

GENESEO PARK DISTRICT



FALL 2022 ACTIVITY GUIDE

REGISTRATION OPENS

AUGUST 4TH FOR MEMBERS &
AUGUST 19TH FOR NON-MEMBERS

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QUESTIONS ABOUT VOLUNTEERING?

Contact us at info@geneseoparkdistrict.org -OR-

visit www.GeneseoParkDistrict.org/Volunteer

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

GENESEOPARKDISTRICT.ORG/VOICE-YOUR-OPINION

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

WE VALUE YOUR INPUT.

WAYS TO REGISTER



CLICK ON THE ACTIVITY NUMBER IN THIS INTERACTIVE GUIDE

-OR -



VISIT GENESEOPARKDISTRICT.ORG

-OR-



IN PERSON AT THE GENESESO COMMUNITY CENTER



Registration Tutorial

USING THE ACTIVITY GUIDE

ACTIVITY#	DATES 3	DAYS	TIME	FEE (M/NM) 4
1 GENESEO C	OMMUNITY CENTE	R BRIGH	T BEGINNING'S PRESCI	HOOL ROOM
21154.112	Sep 6- Oct 11	TU	11:15 am - Noon	\$12/\$24

- All programs are held at the Geneseo Community Center *unless* otherwise denoted. Room locations within The Center will be listed if available at the time of publication.
- Click on the Activity Number to register online. Or provide this number to the Park District staff if registering at The Center.
- (3) DATES, DAY of the week and TIME are listed for each section.
- CLASS FEES are listed as Member Pricing [M] / Non-Member Pricing [NM]

 Learn how you can become a Member & receive 50% off program fees on page 3.

FITNESS & WATER FITNESS CLASS WALK-IN FEES are listed as (M) Member / (MG) Member Guest¹ / (NM) Non-Member ¹Members can bring a Non-Member Guest at a reduced Walk-In Fee

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

CONNECT WITH US









BECOME A MEMBER



COMMUNITY CENTER MEMBERSHIP

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

AMENITIES AT THE CENTER Cardio & Weight Rooms Indoor Pool Sauna

Indoor Elevated Track Recovery Room Activity Room Games/Activities Gym, Wallyball, Racquetball & Pickleball courts

EVEN MORE AT THE CENTER... Member Only Lap Swim Times Family/Open Swim Times Free Equipment to check out 50% off Programs excludes programs held at

the Aquatic Center



AQUATIC CENTER MEMBERSHIP

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

AMENITIES AT THE AQUATIC CENTER

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

Current Channel

EVEN MORE AT THE AQUATIC CENTER...

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



PARK DISTRICT MEMBERSHIP includes everything

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

s of January 1, 2022 COMMUNITY CENTER MEMBERSHIP		AQUATIC CENTER MEMBERSHIP		PARK DISTRICT MEMBERSHIP					
Youth		\$175		\$160		\$295			
(6 mos 18 yrs)	\$175.00 1-pay	\$61.67 3-pay*	\$16.59 12-pay*	\$160.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$295.00 1-pay	\$101.67 3-pay*	\$26.59 12-pay*
Adult		\$225			\$160			\$345	
(19 - 64 yrs)	\$225.00 1-pay	\$78.34 3-pay*	\$20.75 12-pay*	\$160.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$345.00 1-pay	\$118.34 3-pay*	\$30.75 12-pay*
Senior		\$200			\$160			\$320	
(65+ yrs)	\$200.00 1-pay	\$70.00 3-pay*	\$18.67 12-pay*	\$160.00 1-pay	n/a <i>3-pay*</i>	n/a 12-pay*	\$320.00 1-pay	\$110.00 3-pay*	\$28.67 12-pay*
Family (1 or 2 adults		\$360			\$295			\$615	
w/their immediate unmarried dependent children [ages 0-25] residing at the same address)	\$360.00 1-pay	\$123.34 3-pay*	\$32.00 12-pay*	\$295.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$615.00 1-pay	\$208.34 3-pay*	\$53.25 12-pay*

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

Non-Resident Fee: \$75 | Aquatic Center Non-Resident Fee: \$30

*Service Fees included. See Payment Plans on page 23 for details

LOCKER RENTAL

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...\$19/yr Indoor Pool 1/2 Size...\$22/yr Gym or Indoor Pool Full Size...\$37/yr

Do you offer any discounts? The Geneseo Park District offers a

Business Membership Discount.

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

Please see page 23 for more information or visit with us at The Center.

STRATEGY SESSION FOR NEW & CURRENT MEMBERS •

FREE to new Members / \$25 for Current Members

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

OTHER MEMBERSHIP OPTIONS

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

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

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

FREE EVENTS

LEARN HOW YOU CAN GIVE BACK TO YOUR COMMUNITY BY VOLUNTEERING AT THE GENESEO PARK DISTRICT

SPECIAL DAY FUN FREE!

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

DATES	DAYS	TIME	FEE (M/NM)
SWIMMING GEI	NESEO COM	MUNITY CENTER INDOOR POOL	
October 21	F	1:00- 3:00 pm [ALL AGES]	FREE
November 8	TU	1:00- 3:00 pm [ALL AGES]	FREE
November 21	М	1:00- 3:00 pm [ALL AGES]	FREE
November 23	W	1:00- 3:00 pm [ALL AGES]	FREE
December 26	М	1:00- 3:00 pm [ALL AGES]	FREE
December 28	W	1:00- 3:00 pm [ALL AGES]	FREE
January 2	М	1:00- 3:00 pm [ALL AGES]	FREE
January 4	W	1:00- 3:00 pm [ALL AGES]	FREE

DATES	DAYS	TIME	FEE (M/NM)
INTERACTIVE INFLA	TABLES G	ENESEO COMMUNITY CENTER GYMN	NASIUM
November 22	TU	9:30- 10:00 am [4yrs & Under] 10:00 am- Noon [All Ages]	FREE
November 25	F	9:30- 10:00 am [4yrs & Under] 10:00 am- Noon [All Ages]	FREE
December 27	TU	9:30- 10:00 am [4yrs & Under] 10:00 am- Noon [All Ages]	FREE
December 29	TH	9:30- 10:00 am [4yrs & Under] 10:00 am- Noon [All Ages]	FREE
January 3	TU	9:30- 10:00 am [4yrs & Under] 10:00 am- Noon [All Ages]	FREE
January 5	TH	9:30- 10:00 am [4yrs & Under] 10:00 am- Noon [All Ages]	FREE

STORIES IN THE PARK FREE!

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

DATES	DAYS	TIME	FEE (M/NM)			
GENESEO PARK DISTRICT ANDERSON MEMORIAL PARK						
October 15	SA	5:00- 7:00 pm	FREE			

SPOOKTACULAR ROLLERSKATING FREE!

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

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

DATES	DAYS	TIME	FEE (M/NM)
GENESEO COMM	UNITY CENTE	r Gymnasium	
October 29	SA	5:30- 6:45 pm [3 rd Grade & Under]	FREE
October 29	SA	7:00- 9:00 pm [All Ages]	FREE

MIDDLE SCHOOL FUN [FLAG FOOTBALL] FREE!

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.

GRADES: 6 - 8

DATES	DAYS	TIME	FEE (M/NM)
GENESEO PARK D	ISTRICT ATI	HLETIC FIELD	
October 21	F	1:00- 3:00 pm	FREE

TURKEY TROT FREE!

The Geneseo Park District brings you the 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.

TURKEYS PROVIDED IN PART BY: Fareway

GRADES: PreK - 5

DATES	DAYS	TIME	FEE (M/NM)
GENESEO PARK DIST	RICT ATHLE	TIC FIELD	
November 13	SU	2:00 pm	FREE

LETTERS FROM SANTA FREE!

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 11th to ensure Santa has enough time to reply before his big night.

AGES: All Ages

DATES	DAYS	TIME	FEE (M/NM)			
GENESEO COMMUNITY CENTER NORTH POLE MAILBOX						
Nov 1- Dec 11	ALL	During Center Hours	FREE			





FREE EVENTS





GENESEO PARK DISTRICT FOUNDATION

DID YOU KNOW...

These FREE Seasonal Community Events are sponsored by the GENESEO PARK DISTRICT FOUNDATION (unless otherwise listed).

You can help us continue to offer FREE Family Fun Programs by

Becoming a Park District Volunteer
Learn more at GENESEOPARKDISTRICT.ORG/VOLUNTEER

or

Donating or purchasing an item off our Wish List
Learn more at GENESEOPARKDISTRICT.ORG/FOUNDATION/#DONATE



SANTA AT THE CENTER FREE!

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

DATES	DAYS	TIME	FEE (M/NM)
GENESEO COMMU			
December 3	SA	5:00- 7:00 pm	FREE

JINGLEBELL OBSTACLE COURSE FREE!

The Geneseo Park District joins the **Annual Christmas Walk** with a family friendly Jinglebell Obstacle Course. Participants will be timed while running through a winter wonderland.

AGES: Pre-K to 5th

DATES	DAYS	TIME	FEE (M/NM)
GENESEO COMMU	JNITY CENT	ER	
December 10	SA	1:00- 3:00 pm	FREE

MIDDLE SCHOOL FUN [GAMES & MOVIE NIGHT] FREE!

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*.

GRADES: 6 - 8

Movie: Ghostbusters: Afterlife

DATES	DAYS	TIME	FEE (M/NM)
GENESEO COMMU	INITY CEN	ter's Gymnasium	
December 16	F	6:00- 9:00 pm	FREE

JINGLEBELL SKATE FREE!

Come join us for an evening of Christmas music and skating fun in the Center Gym! Wear your ugly Christmas sweater and prizes will be awarded for the 'BEST' ugly sweater.

