ISSUE 74 NOVEMBER/DECEMBER 2022

GETTING to the POINT

FIVE POINTS WASHINGTON

A MESSAGE FROM FIVE POINTS WASHINGTON

Thanks for picking up the newest edition of the Five Points Newsletter,
My name is Latisha Watts, and I am the Assistant General Manager of Fitness here at Five Points. I wear a lot of hats in my role here including overseeing the Front Desk Staff, Memberships, Kid's Clubhouse, Custodial, and the Aquatic Center. We have a lot of exciting things happening at Five Points in the upcoming months, especially for your kids! Recently, we have been shifting more of our focus onto the youth of our community. By doing so, we decided to create Five Points Kids. This is where you will find all our youth programs, services, as well as the usual clubhouse information. We are thrilled to be able to provide our community with these programs by utilizing our own young staff members, and their areas of expertise. In November, we will be launching some of our newest Youth Programs such as our Creative Writing Classes, Parents Night Out's, and our STEM Series. You can find out more about each of these upcoming programs further on in this edition of the newsletter, or by visiting our Five Points Kids page of the website. As for the rest of the facility, we have some new member perks and specials coming for you as well. Starting November 1st, we will be launching our Digital Training program with our newest virtual trainer, Buffy Gordon. You will receive coaching, guidance, and accountability with our customized training plans virtually through our app. This is a Personal Training service for anyone near and far! Additionally, we have added a new member perk, free for members with yearly contracts. Via our app, you can now access LES MILLS On Demand classes. Now you will be able to have 24/7 access to your favorite classes and can take them anywhere and anytime! Our Black Friday specials are coming to you this year on November 25th and details are on the last page of this edition of the Newsletter.

Wishing you a happy holiday season,
Latisha Watts
Asst. General Manager of Fitness

Employee Spotlight

NOAH COOVERT
Head Lifeguard

Employment Anniversaries

NOVEMBER
2nd Will Christian
2nd Brad Weaver
3rd Michelle Brecklin
13th Lynn Cook
18th Noah Coovert
18th Jordan Zwilling
19th Elizabeth Fitzpatrick
19th Kennedy Kathleen
22nd Tyler Kidd
25th Lisa Maynard

DECEMBER
6th Alok Puri
10th Mitchell Coughlon
11th Macy Williams

FIVE POINTS TEAM CONTACT

GENERAL MANAGER
VIKKI POORMAN
VIKKIK@FIVEPOINTSWASHINGTON.ORG

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

EVENT VENUE MANAGER
JENNIFER SEILER
JENNIFERS@FIVEPOINTSWASHINGTON.ORG

AQUATICS COORDINATOR
MASON KLEIBER
MASONK@FIVEPOINTSWASHINGTON.ORG

FITNESS MANAGER
MEGAN STEVENART
MEGANS@FIVEPOINTSWASHINGTON.ORG

AQUATICS & PROGRAM MANAGER
BRAD WEAVER
BRADW@FIVEPOINTSWASHINGTON.ORG

MARKETING MANAGER
CHRISTINE FOEHRKOLB
CHRISTINEF@FIVEPOINTSWASHINGTON.ORG

MARKETING ASSISTANT
JESSICA BIELEMA
JESSICAB@FIVEPOINTSWASHINGTON.ORG

FIVE POINTS KIDS

KIDS CLUBHOUSE HOURS:

Daytime Hours:

Monday - Saturday:	8 AM - 12 PM
Sunday:	1 PM - 5 PM

Evening Hours

Monday & Wednesday:	4 PM - 8 PM

Interested in 2 FREE Hours of Child Care?

For members wit 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? No problem! We can watch your child for a small fee while you workout.

SWIM PARTIES

Parties are available on Fridays, Saturdays & Sundays. More details available on our website.

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

UPCOMING EVENTS

SPIRIT WEEK
Description: We will be having a fun spirited week in our Kid's Clubhouse the week of November 14th!
When: 11/14 - 11/18

November Parent's Night Out
Description: We will be having a fun spirited week in our Kid's Clubhouse the week of November 14th!
When: 11/19/2022

December Parents Night Out
Description: Parents, drop your kids off for a themed night of fun! Kids will have a blast at our Parents Night out with the staff that they know and love!
When: 12/17/2022

Creative Writing: Journaling Class
Description: This is an easy-going 45-minute class where you can learn to express their fluctuating thoughts and emotions in journal entries.
When: 1/10/23

STEM Class 2: Index Card Bridge Challenge & Marble Maze Challenge
Description:
Marble Maze - Each group is to design a track for a marble to travel on. Each group will only be given 1 piece of cardboard and a box cutter. The goal is for their groups marble to be traveling the LONGEST amount of TIME possible.
Index Card Bridge - Each group must design and construct a bridge made from index cards. The goal is to design a bridge that can hold the greatest amount of weight without collapsing.
When: 1/15/2023

To register, or for more details on our upcoming events, scan this QR code with your mobile device or visit
www.FivePointsWashington.org/kids-clubhouse/

FIVE POINTS KIDS

SCAN ME!

