



# GENESEO PARK DISTRICT



Winter/Spring 2018 Activity Guide  
[www.GeneseoParkDistrict.org](http://www.GeneseoParkDistrict.org)



The Mission of the Geneseo Park District is to enhance the quality of life in our community by providing a positive recreational experience for all.

## ON THE COVER

L - R: Maddie and Emma Minnaert with the Easter Bunny

### EASTER EGG HUNT

The Easter Bunny makes his annual appearance at the Easter Egg Hunt. Come and meet him at the 13th Annual Easter Egg Hunt!

Learn more about how you can participate in the **Annual Easter Egg Hunt** for **FREE** on page 2.



## BOARD OF COMMISSIONERS

Caryn Vandersnick, *Board President*  
Nate Vorac, *Vice President*  
Doug Bodeen, *Board Secretary*  
Joe Woulf, *Board Commissioner*  
Kathleen Repass, *Board Commissioner*

## Using the *Winter/Spring Activity Guide*

### what you need to know...

**LOCATION, LOCATION, LOCATION** All programs are held at the Geneseo Community Center unless otherwise denoted.

**CLASS FEES...** are listed as *Geneseo Community Center Member Pricing [M]* / *Geneseo Community Center Non-Member Pricing [NM]*

### FITNESS & WATER FITNESS WALK-IN FEES...

(M) Member / (MG) Member Guest<sup>1</sup> / (NM) Non-Member  
<sup>1</sup>Members can bring a Non-Member Guest at a reduced Walk-In Fee

### FITNESS & WATER FITNESS CLASS INTENSITY LEVELS...

(L) = Low | (M) = Moderate | (H) = High

**DON'T WAIT TO PARTICIPATE...** Classes will be cancelled if minimum enrollments are not met three business days prior to the start of classes or programs.

## LEADERSHIP TEAM

Andy Thurman *Executive Director*  
Paula Verbeck *Superintendent of Finance & Administration*  
Andrew Sigwalt *Superintendent of Recreation*  
Scott Himmelman *Superintendent of Facilities*  
Jackie Beach *Recreation / Aquatics Supervisor*  
Jodie Olson *Administrative Assistant*



Follow the Geneseo Park District on Social Media

## THANK YOU TO THE 2017 GENESEO PARK DISTRICT PARK PARTNERS

Partnering with the Geneseo Park District offers an affordable and effective way to attain greater visibility within our community.

Help the Park District offer positive recreational experiences by becoming a Park Partner today!



Find out more by contacting Anne Nelms at the Geneseo Park District.  
[www.GeneseoParkDistrict.org](http://www.GeneseoParkDistrict.org) | [anelms@geneseoparkdistrict.org](mailto:anelms@geneseoparkdistrict.org) | (309)944-5695

## Reflecting back on 2017...

As we reflect back on 2017, we can say we have really done everything we can to listen to the community and provide services for all to participate.

The Geneseo Park District Foundation has generously supported free activities and scholarships. The Park District staff has followed the feedback from the Community Wide Survey in 2016 to revitalize facilities, maintain what we have and provided FREE activities.

In 2017 we painted throughout the Community Center, including the walls of the Indoor Pool and the Indoor Pool locker rooms. We updated bulletin boards throughout the facility and added fitness equipment in the cardio/weight room.

We also fixed the front entryway sidewalk and the ramp and the sidewalk near the bathrooms of the Athletic Field. The Athletic Field bathrooms are now ADA compliant and have automatic lights. Finally, we added an outdoor concrete ping pong table and bags set for everyone to enjoy at the Athletic Field.

The Geneseo Park District Foundation has provided numerous activities for FREE to the community as well. Just a few included open swims on days off of school, the Easter Egg Hunt, Turkey Trot, Santa at the Center and a Saturday night skate were all FREE. The Park District held the first annual FREE Community Campout and had four FREE movies held between the Athletic Field and Aquatic Center.

The Foundation held the 3<sup>rd</sup> Annual Parktoberfest on Saturday, September 30<sup>th</sup> and raised over \$23,000 to provide capital items, FREE Events and scholarships to the community. The FREE Splash Pad hours made it through the first week of October this year to help cool down during those late summer hot afternoons.

*I look forward to another year at the Park District and continuing to provide FREE fun for all.*




**Andy Thurman** Executive Director  
with his son at the Annual Easter Egg Hunt

## TABLE OF CONTENTS

<b>FREE EVENTS</b> <i>by Geneseo Park District Foundation</i>	<b>2</b>
<b>SPECIALTY PROGRAMS / ROLLERSKATING</b>	<b>3</b>
<b>MARTIAL ARTS</b> <i>Tae Kwon Do</i>	<b>3</b>
<b>BRIGHT BEGINNINGS PRESCHOOL</b>	<b>4</b>
<b>EARLY CHILDHOOD PROGRAMS</b>	<b>5</b>
<b>BIRTHDAY PARTIES</b>	<b>5</b>
<b>MUSIC CLASSES</b> <i>by Musical Memories</i>	<b>6</b>
<b>ART CLASSES</b> <i>by Smith Studio and Gallery</i>	<b>7</b>
<b>ATHLETICS &amp; LEAGUES</b>	<b>8 - 9</b>
<b>GYMNASTICS</b>	<b>10</b>
<b>COMPETITIVE GYMNASTICS</b>	<b>11</b>
<b>CENTRAL THEATER</b>	<b>11</b>
<b>SUMMER CAMP</b>	<b>12</b>
<b>SPRING BREAK CAMP</b>	<b>13</b>
<b>FREE COMMUNITY EVENTS</b>	<b>13</b>
<b>LEARN TO SWIM</b>	<b>14</b>
<b>SWIM TEAM</b> <i>Geneseo Park District Gators</i>	<b>15</b>
<b>WATER FITNESS</b> <i>and Lap Swim Schedule</i>	<b>16 - 17</b>
<b>YOGA &amp; FITNESS</b>	<b>18</b>
<b>FITNESS &amp; CYCLING</b>	<b>19</b>
<b>AT A GLANCE</b> <i>Fitness &amp; Water Fitness Schedule</i>	<b>20</b>
<b>PARKTOBERFEST</b> <i>Thank You to our Sponsors</i>	<b>21</b>
<b>BECOMING A MEMBER</b>	<b>22 - 23</b>
<b>FACILITY HOURS &amp; RENTAL INFORMATION</b>	<b>24</b>
<b>PERSONAL TRAINING</b>	<b>25</b>
<b>GENESEO PARK DISTRICT FOUNDATION</b>	<b>26</b>



**OOPS!** The Park District staff has made every effort to prepare this guide as accurately as possible. However, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Park District reserves the right to make any adjustments. The Park District apologizes for any inconvenience these errors or adjustments may cause.

**WE WANT TO HEAR FROM YOU...** Take a few moments and tell us what you think about Park District Programs by filling out the Activity Evaluation at [www.GeneseoParkDistrict.org](http://www.GeneseoParkDistrict.org). Your feedback will help guide us so we can better reflect your interests and desires in future programming and events. We value your input.

**PHOTO/VIDEO DISCLOSURE** By registering for, participating in or attending Park District programs, events, or other activities, the participant agrees to the use and distribution by the Park District of his or her image. *If you do not wish your household to be photographed, you will need to complete & sign the Photo Waiver form at the Geneseo Community Center.*

# FREE EVENTS

THESE FREE SEASONAL COMMUNITY EVENTS ARE SPONSORED IN PART BY THE GENESEO PARK DISTRICT FOUNDATION!



## Special Day Swims

School is out and the pool is open! Join us for FREE swimming at the Geneseo Community Center's Indoor Pool.

**1:00 - 3:00pm**

Monday January 15, 2018  
Monday February 19, 2018  
Monday March 26, 2018  
Wednesday March 28, 2018

**ADMISSION: FREE**

**AGES:** All Ages

**LOCATION:** Indoor Pool



## Special Day Jumps



School is out and the gym is open! Join your friends for FREE jumping in the Bounce House at the Geneseo Community Center.

**10:00 am - Noon**

Monday February 19, 2018  
Tuesday March 27, 2018  
Thursday March 29, 2018  
Monday May 7, 2018

**ADMISSION: FREE**

**AGES:** All Ages

**LOCATION:** Gym



## EASTER EGG HUNT



A fun family tradition! Join us at the Athletic Field for the 13th 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.

**AGES:** 2yrs - 11 yrs. Children are separated into the following age groups: 2 & 3 yr old, 4 & 5 yr old, K-2nd grades and 3rd - 5th grades.

**#33057**

1:30 pm | SU

**LOCATION:**

Athletic Field\*

**DATE:**

Sunday March 25, 2018

**FEE:**

**FREE**

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

## ST. PATRICK'S DAY ROLLER-SKATING



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

5:30 - 6:45pm

**AGES:** 3<sup>rd</sup> Grade & under

**DATE:** Saturday March 17, 2018

7:00 - 9:00pm

**AGES:** All Ages

**FEE:** **FREE** **SKATE RENTAL:** \$3.00



## MLB PITCH, HIT & RUN



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 2<sup>nd</sup> base to home plate. All participants receive a certificate and winners advance to a sectional competition.

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

**#42350**

Sunday April 29, 2018 | 1:00 pm

**LOCATION:**

Bollen Field

**FEE:**

**FREE**



Youth Baseball/Softball  
Registration Opens January 1, 2018  
Register at [www.gybs.org](http://www.gybs.org)

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

Learn more about the other ways the Foundation supports recreation in the Geneseo Community on the back cover



## SPECIALTY PROGRAMS



### DADDY DAUGHTER DANCE

*Friday February 9, 2018*

Hey Dads, it is time again for the Geneseo Park District's Annual Daddy Daughter Dance. 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 January 31, 2018.**

**#33052** 7:00 - 8:30pm | Friday February 9, 2018  
**LOCATION:** Geneseo Community Center  
**FEE:** \$35/couple  
 \$15 for each additional daughter

**DADDY**  
*daughter*  
**DANCE**

### MOM & SON NIGHT OF FUN

*Friday March 16, 2018*

Hey Moms, have a night out with your special man (or men). Join us at the Geneseo Park District for a St. Patrick's Day themed party. This magical evening will include **dancing, pictures and great music.** **Must register by March 7, 2018.**

**#33070** 7:00 - 8:30pm | Friday March 16, 2018  
**LOCATION:** Geneseo Community Center  
**FEE:** \$35/couple, \$15 for each additional son

*Mom + Son*  
**NIGHT**  
**OF FUN**

**AMERICAN  
 SAFETY &  
 HEALTH  
 INSTITUTE**

### BABYSITTING (CABS)

**#33072** Noon - 5:00 pm  
**DATES:** Saturday March 10, 2018  
**FEE:** \$35 / person  
**AGES:** 11 & older

Babysitting is usually a teenager's 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!*

### 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.

5:30 - 6:45pm **AGES:** 3<sup>rd</sup> Grade & under  
 7:00 - 9:00pm **AGES:** All Ages

**DATE:** Saturdays January 20 - March 24, 2018  
**FEE:** \$3 Members / \$6 Non-Members  
**SKATE RENTAL:** \$3.00

**FREE St. Patrick's Day Skate**  
**March 17<sup>th</sup>**  
*see page 3 for details*



## MARTIAL ARTS

### #33101 / #43101 TAE KWON DO

*Looking for a new way to get in shape and learn skills that will enable you to protect yourself?*

Tae Kwon Do is the art of unarmed combat, involving the skilled application of punches, flying kicks, blocks and dodges. Students will learn self-defense techniques, develop better eye-hand coordination and self-discipline. **Must be 5yrs or older and know left from right.**



**ALL LEVELS** **AGES:** 5 yrs or older 6:00 - 7:00 pm | M W **TKD INSTRUCTORS:** Donna Tindall & Brad McConnell  
 January 8 - 31, 2018 (\$40 M / \$80 NM) | February 5 - 28, 2018 (\$40 M / \$80 NM) | March 5 - 21, 2018 (\$30 M / \$60 NM)\*  
 April 2 - 25, 2018 (\$40 M / \$80 NM) | April 30 - May 23, 2018 (\$40 M / \$80 NM)

**\*No classes held March 26 - 30**



# Bright Beginnings Preschool

Geneseo Park District

2018-2019 Preschool Registration opens  
*March 5, 2018*

## Learning Fun



## Science



## Playtime



## Math & Writing



### 2 - 3 year olds TWINKLEBRIGHTS

*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.

