A MESSAGE FROM GENERAL MANAGER VIKKI POORMAN:

It has been so wonderful seeing Five Points come back to life and we are enjoying interacting and working out with our members again. Your health and safety are very important to us and we are taking every precaution to keep you safe while you are with us. We are continuing to take temperatures of everyone who comes into the facility, staff are required to wear masks if they are not working out and we are following strict cleaning and sanitizing protocols. Every evening we spray the facility and equipment with sanitizer. To date we have not had an employee test positive, but we are following the CDC guidelines on how/when to quarantine should one be diagnosed or exposed. If an employee is diagnosed, they will be required to quarantine for 10 days. We have had employees that were exposed and they have and will quarantine for 14 days. Any employee who is traveling to a known hotspot is also being asked to quarantine for 14 days before returning to the facility. We are committed to providing a safe environment for our members so that you can just enjoy your workout.

We have added new programming for you as well and are now offering new senior and kids’ classes. Information on these are included in this newsletter. Starting in October we will be offering personal training in the aquatics center. We are working on an enhanced nutrition program and will be adding a health coach to our staff in October as well. A health coach focuses on a full body approach to health. The health coach will focus on education, nutrition, movement, sleep, stress reduction and more. Also, do not forget that the Methodist Wellmobile is here every month. If you have not attended one of the Five Points Friday’s musical concerts be sure to check out one of our remaining shows. It is a free acoustic concert series that we have been offering on Fridays throughout the summer. This summer music series offers plenty of fresh air and social distancing to enjoy the outdoors gathered around the Community Spirit Sculpture. During these outdoor concerts food trucks and bar service is available. Bring your whole family.

Have a happy, healthy and safe Labor Day!
BIRTHDAYS, KIDS PROGRAMS & KIDS CLUBHOUSE

Kids CLUBHOUSE

THE KIDS CLUBHOUSE IS OPEN!

Children through age 6 will be in the Kids Clubhouse while children older than 6 will be in the Miller room.

Childcare workers will be wearing masks while taking care of your children.

Interested in 2 FREE Hours of Child Care?
For members with a family plan, we offer 2 hours of FREE child care. For more information, stop by our front desk or visit our membership page on our website. Not on our Family Membership? We can watch your child for a nominal fee while you workout.

BIRTHDAY PARTIES ARE RETURNING SEPTEMBER 1

BIRTHDAY PARTIES
AT THE
FIVE POINTS
AQUATICS CENTER!

HAPPY BIRTHDAY

CHECK OUT OUR BIRTHDAY PARTY PAGE ON OUR WEBSITE FOR MORE INFORMATION.

PARTY TIMES AVAILABLE ON: FRIDAY EVENINGS, SATURDAYS, SUNDAYS

Contact Rebecca to book your party: rebeccah@fivepointswashington.org

Restrictions apply.
Parties will have a max capacity of 25 guests total

FIVE POINTS WASHINGTON AND SYLVAN LEARNING

Five Points will be providing before and aftercare to the Sylvan Learning Center.
This will take place in the senior room Monday- Friday.
Before care will be 7 am – 8 am.
Aftercare will be 3 pm to 5 pm.
Before care will provide a light healthy, breakfast snack.
Aftercare will provide organized activities until parent pick up.
Prices for both before and aftercare is $99 per week
Customers have the options of choosing just before care for $50 or just aftercare for $65

Learn more at FivePointsWashington.org/sylvan

FIVE POINTS WASHINGTON Partners With Sylvan Learning to Offer Weekday School Support Sessions

Available for grades K-12; optional childcare available
Visit FivePointsWashington.org/sylvan for details

FOLLOW ALONG
I am a certified personal trainer through Global Fitness Educator’s and graduated from Robert Morris University with a bachelor’s degree in business administration. While I was in college, I played baseball for 4 years and was also a part-time personal trainer for 2 years at a local gym in Peoria. My goal as a trainer is to increase my client’s overall health and strength through fitness while striving to achieve a healthier lifestyle. Health and fitness have always been my passion and I want to help as many people along the way as I can.

WELCOME TO THE PERSONAL TRAINING TEAM RYAN SLUSER!

I earned a bachelor of science degree in food, nutrition and dietetics from Illinois State University. I am currently working towards my master’s degree in family and consumer sciences with a focus in dietetics and completing my dietetic internship.

