

A Message from Five Points Washington:

There's always something happening at Five Points Washington, and we're excited to share about the programs, events, and activities coming up this March and April. Whether you're looking for ways to stay active, connect with others, or try something new, we've got something for everyone.

The Aquatic Center is heading into its busiest season, and swim lessons are in full swing! Our private and semi-private lessons are a fantastic way to help your kids gain confidence in the water and get ready for all their summer adventures. With a team of dedicated instructors, we provide a comfortable, personalized learning experience tailored to each child's needs. In addition to swim lessons, we're excited to share that we are now offering Private Diving Lessons! These are great for anyone, age 5 or older, that wants to learn how to dive off a springboard from a certified diving coach!

Does your child love to swim and has a Spring birthday? Our Swim Birthday Parties are the perfect solution while it's still too chilly for outdoor swimming. We still have dates available and would love to host your party. Contact Aquatics Coordinator, Rachele Mullen to play your party: rachelem@fivepointswashington.org.

If you or someone you know is interested in getting Lifeguard certified, we still have spots available in our American Red Cross Lifeguarding Certification/Re-Certification courses. Registration is open to anyone 15 years and older.

March is National Nutrition month. To celebrate, we are running a canned food drive during the entire month of March. All the canned food collected will be donated to WHIP. Anyone who donates a can, will also be entered into our drawing to win 3, FREE, 1 hour one-on-one sessions with Health & Nutrition Coach, Kelsea Sollberger.

The Caterpillar Performing Arts Center is hosting two great shows during Easter weekend. Comedian Rob Schneider will be here on Friday, April 18 and then Gospel singer, David Phelps on April 19. We hope you will join us for one or both shows; don't forget to get your tickets! Live at Five Points has an amazing line-up this year, make sure you check our event calendar.

Plans for our Youth Summer programs are underway. Our team has been working hard to create programs and classes that all the Five Points Kids will enjoy. Stay tuned for details and registration dates!

Thank you all for your continued support! As Five Points grows, we remain committed to supporting your overall well-being, whether through physical activity or by providing a space for connection. We wish you all the best on your continued journey!

- Brad Weaver, Aquatics & Program Manager

Members of the Month THE PETERS FAMILY



EMPLOYMENT ANNIVERSARIES

March	April	
2 Marie Ritschard 28 Hailey Bolen	3 Abigail Schmidgall 28 Cynthia Cassidy	
3 Kael Chandler	5 Joy Snyder 29 Landon Porch	
4 Rachele Mullen	8 Stephanie Bender 30 Jennifer Bandy	
5 Timothy Cole	9 Melanie Jennings	
10 Dylan Osborne	11 Anna Johannsen	
11 Chris Casey	12 Schuyler Staley	
18 Brandon Kemp	23 Christine Foehrkolb	
23 Laura Lee	23 Holly Vaughan	
24 Zachary Fairfield	24 Gabrielle Ruppel	
25 Emma Eddy	27 Heather Fox-Walden	

FIVE POINTS TEAM CONTACT

GENERAL MANAGER	ACCOUNTING MANAGER
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BANQUET MANAGER	MARKETING ASSISTANT MANAGER
PAIGE WISE	KRISTINA GILLIS
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MARKETING MANAGER CHRISTINE FOEHRKOLB	

FITNESS



You might have noticed a few changes on our fitness floor over the past few weeks. We are so excited to have multiple **NEW** machines coming to the floor as well as a new layout for our members.

Over the past few weeks, we have purchased 5 treadmill machines, 2 elliptical machines, 3 indoor cycling bikes (for our Studio 2 Group Fitness classes), 1 hack squat machine and 1 glute trainer machine; plus last month we added a stair climber machine. If you haven't already, make sure you try out some of our **NEW** equipment on the fitness floor. It always feels good to have new equipment to use.

In preparation for all of our new equipment, you might have noticed many of the machines on the floor have been rearranged. We wanted to make sure we took this opportunity, with new equipment coming in, to freshen up the floor. Our machines are now organized by muscle groups, helping you be close by all of the equipment you need on arm, leg, or back day.

The last few months, our Functional Training Studio has also been under renovations. While the studio is looking great and we have completed many of the renovations, we still have a few more projects to complete in there. We hope you will continue to pop-in and see how the studio is progressing.