**CLASS TIMES:** 11:15am - Noon | TU or 11:15am - Noon | TH  
**FEE<sup>1</sup>:** \$225 per Year M / \$450 per Year NM  
or \$25 per month M / \$50 per month NM

### 3 - 4 year olds STARBRIGHTS

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.

**CLASS TIMES:** 8:30 - 11:00am | TU TH or 12:30 - 3:00pm | TU TH  
**FEE<sup>1</sup>:** \$720 per Year M / \$1,440 per Year NM  
or \$80 per month M / \$160 per month NM

### 4 - 5 year olds KINDERBRIGHTS

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!

**CLASS TIMES:** 8:30 - 11:00am | M W F or 12:30 - 3:00pm | M W F  
**FEE<sup>1</sup>:** \$990 per Year M / \$1,980 per Year NM  
or \$110 per month M / \$220 per month NM

<sup>1</sup>Prices 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. **See page 22 for Membership pricing.**

Bright Beginnings 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.

Bright Beginnings 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.



# EARLY CHILDHOOD PROGRAMS

## BUBBLE BUBBLE FIZZ FIZZ

Learn how cool science can be with hands on experiments using common kitchen ingredients. Bubble bombs, volcanos, slime, and much more!

**#31129** 6:00 - 6:45 pm | M TU  
**DATES:** January 22 - 23, 2018  
**FEE:** \$15 M / \$30 NM **AGES:** 3 - 5 yrs  
**INSTRUCTOR:** Rachel Bieneman

## 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.

8:30 - 11:00 am | W F **AGES:** up to 5 yrs  
 January 10 - May 25, 2018 *No playgroup held March 28 & 30, 2018*  
**FEE:** FREE M / General Admission NM

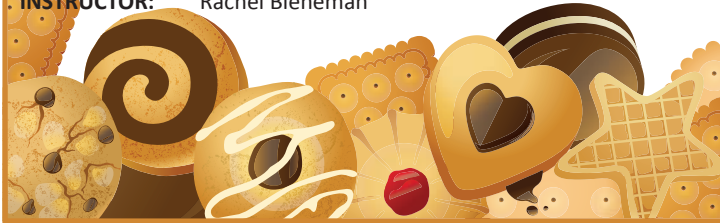


## SWEET TREATS

Make a treat for Sweetie! We will decorate cookies and make a treat to share.



**#31137** 6:00 - 6:45 pm | TU  
**DATES:** February 13, 2018  
**FEE:** \$7.50 M / \$15 NM **AGES:** 3 - 5 yrs  
**INSTRUCTOR:** Rachel Bieneman



## PRESCHOOL SOCCER LEAGUE

Pass, dribble, shoot, score

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. *First game will be held Sunday, April 8<sup>th</sup>. Shin guards are required, cleats are optional.*

## HOW DOES YOUR GARDEN GROW

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

**#31130** 6:00 - 6:45 pm | TU  
**DATES:** March 20, 2018  
**FEE:** \$7.50 M / \$15 NM **AGES:** 3 - 5 yrs  
**INSTRUCTOR:** Rachel Bieneman

### Volunteer Coaches are needed!

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

**#41138** Games held 1:00 - 2:00 pm | SU  
**DATES:** April 8 - 29, 2018  
**FEE:** \$27 M / \$54 NM  
**AGES:** 3 - 5 yrs & not enrolled in Kindergarten\*  
*\*Must have turned 3 by April 1, 2018*

**REGISTRATION DEADLINE IS FRIDAY, MARCH 16, 2018!**

## Jumbling & Gymnastics

for all ages & all skill levels  
 See pages 10 - 11 for class details

# Birthday Parties

Find the perfect Birthday Party Package  
 at the Geneseo Park District

**(309)944-5695**

Call to schedule your party today!

**\$240 Member | \$260 Non-Member**

\*Additional \$20 for Bounce House & Aquatic Center Parties



### INDOOR POOL PARTY SPLASH

Come ready to swim, splash and slide at the Geneseo Park District's Indoor Pool.

### ROLLER-SKATING PARTY

Skating in the gym before you roll into your party.

### FLIP FLOP FUN PARTY

Flip and flop in the 'blue' gym with Geneseo Park District Gymnastics instructors.

### BOUNCE HOUSE PARTY\*

Jumping is more fun with your friends in the Geneseo Park District's bounce house.

### AQUATIC CENTER PARTY\*

Celebrate your special day with swimming at the Aquatic Center. **Book now for the 2018 Summer Season!**

# MUSIC CLASSES

MUSIC CLASSES  
SESSION  
DATES

## #33030/#43030 MUSIC TIME FOR TODDLERS I

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!*

10:00 - 11:00 am | TH DATES: Session I - III  
10:00 - 11:00 am | F DATES: Session I - III  
FEES: \$45 / child\* AGES: 1 ½ - 2 ½ yrs

*\*Adults can participate with their child at no additional cost.*

## #33031/#43031 MUSIC TIME FOR TODDLERS II

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!*

11:00 am - Noon | TH DATES: Session I - III  
11:00 am - Noon | F DATES: Session I - III  
FEES: \$45 / child\* AGES: 2 ½ - 3 ½ yrs

*\*Adults can participate with their child at no additional cost.*

## #33032/#43032 MUSIC FOR SCHOOL READINESS

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 melodied instruments.

1:00 - 2:00 pm | TH DATES: Session I - III  
1:00 - 2:00 pm | F DATES: Session I - III  
FEES: \$45 / child\* AGES: 3 ½ - 5 yrs

*\*Adults can participate with their child at no additional cost.*

## #33033/#43033 WEE KEYS

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, & dancing. Your child will begin to learn how to see, say, and play simple musical rhythms and songs while distinguishing patterns and musical symbols.

9:00 - 10:00 am | SA DATES: Session I - III  
FEES: \$45 / child AGES: 4 - 6 yrs

All music classes are taught at  
**Musical  
Memories**  
112 South State Street • Geneseo IL • 563-508-5296

### Music Class Details you need to know

- 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.

SESSION I January 9 - February 17, 2018  
SESSION II February 27 - April 14, 2018  
SESSION III April 24 - June 2, 2018

**No Music Classes held March 26 - 31, 2018**

## #33035 / #43035 UKE CAN DO IT!

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.

10:00 - 11:00 am | SA DATES: Session I - III  
FEES: \$45 / child AGES: 7 yrs & older

## #33036 / #43036 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.*

**Requirements:** *Must have a playable 6 string guitar*

11:00 am - Noon | SA DATES: Session I - III  
FEES: \$60 / child AGES: 8 yrs & older

## #33037/#43037 ROCK'N RINGERS

Create instant music!! Bells are a unique instrument that can quickly create enjoyable and fun music. Your kids will be practicing and learning good ringing technique, basic music reading skills, engaging in active playing together and creating beautiful music. Anyone can ring!  
*No special skills needed! Just a love of music!*

4:00 - 5:00 pm | TU DATES: Session I - III  
FEES: \$60 / child AGES: 7 yrs & older

## #33038/#43038 LEARN TO ROCK

Aspiring Rockers! Do you know how to play an instrument or sing? Do you want to be in a band? Build confidence while learning about group dynamics and creative decision making, as well as learning and rehearsing songs together and soloing.

**Groups will be evaluated and placed according to skill level.**

7:00 - 8:00 pm | W DATES: Session I - III  
FEES: \$60 / child AGES: 10 yrs & older







# ART CLASSES



2018 Classes start the first of February and go through April  
All art classes are taught at 124 South State Street • Geneseo, IL • 309-945-5428

**TUESDAY 5:30 – 7:00 AND SATURDAY 1:00 – 2:30**

Check us out at Smith Studio and Gallery and at [www.SmithStudioGeneseo.com](http://www.SmithStudioGeneseo.com)

# Art CLASSES

## TUESDAY CLASSES

## SATURDAY CLASSES

### #33021 TOTEM SCULPTURES

This class is a wonderful opportunity to focus on a personal emblem created as a sculpture ...a "totem". Each participant will be guided through the design stage of "discovery". The result will be a "stick totem" that becomes an image of what is important to the artist and who they are. This is so much fun that after you make one you just want to make more!

5:30 - 7:00 pm | TU      **DATES:** February 6 - 20, 2018  
**FEES:** \$45 / child      **GRADES:** 4<sup>th</sup> - 6<sup>th</sup>

### #43021 CANNED CRITTERS

This class is a truly unique form of sculpture. Each participant will get to make their own animal form out of clay ...but this is only the beginning of the fun! Each animal will be placed in a can with it's own label. For our younger artists this becomes an opportunity to promote their favorite pet as they learn some of the important elements of product labeling.

5:30 - 7:00 pm | TU      **DATES:** April 10 - 24, 2018  
**FEES:** \$45 / child      **GRADES:** 1<sup>st</sup> - 3<sup>rd</sup>

*At the Smith Studio and Gallery we always have markers, paper and crayons for families to come in for an impromptu art outing. Come in and explore our Gallery and check out our wide range of art classes and community events for both children and adults.*

Register your budding artist at either the Geneseo Community Center, online at [www.GeneseoParkDistrict.org](http://www.GeneseoParkDistrict.org) or at Smith Studio & Gallery

### #33022 BUILD A PUPPET

Students will learn how to create a special paper mache style of puppet that was first created in Chicago around 1940. This hand puppet will become your child's friend as each student creates a unique character. This is an art form that can then be put into motion for hours of fun and creativity!

1:00 - 2:30 pm | SA      **DATES:** February 3 - 17, 2018  
**FEES:** \$45 / child      **GRADES:** 1<sup>st</sup> - 3<sup>rd</sup>

### #43022 SOMETHING SILHOUETTE

Learn the special art form of "Silhouette". This art form has always had a unique place in the art world, and yet few people take the time to explore silhouettes. Each student will create an unusual and interesting landscape that has the dreamlike elements of a Surrealist painting. This art opportunity has a strong emphasis on composition while also allowing each student's creativity to stretch, bend and expand in new ways.

1:00 - 2:30 pm | SA      **DATES:** April 7 - 21, 2018  
**FEES:** \$45 / child      **GRADES:** 4<sup>th</sup> - 6<sup>th</sup>

### #33027 SPRING BREAK ART CAMP

A DELIGHTFULLY FUN week of creative art activities, fun and friendship. Bring your lunch and enjoy a day of challenging, unusual and exciting art projects, both inside and outside as weather permits. There will be no art camp on Good Friday. We have extended hours for those who need it, at no additional cost.

Sign up for only one day and/or days that you want. Each day this Camp has a theme for those parents-children looking for something unique.

- Monday Two Dimensional Art
- Tuesday Art and Science
- Wednesday Art and Math
- Thursday Three Dimensional Art

*Note: Some of our activities take us outside as the spring weather permits. We may have to change certain planned activities, such as drawing in the City Park, depending on which day has the best weather prediction. We cannot know this more than a few days in advance.*

9:00-4:30 | M - TH      **GRADES:** 1<sup>st</sup> - 6<sup>th</sup>  
**DATES:** March 26 - 29, 2018 4-day camp  
**FEE:** \$65 per day / student  
or \$220 Full Camp/Student (**\$40 savings!**)

# FOR GRADES 1<sup>ST</sup> – 6<sup>TH</sup> Sign up only for the the days you want. **SPRING BREAK CAMP** March 26 – 29, 2018 FROM 9:00 – 4:30



# ATHLETICS & LEAGUES

## QUICKSTART™ TENNIS

Tennis is the perfect sport for your kids and is now easier to play! Quickstart Tennis is an innovative teaching system endorsed by the USTA. It uses modified equipment (*smaller racquets and lower compression tennis balls*) and smaller court sizes. The fundamentals of the game will be taught and participants will quickly be rallying and playing, creating a positive fun atmosphere to continue learning this lifetime sport.

