



Genesee Valley Central School

Jag News



Jan / Feb 2024 • Vol. 28 • Issue 3

We are grateful to the GV Community for endorsing our proposed capital improvement project with a positive vote on December 12. The vote passed 109-41.

BELMONT ROTARY TOURNAMENT



The boys and girls GV/BC Varsity Basketball teams won the Belmont Rotary Tournament the weekend of December 1-2. Mary Hamer was named tournament MVP for the girls and Kyle McCumiskey was named MVP for the boys. Abby Sullivan and Kadin Logue were also named to the All Tournament Team.

MIDDLE SCHOOL YOUTH & GOVERNMENT



The Middle School Youth and Government (YAG) group recently traveled to the state capital in Albany for the New York State YMCA Youth and Government Conference. At the conference, students serve as part of a model state government, taking over the chambers of the New York State Senate and Assembly to debate bills they and their peers have written. Three groups of 7th and 8th grade students attended this year and presented bills on a variety of topics. All three bills presented passed their committees and two were signed into law by the conference governor. The group of Alayna McCullen, Morgan Grooms, Lena McNinch, Andrua Shultz, Enasjah Koontz Gibbs, and Faith White had their bill chosen as an outstanding bill. Seventh grader Jodie Close was voted outstanding delegate. Congratulations to all groups for their great showing!

HONORING OUR LOCAL VETERANS

On the evening of November 7th Genesee Valley hosted a concert in honor of our local veterans, with the high school band playing a few songs led by band director, Alva Robbins.

Veterans, we can't thank you enough for your dedication and selflessness for our freedom!

MISSION: GVCS shall champion education, a healthy lifestyle and community involvement by incorporating resources to inspire and empower all to be successful in life.

VISION: GVCS will achieve global recognition as a model for innovative learning and excellence.

FROM THE SUPERINTENDENT

GVCS
will achieve
global
recognition
as a model
for innovative
learning and
excellence.



Dr. Brian Schmitt,
Superintendent

www.genvalley.org



Dear Genesee Valley Community,

Happy New Year! I believe that each new year brings the opportunity to reflect on the past and gain enthusiasm for the opportunities of the future. This past year brought a great deal of change and possibility to the Genesee Valley Central School District. New staff, new programs, building renovations, and new ways to learn demand new processes, procedures, and strategies to meet student needs. The ever-changing world demands that we are constantly learning and improving to best serve our students and communities.

I am very proud of the many opportunities to “champion a healthy lifestyle” here at GV. I encourage everyone to participate in fitness classes, walk the indoor track, or use the GV Fitness Center to work out. We continue to champion new and healthy foods through our “Taste Testing” program and will continue to support the medical needs of students through our Mobile Tele-Med Program and Dental program.

All in all, students, faculty, staff, and the community continue to gain access to innovative technology and instructional practices designed to incorporate “resources to inspire and empower all to be successful in life.”

I wish everyone a Happy New Year and am grateful to continue to serve the Genesee Valley communities!

Sincerely,

Dr. Brian Schmitt
Superintendent

Stay Tuned for Closings and Delays

GVCS uses School Messenger phone system to notify parents with a recorded phone call when school is closed or delayed. This information is pulled from Power School, which is our student information software. If your phone number recently changed, please contact Denise Baker at (585) 268-7937 or e-mail dbaker@genvalley.org with changes.

We also announce closings and delays on our District Website, TV Channels 2, 4, 7 & Spectrum, along with local radio stations: WQRW 93.5 FM, WLSV/WJQZ 103.5 FM and WPIG 95.7.

