Chagaenvenvou

Parks & Recreation

Safe at Home Together

Virtually



Hilton-Parma

Virtual Program Guide
May-June 2020

RECREATION DEPT. INFORMATION

Ways to Register



Call 392-9030 M-F 8:00 a.m. - 4:30 p.m.

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...See us on a Zoom Call!

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Message from the Director 4
Summer Camp/Program Update 5
Virtual Programs 6-13
Parks & Recreation Information 14-15
Mask Handout Thank You 16

H.P. Rec On Your Own: Go for a walk or bike ride.

A MESSAGE FROM THE DIRECTOR

To our amazing and resilient Hilton-Parma Community,

We hope that we find you all safe and healthy. The past few months have been challenging to say the least. The Coronavirus forced its way into our world and changed our way of living to an extent that none of us could ever imagine. Many have experienced illness, fear, uncertainty, financial hardship and even the loss of loved ones. One circumstance that has made all of this even more difficult to face is not being able to "see" and "be with" our neighbors, friends and loved ones the way we have always known.

With that said, we are in this together and have seen how much this community cares about those who are a part of it. From fundraisers for those in need to individual and business donations to our Emergency Food Shelf, we have rallied and come together for those in need. Most recently, the Town of Parma supplied residents with over 35,000 protective masks during two amazing days with leadership from the Recreation and Parks Team and help from the Parma Town Board, Village of Hilton Trustees, Parma Town Hall Staff, Lions Club, Monroe County Legislator Ed Wilt, Special Police, Summer Camp Staff and Monroe County.

As we look towards the future of what in-person gatherings and recreation programs will look like, we are here to offer some relief and fun opportunities with our first ever Virtual Recreation Program Experience Guide. In it you will find a number of program offerings for you all to get back to having some fun with us and our partners safely and from the comfort of your home. All of the opportunities within are either FREE or very affordable as we try to ease the burden presented by COVID-19.

We are so hopeful that we can be back in-person with you soon, but in the meantime; let's create some experiences together in a new way!

Here at Hilton-Parma Parks & Recreation we don't think of our situation as being "stuck at home alone", but rather "safe at home together".

Until we meet again in-person, we hope to see you virtually at home maybe while Pizza Making, taking a Home Alone Safety class, teaching your little one's Pee Wee Baseball with Coach Ryan (and Coach Hadley), getting your Zumba work out in with Maia or at our Zoom Family Trivia Night!

Remember to do your part in our battle by practicing proper hygiene, regularly disinfecting surfaces and personal items and practice social distancing; wearing a mask when you cannot maintain 6' apart from others.

Please know that our thoughts and well wishes are with you all during this time.

We miss you all,

Thomas Venniro and the Hilton-Parma Parks and Recreation Experience Team

"We are not stuck at home. We are safe at home together."

SUMMER CAMP UPDATE

Summer Day Camp — Update and Pre-registration

Thank you to those of you who have reached out regarding our 2020 Summer Camp Program and to those who took the time to take our Summer Camp and Program survey which has provided crucial feedback as we prepare to open Hilton-Parma Parks & Recreation and await the opportunity to run inperson programs again, such as Summer Camp.

While much is still unknown at this time regarding definite programming/opening dates and mandated safety guidelines, it is possible we will open and operate with social distancing, equipment sharing and capacity restrictions. We are actively monitoring County, State, and CDC guidelines in order to provide as much of a safe and sanitary environment as possible. We are committed to increased cleaning and sanitation efforts in order to continue to provide exceptional parks, open space, trails, facilities, programs & services. Staff are assessing programs and facilities for social distancing opportunities and securing supplies (i.e. sanitizers, soaps, scanning thermometers, individual camper equipment/supplies).

At this time, we are opening a pre-registration for those interested in Summer Camp. The pre-registration will open on Monday, May 25 and no payment will be required at this time. The pre-registration will simply add you to an interest list as we await details in the event a program is feasible. Pre-registering does not mean your child(ren) are registered for the program or guaranteed a spot. Please know that we expect capacity to be limited and our pre-registration maximum will be lower than traditional years. If and when official registration opens, we plan to admit participants based on the order of pre-registrations.

As soon as we have firm information, we will share it with the community via email and our Social Media accounts. We thank you for your patience and understanding as many factors are going into the decision making and planning process.



