



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-FITT (3488)

 Genoa Fitness Center - Genoa Park District

## New Year ~ New YOU Meltdown Kick-Start Program Now Open!

See page 5

- More Energy!
- PROVEN Program Success
- Personalized Approach for Your Goals
- Strengthen Your Immune System
- Decrease Inflammation
- Transform into your Best Self! 

See  
page  
4

**30** *Fitness Classes per week!*  
GFC membership not required!

See pages  
2 & 8

**AWESOME** Kidz Special Events!

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

# Genoa Township Park District

## WINTER 2023/ SPRING 2024

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

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



## New Year - New You!

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

***Life Changing!!***



**BEFORE**



**AFTER**

**34.25 Pounds Lost!**  
**52.25 Inches Lost!**  
**25.7% Body Fat Lost!!**

# Awesome Kidz Events & Holiday Break Events!

## 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: \$35 | Non Members: \$42  
 \*Discounts for Multi-child family

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

**Cost:** GFC Members: \$15 | Non Members: \$20  
 \*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 January 12th
- Monday January 15th
- Monday February 19th

**Cost:** GFC Members: \$35 | Non Members: \$42  
 \*Discounts for Multi-child family

## Spring Break Extended Stay "No School" Dates!



When it's cold outside and there is no school, your kids can spend Spring Break with the Genoa Fitness Center Kidz Zone playing with friends, making crafts & burning off lots of energy!

**Ages** 3-12 yrs old

**Time:** 7:30 am - 5:00 pm if need earlier drop off, please advise at time of reservation

Monday March 25th	"Garden Day"
Tuesday March 26th	"Board Game Day"
Wednesday March 27th	"Fitness Day"
Thursday March 28th	"Safari Day"
Friday March 29th	"Egg Hunt Day"
Monday April 1st	"Fun Play Day"



**Cost:** GFC Members: \$35.00 per child per day  
 Non Members: \$42.00 per child per day  
 \*Discounts for Multi-child family

## FEBRUARY: Valentine's Day Parent's Night Out!

Come play at the GFC Kidz Zone while your parents enjoy a night out! Play games, eat dinner & snacks & have loads of fun with friends!

**Saturday February 17, 2024**

**Time:** 5:00 pm - 8:00 pm \*Facility Lock Down

**Cost:** GFC Members: \$22 | Non Members: \$27  
 \*Discounts for Multi-child family



## KIDZ YOUNG CHEFS SPECIAL EVENTS!

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

• Tuesday January 23, 2024

Breakfast Sushi

• Tuesday, April 16, 2024

Fruit Flower Garden

**Times:** 5:30 - 7:30pm

**Cost:** GFC Members: \$15 | Non Members: \$20  
 \*Discounts for Multi-child family



## MAY: Mom and Me Luncheon

The kids will come in early, make all of the food for the event & then show their parents what they created for them during the luncheon!

**Saturday May 4, 2024**

**Time:** 10:00 am - 1:00 pm

**Cost:** GFC Members: \$22 | Non Members: \$27  
 \*Discounts for Multi-child family

## Come check us out!



**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 03/01/24*

# 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

# 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

New Year ~ New You 2024!

Fit Class Schedule

(815) 784 – FITT (3488)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	Morning
5:15-6:00am <b>Sunrise Burn</b> <b>Spin Cycling</b>	<b>NEW</b> 6:30-7:30am <b>Rise &amp; Burn</b> <b>Spin + Strength</b>	9:30-10:30am <b>Transform</b> Bring Out the BEST in Yourself	<b>NEW</b> 9:15-10:00am <b>Start Strong</b> Beginner / Int (Chair or Stand)	5:15-6:00am <b>Sunrise Spin</b> 9:30-10:30am <b>Power Hour #1</b> <b>Spin &amp; Sculpt</b> 10:00-11:00am <b>Power Hour #2</b> <b>Sculpt &amp; Spin</b>	<b>NEW</b> 7:30-8:15am <b>Weekend Burn</b> <b>Spin Cycling</b> 8:30-9:30am <b>Pilates</b> <b>Core</b>
9:30-10:30am <b>BootyCamp</b>	<b>NEW</b> 9:15-10:00am <b>Start Strong</b> Beginner / Int (Chair or Stand)	<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> 12:15-1:00pm <b>Spin Cycling</b> Beg / Int	<b>NEW</b> 10:00 -11:00am <b>Yin Yoga</b> <b>Serene Stretch</b>
11:15-12:15 <b>Senior Spin &amp; Strength</b>	10:15-11:00am <b>Senior Fit Team</b>				11:15-12:00 <b>Kids Yoga</b> Parents Free
12:15-1:00pm <b>Spin Cycling</b> Beg / Int					
Evening	Evening	Evening	Evening	Evening	Evening
<b>NEW</b> 5:30-6:00pm <b>Energy Boost!</b> <b>Spin Cycling</b> 6:15-7:00pm <b>BarreFusion</b> @ Park Dist Bld 6:15-7:15pm <b>SWEAT</b> (Full Body Strength/Endurance)	6:00-7:00pm <b>Burn &amp; Sculpt</b> <b>Spin Cycling +</b> Free! Learn to Spin Cycle Instructional Class *Call to Schedule	<b>NEW</b> 3:30-4:15pm <b>Creative Kids Fitness</b> 5:45-6:30pm <b>Yin Yoga</b> <b>Serene Stretch</b> 7:00-8:00pm <b>Arial Yoga</b> <b>Fitness &amp; Core</b>	<b>NEW</b> 5:30-6:15pm <b>DanceFit</b> Cardio Plus 6:30-7:30pm <b>Mix it Up!</b> Full Body/Core	<b>NEW</b> 5:45-6:45pm <b>Slow Flow Yoga</b> Diffuse for the Weekend	<b>LIKE DISCOUNTS??</b> 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!

