



GETTING to the POINT



A MESSAGE FROM FIVE POINTS WASHINGTON

Thanks for grabbing the latest edition of Five Points Washington's "Getting to the Point." We're thrilled you're here and hope you are able to see all of the amazing things that Five Points has to offer.

My name is Megan Stevenart and I am the Fitness Manager at Five Points. I have been a group fitness instructor at Five Points for 7 years but joined the management team just over 2 years ago. I have a fantastic team of people and thoroughly enjoy my job. If you are very on the fitness floor, stop into my office and say hello!

In October, we will be celebrating our 15-year anniversary. Can you believe it's been 15 years? We are so happy to have been able to serve you for the last 15 years and hope continue to do so for many more years. We will be celebrating Member Appreciation the first 15 days in October so be on the lookout for special discounts on personal training, nutrition and swim lessons, giveaways and more.

Our Group Fitness Department will have our quarterly launch on October 8th. If you have never had a chance to try a group fitness class, this is the day to do it. We will have multiple instructors on hand and will be bringing you all new music and moves in all of our classes. You can bring a guest for free so grab a friend and join us! We have also recently hired a new dietician, Crystal Casper. Crystal brings years of experience working in the dietetics field and we are so excited to have her on board. Schedule a consultation with her today!

In the coming months, we will have several special events we would love for you to be a part of. Our annual golf outing will be taking place on September 15th at Pine Lakes Golf Course and we still have spots available. In addition, we will have a Pre-Halloween Parents Night Out on October 29th and a Kids Clubhouse Halloween Parade on October 31st. Check out the rest of the newsletter for details on these events and more happening at Five Points in September and October.

Thank you to everyone who has been a part of the last 15 years at Five Points. We look forward to serving the community for many years to come.

Hope to see you soon,
Megan Stevenart
Fitness Manager

Employee Spotlight

Crystal Casper
Registered Dietitian

Employment Anniversaries

SEPTEMBER

3rd Mary Thompson
8th Kaeden Kuch
14th Stephen Hermes
18th William Randall
19th Kelly Mack
21st Abigail Hilst
21st Kylee Louck
22nd Morgan Lee
24th Stephen Hullcranz
24th Robert Musselman
30th Margaret Johnson

OCTOBER

1st Caleb Deverman
1st Heather Fuchs
3rd Janet Hamilton
3rd Troy Zimmerman
7th Rebecca Harms
20th Daniel Weil
24th Kristine Andres
26th Avery Beltramea
26th Valerie Greene
29th Diana Klein



FIVE POINTS TEAM CONTACT

GENERAL MANAGER
VIKKI POORMAN
VIKKIK@FIVEPOINTSWASHINGTON.ORG

ASST. GENERAL MANAGER OF FITNESS
LATISHA WATTS
LATISHAW@FIVEPOINTSWASHINGTON.ORG

THEATER MANAGER
TRAVIS OLSON
TRAVISO@FIVEPOINTSWASHINGTON.ORG

MARKETING MANAGER
CHRISTINE FOEHRKOLB
CHRISTINEF@FIVEPOINTSWASHINGTON.ORG

MARKETING ASSISTANT
JESSICA BIELEMA
JESSICAB@FIVEPOINTSWASHINGTON.ORG

FITNESS MANAGER
MEGAN STEVENART
MEGANS@FIVEPOINTSWASHINGTON.ORG

AQUATICS & PROGRAM MANAGER
BRAD WEAVER
BRADW@FIVEPOINTSWASHINGTON.ORG

EVENT VENUE MANAGER
JENNIFER SEILER
JENNIFERS@FIVEPOINTSWASHINGTON.ORG

AQUATICS COORDINATOR
MASON KLEIBER
MASONK@FIVEPOINTSWASHINGTON.ORG

BIRTHDAYS, KIDS PROGRAMS & KIDS CLUBHOUSE

KIDS CLUBHOUSE HOURS:

Daytime Hours:

Mon-Sat: 8 AM - 12 PM

Sun: 1 PM - 5 PM

Evening Hours:

Mon & Wed: 4 PM - 8 PM

Interested in 2 FREE Hours of Child Care?

For members with a family membership we offer 2 hours of FREE child care. For more information, stop by our front desk or visit our membership page on our website. Not on our Family Membership? We can watch your child for a nominal fee while you workout.



YOUTH FITNESS



CLASS SCHEDULE

AQUATIC FUN & FIT JUNIOR

This is a fun aquatic exercise class that incorporates games in the water. For ages 7+.

