



www.genoaparkdistrict.com  
400 E. 2nd St., Genoa, IL | 815-784-5612

Genoa Township Park District

**The Fall Meltdown program is open to sign up!**  
Shed the summer fun & get back on track . Call now to reserve your place  
in this **AWESOME** program! (815) 784 - FITT (3488) 😊

### How it started... How it's still going!



**Jordan Maretti**

**Myra Ortega**

When you lose the **RIGHT** way, it stays **OFF!**  
**See full stories, updated amazing progress,  
& Meltdown Info on page 3**

# Genoa Township Park District FALL 2024

Please check our website at [www.genoaparkdistrict.com](http://www.genoaparkdistrict.com)  
for a full listing of events and information

**See Senior Fitness Benefits on page 2**  
**New Fitness Classes! See on page 4**

**NEW!** Nutritional Counseling! Looking good,  
great abs, and felling your best starts in the kitchen!

## TRUNK OR TREAT DRIVE THRU STYLE

**October 12th  
1:00 - 2:30 pm**

**CUSTOM  
ALUMINUM  
PARKING  
LOT**



### KIDZ ZONE

**Book your Birthday Party Now!**

- Indoor Play Unit Climber & Slides
- Games, Tons of toys and play activities
- Kids play while you workout!



# SENIORS ARE OUR PRIORITY!

## Special Membership Rates :

- Free with Silver Sneakers, Renew Active, One Pass & Many More!
- Call (815) 784 - F I T T(3488)
- Monthly Dues as low as \$14 - \$24



## Senior Fitness Classes :

- Stronger Muscles & Coordination
- Strengthen Joints to Withstand Falls
- Increase Flexibility & Balance
- Burn Calories, & Have Fun!

## Classes Include :

- Senior Fit Team & Chair Yoga
- Start Strong Personal Training
- Senior Spin Cycling!
- 1 on 1 personal training!
- \*Personal Assistance Available\*



## Special Senior Equipment :

- Nu Step Rehab Equipment
- Recumbent Bikes & Upright Bikes
- Treadmills ; Strengthening Equipment, pads, & lots more!
- Wheelchair Accessible & Many More!
- Free Fitness Equipment Instruction!**
- Call to Schedule! (815) 784 - F I T T(3488)



## Personal Training :

- Your Own Personal Coach to help Individualize Your Program!
- Individual or Partner Training



# Awesome Kidz Events

## Kidz Young Chefs Special Events!

The Kids will create **AWESOME** recipes, munch on them & have time to play in the Kidz Zone with friends!

5:30 - 7:30 pm

Tuesday, September 10th

Apple Pie Snacks



5:30 - 7:30 pm

Tuesday, November 12th

Turkey Snack Bags & Pumpkin Pie Smoothies



**Cost:** GFC Members: \$20 | Residents/Non: \$25

\*Must prepay for this event



## Kidz Zone Halloween Party!

Saturday, October 19th

Come have some spooky fun at Kidz Zone! We will be celebrating Halloween with a costume party, Halloween-themed games, prizes, and delicious snacks

**Ages:** 3 - 12 years old

**Time:** 3:00 - 6:00 pm

**Cost:** GFC Members: \$35 | Residents/Non: \$42

\*Must prepay for this event



1403 Sycamore Road, DeKalb, IL 60115  
kishsra.org | 779-777-7785

There is a purpose to our play!

Kishwaukee Special Recreation Association offers year-round programs for all ages and abilities!

See details and a complete list of programs at kishsra.org.

Play, Laugh, Learn, and Grow with KSRA!

Donut Dash 5K

Member Districts:

DeKalb Park District  
Flagg-Rochelle Park District  
Genoa Township Park District  
Sandwich Park District  
Sycamore Park District



## Kidz Zone Extended Fun Days!

Monday, August 12th

Tuesday, August 13th

Need some childcare right before school starts? Bring the kids into Kidz Zone for a day full of movement, games and crafts with friends and more! Please provide your child with a NUT-FREE lunch and water bottle for the day.

**Time:** 7:30 am - 5:00 pm

**Cost:** GFC Members: \$48 Non-Members: \$54

\*Must prepay for this event



## Fall Kidz Zone Extended Stay Fun Days!

Kidz Zone is a great place to bring your child on no school days! We spend the day with games, movement, crafts, good friends and a lot of fun.

Friday, October 11th

Monday, October 14th

Tuesday, November 5th (Election Day)

Friday, November 8th

Wednesday, November 27th

Friday, November 29th



**Time:** 7:30 am - 5:00 pm

**Cost:** GFC Members: \$48 Non-Members: \$54

\*Must prepay for this event.