**#42050** 4:30 - 5:30 pm | M **GRADES:** K - 2<sup>nd</sup>  
**#42051** 4:30 - 5:30 pm | M **GRADES:** 3<sup>rd</sup> - 5<sup>th</sup>  
**DATES:** April 2 - April 23, 2018 (4 weeks)  
**FEE:** \$30 M / \$60 NM  
**LOCATION:** Athletic Field  
**COACH:** Kevin Reed, Cody Mighell

## INSTRUCTIONAL TENNIS

Come out and learn the fundamentals of the game and have fun! Qualified Instructors will teach ground strokes, volleys, lobs, and serving, while emphasizing team building, sportsmanship and cooperation. Individual and all-court challenges and games will allow participants to apply skills learned.

**#42052** 5:30 - 6:30 pm | M **GRADES:** 6<sup>th</sup> - 8<sup>th</sup>  
**DATES:** April 2 - April 23, 2018 (4 weeks)  
**FEE:** \$30 M / \$60 NM  
**LOCATION:** Athletic Field  
**COACHES:** Kevin Reed, Cody Mighell

## 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.

**COACH:** Casey Komel

**#32152** 4:30 - 5:30 pm | M **GRADES:** 3<sup>rd</sup> - 5<sup>th</sup>  
**#32153** 4:30 - 5:30 pm | M **GRADES:** 6<sup>th</sup> - 8<sup>th</sup>  
**DATES:** March 5 - April 16, 2018 (6 weeks)  
*No class held March 26, 2018*  
**FEE:** \$45 M / \$90 NM



## FITNESS ACCESS CLASS

Upon completion of the Fitness Access Class, middle school age students will gain access to all fitness areas including the Cardio/Weight Room, Life Fitness Room\*, Cycling Room\* and Elevated Indoor Track. Participants will receive instruction on etiquette and how to safely and effectively use equipment in these areas. Taught by NESM certified personal trainer.

\*Available for use when classes are not in session.

**INSTRUCTOR:** Charlene Lenz

**#34119 / #44119**  
 4:00 - 5:00 pm | W **GRADES:** 6<sup>th</sup> - 8<sup>th</sup>  
**DATES:** January 10 - 24, 2018 | February 7 - 21, 2018  
 March 7 - 21, 2018 | April 4 - 18, 2018 | May 2 - 16, 2018  
**FEE:** \$30 M / \$60 NM

## YOUTH RUNNING

Do you like to run or are you looking for an activity to get you moving and keep you fit? The Geneseo Park District Running Program is designed to promote, encourage, and educate young athletes. Workouts will promote physical endurance, speed, strength and agility. The fundamentals of running (form and pacing) will also be taught in order to encourage safety in this lifetime activity.

**COACH:** Rebekah Beard

**#32402** 3:00 - 4:00 pm | SU **GRADES:** 3<sup>rd</sup> - 5<sup>th</sup>  
**#32402** 4:15 - 5:15 pm | SU **GRADES:** 6<sup>th</sup> - 8<sup>th</sup>  
**DATES:** February 4 - March 11, 2018  
**FEE:** \$45 M / \$90 NM **LOCATION:** Community Center  
**#42401** 5:30 - 6:30 pm | SU **GRADES:** 3<sup>rd</sup> - 6<sup>th</sup>  
**DATES:** April 8 - May 13, 2018  
**FEE:** \$45 M / \$90 NM **LOCATION:** Athletic Field

## #32500 YOUTH PICKLEBALL TOURNAMENT



The Quad City Pickleball Club and the Geneseo Park District will be hosting a youth Pickleball Tournament for **High School and Middle School** aged children in the Quad City area. All abilities are welcome to participate.

The tournament will consist of a Round Robin format. There will be a limit of 48 teams for this event. The Quad City Pickleball Club will provide onsite instruction & lessons, and equipment for the tournament.

**Register at the Geneseo Park District by Friday January 12th.**

*Tournament schedules will be provided following the registration deadline. Divisions offered are based on the final registration levels.*

9:00 am - 2:00 pm | Saturday January 20, 2018 | **FEE:** FREE

## PICKLEBALL

Pickleball is fun and easy to learn with a variety of play options available for everyone from beginning to advanced skill levels. *All equipment is provided.*

*Check out pickleball at The Center.*

Tuesdays and Thursdays\*

8:30 - 11:00 am

**Give it a try...you will be happy you did**

*\*FREE for Members / General Admission applies for Non-Members*







**Geneseo Youth Basketball League (GYB) registration forms are available online or at The Center**

**#32105 Girls YOUTH BASKETBALL LEAGUE**

**GIRLS GRADES:** 4<sup>th</sup> - 6<sup>th</sup>  
**DATES:** January - March, 2018  
**FEE:** \$45

*New Player Tryouts*  
 January 11, 2018 | 6:00 pm

*A team schedule will be published online the week of January 15, 2018.  
 Games/practices start the week of January 22, 2018*

**GENESEO YOUTH BASKETBALL DETAILS**

- Games/practices are 1 hour and will range between 5:30 & 8:30 pm, Monday - Thursdays.
- 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 on February 19, 2018*

***Volunteer coaches are needed.***  
*Mark on your registration you are interested in coaching basketball.*

**YOUTH BASKETBALL**

This program is focused on teaching the fundamentals of basketball in 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.

Practices will be held weekly with games played on Saturdays. The first two Saturdays will be group practices.

*First game will be held Saturday February 3, 2018*

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

**#32100** 8:30 - 9:30 am | SA  
**DATES:** January 20 - February 24, 2018  
**FEE:** \$45M / \$90 NM

**Girls YOUTH BASKETBALL 2<sup>nd</sup> - 3<sup>rd</sup> Grades**

**#32101** 9:30 - 10:30 am | SA  
**DATES:** January 20 - February 24, 2018  
**FEE:** \$45M / \$90 NM



**MEN'S BASKETBALL LEAGUE**

Men's Recreational Basketball League. Games are officiated. Game results and teams standings posted online. Teams are guaranteed at least 10 games with an end-of-season tournament. *No games held January 14, 2018 & February 4, 2018.* Locker rooms and spectator seating available.

**League Registration Deadline December 20, 2017**

**#32110** 5:00 - 9:00 pm | SU  
**DATES:** January 7 - March 25, 2018  
**FEE:** \$400 / team  
**AGES:** 16 yrs or older



**WOMEN'S VOLLEYBALL LEAGUES**

*Two leagues are available.* The **Power League** is for serious, competitive teams/players. The **Recreational League** is a great way to exercise with your friends. All games are officiated.

**League Registration Deadline December 20, 2017**

**#32160** **RECREATIONAL LEAGUE** 6:00 - 9:00 pm | W  
**#32161** **POWER LEAGUE** 6:00 - 9:00 pm | W  
**DATES:** January 17 - March 21, 2018  
**FEE:** \$125 / team  
**AGES:** 16 yrs or older

**Visit [www.GeneseoParkDistrict.org](http://www.GeneseoParkDistrict.org) to download League Registration Form or pick one up at The Center.**

*Guarantee your teams spot with payment and signed waiver.*

# GYMNASTICS

## GYMNASTICS SESSION DATES

### Winter

### Spring

#### #33201 / #43201 BEGINNING TUMBLE BUGS

Your child will learn basic tumbling, bars, beam, vaulting skills & movements associated with gymnastics at an appropriate level for their age. *This is for beginners who have not taken a class or cannot do a cartwheel.*

3:30 - 4:30 pm | M **AGES: 4 - 6 yrs**  
 January\* (\$30 M / \$60 NM) \*No class held January 8<sup>th</sup>  
 February (\$40 M / \$80 NM) | March (\$30 M / \$60 NM)  
 April (\$40 M / \$80 NM) | May (\$40 M / \$80 NM)

10:30 - 11:30 am | SA **AGES: 4 - 6 yrs**  
 February (\$40 M / \$80 NM) | March (\$30 M / \$60 NM)  
 April (\$40 M / \$80 NM) | May (\$40 M / \$80 NM)



#### #33202 / #43202 ADVANCED TUMBLE BUGS

Your child will learn basic tumbling, bars, beam, vaulting skills & movements associated with gymnastics at an appropriate level for their age. *This is for those that have mastered a cartwheel, can pull over on bars and have been approved by Chris Ward.*

4:00 - 5:00 pm | W **AGES: 4 - 6 yrs**  
 January (\$40 M / \$80 NM) | February (\$40 M / \$80 NM)  
 March (\$30 M / \$60 NM) | April (\$40 M / \$80 NM)  
 May (\$40 M / \$80 NM)

#### JANUARY Session I

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

#### FEBRUARY Session II

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

#### MARCH Session III

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

#### APRIL Session IV

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

#### MAY Session V

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

No Gymnastics programs held  
 Center Closed, no programs held



Find more fun for your little one

on page 5

#### #33220 / #43220

#### INTERMEDIATE TUMBLING / MINI TRAMPOLINE

This class is provided for the student interested in learning intermediate tumbling skills including use of the mini trampoline to learn front and back somersaults. It is designed for the students to improve flexibility, strength, and coordination. *This is for those that have mastered cartwheels, round offs, handstands and have been approved by Chris Ward.*

11:30 am - 12:30 pm | SA **AGES: 4 - 6 yrs**  
 February (\$40 M / \$80 NM) | March (\$30 M / \$60 NM)  
 April (\$40 M / \$80 NM) | May (\$40 M / \$80 NM)

#### #33203 / #43203 GIRLS RULE

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.

6:30 - 7:30 pm | W **AGES: 5 - 12 yrs**  
 January (\$40 M / \$80 NM) | February (\$40 M / \$80 NM)  
 March (\$30 M / \$60 NM) | April (\$40 M / \$80 NM) | May (\$40 M / \$80 NM)

#### #33210 / #43210 BOYS ONLY

Flip flops or back handsprings will be our goal in this class. Concentration will also be on back hip circles and basic routines on the beam and squat vault.

7:00 - 8:00 pm | W **AGES: 5 - 12 yrs**  
 January (\$40 M / \$80 NM) | February (\$40 M / \$80 NM)  
 March (\$30 M / \$60 NM) | April (\$40 M / \$80 NM) | May (\$40 M / \$80 NM)

#### #33204 / #43204 INTERMEDIATE GIRLS

The major focus of this class will be to develop strength, flexibility and hone skills in the four competitive women's 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.

7:00 - 8:00 pm | TU **AGES: 9 - 12 yrs**  
 January (\$40 M / \$80 NM) | February (\$40 M / \$80 NM)  
 March (\$30 M / \$60 NM) | April (\$40 M / \$80 NM) | May (\$40 M / \$80 NM)

#### #33205 / #43205 JUNIOR PREP

Begin to learn Level 1 & 2 compulsory routine skills and practice all skills to prepare for competition. **Students must demonstrate a pommel on the bar to attend this class.**

5:00 - 6:30 pm | W **AGES: 9 yrs or older**  
 January (\$60 M / \$120 NM) | February (\$60 M / \$120 NM)  
 March (\$45 M / \$90 NM) | April (\$60 M / \$120 NM) | May (\$60 M / \$120 NM)

#### #33218 / #43218 HIGH SCHOOL / MIDDLE SCHOOL OPTIONALS

Those 8th grade 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 her own music (on the Floor Exercise) and her routine is built to show off her strengths.

