



GENESEO PARK DISTRICT

FEBRUARY PROGRAMS

ATTENTION

IN-PERSON CLASSES ARE SCHEDULED TO BEGIN IN FEBRUARY SUBJECT TO THE GOVERNOR'S MITIGATIONS AT THE TIME THE PROGRAM BEGINS. A VIRTUAL OPTION MAY BE AVAILABLE FOR THOSE WHO ARE UNABLE TO ATTEND IN-PERSON CLASSES.

FITNESS CLASSES

- Participants must wear face coverings at all times.
- Participants should maintain 6-ft. of distance during exercise.
- Equipment should not be shared between participants unless from the same household.
- Participants should not arrive earlier than 5 minutes before the class begins.
- Instructors: Shannon Port, Carie Kreiner or Hammond-Henry Rehab

FITNESS & YOGA CLASSES ALSO HELD VIRTUAL

- Once registered you will receive link information via email or Facebook. *Remember, if you cannot attend the live event you can go back at a later time to take your class.*
- Register online or at The Center

EARLY BURN (H) #34104

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.

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

If attending virtually, check out dumbbells needed for Early Burn at The Center. \$10 refundable deposit.

5:15 - 6:15 am | M
February 1 - 22, 2021
(\$18 M / \$36 NM)

5:15 - 6:15 am | W
February 3 - 24, 2021
(\$18 M / \$36 NM)

5:15 - 6:15 am | F
February 5 - 26, 2021
(\$18 M / \$36 NM)

L1FT/R1ZE (H) #34117

L1FT is Strength & Conditioning to build a strong and healthy body. L1FT utilizes weights to sculpt lean muscles and turn you into a fat burning machine long after the workout is over. Smart, safe, and progressive movements ensure no fitness level is left behind.

R1ZE = High Intensity Functional Training using the step. Level up your training with a modern take on a classic piece of fitness equipment: The Step. Yes!! Step Aerobics is back and it's better than ever!!

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

If attending virtually, check out dumbbells & step needed for L1FT/R1ZE at The Center. \$10 refundable deposit.

6:15 - 7:15 am | M
February 1 - 22, 2021
(\$18 M / \$36 NM)

6:15 - 7:15 am | F
February 5 - 26, 2021
(\$18 M / \$36 NM)

ADULT SUMMIT (H) #34141

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 Rehab

5:00 - 6:00 pm | M W
4:00 - 5:00 pm | F
February 1 - 26, 2021
(\$75/person)

CENTER HOURS

Everyone Welcome!

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

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

DAILY ADMISSION AT THE CENTER

\$7.00 Youth/Senior
\$8.00 Adult

- Face coverings must be worn at all times, including while engaged in individual exercise regardless of person or machine spacing.
- RESERVATIONS ARE REQUIRED FOR...Lap Swim/Water Exercise
- Fitness Equipment is available with limited room capacities.
- Men's & Women's Gym Side Restrooms are open.
- Men's & Women's Gym Side Locker Rooms are temporarily closed. The lockers outside the Cardio/Weight Room are available.
- Men's & Women's Indoor Pool Locker Rooms available to lap swimmers and water fitness class participants during scheduled lap swim/class times.
- Drinking Fountain in the main hallway is open for bottle fillers only. All other fountains are closed.

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



2021-2022 PRESCHOOL REGISTRATION OPENS

March 1, 2021

Pre-register for Starbrights [3-4 yr olds] or Kinderbrights [4-5 yr olds] to guarantee a spot in the 2021-2022 school year.

ATTENTION

FITNESS CLASSES ARE SCHEDULED SUBJECT TO THE GOVERNOR'S MITIGATIONS AT THE TIME THE PROGRAM BEGINS.
A VIRTUAL OPTION WILL BE AVAILABLE FOR THOSE WHO ARE UNABLE TO ATTEND.

