

Experience Parks & Recreation



Hilton-Parma

Fall 2019

September - December



Recreation Department Info

Ways to Register

1

Online

www.hprecreation.org

2

Call

585-392-9030

8:00 a.m.
to
4:30 p.m.

3

Mail

or

Stop-In

59 Henry Street
Hilton, NY 14468



Program Refund Policy:

If Hilton-Parma Recreation cancels a class; a full refund, credit or make-up class will be offered. All other refund requests must come directly to the Hilton-Parma Recreation Office in writing at least five days prior to the program start date. Refunds are subject to approval by the Director and a 10% service charge not to exceed \$30. Any issued refund checks may take up to 3-5 weeks to process. Programs requiring advanced purchase of tickets or services may not be refundable unless your space is filled.

Recreation Staff

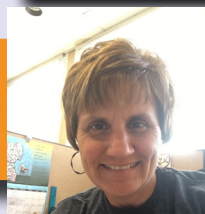
Thomas Venniro
Parks & Recreation Director
tvenniro@parmany.org



Sheila Steinorth
Administrative Assistant
ssteinorth@parmany.org



Sherry Farrell
Recreation Supervisor
sfarrell@parmany.org



Jessie Brugger
Senior Program Coordinator
seniorcenter@parmany.org



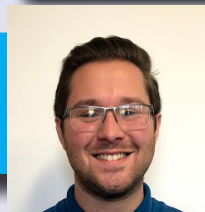
Ryan Rockefeller
Recreation Supervisor
rrockefeller@parmany.org



Kathleen Laskey
Recreation Assistant
klaskey@parmany.org



Dustin Young
Recreation Assistant
dyoung@parmany.org



FILLS
FAST

Program fills up
quickly, don't wait
to register

FREE

Free to take part:
registration may
still be required

NEW

A new program
or event for this
season



Table of Contents

Message from the Director	4
Town Supervisor's Note	5
Friends of Hilton-Parma Parks & Rec.	5
Pre-School Programs	6
Aquatics Programs	7
Youth Programs/Sports Leagues	8-13
Special Events/Family Events	14-16
Adult Programs	17-18
Senior Programs (55+)	19-21
General Parks & Recreation Info	22
Parma Park Information	23
Registration Information	24
Community Connections / Apple Fest	25
Parma Public Library	26
Historical Society / School Play	27
2019 5 Mile Apple Derby Run	28

Pictured On Cover:
2018 Halloween Celebration w/ Make a
Difference Day



A Message from the Director

Welcome to Fall Hilton-Parma Community and Families,

Fall is all but here in Parma and we are certainly looking forward to all that comes with it. We say goodbye to a very fun, busy and hot summer filled with so many recreational opportunities for those of all ages in this wonderful community including our numerous sports camps, Summer Camp, Nature Camp, Theater Camp, Girl's Tech Camp, senior trips, Experience Parma and our mid-summer celebration; the Parma Days Summer Smash! If you missed out any of the fun, you can see pictures of much of it on our Facebook Page (www.facebook.com/hprecreation)

By now you should be aware of our new and improved website and registration system, MyRec at www.hprecreation.org. If you have not registered for any programs prior to April of this year then we simply ask that you set up a new account in the system in order to register for upcoming programs.

Moving onto the Fall of 2019, we have plenty of fun for all including our annual 40th Apple Derby Run, Halloween Celebration and Christmas Tree Lighting so I encourage you to "fall" into this brochure today!

Lastly, we are very excited to announce a new partnership with the Genesee Valley Special Olympics as we look to expand our program offerings to more people in the community. With this partnership, we will be recruiting volunteer coaches who will be fully trained with the Special Olympics. More information can be reviewed just below this message.

As always, please let me thank my team here at the Recreation & Parks Department, in addition to our many community partners and the Town and Village Boards. Without their efforts and support, none of the fun would be possible.

I look forward to seeing you soon,

Thomas Venniro, Hilton-Parma Director of Parks and Recreation

Special Olympics
New York



We are excited to begin a partnership with Special Olympics New York. It is the mission of Special Olympics New York to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community. As of the latest census data, they serve roughly 67,000 athletes who are supported by over 37,000 volunteers.

It is our goal to continue this mission locally in Hilton-Parma community by offering opportunities both independent of, and in conjunction with, Special Olympics New York. At this time we are working on starting a club in the Hilton-Parma area that would offer various activities/sports. Once we have this established, we will be in need of volunteer coaches who receive a thorough training from Special Olympics New York. Coaches are influencers, role models, and character-builders. They teach not only the skills –but the spirit– that defines every true athlete. Special Olympics New York coaches go even further as they help athletes with intellectual disabilities discover the champion within, to nurture their strengths and celebrate their abilities, teaching athletes to be brave and determined.

Be on the lookout for information soon but if you are interested in coaching or know an interested athlete, please feel free to reach out to Thomas Venniro at tvenniro@parmany.org.

Supervisor's Note

Dear Hilton-Parma Residents,

Now that summer vacation is coming to an end and school is back in session, the Town is gearing up for fall recreation programming. This brochure is a great source for information on all of the exciting programs and opportunities being offered. Please consider signing up for one or more!

As a reminder, please be sure to review the importance of safety around school buses and road crews with any vehicle drivers in your family.

Be sure to enjoy the upcoming fall weather and as always, stay safe.

Sincerely,

Jack Barton, Parma Town Supervisor



FRIENDS OF HILTON-PARMA PARKS & RECREATION

The Friends of Hilton-Parma Parks & Recreation is a 501c3 non-profit group which was formed for advocacy and to provide financial support to Hilton Parma Parks & Recreation programs, services, and facilities. We are deeply committed to assisting the department in assuring that the Hilton Parma community is a great place to live, work and PLAY!



Friends of
Hilton-Parma
Parks & Recreation

Here are a few ways to help raise funds for Hilton Parma Parks & Recreation:

- Drop off your returnable bottles and cans at Five Cents Fast, 650 Lake Avenue in Hilton and donate your refund to the Friends of Hilton Parma Parks & Recreation, Inc. by telling redemption center staff.
- Make your Amazon purchases at [Smile.amazon.com](https://smile.amazon.com) and indicate the Friends of Hilton Parma Parks & Recreation and a percentage of your purchase will be donated to us.

If you are interested in joining the Friends of Hilton-Parma Parks & Recreation, please message us on Facebook or Instagram @FriendsofHPParksandRec or email friendsofhiltonparma@gmail.com.

EUCHRE TOURNAMENT

-FRIENDS OF HILTON-PARMA PARKS & RECREATION

Join us for an evening of FUN and Euchre. This is a Singles Progressive Tournament for adults ages 21 and up. Points will be awarded for points earned and partners will change each game. Cash prizes will be awarded to the top 3 point winners. Raffle and door prize opportunities will be available.

WHO: Ages 21 & older

WHERE: VFW Lodge - 550 Peck Road

WHEN: Saturday, November 2

TIME: 6:00 p.m. - 10:00 p.m.

COST: \$15 - Includes pizza and snacks. Beverages available for purchase.

REGISTER: Pre-registration is required. Visit our website at www.friendsofhiltonparma.org for online registration or register in person at the Hilton Parma Parks & Recreation Office, 59 Henry Street.

NOTES: There will be no refunds unless we are able to fill your space with someone on a waitlist. Raffle opportunities and beverages will be available for a donation to the Friends of Hilton-Parma Parks & Recreation.

HILTON-PARMA REC : [WWW.FACEBOOK.COM/HPRECREATION](https://www.facebook.com/hprecreation)

PRESCHOOL PROGRAMS

TODDLER & KID'S TIME

Come enjoy an open activity room set up with tumbling mats and shapes where kids can come together and socialize. Toddlers can also go in our craft room (203).

WHO: Ages 6 months-4 years with an adult
WHERE: Village Community Center - Room 208
WHEN: Monday and Thursday mornings starting September 23 through May 7 (Closed holidays/school breaks)
TIME: 9:00 a.m. - 1:00 p.m.
COST: FREE-Please sign in daily
NOTE: Children must be supervised.

PEE WEE FLAG FOOTBALL

This introductory program is designed to teach youth the basics of flag football along with the motor skills necessary to play. Each week Coach Ryan, Coach Dustin, and Coach Kathleen will teach kids the game of football 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.

WHO: Ages 3-5 (must be accompanied by an actively participating responsible adult)
WHERE: Village Elementary School - HJ Gym
WHEN: Tuesdays, October 1 - October 22 (4 classes)
TIME: 6:00 p.m. - 7:00 p.m.
COST: \$45
NOTE: Each participant will receive a t-shirt and a starter ball. This is not a drop off program.

PEE WEE BASKETBALL

This introductory program is designed to teach youth the basics of basketball along with the motor skills necessary to play. Each week Coach Ryan, Coach Dustin, and Coach Kathleen will teach kids the game of basketball 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.

WHO: Ages 3-5 (must be accompanied by an actively participating responsible adult)
WHERE: Village Elementary School - HJ Gym
WHEN: Tuesdays, October 29 - November 19 (4 classes)
TIME: 6:00 p.m. - 7:00 p.m.
COST: \$45
NOTE: Each participant will receive a t-shirt and a starter ball. This is not a drop off program.