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

DATES	DAYS	TIME	FEE (M/NM)
GENESEO COMMU	JNITY CENT	er Gymnasium	
December 17	SA	5:30- 6:45 pm [3 rd Grade & Under]	FREE
December 17	SA	7:00- 9:00 pm [All Ages]	FREE



WE'RE HIRING

JOIN THE GENESEO PARK DISTRICT TEAM...

- Athletics Lead [Basketball] starting at \$13/hr
- Lifeguards starting at \$12.25/hr

APPLY TODAY!

GENESEOPARKDISTRICT.ORG/EMPLOYMENT-OPPORTUNITIES



SPECIALTY PROGRAMS

LET'S BUILD!

We will have a different theme each week and create a masterpiece using Legos [Legos provided]! We will share the finished products on Social Media for the Community to vote for their favorite.

AGES: 5 - 8 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER	,		
23061-11	Sep 12- 26	М	5:30- 6:30 pm	\$40/\$80

S.T.E.M.

This 3 week, hands on class will focus on science, technology, engineering and mathematics. The focus will be mind bending and problem solving.

DATES	DAYS	TIME	FEE (M/NM)		
GENESEO COMMUNITY CENTER					
- 2					
Oct 3- 17	M	4:00-5:00 pm	\$10/child		
GRADES: 3 - 5					
Oct 3- 17	М	5:15- 6:15 pm	\$10/child		
	- 2 Oct 3- 17	Oct 3- 17 M	Oct 3- 17 M 4:00- 5:00 pm		

BABYSITTING COURSE

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.

AGES: 11 yrs or older

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER			
23072-21	Oct 8	SA	1:00- 5:00 pm	\$40/person

COOKING CLASS [30-MINUTE DECISION]

30 minutes in line for the drive-through, 30 minutes waiting for delivery, or 30 minutes to make a fabulous meal at home? Pick the home option every time! In this session you'll learn about the pantry basics needed to make those quick and easy meals, recipes your family will love and tips for meal planning and preparations.

AGES: 18 & older

INSTRUCTOR: Kim Schwarzkopf, A Spotted Apron

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CEN	ITER KITCHEN		
23091-21	Oct 13	TH	6:30- 8:00 pm	\$40/person

S.O.S. HORSES HELPING HUMANS NEW!

Sundance for Our Soldiers (SOS) provides Equine-Assisted Learning (EAL) for humans. There is no horseback riding and no horse experience needed! Horses can mirror human body language from the ground that leads to self-discovery by being hands-on in-the-moment with horse(s). Children learn their strengths and weaknesses when engaged in activities with the horse(s). EAL reinforces children's social emotional skills, such as, developing trust, learning non-verbal communication, building healthy relationships, discovering problem solving strategies, and leadership qualities. **INSTRUCTOR:** S.O.S. Therapy

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
BELEZAIRE H	ORSE FARM 130	81 N. 2550	™ GENESEO, IL (30	9) 945-7257
GRADES: K	5 4 PERSON M	IAX		
23092-11	Sep 6- 27	TU	4:00- 6:00 pm	\$200 / person
23092-21	Oct 4- 25	TU	4:00- 6:00 pm	\$200 / person
GRADES: 6	- 8 6 PERSON M.	AX		
23092-12	Sep 7- 28	W	4:00- 6:00 pm	\$200 / person
23092-22	Oct 5- 26	W	4:00- 6:00 pm	\$200 / person
Grades: 9	- 12 8 PERSON N	MAX		
23092-13	Sep 8- 29	TH	4:00- 6:00 pm	\$200 / person
23092-23	Oct 6- 27	TH	4:00-6:00 pm	\$200 / person

SANTA VISITS

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 4, 2022 OR UNTIL FULL.

AGES: All

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
Your Home!				
23065-41	Dec 11	SU	5:00- 7:00 pm	\$80/person



EARLY CHILDHOOD

PRESCHOOL



VISIT THE GENESEO COMMUNITY CENTER TO REGISTER FOR 2022-2023 SCHOOL YEAR

As a part of the Geneseo Park District, **BRIGHT BEGINNINGS PRESCHOOL** students get an enhanced learning environment by utilizing all The Center has to offer...from the gym to the kitchen & beyond!

TWINKLEBRIGHTS

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

AGES: 2 - 3 yr

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	OMMUNITY CE	NTER BRI	GHT BEGINNINGS	PRESCHOOL ROOM
21001-11	Sep- May	TU	11:15 am- N	oon \$27/\$54 per month
21001-12	Sep- May	TH	11:15 am- N	oon \$27/\$54 per month

STARBRIGHTS

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

AGES: 3 - 4 yr

ACTIVITY# DATES		DAYS	TIME	FEE (M/NM)
GENESEO C	омминіту С	ENTER BRIGH	IT BEGINNINGS PRES	сноог Room
21002-11	Sep- May	TU TH	8:30- 11:00 am	\$90/\$180 per month
21002-12	Sep- May	TU TH	12:30- 3:00 pm	\$90/\$180 per month

KINDERBRIGHTS

The third year 3-day a week pre-kindergarten class builds on what students learned in Starbrights. In a structured setting, students will continue learning letter identification and sounds, math principles, science projects and much, much more!

AGES: 4 - 5 yr

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	OMMUNITY C	ENTER BRIGI	HT BEGINNINGS PRES	SCHOOL ROOM
21003-11	Sep- May	MWF	8:30- 11:00 am	\$120/\$240 per month
21003-12	Sep- May	MWF	12:30- 3:00 pm	\$120/\$240 per month

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.



PROGRAMS

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. NO PLAYGROUP HELD NOVEMBER 23 & NOVEMBER 25, 2022 AGES: up to 5 yrs

DATES	TES DAYS TIME		FEE (M/NM)			
GENESEO COMMUNITY CENTER PROGRAM GYM						
Sep 7- Dec 23	WF	8:30 am- Noon	FREE / General Admission			

PRESCHOOL SOCCER LEAGUE NEW!

Participants will learn the basic skills and rules of the game while also learning to work together as a team. **New Format** >> Practices will be held the first 2 Sundays and games will be the last 4 Sundays. First game will be held Sunday, October 2nd. *Shin guards are required, cleats are optional*.

REGISTER BY AUGUST 30, 2022

AGES: 3 - 5 yrs & not enrolled in Kindergarten MUST HAVE TURNED 3 BY SEPTEMBER 1, 2022

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)	
GENESEO PARK DISTRICT ATHLETIC FIELD					
21138-11	Sep 18- Oct 23	SU	1:00- 2:00 pm	\$50/\$100	



VOLUNTEER COACHES ARE NEEDED. CHILDREN OF APPROVED VOLUNTEER COACHES GET THE PROGRAM FOR FREE

BATS AND SPIDERS, OH MY!

These creatures may look scary, but they really aren't. Learn some fun and fascinating facts about bats and spiders!

AGES: 3 - 5 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO COMMUNITY CENTER				
21153-21	Oct 13	TH	6:00- 6:45 pm	\$9/\$18

CATCH THAT GINGERBREAD MAN!

He's on the loose in the Center and we need to track him down using clues he's left behind.

AGES: 3 - 5 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER			
21152-41	Dec 6	TU	6:00- 6:45 pm	\$9/\$18

MUSIC CLASSES

MUSIC TIME FOR TODDLERS I

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

ADULTS CAN PARTICIPATE WITH THEIR CHILD AT NO ADDITIONAL COST.

NO CLASS HELD NOVEMBER 24, 2022

AGES: 1 ½-2 ½ yrs

ACTIVITY#	DATES	DAYS	TIME	FEE
MUSICAL M	EMORIES 112 SOUT	TH STATE ST.	. GENESEO, IL (563) 50	08-5296
23030-11	Sep 8 - Oct 13	TH	10:00- 11:00 am	\$50 / child
23030-21	Oct 27- Dec 8	TH	10:00- 11:00 am	\$50 / child

MUSIC TIME FOR TODDLERS II

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

ADULTS CAN PARTICIPATE WITH THEIR CHILD AT NO ADDITIONAL COST.

NO CLASS HELD NOVEMBER 24, 2022

AGES: 2 ½ - 3 ½ yrs

ACTIVITY#	DATES	DAYS	TIME	FEE
MUSICAL M	EMORIES 112 SOUT	TH STATE ST	. GENESEO, IL (563) 50	8-5296
23031-11	Sep 8 - Oct 13	TH	11:00 am- Noon	\$50 / child
23031-21	Oct 27- Dec 8	TH	11:00 am- Noon	\$50 / child

MUSIC FOR SCHOOL READINESS

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

ADULTS CAN PARTICIPATE WITH THEIR CHILD AT NO ADDITIONAL COST. NO CLASS HELD NOVEMBER 24, 2022

AGES: 3 ½ - 5 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE
MUSICAL M	IEMORIES 112 SOU	TH STATE ST	т. GENESEO, IL (563) 50	08-5296
23032-11	Sep 8 - Oct 13	TH	Noon- 1:00 pm	\$50 / child
23032-21	Oct 27- Dec 8	TH	Noon- 1:00 pm	\$50 / child



DID YOU KNOW...

a Geneseo Park District Membership is NOT required to participate in Fine Arts Programs? Class fees are listed as per person.

WEE KEYS

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

MUST HAVE TAKEN SESSION 11 TO ENROLL IN SESSION 21

AGES: 4 - 6 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE
MUSICAL M	EMORIES 112 SOUT	h State St	. GENESEO, IL (563) 50	08-5296
23033-11	Sep 10 - Oct 15	SA	9:00- 10:00 am	\$50 / child
23033-21	Oct 29- Dec 10	SA	9:00- 10:00 am	\$50 / child

UKE CAN DO IT!

