



OGDEN PARKS AND RECREATION

SUMMER 2021

May - August



FUN & FITNESS FEST

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Ogden Parks and Recreation
269 Ogden Center Road
Spencerport, NY 14559
(585) 617-6174
www.ogdenparksandrec.com

Message from the Director

Andrea Hansen, CPRP

As we turn the corner into warmer, sunnier weather, we have many things to celebrate...longer days, warmer nights, and the arrival of summer vacation!

We are grateful that we were able to offer a complete school year for our 4-year-old Preschool friends. Thank you for bringing a bit of normalcy back to our buildings with your laughter and smiles. Huge kudos to our teachers for providing a wonderful learning experience for our children. It was a pleasure to welcome our classes back and watch them grow this year. Congratulations to each of you, and best of luck as you continue down your educational paths!

We are thankful that our elementary schools were able to finish their year with a 4-day, in-school program. Our Before- and After- School program certainly looked different with our reduced numbers and masks, but the fun that was had by everyone was vast. Our REQ-day friends were able to join in on their days off school; these students handled the ins and outs of remote learning in stride. Thank you for including us in the process. An additional round of applause to our Before-, After-, and REQ-day staff for their creativity, flexibility, and ability to mix laptops, common core, and fun.

We appreciate our partnership with the Spencerport School District. We commend you on the efforts and achievements this year-- from busing our students to and from school to providing the materials/lessons so that students could work remotely while still learning.

We also want to recognize all our families for enduring our daily health questions and the other modifications that were enacted into all our programs to provide a safe and healthy environment for everyone. Thank you for trusting us with your children.

Our celebrations continue as we look ahead to our upcoming summer programs and events.

Summer Camp information will be released over the next few weeks. We will be offering summer camp for

both preschool and school-age children. While we await updated guidelines from NYS, we are anticipating capacity limitations, masks, and limited "field trips". No fret, we will make the most of all that is provided to us so that our youth can have a fantastic summer camp experience! For further details, look for a mini summer camp guide to be released on our website in May.

We are excited to announce our Fun & Fitness Fest scheduled for July that previews some of what we have to offer! Take a sample of a fitness class, try a new sport, do a craft, or take a quick tour of our Community Center! This is a great opportunity to see our facility, try a class, or see what other fun things we have planned!

We are happy to see more of our community returning to our in-person programs and special events. Please note that we continue to have capacity limits in effect. With that, pre-registration for programs and events is necessary. We would like to welcome each one of you; but to stay within state guidelines, our maximum numbers may be a bit lower than the past. Please, stay tuned to our website and social media pages for registration details so that you don't miss the fun!

We hope to see each of you this summer as we continue to celebrate!



How to Register for Programs

www.ogdenparksandrec.com

1. Visit www.ogdenparksandrec.com
2. Log into your account or create a new one.
3. Please opt-in to emails in order to receive updates and urgent information regarding the programs for which you registered
4. Click on the “Programs” icon
5. Find a program you like and review the requirements (ages, grades, dates) to confirm eligibility.
6. Click on “Register” and proceed to enter your payment information.
 - Pay online using credit card (fee applies), mail or bring in cash or check.
 - Registration is not confirmed until payment is made

Mission Statement

The Town of Ogden Parks and Recreation Department is committed to providing diverse, quality, year-round leisure opportunities through the preservation of open space and establishment of park lands, recreational facilities, and programs for the residents of Ogden. These services are designed to promote the physical, mental, cultural, and social needs of our residents and visitors, while enhancing the overall quality of life in our community.



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General Information

Our Team

Ogden Town Board

Gay Lenhard - Supervisor
Thomas Cole - Deputy Supervisor
Malcolm Perry - Department Liaison
Aaron Baker
Michael Zale

OPR Administration

Andrea Hansen - Parks and Recreation Director
Kelly Bartell - Recreation Supervisor
Kyle Derry - Recreation Supervisor
Lucia Colapietro - Administrative Assistant

OPR Preschool

Bridget LaDuca
Eileen LeChase
Dina Priester
Amanda Pustay

Parks, Building, and Grounds

Anthony Mattia - Maintenance Supervisor
Paul Morabito
Ryan Rowcliffe

Our team is composed of an assembly of part-time and seasonal staff, as well as contractors, volunteers, and civic and business partners, whom are all critical in our Department Operations.



Area Youth Sport Organizations

The following organizations are not operated by Ogden Parks and Recreation. Please visit the following websites listed for further information.

Ogden Bears Football: www.ogdenbears.com

Spencerport Junior Baseball and Softball: www.spencerportjuniorbaseball.com

Spencerport Soccer Club: www.spencerportsoccerclub.org

Spencerport Youth Lacrosse: www.spencerportyouthlacrosse.org



General Information



Hours of Operation

(Subject to Change)

Administrative Office
Monday - Friday
8:30am - 4:30pm

Please note: Administrative staff may be working remotely; phone calls may go to voicemail. Please email recreation@ogdenny.com for a timely response. Thank you for your patience.

