



GETTING to the POINT



A message from Five Points Washington

Thanks for picking up the latest edition of Five Points Washington's "Getting to the Point." We are so excited to tell you all about what is happening at Five Points in the coming months. My name is Crystal Casper and I am the Registered Dietitian at Five Points. I have been a Registered and Licensed Dietitian for 10 years and joined the Five Points team 8 months ago. A Registered Dietitian is your trusted source for credible food and nutrition information. I can help you develop a plan to improve your health that is realistic for your lifestyle and tailored to your individual needs. I can provide nutrition education and help you understand how good nutrition benefits other areas of your health and life. As an RD, I can also help you manage chronic diseases such as diabetes, heart disease or high blood pressure. These health conditions can feel challenging and it can be hard to know what to eat. I can provide education and guidance on helping you make the healthy changes needed to be on the path of a healthier lifestyle. Changing habits is not easy and does not happen overnight, but meeting with a Registered Dietitian regularly is a great way to talk through challenges and discuss successful solutions.

In March, we will be celebrating **National Nutrition Month**[®]. This is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign is celebrated each year during the month of March and focuses on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme is "**Fuel for the Future**." It highlights the importance of fueling our bodies at every age and eating with the environment in mind. Some of the key tips for the campaign include: Eating with the Environment in Mind, Staying Nourished and Saving Money, Eating a Variety of Foods from All Food Groups and Making Tasty Foods at Home.

Throughout the month of March, Five Points will be posting fun and helpful information on our social media site so be sure to be on the lookout for that. Also, be sure to stop by and view the nutrition bulletin board next to the basketball courts for additional information in celebration of **National Nutrition Month**[®]. There will also be some new, healthy recipes upstairs at the fitness center desk. Feel free to grab one and try it out!

I love meeting new people and am often at the gym working out so please feel free to introduce yourself at any time! You can also visit the front desk to schedule a nutrition consultation with me anytime! I look forward to working with you!

-Crystal Casper, Registered Dietitian at Five Points



FIVE POINTS TEAM CONTACT

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Employee Spotlight

ALITA WELCH
Swim Instructor
Head Lifeguard

Employment Anniversaries

MARCH

- 1 Kailie Mueller
- 6 Dawn Casey
- 10 Dylan Osborne
- 11 Chris Casey
- 18 Kaleb Rhoades
- 21 Terese Sutherland
- 23 Laura Lee
- 23 Stephanie Prusak-Wolfe
- 25 Emma Eddy

APRIL

- 5 Joy Snyder
- 8 Stephanie Bender
- 9 Melanie Jennings
- 14 Thomas Nemeč
- 23 Christine FoehrKolb
- 23 Holly Vaughan
- 27 Heather Walden-Fox
- 29 Shelby Logan
- 29 Landon Porch
- 30 Jennifer Bandy

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 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.

Don't have a Family Membership? No problem! We can watch your child for a small fee while you workout.

FIVE POINTS KIDS

YOUTH FITNESS CLASS SCHEDULE

KIDS CLUBHOUSE

Five Points childcare service for Members.

Daytime Hours:

Mon-Sat 8am-12pm
Sun 1-5pm

Evening Hours:

Mon and Wed 4-8pm
(no evening hours on Tues/Thurs)

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 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 7-12, **M and Th 5:45pm-6:45pm**.

BORN TO MOVE (VIRTUAL)

This teaches age-appropriate motor skills that improve agility, balance, coordination, endurance, flexibility and speed. For ages 7+, **T and Th 11:30am-12pm, Wed 11:30am-12:30pm, Fri 3:30-4:30pm, Sat 10:30-11:30am, Sun 10-11am**

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 9-11am**

CELEBRATE WITH US!