**Register for 5+ days and receive a 15% Discount!**

## Winter Break Kidz Zone Extended Stay Fun Days!

It's the most wonderful time of the year in Kidz Zone! Come join us for holiday-themed festivities every day of winter break. We will have games, crafts, snacks and a special guest coming to visit us! Please provide your child with a NUT-FREE lunch and a water bottle for the day.

**Monday, December 23rd** - Make an Ornament Day

**Tuesday, December 24th** - Santa is Coming to KZ!

**Thursday, December 26th** - Elf Games Day

**Friday, December 27th** - Gingerbread House Day

**Monday, December 30th** - Snow Day

**Tuesday, December 31st** - Winter Sports Day

**Thursday, January 2nd** - Celebrate the New Year Day

**Friday, January 3rd** - Cozy Cottage Day

**Time:** 7:30 am - 5:00 pm

**Cost:** GFC Members: \$48 Non-Members: \$54

\*Must prepay for this event

**Register for 5+ days and receive a 15% Discount!**





**Our newly expanded Genoa Fitness Center Free Weight Area!**

**First Visit FREE for You & a Friend to workout at the Genoa Fitness Center, take a Fitness Class and Kidz Zone!**

Call to schedule at **(815) 784- F I T T (3488)**

*New Visits Only. Expires 10/30/24*

**It's Time to Get Back to YOU!!**

The Professional Team at the Genoa Fitness Center is offering **FREE Consultations** to anyone in our Community (GFC Members or not) to help set up Health & Fitness Plans and Guidance to navigate a Success Plan back to Health & Strength, Weight & Fat Loss & Increasing Immunities! Please call **(815) 784- F I T T (3488)** for Details.

**New Year 2023 Meltdown Top Finisher  
Jordan Maretti!!  
Life Changing!!**



Since her New Year 2023 Meltdown, her progress is now 56 pounds lost (33%) and 91.5 Inches lost so far (25%)!

**Shed off the Summer Fun!**

**Join the Fall Meltdown & Transform into your Best Self** ❤️

- ★ 8 Week Program
- ★ 8 Free Fitness Classes
- ★ Personalized Goal Setting & Success Plan
- ★ Beginning/Mid/Ending Weight/Measurements/ Body Fat Calculations
- ★ Expertise on the **BEST** Approach for your Body Type & Lifestyle

**Call (815) 784 – F I T T (3488) for Details and to Sign Up!**

**Fall 2023 & New Year 2024 Meltdown Top Finisher  
Myra Ortega!**



Updated progress: Since her Fall 2023 Meltdown, her progress is now 53 pounds lost (41.25 of those pounds lost are Pure FAT!) & 58.25 Inches lost!

**From protecting your car and home to preparing for your future, let's discuss options to meet your needs.**



**David Gingerich, LUTCF**  
Financial Representative  
305 W Main St  
Genoa, IL 60135-1147  
www.countryfinancial.com/david.gingerich  
david.gingerich@countryfinancial.com  
(815)784-6688



Auto and Home policies issued by COUNTRY Mutual Insurance Company\*, COUNTRY Casualty Insurance Company\*, or COUNTRY Preferred Insurance Company\*, Bloomington, IL

# STAY CONNECTED FOR

Updates, Upcoming Special Programs, Motivational & Educational Information!

- 1) Call the Genoa Fitness Center at (815) 784-FITT (3488) or email us at [genoafitnesscenter@frontier.com](mailto:genoafitnesscenter@frontier.com) to enroll in SMS texting updates and/or to receive email updates directly.
- 2) Join us on Facebook at Genoa Fitness Center – Genoa Park District to follow new events & news.