SH1FT (M) #34116

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

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

8:30 - 9:30 am | W
February 3 - 24, 2021
(\$18 M / \$36 NM)

CYCLING

HIP HOP SPIN (H) #34504

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 virtual option available*

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

6:00 - 7:00 PM | M
February 1 - 22, 2021
(\$22 M / \$44 NM)

YOGA

KIDS YOGA (L) #34136

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

WALK-IN FEE: \$4 M / \$5 MG / \$8 NM

4:30 - 5:00 pm | M [AGES 3 - 7]
February 1 - 22, 2021
(\$9 M / \$18 NM)

5:15 - 5:45 pm | M [AGES 8 - 12]
February 1 - 22, 2021
(\$9 M / \$18 NM)

MIXED TAPE [SLOW FLOW] (L) #34134

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

LEVEL: All Levels *move at your own pace*
WALK-IN FEE: \$8 M / \$10 MG / \$16 NM

8:00 - 9:15 am | TH
February 4 - 25, 2021
(\$18 M / \$36 NM)

HOT POWER FLOW (H) #34133

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

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

5:30 - 6:30 am | TU
February 2 - 23, 2021
(\$18 M / \$36 NM)

5:30 - 6:30 pm | W
February 3 - 24, 2021
(\$18 M / \$36 NM)

5:30 - 6:30 am | TH
February 4 - 25, 2021
(\$18 M / \$36 NM)

PERSONAL TRAINING

CERTIFIED PERSONAL TRAINERS:

John Davis & Shannon Port, *Hammond-Henry Rehab Personal Trainers*

TRADITIONAL

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

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

SEMI-PRIVATE

Semi-Private Personal Training is 2-3 friends or family members working with one of our Certified Personal Trainers at the same time. It offers the flexibility to use the sessions when it is convenient for all people, support from friends and family members and a personalized program that meets the common goal of all individuals, but at a reduced fee.

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



ONLINE REGISTRATION



 NO FEES

 EASY

 CONVENIENT

 SAVES TIME

 SAVES PAPER

FITNESS ACCESS GRADES: 6th - 8th #34119

MAX: 5 participants

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

*Available for use when classes are not in session.

INSTRUCTOR: Shannon Port, Hammond-Henry Rehab Personal Trainer

4:00 - 5:00 pm | W February 3 - 17, 2021 (\$30 M / \$60 NM)

ATTENTION

WATER FITNESS CLASSES ARE SCHEDULED TO BEGIN IN FEBRUARY SUBJECT TO THE GOVERNOR'S MITIGATIONS AT THE TIME THE PROGRAM BEGINS

WATER FITNESS

- Face coverings must be worn at all times including in the Indoor Pool locker room. Participants do not have to wear a mask in the water.
- Participants should maintain 6-ft. of distance during exercise.
- Equipment should not be shared between participants unless from the same household.
- Participants should not arrive earlier than 5 minutes before the class begins.

MAX: 12 participants / class

FOR THE LOVE OF FIT (L) #35504

Increases range of motion at the joints in order to improve posture, balance and mobility. INSTRUCTOR: Laura Goetz
WALK-IN FEE: \$7 M / \$9 MG / \$14 NM

9:45 - 10:45 am | M
February 1 - 22, 2021
(\$18 M / \$36 NM)

9:45 - 10:45 am | W
February 3 - 24, 2021
(\$18 M / \$36 NM)

9:45 - 10:45 am | F
February 5 - 26, 2021
(\$18 M / \$36 NM)

FIT HAPPENS P.M. (H) #35508

This high intensity, total body workout will utilize the entire pool.
INSTRUCTOR: Laura Goetz & Jill Neal
WALK-IN FEE: \$7 M / \$9 MG / \$14 NM

5:30 - 6:30 pm | M
February 1 - 22, 2021
(\$18 M / \$36 NM)

5:30 - 6:30 pm | W
February 3 - 24, 2021
(\$18 M / \$36 NM)

amazonsmile
You shop. Amazon gives.

Did you know you can choose the Geneseo Park District Foundation to receive **.5% of qualified purchases** on Amazon Smile?

Geneseo
Park District
Foundation

FIT HAPPENS A.M. (H) #35507

This class combines high intensity rhythmic movements with resistance training. A class guaranteed to burn calories and get you into shape. INSTRUCTOR: Laura Goetz
WALK-IN FEE: \$7 M / \$9 MG / \$14 NM

8:30 - 9:30 am | M
February 1 - 22, 2021
(\$18 M / \$36 NM)

8:30 - 9:30 am | W
February 3 - 24, 2021
(\$18 M / \$36 NM)

8:30 - 9:30 am | F
February 5 - 26, 2021
(\$18 M / \$36 NM)

JUST THE GUYS (M) #35506

An exercise class that works on increasing muscular strength and cardiovascular endurance, plus core strengthening and balance work. A fun-filled hour for men of all ages. INSTRUCTOR: Theresa Bowton
WALK-IN FEE: \$7 M / \$9 MG / \$14 NM