We are so glad we are able to make these updates and improvements throughout the fitness floor, to help our members have the best fitness experience they can with us. Thank you for all your patience as we remodel and update our facility. We hope you are enjoying your time on the fitness floor!

5K TRAINING CLASS

April 2 - May 7 *May 14 - Timed 5K*

Certified Personal Trainer, Ashley Kersting, is excited to be offering a 5K training program. She is looking forward to helping participants improve endurance, speed, and proper form. Participants will meet for 6week and on the 7th week, everyone will complete a 5K at Five Points! *Sign-ups coming soon...*



FIVE POINTS MOBILE APP

Make sure to download our Five Points Mobile App, many of our programs, Personal Training sessions and more are now sold online/our Five Points App. *Head to the front desk to learn how to download the app.*



MELT Classes with Joyce Day

HYDRATE YOUR JOINTS Techniques to Improve Balance, Walking, and Hand Mobility

CLASS DETAILS March 10, Hydrate Your Feet: The MELT Method Foot Treatment for Less Pain and Better Circulation

April 14, Strengthen Your Feet: Improve Your Balance and Walking

PRICE

HAPPY HIPS AND LOW BACK

WHEN Wednesdays 5:45 - 6:35PM March 19 - April 23

Studio 3

6-Week Series: Member \$80, Non-member \$100

Price includes small MELT ball with matching pouch.

Joyce Day, CPT is an Alignment Coach and Level 3 MELT Method Instructor. She has been teaching the MELT Method & other techniques since 2021 in the Peoria Area. Join her for a soothing and fun series designed to bring comfort and strength back to your body, from the ground up!



PRICE All 4 Classes: Member \$44, Non-member \$60 Drop-in 1 Class: Member \$15, Non-Member \$20

Meet Our Personal Training Staff





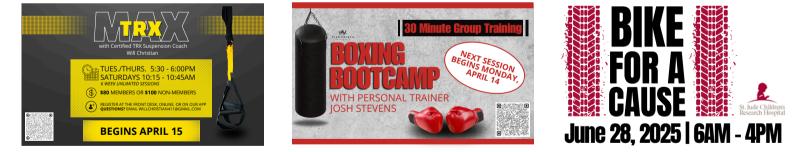
Josh S. Caleb L. Make sure to follow our Five Points Personal Training and Nutrition Coaching social media pages to get to know our Personal Training staff. Josh and Caleb

have already taken over our social media pages, who will be next?

FIVE POINTS WASHINGTON PERSONAL TRAINING AND NUTRITION COACHING

@FIVEPOINTS_PERSONALTRAINING

#FIVEPOINTSSOCIALMEDIATAKEOVER



GROUP FITNESS

Group Fitness this year has been so fun! We have **11** teams competing in our Washington Survivor 2025 competition. They are taking classes in the studios and in the pool; trying to go 200-miles in 4-weeks. These fun competitions are a great way to meet new people and try new classes. Which team will survive and win...we can't wait to see!

Mark your calendars for our **April Launch** on **Saturday**, **April 12!** New music and new moves taught by all your favorite instructors. We love these Super Saturdays!

If you need help reaching your **2025** fitness goals, please reach out to me at any time. I would love to help!





MA

Five Points members can purchase the MVP membership at a discount: \$75 per month. With the MVP membership discount you receive: 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.





20% off office visits

Five Points Washington, A Community For Well-being

YOUR HEALTH AND WELLNESS

READY TO TRANSFORM YOUR HEALTH?

Are you looking for personalized guidance on your health and nutrition journey? Starting in 2025, Kelsea is accepting one-on-one clients. Whether you want to lose weight, gain energy, or simply live a healthier life, Kelsea is here to create customized health and nutrition plans tailored just for you!

ONE-ON-ONE SESSIONS

Our private Health and Nutrition Coaching sessions are designed to do more than just address what's on your plate. We dive deep into the behaviors, habits, and thought patterns that impact your progress—because lasting change happens when you address the whole person.

In your private coaching sessions, you'll assess all areas of your life — nutrition, mindset, daily routines, and personal challenges. Together, with Kelsea, you'll create a sustainable plan that aligns with your lifestyle and dreams. You'll leave each session with clear, actionable steps — 1 to 3 focused tasks to move you closer to your goals.

