

## Land Group Fitness Classes (Pick up a monthly class calendar at the Pavilion)

### FIRST CLASS IS FREE!!!

Drop-in: \$6R / \$7 NR

10 Visit Package: \$40R / \$50NR

20/20/20

Tuesday & Thursday 8:45a

20 minutes of weights, 20 minutes of cardio, and 20 minutes of core.

Work to your ability, set a goal, and challenge yourself.

#### Burn It Up Bootcamp

Monday 6:45p & Thursday 6:00p

Tabata style, weight training, extreme cardio and more.

#### Dance Fitness

Monday 10:00a, Wednesday 6:00p

Dance fitness is a fun, energetic, high intensity workout. This new class exclusive to the Pavilion uses various types of popular hip-hop and country music to create a fun, sweat inducing, calorie scoring workout.

#### Ignition

Monday & Wednesday 9:00a

A high intensity training the uses relatively short, high intensity cardiovascular intervals that are alternated with less intense active recovery intervals of strength exercise.

#### Line Dancing

Wednesday 7:00p, Friday 9:00a

This class is designed to teach you basic line dance steps until you learn each move. Then the class performs together to the hottest country hits.

#### Pilates 1

Tuesday & Friday 10:00a

This progressive program increases core strength, improves postural body alignment, awareness, functionality, strength, and flexibility while defining the muscles.

#### Silver Sneakers Boom Move®

Thursday 10:00a

A higher intensity dance workout class that improves cardio endurance and burns calories.

#### Silver Sneakers Cardio Circuit®

Tuesday & Friday 10:00a

Increase your cardiovascular and muscular endurance power using hand-held weights, elastic tubing with handles and a ball. A chair is offered for support, stretching and relaxation exercises.

#### Silver Sneakers Chair Yoga®

Monday 10:00a, Tuesday & Wednesday 11:15a

Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.

#### Silver Sneakers Classic®

Monday 11:15a, Wednesdays 10:00a, Fridays 11:00a

Designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance.

#### STRONG by Zumba®

Tuesday 5:10p, Thursday 9:10a Combines high intensity interval training with music motivation.

#### You vs You

Friday 6:00a

This class will help YOU torch calories, build lean muscle, lose fat, improve heart health, and push your limits and increase efficiency.

#### Zumba®

Monday 5:30p, Tuesday 9:00a

Wednesday & Thursday 5:00p

Features exotic rhythms set to high-energy Latin and international beats.

#### Personal Training

Need an extra push to your workout? Let the Pavilion's personal trainers assist. Contact the Pavilion front desk staff for more info.

Training: By Appointment Only!

#### Cardio Equipment Training

If you are 12 - 15 years of age, let this class orient you to the proper techniques for using the equipment. A personal trainer will provide instructions on the BASICS of how to use each machine safely.

Classes: By appointment only. Fee: \$16 R/\$17 NR



Take advantage of Free Land Fitness Classes, 25% off of most programs, and free KidZone Childcare\* with the purchase of an Annual Membership!

\*Parent must remain on the premises. Limit two hours at

KidZone per day.

## Aquatic Fitness Classes

#### Aquatic Tai Chi

Saturday 8:00a - 9:00a January 11 - March 14, 2020

Fee: Drop-in-\$7, 8 Class Package-\$48, Senior Package: \$40

Aquatic Tai Chi focuses on movement, range of motion and balance while calming down and relaxing. This is a great class for people of are recovering from an injury, want to lower their blood pressure, or balance their chi.

#### Aqua Zumba®

Monday & Wednesdays 8:00a

Fee: Drop-in \$7R/\$8NR, 10 Class Package-\$60R/\$70NR, 10

Class Senior Package-\$50R/\$60NR

Aqua Zumba is a challenging water-based workout that's cardio-conditioning, body toning, and most of all exhilarating beyond belief!

#### Evening Water Aerobics

Mondays & Thursdays, January 13 - February 20, 2020,

7:00pm - 8:00pm

This aquatic fitness class is great for people who experience hip and joint pain and want to improve flexibility and cardiovascular health.

#### Water Fitness Classes

Monday - Thursday 9:00a

Fee: Drop-in \$7R/\$8NR, 10 Class Package-\$60R/\$70NR, 10

Class Senior Package-\$50R/\$60NR

Low impact water cardio class.



## Mission Statement

The Georgetown – Scott County Parks and Recreation Department continually strives to develop, provide, and maintain quality programs and facilities that meet the increasing needs of our growing community.

## Vision Statement

To be the state leader in promoting community health and well-being through fun, progressive and memorable parks and recreation experiences and activities for everyone.

**Growing Strong Roots for a Healthy Community**



Parks & Recreation Main Office: (502) 863 - 7865

The Pavilion: (502) 863 - 7865

Ed Davis Learning Center: (502) 867 - 5846

Website: [www.gscparcs.com](http://www.gscparcs.com)

Follow us on:

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GEORGETOWN-SCOTT COUNTY

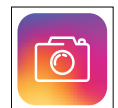
## Georgetown Scott County Friends of the Parks

Georgetown Scott County Friends of the Parks is a 501(c)(3) non-profit organization dedicated to enhancing, expanding, and improving GSC Parks & Recreation parks and programs. Donate Today and sign-up for Kroger Community Rewards and Amazon Smiles!

[www.gscfriendsoftheparks.org](http://www.gscfriendsoftheparks.org)

Did you know your purchases can make a difference? AmazonSmile donates to Georgetown Scott County Friends of the Parks, Inc. when you do your shopping at [smile.amazon.com/ch/81-3494778](http://smile.amazon.com/ch/81-3494778). Add the

AmazonSmile link to your bookmarks.