PRE-SCHOOL & YOUTH PROGRAMS



PEE WEE MASH-UP

-Coach Ryan, Kathleen and Dustin

In this new addition to our pee wee series, Coach Ryan, Kathleen and Dustin will walk our participants through a variety of different activities including gardening, crafts and STEM. During the three week program we will share fun instructional videos so your little ones can participate and learn from home.

NOTE: Kits to be picked up after June 4 from the Community Center. Deadline to register is June 2.

WHO: Ages 3-5 with an adult

WHERE: Shared Video Link

WHEN: Tuesdays

6/9: Gardening

6/16: Craft Activity 6/23: STEM Activity

TIME: Anytime

COST: \$30

PEE WEE BASEBALL VIDEOS

-Coach Ryan and Coach Hadley

WHO: Ages 3-5 with an adult WHERE: Facebook Video Bank

WHEN: Accessible Now

TIME: Anytime COST: FREE



During this pre-recorded series, Coach Ryan and Coach Hadley teach the basics of youth baseball along with the motor skills necessary to play. A spin-off of our Pee Wee Sports programs, this four episode video series teaches baseball through fun activities and parental assistance at home.



CHEERLEADING MOVES

-Shelly Caamano, Hilton Varsity Coach



Time to jump around and learn some of those cheer jumps you've always wanted to perfect. Have some fun and do some basic cheer techniques which include arm movements and jumps to form a sideline cheer.

NOTE: Sneakers should be worn. Video instruction is 20 minutes. An email will be sent upon registration with video access instructions.

WHO: Girls entering grades

K-7 in the Fall Session I: K- 3

Session II: 4-7

WHERE: Shared Video Link

WHEN: Date by Appointment

June 8 - June 29

TIME: Anytime

COST: \$5 per session

4.P. Rec On Your Own: Invent a new sport or game!

HOME ALONE SAFETY

-EPIC TRAININGS

WHO: Ages 7-13
WHERE: Zoom (Live)
WHEN: Friday, June 5

TIME: 1:00 p.m. - 2:30 p.m.

COST: \$31 per participant



Taught in a virtual classroom, this class is supplemented by a video presentation and group activities. Participants will learn the importance of behaving responsibly when home alone. Topics include but are not limited to; basic first aid, what to do when a stranger comes to the door, answering the phone, internet safety and how to react during various home emergencies. Knowing when your child is ready to stay home alone is a difficult decision and preparation can make the transition much easier for you and your child.

NOTE: Upon registration each student will receive an email with a log-in link and printable materials used during the class.



BABYSITTER TRAINING

-EPIC TRAININGS



Are your kids getting restless? Are you looking for something educational to keep them busy while at home? Taught through an interactive virtual classroom, this instructor led 3 hour class is supplemented by a video presentation, lecture and group activities. Participants will learn the roles and responsibilities of a babysitter including skills in; the business of babysitting, accident prevention, first aid, care for choking victims and the ages and stages of children.

NOTE: Upon registration each student will receive an email with a log-in link and printable materials used during the class.

WHO: Ages 11-15
WHERE: Zoom (Live)

WHEN: Wednesday, June 17
TIME: 9:00 a.m. – 12:00 p.m.
COST: \$40 per participant



4.P. Rec On Your Own: Go on an outdoor or indoor scavenger hunt!

YOUTH & FAMILY PROGRAMS

VIRTUAL MEALTIME MANNERS

-Etiquette Chics



We've adapted our classic "Mealtime Manners" class and it is now a virtual experience. We will be teaching manners through a printable place setting and using activities such as "Table Manners Bingo" and our newly designed Etiquette "IQ Quiz" which are both all fun and no pressure! We will also be doing a napkin folding exercise, napkin origami.

NOTE: Each participant will receive an email with a log-in link and materials to be printed prior to class. Also, please have a paper or linen napkin with your child.

WHO: Ages 6-12 WHERE: Zoom (Live)

WHEN: <u>Session I</u>:

Tuesday, June 9

Session II:

Wednesday, June 24

TIME: <u>Session I</u>:

10:00 a.m. - 10:40 a.m.

Session II:

2:00 p.m. - 2:40 p.m.