7:00 - 8:30 pm | M **GRADE: 8<sup>th</sup> & up**  
 January (\$45 M / \$90 NM) | February (\$60 M / \$120 NM)  
 March (\$45 M / \$90 NM) | April (\$60 M / \$120 NM) | May (\$60 M / \$120 NM)

7:00 - 8:30 pm | TH  
 January (\$60 M / \$120 NM) | February (\$60 M / \$120 NM)  
 March (\$45 M / \$90 NM) | April (\$60 M / \$120 NM) | May (\$60 M / \$120 NM)



# COMPETITIVE GYMNASTICS

## #33217 / #43217 JUNIOR OLYMPIC LEVEL 2 & New 3

Are you interested in competitive gymnastics? Participants new to competitive gymnastics and who want to learn the routines *this is the class for you!*

7:00 - 8:30 pm | TU **AGES:** 7 yrs or older  
 January (\$36 M / \$72 NM) | February (\$36 M / \$72 NM)  
 March (\$27 M / \$54 NM) | April (\$36 M / \$72 NM) | May (\$36 M / \$72NM)

## #33213 / #43213 JUNIOR OLYMPIC LEVELS 3 - 6

Are you interested in competitive gymnastics? Then this is the program for you. Level 3, 4 and 5 USA Gymnastics routines will be developed. **Highly recommended that gymnasts come to all three weekly classes to compete.**

4:30 - 7:00 pm | M **AGES:** 7 yrs or older  
 January\* (\$45 M / \$90 NM) **\*No class held January 8<sup>th</sup>**  
 February (\$60 M / \$120 NM) | March (\$45 M / \$90 NM)  
 April (\$60 M / \$120 NM) | May (\$60 M / \$120NM)

4:30 - 7:00 pm | TU **AGES:** 7 yrs or older  
 January (\$60 M / \$120 NM) | February (\$60 M / \$120 NM)  
 March (\$45 M / \$90 NM) | April (\$60 M / \$120 NM) | May (\$60 M / \$120NM)

4:30 - 7:00 pm | TH **AGES:** 7 yrs or older  
 January\* (\$75 M / \$150 NM) **\*JO Level 3-6 held January 4<sup>th</sup>**  
 February (\$60 M / \$120 NM) | March (\$45 M / \$90 NM)  
 April (\$60 M / \$120 NM) | May (\$60M / \$120NM)

## SEMI-PRIVATE GYMNASTICS LESSONS\*

Groups of 2 to 3 participants with similar skills.  
**#33207/#43207 AGES:** All Ages | **FEE:** \$60 M / \$120 NM

## PRIVATE GYMNASTICS LESSONS\*

One-on-one instruction for all skill levels.  
**#33208/#43208 AGES:** All Ages | **FEE:** \$75 M / \$150 NM

*\*Those who wish to participate in semi-private or private lessons must schedule a time with Chris Ward at 944-5695. Once requests are made, (4) 1/2 hour lesson times will be assigned.*

*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.*



# CENTRAL THEATER

*your hometown theater*

## Family Entertainment at an affordable price

Great movies shown Daily at 7:10pm 365 days a year with Digital Cinema Projections & Digital Sound.

### BYOB Mondays!

Bring your own lap size bowl & have filled for only \$1!

### Ticket Tuesdays!

One lucky winner will win a prize on Ticket Tuesday!

### Affordable Tickets!

Adult \$6.50 | Youth/Senior \$5.50

*Rent the theater for your next event or party!*

*See page 24 for Rental Information*

309)944-3603 | 111 North State Street  
 Find out what's showing tonight visit  
[www.GeneseoParkDistrict.org](http://www.GeneseoParkDistrict.org)



## FREE MOVIE SATURDAYS

from Central Bank (Movie titles to be announced)

Join Central Bank for a **FREE** Saturday Matinee 1:30pm at Central Theater on the following days:

January 20<sup>th</sup>  
 February 17<sup>th</sup>  
 March 17<sup>th</sup>  
 April 21<sup>st</sup>  
 May 19<sup>th</sup>



# GENESEO PARK DISTRICT SUMMER DAY CAMP

*What are your kids doing this summer?*

Let them enjoy all of the amenities of the Geneseo Park District at Summer Day Camp!

## Day Camp at the Park District will include...

- Theme weeks
- Crafts and Games
- Drop off /pick up to Lessons
- Swimming at the Aquatic Center
- Field trips including a trip to Central Theater and much, much more!

## Don't need the whole summer?

Join for a week when you need it with our "Pick-a-Week" option.

### EARLY BIRD

**#13301** 6:30 - 7:30 am | M - F **GRADES:** K - 6th  
**FEES:** **Session I:** May 29 - July 6, 2018<sup>1</sup> (\$56 M / \$112 NM)  
**Session II:** July 9 - August 15, 2018<sup>2</sup> (\$56 M / \$112 NM)  
 or **Pick-a-week option** \$12.50 M / \$25 NM per week

### DAY CAMP

**#13302** 7:30 am - 5:30 pm | M - F **GRADES:** K - 6th  
**FEE:** **Session I:** May 29 - July 6, 2018<sup>1</sup> (\$560 M / \$1,120 NM)  
**Session II:** July 9 - August 15, 2018<sup>2</sup> (\$560 M / \$1,120 NM)  
 or **Pick-a-Week option** \$125 M / \$250 NM per week

### DAY CAMP (3-days/week\*)

**#13303** 7:30 am - 5:30 pm | 3 days/week\* **GRADES:** K - 6th  
**FEE:** **Session I:** May 29 - July 6, 2018<sup>1</sup> (\$510 M / \$1,020 NM)  
**Session II:** July 9 - August 15, 2018<sup>2</sup> (\$510 M / \$1,020 NM)

\*Choose the 3-days each week that best fits your schedule. Must schedule at least 1 week in advance. 3-day/week option only available per session, not applicable along with 'Pick-a-Week' option.

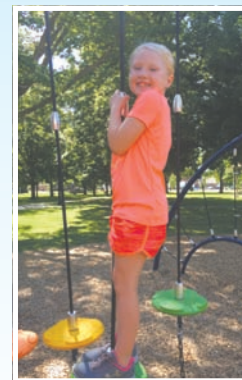
### THE DETAILS:

- **Camp Session I** is May 29 - July 6, 2018<sup>1</sup>
- **Camp Session II** is July 9 - August 15, 2018<sup>2</sup>
- 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.

<sup>1</sup>Dates 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 2018 - 2019 year. **Fees will be prorated.** Summer Camp is not held on Wednesday July 4<sup>th</sup>.



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



*Your kids can participate in Summer Programs too...*

Camp counselors will walk them to and from their programs.  
**Watch for more Summer Program information in the Geneseo Park District's Summer Activity Guide coming out in April.**

**Register TODAY to guarantee a spot in Summer Day Camp**

Sign up for the entire session and receive \$25 off per week. That's only **\$100 a week** for Summer Fun!





# Spring BREAK CAMP

## PARK DISTRICT SPRING BREAK CAMP

*Fun at The Center during Spring Break.*

Sign up for the Geneseo Park District's Spring Break Camp for a week full of 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.

### SPRING BREAK CAMP

#33302 7:30 am - 5:30 pm | M - TH GRADES: K - 6th  
FEE: March 26 - 29, 2018 (\$80 M / \$160 NM)  
or **Pick-a-Day option** \$25 M / \$50 NM per day\*

*\*Must pick your days 1-week prior to the start of camp*



# FREE COMMUNITY EVENTS

## January 3<sup>rd</sup>

Fidget Spinners Craft  
2:00 - 3:00 pm at Geneseo Library

## January 20<sup>th</sup>

Youth Pickleball Tournament  
9:00 am - 2:00 pm at The Center

Central Bank Matinee  
1:30 pm at Central Theater

## February 17<sup>th</sup>

Central Bank Matinee  
1:30 pm at Central Theater

## March 17<sup>th</sup>

Central Bank Matinee  
1:30 pm at Central Theater

## St. Patrick's Day Skate

5:30 - 6:45 pm (3<sup>rd</sup> Grade & under)  
7:00 - 9:00pm (All Ages)

## March 25<sup>th</sup>

Easter Egg Hunt  
1:30 pm at Athletic Field

## March 31<sup>st</sup>

Magic Show  
2:00 pm at Geneseo Library

## April 7<sup>th</sup>

Strange & Wonderful IL Part I  
2:00 pm at Geneseo Library

## April 14<sup>th</sup>

Strange & Wonderful IL Part II  
2:00 pm at Geneseo Library

## April 21<sup>st</sup>

Central Bank Matinee  
1:30 pm at Central Theater

## April 29<sup>th</sup>

MLB Pitch, Hit & Run  
1:00 pm at Bollen Field

## May 4<sup>th</sup>

May the 4<sup>th</sup> Be With You Day  
4:00 - 5:00 pm at Geneseo Library

## May 5<sup>th</sup>

Pretty in Pink  
2:00 pm at Geneseo Library

## May 19<sup>th</sup>

Central Bank Matinee  
1:30 pm at Central Theater

## Special Day Swims

1:00 - 3:00 pm at The Center  
Monday January 15<sup>th</sup>  
Monday February 19<sup>th</sup>  
Monday March 26<sup>th</sup>  
Wednesday March 28<sup>th</sup>

## Special Day Jumps

10:00am-Noon at The Center  
Monday February 19<sup>th</sup>  
Tuesday March 27<sup>th</sup>  
Thursday March 29<sup>th</sup>  
Monday May 7<sup>th</sup>

**Learn more at**

**[GeneseoParkDistrict.org](http://GeneseoParkDistrict.org), [Geneseo.org](http://Geneseo.org) or [geneseo.lib.il.us](http://geneseo.lib.il.us)**

# LEARN TO SWIM

## LEARN TO SWIM SESSION DATES

**SESSION I** January 9 - February 15, 2018  
**SESSION II** February 20 - April 7, 2018<sup>1</sup>  
**SESSION III** April 10 - May 17, 2018  
<sup>1</sup>No Learn to Swim classes held March 26 - 31, 2018

**#35001 / #45001 CLOWNFISH** (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.  
**FEE:** \$30 M / \$60 NM

4:30 - 5:00 pm | TU **DATES:** Session I - III  
9:00 - 9:30 am | SA **DATES:** Session II

**#35003 / #45003 LAKE EXPLORERS** (4 yrs)  
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. Participate with or without a parent.  
**FEE:** \$30 M / \$60 NM

4:00 - 4:30 pm | TU **DATES:** Sessions I - III  
(Combined with Ocean Explorers)  
9:30 - 10:00 am | SA **DATES:** Session II

**#35004 / #45004 OCEAN EXPLORERS** (5 yrs)  
Participants will master face floats and back floats, jumping into the pool and bobbing independently by the end of class. 5yrs without a parent.  
**FEE:** \$30 M / \$60 NM

4:00 - 4:30 pm | TU **DATES:** Sessions I - III  
(Combined with Lake Explorers #35003)  
10:00 - 10:30 am | SA **DATES:** Session II

## Free Special Open Swim Times

on page 2 & page 13

**#35005 / #45005 TADPOLE**  
**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.  
**FEE:** \$45 M / \$90 NM

4:00 - 5:00 pm | TH **DATES:** Sessions I - III  
10:30 - 11:30 am | SA **DATES:** Session II

**#35006 / #45006 MINNOW**  
**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.  
**FEE:** \$45 M / \$90 NM

5:00 - 6:00 pm | TH **DATES:** Sessions I - III  
10:30 - 11:30 am | SA **DATES:** Session II

**#35007 / #45007 WHALES**  
**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.  
**FEE:** \$45 M / \$90 NM

4:00 - 5:00 pm | TU **DATES:** Sessions I - III  
9:30 - 10:30 am | SA **DATES:** Session II

## #35008 / #45008 SHARK & DOLPHIN

**Class prerequisites:** Must have passed Whales to take this class.  
Participants will work on one & two lengths of the pool using the front and back crawl and demonstrate the scissors and whip kick.  
**FEE:** \$45 M / \$90 NM

5:00 - 6:00 pm | TU **DATES:** Sessions I - III  
11:00 am - Noon | SA **DATES:** Session II

## #35008 / #45008 BARRACUDA & STINGRAY

**Class prerequisites:** Must have passed Dolphin to take this class.  
Must swim two lengths of front and back crawl, a width of sidestroke and breaststroke to move on to next class.  
**FEE:** \$45 M / \$90 NM

5:00 - 6:00 pm | TU **DATES:** Sessions I - III  
11:00 am - Noon | SA **DATES:** Session II

## #35008 / #45008 MARLIN, MARINER, & S.E.A.L.S.

**Class prerequisites:** Must have passed Stingray to take this class.  
Increase endurance in front and back crawl, sidestroke, breaststroke and learn trudgen, trudgen crawl and double trudgen.  
**FEE:** \$45 M / \$90 NM

5:00 - 6:00 pm | TU **DATES:** Sessions I - III  
11:00 am - Noon | SA **DATES:** Session II

## LIFEGUARD CERTIFICATION

**Class prerequisites:** Completed S.E.A.L.S. level swim lessons or 16yrs and over. Learn the beginning skills required to be a lifeguard. After completion of the course you will shadow a lifeguard during their shift.  
**FEE:** \$150 / person

**#35021**  
**February 2 - 4, 2018\***  
3:30 - 6:00 pm | F  
8:00 am - 1:00 pm | SA  
1:00 - 3:30 pm | SU

**#45021**  
**April 13 - 15, 2018\***  
3:30 - 6:00 pm | F  
8:00 am - 1:00 pm | SA  
1:00 - 3:30 pm | S

*\*Must attend all three training days to receive lifeguard certification.*



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

## Specialty Swim Lessons for ages 3 and over

### PRIVATE SWIM LESSONS FEE: \$75 M / \$150 NM

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

### SEMI-PRIVATE SWIM LESSONS FEE: \$60 M / \$120 NM

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

### SPECIAL SWIM FEE: \$40 M / \$80 NM

A great one-on-one course for participants with disabilities. Times & instructors will be assigned when participants register.