Along with the love of eating food, I enjoy the science of nutrients in conjunction with how the body uses them. I believe in the power of a balanced lifestyle and am committed to helping others attain a positive relationship with their personal food and nutrition.

MEET OUR NEW HEALTH COACH, RACHAEL SHANGRAW!!

Fall Energy Bites
Ingredients:
- ½ cup peanut butter
- ¼ cup agave or honey
- 1 teaspoon vanilla extract
- 1 cup old fashioned oats
- ½ cup m&m’s or chocolate chips

Mix all ingredients together in a large bowl. Separate mixture into 1-inch balls and place in Tupperware (or another container you would like to store them in). Refrigerate for at least 1 hour. Store in refrigerator. To mix up flavors, you can also use chocolate chips, chopped nuts, shredded coconut, or dried fruit!

Benefits:
Peanut butter is a heart healthy food that has rich sources of protein, antioxidants, and healthy fatty acids. Honey and Agave are high in natural sugars that contains glucose which is your body’s preferred fuel source to help give you long term energy throughout the day. The benefits of oats are endless. They can help lower/maintain cholesterol levels, are rich in antioxidants and contain soluble fiber which can help with digestion and help keep you fuller for longer.
AQUATICS

AQUATIC CLASSES BEGINNING IN SEPTEMBER

Fun and Fit Junior for ages 6+ will be returning in September! This class will be offered Thursday evenings from 5:30 PM - 6 PM and Sunday afternoons from 1 PM - 1:30 PM in the competition pool. We will have a limit of 15 and ask that all participants maintain social distancing.

AQUA HIIT- This is a 45-minute nonstop water-based workout that guarantees to get your heart pumping and burn calories. With a combination of bursts of intense exercise and varying rest periods, this class is a FUN way to train and strengthen your whole body. Try this class with Mary on Wednesday and Friday mornings from 10-10:45 AM in the competition pool.

AQUA FIT will be added on Thursday evenings from 5 PM - 5:45 PM! This class uses the water resistance and various equipment to improve cardio endurance and strength train, which promotes a strong core and body.

NEW PROGRAM COMING IN OCTOBER!!

AQUATIC TRAINING

Aquatic Training will be a new program launching in October for the Aquatics area! This is great for those in or finishing therapy/rehab or anyone who wants private instruction. These 30 minute, 1 on 1 trainings are designed to fit any need and any exercise level, from working on flexibility to doing HIIT workouts in the pool. There really is something for everyone!

Those interested can visit our website for more information or submit an Aquatic Training request form in late September. 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.

OPEN SWIM RESUMES SEPTEMBER 4:
Friday 4 pm – 6:30 pm, Saturday and Sunday 12 pm – 4:45 pm. Restrictions apply, 30 guest max for leisure pool and 40 guests max for the competition pool. All member/guests will need to check in at the front desk to get a pool pass. Everyone will be required to social distance.

POOL HOURS:
Our aquatics center will be open Monday-Friday 5 am - 7:45 pm and Saturday and Sunday 7 am - 4:45 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!

The PAWW team will be returning beginning September 2nd on Monday and Wednesday’s from 5:30 pm - 8 pm (in lanes 5-8) and Saturday mornings from 8-10:30 am (lanes 5-8).

The high school will have practices M-F from 3:30-5:30 pm and diving practice Tuesday and Thursday from 5:30-6:30 pm. Please check the monthly aquatics calendar for meet dates and times.

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AQUATIC SCHOOL: LESSONS AND CLASSES

WE ARE NOT CURRENTLY OFFERING GROUP LESSONS. PLEASE KEEP CHECKING FOR UPDATES.

PRIVATE SWIM LESSONS:
We ARE currently accepting private and semi-private lesson requests.

To get signed up visit our website 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. For more questions, please contact Aquatics and Program Manager, Brad Weaver at (309) 444-8222 Ext. 48 or bradw@fivepointswashington.org.

LIFEGUARD CLASSES

Check our website for information on our November lifeguard class! The dates will be November 7 and 8! Registrations will open in September.
Do you know we host a variety of local groups here at Five Points each week?

Recent Groups Include:
- Weight Watchers
- Music Together
- Miss Laura’s School of Dance, Ltd.
- Red Cross Blood Drive!

Our venue is also a great option to host and conduct business meetings, conferences and seminars.

Whatever your purpose or group size, Five Points Washington is an ideal location that will help make your event a success!

