



OGDEN PARKS AND RECREATION

Fall 2022
September - December



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

Message from the Director

Andrea Hansen, CPRP

We hope you were able to enjoy a summer full of making memories among the long, sunny days and star-filled nights. It was wonderful to see so many of you at our Summer Camps, programs, and events! We look forward to filling our autumn days with more memories by our highly anticipated community events and seasonal programming.

Join us for a little exercise, a personal best, or just to cheer on over 100 participants as the Pineway Ponds 5K runs and walks through our Village and Town streets on September 24. Always a terrific time, we welcome participants of all ages and abilities to this event. After an almost 3-year hiatus, we are excited to welcome back our Townwide Garage Sale. Think of this event as a garage sale- without the garage! “Vendors” will sell your individual items and collections, just as you would at your own home, but in a safe all-in-one location. We will start accepting registrations very soon, with only a limited number of spaces available; do not delay! The Town Trick or Treat is scheduled for the Saturday prior to Halloween; this is a safe, day-time event with the ability to visit with our friendly canal-side businesses as you show off Halloween costumes!

Our Sports Leagues and Lil’ Rookie programs make their return this Fall. These programs fill fast, so if you’re interested don’t delay! And if you want to learn some fun fitness routines before the cold temperatures take over, we have many Adult Fitness Programs scheduled! We welcomed Jesse Marano as our new Recreation Supervisor this summer. Responsible for Before/After School Programming and Summer Camp, Jesse has jumped right into planning for our upcoming school year! Our Preschool teachers have spent the summer consolidating classrooms and are ready to roll with their 3- and 4-year old friends! We look forward to the sounds of fun and friendship filling our hallways. We’re not letting the shorter days and cooler temperatures bring us down this Fall; Come join us!

**INSTRUCT
A
PROGRAM
WITH
OPR!**



Do you excel in a certain craft, art, sport, or activity and want to share it with your community? Email us at recreation@ogdennny.com to become an instructor today!

**OUR
PLAYGROUNDS
ARE OPEN!
PLEASE NOTE:
PLAYGROUNDS
AT LRS AND THE
COMMUNITY
CENTER MAY BE
CLOSED AT ANY
TIME FOR OPR
PROGRAMMING.
FACILITIES ARE
USE AT YOUR
OWN RISK.**

WHAT'S NEW?

This edition of the OPR Program Guide has some new and exciting programs to offer to our amazing community! Thinking about trying out a new program? Be sure to look for the “New Program” symbol to see what has been added to the program calendar this season!



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.
7. Pay online using credit card (fee applies), mail or bring in cash or check.
7. Registration is not confirmed until payment is made

Mistakes happen! Registration information online at www.ogdenparksandrec.com will reflect any up-to-date schedules and fees.

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

OPR Administration

Andrea Hansen - Parks and Recreation Director
Kelly Bartell - Assistant Recreation Director
Jesse Marano - Recreation Supervisor
Jonathan Preston - Recreation Assistant
Ashley Goater - Administrative Assistant
Kyle Derry - Digital Marketing Specialist

Ogden Town Board

Mike Zale - Supervisor
Malcolm Perry - Department Liaison
Aaron Baker
Josh Hinman
Steve Toms

OPR Preschool

Dina Priester
Amanda Pustay

Parks, Building, and Grounds

Anthony Mattia - Maintenance Supervisor
Paul Morabito
Ryan Rowcliffe

Ogden Senior Center

Valerie Collins
Nicole Fogg
Marta Fortuber

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

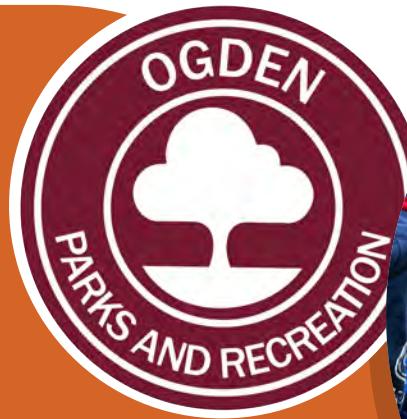
Spencerport Junior Baseball and Softball: www.spencerportjuniorbaseball.com

Spencerport Soccer Club: www.spencerportsoccerclub.org

Spencerport Youth Lacrosse: www.spencerportyouthlacrosse.org



General Information



Hours of Operation

(Subject to Change)

