



GENESEO  
**PARK DISTRICT**  
**FALL 2021**

# LAP SWIM/OPEN SWIM/WATER EXERCISE SCHEDULE

AT THE CENTER'S INDOOR POOL *August 30 - December 31, 2021*

THE INDOOR POOL WILL BE **SHUTDOWN DECEMBER 18 - 26, 2021** FOR ANNUAL MAINTENANCE.

MON	TUE	WED	THU	FRI	SAT	SUN
ADULT LAP SWIM 5:15 - 8:00 am	ADULT LAP SWIM 5:15 - 7:00 am	ADULT LAP SWIM 5:15 - 8:00 am	ADULT LAP SWIM 5:15 - 7:00 am	ADULT LAP SWIM 5:15 - 7:00 am		
	<b>JUST THE GUYS</b> 7:00 - 8:00 am		<b>JUST THE GUYS</b> 7:00 - 8:00 am	<b>JUST THE GUYS</b> 7:00 - 8:00 am	ADULT LAP SWIM 7:00 - 9:00 am 9/4 - 12/11	ADULT LAP SWIM 7:00 - 9:00 am 9/5 - 12/12
<b>FIT HAPPENS A.M.</b> 8:30 - 9:30 am	<b>WALK THE WATER</b> 8:30 - 9:30 am	<b>FIT HAPPENS A.M.</b> 8:30 - 9:30 am	<b>WALK THE WATER</b> 8:30 - 9:30 am	<b>FIT HAPPENS A.M.</b> 8:30 - 9:30 am		
<b>FOR THE LOVE OF FIT</b> 9:45 - 10:45 am	<b>FIT BEGINNINGS</b> 10:00 - 11:00 am	<b>FOR THE LOVE OF FIT</b> 9:45 - 10:45 am	<b>FIT BEGINNINGS</b> 10:00 - 11:00 am	<b>FOR THE LOVE OF FIT</b> 9:45 - 10:45 am		
ADULT LAP SWIM 11:00 - 1:00 pm	ADULT LAP SWIM 11:00 - 1:00 pm	ADULT LAP SWIM 11:00 - 1:00 pm	ADULT LAP SWIM 11:00 - 1:00 pm	ADULT LAP SWIM 11:00 - 1:00 pm		
	<b>AQUA PILATES</b> 1:15 - 2:00 pm		<b>AQUA PILATES</b> 1:15 - 2:00 pm		PUBLIC/OPEN SWIM 1:00 - 3:00 pm 9/11 - 12/11	PUBLIC/OPEN SWIM 1:00 - 3:00 pm 9/12 - 12/12
<b>FIT HAPPENS P.M.</b> 5:30 - 6:30 pm			<b>FIT HAPPENS P.M.</b> 5:30 - 6:30 pm	PUBLIC/OPEN SWIM 6:00 - 8:00 pm 11/05 - 12/10		
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			

- Lap Swim is included in Community Center or Park District Membership, Non-Members pay daily admission fee of \$8 Adult or \$7 Senior/Youth. *Must register for Water Fitness Classes.*
- Family/Open Swim is included in Community Center or Park District Membership, Non-Members pay daily admission fee of \$8 Adult or \$7 Senior/Youth. *Must register for Water Fitness Classes.*
- Interested lap swimmers ages 12-18 must get permission to attend Adult Lap Swim. Contact Nathaniel at (309) 944-5695.

## WATER FITNESS CLASSES

Try a different Water Fitness Class for *free* each month thanks to the Geneseo Park District Foundation.

**PLEASE REGISTER ONLINE OR AT THE CENTER.**

**WALK THE WATER (M) #25509**

8:30 - 9:30 AM | TUESDAYS SEPTEMBER 7 - 28, 2021

Water walking burns calories, increases muscle tone and improves cardiovascular health. A variety of options are offered to achieve the level of intensity desired.

**JUST THE GUYS (M) #25506**

7:00 - 8:00 AM | THURSDAYS OCTOBER 7 - 28, 2021

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

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

8:30 - 9:30 AM | MONDAYS NOVEMBER 1 - 29, 2021

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

**FIT BEGINNINGS (L/M) #25501**

10:00 - 11:00 AM | THURSDAYS DECEMBER 2 - 16, 2021

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