GETTING TO THE*

A Message from Five Points Washington:

Spring is upon us, bringing weather changes and lots of sunshine! My name is Devyn Farney and I am the new Fund Development Director here at Five Points Washington. I am excited to dive into my role here at Five Points. I have always been blown away by the work Five Points does for the community through Five Points Cares and partnering with so many key parts of the Washington Community.

I grew up visiting my dad's tire shop off the square every Saturday when I was a young girl. I loved walking the square, stopping for sweets and seeing familiar faces. Fast forward many years, and now, my 3-year-old daughter is taking semi-private swimming lessons with two of her best friends at the Five Points Aquatic Center. It has been an incredible experience for her and has helped her overcome her fear of water. I enjoy watching her love for swimming grow and the connection she is building with her instructor. It feels like a full-circle moment to now work in the community I loved visiting as a little girl and at a place I can bring my own daughter to experience that same community.

As the Director of Fund Development, my primary responsibility involves securing grants for our outreach programs, building our annual fund and organizing fundraising events to support necessary building upgrades. This March we are launching the Generational Impact Circle. Being a par of the Generational Impact Circle means you are a leading annual donor of Five Points Washington. These annual gifts help to support our vision and dedication to be a community for well-being to impact generations to come. For more information, send an email to devynf@fivepointswashington.org.

An event coming up that you do not want to miss is the 16th Annual Golf Outing at Pine Lakes Golf Club. This will be held on July 19th. After a day of golfing, the evening will conclude with a dinner catered by Bernardi's, entertainment from Central Illinois Dueling Pianos and a silent auction. You can purchase a ticket just for the evening or register your foursome for the whole day. The proceeds from the Golf Outing will go to necessary updates in our Performing Arts Center. Check our website to stay up to date on all of the information on this exciting event.

Thank you for welcoming me to Five Points Washington. If you see me around, come say hello. I look forward to getting to know each of you.

-Devyn Farney, Fund Development Director

Members of the Month THE BALLY FAMILY



EMPLOYMENT ANNIVERSARIES

March
2 Marie Ritschard
3 Kael Chandler
16 Mason Hall
18 Kaleb Rhoades
23 Laura Lee
23 Jennifer Prather
24 Zachary Fairfield
25 Emma Eddy

April 3 Abigail Schmidgall 5 Joy Snyder 8 Stephanie Bender 9 Melanie Jennings 23 Christine Foehrkolb 23 Holly Vaughan 27 Heather Walden-Fox

FIVE POINTS TEAM CONTACT

GENERAL MANAGER VIKKI POORMAN VIKKI POORMAN ASST. GENERAL MANAGER OF BUSINESS LORI PACKMAN LORIP@FIVEPOINTSWASHINGTON.ORG CUSTOMER SERVICE SUPERVISOR DANAE THOMAS DANAET THOMAS DANAET HOMAS DANAET HOMAS BRAD WEAVER BRAD WEAVER

REGISTERED DIETTIAN CRYSTAL CASPER CRYSTALC@FIVEPOINTSWASHINGTON.OR(THEATER MANAGER

IOSH SCHNETZLER IOSHS2@FIVEPOINTSWASHINGTON.OR MARKETING MANAGER CHRISTINE FOEHRKOI B ASST. GENERAL MANAGER LATISHA WATTS LATISHAW@FIVEPOINTS FUND DEVELOPMENT DIRECTOR DEVYN FARNEY

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THEATER TECHNICAL DIRECTOR LEE RANDALL LEER@FIVEPOINTSWASHINGTON.ORG MARKETING ASSISTANT KRISTINAG GFIVEPOINTSWASHINGTON.ORG

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FITNESS

February Recap...

In February, we had our annual Heart Hustle event for the American Heart Association. We were able to raise \$972.67! Thank you to everyone who participated in the workout and made a donation. We hope to see everyone back again next year. We also launched a new group fitness class, Strength Development. We have had a great response to the pop-up classes and can't wait to have it on the full group fitness calendar in April.

Save the Dates...

We have MANY events/programs coming up in the coming months in the fitness department and hope you will join us for as many as you can.



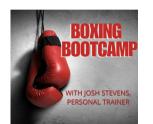
National Nutrition Month - All of March



March 24 Members and Non-Member Welcome



Adult Ballet Class Starts April 29



Starts Monday, March 4 6 week session



Added to class

schedule in April

Adult Ballet

Coming Soon...

