



GENESEO PARK DISTRICT



FALL PROGRAM
REGISTRATION OPENS

August 6, 2021 for Members
August 20, 2021 for Non-Members

SEPTEMBER - DECEMBER PROGRAMS

IN-PERSON CLASSES & EVENTS ARE SCHEDULED SUBJECT TO THE STATE GUIDELINES AT THE TIME THE PROGRAM BEGINS. ALL COVID RULES & REGULATIONS IN THE PROGRAM FLYER ARE CORRECT AT TIME OF PRINTING BUT MAY BE SUBJECT TO CHANGE AS NEW STATE GUIDELINES ARE RELEASED.

FREE EVENTS

SPECIAL DAY FUN

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 11, 2021

Monday November 22, 2021

Wednesday November 24, 2021

Monday December 27, 2021

Wednesday December 29, 2021

LOCATION: Indoor Pool

INTERACTIVE INFLATABLES

9:30 - 10:00 AM | 4 YRS & UNDER

10:00 AM - NOON | ALL AGES

Tuesday November 23, 2021

Friday November 26, 2021

Tuesday December 21, 2021

Thursday December 23, 2021

Tuesday December 28, 2021

LOCATION: Gym

STORIES IN THE PARK

FRIDAY OCTOBER 15, 2021

5:00 - 7:00 PM

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

AGES: 5 - 12 yrs

LOCATION: Anderson Memorial Park

SPOOKTACULAR ROLLERSKATING

SATURDAY OCTOBER 30, 2021

5:30 - 6:45 PM | 3RD GRADE & UNDER

7:00 - 9:00 PM | ALL AGES

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.

LOCATION: The Center's Gym

SKATE RENTAL: \$5 (Limited skates & sizes available)

TURKEY TROT #23063

SUNDAY NOVEMBER 14, 2021

2:00 PM



The Geneseo Park District brings you the 11th 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-2nd (1 lap around the track) & 3rd-5th (1 lap around the track). 3 winners per age group.

Pre-registration is preferred

GRADES: Pre-K - 5th

LOCATION: Athletic Field

Turkeys provided in part by: Fareway

LETTERS FROM SANTA

STARTING NOVEMBER 29, 2021



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.



SANTA AT THE CENTER

SATURDAY DECEMBER 4, 2021

5:00 - 7:00 PM



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.

AGES: All Ages

LOCATION: Geneseo Community Center

ANNUAL CHRISTMAS WALK

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

SATURDAY DECEMBER 11, 2021

JINGLEBELL OBSTACLE COURSE

1:00 - 3:00 PM

Participants will be timed while running through a winter wonderland.

LOCATION: The Center's Gym

AGES: Pre-K to 5th

CENTRAL THEATER EVENTS

2:15 PM White Christmas Sing Along

6:00 PM GHS Madrigal Singers

8:00 PM Featured Movie

LOCATION: Central Theater

AGES: All Ages

JINGLEBELL SKATE

7:00 - 9:00 PM

Complete your Christmas Walk experience with a special Skate Night.

LOCATION: The Center's Gym

AGES: All Ages

SKATE RENTAL: \$5 (Limited skates & sizes available)

MIDDLE SCHOOL FUN #23058

Join your friends for FREE activities thanks to the Geneseo Foundation.

GRADES: 6th - 8th

Sponsored by



FLAG FOOTBALL FUN

SATURDAY OCTOBER 16, 2021 | 1:00 - 3:00 PM

Come out and compete with your friends in a fast paced game of flag football. Teams will be selected on site, so encourage your friends to come out with you. Pre-registration is preferred.

LOCATION: Athletic Field

GAMES & MOVIE NIGHT

FRIDAY DECEMBER 17, 2021 | 6:00 - 9:00 PM

Come enjoy a night out with the Park District! The evening will include games, pickleball, basketball, volleyball, pizza, drinks, snacks & a movie in the gym. Pre-registration is preferred.

MOVIE: Elf

THESE FREE SEASONAL COMMUNITY EVENTS ARE SPONSORED BY THE
GENESEO PARK DISTRICT FOUNDATION (unless otherwise listed)!

Help create lasting memories in our Community by giving to the Foundation. Find out how at 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.



THANKS TO THE **GENESEO FOUNDATION**
 THE GENESEO PARK DISTRICT IS ABLE TO OFFER
1 FREE SWIM LESSON SESSION
 FOR ALL SWIMMERS ENTERING **3RD GRADE**



USE COUPON CODE
3GSWM
 WHEN REGISTERING ONLINE
 OR AT THE CENTER
*Limit 1 session of swim lessons per 3rd Grader.
 Must be a Geneseo School District Resident.*

LEARN TO SWIM

CLOWNFISH #25001 (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.

9:30 - 10:00 am | SA
 Session II (\$36 M / \$72 NM)

LAKE EXPLORER #25003 (4yrs)
 Participants 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.

4:00 - 4:30 pm | M
 Session I & II (\$36 M / \$72 NM)
combined with Ocean Explorer

10:00 - 10:30 am | SA
 Session II (\$36 M / \$72 NM)

OCEAN EXPLORER #25004 (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.

4:00 - 4:30 pm | M
 Session I & II (\$36 M / \$72 NM)
combined with Lake Explorer

10:30 - 11:00 am | SA
 Session II (\$36 M / \$72 NM)

TADPOLE #25005
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.

5:00 - 6:00 pm | TU
 Session I & II (\$72 M / \$144 NM)
combined with Minnow

11:00 am - Noon | SA
 Session II (\$72 M / \$144 NM)

MINNOW #25006
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.

5:00 - 6:00 pm | TU
 Session I & II (\$72 M / \$144 NM)
combined with Tadpole

10:30 - 11:30 am | SA
 Session II (\$72 M / \$144 NM)

WHALES #25007
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.

4:00 - 5:00 pm | M
 Session I & II (\$72 M / \$144 NM)

9:30 - 10:30 am | SA
 Session II (\$72 M / \$144 NM)

SHARK/DOLPHIN/ BARRACUDA & STINGRAY/MARLIN, MARINER & S.E.A.L.S #25008

Class prerequisites: Must have passed Whales to take this class.
 Participants will work on skills to swim front and back crawl one length.

