

Winter-Spring 2024 Program Guide



OGDEN PARKS AND RECREATION

Winter/Spring 2024
January - April

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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

The beginning of the year always brings a sense of renewal. A fresh start, a new beginning, a do-over, another chance, an OPPORTUNITY.

This year is made a bit more magical with 2 special occurrences happening in the winter and spring. 2024 is a leap year, which allows for 366 days to embrace the things that bring you joy. In April, we also welcome a total solar eclipse with our area right in the line of totality. This special once-in-a-lifetime moment is sure to bring a spark of energy and awe that we encourage you to embrace and enjoy.

We hope you'll find an opportunity within this guide to provide inspiration for the year ahead. Beat the mid-winter blahs by trying something new, while meeting new people! Our Fitness Instructors are enthusiastic, knowledgeable, and love sharing what they do. Try out a new fitness activity that will get your feet moving and your heart pumping. Pickleball is a lifetime sport that continues to grow in popularity. Our indoor courts at Ogden were among the very first indoor courts in Monroe County and the sport remains one of our more popular adult programs! This year, we are bringing back an introductory program for those who have yet to try this sport out. Try a new sport and meet new people; we are sure you will be hooked! Our Nutrition Program is the best place to warm up with a hot meal, and kind hearts this season. With a monthly calendar, many programs and events are not released within this guide but is updated on the website with opportunities for enrichment, socialization, and more! Stop by and visit us! Preschool, Youth, and Teen programming offer a variety of opportunities for all ages to learn a new skill, practice a hobby, or just have fun with other friends. This is the time of year we get asked about registration for Summer Camp, and 2024-25 school year programs. Our planning is on-going and all details, including registration dates/times will be released on our website when we are ready. Please stay tuned to www.ogdenparksandrec.com for all these seasonal program details.

Our parks are taking this cooler weather opportunity to regenerate for a full season of use. While our playgrounds/parks remain open, our bathrooms, and some amenities may be closed. Please stay off all fields so they have an opportunity to replenish themselves for the Spring but take advantage of the quieter crowds to enjoy nature and the fresh air.

Looking for an opportunity to give back? We are fortunate to have a dedicated team of individuals who work with us all year. If you'd like to be a part of our crew, please apply. We seek counselors, whether it be for our Before and After school program or our Summer camps. Many of our counselors start with us when they are in high school and stay with us for many years; join us for this great employment opportunity! Do you have a unique skill, hobby, or trade and are you looking to share this with others? Apply to teach a program with us! We also offer sponsorship opportunities for select special events throughout the year.

We hope that you embrace the new year and seek the numerous opportunities that are available at Ogden Parks and Recreation.

Happy New Year!

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.
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

Ogden Town Board

Mike Zale - Supervisor
 Sal Gerbino - Department Liaison
 Aaron Baker
 Josh Hinman
 Steve Toms

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

OPR Preschool

Dina Priester
 Amanda Pustay

Parks, Building, and Grounds

Anthony Mattia - Maintenance Supervisor
 Paul Morabito
 Patrick Quinlan

Ogden Senior Center

Valerie Collins
 Richard Cotton
 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.



Ogden Residents,

I trust you had a wonderful fall season with your families. The breathtaking foliage was an excellent reminder of why our community is so special during this time of year. As winter arrives and we prepare for the snowy season, I'd like to share some exciting updates with you all.

After months of collaboration, the Town Board has unanimously approved the 2024 Town Budget. It includes additional funding for park & facility maintenance, recreation activities and events. This funding will be essential to expanding our recreation programs to kids, families and seniors in our entire community. I'm proud of the tremendous work that went into this budget and am confident it will allow our town's services to be maintained and improved.

If you're looking for something to do during these cold winter days, take advantage of our Parks and Recreation Department's winter/spring programs. Whether it's indoor soccer, volleyball, yoga, pickleball, or my kids favorite, bowling, there is something fun for everyone!

As another year draws to a close, I would like to thank you for all your support. I look forward to continuing to serve you in 2024.

If you have any questions or concerns related to town business, or would like to learn more about town initiatives, I encourage you to email me at Supervisor@ogdenny.com or call (585) 617-6100.

Best,

Mike Zale
 Ogden Town Supervisor



General Information



Hours of Operation

(Subject to Change)

Administrative Office
Monday - Friday
8am - 4pm

***Seasonal hours may be in effect**

Questions? We're happy to help! Please visit www.ogdenparksandrec.com for more detailed program and event information, email us at recreation@ogdenny.com or call (585) 617-6174.

