



# WHEATLAND RECREATION FALL 2010 PROGRAMS

## The Town of Wheatland has expanded it's RECREATION offerings!

As part of a mutual agreement and ongoing effort to work together with other municipalities to offer improved services, the WCCS District's Continuing Education Program has merged with Wheatland Recreation. Providing high-quality services to residents is a priority to Town officials and we invite everyone in the community to take part in these healthy & enjoyable programs. Also, "thank you" to residents who participated in our recent Recreation Survey, watch for more positive changes to come!

<b>SWIM PROGRAMS:</b>				
*All swim programs are held at Wheatland-Chili High School Pool      Pool Director: Jillian Birnie				
<b>1. Group Swim Lessons:</b>	<b>2. Water Walking:</b>	<b>3. Private Swim Lessons:</b>	<b>4. Family Swim:</b>	<b>5. Lap Swim:</b>
<p>Ages preschool and up are placed in several levels of Red Cross progressive swim lessons based on ability and confidence level.</p> <p>MONDAYS 6-weeks: 9-20 thru 11-1 (no lessons 10/11) Class times: 5:30-6:10 pm 6:15-6:55 pm 7:00-7:40 pm Fee: \$40.00 Minimum: 36</p>	<p>It's fun! A low impact cardiovascular workout for legs, waist, and chest in deep water with a buoy belt. Low impact aerobic &amp; swim skills are helpful.</p> <p>MONDAYS 6-weeks: 9-20 thru 11-1 (no lessons 10/11) Class time: 7:45-8:30 pm Instructor: Christine DeStounis Fee: \$35.00 Minimum: 4</p>	<p>One-on-one swim instruction -limit 6 per class</p> <p>WEDNESDAYS 6-weeks: 9-22 thru 10-27 Class times: 5:30-6:10 pm 6:15-6:55 pm 7:00-7:40 pm Fee: \$60.00</p>	<p>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.</p> <p>WEDNESDAYS 6-weeks: 9-22 thru 10-27 7:45-8:30 pm Fee: \$50.00 per family Minimum: 5 families</p>	<p>For adults who wish to swim laps without the rough water of family swim. Please register early or this class will be cancelled.</p> <p>WEDNESDAYS 6-weeks: 9-22 thru 10-27 8:30-9:15 pm Fee: \$20.00 Minimum: 4</p>
<b>ADULT FITNESS:</b>				
<b>1. Mens Basketball:</b>	<b>2. Gentle Yoga:</b>	<b>3. Low-impact Aerobics:</b>	<b>4. Step Aerobics:</b>	<b>5. Body Conditioning:</b>
<p>Men ages 18 and older come out and play pickup basketball games.</p> <p>WEDNESDAYS 12 weeks: 9-22 thru 12-15 (no games on 11/24) 7:00-9:00 pm at TJ Connor gym Program Coordinator: Jason Jennings Fee: \$25.00 guarantees your spot or \$3.00 per night Minimum: 8 players</p>	<p>For beginning &amp; continuing students. In a welcoming atmosphere, this gentle approach to traditional Hatha Yoga combines the awareness of breath with movement and meditation. Appropriate for all levels. Take the time to nourish the body and spirit.</p> <p>MONDAYS - 11 weeks: 9-20 thru 12-20 (no class on 10/11, 11/1, 11/22) 7:00-8:15 pm at Wheatland Senior Center Instructor: Lindsay Berman Fee: \$88.00 Minimum: 7</p>	<p>An aerobics and toning class with simple to follow routines. Great workout for the beginner or intermediate.</p> <p>MONDAYS 12 weeks: 9-20 thru 12-20 (no class on 10/11, 11/22) 7:00-8:00 pm at the WCHS Library or Room 210 Instructor: Helen Bilak Fee: \$60.00 Minimum: 5</p>	<p>A class that will focus on gradually building movement patterns on the step while improving cardiovascular fitness.</p> <p>WEDNESDAYS 12 weeks: 9-22 thru 12-15 (no class on 11/24) 7:00-8:00 pm at WCHS Library or Room 210 Instructor: Helen Bilak Fee: \$60.00 Minimum: 5</p>	<p>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.</p> <p>THURSDAYS 11 weeks 9-23 thru 12-16 (no class on 11/11 and 11/25) 7:00-8:00 pm at HS Library or Room 210 Instructor: Helen Bilak Fee: \$60.00</p>
<b>YOUTH / FAMILY PROGRAMS:</b>				
<b>1. Karate for Youth with Collamer-Jones:</b>	<b>2. Indoor Soccer:</b>	<b>3. Community Game Night:</b>	<b>4. Candy Bar Bingo:</b>	
<p>Learn this highly-effective Okinawan self-defense art. A fun and exciting workout that teaches confidence, discipline, fitness, flexibility, and focus. Yellow, orange, and green belts who want additional training time may attend both Monday &amp; Thursday. *Must be registered and paid BEFORE beginning classes.</p> <p>BEGINNER-white belt - MONDAYS - 9-20 thru 12-20 (no class on 10/11 and 11/22) 12 classes, 3:10-3:45pm at TJ Connor gym. Fee: \$72.00 (one afternoon per week)</p> <p>INTERMEDIATE-yellow through brown belt - MONDAYS and THURSDAYS 3:10-3:45 p.m.-24 classes at TJ Connor gym 9-20 thru 12-23 (no class on 10/11, 11/11, 11/18 and 11/25) Fee: \$108.00 (two afternoons per week)</p> <p>*Note: Students who ride the WCCS bus may take the late bus home on these days.</p>	<p>Learn basic soccer skills and have game play indoors. This program creates teams.</p> <p>TUESDAYS and THURSDAYS at TJ Connor gym 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 9-28 thru 11-23 (no games on 11/11) Coordinator: Jason Palo Fee: \$25.00 Minimum: 35</p>	<p>A night open to families to play various board games with their children. Every child must be accompanied by a parent or adult family member.</p> <p>FRIDAY October 15th 6:30-8:00 pm at the Wheatland Senior Center *There is no fee for this program</p>	<p>Bingo with a twist. You will win candy bars! You must turn in one candy bar per board that you would like to play. Maximum number of boards that can be played is two. Residents of all ages are welcome to play.</p> <p>FRIDAY November 19th 6:30-8:00 pm at the Wheatland Senior Center Fee: Candy bar per board played (2 max)</p>	

**To Register:** Come to "Community Registration Night" on Thurs, Sept. 16 between 5:30pm and 7:00pm at the Wheatland Senior Center, 22 Main St., Scottsville.

**OR** register by mail (download the Registration Form from our website at [www.townofwheatland.org](http://www.townofwheatland.org))

Mail to: Wheatland Recreation, P.O. Box 15, 22 Main St. Scottsville, NY 14546 \*It is important that mail-in Registrations be received by Friday, Sept. 17

**OR** pick up/drop off your registration at the Town Municipal Building (same address as above) any weekday between 9am and 5pm until 9-17.

Make checks payable to: *Wheatland Recreation*

Questions or Comments? Call the Recreation Coordinator, Diane Jennings, at 889-1553, ext. 103.

**Town of Wheatland • 22 Main St., Scottsville, NY 14546 • (585) 889-1553 • [www.townofwheatland.org](http://www.townofwheatland.org)**