \$8 MG / \$12 NM

8:30 - 9:30 am | M  
 September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
 November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

8:30 - 9:30 am | W  
 September (\$16 M/\$32 NM) | October (\$20 M/\$40 NM)  
 November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

**#24105 (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:** \$6 M / \$8 MG / \$12 NM

8:30 - 9:30 am | F  
 September (\$16 M/\$32 NM) | October (\$16 M/\$32 NM)  
 November (\$16 M/\$32 NM) | December (\$12 M/\$24 NM)

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

**FITNESS SESSION DATES**

Center Closed no programs held

# 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/H)	8:00 - 9:15 am INTERMEDIATE YOGA (L)		8:00 - 9:00 am IP AQUACISE (M/H)	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 September - November
5:45 - 6:45 pm IP FIT HAPPENS P.M. (H)	5:15 - 6:15 pm POP PILATES (H)	5:30 - 7:00 pm YOGA FOR LIFE (L)	5:15 - 6:15 pm POP PILATES (H)	
		5:45 - 6:45 pm IP FIT HAPPENS P.M. (H)		
6:15 - 7:15 pm HIP HOP SPIN (H)	6:15 - 7:15 pm TURN IT UP DOG (M)	6:15 - 7:15 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 STARTING 11/01
8:00 - 9:00 pm IP ADULT LAP SWIM*		8:00 - 9:00 pm IP ADULT LAP SWIM*		

\*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 2 times each month. See page 18 for class dates.  
 IP: Held at the Indoor Pool AC: Held at the outdoor Aquatic Center

Find your favorite class...

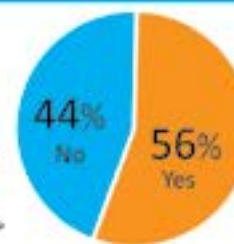
- WATER FITNESS
- YOGA
- INDOOR POOL
- CYCLING
- AQUATIC CENTER
- FITNESS

## INDOOR POOL SHUTDOWN

The Indoor Pool will be shutdown December 22, 2019 - January 1, 2020 for Annual Maintenance.

# CARDIO/WEIGHT ROOM EQUIPMENT UPDATES COMING IN SEPTEMBER

## DUAL WEIGHT MACHINES



Several of the same Dual Weight Machines were purchased to double availability in the limited space.

Space will be saved by decreasing to 13 weight machines while continuing to provide your favorite workouts.

## MOST USED WEIGHTS



68%

Biangular Lat Pull-Down was the most used selector weight machine in the cardio/weight room.

This is one of several pieces that will have duplicate machines. This gives the option to NOT have to work-in!

## NEW HIIT TREADMILL



A NEW cardio workout option.

A High Intensity Interval Training (HIIT) treadmill runs on the exerciser's energy. With no maximum speed, exercisers can push their workout as hard as they want & change speeds at will.

## THE MOST USED CARDIO EQUIPMENT

The most used cardio equipment includes Treadmills, Ellipticals & the Stairmaster. Because the AMT was the least utilized piece of Cardio Equipment it will be replaced with an additional Stepmill.

All the current cardio Equipment will be replaced with newer versions of the same pieces.



2019 Cardio/Weight Room Survey received 127 responses via on-line and paper responses.

WATCH FOR INFORMATION ON EXERCISES TO INCREASE YOUR OVERALL FITNESS

## OUTDOOR GAMES AT THE ATHLETIC FIELD



VISIT THE GENESEO COMMUNITY CENTER TO CHECK OUT GAMES FOR FREE!  
 JUST BRING AN ID, KEYS OR ANOTHER PERSONAL ITEM TO EXCHANGE FOR FUN, INTERACTIVE GAMES FOR YOU & FRIENDS OR FAMILY TO USE ON PARK DISTRICT PROPERTY.

SET UP ANYWHERE AT THE ATHLETIC FIELD WITH EVERYTHING YOU NEED TO PLAY WITH A SMALL OR A LARGE GROUP...