In this five-week series, professional ballerina Marie Ritschard will teach and guide participants through the basics of

ballet technique and the structure of a traditional ballet class. Ballet class is an excellent, full-body workout that will

strength, muscle coordination, musicality

absolute beginners as well as those with

some previous experience. We will move slowly and intentionally to progress

improve balance, flexibility, core

and mental focus. Class is open to

according to the needs of each

participant.

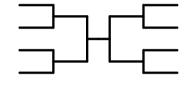


with Certified TRX Suspension Coach Will Christian

BEGINS MARCH 5

Starts Tuesday, March 5

6 week session



March Madness Group Fitness Challenge March 17 - April 6



April 1-15

April 27 Super Saturday Schedule out soon!



June 1 | 7AM-7PM We want to break ^m \$50,000 in total lifetime donations



Interested? Contact *meganw@fivepointswashington.org* June date coming soon...



NUTRITION

\$pend \$mart! Eat \$mart!

Let's be honest, life has become more expensive with rising costs for everything. This can have a huge impact on all aspects of life, but especially what we are eating. Grocery shopping and eating healthy can feel difficult when money is tight, but it doesn't mean you have to sacrifice your nutrition. It's still important to try and choose healthy foods as much as possible. Below are some great tips on how you can enjoy nutritious foods without breaking the bank!



AQUATIC CENTER

POOL NOTICE

The **COMPETITION POOL** is **CLOSED** until further notice. The <u>leisure pool</u> will remain <u>open</u>.

POOL HOURS

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.

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:

Tentative open swim hours depending on opening of the competition pool. March 25-28......12-8PM March 29.......12-6:45PM

March 31	CLOSED, Easter
April 1	12-8PM
See our aquatic calendar f	or general open swim hours.

Due to pump failure, the competition pool is closed until further notice. During this time we are going to proceed with plaster repair to avoid further closures.

WPD will hold its annual Stroke Clinic April 29-May 22 on Mondays and Wednesdays from 5-7:30PM. During this time lanes 5-8 will not be available.

LIFEGUARD CERTIFICATION CLASSES

APRIL 6TH AND 7TH 9AM - 5PM PRE-REQS ON 3/26 4PM - 6PM **APRIL 20TH AND 21ST 9AM - 5PM** PRE-REQS ON 4/8 6PM - 8PM

 MAY 18TH AND 19TH 9AM - 5PM
 MAY 4TH 9AM - 5PM

 PRE-REQS ON 5/6 4PM - 6PM
 6PM

RE-CERTIFICATION CLASSES PREREQUISITES (MORNING OF THE RE-CERTIFICATION) APRIL 13TH 9AM - 5PM

LIFEGUARD

We offer full lifeguard certification courses and re-certification courses through the Red Cross. Classes run March-May. View all of our 2024 lifeguard classes online by visiting: *fivepointswashington.org/lifeguard-classes*

Group Outings POOL RENTALS

Available during open hours, group outings can be held at the pool or both the pool and the gym. Rates vary depending on group size.

- Girl/Boy Scouts
 Field Trips
 Summer Camps
- Sundays / Family Volleyball, 2-3PM

Adult Volleyball (12+), 3-4PM

Non-Members \$7. Check-in at front desk. For a full description and rules, please visit our website at: www.fivepointswashington.org/aquatic-volleyball



Swim Lessons (private and semi-private)

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. We offer flexible scheduling that works for everyone! To get signed up visit our Five Points Washington aquatics page on our website and submit an electronic request form.

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

Package 1: Small Rental

- Up to 100 people
- 1-3 hours, \$300/hour
- Includes 3-4 lifeguards

Arter Hour

- Package 2: Medium Renta
 - 100-150 people
- 1-3 hours, \$350/hour
 - ncludes 5 lifeguards
- Package 3 : Large Rental
- 150-200 people
- 1-3 hours, \$400/hourIncludes 6 lifeguards
- Includes 6 ineguards

Aquatic Personal Training



Aquatic Training is great for anyone who wants private instruction. We offer small group aquatic training with up to 3 participants or private training with 1 on 1 instruction! These 30 minute 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.

