



# WHEATLAND RECREATION PROGRAMS - WINTER 2012

The Town of Wheatland invites the entire community to take part in these healthy & enjoyable programs!

**To Register:** **In-person:** at the "Play Well, Stay Well" event on **Thurs, Jan. 5th** between 5:30pm - 7:00pm at the Wheatland Municipal Building, 22 Main St., Scottsville.  
**OR by mail** (download Registration Form from website at [www.townofwheatland.org](http://www.townofwheatland.org)) Mail to: Wheatland Rec, P.O. Box 15, 22 Main St. Scottsville, NY 14546

*\*It is important that mail-in Registrations be received by the Friday before your requested program starts.*

**OR pick up/drop off your registration at the Town Municipal Building** (same address as above) any weekday, 9am to 5pm until the Friday before a class starts.

Fees due with registration, make checks payable to: *Wheatland Recreation*

**Questions or Comments?** Call the Recreation Coordinator, Diane Jennings, at 889-1553, ext. 103 or email [recreation@townofwheatland.org](mailto:recreation@townofwheatland.org)

Please join the Wheatland Recreation Commission for **"PLAY WELL, STAY WELL"** on **THURSDAY, January 5th, 2012** from 5:30 pm - 7:00 pm at the Wheatland Municipal Building. Representatives and information will be available to help you start off your New Year healthy! Registration for these Winter Recreation Programs will be held at this event! For more information, call Recreation Coordinator Diane Jennings at 889-1553 x103. Hope to see you there!

## SWIM PROGRAMS:

\*All swim programs are held at Wheatland-Chili High School Pool Pool Director: Michelle Ingerick

### 1. Group Swim Lessons:

Preschool and up are placed in several levels of Red Cross progressive swim lessons based on ability and confidence level.  
**MONDAYS** 6-weeks: 3/19 - 4/30  
 (No lessons 4/9)  
 Class times:  
 5:30-6:10 pm  
 6:15-6:55 pm  
 7:00-7:40 pm  
 Fee: \$40.00

### 2. Water Walking:

It's fun! A low impact cardiovascular workout for legs, waist, and chest in deep water with a buoy belt. Low impact aerobic & swim skills are helpful.  
**TUESDAYS** 6-weeks: 3/20 - 5/1  
 (No class 4/10)  
 Class time: 6:15-6:55 pm  
 Instructor: Charlene Birnie  
 Fee: \$40.00

### 3. Private Swim Lessons:

One-on-one swim instruction -limit 6 per class  
**WEDNESDAYS**  
 6-weeks: 3/21 - 5/2  
 Class times:  
 5:30-6:10 pm  
 6:15-6:55 pm  
 7:00-7:40 pm  
 Fee: \$60.00

### 4. Family Swim:

For those not desiring lessons. Parents must register and accompany their children in the pool. Life guards are provided; however, no children will be allowed to enter the pool without a parent.  
**TUESDAYS**  
 6-weeks: 3/20 - 5/1  
 Class time: 7:00-7:45 pm  
 Fee: \$50.00 per family

### 5. Lap Swim:

For adults who wish to swim laps without the rough water of family swim. Please register early or this class will be cancelled.  
**MONDAYS, TUESDAYS & WEDNESDAYS**  
 6-weeks: 3/19 - 5/2  
 (No swim 4/9, 4/10, 4/11)  
 Class time: 8:00-8:45 pm  
 Fee: \$45.00

## ADULT FITNESS:

\*Program locations and instructors are listed with each class

### 1. Mens Basketball:

Men ages 18 and older, pickup basketball games.  
**WEDNESDAYS** - 12 weeks:  
 1/25 - 4/25  
 (No Games 2/22, 4/11)  
 Time: 7:30-9:00 pm  
 Place: TJ Connor gym  
 Coordinator: Jason Jennings  
 Fee: \$15.00

### 3. Adult Co-Ed Indoor Soccer:

Adults ages 18 and older, teams created each night and numerous games played.  
**MONDAYS** - 9 weeks:  
 1/23 - 3/26  
 (No soccer 2/20)  
 Time: 6:00-8:00 pm  
 Place: TJ Connor gym  
 Coordinator: Jason Palo  
 Fee: \$30.00

### 5. Gentle Yoga:

For beginning and continuing students. In a cozy and welcoming atmosphere, this gentle approach to traditional Hatha Yoga combines the awareness of breath with movement and meditation. Appropriate for all levels. Take time to nourish the body and spirit.  
**MONDAYS** - 12 weeks:  
 1/23 - 4/23  
 Time: 7:00-8:15 pm  
 Place: 22 Main St.- Wheatland Senior Center  
 Instructor: Lindsay Berman  
 Fee: \$108.00

2 sessions/8 weeks each:  
 Session 1: 1/9 - 3/12  
 (No class 1/16, 2/20)  
 Session 2: 3/19 - 5/21  
 (No class 4/9, 5/7)  
 Time: 7:00-8:00 pm  
 Place: WCHS Library or Rm 210  
 Instructor: Helen Bilak  
 Fee: \$40.00/session