- Kickball *kickball & bases*
- Wiffleball *balls, bat and bases*
- Ring Toss *rings & portable target stand*
- Bowling *pins & ball*
- Horseshoes *horse shoes & stakes*
- Disc Game *foam discs & targets*
- Giant Dice Set/Rollzee *Scoreboard*
- Disc Golf *baskets & discs*
- Scoop Ball Set
- Spike Ball
- Giant Wooden Tic Tac Toe
- Potato Sack Race Bags
- Giant Kick Croquet Game Set
- Giant Egg Spoon Race Game Set
- 20 ft Play Parachute
- Giant Domino set
- Giant Jenga
- Soft Tip Target Toss
- Ladder Toss

OR USE THE PERMANENT STRUCTURES AT THE ATHLETIC FIELD WITH...

- Bags for the permanent Corn Hole Court
- Paddles & Ball for the permanent Ping Pong Table
- Racquets and Birdies to play Badminton on the Sand Volleyball Court
- Volleyballs for a pick up game at the Sand Volleyball Court
- Nets, Paddles & Balls for Pickball on the Tennis Courts
- Basketballs for a pick up game on the Basketball Court



## Why become a Member?

as of January 1, 2019

	COMMUNITY CENTER MEMBERSHIP			AQUATIC CENTER MEMBERSHIP			PARK DISTRICT MEMBERSHIP		
<b>Youth</b> (6 mos. - 18 yrs)	<b>\$165</b>			<b>\$150</b>			<b>\$285</b>		
	\$165.00 1-pay	\$58.34 3-pay*	\$15.75 12-pay*	\$150.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$285.00 1-pay	\$98.34 3-pay*	\$25.75 12-pay*
<b>Adult</b> (19 - 64 yrs)	<b>\$215</b>			<b>\$150</b>			<b>\$335</b>		
	\$215.00 1-pay	\$75.00 3-pay*	\$19.92 12-pay*	\$150.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$335.00 1-pay	\$115.00 3-pay*	\$29.92 12-pay*
<b>Senior</b> (65+ yrs)	<b>\$190</b>			<b>\$150</b>			<b>\$310</b>		
	\$190.00 1-pay	\$66.67 3-pay*	\$17.84 12-pay*	\$150.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$310.00 1-pay	\$106.67 3-pay*	\$27.84 12-pay*
<b>Household</b> (2 or more people residing at the same address)	<b>\$340</b>			<b>\$275</b>			<b>\$585</b>		
	\$340.00 1-pay	\$116.67 3-pay*	\$30.34 12-pay*	\$275.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$585.00 1-pay	\$198.34 3-pay*	\$50.75 12-pay*

\*Service Fees included. See Payment Plans for details

### WITH YOUR MEMBERSHIP YOU CAN ALSO RECEIVE...

#### STRATEGY SESSION FOR NEW MEMBERS & CURRENT MEMBERS

As part of new memberships you get a STRATEGY SESSION that includes a Fitness Orientation, a Fitness Assessment and a Fitness Consultation.

**This is all at no additional cost to you!\***

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 to reach your goals.

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

## 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 Geneseo Park District nor pay taxes for the Geneseo Park District. Additional \$50 non-resident fee will be applied to all Community Center, Aquatic Center, Park District and 6-month membership purchases or renewals.

## 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 \$5.00 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](http://www.GeneseoParkDistrict.org)



### COMMUNITY CENTER MEMBERSHIPS includes access to all amenities at the Geneseo Community Center:



Cardio/Weight Room

Pool

Sauna

Indoor Elevated Track

Fitness on Demand

Cycling Room (during open Hours)

Gym, Racquetball & Pickleball courts

**Plus** 50% off Programs

(excludes programs held at the Aquatic Center)

### AQUATIC CENTER MEMBERSHIPS

includes access to the John & Carla Edwards Aquatic Center:



