

# GETTING TO THE POINT

## A Message from Five Points Washington:

Summer is coming! We are so grateful for the warmth and sunshine! My name is Megan West, and I am the new Fitness Manager at Five Points Washington. My story with Five Points started when I was a senior at Washington Community High School. I first worked as a custodian and then worked my way through multiple jobs here throughout my college years.

I returned to work at Five Points after I graduated from the University of Illinois at Springfield. COVID brought me back home and I began my career as a Personal Trainer. I have enjoyed training and have created a lot of very special relationships over the last 3 years. My favorite part of personal training is having them experience non-scale victories; like being able to tie their shoes, carry their children/grandchildren and even being able to zip a coat they have never been able to zip-up before. I look forward to the opportunity to grow the personal training staff and improve the physical well-being of our community.

I am thankful to have Leslie Anderson as our part-time Group Fitness Coordinator. Leslie has taught Les Mills classes for almost 15 years. Her full-time job is Director of Connections for Crossroads Church. Leslie helped lead our very own March Madness tournament for the group fitness classes this past March. We had 16 teams and after the 3 week long tournament, Iowa won the championship bracket! Thanks to everyone who participated, we loved seeing the excitement everyday. A special thanks to Leslie for creating a fun tournament for our members to enjoy, for them to meet new friends and try some new classes.

We have some exciting things happening in May on the Fitness Floor. MyZone is launching a new subscription service that will allow Apple watches and Android users to become a part of the MyZone community. This will be a yearly subscription and we look forward to growing this community and creating connections. You will be able to purchase this subscription service at the front desk starting on May 6th.

June 1st, we will be hosting our 4th annual Bike for a Cause to benefit the kids of St. Jude; this year we are looking to raise \$15,000. This 12-hour event will have all the things you have loved over the past years; coffee and donuts sponsored by Faire and Becks, a dog show sponsored by Pura Vida Pets and recovery hour sponsored by Elite Sports Recovery. We have also been working on some fun new additions this year; ice cream social sponsored by Uncle Bob's Homemade Ice Cream, DJ Stretch, and Washington Lions will be here serving food. This event will run from 6AM to 6PM, we hope you guys can stop by and help us reach our \$15,000 goal for the kids of St. Jude.

On June 22nd, we will be hosting our 2nd annual 3 on 3 Youth Basketball Tournament. This tournament is open to 6-8th graders: this must be the grade they are entering in the fall of 2024. Winners of the tournament will receive a brand-new pair of shoes. Interested in signing a team up? Call the front desk to get your team registered.

We have many more exciting things happening and coming to the Fitness Floor, so make sure you are staying up to date on our social media pages and signage in the facility. We hope you have a great start to your summer!

-Megan West, Fitness Manager

## Members of the Month NICK AND BONNIE ELDRED



## EMPLOYMENT ANNIVERSARIES

### May

- 2 Samantha Bonk
- 3 Ketra Eichelkraut
- 3 Haley Walters
- 4 Kristin Imm
- 6 Joyce Kloter
- 6 Tina Schreyer
- 7 Matthew Mitsch
- 8 Finn Miller
- 9 Samuel Bagley
- 9 Grace Reed
- 11 Marti Teubel
- 12 Kyle Ennis
- 12 Jamari White
- 15 Leslie Anderson
- 16 Logan Walliker
- 17 Landon Boerke
- 24 Giada Doeden
- 25 Sophia Showalter
- 26 Danial York
- 29 Vikki Poorman

### June

- 5 Lori Packman
- 7 Robert Miller
- 8 Josh Stevens
- 9 Martin Hoshbrough
- 11 Acacia Tully
- 13 Alexander Baker
- 13 Ella Crull
- 13 Tyson Vorrath
- 14 Jamison Scott
- 16 Latisha Watts
- 18 Ashley Kersting
- 19 Susan Weick
- 21 Samantha Showalter
- 27 Ester Endress
- 27 Curtis Mack
- 29 Nikole Chandler
- 29 Joyce Hughes
- 29 Naomi Kuhlman
- 30 Hudson Essig