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

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. Contact Brad Weaver for more questions:

bradw@fivepointswashington.org





FIVE POINTS KIDS

KIDS CLUBHOUSE HOURS

Davtime Hours:

Monday - Saturday......8AM - 12PM Sunday: CLOSED

Evening Hours:

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

INTERESTED IN 2 FREE HOURS OF CHILD CARE?

For members with a family memberships, we offer 2 hours of FREE child care per day. Kids Clubhouse is for ages 6 weeks-11 years old. Reservations are required for children 6 weeks-12 months and can be made by calling 309-444-8222.

Don't have a Family Membership? No problem! We can watch your child for a small fee while you workout. The cost is \$9/hour.

For more information, stop by the front desk or visit our membership page on our website.



CLASS SCHEDULE

AOUATIC FUN & FIT IUNIOR

This is a fun aquatic exercise class that incorporates games in the water. For ages 7+, Thur. 6-6:30PM.

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, Mon. and Thur. 5:45-6:45PM.

BORN TO MOVE (VIRTUAL)

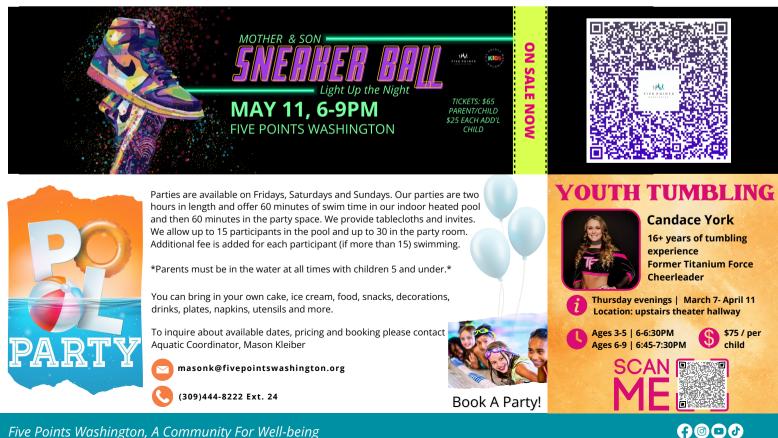
This teaches age-appropriate motor skills that improve agility, balance, coordination, endurance, flexibility and speed. For ages 7+, Tues.-Thur. 12:30-1:15PM.

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.

New Faces in the Clubhouse!

Our clubhouse has some new faces! We have two new clubhouse attendants, Madison and Brenda! Brenda is from Washington, a mother of two and will be working in the mornings. Madison attends Eureka college and will be working evenings as well as Saturday mornings.



Five Points Washington, A Community For Well-being

LIVE @ FIVE POINTS EVENT CENTER & THEATER



For complete details and to purchase tickets to any events, scan the QR code below or visit <u>FivePointsWashington.org/events</u>

JANUARY/FEBRUARY EVENT RECAP...

In January, we welcomed three local talents to the Five Points stage: Brody Vancil, Jake Maurer and Will Crouch. We love getting to support local talent and bring back Central Illinois natives to the stage. In February, we had an amazing turnout for our annual Cabin Fever event. We had over 300 people here to listen to local musicians Johnny Walker and Revel in Red. We hope everyone will be back again next year.

For both events, make sure to head to our Facebook page, Five Points Live, to see photos and a video recap from the two events.

COMING UP THIS YEAR...

We have a number of exciting events coming up later this year, so make sure you save the date! This summer, Five Points Fridays are back and we are excited to have everyone outside to enjoy the nice weather. Five Point Fridays dates: May 17 the Holdouts, June 7 Black Velvet, July 12 Captain Quirk and August 16 Vinyl Tap/car show! Also coming to Live @ Five is the international rock/bagpipe band the Red Hot Chili Pipers on August 2 and then local band Decade of Decadence on October 19. It is a busy year and we can't wait to see all of these performers.

REMINDER...

As we enter into the spring time, we are also entering into dance competition season. You will see higher than normal traffic in our facility on certain weekends in March, April and May. Make sure to stay up to date on our social media and Wednesday emails, we will let you know when we have a competition coming up.