Th 6pm-6:30pm

KIDS YOGA

This class combines yoga, Pilates, and Tai Chi. The class will improve strength and flexibility and will also aid in mindfulness and relaxation. For ages 7+.

Tues 4:30pm-5pm

KIDS ON THE MOVE

This class will focus on coordination, group exercises and other fun fitness activities which will help kids increase speed, flexibility, agility and structure. For ages 7+.

**Mon 5:45pm-6:45pm
Th 5:45pm-6:45pm**

KIDS ROCK

This class uses lightly weighted drums and fun music to give kids a full body workout that is fun and energizing. For ages 7+.

Sat 11am-11:30am

MORE PROGRAMS!

BORN TO MOVE VIRTUAL

This teaches age-appropriate motor skills that improve agility, balance, coordination, endurance, flexibility and speed. For ages 7+.

**Tues 11:30am-12pm
Th 11:30am-12pm
Wed 11:30am-12:30pm
Fri 3:30pm-4:30pm
Sat 10:30am-11:30am
Sun 10am-11am**

GROWING STRONG




Allow your child to enjoy supervised activities in the gym! Your child must check into the Kids Clubhouse to participate in the Growing Strong program. For ages 3 to 11. Children must be potty trained.

**Mon-Th
9am-11am**

FAMILY AQUATIC VOLLEYBALL

Bring the whole family and enjoy a fun game in the pool. Check out information and rules of the game on the website.

Sun 2:00pm-3:00pm

FivePointsWashington.org   

SWIM PARTIES

Parties are available on **Fridays, Saturdays & Sunday**

Our parties are two hours in length and offer 60 minutes of swim time and then 60 minutes in party space.



We provide tablecloths & invites. We allow up to 15 participants in the pool and up to 30 in the party room. Additional fee is added for each participant (if more than 15) swimming. Invite your guests and enjoy 60 minutes in our indoor heated pool and 60 minutes in the party space. You can bring in your own cake, ice cream, food, snacks, decorations, drinks, plates, napkins, utensils and more.

*Parents must be in the water at all times with children 5 and under.

To inquire about available dates, pricing, and booking please contact Aquatic Coordinator, Mason Kleiber at masonk@fivepointswashington.org.

FOLLOW ALONG



FITNESS

SOME TIPS FOR SELF-IMPROVEMENT MONTH

FROM OUR NEW DIETITIAN, CRYSTAL CASPER



"September is Self-Improvement Month. If you've been looking for a reason to set new goals, drop bad habits or perhaps cultivate a new habit, now is the time! What a great opportunity to encourage yourself to make a conscious effort to find something you may want to improve.

Self-improvement will mean something different to everyone. Overall, though, everyone who strives towards some sort of self-improvement will be learning something new. For some, it may mean mastering a new skill, for others, perhaps overcoming an obstacle. You have the power to make choices that improve your life!

When thinking about diet and exercise, there are many areas that people may discover they want to improve upon. Here are just a few ideas to get you started.

15 WAYS TO PRACTICE SELF IMPROVEMENT THROUGH DIET & EXERCISE

1. Eating Healthier
2. Learning to cook
3. Cooking more
4. Doing more meal planning
5. Limiting Fast Food
6. Adding in more fruits and vegetables
7. Limiting Processed foods
8. Drinking more water
9. Limiting Soda
10. Developing a weekly exercise routine
11. Getting more exercise
12. Getting more steps in daily
13. Learning a new sport or type of exercise
14. Starting a 30-day challenge
15. Trying yoga or meditation

Ask yourself, where would you like to see improvement in your life? Make a list and then pick a goal. Start with one goal so you don't overwhelm yourself. Write your goal down and track your progress. You can always adjust the goal as needed. Developing new habits takes time, so remember to be kind to yourself. Some ideas that may help you along the way could be to enlist others to join you on your journey or perhaps join a group with a common goal.

It's good to keep in mind that there are no quick fixes when it comes to self-improvement. Focusing on gradual changes will increase your odds of success. Setting goals will keep you motivated. Be sure to allow for readjustment along the way. Not everything will always go according to plan but any movement in a positive direction is progress no matter how small or how long it takes. The time and effort you invest will be rewarding in the end!"

Contact Crystal Casper, Registered Dietitian at crystalc@fivepointswashington.org for further information.

SAVE THE DATES



Group Fitness Launch

October 8th

7:30 AM—12:30 PM

Join us for an action packed Super Saturday where we will preview the newest music and choreography to all of our programs. This event is open to the public so grab a friend and come check it out!