COST: \$10 per session

MINDFULNESS FOR KIDS

-Carol Beaty-Nowacki

WHO: Ages 4-12

WHERE: Live Virtual Platform

WHEN: <u>Session I</u>: Tuesdays,

June 2 - 23

Session II: Wednesdays,

June 3 - 24

TIME: Session I:

11:00 a.m. - 11:45 a.m.

Session II:

6:45 p.m. - 7:30 p.m.

COST: \$24 per session

Grab your mat and a quiet room and get ready to de-stress through expressive art, controlled breathing, stretching and guided imagery. Many of today's children suffer from anxiety and depression, lacking self-awareness and confidence and COVID-19 hasn't helped. Mindfulness exposes children to a variety of self-soothing techniques that can be carried into adulthood. Why not try it virtually at home?

NOTE: Upon registration each student will receive an email with a log-in link and printable materials used during the class.



4.P. Rec On Your Own: Design and make a dollhouse with an empty shoe box or box.

VIRTUAL PROGRAM GUIDE

JR. ENGINEERING FOR KIDS

-How Cool is That?

WHO: Ages 5-9

WHERE: Shared Video Link

WHEN: 8-weeks

May 20 - July 8

TIME: Anytime on your own

COST: \$65 per participant

Session has begun, please look for future

sessions.

Inspire your young scientists and engineers to embrace Math and Science. This new 8-week online program empowers kids to be creative and think critically while building machines that work - all from the comfort of their own homes. Includes weekly video instruction for each project as well as ideas on how kids can expand those projects once the video ends. Project supplies will be delivered to each new student's home address. New projects introduced online on a weekly basis.

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NOTE: Each student will receive an email with a log-in link. Class materials will be delivered.



SWEETS & TREATS

-Chef Kathleen

Grab your family, your apron, and your sweet tooth for some baking fun with Kathleen. Each week we will feature a different treat to bake right from your own kitchen. Check out our Facebook Page every Monday to see what the goodie of the week will be and what ingredients you will need. "Life is what you bake it!"

WHO: All ages

WHERE: Facebook Live

WHEN: Fridays,

June 5 - June 26

TIME: 2:00 p.m.

COST: FREE



MAGIC NIGHT!

-Rich the Magic Guy

WHO: The entire household WHERE: Live Virtual Platform

WHEN: Friday, June 19

TIME: 7:00 p.m. - 8:00 p.m.

COST: \$5 per household

Join Rich the Magic Man the busiest Magician in Rochester for the most unique Magic Night Ever! Learn magic from the master, all the cool secrets, and lifelong skills that will help your self-esteem and self-confidence. It's too much FUN!

Note: Upon registration each student will receive an email with a log-in link.



YOUTH & FAMILY PROGRAMS

CRAZY CRAFT CHAOS

-Kathleen, Ryan and Dustin



Join Kathleen, Ryan and Dustin for some fun craft ideas. We will make crafts using everyday supplies you might have laying around the house. FREE craft ideas will be featured on Facebook, supply lists for the craft will be posted on the Monday before. We will also have some craft kits for purchase, kits will be available for pick up at 59 Henry St.

Note: Detailed craft kit pick up instructions will be emailed to everyone registered.



WHO: All ages WHERE: Facebook

WHEN: Wednesdays

5/27: Bottle Rockets FREE - no kit needed 6/3: Exploding Baggies

FREE - no kit needed

6/10: Catapults \$3 Craft kit

6/17: Dad's Reward Jar

\$3 Craft kit

TIME: 2:00 p.m.



WHO: All ages and abilities

WHERE: Zoom (Live) WHEN: Mondays,

June 1 - June 29

TIME: Session I:

5:00 p.m. - 5:30 p.m.

Session II:

5:40 p.m. - 6:40 p.m.

COST: Session I: \$30

Session II: \$50

YOGA WITH AMY

-Amy Aronson, RYT 200

Session I: Chair Yoga/ Meditation

This gentle class will use modified yoga sequences in a chair to improve flexibility, strength and promote relaxation. Appropriate for all ages and ability levels.

Session II: Open Level Vinyasa Yoga This flow style of yoga will help to improve flexibility, strength and balance while integrating mind, body and breath awareness that will leave you feeling great.



4.P. Rec On Your Own: Make a fort in a bedroom.