Holiday Closings

May 31: Memorial Day

July 5: Independence Day

September 6: Labor Day

Social Media

[Facebook.com/ogdenparksandrec](https://www.facebook.com/ogdenparksandrec)

[Instagram.com/ogdenparksandrec](https://www.instagram.com/ogdenparksandrec)

Online Registration

www.ogdenparksandrec.com

ogdenny.myrec.com/info/activities



For more department information, please visit www.ogdenparksandrec.com



Stay Informed

KEEP UP TO DATE

New programs may become available after this guide is published. Please keep an eye on our website and social media accounts to keep informed!

WWW.OGDENPARKSANDREC.COM

COVID-19 PROGRAM PROTOCOL

- Programs follow current CDC and NYS COVID-19 Guidelines.
- Program participants are asked to arrive no earlier than 5 minutes prior to class.
- A mask must be worn at all times.
- Please no congregating before/after class.
- If you are sick, stay home.
- Wash or sanitize before entering/exiting facility.
- Participants subject to questionnaires and temperature checks.
- Water fountains are closed.
- Capacity limitations in effect.
- All programs are pre-register only.
- Admission limited to participant only (except where parental involvement is required).

WHAT'S NEW?

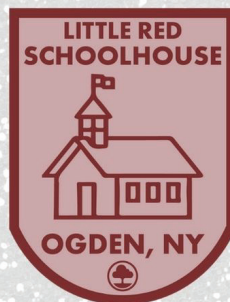
This edition of the OPR Program Guide has some new and interesting programs to offer to our amazing community. Thinking about trying out a new program? Be sure to check the top right corner of a program for the “New Program” symbol to see what is new!



Family and Community Events

PARK & PLAYGROUND EXPLORERS PASSPORT!

CALLING ALL PLAYGROUND AND PARK EXPLORERS! GO ON AN ADVENTURE AND EXPERIENCE THE GREAT OUTDOORS! VISIT ALL OF THE AWESOME PLAYGROUNDS IN OUR COMMUNITY AND PLAY THE DAY AWAY. EACH CHILD AND FAMILY SHOULD CREATE THEIR OWN OPR PLAYGROUND EXPLORERS PASSPORT FEATURING MEMORABLE PICTURES, MOMENTS AND STORIES FROM EACH PLAYGROUND VISITED. ONCE YOUR PASSPORT IS COMPLETE, EMAIL A FEW PICTURES OF IT TO US AT RECREATION@OGDENNY.COM FOR A SPECIAL PLAYGROUND EXPLORER PRIZE! KEEP YOUR PASSPORT AS A MEMENTO. PRIZES WILL ONLY BE AWARDED TO PARTICIPANTS THAT FIT THE QUALIFIED AGE RANGE, PLAYGROUNDS ARE SUBJECT TO CLOSURE AT ANY TIME.



**AGES: 8 YEARS AND UNDER WITH FAMILY
 DATES: MAY - AUGUST
 COST: FREE
 LOCATION: TOWN OF OGDEN PLAYGROUND
 SUBMISSION: EMAIL YOUR PASSPORT TO RECREATION@OGDENNY.COM FOR A SPECIAL PLAYGROUND EXPLORER PRIZE!**

Family Outdoor NERF NIGHT!

Is your nerf ninja family brave enough to cross enemy lines and enter the OPR battlefield? Be fast, fierce and dodge bullets as you play and compete. Rochester Foam Dart League will provide the ultimate nerf experience. Do you think you have what it takes to become the champions? Bring the whole family and come find out. Game play and rules will be announced prior to each battle. Safety glasses, Nerf rival blasters, elite, and mega darts will be provided, but you are welcome to bring your own.

**Ages: 5 years and over
 Wednesday, July 14
 Time: 6:00 - 7:00pm**

**Who: Families (at least 1 adult must register with each child)
 Cost: \$10 R/\$12 NR per person**



Family and Community Events



**Fun & Fitness
FEST**

Play, learn, create, move, and imagine! We are excited to announce our Fun & Fitness Fest! Experience OPR programs and events that we have to offer our great community. Take a sample of a fitness class, try a new sport, do a craft with our preschool teachers, take a tour of our Community Center and more! This is a great opportunity to meet our team, see our facility, demo a class and discover what programs we have planned for the future!



**OGDEN PARKS AND RECREATION
OUTDOOR MOVIE**

**AUGUST
27, 2021**

Family and Community Events



A graphic for a Grandparent's Day event. It features a large green circular logo with a white outline of a pickleball. The words "GRANDPARENT'S DAY" are arched across the top of the circle. Inside the circle, the words "PIZZA AND PICKLEBALL" are stacked vertically. Below the logo, the date "SATURDAY, SEPTEMBER 18" is written in a bold, green, sans-serif font. In the bottom right corner, there is a small circular logo for "OGDEN PARKS AND RECREATION" featuring a tree icon.

UPCOMING 2021 FAMILY EVENTS

Town Trick or Treat: Saturday, 10/23

Town Wide Garage Sale: October, 2021

Santa's Magical Express Parade: Friday, 12/3



Family and Community Events



**In-Person 5K
Option**

**Virtual 5K
Option**

IN-PERSON 5K EVENT

Saturday, September 25
8:30am Start Time

- In Person Registration: capacity limits are in effect and start times may be staggered.
- Early in-person registration (prior to September 1): \$25; includes a race shirt
- Late in-person registration (on/after September 1): \$30; includes a race shirt available on a first come/first served basis
- Virtual Registration: no need to worry about capacity limits, you can race at your own location on your own time over the course of a time period to be determined. Please note, virtual participants are not eligible for finishers awards.
- Early Virtual registration: (prior to Sept. 1) \$20; includes a race shirt
- Late Virtual registration (on/after September 1): \$25

Virtual Family Mile Run/Walk

Grab the whole family for a 1 mile walk or run at your own location, between dates to be announced.