BUMPER BOWLING

- PLEASURE LANES

Have a ball with this bumper bowling program. Pleasure Lanes is newly renovated with fun and animated scoring. Light instruction included with glow bowling & a pizza party on the last week of each session.

WHO: Ages 3 - 7
WHERE: Pleasure Lanes, South Avenue, Hilton
WHEN: **SESSION I:** Wednesdays, October 9 - November 6
SESSION II: Wednesdays, November 13 - December 18 (no bowling on 11/27)
TIME: 4:30 p.m. (games last approximately 1 hour)
COST: \$40 per participant, per session
NOTE: Includes 1 game each week, shoe rental along with a pizza banquet and certificates on the last day. If you want to bowl with a friend, please note this when you register. Lanes limited to four bowlers.



Letters to Santa

Send a letter to Santa by December 18th and we will make sure he gets your letter and sends a personalized letter back!

Send To:

North Pole c/o HP Recreation
59 Henry Street, Hilton, N.Y. 14468

Aquatics Programs

FAMILY SWIM

Bring the entire family for a fun evening of swimming. Flotation devices are allowed with an adult present in the water.

WHO: Held for families. All youth under age 16 **MUST** be accompanied by an adult.
WHERE: Merton Williams Aquatic Center
WHEN: Friday evenings - on going (Closed on 11/29, 12/27 & 1/3)
TIME: 7:00 p.m. - 9:00 p.m.
COST: \$3 per person payable at the door

NEW
COST

LAP SWIM & WATER WALKING

Take advantage of this opportunity to enjoy one of the world's greatest exercises; swimming and water walking. Lane lines will be put into the water to accommodate all swimmers.

WHO: Ages 18 years & older
WHERE: Merton Williams Aquatic Center
WHEN: Tuesday evenings - on going (Closed on 12/24 & 12/31)
TIME: 7:30 p.m. - 9:00 p.m.
COST: \$3 per person payable at the door

NEW
COST

FALL SWIM INSTRUCTION

We are very excited to once again partner with Varsity Swim Coach Jeff Sadowski and his Varsity swimmers to provide instructional swim lessons for all abilities and ages. The levels can be found online and are based on the Red Cross guidelines for swim lessons. Each level is described as accurately as possible, but some adjustment may be necessary in order to place your child in the proper level. Any physical limitations should be noted upon registration. All youth will be tested for swimming ability during the first class. School district flotation devices will be made available.

WHO: Youth ages 4 & older
Preschool, Level 2, Level 3 Swimmers
WHERE: Merton Williams Aquatic Center
WHEN: **SESSION I:** Saturdays, October 19 - November 2
&
SESSION II: Saturdays, November 9 - 23
TIME: 2 time slots each day
11:15 a.m. - 11:55 a.m. or;
12:00 p.m. - 12:40 p.m.
2 time slots each day
9:30 a.m. - 10:10 a.m. or;
10:15 a.m. - 10:55 a.m.
COST: \$35 per participant, per session

NOTE: Pre-registration required. Classes generally include 20-30 minutes of instruction and 10 minutes of free time. For optimal instruction, parents may observe first and last class only! Classes may be added, split, or combined based on registration. Please be advised that the pool temperature varies between 78-82 degrees.

REGISTER EARLY!

Nothing prevents a program from running more than late registrations. Please register early to assure you have a spot in a class and that we have enough to run a program.



Kid's Zone



FULL DAY RECESS ACTIVITY DAY CAMPS

Join some of our Hilton-Parma Recreation staff as we engage kids with trips, visits and fun activities during school vacation days. All trips, themed activities, or special visitors are listed below as the theme for each day. Each day includes snack, lunch (please bring a bag lunch daily unless noted otherwise), gym time, group activities, and crafts. Sometime after registering you will be contacted for additional information including the required and participant information and medical records that we need in order for your child to participate. Space is limited.

WHO: Children grades K-8 (To be divided into age appropriate groups)
WHERE: Village Community Center - Room 208
TIME: 7:30 a.m. - 5:30 p.m.

FALL RECESS DAYS

FALL FEST

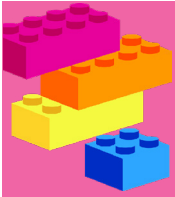
WHEN: Friday, October 11 – Stokoe Farms Trip
Monday, October 14 – Apple Picking at Wickham Farms Trip
Monday, November 11 – Fall in Love with Reading and Parma Public Library Trip
Wednesday, November 27 – Gobbles of Fun
COST: \$120/resident all 4 days or
\$140/non-resident all 4 days
\$35/resident per day or
\$40/non-resident per day

WINTER RECESS DAYS

WINTER WONDERLAND WEEK

WHEN: Monday, December 23 – Mickey Mouse Clubhouse Trip
Friday, December 27 – Incredible(s) Day
Monday, December 30 – Moana Swim Trip
Tuesday, December 31 – New Year's Eve Celebration (Pizza)
Thursday, January 2 – Brick Lab Trip
Friday, January 3 – HP Drive-In Movie
COST: \$180/resident all 6 days or
\$210/non-resident all 6 days
\$35/resident per day or
\$40/non-resident per day

Out of School Recreation!



Kid's Zone

BEFORE & AFTER SCHOOL RECESS DAYS

Kid's Zone Programs are fun programs just for kids during out-of-school times! Every Kid's Zone program requires electronic participant information upon or shortly after registration that will be readily available to program staff throughout the duration of any Kid's Zone Program.

BEFORE AND AFTER SCHOOL PROGRAM

Similar to HP Recess and Summer Camps, the B&AR program provides supervised before and after school recreation services/resources. It is the program's mission to provide affordable, enriching, fun and safe before and after school care option for families. The program features and promotes positive supervision, socialization, crafts, enrichment programming, daily healthy snack and physical activity.

WHO: Elementary Grade Children in the Hilton Central School District

WHERE: Village Elementary School, 100 School Lane

WHEN: Monthly during the 2019-20 school year

TIME: Before Care: 7:00 a.m. - 8:30 a.m.
After Care: 3:00 p.m. - 6:00 p.m.

COST: Before Care: \$120/month
After Care: \$180/month
Both: \$270/month

NOTES:

- There will be no pro-rating based on the amount of days per week care is needed.
- Registration will be taken on a first come first serve basis as space is limited.

**ALL SESSIONS
CURRENTLY FULL**

UPK B&AR (BEFORE & AFTER SCHOOL RESOURCE) PROGRAM:

Hilton-Parma Recreation is teaming up with the Hilton Central School District to offer our B&AR wrap-around recreational program, housed at Village Elementary, for students enrolled in a Village Elementary UPK session, between the hours of 7:00 a.m. and 6:00 p.m. Similar to our school aged Before and After School Program, Recess and Summer Camps, HP Recreation will provide supervised before and after school services/resources for those students enrolled in Village Elementary School UPK only. It is the program's mission to provide an affordable, enriching, fun and safe before & after school option for families. The program features positive supervision, socialization, crafts, enrichment programming, and physical activity.

WHO: Children enrolled in UPK at Village Elementary School only

WHERE: Village Elementary School, 100 School Lane

WHEN: Monthly during the 2019-20 school year

TIME: Before School Care: 7:00 a.m. - 9:00 a.m.
Morning UPK Care 1: 9:00 a.m. - 1:00 p.m.
Afternoon UPK Care 2: 11:30 a.m. - 3:30 p.m.
After School Care: 3:30 p.m. - 6:00 p.m.

COST: Before School Care: \$140/month
Morning UPK Care 1: \$240/month
Afternoon UPK Care 2: \$240/month
After School Care: \$200/month

NOTES:

- Families can choose any or all options based on their needs, and must provide lunch if applicable.
- Combination options will be available at a discounted rate.
- There will be no pro-rating based on the amount of days per week care is needed.
- Registration will be taken on a first come first serve basis as space is limited.
- You will be contacted if the program cannot be offered due to low enrollment.

**ALL SESSIONS
CURRENTLY FULL**

Youth Programs



SATURDAY PARMA PARTY TIME

HP Rec is excited to offer Saturday party time options from 11:00 a.m.-1:30 p.m. and/or 2:00 p.m.-4:30 p.m. Your kids and their friends can enjoy a party at the Community Center with one of our two options below. With option two, enjoy organized activities lead by a party leader. Activities can include floor hockey, flag football, gaga, tag games and more! Schedule your next birthday party with us!

OPTION 1: Basic Party Time Package

COST: \$75 (Plus \$75 cash security deposit)
2 ½ hour rental includes gym space as well the use of the large cafeteria, Room 114

OPTION 2: Organized Games/Activities Party Package

COST: \$125 (Plus \$75 cash security deposit)
2 ½ hour rental includes gym space as well the use of the large cafeteria, Room 114, and a recreation staff to run activities for one hour.

For an additional rental cost per item (to include a security deposit), we can provide equipment such as gym balls, floor hockey, volleyball and flag football equipment, etc. Please inquire upon rental.

Add a sheet pizza and 2-two liters of soda to any of the options above for an additional \$30.

NOTE: Payment is due upon confirmation of rental date and deposits are due two days prior to rental date.