HOLIDAY CLOSINGS

- NEW YEAR'S DAY - JANUARY 1**
- MLK JR. DAY - JANUARY 15**
- PRESIDENT'S DAY: FEBRUARY 19**
- GOOD FRIDAY - MARCH 29**
- EASTER - MARCH 29 & 30**

Additional Closings to be announced*

Online Registration

www.ogdenparksandrec.com
ogdenny.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



OPR COMMUNITY NIGHT WITH THE AMERKS!

**FRIDAY, JANUARY 26
VS.
UTICA COMETS @ 7:05PM**



**FIRST 15 KIDS REGISTERED, SIT ON THE AMERKS BENCH DURING WARM-UPS!
PRE-REGISTRATION REQUIRED.**

**MORE INFO VISIT:
WWW.OGDENPARKSANDREC.COM**

Family and Community Events

Family Sweetheart Ball



FRIDAY, FEBRUARY 9
OGDEN COMMUNITY CENTER



Dinner *With the* *Easter Bunny*

🍕 *Pizza Kits to go!* 🍕
Friday, March 22nd



Family and Community Events



OPR Easter Egg
HUNT
Saturday, March 23rd



Start Your Engines!
SATURDAY
MAY 4TH

PINEWAY PONDS PARK



269 Ogden Center Road, Spencerport NY 14559

Phone: (585) 617-6174

www.ogdenparksandrec.com

Family and Community Events

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@ogdenny.com to become an instructor today!

SUMMER CAMP COUNSELORS WANTED!

Apply online at www.ogdenparksandrec.com



Preschool Programs

Zumbini

Zumbini ROC with Valerie

Zumbini is designed to get you and your little one moving and grooving to the unique, diverse Zumbini soundtrack as we use musical exploration to promote the development of key motor and cognitive skills. Each term through original songs, instrument play and dance we explore a whole volume of music dedicated to each character and their musical journey...most importantly we have A LOT of fun!! Join Zumbini today and start making a positive impact on your little one's cognitive, social, and motor skills.

Ages: 1 month - 4 years (with an actively participating caretaker)

Day: Tuesdays

Date: Session 1: February 6 - March 5 (no program 2/20)

Session 2: March 19 - April 16 (no program 4/2)

Cost: \$88 R/\$93 NR per child, per session

Time: 9:30 - 10:15am

Location: Ogden Community Center



Toddler Time

OPR Team

The OPR gymnasium will be transformed into the ultimate playtime experience! Toys, ride-ons, and sporting equipment will entertain you and your little one. Participants may drop-in or pay in advance!

Ages: 4 years and under

Day: Fridays

Time: 9:15 - 10:15am

Date: January 12 - March 15 (no program 2/2, 2/23)

Cost for entire session: \$32 R/\$40 NR

(preregistration by 1/10 required)

Cost per day: \$5 R/\$6 NR

Location: Ogden Community Center

Note: Please one actively participating adult per child.

Lil' Scientists

OPR Team

If there are any curious preschoolers out there then this is the perfect program for them! We'll explore many science experiments in a safe environment, allowing for both fun and learning!

Ages: 3 - 5 years

Day: Wednesdays

Dates: January 24 - February 7

Time: 6:00 - 7:00pm

Cost: \$36 R/\$41 NR

Location: Ogden Community Center

Note: This is a drop-off program. Children must have independent bathroom skills.

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!

Ages: 3 - 5 years

Day: Wednesdays

Dates: March 27 - April 17 (no program 4/3)

Time: 6:00 - 7:00pm

Cost: \$32 R/\$37 NR

Location: Ogden Community Center

Note: This is a drop-off program. Children must have independent bathroom skills.

Lil' Leprechauns

OPR Team

Bring your preschooler out to celebrate the lucky day of the Irish. Lil' Leprechauns will learn about St. Patrick's Day, participate in an exciting 'Pot of Gold Coin Hunt', make a craft, and enjoy a delicious treat! Be sure to wear green!

Ages: 3 - 5 years

Day: Thursday

Dates: March 14

Time: 6:00 - 7:00pm

Cost: \$10 R/\$12 NR

Location: Ogden Community Center

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

2024-2025 PRESCHOOL PROGRAM

Registration for our 2024 - 2025 Preschool Program will begin in the Spring. Please stay tuned to our website and social media platforms for more details! To receive email updates, create an account on our website (www.ogdenparksandrec.com).



