



GENESEO PARK DISTRICT JANUARY PROGRAMS

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

CENTER HOURS

Everyone Welcome!

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

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

DAILY ADMISSION AT THE CENTER

\$7.00 Youth/Senior
\$8.00 Adult

IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

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

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

JOIN OUR ONLINE COMMUNITY



GeneseoParkDistrict
CentralTheaterGeneseo
GeneseoParkDistrictAquaticCenter



@GeneseoParkDist



geneseo_park_district

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

Sponsored in part by



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.

January 8 - 22, 2021 (\$10/person)
Craft link sent each Friday via email.

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.

January 8 - 22, 2021 (\$10/person)
Craft link sent each Friday via email.

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.

January 8 - 22, 2021 (\$10/person)
Recipe link sent each Friday via email.

SNOWMAN BUILDING CONTEST

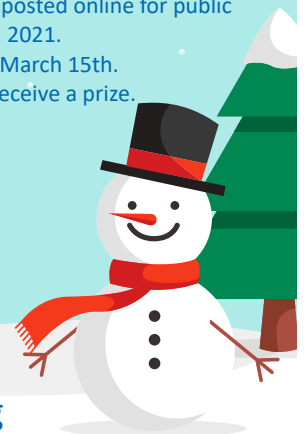
The Geneseo Park District is hosting a contest to find the best built snowman or snow sculpture between

JANUARY 1ST
TO
FEBRUARY 28TH

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

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.



FITNESS CLASSES [Virtual]

ALL CLASSES HELD VIRTUAL

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

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!!

Check out dumbbells & step needed for L1FT/R1ZE at The Center. \$10 refundable deposit.

6:15 - 7:15 am | M
January 4 - 25, 2021
(\$18 M / \$36 NM)

6:15 - 7:15 am | F
January 8 - 29, 2021
(\$18 M / \$36 NM)

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.

8:30 - 9:30 am | W
January 6 - 27, 2021
(\$18 M / \$36 NM)

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.

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

5:15 - 6:15 am | M
January 4 - 25, 2021
(\$18 M / \$36 NM)

5:15 - 6:15 am | W
January 6 - 27, 2021
(\$18 M / \$36 NM)

5:15 - 6:15 am | F
January 8 - 29, 2021
(\$18 M / \$36 NM)

YOGA

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*

8:00 - 9:15 am | TH
January 7 - 28, 2021
(\$22.50 M / \$45 NM)

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 virtual fitness program will help to keep kids moving and flexible during the winter months.

4:30 - 5:00 pm | M [AGES 3 - 7]
January 4 - 25, 2021
(\$9 M / \$18 NM)

5:15 - 5:45 pm | M [AGES 8 - 12]
January 4 - 25, 2021
(\$9 M / \$18 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

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



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

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



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

PRIVATE & SEMI-PRIVATE GYMNASTICS

IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

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

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

SEMI-PRIVATE GYMNASTICS LESSONS

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

FEE: \$70 M / \$140 NM

PRIVATE GYMNASTICS LESSONS

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

FEE: \$90 M / \$180 NM

PRIVATE & SEMI-PRIVATE SWIM LESSONS

IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

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

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 thirty minutes.