Parties are available on Fridays, Saturdays & Sundays. 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

MAX TRX

with Certified TRX Suspension Coach
Will Christian



TUES/THURS 5:30 - 6:00PM
SATURDAY 10:15-10:45AM
FOR 6 WEEKS



\$80 MEMBERS / \$100 NON-MEMBERS



STOP BY THE FRONT DESK TO GET REGISTERED.
CALL 309-444-8222 WITH QUESTIONS.

TRX MAX IS OUR NEW PREMIUM CLASS WHICH FOCUSES ON HIGH INTENSITY TRAINING THROUGH THE USE OF TRX SUSPENSION TRAINERS, KETTLEBELLS, AND BODYWEIGHT MOVEMENTS. MOVEMENTS WILL FOCUS ON DIFFERENT MOTIONS LIKE PUSHING, SQUATTING, PULLING, AND PLANKING!

BEGINS MARCH 20TH

YOUTH TRAINING CAMP

WORKOUT
WORKOUT

Join strength & conditioning specialist Will as he teaches proper fundamentals for strength training

Mon & Wed 5:00-5:30pm

Ages 8-16 8 weeks

\$250 Members | \$275 for Non-Members

TRAINING SESSION BEGINS

3/6/2023



BASKETBALL LEAGUE OPTIONS:

FIVE POINTS WASHINGTON

6 WEEK SESSIONS LIMITED SPOTS



SATURDAY YOUTH 3 ON 3 LEAGUE



OPEN TO CURRENT 6TH, 7TH, 8TH GRADERS



SATURDAYS 12-2PM
FIVE POINTS
MAXIMUM 21 PARTICIPANTS



SESSION START DATES:
MARCH 18



MEMBER \$125
NON MEMBER \$150

HOW IT WORKS: Each session will begin with 15-20 minutes of ball handling and shooting. Games will be 10 minutes. Tournament format. New teams will be formed each week.



SIGN UP AS AN INDIVIDUAL AT THE FRONT DESK CONTACT 309-444-8222 X23 WITH QUESTIONS

If you are interested in individual basketball training with Spencer, please contact him at (309) 340-5575 or spenc1210@gmail.com

FIVE POINTS WASHINGTON

SUNDAY NIGHT 5 ON 5 LEAGUE



SIGN UP AT THE FRONT DESK | CONTACT 309-444-8222 WITH QUESTIONS



OPEN TO AGES 16+



SUNDAYS 1-5PM
FIVE POINTS
MAXIMUM 12 TEAMS



SESSION START DATES:
MARCH 19
*sign up by 3/17



\$425 PER TEAM

6 WEEK SESSIONS, LIMITED SPOTS

HOW IT WORKS:

- 30 minute game, running clock
- Competitive, full Court with 2 Patched Referee
- 5 weeks of regular play, last week will be a tournament.

**CAPTAINS SIGN UP A TEAM AT THE FRONT DESK
*MAX OF 10 PLAYERS PER TEAM**

#bthebestu
#liftheavylivehealthy

AQUATIC CENTER

OPEN SWIM HOURS

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:

APRIL 3-10 (SPRING BREAK) 12:00 PM - 8:00 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 - 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.

SWIM TRAINING

Tri athletes and those swimmers who want specialized swim workouts to help them perfect their swimming skills, this program is for you! Those interested can visit our website for more information or submit a Swim Training request form. Those who submit a request form will be paired with one of our experienced Trainers and a program will be designed just for you! They offer flexible scheduling and can occur any day and time in our competition pool.

Contact Brad Weaver for more questions at bradw@fivepointswashington.org



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 spring 2023 lifeguard classes!

Lifeguard Certification Courses:

March 18/19, April 29/30, May 6/7, May 20/21. Pre-reqs are required prior to class start date. Visit our website for complete details.

Lifeguard Recertification Courses:

4/22 and 5/13

To view more information on these courses or register, visit FivePointsWashington.org/lifeguard-classes.