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

MUST HAVE TAKEN SESSION 11 TO ENROLL IN SESSION 21

AGES: 7 yrs & older

ACTIVITY#	DATES	DAYS	TIME	FEE
MUSICAL ME	EMORIES 112 SOUTH	STATE ST.	GENESEO, IL (563) 508-	5296
23035-11	Sep 10 - Oct 15	SA	10:00- 11:00 am	\$50 / child
23035-21	Oct 29- Dec 10	SA	10:00- 11:00 am	\$50 / child

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.

REQUIREMENTS: Must have a playable 6 string guitar MUST HAVE TAKEN SESSION 11 TO ENROLL IN SESSION 21

AGES: 8 yrs & older

ACTIVITY#	DATES	DAYS	TIME	FEE
MUSICAL M	EMORIES 112 SOUT	h State St	. GENESEO, IL (563) 5	08-5296
23037-11	Sep 10 - Oct 15	SA	5:00- 6:00 pm	\$50 / child
23037-21	Oct 29- Dec 10	SA	5:00- 6:00 pm	\$50 / child

FINE ARTS

ART CLASSES

OIL PASTEL

Oil Pastels first appeared in Osaka, Japan, almost 100 years ago. Since then, many artists have fallen in love with the smooth and creamy manner of this drawing medium. Participants will experiment with different ways to use oil pastel as they work on a drawing of their own choice. With oil pastel students can experiment with a drawing surface other than white. We will also look at how oil pastel can be "erased"!

GRADES: 1 - 6

ACTIVITY#	DATES	DAYS	TIME	FEE
SMITH STUDIO & GALLERY 124 SOUTH STATE ST. GENESEO, IL (309) 945-5428				
23023-11	Sep 10	SA	1:00- 3:00 pm	\$15 / child

METAL TOOLING

Tooling is an unusual art technique that requires skills that are different from drawing or painting. Participants will be shown how to tool a sheet of aluminum in order to create an image of their own choosing. Floral designs or an animal image are often chosen. When complete the image will be raised on the aluminum surface so that the project can be framed with a finishing flair.

GRADES: 1 - 6

ACTIVITY#	DATES	DAYS	TIME	FEE
SMITH STUD	010 & GALLERY 124	SOUTH STA	TE ST. GENESEO, IL (3	309) 945-5428
23024-11	Sep 24	SA	1:00- 3:00 pm	\$15 / child

CRAZY HAIR DAY

A fun October activity is to create a black and white Silhouette Profile. In a creative twist our silhouette then has a unique hairstyle added to its crown. In developing these dimensional paper collage coiffures, we will discuss the elements of a good design, while also learning new ways to layer, assemble and pattern their paper constructions. These creative wonders are always amazing in their unusual and stylish completion.

GRADES: 1 - 6

	ACTIVITY#	DATES	DAYS	TIME	FEE
SMITH STUDIO & GALLERY		124 SOUTH STATE ST. GENESEO, IL (309) 945-5428			
	23025-21	Oct 8	SA	1:00- 3:00 pm	\$15 / child

HALLOWEEN HAUNTED PAINTING

This art activity starts as a seasonal painting event in which participants create a ghostly landscape. Then a sculptured ghost is created who holds up the landscape that was previously created. These unique creations become a freestanding work of art that will bring a Halloween spirit into your household.

GRADES: 1 - 6

ACTIVITY#	DATES	DAYS	TIME	FEE
SMITH STUD	010 & GALLERY	124 South Stat	re St. Geneseo, IL	(309) 945-5428
23026-21	Oct 22	SA	1:00- 3:00 pm	\$15 / child





EASY TO REGISTER!

Register your budding artist online at GeneseoParkDistrict.org, at the Geneseo Community Center or at Smith Studio and Gallery located in the heart of Geneseo's downtown district.

FALL WATERCOLOR

In this late fall watercolor class, our participants will focus on painting the atmosphere of a chilled autumn day. Our young artists will be focusing on special painting techniques that will help them create the frost in the air, the shape and coloring of different trees, and perhaps even the wind blowing. All of these creative concerns become easier to accomplish when a young artist is shown how special methods can help produce a desired effect.

GRADES: 1 - 6

ACTIVITY#	DATES	DAYS	TIME	FEE
SMITH STUD	010 & GALLERY 12	24 South Stat	E ST. GENESEO, IL	(309) 945-5428
23028-31	Nov 12	SA	1:00- 3:00 pm	\$15 / child



THANKSGIVING BREAK ART CAMP

On Monday, our artistic energies will be directed towards building a loftier, more involved in-the-round sculpture. Our masterful creations will be made from recycled materials and paper mache. As our characters develop their unique personalities will become apparent and this will be summarized in a special illustrated Art Book.

On Tuesday, we will continue to develop our major sculpture project from the first day. This includes developing a background story for our characters. A special Turkey Assemblage sculpture is also planned as we look at the detail that can be added to an art piece as it is brought to a conclusion. Additional 2-dimensional art projects, games and a short movie about a major artist will also be a part of our two-days of exciting creativity.

GRADES: 1-6

ACTIVITY#	DATES	DAYS	TIME	FEE
SMITH STUDIO & GALLERY 124 SOUTH STATE ST. GENESEO, IL (309) 945-5428				
23029-11	Nov 21- 22	M-TU	9:00 am- 4:30 pm	\$150 / child

CAMP DETAILS

- Participants must bring a sack lunch
- Morning and afternoon pre-packaged snack is provided
- Extended hours are avilable at no additional cost upon request



ATHLETICS & LEAGUES



YOUTH ATHLETICS

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 and playing defense through a variety of station drills and informal play. Players get to experience a game under the lights at the Night Game!

NIGHT GAME

OCTOBER 9, 2022

6:30 - 7:30 pm | Grades: 1 - 2 8:00 - 9:00 pm | Grades: 3 - 4

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)		
GENESEO PARK DISTRICT ATHLETIC FIELD						
GRADES: 1	GRADES: 1 - 2					
22201-11	Sep 11- Oct 16	SU	2:30- 3:30 pm	\$50/\$100		
GRADES: 3 - 4						
22202-11	Sep 11- Oct 16	SU	4:00- 5:00 pm	\$50/\$100		

YOUTH BASKETBALL

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

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 12, 2022.

NO BASKETBALL HELD NOVEMBER 26, 2022

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)		
GENESEO COMMUNITY CENTER GYMNASIUM						
Boys & Girls Grades: K - 1						
22100-21	Oct 29- Dec 10	SA	8:30- 9:30 am	\$50/\$100		
Boys Grades: 2 - 3						
22101-21	Oct 29- Dec 10	SA	9:30- 10:30 am	\$50/\$100		

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.

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)		
GENESEO COMMUNITY CENTER GYMNASIUM						
GRADES: 3	- 5					
22152-31	Nov 7- Dec 12	M	4:30- 5:30 pm	\$50/\$100		
GRADES: 6 - 8						
22153-31	Nov 7- Dec 12	М	4:30- 5:30 pm	\$50/\$100		

LEAGUES

YOUTH BASKETBALL LEAGUE

- 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.
- All players will be placed on a team and a draft will be conducted by volunteer coaches.
- Game jerseys will be provided.
- NO BASKETBALL HELD NOVEMBER 21 27, 2022

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)		
GENESEO COMMUNITY CENTER GYMNASIUM						
Boys Grades: 4 - 6						
22102-21	Oct 17- Dec 8	M-TH	5:30- 9:30 pm	\$60 per player		

ADULT WALLYBALL LEAGUE NEW!

Wallyball is a fast-paced sport that is similar to volleyball played in a racquetball court, where it is legal to hit the ball off of the walls. Teams will consist of three players per side with the league running for six weeks.

NO WALLYBALL HELD NOVEMBER 23, 2022

AGES: 16 yrs or older

	ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
	22161-31	Nov 2- Dec 14	W	5:30- 8:30 pm	\$45 per team



MIDDLE SCHOOL FITNESS ACCESS

Middle School age students will gain access to all fitness areas including the Cardio & Weight Rooms, Life Fitness Room*, Recovery Room, Sauna & Elevated Indoor Track.

*Available for use when classes are not in session. Learn more on page 17



COMING FALL 2022!

THANKS TO A GENEROUS GRANT FROM THE **GENESEO FOUNDATION** THE GENESEO PARK DISTRICT IS EXCITED TO ANNOUNCE THE INSTALLATION OF A NEW **PLAYGROUND & OUTDOOR CLASSROOM AT THE ATHLETIC FIELD**



- Poured-In Place Rubber Playground Surface or Turf throughout
- Shade structure above the Outdoor Classroom
- Outdoor Classroom adjacent to the playground
- Both will be located on the north side of the Athletic Field Building
- Sidewalk to complete the transition between the playground and the sidewalk around the building.
- THANKS TO COMMUNITY INPUT the playground will include a Slide, Spinner and Rope Climber

ADA ASPECTS OF THE PLAYGROUND WILL INCLUDE

- Sidewalk tranisiton from Athletic Field Building sidewalk
- Ramp from ground level
- Transition zones
- Interpretive play panels



The images are representations of possible playground layout and features. These images may not be the exact feature put in the Playground or Outdoor Classroom at the Athletic Field. Final features will be similar to the photos shown above but may differ slightly depending on vendor selected.



GYMNASTICS

ALL GYMNASTICS CLASSES ARE TAUGHT BY Larry & Chris Ward, Certified GHS Gymnastic Coaches & Tara Koustas, Certified Gymnastic Coach

PRESCHOOL TUMBLE BUGS

Participants are taught with movement, music, and obstacle courses, combined with instruction, while improving basic motor skills, coordination and listening skills. The stage is set to enhance key areas of motor development, while stimulating the mind through highly creative activity!

