



GENESEO PARK DISTRICT OCTOBER 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.

LEARN TO SWIM

October 20 - December 10, 2020

Now offering Saturday Classes!

IN ORDER TO MAINTAIN SOCIAL DISTANCING GUIDELINES...

- 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 5 minutes before the class begins.
- 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.
- There will be no spectators allowed in any area during swim lessons.

No lessons held November 23 - 28, 2020

MAX: 6 participants / class

CLOWNFISH #25001 (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 pm | SA (\$30 M / \$60 NM)

LAKE EXPLORER #25003

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.

4:00 - 4:30 pm | TU (\$30 M / \$60 NM)

10:30 - 11:00 am | SA (\$30 M / \$60 NM)

OCEAN EXPLORER #25004

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 #25005

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)

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

MINNOW #25006

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 #25007

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)

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

SHARK & DOLPHIN/BARRACUDA & STINGRAY/MARLIN, MARINER & S.E.A.L.S #25008

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)

HIGH SCHOOL SWIM TRAINING

#25022

This instructor led class will include workouts that assist with proper breathing and swim stroke techniques for High School students that are interested in swimming.

2:30 - 4:00 pm | M

October 5 - 26, 2020

(\$45 M / \$90 NM)

Spooktacular ROLLERSKATING

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. *Register through SignUp Genius.*

LOCATION: Geneseo Community Center Gym

Skate Rental: \$4.00

ADMISSION IS **FREE**
THANKS IN PART TO

**Geneseo
Park District
Foundation**

Saturday October 24, 2020

3rd Grade & under

5:00 - 6:15 pm or

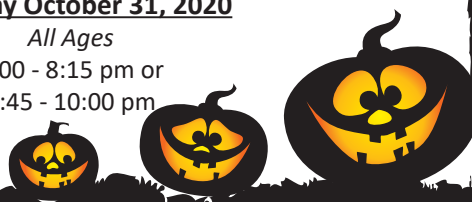
6:45 - 8:00 pm

Saturday October 31, 2020

All Ages

7:00 - 8:15 pm or

8:45 - 10:00 pm



COME WATCH A
FAMILY FRIENDLY
MOVIE FOR
FREE

DRIVE-IN MOVIE



**SATURDAY
OCTOBER 3rd**

Sponsored in part by

**Geneseo
Park District
Foundation**



**FRIDAY
OCTOBER 9th**
FREE Popcorn
Movie & Popcorn
sponsored by



Jolene Barnes



**SATURDAY
OCTOBER 17th**
FREE Popcorn
Movie & Popcorn
sponsored by



SPECIALTY SWIM LESSONS

Call 944-5695 to schedule private, semi-private or special swims. Once requests are made, instructor & four ½ hour lesson times will be assigned. Specialty Swim Lessons will expire one year from the date of purchase & must be paid prior to the first lesson.

AGES: 3 and over

PRIVATE SWIM LESSONS

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

FEE: \$75 M / \$150 NM

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: \$60 M / \$120 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: \$50 M / \$100 NM

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-1st Grade	Boys YOUTH BASKETBALL 2nd - 3rd Grade
#22100 8:30 - 9:30 am	#22100 9:45 - 10:45 am
October 31 - December 12, 2020	October 31 - December 12, 2020
\$60 M / \$120 NM	\$60 M / \$120 NM

ATHLETICS cont...

YOUTH BASKETBALL LEAGUE #22102

Boys

GRADES: 4th - 6th

October 19 - December 12, 2020

FEE: \$60

Boys New Player Tryouts

October 8, 2020 | 6:00 - 6:30 pm

ATTENTION COACHES:

League draft will immediately follow tryouts.

A team schedule will be published online the

week of October 12, 2020

Games/practices start the

week of October 19, 2020.

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.

No basketball held
November 23 - 29, 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*

MAX: 8 participants / class

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
October 14 - 28, 2020
(\$30 M / \$60 NM)

FITNESS ACCESS GRADES: 6th - 8th #24119

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
October 7 - 21, 2020 (\$30 M / \$60 NM)

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
October 12 - 26, 2020
(\$30 M / \$60 NM)

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
October 15 - 29, 2020
(\$30 M / \$60 NM)

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
October 13 - 27, 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
October 12 - 28, 2020
(\$90 M / \$180 NM)
5:15 - 6:45 pm | TU & TH
October 13 - 29, 2020
(\$90 M / \$180 NM)

HIGH SCHOOL / MIDDLE SCHOOL OPTIONAL #23218

Boys or girls interested will combine with the Geneseo High School Gymnasts for this Non-Competitive Optionals class. In optional gymnastics there are a set of guidelines, or level requirements and routines are built around them. Each gymnast has their own music (on the Floor Exercise) and their routine is built to show off their strengths.

GRADES: 8th & up

7:00 - 8:30 pm | M & W
October 12 - 28, 2020
(\$90 M / \$180 NM)
7:00 - 8:30 pm | TU & TH
October 13 - 29, 2020
(\$90 M / \$180 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

6:00 - 7:00 pm | TU
October 6 - 27, 2020
(\$18 M / \$36 NM)

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
October 5 - 26, 2020
(\$18 M / \$36 NM)

5:15 - 6:15 am | W
October 7 - 28, 2020
(\$18 M / \$36 NM)

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

LOW INTENSITY (L) #24103

A low impact class incorporating aerobics, balance, flexibility & strength. A variety of fitness equipment is used to help you reach your fitness goal.

INSTRUCTOR: Shannon Port

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

9:30 - 10:30 am | TH
October 1 - 29, 2020
(\$22.50 M / \$45 NM)

YBB (H) #24112

If you love yoga & you love to dance this may be just the workout you've been searching for. This innovative class combines yoga-inspired moves with fun dance routines to help you lean out, build muscles, and improve self-confidence.

INSTRUCTOR: Shannon Port

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

8:00 - 9:00 am | SA
October 3 - 31, 2020
(\$22.50 M / \$45 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 and high energy music, and 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
October 5 - 26, 2020
(\$22 M / \$44 NM)

YOGA

FLOW (M) #24111

Flow 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.

INSTRUCTOR: Shannon Port

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

8:00 - 9:00 am | TU
October 6 - 27, 2020
(\$18 M / \$36 NM)

8:00 - 9:00 am | TH
October 8 - 28, 2020
(\$18 M / \$36 NM)

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

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
October 5 - 26, 2020
(\$18 M / \$36 NM)

9:45 - 10:45 am | W
October 7 - 28, 2020
(\$18 M / \$36 NM)

9:45 - 10:45 am | F
October 2 - 30, 2020
(\$22.50 M / \$45 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: Theresa Bowton

7:30 - 8:30 am | TU
October 6 - 27, 2020
(\$18 M / \$36 NM)

7:30 - 8:30 am | TH
October 1 - 27, 2020
(\$22.50 M / \$45 NM)

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
October 6 - 27, 2020
(\$18 M / \$36 NM)

8:30 - 9:30 am | W
October 7 - 28, 2020
(\$18 M / \$36 NM)

8:30 - 9:30 am | F
October 2 - 30, 2020
(\$22.50 M / \$45 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
October 5 - 26, 2020
(\$18 M / \$36 NM)

5:30 - 6:30 pm | W
October 7 - 28, 2020
(\$18 M / \$36 NM)

PERSONAL TRAINING

CERTIFIED PERSONAL TRAINERS: John Davis & Shannon Port, Hammond-Henry Rehab

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

