



GENESEO PARK DISTRICT

DECEMBER TIER 3 PROGRAMS

FOR THE HEALTH & SAFETY OF OUR COMMUNITY, the Geneseo Park District is offering Virtual Group Classes during Tier 3 Mitigation.

CENTER HOURS

Everyone Welcome!

Monday - Friday
5:00 am - 9:00 pm

Saturday & Sunday
7:00 am - 3:00 pm

DAILY ADMISSION AT THE CENTER

\$7.00 Youth/Senior
\$8.00 Adult

HOLIDAY CENTER

Closings

Christmas Eve (Close at Noon)
Christmas Day (Closed)
New Year's Eve (Closed at 5pm)
New Year's Day (Closed)

IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

- Face coverings must be worn at all times, including while engaged in individual exercise regardless of person or machine spacing.
- RESERVATIONS ARE REQUIRED FOR... Basketball, Elevated Walking/Running Track, Racquetball, Pickleball
- RESERVATIONS ARE REQUIRED FOR... Lap Swim & Water Exercise
- Fitness Equipment is available with limited room capacities.
- Men's & Women's Gym Side Bathrooms are open.
- Men's & Women's Gym side Locker Rooms are temporarily closed.
- Drinking Fountain in the main hallway is open for bottle fillers only. All other fountains are closed.

Complete COVID-19 updates can be found at www.GeneseoParkDistrict.org/covid-19

VIRTUAL CLASSES

ALL CLASSES HELD VIRTUAL

- Weekly video links will be sent via email.
- All supplies will be provided and can be picked up at The Center.
- Email a photo of your completed project to info@geneseoparkdistrict.org
- Register online or at The Center

KIDS' CREATIVE CORNER [PREK] #23083

AGES: 3 - 5 yrs

An instructor will do a craft a week and share the video link with your preschooler. All supplies will be provided and can be picked up from the Center. Each week will be a different craft; Paper Bag Sea Otters, Candy Cane Ornaments and Paper Clip Dragonflies. Share your completed project with us via email at info@geneseoparkdistrict.org.

December 4 - 18, 2020 (\$10/person)
Craft link sent each Friday via email.

KIDS' CREATIVE CORNER [K-2] #23083

AGES: 5 - 8 yrs

An instructor will do a craft a week and share the video link with your preschooler. All supplies will be provided and can be picked up from the Center. Each week will be a different craft; Paper Bag Ninjas, Tissue Paper Ornaments and Coffee Filter Butterflies. Share your completed project with us via email at info@geneseoparkdistrict.org.

December 4 - 18, 2020 (\$10/person)
Craft link sent each Friday via email.



LETTERS FROM SANTA



SANTA WANTS TO HEAR FROM YOU!

Get your holiday wish list and questions together for Santa to review and he will write a personal response back to you.

A special North Pole mailbox will be available at the Geneseo Community Center for your family to drop off your letter. **LETTERS MUST BE RECEIVED BY DECEMBER 12TH** to ensure Santa has enough time to reply before his big night.

IN THE KITCHEN [WITH TEENAGERS]



#23084

AGES: 12 - 18 yrs

An instructor will complete a recipe from start to finish each week and share the video link with your teenager. All supplies will be provided and can be picked up from The Center. Each week will be a different recipe; Stuffed Sloppy Joe Bites, Candy Cookie Bars and Buffalo Chicken Enchiladas. Share your completed recipe with us via email at info@geneseoparkdistrict.org.

December 4 - 18, 2020 (\$10/person)
Recipe link sent each Friday via email.

FREE FAMILY ACTIVITIES

ALL CLASSES HELD VIRTUAL

- Email a photo of your completed project to info@geneseoparkdistrict.org
- No registration necessary

HOLIDAY SPIRIT WEEK [ALL AGES]



#23085

We would like to see your traditions, family fun and holiday spirit in pictures. You can take a photo of your family pajamas, your pet dressed up for Christmas, a picture of your Christmas tree, a family dinner, cookie making/decorating or even "Elf on the Shelf" shenanigans. We will post all the pictures on social media leading up to the holidays!