BABYSITTER TRAINING

-EPIC TRAINING

Taught through classroom discussion, instructor lecture and supplemented by an interactive video presentation, this 5 hour class for boys & girls teaches participants the roles and responsibilities of a babysitter and includes skills in: accident prevention, first aid and abdominal thrusts for choking victims. Each student will receive a workbook and a certification card upon completion. Students need to bring their own lunch and a self-addressed stamped envelope to class.

WHO: Ages 11-15

WHERE: Village Community Center - Room 114

WHEN: SESSION I: Friday, October 11

SESSION II: Friday, December 27

TIME: 9:00 a.m. - 2:00 p.m.

COST: \$53 per participant

NOTE: A minimum of 10 participants are needed.

HOME ALONE SAFETY

-EPIC TRAININGS

Not sure if your child is ready to stay home alone yet? This class is designed to teach children who are home alone the importance of behaving responsibly. Topics include: basic first aid tips, what to do when a stranger comes to the door, answering the telephone, internet safety, how to react during a variety of miscellaneous 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.

WHO: Ages 7-12

WHERE: Village Community Center - Room 102

WHEN: Wednesday, November 27

TIME: 9:00 a.m. - 11:00 a.m.

COST: \$29 per participant

NOTE: A minimum of 10 participants are needed.



Giddy Up & Go!

POLAR "EXPRESS ETIQUETTE" -ETIQUETTE CHICS

NEW

An express etiquette class not to miss as it covers mealtime manners, napkin folding and more with holiday cookies and hot cocoa. No ho-humming, just jingle belling fun! We will watch the Polar Express and hopefully this 2.5 hour class allows parents to catch up on last minute shopping and wrapping!

WHO: Ages 5-11
WHERE: Village Community Center – Room 114
WHEN: Friday, December 6
TIME: 6:00 p.m. – 8:30 p.m.
COST: \$20 per participant
NOTE: A minimum of 10 participants are needed.

FIRST-AID FOR KIDS -EPIC TRAININGS

NEW

This course teaches 8-14 year old participants the skills and techniques necessary to respond to a variety of first aid related emergencies including: bleeding control, choking, burns, care for sprains, strains and breaks and treatment for heat & cold emergencies. To help participants better understand common medical conditions that their friends may suffer from; we will also cover the following: food allergies, diabetes, seizures and asthma. This course meets requirements for several boy/girl scout badges.

WHO: Ages 8-14
WHERE: Village Community Center – Room 102
WHEN: Thursday, October 31 (school half-day)
TIME: 1:00 p.m. – 3:00 p.m.
COST: \$29 per participant
NOTE: A minimum of 10 participants are needed.

HORSEBACK RIDING MINI CAMP -MANITOU HILL FARMS

All ability levels welcome from beginner to intermediate. Come and enjoy the opportunity to learn about horses and properly care for them. No experience is necessary.

WHO: Ages 8 & up
WHERE: Manitou Hill Farms, 662 Manitou Road
WHEN: Friday, October 11 (no school day)
TIME: 9:00 a.m. – 1:00 p.m.
COST: \$50 per participant
NOTE: Participants should bring their lunch. An apple or carrot may be brought to feed the horse. Pants and sneakers or boots should be worn. A safety helmet is provided. Maximum of 10 spots is available with a minimum of 4 needed to run the camp.

HORSEBACK RIDING LESSONS -MANITOU HILL FARMS

Western-style lessons. Please bring a carrot or apple each week. Proper footwear and pants are required. Helmets are provided. **Please refrain from bringing siblings to class due to safety precautions.

WHO: Ages 3-8: An introductory class. Parental assistance is needed to lead the horse; consistency with the adult is preferred.
WHERE: Manitou Hill Farms, 662 Manitou Road
WHEN: Wednesdays, October 2 – October 23
TIME: 6:00 p.m. – 6:30 p.m. -OR- 6:30 p.m. – 7:00 p.m.
COST: \$67 per participant, per session
NOTE: Each session is limited to 5 participants and a minimum of 3 is needed.

WHO: Ages 8-17: Learn about grooming and tacking, in addition to riding.
WHERE: Manitou Hill Farms, 662 Manitou Road
WHEN: Wednesdays, October 2 – October 23
TIME: 7:00 p.m. – 8:00 p.m.
COST: \$100 per participant
NOTE: Each session is limited to 5 participants and a minimum of 3 is needed.

BOWLING FOR YOUTH - PLEASURE LANES

Have a ball with this youth bowling program. Pleasure Lanes is newly renovated with fun and animated scoring. Light instruction included with glow bowling & a pizza party on the last week.

WHO: Ages 7 & up
WHERE: Pleasure Lanes, South Avenue, Hilton
WHEN: SESSION I: Wednesdays, October 9 – November 6
SESSION II: Wednesdays, November 13 – December 18 (no bowling on 11/27)
TIME: 4:30 p.m. (2 games last approximately 90 minutes)
COST: \$60 per participant, per session
NOTE: Includes 2 games each week, shoe rental along with a pizza banquet and certificates on the last day. If you want to bowl with a friend, please note this when you register. Lanes limited to four bowlers.

Youth Programs

JUNIOR TENNIS LESSONS

- LAURIE CRUZ

NEW

Have your child join Coach Laurie for an 8 week program to learn the sport of tennis. While learning the basic ground strokes, children will be increasing muscle strength, speed / agility and hand eye coordination. Children will also learn the basic rules of tennis as well as scoring to get them ready for match play!

WHO: Grades 2-12

WHEN: Saturdays & Sundays,
September 28 – October 27

WHERE: Parma Town Park Tennis Courts

TIME: Grades 2-3: 10:00 a.m. – 10:45 a.m.

Grades 4-5: 11:00 a.m. – 11:45 a.m.

Grades 6-12: 12:00 p.m. – 1:00 p.m.

COST: Grades 2-5: \$35 per participant

Grades 6-12: \$40 per participant

NOTE: Participants are encouraged to bring their own racket but one will provide if needed.

MINDFULNESS FOR KIDS

- CAROL BEATY-NOWACKI

Don't forget about your child's mental well-being when you are considering activities. Many of today's children suffer from anxiety and depression, lacking self-awareness and confidence. This class is an hour of de-techning and de-stressing, through expressive art, controlled breathing, stretching and guided imagery. It exposes children to a variety of self-soothing techniques that can be carried into adulthood.

WHO: Ages 4-12

WHERE: Village Community Center – Room 203

WHEN: SESSION I: Wednesdays, October 2 – 30

SESSION II: Wednesdays, November 6 –
December 11 (no class 11/27)

TIME: 6:00 p.m. – 7:00 p.m.

COST: \$55 per participant, per session

NOTE: Carol has a BS in Sociology from SUNY Brockport, is certified to teach kid's yoga through Rainbow Kid's Yoga.

FILLS
FAST

Program fills up
quickly, don't wait
to register

FREE

Free to take part:
registration may
still be required

NEW

A new program
or event for this
season

YOUTH ARCHERY

- CREEKWOOD ARCHERY

Experience the exciting sport of archery in a fully equipped, indoor archery range in this beginner-intermediate class. Do not delay in registering, as these classes fill up fast! Each session includes 6 classes.

WHO: Ages 8 – 18

WHERE: Creekwood Archery – 451 Lawrence Road

WHEN: Fridays, September 20 – October 25

TIME: 5:30 p.m. – 6:30 p.m.

COST: \$90 per participant and includes some general instruction and all necessary equipment. Feel free to bring your own bow if you have one.

NOTE: Creekwood Archery features 15 indoor shooting lanes, as well as outdoor ranges and moveable targets. Class size limited to 8 per session. This is a drop-off program.

MINDFULNESS FOR TEENS

- CAROL BEATY-NOWACKI

Today's teens are under an enormous amount of pressure these days and suffer from anxiety and depression at alarming rates. Many teens struggle with self-image and self confidence in these times of social media. This class is an hour of de-techning and de-stressing through expressive art, controlled breathing, stretching, positive affirmations and guided imagery. Allowing teens an hour to just relax and learn some coping skills.

WHO: Ages 12+

WHERE: Village Community Center – Room 203

WHEN: SESSION I: Wednesdays, October 2 – 30

SESSION II: Wednesdays, November 6 –
December 11 (no class 11/27)

TIME: 7:30 p.m. – 8:30 p.m.

COST: \$55 per participant, per session

NOTE: Carol has a BS in Sociology from SUNY Brockport, is certified to teach kid's yoga through Rainbow Kid's Yoga and is currently working with special needs children.

REGISTER EARLY!

Nothing prevents a program from running more than late registrations. Please register early to assure you have a spot in a class and that we have enough to run a program.



Slam Dunk, H.P. Rec!

KARATE FOR YOUNG BEGINNERS

-STEVE AND TOM OZMINKOWSKI

Learn the basics of Isshn Ryu Karate in a friendly, family-oriented setting. Classes will include conditioning, basic movements (blocks and strikes) and kata (ritualized fighting, aka-'Forms'). Wear loose fitting clothing. Uniforms available for purchase. Parents and family are encouraged to observe.

WHO: Ages 5-12

WHERE: Village Community Center, Room 208

WHEN: Mondays & Wednesdays, Sept. 30 - Nov. 25
(16 classes - no class 10/14)

TIME: 4:30 p.m. - 5:15 p.m.