### Fitness Center Hours

Mon – Thurs: 5:00am – 9:00pm

Fridays: 5:00am – 7:00pm

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!**

# New Year-New You!

Transform into your best self! **Genoa Fitness**

Make 2024 YOUR Year

**Health & Wellness Center**  
Personal Training • Group Fitness Classes • Kids Zone • Rehabilitation • Massage & More!  
A facility of the Genoa Township Park District  
**815.784.FITT**



**PERSONALIZED  
SUCCESS PLAN**

.....  
**12 WEEK PROGRAM**

.....  
**INCREASE ENERGY!**

.....  
**STRENGTHEN YOUR  
IMMUNE SYSTEM**

.....  
**PROVEN SUCCESS!**

.....  
**WEEKLY SUPPORT &  
CHALLENGES**

.....  
**DECREASE  
INFLAMMATION!**

.....  
**CONTINUAL GUIDANCE  
FOR SUCCESS**

*Program Now Open!*  
**New Year Kick-Start**

**Call to reserve your spot now- space limited!**

- Personalized program for YOUR individual goals
- Success kick-off seminar; expert "how-to's" to see results, max out calorie burn, reset your metabolism, sculpt the body, improve your overall health and identify stumbling blocks
- Fitness and Nutrition meal planning expertise
- Free fitness center membership\*
- 15+ Free Fitness Classes and discounts
- Professional body weight, measurements and body fat calculations to be able to track your successes and refine your body type. (Start/Mid/End)
- Open support, weekly challenges and tips
- Free Meltdown support Facebook group access

**Early Bird Special, only \$89!**  
**Call Now! (815) 784-FITT (3488) Space Limited!**

# Pickleball Classes & Drill Sessions



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:** Fridays, May 3rd, 10th, 17th, 24th

**Time:** 9:00 -10:00 am

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

### SUMMER SESSION:

**Dates:** Thursdays, June 6th, 13th, 20th, 27th

**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:** Fridays, May 3rd, 10th, 17th, 24th

**Time:** 11:00 am – 12:00 pm

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

### SUMMER SESSION:

**Dates:** Fridays, June 7th, 14th, 21st, 28th

**Time:** 9:00 -10:00 am

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

## BEGINNER DRILL SESSIONS

This four-week group class will introduce newer players to the drills needed to improve their game. The focus will be on partner drills and wall drills that help create the muscle memory to develop consistency in basic pickleball shots such as serves, return of serves, groundstrokes, volleys, blocking and overheads.

**Dates:** Fridays, May 3rd, 10th, 17th, 24th

**Time:** 10-11 am

**Cost:** Resident: \$70 NR:\$85

### SUMMER SESSION:

**Dates:** Thursdays, June 6th, 13th, 20th, 27th

**Time:** 10-11 am

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

## INTERMEDIATE DRILL SESSIONS

This four-week group class will focus on drilling for intermediate-level players to help them level up their game. The focus will be on partner drills, wall drills and situational drills that help create the muscle memory to develop consistency in intermediate level pickleball shots such as dinks, drops, lobs, speed ups, counter attacks and resets.

**Dates:** Fridays, May 3rd, 10th, 17th, 24th

**Time:** 12-1 pm

**Cost:** Resident: \$70 NR: \$85

### SUMMER SESSION:

**Dates:** Fridays, June 7th, 14th, 21st 28th

**Time:** 10-11 am

**Cost:** Resident \$70 / 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](http://www.countryfinancial.com/david.gingerich)

[david.gingerich@countryfinancial.com](mailto: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.

*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**

- **January 8th - February 5th (No class 1/15)**
- **February 12th - March 11th (No class 2/19)**
- **March 18th - April 17th (No Class 3/25 & 3/27)**

### **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 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.

## 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

## 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](mailto:dougk@genoaparks.com)**

## Girls 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. 10, 2024 - 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 23, March 15 and April 12

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

**Fee:** \$5.00 per date

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

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

Local  
Postal Customer

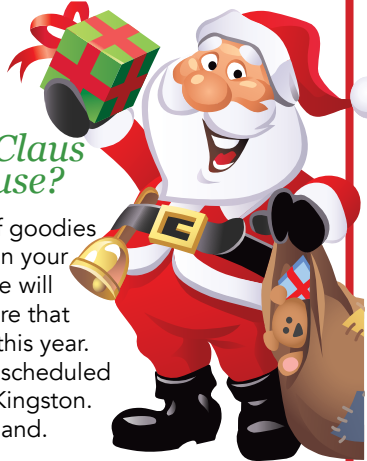
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## STOCKING DELIVERY!!!

### 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 21st / 1:00-4:00 pm**

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

## 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.



**Age: All Date: Tuesday, March 26th  
Fee: \$25 resident/\$30 non-resident**

**Time: 1:00 - 4:00 pm**

## EASTER EGG HUNT



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, March 30th**

**Time: 10:00 am for ages 24 mo. & under and 2-4**

**10:30 am for ages 5 and above**

**Location: Chamberlain Park**

## FLASHLIGHT TWEEN EGG HUNT

AGES:  
10-15



**MARCH 28, 2024  
CHAMBERLAIN PARK**

**8:00 PM**

**RESIDENT: \$5.00**

**NON-RESIDENT: \$6.00**



[genoaparkdistrict.com](http://genoaparkdistrict.com)

## POOL PASS SALE



Ready to get

**SPLASHED?**



**EARLYBIRD15**

[WWW.GENOAPARKDISTRICT.COM](http://WWW.GENOAPARKDISTRICT.COM)