Administrative Office

Monday - Friday
8:00am - 4:00pm

*Seasonal hours may be in effect

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

HOLIDAY CLOSINGS

LABOR DAY: SATURDAY, SEPTEMBER 3 - MONDAY, SEPTEMBER 5

COLUMBUS DAY: MONDAY, OCTOBER 10

VETERAN'S DAY: FRIDAY, NOVEMBER 11- SATURDAY, NOVEMBER 12

THANKSGIVING: WEDNESDAY, NOVEMBER 23 - SATURDAY, NOVEMBER 26

CHRISTMAS: SATURDAY, DECEMBER 24 - MONDAY, DECEMBER 26

Online Registration

www.ogdenparksandrec.com

ogdenn.myrec.com/info/activities

Social Media

Facebook.com/ogdenparksandrec

Instagram.com/ogdenparksandrec



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



Family and Community Events



In-Person 5K Event

Saturday, September 24
8:30am Start Time

Due to popular demand, this year's event will include our in-person and virtual participants! This community event is a great opportunity to try your first 5k or attempt your personal best. Event Note: Shirts continue to be in high demand; we appreciate your prompt registration. Please know that our deadline for registration to receive a race shirt may change.

In Person Registration:

- Prior to August 8: \$25; includes a race shirt and swag bag
- August 8-September 4: \$30; race shirt available as supply allows
- September 5-18: \$35; race shirt not available
- September 19-24: \$40

Virtual 5K or Mile Run/Walk

Grab your family and friends and race at your own location on your own time over the course of a time period to be determined. This is a great opportunity for those who can't be with us in-person on September 24!

Virtual Event Date: September 16 - 18, 2022
Virtual Event Registration:

Prior to August 8- \$20; includes a race shirt
August 8-September 4- \$25; race shirt available as supply allows.

September 5-18- \$30; shirts not available
Note: Virtual participants are not eligible for finisher awards. No refunds or transfers.

REGISTER ONLINE AT RUNSIGNUP.COM STARTING JUNE 1ST

OGDEN PARKS AND RECREATION TOWNWIDE GARAGE SALE

Saturday, October 8th

Family and Community Events



Family Events/Preschool



Holiday Lights Magic Trail OPR Team

Let's light up the town and celebrate the spirit of the holidays! Show off your holiday decor and lights display for the Ogden community to enjoy! All homes will be displayed on a digital Holiday Lights Magic Trail map for families to drive around and experience the magic of the holidays. Participants must pre-register their home.

Ages: Families

Dates: December 9 - 25

Cost: FREE - Pre-registration required

Location: Ogden Community

Note: By registering for this program, you are agreeing to your address (house number and street name) being shown on our digital Holiday Lights Magic Trail map for our community to experience the holiday decor. The map will be posted on our website and social media platforms.



Early Childhood Music Brew School of Music

Does your young child love music? Then they'll love this class! In our Early Childhood Music class, Ms. Rachel will help your child explore and develop their musical self through movement, playing, and songs. Through music, children will work on fine and gross motor skills, matching pitch, keeping a steady beat, singing and chanting. Most importantly, it is guaranteed to be FUN!

Ages: Birth - 2 years (must be accompanied by an actively participating adult)

Day: Saturdays

Dates: October 15 - December 3 (no class 11/12 and 11/26)