ONE-HOUR SESSIONS

OPEN TO MEMBER AND NON-MEMBERS

IN-PERSON AND DIGITAL OPTIONS AVAILABLE

NATIONAL NUTRITION MONTH



Make sure to follow our Five Points Washington Personal Training and Nutrition Coaching Facebook/Instagram pages to get daily nutrition tips during the month of March. This year we TIONAL NUTRITION MONTH are talking about Eating Healthy while you are on the run.



Bring a canned food item to the front desk and be entered into a drawing to win...

RECIPES **SAUSAGE & EGG**

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Why Kelsea Loves this Recipe

For the past three years, this Breakfast Casserole has been a staple in my family's weekly meal prep — and for good reason. With just a little effort on Sundays, I set myself up for a week of nourishing, delicious breakfasts that make busy mornings effortless. I simply heat up a slice (or two) and enjoy a wholesome start to my day; whether I'm sitting down to eat or taking it on the go.

MARRY ME CHICKEN



FULL RECIPE HERE

Why Kelsea Loves this Recipe

This rich, flavorful dish feels indulgent yet, it is packed with protein and healthy fats. Pair it with creamy garlic mashed potatoes or opt for cauliflower mash for a low-carb twist. Add a side of crisp green beans or tender asparagus for a wellrounded, nourishing meal worthy of a celebration.



AQUATICS



Thank you to everyone who comes to the Aquatic Center regularly, we love seeing the pools packed with people getting a workout in or spending family time together! This winter, swim lesson requests have been pouring in and we get so excited seeing the huge demand for lessons. If you are thinking about getting your child into swimming lessons before the summer, it is never too early to inquire.

Our lifeguard classes are also filling quickly, if you or your child are interested in becoming Red Cross Certified, we have several more classes before the summer.

POOL HOURS

Mon-Thurs	5:00 AM - 8:00 PM
Friday	5:00 AM - 6:45 PM
Saturday	6:00 AM - 5:30 PM
Sunday	7:00 AM - 5:30 PM

Special Open Swim Hours:

12:00-8:00PM
12-6:45PM
12-6:45PM
CLOSED

OPEN SWIM HOURS

Please check our aquatics fitness class schedule for a list of classes. The pool is open for therapy use and personal exercise as well.





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American Red Cross

> We offer full Lifeguard Certification courses and Re-Certification courses through the Red Cross. View our 2025 classes online and register by visiting *fivepointswashington.org/lifeguard-classes*.

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, submit an electronic request form located on our Aquatics tab on our website. We recommend submitting a request at least 3-weeks before you would like to begin.

For more questions, please contact Aquatics Manager, **Brad Weaver**: *bradw@fivepointswashington.org or (309) 444-8222x48.*

POOL RENTALS

MAKE A BIG SPLASH WITH OUR POOL RENTAL OPTIONS FOR YOUR NEXT EVENT OR GATHERING!

- After Hours Rentals
- Scout Lane Rentals
- Group Outings



Parties are available on Saturdays & Sundays.

> **60** Minutes Swim Time

60 Minutes Party Time

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

Members: \$230 Non-Members: \$250

SMALL RENTAL

Use of both pools and upper pool deck Locker room use 1-3 Hours **\$300 per hour** Includes 3-4 lifeguards

CERTIFICATION CLASSES

March 8-9 | 9AM - 6PM Prerequisites February 26 | 6-7PM March 15-16| 9AM - 6PM Prerequisites March 3 | 4:30-5:30PM April 5-6 | 9AM - 6PM Prerequisites March 26 | 6-7PM April 12-13 | 9AM - 6PM Prerequisites April 1 | 4:30-5:30PM May 3-4 | 9AM - 6PM Prerequisites April 23 | 6-7PM June 7-8 | 9AM - 6PM Prerequisites May 28 | 6-7PM

RE-CERTIFICATION CLASSES

March 1 | 9AM - 6PM April 26 | 9AM - 6PM May 17 | 9AM - 6PM

PROGRAM FEATURES:

- Slended Learning
- American Red Cross Certification
 2 Year Certification

*Maximum 10 participants per class

MEDIUM RENTAL

100-150 people Jse of both pools and upper pool deck Locker room use 1-3 Hours **\$350 per hour** Includes 5 lifeguards

LARGE RENTAL 150-200 people

Use of both pools and upper pool deck Locker room use 1-3 Hours

\$400 per hour

Includes 6 lifeguards

BIRTHDAY PARTY

Invite a Mermaid to your birthday party! Mermaid Rachelle will swim with all your participants and there will be an option for photos as well!

