

### A Message from Five Points Washington:

At Five Points, we're honored to offer a space where the community can come together to learn, grow, celebrate and connect. The months ahead are packed with opportunities from entertainment and skillbuilding to fundraising and fitness. Whether you're looking to get active this summer, enjoy live music, meet your neighbors or give back, there's something for everyone of every age at Five Points.

Our youth summer camps are in full swing, but it's not too late to join the fun! There's still time to register for several July programs, including Kids Pickleball Training, Les Mills Sprint for Kids, Youth Functional Strength Training, Track Camp and Youth Tumbling. Plus, Volleyball Coach Kate Baker is offering a series of camps in July and August, each focused on developing different skills to help young athletes grow their game.

Summer often means more time around water, make sure your family is ready to dive in with confidence! Our private and semi-private swim lessons and swim training programs are a great way to build skills and boost comfort in the water. Held year-round in our Aquatic Center, these lessons offer a fun, supportive environment where kids can grow their abilities with guidance from certified instructors who tailor each session to your child's unique needs.

Our Five Points Cares Back-to-School Supply Drive is more than halfway through, and there's still time to make a difference! We're collecting school supplies and personal hygiene items through July 14 to support the students and teachers of District 50. Your donations go beyond the first day of school, they provide essential support all year long.

July and August are full of exciting music events you won't want to miss! Five Points Fridays return with Outland on July 25 and Sista and the Misters on August 22! Free outdoor concerts perfect for a summer night. The Caterpillar Performing Arts Center will be hosting the premiere of Ruth: The Musical, written by local musician David Getz. The performances to see Ruth are on July 12 and 13. Then in August, get ready for our Country Rock Classics Weekend with performances from Bad Moon Rising (Creedence Clearwater Revival tribute) on August 1 and Life in the Fast Lane (The Eagles tribute) on August 2. Closing out the month, We The Kingdom takes the stage on August 29 for a powerful night of music.

There's something for everyone at Five Points this summer and we're so grateful for our members and community supporters. Your continued support makes it possible for us to offer a wide range of programs and events all year long. Thank you! We hope your summer is filled with fun and we look forward to seeing you around the facility!

- Josh Schnetzler, Theater Manager

### Member of the Month CADEN NEAL MYLOTT



#### **EMPLOYMENT ANNIVERSARIES**

#### July

5 Tyrin Johnson 5 Sarah Sutter

16 Cara Linsley

**August** 

16 Megan Summer 17 Branden Minger

#### FIVE POINTS TEAM CONTACT

THEATER MANAGER JOSH SCHNETZLER

ACCOUNTING MANAGER PATRICIA ATHERTON PATRICIAA@FIVEPOINTSWASH FUND DEVELOPMENT DIRECTOR CARA LINSLEY

AQUATICS COORDINATOR
RACHELE MULLEN
RACHELEM@FIVEPOINTSWASHINGTON.ORG GROUP FITNESS COORDINATOR LESLIE ANDERSON

MARKETING ASSISTANT MANAGER KRISTINA GILLIS KRISTINAG@FIVEPOINTSWASHINGTON.ORG

## **FITNESS**





We had such a great time at our 1st Five Points 5K in May! Participants cheered each other on and tried to stay cool on the warm evening run. In total, we had over 20 runners participate in the race with 15 people who took part in the 5K Training Class, prior to the race. We look forward to hosting another 5K again next year and be on the lookout for another event for our running enthusiasts coming this fall!

Summer youth camps have started, if you missed signing up for June classes, you still have time to sign up for a number of classes that start in July! Head to our Five Points Kids page in the newsletter to see a full list of camps running in July.

On June 28, we hosted our fifth annual Bike for a Cause event benefitting St. Jude. This year we raised over \$27,000; that is our largest donation yet! Last year, we managed to raise, \$21,145. We are thrilled that we were able to raise even more than last year and our event keeps growing each year. Thank you for everyone that participated and helped us raise all of this money for the kids of St. Jude. We also want to highlight our winners of the dog show: Best Small Breed - Keslie (owner Lori), Best Large Breed - Mya (owner Bryce), Best Trick - Grizzly (owner Susan), Best Costume - Anheuser (owner Kurt) and Best in Show - Callie Jean (owner Della). We saw many familiar faces at the dog show and want to thank them all for having fun with us at Bike for a Cause.















