



GENESEO  
PARK DISTRICT

# SEPTEMBER PROGRAMS

www.GeneseoParkDistrict.org

**For the health & safety of our community, please complete a self-assessment before entering any Park District Facility.**

The Park District and/or its independent contractors reserve the right to consolidate, postpone or cancel any activity or program that has not met the established minimum three (3) days prior to the start of class.

## WATER FITNESS

- Participants should wear face coverings whenever not exercising.
- Participants should maintain 6-ft. of distance during exercise.
- Equipment should not be shared between participants unless from the same household.
- Participants should not arrive earlier than 5 minutes before the class begins.

**MAX:** 12 participants / class

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

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

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

**INSTRUCTOR:** Laura Goetz

8:30 - 9:30 am | TU

September 8 - 29, 2020  
(\$18 M / \$36 NM)

8:30 - 9:30 am | W

September 2 - 30, 2020  
(\$22.50 M / \$45 NM)

8:30 - 9:30 am | F

September 4 - 25, 2020  
(\$18 M / \$36 NM)

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

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

9:45 - 10:45 am | M

September 14 - 28, 2020  
(\$13.50 M / \$27 NM)

9:45 - 10:45 am | W

September 2 - 30, 2020  
(\$22.50 M / \$45 NM)

9:45 - 10:45 am | F

September 4 - 25, 2020  
(\$18 M / \$36 NM)

### JUST THE GUYS (M) #25506

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

**INSTRUCTOR:** Therresa Bowton

7:15 - 8:15 am | TU

September 1 - 29, 2020  
(\$22.50M / \$45NM)

7:15 - 8:15 am | TH

September 3 - 24, 2020  
(\$18 M / \$36 NM)

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

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

**INSTRUCTOR:** Laura Goetz & Jill Neal

5:30 - 6:30 pm | M

September 14 - 28, 2020  
(\$13.50 M / \$27 NM)

5:30 - 6:30 pm | W

September 2 - 30, 2020  
(\$22.50 M / \$45 NM)

### FLOAT & FLOW (M) #25517

Yoga on the water! Using floating fitness boards, this yoga class will be a dynamic alignment based blend of yoga styles that is slower, compassionate, sustainable, strong, introspective, and FUN

**INSTRUCTOR:** Shannon Port

9:30 - 10:30 am | SA

September 12 - 26, 2020  
(\$13.50 M / \$27 NM)

### INDOOR POOL LAP SWIM/WATER EXERCISE

*by reservation only*

**August 31 - October 4, 2020**

Limit of 2 swimmers/lane. Only 1 reservation per person/day. Reservations made weekly online or by calling (309) 944-5695

## NEW CENTER HOURS

*Everyone Welcome!*

Starting September 8, 2020

**Monday - Friday**

5:00 am - 9:00 pm

**Saturday & Sunday**

7:00 am - 3:00 pm

### DAILY ADMISSION AT THE CENTER

\$7.00 Youth/Senior

\$8.00 Adult

## CLOSED LABOR DAY

## FITNESS CLASSES

- Participants should wear face coverings whenever not exercising.
- Participants should maintain 6-ft. of distance during exercise.
- Equipment should not be shared between participants unless from the same household.
- Participants should not arrive earlier than 5 minutes before the class begins.

### INFERNO PILATES (M) #24115

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

**INSTRUCTOR:** Shannon Port

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

6:00 - 7:00 pm | TU

September 1 - 29, 2020  
(\$22.50 M / \$45 NM)

8:00 - 9:00 am | TH

September 3 - 24, 2020  
(\$18.00 M / \$36 NM)

**MORE PROGRAMS**



# SEPTEMBER PROGRAMS cont...



www.GeneseoParkDistrict.org

## FITNESS CLASSES cont...

### LOW INTENSITY (L) #24103

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

**INSTRUCTOR:** Shannon Port

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

9:30 - 10:30 am | TH

September 3 - 24, 2020

(\$18.00 M / \$36 NM)

### EARLY BURN (H) #24104

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

**INSTRUCTOR:** Carie Kreiner

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

5:15 - 6:15 am | M

September 14 - 28, 2020

(\$13.50 M / \$27 NM)

5:15 - 6:15 am | W

September 2 - 30, 2020

(\$22.50 M / \$45 NM)

5:15 - 6:15 am | F

September 4 - 25, 2020

(\$18 M / \$36 NM)

### BARRE (H) #24106

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.