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

Special Events YOU Don't Want to Miss

FIVE POINTS FRIDAY'S
FIVE POINTS WASHINGTON
FREE EVENT | LIVE MUSIC | LOCAL FOOD

Save THE Date

LIVE @ FIVE POINTS

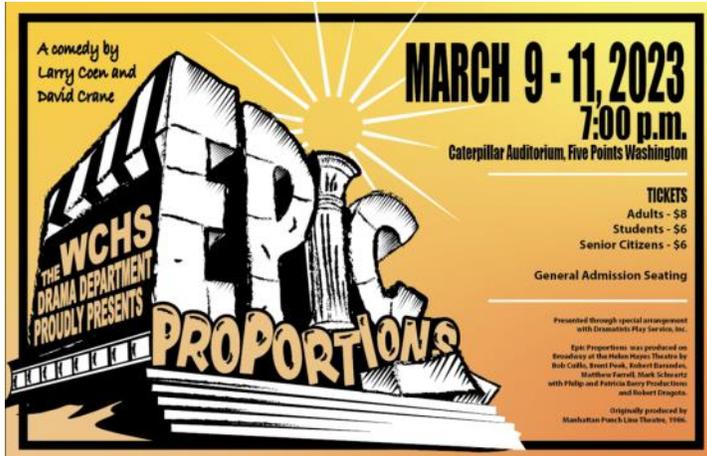
MAY 12 JUNE 9 JULY 14 AUGUST 11

STAY TUNED FOR MORE INFORMATION | FIVEPOINTSWASHINGTON.ORG

FOLLOW ALONG



PERFORMING ARTS/THEATER



WCHS PRESENTS EPIC PROPORTIONS

March 9-11
7pm

Tickets are general admission tickets and can be purchased at the door.



Heartland Festival Orchestra CHERISH THE LADIES

Saturday, March 18, 2023
7:30pm - 9:30pm

Tickets Available at
www.heartlandfestivalorchestra.org/

Concert benefits OSF Foundation – Children's Hospital



Heartland Festival Orchestra EMPIRE WILD

Saturday, April 15, 2023
7:30pm - 9:30pm

Tickets Available at
www.heartlandfestivalorchestra.org/

Concert benefits Hospice Hearts Animal Hospital

YOUR LIVE @ FIVE POINTS EXPERIENCE BEGINS HERE!

RENT OUR THEATER

Contact
309-444-8222
for details

FOLLOW ALONG



FIVE POINTS PARTNERS



A MESSAGE FROM OUR PARK DISTRICT..



Friday, March 10th

Doors open at 6 pm. Bingo begins at 7 pm

Individual Tickets: \$35 in advance, \$40 at the door.
Buy a table for \$400 for 10 people and guarantee seating!
Cash bar and other food available for purchase!

Sign up at washingtonparkdistrict.com or in person at Park District Facility.

****Must be 21 or older to play.****

All sales for this event are non-refundable.

Deadline: March 4

Youth T-Ball

Cost: \$50R/\$55NR - 4-5 years old

Deadline: March 24

Adult Softball

Cost: \$400 per team

Deadline: March 31

Rec Baseball

Rec Softball

Cost: \$100-\$110 per person depending on grade - K-8th grade



8U Boys	Under 3rd	\$150
10U Boys	3rd/4th	\$150
12U Boys	5th/6th	\$250
14U Boys	7th/8th	\$250
Youth Girls	4th-8th	\$250

Sign up at washingtonparkdistrict.com or in person at our main facility!



**Washington
Community
Bank**

Member
FDIC

A Division of **Morton Community Bank**



Your friends at Washington Community Bank are looking forward to warmer weather and the outdoor activity that comes with it! Before the weather breaks, we will be sponsoring the Washington Park District's Glo Bingo event in March, as well as many other events around

town. If you're looking for a great cause to join this year, consider running in this year's Washington to Peoria St. Jude Run. We are excited again to be a top sponsor for the Run!

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by the "fine print."

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A HUGE THANK YOU TO OUR AMAZING SPONSORS!!