### Call Theresa at (309) 944-5695 to schedule.

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



# SWIM TEAM



Explore your love for the water in a fun filled and healthy environment.

## \*FEE DETAILS: Pick from either option listed.

- FEES are listed as Geneseo Community Center Member Pricing [M] / Geneseo Community Center Non-Member Pricing [NM]
- **Two Day/Week Option** allows the participant to attend up to 2 practices each week from the days listed.
- **Entire Season Option** allows the participant to attend 1 - 4 practices each week on any of the days listed.
- Must have a Community Center or Park District Membership to receive Member Pricing.
- **Goggles required, swim cap optional** both are available for purchase through The Center.
- **Dryland Training** will be held 5:15 - 5:50pm at The Center

### #35029 / #45029 STROKE DEVELOPMENT

This is the first level of swim team for swimmers to learn the technique of the four competitive swim strokes. Swimmers need to demonstrate a 25 freestyle with rhythmic breathing and ability to kick and float on the back. Instruction at this level will teach swimmers proper technique in the freestyle, backstroke, breaststroke, and butterfly.

*Participation in swim meets is not required.*

5:00 - 5:30 pm | M                      5:00 - 5:30 pm | F

**EACH SESSION FEES\*** attend 1 day/week

Session I (\$14 / \$28) | Session II (\$14 / \$28) | Session III (\$10 / \$20)  
Session IV (\$14 / \$28) | Session V (\$14 / \$28)

### #35024 / #45024 PRE-COMPETITIVE LEVEL

This level is for swimmers who can demonstrate legal technique in all four competitive strokes: butterfly, backstroke, breaststroke, and freestyle. Kicking, drills, and swim sets will help swimmers develop strength and help refine their competitive swim strokes. Swimmers will also learn competitive starts off blocks and proper turn techniques to prepare them for future competition. *Participation in swim meets is not required.*

4:45 - 5:30 pm | M                      5:15 - 7:00 pm | TU<sup>1</sup>  
5:15 - 7:00 pm | TH<sup>1</sup>                      4:45 - 5:30 pm | F

**EACH SESSION FEES\*** attend two days/week

January (\$98/\$196) | February (\$98/\$196) | March (\$73/\$146)  
April (\$98/\$196) | May (\$98/\$196)

**WINTER SEASON FEE\*** January 8 - March 23, 2018 (\$327 / \$654)

**SPRING SEASON FEE\*** April 2 - May 5, 2018 (\$238 / \$476)

### #35026 / #45026 BLUE LEVEL

This level is for swimmers who can demonstrate 100 yards of each of the swim strokes. Stroke and skill instruction are still the main emphasis with a focus on increasing endurance. Swimmers will learn how to complete specific training sets and how to read a pace clock.

*Participation in swim meets is encouraged, but not mandatory.*

3:30 - 4:45 pm | M                      5:15 - 7:00 pm | TU<sup>1</sup>  
3:30 - 4:45 pm | F                      5:15 - 7:00 pm | TH<sup>1</sup>

**EACH SESSION FEES\*** attend two days/week

January (\$91/\$182) | February (\$91/\$182) | March (\$68/\$136)  
April (\$91/\$182) | May (\$91/\$182)

**WINTER SEASON FEE\*** January 8 - March 23, 2018 (\$339 / \$678)

**SPRING SEASON FEE\*** April 2 - May 5, 2018 (\$247 / \$494)

### #35027 / #45027 BRONZE LEVEL

Bronze group is primarily for swimmers who can demonstrate a legal IM, a 50 freestyle under 45.99, and complete training sets over 200 yards. Pace clock and training knowledge will be introduced, and swimmers will learn how to complete training sets on specific repeats.

*Participation in swim meets is encouraged to members of this group.*

3:30 - 5:00 pm | M                      5:15 - 7:00 pm | TU<sup>1</sup>  
3:30 - 5:00 pm | F                      5:15 - 7:00 pm | TH<sup>1</sup>

**EACH SESSION FEES\*** attend two days/week

January (\$84/\$168) | February (\$84/\$168) | March (\$63/\$126)  
April (\$84/\$168) | May (\$84/\$168)

## Winter

### JANUARY Session I

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### FEBRUARY Session II

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

### MARCH Session III

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

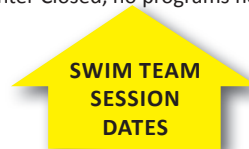
### APRIL Session IV

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### MAY Session V

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- No Swim Team practice held
- Center Closed, no programs held



## Spring

### WINTER SEASON FEE\*

January 8 - March 23, 2018 (\$330 / \$660)

### SPRING SEASON FEE\*

April 2 - May 5, 2018 (\$240 / \$480)

### #35028 / #45028 SILVER LEVEL

Silver is primarily for most 13 & up swimmers who are developing their training skills or rising 11 & up swimmers. Swimmers must be able to perform 50 yards of all four strokes legally without stopping. This group focuses on further refinement of technique and racing skills. Swimmers receive enhanced swim training.

*Participation in swim meets is encouraged to members of this group.*

3:30 - 5:15 pm | M                      5:15 - 7:00 pm | TU<sup>1</sup>  
3:30 - 5:15 pm | F                      5:15 - 7:00 pm | TH<sup>1</sup>

**EACH SESSION FEES\*** attend two days/week

January (\$84/\$168) | February (\$84/\$168) | March (\$63/\$126)  
April (\$84/\$168) | May (\$84/\$168)

### WINTER SEASON FEE\*

January 8 - March 23, 2018 (\$346 / \$692)

### SPRING SEASON FEE\*

April 2 - May 5, 2018 (\$252 / \$504)

# WATER FITNESS

## WATER FITNESS WALK-IN FEE:

\$6 M / \$8 MG / \$12 NM

### #35501 / #45501 ABC (L)

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

January (\$20 M / \$40 NM) | February (\$16 M / \$32 NM)

March (\$16 M / \$32 NM) | April (\$16 M / \$32 NM) | May (\$20 M / \$40 NM)

10:00 - 11:00 am | TH

January (\$16 M / \$32 NM) | February (\$16 M / \$32 NM)

March (\$20 M / \$40 NM) | April (\$16 M / \$32 NM) | May (\$20 M / \$40 NM)

### #35503 / #45503 AQUA FIT (M)

An excellent cardiovascular workout with minimal strain on your joints. Enhance muscle tone and flexibility with a total body workout.

**INSTRUCTOR:** Karla Paxton

5:45 - 6:45 am | M

January (\$16 M / \$32 NM) | February (\$16 M / \$32 NM)

March (\$16 M / \$32 NM) | April (\$20 M / \$40 NM) | May (\$12 M / \$24 NM)

5:45 - 6:45 am | TH

January (\$16 M / \$32 NM) | February (\$16 M / \$32 NM)

March (\$20 M / \$40 NM) | April (\$16 M / \$32 NM) | May (\$20 M / \$40 NM)

### #35504 / #45504 SENIOR SPLASH (L)

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

**INSTRUCTOR:** Laura Goetz

10:00 - 11:00 am | M

January (\$16 M / \$32 NM) | February (\$16 M / \$32 NM)

March (\$16 M / \$32 NM) | April (\$20 M / \$40 NM) | May (\$12 M / \$24 NM)

10:00 - 11:00 am | W

January (\$20 M / \$40 NM) | February (\$16 M / \$32 NM)

March (\$16 M / \$32 NM) | April (\$16 M / \$32 NM) | May (\$20 M / \$40 NM)

10:00 - 11:00 am | F

January (\$16 M / \$32 NM) | February (\$16 M / \$32 NM)

March (\$20 M / \$40 NM) | April (\$16 M / \$32 NM) | May (\$16 M / \$32 NM)

### #35505 / #45505 JUST MY SPEED (L)

Work at your own pace with this low impact routine which includes toning, strengthening, and balance. An afternoon energy boost.

**INSTRUCTOR:** Therresa Bowton

1:00 - 2:00 pm | TU

January (\$20 M / \$40 NM) | February (\$16 M / \$32 NM)

March (\$16 M / \$32 NM) | April (\$16 M / \$32 NM) | May (\$20 M / \$40 NM)

1:00 - 2:00 pm | TH

January (\$16 M / \$32 NM) | February (\$16 M / \$32 NM)

March (\$20 M / \$40 NM) | April (\$16 M / \$32 NM) | May (\$20 M / \$40 NM)

*Need help reaching your Fitness Goals?*

Try Personal Training with Midwest Muscle

see page 25 for details

### #35506 / #45506 JUST THE GUYS (M)

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

January (\$20 M / \$40 NM) | February (\$16 M / \$32 NM)

March (\$16 M / \$32 NM) | April (\$16 M / \$32 NM) | May (\$20 M / \$40 NM)

7:00 - 8:00 am | W

January (\$20 M / \$40 NM) | February (\$16 M / \$32 NM)

March (\$16 M / \$32 NM) | April (\$16 M / \$32 NM) | May (\$20 M / \$40 NM)

7:00 - 8:00 am | F

January (\$16 M / \$32 NM) | February (\$16 M / \$32 NM)

March (\$20 M / \$40 NM) | April (\$16 M / \$32 NM) | May (\$16 M / \$32 NM)



MON	TUES	WED	THU	FRI	SAT	SUN
MEMBERS ONLY 5:30 - 7:00 am*	MEMBERS ONLY 5:30 - 7:00 am*	MEMBERS ONLY 5:30 - 7:00 am*	MEMBERS ONLY 5:30 - 7:00 am*	MEMBERS ONLY 5:30-7:00 am*	Adult Lap Swim* 7:00 - 9:00 am 2/24 - 4/7 8:00 - 10:00 am 1/6-2/17 & 4/14-5/26	
Adult Lap Swim* 11:00 am - 1:00 pm	Adult Lap Swim* 11:00 am - 1:00 pm	Adult Lap Swim* 11:00 am - 1:00 pm	Adult Lap Swim* 11:00 am - 1:00 pm	Adult Lap Swim* 11:00 am - 1:00 pm	Adult Lap Swim* Noon - 1:00 pm 1/6 - 5/12	Adult Lap Swim* Noon - 1:00 pm 1/7 - 5/13
Family/Lap Swim 1:00 - 2:00 pm		Family/Lap Swim 1:00 - 2:00 pm		Family/Lap Swim 1:00 - 2:00 pm	Public/Open Swim 1:00 - 4:30 pm 1/6 - 5/12	Public/Open Swim 1:00 - 4:30 pm 1/7 - 5/13
Family/Lap Swim** 7:00 - 8:00 pm	Family/Lap Swim** 7:00 - 8:00 pm	Family/Lap Swim** 7:00 - 8:00 pm	Family/Lap Swim** 7:00 - 8:00 pm	Public/Open Swim 6:00 - 8:00 pm 1/5 - 5/11		
Adult Lap Swim* 8:00 - 9:00 pm		Adult Lap Swim* 8:00 - 9:00 pm	*2 lanes reserved for Lap Swimmers, 2 lanes are reserved for water exercise **2 lanes reserved for Lap Swimmers, 2 lanes are reserved for family swim			



**CLASS INTENSITY LEVELS**

(L) = Low | (M) = Moderate | (H) = High

**WATER FITNESS**



*Are you looking for a new way to get fit?*

Find great Cross Training opportunities in this guide...

