

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

📑 Genoa Township Park District



www.genoaparkdistrict.com - Fitness Center Tab 333 E. First St., Suite 2, Genoa, IL | 815-784-F I T T (3488) Genoa Fitness Center - Genoa Park District

AWESOME Kidz Special Events!

See page 2 & 8!

See Holiday Break and "No School" Days on page 2!





Book your Birthday Party in the 2,500 sf **GFC Kidz Zone Play Area!**

Genoa Township Park District WINTER 2024/ SPRING 2025

Please check our website at www.genoaparkdistrict.com for a full listing of events and information

NEW! Fitness Classes & Schedule See Page 4

You do not need to be a member of the Genoa Fitness Center!

Suspended Aerobic Floor!

New Year ~ New YOU Body Transformation Kick-Start Program Now Open! See page 5

- Your Summer Body Happens in the Winter!
- PROVEN Success 12 Week Program
- Decrease Inflammation
 Increased Energy!
- NEW! Grocery Store Tour
- Transform into your Best Self!



New Year -**New You!** Jordan Maretti!!





34.25 Pounds Lost! 52.25 Inches Lost! 25.7% Body Fat Lost!! And still going...

Awesome Kidz Events & Holiday Break Events!

Winter Break Holiday Special Event 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** - Santa is Coming to KZ! ***Tuesday, December 24th** - Make an Ornament Day **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 (9.5 hours)

*12/24 - 7:30 am - 2:00 pm

*12/31 - 7:30 am - 4:00 pm

Cost: See all rates below at bottom of this column

Call soon to reserve a spot for these in-demand days! (815) 784- FITT (3488)

New Year 2025 Super Fun No-School Days!

Need some childcare when your child doesn't have school? 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.

Friday January 17th Monday January 20th Monday February 17th (TBD)



Lots of fun & play in the Kidz Zone!

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Spring Break All Day/Half Day Super Fun Kidz Zone Days!

Staying in IL for spring break? Let your child come vacation with us in Kidz Zone for some fun-filled themed days! We will have many different spring-themed games/activities and crafts to celebrate the beginning of spring! Please provide your child with a nut-free lunch and water bottle for the day.

Monday, March 24th - Learn About Insects Day Tuesday, March 25th - All About Birds Day Wednesday, March 26th - Picnic Day Thursday, March 27th - Fun with Plants Day Friday, March 28th - Egg Hunt Day



Spring Time Super Fun No-School Days!

Thursday, April 17th Friday, April 18th Monday, April 21st (TBD)



Lots of fun & play in the Kidz Zone!

No-School Fun Days RATES:

Time: 7:30 am -5:00 pm (9.5 hours) Cost: GFC Members: \$39 (Only \$4.11/hour) Non Members: \$45 (Only \$4.75/hour) *** Partial Day Care only \$6 per hour* Time: 9:00 -11:00 am Only - Fun games, Crafts & Snack time! Cost: GFC Members: \$15 GFC Members Non Members: \$20 Non-Members **Sign up for 5+ Days throughout the spring and receive a 15% Discount *Must prepay for this event* No refunds Call soon to reserve a spot for these in-demand days! (815) 784- FITT (3488)

KIDZ YOUNG CHEFS SPECIAL EVENTS!

The Kids will create fabulous recipes, snack on them, create a fun craft & will have time to play in the Kidz Zone with friends!

- **Tuesday January 14, 2025** Snowflake Tortillas & Snowman Cocoa
- Tuesday, April 15, 2025 Carrot Patch Pudding Cups

Times: 5:30 - 7:30pm

Cost: GFC Members: \$20 | Non Members: \$25 *Must prepay for this event* No refunds.



Special Events

SATURDAY, FEBRUARY 15th:

Valentine's Day Drive in Movie Night/ Parent's Night Out!

Drop your kids off at Kidz Zone to celebrate the holiday of love while you celebrate the night on your own! Your kids will have a blast creating their own cardboard cars to watch the movie Gnomeo and Juliet (rated G) while they sit in the cars they created "Drive-in" style. A pizza dinner with snacks and drinks will be served.