Early registration (prior to September 1): \$20; includes a race shirt

Late registration (on/after September 1): \$25

REGISTER ONLINE AT [RUNSIGNUP.COM](https://runsignup.com)
STARTING MAY 10

Themed Take Home Kits

THEMED TAKE-HOME KITS

Play, create and explore with our OPR themed take-home activity kits that are sure to spark your imagination! For special occasions our OPR team will put together innovative activity kits to keep you engaged and connected. Participants can experience activities from the safety and comfort of their own backyard. Grab a family member to join in on the fun and have a blast!

Cost: \$15 R/\$20 NR per kit

Location: Your own backyard or green space at your favorite park.
Note: Participants will be emailed with pick up instructions.

THEMED EXPERIENCES

MOTHER'S DAY



FATHER'S DAY



INDEPENDENCE DAY





These introductory programs are designed to teach youth the basics of the sport along with the motor skills necessary to play. Each week our coaches will teach children the specified sport through fun activities, parental involvement, and age appropriate-equipment. This program focuses on the fun of the game without the threat of competition or fear of failure. Registration will open 3 weeks prior to the start of each program.



Lil' Rookie Lacrosse
May 4 - 18



Lil' Rookie Baseball
June 1 - 15



Lil' Rookie Golf
July 13 - 27

Coming this fall...
Football, Basketball, Hockey!

Ages: 3 - 5 years
Day: Tuesdays

Time: 6:00 - 6:45pm

Cost: \$30 R/\$35 NR per child, per sport

Location: Ogden Community Center

Note: Each participant will receive a t-shirt and Lil' Rookie collectors card. Please only one actively participating adult per Lil' Rookie. Spectators will not be permitted. Program details are subject to change.

Preschool Programs



Mommy & Me Yoga and Mindfulness Jodi Baker

Your child will learn yoga poses and how to be more in control of their bodies. Children will learn yoga poses through the use of music, stories and games. They will also work on how to calm their bodies using their breath. We will work on mindfulness activities to increase awareness of self and others.

Ages: 3 - 6 years with participating adult

Day: Tuesdays

Date: July 6 - 27

Time: 9:00 - 9:45am

Cost: \$30 R/\$35 NR per child

Location: Ogden Community Center

Note: Dress comfortably and bring a water bottle, yoga or exercise mat to each class.



Lil' Nature Explorers OPR Team

Explore and adventure through Pineway Ponds Park. Lil' Explorers will hike forests, fields and wetlands, explore in the meadow and collect and observe insects. We hope to meet fish, turtles, and other animals by the pond. Come enjoy the outdoors, make crafts, play games, and experience nature! Make sure to bring your hiking boots and a water bottle and be ready to go on a grand adventure!

Ages: 3 - 5 years

Day: Wednesdays

Date: August 4 - 18

Time: 9:00 - 10:00am

Cost: \$30 R/\$35 NR

Location: Pineway Ponds Park, Canal Days Lodge

Note: This is a drop-off program. Bring a water bottle and wear clothes to explore nature.



Youth Sports Leagues



Youth Flag Football League

OPR Team | Volunteer Coaches

Meet your teammates on the gridiron at Pineway Ponds Park for a fun flag football league! Players will learn catching, throwing, defense and passing skills. Teams will play a multi-week season with all games and practices scheduled on Saturday mornings. The first week, we will hold a skills evaluation clinic to help us create evenly matched teams. OPR and volunteer coaches will coordinate the teams and games.

Ages: Pee Wee: Grades K - 1

Rookie: Grades 2 - 3

Mighty Mite: Grades 4 - 6

Day: Saturdays

Dates: October 2 - November 6

(week 1 will be a skills evaluation)

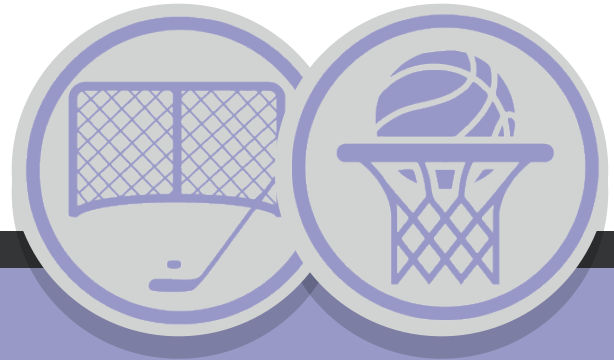
Time: 1-hour morning times (times based on number of teams)

-All games and practices scheduled on Saturday mornings

Cost: \$65 R/\$70 NR

Location: Pineway Ponds Park

Note: Please wear sneakers or cleats and athletic clothing. All equipment and team shirts will be provided. Please indicate upon registration if you're willing to coach. Registration will open soon.



OPR Sports Leagues

Basketball

December - January

Floor Hockey

February - March

Futsal

April - May



Sports Leagues

Fill Fast!

Be sure to register early!

