



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

Genoa Township Park District

It's Time to Shed off the Summer Fun!

The Fall Meltdown / Transform Program begins soon!! IT WORKS!!

Personalized Programs & Personal Training!

Call now to reserve your place in this **AWESOME** program!

(815) 784 - FITT (3488)



to our New Year 2023 Meltdown 12 week program winner Jordan Maretti!!

**34.25 Pounds Lost! • 52.25 Inches Lost (-14%)
25.7% Body Fat Lost!!!**

AND an increase of Lean Body Weight of 4.8 Pounds which means she lost it the **RIGHT WAY!** This increase in muscle keeps her Metabolism running high with Max Daily Calorie Burn and keeps her Tone and Sculpted! **INCREDIBLE** job, Jordan!!

What an inspiration!! "

See page 3 with Jordan's Before & After pictures!



www.genoaparkdistrict.com - Fitness Center Tab
333 E. First St., Genoa, IL | 815-784-FITT (3488)

Genoa Fitness Center - Genoa Park District

Genoa Township Park District FALL 2023

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

TRUNK OR TREAT DRIVE THRU STYLE

October 21st
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!





Our Seniors are Fit & Healthy!!

- Senior Fit Team Chair Classes • Chair Yoga
- Senior Spin Cycling & Strength Classes



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- FITT (3488)**

New Visits Only. Expires 10/15/23



The Basics DeKalb County Toddler Garden

The Basics DeKalb County Toddler Garden is located at Chamberlain Park. It is a unique space is open during normal park hours and was designed specifically for families with children 0-5 years old. Free weekly programs are offered by Basics DeKalb County on Wednesdays at 10 AM. Registration is not required for programs and is open to anyone.

For more information about the Basics DeKalb County Toddler Garden or Basics DeKalb County visit www.basicsdekalbcounty.org or follow Basics DeKalb County on Facebook and Instagram.

Awesome Kidz Events

Drive-In Movie! Parents Night Out!

Saturday, October 14th, 2023

"Drive-In Movie" Back by popular demand!!! Design your own car out of a cardboard box!! Let's get CREATIVE!!

Halloween Movie—TBA

Dinner & Dessert Served

Kids enjoy popcorn during the movie!

Time: 5:00 - 8:00pm

Cost: GFC Members: \$18 | Residents/Non: \$20

*Discounts for Multi-child family

Kidz Young Chefs Special Events!

The Kids will create Awesome recipes & have time to play in the Kidz Zone!

5:30 - 7:30 pm

Tuesday, September 12th

Apple Donuts 😊

5:30 - 7:30 pm

Tuesday, November 14th

DIY Turkey 😊



Cost: GFC Members: \$14 | Residents/Non: \$16

*Discounts for Multi-child family

Winter Break Holiday Special Event Days!

Kids enjoy Crafts & Snacks!

Wednesday, Dec. 20: Make an Ornament Day

Thursday, Dec. 21: Make a Christmas Cookie Day

Friday, Dec. 22: Santa Day/Polar Express

Tuesday, Dec. 26: Winter Science Day

Wednesday, Dec. 27: Snowflake Day

Thursday, Dec. 28: Hot Cocoa Day

Friday, Dec. 29: Winter Olympics Day

Tuesday, Jan. 2: Celebrate the New Year Day

Wednesday, Jan 3: Winter Cottage Day



Full Day Care with Crafts : 7:30 am - 5:00 pm

Cost: GFC Members: \$30 | Residents: \$35 | Non Residents: \$37

*Discounts for Multi-child family

Craft Time Only : 9:00 - 11:00 am

Cost: GFC Members: \$7 | Residents/Non: \$10

*Discounts for Multi-child family

Kidz Zone Extended Full Day ~ No School Days

Time: 7:30 am - 5:00 pm *Call if need different hours

Full Day Childcare – Don't worry about no school days!

Days are full of games, crafts, fun & play!

• **Friday October 6th**

• **Monday October 9th**

• **Friday November 3rd**

• **Wednesday November 22nd**

• **Friday November 24th**

Cost: GFC Members: \$30 | Residents: \$35 | Non Residents: \$37

*Discounts for Multi-child family



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.