- Lil' Rookie Indoor Soccer**
January 16 - 30
- Lil' Rookie Bowling**
February 13 - March 5 (no program 2/20)
- Lil' Rookie Tennis**
March 26 - April 16 (no program 4/2)



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.

Ages: 3 - 4 years
In Kindergarten? Register for sports leagues and clinics!
Day: Tuesdays
Times: 5:45 - 6:30pm
Cost: \$32 R/\$37 NR per child, per sport
Bowling Cost: \$42 R/\$47 NR per child
Location: Ogden Community Center (Bowling location is Spencerport Bowl)
Note: Non-residents may register beginning January 2. Each participant will receive a t-shirt. Please one actively participating adult per lil' rookie.
Spectators are welcome the last week of each session

Youth Sports Leagues

Youth Floor Hockey League

OPR Team | Volunteer Coaches

Meet your teammates on the “rink” at the Ogden Community Center as the puck drops for a fun floor hockey league! Players will learn shooting, passing, goaltending and stick handling skills. Teams will play a 6-week season with all games and practices scheduled on Saturday mornings. 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: February 10 - March 16
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, athletic clothing and bring a water bottle. Goggles/eye protection and mouth guards are recommended. All hockey equipment and team shirts will be provided. Coaches needed in order for the league to run! Please indicate upon registration if you're willing to coach.



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 fear of failure.

Sports Sampler (flag football, basketball, floor hockey and soccer)
 January 23 - February 13

Baseball
 March 5 - March 26
 Ages: Grades K - 4

Day: Tuesdays
 Time: 7:00 - 8:00pm
 Cost: \$40 R/\$45 NR per sport
 Location: Ogden Community Center
 Note: Please wear sneakers, athletic clothing, and bring a water bottle. All sports equipment will be provided. This is a drop-off program.

Youth Programs

2024 Summer Camps

Registration for our 2024 Summer Camps will begin in late Spring. Please stay tuned to our website and social media platforms for more details! To receive email updates, create an account on our website (www.ogdenparksandrec.com). Summer Camp Counselors wanted! Apply today!



OPR Homeschool Open Gym

OPR Team

Wondering where you can go during those snowy winter months, we have that solution for you! Come join the OPR team as we offer facility space and equipment to check off the physical education box!

Ages: Grades K - 6
 Day: Wednesday
 Date: January 24 - March 6
 (no program 2/21)
 Times: 1:30 - 2:30 pm

Cost: \$48 R/\$53 NR
 Location: Ogden Community Center
 Note: Please wear sneakers, athletic clothing, and bring a water bottle. All equipment will be provided.

The Art Factory

OPR Team

Have some fun learning new art skills. Our young artists will use their imaginations to craft and create! We will provide structured themed projects that leave room for your child's personal expression to shine! Artists will get to work with a variety of materials including markers, crayons, paint, glue, string, pom poms, pipe cleaners, beads and tons of other cool supplies. We have all new projects planned for these sessions!

Day: Thursdays
 Ages: 6 - 8 years
 Time: 6:00 - 7:00pm

Ages: 9 - 12 years
 Time: 7:15 - 8:15pm

Session 1: January 25 - February 15
 Cost: \$40 R/\$45 NR

Session 2: March 7 - April 18 (no class 3/14)
 Cost: \$60 R/\$65 NR

Location: Ogden Community Center
 Note: Dress for a mess! Please bring a smock or large shirt to cover clothing. Programs are scheduled by age ranges to complete the maximum amount of projects.

Junior Chef Cooking Programs

The Storybook Cook

Join Miss Liz this session as we delve further into learning how to cook more things that you will enjoy. January's subject will be Anime/Manga where we will be doing some Asian cooking. February will be a Taco Competition where we will make our own pico de gallo/salsa and a few different tacos to see what you like best. March will be Easy Dinners that you can prepare without a lot of fuss. April will be Easy Lunches that you can prepare on the weekends or even the night before to pack for school the next day.

Ages: 9 - 14 years
 Session 1 (Asian cuisine) - Wednesday, January 31
 Session 2 (Taco competition) - Thursday, February 15
 Session 3 (Easy Dinners) - Thursday, March 21
 Session 4 (Easy Lunches) - Thursday, April 18
 Time: 6:30 - 8:00pm
 Cost: \$28 R/\$33 NR per session
 Location: Ogden Community Center
 Note: Bring a water bottle and dress for a mess! This is a drop-off program. Please note any food allergies upon registering. Bring a large container with you to bring home your creations.