Pool House

Splash Pad

6 Lane Lap Pool with Drop Slide, 2 Diving Boards & Climbing Wall

Activity Pool with Zero Depth Entry & Current Channel

**Plus** 50% off all Aquatic Center Programs (includes summer swimming lessons)

### PARK DISTRICT MEMBERSHIP

*includes everything!*

Access to all the facilities and amenities listed above

**Plus** 50% off all programs

### LOCKER RENTAL

as of January 1, 2019

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

## 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.

<b>6 MONTH COMMUNITY CENTER MEMBERSHIP</b>	\$150/person
<b>1 MONTH COMMUNITY CENTER MEMBERSHIP</b>	\$50/person

**ASK US ABOUT HEALTHY FOR THE HOLIDAYS SPECIALS**

(see page 25 for more details)



## 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

\$6.00 Youth/Senior

\$7.00 Adult

### DAILY ADMISSION AT THE AQUATIC CENTER

\$7.00 / person

\$20 / Family on Family Swims (or \$5/person if under 4 people)

## 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](http://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.*

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

## 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

**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.

## 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

\$6.00 Youth/Senior | \$7.00 Adult

See page 22 - 23 for Membership Options

## HOLIDAY CENTER *Closings*

New Year's Day (Closed)  
Easter Sunday (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 - 11:00 am  
Monday - Thursday 5:00 - 7:30 pm

No babysitting offered October 31, 2019 (evening),

November 28 - 29, 2019 & December 23, 2019 - January 1, 2020

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.

**Walk-In Members:** \$3.00/child per visit. 3<sup>rd</sup> and 4<sup>th</sup> child are \$1.50/child per visit. Maximum of \$9.00/visit per family.

**Walk-In Non-Members:** \$6.00/child per visit. 3<sup>rd</sup> and 4<sup>th</sup> child are \$3.00/child per visit. Maximum of \$18.00/visit per family.

### Members Only Babysitting Punch Cards<sup>1</sup>

10 punch card | \$25.00  
25 punch card | \$50.00  
50 punch card | \$75.00

<sup>1</sup>Punch 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.

## RENTALS *Plan your Special Event* at the Geneseo Park District

Visit us online or call (309) 944-5695 for information about renting the Gyms, Courts, Bounce House, Indoor Pool, Aquatic Center, Life Fitness Room, Indoor Pool Lounge, Dedrick Room with Kitchen or Small Meeting Room.

All rentals are during regularly scheduled hours unless otherwise listed.

Please contact The Center for After Hour Rental Pricing

(additional charges may apply)



as of January 1, 2019	Regular	Nonprofit
ACTIVITY ROOM <i>formerly Senior Center</i>	\$25/hour	\$15/hour
DEDRICK ROOM	\$25/hour	\$15/hour
POOLSIDE ROOM <i>open year round</i>	\$30/hour <sup>1</sup>	\$20/hour <sup>1</sup>
SPLASH PAD <i>after hours</i>	\$25/hour	
MAIN GYM	\$60/hour	\$50/hour
PROGRAM GYM <i>spring floor only</i>	\$60/hour	\$50/hour
VOLLEYBALL/BASKETBALL COURT	\$40/hour	\$30/hour
INDOOR POOL	\$80/hour	\$70/hour
INDOOR POOL LOUNGE	\$15/hour	
LIFE FITNESS ROOM	\$30/hour	\$20/hour
AQUATIC CENTER <i>after hours</i>	\$160/hour <sup>1</sup>	\$140/hour <sup>1</sup>
ATHLETIC FIELD	\$10/hour	\$5/hour
ATHLETIC FIELD SHELTER	\$20/day	
BOUNCE HOUSE <i>on-site</i>	\$125/hour	
BLOW UP MOVIE SCREEN PACKAGE <i>on-site</i>	\$300 / 3 hours <sup>2</sup>	
CENTRAL THEATER	\$60/hour <sup>1</sup>	\$50/hour <sup>1</sup>

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

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

VISIT US ONLINE OR CALL (309) 944-5695

FOR MORE INFORMATION



# HEALTHY

## FOR THE HOLIDAYS

The Geneseo Park District wants to help you stay healthy during the holidays...