UPCOMING IMPORTANT DATES



- Friday, December 22 – Monday, January 1 – Christmas/New Year’s Break – No School
(Building Closed Dec. 22, 25, 29 & Jan. 1 – Students return Tuesday, Jan. 2, 2024)
- Monday, January 15 – Martin Luther King Jr. Day Observed – School Building Closed
- Friday, January 26 – Staff Development Day – No Student Attendance



From: Mrs. Donlon 7-12 Building Principal



Our building has been bustling with activity as many wonderful things have been happening at Genesee Valley in recent weeks! In November, we held our annual Academic Awards Banquet at the Angelica Hotel for students who have been on honor roll for four consecutive quarters. We recognized our fall senior athletes at their senior nights, welcomed parents to the building for parent/teacher conferences, and enjoyed our annual Veterans



Recognition concert. Winter sports practices and games are well underway. Students pictured to the right were honored by their teachers for outstanding effort and exemplary behavior.

As we bid farewell to 2023 and look forward to 2024, I am grateful for our students, parents, and community members. Thank you for your continued support as we move forward into the New Year.

I hope you have a wonderful holiday season,
Mrs. Sara Donlon

Senior Citizens Celebrate the Holidays

Genesee Valley hosted another successful concert and dinner for approximately 90 guests on Tuesday, December 12th. This joyous occasion is held annually to honor our district's Senior Citizens. Everyone enjoyed the music provided by our high school band and choir under the direction of Alva Robbins and Caleb Durant. After the concert, our guests gathered in the cafeteria for a delicious turkey dinner prepared by the cafeteria staff. Dinner was served by the National Honor Society students, under the direction of Mrs. Horne and Ms. Douglas, NHS Advisors. A big thank you goes out to all the staff and students for making this gathering a fun-filled evening.



CHARACTER WORDS OF THE MONTH

JANUARY - ACCEPTANCE: the action or process of being received as adequate or suitable, typically to be admitted into a group.

FEBRUARY - TRUSTWORTHY: able to be relied on as honest or truthful..





From Mr. Ed!

Elementary Principal

Dear GVCS Families,

Happy New Year! We hope this newsletter finds you in good health and high spirits as we embark on an exciting journey together in 2024. January and February promise to be filled with learning, fun, and memorable experiences for our students at Genesee Valley. Here's a recap of December and looking ahead:

2023 Christmas Concerts: The Elementary Christmas concert was held on December 7th. As always, it was a real treat! The Middle School Concert was on December 14th and showcased many fine musicians. Thank you for providing GV such amazing musicians!

PK Events in December: Circle of Security and our PK team held a fun event on December 1st. At this event, Mr. Diallo led parents through lessons from the Circle of Security while the PK team entertained the kids. Ms. Zenoski and the cafeteria team served up a wonderful meal for all involved. After this, the pool was open for kids and families to enjoy.



Coming up in January: January 1st and 15th, the school building will be closed for holidays. On January 26th there will be no student attendance as teachers have a staff development day.

Coming up in February: February break will be the week of February 19-23.

We are looking forward to a fantastic start to the new year with your support and enthusiasm.

If you have any questions or would like to get involved, please don't hesitate to reach out.

Please see the PJC (Positive Jag Community) page on Facebook for the many events and activities that we will be doing each week in January and February.

Wishing you a wonderful January and February!

Warm regards,

Mr. Ed, Elementary Principal



NEWS FROM THE NURSES OFFICE:

'Tis the Season for viruses. Just a friendly reminder, if you find yourself (or your children/students) coming down with symptoms and questioning whether you should be pushing through and coming to school/work you may find these info sheets helpful. Our area has seen an increase in RSV, COVID-19, and Flu, along with all the other illnesses that we see frequently—so please do your best to prevent the spread of germs and sicknesses to others.

Despite our hopes that we would be past COVID-19, please be reminded that NYS Department of Health Guidelines are still in place. We encourage you to test upon symptom onset if you suspect COVID-19. If positive (day zero), one must quarantine for 5 days with return to work/school permitted on day 6 if symptoms have improved, wearing a mask through day 10. If you test negative on days 6 and 7 you may unmask for days 8-10. Please be sure to notify your supervisor as soon as possible if you test positive.

Feel free to reach out if you have any questions.

HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD

Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:



	COLD	FLU	COVID-19	RSV
ACHES	XX	XXX	XX	X
DIFFICULTY BREATHING	X	X	XXX	XX
FATIGUE	XX	XXX	XXX	X
FEVER	X	XXX	XX	XX
LOSS OF TASTE OR SMELL	X	X	XX	X
SORE THROAT	XXX	XX	XXX	X
WHEEZING	X	X	X	XXX

I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
Temperature of 100 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, itching and/or "crusty" drainage from eye.	Hospital stay and/or ER visit

I AM READY TO GO BACK TO SCHOOL WHEN I AM...

Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash, itching, or fever. I have been evaluated by my doctor if needed	Treated with appropriate lice treatment at home and proof is provided by the county health office	Evaluated by my doctor and have a note to return to school	Released by my medical provider to return to school
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FIRST QUARTER HONOR ROLLS LISTED FOR 2023-24

The administration of Genesee Valley Central School announces the following students, grades 9-12, have been named to the Honor Rolls for the 4th quarter of the 2023-24 school year. A student named to the Principal's Honor Roll recognizes students who have an average of 93 and above. The High Honor Roll recognizes students whose average is 90-92 and the Honor Roll recognizes students whose average is 85-89.

PRINCIPAL'S HONOR ROLL

Grade 12: Clayton Babbitt, Kimimela Ball, Morgan Bentley, Kendra Bigelow, Cassidy Hand, Molly Hannon, Dakota Hemphill, Fisher Herdman, Karlee Jones, Chrystal Larson, Madison MacKenzie, Emilyya Mejia, Hunter Nickens, Alexander Osborn, Liliana Porter Long, Jade Rounds, Callin Shipman, Jamie Szalay

Grade 11: Emily Brown, Kallie Burdick, Brayden Cooper-Osterhout, Ty Hutchison, Marah Mellinger, Xander Murray, Evan Turybury, Gavin Weaver

Grade 10: Logan Callahan, Jacey Davis, Nolan Hunter, Meara Kelley, Tristan Metatos, Rylee Ordway, Kenton Shultz, Lannden Tilton, Cody Webster, Whitney Young

Grade 9: Addison Bradt, Kylee Christensen, Trent Hutchison, Addison Middaugh, Maks Stocking, Kayla Wedge

HIGH HONOR ROLL

Grade 12: Johnathon Baker, Erin McIntyre, Kolton Moore, Jacob Rizzo, Ellaina Scholes, Lance Vohs, Evan Yeaples

Grade 11: Logan Burrows, Ryan Daciw, Salvatore Gambino, Daphne Gugino, Mackenzie Marciano, Hunter Newman, Keanna Sands, Ryan Snyder, Seanna Stocking

Grade 10: Graham Bradt, Cree Bulkley, Bryson Covell, Ethan Davenport, Bryce Davis, Byron France, Ryker Holmes, Christina McAuley, Madoyn Young

Grade 9: Ash Bauer, Riley Blarr, Derick Grantier, Tanner Herdman, Bryan Kear, Elivia McIntyre, Dominick Miller

HONOR ROLL

Grade 12: Jayden Beckwith, Christian King, Alivia Marra

Grade 11: Mackenzie Button, Haelyn Clark, Liberty Clarke, Paul Cleveland, Rhianna Cowburn, William Edwards, Hope Ford, Aubrey Geoppner, Makayla Hutchison, Zachary Thomas, Tyler Wedge

Grade 10: Cole Cochran, Brady Hamilton, Izak Hutchison, Ian MacKenzie, Abbygail Meigs, Charlotte Mejia, Logan Rice, Jade Sallazzo, Justine Willson

Grade 9: Dorian Barnes, Landyn Burrows, Damon Davis, Parker Davis, Zackey Mapes, Ian Miller, Trenton Whitsell

Honor Roll list for students attending BOCES:

HIGH HONOR ROLL:

Grade 12: Clayton Babbitt, Kimimela Ball, Morgan Bentley, Molly Hannon, Dakota Hemphill, Karlee Jones, Emilyya Mejia, Kolton Moore, Alexander Osborn, Jade Rounds