National Dance Day

September 17th

10:30 AM

Join Melanie for a special Zumba class outside in the front circle to celebrate National Dance Day. This event will be free and open to the public. Grab a friend and come celebrate accordingly!

MEMBERSHIP APPRECIATION FITNESS SPECIAL'S

October 1-9:

Receive 10% off Personal Training
and Nutrition Packages

*offer valid for members only

#bthebestu

#liftheavylivehealthy

AQUATICS

OPEN SWIM

Mon-Thurs	4:00 PM - 8:00 PM
Friday	4:00 PM - 6:45 PM
Saturday and Sunday	12:00 PM - 4:45 PM.

SPECIAL OPEN SWIM HOURS

LABOR DAY (SEP 5TH) : 10 AM— 2:45 PM
COLUMBUS DAY (OCT 10TH) : 12 PM—8 PM

POOL HOURS

Our aquatics center is open

Mon-Thurs	5:00 AM - 8:30 PM
Friday	5:00 AM - 6:45 PM,
Saturday	6:00 AM - 4:45 PM
Sunday	7:00 AM - 4:45 PM

Please check our aquatics fitness class schedule for a list of classes. The pool is open for therapy use and personal exercise as well. *Please check our Aquatic calendar for no lifeguard on duty times!*

SWIM TEAM

The WCHS swim team practices **M-F from 3:30-5:30 PM** in our competition pool. Using lanes 4-8. Diving practice is **Wednesday from 5:30-6:30 PM** in the diving well. Please see our Aquatics calendar for meet dates. During swim meets the competition pool will be closed.



Sundays:

Family Volleyball: 2:00 - 3:00pm

Adult Volleyball (12+): 3:00 - 4:00 pm

Non-Members \$7. Check-in at front desk

Join us for our new Aquatic Volleyball! Everyone is welcome to come and play. For a full description and rules, please visit our website at:
www.fivepointswashington.org/aquatic-volleyball

WE ARE CURRENTLY ONLY ACCEPTING PRIVATE AND SEMI-PRIVATE SWIM LESSON REQUESTS.

We are taking new private lessons! We have a wonderful team of instructors that want to help you, or your kiddos reach swimming goals in a comfortable setting. Our trained staff will work with you or your child to give you the best experience possible. We offer flexible scheduling that works for everyone!

To get signed up visit our website fivepointswashington.org, click the aquatics page, then the private swim lessons tab, from there you may view our instructors and submit an electronic request form.

For more questions, please contact Program Manager, Brad Weaver at (309) 444-8222 Ext. 48 or bradw@fivepointswashington.org.

AQUATIC TRAINING



Aquatic Training is great for anyone who wants private instruction. We offer semi-private training with up to 3 participants or private training with 1 on 1 instruction!

These 30 minute, 1 on 1 or 3 on 1 trainings are designed to fit any need and any exercise level, from working on flexibility to doing HIIT workouts in the pool, to those in or finishing therapy/rehab. We are now working with tri athletes and those swimmers who want specialized swim workouts to help them perfect their swimming! There really is something for everyone!

Those interested can visit our website for more information or submit an Aquatic Training request form. Those who submit a request form will be paired with one of our experienced Aquatic Trainers and a program will be designed just for you! They offer flexible scheduling and can occur any day and time in either of our pools.

Contact Mason Kleiber for more questions at masonk@fivepointswashington.org



LIFEGUARD CLASSES

LIFEGUARD CERTIFICATION CLASSES

Interested in becoming a lifeguard or need to be Recertified? Check out our fall lifeguard classes!

Lifeguard Certification Course: October 15th and 16th from 9-5

Lifeguard Re-Certification Course: October 22nd from 9-5

To view more information on these courses or register, visit the Aquatics page on our website.

COMING SOON!

Be on the lookout for more details on our next Aquatic Showcase! The showcase highlights all our Aquatic Classes! This is a great time to come and try out our classes! Each class will have a special time and shortened format.



FOLLOW ALONG



LIVE @ FIVE POINTS EVENT CENTER

WEDDINGS & EVENTS



The Live @ Five Points Event Center is a great place to host a wedding, birthday celebration, business meeting, or seminar. We can accommodate seating for up to 450 guests with complimentary, convenient parking and are fully handicap accessible. Our 12-foot ceilings provide an airy and spacious venue for any of life's events. We also offer a variety of catering options with our pre-approved list. Tables and chairs are included with all bookings, as well as setup and teardown. Whatever your purpose or group size, the Live @ Five Points Event Center is an ideal location to make any event a success.