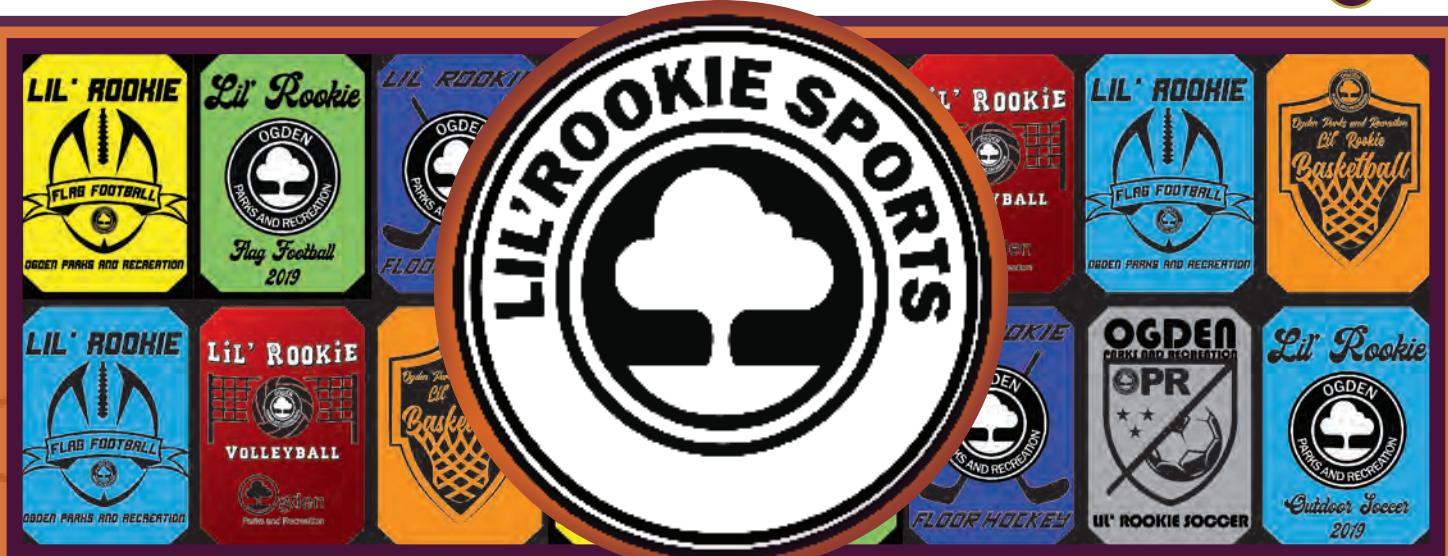
Time: 9:00 - 9:30am

Cost: \$115 R/\$120 NR

Location: Ogden Community Center

Note: All materials will be provided. No experience, musical background or training necessary.





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. In Kindergarten? Register for sports leagues and clinics! Age 5 may be eligible to participate, contact OPR for more information.



Lil' Rookie Flag Football

September 27 - October 11



Lil' Rookie Basketball

October 25 - November 8



Lil' Rookie Floor Hockey

November 29 - December 13

Ages: 3 - 4 years

Day: Tuesdays

Times: Session 1: 5:30 - 6:15pm

Session 2: 6:30 - 7:15pm

Both time slots may not be available for each sport.

Time slots may combine to 5:30 - 6:15pm.

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

Location: Ogden Community Center Note: Non-residents may register beginning September 7. Each participant will receive a t-shirt



Preschool Programs



Lil' Trick or Treaters- OPR Team

Bring your preschooler out to celebrate Halloween. Little ones will listen to a silly pumpkin story, costume parade down a spooky 'Trick or Treat Street', make a Halloween craft and enjoy a creepy crawly Frankenstein snack! Be sure to wear your Halloween Costume!

Ages: 3 - 5 years

Day: Friday

Dates: October 21

Time: 12:30 - 1:30pm

Cost: \$12 R/\$14 NR

Location: Ogden Community Center



Lil' Turkeys - OPR Team

Bring your Lil' Turkey out to celebrate Turkey Day! Little ones will participate in their very own 'Turkey Trot', make a Thanksgiving craft and gobble gobble on a festive snack!

Ages: 3 - 5 years

Day: Friday

Dates: November 18

Time: 12:30 - 1:30pm

Cost: \$12 R/\$14 NR

Location: Ogden Community Center



Lil' Astronauts - OPR Team

We can't wait to blast off this fall with our Lil' Astronauts! Join us for astronaut training and space activities. If your little one has an interest in space this is the perfect camp for them. This program's going to be out of this world!

Ages: 3 - 5 years

Day: Wednesdays

Dates: October 26 - November 9

Time: 6:00 - 7:00pm

Cost: \$30 R/\$35 NR

Location: Ogden Community Center

Preschool Programs



Lil' Pirates OPR Team

Ahoy there matey! Join us for a pirate voyage as we conquer the seas! In addition to all the fun activities and crafts, this is a great way for your little ones to socialize and meet new friends! Yo ho ho, we're sure to have some fun!

Ages: 3 - 5 years

Day: Wednesdays

Dates: November 29 - December 13

Time: 6:00 - 7:00pm

Cost: \$30 R/\$35 NR

Location: Ogden Community Center

Note: This is a drop-off program; all children must be able to use the toilet independently.



Music to Grow Barb Bonisteel

Does your child love music? Then they will love this! Music is motivating and fun, therefore it provides opportunities to socialize, build confidence and make choices. You and your child will enjoy a variety of musical experiences including singing, moving, dancing, and instrument play! New activities and songs presented each session.