Share your pictures with us via email

December 21 - 27, 2020

at info@geneseoparkdistrict.org

FAMILY PHOTO SCAVENGER



HUNT [ALL AGES] #23086

Join in this family photo scavenger hunt in order to spend quality time together and have some fun! These pictures can be taken from home, on a walk, or even on a drive! The family that submits the most photos will be the winner. If there is a tie for most photos, staff will pick the best Christmas lights display found in order to determine a winner.

Scavenger Hunt list can be found at The Center or online at

www.GeneseoParkDistrict.org/virtual-activities

Email all your photos with name and contact information to info@geneseoparkdistrict.org.

FITNESS CLASSES [Virtual]

ALL CLASSES HELD VIRTUAL

- Once registered you will receive link information via email or Facebook.
- Instructors: Shannon Port & Carie Kreiner
- Register online or at The Center

INFERNO PILATES (M) #24115

A challenging, full-body, low-impact, high intensity workout using Pilates principles. It is designed for all fitness levels. It helps tone and strengthen muscles without the pounding of a high impact workout. The class is performed with fast-paced music making it fun, exciting and energizing.

5:30 - 6:30 pm | W
December 2 - 30, 2020
(\$22.50 M / \$45 NM)

SH1FT (H) #24116

Smart High Intensity Function Training for all fitness levels. Use your bodyweight as the tool to develop speed, balance and agility. You'll build athletic fitness as you sweat through simple progressions that work for all fitness levels.

8:30 - 9:30 am | W
December 2 - 30, 2020
(\$22.50 M / \$45 NM)

EARLY BURN (H) #24104

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.

Check out dumbbells needed for Early Burn at The Center. \$10 refundable deposit.

5:15 - 6:15 am | M
December 7 - 14, 2020
(\$9 M / \$18 NM)

5:15 - 6:15 am | W
December 2 - 16, 2020
(\$13.50 M / \$27 NM)

5:15 - 6:15 am | F
December 4 - 18, 2020
(\$13.50 M / \$27 NM)

YOGA

KIDS YOGA (L) #24136

Mini yogis are invited to unwind, de-stress, and explore bodily self-awareness while moving through gentle, mindful, and engaging yoga postures. This virtual fitness program will help to keep kids moving and flexible during the winter months.

4:00 - 4:30 pm | M [AGES 3 - 7]
December 7 - 28, 2020
(\$9 M / \$18 NM)

5:00 - 5:30 pm | W [AGES 8 - 12]
December 2 - 30, 2020
(\$11.25 M / \$22.50 NM)

WHO NEEDS COFFEE [Flow] (M) #24135

Like your morning pick-me-up hot? Let's crank up the music and the heat! This energizing class for all levels builds strength and increases flexibility the more you practice. Move through a creative sequence that is intended to connect to your breath and find the appropriate body alignment. The invigorating series of asanas still allows you to control the pace you deem comfortable (yet challenging). You won't need caffeine after this class!

LEVEL: All Levels *move at your own pace*

8:00 - 9:15 am | SU
December 6 - 27, 2020
(\$22.50 M / \$45 NM)

GOOD MORNING [POWER FLOW] (H) #24133

An early morning Power Flow is a unique class in that it combines the fast-paced, cardiovascular workout of a power yoga class with the straightforwardness of a yoga flow class. Begin your day with this flowing class that focuses on building strength, flexibility and balance both on the mat and off! The session is an invigorating yoga class that is taught in an 80-85 degree room and is sure to challenge you while giving you a great workout. The class will end with a brief relaxation, which allows both mind and body to integrate and restore after a challenging class.

LEVEL: Challenging/All Levels *move at your own pace*

5:30 - 6:30 am | TU
December 1 - 29, 2020
(\$22.50 M / \$45 NM)

5:30 - 6:30 am | TH
December 3 - 17, 2020
(\$13.50 M / \$27 NM)

MIXED TAPE [SLOW FLOW] (L) #24134

Get ready for some mindful movement and music! Get moving with a well-balanced slower flow that incorporates some longer holds to allow the body to accept the physical patterns of asanas. Experiment with a challenge-pose & lengthen muscles as you wind down. The range of options offered and modifications makes this class largely accessible. All while enjoying a wide selection of music!

