



GENESEO PARK DISTRICT

SPRING PROGRAM
REGISTRATION
NOW OPEN



APRIL - MAY PROGRAMS

SPECIAL & FREE FAMILY EVENTS

FREE EVENTS

EASTER EGG HUNT #43057
SUNDAY APRIL 10, 2022
2:30 pm

A fun family tradition! Join us at the Athletic Field for the 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.

This is a free event, pre-registration is preferred.

AGES: 2 yrs - 11 yrs

Children are separated into the following age groups: 2 & 3 yr olds, 4 & 5 yr olds, K-2nd grades & 3rd - 5th grades.

LOCATION: Athletic Field

If spring weather has not sprung by the scheduled date, an indoor hunt will be organized, watch our website at www.GeneseoParkDistrict.org, Facebook and/or Twitter for location updates.

SPECIAL DAY FUN

School is out and The Center is open! Join your friends for fun indoors on your day off.

SWIMMING

1:00 - 3:00 PM | ALL AGES

Friday April 15, 2022

Monday April 18, 2022

LOCATION: Indoor Pool

INTERACTIVE INFLATABLES

9:30 - 10:00 AM | 4 YRS & UNDER

10:00 AM - NOON | ALL AGES

Monday April 18, 2022

LOCATION: Gymnasium

FREE SEASONAL COMMUNITY EVENTS ARE
SPONSORED BY THE
GENESEO PARK DISTRICT FOUNDATION
(unless otherwise listed)

PITCH, HIT & RUN #42350
SUNDAY APRIL 24, 2022
1:00 pm

Pitch, Hit, and Run is an exciting skills competition for boys and girls ages 7 - 14. Participants have 6 attempts to throw at a target, 3 attempts to hit a ball off a tee, and will be timed for running from 2nd base to home plate. All participants receive a certificate & winners advance to a sectional competition held May 15th at Bollen Field.

This is a free event, pre-registration is preferred.

AGES: 7 yrs - 14 yrs

LOCATION: Bollen Field

Field provided by: **GYBS**

KAYAK & CANOEING #43081
SUNDAY MAY 22, 2022
Noon - 3:00 pm

The month of May is National Water Safety Month! Come learn more about water-related recreational activities as well as boat safety. There will be a 1-hour educational session on the dry land, followed by a 2-hour session on the water. Bring your own kayak or canoe. A limited number are available on a first come first serve basis.

This is a free event, pre-registration is preferred.

AGES: All ages

LOCATION: Izaak Walton League

Equipment provided by:

Geneseo Campground

Geneseo
Park District
Foundation

SPECIALTY CLASSES

COOKING CLASS #43091
THURSDAY APRIL 21, 2022
6:30 - 8:00 pm

Lasagna is a family favorite around the dinner table. In our time together you'll learn how to prepare and assemble lasagna that will impress your family and friends. You'll also discover wines that pair well with the flavors, and discover complimentary side dishes to round out your meal. Each participant will **make & take** home a pan of lasagna. *As you register, please let us know if you require gluten-free options.*

INSTRUCTOR: Kim Schwarzkopf, A Spotted Apron

LOCATION: Community Center Kitchen

FEE: \$35 / person

AGES: 18 & older

Maximum: 12 participants

BABYSITTING (CABS) #43072
SATURDAY MAY 7, 2022
1:00 - 6:00 pm

Babysitting is usually a teenagers first attempt at building and running a small business. The Child and Babysitting Safety (CABS) training program is designed to focus on supervising, caring for, and keeping children and infants safe in babysitting settings. The program provides fundamental information in the business of babysitting, proper supervision, basic caregiving skills, and responding properly to ill or injured children or infants. *Become a Certified Babysitter today!*

FEE: \$40 / person

AGES: 11 & older

YOUTH ATHLETICS

INSTRUCTIONAL VOLLEYBALL

Players will learn the hitting techniques, footwork, positions, and rules of volleyball. Each session will focus on different facets of the game using drill and repetition followed by scrimmage games where coaches instruct during that time.

#42152 **GRADES:** 3rd - 5th

4:30 - 5:30 pm | M

April 25 - May 16, 2022 (\$48 M / \$96 NM)

MIDDLE SCHOOL FITNESS ACCESS

find more information on page 8

#42153 **GRADES:** 6th - 8th

4:30 - 5:30 pm | M

April 25 - May 16, 2022 (\$48 M / \$96 NM)

SAVE THE DATE

PFCT

PRAIRIE FIRE CHILDREN'S THEATRE

returns to Geneseo!

July 17 - 23, 2022

EARLY CHILDHOOD PROGRAMS

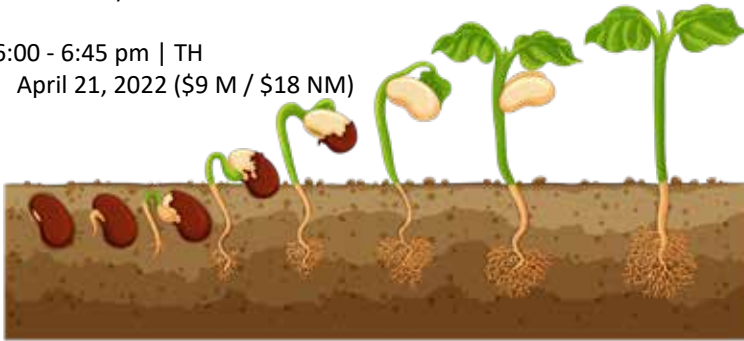
HOW DOES YOUR GARDEN GROW? #41130

Learn how a tiny seed grows into a big plant. Each student will get to take home a flower to plant.

AGES: 3 - 5 yrs

6:00 - 6:45 pm | TH

April 21, 2022 (\$9 M / \$18 NM)



PETE THE CAT: I LOVE MY WHITE SHOES #41131



Students will learn color recognition as we read the story "Pete the Cat: I Love My White Shoes" together as a group.