Youth Programs

Before & After School Program

Registration for our 2024 - 2025 Before/After School Program will begin in late Spring/early Summer. Please stay tuned to our website and social media platforms for more details! To receive email updates, create an account on our website www.ogdenparksandrec.com.

Little Chefs Books and Cooks Series - The Storybook Cook

Join Miss Liz again this session for a great time where we read a story and then make treats to eat related to the story once each month. Bring a friend or come alone and meet some new friends. January will be reading Clifford, The Big Red Dog by Norman Bridwell, February will be Dragons Love Tacos by Adam Rubin, March will be Pout Pout Fish by Deborah Diesen, and April will be Where the Wild Things Are by Maurice Sendek.

Ages: 4 - 8 years

Day: Mondays

Session 1- January 29

Session 2- February 12

Session 3- March 18

Session 4- April 15

Time: 6:30 - 7:30pm

Cost: \$24 R/\$29 NR per session

Location: Ogden Community Center

Note: Bring a water bottle and dress for a mess! This is a drop-off program. Please note any food allergies upon registering. Bring a large container with you to bring home your creations.

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: control bleeding, care for muscle, bone, and joint injuries, treat a burn, and more! Every student will go home with a first aid book. This course meets the requirements necessary to earn the Girl Scout First Aid Badge and Boy Scout Readyman Badge.

Ages: 8 - 12 years

Day: Monday

Date: February 5

Time: 6:00 - 7:30pm

Day: Monday

Date: April 1

Time: 2:15 - 3:45pm

Cost: \$38 R/\$43 NR

Location: Ogden Community Center

Note: This is a drop-off program. Please bring peanut-free snacks and a drink.

Learn to Bowl

Spencerport Bowl

Knock those pins down! Head over to Spencerport Bowl to meet new friends and learn bowling techniques while participating in this lifelong activity. Participants will learn the basic skills of bowling. The younger age groups will utilize bumpers to assist. This is a great opportunity to try out the sport. Have a blast bowling!

Ages: 5 - 12 years (Ages 5 - 8 years will utilize bumpers in the lanes)

Day: Mondays

Date: February 5 - March 11 (no program 2/19)

Time: 6:00pm (end time will vary based on length of games)

Cost: \$50 R/\$55 NR

Location: Spencerport Bowl

Note: Includes two games each week and shoe rental.

Builders & Inventors

OPR Team

Does your child have a creative mind? Do they like problem solving? Join us as we put our skills to the test! We will use a variety of materials to build things such as bridges, catapults, inventions, and more! Come see what you can create! Have you attended a Builders and Inventors Program in the past? No worries, this program has new projects to try!

Ages: 6 - 12 years

Day: Wednesdays

Dates: February 28 - March 13

Time: 6:00 - 7:00pm

Cost: \$36 R/\$41 NR

Location: Ogden Community Center

Youth Programs

Recess Camps OPR Team

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.

Ages: Grades K - 5
Time: 8:00am - 4:00pm
Cost: \$40 R/\$48 NR per non-trip day
 \$50/\$58 NR per trip day
 Price increases 2 weeks prior to program start date.
Location: Ogden Community Center

February Recess Camp:
 Tuesday, February 20 - Friday, February 23

Spring Recess Camp:
 Monday, April 1 - Friday, April 5



Leaping into Leap Year OPR Team

Ever wondered how to celebrate the most rare day of the year? Come join the OPR team as we end the day with creative and active activities!

Ages: 6 - 12 years
Day: Thursday
Dates: February 29
Time: 6:00 - 7:00pm
Cost: \$10 R/\$12 NR
Location: Ogden Community Center
Note: This is a drop-off program. Children should bring a water bottle and dress comfortably.



Pirate Treasure Escape Room OPR Team

Can you escape the Ogden Rec Escape Room? Participants will have to use their wits and work together to get out of our Pirate-themed escape room. Can you avoid the traps, solve the puzzles, and get the treasure before time runs out?

Ages: 6 - 11 years
Day: Wednesday
Date: April 24
Time: 6:00 - 8:00pm
Cost: \$14 R/\$16 NR
Location: Ogden Community Center

Magic and Balloon Twisting Adventure - Rich the Magic Man

Be a part of our fabulous MAGICAL adventure 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. This camp includes magic tricks and balloon sculptures that the children take home!