Youth Sports Camps



Catch OPR coaches and your teammates on the field at Pineway Ponds Park or in the gymnasium at Ogden Community Center! Our camps are designed for players to be introduced to the key components of a specific sport through drills, game play and age-appropriate equipment. Players will learn and develop basic skills that will prepare them for participating in the sport in the future. Our coaches will focus on the fun of the game without the threat of competition or fear of failure.

Ages: Grades K - 5 (completed)

Cost: \$45 R/\$50 NR

All 4 Sports: \$140 R/\$160 NR

Note: Register for at least one sport to receive a shirt. Register for multiple sports to receive a shirt and a water bottle! Please wear sneakers, athletic clothing and bring a mask and water bottle. All equipment will be provided.

FLAG FOOTBALL

Day: Monday - Thursday

Date: July 19 - 22

Time: 10:30 - 11:30am

Location: Pineway Ponds Park Football Field

SOCCER

Day: Monday - Thursday

Date: August 2 - 5

Time: 10:30 - 11:30am

Location: Pineway Ponds Park Soccer Field #3

BASKETBALL

Day: Wednesdays

Date: June 30 - July 21

Time: 7:15 - 8:15pm

Location: Ogden Community Center

FLOOR HOCKEY

Day: Wednesdays

Date: July 28 - August 18

Time: 7:15 - 8:15pm

Location: Ogden Community Center



Youth Programs



Sports Sampler Camp OPR Team

Catch OPR coaches on the field for our Skills and Drills Sampler Camp to experience the wide world of sports! Our program is designed for players to be introduced to the key components of the sport along with the skills necessary to play. Participants will learn the specified sport through drills, game play and age appropriate equipment. Our coaches will focus on the fun of the game without the threat of competition or fear of failure. Sports: soccer, flag football, basketball and hockey.

Grades: K - 2 (completed) 10:00 - 11:00am

Grades: 3 - 5 (completed) 11:15am - 12:15pm

Day: Tuesday - Friday

Dates: July 6 - 9

Cost: \$45 R/\$50 NR

Location: Tuesday & Wednesday will take place at Ogden Community Center, Thursday & Friday will take place at Pineway Ponds Park football field.

Note: Each participant will receive a t-shirt. Please wear sneakers, athletic clothing and bring a mask and water bottle. All equipment will be provided.



Tennis Lessons for Entry Level Players Empire Tennis Academy

Join Empire Tennis Academy to learn tennis basics through active and engaging drills and games. Using courts and equipment suitable for your child's age and level, our entry level classes will get kids rallying faster and create a fun atmosphere while doing it. We are looking forward to seeing you on the courts!

Ages: 5 - 10

Day: Mondays

Session 1: June 7 - 28

Cost: \$72 R/\$77 NR

Time: 5:30 - 6:30pm

Location: Empire Tennis Academy (1981 Clover St, Rochester, NY 14618)

Note: Please wear sneakers, athletic clothing and bring a mask and water bottle. All equipment will be provided. All levels can be accommodated into age appropriate groups. We welcome new players as well as returners!

Youth Programs



Youth Photography OPR Team

Dive into the creative world of photography! Learn how to create all types of beautiful photos! Experience nature and learn how to capture moments with your very own camera. Understand the artistic mind of a photographer by learning fantastic skills of composition, exploration, and the creative process that makes photography an exciting activity! Explore the trails of Pineway Ponds, the scenic views at Heritage Park, and learn how to photograph your favorite things in unique ways!

Ages: 9 - 14 years
Day: Mondays
Dates: July 12 - August 16
Time: 6:00 - 7:00pm
Cost: \$60 R/\$65 NR
Location: Pineway Ponds Park (Boetcher Lodge), Heritage Park and Rose Turner Park
Note: We will meet at Pineway Ponds Park (Boetcher Lodge) for the first class on July 12.

OGDEN PARKS AND RECREATION

Programs
Camps
Leagues
Special Events
Parks
Trails



WWW.OGDENPARKSANDREC.COM
FACEBOOK.COM/OGDENPARKSANDREC
INSTAGRAM.COM/OGDENPARKSANDREC



Youth/Teen Programs



Youth Golf Lessons Woodlands Golf Range

Participants will learn and play the game of golf. We will focus on practicing the fundamentals necessary to play. Each golfer will learn sportsmanship and teamwork.

Ages: 6 - 15 years

Day: Tuesdays

Dates: July 6 - 20

Time: 11:00 - 11:30am

Cost: \$75 R/\$80 NR per session

Location: Woodlands Golf Range (5506 W Ridge Rd, Spencerport, NY 14559)

Note: Please dress to play, wear sneakers and bring a water bottle. Golf balls are provided. Clubs are available, if needed.



Artsy Antics Camp OPR Team

Have some fun with arts and crafts! Our youth artists are going to create many masterpieces this week! We will provide structured projects that have room for creativity. To create our projects we may paint, color, cut, paste, draw and more!

Ages: 6 - 12 years

Day: Monday - Thursday

Dates: July 12 - 15

Time: 10:30 - 11:30am

Cost: \$45 R/\$50 NR

Location: Ogden Community Center

Note: Dress for a mess! Please bring a smock or large shirt to cover clothing.