Please make us aware of any allergies

Time: 5:00 pm - 8:00 pm Cost: GFC Members: \$35 | Non Members: \$42 *Must prepay for this event* No refunds





SATURDAY, MAY 3rd - Spa Day Let your child enjoy an afternoon of pampering! We will do face masks,

Let your child enjoy an afternoon of pampering! We will do face masks, manicures, and more! Some light snacks and drinks will be provided. All participants will walk away with a spa gift bag.

Time: 1:00 - 4:00 pm Cost: GFC Members: \$35 | Non Members: \$42 *Must prepay for this event* No refunds

Your Personal Price PlanTM 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 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

STAY CONNECTED FOR Updates, Upcoming Special Programs, Motivational & Educational Information!

Group Fitness Class Schedule

Saturdays:

9:00am - 12:00pm *If you need special coverage, please call

1) Call the Genoa Fitness Center at (815) 784-F ITT (3488) or email us at info@genoafitnesscenter.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.

ienoa 1855 New Year ~ New You 2025. Health & Wellness Center Fit Class Schedule facility of the Genoa To vnship Park District 815.784. F I T T Silver Sneakers (815) 784 – F I T T (3488) Monday Tuesday Wednesday Thursday Friday Saturday - Mornina Mornina Morning Morning Mornina Join the 🔰 NEW 5:15-6:00am 7:30-8:15am 5:15-6:00am W ree! Learn to **New Year's** Rise & Weekend 9:00-10:15am Spin Cycle Resolution Rise & Burn 🔥 Burn 🖲 Power **Kick-Start** Burn 🔥 Instructional Spin Cycling Spin Cycling Hour #1 Spin Cycling Class! Call us! Meltdown Spin & Sculpt 9:30-10:30am **Program!** Booty Burn New > 8:30-9:30am 9:35-10:45am 9:30-10:30am **Pilates** 9:15-10:00am Power 9:15-10:00am 10:45-11:30am Transform Core Hour #2 Start Start → out the BES My in Yourself ♥ New Bring Out the BEST Sculpt & Spin NEW ZUMBA Strong! Strong! NEW Personal 10:00 -11:00am Personal Training + 11:00-12:15pm 11:00-11:45am Training + 11:00-12:15pm Yin Yoga **Senior Spin** Senior Spin **Gentle Tension CHAIR YOGA** Release & Strength 10:15-11:00am & Strength 10:15-11:00am STRETCH & BALANCE *Come to class Cold**) **Senior Fit Senior Fit** 11:45-12:30 12:15-1:00pm 12:15-1:00pm Team Team Spin Cycling Spin Cycling Chair yoga Beg / Int Beg / Int Evening Evening Evening Evening Evening NFW NEW NEW NFW Sign up a week 4:30-5:15pm 5:30-6:15pm 5:45-6:45pm BEFORE Session 4:30-5:15pm NEW Fit Kids! 😳 Starts for EARLY Yin Yoga **Slow Flow** Fit Kids! BIRD TIME 5:30-6:25pm Tension Release 5:30-6:00pm Yoga 🎔 \$5 or \$10 Discount LIFT Energy Receive a "Fit 4 Life" \$5 or \$10 NEW Weights NEW **Boost!** 7:00-7:45pm 6:30-7:00pm 5:15-6:15pm & Strength! Coupon when in Spin Cycling **Mindfully Zen** Aerial Multiple Classes! DanceFit NEW Meditation 5:30-6:15pm Pilates 6:00-7:00pm *1st Fri of each Month* BarreFusion Strength & Core Burn & 6:30-7:30pm Barre~ Pilates~ Core Sculpt **Fitness Center Hours** 7:00-8:00pm Mix it Up! 6:30-7:30pm Spin Cycling + Aerial Yoga Mon – Thurs: 5:00am - 9:00pm Full Body/Core SWEAT Flexibility & Core Fridays: 5:00am - 8:00pm SUSPENDED AEROBIC FLOOR TO Saturdays: 7:00am - 4:00pm CUSHION YOUR LEGS & FEET! 😁 Sundays: 9:00am - 2:00pm The Professional Team at the Genoa Fitness Center offers <u>Kidz Zone Hours</u> FREE Fitness / Health Consultations to our Community call to Reserve at least 2 hours ahead Mon- Thurs: 9:00am- 12:00/4:30- 8:15p Members to set up Individualized Success Plans. Fridays: 9:00am - 12:00pm