Ages: 22 months to 3 1/2 years (must be accompanied by a participating adult)

Day: Fridays

Dates: October 14 - November 4 (4 classes)

Time: 9:30 - 10:05am

Cost: \$36 R/\$41 NR

Location: Ogden Community Center

Toddler Time - OPR Team

The OPR gymnasium will be transformed into the ultimate playtime experience! Toys and equipment will entertain you and your little one.

Ages: 1 - 4 years (must be accompanied by an actively participating adult)

Note: Dress comfortably and bring a water bottle. Please one actively participating adult per child. Pre-registration required.

Ages: 4 years and under

Day: Fridays

Date: November 4 - December 16 (no program 11/11, 11/25 and 12/2)

Time: 9:15 - 10:15am

Cost: \$16 R/\$20 NR

Location: Ogden Community Center



School Age Recess Camps

Join our Ogden Parks and Recreation team as we engage children with fun activities during school recess days. All themed field trips or activities are listed below as the theme for the day. Each day includes lunch time (please bring a bag lunch and snacks daily), gym time, group activities, and crafts. Space is limited; register early. More specific information will be emailed prior to the start of the program.

October Recess Camp

Friday, October 8

Cost: \$48 R/\$56 NR

Price increases 2 weeks prior to program start date



December Break

Tuesday, December 27-Friday, December 30

Cost: \$176 R/\$208 NR

Price increases 2 weeks prior to program start date

Ages: Grades K - 5

Time: 8:00am - 4:00pm

Location: Ogden Community Center



BUILDERS & INVENTORS - OPR Team

If your child has a very creative mind and is great at problem solving, this is the perfect camp for them. They will be using lots of different materials to build things like buildings, bridges, catapults, and more! Come see what you can create!

Grades K-5

Day: Wednesdays

Dates: October 19 - November 9

Time: 7:15 - 8:15pm

Cost: \$40 R/\$45 NR

Location: Ogden Community Center

Youth Leagues and Programs



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 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: September 17-October 22

(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: Ogden Community Center

Note: Please wear sneakers or cleats and athletic clothing. All equipment and team shirts will be provided.



Youth Basketball League

OPR Coaches | Volunteer Coaches

Meet your teammates on the court at the Ogden Community Center for a fun noncompetitive basketball league. Players will learn shooting, passing, and defense. Teams will play a 6-week season with all games scheduled on Saturday mornings. The first week, we will hold a skills evaluation clinic to 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: December 10 - January 28 (no games 12/24 and 12/31)

(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: \$72 R/\$78 NR

Location: Ogden Community Center

Note: Please wear sneakers and athletic clothing. All equipment and team shirts will be provided.

Youth Floor Hockey League

The puck drops in February!

Please indicate upon registration for sports leagues if you're willing to coach!



Youth Programs



Kids Night Out OPR Team

Kids, this is your chance to escape your parents for a few hours and have some fun with your friends. We will have a variety of themed activities, crafts, games and sports.

Ages: Grades K - 5

Time: 6:00 - 8:00 pm

Dates: October 14: Halloween Party - wear your costume!

November 4: Ahoy Matey! - sail the high seas!

December 9: Holidays Around the World - wear your pajamas!

Cost: \$16 R/ \$18 NR per date

Location: Ogden Community Center



Home Alone Safety EPIC Trainings

Taught using 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.

Ages: 7-13 years

Day: Monday

Date: September 12

Time: 6:00 - 7:30pm

Cost: \$40 R/\$45 NR

Location: Ogden Community Center

Note: This is a drop-off program.



Youth Sports Skills & Drills Clinics - OPR Team

Join us at the Ogden Community Center for fun non-competitive sports clinics! Our program is designed for players to be introduced to the fundamentals of the sport and the skills necessary to play through skill development, drills and age appropriate equipment. We will focus on the fun of the game, sportsmanship and teamwork without the threat of competition or fear of failure. Get extra practice in for our sports leagues!

Ages: Grades K - 6

Day: Thursdays

Time: 5:45 - 6:45pm

Cost: \$40 R/\$45 NR per sport

Location: Ogden Community Center

Note: Please wear sneakers, athletic clothing and bring a water bottle. All equipment will be provided. This is a drop-off program.

Flag Football

September 29 - October 20

Basketball

November 3 - December 1
(no program 11/24)

Youth/Teen Programs



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 safety guidelines, control bleeding, care for muscle, bone, and joint injuries, treat a burn, and much, much more. Every student will receive a first aid book.

Ages: 8-12 years

Day: Monday

Date: November 7

Time: 6:00 - 7:30pm

Cost: \$30 R/\$35 NR

Location: Ogden Community Center

Note: This is a drop-off program.