Our newly expanded Genoa Fitness Center Free Weight Area!

**New Year
2023 Meltdown
12 week
program winner
Jordan Maretti!!**

Life Changing!!



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 10/15/23

Shed off the Summer Fun! Fall Meltdown & Transform



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

\$69

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

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 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 2023
Fit Class Schedule

(815) 784 – FITT (3488)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	Morning
<p>NEW 5:15-6:00am Sunrise Burn Spin Cycling</p> <p>9:00-10:00am BootyCamp</p> <p>11:15-12:15 Senior Spin & Strength</p> <p>12:15-1:00 Spin Cycling Beg / Int</p>	<p>NEW 9:15-10:00am Start Strong Beginner / Int (Chair or Stand)</p> <p>10:15-11:00am Senior Fit Team</p>	<p>NEW 9:30-10:30am Transform Bring Out the BEST in Yourself ❤️</p> <p>NEW 10:45-11:30am CHAIR YOGA STRETCH & BALANCE</p>	<p>NEW 6:30-7:30am Rise & Burn Spin + Strength</p> <p>NEW 9:15-10:00am Start Strong Beginner / Int (Chair or Stand)</p> <p>10:15-11:00am Senior Fit Team</p>	<p>5:15-6:00am Sunrise Spin</p> <p>9:30-10:30am Power Hour Spin & Sculpt</p> <p>10:45-11:15am Fab Abs!</p> <p>11:15-12:15 Senior Spin & Strength</p> <p>12:15-1:00 Spin Cycling Beg / Int</p>	<p>NEW 8:30-9:30am Pilates Lean</p> <p>NEW 11:00-11:45 Creative Kids Fitness</p>
Evening	Evening	Evening	Evening	Evening	Sunday
<p>5:30-6:00pm Energy Boost! Spin Cycling</p> <p>6:15-7:15pm SWEAT (Full Body Strength/ Endurance)</p>	<p>6:00-7:00pm Burn & Sculpt Spin Cycling +</p> <p>Free! <u>Learn to Spin Cycle</u> Instructional Class *Call to Schedule</p>	<p>3:30-4:15pm Creative Kids Fitness</p> <p>5:30-6:30pm Vinyasa Yoga</p> <p>NEW 7:00-8:00pm Arial Yoga Fitness & Core</p>	<p>5:30-6:15pm ZUMBA BURN IT UP!</p> <p>6:30-7:30pm Mix it Up! Full Body/Core</p>	<p>11:45-12:45 Arial Yoga Fitness & Core</p> <p>1:00-1:45 Kids Yoga ☺️ Parents Free</p>	<p>LIKE DISCOUNTS??</p> <ol style="list-style-type: none"> 1) Sign up a week BEFORE Session Starts for EARLY BIRD TIME \$5 or \$10 Discount! 2) Receive a "Fit 4 Life" \$5 or \$10 Coupon when in Multiple Classes!
<p>Fitness Center Hours</p> <p>Mon – Thurs: 5:00am – 9:00pm</p> <p>Fridays: 5:00am – 7:00pm</p> <p>Saturdays: 7:00am – 4:00pm</p> <p>Sundays: 9:00am – 2:00pm</p>					<p>Kidz Zone Hours</p> <p>*Please call to Reserve at least 2 hours ahead*</p> <p>Mon- Thurs: 9:00am– 12:00/4:30 – 8:15p</p> <p>Fridays: 9:00am – 12:00pm</p> <p>Saturdays: 9:00am – 12:00pm</p> <p>*If you need special coverage, please call</p>

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
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



Kishwaukee
Special Recreation
Association

kishsra.org | 779-777-7785



There is a purpose to our play!



DONUT DASH FUNDRAISER



Walk, run or roll with us to raise funds
for our adult day program A.R.I.S.E.!
More information is coming soon.

Kishwaukee Special Recreation Association offers
year-round programs for all ages and abilities!
See details and programs at kishsra.org.

Play, Laugh, Learn, and Grow with KSRA!

Member Districts:

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

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

*New Session Begins
Wednesday, May 1st*

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

- **September 11 - October 4**
- **October 16 - November 8**
- **November 20 - December 18**

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 all 3 levels: \$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.