Youth/Teen Programs



Magic Camp Rich the Magic Man

Be a part of our fabulous MAGIC Camp with Rich The Magic Man who has been teaching Magic for 30 years! Campers will learn the secrets of wizardry, balloon twisting and the world of bubble art. Camp is sure to be action packed with memorable magical adventures and experiences.

Ages: 5 - 14 years
Day: Monday - Friday
Dates: July 12 - 16
Time: 9:30 - 11:30am
Cost: \$115 R/\$120 NR
Location: Ogden Community Center



Mad Scientists Camp OPR Team

Mad Scientists Camp gives kids the opportunity to become junior scientists during the summer and embark on a series of science adventures using chemical reactions, magnetism, density, eruptions, noises, and more! Our student scientists will make a number of fun and safe creations using ordinary everyday items and specialty equipment.

Ages: 6 - 12 years
Day: Monday - Thursday
Dates: July 26 - July 29
Time: 10:30 - 11:30am
Cost: \$45 R/\$50 NR
Location: Ogden Community Center
Note: Dress for a mess!



Youth/Teen Programs



Yoga and Mindfulness Camp Jodi Baker

Kids + Summer + Yoga = a fun-filled summer yoga camp. Children will learn yoga poses through play, fun and yoga-style games. They will be involved in mindful movement, share circles, and visualization which will teach them how to calm and relax their bodies, to find peace in chaos and release tension. Children will learn to take turns, express themselves creatively and use their imagination. They will work on mindful activities to help them learn about themselves and others.

Ages: 6 - 12 years

Day: Monday - Friday

Dates: August 9 - 13

Time: 9:30 - 11:30am

Cost: \$50 R/\$55 NR

Location: Pineway Ponds Park, Owens Lodge

Note: Dress comfortably and bring a water bottle, yoga or exercise mat to each class. In the case of inclement weather, class will be held indoors.



Babysitter's Training EPIC Trainings

Taught through classroom discussion, instructor lead lecture and supplemented by an interactive video presentation; this class teaches participants the roles and responsibilities of a babysitter including skills in: accident prevention, first aid and abdominal thrusts for choking victims. Each student will receive a certification card upon completion.

Ages: 11 years and over

Session 1: Friday, May 28

Session 2: Wednesday, July 7

Session 3: Thursday, August 19

Time: 9:00am - 12:00pm

Cost: \$45 R/\$50 NR per session

Location: Virtual experience

Note: Participants will be emailed a meeting link and electronic materials the day prior to the program.

Youth/Teen Programs



Home Alone Safety EPIC Trainings

Taught in an interactive virtual classroom, supplemented by a video presentation and group activities; participants will learn the importance of behaving responsibly when home alone. Topics include: basic first aid, what to do when a stranger comes to the door, answering the phone, Internet safety and how to react during various home emergencies such as power outages and fires. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you and your child.

Ages: 7 - 11 years

Session 1: Friday, May 28

Session 2: Wednesday, July 7

Session 3: Thursday, August 19

Time: 1:00 - 2:30pm

Cost: \$35 R/\$40 NR per session

Location: Virtual experience

Note: Participants will be emailed a meeting link and electronic materials the day prior to the program.



First Aid for Kids EPIC Trainings

This course teaches younger responders how to recognize and react responsibly in a variety of emergency situations. Through demonstration and hands on exercises, students will learn how to: follow COVID-19 safety guidelines, control bleeding, care for muscle, bone, and joint injuries, treat a burn, and much, much more. Every student will receive an electronic first aid book. This course meets the requirements necessary to earn the Girl Scout First Aid Badge and Boy Scout Readyman Badges.

Ages: 7 - 13 years

Day: Friday

Date: July 2

Time: 10:00 - 11:30am

Cost: \$35 R/\$40 NR

Location: Virtual experience

Note: Participants will be emailed a meeting link and electronic materials the day prior to the program.

Youth/Teen Programs



LEGO® Mania Camp OPR Team

Play, imagine, explore and create your own lego masterpieces! Each day we will design and construct LEGO structures based on the daily theme. This is a great opportunity to learn, be creative, make friends, and have fun while using your imaginations!

Ages: 6 - 12 years
Day: Monday - Thursday
Dates: July 26 - 29
Time: 11:45am - 12:45pm
Cost: \$45 R/\$50 NR
Location: Ogden Community Center



Gaga Ball Tournament OPR Team

Calling all Gaga enthusiasts! It's time to throw down in the OPR Gaga pit! We will play a variety of tournament style games. Do you think you have what it takes to become the ultimate Gaga champion? Grab your friends and come find out. Game play and rules will be announced prior to the tournament.

Grades: K - 5 (completed)
Day: Thursday
Date: August 5
Time: 6:00 - 7:00 pm
Cost: \$10 R/\$15 NR
Location: Ogden Community Center



Adult Programs



Strength and Tone Stephanie Choate

This workout will reshape your body targeting common trouble spots while shaping and toning each muscle. Using hand weights and your own body weight, we will do a variety of upper and lower body exercises. Each class will end with 10 minutes of stretch and cool down. This class is appropriate for all fitness levels.