MARCH IS NATIONAL NUTRITION MONTH

March is National Nutrition Month!®

Healthy eating is encouraged all year round, but this month, challenge yourself to pay extra attention to your nutrition choices. It's a great time to reflect and develop better eating habits. Healthy eating is important at every stage of life! It's never too late to make improvements and establish a healthier dietary pattern. The benefits will add up over time bite by bite and making changes will benefit your health now and in the future.

So how do you make every bite count?

- Focus on nutrient dense foods and beverages
- Limit those high in added sugar, saturated fat and sodium
- Stay within calorie limits
- Choose a variety of options from each food group
- Pay attention to portion size.

Take a look at your current eating routine. Pick one or two ways you can make a switch to choices that are better in nutrition.



MyPlate is the current nutrition guide published by the USDA and is a guideline for Americans to base their plate around. Using MyPlate is a great place to start for meal planning and is simple.

Choose from these tips to help you get started:

1) Focus on whole fruits

- Top cereal, pancakes or oatmeal with fruit for breakfast.
- Keep ready-to-eat fruits in the fridge or on the counter for a quick snack.
- Add fruit such as strawberries, apple wedges, or grapes to a salad.

2) Vary your veggies

- Add shredded carrots, lettuce and tomato in a sandwich.
- Make soup from veggies in your fridge.
- Snack on raw vegetables.
- Try a stir-fry with fresh or frozen vegetables for a quick meal.

3) Make half your grains whole

- Enjoy a whole-grain hot or cold cereal such as oatmeal or whole-grain puffs or flakes.
- Try whole-grain versions of pitas, tortillas, whole-grain flatbread, breads, or rolls.
- Enjoy whole-grain crackers with turkey, hummus, or avocado for a healthy whole-grain snack.

4) Vary your protein routine

- Choose skinless chicken or turkey more often. White meat is the leanest choice.
- Sirloin, top round, or flank steak is best if choosing beef as these cuts are leaner. When choosing hamburger, opt for 90% or leaner.
- Pork tenderloin or loin chops are easy to roast and can be sliced into strips for dinner, used on salads, and sandwiches.
- Have fish or seafood twice a week. Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner, or enjoy fish tacos.
- Meatless meals are tasty and budget friendly. Try bean-based vegetarian chili, grilled tofu with vegetables, or add nuts to salads.

5) Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

- The nutrients in dairy are important at every stage of life. Include foods like low-fat or fat-free dairy milk or yogurt. Alternatives could include lactose-free dairy milk or yogurt that's low-fat or fat-free or fortified soy versions. Choose unsweetened options.
- Add low-fat or fat-free dairy to oatmeal, smoothies, scrambled eggs or even pureed vegetable soups instead of water.

6) Choose foods and beverages with less added sugars, saturated fat and sodium

Tips for Less Added Sugars:

- Choose packaged foods that have less or no added sugars. Plain yogurt (you can add your own fruit), unsweetened applesauce or canned fruit packed in 100% juice.
- Limit sugary beverages such as soda, lemonade, sports drinks, or fruit drinks. Try chilled, plain water or sparkling water with fruit for a splash of flavor.

Tips for Less Saturated Fat:

- Look for foods like nuts, seeds, and fatty fish like tuna, salmon, trout, and mackerel, which are high in unsaturated fats and a healthier choice.
- Choose olive oil, canola oil, or other vegetable oils for cooking.

Tips for Less Salt and Sodium:

- Try not to add salt to your food. Taste it first.
- Choose foods with less sodium. Check nutrition labels and choose foods with a lower percent (%) Daily Value (DV) for sodium. Compare labels and choose options with the lowest amount of sodium.
- Cook at home! Preparing your own food allows you to control how much sodium goes into meals. Add flavor with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.



For more information on healthy eating, you can visit [MyPlate.gov](https://www.MyPlate.gov) and [DietaryGuidelines.gov](https://www.DietaryGuidelines.gov).