



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., Genoa, IL | 815-784-FITT (3488)

Genoa Fitness Center - Genoa Park District

Registration is **NOW OPEN!**
Sign Up TODAY!



Aqua Fitness & Aqua Float are Back!!



34 Awesome Fitness Classes! See Page 4

Silver Sneakers & More Honored

The Summer Slim Down Begins!
6 Week Jump Start Program

Genoa Township Park District

SPRING - SUMMER 2024

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

Summer Day Camp 2024 ★ Register Now!
See info on page 7 and full details on www.genoaparkdistrict.com



POOL PASSES ON SALE NOW!

Check out genoaparkdistrict.com for up-to-date information on pool hours, swim lesson, pool rentals and fun summer events!

Chamberlain Park Pool



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

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Turn Back the Clock!

Age is just a number...

- Senior Spin Cycling Classes!
- Chair Yoga!
- Personal Coaching!
- Aqua Fitness Classes!
- Senior Fitness Classes!

Silver Sneakers & More Honored



Kidz Zone

Indoor
Air Conditioned
Play Land!



- Indoor Play Climbing & Sliding Unit
- Tons of Toys, Crafts, Games & Activities
- Drop Off Care ~ Parents Day Out!

Book your next Birthday Party or Event Here!

First Visit FREE for you & a Friend to the Genoa Fitness Center, a Fitness Class and/or Kidz Zone!

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

Awesome Kidz Events

Young Chefs Events

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

Tuesday, April 16th - DIY Flower Garden
Tuesday, June 4 - Beach Parfaits

Time: 5:30 - 7:30 pm

Cost: GFC Members: \$20

Residents/Non: \$25

* Must prepay for this event. *



SPECIAL EVENTS

Saturday, May 4th - 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!

Time: 10:00 am - 1:00 pm

Cost: GFC Members: \$35

Residents/Non: \$42

* Must prepay for this event. *

Saturday, July 13th - Summer Nights Event

Drop off your child(ren) for some summer fun in Kidz Zone! There will be food, games, crafts and summer-themed fun!

Time: 5:00 - 8:00 pm

Cost: GFC Members: \$35

Residents/Non: \$42

* Must prepay for this event. *

Extended Stays Full Day Care

Monday, August 12th and 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!

Time: 7:30 am - 5:00 pm

Cost: GFC Members: \$48

Residents/Non: \$54

* Must prepay for this event. *

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

Life Changing!!



34.25 Pounds Lost!

52.25 Inches Lost!

25.7% Body Fat Lost!!

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!**

**Our Fall 2023
8-week Winner
Myra Ortega!**



BEFORE

AFTER

35 pounds Lost!

36.75 inches!

28.9 lbs of Pure

FAT Lost!!

IT WORKS!!

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 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.



Group Fitness Class Schedule

Summer Fit 2024!

Fit Class Schedule

(815) 784 – FITT (3488)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	Morning
NEW It's a New Week ~ Let's do this!! NEW 9:30-10:30am Booty Burn 11:15-12:15 Senior Spin & Strength 12:15-1:00 Spin Cycling Beg / Int	NEW 5:15-6:00am Sunrise Burn Spin Cycling 6:30-7:30am Rise & Burn Spin + Strength 9:15-10:00am Start Strong Beginner / Int (Chair or Stand) 10:15-11:00am Senior Fit Team	9:30-10:30am Transform Bring Out the BEST in Yourself NEW 10:30-11:30am Aqua Fit 6/5-8/7 @Pool 11:00-11:45am CHAIR YOGA STRETCH & BALANCE	5:15-6:00am Sunrise Burn Spin Cycling 9:15-10:00am Start Strong Beginner / Int (Chair or Stand) 10:15-11:00am Senior Fit Team NEW 10:15-11:00am Senior Fit Team	NEW 9:30-10:30am Power Hour 1 Spin & Sculpt 10:00-11:00 Power 2 10:30-11:30a Aqua Fit 6/7-8/9 @Pool 12:15-1:15 Senior Spin & Strength	NEW 7:30-8:15am Weekend Burn Spin Cycling 8:30-9:30am Pilates Core 10:00 -11:00am Yin Yoga Serene Stretch 11:15-12:00 Kids Yoga & Fitness Fun!
Evening	Evening	Evening	Evening	Evening	Evening
NEW 5:30-6:00pm Energy Boost! Spin Cycling 6:15-7:00pm BarreFusion @ Park Dist Bld 6:30-7:30pm SWEAT	NEW 5:30-6:30pm Aqua Fit 6/4-8/6 @Pool 6:00-7:00pm Burn & Sculpt Spin Cycling +	NEW 3:30-4:15pm Creative Kids Fitness 5:45-6:30pm Vinyasa Yoga NEW 7:00-8:00pm Arial Yoga Fitness & Core	NEW 5:15-6:15pm DanceFit Cardio - Toning - Abs 5:30-6:15pm Aqua Float 6/6-8/8 @Pool 6:30-7:30pm Mix it Up! Full Body/Core	5:45-6:45pm Slow Flow Yoga 7:00-7:45pm Mindfully Zen Meditation 1st Fri of each Month	LIKE DISCOUNTS?? 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!