COST: \$100 per participant

NOTE: Sensei Steve Ozminkowski holds a 5th degree Black Belt in Isshn Ryu Karate with 19 years' experience. Sifu Tom Ozminkowski has a Black Sash in Northern Shaolin Kung Fu with 40 years' experience.

GIRLS BASKETBALL CONDITIONING CAMP

-KURT GRAUPMAN

Girls Varsity Basketball Coach Kurt Graupman will be running a week long conditioning camp in preparation for the upcoming scholastic seasons! This will be a chance to get into playing shape while honing your basketball skills at the same time. Coaches from all levels within the scholastic program will be assisting.

WHO: Girls in grades 7-12

WHERE: Hilton High School Gymnasium

WHEN: Monday - Thursday, November 4 - 9 &
Saturday, November 9

TIME: Grades 7-9:

6:00 p.m. - 7:30 p.m., Monday-Thursday

9:00 a.m. - 10:30 a.m., Saturday

Grades 10-12:

7:30 p.m. - 9:00 p.m., Monday-Thursday

10:30 a.m. - 12:00 p.m., Saturday

COST: \$50 per participant

YOUTH FLOOR HOCKEY - COMING SOON!

WHO: Jr. Division Grades 1-2

Int. Division Grades 3-4

Sr. Division Grades 5-8

WHERE: Quest School OR Merton Williams School -
Gymnasiums

WHEN: Saturdays, Starting in February

COST: \$55-\$60 per player; Includes a team jersey

JR. AND SR. HIGH SKI CLUB

-Bristol Mountain

FRIDAY NIGHTS!!! We offer Ski Club for students in grades 7-12 in the Hilton School District. Lifts, lessons, rentals and transportation are offered along with teacher chaperones. Students from Merton Williams are transported over to the High School and all students leave at approximately 2:45 p.m. and return at 11:00 p.m. Flyers will be distributed to both schools and will also be available at the Athletic Department office at the High School around the end of September. We will also post it on our website at www.parmany.org/Recreation.

YOUTH BASKETBALL LEAGUE

Join H-P Recreation for a ten week league where we introduce fundamentals and discover the fun of basketball. During the first week we will hold an evaluation clinic that will allow us to place children on evenly matched teams for games starting the second week. After evaluations, a schedule will be composed for the remaining weeks. Each team will need a volunteer coach. If any parent is willing to volunteer as a coach or referee, please make a note upon registration. Please register early; team size and divisions are dependent on registration numbers.

WHO: Rookie Division: Grades K-1

Sophomore Division: Grades 2-3

Junior Division: Grades 4-5

Senior Division: Grades 6-8

Veteran Division: Grades 9-12 **NEW**

WHERE: Quest School OR Merton Williams School
Gymnasiums

WHEN: Saturdays, November 9 - February 1

No Games on 11/30, 12/28 & 1/4
(10 weeks)

TIME: Week 1 Skill Evaluations - All at Quest Gym

Rookie Division: 8:30 a.m. - 9:30 a.m.

Sophomore Division: 8:30 a.m. - 9:30 a.m.

Junior Division: 9:45 a.m. - 10:45 p.m.

Senior Division: 11:00 a.m. - 12:00 p.m.

Veteran Division: 11:00 a.m. - 12:00 p.m.

COST: \$80 per player; Includes a team jersey.

NOTE: All players report to Quest for week one evaluation, times stated above. Game Schedules will be available the following week. Teams are coached by volunteers. Parental involvement as coaches and officials is crucial for these leagues to operate.

FILLS
FAST

Family Programs/ Special Events



HALLOWEEN CELEBRATION WITH MAKE A DIFFERENCE DAY!

Our annual Halloween Celebration will once again take place at the Village Community Center. The event will highlight a costume parade, a petting zoo with animals from our friends at WOWEE, and our Halloween Fun Zone filled with games, horseback rides, pumpkins, refreshments and more! All activities are FREE! We are again partnering with the Make a Difference Day efforts and running the event on the same day as the Hilton Fire Department open houses. Pre-registration is appreciated. Come out and enjoy the fun!

WHO: Everyone
WHERE: Village Community Center
WHEN: Saturday, October 26
TIME: 10:30 a.m. – 12:30 p.m.
Parade formation and check-in at 10:00 a.m. at St. Leo's Church
COST: FREE - Please pre-register



PUMPKIN CARVING & PAINTING CONTEST

Does your family love to carve or paint pumpkins? If so, we want to see. Submit a picture of your scary, spooky, happy, funny, and/or silly pumpkins via email, Facebook or drop-off/mail-in between the dates of October 7 and October 31. Judging will follow and winners will be announced and contacted. Please include names of the creators and contact information with your submissions. Winners will receive a prize and their photos will be used in department promotional material and on Facebook. Submitted photos will be posted on our Facebook page for a public vote.

WHO: Hilton-Parma Residents
WHEN: Monday, October 7 – Thursday, October 31
SUBMIT: E-Mail: tvenniro@parmany.org
Mail: 59 Henry St. Hilton, NY 14468
Facebook: www.facebook.com/hprecreation
COST: FREE



PET HALLOWEEN COSTUME CONTEST

For those of you who love your pets and get them into the Halloween spirit, this is a fun contest for you! Dress up your pet in their favorite Halloween costume and submit a picture via email, Facebook or drop-off/mail-in between the dates of October 7 and October 31. Judging will follow and winners will be announced and contacted. Please include names of pets, owners and contact information with your submissions. Winners will receive a prize and their photos will be used in department promotional material and on Facebook. Be creative and have fun! Submitted photos will be posted on our Facebook page for a public vote.

WHO: Hilton-Parma Residents
WHEN: Monday, October 7 – Thursday, October 31
SUBMIT: E-Mail: tvenniro@parmany.org
Mail: 59 Henry St. Hilton, NY 14468
Facebook: www.facebook.com/hprecreation
COST: FREE

Fun for the whole family!

40TH APPLE DERBY RUN - MERKEL/STEVE STRONG 5-MILE RUN

The Apple Derby Run is a 5-mile road race which begins and finishes at Hilton High School. It is one of the only 5-mile races in the area. Race is held rain or shine.

WHO: Male & Female: U10 (NEW Kids Bracket); 10-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80+

WHERE: Race starts and ends at Hilton High School

WHEN: Sunday, October 6

TIME: 9:00 a.m. SHARP! All runners should be registered and ready to run by 8:45 a.m.

COST: \$25 by October 6. Register on-line at <https://runsignup.com/Races>
\$30 day of if not pre-registered

NOTES:

- Prizes for the top finisher Male/Female!!!
- Free Dri-Fit shirt for the first 50 registered.
- Chip timing by PCR Timing.
- Changing facilities available, no shower.
- Water stop and split times.
- Complimentary drinks and apples.

COMMUNITY CHRISTMAS TREE LIGHTING - GRINCH THEME

Join us and the Village of Hilton as we officially kick off the holiday season with a Grinch Christmas Party! The festivities will include Christmas carols, hot chocolate, visits with Santa, a showing of The Grinch and, of course, the tree lighting. There will be activities inside including cookie decorating, games, crafts and coloring. In the spirit of Christmas, please bring a non-perishable donation for the Hilton Food Shelf.

WHO: Everyone

WHERE: Village Community Center

WHEN: Saturday, December 7

TIME: 5:30 p.m. - 7:30 p.m. (Santa arrives at 6)

COST: FREE

2020 SAVE THE DATES

Winter Fest Day of Play:	Saturday, February 1
Family Sweetheart Ball:	Friday, February 7
Friends Family Bingo Night:	Friday, February 28
Dinner with the Easter Bunny:	Friday, April 3
Animal & Reptile Adventure:	Friday, May 1
Parma Summer Smash:	Friday, July 31



MERKEL/STEVE STRONG 5 Mile Apple Derby Run

Sunday, October 6, 2019 - 9:00 am. (8:30 Registration)

Race Operated by Hilton Parma Recreation

Chip Timing by PCR Timing Service

Prizes for top finishers!

Pre-Race Entry Fee—\$25

Day of Entry Fee—\$30

Includes Dri-Fit Shirt

Online Registration at [www.runsignup.com/Races](https://runsignup.com/Races)

Family Programs/ Special Events

NIGHTMARE BEFORE CHRISTMAS



**COMMUNITY
Christmas**

Saturday,

Tree Lighting

December 7th

5:30 - 7:30 p.m.

Village Community Center

Feed Your Creative Side

SIP & PAINT CLASSES

-VINO & VERNICI

Bring your own bottle of wine and enjoy an unforgettable evening filled with friends, fun, and fabulous art! No experience? No worries, our teacher will guide you with a step-by-step process. All you have to do is sign up, show up, and sip up! All of the supplies and a corkscrew will be waiting as local artist and art teacher Melissa Salatino helps you create that night's design.

Wed., Sept. 25 **Wed., Oct. 16** **Wed., Nov. 20**

WHO: Adults 21+

Session I:
Reversible Sign

Session II:
Jack Wine Glasses

Session III:
Snowman Wine Glasses

TIME: 6:00-7:45 p.m.