- Tickets: \$8 for adults, \$6 for students and seniors, \$10 at the door
- Purchase tickets here: https://www.ticketsource.us/washington-community-high-school

Puffs, or Seven Increasingly Eventful Years at a Certain School of Magic and Magic is a 2015 original play by New York – based playwright Matt Cox. The play is a parody of the *Harry Potter* book series by J.K. Rowling, but from the perspective of the Puffs, who were inspired by the Hogwarts house, Hufflepuffs.

Join the Washington Community High School drama department for multiple performances of this magical play at the Five Points Washington Caterpillar Auditorium.





MARCH 14 | 7PM

THE PRAIRIE WIND ENSEBLE WITH THE MID-ILLINI HONOR BAND

• Tickets: Free

Join us for a night of music! The Mid-Illini Honor Band will be performing at 7PM then the Prairie Wind Ensemble will take the stage at 8PM.

Guest conductor Dr. Tim Allshouse, director of Blue Springs High School and Illinois 2023 Roots Award Recipient, will be joining the bands on stage.

APRIL 7 | 2:30PM HEARTS OF GOLD THE RAY FAUBER STORY FILM SCREENING • Tickets: \$15 for kids 12 and under, \$20 for adults

 Purchase tickets here: https://www.eventbrite.com/e/hearts-of-gold-the-ray-fauber-storytickets-830575843707?aff=oddtdtcreator

This locally made documentary, focuses on Central Illinois native Ray Fauber. Over the course of this film you will learn about his car collection, farming, his family, horses and of course St. Jude.

Join us at 2:30PM on April 7 to experience this film, as we help Ray raise money for the kids of St. Jude. **All ticket sales are being donated to St. Jude Children's Research Hospital.**



FIVE POINTS PARTNERS



Looking for a bank to help handle your personal or business banking needs? Look no further than Washington Community Bank (division of Morton Community Bank). MCB is an independently owned bank founded in Morton, Illinois in 1960. The Clock Tower is the logo of Morton Community Bank because Clock Towers have long been regarded as symbols of community, strength and reliability – just like our Banks. We value your time and are committed to providing you with a prompt, efficient, and high-quality banking experience, whether it be in person, online, mobile or by telephone. As one of Hometown Community Banks' 55 locations in Illinois, look for the Clock Tower and know we have 'time' for you! Stop by Washington Community Bank at 1895 Washington Road or visit us online at www.hometownbanks.com.



SENIOR ROOM



Helping Seniors Stay Connected

Join our Senior Room Facebook group to stay up to date on activities, programs and to stay connected with your new friends.



Five Points Senior Room Facebook Group https://www.facebook.com/groups/245412824880066

Group Fitness Classes



FUN, LOW INTENSITY, GROUP FITNESS CLASSES

FIT LIFE FOR SENIORS

Designed to increase muscular strength, better balance, range of motion and cardiovascular endurance.

Mondays, Wednesdays, Fridays | 9:30-10:15AM BANQUET ROOMS

TOTAL RX

Designed to help improve balance, coordination, functional strength and cardio fitness.

Tuesdays, Thursdays | 9:30-10:15AM BANQUET ROOMS



WPD BINGO

1st Tuesday of each month | 10AM

FIVE POINTS WASHINGTON SENIOR ROOM

Come alone or bring your friends...It's open to all!

Got another card or board game you want to play? There's plenty of tables for us to set up other games. Give us a call and let us know what games you would like to play.

- Monday......0pen, Kings Corner
- Tuesday.....Pinochle, Euchre
- Wednesday......1:00pm.....Scrabble, Phase 10
- Thursday......12:30pm.....Pinochle, Hand & Foot
- 🔇 Sherril West 309-369-3141 🛛 🕓 Brad Weaver 309-444-8222





SENIOR ROOM® FACEBOOK GROUP

FIVE POINTS SENIOR ROOM SPEAKER SERIES)))

Monthly guest speakers will entertain and educate on a variety of topics. Join us in the Five Points Senior Room every fourth Monday from 1-3PM.

Attendance is free and Five Points membership is not required. Coffee and refreshments will be provided.

March 25 | 1-3PM Fit and Healthy...Body and Brain

April 22 | 1-3PM Make Your Own Greeting Card

May 27 No Speaker Event, Memorial Day

June 24 | 1-3PM History of Wedding Traditions

July 22 | 1-3PM Cubs/Cardinals Rivalry...Fact or Fiction?