## Group Fitness Class Schedule

Fall 2024!  
Fit Class Schedule  
(815) 784 – FITT (3488)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>	<b>Morning</b>
<b>NEW</b> 5:15-6:00am <b>Rise &amp; Burn</b> Spin + Strength	<b>Free! Learn to Spin Cycle Instructional Class!</b>	<b>Join the Fall Meltdown &amp; Shed the Summer Fun!</b>	<b>NEW</b> 5:15-6:00am <b>Rise &amp; Burn</b> Spin + Strength	<b>NEW</b> 9:30-10:45am <b>Power Hour #1</b> Spin & Sculpt	<b>NEW</b> 7:30-8:15am <b>Weekend Burn</b> Spin Cycling
9:30-10:30am <b>Booty Burn</b>	<b>NEW</b> 9:15-10:00am <b>Start Strong!</b> Personal Training +	9:30-10:30am <b>Transform</b> Bring Out the BEST in Yourself! ❤️	<b>NEW</b> 9:15-10:00am <b>Start Strong!</b> Personal Training +	10:10-11:05am <b>Power Hour #2</b> Sculpt & Spin	8:30-9:30am <b>Pilates Core</b>
11:15-12:15 <b>Senior Spin &amp; Strength</b>	10:15-11:00am <b>Senior Fit Team</b>	<b>NEW</b> 11:00-11:45am <b>CHAIR YOGA</b> STRETCH & BALANCE	10:15-11:00am <b>Senior Fit Team</b>	11:15-12:15 <b>Senior Spin &amp; Strength</b>	<b>NEW</b> 10:00 -11:00am <b>Yin Yoga</b> Serenе Stretch
12:15-1:00pm <b>Spin Cycling Beg / Int</b>				12:15-1:00pm <b>Spin Cycling Beg / Int</b>	11:15-12:00 <b>Kid's Fit &amp; Fun!</b> 😊
<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	<b>Evening</b>	
5:30-6:00pm <b>Energy Boost!</b> Spin Cycling	<b>NEW</b> 5:30-6:25pm <b>LIFT</b> Weights & Strength!	3:30-4:15pm <b>Creative Kids Fitness</b>	<b>NEW</b> 5:15-6:15pm <b>DanceFit</b> Cardio Plus	<b>NEW</b> 5:45-6:45pm <b>Slow Flow Yoga</b> ❤️	<b>LIKE DISCOUNTS??</b> <b>1</b> Sign up a week BEFORE Session Starts for EARLY BIRD TIME \$5 or \$10 Discount! <b>2</b> Receive a "Fit 4 Life" \$5 or \$10 Coupon when in Multiple Classes!
<b>NEW</b> 5:30-6:15pm <b>BarreFusion</b> Barre~ Pilates~ Core	6:00-7:00pm <b>Burn &amp; Sculpt</b> Spin Cycling +	<b>NEW</b> 5:45-6:30pm <b>Restorative Yin Yoga</b> Serenе Stretch	6:30-7:30pm <b>Mix it Up!</b> Full Body/Core	7:00-7:45pm <b>Mindfully Zen Meditation</b> 1 <sup>st</sup> Fri of each Month	
6:30-7:30pm <b>SWEAT</b>		7:00-8:00pm <b>Aerial Yoga</b> Fitness & Core			

### Fitness Center Hours

Mon – Thurs: 5:00am – 9:00pm

Fridays: 5:00am – 8:00pm

Saturdays: 7:00am – 4:00pm

Sundays: 9:00am – 2:00pm

### Kidz Zone Hours

\*Please call to Reserve at least 2 hours ahead\*

Mon- Thurs: 9:00am– 12:00/4:30– 8:15p

Fridays: 9:00am – 12:00pm

Saturdays: 9:00am – 12:00pm

\*If you need special coverage, please call

**SUSPENDED AEROBIC FLOOR TO CUSHION YOUR LEGS & FEET!** 😊

The Professional Team at the Genoa Fitness Center offers **FREE Fitness / Health Consultations** to our Community Members to set up Individualized Success Plans.

**You do NOT need to be a Member of the Genoa Fitness Center to participate in our Fitness Classes & Programs!**

# Your Personal Price Plan™ is here

Call, click or stop by for a home & auto



**M Carlson Ins and Fin Svcs Inc**  
**Mark Carlson, Agent**

318 W Main Street Suite 1  
Genoa, IL 60135-5402

Bus: 815-784-3337  
[mark@agentcarlson.com](mailto:mark@agentcarlson.com)  
[www.agentcarlson.com](http://www.agentcarlson.com)



Prices vary by state. Options selected by customer; availability and eligibility may vary.

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company,  
State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL

State Farm County Mutual Insurance Company of Texas, State Farm Lloyds, Richardson, TX

State Farm Florida Insurance Company, Winter Haven, FL

## KREATIVE KIDS PRESCHOOL

Your child will be excited to find out what is in store for them each day. Teachers assist in nurturing your child's social, emotional development.

- Literacy • Math • Science • Dramatic Play • Construction
- Sensory/Art • Creative Movement

Teachers encourage school-readiness including curiosity, independence, problem solving, critical thinking and self regulation. Children must be the appropriate age by September 1, 2024 and must be able to take care of their own bathroom needs. We do not allow pull ups.