Yoga, Cycling & Fitness Classes on pages 18 - 19

Tae Kwon Do on page 3

Lap Swimming on page 16

**WATER FITNESS & FITNESS SESSION DATES**

Winter

Spring

**#35507 / #45507 POWER SPLASH A.M. (H)**

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

**INSTRUCTOR:** Laura Goetz

9:00 - 10:00 am | TU

January (\$20 M/\$40 NM) | February (\$16 M/\$32 NM)

March (\$16 M/\$32 NM) | April (\$16 M/\$32 NM) | May (\$20 M/\$40 NM)

9:00 - 10:00 am | W

January (\$20 M/\$40 NM) | February (\$16 M/\$32 NM)

March (\$16 M/\$32 NM) | April (\$16 M/\$32 NM) | May (\$20 M/\$40 NM)

9:00 - 10:00 am | F

January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)

March (\$20 M/\$40 NM) | April (\$16 M/\$32 NM) | May (\$16 M/\$32 NM)

**#35508 / #45508 POWER SPLASH P.M. (H)**

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

**INSTRUCTOR:** Laura Goetz & Jill Neal

5:45 - 6:45 pm | M

January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)

March (\$16 M/\$32 NM) | April (\$20 M/\$40 NM) | May (\$12 M/\$24 NM)

5:45 - 6:45 pm | W

January (\$20 M/\$40 NM) | February (\$16 M/\$32 NM)

March (\$16 M/\$32 NM) | April (\$16 M/\$32 NM) | May (\$20 M/\$40 NM)

**#35509 / #45509 WALK THE WATER (M)**

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

9:00 - 10:00 am | M

January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)

March (\$16 M/\$32 NM) | April (\$20 M/\$40 NM)

May (\$12 M/\$24 NM)

9:00 - 10:00 am | TH

January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)

March (\$20 M/\$40 NM) | April (\$16 M/\$32 NM)

May (\$20 M/\$40 NM)

**#35510 / #45510 AQUACISE (M)**

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

8:00 - 9:00 am | M

January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)

March (\$16 M/\$32 NM) | April (\$20 M/\$40 NM)

May (\$12 M/\$24 NM)

8:00 - 9:00 am | TH

January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)

March (\$20 M/\$40 NM) | April (\$16 M/\$32 NM)

May (\$20 M/\$40 NM)

**JANUARY Session I**

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**FEBRUARY Session II**

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

**MARCH Session III**

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**APRIL Session IV**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**MAY Session V**

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

No programs held  
 Center Closed, no programs held

# YOGA & FITNESS

## CLASS INTENSITY LEVELS

(L) = Low | (M) = Moderate | (H) = High

### #34101 / #44101 LENGTHEN & STRENGTHEN YOGA (L)

An all level class where Iyengar yoga influences of alignment blends together with modifications to suit individual needs. Breathing and posture technique to enhance strength, balance, stamina and release inner tension. [See page 17 for session dates.](#)

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

8:00 - 9:15 am | TU  
January (\$25 M/\$50 NM) | February (\$20 M/\$40 NM) | March (\$20 M/\$40 NM)  
April (\$20 M/\$40 NM) | May (\$25 M/\$50 NM)

8:00 - 9:15 am | TH  
January (\$20 M/\$40 NM) | February (\$20 M/\$40 NM) | March (\$25 M/\$50 NM)  
April (\$20 M/\$40 NM) | May (\$25 M/\$50 NM)

### #34108 / #44108 YOGA FOR LIFE (L)

Get back to the basics for health and life. Increase your mind body connection while gaining flexibility and strength with Iyengar yoga for every age. [See page 17 for session dates.](#)

**INSTRUCTOR:** Dena Ross  
**WALK-IN FEE:** \$8 M / \$10 MG / \$16 NM

5:30 - 7:00 pm | W  
January (\$30 M/\$60 NM) | February (\$24 M/\$48 NM)  
March (\$24 M/\$48 NM) | April (\$24 M/\$48 NM) | May (\$30 M/\$60 NM)

### #34129 / #44129 CHAIR YOGA (L)

A gentle style of yoga participants can do from a mostly seated position. This alternative style incorporates the breathing and mind body benefits of a traditional class. [See page 17 for session dates.](#)

**INSTRUCTOR:** Kim Windisch  
**WALK-IN FEE:** \$6 M / \$8 MG / \$12 NM

9:30 - 10:30 am | TU  
January (\$20 M/\$40 NM) | February (\$16 M/\$32 NM)  
March (\$16 M/\$32 NM) | April (\$16 M/\$32 NM) | May (\$20 M/\$40 NM)

9:30 - 10:30 pm | TH  
January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)  
March (\$20 M/\$40 NM) | April (\$16 M/\$32 NM) | May (\$20 M/\$40 NM)

### #34128 / #44128 SCULPT & FLOW YOGA (M)

A twist on a traditional yoga class. What to expect? A yoga flow with added strength training (no weights, just body weight NM), a fun cardio sequence, and great music! This class is all about fun, while still challenging you with yoga! [See page 17 for session dates.](#)

**INSTRUCTOR:** Shannon Port  
**WALK-IN FEE:** \$6 M / \$8 MG / \$12 NM

6:00 - 7:00 pm | TU  
January (\$20 M/\$40 NM)  
February (\$16 M/\$32 NM)  
March (\$16 M/\$32 NM)  
April (\$16 M/\$32 NM)  
May (\$20 M/\$40 NM)



### #34103 / #44103 LOW INTENSITY (L)

A low impact class incorporating aerobics, balance, flexibility and strength. A variety of fitness equipment is used to help you reach your fitness goal. [See page 17 for session dates.](#)

**INSTRUCTOR:** Charlene Lenz  
**WALK-IN FEE:** \$5 M / \$7 MG / \$10 NM

9:45 - 10:30 am | TU  
January (\$15 M/\$30 NM) | February (\$12 M/\$24 NM)  
March (\$12 M/\$24 NM) | April (\$12 M/\$24 NM) | May (\$15 M/\$30 NM)

9:45 - 10:30 am | TH  
January (\$12 M/\$24 NM) | February (\$12 M/\$24 NM)  
March (\$15 M/\$30 NM) | April (\$12 M/\$24 NM) | May (\$15 M/\$30 NM)

### #34107 / #44107 MODERATE INTENSITY (M)

Moderate intensity strength training class combines upper and lower body and core strengthening exercises. A variety of fitness equipment is used to help you reach your fitness goal.

[See page 17 for session dates.](#)  
**INSTRUCTOR:** Charlene Lenz  
**WALK-IN FEE:** \$6 M / \$8 MG / \$12 NM

8:30 - 9:30 am | TU  
January (\$20 M/\$40 NM) | February (\$16 M/\$32 NM)  
March (\$16 M/\$32 NM) | April (\$16 M/\$32 NM) | May (\$20 M/\$40 NM)

8:30 - 9:30 am | TH  
January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)  
March (\$20 M/\$40 NM) | April (\$16 M/\$32 NM) | May (\$20 M/\$40 NM)

## Need help reaching your Fitness Goals?

Try Personal Training with Midwest Muscle  
*see page 25 for details*

### #34109 / #44109 HIGH INTENSITY (H)

Resistance training, cardiorespiratory endurance training and flexibility training in a 60 minutes High Intensity class. Similar to HIIT classes.

[See page 17 for session dates.](#)  
**INSTRUCTOR:** Charlene Lenz  
**WALK-IN FEE:** \$6 M / \$8 MG / \$12 NM

8:30 - 9:30 am | M  
January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)  
March (\$16 M/\$32 NM) | April (\$20 M/\$40 NM) | May (\$12 M/\$24 NM)

5:15 - 6:15 pm | M  
January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)  
March (\$16 M/\$32 NM) | April (\$20 M/\$40 NM) | May (\$12 M/\$24 NM)

8:30 - 9:30 am | W  
January (\$20 M/\$40 NM) | February (\$16 M/\$32 NM)  
March (\$16 M/\$32 NM) | April (\$16 M/\$32 NM) | May (\$20 M/\$40 NM)

5:15 - 6:15 pm | W  
January (\$20 M/\$40 NM) | February (\$16 M/\$32 NM)  
March (\$16 M/\$32 NM) | April (\$16 M/\$32 NM) | May (\$20 M/\$40 NM)



## #34102 / #44102 PIYO (H)

PIYO is a total-body fitness class designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, and increase flexibility.

See page 17 for session dates.

**INSTRUCTOR:** Shannon Port  
**WALK-IN FEE:** \$6 M / \$8 MG / \$12 NM



9:45 - 10:45 am | M  
 January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)  
 March (\$16 M/\$32 NM) | April (\$20 M/\$40 NM) | May (\$12 M/\$24 NM)

6:00 - 7:00 pm | TH  
 January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)  
 March (\$20 M/\$40 NM) | April (\$16 M/\$32 NM) | May (\$20 M/\$40 NM)

## Babysitting Services Available

Let your little one have fun in a safe environment while you get a stress free workout!  
 see page 24 for details

## #34104 / #44104 EARLY BURN (H)

A great way to start your day. This is a challenging and dynamic class. Total body muscle conditioning using dumbbells, bands, exercise balls, body bars and your own body weight as resistance tools. You will burn fat, build strength, increase endurance and sculpt your entire body.

See page 17 for session dates.

**INSTRUCTOR:** Carie Kreiner  
**WALK-IN FEE:** \$6 M / \$8 MG / \$12 NM

5:15 - 6:15 am | M  
 January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)  
 March (\$16 M/\$32 NM) | April (\$20 M/\$40 NM) | May (\$12 M/\$24 NM)

5:15 - 6:15 am | W  
 January (\$20 M/\$40 NM) | February (\$16 M/\$32 NM)  
 March (\$16 M/\$32 NM) | April (\$16 M/\$32 NM) | May (\$20 M/\$40 NM)

5:15 - 6:15 am | F  
 January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)  
 March (\$20 M/\$40 NM) | April (\$16 M/\$32 NM) | May (\$16 M/\$32 NM)

## #34105 / #44105 MORNING MIX (H)

This class offers a blend of cardio and strength training that will burn calories and build muscle. Many different pieces of equipment will be utilized throughout the workout. Your hourly session will finish with core work to tone abs and stretching to enhance flexibility and balance.

See page 17 for session dates.

**INSTRUCTOR:** Yvette Biddle  
**WALK-IN FEE:** \$6 M / \$8 MG / \$12 NM

8:30 - 9:30 am | F  
 January (\$16 M/\$32 NM) | February (\$16 M/\$32 NM)  
 March (\$20 M/\$40 NM) | April (\$16 M/\$32 NM) | May (\$16 M/\$32 NM)

## #34106 / #44106 BARRE (H)

Barre class focuses on the entire body using high repetitions and low weight or body weight. There will be a warm-up, arm focus section, all the major muscles in the legs, hips, thighs, glutes will get love, and mat core work. It is all here in the class that fuses ballet, isometric movements, yoga, and pilates. See page 17 for session dates.

**INSTRUCTOR:** Shannon Port  
**WALK-IN FEE:** \$6 M / \$8 MG / \$12 NM

9:45 - 10:45 am | W  
 January (\$20 M/\$40 NM) | February (\$16 M/\$32 NM)  
 March (\$16 M/\$32 NM) | April (\$16 M/\$32 NM) | May (\$20 M/\$40 NM)

## #34110 / #44110 POUND (H)

Sweat, Sculpt & ROCK with POUND! This full body cardio jam session is inspired by the sweat-dripping, infectious, energizing fun of drumming!

See page 17 for session dates.