5:00 - 6:00 pm | TU
 Session I & II (\$72 M / \$144 NM)

11:30am - 12:30pm | SA
 Session II (\$72 M / \$144 NM)



STARGUARD LIFEGUARD CERTIFICATION #25021
Class prerequisites: Must have completed SEALS level swim lessons or 16 years old or older.
 Learn the beginning skills required to be a lifeguard. After completion of this course you will shadow a lifeguard during their shift.

9:00 am - 4:00 pm | SA & SU
 September 18 - 19, 2021 (\$180 / person)

LEARN TO SWIM SESSION DATES

SESSION I	September 7 - October 18, 2021
SESSION II	October 25 - December 7, 2021
SESSION II (SA)	October 23 - December 4, 2021

No Swimming Lessons held November 22 - 28, 2021

**SWIM LESSONS & SWIM TEAM
 PRIVATE, SEMI-PRIVATE & SPECIAL SWIM**

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 #25020
[SWIM LESSONS OR SWIM TEAM TRAINING]
 Private lessons are one-on-one instruction for all skill levels.
 Includes (4) 30 minute lessons.
FEE: \$110 M / \$220 NM

SEMI-PRIVATE #25019
[SWIM LESSONS OR SWIM TEAM TRAINING]
 Semi-private lessons are one instructor to 2 or 3 students at similar swimming levels.
 Includes (4) 30 minute lessons.
FEE: \$70 M / \$140 NM

SPECIAL SWIM #25017
 Special swim is a great 1-on-1 course for participants with disabilities.
 Includes (4) 30 minute lessons.
FEE: \$80 M / \$160 NM

GATORS SWIM TEAM

GATORS SWIM TEAM [ALL LEVELS] #25026

Class prerequisites: Must be 6 years or older and demonstrate 25 yard freestyle, backstroke and breaststroke.

This is the perfect opportunity to introduce your child to competitive swimming. Your child will begin at one of the various levels offered through GGST as they learn the skills and technique to become a great swimmer. Goggles required.

4:00 - 5:00 pm | TU

September 7 - 28, 2021
(\$32 M / \$64 NM)

October 5 - 26, 2021
(\$32 M / \$64 NM)

November 2 - 16, 2021
(\$24 M / \$48 NM)

November 30 - December 14, 2021
(\$24 M / \$48 NM)

4:00 - 5:00 pm | TH

September 9 - 30, 2021
(\$32 M / \$24 NM)

October 7 - 28, 2021
(\$32 M / \$64 NM)

November 4 - 18, 2021
(\$24 M / \$48 NM)

December 2 - 16, 2021
(\$24 M / \$48 NM)

EARLY CHILDHOOD PROGRAMS

PRESCHOOL SOCCER LEAGUE #21138

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 12th. *Shin guards are required, cleats are optional.*

Register by August 30, 2021.

AGES: 3 - 5 yrs *Must have turned 3 by September 1st*

LOCATION: Athletic Field

1:00 - 2:00 pm | SU

September 12 - October 3, 2021 (\$48 M / \$96 NM)

VOLUNTEER COACHES ARE NEEDED!

Parents interested in coaching may fill out a volunteer application. **Children of approved volunteer coaches get the program for FREE!** Download an application today at GeneseoParkDistrict.org/volunteer

PARENT-LED PLAY GROUP

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

AGES: up to 5 yrs

8:30 am - Noon | W F

September 8 - December 22, 2021

No playgroup held November 24th & 26th

FREE M / General Admission NM



JOIN OUR ONLINE COMMUNITY



GeneseoParkDistrict
CentralTheaterGeneseo
GeneseoParkDistrictAquaticCenter



@GeneseoParkDist



geneseo_park_district

2 - 3 year olds TWINKLEBRIGHTS #21001

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.

11:15 am - Noon | TU or 11:15 am - Noon | TH

FEE¹: \$243 per Year M / \$486 per Year NM

or minimum of \$27 per month M / \$54 per month NM

3 - 4 year olds STARBRIGHTS #21002

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.

8:30 - 11:00 am | TU TH or 12:30 - 3:00 pm | TU TH

FEE¹: \$810 per Year M / \$1,620 per Year NM

or minimum of \$90 per month M / \$180 per month NM

4 - 5 year olds KINDERBRIGHTS #21003

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!

8:30 - 11:00 am | M W F *full* or 12:30 - 3:00 pm | M W F *full*

FEE¹: \$1,080 per Year M / \$2,160 per Year NM

or minimum of \$120 per month M / \$240 per month NM



PRESCHOOL DETAILS

¹Prices 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.

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.

ART CLASSES

INSTRUCTOR: Smith Studio & Gallery
LOCATION: 124 South State St. | Geneseo IL
GRADES: 1st - 6th

CLAY BEASTIES #23023

A special armature (frame) is provided to each participant as they are challenged to create a unique and imaginary animal. These "beasties" stand on two legs and one of the first challenges for each child is to decide which end of the armature is the head ... because the head and the hind-side do not look the same. A colorful air-dried clay is used in this fun art activity, so all creations go home on the same day.

1:00 - 3:00 pm | SA
 September 25, 2021 (\$15 / child)

ROBOTS FROM SPACE #23024

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

1:00 - 3:00 pm | SA
 October 9, 2021 (\$15 / child)

PUPPET MONSTERS #23025

At the Smith Studio a very popular event has been our special "Origami Puppet" creations. This fun art activity is a sculptural art project that creates a unique character from the child's own imagination. They are functional! ...as the character that is created can perform; which results in every child wanting to create more! Being Halloween we assume that a lot of monsters might be made ...a joy for us as this unique puppet form was invented at the Smith Studio.

1:00 - 3:00 pm | SA
 October 23, 2021 (\$15 / child)



2-Day ArtCAMP

9:00 AM - 4:30 PM ♦ Grades 1st - 6th
 Monday & Tuesday, November 22 thru 23



THANKSGIVING BREAK 2-DAY ART CAMP #23027

Thanksgiving Break All Day Art Camp will feature a comprehensive 3-D sculptural project that spans both days.

MONDAY Students will start by creating a real or imaginary animal and will be shown how they can create their own mini universe that magically appears inside a box when it is opened.