## FIVE POINTS TEAM CONTACT

- |  |   |
|--|---|
| <b>GENERAL MANAGER</b><br>VIKKI POORMAN<br>VIKKIK@FIVEPOINTSWASHINGTON.ORG                     | <b>ASSISTANT GENERAL MANAGER</b><br>LATISHA WATTS<br>LATISHAW@FIVEPOINTSWASHINGTON.ORG  |
| <b>ASSISTANT GENERAL MANAGER OF BUSINESS</b><br>LORI PACKMAN<br>LORIP@FIVEPOINTSWASHINGTON.ORG | <b>FUND DEVELOPMENT DIRECTOR</b><br>DEVYN FARNEY<br>DEVYNF@FIVEPOINTSWASHINGTON.ORG     |
| <b>CUSTOMER SERVICE SUPERVISOR</b><br>DANAE THOMAS<br>DANAET@FIVEPOINTSWASHINGTON.ORG          | <b>MAINTENANCE FOREMAN</b><br>DAVID YORK<br>DAVIDY@FIVEPOINTSWASHINGTON.ORG             |
| <b>AQUATICS &amp; PROGRAM MANAGER</b><br>BRAD WEAVER<br>BRADW@FIVEPOINTSWASHINGTON.ORG         | <b>AQUATICS COORDINATOR</b><br>MASON KLEIBER<br>MASONK@FIVEPOINTSWASHINGTON.ORG         |
| <b>FITNESS MANAGER</b><br>MEGAN WEST<br>MEGANW@FIVEPOINTSWASHINGTON.ORG                        | <b>GROUP FITNESS COORDINATOR</b><br>LESLIE ANDERSON<br>LESLIEA@FIVEPOINTSWASHINGTON.ORG |
| <b>THEATER MANAGER</b><br>JOSH SCHNETZLER<br>JOSH52@FIVEPOINTSWASHINGTON.ORG                   | <b>SPECIAL EVENT BANQUET MANAGER</b><br>PAIGE WISE<br>PAIGEW@FIVEPOINTSWASHINGTON.ORG   |
| <b>THEATER TECHNICAL DIRECTOR</b><br>LEE RANDALL<br>LEER@FIVEPOINTSWASHINGTON.ORG              | <b>MARKETING MANAGER</b><br>CHRISTINE FOEHRKOLB<br>CHRISTINEF@FIVEPOINTSWASHINGTON.ORG  |
| <b>MARKETING ASSISTANT</b><br>KRISTINA GILLIS<br>KRISTINAG@FIVEPOINTSWASHINGTON.ORG            |   |



# FITNESS



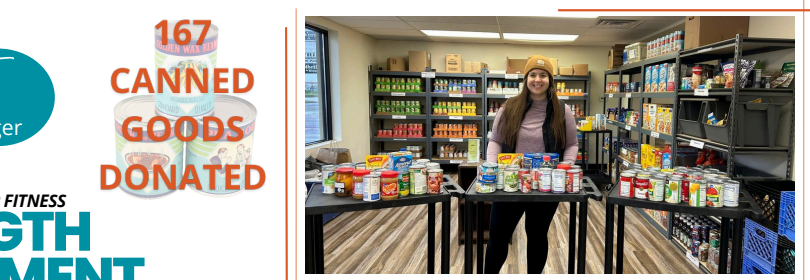
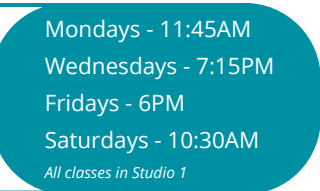
*Megan West*  
Fitness Manager

## LES MILLS GROUP FITNESS STRENGTH DEVELOPMENT

In March, we add 5 Strength Development classes to the schedule. We hope you are loving this addition to your workout routine! If you haven't tried it yet, make sure you stop in and see how you like it.

Mondays - 11:45AM  
Wednesdays - 7:15PM  
Fridays - 6PM  
Saturdays - 10:30AM

All classes in Studio 1



*Meet Brandon*

We want to welcome a new trainer to our Personal Training staff. Brandon Kemp will be available to train Tuesdays and Thursdays in the early afternoon and evenings.

Contact Megan West to set up a personal training session with Brandon: [meganw@fivepointswashington.org](mailto:meganw@fivepointswashington.org)



*Brandon Kemp*  
Personal Trainer

## MAY 27 @ 0700

This Memorial Day, we will be hosting another Murph workout in the personal training studio; this is open to members and non-members. We hope you can join us this year

- MURPH**
- 1 Mile Run**
- 100 Pull-Ups**
- 200 Push-Ups**
- 300 Squats**
- 1 Mile Run**

## WHAT IS A MURPH?

A test of physical and mental endurance that honors the sacrifice and service of fallen Navy SEAL Lt. Michael P. Murphy.