Grade 11: Kallie Burdick, Logan Burrows, Ty Hutchison, Marah Mellinger, Seanna Stocking, Zachary Thomas, Evan Turybury

HONOR ROLL:

Grade 12: Johnathon Baker, Fisher Herdman, Erin McIntyre, Jamie Szalay, Lance Vohs

Grade 11: Mackenzie Button, Liberty Clarke, Paul Cleveland, Rhianna Cowburn, William Edwards, Hope Ford, Makayla Hutchison, Hunter Newman, Ryan Snyder, Tyler Wedge, Jacob White

THE UNIVERSITY OF THE STATE OF NEW YORK
THE STATE EDUCATION DEPARTMENT
Office of State Assessment
Albany, NY 12234

EXAMINATION SCHEDULE: JANUARY 2024

JANUARY 23 TUESDAY	JANUARY 24 WEDNESDAY	JANUARY 25 THURSDAY	JANUARY 26 FRIDAY
7:45 AM	7:45 AM	7:45 AM	7:45 AM
English Language Arts	Geometry U.S. History & Government	Global History & Geography II	Physical Setting/Earth Science Physical Setting/Chemistry
11:45 AM	11:45 AM	11:45 AM	
Living Environment	Algebra I Physical Setting/Physics*	Algebra II	



SCHOLASTIC CHALLENGE 2023

On Saturday, December 2nd GVCS students competed in the annual Scholastic Challenge Competition. GV was represented by two senior high school teams. GV Team 1 included Karlee Jones, Gavin Weaver, Brayden Cooper-Osterhout, and Ryker Holmes. GV Team 2 was comprised of Jamie Szalay, Seth Close, Addie Bradt, and Addison Middaugh. Both teams expertly fielded questions on classic literature, history, sports, math, science, music, pop culture, and local team mascots. All teams had the opportunity to compete in four fast-paced matches against teams from surrounding Allegany and Cattaraugus County schools. CABOCES hosted the event at the Olean BOCES Center. Seniors were honored with a gift bag. Our Scholastic Challenge Advisors, Mrs. Horne and Mrs. Douglas, were very proud of their witty polymaths!



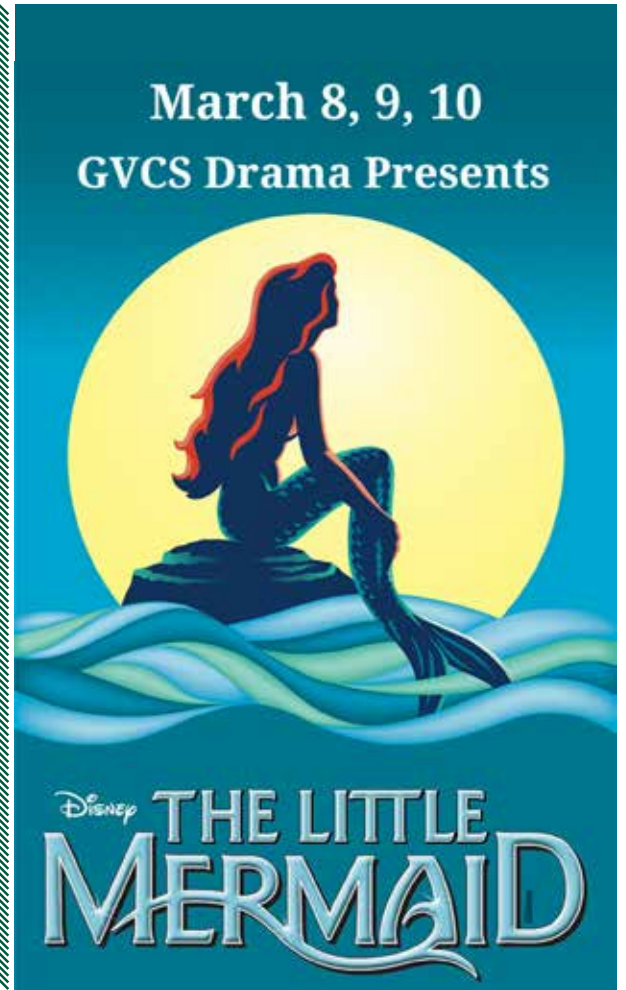
Scholastic Challenge GV Team 1

Left to Right: Gavin Weaver, Brayden Cooper-Osterhout, Ryker Holmes, Karlee Jones