FITNESS

10 TIPS TO HAVE A HEALITHER HOLIDAY SEASON

Meet *Crystal*
our dietitian

"The holidays can be exciting, fun and stressful all at the same time. Full of family, friends, great food and wonderful memories. The holidays may not always be compatible with our typical healthy lifestyle and there are often temptations everywhere making it sometimes feel difficult to stay the course. However, it is possible to make smart, healthy decisions while still enjoying yourself.

Clients often worry about how they will stay on top of their health goals during the holiday season as there are many opportunities for additional foods and drinks due to holiday parties, festivities and family gatherings. They also worry about how they will find time to fit in exercise with increased items on their to-do lists.

So how do you stick to your health goals when everyone around you seems to be splurging? The good news is, you can still meet your health goals despite the extra festivities as well as fit in time for exercise, it may just look a little different than your normal routine. Bottom line, take time to eat well and move your body!"

#1 Begin with Breakfast

Always start the day on the right foot with a healthy breakfast. Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It gives you the energy you need to get things done and helps you focus.

#2 Don't Skip Meals

Many people will skip meals to try and "save calories" for a big event. Often times though this backfires because you end up feeling really hungry and are more prone to overeating. Stick with your normal eating pattern, eat sensibly and don't leave the house with an empty tank.

#3 Focus on Fruits and Vegetables

Fruits and vegetables contain fewer calories and lots of good-for-you nutrients. They also contain fiber which will fill you up faster than snack foods. Bottom line, make sure to include fruits and vegetables daily. They are easy to pair with meals and snacks.

#4 Offer to Bring a Healthy Dish

Often times we don't know what is going to be available at gatherings we may be going to, but if we take something that is healthy, at least we know there is going to be one option that is a nutritious choice. Bring a healthy appetizer such as pre-cut raw veggies with hummus, tortilla chips with guacamole or a fruit salad.

#5 Maintaining an Exercise Routine

Engaging in regular, sustained exercise is one of the most effective ways to maintain or lose weight. You may find yourself indulging more than usual during holiday time. Some ways to burn extra calories during the holiday season could be to increase the minutes you exercise or number of days you work out

#6 Slow Down

Eat until you are satisfied, not stuffed. Take 20 minutes before going up for seconds. It takes time for your stomach to signal to your brain that you are actually full. Mingle with people, drink some water. And remember, there are usually always leftovers to enjoy the next day!

#7 Give Yourself Some Grace

There is nothing wrong with enjoying an indulgent meal or dessert. Don't beat yourself up if you did overindulge. If you slip up, get right back to healthy eating at your next meal. Give yourself some grace but don't let all of your healthy habits slip away. They key is moderation.

#8 Limit Liquid Calories

Things we may be drinking could easily be contributing to excess calories, especially during holiday time. An 8 oz glass of eggnog can set you back 350 calories while wine, beer and mixed drinks range from 150-225 calories each. If you do drink, a good plan is to have a glass of water or flavored Seltzer in between drinks to help limit those empty calories.

#9 Practice Portion Control

There are often a variety of dishes at holiday events. If you're worried about portion control, try small sample sizes of each item or pick just a few to try. Load up on veggies first, they will help you feel full. Another trick is to use smaller plates such as a salad or dessert size plate to put your food on.

#10 Drink More Water

Our brain can often confuse thirst for hunger. If you are adequately hydrated, chances are you are eating less. Studies have shown that drinking a glass of water before a meal can improve our satiety and decrease the amount you eat. Make sure you are staying hydrated this holiday season!

BONUS! Look for Healthier Alternatives

Eating healthy doesn't mean you have to give up your holiday favorites. There are ways to modify them so you can keep your favorites on your plate without all the excess calories.

AQUATICS

OPEN SWIM

Mon-Thurs	**4:00 PM - 8:00 PM**
Friday	**4:00 PM - 6:45 PM**
Saturday and Sunday	**12:00 PM - 5:30 PM.**

SPECIAL OPEN SWIM HOURS:

NOV. 23RD:	12:00 PM - 8:00 PM
NOV. 24TH:	CLOSED
NOV. 25TH:	12:00 PM - 6:45 PM
DEC. 21ST - JAN. 3	VIEW AQUATIC CALENDAR FOR OPEN SWIM - TIMES VARY

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 - 5:30 PM**
Sunday	**7:00 AM - 5:30 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

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 CERTIFICATION CLASSES

Interested in becoming a lifeguard or need to be Recertified? Check out our spring 2023 lifeguard classes!