TUESDAY Students will work to complete their animal & environment box.

BOTH DAYS will also include a variety of art activities using a wide array of materials, a short movie about an important artist, new 2-D drawing and painting techniques, educational art games and MUCH MORE!

Note: Children must bring their lunch. A morning and afternoon snack will be provided. Also, extended hours are available for those who need it, at no additional cost. Our top priority is to keep everyone safe, so we will be adhering to Illinois guidelines for wearing masks and social distancing.

9:00 am - 4:30 pm | M - TU November 22 - 23, 2021 (\$120 / child)



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

SANTA VISITS #23065

SATURDAY DECEMBER 11, 2021

5:00 - 8:00 PM

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 November 27, 2021 or until full.

LOCATION: Your Home **FEE:** \$80

CELEBRATE YOUR BIRTHDAY

AT THE GENESEO PARK DISTRICT
Find the perfect Party Package for your celebration!

INDOOR POOL PARTY SPLASH

Come ready to swim, splash and slide for one hour at the Geneseo Community Center's Indoor Pool.

ROLLER-SKATING PARTY

Enjoy one hour of skating in the gym before your party.

FLIP FLOP FUN PARTY

Flip & Flop in the program gym with Geneseo Park District's Gymnastics Instructors.

INFLATABLE PARTY*

Birthdays are more fun with an Interactive Inflatable or jumping in a Bounce House in The Center's Gym.

Ask about renting the Aquatic Center or Central Theater for your next party!

(309) 944-5695

Call to schedule your party today!

\$300 Members | \$350 Non-Member

**Additional \$50 for Inflatable Parties*

MUSIC CLASSES

INSTRUCTOR: Musical Memories

LOCATION: 112 South State St. | Geneseo IL

MUSIC TIME FOR TODDLERS I #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.

AGES: 1 ½ - 2 ½ yrs

10:00 - 11:00 am | TH

September 9 - October 14, 2021 (\$50 / child)

October 28 - December 9, 2021 (\$50 / child)

No classes held November 25, 2021

MUSIC TIME FOR TODDLERS II #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.

AGES: 2 ½ - 3 ½ yrs

11:00 am - Noon | TH

September 9 - October 14, 2021 (\$50 / child)

October 28 - December 9, 2021 (\$50 / child)

No classes held November 25, 2021

MUSIC FOR SCHOOL READINESS #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.

AGES: 3 ½ - 5 yrs

Noon - 1:00 pm | TH

September 9 - October 14, 2021 (\$50 / child)

October 28 - December 9, 2021 (\$50 / child)

No classes held November 25, 2021

WEE KEYS #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, and 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

AGES: 4 - 6 yrs

9:00 - 10:00 am | SA

September 11 - October 16, 2021 (\$50 / child)

October 30 - December 11, 2021 (\$50 / child)

No classes November 27, 2021



112 SOUTH STATE STREET • GENESEO, IL • (563) 508-5296

MUSIC CLASS DETAILS YOU NEED TO KNOW ...

- All classes held at Musical Memories.
- 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.

UKE CAN DO IT! #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.

AGES: 7 yrs & older

10:00 - 11:00 am | SA

September 11 - October 16, 2021 (\$50 / child)

October 30 - December 11, 2021 (\$50 / child)

No classes held November 27, 2021

GUITAR #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.

AGES: 8 yrs & older

6:00 - 7:00 pm | SA

September 11 - October 16, 2021 (\$60 / child)

October 30 - December 11, 2021 (\$60 / child)

No classes held November 27, 2021

BUCKET DRUMS #23041

This is an exciting and fun group class with many opportunities for your child to learn about beat, rhythm, and drumming. Several kinds of drums and percussion instruments will be utilized in this class and kids will learn how to see, say, and play simple musical rhythms while distinguishing patterns and musical symbols.

AGES: 11 - 16 yrs

5:00 - 6:00 pm | M

September 13 - October 18, 2021 (\$60 / child)

November 1 - December 6, 2021 (\$60 / child)

GYMNASTICS

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

TUMBLE BUGS

Your child will learn basic tumbling, bars, beam, vaulting skills & movements associated with gymnastics at an appropriate level for their age. The class develops coordination, self-confidence, listening, strength, balance, and body awareness. **AGES:** 4 - 6

#23201 BEGINNERS

This is for beginners who have not taken a class or cannot do a cartwheel.

3:30 - 4:30 pm | M

September 13 - 27, 2021 (\$36 M / \$72 NM)

October 4 - 25, 2021 (\$48 M / \$96 NM)

November 1 - 29, 2021 (\$48 M / \$96 NM) *Not held November 22, 2021*

December 6 - 13, 2021 (\$24 M / \$48 NM)

#23202 ADVANCED

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

September 15 - 29, 2021 (\$36 M / \$72 NM)

October 6 - 27, 2021 (\$48 M / \$96 NM)

November 3 - 17, 2021 (\$36 M / \$72 NM)

December 1 - 15, 2021 (\$36 M / \$72 NM)

GIRLS RULE #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. **AGES:** 5 - 12

3:30 - 4:30 pm | TU

September 14 - 28, 2021 (\$36 M / \$72 NM)

October 5 - 26, 2021 (\$48 M / \$96 NM)

November 2 - 16, 2021 (\$36 M / \$72 NM)

November 30 - December 14, 2021 (\$36 M / \$72 NM)

BOYS ONLY #23210

This class will cover gender specific skills following the USA Mens Gymnastics Program. Participants will learn skills in the high bar, rings, pommel horse, floor exercise, even bars and vault. **AGES:** 5 - 12

7:00 - 8:00 pm | W

September 15 - 29, 2021 (\$36 M / \$72 NM)

October 6 - 27, 2021 (\$48 M / \$96 NM)

November 3 - 17, 2021 (\$36 M / \$72 NM)

December 1 - 15, 2021 (\$36 M / \$72 NM)

INTERMEDIATE GIRLS #23204

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.