To learn more about renting space at the Live @ Five Points Event Center, contact our Events Venue Manager, Jennifer Seiler at 309-444-8222 or jennifers@fivepointswashington.org

UPCOMING EVENTS



ANNUAL
GOLF
OUTING

Thursday, September 15, 2022



11:30 AM
Lunch & Registration
12:30 PM
Shot Gun Start



Pine Lakes Golf Club
25130 Shuck Road,
Washington, IL 61571



\$150 per golfer
\$125 for Pine Lake's
Members

**FOR MORE
INFORMATION ON
UPCOMING EVENTS,
VISIT**

WWW.FIVEPOINTSWASHINGTON.ORG/EVENTS



To register, please visit: FivePointsWashington.org

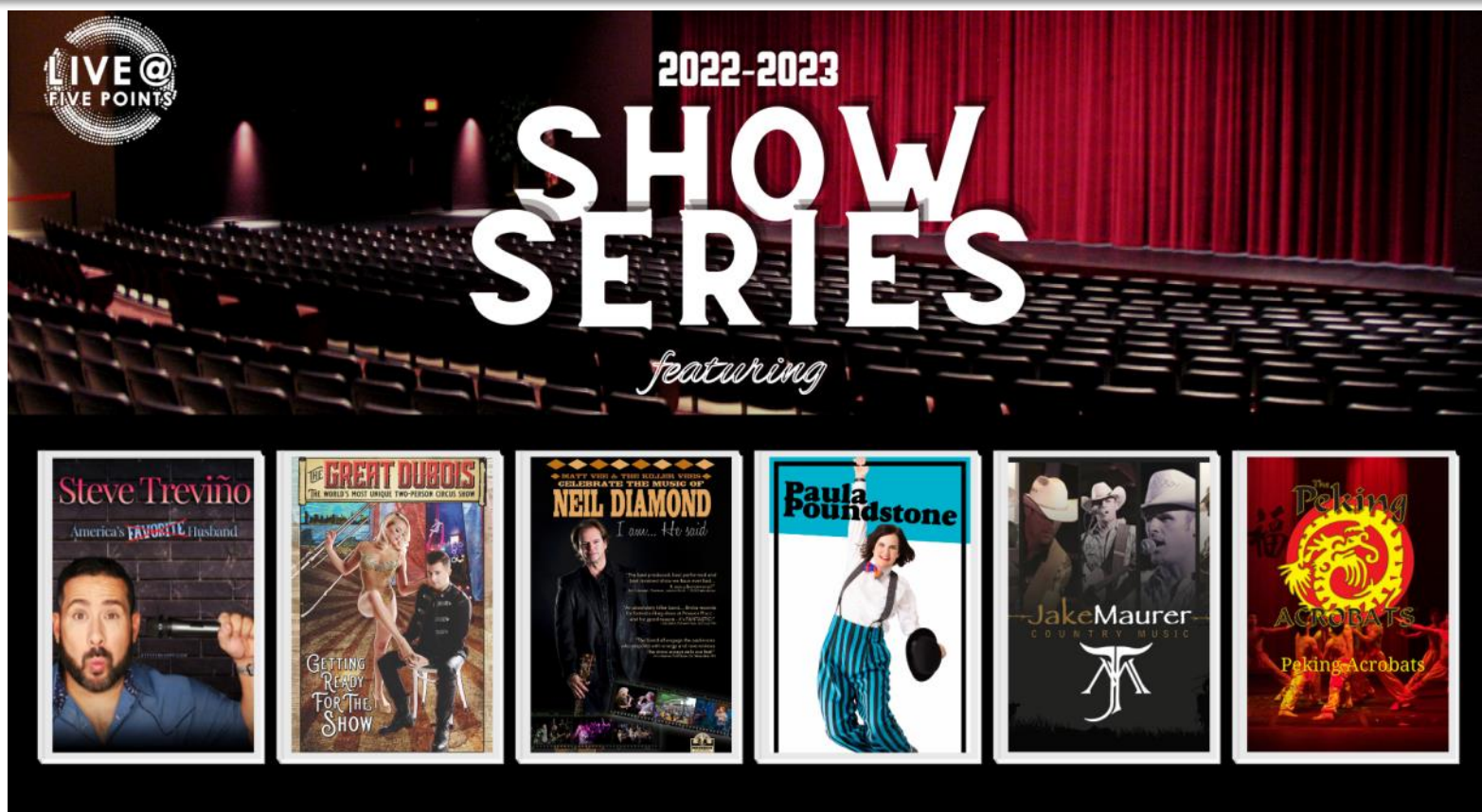


FOLLOW ALONG



PERFORMING ARTS/THEATER

SAVE THE DATES




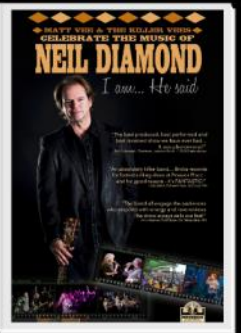




LIVE @ FIVE POINTS

2022-2023

SHOW SERIES

featuring





HEARTLAND FESTIVAL ORCHESTRA GOING FOR BAROQUE

Sat, September 17 @ 7:30 pm - ...



HEARTLAND FESTIVAL ORCHESTRA INVITATION TO THE DANCE

Sat, October 22 @ 7:30 pm - 9:3...



PAULA POUNDSTONE

October 29, 7pm
Live @ Five Points
Caterpillar Performing Arts Theater

PAULA POUNDSTONE

Sat, October 29 @ 7:00 pm



THE GREAT DUBOIS

SEPTEMBER 11, 2PM
LIVE @ FIVE POINTS
CATERPILLAR PERFORMING ARTS THEATRE

THE GREAT DUBOIS

Sun, September 11 @ 2:00 pm

To purchase tickets,
view details, or explore
other upcoming shows,
please visit...

www.FivePointsWashington.org/events

FOLLOW ALONG



FIVE POINTS PARTNERS



A MESSAGE FROM OUR
PARK DISTRICT...

Save the Dates
WASHINGTON CHAMBER OF COMMERCE
EVENTS HAPPENING THIS FALL

FOR DETAILS ON THESE EVENTS AND
MORE VISIT THE WASHINGTON
CHAMBER FACEBOOK PAGE

FAMILY MOVIE NIGHT
August 27, 2022
Join us in Washington Park for a
Family Movie and Lots of Wholesome
Fun!

TASTE OF WASHINGTON
Fall 2022
Visit Washington Eateries and sample
their famous dishes. Vote for your
favorite to be People's Choice!

**TRICK OR TREAT IN THE
PARK**
October 29, 2022
Trick or Treat down the trail in
Washington Park with local
businesses.
Costumes Encouraged.

**MAYOR'S PRAYER
BREAKFAST**
November 17, 2022
Join us for a morning of community,
prayer and leadership.