## Childcare, Leisure, & Educational

### ARC First Aid/CPR/AED Training

Fee: \$50 R / \$60 NR

Registration: January 1 - February 10, 2020, <https://gscparcs.com/event/registration-open-for-first-aid-cpr-aed-training/>

When: Session 1: February 4 - 6, 2020, 5:00p - 8:30p

Session 2: February 18 - 20, 2020, 5:00p - 8:30p

### ARC Lifeguard Course (Blended Learning)

Fee: \$200R/\$225NR (Additional \$35 non-refundable online fee)

Registration: Through February 10, 2020, <https://gscparcs.com/events/>

When: February 7 - February 11 and February 21 - February 25, 2020, various days and times

Where: Pavilion

### Dance and Gymnastics (PRDG) Classes

Fee: Varies with Class

Registration: Open through January 10, 2020, <https://gscparcs.com/event/registration-open-for-fall-dance-gymnastics/>

When: Class days and times vary.

Where: Pavilion



### Fun Express - Snow Day

Fee: \$35R/\$40NR per day

Registration: Not Required

When: Whenever Scott County Schools are not in session.

Where: Pavilion

### Home School Gym & Swim

Fee: 8 classes: \$44R/\$55NR, 4 Classes: \$24R/\$28NR,

\*Drop-in: \$7R/\$8NR

Registration: Open

When: Fridays, January 17 - April 24, 2020

(No class February 14 and April 3)

Where: Pavilion

### Learn to Swim - Swim Lessons

Fee: \$44 - \$78 (varies by class and residency)

Registration Winter Session: December 1 - January 5, 2020, <https://gscparcs.com/event/registration-open-for-swim-lessons/>

When: Winter Session 1 (January 14 - February 22, 2020)

Where: Pavilion

Registration Spring Session 1: January 13 - February 13, 2020,

<https://gscparcs.com/event/registration-open-for-swim-lessons-spring-session-1/>

When: Spring Session 1 (March 10 - May 2, 2020)

Where Pavilion

### Lifeguard Instructor Course (LGI)

Fee: \$215 + \$35 online course introduction fee

GSC Parks Employees: \$115 + \$35 online course introduction fee

Registration: January 13 - February 17, 2020, <https://gscparcs.com/event/registration-open-for-lifeguard-instructor-course-lgi-2/>

When: February 28 - March 7, time and days vary

Where: Pavilion

### Middle School Tutoring

Fee: FREE

When: Tuesdays, 4:30p

Where: Ed Davis Learning Center

### Water Safety Instructor Course

Fee: \$215 + \$35 online course introduction fee,

GSC Parks Employees: \$115 + \$35 online course introduction fee

Registration: February 1 - March 2, 2020, <https://gscparcs.com/event/registration-open-for-water-safety-instructor-wsi/>

When: March 13 - March 21, time and days vary

Where: Pavilion

## Sports Activities

### Adult Open Volleyball

Fee: Free with entry or membership to the Pavilion

When: Wednesdays, January 8 - February 26, 2020, 7:00p

Where: Pavilion

### Martial Arts Offerings

Fee: \$50, Gi (if needed): \$15

Registration: Ongoing at the Pavilion

When: Times vary based on skill and age.

Where: Brookings Park, Pavilion, Anne Mason Elementary, and Western Elementary

### Pickleball

Open Play

When: Mon, Tues, Wed 9:00a, Friday 11:00a, and Sat 9:15a

### YOUTH SPORTS REGISTRATIONS

Most youth sports registrations will open in January. Please see our website below.

<https://gscparcs.com/programs/athletics/>

- Archery
- Georgetown Football Club (Soccer)
- Georgetown Force Volleyball
- Georgetown Tennis Association
- Scott County Softball Club
- Registration Open Jan 1
- Scott County Youth Baseball
- Registration: January 1 - February 14
- Late Registration: February 15 - February 21
- Scott County Youth Football
- Stingrays Swim Team



**Pools at the Pavilion will close at 1:30p on January 8, 2020 for SCHS Swim Meets**

### Swim the Elkhorn

Fee: Free with admission to the Pavilion

Register: Register at the Pavilion front desk

When: January 15 - February 29, 2020

Where: Pavilion



# GSC Parks & Recreation HAPPENINGS

## JAN - FEB 2020

## Camp EXPLORE

Camp Explore is a summer day camp for campers 4 - 15 years of age. We offer many activities including swimming, arts and crafts, games, movies, STEM and field trips. This summer's program home base location is the Pavilion. Crafts, art, games, and STEM activities are planned for Brookings Park's air-conditioned concession building, the Pavilion, and Ed Davis Learning Center. All campers will meet at the Pavilion. Site locations are subject to change.

### \$450 per session

#### Sessions Offered:

Early Registration available January 2 - February 29 for a 10% discount. Must be paid in full at time of registration to receive discount.

**Session 1: June 8 - July 3, 2020**

Registration: January 2 - April 30, 2020

**Session 2: July 6 - July 31, 2020**

Registration: January 2 - May 31, 2020

\*\*\* Late fee of \$25 added beginning April 1st.

**Scholarship registrations will be accepted March 1 - April 30, 2020 only**

Register at the Pavilion, Ed Davis Learning Center, and online at [www.gscparcs.com](http://www.gscparcs.com). For questions or more information, please call 502-863-7865.



Annual members of the Pavilion receive a 25% discount

Register at: <https://gscparcs.com/event/early-bird-registration-open-for-camp-explore/>