AGES: 3 - 5 yrs

4:00 - 5:00 pm | W

April 27, 2022 (\$12 M / \$24 NM)

PRESCHOOL SOCCER LEAGUE #41138

Participants will learn the basic skills and rules of the game while also learning to work together as a team. Practices will be held weekly with games played on Sundays 1-2 pm. Shin guards are required, cleats are optional.

Must be 3 years old by April 1, 2022

AGES: 3 - 5 yrs

1:00 - 2:00 pm | SU

April 3 - May 1, 2022 (\$48 M / \$96 NM)

No games held April 17, 2022

REGISTRATION DEADLINE IS MARCH 19, 2022!

Team Rosters will be provided to volunteer coaches week of March 21st

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

VOLUNTEER COACHES ARE NEEDED!

Mention your willingness to coach when you register your child.
*Children of approved volunteer coaches get the program **for free!***

PARENT-LED PLAY GROUP

Your kids can run, jump or crawl in The Center's Program Gym. Let your kids play and burn off energy in a safe & warm environment under your supervision. **AGES:** up to 5 yrs

8:30 am - Noon | W F

through May 27, 2022

No playgroup held March 23 & 25, 2022

FREE M / General Admission NM

2022-2023 PRESCHOOL REGISTRATION OPENS TO THE PUBLIC

Now Open!

NON-REFUNDABLE REGISTRATION FEE: \$40 (\$60 after June 1st)

Your future is **BRIGHT**
at Geneseo Park District's



As a part of the **Geneseo Park District**, Bright Beginnings Preschool students get an enhanced learning environment by utilizing all The Center has to offer...from the gym to the kitchen & beyond!

2 - 3 year olds **TWINKLEBRIGHTS** #41001

The only two year old independent preschool in Geneseo!

Two year olds love to feel like big kids, so why not let them go to school. This structured class will get little learners ready for preschool.

11:15 am - Noon | TU or 11:15 am - Noon | TH

3 - 4 year olds **STARBRIGHTS** #41002

Our second year preschool class offers a structured learning environment with lots of room for fun hands-on activities to help each student grow academically and socially.

8:30 - 11:00 am | TU TH or 12:30 - 3:00 pm | TU TH

4 - 5 YEAR OLDS **KINDERBRIGHTS** #41003

The third year 3-day a week pre-kindergarten class builds on what students learned in Starbrights. In a structured setting, students will continue learning letter identification and sounds, math principles, science projects and much, much more!

8:30 - 11:00 am | M W F or 12:30 - 3:00 pm | M W F

PRESCHOOL DETAILS

¹Prices are based on Member (M) or Non-Member (NM) status. You can purchase a Household Membership or a Youth Membership to receive the discounted pricing. Preschool fees are based upon a yearly rate, but can be paid by the month for no additional fee.

Preschool follows the Geneseo School District 228 calendar for full days off (does not include early dismissals or half days). On days when Geneseo Schools are cancelled because of weather, Preschool is also cancelled. No refunds will be given.

Preschool is located through the Gym in the 1st classroom in the Growth Inc. building. Bright Beginnings Preschool is not affiliated with Growth Inc. Child Care Center. Children from Growth Inc. are welcome to attend Bright Beginnings Preschool and will be picked up by the teacher on class days.



FINE ARTS

MUSIC CLASS DETAILS YOU NEED TO KNOW ...

- All music classes held at Musical Memories located at 112 South State St. Geneseo, IL (563) 508-5296
- No musical experience is required of the child or adult.
- All activities are selected based on the developmental ages of the children.
- Classes will provide you as a parent with age appropriate songs and activities to enjoy at home with your toddler.
- Classes will help acquaint your child with a group experience that will promote listening skills, individual opportunities for exploration, and teamwork while being musically fun.

MUSIC TIME FOR TODDLERS I #43030

Come spend an enjoyable hour with your toddler singing, dancing, and playing rhythm instruments. Your child will develop coordination, balance and spatial relationship skills as well as communication and cooperation. *Come ready to play!*

Adults can participate with their child at no additional cost.

AGES: 1 ½ - 2 ½ yrs

10:00 - 11:00 am | TH

April 21 - May 26, 2022 (\$50 / child)

MUSIC TIME FOR TODDLERS II #43031

Your toddler is ready to move and this is just the class! During this very active class, we will sing, dance, chant, and play rhythm instruments. We will work in large groups as well as small and begin early introductions to dynamics, tempo, pitch, beat, and rhythm. *Come join the fun!*

Adults can participate with their child at no additional cost.

AGES: 2 ½ - 3 ½ yrs

11:00 am - Noon | TH

April 21 - May 26, 2022 (\$50 / child)

MUSIC FOR SCHOOL READINESS #43032

Music will be used to reinforce skills needed for school such as respect, communicating with others, sharing, numbers, colors, shapes, and the alphabet. Opposites, rhyming, and following one to several step directions will also be included and kids will learn to see, say, and play rhythms on percussion as well as melodious instruments.

Adults can participate with their child at no additional cost.

AGES: 3 ½ - 5 yrs

Noon - 1:00 pm | TH

April 21 - May 26, 2022 (\$50 / child)

WEE KEYS #43033

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

9:00 - 10:00 am | SA

April 23 - May 28, 2022 (\$50 / child)

UKE CAN DO IT! #43035

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

10:00 - 11:00 am | SA

April 23 - May 28, 2022 (\$50 / child)

INTRO TO GUITAR #43036

Requirements: Must have a playable 6 string guitar

From the very first class, you will become more knowledgeable with the guitar. This is a perfect introduction to learning the fundamentals for playing the guitar from tuning and basic maintenance to exercises in helping increase finger strength. Strumming and simple fingerpicking will be introduced as well as simple music theory, guitar chords, and reading tablature. Designed to create interest and confidence no matter what level of ability you are. No music experience required.

