



GENESEO PARK DISTRICT MARCH PROGRAMS

**NEED A
SUMMER JOB?**
APPLY ONLINE FOR A LIFEGUARD,
CONCESSION OR DAY CAMP COUNSELOR
POSITION TODAY!

ATTENTION

IN-PERSON CLASSES & EVENTS ARE SCHEDULED 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.

ROLLER-SKATING

Saturday nights are for skating. Bring your own skates or rent skates from The Center. A great way to exercise and have fun with your friends & family.

- Reservations must be made in advance online via SignUp Genius
GeneseoParkDistrict.org/winter-rollerskating
- Face coverings must be worn.
- Participants should maintain 6-ft. of distance.
- Equipment should not be shared between participants unless from the same household.
- Participants should not arrive earlier than 5 minutes before the event begins.

MAX: 40 roller-skaters

Winter ROLLER-SKATING

SATURDAYS MARCH 6 - APRIL 24, 2021*

5:30 - 6:45 pm AGES: 3rd Grade & under

7:00 - 9:00 pm AGES: All Ages

See below for **FREE Roller-Skating on 3/13!*

**No Roller-Skating held 3/27.*

ADMISSION: \$5 Members
\$10 Non-Members

SKATE RENTAL: \$5.00

Limited skates and sizes available.



St. Patrick's Day ROLLER-SKATING

SATURDAY MARCH 13, 2021

5:30 - 6:45 pm AGES: 3rd Grade & under

7:00 - 9:00 pm AGES: All Ages

ADMISSION: **FREE**
SKATE RENTAL: \$5.00

Limited skates and sizes available.

Sponsored in part by
**Geneseo
Park District
Foundation**

PRESCHOOL SOCCER LEAGUE

REGISTER BY MARCH 31, 2021

Participants will learn the basic skills and rules of the game while also learning to work together as a team.

- ***Must be 3 years old by April 1, 2021**
- Face coverings will be required for participants, coaches, spectators and staff.
- Spectators will be required to maintain a distance of at least 30 feet from participants.
- Participants will be required to maintain 6' of distance if not directly involved in the activity.
- Games will be 1-2 pm and/or 2-3 pm on Sundays
- Practices will be held weekly with games played on Sundays.
- Shin guards are required, cleats are optional.

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**!

PRESCHOOL SOCCER LEAGUE #41138

Games held Sundays

April 11 - May 2, 2021

(\$40 M / \$80 NM)

AGES: 3 - 5 yrs

& not enrolled in Kindergarten*

**TEAM ROSTERS WILL BE PROVIDED TO
VOLUNTEER COACHES**

Individuals will be contacted by their volunteer coach once team rosters are created.

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

- Everyone must enter and exit through the front entrance and sign in and out.
- Face coverings must be worn at all times, except while exercising AND able to maintain 6 ft of social distancing.
- 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, learn to swim and water fitness participants during scheduled lap swim/class times.
- Drinking Fountains are open for bottle fillers only.

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

*Find more Special events
on page 6*

2021-2022 PRESCHOOL REGISTRATION OPENS

March 1, 2021

Pre-register for Twinklebrights [2-3 yr olds], 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.

FITNESS CLASSES

- Face coverings must be worn at all times, except while exercising and able to maintain 6 ft of social distancing.
- 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.
- 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!!

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

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

5:30 - 6:00 pm | TH
March 4 - 25, 2021
(\$9 M / \$18 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
March 1 - 31, 2021
(\$75/person)

FITNESS ACCESS GRADES: 6th - 8th

#34119

MAX: 5 participants

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

INSTRUCTOR: Shannon Port;
Hammond-Henry Rehab Personal Trainer

4:00 - 5:00 pm | W
March 3 - 17, 2021
(\$30 M / \$60 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.

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 required.

5:15 - 6:15 am | M
March 1 - 29, 2021
(\$22.50 M / \$45 NM)

5:15 - 6:15 am | W
March 3 - 31, 2021
(\$22.50 M / \$45 NM)

5:15 - 6:15 am | F
March 5 - 26, 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
March 1 - 29, 2021
(\$27.50 M / \$55 NM)

9:00 - 9:45 am | W
March 3 - 31, 2021
(\$20.50 M / \$41 NM)

30/30 (H) #34503

This class is the most efficient hour of workout, which means you are going to sweat... a lot!! 30 minutes of music fueled cycling followed by 30 minutes of heart pumping strength training off the bike. Are you ready to take up this new challenge?