WHERE: V.F.W. Lodge
550 Peck Road

COST: \$30 Per Session



SCRAPFEST

-HOLLY McNAIR, CLOSE TO MY HEART
-LISA NIELSEN, CREATIVE MEMORIES

Calling all Scrapbookers & Paper Crafters! Come work on your photo projects, paper crafting or card making by having this full day to yourself. There will be some complimentary paper at your seat along with a door prize for everyone who attends. One grand prize will be given out. Included in your fee will be a light breakfast with coffee and tea, lunch, soda, water and snacks to keep you energized. Select one session or new this time session two!

WHO: Youth/Adults age 16 & over
WHERE: VFW Lodge - 550 Peck Rd.
WHEN: Saturday, November 16
TIME: **SESSION I:** 9:00 a.m. - 4:00 p.m. for \$21
SESSION II: 4:00 p.m. - 8:00 p.m. for \$10
NOTE: This event is limited to the first 30 participants. A sizzix machine will be available for use.

SHOP & SIP

-FASHION OUTLETS OF NIAGARA FALLS & WINERY

Get geared up now for your holiday shopping with this trip to the Fashion Outlets of Niagara Falls on Military Road. Shop till you drop, while we supply the ride! The trip includes bus transportation, free time to shop with bottled water and soda for the bus, along with tastings at a winery on the way home.

WHO: Adults who love to shop!
WHERE: Fashion Outlets of Niagara Falls, NY - Military Road
WHEN: Friday, December 6
TIME: Departs at 8:00 a.m. from Village Community Center-59 Henry St. and arrive back at approximately 6:00 p.m.
COST: \$20 per participant
NOTE: This trip is limited to 14 people - Package drop-off opportunity will be available at a set time. A 2nd bus can possibly be added

REGISTER EARLY!

Nothing prevents a program from running more than late registrations. Please register early to assure you have a spot in a class and that we have enough to run a program.



**FILLS
FAST**

Program fills up quickly, don't wait to register

FREE

Free to take part: registration may still be required

NEW

A new program or event for this season

Adult Programs

WOMEN'S SELF DEFENSE WORKSHOP

-STEVE AND TOM OZMINKOWSKI

Learn how to protect yourself, stay safe and be more confident! Taught by martial arts professionals with over 40 years of combined experience. Learn easy to remember tips and skills that can help keep you safe in situations from people who have used them against real attackers. Water refreshments provided.

WHO: Women ages 12 and older

WHERE: Village Community Center, Room 208

WHEN: SESSION I: Friday, October 11

SESSION II: Friday, November 8

TIME: 6:00 p.m. – 7:30 p.m.

COST: \$25 per participant, per session

NOTE: Please arrive 15 minutes early and bring a pair of clean/dry sneakers and clothing you can move around in. Open to all skill and fitness levels.

NEW

FIREARMS SAFETY

-ROGER JESTEL

Firearm safety is important and in order to ensure your safety as well as your loved ones if they ever come in contact with a firearm, then this class is the one you will want to attend. The object of this course is to teach the basic knowledge, skills, and attitude necessary for the safe handling and storage of firearms and ammunition.

WHO: Ages 10 and older

WHERE: VFW Lodge, 550 Peck Road

WHEN: Monday, October 7

TIME: 6:30 p.m. – 8:00 p.m.

COST: FREE - pre-registration is necessary

Note: Roger is a certified NRA instructor and range safety officer and coaches a couple rifle teams.

OVER 30 MEN'S BASKETBALL

-GARY GAY

Less intense, open men's basketball pick-up games with our site supervisor to ensure quality play. PRE-REGISTRATION is required! Non-registered participants will not be allowed to play.

WHO: Men ages 30 and older

WHERE: Merton Williams School Gymnasium

WHEN: Tuesdays, September 17 – December 17

TIME: 7:30 p.m. – 9:30 p.m.

COST: \$45 per player or \$5 drop in each date

NOTE: There are no changing or shower facilities, so come dressed and ready to play. Throughout the session time and location of play may fluctuate due to facility availability. PRE-REGISTRATION IS A MUST!

ZUMBA

-MAIA MESH



ZUMBA

Take the “work” out of workout, by mixing low intensity and high intensity moves for an interval style, calorie burning dance fitness party. Super effective? Check. Super fun? Check! 12 classes in each session.

WHO: Anyone ages 16 and older

WHERE: Village Community Center Gym-Room 112

WHEN: Mondays & Wednesdays

SESSION I: September 16 – October 28
(no class 10/2)

SESSION II: October 30 – December 11
(no class 11/27)

TIME: 6:00 p.m. – 6:55 p.m.

COST: \$45 per session or \$80 for two sessions; one day a week available also at \$25 per session; \$5 drop-in rate also an option.

NOTE: Maia Mesh is a certified Zumba instructor and holds a minor in Dance from SUNY Brockport College.

REGISTER EARLY!

Nothing prevents a program from running more than late registrations. Please register early to assure you have a spot in a class and that we have enough to run a program.



GYM TIME?

Are you looking for open gym time for basketball, volleyball or pickleball?

If so, call our office at 392-9030 for more information about reserving available time slots.

Experience 55+ Programs

The Town of Parma provides a wide variety of programs for the Senior Citizen population residing within this area. To be eligible to take part in senior programs, individuals must be at least age 55 or the spouse of someone age 55 and up. If you would like more information concerning senior programs, please call the Recreation Dept. at 392-9030.

LUNCH AND FUN AT THE HILTON PARMA SENIOR CENTER

Are you looking to enjoy nutritious meals, good company and a friendly atmosphere? Then come dine at "The Hilton", Senior Center, that is! See the monthly calendar or the quarterly newsletter for a schedule of activities available at the Recreation Office or at Senior Lunches. Included are Penny Poker and Bridge every Monday, Bingo every Tuesday and Euchre each Thursday – all starting after lunch. "Where the young at heart come to share friends, food and fun."

WHO: Ages 60+

WHERE: Village Community Center, Room 114

WHEN: Nutritious meals served through Monroe County Office for the Aging every Monday, Tuesday and Thursday at 12:00 p.m.

COST: Suggested contribution of \$3.50 per meal. No one is refused a meal if unable to pay.

NOTE: Pre-registration required as meals are ordered 10-14 days in advance. Call 392-9030 to register or for menu information.

SENIOR CITIZEN EXPRESS

Take advantage of this transportation service for seniors residing within the Town of Parma.

CENTER TRANSPORTATION - Town drivers are available to transport seniors to and from the Senior Center on meal days (Mondays, Tuesdays and Thursdays), Evening Meals and after Bingo on Tuesdays. (\$2 round-trip)

SHOPPING TRANSPORTATION - Wednesdays are set aside for transporting seniors to pre-determined destinations for groceries, banking and activities. Previous trips have included Greece Ridge Center, Kohl's, Wal-Mart, Tops and The Christmas Tree Shop. (\$2 round-trip as well as the cost of lunch).

NOTE: Reservations are necessary as we have a limited number of available seats. Call 392-9030 for information and schedule. (Schedule subject to change).

EVENING MEALS AND A SHOW 2019

Come join us for a fun evening of good food, good entertainment and good friends! These are nights you truly do not want to miss, so come out and enjoy them with us.

WHO: Ages 55+

WHERE: Village Community Center, Room 114

WHEN: Wednesday, September 18 - Dinner at Foster's with entertainer Bob Neusatz.
Wednesday, October 23 - German Dinner with entertainer Daniel Henry.
Wednesday, November 20 - FREE Thanksgiving Dinner at Foster's with entertainer Joe Miltsch.

Wednesday, December 11 - Pasta and Painting with Vino & Vernici
Christmas Cookie Plate Painting

TIME: Meals served at 5:00 p.m.

Catered by Foster's unless otherwise noted. Entertainment begins at 6:00 p.m.
COST: \$10 per person, includes meal, dessert and entertainment.

NOTE: Reservations are required. DEADLINE IS THE THURSDAY BEFORE THE EVENT. Transportation is available for \$2 round trip.

AARP SMART DRIVER'S COURSE

This is a refresher course designed to meet the needs of motorists over 50 years of age. Participants must attend both classes for completion of the course. Participants do not need to be a member of AARP to register. Prompt arrival is necessary and late comers may be turned away. Available space is limited.

WHO: Adults ages 50+

WHERE: Village Community Center - Room 114

WHEN: Wednesday, November 13 & Friday, November 15
(MUST Attend Both Days)

TIME: 9:00 a.m. - 12:00 p.m.

COST: \$20 for AARP members
\$25 for non-members

NOTE: NO CASH is accepted and a check or money order only made payable to AARP on the first day of class. Please bring your driver's license to class. Call

Experience 55+ Programs

THANKSGIVING DINNER

-DINNER COURTESY BY THE LION'S CLUB

Hilton-Parma Recreation is thrilled to partner with the Hilton Lions Club, as well as support the Hilton Food Shelf, as we organize our annual Thanksgiving dinner. A complete meal will be served by Foster's courtesy of the Hilton Lions Club. Your admission fee will be a non-perishable food item for the Hilton Food Shelf.

WHO: Ages 55+
WHERE: Foster's Restaurant
WHEN: Wednesday, November 20
TIME: Meal served at 5:00 p.m.
Entertainment provided by Joe Miltsch
DINNER: Traditional Thanksgiving Feast
COST: FREE
NOTE: Reservations are required and space is limited. Transportation is available for \$2 round

MONROE COUNTY PROGRAMS

Monroe County Senior Day at the Zoo
Friday, September 20: 10:00 a.m. – 2:00 p.m.