Scholastic Challenge GV Team 2

Left to Right: Addie Bradt, Seth Close, Addison Middaugh, Jamie Szalay



GVCS Ski Club at Swain
Open to Grades 5-12
1/19, 1/26, 2/2, 2/9,
3/1, 3/8/24
Sign up at
www.genvalley.org



**SKI CLUB
SIGN UP
HERE!**



Phone Number and/or Address Changes?

Please contact Denise Baker in the Guidance Office at (585) 268-7937 or email her at dbaker@genvalley.org if you or your children have phone number, email address, emergency number/contacts, or address changes that need to be made in our student information system. This information is very important for contacting our families about days off, cancellation of activities, mailings, etc.

CLASS OF 2027

Looking for gift ideas for your sweetheart for Valentine's Day? The Class of 2027 has you covered! From January 12 to January 26 the freshman class will be selling confections from Chelsea's Catering and Confections in Wellsville. Delivery will take place February 12. Help support a local business, as well as the Class of 2027, by ordering from any freshman!



GENESEE VALLEY CENTRAL SCHOOL'S 2023 ACADEMIC HONORS DINNER

On November 8, 2023, Genesee Valley Central School celebrated its 7th annual Academic Honors Dinner at the Angelica American House & Hotel. The purpose of this event was to recognize our high school students who achieved honor roll status or above for all consecutive quarters throughout the school year, as well as, previous high school years. Dean of Students and Curriculum Coordinator, Paula Mighells, organized and hosted the event. She congratulated student honorees in her speech by saying, "Students, you have earned this honor through your hard work and dedication to school and to learning. You deserve this recognition and we honor you for your academic accomplishments. Congratulations to our students and families!"

One-Year Academic Honors Recipients

These students were on the honor roll or above for 4 quarters in a row during the 2022-2023 school year:

Clayton Babbitt, Graham Bradt, Cree Bulkley, Logan Callahan, Haelyn Clark, Liberty Clarke, Cole Cochran, Bryce Davis, Jayce Davis, Mason Fanton, Dakota Hemphill, Ryker Holmes, Nolan Hunter, Meara Kelley, Ian MacKenzie, Christina McAuley, Erin McIntyre, Tristan Metatos, Rylee Ordway, Keanna Sands, Kenton Shultz, Ryan Snyder, Lannden Tilton, Cody Webster, and Whitney Young.

Two-Year Academic Honors Recipients

These students were on the honor roll or above for 4 quarters in a row during the 2022-23, 2021-22, or 2020-21 school years:

Emily Brown, Kallie Burdick, Brayden Cooper-Osterhout, Ryan Daciw, Daphne Gugino, Ty Hutchison, Karlee Jones, Chrystal Larson, Mackenzie Marciano, Alivia Marra, Emilyya Mejia, Marah Mellinger, Alexander Osborn, Ellaina Scholes, Jamie Szalay, Madison Tarar, and Tyler Wedge.

Three-Year Academic Honors Recipients

These students were on the honor roll or above for 4 quarters in a row during the 2022-23, 2021-22, and 2020-21 school years:
Kimimela Ball, Morgan Bentley, Kendra Bigelow, Cassidy Hand, Molly Hannon, Hunter Nickens, Jacob Rizzo, and Jade Rounds.



At this year's Academic Honors Dinner, we honored our 2023 Distinguished Alumni Wall of Fame Inductees, Rick Whitney, Timothy Zenoski, and Jenna Kelley.

Rick Whitney was selected as an Angelica Central School alumnus, Class of 1973.

Timothy Zenoski was selected as a Belmont Central School alumnus, Class of 1981.

