

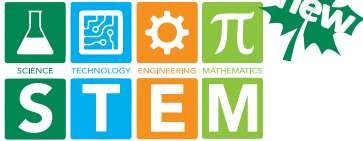


# GENESEO PARK DISTRICT

## NOVEMBER & DECEMBER PROGRAMS

FOR THE HEALTH & SAFETY OF OUR COMMUNITY, please complete a self-assessment before entering any Park District Facility. 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 three (3) days prior to the start of class.

### S.T.E.M.



IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

- Face coverings are required.
- MAX:** 20 participants / class  
**FEE:** \$10 / participant

*Sponsored in part by:* Geneseo Foundation

#### S.T.E.M. #23062

This 3 week, hands on class will focus on science, technology, engineering & mathematics. Projects include, but are not limited to, erosion barriers, garden on a raft, and tower building. The focus will be mind bending and problem solving.

#### K - 2<sup>nd</sup> Grade

4:00 - 5:30 pm | M  
November 2 - 16, 2020

#### 3<sup>rd</sup> - 5<sup>th</sup> Grade

4:00 - 5:30 pm | W  
November 4 - 18, 2020

#### 6<sup>th</sup> - 8<sup>th</sup> Grade

4:00 - 5:30 pm | TH  
November 5 - 19, 2020

### 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.
- 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:** 8 participants / class

**No classes held December 9 - 11, 2020**

#### GIRLS RULE #23203

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

4:00 - 5:00 pm | M  
November 2 - 16, 2020  
(\$30 M / \$60 NM)

4:00 - 5:00 pm | M  
November 30 - December 14, 2020  
(\$30 M / \$60 NM)

### 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

### HOLIDAY CENTER

*Closings*

Thanksgiving Day (Closed)  
Christmas Eve (Close at Noon)  
Christmas Day (Closed)  
New Year's Eve (Closed at 5pm)  
New Year's Day (Closed)

#### TUMBLE BUGS #23201

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  
November 4 - 18, 2020  
(\$30 M / \$60 NM)

4:00 - 5:00 pm | W  
December 2 & 16, 2020  
(\$20 M / \$40 NM)

### TURKEY TROT

IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

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

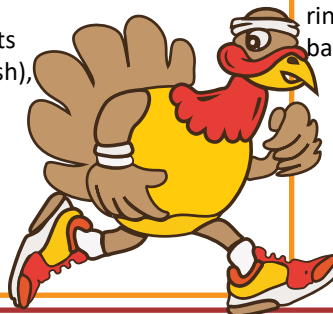
The Geneseo Park District brings you the 10<sup>th</sup> Annual Turkey Trot. Race against your friends for a chance to win a turkey! Participants are divided into 3 groups by grade...Boys/Girls Pre-K (100 yard dash), K-2<sup>nd</sup> (1 lap around the track) & 3<sup>rd</sup>-5<sup>th</sup> (2 laps around the track). 3 winners per age group. *Turkeys provided in part by:* Fareway

**2:00 pm | Sunday November 15, 2020**

GRADES: Pre-K - 5<sup>th</sup>  
LOCATION: Athletic Field

ADMISSION IS **FREE**  
THANKS IN PART TO

**Geneseo  
Park District  
Foundation**



#### BOYS ONLY #23210

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

4:00 - 5:00 pm | TH  
November 5 - 19, 2020  
(\$30 M / \$60 NM)

4:00 - 5:00 pm | TH  
December 3 & 17, 2020  
(\$20 M / \$40 NM)

## GYMNASTICS cont...

### JUNIOR PREP / INTERMEDIATE #23205

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  
November 3 - 17, 2020  
(\$30 M / \$60 NM)

4:00 - 5:00 pm | TU  
December 1 - 15, 2020  
(\$30 M / \$60 NM)

### JUNIOR OLYMPIC #23213

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 - 6:45 pm | M & W  
November 2 - 18, 2020  
(\$90 M / \$180 NM)

5:15 - 6:45 pm | TU & TH  
November 3 - 19, 2020  
(\$90 M / \$180 NM)

4:00 - 6:00 pm | F  
November 6 - 20, 2020  
(\$60 M / \$120 NM)

5:15 - 6:45 pm | M & W  
November 30 - December 16, 2020  
(\$75 M / \$150 NM)

5:15 - 6:45 pm | TU & TH  
December 1 - 17, 2020  
(\$75 M / \$150 NM)

4:00 - 6:00 pm | F  
December 4 & 18, 2020  
(\$40 M / \$80 NM)

**No classes held December 9 - 11, 2020**

### SEMI-PRIVATE GYMNASTICS LESSONS

Groups of 2 to 3 participants with similar skills.