Lifeguard Certification Courses: 1/7, 2/11, 3/11, 3/18, 4/1, 4/29, 5/6. 5/20
Lifeguard Recertification Courses: 1/28, 2/25, 3/4, 4/22. 5/13

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

AQUATIC SHOWCASE:

November 5th from 8:30-11:30 AM.

We will be highlighting 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. For every class you participate in, you will receive a ticket to enter a drawing for our basket giveaways!

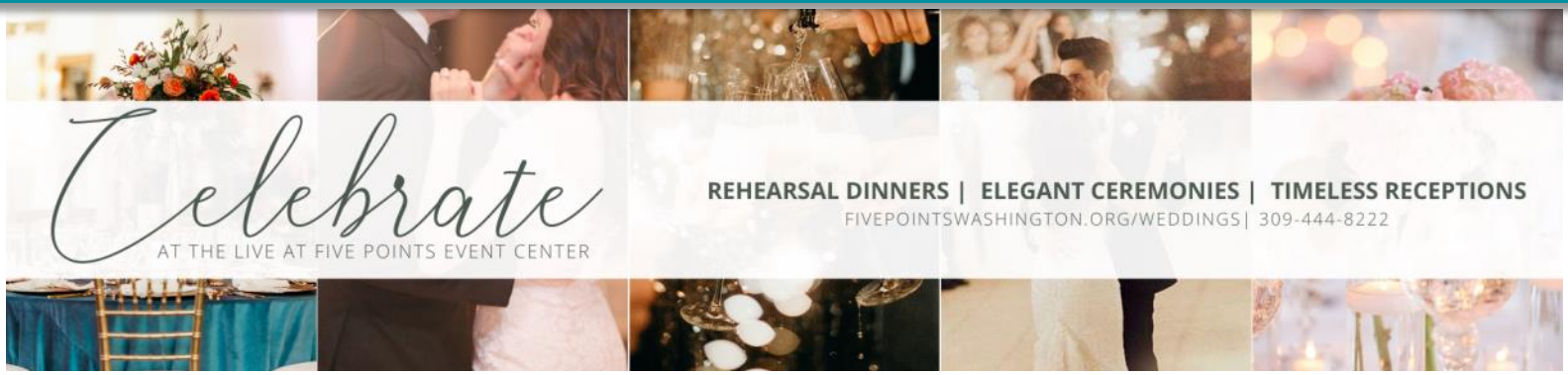
WE ARE CURRENTLY ONLY ACCEPTING PRIVATE AND SEMI-PRIVATE SWIM LESSON REQUESTS.

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*.

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

SAVE THE DATES

For more information on upcoming Special Events, visit
www.FivePointsWashington.org/events

FOLLOW ALONG

PERFORMING ARTS/THEATER

SAVE THE DATES

Washington Community High School Fine Arts Department Presents:

Elf the Musical

When: November 17th, 18th, & 19th at 7 PM
Caterpillar Performing Arts Theater

GOSPELFEST Ministries Presents:

Christmas in the Country

When: Saturday, November 26th at 7 PM
Caterpillar Performing Arts Theater

Peoria Area Civic Chorale Presents:

An American Family Christmas

When: December 16th, 17th, at 7:30 PM
& December 18th at 2:30 PM
Caterpillar Performing Arts Theater

The Peoria Pops Orchestra Presents:

Christmas Rocks at the Pops

When: December 21st at 7 PM
Caterpillar Performing Arts Theater

To purchase tickets, view details, or explore other upcoming shows, scan this QR code, or visit…
www.FivePointsWashington.org/events

SCAN ME

FIVE POINTS PARTNERS

Washington Park District

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

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.

Kevin Brown Memorial Tournament of Champions

Come check out one of the premier basketball tournaments held in the country on Thanksgiving week right here in Washington! All games will be held at Washington Community High School starting November 22-26, 2022. Multiple future NBA players play in this tournament every year! **Check out more details at www.washingtontofc.org.**

There are multiple ways to get involved in the tournament. We will host clinics in October where local high school boys and girls will instruct kids in the basics of basketball. As a participant in this clinic, your child will get free entry into the tournament!

We will also host a clinic during the tournament where talent from across the country conduct the clinic. Children get to interact with future college and NBA players! The specifics for this clinic will be announced in October.