Preschool Director, Kelly Hueser would be happy to answer any questions you may have. You can reach her by calling 815-784-5612 or email [info@genoaparkdistrict.com](mailto:info@genoaparkdistrict.com)

### KREATIVE KIDS PRESCHOOL (2024-2025) SCHOOL YEAR PROGRAM

**Ages:** 3 – 5

**Days:** Monday, Wednesday and Friday **Time:** 9:00 – 11:30 am

First Day of Class will be Wednesday, September 4th

**Registration fee:** \$35.00 non-refundable

**Monthly fee:** \$130.00 resident discount, \$140.00 non-resident

## KIDS KLUB AFTER SCHOOL PROGRAM

- Safe & Fun Environment • Fun Activities for Kids
- Games - Coloring - Crafts • Homework Time

Applications are available at the Park District and MUST be fully completed prior to beginning. There is a \$35.00 registration fee.

For more information or questions contact Doug at Genoa Park District, 815-784-5612 or email him at [dougk@genoaparks.com](mailto:dougk@genoaparks.com)

Facebook @ Genoa Township Park District. **Bus Transportation provided from school to GES**

**Ages:** Kindergarten - 6th grade **Time:** After School until 6:00 pm

**Location:** Genoa Elementary School



## Pickleball Classes

Classes will be held at the  
Pickleball Courts located  
at Chamberlain Park.

### PICKLEBALL 101

This four-week group instruction is designed to introduce players to the sport of pickleball. Each week will focus on new techniques and skill areas, including serves, return-of-serves, forehands, backhands, volleys and more. Bring your own paddle or use equipment provided during class.

**Dates:** Thursday's: September 5th, 12th, 19th & 26th

**Time:** 9:00 – 10:00 am

**Cost:** Resident \$70 / Non Residents: \$85

### PICKLEBALL 102

This four-week group instruction is designed to introduce players to the shots and strategies required for higher level play. Each week will focus on new techniques and strategies, including dinking, drops, cuts/slices, blocks, resets, midcourt play and more.

**Dates:** Thursdays, September 5th, 12th, 19th, 26th

**Time:** 10:00 – 11:00 am

**Cost:** Resident \$70 / Non Residents: \$85

# INSURE

## With the Best in the Field



## PERSONAL • FARM • COMMERCIAL

We are a local agency providing our clients comprehensive solutions to meet their needs. If at any time you would like a review of your insurance program, please contact us. We welcome the opportunity to be of service to you!

# AWE INSURANCE AGENCY

428 W. Main Street • Genoa • 815-784-6614



## Mission Statement

The Genoa Township Park District seeks to welcome all people to be able to enhance and enrich lives through quality recreational opportunities.

**GIRLS VOLLEYBALL GRADES 4TH - 6TH Bump, set and spike your way to a fun filled program.** Girls will see improvement on their skills during practices and have fun playing and learning the game. We will have week night practices and play games on Saturdays.

**First Meeting/Practice:** Monday, Sept. 9th at 6:00 pm

**Location:** G-K Middle School

Fee: \$65.00 resident, \$75.00 non-resident

**VOLUNTEERS COACHES ARE NEEDED!!!**

**NERF WARZ** Participants will battle in our Nerf Battleground, consisted of obstacles and barriers for a fun, safe activity that involves strategy and physical fitness. Please bring one foam dart gun and we will supply the Nerf N-Strike foam darts and eye protection for all participants. Organized games/warz and target shooting will take place. Ages: 6 – 10 year olds

**Dates:** Friday, 09/20 • Friday, 10/18 • Friday, 11/15

**Time/Location:** 5:00-6:00 pm / Genoa Elementary School

**Fee:** \$5.00 per date

**YOUTH BASKETBALL** Ages: PreK – 6th Grade

This program is designed to meet the beginner player's needs with emphasis on skills. Game strategy, sportsmanship, rules and skills. Bitty and 1st/2nd Grade will meet for practice and Games on Saturdays. Third/fourth and fifth/sixth will have a week night practice and Saturday games.

**BITTY BASKETBALL GRADES PRE-K – K**

12/07 – 2/22 • \$65/\$75 • G-K Middle School

**BASKETBALL GRADES 1 – 2**

12/07 – 2/22 • \$65/\$75 • G-K Middle School

**BASKETBALL GRADES 3 – 4 BOYS**

12/07 – 3/08 • \$70/\$80 • G-K Middle School

**BASKETBALL GRADES 3 – 4 GIRLS**

12/07 – 3/08 • \$70/\$80 • G-K Middle School

**BASKETBALL GRADES 5 – 6 BOYS**

12/07 – 3/08 • \$70/\$80 • G-K Middle School

**BASKETBALL GRADES 5 – 6 Girls**

12/07 – 3/08 • \$70/\$80 • G-K Middle School

Coaches will pick teams and decide on which night/time to practice. Bitty – 4th grade will receive a t-shirt and 5th/6th will receive a reversible tank top jersey. **Volunteer Coaches are Needed!!**



*New Session Begins  
Monday, Sept. 9th*

## S.A.M.A. KARATE OF GENOA

Learn discipline, focus, self-confidence, coordination, fitness, self-defense and more through the study of kajukenpo/kajukenbo karate. Classes are taught by Sensei Shannon Marbutt (Head Instructor) and his assistants. Sensei Shannon has accumulated 30 years of martial arts training and teaching experience.