## NEW PROGRAM

Mondays, Wednesdays, Fridays  
9-9:30AM

We are offering a new summer program called **Summer Sweat**. This class will include strength training, cardio and other exercises that will having you work up a sweat! This program takes place **OUTSIDE!**

Our St. Jude Bike for a Cause is June 1, from 6AM-6PM. Over the last three years, we have raised \$35,900, we are looking to break \$50,000 in total lifetime donations. We have lots of fun activities and challenges planned you will want to be here for!



Be on the look out for our 2024 Bike for a Cause shirts that will be on sale **SOON!**

Our Youth 3 on 3 Tournament will be **June 22**. This tournament is open to 6-8th graders, but they must be entering those grades in the fall of 2024. *Signs ups are at the front desk.*

## ADULT BALLET

Last session filled up so fast, that we are offering two opportunities to take Adult Ballet. Our first class will be offered on **Mondays**, starting **June 10 at 7PM**. We will also have a class on **Tuesdays**, starting on **June 11 at 9:30AM**. Be on the lookout for sign-ups.



## INTRODUCING SHAPES

In just **6 WEEKS** of SHAPES, it can lead to **35%** increase in abdominal endurance, **26%** increase in back endurance and **20%** better balance and hip stability.

**LAUNCH JULY 13** Save the date for our next group fitness launch.

Be on the lookout for pop-up classes of our new group fitness class SHAPES! SHAPES is an invigorating blend of Pilates, Barre, and Power Yoga set to modern beats.



# OUR FITNESS PARTNERS

We want to thank all of our fitness partners for being a part of our community. Five Points is excited to partner with 5 Star Nutrition, Elite Sports Recovery and Salus Health & Wellness in order to offer our members an opportunity to continue their wellness journey even when they are outside of the Five Points building. We hope if you haven't gone to visit these three businesses yet, you will add them to your next to-do list. Check out all of the benefits you receive at these businesses just for being a Five Points member.



Stop by the Five Points front desk to purchase some Barebells protein bars: \$3.26 each. We have four flavors: cookies & cream, chocolate dough, creamy crisp and salted peanut caramel.



Stop in to try their **InBody** machine

- Gives you data beyond just your weight
- Tracks and analyzes muscle mass and body fat percentages over time (to see how your body composition is changing)
- Gain insight into your BMR to calculate caloric needs and macros
- Free service

- Five Points members can purchase the MVP membership at a discount
  - \$75 per month
  - Unlimited access to the Recovery Room
  - One FREE recovery eval
  - One FREE rehabilitation plan
  - 10% off on ALL 1-on-1 services
- \$10 discount on all massage therapy services



*Elite Sports Recovery provides athletes of all ages and expertise affordable access to the latest state-of-the-art recovery equipment, once only available to the elite level athletes. Our evidence-based recovery methods are used to deliver high-quality care by enhancing the healing process, preventing future injury and optimizing performance.*



- Five Points members receive 20% off office visits
- All new patients have a functional blood panel ordered. The panel checks all of the following:
  - Vitamin levels
  - Hormones
  - Organ function
  - Inflammation markers
  - Cortisol
  - 6 Panel thyroid test

*Salus Health & Wellness offers bio-identical hormone replacement therapy, GUT health resources, medically managed weight loss, men's health, microneedling and neuromodulator. Soon they will also have IV therapy.*

# AQUATICS



*Brad Weaver*  
Aquatics Manager

We have been very busy over the past few months in the Aquatic Center. After the maintenance on the pool was completed, we have held numerous lifeguard certification classes for both new lifeguards and for returning guards. Birthday parties and special events have been taking place in the pools during the weekends. We have also been FILLED with swim lessons! We have a wonderful team of instructors and it shows, as our wait time is at least 3 weeks to book a new lesson. If you are looking to sign your kids up for lessons before the summer, make sure to contact us as soon as possible. To get signed up, visit our website [fivepointswashington.org](http://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. We offer flexible scheduling so we will find a time and instructor that works for you and your kids. We are excited to have everyone in the pool this summer, having fun and enjoying some much needed family time.

