A MESSAGE FROM FIVE POINTS WASHINGTON:

We are celebrating something sweet at Five Points in October. 16 years of being a community for well-being! We are more than just a gym, theater, aquatics center and event center. We are where a senior citizen builds relationships, stays active and stays connected. Where a promising actor performs his first scene in front of 1000 people. Where a youngster learns to put her face in the water – and where years later she sets records on her high school swim team. Where we can celebrate life’s milestones – from first birthday to a wedding. It’s about you and it’s about us as a community. And we wouldn’t have been able to do any of this without you – our donors, supporters, members, and guests. Thank you for allowing us to provide a safe environment to parents of young children to have their first job, for being a draw for people thinking about moving into this community, for providing revenue to other businesses when we bring entertainment to the community, to partner with the high school so that our young people can have a swim team and experience performing on a professional stage, so that the Park District can provide more services, so the library is more accessible to patrons, to give back through our Five Points Cares initiative, and so much more. We could not do any of this without your support. And we want to say thank you. Please join us on October 1st from 3:00-5:00 PM at our 16th Year Anniversary celebration. We will have music, interactive games, and a walk down memory lane. We’ll share milestones of the last 16 years and some of the plans for the next 16. With your continued support Five Points Washington will be here for generations to come….from generation to generation. Hope to see you October 1st!

-Vikki Poorman, General Manager

FOLLOW ALONG

360 N. Wilmor Rd ● Washington, IL 61571 ● FivePointsWashington.org
Main Line: (309)444-8222 Fax: (309)444-8220
Les Mills GROUP FITNESS
launch
SAVE THE DATES
OCTOBER 7-9

LEARN to PLAY Pickleball!
You'll have two sessions to choose from. Each four week class will teach proper grip, how to keep score, rules of the game, stroke, serve and etiquette.

Adult Intermediate Class requires knowledge of the game, keeping score and different strokes. This class will work on strategy and court position. Drills and match play will also be introduced.

Wear your workout clothes and court shoes. We provide the paddles, balls, instruction and fun.

September 7-28
4-Week Sessions, Held on Thursdays
Adult Beginner 3pm-4pm
$80 Members
$100 Non-Members
Adult Intermediate 4pm-5pm
$120 Members
$140 Non-Members

Stop by the front desk to get registered. Call 309-444-8222 with questions.

FITNESS

16 DAYS OF FITNESS
Starts Oct. 1
Group Fitness Facebook Page

RECOVERY SERVICES
with Clinton
MOVE BETTER. FEEL BETTER.

Questions? Contact Megan Steven at MeganS@FivePointsWashington.org or 309-444-8222

#bthebestu
#liftheavylivehealthy

SESSIONS CAN BE PURCHASED AT THE FRONT DESK
- Pre workout stretch routines
- Assisted stretching
- Recommend stretches after assessment
- Post workout PNF stretching
- KT taping
- Warm up and cool down stretching
- Theragun treatment
- Cupping
- Chair and table massage
Pumpkins are not just a festive decoration – they are great for your health! They are considered a superfood, meaning, they are especially nutrient-dense while generally low in calories, promote health by increasing immune function and decreasing your chance of disease prevention or progression. In essence, they are a category of foods that are super-healthy!

Did You Know? While commonly viewed as a vegetable, pumpkins are actually a fruit because they contain seeds. But, it’s nutritionally more similar to vegetables than fruits. Pumpkin is a type of winter squash. It’s delicious, versatile and easy to add to your diet. It can be easily roasted, pureed into soup or baked into pies.

Find fun and tasty recipes at: https://www.verybestbaking.com/libbys/recipes/all/

Be sure to read labels carefully when buying canned pumpkin. Not all products will be 100% pure pumpkin and you may want to avoid added ingredients such as sugar. Pumpkin may be a fall flavor, but the health benefits of pumpkin can be used year-round!

1. Better Eyes
Pumpkins are bursting with Vitamin A which is needed for good vision. This will help you have healthy eyes and see more clearly, especially in low-light conditions.

-1 cup of pumpkin provides 250% of your recommended daily vitamin A intake! Your eyes will be sure to thank you!

2. Boosts Immunity
Pumpkins are rich in beta carotene and provide vitamin C, vitamin E, iron and folate – all of which strengthen your immune system. Adding pumpkin to your diet can help your immune cells work better to ward off germs and speed wound healing too.