Ages: 16 years and over

Time: 9:15 - 10:15am

Mondays: May 17 - June 28 (no class May 31)

Cost: \$45 R / \$50 NR

Wednesdays: May 12 - June 23

Cost: \$55 R / \$60 NR

Location: Ogden Community Center
(Outdoors)

Mondays and Wednesdays:

June 30 - July 28 (no class July 5)

Cost: \$60 R / \$65 NR per session

Location: Pineway Ponds Park (Meet outside of Gravelle Lodge)

Note: Dress comfortably and bring a water bottle, pair of dumbbells and an exercise mat to each class. In the case of inclement weather, class will be held indoors at the Ogden Community Center.



Zumba Fitness Rebecca King

We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba®Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Ages: 16 years and over

Day: Mondays and Wednesdays

Time: 6:00 - 7:00pm

Location: Ogden Community Center

Note: Class will be held outside weather permitting.

May Session: May 3 - May 24 (in progress)

June Session: June 2-30

Mondays: \$20 R / \$24 NR

Wednesdays: \$25 R / \$30 NR

July Session: July 7-28

Mondays: \$15 R/\$18 NR

Wednesdays: \$20 R/\$24 NR

August Session: August 2-30

Mondays: \$25 R/\$30 NR

Wednesdays: \$20 R/\$24 NR

September Session: September 1-29 (no class 9/6)

Mondays: \$15 R/\$18 NR

Wednesdays: \$25 R/\$30 NR

Note: Pre-registration is required. Day-of registration (prior to 2:00 pm) is available. On-site registration will not be available. Day-of registration cost: \$7 R / \$8 NR per class.



Adult Programs



Outdoor Yoga Jodi Baker

Reduce stress, tone muscles, lose weight, gain flexibility, strength and endurance! This class is offered for multi-level participants. Modifications and challenges will be offered during class. No prior yoga experience is necessary. This class will help you relax and invigorate yourself.

Ages: 16 years and over
Day: Tuesdays
Dates: May 11 - June 15
Session #1: Thursdays
Dates: May 13 - June 17
Cost: \$45 R/\$50 NR per session
Location: Ogden Community Center (Outdoors)

Session #2: Thursdays
Dates: July 1 - 29
Cost: \$40 R/\$45 N
Location: Heritage Park

Time: 6:00 - 7:00pm
Note: Dress comfortably and bring a water bottle, yoga or exercise mat to each class. A yoga block and strap are optional.



Tabata Yoga Jodi Baker



Yoga meets Tabata on the mat with active yoga poses. Tabata is a high intensity interval workout with 8 cycles of 4-minute fat-burning exercises. Do as many reps as possible for 20 seconds, rest 10 seconds, then tackle the next move. This class is for the yoga student who wants an active workout.

Ages: 16 years and over
Day: Thursdays
Dates: July 8 - 29
Time: 9:00 - 10:00am
Cost: \$40 R/\$45 NR
Location: Ogden Community Center (Outdoors)

Note: Dress comfortably and bring a water bottle, yoga or exercise mat, 5 lb weights and a hand towel.



Adult Programs



Intro to Golf Croquet Rochester Croquet Club

This introductory program is designed to teach participants the basics of proper grip, stance and swing as well as a variety of shot-making skills. Lessons will include both practice of skills, introduction to the USCA game of Golf Croquet using what is learned, and rules of Golf Croquet. Professional equipment is provided: weighted mallets, balls and regulation wickets. Play is on a greens quality court, manicured to 3/8" for speed. We are the only USCA-sanctioned club in the Rochester area. Four 90-minute lessons with the option to apply \$15 towards a one-year Club membership in the Rochester Croquet Club after the completion of lessons. The more mentally-challenging game of American Six-Wicket will be exhibited on the final day of class.

Ages: 16 years and over
Day: Thursdays
Dates: June 3 - 24
Time: 10:00 - 11:30am
Cost: \$25 R/\$30 NR
Location: Rochester Croquet Club at Grace & Truth SportsPark
Note: Please wear comfortable clothing and soft-soled shoes.



Adult Golf Lessons Woodlands Golf Range

Each golfer will fine tune their skills and learn and play the game of golf. We will focus on practicing the fundamentals necessary to play. All skill levels are welcome.

Ages: 16 years and over
Day: Tuesdays
Dates: June 1 - 22
Time: 6:00 - 6:45pm
Cost: \$120 R/\$125 NR
Location: Woodlands Golf Range
Note: Please dress to play, wear sneakers and bring a water bottle. Golf balls are provided. Clubs are available, if needed.



Adult Programs



CPR & AED EPIC Trainings

This course teaches how to respond to breathing and cardiac emergencies in adults, children and infants. Both traditional and breathless CPR is taught. Tips provided on heart disease prevention, scene control, patient assessment, CPR integration, AED application and protocol adherence.

Ages: 15 years and over
Day: Thursday
Date: July 8
Time: 9:00am - 12:00pm
Cost: \$60 R/\$65 NR
Location: Ogden Community Center



Chair Yoga Jodi Baker

Join us for a gentle yoga practice on or behind a chair. Anyone can practice chair yoga but it is geared towards those who have some physical limitations or limited range of motion. It will deepen flexibility and strengthen your muscles. Students will learn poses, breathing techniques, and short meditations. This is a compassionate practice without strain.

Ages: 16 years and over
Day: Tuesdays
Date: July 6 - 27
Time: 10:00 - 11:00am
Cost: \$30 R/\$35 NR
Location: Ogden Community Center
Note: Dress comfortably and bring a water bottle to each class.