Advanced tickets required.

HOLIDAY PASSPORT
November - December 2022
Shop Local and Small this holiday
season and win prizes. Let's show
the difference local dollars make.



Tails & Trails Event

September 18, 10 AM - 3 PM

- Dog walk
- Kids events
- Food Trucks
- Pet adoption opportunities
- Vendors selling Pet related items

For more information visit the News & Events
page at www.washingtonparkdistric.com

Supercharge Your Internet & Wi-Fi!

**\$100 off and 3 Free months
of Managed Wi-Fi!***

Reliable, Fast, and Secure.
Managed Wi-Fi Installed, Supported,
and Managed by local MTCO techs!

 **digiMAX**
FIBER
Internet • tv • voice

309-367-4197 • www.mtco.com

*Good for new digiMAX customers. Subscribe by 8/31/22 and mention
promo code **MTCO100WF-PC** or present this ad at install to receive
credit. Residential only. One year agreement required. Other terms may
apply. Credit applies after installation of service.

A HUGE THANK YOU TO OUR AMAZING SPONSORS!!



**Washington
Community
Bank**
Member
FDIC
A Division of Norton Community Bank



Washington Community Bank is again excited to sponsor many community events this Fall. Some of these include Washington Community High School sporting events and activities, Kevin Brown Memorial Tournament of Champions Youth Basketball Clinics in October, as well as the many events held at Five Points! You'll find their poster in our lobby as one of our major sponsors, and you can always stop out to see them at 1895 Washington Road (across from Taco Bell) for all of your banking needs!



ido-events.com

309.745.9436

imaginethis@ido-events.com

AQUATICS **VS** FITNESS



*This year we were able to donate 977 items to District 50, here in Washington, for this school year.
Thank you to all who helped donate!*

BAG _{TO}K SCHOOL

ANNUAL SCHOOL SUPPLY DRIVE

July 2022



Thank you to our members and to the entire community for allowing us to serve you for the past 15 years!

Join Us...
October
1-15th

for special offers, membership specials, treats, group fitness launch and tons of giveaways!