AGES: 7 yrs & older

5:00 - 6:00 pm | SA

April 23 - May 28, 2022 (\$50 / child)



All Art Classes are taught at **SMITH STUDIO AND GALLERY**

124 South State Street, Geneseo IL | (309) 945-5428

**REGISTER YOUR BUDDING ARTIST ONLINE AT
GENESEOPARKDISTRICT.ORG, AT THE GENESEO COMMUNITY CENTER OR
AT SMITH STUDIO AND GALLERY LOCATED IN THE HEART OF GENESEO'S
HISTORIC DOWNTOWN DISTRICT.**

Find Smith Studio and Gallery online at
smithstudiogeneseo.com or on Facebook at Smith Studio and Gallery.

WATERCOLOR #43021

In this special painting class our participants will learn special considerations that need to be made when using "paste" watercolor. Starting with stretching the paper, then the special skills of layering, blending and texturing will be a few of the new concepts each student will try. Several paintings will be created during this class, with one special artwork being matted.

GRADES: 1st - 6th

1:00 - 3:00 pm | SA

April 9, 2022 (\$15 / child)

PUPPET MONSTERS #43022

At the Smith Studio a very popular event has been our special "Origami Puppet" creations. In this sculpture art project participants will create a unique character from their own imagination. This is functional art as the character that is created can perform! This always results in every child wanting to create more! This unique puppet form was invented at the Smith Studio.

GRADES: 1st - 6th

1:00 - 3:00 pm | SA

April 23, 2022 (\$15 / child)

LEARN TO SWIM & SWIM TEAM

LEARN TO SWIM

LEARN TO SWIM CLASSES HELD 2 DAYS/WEEK

LAKE EXPLORER/OCEAN EXPLORER #45003 (4yrs - 5yrs)

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 | M W

April 18 - May 4, 2022 (\$36 M / \$72 NM)

TADPOLE/MINNOW #45005

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 | TU TH

April 19 - May 5, 2022 (\$72 M / \$144 NM)

WHALES/SHARK/DOLPHIN/ BARRACUDA & STINGRAY/ MARLIN, MARINER & S.E.A.L.S #45008

Class prerequisites: Must have passed Minnows to take this class.

Participants will work on skills to swim front and back crawl 1 length.

4:30 - 5:30 pm | M W

April 18 - May 4, 2022 (\$72 M / \$144 NM)

THANKS TO THE **GENESEO FOUNDATION**
THE GENESEO PARK DISTRICT IS ABLE TO OFFER
FREE SWIM LESSONS
FOR ALL 3RD GRADE STUDENTS



USE COUPON CODE **3GSWM**

WHEN REGISTERING ONLINE OR AT THE CENTER

Must be a Geneseo School District Resident.

ATTEND MULTIPLE SESSIONS...from the time students complete 2nd grade until they start 4th grade they may take swim lessons for **FREE** at the Park District thanks to the Geneseo Foundation

STARGUARD LIFEGUARD CERTIFICATION #45021

Class prerequisites: Must have completed SEALS level swim lessons or 16 years old or older.

Learn the beginning skills required to be a lifeguard. After completion of this course you will shadow a lifeguard during their shift.

9:00 am - 4:00 pm

April 2 - 3, 2022 (\$180 / person)

April 23 - 24, 2022 (\$180 / person)

April 30 - May 1, 2022 (\$180 / person)

ATTENTION: Those applicants that COMPLETE Starguard Lifeguard Certification, are HIRED by the Geneseo Park District AND work AT LEAST 120 hours by December 31, 2022 will be eligible to receive **up to a \$180 bonus**. This bonus covers the cost of the Lifeguard Training Course thanks to the Geneseo Park District Foundation.

SWIM LESSONS & SWIM TEAM

PRIVATE, SEMI-PRIVATE & SPECIAL SWIM

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.

PRIVATE #45020

[SWIM LESSONS OR SWIM TEAM TRAINING]

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

Includes (4) 30 minute lessons.

FEE: \$110 M / \$220 NM

SEMI-PRIVATE #45019

[SWIM LESSONS OR SWIM TEAM TRAINING]

Semi-private lessons are one instructor to 2 or 3 students at similar swimming levels.

Includes (4) 30 minute lessons.

FEE: \$70 M / \$140 NM

SPECIAL SWIM #45017

Special swim is a great 1-on-1 course for participants with disabilities. Includes (4) 30 minute lessons.

FEE: \$80 M / \$160 NM

GATORS SWIM TEAM

COMPETITIVE SWIMMING IS BACK!

GEAR UP FOR GATORS

[ALL LEVELS] #45026

Join our certified coaches for three 30-minute swim lessons at the Aquatic Center that will give your swimmer a chance to jump back in the pool and refresh their swimming skills for the upcoming summer swim season. **REGISTRATION IS FREE!**

COACHES: Marifait Mueller & Gina Schweitzer USA Certified Swim Coaches
Goggles required, swim cap optional.

3 DAYS OF FREE LEARNING & FUN IN THE WATER!

Tuesday May 10 - Thursday May 12, 2022

3:45 - 4:15 pm | Ages 6 - 10

4:30 - 5:00 pm | Ages 11 - 18



A parent meeting will be held **6:00 PM ON FRIDAY, MAY 13TH** to meet our swim team coaches & receive information about the summer season.

SPLASH INTO A NEW SEASON

[ALL LEVELS] #45026

What's it like to be a Gator? Take this 2 week mini-session & find out! Swimmers will experience USA swim practices that will include stroke technique, endurance, team-building skills & buckets of fun! Let your kids join us in the pool as we kick off our brand new summer swim season in the Aquatic Center!