FEE: \$70 M / \$140 NM

### PRIVATE GYMNASTICS LESSONS

One-on-one instruction for all skill levels.

FEE: \$90 M / \$180 NM

### CALL (309) 944-5695 TO SCHEDULE A PRIVATE GYMNASTIC 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.*

## MUSIC CLASSES

### IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

- Masks are required.
- 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  
**No Music Classes held November 28, 2020**

### WEE KEYS #23033

In this introduction to keyboarding, your child will begin to familiarize themselves with the piano. They will begin learning the fundamentals of piano without the structure of formal lessons and have fun playing musical games, singing songs, and dancing. Your child will begin to learn how to see, say, and play simple musical rhythms and songs while distinguishing patterns and musical symbols. This is a great transition into formal lessons  
AGES: 4 - 6 yrs  
MAX: 6 participants / class

9:00 - 9:45 am | SA  
November 7 - December 19, 2020  
(\$50 / child)

### UKE CAN DO IT! #23035

In this fun introduction to playing the ukulele, your kids will familiarize themselves with the soprano ukulele. Kids will work on exercises to help increase finger strength and will work in a large group as they learn and play simple chords and songs. Singing is encouraged.  
AGES: 7 yrs & older  
MAX: 10 participants / class

10:00 - 10:45 am | SA  
November 7 - December 19, 2020  
(\$50 / child)

## SPECIALTY SWIM LESSONS

### SEMI-PRIVATE SWIM LESSONS

Semi-private swimming lessons are one instructor to two or three students at similar swimming levels. Lessons are thirty minutes.

FEE: \$70 M / \$140 NM

### PRIVATE SWIM LESSONS

Private swimming lessons are one instructor to one student. Lessons are thirty minutes.

FEE: \$90 M / \$180 NM

### SPECIAL SWIM

Special swim is a great one-on-one course for participants with disabilities. Times & instructors will be assigned when participants register.

FEE: \$60 M / \$120 NM

### CALL 944-5695 TO SCHEDULE PRIVATE, SEMI-PRIVATE OR SPECIAL SWIMS.

Once requests are made, instructor & (4) ½ hour lesson times will be assigned. Specialty Swim Lessons will expire 1 year from the date of purchase & must be paid prior to the first lesson. *No Private or Semi-Private lessons will be held on Holidays*

**AGES: 3 and over**

Find more  
holiday events  
on page 4



# Jingle Bell Skate

Complete your Christmas Walk experience with a special Skate Night.  
**Limited capacity.** Pre-registration required on SignUp Genius.  
Face Covering Required.

**SATURDAY DECEMBER 12, 2020**

5:30 - 6:45 pm | 3<sup>rd</sup> Grade & under  
7:15 - 9:15 pm | All Ages

**LOCATION:** The Center's Gym  
**SKATE RENTAL:** \$4.00  
*Limited skates & sizes available.*

ADMISSION IS **FREE**  
THANKS IN PART TO

**Geneseo**  
Park District  
**Foundation**

## YOUTH ATHLETICS

### ATHLETICS WILL BE HELD UNDER IDPH GUIDELINES...

- Face coverings will be required for participants, coaches and staff. Face coverings may be removed if able to maintain 6' of distance per instructor discretion.
- Spectators will be required to maintain a distance of at least 30 feet. *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

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

- All practices & games are held on Saturdays.
- The first 2 Saturdays will be group practices.
- The first game will be November 14th.
- Please bring your own ball if possible.

**No games held November 28, 2020**

### *Boys & Girls* YOUTH BASKETBALL K-1<sup>st</sup> Grade

#22100 8:30 - 9:30 am  
October 31 - December 12, 2020  
\$60 M / \$120 NM

### *Boys* YOUTH BASKETBALL 2<sup>nd</sup> - 3<sup>rd</sup> Grade

#22101 9:45 - 10:45 am  
October 31 - December 12, 2020  
\$60 M / \$120 NM

### GIRLS YOUTH BASKETBALL LEAGUE

*New Player Tryouts*

Thursday January 21, 2021

6:00 - 6:30 pm



### FITNESS ACCESS #24119

**GRADES:** 6<sup>th</sup> - 8<sup>th</sup>

**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  
November 4 - 18, 2020  
\$30 M / \$60 NM

4:00 - 5:00 pm | W  
December 2 - 16, 2020  
\$30 M / \$60 NM

## CYCLING

### HIP HOP SPIN (H) #24504

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

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

6:00 - 7:00 PM | M  
November 2 - 30, 2020  
(\$27.50 M / \$55 NM)

6:00 - 7:00 PM | M  
December 7 - 28, 2020  
(\$22 M / \$44 NM)

## FITNESS CLASSES

### IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

- Participants should wear face coverings whenever not exercising.
- 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.