**INSTRUCTOR:** Shannon Port

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

9:00 - 10:00 AM | M

September 14 - September 28, 2020

(\$13.50 M / \$27 NM)

### SH1FT (H) #24116

Smart High Intensity Function Training for all fitness levels. Use your bodyweight as the tool to develop speed, balance and agility. You'll build athletic fitness as you sweat through simple progressions that work for all fitness levels.

**INSTRUCTOR:** Shannon Port

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

8:00 - 8:30 am | W

September 2 - 30, 2020

(\$11.25 M / \$22.50 NM)

### YBB (H) #24112

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

**INSTRUCTOR:** Shannon Port

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

8:00 - 9:00 am | SA

September 12 - 26, 2020

(\$13.50 M / \$27 NM)

### FITNESS ACCESS #24119

**MAX:** 5 participants

Middle school age students will gain access to all fitness areas including the Cardio/Weight Room, Life Fitness Room\*, Cycling Room\*, Sauna & Elevated Indoor Track. Participants will receive instruction on etiquette and how to safely and effectively use equipment in these areas. Taught by an ISSA Certified Personal Trainer & Certified Corrective Exercise Specialist.

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

**INSTRUCTOR:** Shannon Port, Hammond-Henry Rehab Personal Trainer

**GRADES:** 6th - 8th

5:00 - 6:00 pm | W

September 9 - 23, 2020

(\$30 M / \$60 NM)



**Geneseo Running Club**

The Geneseo Running Club meets

WEDNESDAYS 7:00 PM at GBC

SATURDAYS 7:30 AM

at Canal Locks on Grange Road

## YOGA

### FLOW (M) #24111

Flow is feel-good vinyasa designed for all fitness levels. Prepare to move with full body sequences that will energize your day and lift your spirits. This is a music driven yoga experience where you will find the beat, your breath, and FLOW.

**INSTRUCTOR:** Shannon Port

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

8:00 - 9:00 am | TU

September 1 - 29, 2020

(\$22.50 M / \$45 NM)

## CYCLING

### HIP HOP SPIN (H) #24504

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

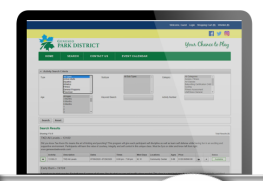
**INSTRUCTOR:** Shannon Port

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

6:00 - 7:00 PM | M

September 14 - 28, 2020

(\$16.50 M / \$33 NM)



VIEW & REGISTER FOR ACTIVITIES

ONLINE



NO FEES



EASY



CONVENIENT



SAVES TIME



SAVES PAPER

# SEPTEMBER PROGRAMS cont...



www.GeneseoParkDistrict.org

## PERSONAL TRAINING

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

### TRADITIONAL

Traditional Personal Training is one person working with one of our Certified Personal Trainers. It offers the greatest flexibility to use the sessions when it is convenient for you, the utmost privacy and the best personalized program.

1 session | FEE: \$30 M / \$60 NM  
5 Sessions | FEE: \$125 M / \$250 NM

### SEMI-PRIVATE

Semi-Private Personal Training is 2-3 friends or family members working with one of our Certified Personal Trainers at the same time. It offers the flexibility to use the sessions when it is convenient for all people, support from friends and family members and a personalized program that meets the common goal of all individuals, but at a reduced fee.