ZUMBA

-Maia Mesh

WHO: Ages 16 and older WHERE: Shared Video Link

WHEN: Classes available daily

Each class is available up to 5 hours after

start time too!

TIME: Various times, free

classes; donation appreciated.

Can't get your exercise on because the gyms are still closed? Join our instructor Maia for the chance to try Zumba and join the party. This is the perfect time to try it, especially from your very own home without anyone watching.

NOTE: Donations to Maia can be made on our webpage at www.hprecreation.org by searching 'Zumba'.





KIDZ PAINT & CREATE

-Vino & Vernici

Join as local artist and art teacher Melissa Salatino helps you create this adorable pineapple painting that can be customized with a variety of colors. Each participant will receive all supplies needed (paint, brushes and an a 8 x 10 canvas, etc.). An email will be sent out when supplies are ready for pick up.

Note: Supply kits to be picked up on June 12 from the Community Center.

WHO: Ages 6 and older

WHERE: Zoom (Live)

WHEN: Saturday, June 13
TIME: 2:00 p.m. - 3:45 p.m.

COST: \$30 per participant



PAINT & CREATE

-Vino & Vernici

WHO: Ages 12 - Adults

WHERE: Zoom (Live)

WHEN: Saturday, June 20th TIME: 2:00 p.m. - 3:45 p.m.

COST: \$30 per participant



Join as local artist and art teacher Melissa Salatino helps you create this adorable Hello Summer sign. Each participant will receive all supplies needed (paint, brushes and an a 8×10 canvas, etc.). An email will be sent out when supplies are ready for pick up.

Note: Supply kits to be picked up on June 19 from the Community Center.



YOUTH & FAMILY PROGRAMS

ZOOM FAMILY TRIVIA NIGHT

-Hosted by Tom Venniro



Join us for our HP Rec at Home Family Trivia Night hosted on Zoom. Test your knowledge and that of those in your household as you square off against other families in a gameshow like format. There will be several rounds of questions with varying levels of difficulty for all members of the family. At the end of our game, the top scoring teams will be crowned and awarded prizes (picked up at a later date)!

Note: Rules and invite information will be emailed to teams starting June 15.

WHO: The entire household

WHERE: Zoom (Live)

WHEN: Thursday, June 18
TIME: 6:30 p.m. – 7:30 p.m.

COST: \$5 per team



COOKIE DECORATING

-Shelby, Paradise Sugar Shoppe

WHO: Ages 12 - Adults WHERE: Zoom (Live)

WHEN: Thursday, June 4
TIME: 6:30 p.m. – 7:30 p.m.
COST: \$35 per participant



Have you ever wanted to learn how to decorate those fancy gourmet cookies? If so, come learn the basics virtually with your very own summer theme cookie kit and royal icing. You will learn how to pipe, outline, flood and use wet on wet technique all while creating your own masterpieces. Let's make some gorgeous looking cookies!

Note: Kits to be picked up on June 3 & 4 from the Community Center. Deadline to register is June 2.



VIRTUAL SCAVENGER HUNT

-Hosted by Ryan Rockefeller



From the comfort of your own home HP Rec will take you on an adventure to local places, unlocking old secrets and possibly new ones. Are you and your family up for the challenge? Rules will be emailed to participants before the game starts. There will be a prize for the fastest team with all the CORRECT answers! Everyone in your household is allowed to be on your team!

Note: Register by June 5 and rules will be emailed during the week of June 8.

WHO: The entire household

WHERE: Online Virtually WHEN: Starts Saturday,

June 13

TIME: 10:00 a.m. start

COST: \$5 per team

VIRTUAL PROGRAM GUIDE

PIZZA MAKING WITH PETTINARI'S AND H.P. REC

-Includes kits and instructional video

WHO: The entire household

with an adult present

WHERE: Kit pick-up at 59 Henry

Street. Instructional

Video Online

WHEN: Friday, June 12

TIME: Pick-up between 10:00

a.m. - 4:00 p.m.

COST: \$5 per kit, kits make

one personal pizza

By now, most of you know that we love our pizza! We are so excited to team up with Pettinari's Deli, Pizza and Meats for this interactive Pizza Making class which provides you all pizza making ingredients and an instructional pizza making video. The program is limited to 100 kits which can be picked up on Friday, June 12. The video link will be emailed and posted prior to kit pick-up. We can't wait to (virtually!) bake a pie with you!