### INFERNO PILATES (M) #24115

A challenging, full-body, low-impact, high intensity workout using Pilates principles. It is designed for all fitness levels. It helps tone and strengthen muscles without the pounding of a high impact workout. The class is performed with fast-paced music making it fun, exciting and energizing.

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

5:30 - 6:30 pm | W  
November 4 - 25, 2020  
(\$18 M / \$36 NM)

5:30 - 6:30 pm | W  
December 2 - 30, 2020  
(\$22.50 M / \$45 NM)

### ADULT SUMMIT (H) #24141

*Same class, different location*

This Summit focuses on adult athletes and their specific needs. This functional training program meets three days a week and targets triplanar 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  
November 2 - 30, 2020  
(\$75.00/month)

5:00 - 6:00 PM | M W  
& 4:00 - 5:00 PM | F  
December 2 - 30, 2020  
(\$75.00/month)

## FITNESS CLASSES cont...

### EARLY BURN (H) #24104

A great way to start your day. For both men & women of all ages. You do what you can and modify where needed. This class is a total body muscle conditioning using dumbbells, weighted bar, bands, exercise balls, bosu ball and your own body weight. With cardio mixed with strength, you will burn calories, build strength and increase endurance.

INSTRUCTOR: Carie Kreiner

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

5:15 - 6:15 am | M  
November 2 - 30, 2020  
(\$22.50 M / \$45 NM)

5:15 - 6:15 am | W  
November 4 - 25, 2020  
(\$18 M / \$36 NM)

5:15 - 6:15 am | F  
November 6 - 20, 2020  
(\$13.50 M / \$27 NM)

5:15 - 6:15 am | M  
December 7 - 14, 2020  
(\$9 M / \$18 NM)

5:15 - 6:15 am | W  
December 2 - 16, 2020  
(\$13.50 M / \$27 NM)

5:15 - 6:15 am | F  
December 4 - 18, 2020  
(\$13.50 M / \$27 NM)

## YOGA

### WHO NEEDS COFFEE [FLOW] (M) #24135

Like your morning pick-me-up hot?

Let's crank up the music and the heat!

This energizing class for all levels builds strength and increases flexibility the more you practice. Move through a creative sequence that is intended to connect to your breath and find the appropriate body alignment. The invigorating series of asanas still allows you to control the pace you deem comfortable (yet challenging). You won't need caffeine after this class!

LEVEL: All Levels *move at your pace*

TEMPERATURE: 85 - 90° F

INSTRUCTOR: Shannon Port

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

8:00 - 9:15 am | SU  
November 1 - 29, 2020  
(\$28 M / \$56 NM)

8:00 - 9:15 am | SU  
December 6 - 27, 2020  
(\$22.50 M / \$45 NM)

### GOOD MORNING [POWER FLOW] (H)

#24133

An early morning 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. Begin your day with this flowing class that focuses 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.

LEVEL: Challenging/All Levels *move at your pace*

TEMPERATURE: 80 - 85° F

INSTRUCTOR: Shannon Port

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

5:30 - 6:30 am | TU  
November 3 - 24, 2020  
(\$18 M / \$36 NM)

5:30 - 6:30 am | TH  
November 5 - 19, 2020  
(\$13.50 M / \$27 NM)

5:30 - 6:30 am | TU  
December 1 - 29, 2020  
(\$22.50 M / \$45 NM)

5:30 - 6:30 am | TH  
December 3 - 17, 2020  
(\$13.50 M / \$27 NM)

### MIXED TAPE [SLOW FLOW] (L) #24134

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 offered and modifications makes this class largely accessible. All while enjoying a wide selection of music!