AGES: 9 yrs or older

6:00 - 7:00 pm | W

September 15 - 29, 2021 (\$36 M / \$72 NM)

October 6 - 27, 2021 (\$48 M / \$96 NM)

November 3 - 17, 2021 (\$36 M / \$72 NM)

December 1 - 15, 2021 (\$36 M / \$72 NM)

JUNIOR PREP #23205

The major focus of this class will be to develop strength, flexibility and hone skills in the four competitive womens 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. **AGES:** 9 yrs or older

4:30 - 6:00 pm | W

September 15 - 29, 2021 (\$54 M / \$108 NM)

October 6 - 27, 2021 (\$72 M / \$144 NM)

November 3 - 17, 2021 (\$54 M / \$108 NM)

December 1 - 15, 2021 (\$54 M / \$108 NM)

USAG DEVELOPMENTAL TEAM CAMP #23215

This camp is designed for the young promising gymnast that really wants to develop gymnastic expertise. Optional and compulsory skills will be taught with awesome activities. **AGES:** 7 yrs or older

4:30 - 7:00 pm | TU - F

September 7 - 10, 2021 (\$120 M / \$240 NM)

USAG DEVELOPMENTAL PROGRAM #23213

Are you interested in competitive gymnastics? Then this is the program for you. Gymnastics routines will be learned and developed. Must come to all three sections to compete. **AGES:** 7 yrs or older

4:30 - 7:00 pm | M

September 13 - 27, 2021 (\$90 M / \$180 NM)

October 4 - 25, 2021 (\$120 M / \$240 NM)

November 1 - 22, 2021 (\$120 M / \$240 NM)

November 29 - December 13, 2021 (\$90 M / \$180 NM)

4:30 - 7:00 pm | TU

September 14 - 28, 2021 (\$90 M / \$180 NM)

October 5 - 26, 2021 (\$120 M / \$240 NM)

November 2 - 23, 2021 (\$120 M / \$240 NM)

November 30 - December 14, 2021 (\$90 M / \$180 NM)

4:30 - 7:00 pm | TH

September 16 - 30, 2021 (\$90 M / \$180 NM)

October 7 - 28, 2021 (\$120 M / \$240 NM)

November 4 - 18, 2021 (\$90 M / \$180 NM)

December 2 - 16, 2021 (\$90 M / \$180 NM)

GYMNASTICS PRIVATE & SEMI-PRIVATE

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 [GYMNASTICS LESSONS]

Private lessons are one-on-one instruction for all skill levels. Includes (4) 30 minute lessons.

FEE: \$110 M / \$220 NM

SEMI-PRIVATE [GYMNASTICS LESSONS]

Groups of 2 to 3 participants with similar skills and must be members of the same household. Includes (4) 30 minute lessons.

FEE: \$70 M / \$140 NM

GYMNASTICS cont...

MIDDLE SCHOOL / HIGH SCHOOL OPTIONALS #23218

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

AGES: 7 yrs or older

7:00 - 8:30 pm | M

September 13 - 27, 2021 (\$54 M / \$108 NM)

October 4 - 25, 2021 (\$72 M / \$144 NM)

November 1 - 15, 2021 (\$54 M / \$108 NM)

November 29 - December 13, 2021 (\$54 M / \$108 NM)

7:00 - 8:30 pm | TU

September 14 - 28, 2021 (\$54 M / \$108 NM)

October 5 - 26, 2021 (\$72 M / \$144 NM)

November 2 - 16, 2021 (\$54 M / \$108 NM)

November 30 - December 14, 2021 (\$54 M / \$108 NM)

7:00 - 8:30 pm | TH

September 16 - 30, 2021 (\$54 M / \$108 NM)

October 7 - 28, 2021 (\$72 M / \$144 NM)

November 4 - 18, 2021 (\$54 M / \$108 NM)

December 2 - 16, 2021 (\$54 M / \$108 NM)

YOUTH ATHLETICS

INSTRUCTIONAL VOLLEYBALL

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

COACH: Casey Komel

#22152 **GRADES:** 3rd - 5th

4:30 - 5:30 pm | M

November 1 - 22, 2021 (\$48 M / \$96 NM)

#22153 **GRADES:** 6th - 8th

4:30 - 5:30 pm | M

November 1 - 22, 2021 (\$48 M / \$96 NM)

FLAG FOOTBALL

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 & playing defense through a variety of station drills & informal play. Players will be divided into teams and have 2 weeks of practice followed with 4 weeks of games. *Players get to experience a game under the lights!*

LOCATION: Athletic Field

OCTOBER 10, 2021 NIGHT GAME

6:30 - 7:30 pm | GRADES: 1st - 2nd

8:00 - 9:00 pm | GRADES: 3rd - 4th

**VOLUNTEER COACHES
ARE NEEDED!**

#22201 **GRADES:** 1st - 2nd

2:30 - 3:30 pm | SU

September 12 - October 17, 2021

(\$72 M / \$144 NM)

#22202 **GRADES:** 3rd - 4th

4:00 - 5:00 pm | SU

September 12 - October 17, 2021

(\$72 M / \$144 NM)

MIDDLE SCHOOL FITNESS ACCESS #24119

Middle school age students will gain access to all fitness areas. Participants will receive instruction on etiquette and how to safely and effectively use equipment in these areas. Taught by an ISSA Certified Personal Trainer & Certified Corrective Exercise Specialist.

INSTRUCTOR: Matthew Henry, *Hammond-Henry Rehab Personal Trainer*

GRADES: 6th - 8th

4:00 - 5:00 pm | W

September 1 - 15, 2021 (\$36 M / \$72 NM)

October 6 - 20, 2021 (\$36 M / \$72 NM)

November 3 - 17, 2021 (\$36M / \$72 NM)

Boys YOUTH BASKETBALL LEAGUE

MUST REGISTER BY OCTOBER 1, 2021

Basketball League draft held October 4, 2021

All registered players will be placed on a team.

- Games/practices are 1 hour and will range between 5:30 & 8:30 pm, M-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 23 - 27, 2021**

VOLUNTEER COACHES ARE NEEDED!

#22102 **GRADES:** 4th - 6th

October 18 - December 9, 2021 (\$60/player)

YOUTH BASKETBALL

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

- All practices & games are held on Saturdays.
- The first 2 Saturdays will be group practices.
- The first game will be November 13, 2021
- Please bring your own ball if possible.
- **No basketball held November 27th.**

VOLUNTEER COACHES ARE NEEDED!