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!

Fitness Center Hours

Mon – Thurs: 5:00am – 9:00pm

Fridays: 5:00am – 7:00pm

Saturdays: 7:00am – 2:00pm

Sundays: 9:00am – 2:00pm

Kidz Zone Hours

Please call to Reserve at least 2 hours ahead

Mon- Thur: 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



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- HEALTH SAVINGS CARD ³

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Minimum opening deposit of \$50 is required. Monthly service charge of \$7. The account will be closed if it is inactive for 45 days and reaches a zero balance. 1. Subject to the terms and conditions detailed in the Guide to Benefits. 2. Insurance products are NOT A DEPOSIT. NOT FDIC INSURED. NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY. NOT GUARANTEED BY THE BANK. 3. This is not insurance. *Participating merchants on BaZing are not sponsors of the program, are subject to change without notice, may not be available in all regions, and may choose to limit deals. 022024




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Mission Statement

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



Kishwaukee Special Recreation Association

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.

Member Districts:
DeKalb Park District
Flagg-Rochelle Park District
Genoa Township Park District
Sandwich Park District
Sycamore Park District

Play, Laugh, Learn, and Grow with KSRA!




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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!

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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

*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.



SUMMER DAY CAMP

CAMP CHAMBERLAIN




Running weekly Monday through Friday beginning May 31st.

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!!*



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.

Spring Session
Thursdays - May 9, 16, 23 & 30
5:45 - 6:45 pm
Kiernan Park

Ages 6 & Older Youth and Adults are welcome.
\$50 Resident/
\$60 Non-Resident

Tom Gilbert Instructor

Summer T-Ball 2024

A great program to introduce your child(ren) 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. We do pitch to batters as they pro-gress. Soft baseballs will be used to ensure safety. Players should bring a glove(marked with their name) and a water bottle. All players will receive a t-shirt. A possible week night practice. Volunteer coaches are needed.

Ages: 3 - 5 yr olds
Day: Saturdays Session: June 8 – August 3
Location: Chamberlain Park
Fee: \$50.00 resident, \$55.00 non-resident

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 - April 12 and May 17
Time/Location: 5 - 6 pm / Genoa Elementary School
Fee: \$5.00 per date

Local
Postal Customer

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, Section 209.

Ages: 15 & Under must be accompanied by an adult

Date: Saturday, June 29th - Game is at 3:10 pm

Registration Deadline: June 26th though tickets may sell out faster.

Depart: 10:45 am from Chamberlain Park and will stay for duration of the game.

Fee: \$110/Resident \$115/Non-Resident

Cubs vs Twins at Wrigley Field

Come watch your Chicago Cubs take on the Minnesota Twins 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: Wednesday, Aug 7th, 1:20 pm Game

Registration Deadline: August 5th 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

*** For Both Games:** 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.

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 Luca and Wonka. Refreshments will be available for sale. Movies in the Park are sponsored by Mark Carlson, State Farm Agency and the City of Genoa.

Dates: Saturday, June 22nd - Luca
& Saturday, July 27th - Wonka

Time: Dusk

Location: Chamberlain Park

Cost: Free

Fall Soccer 2024

Formerly AYSO 1284

PreK through 6th grade

Join the excitement of our Fall Soccer season.

Saturday games with week night practices.

We have 6 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 July 19th.

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

Level 1 Fee: \$55 Resident Discount/\$60 Non-Resident

Level 2 Fee: \$65 Resident Discount/ Non-resident \$70

Level 3 - Level 6 Fee: Resident Fee \$80 / Non-resident \$85

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

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 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 (2024-2025) SCHOOL YEAR PROGRAM

Ages: 3-5

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

Registration fee: \$35.00 non-refundable

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