## 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:

May 27 (Memorial Day).....10-2:30PM

## Summer Open Swim:

Starts June 1  
Mon-Thurs.....12:00 PM - 8:00 PM  
Friday.....12:00 PM - 6:45 PM  
Saturday and Sunday.....12:00 PM - 5:30 PM

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

## Lifeguard Classes

We offer full lifeguard certification courses and re-certification courses through the Red Cross. We have two certification and one re-certification class left for the year. To register visit [fivepointswashington.org/lifeguard-classes](http://fivepointswashington.org/lifeguard-classes)

**Re-certification:** May 4

**Certification:** May 18-19 and June 1-2



## 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](http://www.fivepointswashington.org/aquatic-volleyball)



# POOL RENTALS

## Group Outings

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

## After Hour Rentals

### Package 1: Small Rental

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

### Package 2: Medium Rental

- 100-150 people
- 1-3 hours, \$350/hour
- Includes 5 lifeguards

### Package 3: Large Rental

- 150-200 people
- 1-3 hours, \$400/hour
- Includes 6 lifeguards

## AquaCircuit

SMALL GROUP TRAINING

We are excited to bring a new workout to the Aquatic center. **AquaCircuit** divides participants into small groups that alternate between a variety of exercises that target different muscle groups with little rest periods in between. The training will be with and without weights/equipment. Classes start on May 13 and runs through June 19. *Sign up at the front desk to get registered.*

### Class Schedule

No class on Memorial Day (5/27)

**Monday** 10-10:45am *leisure pool*  
**Tuesday** 5:30-6:15pm *competition pool*  
**Friday** 7-7:45am



*Mary Thompson*  
Aquatic Personal Trainer

## 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](mailto: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](mailto:bradw@fivepointswashington.org).



# FIVE POINTS KIDS

## New Face in the Clubhouse!

Our clubhouse has another new face! Lilly Opengo is a Bradley University student from the Rockford area. Make sure to stop in and give her a Five Points welcome!

### KIDS CLUBHOUSE HOURS

#### Daytime Hours:

Monday.....8AM - 12:45PM

Tuesday - 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.



# MAY 11 6-9PM

Don't forget to wear your sneakers and dress up (formal attire) for the Mother & Son Sneaker Ball. This dinner and dance will be a night to remember. Tickets are available at the door.

## KIDS BALLET

We are excited that this summer we are offering daytime classes. Starting on **June 11:**

- 3-4 years-old | 10:45-11:30AM
- 5-6 years-old | 11:30AM-12:15PM
- 7-9 years-old | 12:30-1:15PM
- 10-12 years-old | 1:15-2PM
- 13-17 years-old | 2:30-3:30

**SIGN-UPS COMING SOON!**



## YOUTH TUMBLING

We are bringing Candace York back for another session of Youth Tumbling starting on **June 6**. These sessions will go to **July 18** with class canceled on July 4.

**SIGN-UPS COMING SOON!**

## FIVE POINTS KIDS

### YOUTH FITNESS CLASS SCHEDULE

#### AQUATIC FUN & FIT JUNIOR

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.**



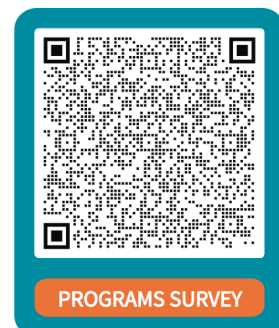
Parties are available on Fridays, Saturdays and Sundays. Our parties are two hours in length and offer 60 minutes of swim time in our indoor heated pool and then 60 minutes in the party space. We provide tablecloths and invites. We allow up to 15 participants in the pool and up to 30 in the party room. Additional fee is added for each participant (if more than 15) swimming.

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

You can bring in your own cake, ice cream, food, snacks, decorations, drinks, plates, napkins, utensils and more.

To inquire about available dates, pricing and booking please contact Aquatic Coordinator, Mason Kleiber

[masonk@fivepointswashington.org](mailto:masonk@fivepointswashington.org) (309)444-8222 Ext. 24



PROGRAMS SURVEY

Let us know what you think! What kinds of programs, events and classes would your kids be interested in this year? Take our survey and let us know.

# LIVE @ FIVE POINTS EVENT CENTER & THEATER



We kicked-off the month of March in the theater with WCHS opening their production of the comedy play *Puffs*, then we hosted our first dance competition of the year: GEMS.

April started off with an impactful documentary about a local farmer and car collector, Ray Fauber, which Five Point's Marketing Assistant Kristina Gillis helped film and edit! All the proceeds from that event were donated directly to St. Jude. Between ticket sales and personal donations, Ray's event helped to raise \$2,415 for St. Jude! In the middle of April, we had our largest dance competition, Groove, as well as a recital for Cami's Dance. To wrap up the month, Peoria Ballet performed *Sleeping Beauty* and Apostolic LifePoint's had their annual Gospel Sing Fundraiser.

