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A Message from Five Points Washington:

As 2025 comes to a close, all of us at Five Points Washington want to take a moment to thank you — our members, guests, and community partners — for another incredible year of fitness, wellness, and community connection. This fall marked a very special milestone for us: 18 years of serving the Washington community!

Throughout October, we celebrated our 18th Anniversary with Member Appreciation Week, giveaways, and special events — and we continue to carry that spirit of gratitude into the holiday season. It's been an amazing journey watching Five Points grow over the years into a space where individuals and families come together to strengthen not just their bodies, but their community connections.

As we move into the final months of the year, there's still plenty happening at Five Points! Our Group Fitness team is ready to keep you moving through the busy season with a full lineup of classes and programs to help you stay motivated and balanced during the holidays. And if you're looking to take your workouts to the next level, our certified personal trainers are here to help you set goals, stay accountable, and finish the year strong. Whether you're just getting started or looking for a new challenge, they'll design a plan that fits your fitness journey.

The Live @ Five Event Center will also be ending the year on a high note with some exciting entertainment. We're thrilled to welcome Forever Motown: The Soul of Christmas on Friday, December 6 — a festive concert featuring the timeless hits of Motown along with soulful holiday classics. It's the perfect way to celebrate the season with friends and family, and we can't wait to share this unforgettable night of music and joy with our community!

This season is also about giving back. Five Points will be hosting a Coat and Toy Drive throughout November and December to support local families in need. We invite you to join us in spreading warmth and kindness by donating new or gently used coats, as well as new, unwrapped toys. Your generosity helps make the holidays brighter for those in our community.

As we reflect on 18 wonderful years, we're reminded that everything we've accomplished is because of you — our members, staff, partners, and the greater Washington community. Your continued support, enthusiasm, and generosity make Five Points what it is today.

From all of us at Five Points Washington, we wish you a joyful holiday season and a happy, healthy New Year. Here's to 18 years of memories — and to many more ahead!

-Megan Summer, Fitness Manager

Member of the Month THE MCGUIRE **FAMILY**



EMPLOYMENT ANNIVERSARIES

November

- 2 Will Christian 2 Brad Weaver
- 4 Josh Schnetzlei 6 Ashley Hilst

- 15 Madelyn Parrott 16 James Cobble 16 Bretta Wilkinson
- 18 Jordan Zwilling 19 Elizabeth Fitzpatrick

- 27 Kate Baker 27 Kaden McTaggert

December

- 2 Patricia Atherton 3 Hunter Fossat
- 16 Aiden Crull 20 Nanka Turner

FIVE POINTS TEAM CONTACT

VIKKI POORMAN VIKKIK@FIVEPOINTSWASHINGTON.ORG

CHRISTINE FOEHRKOLB

LESLIE ANDERSON ESLIEA@FIVEPOINTSWASHINGTON.ORG PATRICIA ATHERTON
PATRICIAA@FIVEPOINTSWASHINGTON.ORG

DAVID YORK DAVIDY@FIVEPOINTSWASHINGTON.ORG

EVENT MANAGER

PAIGE WISE

KIDS CLUBHOUSE LEAD HALEY WALTERS



FITNESS

A heartfelt thank you to all our members who participated in the somber 9/11 Memorial Climb. Over 50 members completed the climb this year in honor of those who lost their lives, your dedication & remembrance mean so much.

We're excited to announce that our pickleball instructor, Joyce Hughes, is now offering private pickleball lessons! Whether you're solo or with a group of up to four players, this is a great opportunity to elevate your game. Interested? Reach out to Joyce at <code>joyceh@fivepointswashington.org</code>.



Also starting this month: Co-ed Young Adult Leagues are back on Friday nights! We're kicking things off with Pickleball on November 7. Sign up now for a fun & friendly league experience. And for our strong seniors, we've made an exciting upgrade to our fitness equipment! A brand-new, improved dumbbell cart is now available to keep everything organized & accessible during workouts.







Co-ed Young Adult Leagues are back on Friday nights!

We're kicking things off on November 7. Sign up now for a fun & friendly league experience.



Pickleball November 7-21 Fridays 5:30-7:30 p.m.