Tressa can't wait to start helping our members get fit and achieve their fitness goals!

Availability: Mondays and Wednesdays. Please reach out via text at 309-258-8574.





Five Points members receive 20% off office visits



### **FIVE POINTS MOBILE APP**

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





## **GROUP FITNESS**

We finished our MEPs vs. MEPs - MyZone April Madness challenge in the middle of May. Our top winner was Jen Sloan and our "loser" bracket winner was Rick Holman. They were on fire with their workouts and getting those MEPs. If you don't know what MyZone is, I would love to talk to you about it! Be on the lookout for another fun Group Fitness challenge coming soon!

The best place to beat the heat this summer is in Group Fitness! Our next Launch date is Saturday, July 19 and all the instructors are ready to show you the new releases. Most of the classes will launch on Saturday, with our cycling classes launching on Monday, July 21! 36 You can always bring a friend for FREE to launch days!

If you have never tried a Group Fitness class here at Five Points, I encourage you to try one! Come a little early, introduce yourself to the instructor and they will help you succeed. We are here to help you reach your goals...and the first step is walking into the studio! Reach out to me at any time and I would be happy to answer any questions!





# YOUR HEALTH AND WELLNESS

## **FUEL YOUR SUMMER**

### SIMPLE NUTRITION TIPS FOR ENERGY, HEALTH AND FUN!

Summer at Five Points is buzzing with energy—from swimming in the Aquatic Center, to early morning walks on the track and fun family fitness classes. Whether you're a parent juggling camp drop-offs, a teen athlete in training, or a retiree enjoying your active lifestyle, your nutrition plays a powerful role in helping you feel your best.



#### HERE ARE THREE WAYS TO NOURISH YOUR BODY THIS SUMMER:

- 1. Make the most of summer produce; fresh fruits and veggies are in full swing! Add sliced cucumbers, tomatoes or watermelon to meals for a refreshing burst of hydration and nutrients. Try grilling zucchini, corn or peppers alongside your protein for a colorful, delicious dinner.
- 2. Stay smart with hydration; dehydration can sneak up in the heat—especially if you're active. Aim for at least half your body weight, in ounces, of water daily. Add fruit slices or herbs like mint to make water more exciting. If you're swimming or sweating, add a pinch of sea salt or an electrolyte packet to help replenish minerals.
- **3.** Keep energy levels stable; start the day with a balanced breakfast. Think protein + fiber, like an omelet with onions, peppers, spinach and zucchini, or Greek yogurt with berries. For snacks, try options that support energy without the crash: apple slices with nut butter, string cheese with grapes or a protein smoothie.

## WANT A PERSONALIZED PLAN THIS SUMMER?

I'm here to support you—whether that means managing summer cravings, boosting energy or creating family-friendly meals that actually work. Private coaching is available to help you develop a plan that fits your unique lifestyle, schedule and health goals.

Stop by the fitness office on Mondays or Wednesdays, email me at *kelseas@fivepointswashington.org*, or sign up at the front desk to schedule a complimentary health assessment!

Here's to a vibrant and healthy summer!

## RECIPES

### GREEK CUCUMBER SALAD



**FULL RECIPE HERE** 

Why Kelsea Loves this Recipe

This recipe is perfect for a summer party because it's fresh, colorful and packed with seasonal produce that supports hydration and energy. I love that it offers a balance of fiber, healthy fats and protein—making it both nourishing and satisfying. It's a crowd-pleaser that feels indulgent while still aligning with whole-food, feelgood eating.

### SUMMER GRILLED PEACH SALAD



**FULL RECIPE HERE** 

Why Kelsea Loves this Recipe

I love this grilled peach salad for summer because it's fresh, colorful and full of flavor—just what you want on a warm day. It's got a great mix of healthy fats, fiber and seasonal produce that keeps everyone feeling good and satisfied. Plus, that basil vinaigrette ties it all together with a bright, summery twist that's always a hit!

# **AQUATICS**



Happy Summer!