Between March and April, we had 2 dance competitions and 1 studio recital, totally roughly 1,000 dance routines and over 4,000 friends and family in attendance!

May will feature one more dance competition, plenty of dance recitals, as well as concerts from the Peoria Area Civic Chorale (May 3 & 4) and Heartland Festival Orchestra (May 25).

June will conclude our dance season with multiple studios' recitals, such as Miss Laura's School of Dance. We will also begin prepping for our upcoming show season events, such as the Red Hot Chilli Pipers and Artrageous. A lot of fun and exciting things are coming up for the theater here at Five Points!



Josh Schnetzler  
Theater Manager



AMY GRANT  
OCTOBER 10  
LIVE @ FIVE POINTS

A BLAZING ROCK BAND AND SHOW SO HOT,  
IT COMES WITH ITS OWN HEALTH WARNING

RED HOT CHILLI PIPERS

AUGUST 2, 7PM  
LIVE @ FIVE POINTS,  
CATERPILLAR PERFORMING ARTS THEATER



For complete details and to purchase tickets to our events, scan the QR code or visit [FivePointsWashington.org/events](https://FivePointsWashington.org/events)



heartland festival orchestra  
ARTISTIC DIRECTOR / CONDUCTOR DAVID COMMANDAY  
**Red, White and Rhapsody in Blue**  
May 25 | 7:30PM

If you haven't stopped by the South End recently, make sure you come and see the new floral arrangements courtesy of Amy Morgan and her team at LeFleur. This is just the start, be on the lookout to see what our front entrance and gym entrance will look like soon.

Keep your key out for many NEW events coming to the South End/banquet center in 2024 and 2025.



Paige Wise  
Special Event Banquet Manager

**The Holdouts** are a duo of Midwest music makers who march to the beat of their own drums. Made up by vocalists and songwriters, Dane Carrell and Steve Hapke, these veterans of the Peoria Music Scene have shared the stage with some of the area's hardest hitting musicians and show no signs of slowing. With influences ranging from Johnny Cash and Tom Petty to Zach Bryan and Alice in Chains; **The Holdouts** constantly and consistently keep the crowds entertained with a wide variety of music, both covers and originals. With a style, sound and swagger all their own, **The Holdouts** own and command whatever stage they step on.



Don't forget to enter-to-win a battery-operated lawnmower from **Mathis Kelley**. You will be able to purchase a square to enter into the drawing: squares are \$20 each.



MAY 17 • JUNE 7 • JULY 12 • AUGUST 16  
LIVE MUSIC, FOOD TRUCKS, FIVE POINTS WASHINGTON SOUTH END, 5-9 PM

June 7 we have Black Velvet performing at Five Points Fridays. Nate Dawgs, Long Road Home, Rubi's Brickoven Pizza, Kona Ice and Sweet Girl Treats will all be there. For the kids, we have a bounce house/slide, Rocko the painted snake, giant balloon giveaways and spend the wheel.

ROCK THE RIBBON ADDISON BEAT CANCER!

We will also have a table set up, selling t-shirts and 50/50 raffle tickets for Add it up for Addi. Addi is a 6th grade student at WMS diagnosed with leukemia and is currently being treated through St. Jude Children's Hospital. All proceeds will go towards helping Addi and her mom.





# SENIOR PROGRAMMING

## Senior Luncheon May 29 & June 26 | 10:30AM-12:30PM

Join us in Banquet Room C for the Washington Park District's monthly Senior Luncheon. These are held on the last Wednesday of every month. *You do not have to be a Five Points member to attend.*

## BINGO

**WPD BINGO**  
1st Tuesday of each month | 10AM

## FIVE POINTS WASHINGTON SENIOR ROOM



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**.....12:30PM.....Mexican Train Dominoes\*  
.....1:00PM.....Speaker Series\*\*
- Tuesday**.....1:00PM.....Pinochle, Euchre
- Wednesday**.....1:00PM.....3-13 (similar to Gin Rummy)
- Thursday**.....12:30PM.....Pinochle, Hand & Foot
- Friday**.....1:00PM.....Wii Bowling



\*Mexican Train Dominoes is from 12:30-3PM on the 1st and 3rd Mondays of the month.  
\*\*Speaker Series is every 4th Monday of the month from 1-3PM.