Volleyball December 5-19 Fridays 5:30-7:30 p.m.





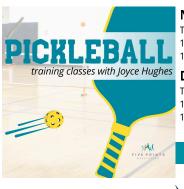




HIIT Club | November 11-December 11

(no class November 25 & 27) Tuesdays & Thursdays, 9-9:30 a.m.

HIIT Club includes two in-person classes a week, four weeks of training, attention, support & motivation from a certified personal trainer. Location: Upstairs Theater Hallway, Pricing: \$80 Members. \$100 Non-Members.



November 4-25

Tuesdays 11:30 a.m.-12:30 p.m. | Beginner 12:30-1:30 p.m.| Intermediate

December 2-23

Tuesdays 11:30 a.m.-12:30 p.m. | Beginner 12:30-1:30 p.m. | Intermediate

November 6-20

Thursdays* *three week session* 3-4 p.m. | Beginner 4-5 p.m. | Intermediate

December 4-18

Thursdays* *three week session* 3-4 p.m. | Beginner 4-5 p.m. | Intermediate



Scan QR code for details and to register!

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







311 Southwest Water St. Peoria, Illinois 61602 309.676.6378



Five Points members receive 20% off office visits

GROUP FITNESS

Hello from Group Fitness!

The weather is getting colder, the craziness of the holidays will be here before we know it, so it is the perfect time to get inside one of our warm studios and workout with us!

In just a few weeks, we are bringing back the very popular "NO GAIN CAMPAIGN". This program runs from Thanksgiving to the New Year. Anytime during the week of 11/24-11/29 come in and get weighed and turn that into the Fitness Desk upstairs. We will re-weigh the week of 1/5-1/10 and if you didn't gain any weight, you will receive a small prize! This is an easy accountability program that you can do to stay on track through the holidays. Watch for sign-ups at the front desk coming soon.

We made a couple changes on Thursday nights in Group Fitness! SHAPES is at 5:20pm followed by BODYBALANCE at 6:15pm. Make sure you grab a FALL schedule on the wall by the front desk so you don't miss your favorite class.

Come check out our awesome group fitness classes and find out why we are the best around! We will see you in class soon. -Leslie

Group Fitness Schedule





YOUR HEALTH AND WELLNESS

What's Coming Next for Health & Nutrition at Five Points

As we wrap up 2025, I'll be taking some time away for maternity leave through the end of the year as our family welcomes a new little one! I'll return in January 2026, refreshed and ready to launch new and improved Health & Nutrition programs to help you kick off the new year strong.

While I'm away, I'll be developing several exciting resources and courses, including:

- A refreshed Strong Start Course to help you build healthy habits that last
- A brand-new Recover & Reset Course to reduce stress, improve energy, & help you work with your body—not against it
- A MyPlate Method Course, focused on balanced, whole-food nutrition
- More hands-on workshops & group coaching options designed to make healthy living easier for busy families





When I return, expect a full schedule of interactive courses, live Q&A sessions, and one-on-one coaching opportunities to help you stay motivated, consistent, and confident in your health journey. Stay Connected While I'm Away Join my email list to receive seasonal health & nutrition tips, recipes, and early access to new program announcements—delivered straight to your inbox! Scan the QR code to sign up.

Winter Vegetable Salad



Why Kelsea Loves this Recipe

The perfect healthy option for cool fall and winter days. Roasted Brussels sprouts, butternut squash, and beets provide fiber, vitamins, and antioxidants, while toasted pecans add protein and heart-healthy fats, and dried cranberries bring natural sweetness. A tangy balsamic dressing ties it all together, making this a flavorful, nutrient-rich salad that's hearty enough for any meal (or feast) during these colder months.

FULL RECIPE HERE

Creamy Chicken and Vegetable Soup (Dairy Free)



Why Kelsea Loves this Recipe

This Creamy Chicken and Vegetable Soup is the ultimate comfort food for chilly days—rich, hearty, and dairy-free. It's packed with protein from chicken and healthy fats from cashews, while carrots, celery, spinach, and tomatoes provide fiber, vitamins, and immune-boosting antioxidants. The cashew cream creates a luscious, cozy texture without the heaviness of dairy. For a plant-based option, swap chicken and broth for chickpeas or white beans and vegetable stock. Nourishing, flavorful, and perfect for winter warmth.