AGES: 3 - 5 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER PR	ogram Gyi	М	
23220-11	Sep 8- 29	TH	10:00 - 11:00 am	\$48/\$96
23220-21	Oct 6- 27	TH	10:00 - 11:00 am	\$48/\$96
23220-31	Nov 3- 17	TH	10:00 - 11:00 am	\$36/\$72
23220-41	Dec 1- 15	TH	10:00 - 11:00 am	\$36/\$72

BEGINNER 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 - 8 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO COMMUNITY CENTER PROGRAM GYM				
23201-11	Sep 12- 26	М	3:30- 4:30 pm	\$36/\$72
23201-21	Oct 3- 24	М	3:30- 4:30 pm	\$48/\$96
23201-31	Nov 7- 14	М	3:30- 4:30 pm	\$24/\$48
23201-41	Nov 28- Dec 12	М	3:30- 4:30 pm	\$36/\$72

TUMBLING NEW!

Activities include Floor Exercise, Trampoline, and Conditioning. Tumbling classes will also complement athletes who are looking to set themselves apart in other sports such as dance, cheerleading, diving and many other sports!

DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER PROGRAM GYM				
yrs				
Sep 8- 29	TH	3:30 - 4:00 pm	\$24/\$48	
Oct 6- 27	TH	3:30 - 4:00 pm	\$24/\$48	
Nov 3- 17	TH	3:30 - 4:00 pm	\$18/\$36	
Dec 1- 15	TH	3:30 - 4:00pm	\$18/\$36	
8 yrs				
Sep 8- 29	TH	4:00 - 4:30 pm	\$24/\$48	
Oct 6- 27	TH	4:00 - 4:30 pm	\$24/\$48	
Nov 3- 17	TH	4:00 - 4:30 pm	\$18/\$36	
Dec 1- 15	TH	4:00 - 4:30 pm	\$18/\$36	
	yrs Sep 8- 29 Oct 6- 27 Nov 3- 17 Dec 1- 15 8 yrs Sep 8- 29 Oct 6- 27 Nov 3- 17	yrs Sep 8- 29 TH Oct 6- 27 TH Dec 1- 15 TH 8 yrs Sep 8- 29 TH Oct 6- 27 TH TH Dec 1- 15 TH Nov 3- 17 TH	yrs Sep 8- 29 TH 3:30 - 4:00 pm Oct 6- 27 TH 3:30 - 4:00 pm Nov 3- 17 TH 3:30 - 4:00 pm Dec 1- 15 TH 3:30 - 4:00 pm 8 yrs Sep 8- 29 TH 4:00 - 4:30 pm Oct 6- 27 TH 4:00 - 4:30 pm Nov 3- 17 TH 4:00 - 4:30 pm	

GIRLS RULE

Basic gymnastics skills for the four competitive USA Gymnastics events will be presented. Tumbling, strength and flexibility will be combined to start learning skills on the balance beam, uneven bars, floor exercise and vault. **AGES:** 5 - 12 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER PROGRAM GYM					
23203-11	Sep 6- 27	TU	3:30- 4:30 pm	\$48/\$96	
23203-21	Oct 4- 25	TU	3:30- 4:30 pm	\$48/\$96	
23203-31	Nov 1- 15	TU	3:30- 4:30 pm	\$36/\$72	
23203-41	Nov 29- Dec 13	TU	3:30- 4:30 pm	\$36/\$72	

INTERMEDIATE GIRLS

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 - 12 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER PROGRAM GYM					
23204-11	Sep 7- 28	W	6:00 - 7:00 pm	\$48/\$96	
23204-21	Oct 5- 26	W	6:00 - 7:00 pm	\$48/\$96	
23204-31	Nov 2- 16	W	6:00 - 7:00 pm	\$36/\$72	
23204-41	Nov 30- Dec 14	W	6:00 - 7:00 pm	\$36/\$72	

BOYS ONLY

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 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER PROGRAM GYM					
23210-11	Sep 7- 28	W	7:00 - 8:00 pm	\$48/\$96	
23210-21	Oct 5- 26	W	7:00 - 8:00 pm	\$48/\$96	
23210-31	Nov 2- 16	W	7:00 - 8:00 pm	\$36/\$72	
23210-41	Nov 30- Dec 14	W	7:00 - 8:00 pm	\$36/\$72	



GYMNASTICS

ALL GYMNASTICS CLASSES ARE TAUGHT BY Larry & Chris Ward Cortified GHS Gymnastic

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

ADVANCED RECREATIONAL GYMNASTICS

This class is designed for those that want to work advanced tumbling for cheer or for fun. Participants should be able to do a pullover on the bar, want more than a recreational experience, but do not wish to be competitive.

AGES: 8 - 15 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER PROGRAM GYM					
23219-11	Sep 7- 28	W	4:30- 6:00 pm	\$72/\$144	
23219-21	Oct 5- 26	W	4:30- 6:00 pm	\$72/\$144	
23219-31	Nov 2- 16	W	4:30- 6:00 pm	\$54/\$108	
23219-41	Nov 30- Dec 14	W	4:30- 6:00 pm	\$54/\$108	

JR USAG DEVELOPMENTAL PROGRAM

Are you interested in competitive gymnastics, but are not ready to compete? Then this is the program for you. Level 3, 4 and 5 USA Gymnastics routines will be developed. This is the class that will focus on the skills that can build up to being comfortable with competitive gymnastics. All new participants must be approved by Coach Ward.

AGES: 7 - 18 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER PR	OGRAM GY	ſΜ	
23217-11	Sep 12- 26	М	4:30- 6:00 pm	\$40.50/\$81
23217-12	Sep 8-29	TH	4:30- 6:00 pm	\$54/\$108
23217-21	Oct 3- 24	М	4:30- 6:00 pm	\$54/\$108
23217-22	Oct 6- 27	TH	4:30- 6:00 pm	\$54/\$108
23217-31	Nov 7- 14	M	4:30-6:00 pm	\$27/\$54
23217-32	Nov 3- 17	TH	4:30- 6:00 pm	\$40.50/\$81
23217-41	Nov 28- Dec 12	M	4:30-6:00 pm	\$40.50/\$81
23217-42	Dec 1- 15	TH	4:30- 6:00 pm	\$40.50/\$81

GYMNASTICS PRIVATE & SEMI-PRIVATE

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

PRIVATE [GYMNASTICS LESSONS] #23208

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] #23207

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

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.

USAG DEVELOPMENTAL PROGRAM

Are you interested in competitive gymnastics? Then this is the program for you. Gymnastics routines will be learned and developed. Recommended to come to all three sections to compete. All new participants must be approved by Coach Ward.

AGES: 7 - 18yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER PR	ogram G	YM	
23213-11	Sep 12- 26	М	4:30- 7:00 pm	\$67.50/\$135
23213-12	Sep 6- 27	TU	4:30-7:00 pm	\$90/\$180
23213-13	Sep 8-29	TH	4:30-7:00 pm	\$90/\$180
23213-21	Oct 3- 24	M	4:30-7:00 pm	\$90/\$180
23213-22	Oct 4- 25	TU	4:30- 7:00 pm	\$90/\$180
23213-23	Oct 6- 27	TH	4:30- 7:00 pm	\$90/\$180
23213-31	Nov 7- 14	М	4:30-7:00 pm	\$45/\$90
23213-32	Nov 1- 15	TU	4:30- 7:00 pm	\$67.50/\$135
23213-33	Nov 3- 17	TH	4:30- 7:00 pm	\$67.50/\$135
23213-41	Nov 28- Dec 12	М	4:30- 7:00 pm	\$67.50/\$135
23213-42	Nov 29- Dec 13	TU	4:30- 7:00 pm	\$67.50/\$135
23213-43	Dec 1- 15	TH	4:30- 7:00 pm	\$67.50/\$135

MIDDLE SCHOOL / HIGH SCHOOL OPTIONALS

Those 8th grade boys & girls interested will combine with the Geneseo High School Gymnasts for this optionals class. In optional gymnastics there are a set of guidelines (or level requirements) & 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: 13 - 18 yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER PR	OGRAM G	/M	
23218-11	Sep 12- 26	М	7:00- 8:30 pm	\$54/\$108
23218-12	Sep 6- 27	TU	7:00-8:30 pm	\$72/\$144
23218-13	Sep 8-29	TH	7:00- 8:30 pm	\$72/\$144
23218-21	Oct 3- 24	М	7:00-8:30 pm	\$72/\$144
23218-22	Oct 4- 25	TU	7:00-8:30 pm	\$72/\$144
23218-23	Oct 6- 27	TH	7:00-8:30 pm	\$72/\$144

GENESEO HIGH SCHOOL GYMNASTICS TEAM will begin in November. Further information, including how to register, will be made available from the GHS Athletic Office.

MIDDLE SCHOOL OPTIONALS GYMNASTS are directed to attend Advanced Recreational Gymnastics in November & December



LEARN TO SWIM

LEARN TO SWIM

CLOWNFISH [with a parent]

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

NO LEARN TO SWIM CLASSES HELD NOVEMBER 21 - 26, 2022

AGES: 6 mos - 3yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER INDOOR POOL					
25001-22	Oct 22- Dec 3	SA	9:30- 10:00 am	\$36/\$72	

LAKE EXPLORERS & OCEAN EXPLORERS

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.