#22100 *Boys & Girls* **GRADES:** K - 1st

8:30 - 9:30 am

October 30 - December 11, 2021 (\$72 M / \$144 NM)

#22101 *Boys* **GRADES:** 2nd - 3rd

9:30 - 10:30 am

October 30 - December 11, 2021 (\$72 M / \$144 NM)

VOLUNTEER TO COACH YOUR KIDS!

Volunteer coaches are needed for Preschool Soccer League, Flag Football and Youth Basketball League. Parents interested in coaching may fill out a volunteer application.

Children of approved volunteer coaches get the program for FREE!

Download an application today at GeneseoParkDistrict.org/volunteer

FITNESS CLASSES

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.

INSTRUCTOR: Carie Kreiner

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

5:15 - 6:15 am | M

September 13 - 27, 2021 (\$19.50 M/\$39 NM)

October 4 - 25, 2021 (\$26 M / \$52 NM)

November 1 - 29, 2021 (\$32.50 M / \$65 NM)

December 6 - 13, 2021 (\$13 M / \$26 NM)

5:15 - 6:15 am | F

September 3 - 24, 2021 (\$26 M / \$52 NM)

October 1 - 29, 2021 (\$32.50 M / \$65 NM)

November 5 - 19, 2021 (\$19.50 M / \$39 NM)

December 3 - 17, 2021 (\$19.50 M / \$39 NM)

ROCK STEADY BOXING (L) #24142

A new exercise program from Hammond-Henry Rehab that attacks the symptoms of Parkinson's disease. No boxing experience is necessary & people of all ages are invited to participate. Boxers, both male & female, range in age from mid-30s to early 90s.

Class prerequisites: Must be pre-evaluated at Hammond-Henry Hospital prior to registering for this class. A one-time equipment fee of \$55 will apply.

COACHES: Bailey Weber & Shannon Port, *Certified RSB Coach*

11:00 am - Noon | TU & TH

September 2 - 30, 2021 (\$65 / person)

October 5 - 28, 2021 (\$65 / person)

November 2 - 30, 2021 (\$65 / person) *Not held November 25th*

December 2 - 23, 2021 (\$65 / person)

LIVING WITH PARKINSON'S & MAINTAINING QUALITY OF LIFE

FREE seminar from Hammond-Henry Hospital

Learn more on page 11

BUFF BONES® (H) #24126

Buff Bones® is a medically-endorsed system of movement for bone and joint health. It leverages bone-strengthening and balance techniques along with Pilates, functional movement, strength training and therapeutic exercise. It can benefit anyone looking to tone up, enhance posture, improve balance, and gain overall strength.

INSTRUCTOR: Shannon Port, *Hammond-Henry Rehab*

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

9:15 - 10:15 am | M

September 13 - 27, 2021 (\$19.50 M/\$39 NM)

October 4 - 25, 2021 (\$19.50 M/\$39 NM) *Not held October 11th*

November 1 - 29, 2021 (\$32.50 M / \$65 NM)

December 6 - 20, 2021 (\$19.50 M/\$39 NM)

9:15 - 10:15 am | W

September 1 - 29, 2021 (\$32.50 M / \$65 NM)

October 6 - 27, 2021 (\$26 M / \$52 NM)

November 3 - 24, 2021 (\$26 M / \$52 NM)

December 1 - 22, 2021 (\$26 M / \$52 NM)

BOXING & BARBELLS (H) #24132

Boxing and Barbells has a bit of everything. With a mix of Boxing and Weight drills, you'll experience a full body workout! In boxing you'll have the option to hit heavy bag (bring your own gloves). The other part of the workout is lifting weights and cardio conditioning that will benefit your body hours after the workout ends!

INSTRUCTOR: Shannon Port, *Hammond-Henry Rehab*

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

6:00 - 6:45 am | F

September 3 - 24, 2021 (\$19.50 M/\$39 NM)

October 1 - 29, 2021 (\$24.50 M / \$49 NM)

November 5 - 19, 2021 (\$14.75 M / \$29.50 NM)

December 3 - 17, 2021 (\$14.75 M / \$29.50 NM)

SUSPEND (H) #24125

Suspend fuses elements of yoga, Pilates, and barre with TRX based exercises creating a cutting-edge workout that builds both length and strength. This combination of TRX Suspension Training focuses on building strength around the body's core.

INSTRUCTOR: Shannon Port, *Hammond-Henry Rehab*

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

8:15 - 9:00 am | M

September 13 - 27, 2021 (\$14.75 M / \$29.50 NM)

October 4 - 25, 2021 (\$14.75 M / \$29.50 NM) *Not held October 11th*

November 1 - 29, 2021 (\$24.50 M / \$49 NM)

December 6 - 20, 2021 (\$14.75 M / \$29.50 NM)

4:15 - 5:00 pm | M

September 13 - 27, 2021 (\$14.75 M / \$29.50 NM)

October 4 - 25, 2021 (\$14.75 M / \$29.50 NM) *Not held October 11th*

November 1 - 29, 2021 (\$24.50 M / \$49 NM)

December 6 - 20, 2021 (\$14.75 M / \$29.50 NM)

8:15 - 9:00 am | W

September 1 - 29, 2021 (\$24.50 M / \$49 NM)

October 6 - 27, 2021 (\$19.50 M / \$39 NM)

November 3 - 24, 2021 (\$19.50 M / \$39 NM)

December 1 - 22, 2021 (\$19.50 M / \$39 NM)

SEATED MIX CHAIR (L) #24103

Seated Mix Chair Fitness is a comprehensive chair exercise class designed for individuals who have complications standing during a fitness regimen. This includes senior citizens, people with balance deficits, injuries, disabilities, etc. It is designed to keep individuals mobile to ensure they remain progressive in daily function and/or recovery.

INSTRUCTOR: Shannon Port, *Hammond-Henry Rehab*

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

10:45 - 11:30 am | M < *FREE on Mondays September - December*

September 13 - 27, 2021

October 4 - 25, 2021 *Not held October 11th*

November 1 - 29, 2021

December 6 - 20, 2021

10:45 - 11:30 am | W

September 1 - 29, 2021 (\$24.50 M / \$49 NM)

October 6 - 27, 2021 (\$19.50 M / \$39 NM)

November 3 - 24, 2021 (\$19.50 M / \$39 NM)

December 1 - 22, 2021 (\$19.50 M / \$39 NM)

ADULT SUMMIT (H) #24141

This Summit focuses on adult athletes and their specific needs. This functional training program meets three days a week and targets triplaner strength, flexibility, injury prevention, cardiovascular fitness, and overall general conditioning in a group setting.