Jenna Kelley was selected as a Genesee Valley Central School alumna, Class of 2005.

Student honorees and Wall of Fame Inductees were each presented with an award for their accomplishments. A great time was had by all!

**WATCH THE SPEECHES
OF THIS YEAR'S WALL OF
FAME INDUCTEES HERE.**



Congratulations to our Academic Honors students and our Distinguished Alumni Wall of Fame Inductees!

INTRODUCING OUR NEW ATHLETIC DIRECTOR



We'd like you to meet our new Athletic Director at Genesee Valley, Raegen Ryan. Miss Ryan is in her sixth year at GV; in addition to serving as athletic director, she also teaches math and has coached a number of sports teams. Her coaching journey includes two years with Modified Boys Soccer, one year with JV Boys Soccer, and three years with Modified Girls Basketball.

As a former collegiate athlete and collegiate assistant basketball coach, Miss Ryan brings a unique perspective to her role. She was recently honored with induction into the Section V Basketball Hall of Fame. We look forward to the contributions Miss Ryan will bring to our athletics program at GV!

NYSPHAA SCHOLAR-ATHLETES FROM THE FALL SEASON



All of our Varsity Fall Sports Teams earned a NYSPHAA Scholar-Athlete Team Award. (75% of the team earned 90% average or higher.)

Congratulations to the following students for being named a NYSPHAA Scholar-Athlete for achieving a 90% or above during the Fall season!

Girls Varsity Soccer

Morgan Bentley
Whitney Young
Kimimela Ball
Kayla Wedge

Girls Varsity Volleyball

Karlee Jones
Madison MacKenzie
Liliana Porter-Long
Cassidy Hand
Kendra Bigelow
Mackenzie Marciano
Addison Bradt

Varsity Cross Country

Lannden Tilton
Nolan Hunter
Graham Bradt
Christina McAuley
Kallie Burdick
Dakota Hemphill

Varsity Boys Soccer

Brayden Cooper-Osterhout
Evan Turybury
Logan Burrows
Ryan Snyder
Hunter Newman

FALL SPORTS SEASON AWARDS

Congratulations to the GV/BC Varsity Girls Volleyball Team for winning the Allegany County Sportsmanship award.

The Varsity Girls Soccer team finished their season with an appearance at the sectional semi-final game. Kimimela Ball was named a First Team Allegany County All-Star and an Exceptional Senior.

Two Varsity Boys Soccer players were named First Team Allegany County All-Stars: Brayden Cooper-Osterhout and Evan Turybury.



STEAM at Genesee Valley

WATCH SOME OF OUR
STUDENT-MADE
VIDEOS HERE:



INNOVATION CENTER HAPPENINGS

As the holiday season kicks in, the atmosphere in the Innovation Center maker space is abuzz with creativity and excitement. Under the guidance of Mrs. Slawson, students in grades 7-12 have been exploring the fascinating world of drones during their study halls. With the help of Mrs. Auman, the drone activities will culminate with an obstacle course challenging students and adults to “deliver Santa’s toys” the fastest during the last week of December.

The December experience for students continues with the introduction of “12 Days of Making.” This special program invites students to unleash their creativity and craft personalized Christmas gifts using the resources available in the maker space. From laser cut and engraved ornaments to custom-designed holiday signs, the 12 Days of Making aims to blend festive cheer with hands-on learning.



ELEMENTARY STEAM

In Mrs. Auman’s Digital Literacy Class, 3rd and 4th-grade students delved into the world of stop-motion animation. Using cutout designs, they created a 2D animation, crafting their own storyline, scene, and completing the entire video filming and editing process.

Students in Kindergarten through 2nd grade took on an engineering design challenge. Tasked with incorporating Pete the Cat, each grade worked on successfully driving a Sphero Bolt Robot to overcome their unique engineering challenge and reach the end.