AGES: 6 yrs & older

COACHES: Marifait Mueller & Gina Schweitzer USA Certified Swim Coaches
Goggles required, swim cap optional.

4:00 - 5:00 pm | M - TH

May 16 - 26, 2022 (\$20 / person)

The Gators Swim Team practices will officially start following this 2-week event. The Practice schedule will be published on the Summer Activity Flyer.

GYMNASTICS

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

TUMBLE BUGS

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. **AGES:** 4 - 6

#43201 BEGINNERS

This is for beginners who have not taken a class or cannot do a cartwheel.

3:30 - 4:30 pm | M

April 4 - 25, 2022 (\$48 M / \$96 NM)

May 2 - 23, 2022 (\$48 M / \$96 NM)

#43202 ADVANCED

This is for those that have mastered a cartwheel, can pull over on bars and have been approved by Chris Ward.

3:30 - 4:30 pm | W

April 6 - 27, 2022 (\$48 M / \$96 NM)

May 4 - 25, 2022 (\$48 M / \$96 NM)

GIRLS RULE #43203

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

3:30 - 4:30 pm | TU

April 5 - 26, 2022 (\$48 M / \$96 NM)

May 3 - 24, 2022 (\$48 M / \$96 NM)

BOYS ONLY #43210

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

7:00 - 8:00 pm | W

April 6 - 27, 2022 (\$48 M / \$96 NM)

May 4 - 25, 2022 (\$48 M / \$96 NM)

INTERMEDIATE GYMNASTICS #43204

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

6:00 - 7:00 pm | W

April 6 - 27, 2022 (\$48 M / \$96 NM)

May 4 - 25, 2022 (\$48 M / \$96 NM)

JUNIOR PREP #43205

The major focus of this class will be to develop strength, flexibility and hone skills in the four competitive womens gymnastic events with a firm foundation in tumbling. Back handsprings will be taught in progression as well as handstands, cartwheels, round offs and walk-overs. **AGES:** 9 yrs or older

4:30 - 6:00 pm | W

April 6 - 27, 2022 (\$72 M / \$144 NM)

4:30 - 6:00 pm | W

May 4 - 25, 2022 (\$72 M / \$144 NM)

GYMNASTICS PRIVATE & SEMI-PRIVATE

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.

PRIVATE [GYMNASTICS LESSONS] #43208

Private lessons are one-on-one instruction for all skill levels. Includes (4) 30 minute lessons.

FEE: \$110 M / \$220 NM

SEMI-PRIVATE [GYMNASTICS LESSONS] #43207

Groups of 2 to 3 participants with similar skills and must be members of the same household. Includes (4) 30 minute lessons.

FEE: \$70 M / \$140 NM

USAG DEVELOPMENTAL PROGRAM #43213

Are you interested in competitive gymnastics? Then this is the program for you. Gymnastics routines will be learned and developed. *Recommended to come to all three sections to compete.*

AGES: 7 - 18yrs

4:30 - 7:00 pm | M

April 4 - 25, 2022 (\$90 M / \$180 NM)

May 2 - 23, 2022 (\$90 M / \$180 NM)

4:30 - 7:00 pm | TU

April 5 - 26, 2022 (\$90 M / \$180 NM)

May 3 - 24, 2022 (\$90 M / \$180 NM)

4:30 - 7:00 pm | TH

April 7 - 28, 2022 (\$90 M / \$180 NM)

May 5 - 26, 2022 (\$90 M / \$180 NM)

MIDDLE SCHOOL / HIGH SCHOOL OPTIONALS #43218

Those 8th grade boys & girls interested will combine with the Geneseo High School Gymnasts for this optional class. In optional gymnastics there are a set of guidelines (or level requirements) & routines are built around them. Each gymnast has their own music (on the Floor Exercise) and routine is built to show off individual strengths. **AGES:** 13 - 18 yrs

7:00 - 8:30 pm | M

April 4 - 25, 2022 (\$72 M / \$144 NM)

May 2 - 23, 2022 (\$72 M / \$144 NM)

7:00 - 8:30 pm | TU

April 5 - 26, 2022 (\$72 M / \$144 NM)

May 3 - 24, 2022 (\$72 M / \$144 NM)

7:00 - 8:30 pm | TH

April 7 - 28, 2022 (\$72 M / \$144 NM)

May 5 - 26, 2022 (\$72 M / \$144 NM)

WATER FITNESS CLASSES

WALK-IN FEE: \$10 M / \$12 MG / \$20 NM unless otherwise listed

JUST THE GUYS (M) #45506

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

7:00 - 8:00 am | TU

April 5 - 26, 2022 (\$26 M / \$52 NM)

May 3 - 31, 2022 (\$32.50 M / \$65 NM)

7:00 - 8:00 am | TH

April 7 - 28, 2022 (\$26 M / \$52 NM)

May 5 - 26, 2022 (\$26 M / \$52 NM)

7:00 - 8:00 am | F

April 1 - 29, 2022  << Free Fridays in April

May 6 - 27, 2022 (\$26 M / \$52 NM)

FIT BEGINNINGS (L/M) #45501

Participants experience a full body workout from the jaw down! A fun, low to moderate intensity class while visiting with new friends.