Monroe County Chili Bingo
Friday, October 18

Monroe County Holiday Ball
Date and location and details to be announced

Please inquire for further details.

HOLIDAY LUNCHEON

Join as we celebrate the holiday season together for a special lunch provided by Monroe County. In addition to lunch we will host a day performance from Bob Neusatz.

WHO: Ages 55+
WHERE: Village Community Center - Room 114
WHEN: Thursday, December 19
TIME: Meal served at 12:00 pm.
Roasted Chicken Breast
Entertainment by Bob Neusatz.
COST: \$3.50 per person
suggested contribution

NOTE: Pre-Registration is necessary and space is limited. Must call 392-9030 to pre-register and/or set-up transportation accommodations.

MINI-GOLF OUTING

Join us for an afternoon of mini-golf at Clubhouse Fun House followed by ice cream at LuGia's. Bring partners and friends for some old fashioned fun!

WHO: Ages 55+
WHERE: Meet at the Village Community Center
WHEN: Monday, October 7
TIME: Bus leaves at 1:30 p.m.
Return approximately 4:00 p.m.
COST: \$10 per person, cash only
NOTE: Pre-Registration is necessary and space is limited.

2019 SENIOR DAY TRIPS

Hilton-Parma Recreation will be offering a number of day trip opportunities in 2019. These trips are subsidized by the Town of Parma; therefore, only Town of Parma residents are eligible for a subsidized rate, however, non-residents may attend and pay a non-resident fee if space is available. Call 392-9030 or visit us online for trip information, registration procedures or to register online. Pick up and departure is from the Hilton Senior Center, 59 Henry Street, Hilton, NY. Registration is now open for all trips. The schedule is as follows with any November or December trips TBA:

TRIP DATE & TIME:

DESTINATION:

COST:

Wednesday, October 16
8:30 a.m. – 6:30 p.m.
Register by September 25

GLOW Tour
Genesee, Livingston, Orleans & Wyoming
Counties, NY

Parma Resident: \$78
Non-Resident: \$93

November/December

Trips TBD

TBD

The best is yet to be!

CRAFT CORNER

FREE

Join us in creating some unique and fun crafts. We'll even do some adult coloring.

WHO: Ages 55+
WHERE: Village Community Center, Senior Lounge
WHEN: 2nd and 4th Monday of each month.
Beginning Fall 2019 (Call to verify dates)
TIME: 10:00 a.m.
COST: FREE

EUCHRE

This is a fun-filled Euchre program! Play four games, take a beverage/snack break, then play another four games. Bring a friend and have some fun!

WHO: Ages 55+
WHERE: Village Community Center, Room 114
WHEN: Thursdays
TIME: 1:00 p.m.
COST: \$1 per person to play
NOTE: The first Thursday of each month is a Euchre tournament – a partner is necessary to play. Call Glen Stanton at 520-9281 for more information.

EUCHRE TOURNAMENTS

Don't miss your chance to participate in a friendly, yet competitive, Euchre Tournament. This tournament is played the first Thursday of every month. A PARTNER IS NECESSARY IN ORDER TO PLAY!

WHO: Ages 55+
WHERE: Village Community Center, Room 114
WHEN: First Thursday of each month
TIME: Games begin at 1:00 p.m.
NOTE: For more info., call Glen at 520-9281.

JOIN OUR OTHER FUN GROUPS

In addition to some of the more well-known favorites like Lunch and Fun, Evening Meals, Craft Corner, Bingo and Euchre, we have groups that meet on a regular basis for a number of activities. Check some of them out below and if you have any interests to start a group or activity, let us know!

Bridge and Penny Poker: Mondays, 1:00 p.m.
Mah-Jong/Dominoes: 1st/3rd Mondays, 1:00 p.m.
Puzzle Party: Ongoing in Room 114

BINGO

Are you looking to win some extra money and make some new friends? Then come to BINGO at the Hilton-Parma Senior Center!

WHO: Ages 55+
WHERE: Village Community Center, Room 114
WHEN: Tuesdays
TIME: 1:00 p.m. – 3:30 p.m., 13 Games
COST: \$0.10 per board, per game (up to 3)
\$0.25 per jackpot board (up to 3)

FOOT CARE

–ROBIN PLUMMER

Here is the time to get your foot bath and get your toenails cut. Pre-registration is necessary. Please call 392-9030 to make your appointment.

WHO: Ages 55+
WHERE: Village Community Center, Room 204
WHEN: First Monday of the month (by appt.)
TIME: 9:00 a.m. – 1:30 p.m.
(appts. every 1/2 hour)
COST: \$15 to be paid directly to Robin
NOTE: Clients must bring their own basin & towel.

CARE MANAGER SERVICE

–AMANDA JACKSON

FREE

Having problems with EPIC, HEAP, housing, food stamps, medical insurance, transportation? Then this service is for you! Our Care Manager, Amanda, is a great resource with a wealth of knowledge about a great number of programs and services available to Seniors. All information is strictly confidential.

WHO: Ages 55+
WHERE: Village Community Center, Senior Lounge
WHEN: Generally the 1st & 3rd Tuesday Monthly
TIME: 10:00 a.m. – 1:00 p.m. – Clients are handled on a first-come, first-serve basis.
COST: FREE

REGISTER EARLY!

Nothing prevents a program from running more than late registrations. Please register early to assure you have a spot in a class and that we have enough to run a program.



Information

ABOUT OUR DEPARTMENT

The administrative staff of the Parma Parks and Recreation Department is made up of full and part-time staff. They watch over the department operations with a support staff consisting of part-time permanent employees, roughly 50 seasonal employees and approximately six dozen contractual staff. The department coordinates over 300 volunteers who commit roughly 8,000 hours of service yearly.

The staff are members of the New York State Recreation & Parks Society, the Genesee Valley Recreation & Parks Society, the National Recreation and Parks Association and the International Council of Active Aging.

Most recently, the Department was recognized by the New York State and Genesee Valley Recreation and Park Societies who recognized us with awards for Program of Merit for Creative Tech Camp for Girls, Above the Call of Duty Volunteerism (Dave Tresohlavy) and Outstanding Corporate Sponsor (Caraglio's Pizza) in 2017-2018. Department Director, Thomas Venniro also received the Outstanding Community Partner Award by the Department of Recreation and Leisure Studies at SUNY Brockport in April of 2018. In the past four years the Department was also recognized for having an Exceptional Brochure and Program Guide, Exceptional Program for Vino & Vernici, Exceptional Special Event for the Summer Kick-Off and Exceptional Special Marketing for our Facebook page and with the Outstanding Individual Service Award presented to Department Director Thomas Venniro.



A SPECIAL THANKS

The Town of Parma would like to offer a special thanks to the Hilton Central School District, Administration, Transportation, and Buildings and Grounds for the use of their fine facilities and support services; the Village of Hilton for their efforts; the New York State Office of Children and Family Services; the Monroe County Office for the Aging for their financial support; and our local civic organizations, sport organizations and local businesses for all of their involvement in Parma.



THANK YOU VOLUNTEERS!

We would like to sincerely express our appreciation for all who have volunteered in one way or another for Hilton-Parma Parks and Recreation in the past year and prior. Over the past year we have been fortunate enough to host over 300 people in the community who have assisted us. Various community members, students, teachers, parents, civic groups and so many others have volunteered in the following capacities:

- Youth Sports Coaches
- Senior Lunch Assistants
- Special Event and Program Hands
- Park Improvement Teams

Without you all, much of what we do would not be possible. We thank you from the bottom of our hearts!

RECREATION & PARKS COMMISSION

Carol Lennon - Chairperson
Don Schlonski - Vice Chairperson
Art Cosgrove
Linda Fowler
Tom Ganley
Mary Ann Smith
David Tresholavy

TOWN BOARD

Jack Barton, Supervisor
Gary Comardo
Gregory Blake Keller
Jim Roose
Linda M. Judd

VILLAGE BOARD

Joe Lee, Mayor
Jim Gates
Shannon Zabelny
Larry Speer
Andrew Fowler

Experience Parma Town Park

PARMA TOWN HALL PARK

Located on Route 259 and sitting on 156 acres of town property, the Parma Town Hall Park offers year-round recreational opportunities. Facilities include: 8 baseball/softball diamonds (one with field lights), 2 sand volleyball courts, 4 lighted tennis courts, 2 lighted pickleball courts, 2 lighted basketball courts, 4 open air picnic pavilions with tables and grills, 6 soccer fields, 2 multi-sport fields (one with lights), flush facilities, a 3/4-acre stocked pond with fishing dock, bocce courts, horseshoe pits, a 1-mile nature interpretive trail, a 13,000 sq. foot Skate Park, a cross-country running course, a championship 18-hole disc golf course, one enclosed lodge, several other recreational venues, and plenty of parking. The park is maintained by the Town and is open to the public daily throughout the year. Parma Town Park is very popular and many families enjoy our vast facilities. Please drive slowly and cautiously. ENJOY YOUR PARK!