Summer is in full swing and so are the temperatures! If you are looking for a way to beat the heat this summer, our pool maintains a consistent temperature year-round. We have adjusted Open Swim hours during the summer so you and the family have a number of opportunities to come and cool off. Check our website to see our adjusted Open Swim hours for the summer.

From July 7-28, the Washington Community High School Swim Team will be utilizing lanes 4-8 of the Competition Pool on Mondays from 10 a.m.-12 p.m. If you plan to swim in the Competition Pool during this time, please note that it will be busier than usual.

Starting to look to the fall, we will be hiring Lifeguards for our opening/early morning shifts. If you, or someone you know, is a high school or college student that is Lifeguard Certified, then consider applying here at Five Points. We do offer an increased pay rate for these opening/early morning hours! Head to our website to learn more or you can submit your resume to me, Rachele Mullen at rachelem@fivepointswashington.org

Lastly, just a friendly reminder that our facility is a community based facility. Even during the busy times in the mornings, make sure you are sharing the lap lanes and pool space. We know everyone is trying to get their workouts in, but make sure you are conscious of others as well. Our goal is to keep this facility as a family friendly and welcoming place for everyone to enjoy. As always, please reach out to myself or Aquatics Manager, Brad Weaver, if you have any issues or question.

#### **POOL HOURS**

Mondays-Thursdays	5 a.m8 p.m.
Fridays	5 a.m6:45 p.m.
Saturdays	6 a.m5:30 p.m.
Sundays	7 a.m5:30 p.m.

#### **Special Open Swim Hours:**

July 4......130 p.m. Aquatic Center closes at 1:30 p.m. on July 4

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**

Mondays-Thursdays	4-8 p.m.
Fridays	4-6:45 p.m.
Saturdays and Sundays1	12-5:30 p.m.

## Summer Open Swim Hours:

Mondays-Thursdays	12-8 p.m.
Fridays	12-6:45 p.m.



Washington Community High School's Swim Team will have summer practice on Mondays in July from 10 a.m.-12 p.m. (using lanes 4-8).

Swim Team practices for the season will begin August 11. Practices will be Monday-Friday from 3:30-5:30 p.m. (using lanes 4-8).

See our aquatic calendar for meet dates this fall.



## AQUATIC CENTER CLOSURE JULY 25-26

The Aquatic Center will be closed for a Washington Park District swim meet on Friday, July 25 from 4-8 p.m. and Saturday, July 26 from 8 a.m.-12:30 p.m. Anyone swimming up until 8 a.m. will be asked to leave and the Aquatic Center, we will re-open at 12:30 p.m. for members and guests.

## 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

#### **SMALL RENTAL**

Up to 100 people Use of both pools and upper pool deck

1.2.116.....

\$300 per hour

Includes 3-4 lifeguards

#### **MEDIUM RENTAL**

100-150 people

Use of both pools and upper pool deck

Locker room use

1-3 Hours

\$350 per hour

Includes 5 lifeguard

#### **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



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 five and under.

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



Invite a Mermaid to your birthday party! Saturdays or Sundays 11:30 a.m.-1:30 p.m.

**60**-minutes in the water and **60**-minutes in the party room.

\*For safety reasons, all children must be sixyears 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



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 three-weeks before you would like to begin.

For more questions, please contact Aquatic
Manager, **Brad Weaver**:
heady@fiveneinterwashington are as (200) 444

bradw@fivepointswashington.org or (309) 444-8222x48

# FIVE POINTS KIDS



Summer is here and our Kids Clubhouse is filled with fun! Join us Monday-Friday from 9-11 a.m. for Growing Strong! This class is an action-packed morning filled with open play, organized games and even outdoor walks to soak up the

Plus don't miss Kids on the Move with Personal Trainers Mr. Will and Miss Ashley along with Kids Clubhouse attendant Miss Alita. This is a super energetic workout just for kids! Check the schedule below for our Kids on the Move class times. We do have some additional times during the summer!

While our Kids Clubhouse remodel is still underway, we are excited with the progress already made. We can't wait to show you all the exciting new updates coming soon. Thank you for your patience, we promise it will be worth the wait!

We can't wait to see all of the kiddos in the Clubhouse for an active and adventurous summer!