Note: An overview, recipe and video link will be emailed the week of June 8.



WHERE IN THE WOOF IS HADLEY?

-Hadley the Goldendoodle



Follow along with Hadley the 3 year old Goldendoodle as she adventures to some amazing locations around the area! Hadley will take you to some of her old favorites and discover new places! All sites are public access, so you can enjoy them too. Who knows you might find some new favorite places to visit! Like our Facebook page and play along. You will be entered to win a prize for your engagement. The more you like, comment, and share, the greater your chances of winning a prize! One lucky winner will be selected at random on the conclusion of Hadley's journey.

WHO: The entire household

WHERE: Facebook

WHEN: Photos posted Fridays

Answers on Monday

TIME: 10:00 a.m.

COST: FREE



4.P. Rec On Your Own: Plan a family game night.

PARKS & RECREATION 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 year round employees, roughly 50 seasonal employees and approximately six dozen contractual staff. The department coordinates over 300 volunteers who provide roughly 8,000 hours of service yearly.

The full-time staff are members of the New York State Recreation & Parks Society, the Genesee Valley Recreation & Parks Society, the National Recreation and Parks Association and Monroe County Council Office for the 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 having the 2018-2019 Young Professional of the Year (Ryan Rockefeller), 2018-2019 Good Gal (Sherry Farrell), 2017-2018 Program of Merit for Creative Tech Camp for Girls, 2017-2018 Above the Call of Duty Volunteerism (Dave Tresohlavy) and 2017-2018 Outstanding Corporate Sponsor (Caraglio's Pizza). 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 six years the Department has also been recognized for having an Exceptional Brochure and Program Guide, Exceptional Program for Vino & Vernici Painting Classes, Exceptional Special Event for the Summer Kick-Off, Exceptional Special Marketing for our Facebook page and with the Outstanding Individual Service Award presented to Department Director Thomas Venniro.

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 PROCEDURES

Registration begins as soon as our brochure is released or when made available online. Non-residents may register for most programs, although non-resident 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.

Registration may be completed 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. Checks made payable to the "Town of Parma".

CONFIRMATIONS & CANCELLATIONS

Receipts will be e-mailed if you provide an e-mail address but as general rule, <u>NO NEWS IS GOOD NEWS</u>. 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.

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.

PARTICIPATION WAIVER

I, the Participant and/or the undersigned parent/guardian of "the Participant" (a minor), do hereby consent to mine and my child's participation in the specified program(s), event(s) or reservation(s) held at the specified location [if applicable], on the specified dates [if applicable].

I understand that some of the activities in this program may involve rigorous physical activity and risks of injury or death. In the event of an injury, I/We hereby give consent for emergency transportation and treatment for the participant. I hereby accept responsibility for the payment of any emergency transportation or treatment on behalf of the Participant. I further certify the Participant is in good physical condition and has no medical or physical conditions that would restrict his/her/my participation in the specified program(s), event(s) or reservation(s).

I agree to forever release the Town of Parma, Hilton-Parma Recreation Commission, Village of Hilton, Hilton Central School District, Employees thereof, supervisors, organizers, sponsors, volunteers and any other individuals assisting with the activities associated with this program ("the Releasees") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to the Participant or property damage resulting from the Participant's participation in the specified program(s), event(s) or reservation(s).

I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to the Participant or property damage resulting from the Participant's participation in the specified program(s), event(s) or reservation(s).

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that the Participant's participation in this program is voluntary and that the Participant and I are free to choose not to participate in said program. By signing this Form, I affirm that I have decided to participate in and/or allow my child to participate in the specified program(s), event(s) or reservation(s) with full knowledge that the Releasees will not be liable to anyone for personal injuries and illness, such as the Coronavirus, and/or property damage the Participant or I may suffer in the course of this program.

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, 6 soccer fields, 2 multi-sport fields, flush facilities, a 3/4-acre stocked pond with fishing dock, a Gaga pit, a 1-mile nature interpretive trail, a 13,000 sq. foot Skate Park, a cross-country running course, an 18-hole disc golf course, one enclosed lodge 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. Due to the Coronavirus, some amenities may be closed. We ask that you obey any closures, practice proper hygiene and demonstrate social distancing while you enjoy the park.