INSTRUCTOR: Therresa Bowton

10:00 - 11:00 am | TU

April 5 - 26, 2022 (\$26 M / \$52 NM)

May 3 - 31, 2022 (\$32.50 M / \$65 NM)

10:00 - 11:00 am | TH

April 7 - 28, 2022 (\$26 M / \$52 NM)

May 5 - 26, 2022 (\$26 M / \$52 NM)

FIT HAPPENS A.M. (H) #45507

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

April 4 - 25, 2022 (\$26 M / \$52 NM)

May 2 - 23, 2022 (\$26 M / \$52 NM)

8:30 - 9:30 am | W

April 6 - 27, 2022 (\$26 M / \$52 NM)

May 4 - 25, 2022  << Free Wednesdays in May

8:30 - 9:30 am | F

April 1 - 29, 2022 (\$32.50 M / \$65 NM)

May 6 - 27, 2022 (\$26 M / \$52 NM)

FIT HAPPENS P.M. (H) #45508

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

INSTRUCTOR: Jill Neal

5:30 - 6:30 pm | M

April 4 - 25, 2022 (\$26 M / \$52 NM)

May 2 - 23, 2022 (\$26 M / \$52 NM)

5:30 - 6:30 pm | TH

April 7 - 28, 2022 (\$26 M / \$52 NM)

May 5 - 26, 2022 (\$26 M / \$52 NM)

FOR THE LOVE OF FIT (L) #45504

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

9:45 - 10:45 am | M

April 4 - 25, 2022 (\$26 M / \$52 NM)

May 2 - 23, 2022 (\$26 M / \$52 NM)

9:45 - 10:45 am | W

April 6 - 27, 2022 (\$26 M / \$52 NM)

May 4 - 25, 2022 (\$26 M / \$52 NM)

9:45 - 10:45 am | F

April 1 - 29, 2022 (\$32.50 M / \$65 NM)

May 6 - 27, 2022 (\$26 M / \$52 NM)

ARE YOU LOOKING FOR ACTIVE ADULT/SENIOR PROGRAMS?

Find a variety of *free* programs & events on pages 9 - 10

AQUACISE (L) #45510

Moderate intensity, shallow water exercise class will improve aerobic conditioning as well as increase muscular strength, balance, flexibility and range of motion. Course is easily modified to all fitness levels.

INSTRUCTOR: Yvonne Wayne

8:30 - 9:30 am | TU

April 5 - 26, 2022 (\$26 M / \$52 NM)

May 3 - 31, 2022 (\$32.50 M / \$65 NM)

8:30 - 9:30 am | TH

April 7 - 28, 2022 (\$26 M / \$52 NM)

May 5 - 26, 2022 (\$26 M / \$52 NM)

AQUA YOGA (H) #45518

Aqua Yoga is a core-centric aquatics class that focuses on increased flexibility while challenging the individual to maintain core stabilization, balance, and postural alignment in the healing environment of water.

INSTRUCTOR: Linda Lindburg, Hammond-Henry Rehab

9:00 - 10:00 am | SA

April 2 - 30, 2022 (\$32.50 M / \$65 NM)

May 7 - 28, 2022 (\$26 M / \$52 NM)



TRY ONE OF THE **FREE** MONTHLY WATER FITNESS CLASSES
SPONSORED BY THE GENESEO PARK DISTRICT FOUNDATION!

Learn more about the Geneseo Park District Foundation at
GeneseoParkDistrict.org/Foundation

FITNESS, YOGA & CYCLING CLASSES

FITNESS CLASSES

EARLY BURN (H) #44104

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 FEES: \$10 M / \$12 MG / \$20 NM

5:15 - 6:15 am | M

April 4 - 25, 2022 (\$26 M / \$52 NM)

May 2 - 23, 2022 (\$26 M / \$52 NM)

5:15 - 6:15 am | F

April 1 - 29, 2022 (\$32.50 M / \$65 NM)

May 6 - 27, 2022 (\$26 M / \$52 NM)

ROCK STEADY BOXING (L) #44142

A new exercise program from Hammond-Henry Rehab that attacks the symptoms of Parkinson's disease. No boxing experience is necessary & people of all ages are invited to participate. Boxers, both male & female, range in age from mid-30s to early 90s.

Class prerequisites: Must be pre-evaluated at Hammond-Henry Hospital prior to registering for this class. A one-time equipment fee of \$55 will apply [first month class fee waived with one-time equipment fee].

COACHES: Bailey Weber & Shannon Port, *Certified RSB Coach*

11:00 am - Noon | TU & TH

April 5 - 28, 2022 (\$65 / person)

May 3 - 31, 2022 (\$65 / person)

ARE YOU LOOKING FOR ACTIVE ADULT/SENIOR PROGRAMS?

Find a variety of *free* programs & events on pages 9 - 10

BUFF BONES® (M) #44126

Buff Bones® is a medically-endorsed system of movement for bone and joint health. It leverages bone-strengthening and balance techniques along with Pilates, functional movement, strength training and therapeutic exercise. It can benefit anyone looking to tone up, enhance posture, improve balance, and gain overall strength.

INSTRUCTOR: Shannon Port, *Hammond-Henry Rehab*

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

9:00 - 10:00 am | M

April 4 - 25, 2022 (\$26 M / \$52 NM)

May 2 - 23, 2022 (\$26 M / \$52 NM)

9:00 - 10:00 am | W

April 6 - 27, 2022 (\$26 M / \$52 NM)

May 4 - 25, 2022 (\$26 M / \$52 NM)

PERSONAL TRAINING

CERTIFIED PERSONAL TRAINERS: Matthew Henry & Shannon Port, *Hammond-Henry Rehab Personal Trainers*

TRADITIONAL #44600

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 | (\$32 M / \$64 NM)

5 SESSIONS | (\$135 M / \$270 NM)

SEMI-PRIVATE #44601

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 | (\$27 M / \$54 NM)

5 SESSIONS | (\$120 M / \$240 NM)

SUMMIT PILATES #44145

Summit Pilates Reformer sessions will teach you the fundamentals of Pilates to connect, engage and strengthen your powerhouse. Pilates is a wonderful form of physical activity for all fitness levels and ages. At Summit Pilates you will practice on the reformer to help you discover a greater mind-body awareness, improve any muscle imbalances you may have, and strengthen and tone the entire body with a major emphasis on your CORE.