LEVEL: All Levels *move at your own pace*

8:00 - 9:15 am | TU
December 1 - 29, 2020
(\$28 M / \$56 NM)

8:00 - 9:15 am | TH
December 3 - 17, 2020
(\$16.75 M / \$33.50 NM)

PERSONAL TRAINING

CERTIFIED PERSONAL TRAINERS: John Davis & Shannon Port, *Hammond-Henry Rehab Personal Trainers*

TRADITIONAL

Traditional Personal Training is one person working with one of our Certified Personal Trainers. It offers the greatest flexibility to use the sessions when it is convenient for you, the utmost privacy and the best personalized program.

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

SEMI-PRIVATE

Semi-Private Personal Training is 2-3 friends or family members working with one of our Certified Personal Trainers at the same time. It offers the flexibility to use the sessions when it is convenient for all people, support from friends and family members 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



CALL 944-5695 TO SCHEDULE PRIVATE OR SEMI-PRIVATE 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.*

PRIVATE & SEMI-PRIVATE GYMNASTICS

IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

- It is recommended that gymnasts are dropped off at The Center's front doors no more than 5 minutes before class.
- Face coverings must be worn at all times unless it needs to be removed for safety purposes.
- Parents may come in with gymnasts to check-in, but are asked to return to their vehicles once class begins.

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

SEMI-PRIVATE GYMNASTICS LESSONS

Groups of 2 to 3 participants with similar skills and must be members of the same household. Lessons are thirty minutes.

FEE: \$70 M / \$140 NM

PRIVATE GYMNASTICS LESSONS

Private lessons are one-on-one instruction for all skill levels. Lessons are thirty minutes.

FEE: \$90 M / \$180 NM

PRIVATE & SEMI-PRIVATE SWIM LESSONS

IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

- Instructors will teach with a face covering on as much as possible.
- Participants will arrive no earlier than 10 minutes before the class begins and check in at the front desk.
- Face coverings must be worn at all times including in the Indoor Pool locker room. Participants do not have to wear a mask in the water.
- At the end of class, lingering in the locker rooms will not be allowed & all participants must be out of the locker room 15 minutes after lesson ends. This is to allow for disinfection before next class arrives.
- Parents are not allowed to watch on deck, but could view from the Indoor Pool lobby.

SEMI-PRIVATE SWIM LESSONS

Semi-private lessons are one instructor to 2 or 3 students at similar swimming levels and must be members of the same household. Lessons are thirty minutes.

FEE: \$70 M / \$140 NM

PRIVATE SWIM LESSONS

Private lessons are one-on-one instruction for all skill levels. Lessons are thirty minutes.

FEE: \$90 M / \$180 NM

PRIVATE & SEMI-PRIVATE SWIM TEAM TRAINING

IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

- Instructors will teach from the deck with a face covering on.
- Participants will arrive no earlier than 10 minutes before the class begins and check in at the front desk.
- Face coverings must be worn at all times including in the Indoor Pool locker room. Participants do not have to wear a mask in the water.
- At the end of class, lingering in the locker rooms will not be allowed & all participants must be out of the locker room 15 minutes after lesson ends. This is to allow for disinfection before next class arrives.
- Parents are not allowed to watch on deck, but could view from the Indoor Pool lobby.

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Private lessons are one-on-one instruction for all skill levels. Lessons are thirty minutes.

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THE GENESEO PARK DISTRICT FOUNDATION IS EXCITED TO ANNOUNCE A NEW BUILDING IS COMING TO THE ATHLETIC FIELD!



The Geneseo Foundation has graciously granted **\$50,000** to kick off the project with an additional **\$50,000 matching** opportunity for each dollar raised

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Learn more about this exciting project at GeneseoParkDistrict.org/foundation

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