Tuesdays/Thursdays | 11-11:30 a.m.

Ages 12-14 \$85 members, \$105 non-members



Mondays/Wednesdays | 5:30-6 p.m.

Ages 8-16 \$85 members, \$105 non-members



Monday-Friday | 10:15-10:45 a.m.

Ages 12-18 Free for members \$40 non-members



Monday-Wednesday | 2-3:30 p.m.

Ages 8-14 (grades 3-8) \$75 members, \$100 non-members



Mondays/Wednesdays | 11 a.m.-12 p.m.

Ages 12-18 \$80 members, \$100 non-members



July 15-31 Tuesdays/Thursdays | 8:30-9 a.m.

\$85 members, \$105 non-members



July 22, 24, 29 & 31 Ages 3-5 | 6-6:30 p.m. Ages 6-9 | 6:45-7:30 p.m.

\$65 members, \$70 non-members



### Summer Kids on the Move Schedule

Mondays 11-11:45 a.m. with Miss Alita\* Mondays 5:45-6:45 p.m. with Miss Ashley Wednesdays 9:30-10:15 a.m. with Mr. Will\* Thursdays 5:45-6:45 p.m. with Miss Ashley

Dropping off in the Kids Clubhouse, but want your kids to participate? Just let our staff know that your child wants to join in on Kids on the Move and our staff will take them when it is time.

### GROWING STRONG

#### During the summer. Growing Strong is offered Monday-Friday 9-11 a.m.

Gym shoes are required for Growing Strong. For the safety of the child, other children and teachers, we **require** all kids to have gym shoes on to participate in Growing Strong's activities.

#### NO SANDALS, BOOTS, CROCS, DRESS SHOES OR ANY OPEN TOED SHOES.



#### MIND OVER MATCH

MENTAL PERFORMANCE SERIES

TUESDAY, JULY 15 TUESDAY, JULY 22 TUESDAY, JULY 29

10-11 a.m.

#### 1<sup>ST</sup> CONTACT

SERVE RECEIVE, DEFENSE, SERVING

SESSION 1: JULY 15-16 SESSION 2: JULY 22-23

12:15-2:15 p.m.

#### **COURT READY SERIES**

TWO-DAY GAME IQ CAMP

SESSION 1: JULY 18-19 SESSION 2: IULY 25-26 11 a.m.-12:30 p.m.

Semi-privates

• One-on-ones

• Small group Volleyball lessons

If you are interested in training with Kate, please reach out to trueimpactmmt@gmail.com

#### **KIDS CLUBHOUSE HOURS**

#### **Daytime Hours:**

Mondays-Saturdays.....8 a.m.-12 p.m. Sundays: CLOSED

#### **Evening Hours:**

Mondays......4-8 p.m. Tuesdays & Wednesdays......4:30-8 p.m.

#### **INTERESTED IN TWO HOURS OF CHILDCARE?**

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

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.

## **LIVE @ FIVE EVENT CENTER & THEATER**





May and June were super busy months in the Caterpillar Performing Arts Center with dance season in high gear. We started May off with the Peoria Area Civic Chorale's Spring concert, which was also the final concert of their director for the past 30+ years; Joe Henry. Then, we went straight back into the intensity of dance season with **Precision Arts Challenge's** dance competition. The following six weekends were filled with seven different dance studios hosting their recitals with us: Affinity Illinois Dance Center, Creations Dance Studio, Carrousel of Dance, Studio DYB, Miss Laura's School of Dance, Classical Dance **Academy and Captivation Dance.** 

July is a slightly slower month in the theater before concert season kicks off in August. Our biggest production of the month is the premiere of Ruth: The Musical, by local composer David Getz. Getz is a composer and music educator who has spent the last few years working on this beautiful musical retelling of the Biblical story of Ruth. The musical will be performed at Five Points on July 12 at 7 p.m. and July 13 at 3 p.m.