### 8. Total Body Conditioning Sessions 1 & 2:

(\*Note later class time)  
 First half of class warm-up and low impact aerobics for cardio and second half of body toning and cool down for strength and flexibility.  
**WEDNESDAYS**  
 2 sessions/8 weeks each:  
 Session 1: 1/11 - 3/7  
 (No class 2/22)  
 Session 2: 3/21 - 5/23  
 (No class 4/11, 5/2)  
 Time: 7:30-8:30 pm  
 Place: WCHS Library or Rm 210  
 Instructor: Helen Bilak  
 Fee: \$40.00/session

**NEW!**

### 2. Adult Co-Ed Basketball:

Adults ages 18 and older, pickup basketball games.  
**WEDNESDAYS** - 12 weeks:  
 1/25 - 4/25  
 (No Games 2/22, 4/11)  
 Time: 6:00-7:30 pm  
 Place: TJ Connor gym  
 Coordinator: Jason Jennings  
 Fee: \$15.00

### 4. Indoor Walking:

Walk the halls of Wheatland-Chili HS during the colder months on **MONDAYS, TUESDAYS & THURSDAYS** from Jan. 3rd thru Mar. 29th  
 Time: 6:00-8:00 pm  
 \*No Fee  
 (No walking on 1/2, 1/16, 1/17, 1/30, 2/2 and when school is not in session)

### 6. Low-impact Aerobics Sessions 1 & 2:

An aerobics and toning class with simple to follow routines. Great workout for the beginner or intermediate.  
**MONDAYS**

### 7. Body Toning Sessions 1 & 2:

Non-aerobic exercises that will work to tone abdominals, upper and lower body while enhancing flexibility and range of motion. Dyno-bands will help enhance upper body strength.  
**THURSDAYS**  
 2 sessions/8 weeks each:  
 Session 1: 1/12 - 3/8  
 (No class 2/23)  
 Session 2: 3/22 - 5/24  
 (No class 4/12, 5/3)

## YOUTH / FAMILY / MISC. PROGRAMS:

\*Program locations and instructors are listed with each class or activity

### 1. Defensive Driving:

Liberty Mutual is hosting "I Drive Safely Defensive Driver Training Course" for Wheatland residents. This 6-hour program is approved by the NY State Department of Motor Vehicles and offers a 10% savings off your liability and collision insurance for 3 years from the date you take the course. In addition, it can remove up to 4 points off of your driving record! Please join us for a Defensive Driving Training & lunch, sponsored by Liberty Mutual. Save your seat now!  
**SATURDAY, January 14th**  
 Time: 9:00-3:00 pm  
 Place: 22 Main St.-Wheatland Senior Center  
 Fee: \$25.00  
 \*Make checks payable to: NYS Safe Driving Co.

### 2. Karate for Youth with Collamer-Jones:

Learn this highly effective Okinawan self-defense art. A fun and exciting workout that also teaches confidence, discipline, fitness, flexibility and focus. Yellow, orange and green belts who want additional training time may attend both Tuesday and Thursday.  
 \*Must be registered and paid BEFORE beginning classes. Students may join any time during a session. The fee will be pro-rated.  
**Beginner & White belt:**  
**MONDAYS**  
 1/9 - 4/2  
 (no class 1/16, 2/20)  
 Time: 3:10 - 3:45 pm  
 Fee: \$72 (1 afternoon/week)

### Intermediate: yellow - brown belt:

**MONDAYS & THURSDAYS**  
 1/9 - 4/5  
 (no class 1/16, 1/26, 2/20, 2/23)  
 Time: 3:10 - 3:45 pm  
 Fee: \$108.00  
 (2 afternoons/week)  
 Place: TJ Connor Gym  
 Instructor: Collamer-Jones Karate  
 \*Note: Students who ride the WCCS bus may take the late bus home on these days. Parents who pick up students, please be prompt.  
**Come register for programs at our "Play Well, Stay Well" event!**  
 January 5th, 2012  
 5:30pm - 7:00pm  
 at the Wheatland Municipal Building

### 3. Indoor Soccer:

For K-8th grade. Learn basic soccer skills and have game play indoors. This program creates teams.  
**TUESDAYS & THURSDAYS**  
 1/24 - 3/22  
 (no soccer on 2/21, 2/23, 3/15)  
 Times:  
 K-1-2 grade: 6:00-7:00 pm  
 3-4-5 grade: 7:00-8:00 pm  
 6-7-8 grade: 8:00-9:00 pm  
 Place: TJ Connor Gym  
 Coordinator: Jason Palo  
 Fee: \$35.00  
 \*Save \$10 and only pay \$25 if registered by 1/5.  
 \*\*Absolutely no registrations taken after January 17th.

### WINTER BREAK PROGRAMS FEBRUARY 2012:

**Roller Skating Party:**  
**WEDNESDAY, 2/22**  
 Time: 1:00 - 2:30 pm  
 Place: WC High School gym  
 Fee: \$5/payable at door

### Wii Bowling Tournament:

A fun intergenerational experience - the awesome senior citizens will team up with youth to play in a Wii bowling tournament!  
**THURSDAY, 2/23**  
 Time: 11:15 am - 2:30 pm  
 Place: Wheatland Senior Center  
 Fee: \$4 includes lunch  
 \*Limited to 12 youth, pre-registration is required, please arrive promptly at 11:15 am

**NEW!**