1 session | FEE: \$25 M / \$50 NM  
5 Sessions | FEE: \$110 M / \$220 NM

## LEARN TO SWIM

**September 8 - October 15, 2020**

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

- Instructors will teach from the deck with a face covering on.
- **Participants in Lake Explorer, Ocean Explorer, Tadpole & Minnow must have a parent in the water.** This measure is to eliminate contact from instructor to participants.
- Participants will arrive no earlier than 5 minutes before the class begins.
- At the end of class, lingering in the locker rooms will not be allowed & all participants must be out of the locker room 15 minutes after lesson ends. This is to allow for disinfection before next class arrives.
- There will be no spectators allowed in any area during swim lessons.

**MAX:** 6 participants / class

### LAKE EXPLORER #25003

Lake Explorers will learn to enter & exit water independently using the steps or side, jump in assisted or independently, supported front & back floats, rhythmic bobbing on side and locomotion.

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

### OCEAN EXPLORER #25004

Participants will master face floats and back floats, jumping into the pool and bobbing independently by the end of class.

5:00 - 5:30 pm | TU (\$30 M / \$60 NM)

### TADPOLE #25005

**Class prerequisites:** Must have passed Ocean Explorer or completed Kindergarten to take this class. Participants work on submerging, face and back floats, add on kicks and rhythmic breathing.

4:00 - 5:00 pm | TH (\$60 M / \$120 NM)

### MINNOW #25006

**Class prerequisites:** Must have passed Tadpole to take this class. Participants will work on skills to be able to swim 1/2 way across shallow end

5:30 - 6:30 pm | TH (\$60 M / \$120 NM)

### WHALES #25007

**Class prerequisites:** Must have passed Minnow to take this class. Participants will work on skills to swim front and back crawl one width in shallow and deep water.

4:00 - 5:00 pm | TU (\$60 M / \$120 NM)

**SPLASH PAD** *by reservation only.*

**OPEN THROUGH SEPTEMBER**

Members & Park District Residents **FREE**

Non-residents \$2 per person

Only 1 reservation per person/day.

*Remember to select the total number of attendees in your group.*

[GeneseoParkDistrict.org/aquatic-center](http://GeneseoParkDistrict.org/aquatic-center)

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

**Class prerequisites:** Must have passed Whales to take this class. Participants will work on skills to swim front and back crawl one length.

5:30 - 6:30 pm | TU  
(\$60 M / \$120 NM)

### HIGH SCHOOL SWIM TRAINING #25022

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

2:30 - 4:00 pm | M

September 14 - 28, 2020  
(\$33.75 M / \$67.50 NM)

## SPECIALTY SWIM LESSONS

Call 944-5695 to schedule private, semi-private or special swims. Once requests are made, instructor & four ½ hour lesson times will be assigned.

*Specialty Swim Lessons will expire one year from the date of purchase & must be paid prior to the first lesson.*

**AGES:** 3 and over

### PRIVATE SWIM LESSONS

Private swimming lessons are one instructor to one student. Lessons are thirty minutes. **FEE:** \$75 M / \$150 NM

### SEMI-PRIVATE SWIM LESSONS

Semi-private swimming lessons are one instructor to two or three students at similar swimming levels. Lessons are thirty minutes. **FEE:** \$60 M / \$120 NM

### SPECIAL SWIM

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

**FEE:** \$50 M / \$100 NM

# SEPTEMBER PROGRAMS cont...



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## GYMNASTICS

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

- It is recommended that gymnasts are dropped off at The Center's front doors no more than 5 minutes before class.
- Parents may come in with gymnasts to check-in, but are asked to return to their vehicles once class begins.