Haunted House Escape Room OPR Team

Can you escape the OPR Haunted House? Experience a Halloween themed escape room, designed especially for teens. Work with your friends to complete puzzles and solve clues to see how quickly you can escape the room. The night will also include other Halloween activities. We hope you can join us for a night of scares and fun!

Ages: 12 - 15 years

Day: Friday

Dates: October 21

Time: 6:00 - 8:00pm

Cost: \$14 R/\$16 NR

Location: Ogden Community Center

Guitar Kids - Brew School of Music

Does your child love music? Have they shown an interest in songs from a young age? Then GUITAR KIDS is a GREAT way to introduce your child to the joys of guitar in a fun, accepting, and encouraging way. Students will work on important guitar skills such as playing songs, strumming, picking, changing chords, reading music, and ensemble performance. No musical experience is necessary- we will guide students through the necessary steps to get them playing songs on day 1. No experience required. A guitar is required for this class. contact Steve at brewschoolofmusic@gmail.com if you need assistance finding one. All sheet music will be provided.

Ages: 7 - 12 years

Day: Wednesdays

Dates: October 5 - December 14 (no class 11/23)

Time: 6:00 - 7:00pm

Cost: \$280 R/\$290 NR

Location: Ogden Community Center



Adult Programs



Open Walking OPR Team

Grab your family and friends, lace up your walking shoes and meet at the OPR gymnasium. Don't let your fitness routine end when the weather gets cooler by walking in our gymnasium. 16 laps equals 1 mile!

Ages: 18 years and over

Days and times:

Mondays, 12:30-2:30pm

Tuesdays, 11:30am-1:00pm

Wednesdays, 12:30-2:30pm

Thursdays, 11:30am-1:00pm

Fridays, 12:30-2:30pm

Dates: ongoing (schedule changes to be announced)

Cost: Free

Location: Ogden Community Center Gymnasium

Note: Check-in at the Recreation Office prior to gym entry. Please create an account at www.ogdenparksandrec.com to be notified of schedule changes. Be sure to bring a water bottle and clean, dry sneakers.



Adult Evening Basketball OPR Team

Meet at the OPR basketball courts to shoot some hoops with your teammates! All skill levels are welcome and players rotate through different teams and call their own games. You must supply your own basketball. Please familiarize yourself with OPR health and safety guidelines.

Ages: 18 years and over

Day: Mondays

Time: 7:05-8:35pm

Dates: Session 1: October 3 - 31 (no program October 10)

Cost: \$24 R/\$28 NR

Session 2: November 7 - December 12

Cost: \$36 R/\$42 NR

Day-of/Drop-in Registration: \$10 R/NR

Note: Exact cash payment must be made and a waiver signed prior to gym entry. Only players will be admitted into the gym; no spectators.

Join the Ogden Farmer's Club Walking Club on Thursdays starting in November! Participants will meet up at the Library at 11:00 for coffee and conversation, then proceed to the Recreation gymnasium for walking at 11:30!

Adult Programs



Cardio Barre

Elizabeth Decosse

All the strengthening of Barre with the fun of some low cardio dance mix. Strength, tone and shake it all out! No dance experience needed!

Ages: 16 years and over

Day: Saturdays

Time: 8:30 - 9:30am

Session 1: September 10 - October 29 (no class 10/8 or 10/15)

Cost: \$45 R/\$51 NR

Session 2: November 5 - December 17 (no class 11/12 or 11/26)

Cost: \$38 R/\$43 NR

Location: Ogden Community Center

Note: Please bring an exercise mat and a water bottle to each class. Bare feet are optional.



Volleyball

OPR Team

Players will form different teams each week and bump, set, spike through games. A general knowledge of game play is necessary, but this program welcomes all skill levels. Please familiarize yourself with OPR Health & Safety guidelines.

Ages: 18 years and over

Day: Wednesdays

Dates: September 21-December 14 (no program on November 23)

Time: 7:05-8:35pm

Cost: \$72 R/\$84 NR

Location: Ogden Community Center

Note- we do not allow substitutes/transfers/credits for dates that you are unable to play. Only players will be admitted into the gym, no spectators.



Barre for All Bodies - Elizabeth Decosse

All over strength and toning using the foundations of ballet. No dance experience required. Create better balance and a stronger core with this class!

Ages: 16 years and over

Day: Wednesdays

Time: 6:00 - 7:00pm

Location: Ogden Community Center

Note: Please bring an exercise mat and a water bottle to each class. Bare feet are optional.