INSTRUCTORS: Greg Janicki, John Davis or Jennifer Mills, *Hammond-Henry*

LOCATION: GFAC

5:00 - 6:00 pm | M W

4:00 - 5:00 pm | F

September 1 - 29, 2021 (\$75 / person)

October 1 - 29, 2021 (\$75 / person)

November 1 - 27, 2021 (\$75 / person)

December 1 - 31, 2021 (\$75 / person)

CYCLING

HIP HOP SPIN (H) #24504

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

INSTRUCTOR: Shannon Port, *Hammond-Henry Rehab*

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

6:00 - 6:45 am | TU

September 14 - 28, 2021 (\$14.75 M / \$29.50 NM)

October 5 - 26, 2021 (\$19.50 M / \$39 NM)

November 2 - 30, 2021 (\$24.50 M / \$49 NM)

December 7 - 21, 2021 (\$14.75 M / \$29.50 NM)

6:00 - 6:45 am | TH

September 2 - 30, 2021 (\$19.50 M / \$39 NM) *Not held September 16th*

October 7 - 28, 2021 (\$19.50 M / \$39 NM)

November 4 - 18, 2021 (\$14.75 M / \$29.50 NM)

December 2 - 23, 2021 (\$19.50 M / \$39 NM)

PERSONAL TRAINING

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

TRADITIONAL #24600

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: \$32 M / \$64 NM

5 Sessions | FEE: \$135 M / \$270 NM

SEMI-PRIVATE #24601

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: \$27 M / \$54 NM

5 Sessions | FEE: \$120 M / \$240 NM



YOGA

POWER YOGA (H) #24133

Power Yoga is feel-good vinyasa designed for all fitness levels. Prepare to move with full body sequences that will energize your day and lift your spirits. This is a music driven yoga experience where you will find the beat, your breath, and FLOW that is taught in an 80-85 degree room and is sure to challenge you while giving you a great workout.

INSTRUCTOR: Shannon Port, *Hammond-Henry Rehab*

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

6:00 - 6:45 am | W

September 1 - 29, 2021 (\$24.50 M / \$49 NM)

October 6 - 27, 2021 (\$19.50 M / \$39 NM)

November 3 - 24, 2021 (\$19.50 M / \$39 NM)

December 1 - 22, 2021 (\$19.50 M / \$39 NM)

SLOW FLOW (L) #24134

Experience elements of a heated vinyasa practice with a slower pace.

This class moves with calm energy through a vinyasa flow practice offering time to discover your breath and body awareness as you move. Expect ample time to integrate, longer holds in standing postures, and options to make the class more or less challenging depending on what you need on a given day.

INSTRUCTOR: Shannon Port, *Hammond-Henry Rehab*

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

9:15 - 10:15 am | TU

September 14 - 28, 2021 (\$19.50 M / \$39 NM)

October 5 - 26, 2021 (\$26 M / \$52 NM)

November 2 - 30, 2021 (\$32.50 M / \$65 NM)

December 7 - 21, 2021 (\$19.50 M / \$39 NM)

9:15 - 10:15 am | TH

September 2 - 30, 2021 (\$26 M / \$52 NM) *Not held September 16th*

October 7 - 28, 2021 (\$26 M / \$52 NM)

November 4 - 18, 2021 (\$19.50 M / \$39 NM)

December 2 - 23, 2021 (\$26 M / \$52 NM)

YOGA STRETCHING & RELAXATION (L) #24108

Yoga is a physical exercise that engages different parts of the body through a series of poses, stretches and transitions. It also focuses on the importance of breathing, being present within your practice and releasing stress. The goal of yoga is to fortify the connection between the body and the mind to improve health and well-being.

INSTRUCTOR: Linda Lindburg, *Hammond-Henry Rehab*

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

5:30 - 6:30 pm | W

September 1 - 29, 2021 (\$32.50 M / \$65 NM)

October 6 - 27, 2021 (\$26 M / \$52 NM)

November 3 - 24, 2021 (\$26 M / \$52 NM)

December 1 - 29, 2021 (\$32.50 M / \$65 NM)

9:00 - 10:00 am | SA

September 4 - 25, 2021 (\$26 M / \$52 NM)

October 2 - 30, 2021 (\$32.50 M / \$65 NM)

November 6 - 27, 2021 (\$26 M / \$52 NM)

December 4 - 18, 2021 (\$19.50 M / \$39 NM)



MIDDLE SCHOOL FITNESS ACCESS CLASS

find more information on page 7


WATER FITNESS

WALK-IN FEE: \$10 M / \$12 MG / \$20 NM *unless otherwise listed*

WALK THE WATER (M) #25509

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

8:30 - 9:30 am | TU

 September 7 - 28, 2021 < **FREE on Tuesdays in September!**
October 5 - 26, 2021 (\$26 M / \$52 NM)
November 2 - 30, 2021 (\$32.50 M / \$65 NM)
December 7 - 14, 2021 (\$13 M / \$26 NM)

8:30 - 9:30 am | TH

September 2 - 30, 2021 (\$32.50 M / \$65 NM)
October 7 - 28, 2021 (\$26 M / \$52 NM)
November 4 - 18, 2021 (\$19.50 M / \$39 NM)
December 2 - 16, 2021 (\$19.50 M / \$39 NM)

FIT BEGINNINGS (L/M) #25501

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 7 - 28, 2021 (\$26 M / \$52 NM)
October 5 - 26, 2021 (\$26 M / \$52 NM)
November 2 - 30, 2021 (\$32.50 M / \$65 NM)
December 7 - 14, 2021 (\$13 M / \$26 NM)

10:00 - 11:00 am | TH

September 2 - 30, 2021 (\$32.50 M / \$65 NM)
October 7 - 28, 2021 (\$26 M / \$52 NM)
November 4 - 18, 2021 (\$19.50 M / \$39 NM)