NO LEARN TO SWIM CLASSES HELD NOVEMBER 21 - 26, 2022

AGES: 4 - 5yrs

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO COMMUNITY CENTER INDOOR POOL				
25003-11	Sep 14- Oct 19	W	4:30-5:00 pm	\$36/\$72
25003-13	Sep 13- Oct 18	TU	9:30- 10:00 am	\$36/\$72
25003-21	Oct 26- Dec 7	W	4:30-5:00 pm	\$36/\$72
25003-22	Oct 22- Dec 3	SA	10:00- 10:30 am	\$36/\$72
25003-23	Oct 25- Dec 6	TU	9:30- 10:00 am	\$36/\$72

TADPOLE & MINNOW

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.

NO LEARN TO SWIM CLASSES HELD NOVEMBER 21 - 26, 2022

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER IN	DOOR POOL		
25005-11	Sep 14- Oct 19	W	5:00- 6:00 pm	\$72/\$144
25005-21	Oct 26- Dec 7	W	5:00- 6:00 pm	\$72/\$144
25005-22	Oct 22- Dec 3	SA	10:30- 11:30 am	\$72/\$144

WHALES

CLASS PREREQUISITES: Must have passed Minnow to take this class. Participants will work on skills to swim front and back crawl one width in shallow and deep water.

NO LEARN TO SWIM CLASSES HELD NOVEMBER 21 - 26, 2022

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER INI	DOOR POOL		
25007-11	Sep 13- Oct 18	TU	4:30- 5:30 pm	\$72/\$144
25007-21	Oct 25- Dec 6	TU	4:30-5:30 pm	\$72/\$144
25007-22	Oct 22- Dec 3	SA	10:00- 11:00 am	\$72/\$144



FREE SWIM LESSONS

THANKS TO THE GENESEO FOUNDATION, the Geneseo Park District is able to offer FREE SWIM LESSONS FOR ALL 3RD GRADE STUDENTS Download the coupon code to use at registration Must be a Geneseo School District Resident

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

CLASS PREREQUISITES: Must have passed Whales to take this class. Participants will work on skills to swim front and back crawl one length. NO LEARN TO SWIM CLASSES HELD NOVEMBER 21 - 26, 2022

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER IN	DOOR POOL		
25008-11	Sep 13- Oct 18	TU	5:30- 6:30 pm	\$72/\$144
25008-21	Oct 25- Dec 6	TU	5:30- 6:30 pm	\$72/\$144
25008-22	Oct 22- Dec 3	SA	11:00 am- Noon	\$72/\$144

SWIM LESSON & SWIM TEAM PRIVATE & SEMI-PRIVATE -

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

PRIVATE [SWIM LESSONS OR SWIM TEAM TRAINING] #25020

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

FEE: \$110 M / \$220 NM

SEMI-PRIVATE [SWIM LESSONS OR SWIM TEAM TRAINING] #25019

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

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.



SWIM TEAM | LIFEGUARD TRAINING

SWIM TEAM



GENESEO PARK DISTRICT GATORS SWIM TEAM COACHES

Marifaith Mueller, USA Certified Swim Coach & Gina Schweitzer, USA Certified Swim Coach

GATORS SWIM TEAM

[GIRLS HIGH SCHOOL SWIM CLUB TRAINING] NEW!

Practices will help build endurance in the water and strengthen swimming skills. This group is for High School Swimmers that wish to compete for the Girls Geneseo High School Swim Club Team. THERE WILL BE MEETS AND ALL SWIMMERS INTERESTED WILL BE EXPECTED TO COMPETE.

All group placements are at the discretion and approval of the coaches. GOGGLES & SWIM CAP REQUIRED.

AGES: 6 yrs & older

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER INDOOR POOL					
25026-11	Sep 6- Oct 28	TU W F	3:30- 4:30 pm	\$132/\$264	

GATORS SWIM TEAM [Pre-Senior Group]

This group is for novice and experienced 12-14 year old swimmers. The focus will be working on stroke technique, learning and improving on all four competitive strokes, and turns. Practices will be geared towards building endurance and improving yardage throughout the season.

All group placements are at the discretion and approval of the coaches. GOGGLES & SWIM CAP REQUIRED.

NO SWIM TEAM HELD OCTOBER 31, 2022 & NOVEMBER 21-25, 2022

AGES: 6 yrs & older

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER INDOOR POOL					
25026-12	Sep 6- Dec 16	M-F	3:45-4:45 pm	\$374/\$748	

GATORS SWIM TEAM [GREEN GROUP]

This group is for novice and experienced 9-11 year old swimmers and advanced 8 year olds (per coaches discretion). Swimmers will be instructed in all four competitive swim strokes, along with basic swim starts and turns. Practices will begin to focus on stroke technique, building speed and endurance.

All group placements are at the discretion and approval of the coaches. GOGGLES & SWIM CAP REQUIRED.

NO SWIM TEAM HELD OCTOBER 31, 2022 & NOVEMBER 21-25, 2022

AGES: 6 yrs & older

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER INDOOR POOL					
25026-13	Sep 6- Dec 16	M-F	3:45- 4:30 pm	\$280.50/\$561	

INDOOR POOL SHUTDOWN

The Indoor Pool will be shutdown

DECEMBER 17 - 25, 2022 for Annual Maintenance.

GATORS SWIM TEAM [BLUE GROUP]

This group is for developing 8 & under swimmers who are able to swim the length of the pool in freestyle and backstroke. Our focus is teaching basic swim stroke skills, kicking, drills, and introducing the butterfly and breastroke.

All group placements are at the discretion and approval of the coaches.

GOGGLES & SWIM CAP REQUIRED.

NO SWIM TEAM HELD OCTOBER 31, 2022 & NOVEMBER 21-25, 2022

AGES: 6 vrs & older

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER	INDOOR POOL		
25026-14	Sep 6- Dec 16	M TU TH F	4:45-5:15 pm	\$148.50/\$297

LIFEGUARD TRAINING

STARGUARD LIFEGUARD TRAINING

CLASS PREREQUISITES: Must be 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.

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER	R INDOOR PO	OOL	
25021-11	Sep 10- 11	SA SU	9:00 am- 4:00 pm	\$180/person



Thanks to the GENESEO PARK DISTRICT FOUNDATION, those applicants that COMPLETE Starguard Lifeguard Certification, are HIRED by the Geneseo Park District AND work AT LEAST 120 hours by May 31, 2023 will be eligible to receive **up to A \$180 BONUS.**



FITNESS | YOGA | CYCLING



REGISTER AT THE CENTER FOR PERSONAL TRAINING.
HAMMOND-HENRY REHAB TRAINERS WILL HELP YOU REACH YOUR FITNESS GOALS.

FITNESS

BUFF BONES® (M)

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. NO CLASS HELD NOVEMBER 21 & 23, 2022

INSTRUCTOR: Shannon Port, Hammond-Henry Rehab

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

DATES	DAYS	TIME	FEE (M/NM)
MMUNITY CENTER L	IFEFITNESS	S ROOM	
Sep 12- 26	М	9:00 - 10:00 am	\$19.50/\$39
Sep 7- 28	W	9:00 - 10:00 am	\$26/\$52
Oct 3- 31	M	9:00 - 10:00 am	\$32.50/\$65
Oct 5- 26	W	9:00 - 10:00 am	\$26/\$52
Nov 7- 28	М	9:00 - 10:00 am	\$26/\$52
Nov 2- 30	W	9:00 - 10:00 am	\$32.50/\$65
Dec 5- 26	М	9:00 - 10:00 am	\$26/\$52
Dec 7- 28	W	9:00 - 10:00 am	\$26/\$52
	Sep 12- 26 Sep 7- 28 Oct 3- 31 Oct 5- 26 Nov 7- 28 Nov 2- 30 Dec 5- 26	Sep 12- 26 M Sep 7- 28 W Oct 3- 31 M Oct 5- 26 W Nov 7- 28 M Nov 2- 30 W	MMUNITY CENTER LIFEFITNESS ROOM Sep 12- 26 M 9:00 - 10:00 am Sep 7- 28 W 9:00 - 10:00 am Oct 3- 31 M 9:00 - 10:00 am Oct 5- 26 W 9:00 - 10:00 am Nov 7- 28 M 9:00 - 10:00 am Nov 2- 30 W 9:00 - 10:00 am Dec 5- 26 M 9:00 - 10:00 am

POST THERAPY FITNESS (L)

This class is designed to pick up where rehab has left off. We will continue your wellness goals to improve balance, strength, and range of motion in a safe class setting. NO CLASS HELD NOVEMBER 21 & 23, 2022

INSTRUCTOR: Shannon Port, Hammond-Henry Rehab

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER L	IFEFITNESS	s Rоом	
24147-11	Sep 12- 28	MW	10:15- 11:00 am	\$65/person
24147-21	Oct 3-31	MW	10:15- 11:00 am	\$65/person
24147-31	Nov 2- 30	MW	10:15- 11:00 am	\$65/person
24147-41	Dec 5- 28	MW	10:15- 11:00 am	\$65/person

PARKINSON'S STRONG (L)

Parkinson's only group exercise class with a focus on whole body functional wellness.

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 [first month class fee waived with one-time equipment fee].

NO CLASS HELD NOVEMBER 22 & 24, 2022

INSTRUCTORS: Bailey Weber & Shannon Port, Hammond-Henry Rehab

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER LI	IFEFITNESS	ROOM	
24142-11	Sep 6- 29	TU TH	11:00 am- Noon	\$65/person
24142-21	Oct 4- 27	TU TH	11:00 am- Noon	\$65/person
24142-31	Nov 1- 29	TU TH	11:00 am- Noon	\$65/person
24142-41	Dec 1- 22	TU TH	11:00 am- Noon	\$65/person

WOMEN'S WELLNESS (L)

This low impact class will focus on core, posture, mobility, and strengthening all the key muscles that support the spine and pelvis...This includes the pelvic floor - an essential muscle that's part of your core musculature and needed for better control and stability throughout your body. This class will help anyone looking to improve bladder control, post-labor recovery, and general core strength.