Session 1: September 7 - October 26

Cost: \$60 R/\$68 NR

Session 2: November 2 - December 14

Cost: \$45 R/\$51 NR (no class 11/23)



Adult Programs



Zumba

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 (6:00 - 7:00pm)

Location: Ogden Community Center

September Session: September 7-28

Mondays: \$15 R/\$18 NR (no class 9/5)

Wednesdays: \$20 R/\$24 NR

October Session: October 3-31

Mondays: \$20 R / \$24 NR (no class 10/10)

Wednesdays: \$20 R/\$24 NR

November Session: November 2-30

Mondays: \$20 R/\$24 NR

Wednesdays: \$20 R/\$24 NR (no class 11/23)

December Session: December 5-28

Mondays: \$15 R/\$18 NR (no class 12/26)

Wednesdays: \$20 R/\$24 NR

Note: Pre-registration is required. Day-of registration (prior to 3:00 pm) is available the day of each class. Day-of registration Cost: \$7 R / \$8 NR per class.



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 10-15 minutes of abs. This class is appropriate for all fitness levels. Bring a water bottle and exercise mat.

Ages: 16 years and over

Day: Mondays and Wednesdays

Location: Ogden Community Center

Note: Dress comfortably, bring a water bottle and exercise mat.

Monday Mornings (9:15 - 10:15am)

Session 1: September 12 - October 31 (no class 10/11 or 10/17)

Session 2: November 7 - December 12

Cost: \$52 R / \$58 NR per session

Wednesday Mornings (9:15 - 10:15am)

Session 1: September 14 - October 26 (no class 9/21)

Session 2: November 2 - December 14 (no class 11/23)

Cost: \$52 R / \$58 NR per session

Friday Mornings (9:15 - 10:15am)

Session 1: September 9 - October 21 (no class 10/14)

Session 2: October 28 - December 16 (no class 11/11 or 11/25)

Cost: \$52 R / \$58 NR per session

Adult Programs



Yoga Jodi Baker

Yoga will help you relax as well as help you build strength, balance and increase your flexibility and tone. Class begins with stretching tow arm the body combined with a flow of yoga poses that focus on the breath as well as balance. The class is offered to multi-leveled participants. Modifications as well as challenges are offered throughout class. No prior experience is necessary.

Ages: 16 years and over

Day: Saturdays

November 5 - December 10 (no class 11/12 or 11/26)

Time: 9:45 - 10:45 am

Cost: \$35 R/\$41 NR

Location: Ogden Community Center

Note: Dress comfortably and bring a water bottle and yoga mat to each class. A yoga block and strap are optional.



Strength and Tone Evening 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 10-15 minutes of abs. This class is appropriate for all fitness levels. Bring a water bottle and exercise mat.

Ages: 16 years and over

Day: Mondays and Wednesdays

Location: Ogden Community Center

Note: Dress comfortably, bring a water bottle and exercise mat.

Wednesday Evenings (6:00 - 7:00pm):

October 18 - December 13 (no class 11/1)

Cost: \$70 R / \$76 NR per session



Historian/Senior Programs

Town of Ogden Historian

This summer, our preschool programs consolidated, due to decreasing enrollment and moved to the Ogden Community Center. With the Little Red Schoolhouse building empty, a plan was approved to preserve and make use of the this beloved space. Work has started to prevent/minimize moisture in the basement, update the windows, update HVAC, and add an ADA restroom. continue through the next few months. When complete, our Department and the community will still be able to access the playground, courts, and west side of the building for: rentals, meetings, programs, and (if the need arose in preschool), the return of a preschool program. The Historian and historical documents will be housed on the east side of the building, and will be a much larger space for public access and viewing of these documents.

Once the building improvements have been made, office hours will resume and be announced for the Historian. Until then, please contact Jesse Diehl, Town Historian, through email: historian@ogdenny.com



Senior Programs at the Ogden Senior Center

This beautiful and spacious Senior Center is geared specifically for the enjoyment and leisure of the mature adult population, 60 years and above. Recreational, social, educational and health-related programs and services are offered in an ambience that is both elegant and warm. Opportunities for growth abound through a wide variety of recreation and social service programs. There are many nutritional, social and special programs and events which take place on a regularly scheduled basis including the Nutrition Program, cards, & more. Members and participants of our Nutrition Program may receive discounts or priority registration on select Senior programming. Sign up today!