Saturdays or Sundays 11:30AM-1:30PM. 60 minutes in the water and 60 minutes in the party room.

*For safety reasons, all children must be 6-years of age or older. They also must be comfortable swimming in both the deep and shallow water to swim with the mermaid.

> Members: \$420 Non-Members: \$450

LEARN TO DIVE

Diving Lessons with Seth Nowak & Sam Showalter

NEW PROGRAM

Beginner springboard diving lessons are meant to teach students the basics and safety of springboard diving. Students do not need previous knowledge of diving or have a gymnastics background. During these hour lessons, our diving instructor will work with individuals on panel mats and in water, practicing the basic skills needed to use the springboard.

For questions or to get signed up, email **Brad Weaver** at *bradw@fivepointswashington.org*.



FIVE POINTS KIDS



Get ready kiddos, St. Patrick's Day is almost here, and we've got a lucky little craft planned just for you! Then, as we hop into Easter, we'll have an egg-citing activity to celebrate the season!

Spring break is coming soon, and we've got big plans! From April 24 - 28, join us from 9 -11AM each morning for Growing Strong — a week full of fun, movement, and smiles while school is out!

And guess what? Summer is on its way, which means Kids on the Move is making a comeback!

We're so excited to have Personal Trainer Will and Miss Alita (our amazing lifeguard/Clubhouse attendant/swim instructor) leading the way!

But that's not all. Big changes are coming to the Clubhouse soon! Stay tuned for some exciting updates that will make our space even more fun and awesome for all our clubhouse friends! We can't wait for all the fun ahead. See you soon at the Clubhouse!

KIDS CLUBHOUSE HOURS

Davtime Hours:

Monday - Saturday	8AM - 12:00PM
Sunday: CLOSED	

INTERESTED IN 2 HOURS OF CHILDCARE?

The Kids Clubhouse offers 2 hours of childcare per day. Kids Clubhouse is for ages 6 weeks to 11-years-old. Reservations are required for children 6 weeks - 12 months and can be made by calling 309-444-8222.

Evening Hours:

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

For more information on how to add the Kids Clubhouse to your membership, stop by the front desk or visit our membership page on our website.

If you have any questions or concerns regarding the Clubhouse or any Five Points Kids programming, please contact Brad Weaver; Aquatics & Program Manager: bradw@fivepointswashington.org.

APRIL 12

9:00 - 10:30AM (4TH - 6TH GRADERS)

Price:

\$30 for 4th - 6th graders

\$20 for K - 3rd graders





We had a great turn out for our 1st Girls with Goals event. 20 girls showed up and learned how to use our weight machines. With such success from the first event, we are excited to introduce our next session which will focus on learning the basics of one of our most popular LesMills Group fitness classes, BodyPump.

Girls with Goals: BodyPump Introduction

April 5 10:30 - 11:30AM
Studio 1
Ages 12-18

your next BodyPump class.

\$10 per person Members & Non-Members **FREE** Five Points guest pass for attending

Join certified LesMills BodyPump instructors in an instructional session where your girls will learn the basics

- just bring energy and a smile! Our goal, at the end of this session, is for your girls to be able to join you in

of barbell exercises. This class will be in a safe and encouraging environment, all while grooving to upbeat music. Perfect for building confidence, promoting healthy habits, and having a blast! No experience needed





MONDAYS & WEDNESDAYS

5:30-6PM

AGES 8 - 16

\$85 MEMBERS

TrueImpact provides in-house volleyball camps, clinics. small groups and one-on-one lessons.

TrueImpact is committed to building not just skilled athletes, but self-assured, emotionally intelligent leaders, ready to face all kinds of challenges, both on and off the court

Coach Kate Baker has over a decade of experience in coaching and a deep commitment to sports psychology. Her mission is to help student athletes understand their unique strengths and grow in ways that extend far



If you are interested in improving your volleyball skills, Please email trueimpactmmt@gmail.com.

Kate Baker

11:00 - 12:00PM (KINDERGARTEN - 3RD GRADERS) beyond the court



BASKETBALL

Join Personal Trainers Caleb and Spencer for a

Saturday session where participants will work on

shooting, dribbling, footwork, passing and defense.