NO CLASS HELD SEPTEMBER 28, 2022 AND NOVEMBER 23 & 25, 2022

INSTRUCTOR: Shannon Port, Hammond-Henry Rehab

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER L	IFEFITNESS	s Rоом	
24146-11	Sep 2- 30	WF	11:15 am- Noon	\$75/person
24146-21	Oct 5- 28	WF	11:15 am- Noon	\$75/person
24146-31	Nov 2- 30	WF	11:15 am- Noon	\$75/person
24146-41	Dec 2- 30	WF	11:15 am- Noon	\$75/person

ADULT SMART START (L) NEW!

Don't know where to begin? Having difficulties using the equipment? Don't know how to set a workout plan? This is the class for you. Adult Smart Start will help get you going with designing a workout plan, using the equipment and getting your fitness routines started off right.

NO CLASS HELD NOVEMBER 24, 2022

INSTRUCTOR: Matthew Henry, Hammond-Henry Rehab Personal Trainer

TIME	FEE (M/NM)
5:00- 6:00 pm	\$65/person
	5:00- 6:00 pm 5:00- 6:00 pm 5:00- 6:00 pm

SCULPT (H)

Body Sculpting workouts are designed to help you tone the muscles in specific areas of your body using free weights and resistance bands. Mixed with cardio circuits and core work, you will have a total body sculpting

experience. NO CLASS HELD NOVEMBER 21 & 24, 2022 INSTRUCTOR: Shannon Port, Hammond-Henry Rehab

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

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER	LIFEFITNESS	S ROOM	
24124-11	Sep 12- 26	М	6:00- 6:45 am	\$14.75/\$29.50
24124-12	Sep 1- 29	TH	6:00- 6:45 am	\$24.50/\$49
24124-21	Oct 3- 31	М	6:00- 6:45 am	\$24.50/\$49
24124-22	Oct 6- 27	TH	6:00- 6:45 am	\$19.50/\$39
24124-31	Nov 7- 28	М	6:00- 6:45 am	\$19.50/\$39
24124-32	Nov 3- 17	TH	6:00- 6:45 am	\$14.75/\$29.50
24124-41	Dec 5- 26	М	6:00- 6:45 am	\$19.50/\$39
24124-42	Dec 1- 29	TH	6:00- 6:45 am	\$24.50/\$49

FITNESS | YOGA | CYCLING



REGISTER AT THE CENTER FOR PERSONAL TRAINING.
HAMMOND-HENRY REHAB TRAINERS WILL HELP YOU REACH
YOUR FITNESS GOALS.

MIDDLE SCHOOL FITNESS ACCESS

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 NASM Certified Personal Trainer.

INSTRUCTOR: Matthew Henry, Hammond-Henry Rehab Personal Trainer

GRADES: 6 - 8

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO CO	MMUNITY CENTER			
24119-11	Sep 1- 15	TH	6:00 - 7:00 pm	\$36/\$72
24119-21	Oct 6- 20	TH	6:00 - 7:00 pm	\$36/\$72
24119-31	Nov 3- 17	TH	6:00 - 7:00 pm	\$36/\$72

ADULT SUMMIT (H)

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

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO FAC	CILITY ACTIVITY CENTER	R (GFAC)	700 N STATE ST. G	ENESEO, IL
24141-11	Sep 2- 30	M W F	5:00- 6:00 pm 4:00- 5:00 pm	\$75 / person
24141-21	Oct 3- 31	M W F	5:00- 6:00 pm 4:00- 5:00 pm	\$75 / person
24141-31	Nov 2- 30	M W F	5:00- 6:00 pm 4:00- 5:00 pm	\$75 / person
24141-41	Dec 2- 30	M W F	5:00- 6:00 pm 4:00- 5:00 pm	\$75 / person

CYCLING

HIP HOP SPIN (H)

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

NO CLASS HELD NOVEMBER 22, 2022

INSTRUCTOR: Shannon Port, Hammond-Henry Rehab

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

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER LIFEFITNESS ROOM					
24504-11	Sep 6- 27	TU	6:00- 6:45 am	\$19.50/\$39	
24504-21	Oct 4- 25	TU	6:00- 6:45 am	\$19.50/\$39	
24504-31	Nov 1- 29	TU	6:00- 6:45 am	\$24.50/\$49	
24504-41	Dec 6- 27	TU	6:00- 6:45 am	\$19.50/\$39	

YOGA

POWER FLOW (L)

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.

NO CLASS HELD NOVEMBER 21 & 25, 2022

INSTRUCTOR: Shannon Port, Hammond-Henry Rehab

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

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)		
GENESEO CO	GENESEO COMMUNITY CENTER LIFEFITNESS ROOM					
24133-11	Sep 7- 28	W	6:00- 6:45 am	\$19.50/\$39		
24133-12	Sep 2- 30	F	6:00- 6:45 am	\$24.50/\$49		
24133-21	Oct 5- 26	W	6:00- 6:45 am	\$19.50/\$39		
24133-22	Oct 7- 28	F	6:00- 6:45 am	\$19.50/\$39		
24133-31	Nov 2- 30	W	6:00- 6:45 am	\$24.50/\$49		
24133-32	Nov 4- 18	F	6:00- 6:45 am	\$14.75/\$29.50		
24133-41	Dec 7- 28	W	6:00- 6:45 am	\$19.50/\$39		
24133-42	Dec 2- 30	F	6:00- 6:45 am	\$24.50/\$49		

SLOW FLOW (L)

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 here and there, and lengthen your 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!

NO CLASS HELD NOVEMBER 22 & 24, 2022

INSTRUCTOR: Shannon Port, Hammond-Henry Rehab

WALK-IN FEES: \$12 M / \$14 MG / \$24 NM

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)
GENESEO COI	MMUNITY CENTE	R LIFEFITNESS	Room	
24134-11	Sep 6- 27	TU	9:00- 10:15 am	\$32.50/\$65
24134-12	Sep 1- 29	TH	9:00- 10:15 am	\$40.75/\$81.50
24134-21	Oct 4- 25	TU	9:00- 10:15 am	\$32.50/\$65
24134-22	Oct 6- 27	TH	9:00- 10:15 am	\$32.50/\$65
24134-31	Nov 1- 29	TU	9:00- 10:15 am	\$40.75/\$81.50
24134-32	Nov 3- 17	TH	9:00- 10:15 am	\$24.50/\$49
24134-41	Dec 6- 27	TU	9:00- 10:15 am	\$32.50/\$65
24134-42	Dec 1- 29	TH	9:00- 10:15 am	\$40.75/\$81.50



WATER FITNESS

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

JUST THE GUYS (M)

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

INSTRUCTOR: Therresa Bowton

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER INDOOR POOL					
25506-11	Sep 6- 27 FREE!	TU	7:00- 8:00 am	FREE	
25506-12	Sep 1- 29	TH	7:00- 8:00 am	\$32.50/\$65	
25506-13	Sep 2- 30	F	7:00- 8:00 am	\$32.50/\$65	
25506-21	Oct 4- 25	TU	7:00-8:00 am	\$26/\$52	
25506-22	Oct 6- 27	TH	7:00-8:00 am	\$26/\$52	
25506-23	Oct 7- 28	F	7:00- 8:00 am	\$26/\$52	
25506-31	Nov 1- 29	TU	7:00- 8:00 am	\$32.50/\$65	
25506-32	Nov 3- 17	TH	7:00-8:00 am	\$19.50/\$39	
25506-33	Nov 4- 18	F	7:00- 8:00 am	\$19.50/\$39	
25506-41	Dec 6- 13	TU	7:00-8:00 am	\$13/\$26	
25506-42	Dec 1- 15	TH	7:00- 8:00 am	\$19.50/\$39	
25506-43	Dec 2- 16	F	7:00- 8:00 am	\$19.50/\$39	

FIT HAPPENS A.M. (H)

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

INSTRUCTOR: Laura Goetz

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER INDOOR POOL					
25507-11	Sep 12- 26	М	8:30- 9:30 am	\$19.50/\$39	
25507-12	Sep 7- 28	W	8:30- 9:30 am	\$26/\$52	
25507-13	Sep 2- 30	F	8:30- 9:30 am	\$32.50/\$65	
25507-21	Oct 3- 31	М	8:30- 9:30 am	\$32.50/\$65	
25507-22	Oct 5- 26	W	8:30- 9:30 am	\$26/\$52	
25507-23	Oct 7- 28 FREE!	F	8:30- 9:30 am	FREE	
25507-31	Nov 7- 28	М	8:30- 9:30 am	\$26/\$52	
25507-32	Nov 2- 30	W	8:30- 9:30 am	\$32.50/\$65	
25507-33	Nov 4- 18	F	8:30- 9:30 am	\$19.50/\$39	
25507-41	Dec 5- 12	М	8:30- 9:30 am	\$13/\$26	
25507-42	Dec 7- 14	W	8:30- 9:30 am	\$13/\$26	
25507-43	Dec 2- 16	F	8:30- 9:30 am	\$19.50/\$39	

FIT HAPPENS P.M. (H)

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

INSTRUCTOR: Jill Neal

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)		
GENESEO COMMUNITY CENTER INDOOR POOL						
25508-11	Sep 12- 26	М	5:30- 6:30 pm	\$19.50/\$39		
25508-12	Sep 1- 29	TH	5:30- 6:30 pm	\$32.50/\$65		
25508-21	Oct 3-31	М	5:30- 6:30 pm	\$32.50/\$65		
25508-22	Oct 6- 27	TH	5:30- 6:30 pm	\$26/\$52		
25508-31	Nov 7- 28 FREE!	Μ	5:30- 6:30 pm	FREE		
25508-32	Nov 3- 17	TH	5:30- 6:30 pm	\$19.50/\$39		
25508-41	Dec 5- 12	М	5:30- 6:30 pm	\$13/\$26		
25508-42	Dec 1- 15	TH	5:30- 6:30 pm	\$19.50/\$39		