Ages: 5 - 14 years
Day: Friday

Dates: February 23
Time: 1:30 - 2:30pm

Cost: \$24 R/\$29 NR
Location: Ogden Community Center



Teen Programs

Art in Action OPR Team

Learn cool new art skills! In this class your child will be inspired to reach beyond and make art that is unique to them! Our creative instructors will lead projects that give each artist freedom to design, explore and express themselves. We will use mixed-media including upcycled and recycled materials, paint, clay, yarn, fabric, beads and more!

Ages: 13 - 16 years
Day: Saturdays
Date: February 10 - March 9
 (no program 2/24)
Time: 9:00 - 10:30am
Cost: \$50 R/\$55 NR
Location: Ogden Community Center
Note: Dress for a mess! Please bring a smock or large shirt to cover clothing.



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 - 15 years
Day: Monday
Date: April 1
Time: 10:15am - 2:15pm
Cost: \$72 R/\$77 NR
Location: Ogden Community Center
Note: This is a drop-off program. Please bring a self-addressed stamped envelope to class and a peanut-free bagged lunch, snacks and a drink.

Kids Yoga & Mindfulness Jodi Baker

Kid's yoga can help build concentration, self-esteem, self-awareness and help them unwind. Children will learn yoga through playing fun yoga-infused games that promote good posture, coordination, teamwork, creative expression, and imagination. They will learn simple partner poses, share circles, breath work and visualization.

Ages: 6 - 12 years
Day: Saturdays
Dates: March 16 - April 20
 (no program 3/30 and 4/6)
Time: 9:45 - 10:45am
Cost: \$34 R/\$39 NR
Location: Ogden Community Center
Note: Dress comfortably and bring a water bottle and yoga or fitness mat.



Bowling Series OPR Team

Knock those pins down! Head over to Spencerport Bowl to have fun with your friends and learn bowling techniques while participating in this lifelong activity. Participants will practice the basic skills of bowling and compete against their friends.

Ages: 12 - 16 years
Day: Thursdays
Date: February 1 - March 7
 (no program 2/22)
Time: 6:00pm (end time is based on length of games)
Cost: \$50 R/\$55 NR
Location: Spencerport Bowl
Note: Includes two games each week and shoe rental.



Dodgeball, Kickball, & More! OPR Team

If you're looking to test your skills against your friends, this is the perfect program for you. We will participate in a variety of different games full of fun and friendly competition. We need participants for this program to run; tell your friends!

Ages: 12 - 16 years
Day: Thursdays
Date: March 14 - April 11 (no program 4/4)
Time: 6:00 - 7:00 pm
Cost: \$40 R/\$45 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. Our quiet, safe, indoor environment allows time for you to get your exercise at 16 laps equals 1 mile!

Ages: 18 years and over
 Days and times: January - April (closings will be announced)
 Mondays, 12:30 - 2:00pm
 Tuesdays, 11:45am - 12:55pm
 Wednesdays, 12:30 - 1:25pm
 Thursdays, 11:30am - pm
 Fridays, 1:00 - 2:30pm

Cost: Free

Location: Ogden Community Center

Note: Check-in at the Recreation Office prior to gym entry. Please create an account at www.ogdenparksandrec.com to walk. Be sure to bring a water bottle. Children under age 2 are welcome in a stroller (must remain in stroller for the duration of the program). Closings will be announced.

Barre for All Bodies - Elizabeth Decosse

This basic Barre class is great for all fitness levels. Pilates, strength training and ballet target specific muscle groups through sequencing patterns and isometric movement. Improve posture, flexibility, overall body strength and balance. No dance experience needed.

Ages: 16 years and over
 Day: Wednesdays
 Time: 6:00 - 7:00pm
 Session 1: January 10 - February 14
 Session 2: February 28 - April 10 (no class 4/3)
 Cost: \$45 R/\$51 NR per session
 Location: Ogden Community Center

Note: Please bring an exercise mat and a water bottle to each class. Wear sneakers, barre socks, or bare feet.

Yoga - Jodi Baker

Need some serenity and peace – join us for yoga! Improve your mood, reduce stress levels and create a deeper meditative state. Deep breaths that are required in yoga can help to cleanse your lungs, ease your mind and improve your yoga practice. No yoga experience is necessary-modifications and challenges are offered throughout class.