 December 2 - 16, 2021 < **FREE on Thursdays in December!**

FIT HAPPENS A.M. (H) #25507

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

8:30 - 9:30 am | M

September 13-27, 2021 (\$19.50M / \$39NM)
October 4 - 25, 2021 (\$26 M / \$52 NM)

 November 1 - 29, 2021 < **FREE on Mondays in November!**
December 6 - 13, 2021 (\$13 M / \$26 NM)

8:30 - 9:30 am | W

September 1 - 29, 2021 (\$32.50 M / \$65 NM)
October 6 - 27, 2021 (\$26 M / \$52 NM)
November 3 - 24, 2021 (\$26 M / \$52 NM)
December 1 - 15, 2021 (\$19.50 M / \$39 NM)

8:30 - 9:30 am | F

September 3-24, 2021 (\$26 M / \$52 NM)
October 1 - 29, 2021 (\$32.50 M / \$65 NM)
November 5-19, 2021 (\$19.50 M / \$39 NM)
December 3 - 17, 2021 (\$19.50 M / \$39 NM)

INDOOR POOL SHUTDOWN

The Indoor Pool will be shutdown **December 18 - 26, 2021** for annual maintenance.

AQUA PILATES (H) #25518

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

1:15 - 2:00 pm | TU

September 14 - 28, 2021 (\$14.75 M / \$29.50 NM)
October 5 - 26, 2021 (\$19.50 M / \$39 NM)
November 2 - 30, 2021 (\$24.50 M / \$49 NM)
December 7 - 14, 2021 (\$9.75 M/\$19.50 NM)

1:15 - 2:00 pm | TH

September 2 - 30, 2021 (\$19.50M/\$39NM) *Not held September 16th*
October 7 - 28, 2021 (\$19.50 M / \$39 NM)
November 4 - 18, 2021 (\$14.75 M / \$29.50 NM)
December 2 - 16, 2021 (\$14.75 M / \$29.50 NM)

ARE YOU LOOKING FOR ACTIVE ADULT/SENIOR PROGRAMS?

Find a variety of *free* programs & events on page 11 & 12

JUST THE GUYS (M) #25506

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 7 - 28, 2021 (\$26 M / \$52 NM)
October 5 - 26, 2021 (\$26 M / \$52 NM)
November 2 - 30, 2021 (\$32.50 M/\$65 NM)
December 7 - 14, 2021 (\$13 M / \$26 NM)

7:00 - 8:00 am | TH

September 2 - 30, 2021 (\$32.50 M / \$65 NM)
 October 7 - 28, 2021 < **FREE on Thursdays in October!**
November 4 - 18, 2021 (\$19.50 M / \$39 NM)
December 2 - 16, 2021 (\$19.50 M / \$39 NM)

7:00 - 8:00 am | F

September 3 - 24, 2021 (\$26 M / \$52 NM)
October 1 - 29, 2021 (\$32.50 M / \$65 NM)
November 5 - 19, 2021 (\$19.50 M / \$39 NM)
December 3 - 17, 2021 (\$19.50 M / \$39 NM)

TRY ONE OF THE **FREE** MONTHLY WATER FITNESS CLASSES
SPONSORED BY THE
GENESE0 PARK DISTRICT FOUNDATION!

Geneseo
Park District
Foundation

WATER FITNESS cont...

FIT HAPPENS P.M. (H) #25508

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

INSTRUCTOR: Jill Neal

5:30 - 6:30 pm | M

September 13 - 27, 2021
(\$19.50 M / \$39 NM)

October 4 - 25, 2021
(\$26 M / \$52 NM)

November 1 - 29, 2021
(\$32.50 M / \$65 NM)

December 6 - 13, 2021
(\$13 M / \$26 NM)

5:30 - 6:30 pm | TH

September 2 - 30, 2021
(\$32.50 M / \$65 NM)

October 7 - 28, 2021
(\$26 M / \$52 NM)

November 4 - 18, 2021
(\$19.50 M / \$39 NM)

December 2 - 16, 2021
(\$19.50 M / \$39 NM)

FOR THE LOVE OF FIT (L) #25504

Increases range of motion at the joints in order to improve posture, balance and mobility. **INSTRUCTOR:** Laura Goetz

9:45 - 10:45 am | M

September 13 - 27, 2021
(\$19.50M / \$39NM)

October 4 - 25, 2021
(\$26 M / \$52 NM)

November 1 - 29, 2021
(\$32.50 M / \$65 NM)

December 6 - 13, 2021
(\$13 M / \$26 NM)

9:45 - 10:45 am | W

September 1 - 29, 2021
(\$32.50 M / \$65 NM)

October 6 - 27, 2021
(\$26 M / \$52 NM)

November 3 - 24, 2021
(\$26 M / \$52 NM)

December 1 - 15, 2021
(\$19.50 M / \$39 NM)

9:45 - 10:45 am | F

September 3 - 24, 2021
(\$26 M / \$52 NM)

October 1 - 29, 2021
(\$32.50 M / \$65 NM)

November 5 - 19, 2021
(\$19.50 M / \$39 NM)

December 3 - 17, 2021
(\$19.50 M / \$39 NM)

ACTIVE ADULT/SENIOR PROGRAMS

JOIN US AT GENESEO PARK DISTRICT'S
CENTRAL THEATER FOR A FREE MOVIE!



CENTRAL THEATER
your hometown theater



1:00 PM | WEDNESDAY SEPTEMBER 8, 2021
1:00 PM | WEDNESDAY OCTOBER 13, 2021

1:00 PM | WEDNESDAY NOVEMBER 10, 2021
1:00 PM | WEDNESDAY DECEMBER 8, 2021

ONE **FREE** SMALL POP & POPCORN COMBO PER PERSON
MOVIE TITLES TO BE ANNOUNCED



ACTIVE ADULT/SENIOR SEMINAR & LUNCHEON #27003

The Geneseo Park District would like to invite you to a **free** seminar from Hammond-Henry Hospital while enjoying a **free** light luncheon provided by the Geneseo Park District Foundation. **Plus** stay and play cards following the luncheon.

Space is limited to the first 50 guest to register.