Pickleball Programs

Pickleball Update

Our Summer Schedules will be released soon. Please view our website or call 617-6174 for the most up-to-date programming. Capacity limits are in effect, all participants must pre-register for a timeslot by calling 617-6174.

Familiarize yourself with the process by reading all updated rules and guidelines.

All persons must have an account at www.ogdenparksandrec.com.

Cost: \$2 R/\$3 NR exact change, please. Punch cards accepted through July 30, 2021.

Levels of Pickleball Play (schedule fluctuates; not all levels may be offered at all times.)



Recreational Pickleball

Recreational play for skill levels 3.5 and below. Basic skills and game-play knowledge are required.



Competitive Pickleball

This is advanced, competitive, fast-paced play; all players are required to be 4.0 and higher skill level. Players will partner up (changing partners frequently) to rotate in and out of games.



Women's Pickleball

This is recreational play for all skill levels. Players will partner up to make teams and rotate in and out of games. Basic skills and game-play knowledge are required. Socialize, develop your skills, and have some fun!



Preschool Summer Camp

Preschool camp is geared towards our 4 and 5 year old friends who are headed to Kindergarten in the fall! Enjoy mornings at LRS full of outdoor play, crafts, music, and fun themes! Registration details to be released in May.



Youth Summer Camp

6 weeks of summer camp fun! Register for each week separately.
Details to be released in May; we are awaiting final guidelines from NYS.
Anticipated start date: Monday, June 28
Anticipated end date: Friday, August 6



Youth Nature Explorers Camp

2 weeks of nature fun! Register for each week separately. Registration details to be released in May.
Anticipate start date: Monday, August 9
Anticipate end date: Friday, August 20



Before and After School Program

**Grades K - 5, AM and PM Care available.
 Registration coming Summer 2021.
 See description online at
www.ogdenparksandrec.com
 for more information.**

Recess Camps

Join our Ogden Parks and Recreation team as we engage children with themed activities during school vacation days. Each day includes lunch time (please bring a bag lunch and snacks daily, unless noted otherwise), gym time, group activities, and crafts. Space is limited; register early. More specific information will be communicated prior to the start of the programs.



Preschool Programs

Little Red School House	Ogden Community Center	LRS & OCC Two's Preschool
416 Washington Street, Adams Basin lrspschool@ogdenny.com 585-352-2119	269 Ogden Center Road, Spencerport occpreschool@ogdenny.com 585-617-6173	416 Washington Street 269 Ogden Center Road twospreschool@ogdenny.com 585-617-6174

Preschool information can be found online at www.ogdenparksandrec.com

Pineway Ponds Park Lodges

Rental Information - Visit ogdenparksandrec.com for more information

Our lodges are now available to be requested and rented Online! Town of Ogden residents may request lodges 1 year from the event date; non-residents may request lodges 6 months from the event date. Please note: All prices below are through December 31, 2021. For more information on rentals and requests, please visit our website. *All Rentals subject to COVID-19 guidelines, including capacity limits. Please view further details at www.ogdenparksandrec.com



\$200 R/\$250 NR
\$25 add't. rate 11/1 - 4/30
 Available year-round
 Amenities include: heat, electric, refrigerator, stove, microwave, water, bathroom, and grills.
 Seating capacity is 96



\$140 R/\$170 NR
\$25 add't. rate 11/1 - 4/30
 Available year-round
 Amenities include: heat, electric, refrigerator, stove, microwave, water, bathroom, and outdoor grills.
 Seating capacity is 60



\$115 R/\$140 NR
 Available May-October
 Amenities include: electric, refrigerator, stove, microwave, outdoor grills.
 Seating capacity is 60



\$115 R/\$140 NR
 Available May-October
 Amenities include: electric, refrigerator, stove, microwave, and outdoor grills.
 Seating capacity is 50



Fitness Center

Are you looking for a great workout at an affordable price? Tired of packed fitness centers and waiting in line to use a machine? Our fitness center consists of a 6-station, 12-exercise weight training circuit that will work every major muscle group. Cardio equipment includes: ellipticals, recumbent bike, and treadmills.

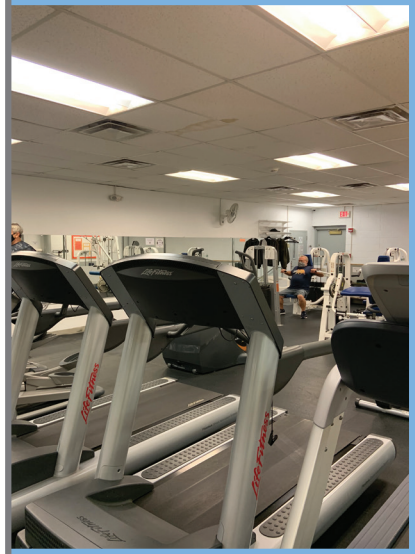
We also have trained staff that will demonstrate the proper use of each piece of equipment! *COVID-19 guidelines are in place, please view our opening plan and further details at www.ogdenparksandrec.com.



YES, YOU NEED A MASK!