**200 S. Union Street
(585) 352-3250**

Promote Health. Prevent Cancer - Katie Bauer, UR Medicine

Did you know that what you eat and how much you move can impact your risk of cancer and other chronic diseases? Join others with similar health goals for healthy living classes based on food and activity that will help you learn how small changes can add up to make a big difference in increasing your overall health and well-being.

Day: Wednesdays
Dates: October 19 - December 14
Time: 10:30am-12:00pm
Location: Ogden Senior Center
Cost: Free
Note: Please register by calling the Ogden Senior Center at 352-3250. Maximum numbers are in place.

Senior Programs

Coffee Club

If you can't make it everyday, make it on Mondays! Join us for coffee, socialization, and fun! Register for lunches for the week (or month), learn about the fantastic activities and events we have planned, or just catch up with friends. We hope to see you there!

Ages: 60 years and over
Day: Mondays
Time: 10:30am
Cost: Free
Location: Ogden Senior Center

Eldersource/Lifespan

Hollie, our Eldersource Liaison will be at the Center monthly to provide assistance with services based on your individual needs. These needs can include: housing options, respite, home care, and more. Come take advantage of this terrific resource!

Ages: all eligible persons
Day: The first Wednesday of each month
Time: 10:30am-12:00pm
Cost: Free
Location: Ogden Senior Center

Nutrition Program

The Nutrition Program is administered by the Monroe County Office for the Aging and is designed to help our community's older residents and visitors enjoy better health through improved nutrition. Stop in and socialize while enjoying a hot meal! Any person age 60 or older, regardless of residency, and their spouses are eligible to eat a meal. Other eligible person qualifications can be found online or by calling our office.

Ages: all eligible persons
Day: Mondays, Wednesdays, Fridays
Time: Lunch is served at 12:00pm
Cost: 60 years and over: Suggested contribution of \$3.50/meal
59 years and under: \$7.50 per person
Location: Ogden Senior Center

Note: The monthly menu can be viewed online or by calling our office. Reservations are recommended so that we order the proper amount of food. Please call in your reservation to 352-3250 a minimum of 48 hours in advance of visit.

Flu Shot Clinic - presented by Tops Pharmacy

Protect yourself and your community before the flu season begins. Stay for lunch afterwards!

Day: Friday
Dates: September 30
Time: 11:00-12:00pm
Location: Ogden Senior Center
Cost: Free



Note: Please register by calling the Ogden Senior Center at 352-3250

Emergency Preparedness Training - American Red Cross



Emergencies such as home fires are becoming more frequent and can be devastating to our loved ones, homes, and communities. Build confidence by learning simple steps you can take to help prepare and protect your family from general emergencies and home fires. This program is designed to help people understand, prepare for, and respond appropriately to emergencies.

Day: Friday
Dates: September 30
Time: 11:00-11:30am
Location: Ogden Senior Center
Cost: Free
Note: Please register by calling the Ogden Senior Center at 352-3250



Pickleball Programs

Our schedule may change due to programming; please call ahead or check the website for the most up-to-date schedule. Schedule is subject to change.

Cost, per visit: \$2 R/\$3 NR

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.

**Ages 18+ Tuesdays and Thursdays
Time: 1:00-3:00pm**

Recreational Pickleball

Recreational play for skill levels 3.5 and below. Basic skills and game-play knowledge are required; please provide your own paddles.

**Ages 50+ Mondays and Wednesdays
Time: 10am-12pm
Ages 18+ Thursdays
Time: 9:30-11:30am**

Thursday Night Pickleball

Get fit, socialize, and have fun playing Pickleball! All skill levels intermix for game play. Knowledge of the rules and game-play experience is required. See you on the court! Please familiarize yourself with OPR Health & Safety guidelines.

**Ages: 18 years and over
Day: Thursdays
Time: 7:05-8:35pm
Dates: Session 1: September 22-October 27
Session 2: November 3-December 15 (no program 11/24)
Cost: \$36 R/\$42 NR per session
Location: Ogden Community Center**

**Note- we do not allow substitutes/transfers/credits for dates that you are unable to play.
Only players will be admitted into the gym, no spectators.**

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!