**Four Week Sessions - Ages: 5 and older**

**Classes are MONDAYS and WEDNESDAYS for all 3 sessions**

**Session #1 • September 9 - October 2**

**Session #2 • October 16 - November 6**

**Session #3 • November 18 - December 11**

(No class Wednesday, Nov. 27)

**Beginners Class**

5:00-6:00pm

**Intermediate Class**

(Orange/Yellow/Green belts)

6:00-7:00pm

**Advanced Kids/Teen and Adults Class**

(Blue belt and higher kids. Teens and Adults all ranks)

7:00 – 8:00 pm

**Fees for Session #1 - all levels:** \$48/\$60 R/NR

**Fees for Session #2 - all levels:** \$42/\$53 R/NR

**Fees for Session #3 - all levels:** \$42/\$53 R/NR

Classes are held at Chamberlain Park Recreation Center  
400 East Second Street, Genoa, IL 60135

Uniforms as well as other equipment and belt testing are an additional fee payable to the Instructor.

## Beginning & Advanced



## ARCHERY

This class combines safety and proper technique to create an exciting and educational experience. Equipment is provided. If you have your own equipment you may bring it. No Cross Bows are allowed.

**Fall Session**

September 8 - September 29

Sundays, 5:00 - 5:45 PM

Kiernan Park

Ages 6 & Older Youth and Adults are welcome.

\$50 Resident/

\$60 Non-Resident


Tom Gilbert Instructor

Genoa Township Park District  
 400 E. 2nd St.  
 Genoa, IL 60135

\*\*\*\*\*ECRWSSDDM\*\*\*\*

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**Genoa Fall Park District Schedule**

Monday, September 9-Monday, November 11

**DANCE CLASSES**



4:30-5:10pm	Storybook Ballet (Ages 3-5)	\$150
5:15-5:45pm	Mini Hip Hop (Ages 3-5)	\$120
5:50-6:20	Ballet I (Ages 6-8)	\$150
6:20-7pm	Jazz/Lyrical I (Ages 6-8)	\$150

AGES 3-8

(815) 901-7653  
 sycamoreperformingartsacademy@gmail.com  
 www.sycamoreballet.com

212 West State Sycamore, IL 60178

# Spring Soccer 2025



PreK through 8th grade

Join the excitement of our Spring Soccer season. Saturday games with week night practices. We have 7 age levels with either just girls and boys or co-ed depending on the number of players registered. Games will be played against other local towns. Registration Deadline is March 1, 2025. \$20 late fee after that date.

LEVEL	AGE RANGE
1	Pre-K 4U
1	Kindergarten 6U
2	1st / 2nd Grade Coed
3	3rd / 4th Grade Boys
4	3rd / 4th Grade Girls
5	5th / 6th Grade Boys
6	5th / 6th Grade Girls
7	7th / 8th Co-Ed

**Level 1 Fee: \$60 Resident Discount / \$65 Non-Resident**  
**Level 2 Fee: \$70 Resident Discount / \$75 Non-Resident**  
**Level 3 – Level 7 Fee: Resident Fee \$85 / \$90 Non-Resident**

Phone 815-784-5612 ext 304 with any questions or dougk@genoaparks.com

Join the Party!


Saturday, November 16

## Quirky Turkey Tea Party

1-2:15pm

Saturday, November 16 1-2:15pm  
 Performing Arts Academy  
 Genoa Park District

\$20 Each Student age 3-10  
 DANCE, CRAFT & SNACK



Performing Arts Academy logo

SIGN UP TODAY: sycamoreperformingartsacademy@gmail.com or 815-901-7653



PLEASE JOIN US FOR  
*A Very Frozen Tea Party*

Performing Arts Academy  
 Dancing, Dress up, Craft & Snacks

Genoa Park District Monday, December 2  
 4:30-5:45pm  
 Ages 3-10 \$20 per child

Performing Arts Academy logo

sycamoreperformingartsacademy@gmail.com  
 815-901-7653 www.sycamoreballet.com