**INSTRUCTOR:** Shannon Port  
**WALK-IN FEE:** \$3 M / \$4 MG / \$6 NM



5:15 - 5:45 pm | TU  
 January (\$10 M/\$20 NM) | February (\$8 M/\$16 NM)  
 March (\$8 M/\$16 NM) | April (\$8 M/\$16 NM) | May (\$10 M/\$20 NM)

5:15 - 5:45 pm | TH  
 January (\$8 M/\$16 NM) | February (\$8 M/\$16 NM)  
 March (\$10 M/\$20 NM) | April (\$8 M/\$16 NM) | May (\$10 M/\$20 NM)

9:45 - 10:15 am | F  
 January (\$8 M/\$16 NM) | February (\$8 M/\$16 NM)  
 March (\$10 M/\$20 NM) | April (\$8 M/\$16 NM) | May (\$8 M/\$16 NM)



## #34503 / #44503 CYCLE & STRENGTH (H)

This is a combination fitness class using half calorie torching cycling and half weighted strength training. A great cardio ride will be followed by a total body strength training workout. An ideal class for those looking to get a complete cardio & resistance workout.

See page 17 for session dates.

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

5:15 - 6:30 am | TU  
 January (\$31.25 M/\$62.50 NM) | February (\$25 M/\$50 NM)  
 March (\$25 M/\$50 NM) | April (\$25 M/\$50 NM)  
 May (\$31.25 M/\$62.50 NM)

5:15 - 6:30 am | TH  
 January (\$25 M/\$50 NM) | February (\$25 M/\$50 NM)  
 March (\$31.25 M/\$62.50 NM) | April (\$25 M/\$50 NM)  
 May (\$31.25 M/\$62.50 NM)

# FITNESS & WATER FITNESS *at a glance*

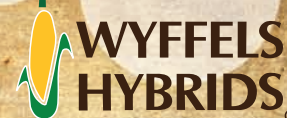
MONDAYS		TUESDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS		SATURDAYS	
5:15am	Early Burn (H) #34104/#44104 5:15 - 6:15 am	Cycle & Strength (H) #34503/#44503 5:15 - 6:30 am	Early Burn (H) #34104/#44104 5:15 - 6:15 am	Cycle & Strength (H) #34503/#44503 5:15 - 6:30 am	Early Burn (H) #34104/#44104 5:15 - 6:15 am						
5:30am	Member Lap Swim* 5:30 - 7:00 am  Aqua Fit (M) #35503/#45503 5:45 - 6:45 am	Member Lap Swim* 5:30 - 7:00 am	Member Lap Swim* 5:30 - 7:00 am	Member Lap Swim* 5:30 - 7:00 am	Member Lap Swim* 5:30 - 7:00 am  Aqua Fit (M) #35503/#45503 5:45 - 6:45 am						
7:00am		Just The Guys (M) #35506/#45506 7:00 - 8:00 am	Just The Guys (M) #35506/#45506 7:00 - 8:00 am		Just The Guys (M) #35506/#45506 7:00 - 8:00 am			Just The Guys (M) #35506/#45506 7:00 - 8:00 am		Adult Lap Swim* 7:00 - 9:00 am 2/24 - 4/7	
8:00am	Aquacise (M/H) #35510/#45510 8:00 - 9:00 am	L & S Yoga (L) #34101/#44101 8:00 - 9:15 am		Aquacise (M/H) #35510/#45510 8:00 - 9:00 am  L & S Yoga (L) #34101/#44101 8:00 - 9:15 am						Adult Lap Swim* 7:00 - 9:00 am 2/24 - 4/7  Adult Lap Swim* 8:00 - 10:00 am 1/6 - 2/17 & 4/14 - 5/26	
8:30am	High Intensity (H) #34109/#44109 8:30 - 9:30 am	Moderate Intensity (M) #34107/#44107 8:30 - 9:30 am	High Intensity (H) #34109/#44109 8:30 - 9:30 am	Moderate Intensity (M) #34107/#44107 8:30 - 9:30 am	Morning Mix (H) #34105/#44105 8:30 - 9:30 am						
9:00am	Walk The Water (M) #35509/#45509 9:00 - 10:00 am	Power Splash A.M. (H) #35507/#45507 9:00 - 10:00 am	Power Splash A.M. (H) #35507/#45507 9:00 - 10:00 am	Walk The Water (M) #35509/#45509 9:00 - 10:00 am	Power Splash A.M. (H) #35507/#45507 9:00 - 10:00 am					Adult Lap Swim* 8:00 - 10:00 am 1/6 - 2/17 & 4/14 - 5/26	
9:30am		Chair Yoga (L) #34129/#44129 9:30 - 10:30 am		Chair Yoga (L) #34129/#44129 9:30 - 10:30 am							
9:45am	PIYO (H) #34102/#44102 9:45 - 10:45am	Low Intensity (L) #34103/#44103 9:45 - 10:30am	Barre (H) #34106/#44106 9:45 - 10:45am	Low Intensity (L) #34103/#44103 9:45 - 10:30am	Pound (H) #34110/#44110 9:45 - 10:15am						
10:00am	Senior Splash (L) #35504/#45504 10:00 - 11:00 am	ABC (L) #35501/#45501 10:00 - 11:00 am	Senior Splash (L) #35504/#45504 10:00 - 11:00 am	ABC (L) #35501/#45501 10:00 - 11:00 am	Senior Splash (L) #35504/#45504 10:00 - 11:00 am						
11:00am	Adult Lap Swim* 11:00am - 1:00pm	Adult Lap Swim* 11:00am - 1:00pm	Adult Lap Swim* 11:00am - 1:00pm	Adult Lap Swim* 11:00am - 1:00pm	Adult Lap Swim* 11:00am - 1:00pm						
NOON	Adult Lap Swim* 11:00am - 1:00pm	Adult Lap Swim* 11:00am - 1:00pm	Adult Lap Swim* 11:00am - 1:00pm	Adult Lap Swim* 11:00am - 1:00pm	Adult Lap Swim* 11:00am - 1:00pm					Lap Swim Noon - 1:00 pm 1/6 - 5/12	
1:00pm	Family/Lap Swim* 1:00 - 2:00 pm	Just My Speed (L) #35505/#45505 1:00 - 2:00 pm	Family/Lap Swim* 1:00 - 2:00 pm	Just My Speed (L) #35505/#45505 1:00 - 2:00 pm	Family/Lap Swim* 1:00 - 2:00 pm					Public/Open Swim 1:00 - 4:30 pm 1/6 - 5/12	
											<b>SUNDAYS</b>
5:15pm	High Intensity (H) #34109/#44109 5:15 - 6:15pm	Pound (H) #34110/#44110 5:15 - 5:45pm	High Intensity (H) #34109/#44109 5:15 - 6:15 pm  Yoga for Life (L) #34108/#44108 5:30 - 7:00 pm	Pound (H) #34110/#44110 5:15 - 5:45pm						Lap Swim Noon - 1:00 pm 1/7 - 5/13	
5:45pm	Power Splash P.M. (H) #35508/#45508 5:45 - 6:45 pm		Power Splash P.M. (H) #35508/#45508 5:45 - 6:45 pm							Public/Open Swim 1:00 - 4:30 pm 1/7 - 5/13	
6:00pm	Tae Kwon Do #33100/#43101 6:00 - 7:00 pm	Sculpt & Flow Yoga (M) #34128/#44128 6:00 - 7:00pm	Tae Kwon Do #33100/#43101 6:00 - 7:00 pm	PIYO (H) #34102/#44102 6:00 - 7:00pm	Public/Open Swim 6:00 - 8:00pm 1/5 - 5/11						
7:00pm	Family/Lap Swim** 7:00 - 8:00 pm	Family/Lap Swim** 7:00 - 8:00 pm	Family/Lap Swim** 7:00 - 8:00 pm	Family/Lap Swim** 7:00 - 8:00 pm							
8:00pm	Adult Lap Swim* 8:00 - 9:00 pm		Adult Lap Swim* 8:00 - 9:00 pm								

\*2 lanes reserved for Lap Swimmers, 2 lanes are reserved for water exercise  
\*\*2 lanes reserved for Lap Swimmers, 2 lanes are reserved for family swim





Thank you to our Sponsors for making this event possible



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All proceeds from the 3rd Annual Parktoberfest support the Geneseo Park District Foundation!

**save THE date**

4<sup>th</sup> Annual Parktorfest will be held  
**OCTOBER 13, 2018**



# BECOME A MEMBER

## Why become a Member?

**COMMUNITY CENTER MEMBERSHIPS** includes access to all amenities at the Geneseo Community Center.

- Cardio/Weight Room
- Indoor Pool
- Sauna
- Indoor Elevated Track
- Gym, Racquetball & Pickleball courts
- **Plus** 50% off Programs (excludes programs held at the Aquatic Center)
- Fitness on Demand
- Cycling Room (during open hours)

**AQUATIC CENTER MEMBERSHIPS** include access to the John & Carla Edwards Aquatic Center.

- Pool House
- Splash Pad
- Drop Slide
- 2 Diving Boards
- Climbing Wall
- Activity Pool with Zero Depth Entry & Current Channel
- 6 Lane Lap Pool
- **Plus** 50% off all Aquatic Center Programs (includes summer swimming lessons)

**PARK DISTRICT MEMBERSHIP** includes everything!

- Access to all the facilities and amenities listed above.
- **Plus** 50% off all programs

**With your membership you can also receive...**

### STRATEGY SESSION PACKETS FOR NEW MEMBERS & CURRENT MEMBERS

As part of new memberships you get a STRATEGY SESSION that includes a Fitness Orientation, a Fitness Assessment and a Fitness Consultation.

**This is all at no additional cost to you!\***

The Strategy Session will help you gain a full understanding of the Cardio/Weight Room and a fitness plan – all intended to give you the tools to reach your goals.

**FEE:** \*FREE to new Members / \$25 for Current Members

### LOCKER RENTAL

Make it even easier to reach your fitness goals - have all your items on hand by renting locker space. 3 sizes available for annual rental.

Gym 1/3 Size...\$15/yr  
 Indoor Pool 1/2 Size...\$18/yr  
 Gym or Indoor Pool Full Size...\$33/yr

as of January 1, 2018

	COMMUNITY CENTER MEMBERSHIP			AQUATIC CENTER MEMBERSHIP			PARK DISTRICT MEMBERSHIP		
<b>Youth</b> (6 mos. - 18 yrs)	<b>\$165</b>			<b>\$150</b>			<b>\$285</b>		
	\$165.00 1-pay	\$58.34 3-pay*	\$15.75 12-pay*	\$150.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$285.00 1-pay	\$98.34 3-pay*	\$25.75 12-pay*
<b>Adult</b> (19 - 64 yrs)	<b>\$215</b>			<b>\$150</b>			<b>\$335</b>		
	\$215.00 1-pay	\$75.00 3-pay*	\$19.92 12-pay*	\$150.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$335.00 1-pay	\$115.00 3-pay*	\$29.92 12-pay*
<b>Senior</b> (65+ yrs)	<b>\$190</b>			<b>\$150</b>			<b>\$310</b>		
	\$190.00 1-pay	\$66.67 3-pay*	\$17.84 12-pay*	\$150.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$310.00 1-pay	\$106.67 3-pay*	\$27.84 12-pay*
<b>Household</b> (2 or more people residing at the same address)	<b>\$340</b>			<b>\$275</b>			<b>\$585</b>		
	\$340.00 1-pay	\$116.67 3-pay*	\$30.34 12-pay*	\$275.00 1-pay	n/a 3-pay*	n/a 12-pay*	\$585.00 1-pay	\$198.34 3-pay*	\$50.75 12-pay*

\*Service Fees included. See Payment Plans for details

## What if I am not a resident of the Geneseo Park District?

**NON-RESIDENT:** Non-residents are persons who do not reside within the corporate boundaries of the Geneseo Park District nor pay taxes for the Geneseo Park District. Additional \$50 non-resident fee will be applied to all Community Center, Aquatic Center, Park District and 6-month membership purchases or renewals.

## How can I pay for a Membership?

The Geneseo Park District offers three easy payment plan options...

**1 - PAY** Pay the full amount owed at time of purchase. All major credit cards are accepted.

**3 - PAY (3 CONSECUTIVE MONTHLY PAYMENTS)** The membership rate is divided into 3 equal payments, which are paid the first three months of your membership plus a \$10.00 service fee. If monthly payments are not paid by due dates, a late fee of \$5.00 per month will be charged. Future memberships may not be obtained until complete balances are paid in full. Only available on annual membership purchase. The \$10 service fee is reflected in the listed 3-pay price.