📞 Sherril West 309-369-3141 📞 Brad Weaver 309-444-8222

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



## Group Fitness Classes

*\*MUST BE A FIVE POINTS MEMBER*



### FUN, LOW INTENSITY, GROUP FITNESS CLASSES

#### FIT LIFE FOR SENIORS

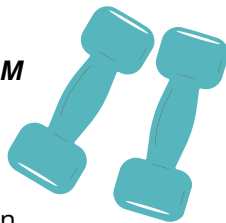
Designed to increase muscular strength, better balance, range of motion and cardiovascular endurance.

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

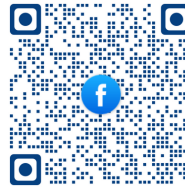
#### TOTAL RX

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

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



## SENIOR ROOM FACEBOOK GROUP



### 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>

## 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.

**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 provided!*

## Aquatic Fitness Classes

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

*\*MUST BE A FIVE POINTS MEMBER*

### AQUA ARTHRITIS

Uses the water's 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

Similar 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**

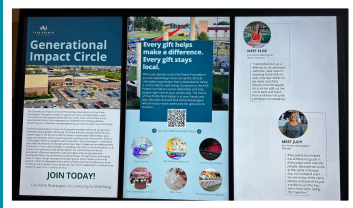
# FUND DEVELOPMENT



*Devyn Farney*  
Fund Development Director

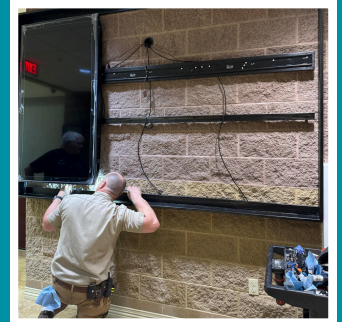
The future of Fund Development is looking bright. We are excited to announce some upcoming partnerships and programs. We recently received the Ackerman Family Learn to Swim grant from the Community Foundation of Central Illinois. Our General Manager, Vikki, and myself were able

to attend the Community Foundation Spring Grant celebration to receive the grant as well as meet Owen and Carole Ackerman who funded this grant. This grant will help us continue to provide private and semi-private swim lessons that focus on water safety and comfortability in water. This grant will also allow us to partner with District 50 to offer 20 scholarships for families in need to learn how to swim for **free**.



This past month, we installed a TV wall, located by the Senior Room, that will be highlighting members of our **Generational Impact Circle**: a new initiative dedicated to recognizing the lasting legacy of giving across generations. We will be sharing stories of impact and highlighting donors. We are happy to have this new way of showing our appreciation to those that make Five Points a community for well-being. Your commitment to the **Generational Impact Circle** represents an investment in fostering wellness, performing arts, celebration and strengthening connections within our community.

For more information visit [www.fivepointswashington.org/support](http://www.fivepointswashington.org/support).



**16th ANNUAL GOLF OUTING**  
• FIVE POINTS WASHINGTON •

07 MONTH    19 DAY    24 YEAR  
PINE LAKES GOLF CLUB

REGISTER TODAY!  
[FivePointsWashington.org](http://FivePointsWashington.org)

**19th Hole**  
DINNER AND DUELING PIANOS  
JULY 19 | 5:30-9:30 PM

We hope you will join us for the 16th Annual Golf Outing as well as the 19th Hole Dinner & Dueling Pianos evening celebration on July 19.

*Check out [fivepointswashington.org/golf](http://fivepointswashington.org/golf) to sign up your team today!*



