



# GENESEO PARK DISTRICT

## WINTER 2022

# LAP SWIM/OPEN SWIM/WATER EXERCISE SCHEDULE

AT THE CENTER'S INDOOR POOL *January 2 - April 3, 2022*

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 <i>1/8 - 5/28</i>	ADULT LAP SWIM 7:00 - 9:00 am <i>1/2 - 5/29</i>
<b>FIT HAPPENS A.M.</b> 8:30 - 9:30 am	<b>AQUACISE</b> 8:30 - 9:30 am	<b>FIT HAPPENS A.M.</b> 8:30 - 9:30 am	<b>AQUACISE</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		
					PUBLIC/OPEN SWIM 1:00 - 3:00 pm <i>1/8 - 5/14</i>	PUBLIC/OPEN SWIM 1:00 - 3:00 pm <i>1/2 - 5/15</i>
<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 <i>1/7 - 5/13</i>		
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.**

**AQUACISE (M) #35509**  
8:30 - 9:30 AM

THURSDAYS JANUARY 6 - 27, 2022

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

**FIT HAPPENS P.M. (H) #35508**  
5:30 - 6:30 PM

MONDAYS FEBRUARY 7 - 28, 2022

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

**FOR THE LOVE OF FIT (M) #35504**  
9:45 - 10:45 AM

WEDNESDAY MARCH 2 - 30, 2022

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