Ages: 16 years and over
 Day: Wednesdays
 Time: 7:15 - 8:15pm
 Session 1: January 17 - February 28
 (no program 2/21)
 Cost: \$48 R/\$53 NR

Session 2: March 13 - April 17 (no program 4/3)
 Cost: \$40 R/\$45 NR per session
 Location: Ogden Community Center
 Note: Please bring a yoga or fitness mat and a water bottle. A yoga block and strap are optional.



Adult Programs



Zumba Rebecca King

Perfect for everybody and everybody! Each Zumba®class is designed to bring people together to sweat it out! 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

Dates:
January Session: January 8 - 31
Mondays: \$18 R/\$21 NR
Wednesdays: \$30 R/\$35 NR

February Session: February 5 - 28
Mondays: \$18 R/\$21 NR
 (no program 2/19)
Wednesdays: \$18 R/\$21 NR
 (no program 2/21)

March Session: March 4 - 27
Mondays: \$24 R/\$28 NR
Wednesdays: \$24 R/\$28 NR

April Session: April 10 - 29
Mondays: \$18 R/\$21 NR
Wednesdays: \$18 R/\$21 NR

Note: Bring your sneakers and water bottle!
 Class may be held outdoors when weather allows.



Evening Strength and Tone + Stephanie Choate

This program is quite popular during the day, so we’ve added an evening slot, with a little bit more! In addition to our whole body workout, each week will add a little something extra to the mix, whether that be focusing on a specific body part (glutes, abs, arms, legs), or adding a Pilates finisher! Each week will be different! 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: 6:15 - 7:15pm
Days: Tuesdays
Session 1: January 9 - 30
Cost: \$38 R/\$42 NR
Session 2: March 5 - April 16
Cost: \$66 R/\$73 NR
Location: Ogden Community Center
Note: Bring a water bottle and exercise mat to each class.



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. If the weather is nice, class may go outdoors!

Ages: 16 years and over
Time: 9:15 - 10:15am
Location: Ogden Community Center

Days: Mondays
Session 1: January 8 - February 5
 (no class 1/15)
Cost: \$38 R/\$42 NR
Session 2: March 4 - April 15
Cost: \$57 R/\$63 NR

Days: Wednesdays
Session 1: January 10 - 31
Cost: \$ 38 R/\$42 NR
Session 2: March 6 - April 17
Cost: \$66 R/\$73 NR

Days: Fridays
Session 1: January 12 - February 2
Cost: \$38 R/\$42 NR
Session 2: March 8 - April 19
 (no class 3/29)
Cost: \$57 R/\$63 NR

Note: Bring a water bottle and exercise mat to each class.



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.

Ages: 18 years and over
Day: Wednesdays
Dates: Session 1: January 10 - March 6
 (no program 2/21)
 Session 2: March 20 - May 15
 (no program 4/3)
Time: 7:05 - 8:35pm*
Cost: \$56 R/\$64 NR per session
Location: Ogden Community Center
Note: *Program time may be earlier some weeks, if gym availability allows. Participants will be updated via email if this changes. Non-residents may register beginning January 2. Please bring a change of sneakers. Entry to the gym will begin 5 minutes prior to program. We do not allow substitutes/transfers/credits for dates that you are unable to play.



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! Improve over all body strength and flexibility with the addition of light cardio. No dance experience needed.

Ages: 16 years and over
Day: Saturdays
Time: 8:30 - 9:30am
Dates: January 20 - April 13 (no class 2/10, 2/17 and 3/30)
Cost: \$65 R/\$75 NR
Location: Ogden Community Center
Note: Please bring an exercise mat and a water bottle to each class. Wear sneakers, barre socks, or bare feet.



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: 18 years and over
Day: Saturdays
Dates: January 20 - March 9 (no program 2/17 and 2/24)
Time: 9:30 - 10:15am
Cost: \$42 R/\$48 NR
Location: Ogden Community Center
Note: Please dress for movement and bring a water bottle.



Pound Unplugged Elizabeth Decosse

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: 18 years and over
Day: Saturdays
Dates: January 20 - March 9 (no program 2/17 and 2/24)
Time: 9:30 - 10:15am
Cost: \$42 R/\$48 NR
Location: Ogden Community Center
Note: Please dress for movement and bring a water bottle.