**12 - PAY (AUTOMATIC ELECTRONIC WITHDRAWAL)** 12-pay is the only way that the Geneseo Park District can accept monthly payments for annual membership dues. An initial down payment is required at time of purchase, fulfilling your first and last month's payment obligation. A monthly service fee of \$2.00 will be included in the monthly payment. **Monthly dues will be withdrawn for a minimum of 10 months and will automatically continue until we receive a 30 day written notice of termination.**

**FINANCIAL ASSISTANCE IS AVAILABLE** For more information call (309) 944-5695 or visit [www.GeneseoParkDistrict.org](http://www.GeneseoParkDistrict.org)



## Other membership options

The Geneseo Park District understands that a full year membership does not work for everyone. There are 2 short term membership options; 6-month and 1-month memberships. These memberships grant you access to the amenities at The Center on a shorter contract, giving you more flexibility and a better fit for your busy schedule.

Please note: *Payment plans are not applicable for 6-month or 1-month Memberships. Non-Resident Fees do not apply to 1-month memberships. 6-month or 1-month memberships are not eligible for program or Business Membership discounts.*

<b>6 MONTH COMMUNITY CENTER MEMBERSHIP</b>	\$150/person
<b>1 MONTH COMMUNITY CENTER MEMBERSHIP</b>	\$50/person

## What discounts do you offer?

The Geneseo Park District offers Business Membership Discounts. If your employer has a Business Membership, you could be eligible for a 10% discount off your annual Membership fee. Please see desk attendant for a list of current participating employers.

**Your employer is not part of this program?** Talk to them today about helping you and your coworkers receive a discount to get fit and healthy. Healthy employees are more productive and can reduce employer expenses. Call (309) 944-5695 for more details.

## Can I use The Center or Aquatic Center if I am not a Member?

Yes, anyone can use The Center, John & Carla Edwards Aquatic Center or sign up for programs.

### DAILY ADMISSION AT THE CENTER

\$6.00 Youth/Senior  
\$7.00 Adult

### DAILY ADMISSION AT THE AQUATIC CENTER

\$7.00 / person  
\$20 / Family on Family Swims

## How do I register for a Program or Class?

Register for programs or classes by visiting the Geneseo Community Center, by mail sent to 541 E. North Street in Geneseo or by using our online registration at [www.GeneseoParkDistrict.org](http://www.GeneseoParkDistrict.org).

- Programs may not be transferred from one person to another.
- Telephone registration will not be accepted.
- The Park District does not provide accident insurance. Each person participates at his or her own risk.
- The Park District reserves the right to consolidate, postpone or cancel any activity or program.
- On days when Geneseo Schools are cancelled due to weather, our programs are also cancelled.
- The Park District will not issue a refund for the difference in the program fee if a Membership is purchased after the first day of the program.

*We want to include you, yes you...*The Park District believes each participant should be provided with leisure services to allow for his/her highest level of performance. **Inclusion Services** are designed to facilitate and ensure opportunities are available in the least restrictive environment and to make certain residents are given the opportunity to choose the services they desire.

The Geneseo Park District will make reasonable accommodations in recreation programs to enable participation by an individual with a disability that meets essential eligibility requirements for that leisure program and facility. *If you have any special needs, please contact Scott Himmelman or Jackie Beach at (309) 944-5695.*

**CLASS FEES:** (Geneseo Community Center Member Pricing [M] / Geneseo Community Center Non Member Pricing [NM])

## What if I want to cancel or upgrade my Membership or Program?

**UPGRADING MY MEMBERSHIP:** When upgrading your membership you will receive 100% credit of the unused portion on the existing membership which is deducted from the new membership price. A new expiration date is established at the time of upgrade. New payment plan forms will be completed at this time. No refunds are applied on 12-pay option.

**MEMBERSHIP CANCELLATION POLICY:** Annual memberships discontinued before the year is completed will be refunded on the basis of 1/2 of the unused balance plus a \$5.00 service fee (not applicable on 12-pay option).

### MEMBERSHIPS ARE NOT TRANSFERABLE

**PROGRAM CANCELLATION POLICY:** Full refunds will be given to a registrant for any program, provided that the refund is requested of the Park District before the class starts. Refunds after a class begins will be at a rate of 1/2 of the unused portion at the time of the request.

# COMMUNITY CENTER *Hours*

September 5, 2017 - May 25, 2018

	MEMBER ONLY	NON MEMBER
Monday - Thursday	5:00 am – 11:00 pm	8:00 am – 9:00 pm
Friday	5:00 am – 9:00 pm	8:00 am – 9:00 pm
Saturday	6:00 am – 5:00 pm	8:00 am – 5:00 pm
Sunday	8:00 am – 11:00 pm	8:00 am – 5:00 pm

## COMMUNITY CENTER DAILY ADMISSION

\$6.00 Youth/Senior | \$7.00 Adult

See page 22 - 23 for Membership Options

## HOLIDAY CENTER *Closings*

- New Year's Day (Closed)
- Easter Sunday (Closed)
- Memorial Day (Closed)\*
- Independence Day (Closed)\*
- Labor Day (Closed)\*
- Thanksgiving Day (Closed)
- Christmas Eve (Close at Noon)
- Christmas Day (Closed)
- New Year's Eve (Close at 5pm)

\*The Aquatic Center will remain open

## BABYSITTING SERVICES *Hours*

Monday - Friday 8:00 - 11:00 am  
Monday - Thursday 5:00 - 7:30 pm

The Geneseo Park District Babysitting Service is available for children of our patrons. Parents or guardians must remain in the Community Center building while the child is in the babysitting room. Children must be at least 6 months of age and care items must be provided by the parent and labeled with child's name. Bottles and sippy cups of juice are permissible. Food items are not to be brought into the room, crackers are provided.

**Walk-In Members:** \$3.00/child per visit. 3<sup>rd</sup> and 4<sup>th</sup> child are \$1.50/child per visit. Maximum of \$9.00/visit per family.

**Walk-In Non-Members:** \$6.00/child per visit. 3<sup>rd</sup> and 4<sup>th</sup> child are \$3.00/child per visit. Maximum of \$18.00/visit per family.

**Members Only**  
**Babysitting Punch Cards<sup>1</sup>**  
10 punch card | \$25.00  
25 punch card | \$50.00  
50 punch card | \$75.00

<sup>1</sup>Punch Cards can be purchased at the Geneseo Community Center. Punch cards are not transferable. Any refund requests will be handled on a case by case basis.

# RENTALS *Plan your Special Event* at the Geneseo Park District

Visit us online or call (309) 944-5695 for information about renting the Gyms, Courts, Bounce House, Indoor Pool, Aquatic Center, Life Fitness Room, Indoor Pool Lounge, Dedrick Room with Kitchen or Small Meeting Room.

*All rentals are during regularly scheduled hours unless otherwise listed.*

*Please contact The Center for After Hour Rental Pricing (additional charges may apply)*



as of January 1, 2018	Regular	Nonprofit
<b>DEDRICK ROOM</b>	\$25/hour	\$15/hour
<b>POOLSIDE ROOM</b> <i>open year round</i>	\$25/hour <sup>1</sup>	\$15/hour <sup>1</sup>
<b>MAIN GYM</b>	\$60/hour	\$50/hour
<b>PROGRAM GYM</b> <i>spring floor only</i>	\$60/hour	\$50/hour
<b>VOLLEYBALL/BASKETBALL COURT</b>	\$40/hour	\$30/hour
<b>INDOOR POOL</b>	\$80/hour	\$70/hour
<b>INDOOR POOL LOUNGE</b>	\$30 flat fee	
<b>LIFE FITNESS ROOM</b>	\$30/hour	\$20/hour
<b>AQUATIC CENTER</b> <i>after hours</i>	\$150/hour <sup>1</sup>	\$130/hour <sup>1</sup>
<b>ATHLETIC FIELD</b>	\$10/hour	\$5/hour
<b>ATHLETIC FIELD SHELTER</b>	\$20/day	
<b>BOUNCE HOUSE</b> <i>on-site</i>	\$125/hour	
<b>BLOW UP MOVIE SCREEN PACKAGE</b> <i>on-site</i>	\$300 / 3 hours <sup>2</sup>	
<b>CENTRAL THEATER</b>	\$60/hour <sup>1</sup>	\$50/hour <sup>1</sup>

<sup>1</sup>Additional charges apply for use of Concessions and/or Equipment

<sup>2</sup>Includes blow up movie screen, AV equipment and either Main Gym or Athletic Field Rental for up to 3 hours.

Visit us online or call (309) 944-5695  
for more information

# Meeting, Reunion, Shower...

WHATEVER YOUR EVENT YOU WILL FIND A PERFECT FIT WITH THE PARK DISTRICT



Did you know you can reserve the...

## POOLSIDE ROOM

at the Aquatic Center all year round!

See rental pricing above or visit [GeneseoParkDistrict.org](http://GeneseoParkDistrict.org)





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THAT'S OUR  
LOYALTY PROGRAM.**

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**Lose Weight, Gain Muscle, Get Healthier**  
with Midwest Muscle  
at the Geneseo Community Center

**PERSONAL TRAINING**



[www.midwestmuscleinc.com](http://www.midwestmuscleinc.com)

**TRADITIONAL PERSONAL TRAINING**

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.

**CERTIFIED PERSONAL TRAINER:** Charlene Lenz, *Midwest Muscle*

1 session	<b>FEE:</b> \$30 M / \$60 NM
5 Sessions	<b>FEE:</b> \$125 M / \$250 NM

**SEMI-PRIVATE PERSONAL TRAINING**

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.

**CERTIFIED PERSONAL TRAINER:** Charlene Lenz, *Midwest Muscle*

1 session	<b>FEE:</b> \$25 M / \$50 NM
5 Sessions	<b>FEE:</b> \$110 M / \$220 NM

**Contact The Center at (309) 944-5695 or  
Charlene with Midwest Muscle at (319) 572-6471  
to start your personal training today!**

*Personal Training sessions will expire 1-year from date of purchase. This expiration date is designed to help you achieve your fitness goals in a timely manner.*

ECRWSS  
RESIDENTIAL CUSTOMER

# It's about providing a POSITIVE RECREATIONAL EXPERIENCE for all!

## Geneseo Park District Foundation

*The Foundation is an IRS 501(c)(3) organization and all donations to the Foundation are tax deductible to the fullest extent of the law.*

### Making a Difference

Due to the community's support, the Foundation has been able to help the Park District with...

**FREE COMMUNITY EVENTS** The Foundation aids the Park District in offering FREE, fun community events!

**FUNDing POSITIVE RECREATIONAL EXPERIENCES** A Financial Assistance Program that strives to remove the financial barriers that may prevent Park District residents from enjoying a Positive Recreational Experience.

**CAPITAL EQUIPMENT** such as Gymnastics Equipment, Swim Suit Spinner in the Indoor Pool locker rooms along with Cardio & Weight Equipment.

**CAPITAL PROJECTS** like the John & Carla Edwards Aquatic Center. The Foundation's Make A Splash Campaign helped provide a state of the art Aquatic Center that offers something for everyone.

**FUNDRAISING EVENTS** like the annual Parktoberfest, that offers a fun evening out while supporting the foundation.

**OUR MISSION** The Foundation's mission is to promote and cultivate stewardship along with financial support empowering the Geneseo Park District to enhance the quality of life in our community by providing a positive recreational experience for all.

The Foundation cooperatively works with the Park District Board & Staff in selecting and funding capital improvement projects for the Geneseo Park District.

**ABOUT US** The Geneseo Park District Foundation was founded in 2014 primarily to help raise capital funds for a new Aquatic Center. The Foundation has since broadened its focus to continue to support and promote the mission of the Geneseo Park District.

### GET INVOLVED by becoming a Foundation Board Member

Are you passionate about the Geneseo Park District Foundation's Mission and would like to help us grow?

*Please visit our website for a complete Foundation Board Member Position Description and Application.*



CREATING MEMORIES that last a lifetime

Help create lasting memories in our Community by giving to the Geneseo Park District Foundation.

Find out how at [www.GeneseoParkDistrict.org](http://www.GeneseoParkDistrict.org)