- All participants **MUST** wear acceptable face coverings at all times.
- Masks may be removed to eat or drink.
- Participants unable to wear a mask due to medical reasons may wear a plastic face shield.
- Acceptable face coverings include cloth-based and disposable masks that cover both mouth and nose.
- Bandanas, buffs, and gaiters are not acceptable face coverings for use in gyms at this time.

Thank you for your cooperation!
www.ogdenparksandrec.com



Membership Rates

Resident Membership

Full Year	\$140.00
6 months	\$90.00
3 months	\$75.00
1 month	\$35.00

Non-Resident Membership

Full Year	\$150.00
6 months	\$100.00
3 months	\$85.00
1 month	\$45.00

Membership freeze (up to 1 month)...\$15 R/\$20 NR



Trails



**Pineway Ponds Walking Trail,
Pineway Ponds Park**



**Rose Turner Park Trail,
Big Ridge Road**



**Springdale Farm Trail,
700 Colby Street**



**Northampton Park Creek Trail,
304 Salmon Creek Road**



**Heritage Trail,
Waters Edge Drive**



Erie Canal Trail



Parks

The Town of Ogden is filled with wonderful passive and active opportunities through our many different parks. We encourage you to visit and see what we can offer you! All of our parks and open space lands are smoke free!

A permit/insurance is required for usage of a court/field/open space. Please email recreation@ogdenny.com for further information.



HERITAGE PARK
Water's Edge Drive



SNICK HAWKINS PARK
Canal Road



MEMORIAL PARK
Union Street



ROSE TURNER PARK
Big Ridge Road



OPEN SPACE
Buffalo Road



PINEWAY PONDS PARK
Park Road

Pineway Ponds Park SPLASH PAD

Memorial Day - Labor Day
10:00am - 7:00pm



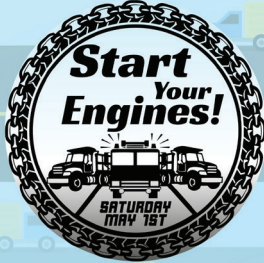
*We Want
Your Photos!*
IF YOU WOULD LIKE TO SHARE PHOTOS FROM
AN EVENT, PROGRAM, OR PARK, PLEASE SEND
THEM TO KDERRV@OGDENVY.COM

WWW.OGDENPARKSANDREC.COM

WWW.FACEBOOK.COM/OGDENPARKSANDREC
WWW.INSTAGRAM.COM/OGDENPARKSANDREC

Summer 2021 Calendar

May 1



Saturday, May 1
10am Start Time

Pre-Registration is required for this event

May - August

PARK & PLAYGROUND EXPLORERS PASSPORT!

CALLING ALL PLAYGROUND AND PARK EXPLORERS! GO ON AN ADVENTURE AND EXPERIENCE THE GREAT OUTDOORS! VISIT ALL OF THE AWESOME PLAYGROUNDS IN OUR COMMUNITY AND PLAY THE DAY AWAY. EACH CHILD AND FAMILY SHOULD CREATE THEIR OWN OPR PLAYGROUND EXPLORERS PASSPORT FEATURING MEMORABLE PICTURES, MOMENTS AND STORIES FROM EACH PLAYGROUND VISITED. ONCE YOUR PASSPORT IS COMPLETE, EMAIL A FEW PICTURES OF IT TO US AT RECREATION@OGDENNY.COM FOR A SPECIAL PLAYGROUND EXPLORER PRIZE! KEEP YOUR PASSPORT AS A MEMENTO. PRIZES WILL ONLY BE AWARDED TO PARTICIPANTS THAT FIT THE QUALIFIED AGE RANGE. PLAYGROUNDS ARE SUBJECT TO CLOSURE AT ANY TIME.



AGES: 8 YEARS AND UNDER WITH FAMILY
DATES: MAY - AUGUST
COST: FREE
LOCATION: TOWN OF OGDEN PLAYGROUND
SUBMISSION: EMAIL YOUR PASSPORT TO RECREATION@OGDENNY.COM FOR A SPECIAL PLAYGROUND EXPLORER PRIZE!

July 14

Family Outdoor NERF NIGHT!

Is your nerf ninja family brave enough to cross enemy lines and enter the OPR battlefield? Be fast, fierce and dodge bullets as you play and compete. Rochester Foam Dart League will provide the ultimate nerf experience. Do you think you have what it takes to become the champions? Bring the whole family and come find out. Game play and rules will be announced prior to each battle. Safety glasses, Nerf rival blasters, elite, and mega darts will be provided, but you are welcome to bring your own.

Ages: 5 years and over
Wednesday, July 14
Time: 6:00 - 7:00pm

Who: Families (at least 1 adult must register with each child)
Cost: \$10 R/\$12 NR per person

Coming July 2021

Fun & Fitness FEST

Play, learn, create, move, and imagine! We are excited to announce our Fun & Fitness Fest! Experience OPR programs and events that we have to offer our great community. Take a sample of a fitness class, try a new sport, do a craft with our preschool teachers, take a tour of our Community Center and more! This is a great opportunity to meet our team, see our facility, demo a class and discover what programs we have planned for the future!

August 27

OGDEN PARKS AND RECREATION OUTDOOR MOVIE

AUGUST
27, 2021



September 18



SATURDAY, SEPTEMBER 18



WWW.OGDENPARKSANDREC.COM