1 SESSION/MONTH | (\$45 / person)

4 SESSIONS/MONTH | (\$160 / person)

8 SESSIONS/MONTH | (\$300 / person)



 **Hammond-Henry**
HOSPITAL

MORE FITNESS, YOGA & CYCLING CLASSES

FITNESS, CYCLING, & YOGA CLASSES cont...

FITNESS cont...

ADULT SUMMIT (H) #44141

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*

LOCATION: GFAC

5:00 - 6:00 pm | M W

4:00 - 5:00 pm | F

April 1 - 29, 2022 (\$75 / person)

May 2 - 30, 2022 (\$75 / person)

SUMMIT PILATES REFORMER

INDIVIDUAL SESSIONS NOW AVAILABLE

See page 7 for more information



MIDDLE SCHOOL FITNESS ACCESS #44119

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: Matthew Henry, *Hammond-Henry Rehab Personal Trainer*

GRADES: 6th - 8th

6:00 - 7:00 pm | TH

April 6 - 20, 2022 (\$36 M / \$72 NM)

May 4 - 18, 2022 (\$36 M / \$72 NM)



BE THE FIRST TO HEAR ABOUT UPCOMING
PARK DISTRICT POP-UP CLASSES

----> Follow us on Facebook, Instagram & Twitter

----> Sign-up for the Park District E-Newsletter
online at www.GeneseoParkDistrict.org



CYCLING

HIP HOP SPIN (H) #44504

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, *Hammond-Henry Rehab*

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

6:00 - 6:45 pm | M

April 4 - 25, 2022 (\$19.50 M / \$39 NM)

May 2 - 23, 2022 (\$19.50 M / \$39 NM)

YOGA

SLOW FLOW (L) #44134

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 here and there, and lengthen your 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!

INSTRUCTOR: Shannon Port, *Hammond-Henry Rehab*

WALK-IN FEES: \$12 M / \$14 MG / \$24 NM

9:00 - 10:15 am | TU

April 5 - 26, 2022 (\$32.50 M / \$65 NM)

May 3 - 24, 2022 (\$32.50 M / \$65 NM)

9:00 - 10:15 am | TH

April 7 - 28, 2022 (\$32.50 M / \$65 NM)

May 5 - 26, 2022 (\$32.50 M / \$65 NM)

AQUA YOGA

A unique and challenging way to enjoy yoga.

See page 6 for more information

CHAIR YOGA (L) #44103

Are you 65 or older? If so, this class is designed for you. Focusing on core strength, balance, flexibility and strength training, this class will help you continue an independent lifestyle.

INSTRUCTOR: Linda Lindburg, *Hammond-Henry Rehab*

5:15 - 6:15 pm | W

April 6 - 27, 2022 (\$26 M / \$52 NM)

May 4 - 25, 2022 (\$26 M / \$52 NM)

RESTORATIVE YOGA (M) #44137

Restorative Yoga allows for deep relaxation and stress relief. Props are used extensively to support the body in order to hold poses for a longer period of time. This allows the muscles to fully relax, eliminating unnecessary straining. It is wonderful for the body and mind, a good complement to more active practices.

INSTRUCTOR: Shannon Port, *Hammond-Henry Rehab*

10:15 - 11:15 am | M

April 4 - 25, 2022 (\$26 M / \$52 NM)

May 2 - 23, 2022 (\$26 M / \$52 NM)



CENTRAL THEATER
your hometown theater

Digital Cinema Projection & Sound

Affordable Tickets

Adult \$7.00 | Youth/Senior \$6.00

To find out what's showing tonight visit

GENESEOPARKDISTRICT.ORG/CENTRAL-THEATER

FREE ACTIVE ADULT/SENIOR PROGRAMS

April - May

PICK UP A COMPLETE CALENDAR OF EVENTS EACH MONTH AT THE GENESEO COMMUNITY CENTER, CENTRAL THEATER OR ONLINE AT GENESEOPARKDISTRICT.ORG/ACTIVE-ADULT

MONTHLY MOVIE

Join us at Geneseo Park District's Central Theater for a *free* movie!

**CENTRAL THEATER**
your hometown theater


1:00 PM | WEDNESDAY APRIL 13, 2022
On Golden Pond

1:00 PM | WEDNESDAY MAY 11, 2022
We are Marshall

FREE ADMISSION THANKS TO THE **GENESEO PARK DISTRICT FOUNDATION**
ONE **FREE** SMALL POP & POPCORN COMBO PER PERSON PROVIDED BY



WATER FITNESS CLASSES

 Try a different Water Fitness Class for *free* each month.
Find all Park District Water Fitness classes on page 6.
PLEASE REGISTER AT THE CENTER.

JUST THE GUYS (M) #45506

7:00 - 8:00 AM | FRIDAYS APRIL 1 - 29, 2022


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

FIT HAPPENS A.M. (H) #45507

8:30 - 9:30 AM | WEDNESDAYS MAY 4 - 25, 2022

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

FITNESS CLASS

 Get out and get moving with a *free* Fitness Class.
Find a variety of Fitness & Yoga classes on pages 7 & 8.
PLEASE REGISTER AT THE CENTER.

EXERCISE CLASS

9:00 - 10:00 AM

THURSDAYS APRIL 7 - 28, 2022

THURSDAYS MAY 5 - 26, 2022

This 1 hour class includes some gentle yoga moves, chair and standing exercises and NO FLOOR exercises. Participants are encouraged to participate at their personal level of comfort. Talking and laughing together is a big part of the fun of this group. Attendance is not mandatory – come when you can.