FOR THE LOVE OF FIT (L)

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

INSTRUCTOR: Laura Goetz

ACTIVITY#	DATES	DAYS	TIME	FEE (M/NM)		
GENESEO CO	GENESEO COMMUNITY CENTER INDOOR POOL					
25504-11	Sep 12- 26	М	9:45- 10:45 am	\$19.50/\$39		
25504-12	Sep 7- 28	W	9:45- 10:45 am	\$26/\$52		
25504-13	Sep 2- 30	F	9:45- 10:45 am	\$32.50/\$65		
25504-21	Oct 3-31	М	9:45- 10:45 am	\$32.50/\$65		
25504-22	Oct 5- 26	W	9:45- 10:45 am	\$26/\$52		
25504-23	Oct 7- 28	F	9:45- 10:45 am	\$26/\$52		
25504-31	Nov 7- 28	М	9:45- 10:45 am	\$26/\$52		
25504-32	Nov 2- 30	W	9:45- 10:45 am	\$32.50/\$65		
25504-33	Nov 4- 18	F	9:45- 10:45 am	\$19.50/\$39		
25504-41	Dec 5- 12 FREE!	М	9:45- 10:45 am	FREE		
25504-42	Dec 7- 14	W	9:45- 10:45 am	\$13/\$26		
25504-43	Dec 2- 16	F	9:45- 10:45 am	\$19.50/\$39		

INDOOR POOL SHUTDOWN

The Indoor Pool will be shutdown **DECEMBER 17 - 25, 2022** for Annual Maintenance.



FITNESS | WATER FITNESS | LAP SWIM at a glance

SEPTEMBER 6 - DECEMBER 31, 2022

MON	TUE	WED	THU	FRI	SAT	SUN
ADULT LAP SWIM 5:15-8:00 am	ADULT LAP SWIM 5:15- 6:55 am	ADULT LAP SWIM 5:15-8:00 am	ADULT LAP SWIM 5:15- 6:55 am	ADULT LAP SWIM 5:15- 6:55 am		
SCULPT 6:00- 6:45 am	HIP HOP SPIN 6:00- 6:45 am	Power Flow 6:00- 6:45 am	SCULPT 6:00- 6:45 am	Power Flow 6:00- 6:45 am		
	Just The Guys IP 7:00- 8:00 am FREE in September		Just The Guys IP 7:00- 8:00 am	Just The Guys IP 7:00- 8:00 am	ADULT LAP SWIM	ADULT LAP SWIM
FIT HAPPENS A.M. IP 8:30-9:30 am		FIT HAPPENS A.M. IP 8:30-9:30 am		FIT HAPPENS A.M. IP 8:30-9:30 am FREE in October	7:00- 9:00 am <i>9/3 - 12/10</i>	7:00- 9:00 am 9/4 - 12/11
BUFF BONES 9:00- 10:00 am	SLOW FLOW 9:00- 10:15 am	BUFF BONES 9:00- 10:00 am	SLOW FLOW 9:00-10:15 am			
FOR THE LOVE OF FIT IP 9:45-10:45 am FREE in December		FOR THE LOVE OF FIT IP 9:45- 10:45 am	FREE ACTIVE ADULT EXERCISE CLASS 9:00- 10:05 am	FOR THE LOVE OF FIT IP 9:45- 10:45 am		
POST THERAPY FITNESS 10:15-11:00 am		POST THERAPY FITNESS 10:15-11:00 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		
	PARKINSON'S STRONG 11:00 am- Noon	WOMEN'S WELLNESS 11:15 am- Noon	PARKINSON'S STRONG 11:00 am- Noon	WOMEN'S WELLNESS 11:15 am- Noon		
					PUBLIC/OPEN SWIM 12:30- 2:30 pm <i>9/10 - 12/10</i>	PUBLIC/OPEN SWIM 12:30- 2:30 pm 9/11 - 12/11
ADULT SUMMIT 5:00- 6:00 pm	Adult Smart Start 5:00- 6:00 pm	ADULT SUMMIT 5:00- 6:00 pm	Adult Smart Start 5:00- 6:00 pm	ADULT SUMMIT 4:00-5:00 pm		
FIT HAPPENS P.M. IP 5:30- 6:30 pm FREE in November			FIT HAPPENS P.M. IP 5:30- 6:30 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 11/4 - 12/9		

ADULT LAP SWIM

Included in Community Center or Park District Membership, Non-Members pay daily admission fee of \$8 Adult or \$7 Senior/Youth. 2 lanes reserved for Lap Swimmers, 2 lanes reserved for water exercise

FAMILY/OPEN SWIM

Included in Community Center or Park District Membership, Non-Members pay daily admission fee of \$8 Adult or \$7 Senior/Youth. 2 lanes reserved for Lap Swimmers, 2 lanes reserved for Family Swim

Water Fitness Class held at the Community Center Indoor Pool. Registration or walk-in fee required to attend.

A FREE Water Fitness Class is offered each month. LEARN MORE >

INTERESTED LAP SWIMMERS UNDER 18 MUST GET PERMISSION TO ATTEND ADULT LAP SWIM. CONTACT NATHANIEL AT (309) 944-5695.

INDOOR POOL SHUTDOWN

The Indoor Pool will be shutdown **DECEMBER 17 - 25, 2022** for Annual Maintenance.



DID YOU KNOW...

a Park District Membership gives you access to all Geneseo Park District Facilities and Amenities? That mean access to the Indoor Pool, Elevated Walking Track, Cardio & Weight Rooms, Aquatic Center, 50% off ALL programs and much more!

CLICK HERE FOR MEMBERSHIP INFORMATION



ACTIVE ADULT/SENOR PROGRAMS



SNACKS, GAMES & MORE

CARDS WITH FRIENDS FREE!

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!

DATES	DAYS	TIME	FEE (M/NM)
GENESEO COMM	1UNITY CENTER		
Sep- Dec	Mondays	1:00 pm	FREE
Sep- Dec	2 nd & 4 th Thursdays	1:00 pm	FREE

WALKING CLUB FREE!

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!

DATES	DAYS	TIME	FEE (M/NM)
GENESEO COMM	IUNITY CENTER GYMNASIU	М	
Sep- Dec	Wednesdays	9:30- 10:30 am	FREE

COFFEE & SNACKS FREE!

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.

DATES DAYS		TIME	FEE (M/NM)
GENESEO COMMUNITY CENTER			
Sep- Dec	Thursdays	8:00- 9:00 am	FREE

BINGO FREE!

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

DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER				
Sep- Dec	1 st & 3 rd Thursdays	1:00- 2:30 pm	FREE	

GAMES FOR FRIENDSHIP, FELLOWSHIP & FUN FREE!

Join us on Friday mornings for fun group games and fellowship. Bring your favorite game to share, play one of the variety of games we have or bring your board for Joker & Marbles. Everyone is welcome!

DATES	DAYS	TIME	FEE (M/NM)		
GENESEO COMI	GENESEO COMMUNITY CENTER				
Sep- Dec	Fridays	9:00 am- Noon	FREE		

LUNCHEON & SEMINAR

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.

Stay and play cards following the luncheon.

THE BEST NUTRIENTS FOR A HEALTHY IMMUNE SYSTEM FREE!

In this program we will focus on what vitamins, minerals, and other nutrients play the largest role in keeping our immune systems in peak performance. We will discuss sources of these nutrients and supplements for the cold and flu season.

INSTRUCTOR: Hammond-Henry Rehab

DATES	DAYS	TIME	FEE (M/NM)
GENESEO COMM	MUNITY CENTER		
October 27	Thursday	Noon- 1:00 pm	FREE

HEALTHY HOLIDAY EATING FREE!

In this program we will discuss how to make the holidays, that are usually full of refined sugars and calories, healthier and more nutritious. We will discuss some tips and habits to help prevent overindulging.

INSTRUCTOR: Hammond-Henry Rehab

DATES DAYS		TIME	FEE (M/NM)
GENESEO COMM	UNITY CENTER		
November 16	Wednesday	Noon- 1:00 pm	FREE





DO YOU RECEIVE MEDICAID?

If so, ask us about our FUNding Positive Recreation Program.

You could receive up to \$200 A YEAR towards your membership or programs.

Pick up an application at The Center's front desk or online at www.GENESEOPARKDISTRICT.ORG



ACTIVE ADULT/SENOR PROGRAMS



FITNESS & WATER FITNESS

SENIOR EXERCISE CLASS FREE!

This 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

DATES	DAYS	TIME	FEE (M/NM)	
GENESEO COMMUNITY CENTER				
Sep 1- 29	Thursdays	9:00- 10:00 am	FREE	
Oct 6- 27	Thursdays	9:00- 10:00 am	FREE	
Nov 3- 17	Thursdays	9:00- 10:00 am	FREE	
Dec 1- 29	Thursdays	9:00- 10:00 am	FREE	

TIME

FEE (M/NM)

WATER FITNESS CLASSES FREE!

DATES

Try a different Water Fitness Class for FREE each month.