FULL RECIPE HERE



AQUATICS

Brrr.. it sure turned from summer to fall, quick. Good news is our pool and pool area are always warm and open for use. Please make sure to watch out for our increased holiday hours around Thanksgiving and Christmas. Additionally, we have a few new groups in here, utilizing the pool so do not be surprised if you see a scuba group or mermaid in the pools. Our weekends are also heating up with birthday parties and rentals- and the 2026 calendar is open so please feel free to contact me today to book! Fall and winter are also a great time to enroll in swimming lessons, we have an energetic staff eager to help teach your kiddos swim before those winter and spring vacations. Did you know we also offer adult lessons and aquatic personal training? Lastly, we are revamping our Five Points Aquatics social media page so please like and subscribe to receive alerts regarding pool hours, closures, fun tips and tricks and to see what our aquatics staff is up to.



POOL HOURS

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

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:.....

November 26 (Thanksgiving Break)12-8 PM
November 27 (Thanksgiving)	Closed
November 28 (Black Friday)	12-6:45 PM
December 22 (Winter Break)	12-8 PM
December 23 (Winter Break)	12-8 PM
December 24 (Christmas Eve)10 A	AM-1:30 PM
December 25 (Christmas)	Closed

December 26 (Winter Break)	12-6:45 PM
December 29 (Winter Break)	12-8 PM
December 30 (Winter Break)	12-8 PM
December 31 (New Year's Eve)	10AM-2:30 PM
January 1 (New Year's Day)	10AM-1:30 PM
January 2 (Winter Break)	12-6:45 PM
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Normal open swim resumes on 1/5. Please check our aquatics fitness class schedule for a list of classes. The pool is open for therapy use and personal exercise as well.

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. Those who submit a request form will be paired with one of our experienced Trainers and a program will be designed just for you! They offer flexible scheduling and can occur any day and time in our competition pool. Contact Brad Weaver for more questions at bradw@fivepointswashington.org

Aquatic 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, 1 on 1 or 3 on 1 trainings are designed to fit any need and any exercise level, from working on flexibility to doing HIIT workouts in the pool, to those in or finishing therapy/rehab. Those interested can visit our website for more information or submit an Aquatic Training request form. Those who submit a request form will be paired with one of our experienced Aquatic Trainers and a program will be designed just for you! They offer flexible scheduling and can occur any day and time in either of our pools. Contact Brad Weaver for more questions at bradw@fivepointswashington.org



Parties are available on Fridays, Saturdays & Sundays 60-minutes in the water and 60-minutes in the party room. *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.

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

*For safety reasons, all children must be age 6+ and must be comfortable swimming in deep & shallow water to swim with the mermaid.



M-F from 3:30-5:30 PM in lanes 4-8. Diving practice will last until 6 PM M-F in the diving well. See our aquatic calendar for meet dates this fall.

Lifeguard Certification Classes

We offer full lifeguard certification courses and re-certification courses through the Red Cross. View our 2026 classes online and register by visiting fivepointswashington.org/lifeguard-classes



Aquatic Volleyball (Sundays)

Family Volleyball: 2-3pm Adult Volleyball (12+): 3-4 pm Non-Members \$7. Check-in at front desk Join us for our new Aquatic Volleyball! Everyone is welcome to come and play.



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 threeweeks before you would like to begin. For more questions, please contact Aquatic 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

SMALL RENTAL

Up to 100 people Use of both pools and upper pool deck Locker room use 1-3 Hours

MEDIUM RENTAL

100-150 people Use of both pools and upper pool deck

> \$350 per hour Includes 5 lifeguards

LARGE RENTAL

150-200 people

Use of both pools and upper pool deck

\$400 per hour

FIVE POINTS KIDS

The holidays are here, and the Kids Clubhouse is bursting with fun, friends, and festive activities! During Thanksgiving Break, November 24–28, we'll be hosting Growing Strong from 9–11 a.m. each day. Parents can check their children in through Kids Club, and any child who is fully potty trained can head down to the gym for games, activities, and plenty of energy-burning fun. We'll also be getting crafty with a Thanksgiving Craft Day on November 26 8-12pm. Please note, the Clubhouse will be

closed on Thanksgiving evening November 26th 4:30-8 and all-day November 27.