7:30 - 8:30 am | TU
February 2 - 23, 2021
(\$18 M / \$36 NM)

7:30 - 8:30 am | TH
February 4 - 25, 2021
(\$18 M / \$36 NM)

VIRTUAL CLASSES

ALL CLASSES HELD VIRTUAL

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

KIDS' CREATIVE CORNER

[PREK] #33083

AGES: 3 - 5 yrs

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

February 12 - 26, 2021 (\$10/person)

KIDS' CREATIVE CORNER [K-2] #33083

AGES: 5 - 8 yrs

An instructor will do a craft a week and share the video link with your 5 - 8 year old. All supplies will be provided and can be picked up from the Center. Each week will be a different craft; Paper Bag Ninjas, Colorful Paper Caterpillars and Coffee Filter Butterflies. Share your completed project with us via email at info@geneseoparkdistrict.org.

February 12 - 26, 2021 (\$10/person)

IN THE KITCHEN [WITH TEENAGERS]

#33084

AGES: 12 - 18 yrs

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

February 12 - 26, 2021 (\$10/person)



WE'VE GOT SPACE!

The Geneseo Park District is now accepting Rental Reservations. Plan your next special event or meeting with the Park District.

Room capacity limits are based on the current Governor's Mitigations at the time event is held.



ATTENTION

ATHLETICS ARE SCHEDULED TO BEGIN IN FEBRUARY SUBJECT TO THE GOVERNOR'S MITIGATIONS AT THE TIME THE PROGRAM BEGINS

YOUTH BASKETBALL

- Face coverings will be required for participants, coaches and staff.
- Spectators will be required to maintain a distance of at least 30 feet from participants.
Only one person/family allowed to watch each week.
- Participants will be required to maintain 6' of distance if not directly involved in the activity.

VOLUNTEER COACHES ARE NEEDED!

Parents interested in coaching may fill out a volunteer application. Volunteer coaching may be limited due to group size restrictions. Children of volunteer coaches get the program for **FREE!**

YOUTH BASKETBALL LEAGUE #32105

Girls **GRADES: 4th - 6th**
February 15 - March 25, 2021
FEE: \$60
Must register by February 8, 2021

ATTENTION COACHES & PLAYERS:

There will be NO new player tryouts. Teams will be put together via a blind draft. Players will be contacted by coaches week of February 8th. Practices begin week of February 15th.

GENESEO YOUTH BASKETBALL DETAILS

- Games/practices are 1 hour and will range between 5:30 & 8:30 pm, M to TH.
- Participants will practice/play a game 2-3 times per week.
- Each team will play at least 6 games.
- Games are officiated, score is kept.
- Every attempt is made to reschedule games on snow days, we cannot guarantee that all games will be rescheduled.
- Each player is placed on a team and game jerseys will be provided.

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 February 27th.
- Please bring your own ball if possible.

Boys & Girls YOUTH BASKETBALL K-1st Grade

#32100 8:30 - 9:30 am
February 13 - March 20, 2021
\$60 M / \$120 NM

Girls YOUTH BASKETBALL 2nd - 3rd Grade

#32101 9:45 - 10:45 am
February 13 - March 20, 2021
\$60 M / \$120 NM

ADULT LEAGUES

- Face coverings will be required for participants, coaches and staff.
- Spectators will be required to maintain a distance of at least 30 feet from participants.
Only one person/family allowed to watch each week.
- Participants will be required to maintain 6' of distance if not directly involved in the activity.

Visit www.GeneseoParkDistrict.org to download the League Registration Form or pick one up at The Center.

League registration deadline is February 8, 2021

Guarantee your team's spot with payment and signed waiver.

MEN'S BASKETBALL LEAGUE #32110

Men's Recreational Basketball League. Games are officiated. Game results and teams standings posted online. Teams are guaranteed at least 10 games including the end-of-season tournament.