INSTRUCTORS: Sharon Rausch & Barb Sigwalt

SNACKS, GAMES & MORE

CARDS WITH FRIENDS

1:00 PM

MANIPULATION | MONDAYS

HAND & FOOT | 2ND & 4TH THURSDAYS

Come join friends and neighbors in a friendly game of cards. There are people who are willing to teach you how to play so you can join the fun!

TABLE GAMES & COFFEE

8:00 - 10:00 AM | TUESDAYS

Start your day off right with a hot cup of coffee and some friendly competition. Shuffleboard, Table Tennis, Air Hockey & Foosball are available to play. Everyone is welcome.

WALKING CLUB

9:30 - 10:30 AM | WEDNESDAYS

Come join us for a *free*, fun and sociable walking club on the indoor track. Walk at your own pace, bring a friend or make a new one. It's a great opportunity to set some fitness goals and connect with others in our community!

COFFEE & SNACKS

8:00 - 9:00 AM | THURSDAYS

Start your day off right with a hot cup of coffee, some tasty breakfast treats and friendly conversation as we welcome everyone to our Thursday morning Coffee and Snacks. Enjoy time with friends before beginning your day, or stick around for the 9am Exercise Class. Everyone is welcome.

BINGO

1:00 - 2:30 PM | 1ST & 3RD THURSDAYS

Everyone is welcome. Various games of Bingo are played each time. Prizes for everyone!

GAMES FOR FRIENDSHIP, FELLOWSHIP & FUN

9:00 AM - NOON | FRIDAYS

Join us on Friday mornings for fun group games and fellowship. Bring you friends or make new ones! Each week we will play a variety of games like Euchre, Uno, Skip-Bo, SkyJo, Sequence ect. **Plus** bring your board for Joker & Marbles. Or bring your favorite game to share. Everyone welcome!

ONLINE REGISTRATION



GENESEOPARKDISTRICT.ORG

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

MORE ACTIVE ADULT/SENIOR PROGRAMS & EVENTS

FREE ACTIVE ADULT/SENIOR PROGRAMS cont...

April - May

LUNCHEON & SEMINAR

The Geneseo Park District would like to invite you to a **free** seminar from Hammond-Henry Hospital while enjoying a **free** light luncheon provided by the Geneseo Park District Foundation. *Stay and play cards following the luncheon.*

Space is limited to the first 50 guest to register.

ROCK STEADY BOXING TRIAL



TUESDAY APRIL 5, 2022

11:00 AM - NOON, LUNCHEON TO FOLLOW

Registration is preferred by April 1, 2022

A new exercise program from Hammond-Henry Rehab that attacks the symptoms of Parkinson's disease. No boxing experience is necessary & people of all ages are invited to participate. Boxers, both male & female, range in age from mid-30s to early 90s.

SPEAKER: Hammond-Henry Rehab

LOCATION: Geneseo Community Center

ABC'S OF DIABETES



THURSDAY MAY 12, 2022 | NOON - 1:00 PM

Registration is preferred by May 9, 2022

Survival tips for people with Diabetes. We will address healthy diet modification tips to help meet your diabetic needs.

SPEAKER: Marcia Wirth RDN, LDN

LOCATION: Geneseo Community Center



--->> ARE YOU ELIGIBLE AND RECEIVE MEDICAID? <<---

If so, ask us about our **FUNDing Positive Recreation Program**.

*You could receive up to **\$200 A YEAR** towards your membership or programs.*

Pick up an application at The Center's front desk or online at **WWW.GENESEOPARKDISTRICT.ORG**

PICK UP A COMPLETE CALENDAR OF EVENTS EACH MONTH AT THE GENESEO COMMUNITY CENTER, CENTRAL THEATER OR ONLINE AT GENESEOPARKDISTRICT.ORG/ACTIVE-ADULT

FREE ACTIVE ADULT/SENIOR PROGRAMS ARE SPONSORED BY THE

**Geneseo
Park District
Foundation**

(unless otherwise listed)

PICK UP A COMPLETE CALENDAR OF EVENTS EACH MONTH AT THE GENESEO COMMUNITY CENTER, CENTRAL THEATER OR ONLINE AT GeneseoParkDistrict.org/Active-Adult

Recovery Room NOW OPEN AT THE CENTER

The Recovery room is a dedicated wellness facility to help you relax & recover from daily pressures and improve athletic performance.

DE-STRESS AFTER A LONG DAY OR RESTORE YOUR BODY AFTER A WORKOUT.

A VARIETY OF EQUIPMENT IS AVAILABLE

Massage Chair

Arm, Leg & Hip Compressions Sleeves.

Hypervolt Percussion Massage

Vyper High-Intensity Vibrating Roller

Hypersphere High Intensity Vibrating Ball

THANKS TO THE

FRANCIS G. MILLER AND

BETTY J. MILLER FOUNDATION

FOR YOUR SUPPORT OF THIS PROJECT.

Learn more online

GeneseoParkDistrict.org



CELEBRATE YOUR BIRTHDAY

AT THE GENESEO PARK DISTRICT

Find the perfect Party Package for your celebration!

ASK ABOUT RENTING THE AQUATIC CENTER OR CENTRAL THEATER FOR YOUR NEXT PARTY!

(309) 944-5695

Call to schedule your party today!

\$300 MEMBERS | \$350 NON-MEMBER

**Additional \$50 for Inflatable Parties*

INDOOR POOL PARTY SPLASH

Come ready to swim, splash and slide for 1 hour at The Center's Indoor Pool.

ROLLER-SKATING PARTY

Enjoy 1 hour of skating in the gym before your party.

FLIP FLOP FUN PARTY

Flip & Flop in the program gym with Geneseo Park District's Gymnastics Instructors.

INFLATABLE PARTY*

Birthdays are more fun with an Interactive Inflatable or jumping in a Bounce House in The Center's Gym.