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

**MAX:** 8 participants / class

### GIRLS RULE #23203

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

**AGES:** 5 - 12

4:00 - 5:00 pm | M

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

### JUNIOR PREP / INTERMEDIATE #23205

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

**AGES:** 9 yrs or older

4:00 - 5:00 pm | TU

September 8 - 29, 2020  
(\$40 M / \$80 NM)

### JUNIOR OLYMPIC #23213

Are you interested in competitive gymnastics? Then this is the program for you. Gymnastics routines will be learned and developed. **AGES:** 7 yrs or older

5:15 - 6:45 pm | M & W

August 31 - September 30, 2020  
(\$135 M / \$270 NM)

5:15 - 6:45 pm | TU & TH

September 1 - October 1, 2020  
(\$150 M / \$300 NM)

### HIGH SCHOOL / MIDDLE SCHOOL OPTIONALS #23218

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

**GRADES:** 8th & up

7:00 - 8:30 pm | M & W

August 31 - September 30, 2020  
(\$135 M / \$270 NM)

7:00 - 8:30 pm | TU & TH

September 1 - October 1, 2020  
(\$150 M / \$300 NM)

## YOUTH ATHLETICS

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

- Face coverings will be required for participants, coaches and staff. *Face coverings may be removed if able to maintain 6' of distance per instructor discretion.*
- Spectators will be required to maintain a distance of at least 30 feet.
- Participants will be required to maintain 6' of distance if not directly involved in the activity.

### TRACK & FIELD WEEK #22408

**MAX:** 20 participants

Participants will spend the first part of the week learning skills and events to participate in a track meet. Activities will range from broad jump and softball throw to sprints and relay practice. Participants will have the opportunity to try both track and field events. The program will end with a track competition on Thursday.

**GRADES:** 1st - 8th

5:00 - 6:00 pm | M - W

5:00 - 7:00 pm | TH *Track Competition*

4-Day Clinic; September 14 - 17, 2020  
(\$50 M / \$100 NM)

LOCATION: Athletic Field

## OUTDOOR MOVIE SERIES

MOVIES BEGIN AT DUSK  
FREE ADMISSION

thanks to the  
Geneseo  
Park District  
Foundation

### ALADDIN (PG)

**SATURDAY SEPTEMBER 12, 2020**

Get in your car and come watch a family friendly movie outdoors on the big screen at the Athletic Field. Listen to the movie either through your vehicle radio or bring a portable device.

*Limit 50 cars. Gates open at 6:30 pm.*

*Movies begin at Dusk.*

### INSTRUCTIONAL VOLLEYBALL

**MAX:** 15 participants / age group.

Players will learn the hitting techniques, footwork, positions, & 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

#22152 4:00 - 5:00 pm | TU | **GR:** 3rd - 5th

#22153 5:30 - 6:30 pm | TU | **GR:** 6th - 8th

September 14 - October 19, 2020

(\$60 M / \$120 NM)

### STARTING NEW AT GOLF (SNAG®)

#22005

**MAX:** 8 participants

SNAG falls somewhere between miniature golf & regulation golf. Qualified instructors use simplified equipment, rules and terminology to teach the fundamentals of golf along with proper golf etiquette.

4:30 - 5:30 pm | M - W | **GR:** K - 5th

3-Day Clinic; September 21 - 23, 2020

(\$30 M / \$60 NM)

LOCATION: Athletic Field

JOIN OUR ONLINE COMMUNITY



GeneseoParkDistrict



@GeneseoParkDist



geneseo\_park\_district



# SEPTEMBER PROGRAMS cont...



www.GeneseoParkDistrict.org

## PE HOME SCHOOL PROGRAM #24117

**MAX:** 8 participants / age group

This program will provide an opportunity to students who are enrolled for online learning to participate in a twice a week physical education class. The class will consist of up to one hour of physical activity including a wide variety of games and activities, each day will be different to help keep things exciting.

Noon-1:00 pm | TU & TH | **GR:** PRE-K to 2  
1:30 - 2:30 pm | TU & TH | **GR:** 3rd - 5th  
September 8 - 24, 2020  
(\$60 M / \$120 NM)

## FLAG FOOTBALL

**MAX:** 40 players / age group.

The strong tradition of Geneseo Football continue! Coaches will teach or fine tune new and experienced players' basic skills of stance, throwing and catching a football, running routes & playing defense through a variety of station drills & informal play. Participants will practice skills for the first two weeks and have intra-squad scrimmages for the final four weeks.