### Discount Days

November 23 - 30, 2019

The Center Daily Admission is ONLY \$3

### 30 Days for \$30

November 2019 - January 2020

Purchase a 30-day Community Center Membership\* for only \$30.

### Open Cycling Times

Bring a friend for a ride at your own pace in the Cycling Room during the following hours:

Tuesdays 4:00 - 7:00 pm

Thursdays 4:00 - 7:00 pm

Saturdays 9:00 am - Noon

Sundays 9:00 am - Noon

### Try 1 NEW Class for FREE

Try 1 new Fitness or Water Fitness class for FREE in November, December and January.

### Give the Gift of Fitness

Ask any of the Desk Attendants about purchasing a Geneseo Park District Gift Certificate.

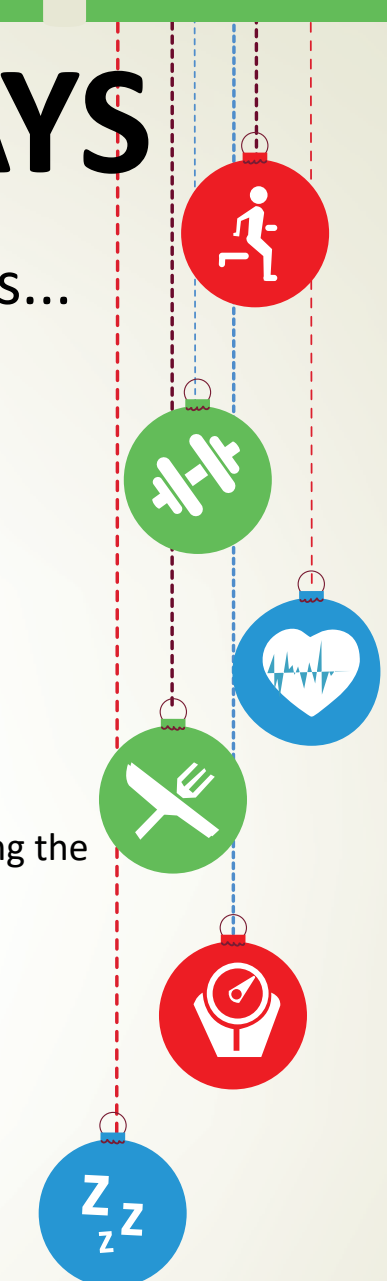


Also included in the 30-day Membership...

FUN & MOTIVATING FITNESS CLASSES

whenever you want at the touch of a button.  
Purchase a 30 day for \$30 Membership to try it on your own or with friends in the LifeFitness Room today!

\*30 Days for \$30 must be purchased between 11/01/19 - 01/31/20. Includes entry to the entire Community Center during Member Hours. DOES NOT INCLUDE COMMUNITY CENTER PROGRAM PRICING, INDOOR POOL SWIM LESSONS, SPECIAL SWIMS, SWIM TEAM, PRIVATE OR SEMI-PRIVATE LESSONS OR PERSONAL TRAINING.



GENESEO PARK DISTRICT  
541 E. North Street  
Geneseo, IL 61254

Prsrt Std  
US Postage  
PAID  
Astoria, IL  
Permit no 9

ECRWSS  
RESIDENTIAL CUSTOMER

OCTOBER  
**19**  
2019

# SAVE THE DATE

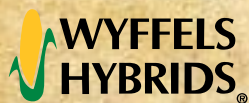
## 5<sup>TH</sup> Annual Geneseo Park District Foundation Parktoberfest

Dinner - Drinks - Music - Silent & Live Auctions  
Advanced Ticket Purchase Required



Pictures by Sarah Sunstrom Photography

THANK YOU TO OUR  
GENEROUS SPONSORS



**\$50** / Individual Ticket

**\$420** / Table of 8

**\$520** / Table of 10

ALL EVENT PROCEEDS GO TO THE

**Geneseo  
Park District  
Foundation**

Must be 21 or older to attend.  
Limited tickets available & can be purchased starting August 5<sup>th</sup> at...

**Geneseo Community Center**

541 E. North Street | Geneseo | (309) 944-5695