Pickleball Programs

Intro to Pickleball - Stephanie Choate

This is your chance to learn the sport that is sweeping the nation, Pickleball! Join us in learning the rules, basic strokes, and scoring. The first hour will be an introduction to a skill and the last half hour will include practice/game time! This is a popular program, don't miss out!

Ages: 16 years and over
 Day: Mondays
 Time: 7:05 - 8:35pm
 Dates: Session 1: January 15 - 29
 Cost: \$40 R/\$45 NR

Session 2: March 4 - April 15
 Cost: \$60 R/\$65 NR
 Location: Ogden Community Center
 Note: Bring a paddle if you own one, we have a few to borrow.

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!

Ages: 18 years and over
 Day: Thursdays
 Dates: Session 1: January 25 - March 7
 (no program 2/22)
 Session 2: March 21 - April 25 (no program 4/4)
 Time: 6:00 - 7:30pm

Cost: \$42 R/\$56 NR per session
 Location: Ogden Community Center
 Note: Participants must bring their own paddle; balls will be supplied. Please bring dry sneakers for the gym.

Recreational Pickleball

Ages 50+ Mondays and Wednesdays, 10am - 12pm
 Ages 18+ Thursdays, 9:30 - 11:30am
 Recreational play for skill levels 3.5 and below. Basic skills and game-play knowledge are required; please provide your own paddles.

Competitive Play Pickleball

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

Ages 50+ Tuesdays, 9:30 - 11:30am
 Fridays, 10:30am - 12:30pm

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!

Cost, per visit: \$2 R/\$3 NR; 10-visit and 20-visit Punch Cards available for purchase.



Senior Programs

Senior Programs at the Ogden Senior Center

Members and participants of our Nutrition Program may receive discounts or priority registration on select Senior programming. Sign up today! The Senior Center is located at 200 S. Union Street and can be reached at (585) 617-6126.

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.

A Matter of Balance

Many older adults experience concerns about falling and restrict their activities. A 'Matter of Balance' is an award-winning program designed to manage falls and increase activity levels.

Days: Fridays

Dates: March 1 - April 26

Time: 10:00 - 12:00pm

Location: Ogden Senior Center

Cost: Free for Nutrition Program members*; \$25 for Non-Members

Note: Pre-registration prior to February 23 is required. Please call the Ogden Senior Center at 617-6126 to reserve your spot;

*Free for Nutrition Program members whom attend at least 4 lunches/month.

St. Patrick's Day Party

May the luck of the Irish join us as we celebrate St. Patrick's Day! We will enjoy music and friendships. Light snacks will be served. Don't forget to wear green!

Day: Friday

Dates: March 15

Time: 11:00am start time

Cost: Free for Nutrition Program members*; \$5 for Non-Members

Note: Pre-registration required prior to March 1. Please call the Ogden Senior Center at 617-6126 to reserve your spot;

*Free for Nutrition Program members who attend at least 4 lunches/month.

Bridge Club

Our bridge players meet weekly for game play. Knowledge of rules and game play are required.

Day: Fridays

Dates: January - April; closures will be announced and posted online.

Time: 11:45am start time

Cost: Free

Location: Ogden Community Center

Note: Check-in at the Recreation Office upon arrival. Please create an account at www.ogdenparksandrec.com.

Cards: Euchre and Mahjong

Join us for various card games during the week. Our organized game play is listed below. We will teach new people! Got a card game you enjoy, let us know so we can incorporate it.

Ages: 60 years and over

Day: Fridays

Time: 9:00am- Mahjong

12:45-2:30pm- Euchre

Cost: Free

Location: Ogden Senior Center

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. Every other month, we welcome a visit with our Chief of Police and our Town Supervisor! We hope to see you there!

Ages: 60 years and over
Day: Mondays
Time: 10:00am
Cost: Free
Location: Ogden Senior Center

Eldersource/Lifespan

We are excited for the return of our Eldersource/Lifespan program. 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: 10:00am-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 617-6126 a minimum of 48 hours in advance of visit (subject to change for special meals/events).