No games held March 28, 2021

AGES: 16 yrs or older

5:00 - 9:00 pm | SU
February 21 - May 2, 2021
(\$500/team)

WOMEN'S VOLLEYBALL LEAGUES

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

No games held March 31, 2021

AGES: 16 yrs or older

RECREATIONAL LEAGUE #32160

6:00 - 9:00 pm | W
February 17 - April 28, 2021
(\$130/team)

POWER LEAGUE #32161

6:00 - 9:00 pm | W
February 17 - April 28, 2021
(\$130/team)

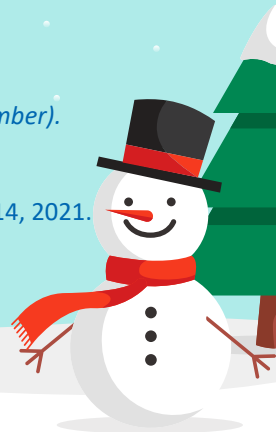
SNOWMAN BUILDING CONTEST

The Geneseo Park District is hosting a contest to find the best built snowman or snow sculpture by

UNTIL FEBRUARY 28TH

DETAILS

- Email a photograph of your creation.
- Provide your contact information (*email, name and phone number*).
- No photo-editing allowed!
- Contest is open to all Geneseo Park District residents.
- Submissions will be posted online for public voting March 1 - 14, 2021.
- Winner announced March 15th.
- Winning entry will receive a prize.



Email your submission by February 28th to
info@geneseoparkdistrict.org



DAY CAMPS

PARK DISTRICT SPRING BREAK CAMP #33302

GRADES: K - 6th

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

Don't need the whole week?

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

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

March 29 - April 2, 2021 (\$115 M / \$230 NM)

or **Pick-a-Day option** \$28 M / \$56 NM per day*

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



**BECOME A
SUMMER CAMP
COUNSELOR**
Apply online today



What are your kids doing this summer?

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

EARLY BIRD #13301

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

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

May 24 - July 2, 2021 (\$72.50 M / \$145 NM)

July 5 - August 11, 2021 (\$70 M / \$140 NM)

or **Pick-a-Week option** \$15 M / \$30 NM per day

DAY CAMP #13302

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

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

May 24 - July 2, 2021 (\$667 M / \$1,334 NM)

July 5 - August 11, 2021 (\$644 M / \$1,288 NM)

or **Pick-a-Week option** \$140 M / \$280 NM per day

DAY CAMP [3 DAYS/WEEK] #13303

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

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

May 24 - July 2, 2021 (\$540 M / \$1,080 NM)

July 5 - August 11, 2021 (\$540 M / \$1,080 NM)

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

Registration Now Open

Sign up for the entire session and receive \$25 off per week.

That's only **\$115 a week** for Summer Fun!

SUMMER DAY CAMP DETAILS:

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

¹Dates subject to change based on Geneseo School District 228's calendar. Camp will begin the day after school is released for summer session & end the day before school begins for the 2021 - 2022 year. **Fees will be prorated.** Summer Camp is not held on Memorial Day

New dedicated Summer Camp Space
at the Athletic Field!



ATTENTION

LEARN TO SWIM CLASSES ARE SCHEDULED TO BEGIN IN FEBRUARY SUBJECT TO THE GOVERNOR'S MITIGATIONS AT THE TIME THE PROGRAM BEGINS

LEARN TO SWIM

WEEKDAY CLASSES HELD

February 9 - March 18, 2021

SATURDAY CLASSES HELD

February 20 - March 27, 2021

- Instructors will teach from the deck with a face covering on.
- Participants in Clownfish, Lake Explorer, Ocean Explorer, Tadpole & Minnow must have a parent in the water. This measure is to eliminate contact from instructor to participants.
- Participants will arrive no earlier than 10 minutes before the class begins & check in at the front desk.
- Face coverings must be worn at all times including in the Indoor Pool locker room. Participants do not have to wear a mask in the water.
- At the end of class, lingering in the locker rooms will not be allowed & all participants must be out of the locker room 15 minutes after lesson ends. This is to allow for disinfection before next class arrives.
- Parents can view lessons from the Indoor Pool lobby while maintaining 6' of distance.

MAX: 6 participants / class

CLOWNFISH #35001 (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 (\$30 M / \$60 NM)

LAKE EXPLORER #35003 (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 | TU (\$30 M / \$60 NM)
10:30 - 11:00 am | SA (\$30 M / \$60 NM)

OCEAN EXPLORER #35004 (5yrs)

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

5:00 - 5:30 pm | TU (\$30 M / \$60 NM)
11:30 am - Noon | SA (\$30 M / \$60 NM)

TADPOLE #35005

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.