> Join Us Every Fourth Monday from 1-3pm Free to attend. Coffee & refreshments pro

Aquatic Fitness Classes

*MUST BE A FIVE POINTS MEMBER, DURING COMPETITION POOL CLOSURE

All classes listed will take place in the Therapy pool (89° - 91°). **AQUA ARTHRITIS**

Uses the waters resistance and a variety of equipment to provide gentle stretching and light cardio exercises.

Mondays & Fridays: 8:30-9:15AM | 10:30-11:15AM | 1:30-2:15PM Wednesdays: 8:00-8:45AM | 10:30-11:15AM | 1:30-2:15PM Tuesdays & Thursdays: 9:30-10:15AM

AI CHI

*S*imilar to Tai Chi, this class combines deep breathing and slow, broad movements that promote balance.

Tuesdays & Thursdays: 10:30-11:15am Wednesdays: 12:30-1:15

AQUA FLOW

Combination of tai chi and yoga movements to increase core strength and stability, while promoting better mobility and range of motion.

Mondays: 11:30AM-12:15PM

Five Points Washington, A Community For Well-being



FIVE POINTS CARES





Don't forget to drop off a canned food item to our front desk during the month of March. You will be enter into a drawing to win a free nutrition consultation from our Five Points Dietitian Crystal. All canned donations will be given to the WHIP food pantry.

Five Points Cares is all about giving back to the community. That is why some of the Five Points staff took 2 hours out of their work week, to volunteer at Midwest Food Bank.









They helped to pack Pringles, our staff was able to prep 1,825 cans of Pringles. They were able to fill a whole pallet up and they were very excited to help make a difference.



YEARS 239 COATS AND 253 ACCESSORIES DONATED IN 2023

"Several years ago when Salvation Army revamped the program across the country, they looked at what was being done here...for a very good reason...amazing things are happening here....like at Five Points!" - Gregory Pesely



FIVE POINTS CARES



Thanks to everyone who donated to our Coats for Kids coat drive and the Dream Center Peoria's Promise of Hope Prom dress donations. We helped to make a huge impact in our local community. All thanks to you!

FACILITY ANNOUNCEMENTS

Easter Facility Hours

Facility will be CLOSED on Sunday, March 31

AQUATICS CLASSES

3/29 - 1:30PM Aqua Arthritis CANCELED

4/1 - 8:30AM Aqua Arthritis, 9:30AM Fun and Fit and 1:30PM Aqua Arthritis will be held. All other classes on this date CANCELED.

See Aquatics page for open swim hours - pending the opening of the competition pool.

FITNESS HOURS

3/29 - 6PM BodyPump CANCELED

 FOLLOW US ON

 SOCIAL MEDIA

 Image: Construction of the points washington of the points and the points description of the points d

South Entrance Doors

As a reminder, for all of our members, the South Entrance doors are not a main entrance to the facility. For the safety of our members as well as our staff, we ask that you use the main entrance doors at the front of the building.

If you are here for an event in the South End, the South Entrance doors might be open for you. If they are not open, please do not bang on the doors. We ask that you walk around to the front of the building.



Election Voting March 19



Swim Lessons (that take place in the competition pool) Please contact your swim instructor for more information. Some swim lessons can take place in the leisure pool.

Lifeguard Classes

Recertification for Saturday, March 2, is CANCELED. Lifeguard classes for March 9 and 10, are CANCELED. Prerequisites on March 12 are CANCELED. Brad Weaver will be in contact with everyone in these courses to talk about options for other classes.

<u>Aquatic Classes</u>

All aquatic classes that take place in the competition pool are CANCELED.

Birthday Parties

Mason Kleiber will be in contact with you soon about the logistics of your birthday parties.

<u>Open Swim</u>

You can still come to the leisure pool for open swim hours. Due to limited space in our leisure pool and to better accommodate members and birthday parties, we will NOT be selling pool day passes to non-members or guests until our competition pool is re-opened.

As we enter into the spring time, we are also entering into dance competition season. You will see higher than normal traffic in our facility on the following weekends in March, April and May. March 22-23, April 12-14 and May 10-12.

POOL NOTICE

Due to pump failure, the COMPETITION POOL is CLOSED until further notice. During this time we are going to proceed with plaster repair to avoid further closures.

The <u>leisure pool</u> will remain <u>open</u>.