Town Park Hours are as follows:

April 1 - April 30	9:00 a.m. - 8:00 p.m.
May 1 - May 31	9:00 a.m. - 9:00 p.m.
June 1 - August 31	9:00 a.m. - 10:00 p.m.
September 1 - September 30	9:00 a.m. - 9:00 p.m.
October 1 - October 31	9:00 a.m. - 8:00 p.m.
November 1 - March 31	9:00 a.m. - 5:00 p.m.



VFW POST LODGE ON PECK ROAD

The VFW Post is available for rental! Accommodations include a full service kitchen, restrooms, seating for parties up to 99 individuals, facility size - 3,328 sq. ft., and is air conditioned. Rental times are: Daily from 8:00 a.m. to 11:00 p.m., except most holidays. Rental times include any set up and clean up time required. Please contact the Town Clerk for more information or to reserve your date today at 392-9461.

RENTAL RATES: \$275.00 + \$100.00 security deposit
Security Deposit: Upon satisfactory inspection of the lodge after the event, the deposit will be returned after the next bill paying session of the Parma Town Board.

PARMA SKATE PARK

This 13,000 square-foot park is open from April 1st through October 31st. All rules associated with the Skate Park will be clearly posted at each entrance in the skating area and are expected to be followed by those using this facility.

SKATE PARK RULES

1. This Skate Park and its' equipment are for the use of skateboarders and inline skaters ONLY. All other activities are strictly prohibited.
2. HELMETS MUST BE WORN AT ALL TIMES.
3. NO motorized vehicles, scooters or bikes allowed.
4. Children under age 10 must be accompanied by an adult.
5. NO pets.
6. NO loitering.
7. NO smoking, drugs, profanity or alcohol.
8. This facility is open during the Park hours of operation from April through October.
9. Please respect this park and its equipment as if it were your own. Help keep this park clean and safe for all users.
10. THE USERS OF THIS FACILITY ASSUME ANY AND ALL RESPONSIBILITY FOR PERSONAL PROPERTY AND/OR PERSONAL INJURY.

PARMA PAVILION RENTAL INFO.

All persons/groups wishing to reserve use of the park picnic pavilions may obtain a permit from the Town Clerk's Office at the Parma Town Hall from 8:00 a.m. to 4:00 p.m., Monday-Friday. Rental regulations are as follows: You must be at least 21 years of age, completely fill-out the proper permits, and pay any related fees. Pavilion rentals are handled on a first-come basis and subject to date change fee. Park pavilion rental hours are from 9:00 a.m. to 9:00 p.m. May 1st through September 30th, and from 9:00 a.m. to 8:00 p.m. October 1st through April 30th. For more information concerning pavilion rentals, please contact the Parma Town Clerk's Office at 392-9461.

PAVILIONS:	5 Pavilions to Choose From Allardice, Burritt, Hess, Lions & Lloyd
PAVILION SIZE:	4 - 19 'x 36' and seats approximately. 65 patrons 1 - 15 'x 25' and seats approximately. 25 patrons
RESERVATION FEE:	\$75/resident \$150/non-resident 4 - 19 'x 36' Pavilions \$50/resident \$75/non-resident 1 - 15 'x 25' Pavilion

Registration Information

MISSION STATEMENT

The department's mission is to provide accessible, affordable, and quality leisure programs, activities, services, and facilities to all residents of our community regardless of race, gender, income, physical disabilities, creed or other barriers that would preclude participation, and to actively inform and educate residents about the role of the Hilton-Parma Parks Recreation Department. Furthermore, Hilton-Parma Parks and Recreation promotes the concept of fun, healthy and safe lifestyles and environments with the expectation there will be no use of illegal substances at our programs, events or facilities.

REGISTRATION

Begins as soon as our brochure is released for Hilton-Parma and School District residents or when available online. Non-residents may register for most programs, if space permits, and non resident/district dates and fees may apply. All programs offered this season are sponsored by the Hilton-Parma Recreation & Parks Commission, unless otherwise specified, and are open to all persons residing within the Town of Parma, Village of Hilton and Hilton School District. For those programs that include food, alternative options for allergies or preference may be available upon request while registering.

CONFIRMATIONS & CANCELLATIONS

Receipts will be e-mailed if you provide an e-mail address but as general rule, **NO NEWS IS GOOD NEWS.** After registration, you will be notified only if a class has been filled, cancelled or changed. All programs must have an adequate number of registrations as decided by the Recreation Department. The department has the right to cancel a program.

REGISTRATION PROCEDURE

Registration is by mail, drop-box, or online at www.hprecreation.org. The "Mail-Drop" box is located in the Recreation Office door at the Village Community Center and is available for program registrations during building hours. Pre-registration is required unless otherwise noted. All fees are due and payable at the time of registration. Cash, check, Visa, MasterCard or Discover payments are accepted. Please make checks payable to the "Town of Parma".

USE OUR CONVENIENT ONLINE REGISTRATION!

Set up your family user account on our new and improved online registration system that allows users to register and make payments fast. Once you set up an account, you will be able to log-in at any time to register family members for programs with a few clicks of the mouse or touches of a smart device screen. Go to www.hprecreation.org, and set up your family user account.

ACCURACY OF INFORMATION

The Hilton-Parma Recreation Department has made every effort to prepare this brochure as accurately as possible. However, due to circumstances beyond our control, some adjustments may need to be made to program dates, times, locations or fees.

REFUND POLICY

If Hilton-Parma Recreation cancels a class; a full refund, credit or make-up class will be offered. All other refund requests must come directly to the Hilton-Parma Recreation Office in writing at least five days prior to the program start date. Refunds are subject to approval by the Director and a 10% service charge not to exceed \$30. Issued refund checks may take up to 3-5 weeks to process. Programs requiring advanced purchase of tickets or services may not be refundable unless your space is filled.

KID'S ZONE PROGRAM INFORMATION REQUESTS

Kid's Zone Programs include summer camp, recess and vacation day activities and Kid's Night Out! Every Kid's Zone program requires specific participant information that is due upon registration. This information will be valid throughout the year, but may require information updates and confirmations between registrations.

WAIT LIST

Wait lists are kept for classes that have reached maximum enrollment. The Recreation Department makes every possible effort to add or expand these classes depending on instructor and space availability. Participants will be contacted by the Recreation Office if a class is filled and they are put on a wait list. Names will remain on the wait list until the day the program begins in case an opening becomes available.

PHOTO POLICY

Occasionally, photos may be taken of participants in the programs, classes and activities, or of people in the town's parks. Please note these photos may be used in future brochures, websites, social media websites, pamphlets, flyers or news releases.

WAIVER

I/We, the parent or participant in the specified program, assume all risks and hazards incidental to such participation; and I hereby waive, release, absolve indemnify and hold harmless, the Hilton-Parma Recreation Commission, Town of Parma, Village of Hilton, employees thereof, volunteers, organizers, sponsors and supervisors except to the extent covered by liability insurance. I also understand there shall be no illegal use of substances used during the event I am registering myself/my family member for.

Community Connections

GROUP CONTACT INFORMATION

Apple Festival 392-7773
Website: www.hiltonapplefest.org

Circle of Friends Pre-School 392-4010
Website: www.circleoffriendspreschool.com

St. Paul Lutheran School 392-4000 x200
Email: www.stpaulhilton.org

Hilton-Parma Food Shelf 234-2090
Email: hiltonfoodshelf@gmail.com

HYL - Hilton Youth Lacrosse
Website: www.hiltonlacrosse.org

Hilton Raiders Football & Cheerleading
Website: www.hiltonraiders.com

"Hilton Heat" - Hilton-Parma Soccer Club
Website: www.hiltonparmasoccerclub.com

Hilton Sparks (Formerly HP Youth Soccer Org.)
(In-House Soccer League)
Email: info.hpysl@gmail.com

GROUP CONTACT INFORMATION

"HAST" - Hilton Area Swim Team
Website: www.hiltonswimteam.com

Hilton Travel Baseball
Website: www.hiltonbaseball.assn.la

Hilton Select Basketball
Website: www.hiltonselectbasketball.assn.la

Mom's Club of Hilton 234-MOMS
Website: <http://sites.google.com/site/mom-sclubofhiltonny/>

Hilton Youth Wrestling
Joe Yockel 615-0026
Craig Gross 721-3657

Weight Watchers
Kaleigh Jansson 520-3563

Parma Free Center Nursery School
Website: www.parmakids.com

HILTON APPLE FEST

Come out to Apple Fest at the Village Community Center on October 5-6 for some free family entertainment while celebrating the apple harvest season, the Hilton/Parma community, and the local apple growers. Artists will be on hand to showcase their handcrafted goods and nonprofit groups of Hilton and Parma we be selling all kinds of food to raised funds.

The Apple Fest currently has approximately 115 craft booths and over 20 food booths. Attendance reaches close to 50,000 people, most of which can ride the shuttle bus to the Community Center.

For specifics regarding times, entertainment and vendors, please visit <https://www.hiltonapplefest.org/>.

WHO: Everyone
WHERE: Village Community Center Grounds
WHEN: Saturday, October 5
Sunday, October 6
TIME: Saturday: 10:00 a.m. - 5:00 p.m.
Sunday: 10:00 a.m. - 4:30 p.m.
COST: FREE, Food and Items for Purchase





KIDS/FAMILY

STORYTIME - YEAR ROUND

Every Wednesday & Thursday - 10:30 a.m.
All Ages (Siblings welcome!)