### Volunteer Coaches are needed!

Parents interested in coaching may fill out a volunteer application. Volunteer coaching may be limited due to group size restrictions. Children of volunteer coaches get the program for **free!**

#22201 10:00 - 11:00 am | SA

**GRADES:** 1st - 2nd

#22202 11:30 am - 12:30 pm | SA

**GRADES:** 3rd - 4th

#22203 1:00 - 2:00 pm | SA

**GRADES:** 5th - 6th

September 12 - October 17, 2020  
(\$60 M / \$120 NM)

LOCATION: Athletic Field

### OCTOBER 17<sup>TH</sup> NIGHT GAMES

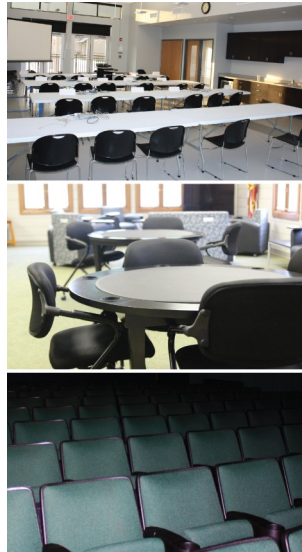
5:00 - 6:00 pm | **GRADES:** 1st - 2nd

6:30 - 7:30 pm | **GRADES:** 3rd - 4th

8:00 - 9:00 pm | **GRADES:** 5th - 6th

## FRIENDLY COVID REMINDERS

- Before visiting the Community Center or participating in programs, please visit the website for our self-assessment guide: <http://www.geneseoparkdistrict.org/covid-19>  
**If you are experiencing any symptoms, please stay home.**
- It is recommended to wear a face covering unless you are able to maintain 6 feet of distance from others within the facility.
- Each room within the Community Center has a capacity limit, even the gymnasium. We welcome phone calls ahead of time to check capacity availability.
- All lounge furniture and tables have been removed to help eliminate congregating in the lobby and hallway.
- The Activity Room and all its amenities remain closed except for rentals.
- Adult Indoor Pool use is by reservation only for lap swim.
- School-aged children can be in the Gymnasium unsupervised so long as the parent/guardian remains in the building. If parent/guardian of children under 10 years of age are not in the building, the child must be under the direct supervision of a caregiver at least 14 years of age. Children age 10 and older may be at the Community Center without their parent/guardian in the building.
- Please bring your own basketballs, soccer balls, volley balls and other equipment for usage in the gymnasium.
- Please check with the staff regarding specific program or facility questions you may have.
- Beginning Tuesday September 8<sup>th</sup> non-members will be able to start utilizing the facility.
- Drinking Fountain in the main hallway is open for bottle fillers only. All other fountains are closed.

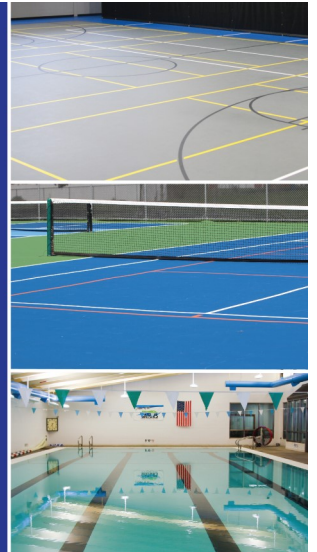


# WE'VE GOT SPACE!

Plan your special event or meeting with the Park District



GeneseoParkDistrict.org



### LOCATION, LOCATION, LOCATION.

All programs are held at the Community Center unless otherwise denoted.

### CLASS FEES.

Class fees are listed as *Member Pricing [M] / Non-Member Pricing [NM]*.

Walk-in fees are listed as (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)

**INTENSITY LEVELS.** (L) = Low | (M) = Moderate | (H) = High