DAYS

GENESEO COMMUNITY CENTER INDOOR POOL				
JUST THE GUYS An exercise class that works on increasing muscular strength and cardiovascular endurance, plus core strengthening & balance work.				
Sep 6- 27	TU	7:00- 8:00 am	FREE	
FIT HAPPENS A.M. This class combines high intensity rhythmic movements with resistance training.				
Oct 7- 28	F	8:30- 9:30 am	FREE	
FIT HAPPENS P.M. This high intensity, total body workout will utilize the entire pool.				
Nov 7- 28	М	5:30- 6:30 pm	FREE	
FOR THE LOVE OF FIT Increases range of motion at the joints in order to improve posture, balance and mobility.				
Dec 5- 12	M	9:45- 10:45 am	FREE	

DANCES

AUTUMN CELEBRATION FREE!

The Geneseo Park District Foundation brings you an Active Adult/Senior Dance at the Geneseo Community Center. Coffee & Snacks begin at 6:00 pm with Music & Dancing to follow. Live Classic Country music by 'The Wild Side' Open to the public. Bring Cookies or Treats to share (optional).

DATES	DAYS	TIME	FEE (M/NM)
GENESEO COMMU	JNITY CENTER		
October 21, 202	2 Friday	6:00- 8:30 pm	FREE

MONTHLY MOVIE

CENTRAL THEATER FREE MOVIE FREE!

Join us at Geneseo Park District's Central Theater for a FREE movie! Admission is FREE thanks to the **GENESEO PARK DISTRICT FOUNDATION.** Enjoy 1 FREE Small Pop & Popcorn Combo per person thanks to **CENTRAL CLASSIC CLUB.**



DATES	DAYS	MOVIE TITLE	TIME	FEE (M/NM)
CENTRAL THEATER 111 N STATE ST. GENESEO, IL (309) 944-3603				
Sep 14	Wednesday	Second Hand Lions	1:00 pm	FREE
Oct 12	Wednesday	Grumpy Old Men	1:00 pm	FREE
Nov 9	Wednesday	The Judge	1:00 pm	FREE
Dec 14	Wednesday	A Walk in the Clouds	1:00 pm	FREE



GENESEO PARK DISTRICT FOUNDATION

DID YOU KNOW...

These FREE Active Adults/Senior Programs are sponsored by the **GENESEO PARK DISTRICT FOUNDATION**(unless otherwise listed).

A complete calendar of events each month can be found online at GENESEOPARKDISTRICT.ORG/ACTIVE-ADULT

You can help us continue to offer FREE Programs by

Becoming a Park District Volunteer
Learn more at GENESEOPARKDISTRICT.ORG/VOLUNTEER

or

Donating or purchasing an item off our Wish List
Learn more at GENESEOPARKDISTRICT.ORG/FOUNDATION/#DONATE





FREQUENTLY ASKED QUESTIONS

MEET THE GENESEO PARK DISTRICT BOARD OF COMMISSIONERS



Doug Bodeen

President



NATE VORAC
Vice-President



Julia McAvoy
Secretary



BETHANY WINKLEMAN
Commissioner



CHRISTINA ZOBRIST

Commissioner

MEET THE GENESEO PARK DISTRICT LEADERSHIP TEAM

ANDY THURMAN

Executive Director athurman@geneseoparkdistrict.org

PAULA VERBECK

Superintendent of Finance & Administration pverbeck@geneseoparkdistrict.org

SCOTT HIMMELMAN

Superintendent of Facilities shimmelman@geneseoparkdistrict.org

ANDREW SIGWALT

Superintendent of Recreation asigwalt@geneseoparkdistrict.org

JACKIE BEACH

Recreation & Aquatics Supervisor jbeach@geneseoparkdistrict.org

JODIE OLSON

Administrative Assistant jolson@geneseoparkdistrict.org

RECREATION PROGRAMS

PROGRAM RATE POLICY

It is the policy of the Park District that program participants must have a current membership to participate at membership rates. Memberships must be purchased prior to the program start date to receive the programs membership rate, the difference will NOT be refunded for memberships purchased after the first day of a program. Patrons may register for programs at the membership rate beyond their membership expiration date but if they do not renew they will be obligated to pay the difference between the member and non-member rate for programs that they continue to participate in past their expiration date.

PROGRAM CANCELLATIONS Visit our website for the most up-to-date closings & cancellations at GENESEOPARKDISTRICT.ORG/CLOSINGS-CANCELLATIONS

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

The Park District and/or its independent contractors reserve the right to consolidate, postpone or cancel any activity or program that has not met the established minimum. The determination to cancel programs will be made 3 days prior to scheduled start date.

If lightning strikes or thunder is heard all pool participants will be required to be out of the Indoor Pool or Aquatic Center for 15 minutes from the time of the last lightning strike or thunder heard.

PROGRAM REFUNDS

Participants that request a refund before the start of a program will receive a full refund. Refunds requested after the start of a program will receive ½ of the unused portion minus a \$5.00 service fee. The \$5.00 service fee will be waived if the patron chooses to send the refund to their account as a credit on account versus being mailed a refund check.

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.

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.

VISIT OUR WEBSITE AREA-SPECIFIC RULES AND POLICIES





FREQUENTLY ASKED QUESTIONS

MEMBERSHIPS

WHAT DISCOUNTS DO YOU OFFER?

The Geneseo Park District offers a Business Membership Discount. If your employer has a Business Membership, you could be eligible for a 10% discount off your annual Membership fee. Please inquire with desk attendant to see if your employer participates.

YOUR EMPLOYER IS NOT PART OF THIS PROGRAM? Talk to them today about helping you and your coworkers receive a discount to get fit and healthy. Healthy employees are more productive and can reduce employer expenses. Call (309) 944-5695 for more details.

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

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

DAILY ADMISSION AT THE CENTER

as of January 1, 2022 \$7.00 Youth (18 & Under) / Senior (65 & older) \$8.00 Adult (19 & older)

DAILY ADMISSION AT THE AQUATIC CENTER

as of January 1, 2022 \$8.00 / person

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

Non-residents are persons who do not reside within the corporate boundaries of the Park District or do not pay taxes for the Park District.

A \$75 non-resident fee will be applied to Community Center & Park District membership purchases or renewals. (Not applicable to 1-month memberships). A \$30 non-resident fee will be applied to Aquatic Center memberships.

HOW CAN I PAY FOR A MEMBERSHIP?

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

- 1 PAY Pay the full amount owed at time of purchase.
- **3 PAY** [3 CONSECUTIVE MONTHLY PAYMENTS] The membership rate is divided into 3 equal payments, which are paid the first three months of your membership plus a \$10.00 service fee. If monthly payments are not paid by due dates, a late fee of \$10.00 per month will be charged. Future memberships may not be obtained until complete balances are paid in full. Only available on annual membership purchase. The \$10 service fee is reflected in the listed 3-pay price.
- 12 PAY [AUTOMATIC ELECTRONIC WITHDRAWL] The 12-pay plan is the only way that the Geneseo Park District can accept monthly payments for annual Community Center or Park District membership dues. This is a continuous membership plan; memberships will automatically renew on the members' yearly expiration date. The membership price including service fee of \$2 per month, and non-resident fee when applicable, is divided by 12 to arrive at the monthly payment. An initial down payment is required at time of purchase, fulfilling the first month's payment obligation and a \$25 Activation Fee. The monthly dues will be deducted from the members bank account for a minimum of 11 consecutive months. After that time, they will automatically continue until the GPD receives request to terminate from the member. Monthly dues will be withdrawn on the 15th of the month unless the 15th falls on a weekend or holiday in which case withdrawals will be made the following business day. To terminate or change the membership in any way, the GPD must receive a 30-day written notice directed to the Attention of the Administrative Assistant. Should any membership draft not be honored by the members financial institution for any reason, the membership will be suspended. The member will be required to pay the balance due plus a \$5 service fee. Balance due must be paid in full, in person, by cash or credit card. This is in addition to any service fee the financial institution may make. Monthly dues will continue to be automatically deducted from the members bank account as scheduled while the membership is suspended. Memberships will be cancelled after a second consecutive insufficient funds notice is received. Memberships that are suspended and/or cancelled due to delinquent payments will receive email notification from GPD. Cancelled memberships are required to pay the past due amount plus service fees in full before future memberships may be purchased and are subject to the activation fee. Memberships cancelled prior to meeting the first 1-year commitment will be subject to the GPD cancellation policy and required to pay ½ of the unused balance plus a \$5 service fee. If a membership is cancelled due to insufficient funds, future requests for payment plans will be reviewed and the Geneseo Park District reserves the right to accept or reject requests. The Geneseo Park District Board of Directors may, at their discretion, adjust the monthly rate applicable to any category of membership.

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

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

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

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

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

STATEMENT OF ACCESSIBILITY

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 the Park District at (309) 944-5695.



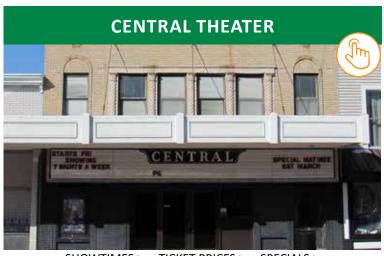
FACILITIES & CONTACT INFORMATION

GENESEO COMMUNITY CENTER

HOURS > INDOOR POOL > RECOVERY ROOM > GYMNASIUM > 541 EAST NORTH STREET | GENESEO, IL (309) 944-5695



HOURS > SPLASH PAD > WATER WALKING & LAP SWIM > 501 EAST NORTH STREET | GENESEO, IL (309) 944-3129



SHOWTIMES > TICKET PRICES > SPECIALS > 111 NORTH STATE STREET | GENESEO, IL (309) 944-3603



AMENITIES > BUILDING > 407 EAST NORTH STREET | GENESEO, IL



AMENITIES > 316 EAST MAIN STREET | GENESEO, IL



FIND THE MOST UP-TO-DATE FACILITY AND PROGRAM INFORMATION AT GENESEOPARKDISTRICT.ORG/CLOSINGS-CANCELLATIONS