FIVE POIN

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UPCOMING EVENTS IN MARCH

FIVE POINTS



1	National Nutrition Month Kicks Off Canned Food Drive for WHIP Begins
4	Boxing Bootcamp Session Begins

5 WPD Bingo, Senior Room, 10am TRX Session Begins

7 Youth Tumbling Session Begins

Puffs, WCHS Spring Play Caterpillar Performing Arts Theater, 7pm

8 Lifeline Screening Live @ Five Points Event Center, 9am

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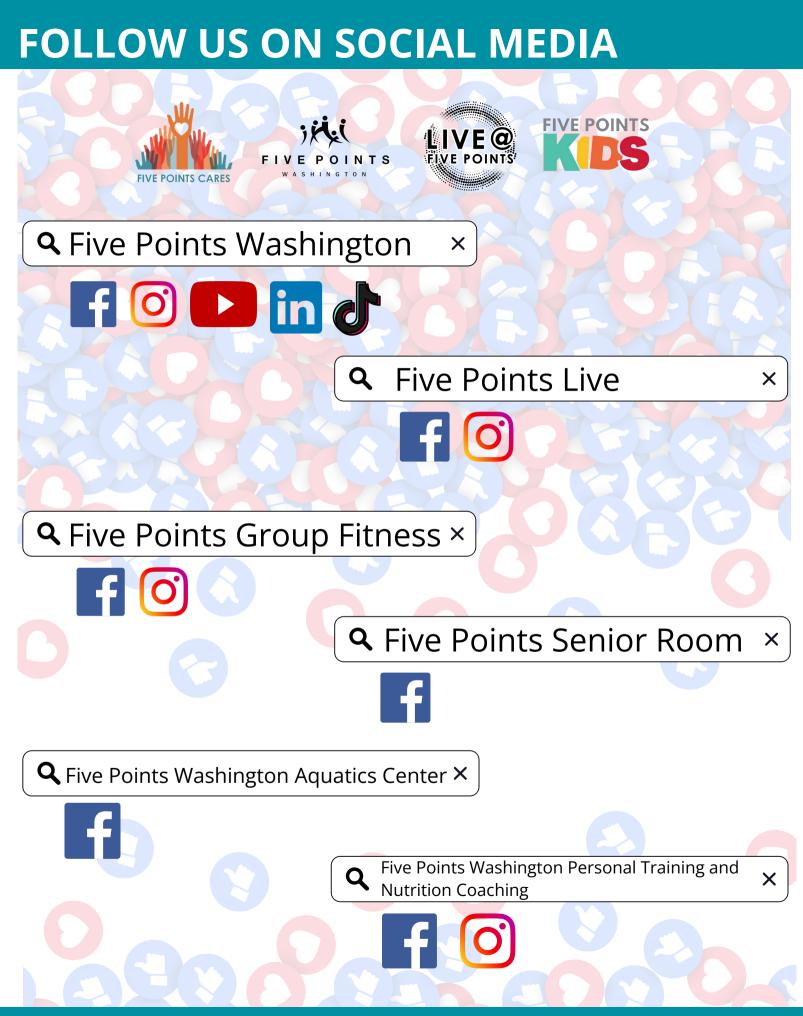
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30

Puffs, WCHS Spring Play *Caterpillar Performing Arts Theater, 7pm*

- **Puffs, WCHS Spring Play** Caterpillar Performing Arts Theater, 7pm
- **14** The Prairie Wind Ensemble with The Mid-Illini Honor Band Caterpillar Performing Arts Theater, 7pm
- **17** March Madness Group Fitness Challenge Starts Sign up in the Fitness Studios
 - American Red Cross Blood Drive Live @ Five Points Event Center Rooms B-C, 11am-5pm
 - **Election Day** Live at Five Points Event Center, 6am-7pm
- **22** Gems Dance Competition
 - Gems Dance Competition
- 24 Basketball 5on5 League
 - Senior Speaker Series, Fit and Healthy...Body and Brain Five Points Senior Room, 1-3pm
 - WPD Senior Luncheon Live @ Five Points Event Center, 11am
 - WPD Bunny Breakfast Live @ Five Points Event Center, 9am
- **31** Easter, Facility is Closed

360 N. Wilmor Rd | 309-444-8222 | fivepointswashington.org



Five Points Washington, A Community For Well-being