In December, the fun continues with Growing Strong during Christmas Week, December 22–26, from 9–11 a.m. We'll be closed all-day Christmas Day, December 25, and Christmas Eve December 24th so that our staff can celebrate with their families. Stop by the front desk between December 15–19 for our Silent Auction, where all proceeds go directly back to the Kids Clubhouse. Starting at the beginning of December, we'll also have a handmade ornament sale featuring ornaments created by our very own clubhouse kids! Each purchase helps support more fun projects and adventures right here at the Clubhouse. Come join the holiday excitement at Five Points Washington Kids Clubhouse,

Haley Walters Kids Clubhouse Lead

November 26
Craft Day, Thanksgiving Theme

November 26Closed Thanksgiving Eve

November 27

Closed, Thanksgiving Day **December 1-20**

Kids Clubhouse Ornament Sale **December 15-19**

Kids Clubhouse Silent Auction

December 24Closed, Christmas Eve

December 25Closed, Christmas Day

where kids grow, play, and create all season long!

YOUTH FITNESS



November 8 & 9

FIVE POINTS WASHINGTON BASKETBALL DEVELOPMENT SESSIONS DECEMBER 6

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Saturday, December 6

ORNAMENT SALE | DECEMBER 1-20

Our Kids Clubhouse kiddos will be busy decorating festive ornaments! These one-of-a-kind creations will be displayed on a special tree at the front desk and available for purchase. All proceeds from the Ornament Sale will directly benefit the Kids Clubhouse.

SILENT AUCTION | DECEMBER 15-19

Help support our Kids Clubhouse by participating in our Silent Auction, featuring handmade items donated by Five Points staff. Bidding will be open December 16–20, with all proceeds benefiting the Kids Clubhouse

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 11-years-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 Kids Clubhouse Lead, **Haley Walters**: haleyw@fivepointswashington.org

THEATER



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Forever Motown: The Soul of Christmas December 6, 2025 7:30 p.m.

Tickets: Balcony Seating \$30 | Floor Seating \$40 Group rates available, wheelchair accessible seats are available



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







EVENT CENTER

This fall, our South End was full of hometown spirit and community pride! A special highlight was our partnership with the 12th Man Football Alumni for a series of Panther Tailgate Parties during the home games. Each one brought together families, friends, & fans to celebrate under the Friday night lights — complete with great food from The Lions Club, music, & plenty of orange & black. These gatherings were such a great time for everyone involved, & we're grateful to the 12th Man Alumni and all who joined in to make them a success. Thank you for helping us keep the Panther spirit alive at Five Points Washington!

The Five Points family had an incredible time participating in this year's Washington Homecoming Parade! It was a wonderful celebration of community spirit and Panther pride. Our very own No Mercy Percy, the beloved Pickleball mascot, was out in full force — making friends, spreading smiles, & bringing the energy all along the parade route.





Paige Wise
Community Relations and
Special Event Manger

COMMUNITY GALLERY WALL, FEATURED ARTISTS

We've recently installed two new 3D Art Cabinets and will begin featuring 3D artwork as part of our rotating exhibits. Stay tuned for more creative additions to come!

FEATURED ARTISTS Troy & Gregory Davis

Five Points Washington is proud to showcase the next Community Gallery Wall exhibit featuring brothers Troy and Gregory Davis. Their two styles complement each other beautifully, coming together in a unique collaborative display.



FEATURED ARTISTS Jesse Allen Eccles

Featured Work:

These storyboard panels represent Jesse's first major project, Mystalasia — a work in progress that showcases his talent for visual storytelling and his dedication to bringing original worlds to life through illustration and film-inspired design.





COMMUNITY IMPACT & GIVING

Generational Impact Circle

Join the Generational Impact Circle & help shape the next chapter of our community, where every person belongs, grows, and thrives.