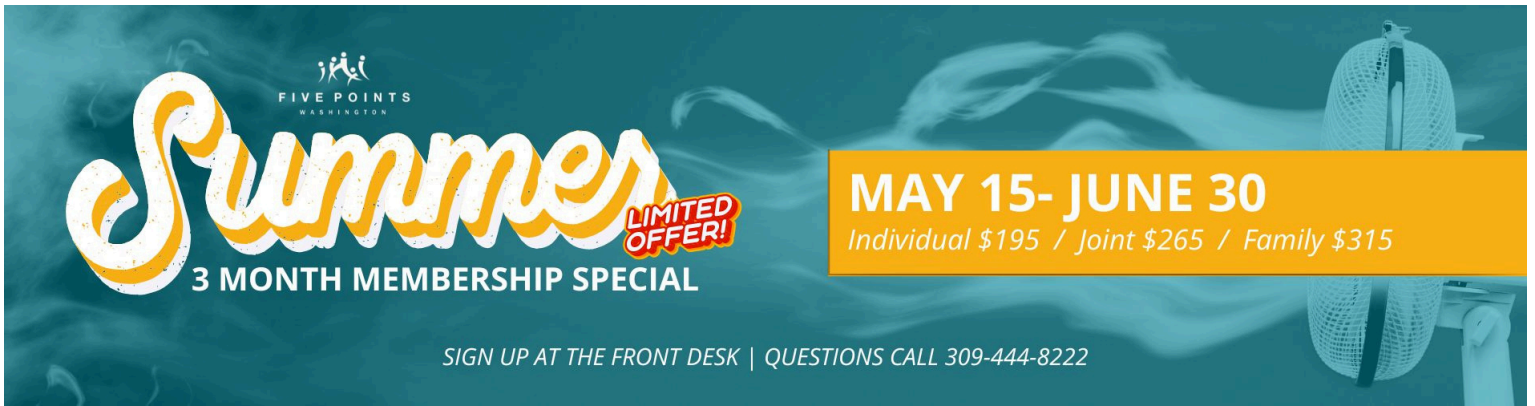
# FACILITY ANNOUNCEMENTS

## MEMORIAL DAY FACILITY HOURS

4:30AM - 3PM

## POOL OPEN SWIM HOURS

10AM - 2:30PM



**Summer** LIMITED OFFER!  
3 MONTH MEMBERSHIP SPECIAL

**MAY 15- JUNE 30**  
Individual \$195 / Joint \$265 / Family \$315

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



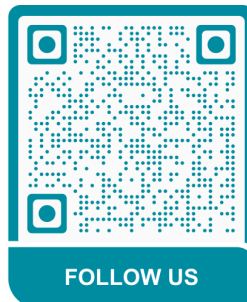
**Apply Now**

**JOIN OUR TEAM**

**LIVE @ FIVE POINTS** **FIVE POINTS WASHINGTON** **FIVE POINTS WASHINGTON KIDS**

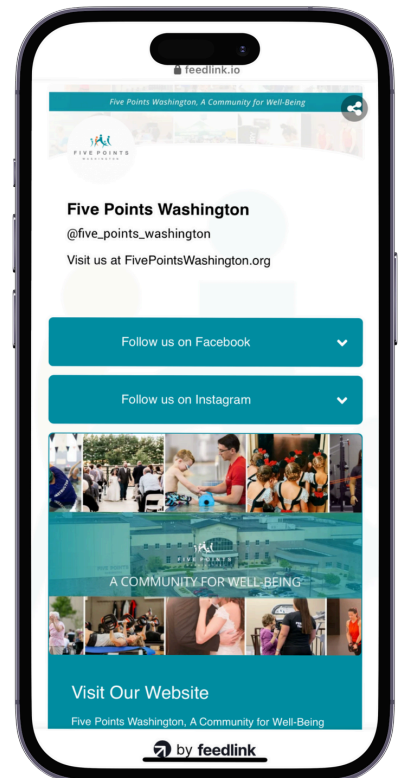
VISIT OUR WEBSITE FOR OPEN POSITIONS AND JOB DESCRIPTIONS:  
**FIVEPOINTSWASHINGTON.ORG/EMPLOYMENT**

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Not on social media? No problem!

Connect with us directly at [fivepointswashington.org](http://fivepointswashington.org) and subscribe to get weekly updates and our bimonthly newsletter.