AARP Safe Driver's Class

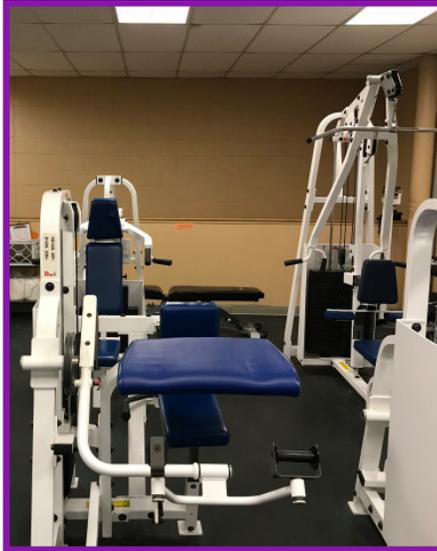
This course teaches proven driving techniques to help keep you and your loved ones safe on the road, including: important facts about the effects of education on driving, how to reduce driver distractions, how to maintain the proper following distance behind another car, proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today, techniques for handling left turns, right-of-way, and roundabouts, age-related physical changes, and how to adjust your driving to compensate.

Dates: Monday, April 15 and Wednesday, April 17 (attendance at both classes is mandatory)
Time: 1:00 - 4:00pm
Location: Ogden Senior Center
Cost: AARP member- \$25; non-member- \$30
Note: Please register by calling the Ogden Senior Center at 617-6126. Maximum numbers are in place. Payment is due at first class. Please bring your license and AARP card (if applicable).



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	\$156.00
6 months	\$120.00
3 months	\$96.00
1 month	\$40.00

Non-Resident Membership

Full Year	\$166.00
6 months	\$130.00
3 months	\$106.00
1 month	\$50.00



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

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, 2024. For more information on rentals and requests, please visit our website. Please view further details at www.ogdenparksandrec.com



\$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



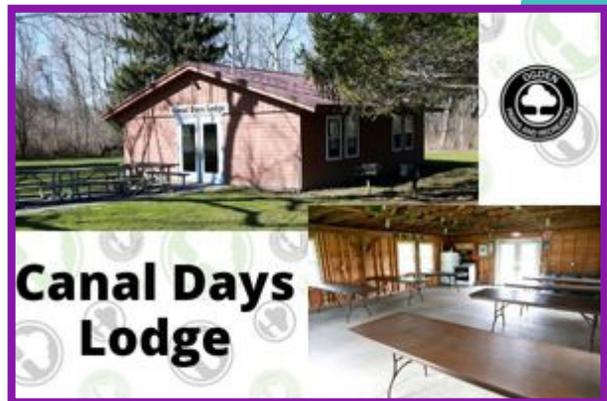
\$155 R/\$185 NR
\$25 add't. rate 11/1 - 4/30

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



\$125 R/\$155 NR

Available May-October
Amenities include: electric, refrigerator, stove, microwave, outdoor grills.
Seating capacity is 60

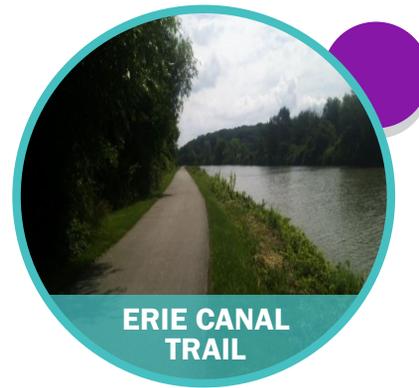


\$125 R/\$155 NR

Available May-October
Amenities include: electric, refrigerator, stove, microwave, and outdoor grills.
Seating capacity is 50



Trails



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



OPR COMMUNITY NIGHT WITH THE AMERKS!

**FRIDAY, JANUARY 26
VS.
UTICA COMETS @ 7:05PM**




FIRST 15 KIDS REGISTERED, SIT ON THE AMERKS BENCH DURING WARM-UPS!
PRE-REGISTRATION REQUIRED.

**MORE INFO VISIT:
WWW.OGDENPARKSANDREC.COM**

Family Sweetheart Ball



**FRIDAY, FEBRUARY 9
OGDEN COMMUNITY CENTER**

*Dinner
With the
Easter Bunny*

*Pizza Kits to go!
Friday, March 22nd*

**OPR Easter Egg
HUNT**

Saturday, March 23rd

**Start
Your
Engines!**

**SATURDAY
MAY 4TH**

PINEWAY PONDS PARK



Parks Splash Pad Playgrounds

Our Parks are open year-round!
Please note: Restrooms are closed for the season; some parking lots may close. Facilities are use at your own risk.
Parks/Fields: All fields are closed for the season. 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 apply.

WWW.OGDENPARKSANDREC.COM



OPR Easter Egg

HUNT

Saturday, March 23rd
Ogden Recreation Center



Winter/Spring 2024
January - April