TO LEARN MORE ABOUT RENTING SPACE AT FIVE POINTS, CONTACT EVENT MANAGER, MICHAEL SCHULTE (309)444-8222
PERFORMING

2ND ANNUAL BROWNFEST BENEFITING THE KB STRONG FOUNDATION
September 5, 2020

THE INAUGURAL BROWNFEST 5K RACE, SATURDAY SEPTEMBER 5!
Time: 9 AM
Place: Five Points parking lot
Cost: $35 preregister / $40 day of registration
SIGN UP HERE: https://raceroster.com/events/2020/33317/kb-strong

LIVE MUSIC:
Craig Gerdes from 1:30 – 3:30 pm
Dan Hubbard from 4 PM – 6 PM
Stone Cold Cowboys from 7 PM – 11 PM
Food Trucks, Cash Bar, Silent Auction & Raffles. Drink Specials: We will have soda, water, beer, wine, specialty drinks and more!

JOIN US FOR THE 13TH ANNUAL “RAISE THE CURTAIN” GOLF OUTING
THURSDAY, SEPTEMBER 17, 2020
PINE LAKES GOLF COURSE
11:30 AM LUNCH AND CHECK-IN
12:30 PM SHOTGUN START
FIVE POINTS WASHINGTON
5:30 PM DINNER AND AUCTION
Register or learn more at: FivePointsWashington.org/golf

SEPTEMBER 19 REALLY RUSSIAN: Revel in Russian romanticism with two of Rachmaninoff’s greatest works: the Symphonic Dances and the all-time-favorite, Rhapsody on a Theme of Paganini, brilliantly interpreted by Eun Joo Chung, piano soloist.

OCTOBER 31 VIVALDI REIMAGINED: Vivaldi’s brilliant Four Seasons reimagined, plus a tango twist with Piazzolla’s The Four Seasons of Buenos Aires - with rising star Francisco Fullana, violin virtuoso, and Lidia Kaminska, bandoneon soloist.

THEATER DOORS OPEN: 7 pm, CURTAIN: 7:30 pm. For more information visit heartlandfestivalorchestra.org | Adult: $40 | Student/Child: $10
ESPORTS LEAGUE

E-Sports with GG Leagues
Did you miss out on the summer E-Sports Rocket League with GG Leagues? We are offering a fall and winter season and would love for you to join in. We are offering the following leagues and would require you to register ahead of time with the Park District. Once registered you will receive an email with instructions on getting setup with GG Leagues. Players will participate in the Illinois Recreational E-Sports League playing against people in neighboring communities or throughout the state of Illinois.

PLAYER WILL NEED TO OWN A CONSOLE AND GAME TO PARTICIPATE:
Fall Leagues will run on Sundays at 2:00pm September 12th – October 24th
Winter Leagues will run on Saturdays at 2:00pm November 7th – December 12th
League of Legends is a 1 player game played via PC.
Rocket League is a 1 player cross-platform game played via PlayStation, Xbox or PC.

Description

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Washington Community Bank

Looking for a bank to help handle your personal or business banking needs? Look no further than Washington Community Bank!

Your Hometown Community Banks in rural Illinois all are Morton Community Bank, its branches or divisions. Morton Community Bank is an independently owned bank founded in Morton, Illinois in 1960.

You’ll see the bank’s poster in our lobby as one of our Headline Sponsors, and you can stop out to see them at 1895 Washington Road (across from Taco Bell) for all of your banking needs.

Member FDIC.
DOWNLOAD OUR NEW FITNESS APP

Download the new Five Points Washington app to help track your fitness activity and goals!

- Earn points in the rewards program redeemable for prizes!
- Check in at Five Points
- Browse 1,400+ exercise demonstration videos
- Find and enroll in classes at Five Points
- View your workout/activity history
- Request personal training
- Monitor and update your Five Points membership/account information
- Receive notifications on deals and special promotions

FREE to members!

App syncs to wearable technologies such as Apple Watch, Fitbit and others

- Publish your activity to your social media accounts
- Use the Goal Center to set and monitor your progress toward personal fitness achievements
- Compute your bioage
- Purchase add-ons such as online personal training, health coaching and more (for an additional charge) (Available soon)
- Participate in challenges with members

Available for Apple and Android devices

Questions? Please contact:
Latisha Watts, Asst. GM of Fitness
latishaw@fivepointswashington.org
(309) 444-8222 Ext. 28

FIVEPOINTSWASHINGTON.ORG