LEVEL: All Levels *move at your pace*

TEMPERATURE: 70 - 75° F

INSTRUCTOR: Shannon Port

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

8:00 - 9:15 am | TU  
November 3 - 24, 2020  
(\$22.50 M / \$45 NM)

8:00 - 9:15 am | TH  
November 5 - 19, 2020  
(\$16.75 M / \$33.50 NM)

8:00 - 9:15 am | TU  
December 1 - 29, 2020  
(\$28 M / \$56 NM)

8:00 - 9:15 am | TH  
December 3 - 17, 2020  
(\$16.75 M / \$33.50 NM)

## ZOOM WITH SANTA

### SANTA ZOOM #23065

To observe the best practices of social distancing, Santa has increased his computer skills to still meet with children. Santa would like to schedule a 5 minute Zoom meeting with you & your family so you can share your holiday wish list with him.

**PRE-REGISTRATION IS REQUIRED BY SUNDAY  
NOVEMBER 29TH.**

Once registered, Santa's elves will contact you to set a time and date for your meeting. Limited availability.

Because of his heavy schedule, Santa's meetings will be held

**DECEMBER 6 - 12, 2020**

3:00 - 8:00pm

\$5 M / \$10 NM per meeting



## LETTERS FROM SANTA

### 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 BETWEEN  
NOVEMBER 1ST - DECEMBER 12TH**  
to ensure Santa has enough time to reply before his big night.

## WATER FITNESS

### IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

- Participants should wear face coverings whenever not exercising.
- 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:** 15 participants / class

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

### JUST THE GUYS (M) #25506

An exercise class that works on increasing muscular strength and cardiovascular endurance, plus core strengthening and balance work. A fun-filled hour for men of all ages. INSTRUCTOR: Therresa Bowton

7:30 - 8:30 am | TU  
November 3 - 24, 2020  
(\$18 M / \$36 NM)

7:30 - 8:30 am | TH  
November 5 - 19, 2020  
(\$13.50 M / \$27 NM)

7:30 - 8:30 am | TU  
December 1 - 15, 2020  
(\$13.50 M / \$27 NM)

7:30 - 8:30 am | TH  
December 3 - 17, 2020  
(\$13.50 M / \$27 NM)

### FIT HAPPENS P.M. (H) #25508

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

INSTRUCTOR: Laura Goetz & Jill Neal

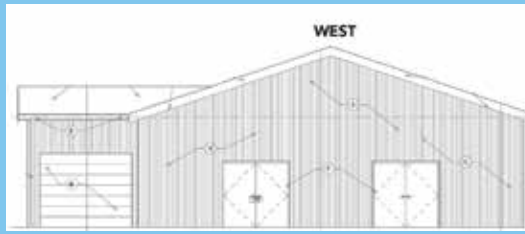
5:30 - 6:30 pm | M  
November 2 - 30, 2020  
(\$22.50 M / \$45 NM)

5:30 - 6:30 pm | W  
November 4 - 18, 2020  
(\$13.50 M / \$27 NM)

5:30 - 6:30 pm | M  
December 7 - 14, 2020  
(\$9 M / \$18 NM)

5:30 - 6:30 pm | W  
December 2 - 16, 2020  
(\$13.50 M / \$27 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

Geneseo  
Park District  
Foundation



Learn more about this exciting project at [GeneseoParkDistrict.org/foundation](http://GeneseoParkDistrict.org/foundation)

### FIT HAPPENS A.M. (H) #25507

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

INSTRUCTOR: Laura Goetz

8:30 - 9:30 am | M  
November 2 - 30, 2020  
(\$22.50 M / \$45 NM)

8:30 - 9:30 am | W  
November 4 - 25, 2020  
(\$18 M / \$36 NM)

8:30 - 9:30 am | F  
November 6 - 20, 2020  
(\$13.50 M / \$27 NM)

8:30 - 9:30 am | M  
December 7 - 14, 2020  
(\$9 M / \$18 NM)

8:30 - 9:30 am | W  
December 2 - 16, 2020  
(\$13.50 M / \$27 NM)

8:30 - 9:30 am | F  
December 4 - 18, 2020  
(\$13.50 M / \$27 NM)

### FOR THE LOVE OF FIT (L) #25504

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

9:45 - 10:45 am | M  
November 2 - 30, 2020  
(\$22.50 M / \$45 NM)

9:45 - 10:45 am | W  
November 4 - 25, 2020  
(\$18 M / \$36 NM)

9:45 - 10:45 am | F  
November 6 - 20, 2020  
(\$13.50 M / \$27 NM)

9:45 - 10:45 am | M  
December 7 - 14, 2020  
(\$9 M / \$18 NM)

9:45 - 10:45 am | W  
December 2 - 16, 2020  
(\$13.50 M / \$27 NM)

9:45 - 10:45 am | F  
December 4 - 18, 2020  
(\$13.50 M / \$27 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