4:00 - 5:00 pm | TH (\$60 M / \$120 NM)
10:00 - 11:00 am | SA (\$60 M / \$120 NM)

MINNOW #35006

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

5:30 - 6:30 pm | TH (\$60 M / \$120 NM)
11:30am - 12:30pm | SA (\$60M / \$120NM)

WHALES #35007

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 | TU (\$60 M / \$120 NM)
12:30 - 1:30 pm | SA (\$60 M / \$120 NM)

SHARK & DOLPHIN/BARRACUDA & STINGRAY/MARLIN, MARINER & S.E.A.L.S #35008

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

5:30 - 6:30 pm | TU (\$60 M / \$120 NM)
1:00 - 2:00 pm | SA (\$60 M / \$120 NM)

GATORS SWIM TEAM

GATORS SWIM TEAM [ALL LEVELS] #35026

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 | W
February 3 - 24, 2021
(\$30 M / \$60 NM)

4:00 - 5:00 pm | F
February 5 - 26, 2021
(\$30 M / \$60 NM)

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

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

SWIM LESSONS & SWIM TEAM PRIVATE & SEMI-PRIVATE

- Instructors will teach from the deck with a face covering on.
- Participants will arrive no earlier than 10 minutes before the class begins & check in at the front desk.
- Face coverings must be worn at all times including in the Indoor Pool locker room. Participants do not have to wear a mask in the water.
- At the end of class, lingering in the locker rooms will not be allowed and all participants must be out of the locker room 15 minutes after lesson ends. This is to allow for disinfection before next class arrives.
- Parents can view lessons from the Indoor Pool lobby while maintaining 6' of distance.

SEMI-PRIVATE SWIM TEAM TRAINING

Semi-private lessons are one instructor to 2 or 3 students at similar swimming levels and must be members of the same household. Lessons are 30 minutes.

FEE: \$70 M / \$140 NM

PRIVATE SWIM TEAM TRAINING

Private lessons are one-on-one instruction for all skill levels. Lessons are 30 minutes.

FEE: \$90 M / \$180 NM

SEMI-PRIVATE SWIM LESSONS

Semi-private lessons are 1 instructor to 2 or 3 students at similar swimming levels and must be members of the same household. Lessons are 30 minutes.

FEE: \$70 M / \$140 NM

PRIVATE SWIM LESSONS

Private lessons are one-on-one instruction for all skill levels. Lessons are 30 minutes.

FEE: \$90 M / \$180 NM

SPECIAL SWIM

Special swim is a great 1-on-1 course for participants with disabilities. Lessons are 30 minutes.

FEE: \$60 M / \$120 NM

ATTENTION

GYMNASTICS CLASSES ARE SCHEDULED TO BEGIN IN FEBRUARY SUBJECT TO THE GOVERNOR'S MITIGATIONS AT THE TIME THE PROGRAM BEGINS

GYMNASTICS

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

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

MAX: 10 participants / class

TUMBLE BUGS #33201

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. This is for beginners who have not taken a class or cannot do a cartwheel. AGES: 4 - 8

4:00 - 5:00 pm | W
February 3 - 24, 2021
(\$40 M / \$80 NM)

GIRLS RULE #33203

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

4:00 - 5:00 pm | M
February 1 - 22, 2021
(\$40 M / \$80 NM)

BOYS ONLY #33210

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

4:00 - 5:00 pm | TH
February 4 - 25, 2021
(\$40 M / \$80 NM)

JUNIOR PREP / INTERMEDIATE #33205

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

4:00 - 5:00 pm | TU
February 2 - 23, 2021
(\$40 M / \$80 NM)

JUNIOR OLYMPIC #33213

Are you interested in competitive gymnastics? Then this is the program for you. Gymnastics routines will be learned and developed.

AGES: 7 yrs or older

5:15 - 6:15 pm | M & W
February 1 - 24, 2021
(\$80 M / \$160 NM)

5:15 - 6:15 pm | TU & TH
February 2 - 25, 2021
(\$80 M / \$160 NM)

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

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

GYMNASTICS PRIVATE & SEMI-PRIVATE

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

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

SEMI-PRIVATE GYMNASTICS LESSONS

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

FEE: \$70 M / \$140 NM

PRIVATE GYMNASTICS LESSONS

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

FEE: \$90 M / \$180 NM

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THE GENESEO PARK DISTRICT FOUNDATION IS EXCITED TO ANNOUNCE THE ATHLETIC FIELD BUILDING IS ALMOST COMPLETE!



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



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