SESSION

DEVELOPMENT

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LIVE @ FIVE EVENT CENTER & THEATER





The beginning of 2025 was a slower month for us. In January, our major event was the kickoff of our 2025 Show Series with **Lee Greenwood**. The show was a great hit with lots of laughs, wonderful music, and rave reviews. Lee was an exceptionally nice person and the band was wonderful to work with; we are very happy he was able to make it out here for a concert with us! In February, we had our first few dance recitals of the year with local studios Stryve and Classical Dance hosting their competition preview shows.

The beginning of March kicks off the Washington High School's spring play: **Space Princess Wars**. This comedic play mixes the plots of The *Princess Bride* and *Star Wars*: *A New Hope*; their play runs from March 13-15. Then, dance season kicks into full gear on March 22 with our first competition of the year: **GEMS**. April will also be a packed month for us. We will start off with Heartland Festival Orchestra hosting their **Immersive Sound & Light** concert with us on April 5. Following that performance, we will have back-to-back shows on April 18 and 19. Comedian **Rob Schneider** is here on the 18 and Gospel singer **David Phelps**, who was the former lead tenor for the Gaither Vocal Chorus, will be performing on the 19. Peoria Ballet will also be hosting their annual spring show, **Coppelia 2025**, on April 12 & 13. April will conclude with another dance recital and the **Peoria Area Civic Chorale** moving in for Music Director Joe Henry's final concert; this concert will take place the first weekend of May. We are excited to have the theater packed again this spring with a variety of performances and shows. We hope you can make it out to a few of them.



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FUND DEVELOPMENT



Make sure to stay up to date on our website and social media pages as we are getting ready to start announcing details for our **2025 Golf Outing**. Make sure to save the date: **July 18, 2025**.

All current **Five Points Donors** and **Generational Impact Circle** members, be on the lookout for invitations to our annual **Donor Breakfast** in May. If you would like to learn

more about how to be a donor or join our Generational Impact Circle, make

Fund Development Coordinator



Community Gallery Wall Current Exhibit: Pixie Jacquin February 23 - March 30

sure to reach out to me.

"I am an artist whose work is a blend of memory and imagination, captured in ink, acrylic, and watercolor. My art reflects the facets of myself — the moments, the feelings, and the thoughts I hold about the world around me. It is a snapshot of time, a personal reflection on people, animals, objects, and the spaces we inhabit. I approach my work with seriousness and depth, constantly thinking and reflecting on the world. But I am also irreverent; I like to poke fun, to challenge conventions, and to question what we take for granted. My work is my protest, a reminder that life is too short to paint anything other than what truly pleases me."



Artist Reception March 2 | 2:00PM Event Room A

Community Gallery Wall NEXT Exhibit: Mary Hildebrand, April 6 - May 11



Generational Impact Circle participants are the leading annual donors of Five Points Washington that give \$1,000 or more. They give annually to support the vision and dedication to be a community of well-being for Generations to come.

Cara Linsley caral@fivepointswashington.org 309-444-8222x35

For more information visit www.fivepointswashington.org/support

SENIOR ROOM

Senior Luncheon Washington March 26 & April 30 | 11AM - 12PM

Join us in Event 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.* **The cost is \$4 per person.**

SENIOR ROOM GAME SCHEDULE

Monday......12:30PM......Mexican Train Dominoes*

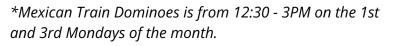
......Speaker Series**



Wednesday......1:00PM......3-13 (similar to Gin Rummy)

Thursday......12:30PM.....Pinochle, Hand & Foot

Friday......Wii Bowling





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

March 4 & April 1

SENIOR ROOM FACEBOOK GROUP

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





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



FIVE POINTS CARES



On behalf of Five Points Washington and our Five Points Cares initiative, managers **Brad Weaver** and **Megan West** accepted the **Coats for Kids STAR** recognition from **The Salvation Army of Peoria**. This award highlights our program's success in collecting the most coats in the region.

Over the past six years, our donation bins have collected more than **2,700** coats for local children, all made possible by the generosity of our members and community. We are deeply grateful for their continued support in helping us make a difference each year.





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' 53 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*.