No virtual option available

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

7:30 - 8:30 am | SA
March 6 - 27, 2021
(\$22 M / \$44 NM)

ONLINE REGISTRATION

 **NO FEES**

 **EASY**

 **CONVENIENT**

 **SAVES TIME**

 **SAVES PAPER**



GENESEO PARK DISTRICT



MONTHLY MEMBER CHALLENGE

Run, Walk, Swim, Bike

30 MILES in

30 DAYS

MARCH 1 - 30, 2021

Sign up and Log your miles at the front desk.

All participants who record 30 miles of recreational exercise during the month of March will receive a prize.

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.

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]

March 1 - 22, 2021

(\$9 M / \$18 NM)

5:15 - 5:45 pm | M [AGES 8 - 12]

March 1 - 22, 2021

(\$9 M / \$18 NM)

MOBILITY & RECOVERY (L)

#34126

Give your body a little TLC... This class is about stretching with intention in order to optimize your athletic performance. Prevent injury, recover better and improve performance by addressing flexibility, stretching, stability and proper positions and movement mechanics that support your workout.

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

6:15 - 7:00 pm | TH

March 4 - 25, 2021

(\$13.50 M / \$27 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: \$7 M / \$9 MG / \$14 NM

9:00 - 10:00 am | TH

March 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

March 2 - 30, 2021

(\$22.50 M / \$45 NM)

9:00 - 10:00 am | TU

March 2 - 30, 2021

(\$22.50 M / \$45 NM)

5:30 - 6:30 pm | W

March 3 - 31, 2021

(\$22.50 M / \$45 NM)

9:00 - 10:00 am | SA

March 6 - 27, 2021

(\$18 M / \$36 NM)

PERSONAL TRAINING

CERTIFIED PERSONAL TRAINERS:

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

ASK US ABOUT VIRTUAL PERSONAL TRAINING

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 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

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



Geneseo
Park District
Foundation



ATTENTION

WATER FITNESS CLASSES ARE SCHEDULED 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
March 1 - 29, 2021
(\$22.50 M / \$45 NM)

9:45 - 10:45 am | W
March 3 - 31, 2021
(\$22.50 M / \$45 NM)

9:45 - 10:45 am | F
March 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: Jill Neal
WALK-IN FEE: \$7 M / \$9 MG / \$14 NM

5:30 - 6:30 pm | M
March 1 - 29, 2021
(\$22.50 M / \$45 NM)

5:30 - 6:30 pm | W
March 3 - 31, 2021
(\$22.50 M / \$45 NM)

WALK THE WATER (M) #35509

Water walking burns calories, increases muscle tone and improves cardiovascular health. A variety of options are offered to achieve the level of intensity desired.
INSTRUCTOR: Yvonne Wayne
WALK-IN FEE: \$7 M / \$9 MG / \$14 NM

9:00 - 10:00 am | TU
March 2 - 30, 2021
(\$22.50 M / \$45 NM)

9:00 - 10:00 am | TH
March 4 - 25, 2021
(\$18 M / \$36 NM)

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
March 1 - 29, 2021
(\$22.50 M / \$45 NM)

8:30 - 9:30 am | W
March 3 - 31, 2021
(\$22.50 M / \$45 NM)

8:30 - 9:30 am | F
March 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
March 2 - 30, 2021
(\$22.50 M / \$45 NM)

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

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

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.*

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

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
March 3 - 24, 2021
(\$30 M / \$60 NM)

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



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*



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 *sponsored by the GENESEO FOUNDATION.*
- 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

Field trips included in Summer Day Camp thanks in part to the



New dedicated Summer Camp Space
at the Athletic Field!



EASTER EGG HUNT

MUST PRE-REGISTER BY MARCH 26, 2021

A fun family tradition! Join us at the Athletic Field for the 15th Annual Easter Egg Hunt. The Easter Egg Hunt is set up so your little bunny can find candy or toy filled eggs with children of the same age. Find one of the Golden Eggs and receive a special prize. **Pre-registration is required by March 26th.**

Children are separated into the following age groups: 2 & 3 yr olds, 4 & 5 yr olds, K-2nd grades and 3rd - 5th grades. **Each age group will be at a separate location within the Athletic Field.**

- Face coverings must be worn at all times.
- Participants should maintain 6-ft. of distance.
- No walk-ins.