FEE: \$70 M / \$140 NM

PRIVATE SWIM LESSONS

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

FEE: \$90 M / \$180 NM

SPECIAL SWIM

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

FEE: \$60 M / \$120 NM

PRIVATE & SEMI-PRIVATE SWIM TEAM TRAINING

IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

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

SEMI-PRIVATE SWIM TEAM TRAINING

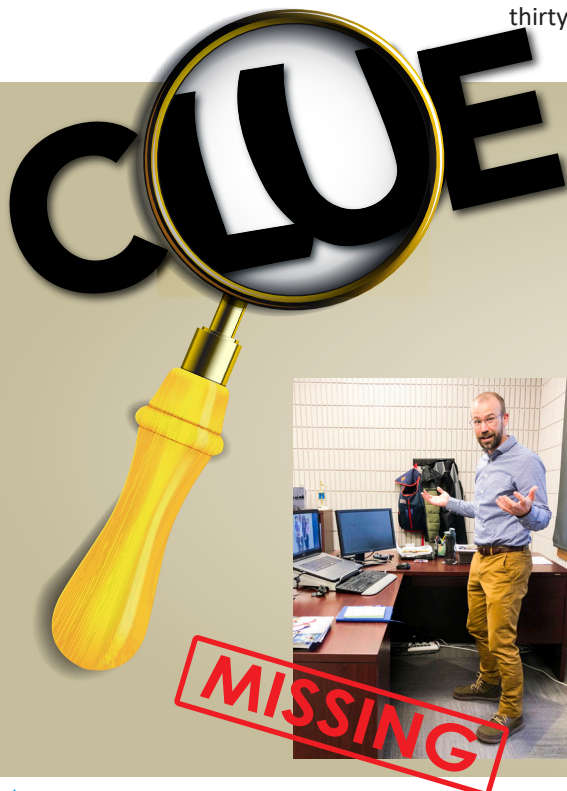
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FEE: \$70 M / \$140 NM

PRIVATE SWIM TEAM TRAINING

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

FEE: \$90 M / \$180 NM



JANUARY 11 - 24

Executive Director Andy Thurman is missing his chair! Now, those that know Andy realize that he is a person who is out and about talking to patrons and checking on the facilities, but when he goes to his office he definitely needs his chair. **Who would want to take his chair & where would it go?**

Are you a clever enough detective to figure out which staff member finally snapped? **Who did it? What equipment did they use? Where are they hiding the chair?**

WHERE TO BEGIN

- Download or pick up your detective notebook at The Center.
- Clues will be posted outside at each Park District location; The Center, Aquatic Center, Athletic Field and Anderson Memorial Park. *Find the clues and cross them off to find out who took Andy's chair.*
- Once you've figured out who committed the crime, the equipment and location, email your answer to: info@genseoparkdistrict.org.
- All correct answers will be entered in a drawing to win a prize.
- Please do not touch or remove the clues. **Be sure to maintain appropriate social distancing while you investigate.**





GENESEO PARK DISTRICT

upcoming FEBRUARY PROGRAMS

We want to remain open and appreciate your cooperation.
Please wear your mask and do daily health assessments before coming to the Center.

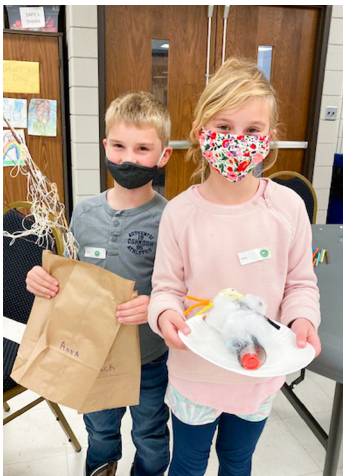
While we will continue to follow the Governor's Mitigations, we hope to offer the following
IN-PERSON CLASSES BEGINNING IN FEBRUARY.

Please continue to watch our website, Facebook, Instagram & Twitter for upcoming class information.

Fitness
Cycling
Yoga
Personal Training
Daddy Daughter Dance
[Virtual Dance!]

S.T.E.M.
Musical Memories Classes
Weekly Roller-Skating Nights
Gymnastics Classes
Men's Basketball League
Women's Volleyball League

2nd - 3rd Boys Youth Basketball
2nd - 3rd Girls Youth Basketball
4th - 6th Girls Youth Basketball
Swim Team
Water Fitness
Group Swim Lessons



ONLINE REGISTRATION



-  NO FEES
-  EASY
-  24^{hr} CONVENIENT
-  SAVES TIME
-  SAVES PAPER

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