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

Genoa **Fitness Center** Testimonial:

I started going to Genoa Fitness Center about two years ago. The diversity of classes that they offer is outstanding. Whatever your degree of fitness is you can find a class to fit that level. Also, the instructors are amazing. They do great at correcting your form so that you don't have injuries. Also, they do a great job of encouraging you!

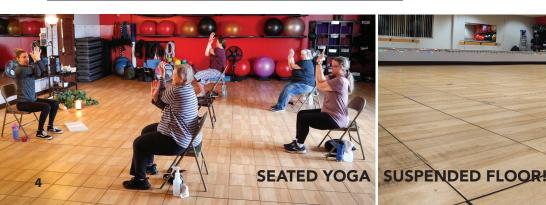
Genoa Fitness accepts the Silver Sneakers program. Classes are extra but all of the equipment and walking track you can use at no extra cost.

They also have a Meltdown Program that is very detailed and useful to meet your weight and fitness goals. ~ Debbie

> Our Fall 2023 8-week Winner Myra Ortega!



35 pounds Lost! 36.75 inches! 28.9 lbs of Pure FAT Lost!! IT WORKS!!





- DECREASE INFLAMMATION
- NEW! GROCERY STORE TOUR
- INCREASED ENERGY!

Register NOW! CALL TO RESERVE YOUR SPOT! (815) 784-FITT (3488)

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Do you need support to participate in your park district programs? KSRA's Inclusion Services can provide you with that support at no extra cost!

Who can use Inclusion Services and how do they work?

- Anyone can request Inclusion Services to participate in any programs offered by their park district.
- To sign up for Inclusion Services, simply check the box on the registration form or let the staff taking your registration know that you need assistance and KSRA will be notified of your request.
- KSRA staff will be in contact with you to discuss the plan for success within your chosen program. KSRA staff are trained to assess and evaluate the participant's needs and make recommendations which can include providing adaptive equipment, inclusion companions, interpreters, or program modifications.

Contact Kishwaukee Special Recreation Association 1403 SYCAMORE ROAD, DEKALB, IL 60115 OFFICE: 779-777-7285 | www.kishsra.org



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

PICKLEBALL 101

This four-week group instruction class 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:** Thursdays: May 1, 8, 15, 22 **Time:** 5:00 – 6:00 pm **Cost:** Resident \$75 / Non Residents: \$85

SUMMER SESSION

Dates: Thursdays: June 5, 12, 19, 26 **Time:** 5:00 – 6:00 pm **Cost:** Resident \$75 / Non Residents: \$85

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

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

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

PICKLEBALL 102

This four-week group instruction class 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: May 1, 8, 15, 22 **Time:** 6:00 – 7:00 pm **Cost:** Resident \$75 / Non Residents: \$85

SUMMER SESSION

Dates: Thursdays: June 5, 12, 19, 26 **Time:** 6:00 – 7:00 pm **Cost:** Resident \$75 / Non Residents: \$85

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.

0520-509HC_04960-3/15/2021

See "No School" Full/Half Day care on page 2.

Youth Volleyball GRADES 4TH - 7TH

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 schedule practice

and play games on Mondays, Thursdays and Saturdays. We will have home and away games with Hampshire Park District.