GENESEO PARK DISTRICT SUMMER DAY CAMP

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

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 23 - July 1, 2022¹ (\$72.50 M / \$145 NM)

July 5 - August 10, 2022¹ (\$67.50 M / \$135 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 23 - July 1, 2022¹ (\$667 M / \$1,334 NM)

July 5 - August 10, 2022¹ (\$621 M / \$1,242 NM)

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

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 23 - July 1, 2022¹ (\$540 M / \$1,080 NM)

July 5 - August 10, 2022¹ (\$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 2022 - 2023 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

**GENESEO
FOUNDATION**



JOIN OUR ONLINE COMMUNITY



GeneseoParkDistrict
CentralTheaterGeneseo
GeneseoParkDistrictAquaticCenter



@GeneseoParkDist



geneseo_park_district

GENESEO COMMUNITY CENTER HOURS

FALL, WINTER & SPRING HOURS

through May 29, 2022

Monday - Friday

5:00 am - 9:00 pm

Saturday & Sunday

6:00 am - 3:00 pm

SUMMER HOURS

May 30 - September 4, 2022

Monday - Friday

5:00 am - 9:00 pm

Saturday & Sunday

6:00 am - 1:00 pm

DAILY ADMISSION AT THE CENTER

\$7.00 Youth/Senior

\$8.00 Adult

Community Center or Park District Memberships required or The Center Daily Admission applies.

COMMUNITY CENTER HOLIDAY CLOSINGS

Easter Sunday (Closed)

Memorial Day (Closed)

Independence Day (Closed)

Labor Day (Closed)

JOHN & CARLA EDWARDS AQUATIC CENTER & SPLASH PAD HOURS

May 28 - August 14, 2022 (Weather & Staff Permitting)

Adjacent to The Center, the John & Carla Edwards Aquatic Center complex includes a Poolhouse, Splash Pad, 6 Lane Lap Pool, Drop Slide, 2 Diving Boards, Climbing Wall, Activity Pool with Zero Depth Entry, Play Feature, Lily Pad Walk and Current Channel.

ASK US ABOUT THE TEMPERATURE CONTROLLED POOLSIDE ROOM WHICH IS AVAILABLE TO RENT YEAR ROUND!

Visit GeneseoParkDistrict.org/aquatic-center/#rentals for more information.

DAILY ADMISSION AT THE AQUATIC CENTER

\$8.00 Adult/Youth/Senior (under 2 **FREE**)

Park District or Aquatic Center Memberships required or Aquatic Center Daily Admission applies, unless otherwise indicated.

AQUATIC CENTER SWIMS

SPLASH PAD FREE ADMISSION

ADULT WATER WALKING⁴

PARK DISTRICT & AQUATIC CENTER MEMBERS ONLY LAP SWIM & WATER WALKING⁵

Monday	OPEN SWIM¹ Noon – 5:00 pm	NIGHT SWIM² 7:15 - 9:15 pm <i>Not held on 5/30 & 7/4</i>	8:30 - 11:30 am <i>Not held on 5/30 & 7/4</i>	9:00 - 11:00 am <i>Not held on 5/30 & 7/4</i>	5:30 - 6:30 am <i>Not held on 5/30 & 7/4</i>
Tuesday	OPEN SWIM¹ Noon – 7:00 pm		8:30 - 11:30 am	9:00 - 11:00 am FREE ADMISSION	
Wednesday	OPEN SWIM¹ Noon – 5:00 pm	NIGHT SWIM² 7:15 - 9:15 pm	8:30 - 11:30 am	9:00 - 11:00 am	5:30 - 6:30 am
Thursday	OPEN SWIM¹ Noon – 7:00 pm		8:30 - 11:30 am	9:00 - 11:00 am FREE ADMISSION	
Friday	OPEN SWIM¹ Noon – 7:00 pm <i>7/29 Kiwanis Fun Day [Free Admission Noon - 5 pm]</i>		8:30 - 11:30 am <i>Not held 6/24 & 7/29</i>	9:00 - 11:00 am <i>Not held 6/24 & 7/29</i>	
Saturday	OPEN SWIM¹ Noon – 5:00 pm	SATURDAY SWIM³ FREE FOR MEMBERS & PARK DISTRICT RESIDENTS 10:45 - 11:45 am	8:30 - 10:30 am	9:00 - 10:30 am	
Sunday	OPEN SWIM¹ Noon – 5:00 pm		8:30 - 11:30 am		

¹OPEN SWIM

FREE for Park District
& Aquatic Center Members
Daily Admission for Non-Members

²NIGHT SWIMS.

FREE for Park District
& Aquatic Center Members
Daily Admission for Non-Members

³SATURDAY SWIM

FREE for Park District, Aquatic Center
Members & Park District Residents*
Daily Admission for Non-Park District
Residents

*A Driver's License is required at time of
admittance for proof of residency

⁴ADULT CURRENT CHANNEL WATER WALKING

FREE for Park District & Aquatic Center Members
Daily Admission for Non-Members
Participants must be 18 yrs or older &
remain in their designated area.
FREE Admission Tuesday & Thursdays

⁵MEMBERS ONLY

ADULT LAP SWIM & WATER WALKING

Park District & Aquatic Center Members only.
Participants must be 18 yrs or older &
remain in their designated area.
All lap swim times are subject to change based on attendance
and weather.

**Splash Pad
Extended Season**

May 14 - 27, 2022
weather permitting

OPEN DAILY
10:00 am - 4:00 pm

**ADMISSION
FREE**
No attendant on duty

**NEED A
SUMMER JOB?**
work at the Aquatic Center
Apply online for Lifeguard
or Concession Positions

See page 4 for Starguard
Lifeguard Certification classes

The Aquatic Center
will be open
Noon - 5pm
(weather & staff permitting)
**Memorial Day
& 4th of July**