August is the beginning of the second half of our 2025 Show Series. We start off strong with back-to-back concerts in our Country Rock Classics weekend. The first show, on August 1, is **Bad Moon Rising**, a tribute to Creedence Clearwater Revival (CCR). The second show, on August 2, is Life in the Fast Lane, a tribute to the Eagles. Both shows will start at 7:30 p.m. with general admission seating. Tickets are available for individual shows or you can get a single ticket that gets you into both shows at a discount! Then on August 29, we will host a band that is rising through the ranks in the Christian music world, We The Kingdom. The Caterpillar Performing Arts Center is going to have a busy second half of the year with a number of phenomenal performances that you will not want to miss!







For complete details and to purchase tickets to our events, scan the QR code or visit FivePointsWashington.org/events



### **July Five Points Friday**

We're excited for Five Points Friday in July, with Outland performing, and our featured community initiative being Tazewell Animal Protective Society (TAPS). Throughout the month of July, we'll be collecting supplies to donate to the shelter. TAPS will also be on-site with a couple of their animals available for adoption—so come out and meet your new best friend!

#### August Five Points Friday and Bicentennial Celebration

Our August Five Points Friday will coincide with the City of Washington's Bicentennial Celebration, so be on the lookout for additional kid-friendly activities! The night will feature Sista and the Misters Band and we'll also host our Annual Car Show with Illinois Cruisers—a great event for the whole family.



#### Pine Cone Art at Five Points Friday

At Five Points Fridays this year, we have a special art activity for the kids—Pine Cone Art. Kids can paint their pine cones to take home or donate to our Senior Room. In September, a local artist will be hosting an art class in the Senior Room using the painted pine cones. Then these art pieces, created by the seniors, will be displayed in October on the Community Gallery Wall. Plus, these art pieces will be placed in a Silent Auction and all proceeds from the auction will go back to funding programs for our Senior Room.

#### Paint the Path - A Celebration of Community and Creativity

We had an incredible time at the BRIDGE Education Foundation's annual Paint the Path event; creativity and community truly came together. This event was a wonderful collaboration with the BRIDGE Foundation, Lions Club, student artists and local musician Shawn Smith.

Families, artists and community members all gathered together to celebrate during this event. The Five Points Student Art Fair showcased multiple talented, young artists, which further highlighted the creative spirit that makes our community so special.



## **FUND DEVELOPMENT**





Community Gallery Wall Next Exhibit: Washington Historical Society July 13-August 24

July 13-August 24, the Washington Historical Society will be the featured artist on our Community Gallery Wall with a special photographic exhibition honoring Washington's Bicentennial.

Titled "A Picture of Washington," the exhibit showcases a curated collection of photographs capturing the people and places of Washington from the early 1900s through 1990. Each image has been carefully selected to represent a diverse cross-section of the community and to authentically reflect the spirit of the time in which it was taken.



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.

For more information visit www.fivepointswashington.org/support

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



# **SENIOR ROOM**

## Senior Luncheon Washington



July 30 & August 27 | 11 a.m.-12 p.m.

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...... 12:30 p.m. ......Mexican Train Dominoes\* new friends.

......Speaker Series\*\*

Tuesday......Pinochle, Euchre

Thursday...... 12:30 p.m. ......Pinochle, Hand & Foot

Friday......Wii Bowling

\*Mexican Train Dominoes is from 12:30-3 p.m. on the first and third Mondays of the month.



#### **WPD Senior BINGO**

First Tuesday of each month | 10 a.m. July 1 & August 5

## **SENIOR ROOM** FACEBOOK GROUP

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



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





# **FACILITY ANNOUNCEMENTS**



### **TUESDAY, AUGUST 12 - SUNDAY, AUGUST 17**

The Ledgestone Open will be in town in August and they will be using our facility at various times throughout the week/weekend.

During this time, a Limited Parking Notice will be in effect. We will have limited parking and our facility will be busier than normal. Especially pay attention on Wednesday, August 13 and Thursday, August 14 for the busiest days of the tournament. Make sure to plan ahead if you are coming to our facility during this time.

## 200 1825 \* 2025

### WASHINGTON BICENTENNIAL

Head to the Washington Bicentennial website to see a full list of events happening to celebrate our city's 200<sup>th</sup> year.



Many of the year's celebrations are happening August 14-23.

Plus, don't forget to stop by and see the George Washington sculpture located outside the Washington Library.



## **FIVE POINTS SPONSORS**