DON'T LET A FALL CHANGE YOUR LIFE

WEDNESDAY SEPTEMBER 15, 2021 | Noon - 1:00 pm

Register by September 8, 2021

Are you having difficulty walking, performing stairs or doing household chores without a fear of falling? Are you limiting social outings or yard work due to decreased balance or strength? If so, this is the session for you. A general overview of signs, symptoms and interventions related to balance problems and fall prevention will be discussed by staff from Hammond-Henry Hospital Rehabilitation.

SPEAKER: Hammond-Henry Rehab

LOCATION: Geneseo Community Center

LIVING WITH PARKINSON'S & MAINTAINING QUALITY OF LIFE

TUESDAY OCTOBER 5, 2021 | Noon - 1:00 pm

Register by September 28, 2021

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

SPEAKER: Hammond-Henry Rehab

LOCATION: Geneseo Community Center

COME EARLY TO PARTICIPATE OR OBSERVE ROCK STEADY BOXING.

A new exercise program from Hammond-Henry Rehab that attacks the symptoms of Parkinson's disease.

FREE to try 10/5 only. Class begins at 11:00 am. Learn more on page 8

DIABETES & THE HOLIDAYS

TUESDAY NOVEMBER 9, 2021 | Noon - 12:30 pm

Register by November 2, 2021

Holiday and Special Occasion Survival tips for people with Diabetes. We will address healthy diet modification tips to help meet your diabetic needs.

SPEAKER: Marcia Wirth RDN, LDN

LOCATION: Geneseo Community Center



CHECK OUT MORE ACTIVE ADULT/SENIOR PROGRAMS & EVENTS

ACTIVE ADULT/SENIOR PROGRAMS cont...



WATER FITNESS CLASSES

Try a different Water Fitness Class for *free* each month. Find a variety of Water Fitness classes on pages 10-11. PLEASE REGISTER AT THE CENTER.

WALK THE WATER (M) #25509

8:30 - 9:30 AM | TUESDAYS SEPTEMBER 7 - 28, 2021

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

JUST THE GUYS (M) #25506

7:00 - 8:00 AM | THURSDAYS OCTOBER 7 - 28, 2021

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.

FIT HAPPENS A.M. (H) #25507

8:30 - 9:30 AM | MONDAYS NOVEMBER 1 - 29, 2021

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

FIT BEGINNINGS (L/M) #25501

10:00 - 11:00 AM | THURSDAYS DECEMBER 2 - 16, 2021

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



WALKING CLUB

9:30 - 10:30 AM | WEDNESDAYS SEPTEMBER - DECEMBER

Come join us for a free, fun and sociable walking club on the indoor track. Walk at your own pace, bring a friend or make a new one. It's a great opportunity to set some fitness goals and connect with others in our community!



COFFEE & SNACKS

8:00 - 9:00 AM | THURSDAYS SEPTEMBER - DECEMBER

Start your day off right with a hot cup of coffee, some tasty breakfast treats and friendly conversation as we welcome everyone to our Thursday morning Coffee and Snacks. Enjoy time with friends before beginning your day, or stick around for the 9am Exercise Class. Everyone is welcome. *Not held Thursday November 25, 2021.*



CARDS WITH FRIENDS

1:00 PM

MONDAYS SEPTEMBER - DECEMBER | MANIPULATION
2ND & 4TH THURSDAYS SEPTEMBER - DECEMBER | HAND & FOOT

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!



BINGO

1:00 - 3:00 PM | 1ST & 3RD THURSDAYS SEPTEMBER - DECEMBER

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



FITNESS CLASSES

Get out and get moving with a *free* Fitness Class. Find a variety of Fitness & Yoga classes on pages 8 - 9. PLEASE REGISTER AT THE CENTER.

EXERCISE CLASS #27002

9:00 - 10:00 AM

THURSDAYS SEPTEMBER 2 - 30, 2021

THURSDAYS OCTOBER 7 - 28, 2021

THURSDAYS NOVEMBER 4 - 18, 2021

THURSDAYS DECEMBER 2 - 30, 2021

This *free* 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

SEATED MIX CHAIR #24103

10:45 - 11:30 AM

MONDAYS SEPTEMBER 13 - 27, 2021

MONDAYS OCTOBER 4 - 25, 2021 *Not held October 11th*

MONDAYS NOVEMBER 1 - 29, 2021

MONDAYS DECEMBER 6 - 20, 2021

Seated Mix Chair Fitness is a comprehensive chair exercise class designed for individuals who have complications standing during a fitness regimen. This includes senior citizens, people with balance deficits, injuries, disabilities, etc. It is designed to keep individuals mobile to ensure they remain progressive in daily function and/or recovery.

INSTRUCTOR: Shannon Port, Hammond-Henry Rehab

WATCH FOR THESE ADDITIONAL FUN, FREE ACTIVITIES COMING THIS FALL...

- ARTS & CRAFTS
- ADULT COLORING
- BOOK CLUB
- WII IN ACTIVITY ROOM
- BLOOD PRESSURE CHECKS
- TABLE TENNIS TIME
- MOVIE AND POTLUCK IN THE ACTIVITY ROOM

PICK UP A COMPLETE CALENDAR OF EVENTS EACH MONTH AT THE
GENESEO COMMUNITY CENTER OR ONLINE AT
GeneseoParkDistrict.org/Active-Adult

FREE ACTIVE ADULT PROGRAMS & EVENTS ARE SPONSORED BY THE GENESEO PARK DISTRICT FOUNDATION!

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

Find out how at GeneseoParkDistrict.org

Geneseo
Park District
Foundation

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

GENESEO COMMUNITY CENTER HOURS

September 7, 2021 - May 29, 2022

DAILY ADMISSION AT THE CENTER

\$7.00 Youth/Senior

\$8.00 Adult

Community Center or Park District Memberships required or The Center Daily Admission applies.

Monday - Friday

5:00 am - 9:00 pm

Saturday & Sunday

6:00 am - 3:00 pm

COMMUNITY CENTER HOLIDAY CLOSINGS

Labor Day (Closed)

Thanksgiving Day (Closed)

Christmas Eve (Close at Noon)

Christmas Day (Closed)

New Year's Eve (Close at 5pm)

New Year's Day (Closed)