January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE NOTE - SPORTS SCHEDULES WILL BE ON GV WEBSITES	1 -School Building Closed Happy New Years	2	3	4	5 -Last day to register for 2/10 ACT Test	6
7 CHARACTER WORD OF THE MONTH ACCEPTANCE	8	9 -5:30pm - Board of Education Meeting, Room 1121	10	11	12	13
14	15 -School Building Closed Martin Luther King, Jr. Day	16	17	18	19 -Allegany County Music Festival Rehearsal at Cuba-Rushford, 12-6:00pm	20 -Allegany County Music Festival Concert at Cuba-Rushford, 2:00pm
21	22	23 -Regents Exams -5:30pm - Board of Education Work Session Only, Room 1121	24 -Regents Exams	25 -Regents Exams	26 -Staff Development Day / No Student Attendance -Regents Exams/Rating Day -End of 2nd Marking Period, Gr. 5-12	27
28	29	30	31			

GENESEE VALLEY CENTRAL SCHOOL February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CHARACTER WORD OF THE MONTH - TRUSTWORTHY				1	2 -Report cards mailed home Gr. 5-12	3
4 PLEASE NOTE - SPORTS SCHEDULES WILL BE ON GV WEB- SITE	5	6	7	8	9 -Allegany County Solo Festival at Fillmore	10 -ACT Test (register by 1/5) -Allegany County Solo Festival at Fillmore
11	12	13 -5:30pm - Board of Education Meeting, Room 1121	14 -4:00-6:00pm - JAM Beef on Weck Dinner	15	16	17
18	19 School Building Closed -President's Day	20 No School -Offices Open -Mid-Winter Break	21 No School -Offices Open -Mid-Winter Break	22 No School -Offices Open -Mid-Winter Break	23 No School -Offices Open -Mid-Winter Break -Last day to register for 3/9 SAT Test	24
25	26	27	28	29		



Genesee Valley Central School

1 Jaguar Drive
Belmont, NY 14813

**Central Administration:**

Dr. Brian Schmitt, Superintendent
Brian Edmister, PreK-6 Principal
Sara Donlon, 7-12 Principal
Sarah Taylor, Director of Special Education &
CSE/CPSE Chairperson
Paula Mighells, Dean of Students and
Curriculum Coordinator
Erin Ostrander, School Business Official

Board of Education:

Heath Gordon, President
Eric Knapp, Vice-President
Timothy Hand
Fred Grusendorf
Max Gilluly
Michelle Kelley
Jamie Willson

Non-Profit
Organization
US Postage Paid
Permit No. 1825
Olean, NY
14760

Postal Patron**Or Current Resident**

VISIT THE SEX OFFENDERS WEBSITE – <http://www.watchsystems.com/ny/allegany> or <http://www.familywatchdog.us>
for information on sex offenders living in the GVCS District

GENESEE VALLEY FITNESS CENTER

NOTE: A friendly reminder when you use the GVCS Fitness Center: *please remember to change into clean shoes before entering the fitness center.* There is ample space to change footwear prior to entering the center. Thank you for helping us keep our fitness equipment clean and usable for all.

Hours of Operation

Monday-Friday 5:00-8:00 a.m. and 3:00-9:00 p.m.

Saturday and Sunday 7:00 a.m. to 3:00 p.m.

If the school building is closed (holidays, snow days, early dismissals, etc.) **the Fitness Center will be closed**

Rules for Using the Fitness Center

- Enter & exit through the main doors by the Fitness Center
- Members must ensure that the equipment is clean by wiping off all equipment after each use. GVCS fitness center does provide sanitary wipes for use.



FITNESS ACTIVITIES OFFERED AT GVCS

(only when school is in session)

Cardio, Core, Strength & More

**Mondays and Wednesdays
at 3:30 p.m.,**

Saturdays at 9:00 a.m. Room 1170

*Instructor Pat Presutti,
Call 716-860-8287 for information.*

Open Indoor Walking Track

**Weekdays 7:00-8:00 a.m.
& 5:00-8:00 p.m.**

(except during athletic contests & holidays)

www.genvalley.org

For a GVCS staff listing, events calendar, details regarding community use of district facilities and other helpful information, please visit us online.