3. Provides Skin Health
Pumpkin is loaded with nutrients that are great for your skin such as vitamins C and E which can keep your skin strong and healthy. They are high in beta-carotene which combats the effects of aging on your skin and also acts as a natural sunblock.

4. Curb Your Cancer Risk
Vitamin A, found in pumpkin, can help lower your risk of certain types of cancer (lung or prostate).

5. Good Source of Fiber
Fiber helps remove cholesterol from the body, keeps blood sugars from spiking and helps regulate bowel habits. Pumpkin has 6g of fiber per cup. This can keep you feeling full longer and help curb your appetite which in turn, can help decrease overeating and help you achieve a healthy weight.

6. Heart Healthy
Pumpkin is a good source of potassium, vitamin c, fiber and antioxidants which have been linked to heart health benefits. Choosing foods that are low in fat, salt and sugar and high in fiber such as pumpkin is a way to practice heart-healthy eating.

7. Good Source of Potassium
Pumpkins are packed with potassium that helps lower blood pressure. Potassium also helps bone health and decreases risk for diabetes. 10% of your daily potassium needs is found in just a ½ cup serving of canned pumpkin.

8. Nutrient-Dense Food and Low in Calories
Pumpkin is incredibly low in calories while being packed with a ton of vitamins and minerals. It has Under 100 calories per cup! One cup of canned pumpkin contains roughly 90 calories and is 90% water.

9. Added Bonus Inside
Pumpkins contain pumpkin seeds which are edible, nutritious and linked to numerous health benefits.

10. Good Cooking Substitute
There is a way to add more superfoods to your diet. You can sub pumpkin in your recipes for ingredients like eggs, oil and butter. Use it in apps, main dishes and desserts! It’s a delicious way to feel good and enjoy the recipes you love!

**Healthier Pumpkin Spice Latte**

1/2 cup unsweetened vanilla almond milk
3 tablespoons pumpkin puree
1 teaspoon pumpkin pie spice
1/2 teaspoon vanilla
1 teaspoon sugar (or sugar substitute)
8 ounces brewed coffee
Sprinkle with cinnamon and enjoy!

Each latte contains 55 calories, 1.5g protein, 8g carbohydrate, 2g fat and 136% of your daily vitamin A needs.
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.

**WCHS Swim Team**
The high school swim team practices M-F from 3:30-5:30 PM in lanes 4-8. See our aquatic calendar for meet dates.

**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

**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: masonk@fivepointswashington.org

**SPECIAL OPEN SWIM HOURS:**
**SEPTEMBER 4TH (LABOR DAY) 10-2:45 PM OPEN SWIM**

**FOLLOW ALONG**

**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

**PRIVATE AND SEMI-PRIVATE SWIM LESSONS**

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.
**FIVE POINTS KIDS**

**KIDS CLUBHOUSE HOURS:**

Daytime Hours:
- Monday - Saturday: 8 AM - 12 PM
- Sunday: CLOSED

Evening Hours:
- Monday & Wednesday: 4 PM - 8 PM
- Tuesday: 4:30 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.

**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+, **Th 12:30pm-1:15pm**.

**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-Fri 9-11am, Sat. 9:30-11am, Wed. 5-6pm**.

**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 fees are 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.

Rental fee with discount: member $123, non-member $141.

To inquire about available dates, pricing, and booking please contact Aquatic Coordinator, Mason Kleiber at masonk@fivepointswashington.org
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, Jenny Walcott at 309-444-8222 or jennyw@fivepointswashington.org

Want to be a vendor? Contact Jenny at jennyw@fivepointswashington.org
A MESSAGE FROM OUR PARK DISTRICT..

WASHINGTON COMMUNITY BANK

A huge thank you to our amazing sponsors!!

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!
FIVE POINTS UPDATES:

This year we were able to donate 2,438 items to Washington District 50 for the school year. Thank you to all who helped donate!

We want to send an extra “Thank You” to Deborah’s House for their very generous donation, pushing our donated items over 2,000!

JOIN OUR TEAM!
VISIT OUR WEBSITE FOR DETAILS FIVEPOINTSWASHINGTON.ORG/EMPLOYMENT OR SCAN THE QR CODE TO EXPRESS INTEREST

Scan and we will contact you!