First Meeting/Practice: Saturday, Feb. 8, 2025 - Time: TBA 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: Fridays - February 21, March 14 and April 11 **Time/Location:** 5 - 6 pm / Genoa Elementary School **Fee:** \$5.00 per date

New Session Begins Monday, Jan. 6th 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 - January 6th - January 29th (No class 1/20) Session #2 - February 10th – March 5th (No class 2/17) Session #3 - March 17th - April 16th (No Class 3/24 & 3/28)

Beginners Class - 5:00 - 6:00 pm

Intermediate Class (Orange/Yellow/Green belts) 6:00 - 7:00 pm **Advanced Kids/Teen and Adults Class** (Blue belt and higher kids. Teens and Adults all ranks) 7:00 - 8:00 pm

Fees for all 3 levels: Session #1 \$42/\$53 R/NR, Session #2 \$48/\$60 R/NR, Session #3 \$48/\$60 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.

Spring Soccer

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



SPRING KID'S FUN RUN

This Spring, on April 5th, we will be offering a Kid's Fun Run so start your training now.

Watch our Facebook for more details.

SUMMER DAY CAMP CAMP CHAMBERLAIN



Running weekly Monday through Friday beginning June 2nd.

Swimming, Gardening, Hiking, Movies, New Friends, Outdoor Activities and so much more.

\$35.00 Deposit being taken now.

Weekly rates may be found on our website.



Don't Miss Out on this Exciting Adventure!! **Genoa Township Park District** 400 E. 2nd St. Genoa, IL 60135

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SWEETHEART DANCE

Saturday, February 8 6:00 - 7:30 pm

GENOA-KINGSTON MIDDLE SCHOOL DJ, Dancing, Light Refreshments, Door Prizes \$30 per couple, \$15 additional child

Cubs vs Brewers in Milwaukee

Come watch your Chicago Cubs take on their rival to the north, the Milwaukee Brewers at beautiful American Family Field in Milwaukee. Sign up early, as these tickets will go fast. This is a joint trip with the Belvidere and Sycamore Park District's. Seats are located in Loge Outfield Box.

Ages: 15 & Under must be accompanied by an adult Date: Wednesday, July 30th Game is at 1:10 pm. **Registration Deadline:** July 28th though tickets may sell out faster.

Depart: 8:45 am from Chamberlain Park and will stay for duration of the game. Fee: \$110/Resident \$115/Non-Resident

Cubs vs Brewers at Wrigley Field



Come watch your Chicago Cubs take on the Milwaukee Brewers at beautiful Wrigley Field in Chicago. Sign up early as these tickets will go fast. This is a joint trip with the Sycamore and DeKalb Park Districts. Seats are located in 400 level infield.

Ages: 15 & Under must be accompanied by an adult Date: Thursday, June 19th, Game is at 1:20 pm Registration Deadline: June 17th though the tickets may sell out faster.

Depart: 9:30 am from Chamberlain Park and will stay for duration of the game.

Fee: \$105/Resident \$110/Non-Resident

MOVIES IN THE PARK

Come out to Chamberlain Park to enjoy a movie under the stars with our new projector and screen. We will be having 2 dates this summer and showing IF and Migration. Movies in the Park are sponsored by Mark Carlson/State Farm Insurance. Dates: Saturday, June 28th - IF

Saturday, July 26th - Migration Time: Dusk Location: Chamberlain Park Fee: Free

EASTER BASKET DELIVERY

Hey kids do you want the Easter Bunny to come to your house?

The Easter Bunny will deliver a basket just for you. Parents can take photos and watch the excitement of the children. Due to the Bunny's mode of transportation some areas may not be able to be delivered to. Please keep your lights on for the Easter Bunny.



Time: 1:00 - 4:00 pm

Age: All Date: Thursday, April 17th Fee: \$25 resident/\$30 non-resident

EASTER EGG HUN



Kids grab your basket and fill it with eggs and candy and maybe find a special prize egg. Children will be separated by age groups for more fun. You will also get to see that special Easter Bunny too. The egg hunt will go fast so don't be late. There is no cost for this event.



Age: All

Date: Saturday, April 12th Time: 10:00 am for ages 24 mo. & under and 2-4 10:30 am for ages 5 and above **Location: Chamberlain Park**



\$5.00 RESIDENT \$6.00 NON-RESIDENT AGES: 10-15 YRS, OLD