

Adult/Active Adult Programs

Safety, Taking Better Pictures, Knitting and more!



Dog Obedience

Ages 18 & older **10 classes**

This class will cover basic obedience commands including: sit/stay, down/stay, stand, heeling and recall (come when called). We will also cover Basic grooming, health issues, and everyday problems will be covered as well. Class requirements: a snug-fitting nylon or metal slip collar and 6 foot lead are required. Leather leads are strongly recommended for handler comfort. Flexi-leads, flat collars and head halters are prohibited. Proof of rabies, distemper, parvo and corona vaccinations are required at the first class. Dogs should be brought to the first class. Family members are welcome to observe. No refund after class has started. Dogs MUST be 4 months or older. (MB)

\$110 (N/R \$120) (Batavia) **BBC**
65274 Tu 4/6 - 6/8 7:00 - 9:00pm

Knitting

Ages 18 & older **6 classes**

Learn all the basic knit and purl stitches that are needed to create beautiful garments, accessories and home decor. Learn how to follow instructions, stitch gauge, take measurements to knit, and read a pattern. Beginners to those needing a refresher are encouraged to sign up. Please note: bring a skein of light-colored yarn and #9 needles. Instructor: Pat Brown. (MB)

\$50 (N/R\$60) (G) **GCC**
65297 M 4/12 - 5/17 7:00 - 9:00pm

Crochet

Ages 18 & older **6 classes**

Learn the basic crochet stitches; including single and double crochet plus afghan, shell and granny square stitches that will allow you to make beautiful blankets, scarves, accessories and home decor. Learn how to count stitches and rows, increase and decrease, change colors, measure gauge and read a pattern. Bring an 'I' size hook, a skein of light-colored knitting worsted yarn and a pair of scissors. Instructor: Pat Brown. (MB)

\$50 (N/R \$60) (G) **GCC**
65272 Th 4/15 - 5/20 7:00 - 9:00pm

Senior Safety Seminar

Ages 18 & Older **1 Class**

This seminar will cover tips on how to avoid being victims of telephone and mail fraud, safety tips for daily driving and vacation travel, suggestions to help prevent identity theft and a complete description of the Geneva Police Department Senior Care Program.

Instructor: Officer Eddie A. Jackson of the Geneva Police Department. (MB)

\$5 (N/R \$7) (G) **GCC**
66504 M 4/12 5:00 - 6:00 pm

NEW! Home Repair Fraud

Ages 18 & Older **1 Class**

If your thinking of having work done on your home, this class is a must to protect your assets. Learn the things to look out for and what questions to ask when you are looking to improve your home. Instructor: Officer Eddie A. Jackson of the Geneva Police Department. (MB)

\$5 (N/R \$7) (G) **GCC**
66505 M 4/12 6:00 - 7:00 pm

Biz Round-Table

Ages 18 & older **1 class**

In this 1 day program you will discuss such topics as; effective networking, marketing plans, differentiating your business from the competition, educated business planning, technology and more. Whether you have an established business or just starting out this is a great opportunity to learn from your peers in a relaxed environment. Instructor: Mike Fulkerson. (MB)

\$10 (N/R\$15) (G) **GCC**
66496 W 4/21 7:00 - 9:00pm
66497 Tu 5/11 7:00 - 9:00pm

Did you know?

Registering early helps to reduce cancelled programs

Save time and go online
www.genevaparks.org

GREAT FITNESS RATES FOR SENIORS

Turn to pages 58-61 for details!

Sunset Racquetball & Fitness Center

Senior Membership: \$140 (N/R \$230) per year**

Stephen D. Persinger Recreation Center

Senior Membership: \$205 (N/R \$275) per year*

*Seniors are ages 60 +.



SAVE!

Take advantage of the Senior Resident Discount!

Seniors ages 60+ Receive 20% off selected programs

Start saving today!

Turn to page 89 for details!

Active Older Adult Programs

NEW! Gentle Seated Yoga

Ages 18 & Older 12 Classes

Gentle Seated Yoga is for individuals who want to gently stretch, improve balance, increase strength and honor your body with integrity, compassion and draw on the mind/body connection. If you have physical or other limitations modifications are always offered so you can receive the greatest benefits as well.

Instructor: Cindy Vacek. (MB)

\$30 **SPRC**

66499 F 4/9 - 5/28 11:00 - 11:45am

Fitness, Strength Balance and Stretch

Ages 18 & older 10 classes

This combination class will focus on strength training with resistance equipment followed by balance, stretching, standing, seated and floor exercises. All equipment will be provided. Bring a water bottle and towel.