MAX: 50 kids / age group

Annual **EASTER EGG HUNT**

SUNDAY MARCH 28, 2021*

1:30 pm

AGES: 2 yrs - 11 yrs.

ADMISSION: FREE

LOCATION: Athletic Field



**If spring weather has not sprung by the scheduled date, the Easter Egg Hunt will be moved to Saturday April 3rd. Bad weather is not going to stop this Bunny! If unable to be outdoors on April 3rd, the Easter Bunny will host a drive through option at the Community Center. Watch our website at www.GeneseoParkDistrict.org, Facebook and/or Twitter for updates.*

Sponsored in part by

**Geneseo
Park District
Foundation**



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.*



GENESEO PARK DISTRICT

Community Garden

COMMUNITY GARDEN

April - October

COMMUNITY GARDEN #13051

- Face coverings must be worn at all times.
- Participants should maintain 6-ft. of distance.
- Equipment should not be shared between participants unless from the same household.
- Limited to 10 gardeners inside the Community Garden at a time.

Community Gardens are beneficial to the environment, the health & wellbeing of community members and build a greater feeling of community. We are also creating an opportunity for kids to learn and grow through gardening, engaging their natural curiosity and wonder. The garden will be prepared by the Park District. All water provided by the City of Geneseo.

FEE: \$30 per 10 foot x 10 foot plot

LOCATION: The Community Garden is located east of the Geneseo Community Center.

*The Geneseo Park District Community Garden
opens April 15, 2021 weather permitting.*

RESERVE YOUR PLOT TODAY AT THE CENTER

**JOIN OUR
ONLINE
COMMUNITY**



GeneseoParkDistrict
CentralTheaterGeneseo
GeneseoParkDistrictAquaticCenter



@GeneseoParkDist



geneseo_park_district

MUSIC CLASSES

- Face coverings must be worn at all times.
- It is recommended that only one parent/guardian accompany the participant.
- No additional parents / guardians or siblings will be allowed to wait in the music studio.

INSTRUCTOR: Musical Memories

LOCATION: 112 South State St. | Geneseo IL

WEE KEYS #33033

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

AGES: 4 - 6 yrs

MAX: 6 participants / class

9:00 - 9:45 am | SA

March 6 - April 10, 2021

(\$50 / child)

UKE CAN DO IT! #33035

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

AGES: 7 yrs & older

MAX: 10 participants / class

10:00 - 10:45 am | SA

March 6 - April 10, 2021

(\$50 / child)

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**

ATTENTION

GYMNASTICS CLASSES ARE SCHEDULED 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
March 10 - 24, 2021
(\$30 M / \$60 NM)

No class March 3, 2021 due to HS Gymnastics Meet

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
March 1 - 22, 2021
(\$40 M / \$80 NM)

Annual

MOM & SON NIGHT OF FUN #33070
FRIDAY MARCH 26, 2021
6:00 - 7:30 PM

- Face coverings must be worn at all times.
- Party-goers NOT from the same household should maintain 6-ft. of distance.

MAX: 40 participants

Hey Moms, have a night out with your special little man (or little men). Join us at the Geneseo Park District for a Spring Fling. This magical evening will include dancing, pictures and great music.

Must register by March 19, 2021.

LOCATION: Geneseo Community Center
ADMISSION: \$15 / person

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
March 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
March 2 - 23, 2021
(\$40 M / \$80 NM)

USAG DEVELOPMENT PROGRAM

[formerly JO] #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
March 1 - 24, 2021
(\$70 M / \$140 NM)

No class March 3, 2021 due to HS Gymnastics Meet

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

SPRING FLINGS

Mom + Son
NIGHT OF FUN

Annual

DADDY DAUGHTER DANCE #33072
SATURDAY MARCH 27, 2021
6:00 - 7:30 PM

- Face coverings must be worn at all times.
- Party-goers NOT from the same household should maintain 6-ft. of distance.

MAX: 40 participants

Your little girl (or girls) will jump at the chance to spend a fun night out with her Dad. The Geneseo Park District invites every father to take their little girls out on a date they will never forget! This magical evening will include dancing, pictures and great music.

Must register by March 19, 2021.

LOCATION: Geneseo Community Center
ADMISSION: \$15 / person

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

Daddy
daughter
DANCE