



Ontario Parks & Recreation January Newsletter



What's your New Year's resolution? Whether you're striving to lose weight, stay active, save money, spend more time with family, learn something new, or volunteer more this year, we can help.

The Community Center offers a variety of fitness options, including a full fitness center, daily exercise classes at no extra charge, open pickleball and basketball, and an indoor walking track. Try a mix of activities to keep your workout fresh, surprise your muscles, and keep from getting bored with your routine.

Looking for something for the whole family? When the snow flies make the most of it by taking the family snowshoeing. The Community Center rents youth and adult snowshoes for use in Casey Park, during all open hours. If you're hoping for something a little warmer, check out Friday Night Fun, offering Family Bounce House Night once a month, free to members or only \$5.00 for guests. The kids will love it and you'll love the price.

Interested in finding out more about volunteering at Parks and Recreation events? Give us a call at 315.524.7447 or 7020. We'd love to have your helping hands.

Closing Information for January

In case of snow days and other extreme weather, for Community Center closings please check the website at www.ontariotown.org. Whenever possible, the website will be updated and email blasts will be sent out with any closing information.

Don't delay! Join the Community Center by January 21st and receive half off the joining fee

Upcoming Youth Programs

Check out these great programs to keeps the kids active and this winter:

If the young athlete in your home loves football don't miss **Youth Flag Football**, for 8 to 10 year olds, beginning on Saturday, January 13. The program will be played in the indoor turf arena.

Nerf Dart Tag is the rage! Teams work together to outshoot, outmaneuver and outsmart the other team! The next session starts on Wednesday, January 10 at 6:00pm. Register now for \$29.00 per child; \$24.00 with member discount.

Winter recess is only a month away! Keep your child busy and active in **All Sports and Recess Camp**, February 19-23. Students in grades K-6 will have a blast with the great activities and the field trip we have planned. Daily registration is available for \$25.00 per day or sign up for the entire week for only \$79.00.

Look Familiar?



Oops! Please help us to keep the facility clean by remembering to carry in your clean, dry athletic shoes and changing inside the building. We appreciate your cooperation.

Group Exercise News

Additional winter adult exercise program! Combine fun with fitness in **SilverSneakers Cardio Circuit**. Increase your cardiovascular and muscular endurance power with a standing circuit workout. Classes will be held in the Community Center gymnasium, **Mondays, 8:15-9:15 am, January 8 - April 23**. The instructor is Addison Steven.

A new session of **Adult Bocce** begins on Monday, January 8. Join in the fun in the Community Center turf arena, 1:00-2:30pm with Lorrilyn Schlinger and the gang. This six week program is \$20.00 for members, \$25.00 for non-members.

Friday Yoga will be offered for six weeks on Friday mornings, beginning on **January 12 at 10:45am**. Experience an energizing workout, appropriate for all fitness levels, with Jessica Jacobson, the same instructor that teaches our popular Monday evening Yoga class. The fee for six classes is \$30.00 for members, \$40.00 for non-members. Walk-ins are always welcome at \$7.00 per participant.

The **Ontario September Club** would like to invite you to their monthly meeting on Wednesday, January 17 at 11:00 am in the Adult Activity Center. All Senior Citizens are welcome and invited to attend.

Friday Night Fun

Friday, January 5 has been rescheduled for January 12
5:30-8:00pm

Family Fun Night on the Bounce House and Open Play in the Gym

As always, Family Fun Nights are free to members and \$5.00 for non-members. **See you there!**