# UPCOMING EVENTS IN MAY

MAY  
2024

# UPCOMING EVENTS



- 1 WPD Stroke Clinic**  
*Competition Pool Lanes 5-8, 5-7:30PM*
- 3 Peoria Area Civic Chorale - Fauré Requiem (1893)**  
*Caterpillar Performing Arts Theater, 7:30PM*
- 4 Lifeguard Re-Certification Class**  
*Aquatics Center, 9AM-5PM*  
**Peoria Area Civic Chorale - Fauré Requiem (1893)**  
*Caterpillar Performing Arts Theater, 7:30PM*
- 6 WPD Stroke Clinic**  
*Competition Pool Lanes 5-8, 5-7:30PM*  
**WCHS Spring Band Concert**  
*Caterpillar Performing Arts Theater, 7:30PM*
- 7 WPD Bingo**  
*Senior Room, 10AM-11:30AM*
- 8 WPD Stroke Clinic**  
*Competition Pool Lanes 5-8, 5-7:30PM*  
**Morton High School Band Concert**  
*Caterpillar Performing Arts Theater, 7:00PM*
- 10 Precision Arts Dance Competition**  
*Live @ Five Points Event Center, 10AM - 11PM*
- 11 Precision Arts Dance Competition**  
*Live @ Five Points Event Center, 6:30AM - 11PM*  
**Mother & Son Sneaker Ball**  
*Gymnasium, 6-9PM*
- 12 Precision Arts Dance Competition**  
*Live @ Five Points Event Center, 6:30AM - 11PM*
- 13 AquaCircuit Starts**  
*Aquatic Center - Leisure Pool, 10-10:45AM*  
**American Red Cross Blood Drive**  
*Banquet Rooms B-C, 11AM-5PM*  
**WPD Stroke Clinic**  
*Competition Pool Lanes 5-8, 5-7:30PM*
- 15 WPD Stroke Clinic**  
*Competition Pool Lanes 5-8, 5-7:30PM*
- 17 Five Points Fridays - The Holdouts**  
*Live @ Five Points Parking Lot, 5-9PM*
- 18 Lifeguard Certification Class**  
*Aquatics Center, 9AM-5PM*
- 19 Lifeguard Certification Class**  
*Aquatics Center, 9AM-5PM*
- 20 WPD Stroke Clinic**  
*Competition Pool Lanes 5-8, 5-7:30PM*
- 22 WPD Stroke Clinic**  
*Competition Pool Lanes 5-8, 5-7:30PM*
- 25 Heartland Festival Orchestra - Red, White and Rhapsody in Blue**  
*Caterpillar Performing Arts Theater, 7:30PM*
- 27 Memorial Day**  
Facility hours 4:30AM - 3PM  
Open swim hours 10AM - 2:30PM
- 29 WPD Senior Luncheon**  
*Banquet Room C, 10:30AM-12:30PM*





# LIVE @ FIVE EVENTS

## UPCOMING EVENTS 2024

CATERPILLAR PERFORMING ARTS CENTER  
FIVE POINTS WASHINGTON



**AUG  
2**

**THE RED HOT  
CHILLI PIPERS**  
7:30 PM

**ARTRAGEOUS**  
3 PM

**SEP  
29**



**OCT  
10**

**AMY GRANT**  
7:30 PM

**DECADE OF  
DECADENCE**  
7 PM

**OCT  
19**



**DEC  
5**

**THE WIZARDS  
OF WINTER**  
6:30 PM

OUTDOOR LIVE MUSIC SERIES



LIVE MUSIC, FOOD TRUCKS, FIVE POINTS WASHINGTON SOUTH END, 5-9 PM

MAY 17 • JUNE 7 • JULY 12 • AUGUST 16



# FIVE POINTS PARTNERS



**Washington  
Community  
Bank**  
Member  
FDIC



Washington Community Bank is looking forward to this Spring/Summer and the activities around town that come with it! Having grown-up in Washington, bank employees Brad Mahony and Matt Moehle have fond memories of attending Good Neighbor Days and playing Summer baseball on our town's diamonds. Now, they take advantage of the opportunities to give back, as the bank will again be a sponsor of Good Neighbor Days, as well as support youth baseball and softball teams. You'll see their banner in Five Points' lobby as a headline sponsor, and you can always stop out to see them at 1895 Washington Road (across from Taco Bell) for all of your banking needs!



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WASHINGTON PARK DISTRICT FACILITIES	
<b>PARKS</b>	
1	Birchwood Park
2	Boomer Lake Park
3	Cardinal Park
4	Grant Park
5	Gully Park
6	Henry Lakeland Park
7	Meadow Valley Park
8	Oak Ridge Park
9	Sutton Park
10	Recreation Facility Park
11	Washington Park
12	Waters Park
13	Wingspan Park / Washington Pool
14	Future Park
15	Recreation Facility
<b>SCHOOLS</b>	
A	Linden Grade School
B	St. Patrick School
C	Washington Middle School
D	Washington Central High School
E	Central Elementary School
F	Beverly Manor Elementary School
G	John Hervey Grade School
<b>LEGEND</b>	
	Existing Park
	School
	Golf Course
	Park District Limits
	Washington Recreational Trail
	Future Trail Alignment
	Railroad

The Washington Park District offers a wide range of parks and facilities including 11 developed parks, 3 natural areas, a pool, trail system and a Recreation Facility. The Park District maintains a total of 260 acres of park property as well as approximately 11 miles of the Washington Recreation Trail and approximately 1.5 miles of natural trails within the parks.