Instructor: Laurie Meissner. (MB)

\$4 per class (pay as you attend) **GCC**

Tu 4/6 - 5/25 9:50 - 10:30am

Fit for Life Exercise

Ages 18 & older 20 classes

Join us for an hour of fun aerobic exercise and strength training using weights and bands that will strengthen your muscles, improve your endurance and increase flexibility. If you are a regular and bring a friend who is new to the program, you will receive that day's exercise without charge. Instructor: Laurie Meissner. (MB)

\$3 per class (pay as you attend) **GCC**

Tu/Th 4/6 - 4/27 8:45 - 9:45am

NEW! St. Paddy's Day Senior Fashion Show & Leprechaun Luncheon



Wednesday, March 17

11:30 am - 3:00 pm

Geneva Community Center

\$10 per person

Turn to page 7 for details

Nordic Walking for Weight Loss

Ages 16 & Older

Nordic walking uses two specially designed poles to work the upper body while walking. It is a low stress, full body workout that burns calories while increasing oxygen consumption for a great cardiovascular workout without the impact of jogging or running. Nordic walking works the abs, arms, shoulders, upper chest and back muscles through a full range of motion, stretching and lengthening the muscles. It makes your workout more efficient! Classes are held outdoors, utilizing Batavia's beautiful parks and trails. Participants must be ready to walk for the full 45-minute class at a moderate to fast pace. *The first week meets at the Civic Center. All other weeks we will use the bike trails - a list of trails and dates will be handed out during week one. If you miss week one, please call the Batavia Park District for meeting information. Poles are provided.

Instructor: Kathy Freedlund/Pat Heun (Sat). (MB)

\$34 (N/R \$44) **(Batavia) BCC**

65307 M 4/5 - 5/24 6:30 - 7:15pm

\$38 (N/R \$48)

65304 Tu 4/6 - 6/1 8:00 - 8:45 am

65305 W 4/7 - 6/2 12:15 - 1:00 pm

65306 Th 4/8 - 6/3 10:00 - 10:45 am

65308 Sa 4/10 - 6/5 8:30 - 9:15 am

Easy Nordic Walking

Ages 16 & Older

Beginners will learn the fundamentals of Nordic walking at an easy pace. This class is a great way to get in shape or prepare for our other Nordic walk classes. The first week meets at the Civic Center; classes will be held outdoors at various bike trails. If you miss the first class please call the Park District for meeting information.

Instructor: Pat Heun. (MB)

\$34 (N/R \$44) **(Batavia) BCC**

65275 M 4/5 - 5/24 5:40 - 6:15 pm

NEW! Walking Club

Grab your walking shoes, friends and neighbors to join this fun new club. All fitness levels are welcome. Walk at your own pace and track your miles. (MB) The walking club walks at the Stephen D. Persinger Recreation Center Walking Track during the fall, winter and spring months.* Geneva Park District Track Pass is Required. Track passes are \$25 each. Track passes are available to Geneva Park District residents only. For more information, please call Mickey Boyle at (630) 232-4542.

NEW! Wii Adult Leagues

Ages 18+

Have a blast in these fun interactive leagues that uses the Nintendo Wii. No experience is necessary. Great way to socialize and meet new people. (MB)

\$10 (N/R \$15) **SPRC**

Bowling League

66580 F 4/16-5/21 12:00 - 1:30pm

Golf League

66581 F 4/16-5/21 1:30 - 3:00pm

SAVE!

Take advantage of the

Senior Resident Discount!

Seniors ages 60+

Receive 20% off selected programs

Start saving today!

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Coffee's On with Dimples Donuts

Ages 50+

Seniors are invited to join the fun for cards, coffee and conversation every Monday morning from 10:00 am - 12:00 noon. Please note: fee is charged each time you attend. The last Monday of each month, the group will meet at Dimples. (MB)

Batavia ESCC
M ongoing 10:00 am - 2:00 pm

*No class 5/31

Breakfast Club

Ages 50+

Join us as we have the most important meal of the day at various local restaurants. We will meet the first Friday of each month at 9:30 am. Participants are responsible for paying for their own breakfast. Please call 630-406-5282 and let us know if you plan to attend. (MB)

(Price is on your own) **Batavia/Local**

F 1/8 9:30 am (Corfo)
F 2/5 9:30 am (Colonial Cafe)
F 3/5 9:30 am (Randalls)