BABY STORYTIME

Tuesdays - 10:30 a.m.

Birth - 18 months (Siblings welcome!)

Early exposure to books and reading builds a strong foundation for success as a reader and in school. Includes stories, songs, fingerplays, rhymes and playtime.

BABY SENSORY PLAY

Last Tuesday of the month - 10:30 a. m. Birth through 2 yrs. (siblings welcome). Enjoy and explore with a variety of toys and sensory manipulatives.

YOGA ME BABY!

Mondays - 10:30 a.m. - 11:00 a.m.

AGES 0-4 YEARS

Enjoy yoga and play to strengthen the bond between you and your infant. Baby Yoga helps to strengthen growing muscles, aid in digestion, promote better sleeping patterns, and help your infant towards their next stage of development.

YOUNG YOGA PUP

Mondays - 4:00 p.m. - 4:30 p.m.

Ages 5 - 12 (Parents are welcome!)

Young Pup yoga promotes self-confidence, awareness, strength, flexibility, and control. Partner and group poses are taught to create cooperation and build friendships. Age appropriate yoga games are included in every session. (Parents are welcome!)

SPECIAL EVENTS

HARVEST PARTY

Saturday, October 19, 10:00-12:00 p.m. Dress up, make a variety of crafts, and enjoy music with Missy Reed at 11:00. Cider and donuts provided.

FALL CRAFT DAY

Saturday, November 16, 10:00 a.m. - 12:00 p.m. Make a variety of fall themed crafts. Great for decorating the house!

HOLIDAY CRAFT DAY

Saturday, December 14, 10:00 a.m. - 12:00 p.m. Make a variety of holiday themed crafts. Gift wrapping station will be available!

FREE

TEENS

TEEN TUESDAYS

Tuesdays - 3:00 p.m. - 4:00 p.m.

Grades 7 - 12

Teens will have an opportunity to explore and create using a variety of technology, play games, watch Netflix. SNACKS!

ADULTS

MAKE IT & TAKE IT: 1st Fri. of the month at 2:00 p.m.

Day Book Discussion: 2nd Wed. of the month - 2:00 p.m. (Copies are available).

3rd Tues. of every other month at 7 pm. (Jan., Mar., May, July, Sept., Nov.)

Movie Madness: 3rd Thurs. of the month - 1:00 p.m.
Large Screen and FREE popcorn!

A Passion for Painting: 3rd Fri. of the month - Two Sessions: 10 a.m. - 1:00 p.m. or 2:00 p.m. - 5:00 p.m
Please stop in or call to register for this program.

Write It & Read It: 4th Wed. of the month - 1:00 p.m.

Finish It: 4th Thurs. of the month - 1:00 p.m.- 3:00 p.m.
Bring in your unfinished art or craft project and your supplies and finish it! Art experiments always happening. Coloring pages available.

Drop-In Technology Help: Mondays - 2:30 p.m. - 3:30 p.m. Email, Internet, word processing, databases, eBooks & eAudio. Bring your device, charger and passwords.

Bind a Book: 2nd Fri. of the month - 2:00 p.m. - 4:30 p.m. We will be learning to make simple books first and then become more creative as time goes by.

In-Stitches: 4th Fri. of the month - 2:00 p.m. - 4:30-p.m.
Knit, crochet, cross stitch, weave, spin, make lace, or any other hobby that uses stitches.

Fall Book Sale:

Friends Preview - Wed., Oct. 23, 12:30 p.m. - 8:30 p.m.

Public - Thurs., October 24, 10:00 a.m. - 8:30 p.m. &

Fri., October 25, 10:00 a.m. - 5:30 p.m.

Bag Sale - Sat., October 26, 10:00 a.m. - 3:30 p.m.

Paper Arts: 2nd Fri. of the month - 2:00-4:30 p.m.

We will be learning to make a variety of paper crafts.

INFORMATION

All programs are free. No registration required unless noted. For more information, please contact the Parma Public Library at 392 - 8350, follow us on Facebook and Twitter or visit www.parmapubliclibrary.org.

Explore History

PARMA HISTORICAL MUSEUM

Open Sundays 2:00 p.m. - 4:00 p.m. (except holidays) through October 27. Special times may be arranged by calling the Museum, 392-9496, or Ken Freeman, 509-7435, Museum Curator. Arrange a special tour if you have a class reunion, out-of-town guests, family reunion or just a few friends getting together. Do you have grandchildren visiting? If so, come by and let them see "what it used to be like".

COMMUNITY PROGRAMS AND MEETINGS

WHO: Everyone is welcome!
WHERE: Parma Town Hall, Meeting Room
WHEN: 2nd Monday of each month - See information below for specific programs
TIME: 7:00 p.m.

SEABREEZE, 140 YEARS OF FAMILY FUN Monday, September 9 (FREE)

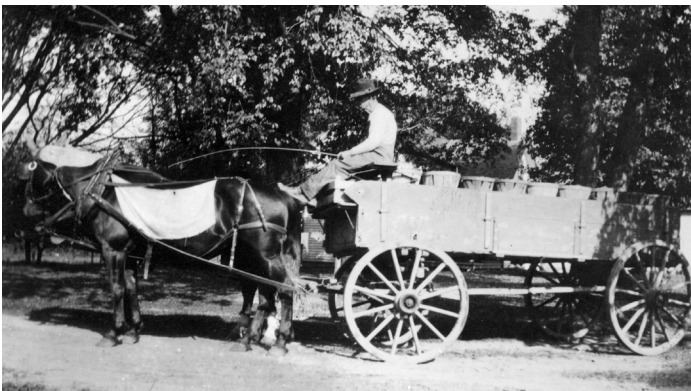
Explore the history of Seabreeze Amusement Park with Kevin Dorey, park historian, through photographs and discussion. Seabreeze is the fourth-oldest operating amusement park in the country and has been one of Rochester's favorite summertime playgrounds since it opened in 1879.

THIS TIME IT'S PEACHES - FUNDRAISER Sunday, September 29 (1:00 p.m. - 4:00 p.m.)

Join us at Wood Kettle Brewing where local bakers will supply all sorts of peach related deserts for you to sample for an admission fee of \$10. Your admission will also allow you one drink. Proceeds will help continue our mission of Preserving Parma and Hilton's history. Tickets may be reserved by calling the museum office at 392-9496.

"TIME IS TICKING" - HOFFMAN CLOCK MUSEUM Monday, October 14 (FREE)

Eric Hooker will share the history of clocks at the Hoffman Clock Museum in Newark. Guests are invited to bring pictures of their old clocks for Eric to talk about.



Horse and wagon at Collamer's with a load of apples.

HISTORY OF THE HISCOCK - FISHBAUGH VFW POST Monday, November 11 (FREE)

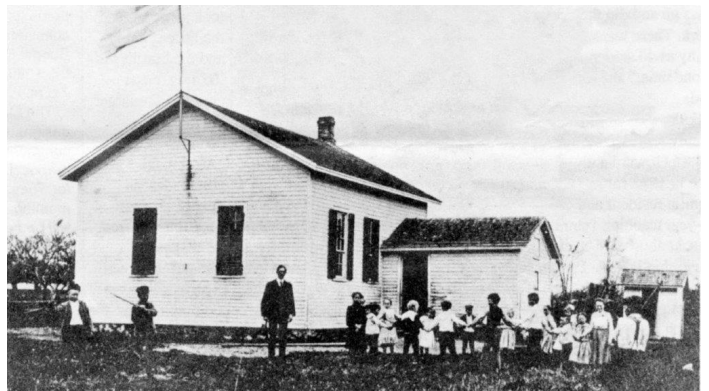
Local veteran and Post Member Kyle Mullen will take us through the history of our very own Hiscock - Fishbaugh Post since its formation 100 years ago.

130 YEARS OF THE ROCHESTER PARKS SYSTEM Monday, December 9 (FREE)

Katie Eggers Comeau will lead talk on the history of the Rochester Parks system. The presentation, including many historic photographs and maps, will show how the park system has been central to every generation's reinvention of the city.

ROCHESTER LOOKS TO THE SKY Monday, January 13 (FREE)

Bill Sauers, President of the Greece Historical Society will share this talk on early aviation in the area. It will feature early Rochester aviators, the first airfields in the area and many more fascinating facts of the local characters who tried to or actually did fly in those early years.



Recess at Sand's district school on Moul Rd. 1880's



MERKEL/STEVE STRONG **5 Mile Apple Derby Run**

Sunday, October 6, 2019 - 9:00 am. (8:30 Registration)

Race HQ - Start & Finish

Hilton High School Bus Loop, 400 East Ave., Hilton, NY

PRIZES FOR:

Top Finishers!

Age Brackets:

U10 • 10-19 • 20-29 • 30-39 • 40-49 • 50-59 • 60-69 • 70-79 • 80+

Race Operated by Hilton Parma Recreation

Chip Timing by PCR Timing Service

Prizes for top finishers!

Pre-Race Entry Fee—\$25

Day of Entry Fee—\$30

Includes Dri-Fit Shirt

Online Registration at www.runsignup.com/Races