Breakfast with Santa • Saturday, December 3rd

Ho! Ho! Ho! The Christmas season is upon us and Santa is making a special visit to Washington, Illinois to see you!! Each child will have an opportunity to speak to Santa so bring your own camera for a picture. A continental style breakfast including donuts, rolls, bagels, juice, milk and coffee will be served. All attendees must purchase a ticket to attend the breakfast (regardless if you plan to eat). Santa will be available during the breakfast hours from 9:00- 11:00 AM. Pre- registration is highly recommended, although walk-ups will be accepted if space is available.

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A Division of Morton Community Bank

Washington Community Bank is again excited to sponsor many community events this holiday season. Some of these include the Kevin Brown Memorial Tournament of Champions (week of Thanksgiving), the Annual Mayor's Prayer Breakfast on November 17th, Washington Community High School sporting events and activities, as well as the many other 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

HAPPY HOLIDAYS FROM FIVE POINTS!

FIVE POINTS WILL BE CLOSED ON THANKSGIVING

We will reopen with normal hours on Friday 11/26 and will have a modified schedules for aquatic and group fitness.

FIVE POINTS
WASHINGTON

HOLIDAY '22 SPECIALS

BLACK FRIDAY SPECIALS
NOVEMBER 25TH

Sign up for a 12 month membership, get your first month FREE
10% OFF Swim Lessons*
10% OFF Personal Training & Nutrition
10% OFF the following:
- December Parent's Night Out
- STEM Programs
- Pickleball Training Classes
- Creative Writing

15% OFF the following:
- Royal Ball
- Cabin Fever
- Peking Acrobats

*Swim lessons offer only valid to those currently enrolled

AFTER BLACK FRIDAY DEALS
BEGINS NOVEMBER 26TH

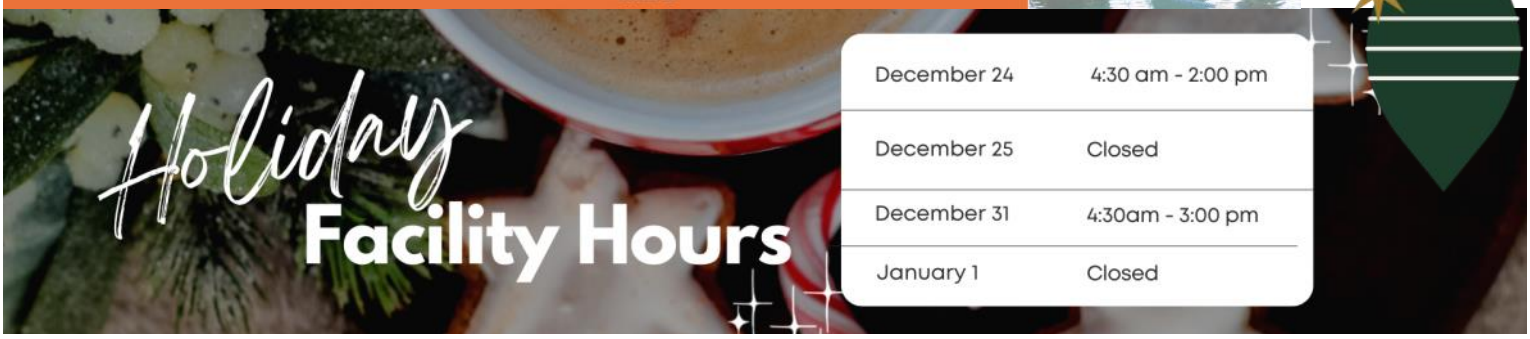
3 Month Membership*
- offer valid until 12/25/22

12 Month Membership*
- sign up for a 12 month membership and get your first month for $22
- offer valid until 12/31/22

All memberships include access to the aquatic center, fitness floor, group fitness classes, the gymnasium and the walking track.

*limit one offer per customer

(309) 444-8222 • FivePointsWashington.org



FIVE POINTS CARES

Coats for Kids

Donation Drive

The Salvation Army's annual "Coats for Kids" Campaign begins October 17th and we are proud to be a "drop spot" for them again this year.
We would love to have any new or gently used coats in children and young adult sizes to help with their campaign this year!
You can drop off coat donations to the bin in the Five Points main lobby.
DONATIONS ACCEPTED : OCTOBER 17 - JANUARY 27

Aquatics VS Fitness

Toy Drive

Join us for another friendly competition! It's still Aquatics vs. Fitness but this time we will be collecting donations for Toys for Tots!
Join us in this friendly competition among departments! Bring in toy donation, new and unwrapped, and place it in the Aquatics Bin or the Fitness Bin in the Five Points main lobby. All toys received will be divided evenly and donated to Toys for Tots and Washington Grade Schools.
DONATIONS ACCEPTED: NOVEMBER 7 - DECEMBER 9