**Ages 50+ Tuesdays
Time: 10:00-12:00pm
Day: Fridays
Time: 10:00am-12:00pm**



Before and After School Program

**Grades K - 5, AM and PM Care
Registration information and program
description can be found online at
www.ogdenparksandrec.com**



Preschool Classes

Ogden Community Center Preschool

**269 Ogden Center Road,
Spencerport
occpreschool@ogdenny.com
585-617-6173**

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 30, 2022. 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



Boetcher Lodge

\$205 R/\$255 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

*Additional \$25 winter rate for all rentals November 1-April 30



Owens Lodge

\$145 R/\$175 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

*Additional \$25 winter rate for all rentals November 1-April 30



Gravelle Lodge

\$120 R/\$145 NR

Available May-October

Amenities include: electric, refrigerator, stove, microwave, outdoor grills.

Seating capacity is 60



Canal Days Lodge

\$120 R/\$145 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. Please visit us online at www.ogdenparksandrec.com for further details and seasonal schedules.



Membership Rates

Resident Membership

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

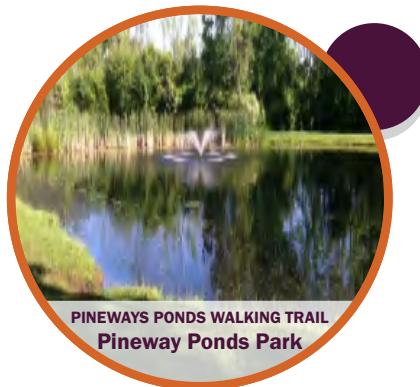
Non-Resident Membership

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



PINEWAYS PONDS WALKING TRAIL
Pineway Ponds Park



ROSE TURNER PARK TRAIL
Big Ridge Road



NORTHHAMPTON PARK CREEK TRAIL
304 Salmon Creek Road



SPRINGDALE FARM TRAIL
700 Colby Street



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.

Fields for group use are available by permit only. Requests can be made by emailing recreation@ogdenny.com. Insurance is required for usage by groups. Additional fees may apply.



HERITAGE PARK
Water's Edge Drive



SNICK HAWKINS PARK
Canal Road



MEMORIAL PARK
Union Street



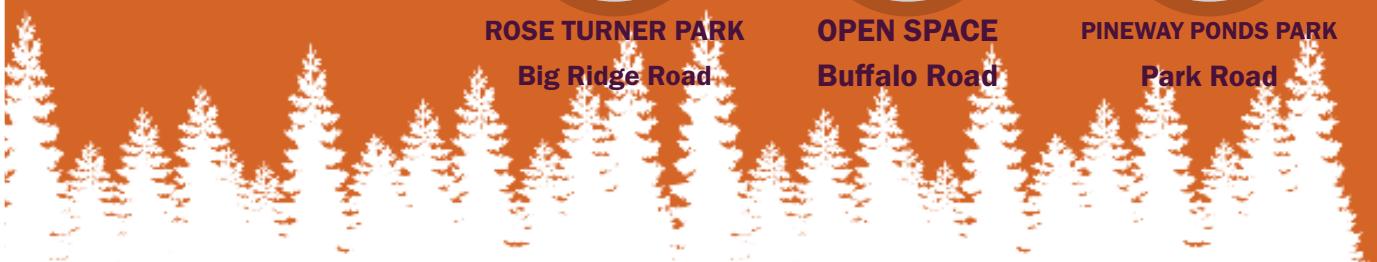
ROSE TURNER PARK
Big Ridge Road



OPEN SPACE
Buffalo Road



PINEWAY PONDS PARK
Park Road



PINEWAY PONDS 5K SPONSORS 2022

 Dominic Agostini
Spencerport Location (585) 352-0004
Greece Location (585) 227-7000



Water Sponsor - Cellura Dental
Media - Westside News

Rohrbach Brewing Company
Spencerport Neighbors
The BrickLab
Village Square Management

Barefoot Apparel | Cardinal Lawn & Landscape, Inc. | Cactus Garden Logistics, LLC | Robinhood Racing



Call for Sponsors!

Sponsors play an important role, allowing us to provide top-notch programming at little or no cost to our community members. Sponsors will be offered a variety of promotional opportunities in exchange for their commitment. Sponsors are sought on an ongoing basis for a variety of special events. Contact us at recreation@ogdenny.com to find out how you can partner with Ogden Parks and Recreation!

JOIN OUR TEAM! APPLY TODAY!

PLEASE VISIT US ONLINE AT WWW.OGDENPARKSANDREC.COM AND FOLLOW THE EMPLOYMENT TAB FOR MORE INFORMATION!

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



SANTA'S MAGICAL EXPRESS PARADE



**Friday, December 2nd
Ogden Community Center**

**Fall 2022
September - December**