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

11/11 – 1/27 • \$65/\$75 • G-K Middle School

BASKETBALL GRADES 1 – 2

11/11 – 1/27 • \$65/\$75 • G-K Middle School

BASKETBALL GRADES 3 – 4 BOYS

11/11 – 1/27 • \$70/\$80 • G-K Middle School

BASKETBALL GRADES 3 – 4 GIRLS

11/11 – 1/27 • \$70/\$80 • G-K Middle School

BASKETBALL GRADES 5 – 6 BOYS

11/11 – 1/27 • \$70/\$80 • G-K Middle School

BASKETBALL GRADES 5 – 6 Girls

11/11 – 1/27 • \$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!!**



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: Saturday, Sept. 9th at 10:00 am

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/warzs and target shooting will take place. Ages: 6 – 10 year olds

Dates: Friday, 09/22 • Friday, 10/20 • Friday, 11/17

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

Fee: \$5.00 per date

LITTLE KICKERS SOCCER Ages: 5 – 7 year olds

Join the excitement of this indoor soccer program that will allow you to have the fun of a soccer game indoors and get ready for the spring outdoor soccer season. Shin guards are required.

Dates: Thursdays, October 5th – October 26th

Time/Location: 3:30 – 4:20 pm / Genoa Elementary School Gym

Fee: \$30 resident, \$35 non-resident

T-BALL Ages: 4 – 6 year olds

A great program to introduce your children to the sport of baseball/softball. Participants are taught the basics of the game – throwing, catching, batting and rules. Players will hit off a tee to ensure success. Soft baseballs will be used to ensure safety. Players should bring a glove and water bottle.

Dates: Thursdays, October 5th – October 26th

Time/Location: 4:30 – 5:20 pm / Genoa Elementary School Gym

Fee: \$30 resident, \$35 non-resident

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 10 - October 1
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****

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

Local
Postal Customer

Cubs vs Diamondbacks at Wrigley Field



Come watch your Chicago Cubs take on the Arizona Diamondbacks at beautiful Wrigley Field in Chicago. Sign up early as these tickets will go fast. This is a joint trip with the Sycamore and Belvidere Park Districts. Seats are located in Terrace Reserved Outfield, Section 410.

Ages: 15 & Under must be accompanied by an adult

Date: Saturday, Sept 9th, 1:20 pm Game

Registration Deadline: September 6th 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

* Participants will be required to walk to the stadium since the bus can not park or drop off or park next to it. It will take approximately 10-15 minutes to walk to the stadium.

STOCKING DELIVERY!!!

HEY KIDS!

*Do you want Santa Claus
to come to your house?*



Santa will deliver a stocking full of goodies just for you. See the excitement on your child's face when Santa arrives. We will need to keep our distance to insure that Santa can make all the deliveries this year. We will do our best to give you a scheduled time. Must reside in Genoa/Kingston. We are not able to deliver to Kirkland.

Pre-registration is required. Registration deadline is December 15

Ages: All

Date / Time : Thursday, December 21th / 1:00-4:00 pm

Fees: \$20.00 for the first child, \$10.00 for additional children.

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, 2023 and must be able to take care of their own bathroom needs. We do not allow pull ups.

Preschool Director, Kelly Heuser would be happy to answer any questions you may have. You can reach her by calling 815-784-5612 or email info@genoaparkdistrict.com

KREATIVE KIDS PRESCHOOL (2023-2024) SCHOOL YEAR PROGRAM

Ages: 3 – 4

Days: Tuesday/Thursday **Time:** 9:00 – 11:30 am

Registration fee: \$35.00 non-refundable

Monthly fee: \$90.00 resident discount, \$100.00 non-resident

Ages: 4-5 (will be starting kindergarten in 2023)

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

Registration fee: \$35.00 non-refundable

Monthly fee: \$110.00 resident discount, \$120.00 non-resident

Spring Soccer 2024



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, 2024.

\$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

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**

provided from school to GES

Ages: Kindergarten - 6th grade

Time: After School until 6:00 pm

Location: Genoa Elementary School