The Generational Impact Circle are the leading annual donors of Five Points Washington. They give annually to support our vision and dedication to be a community for well-being for generations to come. With an annual gift of \$1,000 or more, your commitment to the Generational Impact Circle represents an investment in fostering wellness, performing arts, celebration and strengthening connections within our community.

WITH YOUR SUPPORT, LAST YEAR WE:

- Taught 35 children life-saving swim skills through grant-funded programs.
- Helped over 1,500 seniors stay active and socially connected and soon will open a Memory Café for those with memory loss and their caregivers.
- Welcomed hundreds of artists and students to explore the performing and visual arts.
- Provided a home for Washington High School's all-inclusive swim team.



Where Community Comes to Life

When Vern first walked into Five Points at age 73, he was lonely and searching for connection. Three years later, he's stronger, more confident, and part of something special. His story is one of many that show what makes Five Points Washington unique, a place where people of all ages grow through fitness, friendship, arts, and celebration.



COMING SOON

Memory Cafe

A welcoming space for individuals with memory loss & their care partners to connect, relax, & enjoy activities together.

Community Art Wall

Troy and Gregory Davis Oct 20-Nov. 30. Artist reception Nov. 2nd 2-3:30 p.m.



At WACC, every day we see the power of community—neighbors coming together to learn, move, connect, and grow. From children discovering new passions to seniors staying active and engaged, WACC is where every generation finds purpose and belonging. Your Giving Tuesday gift helps us continue providing exceptional programs and spaces that enrich lives —expanding minds, strengthening bodies, and Creating relationships. When you give to WACC, you're not just supporting a facility—you're investing in people. You're helping create opportunities for wellness, learning, and relationship for every member of our community. Join us this Giving Tuesday and make a lasting impact. Together, we can continue building a community for wellness where everyone has the opportunity to thrive for generations to come.

ACKERMAN LEARN TO SWIM GRANT



Thanks for this opportunity! This was an incredible thing for my kids! We really, really enjoyed it and saw so much progress with my youngest because of how they are structured. They bonded with the instructor in a short time and have loved coming. I am so thankful for this!

Once again, be the recipient of the Ackerman family, learn to Swim Grant will be able to provide free lessons to deserving children. We are so excited about this grant because it gives children who would not otherwise be able to afford swimming lessons the opportunity to learn this potentially life-saving skill. We have a wonderful swim lesson program.

Both of our boys enjoyed the lessons. No time was wasted on any of the lesson time. She used every moment as a teaching moment. She really provided great instructions for the boys that was appropriate for their level of understanding. She pushed them to go further each lesson. They felt confident and safe with her as their teacher. Thank you for this opportunity for our family!

NEW!! MEMORY CAFE

Thanks to support from the Generational Impact Circle (GIC), we're excited to share that a Memory Café is coming to Five Points within the next year! This new program will offer a welcoming space for individuals living with memory loss, including those affected by dementia or Alzheimer's, as well as their family members and caregivers. Each gathering will feature simple, enjoyable activities like music, games, & memory exercises that encourage connection and fun. It's all about building community, sharing experiences, and helping reduce feelings of isolation. No diagnosis is needed to participate, just come as you are.



ANNOUNCEMENTS











SENIOR ROOM

Our Five Points Washington Senior Room continues to thrive! There's always something fun happening — from bingo and cards to art classes and social gatherings, it's a lively space filled with laughter and friendship.

We're also excited to announce that early next year we'll be launching a Memory Café, a new program designed to support individuals living with Alzheimer's and dementia and their caregivers. This initiative will provide a welcoming place to connect, share experiences, and enjoy meaningful activities together.

If you're interested in learning more or getting involved, please reach out to Paige Wise at 309-444-8222 ext. 42. paigew@fivepointswashington.org Thank you for following along and supporting our growing community programs!

NEW! Needleworking Group Join us in the Senior Room beginning in November on the 2nd Monday of each month, 12:30–3:30 PM

BINGO

WPD Senior BINGO

First Tuesday of each month | 10 a.m. September 2 & October 7

Senior Luncheon Washington



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 from 11a.m.-12 p.m.. You do not have to be a Five Points member to attend. **The cost is \$4 per person.**

